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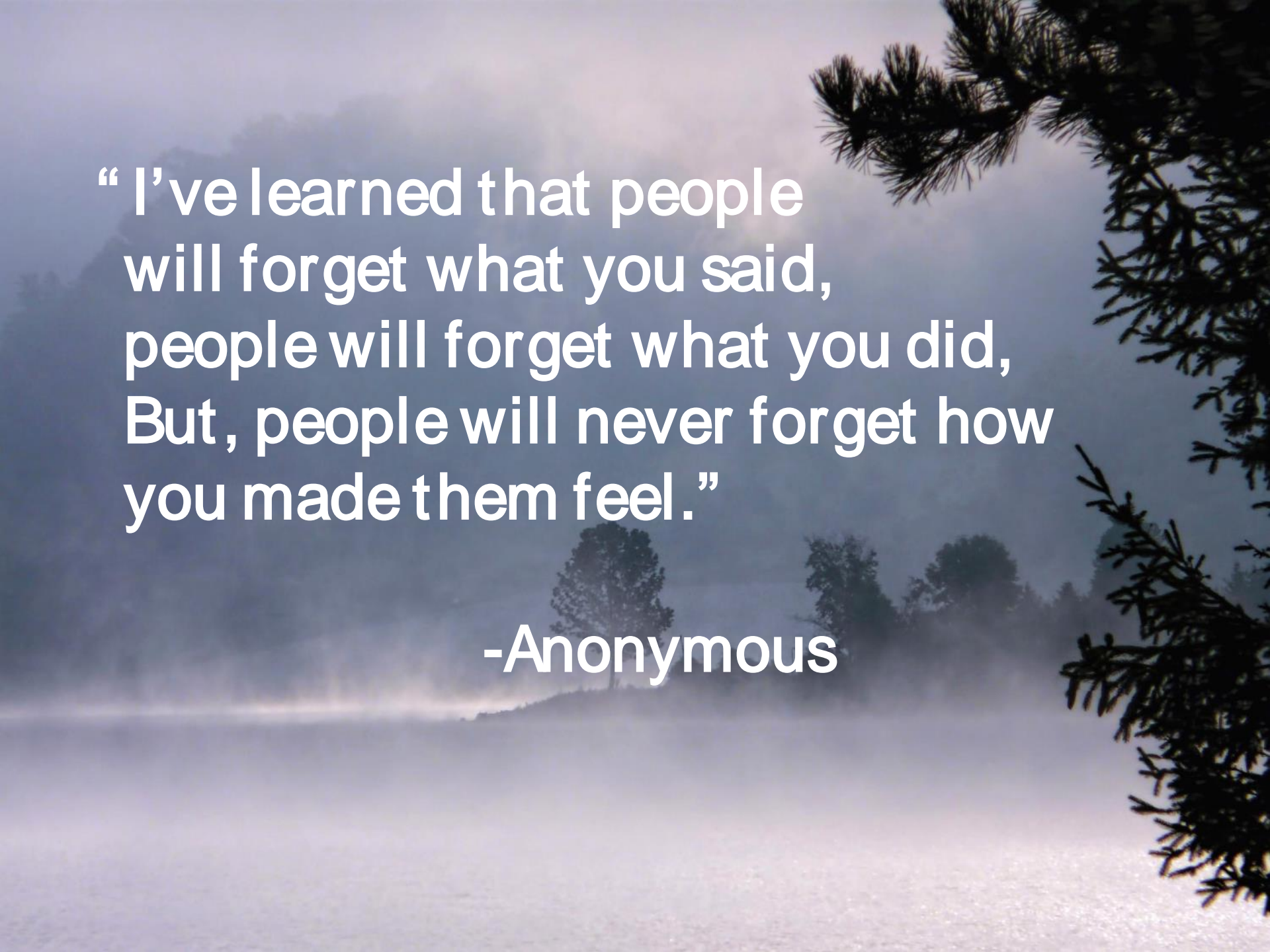
Introduction to the Trauma Informed Approach to Services

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WWW.HEALTHRECOVERY.ORG



A serene landscape featuring a calm lake in the foreground, with a misty or foggy atmosphere. In the background, there are silhouettes of trees and a soft light source, possibly the sun, creating a gentle glow. A dark pine tree branch is visible in the upper right corner, framing the scene.

