

# Trauma - Informed Utah

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**Utah DCFS Prevention**

**Informed Utah**



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**Trauma**

# Utah Prevention Structure

- **Housed in Child Welfare Agency**
- **Funding streams**
  - CBCAP
  - Children's Trust (Child Welfare Improvement Council)
  - State general fund
- **Key Partners**
  - Family Support Centers (11)
  - Utah Family Support Network (state chapter of NFSN)
  - Prevent Child Abuse Utah
  - MIECHV Program Admin
  - Violence & Injury Prevention (Public Health)
  - Early childhood system



# Funded Programs & Initiatives

- 6 home visiting programs
- 2 kinship support programs
- 2 parenting curriculums
- 1 school-based prevention program
- 17 crisis nurseries at 11 Family Support Centers
- Help Me Grow Utah
- Utah Family Support Network
- Uplift Families Parenting Conference



# CBCAP Meets Trauma -Informed Utah

- Introduced to TIU in Sept 2020
- Invited to participate in the TIU  
*Center Development Committee*
- “to support community-based efforts to develop, operate, expand, enhance, and coordinate initiatives, programs, and activities to prevent child abuse and neglect **and to support the coordination of resources and activities to better strengthen and support families to reduce the likelihood of child abuse and neglect”**





# TRAUMA-INFORMED UTAH

**Est. September 2020\***

**\*but really a nights/weekends volunteer effort since 2017**

# Intergenerational Poverty Mitigation Act

- Enacted by Utah State Legislature in 2012 General Session
- Created: **Intergenerational Welfare Reform Commission**

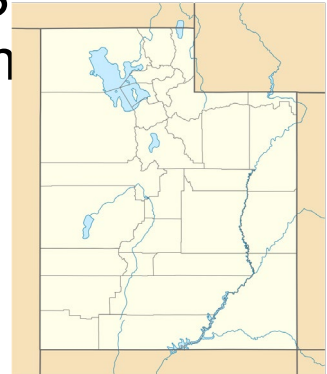
Chair: Lieutenant Governor Cox

Includes: Executive Directors of DWS, DOH, DHS  
State Sup. of Public Ed, State Juvenile Court Adm

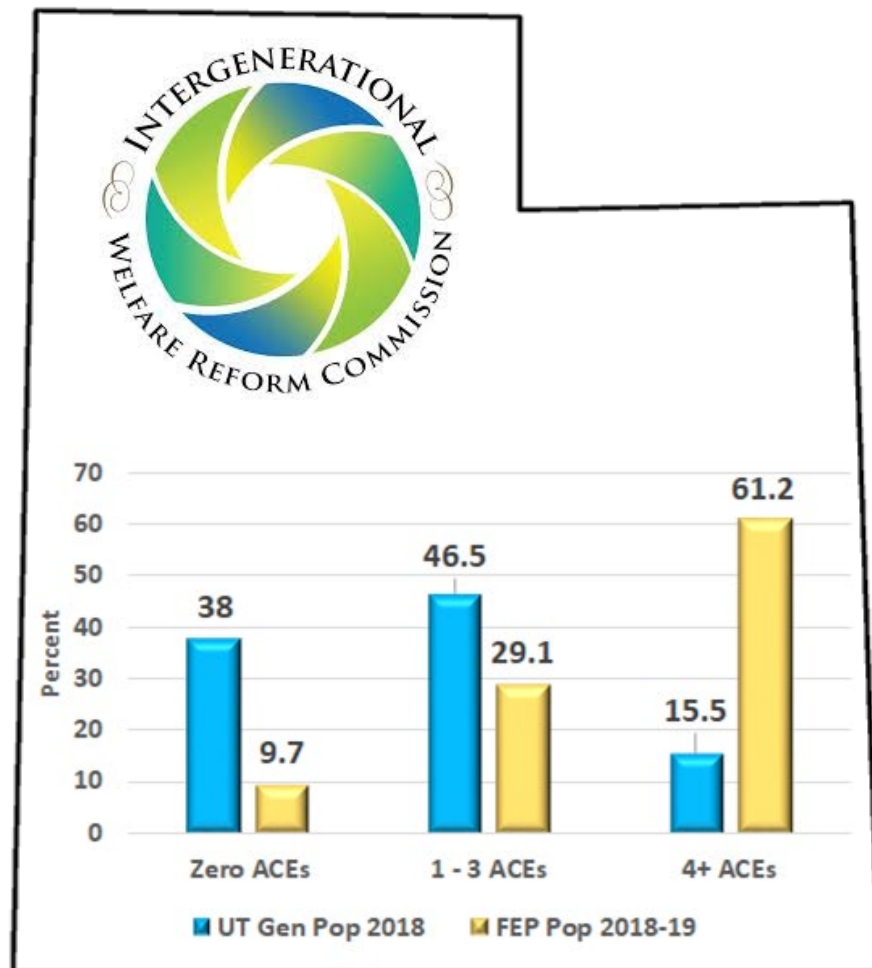
Initiated “Trauma Subcommittee”

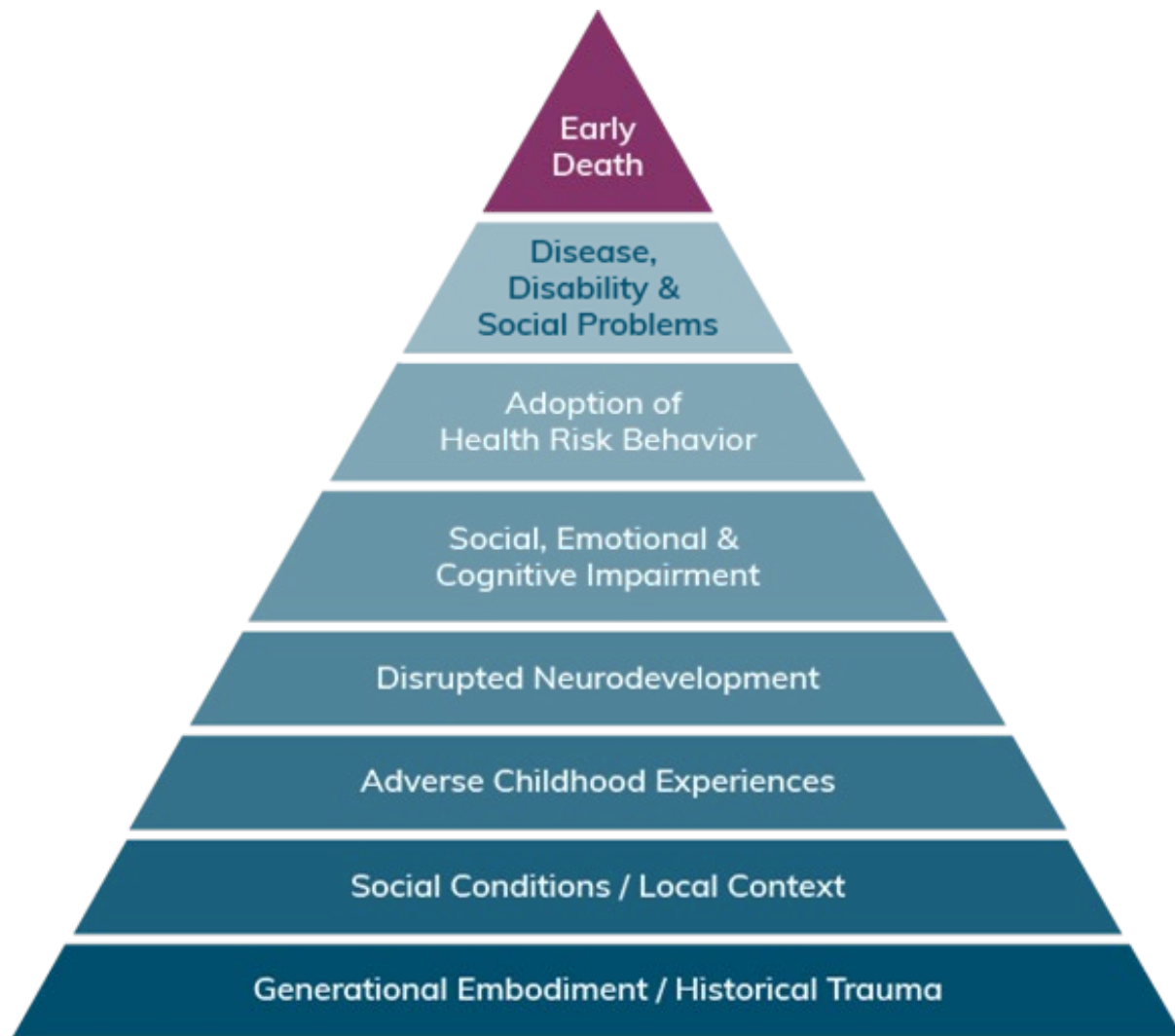
*Resilient Utah:*

*“Make Utah a Trauma -Informed State”*











# SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach

*Prepared by*  
SAMHSA's Trauma and Justice Strategic Initiative  
July 2014



# SAMHSA's Concept of Trauma

**Trauma** is an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional and/or spiritual well-being.

Trauma is experienced differently for each person - what may be traumatic for one person, may not be traumatic for another.

# Symptoms of Trauma in our Communities

- Guilt/Shame
- Depression/Anxiety
- Psychic numbing
- Emotional fixation on trauma
- Low self-esteem
- Anger
- Self-destructive behavior
- Internalized oppression
- Substance misuse
- Hypervigilance
- Compensatory fantasies
- Preoccupation with death
- Death identity (e.g., fantasies of reunification with the deceased)
- Decreased motivation
- Internalization of ancestral suffering
- Increased suicidality

(Brave Heart, 2005)

# SAMHSA'S CONCEPT OF A TRAUMA-INFORMED APPROACH

## REALIZES

the prevalence of trauma  
and taking a universal  
precautions approach



## RECOGNIZE

How trauma affects all  
individuals involved with  
the program, organization,  
or system or system,  
including its own workforce

## RESPONDS

by putting this knowledge  
into practice and action

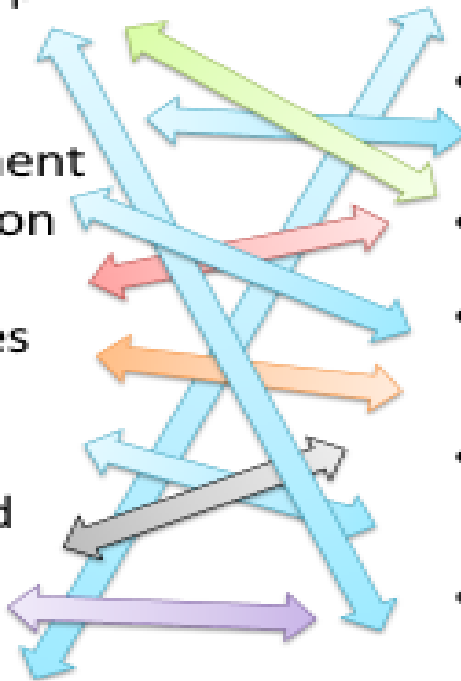


## RESISTS RETRAUMATIZATION

The cause or the cure?

