"IT'S JUST BEHAVIORAL"
TRAUMA AND DISRUPTIVE BEHAVIOR

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Babies Can't Wait, Teens Won't Wait Training
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Common Reasons for Referrals

- Common
  - Disruptive Behavior
    - Acting Out, Stubborn: "wants to do what he wants to do"
    - Anger
- Also
  - Disruptive Behavior
    - Excessive worry, Mood Swings
  - The family has "been through something"
- Less Common
  - Shy, Sadness, Nervous

Disruptive Behavior Disorders

- Attention Deficit/Hyperactivity Disorder (ADHD)
  - One of the most common diagnoses in childhood
  - Three kinds (Inattentive, Hyperactive, Combined Type)
  - Usually appears early in life
  - Symptoms include difficulty staying focused and paying attention, difficulty controlling behavior, and hyperactivity (over-activity).
  - Differences in the PhD, MD diagnosis

Disruptive Behavior Disorders

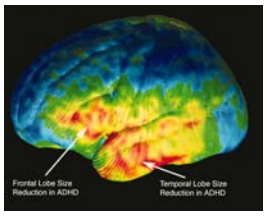
- Oppositional Defiant Disorder (ODD)
- Persistent patterns of negative, oppositional behavior:
  - Throwing repeated temper tantrums
  - Excessively arguing with adults
  - Deliberately trying to annoy or upset others, or being easily annoyed by others
  - Having frequent outbursts of anger and resentment
- May be moody, easily frustrated, and have a low self-esteem. They also may abuse drugs and alcohol.

Disruptive Behavior Disorders

- Conduct Disorder
  - Repetitive and persistent pattern of behaviors that violate societal norms and the rights of other people.
  - Violence towards people and animals
  - Destruction of property
  - Lying, stealing
  - Truancy and running away from home
- Bipolar Disorder?

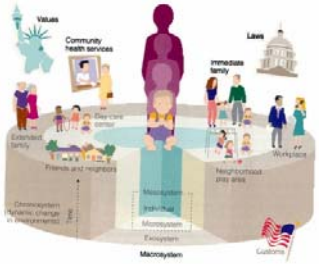
Contributing Factors: Disruptive Behavior

- **Why is he like that?**
- Biology
  - Genetics
  - Exposure to drugs/ ETOH
  - Lead
  - Nuero-transmitters



Contributing Factors: Disruptive Behavior

- **Why is he like that?**
- Biology
- Environmental
  - Family
  - Peers
  - Neighborhoods
  - Schools



Why DBDs often miss the mark

- Attribution Biases
- Assume "behavioral" means purposeful and controllable
- Underestimates a lack of skills
- Encourages the Power Struggle
- Encourages behaviorally-targeted interventions
- Biology PLUS Environment
  - Diathesis- Stress

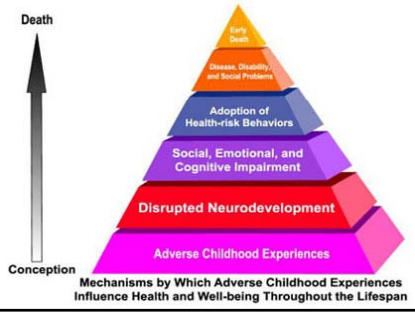
Traumatic Experiences

- Majority of adults and children in psychiatric settings have experienced some potentially traumatic event
- Significant percentage of adults and children in prison or juvenile justice have trauma histories
- Many people with trauma histories have co-occurring problems with mental health, addictions & physical health

Prevalence of Trauma Events

- 14-34% of children have experienced at least one potentially traumatic event (Felitti et. al, 1998)
- 51-98% of public mental health clients have been exposed to trauma (Muser et. al, 2004, Goodman, et al., 1997)
  - Most have multiple experience of trauma
- 75-93% of youth entering juvenile justice system have experienced trauma (Justice Policy Institute, 2010)

Adverse Childhood Experiences (www.ACEstudy.org)



Post- Traumatic Stress Response

- Mood
- Anxiety
- Disregulation
- Poor Relationships
- Delayed Development
- Post- Traumatic Stress Disorder

