



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Trauma Informed Care in Assertive Community Treatment (ACT) Teams

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Mid-America Mental Health Technology Transfer Center (MHTTC)

- Funded by the federal Substance Abuse and Mental Health Services Administration (Grant number: H79SM081769).
- Awarded to UNMC's Behavioral Health Education Center of Nebraska (BHECN).
- Serves to align mental health services across Missouri, Iowa, Nebraska, and Kansas with evidence-based practice.



Mid-America Mental Health Technology Transfer Center (MHTTC) Specialized Training and Technical Assistance

- Integrated behavioral health in primary care.
- Behavioral health workforce development.
- Community treatment approaches for serious mental illness.
- School mental health.
- Other local mental health topics.



Objectives

- From this presentation, you will gain the following:
 - Understand trauma throughout the lifespan and how it manifests in behavior
 - Understand the principles of trauma informed care and approaches
 - Discuss post traumatic growth and trauma informed interventions

Trauma is...

“The result from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional or spiritual well-being”

- SAMHSA, 2002, p. 2



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Three E's of trauma

Events

Circumstances
or situation
cause trauma

Experience

An individual's
experience of
the trauma
determines if it
is traumatic

Effect

Can include
adverse social,
physical,
emotional, or
spiritual
consequences

Traumatic events

Childhood or adult violence

Loss

Witnessing violence or death

Terrorism

Urban violence

War/combat

Motor vehicle accident

Disaster

Separation from your child against your will

Bullying

Homelessness

Life threatening accidents

Threatened with a weapon

Being held captive

Found it necessary to exchange sex in order to meet your basic needs or avoid harm

Crime

Harassment

Miscarriage

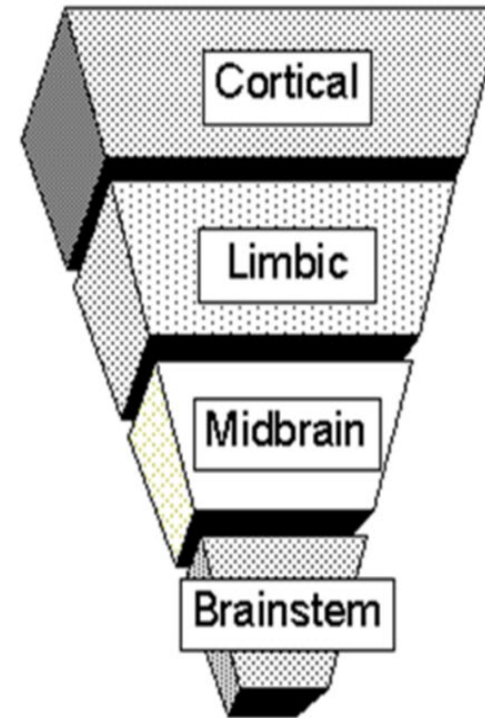
Stalking

Sanctuary trauma

Refugee/Immigration

Hierarchy of Brain Function

- Prefrontal Cortex
 - Executive Function
 - Future consequences of current activities
 - Prediction of outcomes
 - Social controls
 - Differentiation among conflicting thoughts (best, better, good/bad)
 - Relationships



Abstract Thought
Concrete Thought
Affiliation
Attachment
Sexual Behavior
Emotional Reactivity
Motor Regulation
"Arousal"
Appetite/Satiety
Sleep
Blood Pressure
Heart Rate
Body Temperature



