



A Return to... Normal?:

How Trauma May Affect Prevention and How We Can Respond

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Mindful Pause

Let's take a moment to truly transition to this time together



Objectives

- ▶ Introduction to Trauma-Informed Care
- ▶ Connect the dots between traumatic experiences and health problems
- ▶ Identify ways of infusing Trauma-Informed Care into existing prevention practices
- ▶ Understand that self-care is an essential part of providing Trauma-Informed Care

A Trauma Framework



What is Trauma?



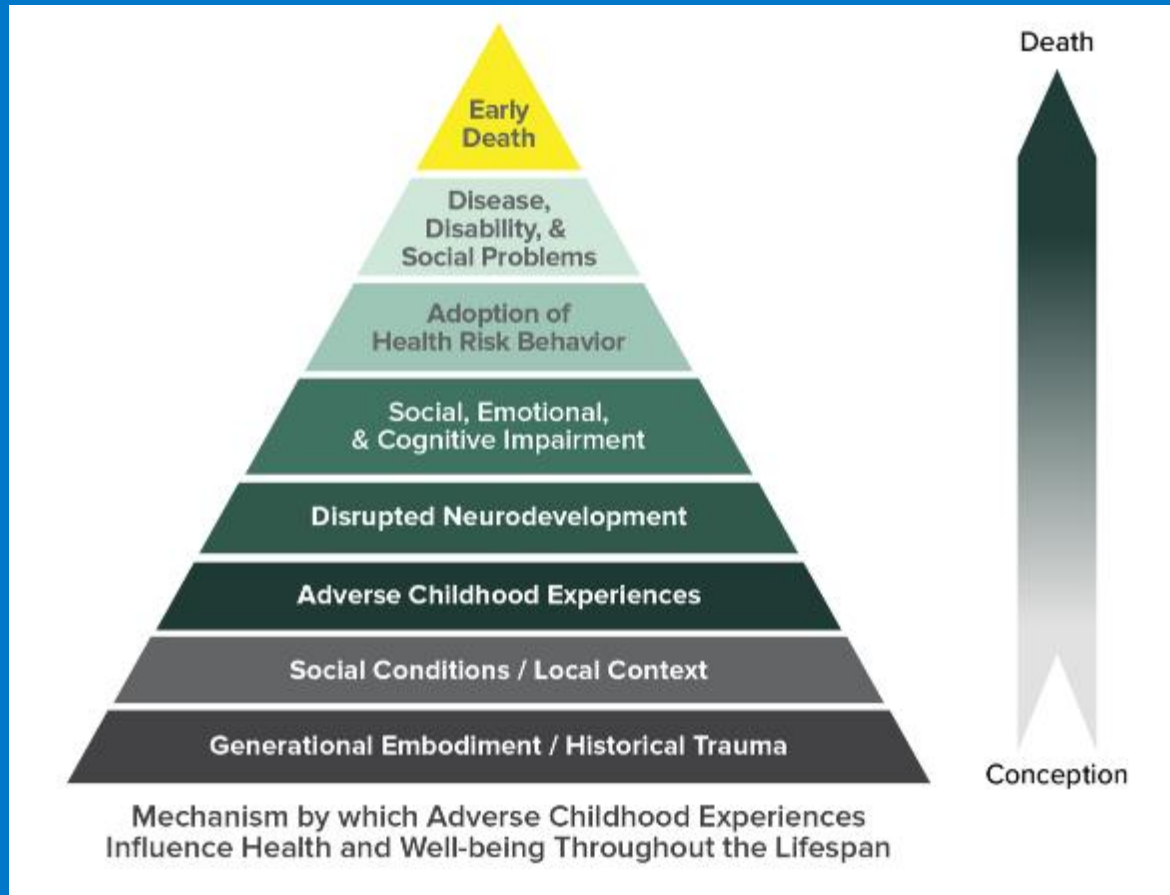
An event(s) or circumstance experienced as:

- ▶ Physically or emotionally harmful or life-threatening
- ▶ Lasting adverse effects on functioning

Trauma and Health Outcomes

What does research say?

