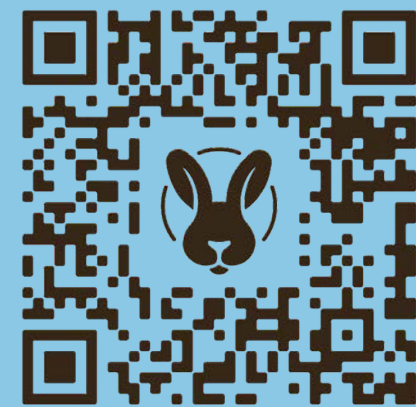


Trauma

Informed

Systems



20

24



Take care of yourself.



1

Talking about trauma can bring up difficult memories and emotions.

2

Your safety is always the top priority.

3

Please take care of yourself without hesitation. (take a break, walk away, decompress, or access resources, etc.)

Shenandoah Chefalo



Shenandoah Chefalo



Shenandoah Chefalo



Shenandoah Chefalo



Shenandoah Chefalo



Shenandoah Chefalo





Everything is fine.





... or was it?

Nomadic Childhood

Foster care

Over 50 moves and 35 schools

Aging out of the system

Motel family

Homeless in college

Addiction

Working and school

Mental health issues

The secrets I kept

Why trauma-informed services matter



Childhood Adversity

Substance abuse

Unemployment

Homelessness

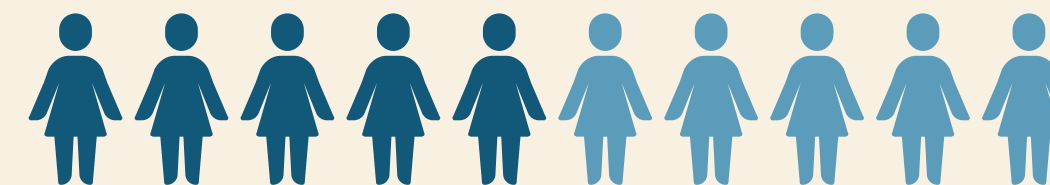
Lack of education

Incarceration

Early pregnancy

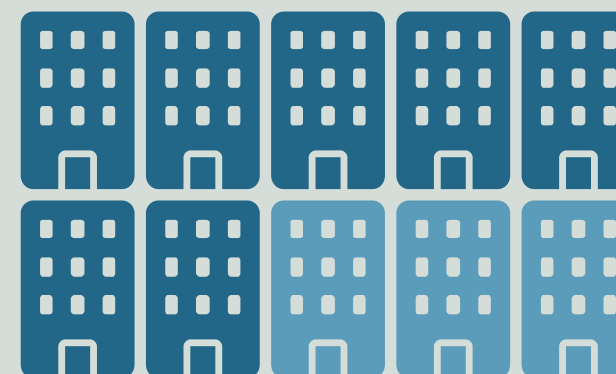


There are over 500,000 foster children in the United States.



50% of girls in foster care are pregnant by age 19.

50% of foster kids are incarcerated within two years of aging out.



74% of former foster kids are in prison.



80 % of death row inmates are former foster youth.

*Statistics provided by the US Administration for Children and Families, the US Department of Justice, the Casey Foundation and the National Foster Care Coalition.

... so what?

Improve healthcare?

Help vulnerable kids?

Secure housing?

Increase education?

Financial literacy?

Provide living wages and jobs?

Reform prisons?

Build community?

Work toward social equity?

Transform systems?

How do we change?



Trauma-Informed Interventions



Trauma-Informed Interventions





What is trauma?

Emotionally painful & distressing experiences or situations that overwhelm people's ability to cope, leaving them powerless to circumstances that are outside the realm of **normal** human experience.

For some groups of people, trauma can occur frequently and become part of their common human experience.

Adverse Childhood Experiences (ACEs)



Abuse



Physical



Emotional



Sexual

Neglect



Physical



Emotional

Household Dysfunction



Mental illness



Divorce



Substance abuse



Incarcerated
relative



Mother treated
violently



The Impact of ACEs

Behavioral



Sedentary lifestyle



Smoking



Alcoholism



Drug use



Missed work

Physical & Mental Health



Severe obesity



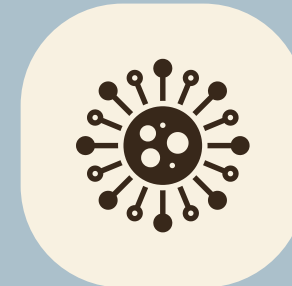
Diabetes



Depression



Suicide attempts



STDs



Heart disease



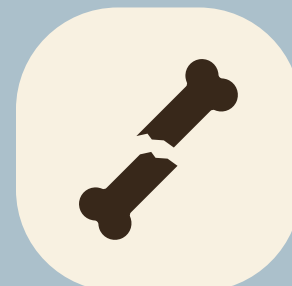
Cancer



Stroke



COPD



Broken bones



FIGHT



FLIGHT



FREEZE



APPEASE



Did you know?

