

TRAUMA INFORMED

Care

Substance Use Disorder PERSPECTIVE

Nothing is so strong as gentleness. Nothing is so gentle as real strength.

Ralph W. Stockman



OBJECTIVES

DEFINE Trauma Informed Care

UNDERSTAND why TIC is important

INCREASE your professional responsibility & *intently* apply TIC to your everyday practice

PROVIDE the best patient care approach

To understand the impact of trauma in the lives of our patients, those around us and within ourselves

Create a culture of TIC

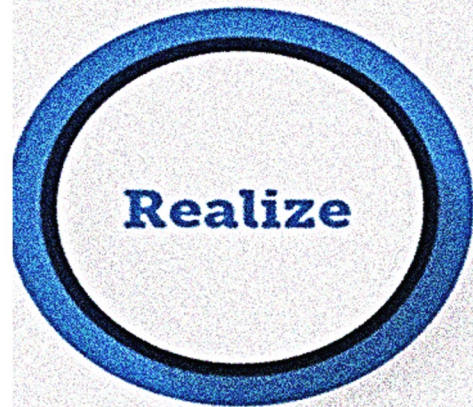
To provide services in a trauma informed manner

Achieve an environment that is PSYCHOLOGICALLY & EMOTIONALLY *safe* for patients & staff

**G
O
A
L
S**

Concepts of TIC

The Four Rs of Trauma-Informed Care



Realize the widespread impact of trauma and understand potential paths for recovery



Recognize the signs and symptoms of trauma in clients, families, staff, and others involved with the system



Respond by fully integrating knowledge about trauma into policies, procedures, and practices



Resist re-traumatization of children, as well as the adults who care for them

This figure is adapted from: Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and guidance for a trauma-informed approach. HHS publication no. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration.

TRAUMA & SUBSTANCE ABUSE

NATIONAL CHILD TRAUMATIC STRESS Network

PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



- TRAUMA INCREASES THE LIKELIHOOD OF SUBSTANCE ABUSE

- ACCORDING TO THE NATIONAL CHILD TRAUMATIC STRESS NETWORK, A PERSON WILL BEGIN USING DRUGS AND ALCOHOL AFTER EXPERIENCING A TRAUMA UP TO 76% OF THE TIME.

- UP TO 59% OF PEOPLE WITH PTSD WILL DEVELOP A PROBLEM WITH ALCOHOL AND/OR DRUGS

The three E's in Trauma:

EVENTS, EXPERIENCE AND/OR EFFECTS

(SAMSHA, 2022)

ABUSE

- Adverse Events of Childhood
- Violence: Physical, Sexual and/or Emotional
- Witnessing Violence
- Bullying/Stalking/Cyber

ABUSE

LOSS

- Death
- Abandonment or Neglect
- War, Disaster, Terrorism
- Accidents

LOSS

STRESSORS

- Medical: Illness / Hospitalizations
- Poverty or Homelessness
- Racism / Historical Trauma
- Family Member with Substance Use Disorder

STRESSORS

Cannabis isn't a gateway drug.
Alcohol isn't a gateway drug.
Nicotine isn't a gateway drug.
Caffeine isn't a gateway drug.

Trauma is the gateway. Childhood abuse is the gateway.
Molestation is the gateway. Neglect is the gateway.

Drug abuse, violent behavior, hyper-sexuality and self-harm are often symptoms (not the cause) of much bigger issues.

And it almost always stems from a childhood filled with trauma, absent parents and an abusive family.

But most people are too busy laughing at the homeless and drug addicts to realize your own children could be in their shoes in 15 years.

Communicate. Empathize.
Rehabilitate.

