



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

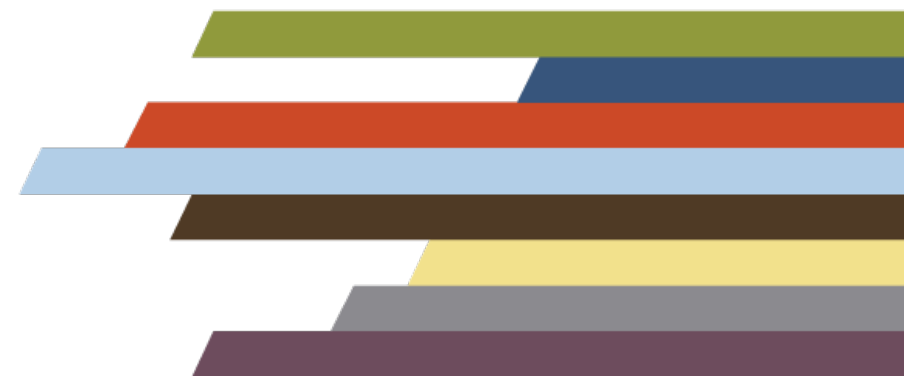
Funded by Substance Abuse and Mental Health Services Administration

International Recovery and Citizenship Collective (IRCC) 2019 Symposium

Recovering Citizenship III: Boundary Crossings: Systems, Communities, and Expertise

Trauma, Citizenship, and Recovery

May 16, 2019



yale
program
for
recovery
and
community
health



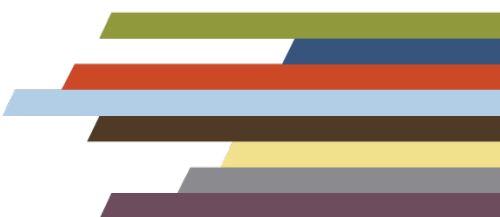
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Graziela Reis: Project Coordinator, PRCH



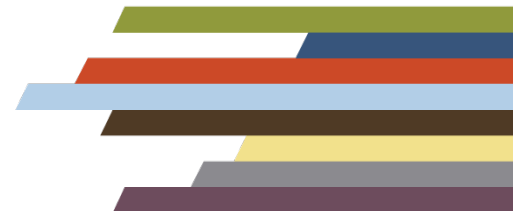
Three Overarching concepts

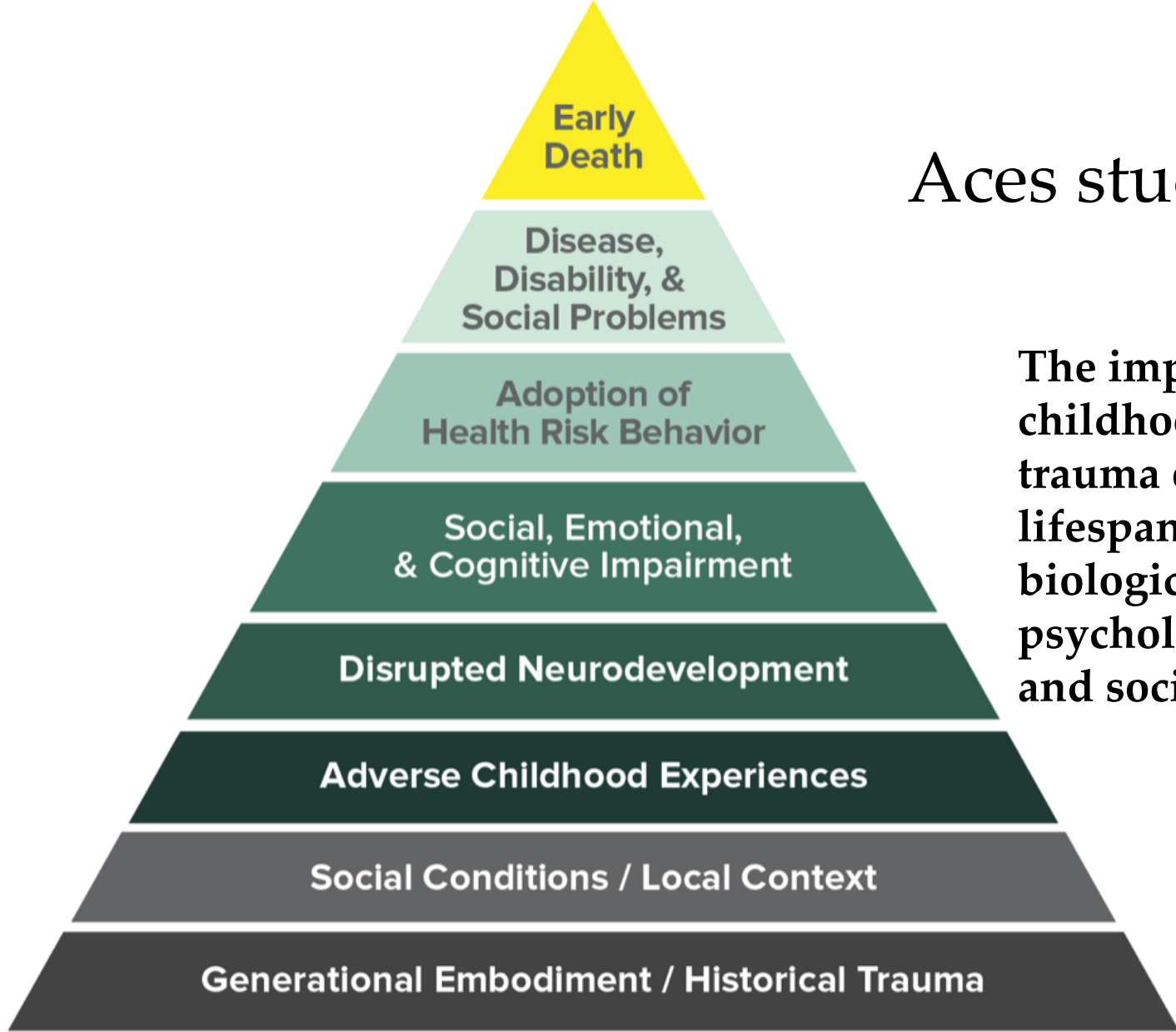
- . Trauma Informed Care
 - A bedrock issue underlying a multitude of life challenges, directly affecting our access to the 5 R's of Citizenship by alienating and isolating us from others, and from ourselves.
 - Citizenship and the 5 R's
 - Offer a path to healing by transforming negative Roles and identities, embracing Responsibilities, and accessing the Rights, Resources and Relationships that define a rich, full life.
 - Recovery
 - Defined as the restoration of healthy and meaningful relationships, and a return to *interdependence* in the community: **Belonging**
- 



