

# Creating ACE/Trauma-Informed Communities in Greater Minnesota: Two Case Studies



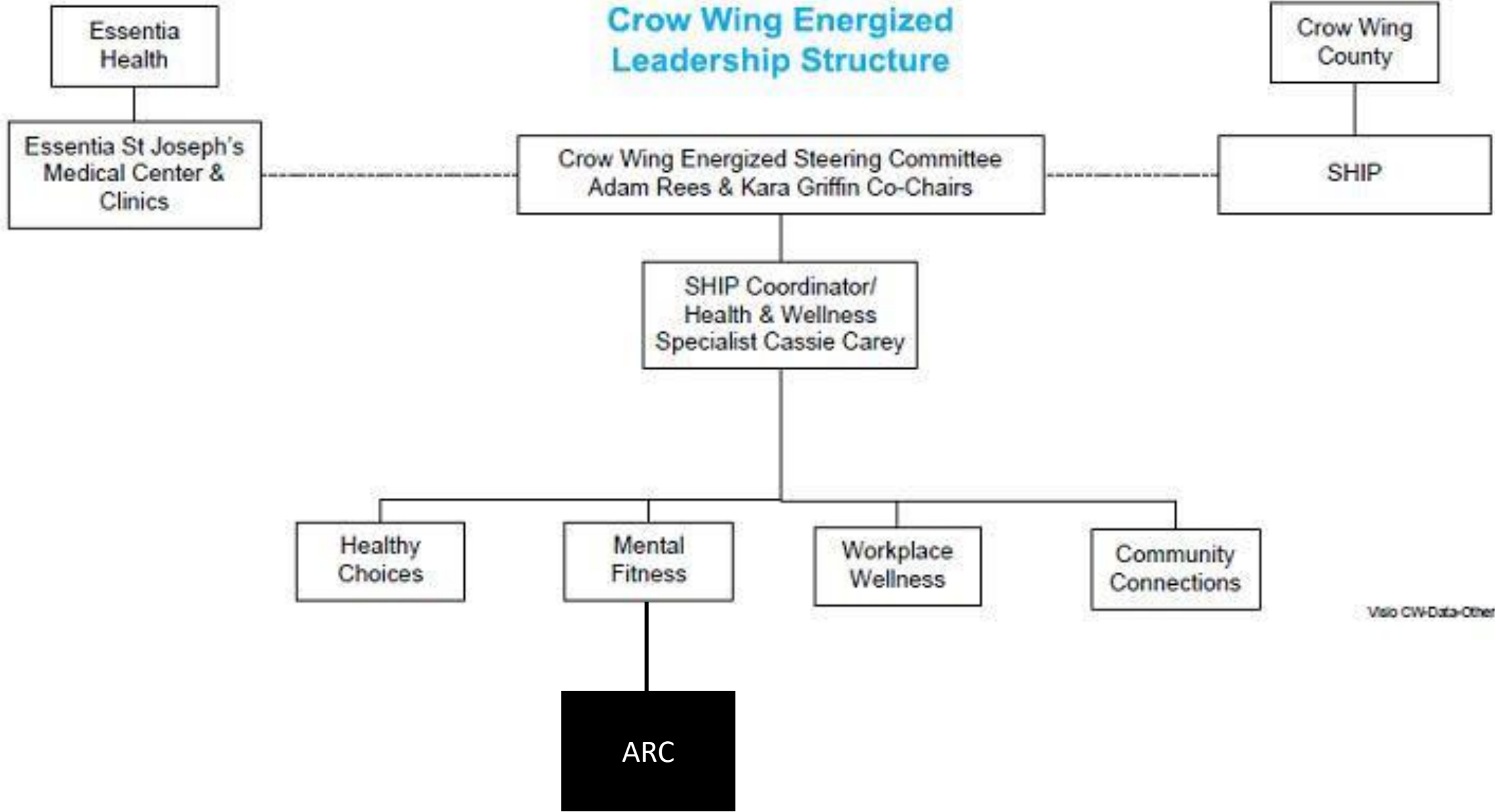
HIS STORY



# ACEs Resiliency Coalition (ARC)

- **Inspiration**
- **Training**
  - **ACE Interface**
  - **Brainerd**
- **Crow Wing Energized**
- **ACE Interface Training – November 2015**
- **Formation of ARC**

