

# Trauma-Informed Approaches in Our Community

Anacostia Park and Community Collaborative  
September 17, 2019

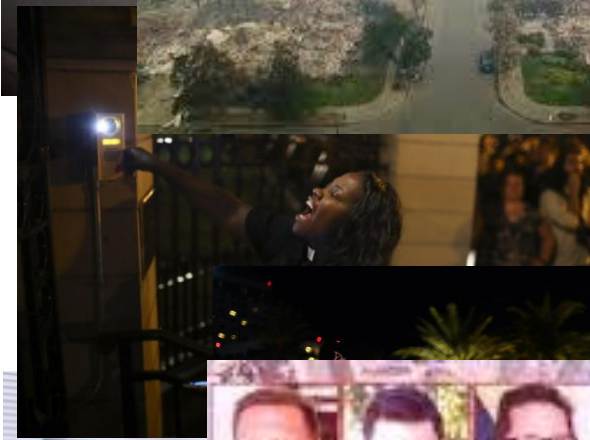


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When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.” To this day, especially in times of “disaster,” I remember my mother’s words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world.

*Fred Rogers*





# Today's Presenter



**Karen Johnson, MSW, LCSW**  
Senior Director of Trauma-Informed Services  
National Council for Behavioral Health



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# Overview

- Prevalence and Impact of Trauma
- Trauma- Informed Approaches in Our Daily Work



# What is Resilience?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. It means "bouncing back" from difficult experiences.



American Psychological Association. *The Road to Resilience*. Retrieved from <http://www.apa.org/helpcenter/road-resilience.aspx>



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# What is Trauma?

**Definition (SAMHSA Experts 2012) includes  
three key elements**

*Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as overwhelming or life-changing and that has profound **effects** on the individual's psychological development or well-being, often involving a physiological, social, and/or spiritual impact.*







# Intergenerational, Historical and Cumulative Trauma

“Cumulative emotional and psychological wounding, over the lifespan and across generations, emanating from massive group trauma experiences.”

