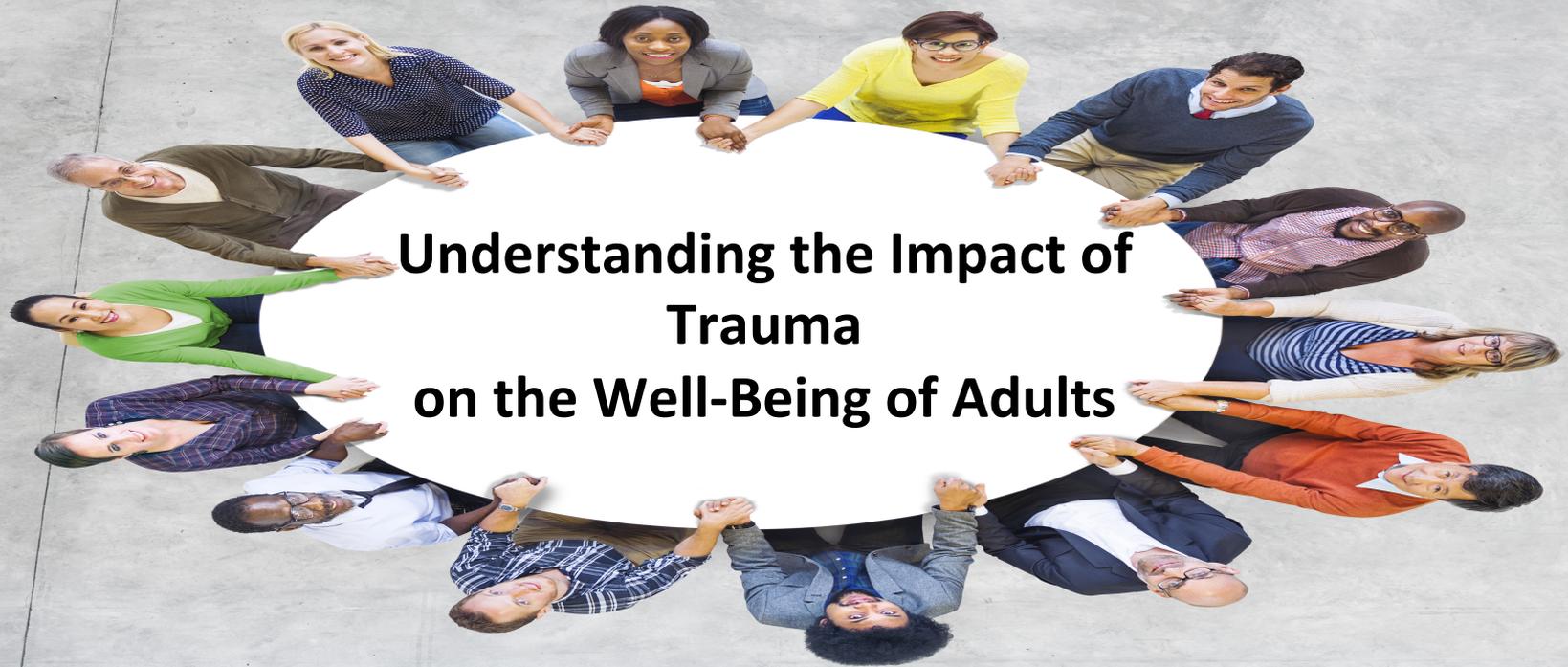


What's Trauma Got to Do with It?

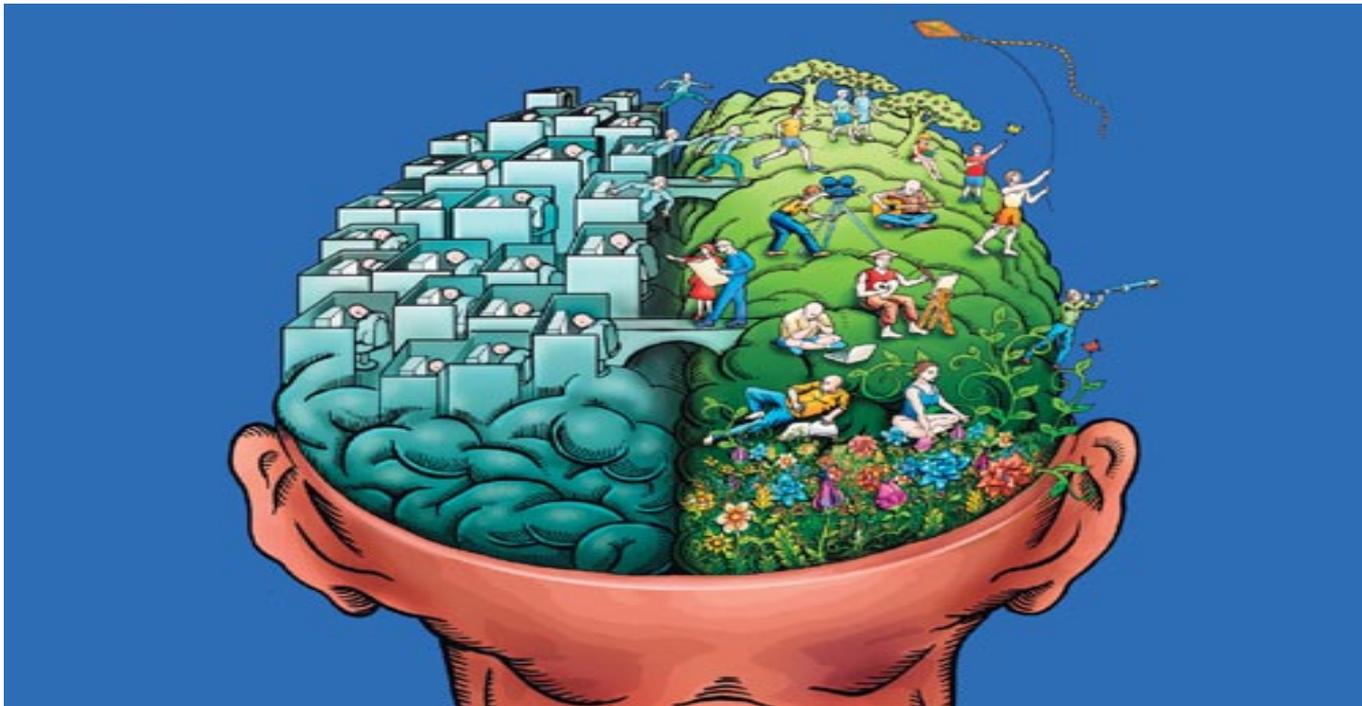


**Understanding the Impact of
Trauma
on the Well-Being of Adults**

Dr. Allison Sampson-Jackson
LCSW, LICSW, CSOTP



Impact to Right and Left Hemisphere Talk



Look at the chart and say the COLOUR not the word

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

Left – Right Conflict

Your right brain tries to say the colour but your left brain insists on reading the word.

Self-Care Alert!

- Step out and take a break.
- Talk to someone you trust.
- Do something relaxing.





WHY TRAUMA MATTERS?

Defining Trauma:

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

- SAMHSA definition 2014



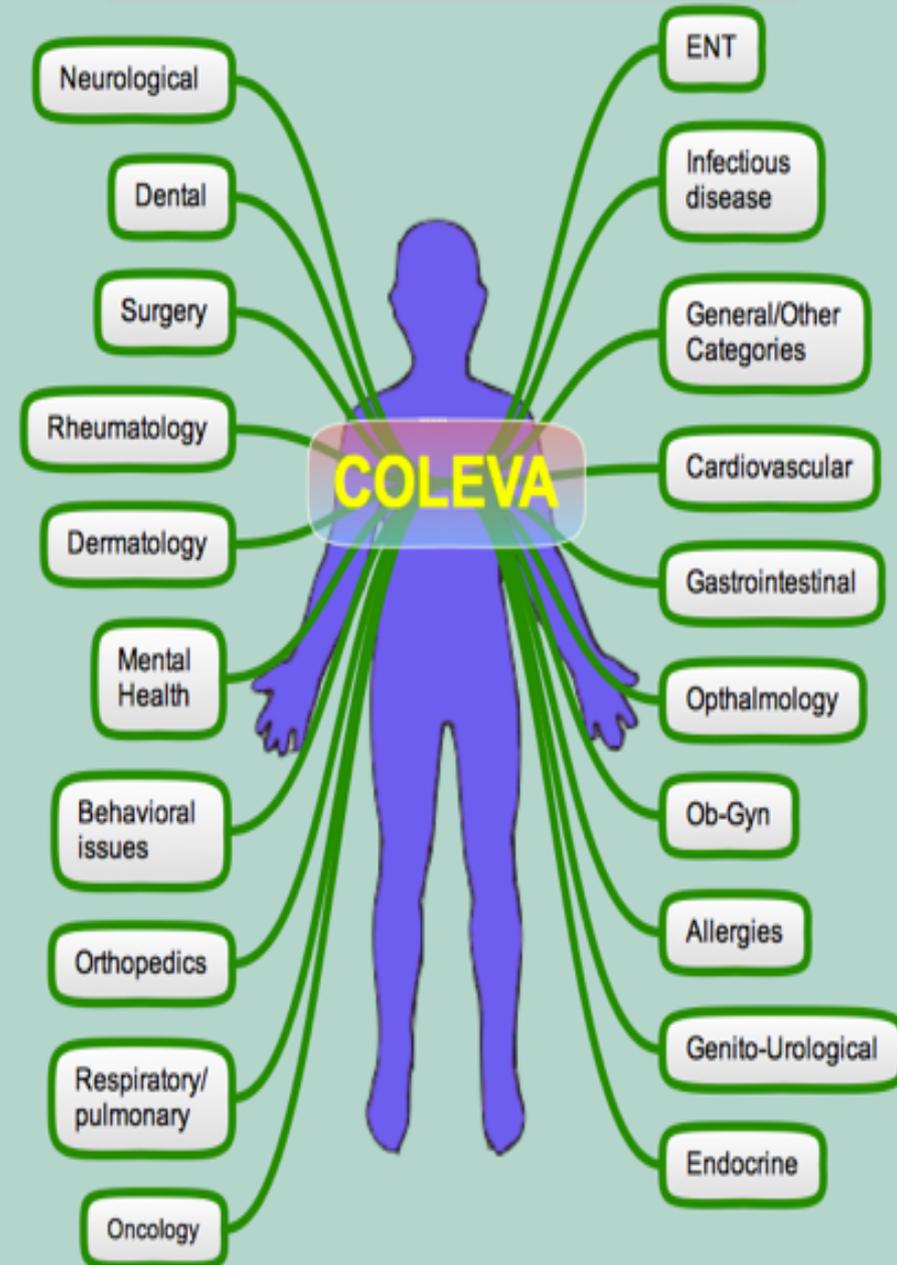
Risk Associated with Trauma

Shift from an ACE Score of 0 to 4

- **242% more likely to smoke**
- **222% more likely to become obese**
- **357% more likely to experience depression**
- **443% more likely to use illicit drugs**
- **1133% more likely to use injected drugs**
- **298% more likely to contract an STD**
- **1525% more likely to attempt suicide**
- **555% more likely to develop alcoholism**

