





Trauma Informed Care

Beaumont Study Day.



Behaviour has meaning

- *“It makes a great deal more sense, of much of the seemingly unreasonable behaviour or outrageous behaviour of many...[adults]...if one bears in mind that they are often doing to others what they experience as being done to them, both externally and internally” (Boston 1983)*

ACE Study Findings

- Childhood experiences are **powerful** determinants of who we become as adults.





Positive Stress

- Moderate, short-lived physiological response
 - Increased heart rate, higher blood pressure
 - Mild elevation of stress hormone, cortisol , levels
- Activated by:
 - Dealing with frustration, meeting new people
- **(National Scientific Council on the Developing Brain, Harvard University 2006)**

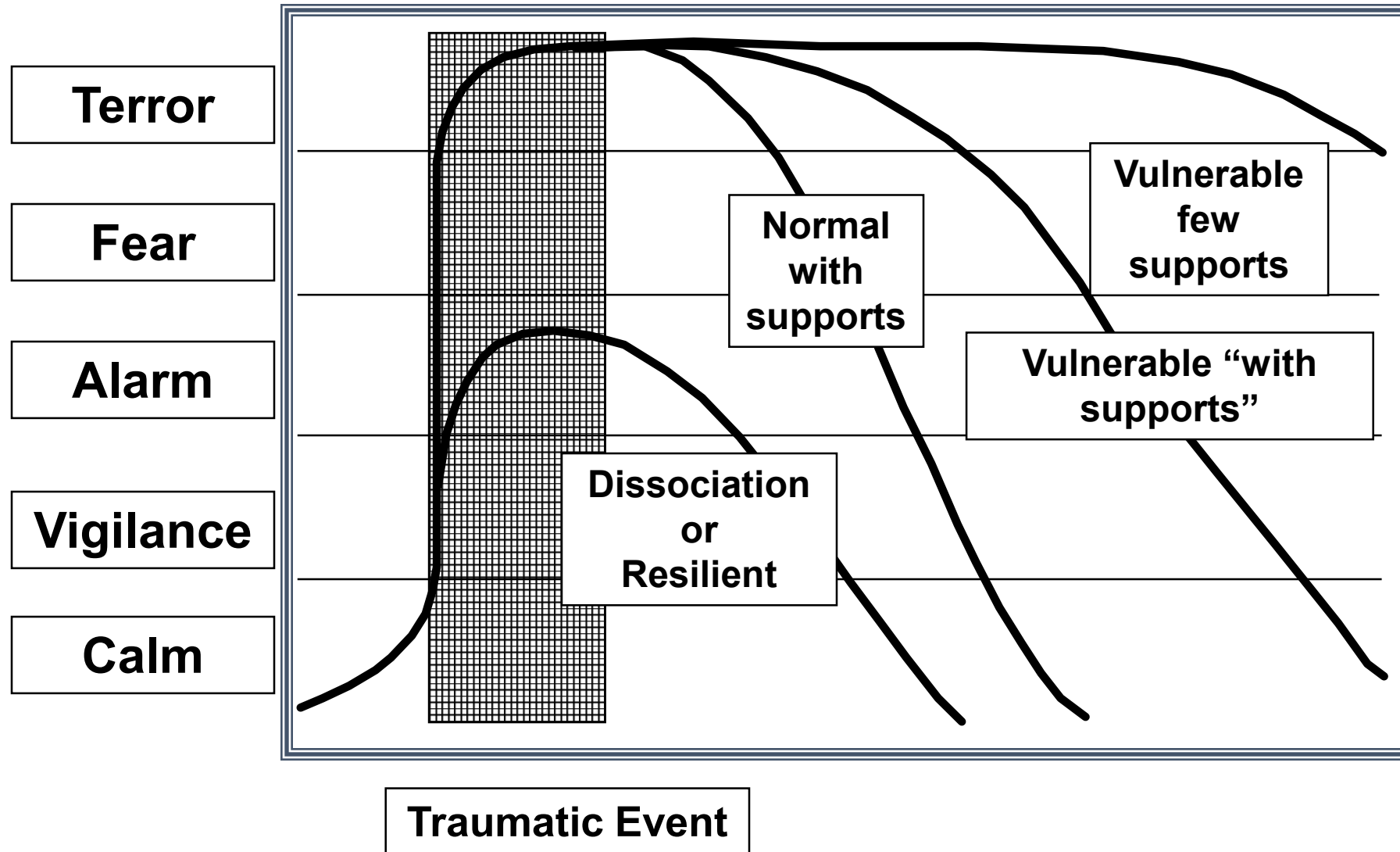
Tolerable Stress

- Physiological responses large enough to disrupt brain architecture
- Relieved by supportive relationships:
 - that facilitate coping,
 - restore heart rate and stress hormone levels
 - reduce child's sense of being overwhelmed
 - Activated by:
 - Death of loved one, divorce, natural disasters
-
- **(National Scientific Council on the Developing Brain, Harvard University 2006)**

Toxic Stress

- Strong & prolonged activation of stress response systems in the **absence** of buffering protection of adult support
 - Recurrent abuse, neglect, severe maternal depression, substance abuse, family violence
 - Increased susceptibility to cardiovascular disease, hypertension, obesity, diabetes and mental health problems

Acute Response To Trauma



What is Trauma?

“Trauma is much more than a story about the past that explains why people are frightened, angry or out of control. Trauma is re-experienced in the present, not as a story, but as profoundly disturbing physical sensations and emotions that may not be consciously associated with memories of past trauma. Terror, rage and helplessness are manifested as bodily reactions, like a pounding heart, nausea, gut-wrenching sensations and characteristic body movements that signify collapse, rigidity or rage...” Bessel van der Kolk (2014)

Adverse Childhood Experiences

What are the Adverse Childhood Experiences?

- Childhood experiences of abuse, neglect & family dysfunction

What is their impact?

- These incidents harm social, cognitive & emotional functioning of children;
- Dramatically upset the safe, nurturing environments children need to thrive.

3 Types of ACEs

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Prevalence of Trauma: Adverse Childhood Experiences Study



- In 1998, more than 17,000 Kaiser Permanente members took the Adverse Childhood Experiences (ACE) Survey.
- **Results:** Two-thirds of respondents had experienced one or more types of ACEs. Of those:



Which Populations are more at Risk for Experiencing Trauma?

- Members of historically marginalized populations appear to have a disproportionately higher prevalence of trauma than the general population. These groups include (but are not limited to):
 - People living in low-income communities;
 - Ethnic and racial minorities;
 - LGBTQ individuals;
 - Individuals with disabilities; and
 - Women and girls.



Topitzes et al (2016) found 39% of members of an impoverished community reported having 5 or more ACEs compared to 8% reported by the original Kaiser Permanente study.

- In actuality, the associations with poverty and childhood trauma are blurred as these two factors are themselves closely interlinked.

