Utah Trauma Academy
Day One: Overview

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4 agreements Miguel Ruiz

- **The Four Agreements are:**
- **1. Be Impeccable with your Word:** Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the power of your Word in the direction of truth and love.
- **2. Don't Take Anything Personally**
- Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
- **3. Don't Make Assumptions**
- Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.
- **4. Always Do Your Best**
- Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

National Historic timeline

A brief timeline of TIC ~ Select History of Trauma Informed Care

- Historical threads in many fields and movements
- Trauma and Recovery – by J Herman 1992
- Decade of the Brain – 1990s
- Adverse Childhood Experiences Study 1990s-2000s
- Women with Co-occurring Disorders and Violence Study – SAMHSA 1998-2004
- National Child Traumatic Stress Network – NCTSN 2000
- Using Trauma Theory to Design Service Systems by Harris and Fallot – 2001
- Helping Children in the Child Welfare System Heal from Trauma – NCTSN 2005
- Federal Partners on Women and Trauma – 2010
- Trauma Informed Schools (Walla Walla, WA and Cherokee Point, San Diego) – 2013
- ACEConnection and many local efforts - ongoing

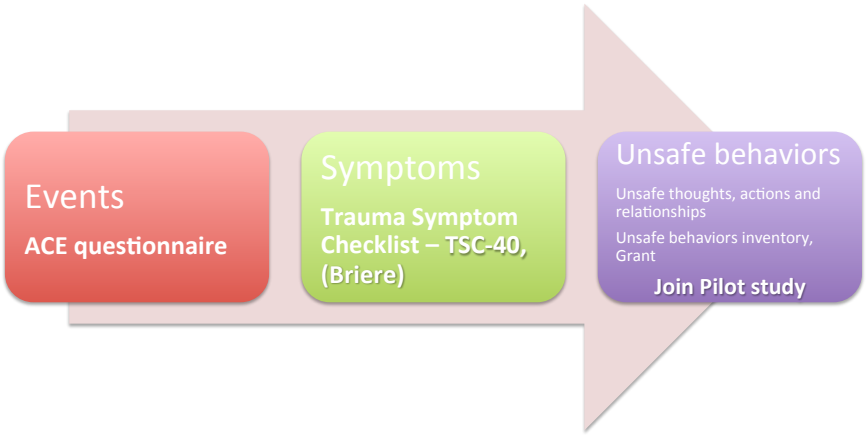
Utah timeline

- National Conference on Adult and Juvenile Female Offenders 2011 – feat. S Covington
- Utah Foster Care Symposium with Dr. Bruce Perry, 2012
- Department of Human Services attended a two-day training by Dr. Stephanie Covington on trauma informed care, 2013
- Seeking Safety training offered 2013, 2014, 2016
- Trauma Informed Care Network (SLC) 2014
- Health and Resiliency Symposium: Building a Trauma Informed Community, October 15, 2014

SAMHSA

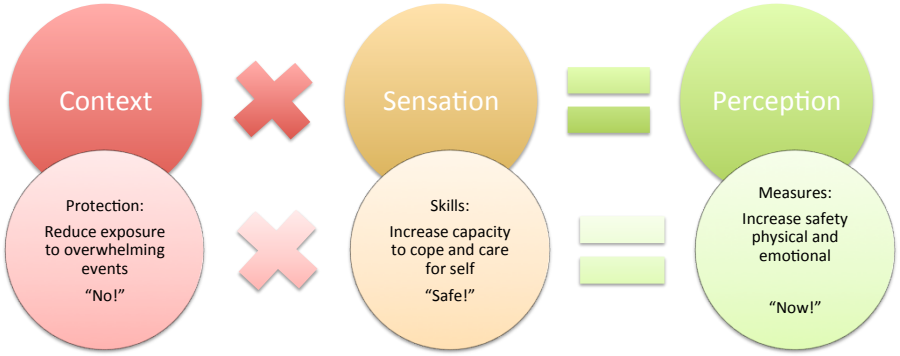
- Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.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

Identifying trauma



To join the UBI Pilot Study, email
traumainformedcalifornia@gmail.com
Subject line: UBI

Treatment is neurobiological



ACE Study compared to professionals in mental health, sub abuse, criminal justice, homelessness, domestic violence, schools, healthcare.

ACE Study findings		Helping professionals (2013) n=521	
Emotional abuse	11%	Emotional abuse	50%
Physical abuse	28%	Physical abuse	32%
Sexual abuse	22%	Sexual abuse	30%
Emotional neglect	15%	Emotional neglect	39%
Physical neglect	10%	Physical neglect	16%
One or no bio parents	23%	One or no bio parents	43%
Mother treated violently	13%	Mother treated violently	19%
Substance abuser in home	27%	Substance abuser in home	49%
Mentally ill person in home	17%	Mentally ill person in home	41%
Household member in prison	5%	Household member in prison	15%
No ACEs reported	33%	No ACEs reported	15%

Completed anonymously and voluntarily by attendees of trainings provided by CCE-TIC

Compiled by the California Center of Excellence for Trauma Informed Care

PTSD video

Complex trauma

Compare Grief and Trauma

Grief

- Generalized reaction is SADNESS
- Grief reaction stand alone
- Grief reactions are generally known to the public and the professional
- In grief, most can generally talk about what happened
- In grief, pain is the acknowledgement of the loss
- In grief, anger is generally non-destructive and non-assaultive
- In grief, child says "I wish I would/would not have…"
- Grief generally does not attack nor "disfigure" our self image
- In grief, dreams tend to be of the deceased
- Grief generally does not involve trauma reactions like flashbacks, startle reactions, hypervigilance, numbing, etc.

