Women and Children in Residential Treatment

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St. Monica’s Behavioral Health Services for Women

• St. Monica’s is a gender specific, trauma informed treatment center for women that has served women with substance abuse, trauma, and mental health issues for over 50 years.

• St. Monica’s includes several different levels of care for women and services for children as well as families.
St. Monica’s Services

• Programs Include:
  • Short Term Residential
  • Therapeutic Communities (Project Mother Child including Early Childhood Center, Therapeutic Community)
  • Intensive Outpatient, Outpatient for adult women as well as families and children.
  • Channels (Residential Treatment Group Home for Adolescents Age 12-18)
Treatment Issues Often Unique to Women

• 70% of women entering treatment have children who are at high risk of child abuse, neglect, developmental problems and adolescent substance use (SAMSHA, 2007).

• Six Million children younger than age 18 lived with at least one parent who was using substances. (Office of Applied Studies, 2003).
A Family Disease

• To adequately treat women the whole family needs to be included. Including the whole family increases the likelihood of success for the women and the children, decreasing the likelihood for children to repeat.

• Substance use can make it more likely that physical, emotional and sexual abuse occur, leading to significant trauma for children.
A Family Disease Continued

• Further, it is likely that children of parents who use substances will have experienced significant disruptions in the parent-child relationship leading to attachment issues. These attachment issues can lead to disruptions in the children’s social competence, self reliance and emotional regulation (Egeland & Sroufe, 1981).

• In addition, many of the parents lack parenting skills as they may not have had strong parenting themselves or suffered trauma in their own childhoods further disrupting the parent-child relationship.
Early Childhood Trauma can have a great impact on physical and mental wellbeing in adulthood. The following study begun in 1995 illustrates types of trauma in childhood and the significant long lasting effects from this trauma as adults.

- **The Adverse Childhood Experiences Study (ACES)**
  - Decade long. 17,000 people involved
  - Largest epidemiological study ever done
  - Revealed health and social effects of adverse childhood experiences over the lifespan.
<table>
<thead>
<tr>
<th>Adverse Childhood Experience* Categories</th>
<th>Impact of Trauma and Health Risk Behaviors to Ease the Pain</th>
<th>Long-Term Consequences of Unaddressed Trauma (ACEs)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Abuse of Child</strong></td>
<td><strong>Neurobiologic Effects of Trauma</strong></td>
<td><strong>Disease and Disability</strong></td>
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<tr>
<td>Recurrent Severe Emotional abuse</td>
<td>Disrupted neuro-development</td>
<td>Ischemic heart disease</td>
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<tr>
<td>Recurrent Physical abuse</td>
<td>Difficulty controlling anger-rage</td>
<td>Cancer</td>
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<tr>
<td>Contact Sexual abuse</td>
<td>Hallucinations</td>
<td>Chronic lung disease</td>
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<tr>
<td><strong>Trauma in Child’s Household Environment</strong></td>
<td>Depression</td>
<td>Chronic emphysema</td>
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<td>Substance abuse</td>
<td>Panic reactions</td>
<td>Asthma</td>
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<td>Parental separation or divorce -</td>
<td>Anxiety</td>
<td>Liver disease</td>
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<tr>
<td>Chronically depressed, emotionally</td>
<td>Multiple (6+) somatic problems</td>
<td>Skeletal fractures</td>
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<tr>
<td>disturbed or suicidal household member</td>
<td>Sleep problems</td>
<td>Poor self rated health</td>
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<tr>
<td>Mother treated violently</td>
<td>Impaired memory</td>
<td>Sexually transmitted disease</td>
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<tr>
<td>Imprisoned household member</td>
<td>Flashbacks</td>
<td>HIV/AIDS</td>
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<tr>
<td>Loss of parent – (by death, by suicide,</td>
<td>Dissociation</td>
<td><strong>Serious Social Problems</strong></td>
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<td>or by abandonment)</td>
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<td>Homelessness</td>
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<tr>
<td><strong>Neglect of Child</strong></td>
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<td>Prostitution</td>
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<tr>
<td>Abandonment</td>
<td></td>
<td>Delinquency, violence, criminal behavior</td>
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<tr>
<td>Child’s basic physical and/or emotional needs unmet</td>
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<td>Inability to sustain employment</td>
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<td>* Above types of ACEs are the “heavy end” of abuse.</td>
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<td>Re-victimization: rape, DV</td>
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<td></td>
<td></td>
<td>compromised ability to parent</td>
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<td></td>
<td></td>
<td>Intergenerational transmission of abuse</td>
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<td></td>
<td>Long-term use of health, behavioral health,</td>
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<td></td>
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<td>correctional, and social services</td>
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</tbody>
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Types of Trauma and Symptoms For Both Parents and Children

