



# *Creating a Trauma Informed State*

A Showcase of Florida's  
Cutting Edge Trauma Initiatives

*August 2018*

# Acknowledgments

Special thanks to the Charles & Margery Barancik Foundation for generously sponsoring this Think Tank and underwriting the printing of this Showcase of Florida's Cutting Edge Trauma Initiatives. We are also grateful to the Florida State University College of Medicine, Center for Child Stress & Health for their funding and support, and the FSU Center for Prevention & Early Intervention Policy for their work in organizing this event and compiling and designing the Showcase booklet.

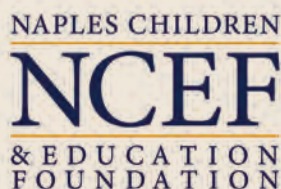
Thanks so much to our host committee:

- Naples Children & Education Foundation
- Justice Barbara J. Pariente, on behalf of the Florida Supreme Court's Steering Committee on Families and Children in the Court
- Justice Peggy A. Quince, on behalf of the Florida Supreme Court Task Force on Substance Abuse & Mental Health Issues in the Courts
- Judge Lynn Tepper, Sixth Judicial Circuit
- Wansley Walters, Chair, Florida's Children & Youth Cabinet
- Zackary Gibson, Governor's Office of Adoption and Child Protection
- Dr. Mimi Graham, Director, FSU Center for Prevention & Early Intervention Policy

We are so excited to have this compilation of 50 diverse cutting edge Florida Trauma Initiatives that exemplify innovative trauma programs from grassroots communities to state agencies. We are grateful for your dedication and commitment to this transformative work.

Our vision is that this Showcase of Florida's Cutting Edge Trauma Initiatives will inspire momentum for replication and expansion of trauma work throughout the state---that all our systems will be trauma informed and that Florida will be the first trauma informed state.

This is just the beginning. We hope you'll let us know about other trauma innovations and we will post on our website: [www.floridatrauma.org](http://www.floridatrauma.org) and link to the national ACES Connection with a special Florida ACES page: [www.acesconnection.com](http://www.acesconnection.com)



FSU Center for Prevention & Early Intervention Policy

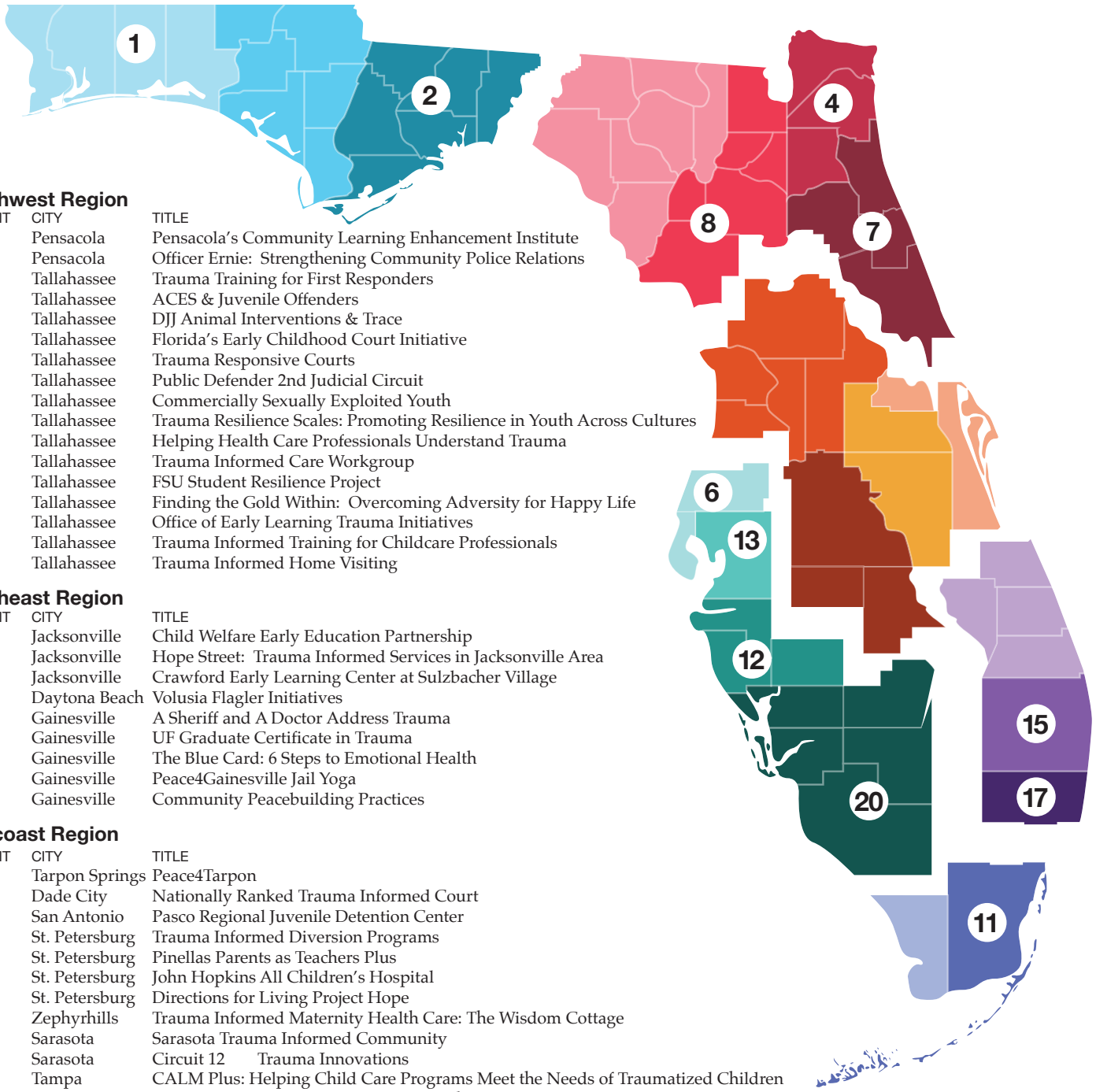
# Introduction

We believe that by addressing early trauma, Florida can decrease many of our costly intractable social problems including our opioid and substance abuse crisis, our growing public health costs, the high rates of tragic school failures and suspensions, and stop the multigenerational cycle of families moving into our criminal justice and child welfare systems.

Toward the goal of addressing the root of these problems, we thank Dr. Felitti for inspiring us with his landmark research. We hope to leverage the trauma science across systems by sharing innovative trauma strategies and galvanizing our collective impact in creating a trauma informed state.

**“It’s the most important opportunity for the prevention of health and social problems and disease and disability that has ever been seen.”**

**Vincent Felitti,**  
M.D. Co-Principal Investigator,  
Adverse Childhood Experiences Study



**Northwest Region**

CIRCUIT	CITY	TITLE
1	Pensacola	Pensacola’s Community Learning Enhancement Institute
1	Pensacola	Officer Ernie: Strengthening Community Police Relations
2	Tallahassee	Trauma Training for First Responders
2	Tallahassee	ACES & Juvenile Offenders
2	Tallahassee	DJJ Animal Interventions & Trace
2	Tallahassee	Florida’s Early Childhood Court Initiative
2	Tallahassee	Trauma Responsive Courts
2	Tallahassee	Public Defender 2nd Judicial Circuit
2	Tallahassee	Commercially Sexually Exploited Youth
2	Tallahassee	Trauma Resilience Scales: Promoting Resilience in Youth Across Cultures
2	Tallahassee	Helping Health Care Professionals Understand Trauma
2	Tallahassee	Trauma Informed Care Workgroup
2	Tallahassee	FSU Student Resilience Project
2	Tallahassee	Finding the Gold Within: Overcoming Adversity for Happy Life
2	Tallahassee	Office of Early Learning Trauma Initiatives
2	Tallahassee	Trauma Informed Training for Childcare Professionals
2	Tallahassee	Trauma Informed Home Visiting

**Northeast Region**

CIRCUIT	CITY	TITLE
4	Jacksonville	Child Welfare Early Education Partnership
4	Jacksonville	Hope Street: Trauma Informed Services in Jacksonville Area
4	Jacksonville	Crawford Early Learning Center at Sulzbacher Village
7	Daytona Beach	Volusia Flagler Initiatives
8	Gainesville	A Sheriff and A Doctor Address Trauma
8	Gainesville	UF Graduate Certificate in Trauma
8	Gainesville	The Blue Card: 6 Steps to Emotional Health
8	Gainesville	Peace4Gainesville Jail Yoga
8	Gainesville	Community Peacebuilding Practices

**Suncoast Region**

CIRCUIT	CITY	TITLE
6	Tarpon Springs	Peace4Tarpon
6	Dade City	Nationally Ranked Trauma Informed Court
6	San Antonio	Pasco Regional Juvenile Detention Center
6	St. Petersburg	Trauma Informed Diversion Programs
6	St. Petersburg	Pinellas Parents as Teachers Plus
6	St. Petersburg	John Hopkins All Children’s Hospital
6	St. Petersburg	Directions for Living Project Hope
6	Zephyrhills	Trauma Informed Maternity Health Care: The Wisdom Cottage
12	Sarasota	Sarasota Trauma Informed Community
12	Sarasota	Circuit 12 Trauma Innovations
13	Tampa	CALM Plus: Helping Child Care Programs Meet the Needs of Traumatized Children
13	Tampa	Tampa Informed Services in Hillsborough
13	Tampa	Stepped Care for Children After Trauma
13	Tampa	Smart Start
20	Port Charlotte	Trauma Informed Care in Charlotte County
20	Immokalee	FSU College of Medicine Center for Child Stress & Health

**Southeast Region**

CIRCUIT	CITY	TITLE
15	Palm Beach	Pediatric Partners
15	Palm Beach	Restorative Practices in Schools
15	Palm Beach	Palm Beach Center for Child Counseling
15	Palm Beach	Child First
15	Palm Beach	Project Dulce: Mitigating Toxic Stress
15	Palm Beach	Becoming A Trauma Sensitive Community
15	Palm Beach	Palm Beach Trauma Informed Schools
15	Palm City	Tykes & Teens: Trauma Informed Community on Treasure Coast
17	Ft Lauderdale	The Journey Institute
17	Sunrise	Sunshine Health’s Commitment to Trauma Informed Care
17	Ft Lauderdale	Broward Early Childhood Court

**Southern Region**

CIRCUIT	CITY	TITLE
11	Miami	Miami’s Grace Court
11	Miami	FSU Young Parents Project (also in Tallahassee)
11	Miami	The Children’s Trust: Investments in Trauma Informed Care



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# Pensacola's Community Learning Enhancement Institute

## Helping Traumatized Children & Adults in Schools & the Workplace

Increased Adverse Childhood Experiences (ACEs) are correlated with increased risk of learning/behavior problems as reported by the American Pediatric Association. Due to their traumatic nature, ACEs often cause children to experience post-traumatic stress reactions that resemble the symptoms of ADHD, such as problems focusing, hyperactivity, or emotional outbursts. Living in a constant fear-activated state of hyper-awareness means these children and adults can be quick to rage, due to the fear of being found out that they can't read, do math, write a message, or remember the steps of a simple job task. In their subconscious efforts to self-protect, they often can be perceived as defiant, disrespectful, or overly aggressive.



Without appropriate screening for both ACEs and ADHD, clinicians may attribute a child's behaviors solely to ADHD, missing the child's trauma history. This can ultimately result in a possible misdiagnosis and inappropriate or incomplete treatment plan. Differentiating between sensory processing disorder, ADHD, learning disorders, anxiety, and early trauma exposure requires diagnostic skill and accuracy.

To address these issues, **The Community Learning Enhancement Institute** is a campus-based nonprofit organization, to be established in Pensacola. The first program to be developed will be the **Nautilus Learning Resource Center**, a specialized and therapeutic learning resource clinic to provide comprehensive diagnostic and prescriptive learning services for children and adults with specific learning disabilities and ADHD throughout their lifespan. The center will also provide community outreach services to the schools (public, private, homeschooled), workforce, military, social welfare system, foster care system, homeless shelters, and criminal justice system.

The proposed center is seeking board members, and expertise to raise awareness and funds to launch the startup facility. For more information about the proposed center, please contact Dr. Denise Jamison via [info@cleiinc.org](mailto:info@cleiinc.org) and view the website ([www.cleiinc.org](http://www.cleiinc.org)).



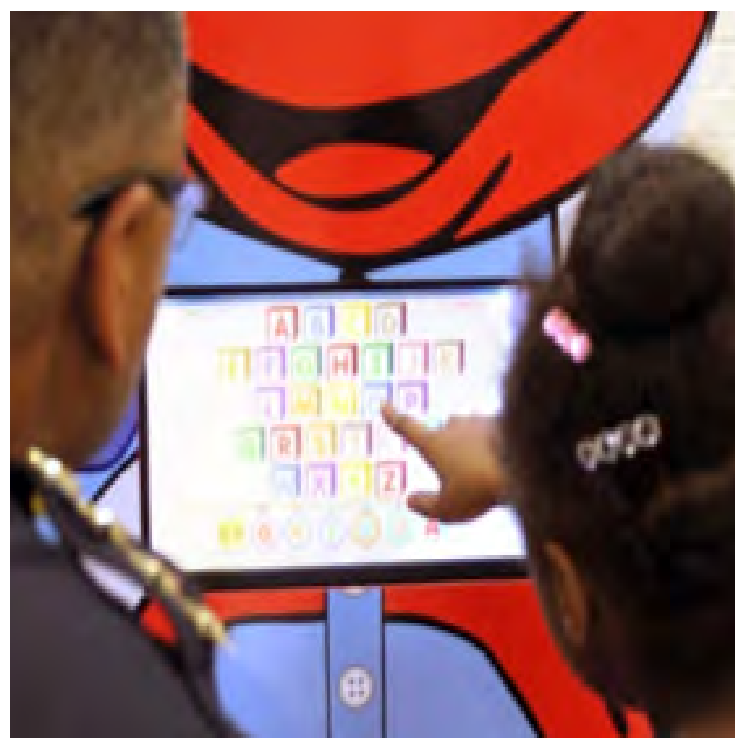




# Officer Ernie: Strengthening Community Police Relations

Pensacola Police Chief, David Alexander introduced Officer Ernie, a new educational tool designed and funded by local business owner/entrepreneur, Peter Nowak. Located at two neighborhood centers, Officer Ernie provides fun, interactive touch screen lessons to improve children's reading skills.

Chief Alexander says, "I liked Pete's idea of improving kids' reading skills with Officer Ernie. All children need to read and learn that police officers are there to help them. Nowak's teaching tool does both. Having Officer Ernie will help strengthen citizen-police relations, even if just a little bit."





# Trauma Training for First Responders

## Trauma Informed Care Training for First Responders: By Officer Sean Wyman, Tallahassee Police Officer

Police officers want to help people. Although they are trained in the laws and how to enforce them, they have no idea that the majority of people they could have helped are worse off because of:

- ★ limited understanding of trauma and its effects
- ★ poor communication skills that trigger re-traumatization
- ★ the methodology of the Police Academy Training doesn't prepare them
- ★ never heard of trauma informed care



Establishing an introduction and understanding of trauma-informed care in the criminal justice programs and police academies is not enough. Police Departments need training on how to implement trauma-informed care in the following areas:

- ★ Leadership
- ★ Policy
- ★ Physical Environment
- ★ Engagement and Involvement
- ★ Cross Sector Collaboration
- ★ Screening, Assessment, and Hiring
- ★ Training
- ★ Internal, External Evaluations, and Accreditation



Trauma-informed police officers can identify, assess the severity, recognize the key components, and identify the proper oriented system of care when they come in contact with someone dealing with trauma. First Responders can bridge gaps, improve quality of life, reduce liability, and lower crime in their communities. When officers stop focusing on “what is wrong with people” and start establishing “what happened to people they come into contact with,” it will allow for a higher success rate of healing in communities.

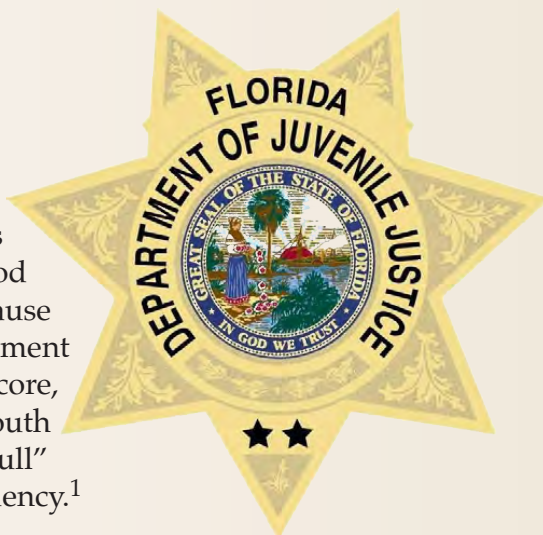
For centuries, police officers have been recognized as the first line of defense. It's time we become the first line of healing also. With the right training, trauma informed First Responders will answer the call and help people who have been led to believe healing from trauma is impossible to discover the right response is possible.

For more information, contact Officer Sean Wyman, ([askseanwyman@gmail.com](mailto:askseanwyman@gmail.com))

# ACEs and Juvenile Offenders

## Adverse Childhood Experiences: ACEs and Juvenile Offenders

The Florida Department of Juvenile Justice (DJJ)'s Bureau of Research and Data Integrity has collaborated with researchers from around the nation to explore the role of adverse childhood experiences (ACEs) among juvenile offenders in Florida. Because the “full” version of the DJJ’s standardized risk-needs assessment captures information that permits the extrapolation of an ACE score, ACE scores can be determined for a significant percentage of youth served by the Department; typically, those who receive a “full” assessment are those with more serious and/or chronic delinquency.<sup>1</sup>



The DJJ’s extensive, detailed data has been, and will continue to be, leveraged to advance understanding of the impact of ACEs, as well as how practitioners can best intervene to mitigate the negative outcomes of these experiences. Over the course of several years of publishing, with various authors from a variety of fields including medicine and criminology, findings on the “deeper-end” juvenile offenders in Florida include:

- Girls, on average, had a greater number of ACEs than their male counterparts.<sup>2</sup>
- The delinquent youth in the study had experienced, on average, significantly more ACEs than the adults in Felitti and Anda’s original study, with 50% of the youth experiencing four or more ACEs, compared to only 13% of the adults in the Kaiser-Permanente study.<sup>2</sup>
- Youth with higher ACE scores were more likely to re-offend.<sup>2</sup>
- As the number of ACEs rises, the likelihood of becoming a serious, violent, and/or chronic offender rises (even controlling for many other factors predictive of criminal behavior).<sup>3</sup>
- ACEs predict aggression, impulsivity, substance abuse, school problems, and suicidal behaviors.<sup>4</sup>
- Among a sample of juvenile-justice involved youth, youth with higher ACE scores were more likely to be victims of human trafficking.<sup>5</sup>
- Youth who engage in animal cruelty have a greater average number of ACEs than the juvenile justice population as a whole.<sup>6</sup>

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1 The Department is currently redesigning its risk-needs assessments, and the new instruments will capture ACE-related information for all youth assessed.  
2 Baglivio, M. T., Epps, N., Swartz, K., Huq, M. S., Sheer, A., & Hardt, N. S. (2014). The prevalence of adverse childhood experiences (ACE) in the lives of juvenile offenders. *Journal of Juvenile Justice*, 3(2).  
3 Perez, N. M., Jennings, W. G., & Baglivio, M. T. (2018). A path to serious, violent, chronic delinquency: the harmful aftermath of adverse childhood experiences. *Crime & Delinquency*, 64(1), 3-25.  
4 Perez, N. M., Jennings, W. G., Piquero, A. R., & Baglivio, M. T. (2016). Adverse childhood experiences and suicide attempts: The mediating influence of personality development and problem behaviors. *Journal of youth and adolescence*, 45(8), 1527-1545.  
5 Reid, J. A., Baglivio, M. T., Piquero, A. R., Greenwald, M. A., & Epps, N. (2017). Human trafficking of minors and childhood adversity in Florida. *American Journal of Public Health*, 107(2), 306-311.  
6 Bright, M. A., Huq, M. S., Spencer, T., Applebaum, J. W., & Hardt, N. (2018). Animal cruelty as an indicator of family trauma: Using adverse childhood experiences to look beyond child abuse and domestic violence. *Child Abuse & Neglect*, 76, 287-296.





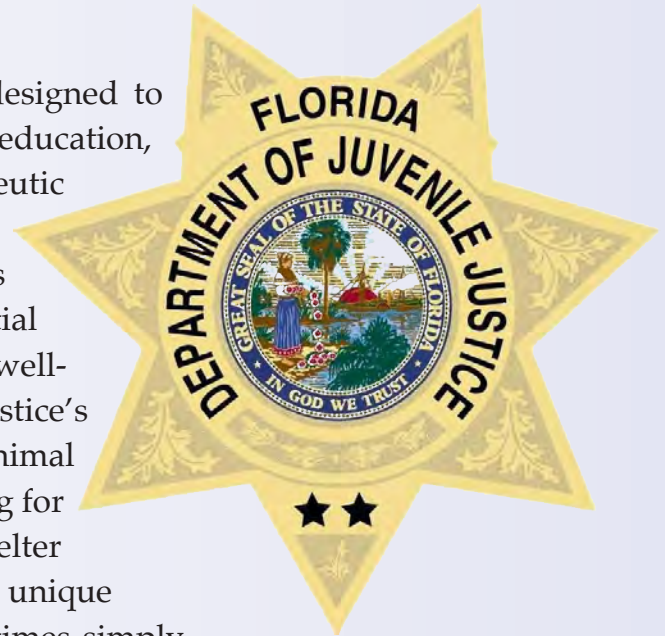


# Trauma Assessment & Animal Interventions

## Florida Department of Juvenile Justice: Animal-Assisted Interventions & Trauma Self-Assessments

### **Animal-Assisted Interventions**

Animal-assisted interventions are activities designed to enhance the quality of life through motivation, education, or recreation. The overall effect is therapeutic in that these activities tap into the human-animal bond. This dynamic relationship evokes fundamental components that are essential for emotional, psychological, and physical well-being. Many of the Department of Juvenile Justice's residential commitment programs include Animal Assisted Interventions. From young men caring for puppies to young women training rescued shelter dogs to become service animals, dogs have a unique ability to "get in there" where humans sometimes simply cannot.