# Crow Wing Energized Leadership Structure



# St. Cloud, MN



# Central Minnesota ACEs Collaborative Participants

- **Stearns County Public Health**
- **CentraCare Health System**
- **Stearns County Attorney**
- **Stearns County Child Protection Division**
- **Stearns County Community Corrections (Probation)**
- **Waite Park, Minnesota, Police Department**
- **Saint Cloud, Minnesota, Police Department**
- **Children's Response Initiative**
- **Saint Cloud Public Schools**
- **Saint Cloud Area Chamber of Commerce**

# Activities and Timeline

- **March 2015—attend Midwest ACE Summit, Chicago**
- **April 2015—initial meeting to form Central Minnesota ACEs Collaborative**
- **May 2015—begin sponsorship of MnPA President’s Conference featuring Vincent Felitti, MD**
- **June 2015—begin work on Child Advocacy Center (CAC)**
- **August 2015—MnPA President’s Conference attended by 400**
- **Sept 2015 through Sept 2016—developing CAC**
- **May 2016—begin work of Outreach Committee**
- **Sept 2016—open CAC**
- **November 2016—ACE Interface training**



# Collaboration Efforts Across Sectors



# BRainer

Iron Range  
County  
MINNESOTA

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Sept. 1892

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POPULATION 9000

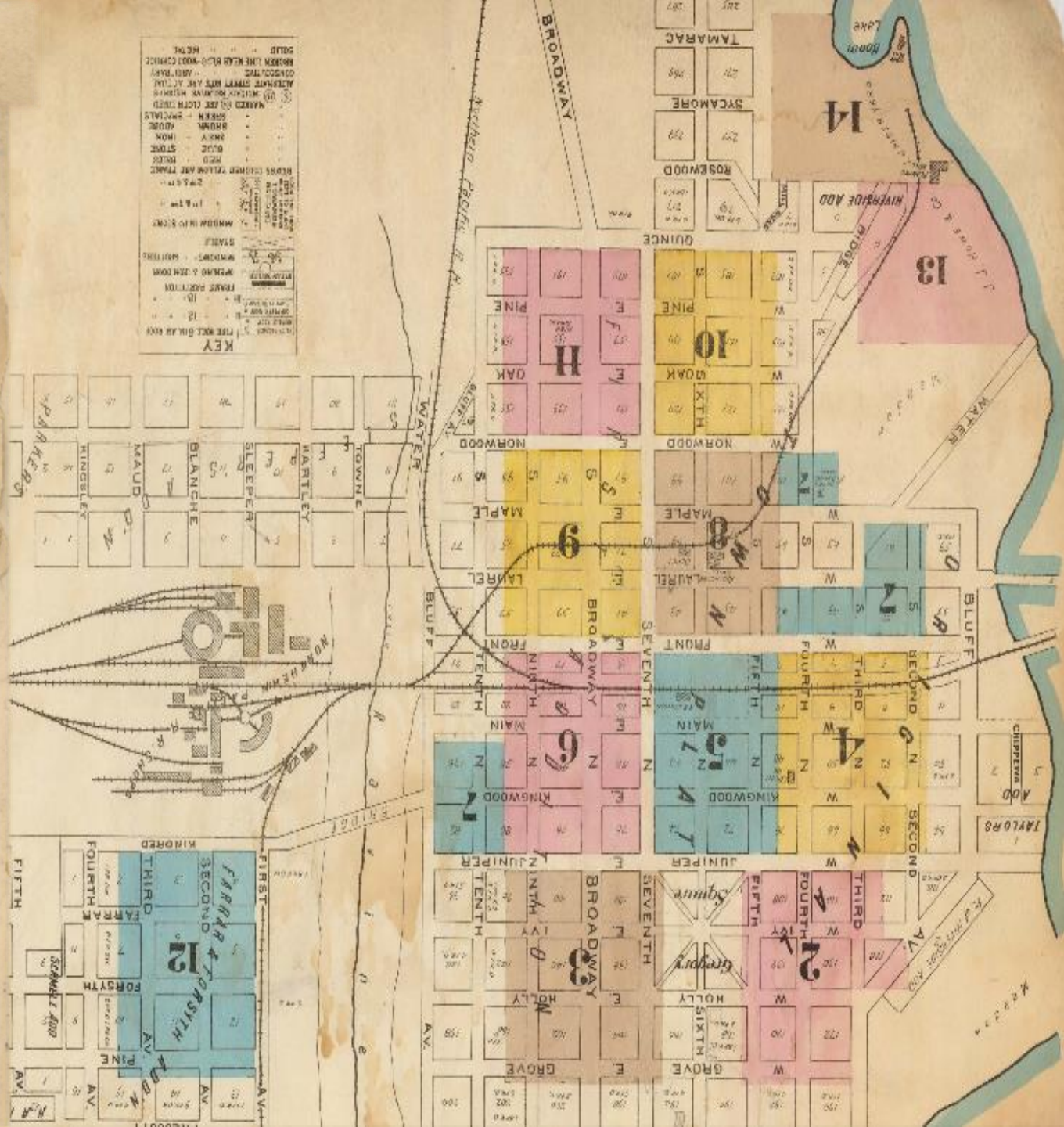
Prevailing Wind

**WATER FACILITIES**

City Water Works, Pumping station on Casson  
2 Blake Compound Duplex Pumping Engines, Capacity  
Galls. per 24 hours, 17 Miles of Water Pipes, 45 Dis-  
tributors, Domestic Pressure 40 lbs., Fire Pressure 100.

**FIRE DEPARTMENT**

Volunteer, 100 Members, 3 Men paid, 3 Indepen-  
dent, 2 Hose Carts, 3000 ft. 2 1/2" Hose, 1 Hook & Ladder Truck, 1  
& Ladder Truck, Electric Alarm to pump house.  
Grades level. Streets not paved.





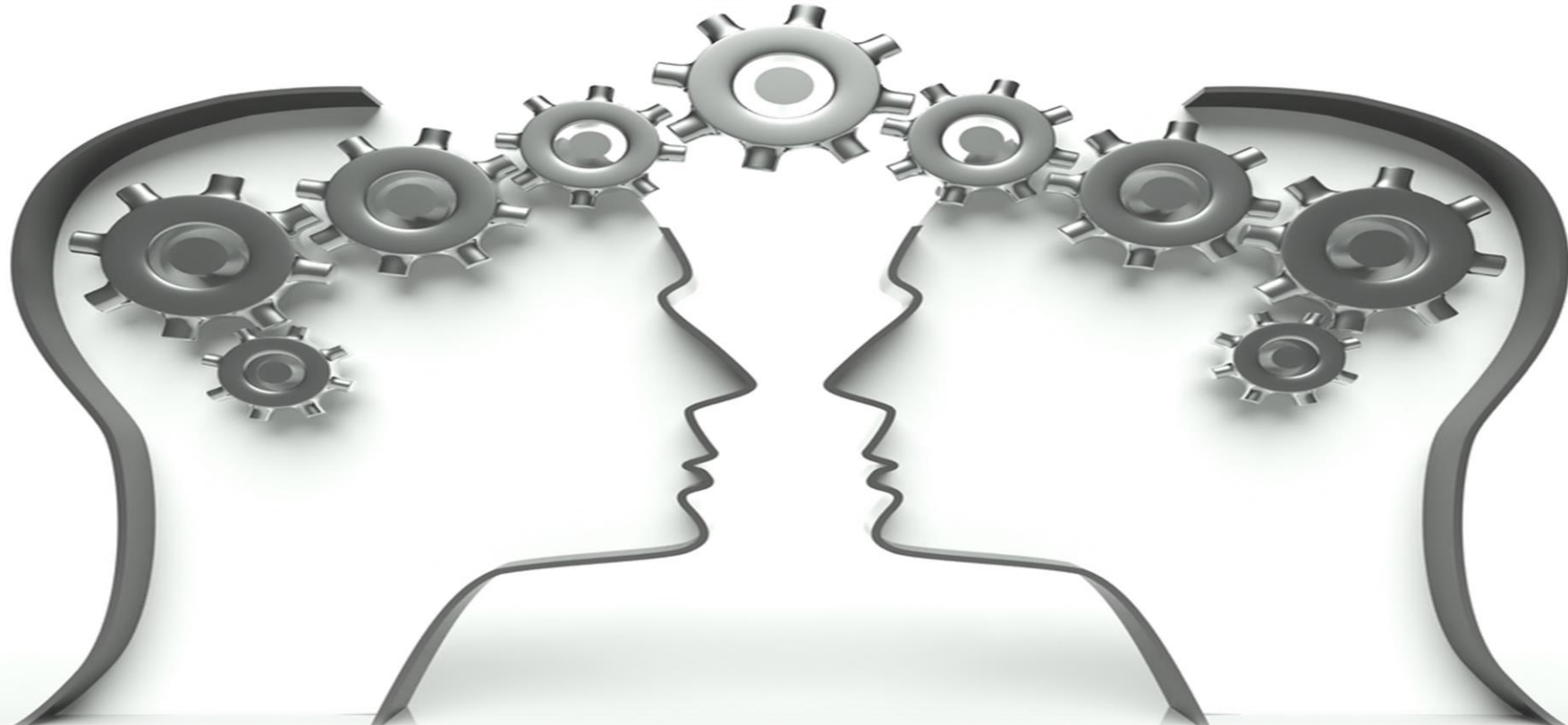
A teal banner featuring silhouettes of a crowd with raised hands. The text "Faith + Community" is written in white, with a blue circular graphic element to its left. The background includes a bright light source and lens flare effects.

