

Trauma Informed Care for the

House Committee on Early Childhood and Family Supports



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Agenda

Setting the Stage

- What is Trauma Informed Care
 - Quick bit of the science/foundation
 - Definition and importance of TIC
- How we are approaching the work in Oregon
- Turn it over for you to hear from those doing this work in communities
- *Warning this will be fast; please note any questions to send me.

The Impact of Trauma & Toxic Stress

What is Trauma?

- Can be single event.
- More often multiple events, over time (complex, prolonged trauma).
- Interpersonal violence or violation, especially at the hands of an authority or trust figure, is especially damaging.
- Event, Experience, Effect (SAMHSA)
- Including experiences systemic oppression, 'isms, poverty

Some terms to think about:

- **Positive stress:** that which is moderate and short lived, causing brief increases in heart rate or mild changes in stress hormone levels. Positive stress is regarded as an important and necessary aspect of healthy development that occurs in the context of stable and supportive relationships.
- **Tolerable stress:** that which is severe enough to disrupt brain architecture if unchecked, but is buffered by supportive relationships that facilitate adaptive coping and mitigate the damaging effects.
- **Toxic stress:** that which is severe and prolonged in the absence of the buffering protection of supportive relationships. Toxic stress disrupts brain architecture and leads to lifelong problems in learning, behavior, and both physical and mental health

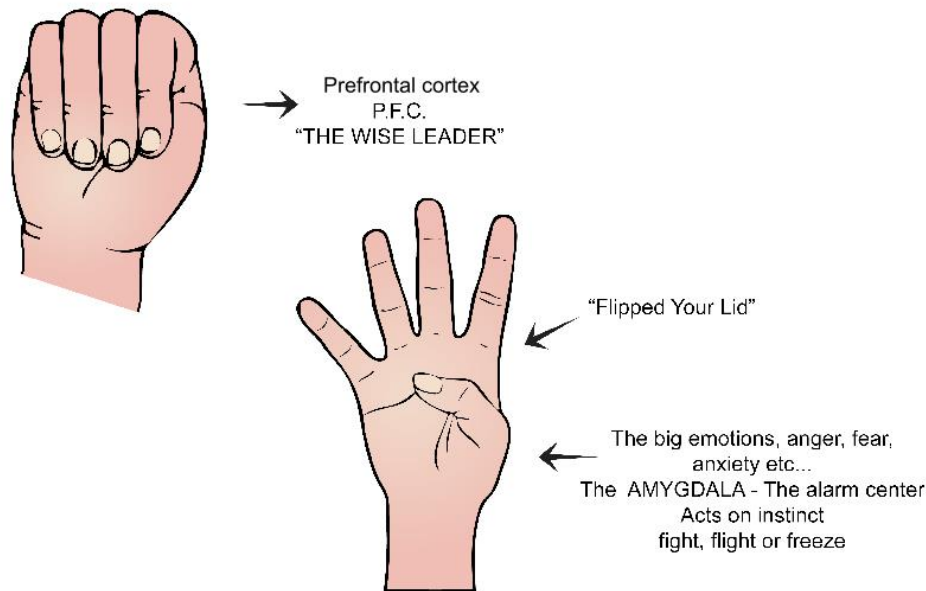
The Science

- **N** eurobiology
- **E** pigenetics
- **A** dverse childhood experiences
- **R** esilience

Neurobiology

Helps us understand how our brain development and functions are impacted by toxic stress/trauma

“Flipping One’s Lid”



Credit: Daniel Siegel, V.D. is the creator of this metaphor and expression “Flipped Lid”. Copyright © 2014 www.sharonelby.com

Challenges with:

- Memory
- Communication
- Sensory regulation
- Executive functioning
- Regulation

