

Understanding and Responding to the Chronic Survival Coping of Dual Status Youth

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Workshop Objectives

- Case Review and Discussion
- Relevance of Poly-victimization
- Chronic Survival Coping
- Treatment Response
- Evaluating Your System Response

A Case Illustration



Key Questions to Consider

- What challenges are present in working with this case?
- What needs are present in this case?
- What services would you want to offer?
- In your jurisdiction, how would you address the trauma-specific needs identified in the case?

Poly-victimization

Injury

**Community
Violence**

**Physical
Assault**

Weapon

Traumatic

Loss

- Among trauma-exposed youth, a subgroup acknowledge exposure to multiple types of victimization (Finkelhor, Ormrod, & Turner, 2007)

Emotional Abuse

Sexual Offense

Family Violence

Caregiver Perpetrator

Why is Poly-victimization Important?

- Poly-victims are at greater risk for psychosocial impairments in childhood, adolescence, and adulthood (Briere, Kaltman, & Green, 2008; Ford, Connor, & Hawke, 2009; Ford et al., 2010)
 - Increased risk for PTSD and depression (Andrews et al., 2015; Ford et al., 2011)
 - Increased risk for chronic medical diseases (Anda & Brown, 2010)
 - Four times more likely to be re-victimized (Finkelhor, Omrod, & Turner, 2007)
 - Increased risk for anger, aggression, & impulsivity (Ford, Connor, & Hawke, 2009; Ford et al., 2012)

Why Focus on Poly-victimization?

- Screening for poly-victimization may help to identify youths who could benefit from more intensive services (Briere, Kaltman, & Green, 2008; Ford, Connor, & Hawke, 2009; Ford et al., 2010)
 - Prevention of re-victimization
 - Drug/alcohol
 - Trauma-related symptoms
 - Suicidality
- Understanding the risk imposed by exposure to multiple types of victimization may help
 - better serve and manage youth in the juvenile justice system
 - tailoring treatment referrals and management strategies,
 - increase successful rehabilitation and preventing further victimization

Trauma Exposure Patterns can Predict Subsequent Exposure (Grasso et al., submitted)

