

Prevention Peer Network

December 17, 2015



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Please note, this webinar is being recorded.

Agenda

- ❖ Opening Circle
- ❖ Interested in presenting about a prevention strategy?
Email emily@cpedv.org
- ❖ Training: Trauma-Informed Teen Dating Violence Prevention, presented by Ruby Solis, Community Education Manager, STAND!
- ❖ Discussion
 - ❖ Shared expertise, emerging issues, challenges, triumphs

Save the Date!



Building Change Together

Prevention Core Competencies Training

March 22th-24th | DoubleTree by Hilton Sacramento



This project was supported by funding awarded by the U.S. Department of Health and Human Services Family Violence Prevention and Services Act (grant number PV14011577) through the California Governor's Office of Emergency Services (Cal OES).

Opening Circle

- Please type in your name, agency and location



Trauma-Informed Teen Dating Violence Prevention

*STAND! FOR FAMILIES
FREE OF VIOLENCE*



Ruby Solis
Community Educator Manager
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Objectives

- Strategies to develop a youth-friendly trauma-informed program
- A deeper understanding of how trauma, family violence, and community violence contribute to Teen Dating Violence
 - Lessons learned and success stories

Teen Dating Violence Defined

According to the Centers for Disease Control Teen Dating Violence is defined as the physical, sexual, or psychological/emotional violence within a dating relationship in adolescence. It can occur in person or electronically and may occur between a current or former dating partner.

<https://www.youtube.com/watch?v=nZ11945KwZc>

<https://www.youtube.com/watch?v=074i9C-6LoA>

Teen Dating Violence Prevalence

1/3

“1/3 Teens experience some form of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds other types of youth violence”

STAND! overview

- * Prevention

- * *Youth Education and Support Services*

- * Intervention

- * Treatment



NO MORE

Prevention Services: Youth Education

Support Services

- * Expect Respect
- * Promoting Gender Respect
- * You Never Win with Violence
- * Youth Against Violence
- * Adult Ally Training

STAND!
For Families Free of Violence

Trauma-Informed work

Trauma informed approach: Working with a traumatized community and taking the following into consideration:

- Understanding the challenges and trauma present in the community we work with
- Utilizing youth appropriate and youth-friendly materials
- Cultural humility
- Each person's response to trauma is unique
- Understanding triggers
- Building relationships
- Giving youth a sense of control

Trauma and long-term effects

Trauma: A deeply distressing/disturbing life experience(s)

What we learned from the ACE study:

Almost two-thirds of study participants reported at least one ACE, and more than one of five reported three or more ACE. The short- and long-term outcomes of these childhood exposures include a multitude of health and social problems. Including:

- * Alcoholism and alcohol abuse
- * Depression
- * Illicit drug use
- * Liver disease
- * Multiple sexual partners
- * Sexually transmitted diseases (STDs)
- Risk for intimate partner violence
- Health-related quality of life
- Ischemic heart disease (IHD)
- Suicide attempts
- Adolescent pregnancy
- Unintended pregnancies

Our journey with Youth Trauma-informed work

Kaiser Youth Trauma-Informed Grant

Task: Identify trauma markers in the youth you work with

Our strategy

- Youth focus groups
- Trauma screening tool
- Trauma training for prevention staff
- Coordination with schools and community partners to arrange for follow-up services

Trauma Screening Results

- 400 support group members targeted **70% screened positive for trauma**
- **Over 1/3 screened positive for PTSD specific markers**

Impact of trauma-informed approaches in our services

- Relevant, youth-friendly modifications to our curricula and presentations
- Creation of new services to meet the needs of the community
- Increase in self-referrals
- Increase in group engagement and graduation
- Increase in post group involvement in youth leadership
- Increase in adult allies trained
- Increase in amount of youth served

You Never Win with Violence Workshop- numbers of youth served in academic year

2012-2013

2014-2015

2015-now

500

1576

1700

Changing the conversation

Healthy Relationships vs. Unhealthy Relationships v. Abusive Relationships

Forms of abuse:

1. Physical	Smothering/unwanted clinging	Restraint/Force
2. Verbal	Jokes at my expense	Putdowns
3. Emotional	Comparison to other girls/boys	Forcing a physical change
4. Cyber	Subliminals	Exposing
5. Sexual	Pressuring for sexual activity	Forcing/Coercing
6. Financial	Apology gifts	Gifts with conditions

