

## **SLT Standing Committee Meeting**

August 14, 2014

### **Children's Small Group Discussion**

(Participants: Sam, Betsy, Kimberly, Carmen, Jim, Helen, Lisa)

#### **What are the “root causes” of trauma for children?**

Multiple **types of trauma** were identified according to “typical/atypical” child/family stressors, experiences, circumstances, and risk factors.

**Episodic** – in all families there are life cycles or benchmarks that typically cause stress and influence family functioning, cohesion, relationships (e.g., births, deaths, caregiver changes, separation, divorce, job transitions/loss, income shifts, significant illness, moving, etc.)

**Chronic** – ongoing experience of economic/financial hardship or poverty, immigrant or refugee experience of acculturation, undocumented status, homelessness or repeated displacement

**“Toxic Stress”** – strong, frequent, or prolonged adversity such as abuse or neglect, victim of physical or sexual violence, parent incarceration, family members with mental illness (including maternal depression), substance abuse

**FACT:** almost half of the nation’s children have lived through at least one traumatic or “Adverse Childhood Experience” (ACE)

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#### **What models can be used to address the root causes of trauma for children?**

**Touchpoints** (Barry Brazleton model) – focuses on life cycle family stressors and the effect of the developmental process on the caregiver, child, and larger system around them; predicts when these stressors are likely to occur; and plans together with parents/caretakers on how to respond.

**Belong Campaign and It Takes a Community (ITC)** (Magnolia Community Initiative)

**Wellness “Banks Accounts”** – wellness increases as “deposits” are made into the account, and decreases with each “withdrawal” made in order to achieve goals and adapt to challenges as a resource to be invested in and drawn down upon  
(*Are the Children Well?* Robert Wood Johnson Foundation Policy Brief)

Models (continued)

**Kids as Caretakers for Young Children** (international models/practices that promote empathy and social emotional intelligence)

**“Safe Havens” for Children at Risk** – trusted neighbors, godparents, family mentors

**Neighborhood Newborn Caregivers** – available “doulas” for each identified newborn and additional support for medically fragile infants and/or those with developmental special needs

Community Building and Engagement Frameworks:

**Strengthening Families** (Center for the Study of Social Policy)

**Building Stronger Families** (First 5 LA)

These frameworks focus on the **Protective Factors** that promote resilient responses to stressful events and trauma:

- **Caregiver Resilience**
- **Social Connections**
- **Knowledge of Parenting and Child Development**
- **Concrete Support in Times of Need**
- **Children’s Social and Emotional Development and Competency**