

Trauma Informed Culture: A paradigm shift toward integrated health and wellness

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Overview

- Trauma-Informed Culture
- Developmental Traumatology (ACEs)
- Resilience
- Wellness
- What this looks like in primary care and behavioral health



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Find Freedom Where Fear and Courage Meet.

Joan Halifax, 2018

Trauma Informed Descriptors

Trauma Informed **Culture**: A balance between competence and kindness.

Trauma Informed **Systems**: Policies, Practices, Place, Language, Inclusion of Client Partners and Community reflect a trauma informed culture.

Trauma Informed **Services**: Minimize the risk of re-traumatizing individuals and/or families, by understanding that recovery is possible for everyone, promoting stronger coordination of care and services, and are based on the needs and choices of the client partner/customer.

Trauma Informed **Workforce**: The workforce leadership and all levels of staff recognize the need for wellness (e.g., self-care strategies infused in professional and personal activities goals and outcomes).

Not Trauma-Informed

- Uses substances; doesn't comply to sobriety rule
- Avoids meetings or groups
- Paces, doesn't sleep, can't sit still
- Has "boundary" issues
- Unmotivated, doesn't pay attention, disinterested

Trauma-Informed

- Uses substance to regulate emotions
- Avoids groups to feel safe or not feel overwhelmed
- Is very alert; checking for possible dangers
- Tries to get needs met; does not understand what boundaries are
- Shuts down emotional responses when feeling overwhelmed

Trauma Informed Systems Principles

- **Safety:** Trauma and stress can unpredictably compromise our physical, emotional, and social safety. We need to understand what safety means to one another and ensure ones' safety is met and maintained.
- **Trustworthiness:** Trauma and stress can make one question another's intentions therefore, clear information, communication, practice, inclusion and authentic relationships need to be developed and maintained.
- **Choice:** Trauma and stress can involve lack of control and feeling helpless, therefore authentic choices need to be consistently provided.
- **Collaboration:** Trauma and stress can lead to isolation and fear. However, when one experiences compassion and meaningful relationships, trust and knowledge can increase, and wellness can develop.
- **Empowerment:** Trauma and stress can lend to the questioning of one's own capabilities; one's experiences needs to be understood and new strengths and skills cultivated to move beyond trauma and or stress. Thus, validation, optimism and growth can be achieved.
- **Inclusion of Client Partners:** Our Customers are the experts about themselves and play an active role in every aspect of their wellness.
- **Understanding and respect for the influential role of socio-ecological factors:** interactive levels of influence in an individuals' ecology (ecology = individual, family, community and society)
- **Wellness and recovery/discovery:** Recovery (discovery) from trauma and stress is possible.

Trauma-Informed Systems

Why It's Needed

Trauma shapes a person's core beliefs about self and the world.

