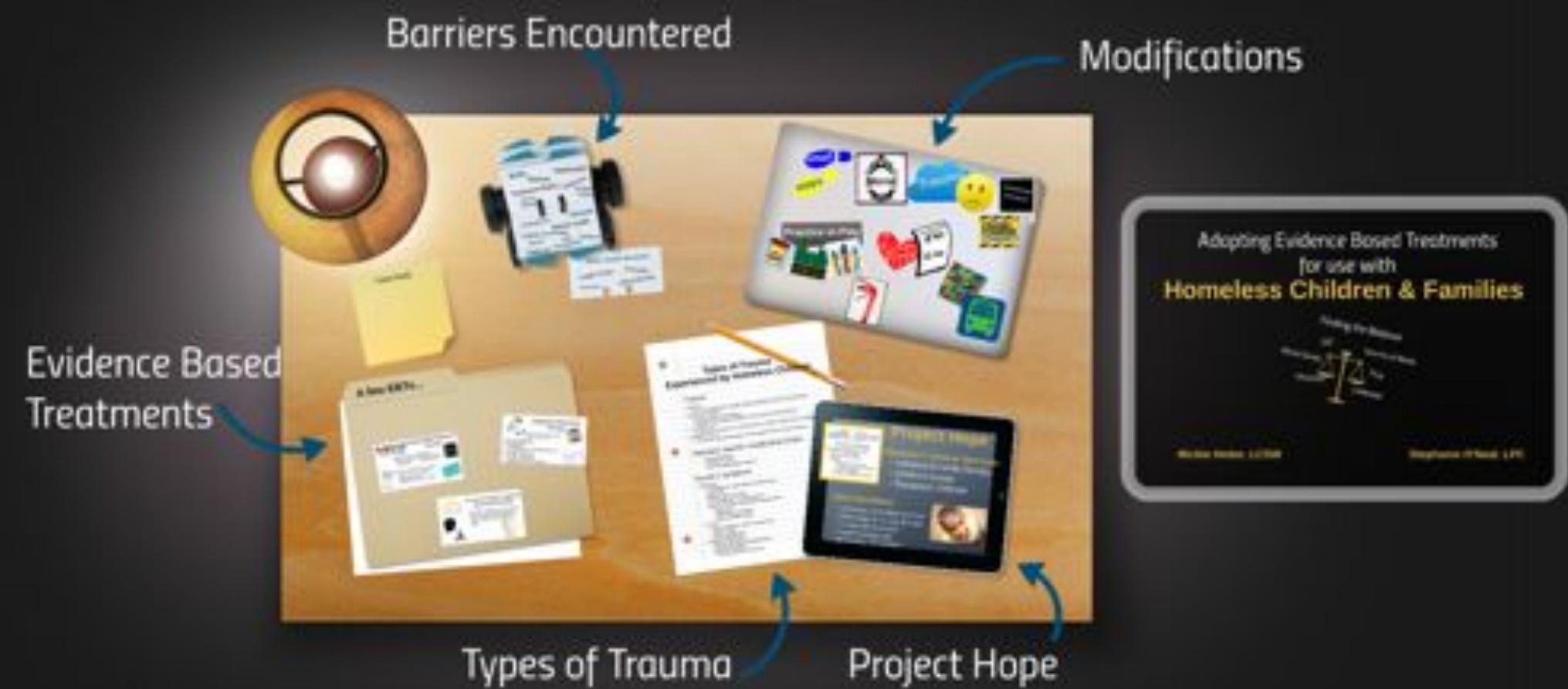


Adapting Evidence Based Treatments
for use with
Homeless Children & Families



Mickie Heiter, LCSW

Stephanie O'Neal, LPC





Our Mission:
To empower homeless mothers
and their children to heal from their
trauma and help them become
self-sufficient.

Transitional Housing

- Structured Residential Program
 - 10 hrs of services/wk
 - Housing (max 2 years)
 - On-site
 - Mental Health Services
 - Groups, Therapy, Recovery
 - Case Management
 - Compensated Work Program

Project Hope

Children's Clinical Services:

- Individual & Family Therapy
- Children's Groups
- Therapeutic Childcare

2013 Numbers:

- 14 Families, 35 Children at a time
- Children ages 0-14, avg. fam size
- 11 hours/wk of services
- 5 month average stay
- 66 Families, 122 Children





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Types of Trauma Experienced by Homeless Children

Trauma

- Violence
 - Domestic (witness or target), Gang, Shooting, Assault, Drug Related
- Abuse and Neglect
 - Physical, Sexual, Emotional
 - Abandonment, Medical Neglect, Unsanitary Living Conditions
- Traumatic Loss
 - Protective Custody, Loss of Possessions, Death, Attachment Disruption
- Medical Trauma
 - Overdose, Suicide Attempt, Un-managed Parental Physical Illness

