

Part 4-Person Centered Planning and Trauma Informed Care

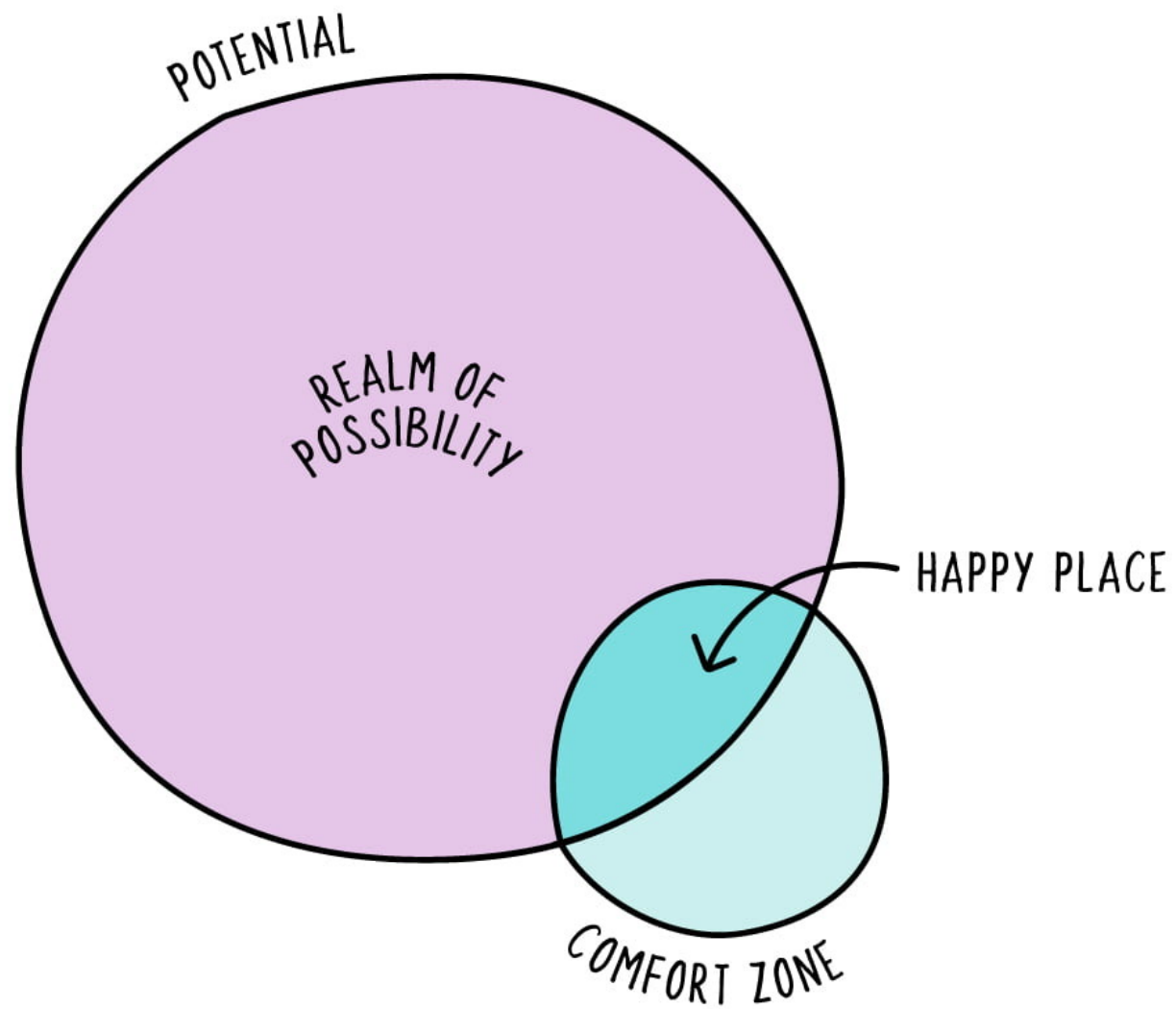


“Discovery consists of looking at the same thing as everyone else and seeing something different” -Albert Szent-Györgyi

"a discovery must be, by definition, at variance with existing knowledge,"-Gyorgi

**“People don’t like change and they don’t like
being told what to do”**

– Pete Moore



The Art

“The art is to balance dreams with doable, positive and possible steps, steps that will be implemented by a group of people working together.”