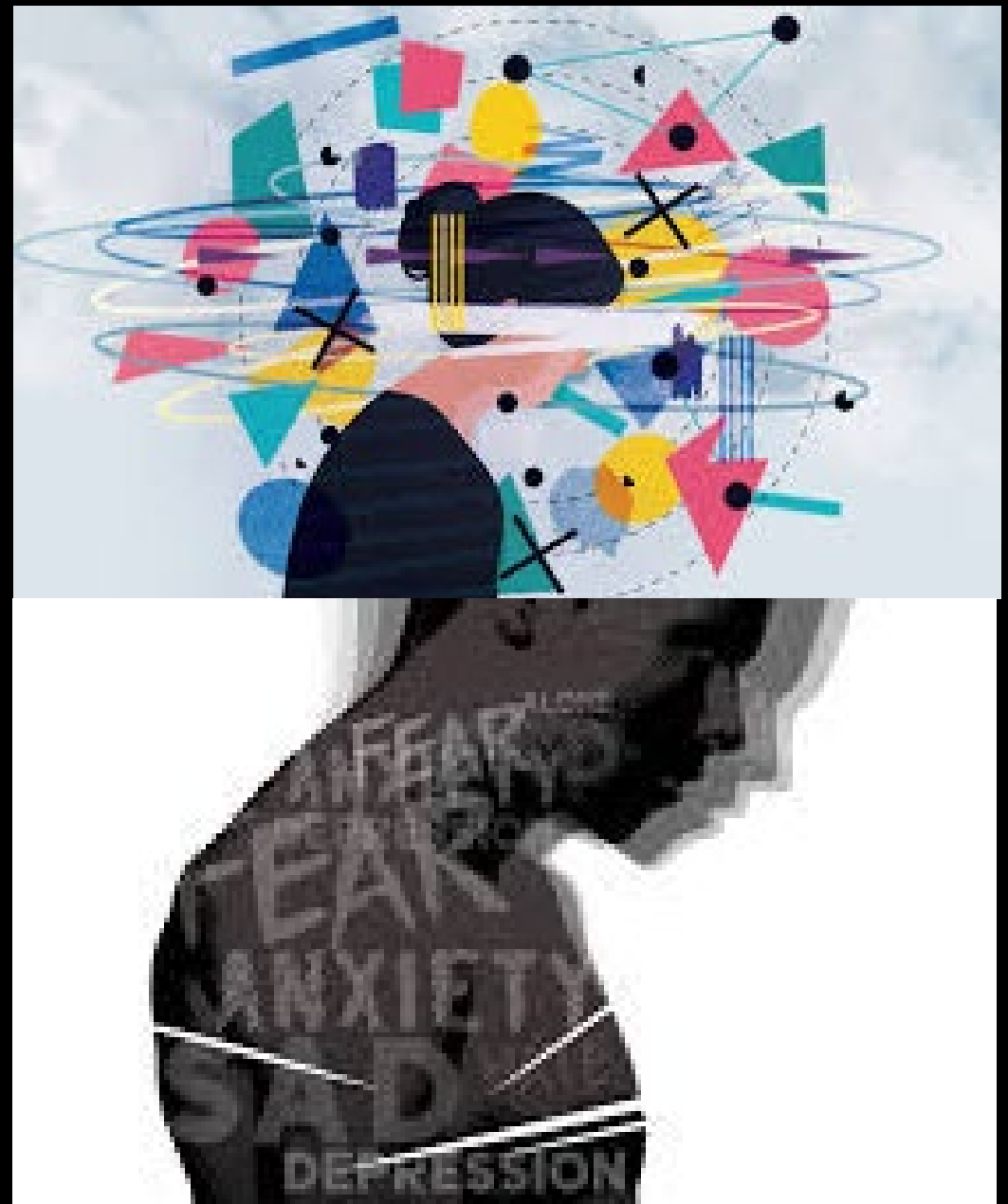
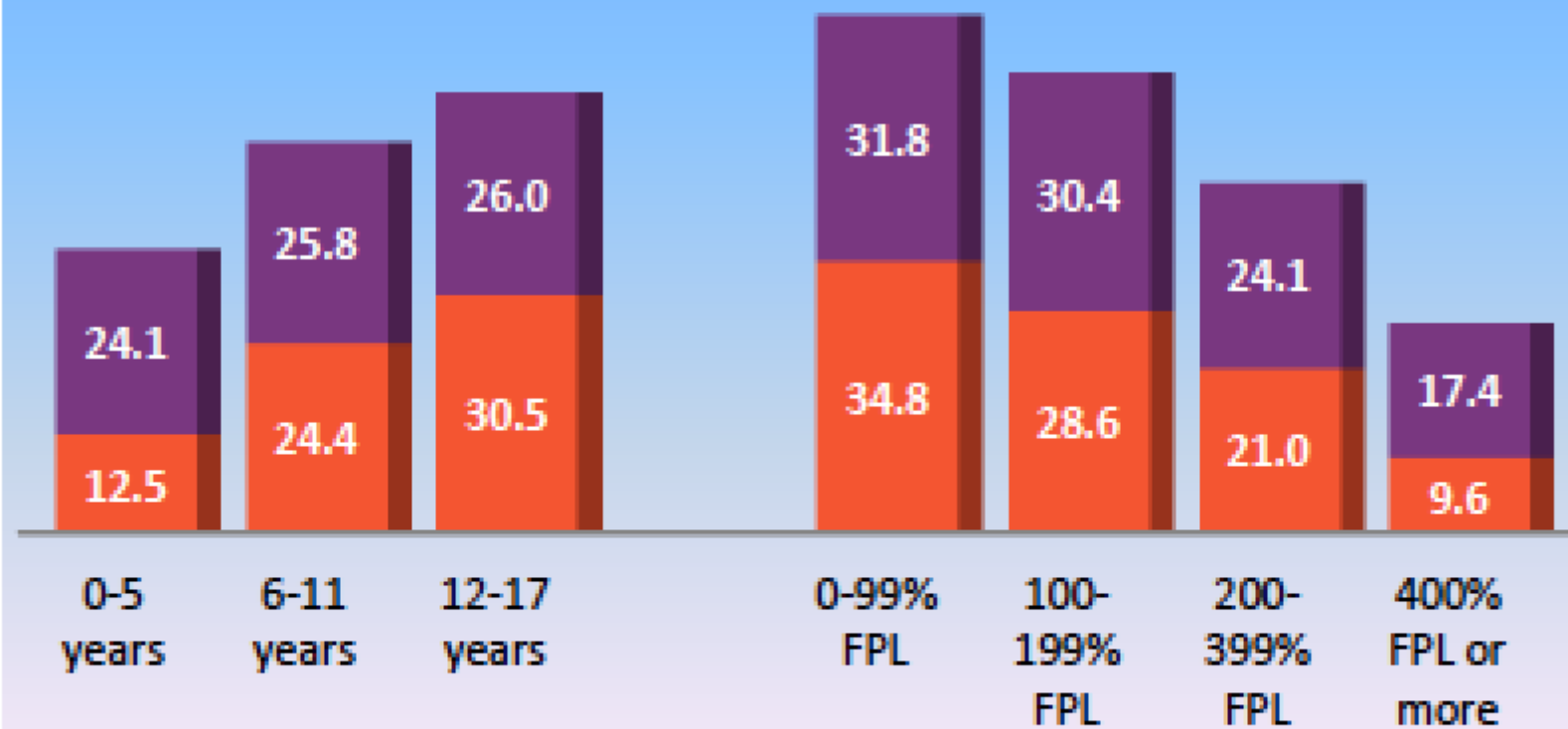


