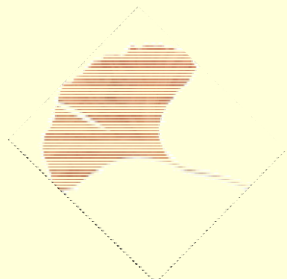


Trauma-Informed Care & Homelessness From Theory to Implementation

June 29, 2016

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Objectives

- Explore the key components of trauma-informed care
- Examine what trauma-informed care looks like in everyday work
- Explore challenges of supporting trauma-informed services

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Trauma and Homelessness

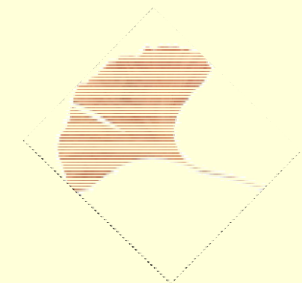
- Relationship between trauma and homelessness is bi-directional
- Homelessness can be a risk factor for re-traumatization and re-victimization
- In one study of the homeless population in Washington, DC, 63% of women and 33% of men reported having been abused by an intimate partner
- Homelessness is traumatic

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- Homelessness as a traumatic experience can lead to post traumatic effects in a number of ways.
- Substance Use
- Mental Illness – including PTSD
- Chronic Health Conditions

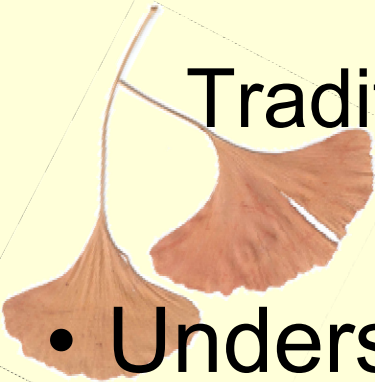
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Why Trauma Informed Care?



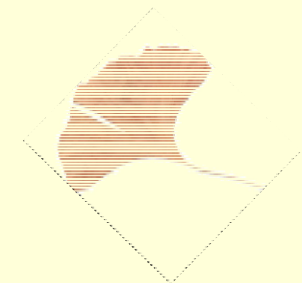
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Traditional vs. Trauma Informed Approach

- Understanding trauma
- Understanding the consumer survivor
- Understand services
- Understanding the service relationship

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Why Trauma Informed?

Misunderstood or ignored signs of trauma may:

- Interfere with help-seeking
- Limit engagement into services
- Lead to early drop out
- Inadvertently re-traumatize people you are trying to help
- Other reasons?

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Identifying potential risks and triggers in:

- Facilities
- Grounds
- Activities/practices
- Gender mix
- Staff attitudes
- Accommodations for children

Suggestions: Focus groups, walk-throughs



e.g., no scary staff!



Trauma-Informed vs. Trauma-Specific Services

- **Trauma-informed services** acknowledge trauma, its impact, interpersonal impact, and multiple paths to recovery – and account for this in all aspects of service delivery
- **Trauma –specific services** directly address the impact of trauma on people's lives and facilitate recovery

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“Difficult” behaviors as traumatic responses



Behavior

- Interpersonal conflicts, appears agitated

- Remains in abusive relationships or is repeatedly victimized

- Cutting off from sources of support, isolates

- Complains of unfairness, feeling targeted/blamed

- Feeling emotionally “out of control”, unpredictable responses

Traumatic Response

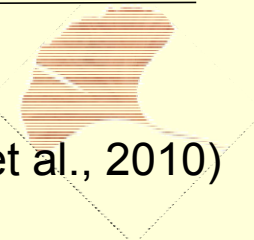
- Irritability, restlessness, outbursts of anger or rage

- Re-victimization (impaired ability to identify signs of danger)