-Jack Pearpoint and Marsha Forest

Today's Community Experience _____

Check the box that applies to today's community based Experience.

Did not seem to like the experience. Refused to engage/have fun and wanted to leave right away.	Minimal participation and enjoyment. Engaged briefly and at least tried to be involved.	Engaged and seemed to like the experience, at least for a minimal limited time and seemed somewhat interested in today's experience.	Clearly enjoyed today's experience or at least was very interested in observing or "feeling it out". Seems like they may want to return.	Actively participated and clearly enjoyed the experience. Showed emerging skills to engage. Clear body language showing interest in today's experience.	Actively and totally engaged in today's experience. Clearly this was a great match. Need to return soon to build on the great things that happened.
Struck Out	Walked	Base Hit	Double	Triple	Home Run
☐	☐	☐	☐	☐	☐

Completed by _____

Date _____

IT'S
IMPOSSIBLE

That Used To Be Me



Scott and Gary vs. the Humunga Half-Pipe



More Humunga



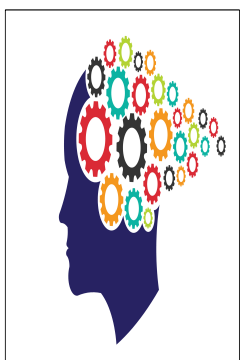
Lessons Learned

- **Comfortable with the Uncomfortable**
- **Shared Experience Enhances Relationships**
 - **Consider the Whole Person**
 - **Bring in Help!!!**

AWARENESS

- ...Of your actions
- ...Of your physical self
- ...Of the impact of experience
- ...Of the Environment
- ...Of what the 'behaviors' are communicating
- ...Of everything going on with the person
 - ...Of your own skills/shortcomings
 - ...Of the gifts and care the Community
 - ...Of intentionally being aware!

The Gifts I Can Give My Community



Gifts of the Head

1. _____
2. _____
3. _____
4. _____
5. _____



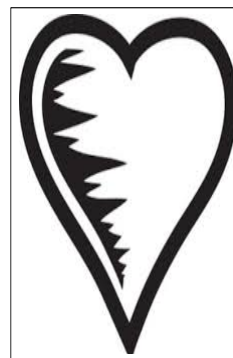
Gifts of the Hands

1. _____
2. _____
3. _____
4. _____
5. _____



Gifts of the Human Connection

1. _____
2. _____
3. _____
4. _____
5. _____



Gifts of the Heart

1. _____
2. _____
3. _____
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“The meaning of life is to find your gift. The purpose of life is to give it away.” – Pablo Picasso



