

Trauma Informed Positive Behavior Support

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In partnership with

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Partnership for People with Disabilities

Virginia Commonwealth University



Today's Discussion

- Why are we hearing so much about trauma lately, and how does it apply to adults and children with disabilities?
- Adverse Childhood Experiences: How do they impact the lives of children and adults?
- What is Trauma Informed Intervention?
- How can an FBA address this?
- What PBS and person centered strategies are helpful in supporting people who have experienced trauma?
- Discussion: Paula's story

Please...

This webinar addresses topics such as **child abuse, sexual assault, trauma, and specific adverse childhood experiences.**

Please feel free to do what you must **to step away from the webinar** if you are uncomfortable in any way.

What is Trauma? The Three “E’s”

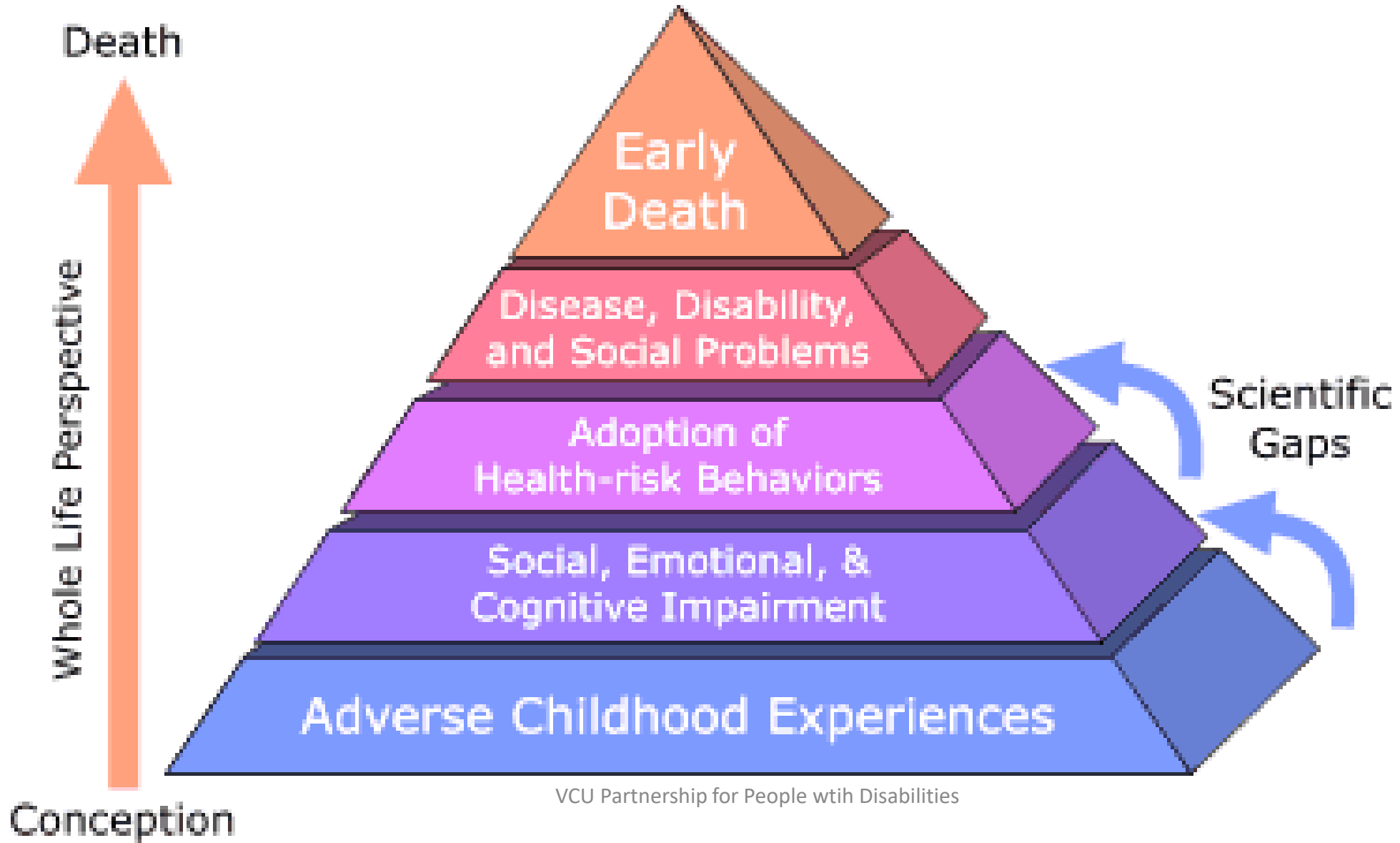
- **Event** or series of events
- **Experienced** by person as harmful
- Lasting adverse **effects**

