



Trauma-Informed Approaches to Child, Youth, Family, and Community Well-Being



Tory Henderson

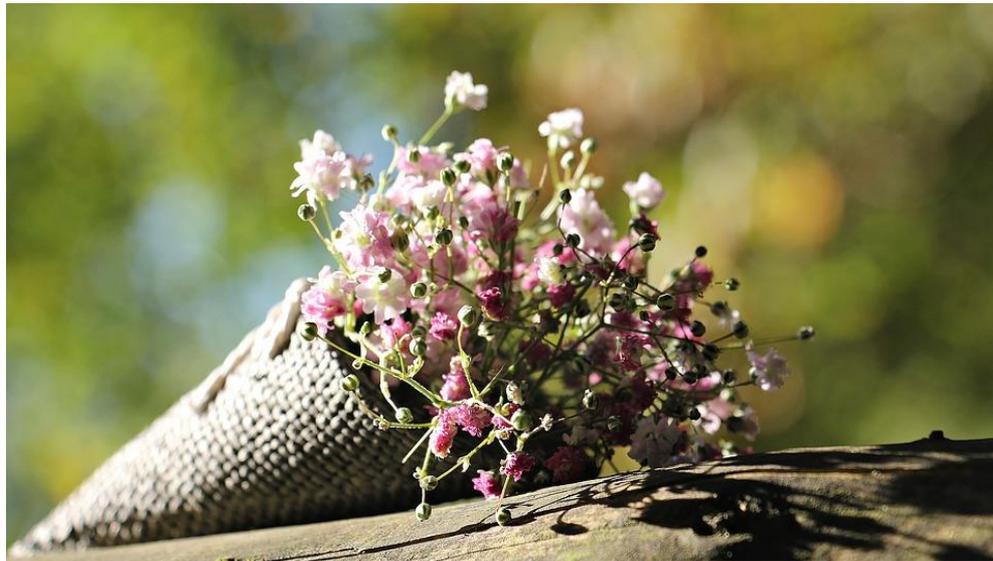
Community Health Worker Conference:

The Power of Relationships

April 13, 2018

Pause and Breathe

For many of us, trauma and adversity are personal – for ourselves, our children, our family members, and our communities – as well as professional.



Mindset Shift

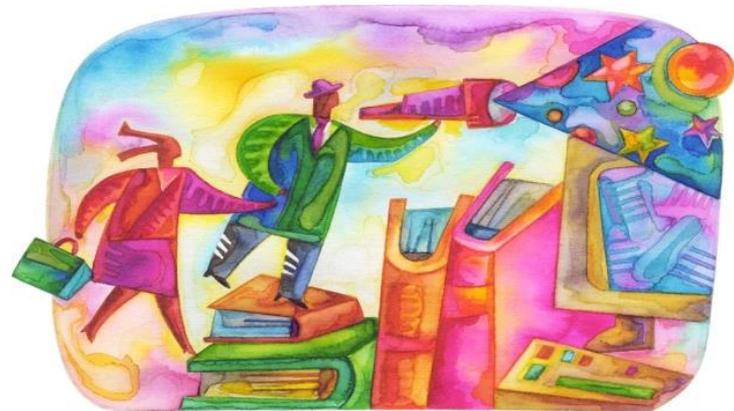
“Understanding trauma is not just about acquiring knowledge. It’s about changing the way you view the world.” Sandra Bloom



The Sanctuary Model www.sanctuaryweb.com

Overview

- Why trauma-informed approaches?
- Trauma and adversity – what are we talking about?
- Impact on health and well-being.
- What helps?



Farmers Market



Why Trauma-Informed Approaches?

- Equity – Equal Opportunity
- Many people are impacted by trauma and adversity
- Effectiveness



Equity – Equal Opportunity

- Relationships and social connections
- Education and career
- Health and wellness



Thinking about Trauma-Informed Approaches

- Self
- Family
- Neighborhood/community
- Organizations – practices and policies
- Systems
- Policies



Trauma and Adversity

- Historical – American Indians, African Americans, other
- Racism and discrimination
- Childhood (adverse childhood experiences or ACEs)
- Other adversity past or present, individual, family and community – homelessness, unemployment, poverty, neighborhood violence, etc.

