

Trauma 101

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Purpose

- ❑ To develop a working understanding of Trauma in which will allow you to build a treatment process that supports trauma informed care processes within a recovery oriented system of care.

Takeaway for today:

1. Starting with an understanding of Trauma, building a working knowledge of trauma and the impact for individuals and within organizations
2. Develop understanding of Acute Chronic Stress/Complex Traumas and Systems induced Trauma
3. Understanding of causal factors of different types of trauma
4. Review an discussion on the biological, and emotional responses to Trauma
5. Understand the impact of the ACES study
6. Understanding of resilience and protective factors
7. Review and discuss treatment alternatives of treatment for trauma (individually and organizationally)

***Starting with an
understanding of
Trauma and It's
impact***

Important facts to know:

- ❖ According to the U.S. Department of Health and Human Services Office on Women's Health, 55% – 99% of women in substance use treatment *and* 85% – 95% of women in the public mental health system report a history of trauma, with the abuse most commonly having occurred in childhood.

*National Council for
Behavioral Health*

Prevalence of Trauma Mental Health Population – United States

- **90%** of public mental health clients involved in Mental Health treatment have been exposed to trauma (*Mueser et al., 2004, Mueser et al., 1998*)
- **51-98%** of public mental health clients have been exposed to trauma (*Goodman et al., 1997, Mueser et al., 1998*)
- Most Mental Health Clients have multiple experiences of trauma (*Mueser et al., 2004, Mueser et al., 1998*)
- **97%** of homeless women with SMI have experienced severe physical & sexual abuse – and of that 97% it has been determined that **87%** experience this abuse both in childhood and adulthood (*Goodman et al., 1997*)

What we now know and what
we will need:

With a better collective understanding of
trauma, more clients/patients/survivors will
find **their path to healing and wellness.**

And with a greater public commitment to
trauma-informed programs and systems for
survivors, **we lessen and prevent a wide
range of physical health, behavioral
health and social problems for
generations to come.**

Trauma-informed Care

“Trauma-informed organizations, programs, and services are based on an understanding of the vulnerabilities or triggers of trauma survivors that traditional service delivery approaches may exacerbate, so that these services and programs can be more supportive and avoid re-traumatization.”

NCTIC, SAMHSA

Exposure to Trauma

Trauma can occur from a variety of sources:

- ❖ Being in a **car accident** or other serious incident
- ❖ Having a significant health concern or hospitalization
- ❖ Sudden job loss
- ❖ Losing a loved one
- ❖ Being in a fire, hurricane, flood, earthquake, or other natural disaster
- ❖ Witnessing violence
- ❖ Experiencing emotional, physical, or sexual abuse

To consider how a TIC and ROSC may work...Think in Terms of:

- Toxic stress and trauma converging from many directions
- Human and economic effects setting the stage for more stress and trauma
- Recovery-oriented, trauma-informed people, services, organizations, systems, and communities
- How TIC, ROSC, and related conceptual models fit together

“We have learned, given the numbers of trauma survivors and their often debilitating post-traumatic responses, that this constitutes a public health challenge of the first magnitude.”

Susan Salasin, SAMHSA

**First and most
important;
What is Trauma?
Find a working
definition**

Trauma Defined

- Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being

Definition for Trauma from the American Psychological Association

Trauma is an emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea. While these feelings are normal, some people have difficulty moving on with their lives.

Another example of the definition of Trauma:

Trauma: Traumatic experiences can be dehumanizing, shocking, or terrifying, singular or multiple compounding events over time, and often include betrayal of a trusted person or institution and a loss of safety. Trauma can result from experiences of violence. Trauma includes physical, sexual, or institutional abuse, neglect, intergenerational trauma, and disasters that induce powerlessness, fear, recurrent hopelessness, and a constant state of alert. Trauma impacts one's spirituality and relationships with self, others, communities and environment, often resulting in recurring feelings of shame, guilt, rage, isolation, and disconnection.

COMMUNITY MENTAL HEALTH PARTNERSHIP OF SOUTHEAST MICHIGAN/PIHP

Defining Trauma

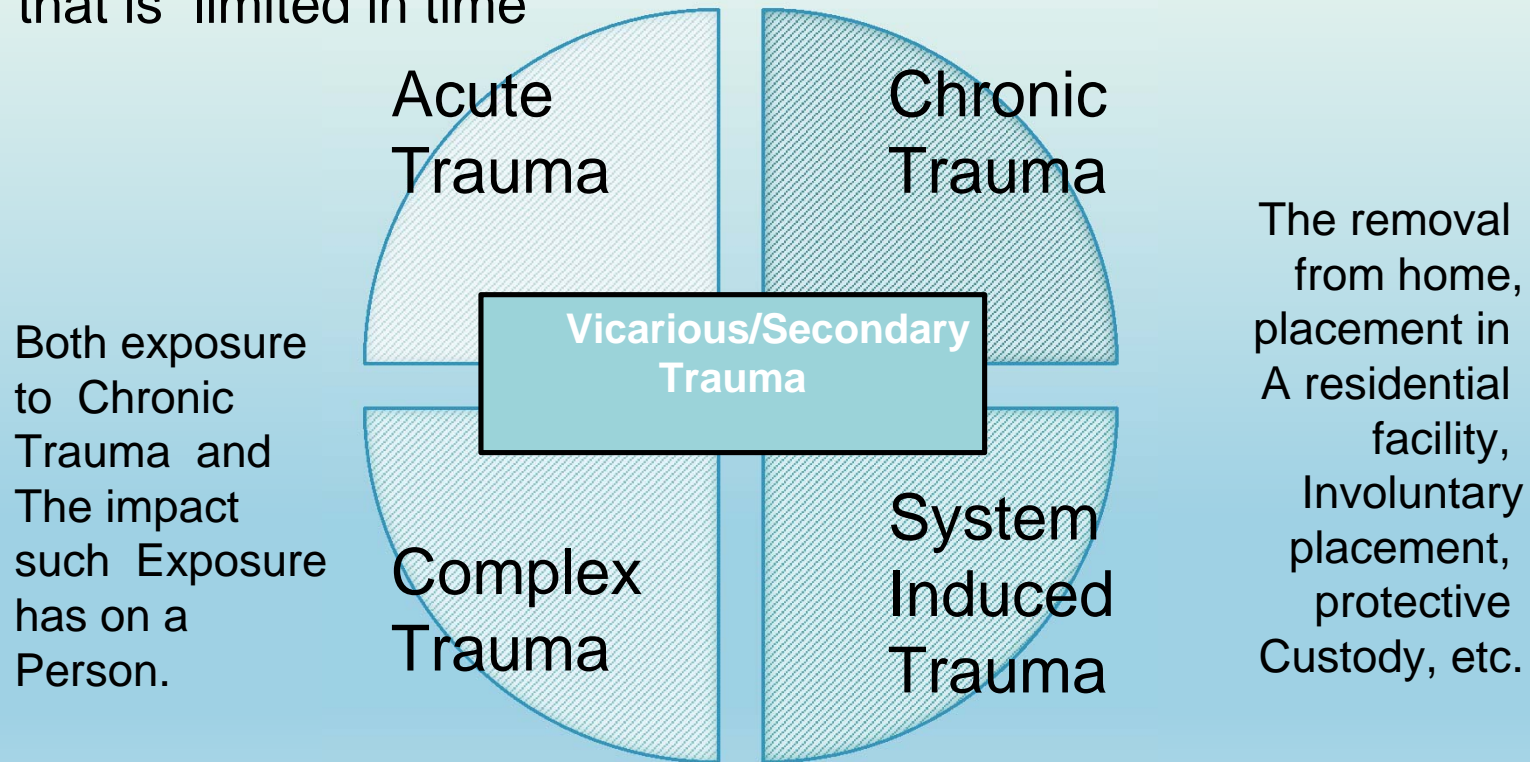
- We have all seen or experienced events that can have traumatic impact



Types of Trauma

A single traumatic event that is limited in time

The experience of multiple traumatic events.



Both exposure to Chronic Trauma and The impact such Exposure has on a Person.

The removal from home, placement in A residential facility, Involuntary placement, protective Custody, etc.

