

Grace & Growth:

*Welcoming people who
have experienced trauma*



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Kids need families. Families need YOU.

1

WELCOME

*Every child in a nurturing, well-
supported family.*



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Welcome to Our Church!



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THE WHY

Children are valuable image-bearers of God and deserve to be cared for in a way that their brain and body can receive.

A trauma-informed approach is building disciples (Matthew 28:18-20) of both the kids being served and those serving them.



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GOALS

1. A new lens
2. Understand the unique needs of people who have experienced trauma
3. Provide practical strategies and tools



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UNDERSTANDING WHAT TRAUMA IS

Stress: Our body's reaction to pressure from positive or negative stimuli.

Adversity: Experiencing challenging situations, such as maltreatment or poverty, which require a person to make psychological or behavioral adjustments.

Trauma: A response that occurs when a person perceives a threat due to an adverse experience



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Examples of Adverse Childhood Experiences (ACES) could include:

Physical abuse
Neglect
Witnessing domestic violence
Divorce of parents
Being removed from your
home and placed in foster care!



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Neuroplasticity

THE PROCESS THE BRAIN TAKES TO REWIRE, RENEW, AND REORGANIZE
BASED ON EXPERIENCES

Benevolent Childhood Experiences BCE's

Family protective factors
Health family communication
Involvement in sports, music, art, theater
Healthy adult interactions
Belief in one's ability to overcome
Active Faith and modeling
Help with interpreting reality



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How do you feel when a child or
adult
with a lot of big behaviors
shows up?

How do you react to his or her
disobedience, distracting
behavior or rudeness?



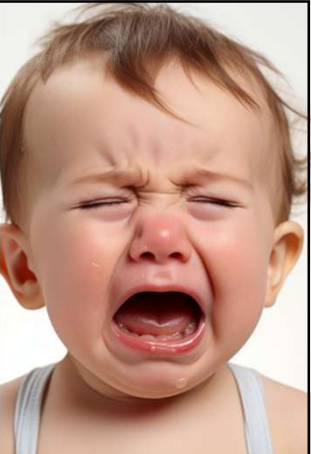
Adapted from Arizona 1.27

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**Big behaviors
you may have
seen.**

- Can't sit still
- Meltdowns
- Speaking inappropriately
- Running away
- Not responding
- Difficult to console
- Biting/Kicking/Shoving

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**How do you feel
when the well-behaved, well-
adjusted
child or adult shows up?**

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**“Suppose you love
those who love you.
Should anyone
praise you for that?
Even sinners love
those who
love them.”**

Luke 6:32



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The Gospel says we are more than our behaviors

"All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. We are therefore Christ's ambassadors, as though God were making his appeal through us."



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2 Corinthians 5:18-20

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A GRACE & GROWTH APPROACH: CONNECTION AND EMPATHY

"The most effective way to help a child deal with trauma is anything that increases the quality and number of relationships in their life."

Dr. Bruce Perry, Senior Fellow Child Trauma Academy



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Hope

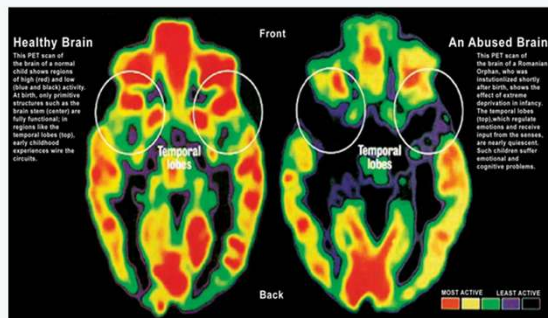
Romans 12:2

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”



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BRAIN CHEMISTRY



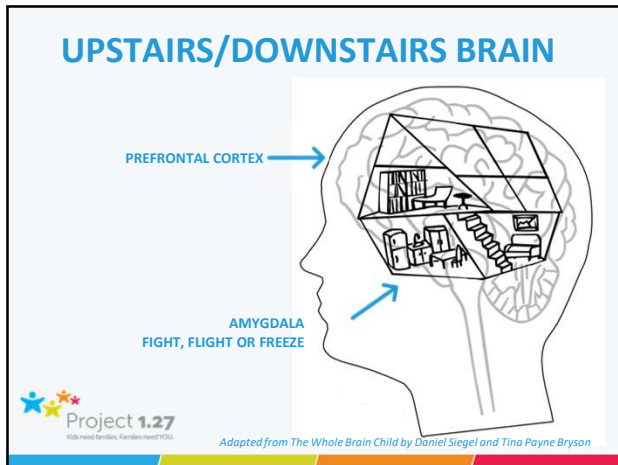
Childhood Experience and the Expression of Genetic Potential: What Childhood Neglect Tells Us About Nature and Nurture By Dr. Bruce Perry

