THE BENEFITS AND CHALLENGES OF TRAUMA INFORMED CARE

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OBJECTIVES

• To learn about the impact of trauma on staff and clients
• Address roadblocks of trauma informed care for clients and staff, and ways to overcome them
• Identify benefits of trauma informed care and how it can be effectively measured.
THE IMPACT OF TRAUMA ON CLIENTS AND STAFF

• Trauma can make it difficult for clients to develop positive relationships
• This would include relationships with staff
  • Issues could include transference and counter-transference
  • Problems with trusting staff
  • Issues with developing and maintaining appropriate boundaries
HISTORY OF TRAUMA INFORMED CARE

• The APA has played an important role in defining trauma and has been refined throughout the various iterations of the Diagnostic and Statistical Manual (DSM).

• Assessments and inventories of trauma have been utilized since the 1970’s.

• With advances in neuroscience, approaches to trauma which utilize the biopsychosocial background of clients in order to better understand and treat survivors of trauma have been developed.

• Trauma survivors themselves have played a huge role in the improvements in trauma-informed care by being open about their history of trauma.
TRAUMA DEFINED

- Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being. (SAMHSA)

- Traumatic experiences complicate a person’s capacity to make sense of their lives and create meaningful and consistent relationships in their families and communities.

- Victor Frankl described trauma as a “Normal reaction to an abnormal event.”
SECONDARY TRAUMA

• Compassion fatigue, or secondary traumatic stress disorder, is a natural but disruptive by-product of working with traumatized clients. It is a set of observable reactions to working with people who have been traumatized and mirrors the symptoms of post-traumatic stress disorder (PTSD) (Osofsky, Putnam & Lederman, 2008; Figley, 1995) (US Department of Health and Human Services)

• Professional Quality of Life Scale PROQOL-5: Assessment that can be completed by staff members to measure burnout and compassion fatigue.
• Symptoms of secondary trauma could include
  • Apathy
  • Right thinking
  • Preoccupation with trauma
  • Guilt
  • Anger
  • Sadness
ROADBLOCKS TO DEVELOPING TRAUMA INFORMED CARE

• Culture
• Stigma
• Shame and Guilt
• Lack of awareness
• Lack of training
• Funding challenges
• Resistance to change
• Lack of communication
OVERCOMING ROADBLOCKS

• Provide education to staff and clients about the biological, physical, and psychological impact(s) of trauma.
• SAMHSA provides a list of suggestions for overcoming roadblocks to trauma informed care
SAMHSA TIP 57 SUGGESTIONS FOR OVERCOMING ROADBLOCKS TO TRAUMA INFORMED CARE

- Create a safe, trauma-aware environment
- Prevent retraumatization
- Provide psychoeducation
- Provide trauma-informed peer support
- Normalize symptoms
- Identify and manage trauma related triggers
- Draw connections
- Build resilience- establish a strength based approaches by building client resilience
• Address sleep disturbances and disorders
• Build trust
• Support empowerment
• Acknowledge grief and bereavement
• Use culturally and gender responsive services
BUILDING A TRAUMA INFORMED WORKPLACE

• Active recruitment of trauma informed employees
• Create a safe environment to build workforce retention
• Normalize secondary trauma
• Ongoing clinical supervision and training
• Awareness of ethics
• Emphasize specific skills for counseling in trauma
• Awareness of body language and communication
BENEFITS OF TRAUMA INFORMED CARE

- Improvements in treatment outcomes of clients
- Higher moral and productivity for staff
- Acceptance and more inclusion
- Financially beneficial for taxpayers, organizations, and stakeholders
REFERENCES

• About the CDC-Kaiser ACE Study |Violence Prevention|Injury Center|CDC. Retrieved from https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/about.html


REFERENCES


• Does anybody have any questions?
**Instructions:** Below is a list of problems that people sometimes have in response to a very stressful experience. Please read each problem carefully and then circle one of the numbers to the right to indicate how much you have been bothered by that problem in the past month.

<table>
<thead>
<tr>
<th>In the past month, how much were you bothered by:</th>
<th>Not at all</th>
<th>A little bit</th>
<th>Moderately</th>
<th>Quite a bit</th>
<th>Extremely</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Repeated, disturbing, and unwanted memories of the stressful experience?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. Repeated, disturbing dreams of the stressful experience?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3. Suddenly feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. Feeling very upset when something reminded you of the stressful experience?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5. Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6. Avoiding memories, thoughts, or feelings related to the stressful experience?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7. Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>8. Trouble remembering important parts of the stressful experience?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>9. Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>10. Blaming yourself or someone else for the stressful experience or what happened after it?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>11. Having strong negative feelings such as fear, horror, anger, guilt, or shame?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>12. Loss of interest in activities that you used to enjoy?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>13. Feeling distant or cut off from other people?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>14. Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>15. Irritable behavior, angry outbursts, or acting aggressively?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>16. Taking too many risks or doing things that could cause you harm?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>17. Being &quot;superalert&quot; or watchful or on guard?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>18. Feeling jumpy or easily startled?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>19. Having difficulty concentrating?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>20. Trouble falling or staying asleep?</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
What’s My ACE Score?

Prior to your 18th birthday:

1. Did a parent or other adult in the household often or very 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?
   Yes  No  If yes enter 1  

2. Did a parent or other adult in the household often or very often…
   Push, grab, slap, or throw something at you?
   or
   Ever hit you so hard that you had marks or were injured?
   Yes  No  If yes enter 1

3. Did an adult or person at least 5 years older than you ever…
   Touch or fondle you or have you touch their body in a sexual way?
   or
   Attempt or actually have oral, anal, or vaginal intercourse with you?
   Yes  No  If yes enter 1

4. Did you often or very 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?
   Yes  No  If yes enter 1

5. Did you often or very 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?
   Yes  No  If yes enter 1

6. Was a biological parent ever lost to you through divorce, abandonment, or other reason?
   Yes  No  If yes enter 1

7. Was your mother or stepmother:
   Often or very often pushed, grabbed, slapped, or had something thrown at her?
   or
   Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?
   or
   Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
   Yes  No  If yes enter 1

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
   Yes  No  If yes enter 1

9. Was a household member depressed or mentally ill or did a household member attempt suicide?
   Yes  No  If yes enter 1

10. Did a household member go to prison?
    Yes  No  If yes enter 1

Now add up your “Yes” answers:  This is your ACE Score