Figure 2. Prevalence of Adverse Child and Family Experiences, by Age and Household Income Subgroups

- One adverse family experience
- Two or more adverse family experiences

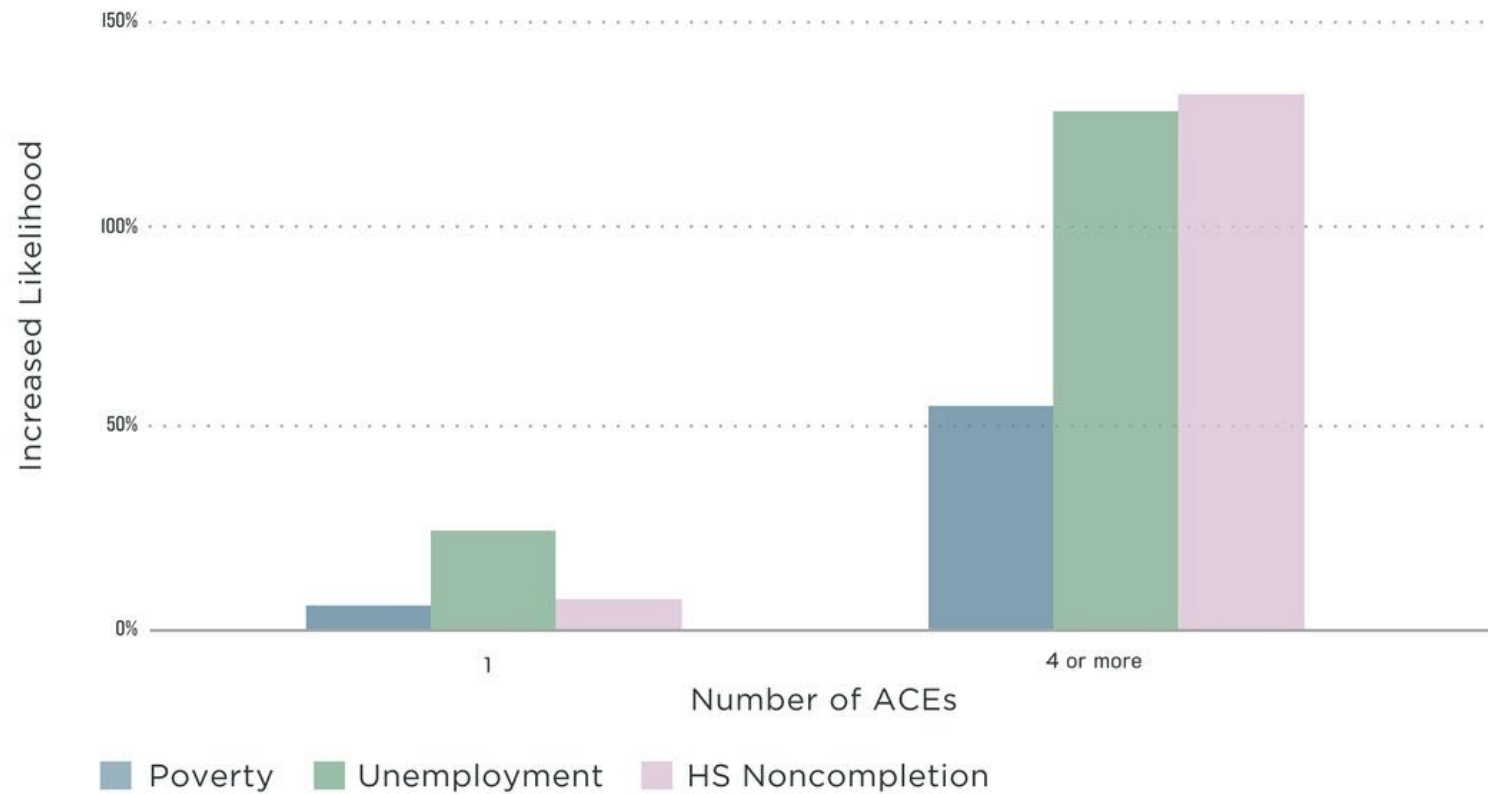


Source: 2011/12 NSCH

FPL = Federal Poverty Level

CHILDHOOD TRAUMA INCREASES THE ODDS OF ADULT POVERTY

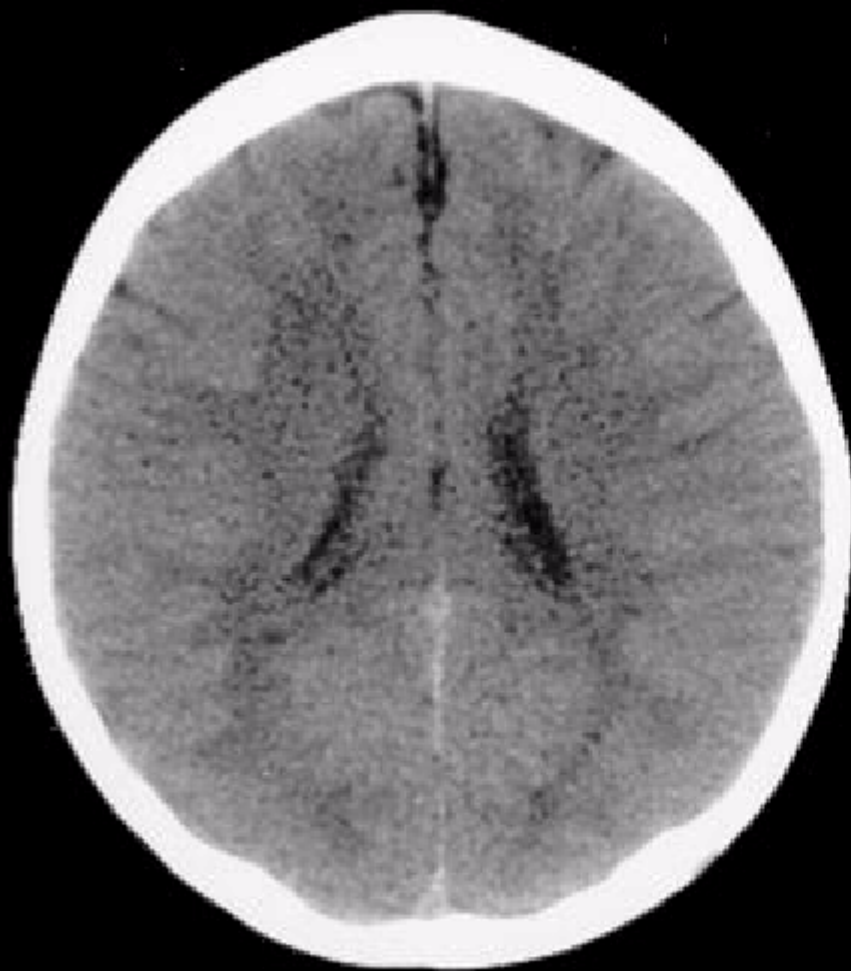
Adjusted odds of poverty, unemployment,
high school noncompletion - 2016