Adverse Childhood Experiences



Adverse Childhood Experiences (ACEs)

Traumatic events that occur in childhood (0-17)

- ▶ experiencing violence, abuse, or neglect
- ▶ witnessing violence in the home or community

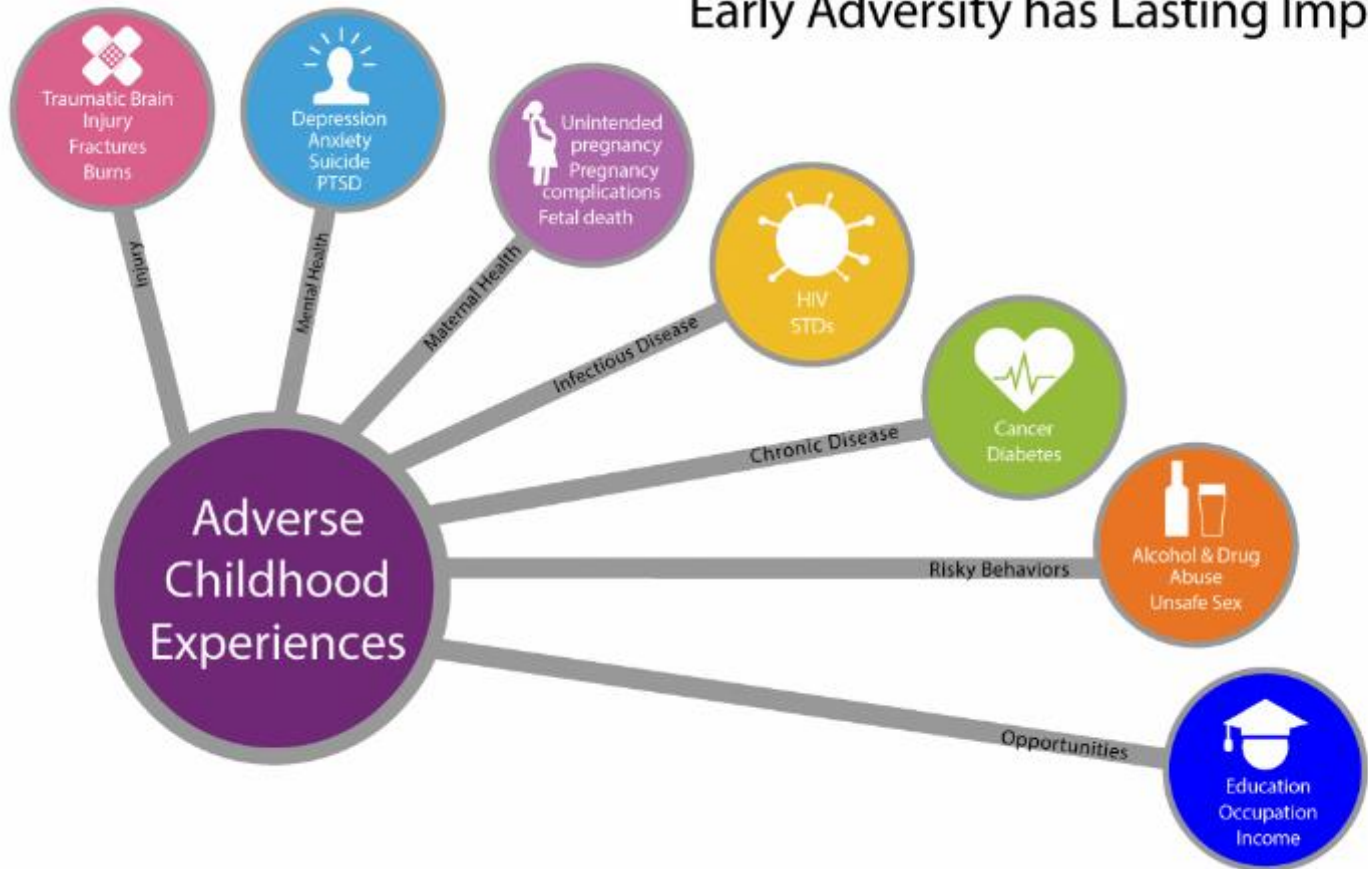
Adverse Childhood Experiences (ACEs)

