

ACES are not Destiny

Iowa Association of Community Providers
March 14, 2022

Today's Presenter



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Consultant,

Trauma Informed, Resilience-Oriented, Equitable Services

National Council for Mental Wellbeing

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Let's take a minute....

NSI Strategies

for Mental
Wellbeing





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Sometimes the first step in getting started is giving ourselves permission. Maybe you need to give yourself permission to:

- 01.** Stay open minded
- 02.** Give yourself the time you need
- 03.** Make a list of questions

Or if you're doing this in a group setting, permission to:

- 01.** Show up to the group meetings
- 02.** Ask for what you need
- 03.** To pass during group sharing
- 04.** Ask for more time

Write your permission slips below or on a sticky note.
Feel free to have more than one.



ANNUAL COST OF TRAUMA



\$216B
CANCER



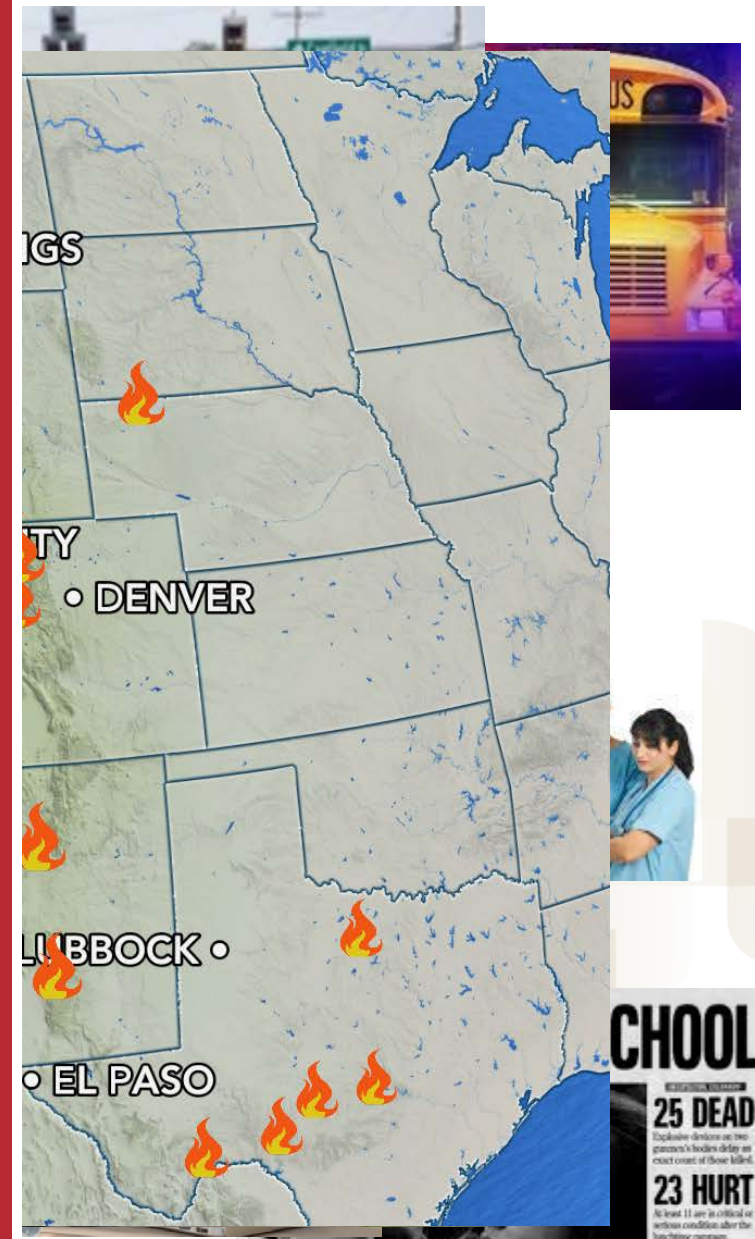
\$245B
DIABETES



\$313B
HEART
DISEASE



\$671 B
TRAUMA



Overview

- Overview of trauma
 - Prevalence and impact
 - Trauma and the human stress response
- Becoming Trauma-Informed in Your Daily Work
- Compassion in Our Work and World



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What is Trauma?

Definition (SAMHSA Experts 2012) includes three key elements

*Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as overwhelming or life-changing and that has profound **effects** on the individual's psychological development or well-being, often involving a physiological, social, and/or spiritual impact.*



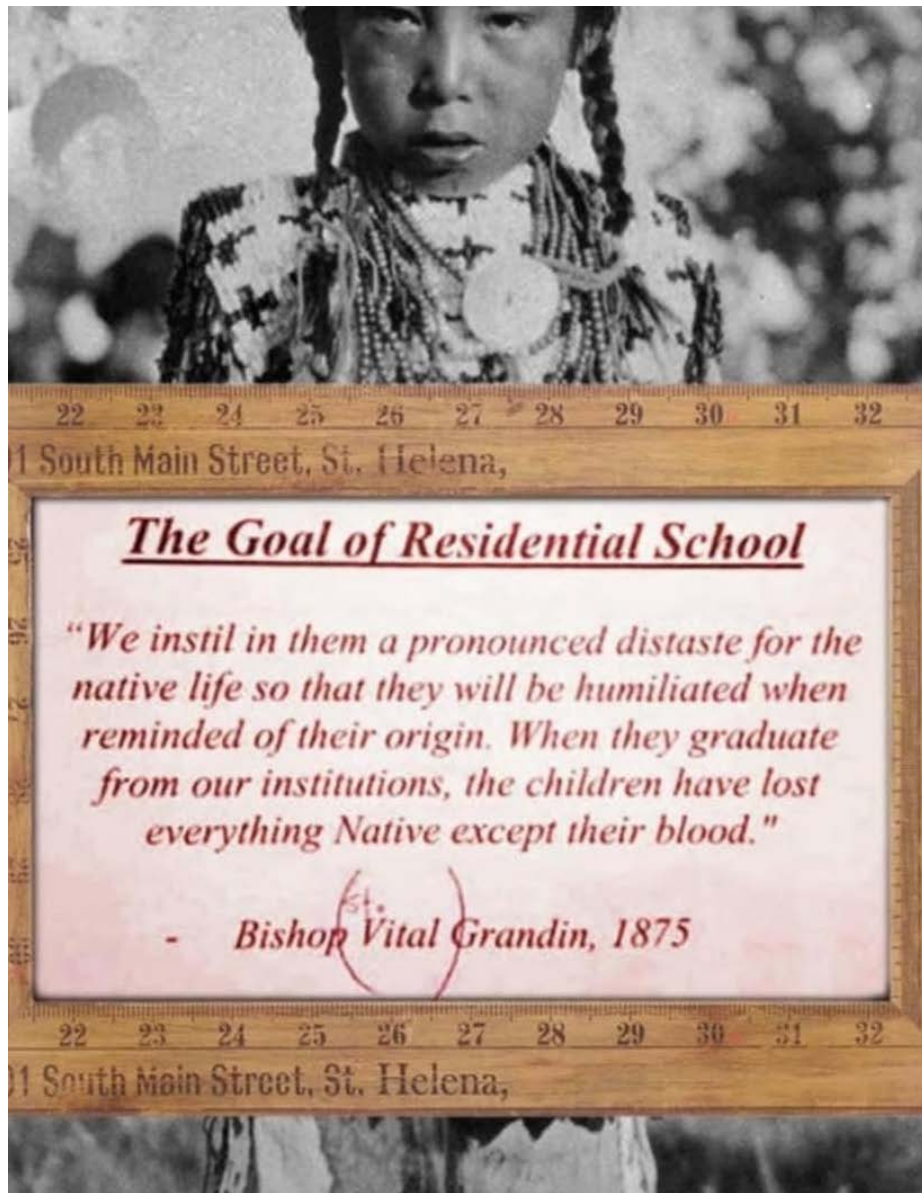
The Wisdom of Trauma- Dr. Gabor Mate'

"Trauma is not what happens to you, it's what happens inside you as a result of what happened to you. Trauma is that scarring that makes you less flexible, more rigid, less feeling and more defended." - Dr. Gabor Mate

"Trauma is an inability to inhabit one's body without being possessed by its defenses and the emotional numbing that shuts down all experience, including pleasure and satisfaction." - Bessel van der Kolk







1 South Main Street, St. Helena,

The Goal of Residential School

"We instil in them a pronounced distaste for the native life so that they will be humiliated when reminded of their origin. When they graduate from our institutions, the children have lost everything Native except their blood."

- Bishop ^(St.)Vital Grandin, 1875

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Intergenerational/ Historical Trauma Events



Genocides



Slavery



Pandemics



Massacres



Prohibition/destruction
of cultural practices



Discrimination/Systemic
prejudice



Forced relocation



Epigenetics

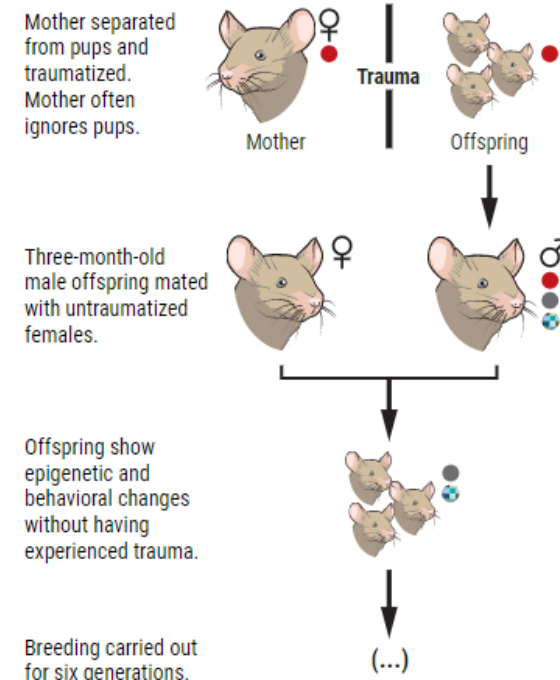


<https://www.sciencemag.org/news/2019/07/parents-emotional-trauma-may-change-their-children-s-biology-studies-mice-show-how>

Troubled offspring

To explore how trauma affects generations of mice, researchers stressed mother mice. Their pups then exhibited both molecular and behavioral changes, such as taking more risks on an elevated maze. These changes persisted for up to five generations.

