

NATIONAL
**HEALTH
RESOURCE
CENTER**
ON DOMESTIC
VIOLENCE

You Matter: Innovations in Adolescent Pregnancy Prevention Addressing ACEs

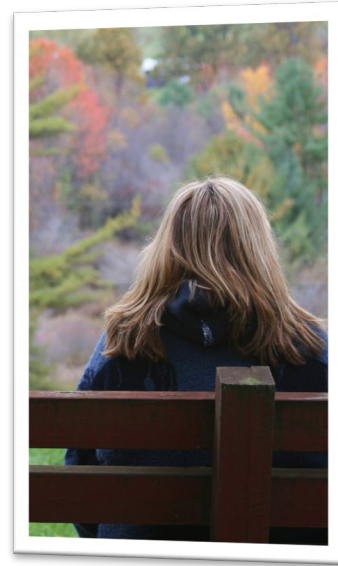
Rebecca Levenson, MA
04/24/23

Learning Objectives

1. Identify practices to mitigate vicarious and secondary traumas or burnout associated with working with young people experiencing traumas
2. Define the prevalence, dynamics and health impact of Adolescent Relationship Abuse (ARA) and Adverse Childhood Experiences (ACEs) on young people's reproductive and sexual health
3. Recognize the limits of disclosure driven practice
4. Learn about the You Matter safety card
5. Apply primary **prevention/early interventions using the evidence-based CUES** intervention

Take care of ourselves first:

- Trauma is prevalent
- Assume that there are survivors among us
- Be aware of your reactions and take care of yourself first





Let's Take A Collective Moment to Ground Ourselves

Staff Burn Out: APP

Navigating Staff Turnover & Transitions

Event Date:

Tuesday, September 6, 2022, 2:30 - 3:30pm EDT

1-888-475-4499 US Toll-Free

Meeting ID: 92319444122

Password: 164322

[Join Zoom Meeting](#)

Since the beginning of the pandemic, we have found ourselves in the Great Resignation which has had severe impacts on program coordination, implementation, and evaluation for several grantees. Grantees have reported challenges around staff burnout, staff retention, and high staff turnover. In addition, while some grantees may not experience these challenges directly in their own



Staff experiences with trauma

- Healthcare professionals develop vicarious, or secondary, traumatization through exposure to their patients' stories of violence and trauma.



(Mauder, 2010)

Vicarious Trauma: A Personal Reflection

Vicarious trauma is a change in one's thinking or worldview due to exposure to other people's traumatic stories. (David Bercei, 2007)

May include:

- **Images**
- **Sounds**
- **Details we've heard which then come to inform our worldview**

Vicarious traumatization...

- It does not mean you are inadequate
- It is not something to be ashamed of it's a human reaction
- It is not your client's fault
- It is an occupational hazard
- It can be cumulative—over time and across clients
- And it can be addressed and transformed

Vicarious Resilience

Examples of situations that can contribute to strength building are:

- Witnessing others overcome adversity
 - Recognizing people's capacity to heal
 - Reaffirming the value of the work you do
-

**What are some
common reactions to
caring for survivors of
trauma?**

Common Reactions to Caring for Survivors of Trauma

- Fear
- Helplessness
- Sleep disruptions
- Depressive symptoms
- Feeling ineffective with clients
- Chronic suspicion of others
- Recurrent thoughts of threatening situations
- Reacting negatively to clients
- Thinking of quitting clinical [contact with clients] work

Reading Our Own Cues

**What am I like
when I am feeling
balanced and
regulated?**

**Body
Feelings
Thoughts
Behavior**

**What am I like
when I am feeling
dysregulated and
not in balance?**

**Body
Feelings
Thoughts
Behavior**

The ABCs of Mindful Self Regulation

- **A - Awareness**
 - Become aware of your own reactions: thoughts, feelings, body tensions
- **B - Balance**
 - Use your strategies to come back to balance
- **C- Connection**
 - Connect with new awareness

Mindful Self-Regulation (MSR) Strategies

• Breathing



Photo by terimakasih0 from pixabay, pixabay license

Grounding



Photo by Fexels from pixabay, pixabay license

MSR Strategies, continued

Self-Talk



Imagery



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Adolescent Relationship Abuse (ARA) and Adverse Childhood Experiences (ACE)

Paradigm Shift

“what is wrong with you?” →

“what happened to you?” →

“where do you want to go and how may I help you get there?”

