

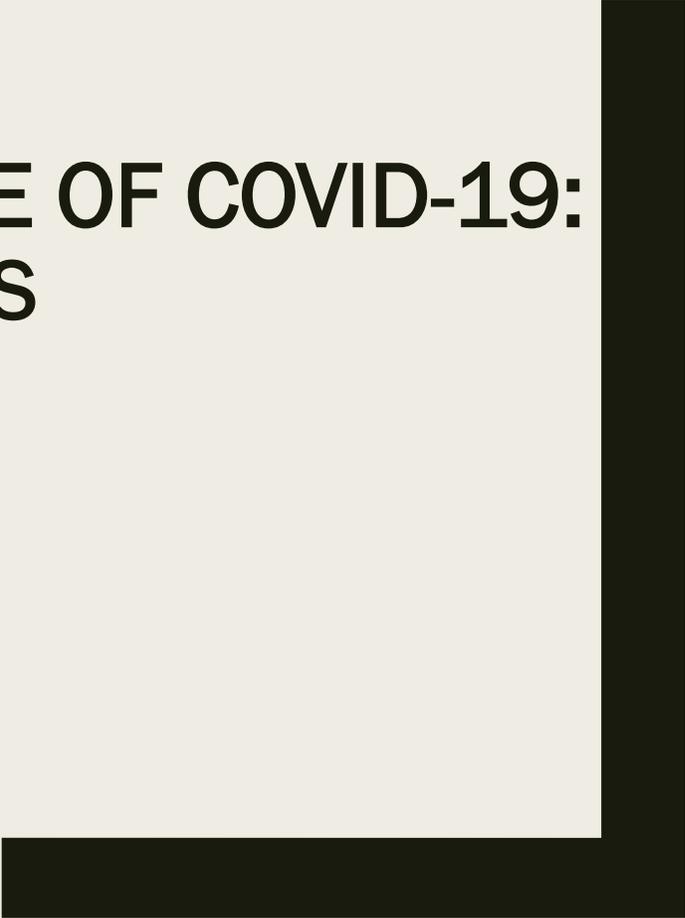


TRAUMA-INFORMED CARE IN A TIME OF COVID-19: A PRIMER FOR FAMILIES

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A Shattered World



“One size *does not* fit all”



Individual Responses are Multifaceted

■ Pre-pandemic circumstances and resources

- *Prior exposure to adversity*
- *Physical and mental health vulnerabilities*
- *Economic and social supports*

■ Exposures encountered since the pandemic:

- *Illness of a family member*
- *Loss of job or health insurance*
- *Job status – essential health care workers*
- *Time immersed in social media, news, over-exposure to information*
- *Community-level stressors – e.g., “Hot spots”*

Trauma-Informed Care

- SAMHSA's Trauma-Informed Approach:
 - *Behavioral Health is essential to health*
 - *Prevention works*
 - *Treatment is effective*

