



Hawaii Assures Nurturing and Involvement



Child Welfare Services, Child Abuse, Neglect, & Human Trafficking

Discipline Guidelines, Safety, and Trauma & Adverse Childhood Experiences

SESSION 1-B



Training Agenda

- Child Welfare Services
- Child Abuse, Neglect, and Human Trafficking
- Discipline Guidelines
- Safety
- Trauma
- Adverse Childhood Experiences (Aces)



Competencies & Objectives

- Resource Caregivers will understand Child Welfare Services' role, purpose and mission.
- Resource Caregivers will be able to learn about the different types of child abuse and neglect.
- Resource Caregivers will understand child welfare's guidelines for discipline.
- Resource Caregivers will learn tips on how to promote a safe environment for the youth in care.
- Resource caregivers will learn and understand the types of trauma and how it impacts human development.





Child Welfare Services



Child Welfare Services

Child Welfare Services (CWS) is a branch of the Department of Human Services (DHS) that provides social services to children and their families when children are reported to have been harmed, or at risk of being harmed. The mission of CWS is to ensure the safety and permanency of children in their own homes or, when necessary, in out-of-home placement.



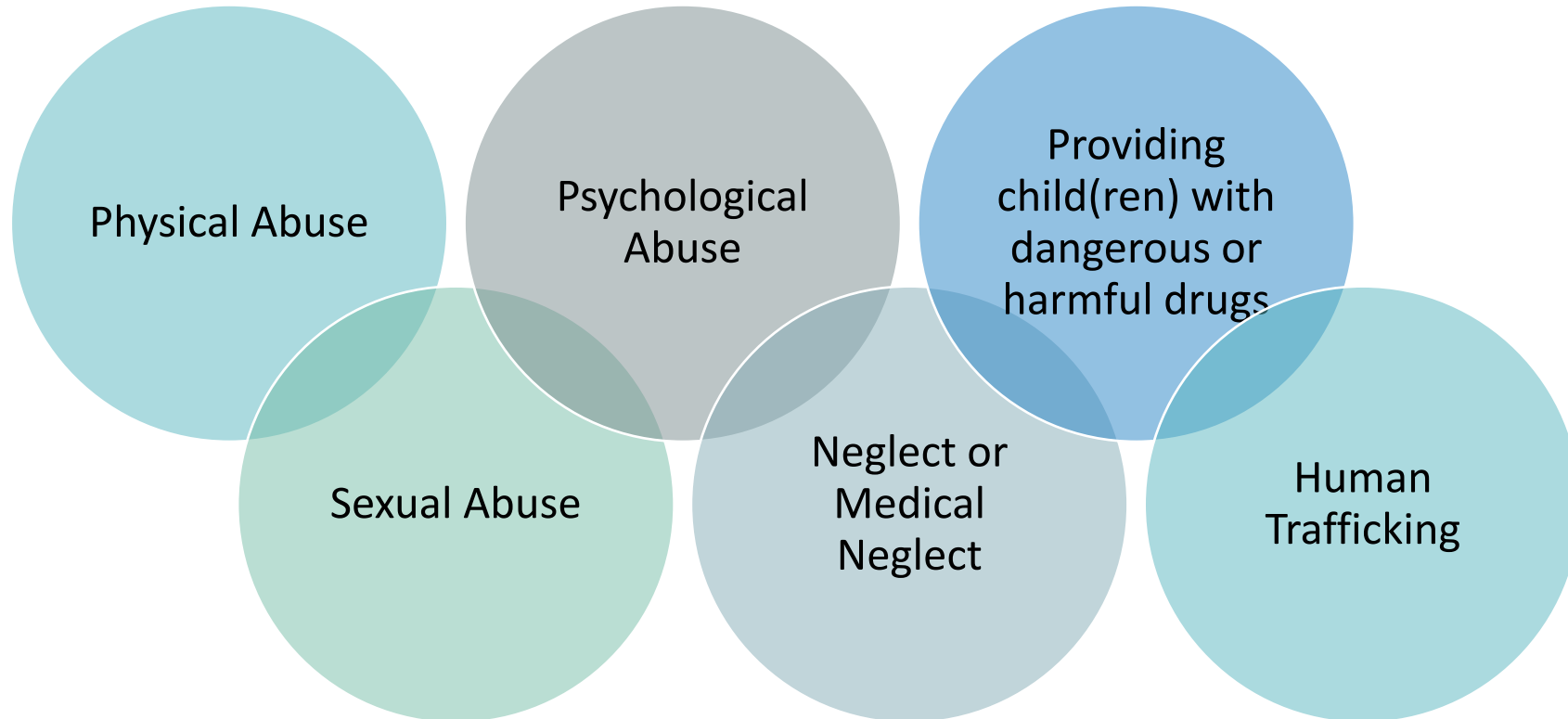
Child Welfare Services

Hawaii Revised Statutes Chapter 350 defines child abuse and neglect as follows:

...”the acts or omissions of any person who, or legal entity, which, is in any manner or degree related to the child, is residing, with the child or is otherwise responsible for the child’s care, that have resulted in the physical or psychological health or welfare of the child, who is under the age of eighteen, to be harmed, or to be subjected to any reasonably foreseeable, substantial risk of being harmed.”



Child Abuse and Neglect





Child Abuse, Neglect, & Human Trafficking



Physical Abuse

Includes things inflicted upon a child such as physical injury, harm, and physical assault that can result in the following:

- Substantial or multiple skin bruising
- Substantial external or internal
- Malnutrition, Failure to Thrive
- Burn or burns
- Poisoning
- Fracture of any bone
- Subdural hematoma, soft tissue swelling and extreme pain
- Gross derogations
- Injuries can result in permanent physical damage, scars or disabilities, or in the case of a young child, or resulting in death.



Psychological Abuse

Injury to the psychological capacity of a child as is evidence by an observable and substantial impairment in the child's ability to function.