Traumatic Events may affect a child

Brain development

Sense of Personal Safety

Ability to trust others

Sense of the future

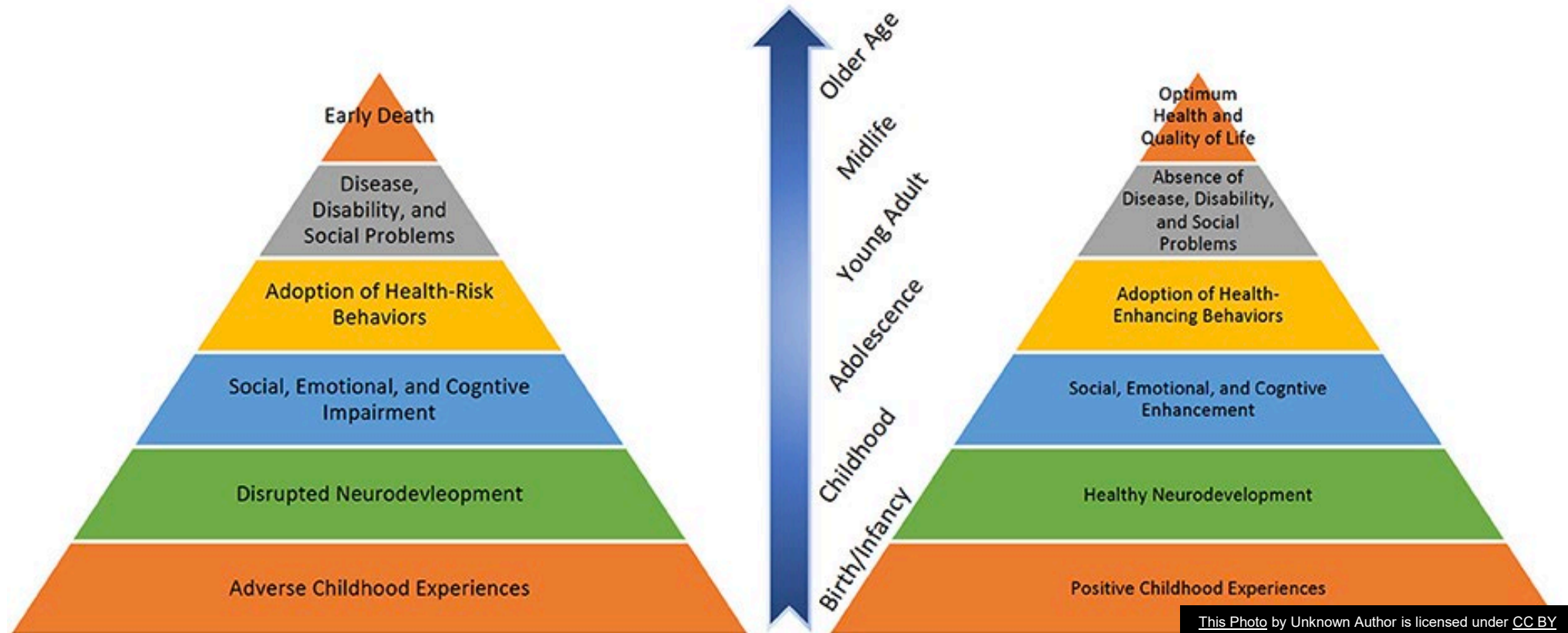
Behavior and Social Relationships

Effectiveness in Navigating Life Changes

Children in Foster Care

Adverse Childhood Experiences (ACE)

- Collaboration between Kaiser Permanente's Department of Preventative Medicine in San Diego and the Center for Disease Control and Prevention



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Questions Related to the ACE survey