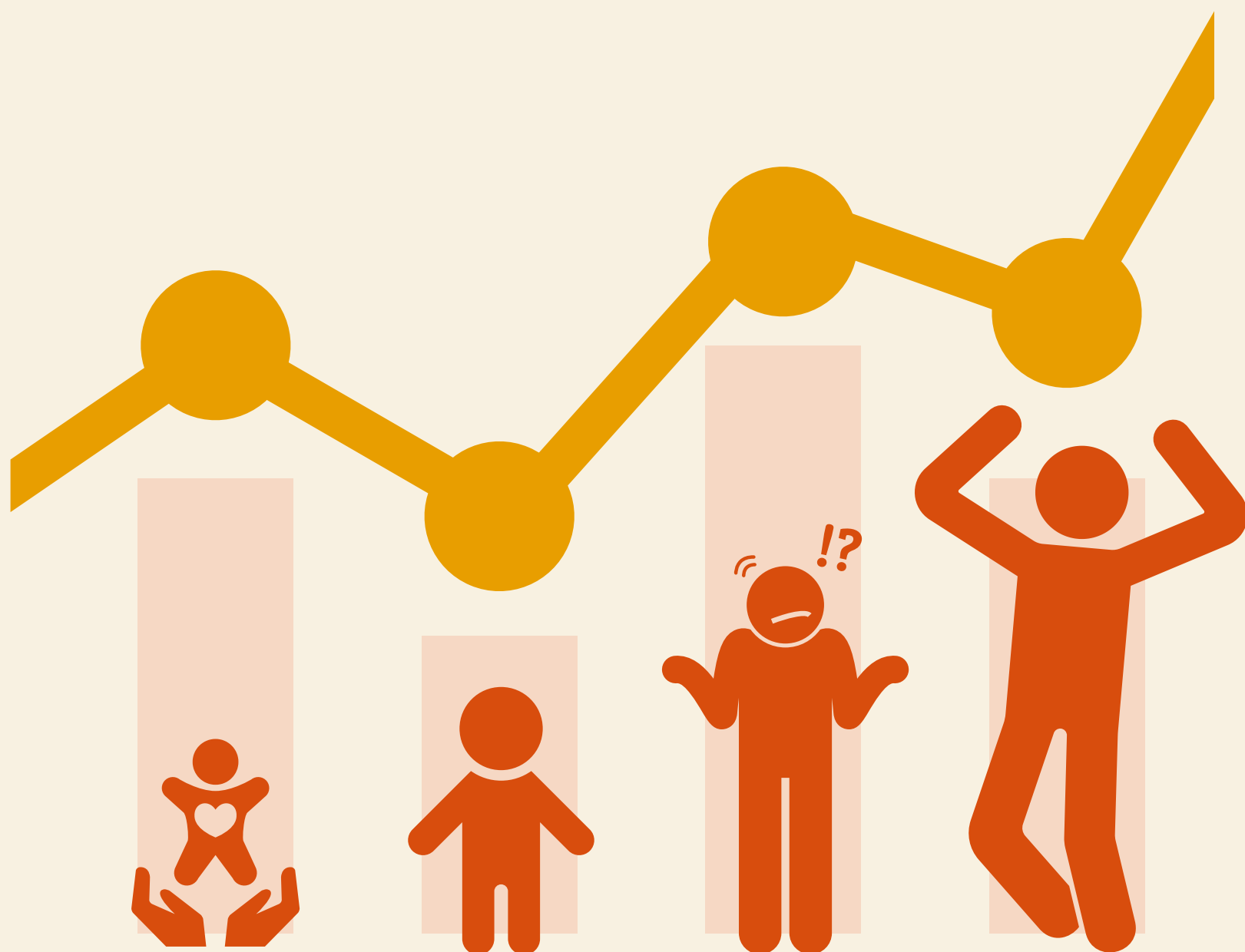
There is a stronger link between **childhood trauma** and addiction than there is between obesity and diabetes.

Two-thirds of addicts report being **abused** as children.