- A pattern of relating or treating a child that causes deep, long-term emotional scarring and interferes with a healthy pattern of growth to include gross degradation.
- Includes verbal abuse or rejecting behavior
- Also includes a child who has been exposed to or witness intimate partner violence.



Neglect/Medical Neglect

Includes things that a parent does not provide for a child that adversely impact their development or growth.

- Child is not provided with adequate food, clothing, shelter, psychological, physical or medical care, or supervision in a timely manner.
- Neglect can result in development delays, disability, poor growth or death.



Providing or Exposure of Dangerous or Harmful Drugs

Although dangerous or harmful drug and substance use are not child abuse, it is a major contributor to the forms of the abuse previously shared.

- Can contribute to other abuses due to parents being too inebriated or intoxicated to make sound judgment or inability to protect their child.
- Relates to intimate partner violence which child is exposed to.
- Exposure during pregnancy can also have effects on child as they develop and grow.



Substance Use

Stimulants

- Cocaine
- Methamphetamine
- Caffeine
- Nicotine (tobacco products & e-cigarettes).

Stimulants create elevated behavior, like rapid movements, anxiety, dilated pupils, and heightened senses.

Depressants

- Xanax
- Valium
- Tranquilizers
- Alcohol

Depressants cause suppressed behavior, like slower brain function, stumbling, and excessive sleeping.

Misuse or underage use of these substances is unlawful.



Substance Use

Narcotics

- Morphine
- Heroin
- Methadone
- Pain Relievers

Misuse and dependencies are common due to the highly addictive nature of narcotics.

Hallucinogens

- Marijuana
- LSD “Acid”
- Ecstasy
- PCP “Angel’s Dust”

Some hallucinogens are used in cultural rituals, but there are no legal forms beyond medical use for surgery. Many hallucinogens can be ingested in multiple different forms.



Fetal Alcohol Spectrum Disorders

If a woman consumes alcohol or any other substances during pregnancy it can cause damage to the developing fetus.

Effects can include:

- Facial characteristics. These may include the primary features of small eye openings, small head circumference, and thin upper lip. However, 90% of the individuals with damage due to prenatal exposure may not have any of these characteristics.
- Growth deficiency. Tends to be smaller in height and lower in weight.
- Struggles with problem solving skills.
- Difficulty learning from consequences.
- Poor eyesight, chronic ear infections, heart malformations, poor fine motor control.