| TheMindsJournal
MIND JOURNAL

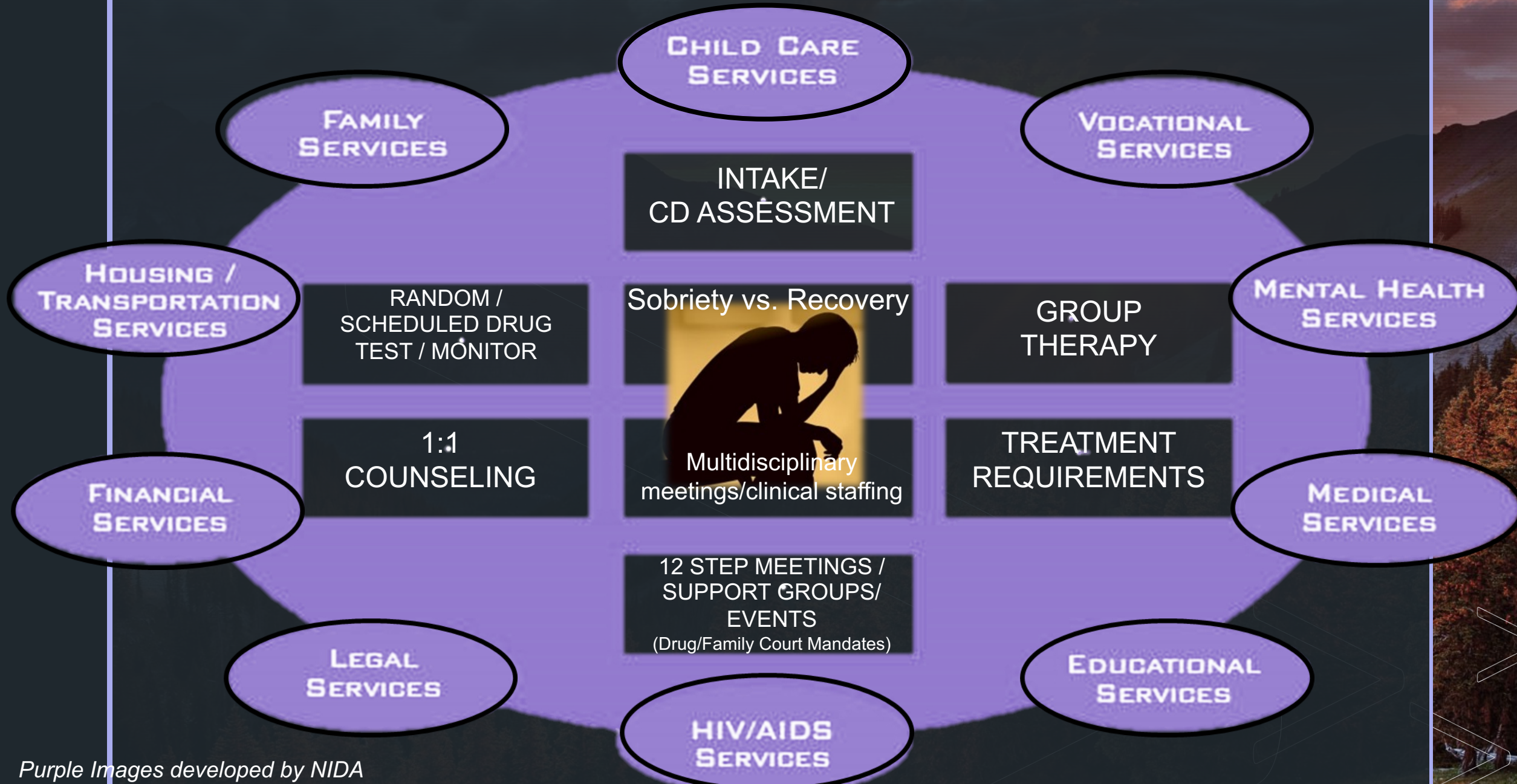


TRAUMA

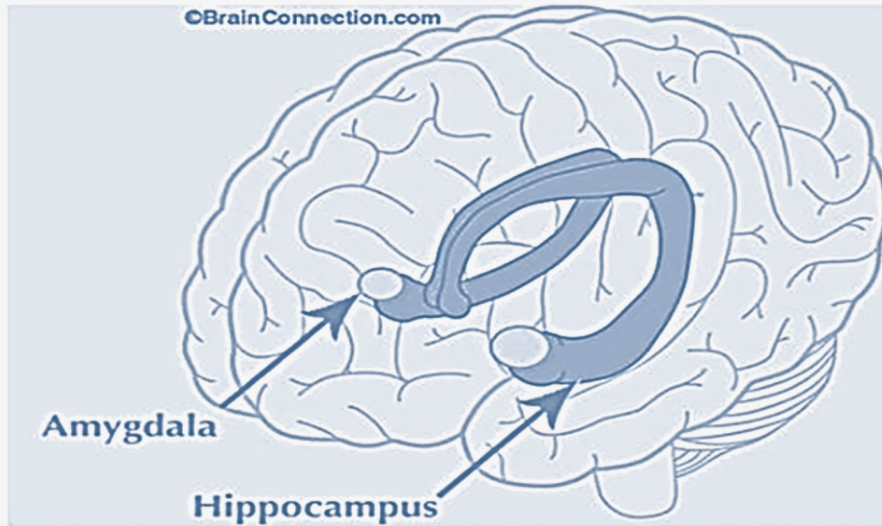
IS
THE

GATEWAY

ALCOHOL AND/OR DRUG TREATMENT



LIMBIC SYSTEM



- Limbic System
 - Houses basic elemental drives, emotions and survival instincts.
 - Injury to the limbic system can result in serious problems with basic emotional perceptions, feelings & responses.
 - Behavior and mood can be very erratic

DEFINITION

TRAUMA INFORMED CARE is a collection of approaches that translate the science of the neurological & cognitive understanding of how trauma is processed in the brain into *informed clinical practice for providing services that address the symptoms of trauma*

- Betty Ford Foundation

TRAUMA INFORMED CARE.

