

Trauma and Resiliency Informed Outreach

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AUCCCO

Agenda

- Definitions of Trauma and Stress in Childhood
- Review of Adverse Childhood Experiences (ACEs) and History
- ACEs health implications
- Community Impact
- UNCW data
- Trauma and Resiliency Informed Practice and Outreach

Trauma

“Traumatic events are extraordinary, not because they occur rarely but rather because they overwhelm the ordinary human adaptations to life ... a complex integrated system of reactions encompassing both body and mind” (Herman, 1992).

Definitions

- SAMHSA defines trauma by discussing “**Three E’s**,” which include:
 - An **Event**, series of events, or set of circumstances that is
 - **Experienced** by an individual as physically or emotionally harmful or threatening, and
 - That has lasting adverse **Effects** on the individual’s functioning and physical, social, emotional, or spiritual well-being.
- **Chronic traumatic stress** results from repeated exposure to trauma over long periods of time, calling forth a range of responses including intense feelings of fear, loss of trust in others, decreased sense of personal safety, guilt, and shame.

Stress in Childhood

Stress is a natural & inevitable part of childhood, but the **TYPE** of stress can make a difference in the impact on a child's brain & body.

“ **STRESS** is a mental, physical or biochemical response to a perceived threat or demand ”

Positive Stress
Mild stress in the context of good attachment

Tolerable Stress
Serious, temporary stress, buffered by supportive relationships

Toxic Stress
Prolonged activation of stress response system without protection



Temporary, mild elevation in stress hormones & brief increase in heart rate



More severe, continuing cardiovascular and hormonal response

Prolonged activation of stress response system & disrupted development of brain and immune system



No buffering support necessary



Presence of buffering caring adult

No adult



buffers

Increased **RESILIENCE** and confidence
Development of coping skills



Adaption and recovery with some possibility for physical/emotional damage

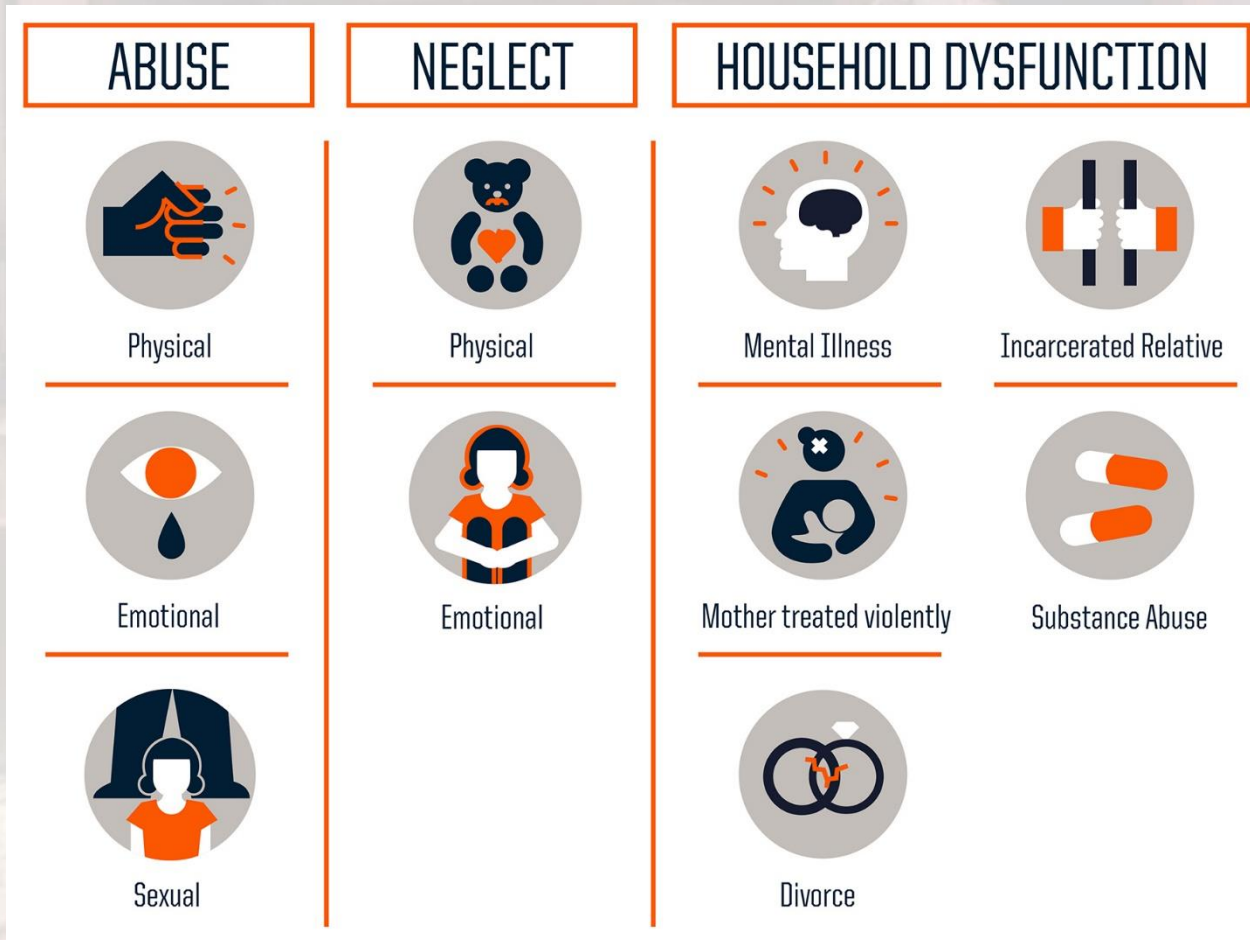


Lifelong consequences:

- Heart disease
- Alcoholism
- Memory & learning difficulties
- Anxiety/depression
- Cancer



What are ACEs?