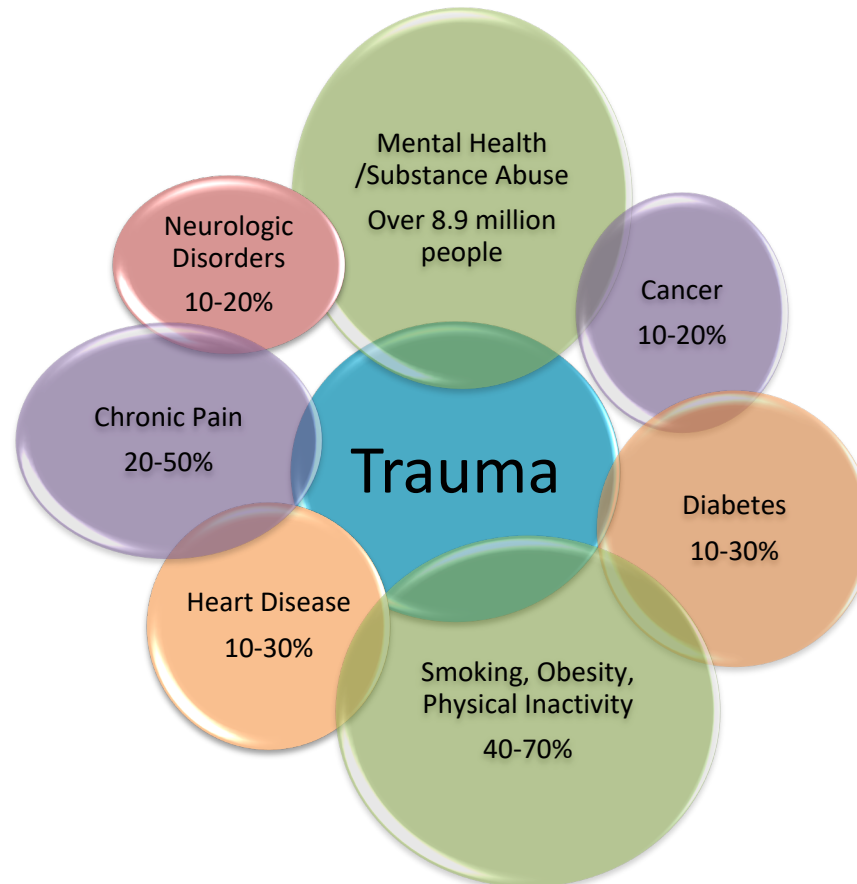
If It's Missing

Trauma leads to coping behaviors often mistaken as only symptoms of mental illness and/or crime



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Rarely One Issue



NOVEMBER
1999

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

97

MONDAY

8

Parenting 9:00-11:00

Peace maker 5:30-6:30

Drug Program 3:30-5

TEST- 11:30-11:40

Took photo of Lic. to Woodland

9

TUESDAY

10

SEE Bev 11:00 said she would see

Go to work

Trauma-Informed Systems

Stop Thinking:

“What’s wrong
with you?”

Start Considering:

“What happened
to you?”



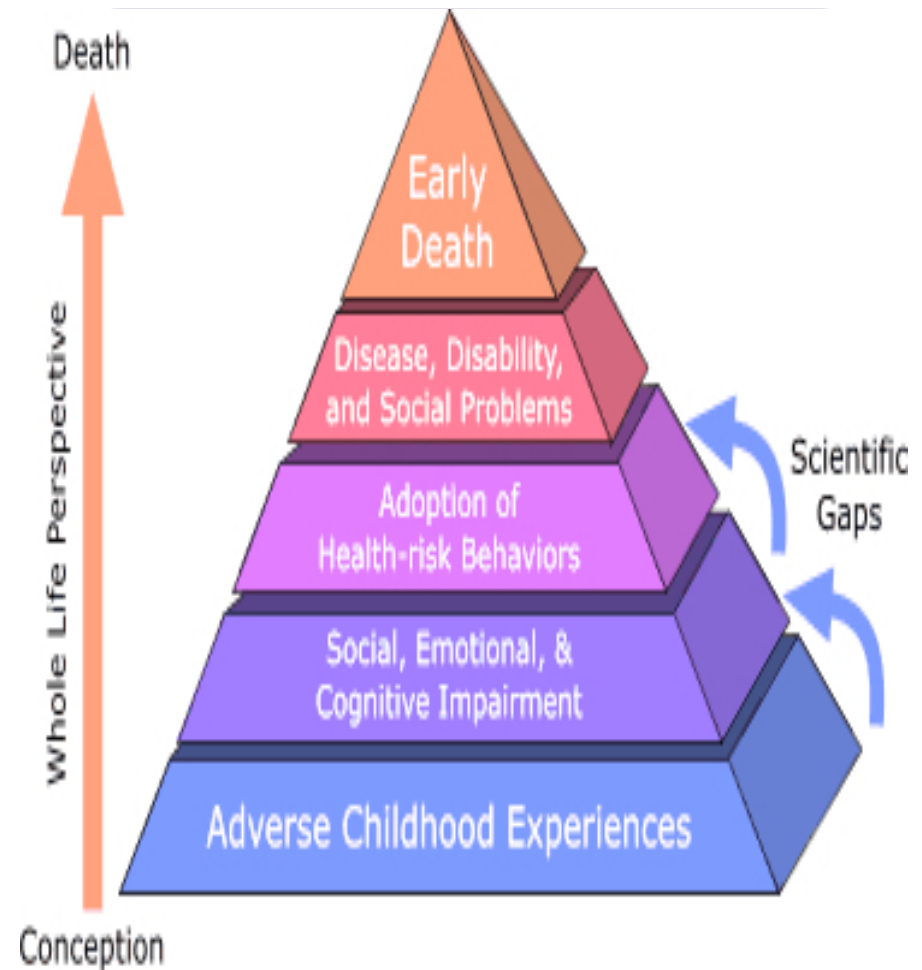
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Developmental Traumatology