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease (IHD)
- Liver disease
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy

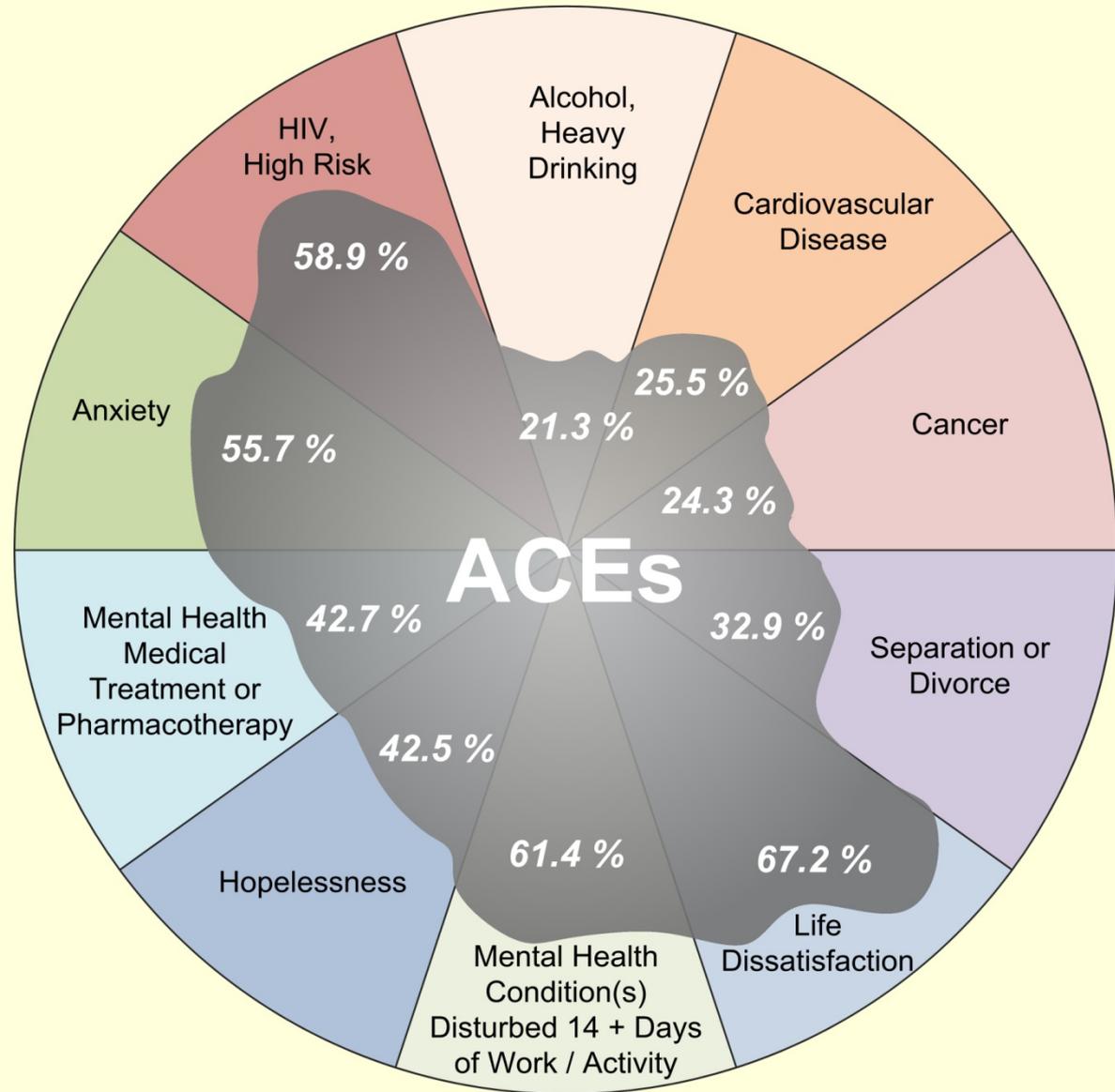
Consequences of Lifetime Exposure to Violence and Abuse



POPULATION ATTRIBUTABLE RISK

A large portion of many health, safety and prosperity conditions is attributable to Adverse Childhood Experience.

ACE reduction reliably predicts a decrease in all of these conditions simultaneously.



Trajectories of Risk Groups

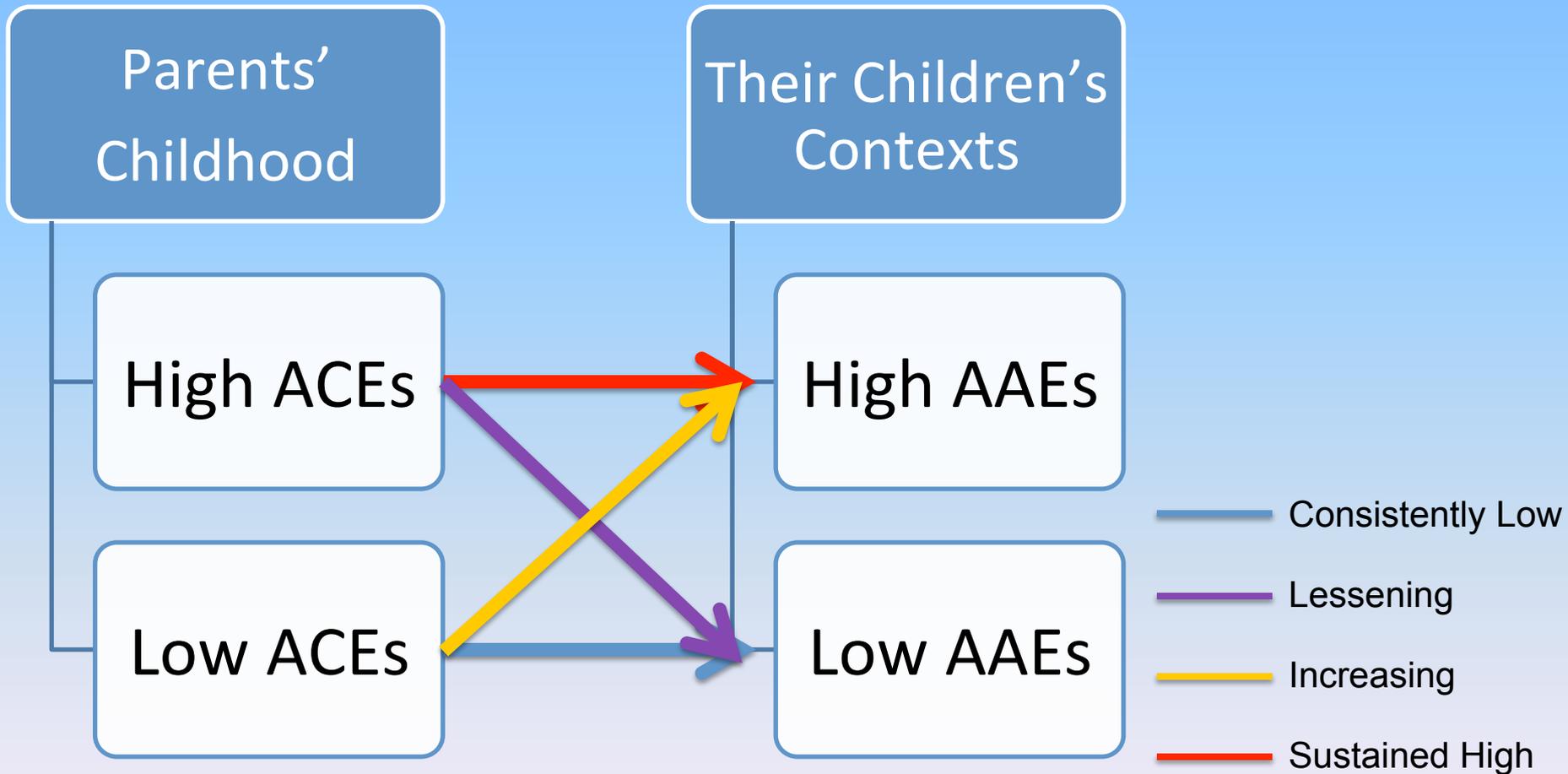
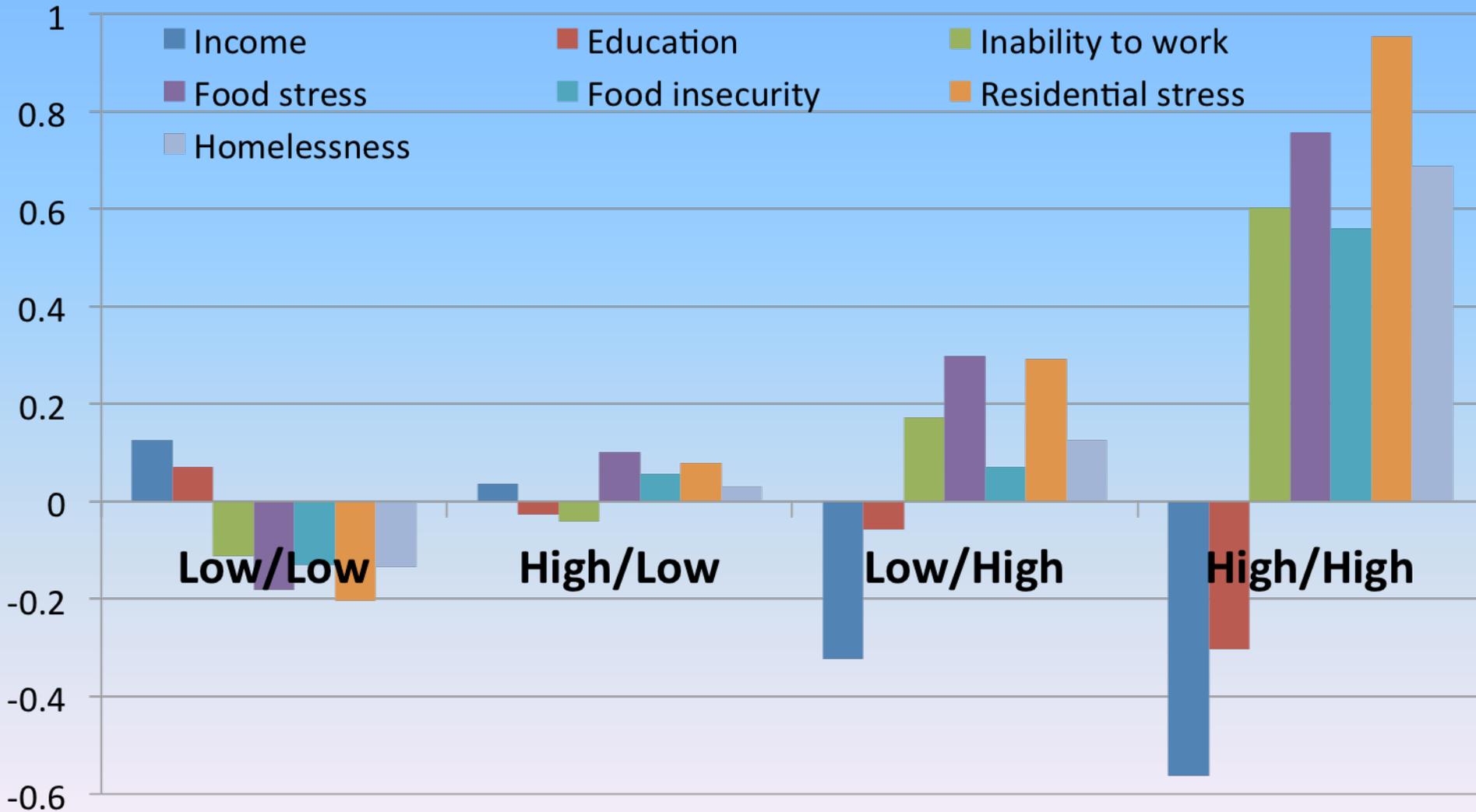
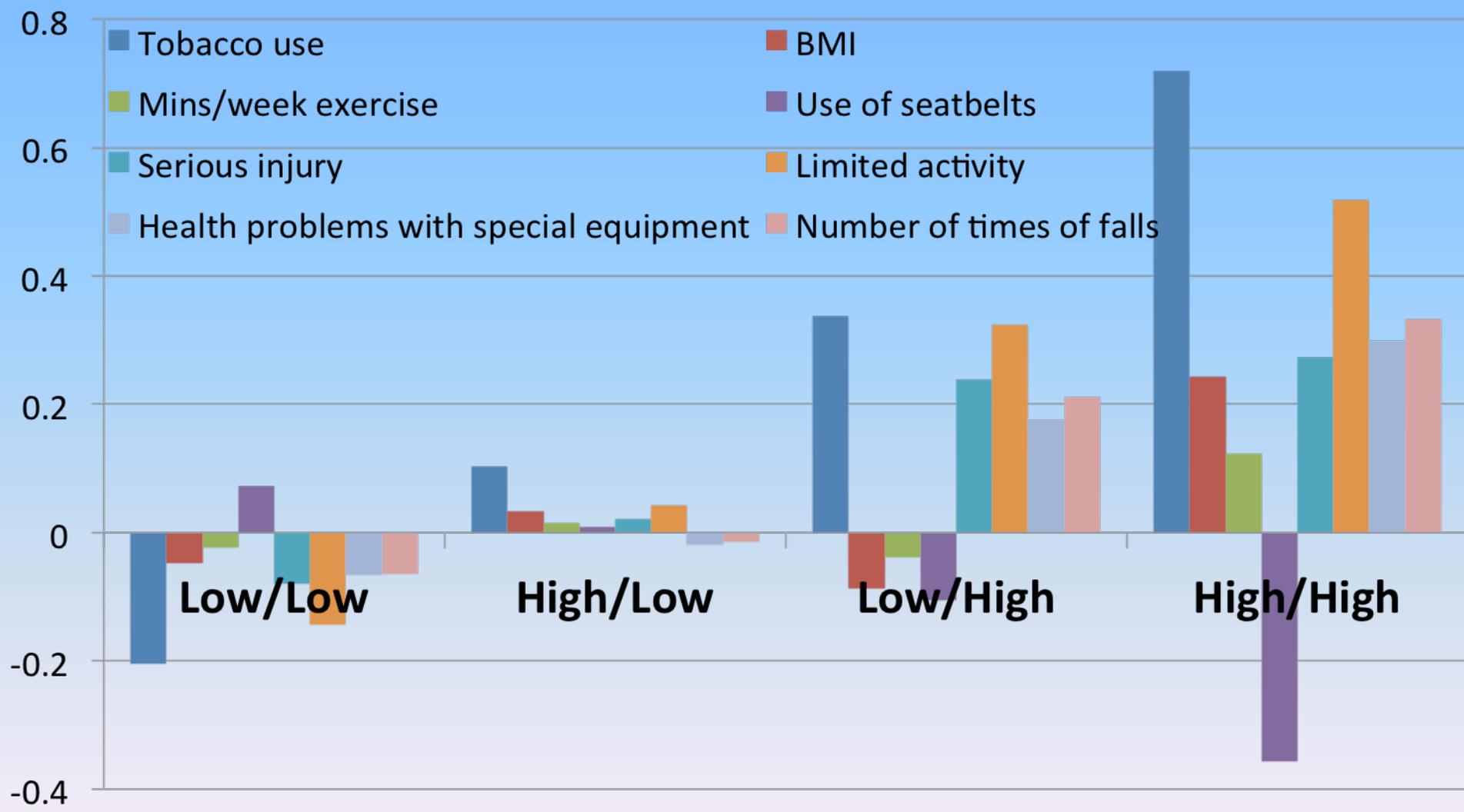


