



# 2014 COMMUNITY REPORT



EASTERN IOWA - WESTERN ILLINOIS

## Trauma-Informed Care CONSORTIUM

A PARTNERSHIP WITH



**FAMILY RESOURCES**

Social Services · Advocacy · Family Restoration · Education



**Child Abuse**

**COUNCIL**

*Keeping our children safe*

**LIVE UNITED**



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## For more information:

[www.famres.org](http://www.famres.org)  
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“There is no trust more sacred than the one the world holds with children. There is no duty more important than ensuring that their rights are respected, that their welfare is protected, that their lives are free from fear and want and that they can grow up in peace.” -- Kofi Annan 7th Secretary-General of the United Nations



# The Beginning

In Partnership, **Family Resources, Child Abuse Council and United Way of the Quad-Cities Area** have developed the Eastern Iowa-Western Illinois Trauma Informed Care Consortium. The Consortium is a community initiative designed to implement a long-term strategic plan to improve the health and wellness of our citizens. The Consortium is achieving this goal by actively moving the information of the Adverse Childhood Experiences (ACE) Study and Trauma Informed Care into all sectors of our community

## PROPOSED YEAR 1 OUTCOME: ENGAGE THE COMMUNITY!

The Consortium is working intensively at the community level to align the goals of families, businesses, health and medical providers, faith communities, city and county entities, education systems and human service professionals, to focus on child abuse prevention and trauma informed care interventions. This initiative calls us to action, to work in collaboration; ensuring that children are protected from trauma and provided with the supports they need to thrive, develop resiliency and grow. The social return on investment from this initiative will be measured in future generations of healthy kids and families. This work is self-sustaining, provides a strong workforce and becomes its own renewable energy source as one healthy generation provides for the next.



**Childhood Trauma**  
is too common.

## Why develop the Consortium?

### We want to create collective impact!

#### What is Collective Impact?

Collective Impact is the commitment of a group of people from different sectors who come together around a common agenda to solve a complex social problem. The underlying supposition of collective impact is that no single organization can create lasting, large-scale social change alone. All sectors must come together to focus and coordinate their efforts and resources around a clearly defined goal. The Consortium is a demonstration of our community's collective "will" to reduce childhood adversity and improve the social, health and emotional well-being of our citizens.

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**Consortium Theory of Change:** The understanding, treatment and reduction of Adverse Childhood Experiences (ACEs) leads to improved long-term well-being for children and families.

# Consortium Timeline

- **November 2013 – January 2014:** Large scale community connections were made across multiple sectors to develop synergy and momentum regarding the community impact goals of the Consortium.
- **February 2014:** Consortium launch event held for the community with specialized training by Dr. Mark Brown and Teri Barila, from the Children’s Resiliency Initiative of Walla, Walla, Washington. Community members responded with enthusiasm and the workshop reached maximum capacity quickly!
- **March – April 2014:** 11 Initiative Teams were formed and Captains were selected by Team members to begin developing a strategy to accomplish the collective goals of the Consortium.
- **May – October 2014:** Initiative Teams worked tirelessly to move the information of the Adverse Childhood Experiences Study and Trauma Informed Care (TIC) practices into our community. All teams leveraged natural networks of organizations in our community to create systemic and wide spread change.

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## Initiative Teams

Each Initiative Team was encouraged to engage in dialogue about a specific component of the Consortium’s goals and how to move the information of the ACEs study and Trauma Informed Care into our community.

Since the launch event, Team Captains/ Co-Captains for the 11 Initiative Teams have been identified and begun their community coordination work. The Initiative Teams include:

- Community Education
- Organizational Competence
- Civic Services
- Resource Development
- Data Management
- Universal Screening
- Early Childhood
- School Districts
- Health/Mental Health
- Messaging/Marketing
- Prevention



**“Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that ever has.”**

**- Margaret Mead, American cultural anthropologist**

# ACEs and TIC

The Adverse Childhood Experiences (ACE) Study was one of the largest investigations ever conducted to assess associations between childhood maltreatment and health and well-being. The study was a collaboration between the Centers for Disease Control and Prevention and Kaiser Permanente. The study's investigators, Dr. Rob Anda and Dr. Vincent Felitti, found that children who face abuse, neglect and household dysfunction are more likely to experience social, emotional and health challenges as adults.