Traumatic events that occur in childhood (0-17)

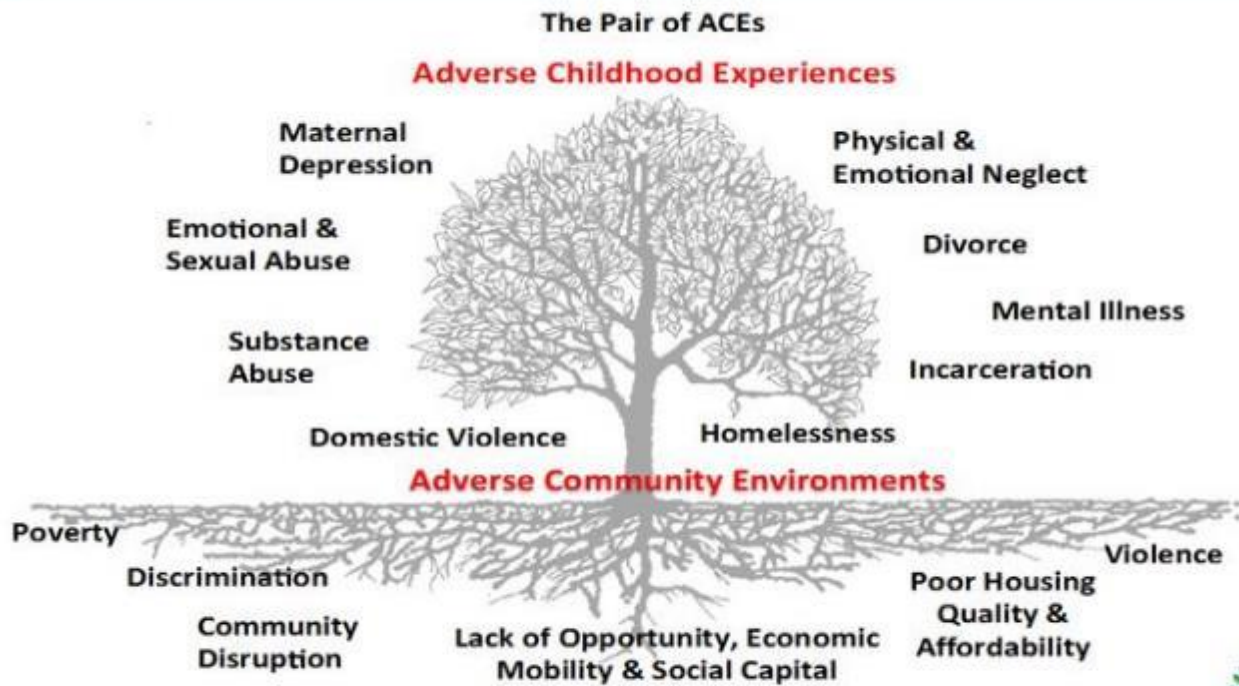
- ▶ having a family member attempt or die by suicide
- ▶ substance misuse
- ▶ mental health problems
- ▶ instability due to parental separation or household members being in jail or prison

ACEs later in life

Early Adversity has Lasting Impacts



ACE's study continues...



Long Term Effects

Cognitive Impacts of Trauma

- ▶ Slowed language development
- ▶ Attention problems
- ▶ Speech delay
- ▶ Poor verbal memory recall
- ▶ Lower IQ

Social Impacts of Trauma

- ▶ Aggression
- ▶ Poor self control of emotion
- ▶ Can't modify behavior in response to social cues
- ▶ Social isolation