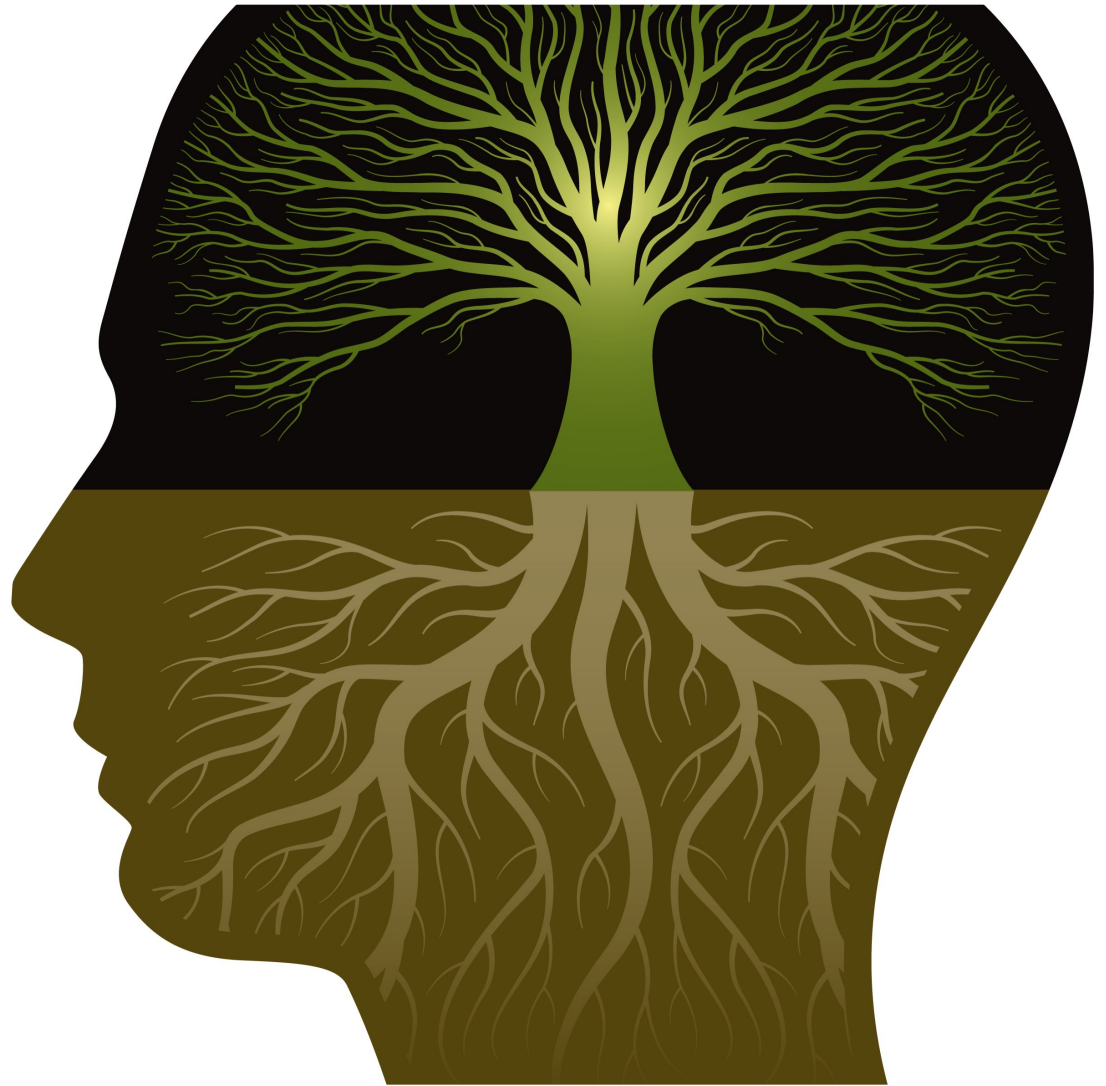
Hands

**Things or skills I know how to do
and would like to share with
others, e.g., carpentry, sports,
gardening, cooking**



Head

**Things I know something about
and would enjoy talking about
with others, e.g., art, history,
movies, birds**







OhioLUG

C O L U M B U S

Heart

**Things I care deeply about, e.g.,
protection of the
environment, civic life,
children**



Human Connections

**Important relationships in your
neighborhood, community,
and beyond – Knowing people
& spending time with people**





Friends/Family
Fun
Faith
Feeling Good
Funds
Food
Freedom!

All you have to do is consider 3 F's!

- **Consider 3 areas where someone would like to see some changes, improvement, skill development, etc...**
- **This doesn't mean there need to be 3 outcomes, just a trick to make sure you are really considering what is "Important to" someone.**
- **Let's think about a good life of someone's choosing.**