Adverse Childhood Experiences (ACE) Study

- Ongoing collaboration between CDC and Kaiser Permanente's Health Appraisal Clinic in San Diego.
- Original data collected between 1995 and 1997.
- Over 17,000 adults with health insurance, survey completed as part of comprehensive physical exam.

ACE Study, Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/violenceprevention/acestudy/about.html>

Adverse Childhood Experiences (ACEs)

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

ACE Score = number of ACEs experienced

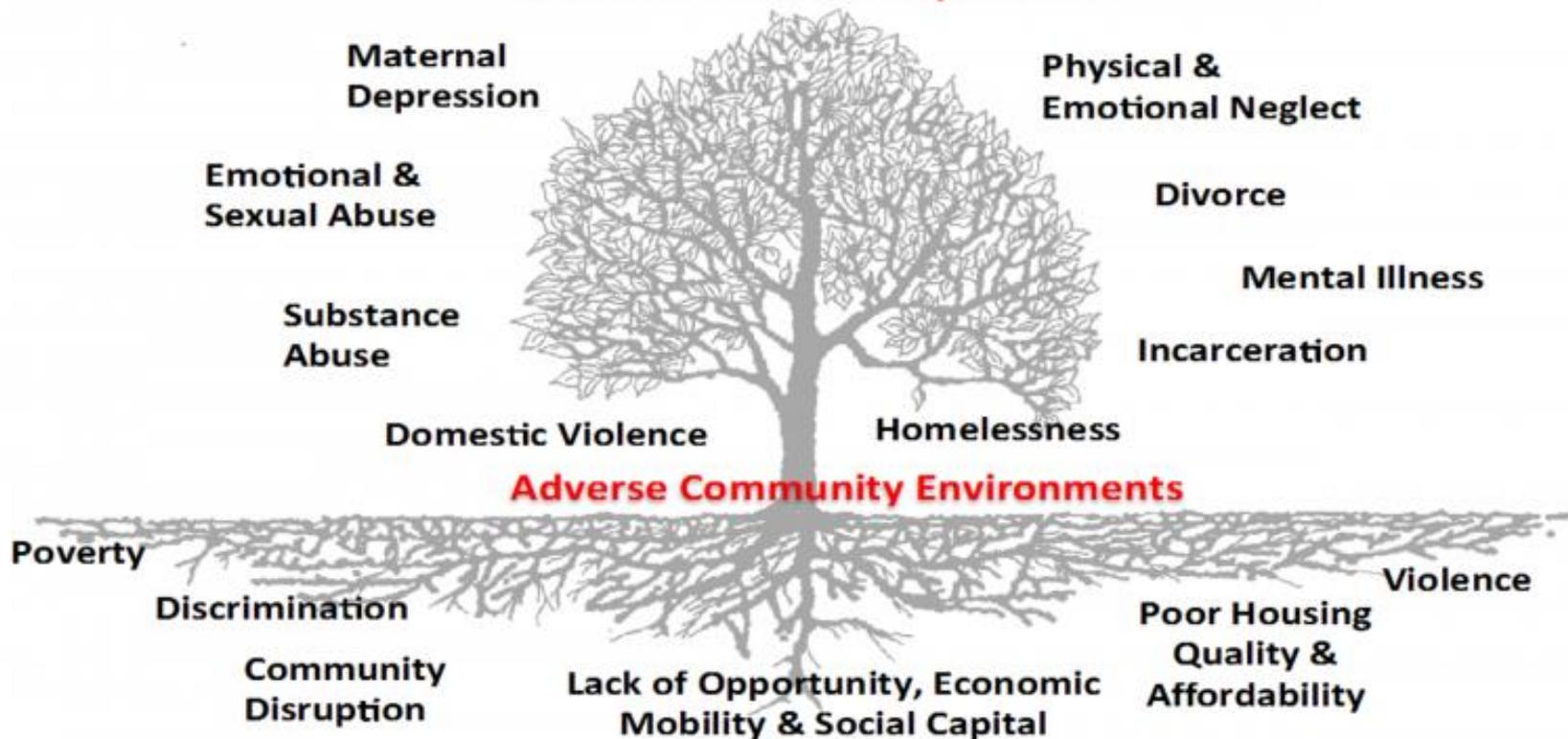
ACE Study, Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/violenceprevention/acestudy/index.html>

