Today’s Presenter

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• Sr. Director, Children and Trauma-Informed Services
• National Council for Mental Well-Being
One person talks at a time, do not interrupt. What happens in group stays in group.
THE OPIOID EPIDEMIC BY THE NUMBERS

70,630 people died from drug overdose in 2019

1.6 million people had an opioid use disorder in the past year

1.6 million people misused prescription pain relievers for the first time

745,000 people used heroin in the past year

2 million people used methamphetamine in the past year

50,000 people used heroin for the first time

14,480 deaths attributed to overdosing on heroin (in 12-month period ending June 2020)

48,006 deaths attributed to overdosing on synthetic opioids other than methadone (in 12-month period ending June 2020)

SOURCES
2. NCHS Data Brief No. 394, December 2020.
What is Trauma?

Definition (SAMHSA Experts 2012) includes three key elements

Individual trauma results from an event, series of events, or set of circumstances that is experienced, by an individual as overwhelming or life-changing and that has profound effects on the individual’s psychological development or well-being, often involving a physiological, social, and/or spiritual impact.
Intergenerational (Historical) Trauma

“Cumulative emotional and psychological wounding, over the lifespan and across generations, emanating from massive group trauma experiences.”
Intergenerational/Historical Trauma Events

- Genocides
- Slavery
- Pandemics
- Massacres
- Prohibition/destruction of cultural practices
- Discrimination/Systemic prejudice
- Forced relocation
Historical Trauma Perpetuated Today

Microaggressions are everyday experiences of discrimination, racism, and daily hassles that are targeted individuals from diverse racial, ethnic and cultural groups (Evans-Campbell, 2008).
Trauma Shapes Our Beliefs

We do not see things the way they are. We see them as we are.

➢ Worldview
➢ Spirituality
➢ Identity
Physical Impact of Trauma

**Brain Architecture**
- Shrinkage in prefrontal cortex, corpus callosum, and hippocampus. Enlarged and more reactive amygdala. Resolution: safe and stable nurturing relationships, walk in nature, touch, exercise.

**Brain Waves**
- Predominance of wrong brain waves in wrong part of the brain leads to anxiety, unable to concentrate, and seizures. Resolution: neurofeedback.

**Neural Pathways**
- Need to ‘rewire’ our brain from old thought patterns and habits of mind, conscious, and unconscious. Resolution: neurofeedback, meditation, mindful action, positive self-talk.

**Neurotransmitters**
- Vulnerable to addiction because dopamine transmitters/receptors not developed or damaged. Reduces motivation & focus, creates fatigue. Low serotonin causes depression.

**Hormones**
- Prolonged high cortisol and ghrelin creates greater reactivity to stress. Long-term damage to cells, structures of the body, and other hormone glands (thyroid). Resolution: oxytocin (“the love hormone”).

**Toxin Elimination**
- Intestines and kidneys less able to eliminate toxins (slow gut or unbalanced flora). Resolution: saunas, baths.

**Nervous System**
- Superscharged sympathetic nervous system. Parasympathetic nervous system not engaged to bring back into balance. Resolution: yoga, breathing, or other physical/emotional regulation.

**Immune System**
- Resistance to cortisol or lower cortisol creates unchecked inflammation. Causes of many diseases: asthma, arthritis, etc. Resolution: meditation, mindful action, walking in nature, diet, rest.

**Cellular Change**
- Shortens telomeres which prematurely ages and reduces reproduction of cells & can cause cancer. Resolution: social support.

Epigenetics turns genes on or off in adaptation to dangerous environments. Effect can last generations. Resolution: safer environment (perception of).
Impact of Trauma on Behavior Triggers

External reminders of traumatic event
- Smell
- Sound
- Sight
- Touch
- Taste

Internal reminders of traumatic event
- Emotions
- Thoughts
Loneliness
What’s Sitting in the Room from Trauma

- Anger
- Difficulty forming relationships
- Physical Illness
- Defiance
- Guilt
- Sleep problems
- Persistent irritability
- Inattention
- Hyper arousal
- Need to control
- Shame

- Disrupted Mood
- Perfectionism
- Difficult concentrating
- Aggression
- Low self-esteem
- Avoidant behavior
- Dissociation
- Sensory sensitivity
- Trauma re-enactment
- Depression
- Traumatic grief
Trauma and the Human Stress Response

- Traumatic Event
- The Body’s Alarm System
- Stress Hormones
- Traumatic Stress
Survival Mode Response
Impact of Trauma on Brain Development