## Adverse Childhood Experiences in the first 18 years of life

1. Emotional abuse
2. Physical abuse
3. Sexual abuse
4. Emotional neglect
5. Physical neglect
6. Parental Loss (including parental separation/divorce)
7. Mother treated violently
8. Caregiver drug abuse
9. Caregiver depression/suicide
10. Caregiver incarceration

The Eastern Iowa-Western Illinois Trauma Informed Care Consortium is a wonderful example of what a community can do when it comes together around a social cause. The Consortium is creating collective impact to tackle the systemic and highly complex problem of child abuse and neglect. A community's ability to reduce childhood adversity and support families are critical indicators of its overall strength and well-being. The development and strong support of the Consortium by multiple sectors in the Quad-Cities is demonstrating the forward thinking nature of the community and provides leadership for others in the Midwest.

*- Rob Anda, MD, MS,  
ACE Study Co-PI and Co-Founder;  
Co-Founder, ACE Interface*

## Trauma:

**An individual's response to an event that causes intense fear, horror and helplessness in such a manner that it overwhelms the person's capacity to cope.**

# Special Training Highlights

Our community is awakening to the powerful information of the ACE study. The Consortium is pleased to have been asked to present on the ACE study and the work of our Consortium at the following venues:

- “Ambrose Women for Social Justice: Gender, Narrative, and Justice: The Power of Story” partnered to provide 2 breakout sessions
- “Trauma Informed Child Welfare Practice” St. Ambrose Masters Level Social Work course
- “Mental Health, Behaviors, and Outcomes” in Partnership with Scott County Kids and AEA 9, 2-day course offering Youth Mental Health First Aid and ACEs & Trauma Informed Care to over 40 local educators. This course is Drake approved for Teacher Recertification and has been offered twice.
- “ACES and Trauma Informed Care” training developed for early childhood professionals in partnership with Child Care Resource and Referral of Southeast Iowa and Child Care Resource and Referral of Midwestern Illinois
- “Children Exposed to Violence” Partnered with Child Abuse Council to bring Dr. Anda (co-researcher of the ACE project) as the keynote speaker at the Children Exposed to Violence Conference
- “Magellan of Iowa, Fall Learning Collaborative: A Comprehensive Look at Integration for Better Health Outcomes” partnered with the University of Iowa, Center for Child Health Improvement & Innovation to present our Consortium’s work at a state-wide Integrated Health Program learning collaborative
- “Strong Beginnings: Understanding Behaviors and Brain Development-The Impact of Trauma on Children” partnered with Prevent Child Abuse Iowa to provide a break out session on the work of the Consortium
- “Understanding Behaviors and Brain Development: The Impact of Trauma on Children” half day conference offered for early childhood professionals in partnership with Scott County Kids and Child Care Resource and Referral of Southeast Iowa

## By the numbers

**The commitment of our community to come together in this way has been awe inspiring!**



# Strategic Partnerships

## University of Iowa, Institute for Clinical and Translational Science

The Consortium is partnering with the University of Iowa, Institute for Clinical and Translational Science to explore possible evaluation metrics for examining the collective impact of trauma education in communities across Iowa.

### Research Partnership

Community Foundation Great River Bend, Search Institute, and the Consortium are partnered together to expand and begin developing the “resiliency” component of our work. While our goal is to eliminate childhood abuse and neglect, we know some adversity will continue to occur. We also know that children who develop resiliency are better able to heal. The research partnership is led by Search Institute and seeks to understand “the importance of developmental relationships” between caregivers and children. The Consortium membership has provided a “community network” to facilitate this critical research. The local information to be gained from this research will be helpful as our community continues to work toward the healthy development of all children.

