



MHTTC

National American Indian and Alaska Native
Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Native Center for
Behavioral Health



THE UNIVERSITY
OF IOWA

SAMHSA

Substance Abuse and Mental Health
Services Administration

Trauma Informed Care - Part 2

Avis Garcia, PhD, LAT, LPC,
NCC

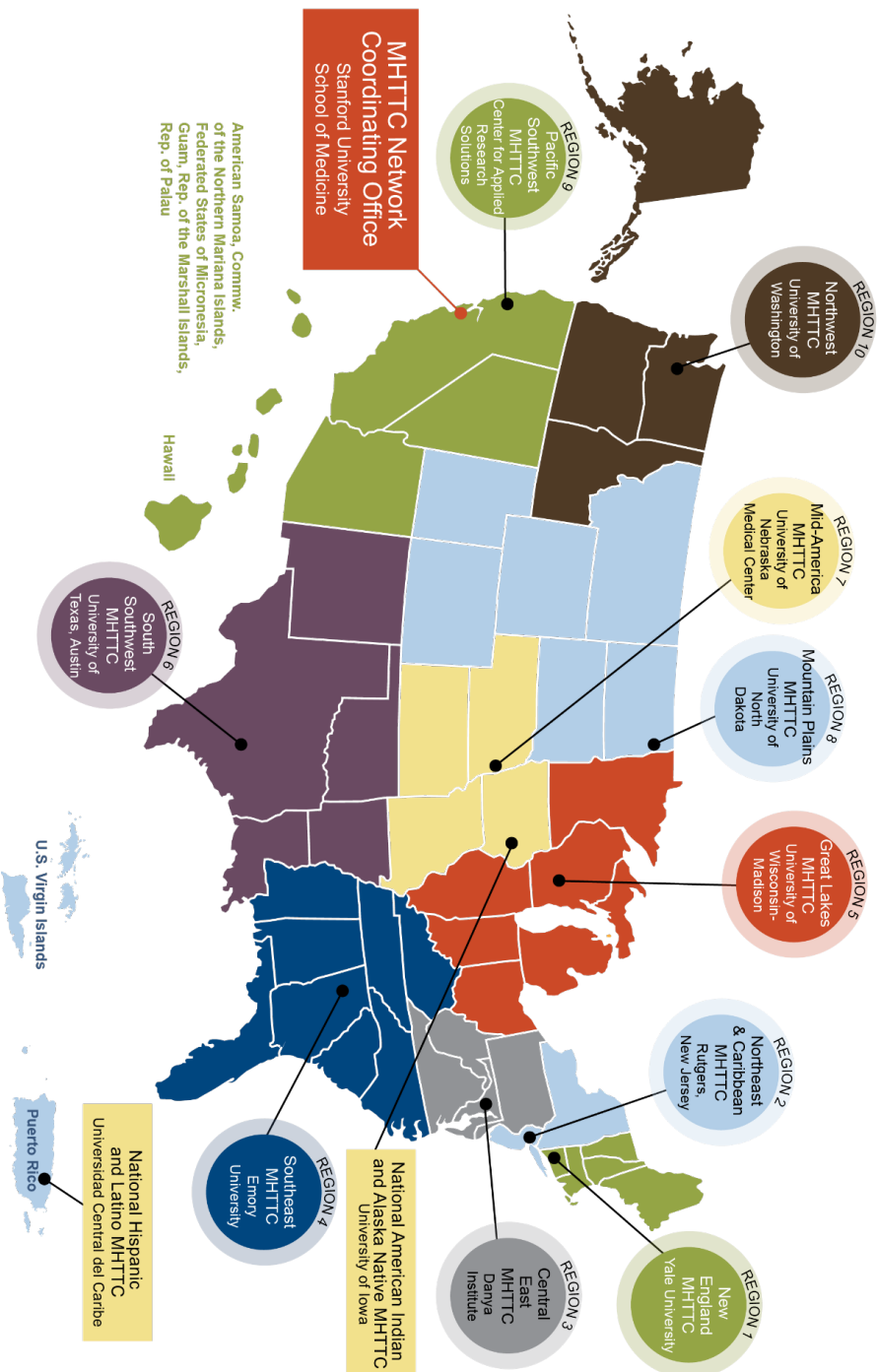
March 10, 2021




MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



American Indian & Alaska Native Mental Health Technology Transfer Center



SAMHSA

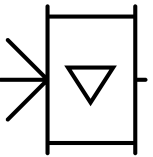
Substance Abuse and Mental Health
Services Administration

