Trauma 101 and Recovery

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Region 3 Behavioral Health Services &
The Behavioral Health Education Center of NE (BHECN)
Behavioral Health Education Center of Nebraska

Our Mission:
To enhance the behavioral health of the people of Nebraska by improving the numbers, accessibility and competence of the Nebraska Behavioral Health Workforce through the collaboration of academic institutions, providers, governmental agencies and the community.

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Take Care of Self
Agenda/Overview

1. Understanding Trauma
   • Definition/Types
   • Trauma & The Brain
   • ACE’s
   • Healing Neen

2. Trauma Informed Approaches
   • Triggers
   • Screening
   • Self-Care

3. Principles of Trauma Informed Approaches
   • 6 Principles

4. Healing & Recovery
   • Stages
   • Resiliency
   • Post-Traumatic Growth
   • Interventions & Body Work
Trauma Definition

- The personal experience of interpersonal violence including sexual abuse, physical abuse, severe neglect, loss, and/or the witnessing of violence, terrorism, urban violence, war/combat, motor vehicles accidents and disasters
- Events that are shocking, terrifying and/or overwhelming to the individual
- Results in feelings of horror, fear, helplessness
- Trauma occurs when an external threat overwhelms a person’s internal and external positive coping resources
The Three E’s in Trauma

Events

Events/circumstances cause trauma.

Experience

An individual’s experience of the event determines whether it is traumatic.

Effects

Effects of trauma include adverse physical, social, emotional, or spiritual consequences.
Types of Trauma

- Intergenerational/Historical
- Cultural
- Vicarious
Traumatic Events

- Childhood or adult violence including sexual abuse, physical abuse, severe neglect
- Loss
- Witnessing violence or death
- Terrorism
- Urban violence
- War/combat
- Motor vehicles accidents
- Disasters
- Separation from your child against your will
- Bullying
- Homeless
- Life-threatening accidents
- Threatened with a weapon
- Being held captive
- Found it necessary to exchange sex in order to meet your basic needs or avoid harm
- Crime
- Harassment
- Miscarriage
- Stalking
- Sanctuary trauma
- Refugee/immigration
Trauma Prevalence in Children

- **71% of children** are exposed to violence each year (Finkelhor et al, 2013)

- **3 million children** are maltreated or neglected each year (Child Welfare info, 2013)

- **3.5-10 million** witness violence against their mother each year (Child Witness to Violence Project, 2013)

- **1 in 4 girls and 1 in 6 boys** were sexually abused before adulthood (NCTSN Fact Sheet, 2009)

- **94% of children in juvenile justice settings** have experience trauma (Rosenberg et al, 2014)
Traumatic Events May Affect a Child

- Brain Development
- Sense of Personal Safety
- Ability to Trust Others
- Sense of the Future
- Behavior and Social Relationships
- Effectiveness in Navigating Life Changes
- Educational Performance: Capacity to Learn
- Children in Foster Care
How Brains Are Built Video
Hierarchy of Brain Function

Prefrontal Cortex

Executive Function
- Future consequences of current activities
- Prediction of outcomes

Social controls

Differentiation among conflicting thoughts (best, better, good/bad)

Relationships

Bruce Perry
Lateral Ventricles Measures in an 11 Year Old Maltreated Male with Chronic PTSD, Compared with a Healthy, Non-Maltreated Matched Control
“If we could somehow end child abuse and neglect, the eight hundred pages of DSM would be shrunk to a pamphlet in two generations.”

Dr. John Briere  Associate Professor of Psychiatry and Psychology  Keck School of Medicine  University of Southern California
Still Face Experiment
Screen Time
Things To Remember

Underlying question = “What happened to you?”

Symptoms = Adaptations to traumatic events

Healing happens In relationships
Collaboration between Kaiser Permanente’s Department of Preventive Medicine in San Diego and the Center for Disease Control and Prevention (CDC)

The Adverse Childhood Experiences Study (ACE)
ACE SURVEY
Survey is in your packet
Questions Related to the ACE Survey

• Physical, emotional and/or sexual abuse
• Neglect or abandonment
• Divorce
• Alcoholism or drug addiction in the family
• Family Violence
• Poverty, homelessness, lack of food and basic needs
• Family member in prison
• Family member with mental illness
## Adverse Childhood Experiences (ACEs)*

### Abuse of Child
- Recurrent Severe Emotional abuse
- Recurrent Physical abuse
- Contact Sexual abuse

### Trauma in Child’s Household Environment
- Substance abuse
- Parental separation or divorce -
  - Chronically depressed, emotionally disturbed or suicidal household member
- Mother treated violently
- Imprisoned household member
- Loss of parent – (best by death, unless suicide, - worst by abandonment)

### Neglect of Child
- Abandonment
- Child’s basic physical and/or emotional needs unmet

* Above types of ACEs are the “heavy end” of abuse.

