

Case Example: Miss B.

Tia is 16 years old and has been in the care of Miss B. for the past few months. Tia's mother has been in a long-term relationship with her boyfriend, Rodger, since Tia was 8 years old. Tia said when she was 12 years old Rodger became her boyfriend and he has used Tia to have sex with other men for money to help pay rent. Miss B. has been a resource parent for about 3 years. While overall, Tia who is has been making a lot of gains in Miss B.'s home, there have been some challenges as well. At times Tia has been verbally aggressive toward Miss B. Most recently stating when she was upset that Miss B. is mean and her rules are unfair. Miss B has recently had Lily, another foster child who is 14 years old, placed in her care. She has noticed that Tia has been getting into arguments and making threats toward Lily when she is upset about her touching her stuff. While Miss B is empathetic, she is also concerned about Lily who has told her she doesn't like Tia because she isn't nice to her.



- Does this scenario seem familiar to you?
- What do you think is going on with Tia?
- What specific challenges does this type of situation pose for a caregiver?
- How might Miss B. be an emotional container?

- ❖ *Facilitator Note: The specific slides for this case example are not in the Participant's Manual. Rather, the case example handouts are in a separate document to facilitate easily changing them out to use a different case example. All of the case examples are available on the Facilitator's web page you used to access the training material at <https://ctac.uky.edu/rpc>. It is suggested that you pass out these case examples at this point in the training, or, if doing virtually, be sure to send them along with the Participant Manual link.*
- ❖ *This should be done as a large group discussion.*
 - We will be using this case example throughout today's session as we discuss the different concepts related to stress and well-being today. You can find the information from this slide on the case example handout.

Discussion- Case Example (5 minutes)

- Does this scenario seem familiar to you?
- What do you think is going on with Tia?
 - ❖ *Facilitator Note: Answers to look for and highlight in "What is going on for Tia":*
 - Trauma reactions from her past experience are impacting behavior
 - May not have learned how to communicate safely

The case example on Miss B. and Tia has been adapted, in collaboration with Jennifer Hossler, MSW, and Maggie Huddle, MSW from their existing Project Intersect Case Study at the Georgia Center for Child Advocacy, for use with populations that are serving Commercially Sexually Exploited Children.

- What specific challenges does this type of situation pose for a caregiver.?
 - ❖ *Facilitator Note: Answers to look for and highlight in challenges for the caregiver:*
 - Hard to not personalize it
 - Feeling that the Tia needs to be given a pass based on history
 - Feeling powerless or helpless to support Tia
 - Feeling scared that she might hurt her or someone else
 - Hard to empathize or be compassionate towards her

- How might Miss B. be an emotional container?
 - ❖ *Facilitator Note: Answers to look for and highlight in “How Might Miss B be Emotional Container”?*
 - Being able to listen when Tia shares her feelings and allow her to talk about feelings.
 - Help Tia express feelings in safe ways (safe ways to be angry and frustrated)
 - Provide support to Miss B about her feelings when anger is directed toward her so that she can express her feelings.
 - Don't allow the situation to escalate by reacting with strong emotions. It is okay to have feelings, but in the moment keeping these in check models how we don't have to respond with anger even if we are feeling hurt. This allows us to model self-regulation and keep the event from escalating.

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Miss B: Discussion on Secondary Traumatic Stress and Coping

Tia told Miss B. that she really wanted to go to a school dance with a boy from her school. Miss B. was happy to hear that Tia was making friends and showing interest in a school activity. Tia then opened up to Miss B., about how scared she was that the boy would find out about her relationship with Rodger and would not like her. Tia then started crying and shared information about her sexual experiences with Rodger in more detail than Miss B. had heard before. Tia also told Miss B. that she has been having nightmares and dreams about some of the men that she had been forced to have sex with.



Miss B. had experienced sexual abuse as a child, which she had received support for in the past, but she has had several nightmares of her own in the past few weeks.

- How might hearing these details impact Miss B.?
- How might this impact her parenting?
- What are some ways Miss B. might cope with the trauma exposure?



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Case Example Part 2

Discussion- Case Example (5 minutes)

- ❖ *This should be done as a large group discussion.*
- How might hearing these details impact Miss B?
 - ❖ *Facilitator Note: Answers to look for and highlight in “How might hearing these details impact Agnes”*
 - *Trauma reminders for the caregiver and ways that they can identify if it is bringing up reactions from them.*
 - *Perspective changes in world view after seeing the impacts of trauma on the child.*
 - *Feeling sad that the child was exposed to the violence and/or angry at her step-dad and mom for harming/not protecting her*
 - *Feelings that she has been infected by the trauma and can’t unsee/unhear what the child shared with them.*

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- How might this impact her parenting?
 - ❖ *Facilitator Note: Answers to look for and highlight in “Impact on Parenting”*
 - *It may make her have more difficulty setting boundaries for fear of retraumatizing the child.*
 - *It may make her more sensitive to how they react to behaviors as she can now link them to the trauma history.*

- What are some ways that she might cope with the trauma exposure?
 - ❖ *Facilitator Note: Answers to look for and highlight in “Coping Strategies”*
 - *Trauma reminders for caregivers and how to respond to these (e.g., engaging in ways to get back inside her window of tolerance- taking deep breaths, grounding etc.).*
 - *Tia needs to see that Miss B can handle hearing about these details and be supportive of her. How she reacts is important. This is a good lead into the next slide that focuses on coping strategies.*

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