- Trauma experienced
- Behavioral changes
- Epigenetic changes, such as methylation of DNA and alteration of RNA



V. ALTOUNIAN/SCIENCE

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Cultural Humility

A *life-long* process of self-reflection & self-critique to understand personal biases & to develop & maintain mutually respectful partnership based on mutual trust.

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Trauma Shapes Our Beliefs

We do not
see things
the way
they are.

We see
them as
we are.

Heather Marcus

people.well.org

- Worldview
- Spirituality
- Identity

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Survival Mode Response





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Normal Response to Traumatic Events

- Feelings become intense and sometimes are unpredictable
- Thoughts and behavior patterns are affected by the trauma
- Recurring emotional reactions are common
- Interpersonal relationships often become strained
- Physical symptoms may accompany the extreme stress

Responses to Traumatic Events (in the moment)

- Physical
- Aches and pains such as headaches, backaches, etc.
- Weakness, dizziness, and fatigue most of the time.
- Heart palpitations, profuse sweating, and chills
- Changes in sleep patterns
- Changes in appetite and digestive problems
- Being easily startled by noises and/or unexpected touch.
- Increased susceptibility to allergies, colds, and illnesses.
- Increased alcohol consumption and/or substance use.
- Emotional
- Anxiety, depression, mood swings, self-destructive behavior, flashbacks, numbness and phobias

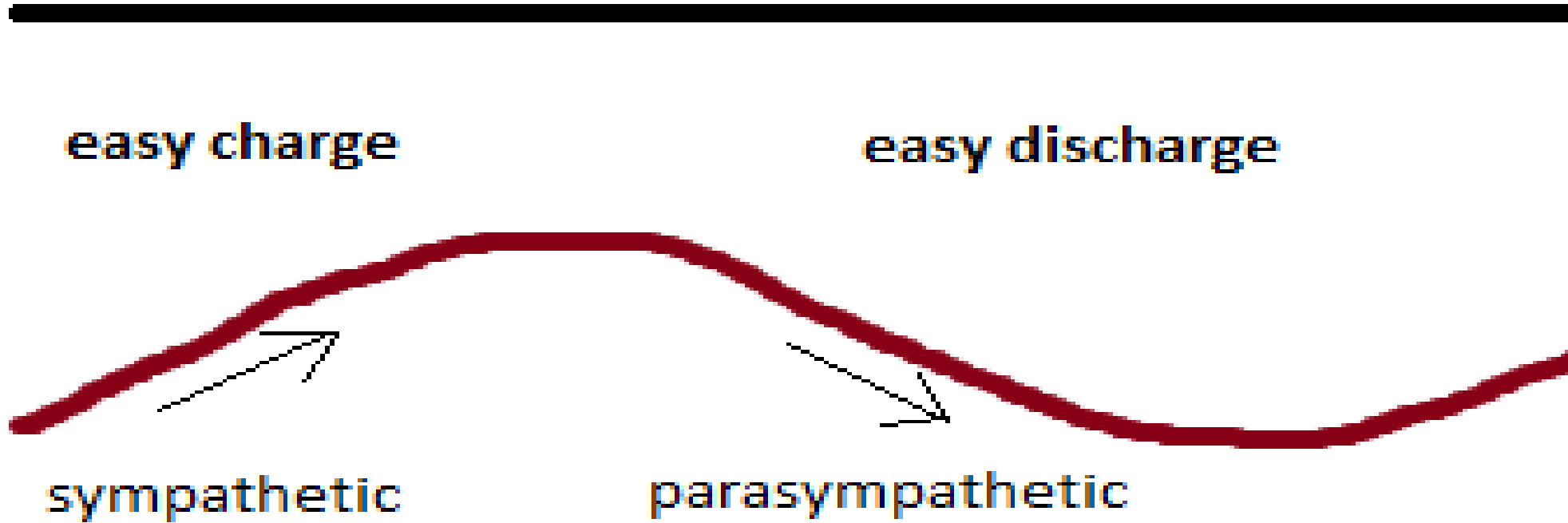


Impact of Trauma

- Perception of trauma varies among individuals
- Trauma is something that **overwhelms our coping capacity**
 - Affects the whole self
 - Physical
 - Emotional
 - Intellectual
 - Spiritual



Discharge of Trauma



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Parasympathetic (rest and digest)



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Sympathetic (fight, flight or freeze)

FIGHT



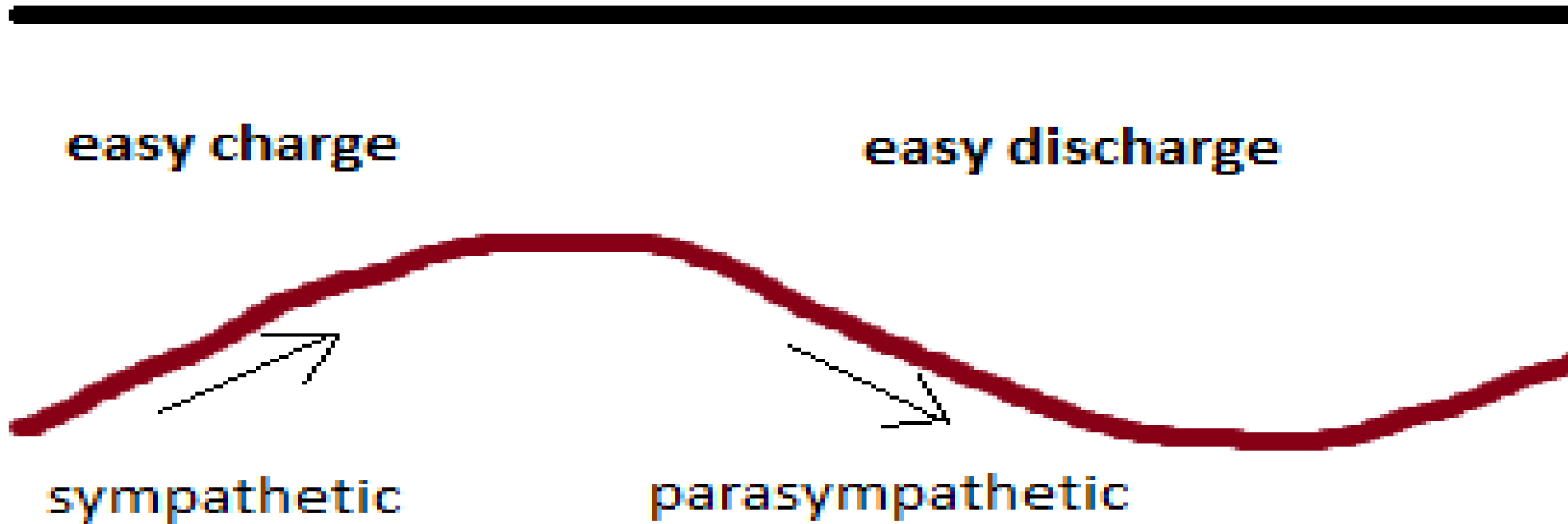
FLIGHT oohlala!



FREEZE



Discharge of Trauma



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FIGHT



FLIGHT oohlala!

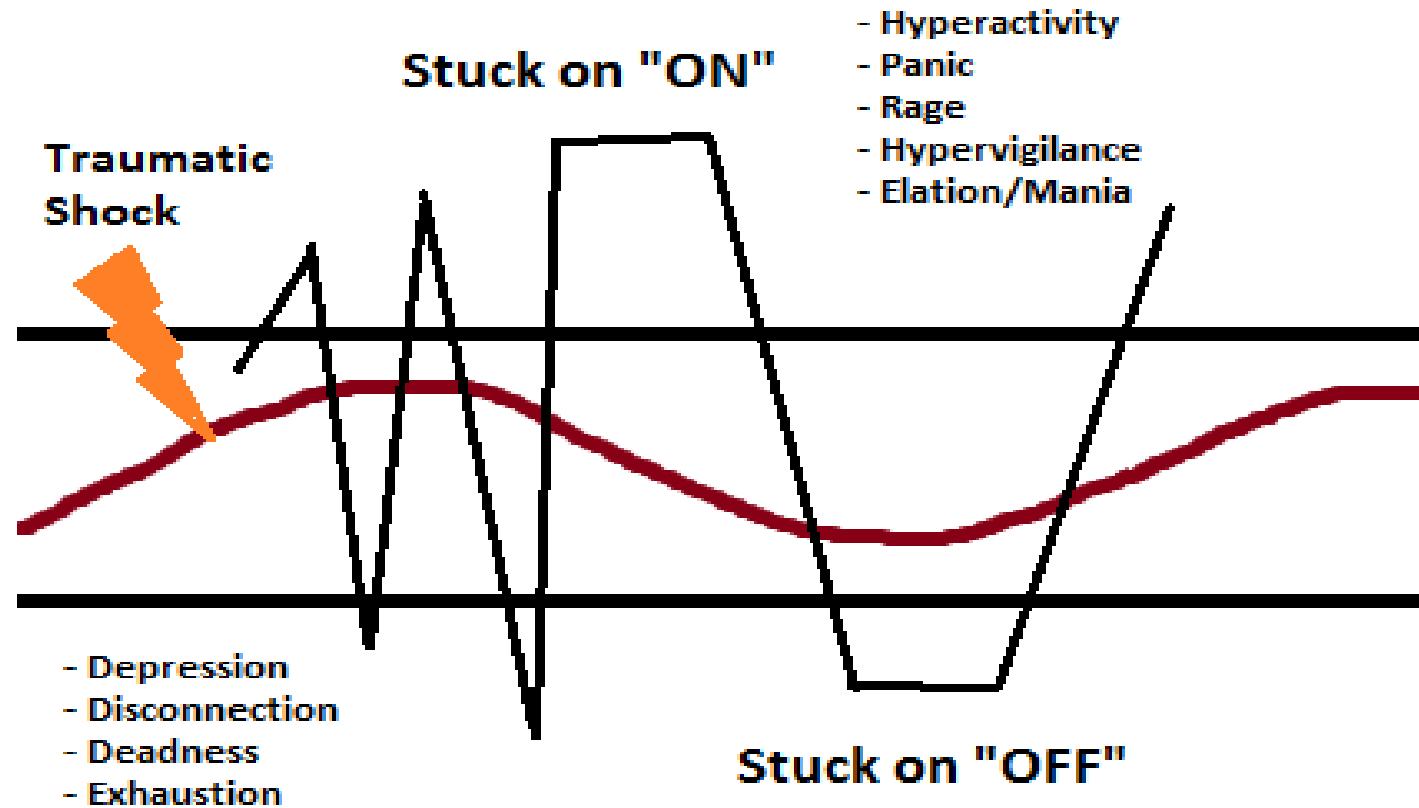


FREEZE



When trauma is not discharged

Overactivated Nervous System



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FIGHT



FLIGHT oohlala!



