

TRAUMA INFORMED CARE PART II

UNDERSTANDING THE IMPACT OF ACES AND THE POWER OF HUMAN CONNECTION

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OBJECTIVES

- DESCRIBE TRAUMA
- REVIEW CONCEPTS RELATED TO TRAUMA INFORMED CARE
- DESCRIBE ADVERSE CHILDHOOD EXPERIENCES AND THEIR HEALTH-RELATED IMPACTS
- EXPLORE THE CONCEPT OF HUMAN CONNECTION AS AN INTERVENTION TO PROMOTE A HEALING, TRAUMA-INFORMED CARE ENVIRONMENT

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TRAUMA AND TRAUMA-INFORMED CARE

BRIEF REVIEW

TRAUMA DEFINED

- SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (2014)
 - Individual trauma results from an event, series of events, or set of circumstances that is 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, and spiritual well-being
- 3 Es
 - Event/s
 - Experience
 - Effects

IMPACT OF TRAUMA

- **POST-TRAUMATIC STRESS DISORDER**
 - 6.8% of adults (National Institute of Mental Health [NIMH])
 - 5% of adolescents 13-18 years old (NIMH)
- **TRAUMA EXPOSURE**
 - 1 in 4 children experience maltreatment (Centers for Disease Control and Prevention [CDC])
 - 1 in 4 women experience domestic violence (CDC)
- **TRAUMATIC STRESS EXPOSURES**
 - 55-90% of total population have experienced one or more forms of trauma
 - ACEs study (more to come)
- **COST**
 - 124 billion annually (related to maltreatment in childhood)

TRAUMA INFORMED CARE

- DEFINED

“Trauma-informed care is a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment” (hopper, Bassuk & Olivet, 2009)

- AS A UNIVERSAL PRECAUTION

- Assumes ALL have experienced trauma

TRAUMA-INFORMED CARE

- SAMHSA'S 4 RS

- Realizes
- Recognizes
- Responds
- Resists

- PRINCIPLES OF TRAUMA-INFORMED CARE

- Awareness
- Safety
- Trust
- Choice
- Collaboration
- Empowerment (skills)

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ADVERSE CHILDHOOD EXPERIENCES (ACES):

