

DEVELOPMENTAL TRAUMA & THE DTAA

HEALING CHILDHOOD TRAUMA
TOGETHER

Complex Trauma Symposium,
Montreal, June 2019





Agenda:

- ▶ What is the Developmental Trauma Action Alliance?
- ▶ Why & How did we create the DTAA?
- ▶ Action across sectors
- ▶ Next Steps
- ▶ Questions?

What is the Developmental Trauma Action Alliance?

- ▶ *A multi-sector collective formed to effect transformative, systemic change to improve the long-term outcomes and overall well-being of children, youth and adults who have experienced Developmental Trauma.*
- ▶ Our Vision:
 - ▶ A province that provides every child and every person with the necessary supports to heal from early adversity and Developmental Trauma so that they may realize their full potential.

DTAA Mission

- ▶ To provide **families** with the **specialized knowledge and training** to help them understand Developmental Trauma and help their children heal from it
- ▶ To provide **front line professionals** with the **training** to recognize Developmental Trauma, and the **tools** to work with children and families in the healing of it
- ▶ To **grow and share** the knowledge and understanding of Developmental Trauma as a fundamental condition of **children and families** involved with **child welfare**
- ▶ To engage with **policy makers and community leaders** across sectors and **advocate for training of professionals and provision of services and support** from a Developmental Trauma perspective for all children, youth and adults in Ontario

The Developmental Trauma Action Alliance:

Across sectors, across the province

DTAA MEMBERS:

JUDY ARCHER, PASS MANAGER, **ADOPTION COUNCIL OF ONTARIO** / **MICHAEL BLUGERMAN**, ADOPTION PRACTITIONER, **PRIVATE PRACTICE** / **TERRA BOVINGDON**, THERAPIST, **PRIVATE PRACTICE** / **NOELLE BURKE**, PERMANENCY WORKER, **JEWISH FAMILY & CHILD** / **DR. LORRAINE CAMPBELL**, CHILD PSYCHOLOGIST, **VIVIDHEALTH** / **PAT CONVERY**, EXECUTIVE DIRECTOR, **ADOPTION COUNCIL OF ONTARIO** / **DR. ALLISON CRAWFORD**, PSYCHIATRIST, DIRECTOR TELE-PSYCHIATRY, **CAMH** / **LORI DEWITTE**, PRINCIPAL, **DUFFERIN-PEEL CATHOLIC DISTRICT SCHOOL BOARD** / **DR. SUSAN DUNDAS**, PSYCHIATRIST, **SICK KIDS HOSPITAL, HINCKS-DELLCREST, NORTHERN TELE-PSYCHIATRY** / **LAURA EGGERTSON**, WRITER & JOURNALIST, / **ANNA EKINS**, CHILD WELFARE SECRETARIAT, **MCYS** / **DR. BARBARA FALLON**, ASSOCIATE PROFESSOR & ASSOCIATE DEAN OF RESEARCH, **CANADA RESEARCH CHAIR IN CHILD WELFARE**, FACULTY OF SOCIAL WORK, **UNIVERSITY OF TORONTO** / **PATRICIA FENTON**, ADOPTION PRACTITIONER, **PRIVATE PRACTICE** / **JOANNE FILIPPELLI**, RESEARCH ASSOCIATE, **FACTOR-INWENTASH SCHOOL OF SOCIAL WORK, UNIVERSITY OF TORONTO** / **BRAD GIBBONS**, CHILD AND YOUTH WORKER, **PRIVATE PRACTICE** / **SYLVIA GIBBONS**, PARENT LIAISON, **ADOPTION COUNCIL OF ONTARIO** / **LETICIA GRACIA**, DIRECTOR OF COMMUNITY CLINIC, **THE GEORGE HULL CENTRE FOR CHILDREN & FAMILIES** / **COLLEEN HOWARD**, MANAGING DIRECTOR, **HOWARD & ASSOCIATES** / **BARBARA JONES WARRICK**, PSYCHOTHERAPIST, **PRIVATE PRACTICE** / **TOM KNOWLES**, DETECTIVE CONSTABLE, **TORONTO POLICE SERVICE** / **DR. CHAYA KULKARNI**, DIRECTOR, INFANT MENTAL HEALTH PROGRAM, **THE HOSPITAL FOR SICK CHILDREN** / **MARY-JO LAND**, PSYCHOTHERAPIST, **ATTACH CANADA, PRIVATE PRACTICE** / **DR. RUTH LANIUS**, PROFESSOR & CLINICIAN, **UNIVERSITY OF WESTERN ONTARIO** / **ERIN LEGARY**, ADOPTIVE PARENT / **CATHERN LETHBRIDGE**, PRINCIPAL OF WELLBEING, **SIMCOE COUNTY DISTRICT SCHOOL BOARD** / **JAY LOMAX**, ADOPTION & PERMANENCY WORKER, **NATIVE CHILD & FAMILY SERVICES OF TORONTO** / **KENNY LORD**, AUTHOR AND FORMER POLICE OFFICER / **RACHAEL MANION**, SENIOR ASSOCIATE AND RESEARCH DIRECTOR, **3SIXTY PUBLIC AFFAIRS, OTTAWA** / **ALEXIS MARTIN**, SENIOR CONSULTANT, **DELOITTE** / **DR. WENDY MANEL**, TRAUMA-INFORMED PRACTICE LEAD, **TORONTO CATHOLIC CHILDREN'S AID SOCIETY** / **DR. ROBERT MAUNDER**, PROFESSOR OF PSYCHIATRY, **UNIVERSITY OF TORONTO**, DEPUTY PSYCHIATRIST IN CHIEF & HEAD OF RESEARCH, **SINAI HEALTH SYSTEM** / **MARY MCGOWAN**, EXECUTIVE DIRECTOR, **ATTACH** / **KAREN MCLENNAN**, ADOPTION PRACTITIONER, **PRIVATE PRACTICE** / **DR. SONIA MENARD**, PAEDIATRICIAN, **MARKHAM STOUFFVILLE HOSPITAL & TORONTO CHILDREN'S AID SOCIETY** / **DR. CHARLIE MENENDEZ**, PSYCHOLOGIST, **PRIVATE PRACTICE** / **LORETTA MONTGOMERY**, ADOPTION WORKER, **CHILDREN'S AID SOCIETY OF THE DISTRICT OF THUNDER BAY** / **KAREN MOORE**, DIRECTOR OF CLINICAL SERVICES, **OPEN DOORS FOR LANARK COUNTY** / **CATHY MURPHY**, EXECUTIVE DIRECTOR, **ADOPTION COUNCIL OF CANADA** / **SUSAN O'QUINN**, FAMILY HELP ONLINE, **PRIVATE PRACTICE** / **MELISSA PYE**, PSYCHOLOGICAL ASSOCIATE, **THUNDER BAY CHILDREN'S CENTRE** / **ELAINE QUINN**, PERMANENCY & ADOPTION TRAINER / **KATHY SODEN**, PACT MANAGER, **ADOPTION COUNCIL OF ONTARIO** / **KIM STEVENS**, ADVOCATE, **NORTH AMERICAN COUNCIL ON ADOPTABLE CHILDREN (NACAC)** / **DANIELLE SZANDTNER**, LAWYER & MEDIATOR, **PRIVATE PRACTICE** / **DARCY THACHUK**, ADOPTION RECRUITER, **WINDSOR-ESSEX CHILDREN'S AID SOCIETY** / **SUSANNE TRUELSEN**, FACULTY OF SOCIAL WORK, **UNIVERSITY OF TORONTO** / **HEATHER TUBA**, SUPPORT FOR PARTNERS OF SURVIVORS, **PRIVATE PRACTICE** / **DEANNE WALTERS**, ADOPTION SUPERVISOR, **OTTAWA CHILDREN'S AID SOCIETY** / **AVIVA ZUKERMAN SCHURE**, NEVER TOO LATE INITIATIVE, **ADOPTION COUNCIL OF ONTARIO**

DTAA: Why?

- ▶ Kids not being understood
 - ▶ By families, schools, children's mental health, child welfare, justice
 - ▶ Behaviour is communication; needs to be decoded
 - ▶ When kids (and adults) truly FEEL understood they can begin to trust
 - ▶ Leads the way to healing
- ▶ Knowledge gap across sectors
- ▶ Inconsistencies across sectors
- ▶ Need to elevate children's & families' voices





DTAA: How?

- ▶ Collective impact approach
- ▶ Members: lived experience AND professionals - grassroots in nature, creation of a network
- ▶ Funding - small budget, lots of volunteer time, agencies, passion & commitment
- ▶ Journey so far - brainstorming & visioning, committees, messaging - “elevator pitch”, flyer & webpage, resources, campaign round tables, strategic planning

WHAT IS DEVELOPMENTAL TRAUMA?

