Turning the Ship Around:
How to Stop Creating Trauma and Start Addressing it
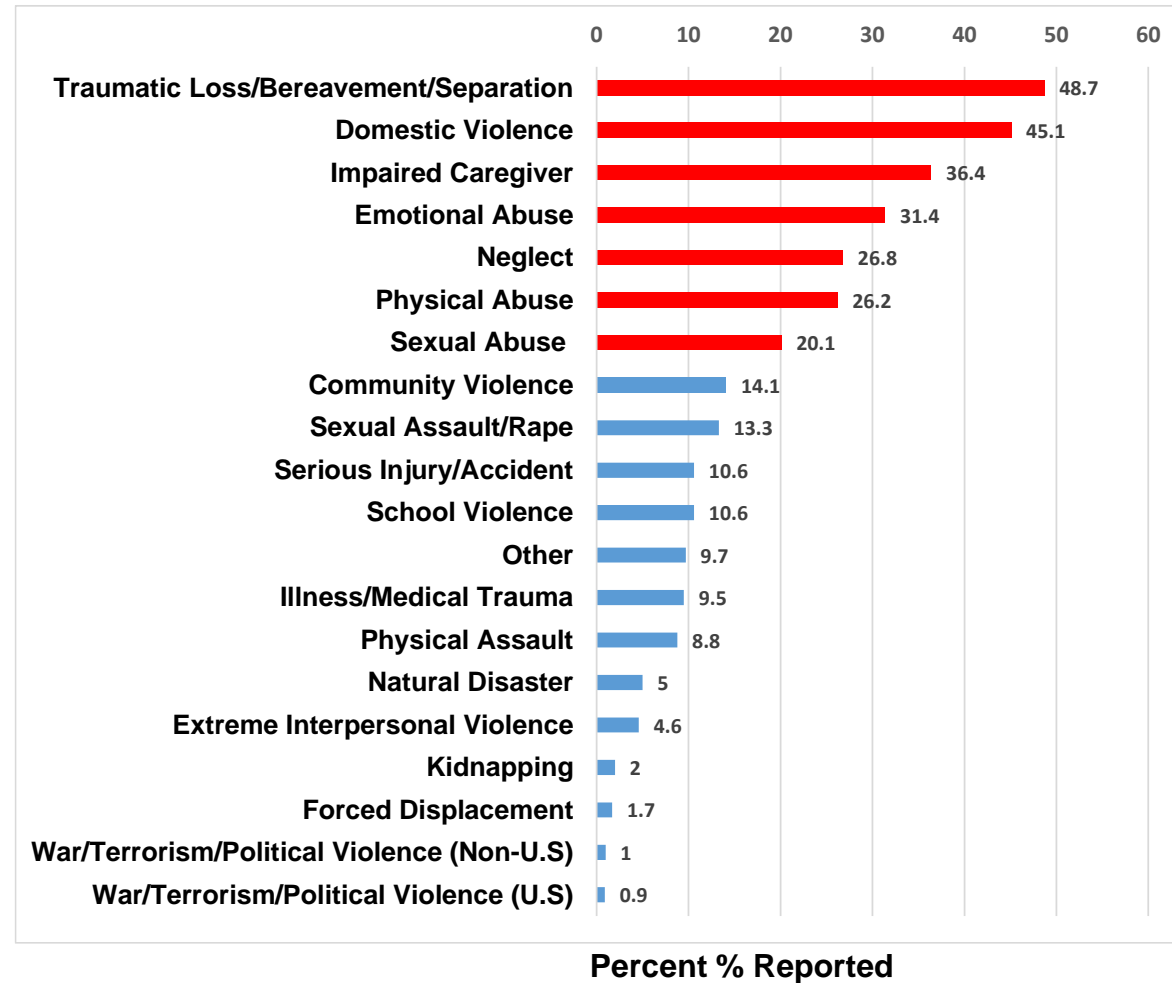
Elena Quintana, Ph.D.

Childhood Traumas and Adversities
## National Child Traumatic Stress Network (N= 10,991)[1]

- The original ACES (**in red**) are among the most commonly reported traumas in studies that look at additional traumas

- Over 40% of the children and adolescents served by the NCTSN experienced 4 or more different types of trauma and adversity

Trauma Type	Percent % Reported
Traumatic Loss/Bereavement/Separation	48.7
Domestic Violence	45.1
Impaired Caregiver	36.4
Emotional Abuse	31.4
Neglect	26.8
Physical Abuse	26.2
Sexual Abuse	20.1
Community Violence	14.1
Sexual Assault/Rape	13.3
Serious Injury/Accident	10.6
School Violence	10.6
Other	9.7
Illness/Medical Trauma	9.5
Physical Assault	8.8
Natural Disaster	5
Extreme Interpersonal Violence	4.6
Kidnapping	2
Forced Displacement	1.7
War/Terrorism/Political Violence (Non-U.S)	1
War/Terrorism/Political Violence (U.S)	0.9

Percent % Reported

[1]Pynoos et. al (2014). Psychological Trauma: Theory, Research, Practice and Policy. 6:S9-S13

