

TIC and Care for Individuals with Substance Use Disorders

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. Define trauma, its impact on the brain, and the potential behavioral and physical health outcomes.**
- 2. Discuss the relationship between traumatic experiences, SUDs, Special Populations, Stigma, and Harm Reduction.**
- 3. Explore the utilization of Trauma Informed Care (TIC) and screening for SUD as a prevention framework and strategy towards healing.**

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.).

Let's Review

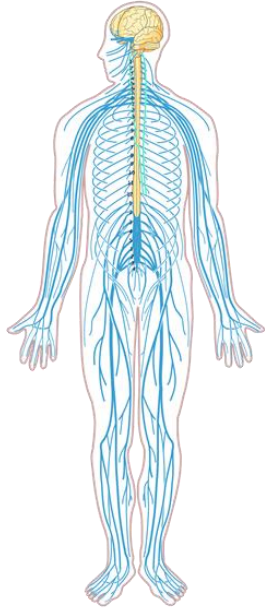
Trauma Defined

- Event(s)
- Experienced directly or witnessed
- Harmful or life threatening
- Lasting adverse effect(s)
- Impactful to overall wellbeing



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

The Body's Response



- **Alert system**
- **Survival Response**
- **Stress Hormones**

Toxic Stress



Survival Responses

- **Fight**
- **Flight**
- **Freeze**
- **Fawn**



Expressions of Survival Responses



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL

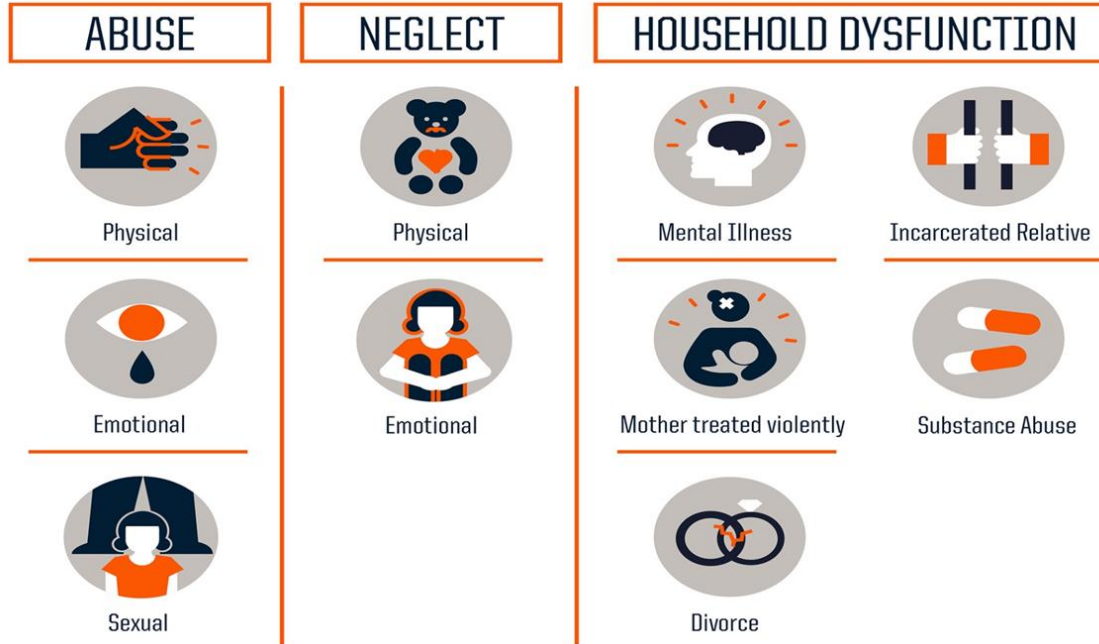


OCCUPATIONAL



SOCIAL

Adverse Childhood Experiences (ACEs)



© 2021, CDC [National Center for Injury Prevention and Control](#), [Division of Violence Prevention](#)

Widespread Impact from ACEs



High prevalence rates across individuals, families, and communities.

64%

US Adults report at least 1 type of ACE prior to age 18



1 in 6 US Adults report 4 or more ACEs prior to age 18

3x

Higher odds of opioid misuse among US Adults who reported 4 or more ACEs

SOURCE: <https://www.cdc.gov/violenceprevention/aces/fastfact.html>



- Adversity is interrelated.
- Adversity is cumulative.
- Adversity effects are predictable.
- Adversity affects relational health.
- Adversity is not destiny.

