

Addressing Trauma in System Involved Youth

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Youth Trauma and Justice solutions

NCTSN The National Child Traumatic Stress Network

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The National Child Traumatic Stress Network Our Mission

The Mission of the National Child Traumatic Stress Network (NCTSN) is to raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.

"Icarus" by an anonymous student of photography workshop at the Rhode Island Training School, coordinated by AS220 Youth.

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Self-Care Alert!

- Step out and take a break.
- Talk to someone you trust.
- Do something regulating.

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Does this behavior look familiar?

- In what ways are the characters in this story like the youth you work with?
- What beliefs do the staff in the clip have about these youth?
- What do you believe contributes to the way these young people think, feel, and behave?

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Reaction to Freedom Writers



- What events did you see that you consider traumatic?
- What types of traumatic events have the youth in your lives or those you serve experienced

Traumatic Event: PTSD Definition

The experience of exposure to actual or threatened death, serious injury or sexual violation

AND The individual



How Youth Respond to Trauma: Traumatic Stress Reactions

- Intrusion
- Avoidance
- Negative Alt in cog/mood
- Hyperarousal/Reactivity
- Dissociation



COMPLEX TRAUMA

Complex trauma refers to traumatic events that are:

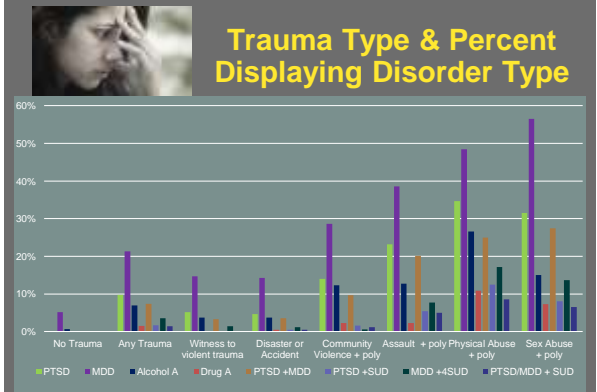
1. Repetitive and ongoing
2. Often in the context of a caregiving relationship other trusted adult
3. Have a significant impact on how a youth develops.



Polyvictimization



Trauma Type & Percent Displaying Disorder Type



How does complex trauma impact the tasks of adolescent development?

- Attachment & Relationship
- Biological & Physical
- Cognition
- Emotion Regulation
- Behavioral Regulation
- Dissociation
- Self-Concept
- Future Orientation



ATTACHMENT & RELATIONSHIPS



- Continued expectation of maltreatment or abandonment
- Persistent distrust and suspiciousness of others
- Isolation and withdrawal
- Difficulty in perspective-taking and enlisting others as allies
- Difficulty with establishing appropriate social boundaries
- Frequently marked by violence

COGNITION

The Invisible Suitcase



Beliefs and expectations:



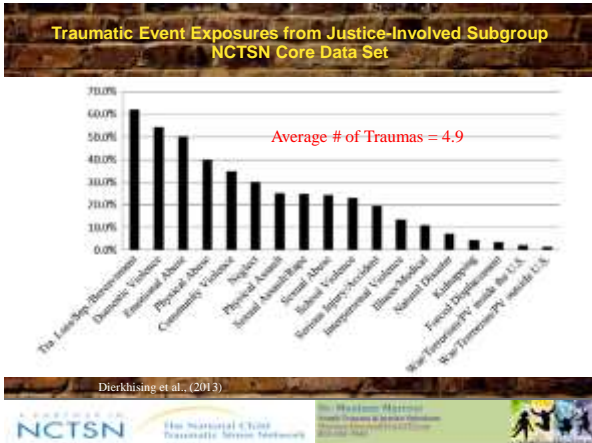
Coping Strategies All behavior has a purpose



A coping strategy is a behavior individuals use consciously or unconsciously to tolerate adversity, disadvantage, or disability without correcting or eliminating the underlying condition.

Coping Strategies:

- Can be healthy or unhealthy
- Are adaptive to a traumatic situation
- Can be maladaptive when the situation changes



Prevalence Rates of PTSD

- Comorbidity is the rule (40% of youth with trauma history diagnosed with at least one other mood, anxiety or disruptive behavior disorder (D'Andrea et al., 2012))
- 93% of detained youth with PTSD met criteria for at least one comorbid disorder (Teplin et al., 2013)

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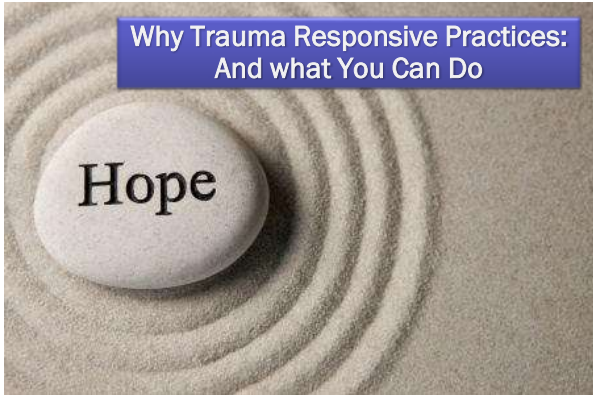
Trauma and the RNR Model

- Risk**
 - Exposure to > 5 adverse events → 345% more likely to have early onset offending trajectory (Baglivio, Wolff, Piquero, & Epps, 2015)
- Need**
 - PTSD symptom severity → lifetime & past year delinquency (Becker & Kerig, 2011)
 - PTSD arousal symptoms → reactive aggression for male detainees (Stimmel et al., 2014)
- Responsivity**
 - Exposure to traumatic events → Acquired CU traits (Bennett & Kerig, 2014)
 - PTSD Dissociation Sx → More emotion dysregulation (Bennett, Modrowski, Kerig, & Chaplo, 2015)

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Why Trauma Responsive Practices: And what You Can Do



Hope

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What Can You Do? General Trauma Responsive Program Elements

Safety

Empowerment
Voice and Choice

Trust

Cultural/Linguistic

Linguistic
Responsivity

Trauma Informed
Phil.