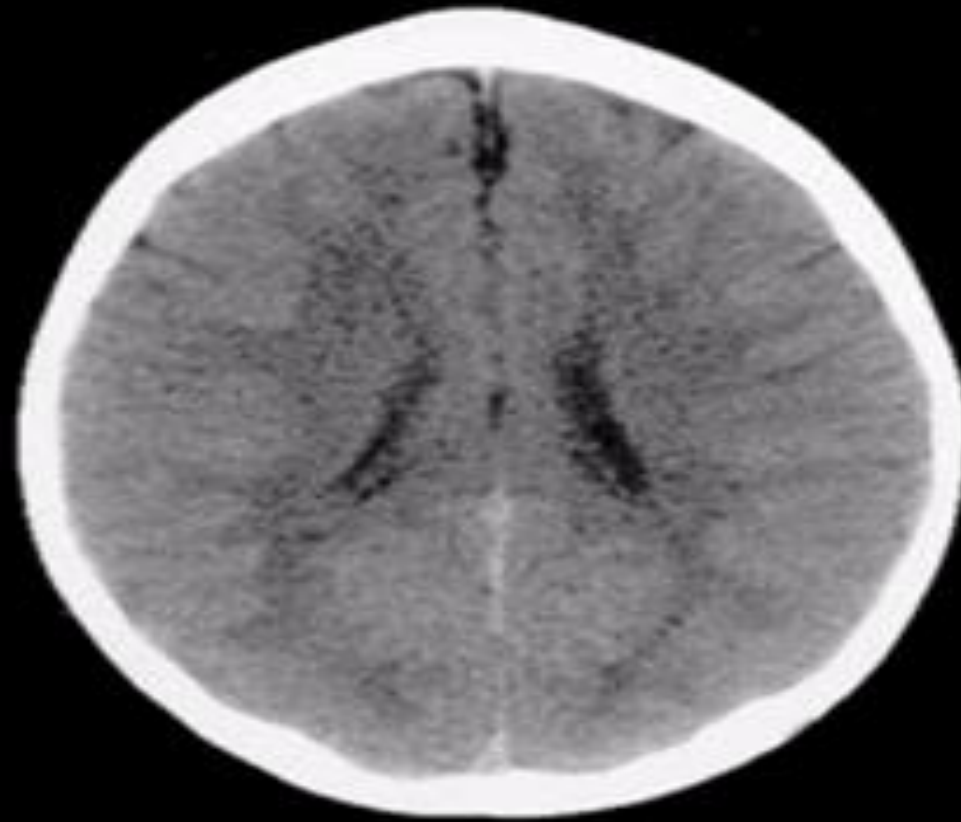# Toxic Stress

smartcitymemphis.com
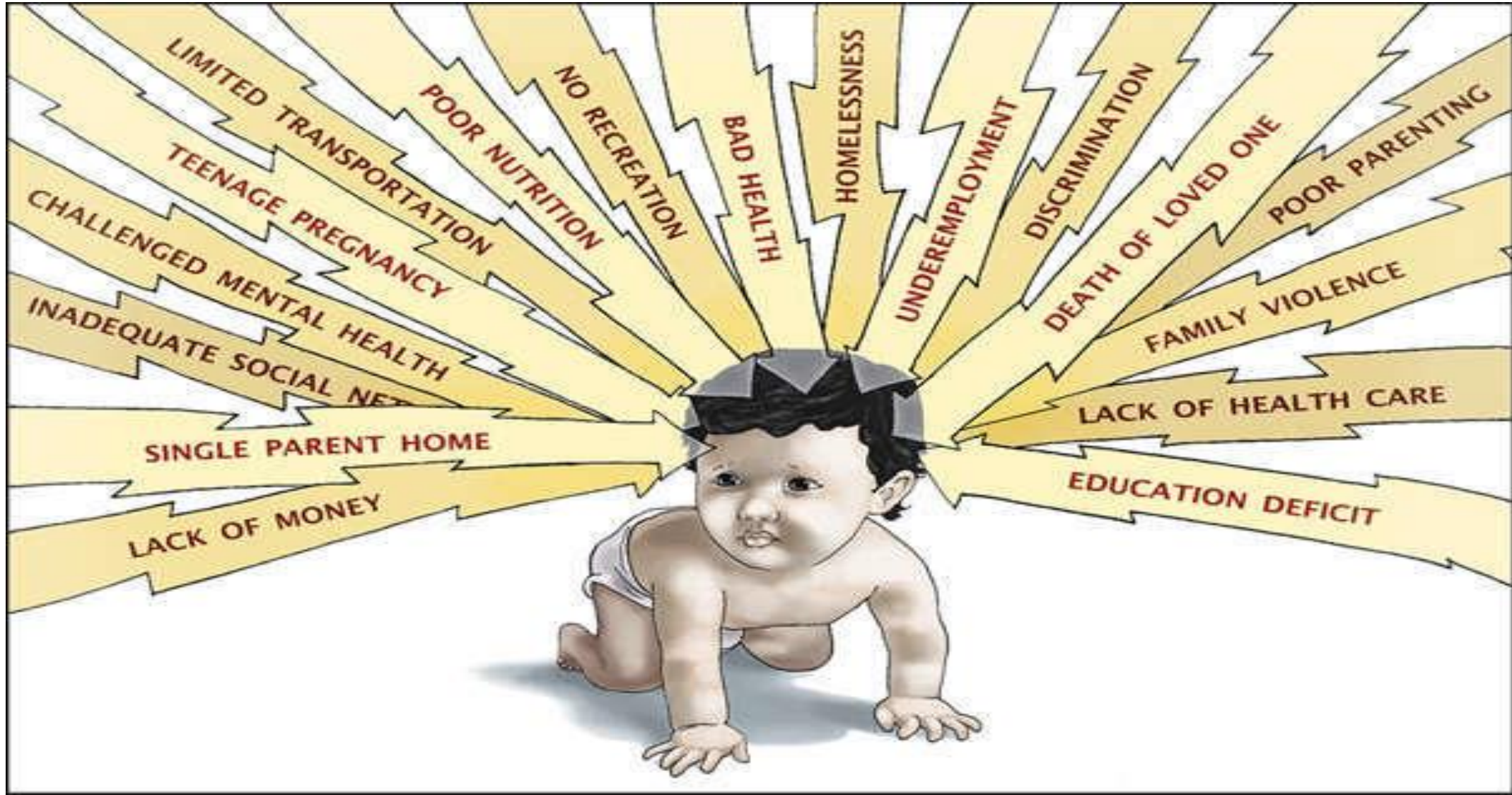
Probability of Outcomes

