

NATIONAL
HEALTH CARE
for the
HOMELESS
COUNCIL

TRAUMA INFORMED
EXCELLENCE

Trauma Informed Care

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- Stay positive

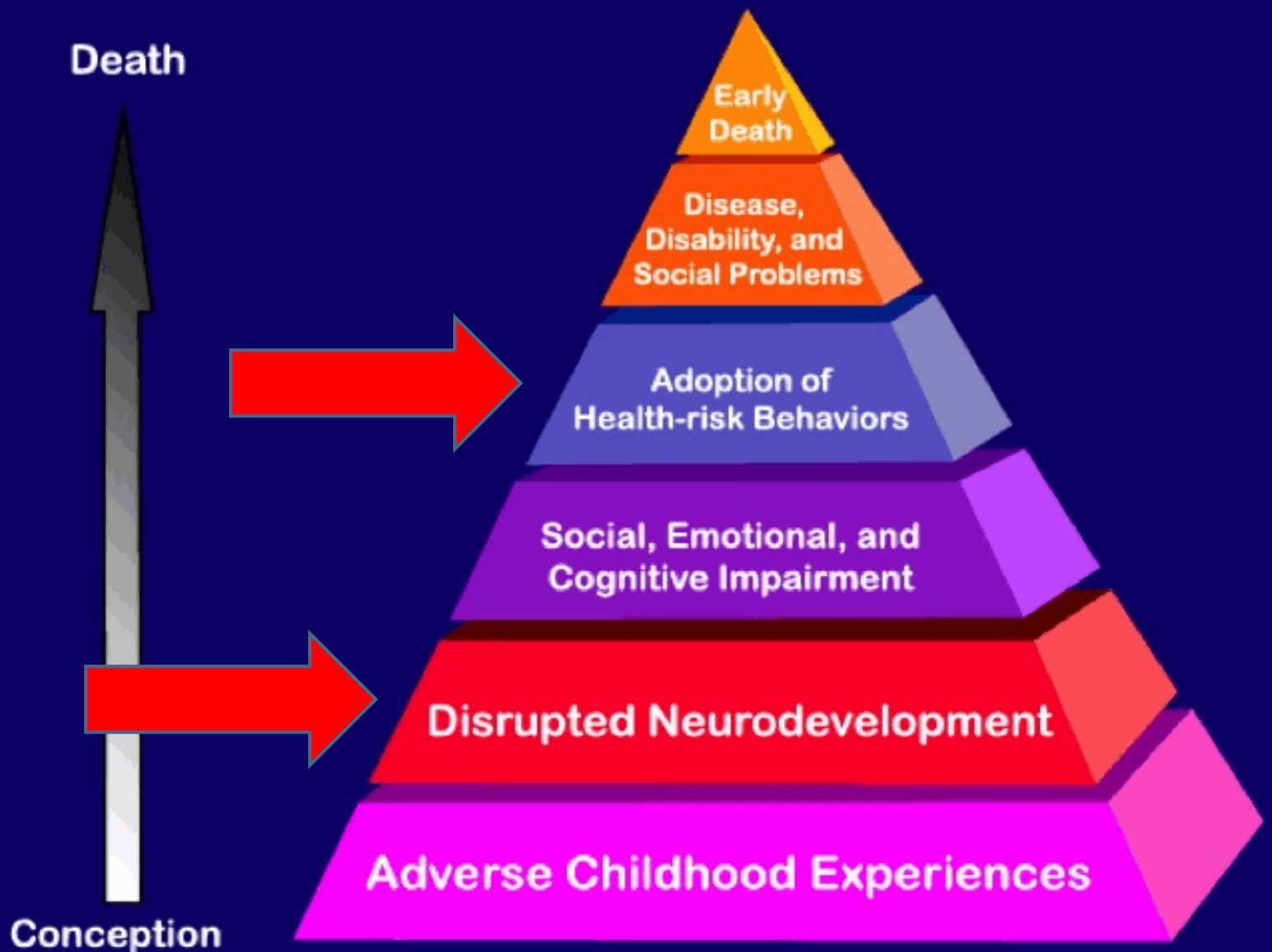
- Informal

- Interactive



Coldspring Center

for Social and Health Innovation



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

Impact of Trauma

- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted infections
- Unintended pregnancies
- Attachment issues
- Social withdrawal
- Isolation
- Lack awareness of social cues
- Alcohol abuse & dependence
- Illicit drug use
- Smoking
- Fetal death
- Heart disease
- Liver disease
- Health-related quality of life
- Somatic pain
- Disrupted sleep patterns
- Inability to focus
- Learning disrupted
- Depression
- Suicide attempts
- Disregulated emotional states
- Disrupted personality development

