Trauma-Informed Approaches to Child, Youth, Family, and Community Well-Being

Tory Henderson
Community Health Worker Conference: The Power of Relationships
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Pause and Breathe

For many of us, trauma and adversity are personal – for ourselves, our children, our family members, and our communities – as well as professional.
Mindset Shift

“Understanding trauma is not just about acquiring knowledge. It’s about changing the way you view the world.” Sandra Bloom

The Sanctuary Model [www.sanctuaryweb.com](http://www.sanctuaryweb.com)
Overview

- Why trauma-informed approaches?
- Trauma and adversity – what are we talking about?
- Impact on health and well-being.
- What helps?
Farmers Market
Why Trauma-Informed Approaches?

- Equity – Equal Opportunity
- Many people are impacted by trauma and adversity
- Effectiveness
Equity – Equal Opportunity

- Relationships and social connections
- Education and career
- Health and wellness
Thinking about Trauma-Informed Approaches

- Self
- Family
- Neighborhood/community
- Organizations – practices and policies
- Systems
- Policies
Trauma and Adversity

- Historical – American Indians, African Americans, other

- Racism and discrimination

- Childhood (adverse childhood experiences or ACEs)

- Other adversity past or present, individual, family and community – homelessness, unemployment, poverty, neighborhood violence, etc.
Adverse Childhood Experiences (ACE) Study

- Ongoing collaboration between CDC and Kaiser Permanente’s Health Appraisal Clinic in San Diego.
- Over 17,000 adults with health insurance, survey completed as part of comprehensive physical exam.

ACE Study, Centers for Disease Control and Prevention (CDC)
http://www.cdc.gov/violenceprevention/acestudy/about.html
Adverse Childhood Experiences (ACEs)

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Household mental illness
- Parental separation or divorce
- Incarcerated household member

ACE Score = number of ACEs experienced

ACE Study, Centers for Disease Control and Prevention (CDC)
http://www.cdc.gov/violenceprevention/acestudy/index.html
ACE Study – Key Ideas

- ACEs are common.
- Many people have multiple ACEs.
- The more adverse experiences, the greater risk of poor health outcomes.
- Never too early, never too late.
- We can work together to prevent ACEs and address ACE consequences.
The Building Community Resilience Collaborative, Sumner M Redstone Global Center for Prevention and Wellness Milken Institute School of Public Health, The George Washington University

https://publichealth.gwu.edu/departments/redstone-center/resilient-communities
Stress

- **Positive** – Brief increases in heart rate, mild elevations in stress hormone levels.

- **Tolerable** – Serious, temporary stress responses, buffered by supportive relationships.

- **Toxic** – Prolonged activation of stress response system in the absence of protective relationships.

Center on the Developing Child, Harvard University

http://developingchild.harvard.edu/
How ACEs Impact Health and Well-Being

- Brain development
- Brain function
- Immune system
- Endocrine system – hormones, growth, etc.
- Epigenetics
It’s hard to play chess in a hurricane.
ACE Cycle

Family dysfunction -> Decreased economic & social function -> Adverse Childhood Events -> Altered development -> Cognitive, physiologic & adaptive changes -> Substance abuse, depression, illness -> Decreased economic & social function

ACE: Systemic Factors

Poverty, racism, income inequality

Family dysfunction

Decreased economic & social function

Adverse Childhood Events

Altered development

Lack of services
Lack of access

Cognitive, physiologic & adaptive changes

Substance abuse, depression, illness

ACE: Breaking the Cycle

Adverse Childhood Events

- Family dysfunction
- Decreased economic & social function

- Home visiting, community norms

- Support, assistance, training

- Available & accessible treatment

- Screening, intervention

- Early Intervention

Altered development

- Cognitive, physiologic & adaptive changes

Substance abuse, depression, illness

Decreased economic & social function

Equity & Justice

What Helps Individuals and Families?

- Meaning – Spirit - Faith
- Sleep
- Healthy eating
- Active living
- Mindfulness – curiosity and compassion
- Social connections
- Creativity
What Helps Communities?

- Raise awareness
- Cultural humility
- Learning and conversation opportunities
- Listen to community wisdom
- Engage champions
- Build networks
- Connect people, systems, and services
- Policy and systems changes
SAMHSA Framework

- Event, experience, effects
- Realize, Recognize, Respond, Resist retraumatization
- Six Key Principles:
  - Safety
  - Trustworthiness and transparency
  - Peer support
  - Collaboration and mutuality
  - Empowerment, voice and choice
  - Culture, historical and gender issues

SAMHSA Ten Implementation Domains

- Governance and Leadership
- Policy
- Physical environment
- Engagement and involvement
- Cross-sector collaboration
- Screening, assessment, treatment services
- Training and workforce development
- Progress monitoring and quality assurance
- Financing
- Evaluation

SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach. July 2014 --
Strengthening Families Protective Factors

- Parental resilience
- Social connections
- Concrete support in times of need
- Knowledge of parenting and child development
- Social and emotional competence of children

Center for the Study of Social Policy – Strengthening Families
http://www.cssp.org/reform/strengtheningfamilies
Contact Information

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