

An illustration with a dark blue background. On the right, a man with dark hair, wearing a red long-sleeved shirt and tan pants, is shown from the waist up, hugging a child from behind. The child is wearing a blue long-sleeved shirt and blue pants. On the left, a child in a teal dress stands behind vertical bars, holding a blue stuffed rabbit. The overall mood is somber and evokes themes of trauma and relationships.

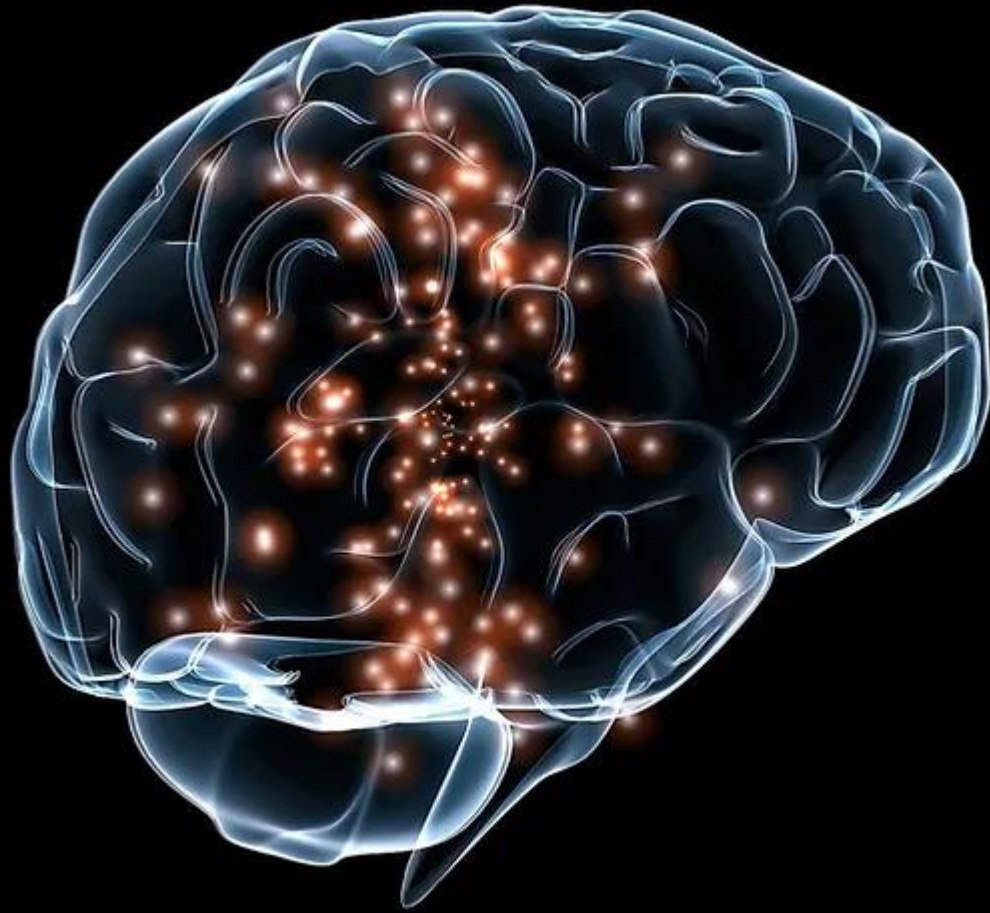
How Trauma Affects Relationships

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Agenda

- The Brains Job – Core Functions
- How Core Functions Can Be Disrupted Based on Trauma
- Importance of Relationships and Emotional Safety
- What is Triple P?
- How Triple P Relates to Relationships and Emotional Safety