Trauma Informed Care Elements

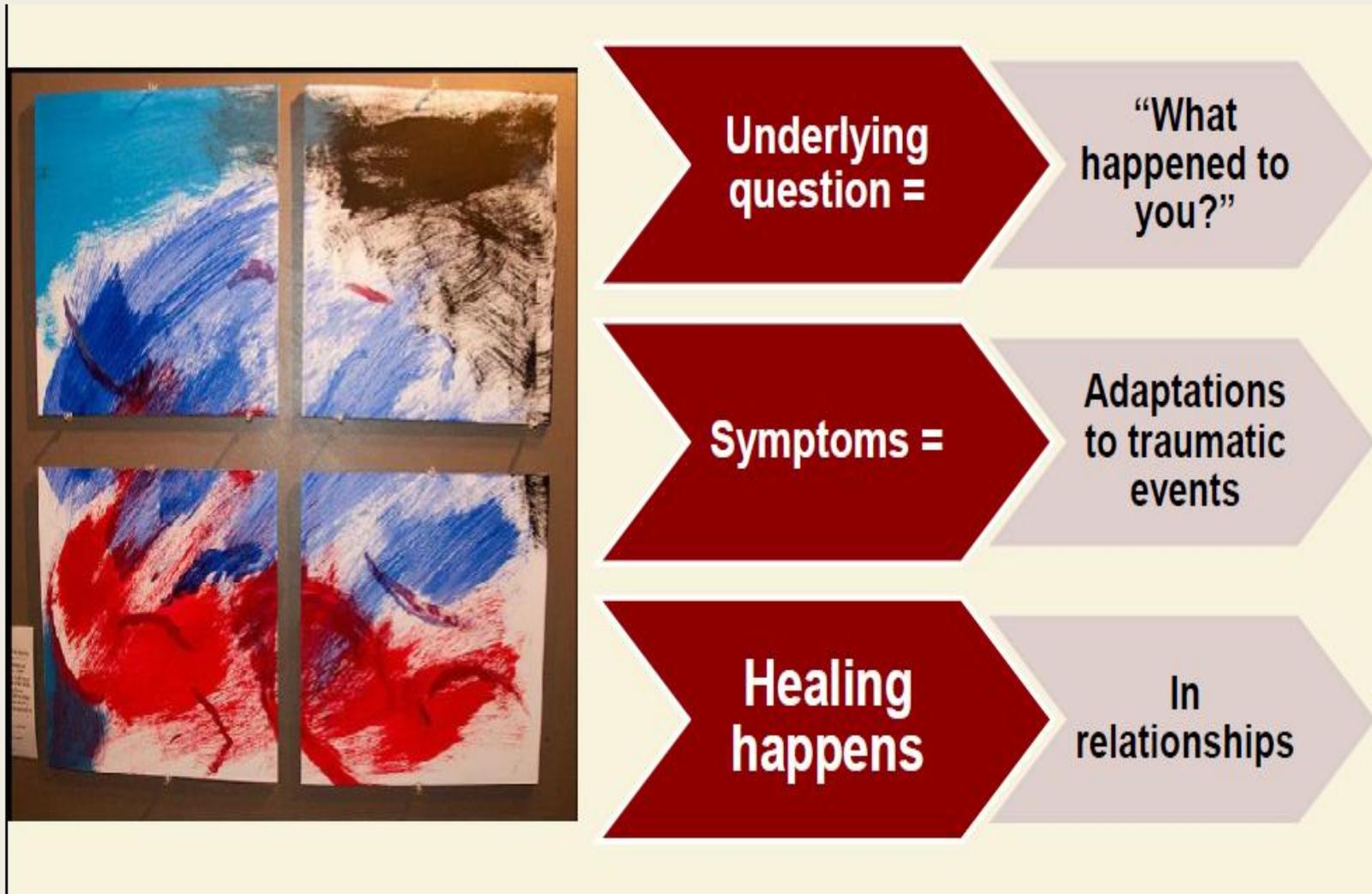
Understanding the **prevalence** of trauma

Recognizing how trauma **impacts** individuals

Putting this knowledge into **practice**

to **actively resist re-traumatization**

Prevalence of Trauma: Approach



Prevalence of Trauma: Approach



Video: Power of Empathy

What is Trauma?

Individual trauma results from an **event**, series of events, or set of circumstances **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being

Potential Traumatic Events

Abuse

- *Emotional*
- *Sexual*
- *Physical*
- *Domestic violence*
- *Witnessing violence*
- *Bullying*
- *Cyberbullying*
- *Institutional*

Loss

- *Death*
- *Abandonment*
- *Neglect*
- *Separation*
- *Natural disaster*
- *Accidents*
- *Terrorism*
- *War*

Chronic Stressors

- *Poverty*
- *Racism*
- *Invasive medical procedure*
- *Community trauma*
- *Historical trauma*
- *Family member with substance use disorder*

Prevalence of Trauma

Exposure to trauma is ubiquitous: seven out of ten respondents worldwide and nine out of ten adults in the USA report experiencing one or more lifetime traumas.

