

# Welcome!

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Visit the event page to download a copy of the webinar slides and any additional resources.



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**Contact@OneOp.org**

# Working with Adolescents in the Wake of Community Trauma

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## Event Materials

Visit the **event page** to download a copy of the presentation slides and any additional resources.



## Continuing Education

This webinar has been approved to offer continuing education credit. Please stay tuned for more information!



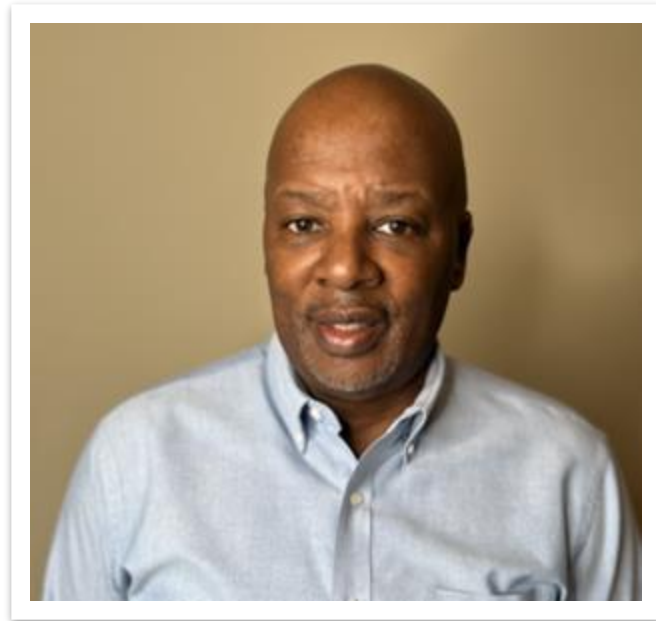
# OneOp

**Readiness. Knowledge. Network.**

This material is based upon work supported by the National Institute of Food and Agriculture,  
U.S. Department of Agriculture, and the Office of Military Family Readiness Policy,  
U.S. Department of Defense under Award Number 2023-48770-41333.

# Today's Presenter

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**Michael Rovaris, LCSW**

Asst. Professor, Clinical Psychiatry  
Georgetown University

# Today's Objectives

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1. Understand the physical, psychological, emotional, and social impacts of trauma on students and identify its signs and symptoms
2. Learn effective communication techniques and strategies to create safe and supportive environments
3. Implement practices that foster resilience and recovery in the school community



# Chat

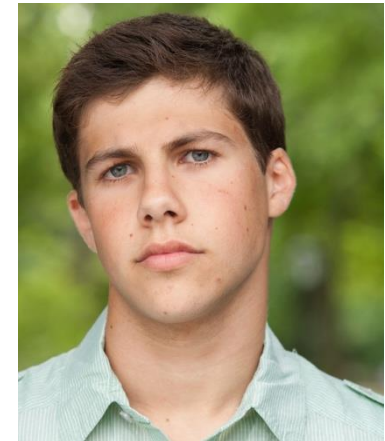
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How might you explain or define trauma for someone who may not know what it means?

Select **'Everyone'** from the drop-down menu when commenting in the chat pod.

# Scared Straight Consultation

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# Trauma's Physical Impact on the Adolescent Body

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- Changes in brain structure and function
- Disrupted hormonal balance
- Increased risk of chronic health issues



# Mental Impact

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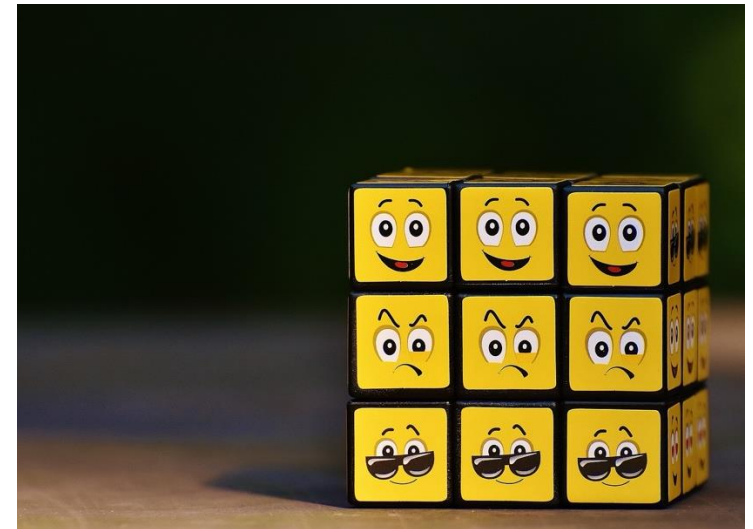
- Cognitive difficulties (e.g., memory, concentration)
- Increased risk of mental health disorders
- Changes in thought patterns and beliefs