The National American Indian and Alaska Native Mental Health Technology Transfer Center is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

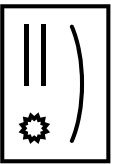
The content of this event is the creation of the presenter(s), and the opinions expressed do not necessarily reflect the views or policies of SAMHSA, HHS, or the American Indian & Alaska Native MHTTC.

Follow-up

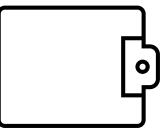
Following today's event, you will receive a follow up email, which will include:



Links to the presentation slides and recording, if applicable



Information about how to request and receive CEUs



Link to our evaluation survey (GPRA)

Land Acknowledgement

We would like to take this time to acknowledge the land and pay respect to the Indigenous Nations whose homelands were forcibly taken and inhabited. Past and present, we want to honor the land itself and the people who have stewarded it throughout the generations.

This calls us to commit to forever learn how to be better stewards of these lands through action, advocacy, support, and education.

We acknowledge the painful history of genocide and forced occupation of Indigenous territories, and we respect the many diverse Indigenous people connected to this land on which we gather from time immemorial.

While injustices are still being committed against Indigenous people on Turtle Island, today we say thank you to those that stand with Indigenous peoples and acknowledge that land reparations must be made to allow healing for our Indigenous peoples and to mother earth, herself.

Dekibaota, Elleh Driscoll, Meskwaki and Winnebago Nations
Takimawekwe, Keely Driscoll, Meskwaki and Winnebago Nations

Today's Speaker

Avis Garcia, PhD, LAT, LPC, NCC, (*Northern Arapaho*) is an enrolled member of the Northern Arapaho Nation and affiliated with the Eastern Shoshone Tribe of Wyoming. She earned a doctorate in counselor education and supervision at the University of Wyoming, and is also a Licensed Professional Counselor, and Licensed Addictions Therapist. For nineteen years she has been a mental health provider in the treatment of Native American youth and families. She is also an advocate of education in Indian Country, a resource provider for promoting cultural enhancement of evidence-based practices and practice-based evidence of treatment approaches for Native American children and their families exposed to trauma. Avis Garcia has more than nineteen years of experience and is knowledgeable about the concerns of implementation and adaptation of evidenced-based practices being introduced into Indian country. Avis is currently employed as an executive director of a nonprofit substance abuse treatment center in Cheyenne, Wyoming.

The background features a repeating pattern of colorful, stylized feathers and beaded strands. The feathers are in shades of yellow, red, teal, and brown, with various patterns like stripes and dots. The beaded strands consist of small, colorful circles in yellow, red, teal, and brown, interspersed with larger brown circles and small yellow stars. The overall style is vibrant and culturally inspired.

Trauma Informed Care

Avis Garcia, PhD, LAT, LPC, NCC

March 10, 2021



Objectives

- You will gain a comprehensive understanding of the core skills that determine a counselors' effectiveness with trauma. This session will identify and explore clinical skills that transcend therapy approaches, bringing together all that we know about trauma treatment.
- You'll discover:
 - What is Trauma
 - Impact of Trauma
 - Prevalence Data
 - Core Principles of Trauma-Informed Care
 - Practicing Trauma-Informed Care
 - Impact of Trauma Work/Self-Care for the helper
 - The importance of helping clients to assess their strengths and reinforce their resilience



Trauma-Informed Care

- What do we mean by trauma? How does Trauma affect people?
- What can we learn from listening to the voices of people who have experienced trauma?
- Why is understanding trauma important in the work we do?
- What can we do to insure that we help those we serve who have experienced trauma?
- The stresses of our own work and lives may also make trauma a personal concern



Polling Question 1

Our organization has been working on becoming more trauma informed:

- A. Has not considered at all
- B. Considered over the last year
- C. Has been making concerted efforts to become trauma-informed



What is Trauma?