Keys to A Good Life

Friends and Family

Fun

Food



Faith

Funds \$\$\$

Feeling Good

Freedom

The Nightmare Scenario

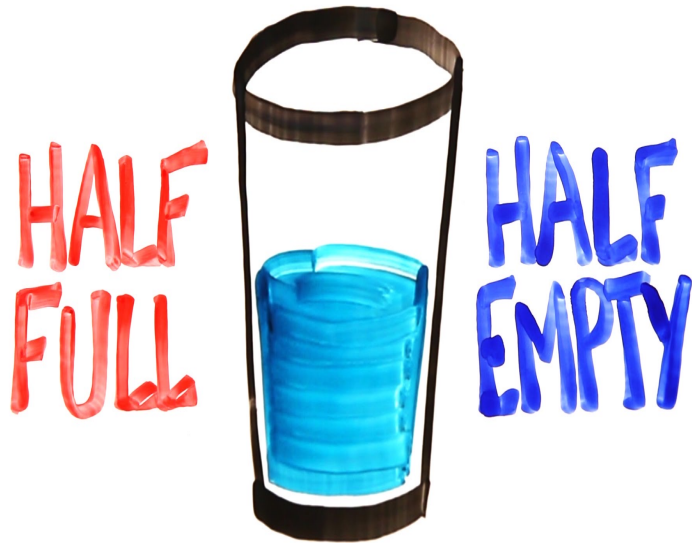
- Understand the fears
- Active and engaged listening
- Honor and respect
- Ask questions if appropriate, don't force anything
- Avoid re-traumatization



Asset-Based Community Development (ABCD)



The Old Half Full/Half Empty Thing



Half Empty: People and Communities have Deficiencies and Needs

Half Full: People and Communities have gifts, skills, and talents.



St. Clairsville
"Paradise on the Hilltop"



Community Mapping- Clubs, Groups, Teams and Welcoming Places

Charitable- Places I Can Give Back

Educational- Places People Learn

Active/Recreation- Places I Can
Play or Exercise

Special Interest- Places I Share
Things I Know or Care About

Gathering- Places People Hang Out

My Places- My Favorite Places to be
in my Town/Community

Resource Exercise

Place that is most welcoming

Place where I am a regular

Place for a cheap drink

Place where best Connector is at

Best place to meet new people

Best place to meet new people

Place that makes me happy

A place I've always wanted to go

Best place to go on a Saturday

Place where I have learned something

A place that sparks your creativity

Place I take visitors

A place that is part of a tradition

Place to spend time outdoors

Joe Erpenbeck
ABCD in Life and at Work
www.joerpenbeck.com

Social Role Expander

Likes plants----->Gardener, conservationist, farmer

Likes to sing----->Musician, Performer

Knows a lot about movies----->Film Historian

Good at drawing, or painting----->Artist

**Cares about helping people---->Caregiver,
Philanthropist**

Likes to try new things----->Student, Adventurer

Likes being outside-----→Recreationist

“...In the Community” Questions

- Who are the other...In the community?**
- What In the community do they do?**
- Where in the community do they do it?**
- When in the community does it take place?**

A Story....





Trauma Informed Care

- Purposeful, therapeutic approach to individuals exposed to trauma.
- **Must begin with the provision of safety, both physical and emotional, by adult caregivers to the traumatized individual.**
 - In the absence of safety, the individual will be unable and often unwilling to alter behavior, consider new ideas, or accept help.
 - Individuals concerned about their survival cannot broaden their focus, engage in self-reflection, or allow themselves to be emotionally vulnerable.

Defining Trauma

SAMHSA's (Substance Abuse and Mental Health Services Administration) concept of Trauma:

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Defining a Traumatic event

- Person experienced, witnessed, or was confronted with an event or events that involved actual or threatened death or serious injury, or a threat to the integrity of self or others.
- The person's response involved intense fear, helplessness, or horror.
- Children may express fear, helplessness, and horror as disorganized or agitated behavior.

Trauma had no boundaries

- No boundaries with regards to age, gender, socioeconomic status, race, ethnicity, geography or sexual orientation.
- **Almost universal experience of people with mental and substance use disorders and often a developmental disability.**

Key Components of Trauma Informed Care

- Understand Trauma –
 - Appreciating its prevalence and common consequences.
 - Understand the experience of trauma “changes the rules of the game”
 - Recognize trauma is “a defining and organizing experience that forms the core of an individual’s identity, creating a new meaning system for the child.
 - Plan of care must incorporate the child’s trauma history, and that seeks to address the relationship between the trauma and current symptoms and behaviors.