Typically, *complex trauma* exposure involves the simultaneous or sequential

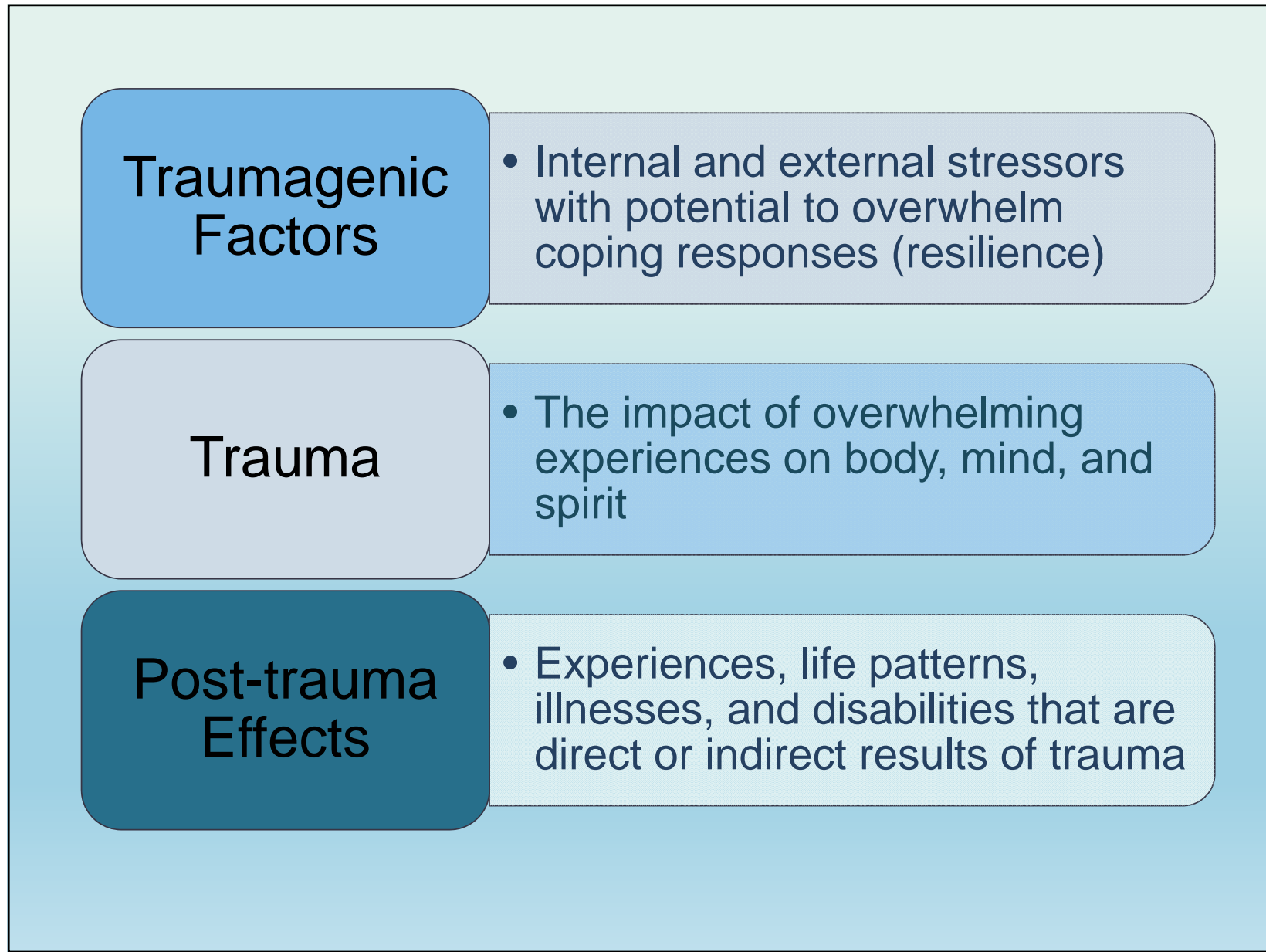
As example for children occurrences of child maltreatment—including psychological maltreatment, neglect, physical and sexual abuse, and domestic violence—that is chronic, begins in early childhood, and occurs within the primary caregiving system.

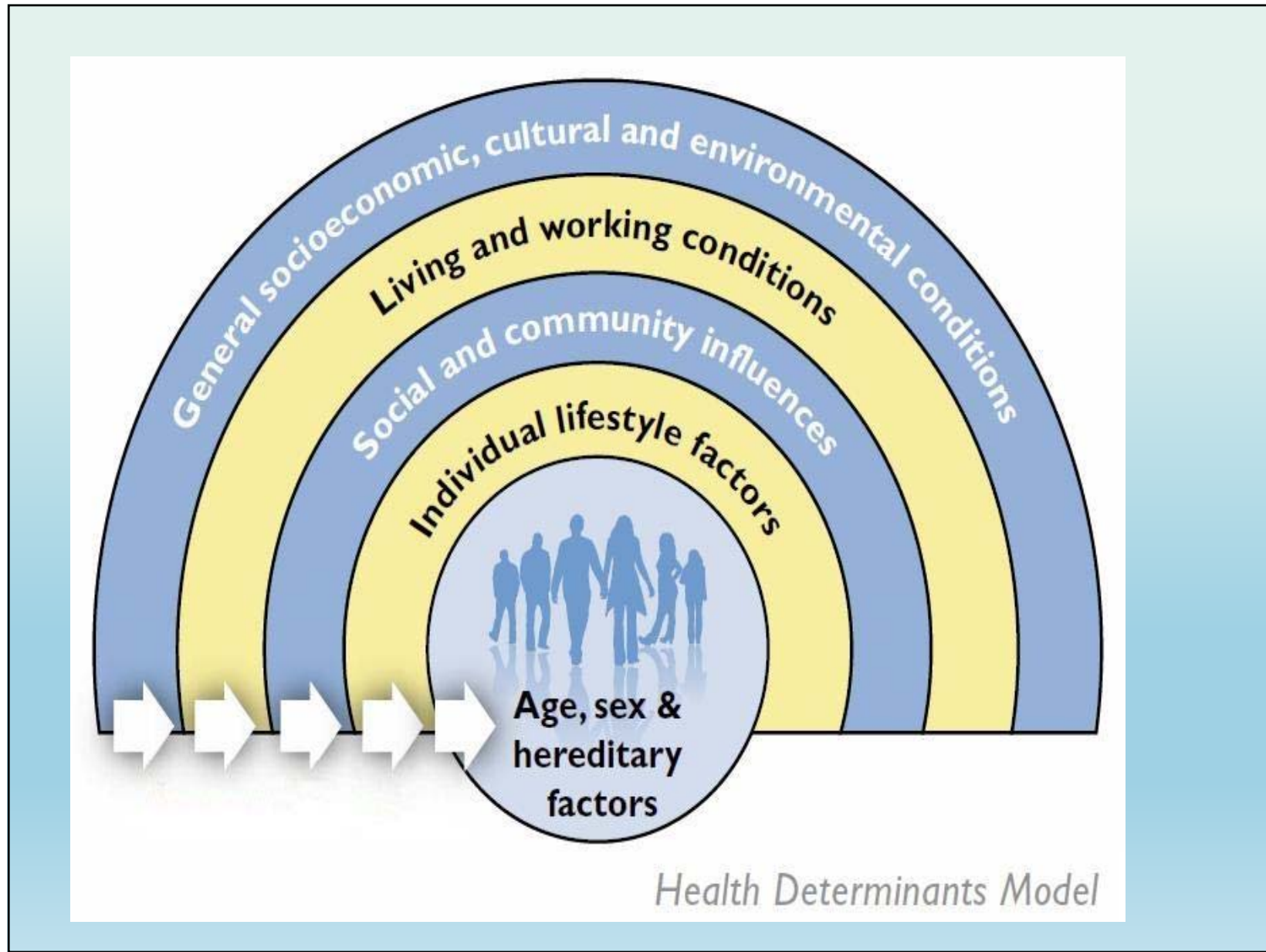
Exposure to these initial traumatic experiences—and the resulting emotional dysregulation and the loss of safety, direction, and the ability to detect or respond to danger cues—often sets off a chain of events leading to subsequent or repeated trauma exposure in adolescence and adulthood.

Chronic Trauma (this is something that is occurring in our society currently)

Weekly and Daily occurrences of Community violence includes predatory violence (robbery, for example) and violence that comes from personal conflicts between people who are not family members.

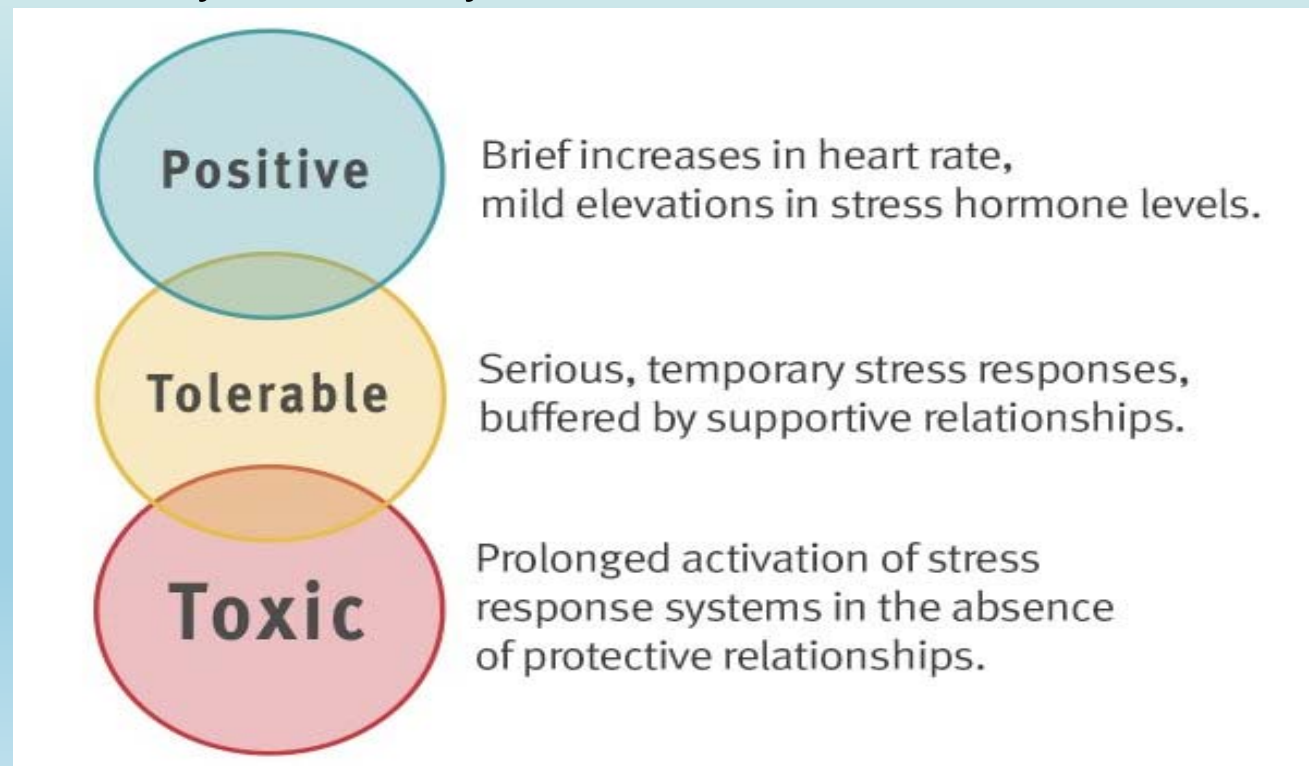
It may include brutal acts such as shootings, rapes, stabbings, and beatings. Children may experience trauma as victims, witnesses, or perpetrators