Faith + Community

# Other Crow Wing Partners

- **Brainerd Lakes Area Early Childhood Coalition**
- **Lutheran Social Services**
- **Family Services Collaborative**
- **Lakes Ares Restorative Justice**
- **Brainerd School District**

# Collaboration Efforts Across Sectors



# St. Cloud, MN



# Background-ACE's

- Minnesota Local Public Health responsibilities:
  - Community Health Assessment
    - Opinion
    - Data review
  - Development of priorities
  - Creation of Community Health Improvement Plan (CHIP)
  - Implementation of CHIP



# CHIP Parenting

- Number one concern by community
  - 80.5 % adults is a moderate/serious problem
- Data 2009 to 2013:
  - Child maltreatment reports increased 29%
  - Average number of children in out of home placement per month rose 17%
  - Total number of days in out of home placements rose 17%
  - Open cases of Child In need of Protective Services (CHIPS) at County Attorney Office doubled
- Identified as number one priority to address:
  - Prioritization and influence and control matrix

# CHIP Goals/Objectives/Strategies

## Goal 3P

Increase Community Awareness around the effects of trauma on children

### Objective P3.1

Promote trauma based services across all providers

### Objective P3.2

Educate the community about the ACE study

# ST. CLOUD AREA CHILD RESPONSE INITIATIVE (CRI)



- A coordinated community response that brings together **law enforcement, mental health providers, advocates**, informal supports, **child protection**, and **juvenile justice professionals** to address the needs of children exposed to violence and their families.

# CHILD RESPONSE INITIATIVE PARTNERSHIP



Coordinated community responses are key to meeting the diverse needs of children and families impacted by violence and trauma

- Central Minnesota Mental Health Center
- St. Cloud Police Department
- Stearns County Domestic Violence Partnership
- St. Cloud Metro Police Departments (Waite Park, Sauk Rapids, St. Joseph, Sartell)
- Area Trauma Informed Providers

# CRI MENTAL HEALTH PROVIDER NETWORK

- **Central Mn Mental Health Center**
- **Village Family Services**
- **Lutheran Social Services**
- **Catholic Charities Caritas Mental Health Services**
- **CentraCare**
- **Jane Ellison**
- **Ken Hanna**
- **Rebecca Cluever**



# CHILD RESPONSE INITIATIVE GOALS



- **Intervene early** to help children/families exposed to violence and access trauma services
- Work with child(ren) and families to explain natural reactions to **traumatic experiences**, making them a key part of the treatment plan
- Provide **family referrals** to treatment agencies and other community resources to individually address children/family needs
- Strengthen the relationship between **law enforcement and the community** through integrated partnerships

# CRI -- RESULTS: LAW ENFORCEMENT

Law enforcement officers expressed a **positive impact emotionally** from this intervention. They are able to refer families in crisis, trust the CRI Advocate will follow up, and therefore, are **less likely to emotionally dwell** on the incident and its impact on the family.

*“it **helps me leave the incident at work and not take it home with me.** I struggle with that sometimes and having the TIA to work with families **helps me deal with it emotionally.**”*

*“this program helps me process **the incident and by passing it off to someone else, I do not think about it so much when I go home.**”*



# CRI -- RESULTS: MENTAL HEALTH TRAUMA CARE PROVIDERS

**Collaboration:** background information is shared by the CRI program to the mental health provider before initial meeting.

**Result:** This makes a significant difference in therapists' ability to connect with children and understand the challenge at the onset. This is unique to this program since law enforcement information is not otherwise accessible, but the CRI advocate also serves as liaison between law enforcement and the mental health agencies.