# Emotional Impact

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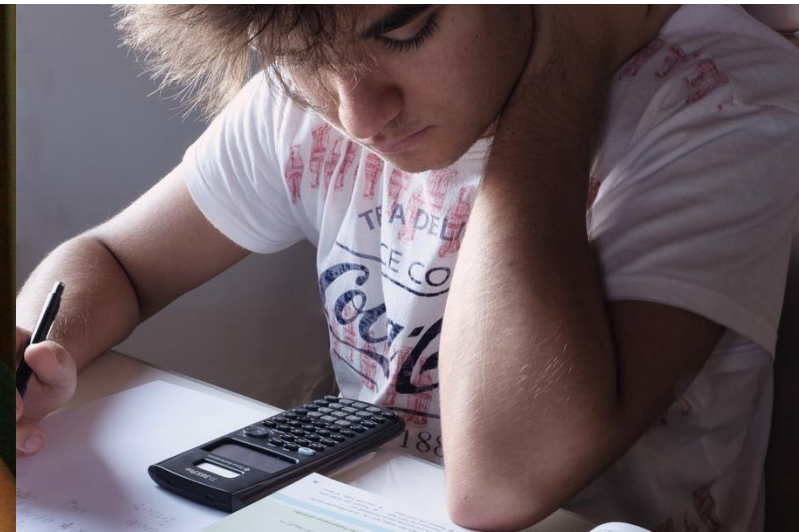
- Difficulty regulating emotions
- Increased risk of mood disorders
- Challenges with emotional expression and recognition



# Social Impact

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- Difficulties in forming and maintaining relationships
- Potential for social isolation or withdrawal
- Impact on academic and future professional life



# In Search of the Gownman

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# Impact of Historical Trauma

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- Definition of historical trauma
- Examples of events causing historical trauma (e.g., colonization, slavery, genocide)
- Brief overview of how trauma can be passed down through generations



# Recent Traumatic Community Events

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## Natural Disasters

- Hurricane Katrina
- Range Fires
- Earthquakes

## Mass Shootings

- Las Vegas Concert
- Uvalde Elementary
- Sandy Hook Elementary

## Military Specific Events

- September 11
- Camp Lejeune

# Impact on Diverse Communities

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- Specific examples of historical trauma in different communities:
  - Indigenous peoples
  - African Americans
  - Holocaust survivors and their descendants
  - Immigrant and refugee populations
  - Historically marginalized communities
- Unique challenges faced by each group



# Effects on Family Dynamics

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- Intergenerational transmission of trauma
- Changes in parenting styles and family communication
- Impact on mental health and relationships within families
- Coping mechanisms and survival strategies



# Consequences for Community Trust

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- Erosion of trust in institutions (e.g., government, healthcare, education)
- Challenges in building social cohesion
- Impact on community engagement and participation
- Importance of acknowledging historical trauma in healing processes

# Examples of Community Trauma

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- Training accidents (e.g., black hawk crash at Ft. Campbell, assault vehicle fire at Pendleton)
- Evacuation of military installations in response to natural disasters (e.g., evacuation of military families from Yakota Japan in March 2011, evacuation due to Hurricane Michael)
- Evacuation of military families abroad amidst unrest (e.g., evacuation of families in Turkey due to Isis threat in 2016)
- Violence/Murders on or w/in military installations (e.g., Vanessa Guillen murder at Ft. Cavazos, mass shootings on military installations)
- No notice deployment (e.g., Ft. Liberty 2020, Ft. Liberty 2001)