**Trauma is not the thing
that happened but
the effect left within us
by our experiences...**

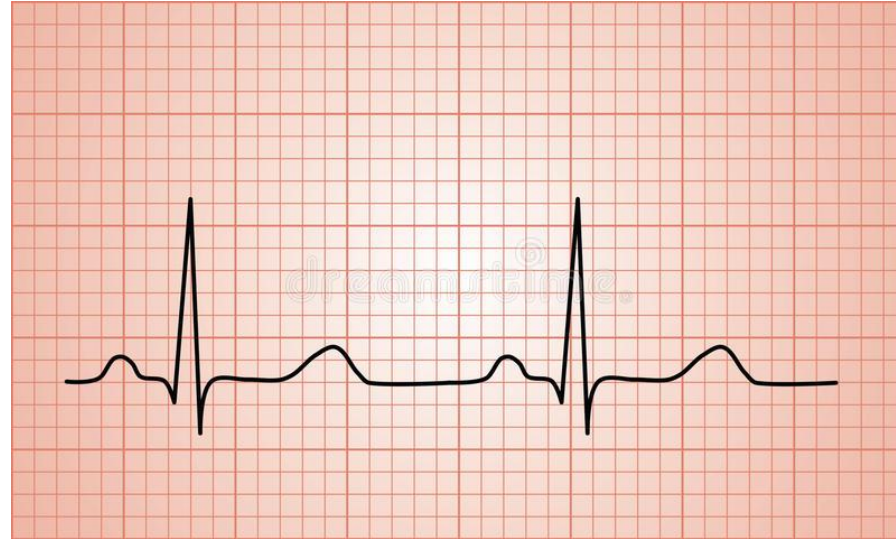
Types of Trauma

- School/Community Violence
- Family Trauma
- Complex Trauma

ACE Study



Results of ACES



- Increase in chronic health conditions as adults
- Negative impact on brain, social-emotional development

Maltreatment of Children with Disabilities

- Occurs more frequently,
- More severely,
- Over longer periods of time
- With fewer opportunities to escape abuse



Prevalence: Sexual Assault of People with Disabilities

- 83% of women and 32% of men have experienced sexual assault (Johnson & Sigler, 2000)
- 40% of women with physical disabilities reported being sexually assaulted (Young et al., 1997)
- 49% of people with developmental disabilities who are victims will experience 10+ abusive incidents (Valenti-Heim & Schwartz, 1995)

What Does Trauma Look Like?



- Someone who has difficulty calming down after being scared and may be aggressive
- Unable to be soothed , self regulate

(NTSN, 2016)



Internal Signs of Trauma

- Unable to manage fears, anxiety, aggression
- Poor attention for learning and problem solving
- Poor impulse control and physical responses to danger
- Unable to adequately judge danger
- Decreased motivation for learning
- Preoccupation with traumatic experience
- Phobias, seemingly irrational fears

Observable Signs of Trauma

- Trouble sleeping
- Self-stimulatory or repetitive behaviors
- Self-injurious behaviors
- Escape/Avoidance behaviors



Discussion question: About what percentage people with whom you have developed positive behavior support plans are likely to have experienced trauma? Type your response in chat to answer

Using teams to improve someone's quality of life and decrease challenging behaviors



The Learning Community for Person Centered Practices

- What is a **toxic environment** for this person?
- What's important **TO** the person?
- What do their **routines** and **rituals** tell us about what's important to them?
- Good Day/Bad Day or What's working/Not working?
- Staff **matching**
- What **choices** exist?
- What do they need to **IMPROVE QUALITY OF LIFE?**

