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 elf 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
Finding Your ACE Score

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.**
Adverse Childhood Experiences

Social, Emotional, & Cognitive Impairment

Adoption of Health-risk Behaviors

Disease, Disability, and Social Problems

Early Death

Death

Whole Life Perspective

Conception

Scientific Gaps
Implementing the ACE Score
Top down support
Introduced to staff
Staff self reporting
Why?
- 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
• Becomes treatment foundation
• Trauma Informed care
• Cultural considerations
• Populations served
• Treatment challenges
• Urban and rural experiences
• Co-occurring disorders may impede treatment process
• Staff adequately trained
• Continual training
• Normal response is to focus on behavior
Altering the landscape
There is a need to radically change our approach
What’s the matter with you!!
What happened to you?
This world demands something greater: The love of family and community
No one has all the answers
It takes passion and compassion
● God help me to be the kind of person my dog thinks I am

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