

Trauma Informed Care and the ACE Study

- Implementing Trauma Informed care with a Native American Population in a Residential setting

Learning Objectives

- 1. Trauma Informed Care, what is it
- 2. Adverse childhood experiences are common
 - although typically concealed and unrecognized
- 3. ACE's continue to have a profound effect 50 years later
- 4. Indifference and the emotional impact of neglect
- 5. Self care in health care

Trauma Informed care

- What is trauma?
- Experiencing, witnessing, or being threatened with an event or events that involve actual serious injury, a threat to the physical integrity of one's self or others, or possible death.
- Responses to these events include intense fear, helplessness, or horror.

Trauma Informed Care

- Basic principles
- Trauma as a defining and organizing experience
- Shapes a survivors sense of self and others
- Understanding problem behaviors originate as attempts to cope with experiences
- Trauma may be seen in life domains not obviously related to experiences of violent victimization
- Substance abuse, eating disorders, relationship difficulties



Trauma Informed care

- Implementing Trauma informed care
- Organizational structure
- Who has to know?



Trauma informed Care

- Addressing trauma in addiction treatment
- Trauma informed
- Trauma specific

Trauma Informed care

- Ideally, treatment programs should create trauma informed environments
- Shelters
- Havens
- provide services that are sensitive
- Respond to the unique needs of trauma survivors

The Ace Study

- The Relationship of Adverse Childhood Experiences to Adult health
- Vincent J. Felitti, MD
- The origins of addiction
- How the study began
- Purpose of the study

ACE Study

- Number of participants
- Comprehensive evaluation
- Three common categories
- Question
- Treating symptoms
- Minimal results

ACE Study

- Linking the progression
- How we become who we are
- Individually and as a nation
- Why is this important?
- Medical
- Social
- Economic implications

ACE Study

- Study outcomes
- Give us reason to reconsider the structure of health care
- Treating symptoms?
- Do the drugs make us addicts?

Ace Study

- Reveals a powerful relationship of then and now
- Examines major causes of adult mortality
- Conversion of traumatic emotional experiences in childhood into organic disease later in life
- How does this happen?

ACE Study

- Reverse alchemy
- Turning gold into lead
- Neurodevelopment
- Neuroplasticity -Barbara Arrowwood-Smith
- The Woman Who Changed Her Brain

ACE Study

Finding Your ACE Score

- 092406RA4CR
- **While you were growing up, during your first 18 years of life:**
- 1. Did a parent or other adult in the household **often or very often...**
- Swear at you, insult you, put you down, or humiliate you?
- **or**
- Act in a way that made you afraid that you might be physically hurt?
- Yes No If yes enter 1 _____
- 2. Did a parent or other adult in the household **often or very often...**
- Push, grab, slap, or throw something at you?
- **or**
- **Ever hit you so hard that you had marks or were injured?**
- Yes No If yes enter 1 _____
- 3. Did an adult or person at least 5 years older than you **ever...**
- Touch or fondle you or have you touch their body in a sexual way?
- **or**
- Attempt or actually have oral, anal, or vaginal intercourse with you?
- Yes No If yes enter 1 _____
- 4. Did you **often or very often feel that ...**
- No one in your family loved you or thought you were important or special?
- **or**
- Your family didn't look out for each other, feel close to each other, or support each other?
- Yes No If yes enter 1 _____
- 5. Did you **often or very often feel that ...**
- You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
- **or**
- Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
- Yes No If yes enter 1 _____

6. Were your parents **ever separated or divorced?**

Yes No If yes enter 1 _____

7. Was your mother or stepmother:

Often or very often pushed, grabbed, slapped, or had something thrown at her?

or

Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard?

or

Ever repeatedly hit at least a few minutes or threatened with a gun or knife?

Yes No If yes enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes No If yes enter 1 _____

