

Trauma and Suicide Systems Change and One-on-One Connections

Thursday, August 13, 2020 | Virtual Training and Technical Assistance



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

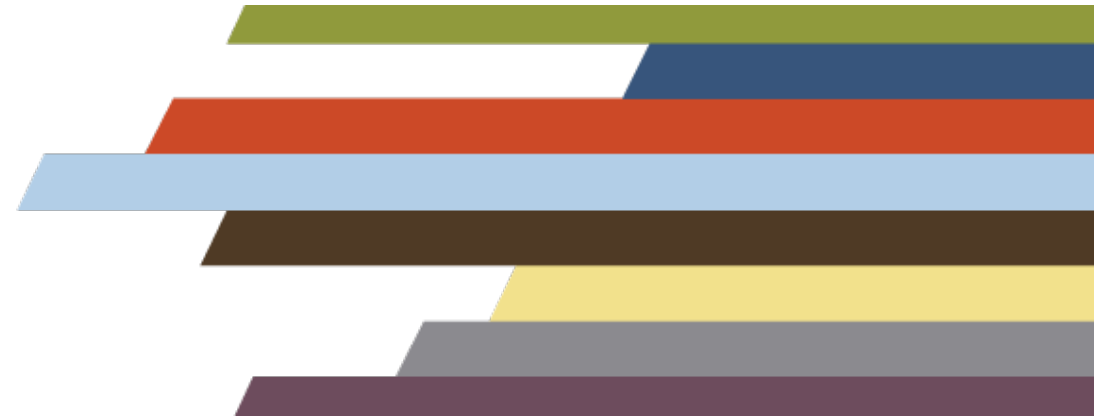
Presenters:

Sera Davidow

and

Caroline Mazel-Carlton,

Western Mass RLC



Housekeeping Information



Participant microphones will be muted at entry.



If you have questions during the webinar, please use the chat.



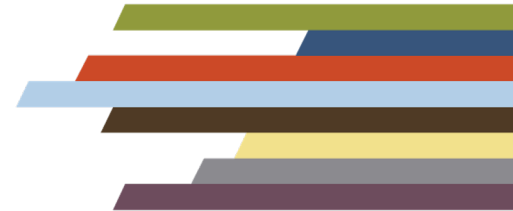
This session is being recorded and it will be available on the MHTTC website within 24 hours of the close of this presentation.



Information about CEUs will be sent in a follow-up e-mail



If you have questions after this session, please e-mail: newengland@mhttcnetwork.org.





OUR TEAM

Yale Program for Recovery
and Community Health

in partnership with

C4 Innovations,
Harvard University
Department of Psychiatry,
and Center for Educational
Improvement