Why is it Important?



What is Trauma

- Trauma can occur at any age or developmental stage, and often, events occur outside expected life stages are perceived as traumatic (e.g, child death before parent, cancer as teen, personal illness, job loss before retirement.).
- Individuals may experience the traumatic event directly, witness an event, feel threatened, or hear about an event that affects someone they know.
- It is not just the event itself that determines whether something is traumatic, but also the individual's experience of the event.



What Do we Mean by Trauma?

- Trauma refers to intense and overwhelming experiences that involve serious loss, threat or harm to a person's physical and/or emotional well being.
- These experiences may occur at any time in a person's life. They may involve a single traumatic event or may be repeated over many years.
- These trauma experiences often overwhelm the persons coping resources. This often leads the person to find a way of coping that may work in the short run but may cause serious harm in the long run.



Traumatic Life Experiences

- **Physical, emotional and/or sexual abuse in childhood or adulthood**
- **In childhood**
 - ✓ Neglect or abandonment (food insufficiency, lack of money to meet basic needs, homelessness)
 - ✓ Death of a parent
 - ✓ Divorce
 - ✓ Family life that includes drug addiction, alcoholism parental incarceration, or violence
- **Rape**
- **Serious medical illness or disease (disabling conditions, loss of function invasive and distressing procedures)**

Traumatic Life Experiences

- **War, combat and civil unrest conditions including torture affecting soldiers and refugee civilians**
- **Catastrophic losses of one's home, livelihood, people, pets due to flood, tornado, hurricane or other disasters of nature**
- **Involved in or witnessing horrific events involving violence, gruesome accidents or death/serious injury**





How Might Experiencing Trauma in Childhood Affect a Person?

- **Findings from the Adverse Childhood Experiences (ACE) Study**



Polling Question 2:

Our agency/organization routinely tracks ACEs

Yes No Not Certain

We routinely screen for trauma throughout our agency

Yes No Not Certain

If a person screens positive for trauma we provide more extensive assessment

Yes No Not Certain



What is the Adverse Childhood Experiences (ACE) Study?

- **Center for Disease Control and Kaiser Permanente (an HMO) Collaboration**
- **Over a 10-year study involving 17,000 people**
- **Looked at effects of adverse childhood experiences (trauma) over the lifespan**
- **Largest study ever done on this subject**



People enrolled in the health plan were asked ten questions related to ACEs

- **Physical, emotional and/or sexual abuse**
- **Neglect or abandonment**
- **Divorce**
- **Alcoholism or drug addiction in the family**
- **Family violence**
- **Poverty, homelessness, lack of food and basic needs**
- **Family member in prison**
- **Family member with mental illness**



17,000 people who answered ?'s were

- **80% white,** **about 50% men**
- **Including** **50% women**
- **Hispanic** **74% had attended**
- **10% Black** **college**
- **10% Asian** **62% age 50+**



What they found of the 17,000

- **1 in 4 exposed to 2 categories of ACEs**
- **1 in 16 was exposed to 4 categories.**
- **22% were sexually abused as children**
- **66% of the women experienced abuse, violence or family strife in childhood**
- **Women were 50% more likely than men to have experienced 5 or more ACEs**



Impact of Trauma Over the Lifespan

Are neurological, biological, psychological and social in nature they include:

- **Changes in brain neurobiology;**
- **Social, emotional & cognitive impairment;**
- **Adopting of health risk behaviors as coping mechanisms (eating disorders, smoking, substance abuse, self harm, sexual promiscuity, violence); and**
- **Severe and persistent behavioral health, health and social problems, early death.**



Multiple Trauma Experiences Raise the Risk for ...

