

Trauma-Informed Care: Putting Humanity Back Into Human Services

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Agenda

- Trauma Overview
- Trauma and the Brain
- Trauma and Substance Use Disorder
- Trauma-Informed Care
- Building Resilience in a COVID-19 World
- Next steps



But first...

What is one gift
from this time that
you will keep and
hold onto?



What We Know



We Need Each Other

What We Know



Embodied Self Awareness

Trauma Overview

- A wound
- More about the reaction than the event
- Disease of disconnection (Judith Herman, MD)
- Subjective
- Lives in the body
- Affects relationships
- You question your place in the world



Why are so many talking about trauma?

- Disclosure
- Prevalence
- Science
- Services
- Hope (**H**ow **O**ther **P**ossibilities **E**merge)

Father Gregory Boyle



Photo: Homeboy Industries

The Many Faces of Trauma

- Acute
- Complex
- Historical
- Sanctuary
- Vicarious
- Collective



Acute Trauma



- Adult onset
- Single event
- Adequate childhood development

Complex Trauma



- Early onset
- Multiple events
- Not time limited
- Highly invasive
- Interpersonal
- Stigmatizing (shame)

Historical Trauma



- Collective and cumulative emotional and psychological wounding across generations
- Creates survivor guilt, depression, low self-esteem, numbing out, and anger

Sanctuary Trauma



Wounding in settings believed to be safe:

- Home
- Medical services
- Mental health services
- Substance use disorder services
- Foster care
- Schools
- Places of worship

Vicarious Trauma



The experience of learning about another person's trauma and experiencing trauma-related distress as a result of this exposure.

Vicarious Trauma

“One of the things that doesn’t get talked about very much is the trauma of the staff. We talk about the trauma paradigm for our clients or people in recovery. But not very often in my 20 years of work in the field of mental health have I heard much about what happens to us, the workers. And I think that’s an area where we need to do some work. I’ve seen some pretty traumatic things from when I first started 20 years ago. Some of those things still haunt me that I’ve seen.”

Ann Jennings, PhD

Female direct care staff

Jorgenson et al, 2006

Collective Trauma



- Multi-layered
- Negatively impacts entire societies or groups of people
- Two components:
 - Inability to escape
 - Unable to make sense of it

Collective Trauma

- A situation that elicits psychological trauma “violates the familiar ideas and expectations about the world of an individual or society, plunging them into a state of extreme confusion and uncertainty”
- Examples:
 - War
 - Mass violence
 - Genocide
 - Pandemics

In These Challenging Times

“We are all in the midst of collective trauma. Whatever we are capable of...all, nothing, and everything in between, is enough.”

-Lynn McLaughlin

Talk to Us...

How has collective trauma shown up in your place of work?

- What are you seeing?
- What are you hearing?
- What are you feeling?
- What are you needing?

Drop your thoughts into the chat and we will share

At least half of all the adults in the U.S. have experienced one incident that was caused by a major traumatizing event.

(Briere and Scott, 2006)

Ninety One percent of behavioral health consumers have been exposed to a traumatic event; **Sixty Nine percent** have experienced multiple exposures for longer periods of time.

Trauma And The Brain

- Person experiences trauma
- Trauma disrupts neuro-development
- Brain and body become overwhelmed
- Nervous system is unable to return to equilibrium