**The Body
Keeps the
Score**

3 Year Old Children



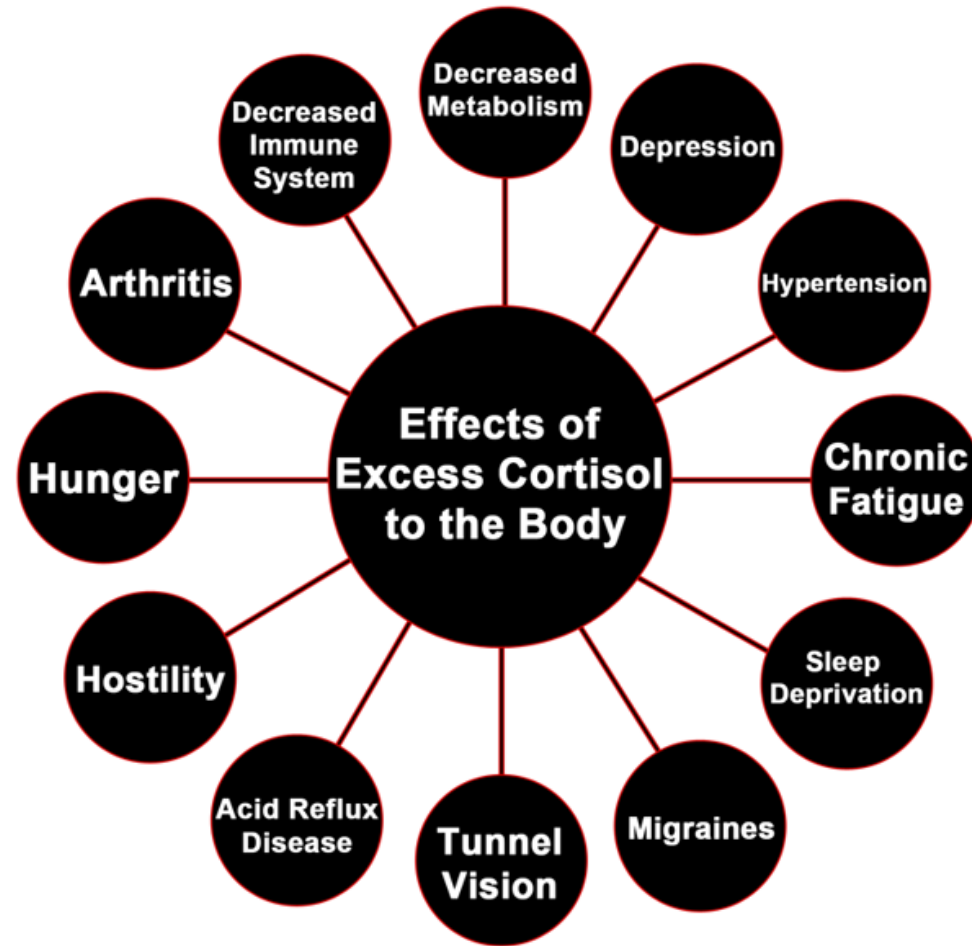
Normal



Extreme Neglect

Science and the impact on behaviours

- HYPOTHALAMUS/PITUITARY AND ADRENAL GLANDS accessed repeatedly to produce fight or flight.
- ADRENALINE & CORTISOL production and the impact of this on the body (see next slide)
- NUCLEAS ACCUMBENS – Pleasure/reward centre which is implicated in substance misuse.
- PRE-FRONTAL CORTEX – Impulse control and learning.
- AMYGDALA – Mediates fear response.



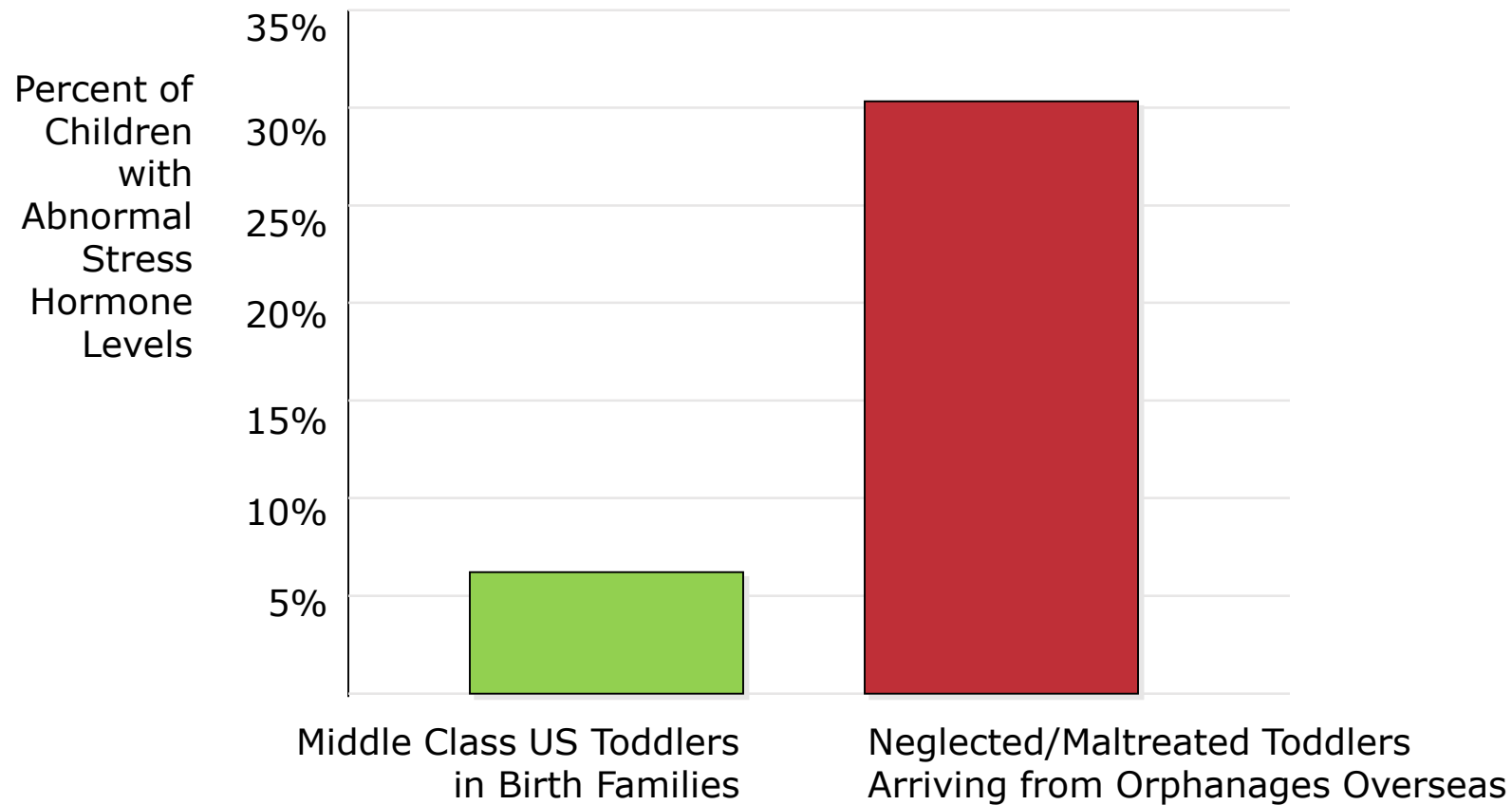
Cortisol - The Stress Hormone

LOCKED IN.....

