



SAMHSA-HRSA CENTER for INTEGRATED HEALTH SOLUTIONS

Trauma Informed Care in Integrated Settings: It's All About Relationships

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Slides for today's webinar are available on the CIHS website at:

http://www.integration.samhsa.gov/pbhci-learning-community/resources#cohort_8_pbhci_grantees

Got Questions?
Please type your questions into the question box and we will address them.



Today's Presenters

Linda Ligenza – SAMHSA-HRSA Center for Integrated Health Solutions on Trauma and Trauma-Informed Approaches

Hasshan Batts - Neighborhood Health Centers of Lehigh Valley on Creating Healing Relationships

Chris Lunsford – Lake Shore Behavioral Health, Inc. on Engaging and Mentoring Staff

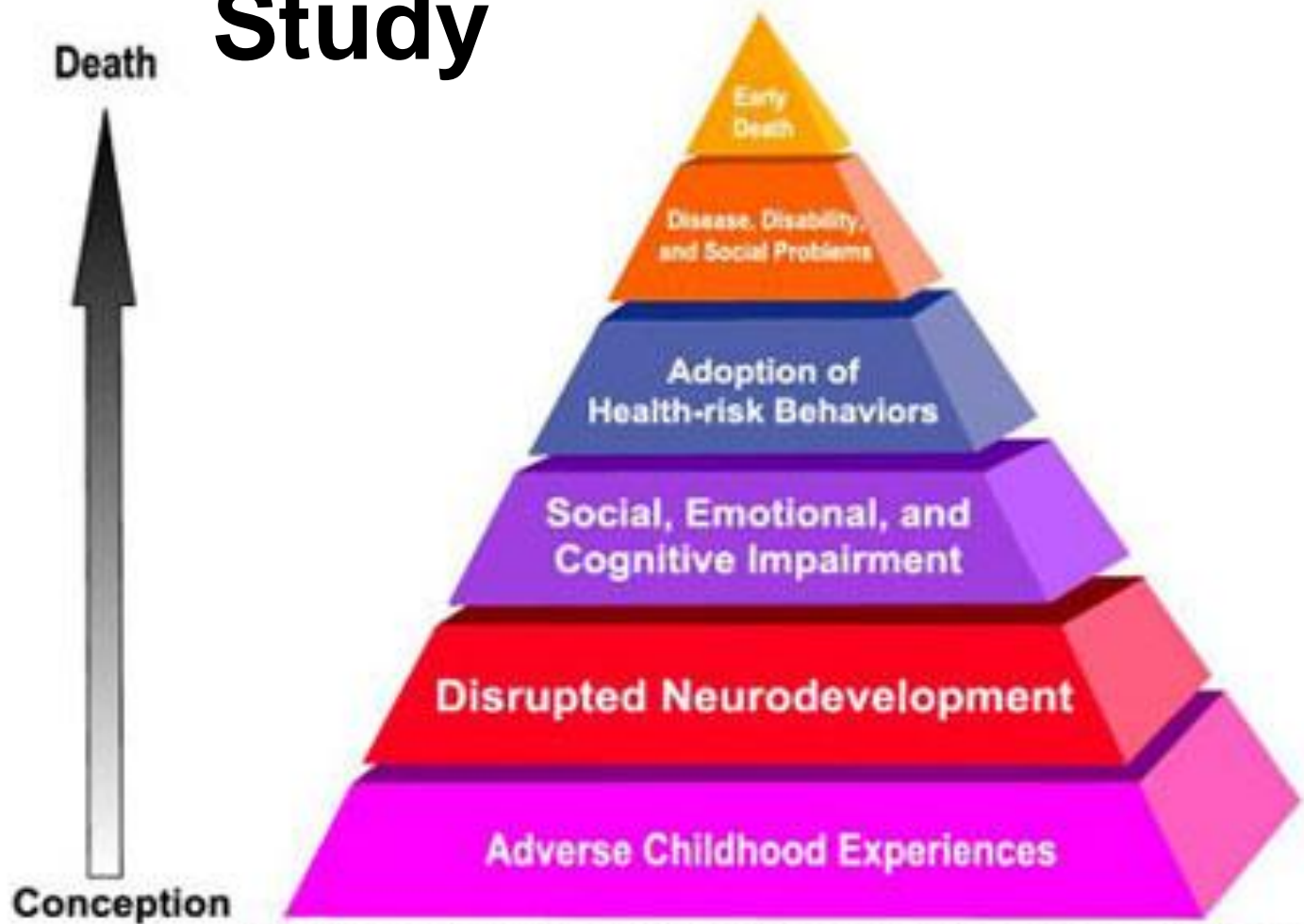
Definition of Trauma

Three Key Elements:

*Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as overwhelming or life-changing and that has profound **effects** on the individual's psychological development or well-being, often involving a physiological, social, and/or spiritual impact.*

SAMHSA Definition-2012

The ACEs Study



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Polling Questions

Are you familiar with the ACE study?

Yes

No

Have you invited your staff to complete the ACE questionnaire, anonymously?

Yes

No

Trauma Prevalence

- ⑩ Between 51% and 98% of public mental health clients diagnosed with severe mental illness have trauma histories.
- ⑩ An individual with an ACE Score of 4 or more was 460% more likely to be suffering from depression than an individual with an ACE Score of 0.
- ⑩ A person with an ACE Score of 4 is 260% more likely to have COPD than is a person with an ACE Score of 0.
- ⑩ There was a 250% increase in the odds of having a sexually transmitted disease between individuals with an ACE Score of 4 compared to individuals with an ACE Score of 0
- ⑩ Between two-thirds and 80% of all attempted suicides could be attributed to adverse childhood experiences

ACES CAN HAVE LASTING EFFECTS ON BEHAVIOR & HEALTH...

Simply put, our childhood experiences have a tremendous, lifelong impact on our health and the quality of our lives. The ACE Study showed dramatic links between adverse childhood experiences and risky behavior, psychological issues, serious illness and **the leading causes of death**.

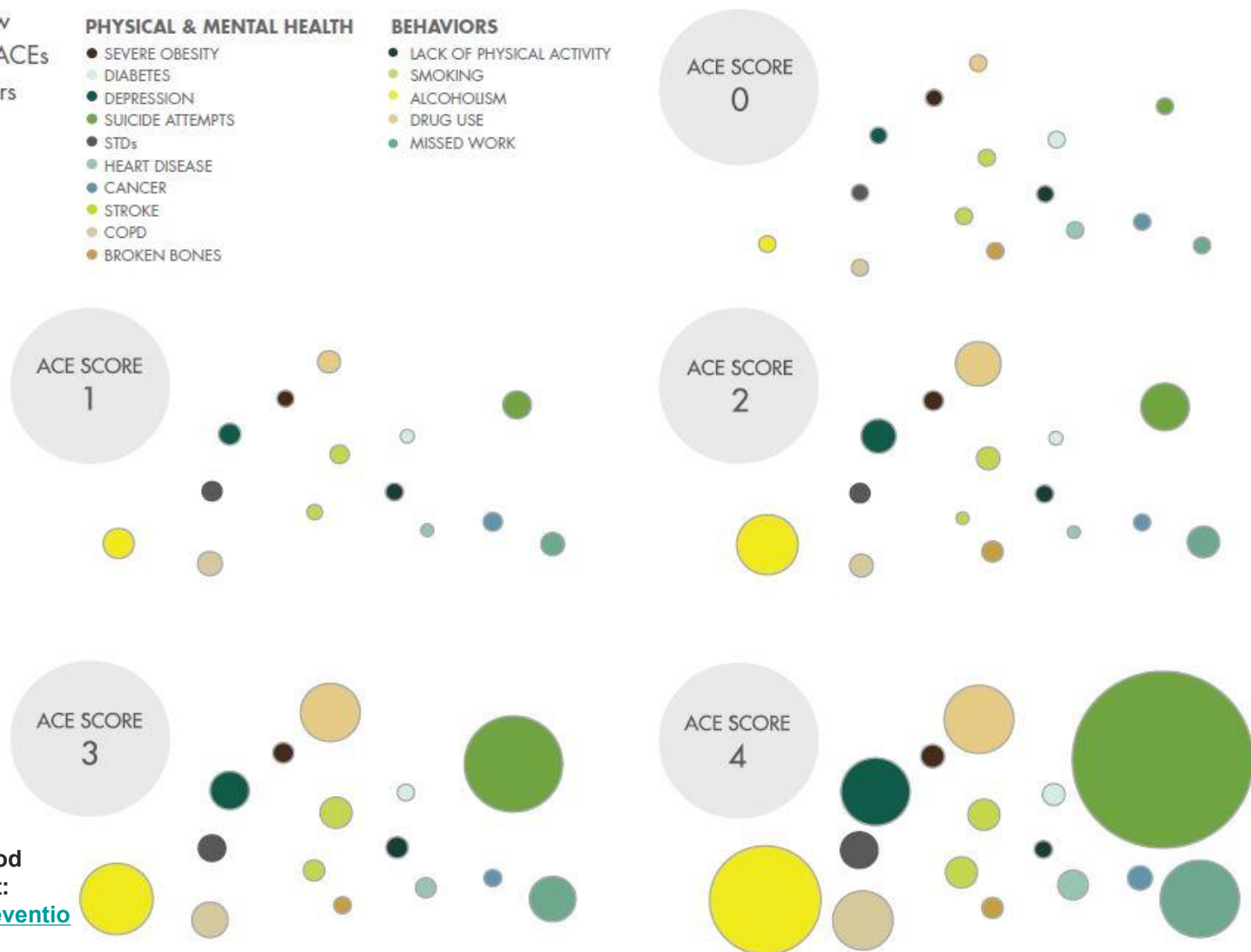
The following charts compare how likely a person with 1, 2, 3, or 4 ACEs will experience specified behaviors than a person without ACEs.