# When Trauma Meets the Schoolhouse Door

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## Immediate Response

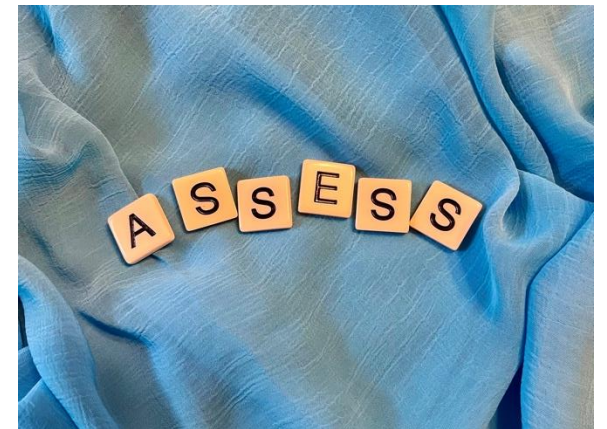
- Ensure physical safety first
- Activate crisis response team
- Provide a safe, calm environment
- Offer immediate emotional support



# Assessment

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- Identify those most affected
- Screen for acute stress reactions
- Evaluate need for professional intervention
- Consider long-term impact on community



# Short-term Interventions

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- Psychological First Aid
- Group debriefing sessions
- Individual counseling as needed
- Family support services



# Long-term Support

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- Ongoing counseling services
- Support groups
- Monitoring for delayed onset PTSD
- Referrals to specialized trauma services



# School Community Healing

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- Memorials and remembrance activities
- Gradual return to routine
- Addressing survivor's guilt
- Fostering resilience and hope





# Staff and Caregiver Support

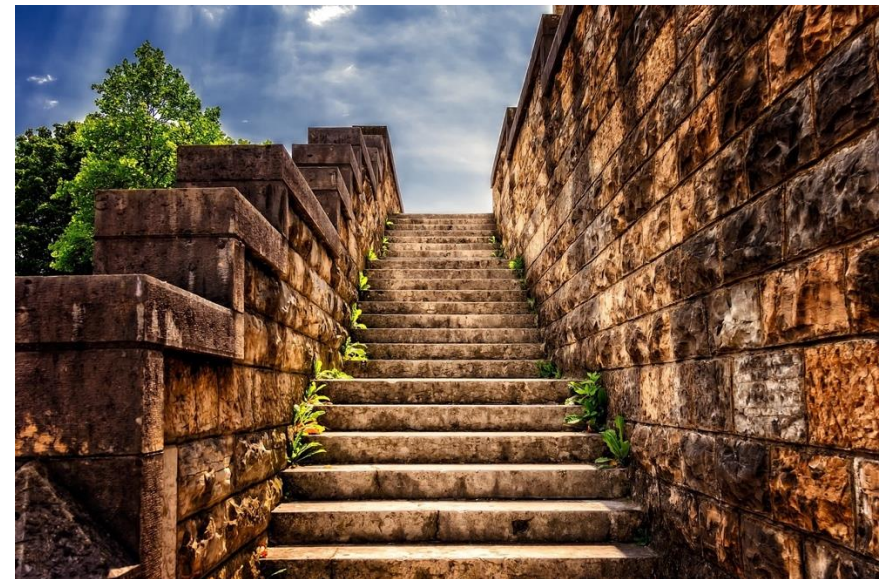
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- Self-care strategies for helpers
- Preventing secondary traumatization
- Ongoing training and supervision
- Employee Assistance Programs

# Resources and Next Steps

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- Local mental health services
- National crisis hotlines
- Trauma-informed school practices
- Develop a long-term recovery plan





# Trauma Response in the Context of Military Families

# The Essential Pivot

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“A healing centered approach (HCE) is holistic involving culture, spirituality, civic action and collective healing. A healing centered approach views trauma not simply as an individual isolated experience, but rather highlights the ways in which trauma and healing are experienced collectively.”

# Healing-Centered Engagement

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- Shift from "trauma-informed" to "healing-centered"
- Focus on the whole person, not just their trauma
- Emphasis on strengths and potential for growth
- Culturally grounded and identity-affirming