- - Prolonged exposure to stress in childhood can result in children being locked into a high state of alert.
- - Permanently prepared to respond to further trauma.
- - Constant state of alert.
- - Increased tissue inflammation.
- - Body unable to repair itself.
- - Poor emotional regulation.
- - Difficulty controlling impulses.
- - Poor social interaction.
- - Employ unhelpful coping mechanisms – Drinking/smoking/drug misuse.(Harris, 2015).



Institutionalization and Neglect of Young Children Disrupts Their Body Chemistry



Source: Gunnar & Fisher
(2006)

The Impact of ACEs

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Miss work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones

Life Expectancy and Trauma

- For those who are exposed to high levels of childhood trauma, life expectancy is 20 years shorter. They are also three times more likely to develop heart disease and lung cancer.



Impact of Trauma:

4 or More ACEs = Tipping Point



Compared to people with no ACEs, those with a score of 4 or greater have increased risks for:

- **Chronic Obstructive Pulmonary Disease:** 390% greater risk
- **Sexually-Transmitted Infections:** 240% greater risk
- **Smoking:** Twice as likely
- **Suicide Attempts:** 12 times more likely
- **Alcoholism:** 7 times more likely
- **Injecting Street Drugs:** 10 times more likely

Total estimated lifetime costs associated with one year of child maltreatment: \$124 billion



Emotional Problems

- Childhood experiences underlie Chronic depression
- Childhood experiences underlie suicide
- 2/3rd (67%) of all suicide attempts
- 64% of adult suicide attempts
- 80% of child/adolescent suicide attempts
- **Are attributable to Childhood Adverse Experiences**



ACEs – What is the impact of ACEs

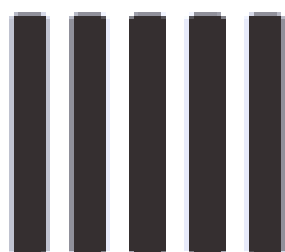
Compared with people with no ACEs, those with 4+ ACEs are:

- 4** times more likely to be a high-risk drinker
- 6** times more likely to have had or caused unintended teenage pregnancy
- 6** times more likely to smoke e-cigarettes or tobacco
- 6** times more likely to have had sex under the age of 16 years
- 11** times more likely to have smoked cannabis
- 14** times more likely to have been a victim of violence over the last 12 months
- 15** times more likely to have committed violence against another person in the last 12 months
- 16** times more likely to have used crack cocaine or heroin
- 20** times more likely to have been incarcerated at any point in their lifetime

Preventing ACEs in future generations could reduce levels of:



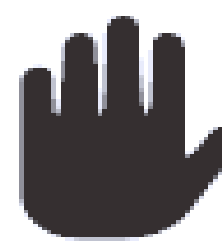
Heroin/crack cocaine
use (lifetime)
by 66%



Incarceration
(lifetime)
by 65%



Violence perpetration
(past year)
by 60%



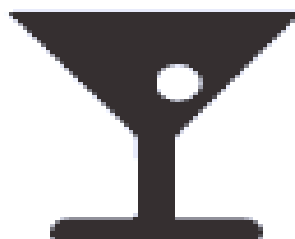
Violence victimisation
(past year)
by 57%



Cannabis use
(lifetime)
by 42%



Unintended teen
pregnancy
by 41%



High-risk drinking
(current)
by 35%



Early sex
(before age 16)
by 31%



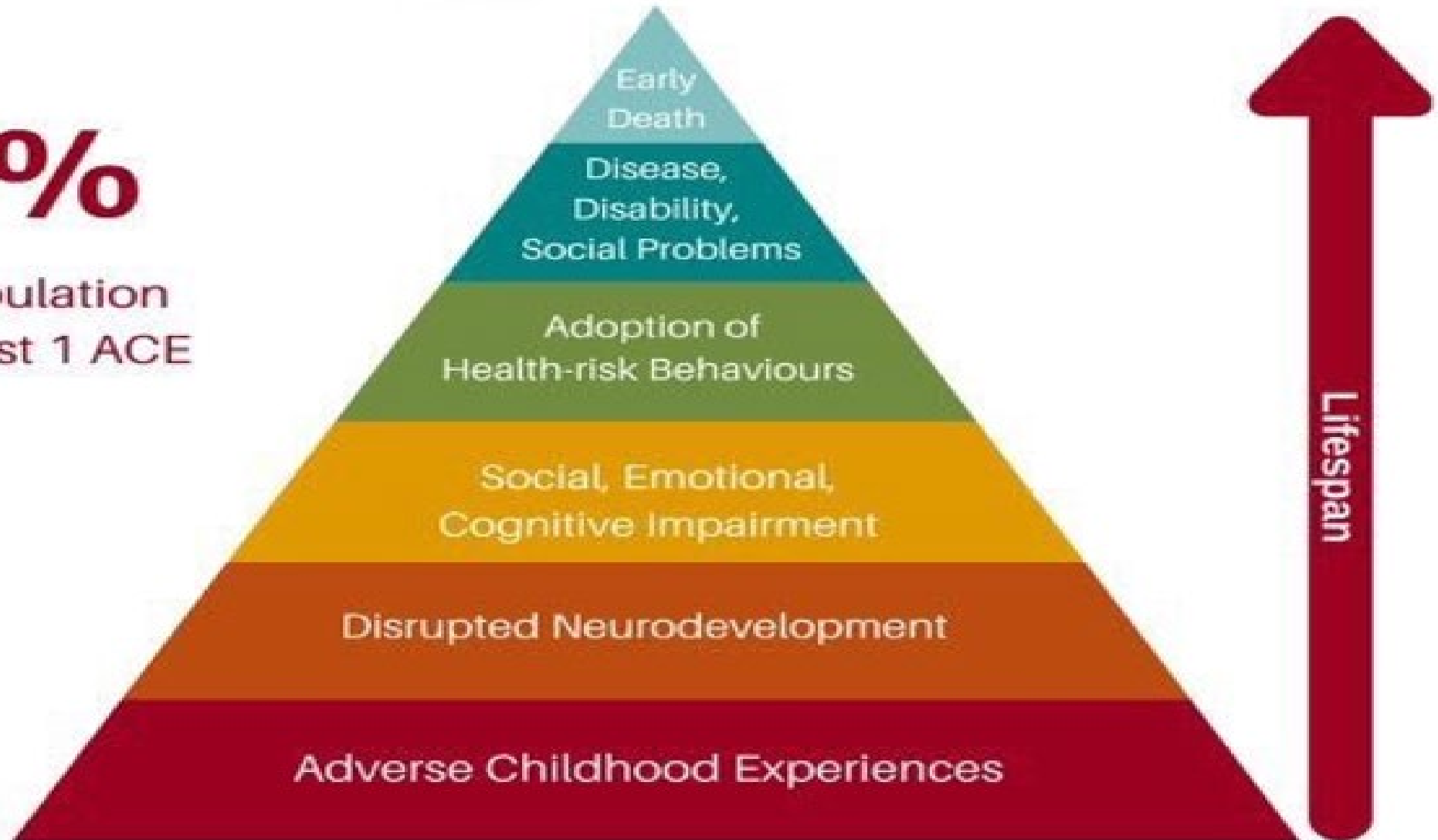
Smoking tobacco or
e-cigarettes
(current)
by 24%