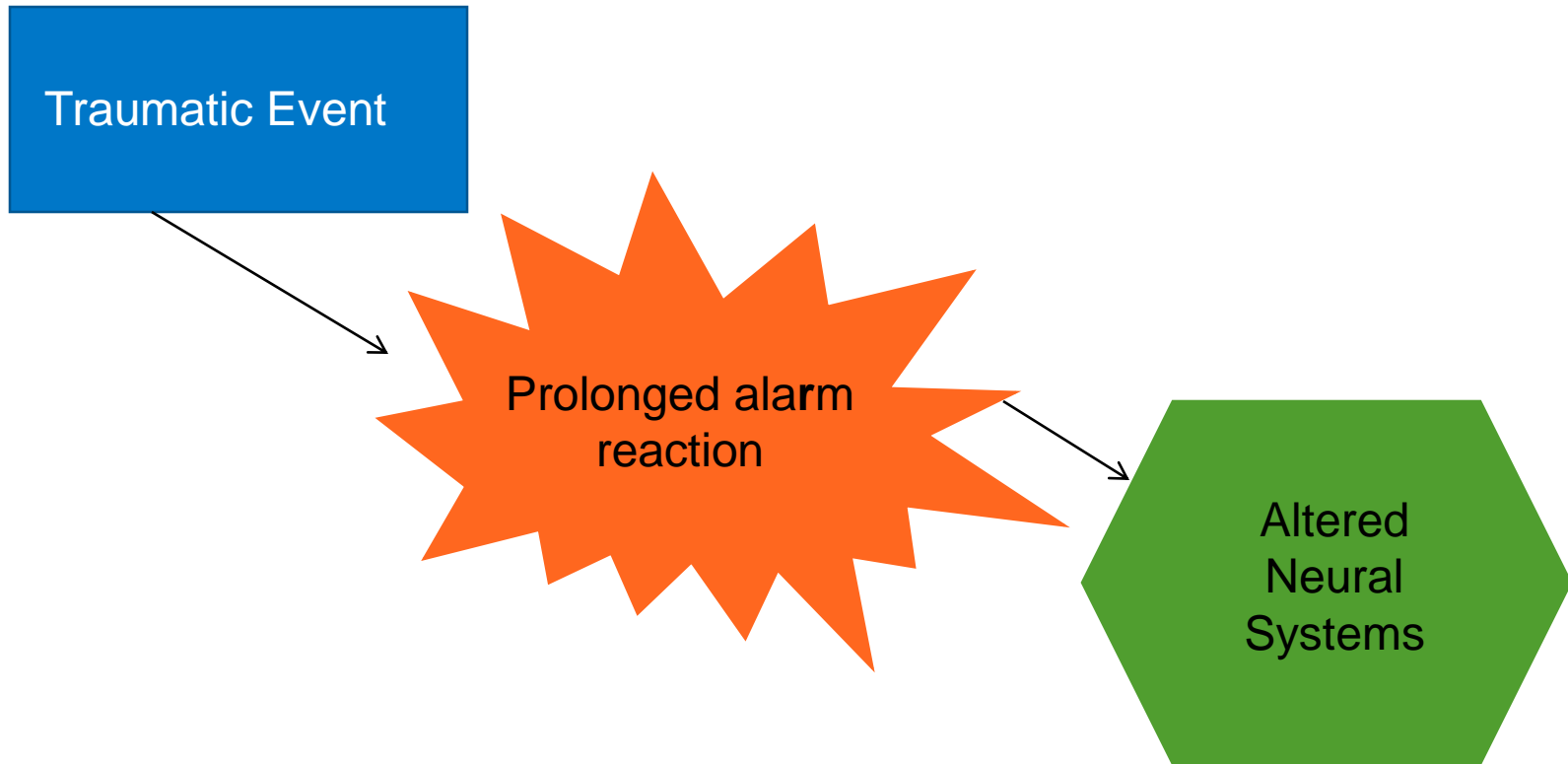
Emotional Consequences

- ▶ Poor social/emotional development
- ▶ Alcohol tobacco and other drug misuse to manage intense emotional states
- ▶ Vacillation between numb and over-reactive emotional states

What does trauma look like?

