



TRAUMA-PROOFING THE REVIEW

Acute Trauma Response

SYMPATHETIC NERVOUS SYSTEM IS ACTIVATED INSTANTANEOUSLY

Stressor

Danger!

**Real or perceived
threat/fear**



- Heart rate increases
- Liver releases glucose
- Bronchioles are dilated
(Oxygen increases)
- Pupils dilate
- Adrenal glands secrete epinephrine and norepinephrine
- Digestion is inhibited
- Non-emergency bodily functions suppressed
- Non-essential thinking decreases
- Muscles tense

TRAUMA-PROOFING THE REVIEW

Prepared for Action!
Fight
Flight
Freeze
Give in/submit



Danger
passes



TRAUMA-PROOFING THE REVIEW

**PARA-SYMPATHETIC NERVOUS SYSTEM IS ACTIVATED
(MAY TAKE SOME TIME DEPENDING ON INTENSITY OF TRAUMA)**

**Returns body to “default” position
(homeostasis)**

Rest and Recovery

- **Heart rate decreases**
- **Liver produces bile (eliminate toxins)**
- **Bronchioles are dilated constricted
(Oxygen returns to normal)**
- **Pupils constrict**
- **Adrenal glands stop secreting epinephrine and
norepinephrine**
- **Digestion is stimulated**
- **Body functions return to normal**
- **Thinking returns**
- **Muscles relax**
- **Memory stored**



TRAUMA-PROOFING THE REVIEW

**But...
what if the stressor
is not resolved
and/or the threat is
ongoing?
(Chronic Trauma)**

TRAUMA-PROOFING THE REVIEW

Chronic Trauma Response

Danger!

ALWAYS Prepared for
Action!
Fight
Flight
Freeze
Give in/submit



Danger is
never over!
Panic/Anxiety
is constant!



Pervasive
real or perceived
threat/fear

But...
what if the stressor
is not resolved
and/or the threat
is ongoing?
(Chronic Trauma)

TRAUMA-PROOFING THE REVIEW

Danger!

SYMPATHETIC NERVOUS SYSTEM STAYS ACTIVATED

- **Triggers (respond to similar stimuli of stressor)**
- **Constant influx of toxic chemicals: cortisol, adrenaline, etc.**
- **Hypervigilance**
- **Hyperalert**
- **Involuntary fight/flight/freeze/give in responses**
- **Over/under reactive**
- **Body cannot relax**

TRAUMA-PROOFING THE REVIEW

IMPACT OF TRAUMA

- Cannot trust self, others, environment
- Intrusive thoughts/feelings/memories/symptoms
- Addictions attempt to numb out unwanted thoughts/feelings/memories/symptoms

Codependency
Pseudo-maturity (parentified)
Unable to focus
Chronic Fatigue
Sadness
Relationship Instability
Suicidal attempts
Guilt
Burned bridges
Compulsive behaviors
Low self-esteem
Anger
Learned helplessness

Multiple Addictions
Depression
Numb: "Checked Out"
Unemployment
Thought problems
Emotional dysregulation
Hyperactive
Hypersensitive
Hypervigilant
Hopelessness
Violence

Nightmares
Attempts to Control
Anxiety
Sleep problems
Avoidance
Negativity
Overwhelmed
Domestic violence
Health Problems

Panic Attacks
Criminal Thinking
Pain
Isolation
Defensive
Self-Harm
Multiple sex partners
Risky behaviors
Enuresis/Encopresis



TRAUMA-PROOFING THE REVIEW

IMPACT OF TRAUMA

- Cannot trust self, others, environment
- Intrusive thoughts/feelings/memories/symptoms
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Relationships

Relationship Instability
Codependency
Domestic violence
Multiple sex partners
Burned bridges

Thinking

Low self-esteem
Learned helplessness
Hopelessness
Unable to focus
Thought problems
Negativity
Criminal thinking

Emotions

Anxiety
Anger
Panic Attacks
Emotional
dysregulation
Defensive
Numb:
“Checked Out”
Depression
Sadness
Hypersensitive
Guilt
Overwhelmed

