
MODULE 7

Summary

Training Time: 65 minutes (1 hour 5 minutes)

Key Learning Points

1. Child welfare workers play a significant role in helping mitigate the effect of trauma on children in the child welfare system.
2. There are specific strategies and achievable goals that child welfare workers can implement to reduce the impact of trauma on children in the child welfare system.

ACTIVITY 7A

STRATEGIZING ACTIVITY

Activity Time: 15 minutes

Materials Needed

- Supplemental Handout: *The Essential Elements of Trauma-Informed Child Welfare Practice*

Trainer Activities

- Break participants into groups of three or four.
- Have each group pick an Essential Element with which their county struggles and strategize about how to better address it.
- After about 10 minutes, have one representative from each group provide a summary to the larger group about what their small group discussed.

ACTIVITY 7B

SUMMARY OF ESSENTIAL ELEMENTS 1 THROUGH 9

Activity Time: 30 minutes

Materials Needed

- Supplemental Handout: *Personal Trauma-Informed Child Welfare Practice Action Plan: Daily Strategies*
- NCR paper (i.e., carbonless copy paper) or carbon paper (optional)

Trainer Activities

- Distribute Supplemental Handout: *Personal Trauma-Informed Child Welfare Practice Action Plan: Daily Strategies* to all participants.
 - Let participants know what the follow-up plans will be (i.e., whether or not someone will be following up with them in 1–3 months about their Action Plan). Review instructions to County Staff in Appendix A.
 - Ask participants to fill in their respective information regarding name, county name, and date of the training. Explain to participants that they will be filling out the Action Plan handout on NCR/carbon paper (if the county provides it); you will collect the top (white) copy directly after participants complete the assessment (this copy will be used for follow-up by county staff development personnel). Explain that they will keep the second copy for reference during the debriefing and that they can keep their copies for reference after the training is over.

TRAINER TIP: If counties do not provide Action Plans on NCR paper and want to follow up with participants at a later date/time, then you will have to collect the Action Plans from participants instead of letting them take them home.

- Ask participants to review the strategies they selected on their *Bringing It Back to Work* worksheets throughout the past two days for Essential Elements 1–9 and to select **three** strategies that they want to commit to implementing as part of their Action Plan.

- Ask participants to write each of these strategies in the boxes provided. In the corresponding box in the right-hand column, write in the Essential Element number associated with each strategy. Reinforce that their strategies should be written in SMART objective format, just like the strategies listed under each of the Essential Elements.
- Debrief: Ask for two or three volunteers to call out their final list of strategies they would like to implement in their ongoing child welfare practice, and why. Notice if there are or aren't any commonalities in the answers, and ask the group what they think about this.

TRAINER TIP: You may wish to do Activity 7F, the Training Evaluations, before any of the concluding activities that you choose.

TRAINER TIP: You may choose to do one or more of the following three optional activities as a summary activity, as your time permits.

ACTIVITY 7C

ART SUMMARY ACTIVITY (Optional Activity)

Activity Time: 20 minutes

Materials Needed

- Blank white paper
- Colored construction paper, including black
- Glue sticks, one per participant

Trainer Activities

- Distribute a sheet of blank white paper and a glue stick to each participant.

- In the middle of participants' tables, place colored construction paper in a variety of colors.
- Instruct participants to depict a child's trauma on the white paper in whatever way they choose. To do so, they can use the colored construction paper, which can be ripped (not cut—there are no scissors) to create whatever actual or abstract shapes they wish.
- Ask participants to share and explain their depictions but explain that no one is required to do so. Comment on the variety of ways, concrete and abstract, in which participants depicted children's trauma.
- Instruct participants to depict what they do as child welfare workers to mitigate children's trauma. They can do this side-by-side on their original piece, or create something on top of their original piece or on a separate piece of paper—whatever way they think will better express how they feel they mitigate children's trauma.
- Ask participants to share and explain their depictions. Again, no one is required to do so. Make connections to training content, to CSFR goals, and to the Essential Elements as relevant.

TRAINER TIP: An alternative is to have participants stand in a circle and throw the Koosh® Ball to each other until participants have run out of ideas.

ACTIVITY 7D

KOOSH® BALL SUMMARY ACTIVITY (Optional Activity)

Activity Time: 15 minutes

Materials Needed

- Koosh® Ball

Trainer Activities

- Ask participants to share one new idea that they either learned or thought about in a different way during the training. Although they may speak and share ideas as

many times as they wish, they should only share one idea on each turn. As they raise their hands, throw the Koosh® Ball to them, and when they have finished speaking, have them throw the ball back to you. Continue until participants have run out of ideas.

ACTIVITY 7E

READ SUMMARY QUOTE (Optional Activity)

Activity Time: 2 minutes

Materials Needed

- None

Trainer Activities

- To conclude the training, read any quote, short story, or book passage that is meaningful to you and relevant to the training. One option, an excerpt from the book *The Cathedral Within* by Bill Shore, is below.
- In this book, social entrepreneur Bill Shore discusses how to make the most of life and do something that counts. Like the cathedral builders of an earlier time, the visionaries described in this memoir share a single desire: to create something that endures. He describes the building of the extraordinary cathedral in Milan, Italy. The extraordinary people Shore has met on his travels represent a new movement of citizens who are tapping into the vast resources of the private sector to improve public life. His lessons are highly applicable to child welfare work and provide a lovely summary to this training on childhood trauma, and the ways that child welfare workers can help these children.

My ambition...is to design a new architecture for how society uses resources to help children, much like the cathedral builders of an earlier time, who combined imagination, invention and faith to build something both magnificent and lasting. The great cathedrals did not soar skyward because their builders discovered new materials or financial resources; rather the builders had a unique understanding of the human spirit that enabled them to use those materials in a new way. (p. 10)

A cathedral of this magnificence [the Cathedral of Milan] cannot be built without people believing in it so deeply and so truly that their belief becomes contagious. It

had to have taken more than salesmanship and communication skills to convince citizens across five centuries to bring the vision of this cathedral to fruition. There had to have been an authenticity that resonated in the hearts of others. The vast majority of those who worked on this (and every other) cathedral did so knowing they would not live to see the final, finished achievement. This didn't diminish their dedication or craftsmanship. The evidence suggests it enhanced it . . . (p. 14)

[In searching for an understanding of how the cathedral was built and trying to build one of my own] I found a path more rewarding than any I've known, and perhaps the key to making America the country it can be. The universe I'd been contemplating was far too small. I came to see that the ambitious cathedrals I aspired to build were dwarfed by what could take shape instead within a person's heart and soul. (p. 12)

ACTIVITY 7F

TRAINING EVALUATION

Activity Time: 5 minutes

Materials Needed

- *Comprehensive Guide*, p. 39
- PowerPoint Slides 108–109
- Supplemental Handout: *Child Welfare Trauma Training Toolkit Training Evaluation (Day 2)*

Trainer Activities

- Summarize the training using PowerPoint Slides 108–109.
- Have participants complete training evaluation forms.
- Thank participants for attending and participating.

TRAINER TIP: The evaluation form has been designed to cover areas that are typically required in order to obtain CEUs.