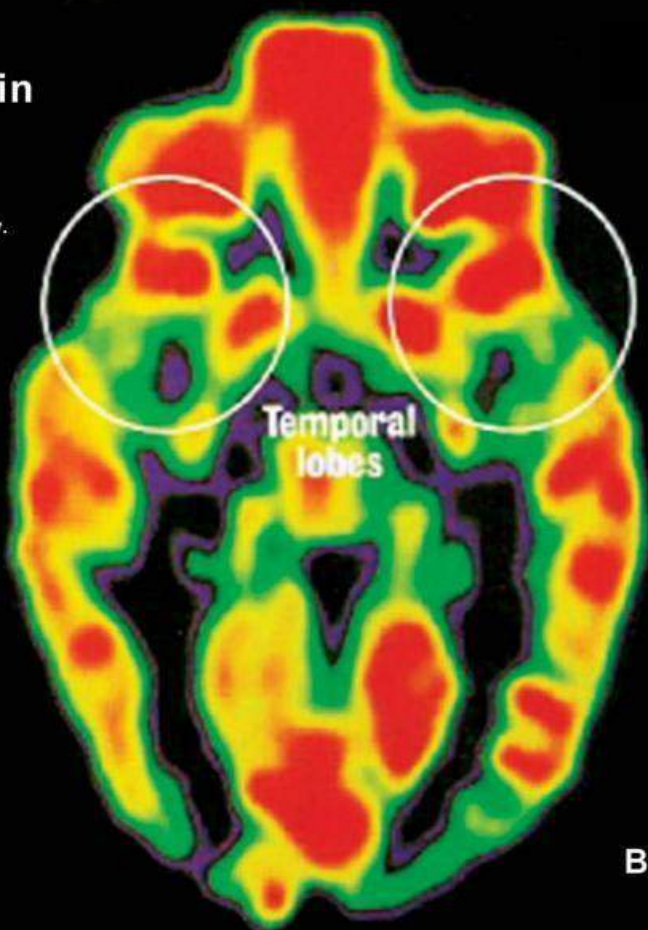
Trauma And The Brain

- Trauma goes untreated
- Person stays in “stress response” mode
- Cues continue to trigger trauma (e.g. loud noises, smells, textures)
- Person reacts to trauma cues from a state of fear

Brain Development

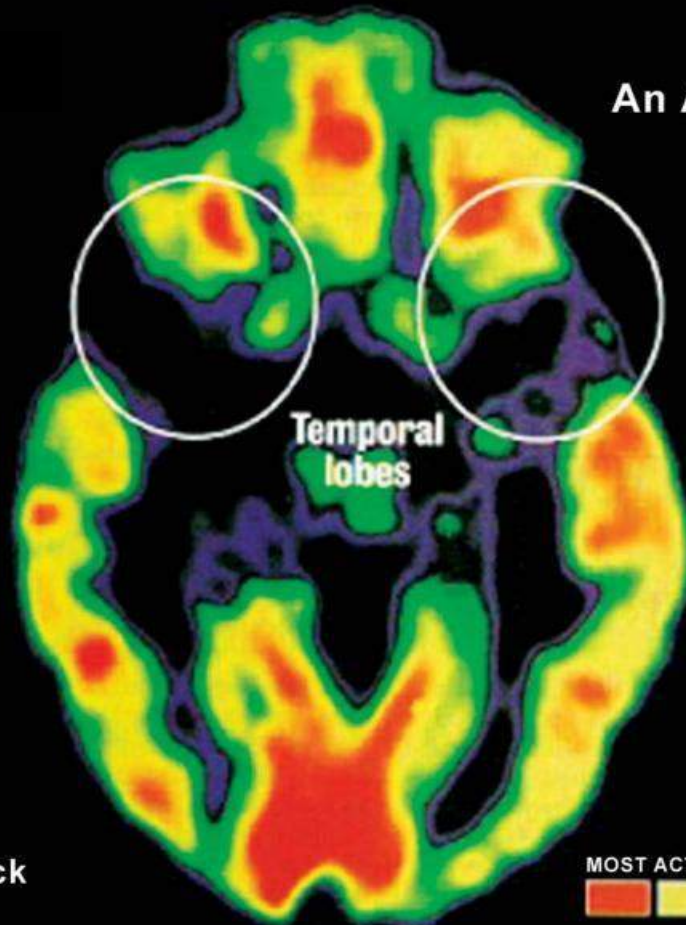
Healthy Brain

This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.



MOST ACTIVE LEAST ACTIVE

Red	Yellow	Green	Blue	Black
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Triune Brain

