



SANTA CLARA COUNTY
Behavioral Health Services

**RESILIENCE: THE BIOLOGY OF STRESS &
THE SCIENCE OF HOPE**

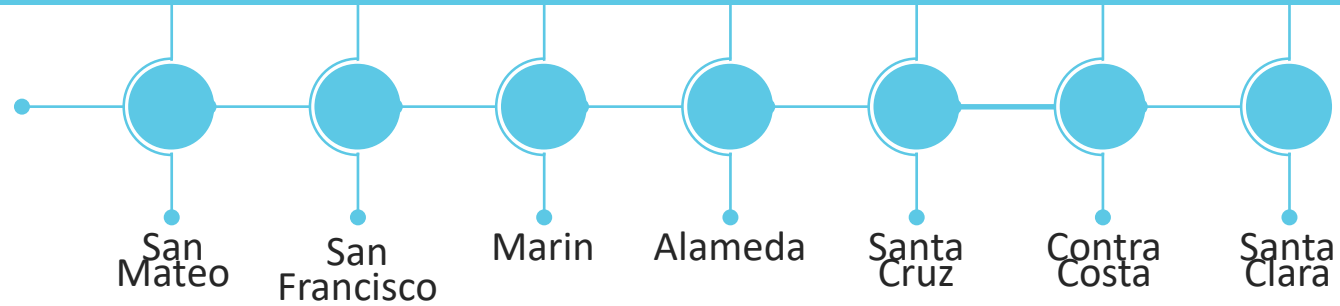
SEPTEMBER 12, 2018
CHALLENGE TEAM

Facilitator: April Kihara, M.S., LMFT
Santa Clara County BHSD
Family and Children's Services Division

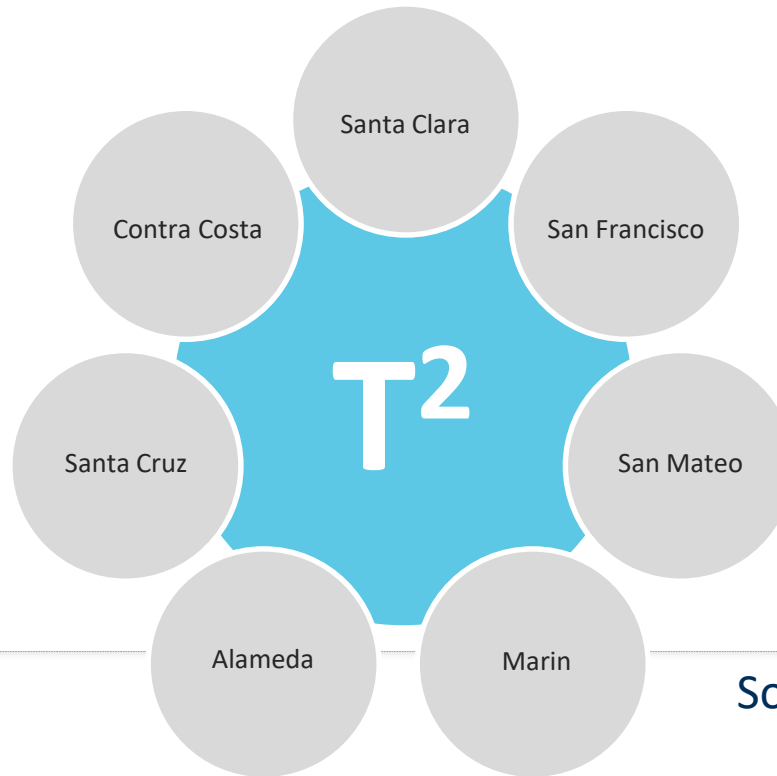
IN THE SENATE OF THE UNITED STATES: 115TH CONGRESS SENATE RESOLUTION 346

- Recognizing **the importance and effectiveness of trauma-informed care.**
- Whereas **traumatic experiences affect millions of individuals in the United States** and can affect the mental, emotional, physical, spiritual, economic, and social well-being of an individual;
- Whereas adverse childhood experiences (in this preamble referred to as ACEs) can be traumatizing and, if not recognized, can affect health across the lifespan of an individual and, in some cases, result in a shortened lifespan;
- Whereas **ACEs and trauma are determinants of public health problems** in the United States such as obesity, addiction, and serious mental illness;
- Whereas **trauma-informed care is not a therapy or an intervention, but a principle-based, culture-change process aimed at recognizing strengths and resiliency** as well as helping people who have experienced trauma to overcome those issues in order to lead healthy and positive lives;
- Whereas **adopting trauma-informed approaches in workplaces, communities, and government programs can aid in preventing mental, emotional, physical, and social issues for people impacted by toxic stress or trauma.**

