

# The Work



1. The Division of Juvenile Justice is leading the country in having all their staff trained about trauma. The benefits to youth and staff are already happening.



For more information go to:  
[dhss.alaska.gov/abada/ace-ak/  
Pages/default.aspx](http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx)

**Details:** The Division of Juvenile Justice has undertaken a strategic planning process based on the “Results-based Accountability” model that has made measurable improvements in results for government agencies. Among the effective and promising practices that the Division is currently implementing statewide based on this planning process is Trauma-Informed Care. National research demonstrates that youth facing multiple exposures to violence or victimization, sometimes termed “Adverse Childhood Experiences,” are at higher rates for delinquency as well as mental health problems, behavioral problems, and substance abuse. Trauma-Informed Care is an approach to working with youth that recognizes some of their challenging behaviors developed as a response to these experiences. Staff trained in Trauma-Informed Care demonstrates:

- increased awareness of how traumatic experiences may impact a juvenile’s ability to benefit from treatment;
- improved understanding of the connection between trauma history, behaviors, and developmental impacts;
- An enhanced ability to increase youth emotional and behavioral regulations through coping skills and positive relationships.

The Division anticipates that staff will improve their effectiveness in working with juveniles once trained in Trauma-Informed Care approaches.

**Source:** [Fiscal 2015 Performance and Budget Summary Book](#), Page 11,

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2. Homer and Yakutat are focusing on prevention of ACEs as a means to lower substance abuse rates. The efforts are leading the way for other communities in Alaska.



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**Detail:** “The Homer Prevention Project is a collaborative effort focused on reducing the cycle of adult heavy and binge drinking, the Adverse Childhood Experiences (ACEs) that result from adult heavy and binge drinking, and underage drinking in the Homer and Anchor Point area.”

**Source:** Click [here](#) to visit Homer’s website.

**Detail:** The Yakutat Tlingit Tribe is attacking the problem of binge drinking in a number of ways but one of them is to teach the community about the effects of ACEs

**Source:** Click [here](#) for Yakutat’s information

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3. The Division of Behavioral Health and The Council on Domestic Violence and Sexual Assault teamed up to fund the development of Trauma 101. This training helps Alaskans learn and implement Trauma Informed care practices.



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**Detail:** Trauma 101: “This training will examine trauma and how it impacts the body and brain. We will also discuss how people adapt to trauma and how we can respond to trauma in ways that promote resiliency and recovery.

This is not a training in a specific clinical intervention, but it is intended to provide helping professionals with a better understanding of how trauma impacts those we work with and ways that we can use that knowledge to be trauma-informed.”

**Source:** Anchorage Community Mental Health offers this training regularly. Click [here](#) to check availability.

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4. The Alaska Child Trauma Center at ACMHS provides comprehensive services to children impacted by trauma and is a hub of expertise in our state.



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[dhss.alaska.gov/abada/ace-ak/  
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**Details:** The Alaska Child Trauma Center specializes in providing direct trauma-focused services to children ages 3-12 that have experienced complex trauma (child abuse, neglect, exposure to domestic violence or sexual abuse).

**The Center also provides training that includes:**

- Complex trauma
- Traumatic Stress and the Psychobiology of Trauma
- ARC (Attachment, Self-Regulation and Competency Development; a framework for working with complex traumatized youth)\*
- On-going consultation and training.
- Training for early child care providers to support positive social and emotional development practices.
- Training on early childhood mental health assessment and intervention.
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The Alaska Child Trauma Center is a regional training hub for the SAMHSA-supported National Complex Trauma Training Network and the lead agency for the Alaskan Trauma-Informed Care Statewide Training Initiative. \*ACMHS is a certified ARC Training Site.

The Alaska Child Trauma Center also works in partnership with Office of Children's Services and provides behavioral health assessments to children entering child protective services custody in Anchorage.

Source: Click [here](#) to visit their website.

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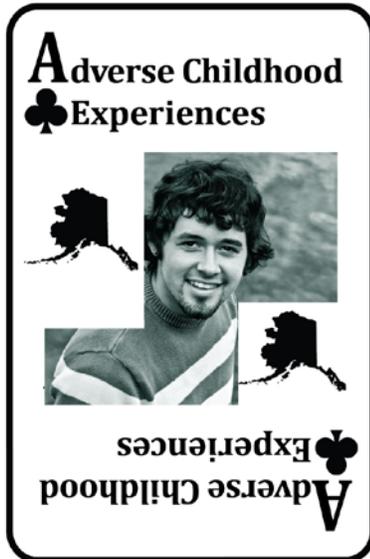
5. The Office of Children's Services is helping communities in Western and Northern Alaska to implement Strengthening Families initiatives to assist parents and children to prevent and mitigate ACEs.



For more information go to:  
[dhss.alaska.gov/abada/ace-ak/  
Pages/default.aspx](http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx)

Out of the hub communities of Nome and Bethel this project is just starting – villages are applying to participate. Strengthening families is designed so that communities can tailor their supports for families and children to what they need. Stay tuned here for updates about the progress of this initiative. For more information about Strengthening Families, click on this [link](#).

# The Work



6. The Alaska Native EpiCenter has several projects that encourage healthy families by addressing violence and trauma, promoting wellness, and working towards eliminating disparities in victimization and in maternal and child health affecting Alaska Native People.



For more information go to:  
[dhss.alaska.gov/abada/ace-ak/  
Pages/default.aspx](http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx)

**Details:** Visit their website [here](#) and learn about.

“**Healthy families** allow individuals and communities to thrive, benefitting physical, mental, emotional, and spiritual health. Healthy families effectively cope with the cultural, environmental, and socioeconomic stresses that they face. Negative coping mechanisms such as domestic violence, sexual violence (DV/SV) and child maltreatment can result in life-long—even intergenerational—effects on the health and wellness of family members and communities.”

**Regional Resource Guides:** “These guides were developed to provide statewide and regional information on domestic violence, sexual violence and coercion, child abuse and neglect, and vulnerable adult/elder abuse. It is intended for people who have survived abuse, for those who have committed abuse, and for anyone interested in preventing abuse and promoting wellness.”

**Teen Safety Cards:** “The EpiCenter partnered with the State of Alaska Alaska Family Violence Prevention Project and Department of Adolescent Health, and got feedback from 113 youth in villages and towns all over Alaska to develop the *Getting Together* safety card. This wallet-sized card **for teens of any gender** provides information about healthy and unhealthy relationships, how to help others, and how to get help.”

**Regional Safety Cards:** “The EpiCenter partnered with the Alaska Family Violence Prevention Project and national non-profit Futures Without Violence, and got feedback from over 110 girls and women in villages and towns all over Alaska to develop the *We Are Worthy* safety card. This wallet-sized card **for teen girls and adult women** provides information about how relationships affect our health and how to get help.”

And more!