Yellow Horse Brave Heart, 2003

Rethinking Historical Trauma: Narratives of Resilience

Aaron R. Denham, 2008



# Trauma Shapes Our Beliefs



- Worldview
- Spirituality
- Identity



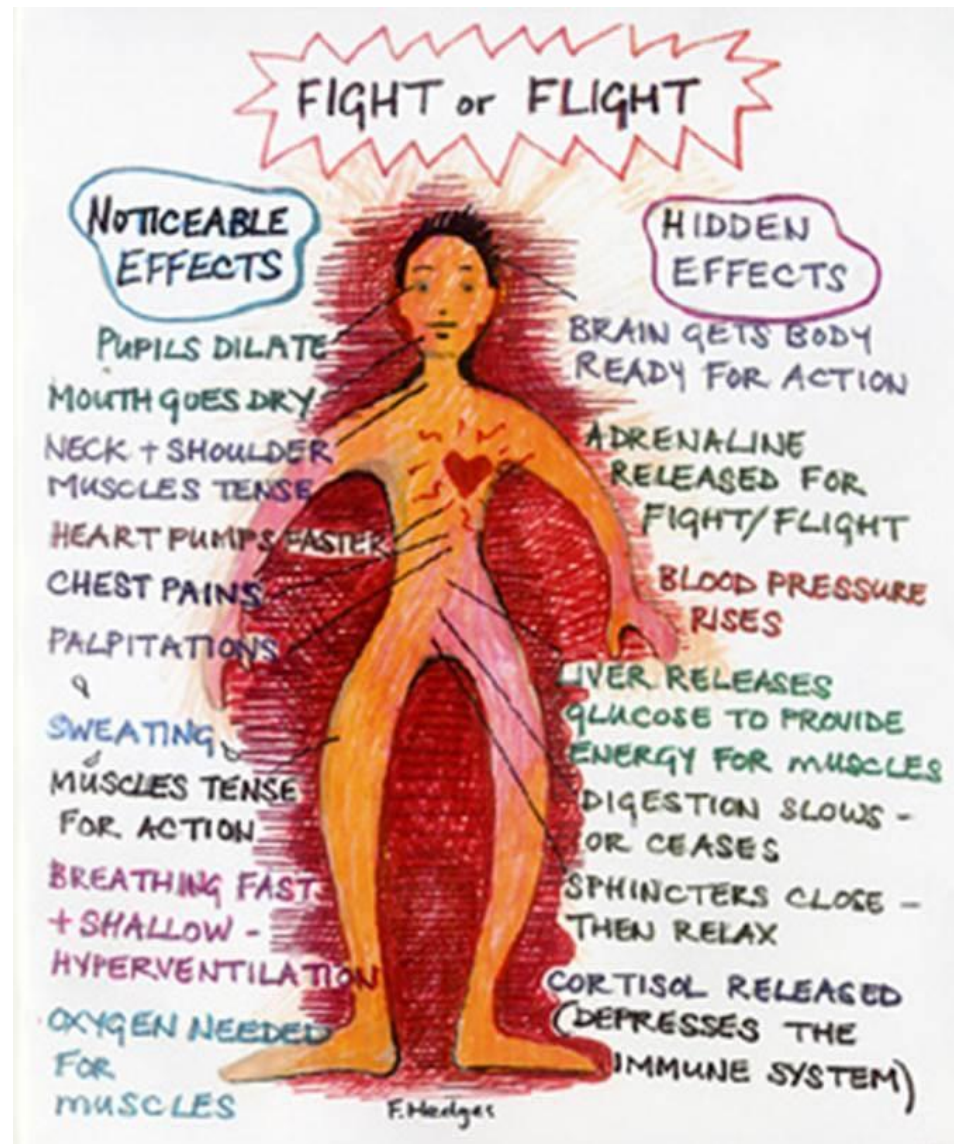


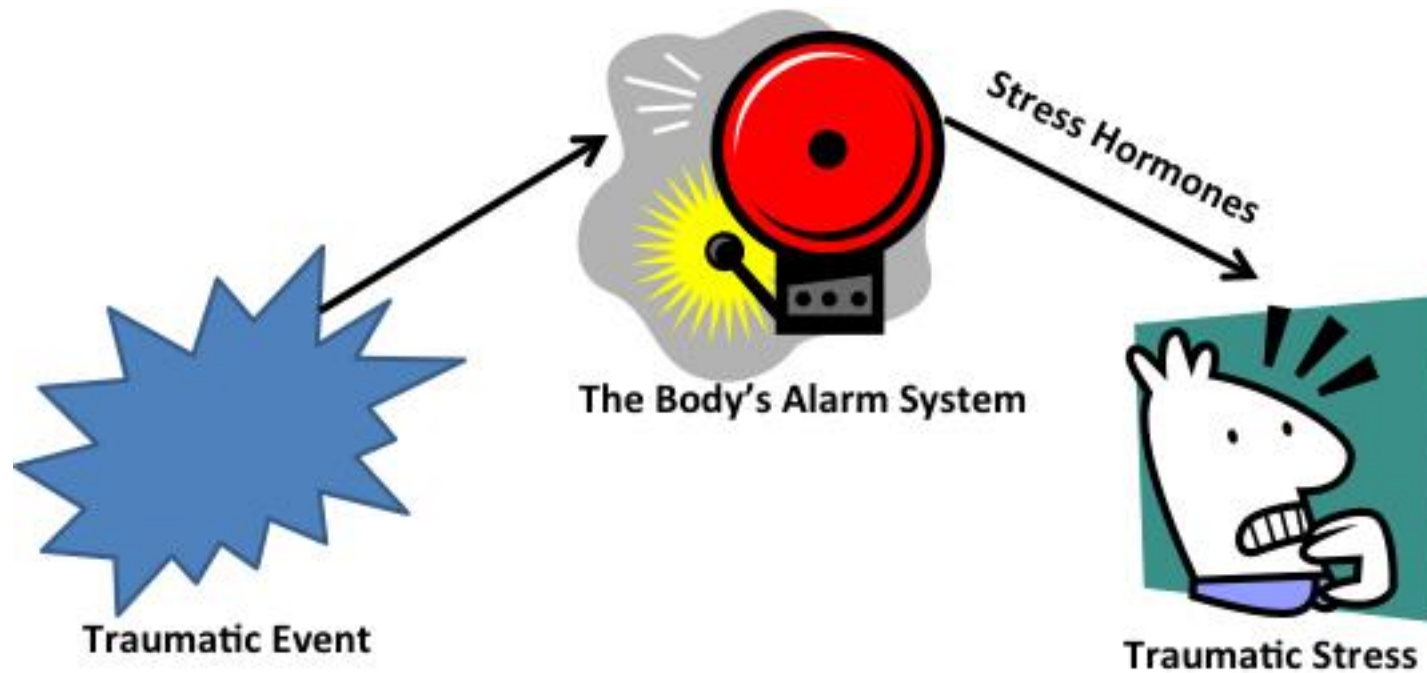
# Survival Mode Response





# Trauma's Impact on the Body





# Trauma and the Human Stress Response



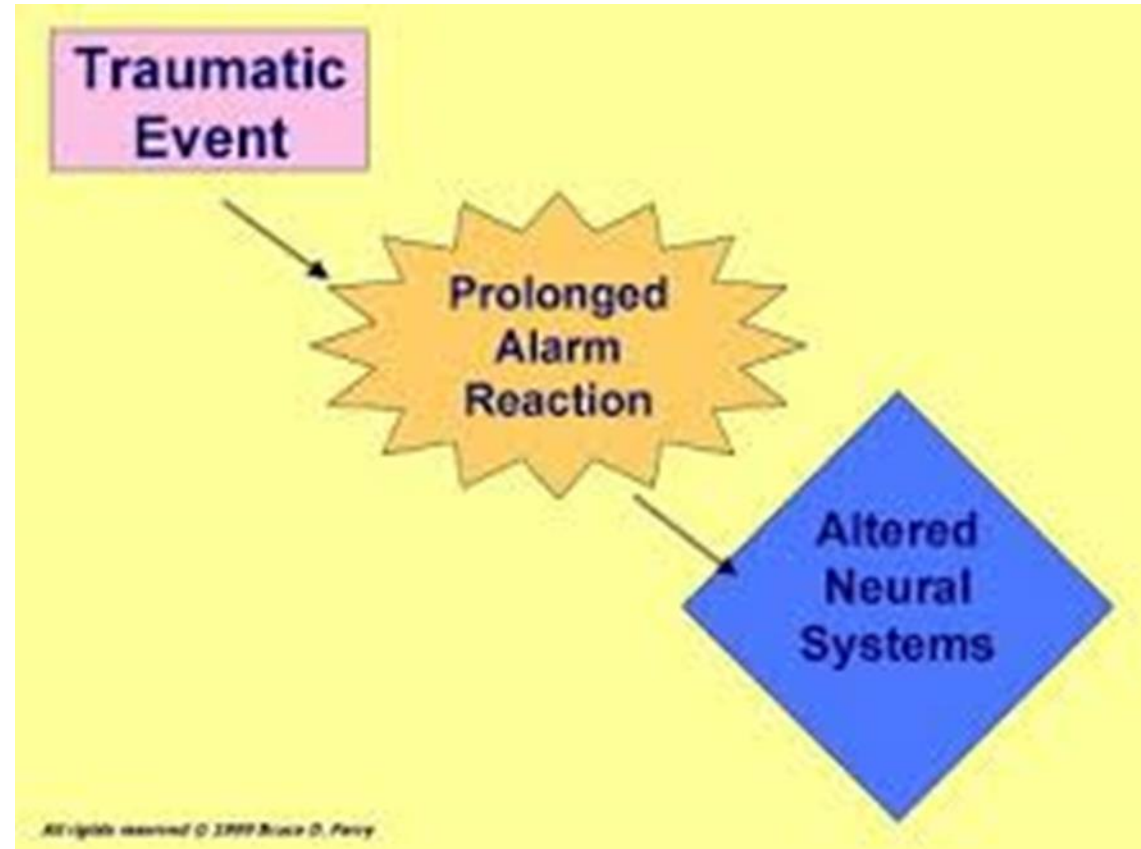
# Important Concept

## Use Dependent Development

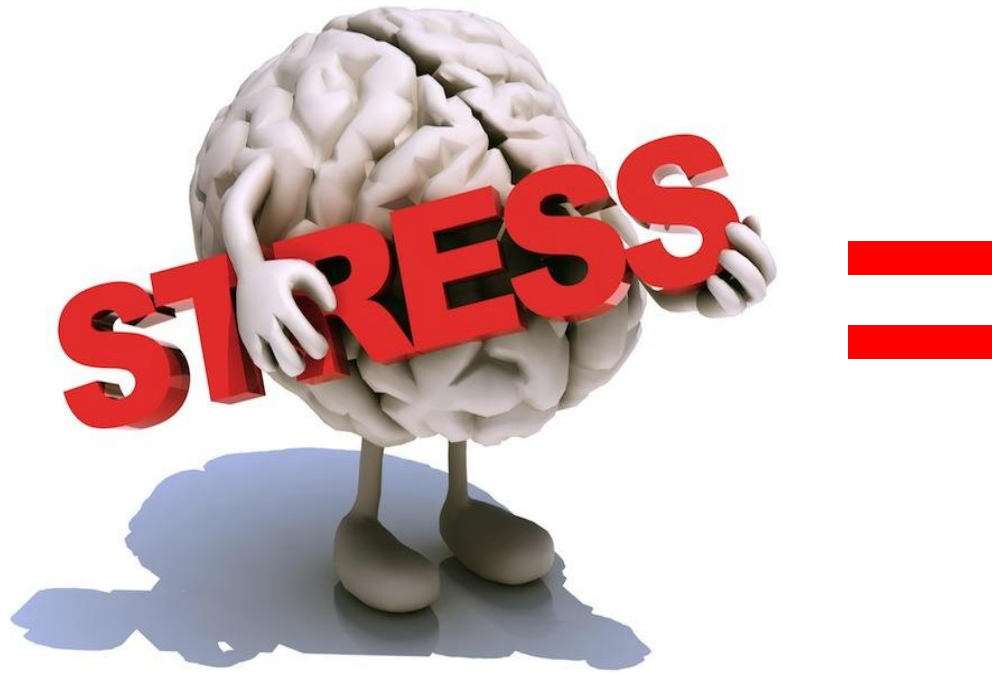
The more a neural system is activated, the more that system changes to reflect that pattern of activation