Robustness & Resiliency

- Robustness
 - Having or exhibiting strength or vigorous health
 - Capable of performing with success under a wide range of conditions
- Resiliency
 - The power or ability to return to the original form, position, etc
 - Ability to recover readily from illness, depression, adversity, or the like



Window of Tolerance

Hyperarousal Zone (Flight/Fight): Increased sensation; emotional reactivity; hypervigilance; disorganized cognitive processing

Rigidity

Chaos



Window of Tolerance: Flexible; adaptive; coherent; energized; stable

Rigidity

Chaos

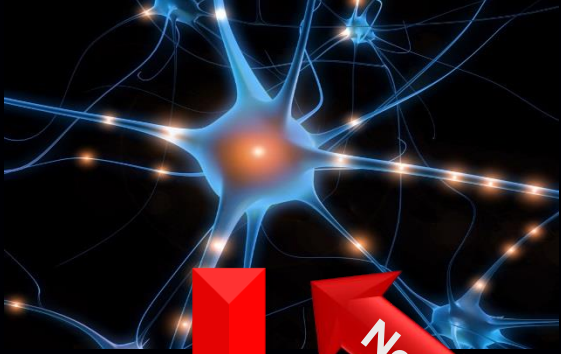
Hypoarousal Zone (Freeze): Relative absence of sensation; numbing of emotions; disabled cognitive processing; reduction of physical energy

Types of Stress & Trauma

- Hyperstress – Stress that builds up and, without release, overwhelms robustness
- Active Trauma – Intense stress that overwhelms our robustness state resulting in a life dominated by the traumatic event.
- Passive Trauma – Being overwhelmed by the trauma with no support to regain control.
- Complex Trauma – Repeated systematic trauma that occurs over time.

Trauma Informed Care

Understanding Trauma and It's Impact



Disorganized Attachment

Negativity

Automatic Response

Stress & Trauma



The ~~Old~~ Nature vs. Nurture





Insecure/Disorganized Attachment

Negativity & ...