Population Specific Complicating Factors

- Intergenerational
- Chronic/Complex
- Poor/Impaired support system

Results & Symptoms

- Behavioral
 - Inappropriate social behaviors/boundaries
 - Impulsivity
 - difficulty with transitions
 - School difficulty- academic/social
 - Need for Control- Maladaptive coping skills
 - Aggression
 - Oppositional behaviors
 - Food control/hoarding
- Trauma
 - Hypersensitivity, anxiety, trauma play,
 - Fight or Flight
 - Mood Disregulation
- Family Disorganization
 - Anxious Disorganized Attachment
 - Separation Anxiety
 - Parentification/Role Reversal



Transitional Housing

- Structured Residential Program
- 20 hrs of services/week
- Housing (max 2 years)
- On-site
 - Mental Health Services
 - Groups, Therapy, Recovery
 - Case Management
 - Compensated Work Program

2013 Numbers:

- 14 Families, 35 Children at a time
- Children ages 0-14, avg. fam size 2.5
- 11 hours/wk of services
- 5 month average stay
- 66 Families, 122 Children

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A few EBTs...

PCIT INTERNATIONAL

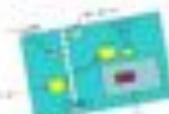
Parent-Child Interaction Therapy

Child Directed Interaction

- Warm relationship - Sense of Control
- Consistency
- Positive Attention

Parent Directed Interaction

- Effective boundary setting
- Rigid timeout routine
- Generalizing from play to real life



PCIT
INTERNATIONAL

Dialectical Behavioral Therapy

Dialectical Behavior Therapy

Data based approach that targets emotional dysregulation, increased self-harm, interpersonal conflict, and diminished relationships

Core Components

- Mindfulness
- Accept/Tolerate Powerful Emotions
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness



TF-CBT

Trauma Focused- Cognitive Behavioral Therapy

- Brief-Treatment (12-16 sessions)
- Parallel and Conjoint Sessions
- Core Components: PRACTICE Skills





Parent-Child Interaction Therapy

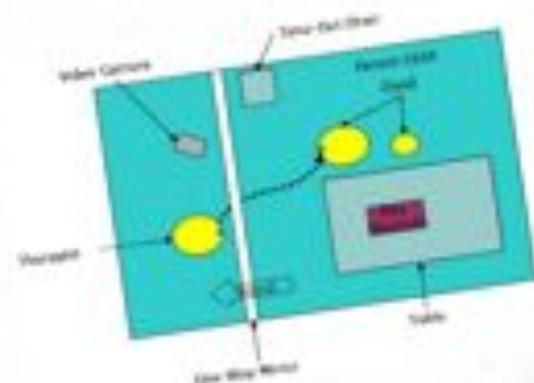
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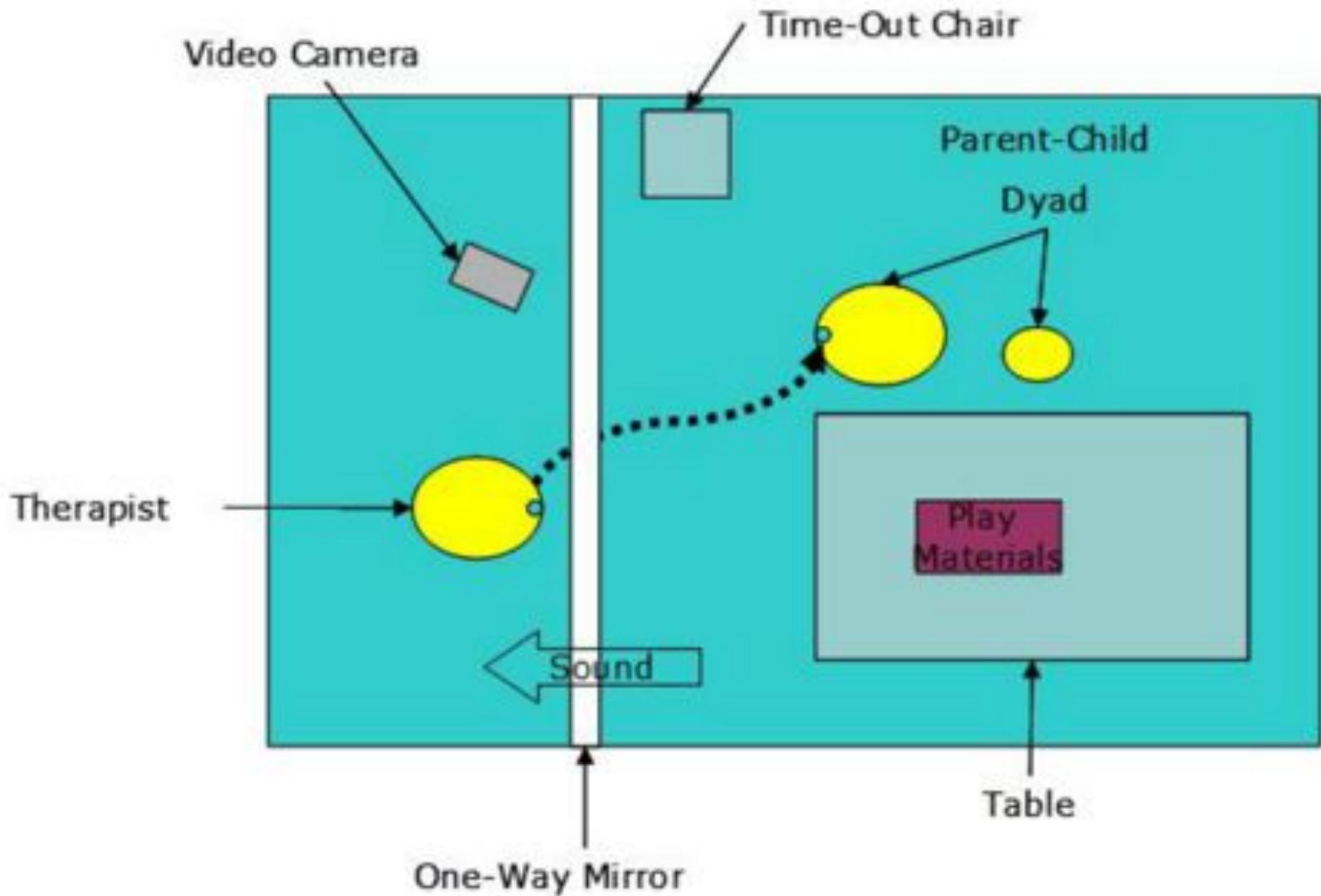
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- Generalize from play to real life