- **Anxiety problems and fear**
 - Avoiding people, places and things that are similar to or reminders of the traumatic event(s)
- **Physical health problems**
- **Sleep problems**
- **Emotional problems such as feeling numb and/or disconnected from oneself or environment**
- **Memory problems**
- **Flashbacks**



Multiple Trauma Experiences Raise the Risk for...

- **Alcoholism and alcohol abuse, substance use/abuse**
- **Obesity**
- **Respiratory difficulties**
- **Heart disease**
- **Multiple sexual partners**
- **Poor relationships with others**
- **Smoking**
- **Suicide attempts**
- **Unintended pregnancies**



Trauma Experienced in Adulthood

Examples:

- **Combat related trauma**
- **Refugee/torture/civil unrest**
- **Witnessing or experiencing violence**
- **Catastrophic loss (natural disasters)**
- **Terrorism**

Bottom line: these experiences raises the risk for severe emotional distress, suicide physical illness substance abuse and a host of other life difficulties.



Trauma Can Lead to PTSD

The following symptoms are clear indications that the person has been overwhelmed by trauma and experiencing serious mental health consequences:

- ***Reliving the experience***
- ***Avoidance and emotional numbing***
- ***Over sensitivity and irritability (PTSS)***



Re-living

- **Intrusive memories images or perceptions;**
- **Recurring nightmares;**
- **Intrusive daydreams or flashbacks;**
- **Exaggerated emotional and physical reactions**
- **Dissociative experiences (feeling disconnected from one's body and environment)**



Avoidance and Numbing

The avoidance and numbing set of symptoms includes

- ✓ Feelings of detachment from people, places and things;
- ✓ Efforts to avoid thoughts, feelings, activities, or situations associated with the trauma;
- ✓ Inability to have positive and loving feelings;
- ✓ Limited emotions, loss of interest and avoidance of activity.



Over Sensitivity and Irritability

- **Exaggerated startle response**
- **Being on guard much of the time**
- **Insomnia and other sleep disturbances,**
- **Difficulties in concentrating, and**
- **Outbursts of anger**



More Findings about Trauma



Findings

- **1 in 6 men have experienced emotional trauma**
- **80% of people in psychiatric hospitals have experienced physical or sexual abuse**
- **66% of people in substance abuse treatment report of childhood abuse or neglect**
- **90% of women with alcoholism were sexually abused or suffered severe violence from parents.**



Findings

- **2/3 (67%) of a suicide attempts**
- **64% of adult suicide attempts**
- **80% of child/adolescent suicide attempts**

Are attributable to Adverse Childhood Experiences

Women are 3 times as likely as men to attempt suicide over the lifespan.



Findings

- **92% of incarcerated girls report sexual, physical or severe emotional abuse**
- **Boys who experience or witness violence are 1,000 times more likely to commit violence than those who do not**
- **As many as one third of women and 14% of men are survivors of childhood sexual abuse**



What the Prevalence Data Tell Us

- **The majority of adults and children in psychiatric treatment settings have trauma histories**
- **A sizable percentage of people with substance use disorders have traumatic symptoms that interfere with achieving or maintaining sobriety**
- **A sizeable percentage of adults and children in the prison or juvenile justice system have trauma histories**



Bottom Line

- **The experience of trauma in childhood and adulthood matters!**

A quality healthcare, human services and/or social safety net organization is designed to address the impact of trauma for every single person served in that organization.



It is Difficult to Determine if a Person's Problem is Trauma Related

We don't know what kinds of experiences our clients have had when they seek our help, so we need to approach them in a universally sensitive manner

- **If we assume that their presenting issues are not related to trauma, we miss an opportunity to help**
- **If we assume trauma is involved, we pay attention to signs of trauma and ask the right questions**



Trauma Informed Interventions

- **Safety**
 - Emotional, cognitive, physical interpersonal
 - **Trustworthiness and transparency**
 - **Peer support and mutual self-help**
 - **Collaboration and mutuality**
Sharing of power and decision-making and recognition that everyone has a role to play



Interventions continued

Empowerment, voice and choice

- Strengths are built on and validated and new skills developed as needed.
- Belief in resilience and individuals, organizations, and communities.
- Building on what clients, staff, and communities have to offer rather than perceived deficits.