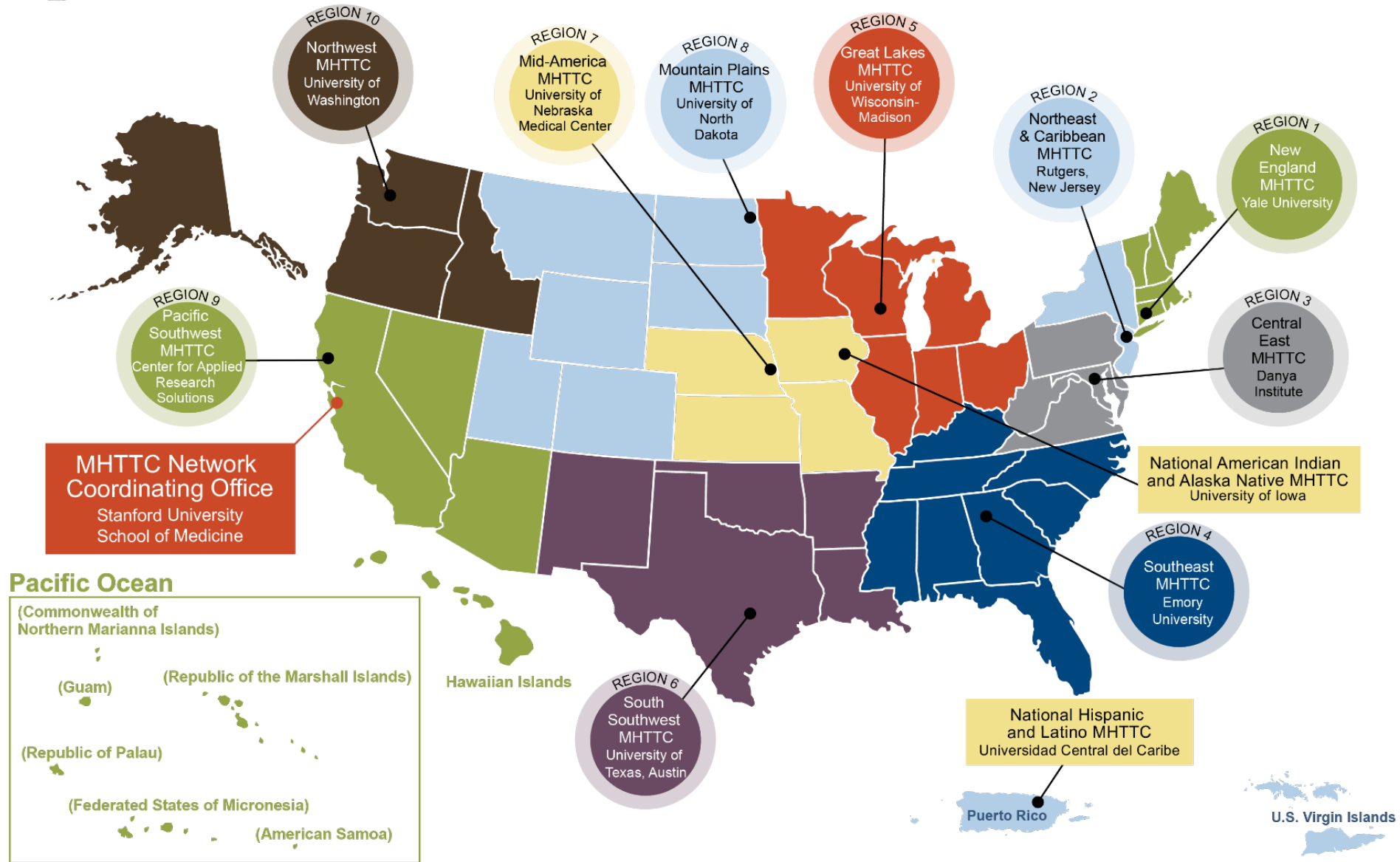


MHTTC

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MHTTC Network





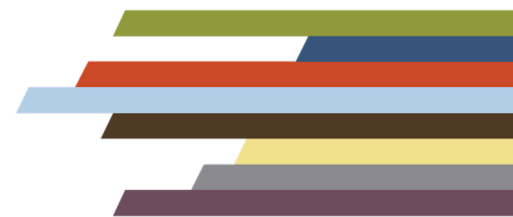
New England MHTTC

Mission

To use evidence-based means to disseminate evidence-based practices across the New England region.

Area of Focus

Recovery-Oriented Practices, including Recovery Support Services, within the Context of Recovery-Oriented Systems of Care.





Ensuring Inclusion

To ensure the responsiveness of our work, we will actively develop and maintain a network of:

- *government officials*
- *policy makers*
- *system leaders*
- *Administrators*
- *community stakeholders*
- *Providers*
- *researchers*
- *youth and adults*
- *family members*

from each of the six states to guide our activities.

Resilience & Recovery



Resilience and recovery are based on respect.

Resilience and recovery emerge from hope.

Resilience and recovery are family- and person-driven.

Resilience and recovery occur via many pathways.

Resilience and recovery are community- based and promoted through collaboration.

Resilience and recovery are holistic.

Resilience and recovery are supported by peers and allies.

Resilience and recovery are supported through relationships and social networks.

Resilience and recovery are culturally-based and influenced.

Resilience and recovery are supported by addressing trauma.

Resilience and recovery involve individual, family, and community strengths and responsibility.

Land Acknowledgment



What on earth is the 'Western Mass RLC'?



Western Mass
**Recovery
Learning
Community**

The Western Mass RLC supports healing and empowerment for our broader communities and people who have been impacted by psychiatric diagnosis, trauma, extreme states, homelessness, problems with substances, and other life-interrupting challenges through:

- Peer-to-peer support & genuine human relationships
- Alternative Healing Practices
- Learning Opportunities
- Advocacy

Essential to our work is recognizing and undoing systemic injustices such as racism, sexism, ableism, transphobia, transmisogyny, and psychiatric oppression.

Shifting the Paradigm

Every person we converse with about suicide...

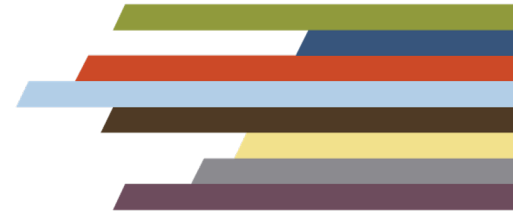
HAS A UNIQUE STORY.

PAIN. LOSSES. UNFULFILLED NEEDS.

And, also unique points of light.

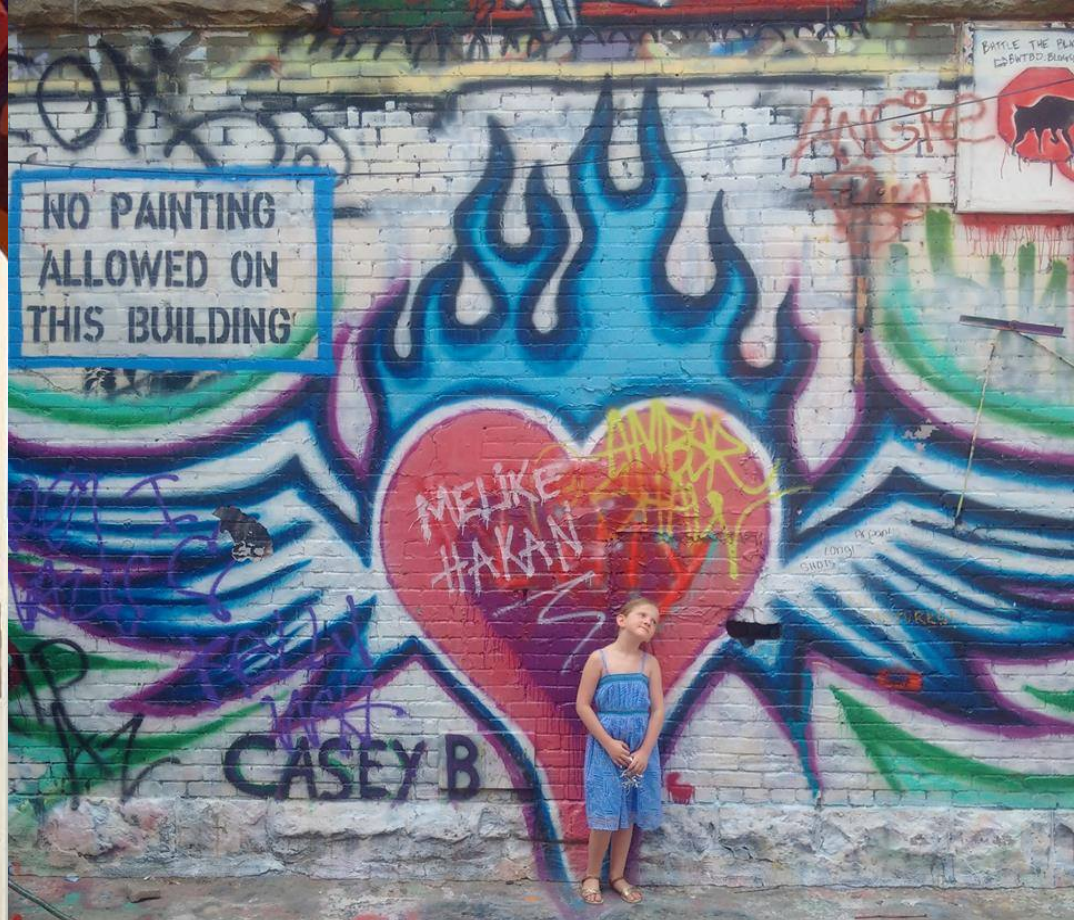
How do we move beyond statistics...to stories;
from institutions...to communities?

