

Resource Family Approval Pre-Service Training

Module Two: Impact of trauma, neglect and loss on development



Santa Barbara County Department of Social Services

County Department of Social Santa
Barbara Services Resource Family
Approval Unit

RFA Training Goals

- ▶ Realistically prepare caregivers to be Resource Parents who can meet the special needs of children and youth in care.
- ▶ Prepare Resource Parents to provide familiar, safe, and nurturing environments for children in foster care.
- ▶ Prepare Resource Parents to be members of the Child Welfare Team.
- ▶ Achieve Safety and Permanency for children who are part of the Child Welfare Services system.



Agenda

- ▶ Understanding attachment and role in development.
- ▶ How trauma and neglect impacts attachment.
- ▶ Loss and the impact on children's well being.



Developmental Domains

Physical

Cognitive/intellectual

Social/emotional

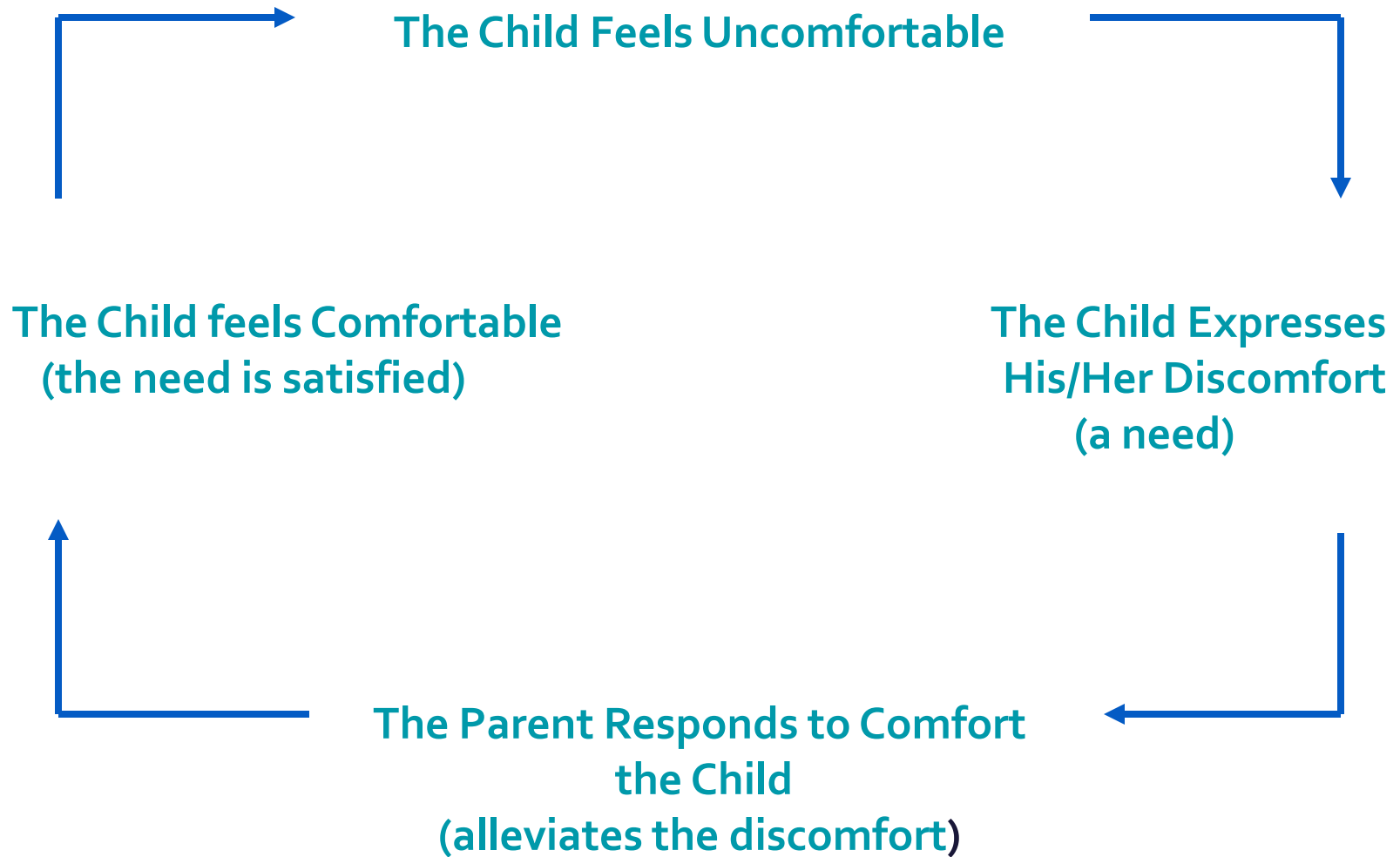


Dance of attachment

- ▶ Develops problem solving and thinking skills
- ▶ Foundation for social relationships
- ▶ Moral conscience and empathy
- ▶ Self-esteem
- ▶ Language
- ▶ Self-soothing skills



Attachment Cycle



Caregiver Responsiveness

- ▶ Children learn to behave in ways to elicit a carer response.
- ▶ The level and quality of this response is a major factor in a child's attachment to a carer.
- ▶ Different levels of responsiveness result in different styles of attachment - categorised as secure, anxious resistant, avoidant or disorganised-disorientated .