Adapted from (c) 2013, ACE Interface, The Progressive Nature of Adversity in the Life-Course

The Relationship

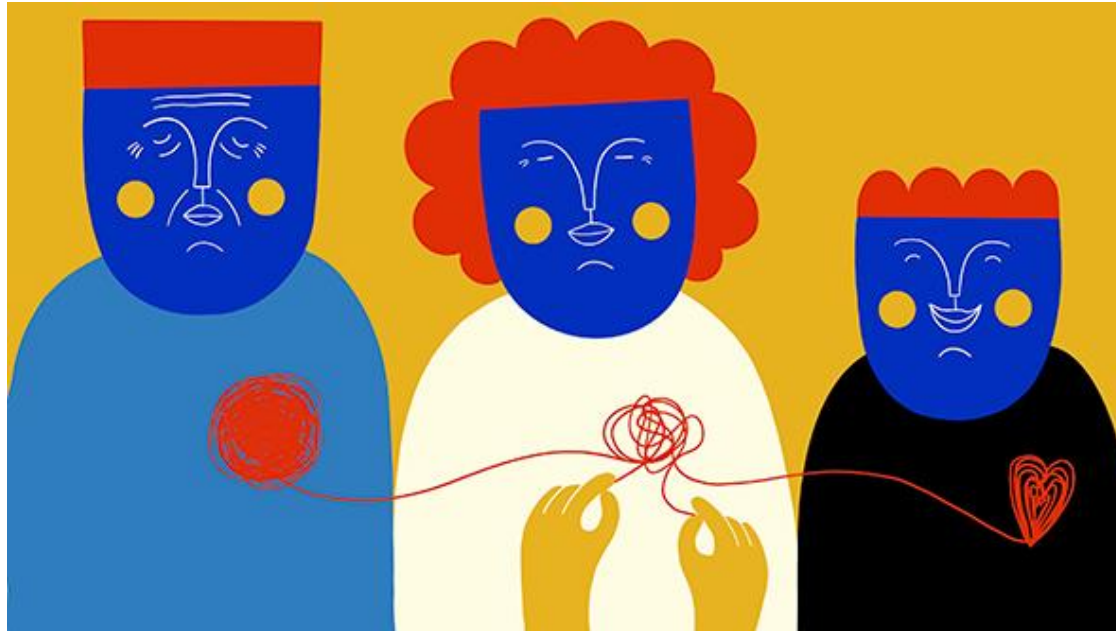
The Why



My Why