Post- Traumatic Stress Disorder

- PTSD is an Anxiety Disorder
  - Common: Adverse Events
- **Changes in mood and behavior**: Agitated or confused behavior; Intense fear, helplessness, anger, sadness, horror or denial, anhedonia
- **Re-experiencing:** Flashback memories, frequent memories, in play; Nightmares, physiological reliving

Post- Traumatic Stress Disorder

- **Avoidance and/ or Emotional Numbing:** Decrease in emotional responses, detached from their feelings and others', anhedonia
- **Regression and Delayed Skills**
- **Hyper vigilance and Exaggerated startle response, restless (can't relax):** Over-concerned about environment, can't feel safe

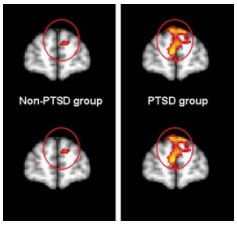
Post- Traumatic Stress Disorder

- Changes in mood/bx: depression, anxiety, disruptive, isorganized behavior, irritability
- Re-experiencing: zoning out, anxiety, fatigue, disruptive bx, nightmares, bizarre interactions
- Avoidance: refusal, stubbornness
- Emotional numbing: apathy, lack of empathy, "doesn't care", poor concentration
- Regressed/ delayed skills : immaturity, poor concentration, restlessness
- Jumpy, disruptive, attempts to control

Long- term Consequences of Trauma

Studied as early as 7 months

- Memory
- Brain Development
- Hormones
- Social Competence
- Attention, Focus
- Relationships
- Risk taking
- Physical Health



Adverse Experiences in New York

	United States	New York State
Neglect	71.1%	91.8%
Physical Abuse	16.1%	10.1%
Sexual Abuse	9.1%	3.3%
Psychological Maltreatment	7.3%	0.6%
Medical Neglect	2.2%	5.1%
Other Types	9%	25.8%

Child neglect continues to comprise the largest portion of cases of child maltreatment. According to the federal report Child Maltreatment 2008, figures for the country and for New York state are as follows:

Adverse Experiences in Monroe County

Source: Monroe County Youth Risk Behavior Survey, 2005

Abuse

- 5.5% did not go to school on one or more days in the past month because they felt unsafe
- 26.5% were bullied at school or on the way to school in the past month (teased/harassed/attacked)
- 7.9% were threatened/injured on school property 1 or more times in the past year
- 22.7% had property stolen or deliberately damaged on school property in the past year
- 10.7% were hit, slapped or physically hurt on purpose by a boyfriend or girlfriend in the past year
- 8.7% were ever forced to have sexual intercourse

Adverse Experiences in Monroe County: Violence and Safety

- 23% have seen someone get shot, stabbed or beaten in their neighborhood
- 32% have seen someone get shot, stabbed or beaten in school
- 25% have seen adults or children at home get into a physical fight
- 93% usually feel safe in their neighborhood
- 90% usually feel safe in and around their school
- 98% usually feel safe at home

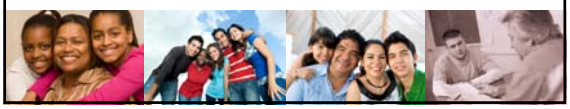
Source: Countywide Youth Survey, Metro Council for Teen Potential, 2001-2002.

The Overlap between Systems

- Mental Health and Juvenile Justice
- Of those in detention, how many are mental health disordered?
  - nearly two thirds of boys
  - nearly three quarters of girls
- In 2007 (of 891 youth in state-operated facilities) 48% (429) had mental health needs
- 70% (625)

System of Care Values

- Youth Guided
- Family Driven
- Culturally & Linguistically Competent
- Community-based Services
- Best Practice Oriented
- *Trauma Informed*



"Systems *serve* survivors of childhood trauma without *treating* them for the consequences of that trauma; more significant, systems service individuals without even being aware of the trauma that occurred."

