

# Children and Trauma

CHRISTINE LILL LCSW

[CHRISLILL.LCSW@GMAIL.COM](mailto:CHRISLILL.LCSW@GMAIL.COM)

732-240-0509

# TYPES OF TRAUMA

## Type I Trauma

- Single trauma with good support system

## Type II Trauma

- Multiple more severe and chronic trauma. Fair workable support system.

## Type III Trauma

Multiple severe and chronic trauma. Poor support system / other dx. Emotionally unstable

# Bio-psycho-social Approach

Physical effects including neurological impact

Age appropriate cognitive understanding of trauma

Age appropriate behaviors / reactions

Age appropriate ability to manage affect

Infants and toddlers

School Age

Preschoolers

Adolescents

# Attachment Theory

Ainsworth 1978

Secure

Avoidant

Resistant Ambivalent

Insecure Disorganized Disoriented

Survivors of neglect can be more clinically  
challenging in treatment

# Treatment Models

- Eye Movement Desensitization Reprocessing EMDR
- Internal Family Systems – IFS
- Trauma Focused Cognitive Behavioral Therapy
- Play Therapy
- Sand Play
- Art and Movement Therapy
- Somatic Experiencing

# A Neuro Affective Model of Therapy Leeds 2002

- EMDR the adaptive information processing model a neuro-physiological model.  
(Shapiro, 1995, 2001)
- Attachment theory a neuro-developmental model.  
(Schore, 1994, 2000)

# The Neuro Affective Therapy Model

- ***Increase Positive Affect Tolerance***
  - ***Increase Distress Tolerance***
- ***Resource Development and Installation***
  - ***EMDR Trauma Processing***

# Internal Family Systems (IFS)

- Self-led transformation unburdens extreme beliefs, emotions and sensations.
- Purports that multiplicity of the mind is our natural state.
- Offers a clear, nonpathological and empowering understanding of human issues.
- Helps to release the inherent compassion, curiosity and creativity that lie beneath the *Protective Parts* of people so as to bring openhearted healing to them.

# “Waking the Tiger, Healing Trauma”

by Peter Levine

Body Centered / Somatic Model

Holds that Trauma is not a disease but a dis – ease: A discomfort that can range from mild uneasiness to downright debilitation.

# Resources

- [EMDRIA.org](http://EMDRIA.org) (EMDR)
- [Centerforselfleadership.org](http://Centerforselfleadership.org) (IFS)
- Peter Levine “It Doesn’t Have to Hurt Forever”
- Nancy Boyd Webb “Play Therapy with Children in Crisis”

# Reporting Child Abuse

What School Officials Can Do...

Department of Children Families  
Division of Youth and Family Services

# Facts:

- Each year, more than three million cases of child abuse and neglect are reported to authorities in the United States\*
- As many as four children die each day from abuse\*
- About one-third of abused children later abuse their own children\*
- **Schools are the largest reporters of child abuse to DYFS.**
- **\*Source: Child Welfare Information Gateway**

# Reports to the Child Abuse/Neglect Hotline

- Each month the SCR receives approximately 17,000 reports of possible abuse or neglect concerns for a child's welfare.
- DYFS is statutorily mandated to respond to those allegations or concerns by investigating or assessing for services.
- As of March 31, 2010, 48,008 children were receiving DYFS services.

# Department of Children and Families

- This new cabinet-level department was created in July 2006 by Governor Corzine.
- Consists of several offices and divisions - including DYFS - that were formerly part of the Department of Human Services.
- Focuses on child protection, child welfare, permanency, education, child behavioral health and prevention of child abuse and neglect.

# New Jersey Dept. of Children and Families

- Division of Youth and Family Services
- Division of Child Behavioral Health Services
- Division of Prevention and Community Partnerships
- Child Welfare Training Academy
- Division of Central Operations
- Office of Communications and Legislation
- Office of Education
- Office of Licensing

# The Child Welfare Reform Plan and Ocean County

- The DYFS Ocean North Local Office  
Paramount Park, Route 70 West  
Lakewood, New Jersey 08701
- 732-901-4198 or Toll Free 1-866-544-9197
- Local Field Office Responsible For the  
Northern Most Municipalities
- Cindy McCourt, Local Office Manager

# DYFS Ocean North Catchment Area

- Lakewood Twp.
- Plumsted Twp.
- Brick Twp.
- Lakehurst
- Jackson Twp.
- Manchester Twp.
- Pt. Pleasant Borough
- Pt. Pleasant Beach
- Bay Head
- Mantoloking
- Lavallette
- Seaside Heights

# The Child Welfare Reform Plan and Ocean County

- The DYFS Ocean South Local Office  
1510 Hooper Ave., Suite 210  
Toms River, New Jersey 08753
- 732-255-0700 or Toll Free 1-800-442-6232
- Local Field Office Responsible For the  
Southern Most Municipalities.
- Michelle Kennedy, Local Office Manager.

# DYFS Ocean South Catchment Area

- Toms River Twp.
- Island Heights
- Seaside Park
- South Toms River
- Beachwood
- Berkeley Twp.
- Lacey Twp.
- Ocean Twp.
- Barnegat
- Stafford Twp.
- Eagleswood
- West Creek
- Tuckerton
- Little Egg Harbor Twp.
- Long Beach Island
- Ocean Gate
- Pine Beach

# The Child Welfare Reform Plan and Ocean County

- The DYFS Monmouth/Ocean Area Office  
185 West Rt. 36, Building E, Monmouth Park  
Corporate Center 1, West Long Branch, New Jersey.
- Merged with Monmouth County in July 2008 to form  
one regional area as part of a reorganizational plan.
- 732-229-2518
- Administrative and Support Services.
- Kathi Callaghan, Monmouth/Ocean Area Director.

# Ocean County Statistics

- Ranks 5<sup>th</sup> statewide with calls to the state Central Registry from June 2010-June 2011.
- Received over 400 reports on a monthly basis from the state Central Registry June 2010-June 2011.
- Over 300 children in out of home placement.
- The Ocean South Local Office ranks 1<sup>st</sup> statewide for reports from the state Central Registry on a monthly basis for a single field office.