Cultural, Historical, and gender issues

- Leverages the healing value of cultural connections, and recognizes and addresses historical trauma.



Three E's of Trauma

Events: Objective – What happened (car crash)

Experiences: how the person experienced the event based upon

- Developmental age
- Prior history
- Available resources
- Environmental

Get the basic needs met. Fire burns house down, need clothes, shelter

Third E of Trauma

Effects:

- Emotional
- Mental
- Physical
- Social
- Spiritual





Four R's

- Realization of the event
- Recognize the experience and the effects
- Respond to help people live a high quality of life
- Resist re-traumatization.

Ensure “Do No Harm!”



Intention of Interventions Summary

Create safety and develop trust through the use of

- Cultural resources
- Peer support
- Transparency
- Collaboration and empowerment

To:

- Explore events, experiences and events
- Respond in a way to help people live a rich and meaningful life without retraumatizing them.



Creating Safety

- Develop a nurturing voice
- Develop a crisis plan (and a post-crisis plan)
- Mindfulness activities (awareness of self)
- Grounding techniques (awareness of the present)
- Unhooking
- Pandora's box
- Boundaries
 - Physical
 - Emotional
 - Cognitive



Transparency

- Always explain rationale behind activities
 - Improve communication
 - Stop mindreading
 - Ask for what you need (and stop expecting mind reading)
 - Using I-statements
- Develop an awareness of the motivations behind thoughts, feelings and urges.



Collaboration and Empowerment

- Multisensory guided imagery – mini mental vacation
- Values identification
- Living in the And
- How are you different?
- Identify and enhance strengths for coping with
 - Irritability
 - Hypervigilance
 - Sleep disturbances
 - Flashbacks
 - Numbing
 - Withdrawal



Collaboration and Empowerment

- Create meaning
- Play it out...
- Trigger identification and modification
- Red flags & green flags
- Systematic Desensitization
- Narrative therapy written or charted
- Broken pot



Cultural and Peer Resources

- **Involve cultural supports**
 - Faith healers, pastors
 - Colleagues
- **Identify peer-based resources (specialty groups)**
- **Family /support therapy**



Responding without Retraumatizing

- Building resiliency and prevention vulnerabilities
- Challenging Questions:
 - Facts for and against?
 - Emotional or factual reasoning?
 - Is there a high or low probability that your belief is or will be true?
 - What else contributed to the situation?
 - Are you catastrophizing or using all or nothing thinking?



Summary of TIC Interventions

- Create safety and develop trust through the use of
 - Cultural resources
 - Peer support
 - Transparency
 - Collaboration and empowerment
- To
 - Explore events, experiences and effects
 - Respond in a way to help people live a rich and meaningful life without retraumatizing them
- Ask yourself if any intervention is disempowering, nontransparent, or could be triggering in any way.
- Inform clients before the intervention of the potential benefits and effects. I remind of the “risks involved.”



Self Care for Counselors

- Spa or vacation?
- Taking a conscious active role in preserving our well-being
- We do it the wrong way. Work ourselves into the ground and then use self-care is a way to undo that

Finding a Niche

- Working exclusively with client you enjoy working with





Set firm boundaries

- Not ending sessions on time
- Too much email
- Working harder than clients
- Good sense of what boundaries we need to set



Charge your Worth

- Validates value of your work

Find support

- Can be isolating
- Consultation groups
- Family and friend support from loved ones
- They can identify before we can catch it



Work life balance

- I'm always busy with work or with the people I love
- Being overwhelmed with work is a serious problem that can lead to burnout.