Poor diet
(current; <2 fruit & veg
portions daily)
by 16%

ACEs – Impact over a lifespan

67%
of the population
have at least 1 ACE



The Impact of ACEs, continued

As the number of ACEs increase, so do the risk for negative health outcomes.





ADVERSE

CHILDHOOD



EXPERIENCES

(ACEs)



IMPACT *on* **BRAIN, BODY**
and **BEHAVIOUR**



TRAUMA INFORMED CARE

Realize the widespread impact of trauma and understand paths for recovery;

Recognize the signs and symptoms of trauma in consumers, families, and staff;

Integrate knowledge about trauma into policies, procedures, and practices; and

Actively avoid re-traumatization.

(Adapted from the Substance Abuse and Mental Health Services Administration's ["Trauma-Informed Approach."](#))

KEY POINT

Delivering trauma-informed care does not necessarily have to include delivery of trauma-specific services or trauma specialists.

TRAUMA-INFORMED SERVICES IMPROVE OUTCOMES

1

Does not
increase cost
(Domino et al.,
2005)

2

Does not take
more time
(Chung, 2009)

3

Improves
physical health
(Weissbecker &
Clark, 2007)

4

Improves
retention in
treatment (Gatz
et al., 2007)

POTENTIAL IMPACT OF ADOPTING TIC PRACTICES

Staff turnover
decreased by 84%

Sick time
decreased by 53%

Worker's
compensation
claims decreased
by 98%

UNIVERSAL PRECAUTIONS

Dr. Gordan Hodas brought the idea of “universal precautions” to the trauma field in 2005. He stated, “We need to presume the clients we serve have a history of traumatic stress and exercises “universal precautions” by creating systems of care that are trauma-informed. Based on the understanding that 50% of the general population has experienced some form of adverse childhood event, we need to treat everyone in the human service system as if they have had traumatic experiences” (2006).

-Relias

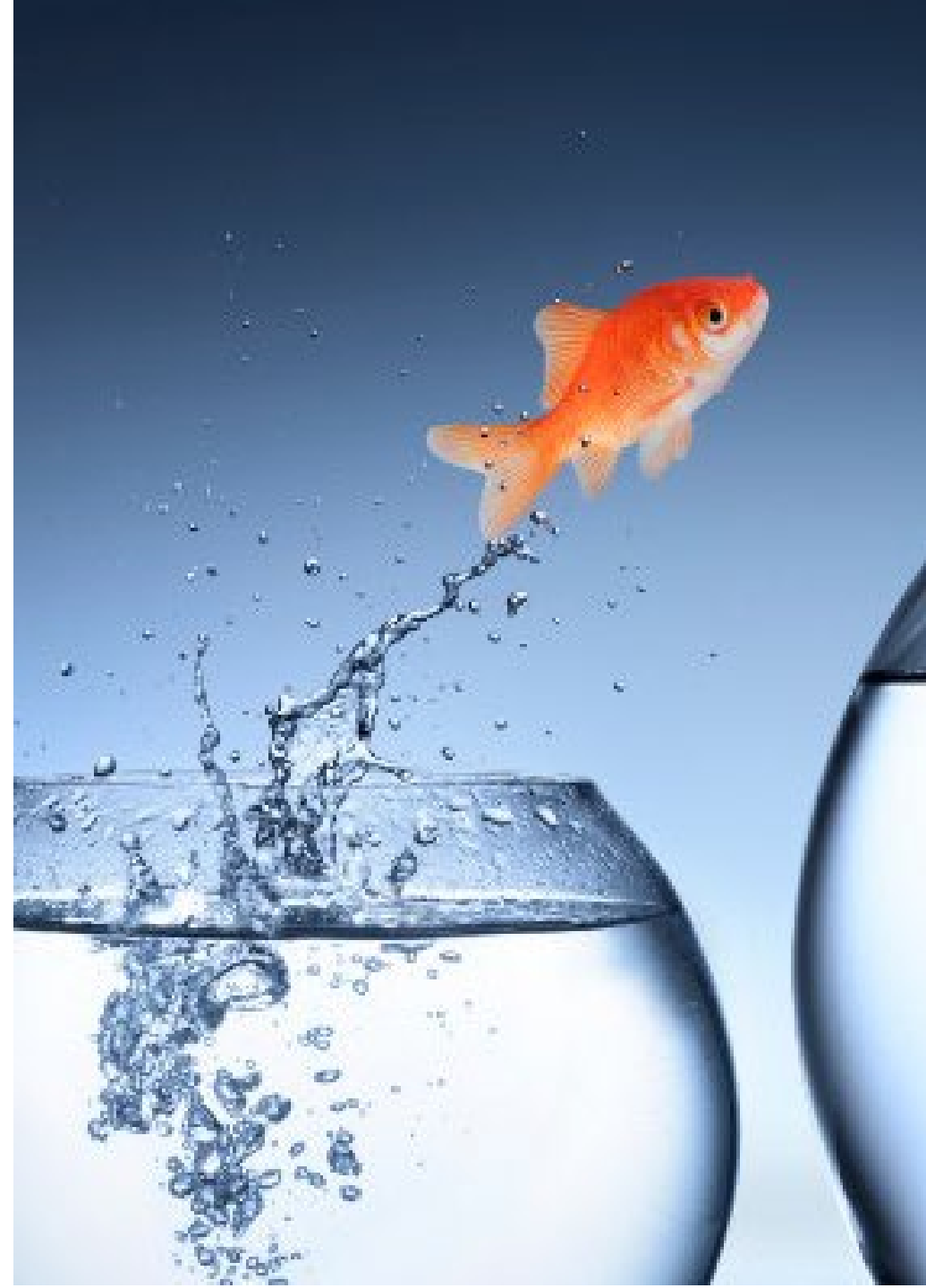
A Paradigm shift?