Figure 1. SES and Food/Housing Insecurity by Four Trajectories of Risk Groups



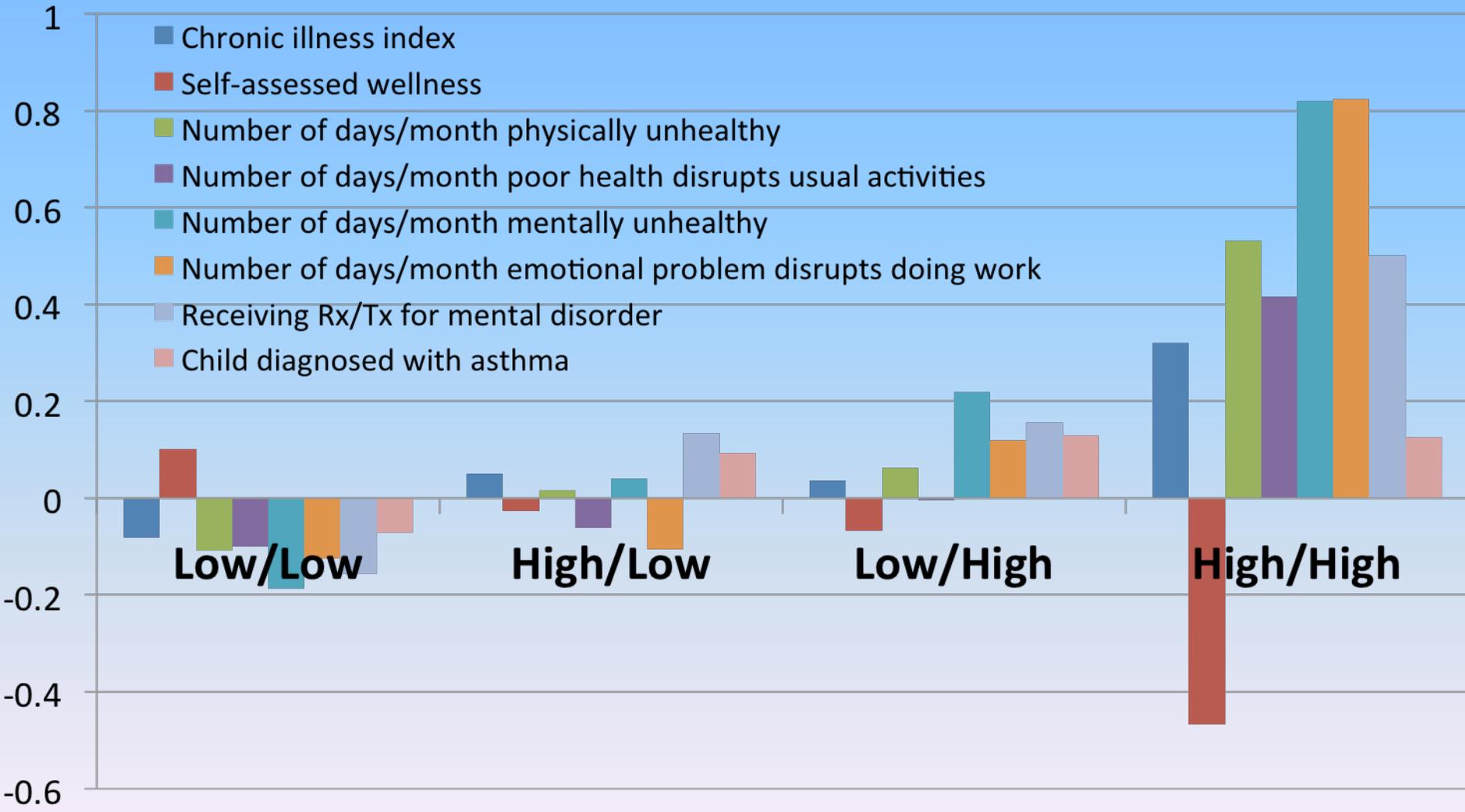
Note: All the indicators are standardized.

