

10th Annual Tribal Healing to Wellness Court Virtual Enhancement Training  
**Session B3- Tribal Juvenile Healing to Wellness Courts: Providing Corrective  
Experience and Enhancing Resilience-  
Understanding How Trauma Affects Youth Development**  
Presented by: Maegan Rides at the Door, PhD, LCPC

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# BEFORE WE BEGIN...

Here are some friendly housekeeping reminders

- 1 Your control panel will appear at the bottom of your user screen. (As shown below)
- 2 All attendees will be muted during the presentation.
- 3 Use the Chat box to submit a comment to “All Presenters” or “Presenters & Everyone”
- 4 If you have a question, please type it in the Q&A box.

Please complete the CE Sign-in form, when the link is dropped in the chat box.

Please complete a workshop session evaluation.

This session will be recorded. Recordings will be available on this platform and [EnhancementTraining.org](https://www.enhancementtraining.org).

1



Mute



Chat



Raise Hand



Q&A

Leave

2

3

4



# Presentation Roadmap

The Tribal Juvenile Healing to Wellness Court supports youth through holistic and comprehensive case management. To support identifying necessary treatment and reducing recidivism, it is important for teams to recognize and address the impacts of childhood exposure to trauma. By understanding the short-term and long-term impacts, wellness court teams can provide corrective experience and support youth resiliency building.



# Presentation Roadmap

- *Discuss short and long-term impacts of exposure to childhood trauma and traumatic stress.*
- *Discuss factors to consider in providing corrective experience and supporting youth resilience.*
- *Consider factors unique to Tribal youth and approaches to support participants within the Tribal Juvenile Healing to Wellness court.*



# Why Should Wellness Court Teams Learn About Trauma and Trauma Exposure?

- Research indicates a high range (75%-93%) of justice involved youth are exposed to multiple types of violence and traumatic events before contact with the juvenile justice system. <sup>1</sup>
- Trauma informed care provides an environment created on a foundation of safety, empowerment, collaboration, trust, and respect. <sup>2</sup>
- Many young people who have been abused use alcohol and other drugs for “self-medication” to avoid dealing with the trauma they have experienced. <sup>3</sup>

1. Justice Involved Youth and Trauma Informed Interventions, Skiner-Osei, et al., *Justice Policy Journal*, (2019)

2. *Id.*

3. *Tribal Healing to Wellness Courts: Treatment Guidelines, 2<sup>nd</sup> Ed.*, (2017) at 37



# Why Should Wellness Court Teams Learn About Trauma and Trauma Exposure?

- Surveys of adolescents receiving treatment for substance abuse, more than 70% of patients had a history of trauma exposure.<sup>1</sup>
- Wellness court teams have a unique opportunity to provide highly individualized case management, support, and referral to treatment.
- Teams can develop protocols/policies to identify unique youth strengths/needs through early screening and ongoing support.

1. [“Making the Connection: Trauma and Substance Abuse,” The National Child Traumatic Stress Network \(2008\).](#)



# Trauma and The Developing Child

- Learning to manage stress is a key task throughout childhood
- Stress is tolerable and supports healthy development when:
  - The threat recedes quickly
  - A caregiver provides support and comfort in response to the threat

**FIGHT, FLIGHT, FREEZE**





## Factors that Negatively Influence the Stress Response

- The stressful event(s) happens regularly and/or;
- There is no caring adult to protect the child from the stressful event when it happens.

