

# 2018 TK CONFERENCE LOS ANGELES



**2018 TK**  
CONFERENCE  
LOS ANGELES

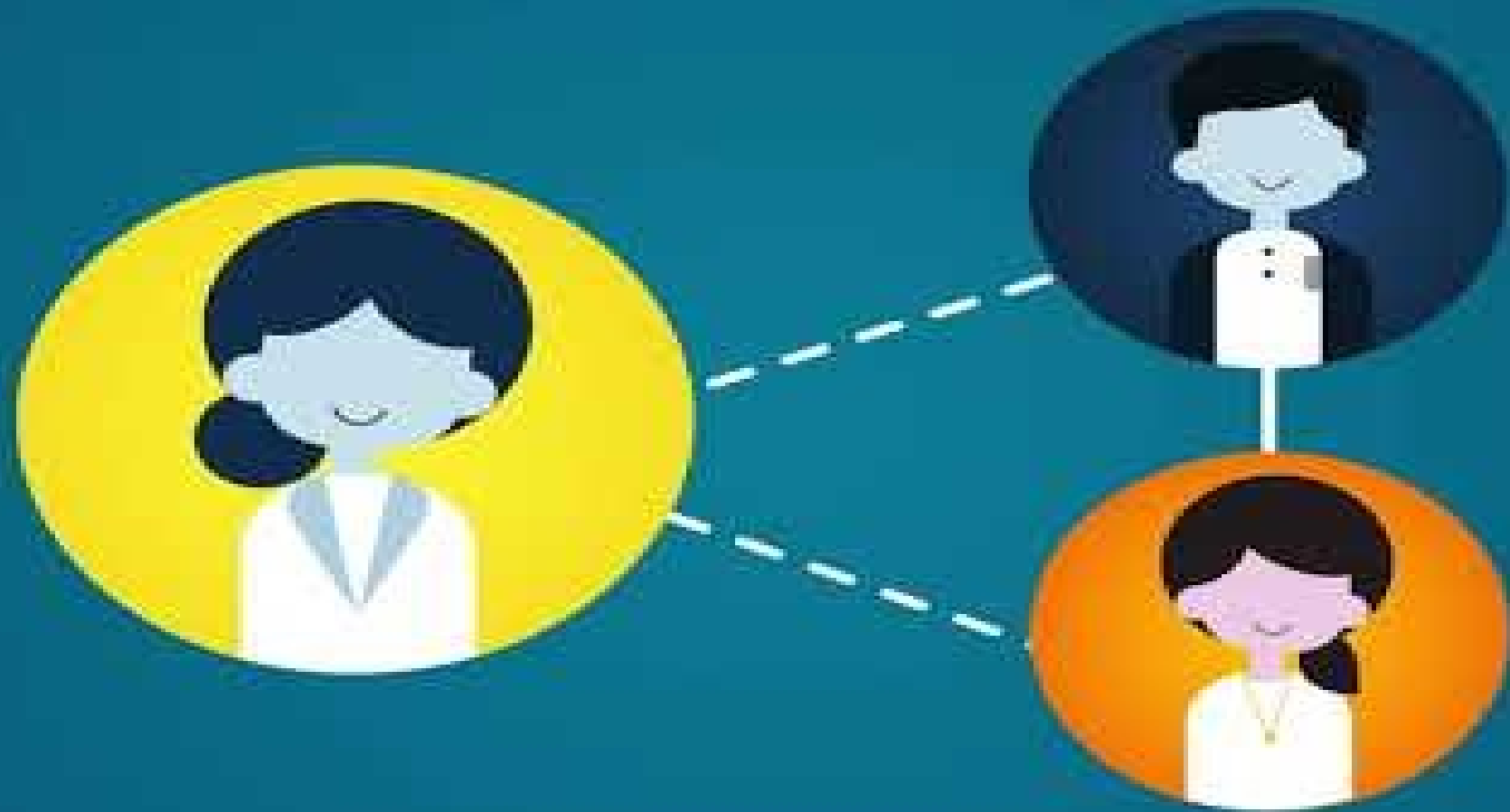
# Trauma Informed Care



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**Executive Director**  
**Young & Healthy**

**2018 TK**  
CONFERENCE  
LOS ANGELES

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# Adverse Childhood Experiences (ACEs)

Kaiser Permanente & the Centers for Disease Control (CDC) (1998)