Understanding the Consumer

- Service providers must to understand the whole child, not just focus on problems and concerns.
- Understand the familial, social, and community contexts.
- Understand the problem from the child's perspective
- Recognize with them. individual must be active in the change process – must work collaboratively



Understanding Services

- Services need to promote understanding, self-control, and skill building.
- Proactive focusing on prevention and preparing for the future.
- Goal of services is to return a sense of control and autonomy to the child/individual.
- Services must be strengths based



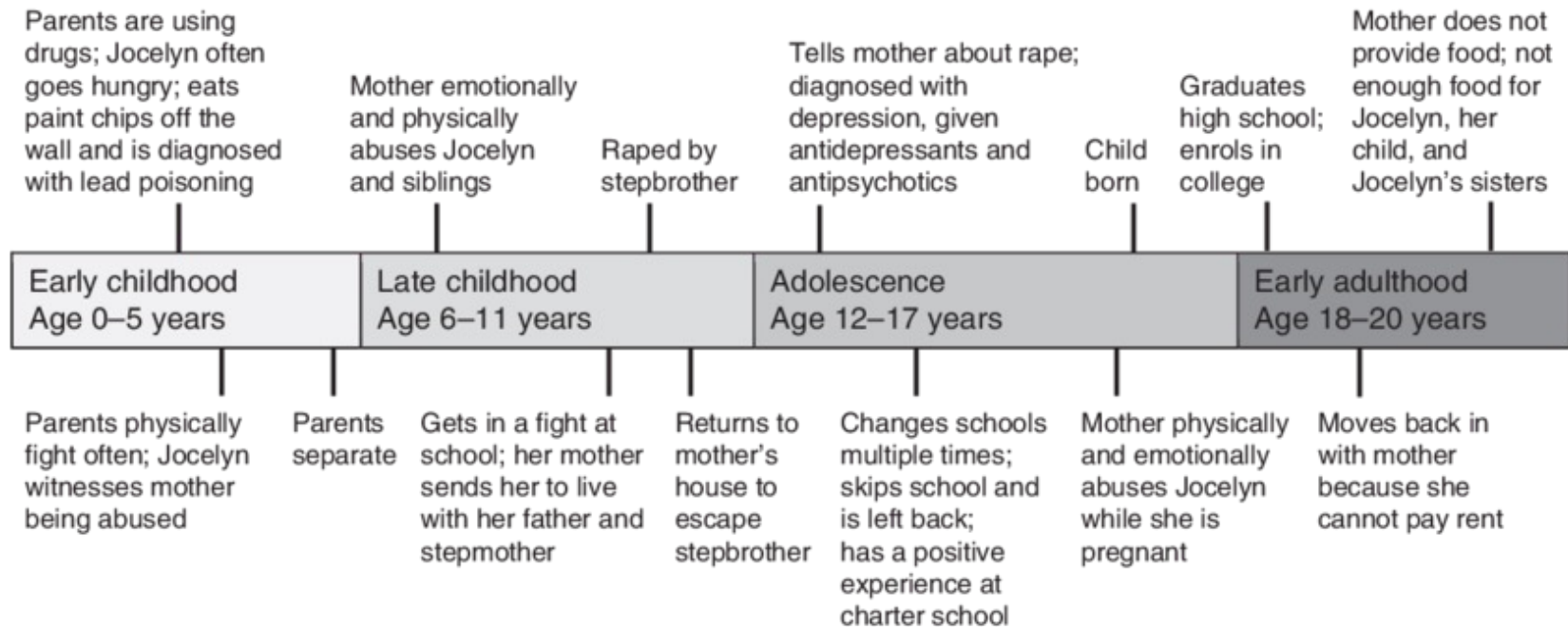
Understanding the Service Relationship

- Human services are delivered in the context of a relationship.
- Must be appreciation by staff that “trust and safety, rather than being assumed from the beginning, must be earned and demonstrated over time.
- Progress is best achieved through collaboration and a sense of partnership.
- Decisions are the result of discussion and compromise



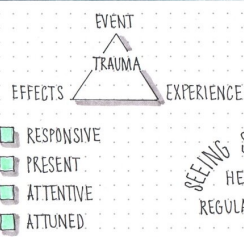
Jocelyn, 20 years old

One child
Receives SNAP, WIC and TANF
Household very low food secure
Child low food secure
ACE score of 9



TIMELINE TITLE:

This is a blank worksheet template for a story arc. It features a central horizontal line with four arrows pointing towards it from above and below. Above the line are four empty rectangular boxes, each followed by four horizontal lines for writing. Below the line are three empty rectangular boxes, each followed by four horizontal lines for writing.

