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Trauma-Informed Care

What it is

A principle-based culture change process

What it is not

An intervention to treat PTSD

Wisconsin's TIC Guiding Principles

(WI TIC Advisory Committee, 2009)

Trauma-Informed Care

'What happened to you?'

versus

'What's wrong with you?'

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.

Front

Temporal lobes

Back

Front

Temporal lobes

Back
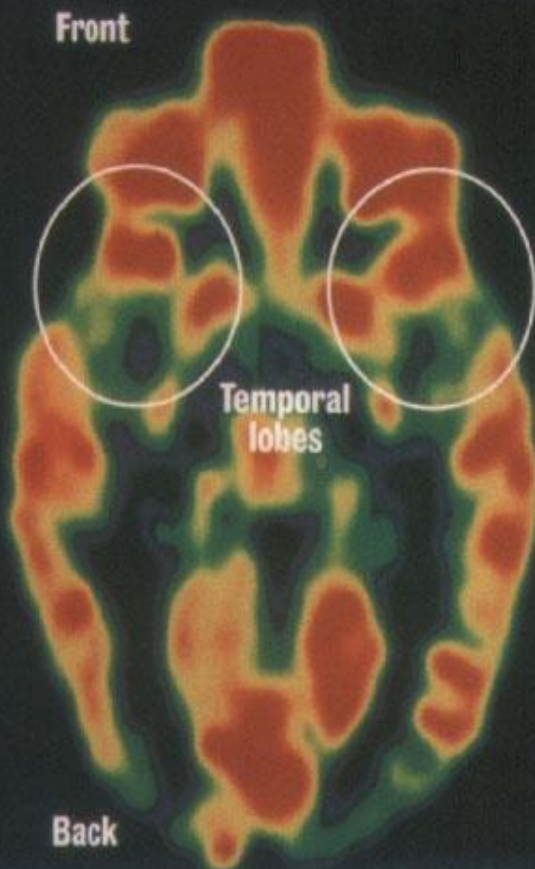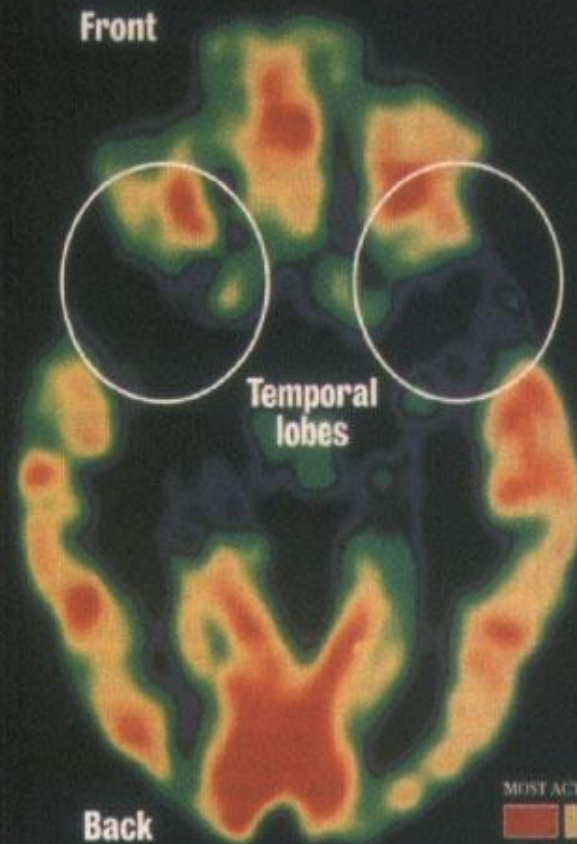
An Abused Brain

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

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

Prevalence

- 90% of **mental health clients** have been exposed to a traumatic event and most have multiple exposures. (Muesar,1998)

- 83% of females and 32% of males with **developmental disabilities** have experienced sexual assault. Of those who were assaulted, 50% had been assaulted 10 or more times. (Hand,1986)

- 97% of **homeless women** with mental illness experienced severe physical and/or sexual abuse. (Goodman et al.,1997)

- 75-93% of youth entering the **juvenile justice** system are estimated to have experienced some degree of traumatic victimization. (*Healing Invisible Woun*ds, Justice Policy Institute)

Youth Prevalence

- **26% of students** (33% male / 19% female) reported being in a physical fight
- **23% of students** (22% male / 23% female) reported being bullied at school
- **13% of students** (10% male / 16% female) reported seriously considering suicide

(WI Youth Risk Behavior Survey, WI Dept. of Public Instruction, 2009)

Most trauma begins at home: the vast majority of people (about 80%) responsible for child maltreatment are children's own parents.