Typical Development
- Cognition
- Social/Emotional
- Regulation
- Survival

Developmental Trauma
- Cognition
- Social/Emotional
- Regulation
- Survival
<table>
<thead>
<tr>
<th>Internal State</th>
<th>CALM</th>
<th>ALERT</th>
<th>ALARM</th>
<th>FEAR</th>
<th>TERROR</th>
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<tbody>
<tr>
<td>Cognitive Style</td>
<td>ABSTRACT</td>
<td>CONCRETE</td>
<td>EMOTIONAL</td>
<td>REACTIVE</td>
<td>REFLEXIVE</td>
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<tr>
<td>Regulating Brain Region</td>
<td>NEOCORTEX Cortex</td>
<td>CORTEX Limbic</td>
<td>LIMBIC Midbrain</td>
<td>MIDBRAIN Brainstem</td>
<td>BRAINSTEM Autonomic</td>
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<tr>
<td>Dissociative Continuum</td>
<td>REST</td>
<td>AVOIDANCE</td>
<td>COMPLIANCE Robotic</td>
<td>DISSOCIATION Fetal Rocking</td>
<td>FAINTING</td>
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<tr>
<td>Arousal Continuum</td>
<td>REST</td>
<td>VIGILANCE</td>
<td>RESISTANCE Crying</td>
<td>DEFIANCE Tantrums</td>
<td>AGGRESSION</td>
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<tr>
<td>Sense of Time</td>
<td>EXTENDED FUTURE</td>
<td>DAYS HOURS</td>
<td>HOURS MINUTES</td>
<td>MINUTES SECONDS</td>
<td>NO SENSE OF TIME</td>
</tr>
</tbody>
</table>

Adapted from Dr. Bruce Perry’s The Boy Who Was Raised as a Dog
Survival Mode Response

Inability to

• Respond
• Learn
• Process
Impact the Lower Brain

- Rhythmic
- Respectful
- Rewarding
- Repetitive
- Relational
- Relevant
Trauma Prevalence and Research
The Adverse Childhood Experience Study: Behavioral Heath at the Foundation of all Health

• Over 17,000 adults studied from 1995-1997
• Almost 2/3 of participants reported at least one ACE
• Over 1/5 reported three or more ACEs, including abuse, neglect, and other types of childhood trauma
• Major links identified between early childhood trauma and long term health outcomes,
  • including increased risk of many chronic illnesses and early death

Adverse Childhood Experiences (ACE) and adolescent health. Retrieved from https://www.cdc.gov/violenceprevention/acestudy/
<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Multiplier</th>
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<tbody>
<tr>
<td>Severe obesity</td>
<td>1.6 x</td>
</tr>
<tr>
<td>Diabetes</td>
<td>1.6 x</td>
</tr>
<tr>
<td>Cigarette Smokers</td>
<td>2.0 x</td>
</tr>
<tr>
<td>Fair/poor health</td>
<td>2.2 x</td>
</tr>
<tr>
<td>Hepatitis/jaundice</td>
<td>2.4 x</td>
</tr>
<tr>
<td>Had an STD</td>
<td>2.5 x</td>
</tr>
<tr>
<td>50+ intercourse partners</td>
<td>3.2 x</td>
</tr>
<tr>
<td><strong>COPD</strong></td>
<td><strong>3.9 x</strong></td>
</tr>
<tr>
<td>Depressed 2 weeks</td>
<td>4.6 x</td>
</tr>
<tr>
<td>Illegal drug use</td>
<td>4.7 x</td>
</tr>
<tr>
<td>Alcoholic</td>
<td>7.4 x</td>
</tr>
<tr>
<td>Injected drugs</td>
<td>10.3 x</td>
</tr>
<tr>
<td>Suicide attempt</td>
<td>12.2 x</td>
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</tbody>
</table>
Life-Long Physical, Mental & Behavioral Health Outcomes Linked to ACEs

- Alcohol, tobacco & other drug addiction
- Auto-immune disease
- Chronic obstructive pulmonary disease & ischemic heart disease
- Depression, anxiety & other mental illness
- Diabetes
- Multiple divorces
- Fetal death
- High risk sexual activity, STDs & unintended pregnancy
- Intimate partner violence—perpetration & victimization
- Liver disease
- Lung cancer
- Obesity
- Self-regulation & anger management problems
- Skeletal fractures
- Suicide attempts
- Work problems—including absenteeism, productivity & on-the-job injury
Trauma is a risk factor for Substance Abuse

Substance Abuse is a risk factor for Trauma
As Gabor Mate notes in his book, *In the Realm of Hungry Ghosts*, those with substance use disorder “self-medicate to soothe their emotional pain – but more than that, their brain development was sabotaged by their traumatic experiences.”

