Healing Through Engagement and Partnering
A Systems Approach

Chris Bray, Ph.D., LP
Ambit Network
Institute for Translational Research in Children’s Mental Health
University of Minnesota
www.ambitnetwork.org

Overview

Introduction
Definition
Implementation Strategies
Toolkits
Ambit Network, University of MN

Navigating Research and Practice in Child Trauma

MN National Child Traumatic Stress Network Treatment and Services Center

☑ Project Co-Directors: Drs. Abi Gewirtz and Chris Bray

☑ Purpose: to raise the standard of care and improve access to services for traumatized children, their families, and their communities.

Institute for Translational Research in Children’s Mental Health (ITR)

Dr. Abi Gewirtz, Institute Director
Dr. Dante Cicchetti, Research Director
Dr. Gerry August, Training and Education Director
Affiliated Faculty
Chris Bray, Administrative Director
Ambit Trauma Informed Practice Regions

Location Map
Ambit Trained
TF-CBT Providers
www.ambitnetwork.org

Trauma Informed Practices
TRAUMA-INFORMED PRACTICE

What it is:

A philosophy

Moving from “What’s wrong with you?” to “What’s happened to you?”

What it is not:

An intervention to address PTSD

Trauma-Informed Practice Values

RELATIONSHIP
SAFETY
TRUST
CHOICE
EMPOWERMENT
COLLABORATION
Knowledge Building

Understand traumatic stress
Understand trauma’s impact
Help survivors heal

Know trauma history
Understand victimization

Skill Building

Have youth been screened?
Are caregivers knowledgeable?
Do your colleagues understand trauma?
Do you coordinate case plans with other agencies?
University of Minnesota’s Traumatic Stress Screen for Children and Adolescents (TSSCA)

Below is a list of problems that people sometimes have after experiencing a bad or upsetting event. Bad or upsetting events might include being threatened or hurt, seeing someone else threatened or hurt, or feeling like your life was in danger.

Have you ever experienced a bad or upsetting event? [ ] Yes [ ] No

If you said yes, what was the bad or upsetting event? Feel free to list more than one.

_______________________________________________________________________________________

_______________________________________________________________________________________

_______________________________________________________________________________________

When thinking about your bad or upsetting event, how often have the following problems happened to you during the past month?

DURING THE PAST MONTH, HOW OFTEN HAVE YOU...

1. Had upsetting thoughts, images, or memories of the event come into your mind when you didn’t want them to?

   [ ] Never [ ] Sometimes [ ] Often

2. Felt afraid, scared, or sad when something reminded you about the event?

   [ ] Never [ ] Sometimes [ ] Often

3. Tried to stay away from people, places, or activities that reminded you of the event?

   [ ] Never [ ] Sometimes [ ] Often

4. Had trouble feeling happiness, enjoyment, or love?

   [ ] Never [ ] Sometimes [ ] Often

5. Been on the lookout for danger or other things that you are afraid of (for example, looking over your shoulder when nothing is there)?

   [ ] Never [ ] Sometimes [ ] Often

TOTAL

© Ambit Network, University of Minnesota, 2015, Minneapolis, MN. This form may be reproduced and used for free with permission from the Ambit Network. Cite this instrument as follows: Donisch, K., Bray, C., & Gewirtz, A.H. (2015). University of Minnesota’s Traumatic Stress Screen for Children and Adolescents (TSSCA).

Name of Child/Adolescent: __________________________
DOB: _______________ Gender: [ ] M [ ] F

Interviewer Name/ID: __________________________
Assessment Date: ____________________

Trauma Assessment

In-depth evaluation of mental health and substance abuse concerns

• UCLA PTSD Reaction Index

• Trauma Symptom Checklist for Children

• Child Behavior Checklist
Implementing TIP Models

EPIS Model (Aarons et al 2012)
- Exploration – readiness assessment
- Preparation – securing buy in and champions
- Implementation – developing a plan/timeline
- Sustainability – financial/practical considerations


Implementing TIP Outcomes

- Process measures
- Screening, assessment, treatment data
- EB-PAS: Evidence-based Practice Attitude Scale
- Return on Investment
Implementing TIP in Multiple Systems

It's Complicated
Implementing TIP
Challenges

- Multiple definitions of TIP
- Very little specific guidance
- Agencies with differing missions and mandates
- Disciplines that use different language and acronyms

Implementing TIP
Lessons Learned

- Messy and slow
- Organizational readiness
- Leadership and champions
- Used car sales
TIP Resources
www.nctsn.org

Child Trauma Toolkit for Educators

http://www.nctsn.org/sites/default/files/assets/pdfs/Child_Trauma_Toolkit_Final.pdf

Pediatric Medical Traumatic Stress
A Comprehensive Guide

http://www.nctsn.org/sites/default/files/assets/pdfs/pediatric_toolkit_for_health_care_providers.pdf