# The DYFS Local Office Makeup

- **Intake** -Investigates all allegations of abuse and neglect.
- **Permanency** -On going case management to provide supervision and services to children and families.
- **Foster and Relative Care** -Facilitates the recruitment, development, and case management for all resource family homes.

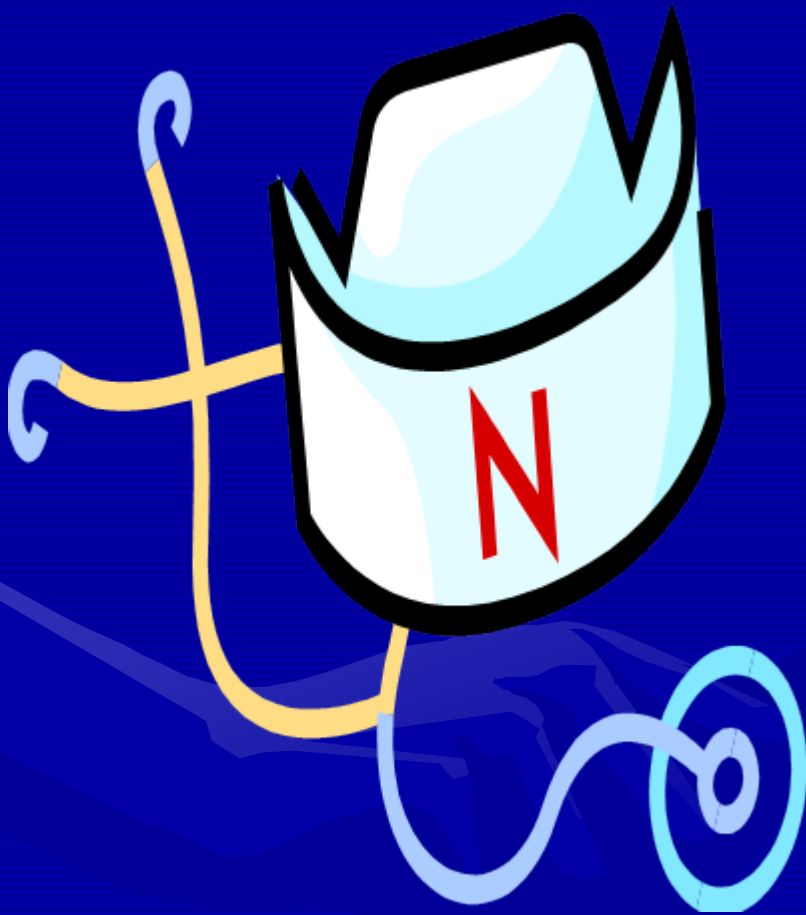
# The DYFS Local Office Makeup (cont.)

- **Adoption** -Case management for children who may need adoptive homes.
- **Clerical** -Provides support to field staff, crucial data entry tasks, and processes all financial payments.
- **Support Staff** -Provides an integral part of field staff support in operations, policy, and procedures.

# The Human Services Police

- The Human Services Police are out posted at the Ocean North Local Office in Lakewood.
- Duties are to patrol each local office, provide assistance to caseworkers in the field, locate missing children, and assist in obtaining information such as criminal background checks.

# Healthcare Related Services



- Each Local D.Y.F.S. Office is staffed with a child health unit from the U.M.D.N.J.
- Provides direct care and information and referral link to families to help navigate the healthcare system. This includes children in placement.

# The Child Protection Substance Abuse Initiative

- Each DYFS Office is staffed with sub contracted Certified Alcohol and Drug Counselors along with other support staff to facilitate substance abuse evaluations and assessments.
- Information and referral services to facilitate substance abuse treatment is also provided.

# What is Child Abuse and Neglect?

A **child who is under the age of 18** is considered to be abused or neglected when a **parent or caregiver**:

- Inflicts or allows to be inflicted physical injury by other than accidental means that creates substantial harm or risk of substantial harm.
- Fails to provide proper supervision or adequate food, clothing, shelter, education or medical care although financially able or assisted to do so.
- Commits or allows to be committed an act of sexual abuse against a child.

# What are the common signs of abuse?

- **Indicators of physical abuse:** unexplained bruises, welts, burns, lacerations, fractures, abrasions, etc.
- **Indicators of sexual abuse:** complaints regarding genital/anal areas, sexually transmitted diseases, unusual knowledge about or preoccupation with sex.
- **Indicators of neglect:** consistent hunger, poor hygiene, inappropriate dress, lack of supervision.
- **Indicators of emotional difficulties for which abuse may be considered may include:** aggressive or withdrawn behavior, unusual fears, running away, sudden change in mood or behavior.

# Parental Substance Abuse

- Substance abuse alone by a parent is NOT child abuse/neglect. It may contribute to abuse/neglect.
- Abuse/Neglect focus is impact on the child.
- Is the child being neglected or at risk of harm due to a parent's misuse of drugs or alcohol?
- Is the parent allowing the child access to drugs or alcohol?
- Does the newborn have Fetal Alcohol Syndrome?
- Has the newborn infant tested positive for drugs?

# Educational Neglect

- Failure to enroll a school age child (between age 6 and 16) in school.
- Home schooling is Not Educational Neglect.
- A school age child is enrolled but is failing to attend on a regular basis
  - Parent failing to take action to correct the problem
  - Parent is actively preventing attendance
- Schools must take action first and exhaust remedies.
- Call if questions arise as educational neglect may be part of a larger neglect concern.

# What are my obligations to report child abuse/neglect?

- By state law (N.J.S.A.9:6-8.10 and 18A:36-25) and NJDOE regulations (N.J.A.C. 6A:16-11.1), any person having reasonable cause to believe that a child has been abused or neglected is required to notify the Division of Youth and Family Services (DYFS).

# What are my obligations to report child abuse/neglect?

- In compliance with NJ DOE regulations, after reporting to DYFS, any school district employee, volunteer or intern must inform the principal or other designated school official so that law enforcement authorities can be notified.

