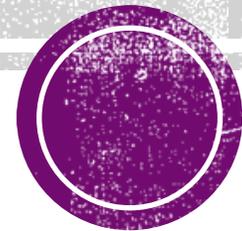


THE COLLECTIVE TRAUMA OF GEN Z

Maribel Arredondo

Sexual Assault Services Manager



AGENDA

- Introductions
- Generations
- Defining Trauma and Types of Trauma
- ACEs
- Juvenile Population and Trauma
- Effects of Trauma on the Juvenile Brain
- Trauma Informed Care
- Q&A



POLL EVERYWHERE

Phone Number: 22333

Text message: maribelarred311

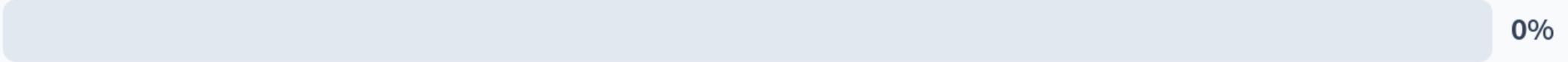


What is your experience level?

(A) 1-5 years



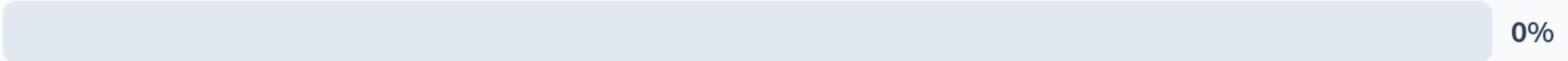
(B) 6-11 years



(C) 12-15



(D) 15+





**TRIGGER
WARNING**

Some of the content could be triggering, so please take care of yourselves.



THROUGH THE SANDS OF TIME



GENERATIONS THROUGH THE YEARS



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WHAT'S YOUR GENERATION?



Generation Z
5-25 Age



Millennials
26-40 Age



Generation X
41-55 Age

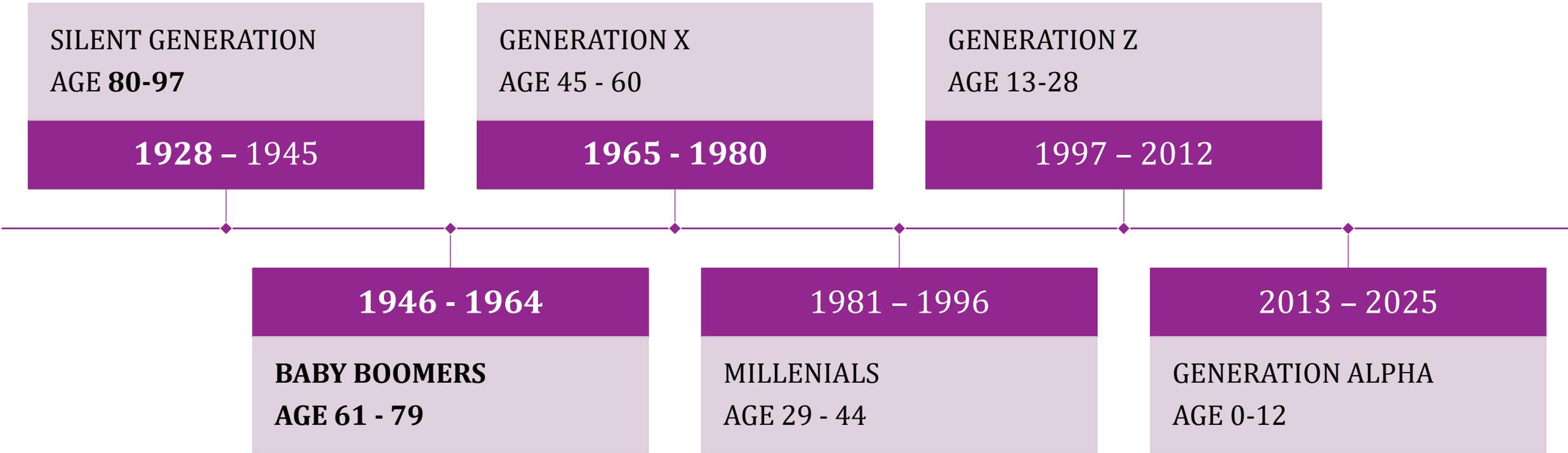


Baby Boomers
56-75 Age



The Silent Generation
76+ Age







What Generation are you?

(A) Silent Generation (76+ years)



0%

(B) Boomers (56-75)



0%

(C) Gen X (41-55)



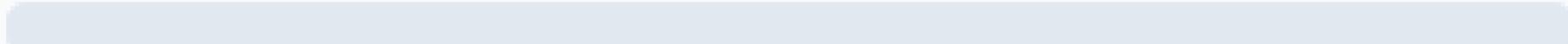
0%

(D) Millenials (26-40)

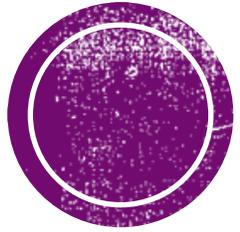


0%

(E) Gen Z (5-25)



0%

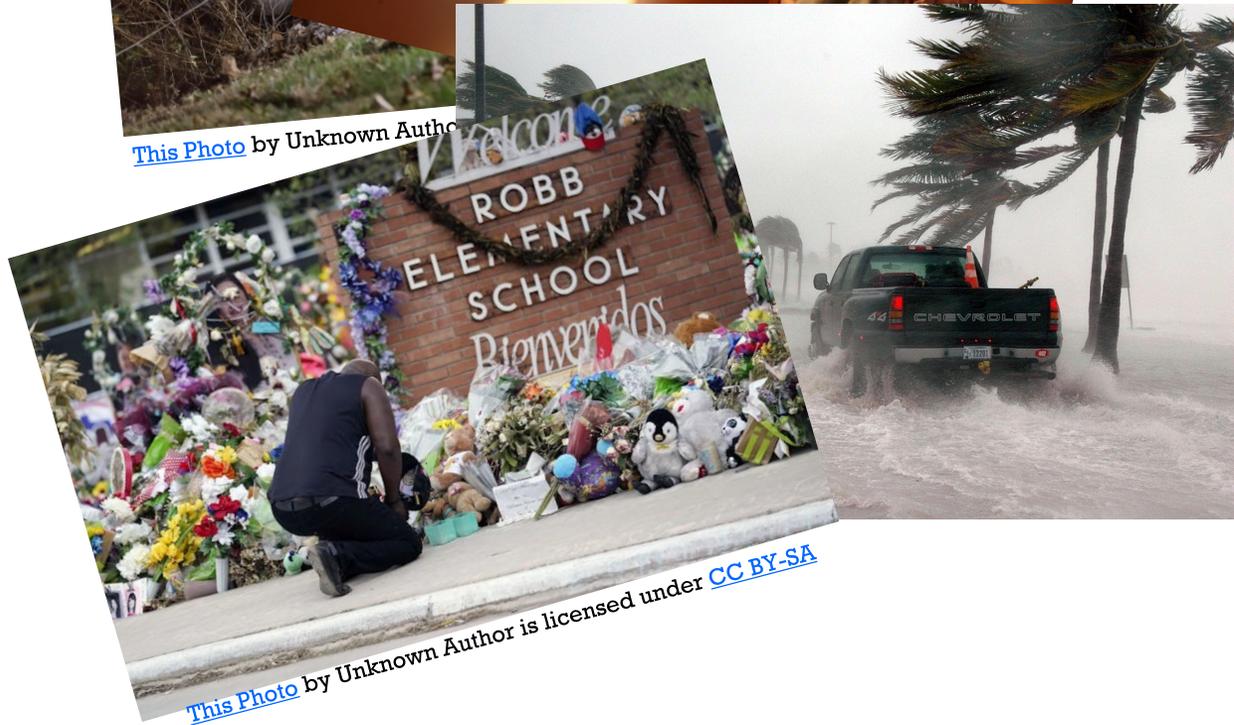


WHAT IS TRAUMA?