Brains Job – Core Functions

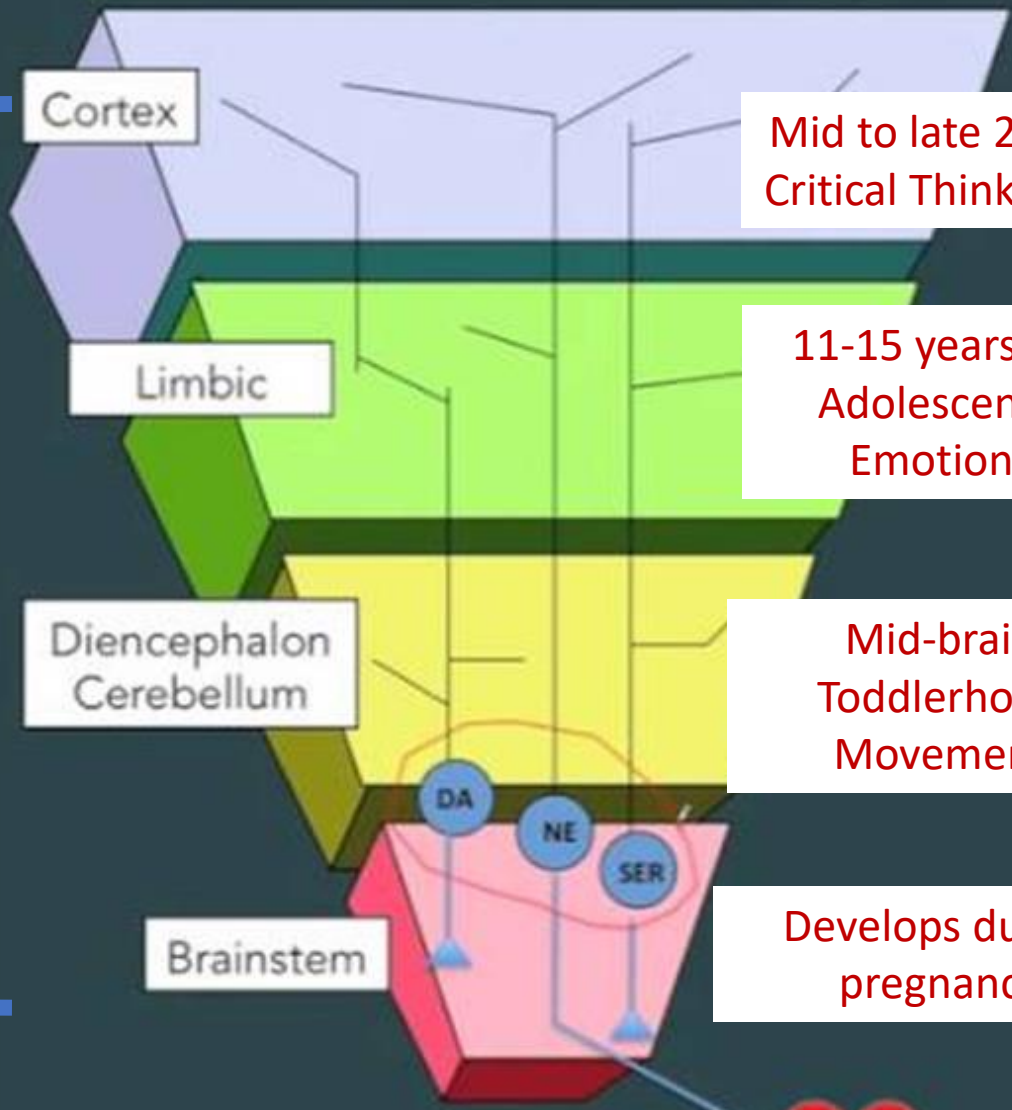


Stay Alive!

Procreate

Protect and
Nurture
Dependents

Efferent Distribution of Primary Regulatory Networks



Mid to late 20's
Critical Thinking

11-15 years old
Adolescence
Emotions

Mid-brain
Toddlerhood
Movement

Develops during
pregnancy

- Reflective Cognition
- Concrete Cognition
- Affiliation
- Attachment/
Reward
- Sexual Behavior
- Emotional Reactivity
- Motor Regulation
- Arousal
- Appetite/Satiety
- Sleep
- Blood Pressure
- Heart Rate
- Body Temperature

All there at birth,
just not developed



ANS - body

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones

What Disrupts a Caregivers Instinct to Protect and Nurture?

Stress Response/ Arousal Continuum

(Goal – 80% of
the day)

Sense of Time	Extended Future	Days/Hours	Hours/Minutes (cannot associate action w/ consequence)	Minutes/ Seconds	Loss/sense of Time (Loss of consciousness)
Primary Secondary Brain Areas	Neocortex Subcortex	Subcortex Limbic	Limbic Midbrain (Teenage Brain)	Midbrain Brainstem (Toddler Brain)	Brainstem Autonomic
Cognition	Abstract	Concrete	Emotional	Reactive	Reflexive
Mental State (State of Arousal)	CALM/Relaxed (Solitude)	ALERT/Engaged (Learning zone)	ALARM (Irrational)	FEAR (Fight, Flight, Freeze)	TERROR/Panic (Control environment, not person)
Reward	Activity aligned with value/Beliefs	Add social relationships Relational	Adrenaline Rush/Intensity – salty, fatty, sweet, spicy snacks, drugs/alcohol, sex, other risky behaviors	Removal of Distress – get parallel, do not use a lot of words	Back up and be quiet, Rocking, Self-Stem
Adaptive Response					
Hyperarousal	Rest (male child)	Vigilance	Resistance	Defiance	Aggression
Dissociative	Rest (female child)	Avoidance	Compliance	Dissociation	Fainting

The Importance of Relationships and Emotional Safety - Attachment

Attachment Styles



Secure/Positive – Needs met all the time with love = Trust

Chaotic – Needs met some of the time, by some people = Suspicious and will test relationships

Negative – Needs not met or neglect/abuse is present = No trust, withdrawn, possibly aggressive

The Triple P – Positive Parenting Program[®] is a system of evidence-based education and support for parents and caregivers of children and adolescents.