Healing-centered engagement

- Healing happens in relationships: Promotes trust and connection
- Asset driven: Focus on agency and well-being
- Explicitly political, rather than clinical: “Involving culture, spirituality, civic action and collective healing”

- Healing Centered Engagement – Fostering Connections Rather than Forcing Disclosures, Elizabeth Miller , Reaching Teens, 2nd Edition STRENGTH-BASED, TRAUMA-SENSITIVE, RESILIENCE-BUILDING COMMUNICATION STRATEGIES ROOTED IN POSITIVE YOUTH DEVELOPMENT, Editor: Kenneth R. Ginsburg, 2020
- The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement, Shawn Ginwright, 2018

Silos?



“I talk to all my patients about this because we know...”

Prevalence

- **1 in 5 teen** girls and 1 in 4 LGBTQ+ teens report experiencing physical/sexual violence
- **1 in 10 girls** report that they have ever been forced to have sex (up 27% since 2019)



What does IPV Include?

What does IPV Include?

1. Physical
2. Sexual
3. Emotional*
4. Economic
5. Trafficking
6. Reproductive Coercion

For additional resources visit [IPVHealth.org](https://www.ipvhealth.org)

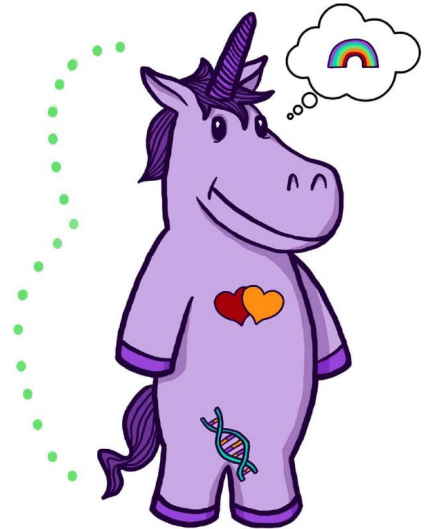
Who uses violence in dating relationships?

- **Violence is gendered, AND young people of all genders experience and use violence.**
 - Girls more likely to be victims of physical abuse
 - Boys more likely to be victims of psychological abuse
 - Mutual aggression is common

(Mulford and Giordano, NIJ Journal 2009)

- **Important to consider context, impact, and outcomes**

**Consider intersectionality
Elevated exposure to violence and
Exploitation among LGBTQIA+ youth**



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

What are ACEs

Adverse childhood experiences (ACEs) are a particular set of negative childhood exposures experienced before Age 18:

- emotional, physical, or sexual abuse
 - witnessing violence among household members
 - losing a parent due to death or divorce
 - household mental illness
 - substance abuse or criminal behavior
- (Anda, 2010)
-

Expanded ACES



Source: Cronholm, P. F., Forke, C. M., Wade, R., Bair-Merritt, M. H., Davis, M., Harkins-Schwarz, M., Pachter, L. M., & Fein, J. A. (2015). Adverse childhood experiences: Expanding the concept of adversity. *American Journal of Preventive Medicine*, 49(3), 354–361.

ACEs Continued

They are common:

- About 61% of adults surveyed across 25 states reported they had experienced at least one type of ACE before age 18, and nearly 1 in 6 reported they had experienced four or more types of ACEs. (Merrick, 2019)
-

ACEs

Have been associated with:

- **Unintended pregnancy**

(Brown, 2015)

- **Early sexual debut**

(Hillis, 2001)

- **Teen paternity**

(Anda, 2002)

Why might a young person choose not to disclose ACEs or ARA on a screening tool?

Why might a young person choose not to disclose on a screening form?

- ✓ Judgement and stigma
- ✓ Fear of child welfare and/or police involvement
- ✓ Not knowing what is going to happen with the information
- ✓ If there is someone controlling/exploiting them, fear that the person could find out that they told you
- ✓ Lack of awareness of rights

Radical Idea: What if disclosure/identification is no longer the goal?

Rethinking screening

- ✓ Low disclosure rates
- ✓ Not survivor centered
- ✓ Resources offered only based on a patient's disclosure
- ✓ Missed opportunity for prevention education

Universal Education Promotes Health Equity

Provides a strategy to treat clients with respect by giving them key information about healthy and unhealthy relationships and where to get supports without requiring disclosure.

