

# 16 ADVERSITY-RESPONSIVE, RESILIENCE-ENHANCING TREATMENT COMPONENTS (TRAUMA-INFORMED)

## Strengths-Based Youth & Family Services

Listed below are 16 treatment components when working with youth (and adults) who have been impacted by Adverse Childhood Experiences (ACE) including Interpersonal Victimization.

*Please Note:* All 16 components will NOT be appropriate for every youth due to developmental differences and individualized needs.

### RELATIONSHIP/ THERAPEUTIC ALLIANCE

- #1 Develop Safe Trusting Relationships/ Environment with Youth and their Caregivers
- #2 Promote Hope & Optimism within Youth and their Caregivers

### STABILIZATION

- #3 Strengthen Bond between Youth and Stable Caregivers
- #4 Meet Youth's Basic Human Needs Physiological, Safety, Social, Competency Needs
- #5 Respond in a Supportive, Neutral, Non-Judgmental manner to Youth's Disclosures & Behaviors

### RATIONALE/ PRIMER FOR SERVICES

- #6 Provide Youth with a 'Rationale' for Services (Help them be 'Informed Consumers')
- #7 Utilize 'Meta-Talk Strategies' to Enhance Youth's Openness to Services

### ASSESSMENT (ONGOING)

- #8 Assess Youth's Strengths, Relationships, Understanding, Situational Circumstances, Symptoms, & Risk Factors associated with past abuse/ adversity, and conduct a Functional Behavior Analysis/ Assessment.
  - a) Assess Youth's 'Strengths & Protective Factors' associated with Resilience
  - b) Assess Youth's 'Relationship' with Offender and Significant Others
  - c) Assess Youth's 'Developmental Understanding' of Abuse/Adversity
  - d) Assess 'Situational Circumstances' of Abuse/ Adversity
  - e) Assess Youth's 'Symptoms' from Abuse/ Adversity
  - f) Assess Youth's 'Risk Factors' associated with poor outcomes
  - g) Conduct a 'Functional Behavior Analysis/ Assessment' to better understand youth's behaviors, both positive and problematic. Gather information about the Antecedents, Behavior, & Consequences (the ABCs) and utilize the data for targeted interventions.

### INTERVENTION

- #9 Identify, Create, Promote Youth's 'Strengths', 'Interests/Goals', 'Protective Factors' & 'Resiliency'
- #10 Teach Youth 'Self Care' & 'Stress Management / Emotional Regulation' Skills
- #11 Correct Youth's 'Misperceptions' about the Abuse (narrative work)
- #12 Assist Youth in Identifying & Practicing 'Healthy Coping Skills' vs. Unhealthy/ Maladaptive Coping Skills
- #13 Provide Information about 'Healthy Relationships & Healthy Sexuality' (Health Promotion)
- #14 Provide 'Exposure Therapy' (when indicated)

### PREVENTION

- #15 Educate Youth about how to 'Prevent a Chronic Victim-Stance and/or becoming a Victimizer'
- #16 Implement Proactive Strategies for 'Reducing the Risk of Victimization in ALL youth'