©

Dr. Bruce D Perry 2004-2015



# Survival Mode Response



Inability to

- Respond
- Learn
- Process



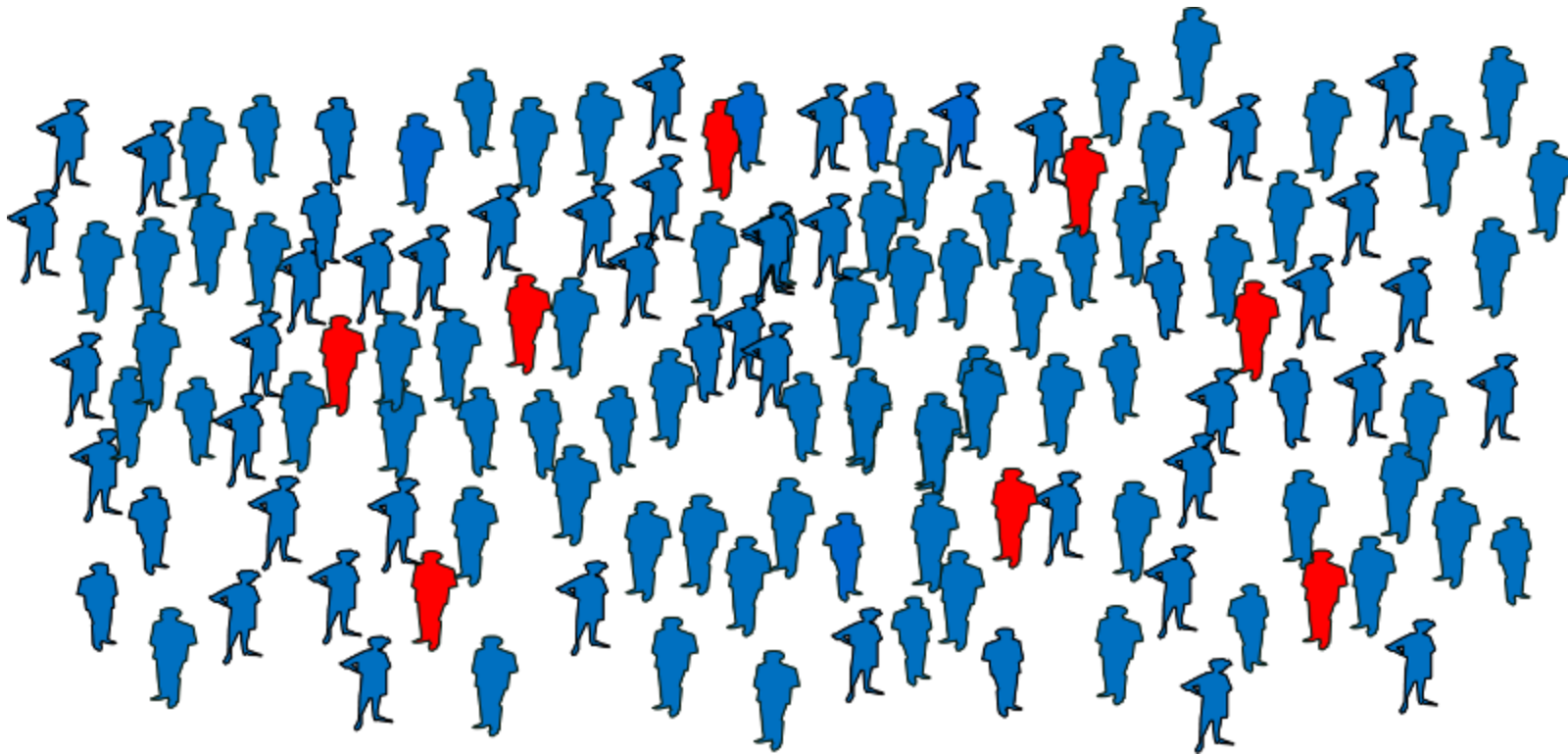


# Loneliness









# Adverse Childhood Experiences



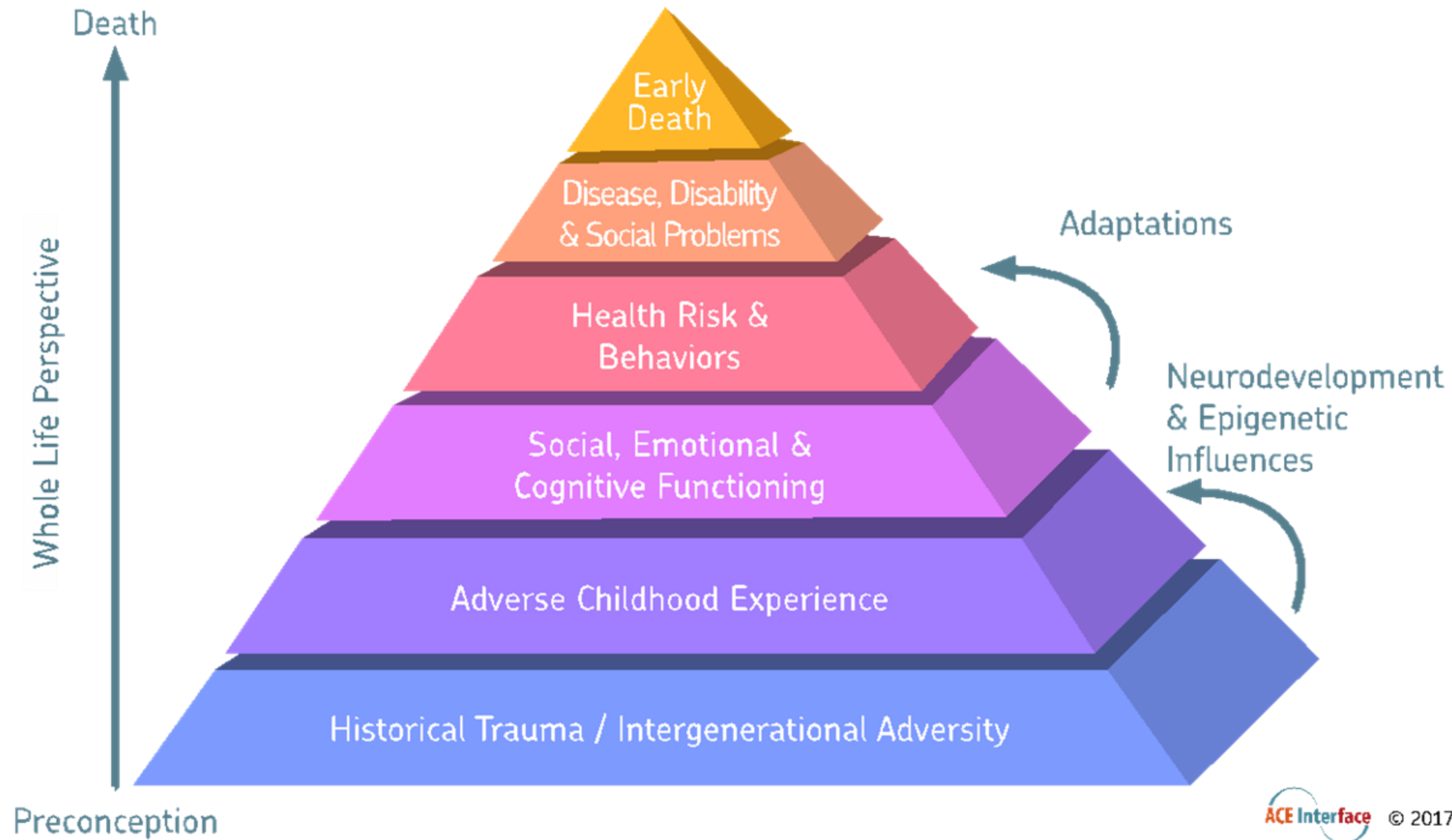
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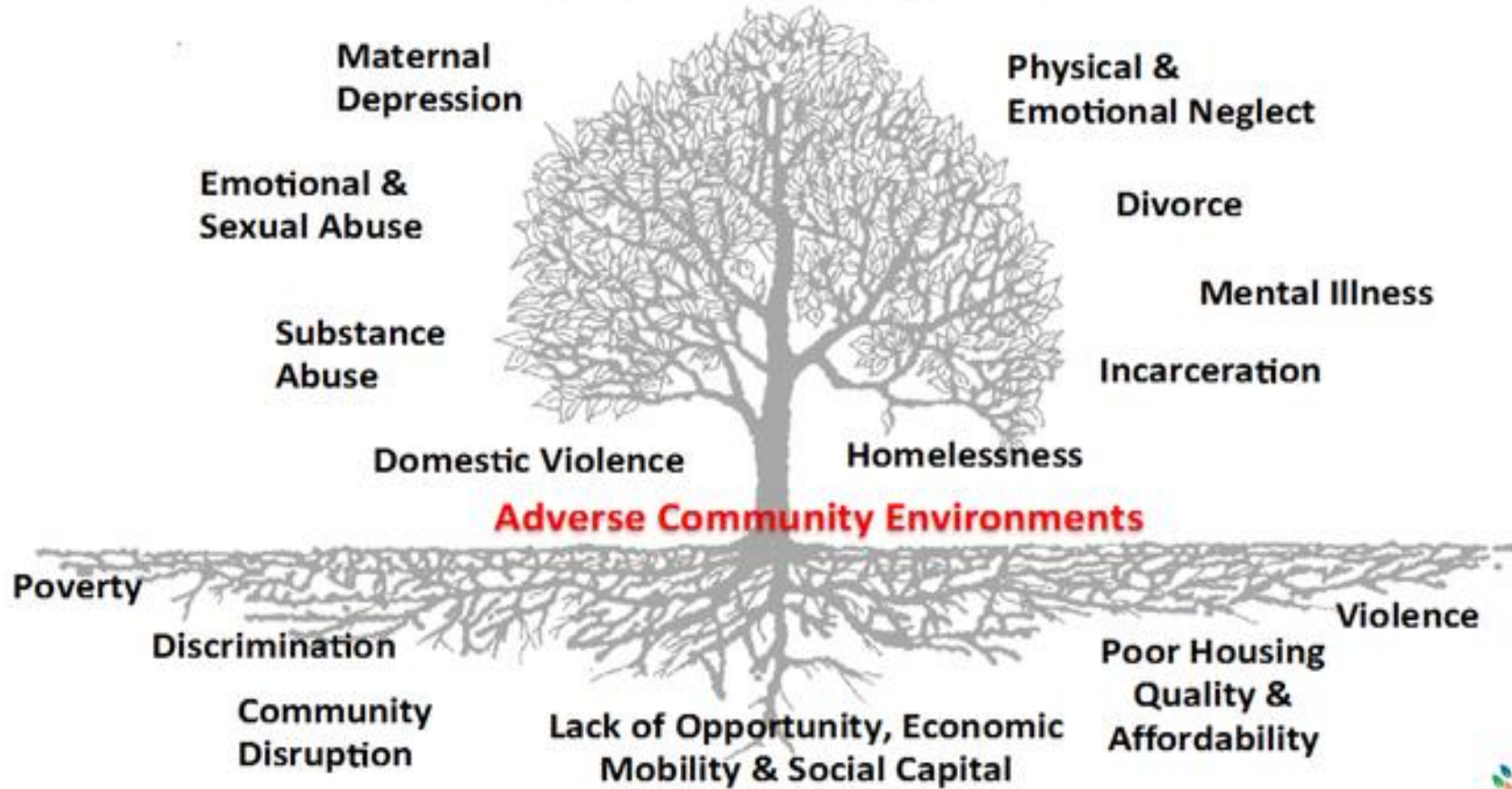