Burnout

- Makes you less productive
- Feeling bad and compromises your immune system making you more vulnerable to health problems
- How to prevent?
- Begins by taking good care of ourselves
- I don't mean a treat yourself day, it is temporary.
- Real self-care has to be a sustainable habit that builds the strength you need to help you deal with the stressors coming your way



Go to sleep early

- Sleep restores your brain and helps flush out toxins
- Not getting good sleep is like “not flushing the toilet after using it.”
- Gross right? But that’s how a want you to think about getting a good night’s sleep.
- If you’re sleep deprived its going to make it hard for you to focus, learn and deal with your emotions the next day.
- Create a bedtime ritual: brush teeth, wash face, PJ’, essential oils (Lavender), relaxing music, turn lights down.

Eat a good breakfast

- After a night of sleeping your brain is craving a fresh supply of glucose
- Eat a good meal of whole grains and proteins
- Helps to focus learn and remember





Limit digital distractions

- Only check email, social media and the news during specific chunks of time
- Morning, afternoon and evening are real distractions making it harder to get any real work done
- Noise on in the background stresses you out
- Turn on do not disturb mode and close out unnecessary windows and “Get to work!”



Go For a Walk

- Half-way through your day, get outside and go for a walk
- Even if its just for 5 minutes
- Makes it easier for me to get through the day;
- Psychologist have found that mid-day walks boosts your mood and reduces stress
- Because it gets your body active and gives your brain a chance to rest



Learn to say “NO!”

- Asking me to do something I don't want to do
- When I'm over-whelmed I only add something new to my workload if I can get rid of something else.
- If I don't do that, I will burn out
- The way I say no is by using the DEAR assertiveness skill
 - D: Describe the situation
 - E: Express how you feel
 - A: Assert what you need
 - R: Reinforce how it will help everyone

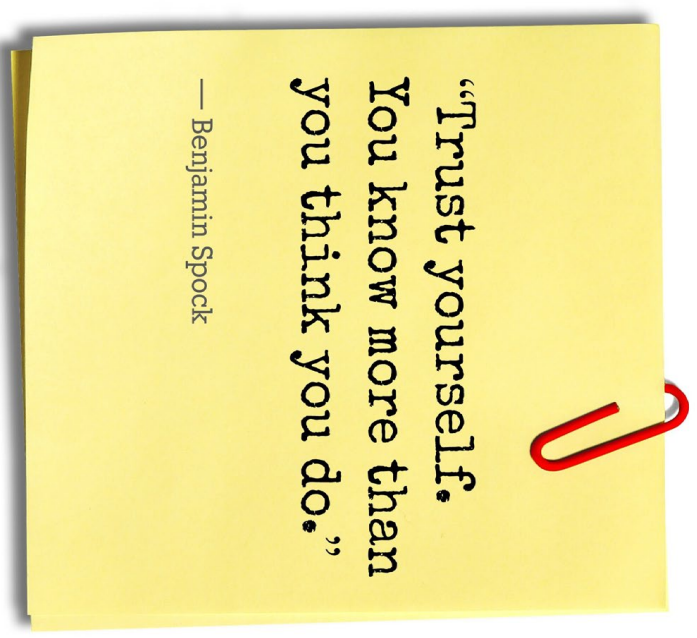
Connect with FAVs

- At least once a day connect with your peers at the office or in your personal life.



Be at home when you're home

- Dump out all thoughts and worries and all the things I have left to do on a post it or note pad
- Then review it the next morning



This Photo by Unknown Author is licensed under CC BY-NC-ND



Distress Tolerance skills

- On my ride home I am tired and stressed out
- I tolerate by using DTS
- Temporarily distract myself through music
- Music can transport your mind to a better place and time





Connect with meaning

- When I get home from work, I like to connect with the people who mean the most to me
- Friends, family or pets.
- Connecting with the things that give your life meaning can make it easier to deal with work that could make your life feel meaningless
- What's your self-care routine? And how to you cope with burnout?
 - Let me know with your comments in the comments window,

Questions? Comments...

- I have attached the ACE questionnaire so that you can use it for yourself or in your workplace.