ACE Study – Key Ideas

- ACEs are common.
- Many people have multiple ACEs.
- The more adverse experiences, the greater risk of poor health outcomes.
- Never too early, never too late.
- We can work together to prevent ACEs and address ACE consequences.

The Pair of ACEs

Adverse Childhood Experiences



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

The Building Community Resilience Collaborative, Sumner M Redstone Global Center for Prevention and Wellness
Milken Institute School of Public Health, The George Washington University
<https://publichealth.gwu.edu/departments/redstone-center/resilient-communities>

Stress

- **Positive** – Brief increases in heart rate, mild elevations in stress hormone levels.
- **Tolerable** – Serious, temporary stress responses, buffered by supportive relationships.
- **Toxic** – Prolonged activation of stress response system in the absence of protective relationships.

Center on the Developing Child, Harvard University

<http://developingchild.harvard.edu/>

How ACEs Impact Health and Well-Being

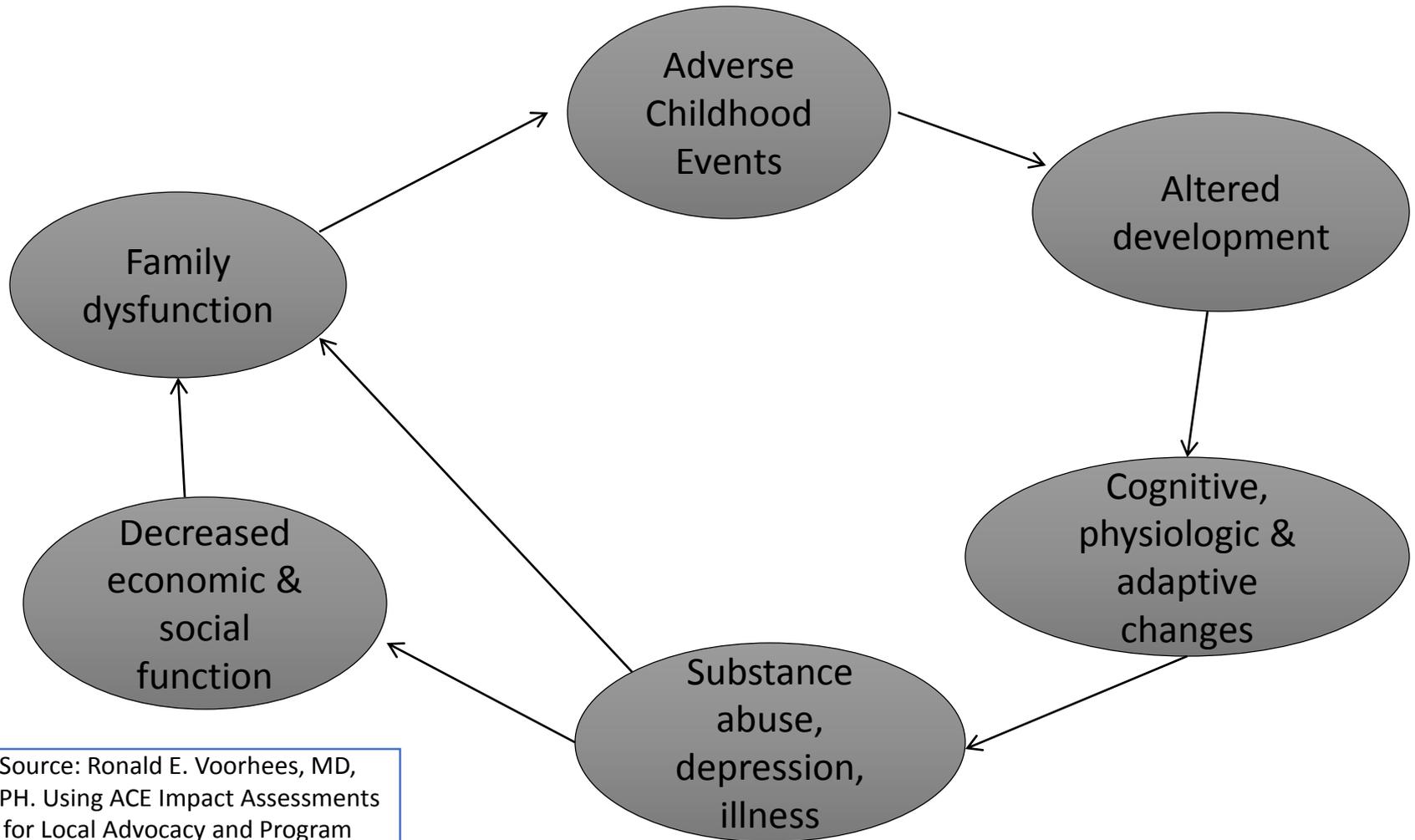
- Brain development
- Brain function
- Immune system
- Endocrine system –
hormones, growth, etc.
- Epigenetics