### **Trauma Self-Assessment for DJJ Residential Programs**

The Trauma Responsive and Caring Environment (TRACE) Self-Assessment is a tool to assess a juvenile residential commitment program's progress in implementing a trauma-responsive approach and caring environment for youth and staff. The TRACE Self-Assessment Tool was developed in collaboration by the Florida Department of Juvenile Justice Office of Residential Services and residential commitment programs with technical assistance from national experts at Georgetown University.

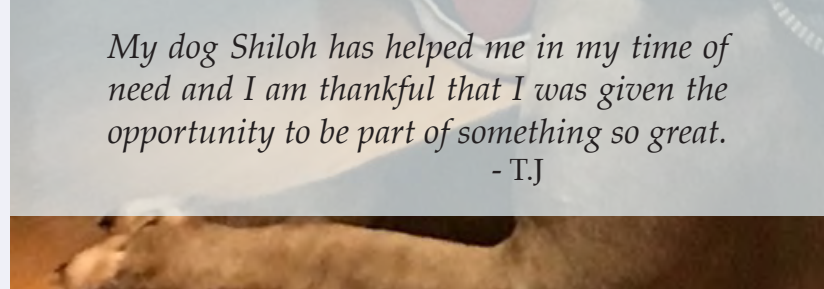
The TRACE Assessment Tool was adapted from the National Center on Family Homelessness Trauma-Informed Organizational Self-Assessment and "Creating Cultures of Trauma-Informed Care: A Self-Assessment and Planning Protocol". It is further supported by the Essential Elements by the National Child Traumatic Stress Network.

A self-assessment, along with honest and candid staff and youth feedback, benefits the program by identifying opportunities for program and environmental changes, assists in professional development planning, and informs organizational policy change.





*My dog Shiloh has helped me in my time of need and I am thankful that I was given the opportunity to be part of something so great.  
- T.J*



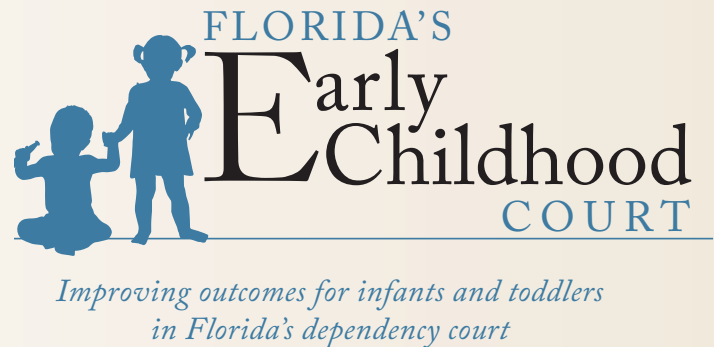
*J.Alderete  
I was in the med going crazy. When they brought me out with Justice it made me feel unstressed and helped me forget about all the crazy things I had on my mind.*



# Florida's Early Childhood Courts

## Florida's Early Childhood Court Initiative: Breaking the Multigenerational Cycle of Trauma

Florida's Early Childhood Court Initiative (ECC), fondly called "baby court," is an evidence-based approach toward ensuring a stable permanent family for young children. Early Childhood Court uses trauma science to break the multigenerational cycle of early adverse experiences (ACEs) and prevent future court involvement.

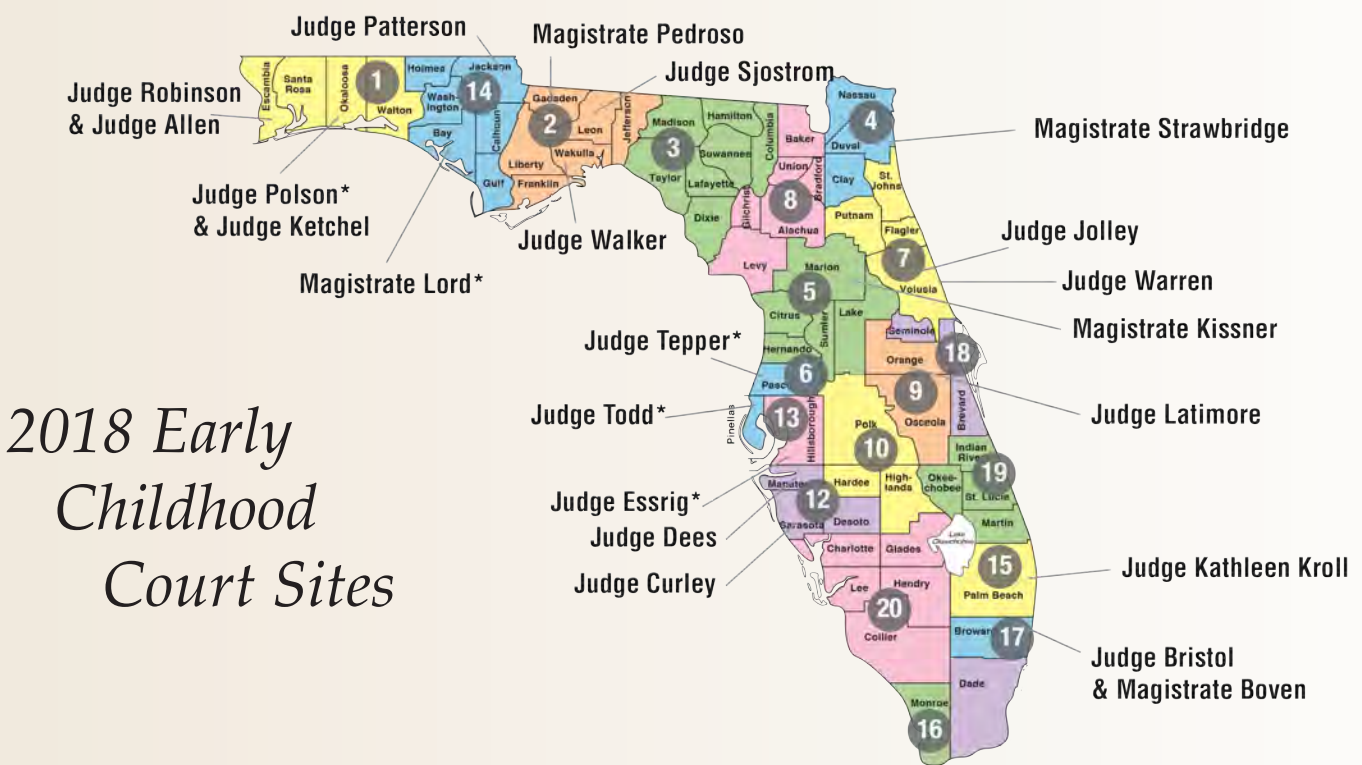


Started as a pilot collaboration between the Office of Court Improvement and the Florida State University Center for Prevention & Early Intervention Policy, Early Childhood Courts are modeled after Safe Baby Court Teams, a national evidence-based model. Multidisciplinary teams work together led by a trauma-informed judge, facilitated by a community coordinator to prioritize family needs and fast track integrated services, and treated with intensive child/parent therapy to heal trauma, build parenting capacity, and optimize child well-being.

Early Childhood Courts are more effective than typical dependency courts as children get to a permanent home quicker (4 months faster on average) and have less re-abuse than non ECC children (only 2 repeat abuses in 2016). As a result of these successes, Florida now has 22 judicial sites serving more than 300 families. ECC was awarded the 2017 Florida Tax Watch Productivity Award. See short video overview of Florida's Early Childhood Courts that explains how shifting the courts' focus toward therapeutic approaches to address shared trauma can break the multigenerational cycle of maltreatment, and be part of the solution to the opioid and child welfare crisis at: [www.cpeip.fsu.edu/babyCourt/court.cfm](http://www.cpeip.fsu.edu/babyCourt/court.cfm)

The program is administered from the Supreme Court, Office of Court Improvement. For more information, contact Carrie Toy at: [Toyc@flcourts.org](mailto:Toyc@flcourts.org) See website: [www.flcourts.org/resources-and-services/court-improvement/problem-solving-courts/early-childhood-court.shtml](http://www.flcourts.org/resources-and-services/court-improvement/problem-solving-courts/early-childhood-court.shtml)





# Trauma-Responsive Courts

## Moving Toward a Trauma-Responsive Court with a Foundation in Cutting-Edge Science

According to the Florida Supreme Court's May 3, 2001 opinion, the court's role regarding the families who appear before it is to "craft solutions that are appropriate for long-term stability and that minimize the need for subsequent court action." Further, the opinion discusses therapeutic justice as a key aspect of the family court process. This concept directs courts to consider the family's interrelated legal and nonlegal problems. The goal of therapeutic justice is to improve family functioning by providing them with skills and services "where the family can resolve problems without additional emotional trauma."

In order to fulfill the above stated goals, courts must consider all the circumstances and information surrounding the family, and not just the specific legal issue at hand. For many, if not the majority of the families and children, trauma and chronic stress are underlying risk factors that have contributed to the reason they are appearing in court. To help improve the family's functioning and lessen the likelihood of the family coming back to court, these underlying factors must be treated. If untreated, today's child appearing in dependency court returns years later in delinquency court, and then again later in court involved in a domestic violence injunction or a paternity matter. Judges who have spent many years in family court can attest to the multigenerational transmission of trauma and maltreatment.

**The Trauma and Child Development Tool Kit** is a web-based, user-friendly resource for judges, magistrates, hearing officers, and court staff, as well as court partners. It was developed by the Florida Supreme Court's Steering Committee on Families and Children in the Court and provides ten key promising practices for moving toward a trauma-responsive court. Find the tool kit at [www.flcourts.org](http://www.flcourts.org); enter "trauma tool kit" in the search box.

**The Trauma-Responsive Workshop Curriculum**, developed by the Office of Court Improvement, is curriculum for a three-hour, interactive, multidisciplinary trauma workshop. The goal of the workshop is for the court and its stakeholders to learn about the following:

- The impact of trauma and toxic stress on the developing brain, overall health, and well-being.
- Trauma-responsive practices to implement.
- Self-care strategies.



The curriculum offers a facilitator guide, a PowerPoint presentation with embedded video clips from various resources such as the Harvard Center on the Developing Child and Dr. Nadine Burke Harris's TED talk, and a Self-Care Tool Kit that helps the participants recognize the signs and symptoms of compassion fatigue, vicarious traumatization, secondary trauma, and burnout; and how to build up resilience. Find the curriculum at [www.flcourts.org](http://www.flcourts.org); enter "trauma curriculum" in the search box.

For more information, contact Sandy Neidert, Florida Office of the State Courts Administrator, [neiderts@flcourts.org](mailto:neiderts@flcourts.org) or (850) 487-0843.

*"I am astounded every day at how effective this trauma-informed approach is. I can assure you this creates a very different courtroom and courthouse atmosphere than I had 20 years ago. The satisfaction and transformations are tremendous."*

- The Honorable Lynn Tepper, Sixth Judicial Circuit, 30 years on the bench

*"It's changed my life...I wanted to give up a lot. Something always happened. My life was very chaotic. And now, it's more peaceful and calm. I'm able to think a lot better...doing the trauma care and being on my medication."*

- From a court-involved parent



# Trauma in the Criminal Justice System

## Addressing Trauma in Criminal Justice System: Public Defender in the Second Circuit (PD2)

In Florida's Second Judicial Circuit, a variety of programs have been developed over the past 30 years to address trauma induced issues in the criminal justice system. For adults, these include diversion programs for misdemeanor offenses, Drug Court, Veteran's Court, Mental Health Court, and Pre-Trial Intervention through the Department of Corrections.

Andy Thomas, Public Defender, calls himself "half social worker/psychologist, half lawyer." He focuses on therapeutic solutions to criminal behavior. Having a vigorous Social Services Division, including an adult social worker, a dedicated juvenile social worker, and recently adding an early detection position to identify mental health, substance abuse, ACE issues, disability needs, and housing challenges, is the core of addressing trauma induced conditions. It enables the legal staff to inform the courts and prosecutors of their existence, their mitigating nature, and to devise alternatives to incarceration to address underlying problems.

PD2 also relies heavily on confidential psychological services from well qualified local experts and hires national specialists when the case requires it. Creating a safe environment for clients to disclose abuse, many for the first time, has resulted in turning around lives and saving lives. Misdiagnosed children (e.g., Oppositional Defiance Disorder vs. PTSD from Trauma) and adults (e.g., Antisocial Personality Disorder vs. Autism Spectrum Disorder with PTSD from Abuse) are a common occurrence, creating the challenge of reversing years of neglect.

One-third of people held in jail are on psychotropic drugs. "They don't necessarily need to be in jail. They need to be somewhere where they have food to eat and somebody making sure they take their meds," said Nancy Daniels, Thomas' predecessor as public defender. "When people get the services they need, they don't commit crimes so much," she said. "If you just put them in jail for a little while and let them out without any services provided, they're going to keep doing the same things. If you make an effort to give them treatment for the thing that brought them there, you're interrupting the cycle of crime. You're helping society and you're helping the criminal justice system."

PD2 is dedicated to a holistic form of practicing law. This requires understanding the whole person and their specific history before embarking on a strategy of defense and resolution of the particular criminal allegation. A comprehensive Social Services Directory was compiled that all team members can refer to in looking for solutions to client challenges including everything from residential treatment to housing for sex offenders. In the coming year, PD2 will purchase a van to provide mobile legal and social services in the community. One of the challenges of representing an indigent population is getting clients and services in the same place at the same time.



### Leon County's Veteran's Court with Judge Augustus Aikens

State Attorney Jack Campbell, the 2nd Circuit's chief prosecuting officer, is also convinced the holistic approach reduces recidivism. "We look at them as complete human beings, and not just as a summary of the charges or the incident," he said. "If you're putting the interests of your clients first, you need to recognize that we need to make them not get in trouble again," Campbell said. "Whether that's addressing a substance abuse issue, poverty or employment, I think we're all on the same page."

For more information on the history and current efforts, see:

Tallahassee Magazine, August 2018,

"Public Defenders Blend Law and Social Work to Reduce Crime."

<http://www.tallahassee.com/July-August-2018/Public-Defenders-Blend-Law-and-Social-Work-to-Reduce-Crime/>

or contact:

Public Defender, Andy Thomas

Second Judicial Circuit of Florida,

Franklin • Gadsden • Jefferson Leon • Liberty • Wakulla

(850) 606-1000

<http://www.flpd2.com>



# Commercially Sexually Exploited Youth

## Florida's Trauma Informed System of Care for Sex Trafficked Youth

Victims of human trafficking and sexually exploited youth have often experienced extreme levels of trauma, with some studies showing an average of 6 ACEs prior to being commercially sexually exploited. Beginning in 2009, human trafficking was added as a reportable form of child abuse and in 2012 Safe Harbor legislation passed allowing Commercially Sexually Exploited (CSE) Youth to be diverted to the Florida's child welfare system instead of being arrested on prostitution charges.

Florida's Department of Children and Families has worked with stakeholders at the state and local levels to develop a comprehensive continuum of trauma-informed services to serve commercially sexually exploited or sex trafficked youth including:

- A specially trained investigator contacts the youth once a report of Commercial Sexual Exploitation of a child is accepted by the Florida Abuse Hotline.
- Input from a multidisciplinary team of the stakeholders helps ensure the youth's comprehensive needs are met and duplication or re-traumatization are prevented.
- Trauma-informed interview approaches help establish a trusting relationship that supports healing and allows youth to thrive.
- Florida's continuum of care for CSE youth includes four programmatic aspects:
  - ▶ Community-based wrap around services
  - ▶ Group home 'Safe Houses' specialized to serve Commercial Sexual Exploited youth
  - ▶ Safe Foster Homes supporting one or two Commercial Sexual Exploited youth
  - ▶ Residential Treatment Centers.
- Child Protective Investigators, case managers, staff of Safe Houses or Safe Foster Homes and all others working with sex trafficked youth have been specially trained with skills in cultural competency and ways to support healing and provide appropriate coping skills.
- Six months after the close of the investigation, DCF follows up with the youth to ensure they were able to access the services.



Florida will continue its efforts to develop systems, processes, and services that can meet the individualized need of each youth identified to address their trauma, in a safe environment, with a focus on peer support and empowerment.

Contact: Bethany Gilot,  
Statewide Human Trafficking Prevention Director  
[Bethany.gilot@myflfamilies.com](mailto:Bethany.gilot@myflfamilies.com)



# Resilience in Youth Across Cultures

## Trauma Resilience Scales: Promoting Resilience in Youth Across Cultures

Resilience is improved through protective factors that empower positive outcomes despite severe difficulties. To better understand protective factors, Dr. Mabelle Madsen Thompson, Fulbright Scholar and Florida State University College of Social Work Professor, has collected narratives from over 550 ethnically diverse children and young adults across the world. Their responses have been chronicled in over 250 articles, and formulate the core protective factors in the Trauma Resilience Scales. Examples of how the Scales have helped thousands of youth triumph over trauma and adverse childhood experiences include:



- Following the hurricanes in Puerto Rico, the Spanish version of the Scale was used with children presenting at a major medical center.
- In a domestic violence shelter, the Scale was used to help children find ways to increase and use protective factors to improve their internal strengths in the face of violence and legal disputes.
- In a tiny southern town, the measures are used to enhance treatment with impoverished African American youth.
- In China, the Scale has been tested with children experiencing difficulties such as poverty, cancer, and interpersonal violence.

A Taiwanese linguist said the simple act of translating the measure made him feel peaceful and happy.

For more information, contact:  
Mabelle Madsen Thompson, Ph.D., LCSW; Fulbright U.S. Scholar,  
Hong Kong Polytechnic University and Florida State University College of Social Work,  
mthompson2@fsu.edu | (800) 378-9550

# Helping HealthCare Professionals Understand Trauma

## Helping HealthCare Professionals Understand Trauma & Toxic Stress

According to the American Academy of Pediatrics, the average pediatrician will see 2-4 children each day with an ACE Score of 4+. The exposure to adverse childhood experiences and toxic stress can impair both physical and mental health in children and, later, during adulthood. Early childhood offers the best opportunity for prevention and intervention. The integration of infant and early childhood mental health in managed care allows for earlier identification of issues and provision of appropriate care, improving outcomes for families and ultimately reducing the need for more costly services as the child ages.

Toward the promotion of early childhood mental health, Florida's Agency for Healthcare Administration (AHCA) has worked with the Florida State University Center for Prevention and Early Intervention Policy, a national leader in early childhood mental health for over a decade to promote policy and systemic changes. Most recently, FSU has created a series of technical assistance materials to increase health care practitioners' understanding of:

- Infant and early childhood mental health
- How toxic stress impacts development and child-parent interactions
- Appropriate use of screenings and potential screening tools to use
- Simple practices to incorporate in primary and behavioral healthcare settings
- Referrals and linkages to specialty mental health providers when necessary
- Ways to integrate physical and behavioral health and coordinate services.

TIP SHEETS & WEBINARS for:

- ▶ Pediatricians
- ▶ Obstetricians
- ▶ Gynecologists
- ▶ Managed care plan care coordinators and managers
- ▶ Occupational, speech, and physical therapists
- ▶ Home visitors
- ▶ Behavioral healthcare practitioners

**Free Download at:** [www.cpeip.fsu.edu/mma](http://www.cpeip.fsu.edu/mma)





**Infant and Early Childhood Mental Health in Primary Care**  
Promoting healthy social-emotional development and returning it can optimize physical and mental health.

**Discussion Guide for Pediatricians: Addressing Toxic Stress in the Pediatric Practice**  
Accompanies the Early Childhood Health Optimization Module.

**Why It is Important to Address Toxic Stress**  
Children are completely dependent on their caregivers for their physical health and emotional well-being.

**Screening for Developmental Delays, Environmental Stressors, and Social and Emotional Difficulties in Children**  
Early detection of developmental delays and social and emotional concerns can lead to early intervention with evidence-based therapies and result in successful long-term outcomes.

