



Office of  
**Domestic Violence Strategies**  
CITY OF PHILADELPHIA

# Effects of Trauma

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*“The most traumatic experiences often include betrayal by a trusted person or institution.”*

Essential Components of Trauma-Informed Judicial Practice- SAMHSA





## Why is Domestic Violence traumatic?

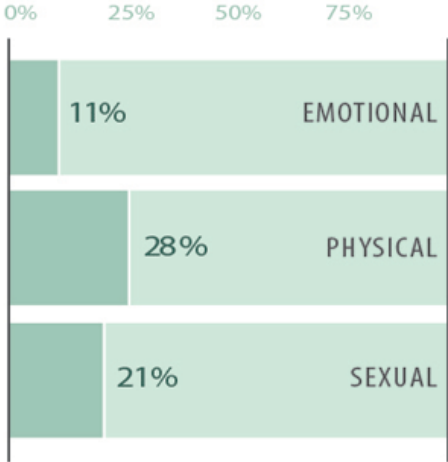
- Someone you know
- Someone you trust
- Not sure how to stop it
- No start, end time or predictability
- Random, but targeted



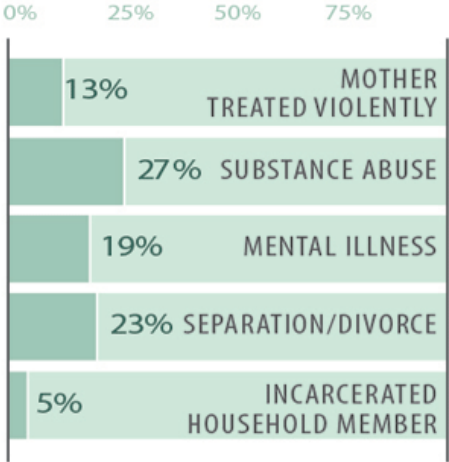
# TYPES of ACES

The ACE study looked at three categories of adverse experience: **childhood abuse**, which included emotional, physical, and sexual abuse; **neglect**, including both physical and emotional neglect; and **household challenges**, which included growing up in a household where there was substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce or had a member of the household go to prison. Respondents were given an **ACE score** between 0 and 10 based on how many of these 10 types of adverse experience to which they reported being exposed.

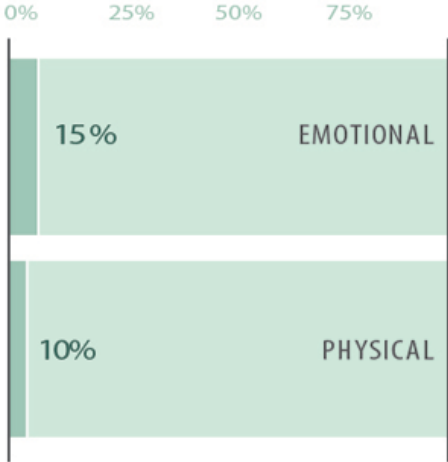
## ABUSE



## HOUSEHOLD CHALLENGES



## NEGLECT





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## ACES can have lasting effects on....



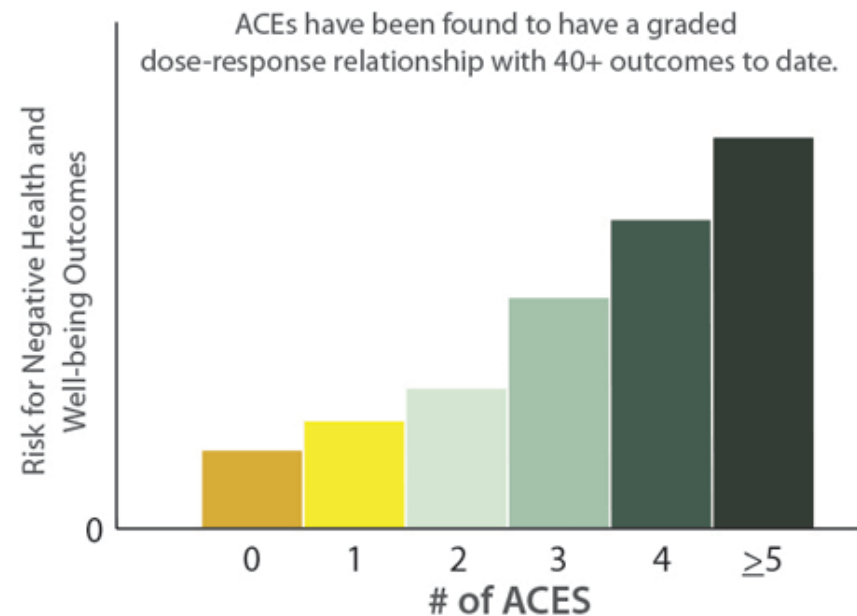
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)