From

What is wrong with you

to

What has happened to you?



Common Sense Trauma Informed Care

I can
understand
that



- Trauma results in not being able to be fully engaged with the present'
- It is more a CAN'T than a WON'T.
- The behaviours that are problematic for us, are solutions to them (such as smoking, alcohol/drug use, over eating, under eating, self neglect, hoarding etc)

Common Sense Trauma Informed Care

I can
understand
that



- We, no matter how lovely we are, present a threat.
- Once anxiety is triggered then a range of defensive weapons are activated – aggression, avoidance, splitting.
- Seeing past these behaviours is key to building engagement.



Common Sense Trauma Informed Care

Looking beyond a smoking gun



- Big traumas can be distracting.
- Sometimes trauma is not the presence of a negative, but the absence of a positive.
- Poses a problem for insight as many will say they had a 'happy childhood' and feel they are just weak/inadequate.
- Experience of trauma is moderated by access to secure attachments, attuned responses, social supports.
- It's really important not to make assumptions about which aspect of a person's experience has been traumatic.



- ***“It makes a great deal more sense, of much of the seemingly unreasonable behaviour or outrageous behaviour of many...[adults]...if one bears in mind that they are often doing to others what they experience as being done to them, both externally and internally” (Boston 1983)***

Behaviour has meaning



Managing Challenging Behaviours



Common Sense Trauma Informed Care

Help individuals understand that the experiences they had may have had an impact on their well being



- We often talk to people about their health conditions, explaining their asthma or diabetes, but we do not necessarily do the same for mental health and trauma.
- Individuals are often left wondering what is wrong with them.
- Just being more informed and aware of why their emotions go up and down, why they get suddenly scared and angry is the first step to recovery.
- Doing this without eliciting blame is important, it's about understanding how my experiences have affected me, not blaming my mother/father for all my problems.

Common Sense Trauma Informed Care

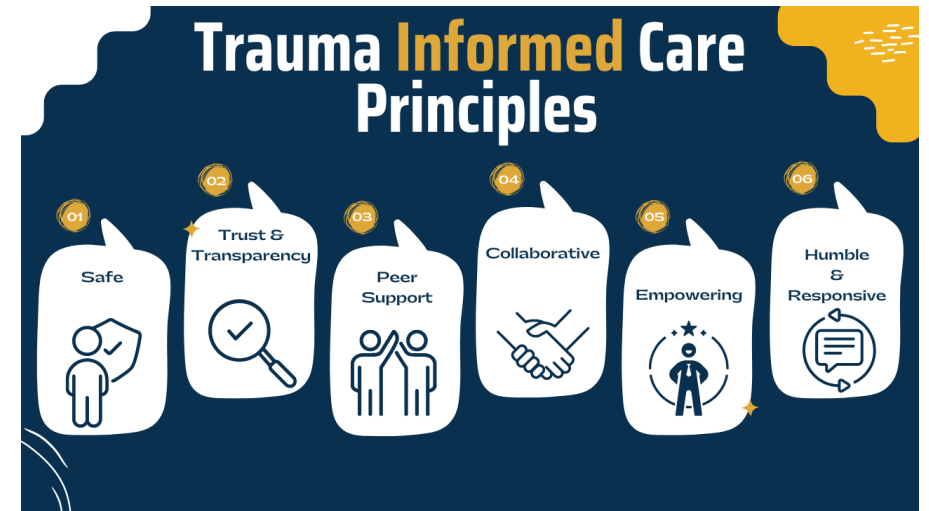


Help individuals understand that the experiences they had may have had an impact on their well being

- Sense of what is wrong with me.
- Understanding their trauma response.
- Avoid Blame.
- Avoid Personality Disorder Label.

Organizational practices

- Reorient the culture of a health care setting to address the potential for trauma in patients and staff.
 - Lead and communicate about being trauma-informed
 - Engage patients in organizational planning
 - Train both clinical and non-clinical staff
 - Create a safe physical and emotional environment
 - Prevent secondary traumatic stress in staff
 - Build a trauma-informed workforce



INSTITUTIONAL RETRAUMATIZATION

Client-blaming

Emphasis on
compliance &
misuse/overuse of
power

Ignoring the
(emotional) needs
of the patient

Be aware of
potential past
organizational
trauma

TRACKING AND REGULATING AFFECT

Patients who experienced interpersonal trauma may have difficulty modulating their affect and are pulled to the past or fearful of future harm

Monitor for signs of dissociation or dysregulation and support the individual accordingly

Use a clear, calm voice and help clients with grounding and self-care strategies

GROUNDING

Grounding is a useful way of coming back into the window of tolerance

Grounding works by reducing emotional intensity to become more in touch with the present moment.