Caring for Youth Exposed to Substance Use

1. Work closely with professionals
2. Reduce distractions
3. Address eating difficulties
4. Identify soothing objects
5. Get youth assessed for developmental delays
6. Provide a language-rich environment
7. Address sleeping difficulties



Caring for Youth Exposed to Substance Use

8. Use visual cues to assist in transitions
9. Develop a routine
10. Avoid over-stimulation
11. Continue to learn about substance exposure
12. Educate teachers and other professionals about successful interventions for your child
13. Think different, not harder!



Intimate Partner Violence (IPV)

- Similar to domestic violence but occurs when someone purposely harms or threatens the risk of harm to any previous or current spouse or partner.
- Violence can vary in frequency and severity. It can be physical, sexual, financial, verbal or emotional against any partner.
- A person may experience stalking, terrorizing, blaming, humiliating, manipulation, intentional isolation from social support.
- Children who may have witnessed a loved one get directly injured or may be fearful of potential harm, may have been affected.



Intimate Partner Violence (IPV)

There are both immediate and long term effects that youth may have after witnessing a loved one experience IPV.

Immediate

Anxiety, nightmares, high activity levels, aggressiveness, worry

Long Term/Ongoing

Health issues, behavioral and emotional problems



Intimate Partner Violence (IPV)

0-5 years

- Sleeping/eating disruptions
- Withdrawn
- Separation Issues
- Inconsolable crying
- Increase aggression or impulsiveness

6-11 years

- Nightmares
- Aggression and difficulty with peers
- Difficulty concentrating
- Withdrawn or emotional numbness

12-18 years

- High risk behavior
- Depression
- Anxiety
- Withdrawn



Caring for Youth with Exposure to IPV

- Remember their resiliency
- Not all children will be affected
- Support and Guidance
- Patience
- You are a role model
- Get additional support from your CWS team



MYTH or FACT

A child is most likely to be sexually abused by a stranger.

Children are often sexually abused by someone they know and trust.

Children who are abused will never heal.

Many children are resilient and a combination of counseling and support can heal.

Child sexual abuse is always perpetrated by adults.

23% are reported cases of children perpetrated by individuals under the age of 18.



Sexual Abuse

Refers to the continuum of sexual activity between child and adult which includes the following:

- Any form of intercourse or rape
- Touching of any sort in private areas
- Any penetration of body part or item
- Exposing child to any sexual acts or exposure oneself, pornography, or talking explicitly about any sexual matter.



Sexual Abuse

- If a child discloses sexual abuse to you, please inform the social worker immediately and if the social worker is not available then contact the CWS intake line.
 - As resource caregivers, your role is to simply listen and believe what was being disclosed and report.
- Do not question the child but provide comfort, reassurance, and support.
 - Specialized workers are trained to interview children about what is disclosed. CWS will contact them once they are notified of the report.
 - As resource caregivers, it is important to remember your role in keeping information confidential and do not share information with family, friends, or co-workers.



How Can Caregivers Help?

It is important to remember to create a safe, nurturing environment for the children placed into your home.

- Establish House Rules
- Be sensitive about touch
- Help a child build appropriate boundaries
- Be open to changing roles in the household
- Provide careful supervision
- Talk to children about “good touch and bad touch”
- Be prepared to talk to children about sexual abuse
- Support Services



Post-Traumatic Stress Reactions

- Hyper Arousal: has a heightened startle response and a child may be nervous and jumpy.
- Re-experiencing: sees mental images linked to the abuse or relives some aspects of the experience. It may also include reminders that were connected to the abuse which could be anything, person, event, sight, smell, sound, etc.
- Avoidance: The child avoids any exposure to traumatic reminders or thinking about the abuse altogether. One location may be generalized to all locations such as a bathroom.



Human Trafficking

Human Labor Trafficking:

The recruitment, harboring, transportation, provision, or obtaining of an individual, for labor using force, fraud, or coercion for the purposes of subjection to involuntary servitude, debt bondage, or slavery.

