

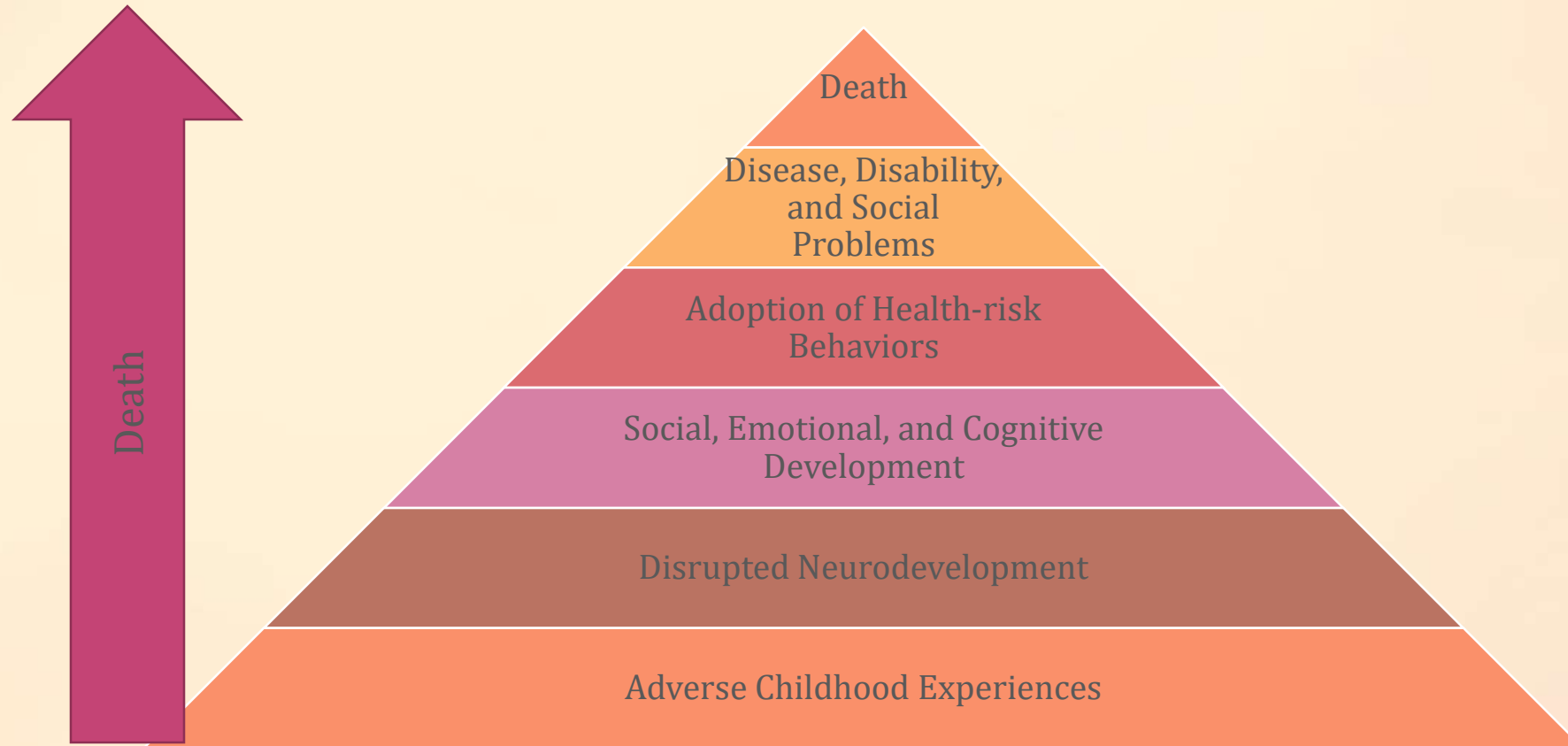


children & families of iowa

# Safety & Resiliency for Trauma Exposed Families

Presented by Pat Rogness, MS, LMHC, CADC  
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# Adverse Childhood Experiences



# Categories of ACE's

- Childhood Abuse
  - Physical Abuse
  - Psychological Abuse
  - Sexual Abuse
  - Emotional Neglect
  - Physical Neglect
- Familial/Social Environments
  - Substance Abuse
  - Mental Illness
  - Member imprisoned
  - Adult Violence
  - Parental separation or divorce

Sierra:

ACE Score:

Resiliency factors:

# Behavioral Responses of Trauma:

- **Fight:** physiological arousal
- **Flight:** withdrawal and escape
- **Freeze:** stilling and constriction

