Help Us Count

If you are viewing as a group, go to the “questions box” and type in the name of the person registered and the total number of additional people in the room.

e.g., Tammy Jones +3.

This will help us with our final count. Thank you!
Reminders

- All attendees are in listen-only mode.
- We want to hear your questions! To ask a question during the session, use the question box that appears on the bottom right side of your control panel.
- Please complete evaluation poll questions at the end of the presentation.
Access previous webinars

- Mapping Tool Introduction
- Findings from the 2013-14 Census
- Policy & Advocacy
- Confidentiality in School-Based Health Care
- Vision Screening 101
- School-Based Health Alliance Tools

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Today’s Presenters

Juli Hishida, MS

Erica Torres, PsyD
OBJECTIVES

• Defining homelessness
• Culture of youth homelessness
• Challenges of engagement
• Trauma-informed Care
• Trauma Treatment
DEFINING & DETERMINING HOUSING STATUS

• Why is this important?
  • We need to identify barriers to care
  • Homelessness exacerbates health issues
  • Critical developmental period
  • Reporting for UDS
## HOMELESSNESS DEFINED

- Consider funding agencies
  - HHS
  - HUD
  - State or local grants

<table>
<thead>
<tr>
<th>Public or private facility that provide temporary accommodations (e.g. shelters)</th>
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<tbody>
<tr>
<td>Transitional housing</td>
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<tr>
<td>Living on the streets</td>
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<tr>
<td>At-risk and newly-housed</td>
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<tr>
<td>SROs (single room occupancy facilities)</td>
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<tr>
<td>Abandoned buildings</td>
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<tr>
<td>Doubling-up “hidden homelessness”</td>
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<tr>
<td>Couch-surfing</td>
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<tr>
<td>Car</td>
</tr>
<tr>
<td>Camping</td>
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<tr>
<td>“unstable or non-permanent”</td>
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<td>PSH</td>
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</tbody>
</table>
ASSESSING STATUS

• How are we asking this question?
• Intake forms
  • Generally not enough to make a determination
  • Is the Address Line enough? NO
  • Removing “homelessness” (there may be shame/stigma)
  • Instead ask “Where did you sleep last night?”
  • List options
    • with a friend
    • DV/IPV shelter
    • in my car
    • mission
    • camping
    • name of PSH program
• Frequency
CULTURE

**Pathways**
- Aging out of foster care
- Intergenerational
- Neglect, abuse
- Familial rejection
- Mental/behavioral health
- **These are just a few…**

**Sub-populations**
- LGBTQ
- Accompanied & Unaccompanied
- Pregnant or parenting
- Runaway
- Juvenile or Foster Care
- Sex Trafficking
- Rural
- **These are just a few…**
CHALLENGES TO ENGAGEMENT

- Rigid agency policies
- The law
- Substance use
- Perception of adults
- Knowledge of available services, eligibility
- Lack of funding and other resources
- Rural communities
GUIDING PRINCIPLES FOR TIC

- Safety
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice and Choice
- Cultural, Historical, and Gender Issues
• Introduction
  • The Center for the Vulnerable Child at UCSF Benioff Children’s Hospital Oakland is a designated Federally Qualified Health Center (FQHC) with a Section 330H grant, serving children, youth, and families in medically underserved areas.
  • The CVC serves about 3000 children and youth per year, providing school-based, home-based, and community-based services in Oakland, CA
  • Our 2 School-Based Health Centers are located in East and West Oakland
  • UCSF Benioff Children’s Hospital Oakland is a partnering agency of Trauma Transformed—a regional center and clearinghouse in the San Francisco Bay Area that promotes a trauma informed system. The goal of Trauma Transformed is to centralize and build a regional trauma informed system of care which ultimately improves the ways we understand, respond to, and heal trauma.
A QUICK OVERVIEW OF TRAUMA
Trauma = Event, Experience, & Effect

Event
- Actual or extreme threat of harm

Experience
- Terror
- Horror
- Horror
- Pain

Fight / Flight - Freeze

Overwhelms brain and body

Effect
- Dis-integration
- Dysregulation

Lasting adverse effects

(Herman, 1997; Van der Kolk, 2005; DSM-IV-TR; SAMHSA; Siegel, 2012; Bloom, 2013)
Neurons that fire together wire together
(Hebb’s Rule)
Survival Mode: Fight/Flight/Freeze