- Physical Abuse
- Emotional Abuse
- Sexual Abuse
- Physical Neglect
- Emotional Neglect
- Mental Illness/Depression/SI
- Mother treated Violently
- Divorce
- Incarcerated Relative
- Substance abuse in home

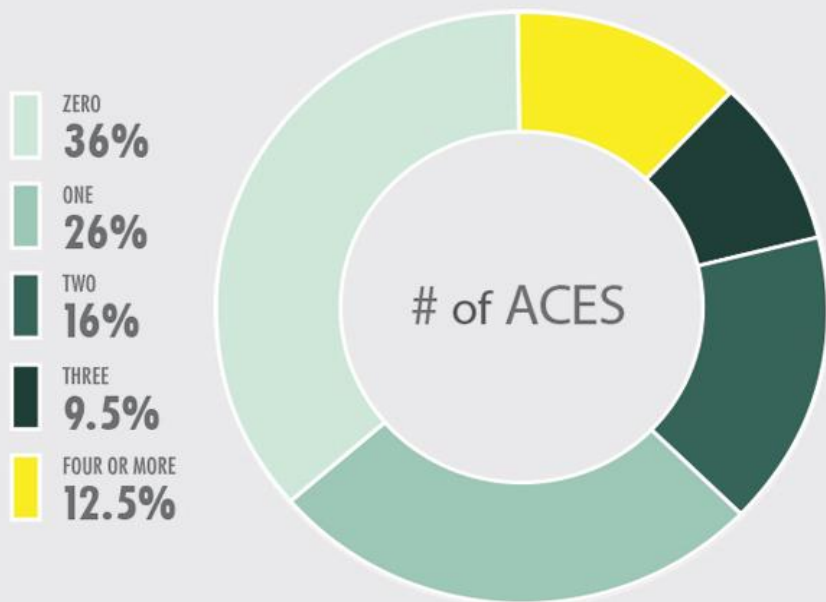
ACEs Measure

- While you were growing up, during your first 18 years of life:
 1. Did a parent or other adult in the household 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?