“ I’ve learned that people
will forget what you said,
people will forget what you did,
But, people will never forget how
you made them feel.”

-Anonymous

Definition of Trauma

- Extreme stress that creates an overwhelming sense of terror, helplessness and horror
- An experience of a threat to life, bodily integrity or sanity
- Only the individual can decide whether an event or experience is traumatic

A **normal response** to an abnormal event

The impact of violence on both men *and* women is *inadequately understood and addressed* by service providers.

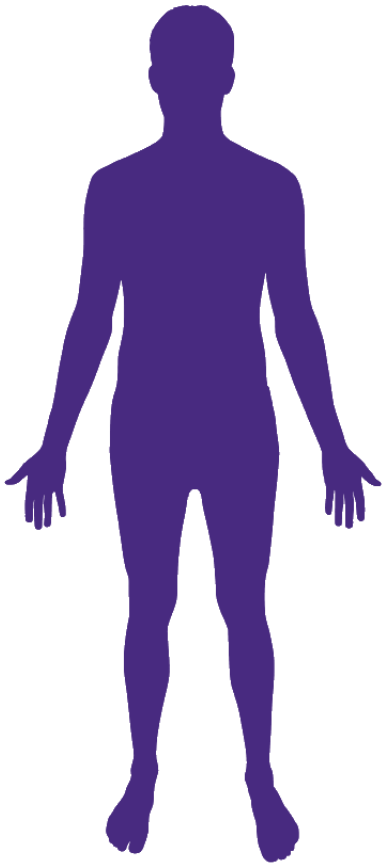
Why Employ a Trauma Informed Approach?

- Trauma is a common experience in the lives of the people we serve
- Trauma informed care is more than a set of principles or therapeutic techniques
- It is a way of **being** that builds safety, trust, choice, collaboration and empowerment in our clients and each other
- Acknowledging the impact of trauma enhances our ability to provide exceptional care and improve outcomes

What behaviors and attitudes have you encountered among people being served that are difficult for you to deal with?



The Impact of Trauma on The Individual



Spirit

The way one makes sense of their world and life events.

Mind

Thoughts, feelings, and patterns of thought.

Body

The physical aspects of the individual including overall health.

The experience is over but the impact continues

Past Experience



Present



Future Expectation



ACE Study

- Collaboration between Kaiser Permanente (Felitti) and the Center for Disease Control (Anda)
- 17,500 surveyed re: adverse childhood experiences prior to age 18 against adult health status

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ACE Study

- Found compulsive use of nicotine, alcohol and injected street drugs increases proportionally in a strong, graded, dose-response manner that closely parallels the intensity of adverse experiences in childhood.

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ACE Study

- ACEs not only common, but effects were cumulative
- A male with an ACE score of 6 or more was 4600% more likely to become an IV drug user

Felitti and Anda, 1998. www.cestudy.org

Common ACEs

Recurrent & severe physical abuse	11%
Recurrent & severe emotional abuse	11%
Contact sexual abuse	22%
Growing up in a household with:	
<i>Alcoholic or drug-user</i>	25%
<i>Member being imprisoned</i>	3%
<i>Mentally ill, chronically depressed, or institutionalized member</i>	19%
<i>The mother being treated violently</i>	12%
<i>Both biological parents NOT present</i>	22%

Issues Associated with Trauma

People who have experienced trauma are at higher risk to experience:

- Substance use disorders
- Mental health problems
- Homelessness
- Incarceration
- HIV/HCV
- Chronic health problems

The Role of Substances in Coping with Trauma

- Self-soothing
- Modulate/regulate emotions
- Modulate/regulate physical states and sensations
- Block out or access memories
- Attempt to connect or disconnect with others and world