**FIGHT, FLIGHT, FREEZE**



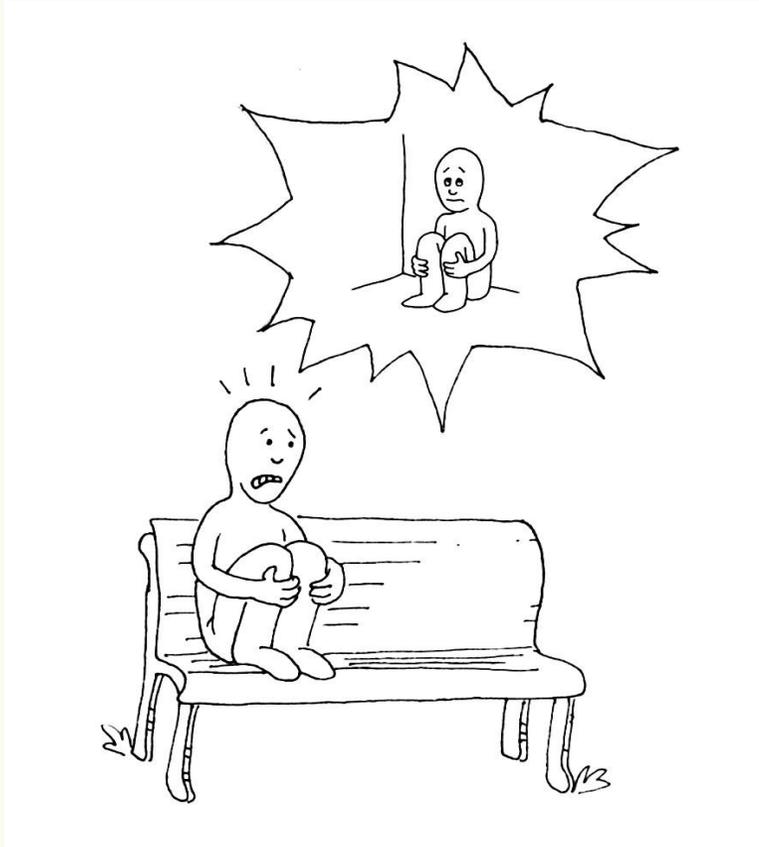
# How Children Respond to Trauma

Varies depending on:

- Age and developmental stage
- Temperament
- Perception of the danger faced which includes cultural considerations
- Trauma history (cumulative effects)
- Adversities/Changes faced following trauma
- Availability of adults who can offer help, reassurance, and protections



# Common Responses to Trauma



- Recurrent, involuntary, and intrusive distressing memories
- Dreams/Nightmares
- Dissociation (flashbacks)
- Psychological stress and physical reactions from trauma reminders
- Avoidance
- Changes in thoughts and mood

# A New Paradigm

From, what is wrong  
with you, to  
What has happened to  
the child,  
what has happened to  
the family,  
what has happened to  
the tribal community?



# Resilience

- “A positive, adaptive response in the face of significant adversity.”<sup>1</sup>
- Resilience can:
  - Exist naturally
  - Be built and;
  - Erode.



1. National Scientific Council on the Developing Child (2015). *Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience: Working Paper No. 13*. Retrieved from [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu)



# Resilience

## Variables that help children overcome adversity

- Optimistic temperament
- Intellectual aptitude
- Social competency
- Secure attachments
- Self-esteem
- Internal locus of control
- Sense of purpose/future
- Humor
- Living in supportive families
- Peer Support
- Self-Esteem
- Self-Efficacy
- Competency