Stress & Trauma

Automatic Response

Fight/Flight

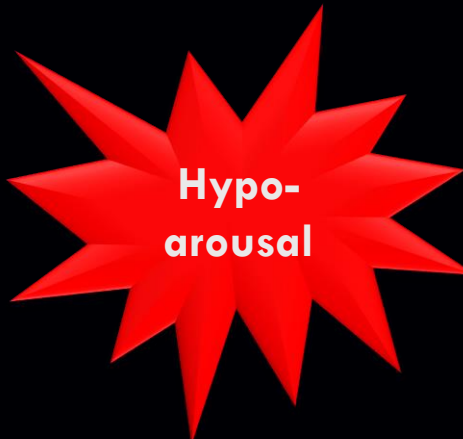
Freeze

Lifestyle

Hyper-arousal

Hypo-arousal

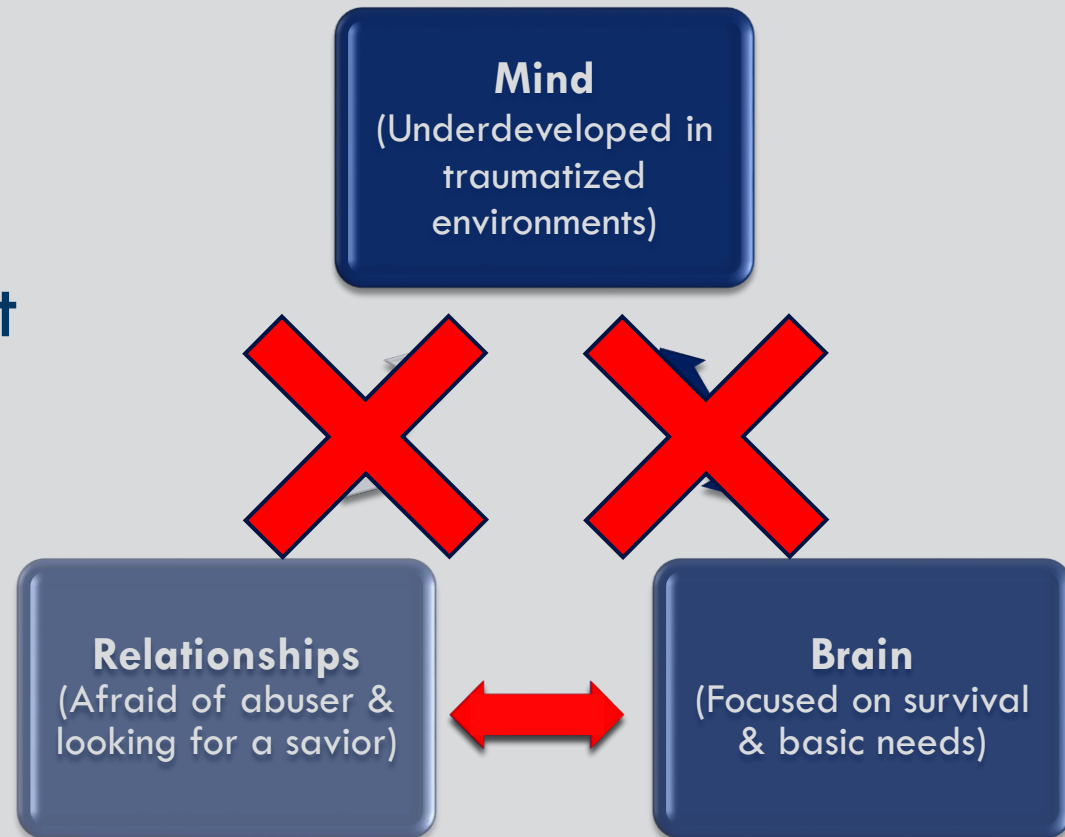
Habitual



Impact of Trauma & The Mind

“The human mind is a relational and embodied process that regulates the flow of energy and information.”

