

# “Harm Reduction, Positive Youth Development, and Trauma Informed Care: What are they and How do they Operationalize in Youth Serving Programs”

Presenter:

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# Objectives:

- To provide working definitions of
  - Harm Reduction
    - General
    - FYSB
  - Positive Youth Development
  - Trauma Informed Care
- To provide an overview of harm reduction, trauma informed care, and positive youth development philosophy
- To explain why developing a program that incorporates all of these philosophies is essential to youth serving programs
- To provide an overview of how to develop a successful program incorporating these philosophies

# Defining Harm Reduction

Harm Reduction refers to policies and practices that aim primarily to reduce adverse health, social, and economic consequences of high risk behaviors and benefits people engaging in high risk behaviors as well as their families and communities.

# Harm Reduction is:

- an approach based on a strong commitment to public health and human rights;
- a targeted approach that focuses on specific risks and harms;
- an evidence-based and cost effective approach which is practical and feasible;
- an incremental approach that is facilitative rather than coercive and is grounded in the needs of the individual;
- an approach that requires practitioners to accept youth as they are and avoid being judgmental;
- an approach that requires open, honest dialogue between all stake holders;
- an approach that recognizes the value of all persons regardless of what behaviors they exhibit; and,
- an approach that acknowledges ANY positive change an individual makes.

# Defining Youth Development

Positive youth development is an intentional, pro-social approach that engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive; recognizes, utilizes, and enhances youths' strengths; and promotes positive outcomes for young people by providing opportunities, fostering positive relationships, and furnishing the support needed to build on their leadership strengths.

<http://www.findyouthinfo.gov/youth-topics/positive-youth-development>

# Defining Trauma Informed Care

Trauma informed care is a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.” (consensus-based definition from Shelter for the Storm: Trauma Informed Care in Homelessness Services Settings. 2010)

# Common Components of Programs Operating within a TIC Framework

- Trauma Awareness
  - Staff training
  - Consultation
  - Supervision
  - Address vicarious trauma
- Emphasis on Safety
  - Emotional and physical
  - Focus on both consumers and providers
- Opportunities to Rebuild Control
  - Emphasis on the importance of choice
- Strength-based Approach
  - Focus on the future and utilize skill-building

# Reasons to Incorporate Harm Reduction in your Program

- Youth serving programs must provide services to ALL youth in need especially those at the highest risk;
- Failure to operationalize a Harm Reduction Philosophy would exclude many youth with the greatest need of services;
- Harm Reduction incorporates Positive Youth Development Philosophy;
- Harm Reduction improves outcomes for youth and programs in the areas of self-sufficiency, well-being, safety, and permanent connections; and,
- Harm Reduction is an evidence-based approach to providing high quality services to some of our most vulnerable populations.



## Reasons for Incorporating Trauma Informed Care in your Program

- High prevalence of trauma in homeless youth;
- Increase youth engagement;
- Increase youth retention;
- Promote healthy attachment, self-regulation and developmental skill competencies;
- Improve the match between homeless youth needs and programs;
- Establish more appropriate milestones;
- Increase youth success;
- Reduce staff burnout;
- Increase staff retention; and,
- Compelling to stakeholders.

Adapted from: “ 10 Reasons for Integrating Trauma- Informed Services For Runaway and Homeless Youth” © 2009, Hollywood Homeless Youth Partnership, all rights reserved.

# Reasons to Incorporate PYD in your Program

## Youth benefit by:

- Gaining skills they will need to become successful adults.
- Creating new relationships with adults and peers, further connecting them to their community and enlarging their support network.
- Gaining a better understanding of the community and its diversity.
- Acquiring a more positive stature in the community.
- Gaining a better appreciation for adults and the multiple roles they can play.
- Beginning to see their own potential as limitless.
- Beginning to view the world, and their ability to affect it, in a positive way.
- Feeling needed and useful.
- Feeling enhanced power, autonomy, and self-esteem.

## Adults benefit by:

- Feeling a stronger connection with the youth their program serves.
- Gaining a better understanding of the needs of youth.
- Feeling a renewed energy for their work.
- Experiencing improvement in morale stemming from youths' spirit of flexibility and playfulness.
- Gaining an expanded resource base so that they no longer feel "responsible for everything."

## Organizations benefit by:

- Becoming more focused on the needs of the youth they serve.
- Having programs that are more relevant for youth.
- Widening their impact, as reflected by increased program attendance.
- Absorbing the unconventional thinking of youth, which can lead to new solutions.
- Stimulating greater ownership of the program by the youth (and ownership by the community).
- Growing potential new leaders and workers who come from the communities they serve.
- Using their youth as positive role models for other youth.
- Gaining new resources and support as youth reach out to their parents and other adults.

