

## The Addiction-Trauma Connection: Integrating Behavioral Health and Primary Care

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Indian Health Services  
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## Crisis=Danger & Opportunity



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## Levels of Violence

- Childhood
- Adolescence
- Adult
- Street (workplace and community)
- Consumer Culture
- Media
- War
- Planet

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## Global Violence

- 1.6 million people worldwide die each year from violence. More than 51,000 are Americans.
- Suicide accounts for 54% of violent deaths globally, homicide for 35% and war and other armed conflict 11%.

Source: World Health Organization  
Centers for Disease Control and Prevention

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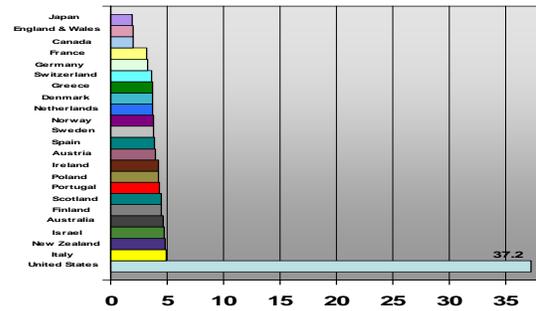
## Global Violence (cont.)

- Violence is a leading cause of death among people aged 15-29

Source: World Health Organization  
Centers for Disease Control and Prevention

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## Homicide Rates for Men Ages 15 - 24 Around the World (Rate per 100,000)



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## Global Violence (cont.)

- Most violence occurs among poor populations in the U.S. and abroad; 91% of deaths due to violence are in low- and middle- income countries.

Source: World Health Organization  
Centers for Disease Control and Prevention

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## Human Cost

- Violence kills more than 4,000 people a day, as many as tuberculosis, and more than the 3,500 who die of malaria every day.

Source: World Health Organization  
Centers for Disease Control and Prevention

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## Economic Cost

- The cost of violence in a single year tops \$70 billion in the U.S.; \$5.6 billion for medical care and \$64.7 billion due to lost productivity.

Source: World Health Organization  
Centers for Disease Control and Prevention

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## Two Kinds of Suffering

- Natural
- Created

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## Definition of Trauma

The diagnostic manual used by mental health providers (DSM IV-TR) defines trauma as, "involving direct personal experience of an event that involves actual or threatened death or serious injury, or other threat to one's physical integrity; or a threat to the physical integrity of another person; or learning about unexpected or violent death, serious harm, or threat of death or injury experienced by a family member or other close associate."

(American Psychiatric Assoc. [APA] 2000, pg. 463).

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## Definition of Trauma (cont.)

"The person's response to the event must involve intense fear, helplessness or horror (or in children, the response must involve disorganized or agitated behavior)."

(American Psychiatric Assoc. [APA] 2000, pg. 463).

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## Violence Against Women

Violence against women is so pervasive that the United Nations has addressed and defined violence against women as “any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivations of liberty, whether occurring in public or private life.”

(United Nations General Assembly, 1993).

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## American Indian and Alaskan Native Women

- 2.5 times more likely to be raped/sexually assaulted
- 86% of perpetrators are non-native men
- 50% of AI/AN women suffer physical injuries w/sexual assault (vs. 30% women in general)
- Need a holistic, integrated approach

(Amnesty International)

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## Trauma-informed Services

These are services that are provided for problems other than trauma but require knowledge about violence against women and the impact of trauma thereby increasing their effectiveness.

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## Trauma-informed Services

### Trauma-informed services:

- Take the trauma into account.
- Avoid triggering trauma reactions and/or traumatizing the individual.
- Adjust the behavior of counselors, other staff and the organization to support the individual's coping capacity.
- Allow survivors to manage their trauma symptoms successfully so that they are able to access, retain and benefit from the services.

(Harris & Fallot)

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## Core Principles of Trauma Informed Care

- Safety (physical and emotional)
- Trustworthiness
- Choice
- Collaboration
- Empowerment

(Fallot & Harris, 2006)

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## Trauma & Abuse

- Sexual abuse
- Physical abuse
- Emotional abuse
- Domestic violence
- Witnessing abuse/violence
- Self-inflicted violence
- Military sexual assault

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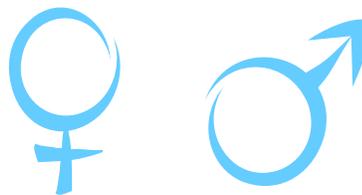
## Trauma & Abuse (cont.)