# Crosswalk of Domains and Key Principles

- Governance & Leadership
- Policy
- Physical Environment
- Engagement & Involvement
- Cross Sector Collaboration
- Screening, Assessment,  
Treatment Services
- Training and Workforce  
Development
- Progress Monitoring and  
Quality Assurance
- Financing
- Evaluation



- Safety
- Trustworthiness  
& Transparency
- Peer Support
- Collaboration &  
Mutuality
- Empowerment, Voice  
& Choice
- Cultural, Historical, and  
Gender Issues

**What do you see as the highest priorities or best next steps for your agency/organization in moving toward a trauma -informed approach?**





Would your agency/organization be interested in participating in future Trauma -Informed collaboration efforts to build a trauma -informed State of Utah?

Yes – definitely	44.4%
Yes - possibly	31.7%
Unsure	17.3%
No – probably not	5.8%
No – definitely not	0.8%

76.1%  
YES!!!

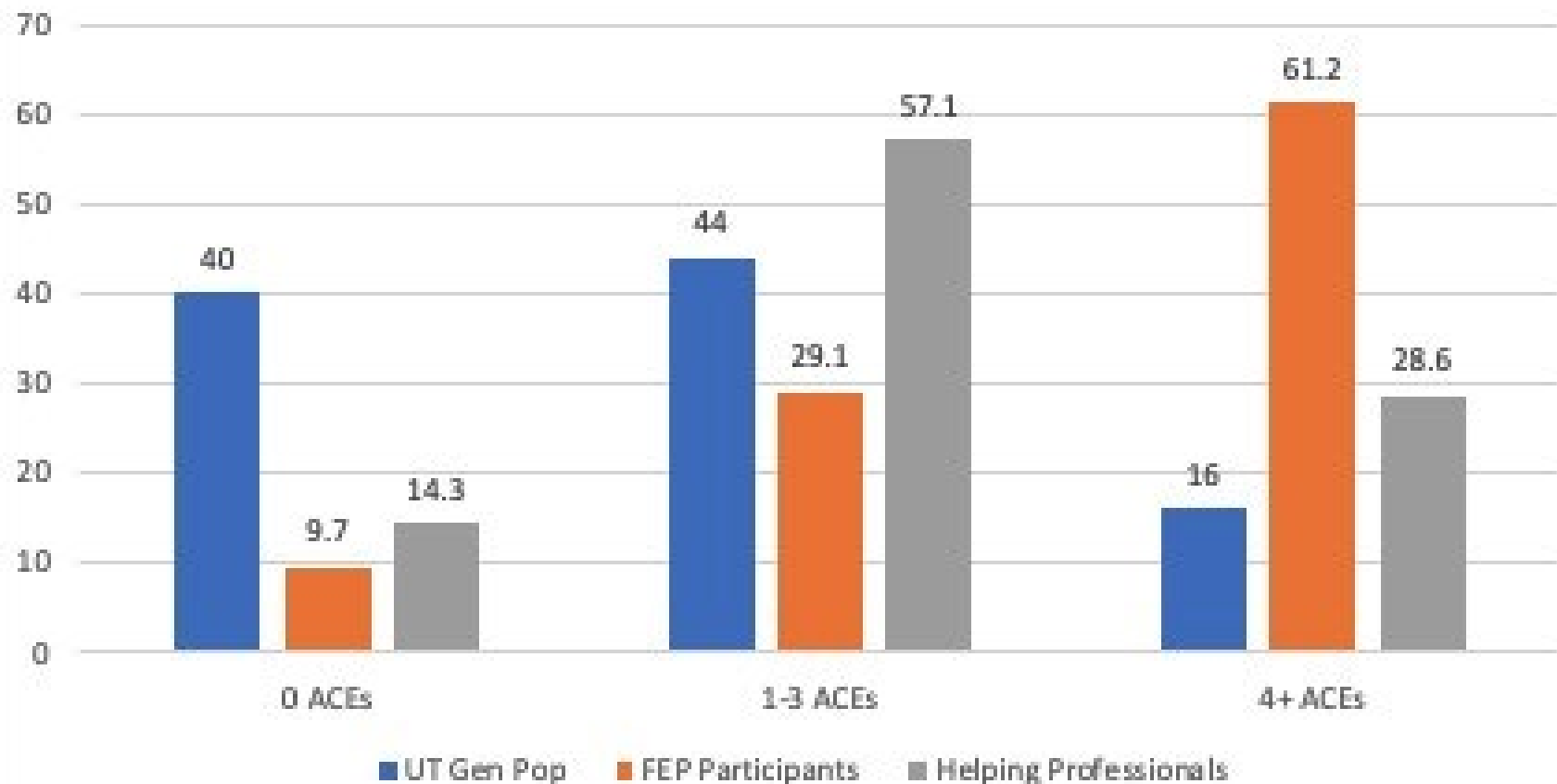
**MARTY, WHATEVER HAPPENS**



**DON'T EVER GO TO 2020**



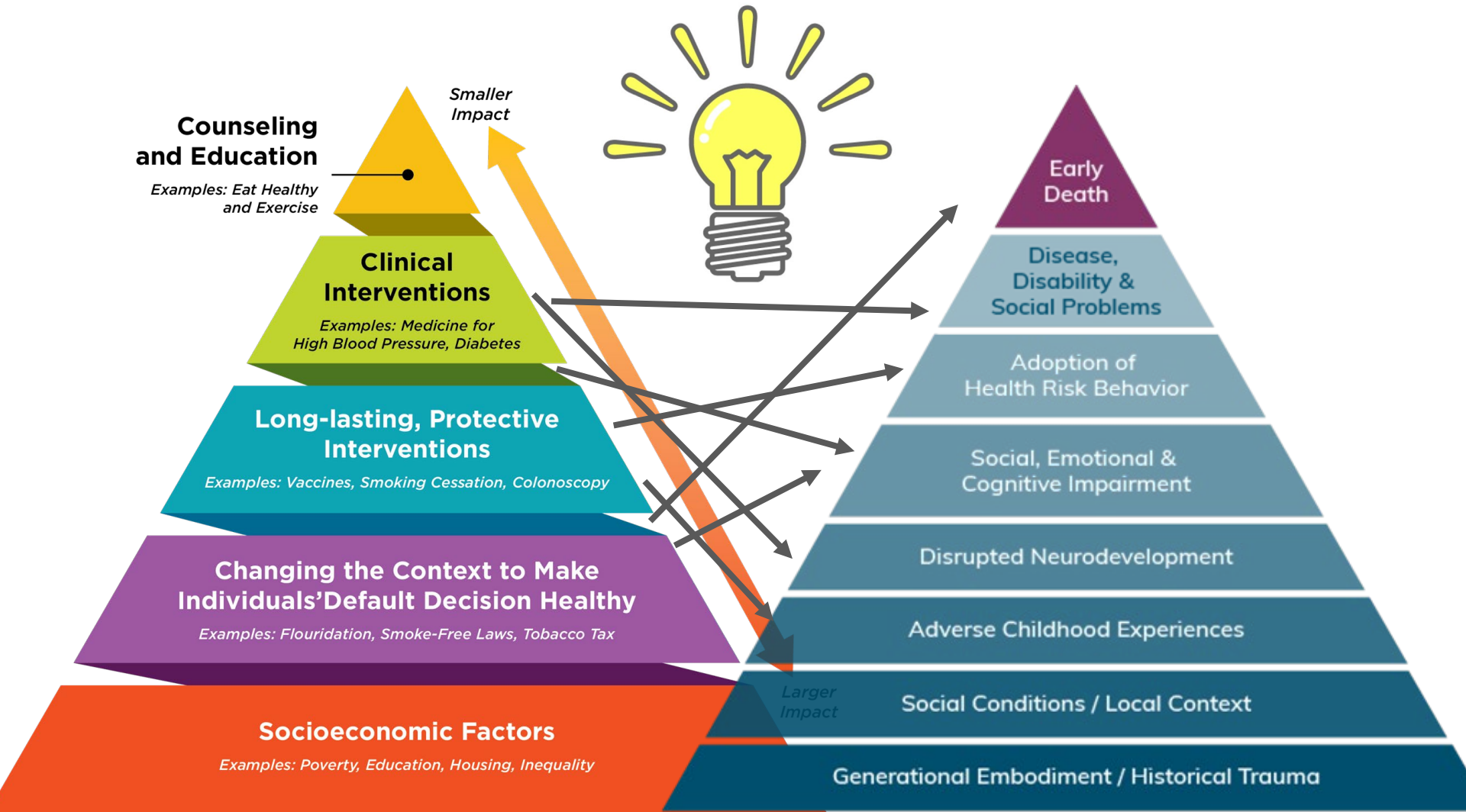
## Utah ACEs & Helping Professionals





UTAH DEPARTMENT OF  
**HEALTH**

**Bureau of Health Promotions!!**





FOR UTAHNS.

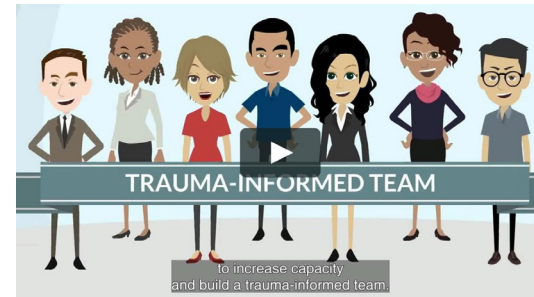


BY UTAHNS.