# ACEs

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse



# What's an ACE Score?



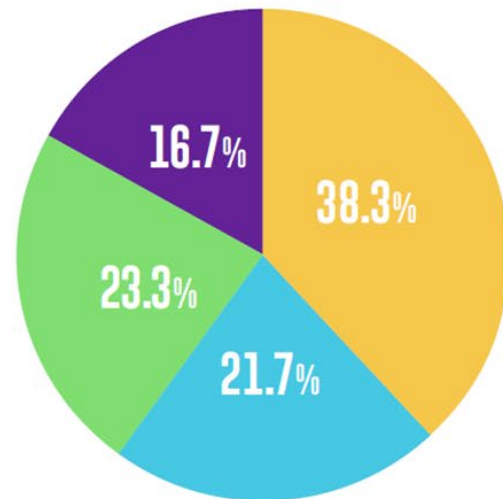
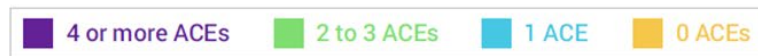
# Adverse Community Experiences (ACEs)



# ACEs are incredibly common

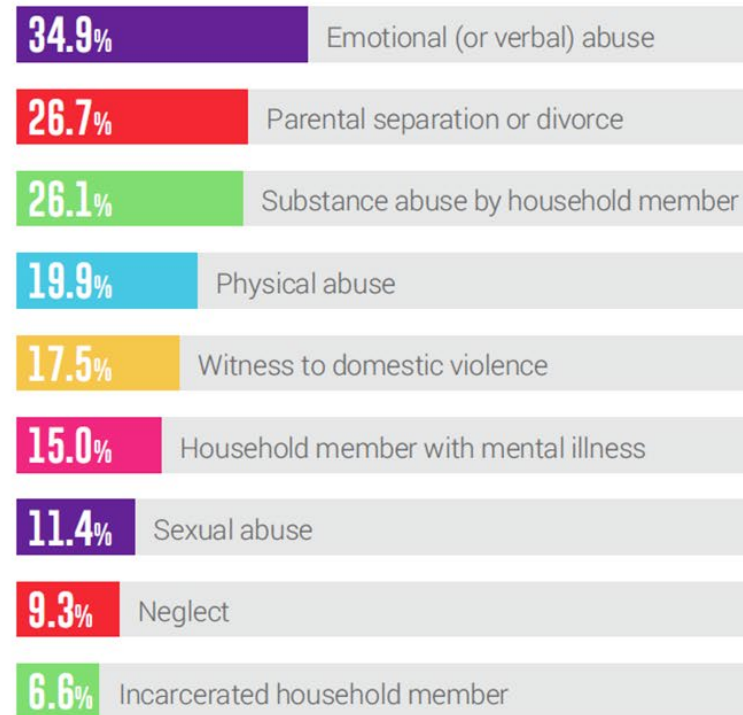
## KEY FINDINGS

In California, **61.7%** of adults have experienced at least one ACE and **one in six**, or 16.7%, have experienced four or more ACEs. The most common ACE among California adults is emotional (or verbal) abuse.