How do we shift our focus from
CONTROL to **CONNECTION**?





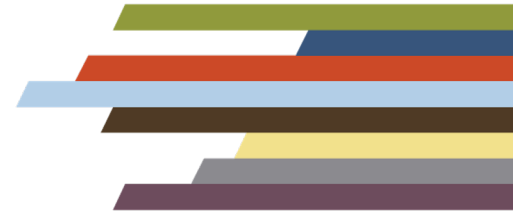
Sera's Story...



Trauma Awareness...

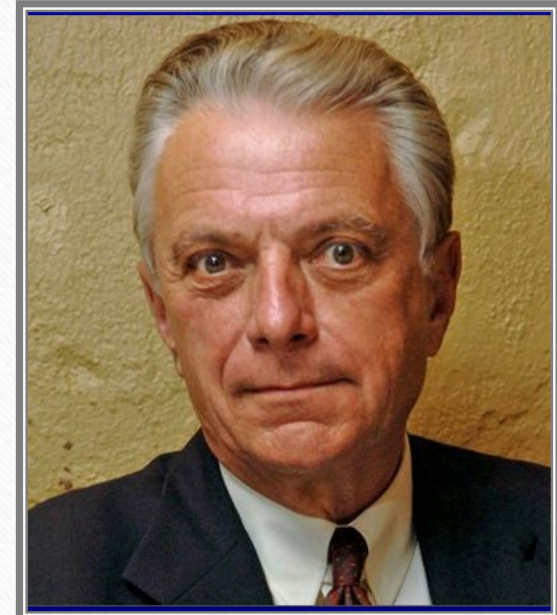
A paradigm shift towards understanding that human distress has a context...

...the traumatic events that impact us are broadly defined and often include wider social conditions.



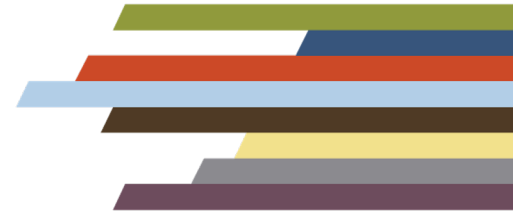
Adverse Childhood Experiences (ACE) Study

- Dr. Vincent Felitti
- Chief of Preventive Medicine, Kaiser Permanente
- Obesity Clinic, 1985
- CDC
- Short Video Introduction to ACE Study



Adverse Childhood Experiences Study

- Before your 18th birthday:
- did you often feel like no one in your family loved you or thought you were important or special?
- was a biological parent ever lost to you through divorce, abandonment, or other reason?
- Did a member of your household go to prison?
- Was your mother often pushed or grabbed?
- Did a parent or other adult in the household often ... Swear at you, insult you, put you down, or humiliate you?



Trauma's Impact



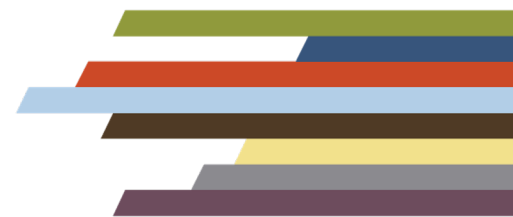
An individual with an ACE score of 7+ is 500% more likely to report hearing voices or seeing visions than someone with an ACE score of 0.

As ACE's increase so does risk of cardiovascular disease, premature death by lung cancer, arthritis, and auto-immune disorders.