Behavior

Multiple Addictions
Self-Harm
Avoidance
Isolation
Unemployment
Risky behaviors
Suicidal attempts
Hyperactive
Compulsive behaviors
Hypervigilant
Pseudo-maturity (parentified)
Violence
Attempts to Control

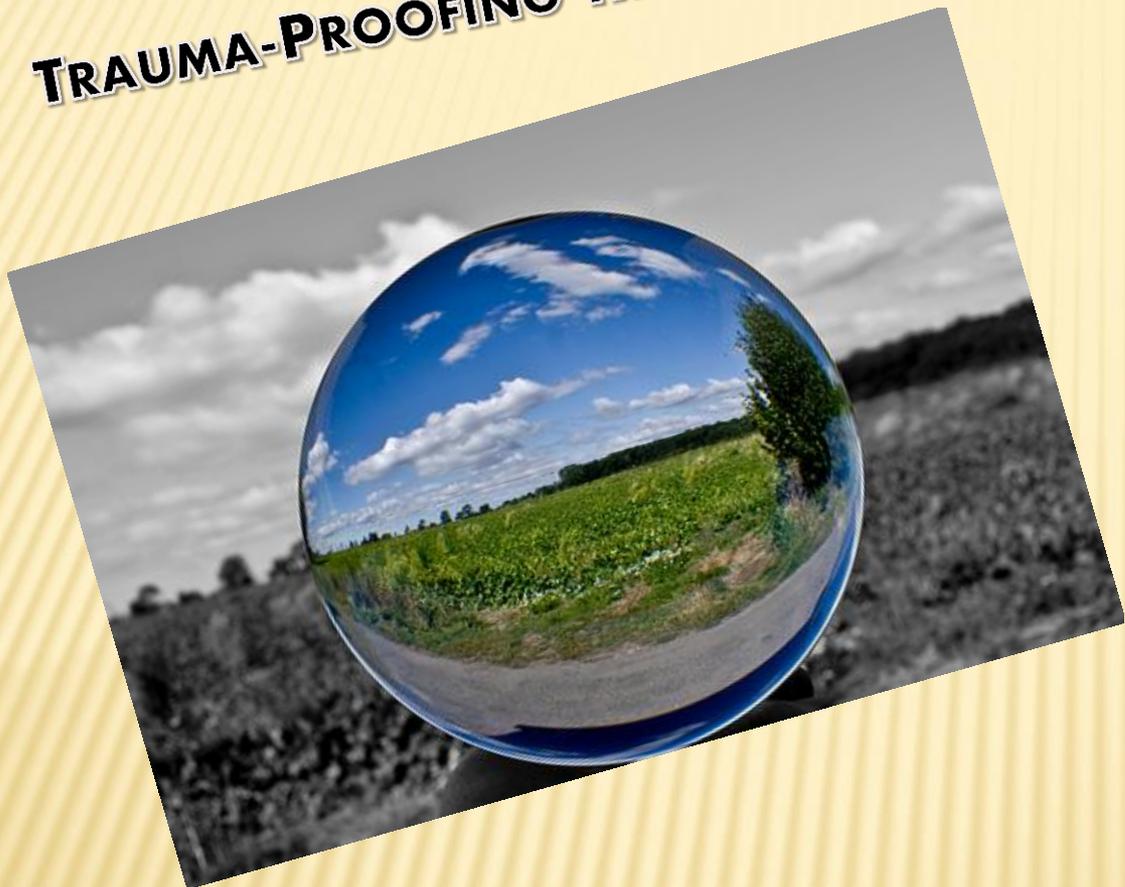
Physical

Chronic Fatigue
Pain
Sleep problems
Health Problems
Enuresis/Encopresis
Nightmares



TRAUMA-PROOFING THE REVIEW

IMPACT OF TRAUMA



Looking through another lense...