A black silhouette of a child's head and shoulders, facing right, is centered on a dark gray background. The text is overlaid on the right side of the silhouette.

Age 2-7
Externalizing
Behavior Disorders
*Autism Spectrum
*Parenting Skills
*Child Abuse





Parent-Child Interaction Therapy

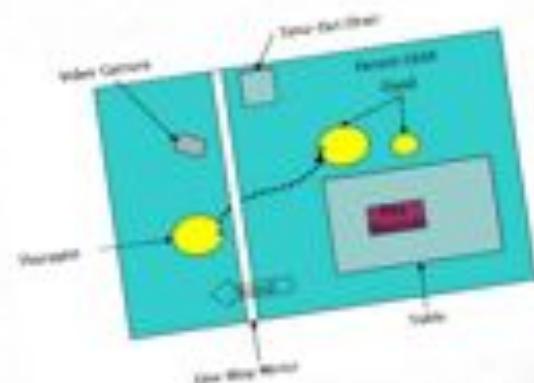
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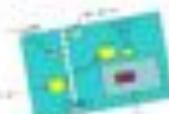
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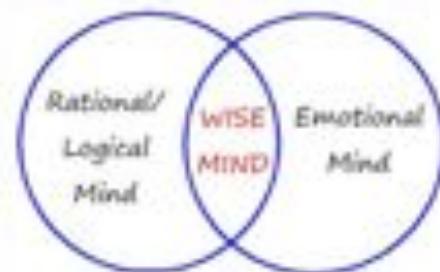
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Skills-based approach that targets emotional dysregulation, suicidal behavior, interpersonal deficits, and treatment resistance.



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Adults
Borderline Personality
Suicidal Ideation
Long-term Clinical Setting
*Promising findings for
Substance Use Disorders
and Eating Disorders

Dialectical Behavior Therapy

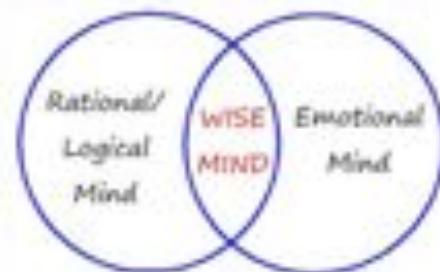
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A large, solid black silhouette of a child's head in profile, facing right. The head is oriented towards the right side of the frame, with the interior of the head being white.

Children and Adolescents

Treat Post-Traumatic Stress and
Emotional/Behavioral Problems
after Child Sexual Abuse

- *Domestic Violence
- *Traumatic Loss
- *Abuse and Neglect

THO

P	Psychoeducation and Parenting Psychoeducation about childhood trauma and PTSD Parenting component, including parent management skills
R	Relaxation Relaxation skills individualized to the child and parent
A	Affect Modulation Affective modulation skills adapted to the child, family, and culture
C	Cognitive Coping Connecting thoughts, feelings, and behaviors related to the trauma
T	Trauma Narrative Assisting the child in sharing a verbal, written or artistic narrative about the traumas/ and related experiences Including cognitive and affective processing of the trauma experiences
I	InVivo Exposure Mastery of trauma reminders
C	Conjoint Parent-Child Sessions Practice skills and enhance trauma-related discussions
E	Enhancing Safety and Development Enhancing future personal safety and optimal developmental trajectory by providing safety planning and social skills training



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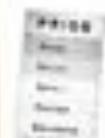
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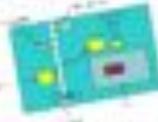
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Case Study

Kids

Distrust

Medication

Treatment History

Trauma
History



Stabilization
Complex
Trauma

Family Dynamic

Parents

Mental Health

Cognitive Functioning

Buy-In

Time

Stabilization

Distrust

Management

What's briefer than brief?

Length of Stay

Resources

Termination

End of the Day

small

steps



immediate
exposure



Practice in Play



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Finding the Balance