Becoming
“Other”:

Trauma as
a Crisis of
Identity





Aces study

The impact of early childhood trauma over the lifespan: biological, psychological, and social

Death

Conception

Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

The Pair of ACEs

Adverse Childhood Experiences

Maternal
Depression

Physical &
Emotional Neglect

Emotional &
Sexual Abuse

Divorce

Substance
Abuse

Mental
Abuse

Incarceration

Domestic Violence

Homelessness

Adverse Community Environments

Poverty

Discrimination

Poor Housing
Quality &
Affordability

Community
Disruption

Lack of Opportunity, Economic
Mobility & Social Capital

ACE study outcomes

Trauma is COMMON:

63% of participants had at least 1 ACE

87% had 2 or more

90% of people receiving public mental health services had a trauma history

97% of homeless women with severe mental illness experienced past or current physical, sexual, or severe emotional abuse

Juvenile offenders reported 3x more ACE's than peers

Origins of the ACE Study



51 weeks later

409 → 132 lbs.



What is the *core* diagnosis here?

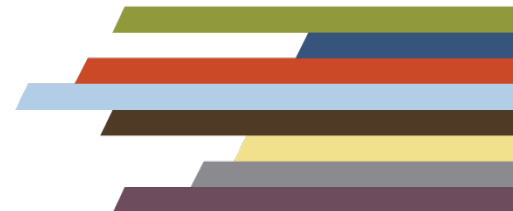
Which photo depicts the *patient's* problem?

“I didn’t feel safe in my new body.”

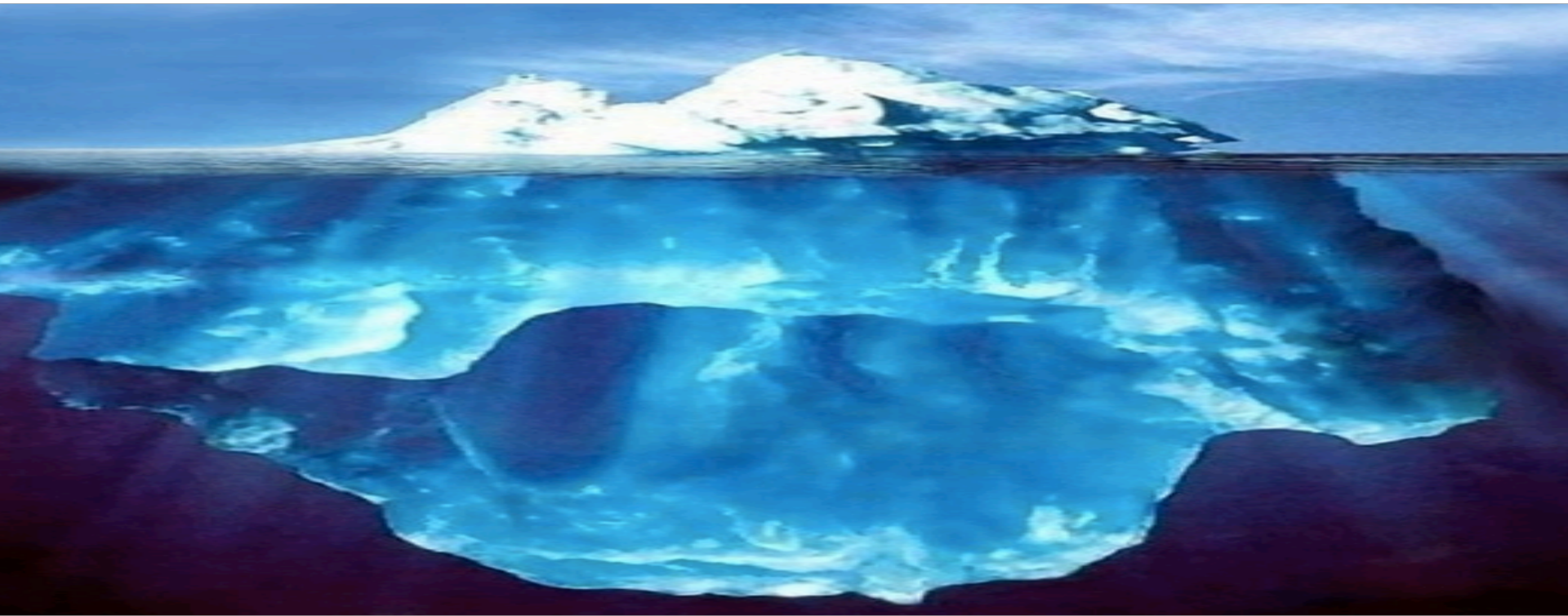
“Someone finally understands me”

“I want to thank you for caring enough about people to read all those charts and finding out what happened to people like us. I suffered my whole life in silence. I thought I would die without ever having told anyone that my father abused me.”