# Guiding Purpose and Structure



- Why are we here?
  - *Developing a Center for creating trauma -informed state*
- Why are YOU (Steering Committee) here?
  - Experience in organizational development and structure
  - Provide expertise to challenge and expand thinking
  - Identify tasks for EC to accomplish
  - Community Connections



# THREE COMMITTEES of TRAUMA-INFORMED UTAH



## CENTER DEVELOPMENT

- Location / community "positioning"
- Budget outline
- Staffing structure
- Potential partnerships



## CENTER SCOPE

- Trainings
- Technical assistance
- Educational resources
- ?????



## CENTER RESEARCH

- Assessment tools
- Evaluation metrics
- Local research partnerships / projects
- Additions to literature on the TI approach



# CENTER DEVELOPMENT COMMITTEE

## MEETING TIMELINE

**October**  
2020



**Launch  
Meeting!**

(TODAY!)

**November**  
2020



**Setting Our  
VISION**

**December**  
2020



**Reviewing  
Other Models**

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Guest Speaker!

**January**  
2021



**Outlining  
Our Model**

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Workgroups

**February**  
2021



**Refining  
Our Model**

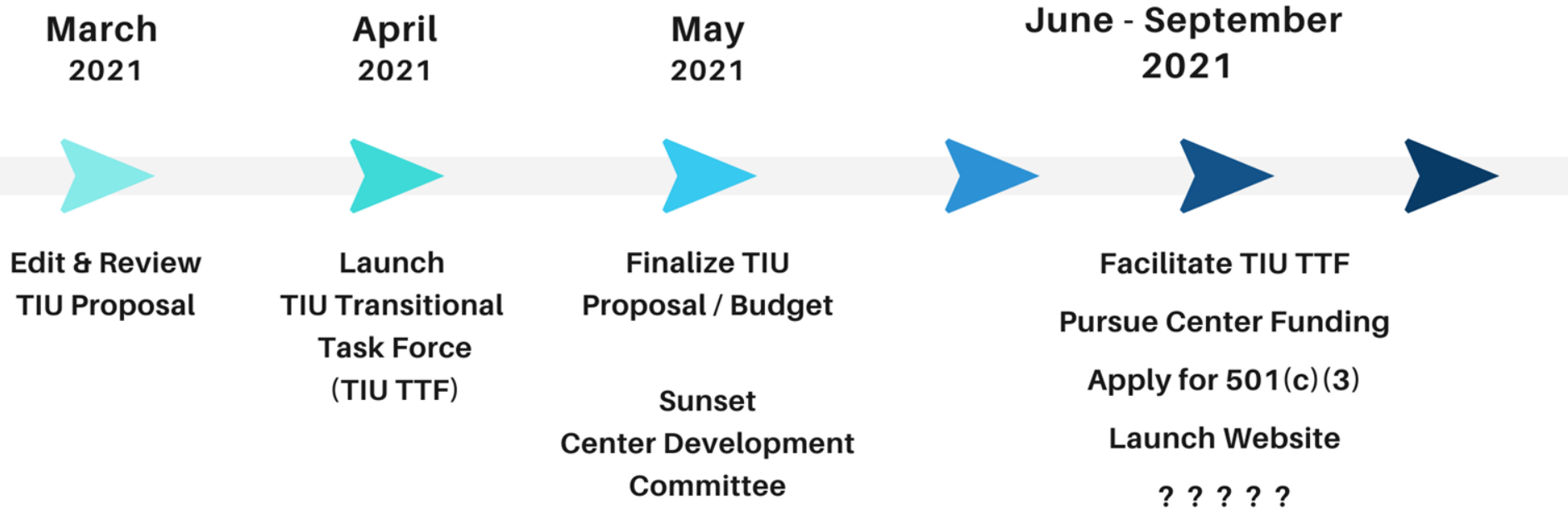
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Workgroups