PHYSICAL & MENTAL HEALTH

- SEVERE OBESITY
- DIABETES
- DEPRESSION
- SUICIDE ATTEMPTS
- STDs
- HEART DISEASE
- CANCER
- STROKE
- COPD
- BROKEN BONES

BEHAVIORS

- LACK OF PHYSICAL ACTIVITY
- SMOKING
- ALCOHOLISM
- DRUG USE
- MISSED WORK



ACEs Can Have Lasting Effects on Behavior & Health (Infographic)

Source: CDC, Adverse Childhood Experiences Study. Available at: <http://www.cdc.gov/violenceprevention/acestudy/>

Impact-outcomes linked to ACEs

- Alcohol, tobacco & other drug addiction
- Auto-immune disease
- Chronic obstructive pulmonary disease & ischemic heart disease
- Depression, anxiety & other mental illness
- Diabetes
- Multiple divorces
- Fetal death
- High risk sexual activity, STDs & unintended pregnancy

- Intimate partner violence—perpetration & victimization
- Liver disease
- Lung cancer
- Obesity
- Self-regulation & anger management problems
- Skeletal fractures
- Suicide attempts
- Work problems—including absenteeism, productivity & on-the-job injury

Why medical settings may be distressing for people with trauma histories:

- Invasive procedures
- Removal of clothing
- Physical touch
- Personal questions that may be embarrassing or distressing
- Power dynamics of relationship
- Gender of healthcare provider
- Vulnerable physical position
- Loss of and lack of privacy

Therefore, we need to exercise...



Principles of a Trauma-Informed Approach

- *Safety*
- *Trustworthiness and transparency*
- *Peer support*
- *Collaboration and mutuality*
- *Empowerment, voice and choice*
- *Respect for cultural, historical, and gender issues*

SAMHSA, 2012

Defining a Trauma-Informed Approach

Realizes the prevalence of trauma

Recognizes how trauma affects all individuals involved with the program, organization, or system, including its own workforce

Resists re-traumatization

(SAMHSA, 2012)

Responds by putting this knowledge into practice

Polling Questions

Have you educated staff on the impact and prevalence of trauma?

Yes

No

Have you educated staff on the principles and practices of Trauma-informed care?