FREEZE



FIGHT



FLIGHT oohlala!



FREEZE



Resiliency

“Resiliency is the capability of individuals to cope successfully in the face of significant change, adversity, or risk. The capacity changes over time and is enhanced by protective factors in the individual and environment.”

(Stewart et al., 1997)



Protective Factors

Behaviors, characteristics and qualities inherent in some personalities that will assist in recovery after exposure to a traumatic event

- Environment
- A reliable support system (friends, family)
- Access to safe and stable housing
- Timely and appropriate care from first responders
- Behaviors
- Good self care, such as sleeping at least 8 hours a night
- Eating nutritious foods
- Exercise
- Practicing good boundaries
- Using positive coping mechanisms vs. negative coping mechanisms



Physical Impact of Trauma

Brain Architecture

Shrinkage in prefrontal cortex, corpus callosum, and hippocampus. Enlarged and more reactive amygdala. **Resolution:** safe and stable nurturing relationships, walk in nature, touch, exercise



Brain Waves

Predomination of wrong brain waves in wrong part of the brain leads to anxiety, unable to concentrate, and seizures. **Resolution:** neurofeedback



Neural Pathways

Need to 'rewire' our brain from old thought patterns and habits of mind, conscious, and unconscious. **Resolution:** neurofeedback, meditation/ mindful action, positive self-talk



Neurotransmitters

Vulnerable to addiction because dopamine transmitters/receptors not developed or damaged. Reduces motivation & focus, creates fatigue. Low serotonin causes depression.



Hormones

Prolonged high cortisol and ghrelin creates greater reactivity to stress. Long term damage to cells, structures of the body, and other hormone glands (thyroid). **Resolution:** oxytocin ("the love hormone")



Toxin Elimination

Intestines and kidneys less able to eliminate toxins (slow gut or unbalanced flora). **Resolution:** salt baths, sauna



Nervous System

Supercharged sympathetic nervous system. Parasympathetic nervous system not engaged to bring back into balance. **Resolution:** yoga, breathing, or other physical/emotional regulation



Immune System

Resistance to cortisol or lower cortisol creates unchecked inflammation. Cause of many diseases: asthma, arthritis, etc.) **Resolution:** meditation/mindful action, walking in nature, diet, rest



Cellular Change

Shortens telomeres which prematurely ages and reduces reproduction of cells & can cause cancer. **Resolution:** social support

Epigenetics turns genes on or off in adaptation to dangerous environments. Effect can last generations. **Resolution:** Safer environment (perception of)

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echo
www.echotraining.org

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Impact of Trauma on Behavior Triggers

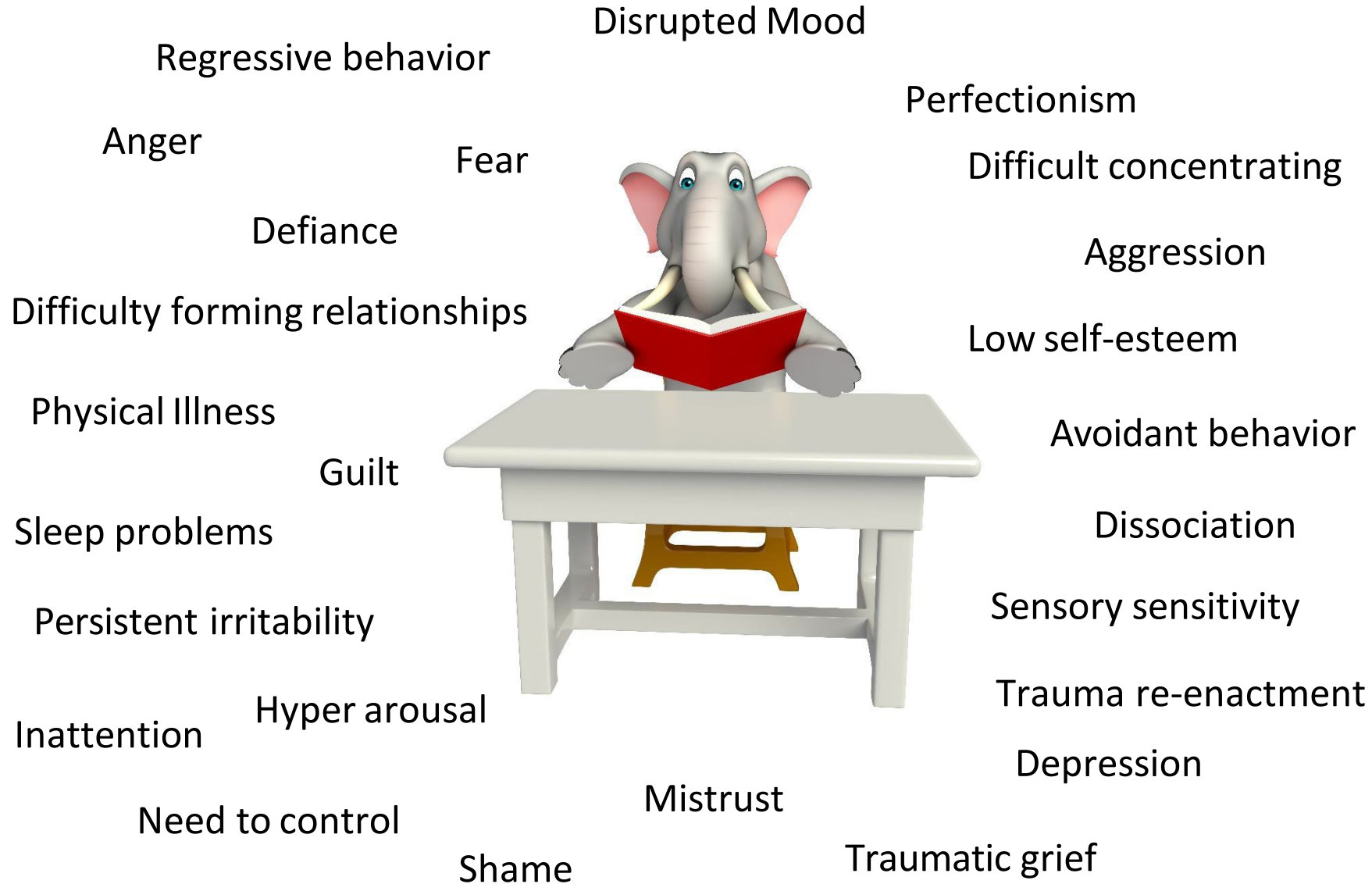
External reminders of traumatic event

- *Smell*
- *Sound*
- *Sight*
- *Touch*
- *Taste*

Internal reminders of traumatic event

- *Emotions*
- *Thoughts*

What's Sitting in the Room from Trauma



Results in Vicious Loop



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Adverse Childhood Experiences

Child physical
abuse

Child sexual
abuse

Child emotional
abuse

Physical Neglect

Emotional
Neglect

Mentally ill,
depressed or
suicidal person
in the home

Drug addicted
or alcoholic
family member

Witnessing
domestic
violence against
the mother

Loss of a parent
to death or
abandonment,
including
abandonment
by divorce

Incarceration of
any family
member

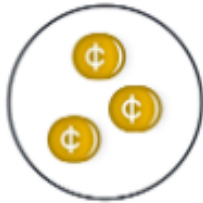
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Beyond the 10 ACEs



DISCRIMINATION



POVERTY



RACISM



OTHER VIOLENCE



**INTERGENERATIONAL
AND CULTURAL TRAUMA**



SEPARATION



**ADJUSTMENT OR OTHER
MAJOR LIFE CHANGES**



**BEREAVEMENT AND
SURVIVORSHIP**



**ADULT RESPONSIBILITIES
AS A CHILD**



The Adverse Childhood Experience Study: Behavioral Health at the Foundation of all Health

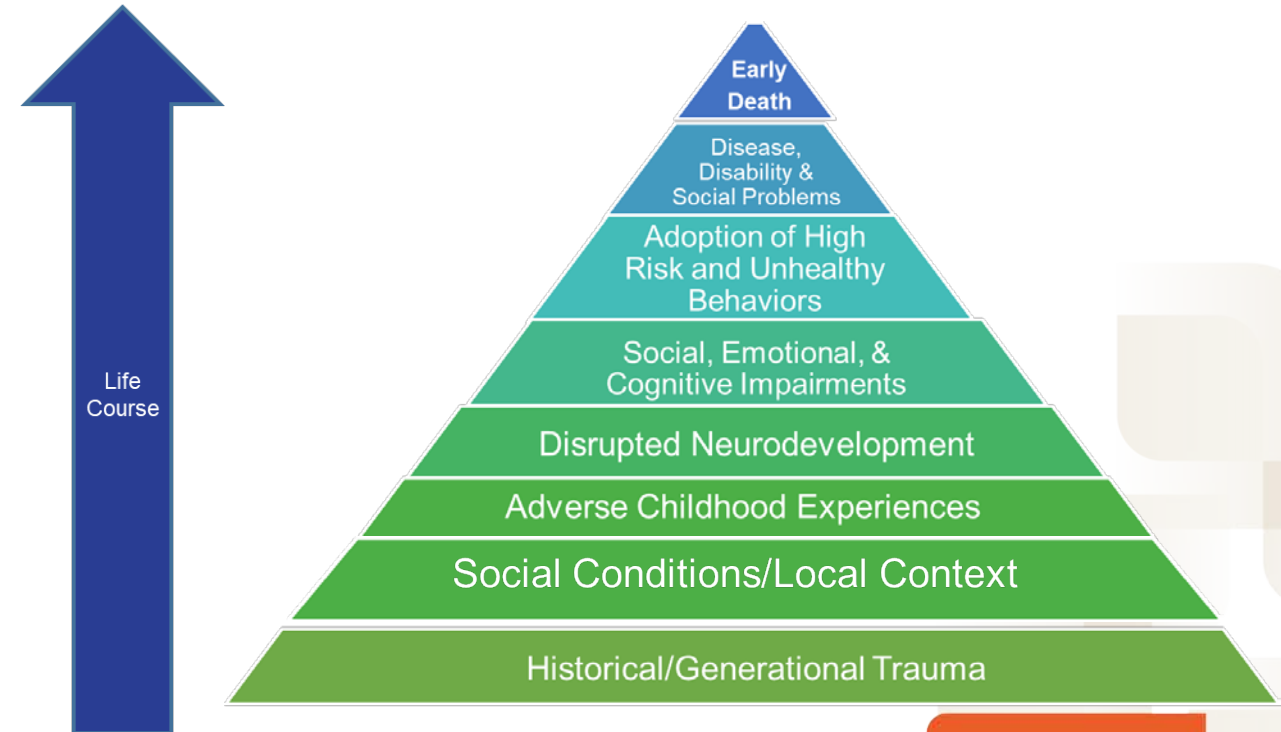
Over 17,000 adults studied from 1995-1997

