

# Trauma Informed Care

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# Objectives

- Detail basic human development
- Describe the Adverse Childhood Experiences study (ACES) and the core principles of trauma informed care
- Detail the correlations of trauma incidents and ACES to behavioral outcomes around health and well-being
- Describe how TIC impacts our work in order to develop strategies for using a trauma informed lens when working with consumers

# Basic human development

Identity

Industry

Initiative

Autonomy

Trust

Eric Erikson's theory of psychosocial development



- Bottom – Top
- 90% of brain developed by age 6
- From age 12-25 second wave of brain development

# Chemistry of Trauma

80% of women seeking treatment for drug abuse report lifetime histories of sexual and/or physical assault. National institute on drug abuse

Most people use drugs for the first time when they are teenagers. There were just over 2.8 million new users of illicit drugs in 2013, or about 7,800 new users per day. Over half (54.1 percent) were under 18 years of age.

Long-term use also causes changes in other brain chemical systems and circuits as well, affecting functions that include: learning, judgment, decision-making, stress, memory, and behavior

# What is Trauma?

- It's a concept
- Relevant across service areas
- Developed by panel
- “Results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional or spiritual well-being.”

# 3 E's of Trauma

- **Events**- actual or extreme threat of physical or psychological harm ; single or repetitive
- **Experience**- may be experienced as traumatic for one individual and not for another; how individual assigns meaning to and is “disrupted” physically and psychologically by an event is key; elicit profound feelings
- **Effects**- may occur immediately or may have a delayed onset; duration may be short or long term; wear on person emotionally, mentally and physically.





# 1994 SAMHSA Dare to Vision Conference



***SAMHSA***

# 4 R's of Trauma (TIC)

- ◉ **Realization**- realizes widespread impact and affect of trauma
- ◉ **Recognize**- recognize signs and symptoms trauma
- ◉ **Responds**- actively respond with integration of trauma knowledge into culture
- ◉ **Resist Re-traumatization**

# ACES

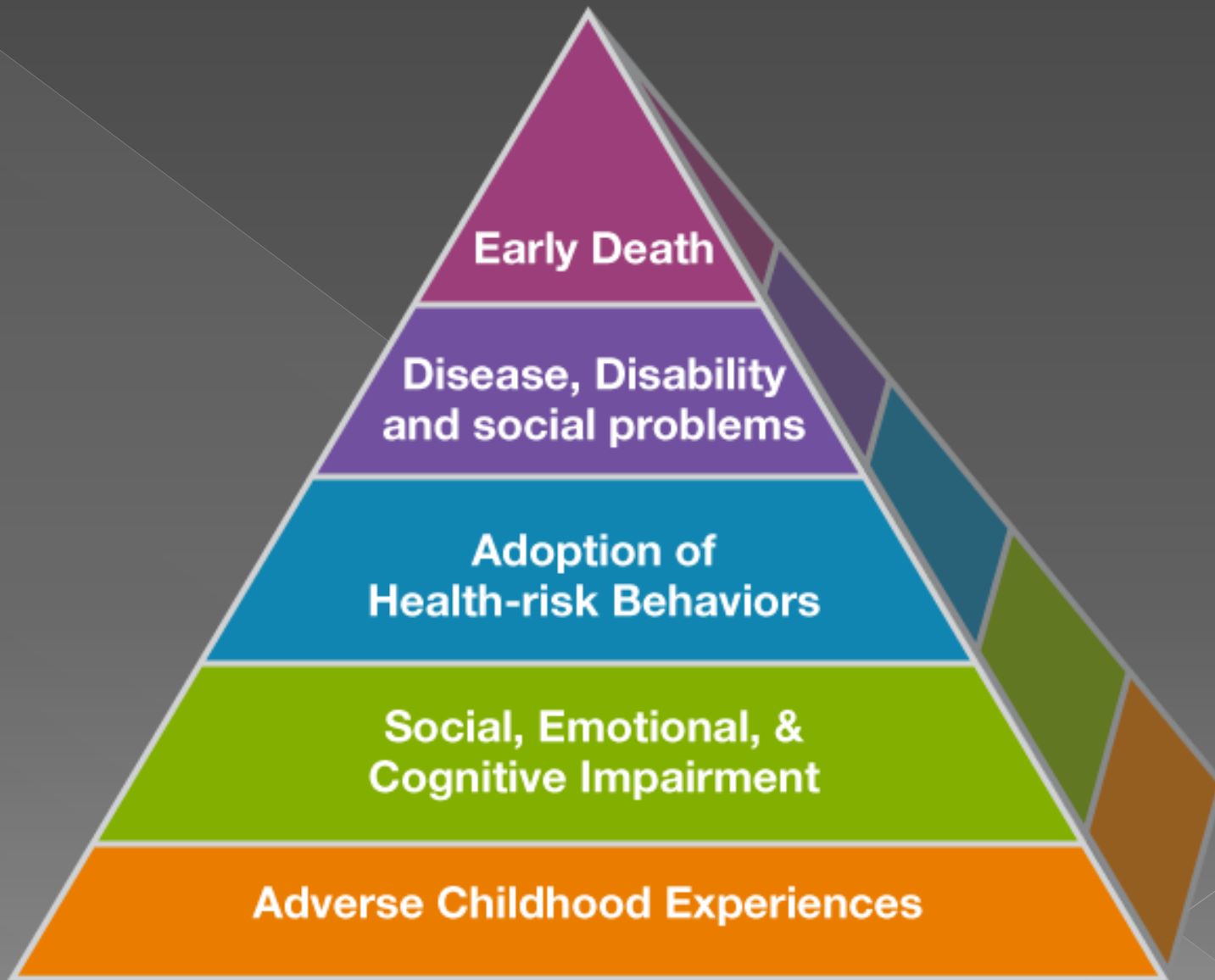
As the number of ACEs increases so does the risk for the following:

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease
- Liver disease
- Poor work performance
- Financial stress
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy
- Risk for sexual violence
- Poor academic achievement

**Death**



**Birth**



THE BEHAVIOR



WHAT'S UNDERNEATH

# 6 Principles of Trauma Informed Care

- **Safety** - feeling physically and psychologically safe
- **Trustworthiness and Transparency** – goal of building and maintaining trust
- **Peer Support** – builds hope and help regain power; sense of belonging and community
- **Collaboration and Mutuality** – partnership and shared power
- **Empowerment, Voice and Choice** – autonomy
- **Cultural, Historical, and Gender Issues** – moving past basic cultural competency standards

# TIC = Paradigm Shift

- ◉ Processing and regulation
- ◉ Stress management and coping skills
- ◉ Empowerment = recovery
- ◉ Systems Theory in practice: Multi-systemic approach

# What's Next- Interventions

- ◎ **Trauma, Addiction, Mental Health, and Recovery (TAMAR)**
- ◎ **Addiction and Trauma Recovery Integration Model (ATRIUM)**
- ◎ **Sanctuary Model**



# Sanctuary Model

“Creating Sanctuary in an organization is not a textbook or manualized protocol, but an organic process that happens over the course of time to move an organization toward creating a trauma-informed culture. A trauma-informed organization is one that recognizes the inherent vulnerability of all human beings to the effects of trauma and organizes system-wide interventions aimed at mitigating the negative effects of adversity and stress that are manifested in the clients served and the organization itself.” ([sanctuaryinstitute.org](http://sanctuaryinstitute.org))

# The Seven Sanctuary Commitments:

- Commitment to Nonviolence: building and modeling safety skills
- Commitment to Emotional Intelligence: teaching and modeling affect management skills
- Commitment to Inquiry & Social Learning: building and modeling cognitive skills
- Commitment to Democracy: creating and modeling civic skills of self-control, self-discipline, and administration of healthy authority
- Commitment to Open Communication: overcoming barriers to healthy communication, reduce acting-out, enhance self-protective and self-correcting skills, teach healthy boundaries
- Commitment to Social Responsibility: rebuilding social connection skills, establish healthy attachment relationships
- Commitment to Growth and Change: restoring hope, meaning, purpose

# Quick Tips

- ◉ Connection Matters
- ◉ Create Safe Place and Space
- ◉ Seeking to understand and empathize
- ◉ Meet the need and....
- ◉ Involve consumer throughout
- ◉ Progress is progress
- ◉ Take care of you...

*A traumatic experience impacts the entire person – the way we think, the way we learn, the way we remember things, the way we feel about ourselves, the way we feel about other people, and the way we make sense of the world..."*

*- Sandra Bloom, M.D*

# Questions