# BRainer

Dodge County

# MINNESOTA



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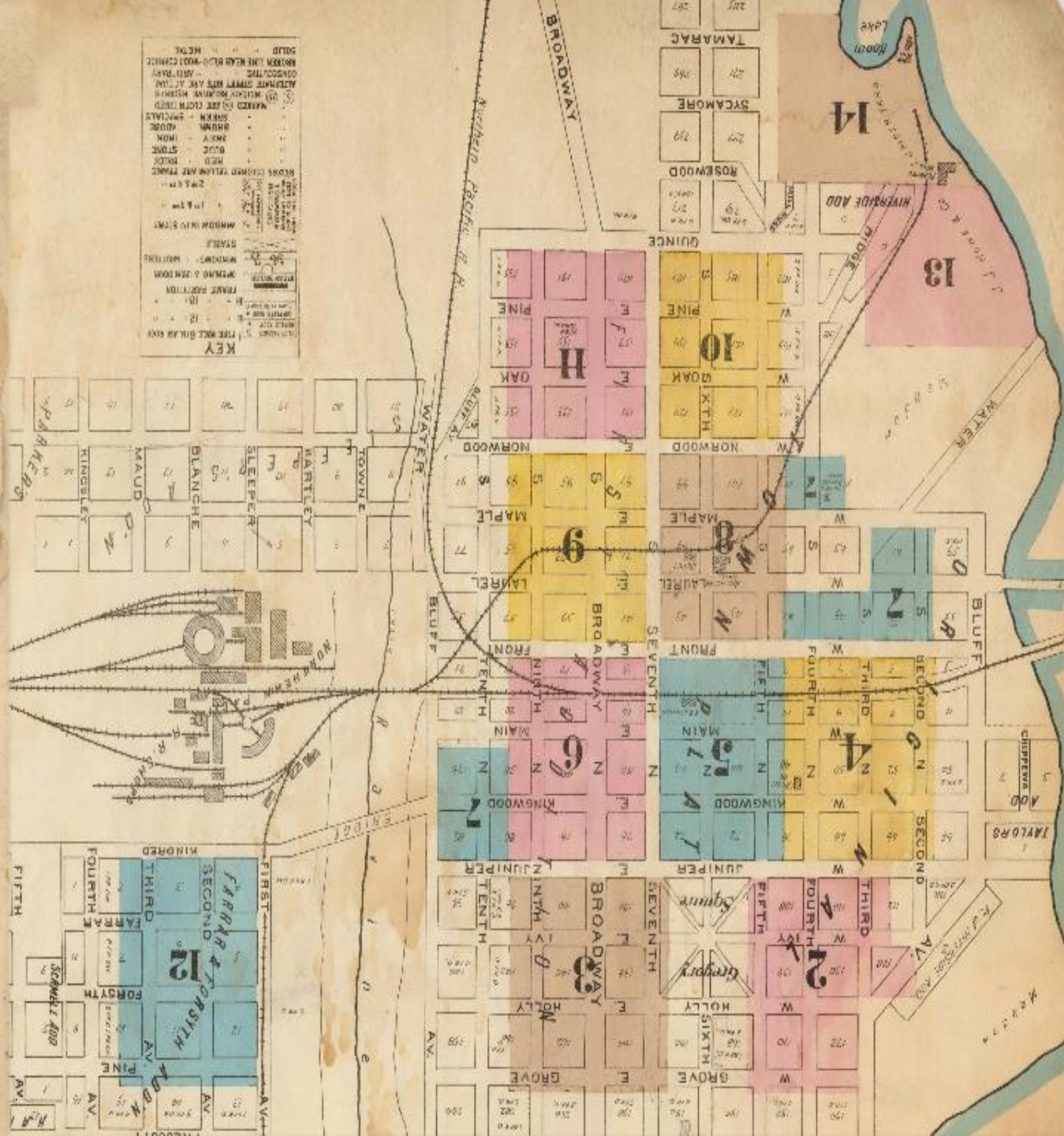
**POPULATION 9000**  
*Prevailing Wind*