# Child Welfare Assessment

- The report does not meet the criteria of any specific allegation of abuse or neglect.
- The Child Welfare Assessment may lead to the provision of services.
- The acceptance of services is voluntary.
- An assessment worker will respond within 72 hours of a referral.

# What if I suspect abuse and **DO Not** report it?

- Knowingly not reporting abuse or neglect can have devastating consequences on a child and legal consequences on people who do not report!
  - Any person who knowingly fails to report suspected abuse according to the law is a disorderly person and subject to a fine up to \$1,000 or up to 6 months in prison, or both!

# Child Abuse/Neglect Hotline (State Central Registry)

Operates 24 hours a day, 7 days a week to receive reports.

1-877- NJ ABUSE

1-877-652-2873

- Reports of suspected child abuse and neglect and requests for child welfare services are screened.
- All Calls are Recorded for Quality Assurance Purposes.
- All reports of child abuse and neglect are investigated within 24 hours.

# Call 1-877 NJ ABUSE if there is reasonable belief of risk to a child

- **Call** as soon as possible:
  - When you see signs of abuse or neglect
  - When a child tells you about the abuse or neglect
  - When you witness abuse or neglect
  - When a parent/other individual tells you about abuse
- **Call early in the day:** The investigator has time to plan the response and may be able to see the child at school.
- **Be supportive** of the child!

# How do I make a report?

- All reports of child abuse should be made immediately by YOU by calling 1-877-NJ ABUSE (652-2873)
- Some school policies require that the person reporting the alleged abuse and/or neglect shall inform the principal that a report has been made to DYFS.
- However, the principal need not be given notice if the reporter feels it may endanger the reporter or child involved.
- **Make sure you are familiar with your school's policies.**

# YOU SHOULD KNOW...

- Names of reporters of child abuse and neglect are confidential. However, in the event of court action, their identities may be revealed during litigation.
- Calls can be made anonymously, but...
- The investigator may need to clarify information with the reporter, or have additional questions.
- School staff may be entitled to feedback, under certain circumstances (e.g., reporters can be informed whether services will be provided to the family or child involved).

# Details Make a Difference – if you know

- **Who** - Identify the people involved – the child, the alleged perpetrator, the perpetrator's relationship to the child; parents, siblings, others in the home; dates of birth, addresses
- **What** - What type of abuse/neglect is suspected? Describe the incident. What happened that caused your concern? What is the child's current condition?
- **Where** - Where did the incident take place? Where is the child now? Does the alleged perpetrator have access to the child?

# Details Make a Difference - if you know

- **When** - When did the incident happen? What is the frequency of the abuse/neglect? When did you learn about it?
- **How** - How urgent is the need for intervention? Is there a likelihood of danger for the caseworker?
- School personnel also should let DYFS know **when** and **how** the child will be released from school to ensure the child's safety.

# Hotline Decision Options

- Abuse/Neglect Report- Meets the standards of one or more defined allegations.
- Child Welfare Assessment- Need for social services but no identified risk to the child.
- Information and referral.
- Information only.

# Risk Factors

- The chance of maltreatment. Children and families needing DYFS supervision and supportive/protective services whose needs are not of an immediate or emergent nature.
- DYFS provides services and supervision to thousands of at risk children, who reside in their own homes, each year.

# Safety Factors

- Safety factors are elements of imminent or emergent child and family situations that present an **immediate need for intervention** and remediation to keep a child safe. DYFS must take necessary actions to ensure the safety of the child.

# New Jersey Child Abuse Law

## Title 9

- Provides DYFS the authority to investigate reports of child abuse and neglect. The law states DYFS shall immediately take such action as is necessary to ensure the safety of the child.
- This includes child interviews in a school setting without parental consent.

# Title 9

- When DYFS receives a report of child abuse and neglect or receives a request from the Superior Court, DYFS may request of any and all institutions and agencies their records pertaining to that child.
- DYFS may seek court orders through the Superior Court to investigate allegations of abuse or neglect, to gain custody of a child, or for care and supervision of a child.

# New Jersey Child Welfare Law

## Title 30

- When DYFS receives a report that a child or family may be in need of DYFS services and/or other social services.
- Under Title 30, DYFS may provide services to remedy conditions that do not rise to the level of Title 9.
- Title 30 services can be provided with the consent of the parent or court order requiring or authorizing services.
- The Title 30 law covers adoption and the severing of parental rights.

# The Dodd Law

- Empowers DYFS, the police, and probation officers to make emergency removals without parental consent and without a court order.
- Based on the significance of this legislation, an emergency removal without parental consent and without a court order has become known as a "Dodd removal." N.J.S.A. 9:6-8.29 has become known as the "Dodd law."

# Removing a Child From School

- Only a DYFS representative, police officer, or probation officer can remove a child from school in accordance with the building principal. This includes authorization for not putting a child on the bus to go home.
- DYFS cannot transport children to and from school without having legal custody of that child.

# Investigation by DYFS

Citing consistency with a cooperative effort, State Board of Education procedures state that appropriate local school officials and employees shall:

- Release to agency representatives all records past and present pertaining to the child and children under investigation.
- Permit the representative to physically view the child or children in question.
- Permit the representative to interview such child or children in the presence of a school official.
- Permit the representative to interview any and all personnel who may have knowledge germane to the investigation.

# DYFS and Cases in Litigation

- A lawyer called a Deputy Attorney General, or DAG, will represent DYFS.
- The child will be represented by a lawyer called a law guardian. The law guardian will also have investigators that may want to interview the child and school personnel.
- An abuse or neglect case is not a criminal case. It is a civil action.
- Criminal court matters and DYFS civil court actions may run concurrently.
- Police or prosecutor has responsibility for criminal investigation.

# DYFS Confidentiality

To the extent that the school needs information to care, treat, or supervise the child, under N.J.S.A. 9:6-8.10a(b)(5), DYFS is permitted to disclose appropriate information necessary for the school to fulfill its obligation to the child. Information should not be disclosed simply to complete school records nor for school administrative purposes.

# Sharing Information with School Personnel

Additional protective service information may be released only to professional school employees:

- Who will be further involved in the investigation or service plan.
- Who need such information to provide care, treatment, or supervision for the child.

