

The Wraparound Approach and Mitigating Future ACES

Mercy Care

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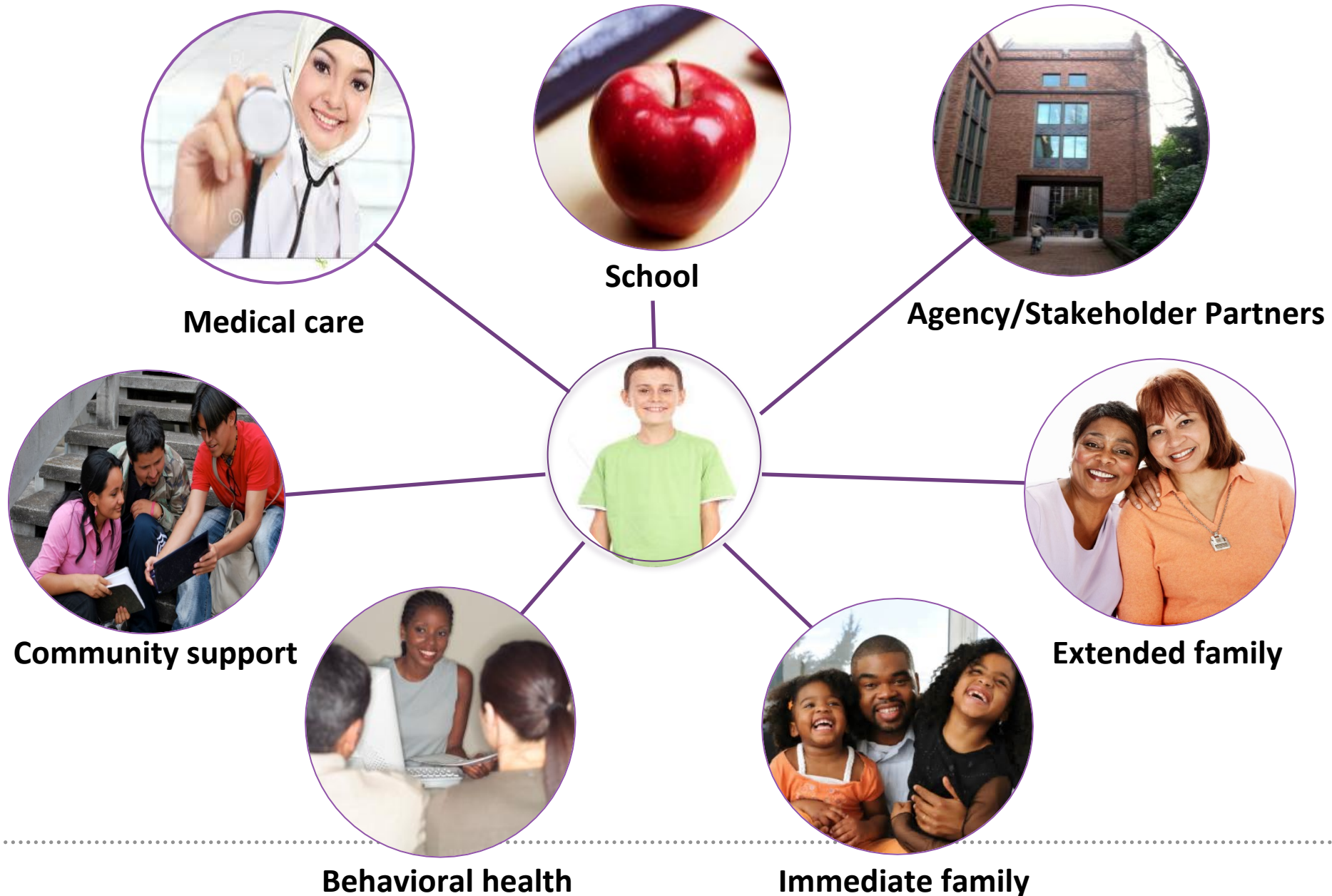
The Wraparound Approach and Mitigating Future ACES

- Wraparound Approach and Arizona 12 Principles
- The Wraparound Approach in Action
- Childhood Trauma and Impact on Children and Families

Statistics on Trauma and ACEs

- More than 6 in 10 U.S. youth have been exposed to violence within the past year, including witnessing violence, assault with a weapon, sexual victimization, child maltreatment, and dating violence.
- ACEs are common...nearly two-thirds (64%) of adults have at least one.
- Between 75 and 93 percent of youth in the juvenile justice system have experienced some degree of trauma.
- ACEs cause adult onset of chronic disease, such as cancer and heart disease, as well as mental illness, violence and being a victim of violence.
- ACEs don't occur alone....if you have one, there's an 87% chance that you have two or more.
- Predicted cost to the health care system from interpersonal violence and abuse ranges between \$333 billion and \$750 billion annually, or nearly 17% to 37.5% of total health care expenditures.