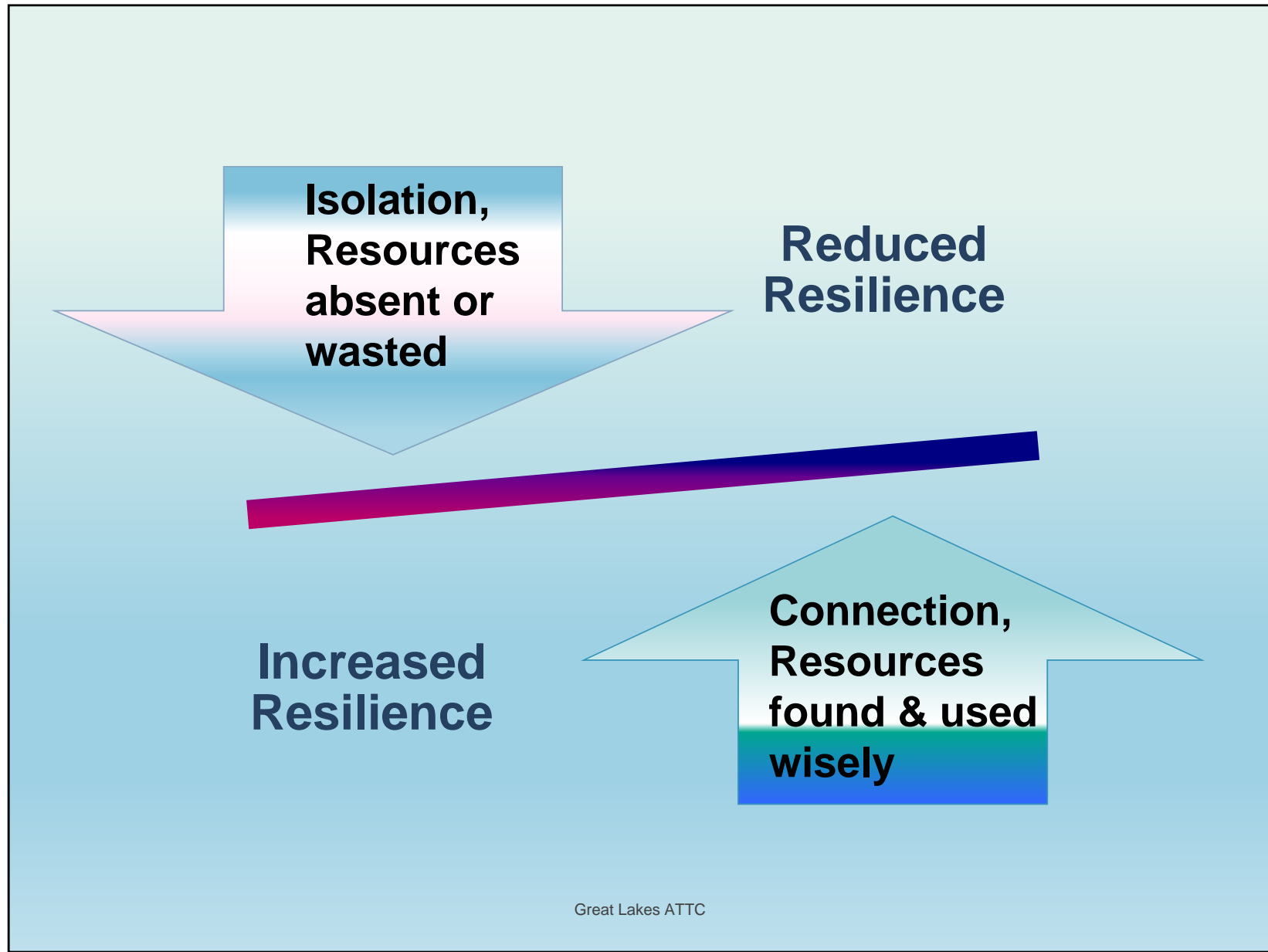




Trauma – an intense event that threatens safety or security of an individual

Toxic Stress – re-occurring negative experiences that threaten safety or security





Potential Traumatic Events

Abuse	Loss	Chronic Stressors
Emotional	Death	Poverty
Sexual	Abandonment	Racism
Physical	Neglect	Invasive medical procedure
Domestic violence	Separation	Community trauma
Witnessing violence	Natural disaster	Historical trauma
Bullying	Accidents	Family member with substance use disorder
Cyberbullying	Terrorism	
Institutional	War	

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Common Reactions to Traumatic Experiences:

- Each person is different and responds to trauma in their own way. However, there are particular types of reactions that are common.
- Many people have strong emotional or physical reactions after going through a trauma.
- Traumatic events may also affect the way a person thinks and behaves. These are normal reactions to an abnormal event.
- For most people, these feelings start soon after the traumatic event has occurred. Some, however, these feelings may not appear until months or years after the event.

Nuances of Symptoms:

- Headaches, backaches, stomachaches, etc.
- Sudden sweating and/or heart palpitations
- Changes in sleep patterns, appetite, interest in sex
- Constipation or diarrhea
- Easily startled by noises or unexpected touch
- More susceptible to colds and illnesses
- Increased use of alcohol or drugs and/or overeating
- Fear, depression, anxiety
- Outbursts of anger or rage
- Emotional swings
- Nightmares and flashbacks — re-experiencing the trauma
- Tendency to isolate oneself or feelings of detachment
- Difficulty trusting and/or feelings of betrayal
- Self-blame, survivor guilt, or shame
- Diminished interest in everyday activities

Reactions to Trauma

Physical reactions

- Feeling on edge and on the look-out for signs of danger
- Being easily startled (e.g., by loud noises or sudden movements)
- Difficulty falling or staying asleep
- Sweating or having a racing heartbeat when reminded of the trauma

Reactions to Trauma

Changes in thinking

- Intrusive thoughts — memories of the event you can't control
- 'Flashbacks' — feeling as if the trauma is happening again
- Nightmares about the event
- Trying to block out thinking about the event
- Finding it hard to concentrate and remember things
- Having an altered perception of yourself (e.g., I am a bad person) and the world
- (e.g., the world is a dangerous place)