- Attachment Trauma Leads to Parents and Children Demonstrating the Following:
  - Lack of trust, Guarded
  - Emotionally Dysregulated
  - Acting out behaviors
Other Issues With the Women and Children In St. Monicas Programs

• Substance use
• PTSD symptoms
  • Nightmares, flashbacks, lack of meaning in life, relationship issues
• Mental Health Symptoms
  • Depression, Anxiety, Other Mood Disorders
Additional Issues

• Housing
• Employment
• Physical Problems
  • Dental
  • Vision
  • Health
Family Residential Programs

• Mothers and children live together in our Project Mother & Child program. Trauma informed services are provided for all family members. Providers treat all complex issues interdependently, providing holistic care and support.

• Other family members are included for family therapy as well as part of engaging in the evidence base group “Celebrating Families.” Fathers can visit and be part of their children’s lives as well. We offer safety plans for domestic violence and therapy for parenting couples.

• Groups for children are also included to assist with emotional regulation skills, education and building trust and rapport with others.
Substance Abuse Treatment for Women and Children

Women are more likely to stay and engage in treatment when families are included in treatment. (SAMSHA, 2007)

Family engagement is an important component of success. Nationally, it is recognized that family centered treatment has a greater chances for success (SAMSHA, 2007).
Project Mother Child
St. Monicas Behavior Health

• Women and children are placed together. The program includes evidence based practices for helping children, parents and family members.

• Assists with complex issues for families to give them a safe start and increase the chances for success.

• These interventions assist with attachment trauma, parenting, substance use and mental health issues.
The Therapeutic Community model is an evidenced based approach. (De Leon, 2010) Consumers learn to reorganize lives, trust each other, hold each other accountable and create a healing milieu.

Project Mother & Child treats the whole family by surrounding them with evidence based approaches to support healthy dynamics, increasing likelihood of sobriety and assisting children as well as other family members.
Evidence Based Practices for Substance Use, Trauma and Mental Health Issues

- Motivational Interviewing
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Eye Movement Desensitization Therapy
- Seeking Safety
Evidence Based Practices for Parents and Children and Family Relationships

- Child Parent Psychotherapy
- Nurturing Parent Program
- Circle of Security® Parenting™
- Celebrating Families
- Trauma Informed Cognitive Behavioral Therapy
Family Support and Therapy

- Family Therapy (Couples, Parent-Child, Other Family Member Support)

- Family Education
Recovery Skills

• Attending AA/NA meetings
• Sponsor
• Domestic Violence Education and Support
  • Provide necessary referrals for groups
• Family Activities
• Structure and Family Type Living with meals and Schedule
Case Management

- Housing Assistance
- Employment Assistance with Resources
- Referrals for Medical Assistance
- Assistance with Transportation
Trauma Informed Child Care

- Clients are offered child care that is trauma informed. Teachers are trained in methods to assist children using a model developed from Steele & Machiodi, 2011. Teachers learn to use Circle of Security® Parenting™, emotional regulation support and education for children to provide a safe place for them while their family receives services.
Discussion

• Stories of Success and Struggles

• Questions?
Resources

• ACE Study slides are from:
  • Robert F. Anda MD at the Center for Disease Control and Prevention (CDC)
  • September 2003 Presentation by Vincent Felitti MD “Snowbird Conference” of the Child Trauma Treatment Network of the Intermountain West
  • “The Relationship of Adverse Childhood Experiences to Adult Medical Disease, Psychiatric Disorders, and Sexual Behavior: Implications for Healthcare” Book Chapter for “The Hidden Epidemic: The Impact of Early Life Trauma on Health and Disease” Lanius & Vermetten, Ed)
References

• De Leon, G.D. (2010). Center for Therapeutic Community Research @ NDRIClinical Professor of Psychiatry; NYU School of Medicine Jan, 2010.


• SAMSHA (2007). Family Centered treatment for women with substance use disorders: History, key elements and challenges. JBS International.INC.