It is not treating trauma,



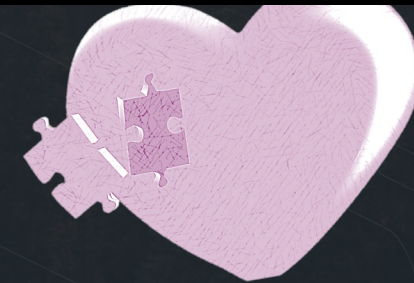
It is not having a dialogue about trauma



but rather using

compassion & care

in our interaction



...One does not have to be a therapist to be therapeutic

CREATING A CULTURE OF TIC

WALK THROUGH → Could this practice or procedure upset or trigger a patient?

QUESTIONS FOR SELF, SUPERVISEES, DEPARTMENT, AGENCY.....

◆ What is my understanding of trauma informed services? When I'm doing the job I do- am I implementing TIC consistently?

◆ Am I trained & developed on the topic of trauma? Is the workforce and new hires trauma-informed (receptionist, CEO, Janitor, Driver etc,)

◆ Am I creating an environment that is physically & psychologically safe

◆ Am I doing the best I can to not RE-TRAUMATIZE

Trauma Informed Care

Trauma Informed Care (TIC) recognizes that traumatic experiences *terrify, overwhelm and violate* the individual. TIC is a commitment not to repeat these experiences and, in whatever way possible, to **restore a sense of safety, power and worth**.

The Foundations of Trauma Informed Care



Commitment to Trauma Awareness

Understanding the Impact of Historical Trauma and Oppression

Agencies Demonstrate Trauma Informed Care with Policies, Procedures and Practices that:



Create Safe Context through:

- Physical safety
- Trustworthiness
- Clear and consistent boundaries
- Transparency
- Predictability
- Choice

Restore Power through:

- Choice
- Empowerment
- Strengths perspective
- Skill building

Build Self-Worth through:

- Relationship
- Respect
- Compassion
- Acceptance and Nonjudgment
- Mutuality
- Collaboration

INDIAN HEALTH SERVICE

MANUAL Part 3, CHAPTER 37: Trauma-Informed Care (underneath Professional Services)

Policy. It is the policy of the IHS that:

Each facility will examine the health care environment and current policies and practices to incorporate Trauma-Informed Care approaches throughout all programs and services, to ensure safe, supportive, welcoming, non-punitive, respectful, healthy, and healing environments for patients and staff.



Jeff Yellow Owl, LCSW/SW

Behavioral Health Department
Crow/Northern Cheyenne Hospital, IHS
10110 South 7650 East and/or PO Box 9
Crow Agency, MT 59022
(o) 406.638.3537/406.638.3491
(f) 406.638.3431



Thank
You!



Robyn Gladue, LAC
Behavioral Health Specialist
INDIAN HEALTH SERVICE- Billings Area Office
Direct Work Line 406-247-7250
Email: robyn.gladue@ihs.gov



SLIDE 4:

<https://counselor1stop.org/wp-content/uploads/2019/05/4-Rs-of-Trauma-Informed-Care.png>

This figure is adapted from: Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and Guidance for a trauma-informed approach. HHS publication no. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration.

SLIDE 5:

BLUESKIES Recovery /Care Quality Commission /UK Addiction Treatment Centers 50 South Street, Farnham, Surrey, GU9 7RN Telephone: 0203 131 9148

Our clinics: Banbury Lodge Fenton House Liberty House Linwood House Oasis Bradford Oasis Runcorn Primrose Lodge Recovery Lighthouse Sanctuary Lodge UKAT (IMAGE OF BRAIN)

THE NATIONAL CHILD TRAUMATIC STRESS INITIATIVE, UNDER SAMSHA visit <http://www.samhsa.gov/child-trauma> or call (240) 276-1880 SAMSHA 5600 Fishers Lane, Rockville, MD 20857 1-877-SAMHSA-7 (1-877-726-4727) (TYPED INFORMATION ON THIS SLIDE)

SLIDE 6:

SAMSHA visit <http://www.samhsa.gov/child-trauma>

or call (240) 276-1880 SAMSHA 5600 Fishers Lane, Rockville, MD 20857 1-877-SAMHSA-7 (1-877-726-4727 (3 E's Information)

SLIDE 7:

MIND JOURNAL Email drs@newmindtech.com Phone (844) 405-3553 Fax (770) 552-2336

Address 701 Macy Drive Roswell, GA 30076 2022

SLIDE 9:

American Academy for the Certification of Brain Injury Specialists

SLIDE 10

Betty Ford Foundation HAZELDEN PUBLISHING 1-800-328-9000

PO Box 176 Center City, MN 55012-0176 (DEFINITION INFORMATION)

SLIDE 12

SAMSHA visit <http://www.samhsa.gov/child-trauma>

or call (240) 276-1880 SAMSHA 5600 Fishers Lane, Rockville, MD 20857 1-877-SAMHSA-7 (1-877-726-4727 (IMAGE)