



Understanding Trauma

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CCSI's Center for Collaboration in
Community Health



About the Center...



CENTER FOR COLLABORATION
— IN COMMUNITY HEALTH —

Strengthening practice. Stimulating innovation. Demonstrating sustainable impact.



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CCSI

Coordinated Care Services, Inc.
Innovative Solutions in Human Service Delivery

CCSI's Center for Collaboration in Community Health Client Services

Managed Care Readiness Consultation

- Building relationships with Managed Care Organizations
- Developing effective utilization management practices
- Demonstrating impact

Performance Management and Evaluation Services

- Identifying program measures that matter
- Preparing meaningful Performance Profiles
- Building continuous quality improvement practices
- Program evaluation

Revenue Cycle Management

- Revenue Optimization
- Determining cost per episode of care
- Developing a value proposition (cost and quality) to share with clients

Health Information Technology Consultation

- Assessment of technology needs and existing gaps
- Development of technology specifications
- Assistance in vendor selection and HIT implementation

Training, practice development and technical support for the implementation of essential practice models

- Cultural and Linguistic Competence Practice Development
- Trauma Informed Practice Development
- Motivational Interviewing
- Identification of evidence-based practices

Strategic Planning

- Development of logic models
- Development of strategic framework

Overview of Presentation

- Defining trauma
- The impact of trauma & the Mind-Body connection
- Coping with trauma
- Helping others cope with trauma

Trauma Defined

- SAMHSA describes individual trauma as resulting 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, or spiritual well-being."
- Trauma means loss of control
 - <https://www.samhsa.gov/trauma-violence>

Trauma Overwhelms Coping

- Important to note that the experience of trauma is different for each individual
- An event is experienced as traumatic when it overwhelms our ability to cope; loss of control
- People have different levels of coping skills based on:
 - Age
 - Developmental Stage
 - Cognitive Ability
 - Problem-Solving ability
 - Experience
 - Mind-Set
 - Emotional Regulation skills
 - Other Stressors

The Effect of Trauma on the Brain

“**Worried Brain**” characteristics:

- The brain’s alarm system or “fight or flight” response is triggered beyond our conscious awareness; trauma causes **inflammation**
- This response has a very significant effect on our thoughts, emotions and behavior
- The brain’s different functions stop working as well together, leading to confusion, poor memory, impaired learning, mood swings and impulsive behaviors
- After-effects: Problems occur when there is nothing threatening happening and this heightened arousal, expecting the worst, negative mood, and avoidance keep happening
- Traumatized people avoid things even when there is no danger involved
- This leaves them stuck and they don’t get what they need to feel safe, healthy and happy

The Effect of Trauma on the Emotions

- anxiety □ insomnia □ agitation □ irritability or rage □ flashbacks or intrusive memories □ feeling disconnected from the world □ unrest in certain situations □ being “shut down” □ being very passive □ feeling depressed □ eating problems □ needing to do certain things over and over □ unusual fears □ impatience □ always having to have things a certain way □ doing strange or risky things □ having a hard time concentrating □ wanting to hurt yourself □ being unable to trust anyone □ feeling unlikable □ feeling unsafe □ using harmful substances □ keeping to yourself □ overworking

The Impact of Trauma on the Body

- The inflammatory effort of trauma on the brain and nervous system can trigger physical problems
 - **The Adverse Childhood Experiences (ACE) Study**
 - Strong positive correlation between health risk behavior & disease in adulthood to exposure to childhood emotional, physical, or sexual abuse, & household dysfunction
 - Four or more ACEs lead to 4-to 12-fold increased health risks for alcoholism, drug abuse, depression, and suicide attempt
 - Two to 4 fold increase in smoking & poor self-rated health
 - 1.4- to 1.6-fold increase in physical inactivity and severe obesity
 - The number of categories of adverse childhood exposures showed a graded relationship to the presence of adult diseases including ischemic heart disease, cancer, chronic lung disease, skeletal fractures, and liver disease.
- (American Journal of Preventative Medicine, Vol 14, #4)
- Traumatized people often use substances to cope; leads to long-term problems

Coping with Trauma

- **Education-** Understand how trauma effects people
- **Empowerment-** Take control of your healing process
- **Connection-** Spend time with people that care about you doing things you enjoy
- **Have Hope-** Most people *do* recover form trauma
- **Talk or Write About It-** Find a way to integrate it with who you are
- **Exercise-** We are wired to move and this stimulates mind-body healing
- **Use Spiritual Resources-** Give it over to a higher power
- **Meditation-**Can calm the worried brain
- **Music & Art-** To metabolize your emotions
- **Start with Small Tasks-** Little victories limit avoidance
- **Relax and Play-**Life will go on and it's meant to be enjoyed!

Helping Others Cope with Trauma

- **Listen**- Truly listen and try to empathize and understand
- **Validate**- If it's real to them then it's really real
- **Let them have control**- Don't do things they are ready and willing to do for themselves
- **Be with them**- Exercise, socialize, do nothing but relax
- **Encourage them to seek help**- Counseling works!
- **Take Care of Yourself!** Stability is contagious.

Questions?



For more information about this presentation or CCSI's Center for Collaboration in Community Health...



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