Universal Education

Provides an opportunity for patients to make the connection between violence, health problems, and risk behaviors.

**** If you currently have ARA/ACEs screening as part of your health center requirements: we strongly recommend first doing universal education.***



ACEs as a Conversation Not a Checklist

You Aren't Alone

Sometimes people grow up where there is mistreatment or other problems like:

- Feeling unsafe in your neighborhood, being bullied or discriminated against or not being cared for or loved or
- Not having enough to eat
- Caregivers/parents who have substance use or mental health issues
- Caregivers/parents humiliating or putting you down or hurting you physically or sexually

No matter what it isn't your fault.

Broad Language to Include all Relationships

- Parents
- Caregivers
- Other Adults
- Partners
- Trafficking

Complicated Relationships

Sometimes people hurt us—could be parents, people you are in a relationship with, or others who do this.

- Sometimes people touch us or hurt us in sexual ways.
- Sometimes we are treated badly physically or mentally.
- Sometimes hurting others or being hurt yourself makes people feel ashamed or afraid they can't change.

For help if you are being hurt or are hurting someone and want help to change—see the back of this card.



Universal Education:

Means we make sure ***every single*** young person knows how to help themselves and others.



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Cover Illustrated by Natalia Kass.
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If you or someone you know is being hurt by a partner or need support in some other way please call/text these hotlines—they are free, open 24/7, and they don't report what you say to anyone:

1-800-331-9474 | Text "loveis" to 22522

For Queer youth text

Text 'START' to 678-678

Text trained counselors for free about anything else that's on your mind

Text "HELLO" to 741741

Essence of CUES is Healing-Centered Engagement



“...the power of social support is more about mutuality than about getting for self...that is, there is a need to give, to matter, to make a difference; we find meaning in contributing to the well-being of others.” (Jordan, 2006)

CUES: An Evidence-based Intervention

C: confidentiality

See patient alone, disclose limits of confidentiality

UE: Universal Education + Empowerment

Normalize activity

Make the connection—open the card and do a quick review

S: Support

Provide a "warm referral" to your local domestic/sexual violence partner agency or national hotlines



Adolescent Safety Card
Available in English and Spanish

Confidentiality

“Your story is your own and I don’t want you to feel like you have to share anything to get support. If a young person tells me ..., then I have to get others involved to help that young person be safer.”

UE: Universal Education + Empowerment

1. Give each patient **two safety cards** to start the conversation about relationships and how they affect health.
2. Open the card and encourage them to take a look. Make sure patients know that you're a safe person for them to talk to.

“I've started giving two of these cards to all of the young people in our program—in case you are ever struggling in a relationship or if you feel like someone is taking advantage of you - and also so you have the info to help a friend or family member.”

Tapping into Altruism

“I am sharing this information with all young people because I think it’s so important for young people to know how to help each other. This might be helpful for you at some point, and I bet there’s someone you could share this with.”

“I need your help with getting the information about these helpful text and chat lines to other young people. I want everyone to know that these are anonymous and confidential they don’t have to use their name to reach out for help. Would you please do me a favor and put these numbers into your phone to have in case a friend needs this info?”

S: Support = showing gratitude

Promoting the health of young people who are survivors

- ✓ Use of phone to make confidential call
- ✓ You don't have to report immediately
- ✓ Listening and letting them share is key
- ✓ Trauma Informed Reporting
- ✓ Other ideas?

"I am so grateful that you shared that with me. Thank you for trusting me with your story."

"I hear you saying that things are complicated. Would you like me to offer some thoughts on what other young people have found helpful? I'm also ok with just listening as well."

ACF, U.S. DHHS Funded Hotlines



800-799-SAFE (7233)
Text LOVEIS to 22522
Chat at thehotline.org



800-RUNAWAY (786-2929)
Email: 1800runaway.org/crisis-online-services/
Chat at 1800runaway.org/
Forum: bulletinboards.1800runaway.org/forum



44-7NATIVE (762-8483)
Monday-Friday from 9am to
5:30pm CST
strongheartshelpline.org



877-565-8860
www.translifeline.org



www.thetrevorproject.org
866-488-7386 LGBTQ Youth

<https://www.acf.hhs.gov/acf-hotlines-helplines>

One Word “Ah Ha!”

- **Think about Today's Training:**
- What word reflects how you are feeling or what you will take away from today?



For additional resources visit [IPVHealth.org](https://www.ipvhealth.org)