

TRAUMA PART 3: TOOLS FOR RESPONDING

Topic

In this video, Sue Badeau, the National Director of Training and Technical Assistance at Justice for Families (J4F), recommends strategies and tools which can be used at the individual or system level to provide a sense of safety to individuals and families who have experienced trauma.

Relevance of Topic to System-Involved Youth

Children and youth involved with multiple systems (e.g., the justice system, child welfare, mental/behavioral health and special education systems) are often exposed to trauma, and this can affect them negatively in many ways. Family members and other people supporting youth have often experienced trauma of their own. Professionals serving children 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 will help improve outcomes for young people 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). Trauma can affect people in many ways. When professionals and other adults do not understand trauma or how it can affect behavior, it can lead to youth getting placed into the juvenile justice system when what they really needed was help healing from the trauma they experienced. Trauma-informed care focuses on creating opportunities for healing, growth, and successful re-entry to home, family, school and community life.

Recommendations for Creating Systems Change

- Assess the physical environment to ensure that trauma-informed strategies are used to reduce trauma, increase calm and promote healing for residents and staff.
- Provide simple tools, such as checklists, posters, books and hands-on supplies, to community-based organizations (including probation) to encourage the use of trauma-responses tools, and strategies.
- Provide role-playing, case-based opportunities for staff to learn how to recognize common behaviors and ways of responding to people and situations that may show up in youth and families who have experienced trauma.
- Provide educational opportunities for parents, caregivers, probation officers and community service providers to learn how to recognize and respond to behaviors that may be triggered by trauma and appropriate trauma-informed strategies for engaging and intervening.

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](#)

Joy DeGruy, PhD - [Post Traumatic Slavery Syndrome \(Video\)](#)

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](#)