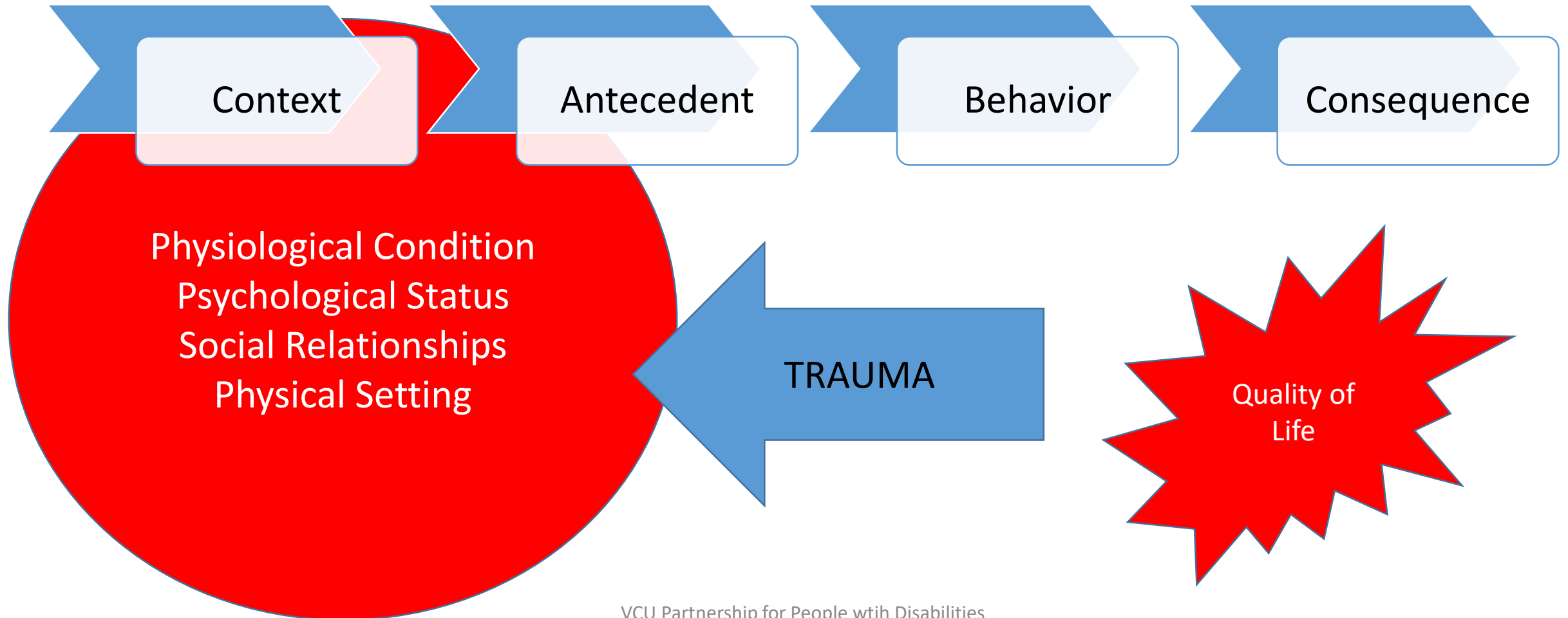
Functional Behavior Assessment



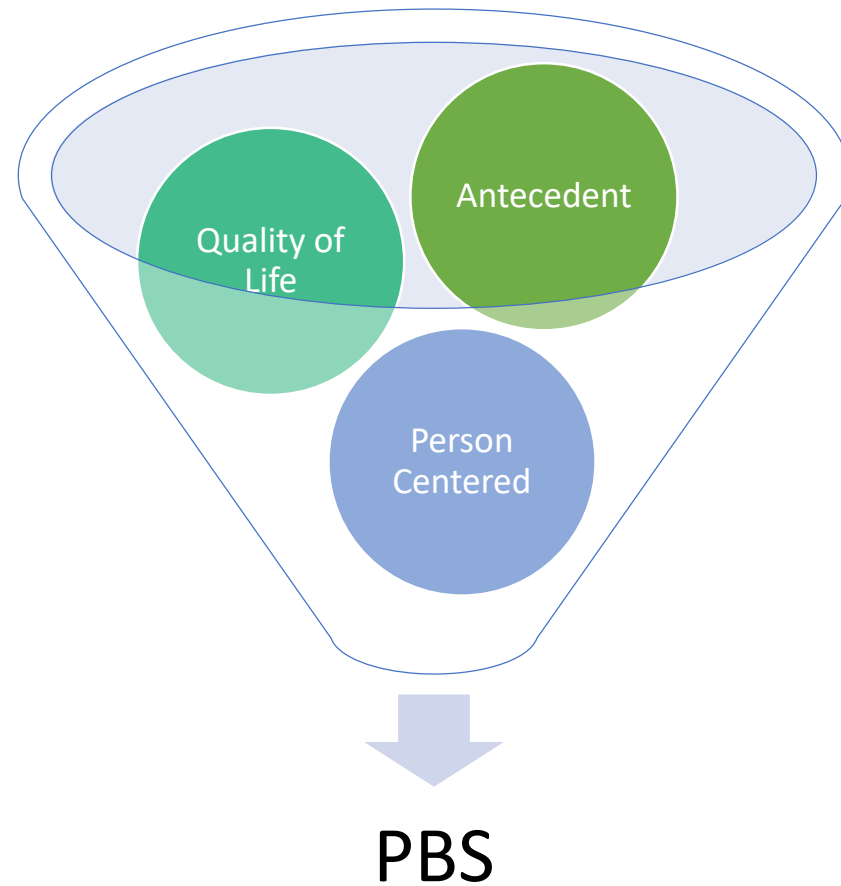
Don't forget about sensory input



