

Trauma-Informed Care Consortium of Central Texas



***"Building a Community of Care
for Children, Families and Providers"***

www.traumatexas.com

September 2019 Newsletter

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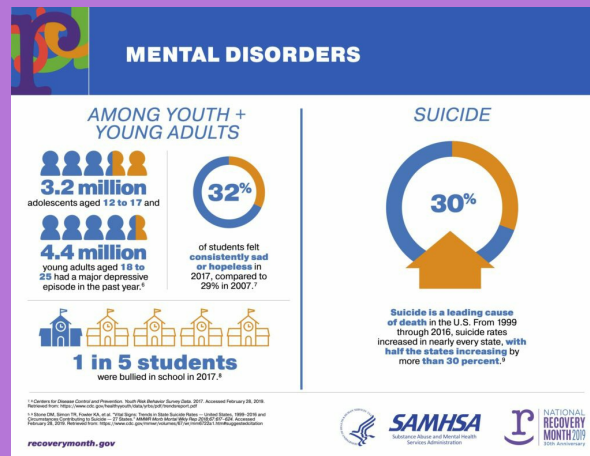
[TICC Members](#)



Every September, SAMHSA sponsors Recovery Month to increase awareness and understanding of mental and substance use disorders and celebrate the people who recover.

**Spotlight on
People's Community
Clinic**

September is National Recovery Month



Featured TICC Member Article

**Integrating ACEs Prevention
Into Primary Care**



PEOPLE'S COMMUNITY CLINIC

People's Community Clinic began as "People's Free Clinic" in 1970. Throughout its lengthy and meaningful history in Austin, the organization has sought to improve the health of medically underserved and uninsured Central Texans by providing high quality, affordable health care.

The agency currently offers:

- Center for Adolescent Health
- Adult health services including chronic disease management
- Integrated behavioral health services for adults
- Nutrition education
- Prenatal & family planning services
- TANDEM Teen Prenatal & Parenting Program
- Pediatrics "Reach out and Read" program
- Laboratory & pharmacy services
- Immunization program
- Immunization program

For more information, visit:

<https://www.austinpcc.org/>



Beth Gerlach, PhD, LCSW

Associate Director

Texas Institute for Child and Family Wellbeing

Research on Adverse Childhood Experiences (ACEs) has provided strong evidence for the negative effects of trauma on the developing brain and health across the lifespan. Early interventions that limit exposure to adversity and build safe, stable and nurturing environments can have a substantial effect on children's long-term well-being. However, many families that could benefit from early intervention are challenging to engage in services, especially prior to children entering school. One area of increasing attention both locally and nationally, is involving healthcare providers serving expectant parents, children, and families in the conversation about preventing children's exposure to significant adversity. For many, physicians and nurses are already a trusted resource to families. Healthcare providers could serve as a front line in both prevention and intervention of exposure to ACEs and in changing the long-term health trajectories of vulnerable children.

At the same time, many healthcare providers are hesitant to integrate screening and/or discussion about ACEs and trauma into their regular conversations with patients. Of course, the hesitation is understandable! Well checks and sick visits alone demand a great deal of time and attention.

Additionally, many providers don't feel confident asking about traumatic events and/or responding appropriately to a disclosure. In a recent survey of over 100 family healthcare providers in central Texas, 65% reported that they felt they did not have enough knowledge and training about ACEs and trauma. However, even without formally screening for trauma, the vast majority of family healthcare providers said patients occasionally disclosed concerns about significant adversities in their household. Another 44% of healthcare providers felt that they did not have the tools or training to know how to respond to a disclosure about current adversity or trauma history, including appropriate community referrals for support.

Dell's 11th Annual Austin Trauma & Critical Care Conference

The 11th Annual Austin Trauma & Critical Care Conference took place on May 2019, hosted by Dell Seton Medical Center, Dell Children's Medical Center, and Dell Medical School at The University of Texas at Austin. The conference featured Central Texas' Level I Trauma Center experts and Critical Care faculty from around the country.

Due to a growing interest from the medical community in trauma-informed care, Austin Child Guidance Center's Chief Program Officer, Seanna Crosbie, LCSW-S, was invited faculty at the conference. Seanna offered a keynote speech,

"Experience Shapes Every One of Us: A Call for Trauma-Informed Care."

Austin Child Guidance Center continues to offer trauma-informed trainings in Central Texas. These trainings include trauma-informed interventions for direct care providers as well as trainings on trauma-informed organizational change.

To learn more about these trainings, contact SCrosbie@austinchildguidance.org

A THREE-DAY CONFERENCE COVERING TOPICS IN ADULT AND PEDIATRIC TRAUMA & CRITICAL CARE



Austin Trauma & Critical Care Conference

Upcoming Trainings

*Please check our website (www.traumatexas.com) for on-going updates and additions to our trainings calendar!

OCTOBER

UT Austin: Trauma Treatment for the Entire Family

Thompson Event Center

Austin, TX

October 18, 9am-4pm

For information visit:

[Registration Page](#)

Add TICC to Your List Serve

Please notify

ticc@austinchildguidance.org

of any upcoming trainings your agency is holding in order to get them added to the website and newsletter!

This gap in both knowledge and skills demonstrates an opportunity for social workers and clinicians with expertise in trauma and ACEs to partner with healthcare providers to offer support, training and technical assistance. We can share our experience and tools for screening for significant adversity and strategies for brief intervention in their settings. We can listen to healthcare providers concerns and meet them with the resources that they need, from training to psychoeducational materials for their office. For example, a TICC workgroup compiled an array of tools for healthcare providers to use to screen for significant adversities ranging from interpersonal and family traumas (e.g. abuse, parental mental illness, or household substance use), to community-based adversities (e.g. food insecurity, neighborhood violence and discrimination). Another example is the development of locally informed resource sheets that healthcare providers can give to patients with clear and concise information to de-stigmatize their experience and connect them to appropriate support. Clinicians can also connect healthcare providers with professional peers participating in local and national efforts to address exposure to significant adversity.