**March/April**  
2021



**- TBD -**

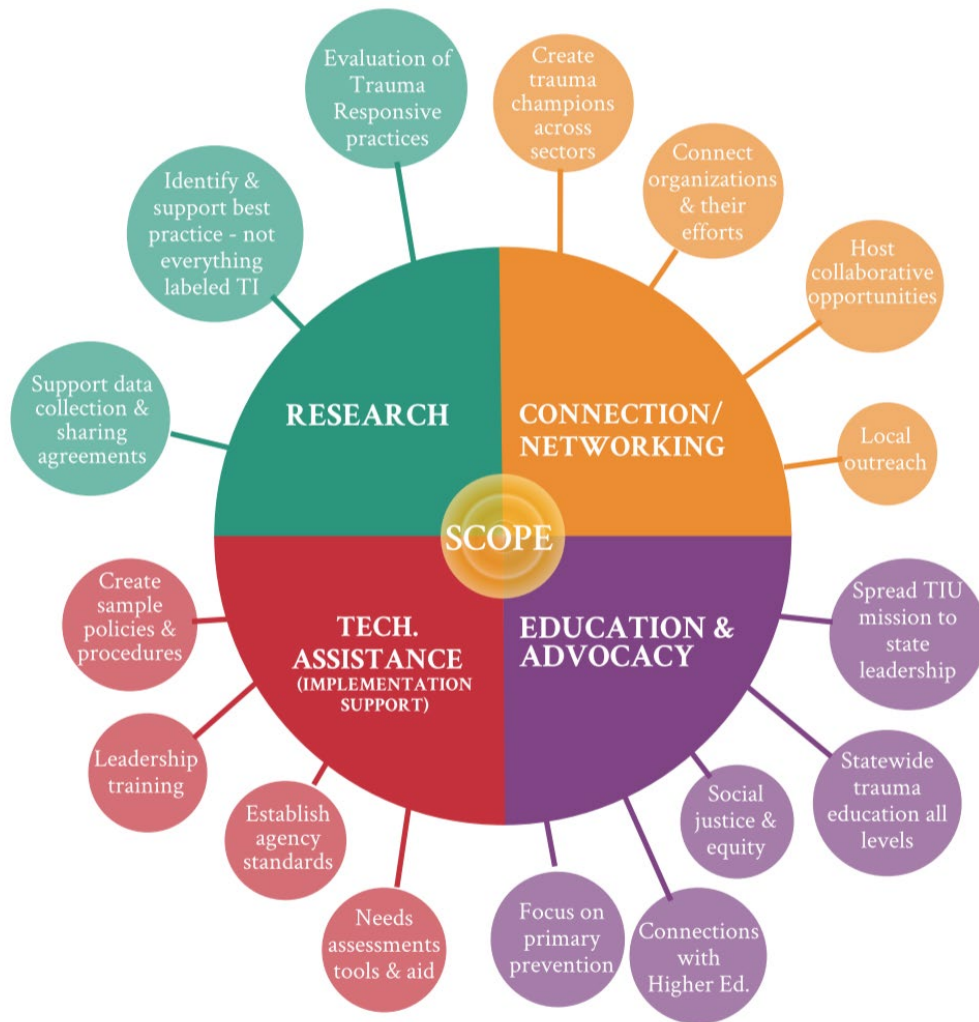
# UPDATED CENTER DEVELOPMENT TIMELINE





MISSION --- VISION --- VALUES





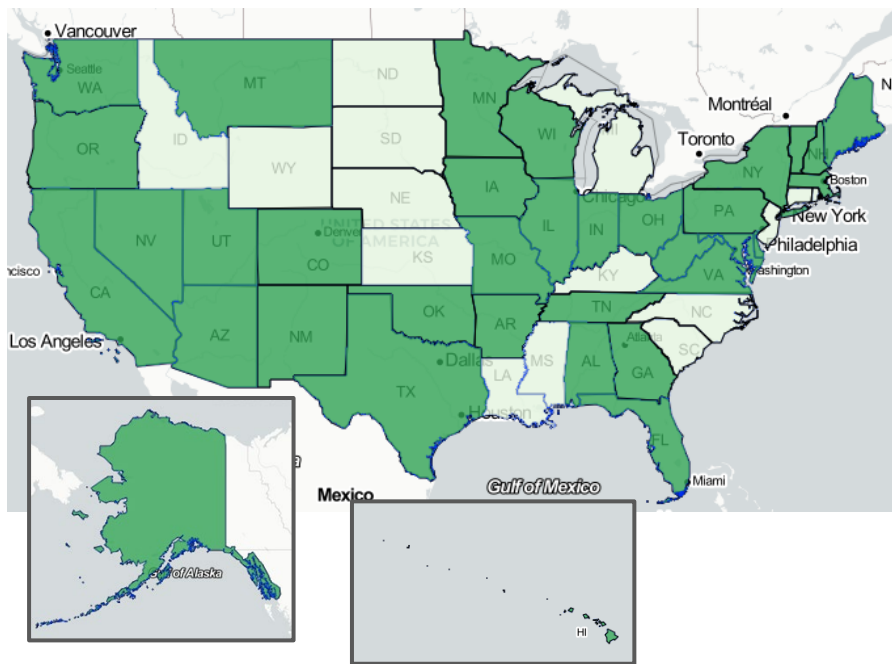
**SHOW ME THE MONEY**



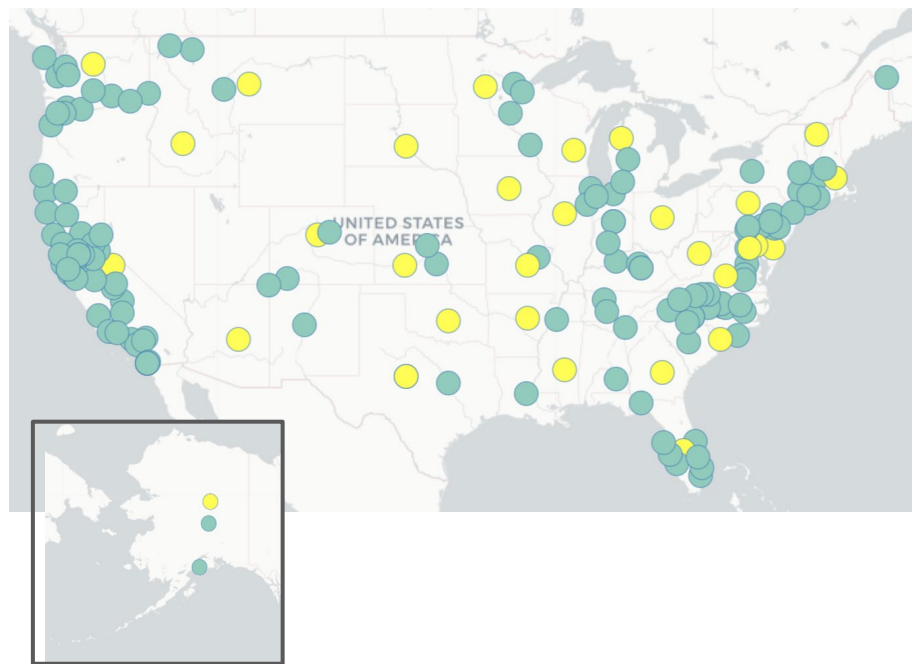


# A National Snapshot of Trauma Informed Initiatives

## LEGISLATIVE ACTION



## COMMUNITY NETWORKS



- Ongoing relationship
- Establishing funding & support
- Implementation support

**Questions?**



# Virtual Parent Cafes

Partnerships across Wyoming



Presented by: Sara Serelson and Bryan Cook



**Parent  
Information  
Center**

(307) 684-2277



**Magellan**  
**HEALTH**®



# Wyoming Facts and Symbols

**Capital: Cheyenne**

**Admitted to the Union: July 10, 1980 (44th State)**

**Size: 97,914 square miles (9th largest state)**

**Population: 563,626 (2010 Census)**





**33 meetings hosted  
on Zoom**

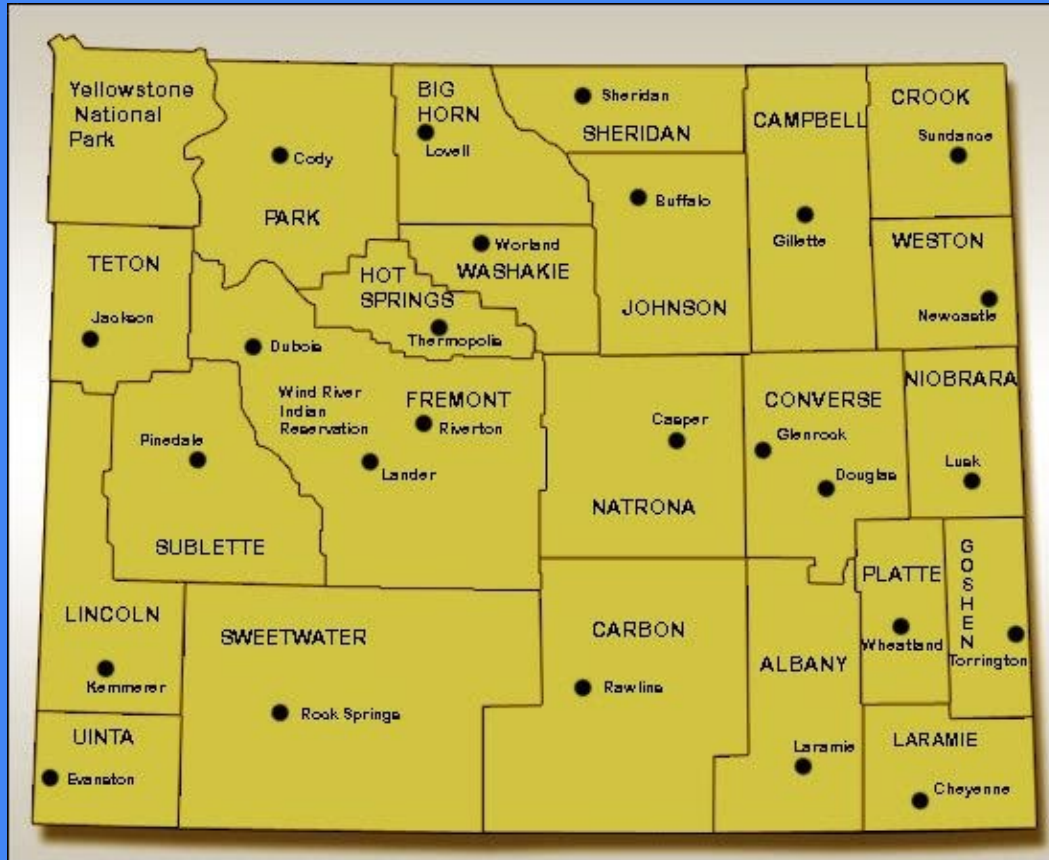
**facebook**



**Outreach on social  
media & email**



**Who did we connect with?**



**130 parents**

**All Wyoming counties**

## What Wyoming Parents Say They Need:

- Transportation
- Services in Remote Areas
- Medical Care
- Interpretation/Bilingual providers
- Disability Access
- Fatherhood programs
- Affordable Housing
- Family Activities
- Affordable Child Care



## Common barriers:

- Finances
- Transportation
- Availability
- Awareness of Services

## Common Supports:

- Schools
- Home Visiting
- Department of Family Services
- Telehealth
- Child Development Centers
- Wrap Around Services

## Ideas & Suggestions:

- Parent support programs
- Life skills classes for all ages
- Suicide prevention programs
- Programs for teenagers
- Community Celebrations

# Parent Leadership Connections



Following a virtual parent cafe, a father to a 4 year old child and a bilingual mother are now on the Wyoming Citizen Review Panel.

Spanish parent cafe facilitated by mother of three and Parent Educator



Following a virtual parent cafe, a bilingual mother of three is now on the implementation team for Wyoming's Preschool Development Grant.

## What's next?

- Sharing the information with communities and policy makers.
- 60 parents want to be invited to future events and included in more discussions.
- Prevention Campaign amplifying resilience in Wyoming and protective factors.

“Parents and those  
impacted need to be  
included in setting the  
table, not just a seat at  
the table”

# Providing Services to Families during the COVID-19 Pandemic: Findings from Massachusetts

Innovative Initiatives: Community-Based Child Abuse  
Prevention (CBCAP) Annual Grantee Meeting

Sarita Rogers, Children's Trust of Massachusetts  
Becky Fauth, Tufts Interdisciplinary Evaluation Research  
(TIER)

May 17, 2021

The Children's Trust is on a mission to stop child abuse in Massachusetts.

We give parents the tools and resources to build self-confidence and gain lifelong skills to ensure children grow up safe and healthy.



[www.childrenstrustma.org](http://www.childrenstrustma.org)





# Programs and Initiatives

## Home Visiting

- Healthy Families Massachusetts
- Home visiting and Reflective practice training and supports

## Family Support Programs

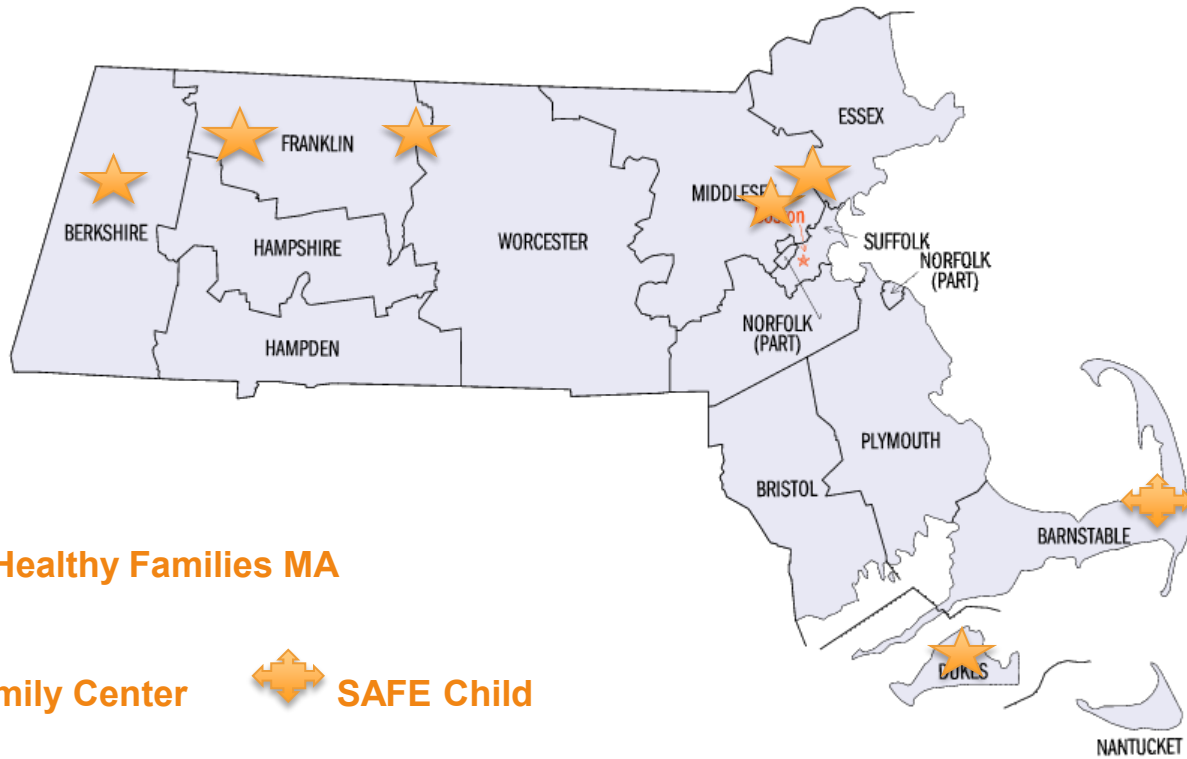
- SAFE Child Community
- Family Centers
- Parenting Education and Support Programs
- One Tough Job Parenting Website

## Fatherhood Initiative

- Fathers and Family Network
- Nurturing Fathers Programs

## Family Support & Parent Education Training Center

- Abusive Head Trauma Prevention
- Allbabiescry.com
- Child Sexual Abuse Prevention
- Safekidsthive.org
- View from All Sides conference & Family Support Training Topics