Given 100 American Adults

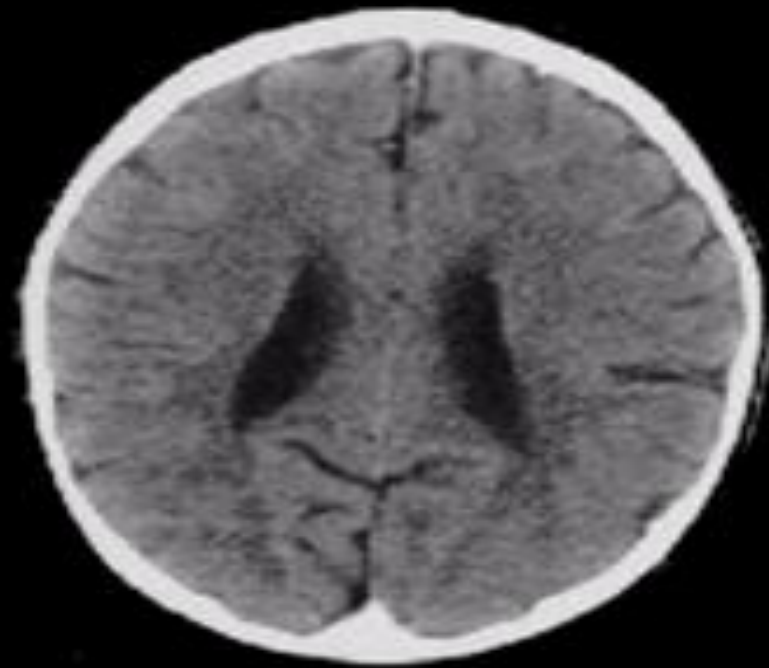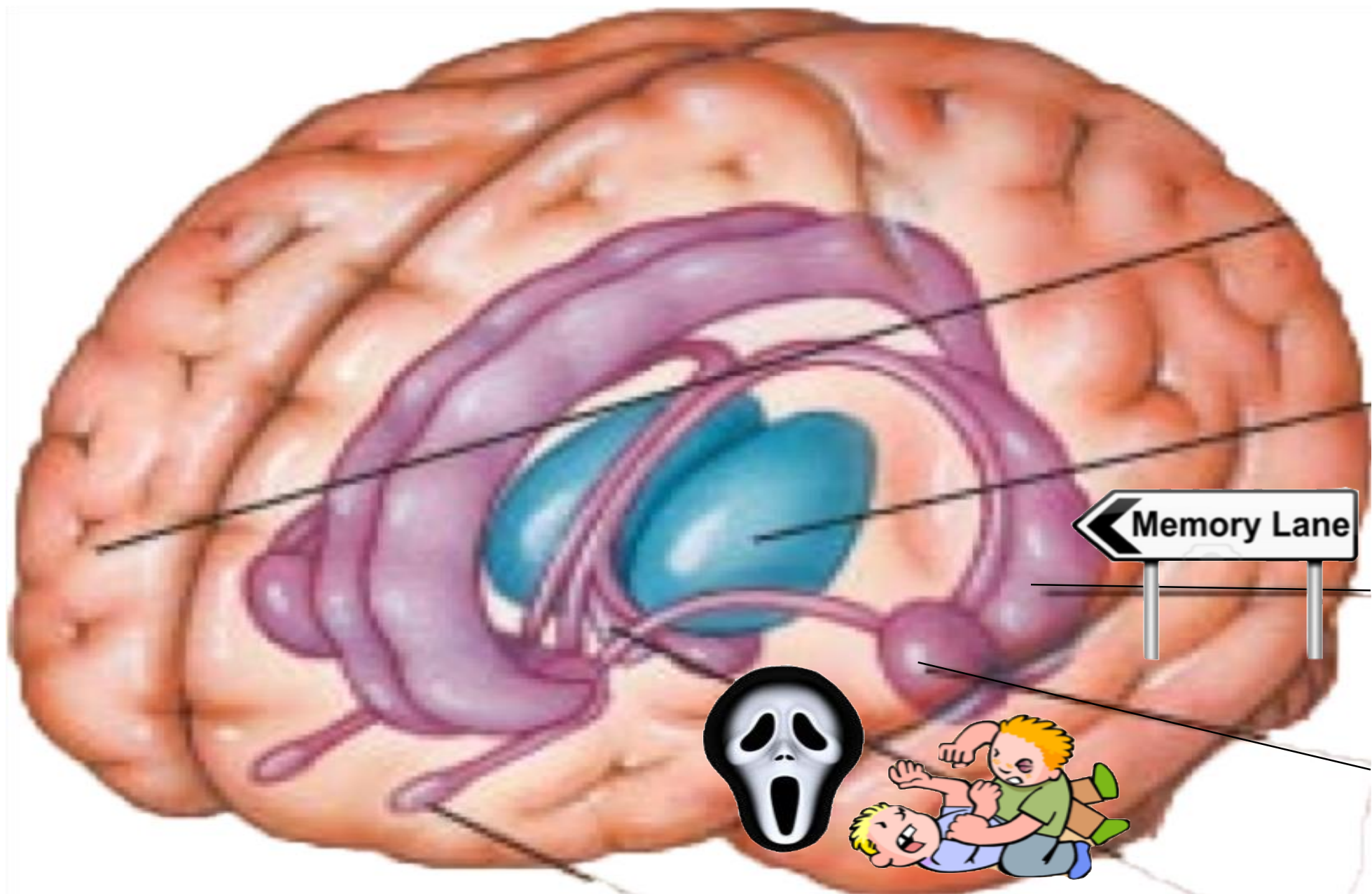| 33 No ACEs	51 1-3 ACEs	16 4-8 ACEs
WITH 0 ACEs	**WITH 3 ACEs**	**WITH 7+ ACEs**
1 in 16 smokes	1 in 9 smokes	1 in 6 smokes
1 in 69 are alcoholic	1 in 9 are alcoholic	1 in 6 are alcoholic
1 in 480 uses IV drugs	1 in 43 uses IV drugs	1 in 30 use IV drugs
1 in 14 has heart disease	1 in 7 has heart disease	1 in 6 has heart disease
1 in 96 attempts suicide	1 in 10 attempts suicide	1 in 5 attempts suicide