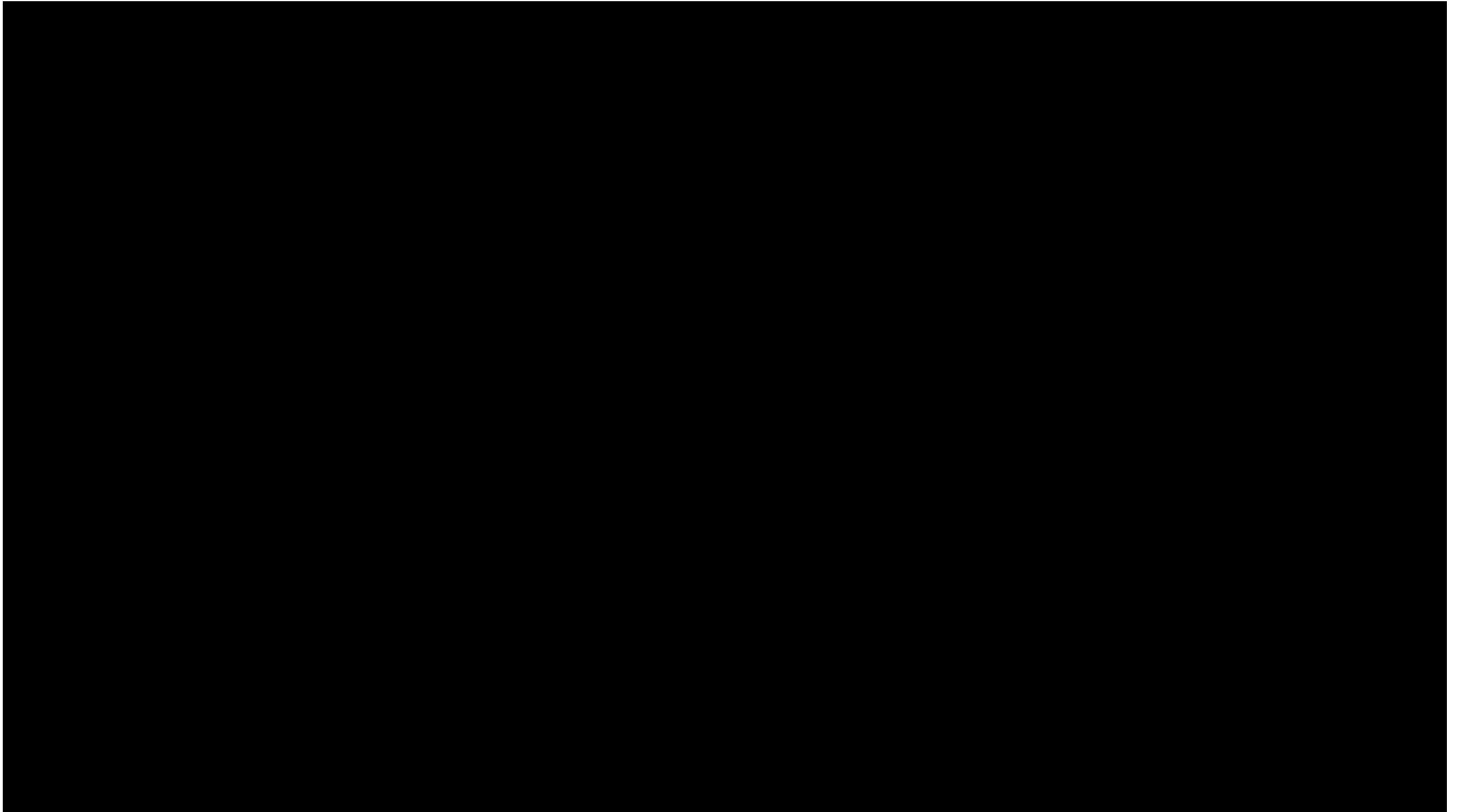


## The Pair of ACEs

### Adverse Childhood Experiences



# How Childhood Trauma Can Make You a Sick Adult



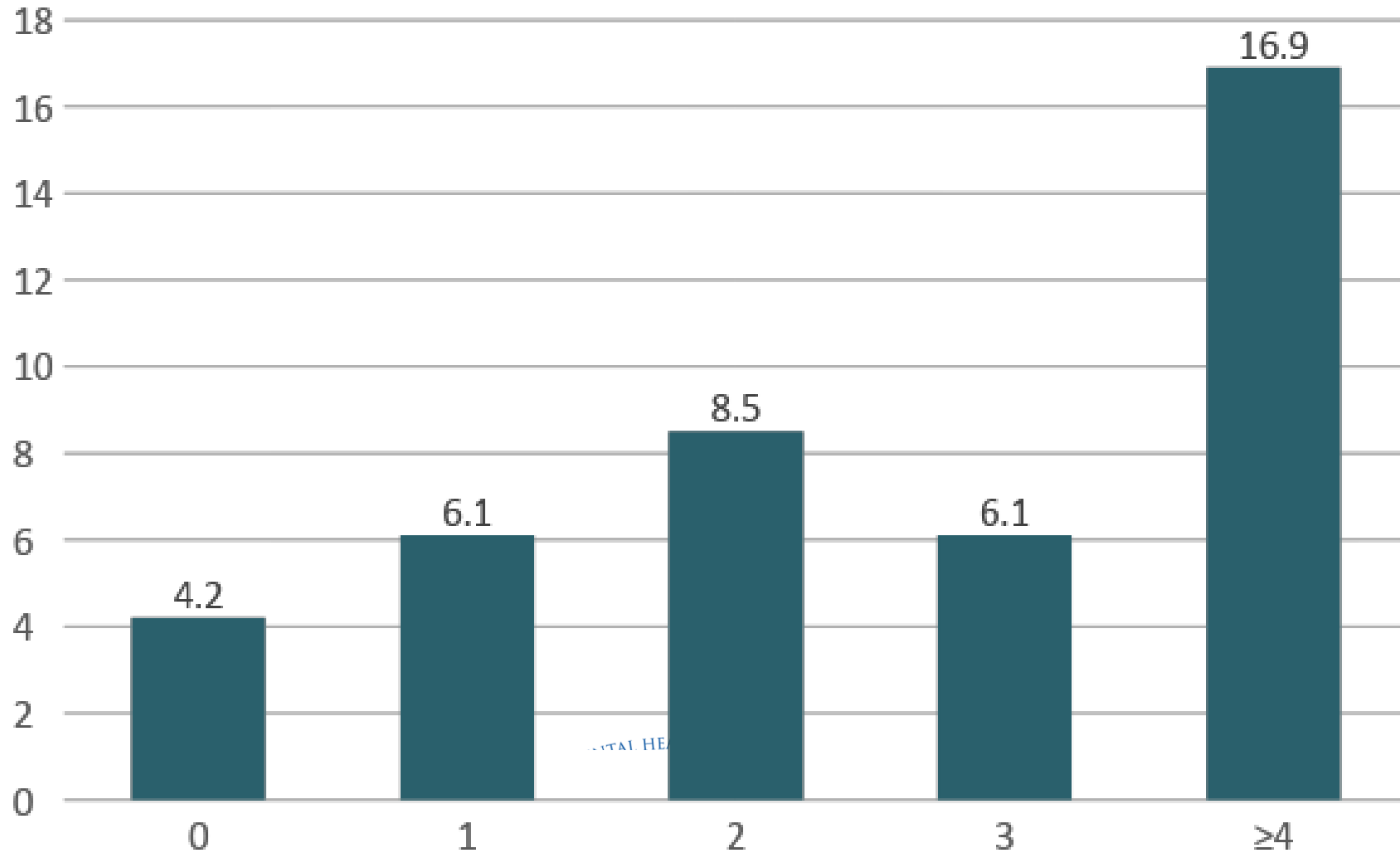
Trauma is a risk factor for Substance Abuse



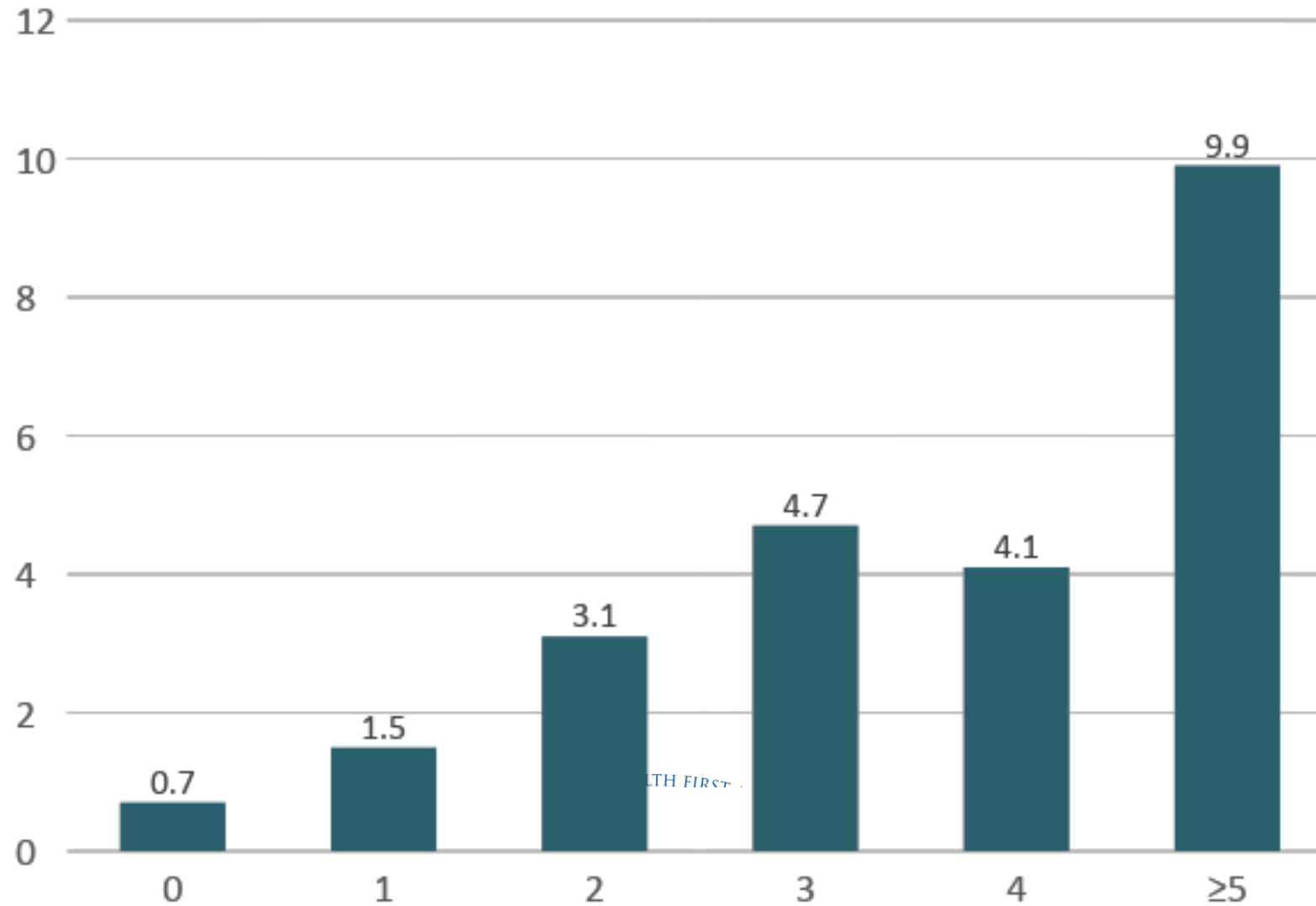
Substance Abuse is a risk factor for Trauma