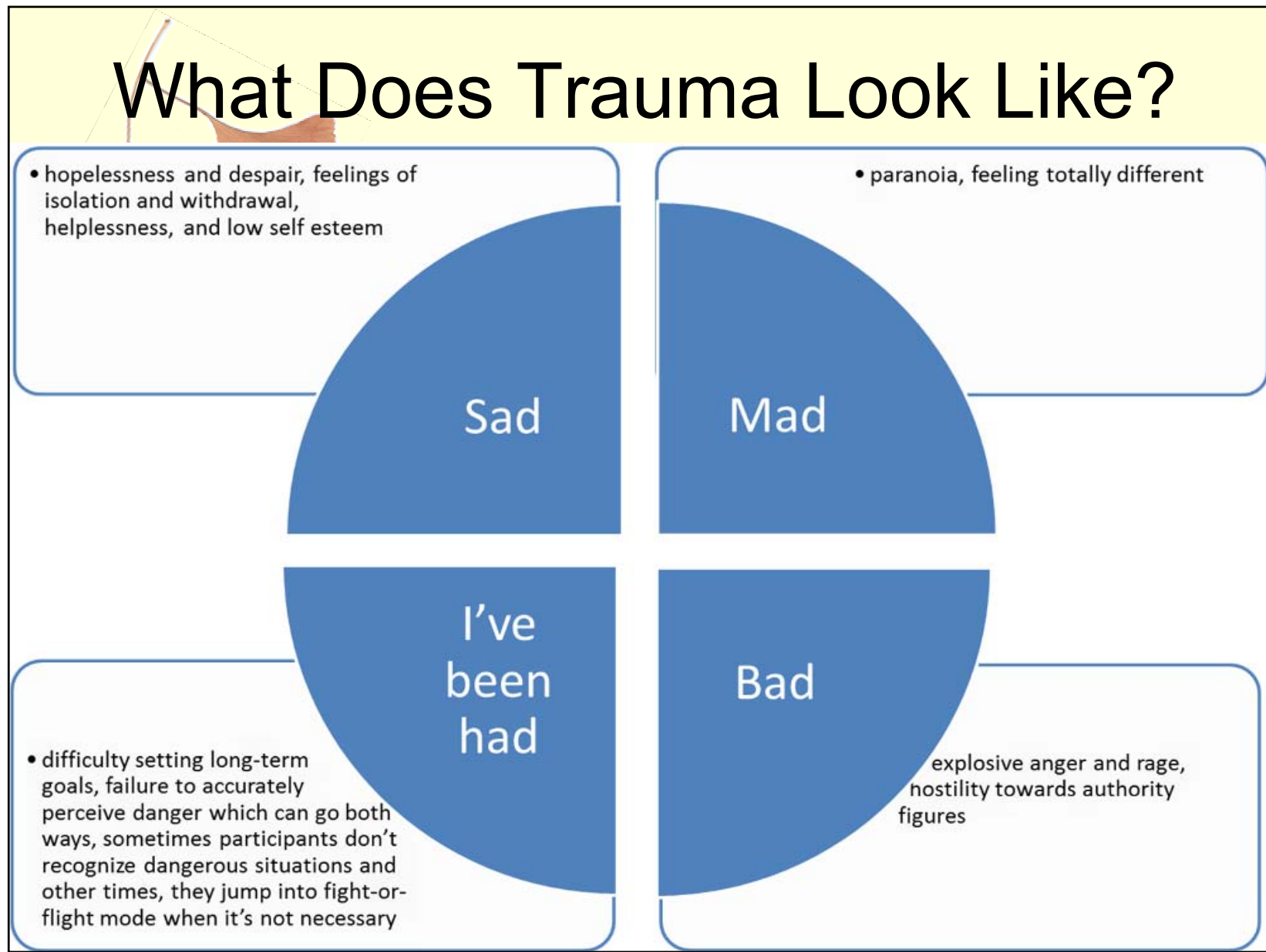
- Detachment, feelings of shame and self-blame

- Loss of a sense of fairness in the world

- Affect dysregulation (emotional swings)
(Hopper, E.K. et al., 2010)



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SAMHSA's TIC Principles

- Safety
- Trustworthiness and transparency
- Peer support
- Collaboration and mutuality
- Empowerment, voice and choice
- Inclusiveness and shared purpose
- Respect for cultural, historical, and gender issues
- Attention to the change process

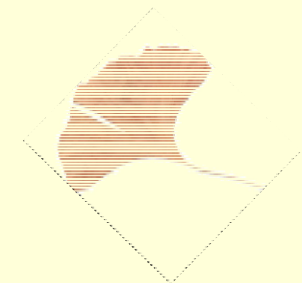





Basic Principles of Trauma-Informed Care

- Recognize
- Realize
- Respond
- Resist re-traumatization

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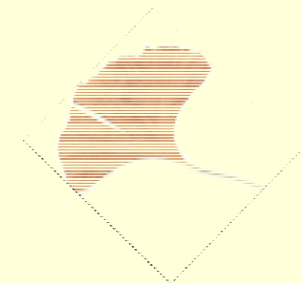