# Confidentiality by School

When information is released to professional school employees:

- That information is confidential.
- The information released is authorized solely for the child's care, treatment, or supervision.
- The professional school employee has a responsibility to maintain confidentiality of the information DYFS releases to them.

# DYFS Services

- Availability will vary by region and community.
- May be provided by DYFS personnel, other agency resources or purchased for or by the client from resource in the community.
- Monitoring and planning is done by DYFS worker.

# Types of Services

Four major categories:

- Advocacy
- Counseling and Therapy
- Education
- Monitoring/Case Management

# The DYFS Special Response Unit (SPRU)

- The DYFS after hours emergency response unit. Special service caseworkers provide emergency intervention on nights, weekends, and holidays to protect children, minimize elements of immediate risk and conduct child abuse investigations.

# What if I am not sure if a child has been abused?

- Err on the side of caution! Call the Hotline and they will help determine if the situation is considered child abuse or neglect.
- By law (N.J.S.A.9:6-8.13), NJ residents are protected from civil or criminal liability, discharge from employment, and discrimination, if they make a report “in good faith.”

# What About Allegations Involving School Personnel?

- The DCF Institutional Abuse Investigation Unit (IAIU) investigates allegations of child abuse and neglect in institutions and other out-of-home settings that serve children: day care centers, foster homes and schools.
- School districts also may conduct an investigation, but must not interfere with an IAIU investigation.

# What About Children with Behavioral Problems?

- DCF's Division of Child Behavioral Health Services will assist families with children who have behavioral or emotional health challenges.
- **DCF Child Behavioral Health Services Access Line (1-877-652-7624)**

# In closing...

- When considering alleged child abuse or neglect, **remember to do what is in the best interest of the child.**
- Additional information and questions can always be directed to DYFS.

# Contact Us

Division's Action Line

800-339-DYFS (3937)

For Literature

609-292-6448

# Contact Us

## DYFS Liaisons

### Northern Local Office

Jessica Marousis 732-901-4198 x  
2066

[Jessica.Marousis@dcf.state.nj.us](mailto:Jessica.Marousis@dcf.state.nj.us)

Gail Howell 732-901-4198 x  
2004

[Gail.Howell@dcf.state.nj.us](mailto:Gail.Howell@dcf.state.nj.us)

### Monmouth/Ocean Area Office

William VanSchoick 732-  
229-2518 x 2203

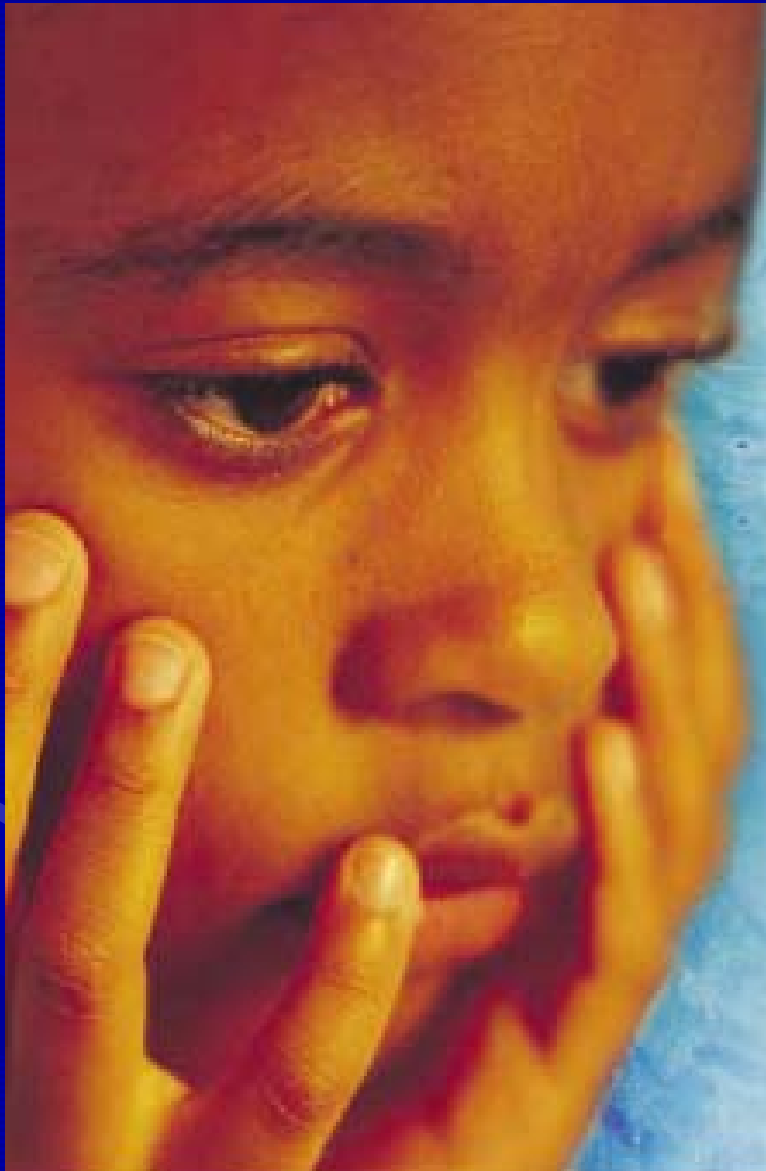
[William.Vanschoick@dcf.state.nj.us](mailto:William.Vanschoick@dcf.state.nj.us)

Karen Asay 732-229-2518 x  
2102

[Karen.Asay@dcf.state.nj.us](mailto:Karen.Asay@dcf.state.nj.us)

A dark blue background featuring a faint, stylized illustration of two hands shaking in a firm grip, positioned behind the central text.

Remember...