# Stages of Recovery:

- Safety
- Mourning
- Reconnection

# Court Team:

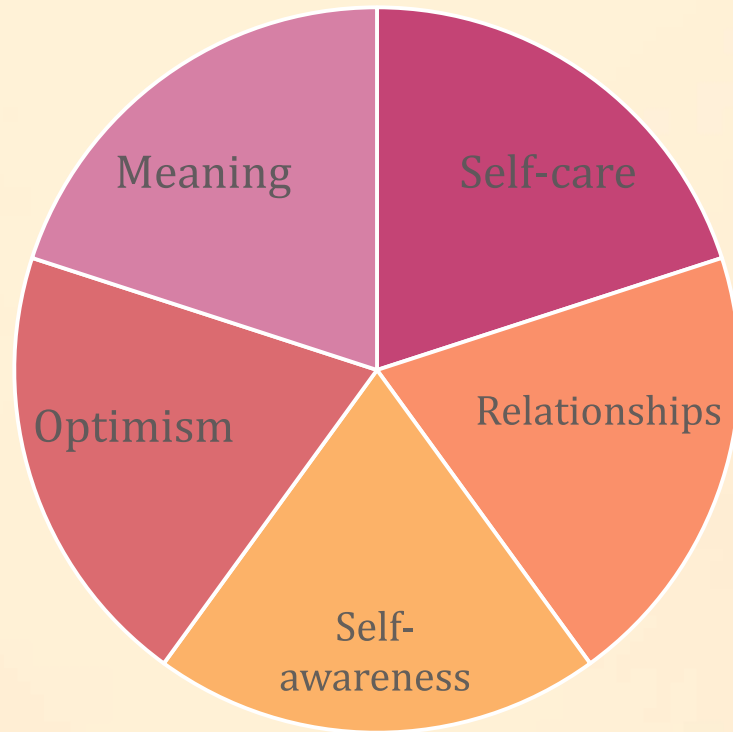


# Interventions:

- Welcoming/engaging/empathetic approach from team members
- Trauma informed space
- Front loading/early referral to services
- Peer Support
- Parent Partners
- Soft handoffs
- Court team – keeping in mind ACE score



# Resiliency:

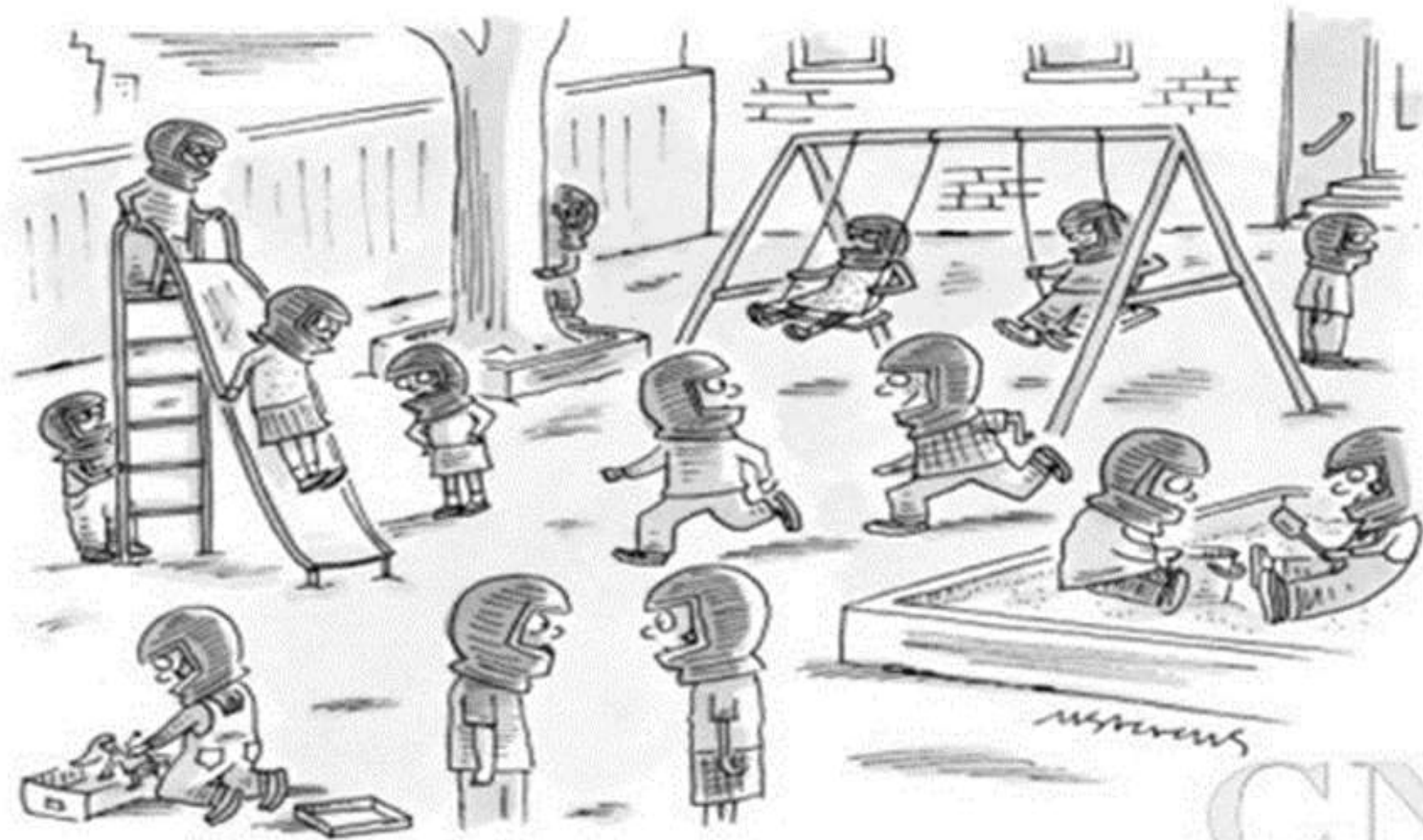


## Resiliency:

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

Dr. Rachel Remen,

*Kitchen Table Wisdom 1996*



*"I liked recess a lot better before the safety helmets."*

CN  
COLLECTION

# Moving forward:

- What have we learned or thought about differently today?
- What concept or tool from this breakout session can you take back and apply immediately in your work?

## How to contact us:

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