Adverse Childhood Experiences

Adverse Childhood Experiences

- ***Abuse:*** physical, sexual, psychological
- ***Neglect:*** emotional, physical
- ***Exposure to other traumatic stressors:*** substance abuse, divorce, mental illness, domestic violence, criminal behavior

ACES Study method

17,421 members of the Kaiser Health Plan in San Diego County from 1995-1997

Confidential survey asking questions about childhood trauma and current health status and behaviors combined with physical examination

Demographics:

- primary care setting
- educated
- middle class
- predominantly white



Finding Your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often or very often...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No if yes enter 1 _____
2. Did a parent or other adult in the household often or very often...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No if yes enter 1 _____
3. Did an adult or person at least 5 years older than you ever...
Touch or fondle you or have you touch their body in a sexual way?
or
Attempt or actually have oral, anal, or vaginal intercourse with you?
Yes No if yes enter 1 _____
4. Did you often or very often feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No if yes enter 1 _____
5. Did you often or very often feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No if yes enter 1 _____
6. Were your parents ever separated or divorced?
Yes No if yes enter 1 _____
7. Was your mother or stepmother:
Often or very often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit at least a few minutes or threatened with a gun or knife?
Yes No if yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No if yes enter 1 _____
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
Yes No if yes enter 1 _____
10. Did a household member go to prison?
Yes No if yes enter 1 _____

Now add up your "Yes" answers: _____ **This is your ACE Score.**

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**Childhood experiences can
be powerful determinants
of who we become as
adults.**

What it found

As the number of ACEs increases, so does the risk of the following health issues:

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Suicide attempts
- Illicit drug use
- Ischemic heart disease (IHD)
- Liver disease
- Smoking
- Early initiation of smoking
- Early initiation of sexual activity
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases (STDs)
- Adolescent pregnancy
- Fetal death
- Health-related quality of life

What it found

People with 4 or more ACEs compared to those with 0 ACEs:

RISK FACTOR	% INCREASE
Smoking	242%
Obesity	222%
Depression	357%
Illicit drug use	443%
Injected drug use	1,133%
STD	298%
Attempted suicide	1,525%
Alcoholism	555%

As the number of ACEs increases, so does the level of risk for each health issue

Young children (0-5)

Key Developmental Tasks

- Development of visual and auditory perception
- Recognition of and response to emotional cues
- Attachment to primary caregiver

Trauma's Impact

- Sensitivity to noise
- Avoidance of contact
- Heightened startle response
- Confusion about what's dangerous and who to go to for protection
- Fear of being separated from familiar people/places



School-aged children (6-12)

Key Developmental Tasks

- Manage fears, anxieties and aggression
- Sustain attention for learning and problem solving
- Control impulses and manage physical responses to danger

Trauma's Impact

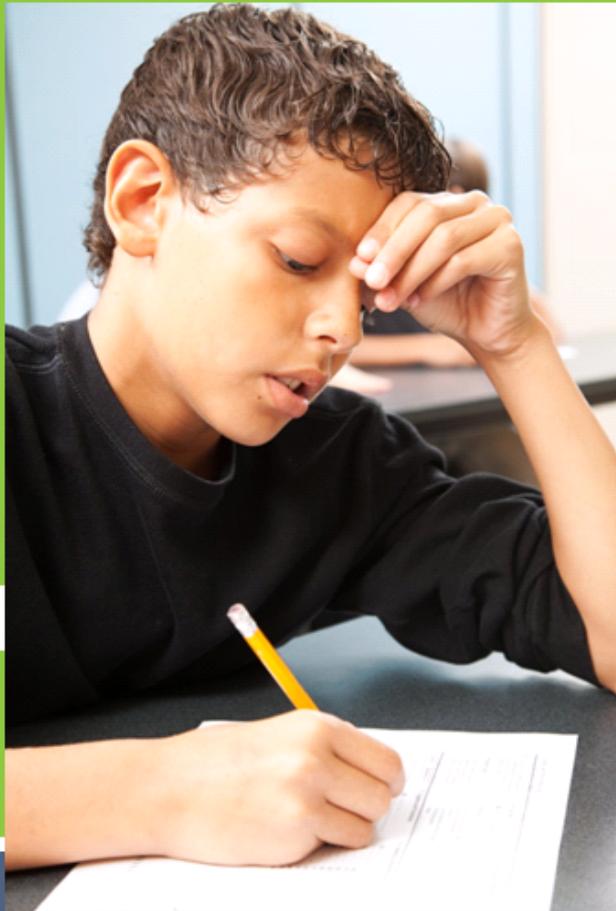
- Emotional swings
- Learning problems
- Specific anxieties and fears
- Attention seeking
- Reversion to younger behaviors