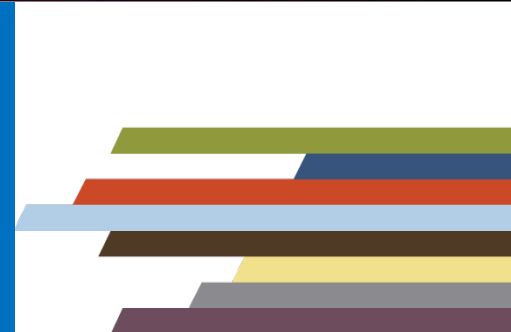
CDC-Kaiser ACE
Study



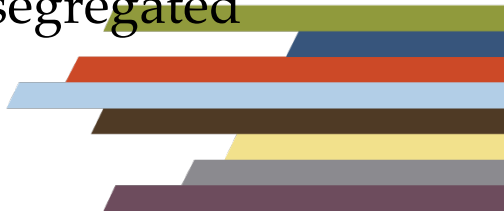
**Those most impacted by trauma
have no idea it is at the core of their
distress**

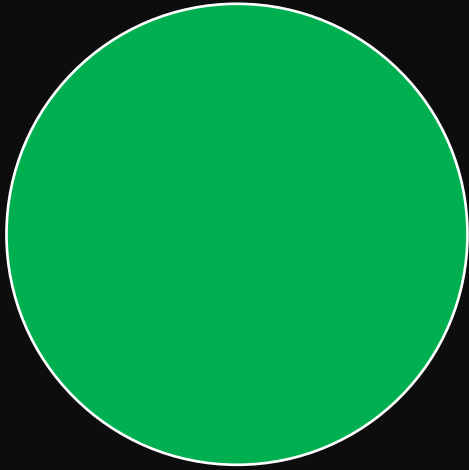


**The ACE study helped many
people understand their lives for
the first time**

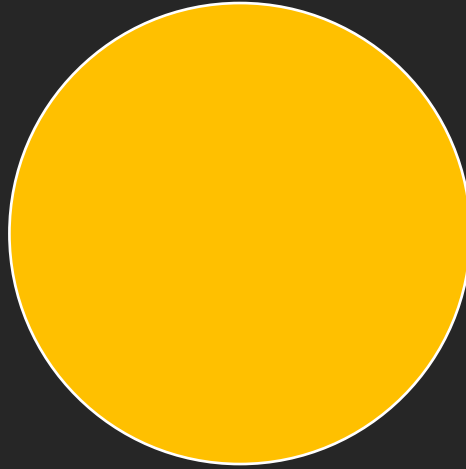


Trauma is complex

- **DSM V Definition of Trauma:** *Event-based*; an experience of actual or threatened death or physical injury resulting in **uncontrollable** feelings of terror, horror, and helplessness.
 - **Impersonal Trauma:** Natural disasters, accidents, “acts of God”, in the wrong place at wrong time.
 - **Developmental Trauma:** Chronic, overwhelming experiences of childhood, often occurring within the primary attachment relationship.
 - **Interpersonal Trauma:** deliberate acts of violence against another human being, by a stranger or someone we know (recurring trauma).
 - **Identity Trauma:** discrimination, mistreatment, or violence directed at us because of who we are: race, gender identity, sexual orientation, culture, ethnicity.
 - **Historical Trauma:** intergenerational trauma due to our membership in a particular group: family, tribe, ethnic group, religion, or political affiliation. Can occur for generations.
 - **Community Trauma:** resource-poor neighborhoods, segregated communities, violence
- 



Safety



Danger



Threat to
Life



Understanding triggers

Seeing, feeling, hearing, smelling something similar to what is stored in the primitive brain

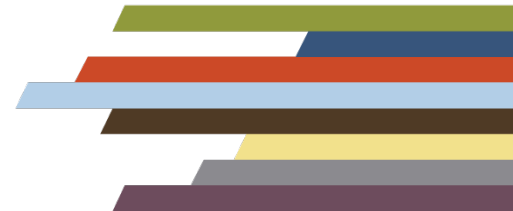
Activates the Alarm



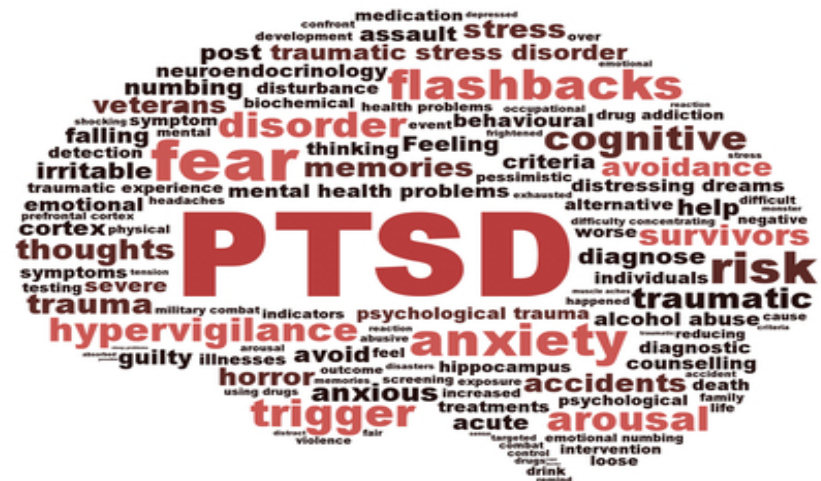
The BODY responds **as if the danger is current danger**

The “thinking brain” shuts off

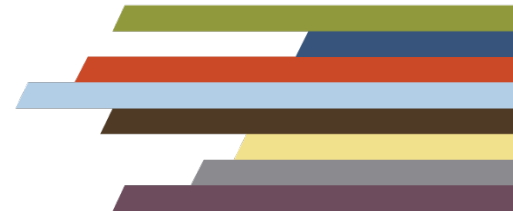
The person has NO IDEA what is happening



