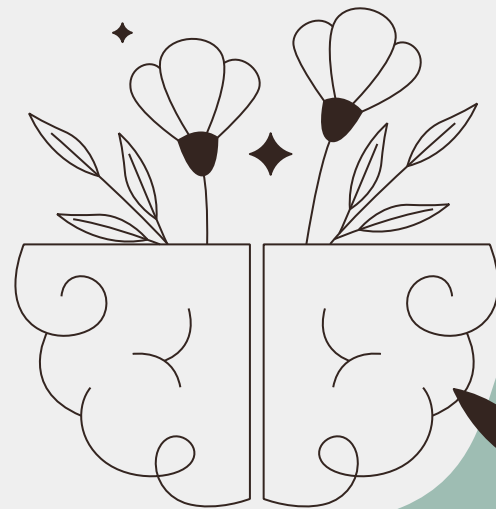




Building Community Resilience by Taking a Proactive Approach to Trauma-Informed Care

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Learning Objectives

01



Problem

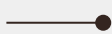


Provide an overview of Adverse Childhood Experiences (ACEs) and discuss how youth and adults in Cincinnati Recreation Centers have been impacted by traumatic experiences.

02



Analyze

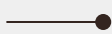


Discuss self-assessment measures in which organizations can assess their agency's level of trauma-informed care (TIC) practices to create an action plan for system-wide change.

03



Healing



Provide resources, activities and non-traditional healing modalities that can facilitate programmatic and social inclusion for staff and individuals in the community.

Acronyms, Facts & Feelings

Trauma

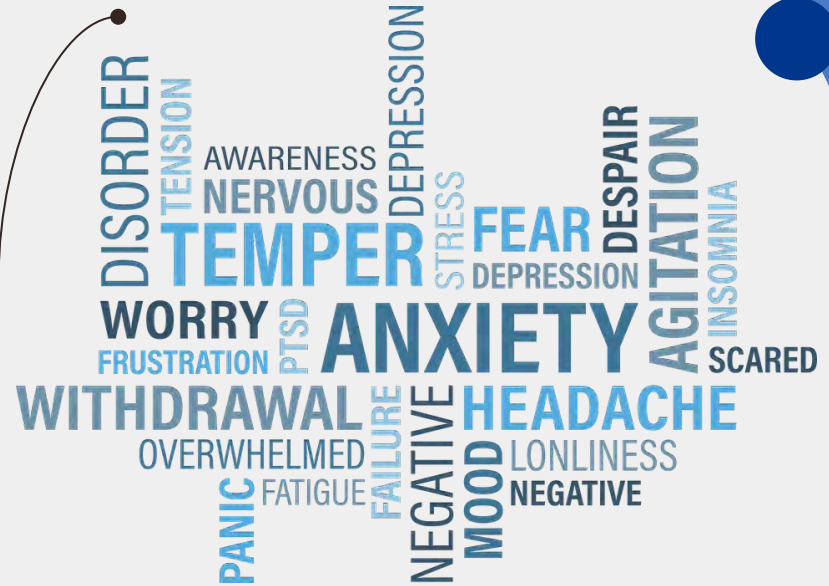
Trauma Informed Care

ACE's

Adverse Childhood Experiences

- Your ACES Score

Have you ever experienced...



What are we talking about?

TRAUMA



- An emotional response to a terrible event like an accident, crime, natural disaster, physical or emotional abuse, neglect, experiencing or witnessing violence, death of a loved one, war, and more.
- Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships, and even physical symptoms.

What are we talking about?

Adverse Childhood Experiences

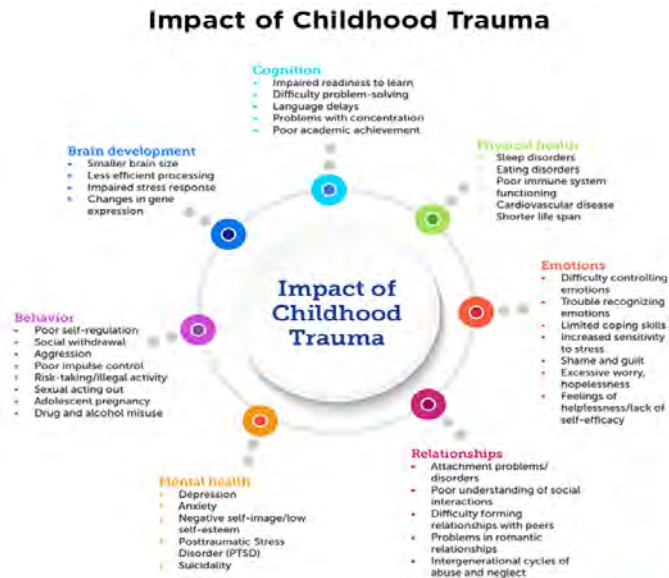
Adverse Childhood Experiences, or ACE's, are potentially traumatic events that occur in childhood (0 - 17 years).

