

Childhood trauma **Changing minds.**[®]

www.ChangingMindsNOW.org



What can juvenile and family courts do to respond to **trauma?**

To promote healing and avoid re-traumatization, judges and allied child-serving professionals should understand the impact of exposure to violence on human development

Violence

is behavior involving physical force intended to hurt, damage, or kill someone or something.

Traumatic Event

is an experience that causes physical, emotional, psychological distress, or harm.



Traumatic Stress

occurs when someone is exposed to traumatic events, and when this exposure overwhelms his or her ability to cope with what has been experienced.

Adversity

involves potentially traumatic events that can have negative, lasting effects on one's health and well-being.

Resiliency

is the capacity to thrive in the face of adversity.

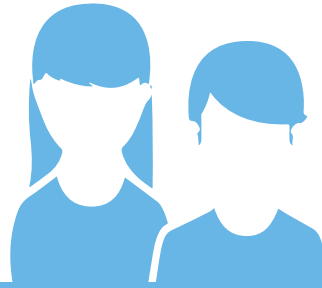
Challenging Behavior

is only the tip of the iceberg...



What we observe

The entire story



Compared to the general youth population, juvenile justice-involved youth have been shown to have **higher** prevalence rates of adversity and trauma.

Types of Adverse Childhood Experiences (ACEs)ⁱⁱⁱ

Abuse



Physical



Psychological



Sexual

Neglect



Physical



Psychological

Household Dysfunction



Mental Illness



Domestic Violence



Divorce



Incarcerated Parent



Substance Abuse

Research suggests that the risk for numerous health issues

increases^{iv}

as an individual's number of ACEs increases.

Some of these health issues include:



Chronic Disease and Mental Health

Liver Disease
Lung Cancer
Depression



Reproductive Health/ Sexual Behavior

Fetal Death
Sexually Transmitted Diseases
Adolescent Pregnancy



Health Risk Behaviors

Alcohol and Drug Abuse
Smoking
Obesity



Risk of Intimate Partner Violence

As many as
one-third

of juvenile justice-involved youth reported exposure to multiple forms of trauma each year.ⁱ