**Contents:**  
 - PURPOSE  
 - MODULE OVERVIEW  
 - THE SCIENCE BEHIND TOXIC STRESS  
 - THE ROLE OF THE PEDIATRICIAN IN PREVENTING, IDENTIFYING, AND TREATING TOXIC STRESS  
 - REFERENCES

**Why It is Important to Address Toxic Stress**  
 - PURPOSE  
 - FOUNDATIONS OF HEALTHY DEVELOPMENT  
 - BIOLOGY OF HEALTH AND DEVELOPMENT  
 - CHOOSING DEVELOPMENTAL SCREENING TOOLS

**Screening for Developmental Delays, Environmental Stressors, and Social and Emotional Difficulties in Children**  
 - PURPOSE  
 - ALGORITHM  
 - CHOOSING DEVELOPMENTAL SCREENING TOOLS

**Florida State University Center for Prevention and Early Intervention Policy**  
**Early Childhood Health Optimization**

Home Practitioner Resources - Our Partners Visit CPEIP

The Florida State University Center for Prevention and Early Intervention Policy developed this Practitioner Series to increase the infant and early childhood mental health knowledge base and improve practice in managed care healthcare settings. [Learn more about the series purpose](#)

Florida State University Center for Prevention and Early Intervention Policy (CPEIP), is a nationally recognized leader in the field of early childhood mental health. [Learn more about CPEIP](#)

<b>Resources for Pediatricians</b>	<b>Resources for Ob/Gyns</b>	<b>Resources for Therapists</b>	<b>Resources for Care Coordinators</b>
Interactive Module	Interactive Module	Interactive Module	Interactive Module
Module Discussion Guide	Ob/Gyn Briefs	Therapist Briefs	Care Coordinator Briefs

**Early Childhood Health Optimization**

The Florida State University Center for Prevention and Early Intervention Policy developed this Practitioner Series to increase the infant and early childhood mental health knowledge base and improve practice in managed care healthcare settings. [Learn more about the series purpose](#)

Florida State University Center for Prevention and Early Intervention Policy (CPEIP), is a nationally recognized leader in the field of early childhood mental health. [Learn more about CPEIP](#)



# Trauma-Informed Care Workgroup

## Florida's Statewide Interagency Trauma-Informed Care Workgroup

In February of 2009 following a Trauma-Informed Care technical assistance training provided by the National Association of State Mental Health Program Directors, a number of state agencies and stakeholders established the Statewide Interagency Trauma Informed Care Workgroup.

The workgroup was formed recognizing that many of the individuals served across agencies have experienced trauma, and that in Florida trauma would be recognized and addressed through:

- ◆ Comprehensive assessment and individualized interventions designed to promote healing and foster hope and resilience.
- ◆ Service environments that:
  - are sensitive and responsive
  - prevent victimization, abuse, or trauma as a result of our care
  - are driven by the voices, needs, and choices of children, youth, adults, and their families.

The Trauma Informed Care Workgroup has met quarterly for almost a decade to showcase trauma best practices, learn from state and national experts, and to implement state-of-the-art trauma responsive policies and programs. Efforts have resulted in a number of additional workgroups being established throughout the state and the creation of a website: [www.floridatrauma.org](http://www.floridatrauma.org)

The efforts of its members have been recognized nationally for the direct impact on trauma survivors, the collaborative efforts between agencies, stakeholders, and consumers, and the collective impact across state agencies.

For more information, contact:

Maureen Honan @ 850 -717-2808 or by email at: [Maureen.Honan@dj.state.fl.us](mailto:Maureen.Honan@dj.state.fl.us)



THE FLORIDA STATE UNIVERSITY  
Center for Prevention & Early Intervention Policy

floridatrauma.org/index.php  
FSU Center for Prevention and Early Intervention Policy - T...

Home Training Store About Contact

# Trauma & Toxic Stress

## Trauma Informed Systems



- Trauma & Toxic Stress
- Lifetime Effects of Early Adversity
- Trauma & Symptoms by Age
- Effects of Trauma on Brain Development
- Trauma Screenings & Interventions
- Trauma Informed Systems
- Trauma Informed Care Workgroup Powerpoints
- Resources



FLORIDA STATE UNIVERSITY  
CENTER FOR PREVENTION AND EARLY INTERVENTION POLICY  
Phone: 850-922-1300 | Fax: 850-922-1352 | Email: cpeip@fsu.edu

Faculty Evaluation, Merit, & Promotion Criteria & Process | Copyright ©

# FSU Student Resilience Project

## FSU Student Resilience Project

Florida State University is launching a new evidence-informed, online trauma and resilience training called the FSU Student Resilience Project in September, 2018 (<http://Strong.FSU.edu>). It is a universal public-health style prevention program designed to inform students about trauma and resilience, and strengthen student emotional and academic coping skills. The Centers for Disease Control recommends universal prevention training on the health effects of Adverse Childhood Experiences (ACEs) because trauma is nearly universal.

FSU recognizes that some incoming students have experienced family or community trauma. Students' trauma histories can interfere with their success in college and cause long term negative consequences. Unresolved childhood trauma can increase the likelihood of risky sexual behaviors, anxiety, depression, and maladaptive coping mechanisms such as binge drinking, smoking, and substance abuse in college.

FSU uses highly engaging animation, videos, and numerous TED-talk style educational audio sessions from faculty and mental health providers to help students understand how unresolved trauma can affect their health, and to promote healing and teach crucial new resilience and coping skills. The program has videos of current students talking about their first year struggles and how they overcame them, emphasizing that difficult experiences are common to everyone; students can get through them; and there are resources on campus for every type of problem. Evidence-informed interventions such as mindful meditation audios, music therapy, and journaling help students manage stress and build coping skills.

The project helps students identify and build on their strengths and encourages personal growth, whether or not students have experienced prior trauma. It is culturally competent, representing the diversity of student voices at FSU. The program is created to increase a sense of safety, connection, and belonging for students at FSU, emphasizing that the University and their fellow students care about their well-being. The project connects students to important and trauma-informed university and community resources. It is designed to supplement existing educational and counseling interventions. FSU also recognizes the need to provide more tools to respond to the increasing mental health needs of incoming students. The project is open and frank about mental health topics, and is intended to destigmatize mental health issues and encourage help-seeking.

For more information, call Dr. Karen Oehme, Director, FSU's Institute for Family Violence Studies, College of Social Work, at 850-644-1715, or email at [koehme@fsu.edu](mailto:koehme@fsu.edu).



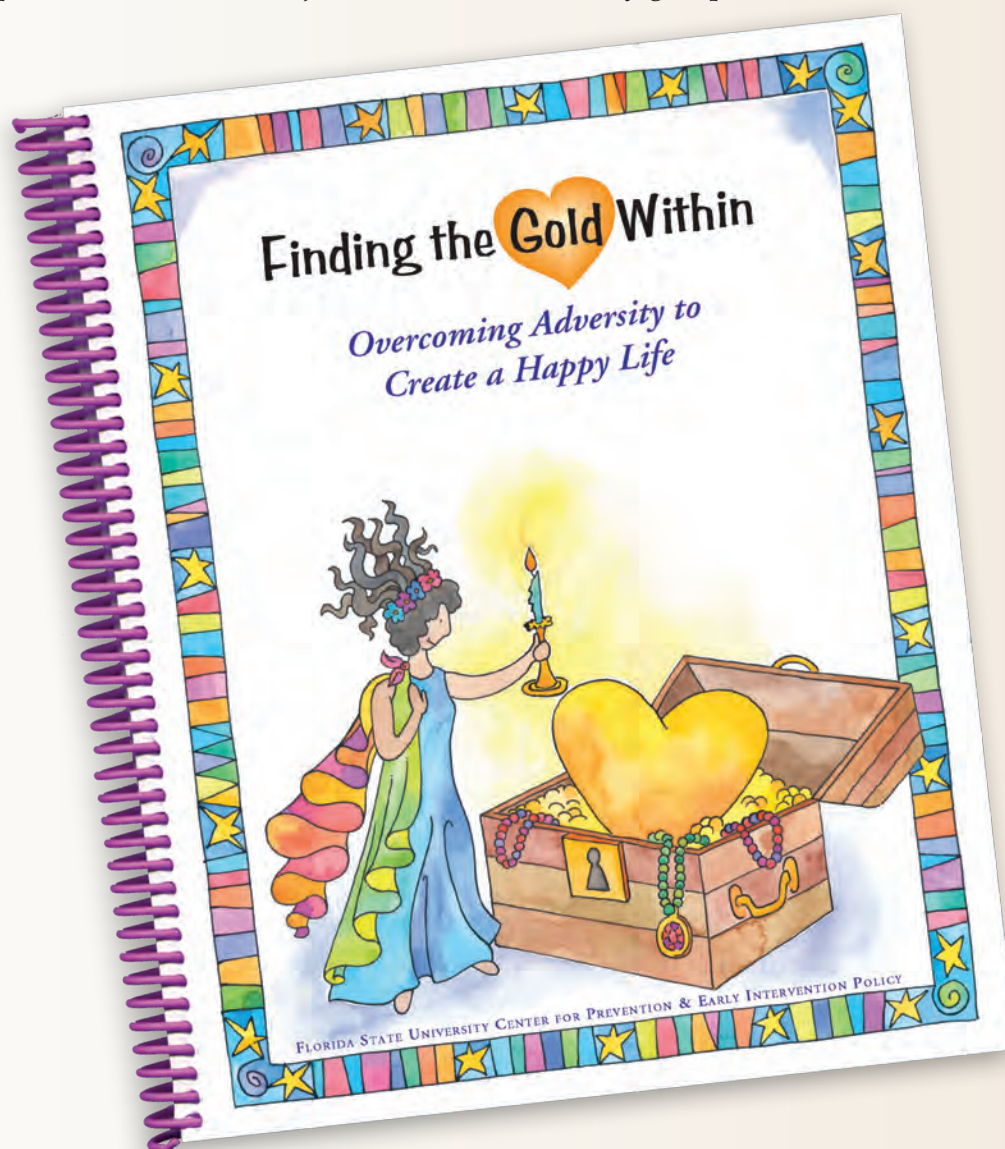




# Finding the Gold Within

## Finding the Gold Within: Overcoming Adversity to Create a Happy Life

Adversity is common. These experiences can have lifelong impact on our health, relationships and emotional well-being. We can't stop bad things from happening, but we can choose how we cope and find meaning and joy in our lives. The science of resiliency has identified these qualities—self-value, supportive relationships that buffer adversity, perseverance, adaptation, problem solving, positive attitudes, flexibility, resourcefulness, critical thinking, managing your emotions and behaviors, hope and goal setting, and sense of purpose. FINDING THE GOLD WITHIN is a workbook to help strengthen 10 qualities of resiliency, not only to survive life's challenges but to thrive and live a happier, more meaningful life. It can be used individually in counseling, on home visits or to facilitate a group as a teacher, counselor, spiritual leader or other helping professional in schools, jails, churches or recovery groups.



For more information, see [www.cpeip.fsu.edu](http://www.cpeip.fsu.edu) or call 850-922-1300.



1. Resiliency grows when you are inspired to **Make Your Dreams Come True** and have a treasure map with steps toward a happier, more meaning life.



2. **Facing Decisions & Challenges** helps you learn to deal with obstacles to your dream and to resolve challenging situations in positive ways rather than in self-destructive behaviors.



3. **Healing Inner Wounds** builds resiliency by practicing forgiveness to heal childhood hurts and inner wounds. It's trusting you are capable ... even when you've made big mistakes.



4. **Getting a New Attitude** helps to replace self-defeating thoughts with more optimistic ones. You'll expect good things will happen in your life even though things may be hard now.



5. **Loving & Nurturing Yourself** promotes healthy body, mind and spirit. Learning new ways of self-care gives you energy, health, and reserves for tough times.



6. **Nurturing Love & Friendship** helps you build healthy relationships and circles of support which buffer adversity.



7. **Fostering Resiliency** in early childhood builds self-confidence and strong adults.



8. **Creating Abundance in Your Life** helps build confidence in attracting more good—more wealth, more health, and more happiness.



9. Mindfulness, meditation and spiritual practices help **Strengthening Your Spiritual Connection** to give your life meaning while inspiring and restoring faith and hope.



10. Life is always giving us opportunities to bring out the **Gold Within** and to realize the rich potential and talents that have been hidden within you. We hope you will be inspired to begin this incredible journey of self-discovery—to find the **Gold** within!



# Office of Early Learning Trauma Initiatives

## The Office of Early Learning: Trauma Initiatives

The Office of Early Learning is working to develop a well-informed, early childhood education workforce prepared to identify children within our system who have experienced trauma and to make referrals to partnering agencies for further evaluation and early intervention services. Through multiple initiatives, the Office of Early Learning joins the statewide effort to support the success of all children.



### **Trauma-Informed Care Framework**

The Office of Early Learning has identified seven areas of trauma-informed care in which to frame professional development courses and to develop a self-assessment tool for early childhood providers to improve their knowledge and practice. Once this framework is completed, it will be used to guide practitioners in their professional development, specializations, and understanding of trauma and its effect on young children and their families. The seven areas include: (1) Overview / What is Trauma? (2) Effects of Trauma on the Brain and Body, (3) Manifestations on Children's Behavior, (4) Classroom Supports, (5) Leadership and Policy, (6) Family, and (7) Reflection and Self-care.

### **Pyramid Model Train-the-Trainer Sessions**

The Office of Early Learning has collaborated with the ELCs of Orange, Big Bend and Palm Beach to provide Pyramid Model train-the-trainer opportunities throughout Florida for certified coaches, inclusion specialists, infant/toddler specialists, and professional development leads within the Early Learning Coalitions. The Pyramid Model is a positive behavioral intervention and support (PBIS) framework that uses systems thinking and implementation science to promote evidence-based practices. The Pyramid Model was created for *Supporting Social Emotional Competence in Infants and Young Children* to help early educators build skills for supporting nurturing and responsive caregiving, create learning environments, provide targeted social-emotional skills, and support children with challenging behaviors.

**Trauma-Informed Care Course** — The Florida Early Care and Education Career Pathway includes core training requirements. These requirements must be completed before a practitioner can be tiered on the pathway. The Office of Early Learning adopted a trauma-informed care training requirement as a core requirement beginning January 2019.

### **Harnessing Opportunity for Positive Equitable Early Childhood Development (HOPE) Project**

The Department of Health, the Office of Early Learning, and the FSU Center for Prevention & Early Intervention Policy are partnering to develop a pilot program to identify and support children experiencing trauma through a cadre of coaches endorsed by the Florida Association for Infant Mental Health working with early childhood care and education providers, Florida Community Health Centers, and other community leaders. Still in its infancy, this project is projected to begin in the fall 2018.

### **Credentialing**

The Office of Early Learning is working to develop three levels of credentialing for early childhood education professionals. For coaches, the Florida Association for Infant Mental Health offers an endorsement that can be used to provide reflective supervision, observation, and coaching for directors and teachers. For classroom teachers, the Trauma Informed Care specialization requires 180 hours in related coursework to include overview of child trauma course, such as the *Trauma-Informed Care Training for Child Care Professionals (TICC)* offered through the Department of Children and Families. Providers will be provided badges based on the number and percentage of teachers and directors who hold the Trauma Informed Care specialization and an observation verifying the components of the Trauma Informed Care framework have been implemented. All coursework will be evaluated based on its alignment with the Trauma Informed Care Framework described above.





# Trauma Informed Child Care Professionals

## Trauma Informed Care Training for Child Care Professionals

Expelling children from child care is far too common as few caregivers have training in promoting learning for children exposed to trauma and early adversity. In a partnership between Florida's Department of Children & Families, Office of Child Care, Florida State University Center for Interactive Media, and the FSU Center for Prevention & Early Intervention Policy, training was created in 2017 to promote **Trauma Informed Care for Child Care Professionals**. [Florida's Office of Early Learning is encouraging child care programs to take the online course as a new core requirement beginning January 2019.](#)

The goal of the course is to help reduce stress and promote success for young children. Few child care providers have training in meeting the emotional and behavioral needs of young children exposed to trauma and early adversity. All too often, children exposed to trauma have challenging behaviors that escalate when they feel unsafe or threatened. Child care professionals can play a pivotal role in helping children exposed to early adversity by:

- Understanding typical and atypical development
- Understanding the signs of trauma in young children 0-5
- Utilizing regular developmental screenings to ensure children are on track and to identify developmental needs
- Considering if trauma is contributing to the child's developmental challenges
- Referring children for further evaluation
- Accessing early childhood mental health supports to address trauma and children's emotional needs and to reduce children's challenging behaviors
- Reducing stress and increasing sense of safety in the classroom

The 5-hour online course is presented in four modules:

Module 1: Childhood Stress, Trauma, and Early Adversity

Module 2: The Impact of Early Adversity

Module 3: Classroom Strategies to Help Children Deal with Stress & Trauma

Module 4: How Child Care Professionals Can Help Children Thrive

Registration: <http://www.myflfamilies.com/service-programs/child-care>

Cost: \$10

For more information, contact Samantha Wass de Czege

Director, Office of Child Care Regulation

Tallahassee, Florida 32399-0700

Office: (850) 717-4374 Cell: (850) 544-7238

([Samantha.WassdeCzege@myflfamilies.com](mailto:Samantha.WassdeCzege@myflfamilies.com))



### Essential Links

- [Child Care Home](#) »
- [For Families](#) »
- [For Child Care Providers And Staff](#) »
- [Training & Credentialing](#) »
- [Training and Registry Login](#) »
- [Background Screening](#) »
- [Other Programs and Services](#) »
- [News and Announcements](#) »
- [Recall Notifications](#) »
- [Laws & Requirements](#) »
- [DCF Admin Login](#) »

## Child Care



### News and Announcements

#### Public Hearing Summary – 65C-22 and 65C-20, Child Care Standards

The Department of Children and Families held a public hearing on July 13, 2017 pertaining to proposed rule changes for child care standards. The hearing was held at the Department's headquarters in Tallahassee, Florida. A recording of the hearing is available on the Department's website. A summary of the hearing is available in the attached PDF. If you have any questions regarding the proposed rule changes, please contact the Department's Child Care Standards Unit at (904) 412-1000. An email has been sent to all registered providers regarding the hearing.

### Events

Florida Department of Children and Families

Trauma-Informed Care for Child Care Professionals

COURSE INTRODUCTION: Page 5 of 5

LISTEN

### Course Overview

Florida Department of Children and Families

Trauma-Informed Care for Child Care Professionals

Module 4: Page 10 of 19

LISTEN

### How Can We Help Understand the Emotional Needs of Children with Challenging Behaviors?

Think about your experience as a child care professional and identify common challenging behaviors you have encountered in your classroom. ▾



# Trauma Informed Home Visiting

## FSU Curriculum to Support Trauma Informed Home Visiting



Understanding the role of trauma and adverse childhood experiences (ACEs) is key in optimizing birth outcomes and strengthening parenting capacity. ACEs have been linked to numerous aspects of maternal reproductive health including smoking, substance use disorders, depressive symptoms, and suicidality in pregnancy, and maternal and infant health complications after childbirth. Each additional ACE decreased birth weight and gestational age, and increased the risk of having an operative delivery or admission to the neonatal intensive care unit. ACEs may also interfere with parenting a newborn. Pregnancy is a time when women may be more motivated to address trauma histories and addictive behaviors through trauma informed care.

By understanding and being sensitive to families' past and current experiences with trauma, home visitors can:

- ★ provide an emotionally supportive relationship to help families begin the hard work of addressing toxic trauma histories
- ★ offer strategies to reduce stress and prevent re-traumatization
- ★ connect families with therapeutic supports
- ★ help families replace destructive ways of coping with healthy strategies so that past traumas don't continue to run their lives.

Developed by FSU's multidisciplinary faculty, the newly revised 2018 version of *Partners for a Healthy Baby* Curriculum boasts over 650 parent handouts, in English and Spanish

- with sections on ACEs and healthy strategies for coping;
- research about engaging in healthy habits that decrease stress and increase well-being;
- strategies for increasing parental resiliency and protective factors to strengthen families;
- the importance of promoting attachment, and optimal fetal and infant development;
- how to address issues that families with trauma histories face including depression and the impact of toxic stress;
- the buffering effect of nurturing relationships; and extensive guidance for addressing the many challenges of parenting a young child.





## Early Adversity Can Be Overcome!

Hurts, losses, and traumas that happened early in life may be long gone in your memory, but can still affect your health and impact your whole life. Understanding the link between what happened long ago and how you're feeling now can be helpful. Childhood adversity can show up in adults as depression, anxiety, illness, sleep problems, relationship problems, or bad habits like smoking or drinking.

**Famous people who overcame harsh events and trauma:**  
**Oprah Winfrey**—born to a teen mother, raised in poverty under severe discipline; gave birth to a stillborn baby at age 14 after being sexually abused; and still had the determination and resolve to become one of the worlds most successful women.  
**Michael Jordan**—cut from the high school basketball team but still played the game. Missed more than 9,000 shots and lost about 300 games. Said, *I have failed over and over and over again in my life. And that's why I succeed.*

## A Strong Family Can Improve Your Emotional Health

Good relationships keep you happy and healthy. Having supportive family connections gives you a sense of belonging and reduces stress. Positive family relationships provide a strong foundation for lifelong emotional well-being. Even if you didn't have strong family connections growing up, you can ensure your child does.

Our bodies react to stress in different ways. Some people feel like they are being chased. This works well for a short time, but if it goes on for a long time, it can be harmful. Prolonged stress can lead to health problems. You can learn to manage stress and take care of your body.

**Typical Stress:** You feel angry, nervous, or sad. You might have trouble sleeping or concentrating. Your heart rate goes up. You might feel like you need to escape or fight.

**Flight:** You try to run away from the stressor. You might feel like you need to escape or fight.

**Freeze:** You feel like you are stuck. You might feel like you can't move or think.

## Learning About ACEs Can Help Your Children

Things that happened when you were little can affect your health and well-being for your entire lifetime. That's why many parents find it helpful to learn about their Adverse Childhood Experiences or ACE score. You can keep this private or talk about it with your home visitor or a counselor. Knowing about your ACEs helps you think about how you can protect your children from having these experiences.

