SIDAC

Presents

Trauma Informed Care

Presenter

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Definitions of Trauma

Definitions of Trauma Continued

Trauma is an emotional response to a terrible event like an accident, sexual assault, or natural disaster. Immediately after the event, shock and denial often occur. The longer-term reactions often include unpredictable emotions, flashbacks, strained relationships and physical symptoms

Source: APA

Definitions of Trauma Continued

Trauma is a pervasive problem. It results from exposure to an incident or series of events that are emotionally disturbing or lifethreatening with lasting adverse effects on the individual's functioning, mental, physical, social, emotional and/or spiritual well-being.

Source: Trauma Informed Care Implementation Resource Center

Trauma

We are a nation of Unhealed Historical trauma survivors

- African Americans
- Native Americans
- Asians
- Latino/Hispanics
- Immigrants
- Refugees
- Wars

Lessons from History:

The Alcoholic Republic "Americans drank more alcohol per capita, the first 40 years after the signing of The Declaration of Independence than anytime in our nations history."

Rationale

The British had all the tea

Water was impure

Milk spoiled easily







Martha Washington
Leader of the Temperance Movement

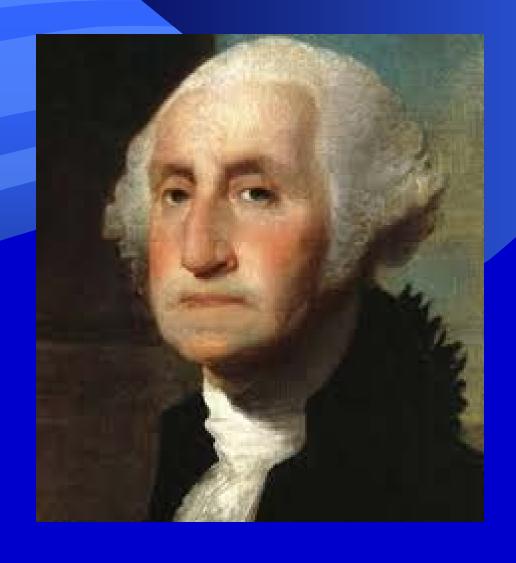
The Bill of Rights

The first 10 Amendments of the Constitution reflects all the things a trauma survivor would need to feel safe.

Amendment 1
Freedom of Speech

Amendment 2

The Right to Bear Arms



George Washington



Civil War

Source: flicks commons

During the Civil War soldiers were given a pint of alcohol per day to deal with the trauma of war.



September 11 Memorial

The National Residue of Our Historical Trauma

- More guns than people
- The highest homicide rate in the world
- The highest imprisonment rate in the world
- Leads the world in illicit drug Use
- Leads the world in cigarette smoking

Trauma Continued

Because we have never recovered from our historical trauma we have a high tolerance for trauma without taking action You cannot have a trauma recovery movement in America without advocacy.

Judith Herman

Center for Disease Control and Prevention

The Adverse Childhood Study (ACE)

Research with Nearly 18,000 Adults

Discovered A Strong Correlation Between Early Childhood Trauma and Physical and Mental Illness in Adulthood

Adverse Childhood Experiences ACE's

Before age 18 (10 ACE's)

- Abuse (physical, emotional, sexual and/or neglect)
- Exposure to parental domestic violence
- Parental mental illness or Substance Use Disorder
- Parental separation or divorce
- Loss of a parent through death, deportation, incarceration

Results

- Compared to an ACE's Score of 0, a person with a score of 4 is 8 times more likely to develop a Substance Use Disorder
- A score of 5, the person is 10 times more likely to develop a Substance Use Disorder or Mental Inness
- Life expectancy of a person who scores 6
 is age 60 (monitoring)

6 Guiding Principles of Trauma Informed Care

- Safety
- Trustworthiness and Transparency
- Peer support
- Collaboration and mutuality
- Empowerment and choice
- Cultural, historical and gender issues

Safety

- Trauma Informed System of Care-Every member of the service team receives training
- Trauma informed leadership- Safe Santuary, calm, emotionally regulated, voice and choice, honor the 6 principles of trauma informed care
- From the initial phone call through termination and follow up
- Safety in counseling
- Safety in the home
- Safety in the community

Trustworthiness and Predictability

- Counselor qualities-empathy, warmth, genuineness, charisma, believability
- Informed consent
- Keep your word
- 10 minutes equals 10 minutes
- Follow through
- Congruence-between who you are and who you appear to be
- Minimize confrontation and build assets

Peer Support

- Community welcome
- Safety in therapy groups "safety is more important than cure"
- Buddy system
- Recovery coaching Pre-treatment, Intreatment and post treatment recovery support

Collaboration and Mutuality

- "What are your goals in recovery?"
- "It's up to you."
- Voice In-treatment plan and treatment plan reviews
- Egalitarian relationship

Empowerment and Choice

- Not doing for people what they are capable of doing for self
- Naming traumatic experiences
- Believing in the capacity of the individual to change and grow
- Honoring multiple pathways of recovery
- Motivational interviewing
- Strength based counseling approaches

Conducting a Strength-based Assessment

- What do you do well?
- How have you been able to endure so much?
- What do you like to do in your leisure time?
- What is the best thing you ever made happen?

Strength-based Assessment Continued

- What are the three best moments you can recall in your life?
- What is your previous life suffering preparing you to do with the rest of your life?
- When you faced that challenge, what sources of strength did you draw from?
- What have you learned from what you have gone through?
- Which of your experiences have taught you the most about your own resilience?

Cultural, historical and gender issues

- Be a student of historical and current trauma.
- Be aware of current and historical tensions
 between your and the client's cultural group and
 be willing to talk about it.
- Address microaggressions in counselingintentional and unintentional insults.
- Discuss intersectionality-Ways in which the life of the counselor and client are similar and different.
- Allow the client to be the teacher about their culture

Cultural. Historical and Gender Issues Continued

- There are sub-cultures within cultures that have similar and different experiences
- Learn as much as possible about gender identity
- Understand and honor client request for same gender counselor
- Strive for cultural humility and gender competence.

Trainers' Contact Information

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