- Daniel Siegel

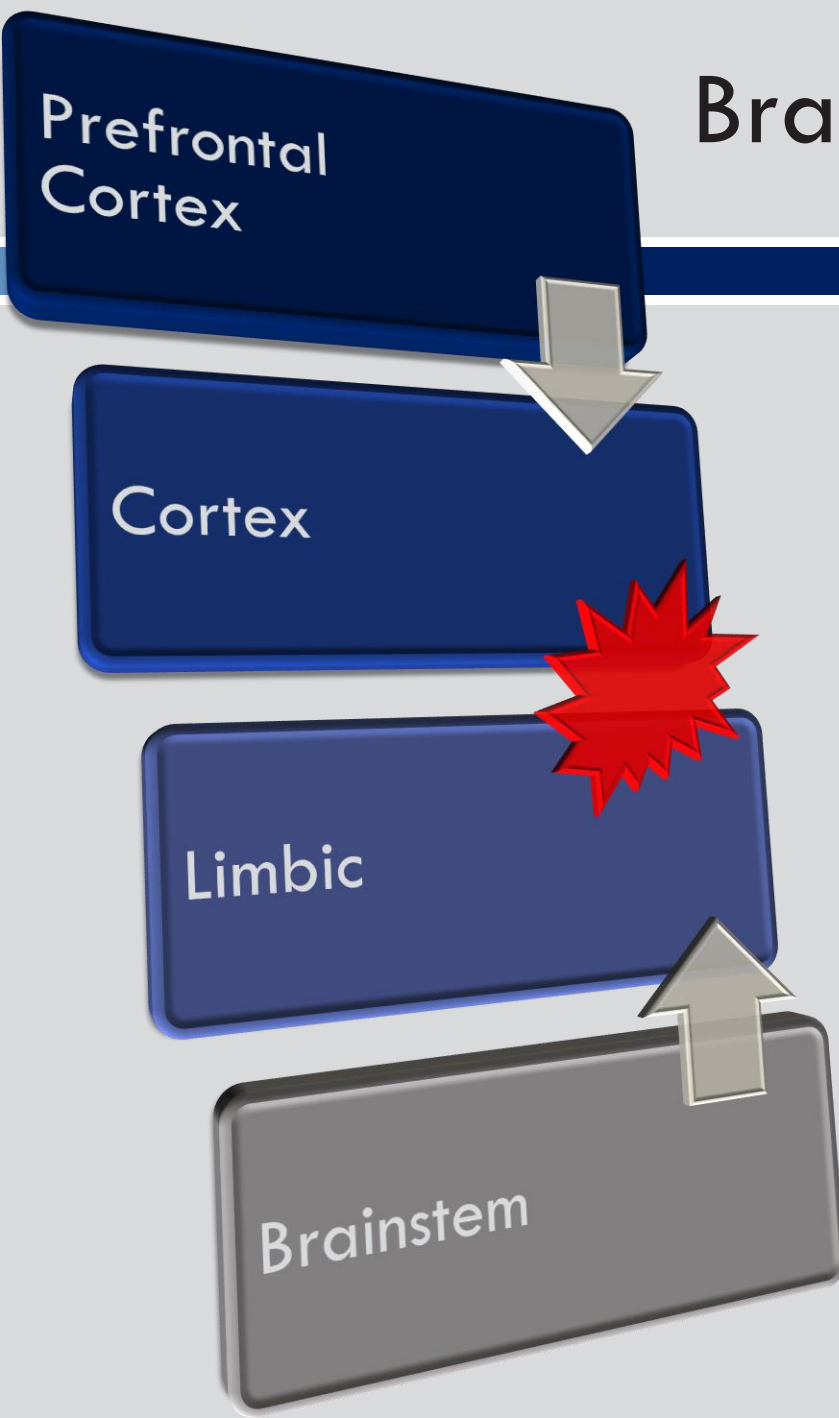


Synaptic Strength

- Strength is the ability of the postsynaptic neuron to initiate/continue the action potential
- Over time the presynaptic neuron gets more efficient at causing the post synaptic neuron to activate its action potential
- Wired/fired and use/lose



Brain Processing & Trauma



- Trauma is a Thief
 - Self
 - Unworthy
 - Unsafe
 - Autonomy (.300 of a second)
 - Relationships
 - Painful
 - Threatening
 - World
 - Survival
 - Dangerous

Trauma Informed Care

Our Role in the Recovery Process



Insecure/Disorganized Attachment

Negativity &...