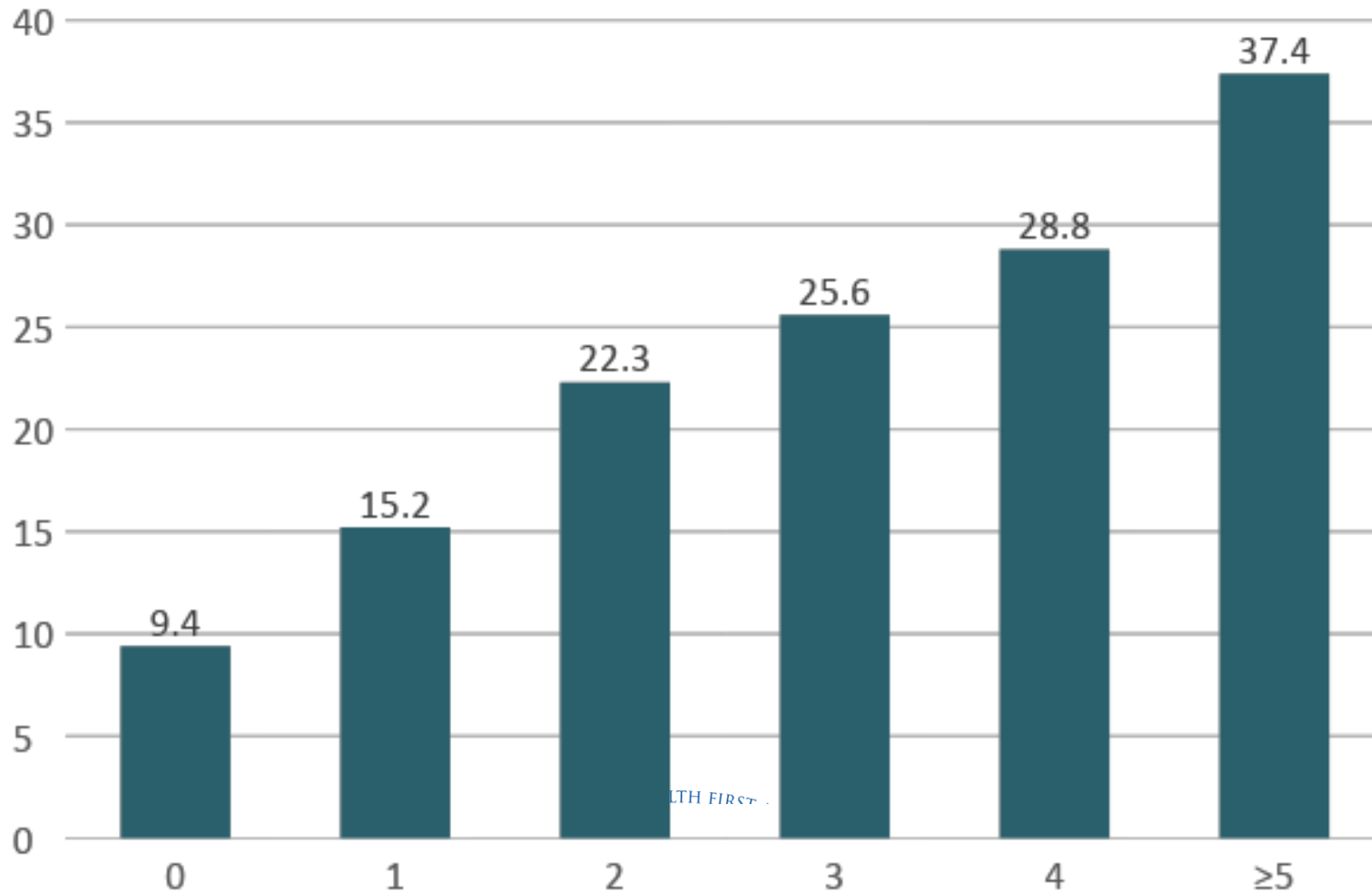
# Started Drinking Alcohol Prior to Age 15



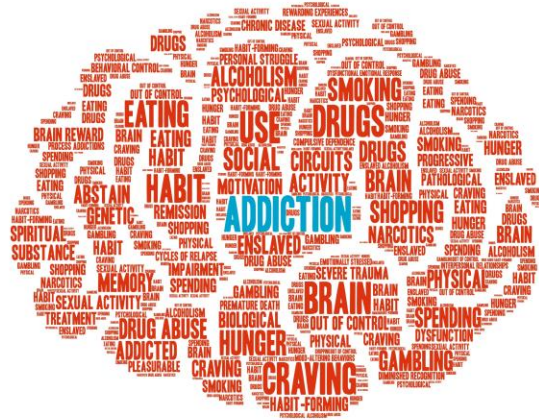
# Illicit Drug Use Before Age 15



# Illicit Drug Use as an Adult



# Gabor Mate's Definition of Addiction



*Any behavior that is associated with:*

- Craving and temporary relief
- Long-term negative consequences

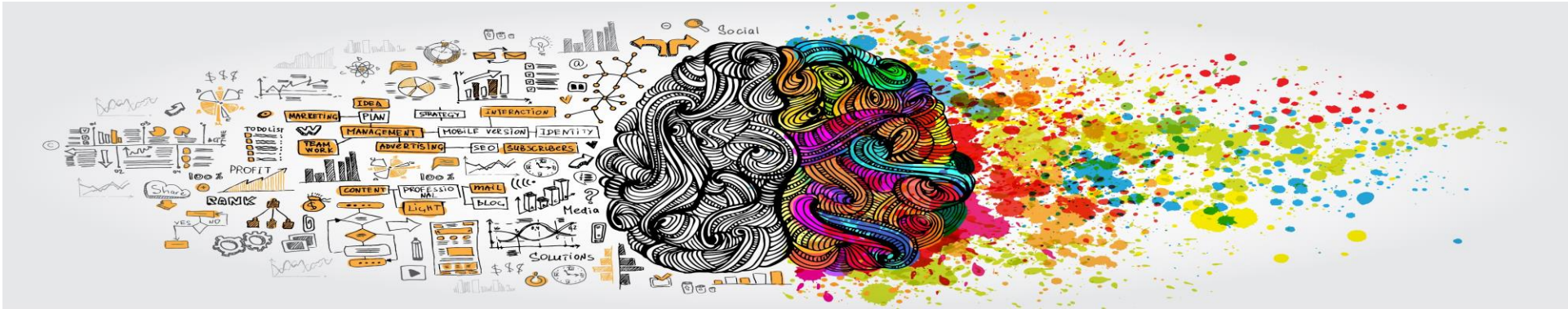
*That a person is unable to give up*

**Early emotional loss is the template for all addictions**





# Addiction and the Brain



As Gabor Mate notes in his book, *In the Realm of Hungry Ghosts*, those with substance use disorder

**“self-medicate to sooth their emotional pain – but more than that, their brain development was sabotaged by their traumatic experiences.”**

-Mate, Gabor, MD. (2010). *In the Realm of the Hungry Ghosts*. Berkley, CA: North Atlantic Books. Print. page 203.



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# SHAME

Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we've experienced, done, or failed to do makes us unworthy of connection. *Brene Brown*



“An addict needs shame  
like a man dying of thirst needs salt water”

Terrence Real



# What can we do?

- Prioritize the relationship
- Seek ways to build connection
- Embrace compassion instead of punishment
- Ensure screening for addictions
- Support the inclusion of evidence-based/informed services and supports, e.g.:
  - Medication assisted treatment
  - Recovery coaches







# Becoming Trauma-Informed in Our Daily Work



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# Paradigm Shift



We begin to ask,  
*“What happened to you?”*  
rather than  
*“What is wrong with you?”*

We have to ask,  
*“What’s strong?”*  
rather than  
*“What’s wrong?”*

## Who’s lens do you look through?





## Principles of Trauma-Informed Care



SAMSHA. (2014) *Trauma-Informed Care in Behavioral Health Services*. Treatment Improvement Protocol (TIP) Series 57. HHS Publication No. (SMA) 13-4801.

