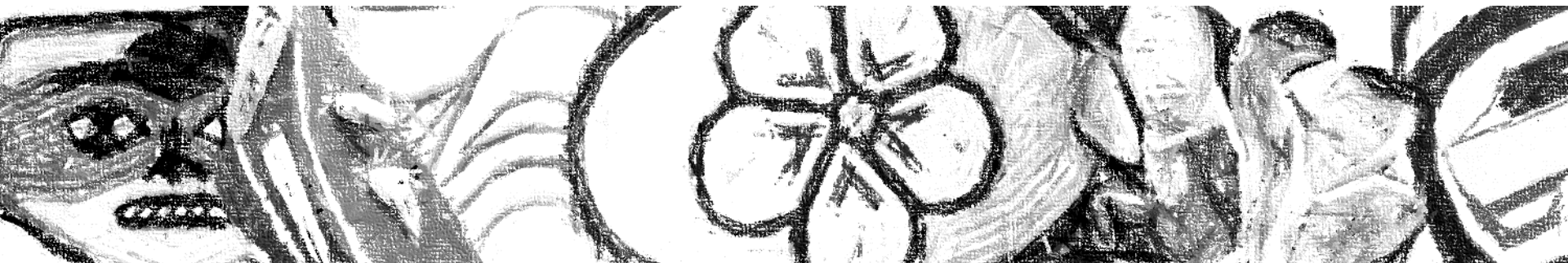




“Trauma Informed Care”

Early Life Adversity, Later Life
Disease, Implications for Healthcare



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Objectives

1. Realize the widespread impact of psychological trauma on human health
2. Recognize some signs and symptoms of psychological trauma
3. Understand how a trauma-informed system responds by fully integrating knowledge about psychological trauma into policies, procedures, and practices in an effort to actively resist re-traumatization.





