

TIC and Care for Individuals with Chronic Diseases

A Collaboration Between:



Presenters



Aimee Rachel, LMSW
TIC Clinical Coordinator
Texas Association of Community Health Centers



Aniela Brown, MSW
TIC Clinical Coordinator
Texas Association of Community Health Centers

Objectives



- 1. Describe the key findings of the Adverse Childhood Experiences (ACEs) Study.**
- 2. Explain the relationship between ACEs and the development of chronic diseases.**
- 3. Integrate TIC strategies for Chronic Disease management**

Self-Care



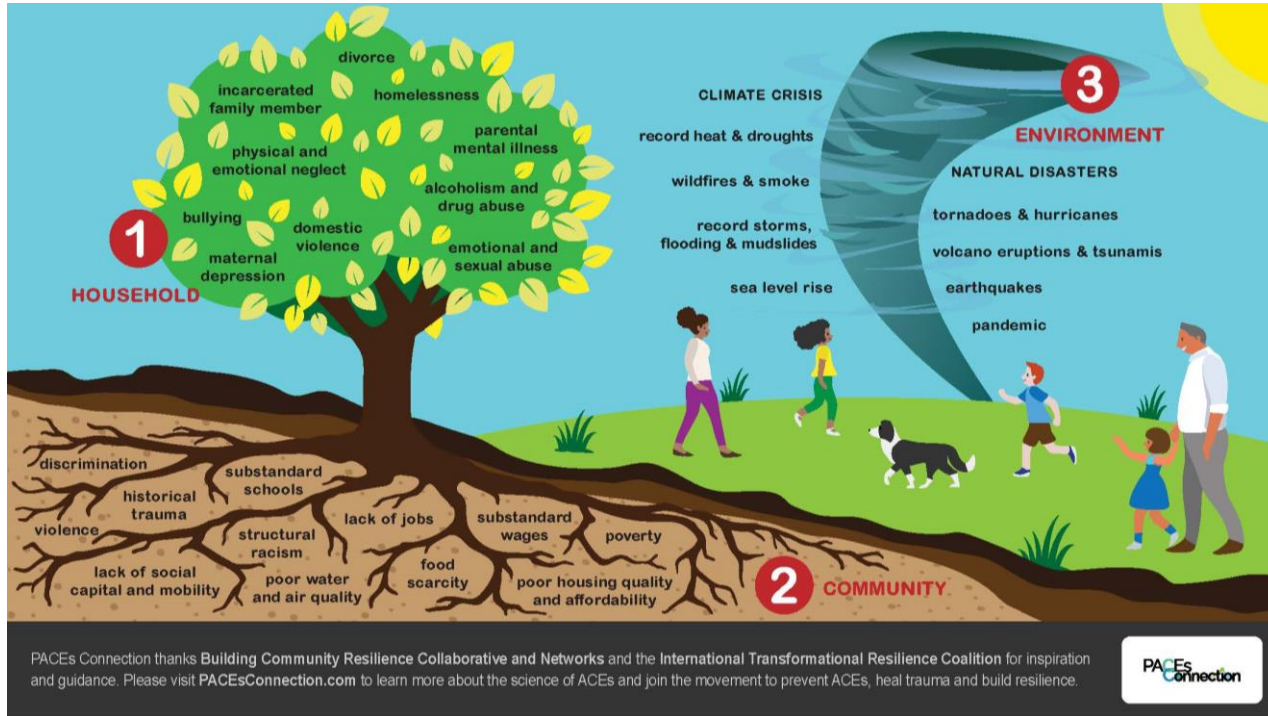
At times, the materials presented in this session can be difficult to **view** or **hear**.

Please take a **break** at any time and seek decompression support if needed
(breathing exercise, turning camera off, taking a pause, etc.).