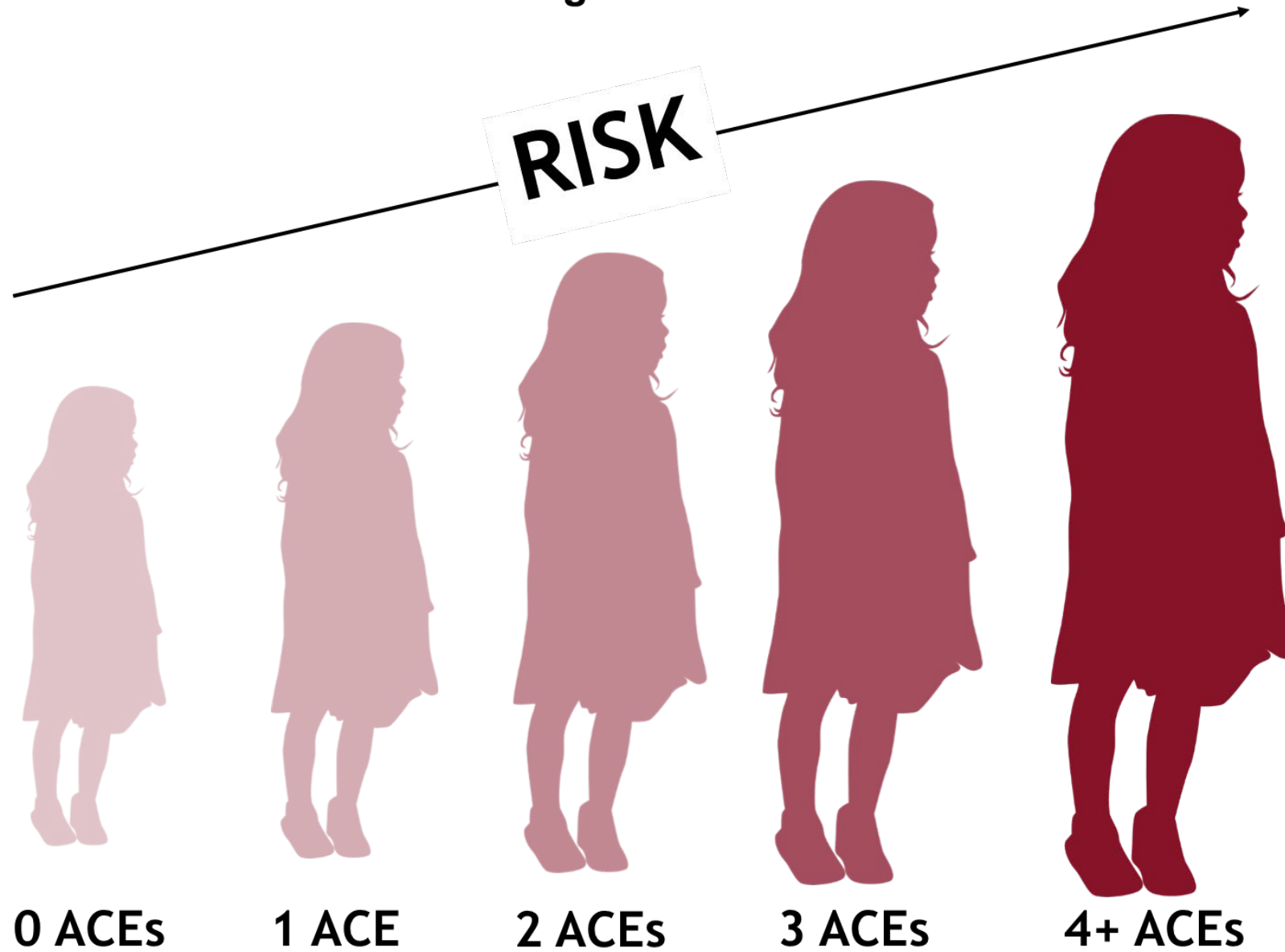
Prevalence of number of ACEs among California adults

## Most common ACEs among California Adults



Most common ACEs among California adults

As the number of ACEs increases, so does  
the risk for negative health outcomes



# How ACEs affect schools





# How ACEs affect schools

A student with an ACE score of **3** is:

- **3 X** more likely to experience **academic failure**
- **5 X** as likely to have **attendance issues**
- **6 X** as likely to exhibit school **behavior problems**

# ACEs in the classroom

Acting out in  
social  
situations

Withdrawal

Demanding

Somatic  
complaints

Fear

Trouble with  
self-regulation

Trouble  
learning new  
skills

Fight  
Flight  
Freeze

Lacking  
confidence

Poor social  
skills

Lack of  
executive  
function

And many  
more...

# Traumatized Kids



# Something to consider

Is it **development**?

Is it **discipline**?