Adverse Childhood Experience (ACE) Study



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Household Challenges

Domestic Violence

Substance Abuse

Mental Illness

Parental Separation/Divorce

Incarcerated Parent



Abuse

Emotional Abuse

Physical Abuse

Sexual Abuse



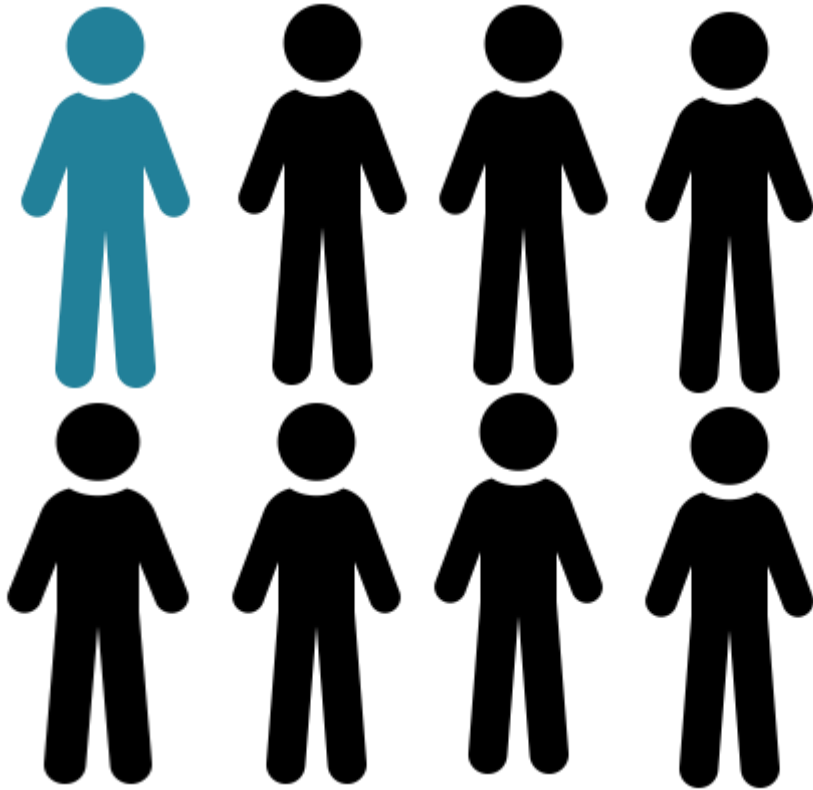
Neglect

Emotional Neglect

Physical Neglect

67%

At least one form of ACE before age 18



**4 or more
ACES**

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



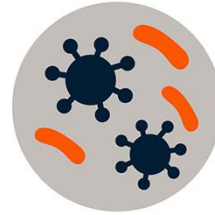
Diabetes



Depression



Suicide attempts



STDs



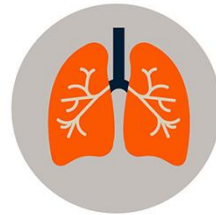
Heart disease



Cancer



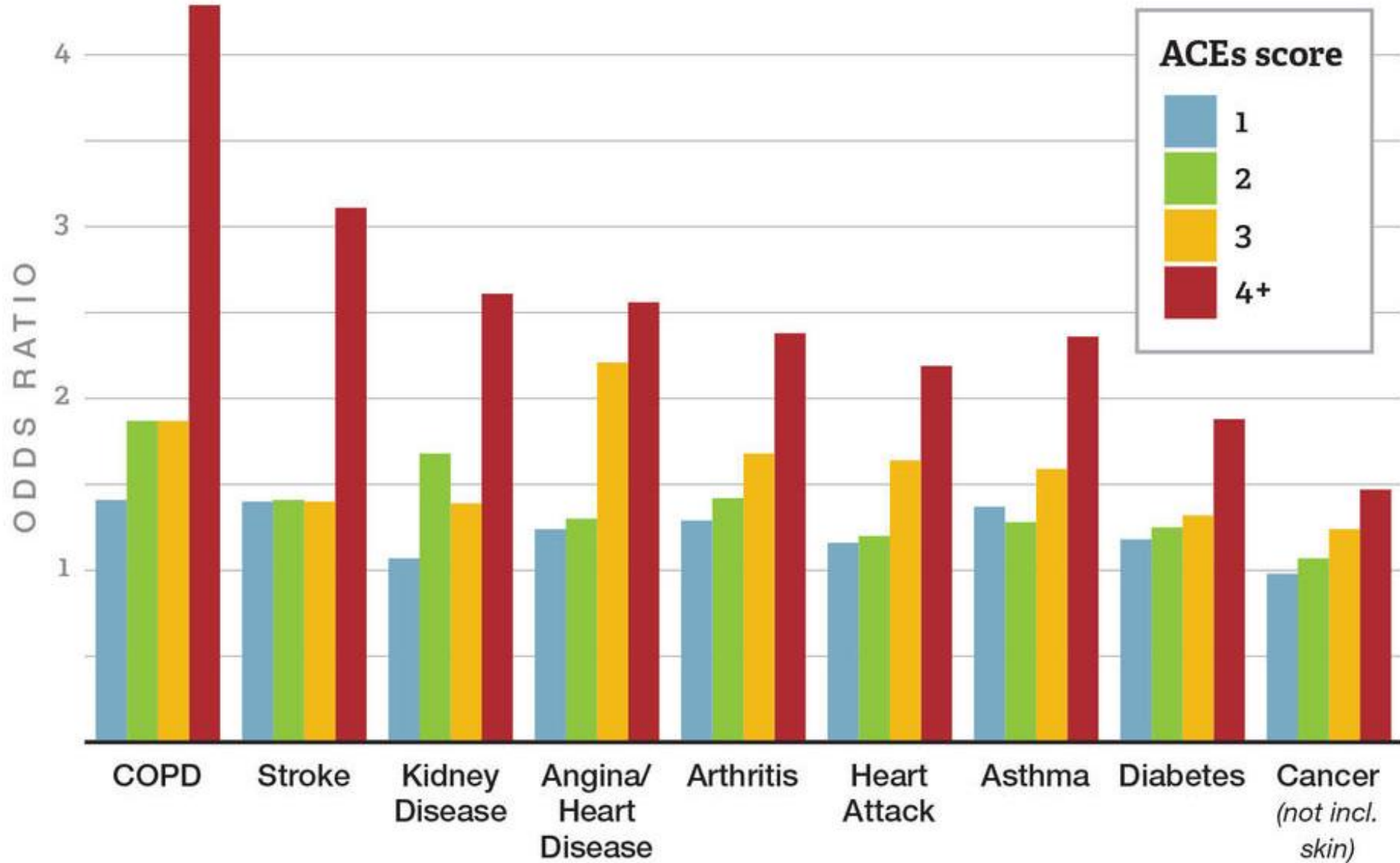
Stroke



COPD



Broken bones

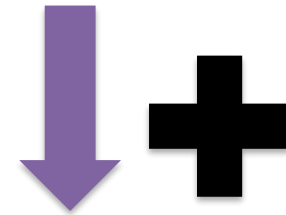
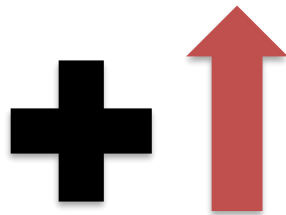


Felitti et al., 1998

Risk Behavior

**Intravenous Drug Use
Treated for STD or Venereal Disease
Unprotected Anal Sex
Sex Work
Over 30 Intercourse Partners
First Intercourse Before 15**

Risk Behavior



ACEs

HIV

Other Potentially Traumatizing Events

- Natural disasters
- War/combat
- Political violence
- Sexual assault/rape
- Domestic violence
- Child abuse (physical, emotional, sexual) and neglect
- Historical and cultural oppression/colonialism
- Environmental destruction

