Trauma Informed Care: An Imperative for Collaborative Care Models

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Collaborative Family Healthcare Association 13th Annual Conference
Faculty Disclosure

I **have not** had any relevant financial relationships during the past 12 months.
Epidemiologic and neurologic studies over the last two decades confirm that trauma and violence are pervasive public health problems that affect multiple aspects of health and well-being across the life span.

“There remains a staggering gap between what we know and what we do”

Jack Shonkoff, MD, 2000
Objectives

At the Conclusion of this workshop you will be able to:

• Cite scientific evidence that supports the imperative for trauma informed approach to healthcare
• Define the principles of trauma informed care
• Understand the potential for organizations to inadvertently re-traumatize the clients/patients they are designed to help.
• Identify individual and organizational goals to develop and/or enhance trauma informed services in collaborative care models.
Expected Outcome

*Raised awareness of why collaborative care models must adopt a trauma informed approach to practice*

*Initial steps you can take to promote trauma informed practice in your organization*
Adverse Childhood Experiences

A
- 17,000 adults
- 9 types of adverse experiences

C
- Only 1/3 had NO ACES
- 16% had 4 or more ACES
- 9% had 5 or more ACES

E
- More ACES were strongly correlated with significantly poor health outcomes and health risk behaviors
Adverse Childhood Experiences and Likelihood of > 50 Sexual Partners

![Bar Chart](chart.png)

- Adjusted Odds Ratio
- ACE Score
  - 0
  - 1
  - 2
  - 3
  - 4 or more

The chart shows an increasing adjusted odds ratio with higher ACE scores, indicating a higher likelihood of > 50 sexual partners.
Adverse Childhood Experiences and Heart Disease

Source: Dong et al, 2004
Adverse Childhood Experiences and Current Smoking

![Bar graph showing the percentage of current smokers by ACE score.](image)
Adverse Childhood Experiences and History of STD
Death

Early Death

Disease, Disability

Adoption of Health-risk Behaviors

Social, Emotional, & Cognitive Impairment

Adverse Childhood Experiences

The Influence of Adverse Childhood Experiences Throughout Life
ACE's Major Determinant of Health & Well Being (Felitti, 2003)
A baby’s brain is born ready to connect.
Experience shapes the brain.
The brain is a “use it or lose it” machine.
The brain develops from the bottom up.
Healthy, caring relationships are food for a growing brain
The Brain on Trauma

Stressed Brain

Calm Brain

(Tennant 2007)
Childhood Trauma

Unremitting Stress

Lower part of brain over-wired at expense of upper parts

Challenging behaviors associated with lower brain functions

Ongoing social, emotional, cognitive difficulties

Excessive stress hormones dumped into brain
Triggers and Re-Traumatization

• Situations that remind individuals of the traumatic experience
  – People, places, things
  – May be sensory, without language
  – May not be obvious to person, but still cause emotional responses

• Situations that are associated with and/or create feelings or sense of:
  – danger
  – loss of control
  – loss of predictability
Organizational Trauma

• Organizations are like human beings

• Organizations have their own culture

• Organizations can experience and respond to trauma
Trauma Informed Care

“A human services or health care system whose primary mission is altered by knowledge about trauma and the impact it has on the lives of consumers receiving services.”

Harris and Fallot, 2004

First Do No Harm
## Trauma Informed Principles

<table>
<thead>
<tr>
<th>Fallot and Harris</th>
<th>Sanctuary</th>
<th>Wisconsin</th>
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</thead>
<tbody>
<tr>
<td>• Safety</td>
<td>• Growth and change</td>
<td>• Understand prevalence and impact of trauma</td>
</tr>
<tr>
<td>• Trustworthiness</td>
<td>• Democracy</td>
<td>• Promote Safety</td>
</tr>
<tr>
<td>• Choice</td>
<td>• Non-violence</td>
<td>• Earn Trust</td>
</tr>
<tr>
<td>• Collaboration</td>
<td>• Emotional Intelligence</td>
<td>• Embrace Diversity</td>
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<td>• Empowerment</td>
<td>• Social Learning</td>
<td>• Provide Holistic Care</td>
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<td></td>
<td>• Open Communication</td>
<td>• Respect Human rights</td>
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<td></td>
<td>• Social Responsibility</td>
<td>• Pursue persons strength’s, choice and autonomy</td>
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<td></td>
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<td>• Share power</td>
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<td>• Communicate with compassion</td>
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Three Pillars of Trauma Informed Care

- Safety
- Connections
- Managing Emotions
Re-Framing the Key Question

What happened to you?