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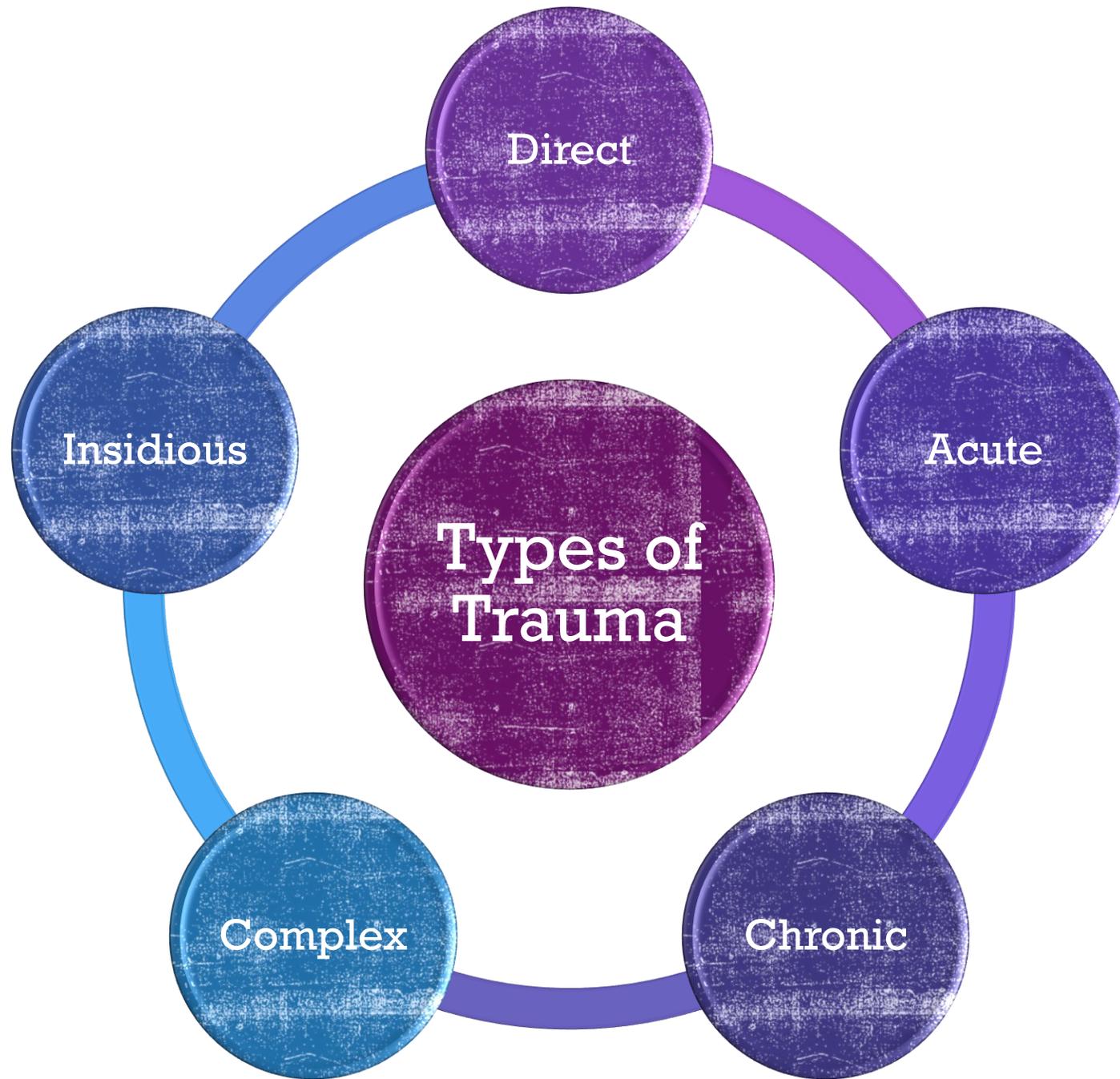


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TRAUMA DEFINED

- An emotional response to a terrible event like an accident, crime, natural disaster, etc.
- When an individual person is exposed “to actual or threatened death, serious injury or sexual violence.”
 - *American Psychological Association*
- Trauma results from exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects
 - <https://www.traumainformedcare.chcs.org/what-is-trauma/>





DIRECT TRAUMA



A traumatic event happening directly to someone. This can be either physically experiencing it or witnessing it happen to someone else.

Examples: Physical, sexual or emotional abuse



ACUTE TRAUMA



A single incident or event that is limited in time.

Examples: natural disaster or car accident



CHRONIC TRAUMA

Repeated, prolonged trauma

Examples: Ongoing abuse, neglect,
domestic violence, human trafficking



COMPLEX TRAUMA



Exposure to multiple forms of trauma that often start in childhood.

Similar to chronic trauma, however this trauma is often interpersonal and at the hands of a trusted adult.



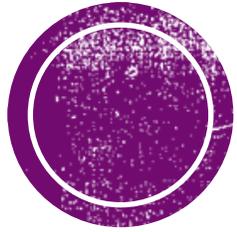
INSIDIOUS TRAUMA



- Trauma that doesn't affect a person directly, but is all around them
- Exposure to many different events that are all around you, and may seem insignificant
 - *Evolutioncounseling.com*

Examples: Neighborhood violence, gang violence, witnessing events online





ACE'S





ADVERSE CHILDHOOD EXPERIENCES

- Kaiser Permanente study 1995-1997
- Events that occur in a person's childhood up to age 18
- Research shows that ACE's can have a lasting impact on a person's livelihood, well being and health

“This was the first time that researchers had looked at the effects of several types of trauma, rather than the consequences of just one. What the data revealed was mindboggling. “I wept. I saw how much people had suffered and I wept.” –Robert F. Anda, MD, MS



10 TYPES OF ACE'S

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

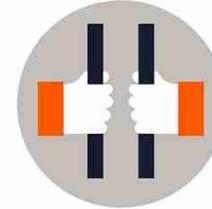


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Finding Your ACE Score



While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often or very often**...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often or very often**...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Attempt or actually have oral, anal, or vaginal intercourse with you?
Yes No If yes enter 1 _____
4. Did you **often or very often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often or very often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score.