## Statewide- Healthy Families MA



Family Center



SAFE Child

# Survey details



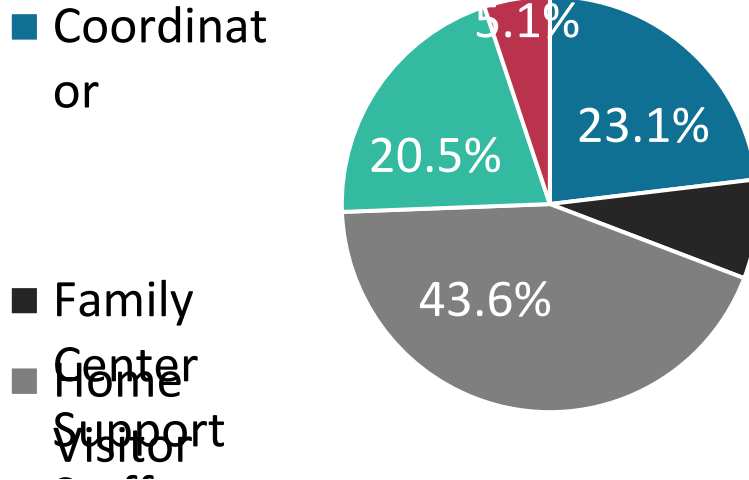
***Purpose:*** Learn about families' and family support staff's experiences during the pandemic, whether service delivery has changed, and how programs and organizations have adapted



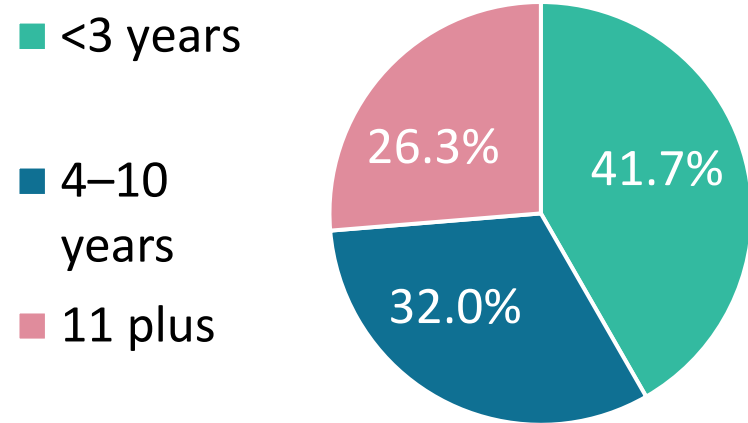
***Methods:*** Family Center and Healthy Families Massachusetts (HFM) staff invited to participate in a brief online survey via email; respondents received a \$10 Amazon gift card as a “thank you”

# Respondent details

Role



Years at current program



# Survey Findings

- 1 Families
- 2 Staff
- 3 Service delivery
- 4 Program & organization

# 1 Families—scheduling and engagement:



During the pandemic:

- Scheduling and keeping appointments with families has been challenging
- Engaging and getting to know families has been difficult



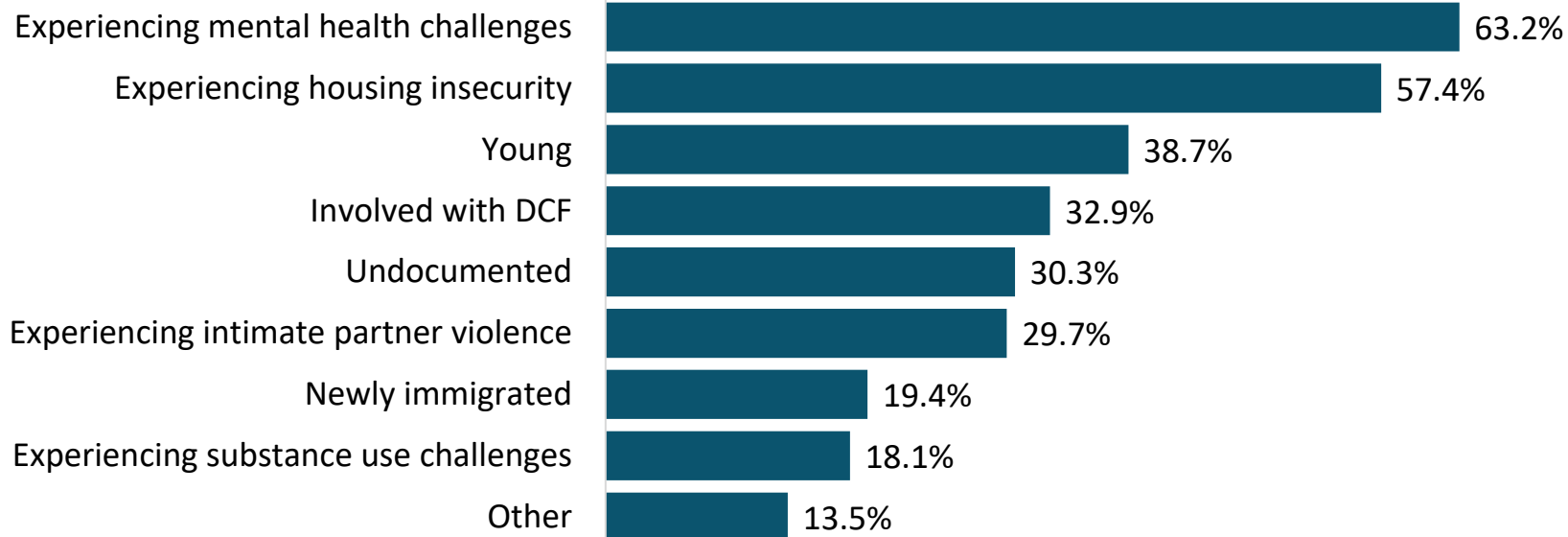
Families now have an increased desire for connection (n=151)

**44.4%**

Parents now have more opportunities to directly interact with their children (n=152)

**55.9%**

# 1 Families—harder to reach groups:



# 1 Families—increased struggles:

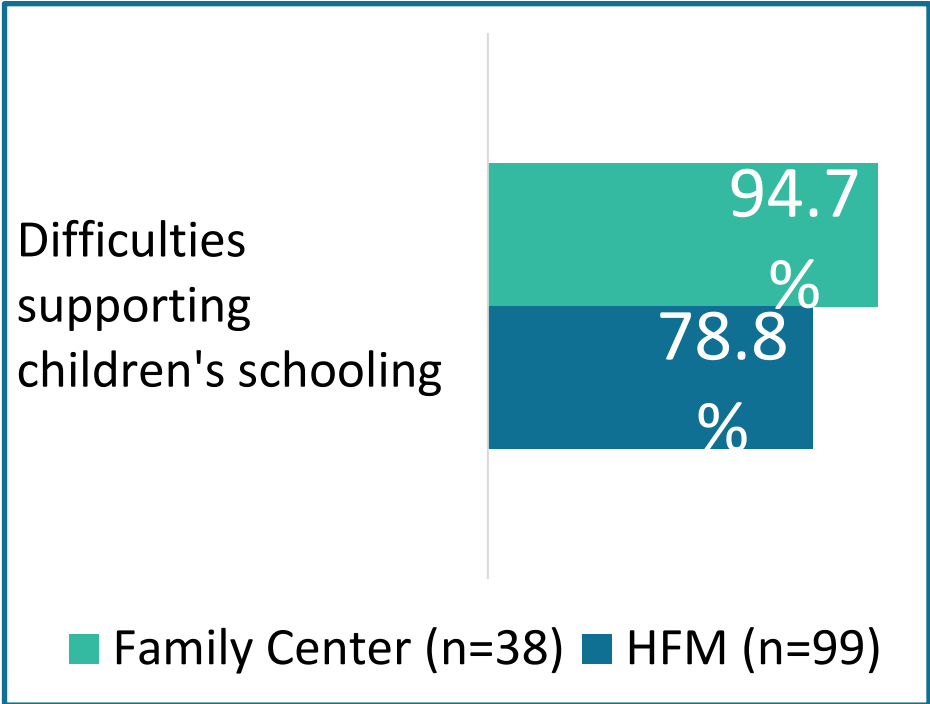
Three-quarters or more of staff agreed that families have currently been struggling more with:

- Parent/caregiver mental health problems
- Parenting/caregiving stress
- Social isolation/loneliness
- Financial concerns
- Food insecurity
- Loss of job or reduction in work hours
- Children not having the proper amount of physical activity
- Difficulties caring for children, finding childcare, and supporting children's schooling
- The risk of losing a loved one



# 1 Families—increased struggles:

***Program difference:*** Family Center staff were more likely to perceive that families have been struggling more with difficulties supporting children's schooling since the pandemic began.