Child Trauma Exposure & Adult Health

Adverse Childhood Experiences (ACE) Study of over 17,000 non-clinical population

“Powerful relationship between our emotional experiences as children and our physical & mental health as adults,” Vincent Felitti



ACE Pyramid, courtesy of Centers for Disease Control and Prevention



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The three types of ACEs include

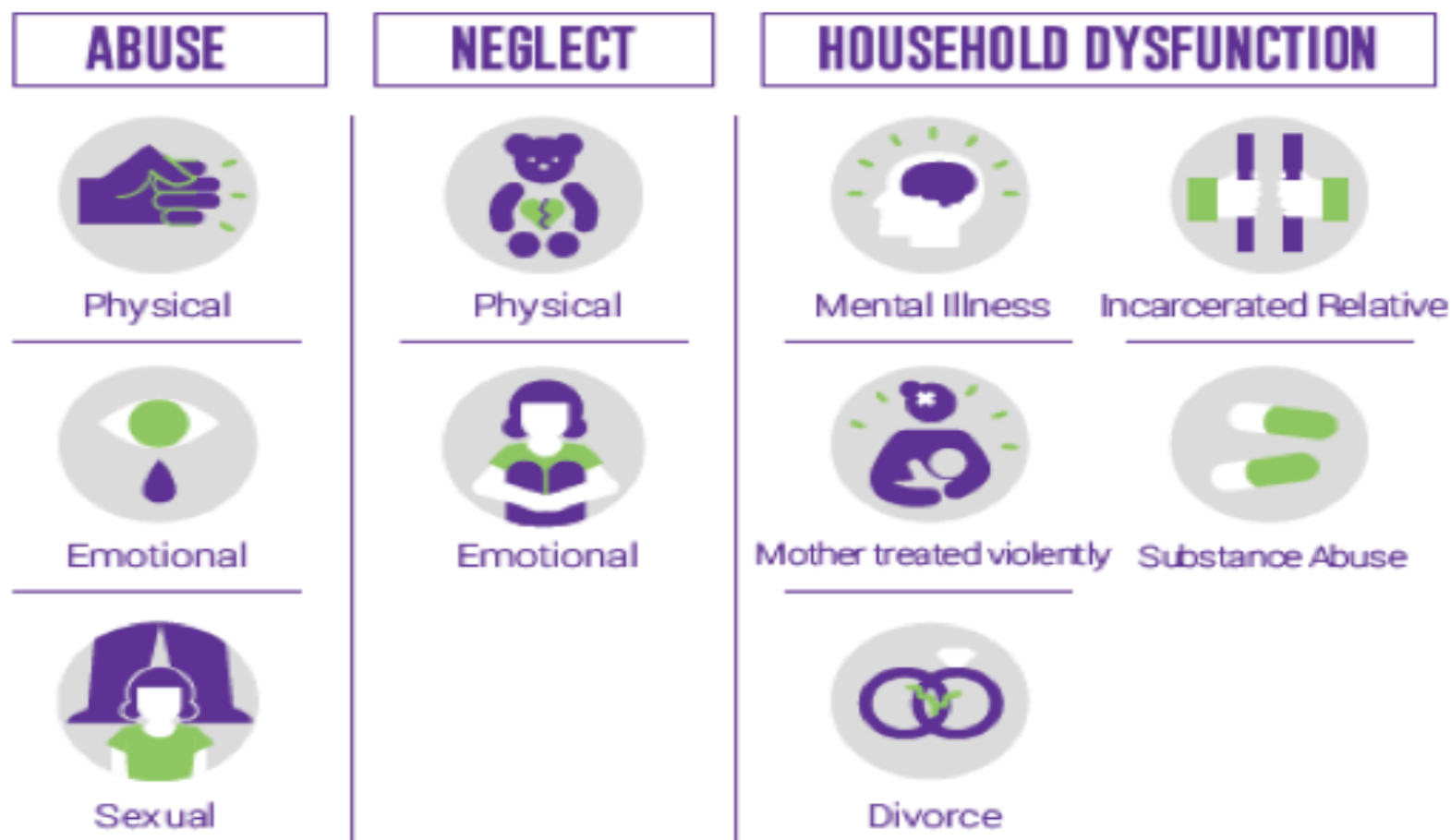


FIGURE 1: Types of Adverse Childhood Experiences
Image courtesy of the Robert Wood Johnson Foundation

ACES CAN HAVE LASTING EFFECTS **ON** BEHAVIOR & HEALTH...