Human Sex Trafficking:

The recruitment of an individual through force, coercion, purchasing, or deception for financial gain through sexual exploitation.



WARNING:

THIS VIDEO IS ABOUT SEXUAL EXPLOITATION AND TRAFFICKING. DUE TO THE SENSITIVE NATURE OF THIS TOPIC, THE VIDEO MAY BE TRIGGERING TO SOME PEOPLE. PLEASE TAKE CARE OF YOURSELF AND OTHERS VIEWING THIS VIDEO WITH YOU IN WHATEVER WAY FEELS MOST APPROPRIATE - LIKE SPEAKING TO SOMEONE YOU TRUST, OR TAKING A BREAK FROM THE CONVERSATION WHEN YOU NEED TO. AMAZE ACKNOWLEDGES AND HONORS THE FACT THAT MANY OF US ARE SURVIVORS OF SEXUAL VIOLENCE.

NATIONAL HUMAN TRAFFICKING HOTLINE:

1 (888) 373-7888

[HUMANTRAFFICKINGHOTLINE.ORG](https://www.humantraffickinghotline.org)



Why Youth in Care Are Targeted

Populations at High-Risk:

- Youth ages 11-14
- Prior history of being trafficked
- History of being a runaway
- LGBTQ+ youth
- Individuals with a history of substance abuse
- Immigrants or undocumented workers
- Youth in the Child Welfare System
- Individuals with mental illness



Warning Signs and Indicators

- Branding or tattoos with their trafficker's name or symbol
- Older boyfriend/girlfriend
- Unexplained and/or frequent injuries
- Lack of eye contact
- Frequently running away
- Substance abuse
- Working long hours with little or no pay
- Having several cell phones
- Sudden appearance of expensive objects with no logical way of obtaining the items



How to Care for a Trafficked Child

- As a mandated reporter, caregivers must report any instances of suspected or confirmed cases of human trafficking to the child welfare or law enforcement teams. Any information given to the authorities will assist investigations.
- Keep in mind that youth may not feel that they have been trafficked.
- Listen and believe the youth.
- Receiving appropriate medical care and mental health assessments available.
- Creating boundaries to keep the child safe from further interactions with the abuser is very important.
- Caregivers must continue to educate themselves and receive training on supporting a youth that has been trafficked. Also, educating the youth on the dangers and tactics of trafficking to learn how to protect themselves as well.
- Caregivers must create a safe space for the trafficked youth to feel and be safe.



Making a Report

CHILD ABUSE & NEGLECT	PHONE	FAX
OAHU	(808) 832-5300	(808) 832-5292
TOLL-FREE NEIGHBOR ISLAND	1-888-380-3088	1-888-988-6688

HUMAN TRAFFICKING	PHONE	FAX
OAHU	(808) 832-1999	(808) 832-5292
TOLL-FREE NEIGHBOR ISLAND	1-888-398-1188	1-888-988-6688





Discipline Guidelines



Discipline Guidelines

Child Welfare Services states that children or youth in care should not be subjected to any form of discipline that may further traumatize a child's physical, mental or emotional well-being.



Discipline Guidelines

- Carried out with kindness and understanding.
- Reasonable and shall not interfere with 'ohana time, basic needs or education.
- As a member of the family they should be included in simple home duties that do not interfere with school, health, and shared amongst other children in the home.

- Youth shall be provided an allowance and/or earned privileges as practiced with biological children in the home.
- 'Ohana time and family connection shall not be withheld as a form of discipline.



Discipline Guidelines

- Youth in out of home care have experienced trauma, abuse, and loss.
- Spanking reinforces poor self-esteem
- They may not connect their behavior with the punishment.

- Spanking stops a behavior but does not teach children how to behave.
- Role of the agency is to protect children from abuse and harm.
- If a state-licensed resource caregiver physically punishes a youth, the family may be investigated and prosecuted for child abuse.



Discipline

What is discipline?

- A process of teaching acceptable behaviors and self-control to children. It involves providing direction, guidance and role-modeling so they can manage their behaviors in various settings.



