

Trauma-Informed Care and Services

Anchorage Community Mental Health Services

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Identification of Need

- 2002-2005 Data collected through early engagement in BTKH, Assessment Project and Clinical Programs identifies:
 - Prevalence of trauma in service recipients
 - Relevance of trauma as a significant driver of behavioral health problems in service population
- 2005-2009 *Alaska Child Trauma Clinical Outcomes Study* identifies prevalence of exposure to multiple traumas and associated behavioral health symptoms and functional impacts
- 2011-present: Alaska Screening Tool identifies prevalence of trauma across child and adult continuum (more than 50% of recipients reporting 3 or more Adverse Experiences)

Action/Implementation

- 2005 Founding of the Alaska Child Trauma Center at ACMHS:
 - Training in evidence-based practices for staff, not just Trauma Center staff, (ARC + CPP, TF-CBT)
 - Implementation and formal adaptation of EBPs in partnership with developers
 - Partnership with Duke Clinical Research Institute to conduct a clinical outcomes study, *Journal of Child and Adolescent Trauma 2011*
- Adoption of trauma-informed care as a core strategic objective by ACMHS Board of Directors
- Trauma-informed care formally integrated in organizational policies and procedures
- 2009 Alaska Child Trauma Center becomes a Regional Training Hub for the National Complex Trauma Treatment Network

Action/Implementation

- 2011- Present: Universal training for all incoming staff on trauma-informed care
- 2005- Present: Training on trauma-informed care, evidence-based treatment to 11,000+ providers and allied service professionals
- Partnership with State of Alaska, DBH Trauma Initiative
 - Development of Trauma 101 – delivered to 1500+ providers
 - Regional Trauma Institutes 2012
 - Statewide Trauma Institute 2013
 - Planned, Alaska Advanced Trauma Training Institute and Organizational Learning Community 2014

Data collection strategy and Lessons Learned

- Data collected: Alaska Child Trauma Clinical Outcomes Study, Quarterly Clinician Survey
- Ongoing data collection: Adverse Experience profiles from the Alaska Screening Tool
- Clinical outcomes tracking via the Core Data Set Measures

Lessons Learned/Next Steps

- Adverse Experience exposure as a predictor of need
- Relationship between trauma symptom reduction and “real-life” treatment outcomes (i.e. stable placement for children in foster care)
- Data collection as a clinical tool and program improvement tool