Adapted from: http://www.aestudy.org/files/ACE_Score_Calculator.pdf, 092406RA4CR





YOUTH IN TJJD

52% have >4

Ace's

50% Boys with >4

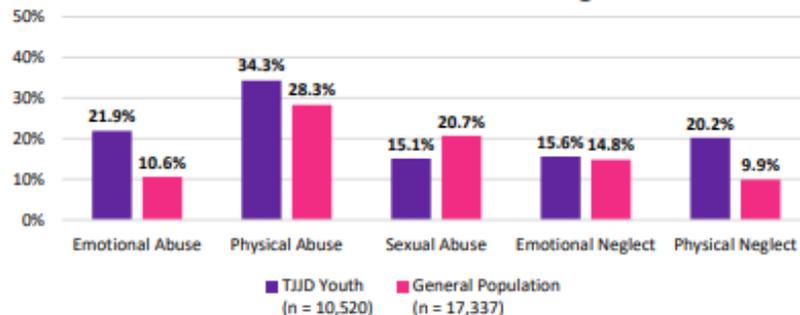
87% Girls with >4

47% Girls with >7

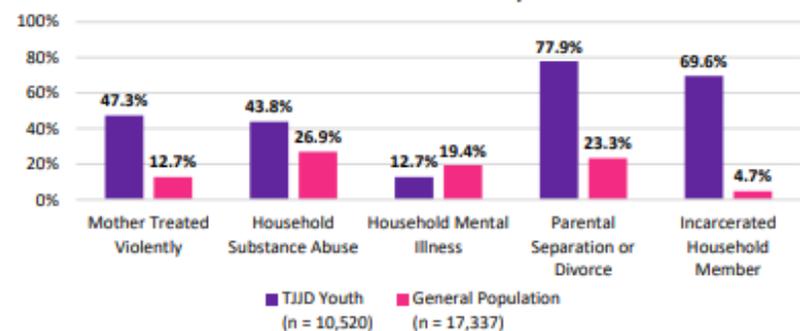


Comparing ACE Prevalence Among TJJY Youth and the General Population³

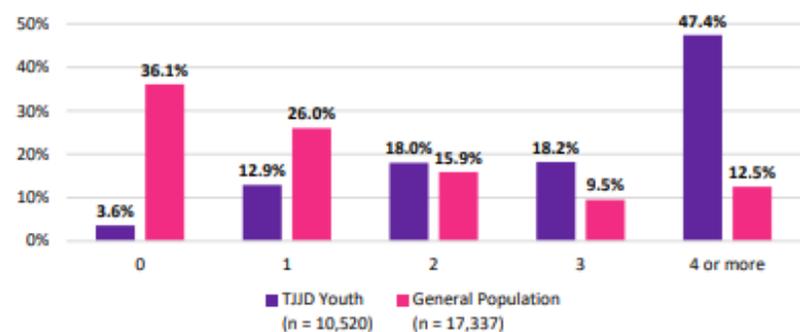
Prevalence of Abuse and Neglect



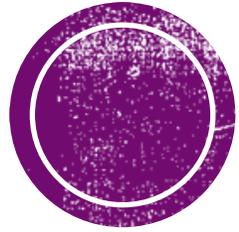
Prevalence of Household Dysfunction



Total ACE Score

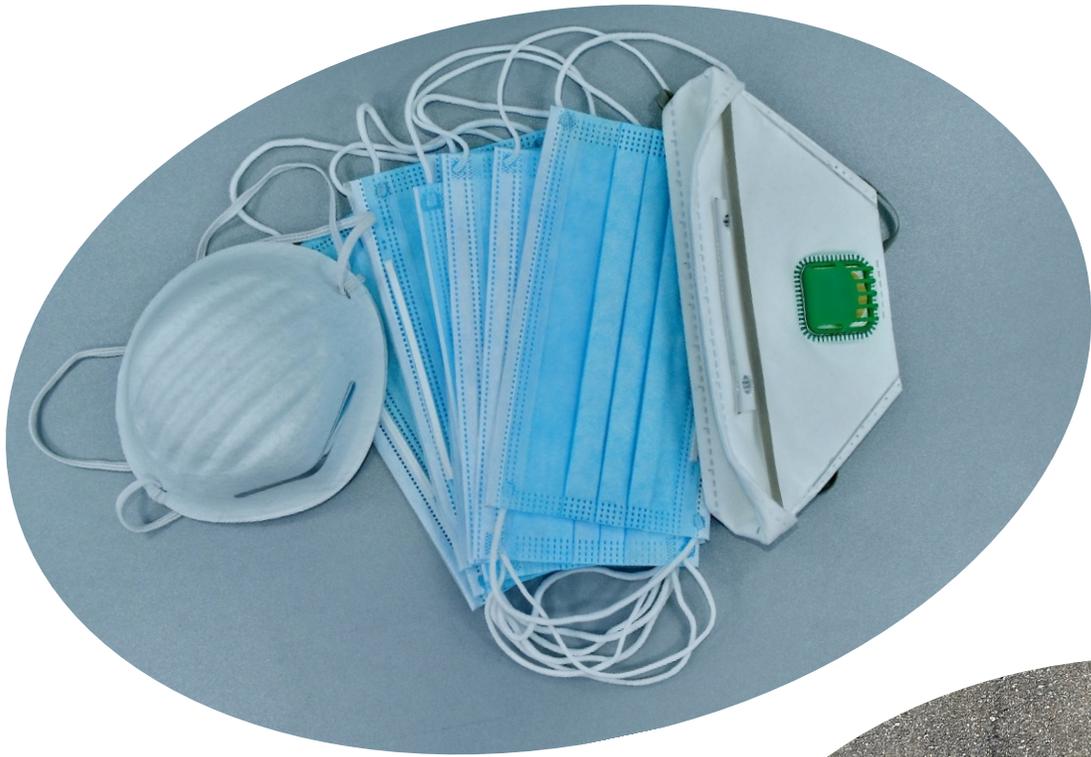


³ ACE prevalence in the "general population" comes from the original ACE Study (see.gov/ace) and includes a sample of 17,337 insured adults. Neglect data was collected only in Wave 2 of the study, so n = 8,629 for the Emotional Neglect and Physical Neglect measures. ACE prevalence among TJJY youth is measured by mapping from the R-FACT assessment and includes all youth connected to TJJY who received an R-FACT by July 31, 2018. All differences between groups are statistically significant at the $p < 0.0001$ level except the Emotional Neglect measure, where there is no difference.



TRAUMA IN OUR JUVENILE POPULATION





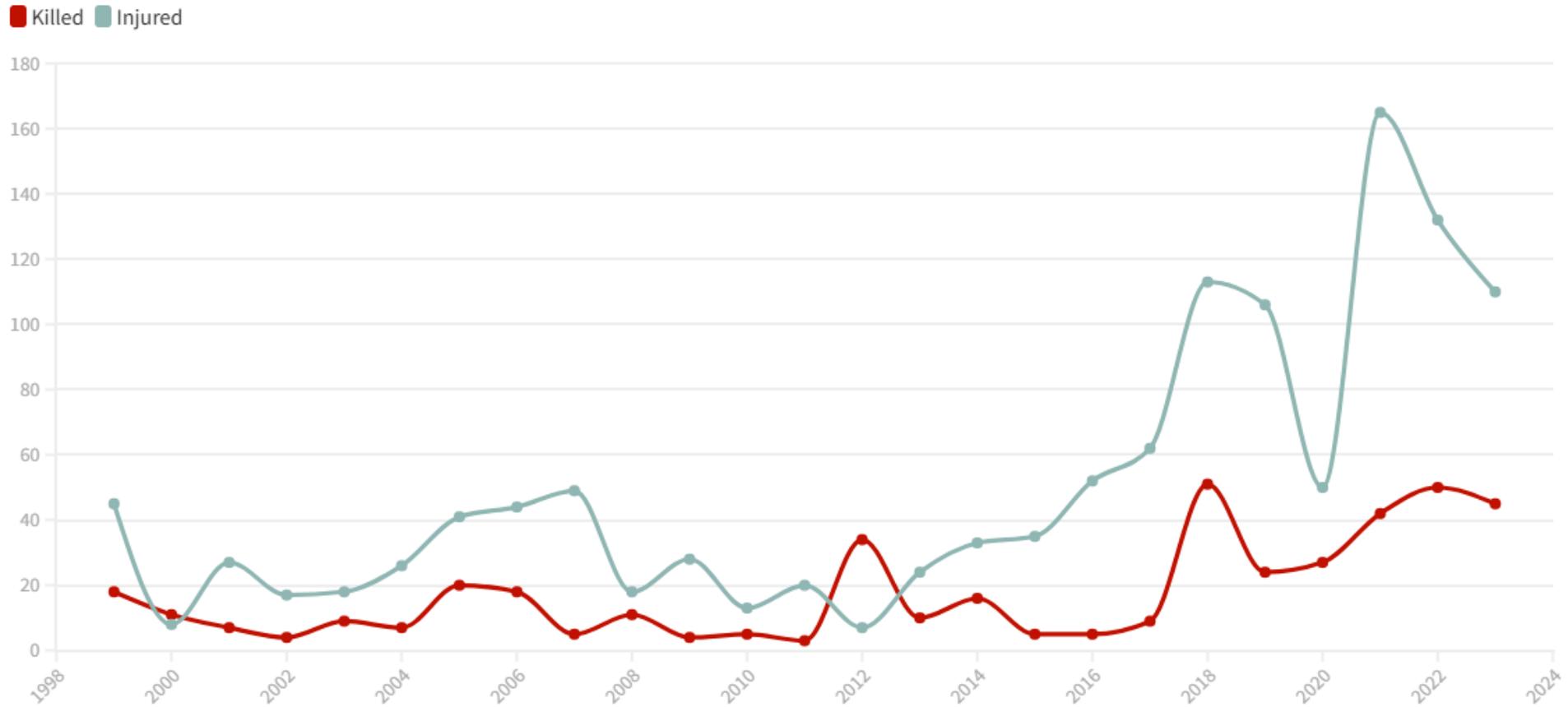
#StayHome
StayHomeSaveLives.us

STAY HOME SAVE LIVES



SCHOOL SHOOTINGS SINCE COLUMBINE

Number of shooting victims at K-12 schools
1999-2023



Source: [Center for Homeland Defense and Security K-12 School Shooting Database \(1999-2022\)](#), [Riedman, David \(2023\). K-12 School Shooting Database](#)

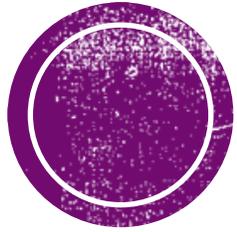
TEENS SPEAK OUT ABOUT SCHOOL SHOOTINGS



Thoughts on the video?