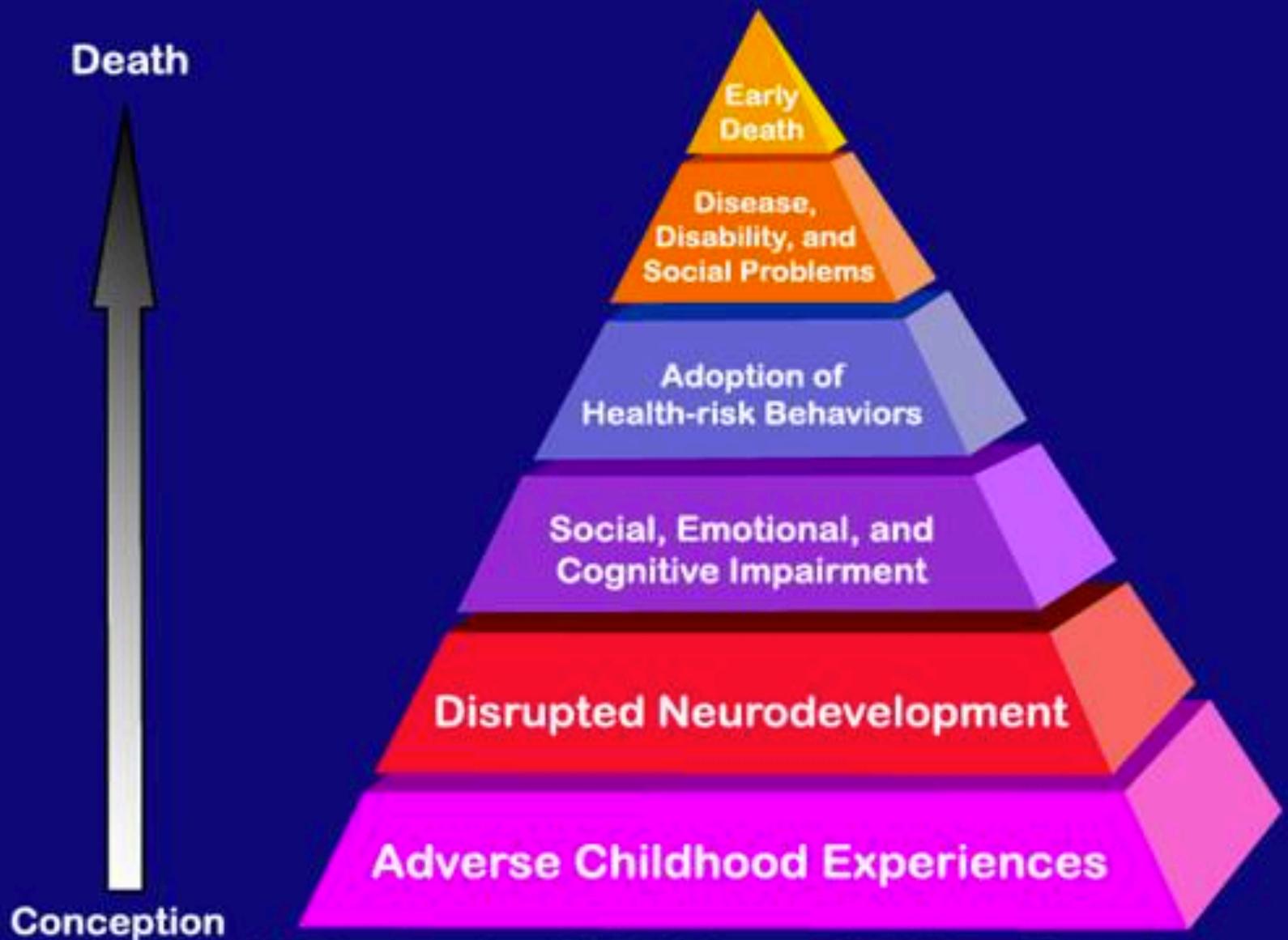
Figure 3. Health Behaviors and Disability by Four Trajectories of Risk Groups



Note: All the indicators are standardized.

Figure 4. Physical Health, Mental Health, and Child Risk by Four Risk Transmission Groups





Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



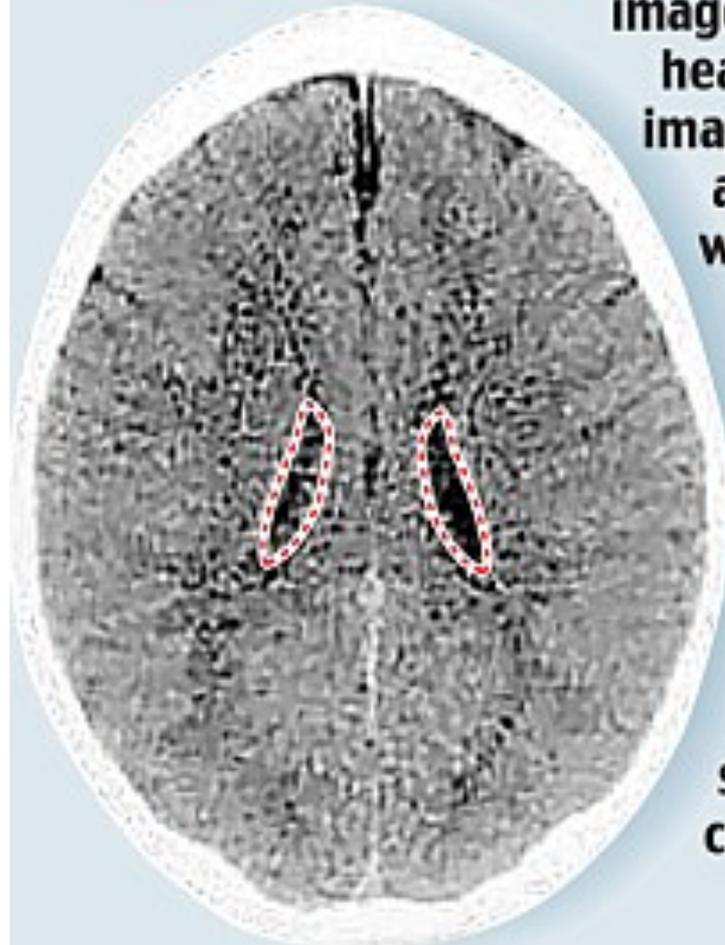
TRAUMA'S IMPACT ON THE BRAIN

A **mirror neuron** is a neuron that fires both when an animal acts and when the animal observes the same action performed by another.

Thus, the neuron "mirrors" the behavior of the other, as though the observer were itself acting

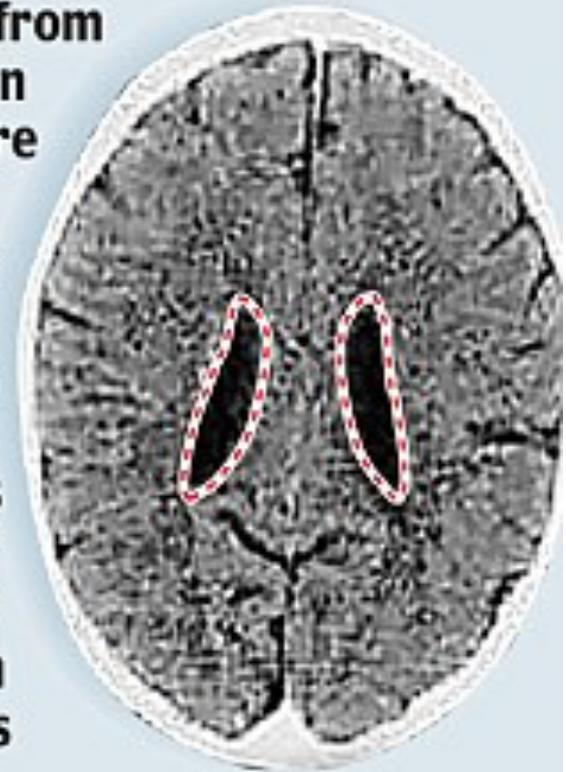


NORMAL



These are the brains of two three-year-old children. The image on the left is from a healthy child while the image on the right is from a Romanian orphan who suffered severe sensory deprivation. The right brain is smaller and has enlarged ventricles - holes in the centre of the brain. It also shows a shrunken cortex - the brain's outer layer.

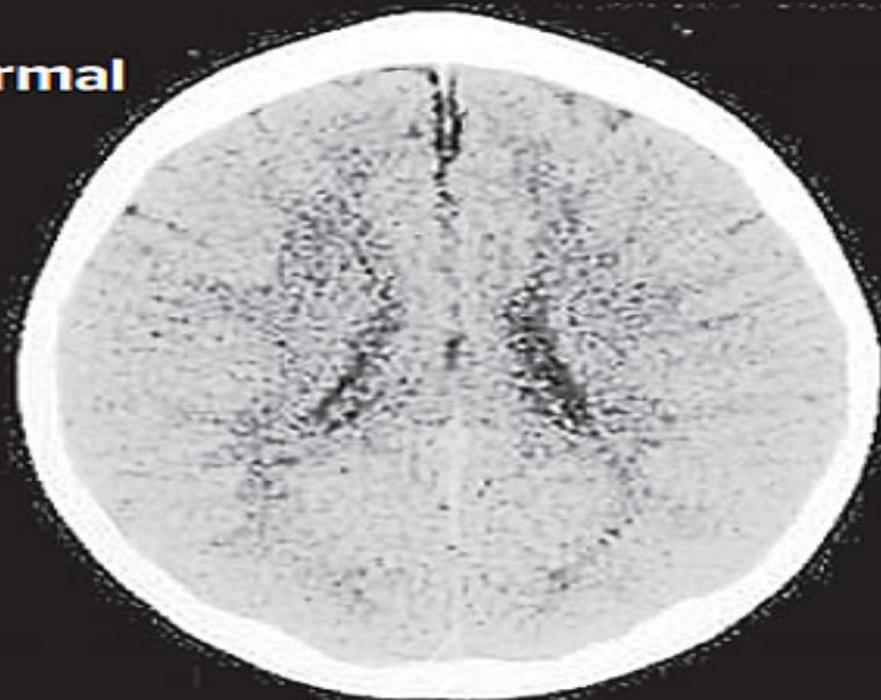
EXTREME NEGLECT



HOW STRESS CHANGES A CHILD'S BRAIN

3-YEAR-OLD CHILDREN

Normal



Extreme neglect



■ Prolonged exposure to trauma triggers physiological changes in the brain.

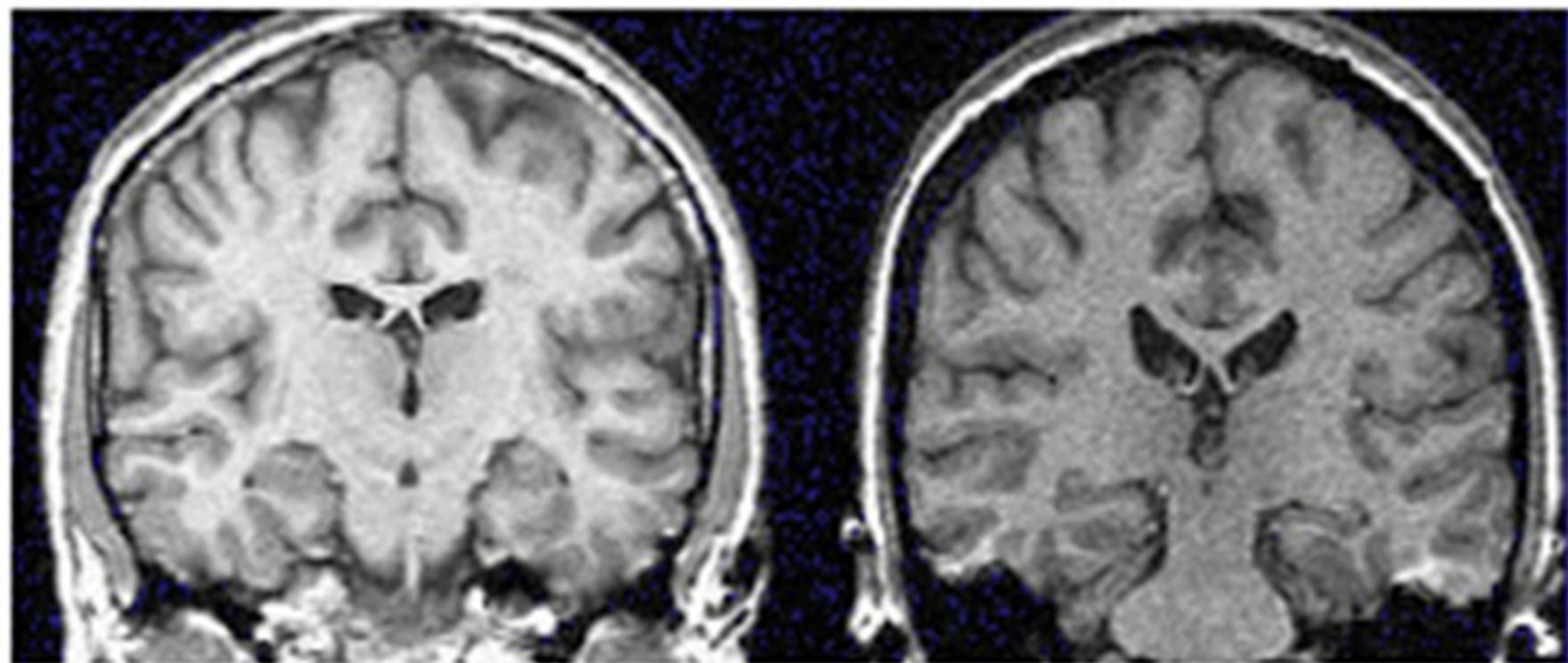
■ Neural circuits are disrupted, causing changes in the hippocampus, the brain's memory and emotional centre.