## Impact of Trauma and Health Risk Behaviors to Ease the Pain

### Neurobiologic Effects of Trauma
- Disrupted neuro-development
- Difficulty controlling anger-rage
- Hallucinations
- Depression
- Panic reactions
- Anxiety
- Multiple (6+) somatic problems
- Sleep problems
- Impaired memory
- Flashbacks
- Dissociation

### Health Risk Behaviors
- Smoking
- Severe obesity
- Physical inactivity
- Suicide attempts
- Alcoholism
- Drug abuse
- 50+ sex partners
- Repetition of original trauma
- Self Injury
- Eating disorders
- Perpetrate interpersonal violence

## Long-Term Consequences of Unaddressed Trauma (ACEs)

### Disease and Disability
- Ischemic heart disease
- Cancer
- Chronic lung disease
- Chronic emphysema
- Asthma
- Liver disease
- Skeletal fractures
- Poor self rated health
- Sexually transmitted disease
- HIV/AIDS

### Social Problems
- Homelessness
- Prostitution
- Delinquency, violence, criminal behavior
- Inability to sustain employment
- Re-victimization: rape, DV
- Compromised ability to parent
- Intergenerational transmission of abuse
- Long-term use of health, behavioral health, correctional, and social services
Higher ACE Score Increases Smoking

- 6 of 100 people with 0 ACEs smoke
- 11 of 100 people with 3 ACEs smoke
- 17 of 100 people with 7 ACEs smoke
Functions of Substance Use

- Avoidance/Self-Medication
  - Escape fear, numb trauma memories
- Increase positive emotions
- Reduce Physical Pain
- Express feelings and induce emotions

Beardsley, 2003
Survivors Speak:

“I’ve known for 10 years that I had a serious problem with drug use but I was not willing to give it up because it was my way of coping. The drug didn’t hurt as bad as reality hurt.”
ACE Score Increases Suicide Attempt

1 of 100 people with 0 ACEs attempt suicide

10 of 100 people with 3 ACEs attempt suicide

20 of 100 people with 7 ACEs attempt suicide
ACE PREVALENCE IN NEBRASKA
CLASSROOM

0 ACEs

1-2 ACEs

3-4 ACEs

≥5 ACEs

Adapted from Laura Porter, Washington State Family Policy Council, Kathy Carson, Public Health-Seattle & King County
Existing Practice:

- Existing practice commonly asks “What is wrong with the person?” vs “what happened to the person?”

- Existing practice develops diagnoses, and treats symptoms instead of underlying causes.

Joe Foderaro, LCSW
Sandy Bloom
From “What’s Wrong?” To “What’s Happened?”

- What is your diagnosis?
- What are your symptoms?
- How can I best help or treat you?
- What is your story? How did you end up here?
- How have you coped and adapted?
- How can we work together to figure out what helps?
What is a “trigger?”

• Triggers are environmental stimuli
  • Sensory reminders of an event: Sound, sight, smell, touch, taste

• Responses to stimuli are conditioned
  • Not a conscious choice to behave certain way

• Cause emotional responses to neutral stimuli – brings back pieces of traumatic episode

• Brings back memory
  • Glimpse – enough to scare/startle/cause reaction
  • Re-experience – people literally believe they’re in danger

Megan Smith
Triggers can be ANYTHING

- hair, clothes, *uniform*
- accent, voice tone, gender
- season, weather, holiday
- media (books, articles, television, news, entertainment)
- strangers seen in public,
- life developmental milestones, changes in relationship
- psychotherapy & recovery

Megan Smith
Common Triggers/SAVE handout
Trauma is often Overlooked because...

- Behavioral responses resemble common delinquent behaviors and are under-identified as trauma symptoms

- Stress manifestation is different by ages, stages, expression

- Many just don’t connect the symptoms to trauma...Thus leading to punishment rather than help
Screening for Trauma

- Universal Screening is Critical
  - Symptoms—Experiences

- Screening vs assessment

- Screening Practices/Considerations
  Screening Tool Example
Region 3 Comfort Room
Recovery: Healing Happens!

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

-SAMHSA
Stages of Recovery

- Judith Herman, Trauma & Recovery
  - Safety
  - Remembrance/Mourning
  - Reconnection
Recovery/Interventions- Healing Happens!

- Treatment Models (Seeking Safety, EMDR, TF-CBT, EFT Tapping Therapy)
- Psychoeducation
- Body work and other adjunct therapies
- Peer Support
- Healthy Anger
- Gender Responsive
- Culturally Competent
- Recovery Oriented
- New Coping Skills
- Spirituality
- Relationships

EMDR and PTSD Video
Body Work & Other Adjunct Therapies

- Yoga
- Meditation/Prayer
- Tai Chi/Qi Gong
- Mindfulness
- Visualization/guided imagery
- Deep Breathing
- Reiki
- Acupuncture
- Dancing/Walking
- Rocking Chair
- Self-Care Kit
- Art Therapy
- Music

- Drumming
- Massage
- Aroma Therapy/Essential Oils
- Grounding Techniques
- Cooking
- Other?

Just Breathe Video
Thank-you, Evaluation, Certificates

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