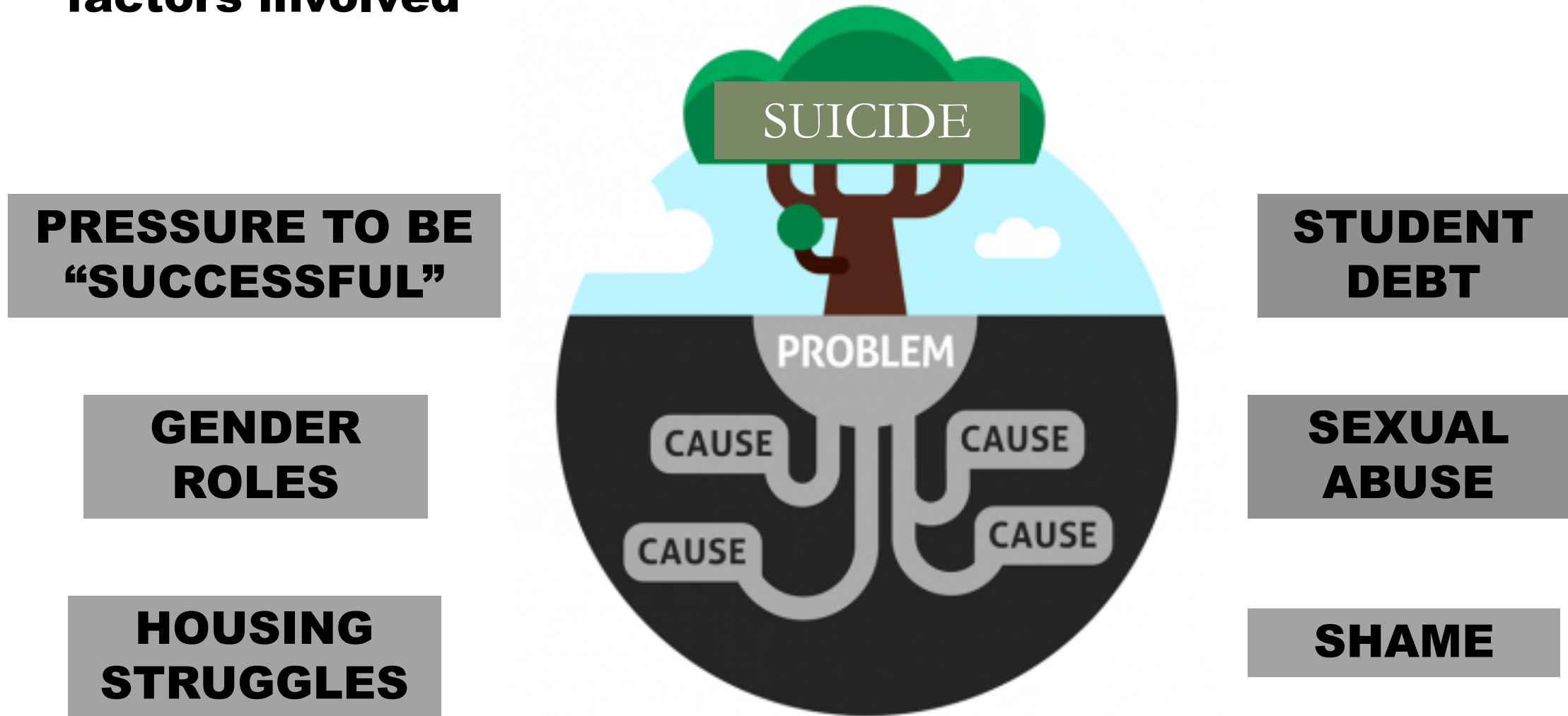
An ACE score of 4 makes someone 1,200% more likely to have a suicide attempt.... An ACE score of 6+ increases the likelihood by 5,000%.

Higher ACE is correlated with a lower lifetime income and increased contact with the criminal justice system.

Women who have a higher number of childhood ACE's are more likely to be sexually assaulted as adults.



A Trauma-Informed approach understands that Suicide is the “Solution” not the problem itself... and works to uncover the factors involved



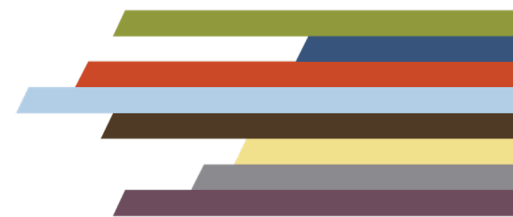
Beyond ACE:

Veterans are 42% more likely to have a suicide attempt than civilians (VA)



Rape victims are four times more likely to contemplate suicide than the general population

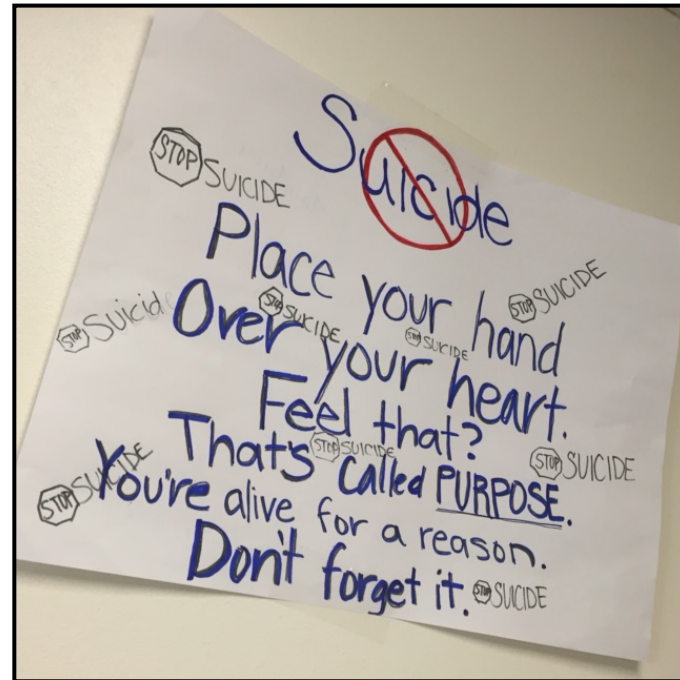
Being bullied, engaging in bullying behavior AND witnessing bullying is associated with long-term increased risk of suicidal actions (CDC)



Suicide is a Social Justice Issue

The rates of suicide among **Native Americans** in the US are double the national rate (CDC).

