
FAMILY TRAUMA AND FAMILY PRESERVATION

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DISCLOSURE

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DISCLOSURE

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THE PREVALENCE OF TRAUMA IN JUSTICE-INVOLVED POPULATIONS

The experience of trauma among people with substance abuse and mental health disorders, especially those involved with the justice system, is so high as to be considered *an almost universal experience*.

SAMHSA, 2013



TRAUMA



WHAT IS TRAUMA?

Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.

SAMHSA, 2014

MANY TYPES OF TRAUMA

- Rape
- Child physical abuse
- Child sexual abuse
- Domestic violence
- School violence
- Environmental trauma
- Combat and war-zone trauma
- Accidents
- Natural disasters
- Fires
- Forced displacement
- Torture
- Being held hostage
- Combat and war-zone trauma
- Genocide
- Cultural trauma
- Historical trauma

POST-TRAUMATIC STRESS RESPONSES OCCUR ON A CONTINUUM



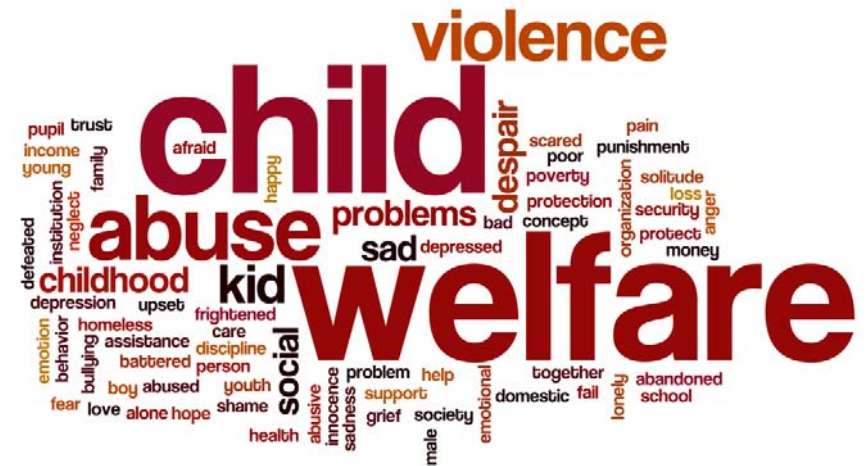


CHILD TRAUMA AND PTSD



THE CHILD WELFARE SYSTEM IN THE UNITED STATES IN 2016

- 74.3 million children in the U.S.
- 4.1 million referrals
 - An increase of 9.5% since 2012
 - One referral every 7.7 seconds
- This represents 7.4 million children
 - 10% of children
- 2.3 million investigations



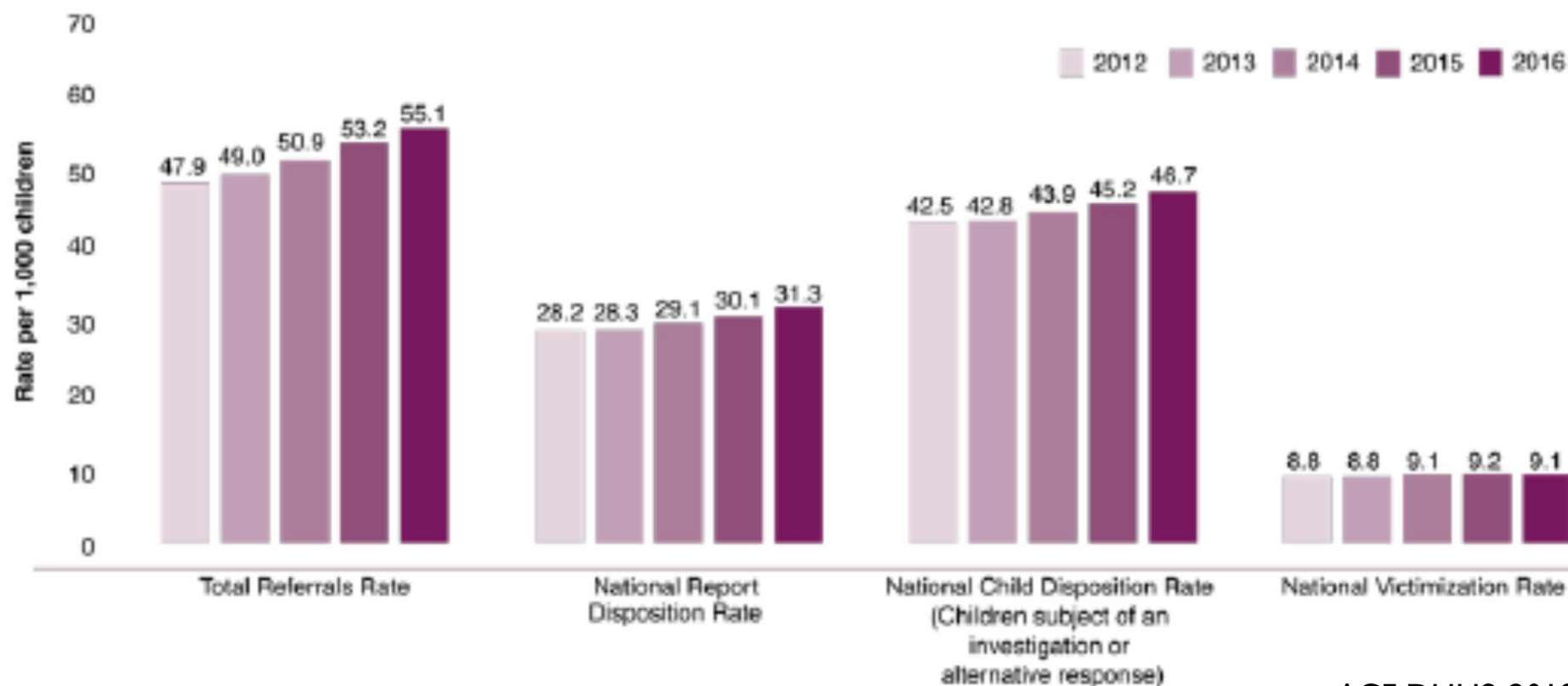
THE CHILD WELFARE SYSTEM IN THE UNITED STATES IN 2016



