

Course Description:
ENRH 174 TRACE (Therapeutic arts Relieving Adverse Childhood Experiences)

Course Director: Dalia Mitchell, MS2, Madeline Tovar, MS2, and Ambrie Davis, MS2

Faculty Sponsor: Dr. William (Gary) Reed, Professor, Dept. of Internal Medicine; Dr. Benjamin Levi, Associate Professor, Dept. of Surgery

Student Liaison: Ofelia Negrete Vasquez, MS3 and Bidyut Mani, MS2

Requirements:

- Student at UT Southwestern (Medical School MS1s and School of Health Professions Students)
- Availability to volunteer at Dallas Juvenile Detention Center in Spring 2022-Fall 2022
- Age 21+ (requirement of DJDC)
- Must attend the DJDC training session and 6/8 other sessions
- Reliable internet service
- Student must be accepted to TRACE fellowship by application

Minimum participants for course to be conducted: 4

Maximum number of students per course: 20 (enrolment conditional upon an application)

Rationale: Adverse Childhood Experiences (ACEs) have a considerable impact on health and wellbeing, and it's crucial that interventions are created to address and minimize the effects of traumatizing experiences on children. Studies have revealed that 45% of children in the U.S. have experienced at least one ACE, and the subsequent poor health outcomes that come with it. Additionally, it is important to note racial disparities in the distribution of ACEs. ACEs are even more prevalent among black children and Hispanic children, with rates of 61% and 51% respectively, and these populations are also least likely to have access to the resources to help them recover. These ACEs can have profound effects on a child's physical and mental health and wellbeing throughout their life when not adequately addressed. These negative effects can be mitigated by positive, supportive relationships with adults and opportunities to process these traumatic events. Within this elective, we are aiming to reach and positively impact individuals in the Dallas Juvenile Detention Center (DJDC) who have experienced ACE(s). This elective will provide students the opportunity to not only learn about the care of vulnerable populations, but also become actively involved in the implementation of a therapeutic intervention. Through lectures on topics such as the therapeutic benefits of art, working with children in juvenile detention, and trauma-informed care along with an interactive workshop on therapeutic art activities from a licensed art therapist, students in this elective will gain insight into how art activities can be therapeutic for children at the Dallas Juvenile Detention Center (DJDC). This

student organization and elective will be conducted in partnership with the directors of the DJDC through frequent meetings and oversight of activities from the DJDC.

Objectives:

- Understand the complexities and intricacies of care for children who have had Adverse Childhood Experiences
- Discover the therapeutic benefits of art and how to implement a therapeutic arts program within the DJDC
- Learn how to provide one-on-one engagement with children in this vulnerable population to build positive, strong relationships
- Build interpersonal and communication skills through preparatory lectures, training, and DJDC sessions

Format: A series of eight lunch lectures will be held during the fall semester via Zoom using one of the course directors' (Dalia Mitchell's) licensed Zoom account. Speakers will be recruited to speak on a variety of relevant topics ranging from the therapeutic benefits of art to trauma-informed care. Additionally, students will attend a 4-hour interactive volunteer training through the Dallas Juvenile Detention Center and an interactive therapeutic art workshop with a licensed art therapist.

Funding: Funding for both the art therapy workshop with the professional art therapist, along with art supplies for the TRACE program itself following the elective, has been generously obtained from Dr. Gary Reed through funds sent to the student center for the TRACE student organization.

Student Evaluation:

Grades will be pass/fail. Attendance of training and 6 of 8 lunch lectures is required to receive credit for the course.

Course Evaluation:

Grading will be pass/fail. To receive transcript acknowledgment, students must:

- obtain above attendance requirement
- complete the online REDCap course evaluation form

Schedule: The speakers and times are still being finalized, and the completed roster will be sent once it is completed.

Session 1: Orientation to TRACE (1 hour lunch talk)

Session 2: Adverse Childhood Experiences (1 hour lunch talk)

Session 3: Trauma-informed Care (1 hour lunch talk)

Session 4: DJDC training- Students will attend a 4-hour volunteer training course at the Dallas Juvenile Detention Center

Session 5: Therapeutic Benefits of Art (1 hour lunch talk)

Session 6: Working with children in Juvenile Detention + Working with resistant/mandated clients (1 hour lunch talk)

Session 7: Child and Adolescent (Developmental) Psychology (1 hour lunch talk)

Session 8: How to talk about and prepare for relationship termination (1 hour lunch talk)

Session 9: Art activities workshop with a professional art therapist (1 hour lunch talk)