■ This can cause brain shrinkage, problems with memory, learning and behaviour.

■ A child does not learn to regulate emotions when living in state of constant stress.

■ Associated with greater risk of chronic disease and mental health problems in adulthood.

PTSD IS A REAL PHYSICAL INJURY



REGULAR

PTSD

NOT A SOCIAL OR POLITICAL OPINION.

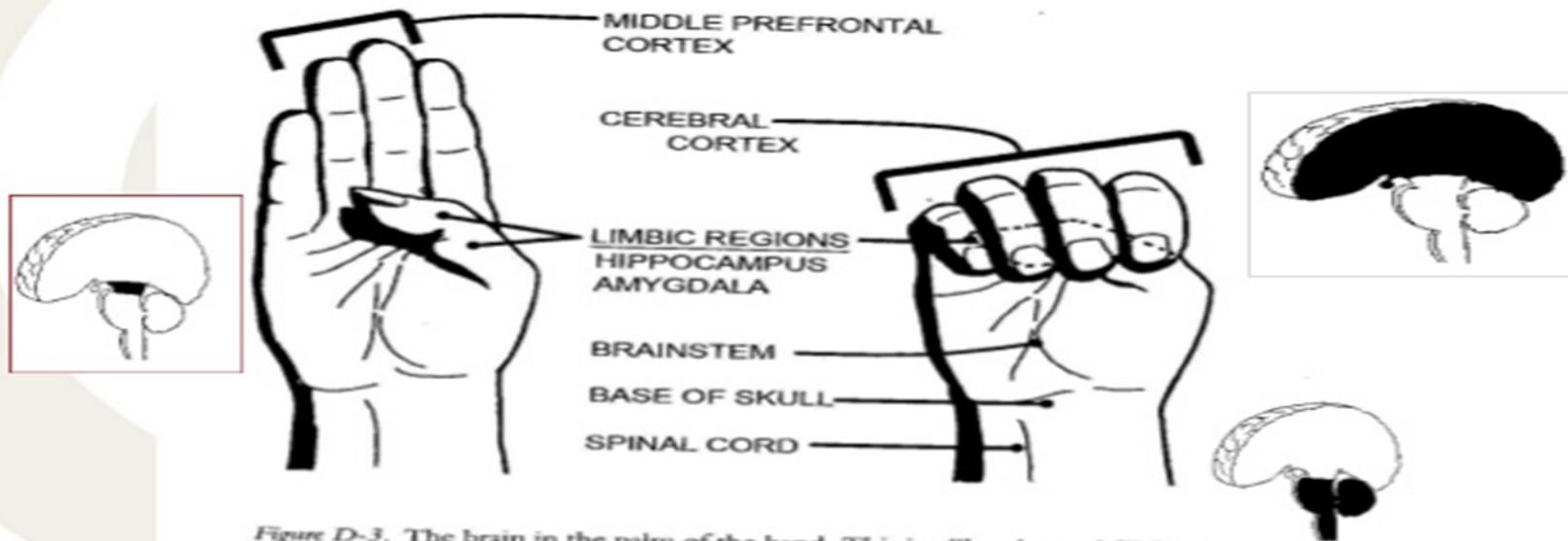
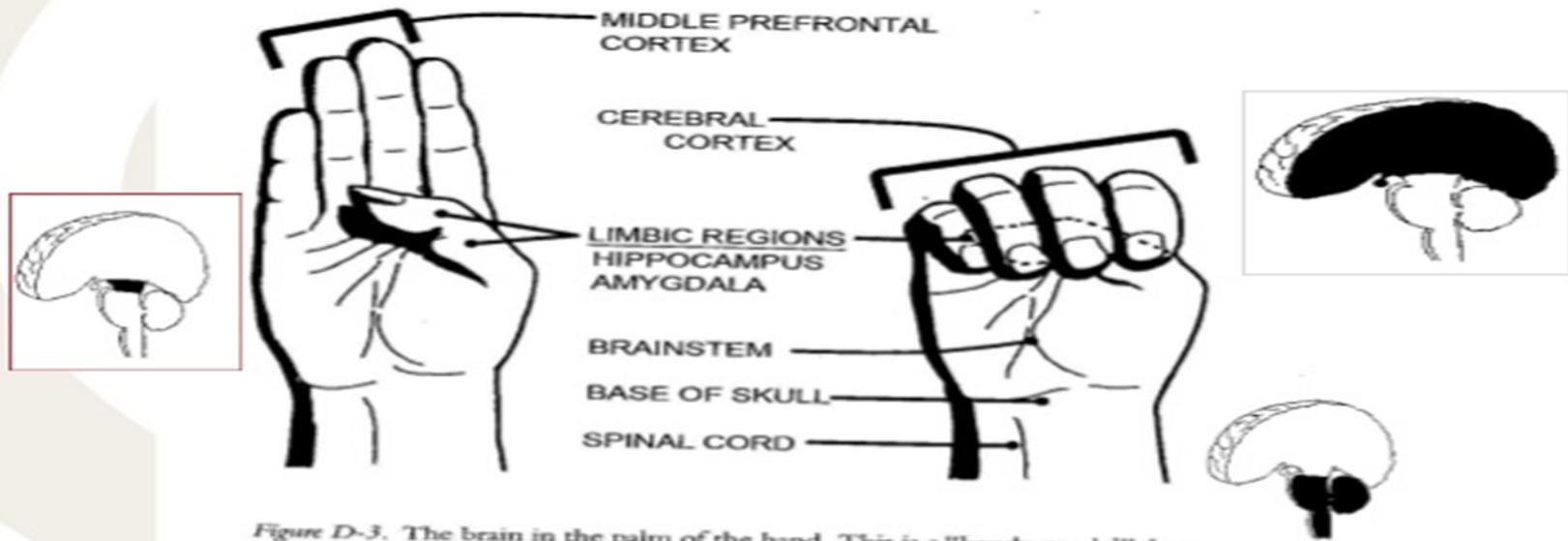
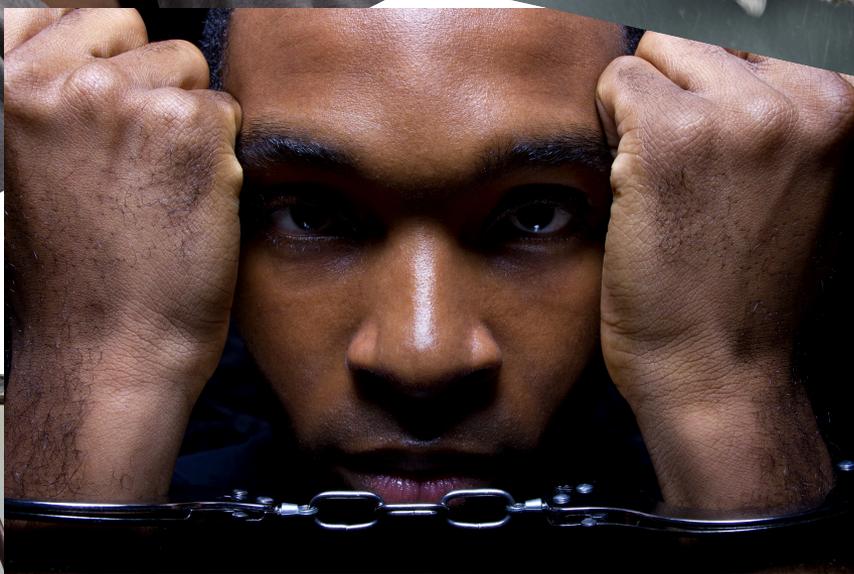
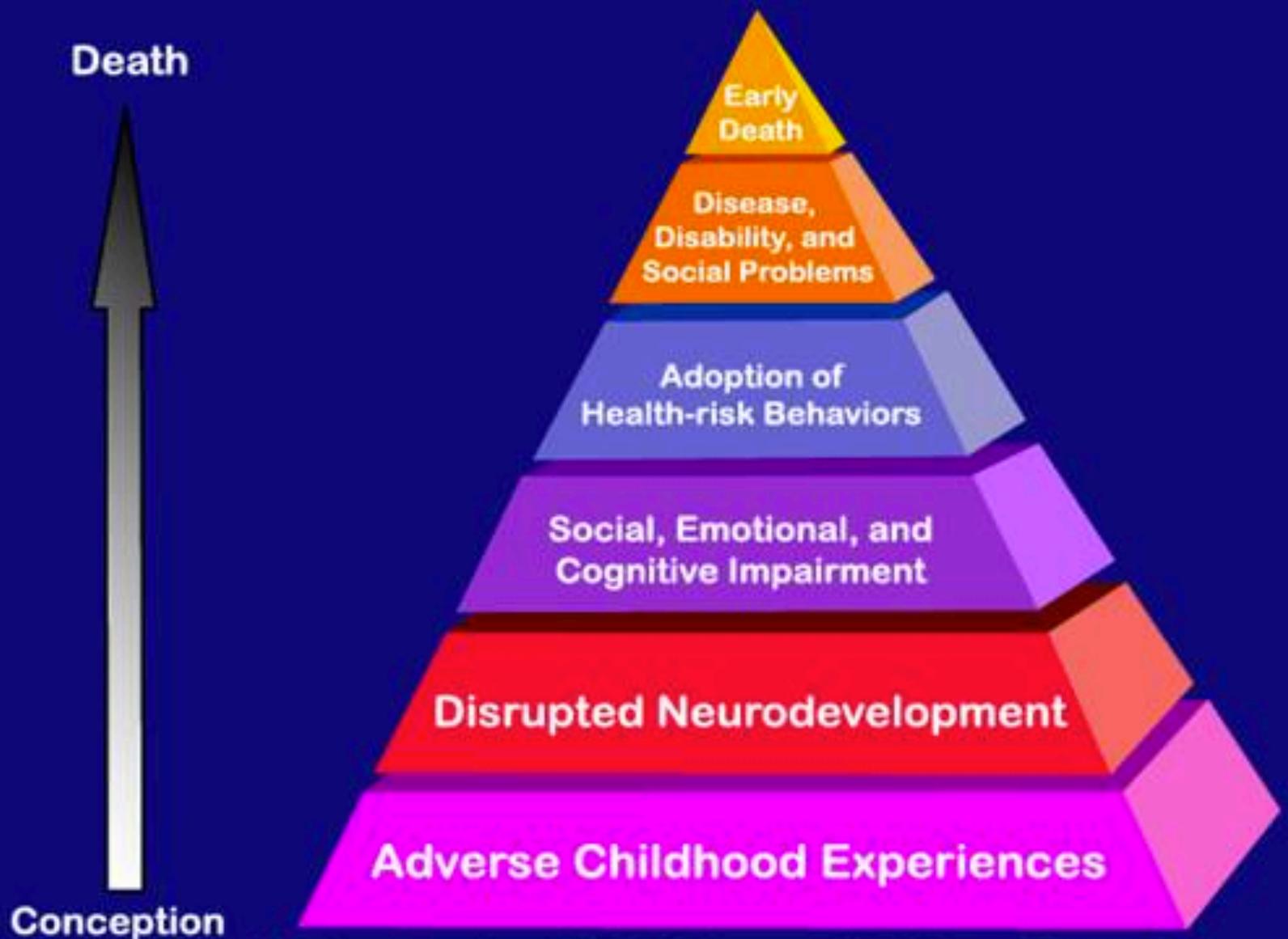