Examples Include:

- Experiencing violence, abuse, or neglect.
- Witnessing violence in the home or community.
- Having a family member attempt or die by suicide.
- Effects of divorce
- Effects of parental/ familial incarceration
- Effects of drug/ alcohol abuse of family members



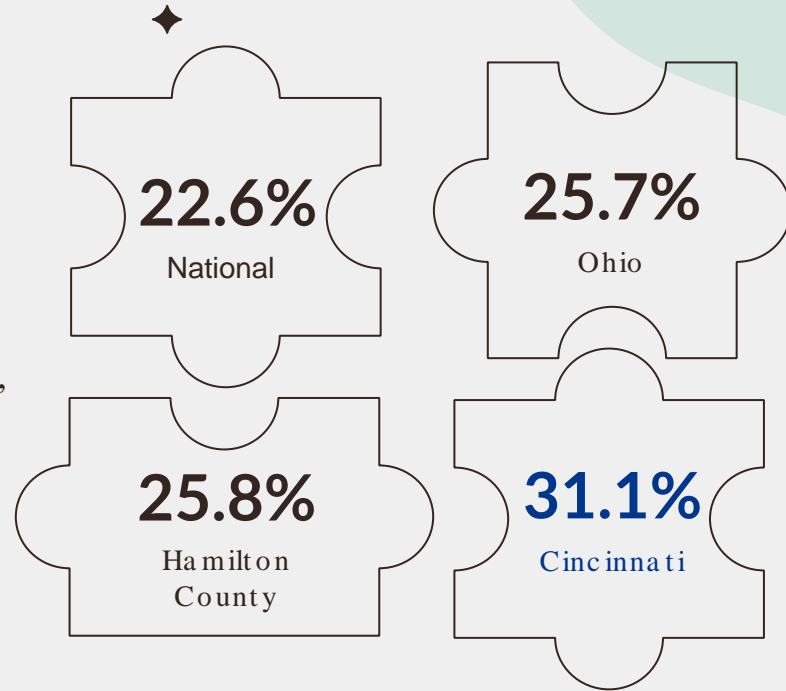
Toxic Stress and The Brain



Child **TRENDS**

Trauma and ACES in Cincinnati

- Cincinnati Statistics
- 10 - year inclusion patterns
- Partnership with CCHMC Mayerson Center for Safe and Healthy Children, Dr. Bob Shapiro



2024 Case Studies

01

Child Abuse Incident

02

Loss of Participants

Dominic Davis
Pat, DJ, & Kaydence McCollum
Joe Smith

03

Loss of Employee

Tim Palmer



WLWT

<https://www.wlwt.com/article/cincinnati-recreation-c...>

Surveillance video appears to show child slammed ...

Feb 1, 2024 — The video shows a day care worker slamming a little boy with Down syndrome to the ground. Afterward, the boy is seen walking away holding his head.

Trauma-Informed Systems Change Initiative at Cincinnati Recreation Commission

| Strategy | Goal | Timeline |
|---|---|-------------|
| Learn strategies for identifying and responding to trauma in children, families, and staff at the CRC | Train SACs and CCDs in trauma - informed practices and facilitator best practices | Complete |
| | SACs and CCDs train full- time staff in trauma - informed practices fall 2024 | In Progress |
| Implement trauma - informed practices and policies to build resilience in children, families, and staff at the CRC | Recreation centers develop workgroups to implement change spring 2025 | In Progress |

Trauma Champions Leadership Cohort

Participants

- 1 HR
- 5 CCD's
- 7 SAC's
- 1TRPC
- 1SRC
- 8- week learning cohort
- Online modules paired with group discussions around implementing the skills learned
- Train- the - Trainer model



| | |
|------|--|
| 86% | reported feeling more confident supporting children and youth who are experiencing trauma |
| 80% | report applying the skills taught in the course |
| 80% | felt the training was a good value for the time spent to complete it |
| 100% | would recommend the training to a colleague |

Measuring Impact

Trained leadership is aligned with principles of TIC and can be empowered with facilitation skills to best motivate their staff.