Simply put, our childhood experiences have a tremendous, lifelong impact on our health and the quality of our lives. The ACE Study showed dramatic links between adverse childhood experiences and risky behavior, psychological issues, serious illness and **the leading causes of death**.

The following charts compare how likely a person with 1, 2, 3, or 4 ACEs will experience specified behaviors than a person without ACEs.

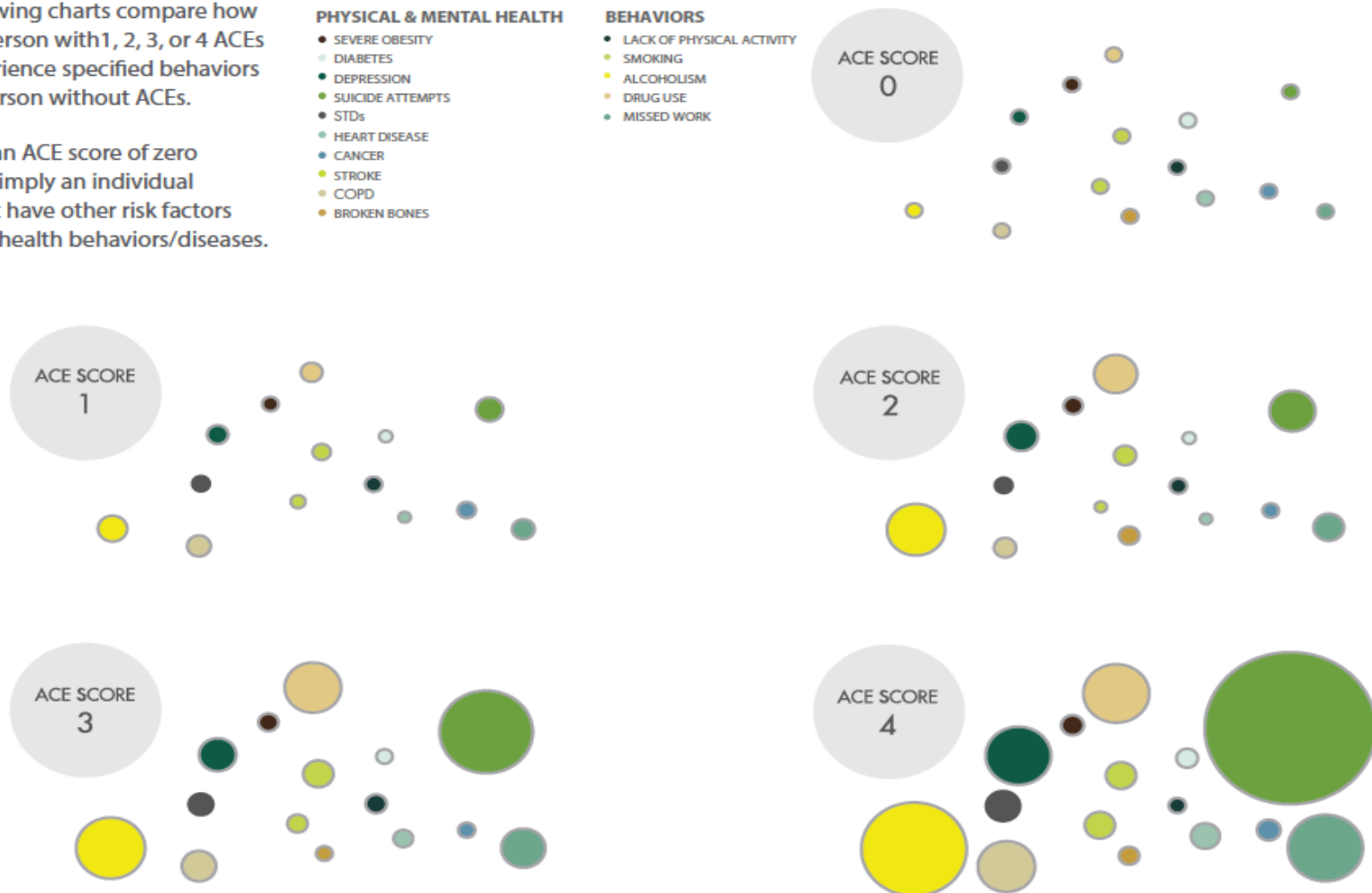
*Having an ACE score of zero does not imply an individual could not have other risk factors for these health behaviors/diseases.