 2. Did a parent or other adult in the household often ... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
 4. Did you 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?
 5. Did you 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?

ACEs Study

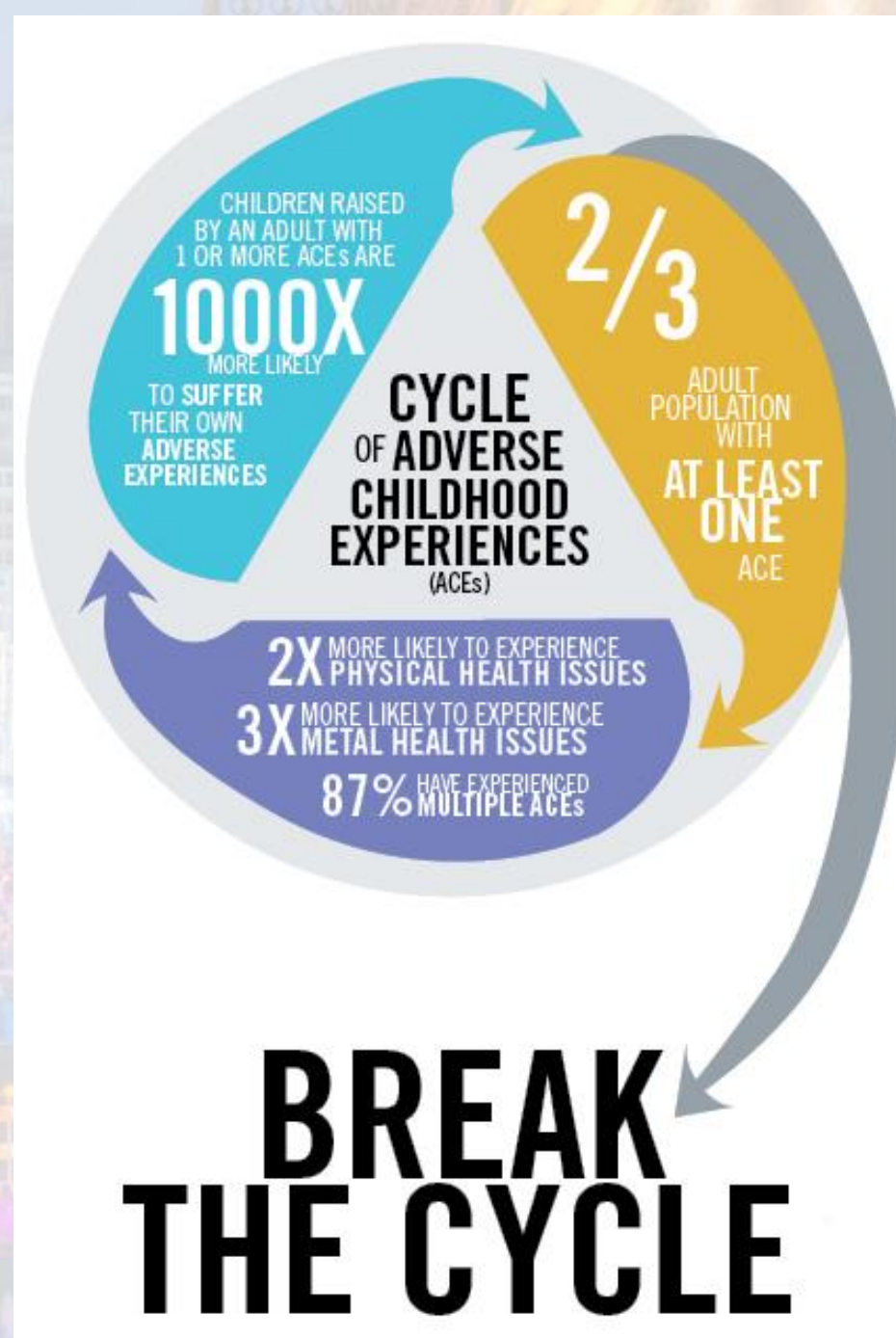
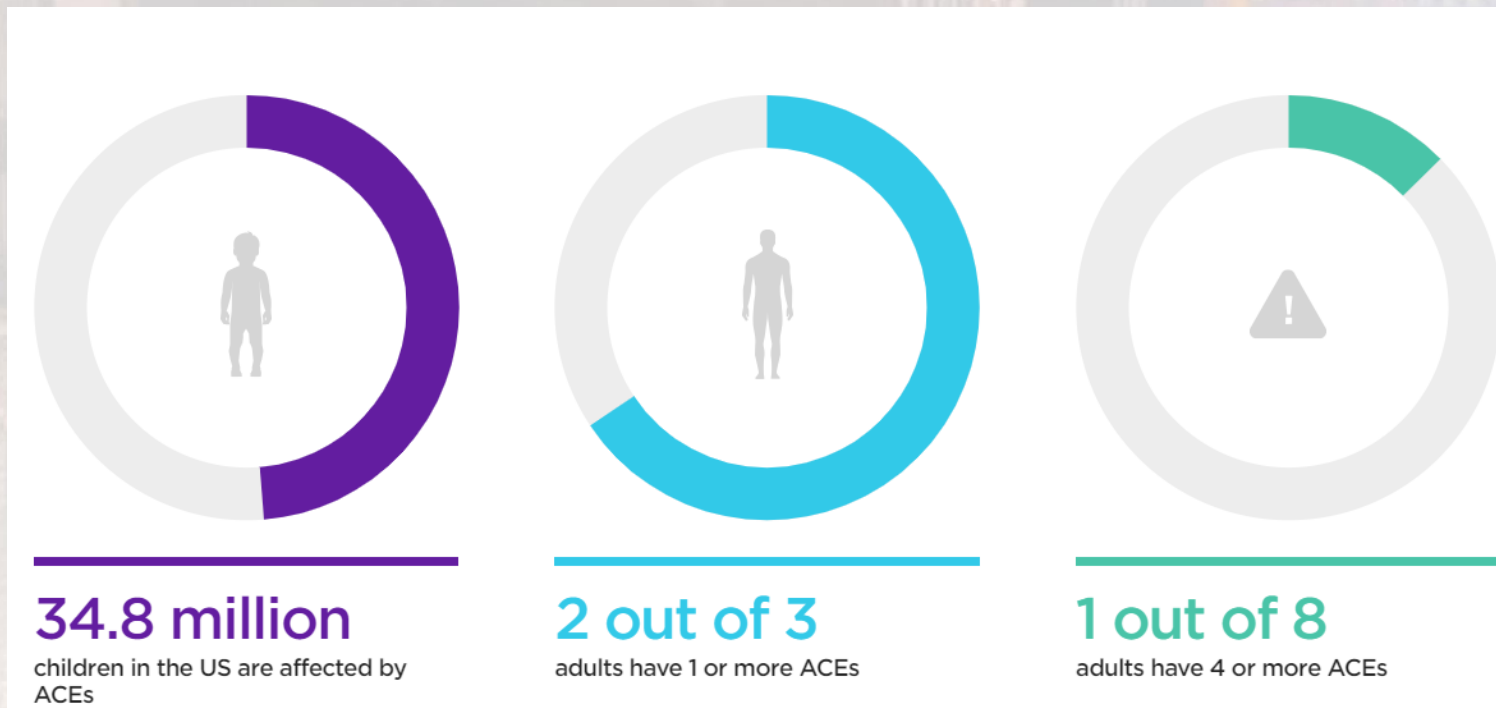
How Common are ACEs?