<http://store.samhsa.gov/shin/content/SMA14-4816/SMA14-4816.pdf>



# Principles of a Trauma-Informed Approach

- Safety
- Trustworthiness and transparency
- Collaboration and mutuality
- Empowerment
- Voice and choice
- Respect for cultural, historical and gender differences
- Peer support and mutual self-help



SAMSHA. (2014) *Trauma-Informed Care in Behavioral Health Services*. Treatment Improvement Protocol (TIP) Series 57. HHS Publication No. (SMA) 13-4801.

<http://store.samhsa.gov/shin/content/SMA14-4816/SMA14-4816.pdf>

S A F E T Y



# **A Trauma-Informed Organization Includes**

**Safe, calm, and secure environment with supportive care**

**System-wide understanding of trauma prevalence, impact and trauma-informed care**

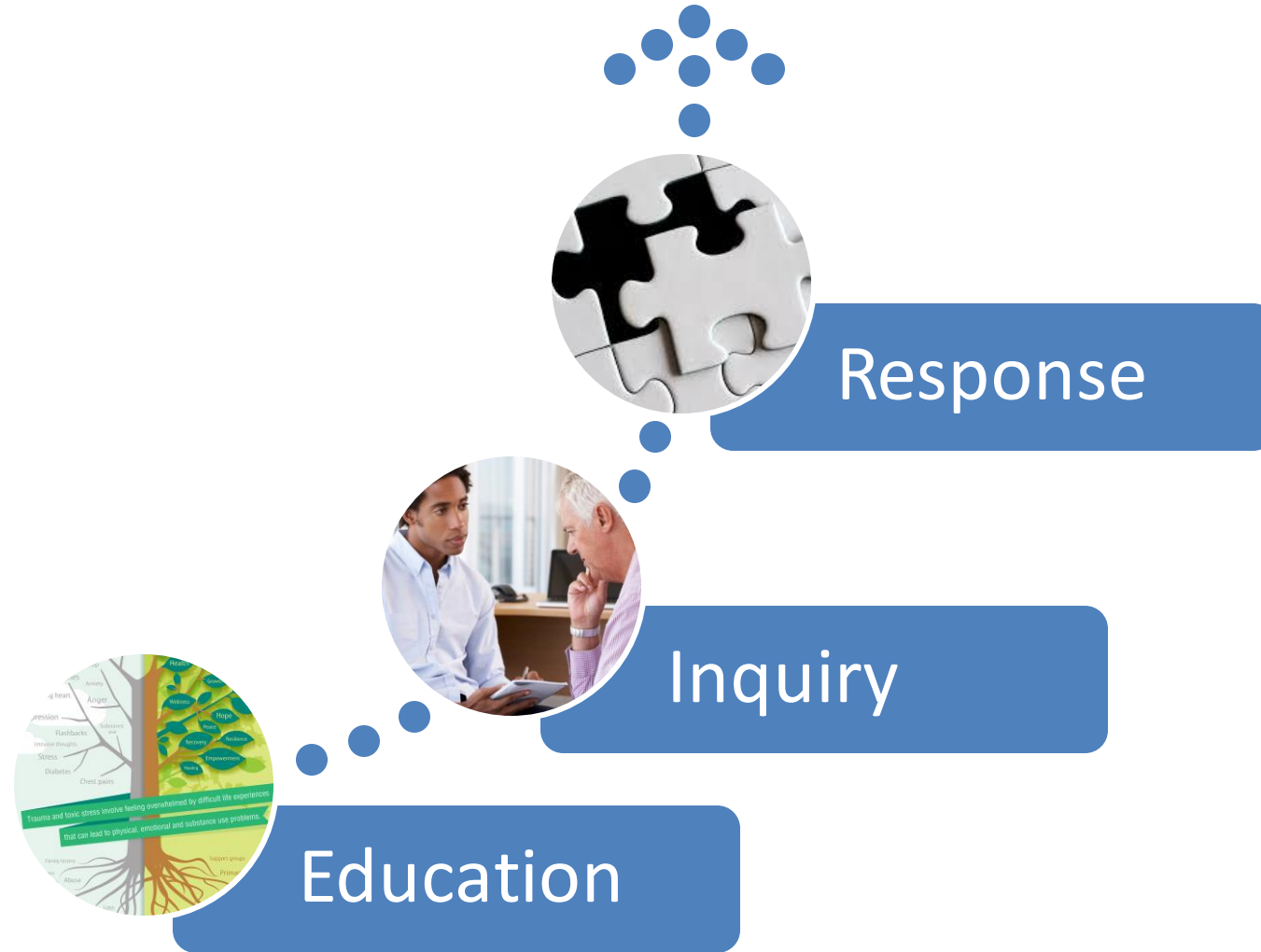
**Cultural competence and humility**

**Consumer and staff voice, choice and advocacy**

**Recovery-oriented, consumer-driven, trauma-specific services**

**Healing, hopeful, honest and trusting relationships**

# Screen for Trauma

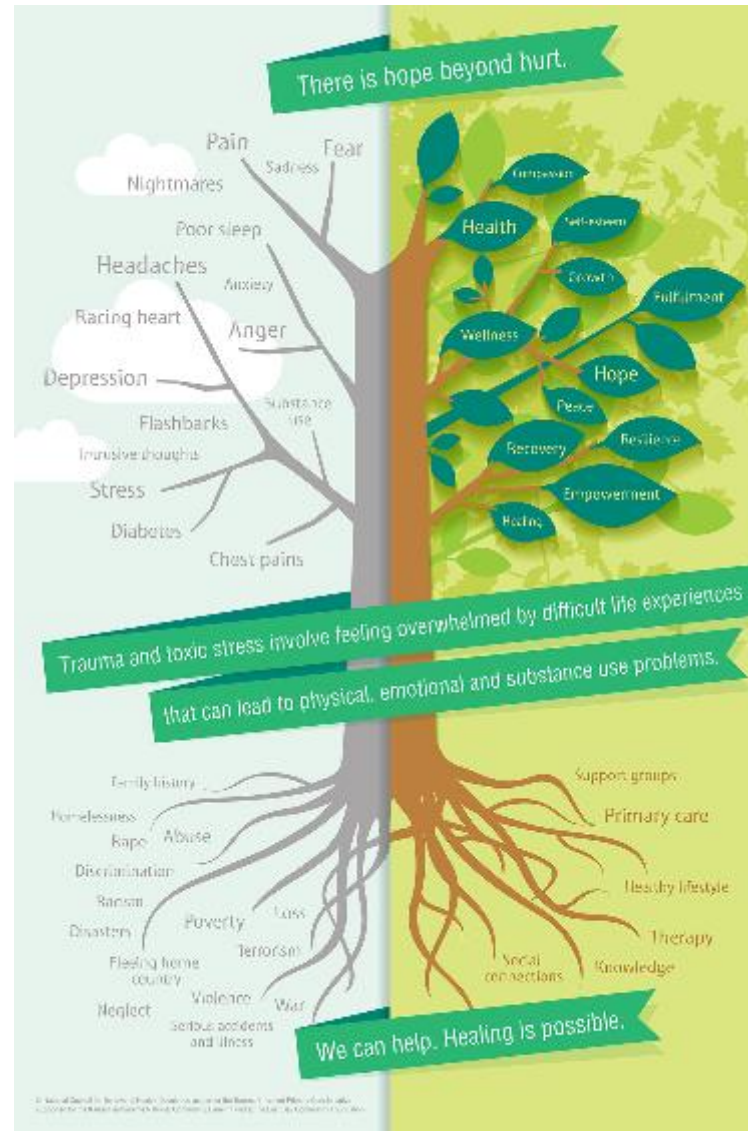




# Honor the Family and Youth Voice



# Educate about Trauma



# Create Safe Spaces

Intentionally focus on:

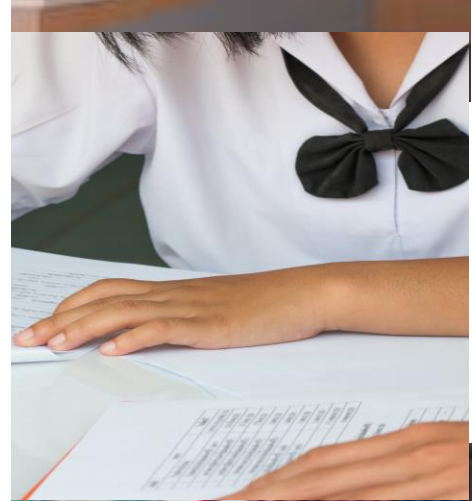
- Fostering mutuality
- Decreasing rules and compliance
- How the environment affects senses
- Language







**EVERYONE**



**Culture is...**the shared values, traditions, arts, history, folklore, and institutions of a group of people that are *unified by* race, ethnicity, nationality, language, religious beliefs, spirituality, socioeconomic status, social class, sexual orientation, politics, gender, age, disability, or any *other cohesive group variable*.  
*Singh, 1998*



