

Bryan Clement - report out from attending Prevent Child Abuse event in Marin 2019.

Presenter: Vilma Reyes, PsyD

Trauma -Informed Care: Providing relationship-focused, culturally-informed interventions for trauma-exposed young children and their families

Highlights and Enduring understandings:

- Wonderful overview of the impact of trauma, including impact over time as our bodies were not designed to be a chronic, pervasive way of being. Creates breakdown in body's stress response system.
- We need to give people a *sense of control, connection and meaning*
- Adapting to chronic abuse and/or trauma influences behavior and the brain get 'wired for danger' which lives in the body.
- Impact of trauma during 0-5 is particularly harmful during neurodevelopment
- Can impact learning, and behavioral manifestations of trauma are often misread or misunderstood.
- Best predictor of positive outcome for children following a traumatic event is the caregiver's ability to cope with the trauma
- Parent-child relationship is affected by trauma - separation from parent can have dramatic, negative effects on children
- Current narrative has pervasive discrimination and oppression that causes persistent state of fear, social inequity and injustice
- Post-traumatic growth and resilience
 - 30%-70% of individuals report positive change and growth coming out of the trauma.
 - Nurturing relationships are key, especially active, attentive and compassionate listening.
- Immigration: optimism and bravery - both traumatic and a story of hope, believing something is better and possible