

20 ADVERSITY-RESPONSIVE, RESILIENCE-ENHANCING TREATMENT COMPONENTS (TRAUMA-INFORMED)

Strengths-Based Youth & Family Services

Listed below are key treatment components when working with youth (and adults) who have been impacted by Adverse Childhood Experiences (ACE) including Interpersonal Victimization.

Please Note: All 20 components will NOT be appropriate for every client due to developmental differences and individualized needs.

RELATIONSHIP DEVELOPMENT

#1 Form *Positive, Trusting Relationships*

#2 Respond in a *Supportive and Neutral* manner to ACE Disclosures and Problematic Symptoms

STABILIZATION

#3 Meet *Basic Human Needs*- Physiological, Safety, and Social Needs

#4 Strengthen Connections between Youth and *Stable Social Supports*

ENGAGEMENT

#5 Promote *Personal Control Beliefs* (Hope & Self-Efficacy)

#6 Provide a *Rationale for Services*

#7 *Normalize and Reframe* ACE coping responses as *Adaptive and Resilient*

ASSESSMENT (Ongoing)

#8 Assess Strengths, Protective Factors, Relationships/Supports, and Developmental Understanding of adversity, and other factors associated with past adversity; & conduct a Functional Behavior Assessment

a) Assess '**Talents**', '**Interests**', and '**Life Goals**' (Approach Goals)

b) Assess '**Protective Factors**' associated with Resilience- Individual, family, and community protections

c) Assess client's '**Relationship**' with Offender and Significant Others

d) Assess '**Developmental Understanding**' at time of Abuse/Adversity

e) Assess '**Situational Circumstances**' of Abuse/ Adversity

f) Assess '**Symptoms**' associated with past and present Abuse/ Adversity

g) Assess '**Risk Factors**' associated with poor outcomes

h) Conduct a '**Functional Behavior Assessment**' to better understand client's behaviors, both positive and problematic. Gather information about the Antecedents, Behavior, & Consequences (the ABCs) and utilize the data for targeted interventions.

INTERVENTION

#9 Identify and Reinforce *Talents, Interests, and Life Goals* (Explore Approach Goals)

#10 Identify and Reinforce *Protective Factors* linked to *Resilience*

#11 Identify and Reinforce *Posttraumatic Growth* (when indicated)

#12 Reinforce a *Resilient Mindset*, not crises

#13 Correct *Misperceptions* about past Adversity (Resilient Narrative Work)

#14 Teach *Emotional-Regulation Skills and Self-Care*

#15 Provide Information about *Healthy Relationships*

#16 Help youth take power over ACEs with *Gradual Exposure Therapy* (when indicated)

PREVENTION

#17 Promote *Positive Childhood Experiences*

#18 Increase knowledge and skills to *Reduce the Risk of Future Victimization*

#19 Increase knowledge and skills to *Reduce the Risk of Becoming Abusive*

#20 Create a *Supportive Work Environment* for youth Service Providers