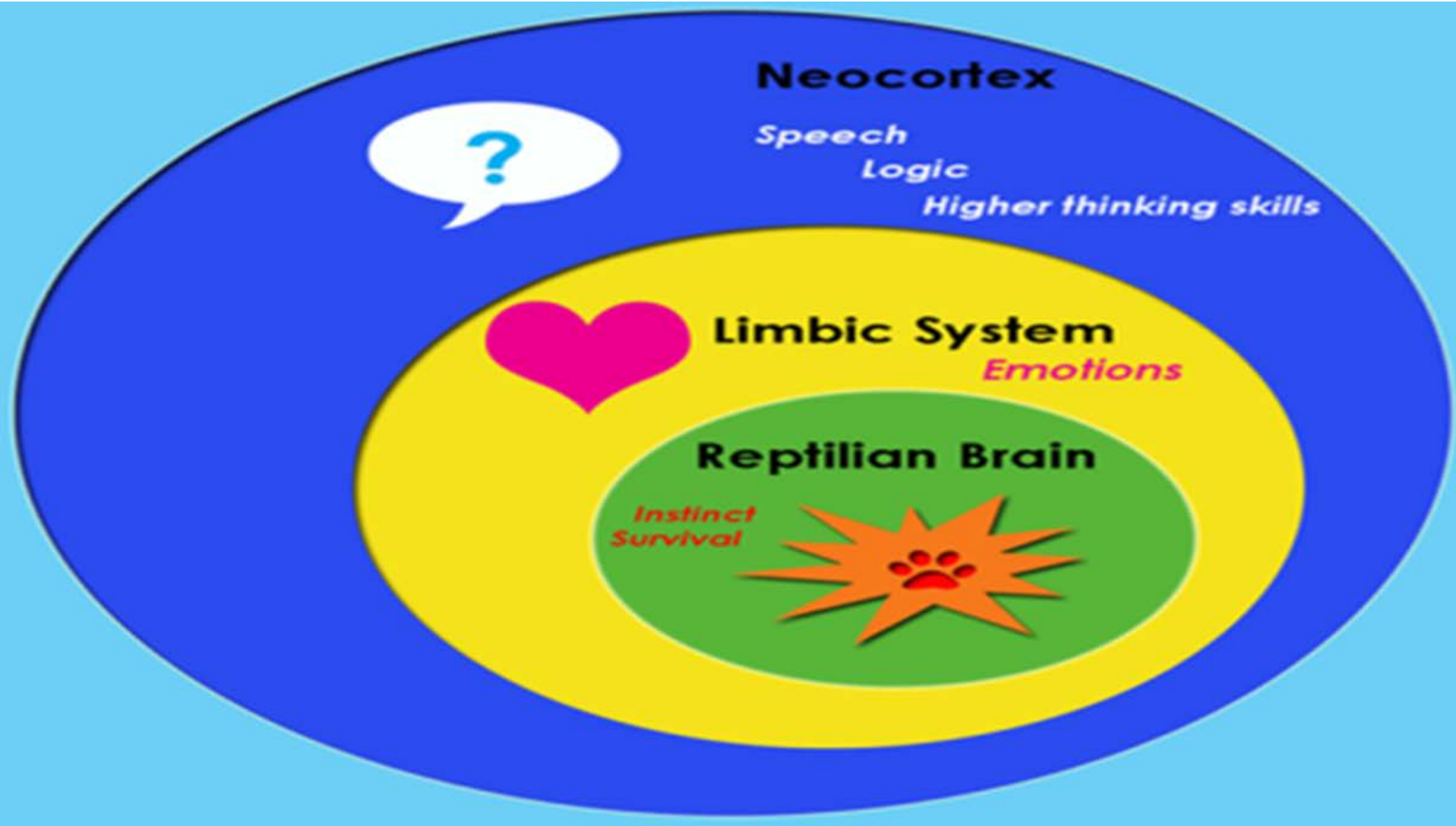
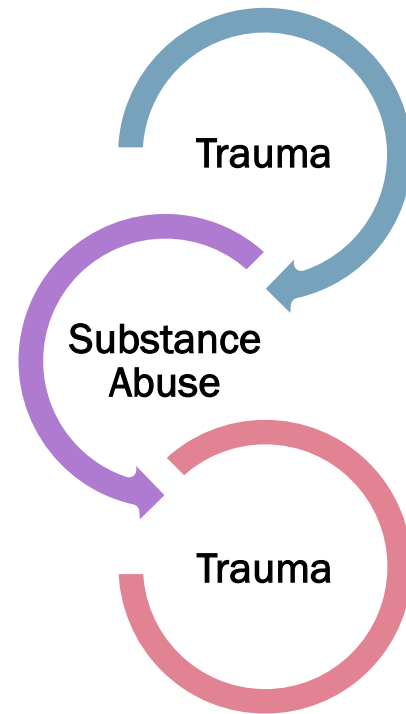


Illustration: The Triune Brain, by Lchunhori at English Wikipedia

Trauma and Substance Use Disorder (SUD)

- Adults who experience trauma may self-medicate; self-medication may also increase risk for further abuse and traumatic experiences.