### Finding Your ACE Score

*If you enter 1 point*

During your first 18 years of life:

- Did a parent or other adult in the household often swear at you, insult you, put you down, humiliate you, or act in a way that made you afraid that you might be physically hurt?
- Did a parent or other adult in the household often push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured?
- Did an adult partner ever touch or fondle you or have you touch their body in a sexual way, or have sex with you?
- Did you often feel that no one in your family loved you or thought you were important or special, or your family didn't look out for you, feel close, or support each other?
- Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to take you to the doctor if you needed it?
- Was your mother or stepmother often pushed, grabbed, slapped, kicked, bitten, hit with a fist or something hard, threatened with a gun or knife, or had something thrown at her?
- Was your mother or stepmother ever depressed or had something wrong with her that she had to take medicine for?
- Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
- Did a household member ever get arrested or go to prison?
- Was a household member ever depressed or mentally ill, or did a household member attempt suicide?

Now add up your YES answers: \_\_\_\_\_ This is your ACE Score.

### Finding Your Resilience Score

*If you enter 1 point*

I knew that there was someone to take care of me and protect me.

There was someone in my family who helped me feel that I was important or special.

I felt loved.

People in my family looked out for each other.

People in my family felt close to each other.

There was someone to take me to the doctor if I needed it.

There was someone to take care of me when I was sick.

My family was a source of strength and support.

Now add up your YES answers: \_\_\_\_\_ This is your Resilience Score.

**Some things to think about...**

- How have these experiences affected you now?
- How are your childhood experiences impacting you now?
- With all the things that have happened in your childhood, how have you found a way forward?
- How would you like your child's life to be different than yours?
- What strengths were in your family that you want to pass on to your children?

## Making A Better Future by Understanding the Past: Learning About ACEs

Things that happened when you were little can affect your health and well-being for your entire lifetime. That's why many parents find it helpful to learn about their Adverse Childhood Experiences or ACE score. You can keep this private or talk about it with your home visitor or a counselor. Knowing about your ACEs helps you think about how you can protect your children from having these experiences.

### Finding Your ACE Score

*During your first 18 years of life:*

- Did a parent or other adult in the household often swear at you, insult you, put you down, humiliate you, or act in a way that made you afraid that you might be physically hurt?
- Did a parent or other adult in the household often push, grab, slap, or throw something at you or ever hit you so hard that you had marks or were injured?
- Did an adult person ever touch or fondle you or have you touch their body in a sexual way, or have sex with you?
- Did you often feel that no one in your family loved you or thought you were important or special, or your family didn't look out for you, feel close, or support each other?
- Did you often or very often feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to take you to the doctor if you needed it?
- Were your mother or stepmother often pushed, grabbed, slapped, kicked, bitten, hit with a fist or something hard, threatened with a gun or knife, or had something thrown at her?
- Was your mother or stepmother ever depressed or had something wrong with her that she had to take medicine for?
- Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
- Did a household member ever get arrested or go to prison?
- Was a household member ever depressed or mentally ill, or did a household member attempt suicide?

Add up your YES answers: \_\_\_\_\_ This is your ACE Score.

### Finding Your Resilience Score

*I knew that there was someone to take care of me and protect me.*

There was someone in my family who helped me feel that I was important or special.

I felt loved.

People in my family looked out for each other.

People in my family felt close to each other.

There was someone to take me to the doctor if I needed it.

My family was a source of strength and support.

Now add up your YES answers: \_\_\_\_\_ This is your Resilience Score.

**Some things to think about...**

How have these experiences affected you now?

With all the things that have happened in your childhood, how have you found a way forward?

How would you like your child's life to be different than yours?

What strengths were in your family that you want to pass on to your children?



# Child Welfare Early Education Partnership

The Child Welfare Early Education Partnership was created in 2011 to encourage collaboration between child welfare agencies and early education providers in Duval and Nassau Counties. Early Learning Coalition of Duval processes an average of 500 protective services child care assistance referrals per month in Duval County; Episcopal Children's Services processes an average of 10 referrals per month in Nassau County. The Partnership of 17 community agencies works to improve child development and well-being outcomes for children ages 0-5 in the child welfare system.

Toward this goal, The Partnership works diligently to meet the needs of children in child welfare including:

- **Developmental Screening.** To ensure children receive needed mental health and developmental services, all children 0-5 are screened at entry into care and 6-8 months later using the Ages and Stages Questionnaire and the Ages and Stages Questionnaire-Social Emotional.
- **Quick Location of Kin.** Drop-In centers in Duval County and Nassau County assist in locating kinship caregivers immediately, at the time of removal, reducing the need for a temporary foster placement, as well as immediate, short-term care for children suspended/expelled for behavior issues.
- **Prioritization for comprehensive Early Head Start/Head Start** at Lutheran Services Florida, which serves 18,812 children and families throughout Duval County in more than 30 early childhood education centers and family care homes. Enrollment of out-of-home care children increased 317% this year.
- **Training on the benefits of high-quality early education** and how to access these services throughout the community.
- **The Trauma-Informed Care Provider Certification** program, which trains early learning program directors and staff on the impact of traumatic stress on a child's development and well-being and equips programs to utilize best practices in providing an environment that helps a child overcome trauma's adverse effects. The 12-hour training includes:
  - ▶ Child Welfare 101: Know the System Works & Improve Communication
  - ▶ Trauma Informed Care: Why It Helps, Doing it Well
  - ▶ Child Development 0-5: Identifying Red Flags and Making Referrals for Intervention and Support
  - ▶ Conscious Discipline and Topics in Positive Behavior Interventions and Supports.

Implementation includes establishing a center-wide behavior guidance plan and identify resources. Completion of a Self-Study describing how the Center will implement the Essential Best Practices of Trauma-Informed Care into their program and what changes or additions will be made to program practices and policies to meet the needs of children and staff.

Participation in a Verification Visit demonstrating evidence of center implementation efforts; 45 childcare centers are certified.

For more information, see [www.fssjax.org](http://www.fssjax.org) or contact Cynthia D. Harpman at Family Support Services of North Florida (904) 265-8060.







# Hope Street

## Hope Street Trauma Informed Care Services in Jacksonville Area



### **Mission**

To increase healing centered engagement in systems of support in order to reduce the impact of complex developmental trauma in children, youth, and families.

### **Vision**

To develop safe, healing systems of support for children and youth from hard places.

### **Program and Services**

TBRI® Practitioners equip caregivers and professionals with tools to reduce environmental triggers and fear-based responses, promote secure attachment, increase emotional regulation, and minimize further traumatic experiences.

### **Systems**

Family, Education, Foster Care, Adoption, Justice, Healthcare, Religious

### **Evidence-Based Practice**

Trust Based Relational Intervention® (TBRI®) is an attachment-based, Trauma-Informed intervention developed by The Karyn Purvis Institute of Child Development designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI® is connection.

### **Collaborative**

In partnership with The Karyn Purvis Institute of Child Development, Hope Street seeks to build a collaborative between child and family care systems in NE Florida. The combined goal of the collaborative will be to bring TBRI® training to NE Florida to equip caregivers and to provide a common trauma-informed care language and lens between these systems of care.

**Core Values** — the belief and commitment that complex developmental trauma can be reduced by improving service access and quality, and through continuous improvement and targeted evidence-based practice.

**Systems Management** — taking systematic steps across systems of care to create a culture that views children through a common lens, set aggressive but achievable goals to reduce re-traumatizing children within systems of care, and organize service delivery and support accordingly.

For more information, contact: Callie Lackey, [clackey@hopestreetinc.com](mailto:clackey@hopestreetinc.com)







# Crawford Early Learning Center

## The Crawford Early Learning Center at Sulzbacher Village, Jacksonville, Florida

### **The Sulzbacher Village**

Using an innovative two-generation approach, Sulzbacher Village addresses the needs of homeless families and their children in the Tallulah-North Shore neighborhood of Jacksonville. The Sulzbacher Village is designed as a community where women, families, and children can live and access the services they need to put their lives back together. The Sulzbacher Village provides studio, one-bedroom and two-bedroom permanent-housing units to single women, female veterans and single- and two-parent families with 70 units in all, accommodating 310 people. Approximately 30 additional units will accommodate women and families in need of short-term emergency housing and medical respite.

Sulzbacher Village includes a 7,000-square-foot health center that offers primary care, dental, vision, and behavioral services for women and children residing in the village and surrounding community. The campus has an early learning center, computer lab, children's library, playground, and mobile food pantry. On-site education programs include job training, culinary classes, homework tutoring, mentorship initiatives, and female veteran programs for acclimating back into society.

### **The Crawford Early Learning Center at Sulzbacher Village**

A partnership among the Toni and Andy Crawford Family Foundation, the Sulzbacher Village, the Florida Institute of Education at the University of North Florida, the Early Learning Coalition of Duval, and the Child Guidance Center in Jacksonville.

### **A Vision for Excellence**

Instill hope, self-confidence, persistence, kindness, respect, healthy habits, and a love of books and learning in young children (birth to age five) who have experienced some level of homelessness by providing supportive relationships, meaningful and engaging learning experiences, and tiered levels of social-emotional support delivered in inviting, safe and nurturing physical environments.

### **Purposes**

- ◆ Create and sustain an inviting place and high-quality program for children and their families.
- ◆ Use space in creative and productive ways to support children's learning and development.
- ◆ Create and sustain a neighborhood early learning hub to support Sulzbacher children enrolled in neighborhood early learning centers and schools.
- ◆ Serve as a forum for positive change for children, families, and the community using a data-informed continuous improvement process.

### **Contact Information:**

**Christine Stephens**, Crawford Early Learning Center Director;  
ChristineStephens@tscjax.org | 904-394-4953

**Dr. Cheryl Fountain**, Professor and Executive Director, Florida Institute of Education;  
fountain@unf.edu | 904-620-2496







## Peace4Tarpon First Trauma-Informed Community in the United States

*"Never underestimate the determination of a few committed citizens"*

Tarpon Spring's trauma journey began in 2010 when Robin Saenger served as Vice Mayor and pondered why difficult problems persisted in spite of the many dedicated organizations working to solve the most challenging community issues. Robin discovered the ACE study and the link between the trauma and those issues and knew that to change the future of her city to one that was healthier, thriving and more peaceful, work had to be done at the root causes of the issues rather than the futile and costly approach of putting band-aids on the symptoms. She resolved to help the entire town look through a "trauma-informed lens" and set the intention to create a Trauma-Informed Tarpon Springs.

Over 250 attendees came together at the community's first event, sponsored by The Rotary of Tarpon Springs and featured Tonier Cain, whose trauma history opened eyes to see individual trauma as well as in the larger community and world.

Peace4Tarpon was unfunded with the exception of \$8,000 of unspent funds at the end of the Juvenile Welfare Board's fiscal year which helped "kick-start" a website and marketing materials. Despite no funding, office or employees for the next five years, Peace4Tarpon grew and thrived because of in-kind goods and services and pro-bono donations of nearly \$1.5 million from community partners. Our community was fueled by passion and commitment and this served us well.

Tarpon was awarded grant funding from The Robert Wood Johnson Foundation and The California Endowment called Mobilizing Action for Resilient Communities from 2015-17. They co-developed Trauma Informed and Resilient curriculum at both UF and St. Petersburg's College that we hope will impact many future generation.

Peace4Tarpon is constantly contacted by other communities from all across America interested in learning more about our unique model and approach. One of our slogans is "we borrow shamelessly and share relentlessly!" Our model has been implemented by other communities including Peace4Gainesville FL, Peace4Crawford (PA) and Peace4TheBigBend (8 counties around Tallahassee FL) and several more have expressed interest including Orlando and Palm Beach County.

For more information:

Robin Saenger, Founding Director Peace4Tarpon  
robinsaenger@hotmail.com

Website: [www.peace4tarpon.org](http://www.peace4tarpon.org)

Peace4Tarpon Video: [www.youtube.com/watch?v=7Oyv8Vr4hJQ](http://www.youtube.com/watch?v=7Oyv8Vr4hJQ)



# Peace4Tarpon

## Offer the peace / piece you can



Like our Red mangroves, we may live through adverse conditions, but we can grow strong and resilient together.

# Peace4Tarpon

TRAUMA INFORMED BUILDING RESILIENCY

CONNECT • INFORM • TRANSFORM • HEAL

### MARC OBJECTIVES

- P**romoting community involvement, awareness, healing & resiliency
- E**ncouraging trauma-informed, cooperative & coordinated services
- A**ccepting people where they are - then moving forward together
- C**ontinually seeking out current research to better inform us as we forge our path
- E**ngaging & supporting creative ideas from passionate champions

**4** - Connect - Inform - Transform - Heal

### KEY LEARNINGS

- T**True grassroots initiative - keeping focus on who we are!
- A**bility to collaborate with, support & promote kindred spirits on our shared path
- R**ecognition of our emerging community model & freedom to learn as we go
- P**eacebuilding as a Trauma-Informed approach
- O**ne by one, engaging community members - joining forces - building relationships
- N**ever losing focus on generational solutions to the generational challenges of Trauma

### NETWORK DESCRIPTION

Peace4Tarpon  
 Trauma Informed Community initiative  
[www.Peace4Tarpon.org](http://www.Peace4Tarpon.org)  
[www.facebook.com/Peace4Tarpon](https://www.facebook.com/Peace4Tarpon)

### Contact Person

Robin Saenger, Founding Director  
[robinsaenger@hotmail.com](mailto:robinsaenger@hotmail.com)  
 727-934-2379



# Trauma Informed Court in Dade City

## Dade City's Nationally Ranked Trauma Informed Court

Dependency, Delinquency, and Family Court offers a different experience in Dade City, the county seat for Pasco County, Florida, a blend of rural and suburban communities with pockets of poverty and crime, including opioid, meth and heroin use; human trafficking; and domestic violence, often among generations of the same families.

Judge Lynn Tepper, a fierce champion of trauma-informed courts, requires that all those who come before the court, regardless of their division, are screened for ACEs. Case managers, probation officers and attorneys are expected to know “what has happened” in the life of a client. Courtroom personnel, including bailiffs and professionals representing clients in court, have attended trauma-informed care training with a nudge from Judge Tepper, absorbed it from the constant open discussion of ACEs in the courtroom, or may learn of the impact of trauma by viewing videos that loop in the courthouse lobby.

Judge Tepper utilizes the science of trauma and child development, understanding the importance of nurturing caregivers during children's early years when brain development is at its peak. Dade City was one of the first pilot Early Childhood Courts (“Baby Court”) since 2013. Judge Tepper understands the long reach of early adverse experiences and recognizes signs of trauma as she reads each file with “a trauma lens” and offers encouragement and referrals for evidenced-based trauma-informed services. Instead of “cookie-cutter” assessments, case plans, court orders or services, there is a tailored, trauma-informed approach to each individual.

Since 2012, Judge Tepper's Court has been one of six exemplary National Council of Juvenile and Family Court Judges' Project O.N.E. Courts and her court ranked among highest in the nation on a trauma assessment as indicated by:

- ▶ A family friendly waiting room is filled with children's art and community donated books and stuffed animals for children to take home.
- ▶ The Courtroom is filled with items to reduce stress for families—healthy snacks, more children's books & stuffed animals, and therapy dogs that provide comfort for everyone, and extensive “hand-outs” on community resources from where to get a hot meal or a shower to articles on the impact of trauma.
- ▶ Dockets are set to accommodate the realities of litigants (public transportation, child care, school attendance) as well as often underpaid staff; all cases involving one family are coordinated.
- ▶ Dockets are time certain so those who must appear in court are not re-traumatized, avoid unnecessary crowds and wait times.
- ▶ Domestic Violence Injunctions are accompanied by safety-focused instructions to assure Petitioners are safe and not subject to intimidation in and out of the courtroom with a child friendly and safe space for Petitioners and DV advocates to meet.
- ▶ The Clerk and Comptroller, Dr. Paula O'Neill, created the “Children's Art Walk” to celebrate, embrace, and display local elementary and middle school students' framed art throughout this trauma-informed courthouse.
- ▶ Stakeholders in East Pasco County provide liaisons in Court to assist any individual who is in crisis. In-home evidence-based services are widely available. Therapists often appear in court to support, observe, and problem solve on behalf of parents and children.

**A true collaborative, trauma free environment is fostered from the bench and beyond.**







# Pasco Regional Juvenile Detention Center

## Pasco Regional Juvenile Detention Center

Pasco's innovative Juvenile Detention team has collaborated on developing a "step-above" trauma informed care. All team members, consisting of officers, mental health providers, and public education teachers and staff, have received trauma-informed training on how best to handle a youth's behavior to avoid re-traumatization and escalation. The team developed a trauma-informed treatment approach to help youth interested in connecting mind, body, and spirit including:

- ★ an assessment and evaluation for specific needs including the Child and Adolescent Needs Assessment and Adverse Child Experiences (ACEs)
- ★ encouragement to develop a 3, 6, 9-month plan, similar to the business models to outline a life plan.
- ★ guidance by a trauma-informed Ph.D. on educational goals, including an abundance of reading materials and encouragement to take the high-school equivalence exam, as well as ways to bolster their education.
- ★ options for vocational skills with guest instructors from the University of Florida, martial arts teachers, dog trainers, and other outside organizations.
- ★ therapeutic options including Cognitive Behavioral Therapy, supported by Accelerated Resolution Therapy (A.R.T.), grief group, yoga, work with puppies, gardening, and murals to express their feelings and creativity.
- ★ spiritual support through mentoring, worship of the youth's choice, and support in visitation if a youth does not have family.

The positive opportunities, encouragement, and healing energy has resulted in youth requesting, after consulting their attorneys, an extension of their stay in Pasco Regional Juvenile Detention Center.

For more information contact, Jeffrey Smialek, Camelot Community Care Inc., Clearwater, Florida (813-838-3074)  
JSmialek@camelotcommunitycare.org





# Trauma Informed Diversion Programs

Bob Dillinger, Public Defender  
Sixth Judicial Circuit, Pinellas County, FL  
[www.wearethehope.org](http://www.wearethehope.org)

The Pinellas County's Public Defender's Office has recognized the significant impact trauma has had on



individuals in the forensic setting and seeks to help clients through ongoing case management to assist with clothing, food, healthcare needs and housing and three unique trauma informed programs:



**The Jail Diversion Program** has been diverting thousands of mentally ill clients from the judicial system to reduce recidivism since 2004 through crisis stabilization, medication management, case management, and program placement. The Public Defender's Office refers clients to therapists for evaluation for mental health and substance abuse disorders. Treatment recommendations are then forwarded to the referring Public Defender and Disposition Specialist to facilitate placement in the appropriate program. Diversion therapists also provide individual therapy on an outpatient basis to those clients no longer in custody. The majority of outpatient clients are being housed locally in transitional sober living facilities. Transportation is provided to and from outpatient sessions.

**The Recovery Project** began in 2008 for homeless individuals with an alcohol use disorder. Clients are sent for detox, stabilization or medication management, transitional housing with group and individual counseling, and receive a 12 Step referral for support.



The Public Defender's office also provides the **Mobile Medical Unit**, which is staffed with licensed medical professionals to assist the homeless and their families with medical interventions.





# Pinellas Parents as Teachers Plus

## Pinellas Parents as Teachers Plus (Pat+): Healthy Start Coalition—Pinellas County

Pinellas Parents as Teachers Plus (Pat+) is a court-approved home visiting parenting program that helps guide parents to positive parenting relationships, while helping to address current or past substance involvement with education and recovery services.



Unique to Pinellas, PAT+ is an adaptation of the evidence-based Parents as Teachers model (<https://parentsasteachers.org>) specifically designed to provide education and support to new and expectant families impacted by trauma and substance use. Clients can be referred to the program if they are substance-involved during pregnancy, a new baby tests positive at birth, or the family has any history of substance involvement.

The PAT+ team is ready with support, referrals, and encouragement to help parents and babies thrive. Parent educators, all with extensive backgrounds working with our unique families, provide home visiting services with an overlay of nursing and mental health services.

The team works collaboratively with Operation PAR, a substance-abuse treatment center, to provide recovery support to program participants. In FY 2017, PAT+ provided nearly 1,800 home visits to approximately 95 families to ensure positive parenting practices and healthy development, while understanding and appreciating the cultural diversity of our clients.

- Substance abuse recovery support
- Prenatal support and education
- Breastfeeding support and nutrition counseling
- Parenting education
- In-home birth control and family planning counseling
- Developmental screenings for infants
- Depression screenings for expectant and new parents

PAT+ is supported by federal funding from Florida Maternal Infant Early Childhood Home Visiting and Project LAUNCH. For more information contact (727)507-6330, [healthystartpinellas.org](http://healthystartpinellas.org)







## Johns Hopkins All Children's Hospital: Center of Excellence in Trauma-Informed Care

The All Star Children's Foundation, with support from the Charles and Margery Barancik Foundation, have provided funds to Johns Hopkins All Children's Hospital (JHACH) to create a Center of Excellence in Trauma-Informed Care. Slated for opening in early 2019, the JHACH Trauma Psychology program will provide direct clinical services, training, and research in the area of childhood trauma and maltreatment.

