

## TRAUMA PART 1: OVERVIEW

### Topic

In this video, Sue Badeau, the National Director of Training and Technical Assistance at Justice for Families (J4F), describes the different types of trauma that can affect individuals, families, and communities. Youth and families involved with the justice system may have experienced a variety of different traumas throughout their lifetime, and this can cause them to feel overwhelmed. Sue stresses the importance of professionals learning about the impact trauma can have on behavior and strategies to help youth and families heal and build resilience.

### Relevance of Topic to System-Involved Youth

More than 80% of youth involved with the juvenile justice system have experienced trauma. Children and youth involved with multiple systems (for example, the justice system, child welfare, mental/behavioral health and special education systems) are often exposed to multiple forms of trauma, and this can affect them in many areas of their lives. Family members and other people supporting youth have often experienced trauma of their own. Professionals serving children and youth in these systems need to learn about trauma and trauma-informed practices in order to avoid re-traumatizing children, youth and their families. Trauma-informed approaches help build resilience in young people and their families, and lead to safer communities.

### Relevance to Youth with Disabilities

Traumatic experiences from before birth through early adolescence can interfere with healthy development. In some children, trauma can cause damage during early brain development that leads to intellectual and developmental disabilities (IDD). Youth with IDD are also more likely to experience trauma than their peers without IDD. Sometimes youth with histories of trauma become frightened or upset by people and things around them that are a reminder of the trauma they experienced. This can cause them to behave in ways that others think are dangerous or disrespectful (for example, hitting someone), and they may be punished for the behavior (for example, the school may call the police and the child may be arrested). When professionals and other adults do not understand trauma or how it can affect behavior, it can lead to the placement of youth in the juvenile justice system, when what they really needed was support to help them heal from the trauma they experienced. Trauma-informed care focuses on creating opportunities for healing, growth, and successful reentry to home, family, school and community life.

### Recommendations for Creating Systems Change

- Provide professional development in trauma-informed care to staff at every level of the agency or organization.
- Provide on-going discussion groups for staff to reflect upon learning and how it relates to their work.
- Provide information and learning opportunities for youth and families to increase their knowledge and understanding about trauma.
- Use trauma knowledge to review all policies and procedures (e.g., family engagement, visitation, case planning, conditions of confinement, staff hiring, development and evaluation) and consider whether these need to be revised to reflect more trauma-informed practices.



## Learn More

### Online Resources:

The National Child Traumatic Stress Network Resources:

- [Creating Trauma-Informed Justice Systems](#)
- [Toolkit for Providers: Intersection of Trauma & Disability](#)
- [Trauma in Children with Intellectual & Developmental Disabilities](#)

The Hogg Foundation for Mental Health- [Policy Recommendations on Mental Health and IDD](#)

Juvenile Justice Information [Trauma-informed juvenile justice system](#)

PACES Connection- [Trauma-Informed Care and IDD for Professionals](#)

Child Trends: [Resources to support children on topics related to racism and trauma](#)

[Post Traumatic Slavery Syndrome \(Video\)](#) - Dr. Joy DeGruy

### Books & Articles:

Badeau, Sue and Chelsea (2016), *Building Bridges of Hope: A Coloring Book for Adults Caring for Children Who Have Experienced Trauma,* Lancaster: Helping Hands Press.

van der Kolk, Bessel. *The body keeps the score: Brain, mind, and body in the healing of trauma.* New York: Penguin. 2014

Menakem, Resmaa. *My Grandmothers Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies.* Central Recovery Press; Illustrated edition (September 19, 2017)

## Presenter Information

**Sue Badeau** is the National Director of Training and Technical Assistance at Justice for Families (J4F), a national organization committed to ending the youth incarceration epidemic. J4F is founded and run by parents and families who have experienced the juvenile justice system with their children. Sue writes and speaks to public and private agencies, prison systems, courts, parent groups and community groups. To learn more about Sue and J4F, go to [Justice for Families website](#)