ACE Study

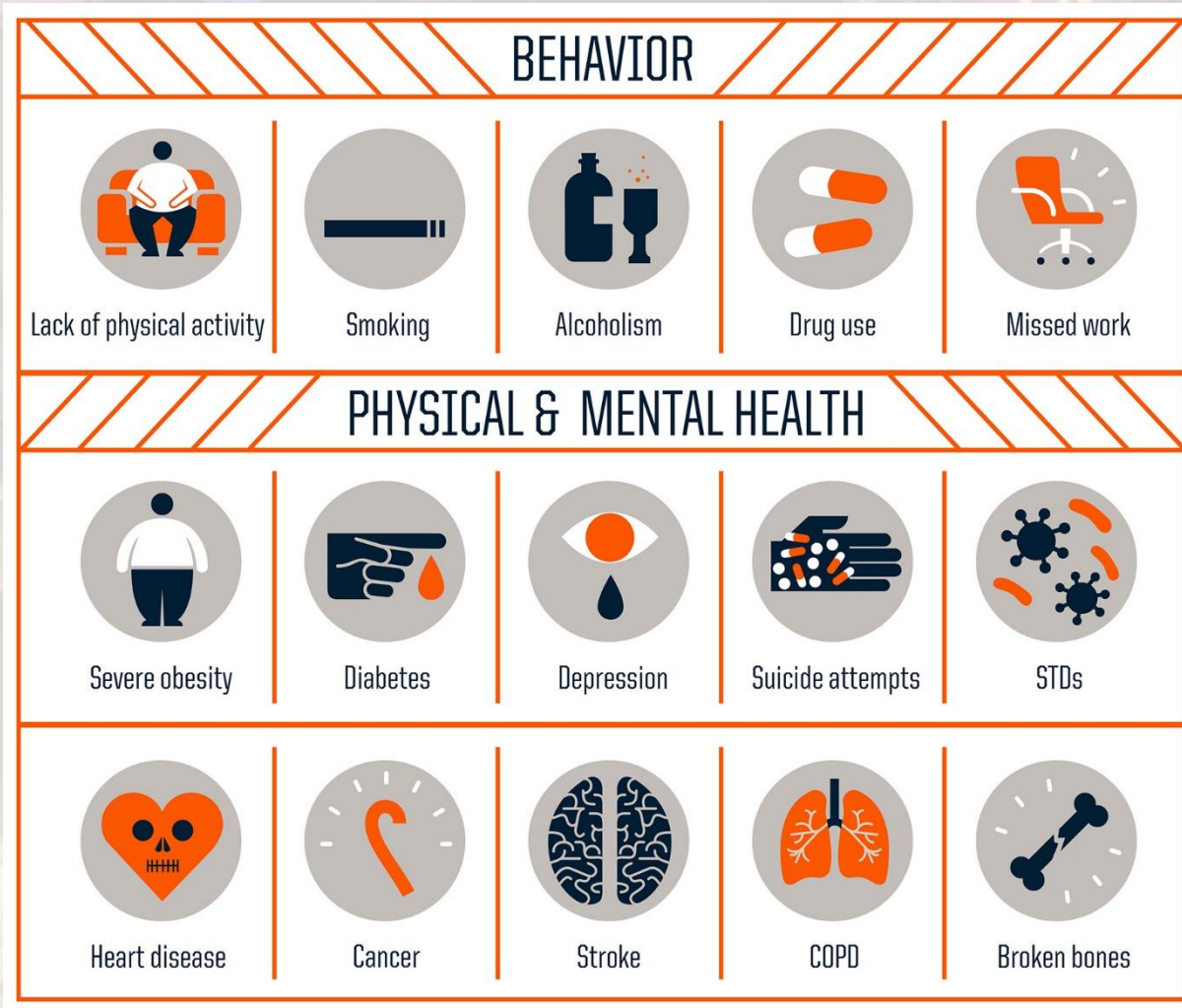


- Adverse Childhood Experiences (ACEs) affect over 67% of Americans and have an impact on health behaviors (CDC, 1998).
- Adverse Childhood Experiences are the single greatest unaddressed public health threat facing our nation today- Dr. Robert Block, former President of the American Academy for Pediatrics.

ACEs Study



Implications on Health



- Dose-Response Relationship: Higher your ACE score the worse your health outcomes.
- Four or more ACEs you are:
 - Double the risk for ischemic heart disease
 - Double the risk for cancer
 - Double the risk for stroke
 - Three times the risk for chronic lung disease
 - 4x more likely to have a mental health disorder
 - 12x more likely to have suicidal thoughts
- Up to 20 years off life expectancy due to brain and developmental changes.

Your Biography becomes your Biology

Some Neurobiological Effects of Trauma

Increase

- ✓ Size of amygdala (increased interpretation of stimuli as fearful)
- ✓ Sympathetics NS (fight/flight/freeze)
- ✓ Startle response
- ✓ Cortisol levels (stress hormones)
- ✓ Inflammation
- ✓ Blood pressure, resting heart rate, respiration
- ✓ Weight gain
- ✓ Trembling/shaking
- ✓ Kindling of HPA axis (takes less stress to trigger a stress response)