What is Triple P?



What can Triple P do?

Prevent

- Prevent behavioral, emotional, and developmental problems in children.

Reduce

- Reduce the incidence of child maltreatment in the community.

Enhance

- Enhance the knowledge, skills, and confidence of parents.

Build

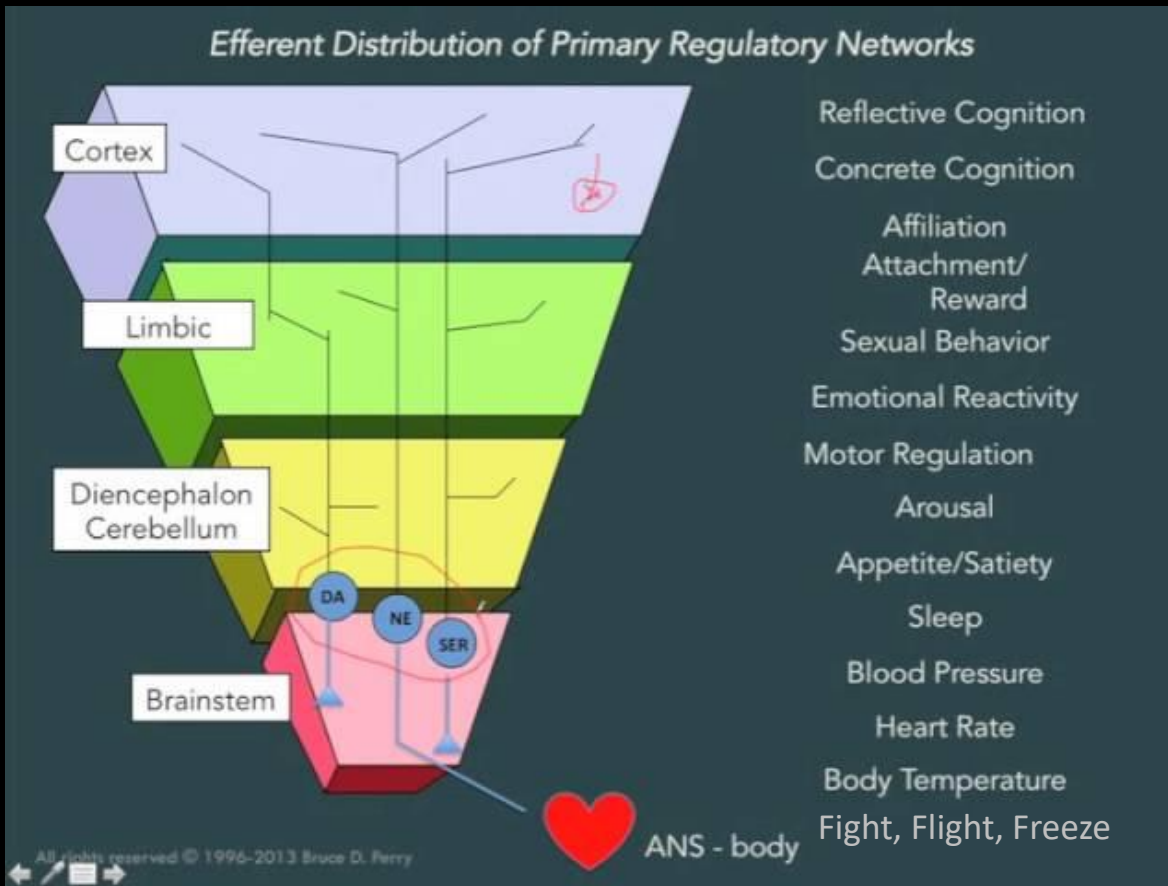
- Build upon parent strengths and abilities to be self sufficient and self-reflective.

What is Triple P Online?

- ✓ An online version of the effective Triple P --Positive Parenting Program
- ✓ Versions for parents with younger kids or tweens/teens
- ✓ Available in English and Spanish
- ✓ Sequential modules include:
 - Video clips of families in action
 - Interactive exercises
 - Individual goal setting
 - Prompting for self-evaluation
- ✓ Electronic worksheets and resources
- ✓ Personalized electronic parent workbook
- ✓ Review and reminder strategies



How Triple P relates to Emotional Safety



Resources

- The Boy Who Was Raised As A Dog by Bruce D. Perry, MD, PhD & Maia Szalavitz
- Born For Love by Maia Szalavitz & Bruce D. Perry, MD, PhD
- What Happened to You by Bruce Perry & Oprah Winfrey
- Child Trauma Academy - childtrauma.org