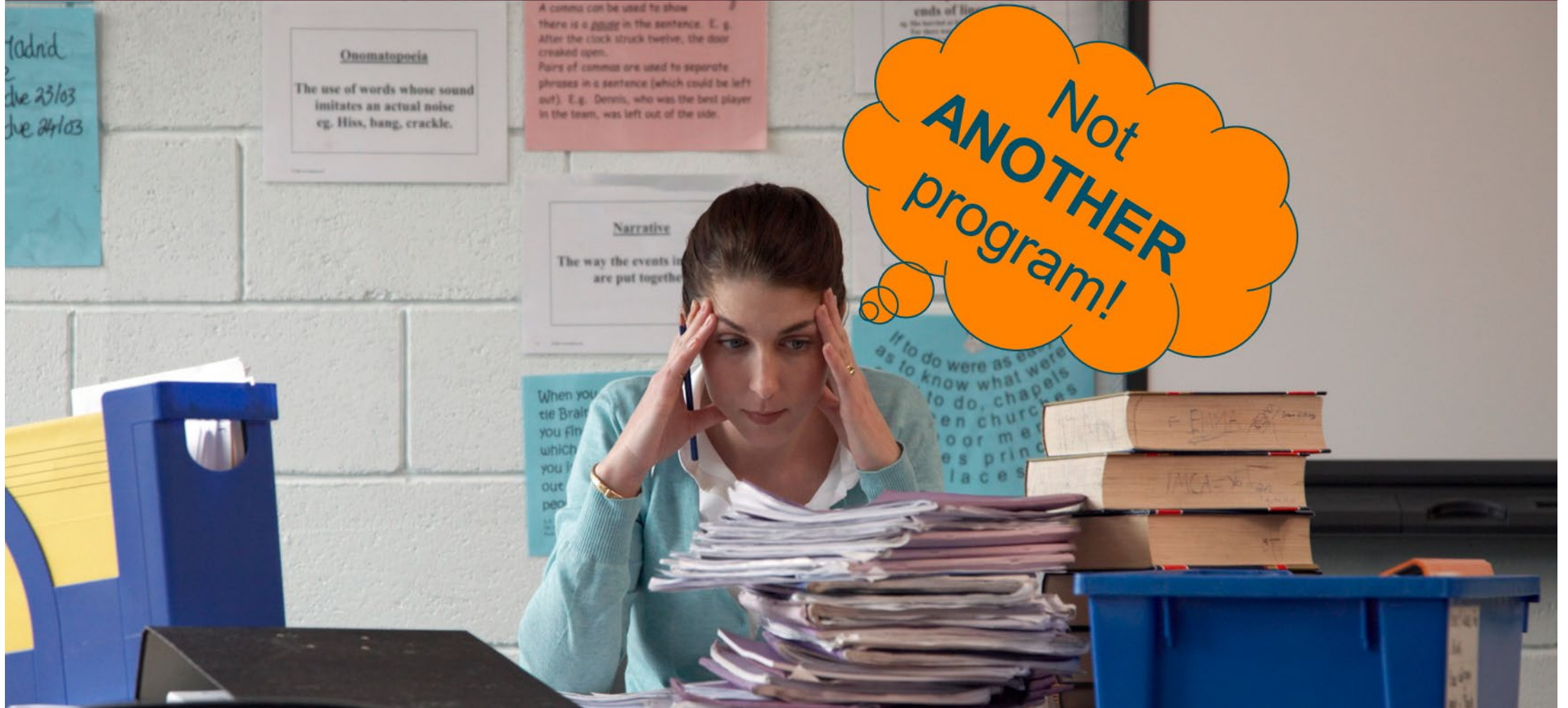
Is it **distress**?





KEEP CALM  
AND USE  
UNIVERSAL  
PRECAUTIONS

# I know what you're thinking...



# Trauma Informed Care

What is  
wrong  
with that  
child?

# Trauma Informed Care

~~What is  
wrong  
with that  
child?~~

**What  
*happened*  
to that  
child?**

How many of you got to choose  
your family?