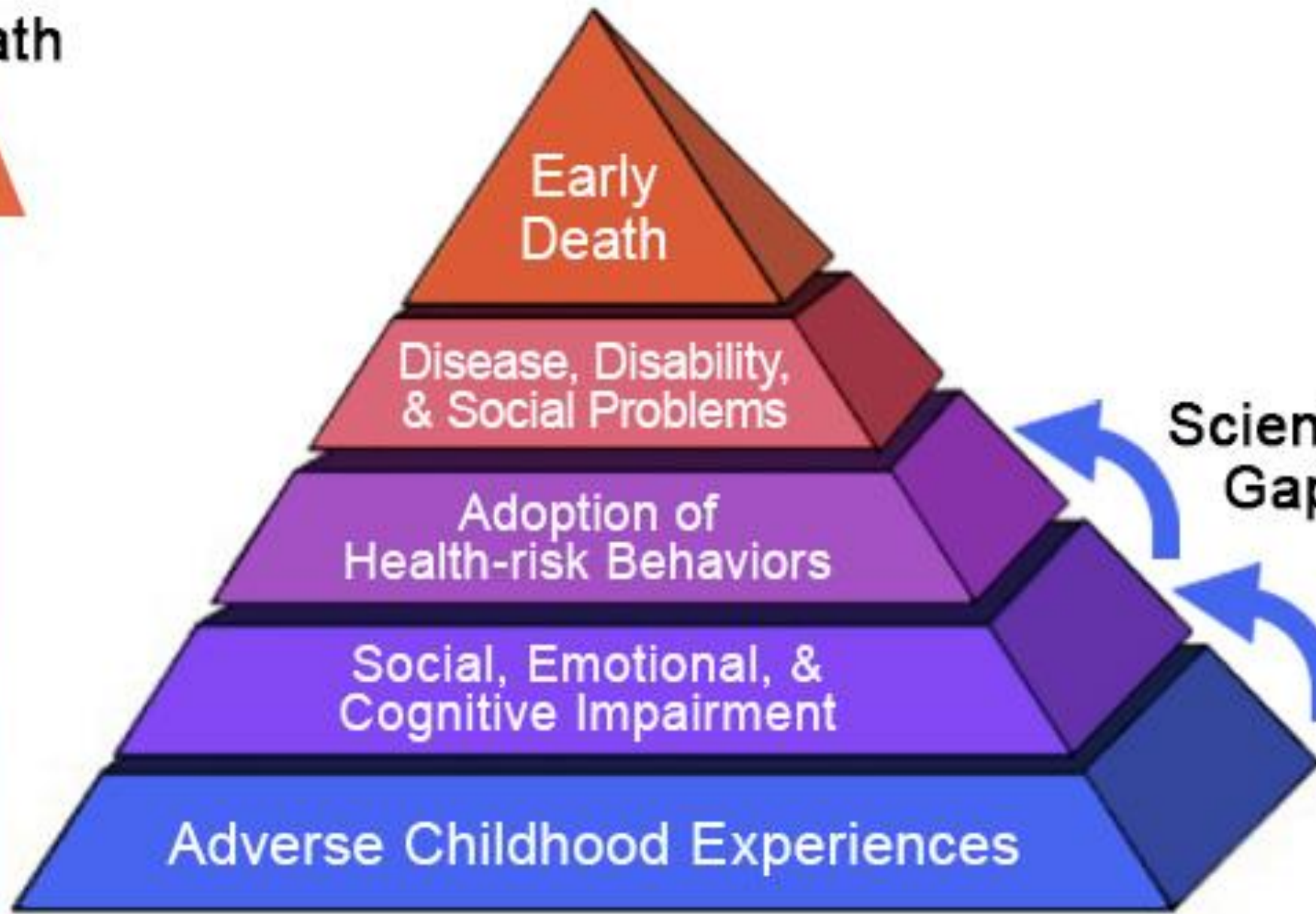
Decrease

- ✓ Hippocampa volume (learning and memory)
- ✓ Corpus callosum volume (smaller, fewer connections, less integration)
- ✓ Cortex / Brain volume (smaller brain)
- ✓ Short-term memory
- ✓ Verbal recall
- ✓ Parasympathetic NS (calming system)
- ✓ Ability to form attachments
- ✓ Ability to regulate mood and affect

Felter (2014)

Death

Whole Life Perspective



Disease, Disability, & Social Problems

Adoption of Health-risk Behaviors

Social, Emotional, & Cognitive Impairment

Adverse Childhood Experiences

Early Death

Scientific Gaps

Adverse Community Environments

The Pair of ACEs

Adverse Childhood Experiences

Maternal
Depression

Physical &
Emotional Neglect

Emotional &
Sexual Abuse

Divorce

Substance
Abuse

Mental Illness

Domestic Violence

Incarceration

Homelessness

Adverse Community Environments

Poverty

Violence

Discrimination

Poor Housing
Quality &
Affordability

Community
Disruption

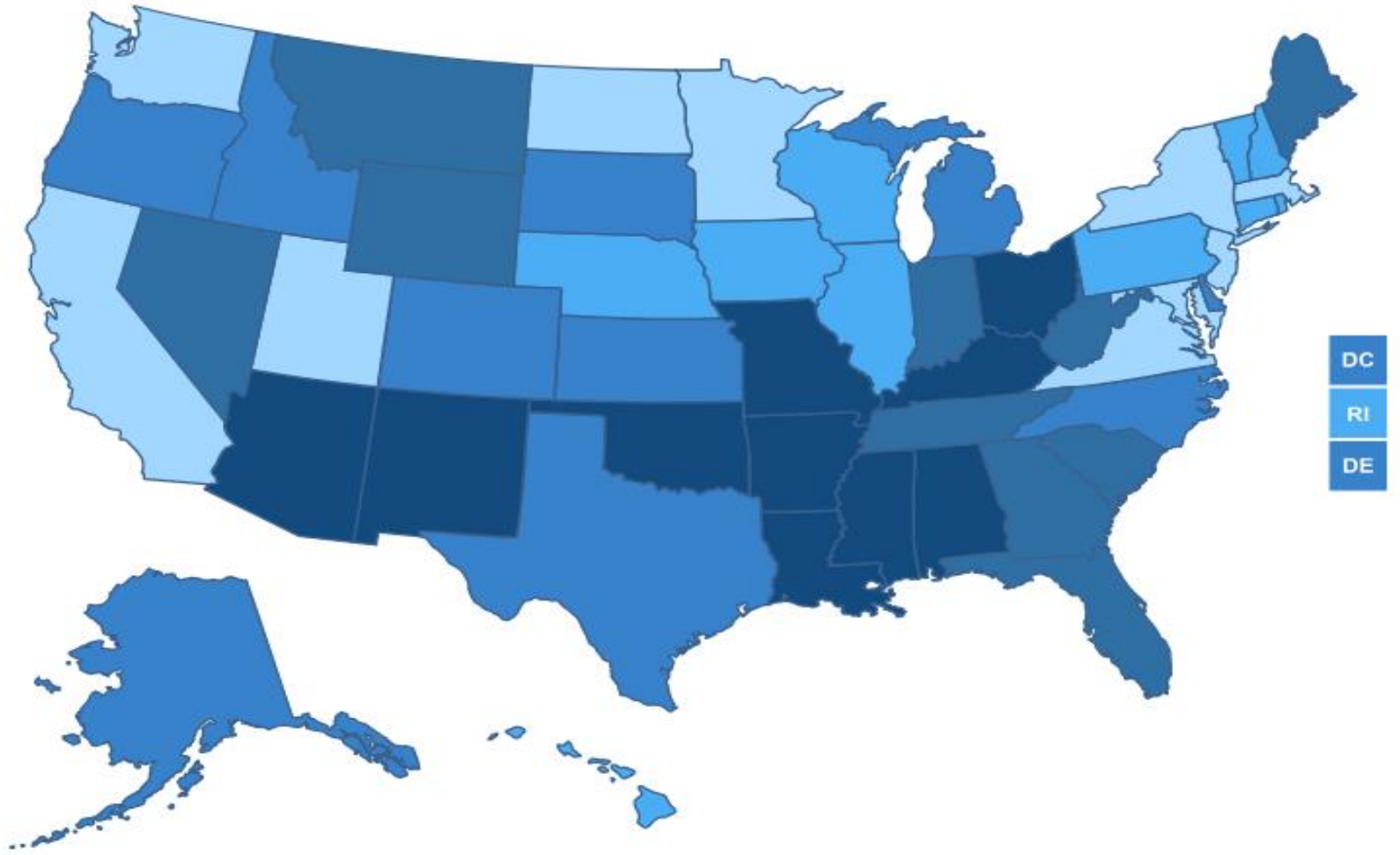
Lack of Opportunity, Economic
Mobility & Social Capital