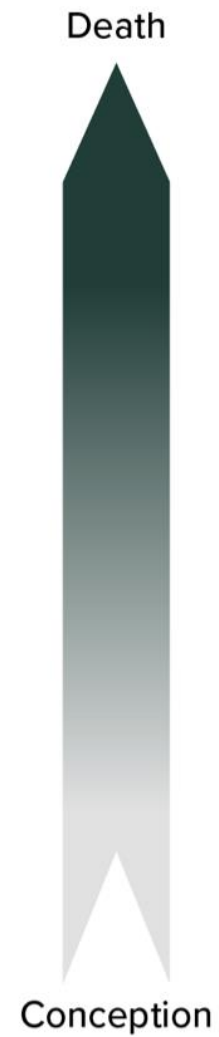
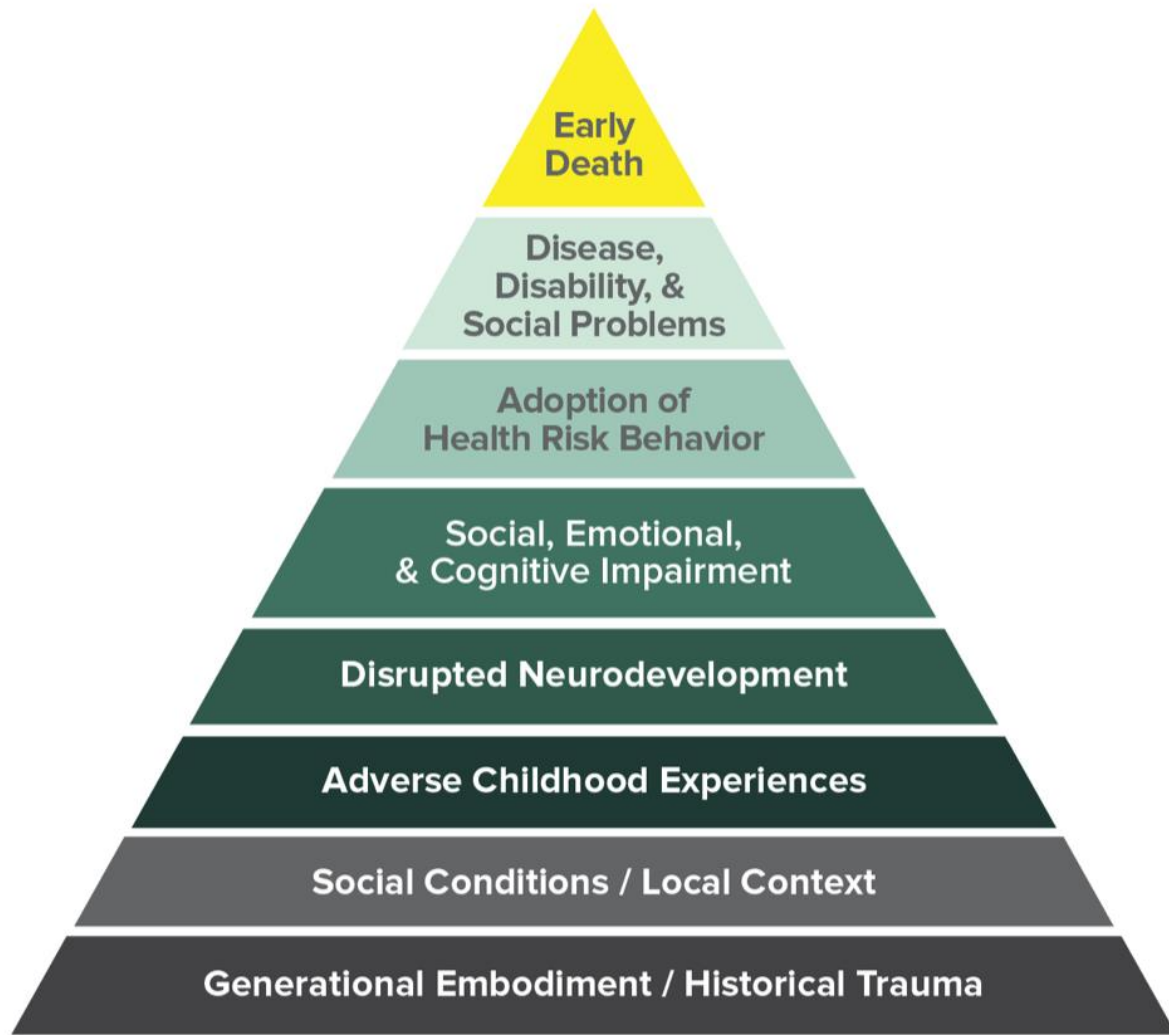
WHAT ARE THEY ARE WHAT IS THEIR IMPACT?

ACES STUDY

- CDC-KAISER PERMANENTE COLLABORATION STUDY
 - One of the largest studies on the impact of childhood adversity and impact on adult health, well-being and functioning
 - Over 17,000 participants between 1995-1997
- LINKED EARLY CHILDHOOD EXPOSURE TO ADVERSE EVENTS AND HEALTH AND FUNCTIONAL OUTCOMES IN LATER LIFE
 - 10 adverse experiences
 - Physical and mental health outcomes and social functioning outcomes
- STUDIES CONTINUE TO DATE