Key findings

3 Realms of ACEs





- Acute
- Chronic
- Complex
- Historical
- Systemic

Protection against the Elements

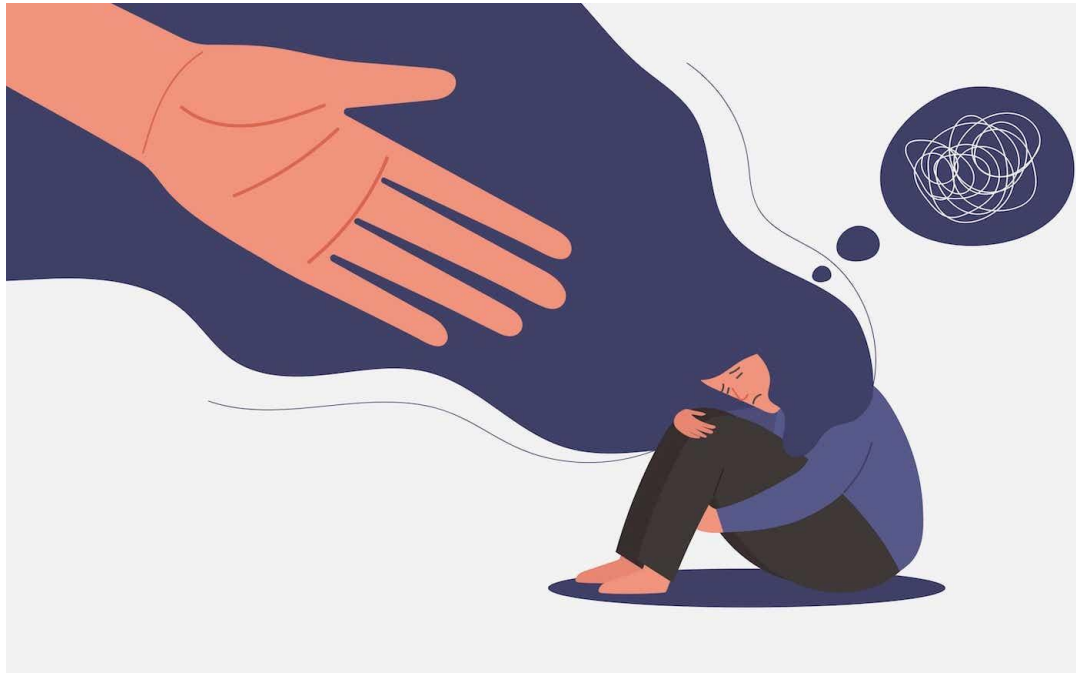


Relationship

ACEs & The Development of Chronic Diseases



Reminders



Taxing Emotions

- Suppression
- Somatization
- Alexithymia



Psychological Impact



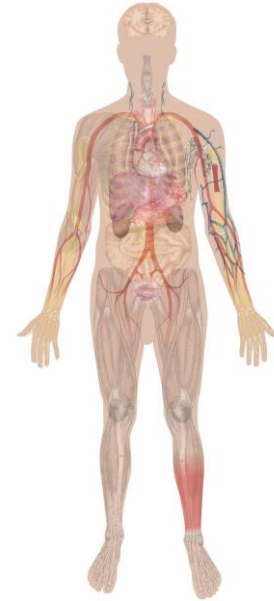
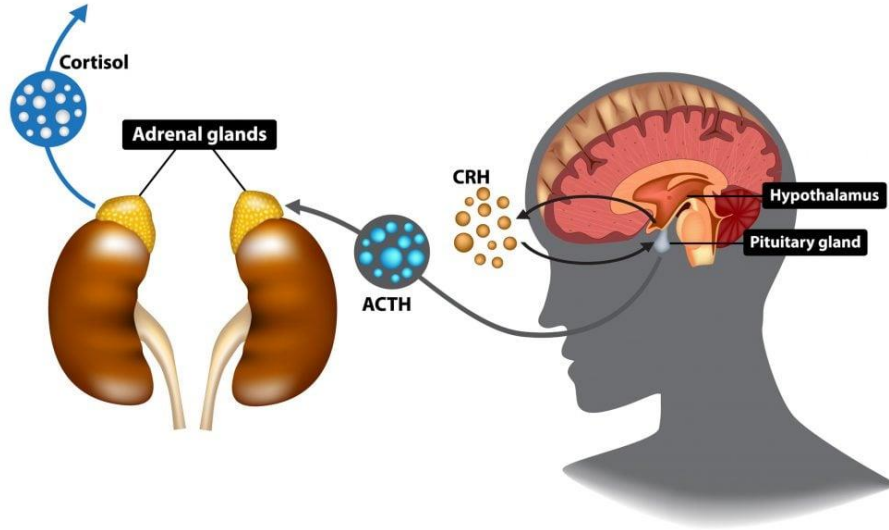
Neurocognitive Impact



Brain Structure



Physical Impact

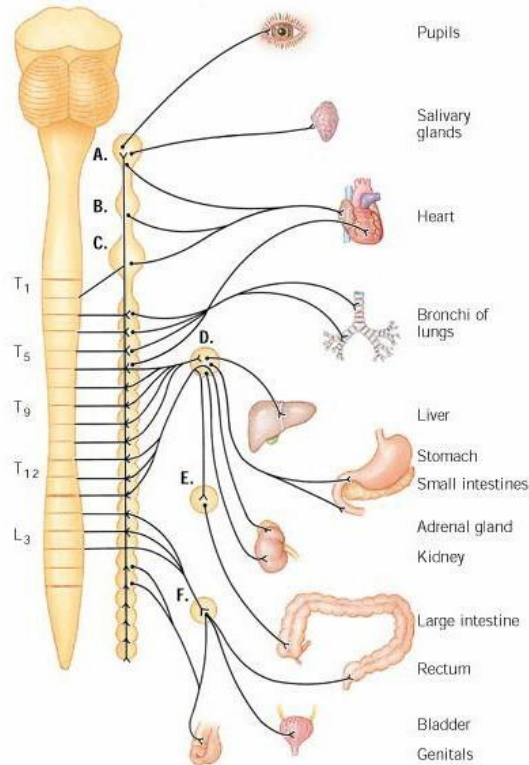


Alarm!