Strategies for youth trauma-informed approaches

Create a space that is

- Safe
- Youth-friendly and accessible (materials, lessons, etc.)
- Relevant
- Inclusive of traumatic life experiences, especially the issues that intersect with Teen Dating Violence
- Modify materials, curricula, and presentations to reflect these changes
- Create new materials or services to better address the unique challenges your youth face

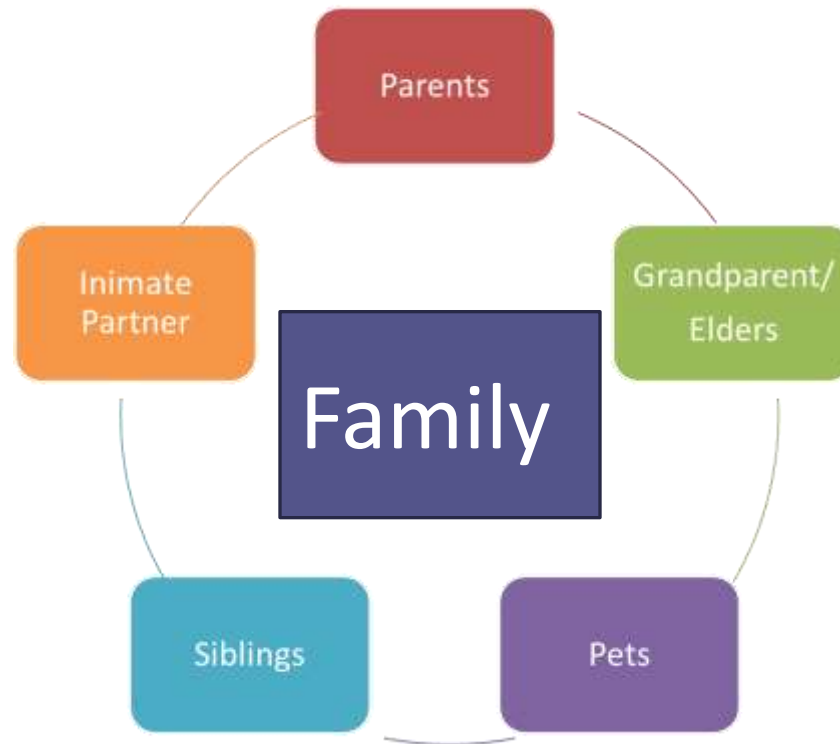
Tips for starting up trauma-informed work with youth

Staff training

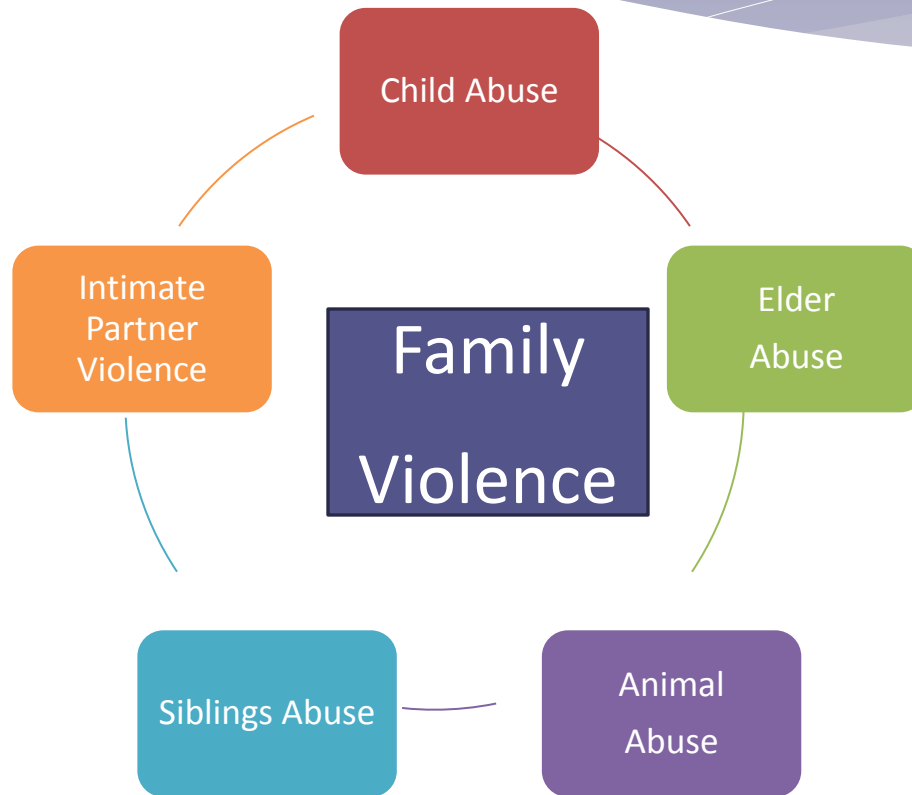
- Adopting a model for the organization (i.e. Sanctuary, STAR, etc.)
- Destigmatize dating violence issues, trauma, and mental health support
- Assessing need: focus groups, youth voices and opinions
- Assessing capacity
- Choosing a trauma-informed model of service that is feasible for the program/organization
- Youth leadership programs- giving youth a voice