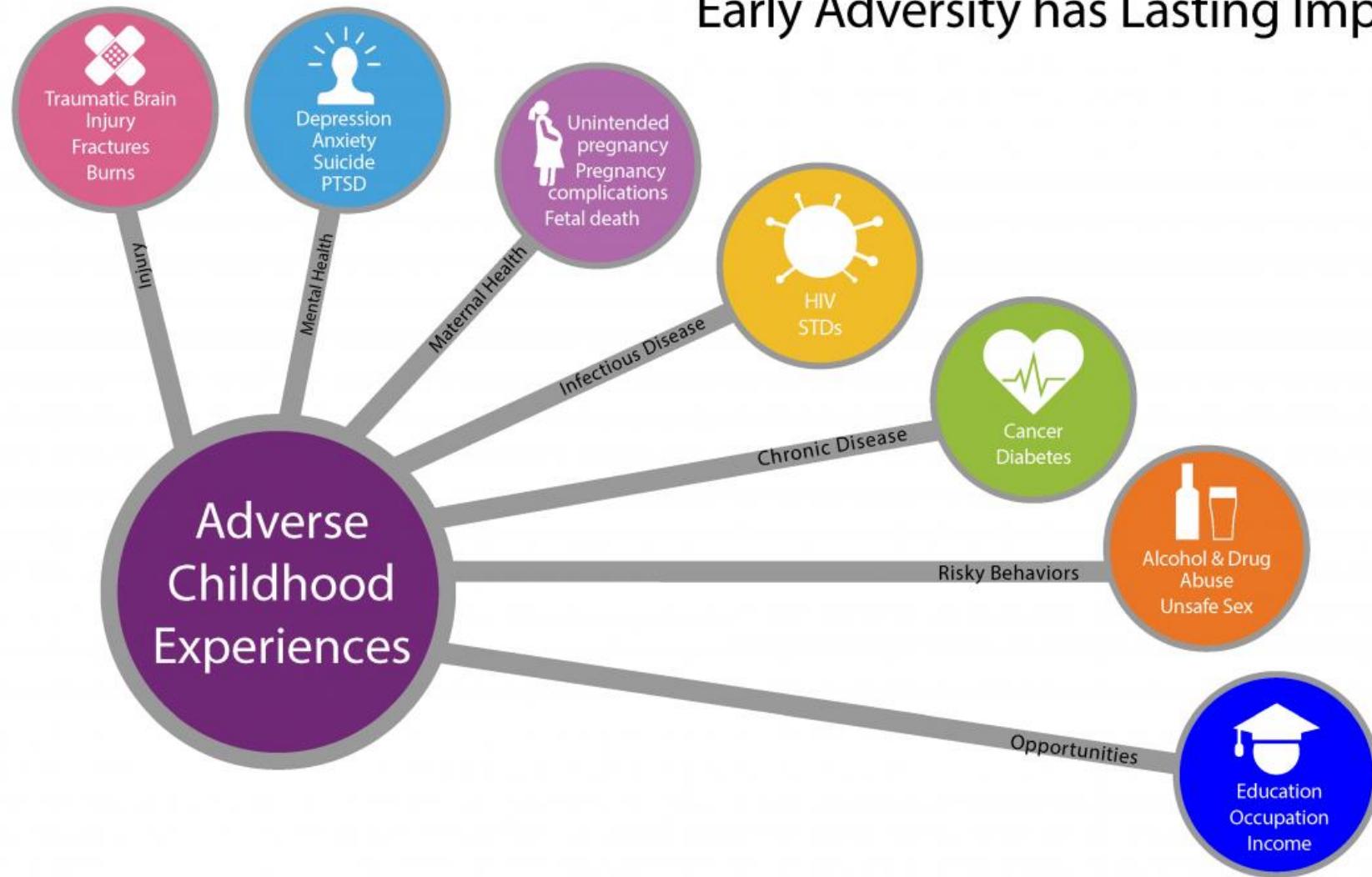
ACES STUDY FINDINGS

- ACES VERY COMMON BUT OFTEN UNRECOGNIZED
 - 67% at least one category exposure
 - 27% reported 3 or more categories of adversity
 - 11% experienced 5 or more
- STRONG, PROPORTIONATE PREDICTORS OF SOCIAL FUNCTIONING, WELL-BEING, HEALTH RISKS, DISEASE, MEDICAL CARE COSTS, DEATH
 - Increased risk for injury, violence victimization and perpetration, substance abuse, STIs, delayed brain development*, reproductive health concerns, sex trafficking involvement, non-communicable disease (COPD, CVD, cancer, diabetes), mental illness (PTSD, depression, anxiety), suicide, delinquency, educational difficulties, low income, incarceration, early death



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Early Adversity has Lasting Impacts



ACES AND HEALTH CONSEQUENCES

PHYSICAL HEALTH

HEART DISEASE

STROKE (2.4X)

CANCER (1.9X)

COPD (3.9X)

DIABETES (1.6X)