Wraparound Approach – The Golden Thread



Wraparound Approach

- **ONE SINGLE FAMILY PLAN – What does this look like?**
- **CULTURALLY RELEVANT – Community Based**
- **CONNECTIONS – Natural and Community Supports - Connecting families, religious organizations, neighbors, schools, and community partners in effective problem-solving relationships**
- **FAMILY VOICE and STORY – Individualized based on strengths of youth and family**

Through the Wraparound Approach systems work together to meet the needs of the child and family through Evidence Based and non-traditional approaches.

Arizona 12 Principles

1. Collaboration with child and family
2. Timeliness: responsive service
3. Functional outcomes: results that fit family
4. Services tailored to family
5. Collaboration with others (outside the family)
6. Stability: respect family's routine as much as possible

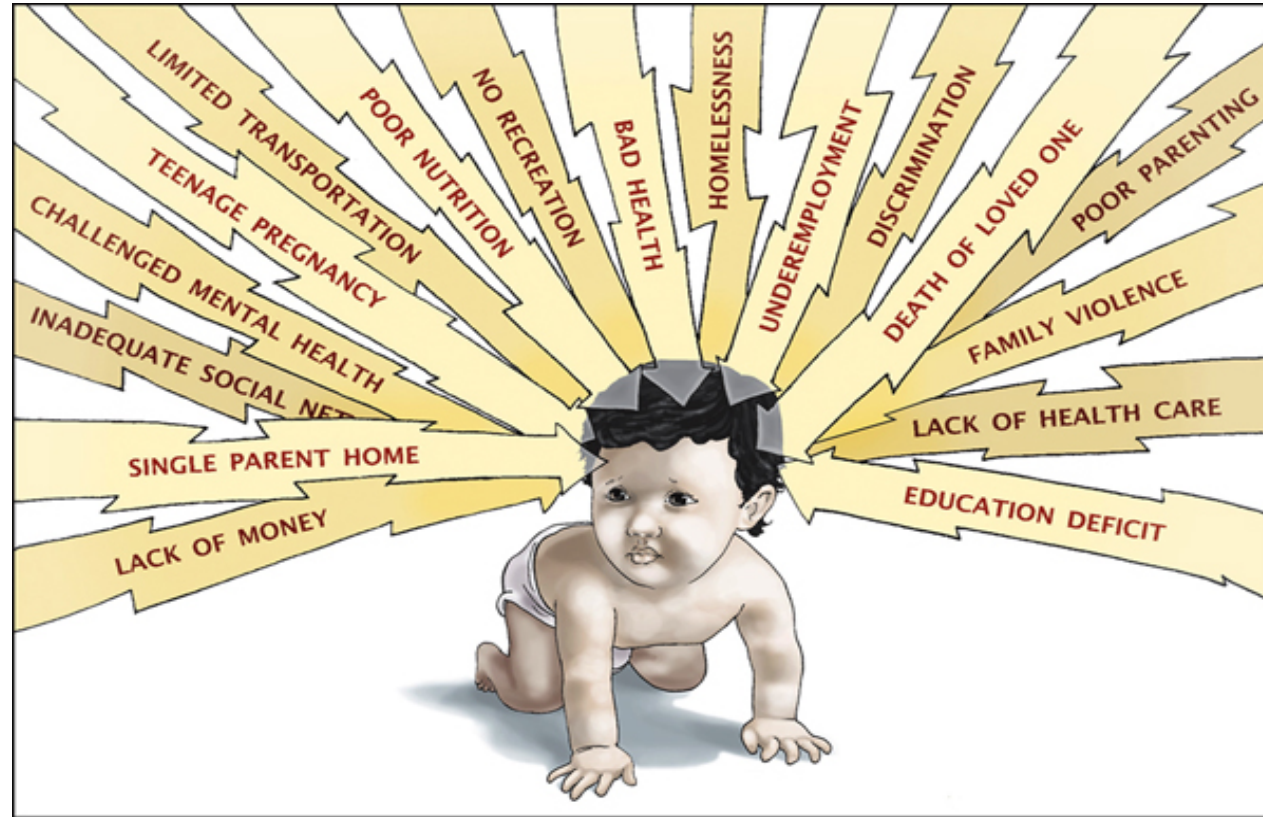


Arizona 12 Principles

- 7. Accessible services
- 8. Respect for child and family's unique cultural heritage
- 9. Best practices: knowing what tends to help
- 10. Independence: helping the family sustain itself
- 11. Most appropriate setting
- 12. Connection to natural supports (those we don't pay)



Shifting to Trauma Informed language from “Why did you do that?” to “What Happened to You”



Childhood Trauma and Impact on Children and Families

We know from ACES studies that children who experience trauma will likely experience a range of problems across life domains– therefore, a multi-prong approach is best practice.

