



Trauma-Informed Care & Peer Support

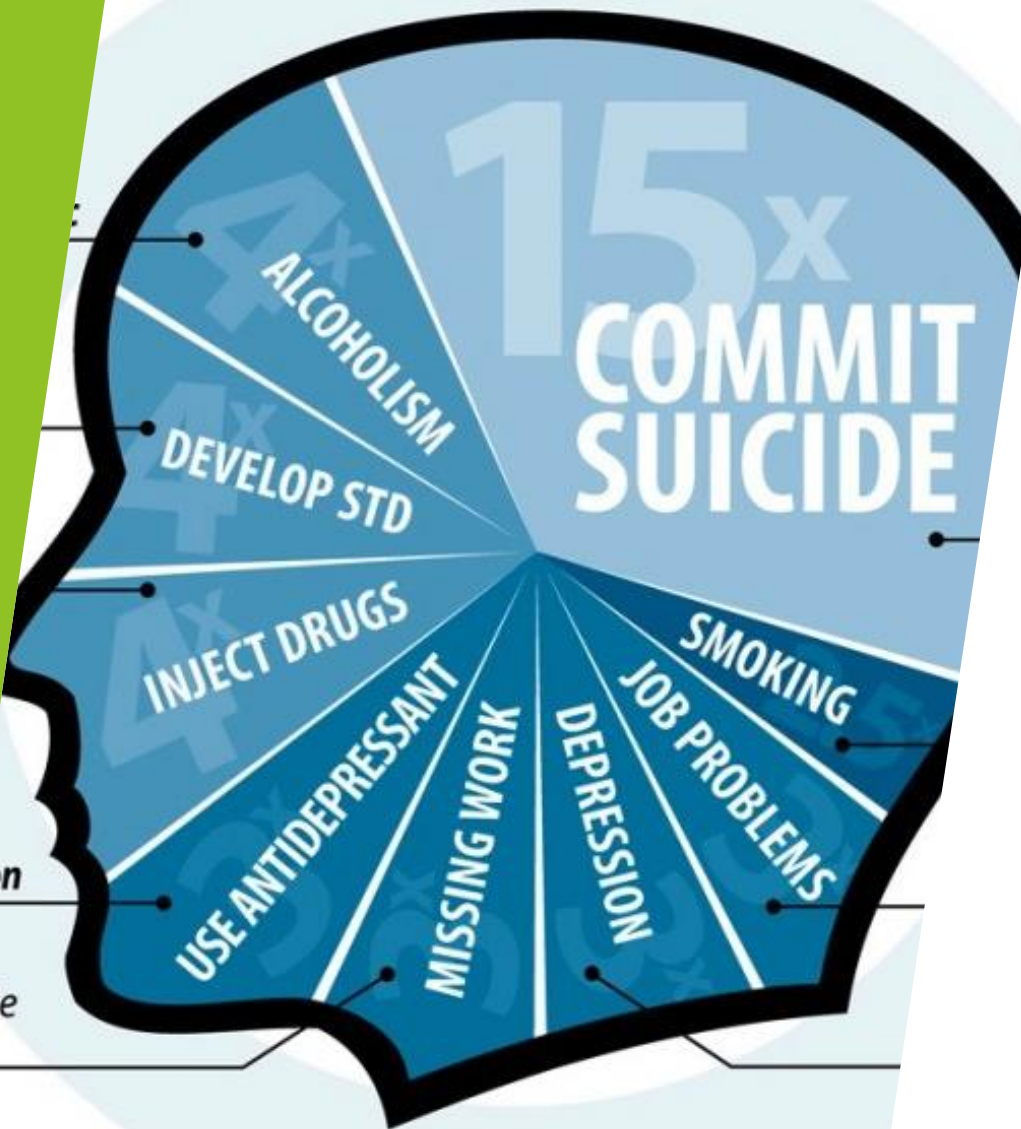
Understanding Trauma and Abuse

Trauma-Informed Care

- ▶ Trauma is defined as an event or set of circumstances experienced by an individual.
- ▶ Physically and emotionally harmful or life-threatening event
- ▶ Lasting adverse effects on functioning, mental, physical, social, emotional, or spiritual well-being