***Trauma
makes us
strangers
to
ourselves***

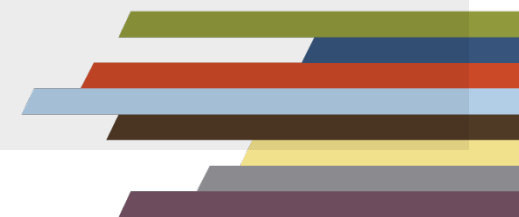


Trauma is a body that often feels out of control: we are disconnected from our external and internal worlds



Trauma also
shapes or
challenges
Our
Worldview

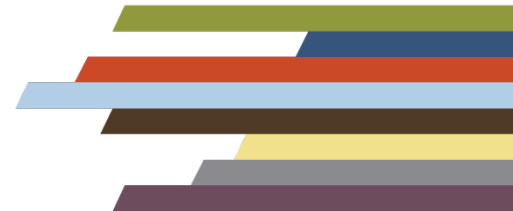
- **Relationships are risky and harmful:** I can't trust you.
- **The world is dangerous:** I can't ever let my guard down.
- **Life is unfair:** I am a victim.
- **I am powerless:** I can't help myself.
- **Personal boundaries can be violated:** I don't know how to protect myself or my children.
- **Nothing works out for me:** I might as well give up now.
- **Loss of faith:** how can God let this happen.



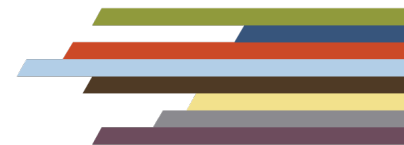
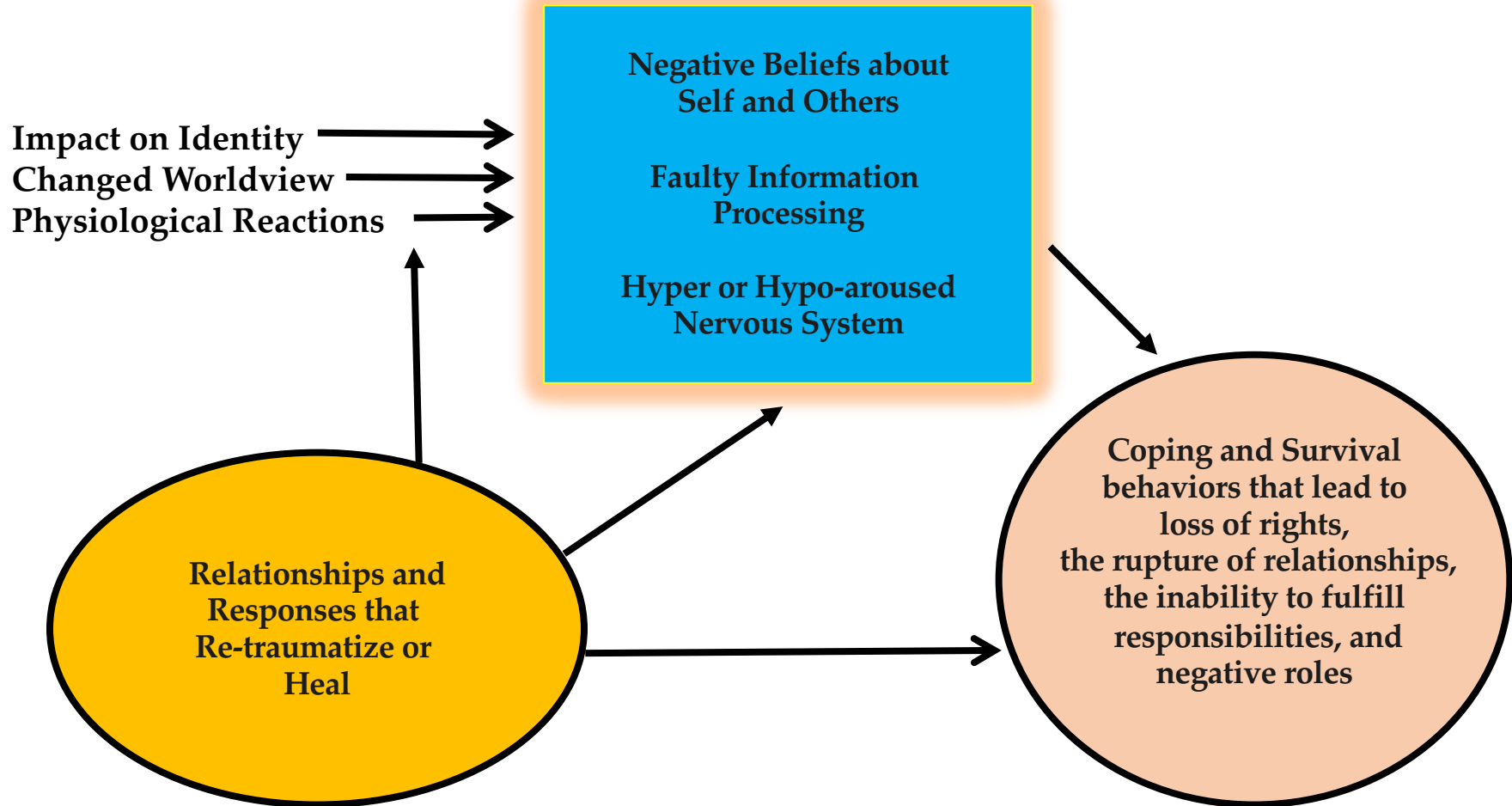
Trauma is an existential crisis: who am I now?



- **With friends:** "I was no longer like them, but **other than**...I was on the other side of something they could never understand."
- **With family:** "Once my parents found out, I had changed forever in their eyes."
- **With the helping community:** "I did not want to belong to their club."
- **With herself:** "I felt dirty and ashamed."