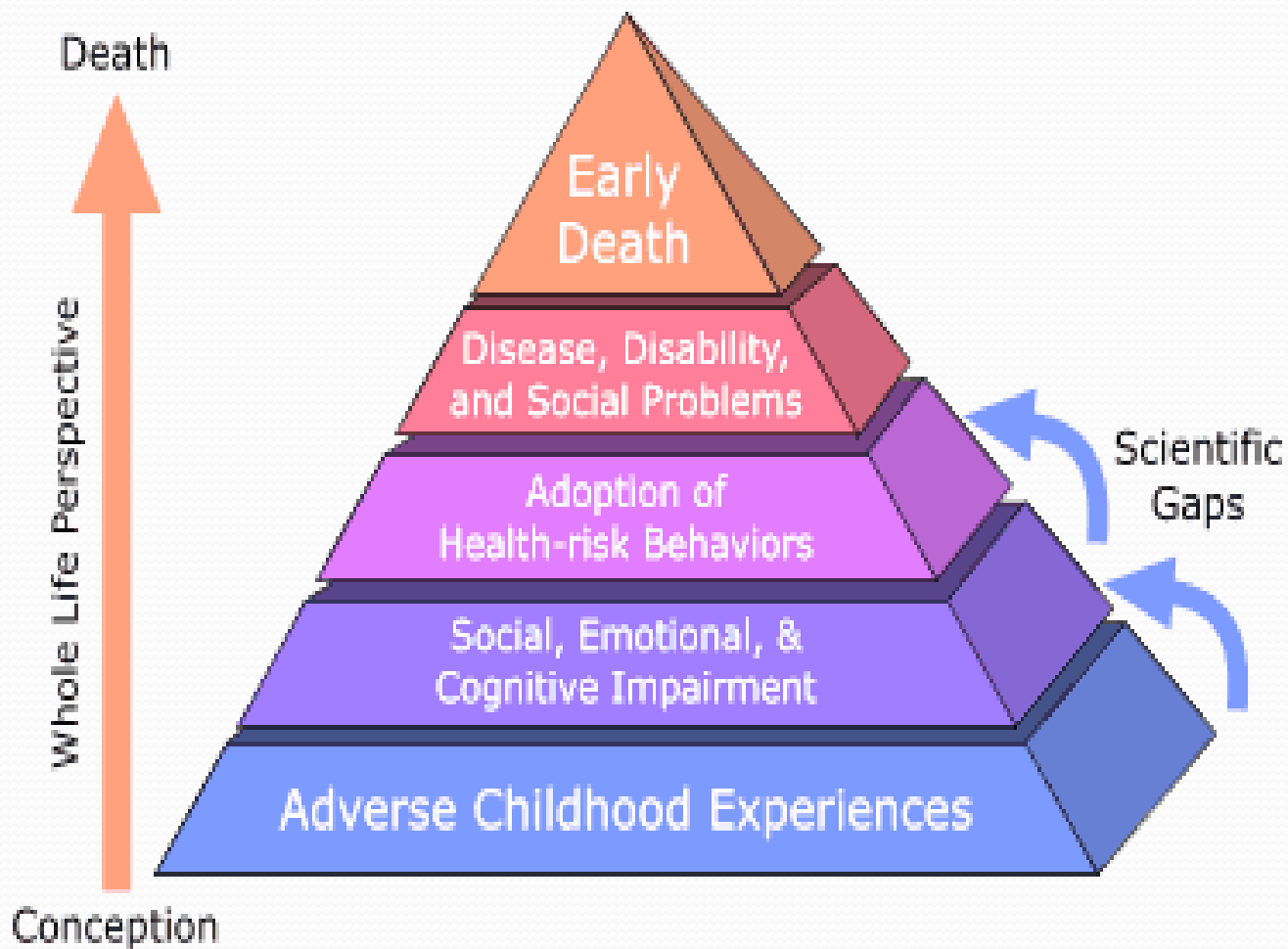
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?


Yes No If yes enter 1 _____


10. Did a household member go to prison?


Yes No If yes enter 1 _____


Now add up your “Yes” answers: _____ This is your ACE Score.





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- Implementing the ACE Score
 - Top down support
 - Introduced to staff
 - Staff self reporting
 - Why?

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- Healing the wounded
 - Trauma and chronic stress in the personal lives of staff
 - Self care in health care
 - Next phase
 - Educate the members
 - Members self report on ACE
 - Low scores
 - High scores

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- Becomes treatment foundation
 - Trauma Informed care
 - Cultural considerations
 - Populations served
 - Treatment challenges

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- Urban and rural experiences
 - Co-occurring disorders may impede treatment process
 - Staff adequately trained
 - Continual training
 - Normal response is to focus on behavior

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- Altering the landscape
 - There is a need to radically change our approach
 - What's the matter with you!!
 - What happened to you?

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- This world demands something greater: The love of family and community
 - No one has all the answers
 - It takes passion and compassion

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- God help me to be the kind of person my dog thinks I am
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