

# Multnomah County Trauma Informed Practice Training

**December 19<sup>th</sup>**

**Mandy Davis, LCSW**

**Portland State Univeristy**

---

- Mandy Davis, LCSW Portland State University
- I talk fast.....
- Self Care
- I am going to jump into it – not doing it service
- I will reference my experience working with women and mothers and I ask you to translate this to your work

- Provide a bit of knowledge to raise awareness to trauma and how it manifests in your work
- Have you start to think about if there are ways to reduce re-traumatization in your day to day

A little about

- Trauma prevalence
- Impacts of trauma
- Trauma Informed Care
- Examples

# Trauma overwhelms

- Can be single event.
- More often multiple events, over time (complex, prolonged trauma).
- Interpersonal violence or violation, especially at the hands of authority/trust figure, is especially damaging.

# Traumatic events

- Physical assault
- Sexual abuse
- Emotional or psychological abuse
- Neglect/abandonment
- Domestic Violence
- Witnessing abuse/violence
- War/Genocide
- Accidents
- Natural or man-made disasters
- Dangerous environment
- Witness or experience street violence
- Rape

# Prevalence of Trauma High in Community Samples

- Adverse Childhood Experiences study (CDC, 1995)
  - 17,337 Kaiser enrolled adults
  - ACE score cumulative based on 10 experiences in childhood.
  - Includes but not limited to violent trauma.
  - Two-thirds of sample had a score of 1 or more.
  - More than 10% had score of 4 or more

# The Cumulative Impact

- ACE study (scores 0-10)
  - Score of 4 or more:
    - Twice as likely to smoke
    - 12 times as likely to have attempted suicide.
    - Twice as likely to be alcoholic.
    - 10 times as likely to have injected street drugs.
- Score highly correlated with:
  - Prostitution, mental health disorders, substance abuse, early criminal behavior.
  - Physical health problems, early death.

# Adverse Childhood Experiences ([www.ACEstudy.org](http://www.ACEstudy.org))



# Impact of Trauma

- Emotional Reactions
  - Feelings – emotions, Regulation
  - Alteration in consciousness
  - Hypervigilance
- Psychological and Cognitive Reactions
  - Concentration, slowed thinking, difficulty with decisions, blame
- Behavioral or physical
  - Pain, sleep, illness, substance abuse,
- Beliefs
  - Changes your sense of self, others, world
  - Relational disturbance

- Chronic trauma interferes with neurobiological development and the capacity to integrate sensory, emotional and cognitive information into a cohesive whole. Developmental trauma sets the stage for unfocused responses to subsequent stress.

■ (Van der Kolk, [http://www.traumacenter.org/products/pdf\\_files/Preprint\\_Dev\\_Trauma\\_Disorder.pdf](http://www.traumacenter.org/products/pdf_files/Preprint_Dev_Trauma_Disorder.pdf))

- Without helpful affect regulation skills people who are traumatized may have to rely on *tension reduction behaviors* - external ways to reduce triggered distress (*Briere, 2004*)

- And then we have the system.....
- Trauma Informed Care –
  - “Trauma-informed organizations, programs, and services are based on an understanding of the vulnerabilities or triggers of trauma survivors that traditional service delivery approaches may exacerbate, so that these services and programs can be more supportive and avoid re-traumatization.” (SAMHAS)

- I think applying TIC principles in practice will:
  - Improve our desired outcomes (dependent on system)
  - decrease vicarious trauma or compassion fatigue
  - And support trauma recovery by
    - Reducing re-traumatization
    - Providing “corrective emotional experience”

- Lets take a pause and think about –
- A person who has experienced trauma....

MEETS.....the system

# Trauma and service delivery

- Providing Trauma Informed Services
- Good for all – necessary for survivors

# Examples:

- Has difficulty getting motivated & following through with job training, tx, ed, etc...
- Doesn't engage in services – can't articulate why they are there
- Avoids meetings with service providers.
- Seems “turned off” – lack of emotion.
- Interpersonal conflicts with attorneys, DHS, judges, etc.
- Complains that the system is unfair, they are being targeted.

# Set up for Success

- Programs and advocates need to be consistent yet flexible.
- Healing and recovery cannot occur in isolation but happens within the context of relationships
- When a trauma survivor understands trauma symptoms as attempts to cope with intolerable circumstances, this understanding takes power away from abusers and an individual's abusive experiences
- information will need to be repeated
- Directive and involved
- Expectations
- Predicts
- Transitions
- Narrate
- What happened to you? – not what is wrong with you
- Connecting the dots – “I wonder if”
- Explains the “why”

- I hope to leave you with the knowledge that a little goes a long way -

And

- You need to work with each other to keep this idea alive in your work

# What I say...

- I wonder if.....
- I notice....
- Because I know it is hard to retain information in times of stress can you repeat.....
- Accessing services can sometimes feel traumatizing...
- I am getting ready to .....