Reactions to Trauma

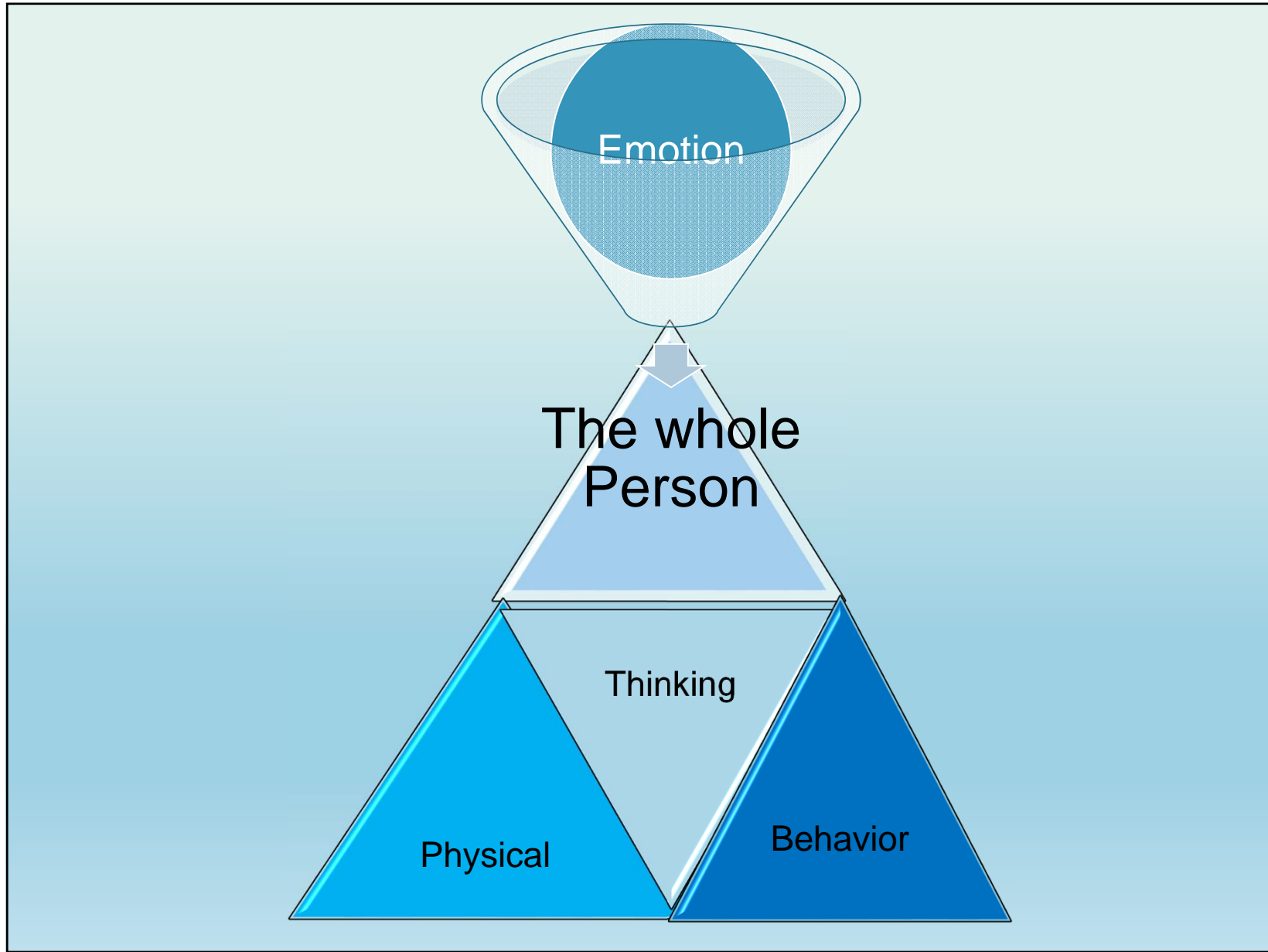
Emotional reactions

- Fear or anxiety
- Sadness or depression, hopelessness and despair, thoughts of suicide
- Anger or irritability
- Guilt and shame
- Loss of control
- Numb and distant from others
- Loss of interest in things you used to enjoy
- Loss of interest in sex

Reactions to Trauma

Changes in behavior

- Avoiding thinking about, or letting yourself have feelings about, the trauma
- Avoidance of people, places or activities that remind you of the event
- Using alcohol, tobacco or other drugs to cope
- Withdrawing from others



Adverse Childhood Experiences ACEs Study

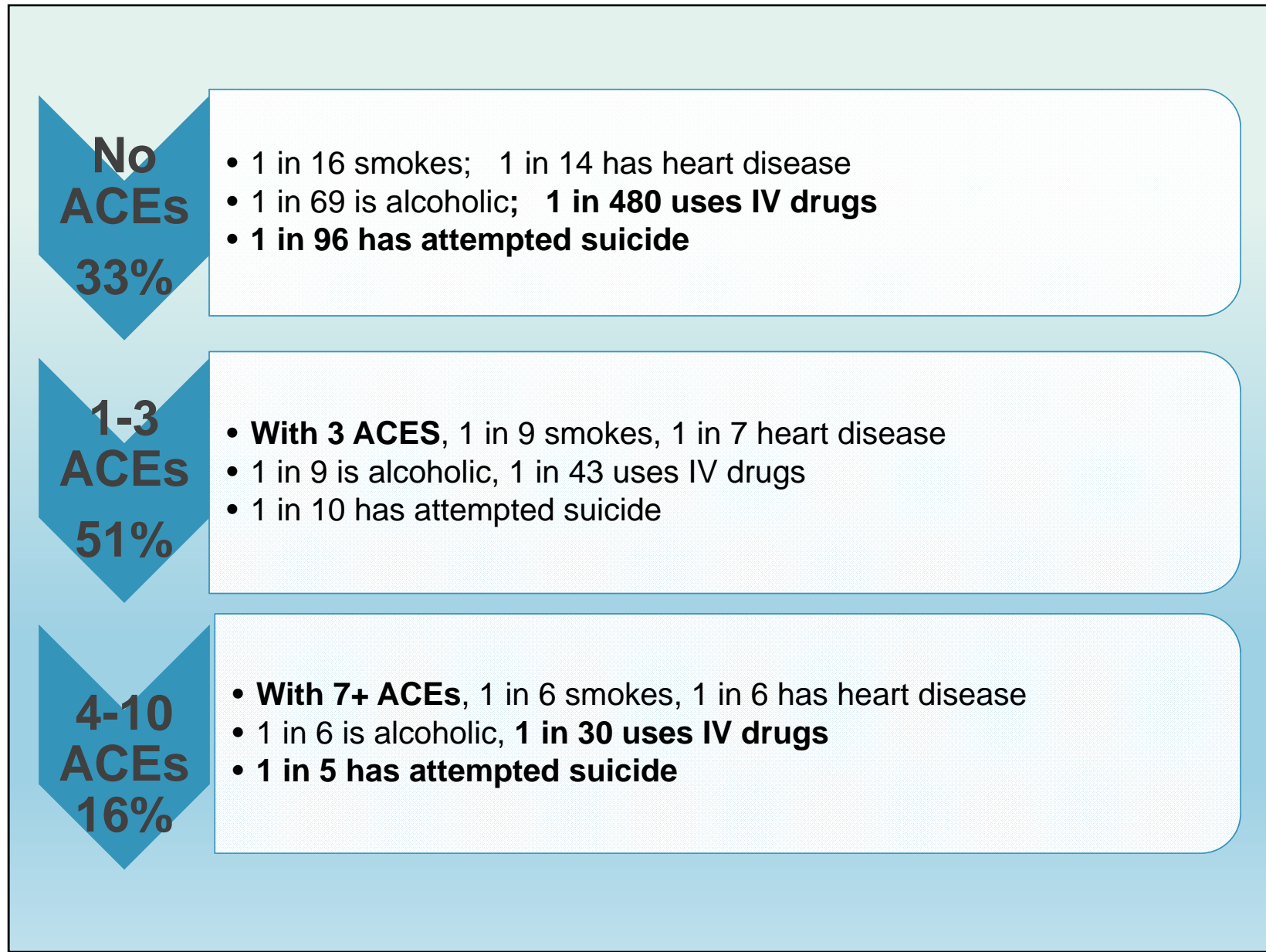


Adverse Childhood Experiences (ACE) Study

- Co-PIs: Robert F. Anda, MD (CDC) and Vincent J. Felitti, MD (Kaiser Permanente)
- HMO enrollees, average age 59, interviewed about difficult childhood experiences
- More than 17,000 interviewed, data still being analyzed
- Staggering results, many since replicated
- Start with: www.cestudy.org

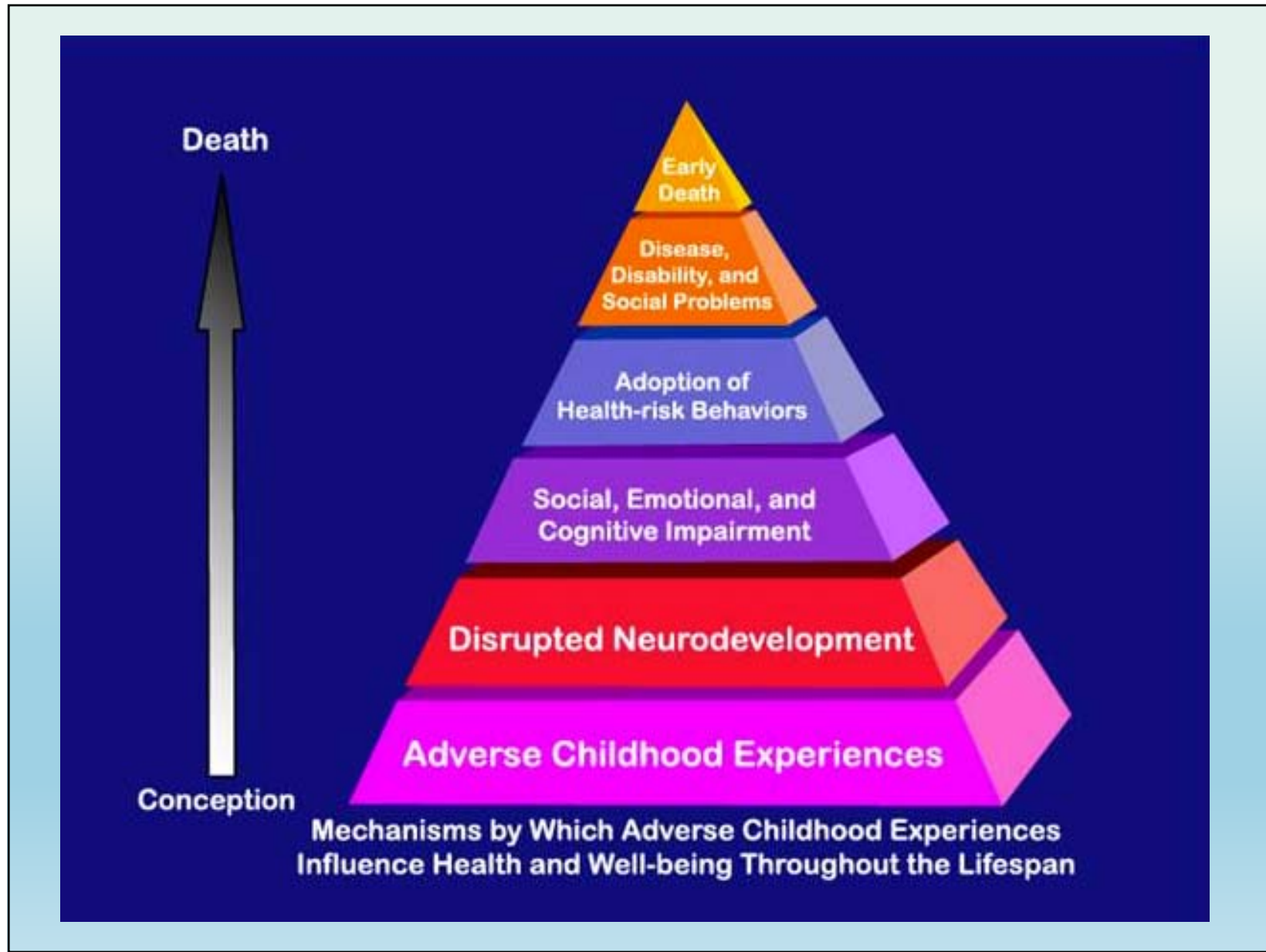
ACES

- The Adverse Childhood Experiences, or “ACE” Study has done more than anything to measure the **long-term consequences of childhood trauma** and **put them “on the map.”** It started with a **simple question** that one of the Co-PIs, Dr. Vincent Felitti, asked a woman who was **struggling in his weight-loss program**. Her answer revealed some **unexpected connections** between child trauma and **later-life illness**, and set him and Dr. Robert Anda, who would become his Co-PI, on an incredible journey.