Figure D-3. The brain in the palm of the hand. This is a "handy model" that depicts the major regions of the brain: cerebral cortex in the fingers, limbic area in the thumb, and brainstem in the palm. The spinal cord is represented in the wrist. Please see text for explanation. Copyright © 2012 by Mind Your Brain, Inc. Used with permission by Daniel J. Siegel, M.D., from *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are* (2012).



*Figure D-3. The brain in the palm of the hand. This is a "handy model" that depicts the major regions of the brain: cerebral cortex in the fingers, limbic area in the thumb, and brainstem in the palm. The spinal cord is represented in the wrist. Please see text for explanation. Copyright © 2012 by Mind Your Brain, Inc. Used with permission by Daniel J. Siegel, M.D., from *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are* (2012).*



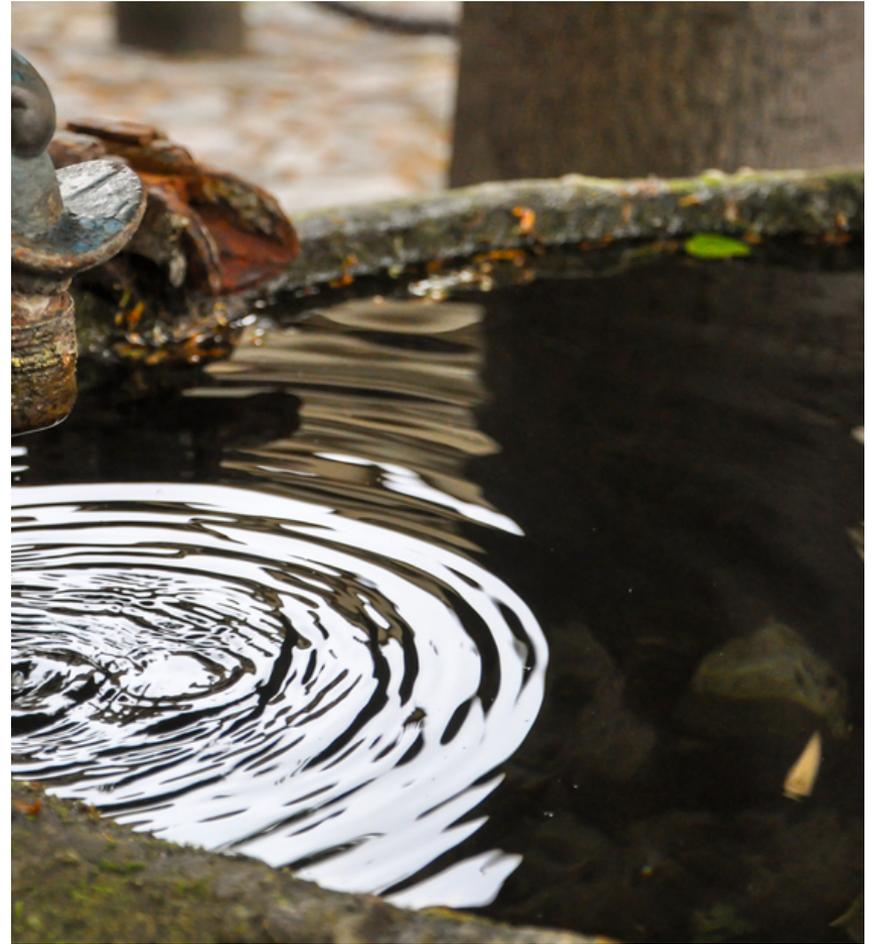


Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Respond to the need

Not react to the behavior

Do we go to the well ...
or react to the health risk behaviors?



Resilience Trumps ACEs

Children's Resilience Initiative

Empowering community understanding of the forces that shape us and our children

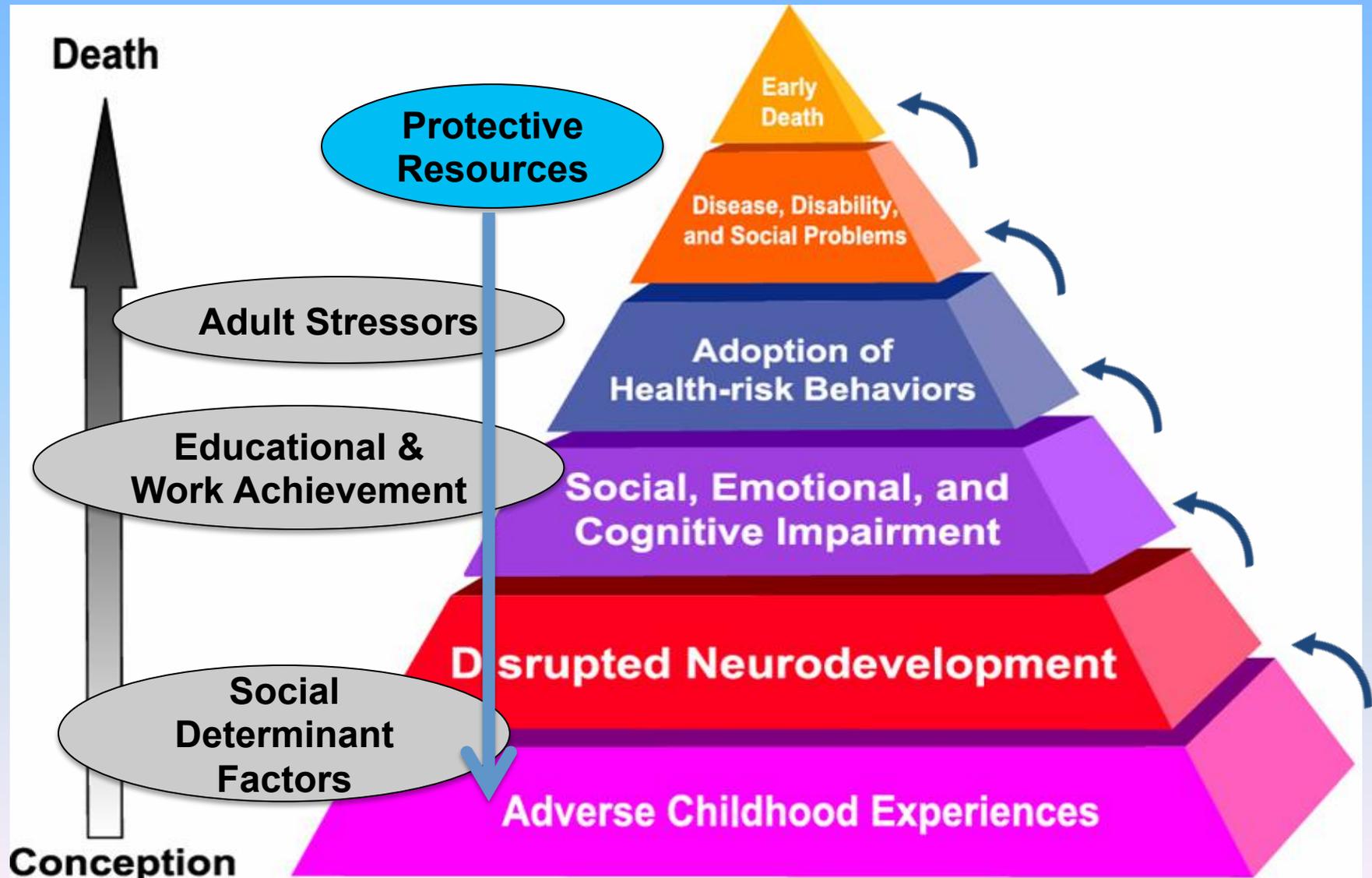
Website: www.resiliencetrumpsaces.org



A Game of Hope Video

From Trish Mullen, Chesterfield Community services Board

Adding Context, Stress Proliferation, & Moderators (+/-) to ACE Influence on Lifespan Health and Functioning



Three Targeted Areas for Building Individual Resilience

- Positive Self-Identity
 - Self-Regulation
- Co-regulation (Relationships)

Core Areas of Focus in Complex Trauma
Courtois, C. & Ford, J. (2009), Introduction (p.2)

Children's Resilience Initiative

Three basic building blocks to success:

Adapted from the research of Dr. Margaret Blaustein

Attachment - feeling connected, loved, valued, a part of family, community, world

Regulation - learning about emotions and feelings and how to express them in a healthy way

Competence - acting rather than reacting, accepting oneself and making good choices



Children's Resilience Initiative

SKILL BUILDING

Think: lack of skill **not** intentional
misbehavior

Think: building missing skills **not** shaming
for lack of skills

Think: nurture **not** criticize

Think: teach **not** blame

Think: discipline **not** punishment



Relationship Skills (Connection)



REGULATION SKILLS



Examples of Self Regulation

- Regulating body and emotion
- Building understanding of degrees of feelings
- Building toleration of arousal

Mindfulness

Art of being present in the moment

Ability to press pause ...

and be focused on one thing in this moment

Awaken Curiosity

Positive Self – Identity (Competence)



Messages Kids Often Have in their Mind and Bodies

- I'm not safe
- People want to hurt me
- People cannot be trusted
- World is dangerous
- If I am in danger no one will help me
- I'm not enough
- I'm not powerful
- Things will never get better

Shame, Vulnerability and the Power of Connection

DR. BRENE BROWN'S WORK

Defining Shame

- Guilt = I did something bad
- Shame = I am bad
- Embarrassment = Fleeting, can laugh about it later
- Humiliation = “I didn’t deserve that”

12 Categories of Shame

- Appearance and body image
- Money and work
- Motherhood/fatherhood
- Family
- Parenting
- Mental and physical health
- Addiction
- Sex
- Aging
- Religion
- Surviving trauma
- Being stereotyped or labeled

WHAT IS SHAME AND WHY IS IT SO HARD TO TALK ABOUT IT?

