

The background features abstract geometric shapes in shades of blue and orange. On the left, a solid blue triangle points towards the center. On the right, there are overlapping, semi-transparent shapes in orange and blue, creating a layered effect. The central text is set against a white background.

# Trauma Informed Care

Lapeer County  
Community Mental Health

# Trauma is Defined as...

Individual trauma results from an event, series of events, or set of circumstances which is experienced by an individual as physically or emotionally harmful or threatening and has lasting adverse effects on the individual's functioning and physical, social, emotional or spiritual well-being.



# How Problematic is Trauma?



- ▶ It is estimated approximately **70%** of people living in the United States are exposed to one or more traumatic events during their lifetime
- ▶ An average of **8-11%** of adult Americans have/will have Post Traumatic Stress Disorder (PTSD) at some point in their lives
- ▶ In the substance abuse (SA) population, up to **two-thirds** of men and women in treatment report childhood abuse and neglect

# How Problematic is Trauma?



- ▶ **50%** of women in SA treatment have a history of rape or incest
- ▶ Between **60% - 100%** (depending on sample) of individuals with developmental disabilities have experienced trauma, usually repeated incidents of abuse
- ▶ It is estimated the economic costs of untreated trauma-related alcohol and drug abuse alone were at **\$161 billion** in 2000

# The Silver Lining

- ▶ There are many models and programs designed to treat trauma
- ▶ With better collective understanding of trauma, more survivors will find their path to healing and wellness
- ▶ With a better understanding of trauma and how it affects the person we can lessen and prevent a wide range of physical health, behavior health and social problems for generations to come

# Understanding Trauma

**Trauma** is used to describe experiences or situations which are emotionally painful and distressing, and overwhelm people's ability to cope, leaving them with a feeling of powerlessness. Trauma is a perception of the person experiencing it; as caregivers we must **not** project our perceptions, feeling, bias, or judgments.



# Understanding Trauma

**Complex trauma** is exposure to multiple traumatic events, often of an invasive, interpersonal nature, and the wide-ranging, long-term impact of this exposure can disrupt many aspects of the person's development and the formation of 'self'.

TRAUMA

# Understanding Trauma

**Acute trauma** is defined as a trauma which occurs at a particular time and place and is usually short-lived. But can cause overwhelming feelings of terror, horror and/or helplessness.

TRAUMA



# Triggers



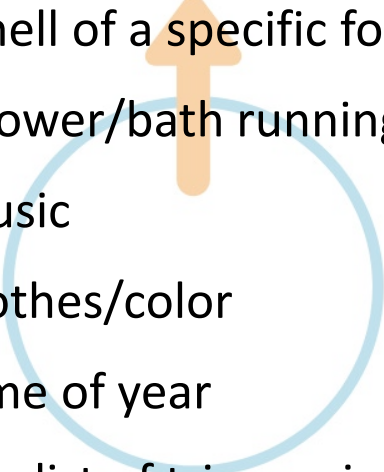
Traumatic triggers come in two forms; external and internal. A trigger is a reminder of past traumatizing events. A person's triggers are activated through one or more of the five senses: sight, sound, touch, smell and taste.

A trigger is something that sets off a memory or flashback transporting the person back to the event of his/her original trauma.

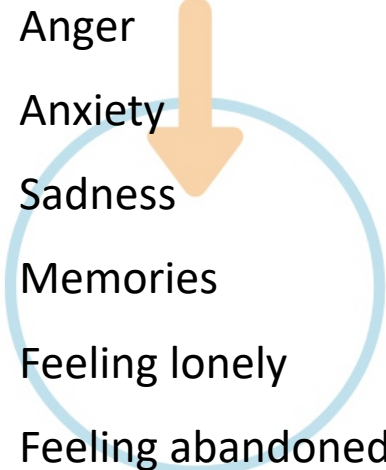
Triggers are very personal and unique to each person.

# Triggers

## External Triggers

- ▶ Smell of a specific food
  - ▶ Shower/bath running
  - ▶ Music
  - ▶ Clothes/color
  - ▶ Time of year
  - ▶ The list of triggers is endless ~ no way to know
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## Internal Triggers

- ▶ Anger
  - ▶ Anxiety
  - ▶ Sadness
  - ▶ Memories
  - ▶ Feeling lonely
  - ▶ Feeling abandoned
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# How Do We Help as Caregivers?

- ▶ Be patient with what seem to be irrational behaviors, fear and outbursts
- ▶ Educate yourself, communicate and collaborate with the individual and team
- ▶ Understand every behavior is a communication



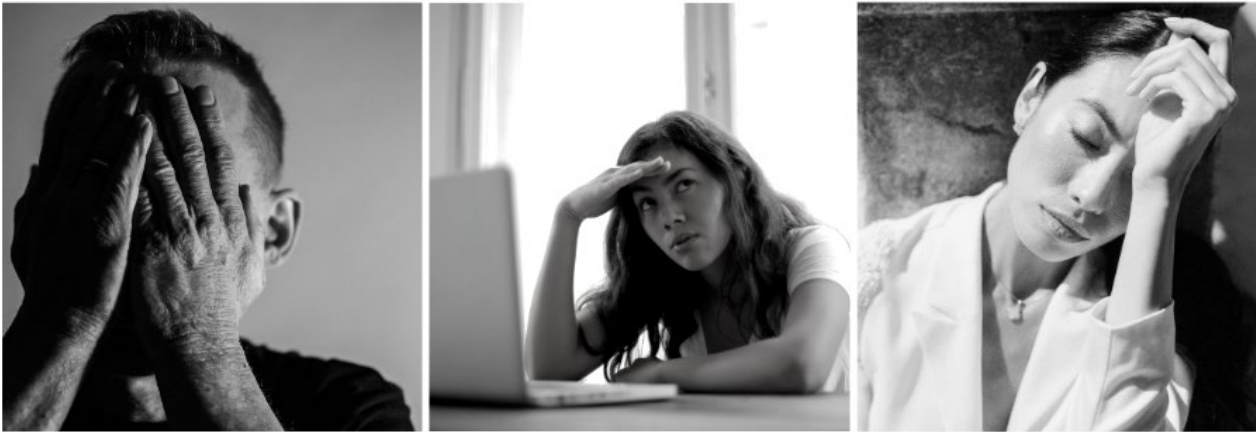
# How Do We Help as Caregivers?

- ▶ Be observant of the environment before, during and after the behavior
- ▶ Have a plan to keep everyone safe
- ▶ Understand the person's responses are **normal** reactions to **abnormal** events



# Compassion Fatigue

Secondary trauma / burnout is the emotional duress resulting when a caregiver hears about the firsthand trauma, is providing daily care for the individual, and is continuously faced with the behaviors of the traumatized individual



# Compassion Fatigue

Take steps to prevent compassion fatigue/burnout by:

- ▶ Being observant of the environment before, during and after the behavior
- ▶ Staff debriefing meetings
- ▶ Exercise
- ▶ Personal therapy
- ▶ Appropriate amount of sleep
- ▶ Hobbies
- ▶ Proper staffing
- ▶ Continued learning and training
- ▶ **Working together**



# Questions?

WHOSE CONTACT INFO?