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The Role of Substances in Coping with Trauma

- Can lead to risk -taking/self-harm/poor self-care
- Create an altered reality
- To gain control
- To communicate the pain of trauma

ACE Study

Compared to persons with ACE score of 0, those with ACE score of 4 or more were:

- **2x** more likely to be smokers
- **12x** more likely to have attempted suicide
- **2x** more likely to suffer from alcoholism
- **10x** more likely to have injected street drugs

www.cestudy.org

Interpersonal Violence & Substance Use

- More than 20% of residents of domestic violence shelters report using substances regularly for the previous 5 years (Poole, et Al., 2008)
- 41–80% of women in treatment for substance use disorders have experienced intimate partner violence (Gutierrez et al., 2006)
- Among women in outpatient treatment for substance use disorders, 32.4% report intimate partner violence (Farley et al., 2004)

IPV & Substance Use

- 50% of men engaging in IPV have an alcohol disorder; 33% have a drug use disorder (Stuart et al., 2003)
- 50% of partnered men in SUD treatment have used IPV in the past year (Chermack, Fuller & Blow, 2000; Fals-Steward & Kennedy, 2005)

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IPV & Substance Use

- Men who use IPV are 11 times more likely to use IPV when drinking (Fals-Stewart, 2003)

Substance use may increase the risk and lethality of IPV but does not cause it.

Integrating Trauma Informed Principles

The Trauma-Informed Response

Trauma-Informed means understanding that individuals, their behaviors and attitudes develop within the context of *their life experiences, history, culture, and society.*

Trauma Recovery

Stage 1: *Establishing Physical & Emotional Safety*

Establish internal and external emotional and physical safety. Goals: Securing and maintaining safety, stabilizing symptoms, fostering self-care, developing coping skills

Trauma Recovery

Stage 2: *Remembrance & Mourning*

To understand and come to terms with the mental and physical impact of trauma. To tell one's story and to grieve for what has been lost.

Trauma Recovery

Stage 3: *Reconnection*

Reconnecting one's self, others, the world, and to hopes and dreams. To integrate memories and to find meaning.

(Herman, 1992)