**Clinical Services.** Children exposed to trauma, particularly those involved in the child welfare system, often do not have timely access to evidence-based assessment and treatment services. At JHACH, children with traumatic stress histories will receive comprehensive, trauma-informed screening and assessment from an interdisciplinary team of professionals from the fields of psychology, psychiatry, pediatrics, speech-language pathology, and education. Following all assessments, the team will meet with children and families to develop a comprehensive treatment plan that outlines goals and services across multiple domains of functioning often impacted by trauma (e.g., mental health, education, social/peer interactions, adaptive skills, family functioning, etc.).

Interdisciplinary teams will work with families to access needed services and will regularly follow them over time to assess progress and needs. Evidence-based, trauma-focused interventions will be offered at the individual, family, and group level, including Parent Child Interaction Therapy; Attachment, Self-Regulation, and Competency (ARC); Trauma-Focused Cognitive Behavioral Therapy (TF-CBT); and Structured Psychotherapy for Adolescents Responding to Chronic Stress.

**Training and Outreach.** Given the far-reaching consequences of adversity and trauma, it is important that the other systems routinely interacting with children and families understand trauma and its impact. Staff within the JHACH Trauma Psychology program will partner with various child-serving agencies, particularly the child welfare system, schools, healthcare providers, and first responders, to improve the quality of care received by children who have experienced trauma. JHACH Trauma Psychology program staff will provide training and consultation in evidence-based, trauma-informed care through a variety of formats and will work with agencies to integrate and sustain these practices within their organizations.

For more information, contact Kristin Hoffman, Ph.D., St. Petersburg, FL 33701  
(727-767-7344 or email: [khoffm26@jhmi.edu](mailto:khoffm26@jhmi.edu))





# Project H.O.P.E.

## Directions for Living: Project H.O.P.E.

The number of children entering into the child welfare system per year in Florida is a staggering 24,000. Over 2,000 Florida children are residing in residential group care on average each year. With thousands of kids languishing in care, Directions for Living was determined to find a way to get children home safer, and faster.



As a case management organization, behavioral health expert, and diversion services provider, Directions for Living created, in 2013 a new rapid reunification service line that connected the pieces together: Project H.O.P.E. (Helping our Parents and caregivers Excel) in Pinellas County.

By integrating a trauma-informed behavioral health system with children and families in the child welfare system, a strengths-based, effective solution was created. Using peer mentors, evidence-based practices, and intensive in-home services, the average length of time between referral and reunification is 5.5 months. This program works and is improving the lives of thousands of our kids and families.

### **Core Components of Project H.O.P.E.**

#### **Behavioral Health / Child Safety Integration**

Unmet mental health and substance abuse needs are the most common reasons families are entering the system, so we meet these needs first and foremost using our innovative, integrative approach.

#### **Intensive In-Home Services**

We remove barriers and bring services directly to our families, including in-home evaluations, counseling, and coordination of psychiatric and psychological care.

#### **Peer Mentors with Lived Experience**

Peer mentors coach, motivate, and reassure parents like no one else can. They've lived this experience and know first-hand that success is possible.

#### **Evidence-Based Practices**

Seeking Safety, Trauma-Focused Cognitive Behavioral Therapy, Child-Parent Psychotherapy, and Motivational Interviewing are the tried-and-true models used to help our parents.

Learn more about us at: [www.directionsforliving.org](http://www.directionsforliving.org)



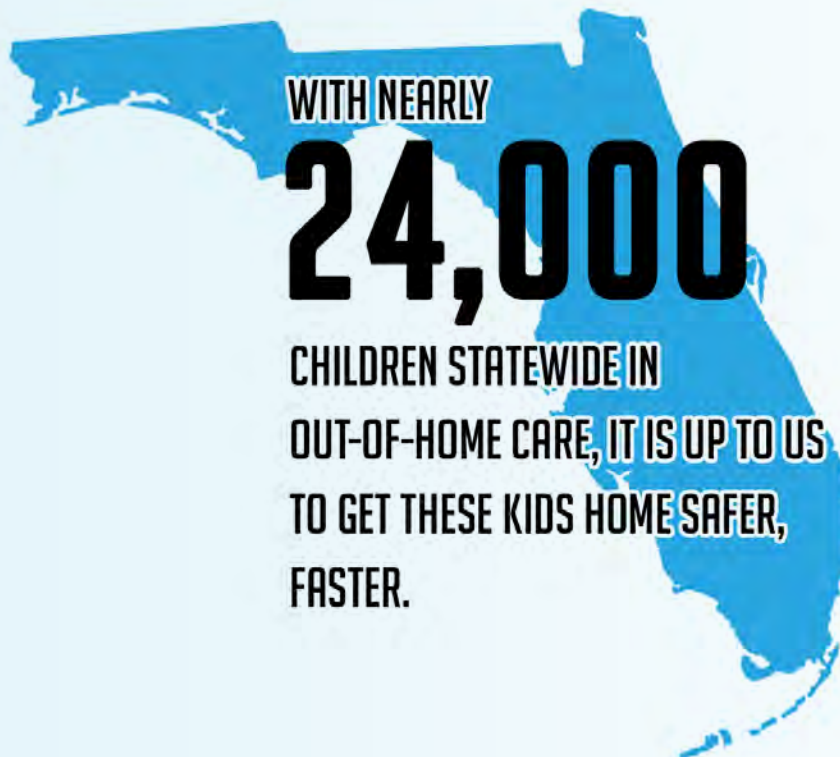
**97%**

**OF CHILDREN DID NOT  
EXPERIENCE A  
SUBSEQUENT REMOVAL**

**IT COSTS OUR SYSTEM OF CARE**

**\$800M**

**EVERY YEAR IN OUT-OF-HOME COSTS  
FOR OUR KIDS. THIS IS NOT JUST A  
HUMAN SERVICES ISSUE, IT'S IS AN  
ECONOMIC ONE.**



**WITH NEARLY**

**24,000**

**CHILDREN STATEWIDE IN  
OUT-OF-HOME CARE, IT IS UP TO US  
TO GET THESE KIDS HOME SAFER,  
FASTER.**



# Trauma-Informed Maternity Health Care

## Trauma-Informed Maternity Health Care: The Wisdom Cottage @ In Due Season Pregnancy Wellness and Birth Center

The Wisdom Cottage @ In Due Season is a prenatal office and birthing center in Pasco county staffed by trauma trained midwives and mental healthcare professionals. The center provides ACEs based trauma screening, with a trauma treatment program designed to educate trauma survivors, especially women who have experienced childhood sexual trauma.

Through compassionate, personalized health care, the midwives and mental health professionals focus on meeting both the physical and mental health needs of mothers during prenatal care, childbirth and the postpartum period. Their comprehensive services aim to heal past trauma and decrease trauma triggers, provide support groups and healthy coping strategies, reduce cesarean births rates, and enhance bonding, breastfeeding and the postpartum condition of the mother. Additional maternity healthcare workers are being recruited including doctors, midwives, labor and delivery nurses, and lactation counselors. Implementing trauma-informed approaches across the maternity health care sector can improve childbirth outcomes and reduce the incidence of postpartum depression, which in turn decreases healthcare costs while increasing physical and emotional wellbeing.

For more information, contact Lucie Bryant ([pascomidwife@gmail.com](mailto:pascomidwife@gmail.com))  
5036 7th Street, Zephyrhills, FL 33542. (813) 377-2229







# Volusia and Flagler Counties

## Initiatives in Volusia and Flagler Counties

- ★ **Thrive by Five Community Collaborative** — focuses on infant mental health with child caring agencies.
- ★ **Chadwick “Trauma-informed Community”** — provides systemic approaches to responding to trauma in child dependency.
- ★ **Early Childhood Court Teams** — heal parent child trauma for young abused children funded through Community Based Care.
- ★ **Family Engagement Advisory Board** — brings parents in the dependency system together with agency leaders to improve the system of care.
- ★ **Protective Factors Framework** — provides a unified community response to ACEs by strengthening parental resilience, social connections, parent knowledge of child development, social and emotional competence, practical support, nurturing and attachment.
- ★ **Parent and Community Café Dialogues** — teach parents about ACEs and promote building protective factors
- ★ **Family Place** — provides place-based DCF ACCESS with on-site support for families at risk.
- ★ **Healthy Start** — coordinates services for maternal mental health and prenatal and infant health.

### For more information:

Dixie Morgese at 386-252-4277

Dixie.Morgese@healthystartfv.org

*www.healthystartfv.org*





# A Sheriff & Doctor Address Trauma



Sadie Darnell  
Alachua Sheriff

Dr. Nancy Hardt  
UF OBGYN and  
Pathologist.

A few years ago, Dr. Hardt learned about some research that changed her view of how exactly that life course unfolds—research that shows kids who have tough childhoods because of poverty, abuse, neglect or witnessing domestic violence, are actually more likely to be sick when they grow up. They're more likely to get diseases like asthma, diabetes and heart disease. "I want to prevent what I'm seeing on the autopsy table," Hardt says. "A lot of times, I'm standing there, going, 'I don't think this person had a very nice early childhood.' "

Dr. Hardt wanted to do something to intervene in the lives of vulnerable kids on a large scale, not just patient by patient. From looking at Medicaid records, she mapped where Gainesville children were born into poverty. Block by block. She saw in a 1-square-mile area in southwest Gainesville, as many as 450 babies were born to parents living below the poverty line. It just didn't make sense to her—that was an area she thought was all fancy developments and mansions. So Hardt showed her map of Gainesville, with the poverty "hotspot" to people and eventually she brought the map to the Alachua County's sheriff, Sadie Darnell.

And, to Hardt's surprise, Sheriff Darnell had a very interesting map of her own. It showed that the highest concentration of crime in Gainesville was in a 1-square-mile area that exactly overlaid Hardt's poverty map. "It was an amazing, 'Aha' moment," says Darnell. Simultaneously, we said, 'We've got to do something.' "

Hardt went on a ride-along with Sheriff Darnell's deputies and tallied up all things that make it hard for kids here to grow up healthy—poorly maintained subsidized housing. Tarps cover leaky roofs. Mold and mildew spread across stucco walls. Trouble getting enough to eat. The closest place to get routine medical care if you're uninsured is the county health department, almost a two-hour trip away by bus. Each way.



Dr. Nancy Hardt's free "clinic on wheels," parked at an apartment complex, gets about 5,000 visits from patients each year in underserved areas surrounding Gainesville.

Bryan Thomas for NPR

This was a problem a doctor like Hardt could tackle. She would bring medical care to the hotspot, by rustling up a very large donation: a converted Bluebird school bus, with two exam rooms inside.

Hardt organized a massive crew of volunteer doctors and medical students from the University of Florida, where she teaches, and raised the money to hire a driver and a full-time nurse.

The “clinic on wheels” first made it out to the hotspot in 2010, parking right inside one apartment complex there. Patients could walk in without an appointment and get treatment free of charge, approximating the experience of a house call.

But the clinic is really just one piece of the puzzle. Hardt and the sheriff kept digging into the data and made new maps. That showed the crime in the hotspot included the highest concentration of domestic violence, child abuse, and neglect in Gainesville.

So Hardt teamed up with Sheriff Darnell and grass-roots organizers from the neighborhood. In 2012 they created the SWAG (Southwest Advocacy Group) Family Resource Center, right in the Linton Oaks apartment complex. Kids can come play all day long. There’s a food pantry, free meals, a computer room, and AA meetings. A permanent health clinic opened up across the street. All the resources here are designed to decrease the likelihood of abuse and neglect by strengthening families.

“I think we knew it intuitively — that health issues are associated with crime, crime is associated with health issues and poverty,” Darnell says. “But seeing that direct connection literally on a map — it helped to break down a lot of walls.” Calls for child abuse and domestic violence are still serious problems, but are down.

“Conservatives or liberals, everybody gets that, we have limited resources and we need to really spend them wisely. I think the maps — the hot spot maps — just tell us policy wise, where we need to be going and what we need to be doing.” Hardt’s next goal is to make more people aware of the links between health and early education — maps in hand.

Listen to the full 8 minute story on NPR All Things Considered, March 10, 2015.



Physician assistants and undergraduate care coordinators treat patients in the mobile clinic parked at Majestic Oaks, a low-income apartment complex in Gainesville.

Bryan Thomas for NPR



# U.F. Graduate Certificate

## University of Florida Graduate Certificate in Trauma-Informed and Resilience-Based Public Health

The University of Florida College of Public Health and Health Professions has partnered with Peace4Tarpon to create a 9-credit graduate certificate in trauma-informed and resilience-based public health titled “Trauma-Informed Public Health.”



The three courses that make up this graduate certificate will be available entirely online. The course “Trauma-Informed Approaches for Individuals, Communities, and Public Health” will be available in spring semester 2019 and “Building Resilience in Individuals and Communities for Public Health” in summer semester 2019. Courses can be taken separately, but in order to receive the graduate certificate, students will be required to complete the core public health course “Psychological, Social, & Behavioral Issues in Public Health” as an introduction to the social and behavioral sciences within public health. The individual courses and overall graduate certificate will be open to any graduate student who is interested in enrolling and is not limited to UF students. Graduate certificate programs allow students to enroll in a graduate level concentration in a specific topic area without being admitted to the degree program. Guest lectures are planned with Peace4Tarpon’s subject matter experts in ACEs, resilience, and trauma-informed approaches.

This graduate certificate was created in order to take the trauma-informed, resilience-building approach into an accessible online format that would allow learners to spread the trauma-informed culture and build resilience at any location. Students enrolling in these courses will gain a foundational knowledge of public health program design. ACEs are considered a public health epidemic and the CDC recommends dissemination and implementation of trauma-informed, resilience-building approaches using a public health approach. Despite this need, no graduate-level courses are available in a school of public health that are grounded in ACEs science or educate on trauma-informed public health approaches. UF aims to fill this gap through these courses.

Upon successful implementation of the instruction, students will be able to see public health problems and solutions through a trauma-informed lens. The resilience course moves from defining trauma and resilience, to the individual, community, and larger societal level resilience programs described in the literature. The online distance-learning format allows students all over the world to engage in learning about resilience and the positive impact related initiatives can have on individuals and public health. The University of Florida is very excited to roll out these courses!



**For more information, contact:**

University of Florida,  
College of Public Health  
and Health Professions, College of Medicine

Mark Hart, Ed.D, ([kramtrah@phhp.ufl.edu](mailto:kramtrah@phhp.ufl.edu))

Lindsey King, MPH ([Linking@ufl.edu](mailto:Linking@ufl.edu))

Brandace Stone, MPH ([bstone02@ufl.edu](mailto:bstone02@ufl.edu))



# The Blue Card: 6 Steps to Emotional Health

## The Blue Card — 6 Steps to Emotional Health: A Prevention/Early Intervention Tool to Improve Emotional Stability & Prevent Mental Health Problems

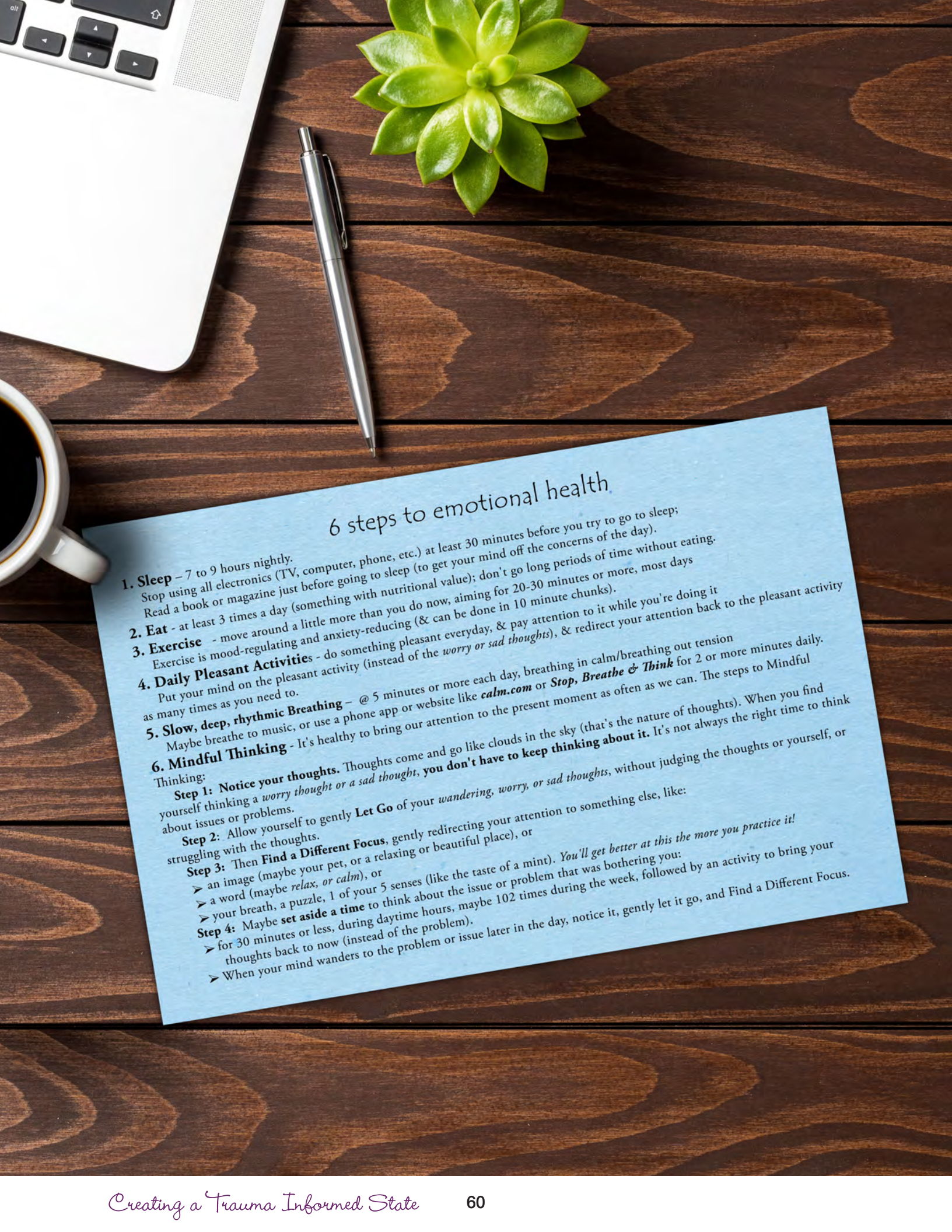
Most people will not get behavioral healthcare services until they have developed symptoms that cause clinically significant impairment in their lives. This is partly due to the structure of our healthcare system, which is actually often a “sick care” system. A greater focus on prevention and earlier intervention could reduce the burden of emotional and associated physical suffering, particularly for persons who have experienced adversity in childhood.

In an effort to prevent mental health problems, the Blue Card was created to take effective strategies and tools for resilience to people where they live, work, play, and worship, using the least resources necessary. The 6 Steps to Emotional Health, or the Blue Card, is a low-intensity psychoeducation tool that outlines evidence-based strategies to promote emotional stability and resilience. These strategies are in the areas of sleep, eating, physical activity/exercise, daily pleasant activities, focused breathing, and mindful awareness.

The Blue Card is inexpensive, easy to understand, and does not require specialized training to administer. It is currently being used in a number of settings in the U.S. and Canada including primary health care clinics, a university-based adult outpatient psychiatric clinic, and a no-cost primary care clinic for medically underserved persons.

For more information, contact Carol Lewis, PhD MPH  
University of Florida College of Medicine Department of Psychiatry  
Peace4Gainesville carollewis@ufl.edu (352/594-1866).



A top-down view of a wooden desk. In the top left, a portion of a white laptop is visible, showing the keyboard and trackpad. To its right is a silver pen. Further right is a small, bright green succulent plant. In the bottom left corner, a white coffee cup is partially visible. The desk surface is a dark wood with a prominent grain pattern.

## 6 steps to emotional health

- 1. Sleep** – 7 to 9 hours nightly.  
Stop using all electronics (TV, computer, phone, etc.) at least 30 minutes before you try to go to sleep; Read a book or magazine just before going to sleep (to get your mind off the concerns of the day).
- 2. Eat** – at least 3 times a day (something with nutritional value); don't go long periods of time without eating.
- 3. Exercise** – move around a little more than you do now, aiming for 20-30 minutes or more, most days  
Exercise is mood-regulating and anxiety-reducing (& can be done in 10 minute chunks).
- 4. Daily Pleasant Activities** – do something pleasant everyday, & pay attention to it while you're doing it  
Put your mind on the pleasant activity (instead of the *worry or sad thoughts*), & redirect your attention back to the pleasant activity as many times as you need to.
- 5. Slow, deep, rhythmic Breathing** – @ 5 minutes or more each day, breathing in calm/breathing out tension  
Maybe breathe to music, or use a phone app or website like *calm.com* or **Stop, Breathe & Think** for 2 or more minutes daily.
- 6. Mindful Thinking** – It's healthy to bring our attention to the present moment as often as we can. The steps to Mindful Thinking:
  - Step 1: Notice your thoughts.** Thoughts come and go like clouds in the sky (that's the nature of thoughts). When you find yourself thinking a *worry thought or a sad thought*, **you don't have to keep thinking about it.** It's not always the right time to think about issues or problems.
  - Step 2:** Allow yourself to gently **Let Go** of your *wandering, worry, or sad thoughts*, without judging the thoughts or yourself, or struggling with the thoughts.
  - Step 3:** Then **Find a Different Focus**, gently redirecting your attention to something else, like:
    - an image (maybe your pet, or a relaxing or beautiful place), or
    - a word (maybe *relax, or calm*), or
    - your breath, a puzzle, 1 of your 5 senses (like the taste of a mint). *You'll get better at this the more you practice it!*
  - Step 4:** Maybe **set aside a time** to think about the issue or problem that was bothering you:
    - for 30 minutes or less, during daytime hours, maybe 102 times during the week, followed by an activity to bring your thoughts back to now (instead of the problem).
    - When your mind wanders to the problem or issue later in the day, notice it, gently let it go, and Find a Different Focus.