It's hard to play chess in a hurricane.

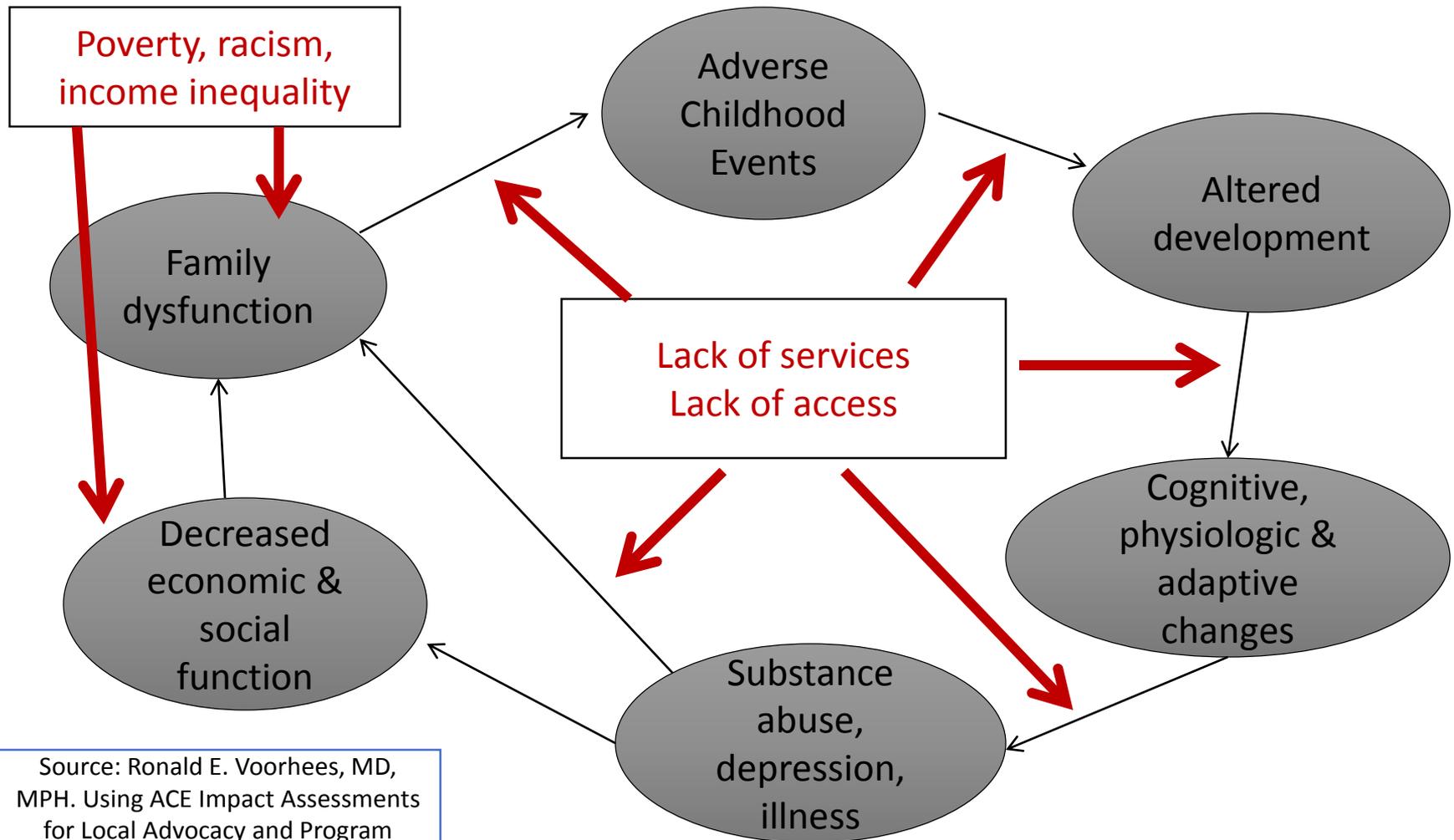


ACE Cycle



Source: Ronald E. Voorhees, MD,
MPH. Using ACE Impact Assessments
for Local Advocacy and Program
Development, NACCHO Webinar
8/20/2009