Harris & Fallot, 2001

Changes in Understanding

- Incorporate knowledge about trauma—prevalence, impact, and recovery—in <u>all</u> aspects of service delivery and practice
- Are hospitable and engaging for survivors
- Minimize revictimization: "do no harm"
- Facilitate healing, recovery, empowerment
- Emphasize collaboration throughout the system
- Involves making trauma-informed change into a new <u>routine</u>, a new way of thinking and acting (more than new information)

Source: Community Connections

The Paradigm Shift

	Traditional	Trauma Informed
Understanding Trauma	DSM Criteria for PTSD	Defining & organizing experience, core of individual's identity
Understanding the Survivor	Symptom based	Based on individual within the context of their experience

The Paradigm Shift

	Traditional	Trauma Informed
Understanding Services	Time limited, focus on stabilization & symptom reduction	Strength based, focus on mastery of skills to cope in healthy way
Understanding Service Relationship	Survivor is passive recipient of services, hierarchical	Open & genuine collaboration between provider & survivor

A Culture Shift: Core Values of Trauma-Informed Care

- Safety: Ensuring physical and emotional safety
- Trustworthiness: Maximizing trustworthiness, making tasks clear, and maintaining appropriate boundaries
- Choice: Prioritizing developmentally appropriate choice and control for children, youth, families
- Collaboration: Maximizing collaboration and sharing of power with children, youth, families
- Empowerment: Prioritizing child, youth, family empowerment and skill-building

Source: Community Connections

Implications for Juvenile Justice (and other systems)

- Mental Health Screening is the first step
- Access to Mental Health Services
- Community Services
- Support for programs that help youth and families develop skills (Positive Youth Development)
- Support for the culture shift
  - Training, educating and supervision of staff
  - Becoming a TIC Champion
  - Leading Continuous Quality Improvement efforts
  - Hiring practices

- These staff have an incredibly demanding job. It is the state's responsibility to offer them the support, training, and recognition they need so that they can focus on what brought so many of them to the job in the first place: a desire to help young people find a better path.

Gov. David Paterson's Task Force on Transforming Juvenile Justice

Revisiting the Core Principles - for Staff

- Safety: How can we ensure physical and emotional safety for staff members?
- Trustworthiness: How can we maximize trustworthiness as administrators and supervisors? Make tasks and procedures clear? Be consistent?
- Choice: How can we enhance staff members' choice and control in their day-to-day work?
- Collaboration: How can we maximize collaboration and sharing of power with staff members?
- Empowerment: How can we prioritize staff empowerment and skill-building at every opportunity? Provide resources?

Source: Community Connections

References/ Sources

- American Psychiatric Association, http://pn.psychiatryonline.org
- Community Connections, www.communityconnections.org
- Charting a New Course: A Blueprint for Transforming Juvenile Justice in New York State (2009), http://www.vera.org/download?file=2944/Charting-a-new-course-A-blueprint-for-transforming-juvenile-justice-in-New-York-State.pdf
- Harris, M. & Fallot, R.D. (Eds.) (2001) *Using Trauma Theory to Design Service Systems*. New Directions for Mental Health Services. San Francisco: Jossey-Bass.
- Monroe County System of Care, www.caringforouryouth.org
- The National Child Traumatic Stress Network, www.NCTSN.org
- National Institute of Mental Health, www.nimh.nih.gov

Finding Your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often or very often**…
   Swear at you, insult you, put you down, or humiliate you?
   or
   Act in a way that made you afraid that you might be physically hurt?
   Yes No If yes enter 1 _____

2. Did a parent or other adult in the household **often or very often**…
   Push, grab, slap, or throw something at you?
   or
   Ever hit you so hard that you had marks or were injured?
   Yes No If yes enter 1 _____

3. Did an adult or person at least 5 years older than you **ever**…
   Touch or fondle you or have you touch their body in a sexual way?
   or
   Attempt or actually have oral, anal, or vaginal intercourse with you?
   Yes No If yes enter 1 _____

4. Did you **often or very often** feel that …
   No one in your family loved you or thought you were important or special?
   or
   Your family didn't look out for each other, feel close to each other, or support each other?
   Yes No If yes enter 1 _____

5. Did you **often or very often** feel that …
   You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
   or
   Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
   Yes No If yes enter 1 _____

6. Were your parents **ever** separated or divorced?
   Yes No If yes enter 1 _____

7. Was your mother or stepmother:
   Often or very often pushed, grabbed, slapped, or had something thrown at her?
   or
   Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?
   or
   Ever repeatedly hit at least a few minutes or threatened with a gun or knife?
   Yes No If yes enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
   Yes No If yes enter 1 _____