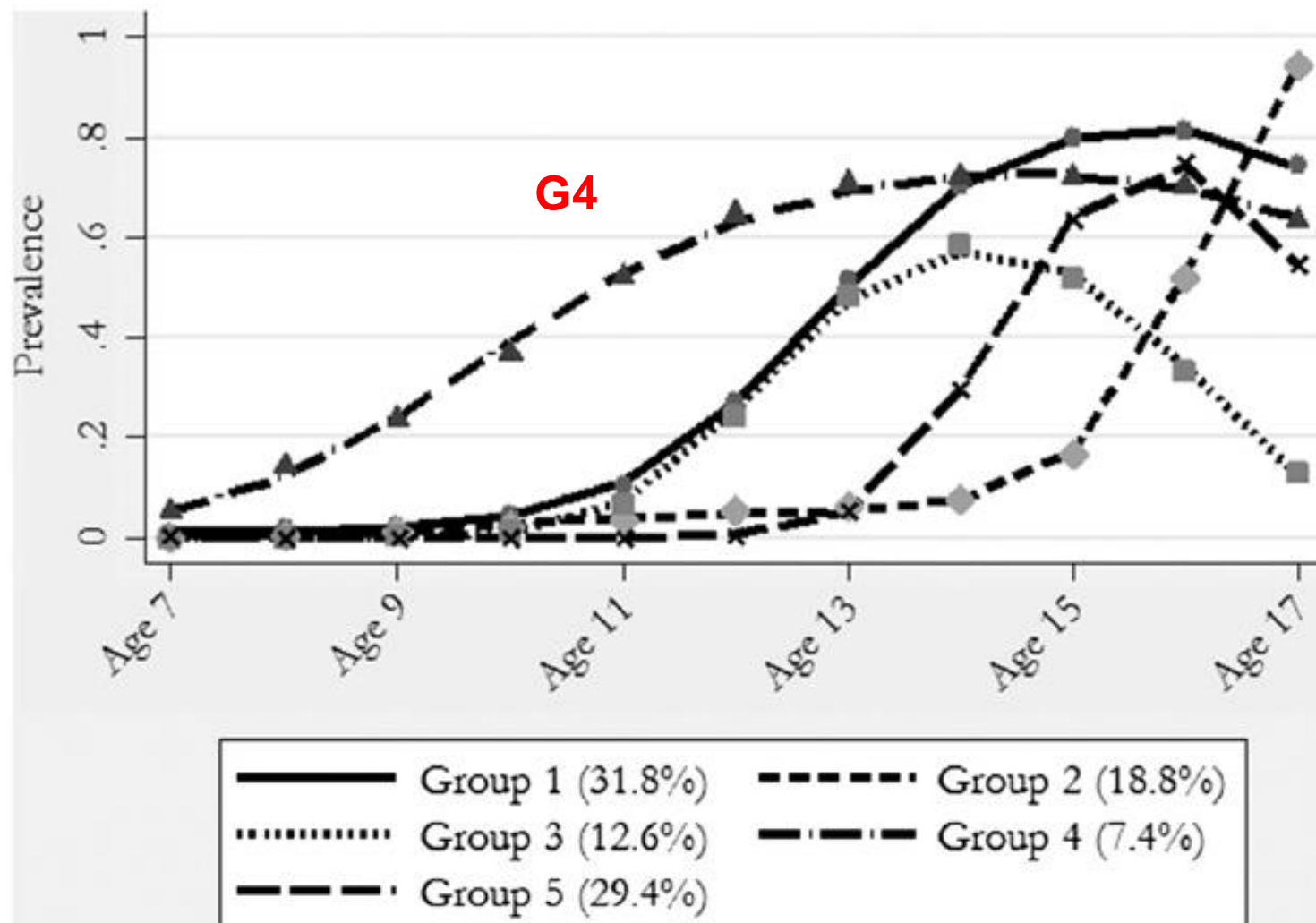
- In the National Child Traumatic Stress Network (NCTSN) Core Data Set
- Examined patterns of exposure during three developmental epochs: 0-5, 6-12, 13-18
 - Of youth identified as poly-victims between 0-5 (~12%), about 33% were classified poly-victims during ages 6-12
 - Of youth identified as poly-victims at 6-12 (~40%), about 50% were classified as poly-victims during ages 13 – 18
- Information about trauma exposure can inform efforts to prevent subsequent victimization through safety planning and service provision!!

Outcomes of Exposure in Child Welfare Samples

- In a child welfare sample, a cutoff of 4 or more potential traumatic event exposures accurately identified 70% of youth who met probable PTSD criteria (Grasso, Felton, & Reid-Quiñones, 2015)
- In another child welfare sample, poly-victims were more than 3 times at greater risk for developing PTSD and/or depression one year later (Grasso, Saunders, Williams, Hanson, Smith, & Fitzgerald, 2013)

Early Childhood Adversity and Adolescent Offending Trajectories

(Baglivio et al., 2015)



G2
G1
G5
G3

After Controlling for Individual and Family Risk Factors . . .

- Youth with > 5 ACE factors
 - Had a 345% greater likelihood of belonging to the Early Onset Group
 - Odds of being in Late Onset Group were reduced by 30%
- ***TAKE HOME: Number of adverse childhood experiences is associated with earlier offending onset and continued involvement in the delinquent behavior through adolescence***