Trauma

- Generalized reaction is TERROR
- Trauma reactions generally include grief reactions
- Trauma reactions, especially in children, are largely unknown to the public and professionals
- In trauma, most do not want to talk about what happened
- In trauma, pain triggers tremendous terror and an overwhelming sense of powerlessness and loss of safety
- In trauma, anger often becomes assaultive even after non-violent trauma
- Trauma guilt says, "It was my fault. I could have prevented it."
- Trauma generally attacks, distorts and "disfigures" our self image
- In trauma, dreams are about self and potential victim
- Trauma involves grief reactions in addition to trauma specific reactions

Gallagher (no date), adapted from What Parents Need to Know, by William Steele, TLC Institute, 1997

Trauma informed goals and skills

Goal

- Safety (phys and emo)
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice and Choice
- Cultural, Historical, and Gender Issues

SAMHSA, 2014

Skill

- Build safe coping skills
- Become more transparent, become known to someone
- Identify and build safe connections
- Work on something you care about with other who care about the same thing
- Develop personal power: ability to speak and act autonomously
- Accept messages that help; disregard messages that hurt

Grant, 2015

SAMHSA: Trauma & Justice Strategic Initiative

- To reduce the pervasive, harmful and costly health impact of violence and trauma
  - By integrating trauma-informed approaches throughout the health and behavioral health care systems
  - By diverting people with substance use and mental disorders from criminal and juvenile justice systems into trauma-informed treatment and recovery
- **Goals**

1. Develop a comprehensive public health approach to trauma.
   Make screening for trauma and early intervention and treatment common practice.
2. Reduce the impact of trauma and violence on children, youth, and families.
3. Address the needs of people with mental disorders, substance use disorders, co- occurring disorders, or a history of trauma in the criminal and juvenile justice systems.
4. Reduce the impact of disasters on the behavioral health of individuals, families, and communities.

– SAMHSA Lead Larke Huang, October 19, 2010

SAMHSA

Concept of Trauma and Guidance for a Trauma-Informed Approach

Prepared by

Trauma and Justice Strategic Initiative, SAMHSA

July 2014

- "Trauma is a widespread, harmful and costly public health problem….It is an almost universal experience of people with mental and substance use disorder….Additionally, it has become evident that addressing trauma requires a multi-pronged, multi-agency public health approach inclusive of public education and awareness, prevention and early intervention, and effective, trauma-specific assessment and treatment."

Universal precautions

- Developmental trauma sets the stage for unfocused responses to subsequent stress leading to dramatic increases in the use of medical, correctional, social and mental health services. (van der Kolk, Developmental Trauma Disorder, no date)
- Among SMI clients in public mental health, average of 7 types of traumatic events over lifetime. (Lu, et al., 2013)
- Adverse childhood experiences increase risk of HIV/AIDS, STIs and injection drug use. (Wilson, 2009)
- A strong association between IPV and HIV in a representative sample of US women. (J. Sareen et al., 2009)

Universal precautions

- **We ask, they do NOT have to tell.**
- **If there is no specific information, think trauma first!**
- **Notice if thinking trauma first provides more solutions, compassion and optimism**
  - **rather than finding blame, feeling overwhelmed, becoming triggered, struggling to know what to say.**
- **Ask how this still affects client today - redirect to the present.**
- **If disclosure, recognize the bravery and ask what the person would like you to do.**
- **Know mandated reporting laws and speak to supervisor after any disclosure.**
- **Avoid unilateral decision-making, if possible.**

PUBLIC HEALTH

- Public health refers to all organized measures to prevent disease, promote health, and prolong life among the population as a whole.
- Its activities aim to provide conditions in which people can be healthy and focus on entire populations, not on individual patients or diseases.
- Thus, public health is concerned with the total system and not only the eradication of a particular disease.

- World Health Organization

TIP 57

A TREATMENT IMPROVEMENT PROTOCOL

Trauma-Informed Care in Behavioral Health Services

- ✓ Realizes the widespread impact of trauma and understands potential paths for recovery
- ✓ Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system
- ✓ Responds by fully integrating knowledge about trauma into policies, procedures, and practices
- ✓ Seeks to actively resist re-traumatization

Trauma-informed ➔ Safety

TRAUMA-INFORMED: a culture that acknowledges the impact of trauma and strives to increase physical and emotional safety – public health

TRAUMA-SPECIFIC: interventions whose primary task is to address the impact of trauma and to facilitate trauma recovery – individualized treatment

All **publicly** funded programs benefit from becoming trauma informed and can also choose to also become trauma-specific.

Thank you!

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