A multidimensional approach for the provision of trauma-based treatment in foster and residential care.

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Learning Objectives

• Become familiar with the integration of trauma-based approaches within different areas of the organization, from programs to the entire agency
  • Learn how implementation science can guide initial implementation, adaptation and sustainability of evidence-based models (EBMs) amid resource constraints.

• Learn to work with multidisciplinary staff, and how to
  • Integrate and incorporate EB trauma-based treatment, a group-based trauma-based treatment model, a case management model, and an overall agency framework that is reflective of becoming trauma-aware and proactive.

• Learn how to address compassion fatigue among staff that provides direct, clinical, and medical services to high-needs children.
Presentation Outline

- Background
  - Background of MercyFirst
  - Trauma Definitions
    - With case example
- Trauma Informed Care Organizations
  - Sanctuary
- Doing the Work: Trauma Informed Modalities
  - EBMs and Adaptations thereof
  - Expressive and Sensory Approaches

- How to Get There
  - Implementation Science
  - Staff and Employee Engagement

- Keeping On Keeping On
  - Compassion Fatigue
  - Trauma Revisited

Background of MercyFirst

- MercyFirst Background, History, and Location
- Population Served
- Programs and Services
- Interventions and Continuum of Care
Trauma

- Definition
- Polytrauma
- Complex Trauma
  - Domains of Complex Trauma
    - Attachment and Relationships
    - Physical Health
    - Emotional Response
    - Cognition
    - Self-Concept and Future Orientation
    - Dissociation
  - Disrupted Attachment and Regulation

Case Example (Paolo)

- Entered treatment in the US at 15-years-old
- Trauma history
- Complex Trauma Domains
- “Ping-Pong” Placements
Trauma Informed Care

- Trauma Informed Care Organizations
- Modalities
  - Sanctuary Model
  - EBMs; TF-CBT and SPARCS
  - Sensory and Expressive Modalities
  - SBC

Trauma Informed Care Organizations and Modalities

- Trauma Based Models:
  - Sanctuary Model
  - S.E.L.F.
Trauma Informed Care Modalities

- Trauma EBMS
  - Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), and
  - Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS)

- Sensory and Expressive Modalities
- Occupational Therapy
- Art Therapy
- Yoga
- Equine Therapy
- Dog program
- Writers Group
- Sanctuary Meal
Sanctuary Meal

An Example of Combining Expressive Therapies in a New Way

- A symbolic meal to dramatize Sanctuary concepts
- Each concept is represented by a food
- Participants choose songs, create artwork,
- and write poems about each of the concepts, and these are presented as each concept is described.
**Trauma Informed Care Modalities**

- Case management model as an adjunctive component to EBMS
- Child Welfare Practice Model: Solution Based Casework (SBC)
  - SBC provides a common conceptual map for child welfare caseworkers, supervisors, leadership, and treatment providers to help focus everyone’s efforts on clear and agreed upon outcomes.

**Implementation Science**

- Implementation of Evidence-Based and Evidence-Informed Practices in Community Based-Settings
- Initial Implementation
- Adaptation and Sustainability
Implementation Science

- Translating Research into Practice

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Implementation Science

- Path towards Trauma Informed Care
  - It’s not always a straight path
  - Challenges and Successes
- Adaptation to agency-based setting
- Model Fidelity
  - Example: Implementation of EBM/EBIs at MercyFirst
    - Clinician Training
    - Multidisciplinary Staff Training
- Outcomes and Impact
- Sustainability
  - Resource constraints and Staffing
Staffing and Employee Engagement

- Employees as key drives of implementation and sustainability
- Relational and attachment based practice
- Agency climate and culture

Compassion Fatigue

- What is it?
- What are the signs?
- Risks to clients and self
- How can we prevent it?
  - Recognize the signs and symptoms
  - Self Care
  - Supervision, coaching, and mentoring
Exercise

- Write down 3 negative impacts of the work that you do
- Pass it to your colleague to your right
- Talk about what that experience feels like
- Guiding principles to address and combat compassion fatigue

Trauma Revisited

- Resilience and protective factors (perceived support)
- Post-traumatic growth
Questions?

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