- 676,000 confirmed child victims
 - This equals 0.9% of children
- 204,000 additional children received foster care services
 - 428,000 total children in foster care on any given day (Children's Rights, 2015)
 - 670,000 children spent time in foster care (Children's Rights, 2015)
- 1,750 fatalities

ACF, DHHS, 2018

Exhibit S-1 Summary of Child Maltreatment Rates per 1,000 Children, 2012-2016



ACF, DHHS, 2018

You can spend a lifetime trying to forget a few minutes of your childhood.



HealthyPlace.com

CHILD TRAUMA

- 1/4 of girls are victims of sexual abuse by age 18
- 1/6 of boys are victims of sexual abuse by age 18

Finkelhor et al., 1990

THE EFFECTS OF ABUSE ON EARLY BRAIN DEVELOPMENT



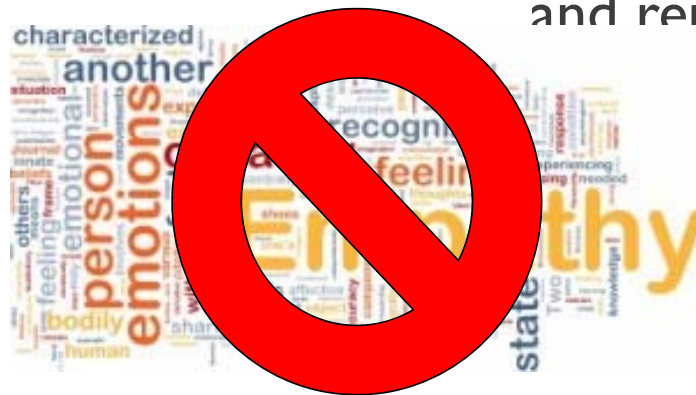
Excess cortisol and heightened amygdalar response causing:

- Chronic fear and anxiety
- Inattention
- Overreactivity
- Impulsivity
- Hyperalertness and hyperarousal
- Sleep problems

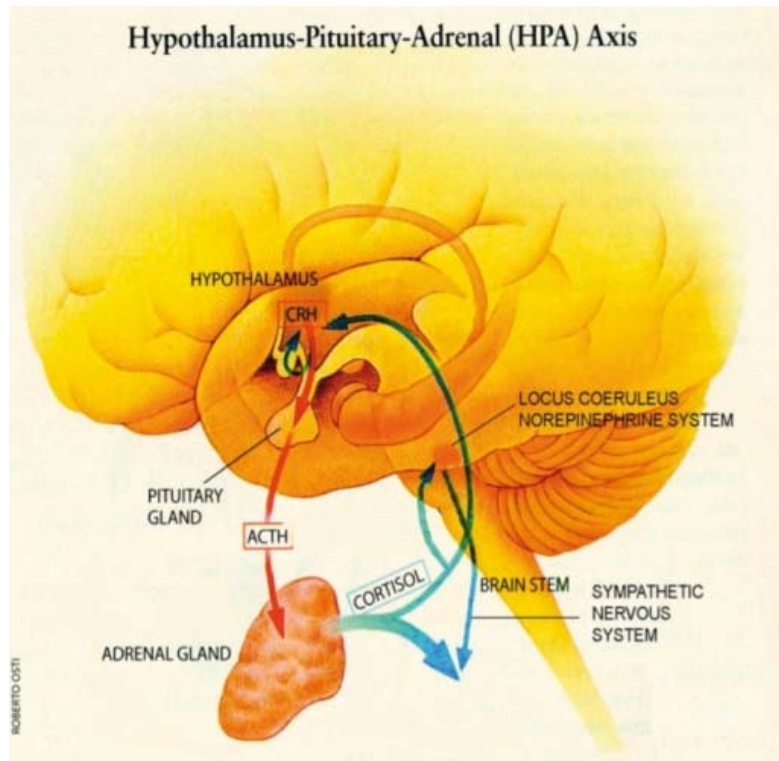
THE EFFECTS OF ABUSE ON EARLY BRAIN DEVELOPMENT