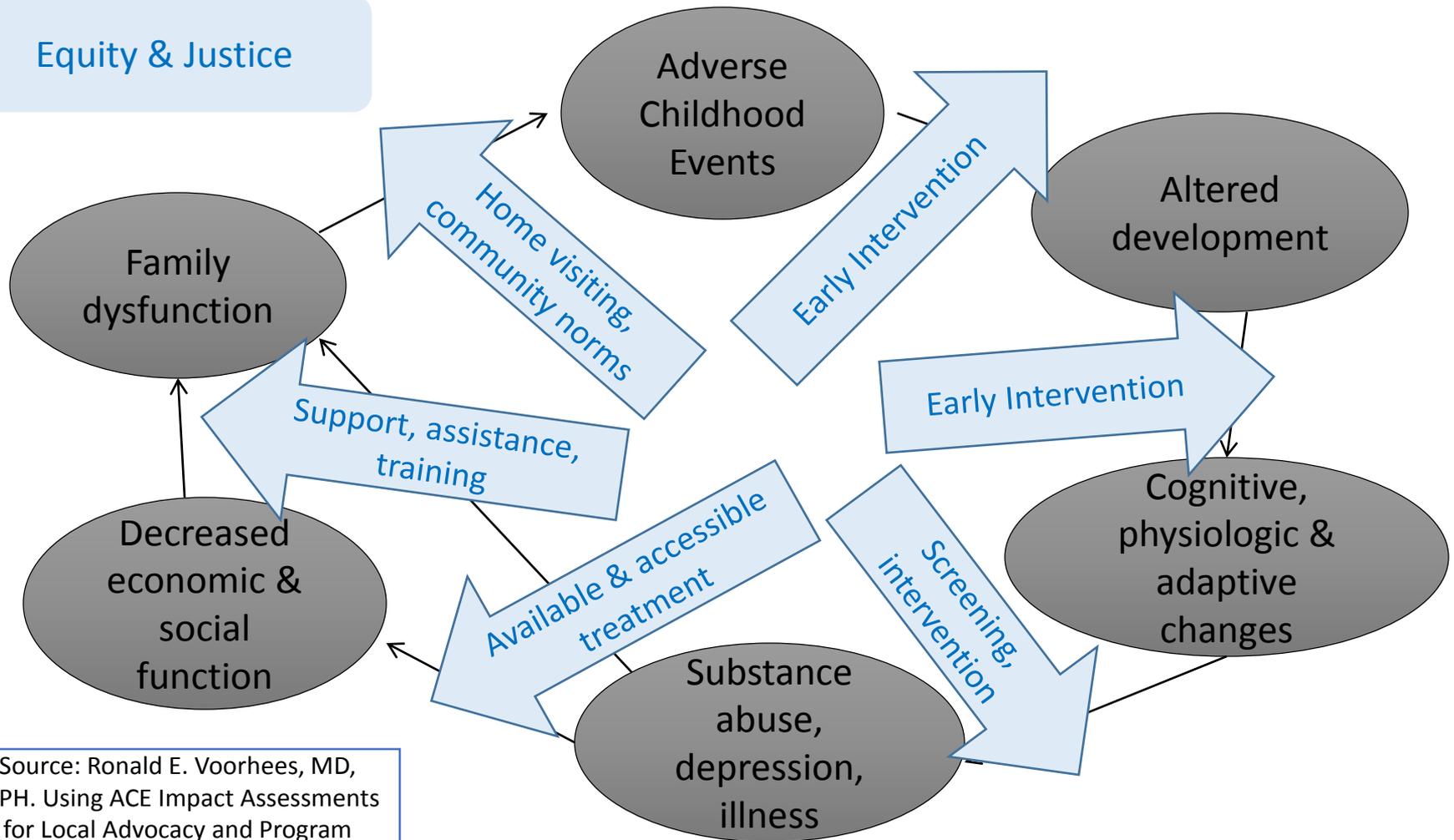
ACE: Systemic Factors



Source: Ronald E. Voorhees, MD, MPH. Using ACE Impact Assessments for Local Advocacy and Program Development, NACCHO Webinar 8/20/2009

ACE: Breaking the Cycle

Equity & Justice



Source: Ronald E. Voorhees, MD, MPH. Using ACE Impact Assessments for Local Advocacy and Program Development, NACCHO Webinar 8/20/2009

What Helps Individuals and Families?

- Meaning – Spirit - Faith
- Sleep
- Healthy eating
- Active living
- Mindfulness – curiosity and compassion
- Social connections
- Creativity



What Helps Communities?

- Raise awareness
- Cultural humility
- Learning and conversation opportunities
- Listen to community wisdom
- Engage champions
- Build networks
- Connect people, systems, and services
- Policy and systems changes



SAMHSA Framework

- Event, experience, effects
- Realize, Recognize, Respond, Resist retraumatization
- Six Key Principles:
 - Safety
 - Trustworthiness and transparency
 - Peer support
 - Collaboration and mutuality
 - Empowerment, voice and choice
 - Culture, historical and gender issues

SAMHSA's *Concept of Trauma and Guidance for a Trauma-Informed Approach*.
July 2014 -- <http://store.samhsa.gov/shin/content//SMA14-4884/SMA14-4884.pdf>

SAMHSA Ten Implementation Domains

- Governance and Leadership
- Policy
- Physical environment
- Engagement and involvement
- Cross-sector collaboration
- Screening, assessment, treatment services
- Training and workforce development
- Progress monitoring and quality assurance
- Financing
- Evaluation

SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. July 2014 --
<http://store.samhsa.gov/shin/content//SMA14-4884/SMA14-4884.pdf>

Strengthening Families Protective Factors

- Parental resilience
- Social connections
- Concrete support in times of need
- Knowledge of parenting and child development
- Social and emotional competence of children

Center for the Study of Social Policy – Strengthening Families

<http://www.cssp.org/reform/strengtheningfamilies>

Contact Information

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