# Peace4Gainesville Jail Yoga Program

Over the past 10 years, yoga practice has permeated the walls of jails and prisons across the country. The research is clear. Practicing yoga reduces inmates' depressive symptoms, anxiety, stress, and anger, while improving their capacity for control. These effects are highly beneficial to prison inmates who often have poor mental health and low impulse control. Anecdotally, inmates report a reduction in physical pain and insomnia, and an increased sense of well-being.

Last Fall, Peace4Gainesville's Teresa Drake began a trauma-informed yoga program for female inmates at the Alachua County Jail in Gainesville, Florida. Having taught yoga to women prisoners at Lowell State Prison outside of Ocala, Teresa recognized the program's incredible benefits. Encouraged by the experience, Drake wanted to "give back" to a community of women closer to home.

Recently, a study by the Vera Institute of Justice found that 86% of women who have been incarcerated were sexually assaulted at some point in their lives, while 77% of those polled were also victims of intimate partner violence. Two thirds of the women in jail are women of color, and the majority of that population is also low-income. Further, nearly 80% of those incarcerated are mothers, most of them raising their child alone. A total of 82% were incarcerated for nonviolent offenses, while 32% have serious mental illness and 82% suffer from drug or alcohol addiction.

While many female inmates have experienced childhood trauma, trauma-informed programs are few and far between. In 2012, Teresa was trained by David Emerson, who, along with Bessel van der Kolk, designed a Trauma Sensitive Yoga Program at The Trauma Center in Brookline, Massachusetts. In 2017, it became the first dedicated yoga program listed as an evidence-based program/practice for the treatment of psychological trauma. In addition to leading yoga, Teresa presents information to female inmates about building resiliency and overcoming Adverse Childhood Experiences.

For more information, contact Teresa Drake: [drake@law.ufl.edu](mailto:drake@law.ufl.edu).





# Community Peacebuilding Practices

## River Phoenix Center for Peacebuilding: Trauma-Informed Approaches for Cultivating Community Resilience

Community Peacebuilding Practices, such as Social-Emotional Learning, Restorative Justice, and Dialogues have been around for decades, yearning to be embedded within our schools, justice systems, law enforcement, mental health encounters, organizations, families, and communities. These practices provide a continuum of opportunities to create and maintain healthy relationships, through conflict, adversity, and even trauma. Since 2012, the River Phoenix Center for Peacebuilding's (RPCP) primary focus has been to embed these evidenced-based modalities into systems that could help catalyze this shift.

In 2014, we experienced a grand opening of hearts and minds when Dr. Nancy Hardt first introduced the Adverse Childhood Experiences Study (ACEs) that linked childhood maltreatment to issues with later-life health and well-being, along with the latest scientific research on the effects of trauma on the brains of young children. RPCP joined together with Drs. Hardt and Carol Lewis and Teresa Drake to co-found Peace4Gainesville (P4G), a Trauma-Responsive Community Initiative in Gainesville Florida, a sister organization of Peace4Tarpon.

This is a turning point in the receptivity of our community leadership and professionals. Who could argue when science and soul met to help us understand the underlying causes of harmful behavior? We know that no matter our stature in life, we are all touched personally by adverse situations that can define us. It became the calling of P4G and RPCP to "Advocate, Coordinate, and Educate to build resilience, aimed at reducing the effect of trauma on the individual family, and community."

At River Phoenix Center for Peacebuilding we believe moving from punitive action to restorative practices is essential for healing. Restorative practices are a continuum of strategies to support healthy relationships and increase accountability, while promoting a safe and cooperative family life, classrooms, organizations, and communities. This includes developing a skill set that increases self-awareness, self-management, social awareness, compassion, and empathy through relationship skills that support effective communication and conflict resolution. Through these strategies, labels vanish, people develop their voice and a sense of belonging and inclusion, which support investment in themselves and others, as well as engagement in learning. We learn to take responsibility for our actions, actively making things better with those who have been affected.



River Phoenix Center for Peacebuilding, Gainesville, FL

Some of the programs and trainings that River Phoenix Center for Peacebuilding currently offers in Florida, the U.S. and other parts of the world:

- ❖ Social-Emotional Learning in Schools, Prisons, Organizations
- ❖ Restorative Justice Circles and Practices for Schools, Law Enforcement, Prisons, Organizations
- ❖ Police/Youth Dialogues, Student/Educator Dialogues, Community Dialogues
- ❖ Trauma Awareness and Resilience Building practices
- ❖ Peace Through Sports - Emotional Literacy and Physical Literacy
- ❖ Nine-Day Community Peacebuilder Immersion - RPCP's Comprehensive Model

For more information on our programs and trainings:

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

[info@centerforpeacebuilding.org](mailto:info@centerforpeacebuilding.org)

352-234-6595



# Miami's GRACE Court

## Florida's GRACE Court: First Trauma Informed Human Trafficking Court Judge Maria Sampedro-Iglesia

GRACE Court is the first unified, trauma-informed human-trafficking court in the nation. It was developed to comprehensively address all the needs of the young human-trafficking survivors who appear in the juvenile court of the 11th Judicial Circuit of Florida.

GRACE Court was established in 2016 and stands for Growth Renewed through Acceptance, Change and Empowerment, to remove the stigma of the term "human trafficking" and to focus on creating promising futures for exploited children. Upon entering GRACE Court, the child is evaluated, and matched with the appropriate trauma-informed services from the right provider. In trauma-informed counseling, the child should receive clinical treatment primarily centered on trauma-focused care, cognitive behavioral treatment, and motivational interviewing.

Hearings are allotted more time to fully address the specific and often complex needs of victims of human trafficking. Children are given stress balls to help relieve their anxiety, and therapists will accompany them in court as their support system. Therapy dogs sit with these children as they testify, and often console them when words fail.

A key component of GRACE Court is collaboration. A regular team staff meeting includes the child, the therapist, court case manager, the attorney from DCF, and the attorney ad litem and guardian ad litem. If the case came in due to juvenile criminal activity, the state attorney and the public defender attempt to resolve the case in a way that serves the needs of the child. This team approach allows the child to better understand and be an active participant in his or her case.

A pilot study, by researchers at University of South Florida, shows early positive results. "Notable improvements are observed on the majority of outcome variables between baseline and subsequent assessment, although not all changes are statistically significant," the progress report states. "Some outcomes that appear more resistant to change, on the other hand, include depression, anxiety, and anger."

For more information, see "G.R.A.C.E Court Benchbook"  
online at: <https://tinyurl.com/y9dt2aem>  
Text from: Judge Maria Sampedro-Iglesia, Trends 2018

As promising as early results are, Judge Sampedro-Iglesia laments how taxing the work is. *“It is challenging when you want with all your heart to help these children, and they turn around and tell you off in open court. We know that is their pain and trauma speaking — not their true selves — but it is still challenging. Parents sometimes beg the court to lock their child away to keep him or her out of the reach of traffickers.”*

*“The most disheartening days are when the court system and the therapeutic team feel that they are accomplishing so much with a child only to see that child once again fall victim to sexual exploitation on the streets. However, there are days that raise our spirits again. The days when a parent thanks you for returning their lost little girl, the days when a child finally realizes that her pimp does not really love her, and she thanks you for getting her out of that life. There are those days when a child gets a full scholarship to a four-year college and thanks you for helping her turn her life around. Sometimes a child thanks you for being the only one who believed in her and listened to her. Those days are well worth the long and exhausting wait, and those days are the ones that give me and my GRACE Court justice partners the will to continue our work — saving one child at a time.”*



Judge Maria Sampedro-Iglesia





# FSU Young Parents Project

## Changing Futures For Court Involved Pregnant Teens with Extensive Trauma Histories

FSU's Young Parents Project (YPP) is a unique, intensive, home visiting program that addresses the complex needs of court-involved pregnant and parenting teens and their young children. Project participants in both Miami and Tallahassee have extensive trauma histories, deeply embedded in under-resourced communities. Most project participants have experienced victimization due to violence, sexual abuse, and exploitation. The high prevalence of complex trauma for these young parents impedes not only their ability to make positive life choices for themselves, but also impacts the relationships they have with their children.

Adverse Childhood Experiences (ACE) scores, used to measure the cumulative effects of traumatic stress in childhood, are highly prevalent in delinquency youth. This is demonstrated by data collected at the time of intake about the 99 teens that were admitted to the Young Parents Project during 2016:

- 89% were involved with the Department of Juvenile Justice;
- 59% reported they had been involved with the child welfare system at some point in their lives;
- 31% had been victimized by sex trafficking; and
- 40% were not enrolled in school.

Multiple ACEs put these teen mothers at high risk for substance use, chronic physical, mental health, and behavioral problems, and interfere with their capacity to parent.

The Young Parents Project was created in 2005 as a partnership between Judge Lester Langer in Miami and FSU in an effort to break the intergenerational cycle of delinquency and teen pregnancy. YPP is adapted from Yale University's evidence-based model called Minding the Baby® and is designed to:

- address trauma
- promote the attachment relationship between the teen and her baby
- support both their physical and mental health needs, and change their life trajectory

The project uses a multidisciplinary team of:

- highly skilled professionals to provide trauma-informed weekly home visits
- extensive follow-up services to young mothers

Funding has been provided through the Department of Juvenile Justice and The Children's Trust of Miami-Dade County.



Florida State University  
Center for Prevention & Early  
Intervention Policy



Florida  
Department of  
Juvenile Justice





## Promising Outcomes

For the 99 teens enrolled in the Young Parents Project during 2016:

- **Reduced recidivism.** Only two teens were re-arrested during their time in the project, with charges for one subsequently dropped.
- **Reduced number of subsequent births.** None of the young mothers had subsequent births. National data indicates that 25% of teen parents will have a second child within 24 months of their first baby.
- **Increased number continuing their education.** After three months in the project, school enrollment for participants increased from 59% to 80% in Miami-Dade County and from 52% to 60% in Leon County, despite multiple barriers to enrolling teen mothers in an educational program.

The FSU Young Parents Project is transforming the lives of justice involved young mothers with extensive complex histories through supportive relationships and the intensive trauma-informed intervention that is critical to breaking the multigenerational cycle of teen parenting, trauma, violence, and court involvement.

For more information, see [www.cpeip.fsu.edu](http://www.cpeip.fsu.edu).



*"I am a mother now. I have to finish school. I have to stay out of trouble. I have to be a role model. She is the reason I get up in the morning."  
—YPP Mom*



# Investments in Trauma-Informed Care

**The Children's Trust** is a dedicated revenue source to improve the lives of children and families. The Children's Trust partners with the community to plan, advocate for, and fund strategic investments that improve the lives of all children and families in Miami-Dade County. In line with this mission, The Trust funds multiple evidence-based programs that use a trauma-informed lens to support children and families as described below.



**Individual & Home Visiting Parenting Programs.** Education and skills-building opportunities encourage nurturing relationships for parents of children ages birth to 5 years, with select programs serving parents with older children, in homes, pediatric offices and other therapeutic settings including:

- **Healthy Families** uses a home visiting model to address high rates of child abuse for children younger than 5 years provided by Children's Home Society.
- **Healthy Steps** is a pediatric primary care program that promotes healthy child development for infants and toddlers through screening, parenting guidance, care coordination, and referrals provided by Community Health of South Florida, Institute for Child & Family Health and University of Miami.
- **Incredible Years** is a series of evidence-based programs for parents, children and teachers which seeks to reduce challenging behaviors in children and increase children's social emotional and self-control skills provided by: Family Central, Florida International University, Center for Children and Families, Institute for Child & Family Health, Miami-Dade Family Learning Partnership and University of Miami.
- **Nurturing Parenting** is a family-centered trauma-informed initiative designed to build parenting skills as an alternative to abusive and neglectful parenting practices provided by: Amigos Together for Kids, Center for Children, Children's Home Society, City of Miami Beach, Empowering Youth, EnFamilia, Family Central, Family Resource Center of South Florida, Family Action Network Movement, Gang Alternative, Miami Bridge Youth and Family Services, Redlands Christian Migrant Association, Richmond-Perrine Optimist Club and The Village South.
- **Parent Child Interaction Therapy** is an evidence-based treatment for young children with behavior problems provided by University of Miami.
- **Strengthening Families** is a family skills training program which seeks to improve parenting skills and reduce child problem behaviors provided by Catholic Charities of the Archdiocese of Miami, Concerned African Women and Haitian Neighborhood Center, Sant La.

## Family Strengthening Programs

Trust-funded family strengthening programs provide evidence-based interventions within a coordinated system of care model that capitalize on existing community resources and prioritize serving families who are experiencing challenges with parent-child relationships, the consequences of violence or abuse, or child behavior.

**Culturally Informed and Flexible Family Therapy for Adolescents** is a psychoeducation treatment for minority adolescents ages 11 to 18 years and their families provided by Sant La Haitian Neighborhood Center, University of Miami, and Empowering Youth.

**Trauma Focused Cognitive Behavioral Therapy** is designed to treat posttraumatic stress and related emotional and behavioral problems in children ages 3 to 18 years provided by Lotus House Sundari Foundation, Gang Alternative and Florida International University.

**Functional Family Therapy** is for families with youth ages 12-18 years old with issues of delinquency, drug use or disruptive behaviors provided by Institute for Child and Family Health.



### Family & Neighborhood Support Partnerships

The Children's Trust invests in community-based organizations to centralize care for families in areas with high ACES, crime, poverty, and child/abuse and neglect. Family & Neighborhood Support Partnerships use the Strengthening Families Framework to enhance child development. Place-based partnerships provide comprehensive care coordination in the: City of Homestead, City of Miami Beach, Community Health of South Florida, Gang Alternative, Concerned African Women, Connect Familias, New Horizons and Opa-Locka Community. In addition to care coordination, several countywide partnerships provide services to populations impacted by trauma including.

- *Advocate Program*: Offers supportive services to families impacted by domestic violence and high conflict divorce.
- *Americans for Immigrant Justice*: Protects and promotes the human rights of unaccompanied immigrant minors.
- *Children of Inmates*: Provides family bonding reunification visits for children and youth separated from a parent due to incarceration.
- *Educate Tomorrow*: Provides education, mentoring and life skills training to foster youth.





# Sarasota Trauma-Informed Care

## Can We Create a Trauma-Informed Sarasota?

by Andy Blanch, Critical Times, July-September, 2018

Across the country, cities and towns are setting a new goal – to become “trauma-informed, resilient communities.” This movement is based on a growing body of science showing that violence and trauma are the root cause of many of our most pressing social problems. Two Florida cities, Tarpon Springs and Gainesville, have garnered national attention - Tarpon as a model of citizen- driven change, and Gainesville for their unique partnership among law enforcement, health and education providers, and the River Phoenix Peacebuilding Center. Among other outcomes, the Gainesville initiative has led to significant reductions in both child abuse and juvenile arrest rates, including a more than 50% reduction in arrests of African American youth.

Although it has not received as much attention, Sarasota is also home to a number of innovative trauma-informed practices. The YMCA, The Florida Center, Sunshine Health, the All Star Children’s Foundation, and NAMI-Sarasota County, among others, have embraced trauma- informed approaches. Judge Lee Haworth is spearheading an effort to create trauma-informed “Early Childhood Courts” (ECCs). Judge Haworth notes that “ECC’s have more potential to improve the lives of dependent children and their impaired parents than any family-focused initiative in Florida history. Evidence shows they work, reduce trauma, and save the state money. ECC’s are an example of successful trauma-informed initiatives benefiting the most vulnerable Floridians, infants and their addicted parents.” With the opioid epidemic hitting Florida hard, responses like ECCs are essential.

This summer, these individual efforts will be brought together to coordinate and amplify their impact. On August 6th, the State of Florida will host a “think tank” in Naples to discuss how to create a trauma-informed Florida. Teams from across the state - including Sarasota - will share strategies and build collective momentum. The meeting was inspired in part by a gathering in January where the Tarpon and Gainesville initiatives, along with representatives from the Big Bend and Crawford County, PA, shared their experiences with participants from other interested communities. The hope for the August meeting is that every community in Florida will be inspired to build healthier, safer communities by addressing trauma and building resilience. If you want to learn more about the Tarpon and Gainesville initiatives and Early Childhood Courts, see [Peace4Tarpon](#), [Peace4Gainesville](#) and Florida’s ECCs. If you want to get involved here in Sarasota, contact Andy Blanch [akblanch@aol.com](mailto:akblanch@aol.com).







# Circuit 12 Trauma Innovations

## Circuit 12 Trauma Innovations

Circuit 12's **Early Childhood Court** addresses child welfare cases birth to five years of age through a multidisciplinary approach through the court. Sarasota and Manatee Counties have been hard hit by the opioid/heroin epidemic that has resulted in the highest child removal rate of young children over the past three years. Early Childhood Court is making progress toward improving child safety and well-being; healing trauma and repairing the parent child relationship; expediting permanency; and stopping the multigenerational cycle of adversity. Early Childhood Court includes a coordinator, case manager, evaluations, therapy, parent education and support, placement stability and concurrent planning, co-parenting, continuum of behavioral health services, infant mental health specialists, child-parent psychotherapy, a collaborative court team, monthly family team meetings and judicial leadership. Circuit 12's team is a public-private partnership between Manatee County Government, Sarasota County Government, Department of Children and Families, and the Barancik Foundation.

See feature on ABC News: <http://abcn.ws/2rSXUo1>

**All Star Children's Foundation.** Developed in collaboration with John Hopkins All Children's Hospital, the "Campus of Hope & Healing" will include a center for trauma-focused clinical services to provide children between the ages of 0-18 who are victims of child abuse. The campus will serve foster children in the Sun Coast Region's child welfare system and will integrate trauma-sensitive principles throughout the environment, treatment programs and staff. Onsite trauma therapy services, targeted case management support, coordination of services and enrichment programs will be provided to prepare children to successfully complete their transition to permanency. The campus will include six single family, licensed foster homes. Each home will be licensed for up to 5 children and will be comprised of two foster parents and a nanny. Every child residing on campus will receive trauma-informed clinical therapy. Enrichment programs such as art, music, pet therapy, etc., will also be available onsite to promote the child's overall well-being. The mission is to create a safe place for children to heal from the trauma of child abuse.

**Handle with Care** was implemented in Manatee County April 2018 between law enforcement, Manatee County School District, Safe Children's Coalition and Manatee County Child Protective Services. The program promotes school-community partnership aimed at ensuring that children exposed to trauma receive appropriate interventions to help them achieve academically at their highest level. The school receives notification in

the morning if a child needs to be “handled with care.” There is no additional information provided. School staff are aware of what is to take place when the information is received. The program is part of Drug Endangered Children, an initiative to help break the cycle of abuse and neglect by empowering practitioners to identify and respond to children living in dangerous drug environments through community-based partnerships which enable coordination of resources and responsibilities.

For more information, contact:

Lisa Mayrose, DCF Regional Managing Director SunCoast Region,  
(813) 558-5500 | Lisa.Mayrose@myfamilies.com

Kim Kutch, Community Development Administrator  
(941) 544-1823 | Kim.Kutch@myfamilies.com

Nathan L. Scott, Child Welfare System Advocate  
Nathan.Scott@flhealth.gov | (941) 861-2578





## CALM Plus: Helping Child Care Programs Meet the Needs of Traumatized Children

The High Quality Early Education for Dependent Youth is a collaborative made up of stakeholders from the early education and child welfare sectors. Our vision is that all birth to five-year-old dependent children in Hillsborough County will receive a high quality early education. The Collaborative created the CALM Plus program (modeled after Duval County) to ensure that child care providers are equipped to meet the unique needs of children in the child welfare system. The program began with seven child care centers serving 20 or more child-welfare-involved children. Understanding that it can be hard to change caregivers' minds about child care selections, we wanted to be sure that the centers where most of our kids were attending were more trauma-informed and prepared to meet their needs. All trainings are provided free of cost, and most are provided on-site at the child care center.

CALM Plus providers are asked to complete the following trainings:

	Trauma-informed Care Training	Child Welfare 101 Training	USF Program-Wide Positive Behavioral Support Trainings
<b>Trainer</b>	Early Childhood Council	Eckerd Fostering Education Initiative	USF, PWPBS
<b>Location</b>	At the center	At the center	Children's Board
<b>Time</b>	Weekend AM	Weekday PM	Throughout the year
<b>How</b>	Single 3-hour training	Single 1-hour training	From each child care center: the director, one infant/toddler teacher, and one pre-k teacher (3 staff total) each must attend two sessions offered by USF PWPBS.
<b>Training Hours</b>	3 hours of in-service training for participants. Certificate of completion will be provided.	1 hour of in-service training for participants. Certificate of completion will be provided.	In-service training hours equal to the length of the training (typically, 3 hours). Certificate of completion provided if participants pre-register.

CALM Plus providers also participate in the ongoing support offered through the Hillsborough Community College's CALM model. This support includes large-group sessions; on-site, boutique trainings; and weekly individual coaching. Once a provider completes the regimen, they can be recognized as a CALM Plus center for that year. Additionally, completion of CALM Plus and participation in one quality improvement training offered through the Early Learning Coalition will provide an on-board for involvement in the local QRIS program, Quality Counts for Kids.