Increased epinephrine and stress steroids causing:

- Dissociation
- Disengagement
- Distorted attachments to others
- Numbing
- Emotional detachment
- Inability to feel empathy and remorse



THE EFFECTS OF ABUSE ON EARLY BRAIN DEVELOPMENT



Hyperactivity of the
Hypothalamic-Pituitary-
Adrenocortical Axis causing:

- Cognitive impairments
- Emotional dysregulation
- Increased passive/avoidant behavior
- Depression

THE EFFECTS OF NEGLECT ON EARLY BRAIN DEVELOPMENT

Decreased brain size at age 3

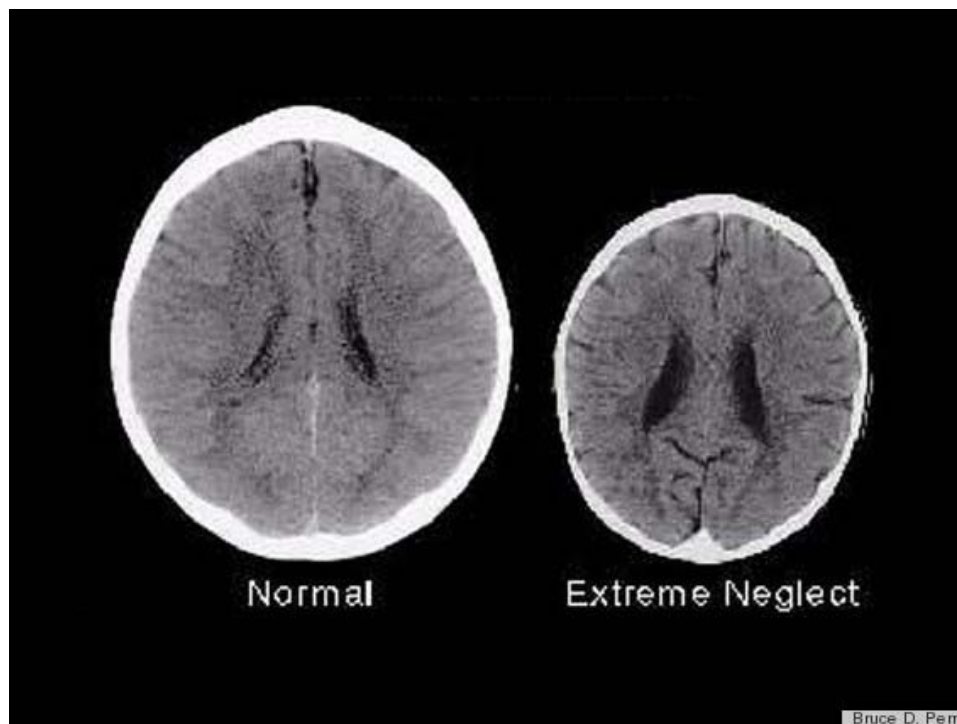



Photo © 2005
Bruce D. Perry, M.D., Ph.D.

THE EFFECTS OF NEGLECT ON EARLY BRAIN DEVELOPMENT

Decreased brain growth causing:

- Poor attachment
- Difficulties with peer relationships
- Enduring behavioral problems
- Problems with learning





Post-Traumatic Stress Disorder is a normal response to an abnormal event.