What’s wrong with you?
What You Can Do

- Reframe
- Learn about trauma
- Know local resources
What You Can Do

Have Materials Available

Promote calming activities
What You Can Do

Write down Instructions

Become a TIC Champion in your organization
What your Organization Can Do

- Organizational walk through
- Apply a trauma informed lens to everything you do
- Train your entire organization in foundation
- Stay current with the emerging scientific research
- Network with other organizations
- Review the models for organizational change
- Create a work group
- Involve consumers
# Understanding of Service Relationship

<table>
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<tr>
<th>Traditional Services</th>
<th>Trauma Informed Services</th>
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</thead>
<tbody>
<tr>
<td>Hierarchical staff / patient relationship</td>
<td>A collaborative relationship between the patient and the provider of her / his choice</td>
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<tr>
<td></td>
<td>Patient and the provider are assumed to have valid and valuable knowledge</td>
</tr>
<tr>
<td>The patient is seen as passive recipient of services</td>
<td>The patient is an active planner and participant in services</td>
</tr>
<tr>
<td>The patient’s feelings of safety and trust are taken for granted</td>
<td>The patient’s safety must be guaranteed and trust must be developed over time</td>
</tr>
</tbody>
</table>

Fallot, 2008
Is It Possible?

Bayview Hunters Clinic, San Francisco

Eleventh Street Clinic, Philadelphia

Your Clinic??
CFHA Mission and Trauma Informed Care

For us, collaboration isn’t just a word in our name; it defines who we are, how we interact with each other and other organizations.

We believe deeply that collaboration is an essential element necessary for re-visioning healthcare, specifically, and society, generally.
Session Evaluation

Please complete and return the evaluation form to the classroom monitor before leaving this session.

Thank you!
Resources

• ACE Study. The Centers for Disease Control and Prevention reports on the Adverse Childhood Experiences (ACE) Study - one of the largest investigations ever conducted on the links between childhood maltreatment and later-life health and well-being. [www.cdc.gov/nccdphp/ace](http://www.cdc.gov/nccdphp/ace)

• National Center for Posttraumatic Stress Disorder, [http://www.ncptsd.org](http://www.ncptsd.org)

• National Child Traumatic Stress Network, [http://www.nctsn.org](http://www.nctsn.org)


• Linda Weinreb, M.D., Vice Chair and Professor Dept. of Family Medicine and Community Health University of Massachusetts Medical School/UMass Memorial Health Care, [weinrebl@uumhc.org](mailto:weinrebl@uumhc.org). Dr.
Resources

• National Center for Trauma Informed Care
  • [http://mentalhealth.samhsa.gov/nctic/](http://mentalhealth.samhsa.gov/nctic/)
• Community Connections – Roger Fallot, PhD
  • [http://www.communityconnectionsdc.org](http://www.communityconnectionsdc.org)
• Sanctuary Model/Community Works – Sandra Bloom, MD
• Sidran Foundation for Traumatic Stress - [www.sidran.org](http://www.sidran.org)
• PTSD Alliance - [www.ptsdalliance.org](http://www.ptsdalliance.org)
• International Society of Traumatic Stress - [http://www.istss.org/](http://www.istss.org/)
Resources for Consumers

- Gift from Within. A site for survivors of trauma and victimization. [www.giftfromwithin.org](http://www.giftfromwithin.org)
- Healing Self Injury provides information about self-inflicted violence and a newsletter for people living with SIV—The Cutting Edge. [www.healingselfinjury.org](http://www.healingselfinjury.org)
- National Center for Posttraumatic Stress Disorder, [http://www.ncptsd.org](http://www.ncptsd.org)
- WCADV. Works to prevent and eliminate domestic violence. [http://www.wcadv.org](http://www.wcadv.org)
- WCASA. Works to ensure that every sexual assault victim in Wisconsin gets the support and care they need. [http://www.wcasa.org](http://www.wcasa.org)