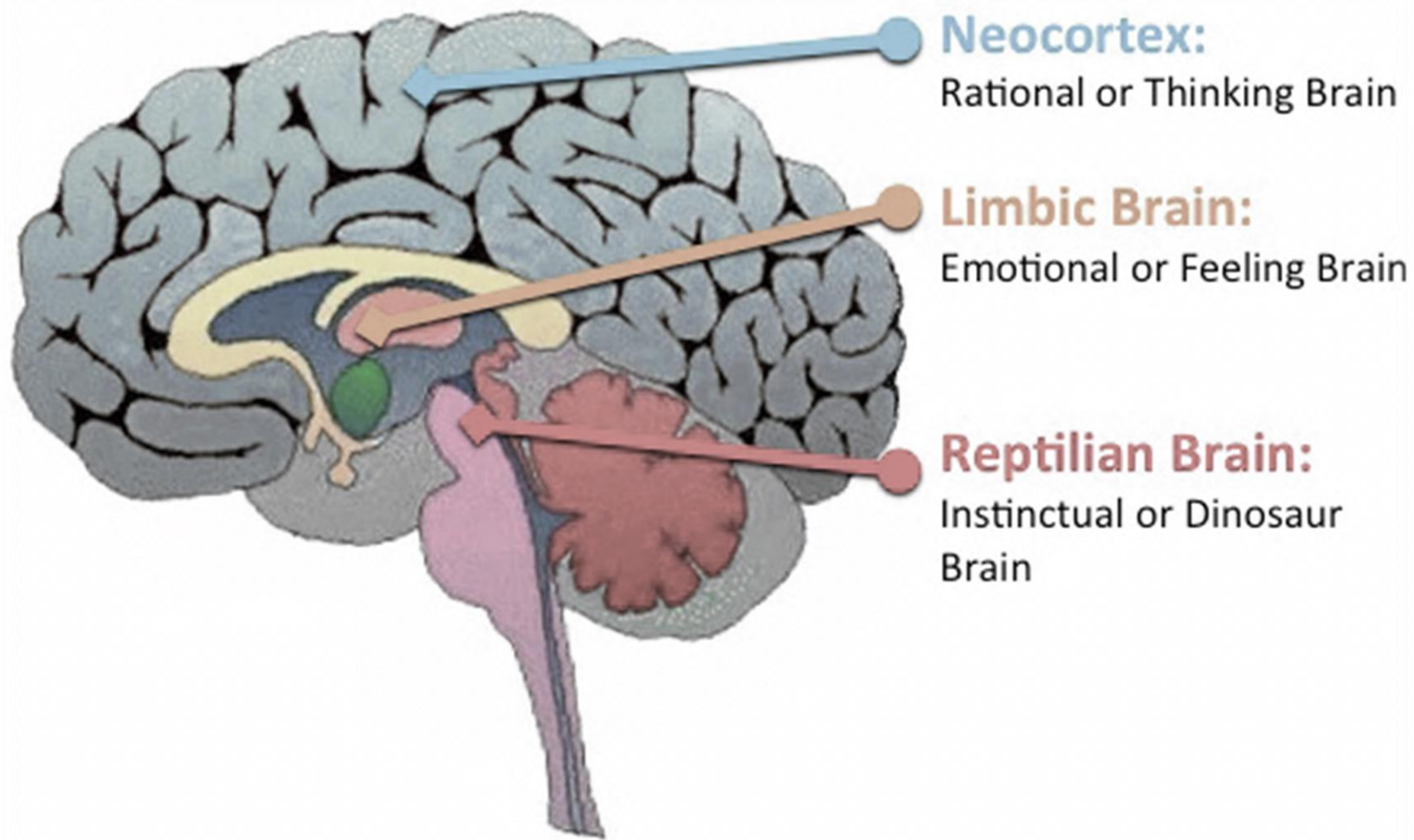


What is it about ACEs that contribute so strongly to the trajectory of disease?

Human Stress Response System

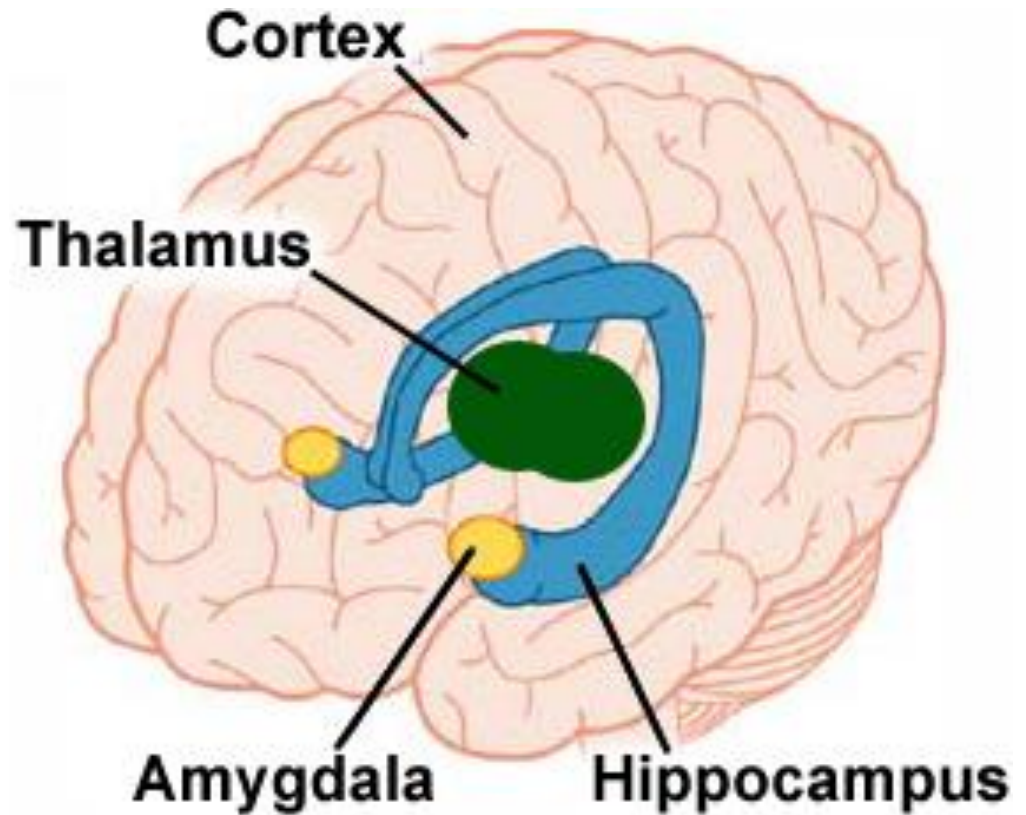


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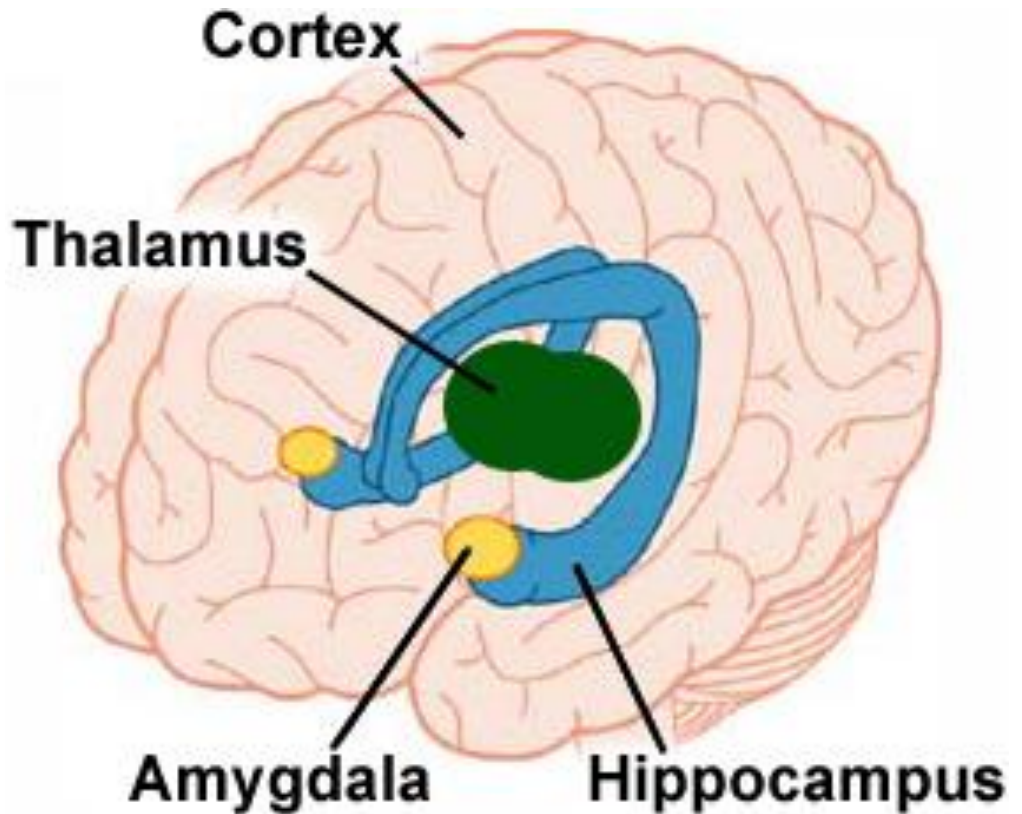
Important Brain Structures