Key Developmental Tasks	Trauma's Impact
<ul style="list-style-type: none"> • Think abstractly • Anticipate and consider the consequences of behavior • Accurately judge danger and safety • Modify and control behavior to meet long-term goals 	<ul style="list-style-type: none"> • Difficulty imagining or planning for the future • Over- or underestimating danger • Inappropriate aggression • Reckless and/or self-destructive behaviors



Students with higher number of ACEs are more likely to:



- Be designated to special education
- Score lower on standardized tests
 - Have language difficulties
 - Be suspended or expelled
 - Have poorer health
 - Fail a grade

Never forget **Cultural Trauma:**

- ❖ **Native American population**
- ❖ **Latino population**
- ❖ **Africa American history of oppression**
- ❖ **LGBTQ history of oppression**
- ❖ **Others?**

TRAUMA-PROOFING THE REVIEW

Be Mindful of those at the review who may have experienced trauma:

- **Parents**
- **Children**
- **Caseworkers**
- **Other parties**

TRAUMA-PROOFING THE REVIEW

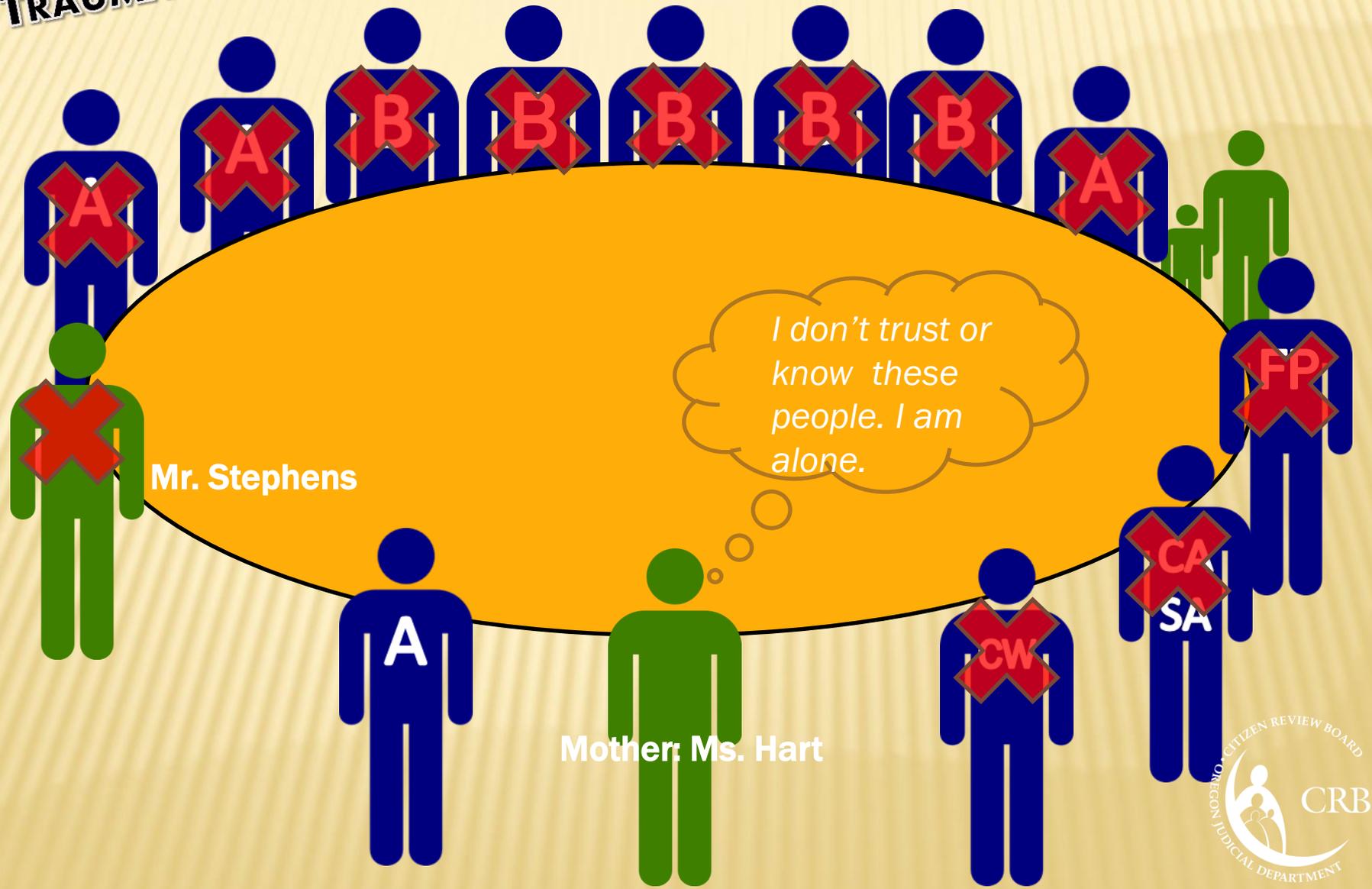
We do not know which symptoms they may be experiencing.