# Child Abuse doesn't report itself.

Make The Call, Help A Child

1-877 NJ **ABUSE**

1-877-652-2873

# THANK YOU

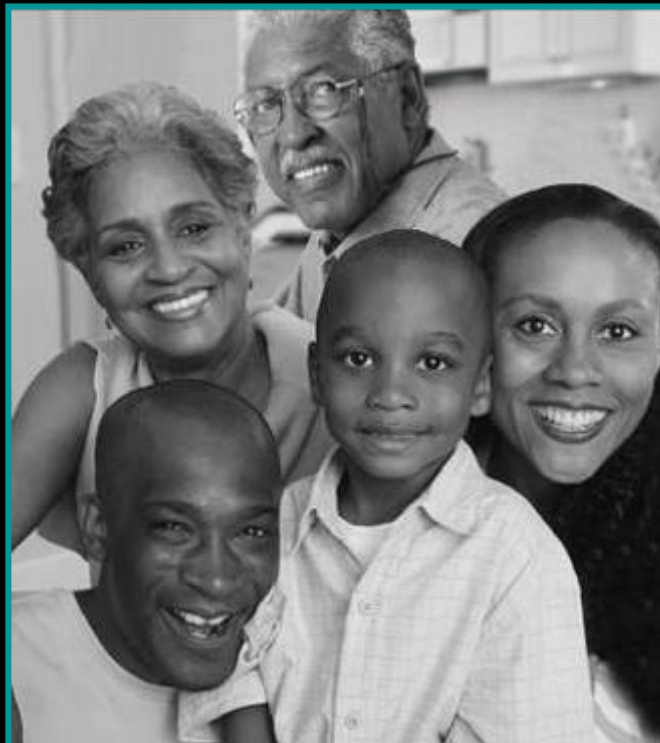
*We would like to thank the Ocean County School District Liaisons for their participation.*

# DCF CASE PRACTICE

**Strengthening case practice,  
engaging families to**

*see a child not  
just as he is...*

**FAMILY**



**FOCUS**

*But as strong as  
his family can  
become.*

# The federal lawsuit recognizes that reform requires a focused and staged process to achieve results:

## **1<sup>st</sup> Focus on the Fundamentals**

Create the conditions that are pre-requisites to...

## **2<sup>nd</sup> Implementing Change in the Culture of Practice**

Move from a case management service delivery model to a strength-based, family centered, child focused model. Then, DYFS can...

## **3<sup>rd</sup> Deliver Results**

With improved outcomes for children and families.



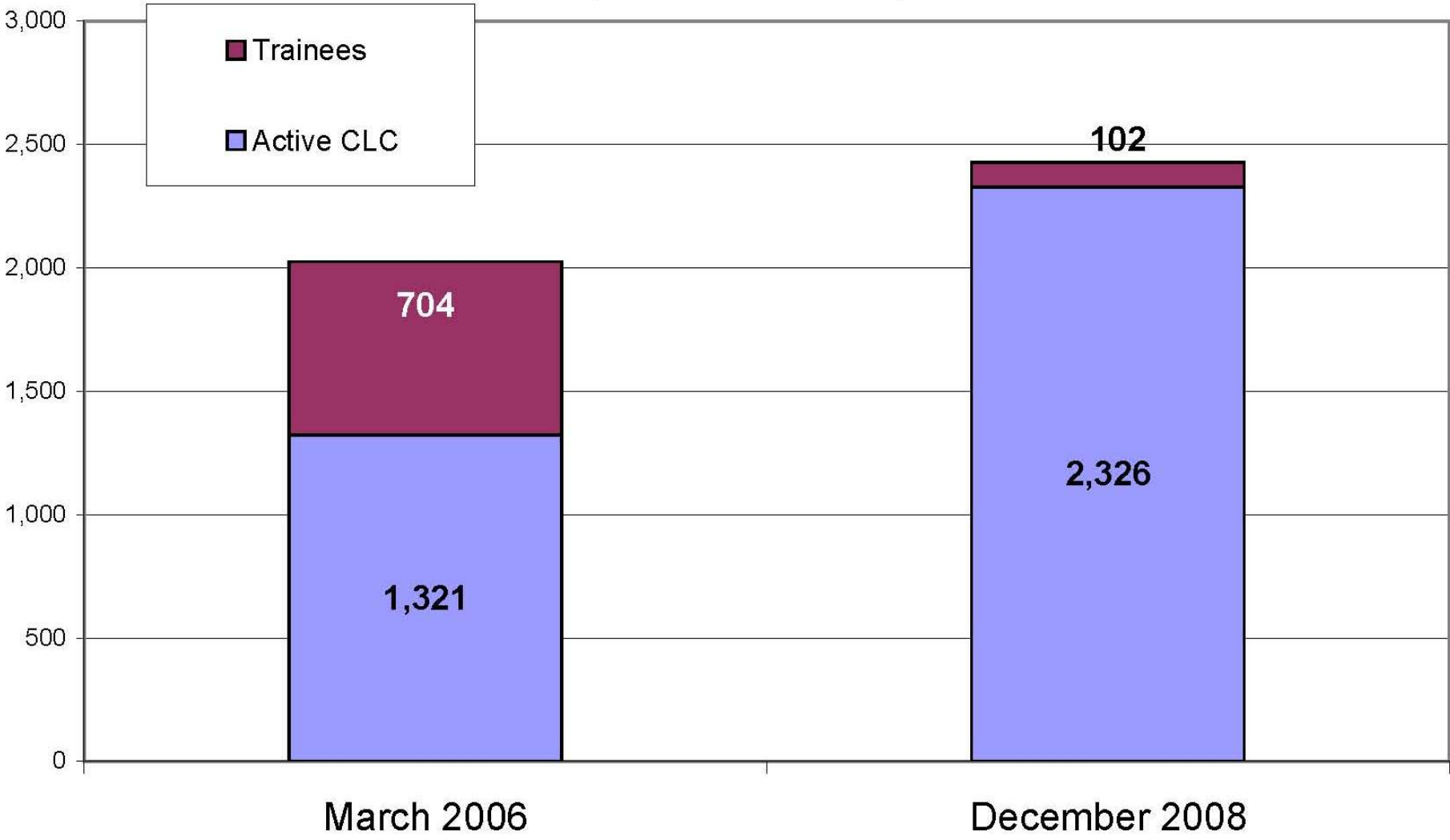
# What are the fundamentals?