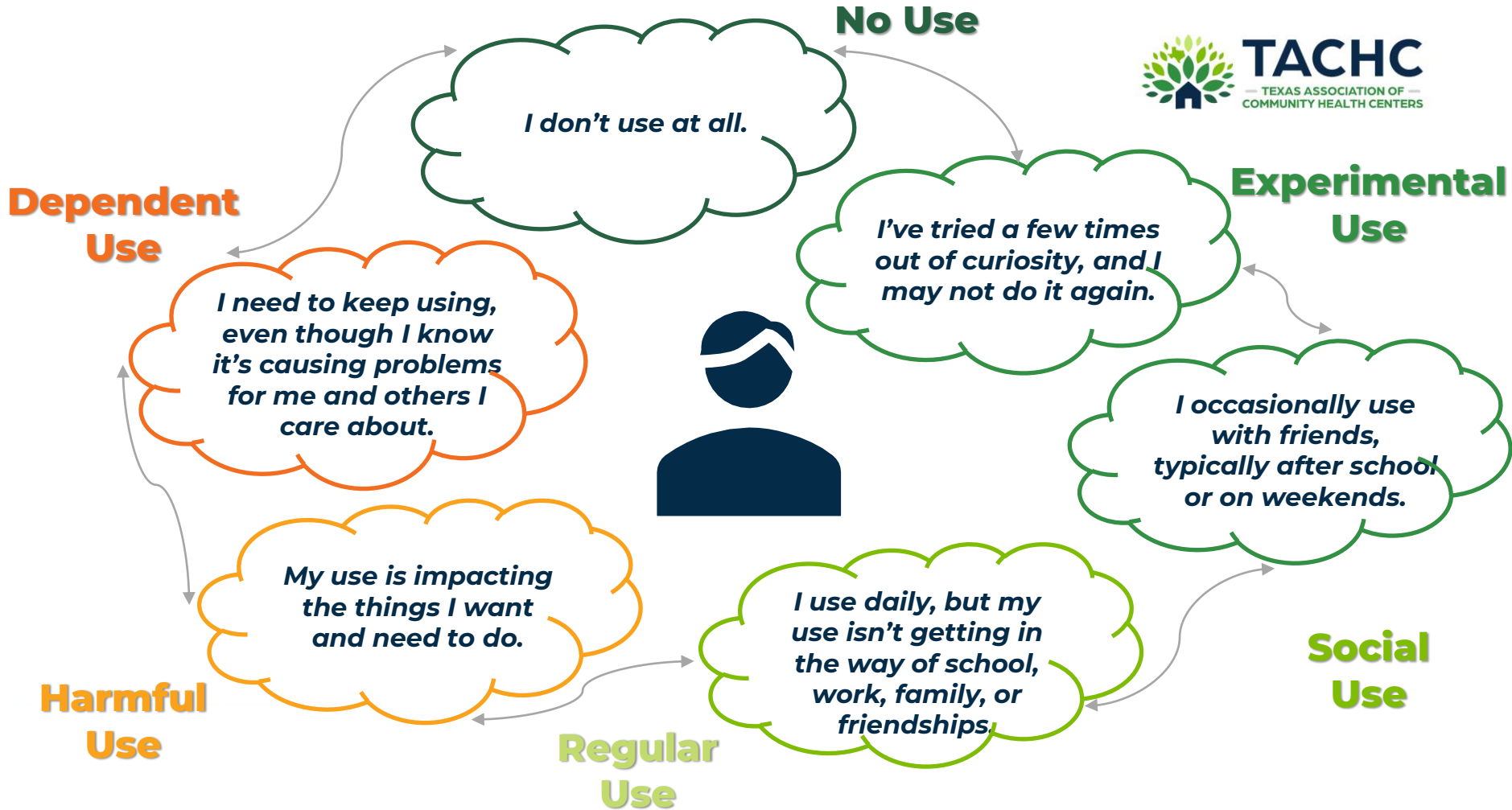
Experiences Matter



Substance Use Disorders

- Treatable, chronic diseases
- Problematic pattern of use
- Use despite harmful consequences





