



Clearinghouse on Supervised Visitation Phone Conference/Webinar Agenda



June 16, 2021
12PM/11CT

Discussion

1. Welcome and Announcements – Everyone is invited!
2. Check the listings on the website to ensure your program information is up to date and correct for the quarterly report. If you need to add or change anything email Lyndi Bradley at lbradley2@fsu.edu.
3. Questions from Directors
4. Polls: 1) Status of Visits; 2) Cost of Visits
5. Training: Intergenerational Trauma – watch videos and discuss implications
6. Training: Application of Trauma-Informed Approach Principles in Supervised Visitation
7. Reading Together is Always Better!

Intergenerational Trauma



Questions to discuss:

1. What did you learn from the videos?
2. How can trauma be passed down through generations?
3. What are some ways people can learn to cope with their trauma?
4. When a parent is trying hard to connect to a child, what can SV programs do to help?

Application of Trauma-Informed Approach Principles in Supervised Visitation



Any trauma-informed practice should consider the **Center for Disease Control and Prevention's (CDC) [Six Guiding Principles To A Trauma-Informed Approach \(2018\)](#)**. Below, each principle is described. Considerations and examples of how each of these principles can be applied in supervised visitation programs are also discussed.

6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

The CDC's [Office of Public Health Preparedness and Response \(OPHPR\)](#), in collaboration with SAMHSA's [National Center for Trauma-Informed Care \(NCTIC\)](#), developed and led a new training for OPHPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work. Participants learned SAMHSA'S six principles that guide a trauma-informed approach, including:



Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbed this approach which can be augmented with organizational development and practice improvement. The training provided by [OPHPR](#) and [NCTIC](#) was the first step for CDC to view emergency preparedness and response through a trauma-informed lens.

1. Safety: This principle emphasizes the importance of everyone serving in, and being served by, the organization, ensuring that they feel psychologically and physically safe.

Considerations:

- How safe is the building/environment? Is it well lit? Accessibility exist? Accessibility options work?
- Are there readily available directions? Do people know what to expect?

Examples:

Safety is a broad concept. Supervised visitation programs prioritize safety, and communicate that safety in a variety of ways. Through policies, through attitude, through physical and emotional safety. List some ways your program does this.

2. **Trustworthiness and Transparency:** This principle reminds everyone in positions of authority that decisions, rules, and policies made must be transparent. Consumers or customers need to be able to understand how those decisions were made and trust that the process for making the decision was fair.

Considerations:

- Do clients and staff receive clear rules and procedures?
- Are goals and objectives specific and clear?
- How are challenges handled between personal and professional boundaries? Are roles clear?
- Is information relayed in an accessible and inclusive format?

Examples:

At your program, do clients understand your mission and your purpose? Do they understand the rules and how those rules apply to them?

How do you establish trust with clients?

3. **Peer Support:** When peers can assist each other and empower each other within an organization, they can help the organization build safety and trust.

Considerations:

- Do clients and staff have information about choices and options?
- Do they know about their rights and responsibilities?

Examples:

Clients may talk to each other and communicate with each other. Do you understand the impact of one parent witnessing another parent's anger, pain, or frustration? Remember that peers also set the tone.

4. **Collaboration and Mutuality:** Everyone in the organization has a role to play in developing and maintaining a trauma-informed system. Although experts and researchers are important, all individuals can help shape, build, and refine trauma-informed practices. In supervised visitation programs, the input and feedback of clients and staff are equally important for the creation of trauma-informed practices.

Considerations:

- Is the input of staff and clients considered when decisions are made?

Examples:

Do you have a comment box? Do you follow up with and check in with clients to see how they are doing? Other examples.

5. Empowerment, Voice, and Choice: Using a strength-based approach recognizes that every individual has different experiences and strengths. Thus, an individualized approach that offers people options and listens to their opinions is necessary in a trauma-informed environment to meet these diverse needs.

Considerations:

- How are clients' strengths and skills recognized?
- Are staff optimistic about clients reaching their goals?
- Is there a focus on skill development or enhancement?

Examples:

Do you give clients a choice whenever appropriate? What are some examples of how to keep clients empowered?

6. Cultural, Historical, and Gender Issues: In addition to individual trauma, there are historical systems which were created to control and marginalize many groups of people.

Considerations:

- Highlight the need for culturally responsive programming and services, and
- Insist on avoiding practices that reinforce stereotypes and interfere with equitable practices.

Examples:

Do you have multiracial toys? Do you ask people what their holidays are, or how they celebrate? Do you honor others' religion? What other ways do you honor cultural differences?

The program should realize the widespread impact of trauma and understand potential paths for wellness and healing in four ways:

1. By recognizing how trauma affects all individuals involved in a diverse organization, including its own workforce
2. By responding and offering universal training to the community
3. By integrating culturally informed knowledge about trauma into existing policies, procedures, and practices, while creating new trauma-informed tools, and
4. By minimizing the risks of re-traumatization.

(American Hospital Association, 2019)

Ideally, every aspect of a program's procedures and policies can be improved by the adoption of a trauma-informed approach. However, implementing trauma-informed practices **does not have to be all or nothing; every effort made is important, and everyone can start somewhere.**

READING TOGETHER IS ALWAYS BETTER

A few benefits of reading with your child include:

- More parent/child bonding
- Improved listening skills
- Expanded vocabulary
- Increased attention span
- Increased creativity
- Enhanced social and emotional development



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