Expanding Assessments to Capture Trauma

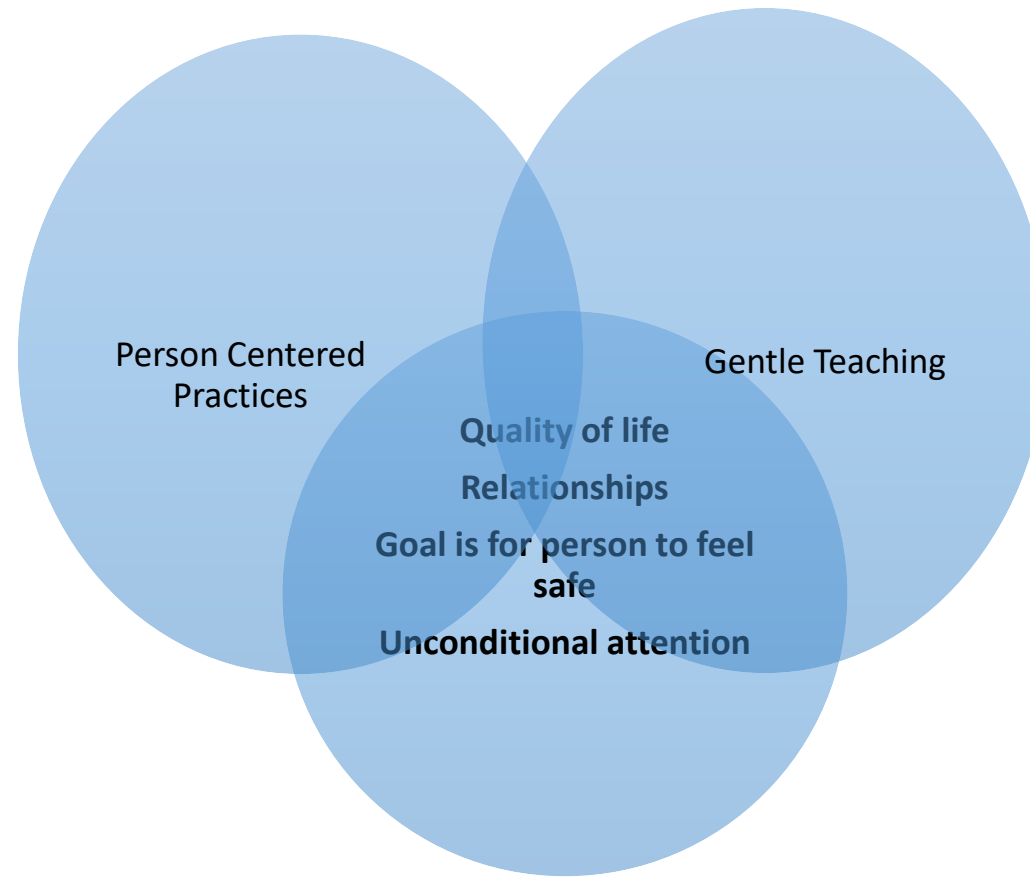


Some Trauma Informed Responses or Resilience Strategies