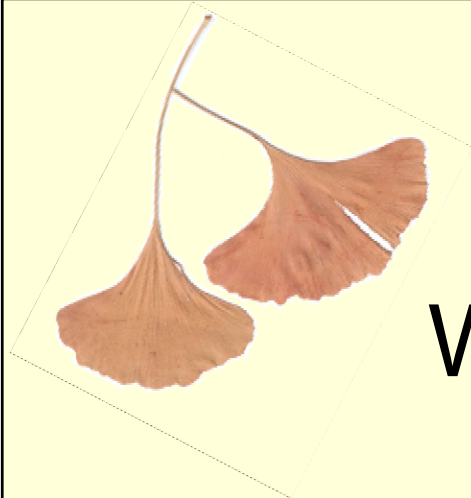


A trauma-informed framework emphasizes

- Safety
- Respect
- Information
- Connection
- Hope

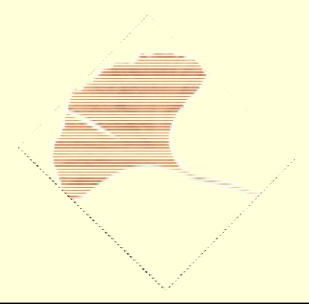
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What does a trauma-informed approach mean?

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Trauma Feels Like...

<https://www.youtube.com/watch?v=IJMDdT2>

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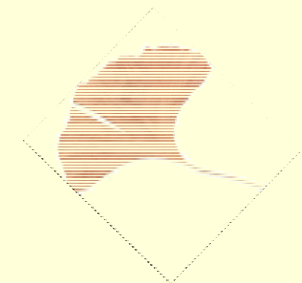
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Safety and Containment

- Know how to apply the brakes
- Establish safety where ever possible
- Begin with the body
 - Health needs (sleeping, eating)
 - Regulation of bodily functions
(attunement to and management of symptoms of post-trauma effects)
- Regulate affect
- Identify and increase resources
- Oasis – breaks from traumatic response
- Anchor – grounding resource
- Safe place – ideally an actual place client has visited

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A Trauma-Informed Approach Means:

- Being available to hear about individuals' experience of trauma.
- Developing plans with trauma history in mind so that re-traumatization is kept to a minimum.
- Recognizing and respecting when a participant is not ready to discuss trauma experiences or other aspect of their lives.

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A Trauma-Informed Approach Means:

- Offering trauma-informed interventions or access to such services.
- Assessing and planning for current safety needs.
- Acknowledging participants' resilience as survivors and building on these skills.
- Providing participants opportunities to master their trauma experiences such that daily activities are not as impacted – create options

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A Trauma-Informed Approach Means:

- Recognizing the signs and symptoms of secondary, vicarious trauma and developing mechanisms to support staff.
- Revising policies and procedures to reduce barriers to providing services.
- Employing people with lived experience

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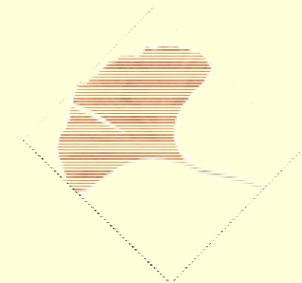


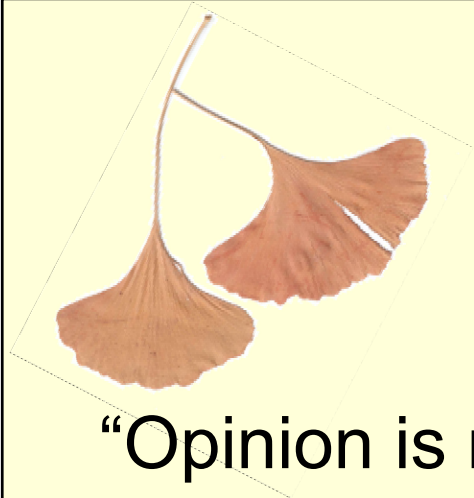
Traumatic Responses

“Traumatic events call into question basic human relationships. They breach the attachments of family, friendship, love, and community.”

Judith Herman

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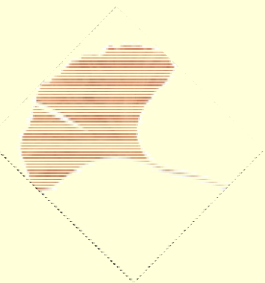




Empathy

“Opinion is really the lowest form of human knowledge. It requires no accountability, no understanding. The highest form of knowledge...is empathy, for it requires us to suspend our egos and live in another’s world. It requires profound purpose larger than the self kind of understanding.”