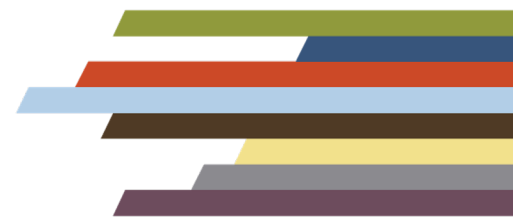
Two out of three people diagnosed with **autism** as adults reported they have contemplated suicide at some point in their lives.



Poster made by students at Yakima Tribal School.

Gay teens are 8.4 times more likely to attempt suicide than straight teens (PFLAG).

40% of **transgender folks** report at least one suicide attempt.

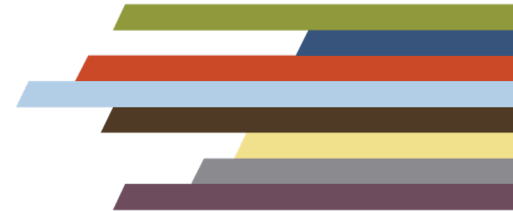
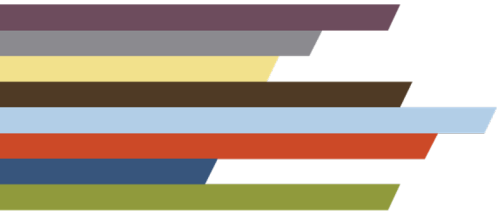


Poverty and Isolation

States with the highest rates of poverty also have the highest rates of suicide (CDC).

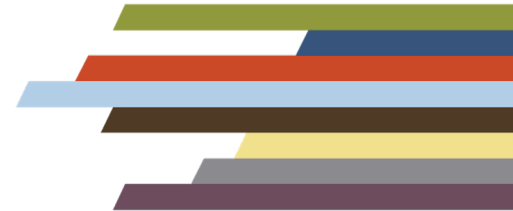


Suicide rates are significantly higher in rural areas than metropolitan areas and continue to rise... (CDC).



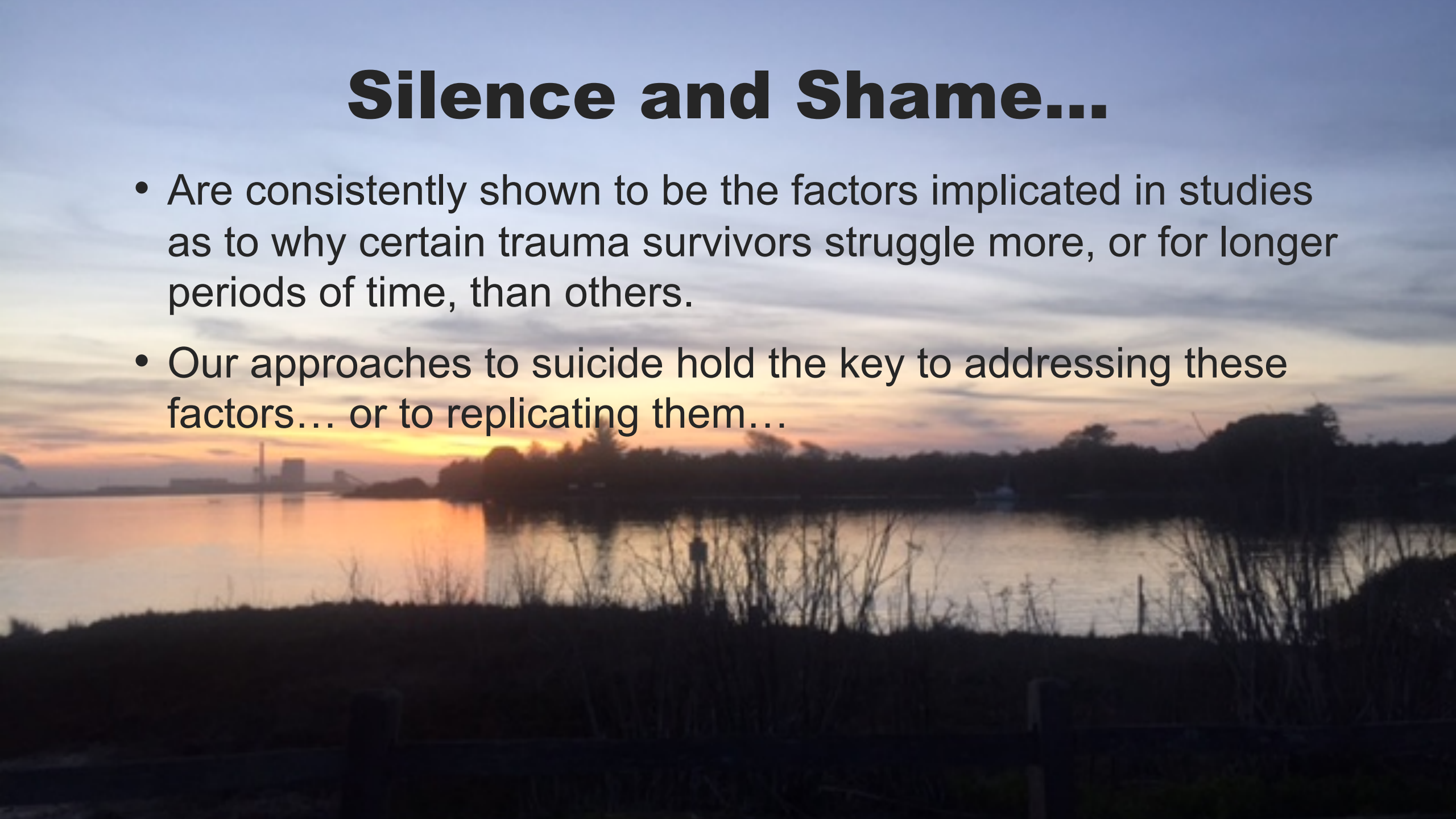
Post-Traumatic Stress or Present Traumatic Society?