- Thalamus “the cook”



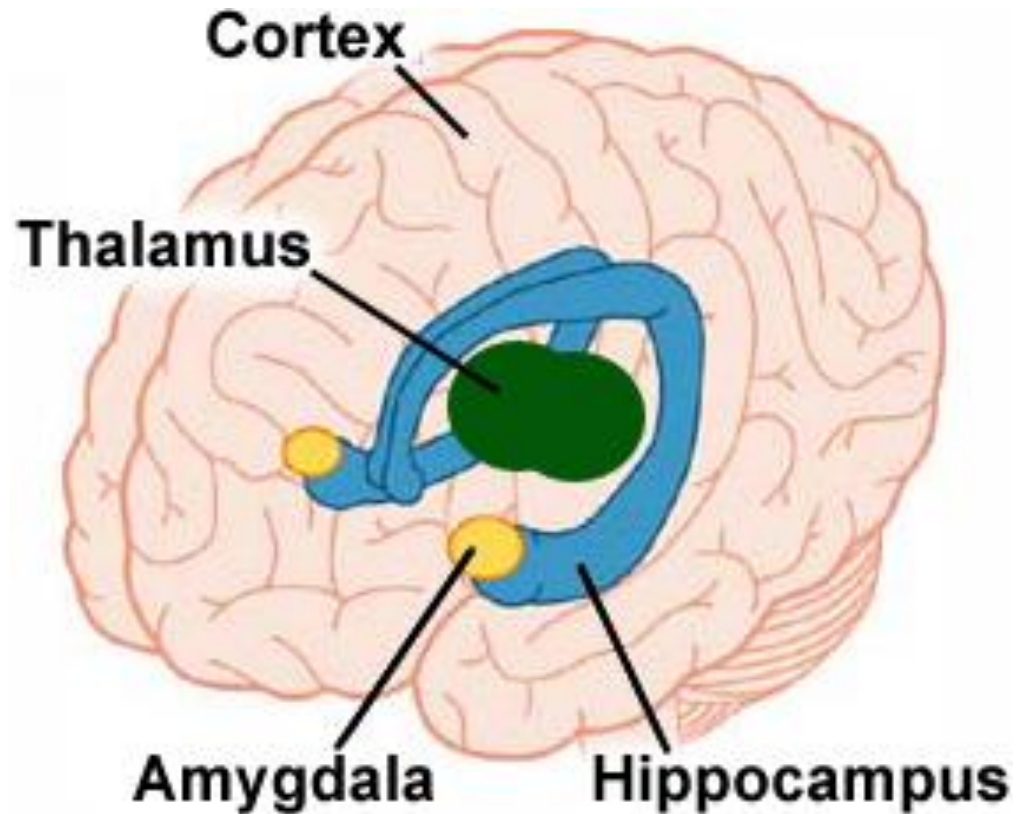
Important Brain Structures

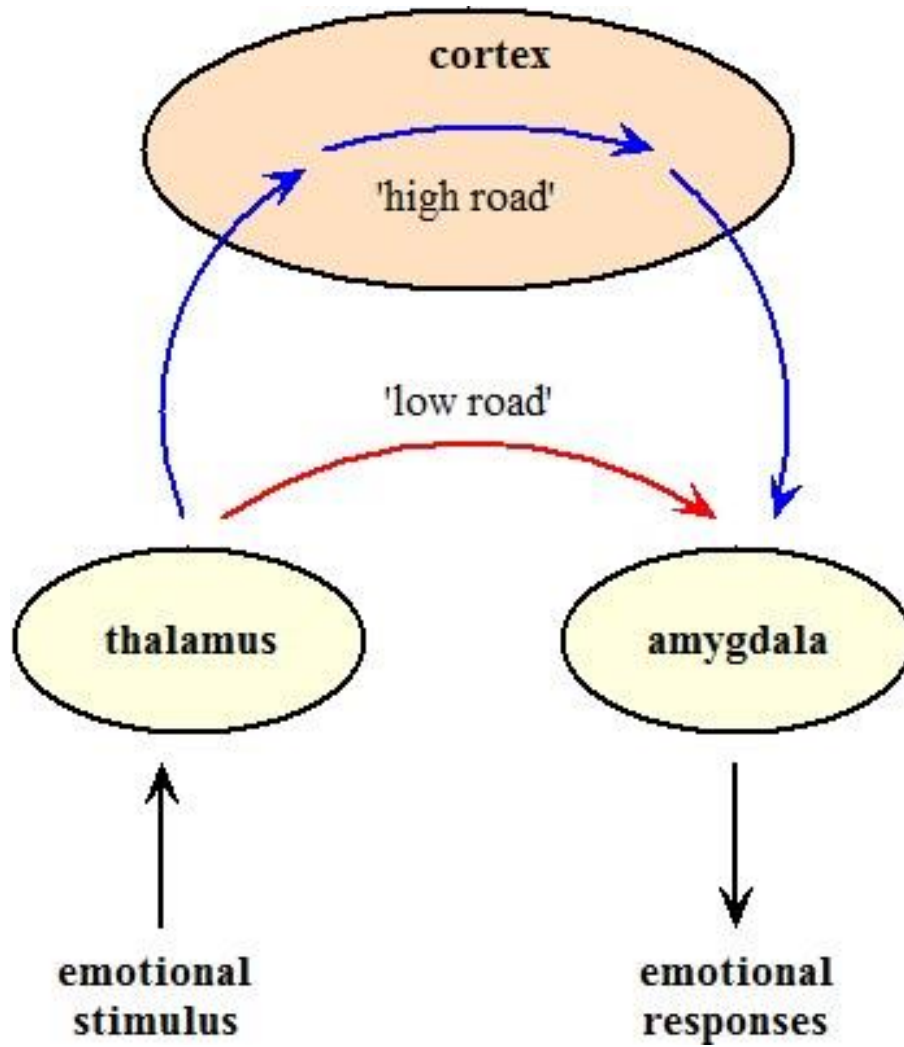
- Thalamus “the cook”
- Amygdala “the smoke detector”