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What did we learn about what is important?



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Relationships Matter



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That is why this wont work



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Essential Elements of a Trauma-Informed Justice System

1. **BE A FUNDAMENTAL PART OF ALL POLICE TRAINING**
 Develop and implement a comprehensive and integrated training curriculum for all law enforcement officers that includes trauma-informed practices and strategies.
2. **IMPROVE COMMUNICATION WITH THE PUBLIC AND MEDIA**
 Develop and implement a comprehensive and integrated communication strategy that includes trauma-informed practices and strategies.
3. **IMPROVE COMMUNICATION WITH THE JUDICIAL SYSTEM**
 Develop and implement a comprehensive and integrated communication strategy that includes trauma-informed practices and strategies.
4. **IMPROVE COMMUNICATION WITH THE PROSECUTOR GENERAL'S OFFICE**
 Develop and implement a comprehensive and integrated communication strategy that includes trauma-informed practices and strategies.
5. **IMPROVE COMMUNICATION WITH THE DISTRICT ATTORNEY GENERAL'S OFFICE**
 Develop and implement a comprehensive and integrated communication strategy that includes trauma-informed practices and strategies.
6. **IMPROVE COMMUNICATION WITH THE JUDICIAL BRANCH**
 Develop and implement a comprehensive and integrated communication strategy that includes trauma-informed practices and strategies.
7. **IMPROVE COMMUNICATION WITH THE LEGISLATIVE BRANCH**
 Develop and implement a comprehensive and integrated communication strategy that includes trauma-informed practices and strategies.
8. **IMPROVE COMMUNICATION WITH THE EXECUTIVE BRANCH**
 Develop and implement a comprehensive and integrated communication strategy that includes trauma-informed practices and strategies.

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Juvenile Justice/Residential Examples Ohio and the LA Model



What drove us to try something new?

- ✓ The Department's increasing use of seclusion and restraint as a primary behavioral intervention.
- ✓ Staff report that without seclusion and restraint they had no "tools" to manage disruptive and often violent youth behavior
- ✓ Increase in injuries of youth and staff during restraints
- ✓ Spikes in youth rates of self-injury and in severity of injury as well as increased threats of self-injury
- ✓ Ultimately **LAW SUITS** related to conditions of confinement and failure to provide adequate mental health treatment!!!!



Where this all began

- ✓ June 2006 created a "Trauma Impact Reduction Program Steering Committee" comprised of staff at all levels: (1 year to explore/plan)
 - ✓ Deputy Director of the entire departments treatment programs
 - ✓ Clinicians from several facilities
 - ✓ Social workers
 - ✓ Unit managers
 - ✓ Facility superintendents
 - ✓ Policy Coordinator
 - ✓ Juvenile Correctional Officers
 - ✓ Teachers



TRAUMA RESPONSIVE PRACTICES

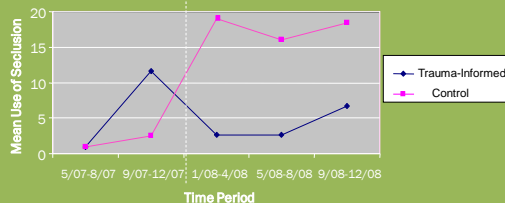
COMMITTEES

- ✓ Workforce Development
- ✓ Treatment
- ✓ Environments
- ✓ Data
- ✓ Policy
- ✓ Screening and Assessment



Safety Interventions

Use of Seclusion Over Time



So what did the staff think?



The LA Model How Brick and Mortar supports the Process

- Relationship is the Key
- Physical and Psychological safety (Threat Group and Crisis Management)
- Meeting Developmental Needs
- Meeting TRP Program Elements

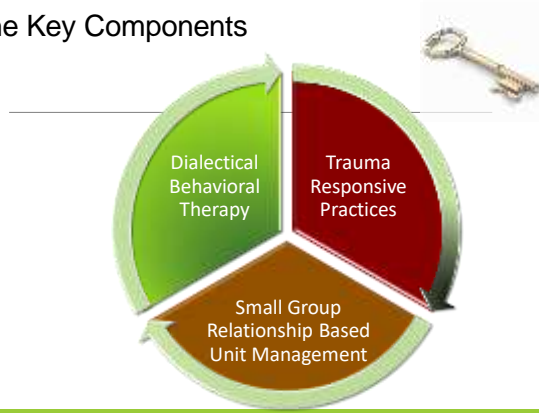


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The Cornerstones of the LA Model



The Key Components



How the Environment supports the Process



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How the Environment supports the Process



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