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**Community Education**

# Funding Partners

**\$3500 in-kind training fees, Susan Beaulieu and Lowell Johnson**

**\$2000 Northern Joint Powers Alliance**

**\$2000 Todd Wadena County Public Health**

**\$2000 Brainerd Lakes Area Early Childhood Coalition**

**\$750 Crow Wing Energized**

**\$500 Initiative Foundation**

**\$500 Brainerd Rotary Foundation**

**\$500 Brainerd Lakes Area Early Childhood Coalition**

**\$500 Fathers Reading Every Day**

**\$500 Northern Pines Mental Health**

**\$500 Crow Wing Energized**

**\$250 Baxter/Brainerd Kiwanis**

fx

	A	B	C	D	E	F	G	H
1	Presenters	Presentation Date	Presentation Location	Presented to	Number in Attendance	Use CWE Gratitude Tree	Total People Reached=	1442
2	Martha Smithson & Tom Gonzalez	1/19/2016	Pointway Church, Baxter	Pastors & Camp Leaders	16			
3	Martha Smithson & Tom Gonzalez	1/30/2016	Pointway Church, Baxter	Church Members	28			
4	Tom Gonzalez	2/8/2016	Denomination Office, St. Boni, MN	Denominational Leaders	3			
5	Laura Schoonover	11/13/2015	Brainerd, MN	Regional School District Nurses	11			
6	Lisa Kruse & Amy M. Wyant	12/7/2015	McGregor, MN	School para-professional, Head Start Director, community members, Public Health Nurse	5			
7	Lisa Kruse & Amy M. Wyant	12/9/2015	Aitkin, MN	School Counselor, Social Services Director, Public Health Director, Media, Community Education Director, WIC Coordinator, Community member	7			
8	Bill Fortune & Lowell Johnson	2/16/2016	Baxter MN	Baxter Kiwanis Club	12			
9	Mary Fletcher/Sarah Fritsch	2/12/2016	Onamia Mn	Mille Lacs Early Education/Early head Start	12			
10	Mary Fletcher/Sarah Fritsch	2/12/2016	Onamia Mn	Mille Lacs Early Education/Early head Start	15			
11	Mary Fletcher/Sarah Fritsch	2/12/2016	Onamia Mn	Mille Lacs Early Education/Head Start	18			

## Tracking Presentation Information

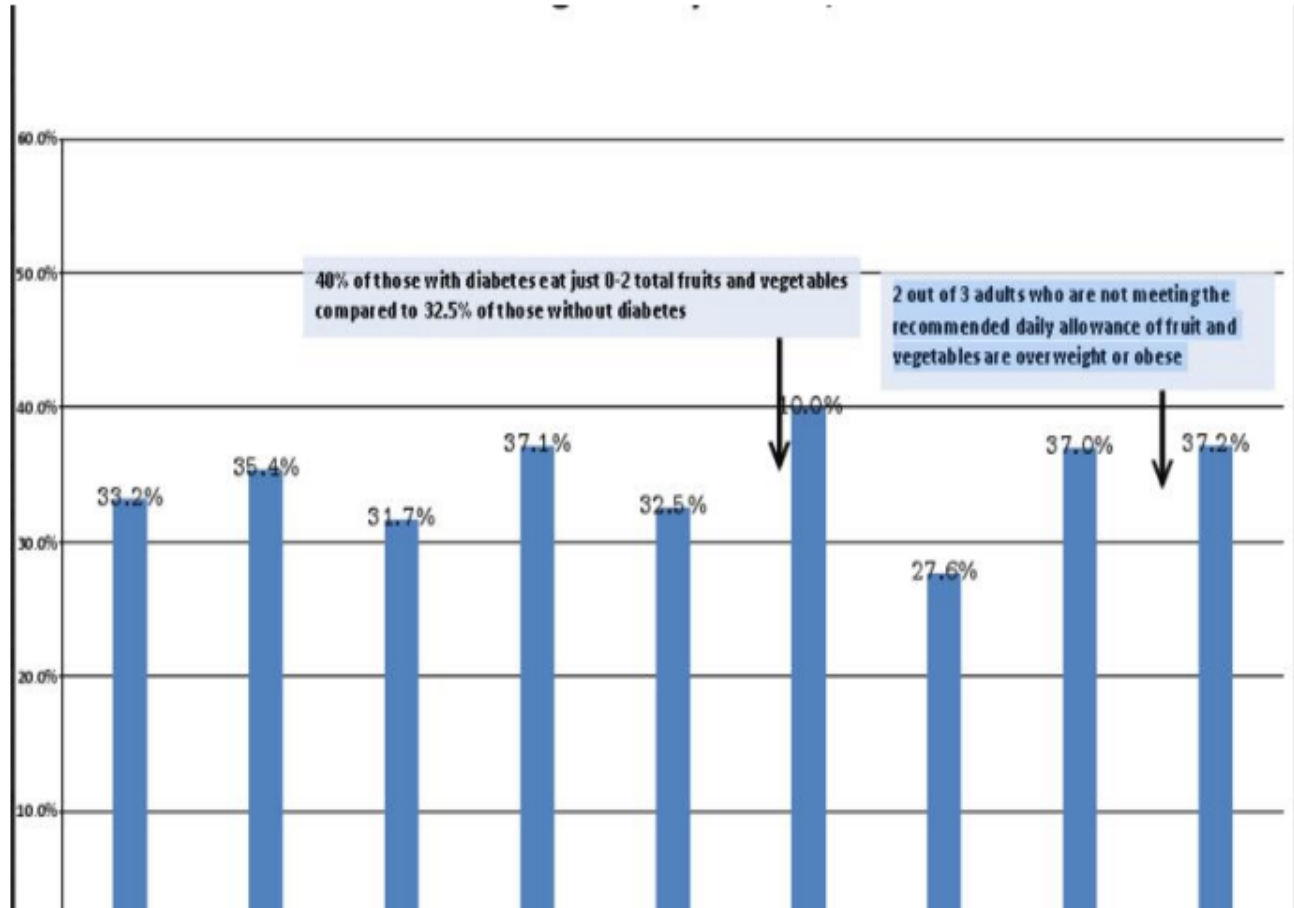
# Monday Motivator Commentary: Crow Wing Energized