HAVE EXPERIENCED TRAUMA



Understanding Trauma and Abuse Trauma-Informed Care

- ▶ People who experience trauma during childhood or adolescence tend to be at higher risk of substance abuse
- ▶ Persons having experienced four or more adverse childhood experiences (ACEs) are two times more likely to smoke, 7 times more likely to misuse alcohol, and 10 times likely to utilize drugs

What are ACES & PCES

Positive Childhood Experiences (PCEs) & Adverse Childhood Experiences (ACEs)

PCEs

**POSITIVE CHILDHOOD
EXPERIENCES**

- ▶ PCEs and ACEs shape brain development and health outcomes across the life span.
- ▶ Recent research on PCEs demonstrates a reduction adult mental health problems and generate resilience with children, parents, families and communities (3+).
- ▶ ACEs are common (16.8% CA Adult Pop have 4+)
- ▶ ACEs are interrelated
- ▶ Having 4 or more ACEs predicts the occurrence of all adult (High Risk):
 - ▶ Mental Health Issues
 - ▶ Risky Behaviors
 - ▶ Major Health Problems

Defined ACEs

- ▶ Child Abuse & Neglect
 - 1. Emotional Abuse
 - 2. Physical Abuse
 - 3. Sexual Abuse
 - 4. Emotional Neglect
 - 5. Physical Neglect
- ▶ Household Dysfunction
 - 6. Divorce, Abandonment, or Foster Care
 - 7. Domestic Violence
 - 8. Substance Abuse
 - 9. Mental Illness
 - 10. Incarceration

Macro ACEs

- 11. Community Violence
- 12. Discrimination
- 13. Natural Disaster



Measured PCEs

Before the age of 18, I was able to talk to my family about my feelings.

Before the age of 18, I felt like my family stood by me during difficult times.

Before the age of 18, enjoyed participating in family traditions.

Before the age of 18, I felt a sense of belonging amongst my high school peers.

Before the age of 18, I felt supported by friends.

Before the age of 18, I had at least two adults who took a genuine interest in me.

Before the age of 18, I felt safe and protected by an adult in my home.





[ACE-Questionnaire-for-Adults-Identified-English-
rev.7.26.22.pdf](#)

Understanding Trauma and Abuse

- ▶ ACEs shows correlation to increase relapse amongst individuals with SUD
- ▶ Stress caused by ACEs shown on same stress circuits in brain
- ▶ There are multiple experiences of trauma
- ▶ Some examples are-physical, sexual, emotional abuse, neglect, interpersonal violence
- ▶ Impact from natural disasters, historical trauma, bullying, military trauma-war, racism, forced displacement
 - ▶ Trauma is long-lasting at individual level
 - ▶ Affects both families and entire communities
- ▶ Prevalent in populations suffering discrimination, racism, slavery, genocide, war forced migration

How Prevalent is Trauma?

CDC estimates 60%
of adult population
has experienced
trauma

Another study-46%
youth of age 17

Younger children
have experienced at
least one traumatic
event in 2016

Certain groups
experience trauma
at a higher rate

LGBTQ youth
experience higher
rates

Youth who identify
as lesbian, gay,
bisexual,
transgender, queer,
and/or questioning



Understanding Trauma and Abuse Recovery Support

- ▶ Recovery support services engage and support in treatment
- ▶ Provide a range of ongoing services
- ▶ Supports treatment and helping someone with long-term recovery
- ▶ SUD and Recovery Community Organizations (RCOs) deliver services provided by trained managers, recovery coaches, peer support workers
- ▶ Recovery support services include wide range of supports
- ▶ Supports may help enhance health, and help one overcome barriers to care and wellness



Understanding Trauma and Abuse

- ▶ Trauma Informed Approach- program, organization or system recognizes widespread impact of trauma
- ▶ Understands potential path for recovery
- ▶ Recognizes signs and symptoms of trauma in persons, families
- ▶ Staff will respond by integrating knowledge about trauma in policies, procedures, practice
- ▶ Conduct ongoing staff trainings to keep staff up to date on knowledge regarding trauma and our evolving trauma

VIDEOS

PRODUCTION

DIRECTOR

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REFLECTIONS