The trauma model: mind and body



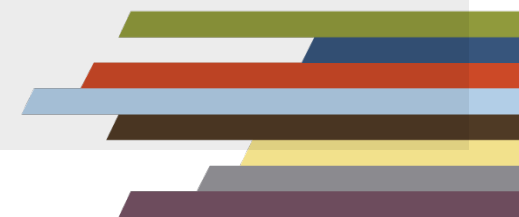
Role Domains	Positive Roles: ONE OF US	Negative Roles/Labels: "OTHER"
Relationships	Wife, husband, son, daughter, parent, grandparent, sibling, friend, uncle/aunt, friend, partner, adopted child	DCF parent, abusive spouse, child abuser, "deadbeat dad", black sheep of the family, foster child
Domicile	Homeowner, tenant, good neighbor	Homeless person, person who is evicted, registered sex offender: "Not in My Back Yard", hoarder
Economic Productivity	Worker, employee, breadwinner, wage-earner, customer, manager	Unemployed person, unemployable person due to criminal record, unskilled worker; unreliable employee
Education	Student, graduate, teacher, peer tutor	Drop-out, "special" student, slow, stayed back
Leisure, Sports	Athlete, competitor, coach, fan, reader, collector, runner	Clumsy, lazy, bad sport, sore loser, person with no hobbies or interests
Civic Identity	Voter, taxpayer, community activist, board member, club member	Welfare recipient, criminal, drug user/dealer, sex offender
Health	Vegetarian, vegan, fitness fanatic, health-conscious	Weak person, addict, smoker, anorexic, bulimic, overweight, lazy

THE 5 R'S of CITIZENSHIP

- Relationships
- Roles
- Resources
- Responsibilities
- Rights

**WE CAN DEFINE RECOVERY
FROM TRAUMA AS THE
RESTORATION OF THE 5 R's:**

- Through the measure, we can determine how our unique experiences have impacted the 5R's
- Through the tool, we can engage in guided conversations to discover where we want to go, and what support and resources we need to get there.



The Key Assumptions in a trauma, citizenship, and recovery approach

TRAUMA

- Realizes
- Recognizes
- Responds
- Resists/Resilience

CITIZENSHIP

- Rights
- Relationships
- Role
- Resources
- Responsibilities

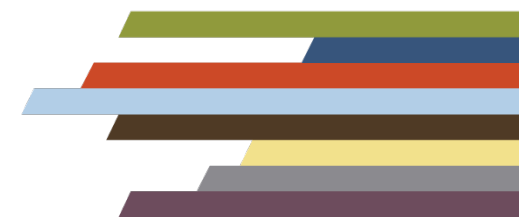
RECOVERY

- Recovery emerges from hope
- Recovery is person-driven
- Recovery occurs via many pathways
- Recovery is holistic
- Recovery is supported by peers and allies
- Recovery is supported through relationship and social networks
- Recovery is culturally-based and influenced
- Recovery is supported by addressing trauma
- Recovery involves individual, family, and community strengths and responsibility
- Recovery is based on respect

www.samhsa.gov/Concept of Trauma and Guidance for a Trauma-Informed Approach

Developed by Michael Rowe - michael.rowe@yale.edu

www.samhsa.gov/recovery SAMHSA Recovery Principles



Trauma is defined by the person. It is the subjective, unique experience of an event or enduring situation.

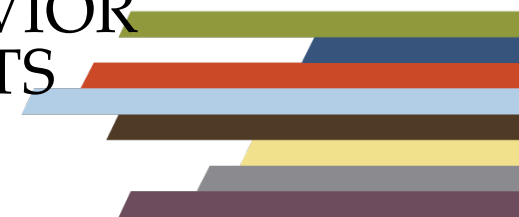
➤ INDIVIDUAL EXPERIENCE THAT EMERGES IN A SPECIFIC PERSONAL SUBJECTIVE CONTEXT;

➤ A MODEL FOR FORMULATING THE RELATIONSHIP BETWEEN A TRAUMATIC EXPERIENCE AND LIFE HISTORY

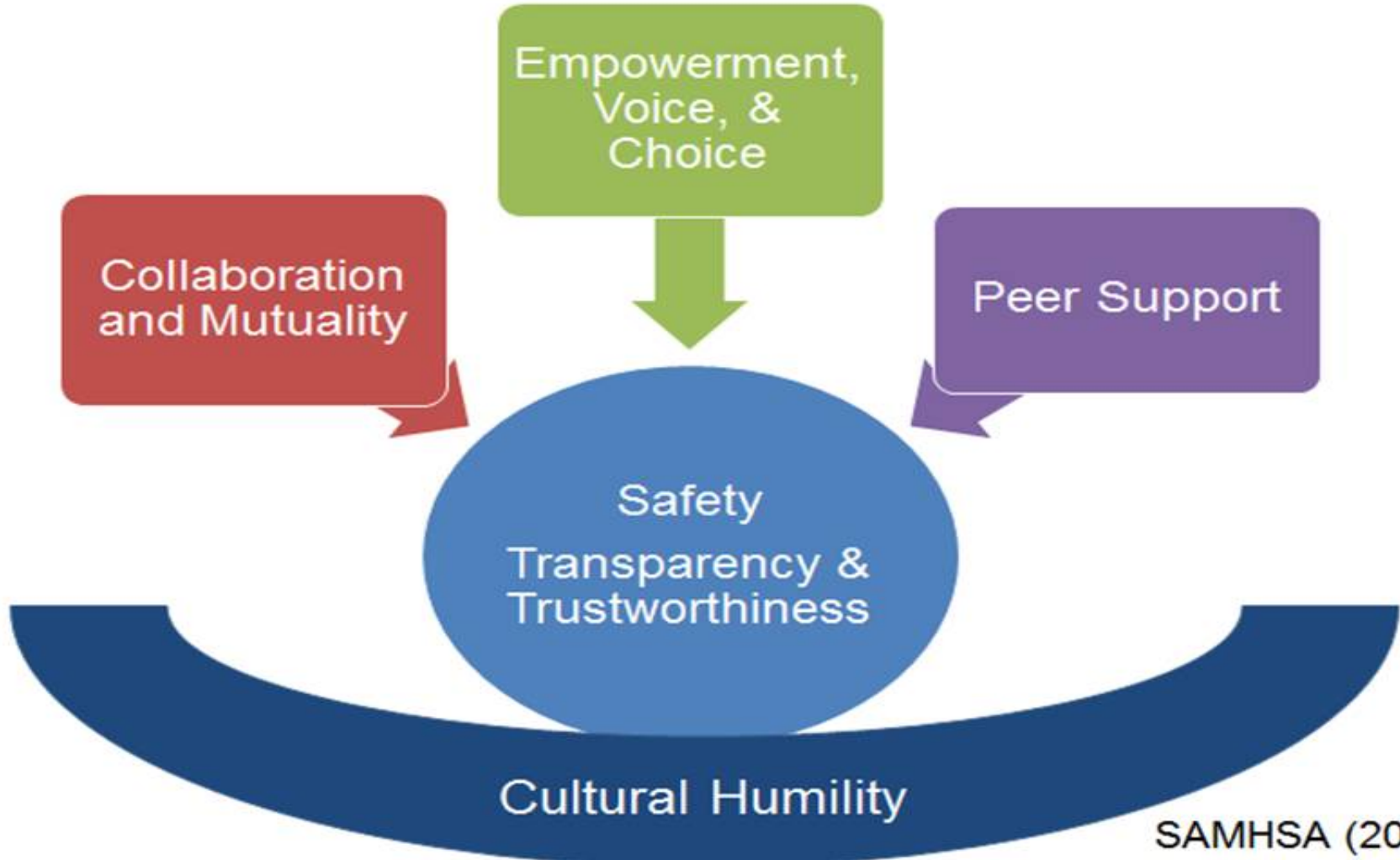
➤ IT IS IMPORTANT TO UNDERSTAND WHAT HAPPENED IN THE PERSON'S LIFE;