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
   Yes No If yes enter 1 _____

10. Did a household member go to prison?
    Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score.

New York Law Enforcement Agency Uniform Crime Reports 1960 to 2005

New York Crime Rates 1960 - 2009

Year	Population	Index	Violent	Property	Murder	Forcible Rape	Robbery	Agg assault	Burglary	Larceny-Theft	Vehicle Theft
1965	18,073,000	554,050	58,802	495,248	836	2,320	28,182	27,464	183,443	253,353	58,452
1966	18,258,000	609,465	62,561	546,904	882	2,439	30,098	29,142	196,127	286,409	64,368
1967	18,336,000	692,528	75,124	617,404	996	2,665	40,202	31,261	219,157	314,472	83,775
1968	18,113,000	829,453	98,515	730,938	1,185	2,527	59,857	34,946	250,918	375,143	104,877
1969	18,321,000	837,210	105,870	731,340	1,324	2,902	64,754	36,890	248,477	367,463	115,400
1970	18,190,740	904,314	124,613	779,701	1,444	2,875	81,149	39,145	267,474	386,553	125,674
1971	18,391,000	935,022	145,048	789,974	1,823	3,225	97,682	42,318	273,704	388,612	127,658
1972	18,366,000	804,605	138,542	666,063	2,026	4,199	86,391	45,926	239,886	321,096	105,081
1973	18,265,000	814,349	135,468	678,881	2,040	4,852	80,795	47,781	246,246	320,307	112,328
1974	18,111,000	911,703	145,427	766,276	1,919	5,240	86,814	51,454	271,824	390,357	104,095
1975	18,120,000	1,021,197	155,187	866,010	1,996	5,099	93,499	54,593	301,996	447,740	116,274
1976	18,084,000	1,125,739	156,988	968,751	1,969	4,663	95,718	54,638	318,919	516,328	133,504
1977	17,924,000	1,091,144	149,087	942,057	1,919	5,272	84,703	57,193	309,735	498,653	133,669
1978	17,748,000	1,027,993	149,257	878,736	1,820	5,168	83,785	58,484	292,956	466,516	119,264
1979	17,649,000	1,095,140	161,906	933,234	2,092	5,394	93,471	60,949	308,302	500,589	124,343
1980	17,506,690	1,209,984	180,235	1,029,749	2,228	5,405	112,273	60,329	360,925	535,783	133,041
1981	17,594,000	1,214,935	188,178	1,026,757	2,166	5,479	120,344	60,189	350,422	539,486	136,849
1982	17,659,000	1,142,202	174,833	967,369	2,013	5,159	107,843	59,818	295,245	534,244	137,880
1983	17,667,000	1,042,811	161,489	881,322	1,958	5,296	94,783	59,452	249,115	504,346	127,861
1984	17,735,000	989,126	162,157	826,969	1,786	5,599	89,900	64,872	222,956	488,621	115,392
1985	17,783,000	993,811	165,365	828,446	1,683	5,706	89,706	68,270	219,633	502,276	106,537
1986	17,772,000	1,025,037	175,210	849,827	1,907	5,415	91,360	76,528	217,010	519,570	113,247
1987	17,825,000	1,061,021	179,691	881,330	2,016	5,537	89,721	82,417	216,826	539,175	125,329
1988	17,898,000	1,129,241	196,396	932,845	2,244	5,479	97,434	91,239	218,060	560,887	153,898
1989	17,950,000	1,129,638	203,042	926,596	2,246	5,242	103,983	91,571	211,130	544,459	171,007
1990	17,990,455	1,144,874	212,458	932,416	2,605	5,368	112,380	92,105	208,813	536,012	187,591
1991	18,058,000	1,127,651	210,184	917,467	2,571	5,085	112,342	90,186	204,499	531,681	181,287
1992	18,119,000	1,061,489	203,311	858,178	2,397	5,152	108,154	87,608	193,548	495,708	168,922
1993	18,197,000	1,010,176	195,352	814,824	2,420	5,008	102,122	85,802	181,709	481,166	151,949
1994	18,169,000	921,278	175,433	745,845	2,016	4,700	86,617	82,100	164,650	452,322	128,873
1995	18,136,000	827,025	152,683	674,342	1,550	4,290	72,492	74,351	146,562	425,184	102,596
1996	18,185,000	751,456	132,206	619,250	1,353	4,174	61,822	64,857	129,828	399,522	89,900
1997	18,137,000	709,328	124,890	584,438	1,093	4,075	56,094	63,628	118,306	386,435	79,697
1998	18,175,000	652,202	115,915	536,287	924	3,843	49,125	62,023	104,821	363,295	68,171
1999	18,196,601	596,743	107,147	489,596	903	3,563	43,821	58,860	93,217	338,118	58,261
2000	18,976,457	588,189	124,890	483,078	952	3,530	40,539	60,090	87,946	340,901	54,231
2001	19,084,350	556,025	98,022	458,003	960	3,546	36,555	56,961	80,400	329,316	48,287
2002	19,134,293	537,121	95,030	442,091	909	3,885	36,653	53,583	76,700	318,025	47,366
2003	19,212,425	521,565	89,486	432,079	934	3,775	35,790	48,987	75,453	311,422	45,204
2004	19,280,727	507,648	84,914	422,734	889	3,608	33,506	46,911	70,696	311,036	41,002
2005	19,315,721	491,829	85,839	405,990	874	3,636	35,179	46,150	68,034	302,220	35,736
2006	19,306,183	482,270	83,966	396,304	921	3,169	34,489	45,387	68,565	295,605	32,134
2007	19,297,729	461,731	79,915	381,816	801	2,926	31,094	45,094	64,857	288,929	28,030
2008	19,467,789	466,131	77,546	388,585	836	2,799	31,789	42,122	65,537	297,952	25,096
2009	19,541,453	453,491	75,176	378,315	778	2,586	28,136	43,676	62,842	293,603	21,870