Almost 2/3 of participants reported at least one ACE

Over 1/5 reported three or more ACEs, including abuse, neglect, and other types of childhood trauma

Major links identified between early childhood trauma and long term health outcomes,

- including increased risk of many chronic illnesses and [early death](#)



Adverse Childhood Experiences (ACE) and adolescent health. Retrieved from <https://www.cdc.gov/violenceprevention/acestudy/>

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Dose-Response Relationship: More ACEs = More Disease

Severe obesity	1.6 x
Diabetes	1.6 x
Cigarette Smokers	2.0 x
Fair/poor health	2.2 x
Hepatitis/jaundice	2.4 x
Had an STD	2.5 x
50+ intercourse partners	3.2 x
COPD	3.9 x
Depressed 2 weeks	4.6 x
Illegal drug use	4.7 x
Alcoholic	7.4 x
Injected drugs	10.3 x
Suicide attempt	12.2 x



Life-Long Physical, Mental & Behavioral Health Outcomes Linked to ACEs

- Alcohol, tobacco & other drug addiction
- Auto-immune disease
- Chronic obstructive pulmonary disease & ischemic heart disease
- Depression, anxiety & other mental illness
- Diabetes
- Multiple divorces
- Fetal death
- High risk sexual activity, STDs & unintended pregnancy
- Intimate partner violence—perpetration & victimization
- Liver disease
- Lung cancer
- Obesity
- Self-regulation & anger management problems
- Skeletal fractures
- Suicide attempts
- Work problems—including absenteeism, productivity & on-the-job injury



Parent ACE Scores Predict Child ACE Scores

Children of Parents with ACE Scores ≥ 4 , are:

1. 6.3x more likely to experience household substance abuse
2. 10.4x more likely to experience homelessness
3. 12.7x more likely to experience neglect
4. 44x more likely to be exposed to intimate partner violence

Randell, K. A., O'Malley, D., & Dowd, M. D. (2015). Association of Parental Adverse Childhood Experiences and Current Child Adversity. *JAMA Pediatrics*, 169(8), 786. doi:10.1001/jamapediatrics.2015.0269



ACEs and its Effects on Children

According to Dr. Chris Blodgett, children with three or more ACEs are:

- 3 times more likely to **fail**
- 5 times more likely to have **severe attendance problems**
- 6 times more likely to have **severe behavior problems**
- 4 times more likely to have **self-reports of poor health**

According to SAMHSA, children with 2 or more ACEs are:

- 3 times more likely to **repeat a grade**
- 2 times more likely to have a **special health care need**

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Adverse Childhood Experiences

The #1 Chronic Health Epidemic in the United States

“The impact of ACEs can now only be ignored as a matter of conscious choice. With this information comes the responsibility to use it.”

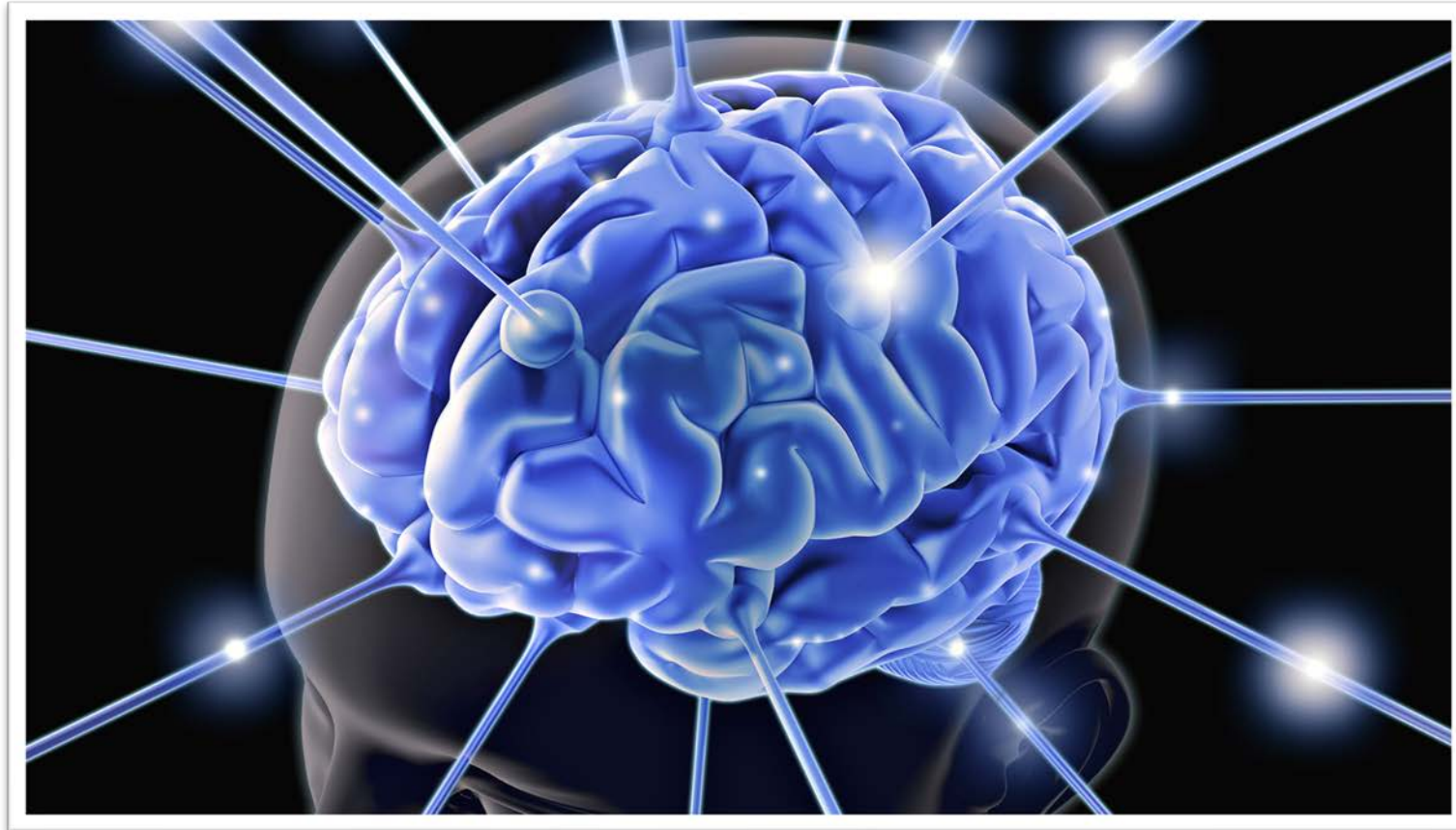
-Anda and Brown, CDC

- ACE Study DVD from Academy on Violence and Abuse

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The Amazing Brain



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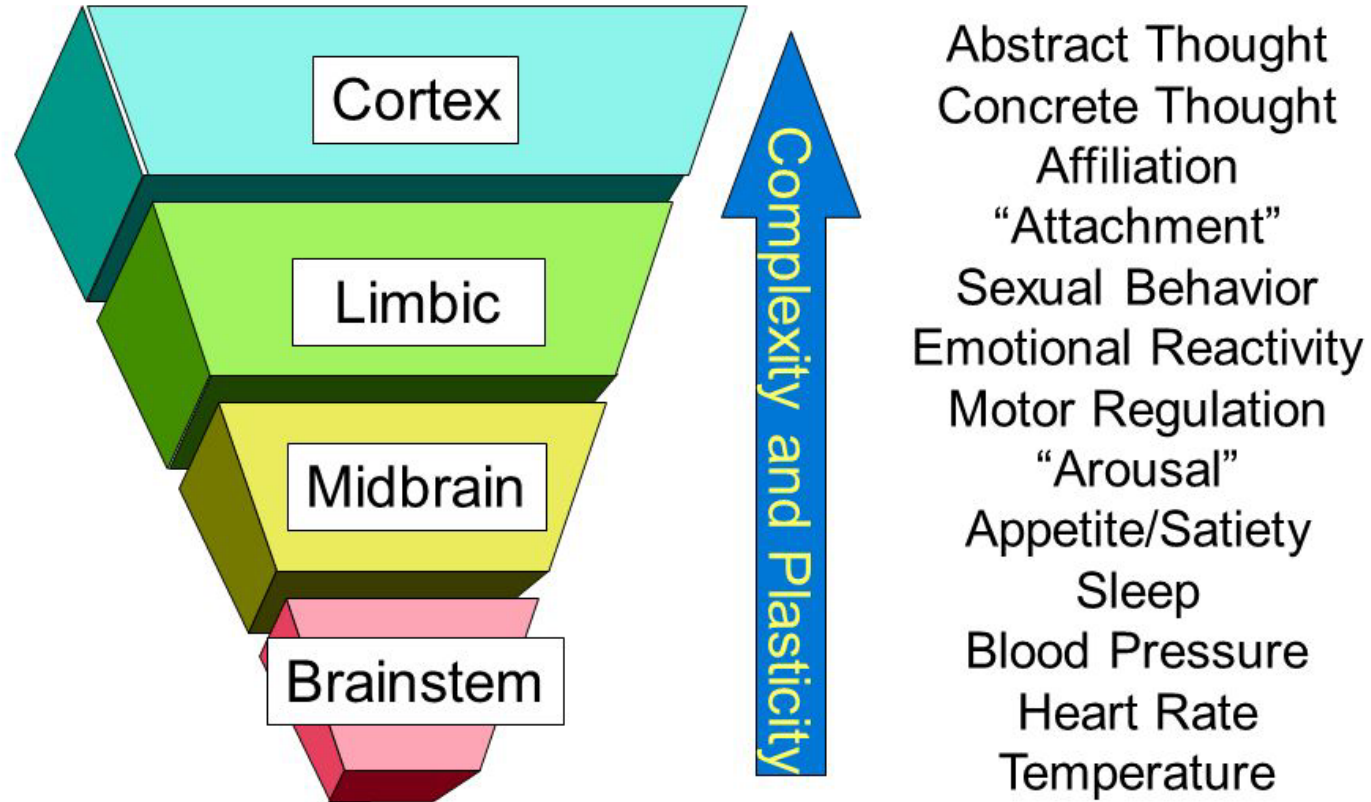
The greatest damage done by neglect, trauma, or emotional loss is not the immediate pain they inflict but the long-term distortions they induce in the way a developing child will continue to interpret the world and her situation in it.