➤ IT IS IMPORTANT TO BELIEVE WHAT THE PERSON IS TELLING YOU;

➤ IT IS IMPORTANT TO UNDERSTAND WHAT THE BEHAVIOR REPRESENTS



PRINCIPLES OF TRAUMA-INFORMED APPROACH

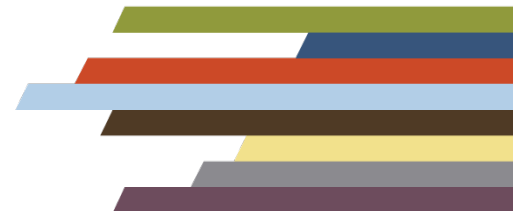




Belonging

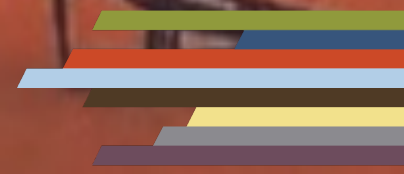
“Our life work consists of finding our place in the community of human beings.”

Bessel van der Kolk



The image features two stylized human figures constructed from a black wireframe mesh, standing on a reddish-brown ground. They are facing each other and holding hands, symbolizing connection. The background is a warm, orange-toned sunset or sunrise sky with scattered clouds. The overall mood is contemplative and hopeful.

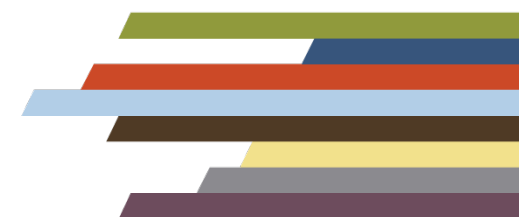
Connection is the bridge
Built By Vulnerability



Acceptance

“For belonging to be real, people need the recognition of others, a message given in words, deeds and attitudes that says, “You do belong, you are a valuable member of this community, and we need you.”

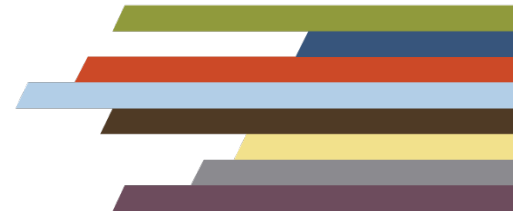
Michael Rowe



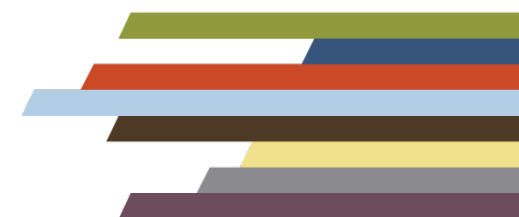
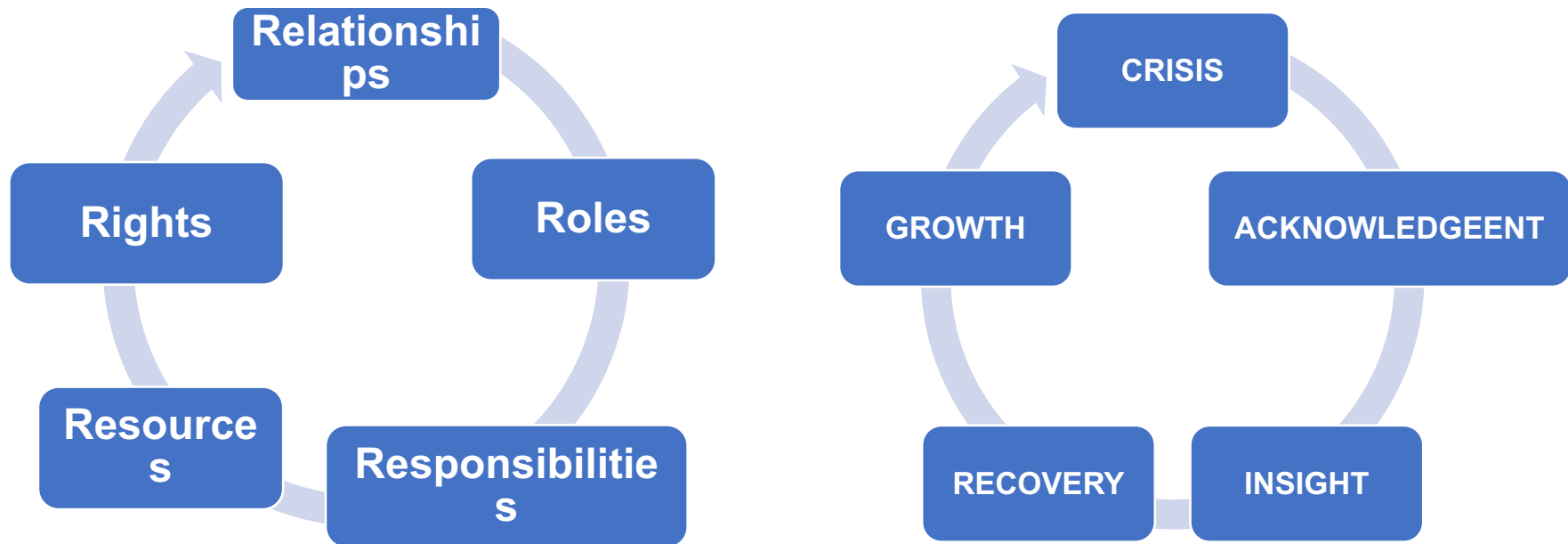