### Sharing Community Expertise Partnerships

The Consortium has joined two other Iowa ACEs/TIC Teams to host an Iowa Specific ACEs/TIC web page and assist as discussion leaders. Our Iowa page can be found [acesconnection.com/g/iowa-aces-action](http://acesconnection.com/g/iowa-aces-action)

The data from the ACE study and subsequent science across a variety of fields have created an undeniable body of evidence that Trauma Informed Care is an important ingredient in stabilizing fiscal resources and healing our most vulnerable populations. Trauma Informed Care as practiced in the Eastern Iowa-Western Illinois Trauma Informed Care Consortium is an important example of community cohesion that deserves continuity and celebration. Congratulations and thank you for your commitment to the health of our nation.

**- Frank Grijalva MSPH, MCC, Co-Director, Midwest Trauma Services Network**

**Childhood Trauma is too common.**

**Becoming trauma informed. Why childhood trauma matters.**  
Most of us believe that early experiences can determine who we become as adults. The Adverse Childhood Experiences (ACE) Study confirms it. It's about more than the numbers. It's about how we can respond to prevent those traumas before they happen. And it's about how we respond and intervene when they do take place. This isn't a lost cause – there is hope that we can end this destructive cycle and improve the lives of future generations.

**Childhood Abuse**

- physical abuse
- psychological abuse
- sexual abuse
- physical and emotional neglect

**Household Dysfunction**

- substance abuse
- family imprisonment
- mental illness
- domestic violence
- divorce

**1 in 5 ADULTS** reported three or more childhood traumas

**55%** at least ONE adverse childhood experience

**Trauma can actually change a child's brain.**  
Research shows that these traumas can actually change the way a child's brain develops, impacting the way a child is able to learn, play and grow.

**Trauma in youth can lead to risky behaviors as an adult.**  
As the number of childhood traumas experienced increase, the incidence of risky behavior also rises – including behaviors like smoking, drug use, unprotected sex and STDs.

**Childhood trauma is also related to disease, disability and social failures.**  
Those with more than four adverse childhood experiences have much greater odds of experiencing significant health issues in adulthood.

**Trauma is even linked to premature death.**  
40% of early deaths are estimated to be the result of behavioral or lifestyle patterns

236%	231%	157%	399%	201%	232%	285%	263%	261%	354%
Arthritis	Asthma	Cancer	COPD	Diabetes	Heart Attack	Heart Disease	Kidney Disease	Stroke	Vision

**But there is HOPE.**  
It is said that if the brain can hurt, the brain can heal. But it takes the community coming together to strengthen families.

**Prevention is key.**

- Create communities where everyone can thrive.
- Build resiliency in families.
- Help people understand the impact of trauma and heal from their experiences.

**"If we can predict it, we can prevent it," Dr. Rob Anda**

**TRAUMA-INFORMED CARE CONSORTIUM**

Help keep our children safe. Visit [www.childabuseqc.org](http://www.childabuseqc.org) or [www.famres.org](http://www.famres.org)

SOURCES: All data was from former General Health Survey (GHS) Consortium. (2012) Adverse Childhood Experiences in Iowa: A New Way of Understanding Risky Health. Retrieved from <http://www.acesconnection.com/acesconnection/2012/07/16/aces-connection-2012-07-16-01>

Paik, U., & Anda, R. F. (2012) The Maltreated Childhood Experiences (ACE) Study. Centers for Disease Control and Prevention. Retrieved from <http://www.cdc.gov/ncehs/aces>

Funding provided by the Big Ten Conference Penn State Bowl Revenue Penalty funds, and distributed by United Way of Johnson and Washington on behalf of The University of Iowa.

## Creating Collective Impact through Collaboration

**Every child is a gift and we must hold them in our hearts as a precious resource. The Consortium is a collective effort of passionate individuals who are dedicated to children.**

**Prevention Team:** The Prevention Initiative Team of the Consortium partnered with Prevent Child Abuse Iowa to complete a Community Readiness Assessment on Child Abuse Prevention as it relates to Adverse Childhood Experiences. This assessment revealed our community’s readiness for true prevention work to prevent childhood adversities.