- One in 15 have considered suicide over student loans.
- Higher minimum wage and Earned Income Tax Credits significantly reduce suicides.
- States that repeal gun safety measures, such as permit-to-purchase, see suicide rates rise.
- As wealth distribution inequality grows in industrialized nations, rates of suicide proportionately increase.

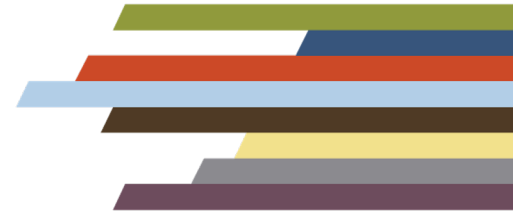
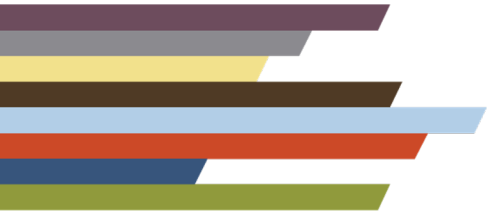


Silence and Shame...

- Are consistently shown to be the factors implicated in studies as to why certain trauma survivors struggle more, or for longer periods of time, than others.
- Our approaches to suicide hold the key to addressing these factors... or to replicating them...



**Systemic values of fear
(particularly of liability) and control,
compromise our ability to create
trauma-informed environments.**



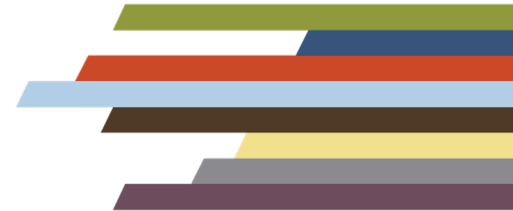
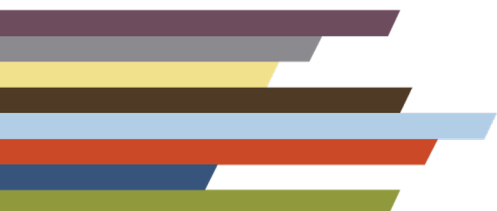
Trauma-Informing Systems/Dialogues

Instead of focusing on the

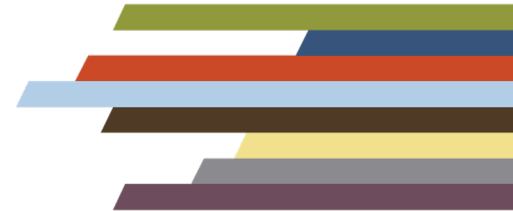
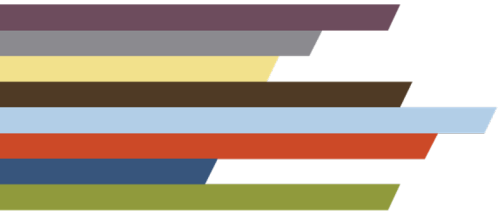
unpredictable “**IF**”

We get farther with the

Why?



Not only is placing people in risk categories lacking in predictive value... it can also lead people to feel written off or unheard... which only increases feelings of traumatization.

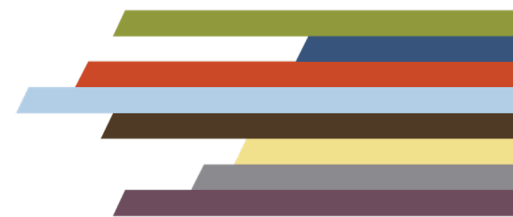


The advent of neuroleptic drugs in the 1950's and 1960's far pre-dates our still emerging understanding of how trauma actually impacts our bodies and neural networks...

leaving us with a system where the first line of defense is often the least effective.



PTSD was not utilized as a diagnosis until 1980.