Finally, and perhaps most importantly, family healthcare providers are asking for increased knowledge and skills in facilitating healthy dialog with parents about their own trauma histories and creating a more protected path for their children. To address this, Clinicians can help develop and teach brief intervention strategies for healthcare providers to integrate into their practice that normalize traumatic experiences, provide hope, and partner with their patients to build resilience.

TICC Member Article

ACGC Launches New Service for Survivors of Trauma



**By Seanna Crosbie, LCSW-S
TICC Chair
Chief Program Officer-
Austin Child Guidance Center**

In July, Austin Child Guidance Center launched a new program to provide more immediate services to survivors of recent trauma as well as survivors who recently disclosed abuse. The evidence-based intervention, Child and Family Traumatic Stress Intervention (CFTSI), was developed at Yale University, where ACGC staff was trained. CFTSI is a short-term model consisting of 5-8 sessions and targeted for children aged seven and older; it is designed for treatment to begin within 45 days of a potentially traumatic event occurring, or within 45 days of a disclosure of abuse.

The goal of CFTSI is to reduce and interrupt the development of post-traumatic stress reactions. The intervention involves assessing for current and past potentially traumatic events as well as any trauma related symptoms including anxiety, sleep problems, and behavioral issues. The therapist then works collaboratively with the child and caregiver(s) to increase communication, support, and develop tailored interventions for specific presenting symptoms. CFTSI also works seamlessly with longer-term treatments, if needed.

For more information about CFTSI or to schedule an appointment, contact ACGC at 512.451.2242 or visit www.austinchildguidance.org.



Pictured (left to right) ACGC clinicians Sara Wakefield, Seanna Crosbie, and Andrea Ciceri

TICC Announcements



Please join TICC for our next quarterly meeting:

Wednesday April 24, 2019
Location: TBD

Please check traumatexas.com for updates!

TICC listserv members will receive an RSVP link in the coming months.

If your organization is interested in hosting TICC meetings, please reach out to ticc@austinchildguidance.org!

TICC Members

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Seanna Crosbie
Austin Child Guidance Center

Co-Chair

Renee Calder Encinias

Organizational Members

A World For Children - Keri Cooper, Megan Light
Any Baby Can - Jenny Baldwin, Dyann Avila
Armstrong Community Music School - Liz Cass, Sarah Beth Gooding
Asian Family Support Services of Austin - Evan Rathjen
Austin Achieve Public Schools - Kali Fagnant, Ashcon Habibi
Austin Child Guidance Center - Seanna Crosbie, Andrea Ciceri, Chloe Picot-Jacobs
Austin Discovery School- Ellen Barg-Walkow Wilder, Kelly McRee
Austin ISD - Teri Wood, Kimberly Bird
Austin Oaks Hospital - Meg Haden, Angelica Reyes
Austin Shelter for Women and Children - Stacy Schwarz, Marisela Padilla
Austin Voices for Education and Youth - Julie Weeks, Louise Hanks
Behavioral Health Center of Nueces County - Victoria Huerta Rodriguez
Bell/Lampasas County CSCD - Katie Martin

Ardea Services- Lori Pelliccia, Vanessa Sarria
Care Options For Kids - Kevin Worwood
CASA of Travis Co. - Catherine Jones, Elizabeth Throop
Casey Family Programs - Sarah Rees
Center for Child Protection - Nadia Castilla, Hannah Moore
Center for Survivors of Torture- Russ Adams, Sally Dagher
Child Inc.- Adriana Vasquez, Mary Dunlap
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CommunitySync- Suzanne Hershey
Dell Children's CARE Program- Stephanie Gonzalez
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Department of Family & Protective Services - Lisa Osborn
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Family Service Association - Ron Flores
Foundation Communities- Tiffany Nicely-Williams, Amanda Mills
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Georgetown Psychological Services, PLLC - Amanda Johnson
Greater San Marcos Youth Council - Julia Ramsay New, Nena Meadows
Helping Hand Home - Micki Marquardt, Charalotte Cray
Integral Care - Bridget Speer, Melissa Acosta
Kids in a New Groove - Laura Wood, Sarah Wauters
KIPP Austin Collegiate High School - Natalie Riggins
LifeWorks - Rob Thurlow, Camille Clark
Literacy Coalition of Central Texas- Adam Benden, Ashlee Kraus
Lone Star Victims Advocacy Project- Glanaan O'Neil, Seve Kale
Mission Capital - Stephanie Shaw
NAMI Austin - Karen Ranus, Jessica Miller
Out Youth - Sarah Kapostasy, Summer Hough
Parent Representative - Andrea Melendez
Partnerships for Children- Erin Argue, Aneiya Harrison
Pathways Youth and Family Services - Keri Cooper
People's Community Clinic - Celina F. Nance, Leslee Perez
Pflugerville ISD - Vicky Esparza-Gregory
Phoenix House - Meredith Mullens, Sara Mounzer
Refugee Services of Texas - Erica Schmidt-Portnoy, Joanna Mendez
Round Rock ISD- Marcie McEachin, Annwen Stewart
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The Christi Center- Erin Spalding
The Settlement Home - Jessica McKay, Michelle Spikes
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Travis County Health & Human Services & Veteran Services -
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University of Texas, University Charter School - Nicole
Whetstone, Melissa Chavez
Upbring - Alissa Perez, Amy Knop-Narbutis
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Brunson
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YWCA Greater Austin - Laura Gomez-Horton, Maya Amos

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