







Cultural, Historical and Gender Issues



- ▶ Trauma histories are complex in that every generation seems to be affected by adversity, mental health issues, substance use, and some governmental agency involvement
- ▶ Untreated traumatic stress has serious consequences for children, adults, and families
- ▶ The connection between historical trauma and present-day experiences, related narratives, and health impacts may function as a source of present-day distress as well as resilience

Cultural, Historical and Gender Issues



- ▶ Knowledge about violence against women and the effects of trauma helps counselors to:
 - ▶ Consider trauma when making assessments and treatment plans
 - ▶ Avoid triggering trauma reactions or re-traumatizing women
 - ▶ Adjust staff behavior with clients and other staff members, and modify the organizational climate to support clients' coping capacities and safety concerns
- ▶ LGBTQ individuals :
 - ▶ Have to contend with family rejection, school harassment, and physical, sexual, and/or emotional abuse in response to suspicion or declaration of their emerging sexual orientation and gender identity.

Learning Objectives



- ▶ Shared Understanding and Language
- ▶ Awareness and Prevalence
- ▶ Shift in Thinking

Prevalence of ACEs . . .

- The prevalence of traumatic stress in the lives of persons and families experiencing homelessness is extraordinarily high.
- A study from 2005 on the need for abuse and trauma services among people experiencing homelessness reported that 69% of men who had co-occurring disorders had experienced a life-altering traumatic event.
- In the 2010 SHIFT Study, 93 percent of mothers had a history of trauma, and 81 percent had experienced multiple traumas.

Prevalence of ACEs . . .

- Minorities (i.e., Hispanics, African Americans, and other non-white races) are among the populations most vulnerable to fall into homelessness
- One in 129 minorities and one in 69 African Americans in the United States experienced homelessness in shelters in 2012.
- While the number of minorities in the total U.S. population increased 13.1% between 2007 and 2012, the number in shelters actually decreased by 1%

Prevalence of ACEs . . .

- There are approximately 1.6 million to 2.8 million young people experiencing homelessness in the United States, and estimates suggest that disproportionate numbers of these youth are LGBT
- Between 240,000 and 400,000 lesbian, bisexual, gay, transgender, and questioning (LGBTQ) youth experience at least one episode of homelessness each year.

Prevalence of ACEs . . .

- In 2014, almost 50,000 veterans experienced homelessness on a single night, down from more than 75,000 in 2009
- Among veterans experiencing homelessness in 2013, 50% had a serious mental illness, 70% had a substance use disorder, and 74% experienced chronic homelessness.

Risk Factors for Homelessness & ACEs

Health Care for the Homeless Clinicians Network 2008

Risk Factor	ACE
Histories of foster, group and institutional care	
Childhood physical, emotional and sexual abuse	★
Neglect in childhood	★
Substance abuse in the family	★
Homelessness in the family of origin	
High use of inpatient psychiatric and medical services	
Low levels of education	
Substance abuse	★
Mental illness	★

Children bear the brunt of homelessness

- Homeless children are sick at twice the rate of other children
 - twice as many ear infections
 - four times the rate of asthma
 - five times more diarrhea and stomach problems
- Homeless children go hungry twice as often as non homeless children.
- More than one-fifth of homeless preschoolers have emotional problems serious enough to
- Homeless children have twice the rate of learning disabilities and three times the rate of
- Half of school-age homeless children experience anxiety, depression, or withdrawal compared to 18 percent of non homeless children.
- By the time homeless children are eight years old, one in three has a major mental disorder.

Prevalence of Trauma



- ▶ NIDA suggests that up **to two thirds** of individuals with substance use disorders have experienced trauma
- ▶ Rape victims are **three times** as likely to use marijuana, **six times more** likely to have used cocaine and **ten times** as likely to have used other drugs, including heroin and amphetamines

Trauma in Adults: Substance Use



- ▶ **Up to 65% of all clients** in substance abuse treatment report childhood abuse (SAMHSA, 2013)
- ▶ **Up to 75% of women** in substance abuse treatment have trauma histories (SAMHSA, 2009)
- ▶ **Almost 1/3 of all veterans** seeking treatment for a substance use disorder have PTSD (National Center for PTSD)

The Substance Abuse and Mental Health Services Administration (SAMHSA) - 2015

Trauma in Adults: Mental Health



- **61 percent** of men and **51 percent** of women with a mental health issue reported experiencing at least one trauma in their lifetime with:
 - ✓ **witnessing a trauma**
 - ✓ **being involved in a natural disaster**
 - ✓ **and/or experiencing a life-threatening accident**

ranking as the most common events.