ACEs by the Numbers



- ★ As the number of ACEs increases, so does the **risk** of negative outcomes.
- ★ Nearly **half of all children** nationally have experienced at least one ACE.
- ★ Several marginalized groups are at greater risk of experiencing **four or more** ACEs, including women and racial/ethnic minorities.



What's missing from the original study?

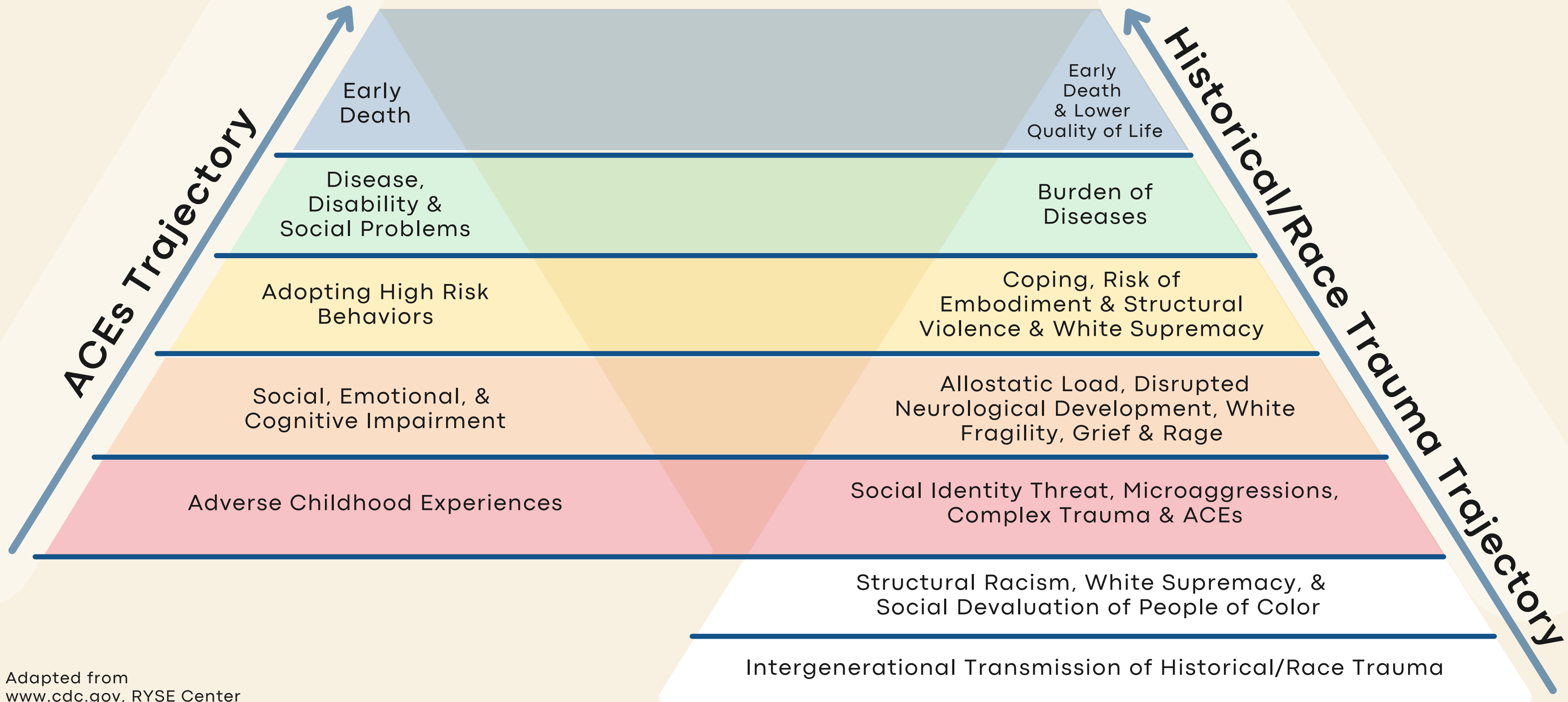
What other trauma and adversity do we see reflected in our communities?