(van der Kolk, 2005)

Universal Precautions

"Universal approaches address entire groups that share the same general risk. Universal strategies are applied to groups without any prior screening, when the entire group is capable of benefiting." (Miller, 2011)

Trauma & Attachment

(Developmental Trauma, Complex Trauma, Complex PTSD)

- Disrupted Attachment
- Sensitized Nervous System
- Impaired Self-Capacity/Concept

Impact on Worldview

Typical Development vs. **Developmental Trauma**

- Belief in a predictable and benevolent world
- Positive self worth
- Hopeful and optimistic about the future
- Empowered

- People want to hurt me
- I am not safe
- I am in danger, no one will help
- I am not good enough / smart enough / worthy enough for people to care about me
- It will never get better

"Is this just an excuse for bad behavior?"

Outward Expressions

- Anger/defiance
- Violence toward others
- Truancy
- Criminal acts
- Perfectionism

Inward Expressions

- Withdrawal
- Substance use
- Perfectionistic
- Violence to self
- Spacing out

SHIFT YOUR PERSPECTIVE
Trauma-Informed Care

Wisconsin's TIC Activities

Wisconsin's TIC Foundation: 1998-2007

- *Women, Co-Occurring Disorders & Violence Study Site*, SAMHSA (1998)

- *Journey of Self-Discovery: A Study Guide for Trauma Survivors*, New Partnerships for Women (2001-2007)

- *Violence Against Women Act Grant,* Disability Rights WI (2004)

- *WI Trauma Summit,* New Partnerships/WI Dept. of Health Services (2007)

2008-2009

- *Reduction of Seclusion and Restraint*, DHS (2008-current)

- *Trauma Services Coordinator & TIC Advisory Committee,* DHS (2008-current)

- 1st *SAMHSA Transformation Transfer Initiative Grant* (2009)
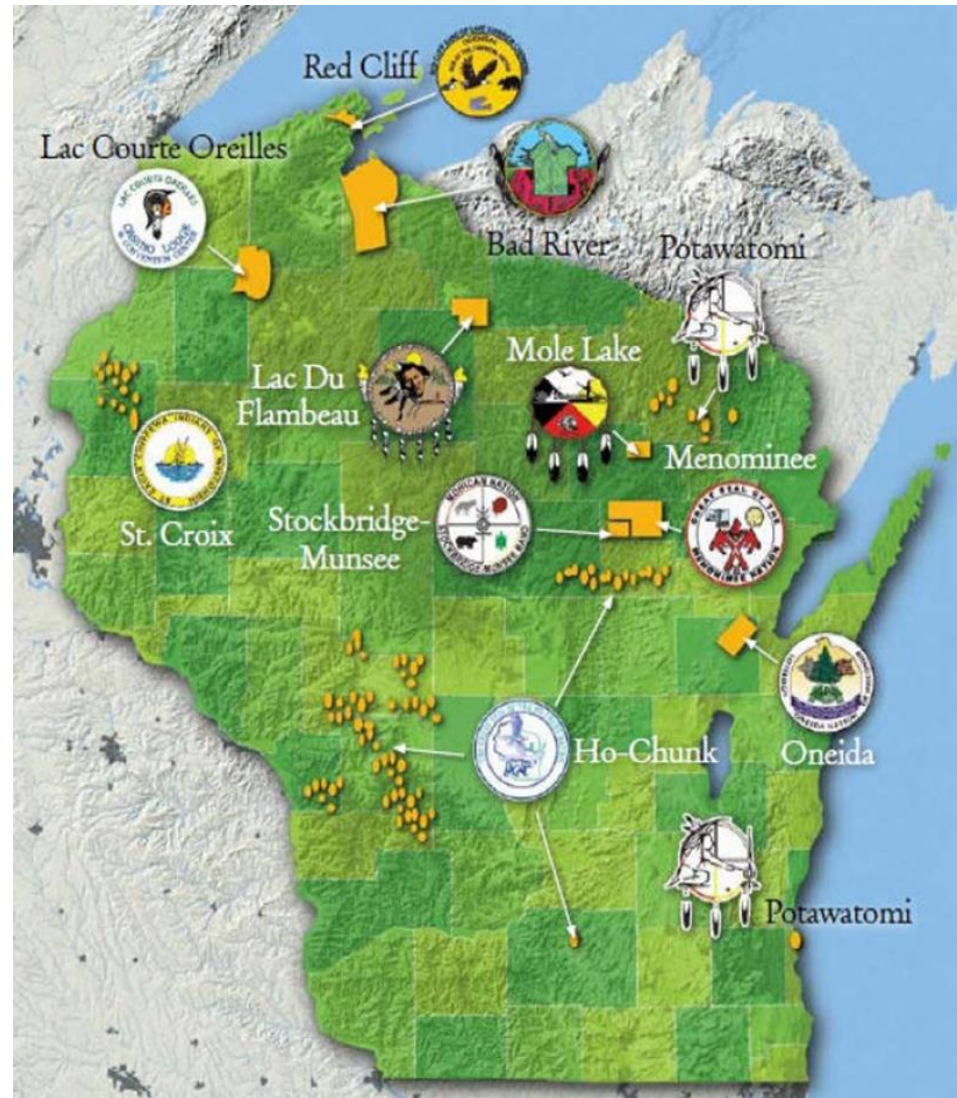
Historical Trauma