1. We all have it. Shame is universal and one of the most primitive human emotions that we experience.
2. We're all afraid to talk about shame.
3. The less we talk about shame, the more control it has over our lives

...shame is the fear of disconnection (68)

Shame Resilience

1. Recognizing Shame and Understanding Its Triggers. Shame is biology and biography.

Can you physically recognize when you're in the grips of shame, feel your way through it, and figure out what messages and expectations triggered it?

2. Practicing Critical Awareness.

Can you reality-check the messages and expectations that are driving your shame? Are they realistic? Attainable? Are they what you want to be or what you think others need/want from you?

3. Reaching Out.

Are you owning and sharing your story? We can't experience empathy if we're not connecting.

4. Speaking Shame.

Are you talking about how you feel and asking for what you need when you feel shame?

Man in Arena Speech

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The **credit belongs to the man who is actually in the arena**, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

THE MAN IN THE ARENA

Excerpt from the speech "Citizenship In A Republic"
delivered at the Sorbonne, in Paris, France on 23 April, 1910

All roads lead to Resilience

Healthy family

ROAD TO PARENTAL RESILIENCE

Physical & emotional neglect



Mentally ill, drug/alcoholic family member



ROAD TO SOCIAL CONNECTIONS

ROAD TO CONCRETE SUPPORTS

Loss of Parent or Incarcerated Parent

ROAD TO KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT

Physical, emotional & sexual abuse



ROAD TO SOCIAL & EMOTIONAL COMPETENCE

Witnessing domestic violence



Walla Walla organizations that build resilience

Parents
Home
What is Resilience?
Deck of Cards & Handbook

Providers
Home
What is Resilience?
Building a thriving community
Resources
News & Events
Deck of Cards & Handbook

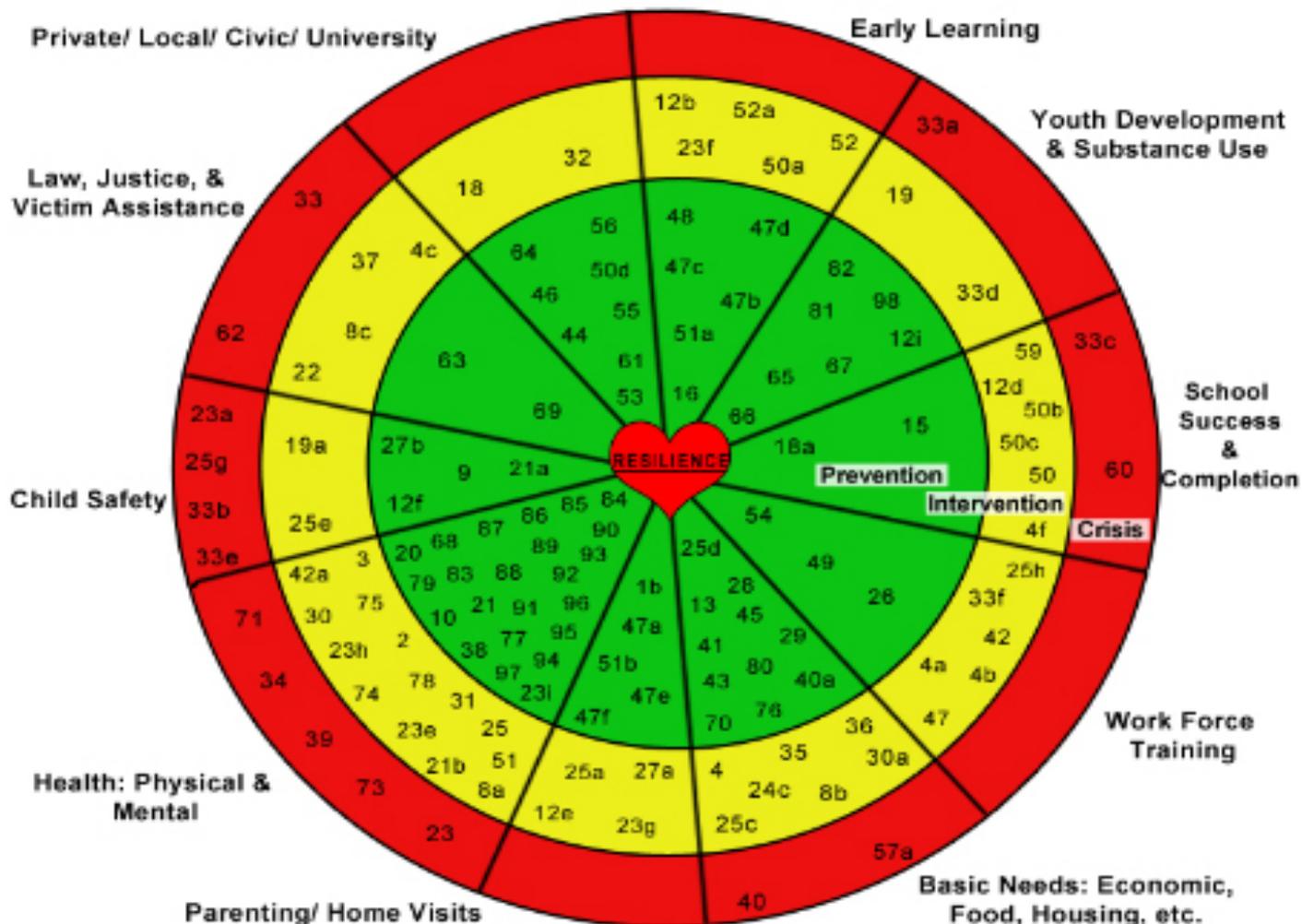
Community
Home
More ACES - Greater Risks
What is Resilience?
Building a thriving community

Find us on Facebook

Children's Resilience Initiative - Resilience Trumps ACES

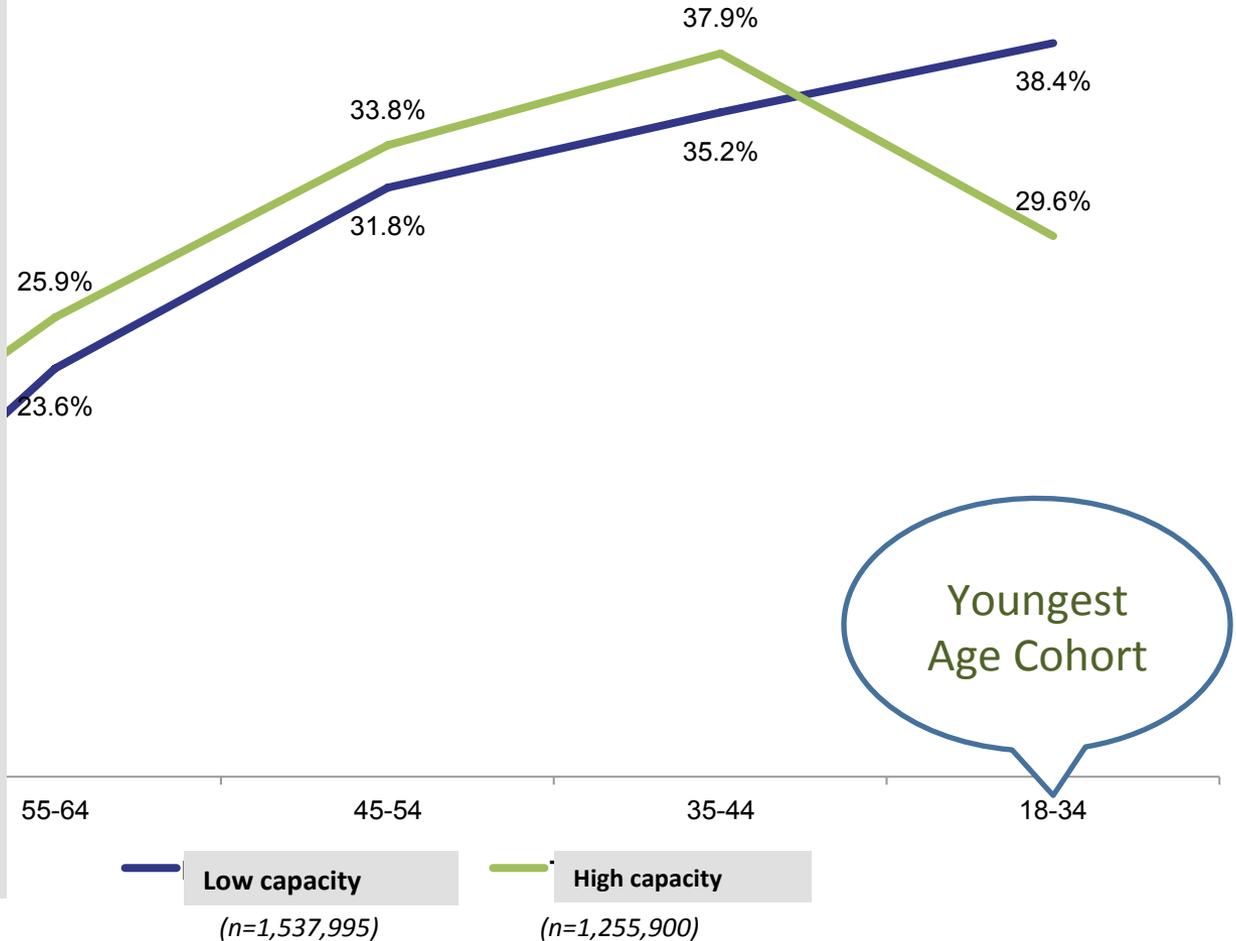
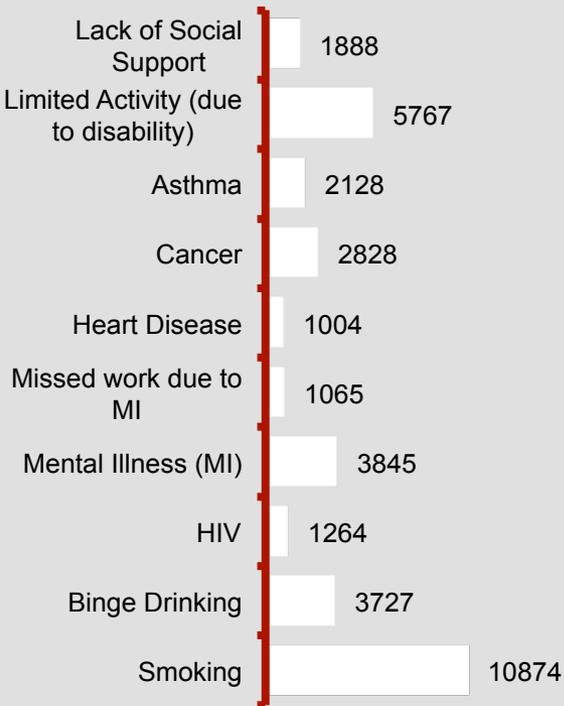


19 people like Children's Resilience Initiative - Resilience Trumps ACES.