(Review of possible order effects by Simpson and Miller, 2002)

Trauma, SUD, and Opiates

General population surveys have estimated that 75 percent of individuals with substance use disorders (SUD) have experienced trauma at some point in their lives (Mills, Lynskey, and Teeson, et al, 2005).

- Rates are even higher among populations seeking treatment for opioid addiction (Mills, Teeson, and Ross et al, 2006).

Addictive Disease

- Progressive
- Chronic
- Fatal

Vulnerability to Addictive Disease

- Fifty to sixty percent genetic (the cards you were dealt)
- Forty to fifty percent environmental (how you play the cards)
 - Early onset use
 - Chemical environment
 - **Adverse childhood experiences**
 - Poor nutrition
 - **High stress levels**
 - **Inadequate coping skills**
 - Chronic illness
 - Grief and loss

Work together

Critical and Interrelated Issues

- Substance Use Disorder
- Mental Health
- Trauma
- Physical Health
- Crime

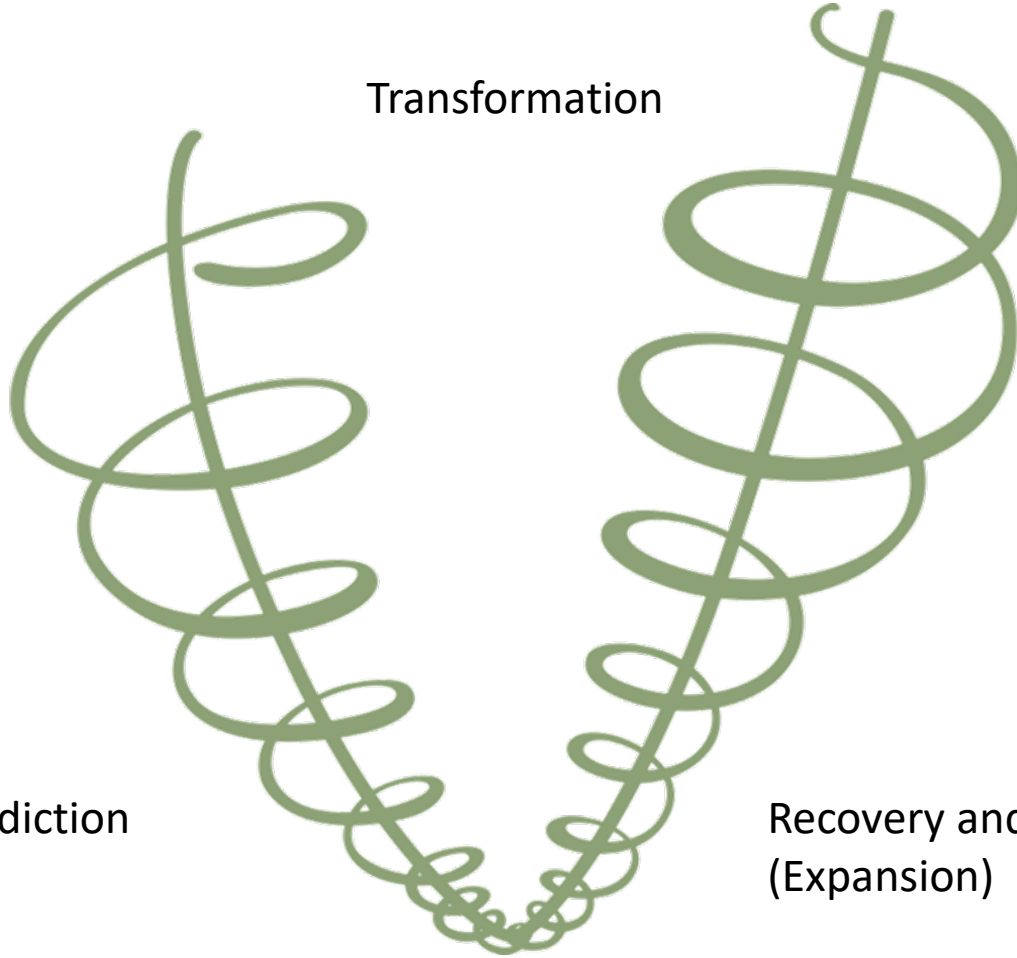
Important to treat the person holistically