New York Crime Index Rates Per 100,000 Inhabitants

Year	Population	Index	Violent	Property	Murder	Forcible Rape	Robbery	Aggr assault	Burglary	Larceny-Theft	Vehicle Theft
1965	18,073,000	3,065.6	325.4	2,740.3	4.6	12.8	155.9	152.0	1,015.0	1,401.8	323.4
1966	18,258,000	3,338.1	342.6	2,995.4	4.8	13.4	164.8	159.6	1,074.2	1,568.7	352.5
1967	18,336,000	3,776.9	409.7	3,367.2	5.4	14.5	219.3	170.5	1,195.2	1,715.1	456.9
1968	18,113,000	4,579.3	543.9	4,035.4	6.5	14.0	330.5	192.9	1,385.3	2,071.1	579.0
1969	18,321,000	4,569.7	577.9	3,991.8	7.2	15.8	353.4	201.4	1,356.2	2,005.7	629.9
1970	18,190,740	4,971.3	685.0	4,286.3	7.9	15.8	446.1	215.2	1,470.4	2,125.0	690.9
1971	18,391,000	5,084.1	788.7	4,295.4	9.9	17.5	531.1	230.1	1,488.2	2,113.1	694.1
1972	18,366,000	4,380.9	754.3	3,626.6	11.0	22.9	470.4	250.1	1,306.1	1,748.3	572.1
1973	18,265,000	4,458.5	741.7	3,716.8	11.2	26.6	442.3	261.6	1,348.2	1,753.7	615.0
1974	18,111,000	5,034.0	803.0	4,231.0	10.6	28.9	479.3	284.1	1,500.9	2,155.4	574.8
1975	18,120,000	5,635.7	856.4	4,779.3	11.0	28.1	516.0	301.3	1,666.6	2,471.0	641.7
1976	18,084,000	6,225.1	868.1	5,357.0	10.9	25.8	529.3	302.1	1,763.5	2,855.2	738.2
1977	17,924,000	6,087.6	831.8	5,255.8	10.7	29.4	472.6	319.1	1,728.0	2,782.0	745.8
1978	17,748,000	5,792.2	841.0	4,951.2	10.3	29.1	472.1	329.5	1,650.6	2,628.6	672.0
1979	17,649,000	6,205.1	917.4	5,287.7	11.9	30.6	529.6	345.3	1,746.9	2,836.4	704.5
1980	17,506,690	6,911.6	1,029.5	5,882.0	12.7	30.9	641.3	344.6	2,061.6	3,060.4	759.9
1981	17,594,000	6,905.4	1,069.6	5,835.8	12.3	31.1	684.0	342.1	1,991.7	3,066.3	777.8
1982	17,659,000	6,468.1	990.1	5,478.1	11.4	29.2	610.7	338.7	1,671.9	3,025.3	780.8
1983	17,667,000	5,902.6	914.1	4,988.5	11.1	30.0	536.5	336.5	1,410.1	2,854.7	723.7
1984	17,735,000	5,577.3	914.3	4,662.9	10.1	31.6	506.9	365.8	1,257.20	2,755.1	650.6
1985	17,783,000	5,588.5	929.9	4,658.6	9.5	32.1	504.4	383.9	1,235.1	2,824.5	599.1