Reflection / Activity

Take a few minutes and reflect on your own childhood...
on those moments when a caring adult responded to a
need you expressed...

Use the Attachment Cycle as a guide



What leads to problems with attachment?

- ▶ The nature of care giving environment.
- ▶ Could be chaotic, disorganised and inconsistent.
- ▶ Little opportunity to perceive themselves as special and worthy.



The child's developing brain

- ▶ The child's brain – thoughts, reasoning, moral and ethical judgment, is shaped by experience.
- ▶ Overstimulation of the child's brain through trauma causes over-activation of the stress response – stress reactions are stored in a child's thought and emotional memories.
- ▶ Lack of stimulation because of neglect causes overuse of the stress response and lack of development of reasoning centers of the brain.



What would you miss the most?

- ▶ Take a few minutes and think of seven “things” you can not live without.
- ▶ These can be any item, person, activity or etc. that you are accustomed to having available to you as often as you desire.
- ▶ Write down the list and prepare to share back with the group.



Kübler-Ross Grief Cycle

Denial

Anger

Depression

Bargaining

Acceptance



Loss History Chart

- ▶ Think about a time before you were 10 years old and experienced a loss.
- ▶ How did the loss affect your behavior and school functioning?
- ▶ How did the loss impact relationships?
- ▶ What helped you get through the loss?
- ▶ How can you use this information to understand the child in your care?



Children Express Their Feelings Differently

- ▶ Attention Deficit Hyperactivity Disorder
 - Impulsiveness
 - Hyperactivity
 - Inattentiveness
 - Low tolerance for frustration
- ▶ Is it trauma or ADHD?
- ▶ Is it prenatal exposure or ADHD?
- ▶ Is it anxiety or ADHD
- ▶ It is depression or ADHD?



Depression in children

Children show depression differently than adults:

- ▶ Sadness and irritability.
- ▶ Refusal to attend school or participate in recreational activities.
- ▶ Problems with learning or concentration.
- ▶ Behavioral issues –
“hyperactive”,
“noncompliant”
- ▶ Isolation and self-injury.



Anxiety

- ▶ An anxiety disorder differs from normal stress and anxiety.
- ▶ An anxiety disorder is more severe, lasts longer and interferes with work and relationships.



Risk Factors for Depression & Anxiety

History of:

- ▶ Stressful or traumatic events
- ▶ Difficult childhood; childhood anxiety
- ▶ Ongoing stress and anxiety
- ▶ Another mental illness
- ▶ Previous episode of depression or anxiety
- ▶ Family history
- ▶ More sensitive emotional nature
- ▶ Illness that is life threatening, chronic, or associated with pain
- ▶ Medical conditions
- ▶ Side effects of medication
- ▶ Recent childbirth
- ▶ Premenstrual changes in hormone levels
- ▶ Lack of exposure to bright light in winter
- ▶ Chemical (neurotransmitter) imbalance
- ▶ Substance misuse; intoxication, withdrawal



Agencies Involved in Children's Care

Public/Government Organizations

- ▶ Local School Districts
- ▶ SB County
 - Behavioral Wellness
 - Public Health
 - Social Services
- ▶ SB County Education Office
- ▶ CA State
 - CA Children's Services (CCS)
 - Community Care Licensing (CCL)
 - Tri-Counties Regional Center (TCRC)

Private/Community-Based Organizations

- ▶ CALM; Santa Barbara/Santa Maria
- ▶ Casa Pacifica; County-Wide
- ▶ Community Action Commission (CAC); County-Wide
- ▶ Family Service Agency (FSA); Santa Barbara/Lompoc
- ▶ Santa Maria Valley Youth and Family Services (SMYFS); Santa Maria Valley
- ▶ People Helping People (PHP); SY Valley



Services available at Behavioral Wellness

- ▶ Further assessments
- ▶ Case management
- ▶ Behavioral specialists
- ▶ Therapy and counseling – in home and in office
- ▶ Medication and medication monitoring
- ▶ Crisis services – SAFTY
- ▶ HOPE services



Early Intervention Services

Early intervention services are provided based on the developmental needs of the child, the concerns and priorities of the family, and the resources available to them.

Services are provided within the context of the child's and family's daily activities and routines.

Eligible children and families may receive a variety of early intervention services; some children may need only one or two early intervention services.



When medication is prescribed

- ▶ When a doctor prescribes a medication to address a behavioral or mental health symptom, special permissions must FIRST be obtained from birth parent and/or court.
- ▶ A court order called a JV 220 must be obtained BEFORE a child receives a medication that affects their brain except in certain psychiatric emergencies.





Thank You!!