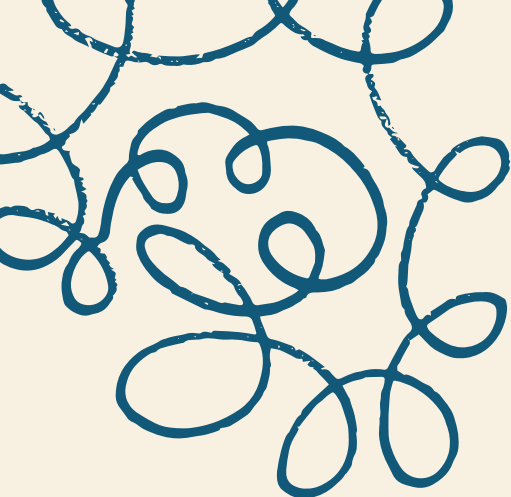


The 3 Realms of ACEs



To be trauma-informed is to be socially just.





Felt safe
and
protected

There in
difficult
times

Support
from
friends

Sense of
belonging

Talked
about
feelings

Adults
other than
parents

Positive Childhood Experiences



The Science of Resilience



**Positive, Stable
Adult Relationships**



**Connection to Faith
and Cultural Traditions**



**Mastery of a
Life Skill**

Professional Resilience



Connection
before
correction

Relationships are
unconditional

Relationships should be
based on professional
boundaries not
personal experience

We are hurt &
healed in
the context of
relationships

Starting the Paradigm Shift

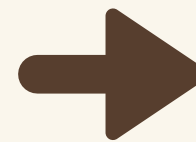


**"What's wrong
with you?"**



The Process of Shifting

**"What's wrong
with you?"**

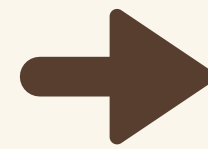


**"What's
happened(ing)
to you?"**



The Process of Shifting

**"What's
happened(ing)
to you?"**



**"What's strong in
you?"**

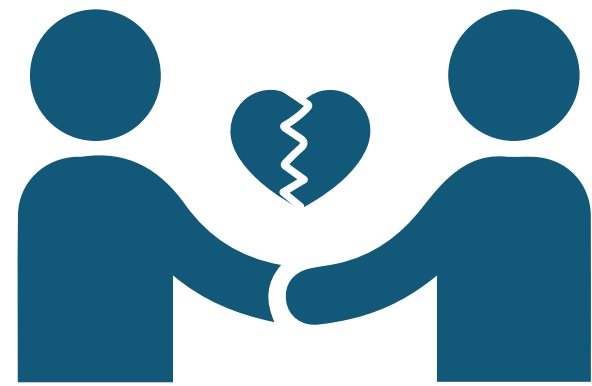


Problem-Focused

Strength-Focused

bossy	→	natural leader, visionary
defiant	→	holds strong beliefs, bold, determined
demanding	→	knows what they want, outspoken
dramatic	→	expressive, passionate
fearful	→	cautious, careful
fussy	→	has strong preferences
hyperactive	→	energetic, enthusiastic, on the go
impulsive	→	spontaneous, instinctive
oppositional	→	advocates for a different perspective
rebellious	→	is finding their way
stubborn	→	persistent, determined, steadfast
talkative	→	enjoys communicating
tattletale	→	seeks justice, respects rules
unfocused	→	multitasks, pays attention to many things
wants attention	→	advocates for needs, seeks connection

Learning About Trauma Matters



Disruptions in attachment are universal.



Trauma can affect anyone at any time.

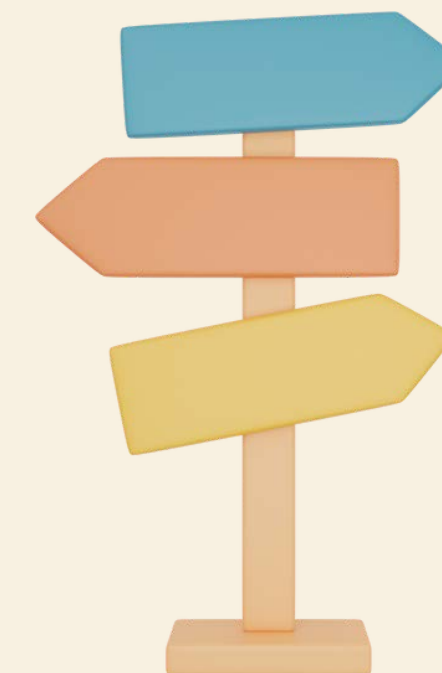


Trauma is pervasive, broad, and diverse in impact.



The Journey

Trauma-informed implementation moves through distinct "stages" or "phases."





**If we don't come together to solve
this problem, we will continue to
have millions of children who have
never known love, safety, or stability.**

– Shenandoah Chefalo, Author of Garbage Bag Suitcase



Thank You

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