- 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

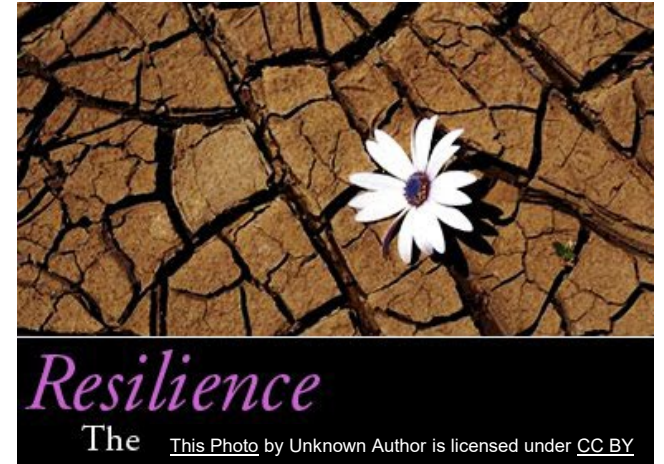
Adverse Childhood Experiences*	Impact of Trauma and Health Risk Behaviors to Ease the Pain	Long-Term Consequences of Unaddressed Trauma (ACEs)
<p><i>Abuse of Child</i></p> <ul style="list-style-type: none"> ▶ Recurrent Severe Emotional abuse ▶ Recurrent Physical abuse ▶ Contact Sexual abuse <p><i>Trauma in Child's Household Environment</i></p> <ul style="list-style-type: none"> ▶ Substance abuse ▶ Parental separation or divorce - ▶ Chronically depressed, emotionally disturbed or suicidal household member ▶ Mother treated violently ▶ Imprisoned household member ▶ Loss of parent – (best by death, unless suicide, - worst by abandonment) <p><i>Neglect of Child</i></p> <ul style="list-style-type: none"> ▶ Abandonment ▶ Child's basic physical and/or emotional needs unmet 	<p><i>Neurobiological Effects of Trauma</i></p> <ul style="list-style-type: none"> ▶ Disrupted neuro-development ▶ Difficulty controlling anger-rage ▶ Hallucinations ▶ Depression ▶ Panic reactions ▶ Anxiety ▶ Multiple (6+) somatic problems ▶ Sleep problems ▶ Impaired memory ▶ Flashbacks ▶ Dissociation <p><i>Health Risk Behaviors</i></p> <ul style="list-style-type: none"> ▶ Smoking ▶ Severe obesity ▶ Physical inactivity ▶ Suicide attempts ▶ Alcoholism ▶ Drug abuse ▶ 50+ sex partners ▶ Repetition of original trauma ▶ Self Injury ▶ Eating disorders ▶ Perpetrate interpersonal violence 	<p><i>Disease and Disability</i></p> <ul style="list-style-type: none"> ▶ Ischemic heart disease ▶ Cancer ▶ Chronic lung disease ▶ Chronic emphysema ▶ Asthma ▶ Liver disease ▶ Skeletal fractures ▶ Poor self rated health ▶ Sexually transmitted disease ▶ HIV/AIDS <p><i>Social Problems</i></p> <ul style="list-style-type: none"> ▶ Homelessness ▶ Prostitution ▶ Delinquency, violence, criminal behavior ▶ Inability to sustain employment ▶ Re-victimization: rape, DV ▶ compromised ability to parent ▶ Intergenerational transmission of abuse ▶ Long-term use of health, behavioral health, correctional, and social services
<p>* Above types of ACEs are the “heavy end” of abuse.</p>		

Resilience

“Even when people score high on ACE’s it doesn’t mean this is determinate of their life course. What doesn’t get accounted for in the ACE score is the concept of resilience; building resilience is a solution to adverse childhood experiences.”

Jane Isaacs Lowe

Robert Wood Johnson Foundation



Resilience

“The ability to adapt to and overcome adversity”

Resilience does not mean the absence of emotional pain or stress.

It means having the tools and support to cope.





From “What’s Wrong?” To “What’s Happened?”

- What is your diagnosis?
- What is your story?
How did you end up 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?

Trauma is often Overlooked because...

- Behavioral responses resemble common delinquent behaviors and are under-identified as trauma symptoms
- Stress manifestation is different by ages, stages, expression
- Many just don't connect the symptoms to trauma
...Thus leading to
consequences/punishment rather than help