- Hire and train staff & achieve caseload standards
- Expand services & reduce inappropriate placements
- Grow the pool of non-kin resource families
- Strengthen permanency processes & achieve adoption targets
- Improve coordination between DYFS, DCBHS and DPCP
- Sharpen the focus on safety



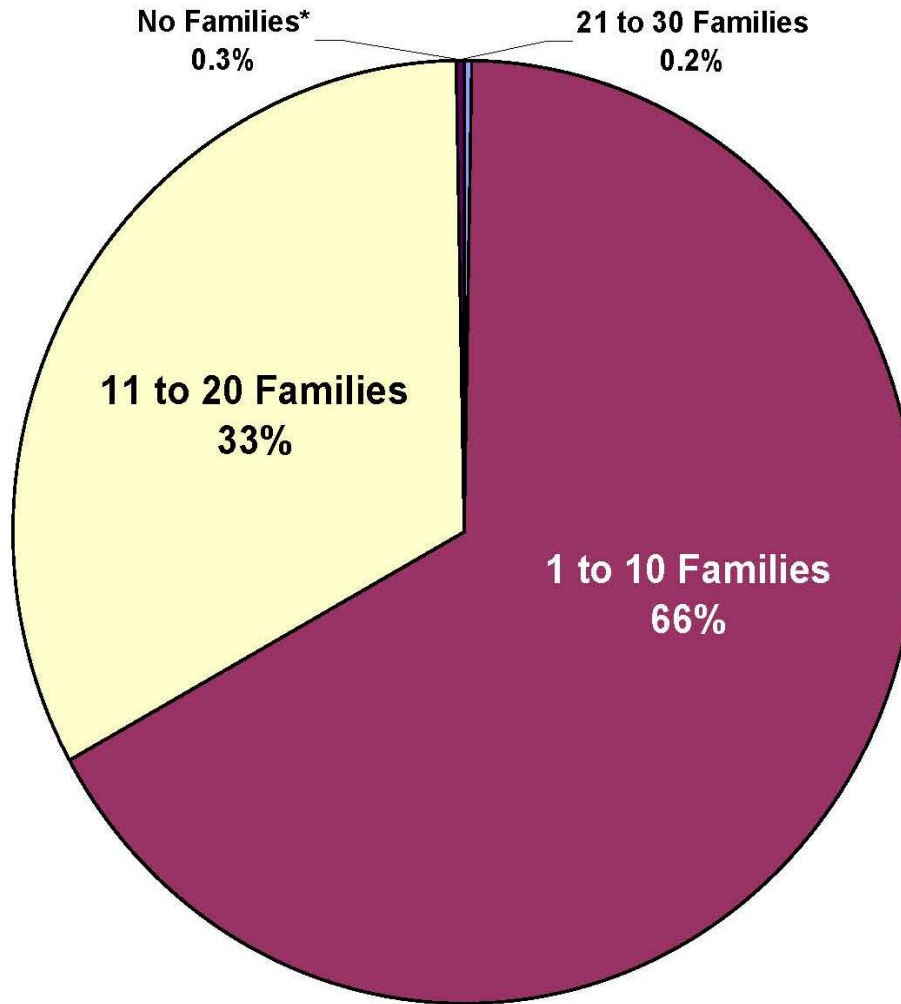
# DYFS Active Caseload Carrying (CLC) Staff & Trainees

Total March 2006 = 2,025  
Total December 2008 = 2,428  
(excludes staff on leave)



