



# Ohio

Developmental Disabilities

Mental Health and Addiction Services



## Trauma-Informed Approach: Key Assumptions and Principles



# Understanding Trauma

# SAMHSA's Principles of Care:

## Cultural, Historical and Gender Issues



- ▶ Culture influences how an individual interprets and assigns meaning to the trauma
- ▶ **Culture significantly influences how people convey traumatic stress through behavior, emotions, and thinking**
- ▶ Culture affects what qualifies as a legitimate health concern and which symptoms warrant help
- ▶ **Culture can provide a source of strength, unique coping strategies, and specific resources**

# THINGS TO REMEMBER...

**Establish and provide safety**

- What helps you feel safe?

**Underlying Question is...**

- What happened to you?

**Symptoms are...**

- Adaptations to traumatic events

**Healing happens...**

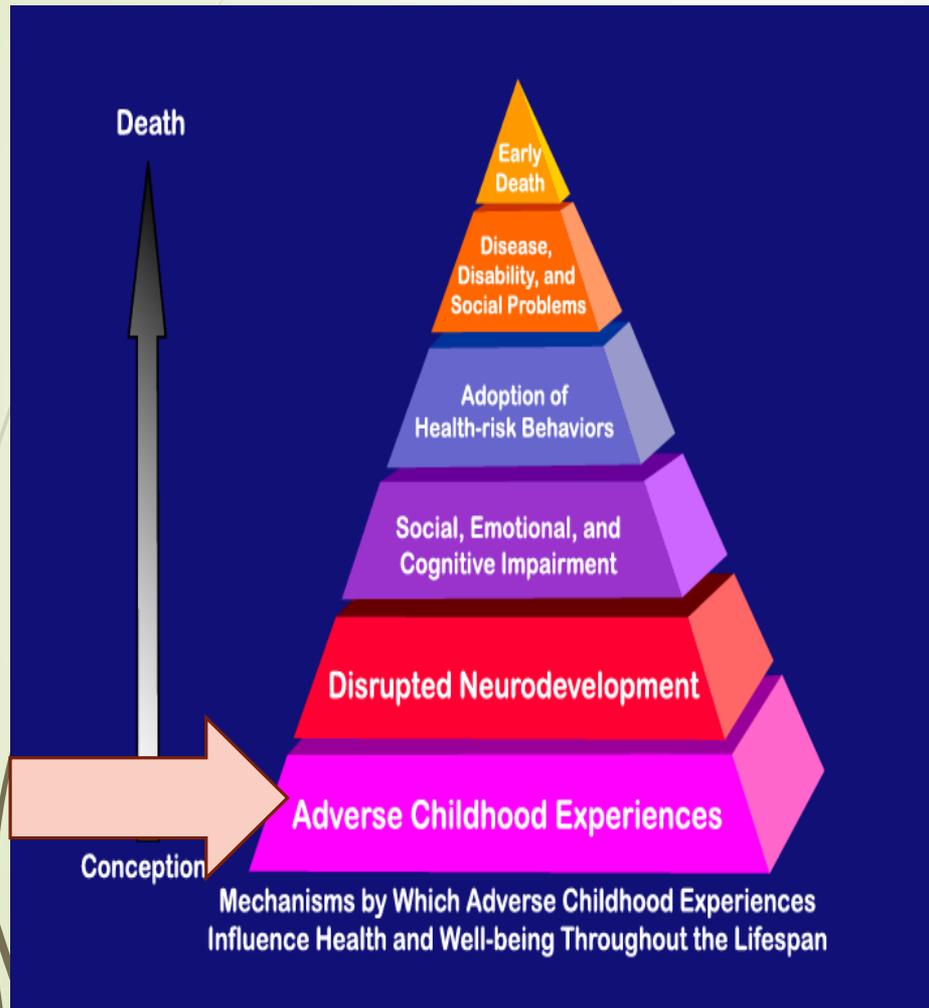
- In relationships



# What is Trauma?

*Individual trauma 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.*

# ACE Study



The **Adverse Childhood Experiences Study (ACE Study)** is a research study conducted by Kaiser Permanente health maintenance organization and the Centers for Disease Control and Prevention (CDC). Participants were recruited to the study between 1995 and 1997 and have been in long-term follow up for health outcomes.