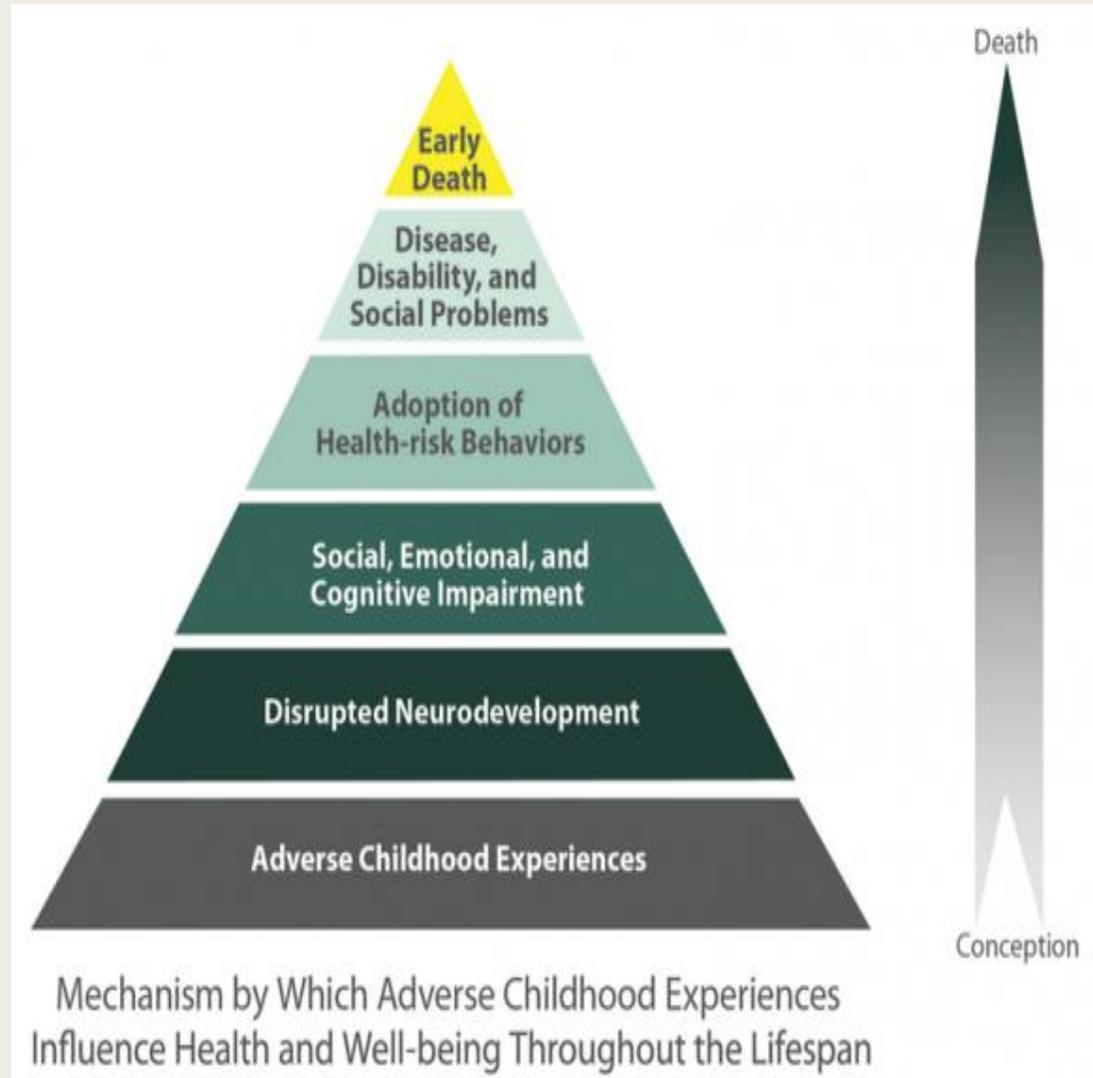
Impact of Trauma



Impact of Trauma on the Brain

- The brain has a bottom-up organization
- Experiences build brain architecture
- Fear activates the amygdala and shuts down the frontal lobes of the cortex.
- Toxic stress derails healthy development, and interferes with normal functioning

Impact of Trauma: Adverse Childhood Experiences



Impact of Trauma

**The effect of trauma
on an individual can
be conceptualized as
a normal response to
an abnormal
situation**

Impact of Trauma: Problems OR Adaptations?