In Survival Mode –
assessing threat
constantly

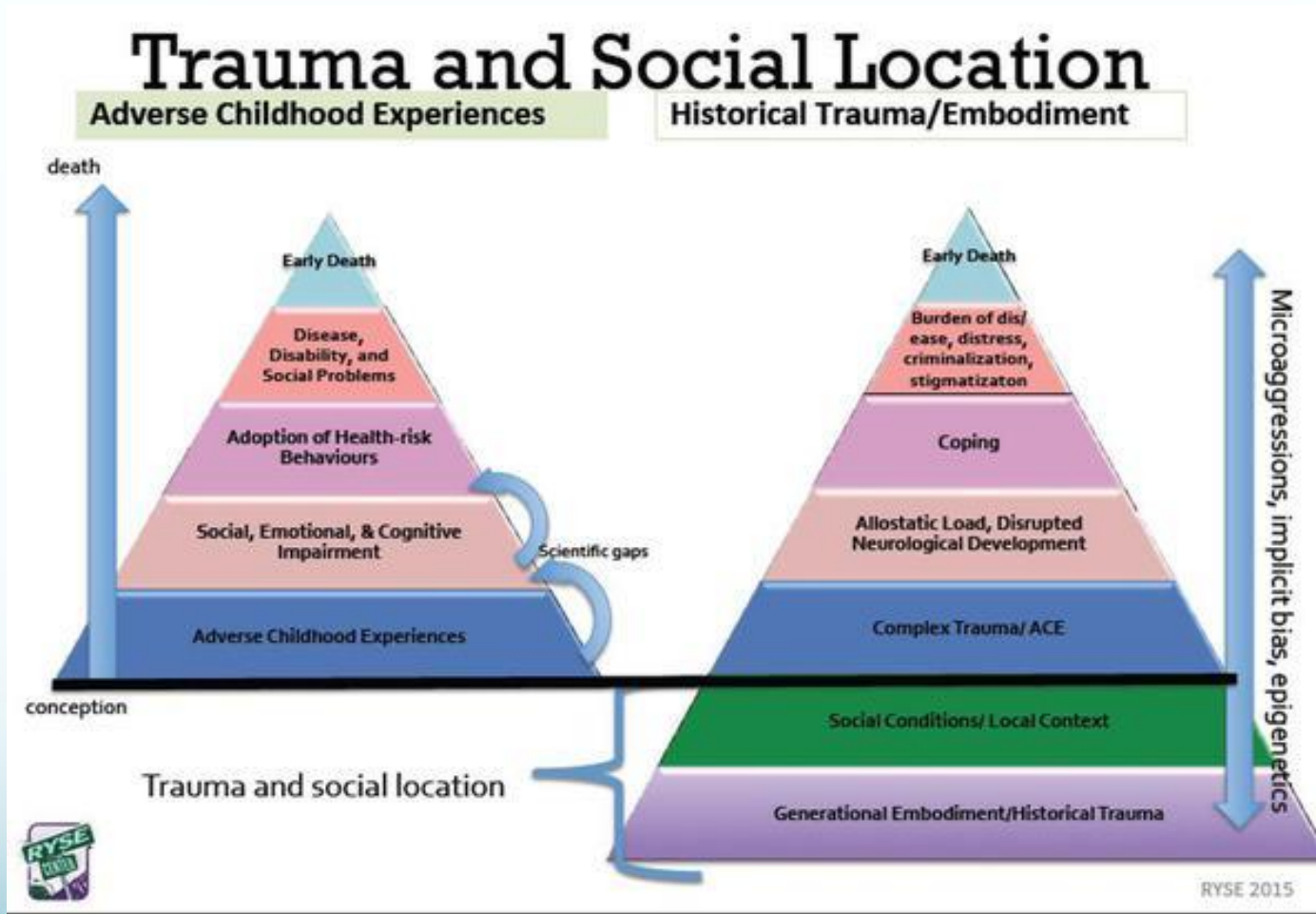
Epigenetics

Helps us understand the impact of toxic stress across generations – transmission through our genetic code



Adverse childhood experiences

Links adversities in childhood to adult health



<http://www.acesconnection.com/blog/adding-layers-to-the-aces-pyramid-what-do-you-think>

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

WHAT IMPACT DO ACEs HAVE?

Resilience

Helps us identify buffering variables that reverse, prevent, or heal this process.



WHAT *can* BE DONE ABOUT ACES?

These wide-ranging health and social consequences underscore the importance of preventing ACEs before they happen. **Safe, stable and nurturing relationships** (SSNRs) can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential. Strategies that address the needs of children and their families include:



Home visiting to pregnant women and families with newborns



Parenting training programs



Intimate partner violence prevention



Social support for parents



Parent support programs for teens and teen pregnancy prevention programs



Mental illness and substance abuse treatment



Preschool Enrichment



Sufficient income support for lower income families

Trauma Informed Care

Trauma Informed Care

“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 Specific v. Trauma Informed

- Trauma Recovery/Trauma Specific Services
 - Reduce symptoms
 - Promote healing
 - Teach skills
 - Psycho-empowerment, mind-body, other modalities.
- Trauma Sensitive
 - Bring an awareness of trauma into view
 - Trauma lens
- Trauma Informed Care
 - Guide policy, practice, procedure based on understanding of trauma
 - Assumption: every interaction with trauma survivor activates trauma response or does not.
 - Corrective emotional experiences.
 - Parallel process

Why Now? Is it a Fad?

- Developmental neuroscience, interpersonal neurobiology.
- Enormous advances in neurobiology in the last two decades, brain imaging.
- Adverse Childhood Experiences Study (Kaiser & CDC)
 - Link with mental, behavioral, and physical outcomes
 - Compelling evidence for a public health perspective

Why is it important?

- Trauma is pervasive.
- Trauma's impact is broad, deep and life-shaping.
- Trauma differentially affects the more vulnerable.
- Trauma affects how people approach services.
- The service system has often been activating or re-traumatizing.