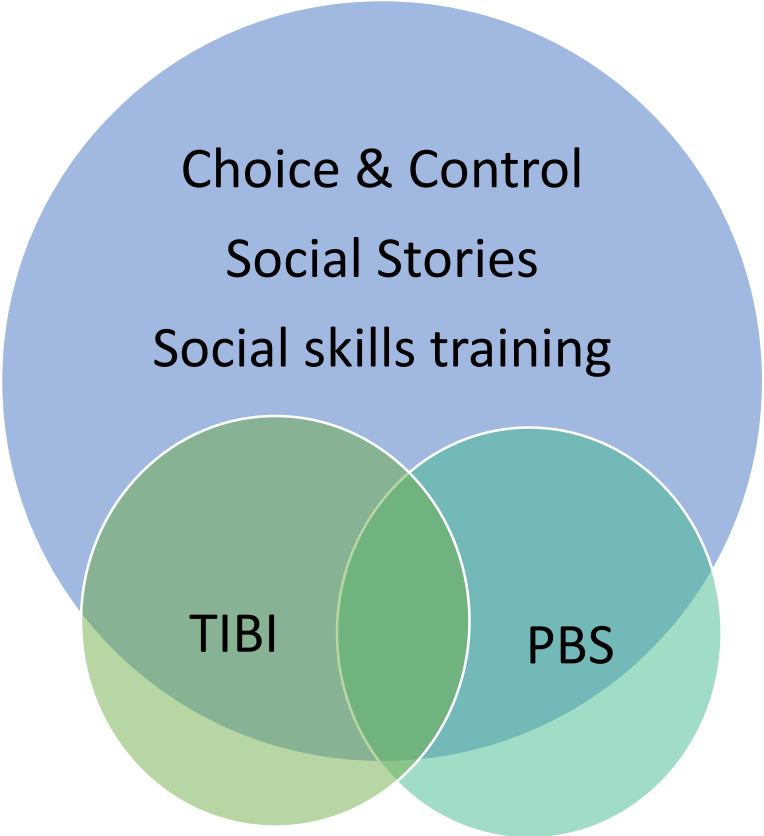


Gentle Teaching

(McGee, 1992)

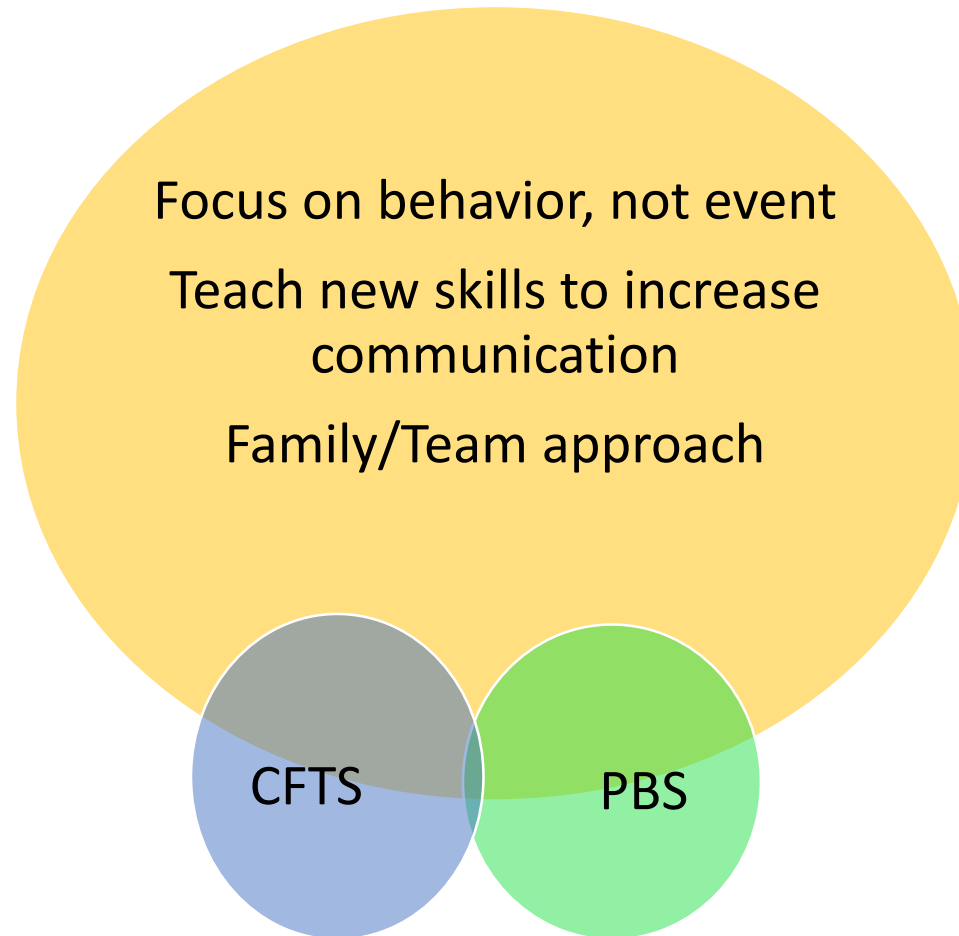


Trauma Informed Behavioral Intervention (Harvey, 2012)