Fight

**“Non-compliant, combative”
OR
Struggling to regain or hold onto
personal power**

Flight

**“Treatment resistant, uncooperative”
OR
Disengaging, withdrawing**

Freeze

**“Passive, unmotivated”
OR
Giving in to those in power**

Impact of Trauma: Signs of Trauma Responses

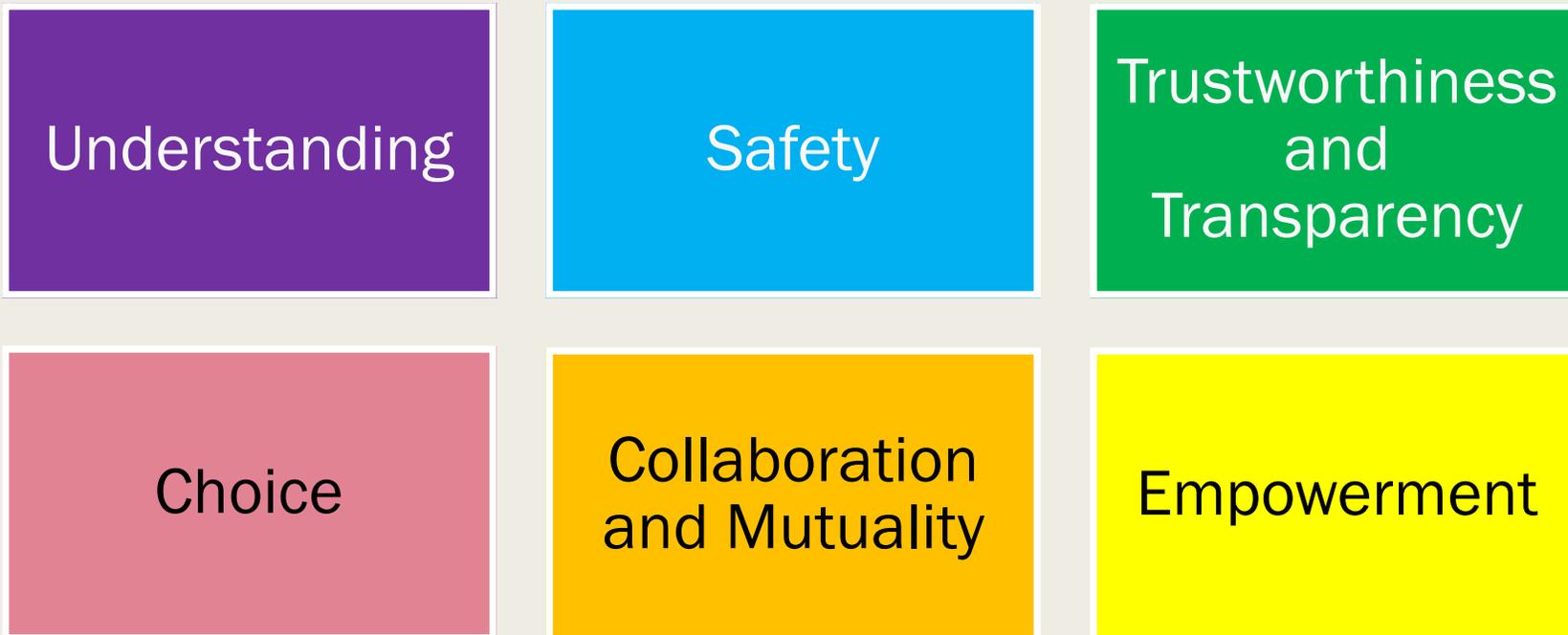
Additional Signs

- Flashbacks or frequent nightmares
- Sensitivity to noise or to being touched
- Always expecting something bad to happen
- Not remembering periods of one's life
- Feeling emotionally numb
- Lack of concentration
- Irritability
- Excessive watchfulness, anxiety, anger, shame or sadness

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SIX CORE PRINCIPLES OF TRAUMA INFORMED CARE

Principles of Trauma Informed Care



SAMHSA

Principles of Trauma Informed Care: Understanding

Through knowledge and understanding of trauma and stress we can act compassionately and take well-informed steps towards wellness. LTC communities actively move past cultural stereotypes and biases, offer gender-responsive services, leverage the healing value of traditional cultural connections, and recognize and address historical trauma.

Principles of Trauma Informed Care: Safety

Staff and the people served feel physically and psychologically safe.

Principles of Trauma Informed Care: Safety

For
Clients

- Safety means maximizing control over their own lives

For
Providers

- Safety means maximizing control over the service environment and minimizing risk

Principles of Trauma Informed Care: Trustworthiness & Transparency

Operations and decisions are conducted with transparency and the goal of building and maintaining trust among participants, family members, staff, and others, including through meaningful sharing of power, mutual decision-making, authenticity, and consistency.

Principles of Trauma Informed Care: Choice

Individuals' strengths and experiences are recognized and built upon. The experience of having a voice and choice is validated and new skills developed. The organization fosters a belief in resilience. Residents are supported in developing self-advocacy skills.

Principles of Trauma Informed Care: Collaboration & Mutuality

Partnership and leveling of power differences,
recognizing healing happens in relationships and
meaningful sharing of power in decision making.

Principles of Trauma Informed Care: Empowerment

Communities recognize, build on and validate resident's strengths, individually and through peer support. Peer support and mutual self-help are key vehicles for establishing safety and hope, building trust, enhancing collaboration, serving as models of recovery and healing, and maximizing a sense of empowerment.

Principles of Trauma Informed Care: Empowerment through Peer Support

Peer support is a flexible approach to building mutual, healing relationships among equals, based on core values and principles:

- Voluntary
- Non-judgmental
- Respectful
- Reciprocal
- Empathetic



Thank you



Trauma Informed Care: Further Reading

Judith Herman (2015) [Trauma and Recovery](#)

Linda Sanford (1991) [Strong at the Broken Places](#)

Robert Sapolsky (2004) [Why Zebras Don't Get Ulcers](#)

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SAMHSA (2011). Current Statistics on the Prevalence and Characteristics of People Experiencing Homelessness in the United States.
http://homeless.samhsa.gov/ResourceFiles/hrc_factsheet.pdf

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