# Resiliency



## Protective Factors for AI/AN

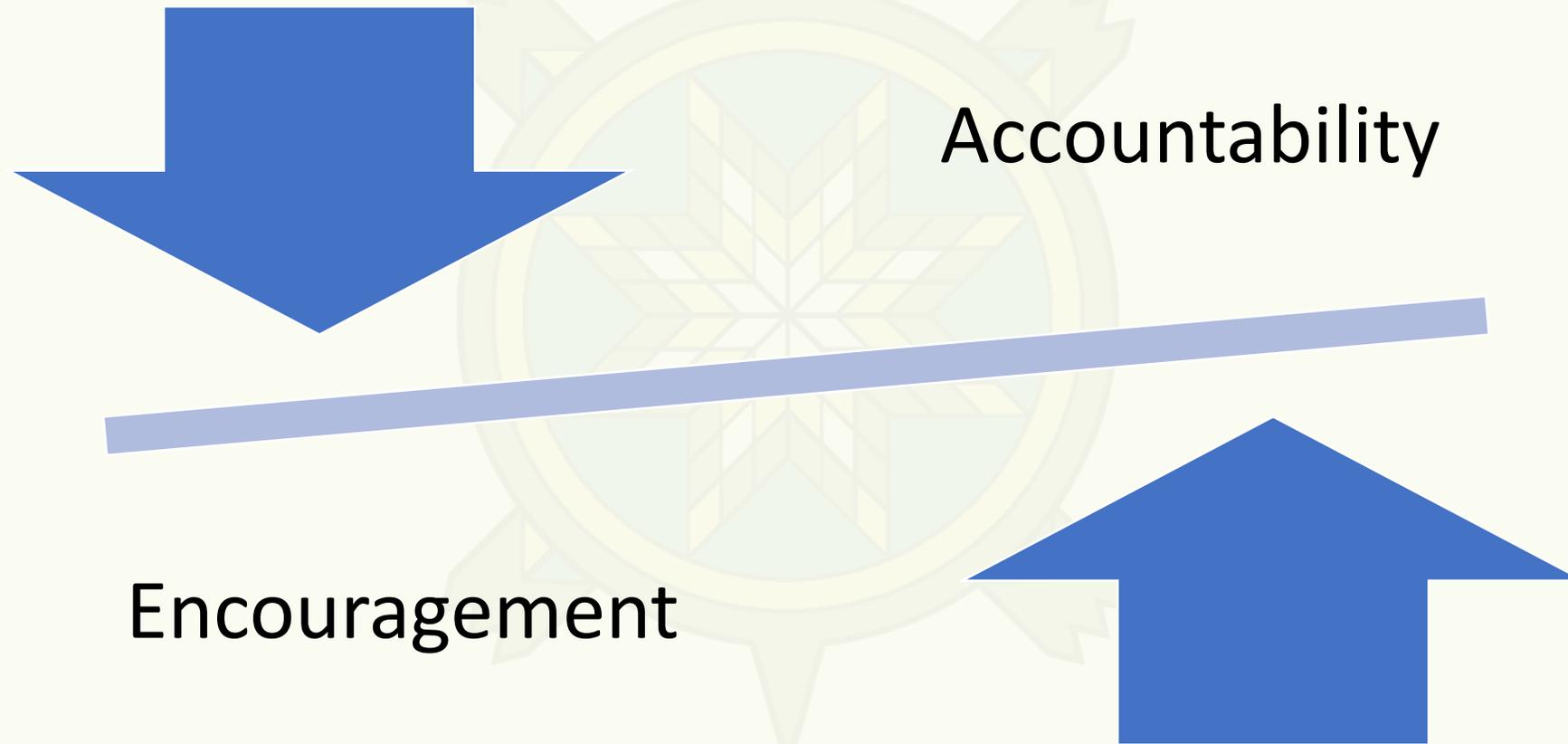
- Feeling connected to tribe
- Cultural Identity
- Language
- Ceremony
- Spirituality

# Core Components of Supporting Youth With Trauma

- Psychological and Educational Supports
- Relaxation
- Emotion Identification, Regulation, and Expression
- Cognitive Restructuring
- Caregiver Support
- Executive Functioning
- Enhancing Safety



*Tribal Juvenile Healing to Wellness court:*  
Corrective Experiences



# *Tribal Juvenile Healing to Wellness court:* Corrective Experiences

- Teams can implement individualized case management methods and refer impacted youth to appropriate services in support of physical and psychological safety of both the youth and the team.
- Practitioners working with Tribal youth can be trained in recognizing the behavioral outcomes of exposure to trauma and can implement informed responses to support wellness court participant resiliency.<sup>1</sup>
- Teams can emphasize continuity of care and collaboration across child serving systems through existing services or MOU with external providers.

1. Creating Trauma Informed Systems, National Child Traumatic Stress Network,  
<https://www.nctsn.org/trauma-informed-care/creating-trauma-informed-systems>



# *Tribal Juvenile Healing to Wellness court:* Corrective Experiences

- Wellness court teams should regularly staff youth behavioral concerns with the assigned treatment/behavioral health provider- and develop responsive case plans.
- Teams can support youth through the development of pro-social and skills-building activities and supporting connections with peers.<sup>1</sup>
- Program staff should assist youth and families by navigating and identifying supportive resources during all phases of the wellness court case plan- including after-care opportunities to support long-term diversion from further delinquency/court-involvement.