Persistent Fear State:

The Psychology and Physiology of Trauma



Emotional & Psychological Symptoms

- ▶ Shock, denial, or disbelief
- ▶ Confusion, difficulty concentrating
- ▶ Anger, irritability, mood swings
- ▶ Anxiety and fear
- ▶ Clinging

Emotional & Psychological Symptoms

- ▶ Guilt, shame, self-blame
- ▶ Withdrawing from others
- ▶ Feeling sad or hopeless
- ▶ Feeling disconnected or numb

Physical Symptoms

- ▶ Insomnia or nightmares
- ▶ Fatigue
- ▶ Being startled easily
- ▶ Difficulty concentrating

Physical Symptoms

- ▶ Racing heartbeat
- ▶ Edginess and agitation
- ▶ Aches and pains
- ▶ Muscle tension

Signs of concern

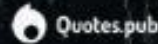
- Self-harmful behavior
 - Substance misuse or SUD
 - Eating disorders
 - High risk sexual practices
- Identity disturbance
- Enduring or escalating aggression
- Mutism
- Amnesia related to own behavior

Trauma and COVID-19

COVID-19 & Stress

Trauma is any stressor that occurs in a sudden and forceful way and is experienced as overwhelming.

-Stephanie S. Covington



COVID-19 & Stress

- Fear and worry
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Trauma – Informed Care & Prevention

The Four Rs of Trauma-Informed Care



This figure is adapted from: Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and Guidance for a trauma-informed approach. HHS publication no. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration.

Trauma-responsive Approach

- ▶ Creating safety
- ▶ Trustworthiness and transparency
- ▶ Peer support and mutual self-help
- ▶ Collaboration and mutuality
- ▶ Empowerment voice and choices
- ▶ Culture, historical, and gender issues

Use a Relational Framework

- A RICH relationship supports trauma informed care
 - Respect
 - Information
 - Connection
 - Hope

- Helpers need support from one another including RICH relationships

A RICH Relationship

These four components define a relationship that is growth-promoting, no matter its duration:

- ▶ Respect – Make no assumptions
- ▶ Information – Give and take
- ▶ Connection – Be real
- ▶ Hope – Cultivate yours

Importance of a RICH Relationship

- ▶ Creates connections and attachment
- ▶ Decreases shame and isolation
- ▶ Promotes change and healing
- ▶ Contradicts basic assumptions about self and the world
- ▶ Separates past experiences from present experiences

Resiliency Factors

- ▶ Intelligence
- ▶ Temperament
- ▶ Quality of relationships
- ▶ Determination
- ▶ Optimism
- ▶ Sense of meaning and purpose in life
- ▶ Caring for self/awareness of needs
- ▶ Accepting help from others
- ▶ Access to social support following traumatic events

Resiliency is not a FIXED trait

Resiliency Factors

- ▶ Having a supportive adult relationship in their life.
- ▶ Having a sense of self-efficacy and perceived control.
- ▶ Having opportunities to strengthen everyday functional skills and self-regulation.
- ▶ Having sources of faith, hope, and cultural traditions.

Resiliency is not a FIXED trait

Features of Resilience

- The effects of trauma can be lessened.
- Remember the 3 Cs:
 - **Competence:** It feels good to be good at something.
 - **Connection:** Relationships are vital.
 - **Coping:** Developing skills to regulate emotions and reduce stress response.

Prevention Services that are Trauma-informed

Typical Prevention Services

Coalition

Parenting Workshops (ie: SFP, GGC)

Youth - Direct Service Programs (Life Skills, Second Step)

Youth – Prevention Club or Youth Coalition

Mentoring

Public Awareness

Social Norms

Environmental (Policy Change)

Training/Conferences

Prevention Services that are Trauma-informed

- ▶ Regardless of program being offered,
 - ▶ Prepare yourself and staff/volunteers.
 - ▶ Build in extra time for participants to process, share, and talk, while not allowing it to overshadow the program.
 - ▶ Have referral and other resources available. (Websites, SAP contact info, brochures, business cards.)
 - ▶ Review activities and discussions that are part of the program or curriculum. Make appropriate adaptations.

