**COSA Meeting**

**April 24, 2018**

**Stress Trauma and Resilience – Kristal Cleaver**

CSO is not inventing Trauma Informed Care, this is like Trauma Informed Care 2.0

We use Roger Fallet’s principles:

* Trustworthiness
* Empowerment
* Choice
* Collaboration
* Safety

CSO does annual surveys to gather information and to ask the 10 ACES questions (Adverse Childhood Experience Study)

The ACE study showed the presence of heart disease, smoking, teenage pregnancy etc… went up with the history of Adverse Childhood Experiences. This was the beginning of correlating adversity with physical health.

CSO STAR Program

Awarded a grant from SAMHSA for 5 years to become a child trauma treatment center. They are a part of the National network.

The **vision** is to raise awareness about the effects of trauma and build understanding of how to support resilience in children and their families. It is also our hope that those whose lives have been affected by trauma will receive the support they need to find healing.

The adversity creates neurological, endocrine and problems.

A pediatrician in San Francisco reacted to the ACES information in their practice. They believe universal screening needs to be part of a well-child physical

Once they have their ACE score you can try to address it. They instituted the following:

1. Decrease the load of adversity – Use RN home visits
2. Strengthen parenting skills
3. Therapy, meditation and mindfulness
4. Nutrition, sleep and exercise
5. Education

Cooley Dickinson had Trauma Informed training in the emergency and behavioral health units and the use of restraints plummeted. They also are looking at women addicted to opiods to prepare for the delivery of newborns that will be addicted. The entire OB team will be trained in trauma.

Laurie Loisel shared that there is a group of people meeting to see how to bring trauma informed care into a variety of services in Hampshire County. Roads to Resilience is the name of an upcoming conference. OCTOBER 25th at Hadley Farms Meeting House.

Avg. adult ACE score at CSO is 5 (4 is the tipping point). Avg. score for children is 3.5. They are finding the average is the same for people living in Springfield, Amherst, Ware, etc.

CSO Star

* Provides training to staff in the ARC framework ((Attachment, Regulation, and Competency).
* Provides treatment to kids and families using ARC.
* Provide training and education in the community about stress and trauma and its effects on the developing brains and bodies of children.

HOW CAN YOU BE INVOLVED?

* Number One factor in building resilience for children is having one caring adult. BE THAT ADULT
* Practice self-care and use supports to maintain wellness Those who have resilience can teach resilience
* Work to understand the effects of trauma and stress in the lives of children and families. Be an ACES ambassador
* Learn more about trauma informed practice and encourage organizations to begin or continue their work in this area. It is a journey and not a destination.

Want more information? Contact Kristal Cleaver KCleaver@csoinc.org

RESOURCE:

Treating Traumatic Stress in Children and Adolescents by Margaret Blaustein and Kristine Kinniburgh