# ACE'S

WWW.CDC.GOV

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce/separation

# ACE Score and Health Risk

As the ACE score increases, **risk for these health problems increases** in a strong and graded fashion:

## BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

## PHYSICAL & MENTAL HEALTH



Severe obesity



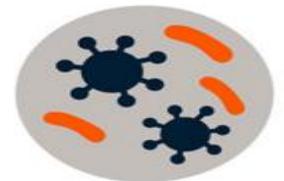
Diabetes



Depression



Suicide attempts



STDs



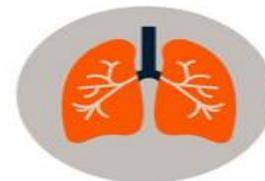
Heart disease



Cancer



Stroke



COPD



Broken bones



# More about trauma

- **Cultural trauma:**

- is an attack on the fabric of a society, affecting the essence of the community and its members

- **Historical trauma:**

- cumulative exposure of traumatic events that affect an individual and continues to affect subsequent generations

- **Intergenerational trauma:**

- occurs when trauma is not resolved, subsequently internalized, and passed from one generation to the next

# Traumatic Events:



- (1) render victims helpless by overwhelming force;*
- (2) involve threats to life or bodily integrity, or close personal encounter with violence and death;*
- (3) disrupt a sense of control, connection and meaning;***
- (4) confront human beings with the extremities of helplessness and terror; and*
- (5) evoke the responses of catastrophe.*

*Judy Herman, Trauma and Recovery, (1992)*

# Potential Traumatic Events

## Abuse

*Emotional*

*Sexual*

*Physical*

*Domestic violence*

*Witnessing violence*

*Bullying*

*Cyberbullying*

*Institutional*

## Loss

*Death*

*Abandonment*

*Neglect*

*Separation*

*Natural disaster*

*Accidents*

*Terrorism*

*War*

## Chronic Stressors

*Poverty*

*Racism*

*Un/under employment*

*Invasive medical procedure*

*Community trauma*

*Un/underinsured*

*Historical trauma*

*Family member with substance use disorder*

# Potential cultural triggers

Sights, sounds,  
smells, thoughts

Cultural memories

Immigration  
experience

Exposure to war  
and political violence

Parenting practices

Ceremonial practices

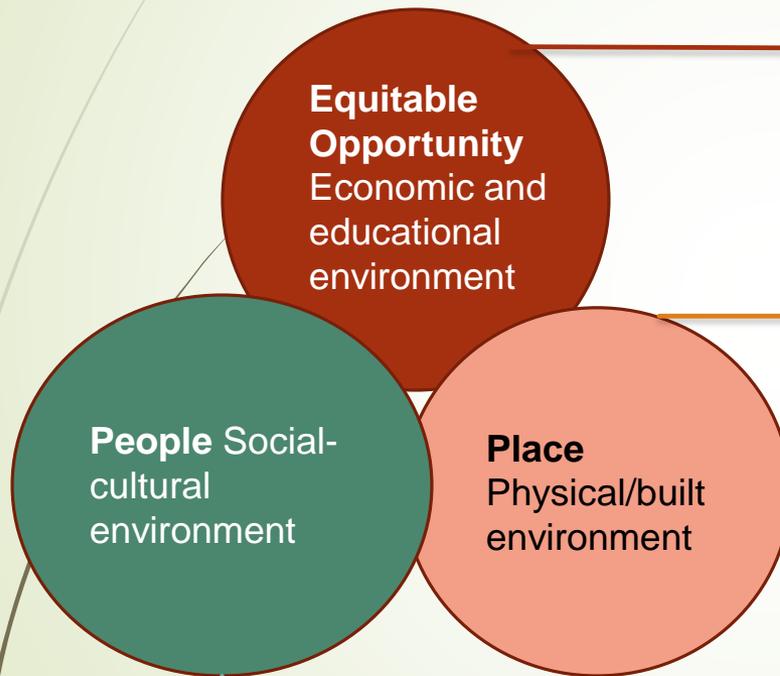
Religious  
persecution

Extended family &  
displacement

Race related  
stressors

Socio-economic  
status

# Community Trauma



- ✓ Intergenerational poverty
  - ✓ Long-term unemployment
  - ✓ Relocation of businesses & jobs
  - ✓ Limited employment
  - ✓ Disinvestment
- ✓ Deteriorated environments and unhealthy, often dangerous public spaces with a crumbling built environment
  - ✓ Unhealthy products
- ✓ Disconnected/damaged social relations and social networks
  - ✓ The elevation of destructive, dislocating social norms
  - ✓ A low sense of collective political and social efficacy

# Circumstances and Dosage Matter:



Experience of trauma affected by:

How?

When?

Where?

Who?

How  
Often?

What  
happened  
next?

# Effect



**Trauma  
can...**

- **Cause short and long-term effects**
- **Affect coping responses, relationships, or developmental tasks**
- **Impact physiological responses, well-being, social relationships, and/or spiritual beliefs**

# Cultural, **Historical** and Gender Issues



- **Trauma histories are complex in that every generation seems to be affected by adversity, mental health issues, substance use, and some governmental agency involvement**
- **Untreated traumatic stress has serious consequences for children, adults, and families**
- **The connection between historical trauma and present-day experiences, related narratives, and health impacts may function as a source of present-day distress as well as resilience**



# Traumatic events can be universal

- ▶ Anyone can be traumatized
  - ▶ No one is immune
  - ▶ It is widespread throughout the world and affects every part of the population
- 



# ***Race, ethnicity, and culture***

- The potential for trauma exists in all major racial and ethnic groups in American society
- Some studies show that certain racial and ethnic groups are at greater risk for specific traumas
- Literature reflects that diverse ethnic, racial, and cultural groups are more likely to experience adverse effects from various traumas and to meet criteria for posttraumatic stress



## Shift in Thinking:

Instead of.....