Safety & Trust

Automatic Response

Fight/Flight

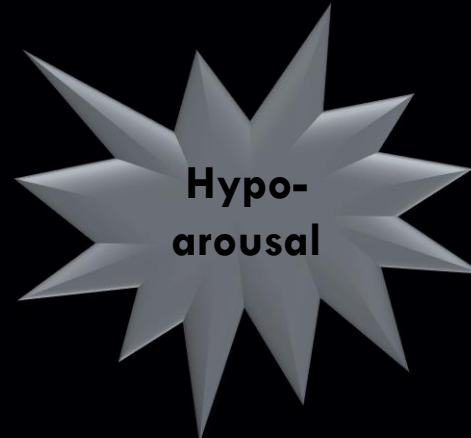
Freeze

Lifestyle

Hyper-arousal

Hypo-arousal

Habitual



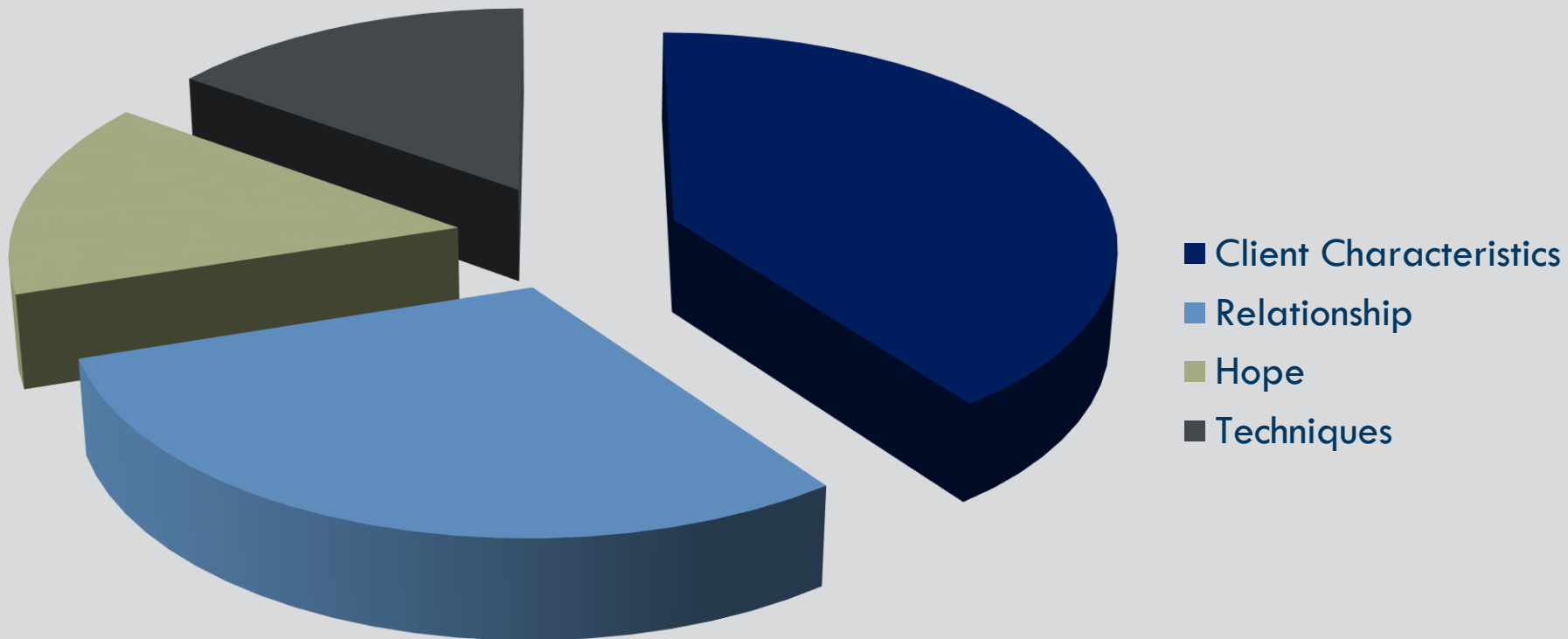
Relationship with Helper: Foundation for Focused Attention

“Recovery can take place only within the context of relationships; it cannot occur in isolation. In her renewed connections with other people, the survivor re-creates the psychological faculties that were damaged or deformed by the traumatic experience.”

