

# STRENGTHS-BASED, RESILIENCE-ENHANCING SERVICES

KEY COMPONENTS FOR TREATING YOUTH IMPACTED BY ACES (ADVERSITY-RESPONSIVE, TRAUMA-INFORMED)

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/ Post-Adversity 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

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