The Body's Alarm System: Fight, Flight, or Freeze

Narrow focus on
threat

Black and white
thinking

Breathing speeds
up and becomes
shallow

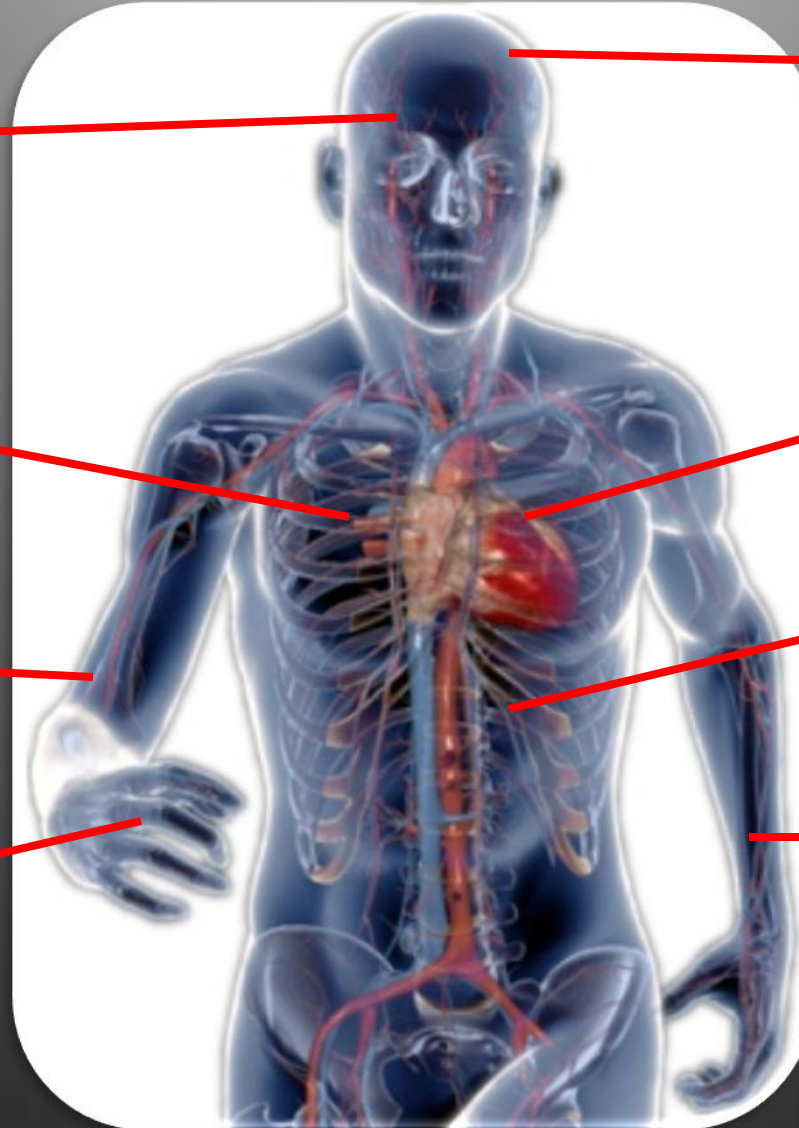
Heart rate increases

Shaking

Blood flows away
from gut to muscles

Sweaty palms
and feet

Peripheral blood
vessels **constrict**



The Brain Under Normal Stress



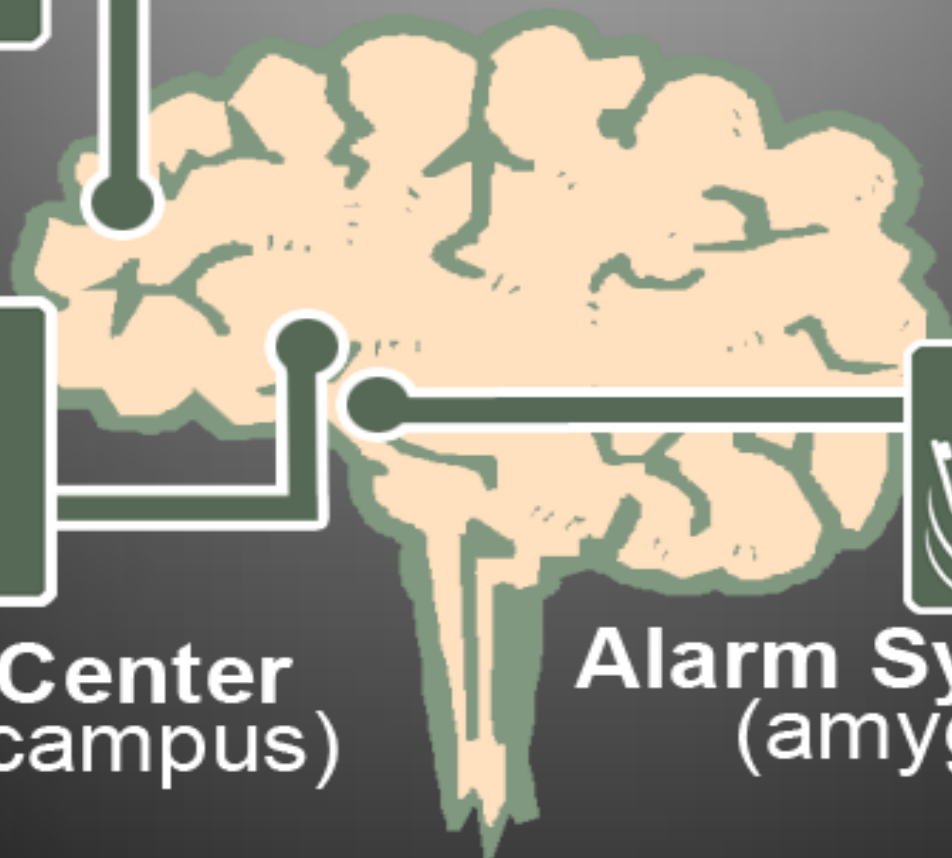
The Thinking Center
(prefrontal cortex)