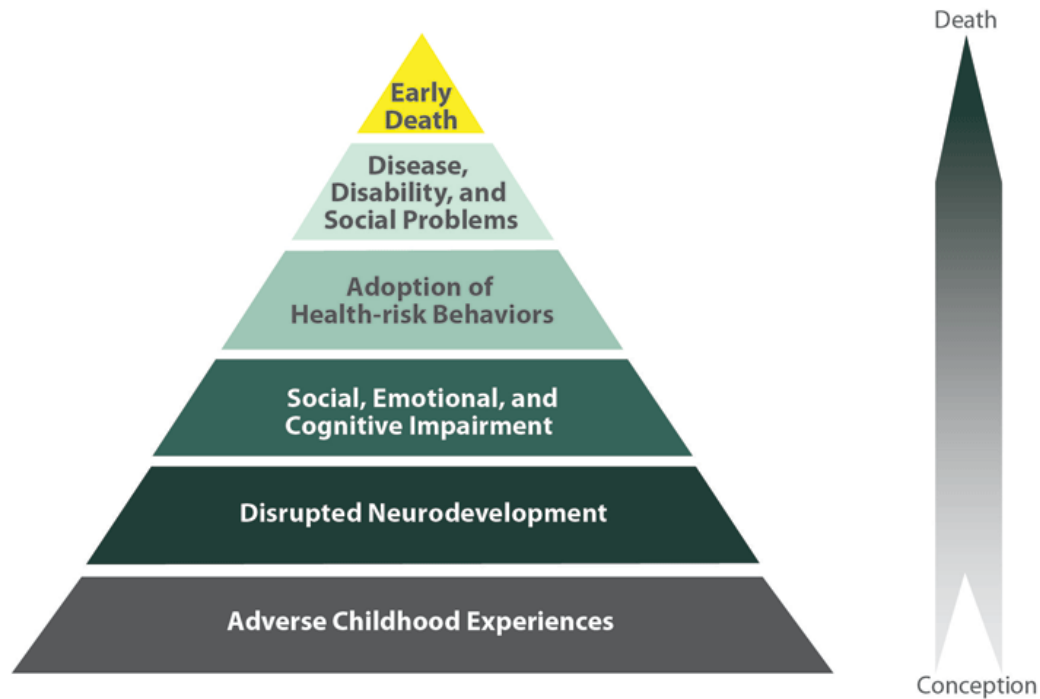


Life Potential (graduation rates, academic achievement, lost time from work)



\*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.





Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan





# What *can* Be Done About ACES?

These wide-ranging health and social consequences underscore the importance of preventing ACEs before they happen. **Safe, stable, and nurturing relationships and environments (SSNREs)** can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential. Strategies that address the needs of children and their families include:

Voluntary home visiting programs can help families by strengthening maternal parenting practices, the quality of the child's home environment, and children's development.  
*Example: Nurse-Family Partnership*