- **Poverty**
- Discrimination
- Community Disruption
- Lack of Opportunity
- Poor Housing Quality
- Violence

Additional Traumatic Experiences

- Survivor of Shootings
- Death of a parent/caregiver
- Community violence and the inability to escape/re-locate
- Homelessness
- Disenfranchised ethno-racial, religious, and/or sexual minority status and repercussions
- Displacement, refugee status, and relocation
- War and combat involvement or exposure
- Exposure to death, dying, and the grotesque in emergency response work

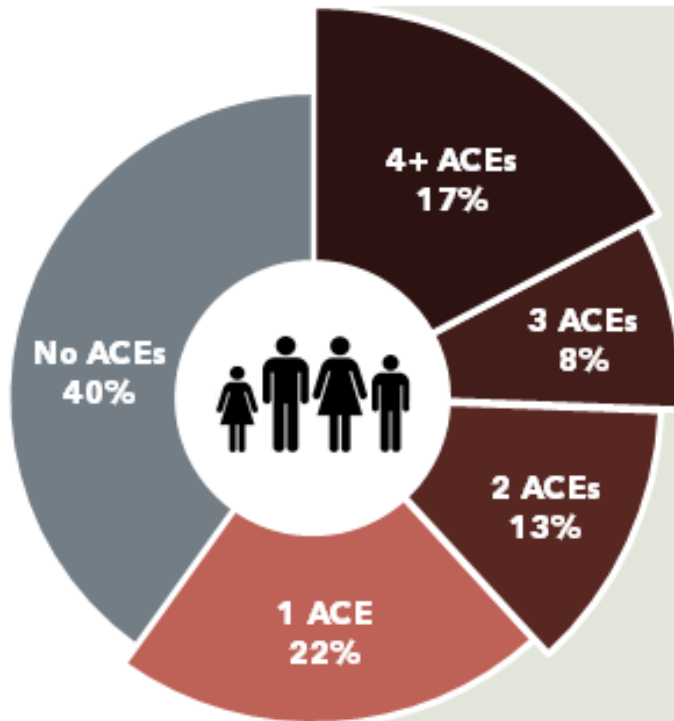
Percentage of children aged 0 to 17 who experienced two or more of the following: socioeconomic hardship; parental divorce or separation; lived with someone who had an alcohol or drug problem; victim or witness of neighborhood violence; lived with someone who was mentally ill, suicidal or severely depressed; domestic violence witness; parent served time in jail; treated or judged unfairly due to race/ethnicity; death of parent



Economic Impact

The \$5 Billion Annual Economic Impact of Adverse Childhood Experiences in Tennessee

ACEs Among TN Adults (2014-2017)



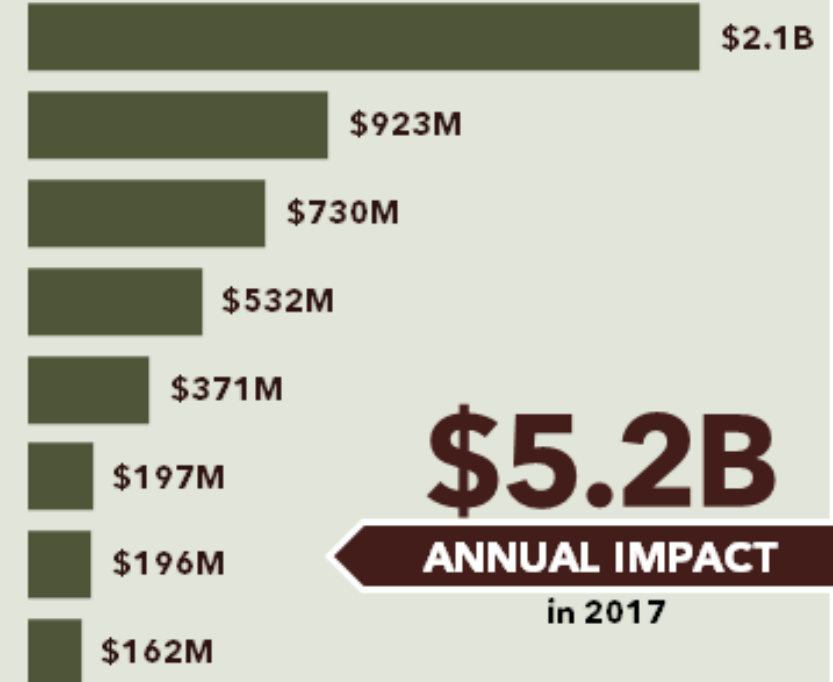
ACEs-Related Health Outcomes & Behaviors

- Smoking
- Depression
- CVD
- Obesity
- Diabetes
- COPD
- Asthma
- Hypertension

% Attributable to ACEs



ACEs-Related Medical and Worker Absenteeism Costs (2017)



\$5.2B
ANNUAL IMPACT
in 2017



Note: Obesity-related costs include only direct medical costs.

Source: The Sycamore Institute's analysis of data from the 2014-2017 CDC BRFSS provided by the TN Department of Health, the CDC Chronic Disease Calculator, Trogon et al. 2012, CDC SAMMEC, and Ford et al. 2014

