Somatic Experiencing® Brief Stabilization Program **Logic Model**

As economic conditions become more challenging and the incidence of trauma increases, more & more Sonoma County families become clients of Children's Protective Services (CPS) due to poverty, substance abuse, trauma & Situation Statement: child welfare issues. As government funding substantially declines and caseloads increase, CPS struggles to improve family outcomes. Due to inadequate resolution for these vulnerable families, both adults and children may lack resilience and stability, impeding personal development and placing long-term strain on our communities which are ill-equipped to respond.

Investment

Somatic Experiencing® Practitioner - 7-14 sessions with clients

Support within CPS for use of Somatic Experiencing[®] with CPS clients

Interventions

Client learns the basics of how the human nervous system responds to stress & difficult events.

Client learns how previous trauma impacts people's lives.

Client learns nervous system settling skills applicable in stressful situations.

Client learns resourcing skills, identifies inner & outer resources that invite settling.

Client learns body sensation tracking

Client learns enhanced body-based healthy defensive responses

Client Outcomes

Clients recognize their specific body sensations of activation and settling.

Clients have a familiar set of internal and external resources that invite settling.

Clients self-regulates more of the time by tracking, using settling skills and turning towards resources; they move more easily from activation to settling.

Clients exhibit increased sense of empowerment.

Clients recognize impact of previous trauma on themselves and family members.

Clients experience improvement in three most significant reported symptoms.

CPS Client Family Outcomes

Clients engage in their case plan and more effectively use assigned service providers.

Parents employ good parenting skills & interventions.

Parents self-regulate most of the time, freeing personal energy for creating healthy relationship.

Parents experience increased selfesteem and ability to set healthy boundaries.

Reduced risk of harm to children.

Families experience solid connection between parents & children.

Children stable in their home placement. Children stable in school placement.

Measurable Impacts

Reduced client services costs.

Lower rate of child removal. group home placement and/or shorter time to reunification.

Reduced recurrence of maltreatment .



Assumptions

Clients can attend a series of 7-14 sessions.

Clients are willing to try an alternative modality.

Clients can and are willing to learn and practice body awareness skills.

External Factors

Client non-compliance & family events can interfere with client's ability to receive Somatic Experiencing® sessions. Somatic Experiencing[®] sessions must receive agency funding.

Definitions

Activation - A sense of survival energy (fight or flight) increasing in the body that often becomes overwhelming such that it is difficult to function in the here & now, especially with regards to healthy social engagement in the family.

Settling - Returning to an internal sense of ease and ability to function in the here and now; relaxed yet alert.

Tracking - The ability to notice and follow energy as it rises, falls, & moves in the body.

Defensive response - the ability to say "no," set & protect healthy boundaries & protect oneself appropriately when threatened.

Resource - Something healthy either inside the body or in the outside world that invites energy in the body to settle.

Self-regulation - The ability to move easily from activation to settling using healthy resources in order to stay in the here & now.

Downstream Vision

All families in Sonoma County receive the support they need in order to navigate the effects of poverty & trauma in order to create a nurturing and supportive environment in which to thrive as members of our community.