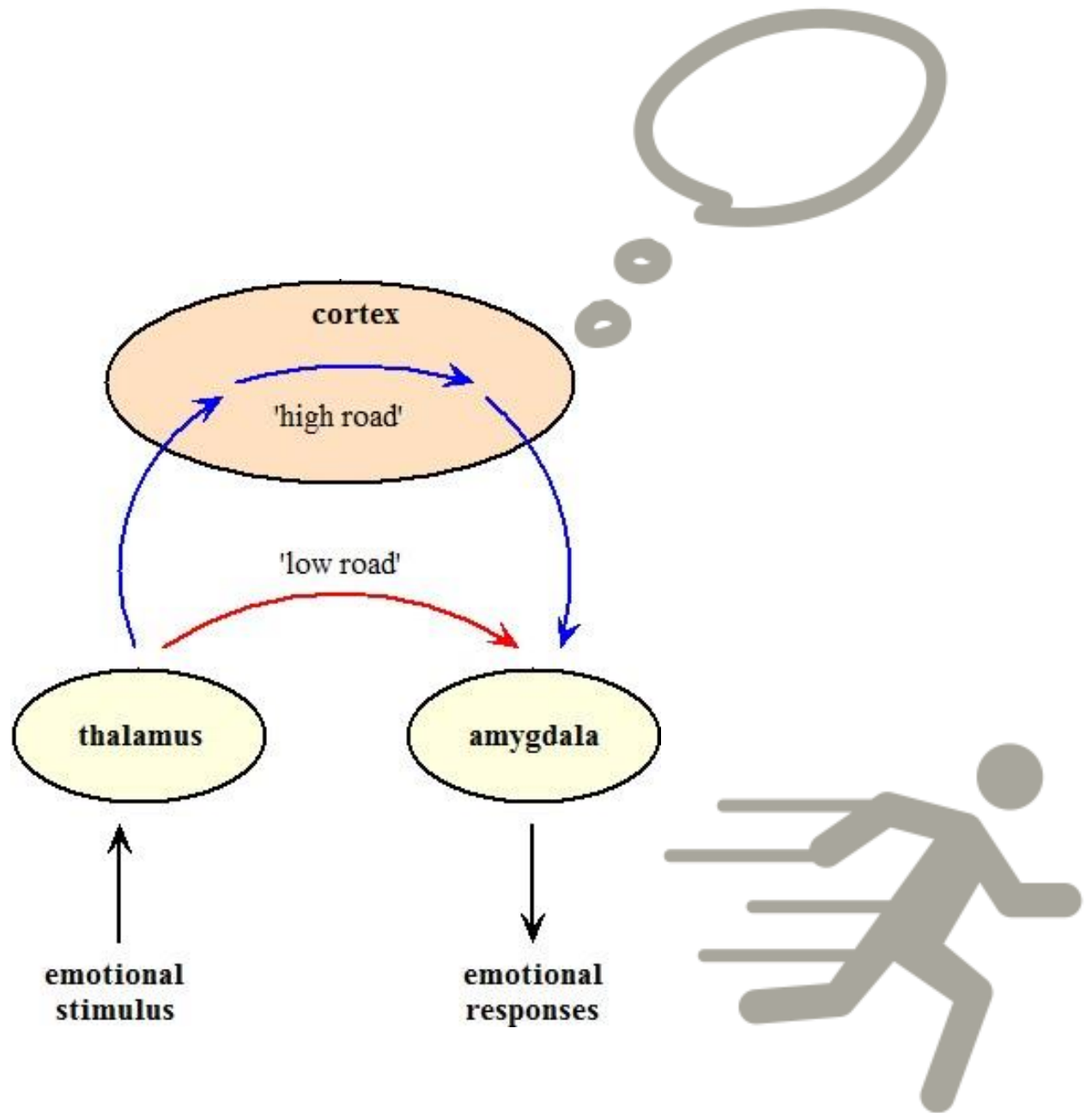
Important Brain Structures

- Thalamus “the cook”
- Amygdala “the smoke detector”
- Medial Prefrontal Cortex “the watchtower”





