

2nd to 5th October 2018

EUSARF 2018 PORTO

Residential Care Professionals: Evaluation of Attitudes and Needs for Trauma-Sensitive Systems

Friday, 5th October @ 10:45: What about Runaways? Empowering Caregivers in Residential Care (Venue: Miragaia)

Prof. Elisa Veiga (Faculdade de Educação e Psicologia da Universidade Católica Portuguesa), Prof. José Carlos Rocha (CPTL - Centro Psicologia do Trauma e Luto), Ms. Helena Barbosa (CESPU), Dr. Emanuel Santos (CPTL - Centro Psicologia do Trauma e Luto), Prof. Mariana Negrão (Faculdade de Educação e Psicologia da Universidade Católica Portuguesa)

Despite the global pressure for the deinstitutionalization of children in care across Europe, and recent changes in national legislation, Portugal continues to be a country with a very high prevalence of residential care amongst at risk children (87,4% - ISS, 2016). These children have been exposed to multiple traumatic events that can disrupt their emotional, relational and psychological development. In this context, front line residential care workers play a critical role to effectively respond to this children and youth needs, which frequently has severe impact on professionals' role and wellbeing. Trauma-sensitive or trauma-informed, practices aim to increase awareness of the effects of traumatic events in children, enabling the best care for these children, providing a safe and healthy environment. Simultaneously, building skills among residential care workers will contribute to the development of assessment and timely referral for treatment. However, there is lack of evidence of the differential effect that trauma-sensitive attitudes may have on desired outcomes, like preventing vicarious traumatic stress or reducing known health impairment in such relevant and at risk group of professionals.

This study aims 1) to evaluate relevant attitudes towards Trauma-informed care in residential care workers, 2) to evaluate correlations with secondary traumatic stress symptoms; and 3) to correlate trauma-sensitive attitudes with productivity impairment.

After informed consent, residential care workers are asked to complete a socio-demographical inquiry, ARTIC (Attitudes Related of Trauma-Informed Care) Portuguese version, Secondary Traumatic Stress Scale and WPAI (scale of productivity impairment). The sample is composed by 101 care workers, 75.2% women, 74.3% with university degree, mostly Psychology and Social Work.

The results clarify the reliability of ARTIC scale and show negative correlations with Secondary Traumatic Stress symptoms ($r=-.41$) and Productivity Impairment ($r=-.27$). The most relevant effect was found on the Self-efficacy at work with Traumatized populations.

Discussion focuses the elements required to address residential care worker's needs in training and supervision regarding the implementation of a trauma-sensitive system.