Home visiting to pregnant women and families with newborns



Parenting training programs



Intimate partner violence prevention



Social support for parents



Parent support programs for teens and teen pregnancy prevention programs



Mental illness and substance abuse treatment



High quality child care



Sufficient income support for lower income families





## Trauma and your case

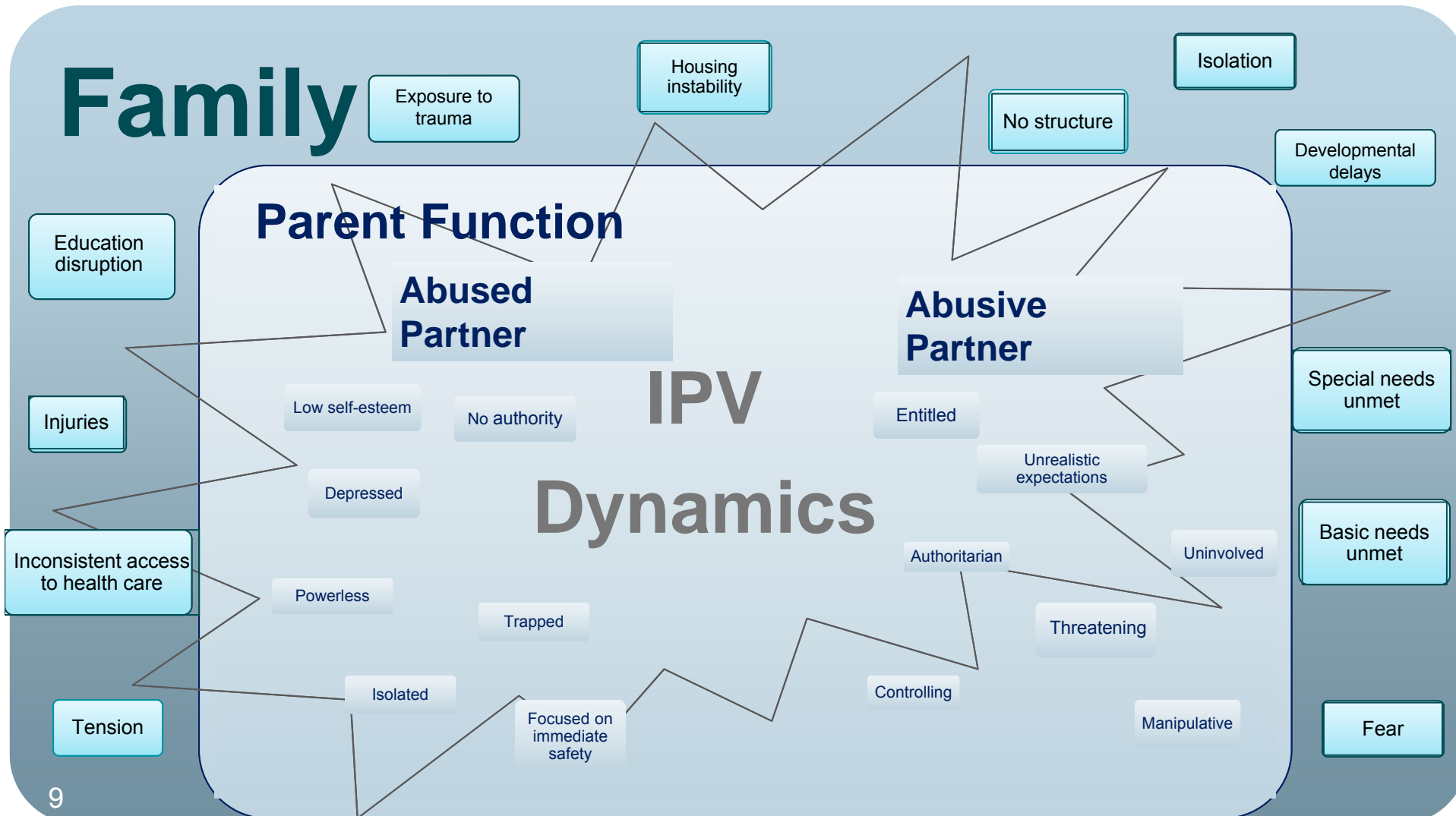
### Because of trauma, victim may...

- Not be able to focus
- Say or do things impulsively
- Lose their temper easily
- Miss appointments
- Not get along with others (“everyone is out to get me”)
- Be using drugs and alcohol (self medication, coping)
- Not be able to remember directions or rules
- Be overwhelmed by court’s procedures





# Family





## Trauma, IPV and your case

If we are **NOT AWARE** of the dynamics of IPV and TRAUMA we may assume that ...

- Victim is lying
- Victim is playing games
- Victims is trying to use the system





## Trauma-informed Approach: EXAMPLE

TRADITIONAL APPROACH	HOW IS EXPERIENCED BY A PERSON WITH A TRAUMA HISTORY	TRAUMA-INFORMED APPROACH
Parenting Coordinator takes notes during a meeting.	Suspicion, shame, fear.	Tell the victim what is happening and why. For example, "I always take notes when I am listening to someone. I want to make sure I remember what you say"