Gabor Maté

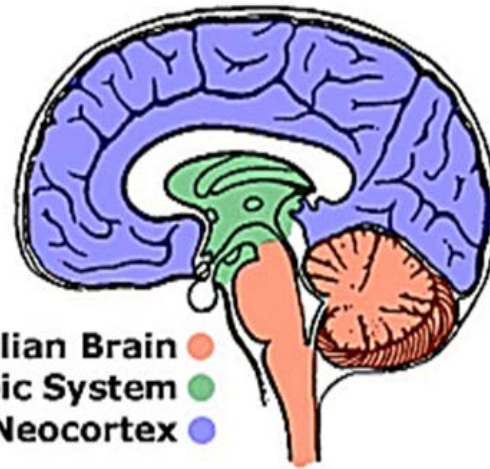
In the Realm of Hungry Ghosts



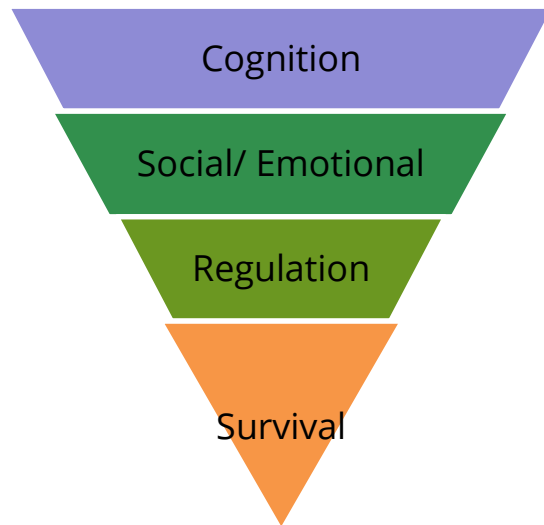
Hierarchy of Brain Development



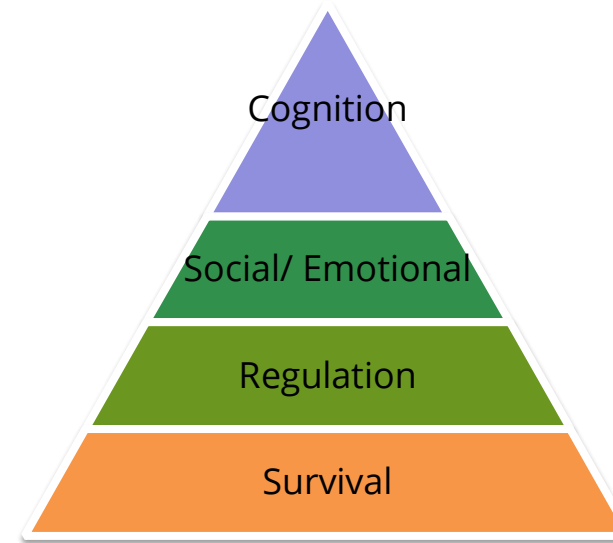
Impact of Trauma on Brain Development



Typical Development



Developmental Trauma



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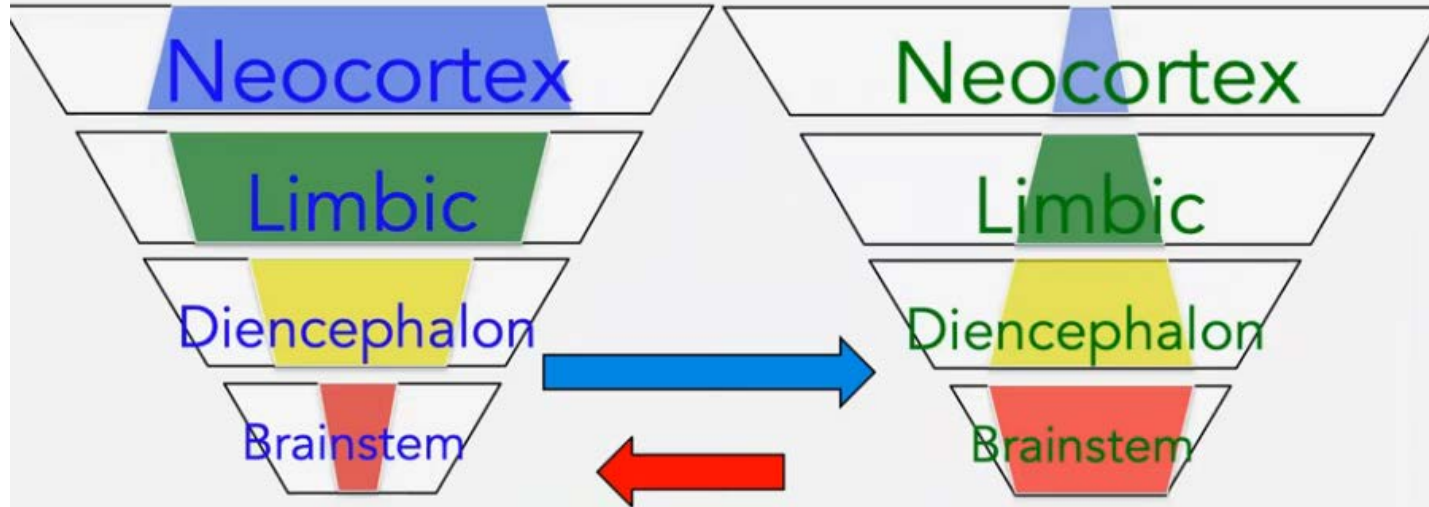
Arousal Continuum

Adapted from Dr. Bruce Perry's
The Boy Who Was Raised as a Dog

<i>Internal State</i>	CALM	ALERT	ALARM	FEAR	TERROR
<i>Cognitive Style</i>	ABSTRACT	CONCRETE	EMOTIONAL	REACTIVE	REFLEXIVE
<i>Regulating Brain Region</i>	NEOCORTEX Cortex	CORTEX Limbic	LIMBIC Midbrain	MIDBRAIN Brainstem	BRAINSTEM Autonomic
<i>Dissociative Continuum</i>	REST	AVOIDANCE	COMPLIANCE Robotic	DISSOCIATION Fetal Rocking	FAINING
<i>Arousal Continuum</i>	REST	VIGILANCE	RESISTANCE Crying	DEFIANCE Tantrums	AGGRESSION
<i>Sense of Time</i>	EXTENDED FUTURE	DAYS HOURS	HOURS MINUTES	MINUTES SECONDS	NO SENSE OF TIME

Relational Contagion

A calm, regulated adult can regulate a dysregulated person.



BUT

A dysregulated adult can NEVER calm anyone.

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NEUROSEQUENTIAL
NETWORK™

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Impact the Lower Brain

Rhythmic

Respectful

Rewarding



Repetitive

Relational

Relevant

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Paradigm Shift



We begin to ask,
“What happened to you?”
rather than
“What is wrong with you?”

We have to ask,
“What’s strong?”
rather than
“What’s wrong?”

Who’s lens do you look through?



We need to have...



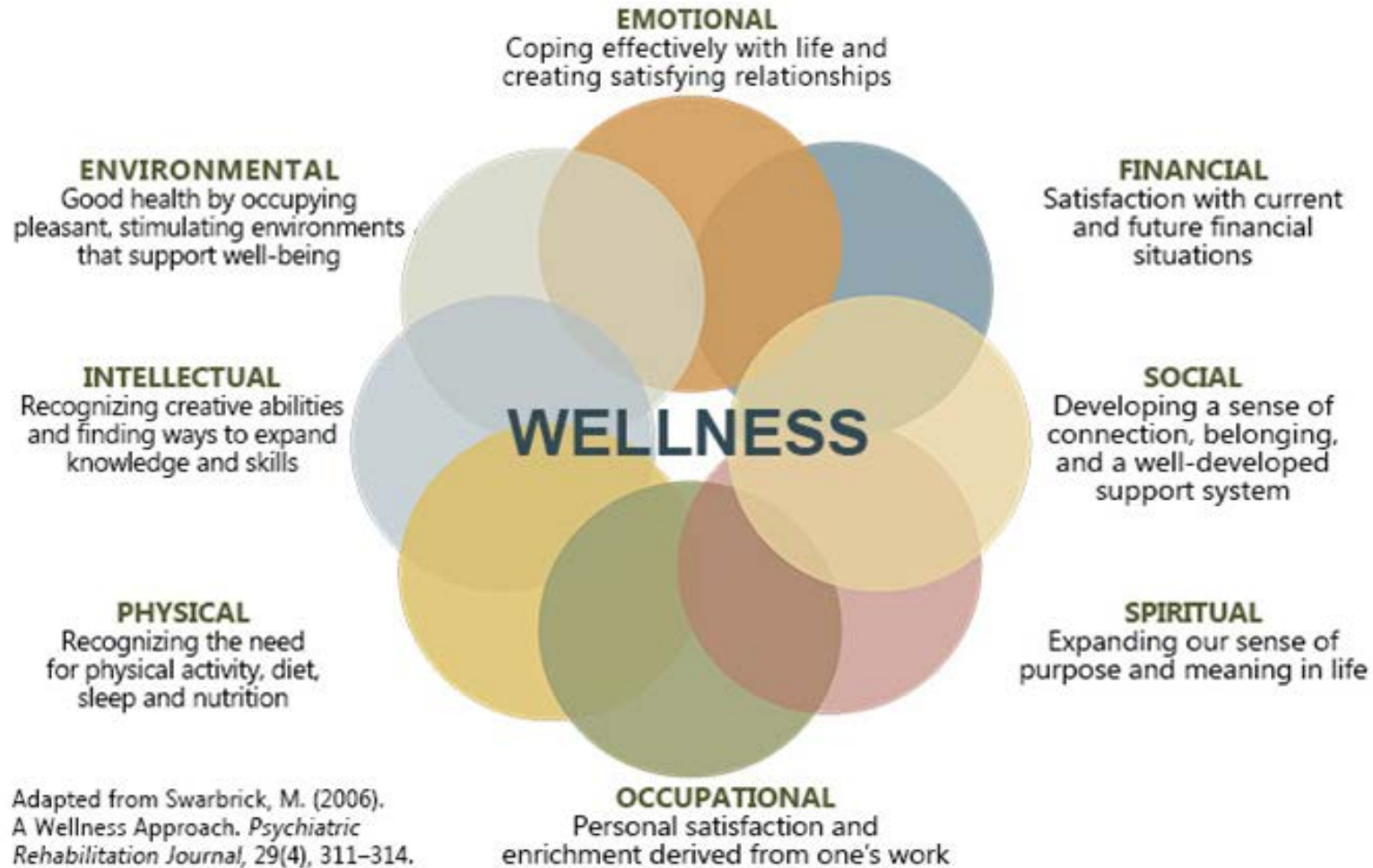
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What are the Benefits of Adopting Trauma-Informed, Resilience-Oriented Approaches?