7 Counties Bay Area Regional Initiative



Oversight Committee



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Cross Systems Implementation

Commitment to Change

BHSD

SSA-DFCS

Probation Department

Public Health Department

FIRST 5 Santa Clara County

SCCOE and SLS School Districts

Dependency and Juvenile Justice Courts

Community Based Organizations

Future Trainings

Legal Advocates for Children and Youth

Juvenile Justice Court staff

Court Appointed Special Advocates

Community Based Organizations

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SANTA CLARA COUNTY
Behavioral Health Services

ACE STUDY: BACKGROUND

- Felitti: mid-1980s obesity clinic at KP San Diego
- Unexpected clinical observations
 - Patients losing the most weight (“successes”) were dropping out
- Inquiry overeating and resultant obesity were often unconscious coping strategies for problems originating in childhood
- Led to ACE study by KP and CDC
 - Felitti, MD, FACP, Robert Anda
- N=17,000 in initial wave

the
ACE
adverse childhood experience
study

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PREVALENCE OF INDIVIDUAL ACES

Source: Maretta Juarez, LCSW - copyrighted

MINNESOTA 2011



87% likelihood that at least 1 additional category was present.

21% were sexually abused.

19% had a parent with mental illness

28% were physically abused.

Significant health outcomes:

- Those with an ACEs score of 4 were 2x more likely to develop heart condition or cancer.
- Those with 5 or more ACEs were 8x more likely to become alcoholic.
- Those with 6 or more ACEs are at risk of their lifespan being shortened by 20 years.
- ACEs will still have a profound effect 50 years later.

KNOW YOUR ACES

Prior to your 18th birthday:

- 1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?**
- 2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?**
- 3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?**
- 4. Did you often or very 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 each other, feel close to each other, or support each other?**

KNOW YOUR ACES (CONTINUED)

5. 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 protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

6. Were your parents ever separated or divorced?

7. Was your mother or stepmother:

Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

10. Did a household member go to prison?

“We need to put to bed forever the sense that children born under disadvantaged circumstances are doomed to poor life outcomes. Science is saying that is not true.”

-Dr. Jack Shonkoff, Harvard University (19:33)

THE ANTIDOTE TO ACES AND CHILDHOOD TRAUMATIC STRESS (DR. NADINE BURKE)

