

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

Strengths-Based Youth & Family Services

Listed below are 16 treatment components when working with youth (and adults) who have been impacted by Adverse Childhood Experiences (ACE) including Interpersonal Victimization.

Please Note: All 16 components will NOT be appropriate for every youth due to developmental differences and individualized needs.

RELATIONSHIP/ THERAPEUTIC ALLIANCE

- #1 Develop 'Safe Trusting Relationships/ Environment' with Youth and their Caregivers
- #2 Promote 'Hope & Optimism' within Youth and their Caregivers

STABILIZATION

- #3 Strengthen connections between Youth and 'Stable Caregivers'
- #4 Meet Youth's 'Basic Human Needs' Physiological, Safety, Social, Competency Needs
- #5 Respond in a 'Supportive, Neutral, Non-Judgmental' manner to Youth's Disclosures & Behaviors

RATIONALE/ PRIMER FOR SERVICES

- #6 Provide Youth with a 'Rationale' for Services (Help them be 'Informed Consumers')
- #7 Utilize 'Meta-Talk Strategies' to Enhance Youth's Openness to Services

ASSESSMENT (ONGOING)

- #8 Assess Youth's Strengths, Relationships, Understanding, Situational Circumstances, Symptoms, & Risk Factors associated with past abuse/ adversity, and conduct a Functional Behavior Assessment.
 - a) Assess Youth's 'Strengths & Protective Factors' associated with Resilience
 - b) Assess Youth's 'Relationship' with Offender and Significant Others
 - c) Assess Youth's 'Developmental Understanding' of Abuse/Adversity
 - d) Assess 'Situational Circumstances' of Abuse/ Adversity
 - e) Assess Youth's 'Symptoms' from Abuse/ Adversity
 - f) Assess Youth's 'Risk Factors' associated with poor outcomes
 - g) Conduct a 'Functional Behavior Assessment' to better understand youth'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, Create, Promote Youth's 'Strengths', 'Interests/Goals', 'Protective Factors' & 'Resilience'
- #10 Teach Youth 'Self Care' & 'Stress Management / Emotional Regulation' Skills
- #11 Correct Youth's 'Misperceptions' about past Abuse/ Adversity (Narrative Work)
- #12 Assist Youth in Identifying & Practicing 'Healthy Coping Skills' vs. Unhealthy/ Maladaptive Coping Skills
- #13 Provide Information about 'Healthy Relationships & Healthy Sexuality' (Health Promotion)
- #14 Provide 'Exposure Therapy' (when indicated)

PREVENTION

- #15 Promote a 'Resilience-Mindset', as opposed to a 'Chronic Victim-Stance' and/or becoming a 'Victimizer'
- #16 Implement Proactive Strategies for 'Reducing the Risk of Victimization in ALL youth'