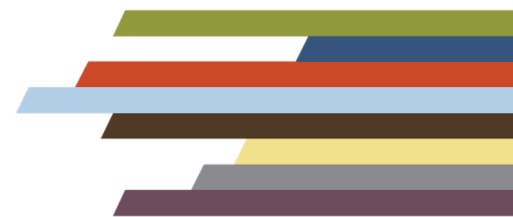


UNITED NATIONS

A Global Movement for Change

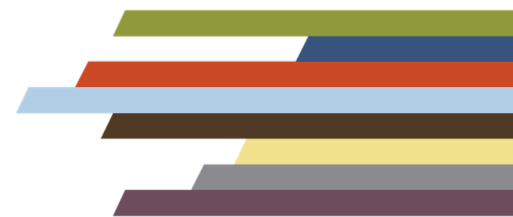
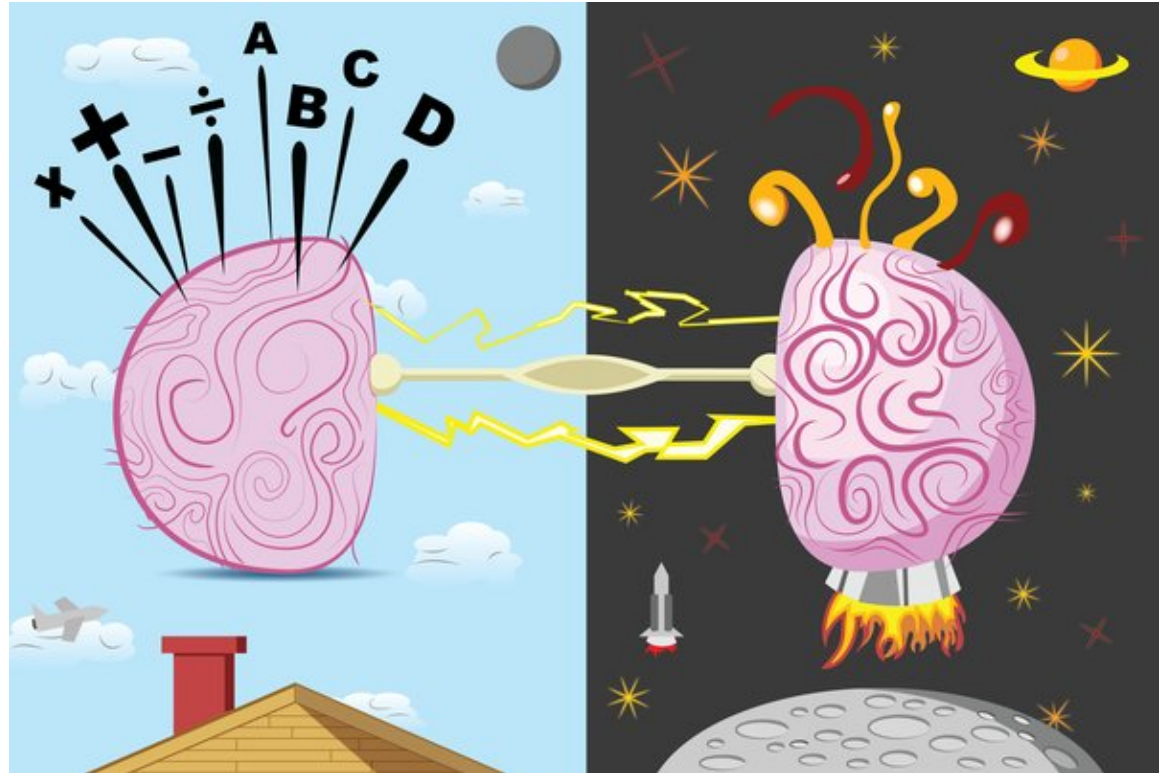
“The crisis in mental health should be managed not as a crisis of individual conditions, but as a crisis of social obstacles which hinders individual rights. Mental health policies should address the ‘power imbalance’ rather than ‘chemical imbalance.’”

- United Nations Report (June 2017)



Is there an evidence-based pharmaceutical intervention?

Exposure to trauma decreases communication between the two hemispheres of the brain...



No pill for that... However...

EMDR

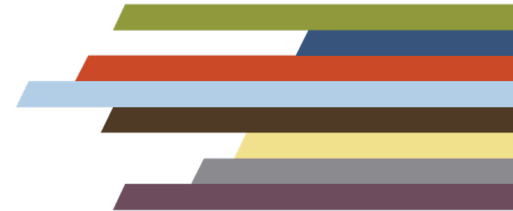
EFT (tapping)

Communal Rhythms

(especially drumming and singing in groups)

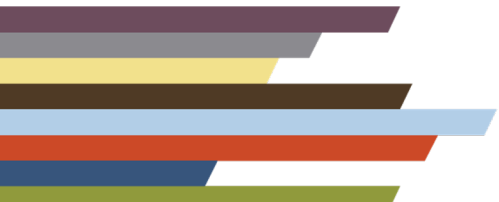
Martial Arts

... are just a few ways to re-establish communication



Is there an evidence-based Pharmaceutical intervention?

Exposure to trauma causes a de-activation of Broca's area... a critical part of our bodyminds governing speech.



**Not really a pill for that
BUT...**

Narrative

Internal Family Systems

Expressive Arts and Movement

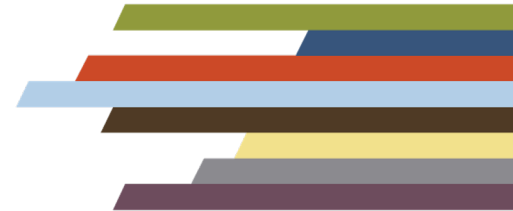
Voice Dialogue

Intentional Peer Support

Effective modalities involve both describing **EVENTS** and expressing **FEELINGS**. Relationship is a more important factor than modality, in terms of efficacy.

Is there a long-term pharmaceutical response?

Trauma strengthens neural pathways that leave the brain in a fight-or-flight response... and locks the brain into high-beta wave frequencies.



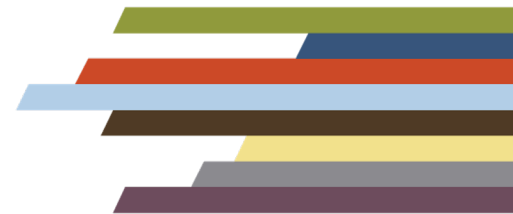


No pill with long-term efficacy...

YOGA NEUROFEEDBACK

Breathing Techniques

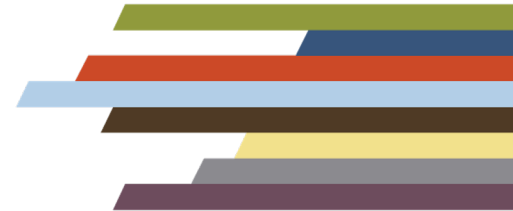
All of these methods can heal the impact of trauma on the autonomic nervous system and neural pathways to impacted brain structures such as the amygdala and insula.



Drugs can be useful tool...