Trauma Informed Care Principles

Key Principles of a Trauma-Informed Approach

Safety

Trustworthiness and Transparency

Collaboration and Mutuality

Choice, Empowerment and Voice

Peer Support

Cultural Historical and Gender Issues

Safety

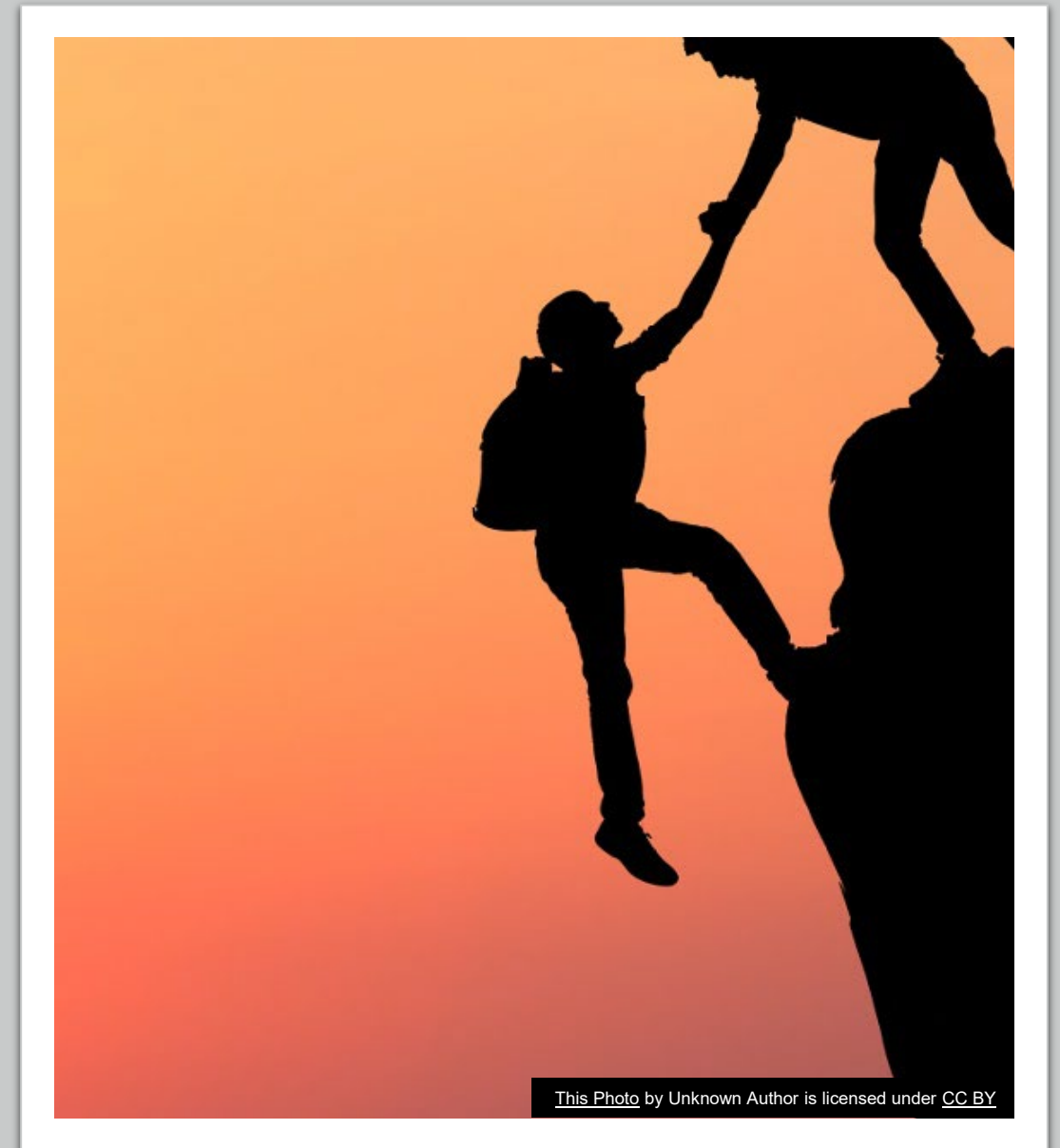
- Physical safety
 - Physical integrity; absence of physical harm
 - Objectively assessed
 - Risk is immediate
 - Action!
- Emotional Safety
 - Respect and autonomy; absence of humiliation
 - Subjectively assessed
 - Risk is not immediate
 - Consider all options available



Trustworthiness/Transparency

- Maintain professional boundaries
- Share information to make tasks clear
- Deliver quality services focused on achieving intended impact

- Core to this value is accountability, transparency and consistent practice of ethical behaviors



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Collaboration

- Client is treated as expert on their own life
 - Preferences should be heard and honored where possible
- Partnership between client and staff to demonstrate that healing happens in relationships
- Meaningful sharing of power and decision making