The Substance Abuse and Mental Health Services Administration (SAMHSA) - 2015

**Trauma in Adults:
Mental Health**



Clients with histories of childhood abuse

- Earlier first admissions
- More frequent and longer hospital stays
- More time in seclusion or restraint
- Greater likelihood of self-injury or suicide attempt
- More medication use
- More severe symptoms
(Read et al, 2005)

The Substance Abuse and Mental Health Services Administration (SAMHSA) - 2015

Trauma in Children



- **48%** of children have experienced at least one of ten types of adverse experience
- Children with histories of traumatic experiences are **2 times** as likely to have chronic health conditions
- Children with traumatic experiences are **2½ times** more likely to have repeated a grade in school
- Exposure to violence in the first years of childhood deprives children of as much as **10%** of their potential IQ

The National Council for Behavioral Health Trauma Matters Infogram - 2015

Trauma in Persons with Developmental Disabilities



- **One out of every three** children and adults will experience abuse in their lifetime (Envision 2014)
- **More than 90% of the time**, inflicted by the very person they rely on to protect and support them (Envision 2014)
- **With limited verbal skills**, they may not have been able to tell anyone. And just because the actual traumatic event is over, it continues to play out in one's response to future situations (Envision 2014)
- Choose to **judge behavior less** and seek to understand what might be underneath and behind it (Envision 2014)

Trauma in Older Adults



- ▶ Approximately **one in ten** seniors over the age of 60 is abused each year
- ▶ The **majority are older women** who live in the community rather than in nursing homes or other senior living facilities
- ▶ Elder abuse is **grossly underreported**
- ▶ **Cognitive decline**, even mild cognitive incapacity, is a pronounced risk factor for financial capability and therefore a risk factor for financial exploitation
- ▶ Seniors who have been abused are more **likely to be institutionalized** in a nursing home or to be hospitalized than those not abused

US Department of Justice
<http://www.justice.gov/elderjustice/research/>

Trauma in Veterans



- ▶ Those with military experience had **greater prevalence** of ACEs
- ▶ Enlistment may serve as an **escape from adversity** for some individuals, at least for men
- ▶ The **impact of deployment and reintegration** are significant for children of active duty members
- ▶ **Adults with exposure to one or more** lifetime potentially traumatic events (PTEs) were more likely to be older, to not be Hispanic/Latino white, to be veterans or to have certain health conditions

Trauma: Human Trafficking



- ❖ In 2015 Ohio ranked as having the 4th highest number of human trafficking cases reported to the national hotline. In 2012, Ohio ranked 11th.
(Ohio Human Trafficking Task Force, 2017)
- ❖ There are an estimated **3,000** minors at risk for human trafficking in Ohio. Ohio Human Trafficking Task Force (2017)
- ❖ Approximately **55%** of street girls, and a good percentage of boys, engage in formal prostitution and some think it is much higher than that. *Ark of Hope for Children*, 2016
 - **20 million people affected around the world**
 - **26% are children**

Learning Objectives



- Shared Understanding and Language
- Awareness and Prevalence
- Shift in Thinking**

Shift in Thinking:



Instead of.....

“What’s wrong with you?”

how about.....

“What happened to you?”

Shift in Thinking:



- All behavior has meaning
- **Symptoms are ADAPTATIONS or SURVIVAL SKILLS**
- We build on success not deficits
- **Prevention is far more impactful**

**Shift in Thinking:
Through the Trauma Lens...**



Instead of...	How about?
What is your diagnosis?	What is your story? What has brought you here?
What are your symptoms?	How have you coped and adapted?
How can I best help or treat you?	How can we work together to figure out what helps?
Here is what you need to work on....	How can I support changes in your behavior that will benefit you?

**Shift in Thinking:
Coping Mechanisms**



Mislabeled "Normal" Responses

Survival Responses	Coping Behaviors	Labeled by Systems
Fight	Struggling to regain or hold on to power, especially when feeling coerced	"Non-compliant" "In denial" "Combative" "Challenges authority" "Treatment resistant"
Flight	Giving in to whoever/whatever is in a position of power	"Passive" "Can't be helped" "Using the system"
Freeze	Disengaging completely: keeping to oneself, leaving services, abandoning housing, etc.	"Chronic" "Unmotivated"

When coping behaviors are labeled as "symptoms" or problems, they can easily become the focus of relationships. This is NOT how people heal!

**Shift in Thinking:
"The Four R's"**



Evidence of a trauma informed approach:

Realizes	• widespread impact of trauma and understands potential paths for recovery
Recognizes	• signs and symptoms of trauma in clients, families, staff, and others involved with the system
Responds	• by fully integrating knowledge about trauma into policies, procedures, and practices
Resists	• re-traumatizing

SAMHSA's Six Key Principles of a Trauma-Informed Approach



1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice, and Choice
6. Cultural, Historical, and Gender Issues

Putting it All Together



Ask: "What happened to you?"

- Then: Support resiliency with 4 statements.

- I believe you.
- Thank you for trusting me enough to tell me.
- I am sorry that happened to you.
- I support you whatever you choose to do.

SAMHSA's Definition of Recovery



Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

More on Recovery



Major dimensions that support a life in recovery as defined by SAMHSA, include:

- ▶ **Health:** Overcoming or managing ones disease(s) as well as living in a physically and emotionally healthy way
- ▶ **Home:** A stable and safe place to live.
- ▶ **Purpose:** Meaning daily activities such as job, school, volunteerism, family care taking or creative endeavors and the independence income and resources to participate in society.
- ▶ **Community:** Relationships and social networks that provide support, friendship, love and hope.

References



<http://mha.ohio.gov/ravenscare>

References



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What Helps



Sometimes we need someone to simply be there. Not to fix anything, or to do anything in particular, but just to let us feel that we are cared for and supported.

Friedman



Only in the presence of compassion will people allow themselves to see the truth.

~ A.H. Almaas