– Judith Herman

Your Impact

Determinants of Successful Client Outcomes

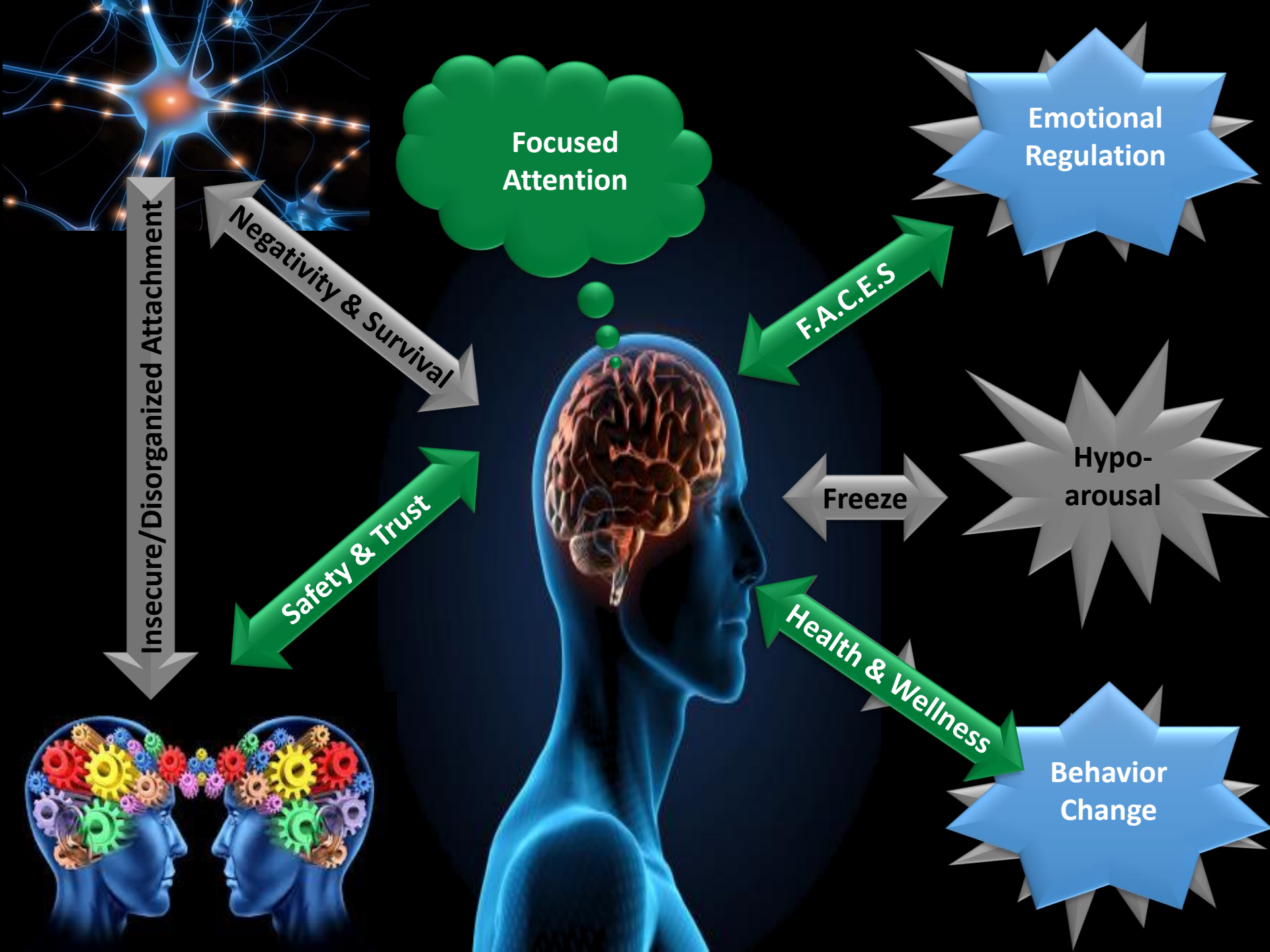


Steps to Prevent Re-traumatization

- See the environment through the client's eyes.
 - Is the environment safe, calm and predictable or overly chaotic or rigid
 - Do your procedures and program rules treat clients as you would want to be treated
- Help set client expectations of what their experience will be like in your program
 - New situation elicit fear that can be associated with the fear of the traumatic experience
 - Boundaries that define the helping relationship
 - Program rules and expectations of the client
 - Introduction to staff

Steps to Prevent Re-traumatization

- Build Safety
 - Do what you say you will do
 - Do it to the best of your ability
 - Adhere to and model healthy boundaries
 - Provide honest reflection
 - Trust and respect client
- Go slow and go slower
 - Re-traumatization occurs most often when the helper or program pushes the client beyond their sense of safety
 - Check in often



Focused
Attention

Insecure/Disorganized Attachment

Negativity & Survival

Safety & Trust

F.A.C.E.S.

Freeze

Health & Wellness

Emotional
Regulation

Hypo-
arousal

Behavior
Change

Focus Strategies

- Life Management
 - Regain control of small aspects of life
 - Build self efficacy
 - Lowering stress not associated with trauma
- Reclaiming the Positive
 - Counterbalance negative worldview with small infusions of positive thought
 - Shift brain to the creation of new neuropathways
 - Improves outcomes of the helping relationship
- Techniques
 - Motivational Interviewing
 - Solution Focused Therapy
 - Mindfulness
 - Etc....