1. Sleep
2. Nutrition
3. Exercise
4. Mindfulness
5. Mental health services and support
6. Healthy relationships

TIS 101: TRAUMA-INFORMED PRINCIPLES FOR PROMOTING A TRAUMA-INFORMED COMMUNITY

Understand Trauma & Stress

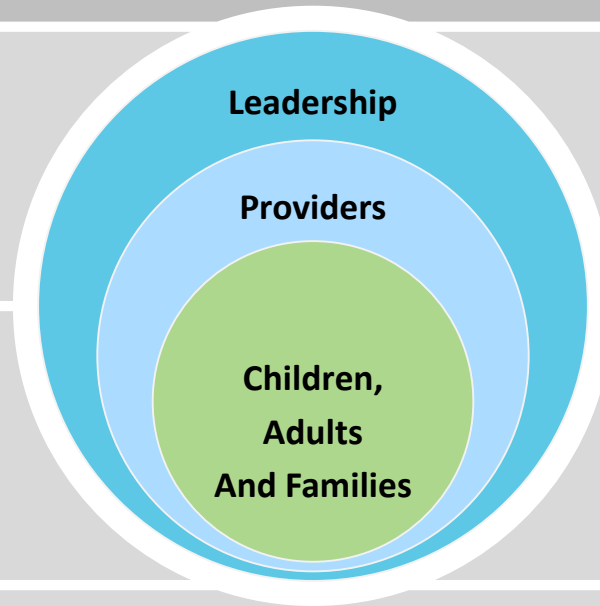
Facilitate Empowerment & Collaboration

Practice Cultural Humility and Responsiveness

Promote Resilience & Recovery

Establish Safety & Stability

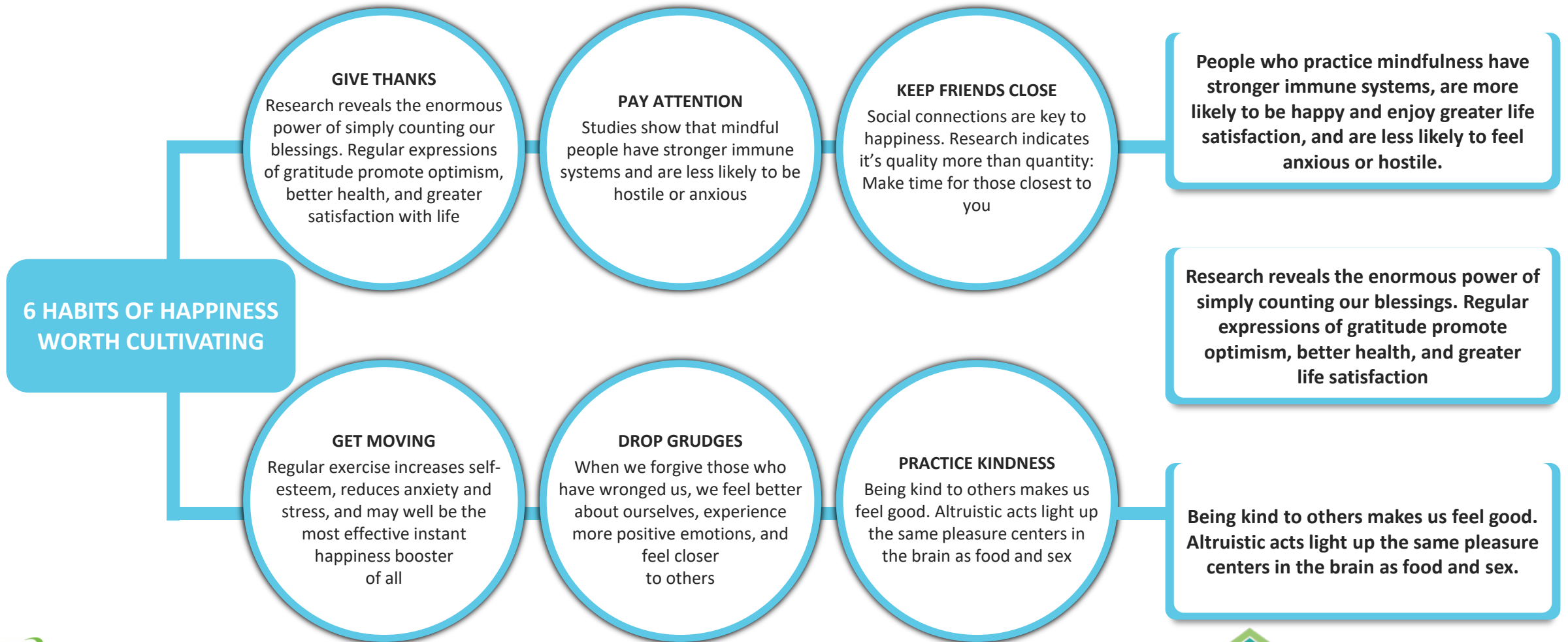
Foster Compassionate & Dependable Relationships



Source: Maretta Juarez, LCSW - copyrighted
Modified from SFDPH Trauma Informed Systems Initiative, 2015

BUILD RESILIENCE: CULTIVATE CLIMATE AND CULTURE OF WELLNESS

Source: Maretta Juarez, LCSW - copyrighted



SHIFT YOUR PERSPECTIVE

FROM

"What is wrong with you?"

TO

"What has happened to you?"

(from Wisconsin Dept. of Health Services www.dhs.wisconsin.gov/tic)

Provides context, fosters compassion,

Helps us to see strengths in face of adversity

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Lead Trainers

- Maretta Juarez (BHSD) F&C Division Director
- Lorena Gonzalez (BHSD), Lead Clinical Supervisor – F&C Las Plumas MH
- Jennifer Pham (BHSD) ECMH Program Manager

Consumer, Family, Youth Voice

- Melody Hames (ECCAC), Peer Support Worker Team Lead for the African Heritage Family Outreach & Engagement Program
- Sabrina Herrera (DIY-TAY), Dually Involved Youth Advocate
- Carlo Castuciano (ECCAC), Peer Support Worker for Filipino Family Outreach & Engagement
- Sharon Torres (ECCAC), Peer Support Worker for Native Family Outreach & Engagement