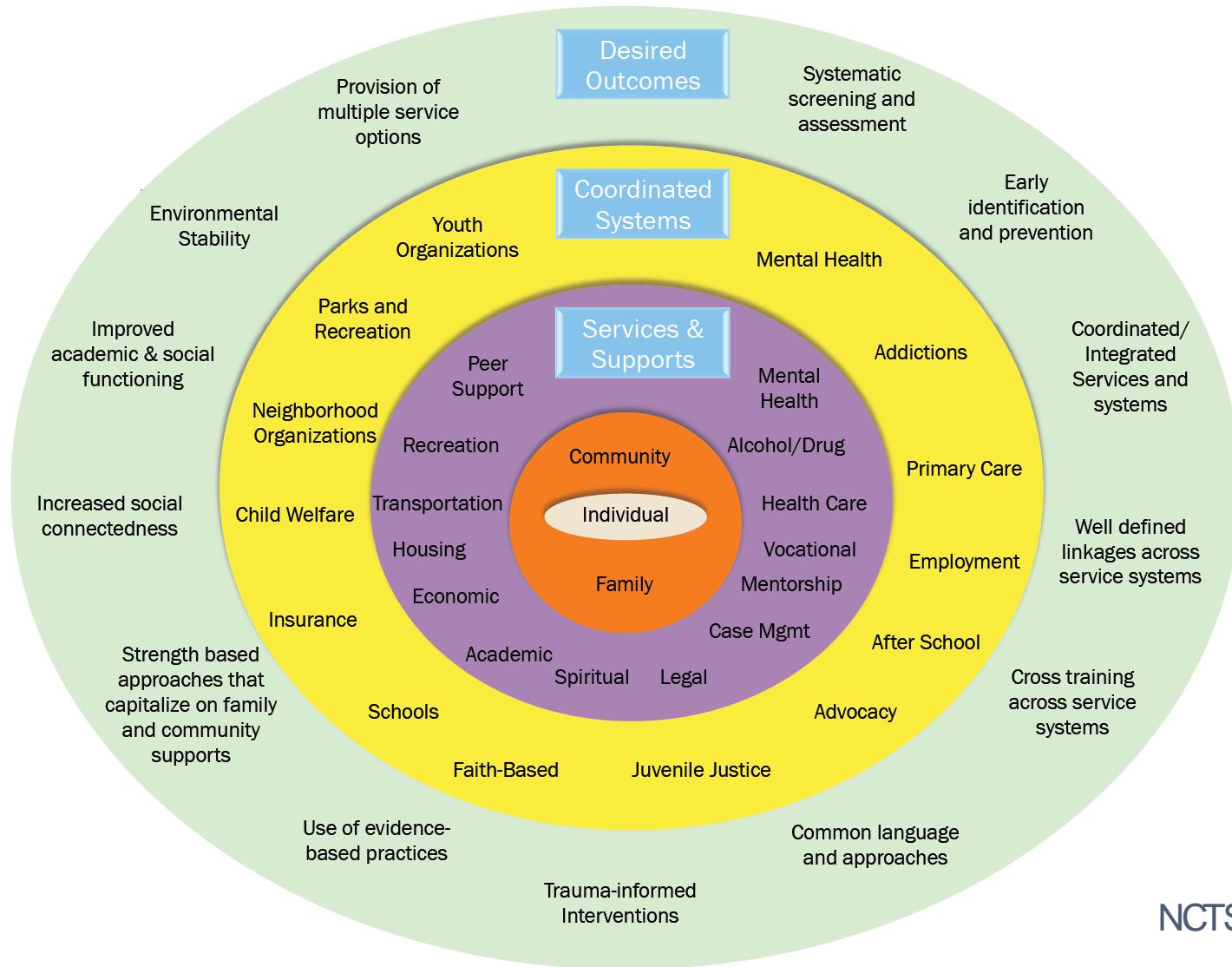
Principles of the Trauma-Informed Approach

1. Trauma is central and pervasive; it affects every aspect of a person's being
2. Universal precautions should be used; no one should have to disclose prior trauma to receive trauma informed care

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Principles of the Trauma-Informed Approach

3. Attitudes, behaviors and symptoms are the individual's **BEST** attempts to cope
4. Goal is to return a sense of safety, autonomy and control to the individual and community



NCTSN, 2011

Multi-layered Public Health Response

Strategic Public Health Approach Includes:

- Increase awareness of the harmful short - and long-term effects of traumatic experiences in children and adults
- Developing and implementing effective preventive, treatment, recovery and resiliency support services

SAMHSA, 2012

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Strategic Public Health Approach Includes:

- Building strong partnerships and networks to facilitate knowledge exchange and systems development
- Providing training and tools to help systems identify trauma early
- Informing public policy that supports and guides these efforts

SAMHSA, 2012

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Components of the Trauma Informed Approach

- An integrated approach to services includes supports that address physical, emotional, and social well-being.
- An integrated system includes peer support, along with services for primary care, mental health, substance abuse, as well as incorporating community programs.

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Components of the Trauma Informed Approach

- Integrated systems encourage cross-training, resource allocation and program development
- Desired outcomes resulting from an integrated system include environmental stability and improved social and academic functioning.

Strategies for Implementation

- Establish a safe environment
- Perform holistic assessment of service needs
- Provide information on trauma and trauma recovery
- Use an empowerment model; focus on strengths

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Strategies for Implementation

- Support development of healthy relationships; e.g., “Are you safe at home? With your friends?”
- Build healthy coping skills
- Provide access to trauma -specific services

Taking Care of Self

- Self-care is a priority and necessity, not a luxury, in the work that we do
- You have the power to take care of yourself and to take steps to reduce your risk





Resiliency Factors

- Balanced workloads
- Available Education
- Resources for self-care
- Good supervision
- Team building
- Supportive work environment



Thoughts, Questions, Comments?



Thank you.