- Collective and cumulative emotional and psychological wounding across generations, emanating from massive group trauma

- Generates survivor guilt, depression, low self-esteem, psychic numbing, anger, and physical symptoms

- Creates the community's 'soul mood'

(Maria Yellow Horse Brave Heart)

See info re. Menominee Termination
http://www.mpm.edu/wirp/icw-97.html
See info re. Post Traumatic Slave Syndrome
http://joydegruy.com/resources-2/post-traumatic-slave-syndrome
See info re. The Black Holocaust Museum
http://www.abhmuseum.org/

TIC and Organizational Change

- Leadership and Champions
- Meaningful consumer involvement
- Trauma-sensitive human resource practices
- Trauma-sensitive environment
- Trauma-sensitive strategies and tools

TTI Champion Teams Accomplishments

Organization / Leadership

- Created TIC mission statement
- Completed TIC training to board and contract agencies
- Completed agency-wide TIC assessment
- Hold monthly advisory meetings
- Created TIC champion team
- Created TIC newsletter
- Arranged for TIC training and consulting experts

Meaningful Peer Involvement

- Created peer-to-peer TIC training to agency's consumers
- Made sure consumers involved in agency decision- making
- Created consumer group to influence program development, implementation and evaluation

More Champion Teams Accomplishments

Environment

- Created warm and welcoming waiting room and offices
- Emphasizes person-centered language to reflect trauma-informed care
- Incorporated non-violent, communication strategies in all aspects of communication
- Created meditation and comfort rooms

Trauma Specific Interventions

- Created trauma screening tool
- Incorporated groups e.g., Seeking Safety, M-TREM
- Developed safety plans
- Encouraged more flexible and creative approaches
- Broadened services to include non-verbal, expressive therapies
- Trained staff in Risking Connections

2010- Present

- *WI TIC List Serve - 1800 members*, DHS (2010-current)

- *ACE module added to Behavioral Risk Factor Survey & statewide promotion of findings*, Children's Trust Fund (2010-current)

- *2nd SAMHSA Transformation Transfer Initiative Grant*, DHS/DJC/WFT (2011-2014)

- *Fostering Futures*, First Lady of Wisconsin (2011-current)

- *Continued cross system collaboration*

Cross Systems Collaboration

Children's Trust Fund (CTF): *Wisconsin ACE Study and ACE Interface*

CTF/DCF/DHS/DPI/DOC/UW-Madison/SaintA

Dept. of Children and Families (DCF): *Care4Kids*

DCF/DHS/Milwaukee Children's Hospital

Dept. of Corrections (DOC): *Lincoln Hills and Taycheedah*

DOC/DHS/WI Family Ties

Dept. of Health Services (DHS): *Trauma Informed Care Consultant*
DHS/UW-Madison/DCF/DPI/DOC