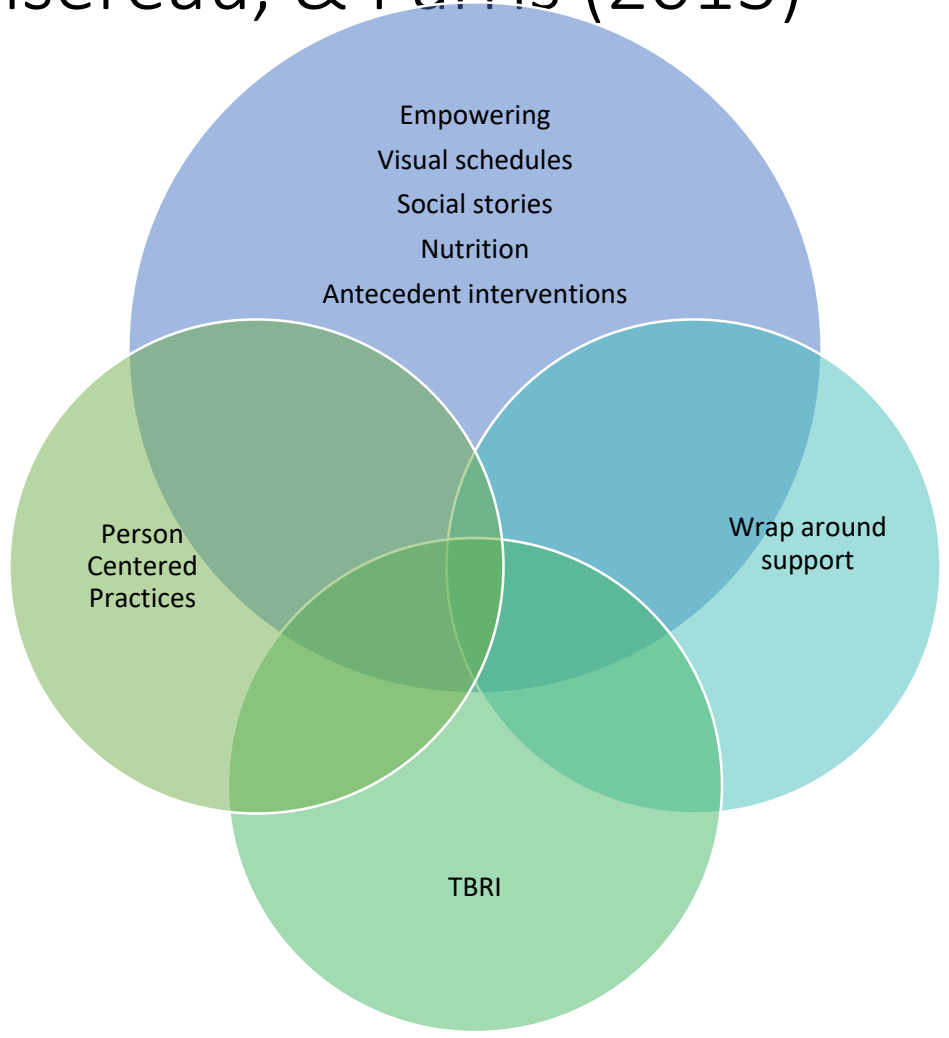
Child and Family Traumatic Stress Intervention

Berkowitz, S., Stover, C.S., & Marans, S. (2010)



Trust Based Relational Intervention

Purvis, Cross, Damsereau, & Parris (2013)



TRAUMA

**Core Elements of PBS
and
Trauma informed Interventions**

Teaching coping
and tolerance

Unconditional positive
reinforcement

Improved quality
of life

Toxic
environments

CHOICES!

Social Stories

Teaching
replacement
behaviors

Antecedent
interventions

Behavior =
communication

Empowerment

Wrap around support

Person
Centered
Practices

Empathy based

Stakeholder
involvement
and support

Visual schedules

Paula's Story: Panel Discussion

- Socks, hairband, outfits coordinate
- Loves to bake
- Lives in an apartment with a roommate
- Loves to hang out at the pool
- Lived in a group home and met Patrice
- Employed at a hotel in housekeeping