

NW CHILDREN'S FUND

Making hope work.

Infant and Early Childhood Trauma: Core Concepts and Tools to Build Resilience

“Trauma is like rain, but from rain you get rainbows if you add the sunshine. We are all here to bring the sunshine, to bring the hope that resides within each individual person and to make sure that it shines.”

—Dr. Chandra Ghosh Ippen

Bringing together a multidisciplinary audience to learn and connect on issues related to child abuse and neglect, the **NW Children's Fund Forum** on February 6 at the Washington State Convention Center drew more than 800 people, in person and via web stream. The streaming option – a new endeavor by NWCF to expand its reach – was accessed by people from 117 cities, 21 states and three countries.

Globally, one billion children – more than half of all children – have experienced violence. Forum presenters shed light on the impact of traumatic stress on children and how, as a community, we can come together to support healing.

“These are children who have incredible promise ... incredible strengths that we almost never tap into,” Dr. Benjamin Danielson, Senior Medical Director at

Odessa Brown Children's Clinic, said in his opening remarks. “These are families that survive, navigate, thrive in ways that should amaze us every day and keep us learning.”

As we think about the consequences of traumatic stress on children, families and communities, Dr. Ghosh Ippen, Associate Director of the Child Trauma Research Program at the University of California, San Francisco, encouraged Forum attendees to think about strengths, hope and the power of collaboration. Recognizing and responding to childhood trauma in a collaborative way helps turns the tide for these children, she said.

POWERFUL LEARNING

Dr. Ghosh Ippen explained that because we are wired for survival, our bodies absorb

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Dr. Benjamin Danielson, Senior Medical Director at Odessa Brown Children's Clinic



Dr. Chandra Ghosh Ippen, Associate Director of the Child Trauma Research Program at the University of California, San Francisco



Infant and Early Childhood Trauma (continued from page 1)

traumatic experiences, embedding them into our brains and bodies so we can remember and respond. Situations that seem safe to most may trigger a child who has experienced trauma, turning a normal experience into one they associate with danger.

While babies and very young children may not understand a traumatic event, they are affected. More importantly, she continued, **it's not what children remember of the event, it's what they learn** – about the world, other people, feelings and their safety.

PATHWAYS TO HEALING

Oftentimes families seek services due to developmental delays, social/emotional or behavioral problems without realizing their origin. Dr. Ghosh Ippen pointed to studies that show children receiving services have, in many instances, experienced violence and abuse.

Acknowledging what children have been through and how it could impact them is one of the pathways to healing, she said. The child

who can't focus in class might not have ADHD, but could be triggered and focused on fear. **If we can see the big picture of a child's life experiences, we can better demonstrate empathy, understanding and, thus, open the door to healing.**

Both presenters emphasized that resilience is not just an individual character trait; rather, it is built from assets, opportunities and the community network that supports children. We must focus on programs and policies that support healthy development and build coping strategies in children.

A TRAUMA-INFORMED SYSTEM

There may be multiple people working with a child, with different theories on how to help. The child can be ping-ponged between these perspectives. Dr. Ghosh Ippen encourages the community to ask: Are the child's past experiences at the center of our work? Are we working together and talking about our beliefs and interventions? **A trauma-informed system is a unifying framework that can guide healing.**

What is a Trauma-Informed Child and Family Service System?

According to the National Child Traumatic Stress Network: A trauma-informed system is one in which all parties involved recognize and respond to the impact of traumatic stress on those who have contact with the system including children, caregivers and service providers.

Programs and agencies within such a system infuse and sustain trauma awareness, knowledge and skills into their organizational cultures, practices and policies. They act in collaboration with all those who are involved with the child, using the best available science, to maximize physical and psychological safety, facilitate the recovery of the child and family, and support their ability to thrive.

Learn more about creating trauma-informed systems at www.nctsn.org/resources/topics.



The Convention Center was packed for the NW Children's Fund Forum on infant and early childhood trauma in February.

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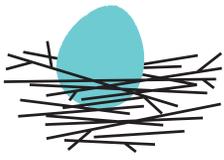


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Winter 2018 Grant Recipients