**Positive Youth Development Toolkit: Engaging Youth in Program Development, Design, Implementation, and Service Delivery. © 2008 National Resource Center for Youth Services; © 2012 National Resource Center for Youth Services.**

# Building a Successful Program Utilizing these Philosophies

- Trust and Relationship
- Staff Training
- Youth Involvement
- Outreach to Youth Where They Are
- Community Partnerships & Collaborations

# Resources for Harm Reduction

- [Drugs, Homelessness & Health: Homeless Youth speak Out About Harm Reduction](#)
- [Harm Reduction: Advice from Leaders in the Field](#)
- [Harm Reduction for Youth](#)
- [Harm Reduction Information Kit for Professionals Working with At-risk Populations](#)
- [Principles of Harm Reduction](#)
- [Harm Reduction Coalition](#)

# Resources for Harm Reduction Cont'd.

- [Harm Reduction in Housing and Residential Treatment Settings: Housing First and Do No Harm](#)
- [Best Practices in Addiction Medicine: Co-Occurring Disorders](#)
- [Harm Reduction Therapy with Family and Friends of People with Drug Problems](#)
- [So Glad You Came! Harm Reduction Therapy in Community Settings](#)
- [Come As You Are: Harm Reduction Drop-In Groups for Multi-Diagnosed Drug Users](#)
- [Harm Reduction Therapy Groups: Engaging Drinkers and Drug Users in a Process of Change](#)
- [Partners in Treatment: Relational Psychoanalysis and Harm Reduction Therapy](#)
- [Doing an End Run Around Resistance](#)
- [The Origins of Addiction: Evidence from the Adverse Childhood Experiences Study](#)

# Resources for Positive Youth Development

- [Positive Youth Development Tip Sheet for Families](#)
- [Positive Youth Development Toolkit](#) (PDF need to add to new website then can insert link)
- [Positive Youth Development: An Examination of the Field](#)
- [Youth Leadership Framework and Toolkit](#)
- [Youth Leadership Toolkit](#)
- [Adults as Allies](#)
- [40 Developmental Assets for Adolescents](#)

# Resources for Positive Youth Development Cont'd.

- [40 Developmental Assets for Middle Childhood](#)
- [40 Developmental Assets for Grades K-3](#)
- [40 Developmental Assets for Early Childhood](#)
- [PYD from FindYouthInfo.gov](#)
- [PYD from Help Starts Here](#)
- [Promoting Positive Youth Development: Theoretical and Empirical Bases](#)
- [PYD Reading List](#)

# Resources for Trauma Informed Care

- Trauma Specific Interventions
  - [Addiction and Trauma Recovery Integration Model \(ATRIUM\)](#)
  - [Essence of Being Real](#)
  - [Risking Connection](#)
  - [Sanctuary Model](#)
  - [Seeking Safety](#)
  - [Trauma, Addictions, Mental Health, and Recovery \(TAMAR\) Model](#)
  - [Trauma Affect Regulation: Guide for Education and Therapy \(TARGET\)](#)
  - [Trauma Recovery and Empowerment Model \(TREM and M-TREM\)](#)



# Resources for Trauma Informed Care

- [Responding to Childhood Trauma the Promise and Practice of Trauma Informed Care](#)
- [Healing Invisible Wounds why Investing in Trauma Informed Care Makes Sense](#)
- [Shelter from the Storm: Trauma Informed Care in Homelessness Service Settings](#)
- [Fostering Resilience and Recovery in the Face of Trauma](#)
- [The National Center for Trauma Informed Care](#)
- [Trauma Informed Care Tip Sheets](#)

# Engaging in the Conversation: Join Us for “Talk It Out Thursday”

**We need your knowledge, expertise, and questions! Please join us for an open discussion about Harm Reduction, Trauma Informed Care, and Positive Youth Development.**

Share:

- how these concepts are being implemented in your programs;
- what you can share with other grantees beginning to implement these strategies;
- what you need to learn about these strategies to help you fully implement them in your program; and,
- what you need RHYTTAC to assist with in terms of resources, training, technical assistance, and support?

Please join our call:

**Thursday, 10 January 2012 from 3-4:30 PM EST**

**Call-in #: 866-305-2567**

**Passcode: 679580**

# Engaging in the Conversation:

## Questions to begin the Conversation

- How has the incorporation of PYD, Harm Reduction, and TIC policies and procedures at your agency helped youth to achieve their goals and continue in the program? (If you have not adopted these philosophies/frameworks do you believe such policies would help youth served by your agency/program?)
- What advice do those of you that are working within these philosophies have for programs that are looking to implement them as opposed to a 'zero-tolerance' policy when working with youth?
- In your experience, how successful have youth been in programs that had a 'zero tolerance' policy?
- While youth were in the program, if they experienced a set-back, what did staff do to help youth re-focus and get back on the path they wanted to be on?
- Are all the staff at the program on the same page in terms of treating youth with respect and acknowledging their successes and working with them when they are struggling?
- What is one key idea that you can use to start a discussion with co-workers and administration about implementing these philosophies within your program?

# Continuing the Conversation: Community of Practice (CoP)

**We need your knowledge, expertise, and questions! Please join us for an open discussion about Harm Reduction, Trauma Informed Care, and Positive Youth Development.**

Can't join the call on Thursday? No problem- we still NEED YOUR VOICE!  
Join Your RHY Colleagues Across the Country on the Community of Practice to discuss this webinar:

[INSERT LINK TO WEBINAR](#)  
[INSERT LINK TO CoP Discussion](#)

# RHYTTAC

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**Please complete the evaluation that will pop-up as soon as you exit the session. The PPT for this webinar is available at (INSERT LINK). Thank you for participating in the webinar.**