Frontal lobe (prefrontal cortex) goes offline
Limbic system / mid and lower brain functions take over

(Ford, 2009, Van der Kolk)
How does trauma impact behavior

- Inappropriate behaviors
- Failure to understand directions
- “Overreacting” to comments or facial expressions.
- Hypervigilance
- Aggression
- Failures to connect cause and effect
- Perfectionism
- Depression
- Anxiety
- Self-destructive behaviors.
- Fear and Vulnerability
Challenges faced

- Inability to process information
- Unable to meaningfully distinguish between threatening and non-threatening situations
- Form trusting relationships with adults
- Modulate emotions
Impact on Memory

• Trauma can interfere with ability to encode, process and store information.

• Trauma causes problems in both implicit (unconscious) and explicit (conscious) storage systems which thereby interferes with recall and recognition.
The Rider and the Horse Analogy: Learning Brain and Survival Brain

• **Thinking Brain = Rider**
• **Survival Brain = Horse**
  – Protective instincts based on feelings
• **When triggered, the rider falls off the horse**
  – (Van der Kolk)(Ford, 2009)
TRAUMA INFORMED CARE

• Trauma provides the context for behaviors
  Instead of asking/wondering:
  • What is wrong with you?

We should be asking/wondering:
• What has happened to you?
TRAUMA-INFORMED CARE (TIC)

- As a provider, agency, and community response
- Training staff and clients - Understanding trauma and its effects
- Assessment of policies and practices
- Changing policies and practices
  - The environment and physical space
  - Interpersonal
INCORPORATING TRAUMA INFORMED VALUES

Understanding Trauma and Stress
• Without understanding trauma, we are more likely to adopt behaviors that are negative and re-victimizing.

Compassion and Dependability
• Helps to re-establish trusting connection with others
INCORPORATING TRAUMA INFORMED VALUES

Safety and Stability
• Increasing stability and having core safety needs met can minimize stress reactions and allow one to focus internal resources on wellness.

Collaboration and Empowerment
• Understanding the importance of making choices for oneself and one’s care to promote one’s own wellness.
Cultural Humility and Responsiveness
• Understanding diversity and responding sensitively helps the individual feel understood and wellness is enhanced

Resilience and Recovery
• Trauma can have a long-lasting and broad impact that may create feelings of hopelessness. Yet, when we focus on our strengths on clear steps we can take toward wellness we are more likely to be resilient and recover.
TRAUMA SPECIFIC INTERVENTIONS

Trauma-specific intervention programs generally recognize the following:

• The survivor's need to be respected, informed, connected, and hopeful regarding their own recovery

• The interrelation between trauma and symptoms of trauma such as substance abuse, eating disorders, depression, and anxiety

• The need to work in a collaborative way with survivors, family and friends of the survivor, and other human services agencies in a manner that will empower survivors and consumers

http://www.samhsa.gov/nctic/trauma-interventions
TRAUMA INFORMED RESOURCES FOR SCHOOLS

Calmer Classrooms: A Guide to Working with Traumatized Children

Child Trauma Toolkit for Educators
• [http://www.nctsnet.org/nctsn_assets/pdfs/Child_Trauma_Toolkit_Final.pdf](http://www.nctsnet.org/nctsn_assets/pdfs/Child_Trauma_Toolkit_Final.pdf)

Creating Sanctuary in Schools

Helping Traumatized Children Learn

The Heart of Learning and Teaching Compassion, Resiliency and Academic Success
• [http://k12.wa.us/CompassionateSchools/HeartofLearning.aspx](http://k12.wa.us/CompassionateSchools/HeartofLearning.aspx)
Trauma Informed Care: Perspectives and Resources

A comprehensive web-based, video-enhanced resource tool

Introductory Video to the tool

Trauma Informed Care
Questions?
Please enter your questions into the “Question” box of the GoToWebinar control window.
Additional Questions?
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Erica Torres, PsyD - ertorres@mail.cho.org

Thank You for Attending