- Increases safety for all
- Improves the social environment
- Cares for the caregivers
- Improves the quality of services
- Reduces negative encounters and events
- Creates a community of hope, healing and recovery
- Increases success and satisfaction at work
- Promotes organizational wellness
- Improves the bottom line



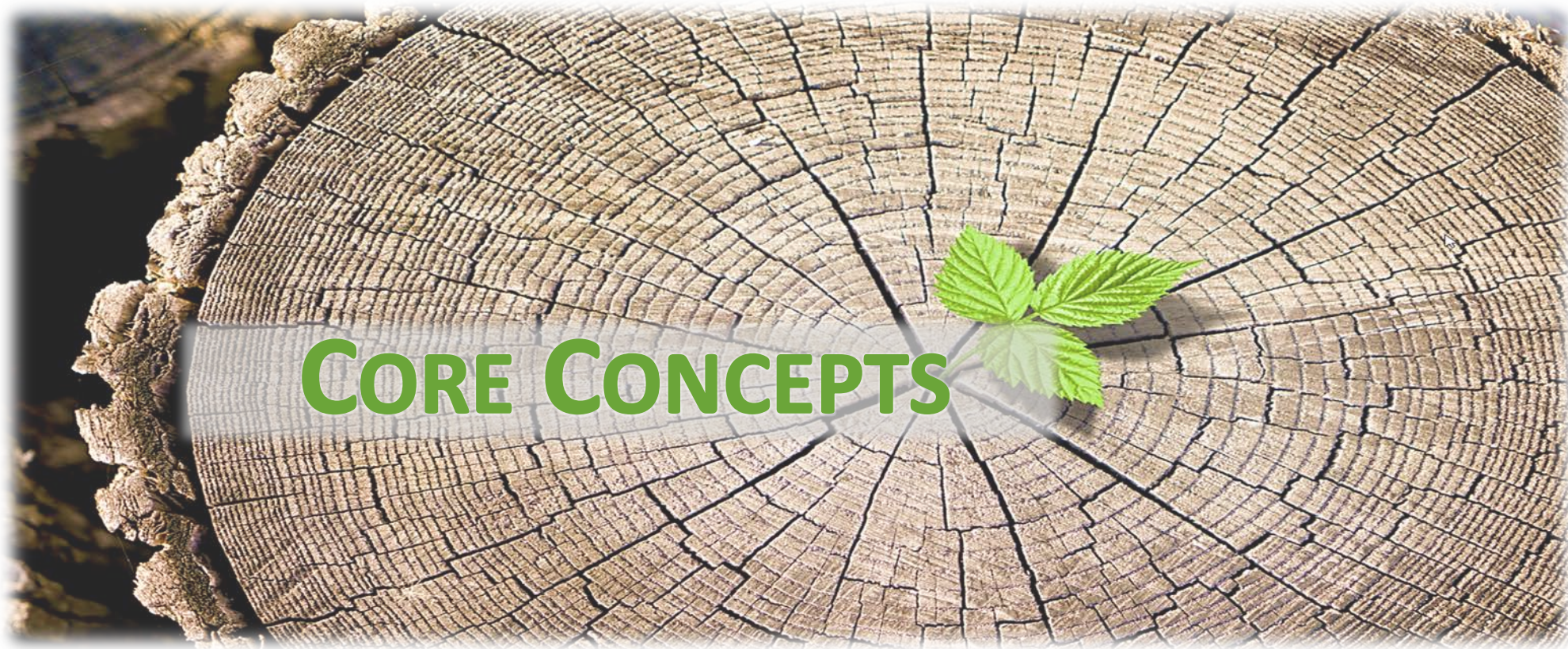
SAMHSA's 8 Dimensions of Wellness



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Trauma Informed, Resilience Oriented Care



CORE CONCEPTS

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What is a Trauma-Informed, Resilience-Oriented Approach?

Realizes

- Realizes widespread impact of trauma and understands potential paths for recovery and **IDENTIFIES** programs and best practices proven to build resiliency at both individual and systemic levels

Recognizes

- Recognizes signs and symptoms of trauma in clients, families, staff, and others involved with the system and **INOCULATES** the system culture from the effects of stress and trauma *proactively* rather than reactively by having a strategic plan

Responds

- Responds by fully integrating knowledge about trauma into policies, procedures, and practices and **INSTILLS** a shared vocabulary and skills for resiliency into every aspect of the life of the system

Resists

- Seeks to actively resist re-traumatization and **IMPROVES** the health of the entire system by promoting healing, restoration, health and growth in ongoing ways

From SAMHSA's Concept Paper

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What Does a Trauma-Informed, Resilience-Oriented Organization Include?

Safe, calm, and secure environment with supportive care

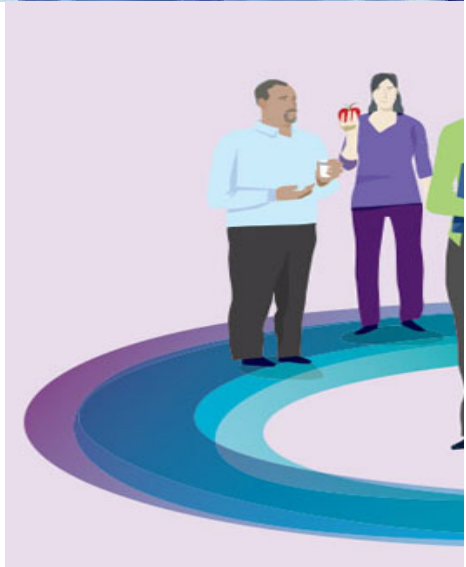
System-wide understanding of trauma prevalence, impact and trauma-informed care

Cultural competence, Cultural humility, Diversity, Equity and Engagement

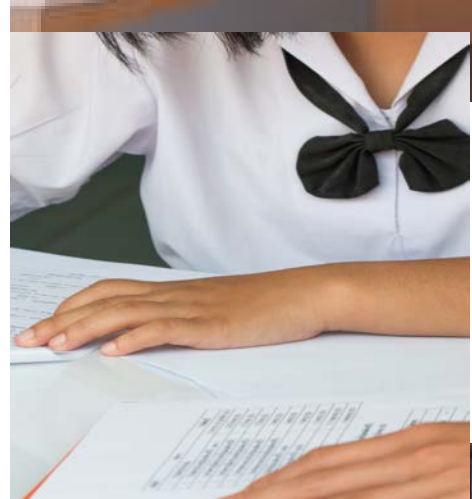
Persons served and staff voice, choice and advocacy

Recovery-oriented, person-driven, trauma-specific services

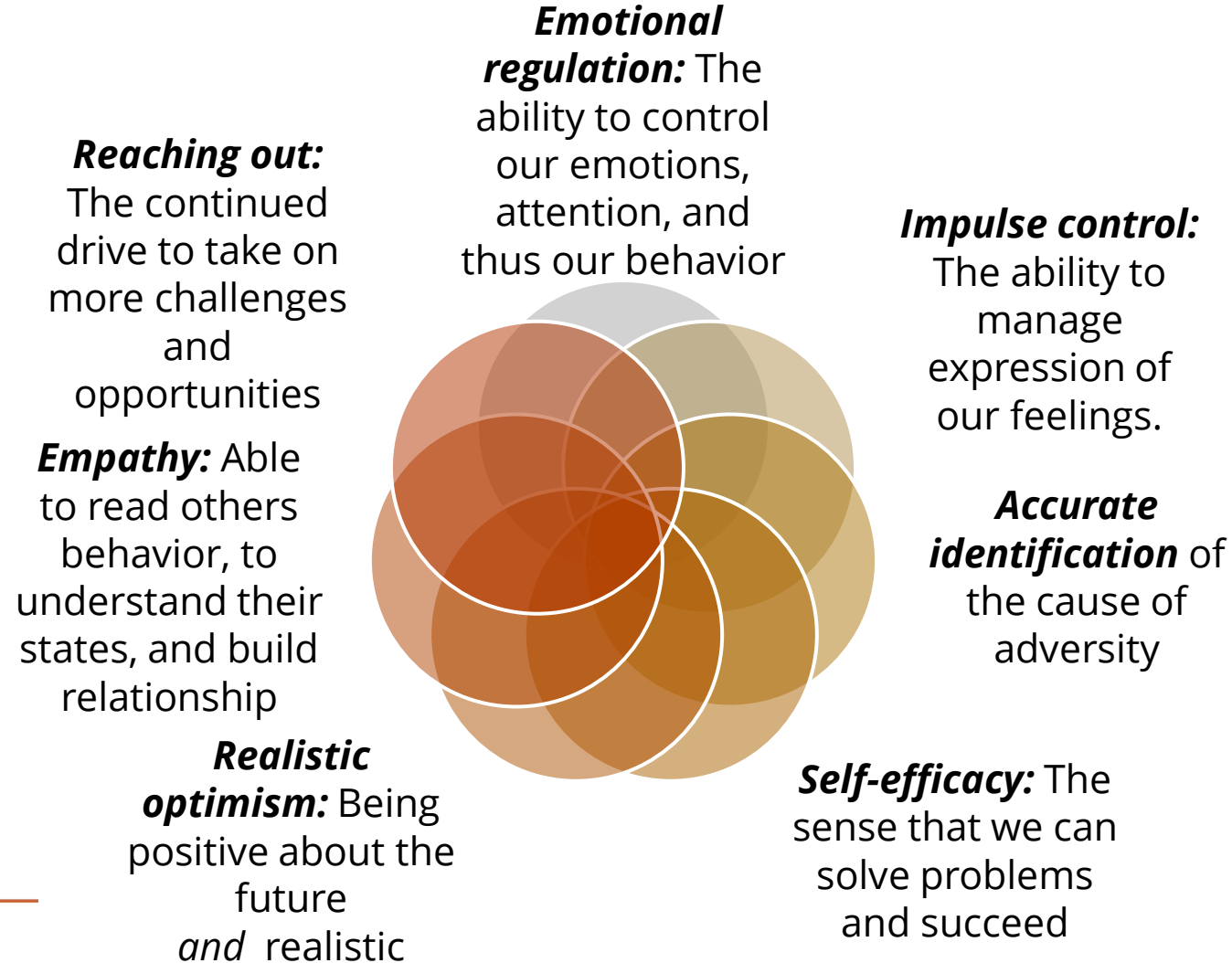
Healing, hopeful, honest and trusting relationships