1986	17,772,000	5,767.7	985.9	4,781.8	10.7	30.5	514.1	430.6	1,221.1	2,923.5	637.2
1987	17,825,000	5,952.4	1,008.1	4,944.3	11.3	31.1	503.3	462.4	1,216.4	3,024.8	703.1
1988	17,898,000	6,309.3	1,097.3	5,212.0	12.5	30.6	544.4	509.8	1,218.3	3,133.8	859.9
1989	17,950,000	6,293.2	1,131.2	5,162.1	12.5	29.2	579.3	510.1	1,176.2	3,033.2	952.7
1990	17,990,455	6,363.8	1,180.9	5,182.8	14.5	29.8	624.7	512.0	1,160.7	2,979.4	1,042.7
1991	18,058,000	6,244.6	1,163.9	5,080.7	14.2	28.2	622.1	499.4	1,132.5	2,944.3	1,003.9
1992	18,119,000	5,858.4	1,122.1	4,736.3	13.2	28.4	596.9	483.5	1,068.2	2,735.8	932.3
1993	18,197,000	5,551.3	1,073.5	4,477.8	13.3	27.5	561.2	471.5	998.6	2,644.2	835.0
1994	18,169,000	5,070.6	965.6	4,105.0	11.1	25.9	476.7	451.9	906.2	2,489.5	709.3
1995	18,136,000	4,560.1	841.9	3,718.3	8.5	23.7	399.7	410.0	808.1	2,344.4	565.7
1996	18,185,000	4,132.3	727.0	3,405.3	7.4	23.0	340.0	356.7	713.9	2,197.0	494.4
1997	18,137,000	3,910.9	688.6	3,222.4	6.0	22.5	309.3	350.8	652.3	2,130.6	439.4
1998	18,175,000	3,588.5	637.8	2,950.7	5.1	21.1	270.3	341.3	576.7	1,998.9	375.1
1999	18,196,601	3,279.4	588.8	2,690.6	5.0	19.6	240.8	323.5	512.3	1,858.1	320.2
2000	18,976,457	3,099.6	553.9	2,545.7	5.0	18.6	213.6	316.7	463.4	1,796.4	285.8
2001	19,084,350	2,913.5	513.6	2,399.90	5.0	18.6	191.5	298.5	421.3	1,725.6	253.0
2002	19,134,293	2,807.1	496.6	2,310.5	4.8	20.3	191.6	280.0	400.9	1,662.1	247.5
2003	19,212,425	2,714.8	465.8	2,249.0	4.9	19.6	186.3	255.0	392.7	1,620.9	235.3
2004	19,280,727	2,632.9	440.4	2,192.5	4.6	18.7	173.8	243.3	366.7	1,613.2	212.7
2005	19,315,721	2,554.3	444.4	2,101.9	4.5	18.8	182.1	238.9	352.2	1,564.6	185
2006	19,306,183	2,487.6	434.9	2,052.7	4.8	16.4	178.6	235.1	355.1	1,531.1	166.4
2007	19,297,729	2,392.7	414.1	1,978.6	4.2	15.2	161.1	233.7	336.1	1,497.2	145.3
2008	19,467,789	2,394.3	398.3	1,996.0	4.3	14.4	163.0	216.4	336.6	1,530.5	128.9
2009	19,541,453	2,320.7	384.7	1,936.0	4.0	13.2	144.0	223.5	321.6	1,502.5	111