We know Adverse Childhood Experiences are Bad
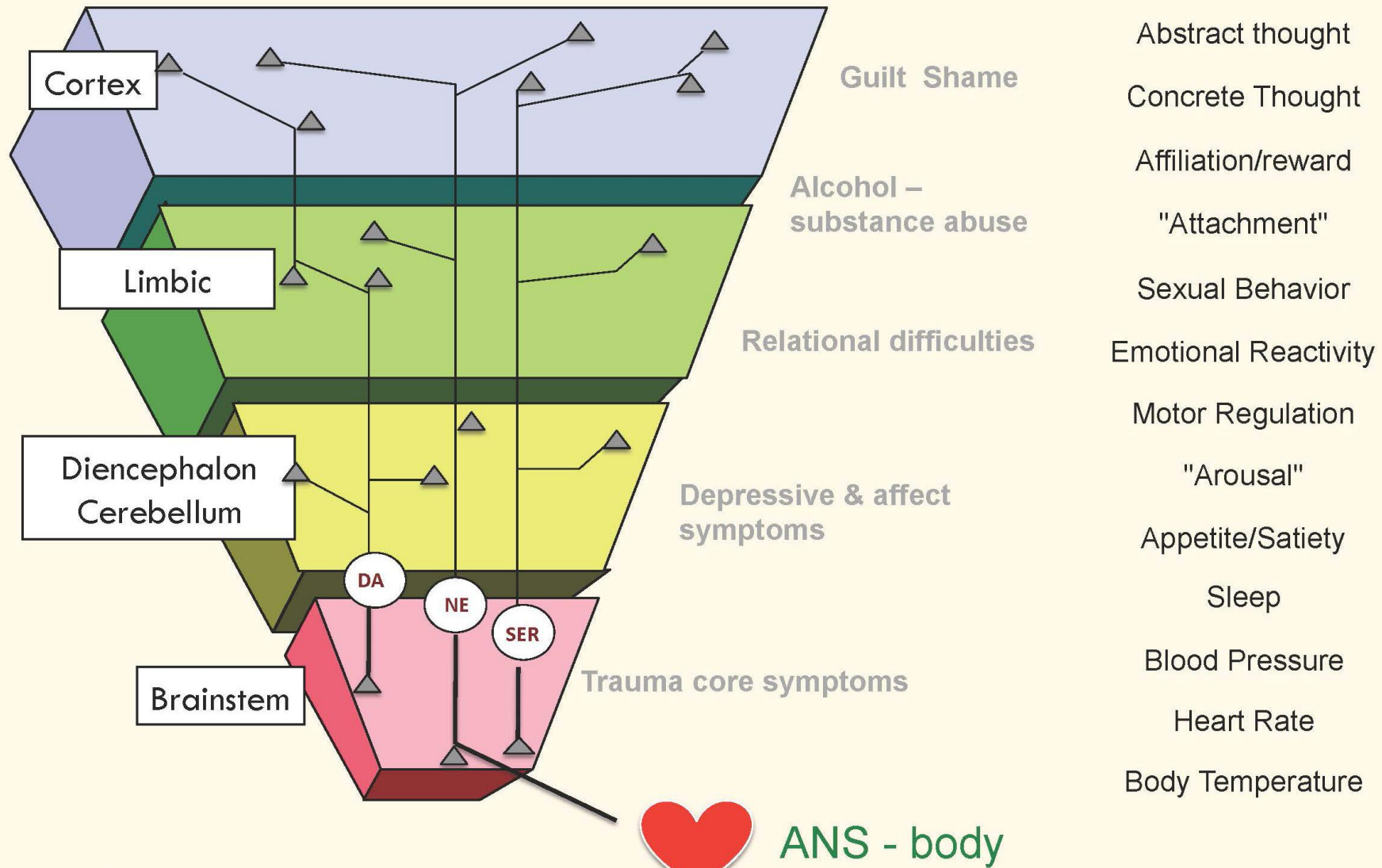
Now What?

3 Year Old Children

Normal

Extreme Neglect

Hippocampus

Amygdala

Cortex — Guilt Shame — Abstract thought / Concrete Thought / Affiliation/reward / "Attachment"

Limbic — Alcohol – substance abuse

Relational difficulties — Sexual Behavior / Emotional Reactivity

Diencephalon Cerebellum — Motor Regulation / "Arousal"

Depressive & affect symptoms — Appetite/Satiety / Sleep

DA NE SER

Brainstem — Trauma core symptoms — Blood Pressure / Heart Rate / Body Temperature

ANS - body

www.ChildTrauma.org

Bruce D Perry, MD, PhD © 2010-2013

Epigenetic learnings from mice & rats

Mom rats licking their newborns shaped future development. The well-licked rats had better-developed hippocampi and released less of the stress hormone cortisol, making them calmer when startled. In contrast, the neglected pups released much more cortisol, had less-developed hippocampi, and reacted nervously when startled or in new surroundings. (Meany, 2006)

Dias, 2013 found that mice that were shocked while smelling cherry blossoms passed this fear onto offspring. Without any previous exposure, the smell of cherry blossoms created jumpy behavior in several future generations.

Epigenetics & Psychology

Gonzalez-Pardo, Alvarez (2013)

- "Nature" & "nurture" create ongoing construction and deconstruction processes over time.