**Culture is...**the *communication and interaction guide* of any cohesive group of people  
*Sockalingam, 2019*

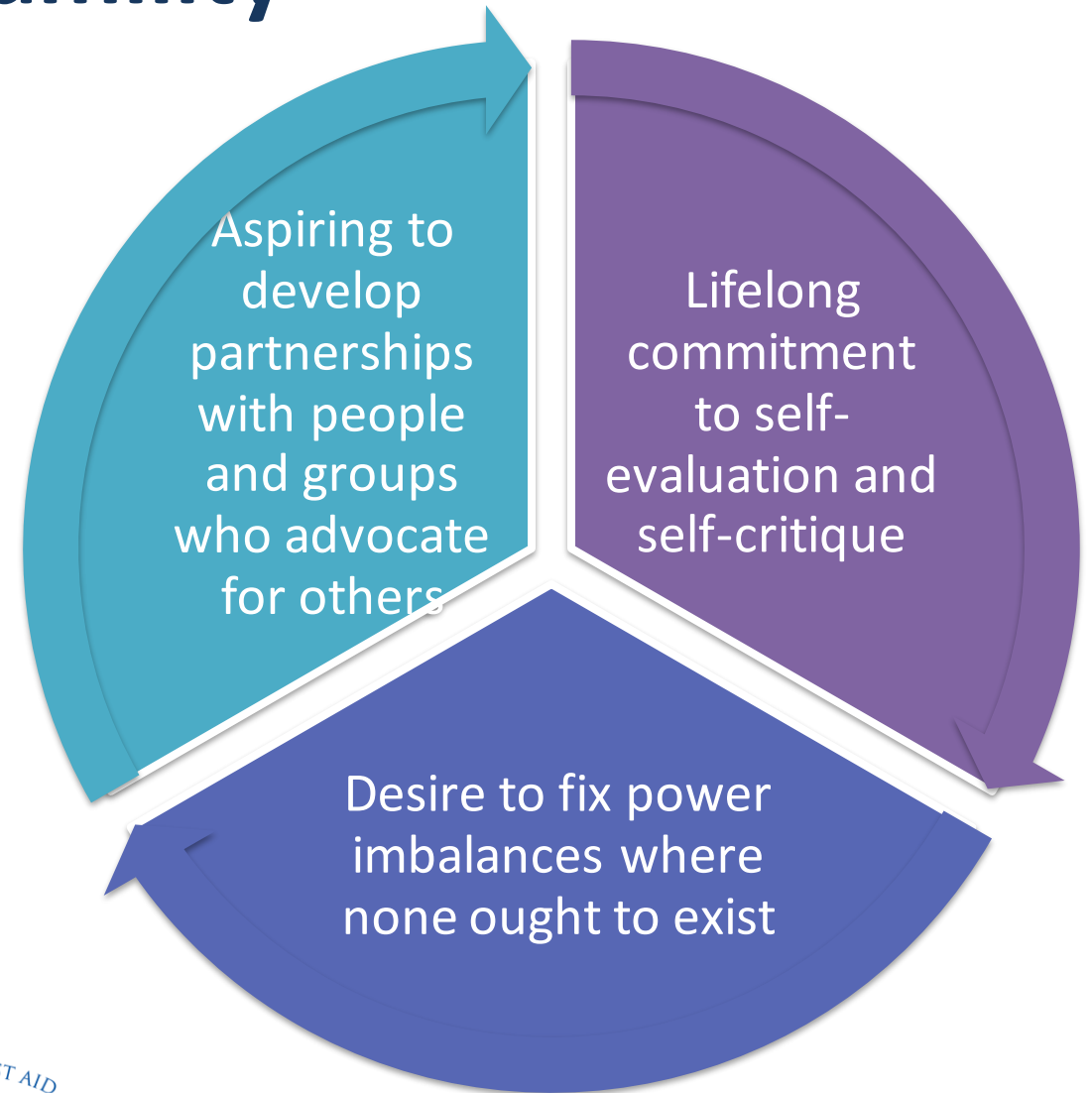




# Cultural Humility

**Cultural Humility** is another way to understand and develop a process-oriented approach to competency.

“the ability to maintain an interpersonal stance that is other-oriented (or open to the other) in relation to aspects of cultural identity that are most important to the [person]”  
Hook et al, 2013



-Tervalon & Murray-Garcia, 1998



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# Cultural Humility

## *Practicing Cultural Humility*

*A*sk questions in a humble, safe manner

*S*eek Self-Awareness

*S*uspend Judgment

*E*xpress kindness and compassion

*S*upport a safe and welcoming environment

*S*tart where the patient is at

- Lisa Boesen

# Build Protective Factors

Behaviors, characteristics and qualities inherent in some personalities that will assist in recovery after exposure to a traumatic event

- Environment
- A reliable support system (friends, family)
- Access to safe and stable housing
- Timely and appropriate care from first responders
- Good self care, such as sleeping at least 8 hours a night
- Eating nutritious foods
- Exercise
- Practicing good boundaries
- Using positive coping mechanisms vs. negative coping mechanisms

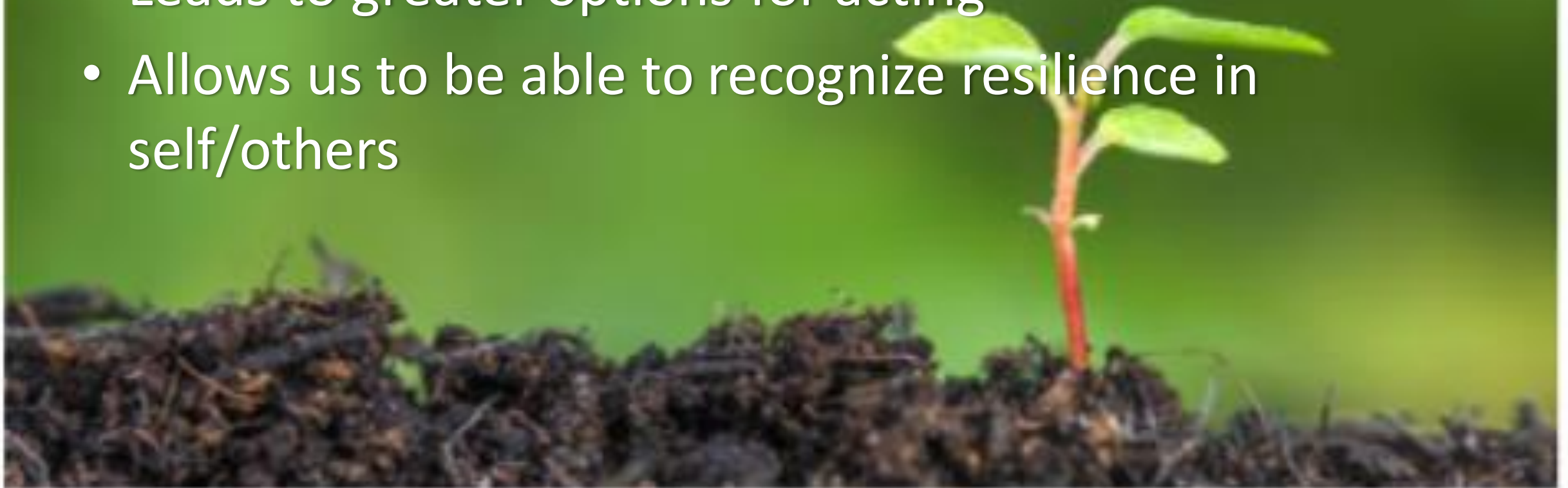


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# Language Matters

- Vocabulary reinforces feelings and beliefs
- Helps guide behavior
- Leads to greater options for acting
- Allows us to be able to recognize resilience in self/others



# Three Statements of Resilience

I Have...

a recognition of what is available

I Am...

a recognition of my value

I Can...

a recognition of mastery, sense of the future



*-Strengthening the Human Spirit by Edith Grotberg, PhD 1995*



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# Help Individuals Self-Regulate

## Activate Social Engagement:

1. Healing Power of Community Expressed in Music, Rhythm, Theatre and Nature
2. Exercise & Play
3. Practicing Connection

Parks and recreation areas provide unique opportunities for providers.

Engagement with nature enhances mental, physical, and social health.

Recent studies suggest 2 hours a week in nature can improve wellness.



