

2/27/19



Building foundations, shaping futures.

**The Adolescent Brain:
Trauma, Development & De-escalation Skills**

2/27/19

Today's Presenters

Elizabeth R. Allen, MA
Pronouns: She/Her/Hers



Staff Development Supervisor, Valley Youth House
20 years experience in Adolescent & Family mental health therapy
Hobbies: Cycling, Hiking & Photography

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Pronouns: He/Him/His



Research & Evaluation Coordinator, Valley Youth House
Named as a Top 30 LGBTQ+ Change maker 2018
Hobbies: Travelling, Hiking & Photography

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Objectives:

- Review a working definition of trauma and trauma informed care
- Discuss how trauma impacts the brain and brain development
- Show how understanding trauma allows us to better manage challenging behaviors
- An overview of the "Crisis Wave" and how understanding it allows you to manage escalation situations in a trauma informed way.

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Welcome back to the sea of gray.....



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Let's start with some self reflection

When I was a teen.....

Think back to your adolescence and complete the following:


- Favorite music was...
- What I liked most about that time was...
- What I wanted to change about myself was...
- The adult I trusted or "understood" me was...

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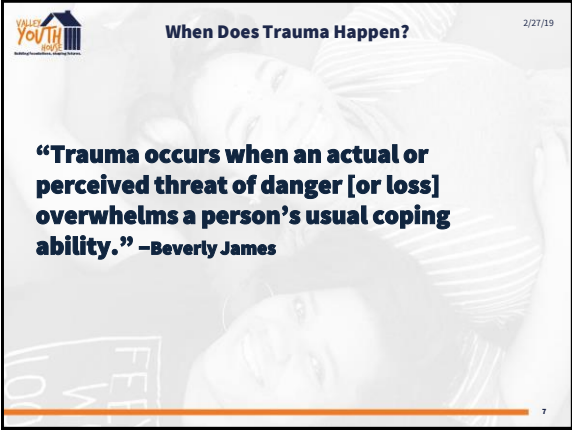
What is trauma? VALLEY YOUTH HOUSE
Building Resilience. Making a Difference.




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 **When Does Trauma Happen?** 2/27/19

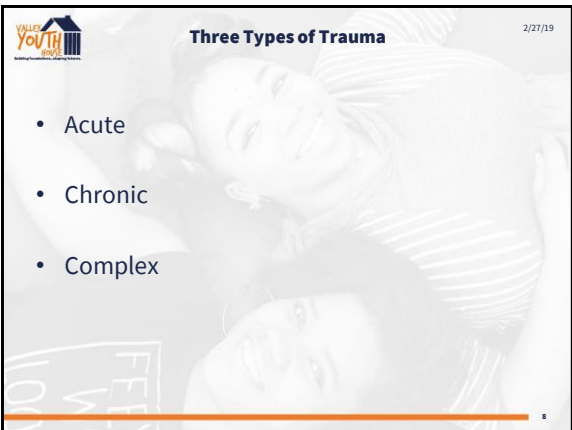
“Trauma occurs when an actual or perceived threat of danger [or loss] overwhelms a person’s usual coping ability.” –Beverly James




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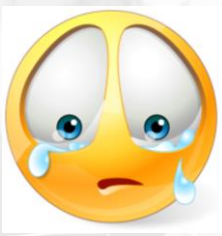

 **Three Types of Trauma** 2/27/19

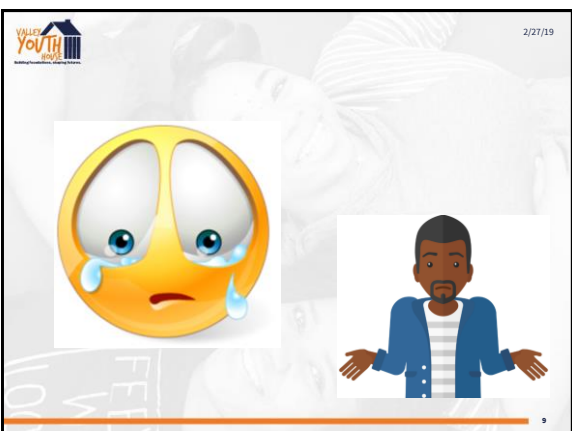
- Acute
- Chronic
- Complex



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I should be over it,
but I'm not,
it still haunts me every day.

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HORROR



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Adapted from Judith Fisher





Chronic Trauma Negatively impacts:

- Overall development
- Brain development in particular
- Healthy coping skills



Trauma & Brain Development



Youth, a blessing & a curse



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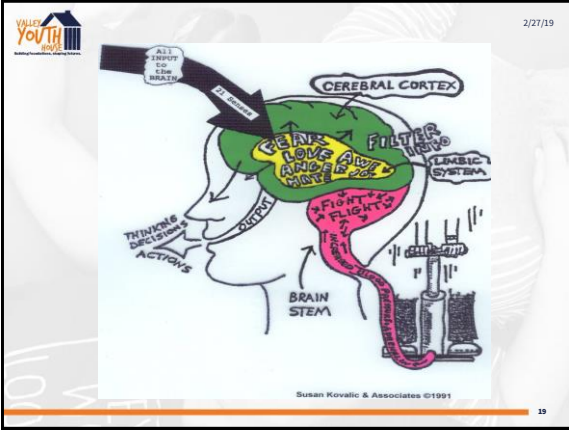


Full Brain Development Comes Much Later

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What is Trauma Informed Care?