PHYSICAL & MENTAL HEALTH

- SEVERE OBESITY
- DIABETES
- DEPRESSION
- SUICIDE ATTEMPTS
- STDs
- HEART DISEASE
- CANCER
- STROKE
- COPD
- BROKEN BONES

BEHAVIORS

- LACK OF PHYSICAL ACTIVITY
- SMOKING
- ALCOHOLISM
- DRUG USE
- MISSED WORK



Resilience

Resilience is a social construct that is culturally embedded in the understanding of wellbeing. In this context, exposure to significant adversity, resilience is the both the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain ones wellbeing, and their capacity individually and collectively to negotiate for these resources to be provided in meaningful ways (Ungar, 2016).

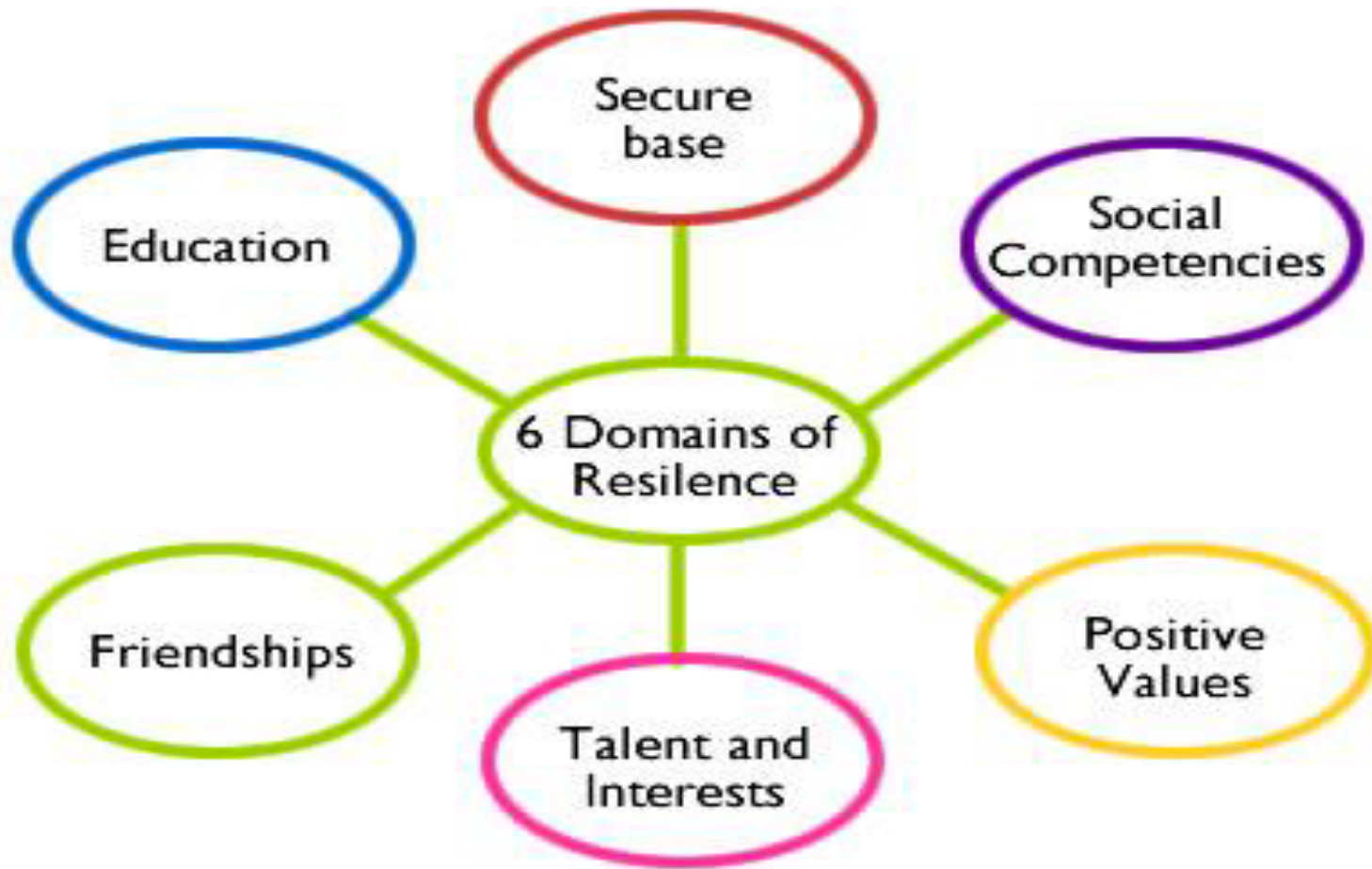
In this sense, resilience is the result of both successful **navigation** to resources and **negotiation** for resources to be provided in meaningful ways.