Filing Center
(hippocampus)

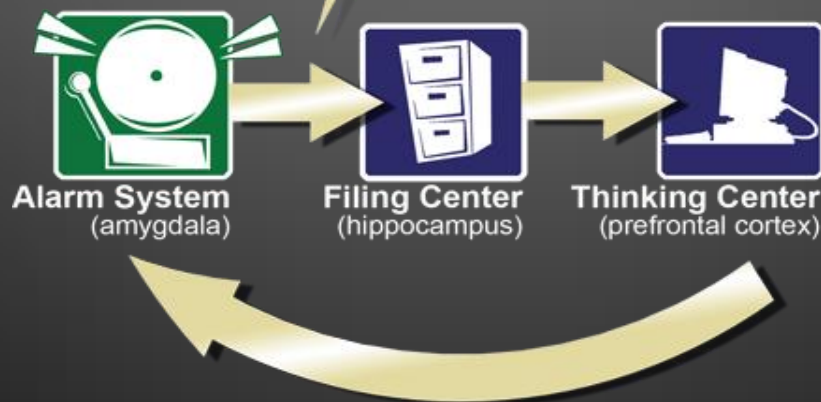
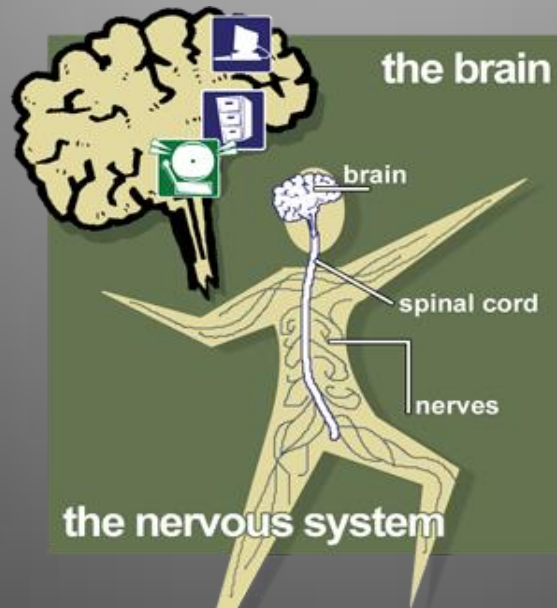


Alarm System
(amygdala)