Potential Reasons for Addictions

- Stay Safe
- Redefining Oneself
- Create alignment
- Create a tolerable work
- Be in control
- Escape memories
- Soothe pain
Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we’ve experienced, done, or failed to do makes us unworthy of connection.  *Brene Brown*

“An addict needs shame like a man dying of thirst needs salt water.” ----*Terrence Real*
Principles of a Trauma Informed, Resilience-Oriented and Equity Approach
Assumptions of the Equity Lens

- Oppression and injustice are human creations and phenomena, built into our current economic system, and therefore can be undone.
- Oppression (e.g., racism, colonialism, class oppression, patriarchy, and homophobia) is more than just the sum of individual prejudices. Its patterns are systemic and therefore self-sustaining without dramatic interruption.
- Systemic oppression exists at the level of institutions (harmful policies and practices) and across structures (education, health, transportation, economy, etc) that are interconnected and reinforcing over time.
- Systemic oppression has historical antecedents. We must face our national legacy and current manifestations of racism and economic inequality in order to transform them.
- Without rigorous examination, behavior is reproductive. By default, current practices, cultural norms and institutional arrangements foster and maintain inequitable outcomes.
- To undo systemic oppression, we must forge multi-ethnic, multi-cultural, multi-lingual alliances and create democratic processes that give voice to new organizing systems for humanity.
- Addressing oppression and bias (conscious and unconscious) inevitably raises strong emotions in clients and staff, and we must be prepared and trained to address these feelings.
Achieving Excellence and Resilience through Equity, Diversity and Engaging Inclusion

“Diversity and Inclusion Excellence are means to emerge as an Equity-Minded AHC... once an AHC has achieved the 3rd dimension, they will have achieved Excellence.”

...every person is provided the opportunity to attain their full potential...

Culture is...the shared values, traditions, arts, history, folklore, and institutions of a group of people that are *unified by* race, ethnicity, nationality, language, religious beliefs, spirituality, socioeconomic status, social class, sexual orientation, politics, gender, age, disability, or any *other* cohesive group variable. *Singh, 1998*

Culture is...the *communication and interaction guide* of any cohesive group of people  *Sockalingam, 2019*
Be Attentive to All Language

“Lazy”

“Naughty”

“No Labels”

“Non-compliant”

“Manipulative”

Jargon
How to Assess: Culturally Sensitive Trauma-Informed Care

**LISTEN**

...for variations in understanding. Ask:
- What is your understanding of what’s happened?
- What is worrying you the most?
- What does your family think about it?

**BE OPEN**

...to involving other professionals. Ask:
- Who do you normally turn to for support?
- Who else should be involved in helping your child?
- Are you open to outside referrals and resources?

**RESPECT**

...different communication practices. Ask:
- Who typically makes the decisions about your child?
- What information should be shared with your child?
- Is there anyone else you would like me to talk to?
Resilience: *Ability to adapt well to stress, adversity, trauma or tragedy*

- **Emotional regulation:** The ability to control our emotions, attention, and thus our behavior.
- **Impulse control:** The ability to manage expression of our feelings.
- **Accurate identification** of the cause of adversity.
- **Self-efficacy:** The sense that we can solve problems and succeed.
- **Realistic optimism:** Being positive about the future and realistic.
- **Empathy:** Able to read others' behavior, to understand their states, and build relationship.
- **Reaching out:** The continued drive to take on more challenges and opportunities.
Build Protective Factors

- Behaviors, characteristics and qualities inherent in some personalities that will assist in recovery after exposure to a traumatic event
- Environment
  - A reliable support system (friends, family)
  - Access to safe and stable housing
  - Timely and appropriate care from first responders
- Behaviors
  - Good self-care, such as sleeping at least 8 hours a night
  - Eating nutritious foods
  - Exercise
  - Practicing good boundaries
  - Using positive coping mechanisms vs. negative coping mechanisms
Recognize our Humanity

We’re all just trying to survive
We frequently observe misplaced Coping Strategies
We are all part of the problem therefore we can all be part of the Solution
Questions
TIP 57: Trauma-Informed Care in Behavioral Health Services

Assists behavioral health professionals in understanding the impact and consequences for those who experience trauma. Discusses patient assessment, treatment planning strategies that support recovery, and building a trauma-informed care workforce. Inventory#: SMA14-4816

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Link to Us

Get and use our easy-to-use widgets, APIs, and banners on your website to offer your visitors access to free behavioral health resources.

View Tools and Widgets
Robert Wood Johnson Foundation (2013) *Health Policy Brief: Patient Engagement*. People actively involved in their health and health care tend to have better outcomes—and, some evidence suggests, lower costs. [https://www.rwjf.org/content/dam/farm/reports/issue_briefs/2013/rwjf404446](https://www.rwjf.org/content/dam/farm/reports/issue_briefs/2013/rwjf404446)


Trauma 101 - [https://youtu.be/1pNwHMjPrxY](https://youtu.be/1pNwHMjPrxY)

Trauma-informed Care Guiding Principles - [https://www.samhsa.gov/samhsaNewsletter/Volume_22_Number_2/trauma_tip/guiding_principles.html](https://www.samhsa.gov/samhsaNewsletter/Volume_22_Number_2/trauma_tip/guiding_principles.html)

Trauma-informed Care in BH Services - [https://store.samhsa.gov/shin/content/SMA14-4816/SMA14-4816.pdf](https://store.samhsa.gov/shin/content/SMA14-4816/SMA14-4816.pdf)