Spiral of Trauma, Addiction, Recovery, and Healing

Transformation

Trauma and Addiction
(Constriction)

Recovery and Healing
(Expansion)



Reminders or Triggers

- Lack of control
- Threats or feeling threatened
- Witnessing assaults
- Isolation
- Being told what to do (directive approach)
- Lack of privacy
- Removal of clothing (medical exams)
- Feeling vulnerable or rejected
- Being touched or watched
- Loud noises
- Darkness
- Intrusiveness
- Being locked in a room
- Condescending looks
- Separation or loss
- Transitions or disruptions in routine

“The peace of mind
you deserve in the
present is held hostage
by the terror of your
past”

-Lily Burana



Trauma Worldview

- No place is safe
- Other people are unsafe – can't be trusted
- My own actions, thoughts and feelings are unsafe
- I expect crisis, danger and loss
- I have no worth and no abilities

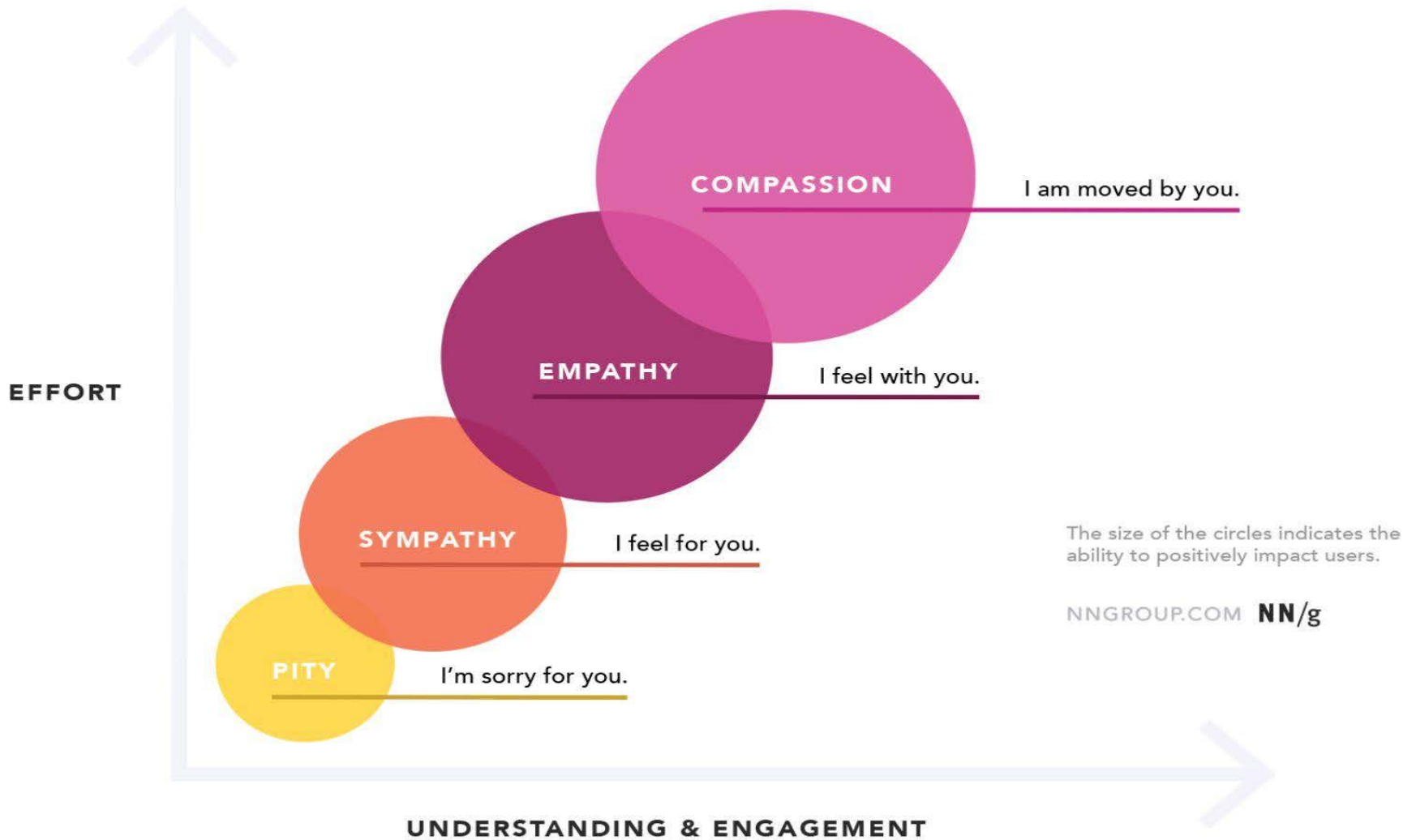


Being Trauma-Informed

Empathy...The Human Connection (video link):
https://www.youtube.com/watch?v=cDDWvj_q-o8



SPECTRUM OF EMPATHY



Trauma-Informed Resources

Books

Baranowsky, A. B. and Lauer, T. (2012, 2013). *What Is PTSD?* : 3 Steps to Healing Trauma

Baranowsky, A. B., Gentry, J.E., and Schultz, D. F. (2005). *Trauma Practice: Tools for Stabilization and Recovery.* Hogrefe & Huber Publishers.

Boyle, G. (2010). *Tattoos on the Heart: The Power of Boundless Compassion.* New York: Free Press.

Burana, L. (2009). *I Love a Man in Uniform: A Memoir of Love, War, and Other Battles.* New York: Weinstein Books.

Fallot, R., and Harris, M. (2001). *Using Trauma Theory to Design Service Systems.* San Francisco: Jossey-Bass.

Miller, W. R. (2018). *Listening Well: The Art Of Empathic Understanding.* Wipf & Stock Publishers.

Najavits, L. M. (2019). *Finding Your Best Self: Recovery from Addiction, Trauma, or Both.* Guilford Press