Trauma, particularly in the first three years of life, leads to profound changes in our brain and body. These changes can affect lifelong relationships, mental and physical health, learning, living and parenting. This process is called “developmental trauma”.

WHAT IS DEVELOPMENTAL TRAUMA?

What is
Wrong with
You?



What
Happened
to You?



What
Happened to
You Doesn't
Define You

DTAA 1st Year:

- ▶ Name - “Action Alliance”
- ▶ Ontario Trillium Foundation funding - small Phase I Collective Impact grant
- ▶ Committees formed: Messaging, Stakeholder engagement, Knowledge Base, Campaign, Planning, Youth Engagement
- ▶ Endorsed Sick Kid’s IMHP’s *Call to Action on Behalf of Maltreated Infants, Toddlers and Preschoolers in Canada*
- ▶ Endorsed collaboration with Mt. Sinai on a grant to prepare resources and tools to assist family doctors in asking patients about early childhood adversity
- ▶ DTAA Flyer & webpage:
www.adoption.on.ca/developmental-trauma

DTAA Campaign:

- ▶ DT Resources for sharing:
www.adoption.on.ca/developmental-trauma/resources
- ▶ *Healing Childhood Trauma Together Campaign: 10 Roundtables in 8 Ontario communities and 2 virtually for listening and learning*

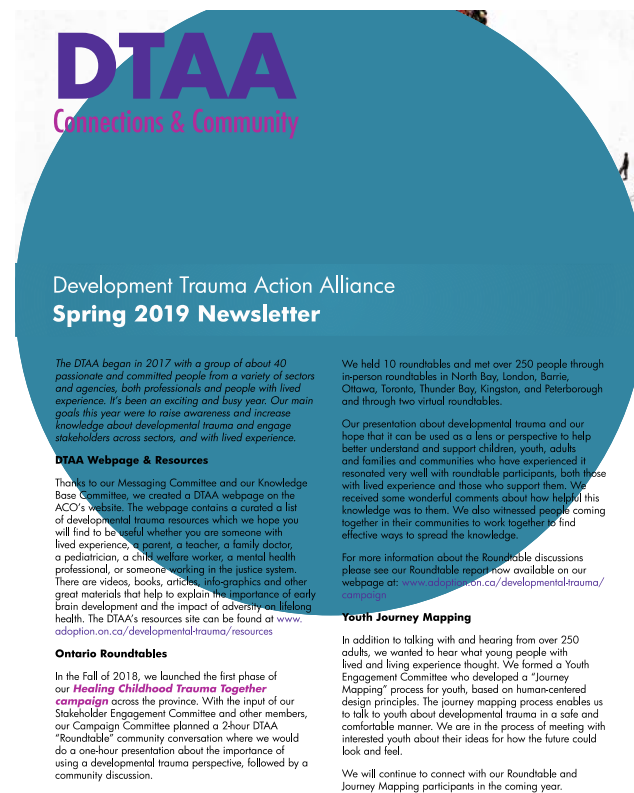
Roundtable Agenda:

- ▶ Why is Developmental Trauma Important?
- ▶ What is Developmental Trauma?
- ▶ What Helps..... Prevention & Healing
- ▶ The Developmental Trauma Action Alliance
- ▶ Next Steps
- ▶ A conversation together....

Roundtable Questions:

- ▶ Does the message resonate?
- ▶ What's out there in your community?
Services/gaps?
- ▶ Are there existing child/family-focused collaboratives in your community?
- ▶ Next steps? What could the DTAA do and what could you do in your community?

DTAA Rountable Report & Newsletter



DTAA Multi-sector Action:

Medicine/Paediatrics:

- ▶ Dr. Sonia Menard,
MDCM, FRCPC



Dr Sonia Ménard - Background

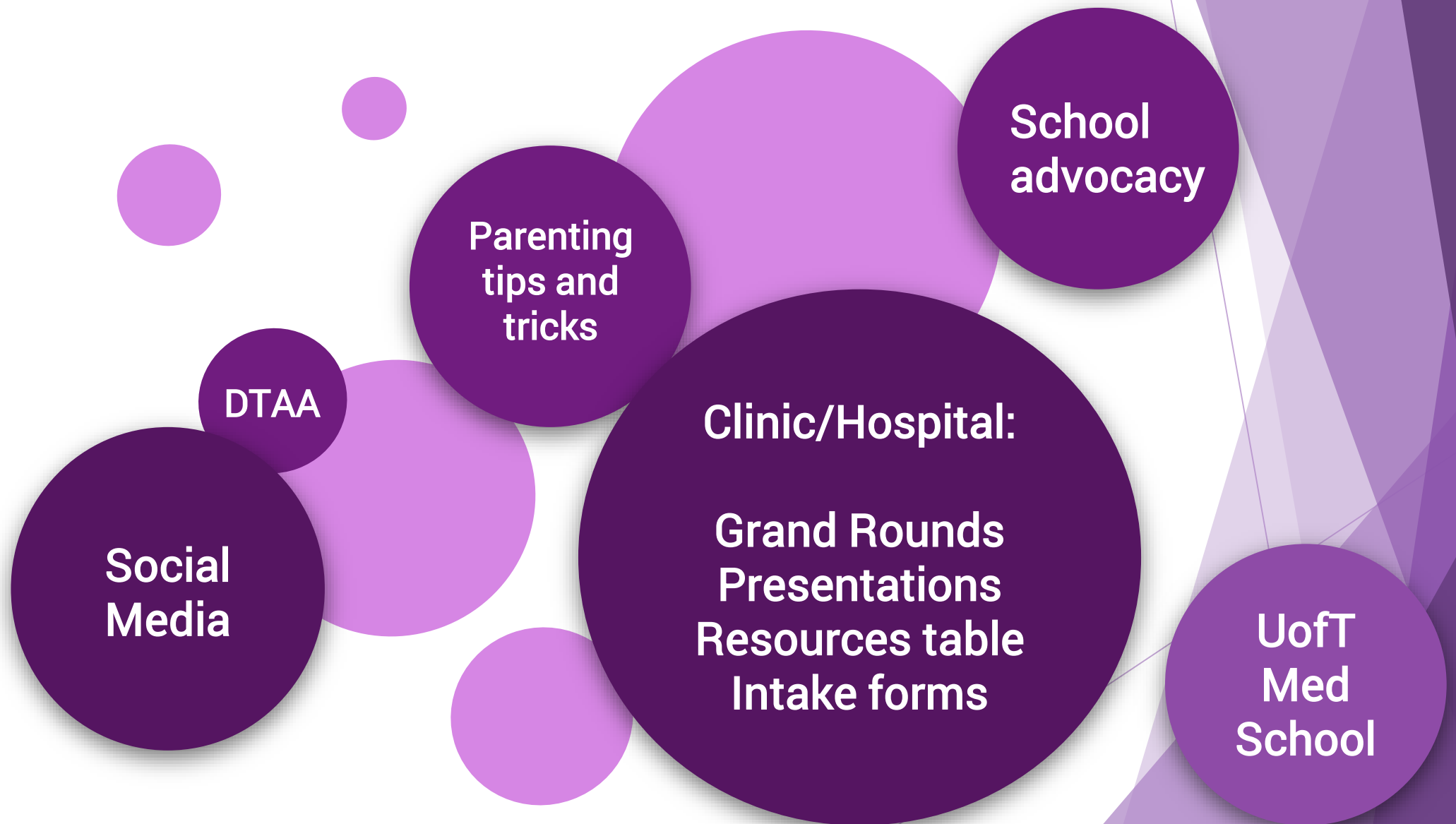
- Medical School
McGill University
- Residency
Hospital for Sick Children
- Cardiology Fellowship...
General pediatrician
- Adoptive mom
A whole new world!

DTAA

Dr Sonia Ménard - Personal Growth and Learning

- Child therapist - where the journey began for us...
- ACEs Study, Nadine Burke Harris, AAP trauma toolkit...
DTAA resources
- Brain Story Certification (now also offered in French)
- Trauma-Informed Psychopharmacology - Child Trauma Academy
- Counselling Skills Certification - SickKids Community Mental Health
- Indigenous Cultural Safety - San'yas

Dr Sonia Ménard - Increase Awareness



DTAA Multi-sector Action:

Children's Mental Health:

► Karen Moore



Open Doors for Lanark Children and Youth

- ✓ Children's Mental Health Center (*Rural Agency*) - Located Between Ottawa and Brockville, Ontario
- ✓ Serving Children and Youth Aged 0-18 and Their Families
- ✓ Strong Partnerships with Adult Mental Health, Addictions, Police, Child Welfare, Schools, and Education Boards
- ✓ Crisis Support, Walk In Clinics, Individual Counselling, Family Counselling, Group Counselling, Parent Info Nights, Section 23 Classrooms, CYAC, PLEO Parent Support and Groups
- ✓ Multi-Disciplinary Staff Including - Social Workers, Psychotherapists, Child and Youth Workers, Early Childhood Educators
- ✓ Trauma-Informed/Attachment Based Work—i.e. DDP Training
- ✓ FIT and Deliberate Practice
- ✓ Clinical In-Service
- ✓ Brain Story Training



DTAA Multi-sector Action:

Child Welfare:

- ▶ Dr. Wendy Manel, C. Psych.