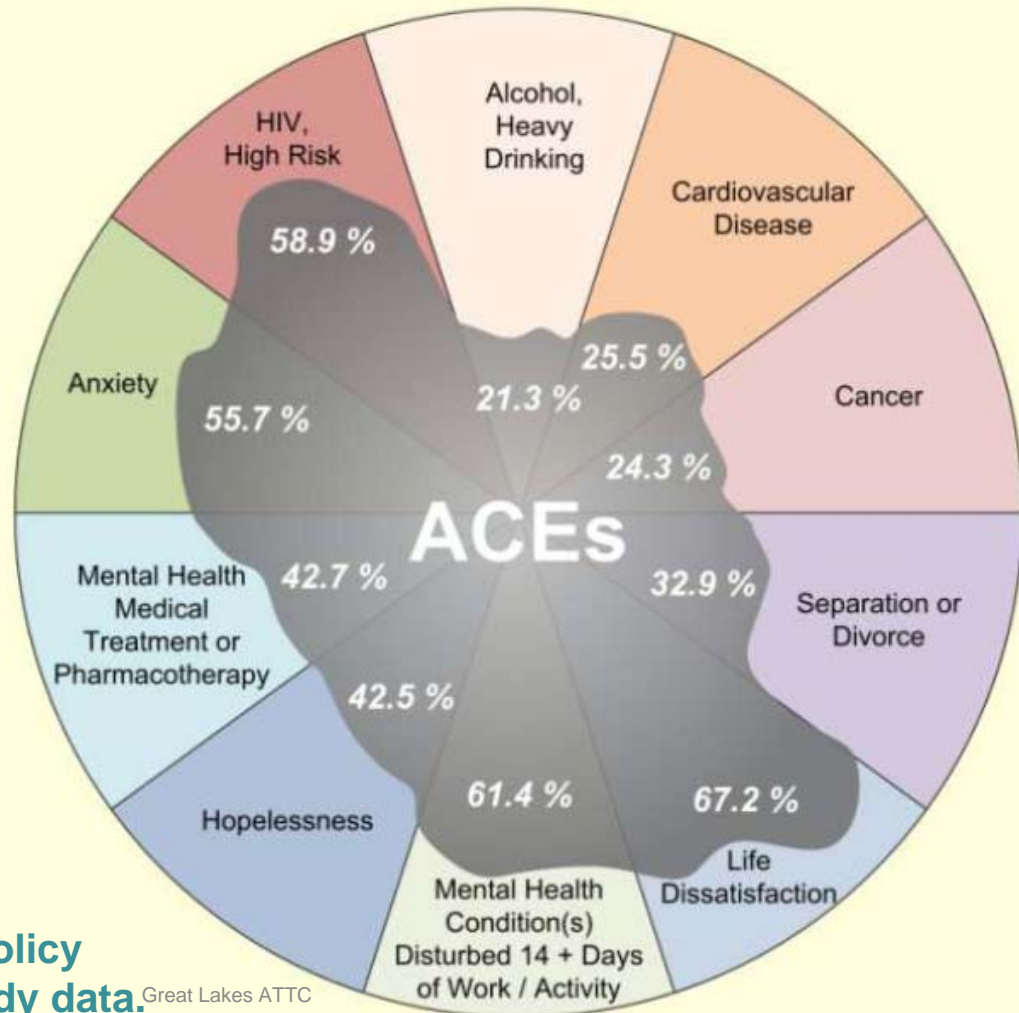
Reports of ACEs, First Round of the Study

Reported	Kind of Stressor or Traumagenic Experience
28%	Physical Abuse
31%	Sexual Abuse
11%	Emotional Abuse
19%	Mental Illness in the household
27%	Substance abuse in the household
23%	Divorce or separation of parents
13%	Domestic violence in the household
5%	Incarceration of a household member



MAGNITUDE OF THE SOLUTION

ACE reduction reliably predicts simultaneous decrease in all of these conditions.




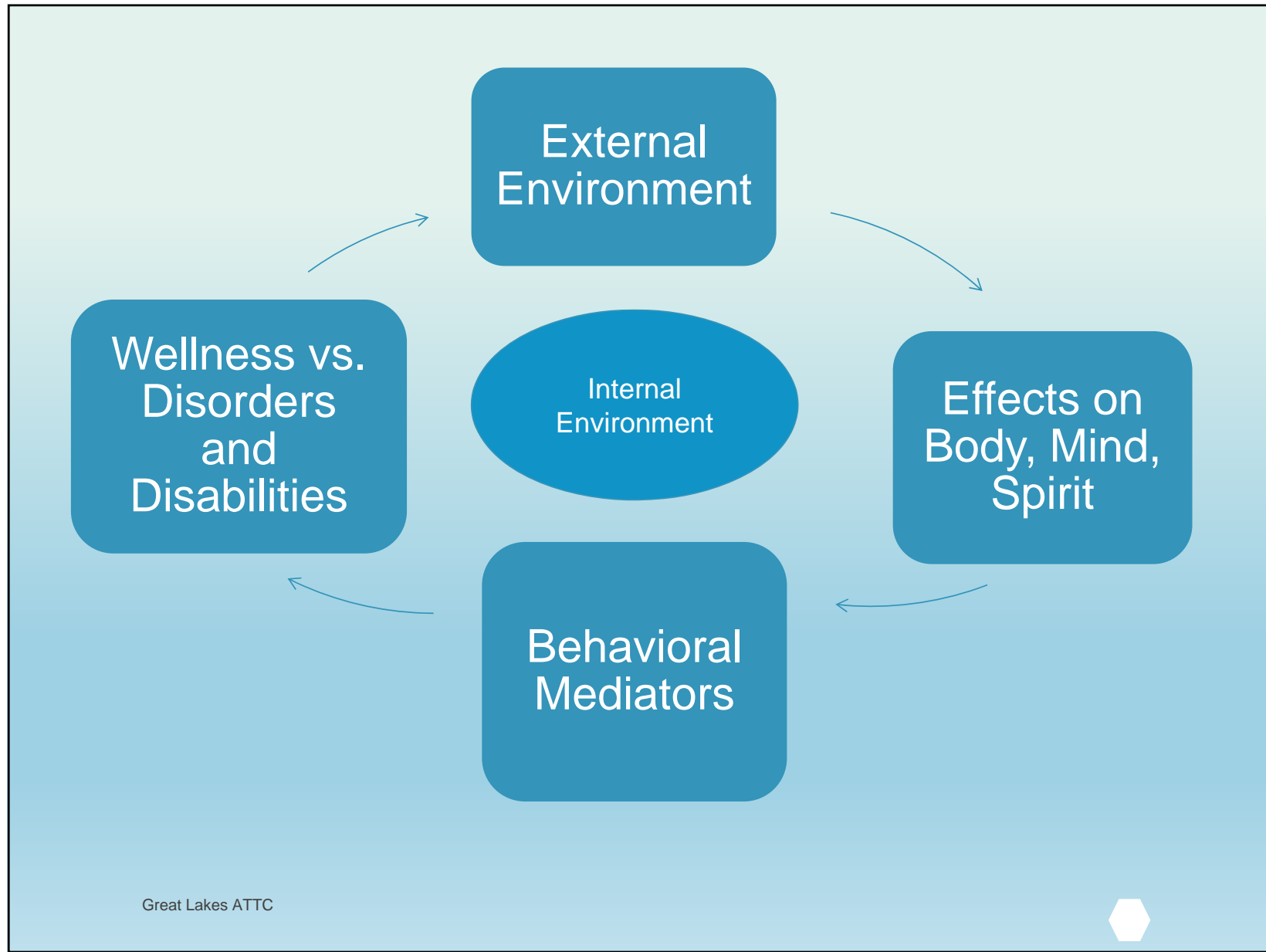
Population attributable risk
Washington State Family Policy Council, based on ACE Study data. Great Lakes ATTC

Signs of Trauma Responses

Behavioral	<ul style="list-style-type: none">•Blowing up when being corrected•Fighting when criticized or teased•Resisting transitions or change•Very protective of personal space•Reckless or self-destructive behavior•Frequently seeking attention•Reverting to younger behaviors
Emotional/Physical	<ul style="list-style-type: none">•Nightmares or sleeping problems•Sensitive to noise or to being touched•Fear of being separated from family•Difficulty trusting others•Feeling very sad, angry, afraid; emotional swings•Unexplained medical problems
Psychological	<ul style="list-style-type: none">•Confusing what is safe and what is dangerous•Trouble focusing or concentrating•Difficulty imagining the future

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The human story...



...is a story
of **strength,**
adaption
and
resilience.

Simple Definition of *resilience*:

: the ability to become strong, healthy, or successful again **after** something bad happens

: the ability of something to **return to its original shape** after it has been pulled, stretched, pressed, bent, etc.