ALZHEIMER'S

AUTOIMMUNE DISEASE

SEVERE OBESITY (1.6X)

MENTAL HEALTH

DEPRESSION (4.6X)

ANXIETY

PTSD

SUICIDE

OTHER


SOMATIC CONCERNS

ADDICTION (7.4X)

SUICIDE



ACES AND IMPACT ON THE BRAIN AND BODY

- EPIGENETIC SHIFTS
 - BRAIN GROWTH – SIZE AND SHAPE
 - NEURAL PRUNING
 - TELOMERES
 - NEUROCIRCUITRY
 - IMMUNE SYSTEM
 - HORMONAL CHANGES
- 

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HEALING POWER OF HUMAN CONNECTION


REVISITING THE “ART” OF NURSING

THE THERAPEUTIC RELATIONSHIP

- SIMPLE GOOGLE SEARCH ON THERAPEUTIC RELATIONSHIP/ALLIANCE...
 - OBESITY
 - SMOKING CESSATION/SUBSTANCE ABUSE
 - MEDICATION ADHERENCE (PHARMACIST)
 - MENTAL HEALTH TREATMENT
 - TREATMENT ADHERENCE (PROVIDER)
- ONLY AS EFFECTIVE AS THE QUALITY OF OUR RELATIONSHIPS
- HEALING OCCURS IN THE CONTEXT OF RELATIONSHIPS



IMPROVED CONNECTION → IMPROVED HEALTH

- DECREASED RISK OF CARDIOVASCULAR DISEASE
 - IMPROVED ENGAGEMENT IN MENTAL HEALTH TREATMENT
 - GENERAL IMPROVEMENT IN HEALTH INDICATORS
- 

NOT ROCKET SCIENCE

- BEING CURIOUS
 - ASKING QUESTIONS
- INTERRUPTING LESS
- MAINTAINING EYE CONTACT
- ACTIVE ENGAGEMENT AND TRUE LISTENING
- CLARIFYING
- SIMPLIFYING
- SMILING
- PAUSING

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BUT...

- REALITY CHECK
- BARRIERS TO CONNECTING WITH PATIENTS/CLIENTS



FOSTERING GREATER CONNECTION

I AM POEM WRITE AND SHARE



I am poem
By Jack O' Brien

I am from the table
From forks and knives
I am from the wallpaper
Rough but beautiful
I am from the birch tree
The massive oaks
Whose long gone limbs I remember
As if they were my own.

I'm from athleticism and art
From my uncle and my mom
I'm from over reacting and yelling
And from caring to much.

I'm from lift your feet when you walk and look both ways
And you can peruse your dreams
I'm from celebrating St. Patricks day
I'm from Portland and Dublin
Chocolate and mashed potatoes
From my grandpa being a brewer
Who now visits yearly,
The old Gort toy
On my dresser
Shining like there is a soul inside of it.

REFERENCES

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[HTTPS://WWW.CDC.GOV/VIOLENCEPREVENTION/ACESTUDY/INDEX.HTML](https://www.cdc.gov/violenceprevention/acesstudy/index.html)
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- US DEPT. OF HEALTH AND HUMAN SERVICES. (2014). SAMHSA'S CONCEPT OF TRAUMA AND GUIDANCE FOR TRAUMA-INFORMED CARE.

ADDITIONAL RESOURCES AND READING

- NADINE HARRIS BURKE'S TED TALK ON ACES:
[HTTPS://WWW.TED.COM/TALKS/NADINE BURKE HARRIS HOW CHILDHOOD TRAUMA AFFECTS HEALTH ACROSS A LIFETIME](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)
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- LEVINE, P. (1997). *WALKING THE TIGER: HEALING TRAUMA.*
- SAPOLSKY, R. (2004). *WHY ZEBRAS DON'T GET ULCERS: THE ACCLAIMED GUIDE TO STRESS, STRESS-RELATED DISEASE, AND COPING (3RD ED.).*
- WOLYNN, M. (2016). *IT DIDN'T START WITH YOU: HOW INHERITED FAMILY TRAUMA SHAPES WHO WE ARE AND HOW TO END THE CYCLE.*
- VAN DER KOLK, B. (2014). *THE BODY KEEPS THE SCORE: BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA.*