SCVHHS

- Vicki Pham (VMC), Trauma Administration: Trauma to Triumph Violence Intervention Program and Injury Prevention Nurse Coordinator
- Emily Esparza (BHSD-PCBH), Clinical Lead - Central Wellness and Benefits
- Erica Skinner (BHSD- Criminal Justice), Psychiatric Social Worker – Evans Lane

SSA/DFCS

- Juliana Van Meter, Staff Development & Training, Social Work Supervisor
- Michelle Hauck, Staff Development & Training, Social Work Training Specialist
- Misty McNay, Administrative Support Bureau, Social Worker Coordinator II

- Alex Villa, Probation Manager-Specialized Supervision Services-Juvenile Division
- Guadalupe Garcia, Deputy Probation Officer
- Shareen Kaur, Deputy Probation Officer
- Jesus Sanchez, Supervising Probation Officer

Public Health

- Marilyn Cornier, California Children Services Administrator
- Elizabeth Weiss, PHN Health Care Program for Children in Foster Care
- LaKendra Hardwick, Health Educator - Black Infant Health

Birth to Five

- Crystal Nava (FIRST 5 Santa Clara County) Developmental and Behavioral Health Director
- Myisha Taylor (FIRST 5 Santa Clara County) Program Specialist

Community Organizations

- Laura Kachelmeyer (ARCC) Mental Health Counselor
- Mary Kasik (Child Advocates) CASA Specialist
- Jennifer Casel (ESUHSD) Coordinator of Multi-Tiered System of Supports

Who has been trained?

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How many in Santa Clara County?

- Over 2,000 participants (June 2016 to January 2018)

Who?

- Behavioral Health Services Department Managers, ECCAC, Clinical Supervisors, Interns, Clerical, Finance, Contracts
- Social Service Agency's new employees and staff trainers
- FIRST 5 of Santa Clara County staff
- Dependency, Juvenile Justice, and Adult Court staff
- Public Health Department CCS staff and PHNs
- Child Advocates of Silicon Valley
- Juvenile Probation Department Managers and Family Preservation staff
- KidConnections Network of Care managers (Birth to Five programs)
- San Jose Mayor's Gang Prevention Task Force
- Faith based community collaborative
- School Linked Services Coordinators and school district staff
- Santa Clara County Office of Education

TIS 101 TRAINING

- AUG 22 1:00 p.m. - 4:30 p.m.
- SEP 13 8:30 a.m. - 12:00 p.m.
- SEP 25 1:00 p.m. - 4:30 p.m.
- OCT 12 8:30 a.m. - 12:00 p.m.
- OCT 24 8:30 a.m. - 12:00 p.m.
- NOV 2 1:00 p.m. - 4:30 p.m.
- NOV 11 1:00 p.m. - 4:30 p.m.

TIS 101 is a basic training to understand how trauma and stress impact developing bodies and brains, communities, organizations and systems. The goal is to bring a cross-section of our workforce (janitors, counselors, administrative supports, clinical staff, leadership) together to develop shared language and understanding of what it means to be a trauma-informed organization and apply common practices to help our communities heal.

TO REGISTER, GO TO: [HTTP://WWW.SCCGOV.ORG/SCCLEARN](http://www.sccgov.org/scclearn)

More information on ACEs Network and Trauma Transformed

Link to our ACEs Network Community:

<http://www.acesconnection.com/g/santa-clara-county-ca-aces-connection>

TV: <https://www.nbcbayarea.com/news/local/San-Jose-Police-and-City-Leaders-Confront-the-Spike-in-Juvenile-Crimes-471366984.html>

Article: on ACN: <http://www.acesconnection.com/g/santa-clara-county-ca-aces-connection/blog/resilience-comes-to-santa-clara>

ACES conference: October 15 -17, 2018.

<https://centerforyouthwellness.org/>

TRAUMA-INFORMED SYSTEMS (TIS) 101: CONTACT INFORMATION

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<https://www.sccgov.org/sites/mhd/Provides/Pages/Trauma-Transformed.aspx>

Regional Implementation:
Jen Leland, LMFT, Executive Director
T² Trauma Transformed Regional Center
jen.leland@ebac.org
<http://traumatransformed.org>



PROMOTE CROSS SYSTEMS COLLABORATION

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