FYSB Family & Youth
Services Bureau

Runaway & Homeless
Youth Program

Supporting the Emotional Needs of Youth and Staff
During a Crisis

ACF

Overview of the Session

I. Welcome

> FYSB leadership

II. Maintaining a Trauma-Informed Environment During a Crisis: Supporting the Emotional Well-Being of Staff

> Tia Lynn Roberts Hartsock, University of Hawaii

III. Discussion Questions

- What have been the greatest challenges presented by the COVID-19 for your program and youth served?

- How are you responding to youth mental health needs?

- What unexpected or promising things have occurred as a result of COVID-19?

IV. Questions

FYSB Family & Youth Services Bureau   **Runaway and Homeless Youth Program**

Maintaining a Trauma-Informed Environment During a Crisis: Supporting the Emotional Well-Being of Staff

- Presented by:

  Tia Lynn Roberts Hartsock, MSCJA, MSW

  University of Hawaii

Stress Responses During a Crisis

Large-scale traumas (the World Trade Center attacks, mass shootings, hurricanes, or environmental disasters) are almost always accompanied by increases in:

- Depression,
- Post-traumatic stress disorder (PTSD),
- Substance use disorder,
- Other mental / behavioral disorders (anxiety, hypervigilance),
- Domestic violence and child abuse.

Applying Trauma-Informed Care Principles to Practice

1. Safety

2. Trust & Transparency

3. Peer Support

4. Collaboration

5. Empowerment,
   Voice, Choice

6. Cultural & Gender
   Considerations

Six Principles of a Trauma-Informed Approach

1 Safety

2 Trustworthiness and Transparency

3 Peer Support

4 Collaboration and Mutuality

5 Empowerment, Voice, and Choice

6 Cultural, Historical, and Gender Considerations

Safety

Ask what people need to feel safe – physically, emotionally, etc.

Develop surveys people can take on-line to assess safety and beliefs – meet them where they are!

Develop P&P's about environment – encourage people to participate in conversation, establish ad-hoc committee, google docs, etc.

Acknowledge emotional responses to media, negligence of others, other vicarious trauma

Trust, Transparency, & Predictability

Continue to clarify what next few hours, days, months might look like – stability & predictability

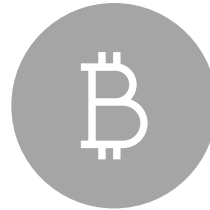Provide time to reconnect – consider creating times to share as a group

Communicate as much as possible when it comes to transparency (budget forecasts, restrictions, even unknown)

Peer Support

Consider creating a check-in system

Administrator support with other ED's in organizations to problem solve, talk-story, coffee hour, etc.

Institute self-care committees

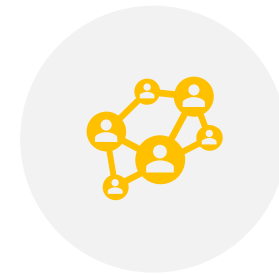Encourage people to increase supports outside of work

Collaboration

Allow individuals to be a part of the conversation, whenever possible

Provide venue to give feedback anonymously to address concerns

Open conversations with other organizations to collaborate in services & supports

Voice, Choice, Empowerment

Inquire & Reset

Create ways to share voices in confidential ways

Concepts instituting choice will be helpful to increase empowerment and decrease anxiety!

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Cultural, Gender Considerations

Understand what cultural needs individuals may be having

Family members at home, health needs

Grieving of traditional practices

Racial discrimination, blaming of populations, etc.

Vulnerable populations having difficulties accessing resources, health needs, financial support, etc.

Questions?

Discussion

Grantee perspective – Question 1

James Ewell, Looking Glass Community

Services, Eugene, OR

Discussion

Grantee perspective – Question 2

Patricia Cardoso, Haven House, Raleigh, NC

Discussion

Grantee perspective: Question 3

Ardelia Rodgers, Immerse Arkansas, Little Rock, AR

Questions?