Yes

No

Sensitive Practices in Health Care Settings

- Be respectful
- Take time
- Build rapport
- Share information
- Share control
- Respect boundaries *and culture*
- Foster mutual learning
- Understand non-linear healing
- Demonstrate awareness and knowledge of trauma

*Handbook on Sensitive Practice for Health Care Practitioners:
Lessons from Adult Survivors of Childhood Sexual Abuse*

Domains for Implementing a TI Approach

- Governance & Leadership
- Policy
- **Physical Environment**
- **Engagement & Involvement**
- Cross Sector Collaboration
- Screening, Assessment, Treatment Services
- **Training and Workforce Development**
- Progress Monitoring & Quality Assurance
- Financing
- Evaluation

SAMHSA Concept Paper

Neighborhood Health Centers of Lehigh Valley

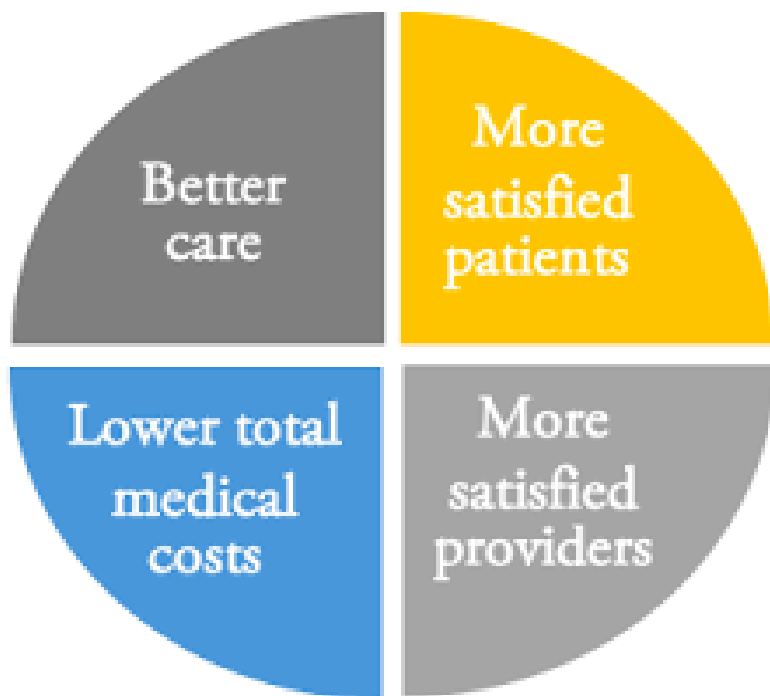
Federally Qualified Health Centers that provide integrated primary and preventative health and wellness services in the Lehigh Valley, Pennsylvania to the underserved Community

www.nhclv.com



Using Trauma Informed Care to Create Caring and Compassionate Teams

The Quadruple Aim



Self Care and Compassion

Team Care and Compassion

“I am because we are, therefore, because we are I am” Mbiti Principle

- Trust
- Safety
- Relational
- Supportive
- Driven by Mission
- Vision/Virtues/Values
- Sense of Belonging
- Appreciative
- Strengths Based
- Individualized
- Collaborative

Healing occurs within relationships and within the context of community

10 Healers & Helping professionals

- Engage your heart in your work

10 Authenticity

- Wounded Healers
- ACE Survey completed by staff (anonymously)
- Traditional Models encourage a detachment



Healing Practices

- ⑩ Check in
- ⑩ Check out
- ⑩ Restorative Practices (addressing the elephant compassionately)
- ⑩ Learning & Reflection
- ⑩ Group Journaling
- ⑩ Story Telling
- ⑩ Balint Group

Lake Shore Behavioral Health, Inc.

- Located primarily in Erie County in Western New York
- Services Provided: Mental Health, Substance Abuse, Homeless Outreach, Vocational, and Health Home
- Recently started PBHCI program



Brief History of Trauma Informed Care (TIC) Implementation at LSBH

- Organizational Initiative
- 3 Subcommittees
 - Training
 - Trauma Specific Practices
 - Mentor Group