van der Kolk, 2014

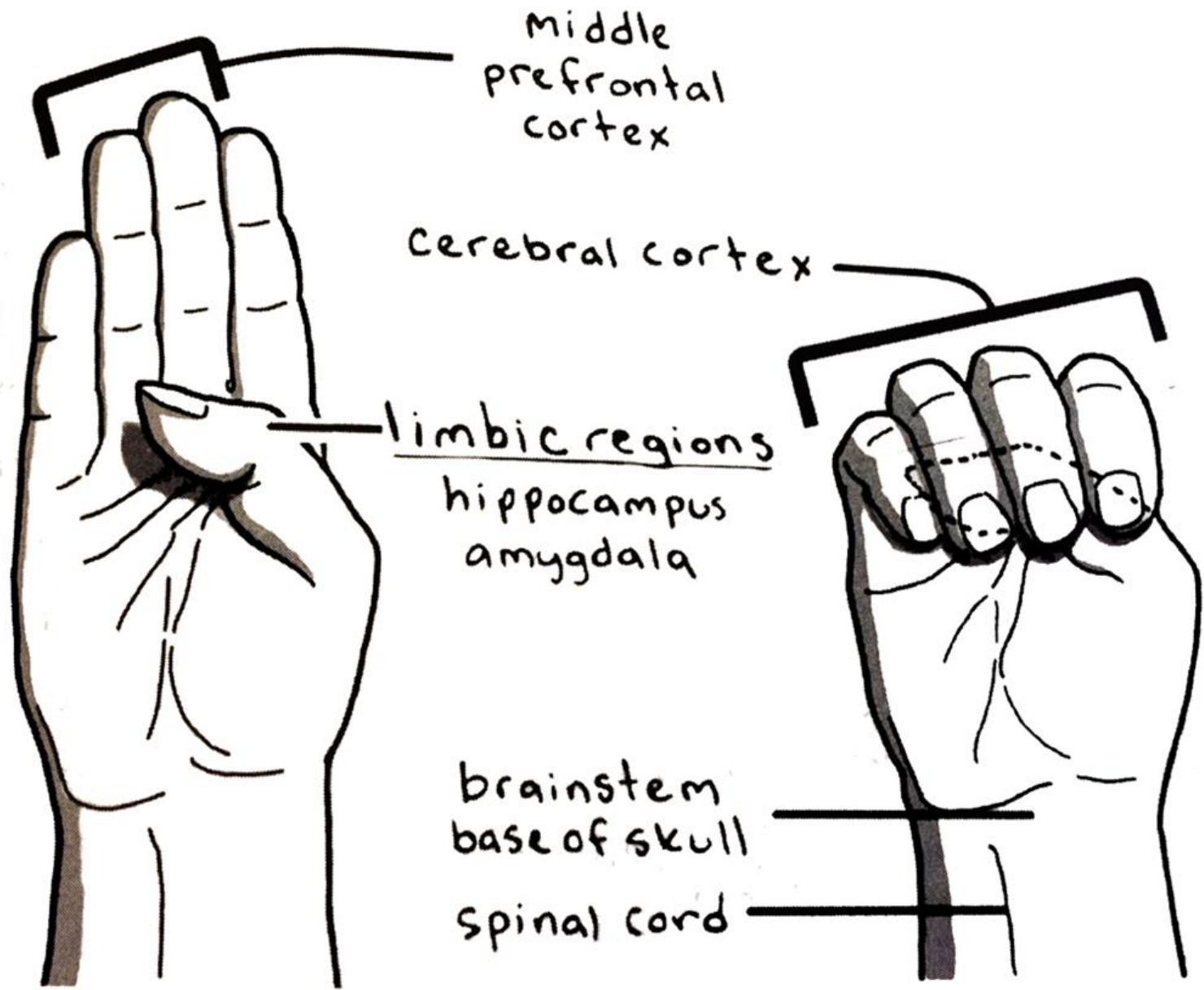


van der Kolk, 2014

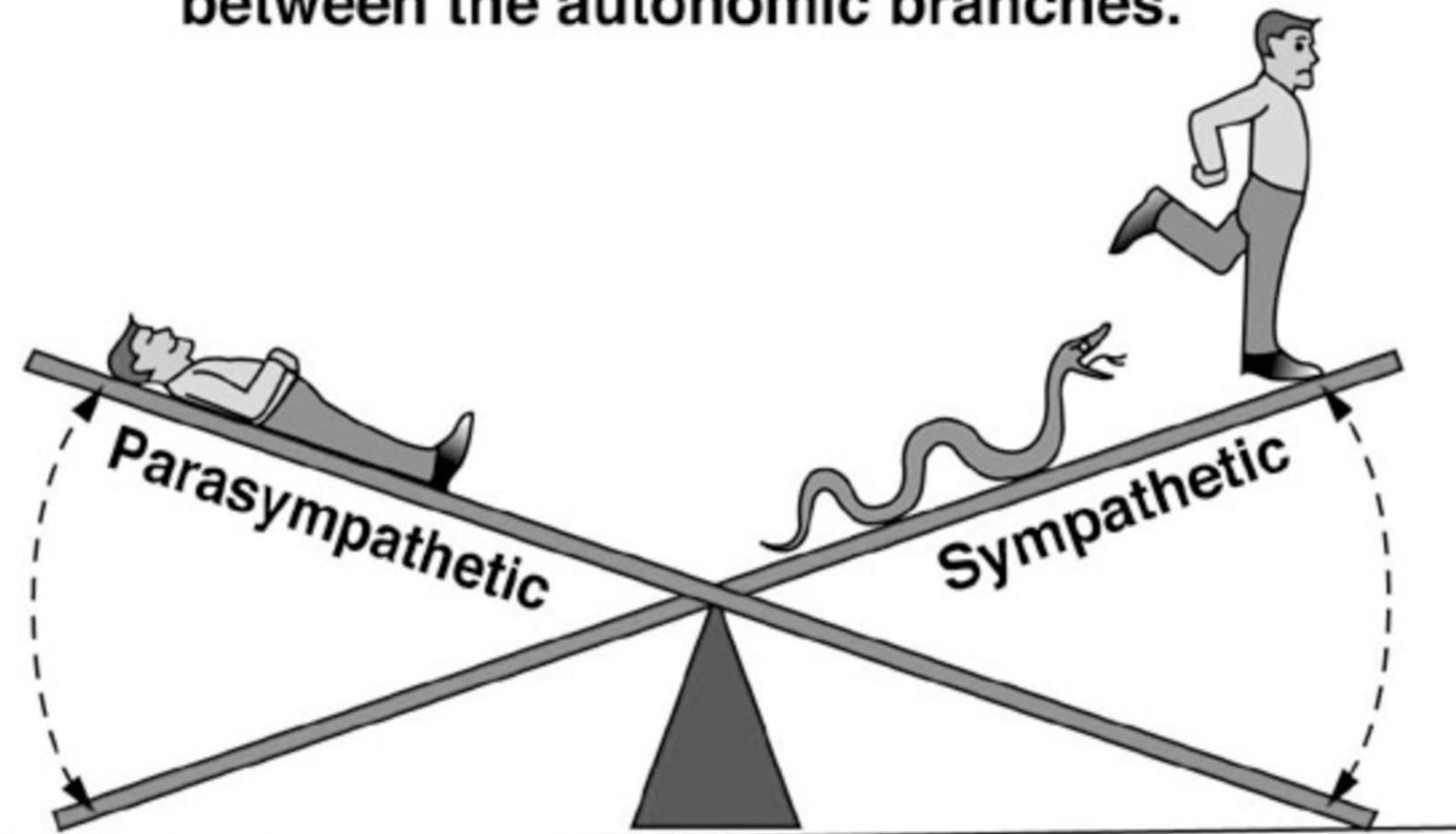
Behave first, think later.