We learned from the study that:

- The QC Community wants to prevent child abuse but doesn’t know how
- The QC Community still believes it takes a village to raise a child
- The QC Community believes child abuse happens but not to anyone they know

Through generous support from Big 10 Conference Penn State Bowl Revenue Penalty funds, and distributed by United Way of Johnson and Washington Counties on behalf of the University of Iowa, we developed an initiative to speak to parents directly through social media and the use of an online blog. This project is titled “now what?”. **The blog is hosted at [www.chidlabuseqc.org](http://www.chidlabuseqc.org).**

The project utilizes photographs of local families and feedback/advice from local experts to talk to parents addressing these three major goals:

1. Normalize parents seeking support and help as a manner of child abuse prevention
2. Engage community in how they can work to prevent child abuse
3. Work to build resiliency in families through promotion of the 5 protective factors

**Community Education:** Understanding the ACEs study and acting on this information is key to our community transformation. We have wrapped up a series of monthly community-wide ACE and TIC trainings. Future trainings will be event based and tailored for individual groups.

**Health/Mental Health:** In the end, the ACE study is a public health study. We are working to expand ACEs and Trauma informed care into the health clinic setting. Physicians and Family Medicine Residents from one local practice participated in a lunch-and-learn. The Consortium is working to identify an outpatient family medical practice site to “pilot” a series of trainings for all physicians, nurses and support staff to receive on ACEs and Trauma Informed Care, as well as introduction of a trauma screening tool to be used at intake at the clinic site.

**Data/Outcomes:** Measuring the impact of our initiative is critical if we are truly going to “move the needle” in our community. Funders and supporters of this work want to know that it will ultimately make a **real**

The groundbreaking efforts of the Eastern Iowa/Western Illinois Trauma Informed Care Consortium has positioned the Quad Cities as a state and national leader in responding to The Adverse Childhood Experiences Study. This is truly an impressive effort to educate professionals on the impact of trauma and to build a more compassionate and resilient community.

**- Steve Scott, Prevent Child Abuse Iowa  
Executive Director**

difference, not only today but for future generations. The Consortium is working with the Institute for Clinical and Translational Science (ICTS) at the University of Iowa, to explore and develop metrics to measure the impact of community based education and trauma informed care work.

**Organizational Competency:** Changing and/or improving an organization's culture takes tremendous commitment, resources and energy. The community agencies represented on the Organizational Competency Cohort have come together to strengthen the foundation of their practice of trauma informed care. This team is utilizing the Falot and Harris tool "Creating Cultures of Trauma-Informed Care" as a guide for their work.

**Messaging/Marketing Objective:** Developing a common community "language" to begin talking about Adverse Childhood Experiences is a critical component of **prevention** and **healing**. Our goal is to create a public media campaign that reaches every individual, in every home, business, church and public setting. Only by talking openly about child abuse and neglect can we begin to address this issue with the intensity it deserves .

**Universal Screening:** A primary tenant of becoming a trauma informed community dictates that we must screen for trauma at every door. The Consortium is working with providers to develop appropriate screening protocols to identify children/families right away and refer them to services immediately. Conversations and research about appropriate tools are underway, as are discussions about piloting screening tools in the local Head Starts.

**Early Childhood Education:** Education starts before a child is born and it is within the first years of life when trauma has a tremendous impact on development. Two surveys distributed to professionals who work with young children determined the focus must first be around increasing exposure and awareness of the ACE study and Trauma Informed Care. The Early Childhood community is focused on training providers and providing information to increase exposure.

In addition to training, a push that will continue into

year two focuses on the natural question, "What's Next?" A half day conference provided early childhood professionals with information about trauma informed practices they could implement and introduced ways to begin changing practice to a trauma informed approach.

Early Childhood Partner, Skip-a-Long Child Development Services, has developed several tools to help other providers understand the relationship between their current best practice standards and those of Trauma Informed Providers.