- Behavior and our reactions to experiences shape gene expression and are stored in cell memory to inform future generations

Thought Question:

1. If we can be "warned" and shaped by negative experiences inter-generationally, can we also be healed? What might intentionally fostering intergenerational healing look like?

Marginalization is Traumatic: Historical Trauma

<u>Loss</u> of homeland, way of life, language, culture, ability to practice your faith, freedom, the right to raise your children, or access to justice

LEADS TO:

- Grief that is unresolved and unspoken

- Internalized oppression

- Increased cortisol levels contributing to a host of health disparities

- J. Johnson (undated) *This is Indian Country.*

Historical Trauma

- The collective emotional and psychological injury both over the life span and across generations, resulting from a cataclysmic history that occurs as a result of genocide and other significant abuses   Yellow Horse Brave Heart (1995)

Continues a legacy of systematic

marginalization through <u>current</u>

enforcement of policies, practices,

and laws that recreate trauma.

One Thousand Years of Slavery

- Scots and Irish (Alba and Pics) sold their citizens into slavery to the Roman Empire, the Middle East, the Caribbean, and Colonial America for a period of 1,000 years

- In the US the legacy of slavery is largely seen as only an African American historical burden

- When we afford access to opportunity   and justice, HEALING can occur
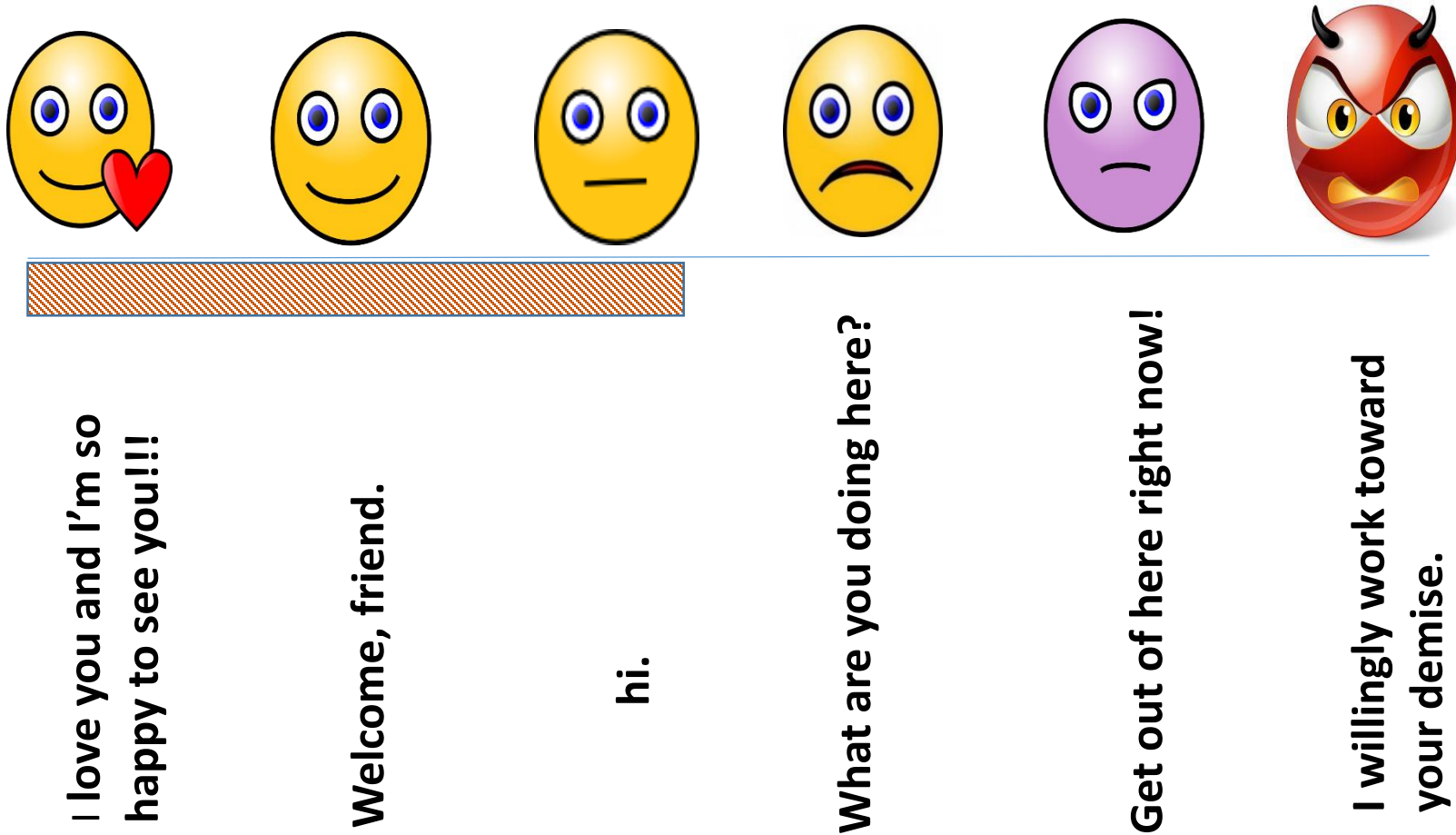
Inclusion & Equality Breed Wellness

Effect of Same-Sex Marriage Laws on Health Care Use and Expenditures in Sexual Minority Men: A Quasi-Natural Experiment

Mark L. Hatzenbuehler, PhD, Conall O'Cleirigh, PhD, Chris Grasso, MPH, Kenneth Mayer, MD, Steven Safren, PhD, and Judith Bradford, PhD

- N: 1211 GBT male patients in a Massachusetts community-based health center

- *Results.* In the 12 months after the legalization of same-sex marriage, sexual minority men had a **statistically significant decrease** in medical care visits, mental health care and mental health care costs, compared with the 12 months before the law change. These effects were not modified by partnership status, indicating that the health effect of same-sex marriage laws was similar for partnered and non-partnered men.