What have the youth you've worked with
been saying?



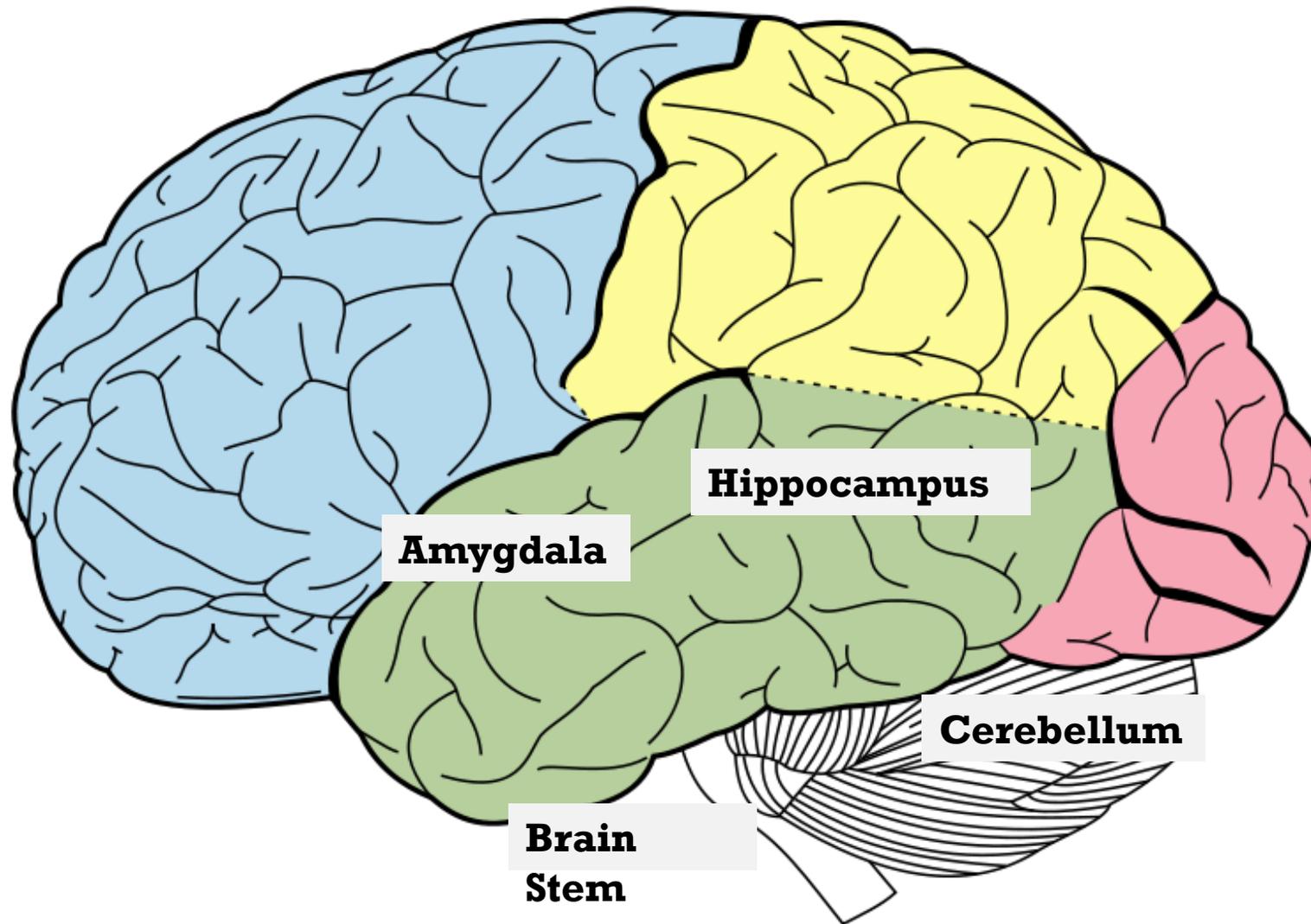


TRAUMA AND THE BRAIN



PARTS OF THE BRAIN

Frontal Cortex



Amygdala

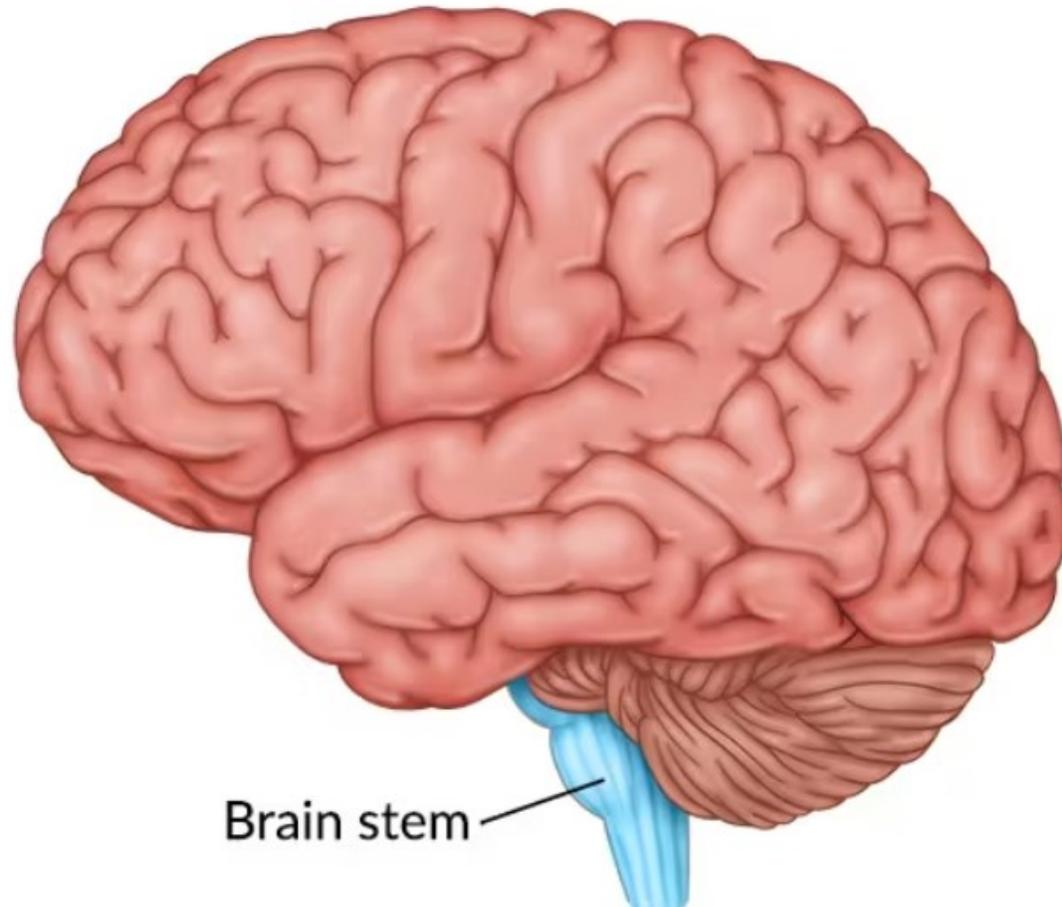
Hippocampus

**Brain
Stem**

Cerebellum



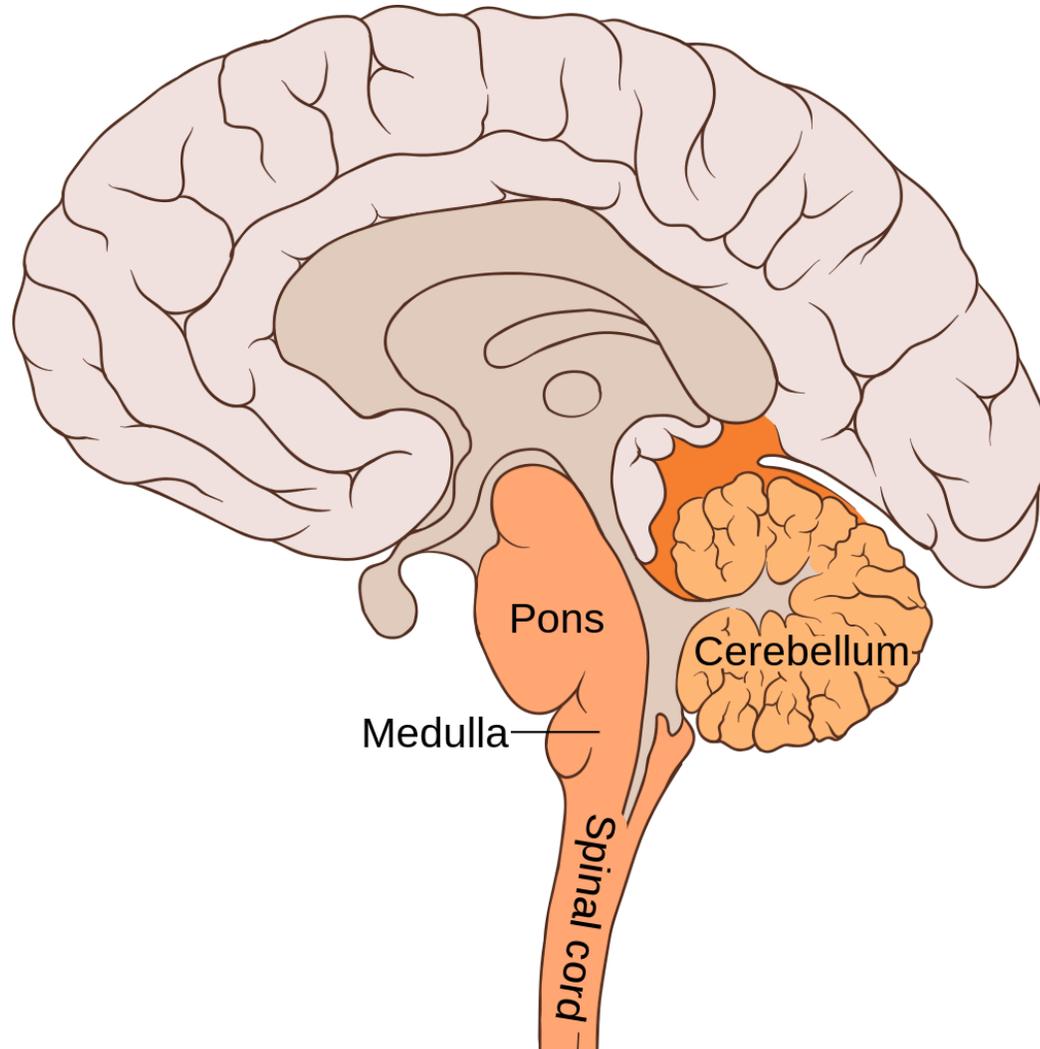
BRAIN STEM



- Develops first
- Critical life functions
 - Breathing