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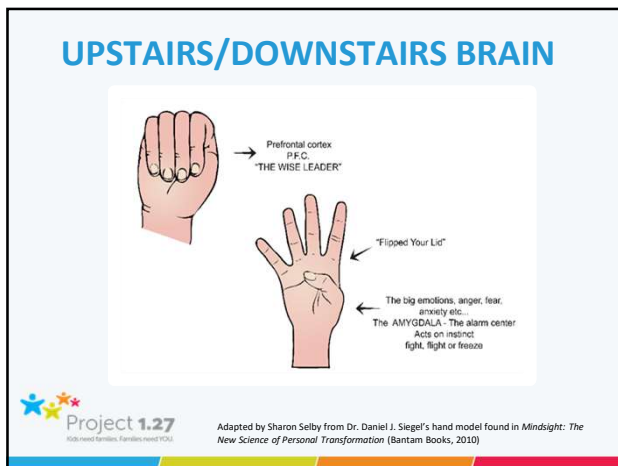
- Brains receive information through the senses. This information goes to the amygdala (fear Center of the brain)
- A brain can get stuck in survival mode if the fear center is experiencing or perceiving threats .
- A constant state of fight/flight/freeze/fawn even if there doesn't appear to be a threat



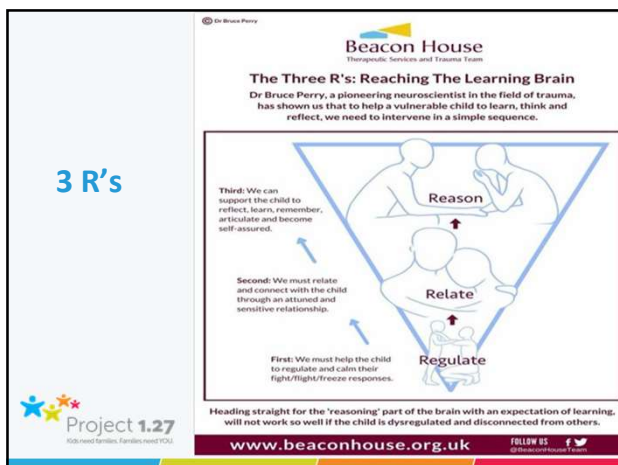
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“FEAR MODE”

When operating in “fear mode” a person can only react!

A person is unable to change behavior until that perceived threat is made to feel safe

Adapted from Arizona 1.27

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What could some perceived threats (triggers) be on a Sunday morning, through the eyes of a child?

DROP OFF **TRANSITIONS**

LOUD MUSIC **STATEMENTS FROM TEACHERS**

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PHYSICAL SAFETY VS FELT SAFETY

We know they're safe...

- They have access to snacks and water
- No one will harm them while in Sunday School
- Their caregiver will pick them up after service



... But they don't know that

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MYTHS VS TRUTH

SHIFTING OUR PERCEPTION

Adapted from Arizona 1.27

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MYTH

Removing a child from abuse or neglect solves the problem

TRUTH

"Children who have experienced relational trauma will experience healing through safe, nurturing relationships."
-Dr. Karyn Purvis

And that takes TIME!

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MYTH	TRUTH
Kids with big behaviors are bad kids.	<u>BEHAVIORS</u> are the language kids use to share their needs.
Are we willing to listen beyond the behavior to find the unexpressed need?	

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**SEE THE NEED.
MEET THE NEED.**

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MYTH	TRUTH
Telling a kid to change is enough.	The events that have taken place in a child's life have altered how their brain's function.

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MYTH	TRUTH
Trauma ruins your life.	Through connection, trauma-induced poor outcomes do not need to be our destiny.


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“Every Kid Is ONE Caring Adult Away from Being a Success Story.”

Josh Ship,
Author and Adoptee


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TOOLBOX FOR CONNECTION

Regulate, Relate, Reason


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Interested in learning more about
caring for kids and families involved
with foster care?



Project127.org



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THANK YOU FOR COMING!



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