Source: Merriam-Webster's Learner's Dictionary

When you have resilience, you harness inner strength that helps you rebound from a setback or challenge, such as a job loss, an illness, a disaster or the death of a loved one. If you lack resilience, you might dwell on problems, feel victimized, become overwhelmed or turn to unhealthy coping mechanisms, such as substance abuse.

Resilience won't make your problems go away — but resilience can give you the ability to see past them, find enjoyment in life and better handle stress. If you aren't as resilient as you'd like to be, you can develop skills to become more resilient.

Mayo Clinic Site

Looking at the Whole Continuum



Great Lakes ATTC

How Trauma Affects the Brain



- Experiences Build Brain Architecture
- Serve & Return Interaction Shapes Brain Circuitry
- Toxic Stress Derails Healthy Development

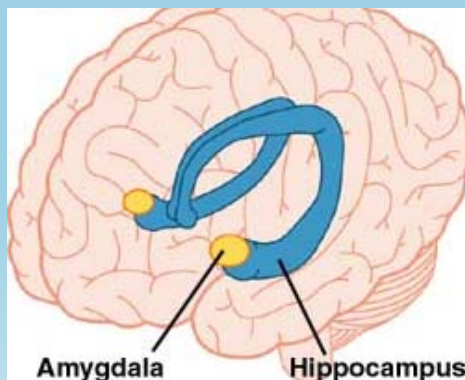
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Neurobiology of Trauma

Amygdala

- Amygdala: Input from sensory, memory and attention centers
 - Emotional memory system = The brain's alarm system



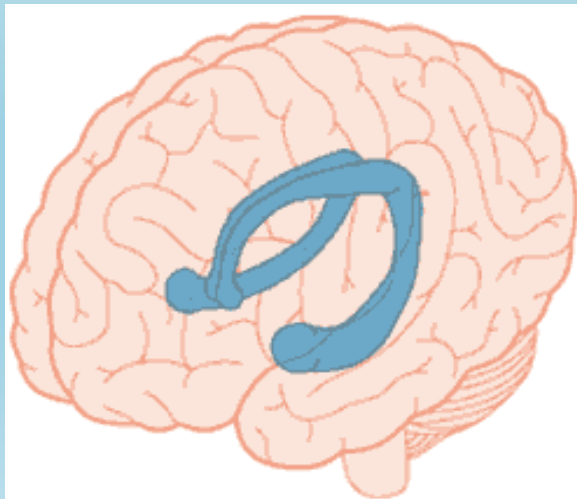
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Neurobiology of Trauma

Hippocampus

- Interface between cortex and lower brain areas.
- Major role in memory and learning.
 - The brain's file cabinet or search engine.

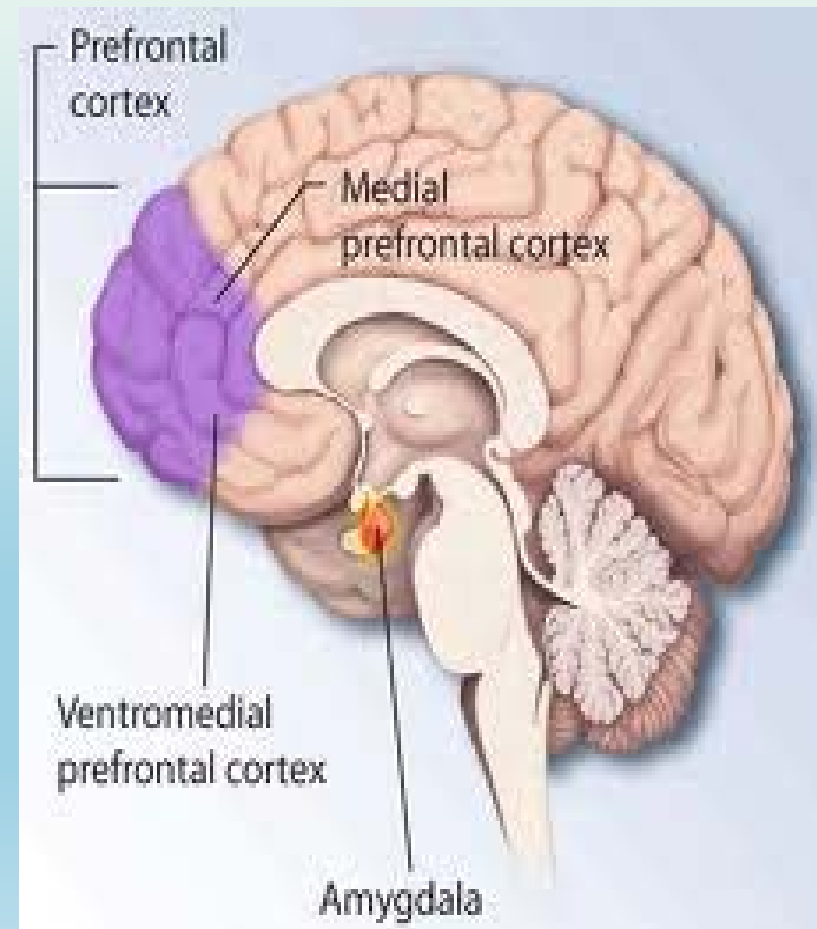


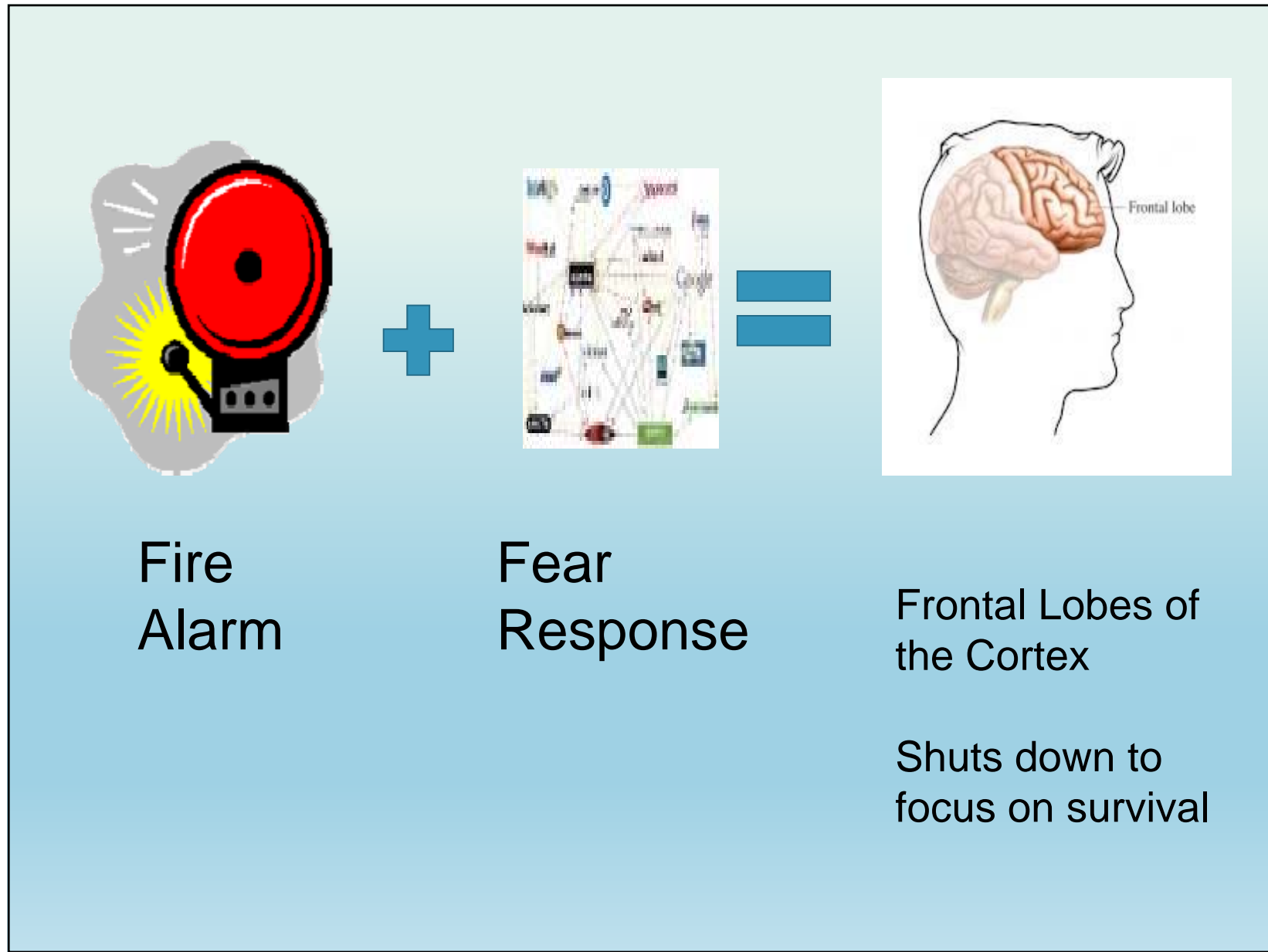
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Neurobiology of Trauma

- Prefrontal cortex
- Executive function
 - Impulse control
- Working memory
 - Cognitive flexibility