TRAUMA TREATMENT

Strategies toward Post Traumatic Growth



**Focused
Attention**

**Emotional
Regulation**

**Post-
Traumatic
Growth**

**Behavior
Change**

**Healthy
Relationships**

Positivity & Logic

Safety & Trust

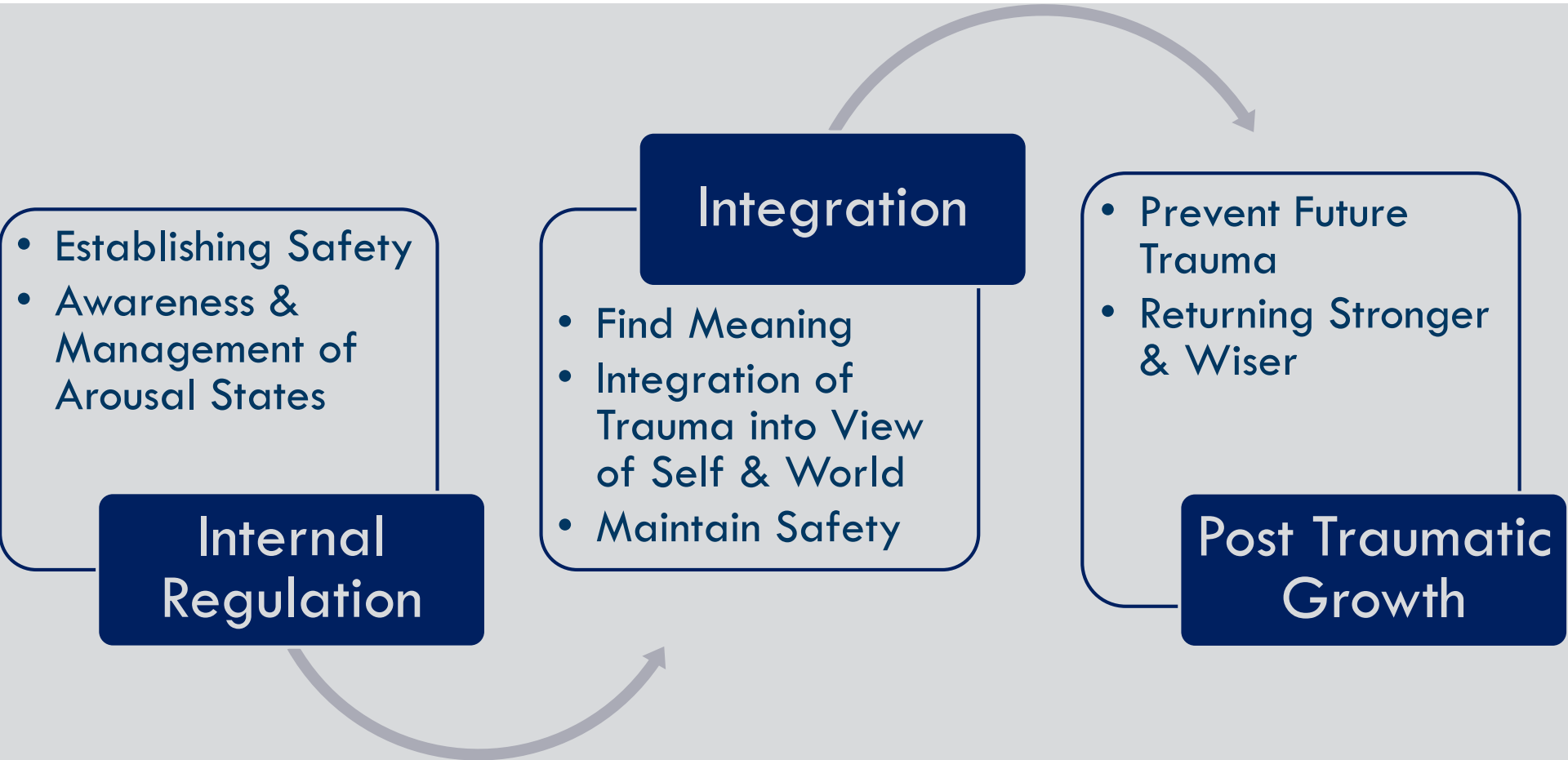
F.A.C.E.S

Hope

Health & Wellness



Client's Journey of Post Traumatic Growth



Questions & Comments

Thank You!

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