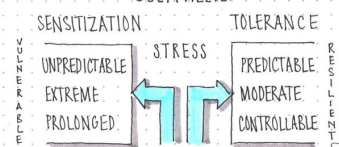


- ▶ RELATIONAL HEALTH (CONNECTEDNESS)
- ▶ TIMING / AGE

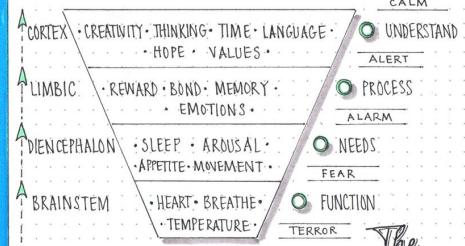
POWER OF PRESENT MOMENTS

SEEING SOMEONE HELPS REGULATE THEM

SEEK RELIEF



Rhythm & Regulation



EARLY EXPERIENCE & INFLUENCES

GOOD ENOUGH, LOVEABLE, BELONG & DESERVING

The Code Book

LOOK BEHIND THE BEHAVIOR

WHAT HAPPENED TO YOU?



given love, the unloving can become loving

Inheritance FEAR IS TRANSMISSIBLE

EVERYTHING THAT HAPPENS, MATTERS

neglect is as toxic as trauma

RELATIONAL CONSISTENCY

Post Traumatic Wisdom

our past is not an excuse, but it is an explanation

A healthy community is a healing community

DISTRIBUTE CAREGIVING

THE TRIGGER IS NOT THE TRIGGER

GET TO KNOW INDIVIDUALS BASED ON THEIR UNIQUE QUALITIES, NOT ON CATEGORIES

Empathy

- ▶ NATURE
- ▶ INTRINSIC GOAL
- ▶ RELATIONAL HEALTH
- ▶ STORY TELLING

POWER & IMPORTANCE OF HEALTHY TOUCH ON OUR PHYSICAL & EMOTIONAL GROWTH

emotional contagion

WHAT HAPPENED TO "US"?

Sequential

- MALADAPTIVE SELF-REGULATION
- WE SEEK THE FAMILIAR

1. REGULATE
2. RELATE
3. REASON

we assess new & others

REBUILD & RENOVATE

Awareness & Connectedness

2 Primary People Goals



Build Trust



Establish Safety

At the end of the day people
won't remember what you said
or did, they will remember how
you made them feel.

- Maya Angelou



I am (or want to be) a _____

**Who are the other
_____ in the
community?**

1. _____
2. _____
3. _____
4. _____
5. _____

**How could I meet other
_____?**

1. _____
2. _____
3. _____
4. _____
5. _____

**Where in the community do other
_____ spend their time?**

1. _____
2. _____
3. _____
4. _____
5. _____

**What activities does a
_____ do regularly?**

1. _____
2. _____
3. _____
4. _____
5. _____

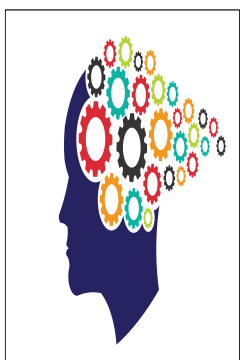
**What do I need to be a
_____?**

1. _____
2. _____
3. _____
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**Who can help me be a
_____?**

1. _____
2. _____
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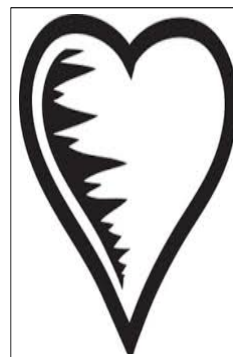
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My People