EVERYONE



Resilience: *Ability to adapt well to stress, adversity, trauma or tragedy*



Build Protective Factors

Behaviors, characteristics and qualities inherent in some personalities that will assist in recovery after exposure to a traumatic event

- Environment
- A reliable support system (friends, family)
- Access to safe and stable housing
- Timely and appropriate care from first responders
- Behaviors
- Good self care, such as sleeping at least 8 hours a night
- Eating nutritious foods
- Exercise
- Practicing good boundaries
- Using positive coping mechanisms vs. negative coping mechanisms



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Be Attentive to All Language



“Non-compliant”

“Manipulative”

“Naughty”

“Lazy”

blah blah blah blah. Blah blah blah blah blah. Blah
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Jargon

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Language Matters

Vocabulary reinforces feelings and beliefs

Helps guide behavior

Leads to greater options for acting

Allows us to be able to recognize resilience in self/others



Three Statements of Resilience

I Have...

a recognition of what is available

I Am...

a recognition of my value

I Can...

a recognition of mastery, sense of the future



-Strengthening the Human Spirit by Edith Grotberg, PhD 1995





TALK

less ..

LISTEN

more ..

In order to empathize with
someone's experience, you must be
willing to believe them as they see it,
and not how you imagine their
experience to be.

Brené Brown



<https://tinybuddha.com/fun-and-inspiring/in-order-to-empathize-with-someones-experience/>



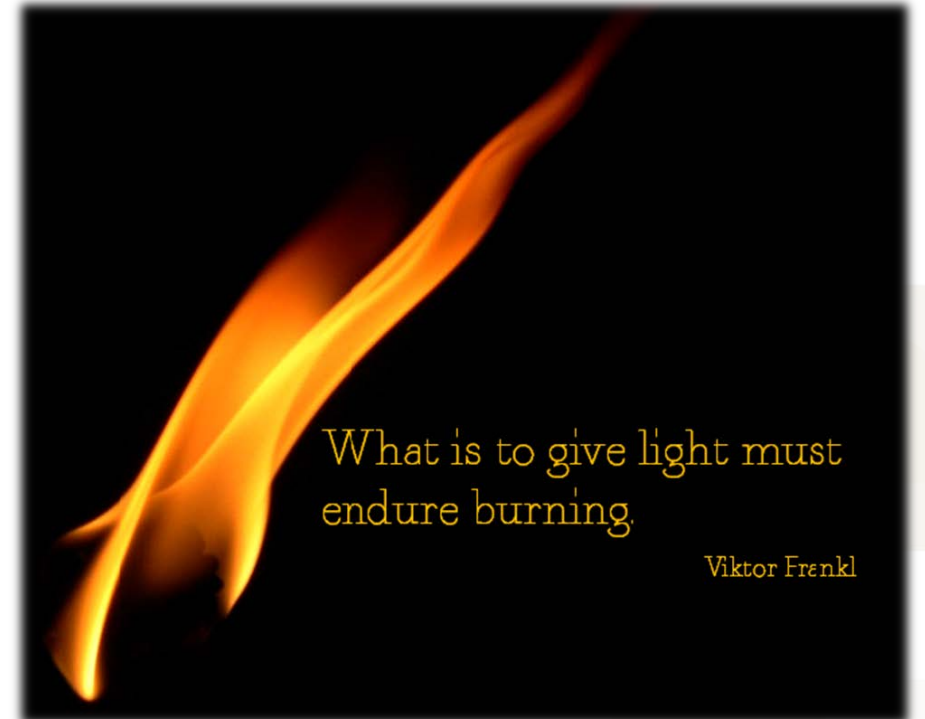
Staff/Treaters

Often have their own traumatic histories

Seek to avoid re-experiencing their own emotions

Respond personally to others' emotional states

Perceive behavior as personal threat or provocation



Work Force Concerns

Compassion Fatigue

Secondary Traumatic Stress

Vicarious Trauma

Moral Injury

Burnout

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Compassion Resilience

*The ability to
maintain our
physical, emotional
and mental well-
being while
responding
compassionately to
people who are
suffering*



Compassion Satisfaction

*The ability
to
experience
pleasure
from doing
the work*

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Warning Signs

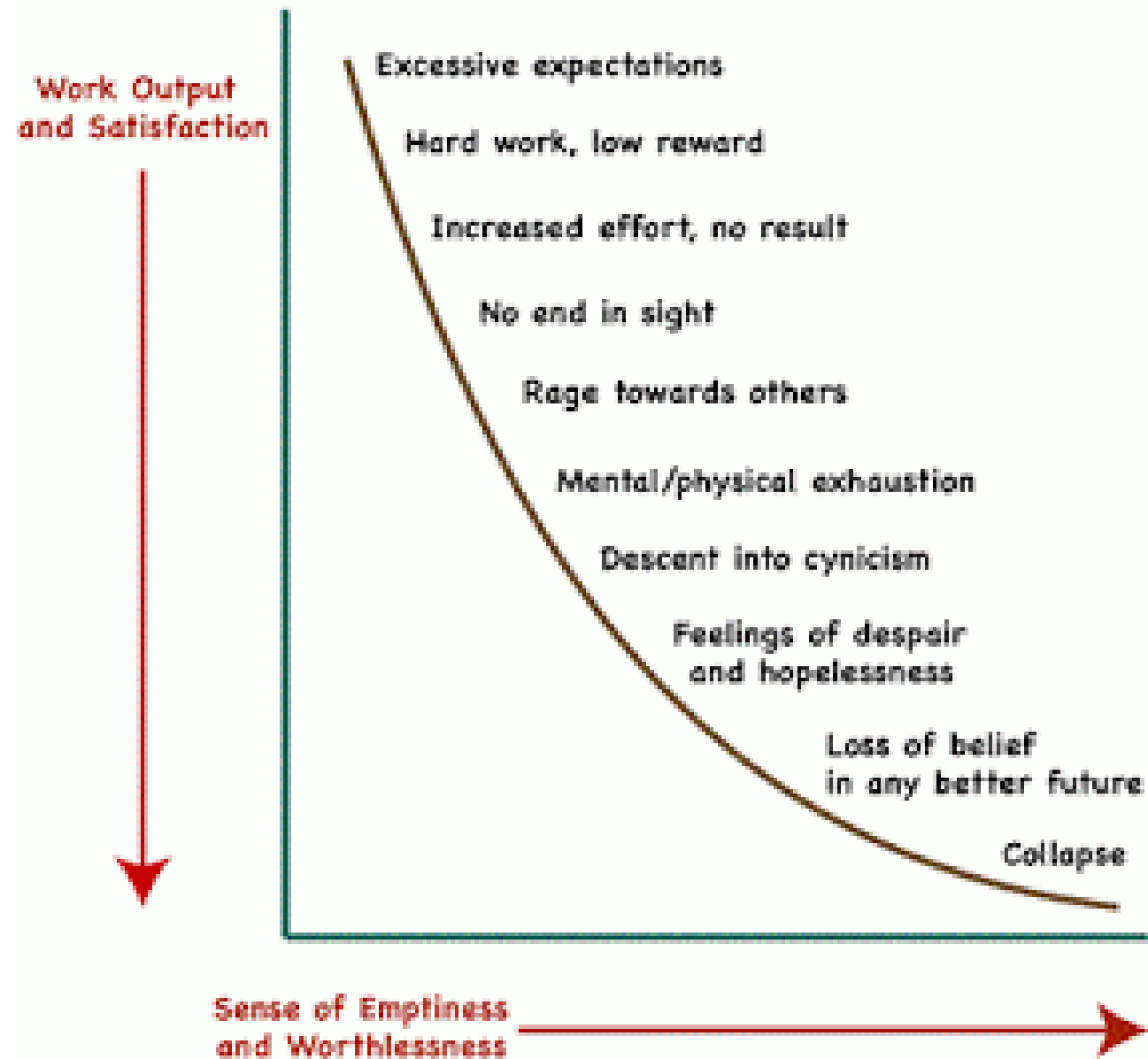
Thinking the worst in every situation
Reacting disproportionately
Never taking a vacation
Forgetting why you do your job
Decreased performance at work
Constantly not getting enough sleep
Increased arguments with your family
Decreased social life