What it doesn't mean

- It doesn't mean excusing or permitting/justifying unacceptable behavior
 - Supports accountability, responsibility
- It doesn't mean just being nicer
 - Compassionate yes, but not mushy
- It doesn't 'focus on the negative'
 - Skill-building, empowerment
 - Recognizing strengths
- It doesn't mean just training.
 - Workforce wellness policies
 - Changing procedures
 - Changing physical environments

What is happening in Oregon

Statewide

- Oregon is doing some amazing work regarding TIC and this is noted nationally.
- A bit of the journey:
 - Children's System Advisory Committee (CSAC) prioritize trauma and completes a white paper in 2012.
 - Oregon Health Authority - TIC policy in July 2014
 - Trauma Informed Oregon - created in 2014
 - Partnerships initially with Oregon Pediatric Society and OHSU

FRAMEWORK FOR ACTION

Forums:

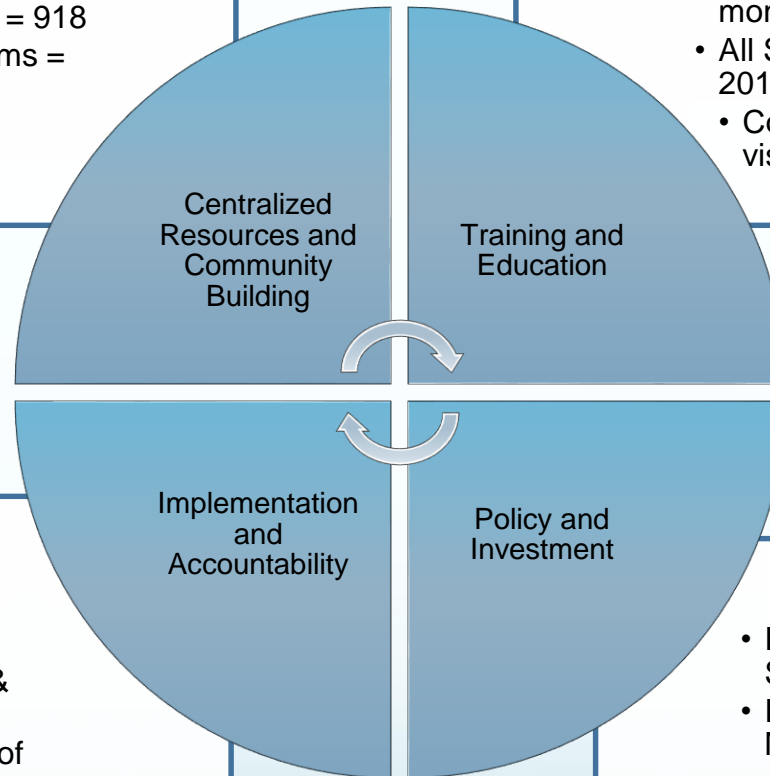
Bend
Pendleton
La Grande
Seaside
Eugene
Salem
Grants Pass
Portland
(Tri-counties)

Upcoming Forums:

Ontario
Canyon City
Corvallis
Newport

- Website
- Newsletter = 918
- State Forums = 582

- Technical Assistance
- Research & Evaluation
- Standards of Practice



- ECE trained in last 6 months = 1,590
- All Systems trained in 2016 = 4,813
- Counties we've visited = 20

- Input from Stakeholders
- Initiative Mapping

Systems:

Juvenile Justice
(probation,
detention, court
processes)

Family, Behavioral,
Drug court

Faith Communities

Home Visiting
Programs

Head Start

Schools &
Preschools

Public Health

Environmental
Health

Self sufficiency &
Child Welfare

Primary care, NICU,
Maternal & child
health providers,
Occupational health

Behavioral Health

Systems of Care,
Etc

In Summary

Practices

- Training ALL staff, community
- Making spaces physically safe
- Reviewing paperwork/procedures
- Workforce wellness/HR
- Peer Support – Lived experience
- Linking/integrating services
- Building social networks & resilient communities
- Regulation spaces and skills for staff and students
- Disciplinary policies
- ETC...

Outcomes

- Improved Workforce Wellness
 - Sense of confidence, satisfaction with work
 - Reduced burnout, stress (absenteeism, turnover)
 - Improved organizational climate
- Cross-system/Integrated Care
 - Shared language – shared resources
- Increased engagement
 - Follow through on appointments/classes (reduced no-shows)
 - Adherence to plans or treatment protocols
 - Follow through on referrals
 - Reduced Emergency Room
 - Improved satisfaction with care or services
 - Reduced suspensions, punishments

For More Information and to Connect

- Go to the TIO website: www.traumainformedoregon.org
- Sign on to be part of the Collaborative and receive newsletter updates and information about upcoming events and activities.
- Contact us with your feedback and suggestions for our work
 - Website: www.traumainformedoregon.org
 - Email: info@traumainformedoregon.org