# Key Principles

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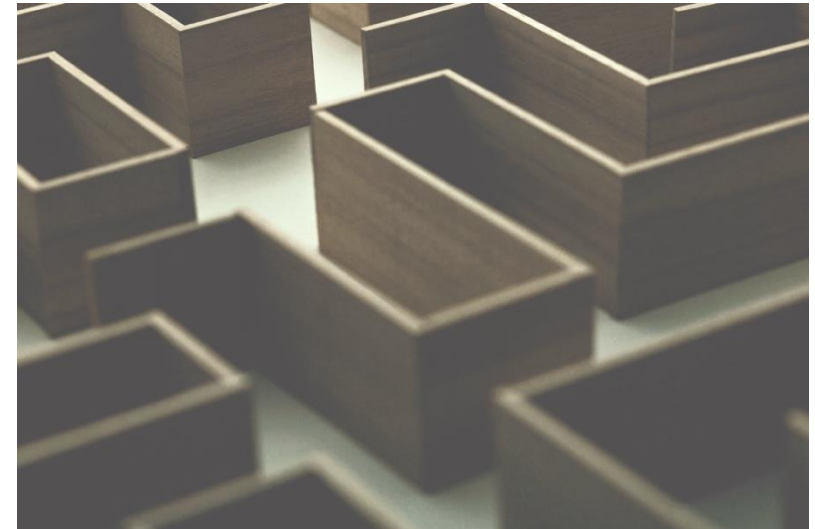
- Recognize trauma, but don't define individuals by it
- Promote well-being and positive youth development
- Foster hope and future orientation
- Encourage collective healing and community support



# Practical Strategies

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- Create safe, nurturing environments
- Promote positive relationships and mentorship
- Encourage creative expression and storytelling
- Support physical health and mind-body connections



# Empowerment and Agency

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- Involve youth in decision-making processes
- Teach self-advocacy skills
- Provide opportunities for leadership and civic engagement
- Cultivate a sense of purpose and meaning



# Implementation and Considerations

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- Train staff in healing-centered practices
- Integrate approach across various settings (schools, healthcare, community programs)
- Adapt strategies to be culturally responsive
- Engage in ongoing evaluation and continue to refine approaches

# Any Questions?

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# Contact Info

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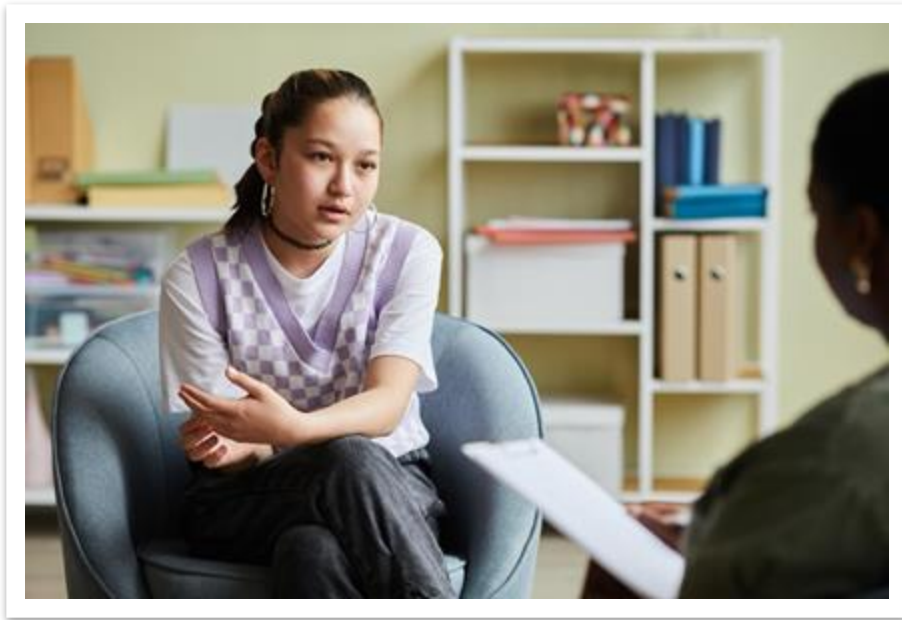
James Rovaris

**[jmr413@Georgetown.edu](mailto:jmr413@Georgetown.edu)**



# Upcoming Event

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## **Coping Compass: Identifying and Addressing Problematic Adolescent Behavior**

**Tuesday, Nov. 12, 2024**

This webinar will provide insight into the underlying causes of behaviors often associated with anxiety, depression, antisocial behavior, and suicidal ideation. Examples and practical strategies for early identification, and intervention to promote positive changes are also shared.

# Continuing Education

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This webinar has been approved for  
1.5 continuing education (CE) credits from:

- National Council on Family Relations
- University of Texas at Austin, Steve Hicks School of Social Work
- American Association of Family & Consumer Sciences (CFCS)
- Certificate of attendance available

## Evaluation Link

Go to the event page for the evaluation and  
post-test link.

[Continuing Education](#)

## Questions?

Email: [CE@oneop.org](mailto:CE@oneop.org)

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