Trauma Informed Care is an organizational structure and treatment framework that involves understanding, recognizing, and responding to the effects of all types of trauma. Trauma Informed Care also emphasizes physical, psychological and emotional safety for both consumers and providers, and helps survivors rebuild a sense of control and empowerment.

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VALLEY YOUTH CENTER **So what does that look like?** 2/27/19



- Empowerment
- Unconditional Positive Regard
- High Expectations
- Relationship Coaching
- Check Assumptions, Observe & Question

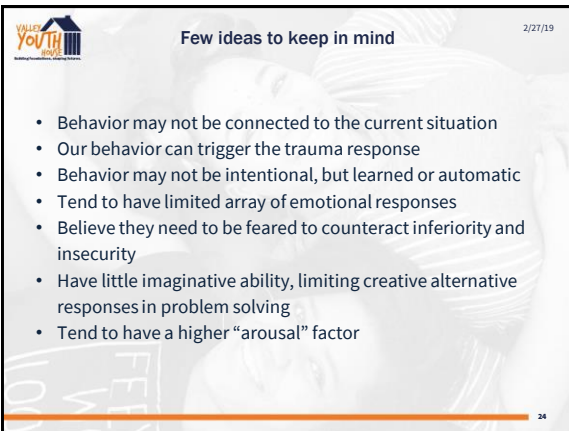
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How to respond to youth when they escalate **VALLEY YOUTH CENTER**



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VALLEY YOUTH CENTER **Few ideas to keep in mind** 2/27/19



- Behavior may not be connected to the current situation
- Our behavior can trigger the trauma response
- Behavior may not be intentional, but learned or automatic
- Tend to have limited array of emotional responses
- Believe they need to be feared to counteract inferiority and insecurity
- Have little imaginative ability, limiting creative alternative responses in problem solving
- Tend to have a higher "arousal" factor

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Non-Therapeutic Responses include:

- Bullying, threatening or using our authority
- Yelling
- Being inflexible
- Being sarcastic
- Making situation "personal"
- Ignoring initial stages of crisis
- Using an aggressive tone of voice
- Ridiculing or putting down
- Ignoring issues or complaints
- Discounting feelings
- Ignoring the self-control the youth is exhibiting

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Crisis Wave

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Wind Up

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These are first signs that a young person is at unease.

Knowing your youth will be important in recognizing these signs


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 **Wind Up** 2/27/19

Interventions include....

- **Managing yourself**
- **Verbal & Non-Verbal Blending**
- **Listen**
- **Remove Source of Agitation**
- **Engaging in simple relaxation**
- **Divert youth's attention**
- **Encourage positive problem solving/conflict resolution**

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 **Agitation** 2/27/19

Youth is in beginning stages of losing self-control.

They are moving into survival mode where problem solving diminishes and positive emotions shut down

This is an attempt by the young person to defend themselves from perceived harm or unfairness.


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 **Agitation** 2/27/19

Interventions include...

- **Manage yourself**
- **Give information, if sought**
- **Use surprise or humor**
- **Set limits and give choices**
- **Do not argue, even if questioning authority**
- **Acknowledge no one wants to make them do anything**
- **Remind person of past successes**


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 **Verbal Abuse** 2/27/19

Youth is out of control, but has not yet moved into physical violence.

Verbal Abuse differs from agitation in tht statements made are directed and personal in nature.


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 **Verbal Abuse** 2/27/19

Interventions include...

- **Manage yourself**
- **Say little, make remarks to the point**
- **Do nothing, if appropriate**
- **Resist raising your voice, refuse to argue**
- **Allow venting if it helps**
- **Reassure**
- **Prepare for explosion, get help if needed**

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 **Explosion** 2/27/19

Youth is out of control, attacking other people, destroying property and/or hurting themselves.

There is an absence of thought during explosion. The person is acting on pure emotion.

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Explosion 2/27/19

Interventions include...

- **Manage yourself**
- **Back off if possible and get help**
- **Remove others from the target area**
- **Monitor the person**


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Let Down 2/27/19

- May de-escalate slowly, going almost backwards through WAVE
- Physical or emotional exhaustion or need to sleep
- Expresses remorse, fear or gives excuses for behavior

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Let Down 2/27/19

Interventions include...

- **Manage yourself**
- **Support efforts to regain self-control**
- **Let person rest, if needed**
- **Reestablish contact with youth**

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Discussion

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