Dept. of Public Instruction (DPI): *Trauma Sensitive Schools & Safe Schools Grant*   DPI/DHS/DCF/DOC

First Lady of Wisconsin: *Fostering Futures*

Public/Private partnership

What's Worked

- ✓ Consumer Champions

- ✓ Designated staff person

- ✓ Advisory Committee

- ✓ Seed funding: TTI (SAMHSA/NASMHPD)

- ✓ Conferences & action plans

- ✓ Early adopters as leaders

- ✓ Involvement of respected and trusted leadership

- ✓ WI TIC list serve

- ✓ Collaboration with other state departments & tribes

- ✓ National attention: culture change vs. primary focus on interventions

Light Bulb Moments

- Universality of trauma's ***prevalence and impact***

- Universality of TIC ***values***

- Understanding trauma ignites ***passion and hope*** *for parents and providers*

- TIC philosophy and practice '***evens the playing field***'
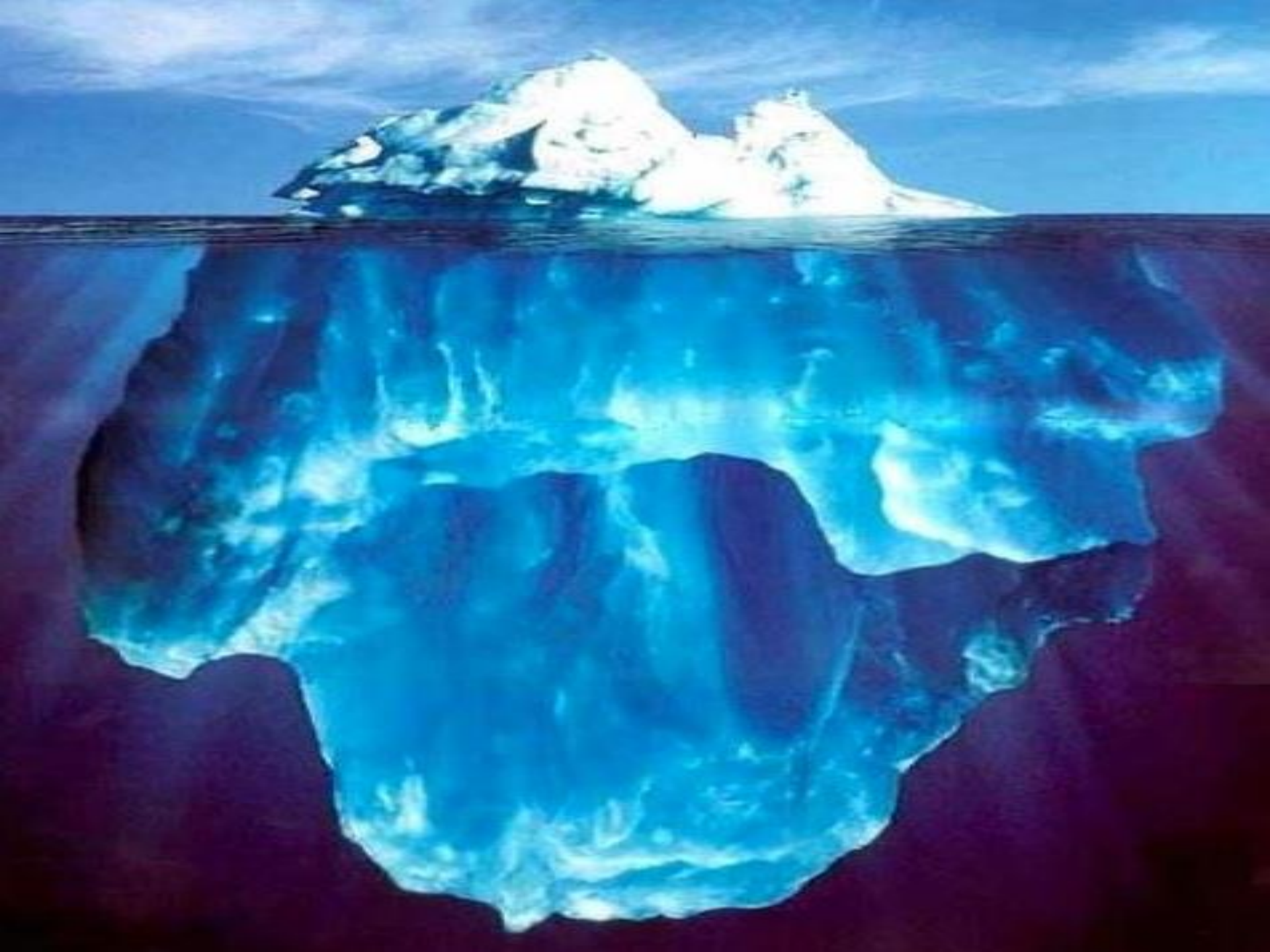
Office of Children's Mental Health (OCMH): Wis Stat 51.025