Attitudes Related to TIC (ARTIC) Measure: Validated tool used to measure staff attitudes toward trauma - informed care

- Individual self-efficacy
- Felt-levels of support
- Evaluation of the organization's approach to trauma-informed care
- Subscale scores reported from 1 to 7
- Higher scores = more aligned with trauma-informed principles

CRC Leadership cohort had a **high average ARTIC score (5.4) before starting training**

- High score was expected – participants were selected for their enthusiasm around TIC
- We anticipate to see a greater range of scores & more improvement between pre/post once we expand to all FT staff



Participant Interventions



- Pilot programming in
 - Expressive Arts
 - Therapeutic Horticulture
 - Therapeutic Writing
- Rec @ Nite
- Crisis Trauma Response Team
- Family Resources Form
- Behavior Incident Reporting
- Discipline matrix
- Updated code of conduct
- Exploring restorative practices

| Adverse Child/Family Experiences ACEs | Cincinnati | Hamilton County | Ohio | National |
|---|------------|--------------------|-------|----------|
| Extreme economic hardship | 30.5% | 24.3% | 26.9% | 25.7% |
| Family disorder leading to divorce or separation | 20.4% | 20.1% | 22.7% | 20.1% |
| Has lived with someone who had a drug/alcohol problem | 11.8% | 10.9% | 11.8% | 10.7% |
| Has been a victim or witness of neighborhood violence | 20.7% | 14.1% | 12.4% | 8.6% |
| Has lived with someone who had a mental illness/suicidal | 10.6% | 9.7% | 10.7% | 8.6% |
| Witnessed domestic violence in the home | 11.4% | 7.5% | 8.4% | 7.3% |
| Parent served time in jail | 15.4% | 10.1% | 10.2% | 6.9% |
| Reerated or judged unfairly due to race/ethnicity | 5.2% | 3.6% | 4.0% | 4.1% |
| Death of a parent | 7.2% | 5.1% | 4.0% | 3.1% |
| Child has > 1 ACEs | 60.5% | 50.6% | 50.9% | 47.9% |

Staff Interventions

- Building internal community events
- Ongoing training
 - Trauma Informed Care
 - Grief 101
 - Expressive Arts
 - Self- Care
- Crisis trauma response team, Peer support
- PEAP resources
- Culture, Trauma & safety on all meeting agendas
- Parent code of conduct
- Exploring restorative practices



Our Workspaces



- Safety
- Trustworthiness
- Transparency
- Peer support
- Community
- Collaboration
- Empowerment
- Choice
- Awareness of cultural, historical, & gender issues

Key Takeaways

Individual

- Everyone has experience trauma.
- Find a healthy way to cope.
- Ask for what you need.
- Be kind to yourself and others.

Employer

- Create healthy work environments.
- Commit to preventing secondary traumatic stress in staff.
- Adopting trauma - informed practices may require a cultural change at an organizational level.
- Rethink policy.
- Be willing to commit to the work.
- Be kind. Everyone we meet is fighting a battle.



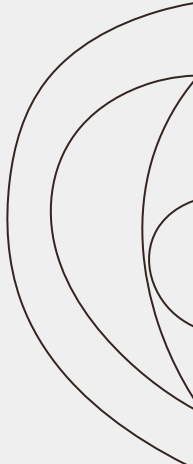
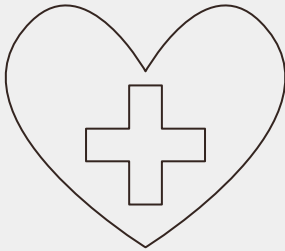
Thanks!

Do you have any questions?

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CincyRec.org



Resources & Credits

- [About Adverse Childhood Experiences | Adverse Childhood Experiences \(ACEs\) | CDC](#)
- NRPA (2020). "Trauma Informed Care in Action." Retrieved from [NRPA Online Learning: Trauma Informed Care in Action](#)
- [Resources - Healing City Baltimore](#)
- [6 Principles to a Trauma Informed Approach](#)
- [CCHMC Strong Resilient Youth training](#)





Scan Me!