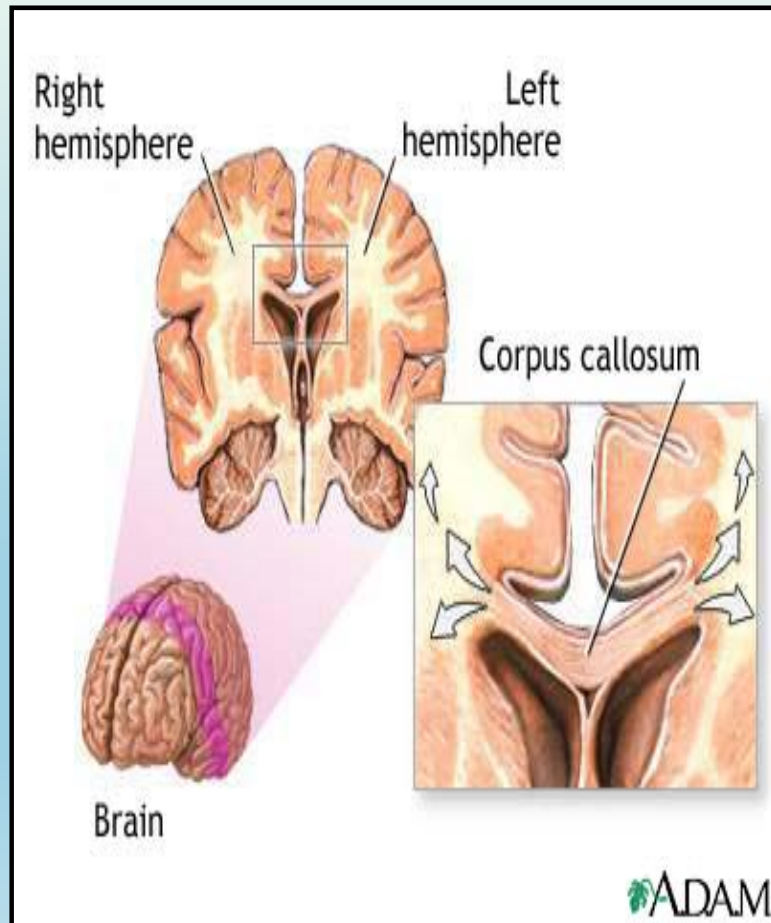
Clinical Implications of Trauma

- Traumatized children
 - Amygdala hypertrophy:
 - Alarm turned on – not able to take input from other areas to quiet alarm
 - Hippocampus atrophy
 - Difficulty with learning and memory
 - Frontal cortex
 - Shut down of executive function – impulse control, working memory and cognitive flexibility

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***It isn't just what happened
to you that determines
your future
– it's how you've come to
make sense of your life
that matters most"
(Seigel, 1999).***

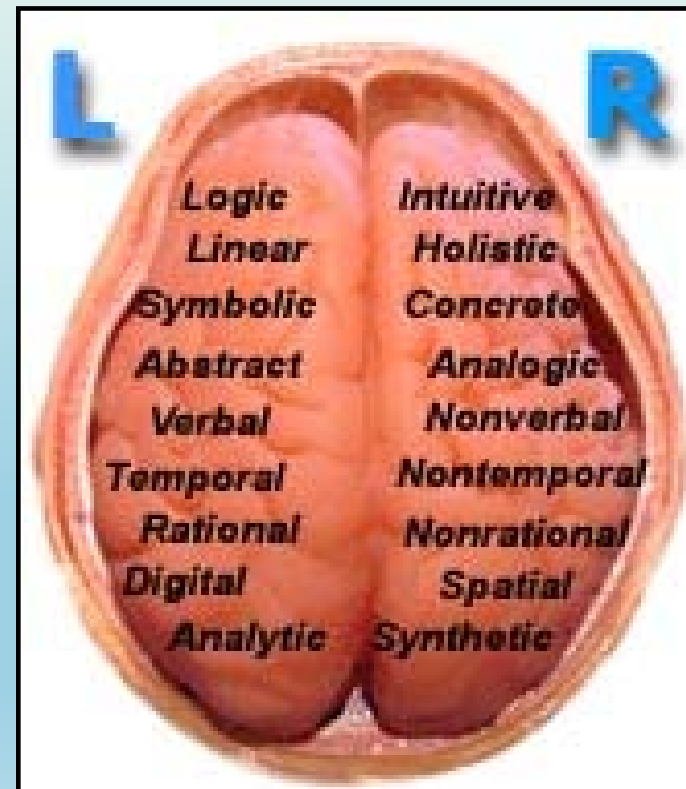
The **Left Brain** and The Right Brain



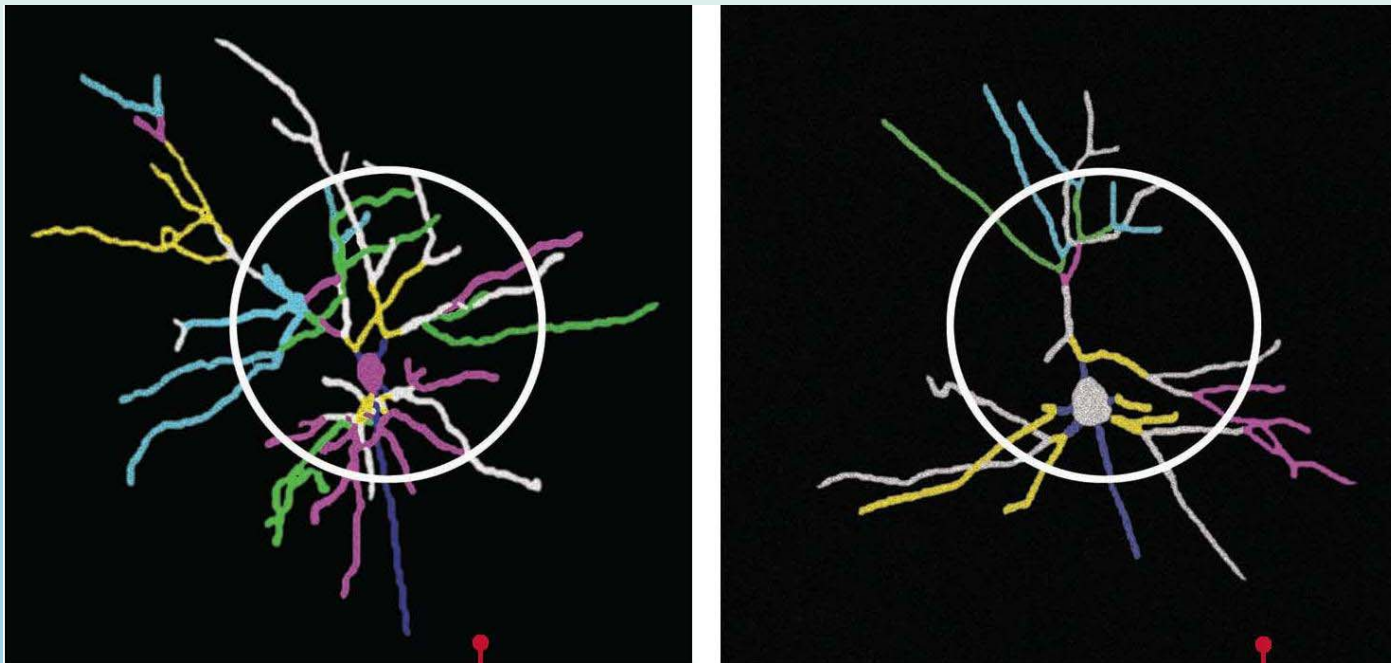
- Trauma or sustained high stress in childhood damages the corpus callosum, which connects the left brain and the right brain.

Left Brain and **Right Brain** Connection

- Disconnection can result in unknown and reactionary emotional states, depression and anxiety disorders, and memory limitations (to name a few).



Impact of Toxic Stress on the Brain



Center for Developing Child, Harvard University

What Will We See Behaviorally?



Frontal Lobe Functions

Impulse Control
Organization
Time Orientation
Reading Social Cues

Corpus Callosum

Not well integrated having
problems using words to
solve problems

Amygdala Functions

Problems w/emotional control
Delays in cause and effect thinking
Difficulty w/empathy
Inability to describe own emotions
Hyper-arousal, anxiety

The behaviors that a person engages in such as substance use, social withdrawal, self harm, agitation and anger are often coping strategies the person has learned to use to numb emotions, escape perceived threats or improve mood in response to trauma triggers.

Trauma in Adults: Mental Health

84%+

**Adult mental health
clients with histories
of trauma**

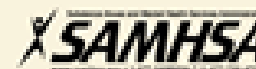
(Meuser et al, 2004)

**50% of female &
25% of male
clients**

**Experienced sexual
assault in adulthood**

(Read et al, 2008)

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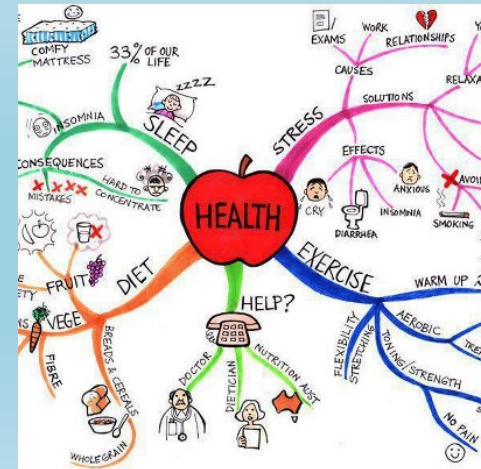


Trauma and:



❖ Substance Abuse and Addictions

❖ Physical Health issues



Trauma in Adults: Substance Abuse

Up to 65% of all clients in
substance abuse treatment
report childhood abuse

(SAMHSA, 2013)

Up to 75% of women in
substance abuse treatment
report trauma histories

(SAMHSA, 2006)

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Trauma in Adults: Substance Abuse, cont.