For more information, contact Kristen Lang, Attorney Ad Litem, David Shear Children's Law Center of Bay Area Legal Services, ([klang@bals.org](mailto:klang@bals.org)).





# Trauma Informed Services in Hillsborough

## Trauma Informed Services in Hillsborough Area

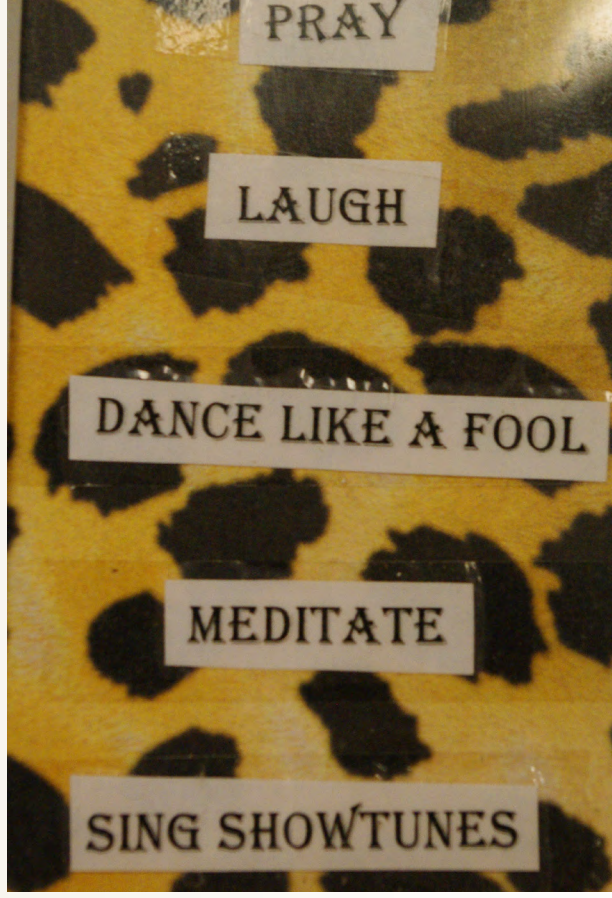
*The Crisis Center of Tampa Bay* employs a staff of 180+, supported by 97 volunteers, and responds to over 165,000 requests for help per year. The Crisis Center is a community leader in the implementation of trauma-informed care both in service delivery and in organizational culture. All employees must complete the Crisis Center's Core Training curriculum that includes Trauma-Informed Care, Psychological First Aid, and Mental Health First Aid. As an integral component of Hillsborough County's system of care, the agency provides a wide range of programs/services based on successful national, evidence-based models or certified programs. The Crisis Center is organized under three Program Areas:

- ❖ *Gateway Contact Center* is the sole provider of 24/7/365 crisis intervention and Information and Referral, and suicide hotline services in Hillsborough County.
- ❖ *Corbett Trauma Center* provides trauma-focused, evidence-based therapies, personal and criminal justice advocacy, therapeutic groups, care coordination and empowerment initiatives including Hillsborough County's certified Rape Crisis Center for citizens experiencing crises.
- ❖ *TransCare Medical Transportation* provides medical and Baker Act transport throughout Hillsborough County.

*Metropolitan Ministries* provides hope through emergency and long-term housing, food and clothing, counseling, and vocational skills to poor and homeless persons in Hillsborough, Pinellas, Polk, and Pasco counties. Metropolitan Ministries has begun a new trauma-informed afterschool program (Create) for children in grades K-5 who have experienced homelessness and other household and community trauma. The organization is a Sanctuary Model certified trauma-informed care program whose results demonstrate transformation of families.

- ❖ 1,169,826 meals served
- ❖ 92% of families in the short-term emergency shelter exited successfully with housing as well as placement into the Uplift U® Self-Sufficiency program
- ❖ 91% of Uplift U® families are still in stable housing 12 months after graduating
- ❖ 88% of families have maintained or increased their employment/income at the one year follow-up after exiting the program.







# Stepped Care for Children After Trauma

## Stepped Care for Children After Trauma: Optimizing Treatment

Despite advances in effective trauma-focused treatments for children, the lack of efficient, accessible, personalized, and cost-effective trauma treatment for children is a major public health concern. Stepped care delivery models provide an advantage over existing delivery systems of “full-package” evidence-based practices in that interventions are optimized by using data to provide efficient, effective, and personalized care that is designed to address treatment barriers.

An innovative stepped care treatment for children with PTSD has been developed and is being tested by the University of South Florida in a randomized clinical trial with 216 children ages 4 to 12 years at community-based agencies. Children with PTSD are at considerable risk for numerous biopsychosocial problems. Without effective treatment, these problems tend to persist into adulthood. This study will yield clinically important data to improve the value and efficiency of treatment of children with PTSD, thereby reducing childhood PTSD and related societal impacts and costs.

Stepped Care Trauma-Focused Cognitive Behavioral Therapy (SC-TF-CBT) consists of two main steps. Step One involves a novel parent-led, therapist-assisted treatment with multi-faceted components based on support from CBT for children after trauma. Step Two is therapist-led and consists of 9 weekly TF-CBT therapy sessions. The study will examine the decision of which children should be assigned at baseline to Stepped Care TF-CBT versus standard TF-CBT to effectively treat child PTSD symptoms and compare the economic costs.

Based on pilot data, it is estimated that the cost savings of SC-TF-CBT compared to standard TF-CBT to be approximately 56%. The purpose of the current study is to examine how to optimize the efficiency and cost-effectiveness of Stepped Care TF-CBT. The long-term goal is to develop an effective, efficient, accessible, and cost-effective adaptive Stepped Care TF-CBT intervention that can be available to more trauma-exposed children, and to advance knowledge about service delivery approaches.

For more information, contact Alison Salloum, PhD, a national trainer for TF-CBT and developer of the parent-led therapist-assisted therapy (asalloum@usf.edu or phone 813-974-1535).





## Parenting Tools for Children with Developmental Delays, Social-Emotional Concerns, and Trauma

**Smart Start** is a 9-week trauma-informed behavioral parenting intervention designed to train early intervention providers to address the social-emotional concerns of young children with disabilities and their caregivers. Smart Start draws on evidence-based early intervention practices found in Parent-Child Interaction Therapy with additional trauma-informed Social-Emotional tips that cover topics such as caregiver self-care, emotional identification and expression among children, and developmentally appropriate deep breathing strategies.

Smart Start is delivered by bachelor's level early interventionists in the natural environment through Early Steps, a free service available to families of young children with disabilities through the Florida Department of Health.



Smart Start is grounded in evidence-based interventions proven to promote healthy attachment and positive parenting practices early in life. It was developed and tested in the Bay Area Early Steps program in collaboration with Eckerd Youth Alternatives and funded by the Florida Institute for Child Welfare, the Children's Board of Hillsborough County, and the USF Women's Health Collaborative. The early intervention providers received an initial 9-hour training (6 hours face-to-face, 3 hours web-based), and then received monthly supervision one hour per month for 10 months.

Positive results of the small pilot study of eight families in child welfare indicated that:

- Caregivers improved their positive parenting skills and ability to use effective discipline techniques.
- Parental distress decreased.
- Child PTSD symptomatology and challenging behavioral problems associated with trauma decreased.
- Early intervention providers felt equipped to address social-emotional concerns and found changes in behavioral outcomes during intervention occurred much faster than treatment as usual.
- Significant improvements were found in caregiver parenting distress, positive parenting practices and discipline techniques, and child PTSD symptomatology and functional impairment.
- The results are promising but should be interpreted cautiously given the small sample size.

Video overview: [tinyurl.com/SmartStartVideo](http://tinyurl.com/SmartStartVideo)

For more information, contact Heather Agazzi, Ph.D., M.S., Director of Pediatric Psychology Training, University of South Florida, [hcurtiss@health.usf.edu](mailto:hcurtiss@health.usf.edu)







## Pediatric Partners: Trauma Informed Integrative Health Care

Trauma can come in many forms and can have a lasting effect on the individual and families. Trauma can be generational. Given the importance of treatment, Pediatric Partners, a primary care pediatric practice in Palm Beach County, has participated with the American Academy of Pediatrics to learn the long reaching effects trauma or Adverse Childhood Experiences can create.

With a unique individualized approach, Pediatric Partners offers assessment, therapy, education, and support to the patient, families, and the community. We provide psycho-education, parenting strategies, behavior strategies and counseling; helping patients, parents and school staff work together to solve problems by communicating and providing referrals to other resources.

Pediatric Partners has a specialized team available to treat the unique behavioral and mental health needs of patients. The team consists of a pediatrician, psychologist, social worker, behavioral health assistant, and RN case manager. Together we aim to address the mental health and social well-being of patients and their families, ranging from infant and toddlers, young children, adolescents into adulthood. We offer counseling services through our practice. When an outside referral is necessary we strive to coordinate treatment in every area. We partner with the families in our practice to find the most appropriate therapy to manage symptoms and improve quality of life for all.

Working with children and families of children with disabilities, behavioral or mental health issues, and trauma requires an integrated approach, which we feel our behavioral health department is uniquely qualified to achieve. Our goal is to help our patients lead a fulfilling and productive life, work to their optimum potential, and thrive in their home, social and school environments.

Contact Pediatric Partners, 561.741.0000

**Palm Beach Gardens:** 3401 PGA Blvd | Suite 300 | Palm Beach Gardens, FL 33410

**Jupiter:** 1025 Military Trail | Suite 109 | Jupiter, FL 33458

**Boca Raton:** 5458 Town Center Road | Suite 101 | Boca Raton, FL 33486

Founded by Dr. Tommy Schechtman, President,  
Florida Chapter of American Academy of Pediatrics







# Restorative Practices in Schools

## Trauma-Informed Approaches for Cultivating Resilience

*The fundamental premise of restorative practices is that people are happier, more cooperative and productive, and more likely to make positive changes when those in authority do things WITH them, rather than TO them or FOR them.*

~ Ted Wachtel, International Institute for Restorative Practices

Exclusionary discipline like suspensions and detention removes students from the academic setting, contributes to disengagement from learning, and fails to teach new skills or provide the supports necessary to address the underlying sources of behavior. Students who have experienced trauma are more likely to have dysregulated stress responses that contribute to challenging behavior and punishments often escalate negative behaviors. They are also less likely to feel safe and trust others.

As a more effective alternative, restorative practices are a continuum of trauma informed strategies to support students' mental health, build healthy relationships, and create safe and cooperative classrooms and school communities. Gainesville's River Phoenix Center for Peacebuilding adapted its successful, trauma-informed Police-Youth Dialogue and Restorative Justice programs for schools in 2017. Educator-student dialogues provide the opportunity for students and educators to understand brain development and the impact of trauma. The program enhances understanding and connection through sharing, perspective taking, and meaningful questions. Educators and students leave with a new awareness and appreciation of their influence on one another. Relationships improve and unacceptable behavior declines.

The Restorative Practices in Schools program trains teachers to teach and model social-emotional skills while also encouraging schools to create restorative spaces in classrooms for students to use the skills to self-regulate. They develop a sense of belonging and inclusion, which support investment in themselves and others, as well as engagement in learning. It supports educators in engaging students in informal conflict resolution for minor incidents to model and practice skills.

For more information on Restorative Practices in Schools program contact ([katie@centerforpeacebuilding.org](mailto:katie@centerforpeacebuilding.org)) or call 352-234-6595.





# Palm Beach Center for Child Counseling

## Palm Beach Center for Child Counseling

### Fighting ACEs Initiative

Exposure to toxic stress and Adverse Childhood Experiences (ACEs) puts children at higher risk for learning difficulties, emotional problems, developmental issues, and long-term, chronic health problems. Fighting ACEs is a community-wide awareness program of the impact of ACEs on health and wellness at the child, family, and community level to:

- promote a trauma-informed workforce with demonstrated knowledge and skills
- provide evidence-based screening to identify ACEs in childcare, school, and pediatric settings
- build the capacity of Palm Beach County to buffer the effects of ACEs through appropriate, trauma-informed prevention and early intervention efforts.

This initiative is funded by Quantum Foundation, Farris Foundation, and the Florida Blue Foundation.

For more information, visit:

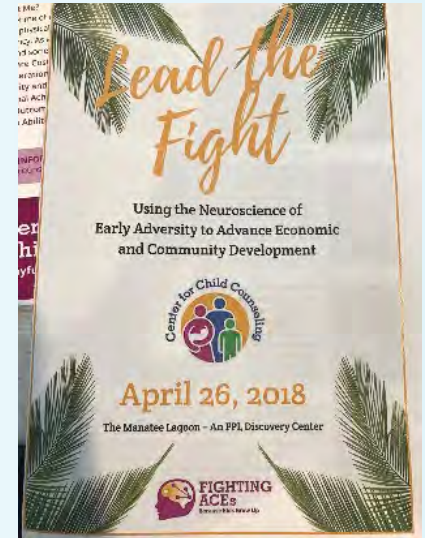
<https://www.centerforchildcounseling.org/about-us/fightingaces/>

### Childhood Trauma Response Program

The Center for Child Counseling's Childhood Trauma Response Program provides caregiver education and targeted, evidence-based trauma treatment for children who have experienced significant, complex trauma. Due to physical and sexual abuse, domestic and community violence, as well as exposure to substance use and economic stress, they are at high-risk for the development of life-long mental health concerns.



The program provides ACEs and trauma screening, evidence-based trauma treatment (Child-Parent Psychotherapy, TF-CBT, Filial Family Therapy, EMDR, and/or Play Therapy), and culturally sensitive trauma-informed caregiver education that focuses on healing trauma and increasing caregiver capacity to meet the mental health needs of children through responsive, warm caregiving.



## Childcare and Community Social-Emotional Wellness Program

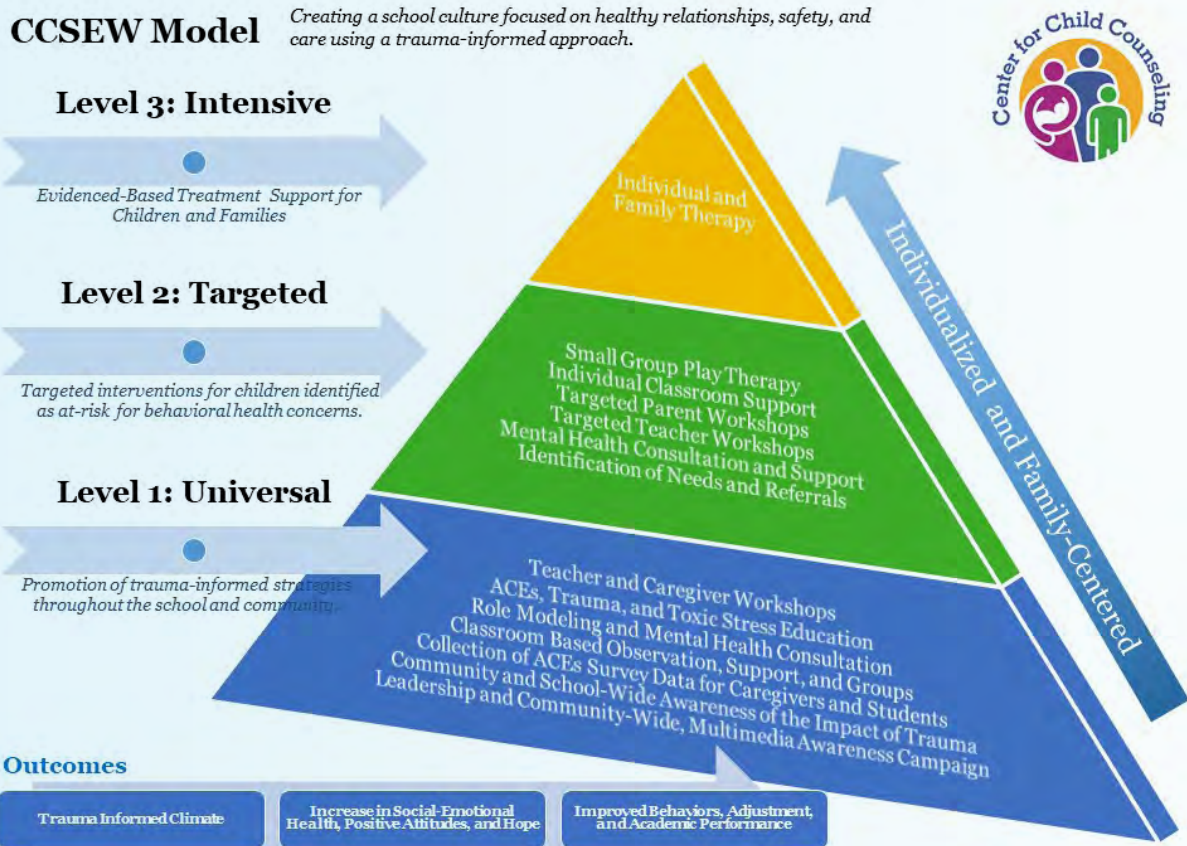
Co-located in childcare centers and schools in high-risk neighborhoods, the Childcare and Community Social-Emotional Wellness (CCSEW) Program provides on-site prevention, early intervention, and targeted treatment for children at-risk for the development of social-emotional concerns due to interrelated risk factors, Adverse Childhood Experiences (ACEs), and toxic stress.

Research-based, culturally sensitive, and trauma-informed caregiver education, services, and support is designed to address the intergenerational cycle of trauma in families and the community. This includes exposure to domestic or neighborhood violence, chronic stress, parental mental illness or substance abuse, separation from parent, placement in foster care, homelessness, and the related effects of poverty.

The interventions are guided by a multidisciplinary, two-generation approach, designed to promote social-emotional health and learning in children while building adult capacity to meet the needs of children living in adverse circumstances. Core program activities include:

- Observation, Assessment, and Screening
- Small Therapeutic Group Play Therapy
- Mindfulness and Coping Skills
- Trauma-Informed Classroom Curriculum
- Individual Therapy for Children
- Home Visits and Caregiver Education
- Family or Parent-Child/Dyadic Therapy
- Mental Health Consultation for Teachers and Staff
- Psychotherapy for Parents/Caregivers
- Workshops and Classroom Support for Teachers
- Workshops and Support Groups for Parents
- Referrals and Linkage

**For More Information, Please Contact:** Renée Layman, CEO, 561-530-4545  
[renee@centerforchildcounseling.org](mailto:renee@centerforchildcounseling.org)





## A National Evidence-Based, Two Generation Model to Heal Trauma

Child First is an intensive home-visiting intervention targeting high-risk children and families in Palm Beach County, Florida. Child First serves families who have experienced trauma or demonstrate significant risk factors including parental substance abuse, severe parental mental illness, foster care, and homelessness. The evidence-based program's purpose is to promote nurturing, consistent & responsive parent child relationships, and secure attachment; decrease of serious emotional problems, child developmental challenges, and child abuse and neglect.



The Child First model provides a multidisciplinary team including a therapist and a care coordinator who provide home-based services using the Child Parent Psychotherapy model. In addition, the care coordinator provides hands-on connections to comprehensive community resources and supports. Each Child First team can serve an average of 12-15 families at any given time. One team is designed to serve families involved in the Palm Beach Early Childhood Court (ECC), which assists families in the dependency system with infants and toddlers (between the ages 0-3). The goal is to enhance the parent-child relationship during this difficult time and to focus on the completion of the case plan services so that permanency is achieved safely in a timely manner. The ECC team can serve 10-12 families.

**Year of Initial Implementation:** 2015

**Target Population:** Pregnant women & families with children ages 0-5 in Palm Beach County

### Outcomes:

- ◆ **Decreased** percentage of children with emotional and behavioral problems
- ◆ **Decreased** parental depression and mental health problems
- ◆ **Improved** parent behavior by promoting and fostering parent-child attachment
- ◆ **Decreased** parental stress
- ◆ **Decreased** percentage of children who are subject to a verified abuse or neglect report

### Initial Performance Measures and Results for Palm Beach County Site:

- ◆ **71% of families reported a child behavioral problem**
  - ◆ 90% reported improvement
- ◆ **66% of families reported caregiver depression**
  - ◆ 88% reported improvement
- ◆ **48% of families reported parental stress**
  - ◆ 78% reported improvement
- ◆ **44% of families reported child social skills challenges**
  - ◆ 79% reported improvement



For more information see [www.childfirst.org](http://www.childfirst.org)







# Project Dulce: Mitigating Toxic Stress

## Project Dulce: Developmental Understanding and Legal Collaboration for Everyone



**Project DULCE** is an early intervention model that seeks to promote healthy child development and mitigate the impact of toxic stress. Designed as a pediatric primary care intervention, it adds a Family Specialist (FS) to the pediatric care team. The FS supports families by conducting screenings in the areas of maternal depression, child development, concrete supports and civil legal needs and connecting the families to services and resources.

**Year of Initial Implementation:** 2016

**Target Population:** Infants 0-6 months and their families

**Outcomes:** DULCE is a novel intervention originating from Boston Medical Center. The intervention underwent a randomized control trial published in 2015 demonstrating that it led to improvements in preventive health care delivery and utilization and accelerated access to concrete supports among low-income families.

In 2016, the Center for the Study of Social Policy partnered with five communities across the country to begin a two-year pilot with the goal of designing and implementing Project DULCE. Children's Services Council of Palm Beach County is one of the communities participating in the pilot and contributing to the development of process and outcome measures for national replication.



