

What's Next: Transitioning from Minor Programs into Adult Programs

A Trauma-Informed Approach

Based on SAMHSA's Concept of Trauma and
Guidance for a Trauma-Informed Approach, by
SAMHSA's Trauma and Justice Strategic
Initiative, July 2014

Substance Abuse and Mental Health Services Administration

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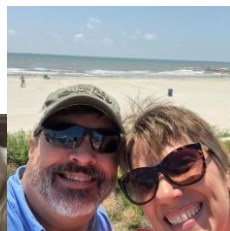
Our Family - 2018



*Our 4th
Child*



*Our Grand-
babies*



*Our Happy
Place*

OUR JOURNEY

- ◉ March 2006 joined Redeemed Ministries and served as outreach volunteers to the commercial sex industry
- ◉ May 2008 installed as Executive Director and Director of Survivor Care
- ◉ December 2008 and August 2009 housed an international labor trafficking and domestic minor sex trafficking survivors referred by FBI
- ◉ October 2010 opened long-term residential restoration house dedicated to adult domestic sex trafficking survivors
- ◉ January 2017 opened 3rd generation long-term restoration house
- ◉ August 2018 served our 100th client in our program

OUR JOURNEY - THE SPARROW HOUSE





The road to recovery is often expected to simply be aiming for a goal and working toward that goal with a clear, concise and effective plan.

The reality of trauma recovery is more likely a treacherous journey with unknown outcomes.



INTRODUCTION - WHY TRAUMA-INFORMED?

- ⦿ Trauma is widespread, harmful, and a costly public health problem
- ⦿ Trauma comes in various levels of severity and duration of trauma
- ⦿ Trauma has no boundaries
- ⦿ Effects of Trauma affect individuals differently
- ⦿ Effects of Trauma are varied based on the individual
- ⦿ Trauma increases risks of substance use and abuse
- ⦿ And...Sometimes service systems and programs are trauma-inducing

INTRODUCTION

"Well, when I turn 18, Ima be adult and everything will be normal."

SAMHSA'S CONCEPT OF TRAUMA

- ◉ SAMHSA's working definition: Individual trauma results from an **event**, series of **events**, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** of the individual's functioning and mental, physical, social (relational), emotional, or spiritual well-being.
- ◉ **Event/Events** - actual or extreme threat of physical or psychological harm
- ◉ **Experience** - feelings of humiliation, guilt, shame, betrayal/abandonment or silencing
- ◉ **Effects** - inability to cope with normal stresses and strains; trusting or benefiting from relationships; manage cognitive processes (such as memory, attention, thinking); regulate behavior; or control expression of emotions

SAMHSA'S TRAUMA-INFORMED APPROACH

- ◉ Six Key Principles of a Trauma-Informed Approach
 - ◉ Safety
 - ◉ Trustworthiness and Transparency
 - ◉ Peer Support
 - ◉ Collaboration and Mutuality
 - ◉ Empowerment, Voice and Choice
 - ◉ Cultural, Historical and Gender Issues

EMOTIONAL CONSIDERATIONS



KEY QUESTIONS

- ⦿ How can we move someone from a minor program to an adult program?
- ⦿ And, can it be smooth and uneventful?
- ⦿ And, how can it be a trauma-informed approach?
- ⦿ What is best for the individual?



UTILIZING TRAUMA-INFORMED APPROACH

OUR RESPONSE

- ⦿ Safety
 - ⦿ Environment
 - ⦿ Consistency of Care
 - ⦿ Chaos Reduction
 - ⦿ Everything hinges on Safety



UTILIZING TRAUMA-INFORMED APPROACH

OUR RESPONSE

- ⦿ Trustworthiness and Transparency
 - ⦿ Say what we mean, and do what we say we're going to do (Safety)
 - ⦿ All information regarding the client's trauma-related behaviors, psychological disorders, medical conditions or any information regarding safety or security needs to be shared.
 - ⦿ All information about the program receiving the client needs to be shared with the individual



UTILIZING TRAUMA-INFORMED APPROACH

- OUR RESPONSE

- ⊙ Peer Support
 - ⊙ Importance of community living for clients; and mentoring staff and providing adequate staff training
 - ⊙ Engaging a mentor from the adult program should be done early
 - ⊙ Seeing the value from another's success plays a vital role in their own success



UTILIZING TRAUMA-INFORMED APPROACH

- OUR RESPONSE

- ⊙ Collaboration and Mutuality
 - ⊙ Healing happens in relationships; everyone has a role to play
 - ⊙ The multi-disciplinary team needs to be inclusive of the both organizations involved with the transfer
 - ⊙ Be informed of and share the value of each program
 - ⊙ No secrets



UTILIZING TRAUMA-INFORMED APPROACH

- OUR RESPONSE

- ⊙ Empowerment, Voice and Choice
 - ⊙ Strength-based approach
 - ⊙ M.A.P.S. (Our program utilizes our proprietary My Action Play for Success)
 - ⊙ Case Management
 - ⊙ Individual's needs met
 - ⊙ Does the scope of care fit
 - ⊙ Do they feel safe?



UTILIZING TRAUMA-INFORMED APPROACH

- OUR RESPONSE

- ◉ Cultural, Historical and Gender Issues
- ◉ Sensitivity to communities of origin and backgrounds
- ◉ Will the location of the program cause concerns
- ◉ What is the current population of the other organization



CONCLUSION

- ◉ Questions?
- ◉ Based on Condensed Outline of: SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach, by SAMHSA's Trauma and Justice Strategic Initiative, July 2014
- ◉ Images from Disney's *Inside Out*, 2015