**School Districts:** K-12 are such critical years in a child's development, and our educators are often the most influential adults outside of a child's immediate family. The Consortium has worked tirelessly to tailor trainings specifically to the education system, to be most useful and helpful to the children they serve. The Consortium is looking for learning structures and practices that are already in existence, to infuse the information of the ACE study and Trauma Informed Care.

**Civic Services:** Crisis services are often the first point of contact for trauma survivors. The Consortium has identified networks of crisis service providers and reached out to engage them. This work has begun with the Food Pantry network in Scott and Rock Island counties and will grow to include other crises service providers. When "helpers" are trauma informed, they fundamentally begin the healing process at the earliest point of care.

#### **Resource Development:**

- In kind time and support: Family Resources, and Child Abuse Council
- Doris and Victor Day Foundation
- Prevent Child Abuse Iowa and partners with the Community Based Prevention Response project
- Big 10 Conference Penn State Bowl Revenue Penalty funds, and distributed by United Way of Johnson and Washington Counties on behalf of the University of Iowa
- Community Foundation Great River Bend
- Student Interns from St. Ambrose and the University of Iowa

**41 WAYS**  
You can improve your community and protect kids

**HELP A CHILD IN DANGER.**

**DIAL 911**  
If a child is in immediate danger.

**REPORT** any suspicions of child abuse or neglect.  
1.800.4.A.CHILD NATIONAL HOTLINE

**IOWA**  
1.800.362.2178

**ILLINOIS**  
1.800.252.2873

**GET INVOLVED.**  
Be an active community member. Connections make all the difference.

Ensure comprehensive background checks are done on all volunteers and employees and they are provided with appropriate child abuse prevention training.

Organize neighborhood safety programs.

**VOLUNTEER**  
Become a foster parent.

- for a mentor program like Big Brothers Big Sisters.
- at a local child abuse prevention program.
- in a classroom.

Big Brothers Big Sisters

**"Protecting Our Children: Advice from Child Molesters"**  
Set up a training session for a group of adults. Email [Protectourchildren@childabuseqc.org](mailto:Protectourchildren@childabuseqc.org).

**BE THERE FOR FRIENDS AND FAMILY**

- Offer to babysit a friend's child for a night.
- Ask your nephew about his soccer game.
- Ask a friend for coffee, and ask "how are you doing?"

Get to know your neighbors.  
Rake a neighbor's yard.  
Cook a meal for a neighbor.

And listen.

**SUPPORT PARENTS**

Tell a parent how much you admire them.

Smile at a parent when they seem to be at wit's end.

Be a mentor. Be a positive role model.

Help a family under stress. Learn signs of child abuse.

Help a mother load her groceries into her car.

**BE THE BEST PARENT YOU CAN BE.**

Establish a screen-free rule to spend time together without technological distractions.

Ask other experts for advice.

Create family traditions. They are important to children.

Be a nurturing parent. Children need to know that they are special, loved and capable of following their dreams.

Ask for help. When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control, take a time out. Don't take it out on your child.

Reach out to your social network when you need support.

Sign up for a parenting class.

Walk away when you are frustrated. Babies cry and children can be challenging!

Eat dinner as a family.

Remember that to be your best for your children you have to take care of you!

Take care of yourself!

**PROTECT YOUR CHILDREN**

Monitor your child's television, video, and Internet viewing usage. Watching violent films, television programs and videos can harm young children.

Purchase your child a book on body safety.

• What do they do if they feel unsafe?  
• Who do they call?  
• Do they know the number to call?

Praise and encourage children.

Compliment a positive child/adult interaction.

Establish safety rules.

Talk about your child's feelings often.