Discipline

Punishment:

- Inflicts penalty, pain, and force to change the child's behavior
- Temporarily stops a behavior but does not teach
- Develops poor self-esteem
- Causes emotional harm

Discipline:

- Teaching opportunity
- Guidance and redirection



Discipline

Goal

- Protect the child's physical and psychological well-being
- Help meet the child's needs
- Teach ways to prevent and problem solve
- Teach youth how to develop coping skills
- Maintain and build caregiver/youth relationship
- Help child develop self-control



Discipline

Youth's behaviors are usually driven by a need that they have. Sometimes it looks like strong words or displaying non-verbal cues.

What is your child trying to tell you?

I want to
connect and
belong

I want
attention

I want to
control my life

I want to be
happy



Discipline

Routine and Structure

- Helps children learn responsibility and adds predictability
- Checking off task provides satisfaction

House Rules

- Are they clear and simple?
- Do all children know the rules?
- Is it developmentally appropriate and safe?



A stylized map of the Hawaiian Islands is centered on a light blue horizontal band. The islands are rendered in a muted, brownish-grey color. The word "Safety" is written in a large, black, sans-serif font on the left side of the blue band.

Safety



Safety

- Youth in out-of-home care have additional needs that should be considered to ensure overall health, well-being and safety.
- Safety considerations and recommendations are provided on-going through out the assessment and licensing process.



Safety

Outdoor

- Appropriate fencing around yard or lanai
- Hazardous terrain on or near property (sewage, chemicals)
- ADA compliance (ramps, railings, etc.)
- Safety and Rules regarding family pets or livestock animals
- Pool Covers, trampoline nets, or gates
- Chemicals, material, or supplies (home, automobile) Tools
- Yard Equipment
- Weapons (locked and properly stored out of reach)
- Car Seats/Seat Belt



Safety

Indoor

- Fire alarms, extinguishers
- First Aid kits or emergency medicine
- Baby Proofing (Gates, Plug covers, etc.)
- Devices (Tablets, Phones, Computers)
- Emergency Plan

Where do you store the following?

- Medication
- Cleaning Products or Supplies
- Weapons
- Alcohol
- Tobacco, cigarettes, or electronic cigarettes (juices, devices, etc.)



Safety

Changing the Environment

- Childproofing the surrounding increases safety.
- Adding interesting items to decrease boredom.
- Removing items that may overwhelm the child.
- Organized room establishes routine.

Additional Considerations

- Car seats for any road travel
- Proper fitting helmet for a bicycle and skateboard
- Being transported by other drivers
- Sleepovers
- Traveling
- Supervision





Trauma



Self-Care Check-in



What is trauma?

A life-threatening or extremely negative experience – for a child or someone they care about – that overwhelms a person’s capacity to cope.



Activity: What is Trauma?



Types of Trauma

- **Acute:** A specific event, often a single occurrence that has lasting effects.
- **Chronic:** Ongoing, repeated, patterns of trauma.
- **Complex:** A type of chronic trauma that includes multiple traumatic events that may begin at young ages.