**OPEN OPPORTUNITIES
TO KNOW ABOUT A
VERY UNIQUE
EXPERIENCE:**

**CULTURAL
SPIRITUAL
SOCIAL
EMOTIONAL
DREAMS
PAIN
NEEDS
LIFE HISTORY**

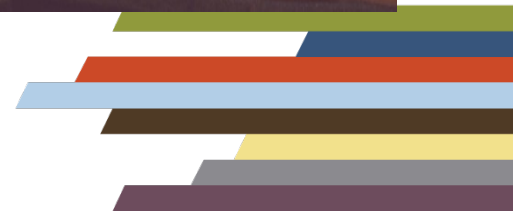


Recovery through a Citizenship Lens



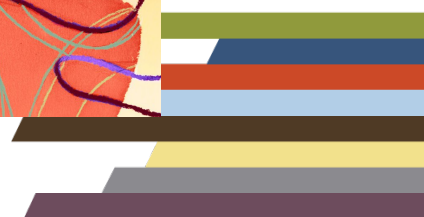
“People need to have the dignity of risk and the right to fail.”

Patricia Deegan



PSYCHOSIS, CITIZENSHIP, AND RECOVERY

CLAIRE'S STORY



Claire Bien



ADDRESS REPORTS

You are required by law to notify the Attorney General of your current address each year during the month of January, and to furnish notification of change of address within 10 days from the date of such change. A penalty is provided for failure to do so. Forms may be obtained from any post office. Address reports, applications or letters to the Immigration and Naturalization Service, should include the "A" number shown on the other side:

BORDER CROSSING CARD

This card will be honored for border crossing purposes on condition that the rightful holder is returning to the United States from a temporary visit to Canada or Mexico, not exceeding 6 months, and is not subject to exclusion under any provision of the immigration laws.

THE UNITED STATES OF AMERICA

No. A-403

Application to

ORIGINAL

Claire Bien

Paul

DEPARTMENT OF JUSTICE



TRIGGERS FOR HEARING VOICES

- Trauma
- Maternal distress during gestation
- Immigration, especially before age four and during adolescence
- Emotional neglect
- Bereavement/loss
- A move to a new community
- Social isolation
- Foreign travel
- Not living up to own expectations or to expectations of those close to you



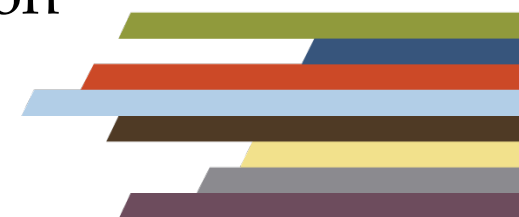
TRIGGERS FOR HEARING VOICES



- A new job
- Racism
- Matters of the spirit/spiritual experiences
- Abuse
- Going off to college
- Lack of sleep
- Work on an intensive, isolating project like writing a book or dissertation



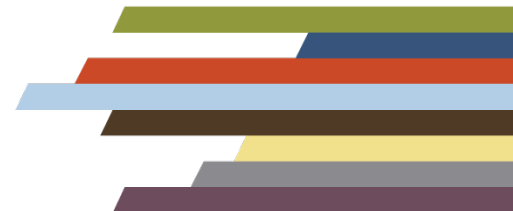
a spiritual journey is not so much a journey of discovery. It's a journey of recovery. It's a journey of uncovering your own inner nature that's already there.



TRIGGERS FOR HEARING VOICES



- Insecurity
- Fear
- Aggression
- One's own sexual feelings
- The sexual feelings of others
- Losing control – in familiar situations (repeating history) as well as in new or unexpected situations
- Meeting and spending time with new people
- Feeling the energy and emotions of others in the same room



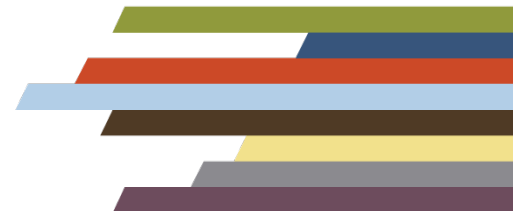
I am... Triggers for Hearing Voices

- A sense of powerlessness
- Fear, Shame, Guilt
- Self-doubt
- Inability to find affirmation and support
- Isolation
- Ignoring the voices for too long
- Gaining power over your voices—shifting the power balance
- More (discussion)



