

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 client due to developmental differences and individualized needs.

RELATIONSHIP DEVELOPMENT (Positive, Supportive)

- #1 Develop 'Safe Trusting Relationships' with Clients and their Caregivers/ Supports
- #2 Promote 'Hope & Self-Efficacy' within Clients and their Caregivers/ Supports
- #3 Strengthen connections between Clients and 'Stable Caregivers/ Supports'

STABILIZATION

- #4 Meet 'Basic Human Needs' Physiological, Safety, Social, Competency Needs
- #5 Respond in a 'Supportive, Neutral, Non-Judgmental' manner to disclosures of abuse & presenting symptoms

RATIONALE/ PRIMER FOR SERVICES

- #6 Provide a 'Rationale' for Services and utilize 'Meta-Talk' to help clients to be 'Informed Consumers' and have 'Personal Control'

ASSESSMENT (Ongoing)

- #7 Assess clients' Strengths, Protective Factors, Relationships, Understanding, Situational Circumstances, Symptoms, & Risk Factors associated with past abuse/ adversity, and conduct a Functional Behavior Assessment
 - a) Assess 'Strengths', 'Talents', and 'Interests' (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

- #8 Promote 'Strengths', 'Talents', and 'Interests' (Approach Goals)
- #9 Promote individual, family, and community 'Protective Factors' linked to 'Resilience'
- #10 Teach 'Self Care' and 'Stress Management / Emotional Regulation' Skills
- #11 Correct 'Misperceptions' about past Abuse/ Adversity (Narrative Work)
- #12 Promote 'Adaptive Coping Skills' vs. 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' to Increase Positive Outcomes & Decrease Risk of a 'Chronic Victim-Stance'
- #16 Promote knowledge/ skills for 'Reducing Risk of Victimization & Intergenerational Transmission of Abuse'