- Some of the many different factors that affect resilience include:
 - Secure early attachments
 - Confidence of being loved and valued by one's family and friends
 - Clear sense of self-identity (personal, cultural and spiritual)
 - Sense of self-efficacy (being able to make decisions and act independently) confidence to set goals and attempt to achieve them

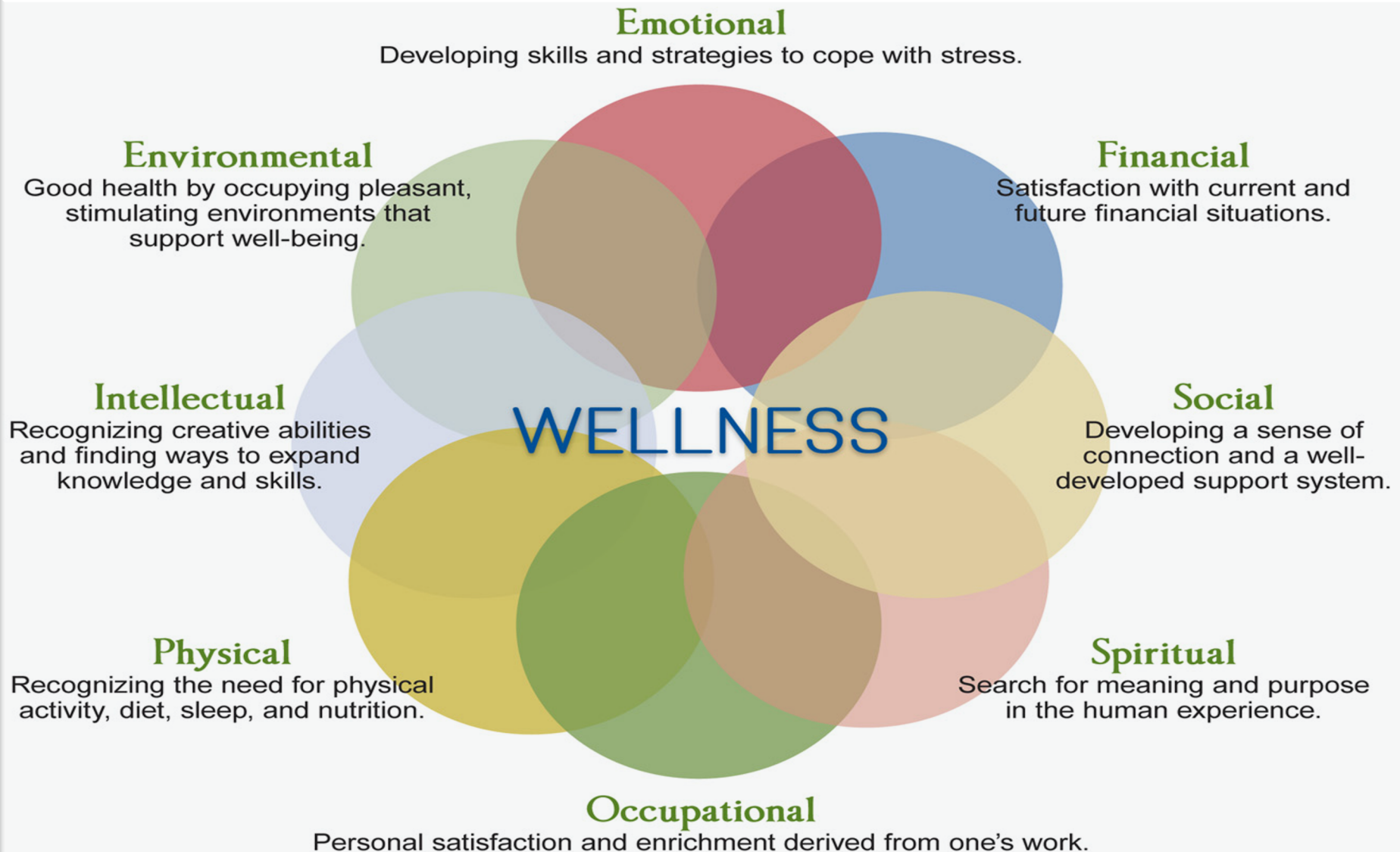
Three Fundamental Building Blocks of Resilience

- These underpin the many factors that influence resilience are:
 - A secure base, whereby a child feels a sense of belonging and security
 - Good self esteem, that is, an internal sense of worth and competence
 - A sense of self-efficacy, that is, a sense of mastery and control, along with an accurate understanding of personal strengths and limitations.

Six Domains of Resilience



Eight Domains of Wellness



Importance of Self-Care

Trauma Work Can Be Difficult

Empathic Distress (resonance yet we can't do anything about it)

Secondary Traumatic Stress (STS)

Many Of Us Have Our Own Trauma Histories

The Healing Starts with YOU!



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Healing starts with you!

- ❖ What makes you happy, what brings you joy
- ❖ Modify diet
- ❖ Exercise/Dance/Art/Music
- ❖ Cook by color
- ❖ Relaxation Techniques
 - Massage
 - Meditation, Yoga

The *five* Directions



WHY DOES THIS MATTER?

The “So What”

Important to recognize, understand and respond to the simple fact that trauma and complex stress impact a person’s physiology, brain functioning and behavior

Trauma and complex stress increase risk factors for less than optimal outcomes throughout one’s life (learning, behavior, health and wellness)



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What does look like within Primary Care and Behavioral Health?

What needs to be adjusted

What are obstacles

What are supports

- > Practice - PEARLS
- > Policy – ACES Aware
- > Language – Words matter
- > Environment – Welcoming, safety,
- > Inclusion of Community Members – Partnering with people



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Wrap Up

- Remember to Stay Balanced
 - You CAN balance accountability, care, workload AND be Trauma Informed.
 - Avoid going to extremes
 - Not black or white
 - Remember the bigger picture (ecology)
 - It is possible to see through complexities and maintain large complex cases
 - Self care! Remember three colors...
 - Know that you don't have to have ALL the answers or be correct ALL the time – you do need to be real, care for yourself and know that you are more aware of the complex and dynamic experiences your clients

Questions and Comments...



Thank you for listening and processing...



References

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