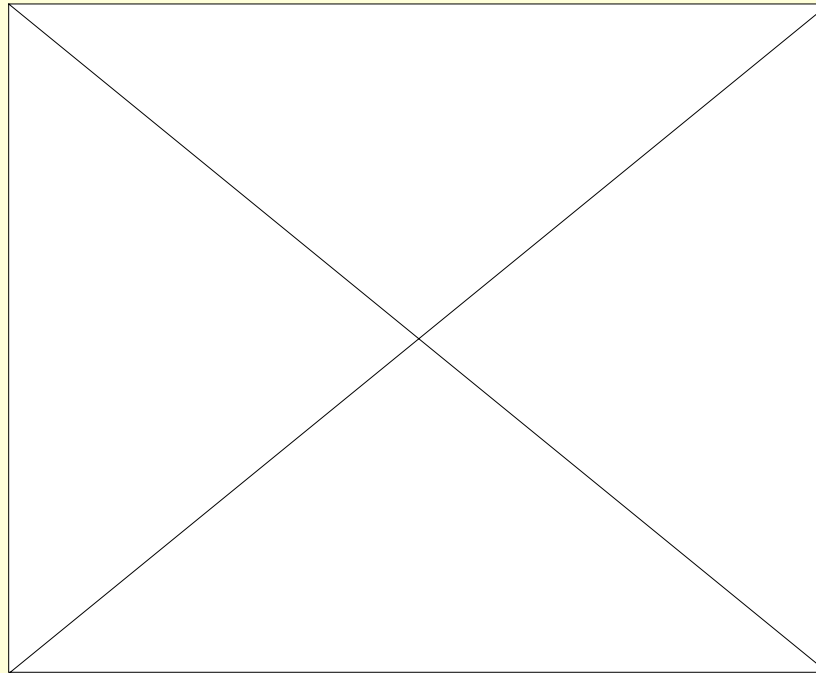
— Bill Bullard



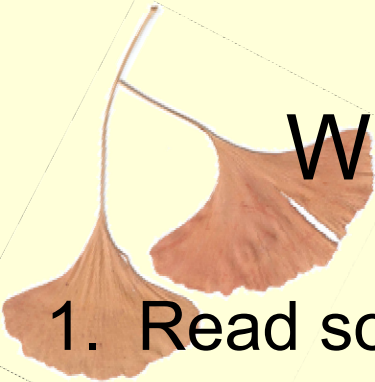
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Brene Brown On Empathy

- <https://www.youtube.com/watch?v=1Evwgu369Jw>



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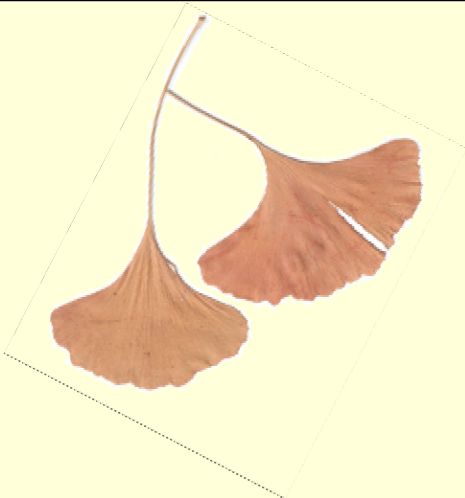


What will you do today?