Marginalization leads to illness. What message does policy give? Does it promote health?

I love you and I'm so happy to see you!!!

Welcome, friend.

hi.

What are you doing here?

Get out of here right now!

I willingly work toward your demise.

Safe, Stable, Nurturing Relationships & Environments

are the key to mentally healthy children and adolescents

Addressing Trauma Starts with Staff

- Trauma-informed care needs to be understood and practiced by all who are responsible for creating safe, stable , nurturing environments

  - Schools
  - Health Care
  - Corrections
  - Immigration
  - Child Welfare
  - Public Safety
  - Courts
  - Recreation

Direct Service Providers, Personal History and Patient ACEs

- SecondaryTrauma--The negative changes over time as HCW's witness other people's suffering and need which over time can lead to changes in psychological, physical, and spiritual well-being.

- HCWs have their own ACE history—50-80% have a score of at least 1

- Medical training continues to have elements of abuse

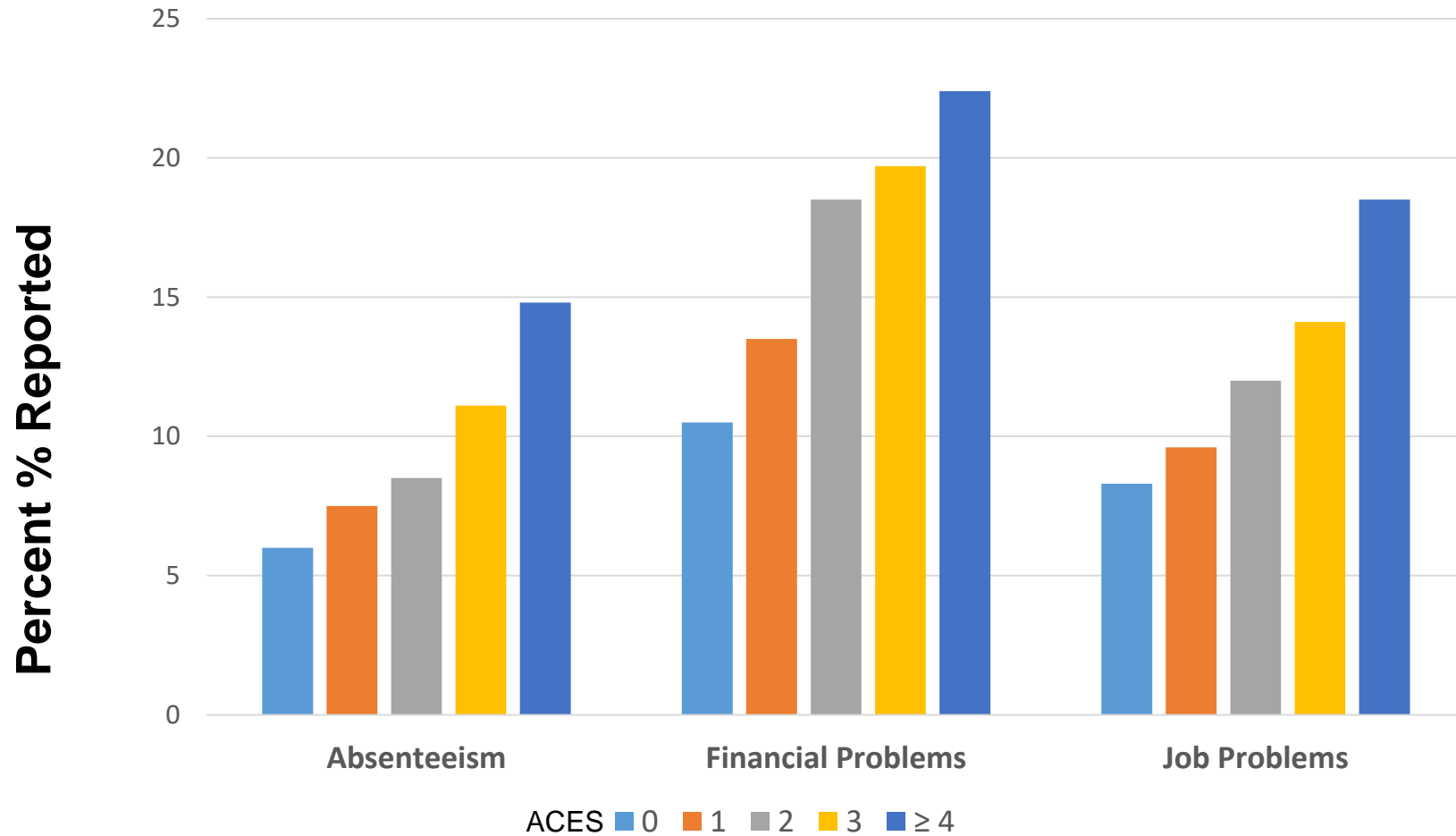
Unpublished Data, Headington Institute 2008

Many Professions Attract High ACES & Vicarious Trauma

- Police Officers

- Corrections Officers

- Helping Professions

- Military

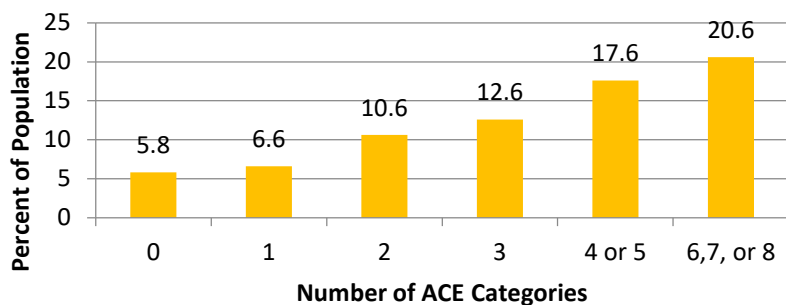- Violence Prevention Workers (Stolbach & Bocanegra)