Types of Trauma Experiences

- Neglect
- School Violence
- Displacement / System-Induced Trauma
- Traumatic Grief/Separation
- Assault
- Sexual Abuse or Assault
- Accidents
- Domestic Violence
- Abandonment
- Physical Abuse
- Witnessing violent behavior

Potential Trauma Impact

- Flight, fight or fright (freeze) response
- Short attention span
- Struggle learning; fall behind in school
- Respond to world as constant danger
- Distrustful of adults
- Unable to develop healthy peer relationships
- Low frustration tolerance
- Suicidality
- Poor problem-solving

Childhood Trauma and Impact on Children and Families

ACES is a gift to us and helps us be able to create proactive plans

Trauma Can Look Like

- Anxiety
 - Drinking alcohol and using drugs
 - Cutting
 - Smoking tobacco
 - Sexual promiscuity
 - Overeating/eating disorders
 - Delinquent behavior, violence
 - High-risk sports, etc.
 - Physical Ailments
 - Poor school performance
 - Oppositional Behavior
 - Somatic Complaints
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- May not be core **problem**
 - They may be **coping** devices
 - A way to feel safe or just feel better
 - Dismissing as “bad habits” or “self destructive behavior” misses their functionality

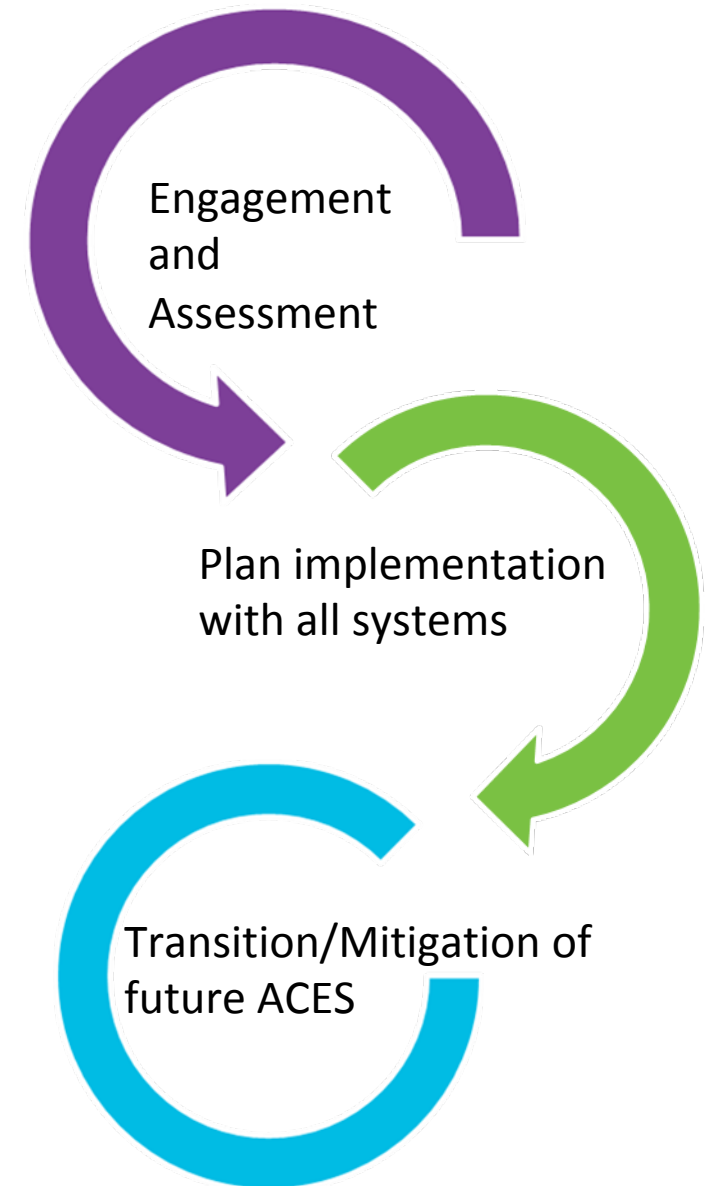
Potential Interventions

Evidence Based Practices:

- Functional Family Therapy
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
- Transition to Independence Process (TIP)
- Cognitive Behavioral Therapy for Substance Use Disorders
- Multi-Systemic Family Therapy
- Dialectical Behavioral Therapy
- Eye Movement Desensitization Reprocessing (EMDR)
- Family Support Services