Stress Hormones

Body-Wide Changes

Sympathetic/Parasympathetic Nervous System



Cardiovascular Impact



Immune System Impact



Gastrointestinal Impact



Reproductive System Impact



Pain Disorders



Strategies



The 4 R's

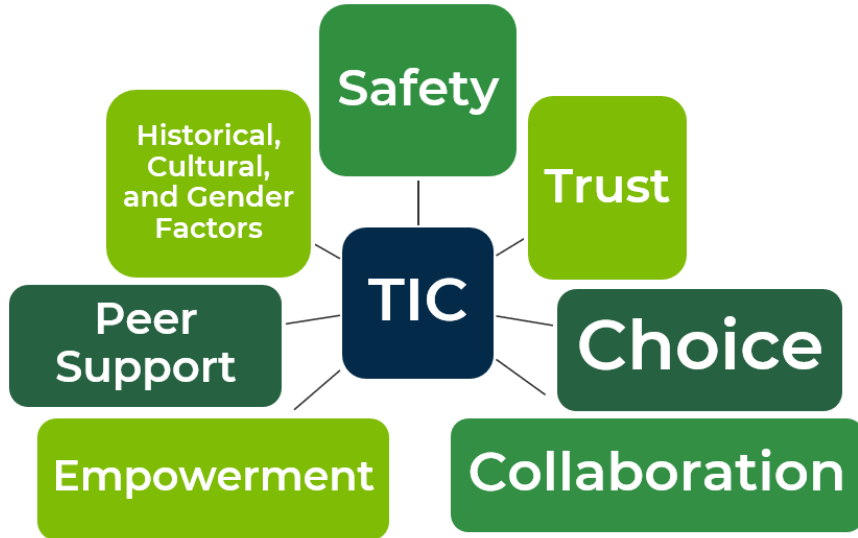


- Realize
- Recognize
- Respond
- Resist Re-traumatization



Adapted from Raja (2014)

TIC Application



Source: SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach, 2014



(c) Texas Association of Community Health Centers, 2023

Promote SAFETY

Through Universal Trauma Precautions



Offer CHOICE

While Utilizing a Strength-Based Approach



Build TRUST with TRANSPARENCY



To Minimize Re-Traumatization



Encourage COLLABORATION

By Referring Patients to Trauma Informed Support



Foster EMPOWERMENT

By Utilizing Patient-Centered Language



Patient-Centered Language Recommendations



Instead of...	Use...
Patient (outside of a healthcare encounter)	Person, individual, member, consumer
Not-adherent, non-compliant	Has barriers, “often chooses not to do...because”
Resistant, refuses	Prefers not to, Isn't ready for
Victim, vulnerable	Survivor, Person with Lived Experience
High-risk population	People who are at increased risk for...
You alone make decisions	We're in this together, We're a team
Male & Female, Gendered pronouns	Partners, Folks, People
Addicts, Alcoholics, Smokers	Person with a substance use disorder
What's wrong with you?	What happened to you?

Acknowledge HISTORICAL, CULTURAL, & GENDER FACTORS



By Practicing Cultural Humility



Provide Space for PEER SUPPORT



To Prioritize Workforce Wellbeing



Putting It All Together



Resources



- D'Andrea, W., Sharma, R., Zelechowski, A., & Spinazzola, J. (2011). Physical Health Problems After Single Trauma Exposure. *Journal of the American Psychiatric Nurses Association*, 17(6), 378-392.
- Lin, L., Wang, H., Lu, C., Chen, W., & Guo, V. (2021). Adverse Childhood Experiences and Subsequent Chronic Diseases among Middle-aged or Older Adults in China and Associations with Demographic and Socioeconomic Characteristics. *JAMA Network Open*, 4(10), E2130143.
- Palusci, V. (2013). Adverse Childhood Experiences and Lifelong Health. *JAMA Pediatrics*, 167(1), 95-96.

Questions

Session Evaluation Poll

Next Up:



TIC Open Office Hours:

- Session 4: Chronic Condition Support
- Tuesday, October 24, from 12:00-1:00pm CST



TIC Didactic Session:

- Session 5: TIC and Care for Individuals with Substance Use Disorders
- Tuesday, November 14, from 12:00-1:00pm CST

Thank you!



Aimee Rachel, LMSW
TIC Clinical Coordinator
arachel@tachc.org

Aniela Brown, MSW
TIC Clinical Coordinator
abrown@tachc.org