 - Heart Rate
 - Awareness of surroundings
- Maternal Cortisol



CEREBELLUM

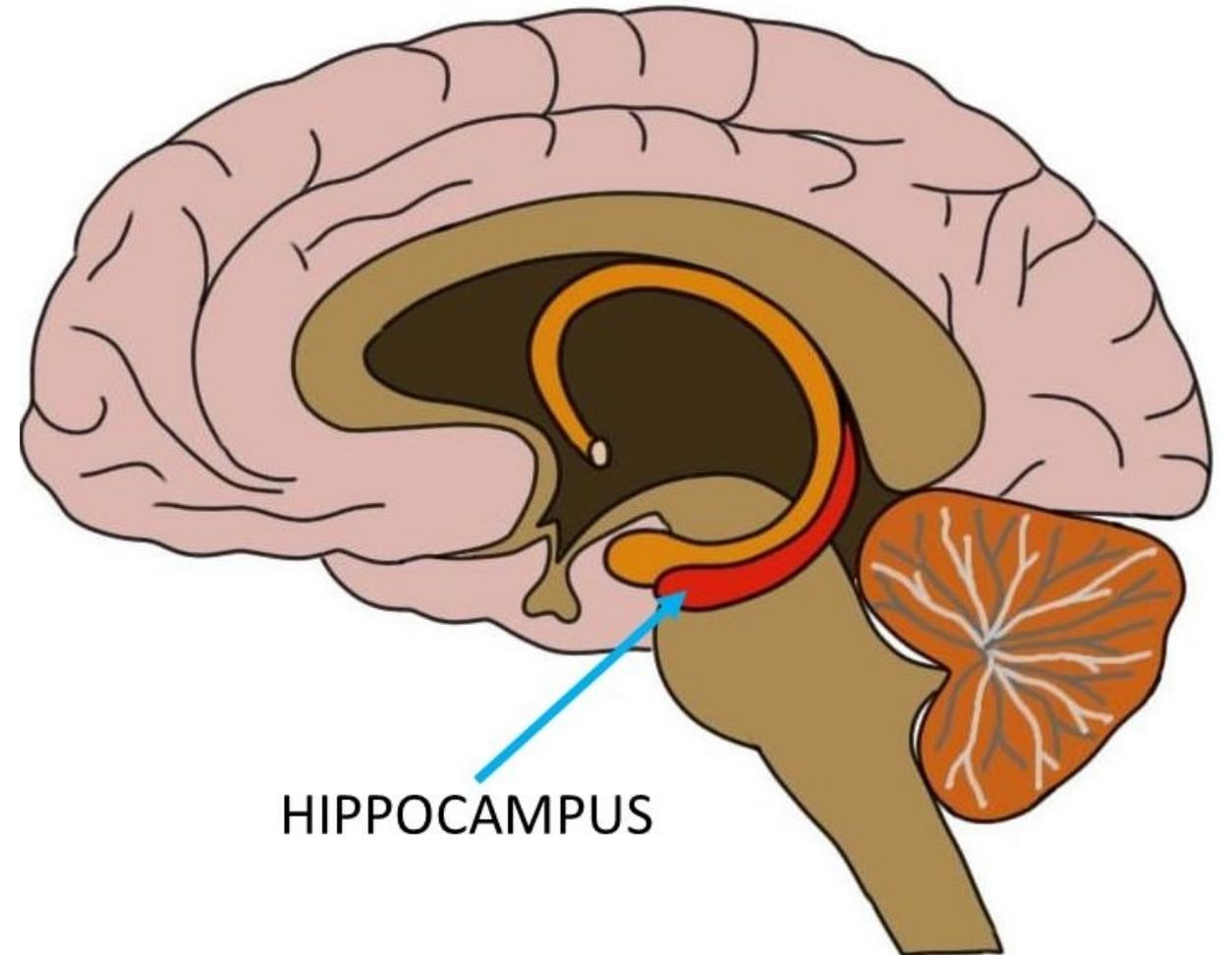


- Little Brain
- Motor functions
- Coordinates muscle movements
- Balance
- Some Cognitive learning (language)



HIPPOCAMPUS

- Motor functions
- Coordinates muscle movements
- Balance
- Memory
- Some Cognitive learning (language)