Examples of trauma-informed modifications

Family



Family Violence



"We're talking"

"Hooking Up"

"Kikin"

"Going out"

"Crushing"

"Fooling around"

"Hanging Out"

"Having a good time"

"Messing around"

"Doing my thing"

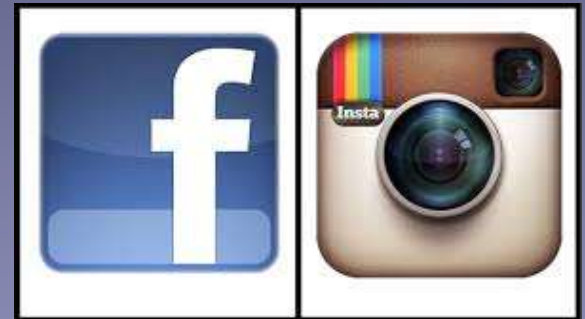
"Seeing each other"

"Boo'ed up"

"SEXTING:"

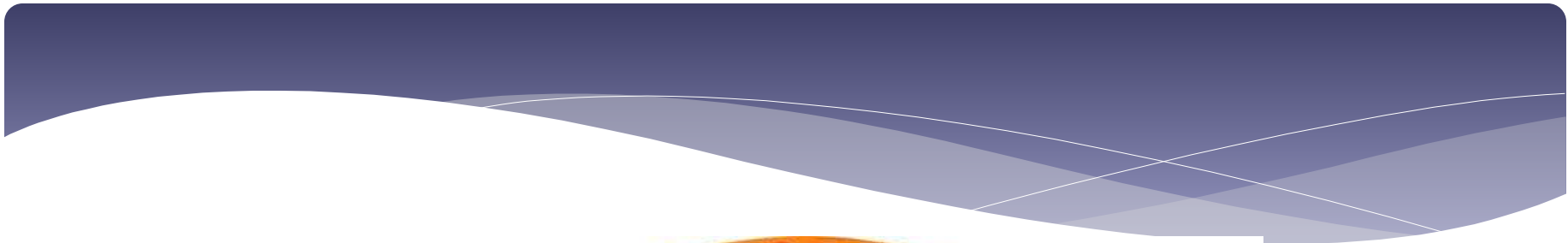
What do teens call their
intimate relationships?

Digital Abuse



Youth-led Campaigns

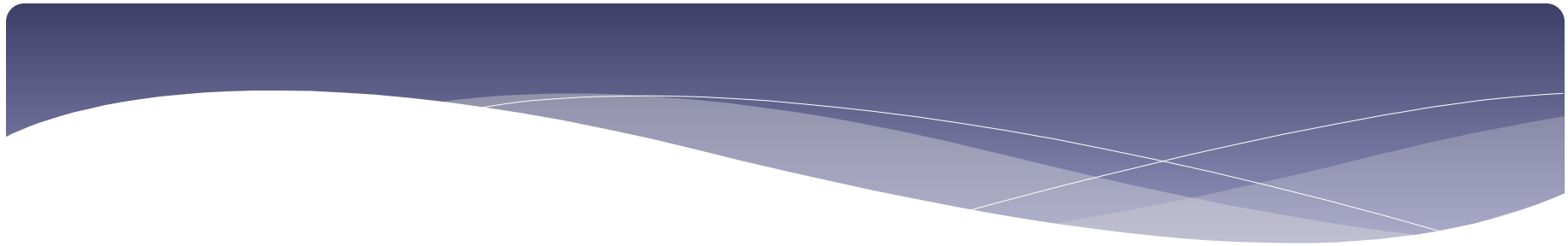
















<https://www.youtube.com/watch?v=AUcyzulGUro>

Success stories- youth voices



Shared expertise and discussion

- Other expertise or experiences with TOPIC FROM THIS MONTH?
- Current emerging issues?
- Challenges or triumphs?



Together we're stronger.



Prevention at the Partnership



Public Policy



Communications



Capacity Building

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