Over 92% of homeless mothers have severe trauma histories. They have twice the rate of drug and alcohol dependence as those without

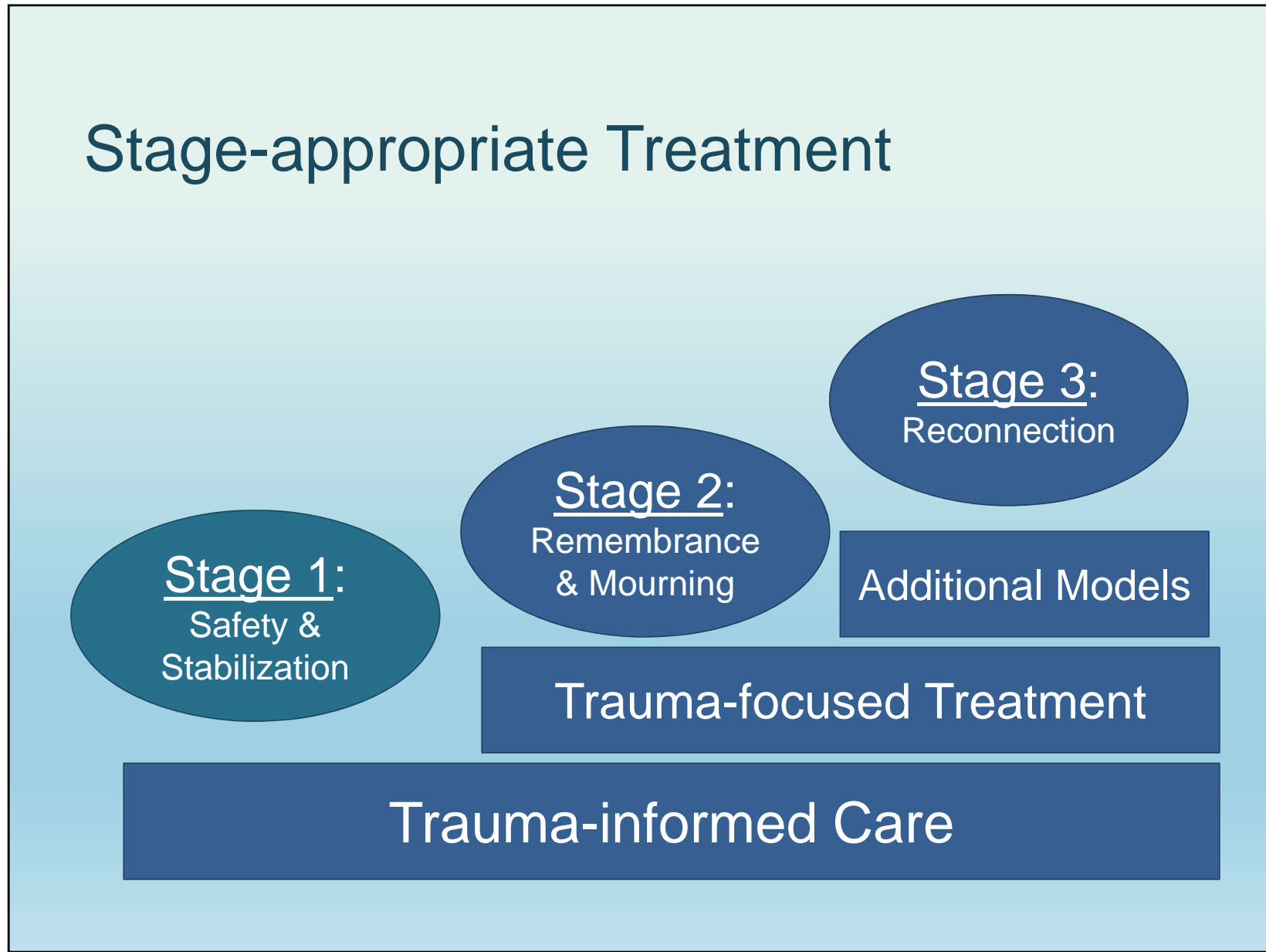
(SAMHSA 2011)

Almost 1/3 of all veterans seeking treatment for a substance use disorder have PTSD

(National Center for PTSD)

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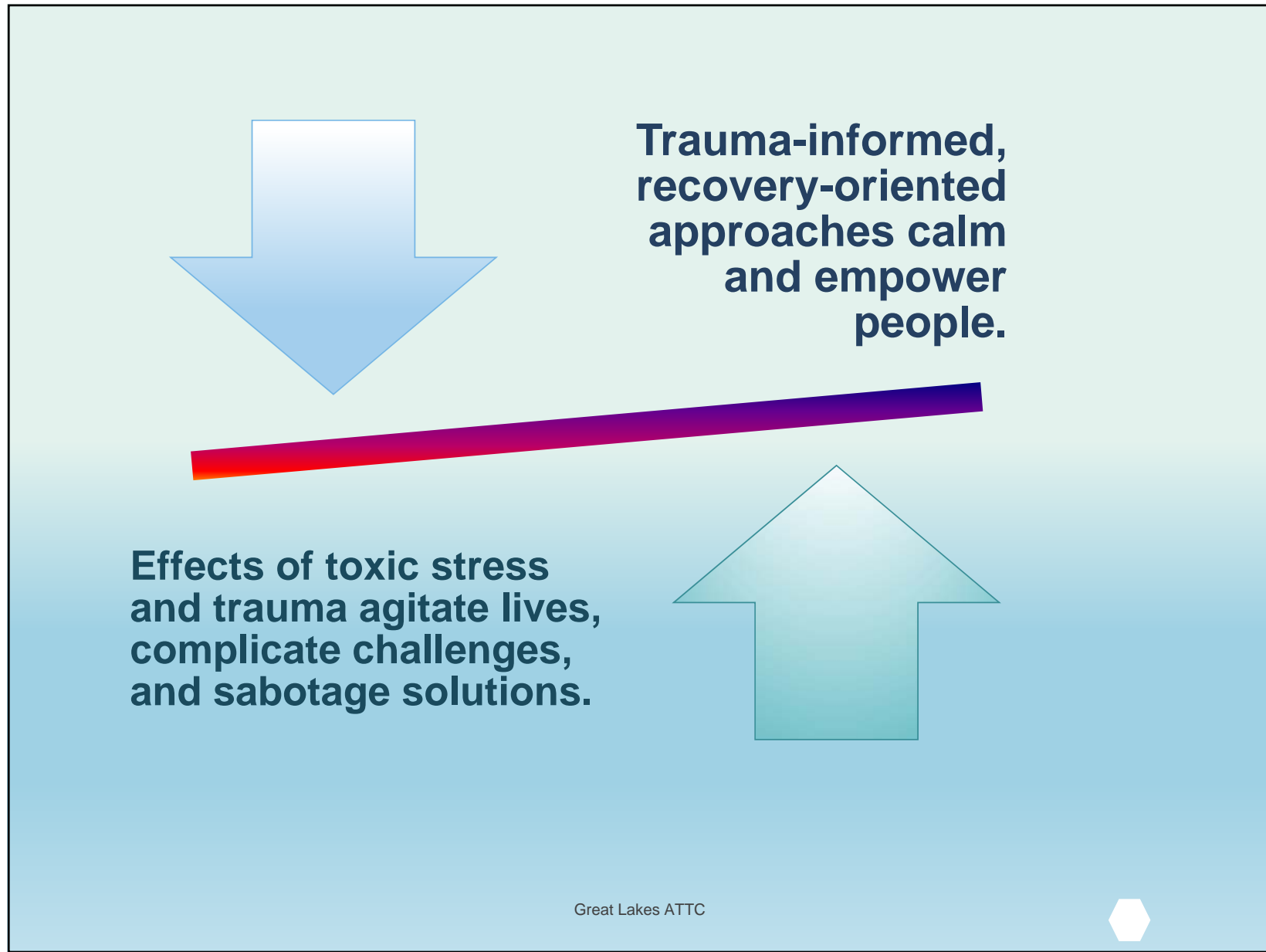


SAMHSA's Six Key Principles of a Trauma-Informed Approach

- **Safety**
- **Trustworthiness and Transparency**
- **Peer Support**
- **Collaboration and Mutuality**
- **Empowerment, Voice, and Choice**
- **Cultural, Historical, and Gender Issues**

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Important Distinctions to be made when talking to others- community partners, consumers etc..

- “Trauma” from “PTSD” (posttraumatic stress disorder)
- Trauma-informed care from trauma-focused or trauma-specific services
- Recovery-oriented systems of care (ROSC) from recovery management or support services
- A ROSC from a recovery-oriented organization or program

The Impact of Early Adversity on Children's Development

- http://developingchild.harvard.edu/index.php/resources/multimedia/videos/inbrief_series/inbrief_impact_of_adversity/

Supporting resilience

http://www.youtube.com/watch?v=eHyv_LFXkVU

Dream-motivational

<http://www.youtube.com/watch?v=g-jwWYX7Jlo>

Healing Need

<http://www.youtube.com/watch?v=IUJPJ4eW8kQ>

More Information

- SAMHSA's National Center for Trauma-Informed Care (NCTIC):
<http://www.samhsa.gov/nctic/>
- SAMHSA's Partners for Recovery:
<http://partnersforrecovery.samhsa.gov/rosc.html>
- Great Lakes Addiction Technology Transfer Center
(ATTC): http://www.attcnetwork.org/regcenters/index_greatlakes.asp
- National ATTC Network: <http://www.attcnetwork.org/index.asp>



Questions