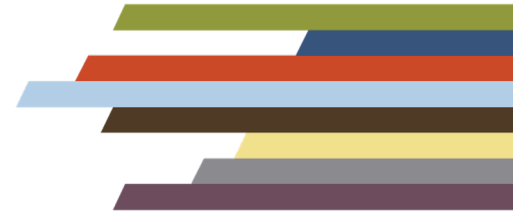


But being trauma-informed means being honest about expectations... including around actions of pharmaceutical products, their long-term outcomes and potential side effects (including withdrawal).





Caroline's Story



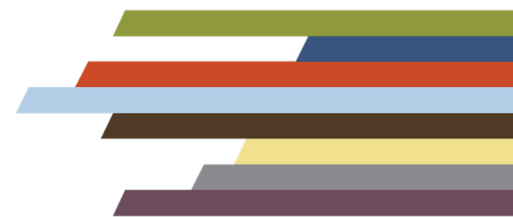
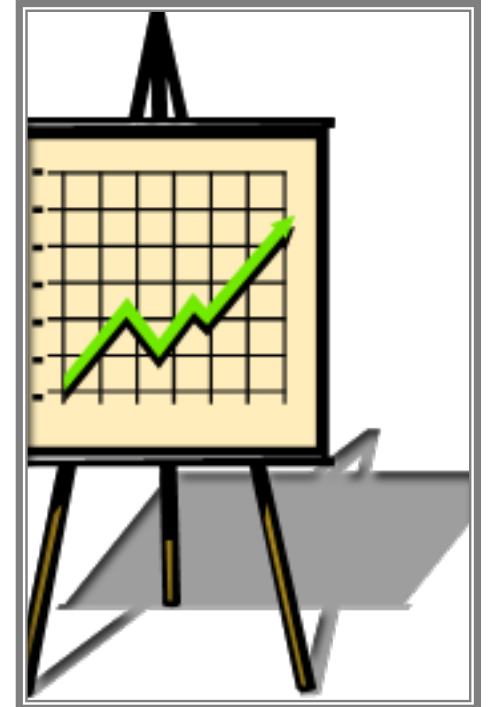
מזל טוב!



Suicide Rates After Discharge From Psychiatric Facilities A Systematic Review and Meta-analysis

The June 2017 Journal of American Medicine Psychiatry reviewed over a 100 studies worldwide and concluded:

“The immediate post discharge period is a time of marked risk, but rates of suicide remain high for many years after discharge.”



Community

“Are there ever times when you don't feel like dying? What are you doing in those moments?”

“Are there people in your life you still feel connected to? Is there anything that gives you a sense of purpose?”

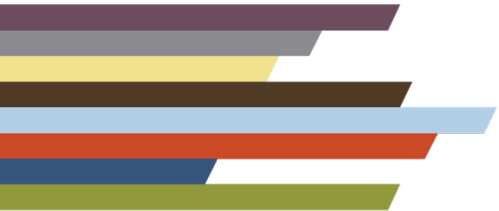


Endless possibilities:
Spiritual communities,
social justice
organizations, sports
teams, reading groups,
listening to and/or
making music, martial
arts, etc.

“Are there things that you want to do before your life ends?”

Community

How can we act
as a bridge...
...rather than a
life raft?



“Alternatives to Suicide” Approach

An Alternative to:

- Risk Assessment
- Diagnostics/Individual Pathology Framework
- Force / Coercion

Focuses on:

- Validation
- Curiosity
- Vulnerability
- Community

VALIDATION	CURIOSITY	VULNERABILITY	COMMUNITY
It makes sense that...	What does that mean to you?	When something like that happened to me...	Do you know other people who've struggled with...
Thank you for trusting me...	What has kept you alive so far?	When I have felt really angry like that, I...	Have you asked anyone else about...
I'd be [feeling] too...	What happened around the time you started feeling that way?	I'm feeling afraid, but I want to be here with you...	Who are the people in your life that have helped in the past...
It's so wrong that...	Are there things you want to do before you die?	I just want to be upfront that these limits exist...	Be a bridge, not a life raft...



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Questions?

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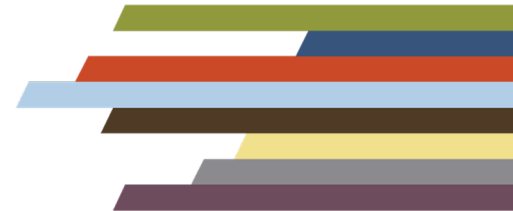
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Upcoming Events

AUG



21

Social Justice and COVID-19

This is the third part in a 3 part series: Sharing our Wisdom: Lived Experience and COVID-19. In

AUG



25

C-TLC | School and Community-based Trauma-skilled Practices Supporting Youth Virtual Workshop

Join us for a one-day virtual workshop to help your community to alleviate trauma, toxic stress, and



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Visit www.mhttcnetwork.org/newengland to register.

Outreach, Outreach, Outreach



Newsletter

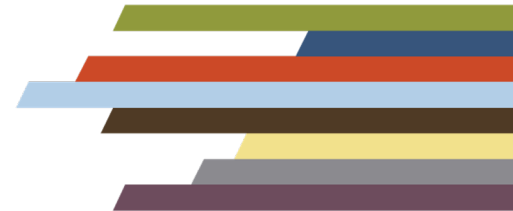
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(Facebook.com/NewEnglandMHTTC)**

Products, Curriculum, Materials

Share MHTTC information with your networks by distributing flyers, sharing on your website, including announcements in newsletters, talking about MHTTC at staff meetings, etc.





To learn more about us
<https://mhttcnetwork.org/centers/new-england-mhttc/home>

