Trauma-Focused Practices for Children Exposed to IPV

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Overview

• Trauma Exposure/IPV

• Evidence-based behavioral health treatments in CT

• Responding to Children of Arrested Caregivers Together (REACT)
  • Overview
  • Manchester pilot
Trauma Exposure/IPV

• National Survey of Children’s Exposure to Violence
  • 71% of youth report trauma exposure
  • 48% report >1 exposure in past year
  • 35% witness family assault by age 14-17

• Consequences of trauma exposure/IPV
  • Each year of maltreatment = $124 billion

1 Finkelhor et al (2015)
2 Felitti et al. (1998)
3 Fang et al., (2012)
Trauma-Focused Evidence Based Practices for Children Exposed to IPV
Trauma-Focused Evidence-Based Practices (EBPs)

- Range of EBPs developed:
  - Several widely available models in Connecticut
    - TF-CBT, TARGET, CFTSI, CBITS, MATCH, EMDR

- Common elements
  - Education about trauma and effects
  - Gradual exposure
  - Emotion regulation
  - Cognition
  - Caregiver-child communication/support

- AF-CBT – families in conflict/abuse (Kolko)
- Fathers For Change – IPV perpetrators (Stover)
Exposure to Potentially Traumatic Events – Clinic Population

Child: Mean 7.8; sd 3.3
Parent: Mean 6.5; sd 2.8

N=1,764 (Child)
N=1,689 (Parent)
Child Outcomes

- Among children completing TF-CBT in Connecticut*
  - 46% decrease in PTSD symptoms
  - 51% decrease in depression symptoms

- Caregivers report 95% satisfaction with treatment

*N=391
Cost Savings: Trauma-Focused Therapy

- TF-CBT Study (Delaware)¹
  - 5 times fewer costs for higher level care in the year following treatment
  - Average treatment cost savings one year following treatment was $1,700 per child
- WA State Institute for Public Policy (WSIPP)²
  - Lifetime cost savings (or not) of various programs
  - Trauma-focused CBT: $6,501 per youth

¹ Greer, Grasso, Cohen, & Webb, 2013
² http://www.wsipp.wa.gov
Find a provider:  www.kidsmentalhealthinfo.com
Responding to Children of Arrested Caregivers Together (REACT)

- Model development and pilot (2011-2014)
  - Funded by Institute for Municipal and Regional Policy (CCSU)
  - Focus on children whose caregiver was arrested
  - Law enforcement & EMPS mobile crisis collaboration
  - Collaboration with CIT-Youth through Connecticut Alliance to Benefit Law Enforcement (CABLE)

- OJJDP Diagnostic Center TA (2014-present)
Responding to Children of Arrested Caregivers Together (REACT)

- Goals:
  - Prevent and address trauma experienced by children
  - Enhance LE knowledge about child trauma
  - Enhance EMPS mobile crisis response
  - Increase children receiving EMPS mobile crisis response
  - Utilize existing resources
REACT Cross-System Collaboration

Child & Family

- Law Enforcement
- EMPS
- Department of Corrections
- DCF
- Community Services
Manchester Pilot*

- 43 children referred (29 calls)
  - Only 1 referral made in 12 months prior
- 66% of REACT cases were for domestic incidents

Challenges
- Timeliness of referrals/post-scene referrals
- Competing demands on LE
- Limited data infrastructure across systems

Next Steps
- OJJDP recommendations
- Population of focus

*OJJDP Diagnostic Center
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