



2023 STUDY RETROSPECTS

Effect of Trauma-Informed Supervision in a Youth Detention Center



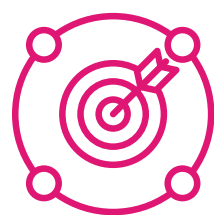
The Study

Hashweh et al,¹ analyzed existing data collected from a youth detention center providing trauma-informed care (TIC) to the center's youth.

The researchers hypothesized:

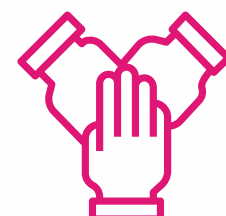
- TIC delivered in a trauma-responsive unit (TRU) model would reduce the number of incidents that put direct-care staff at risk of injury
- Due to safer working conditions and increased staff support, workers' job satisfaction and organizational commitment would increase.

Staff assigned to the TRU were trained using T-Care, a model based on Trauma Affect Regulation: A Guide for Education and Therapy (TARGET). Staff assigned to a non-TRU group provided treatment as usual to allow for comparison.



What is T-Care?²

T-Care is a staff training model that provides staff working with youth practical skills for identifying and managing stress reactions in the moment. Through T-Care, staff are taught how to use, coach, and role model four skills that promote self-regulation.



What is a TRU?

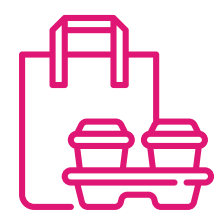
A trauma-responsive unit (TRU) is a unit designed to support the youth-staff relationship through consistent staffing, higher staff-youth ratios, and programming designed to enhance rapport and reduce aggression.



The Results

In the nine-month period of data collection, there was a significant decrease in the injury rate of staff working in a TRU compared to staff working on the treatment as usual unit.

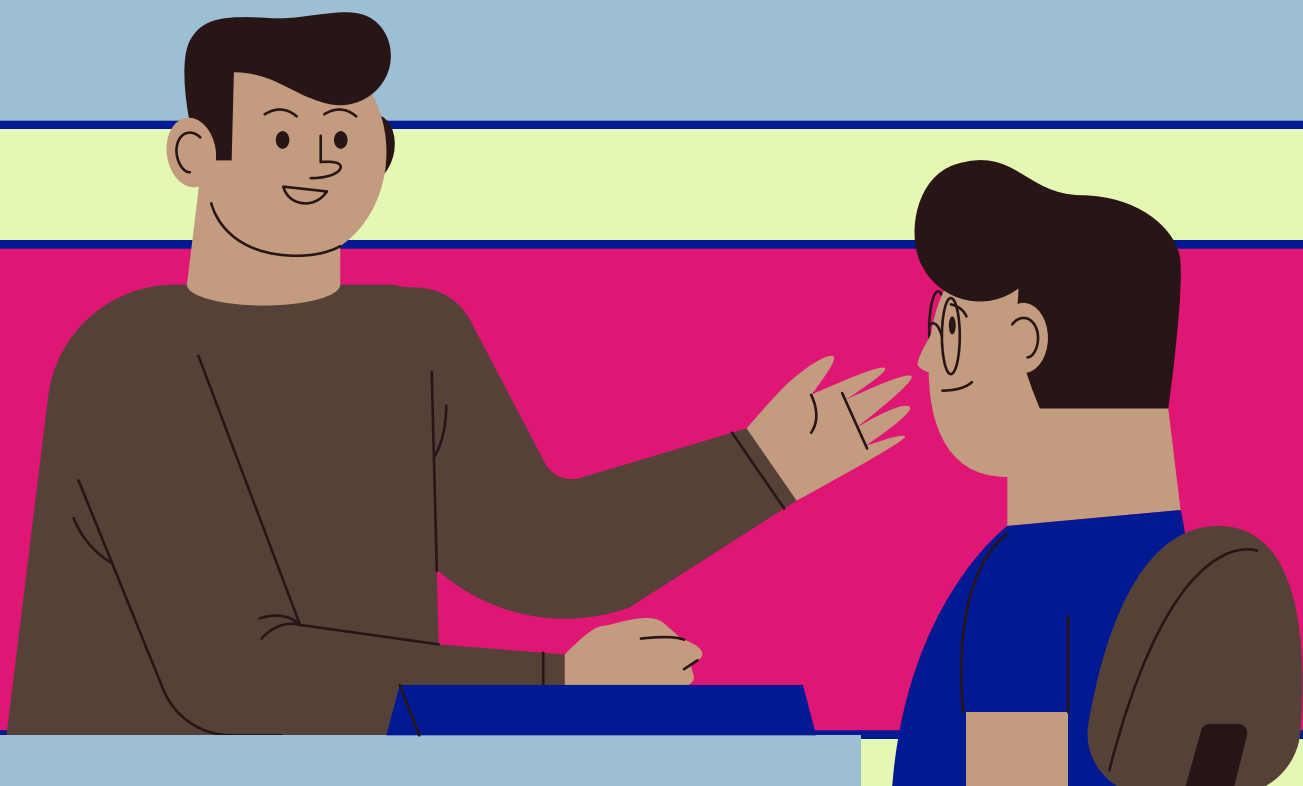
The study demonstrated that TIC, in the form of T-Care, resulted in a safer workplace along with decreased levels of stress and more confidence reported by staff.



The Takeaways

The study is limited by its small sample size, but the data has positive implications. TIC delivers many benefits in detention settings such as:

- significant decreases in youth-on-youth aggression
- reductions in staff injuries
- positive changes in youths' perceptions of staff



Scan here to contact CTRJJ and find more information on TARGET and T-Care.



Sources:

1. Hashweh, N., Johnson, F., Chrusciel, T., & Barnes, A. (2023). Effect of trauma-informed supervision in Youth Detention Center: A retrospective study. *Journal of Family Trauma, Child Custody & Child Development*, 1-14. <https://doi.org/10.1080/26904586.2023.2218856>

2. <https://www.atspro.org/targetcurricula>