

## Trauma Informed Care Resources

### **The National Child Traumatic Stress Network**

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

**Coaching for Life:** a website providing information on trauma informed care  
[www.coaching-forlife.com](http://www.coaching-forlife.com)

**1-in-6:** The mission of 1-in-6 is to help men who have had unwanted or abusive sexual experiences in childhood live healthier, happier lives.  
<http://1in6.org>

### **Florida Department of Children and Families Domestic Minor Sex Trafficking**

[www.myflfamilies.com/service-programs/human-trafficking](http://www.myflfamilies.com/service-programs/human-trafficking)

### **Florida Network of Children's Advocacy Centers**

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

**RAINN** (Rape, Abuse & Incest National Network) - website provides many resources for caregivers and their children.  
[www.rainn.org](http://www.rainn.org)

**Florida Council Against Sexual Violence** provides several training opportunities on trauma informed care  
[www.fcasv.org](http://www.fcasv.org)



**Statewide Hotline  
1-888-956-7373**

Local Rape Crisis Center



### **Florida Council Against Sexual Violence**

1820 E. Park Ave., Suite 100  
Tallahassee, FL 32301  
850-297-2000  
[www.fcasv.org](http://www.fcasv.org)

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**TRAUMA  
INFORMED  
CARE FOR  
TEEN  
SURVIVORS  
OF SEXUAL  
ASSAULT**



# What is trauma? Trauma is an event, or series of events, that overwhelms a person's ability to cope.

## Hallmarks of Trauma Informed Care

- Understand the relationship between traumatic event(s) and current symptoms and behavior.
- Understand the whole person — not just his or her problems and behaviors.



- Start from the youth's point of view and make them an active part in their own recovery.



- View therapy as more than a way to reduce symptoms and problem behaviors. Therapy promotes the young person's capacity for self-control, self-reflection and skill building.



- Emphasize that relationships are built on the trust and safety developed between the young person and professional.



## Caregivers and youth go to therapy together

Sending a young person to therapy on their own sends the message "something is wrong with you." Trauma informed therapy sends the message "there's nothing wrong with you; what happened to you was wrong." Therapy becomes an opportunity to develop a caregiver's effective use of trauma informed responses in order to build relationship and promote healing.



## Young people are at high risk of sexual abuse

According to the 2010 National Intimate Partner and Sexual Violence Survey:

- 15% of sexual assault and rape victims are under age 12
- Over 40% of female victims of completed rape were first raped before the age of 18 and 25% of male victims of completed rape were first raped when they were 10 years old or younger
- Ages 12-34 are the highest risk years for sexual assault.

## Create an environment of safety & acceptance

The goal of trauma informed care is to create a physically and emotionally safe environment for young people that will give them the sense of safety needed to change their behavior, consider new ideas and accept help.

## Red Flags of Abuse for Adolescents

- Reckless or self-destructive behaviors
- Reverting to "younger" behaviors



- Social withdrawal
- Suicidal thoughts/actions, self-harming
- Physical altercations and aggression
- Difficulties in school
- Trouble sleeping and nightmares
- Trouble eating/refusing to eat
- Stealing and/or criminal activity
- Heightened startle response
- Sexual acting-out; unplanned pregnancy

## What is trauma informed care?

There is an important connection between trauma history and current behavior. In other words, trauma can seriously impact a young person's behavior and he or she doesn't necessarily have control over that.

Trauma Informed Care is based on an understanding of the vulnerabilities or triggers of trauma survivors. It provides responses that are supportive, techniques that avoid re-traumatization and a lens to view the young person's behavior in context of their trauma.

## Goals of trauma informed care:

- Educating youth in the dynamics of trauma and how it applies to his or her life and behavior.
- Supporting each young person to develop effective social and coping skills.
- Motivating the teen's self-control by exploring times when he or she dealt successfully with frustration.
- Continually educating, redirecting and processing behavior/feelings/thoughts. As the young person understands the underlying dynamics he or she can begin to learn new skills and gain self-control.
- Avoiding power struggles and coercion with the teen because they often lead to increased withdrawal and/or aggressive behavior.