Cumulative ACES & Impaired Worker Performance[1]

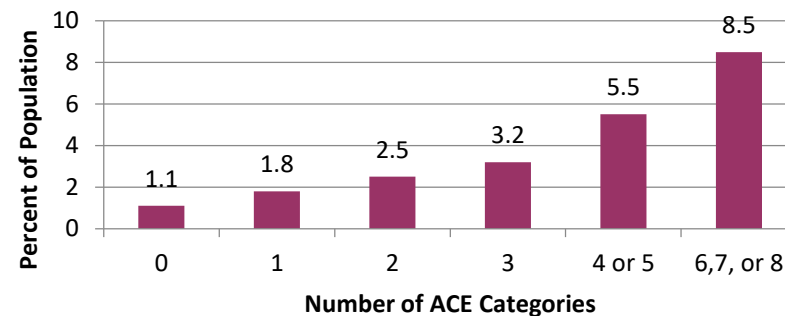[1] Anda et al., (2004) The Permanente Journal/Winter 8:30-38.

MENTAL HEALTH
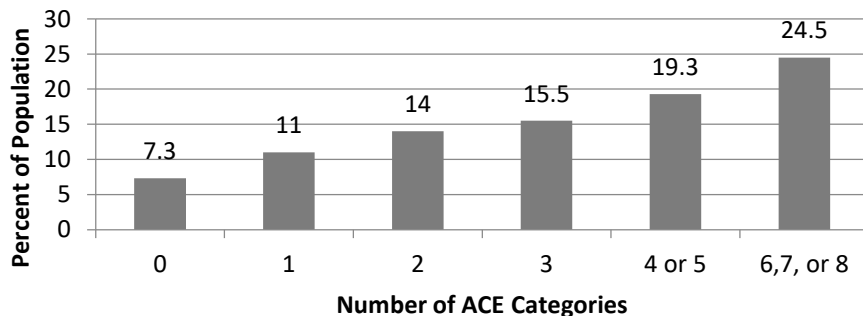
DISABILITY
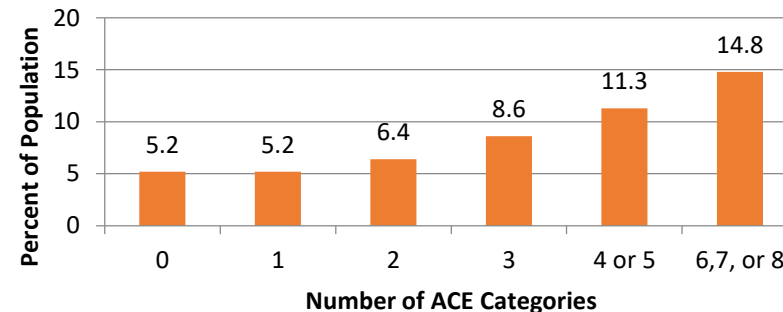
>14 of 30 Unhealthy Mental Health Days

Missed Work > 14 of 30 Days Due to Mental Health

Treatment for Mental Health Condition

Health Problems Require Special Equipment

Probability of Outcomes

PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:

4 Times More Likely To **Become An Alcoholic**

4 Times More Likely To Develop A **Sexually Transmitted Disease**

4 Times More Likely To **Inject Drugs**

3 Times More Likely To Use **Antidepressant Medication**

3 Times More Likely To Be **Absent From Work**

15x **COMMIT SUICIDE**

ALCOHOLISM

DEVELOP STD

INJECT DRUGS

USE ANTIDEPRESSANT

MISSING WORK

DEPRESSION

JOB PROBLEMS

SMOKING

15 Times More Likely To **Commit Suicide**

2.5 Times More Likely To **Smoke Tobacco**

3 Times More Likely To Have **Serious Job Problems**

3 Times More Likely To **Experience Depression**

How Does Trauma Reveal Itself?

- Boundaries, executive functioning, emotional management, health risk behaviors, dishonesty, conflict without resolution, illness, absence, isms inadvertently supported by policy or practice (implicit bias)

What is Trauma-Informed Care?

- An awareness of the way in which trauma shapes brain development, life outlook, perception, and coping.

- It is an empathic orientation that understands that helping traumatized individuals to be more functional in their communities requires healing treatment, love, acceptance, and resources – not suppression and withdrawal of resources and care.

- Change "What's wrong with you" to

  "What happened to you".
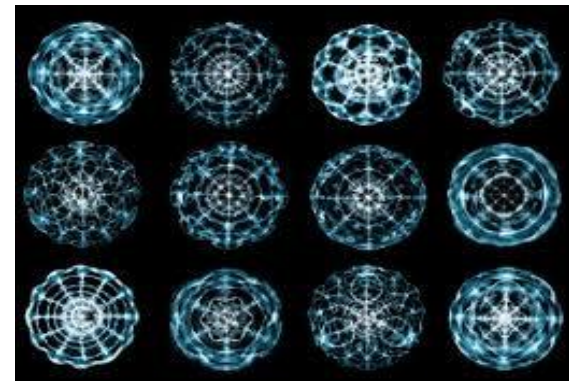
SAMHSA's Concept of a Trauma-Informed Approach

The Four R's

Incorporates four key elements:

1. **REALIZING** the prevalence of trauma
2. **RECOGNIZING** how trauma affects all individuals involved with the program, organization, or system, including its own workforce
3. **RESPONDING** by putting this knowledge into practice
4. **RESIST RE-TRAUMATIZATION** of clients as well as staff

SAMHSA, 2014

SAMHSA/National Council on Behavioral Health 2013

Parallel Process

- Be the change you wish to see in the world.

- If you want workers to act in a manner that considers trauma, their trauma needs to be considered as well.

- What is seen as a weakness in the workplace?