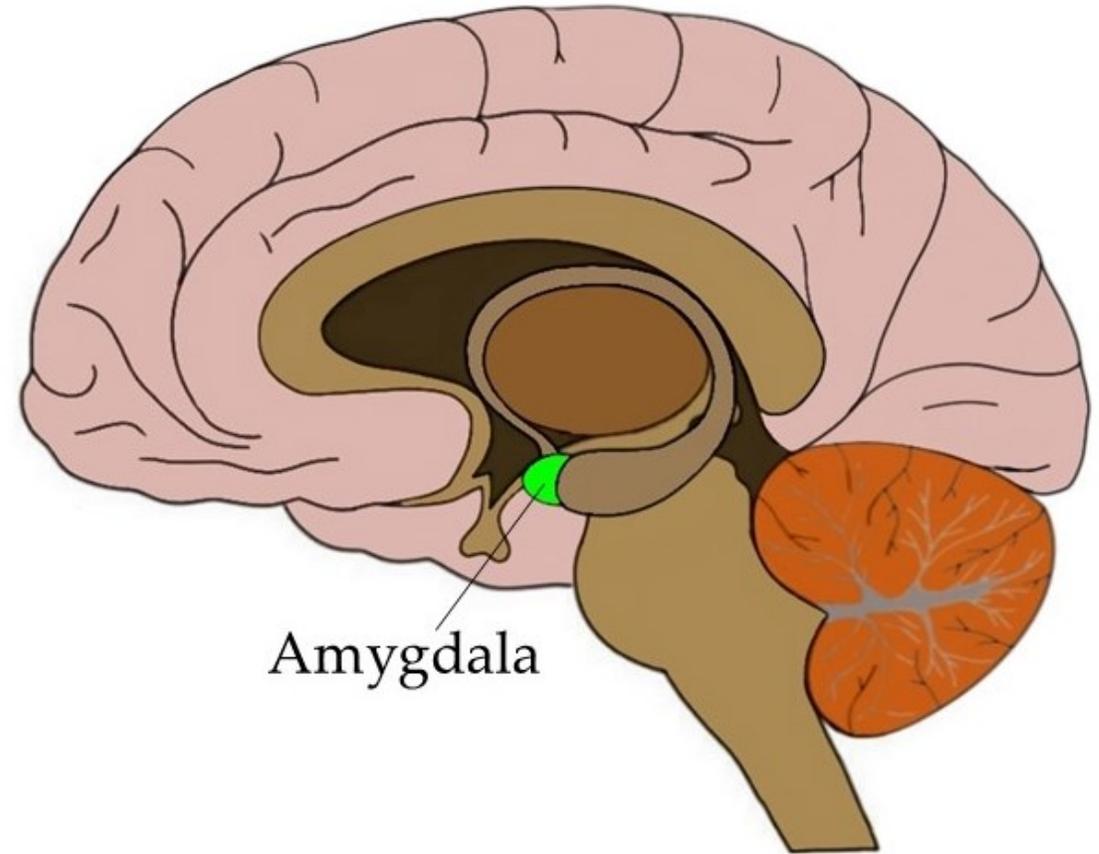


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AMYGDALA

- Emotional Brain
- Integrates emotion and memory
- Autonomic
- Perceives danger and threats
- “Flight-Fight” response
- Can become hypersensitive



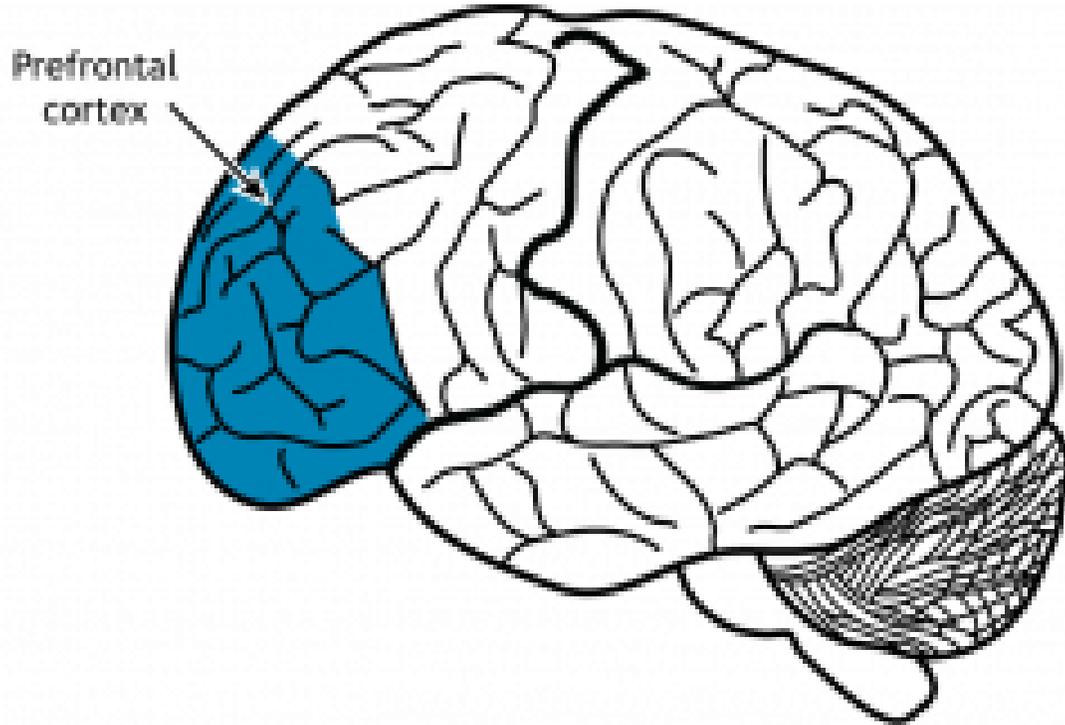
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PREFRONTAL CORTEX

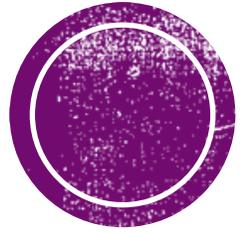
- Thinking and Rational Brain
- Decision Making
- Regulates emotions
- Takes the memory and puts it into a narrative
- During Trauma it turns off
- Reaches full development during the 20's



Prefrontal cortex

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EFFECTS OF TRAUMA ON OUR YOUTH



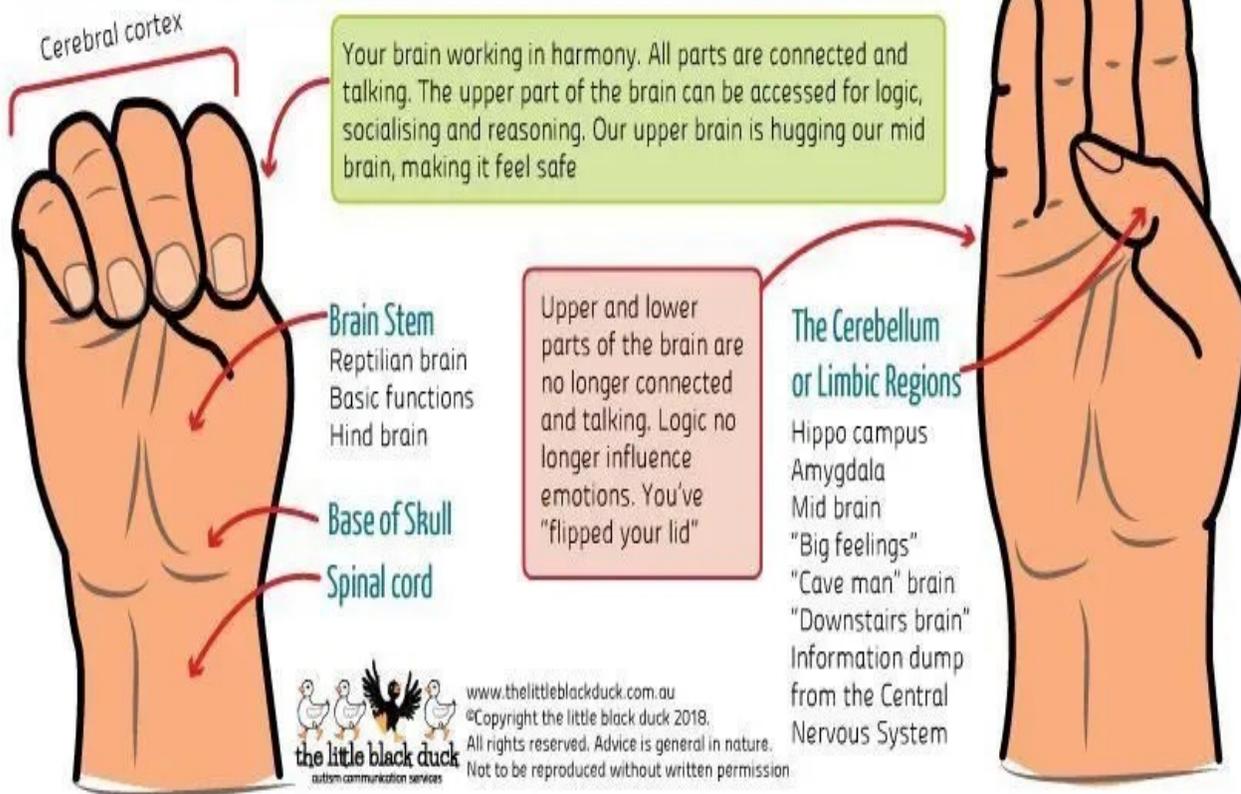


FLIP YOUR LID

The Hand Model of the Brain

What happens when we "flip our lid"