By BRAINERD DISPATCH on Jun 15, 2015 at 8:54 a.m.



PRINT

PIN IT



ACHIEVE YOUR GOAL OF HELPING OTHERS WHEN YOU START YOUR CAREER WITH ALTRU! NURSING, PROFESSIONAL, M

VIEW ALL OFFERS | SUBSCRIBE | ADD YOUR BUSINESS

- TRENDING
1. Hundreds of pig carcasses sent to rendering plant after accidental death
  2. Juvenile hurt when vehicle crashes, strikes tree
  3. Reader Opinion: Hillary for president
  4. Thief River Falls man gets 68 months for role in fatal meth-fueled wreck
  5. Militia, extremist groups gird for trouble as presidential election nears
- more >

# Promote an Attitude of Gratitude with a Tree Poster and Other Tools



## BOOKMARKS

### BUILDING RESILIENCY

Learn how to be healthy and hopeful even when bad things happen!

-  **Sleep 7-9 hours a night** to maximize brain function, physical performance and increase willpower.
-  **Eat healthy foods -** critical for brain development and function, as well as improving mood.
-  **Be physically active** to enhance brain performance, boost mood and overall well being.
-  **Live mindfully** to reduce stress, increase focus and improve relationships (just to name a few benefits!).
-  **Write down 3 good things** that have happened to you each day every night before you go to bed to increase long-term happiness.
-  **Set mini goals** to keep motivated and make achieving a larger goal easier. Work a little bit toward a larger goal each day to make progress on a larger goal.
-  **Take time for visioning and self-reflection** daily to help remove inner road-blocks and develop inner growth, attain clarity, and increase self-power.

## 3 GOOD THINGS NOTEPADS

*Crow Wing energized* **Three Good Things**

Being aware of good things in your daily life can significantly improve mental, social, and physical well being. Note three good things every night to develop an "Attitude of Gratitude":

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

*CrowWingEnergy.org*





# St. Cloud, MN





CENTRAL MINNESOTA  
**CHILD ADVOCACY CENTER**

# What is a Child Advocacy Center



- Provides a safe, child-friendly environment
- Less traumatic approach to childhood physical and sexual abuse investigations
- Connects children, adolescents, and their families to needed follow-up services (such as mental health, medical, and community resources regardless of ability to pay)

# Multidisciplinary Team (Partners)



# Before Child Advocacy Centers

- Children who were the victims of abuse allegations were shuffled from agency to agency throughout law enforcement and child protection.
- They would have to tell their story of abuse multiple times, to multiple professionals, and relive painful events.

# Forensic Interview

- Trained interviewer will listen and obtain factual information
- Non-threatening, neutral perspective
- Child tells story one time to one person
- MDT members observing in another room/communication
- Video/Audio recorded



# Medical Exam

- Trauma informed medical evaluations onsite
- Thorough head to toe exam offered to all children
- Ensures health and well-being for the child/family
- Collects any evidence for the investigation



# Advocacy

- Meets with the caregivers while the child is completing the forensic interview
- Support and educate caregivers on abuse so they can support their children
- Provides referrals to mental health and community resources (outside agencies)
- Ongoing advocacy services