FACTORS THAT FOSTER RESILIENCE

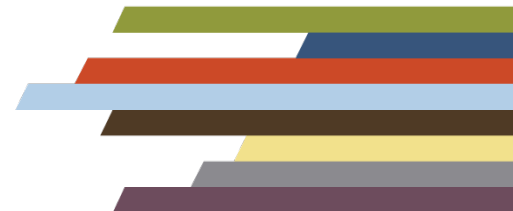
Optimism (born of resources)
Facing our fears
Faith
Social Supports
Creating conditions that allow us to feel valued-altruism
Ethical behavior
Not personalizing things that happen
Supporting others-altruism



FACTORS THAT CONTRIBUTED TO MY OWN RESILIENCE



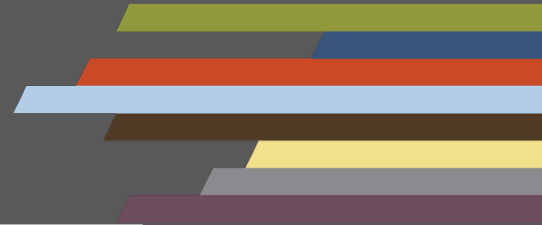
- Loving, stable family
- Well socialized. I knew myself and who I was independent of my parent/family.
- Older age (31) at onset of negative voices
- History of paid employment
- Self-knowledge and acceptance of who I was
- Never abused or truly bullied





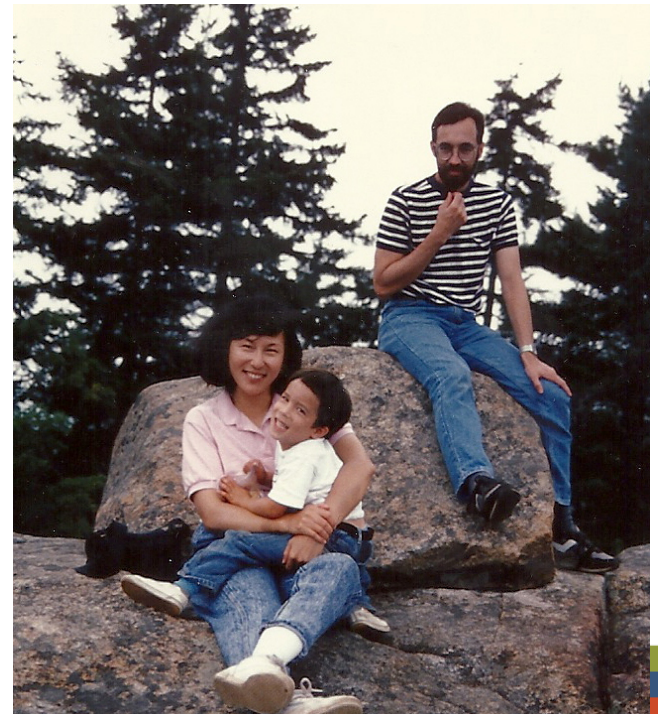
- I believe that my successful, unmedicated recovery is attributable to substantial *Resources*, including a loving, stable family; Education/expectation; degree in counseling psychology and a discipline of self-guided and professional therapy.
- *Relationships* in the form of family and friends and later my faith community. I also think late onset helped. I had a clear sense of who I was (*role*) and I had worked in professional jobs (*valued role*) And because I was older, and had grown up in a loving family that taught me not only to be fair-minded, but also to trust myself, I knew what my rights as an individual were—I would be bullied. So when the bully voices began making unreasonable demands, and I realized that I was being bullied, I was able to stand up to them.

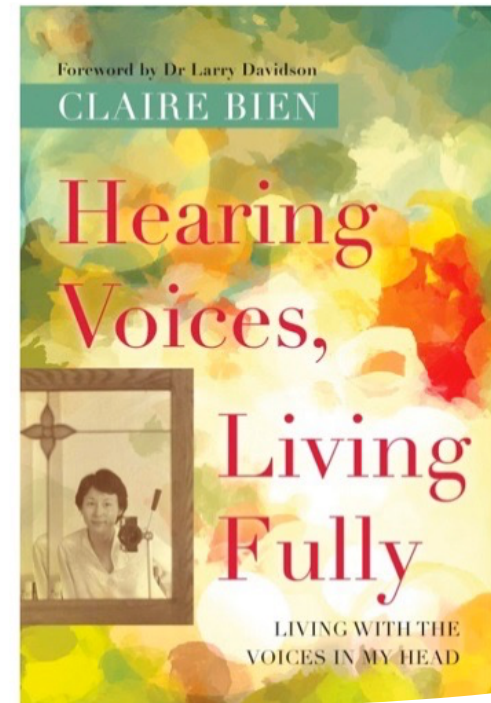
CITIZENSHIP AND RESILIENCE



CITIZENSHIP AND RESILIENCE

But it was my
decision to take
Responsibility
for my young son as
well as for myself—
that marked the true
turning point



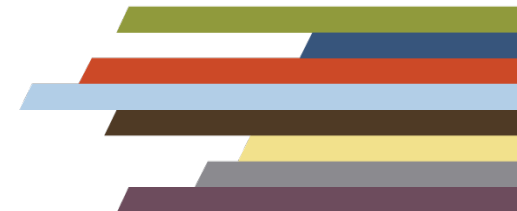


• I also learned that many of the techniques I had used in 1990-1992 to regain control over my mind and my life:

- Laughter
- Argument
- Negotiation
- Acceptance when appropriate

CITIZENSHIP AND RESILIENCE

• **And an unwavering determination to live as fully as I could in the physical and material world world**—are tried and true methods of the Hearing Voices Movement. These really are aspects of citizenship—to feel that I have the right to stand up to and engage with the voices in my head—as well with as the people in my life—in these and other ways.





Finding a way of being in the world that brings peace, inner joy, and a sense of connectedness through meaningful relationships, access to rights and resources, embracing valued roles, and fulfilling our responsibilities.