When our brain is working efficiently both the upper and mid brain are communicating effectively. Information comes in and is processed logically. Sometimes too much information is coming in for the Upper brain to process and it disconnects. We "flip our lid" and can no longer access the functions provided by the upper brain



EFFECTS OF TRAUMA

- Flashbacks
- Dissociation
- Difficulty regulating emotions
- Constant survival mode
- Cognitive difficulties
- Sadness and Depression
- Anxiety
- Helplessness
- Constant Fawning (Appeasement)
- Lapses in Memory

“the behavioral responses to trauma often resemble the common delinquent behaviors seen in youth referred to the justice system”



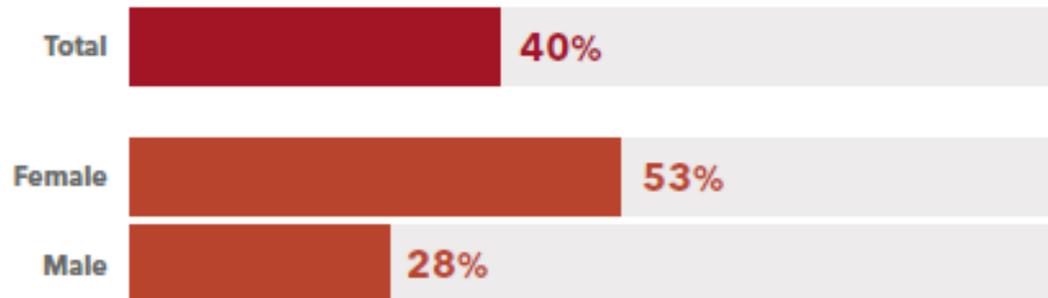
COVID-19

- Teenagers
- Shifted their world view and their place in the world
- Social interactions stunted
- Digital Native
- Lost loved ones
- Persistently sad or hopeless
- Feelings of isolation have continued

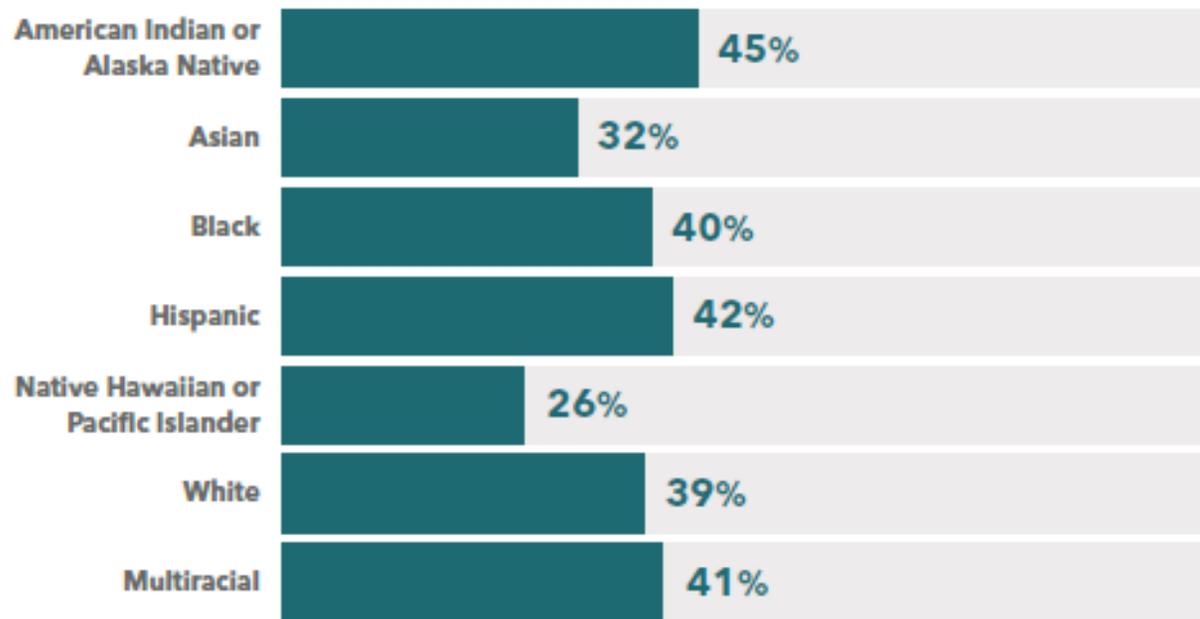


Experienced Persistent Feelings of Sadness or Hopelessness During the Past Year, by Demographic Characteristics, United States, YRBS, 2023

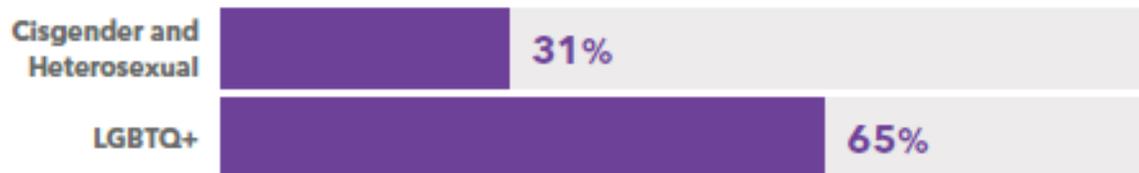
Sex



Race & Ethnicity



Sexual & Gender Identity

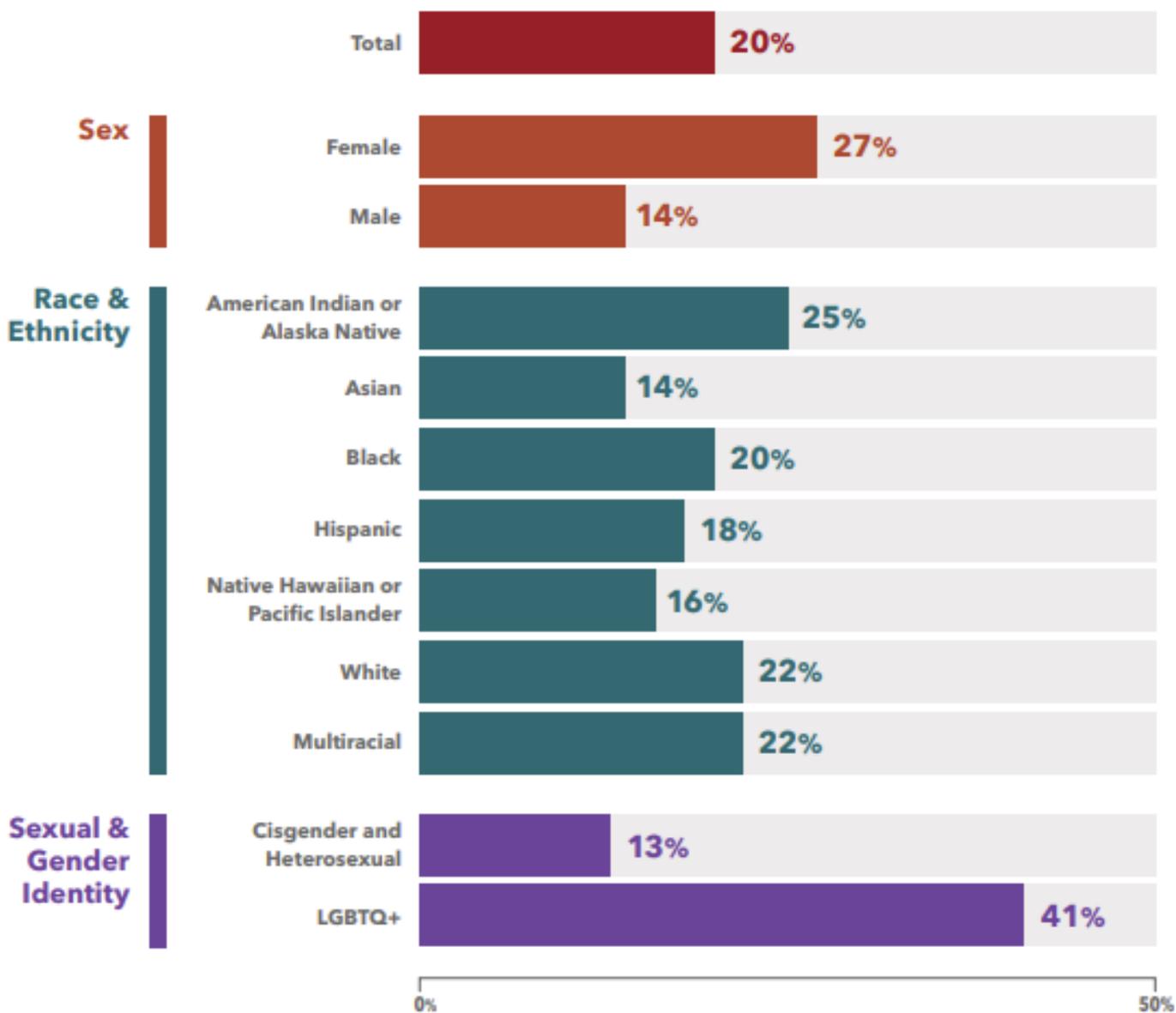


CDC YOUTH RISK BEHAVIOR SURVEY 2023



Percentage of High School Students Who

Seriously Considered Attempting Suicide During the Past Year,
by Demographic Characteristics, United States, YRBS, 2023