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Homeostasis is a dynamic balance between the autonomic branches.



**Rest-and-digest:
Parasympathetic
activity dominates.**

**Fight-or-flight:
Sympathetic activity
dominates.**

PARASYMPATHETIC NERVES

"Rest and digest"

Constrict pupils

Stimulate saliva

Slow heartbeat

Constrict airways

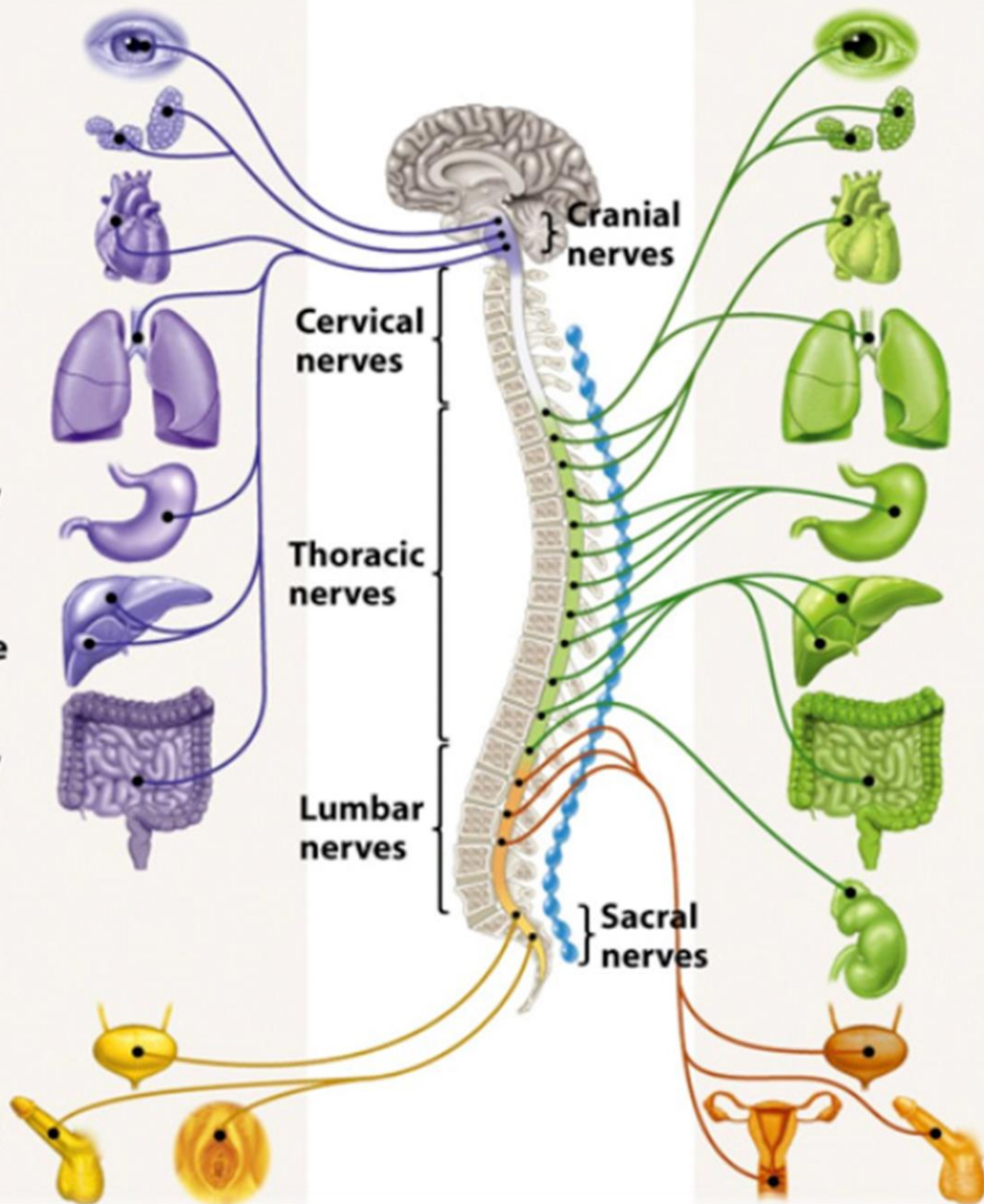
Stimulate activity of stomach

Inhibit release of glucose; stimulate gallbladder

Stimulate activity of intestines

Contract bladder

Promote erection of genitals



SYMPATHETIC NERVES

"Fight or flight"

Dilate pupils

Inhibit salivation

Increase heartbeat

Relax airways

Inhibit activity of stomach

Stimulate release of glucose; inhibit gallbladder

Inhibit activity of intestines

Secrete epinephrine and norepinephrine

Relax bladder

Promote ejaculation and vaginal contraction

Trauma disorders can best be understood as disorders of the sympathetic nervous system.