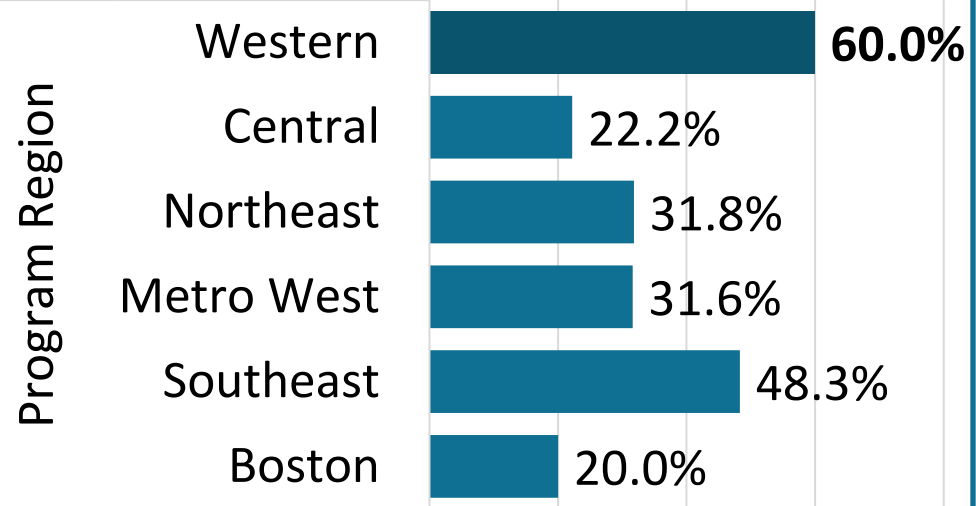


# 1 Families—increased struggles:

## ***Regional difference:***

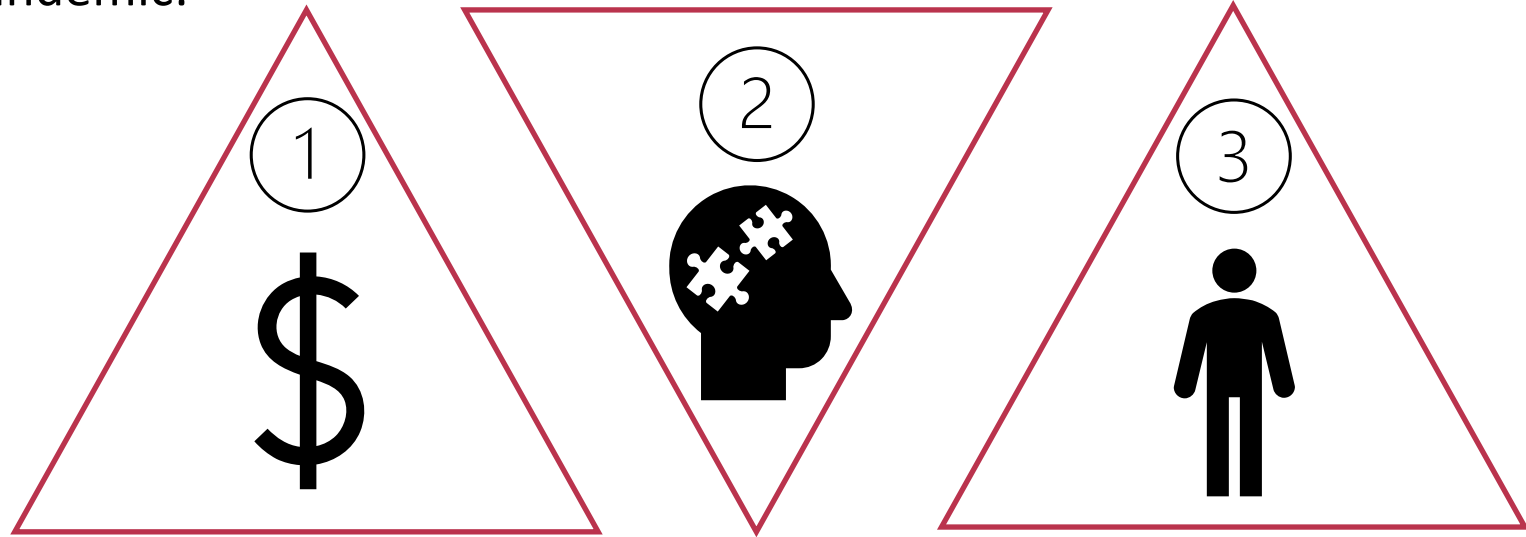
Programs in the Western region were most likely to perceive that parents/caregivers have been struggling more with substance use since the pandemic began.

### *Parent/Caregiver Substance Use*



# 1 Families—three biggest challenges:

The top three biggest challenges experienced by families during the pandemic:



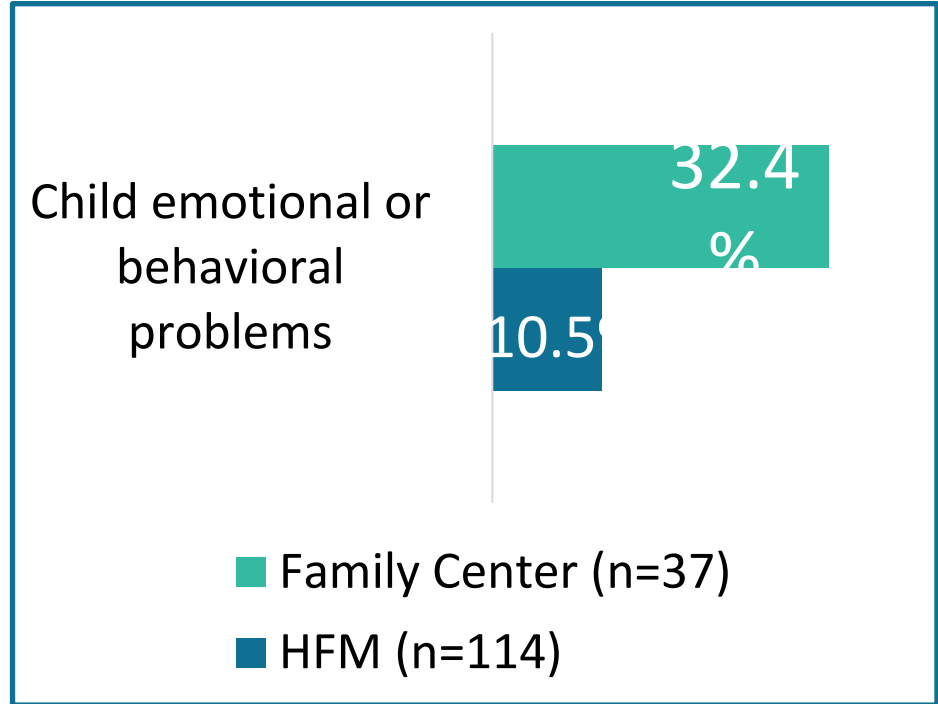
financial  
concerns

parent or caregiver  
mental health problems

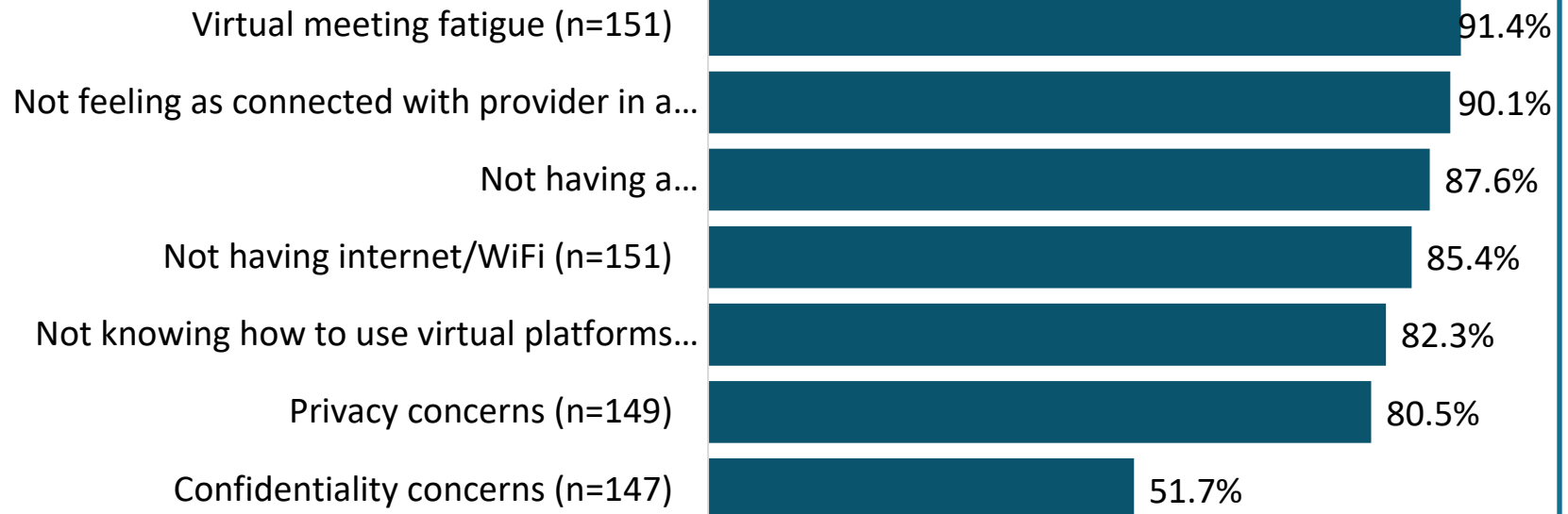
social isolation or  
loneliness

# 1 Families—three biggest challenges:

***Program difference:*** Family Center staff were more likely to perceive child emotional or behavioral problems to be one of the three biggest challenges experienced by families during the pandemic.

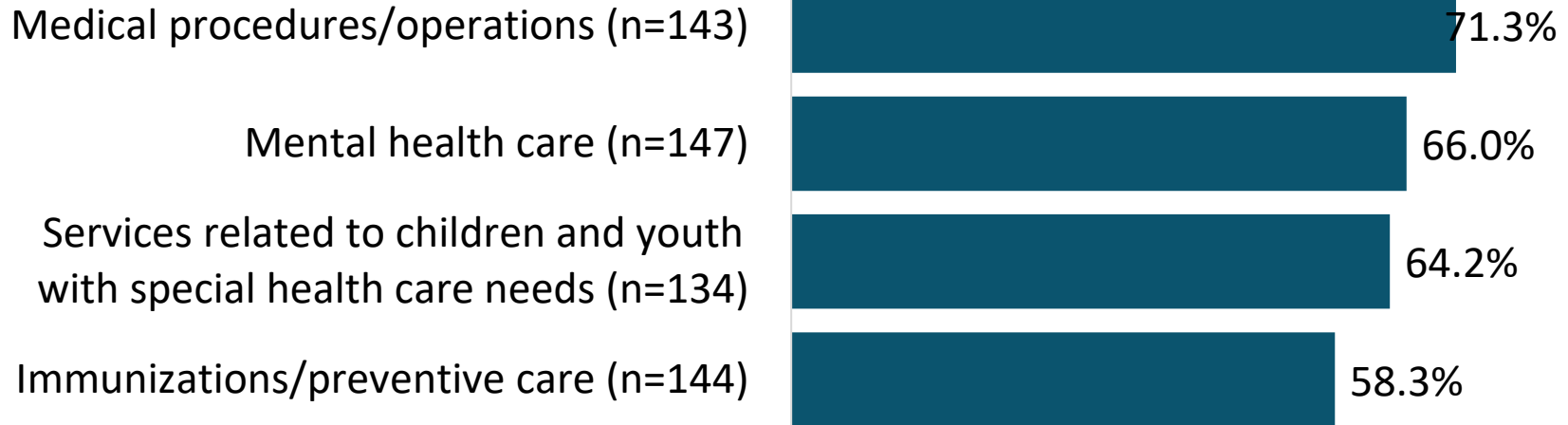


# 1 Families—barriers to service receipt:



# 1 Families—access to medical related services:

Most staff agreed that families have been less likely to access the following services:



## 2 Staff—feeling connected and supported:

Staff overwhelmingly agreed that they felt connected and supported by both their colleagues and supervisors.