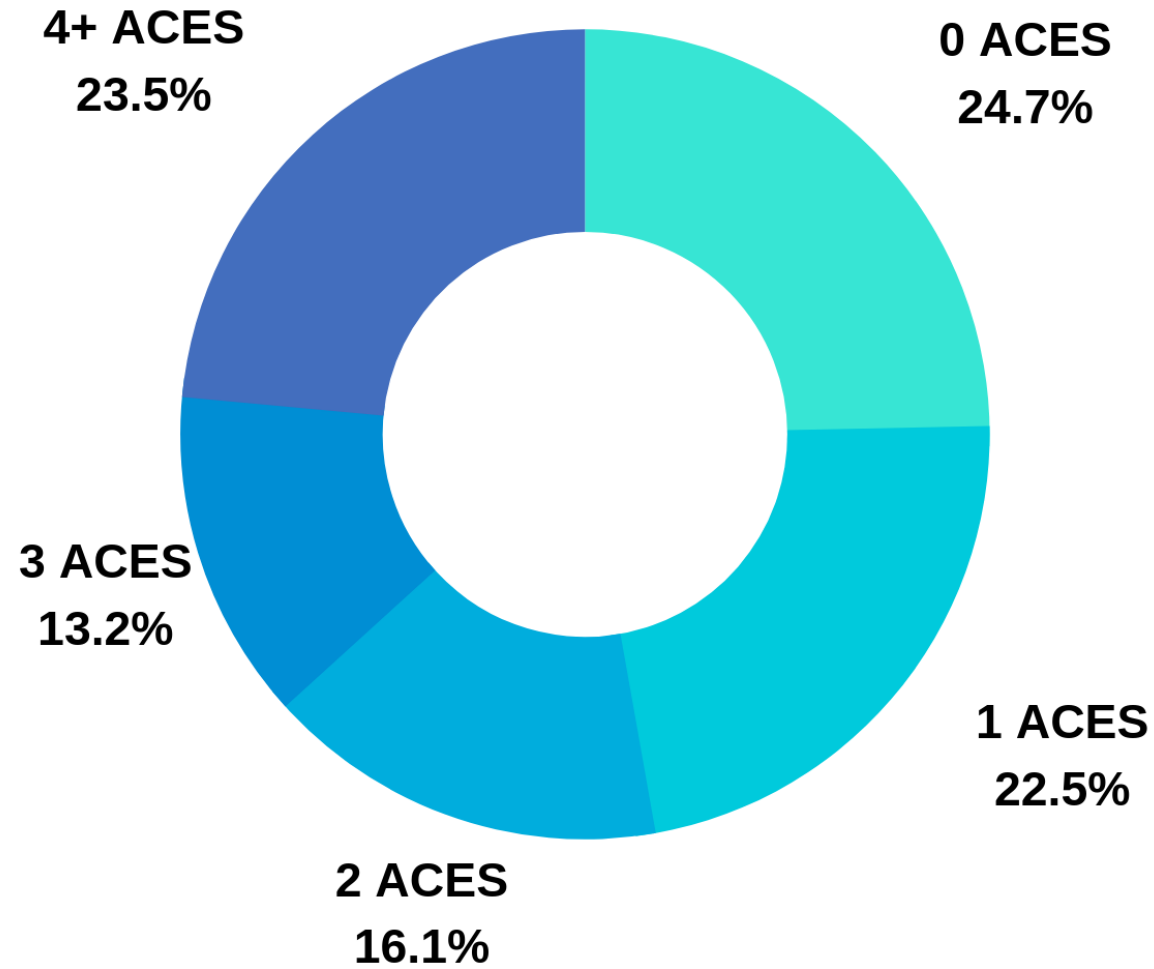
Implications for College Student Health

- The presence of ACEs leads to higher levels of symptoms of depression and ADHD with an increase in cigarette, marijuana and alcohol use (Windle et.al., 2018).
- A study using the NCHA found a significant dose response relationship between ACEs and substance/polysubstance use (Forster et al., 2018)
 - Findings make a compelling case for investing in health initiatives that prioritize ACE screening and TIC within campuses

Implications for College Student Health

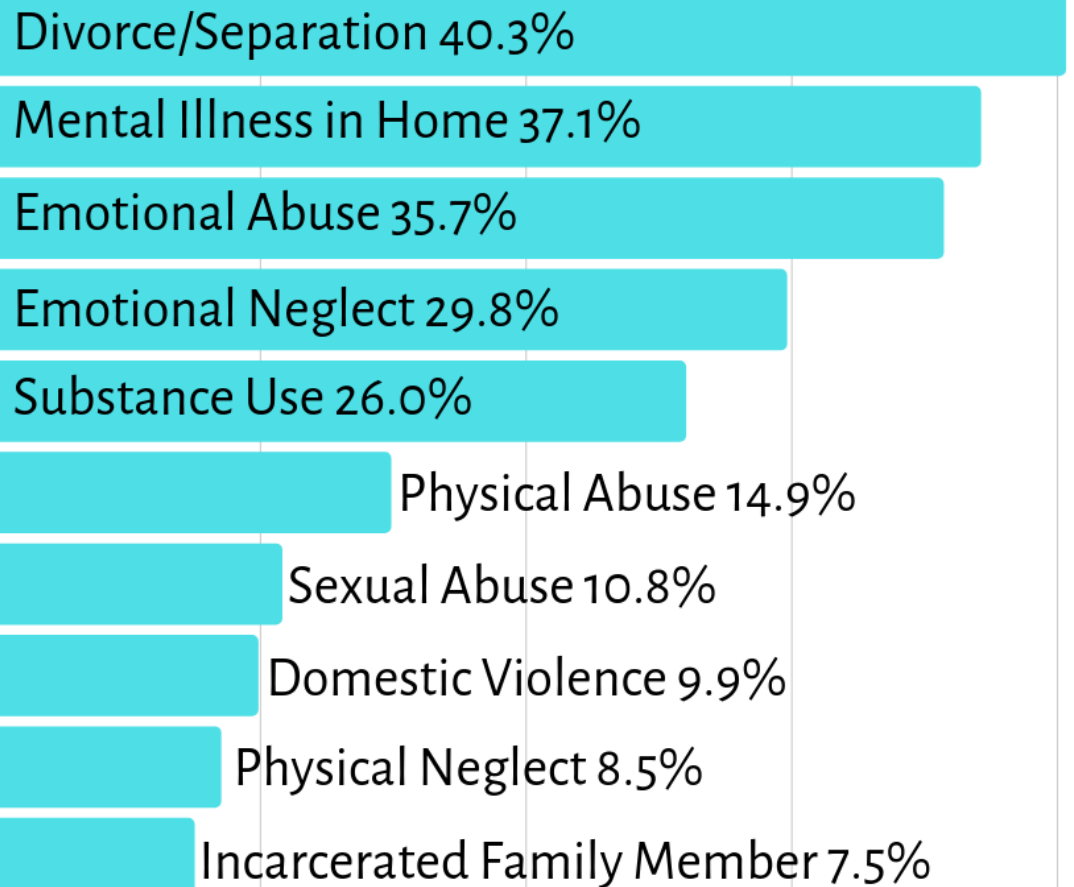
- Within a study examining the relationship between ACEs, stress, and mental health disorders, results strongly suggest ACEs lead to a high risk for worsening mental health during their college years (Karatekin 2017).
- Karatekin (2017) stated
 - “Universities consider other criteria, such as first-generation or low-income status, as risk factors and develop programs aimed at such students. The time may have come for ACEs to be considered as a significant risk factor as well that might impact student learning and to develop programs targeting students with high levels of ACEs.”