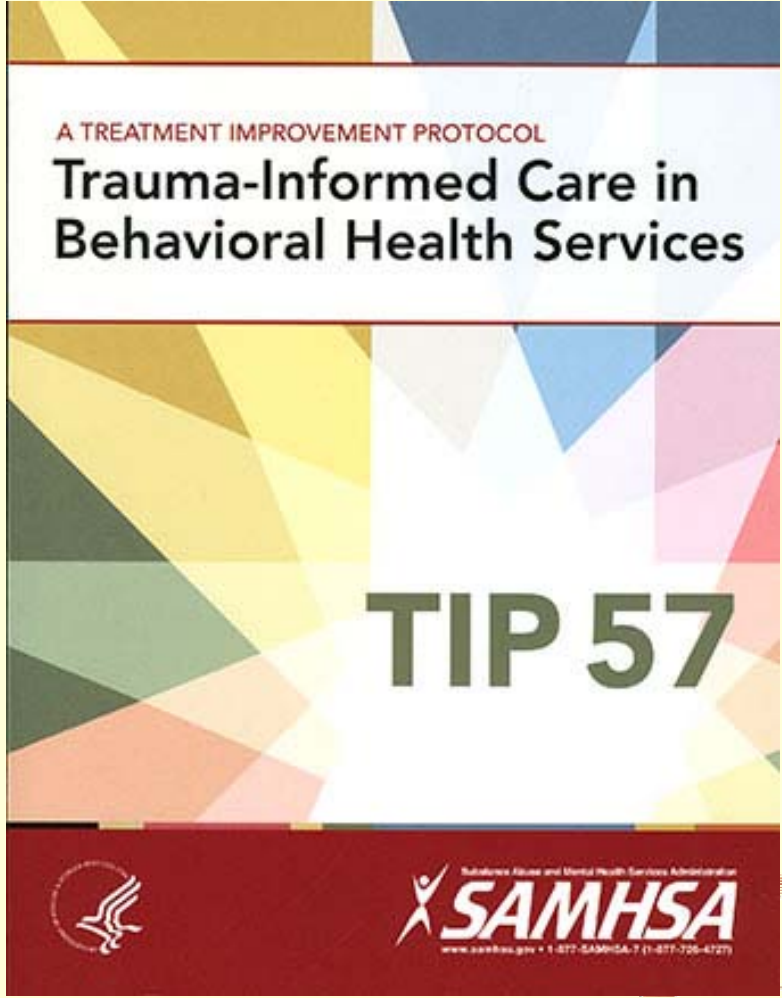
1. Read something about trauma and its effects
2. Make a decision to listen when your instinct is to give a piece of advice
3. Learn one new community resource that can benefit a homeless person you work with
4. Take a moment and identify one thing you are grateful for today

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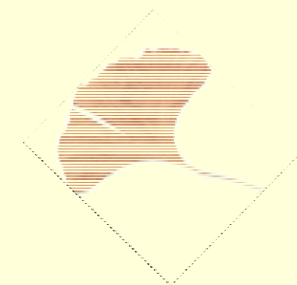
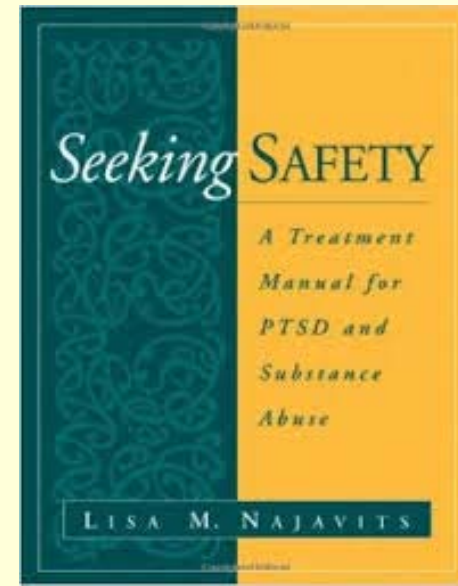


- Read.
- Rinse.
- Repeat.



Seeking Safety

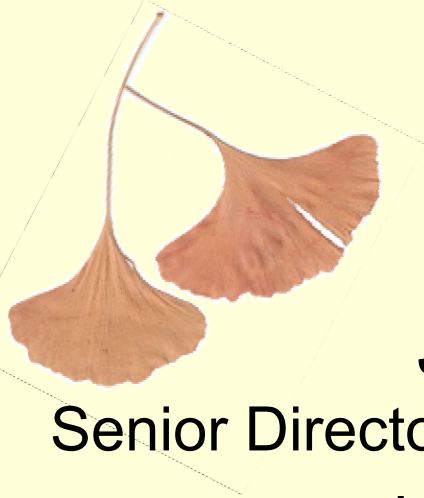
- Lisa Najavits
- Both trauma-informed and trauma-specific
- Integrated trauma and substance use disorder treatment
- Present-focused, not exposure-based
- Skill based, group or individual model, manual and group process



Creating Cultures of Trauma- informed Care



- From Community Connections
- Maxine Harris and Roger Fallot
- Comprehensive set of tools and processes for organizational and systems change
 - Services-level change
 - System/administrative-level change
- Free downloads of introductory materials



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