



Trauma-Informed Primary Care: Fostering Resilience and Recovery



For the trainer:

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National Council for Behavioral Health. *Fostering Resilience and Recovery: A Change Package for Advancing Trauma-Informed Primary Care.* 2019.

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Trauma and the Connection to Health and Addictions

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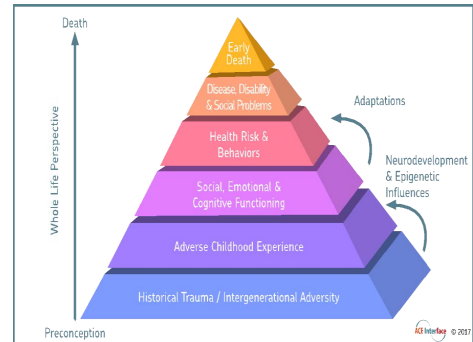
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The Adverse Childhood Experience Study- Behavioral Health at the Foundation of all Health

- 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](#)

"Major Findings," Centers for Disease Control and Prevention (CDC)



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1. Child physical
abuse

Child sexual
abuse

Child emotional
abuse

Physical neglect

Emotional
neglect

Mentally ill,
depressed or
suicidal person
in the home

Drug addicted or
alcoholic family
member

Witnessing
domestic
violence against
the mother

Adverse Childhood Experiences

Loss of a parent
to death or
abandonment,
including
abandonment by
divorce

Incarceration of
any family
member

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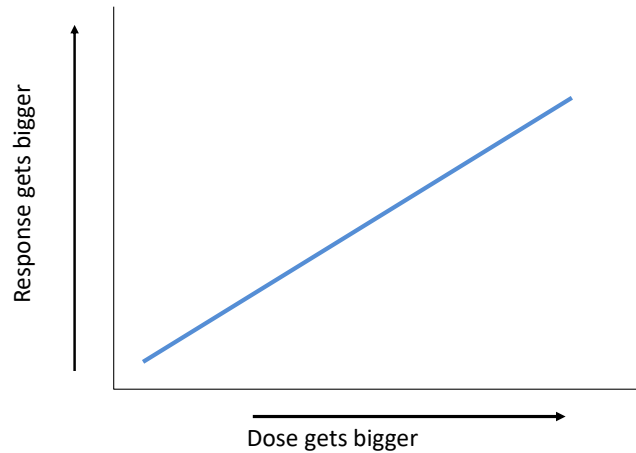
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Dose-Response Relationship: More ACEs = More Disease



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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

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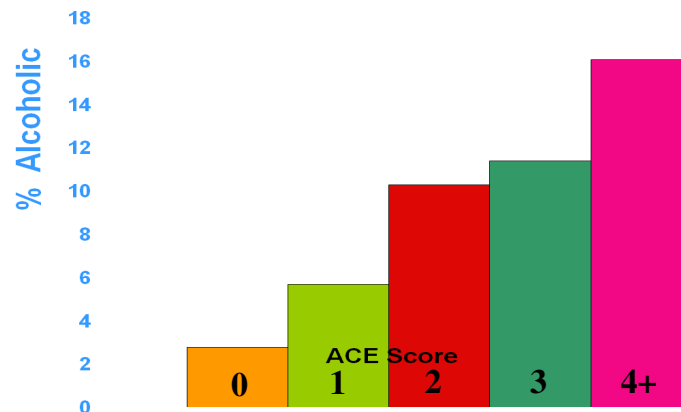
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ACEs and Adult Alcohol Use Disorder



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https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare

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Life-Long 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

Centers for Disease Control and Prevention. Adverse Childhood Experiences (ACEs).

Retrieved from <http://www.cdc.gov/nccdphp/ace/pyramid.htm>

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13 of every 30
students in a
classroom will
have toxic stress
from **3 or more**
Adverse
Childhood
Experiences
(ACEs)



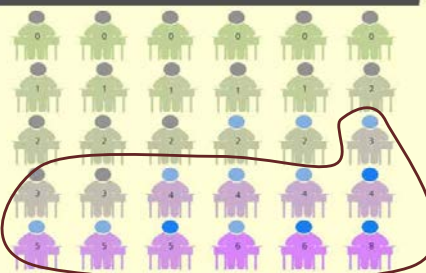
Population
Average

OLDER CHILDREN - High School Sophomores and Seniors

Washington School Classroom (30 Students) Adverse Childhood Experiences (ACEs)

6 students with no ACE
5 students with 1 ACE
6 students with 2 ACEs
3 students with 3 ACEs
7 students with 4 or 5 ACEs
3 students with 6 or more ACEs

58% (17) students with no exposure to
physical abuse or adult to adult violence
29% (9) of students exposed to physical
abuse or adult to adult violence
13% (4) of students exposed to physical
abuse and adult to adult violence



ACEs Too High, 2012, May 31. Massachusetts, Washington State lead U.S. trauma-sensitive school movement. Retrieved from <https://acestoohigh.com/2012/05/31/massachusetts-washington-state-lead-u-s-trauma-sensitive-school-movement/>

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Adverse Childhood Experiences

The #1 Chronic Health Epidemic in the United States

"The impact of ACEs can now only be ignored as a matter of conscious choice. With this information comes the responsibility to use it."