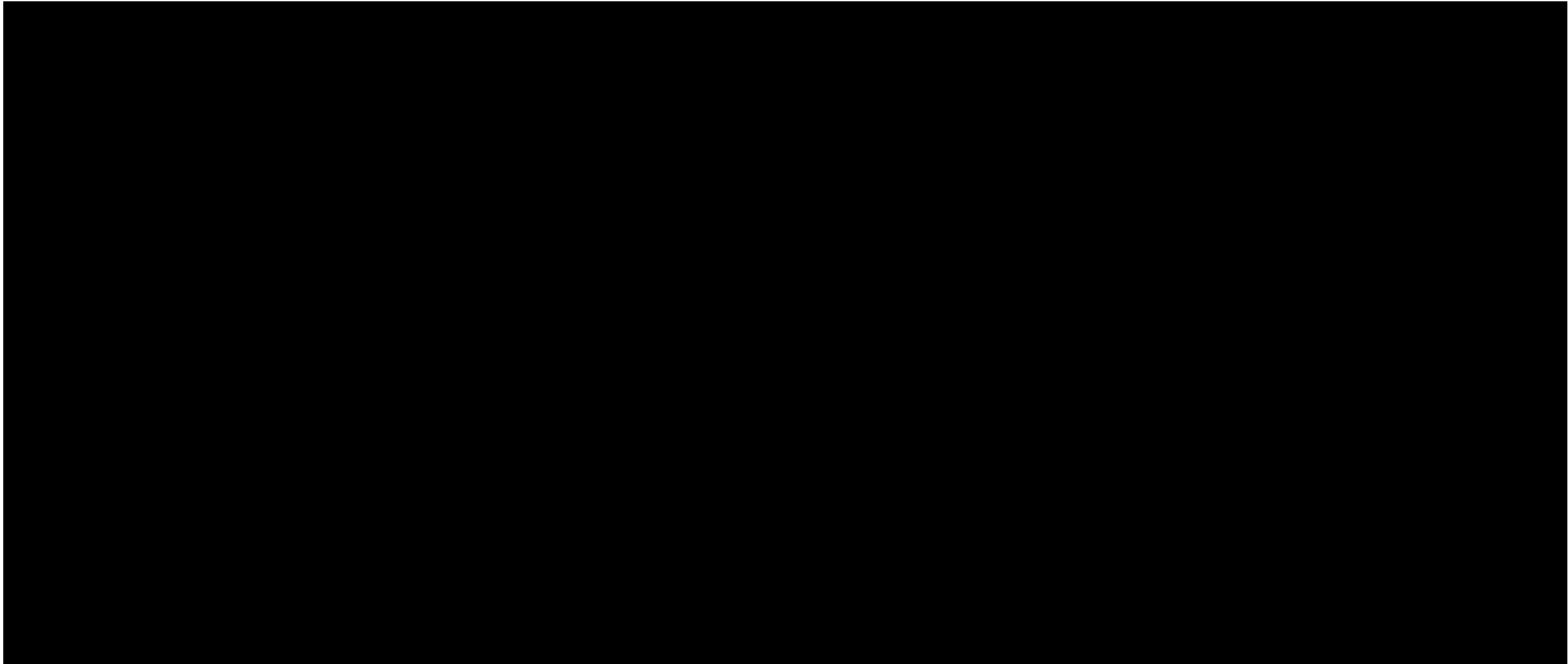
- **Inter-generational:** Collective and cumulative emotional wounding across generations and cumulative exposure to traumatic events that not only affects an individual, but continues to affect younger generations.
- **Historical:** A personal or historical event or prolonged experience that continues to have an impact over several generations.



Influence of Culture

- Cultural background, ethnicity, national origin, spiritual beliefs, language, traditions, and a history of oppression can all impact the way trauma is expressed for anyone, including children in care.
- Children have a right to know and be connected to their family history, traditions and culture.
 - This may be the same or different from your own culture or traditions.
- Strong cultural and familial connections can strengthen and build resiliency in youth faced with trauma.
 - As a caregiver, it is vital to respect and honor the way a child communicates, responds and processes their trauma.





Discussion: ReMoved

- What were Zoey's traumas?
- What were Zoey's behaviors in response to her trauma?
- How do adults unknowingly contribute to Zoey's ongoing trauma?





Adverse Childhood Experiences (ACEs)



What are ACEs?

- Adverse childhood experiences or “ACEs” are potentially traumatic experiences that occur in childhood which studies have shown to be linked to health problems, mental illness, and substance abuse in adulthood.
- Along with traumatic experiences there are other aspects of the child’s household environment that can also affect a child’s sense of safety, stability, and bonding. This could include such substance use, mental health problems, and parental separation (divorce, incarceration, deceased).