Trauma and SUD

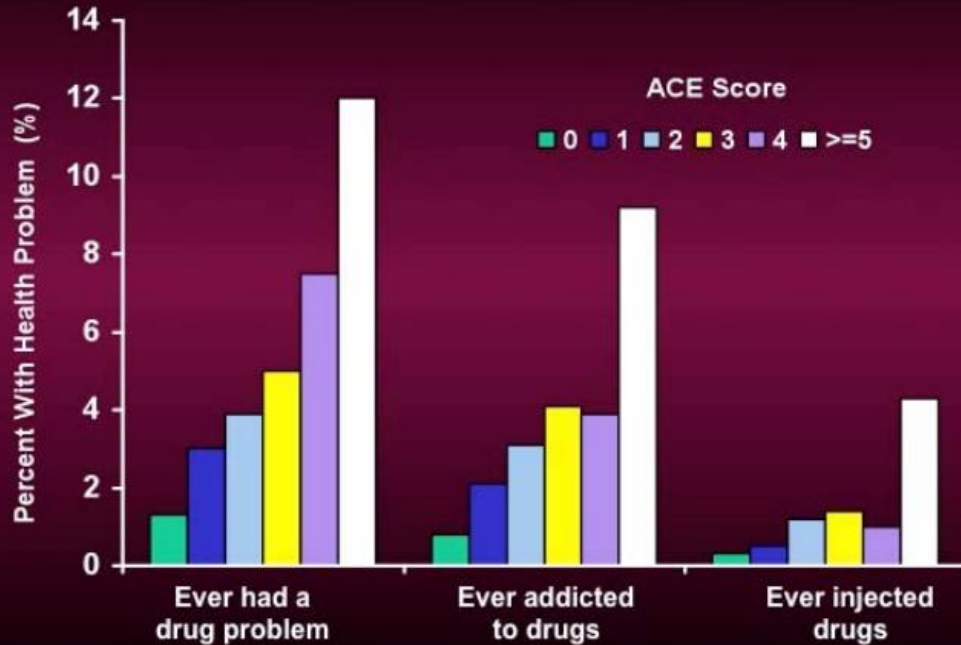


Trauma and Perinatal Care



Information from the original ACE Study

ACE Score and Drug Abuse

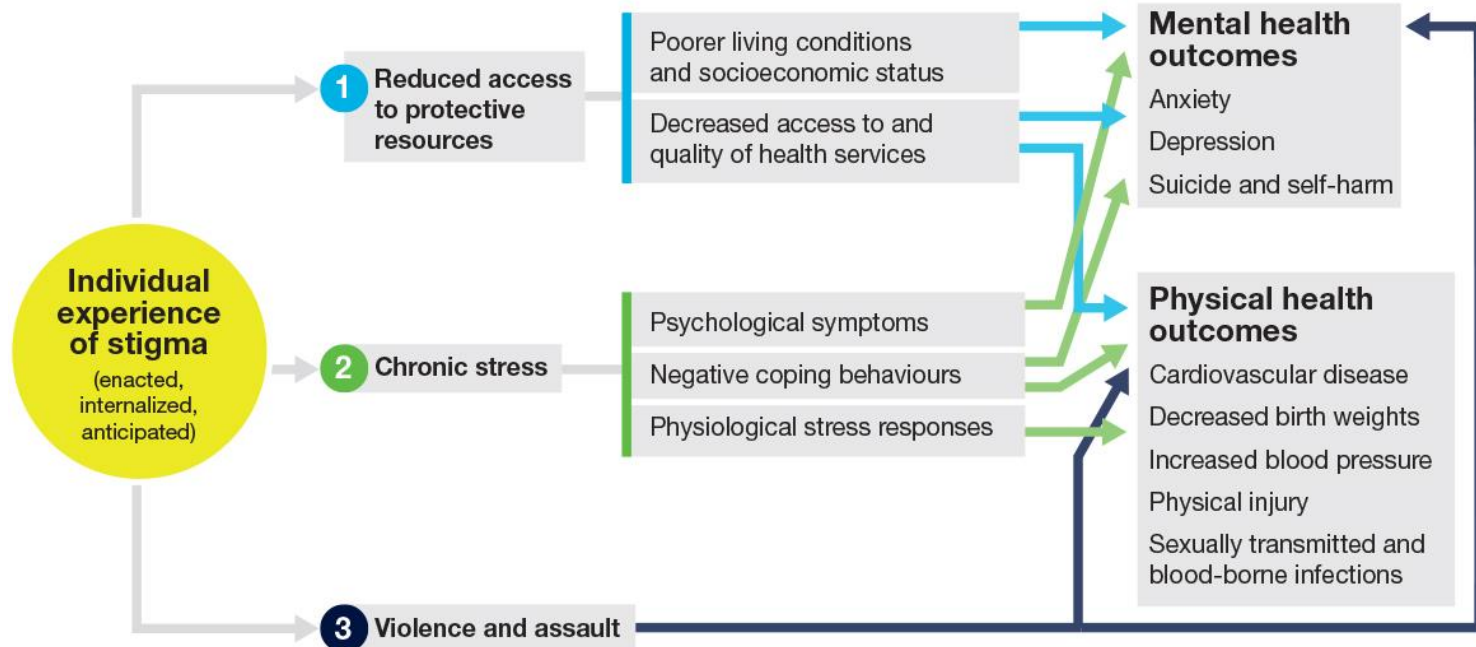


Slide courtesy of Robert Anda and Vincent Felitti



- ACEs are strongly associated, in a **dose-response fashion**, with substance use.
- Individuals with 6 or more ACEs have a **400% increased chance** of IV drug use.

Trauma and Stigma



SOURCE: Addressing Stigma: Towards a More Inclusive Health System, Government of Canada 2019

TIC Strategies for Healing

Trauma Informed Care (TIC)