**“What’s wrong with you?”**

how about.....

***“What happened to you?”***



## Shift in Thinking:

- All behavior has meaning
- **Symptoms are ADAPTATIONS or SURVIVAL SKILLS**
- We build on success not deficits
- **Prevention is far more impactful**

# Shift in Thinking: Through the Trauma Lens...



Instead of...	How about?
What is your diagnosis?	What is your story? What has brought you here?
What are your symptoms?	How have you coped and adapted?
How can I best help or treat you?	How can we work together to figure out what helps?
Here is what you need to work on....	How can I support changes in your behavior that will benefit you?

# Shift in Thinking: “The Four R’s”



## Evidence of a trauma informed approach:

**Realizes**

- The prevalence of trauma individually and collectively and the presence of strength and resilience

**Recognizes**

- How trauma affects, directly and indirectly by recognizing how survivors bring to the forefront inner and collective growth

**Responds**

- By putting knowledge into practice by learning from community, promoting safety and cultural wellness

**Resists**

- Re-traumatizing by drawing from cultural resiliency, traditional healing tools and collective wisdom

# Trauma Informed Principles and Culturally Specific Approaches



## 1. Establish relationships based on mutuality and respect

- Understand and honor a process that is fluid
- Be the change you want to see
- Be humble

# Trauma Informed Principles and Culturally Specific Approaches



**2. Seek a deep understanding of the communities you work with and centralize this cultural understanding in your work**

- **Understand intersectionality**
- **Be ready to challenge your assumptions**
- **Use cultural traditions and values**
- **Be flexible and honor the definition of family**

# Trauma Informed Principles and Culturally Specific Approaches



## 3. Understand the origins of trauma including cultural, historical and intergenerational

- Do not minimize resiliency, wisdom and strength of survivors
- They have to teach on how to heal from trauma

# Trauma Informed Principles and Culturally Specific Approaches



**4. Keep the realities of the survivors and their children central to your work, regardless of the specific work you do**

- **Make sure the intervention/prevention efforts reflect the realities of the people who will participate**
- **Knowledge and involvement with the community**

# Trauma Informed Principles and Culturally Specific Approaches



**5. Your organization alone will not be able to end violence or oppression. Believe in the power and collective wisdom of the community**

- **Ground your work in the community your are seeking to reach**
- **Create and maintain strong network with other agencies, organizations and systems**



# Cultural competence

- ▶ A set of values, behaviors, attitudes, and practices within a system, organization, program, or among individuals that enables people to work effectively across cultures
  - ▶ Ability to honor and respect the beliefs, language, interpersonal styles, and behaviors of individuals and families receiving services, as well as staff who are providing such services
  - ▶ Dynamic, ongoing, developmental process that requires a long-term commitment and is achieved over time
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# Culturally Sensitive Service Needs for the Future

- ▶ Bilingual and Bicultural Therapists and services
- ▶ Additional training for working with culture-specific clients
- ▶ Increased resources
- ▶ Increased culturally sensitive assessments, policies, and evidence based practices

# SAMHSA's Definition of Recovery



*Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.*

# More on Recovery



**Major dimensions that support a life in recovery as defined by SAMHSA, include:**

- **Health:** Overcoming or managing one's disease(s) as well as living in a physically and emotionally healthy way
- **Home:** A stable and safe place to live.
- **Purpose:** Meaningful daily activities such as job, school, volunteerism, family care taking or creative endeavors and the independence, income and resources to participate in society.
- **Community:** Relationships and social networks that provide support, friendship, love and hope.



# What helps healing

- ▶ Become familiar with culturally specific values and the moderating factors that may lead to value differences
- ▶ Conduct a cultural value focused assessment and feedback session of the values
- ▶ Assist families in understanding how their cultural values shape their perceptions
- ▶ Assist families in reframing their perceptions that might hinder them



# What helps healing

- ▶ Provide assurance to undocumented families
- ▶ Ask specific questions to the client's immigration, acculturation, or assimilation process and/or stressors
- ▶ Assess for acculturation differences within the same family
- ▶ Familiarize yourself with immigration laws, policies, and resources

# Putting it All Together



**Ask: “What happened to you?”**

- Then: *Support resiliency with 4 statements.*
  - I believe you.*
  - Thank you for trusting me enough to tell me.*
  - I am sorry that happened to you.*
  - I support you whatever you choose to do.*



**QUESTIONS?**



Thank you!!!!!!