Trauma-Informed Practice at the Catholic Children's Aid Society of Toronto

Dr. Wendy Manel, C. Psych.
Trauma-Informed Practice Lead



About the Catholic Children's Aid Society of Toronto (CCAS)



- ▶ 49 Children's Aid Societies and Indigenous Child and Family Well-Being Agencies in Ontario.
- ▶ For 125 years CCAS has been providing child protection services to the Catholic community in Toronto.
- ▶ Mandated under the Child, Youth and Family Services Act and funded by the Government of Ontario, CCAS is the second largest child welfare agency in the greater Toronto area.
- ▶ CCAS employs approximately 470 full-time staff, including more than 300 child protection workers.

Underlying Needs

Exposure to multiple and chronic adverse events, both before and after entering the system.

Trauma and toxic stress can have a profound negative impact on physical and psychological well-being and on a child's safety and permanency.

Child-and-family serving systems have a goal of improving outcomes for children and families and maintaining excellent standards of care.

Understanding and addressing the impact of trauma and toxic stress should be a priority for all child-and-family serving systems.

What is Trauma-Informed Practice?

- ▶ A framework or lens through which we approach our work and involves understanding, recognizing, and responding to the effects of trauma, toxic stress, and adversity.
- ▶ Shifts the core question away from “what is wrong with” a person towards the question of “what happened” to an individual or family.
- ▶ Involves addressing physical, psychological, and emotional safety for both service recipients and staff, and focuses on helping individuals build a sense of control and empowerment.

Historical Child Welfare Practice: A Brief Overview

- ▶ First Canadian Child Welfare organization established in 1891.
- ▶ Motto “It is wiser and less expensive to save children than to punish criminals”.
- ▶ Residual model in which intervention occurs when families have “failed” to meet minimum standards of care.
- ▶ Crisis-oriented, reactive, and remedial model vs. preventative.
- ▶ Modern Child Welfare practice has evolved from these roots.

A Tale of Two Approaches...

Historical Approach	Trauma-Informed Approach
Focus on the “what” – what’s wrong with you?	Focus on the who/why – “what’s happened to you – who are you?”
Focus on the problems/deficits	Focus on the strengths and needs
Power over	Power with
Worker driven case planning	Collaborative case planning
We need to be the “expert”	It’s ok not to know

Trauma-Informed Practice at CCAS: The Journey



Proposal prepared and presented to Senior Leadership.



Identification of a lead.



Work plan developed with focus on:

Educational events for staff, caregivers, volunteers.

Review of policies and practices

Focus on organizational culture

Relationships with community partners

Evaluation framework

Trauma-Informed Practice at CCAS: The Journey

- ▶ Initial focus on awareness-raising and foundational knowledge-building.
- ▶ 600 staff (direct service and support staff), caregivers, and volunteers participated in an introductory learning event focusing on:
 - Impact of toxic stress and adverse childhood experiences on brain architecture.
 - The impact of trauma and toxic stress on social-emotional development.
 - Resiliency.
 - Principles of trauma-informed practice.



DTAA Multi-sector Action:

Adoption & Permanency:

► Kathy Soden

*Webinar series for
adoptive & pre-adoptive
families*





DTAA Next Steps

- ▶ Healing childhood trauma campaign - new members, next steps creating regional & specialty “hubs”
- ▶ Alberta Family Wellness Initiative - great initiative & resources
- ▶ Explore other funding opportunities for:
- ▶ Research, Pilots, Resources, Support networks & services, Curriculum development/training
- ▶ LT goals for the future - improved outcomes and well-being
- ▶ Healing DT helps prevent DT in future generations
- ▶ Let’s keep talking and listening, and learning and working - TOGETHER!

DEVELOPMENTAL
TRAUMA ACTION
ALLIANCE:

Interested in being kept in
the loop about the DTAA?

Interested in getting
involved?

- *Email*
devtrauma@adoptontario.ca

DEVELOPMENTAL TRAUMA:

Let's Name It. Let's Heal It.

To Learn More

www.adoption.on.ca/developmental-trauma

THANK YOU!