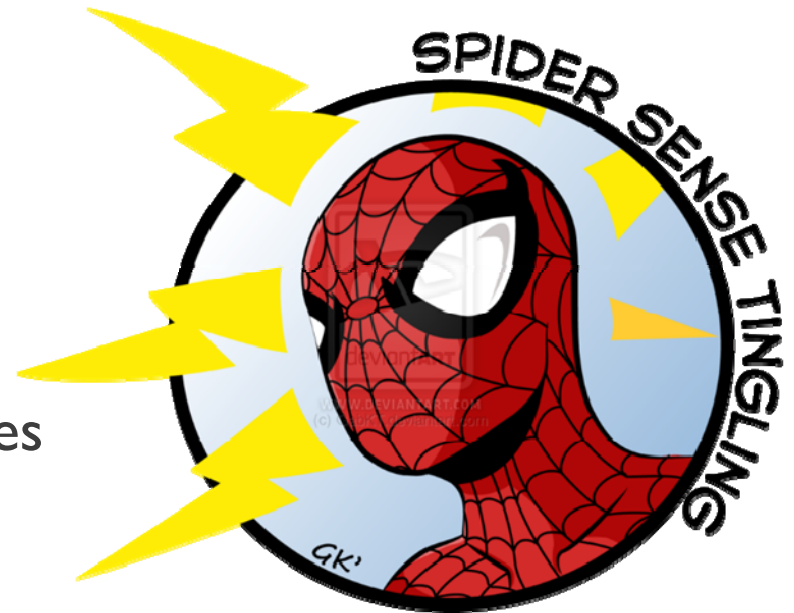
PTSD IN CHILDREN



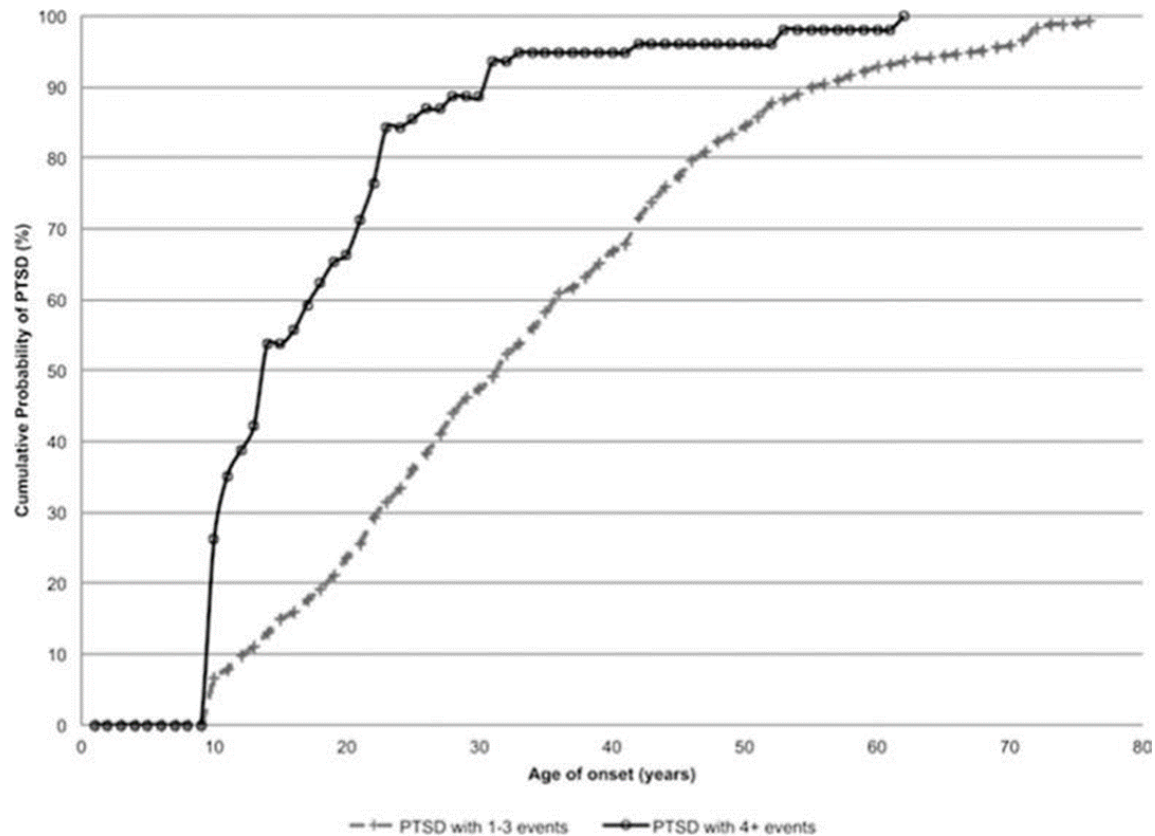
- Nightmares of danger, monsters, etc.
- Repetitive play
- Re-enacting of traumatic event
- A sense they won't live to be adults
- Regression
- Headaches and stomachaches

CHILDREN WITH PTSD

- View the world as a dangerous place
 - Often identify with victims or aggressors
 - May solidify views as they age
- Repeated patterns become personality styles



AGE OF PTSD ONSET ACCORDING TO NUMBER OF TRAUMATIC EVENTS



Karam et al., 2014

DIAGNOSING TRAUMATIZED CHILDREN



The current psychiatric diagnostic classification system does not have an adequate category to capture the full range of difficulties that traumatized children experience.

White Paper for the NCTSN Complex Trauma Task Force, 2003