We have a choice:

**We can contribute to their
stress,
or we can promote physical
and emotional safety.**

TRAUMA-PROOFING THE REVIEW

Put yourself in the mother's place. How would you feel?



Mr. Stephens

I don't trust or know these people. I am alone.

Mother: Ms. Hart



TRAUMA-PROOFING THE REVIEW

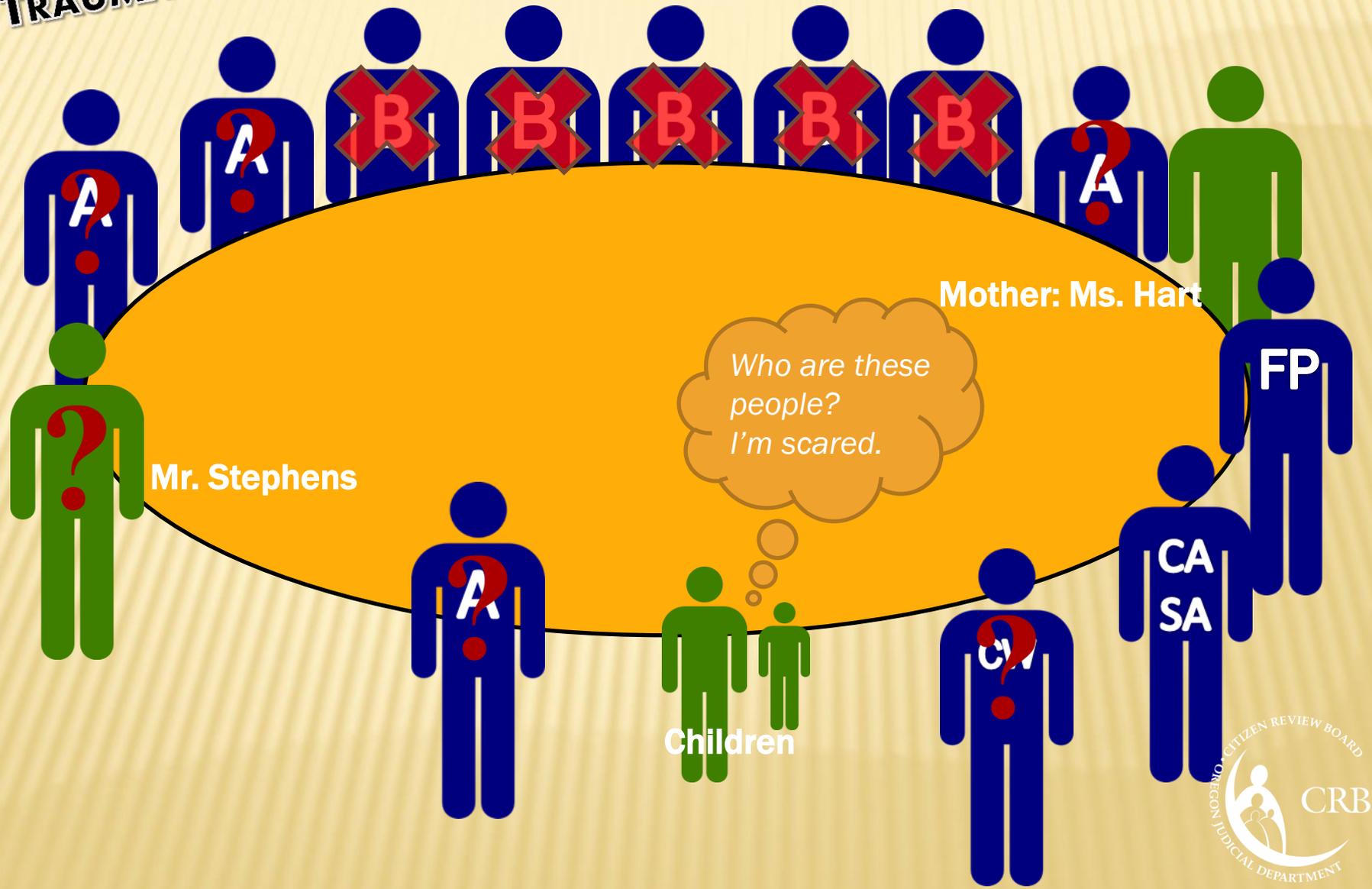
Children and youth that have been removed from their families, even for a short period of time, experience a range of trauma and stress. Children and youth are often scared and confused and have incomplete understandings of what is happening to their families and what their future will hold. A recent study characterizes this uncertainty as “ambiguity” and provides evidence that ambiguity (this not knowing where he or she will live or what will happen to him or her) is a tremendous source of trauma.

from “High Quality Legal Representation for All Parties in Child Welfare Proceedings,”
2017, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, Administration on Children,
Youth and Families



TRAUMA-PROOFING THE REVIEW

Put yourself in the children's place. How would you feel?



TRAUMA-PROOFING THE REVIEW

Stress is the #1 Trigger for Trauma Responses!

RECIPE FOR STRESS	
THREAT	EXPERIENCE
N OVELTY	Something new and you have not experienced before
U NPREDICTABILITY	You don't know what is going to happen