**GIVE** Donate to local child abuse prevention efforts.

**TRAUMA-INFORMED CARE CONSORTIUM**  
A PARTNERSHIP WITH

**FAMILY RESOURCES**  
www.famres.org

**LIVE UNITED United Way**  
www.childabuseqc.org

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# Volunteers

One of the defining characteristics of the Quad-Cities community is a deeply-rooted spirit of caring for children and helping our neighbors through volunteerism. Few talk about it because they are humble and shy away from recognition. The Consortium is incredibly thankful for the countless hours of work of over 150 agencies who have contributed to the success of our Initiative; from participating in work team meetings, attending trainings, hosting site events, making needed connections, lending expertise, etc. Consortium volunteers have given so generously of their time and energy to help children and families and by doing so have made our community a better place to live!

Involvement in the TIC Consortium of Eastern IA and Western IL has brought me unanticipated change in the way I think, talk, and act, both personally and professionally. Making the fundamental paradigm shift from looking through a "What's wrong with you?" lens to a "What has happened to you?" lens has changed the way I interact with family, friends, colleagues, and other community members I encounter.

The openness, lack of turf issues, and willingness of others involved in the TIC Consortium to share deep personal reflections, organizational lessons learned, and treasured resources with each other as we journey together down this "not always easy" trauma informed path are sincerely inspiring and beneficial. I truly believe that each and every one of us will make better, longer-lasting differences for the children, families, and communities we serve because of this extraordinary opportunity to make this journey together.

**- Martha Owens, MEd, Chief Program Officer, Skip-a-Long Family and Community Services**

# 2015 Strategic Direction

## Community Education

- Train the Trainer
- Audience Specific Events
- Build Learning Communities
- Alternative Learning Opportunities
- Promotion of TIC to Higher Ed

## Family Empowerment

- Youth and Family Voice
- Youth and Family Choice
- Youth and Family Education
- Youth and Family Support
- Youth and Family Resiliency Building

## Community Competency

- Organizational Competency
- Business Competency
- Funder Competency
- Collaborative Competency

## Messaging and Marketing

- Creating a Common Language
- Resources for Help

## Mechanisms for Change

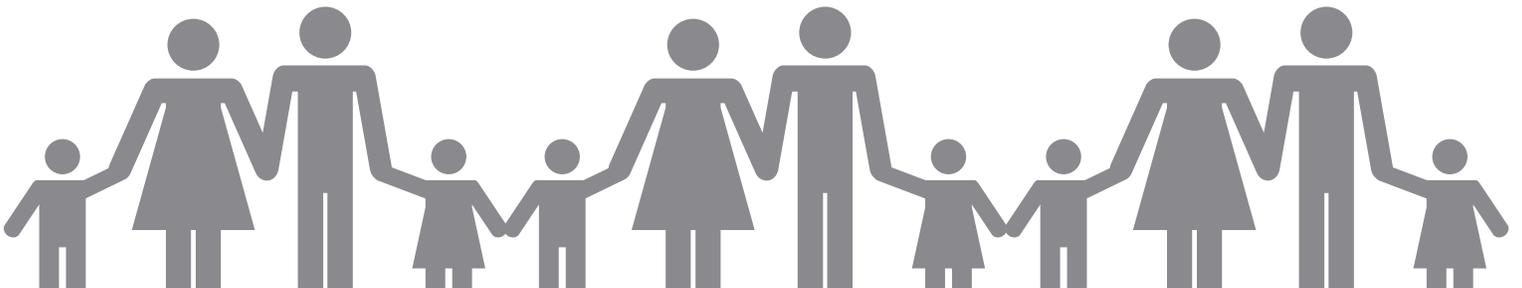
- Bi-Monthly Meetings
- Project Based Work
- Data and Research
- Champions



## OUR MISSION:

The Eastern Iowa - Western Illinois Trauma Informed Care Consortium provides a comprehensive trauma-informed community for individuals, children and families through outreach, education, training and support.

# Changing our community lens from “what’s wrong with you?” to “what’s happened to you?”



“If we can predict it, we can prevent it,” Dr. Rob Anda

## For more information:

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### Please contact:

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- **Angie Kendall**, Director of Development and Communications, Child Abuse Council, [AngieK@childabuseqc.org](mailto:AngieK@childabuseqc.org)