Voice, Choice and Empowerment

- May include choices over aspects of the services they receives
 - Ex. Time of day, type of intervention
- Emphasizing strengths and resilience
- Exploring coping strategies and sources of personal strengths used in the past
- Realistic sense of hope about the future



Peer Support

- *Establishing safety and hope, building trust, enhancing collaboration, serving as models of recovery and healing, and maximizing a sense of empowerment.*
- *Voluntary*
- *Nonjudgmental*
- *Respectful*
- *Reciprocal*
- *Empathetic*



Cultural, Historical and Gender Issues

- Cultural Humility
 - Clinician is not the expert and accepts responsibility for learning about the client's cultural identity
- Understanding stigma attached to mental health problems
- Awareness of cultural variations in presentation of symptoms





Post traumatic Growth



Recovery: Healing Happens!

The definition of recovery has shifted from a focus on what is deleted from one's life (alcohol and other drugs, arrests for criminal acts, hospitalizations) to what is added to one's life (the achievement of health and happiness).

-Miller and Delaney 2005



Stages of Recovery

Judith Herman, Trauma & Recovery

- Safety
- Remembrance/Mourning
- Reconnection

Post Traumatic Growth

- Change in Self
- Closer to People
- Change in Life Philosophy
- Change in Priorities
- Enhanced Spiritual Beliefs



kintsukuroi

(n.) (v. phr.) "to repair with gold"; the art of repairing pottery with gold or silver lacquer and understanding that the piece is more beautiful for having been broken

Recovery/Interventions- Healing Happens!

Treatment Models

Psychoeducation

Body work and other adjunct therapies

Peer Support

Healthy Anger

Gender Responsive

Culturally Competent

Recovery Oriented

New Coping Skills

Spirituality

Relationships





Trauma Focused Treatment Interventions

- Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)-
Ages 0-17
- Eye Movement Desensitization and Reprocessing (EMDR)-
Ages 18-25
- Cognitive Behavioral Intervention for Trauma in Schools (CB
ITS)- Grades 3rd-8th
- Seeking Safety- Ages 13-25
- Trauma Trained Therapist



Trauma Focused Treatment Interventions

- Beyond Trauma: A Healing Journey for Women- 12 Sessions, 90 Minutes each, 6-10 women
- TREM- Trauma Recovery and Empowerment Model
- M-TREM- Men Trauma Recovery and Empowerment Model
- Child Parent Psychotherapy (CPP)- Integrates a focus on the way the trauma has affected the parent-child relationship. Ages 0-6.
- Circle of Security- Early intervention program for parents and children, pre-school to age 5. Parent education and psychotherapy intervention for healthy attachment.

Body Work & Other Adjunct Therapies

- Yoga
- Meditation/Prayer
- Tai Chi/Qi Gong
- Mindfulness
- Visualization/guided imagery
- Deep Breathing
- Reiki
- Acupuncture
- Dancing/Walking
- Rocking Chair
- Self-Care Kit
- Art Therapy
- Music
- Journaling
- Drumming
- Massage
- Aroma Therapy/Essential Oils
- Grounding Techniques
- Cooking
- Other?



References

- <https://www.acf.hhs.gov/trauma-toolkit/trauma-concept>
- https://www.goodtherapy.org/blog/Understanding_Intergenerational_Trauma
- <https://www.counseling.org/docs/trauma-disaster/fact-sheet-9---vicarious-trauma.pdf>
- https://www.researchgate.net/profile/Lisa-Butler-5/publication/234155324_Trauma-Informed_Care_and_Mental_Health/links/02bfe50f9b4cbb8051000000/Trauma-Informed-Care-and-Mental-Health.pdf
- SAMSHA TIP 57 toolkit:
<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4816.pdf>

Upcoming Implementing Assertive Community Treatment (ACT) in Kansas Trainings

- May 25th/26th- Motivational Interviewing (by invitation only to ACT programs)
- June 22nd- Recovery Oriented Care
- Beyond!

<https://mhttcnetwork.org/centers/mid-america-mhttc/implementing-assertive-community-treatment-act-kansas>



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