Agency / Program Description	Grant (\$)	Agency / Program Description	Grant (\$)
Healing Abused Children			
Amara / Parenting and adoption services to create safety and permanence for at-risk and special-needs children.	15,000	Open Arms Perinatal Services / Community-based, culturally responsive doula and home visiting program for low-income families.	10,000
Boyer Children's Clinic: CHERISH Program / In-home therapeutic intervention to support foster parents in building nurturing relationships with young children who have special healthcare needs.	10,000	Rochester Organization of Families / Resources and services for children, youth and families to achieve a healthy, positive and drug-free community.	16,000
Childhaven: Continuum of Care Program / Developmentally-focused trauma care and treatment services to support the healing of abused and neglected children ages 0-5.	10,000	Solid Ground: Children's Program at Broadview / Programs and support for children who have experienced homelessness and domestic violence.	11,500
Dawson Place Child Advocacy Center / Coordinated medical, mental health, advocacy, protection and law-enforcement services for abused children in Snohomish County.	13,000	Toddler Learning Center / Education services and therapy in the home for young children and families with intensive medical, mental or social risk factors.	9,000
King County Sexual Assault Resource Center / Array of therapeutic interventions to support healing in child and youth victims of sexual abuse and their families.	34,000	Vine Maple Place: Children and Youth Program / Comprehensive housing and support services for single parents and their children to build stability and self-sufficiency.	12,000
Lutheran Community Services Northwest: Permanency Planning Foster-Adopt Program / Provides abused and neglected children with safe, secure and permanent homes.	12,000	Vision House / Transitional housing and integrated support services for homeless mothers and their children.	13,000
Northwest Adoption Exchange: In-Depth Profile Program / Innovative, youth-centric initiative to find adoptive families for older youth in foster care.	7,500	Helping At-Risk Youth	
Pediatric Interim Care Center / Immediate, short-term, medically supervised care for drug-exposed and fragile infants.	14,000	Big Brothers Big Sisters of Southwest Washington / Mentoring for children who are at risk of dropping out, violence, substance abuse and other juvenile problem behaviors.	12,000
Ryther: Attachment, Regulation and Competency (ARC) Model / Implementation of trauma-informed framework for intervention with youth and families who have experienced multiple and/or prolonged traumatic stress.	30,000	Cocoon House: Housing Programs / Quality, safe and stable housing and wraparound support services for homeless youth ages 12-17 and teen mothers for up to 18 months.	15,000
Secret Harbor / Therapeutic foster care, in-home support and residential treatment services for young people who have experienced significant trauma due to abuse and neglect.	14,000	Communities In Schools of Lakewood / Mentoring, tutoring and emergency services for underprivileged children provided through a network of community volunteers.	12,500
World Association for Children and Parents: US Kids Adoption Program / Adoption services, from family recruitment to post-adoption support, for Washington state foster children.	10,000	Communities In Schools of Renton / Mentoring, tutoring and wraparound support services for at-risk students.	15,000
YWCA Clark County: Independent Living Skills Program / Case management and support services for foster youth transitioning from state care to independence.	16,600	Friends of the Children / Long-term professional mentoring to guide children facing tough challenges to reach their potential and achieve their goals.	12,900
Strengthening Fragile Families			
Center for Children & Youth Justice: Family Advocacy Center / Provides low-income families with comprehensive support through civil legal issues to avert foster care placements.	7,000	Northwest Youth Services: Positive Adolescent Development Program / Emergency housing and case management for homeless youth ages 13-17.	14,000
El Centro de la Raza: Emergency Safety Planning Program / Individualized training and safety planning for undocumented families to ensure safety of children in event of deportation.	9,000	Readiness to Learn Foundation / Programs to stabilize the school experience for students during difficult periods and connect their families to basic needs resources.	9,000
Family Education & Support Services: Kinship Navigator Program / Program to help related caregivers of abused children gain skills, support and resources to ensure the children in their care thrive.	15,000	Refugee Women's Alliance: Unaccompanied Minor Mentoring Project / Mentoring program focused on unaccompanied and undocumented students ages 12-18.	8,000
Housing Hope: Tomorrow's Hope Child Development Center / Therapeutic programming to help homeless and at-risk families overcome barriers to age-appropriate development for their children.	30,000	Rescue Mission: Youth Program / Academic and socio-emotional support for homeless children ages 2-18 living in Rescue Mission facilities.	10,000
Lydia Place: Parent Support Program / Parent educator home visits, group parenting education and therapeutic interventions for children in shelters and transitional housing.	12,000	TeamChild / Advocacy and specialized legal services connecting high-needs youth in crisis with support programs and services.	10,000
New Phoebe House Association / Comprehensive recovery and reunification program for families who face multiple challenges and are involved with the child welfare system.	13,000	Youth Tutoring Program - Catholic Community Services / After-school tutoring and enrichment program for kids living in Seattle low-income communities.	10,000
		YouthCare: Pathways Transitional Housing Program / Housing and support services for homeless minors ages 14-17.	13,000

\$485,000
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Please join us for

NW CHILDREN'S FUND GALA + AUCTION

April 28, 2018 | Fremont Studios
155 North 35th Street, Seattle

EVENING PROGRAM

Festivities begin at 5:30 PM

Silent auction and wine tasting

Dinner presented by

Chef John Howie

Live auction with

Auctioneer John Curley

Cocktail attire
Complimentary valet parking

Purchase tickets and preview
our auction catalog at
nwcf.maestroweb.com

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