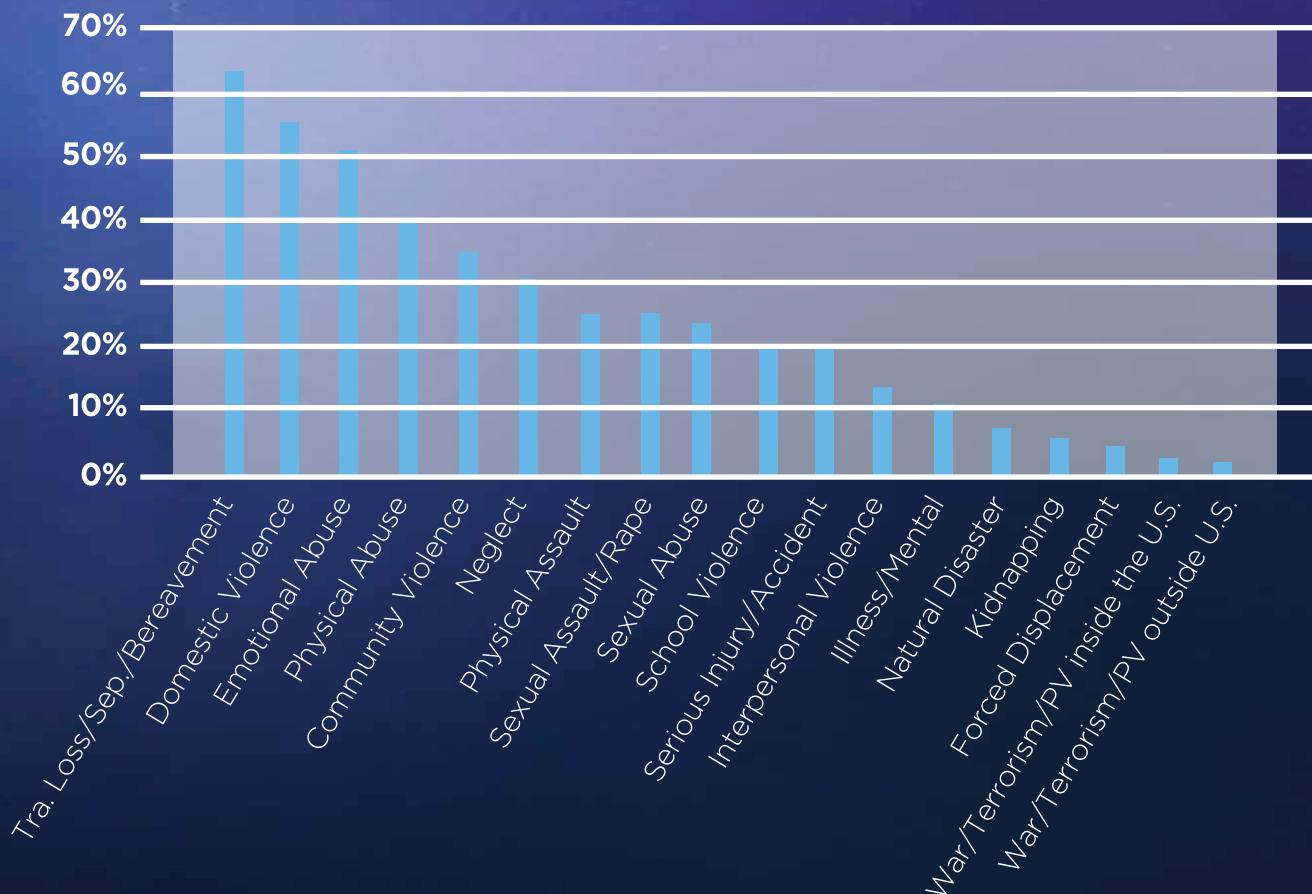
Juvenile offenders with
higher

ACEs scores demonstrated more substance abuse, self-harm behaviors, and school-related problems.ⁱⁱ



On average, female juvenile offenders reported more ACEs than their male counterparts.^v

Prevalence Rates of Trauma Exposure by Trauma Typeⁱ





The Role of a Judge

Judges are uniquely positioned to help youth, to promote healing, and to avoid re-traumatizing victimized youth. Judges can create a culture and community of healing.



Judges should consider

HOW DID YOU GET HERE AND HOW CAN I HELP?

HOW CAN I LEAD A CULTURE AND COMMUNITY OF HEALING?

Judges can promote



Safety



Healing



**Self
Determination**



**Pro-social
Connections**

Judges can build a trauma-informed juvenile and family court



Improve Systems



Be aware of your biases



Support and educate staff on trauma (including secondary trauma)



Work with stakeholders



Develop and implement policy and protocols



Engage youth and parents as partners

Seek to Understand the Whole Story



Identify the strengths and challenges of each family



Scrutinize how parents and children are labeled



Ask social workers and attorneys tough questions
(See *NCTSN bench cards*^{vi} for examples)



Acknowledge that the context in which an event occurs matters



Celebrate strengths by using “put-ups,” not “put-downs”

Identify Environmental Triggers



Harsh lighting



Slamming doors



Extreme temperature



Loudspeakers



Traffic



Shouting

Create Child- and Family-friendly Courtrooms

Safety involves social, emotional, psychological, and physical needs



Create a child and family-friendly courtroom



Provide appropriate educational materials and signage



Dedicate safe spaces for victims



Ensure accessibility



Be cognizant of your body language, tone and demeanor



Invite advocates to be part of the conversation



Ensure comfort by staying calm and patient



Collaborate by asking all parties for their opinions

Be Thoughtful About Services



Identify the evidence-based treatment services in your community



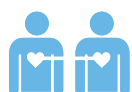
Work with your community to fill service gaps



Use targeted services; do not overload families with services



Ensure services are responsive to families' needs and culturally-sensitive



Help family members maintain safe and supportive relationships

Nurture Voice and Choice



Empower children, youth and families to make safe and healthy choices



Allow children and youth to voice their opinions throughout the process



Build on protective factors (i.e., cultural values and support systems)



Acknowledge resiliency (i.e., existing strengths and accomplishments)



Listen and show an interest in the passions of children and youth



Inspire and expose children and youth to new ideas

www.ChangingMindsNOW.org

ⁱ Dierkhising, C. B., Ko, S. J., Woods-Jaeger, B., Briggs, E. C., Lee, R., & Pynoos, R. S. (2013). Trauma histories among justice-involved youth: Findings from the National Child Traumatic Stress Network. *European Journal of Psychotraumatology*, 4. <http://dx.doi.org/10.3402/ejpt.v4i0.20274>.

ⁱⁱ Grevstad, J. A. (2010). *Adverse childhood experiences and juvenile justice*. PowerPoint delivered to Washington State Family Policy Council June 8, 2010.

ⁱⁱⁱ Felitti, V.J., Anda, R.F., Nordenberg, D., Williamson, D.F., Spitz, A.M., Edwards, V., et al. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The adverse childhood experiences (ACE) study. *American Journal of Preventive Medicine*, 14, 245–258.

^{iv} Center for Disease Control and Prevention, National Center for Injury Prevention and Control. (2014). Major findings. Retrieved February 2016 from <http://www.cdc.gov/violenceprevention/ace-study/findings.html>.

^v Baglivio, M.T., Epps, N., Swartz, K., Huq, M. S., Sheer, A., & Hardt, N. S. (2014). The prevalence of adverse childhood experiences (ACE) in the lives of juvenile offenders. *Office of Juvenile Justice and Delinquency Prevention (OJJDP): Journal of Juvenile Justice*, 1-24.

^{vi} National Child Traumatic Stress Network. (n.d.). *NCTSN bench card for the trauma-informed judge*. Retrieved from http://www.nctsn.org/sites/default/files/assets/pdfs/judge_bench_cards_final.pdf.



NATIONAL COUNCIL OF
JUVENILE AND FAMILY COURT JUDGES

WWW.NCJFCJ.ORG

This project was supported by Grant No. 2011-MU-MU-K011 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.