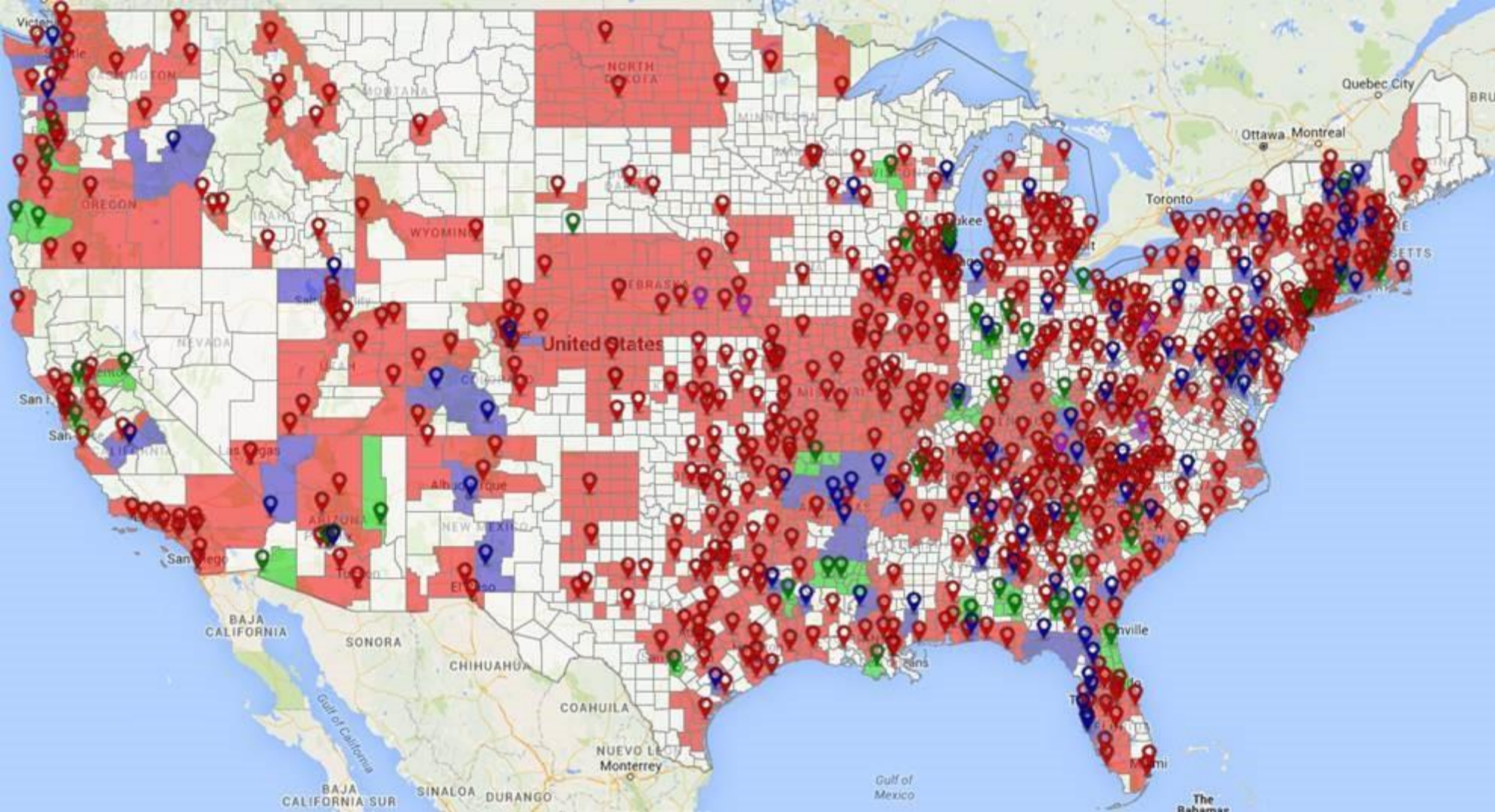




# Mental Health Services

- All children will be offered mental health services as well as any family members
- Evidence Based treatment of Trauma-Focused Cognitive Behavioral Therapy
- Parent/caregiver participation
- CentraCare professionals as well as outside mental health agencies

# Around 800 Child Advocacy Centers in US



# Child Advocacy Centers In MN

- First Witness/Duluth
- CornerHouse/Minneapolis
- Midwest Regional Children's Advocacy Center/St. Paul
- Mayo Child and Family Advocacy Center/Rochester
- Matty's Place/Winona
- Family Advocacy Center of Northern Minnesota/Bemidji
- Redwood County Children's Advocacy Center/Redwood Falls
- East Central Children's Resource Center/Cambridge
- Central Minnesota Children's Advocacy Center/St. Cloud Area

# Building Resilience Through a CAC

- A CAC provides Hope and Healing to victims and their families
- A safe and secure environment to share their story
- A trauma informed medical examination provided at the CAC
- Continued advocacy and mental health services are offered to all children/families
  
- Our First Child at the CAC

# Q & A

## Panel Members

### ○ ST CLOUD

- Steve Vincent
- Paige McConkey
- Matt Engelking
- Bret Reuter
- Katie Boecker

### ○ BRAINERD

- Lowell Johnson
- Tom Gonzalez