There are many different ways to ground

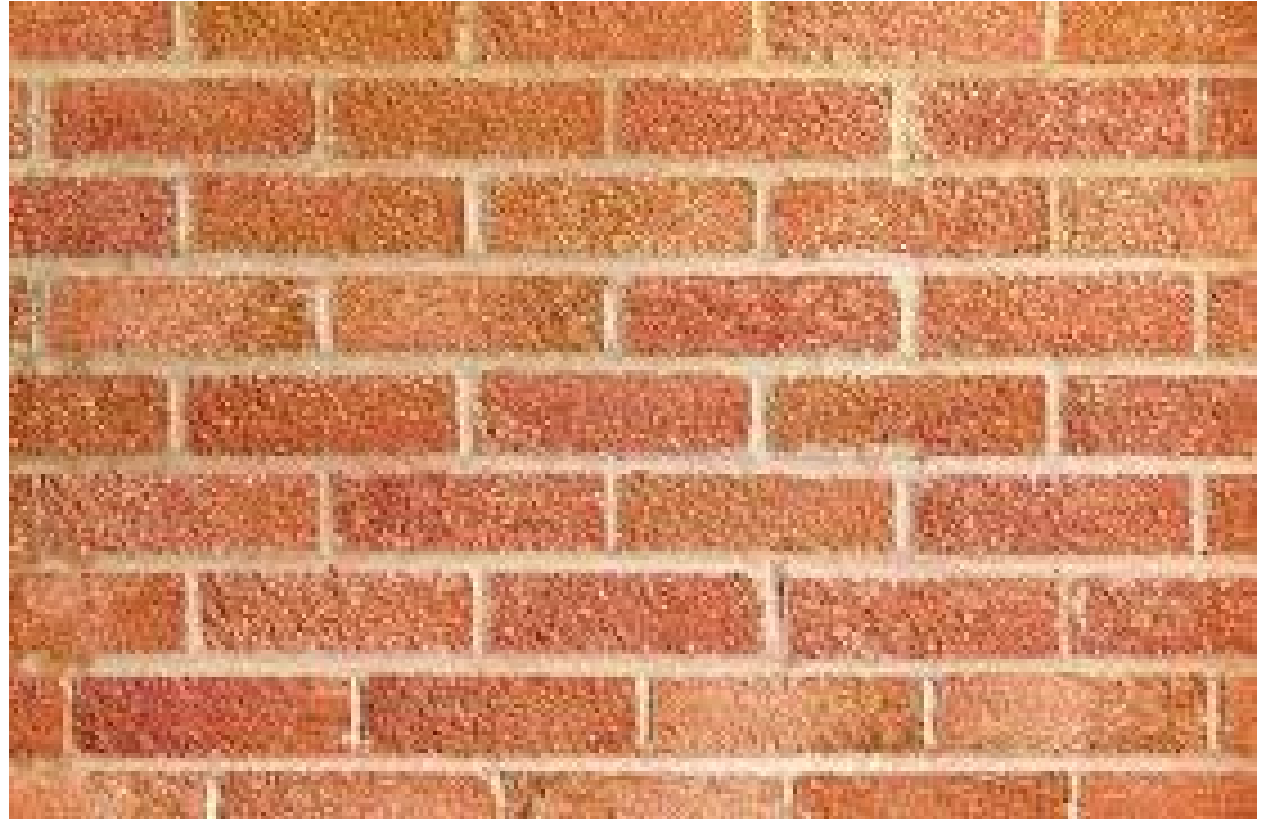


What to do with a “disclosure” of a trauma?

- We need to be aware of our emotional reactions to disclosures.
- People are much more vigilant of our reactions than we think.

Don't ever take a
fence down until
you know why it
was put up.

- Robert Frost -





Understanding
Trauma Moves
Us Beyond A
Culture of Blame.

Blaming the Poor for Being Poor

- *Those within it grow up with a series of expectations: you can have a home of your own, the state will support you whatever decisions you make, you will always be able to take out no matter what you put in. This has sent out some incredibly damaging signals. That it pays not to work. That you are owed something for nothing. It gave us millions of working-age people sitting at home on benefits even before the recession hit. It created a culture of entitlement.'*
- David Cameron UK Prime Minister.



Poverty



- In adolescence it has been found in UK research that the impact of poverty can “permeate every aspect of children’s lives - material, social and emotional”. Areas of deprivation are affected by the ‘concentrated effects’ of poverty, unemployment, dependency on state welfare, single female families, low marriage rates, high non marital birth rates and high crime rates resulting in “multiple, interlocking social problems.

Blaming the Poor for Being Poor

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Varadkar wants to lead party for ‘people who get up early in the morning’

Leadership front-runner rules out early election

🕒 Sat, May 20, 2017, 17:01 | Updated: Sat, May 20, 2017, 17:06

[Sarah Bardon](#)

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DISABLED BENEFIT? JUST FILL IN A FORM
200,000 got handouts last year without face-to-face interview



Kate's gown fit for a Greek goddess

SCROUNGERS
£14k MIGRANT MOM: UK IS SOFT TOUCH

CROUNGIN LIES TAIN

SPONGERS CAN SUE TO CLAIM BENEFITS

75% OF INCAPACITY CLAIMANTS ARE FIT TO WORK

4M SCROUNGIN

BENEFITS RISING TWICE AS FAST AS SALARIES

SICK BENEFIT 75% ARE FAKING

DAILY EXPRESS

CAROLINE AHERNE TV STAR FIGHTS LUNG CANCER

THE ALCHEMIST'S SECRET FOR JUST £1

SCROUNGERS ON £85,000 A YEAR BENEFITS
Madness of Britain's handout culture



CLAUDIA LAWRENCE Man, 59 quizzed over chef's 'murder'

DAILY EXPRESS

Life doesn't begin at 40! How women only start to hit their peak at 52

WIN YEAR GROCERY SHOP FOR THE YEAR WITH TESCO

1.2M CRIMINALS GET BENEFITS

WHY BRITAIN IS SPONGERS' HEAVEN

FURY AT MUM ON £100,000 A YEAR BENEFITS



She's single, has six children and is living in a £100k house

Daily Mail

JK Rowling began writing Harry Potter books as a single parent on the dole

JK Rowling: "I am indebted to the British welfare state"

"I chose to remain a domiciled taxpayer, [not in] some tax haven"

VILE PRODUCT OF WELFARE UK



JK ROWLING: BENEFIT SCROUNGER

DAILY EXPRESS

How dim can you get? Now the EU bans the 60w bulb

MASSIVE FLOORING OFF 25%

4M SCROUNGING FAMILIES IN BRITAIN
And there's 370,000 households where no one has EVER worked



London's no longer an English city, says John Cleese

**WELFARE CHEATS
CHEAT US ALL**

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A man in a dark suit, white shirt, and patterned tie stands outdoors, holding a large red sign. The background is a blurred city street with trees and buildings. The sign has white text that reads "TAX CHEATS CHEAT US ALL".

**TAX CHEATS
CHEAT US ALL**

A man in a dark suit, white shirt, and patterned tie stands outdoors, holding a large red sign. The background is a blurred city street with trees and buildings. The sign has white text that reads:

**CORPORATION
TAX AVOIDERS
CHEAT US ALL**

FREE

EXCLUSIVE
Camilla:
My crusade
for victims
of rape



ASYLUM SEEKERS
FERRIED AROUND
IN STRETCH LIMO

40% SURGE
IN ETHNIC
NUMBERS

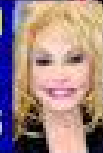
5p

DAILY EXPRESS

DOLLY PARTON
I HAVEN'T GOT
CANCER... IT'S
KIDNEY STONES

UNDERWEAR
BOSS SENT
MYSTERY GIFT
TO CAMERON

CHILDREN
TOLD TO
COOK AND
CLEAN FOR
MIGRANTS





Sin bin for Boris
after another cock

YOUTH, 17
CHARGED
WITH RHYS
MURDER



Shannon's mother
on trial with man
accused of kidnap

IMMIGRANTS
BRING
MORE
CRIME



Daily Mail

FAMILY HOLIDAYS
FROM £15 HUNDREDS OF
EUROPEAN & UK LOCATIONS



4,000 FOREIGN
MURDERERS
AND RAPISTS
WE CAN'T
THROW OUT



and, yes, you can blame human rights again

Jim Davidson

DAILY EXPRESS

Gordon Brown for hire:
Now he wants \$100,000
a time to give speeches



How fatty
foods can
be healthy

MIGRANTS ROB
YOUNG BRITONS
OF JOBS

As more foreigners come in
youth unemployment soars



FISHERMAN LANDS
BILLIONAIRE BRIDE

FREE INSIDE
HISTORIC DAILY EXPRESS EDITION
MAN ON THE MOON
DON'T MISS YOUR FOUR-PAGE PULL-OUT

MAN
STEPS
ON TO
MOON

MELTING SCHOOLGIRL

SUSPECT
IS KILLER
MIGRANT



Victims' families after
Andy Murray supports
Scottish independence

WORLD'S
BEST



Migrants are to Blame.

See the Meaning
behind the
Behaviour!