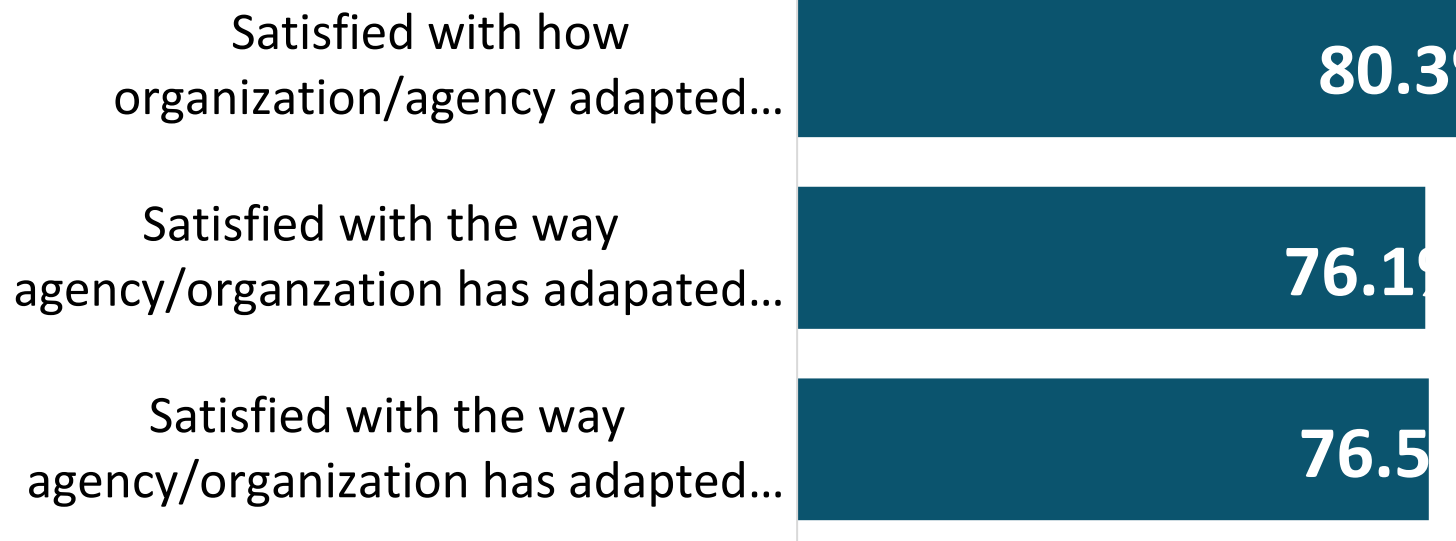
Supported by and connected to  
colleagues (n=152)

80.3%

Well supported and advised by  
supervisor (n=149)

86.6%

## 2 Staff—satisfaction with adaptation:





2

## Staff—adequate personal protective equipment and working outside of home:



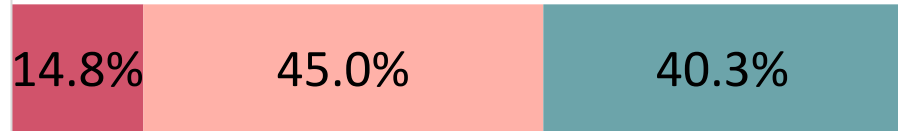
Around 90% of staff agreed they had adequate PPE to complete their work tasks outside of home.



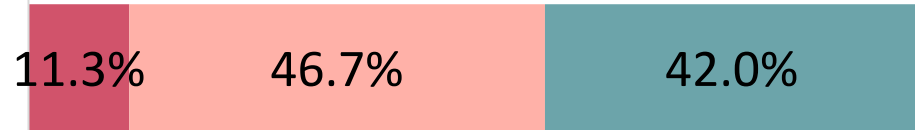
Nearly 60% of staff agreed they felt their health was at risk when working outside of home.

## 2 Staff—conversations about racism:

Conversations with co-workers  
about racism in the workplace...



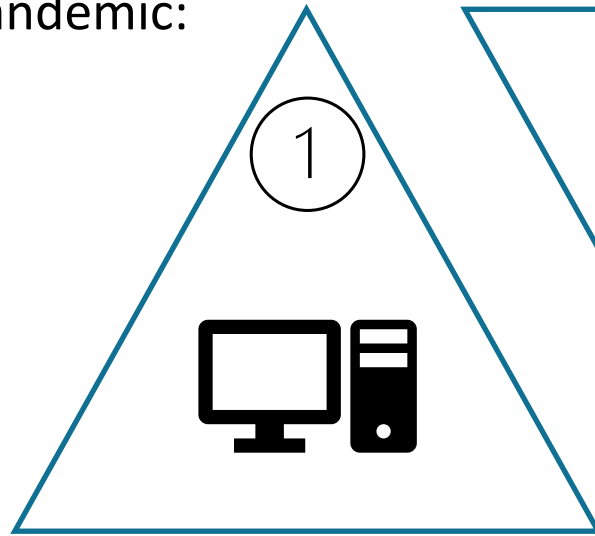
Conversations with co-workers  
about racism in the lives of...



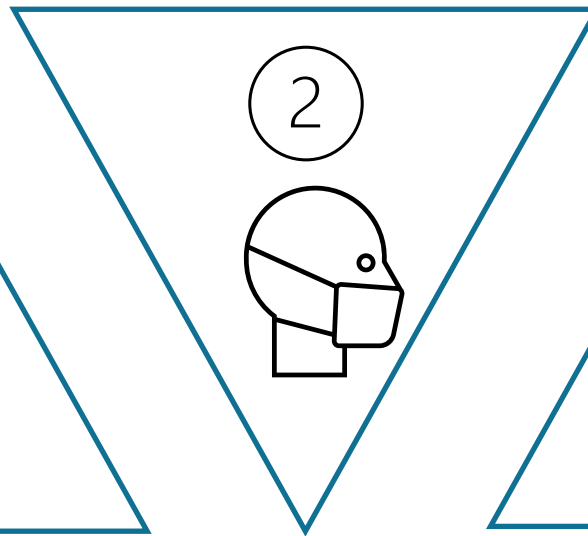
■ Less ■ Same ■ More

## 2 Staff—top three stressful situations:

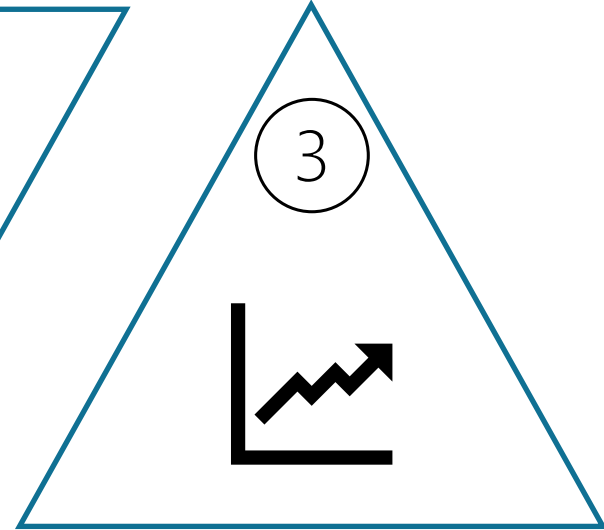
The top three most stressful situations experienced by staff during the pandemic:



engaging & supporting  
families virtually



worrying about getting  
sick with COVID

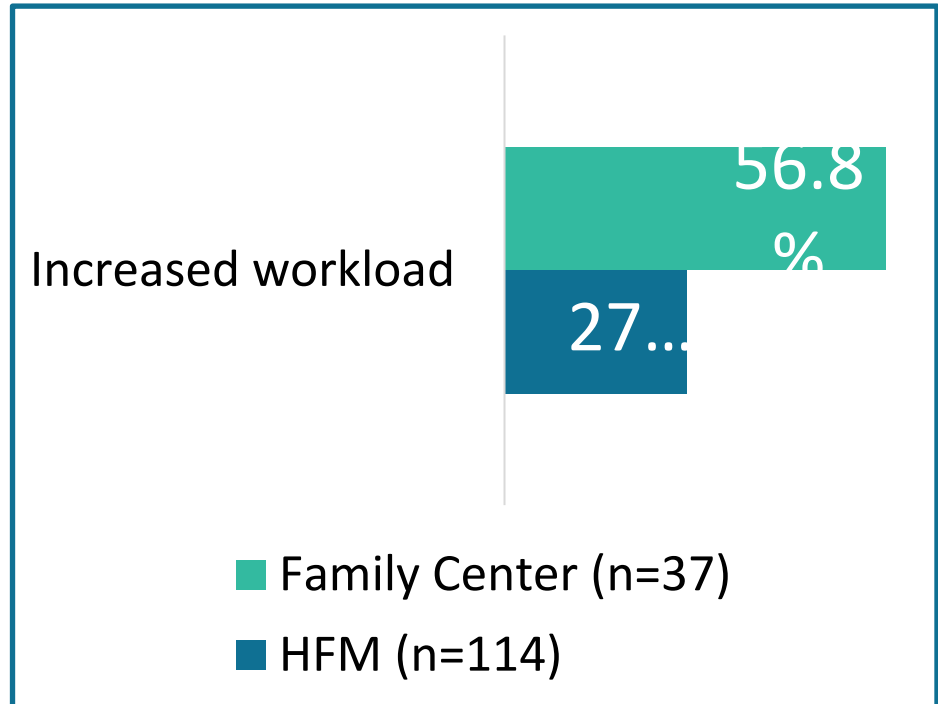


increased workload

## 2 Staff—top three stressful situations:

### ***Program difference:***

Family Center staff were more likely to perceive that an increased workload has been one of their top three stressful situations during the pandemic.