### \*Initial Performance Measures and Results for Palm Beach County Site:

- ◆ 95% of routine healthcare visits on time
- ◆ 100% of families who screened positive for Intimate Partner Violence were connected to a resource/service
- ◆ 81% of families with a positive screen for maternal depression were able to access mental health services
- ◆ 100% of infants who scored a concern on a developmental screening (ASQ-3) were connected to a child development program
- ◆ 100% of the families eligible to receive nutrition supports were able to successfully access services or resources
- ◆ 97% of families needing transportation were successfully connected to a transportation service
- ◆ 100% of families eligible to receive income assistance (e.g. SSI) were able to successfully access services or resources
- ◆ 100% of families eligible to receive utilities assistance were able to successfully access services or resources
- ◆ 100% of families needing legal services were offered legal information/consultation from the Medical Legal Partner





# Becoming A Trauma Sensitive Community

## Becoming A Trauma Sensitive Community in Palm Beach County: United for Brighter Future Collective Impact Initiative



In a community collaborative spearheaded by United Way and Palm Beach Youth Services, The Becoming a Trauma Sensitive Community Action Team has been created and charged with educating all facets of the community about the pervasive and cumulative effects of trauma on youth, young adults, and their families. The Action Team promotes recognizing trauma responses, employing trauma sensitive approaches to services, implementing restorative practices with support and intervention, and creating sanctuaries for youth where resiliency can flourish.

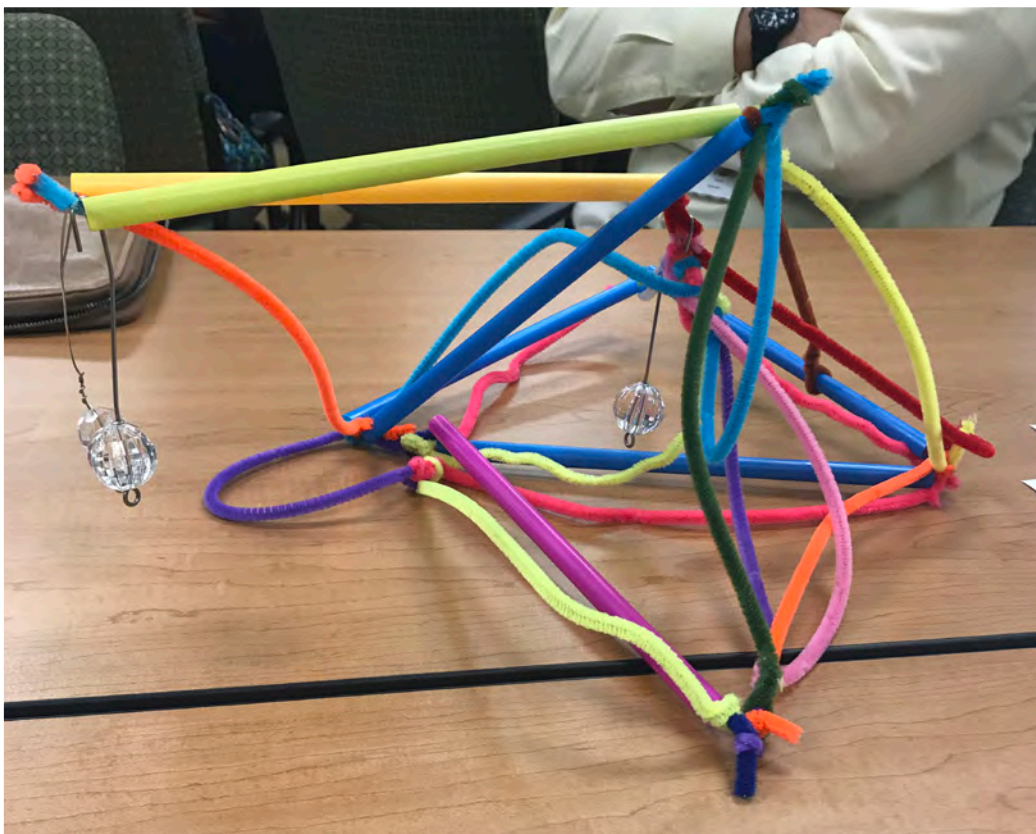
The Action Team coordinates closely with all other aspects of the Birth to 22 Initiative, recognizing that the effects of trauma extend into many other aspects of youth development. Over 50 community organizations representing education, law enforcement, government, funders, and service providers participate in this Action Team representing various aspects of implementation of trauma-informed care throughout the community. Activities include:

- ▶ Creation of a universal set of definitions for trauma-informed care and cross walking these definitions with the work done by the Social and Emotional Learning Action Team.
- ▶ Public awareness for mental health with proclamations from local government for the month of May as Mental Health Awareness and Trauma Informed Care Month, and activities throughout the community and in schools.
- ▶ A Weekend of Faith was recognized the last two years with religious leaders having resources to address mental health. Libraries have created booklists ad displays. Bookmarks, stickers, coloring pages, and information were disseminated throughout the county.
- ▶ With the help of Capstone students from the University of Miami Medical School, a curriculum for doctors is being developed along with a research database that will be hosted on the Birth to 22 web page.
- ▶ Community education is being carried out by many of the partners and a video that addresses trauma and resiliency is nearly ready for dissemination.

**For more information, contact:** Dr. Seth Bernstein, United Way of Palm Beach County ([sethbernstein@unitedwaypb.org](mailto:sethbernstein@unitedwaypb.org)) and Tammy K. Fields, Director, Palm Beach County Youth Services Department ([TFields@pb.gov](mailto:TFields@pb.gov)).

## Brain Architecture Game

A game about the powerful role of relationships on early brain development.  
Available at: [dev.theBrainArchitectureGame.com](http://dev.theBrainArchitectureGame.com)





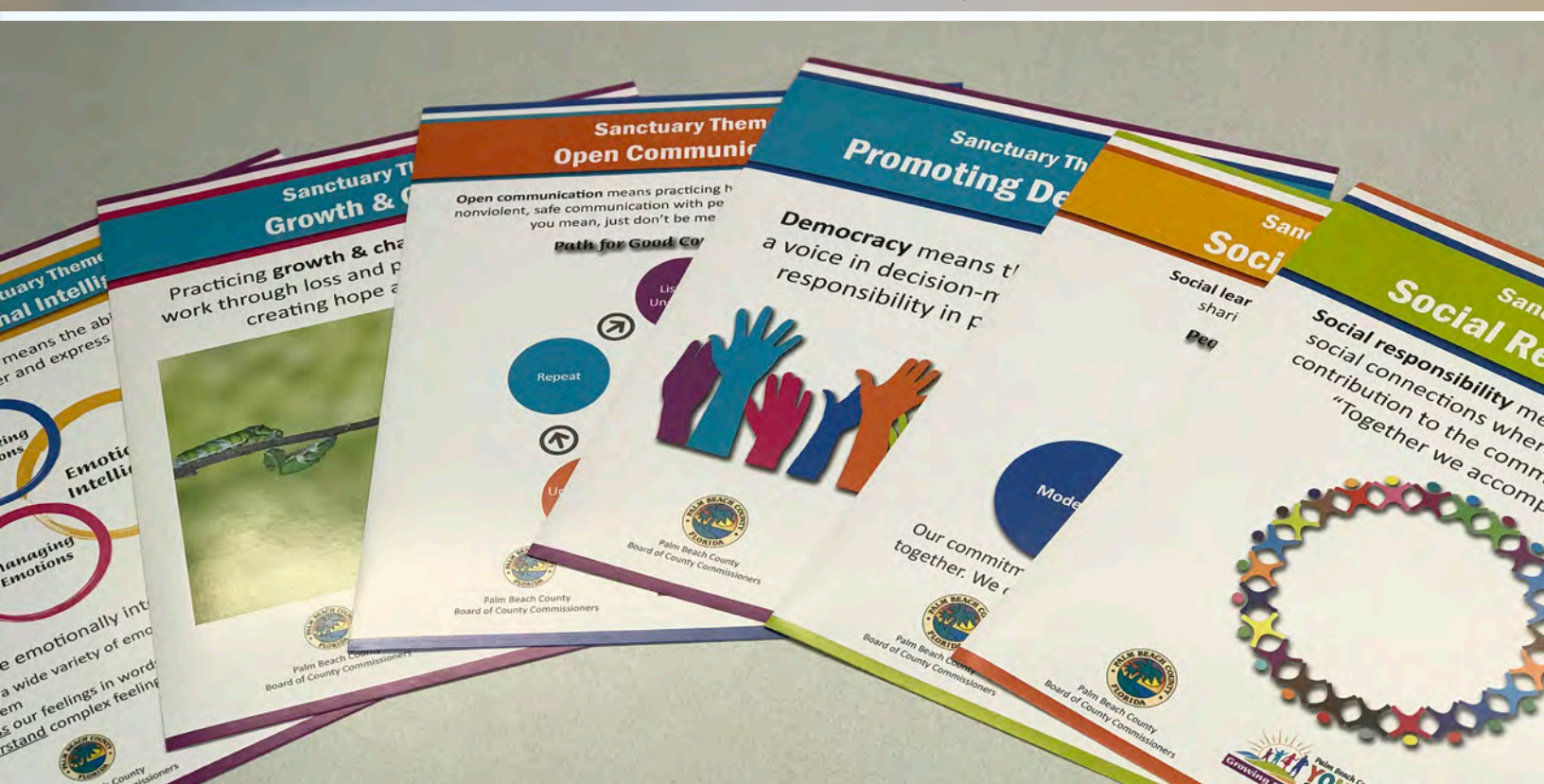
# Palm Beach Trauma Informed Schools

## Palm Beach Trauma Informed Schools Collaboration

The Palm Beach County School District and The Palm Beach County Youth Services Department have partnered on a multiple year plan to increase trauma-informed care including:

- Community conversations about trauma throughout the county
- Showings and discussions of the documentaries, Paper Tigers and Resilience
- Trauma Talks Summit
- Organizational transformation throughout the school system to increase staff capacity to provide trauma responsive care and to instill a trauma responsive culture to support positive outcomes for all students
- Year 1 included extensive training and implementation of the Sanctuary Model with a primary focus on Highridge Family Center, a 60-bed residential facility for 11-16 year olds experiencing difficulties in their home, school, or community. Through an agreement with the Palm Beach County School District, the youth receive education on campus Monday through Friday, and then go home to their families on the weekend to implement their skills within the family environment. All employees receive ten hours of basic trauma training in addition to training on compassion fatigue, and booster sessions to review and refine practices. Training has also taken place at Highridge's onsite school for teachers and behavioral staff so that they may better understand trauma reactions in order to facilitate learning and more favorable academic outcomes
- Year 2 focused on embedding tools and concepts of the Sanctuary Model into the Palm Beach County Youth Services Department organization.
- Year 3 will focus on implementing trauma informed psychoeducation for parents; aligning the admissions process with Sanctuary and trauma-informed practices; aligning supervision and coaching with trauma-informed practice
- Community engagement and education is on-going with multiple external trainings on trauma theory and its impact held throughout Palm Beach County with community partners or fellow stakeholders such as Sheridan House, Palm Beach County School District, Guardian Ad Litem Program, and Indian River Community College. In addition, Highridge hosted a free event for the community with trauma-based education, community resources, food, and family events. Over 20 agencies and organizations were represented as well as county government officials and Youth Services employees, clients, and families.

For more information contact: Tammy K. Fields, Director  
Palm Beach County Youth Services Department (TFields@pbcgov.org)  
Office: (561) 242-5701 | [www.pbcgov.org/youthservices](http://www.pbcgov.org/youthservices)





# Tykes & Teens:

## Leading the Way for A Trauma Informed Community on the Treasure Coast

Tykes & Teens is committed to creating a Trauma Informed Community on the Treasure Coast with two key strategies: 1) utilizing trauma informed practices in Infant Mental Health Consultation work at preschools, 2) implementing a countywide Trauma Informed Care training program to educate teachers, school administration, law enforcement, and others who regularly engage with youth.

The **Infant Mental Health Consultation Program** rolled out in 2016 with the goal of creating system change and reducing the number of preschool suspensions. We are currently providing services in eight childcare centers and have collaborated with the Early Learning Coalition of St. Lucie to educate leadership, staff, and teachers on trauma informed practices.

Because of the link between poverty and ACEs, we are focusing on childcare centers in impoverished areas. Therapists use a combination of evidence-based interventions including the Georgetown and Pyramid models, and Child Parent Psychotherapy. By embedding Infant Mental Health Specialists within schools, we have built trusting relationships with staff and are beginning to see a culture shift in the way our community treats challenging behaviors.

We secured funding to hire a **Trauma Informed Care Specialist** and have offered free training to 46 local schools and 30 agencies and organizations since 2016. The trainings are often supplemented with customized outreach activities to meet the needs of target populations, such as in rural Okeechobee County where the Trauma Informed Care Specialist is leading a book study on “Hillbilly Elegy” with Everglades Elementary school staff. Monthly staff discussions include Adverse Childhood Experiences and strategies for helping traumatized children learn. Staff also have ongoing access to this binder of information: [www.livebinders.com/play/play?id=2132603](http://www.livebinders.com/play/play?id=2132603)

In addition to elementary, middle and high schools in all four counties on the Treasure Coast, we have trained staff at domestic violence shelters, recreation centers, fire rescue personnel, after school programs, and as part of larger conferences including SEDNET and Treasure Coast Elementary Active Shooter Training. We have been invited to train School Resource Officers in our school district.

For more information contact: Jeffrey Shearer — Tykes & Teens, 3577 SW Corporate Parkway, Palm City, FL 34990 or phone 772-220-3439. (Jeff@tykesandteens.org).



Teachers learn about ACES impact on the brain through Harvard's Brain Architecture Game



# The Journey Institute

## The Journey Institute Rebuilding Lives in Circuit 17

The Journey Institute strives to raise community awareness on adversity and trauma in early childhood and its impact on young children's development by providing evidence-based relationship therapy such as Child-Parent-Psychotherapy (CPP) from birth through age 5, to young children and their parents/caregivers to help them heal after a traumatic or stressful experience. The Journey Institute promotes family strengths and relationships by strengthening parenting capacity.

In a collaborative multidisciplinary approach, The Journey Institute works closely with the Broward County Early Childhood Court (Circuit 17) in providing treatment to heal trauma and repair the parent-child relationship in order to break the intergenerational cycle of adversity. The Institute promotes trauma-informed community trainings and conferences, reflective supervision, developmental evaluations, mental health consultation, and evidence-based trauma screenings in pediatric practices, mental health agencies, and preschool environment to build community capacity and buffer the effects of the Adverse Childhood Experiences through prevention, intervention, and treatment efforts.



*Helping Families Rebuild  
Their Lives*



*Helping Families Heal  
After Trauma*



*Professional Development &  
Community Collaboration*

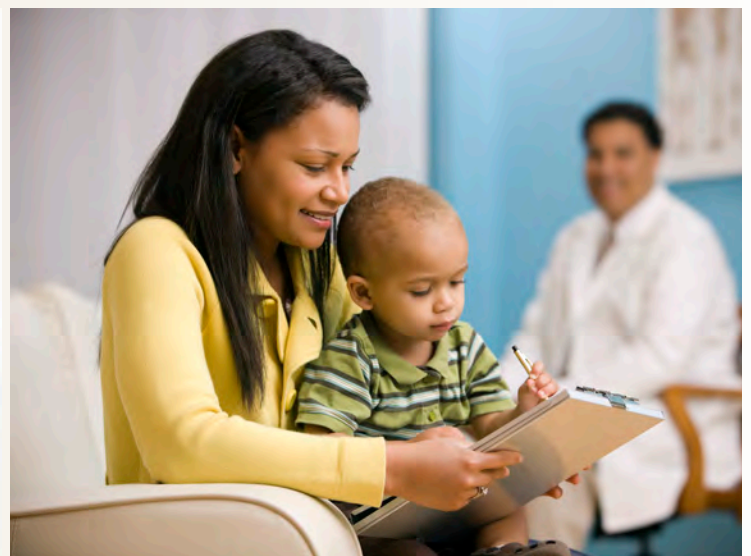
For more information contact: Dr. Harleen Hutchinson,  
(954) 903-8279; email: [hhutchinson@thejourneyinstituteinc.com](mailto:hhutchinson@thejourneyinstituteinc.com)

# Sunshine Health's: Trauma Informed Care

## Sunshine Health's Commitment to Trauma Informed Care

Sunshine Health operates Florida's only Medicaid Child Welfare Specialty Plan through a contract with the Agency for Health Care Administration. Acknowledging that all members of this plan have suffered some level of trauma, our team has developed specialized case management services and trainings that focus on reducing the impact of trauma for youth within the child welfare system including:

- ◆ Case management services support youth who have experienced human trafficking, pregnancy, developmental delays, obesity and diabetes.
- ◆ Caregiver supports are provided for newly adoptive parents, pairing these families with case managers who are certified parenting coaches.
- ◆ A specialized case management team helps older youth as they transition out of the child welfare system.
- ◆ Professional national trainers provide a myriad of trainings in line with current research regarding trauma reduction in child welfare systems.
- ◆ Trainings are grounded in evidenced based interventions; for example, 900+ clinicians have been trained in Trauma Focused Cognitive Behavioral Therapy at no cost to the attendee.



For more information:

<https://www.sunshinehealth.com/members/child-welfare-plan.html>



# Broward County's Early Childhood Court

## Broward's Early Childhood Court: A Trauma Informed Problem Solving Court

In 2016 a new specialized Unified Family Court division in the Seventeenth Judicial Circuit was established with oversight by Judge Hope Bristol and Magistrate Randi Boven. This “therapeutic” division piloted the new Early Childhood Court, which is modeled after the Safe Babies Court Teams Project and utilizes best practices from the Florida Early Childhood Court Initiative.

Similar to dependency drug court, Early Childhood Court is a trauma-informed problem-solving court that addresses the root causes of justice system involvement through specialized dockets, multidisciplinary teams, and a non-adversarial approach.

Early Childhood Courts applies the science of early brain development (the building blocks of secure attachment, self-regulation, cognitive functioning, and impulse control) and implements best practices for infants and toddlers and their parents. A strong emphasis is placed on addressing the trauma and attachment needs of both the parents and toddlers through Child Parent Psychotherapy services, expanded visitation, and family team meetings.

Since the inception of Broward's Early Childhood Court in 2016, about 90 infants and toddlers have been served (both pending and closed cases). About 50% of the parents also interfaced with child welfare as either a current or former dependent/foster youth. Trauma-informed practices and non-adversarial approaches are utilized to reduce intergenerational cycles of abuse and neglect, and to lift families up and support their journey. Children in Early Childhood Court reach permanency about 3-4 months faster and have reduced recidivism rates compared to other children in regular dependency court.

Judge Bristol also applies her trauma-informed lens in other Unified Family Court specialized divisions she presides over including Delinquency-Family Crossover Court and Dependency Drug Court.





# Trauma Informed Care in Charlotte County

## Trauma Informed Care for Substance Exposed Families in Charlotte County

The United Way of Charlotte County is helping bring a trauma lens for substance exposed children under age five and their families. Patti Lesh will serve in the new Navigator-Advocate position created to be the GPS for needed services (Guidance, Proactive, and Supportive). The Navigator-Advocate's responsibilities include:



- 1) Working with the children and families to obtain and maintain helpful/beneficial services to the family for whatever is needed such as the Neonatal Intensive Care Unit, Healthy Families, immunizations through the Department of Health, Medicated Assisted Treatment, etc.
- 2) Providing training for other community professionals to change the stigma of addiction from "What's wrong with you" to..."What happened to you" via utilizing ACEs and Trauma Informed Care. Four local agencies in Charlotte County have already completed this training: Healthy Families, the Early Learning Coalition of Florida Heartland, Healthy Start, and Drug Free Charlotte County.
- 3) Provide a parent support GPS Group to assist and normalize with parents their struggles and find more help for their needs.

For more information contact:

Patti Lesh, Navigator-Advocate, Drug Free Charlotte County

Cell: 941-769-4529.

Office: 941-255-0808 ext. 3205





# Center for Child Stress & Health

Center for Child Stress & Health  
Florida State University College of Medicine

The Center for Child Stress and Health was established at the Florida State University College of Medicine to provide resources to families and health care providers related to the treatment and prevention of toxic stress during childhood. The Center serves as an integrated primary care resource center for patients, families, and healthcare providers of children exposed to toxic stress, especially children living in rural, minority, and underserved communities.

The Center has developed a screening protocol for toxic stress that is consistent with the American Academy of Pediatrics recommendation for universal screenings during well-child visits. The screenings are completed at a kiosk with results available to the physician during the visit.

Positive screens are immediately addressed by the psychologists that work within an integrated care model. Screenings can be completed in English, Spanish, and Creole. An audio option is available for low literacy patients in the three languages. Patients are screened for adverse childhood experiences, behavioral/emotional problems, and maternal depression. The Center provides patient education materials and consultation. They are part of the National Child Traumatic Stress Network.

More information can be found at [www.fsustress.org](http://www.fsustress.org).

See 7-minute video on FSU Center on Stress & Health:  
<https://youtu.be/ed624HYObIQ>











## *Creating a Trauma Informed State*

A Showcase of Florida's  
Cutting Edge Trauma Initiatives



Download this document at:  
[floridatrauma.org/TraumaShowcase.pdf](http://floridatrauma.org/TraumaShowcase.pdf)



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