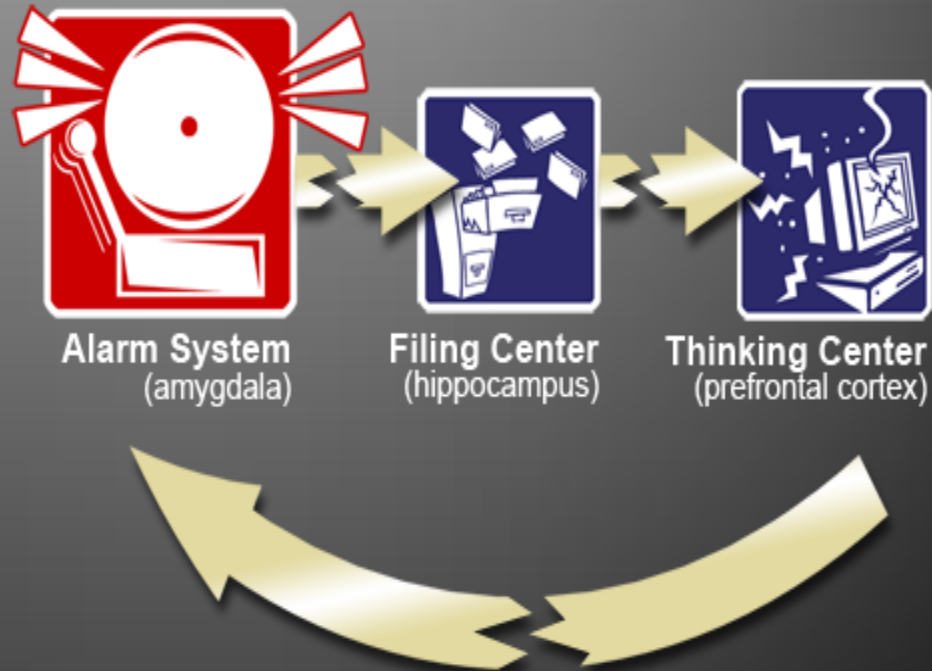
normal stress

The Brain & Body Working Together



extreme stress / trauma

The Alarm Takes Control



Chronic Survival Coping

Hypervigilance (Distrustful/On Edge)

Reactive Aggression (Overt or Covert)

Hopelessness Masked as Indifference

Posttraumatic Stress > Brain Shifts from Learning to Survival Mode

- Can't stop and think past immediate problem or opportunity
- Can't let go of grudges/resentments
- Can't set/stick with goals
- Can't trust, especially people who are caregivers
- Can't tell who is trustworthy, relationally promiscuous
- Too stressed/bored/tired to think clearly
- Too angry to remember to use anger management skills!

Trauma Affect Regulation: (Re)Gaining the Ability to Stop and Think Under Stress

- True mental focusing is difficult for anyone, especially teens (whose brains are in flux)
- However, teens can become highly mentally focused if they are motivated and interested
- But this can be challenging in juvenile justice contexts



Trauma Affect Regulation: Guide for Education and Therapy (TARGET ©)

- Psychoeducation about how traumatic victimization leads to survival adaptations in the brain's stress/alarm system
- A 3-step, 4-step, or 7-step template for recognizing stress reactivity: to stop and think before reacting
- Skills that build on the person's strengths and goals to focus thinking and turn down the brain's alarm

