

# Wisconsin Trauma Project

2017 ANNUAL UPDATE

## Year Two of Statewide Expansion — Accomplishments

The Wisconsin Trauma Project is an initiative of the Division of Safety & Permanence in the Department of Children and Families that introduces evidence-based trauma treatment into the child welfare service array; provides trauma-informed parenting training to kinship caregivers, foster and birth parents; and organizational and system training, consultation and technical support to build a more trauma-responsive system of care through collaboration with Fostering Futures. 2017 was the second year of a 3-year statewide expansion of the project.

### Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is an evidence-based, short-term treatment model for children ages 3-18 with a strong caregiver component. TF-CBT is highly effective at improving youth posttraumatic stress disorder (PTSD) symptoms as well as many other trauma impacts, including affective (e.g., depressive, anxiety), cognitive and behavioral issues. The 2017 learning collaboratives were held in Rothschild, Wisconsin Dells and Milwaukee.

Since the start of the expansion in 2016:

- ◆ 689 children have been screened and assessed for trauma
- ◆ 101 children have completed the treatment model; and of those
- ◆ 90% have experienced a decrease in trauma-related symptoms.

In 2017:

- ◆ 182 clinicians from 25 counties and the Lac Courte Oreilles Tribe who treat children in the child welfare system participated in TF-CBT learning collaboratives organized by DCF
- ◆ DCF-trained clinicians screened and assessed 469 children for trauma

“TF-CBT has provided a framework for clients and therapists alike. The educational, interactive and relational process converges for a powerful and healing experience for clients.”

Trained Clinician

### Trauma-informed Parenting Workshops

The goal of these workshops is to reduce transitions for children in foster and relative care and to help make reunifications as successful as possible. A very unique component to these workshops is the mixed participant pool: birth parents, foster parent, kinship caregivers, adoptive parents, social workers and community members are gathered together to learn about trauma and its effects on the brains and bodies of children. This environment of shared learning provides opportunities for collaboration and understanding that are very challenging to create outside the workshop.

In 2017:

- ◆ 457 caregivers, community members and workers from 12 counties, the Oneida Nation & Lac Courte Oreilles Tribe were trained
- ◆ 31 local trainers were developed. These local trainers will continue to host workshops beyond the project year.

*“This [workshop] has challenged and equipped me to... try to get behind the behaviors and be proactive, not so reactive.”*

Foster Parent

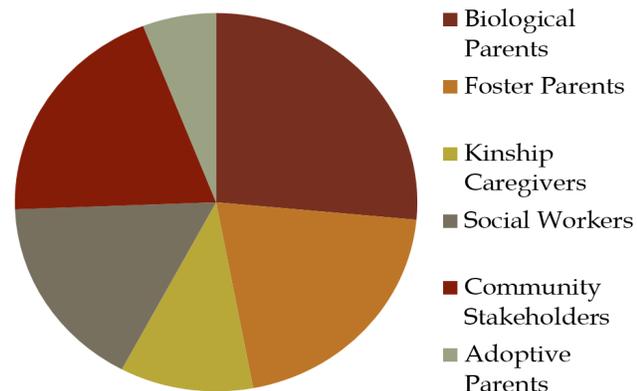
Over **98%** of participants:

- ◆ Understood traumatic experiences can cause problem behaviors
- ◆ Understood there is a connection between a child’s behavior and a trauma reminder

And over **97%** of participants

- ◆ Believed a child who has experienced trauma can learn new ways of thinking
- ◆ Understood how to use the tools they learned in the workshop to help a child with reactions to a trauma reminder.

### 2017 Workshop Participants



*“I have been given a better understanding of trauma and a more focused goal for my children. We are all on common ground working for the same goal.”*

Birth Parent



# Wisconsin Trauma Project-Related Initiatives

## Fostering Futures Organizational Change Learning Communities

Continuing in 2017, DCF collaborated with the Fostering Futures to offer training and technical assistance to state and county agencies in implementing trauma-informed principles in their organization. Throughout 2017 Fostering Futures developed a Wisconsin-based model for supporting trauma-informed organizational change. This included developing 4 key assumptions and 7 guiding principles for trauma informed organizational change and employing a cadre of local coaching staff. In April 2017, 21 state and county agencies completed the first year of their organizational transformation. Of this group, 16 county and three state agencies will continue their efforts in 2018. A request for applications was issued during fall of 2017 to expand this work in a second learning community—known as Phase 3. The Phase 3 Learning Community officially launched in January 2018. In total, there are eight county agencies, two tribal nations and seven institutional agencies participating in the Phase 3 Learning Community.

### Program Spotlight: Rock County

In 2017, Rock County Human Services, a previous Wisconsin Trauma Project Site, continued making strides towards becoming a trauma-informed agency.

Kate Luster, Rock County Human Services Director and the county's Trauma-Informed Care (TIC) Workgroup refined a trauma-informed systems assessment tool and created an introductory trauma training curriculum that was delivered to about 300 staff and supervisors.

## Child-Parent Psychotherapy

CPP is an evidence-based, trauma-informed, and relationship-based psychotherapy treatment for children ages birth to six who have experienced trauma and/or are experiencing emotional, behavior, attachment, and/or mental health problems. CPP provides services to children in the context of their primary caregiving relationship(s), and aims to strengthen these relationships to promote healing, mental health, and return to a normal developmental trajectory. Together with the TF-CBT training, this initiative will offer an evidence-based therapy to address trauma for children from birth to age 18 years.

In 2017, the Wisconsin Trauma Project continued to support an 18 month Child-Parent Psychotherapy (CPP) learning collaborative for 24 mental health clinicians providing psychotherapy to families with infants and very young children in the child welfare system, which is coordinated by the University of Wisconsin-Madison Department of Psychiatry. This is the third cohort of CPP practitioners trained in Wisconsin. This learning collaborative included the training of two local CPP Trainers to support the continued dissemination of CPP in Wisconsin upon completion of their training in January 2018. Currently, recruitment is underway for the 2018-2019 learning collaborative beginning in March, 2018.

## New Skill Building Curriculum

A curriculum developed by Dr. Laurel Kiser, Associate Professor in Psychiatry at University of Maryland School of Medicine, to address intergenerational substance abuse and trauma will soon be available in Wisconsin. The curriculum helps participants place structure and process around their family practices, beliefs, values, and cultural contexts and improve their protective function. As participants learn new coping skills they are encouraged to promote positive change in their family's daily life and home environment. In December 2017, Jefferson County staff previewed the curriculum and discussed possible implementation strategies with Dr. Kiser and DCF staff. Local Trauma-informed Parenting Workshop trainers will also have the opportunity to preview the curriculum at the Annual Trainer Meeting to be held during the summer in 2018.

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<https://dcf.wisconsin.gov/cwportal/prevention/trauma>