Mentor Group –Original Focus

- Volunteer based
- Original role
 - Site visits
- Triple Aim



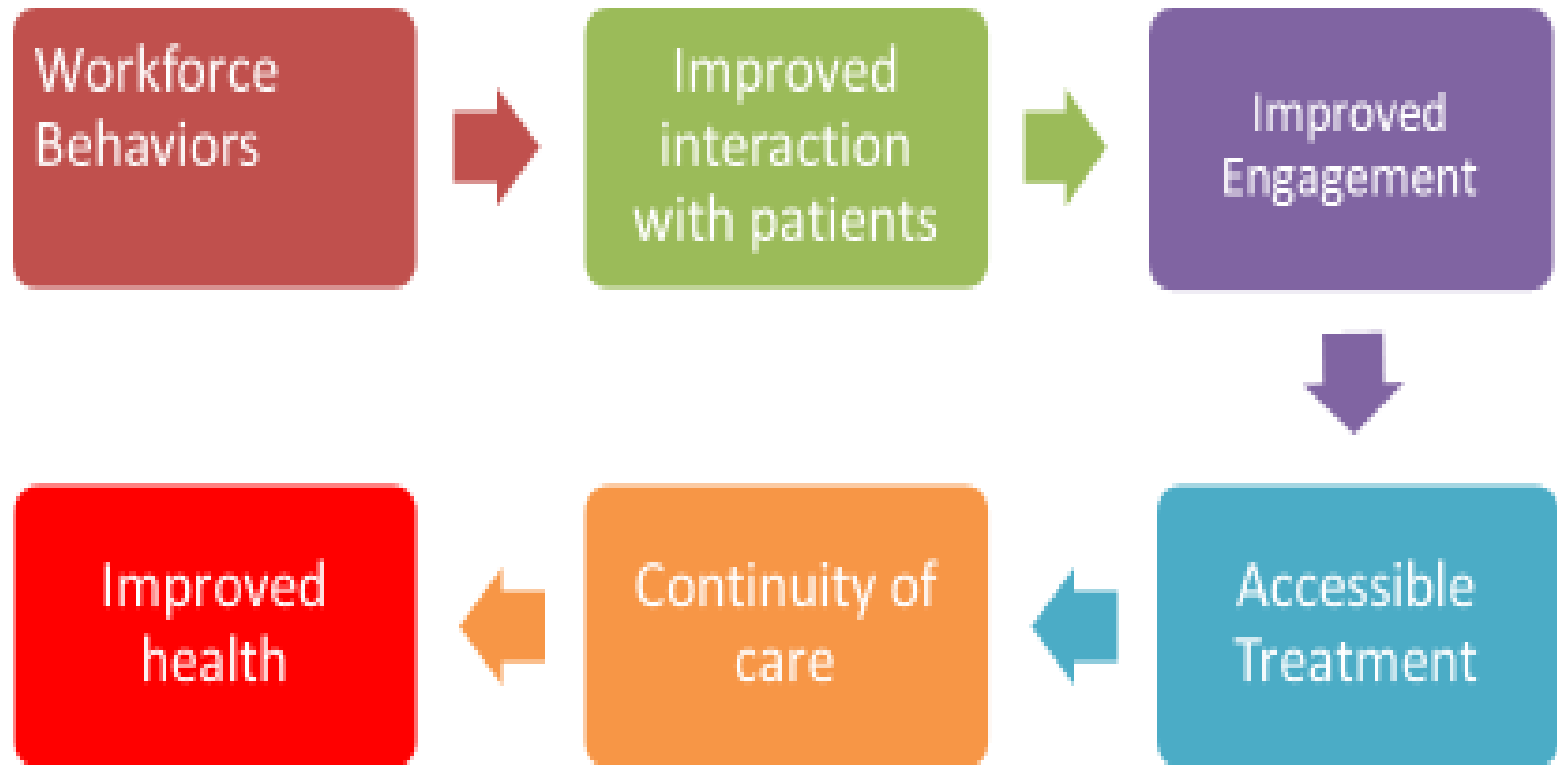
Mentor Role Evolution

- Ongoing TIC 101 Training
- Development of TIC Manual
- Promotes Education, Training, and Support for Trauma Specific Practices
- Provides recommendations for changes in policy, procedure, paperwork
- TIC Vicarious Trauma Prevention Follow Up

Key Points

- ✓ Involvement
- ✓ Flexibility
- ✓ Enthusiasm
- ✓ Consistency
- ✓ Empowerment
- ✓ Opportunity
- ✓ Triple Aim





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Resources

SAMHSA's Concept Paper on trauma and TIC

Link: <http://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>

SAMHSA TIP 57 on TIC

Link: <http://store.samhsa.gov/shin/content/SMA14-4816/SMA14-4816.pdf>

CIHS Website/Trauma Section

Link: <http://www.integration.samhsa.gov/clinical-practice/trauma>