T4 - TARGET in 4 Steps



TARGET© Outcome Studies in JJ

Randomized Controlled Trials

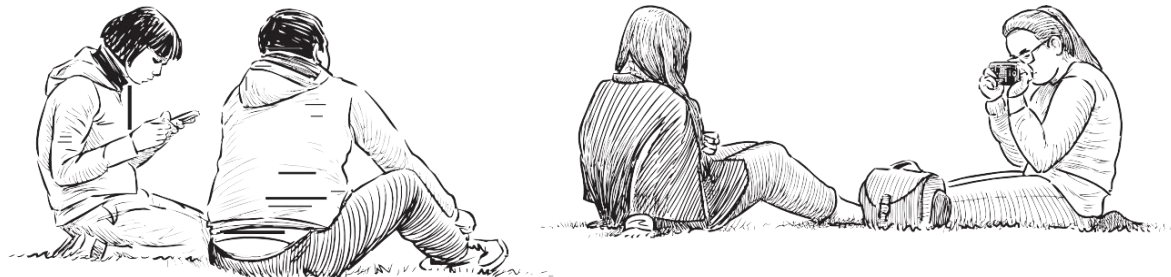
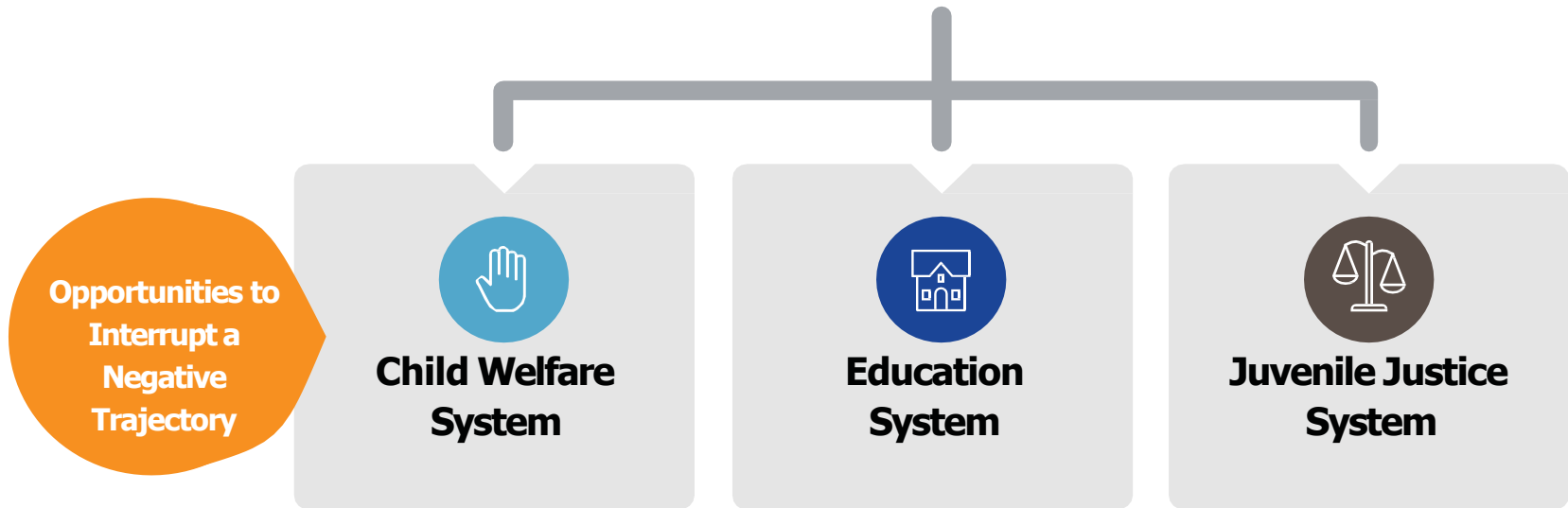
- Ford et al., (2012). Randomized trial comparison of emotional regulation and relational psychotherapies for PTSD with girls involved in delinquency. *Journal of Clinical Child & Adolescent Psychology, 41, 27-37.*

Field-based Effectiveness Studies

- Ford, J. D., & Hawke, J. (2012). Trauma affect regulation psychoeducation group and milieu intervention outcomes in juvenile detention facilities. *Journal of Aggression, Maltreatment, & Trauma, 21, 365-384.*
- Marrow, M., Knudsen, K., Olafson, E., & Butcher, S. (2012). The value of implementing TARGET within a trauma-informed juvenile justice setting. *Journal of Child and Adolescent Trauma, 5, 256-270.*

The Trajectory of a Traumatized Youth:

A Three System Perspective



These graphics are meant to inform, educate and prompt discussions about the specific youth behaviors the child welfare, education and juvenile justice systems may see as a result of trauma. They are also intended to highlight the individual and cross-system policies and practices that can empower systems to improve outcomes for these youth.



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Children's Action Corps
RFK National Resource Center
for Juvenile Justice



Trauma in Dual Status Youth: Putting Things In Perspective

By Thomas Grisso, PhD and Gina Vincent, PhD
National Youth Screening and Assessment Partners



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Children's Action Corps
RFK National Resource Center
for Juvenile Justice



Identifying Dual Status Youth with Trauma-Related Problems

by Amy Wevodau, Ph.D., Keith Cruise, Ph.D., M.L.S., & Thomas Grisso, Ph.D.

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Center for Trauma Recovery and Juvenile
Justice

<http://www.nctsn.org/content/university-connecticut-school-medicine-center-trauma-recovery-and-juvenile-justice>

National Youth Screening & Assessment
Partners

<http://www.nysap.us/>