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THE BURNOUT CURVE



Taking Care of Ourselves

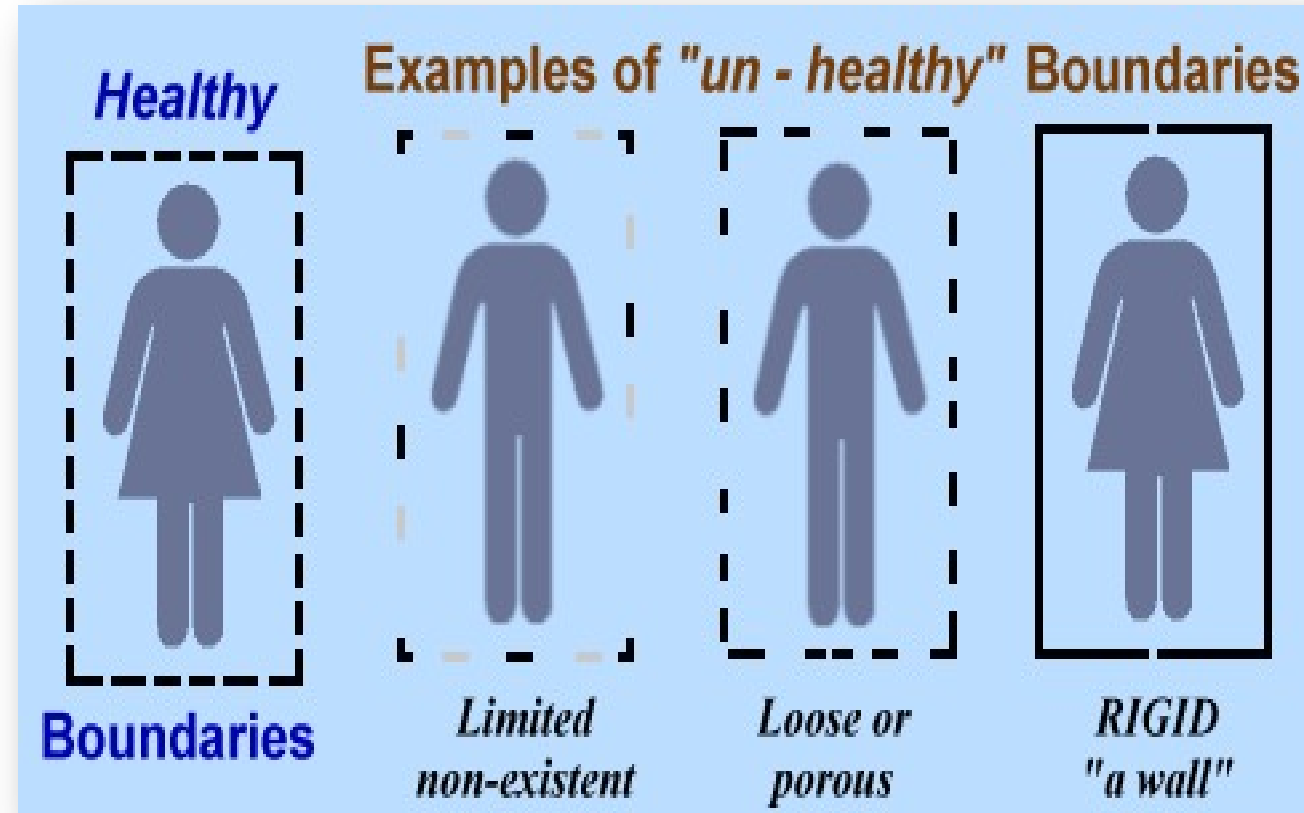


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Boundaries

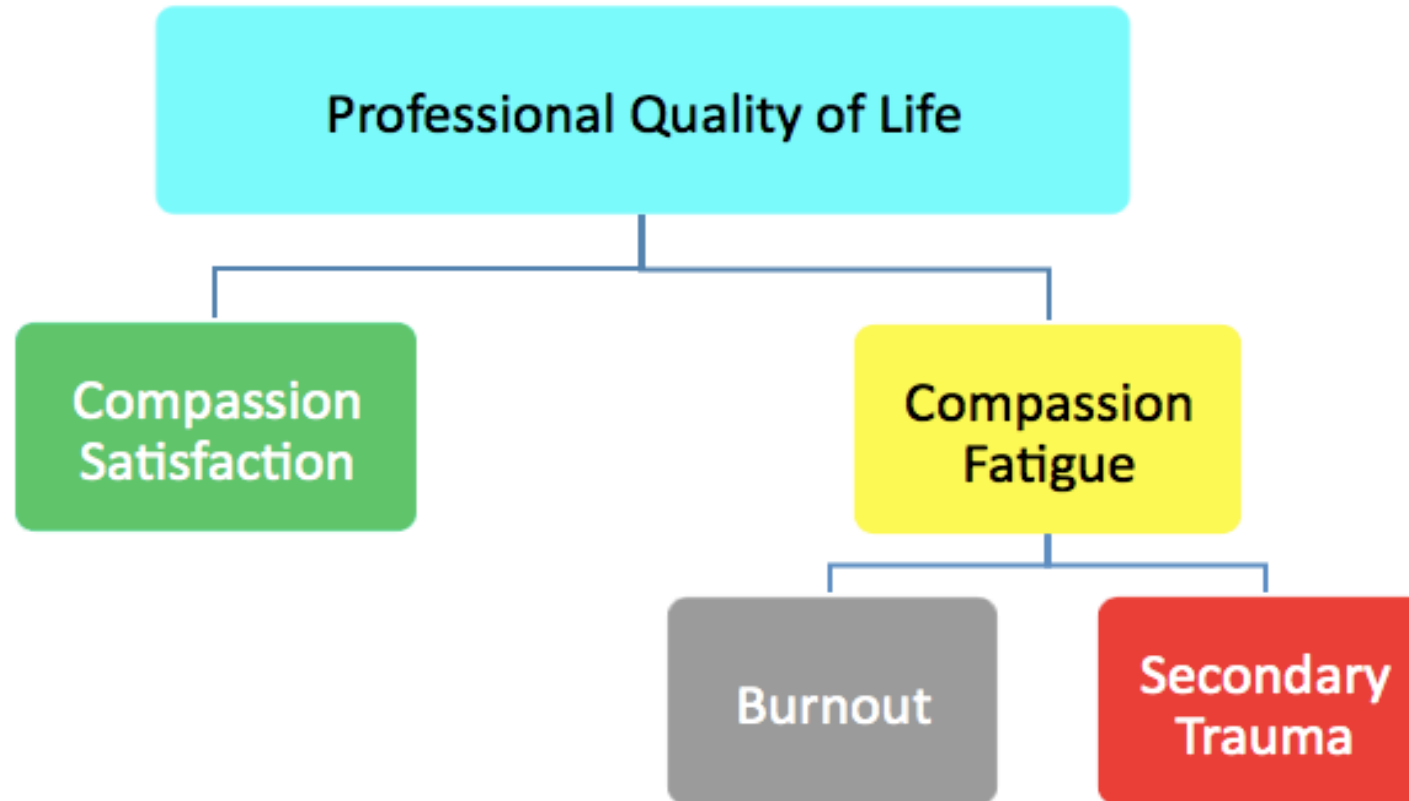
“Without boundaries, you will act, sleep, work, groan, feel used and fulfill basic responsibilities rather than make choices to live and love fully, to work hard and nobly, to fulfill your purpose and to contribute passionately to your world.”



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Professional Quality of Life Model



Copyright Beth Hudnall Stamm (2009)

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Provider Resilience App

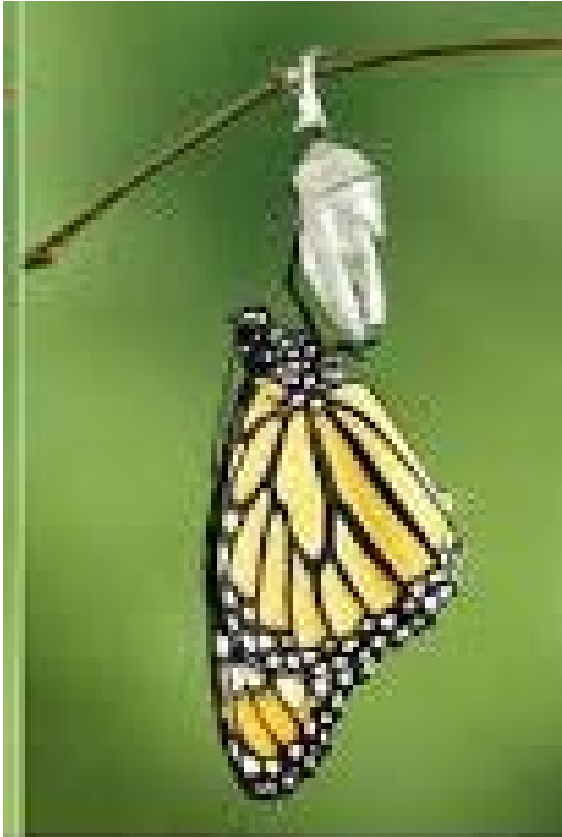


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Post Traumatic Growth vs Resilience

Post Traumatic Growth



New belief
System/worldview
following traumatic
event

Resilience



Ability to bounce
back/personal
attribute



As we look to the future, I want to encourage us to think about what might come from the experiences we have faced recently. The decade after the pandemic of 1918 saw the invention of many things, including the grocery bag, hydraulic brake, toaster and blender, polygraph, masking tape, and corn dogs. That period also saw the refinement of penicillin, and the invention of insulin and the electrocardiogram. What might the COVID-19 pandemic see for us? Where will we find hope and opportunities for innovation and institutional transformation?

Leadership in the Time of COVID-19

Susana Rivera-Mills, Ph.D. Provost & Executive Vice President

Ball State University

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Each of us is born
with a box of matches
inside us
but we can't strike them all
by ourselves ...

Laura Esquivel

WWW.PHILIPCHIRCOP.COM

Laura Esquivel, author of *Like Water for Chocolate*



www.TheNationalCouncil.org

<https://www.philipchircop.com/post/102625903880/born-with-fire-within-each-of-us-is-born-with-a>

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KEEP

CHANGE

START

STOP

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www.TheNationalCouncil.org

<https://www.youtube.com/watch?v=lgowcHu-Jfk>

Recognize our Humanity



We're all just trying to survive

We frequently observe misplaced Coping Strategies

We are all part of the problem therefore we can all be part of the Solution





Questions & Discussion



Resources

Robert Wood Johnson Foundation (2013) *Health Policy Brief: Patient Engagement. People actively involved in their health and health care tend to have better outcomes—and, some evidence suggests, lower costs.*

https://www.rwjf.org/content/dam/farm/reports/issue_briefs/2013/rwjf404446

Hawkley, L. C., & Cacioppo, J. T. (2010). Loneliness Matters: A Theoretical and Empirical Review of Consequences and Mechanisms. *Annals of Behavioral Medicine : A Publication of the Society of Behavioral Medicine*, 40(2), 10.1007/s12160-010-9210-8. <http://doi.org/10.1007/s12160-010-9210-8>

Trauma 101- <https://youtu.be/1pNwHMjPrxY>

Trauma-informed Care Guiding Principles -

https://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_2/trauma_tip/guiding_principles.html

Trauma-informed Care in BH Services - <https://store.samhsa.gov/shin/content/SMA14-4816/SMA14-4816.pdf>





SAMHSA TIC TIP

[TIP 57: Trauma-Informed Care in Behavioral Health Services](#)

Assists behavioral health professionals in understanding the impact and consequences for those who experience trauma. Discusses patient assessment, treatment planning strategies that support recovery, and building a trauma-informed care workforce. Inventory#: SMA14-4816

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