

BUILDING RESILIENCY IN CHILDREN AND FAMILIES: STRENGTHENING AGENCY AND COMMUNITY CONNECTIONS

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OBJECTIVES

- **Describe** the impact of resilience and positive childhood experiences (PCEs) on long-term health and development.
- **Identify** key community resources commonly accessible in rural areas and strategies for connecting families to these resources.
- **Illustrate** the benefits of coordinated efforts between primary care practices and local community organizations in supporting family resilience.

AGENDA

- Foundations of Trauma and Resilience
- Strategies to Foster Resiliency in Children and Families
- Exploring Available Community Resources
- Asset Mapping Activity
- Cross-System Alignment, Collaboration and Integration

DEFINITIONS AND TYPES OF TRAUMA

- **Trauma Definition:**
 - Trauma is an emotional response to a distressing or overwhelming event or series of events that exceeds an individual's ability to cope.
- **Types of Trauma:**
 - **Acute:** Resulting from a single, severe event.
 - **Chronic:** Resulting from repeated and prolonged exposure to distressing events.
 - **Complex:** Resulting from exposure to multiple, pervasive traumatic events.
 - (SAMHSA, 2014)

PRACTICAL APPLICATION: ASSESSING TRAUMA EXPOSURE

Use **Trauma Assessment Tools** for patients and staff to identify trauma exposure.

Screening Tools:

- **PEARLS** (Pediatric ACEs and Related Life Event Screener): Assesses adverse childhood experiences and related events in children.
- **CTS** (Child Trauma Screen): Screens for trauma exposure and its impact on children.
- **SLESQ** (Stressful Life Events Screening Questionnaire): Identifies stressful events in adults, including healthcare staff.
- **Trauma-Informed Assessment Approach:** Essential to prevent re-traumatization.
- **Resource for Detailed Guidelines:** Explore the *Trauma-Informed Care Guidebook* on the NH Pediatric Partnership website.
Bethell, Jones, Combojav, Linkenbach, & Sege, 2019) (Foa et al., 2016)

THE IMPORTANCE OF FOSTERING RESILIENCE

- **Definition of Resilience:** The ability to adapt and recover from traumatic experiences.
- **Benefits:** Building resilience helps mitigate the negative effects of trauma, fostering long-term recovery.
- **Key Resilience-Building Strategies:**
 - **Establish Supportive Relationships**
 - **Encourage Adaptive Coping Strategies**
 - **Promote Positive Self-Identity and Self-Efficacy**

Integrating these strategies into trauma-informed care enhances our interventions (Masten, 2014).

(SAMHSA, 2014) (Masten, 2014)

PRACTICAL APPLICATION: DEVELOPING RESILIENCE-BUILDING INTERVENTIONS (CHILDREN AND FAMILIES)

Resilience-Building Interventions:

- **Create supportive environments:** Implement trauma-informed practices that foster trust and safety.
- **Ensure access to mental health resources:** Identify and provide referrals to community mental health services or provide brief, on-site support for patients needing immediate assistance.
- **Introduce mindfulness and stress reduction:** Offer techniques like guided imagery and breathing exercises.
- **Promote Positive Childhood Experiences (PCEs):** Foster strong relationships, safe spaces, and community involvement.

BENEFITS OF PARTNERING WITH COMMUNITY RESOURCES

- **Enhanced Support Systems:** Provides broader support for patients and relieves pressure on healthcare providers.
- **Access to Specialized Services:** Connects patients with essential resources such as mental health, social work, and housing assistance.
- **Shared Care Responsibilities:** Reduces provider burden, allowing a focus on core healthcare needs.

(Andermann, 2016)

AVAILABLE COMMUNITY RESOURCES

Primary Resources (Widely Accessible):

- **Community Action Programs:** Support with financial assistance, housing, and family services.
- **Family Resource Centers:** Counseling, family support, and community-based resources.
- **Domestic Violence Centers:** Safe shelter, counseling, and emergency support.
- **Community Mental Health Centers:** Ongoing mental health care, counseling, and crisis support.
- **Mobile Crisis (988):** Immediate support for urgent mental health crises.

Additional Resources (Some Areas):

- **ACERT (Adverse Childhood Experience Response Team):** Trauma-informed support and services for children exposed to traumatic events.

KEY OUTCOMES OF SUCCESSFUL PARTNERSHIPS

- **Enhanced Patient Outcomes:** Holistic care improves physical and mental health.
- **Reduced Provider Burnout:** Shared responsibilities lighten the load for healthcare providers.
- **Increased Resilience:** Patients and healthcare teams benefit from a comprehensive support network.

(West et al., 2020)

EXPANDING THE CONCEPT OF COMMUNITY RESOURCES

Expanding the Concept of Community Resources

- **Essential Services:** Mental health care, housing support, and food security
- **Community Centers and Recreation:** Opportunities for well-being, connection, and social support
- **Arts, Culture, and Wellness Programs:** Fostering community engagement and resilience
- **Accessible Everyday Resources:** Libraries, parks, and fitness centers as tools for resilience and relaxation
(Andermann, 2016)

THE ROLE OF COMMUNITY RESOURCES IN TRAUMA-INFORMED CARE

- **Extending Trauma-Informed Care Beyond Clinical Walls:** Leveraging community partnerships to enhance patient and provider support
- **Community Support for Trauma Recovery:** Examples of resilience-building resources through community organizations
- **Collaborative Care Plans:** Integrating mental health providers, shelters, and social services for holistic care
(SAMHSA, 2014)

ASSET MAPPING

- **Identifying Community Strengths:** Mapping local resources and support networks
- **Engaging Stakeholders:** Involving community members, organizations, and service providers
- **Building Connections:** Creating pathways for collaboration and support
- **Empowering Resilience:** Leveraging assets to strengthen trauma-informed care

EFFECTIVE STRATEGIES FOR BUILDING AND SUSTAINING COMMUNITY PARTNERSHIPS

Initiating and Sustaining Partnerships

Steps for success:

- **Key Components:** Open communication, shared goals, ongoing evaluation
- **Identifying Resources:** Tips for finding and establishing contacts within organizations
- **Leveraging Leadership:** Facilitating outreach and educational meetings on services, scope, and referrals
- **Success Stories:** Examples of healthcare-community partnerships improving outcomes

BARRIERS TO EFFECTIVE COMMUNITY COLLABORATION

- **Common Challenges:** Resource constraints, coordination gaps, differing priorities
- **Overcoming Barriers:** Leadership support, dedicated staff roles, and policy advocacy
- **Leadership Engagement:** Essential for fostering sustained collaboration and shared goals

HOSTING MEETINGS

- **Resource & Service Review:** Outline available resources and support services
- **Referral Process Overview:** Clarify referral pathways and protocols
- **Establish Key Contacts:** Designate primary contacts for ongoing communication
- **Explore New Collaborations:** Identify opportunities for alignment and shared goals

CONCLUSION AND NEXT STEPS

- **Key Takeaways:** Building resilience, leveraging community partnerships, and fostering trauma-informed care
- **Next Steps:** Identify community resources, engage in asset mapping, and initiate partnerships
- **Continuous Improvement:** Regularly evaluate and adjust partnerships to meet evolving needs
- **Encouragement:** Together, we strengthen resilience and support well-being in our communities

"Alone, we can do so little; together, we can do so much."
— Helen Keller
(Keller & Herrmann, 2009)