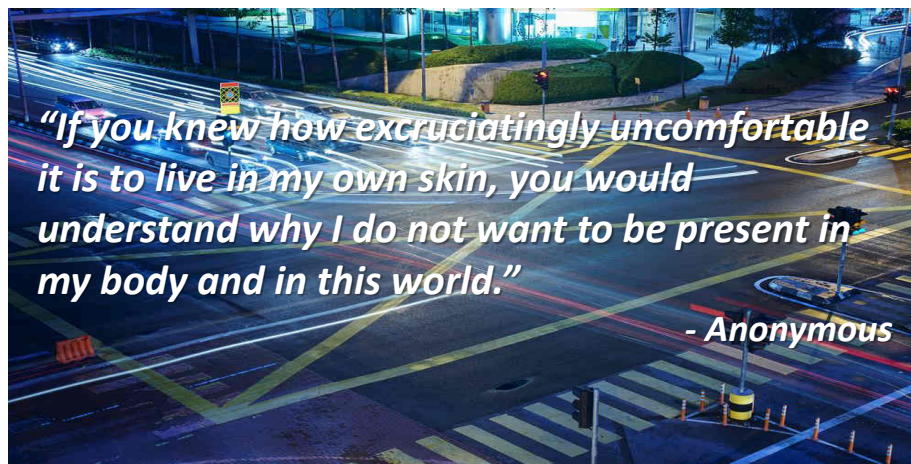
-Anda and Brown, CDC

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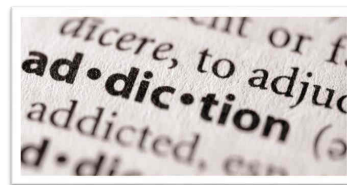
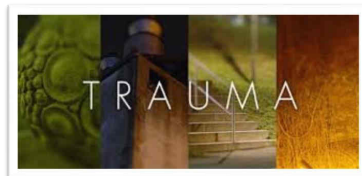
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Trauma is a risk factor for Substance Abuse



Substance Abuse is a risk factor for Trauma

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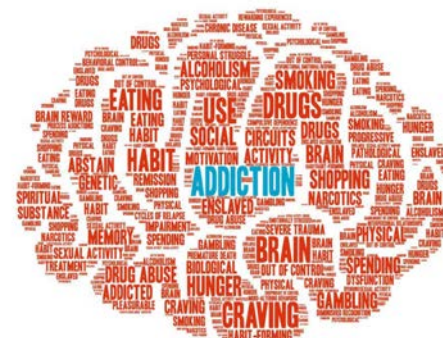


Gabor Mate's Definition of Addiction

Any behavior that is associated with:

- Craving and temporary relief
- Long-term negative consequences

That a person is unable to give up



Early emotional loss is the template for all addictions

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Addiction and the Brain

As Gabor Mate notes in his book, *In the Realm of Hungry Ghosts*, those with substance use disorder

“self-medicate to sooth their emotional pain – but more than that, their brain development was sabotaged by their traumatic experiences.”

-Mate, Gabor, MD. (2010). *In the Realm of the Hungry Ghosts*. Berkley, CA: North Atlantic Books. Print. page 203.



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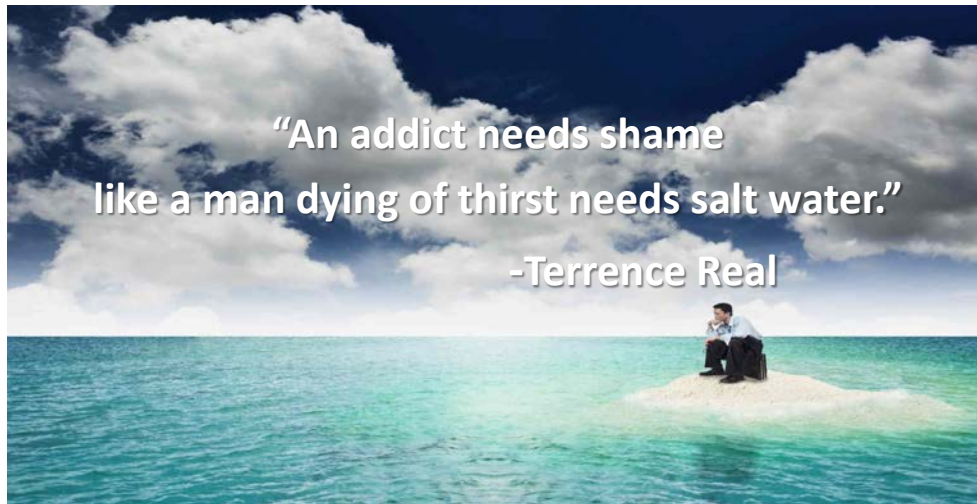
SHAME

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



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What can we do?

- Medications
- Recovery coaches
- Technology
- Prioritize the relationship
- Seek ways to build connection
- Embrace compassion instead of punishment



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<https://www.youtube.com/watch?v=PY9DclMGxMs>

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