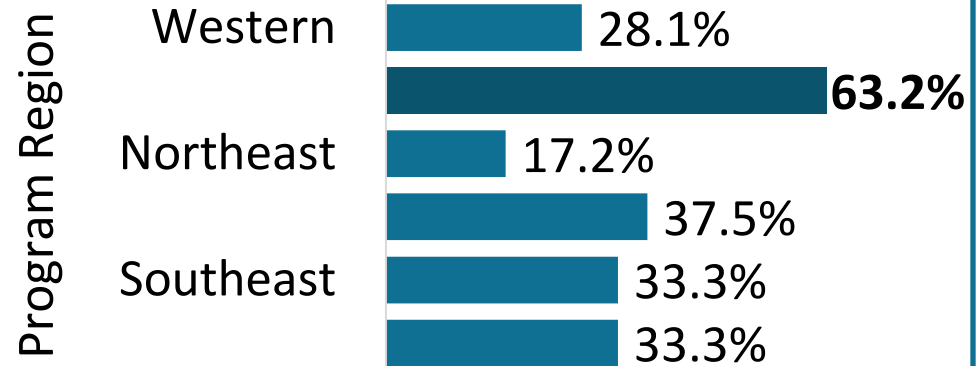


## 2 Staff—top three stressful situations:

### ***Regional difference:***

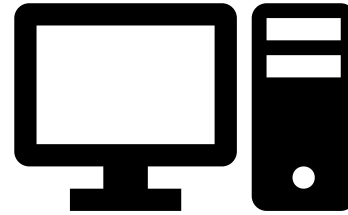
Programs in the Central region were most likely to perceive working from home while simultaneously managing their family's needs to be one of their top three stressful situations during the pandemic.

*Working from home while  
simultaneously managing my own  
family's needs*

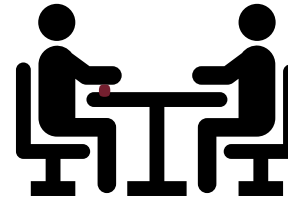


## 2 Staff—virtual services in the future:

- Only 25% of staff agreed that virtual services are just as effective as in-person services
- About 40% of staff agreed that virtual staff meetings are just as effective as in-person meetings
- Nearly 50% of staff agreed that virtual staff training is just as effective as in-person training



VS



### 3 Service delivery—screens:

#### MORE

- Social support (50%)
- Parent-child interaction (42%)
- Mental health or depression (35%)

#### LESS

- Intimate partner violence (24%)

### 3 Service delivery—conversations:

#### MORE

- Medical Legal Partnership of Boston (MLPB; 45%)
- Department of Transitional Assistance (e.g., SNAP; 37%)
- Department of Children and Families (DCF; 28%)

#### LESS

- Parent's primary care physician (PCP; 38%)
- Child's PCP (35%)
- Early Intervention (27%)

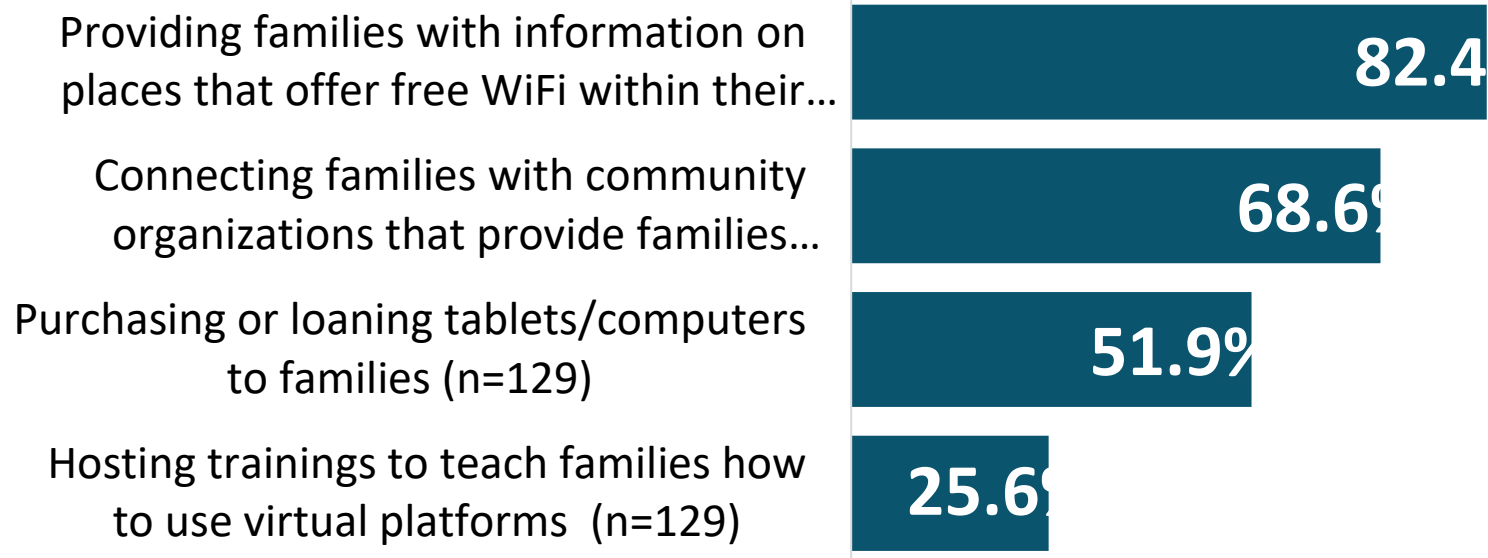


### 3 Service delivery—activities:

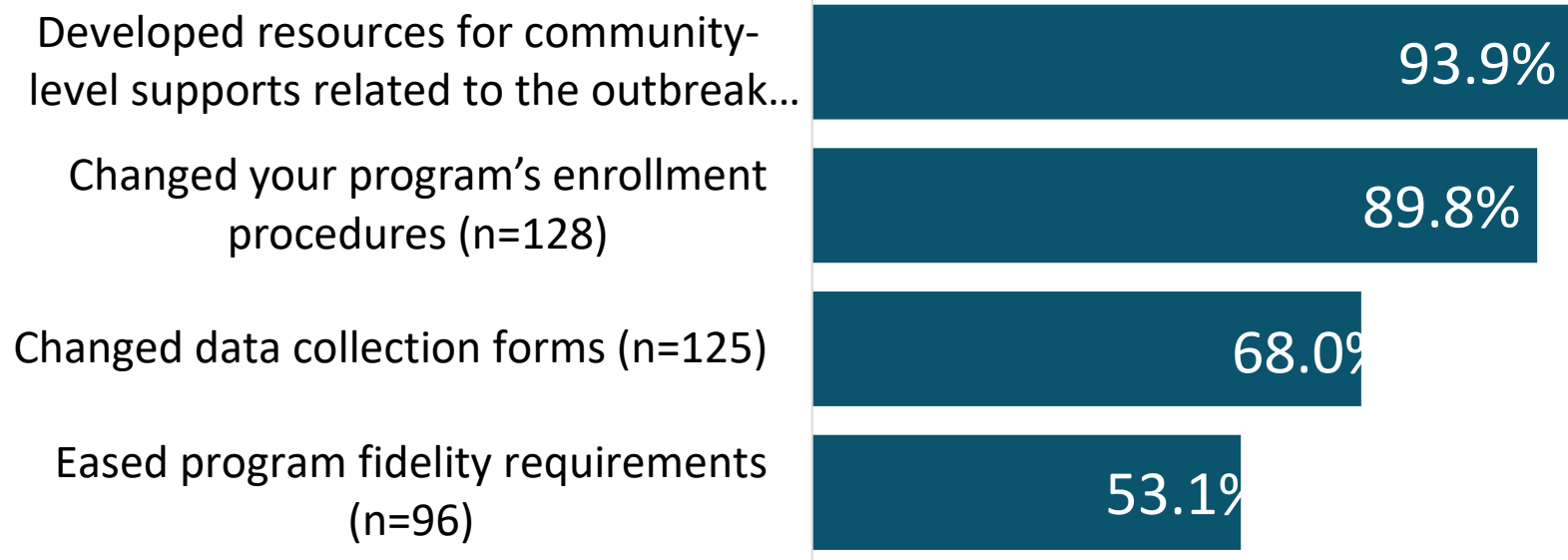
At least 60% of staff reported that they engaged in the following activities more frequently since the pandemic began:

- Texting
- Emailing
- Messaging via social media
- Offering service referrals
- Hosting virtual playgroups or social activities
- Hosting virtual parent support or education groups
- Providing concrete support or resources

## 4 Program—access to technology:



## 4 Organization—changed procedures:



## 4 Organization—hiring challenges:

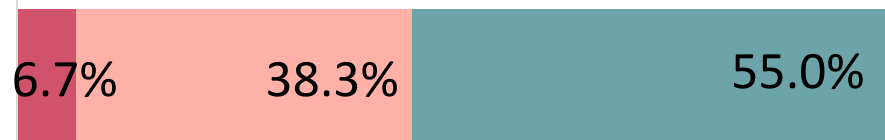
- About half of staff agreed that their organization has experienced hiring challenges or vacancies since the pandemic began
- Family Centers were more likely than HFM staff to agree that their organization experienced hiring challenges/vacancies
- Programs in the Central region were the least likely to agree this was the case



4

## Organization—conversations about racism:

Formal opportunities for conversations related to racism offered by agency/organization (n=149)



■ Less ■ Same ■ More

# Key takeaways

- There have been several service delivery challenges related to supporting and engaging families virtually.
- Families experiencing mental health challenges and housing insecurity are toughest to reach.
- Families are struggling with parental mental health and stress, lack of social support and isolation, financial concerns, and lack of childcare.
- Families have been less likely to access medical-related services during the pandemic, including preventive care.
- Despite families' increased struggles, programs and agencies have adapted quickly to continue providing services and help families access resources.
- Staff have experienced stress; however, staff feel connected and supported by their colleagues and supervisors and are satisfied with how their agency adapted.

# Staff Supports

- Virtual networking
  - Networking meetings
  - Spotlight calls
  - Family Support Fridays
  - Fathers & Families networks
  - Role-specific home visiting program communities of practice
- Flexible funding
  - Tech for staff
  - Resources for families
- Wellness
  - Virtual yoga

Thank you!

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