"Study and recommend ways to coordinate initiatives, improve the integration across state agencies of mental health services provided to children and monitor the performance of programs that provide those services."

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Population Attributable Risk

Percentage of health, safety and prosperity conditions attributable to Adverse Childhood Experiences (ACEs)
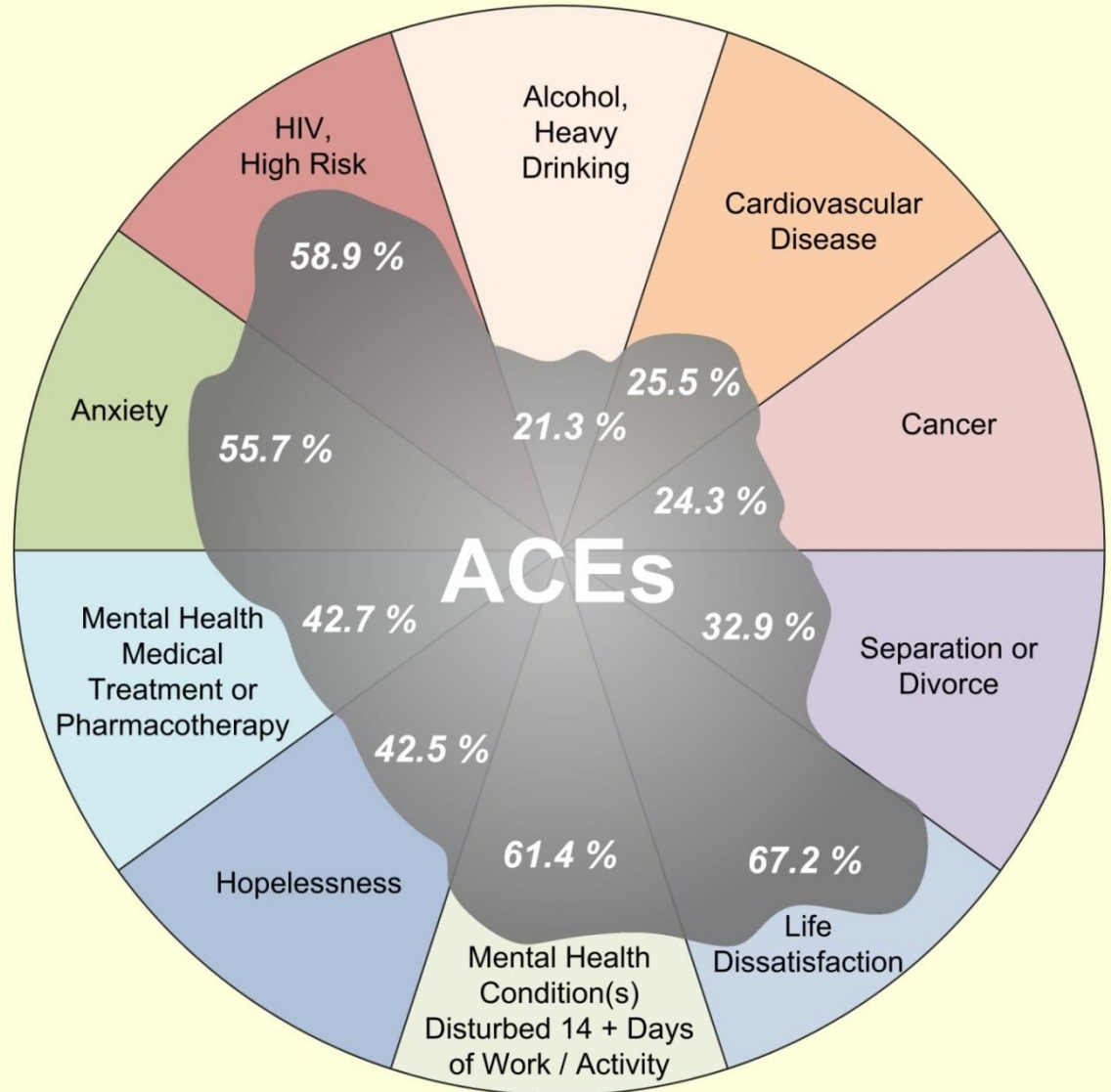
Shift the Perspective from 'Mental Illness' to 'Adaptation'