- How can supports be built in (demanding enough to challenge a worker, without demanding too much)?

- How do you challenge historical trauma while butting up against executive function difficulties?

Phases of Creating Trauma-Informed Spaces

Phase 1: Education and Paradigm Shift

A. Getting everyone in the whole staff trained on NEAR Sciences

B. Acknowledging a willingness to change to align with these learnings

B. Create and use underlying philosophical framework that supports trauma responsivity.

Sanctuary Model

THE SANCTUARY COMMITMENTS

NONVIOLENCE	EMOTIONAL INTELLIGENCE	SOCIAL LEARNING	OPEN COMMUNICATION
Safety = Physical Psychological Social Moral	Human behavior makes sense	Mistakes happen and we must learn from them	Information is the flow of life

THE SANCTUARY COMMITMENTS

SOCIAL RESPONSIBILITY	DEMOCRACY	GROWTH AND CHANGE
There is power in groups and safety in number	Complex problems require complex responses	All change means loss. Human intention can change the future

6 Principles of Kingian Non-Violence

- 1. Nonviolence is a way of life for courageous people.
- 2. Nonviolence is a way of life for the framework of the future.
- 3. Attack forces of evil, not persons doing evil.
- 4. Accept suffering without retaliation for the sake of the cause to achieve a goal.
- 5. Avoid internal violence of the spirit as well as external physical violence
- 6. The Universe is on the side of justice.

Phases of a Trauma-Informed Workspace

- Phase 2: Review of Workplace Policies, Practices, and Rituals

A. Everyone must be ready for challenge, growth, and change

B. Democratic input process is key (top down needs to happen to get permission, but the process is best bottom up)

C. What are the policies and practices that are most difficult for staff or participants to successfully complete? (ARE THESE RELATED TO TRAUMA?)

RESISTANCE -- discussion

- When is it okay to useful or acceptable to hit children?

Phases of a Trauma-Informed Workspace

- Phase 3: Implementation & Ongoing Commitment Through Structure and Practice

A. Include Self-Care

B. Incorporates and nurtures interdependence

C. Supports good boundaries

Care Plans & Red Flag Meetings

- What kinds of things most trigger you?

- What do you do to help soothe yourself?

- Have you become better over the years at calming yourself down?

- What do you hate to hear when you are very upset?

- Has the way you deal with your emotions made it difficult for those around you to do their jobs or interact with you normally?

Examples of Healing Communities

- Promote positive connection
- Inter-reliance
- Healthy boundaries
- Emotional safety
- A focus on healing and well-being
- Rhythm & ritual
- Radical Inclusion of identities & culture
- Reduce shame & blame

The Power of Community Capacity on Depression and Serious Persistent Mental Illness Among 18- to 34-Year-Olds[8]
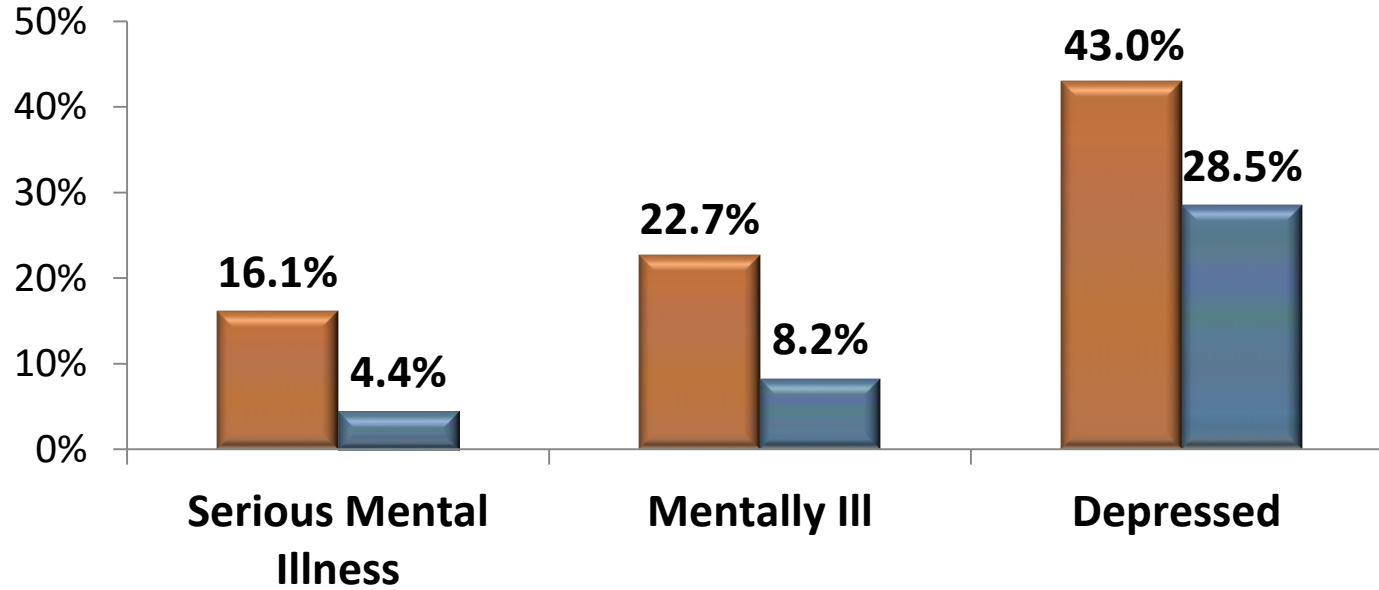
Significant differences after controlling for age, education, income, race/ethnicity, and ACE score

High Capacity

Low Capacity

Reducing Adverse Childhood Experiences (ACE) by Building Community Capacity: A Summary of Washington Family Policy Council Research 2009 Findings. Unpublished Manuscript by Dario Longhi

Discussion, Conclusion