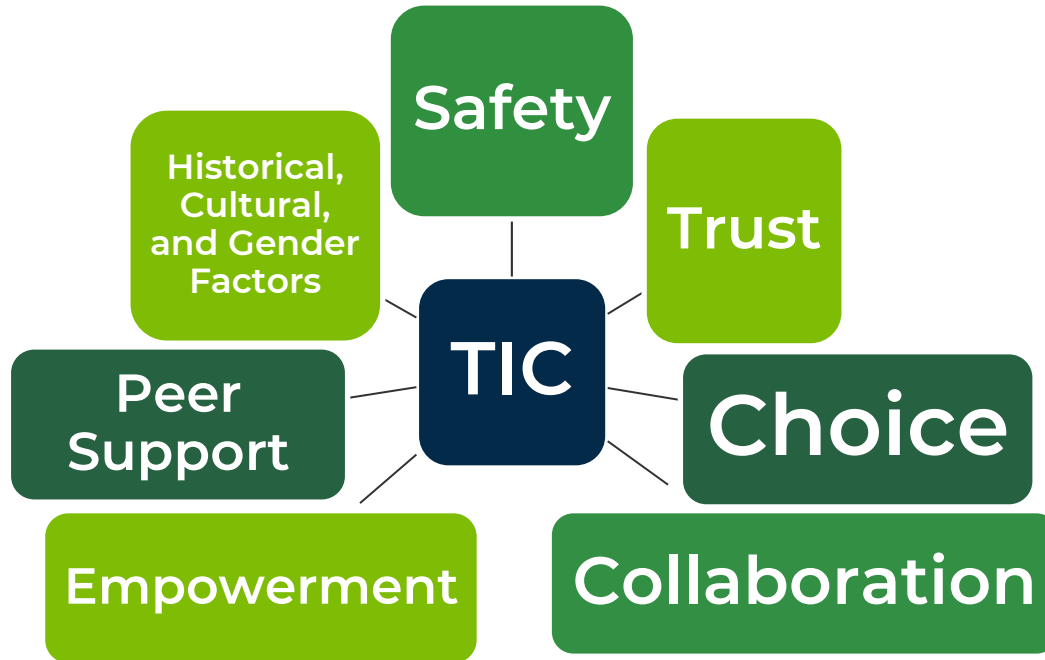


- Framework
- Strength-Based
- Recognition of Impacts
- Safety for all
- Opportunity to Rebuild



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

TIC Pillars



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

TIC and Treatment for SUD



- Trauma Experience
- Symptoms of Trauma
- Trauma Informed Care

Trauma Reminders

- Difficult to identify
- Biological reactions
- Social impacts
- Health consequences





Universal Trauma Precautions





Adapted from Raja (2014)

Strength-Based Approach



Patient-Centered Language



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
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
Underserved, the Uninsured	People who are medically underserved
What’s wrong with you?	What happened to you?

Cultural Humility



Trauma Informed Supports



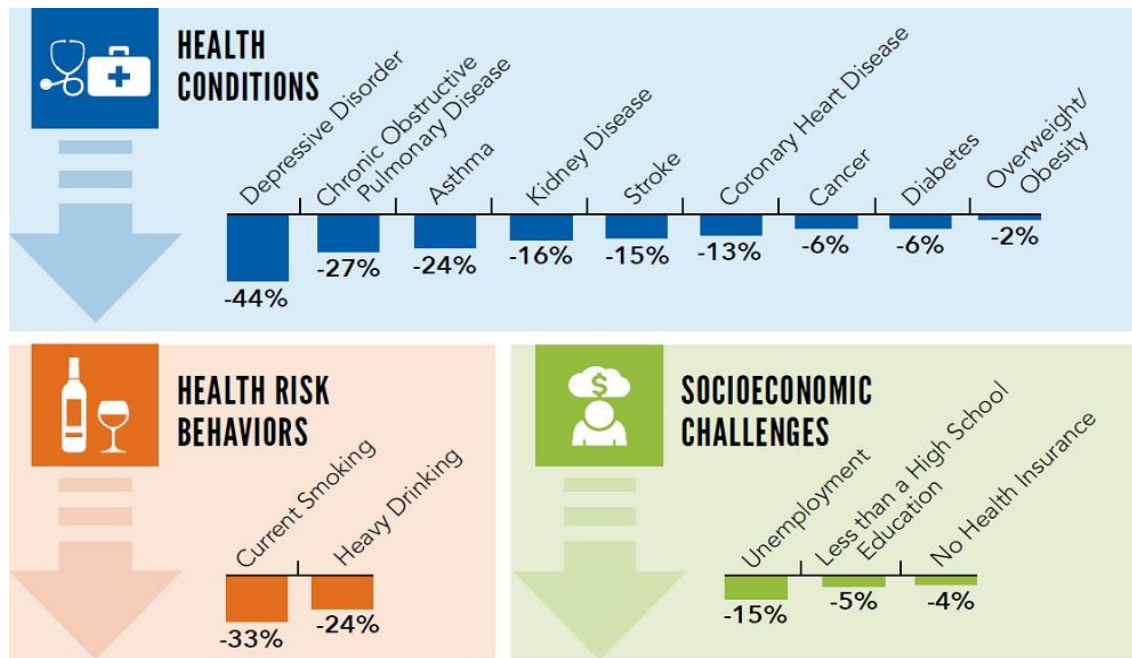
Minimize re-traumatization



Workforce Wellbeing



Get Upstream



SOURCE: BRFSS 2015-2017, 25 states, CDC Vital Signs, November 2019.

Preventable if We Act



- **Engage People** as change agents in their communities
- **Increase Understanding** of the shared root causes
- **Ensure Equity** in policies, programs, and services
- **Invest in Research** to better understand what works



SOURCE: <https://www.cdc.gov/injury/priority/index.html>.

Questions

Session Evaluation Poll

Next Up:



TIC Open Office Hours:

- Session 5: TIC and Care for Individuals with Substance Use Disorders
- Tuesday, November 28, 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