CDC YOUTH RISK BEHAVIOR SURVEY 2023



CDC ANNUAL YOUTH RISK BEHAVIOR SURVEY TRENDS FROM 2013-2023



KEY FINDINGS FOR

MENTAL HEALTH AND SUICIDAL THOUGHTS AND BEHAVIORS

IN 2023

4 in 10 high school students experienced **persistent feelings of sadness or hopelessness**.

2 in 10 students **seriously considered attempting suicide** and almost **1 in 10** students **attempted suicide**.

Female and **LGBTQ+** students were **more likely** than their peers to experience **persistent feelings of sadness or hopelessness, poor mental health, and suicidal thoughts and behaviors**.

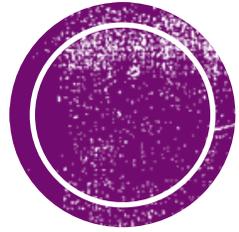
From 2021 to 2023

Hispanic students experienced **decreases** in multiple measures of **poor mental health and suicidal thoughts and behaviors**.

The percentage of **female students** who felt **persistently sad or hopeless** decreased.

The percentage of **Black students** who **attempted suicide** and who were **injured** in a **suicide attempt** decreased.





TRAUMA INFORMED CARE

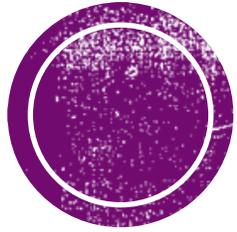


Students with
childhood trauma
don't have faulty
brains. They have
minds designed in
threatening
environments to
help them survive.

Inspired by Peggy Leigh

Youth Dynamics





TBRI

Trust Based Relational Intervention

PRINCIPLES OF TBRI

Connecting

Empowering

Correcting



PRINCIPLES OF TBRI

Connecting

- * Foundation of TBRI
- * Learning who they can trust
 - * Built on respect
 - * Allows for felt safety

Empowering

Correcting



PRINCIPLES OF TBRI



PRINCIPLES OF TBRI

Connecting

Empowering

Correcting

- * Real Behavioral Change
- * Maintain Connection
- * Responsive vs Reactive





REMEMBERING TRAUMA

PART 1

www.RememberingTrauma.com

REMEMBERING TRAUMA

2017 Documentary-CCTASI
Northwestern University

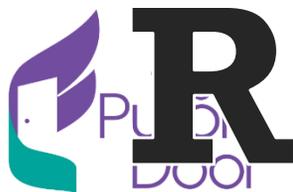


THE 4 R'S OF TIC

R Realize

R Recognize

R Respond

 **R** Resist



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**“BEING TRAUMA-
INFORMED CAN HELP
US CHANGE THE
MESSAGE FROM ‘WHAT
IS WRONG WITH YOU?’
TO ‘WHAT HAPPENED TO
YOU?’”**

Dr. Gordeyko



- Advocacy Services
 - Legal Advocacy
 - Case Management
 - Court Accompaniment
 - Community Referrals

- Counseling
 - Play Therapy
 - Support Groups
 - DV101
 - Parenting Classes

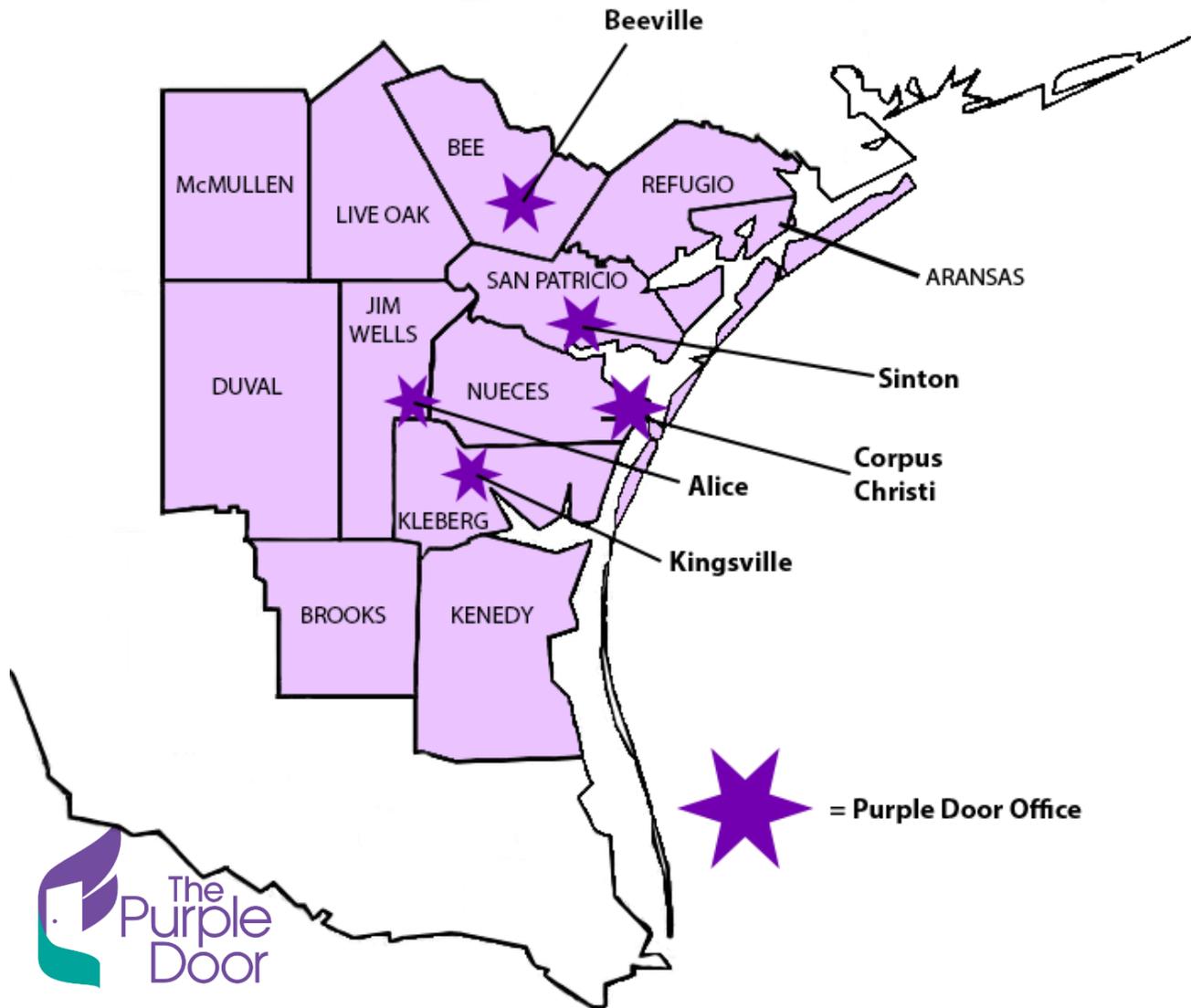
- 24 Hour Service
 - 24 Hour Hotline
 - Emergency shelter
 - In House Support Groups



361-881-8888

1-800-580-HURT





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Thank
you!