T HREAT TO THE SENSE OF SELF	Your competence as a person is called into question
S ENSE OF CONTROL	You feel as if you have little or no control over the situation

<http://www.humanstress.ca/stress/understand-your-stress/sources-of-stress.html>



WHAT HURTS? WHAT HELPS?

- **When not being treated with respect and dignity.**
- **Convey respect, greet in a friendly way, use their name, say “please” and “thank you,” etc.**
- **Noisy, chaotic, everyone talking at once.**
- **Calm, orderly, and 1 person talks at a time.**
- **When people don’t listen.**
- **Reflective listening, do not interrupt, politely ask to move on, if necessary.**
- **Asking questions that convey the idea that “something is wrong with you.”**
- **Asking questions for the purpose of understanding and clarifying.**



(Adapted from “National Council for Community Behavioral Healthcare”)

WHAT HURTS? WHAT HELPS?

- **Regarding a person's difficulties as personality defects, defiance or being obstinate.**
- **Recognizing that symptoms may be a person's way of adapting or coping with trauma.**
- **Interactions that are humiliating, harsh, impersonal, disrespectful, critical, demanding, judgmental.**
- **Interactions that express kindness, patience, reassurance, calm, and acceptance without necessarily agreeing.**
- **When they try to coerce/manipulate/guilt me to cooperate.**
- **Ask what they are willing to do, etc.**