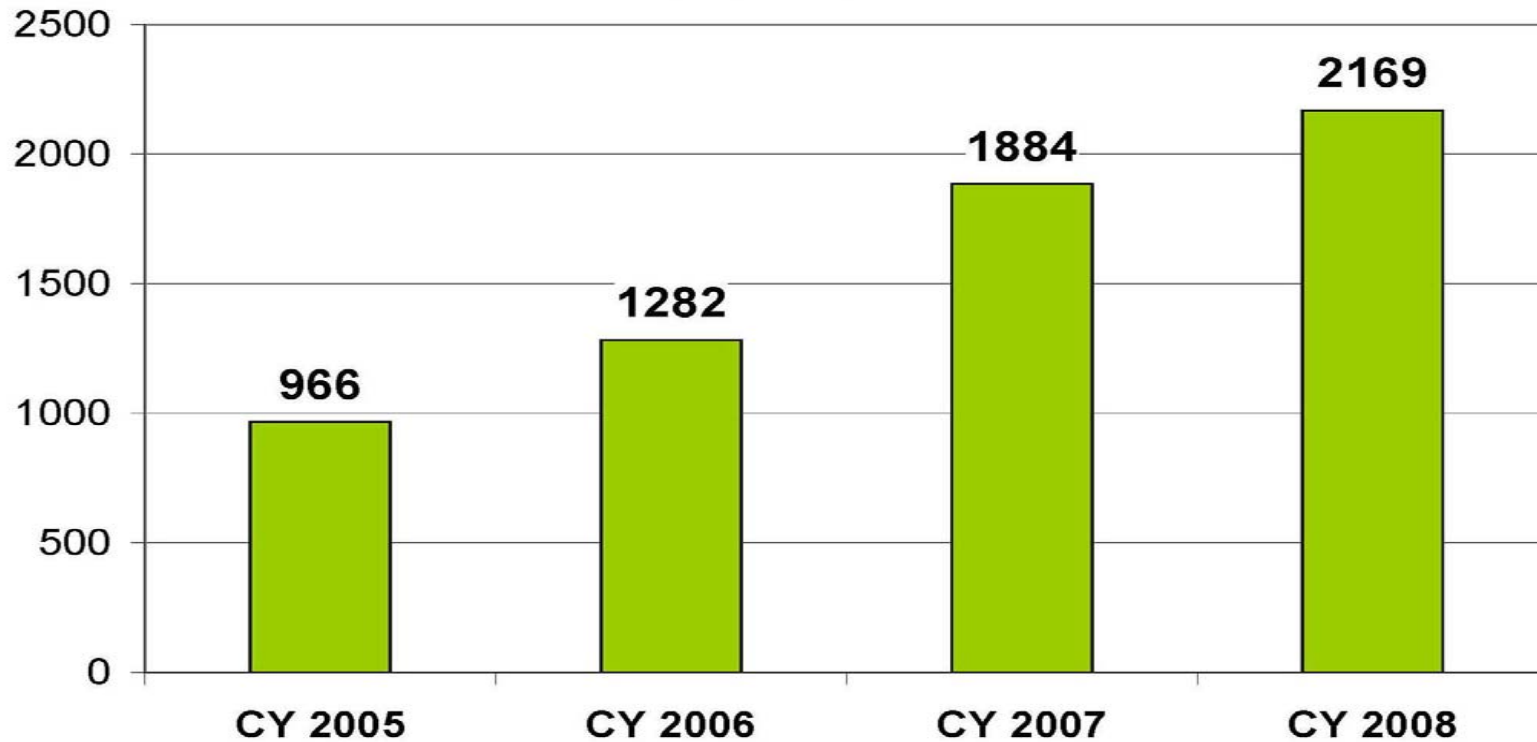
# Average DYFS Caseloads Statewide

As of December 31, 2008



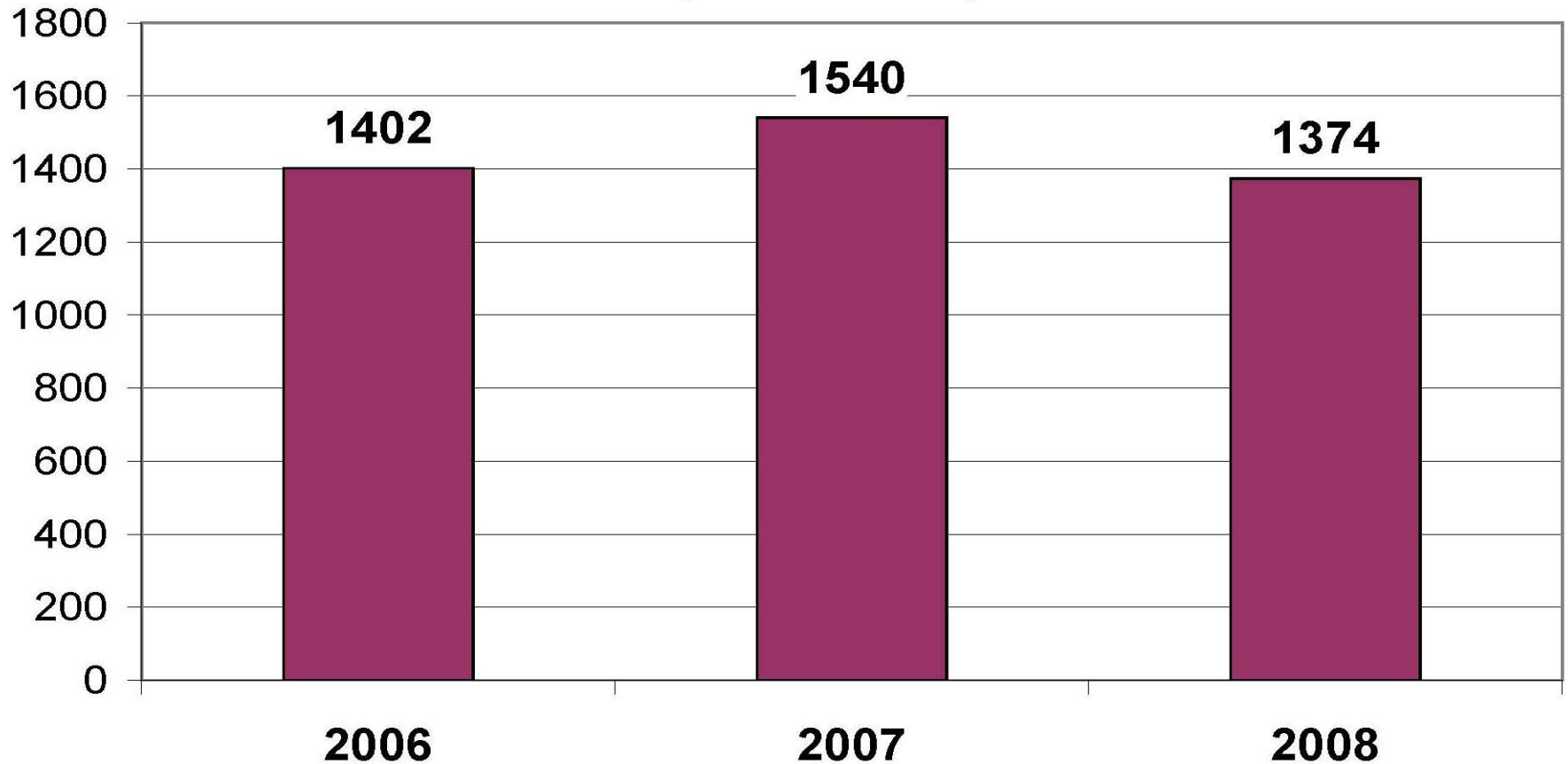
# Recruiting New Foster and Adoptive Families