Types of ACES

Abuse

- Physical
- Psychological/Emotional
- Sexual

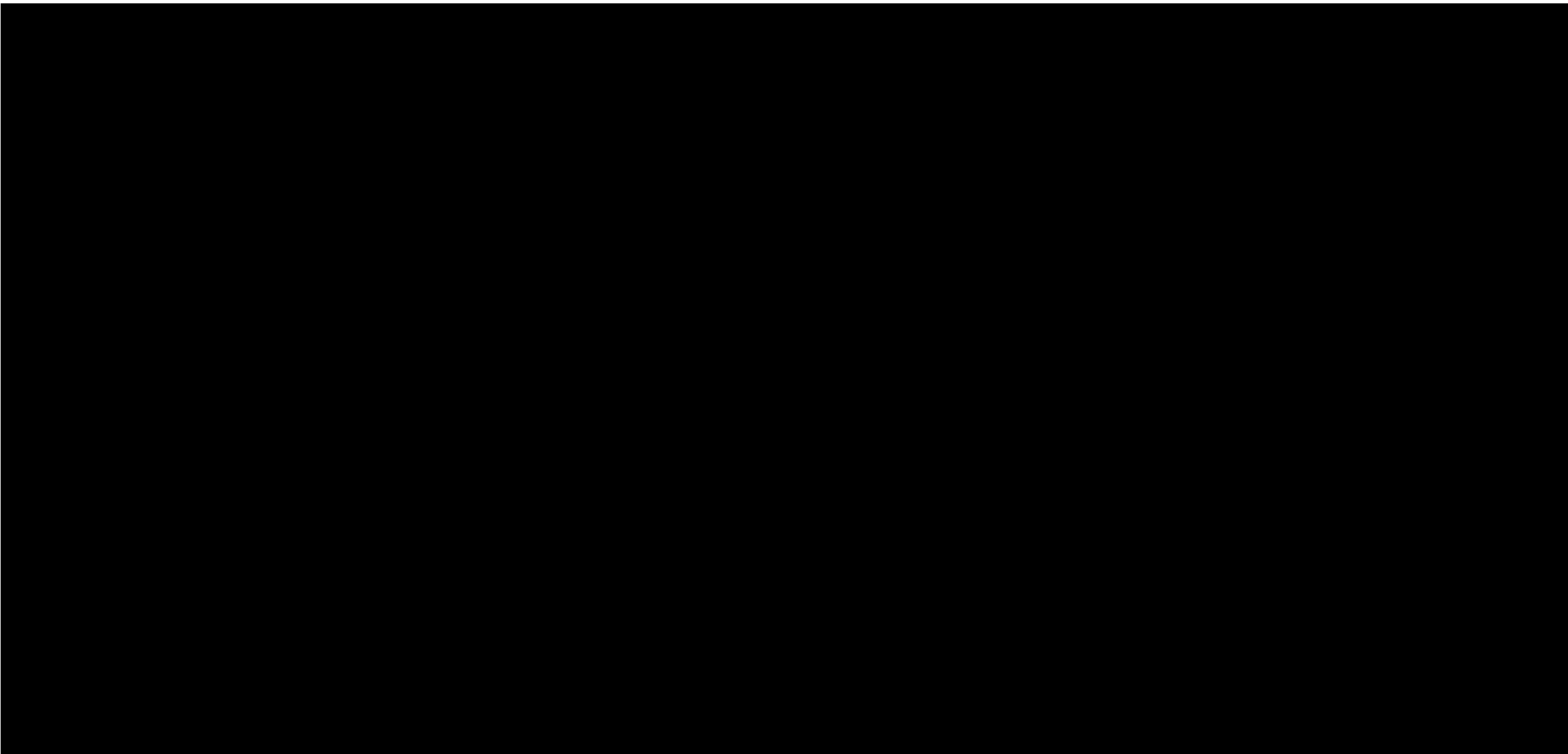
Neglect

- Physical
- Emotional

Household Dynamics

- Mental Illness
- Substance Use
- Divorce
- Incarcerated Relatives
- Intimate Partner Violence





Discussion:

What is one thing you learned?



QUESTIONS??



A stylized map of the Hawaiian Islands is centered on a light blue horizontal band. The islands are rendered in a muted, brownish-grey color. The largest island, the Big Island, is positioned in the lower right quadrant of the map, while the other islands trail off towards the upper left.

Mahalo!



References

- Animated “Sex Trafficking: What is it?” retrieved from [Sex Trafficking: What is it? - YouTube](#)
- Animated “We Can Prevent ACEs” video retrieved on June 19, 2020 from [We Can Prevent ACEs - YouTube](#)
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