

*Thank you for
being here!*
We'll get started
soon.

Lizbeth Meredith
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Trauma in 3D

Lessons Learned Working with and Parenting Hurting Kids







**Find me at lameredith.com
or Persistence U podcast and
online at Teachable**





**I was at a training of trainers for
new juvenile justice employees.**

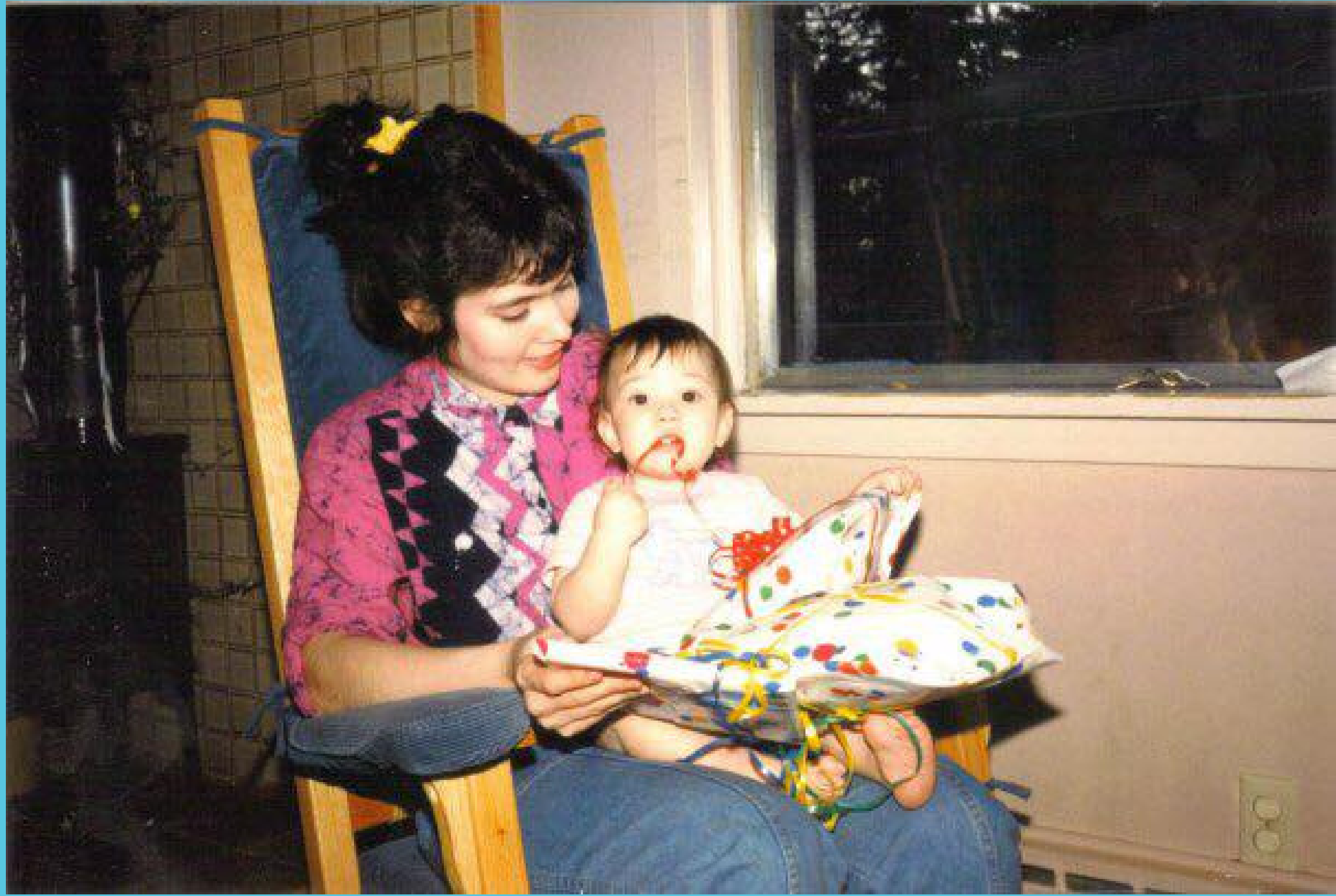


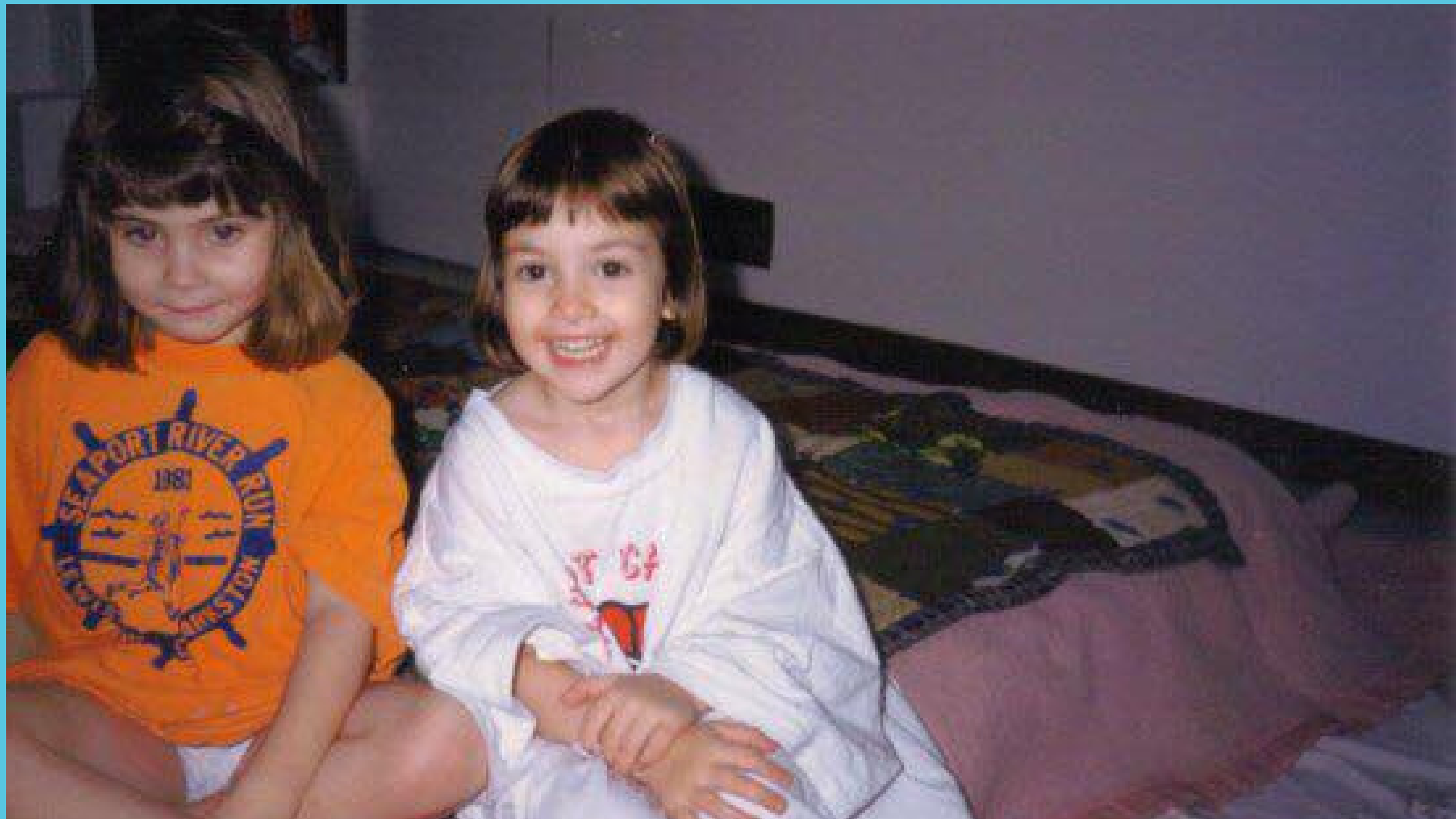
**ACE's and
Trauma-informed
Care
as a juvenile probation supervisor**



Before that, I worked as a child abuse investigator. Before that, as a domestic violence advocate.

**Now, decades in, here was a study that
connected so many dots.**







MARIANTHI CASSANDRA BASDARAS
MEREDITH ELENI BASDARAS

Endangered missing



MARIANTHI CASSANDRA BASDARAS

Missing: 03/15/94 Age Now: 6 Yr
Missing From: ANCHORAGE, AK
Birth: 07/30/87 Age Disap: 6 Yr
Sex: F Race: WHITE
Height: 4'0" Weight: 48 lbs
Hair: BROWN Eyes: HAZEL

Id Info: None available.

Circum: Child is missing with her sister, Meredith Basdaras. They may be in the company of their non-custodial father.



MEREDITH ELENI BASDARAS

Missing: 03/15/94 Age Now: 5 Yr
Missing From: ANCHORAGE, AK
Birth: 04/18/89 Age Disap: 4 Yr
Sex: F Race: WHITE
Height: 3'0" Weight: 38 lbs
Hair: BROWN Eyes: BROWN

Id Info: None available.

Circum: Child is missing with her sister, Marianthi Basdaras. They may be in the company of their non-custodial father.

ANYONE HAVING INFORMATION SHOULD CONTACT