# Square Breathing



# Build Relationships

Honor voice and choice  
Partner with people  
Request feedback  
Ensure comfort

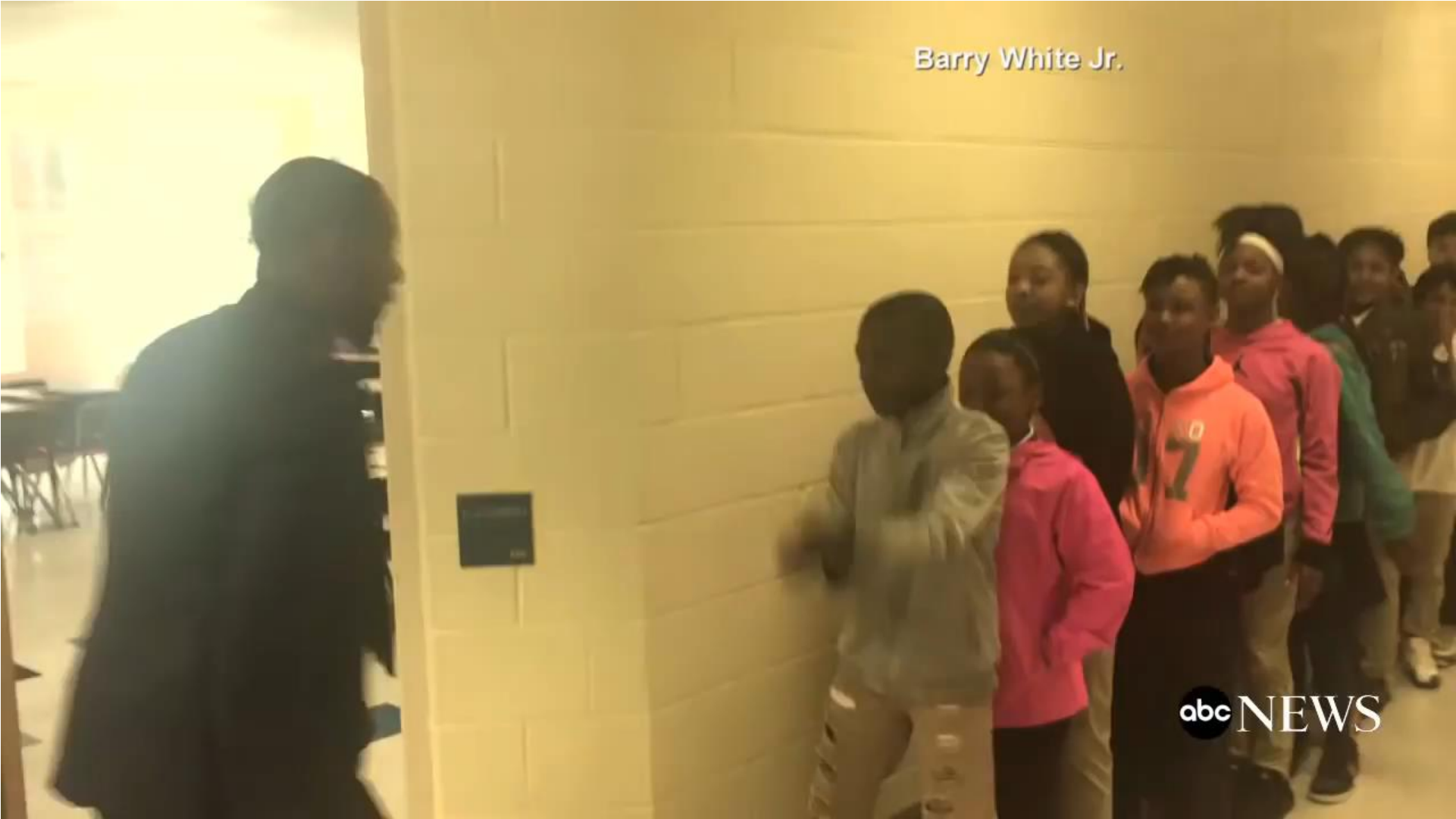


*“Keep the Human in Human Services”*

*-Dr. Pat Deegan*



Barry White Jr.





TALK

less ..

LISTEN

more ..



# Empathy

The ability to understand and share the feelings of another

*I feel with you, I am with you*

Sympathy

*I feel for you. I see you over there and that sucks, so I am glad I'm over here.*



RSA

SHORT



# Understand the Mind/Body Connection



FOR BEHAVIORAL HEALTH  
Healthy Minds. Strong Communities.



# Grounding Exercise



Hold a pillow, stuffed animal or a ball



Place a cool cloth on your face, or hold something cool such as a can of soda



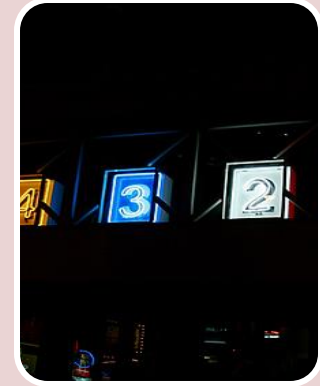
Listen to soothing music



Put your feet firmly on the ground

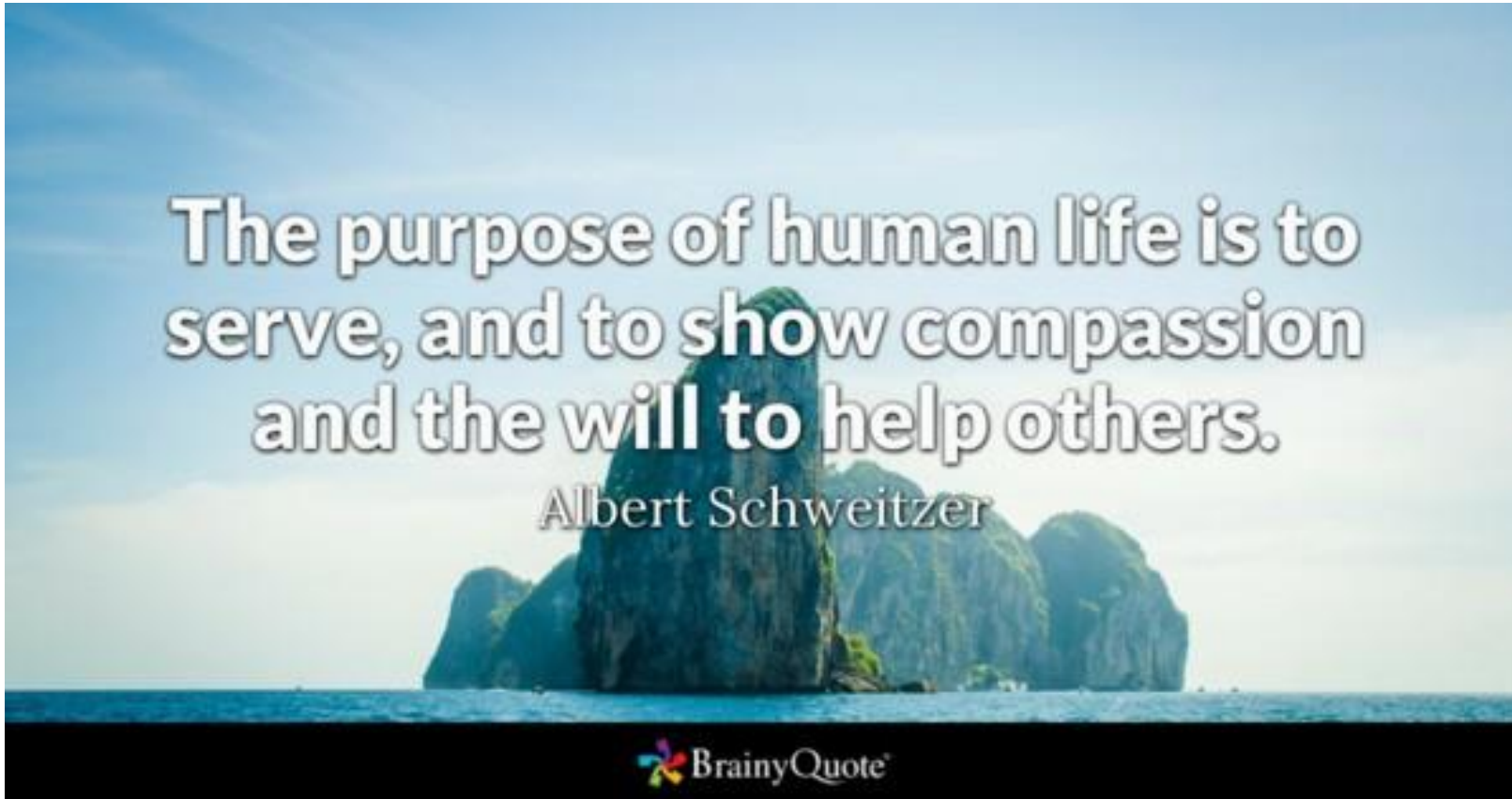


FOCUS on someone's voice or a neutral conversation.



5-4-3-2-1 Game





# Compassion in Our Work and Our World



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“That which is to give light must endure burning”

Viktor Frankl



# Work Force Concerns

Compassion Fatigue  
Secondary Traumatic Stress  
Vicarious Trauma  
Burnout



# Compassion Resilience

*The ability to  
maintain our  
physical, emotional  
and mental well-  
being while  
responding  
compassionately to  
people who are  
suffering*

# Compassion Satisfaction

*The ability  
to  
experience  
pleasure  
from doing  
the work*



# Build Resilience

## Individual and Organizational

### Expectations

- Realistic ones for yourself
- Realistic ones for others

### Boundary Setting

- Know what you want/can say 'yes' to

### Staff Culture

- Connecting with colleagues in a way that heals & helps

### Self-Care

- Mind
- Spirit
- Strength
- Heart

Compassion  Resilience

<https://compassionresiliencetoolkit.org/>



# Take Care of Ourselves





# What Can I/We Do Next?

What do I/we need to....

- ✓ Keep Doing
- ✓ Change Doing
- ✓ Start Doing
- ✓ Stop Doing



# Articles related to Environmental Justice and Trauma

<http://bit.ly/TI-Enviro>



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# Questions & Discussion



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# Thank You!



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