Early experiences are biologically embedded in the development of the brain and other organ systems leaving a lifelong impact on learning, behavior and both physical and mental health.   (Harvard Center on the Developing Child)

ACEs alone may explain 45% of all childhood-onset mental health issues and 29% of adult-onset mental health issues.
(Green et al 2010)

In Wisconsin 47% of children (birth-17yo) have experienced 1+ ACEs and of those, 11% have experienced 3+. (Child Trends, 2014)

Shift the Perspective by Using a Public Health Approach as the Conceptual Framework

Behavioral Health **Providers**

Trained **Coaches**
across multiple settings

Youth and Parent **Peer Specialists**

Supportive and Skilled
Child-and Family Serving **Workforce**

Shift the Perspective from 'Programs' to 'Systems' Thinking by Using Collective Impact

Common Agenda

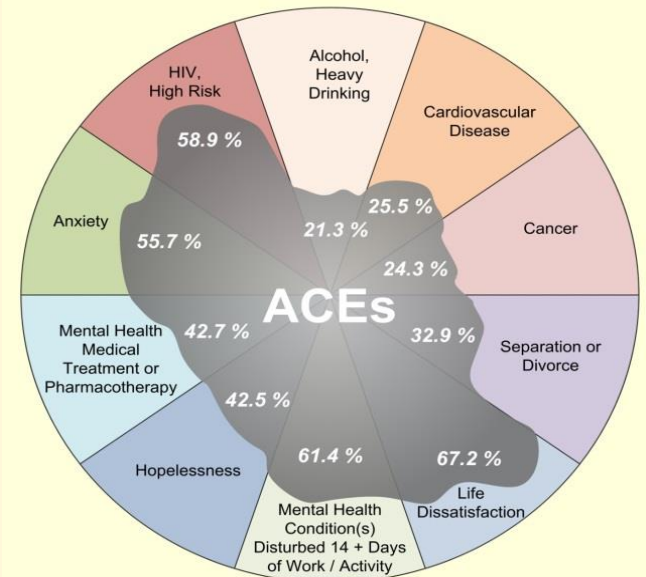Shared Measurement Systems

Mutually Reinforcing Activities

Continuous Communication

Backbone Support Organization

What is Predictable is Preventable

Reducing early adversity will simultaneously decrease all of these conditions.

WI Office of Children's Mental Health Vision:

Address and prevent root causes of mental health issues.

Help all children optimize their social and emotional well-being.

What Can You Do in Your Everyday Lives?

- Understand 'problem behaviors' as survival strategies that served a safety function and view these as evidence of strength and resiliency.

- Create safe and predictable environments and relationships.

- Provide education and information about trauma as part of your everyday activities.

What Can You Do as a Legislator?

- Use 2013 Senate Joint Resolution "policy decisions enacted by the Wisconsin state legislature will acknowledge and take into account the principles of early childhood brain development and will, whenever possible, consider the concepts of toxic stress, early adversity, and buffering relationships, and note the role of early intervention and investment in early childhood years as important strategies to achieve a lasting foundation for a more prosperous and sustainable state through investing in human capital."

- Introduce ACE and TIC information to constituents

- Consider OCMH in the next biennium budget
  - Development of an integrated data system
  - Collective Impact
  - Parent and youth involvement

General Trauma Resources

- National Center for Trauma-Informed Care
  http://mentalhealth.samhsa.gov/nctic/
- National Center for Posttraumatic Stress Disorder
  http://www.ncptsd.org/
- National Child Traumatic Stress Network
  http://www.nctsn.org/
- International Society for Traumatic Stress Studies
  http://www.istss.org/
- International Society for the Study of Trauma and Dissociation
  http://www.isstd.org/
- The Anna Institute http://www.annafoundation.org/

Thank you