

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