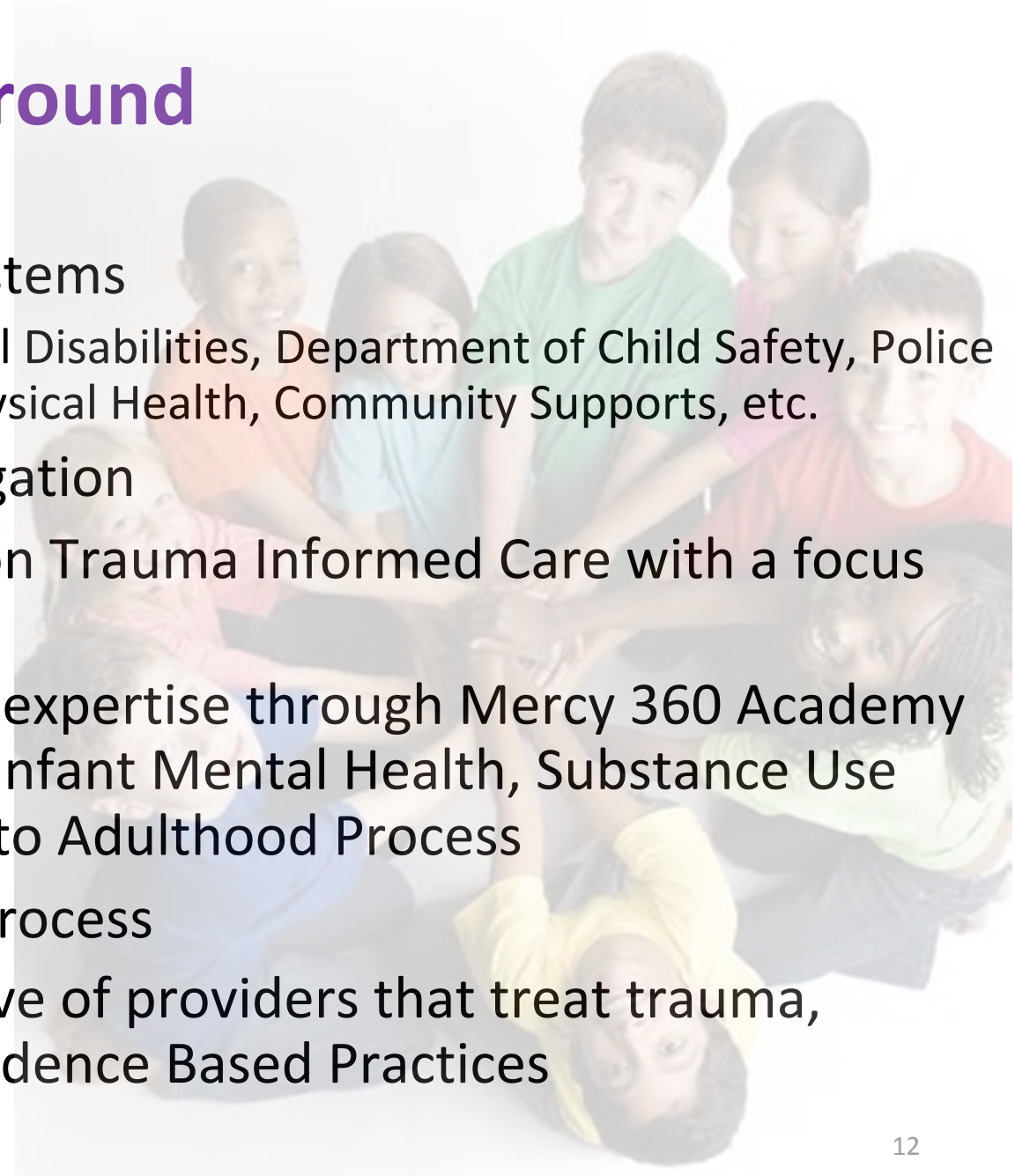
Wraparound Approach in Action

- Through the assessment process, the team can identify strengths and underlying needs to create attainable goals for the Child and Family
- The team works together to implement a plan, inclusive of Evidence Based Practices and stakeholder connection across systems (school, housing, nutrition, physical health)
- Using this approach, the Child and Family can transition out of services using their skills and support from non-formal providers and preventing future traumatic experiences



Mercy Care Supporting Wraparound

- Collaborative Partnerships within the Systems
 - Education System, Division of Developmental Disabilities, Department of Child Safety, Police Department, Department of Corrections, Physical Health, Community Supports, etc.
- Connecting and Supporting System Navigation
- Training for Caregivers and Community on Trauma Informed Care with a focus on the child welfare population
- Workforce development and increase of expertise through Mercy 360 Academy which offers training specific to trauma, Infant Mental Health, Substance Use Disorder and Opioids and the Transition to Adulthood Process
- Fidelity monitoring to the Wraparound Process
- Continued Network development inclusive of providers that treat trauma, promote positive outcomes and offer Evidence Based Practices



Thank you!