1. [Understanding the Links Between Trauma and Substance Abuse, NCTSN, \(2008\) at 54](#)



# *Tribal Juvenile Healing to Wellness court:* Supporting Families

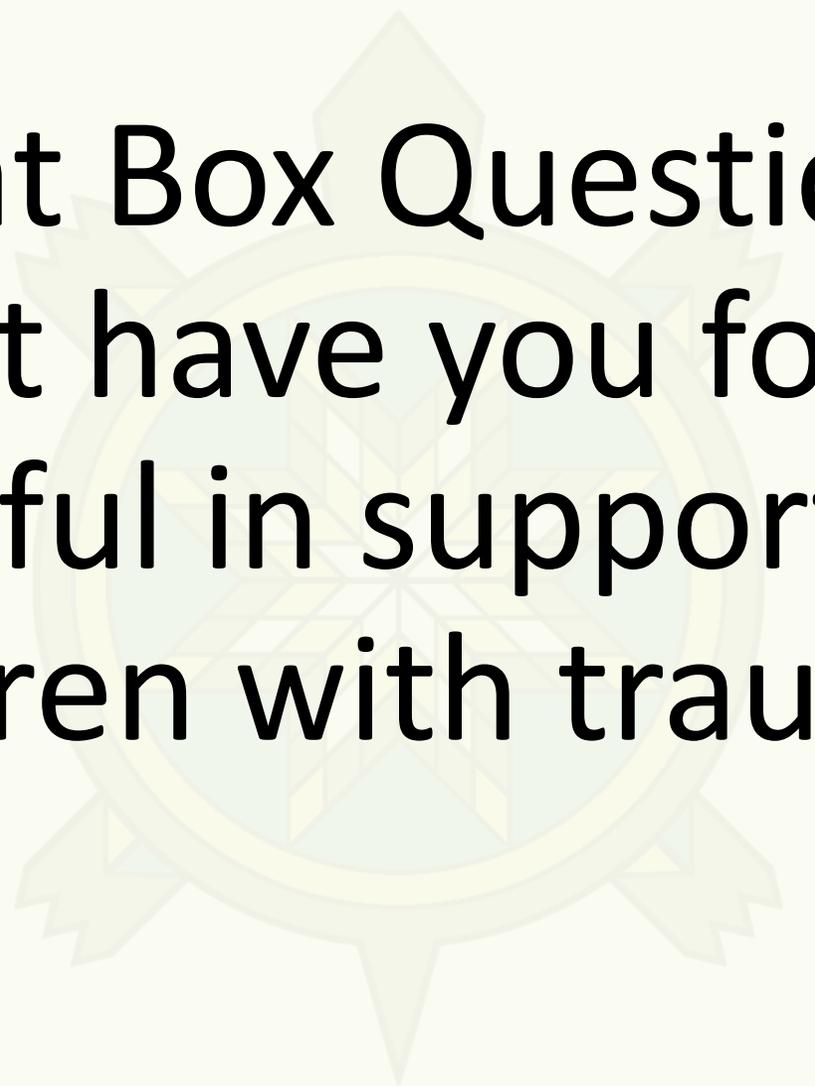
- Teams can work with treatment providers and implement practical responses to support family engagement in the treatment process.
- Teams can get families involved by taking steps to:<sup>1</sup>
  - Foster Family Motivation
  - Validate Parents
  - Acknowledge Parental Stress
  - Be an ally for the parent/[caregivers]
  - Provide education about the nature of mental health problems
  - Address complex family dynamics

1. [Understanding the Links Between Adolescent Trauma and Substance Abuse, NCTSN, \(2008\) at 71](#)





Chat Box Question:  
What have you found  
helpful in supporting  
children with trauma?



# Remember the Purpose of Behaviors: Survival

- Kids are doing the best they can with the skills they have
- Learning and behavior problems often root from a history of difficult life events
- If things aren't going well, shift what you are doing



# Thank you!

Please remember to fill out the workshop evaluation.

Workshop Information:

Tuesday, September 29, 2020

11:00 AM - 12:15 PM

Session B3- Tribal Juvenile Healing to Wellness Courts: Providing Corrective Experience and Enhancing Resilience- Understanding How Trauma Affects Youth Development

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