### Stigmatization

- Race
- Class
- Mental Illness
- Incarceration
- Physically Challenged
- Sexual Orientation

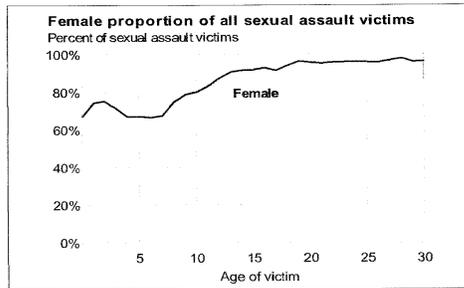
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## Trauma



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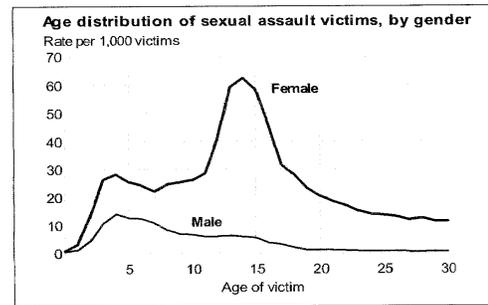
## Sexual Assault Graph



Bureau of Justice Statistics

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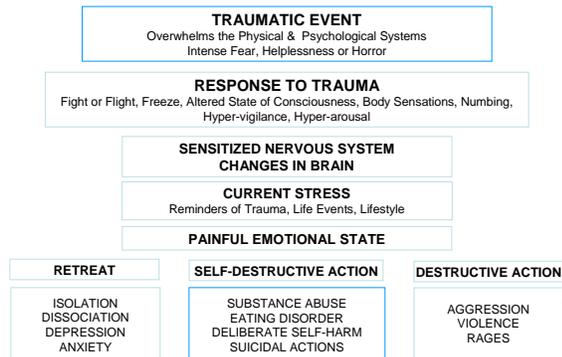
## Sexual Assault Graph



Bureau of Justice Statistics

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## Process of Trauma



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## ACE Study (Adverse Childhood Experiences)

- Recurrent and severe emotional abuse
- Recurrent and severe physical abuse
- Contact sexual abuse

Growing up in a household with:

- An alcoholic or drug-user
- A member being imprisoned
- A mentally ill, chronically depressed, or institutionalized member
- The mother being treated violently
- Both biological parents *not* being present

(N=17,000)

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## Childhood Traumatic Events

### Largest Effect: Mental Health

- Psychotropic medication
- Mental health treatment
- Attempted suicide
- Traumatic stress

(Messina & Grella, 2006)

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## Childhood Traumatic Events

### Largest Effect: Mental Health

- 980% increase in odds if exposure to 7 CTE's

(Messina & Grella, 2006)

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## Critical and Interrelated Issues

- Substance Abuse
- Mental Health
- Trauma
- Physical Health

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## Areas of Separation

- » Training
- » Treatment
- » Categorical Funding

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## Historical Relationship

- Domestic violence services
- Substance abuse treatment

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## Key Elements (Staff and Clients)

- Learn what trauma/abuse is
- Understand typical responses
- Develop coping skills

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## Trauma: Stages of Recovery

<u>Syndrome</u>	<u>Stage One</u>	<u>Stage Two</u>	<u>Stage Three</u>
Hysteria (Janet 1889)	Stabilization, Symptom- oriented treatment	Exploration of traumatic memories	Personality reintegration, rehabilitation
Combat trauma Scurfield (1985)	Trust, stress- management education	Re- experiencing trauma	Integration of trauma

Source: Herman, 1992, 1997

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## Trauma: Stages of Recovery

<u>Syndrome</u>	<u>Stage One</u>	<u>Stage Two</u>	<u>Stage Three</u>
Complicated post- traumatic stress disorders	Stabilization	Integration of memories	Development of self, drive integration

Source: Herman, 1992, 1997

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## Trauma: Stages of Recovery

<u>Syndrome</u>	<u>Stage One</u>	<u>Stage Two</u>	<u>Stage Three</u>
Multiple personality disorder (Putnam 1989)	Diagnosis, stabilization, communication cooperation	Metabolism of trauma	Resolution, integration, development of post-resolution coping skills
Traumatic disorders (Herman 1992)	Safety	Remembrance and mourning	Reconnection

Source: Herman, 1992, 1997

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## Definition of Evidence-based

Evidence-based practice (EBP) is defined as the integration of the best available research and clinical expertise within the context of patient characteristics, culture, values, and preferences.