# How many of you got to choose your family?



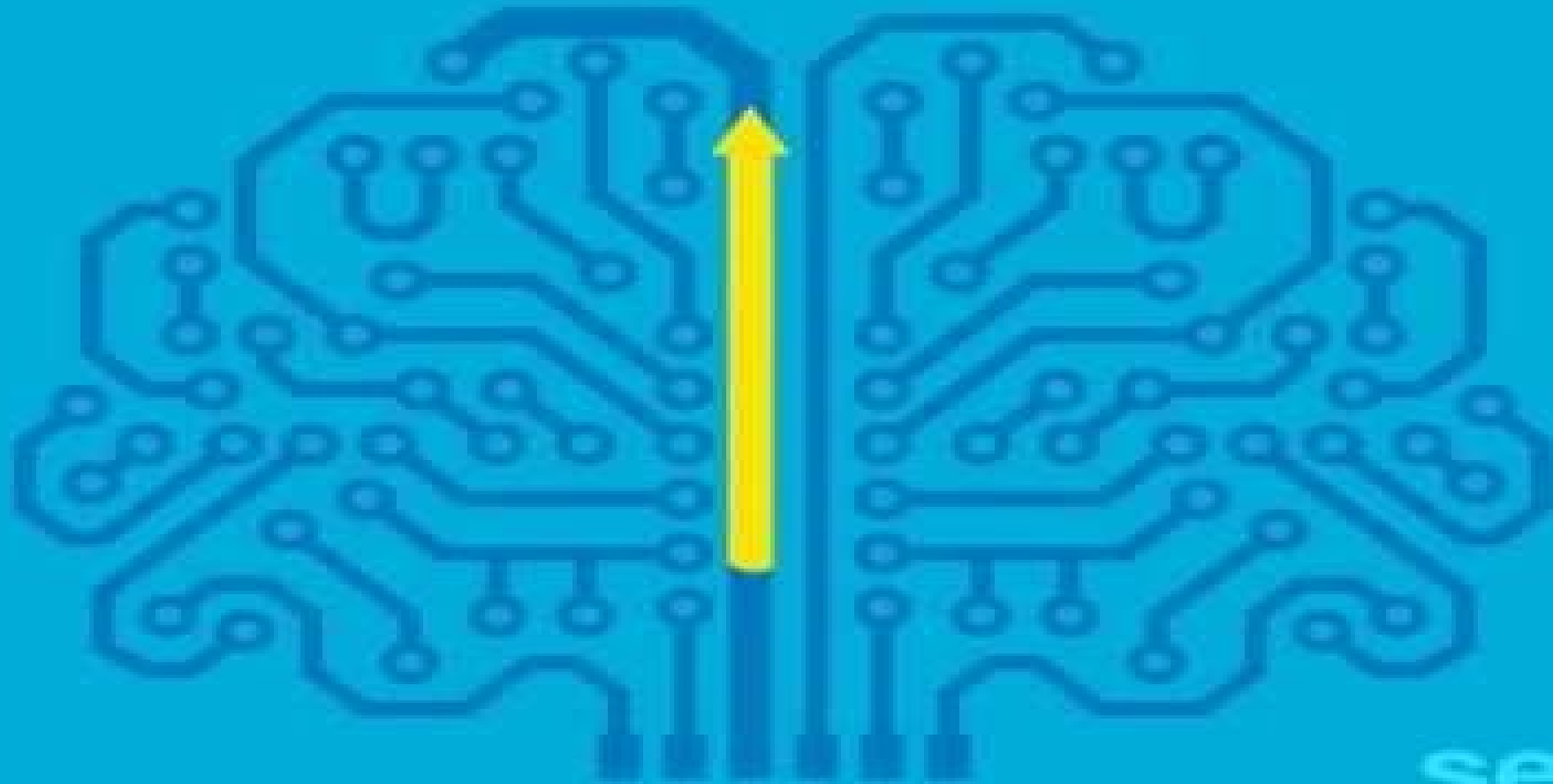
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“There is no greater insight into the future than recognizing... when we save our children, we save ourselves.”

- Margaret Mead, anthropologist



# Adversity is NOT Destiny!



sentis

# But how?

**In order to feel secure,  
children must feel:**

**Seen**

**Safe**

**Soothed**

-Dan Siegel & Tina Payne Bryson

A relationship with just one caring adult  
can make all the difference



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**A relationship with just one caring adult  
can make all the difference**



**You can be the one!**

# Who believes in modeling?





35 years later



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# What you can model

**Self care**

**Self  
regulation**

**Compassion**

**Forgiveness**

**De-escalate,  
then discuss**

**Drop the  
mirror**

# What does self care look like?



# Self-Regulation





# Compassion and Forgiveness

**“WHEN THERE’S THAT FORGIVENESS  
PRESENT AND COMPASSION,  
IT JUST HELPS YOU LIVE  
SO MUCH EASIER.”**

**CRAIG T. NELSON**  
QUOTESEVERLASTING.COM

# De-Escalate, then Discuss

# DE-ESCALATE





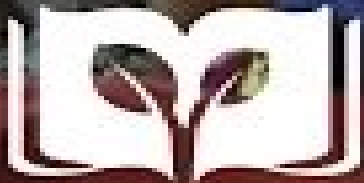
# Drop the mirror



ACE-impacted children are more common than seasonal allergy sufferers



EVERY  
OPPORTUNITY



4 - 7 - 8

In Hold Out



# Questions?

**Please complete  
the evaluation.**



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