The National Center for Missing and Exploited Children
1-800-843-5678

OR

ANCHORAGE POLICE DEPARTMENT (ALASKA) =
ANCHORAGE POLICE DEPARTMENT (ALASKA) =

Too many of the kids we work with are in the middle of the cycle of fight, flight, or freeze

Our old school messages and unyielding structure simply may not work for them.

When I was in graduate school....



Examples from work

Examples from home







Five Lessons Learned:

**1. Don't give up
expectations,
just expect things to
happen differently and
make adjustments.**

**2. Take care of you,
and don't go it alone.
Get a trauma-informed
clinician to help you deal.**

3. Extra curricular activities that focus on child's strengths are invaluable.

4. Maintain boundaries.

**Wise words from a therapist
about my toddlers.**

5. Remember, the ultimate goal of TIC and ACE's info is to help traumatized kids reach their developmental milestones and unpack their trauma, not to forget it.

FOR MORE INFORMATION ON ACES or Trauma-informed Care

<https://www.health.harvard.edu/blog/trauma-informed-care-what-it-is-and-why-its-important-2018101613562>

<https://www.cdc.gov/violenceprevention/aces/index.htm>

<https://www.youtube.com/watch?v=gRTwoJsNhGE>

"This book is a remarkably eloquent and harrowing account
of a journey that would tax any parent." *Kirkus Reviews*

PIECES OF ME

RESCUING MY
KIDNAPPED DAUGHTERS

LIZBETH MEREDITH



Now an Audiobook!

The topics
are covered
here, too.
(Humble
brag!)

Questions and comments welcome!