**Newly Licensed Resource Family Homes  
(Kin and Non-Kin)  
2005-2008**



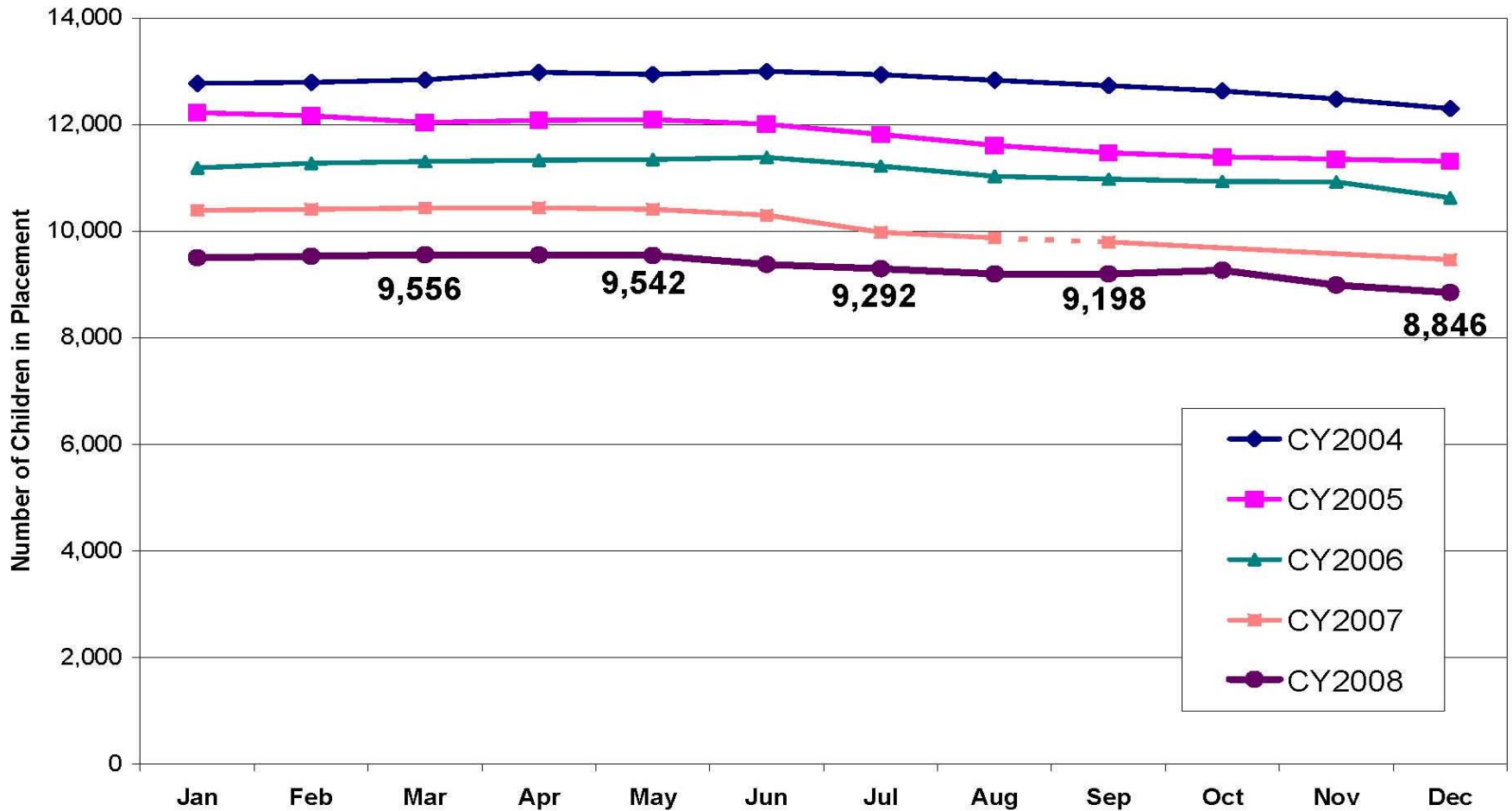
# NJ Department of Children and Families

## Finalized Adoptions (2003-2008)



# NJ Department of Children and Families

## Children in DYFS Placement



# DCF Case Practice: Focusing on Families

DCF/DYFS Case Practice model aims to see a family's whole life picture; including it's natural supports (such as community organizations, family members, neighbors) and any issues effecting the family's success (such as unemployment, substance abuse, housing, education, domestic violence, physical and mental health, etc.).



# Importance of Family Engagement

- Engagement involves understanding the culture of a family and helping the family identify all potential supports.
- Engagement does NOT mean we will lose objectivity about safety risks to children.
- Engagement means that, whenever safe and appropriate, youth and parents will be included in decision-making about what they need to find solutions to family issues and concerns about child safety.



# Working with Family Teams

## Building a family team has multiple benefits:

- Teams are useful for gathering important information about the strengths and needs of families that contribute to the family's current life situation.



- Teams can assist the family throughout the involvement with DCF/DYFS and help staff facilitate a successful service plan.
- When it is time for the family to end its involvement with DYFS, the team can help support the family's transition.



# Who is Part of a Family Team?

A family team is

made up of everyone important in the life of the child, including interested family members, foster/adoptive parents, neighbors, friends, clergy, as well as representatives from the child's formal support system, such as school staff, therapists, service providers, CASA, the court service and legal systems.



Parents, children and youth (when age appropriate) and team members do become active participants in making decisions about what services and supports are needed, how and who should deliver the services and how to identify success.



# How will we implement Our Case Practice?

## SIX PRONG APPROACH

- Investing in strong leadership on all levels of DCF.
- Pursuing an ambitious training plan that began in 2008 and will continue into 2011.
- Building models of case practice through complete immersion in training and coaching for all Local Offices.
- Developing services necessary to support a family-centered child welfare practice in a transparent budget process.
- Bridging the gap between the Divisions of Youth and Family Services and Child Behavioral Health Services and Prevention and Community Partnerships.
- Continued focus on the fundamentals of child safety, well-being and permanency.



# WINDOWS INTO CHILD/FAMILY LIFE: OUTCOME INDICATORS

## SAFETY

Children are, first and foremost, free from child abuse and neglect.

Examples:

- In Home
- In Placement
- Post-Reunification

## STABILITY

Children deserve predictable and continuous connections with people, places and things that contribute to their development and identify.

Examples:

- School
- Friendships
- Community
- Caring team of adults to look out for them.  
(caseworkers, caregivers, relatives, teachers, coaches, church).

# WINDOWS INTO CHILD/FAMILY LIFE: OUTCOME INDICATORS

## WELL-BEING

Children's health and functioning is supported through assurance of formal and informal supports to provide them with optimal growth and developmental opportunities.

Examples:

- Physical
- Emotional
- Educational
- Vocational

## PERMANENCY

Children need to know where they will grow up and to have lifelong connections to provide a sense of belonging.

Examples:

- A forever family
- A sense that although there may be more than one permanency option on the table, the adults are working together to provide for the child.