UNCW Data and Need



698 STUDENTS, 10.23.18 - 5.21.2019

UNCW Data and Need



DATA 698 Students from October 23, 2018-May 21, 2019

- Possible Loss of Parent Relationship
- Household Member was depressed, mentally ill, or attempted suicide/using alcohol or other substances
- Emotionally- cussed at, insulted, put down, humiliated, or worried about being physically hurt
- Relationally-Feel that nobody loved you, didn't think you were important or special. Family did not feel close, look out or support each other

SAMSHA

“A program, organization, or system that is trauma-informed *realizes* the widespread impact of trauma and understands potential paths for recovery; *recognizes* the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and *responds* by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re- traumatization.”

Trauma and Resiliency Informed

Adapted by TRI from Jane Stevens ACEs Connection

Conventional	Trauma-Informed	Resiliency-Informed
People are bad	People are suffering	People are resilient
People need to be punished	People need an intervention	People need our compassion and learn new skills
People just don't care	People care but lack skills and understanding	Any person can learn self-regulation skills
We need to stop making excuses for people	We need to learn how trauma impacts a child's and adult's development	We need to learn how skills of well-being can reduce suffering
What is wrong with you?	What happened to you?	What is right with you? What are your Strengths?

SAMSHA

Safety

Physical and Psychological

Trustworthiness
/Transparency

Decisions are made with transparency with a goal of building trust in community

Peer Support

Opportunities to build peer relationships for the benefit of self and others

Collaboration

Meaningful sharing of power and decision-making in order to place an emphasis on relationships despite hierarchy

Empowerment

Giving people a voice and a choice while providing opportunities for growth

Cultural Integration

Values culture by moving past cultural stereotypes and biases while providing policies that serve individual cultural needs and incorporates the impact of historical trauma on a population

How to Support Someone Who Has Experienced Trauma



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What does this mean for your role?

- Group Discussion: In what ways do you adhere to some of these principles in your outreach work?

Safety



Common areas are welcoming and privacy is respected

Choice



Individuals are provided a clear and appropriate message about their rights and responsibilities

Collaboration



Principles in Practice

Individuals are provided a significant role in planning and evaluating services

Trustworthiness



Respectful and professional boundaries are maintained

Empowerment



Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact at the agency

Trauma and Resiliency Outreach Checklist

- Setting a frame: Transparent Agenda
- Trigger warnings: Take care of yourself
- Respect TIME
- Consistency and Fairness
- Articulating Expectations:
 - Raise your hand to participate
 - Share if technology is recording or being used
 - Phones or no phones
- Collaboratively setting community agreements: *What would make you feel more comfortable in program?*
- Collaborative participation: *I won't ask you anything that I won't share and you don't have to share anything.*
- Share opportunity for follow-up and connecting to appropriate resources

Trauma and Resiliency Outreach Checklist

- Consider Resiliency Building activities and environment
 - Avoid sensory overload
 - Avoid unneeded movement
- Focus on strengths: what they CAN do and identify their existing coping skills
- Model taking responsibility and calming behaviors
- Acknowledge participant involvement
- Statement Caveat: *This is a research/factual program that we never intend to come off distant as we have immense compassion and empathy for people from all walks of life who have been through adversity to be here today*
- Language: Don't assume anything (pronouns) and words matter, they make be speaking a different language to be seen
- Use Accessibility guidelines-Read slides/Use Microphone

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- Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Marks, J. S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The adverse childhood experiences (ACE) study. *American Journal of Preventive Medicine*, 14(4), 245–258. <https://www.cdc.gov/violenceprevention/acestudy/about.html>
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- Windle, M., Haardorfer, R., Getachew, B., Shah, J., Payne, J., Pillai, D., & Berg, C. (2018). A multivariate analysis of adverse childhood experiences and health behaviors and outcomes among college students. *Journal of American College Health*, 66 (4), 246-251.
- https://www.americashealthrankings.org/explore/annual/measure/aces_annual/state/ALL

Resources

- <https://www.youtube.com/watch?v=qp0kV7JtWiE>
- https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime
- <https://centerforyouthwellness.org/resources/>
- <https://www.acesconnection.com/>
- <https://www.stresshealth.org/>
- <https://acestoohigh.com/>
- <https://www.echoparenting.org/resources/>
- <https://soundcloud.com/mowepod/075-how-childhood-can-haunt-us-dr-vincent-felitti>
- <https://www.traumaresourceinstitute.com/home>
- <http://www.philadelphiaaces.org/resources/toolkit-incorporating-trauma-informed-practice-aces-professional-curricula#overlay-context=resources/slide-deck-incorporating-trauma-and-aces-information-curricula>
- <https://developingchild.harvard.edu/>
- <https://kpjrfilms.co/paper-tigers/>
- <https://kpjrfilms.co/resilience/>