(APA Presidential Task Force, 2005)

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## Integrated Care

Mental health specialists and general medical care providers work together to address both physical and mental health needs

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## Research Studies

- Depression
- Anxiety
- Somatization disorder
- ADHD
- Alcohol

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### How does behavioral health impact medical care?

- 70% of all healthcare visits driven by psychosocial factors.
- 50% of all mental health care provided in primary medicine.

Source: Indian Health Services

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### How does behavioral health impact medical care? (cont.)

- Nearly 70% of CHC patients have primary MH or CD diagnosis.
- 92% of elderly patients receive BH solely from PCP.

Source: Indian Health Services

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### How does behavioral health impact medical care? (cont.)

- Only 25% of healthcare discussions are based on disease severity.
- 90% of the 10 most common complaints in health care have no organic etiology.

Source: Indian Health Services

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### How does behavioral health impact medical care? (cont.)

- 67% of psychotropic medications (80% of antidepressants) prescribed by PCP.
- Disease course and outcome directly effected by behavioral factors.

Source: Indian Health Services

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## Solution

- BH specialty service co-located in PC clinic.
- BH consultant as part of the PC team.
- Need both mental health and addiction specialists.

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“I know that if I ask that question the patient will dissolve into tears, and I just don’t have the time. Here, I have an easy hand-off.”

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## Learning from Developing Countries

Poor countries around the world have found that spending money (health, education, job skills) on women is the best way to help families.

(N.Y. Times)

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## Violence Against Women Act

The U.S. saved \$14.8 billion on health care, police response, lost productivity and death in the first five years of the Violence Against Women Act. The investment in the program to prevent violent crimes against women was \$1.6 billion over the same time period.

Source: World Health Organization  
Centers for Disease Control and Prevention

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## Definition: Gender-Responsiveness

Creating an environment through site selection, staff selection, program development, content, and material that reflects an understanding of the realities of the lives of women and girls and that addresses and responds to their strengths and challenges.

(Covington and Bloom)

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## Women's Integrated Treatment (WIT)

**This model is holistic, integrated and based on:**

- The gender-responsive definition and guiding principles
- A theoretical foundation
- Interventions/strategies that are multi-dimensional

(Covington, 2007)

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## *Helping Women Recover: A Comprehensive Integrated Approach*

### **Theory of Addiction**

- Holistic health model
- Chronic neglect of self in favor of something or someone else

### **Theory of Women's Psychological Development**

- Relational-Cultural Theory (Stone Center)

### **Theory of Trauma**

- Three Stage Model (Herman)
- Upward Spiral – A Transformational Model (Covington)

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## *Voices: A Program of Self-discovery and Empowerment for Girls*

### **Theory of Girls' Psychological Development**

- Relational-Cultural Theory (Stone Center, Gilligan, Brown)

### **Theory of Attachment**

- Ainsworth, Bowlby, Harlow, Stern

### **Theory of Trauma**

- Three Stage Model (Herman)
- Transformational Spiral (Covington)

### **Theory of Resilience**

- Biscoe, Wolin & Wolin

### **Theory of Addiction**

- Holistic Health Model

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## *Beyond Trauma: A Healing Journey for Women*

### Trauma Theory

Sandra Bloom, M.D.  
Mary Harvey, Ph.D.  
Judith Herman, M.D.  
Peter Levine, Ph.D.

Integrates cognitive-behavioral, expressive arts,  
guided imagery, and relational therapy.

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## Sanctuary



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## What is Sanctuary?

- Sacred place
- Place of refuge/protection
- Shelter

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## What Makes a Difference?

- Creating a safe environment
- Listening to her story
- Empathy

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## Good Job ~ Good Work

- Excellent performance
- Expresses one's ethics
- Meaningful and engaging

(Gardener, 2007)

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## Good Work

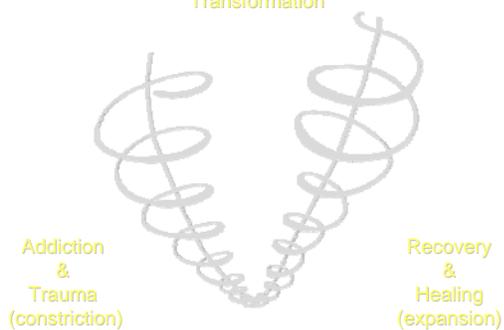
- Does it fit your values?
- Does it evoke excellence?
- Does it bring you joy?

(Gardener, 2007)

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## Upward Spiral

Transformation



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