Najavits, L. M. (2002). *Seeking Safety: A Treatment Manual for PTSD and Substance Use.* Guilford Press

Books

Perry, B. (2007). *The Boy Who Was Raised As A Dog*. New York: Basic Books.

Sears, M. (2010). *Humanizing Health Care: Creating Cultures of Compassion with Nonviolent Communication*. A CareInAction guidebook for professionals. Stand and Live Inc.

Sears, M. (2010). *Choose Your Words: Harnessing the Power of Compassionate Communication to Heal and Connect*.

Van der Kolk, B. (2014). *The Body Keeps the Score*. New York: Viking.

Van Dernoot Lipsky, L. (2009). *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*. San Francisco: Berrett-Koehler Publishers.

Wilcox, P. (2012). *Trauma-Informed Treatment: The Restorative Approach*. Holyoke: NEARI Press.

Videos

What Trauma Taught Me About Resilience (Charles Hunt):

https://www.youtube.com/watch?v=3qELiw_1Ddg

Paradox of TIC- Vicky Kelley:

<https://www.youtube.com/watch?v=jFdn9479U3s>

Drowning in Empathy: The Cost of VT-Amy Cunningham:

<https://www.youtube.com/watch?v=Zsaorjlo1Yc>

How To Manage CF in Care Giving-Patricia Smith:

<https://www.youtube.com/watch?v=7keppA8XRas>

Videos

The Effects of Trauma on the Brain and How it Affects Behaviors(John Rigg):

<https://www.youtube.com/watch?v=m9Pg4K1ZKws>

When Time Doesn't Heal All Wounds-Robert Ross:

https://www.youtube.com/watch?v=dsCNuB_KBUw

Resilience in Older Adults:

<http://www.aginglifecarejournal.org/resilience-in-the-elderly/>

Disenfranchised Grief:

<http://www.whatsyourgrief.com/disenfranchised-grief/>

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Join the Resilient Wisconsin email list

Visit <https://www.dhs.wisconsin.gov/resilient/index.htm> to sign up to receive email notices for trauma-related research, resources, training opportunities, etc.