Prevention Services that are Trauma-informed

Typical prevention services	Incorporate the following
Coalition	<ul style="list-style-type: none">• Allow more social interaction time before meeting starts.
Parenting Workshops (ie: SFP, GGC)	<ul style="list-style-type: none">• Allow more time for introductory activities.
Youth - Direct Service Programs (Life Skills, Second Step)	<ul style="list-style-type: none">• Review role plays and activities
Youth – Prevention Club or Youth Coalitions	<ul style="list-style-type: none">• Have referral resources available

Prevention Services that are Trauma-informed

Typical prevention services	Incorporate the following
Mentoring	
Public Awareness	
Social Norms	
Environmental (Policy Change)	
Training/Conferences	

Worksheet

Typical prevention services	Incorporate the following
Coalition	<ul style="list-style-type: none">• Allow more social interaction time before meeting starts.••
Direct Services (ie: SFP, GGC, Life Skills, Second Step)	<ul style="list-style-type: none">• Allow more time for introductory activities.• Review role plays and activities•
Public Awareness	<ul style="list-style-type: none">•••
Environmental Strategies	<ul style="list-style-type: none">•••
Training/Conferences	<ul style="list-style-type: none">•••

ACEs In Prevention

Strategies:

- ▶ Promote social norms that protect against violence and adversity
- ▶ Ensure a strong start for children
- ▶ Teach positive skills
- ▶ Connect youth to caring adults/activities
- ▶ Raise awareness of ACEs

Self Care

- ▶ Trauma-informed care is self care
 - ▶ Is not just for those we serve
 - ▶ Seeks to care for the well being of the helper
- ▶ Attention to the well-being of oneself is essential.

Be Sure To Take Care Of Yourself During This Webinar

Self-care



- ▶ Meditate or do yoga
- ▶ Journal or read
- ▶ Exercise
- ▶ Adequate sleep
- ▶ Eat healthfully
- ▶ Have self compassion
- ▶ Let light in
- ▶ Stay connected

Coronavirus Resources & Tips for Parents, Children & Others.
Prevention Child Abuse America.

Tips to Manage Stress & Anxiety

- ▶ Be kind to yourself
- ▶ Routine
- ▶ Stay Informed
- ▶ Learning can be fun
- ▶ Take care of your body



Coronavirus Resources & Tips for Parents, Children & Others.
Prevention Child Abuse America.

Take Home Messages

- ▶ Some of the individuals who receive prevention services have been exposed to trauma.
- ▶ Trauma-informed care is a way of integrating an awareness of the impact of trauma with existing practice.
- ▶ Trauma-informed care is a way of understanding those whom we serve and can be applied to every interaction with those receiving services.

Summary

"I believe that we
are the movement."

- Dr. Nadine Burke Harris

aces aware 
SCREEN. TREAT. HEAL.

Web Resources

About Trauma Informed Care:

<http://www.samhsa.gov/nctic/default.asp>

▶ <tps://www.integration.samhsa.gov/clinical-practice/trauma>

Employee Assistance

▶ <http://www.dop.wa.gov/EAP/PAGes/default.aspx>

ACEs

▶ <http://www.cestudy.org/>

▶ <https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/about.html>

▶ https://pttcnetwork.org/sites/default/files/2020-04/Parks_Rec_Toolkit_web_FINAL_2.pdf

Persistent Fear:

▶ [brain architecture.](#)

<https://developingchild.harvard.edu/resources/persistent-fear-and-anxiety-can-affect-young-childrens-learning-and-development/>

▶ <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

▶ <https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm>

Web Resources

Mental Health and COVID-19

- ▶ <https://www.cdc.gov/violenceprevention/childabuseandneglect/aces/fastfact.html>

- ▶ <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance-OLD/coronavirus-disease-covid-19-outbreak-technical-guidance-europe-OLD/mental-health-and-covid-19>

- ▶ <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Trauma Informed in Prevention

- ▶ <https://www.integration.samhsa.gov/clinical-practice/trauma-informed>

- ▶ <https://traumainformedoregon.org/resources/trauma-informed-care-principles/>

- ▶ https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf

Resiliency

- ▶ https://pttcnetwork.org/sites/default/files/2020-04/Parks_Rec_Toolkit_web_FINAL_2.pdf

- ▶ <https://www.apa.org/topics/resilience>

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- ▶ <https://www.cdc.gov/violenceprevention/childabuseandneglect/aces/fastfact.html>

- ▶ https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf

TED Talk

- ▶ https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime/transcript?language=en



Questions

Contact Info

More Information:

www.theathenaforum.org