HIGH CAPACITY COMMUNITIES REDUCE PERCENT OF YOUNG ADULTS WITH ≥ 3 ACEs

POSITIVE ACE TREND MEANS REDUCED CASES:



ACE REDUCTION IS A WINNABLE ISSUE

Washington

- Funded Community Networks showed significant improvement in Severity Index
 - Out of home placement
 - Loss of parental rights
 - Child hospitalization rates for accident and injury
 - High School Drop Out
 - Juvenile Suicide Attempts
 - Juvenile arrests for alcohol, drugs, and violent crime
 - Juvenile offenders
 - Teen births
 - Low birth weights
 - No third trimester maternity care
 - Infant mortality
 - Fourth grade performance on standardized testing

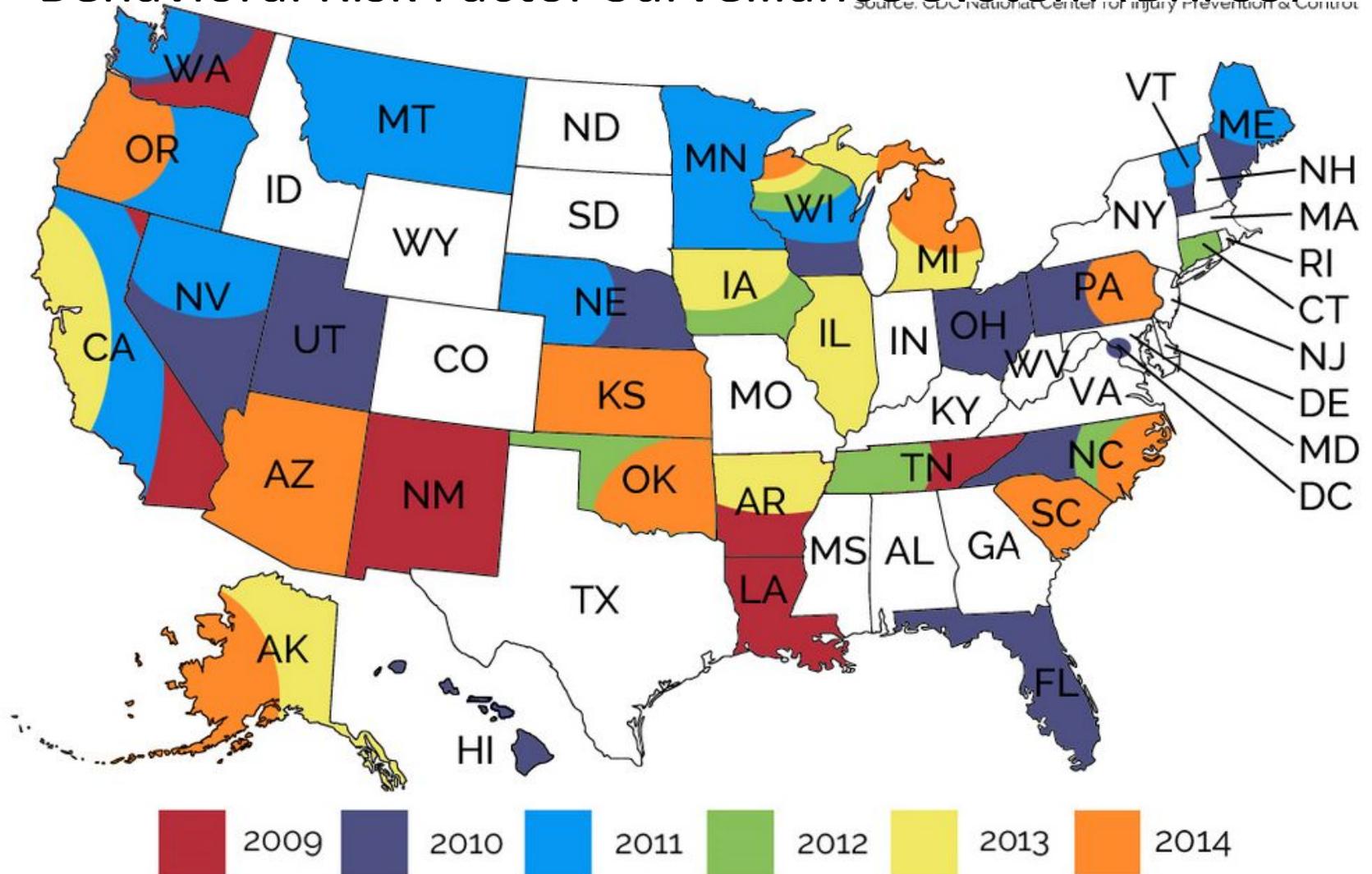
Learning from Washington

USING RESULTS TO BUILD RESILIENCE

Add CDC's ACE optional module to Virginia's Health Indicator Data Behavioral Risk Factor Surveillance System (BRFSS)

Behavioral Risk Factor Surveillance System (BRFSS)

Source: CDC National Center for Injury Prevention & Control



Turn the Page Campaign

By lining up commitments from the community, Turn the Page KC motivates individuals and businesses to tackle issues in its four focus areas:

(1) summer learning,

(2) school attendance,

- EX: chronic absences reduced by 85.7% in some schools who have applied the model

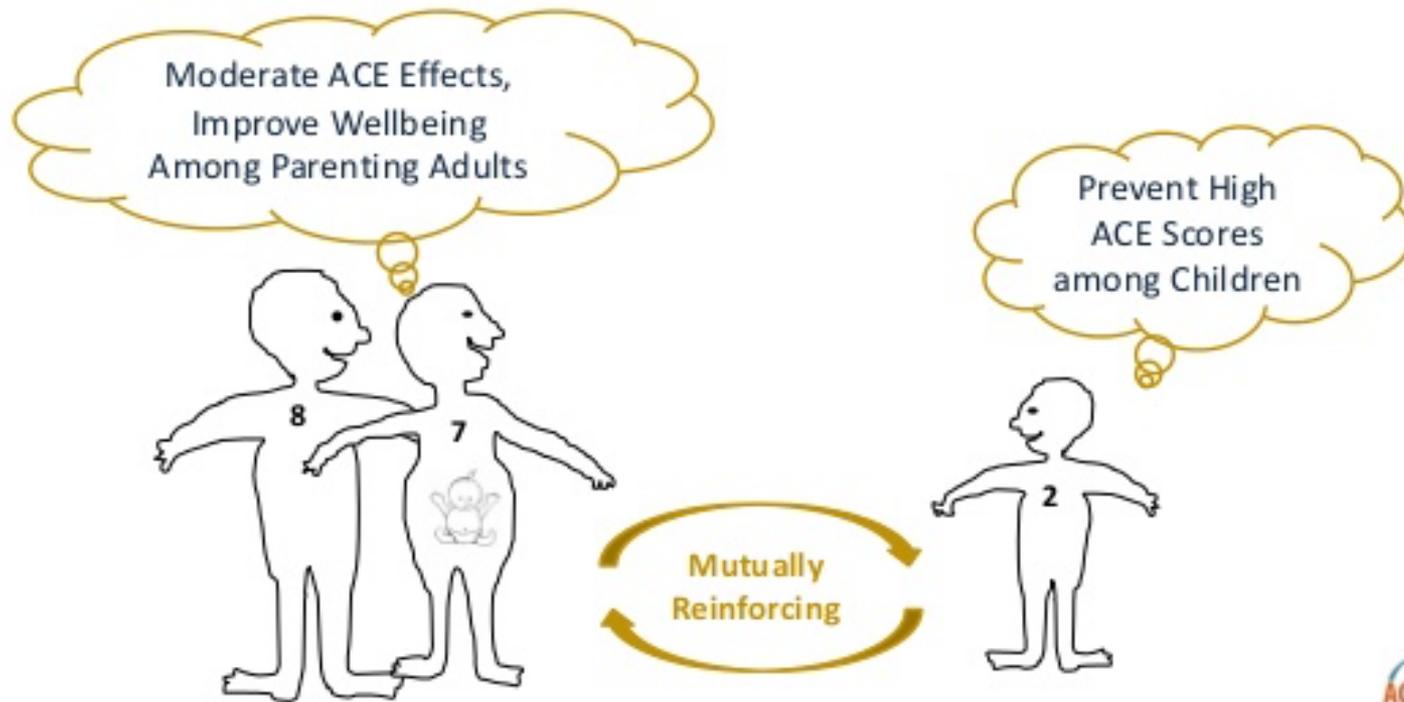
(3) school readiness, and

(4) community engagement.

Since 2011, 3rd grade reading scores have improved city-wide, the number of students attending quality summer programs has quadrupled, and the number of chronically absent students has dropped.

Creating the Virtuous Cycle

Promote Virtuous Cycle of Health



Implications & Future Directions

- Reduction of ACEs within linked lives context of parents and children
 - Better assessment of factors that serve as mechanisms of stress proliferation, coping and support erosion, disability and health outcomes: Macro, meso, micro
 - More data on children's well-being within parental trajectories
 - Main directions of Interventions should be on:
 - Strengthening “adaptive parental function”
 - Interrupting stress proliferation and stress embodiment
 - Resilience cannot thrive at any one level alone: Individual, family, community, structural needed

Resilience cannot thrive at any
one level alone: Individual,
family, community, structural
needed

Thank you !

Dr. Allison Sampson-Jackson, LCSW, LICSW, CSOTP
Integration Solutions, Inc.
804-432-0056