People with Trauma Disorders

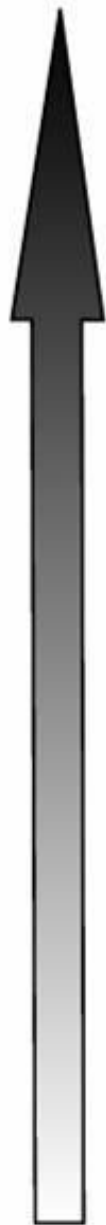
1. Spend more time in fight or flight or freeze
2. Take less stress to trigger the alarm
3. Take longer to return to homeostasis



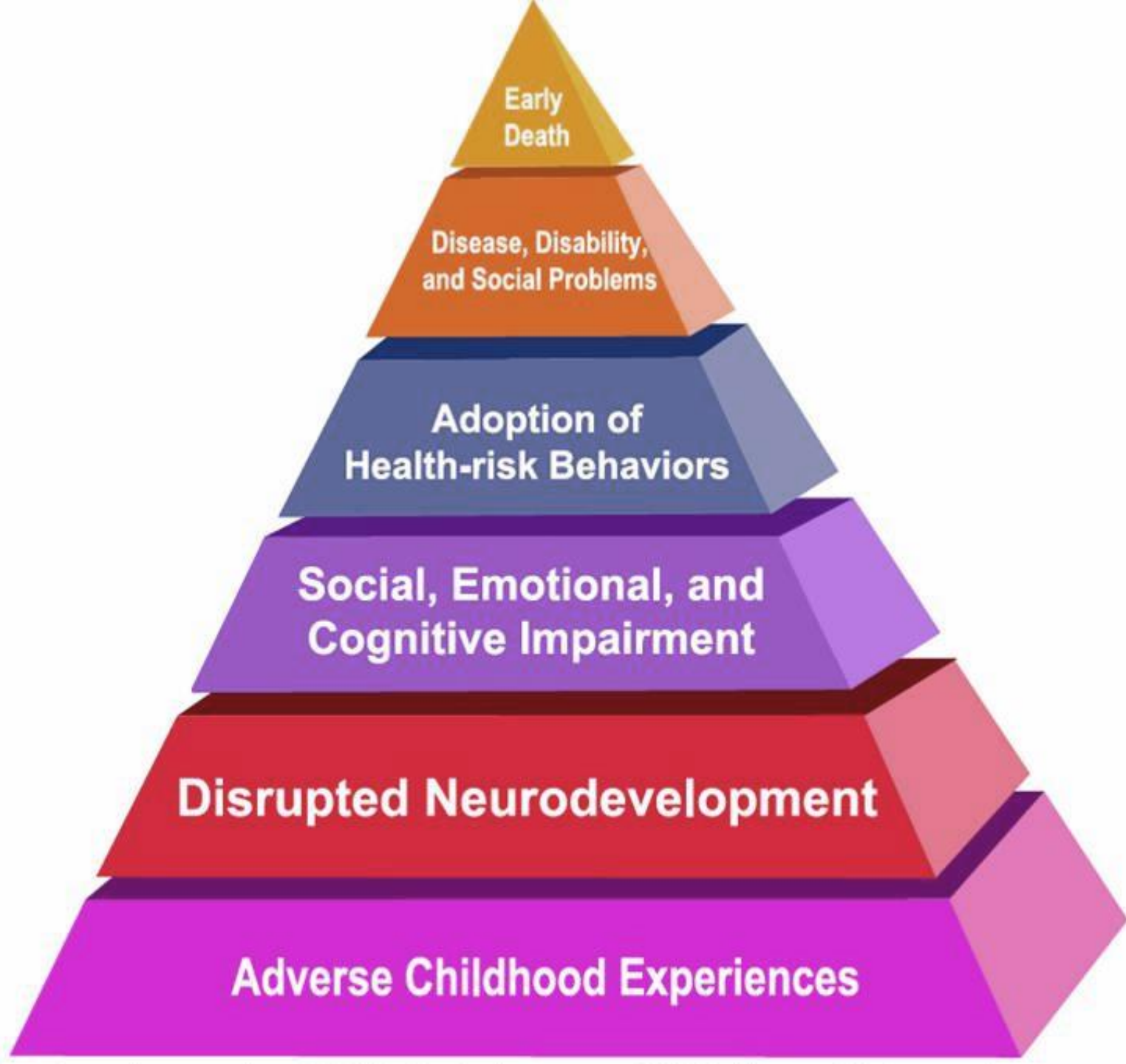
Stuck in fight or flight.

van der Kolk, 2014

Death



Conception



Trauma Informed Care



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Manifestations of Trauma

- Attachment
- Physical/Body
- Mood Dysregulation
- Dissociation
- Behavioral Control
- Cognition
- Self-Concept



**Trauma
Informed
Care**



**Trauma
Specific
Intervention**

**Trauma
Informed
Care**



**Systems
Intervention**

Understanding
Trauma and Its
Impact

Promoting Safety

Ensuring Cultural
Attunement

Supporting
Consumer Control,
Choice, and
Autonomy

Sharing Power and
Governance

Integrating Care

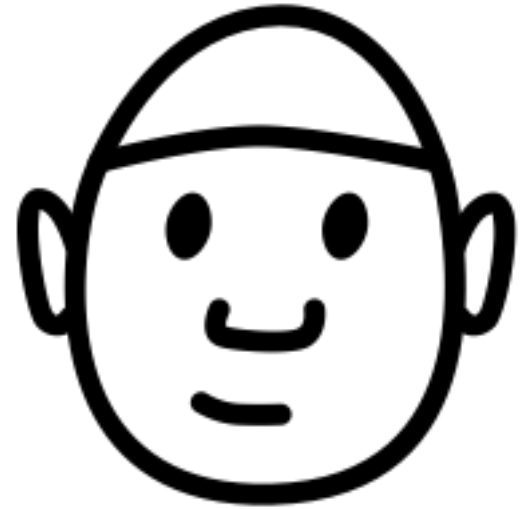
Healing Happens
in Relationships

Recovery is
possible

Principles of Trauma-Informed Care







Where to Begin? Organizational Assessment



Supporting Staff
Development




Training and
Education



Supervision,
Support,
Self-Care



Creating a Safe
and Supportive
Environment



Safe Physical
Environment



Supportive
Environment



Treatment



Holistic
Assessment



Collaborative



Safe



Involving
Consumers



Current
Consumers



Former
Consumers



Adapting
Policies



Creating
Written
Policies



Reviewing
Policies

Develop a plan, implement, and re-evaluate regularly.



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- van der Kolk, B. (2014). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. New York, NY: Penguin Group LLC.





Thank you!



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