

Terrorism and Disaster Coalition for Child and Family Resilience (TDC4CFR)

Inaugural Meeting of the Gulf States Coalition Alabama-Florida-Louisiana-Mississippi-Texas Intercontinental New Orleans

444 St. Charles Avenue
New Orleans, Louisiana
August 10-11, 2017

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WORKSHOP

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TRAUMA-INFORMED CARE IN BEHAVIORAL HEALTH SERVICES QUICK GUIDE FOR CLINICIANS

Substance Abuse and Mental Health Services Administration
SAMHSA

www.samhsa.gov – 1-877-SAMHSA-7
(1-877-726-4727)

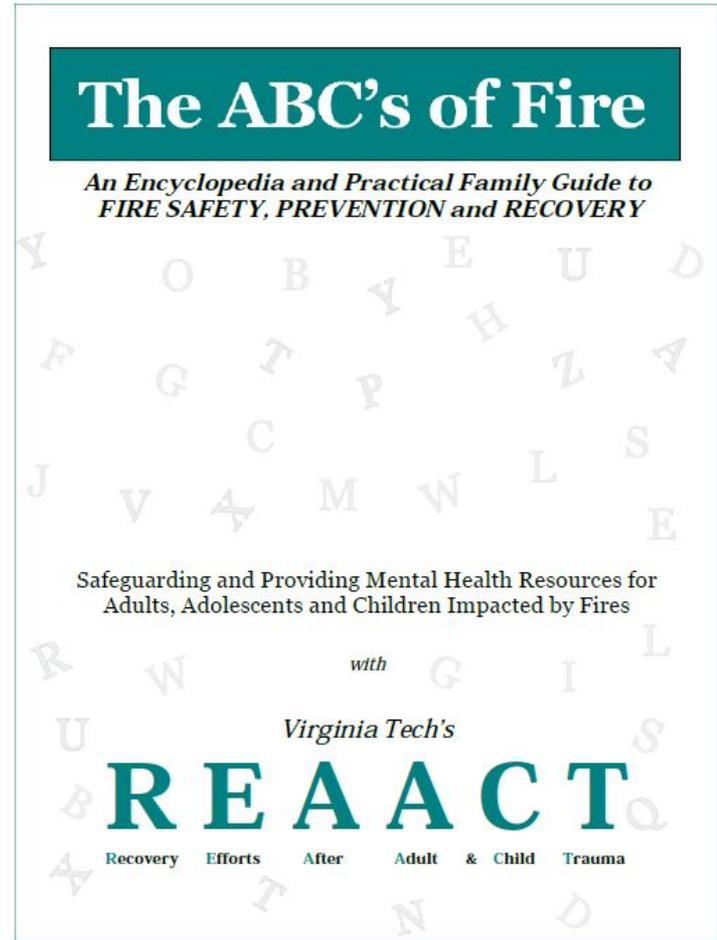
Goals of Today's Workshop

- Types of Disasters
- 7 Tips: Trauma-Informed Care
 - Responses to Trauma
 - Screening and Assessment
 - Interventions
- Summary
- Time for questions

firetraumas.com

Free Resources

- ABC's of Fire
- Child Reactions to Traumatic Event Stress Scale (Trauma Screener)



PARTICIPANTS?

- Community leaders
- Members of the clergy
- Mental health counselors
- Psychologists (PsyD)
- Social workers (MSW)
- Nurses
- Parenting Educators
- New Home Visitors
- Nurse Home Visitors
- Supervisors
- Emergency Workers
- Foster Care Workers

Others?

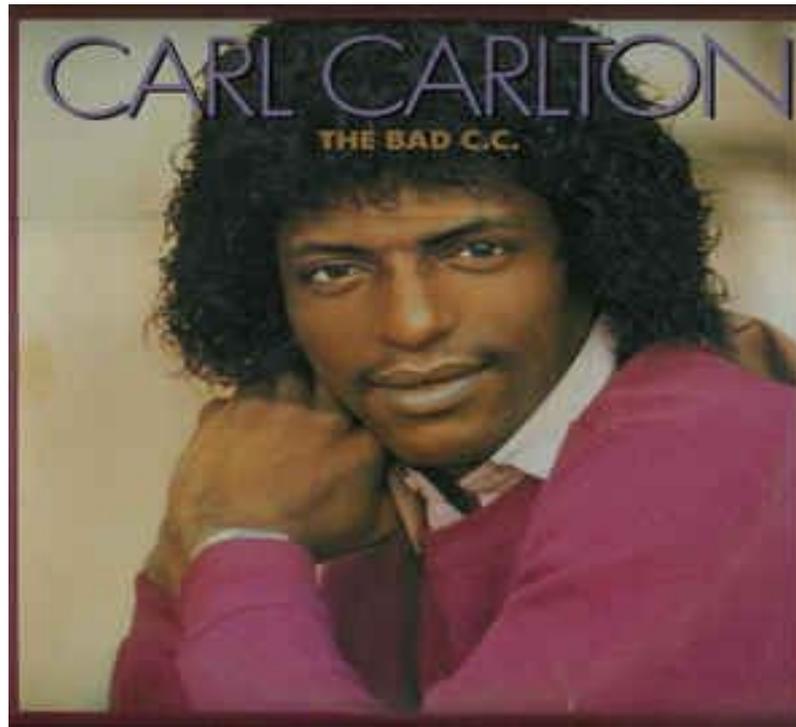
Getting to Know Me

Three facts - which two are NOT true about me?

1. Growing up, I enjoyed collecting rocks
2. I still hold my high school track record for the 880m
3. I auditioned for The Temptations







Video: ["She's A Bad Mama Jamma"](#)

My good looks?

My knowledge?



Publications

Jones, R. T., & Kazdin, A. E. (1980). Teaching children how and when to make emergency telephone calls. *Behavior Therapy*, 11, 509-521.

Jones, R. T., Kazdin, A. E., & Haney, J. (1981). Social validation and training of emergency fire safety skills for potential injury prevention and life saving. *Journal of Applied Behavior Analysis*, 14, 249-260.

Jones, R. T., Kazdin, A. E., & Haney, J. I. (1981). A follow-up to training emergency skills. *Behavior Therapy*, 12, 716-722.

Haney, J. I., & Jones, R. T. (1982). Programming maintenance as a major component of a community-centered preventive effort: Escape from fire. *Behavior Therapy*, 13, 47-62.

Jones, R. T., Van Hasselt, V. B., & Sisson, L. A. (1984). Emergency fire-safety skills: A study with blind adolescents. *Behavior Modification*, 8, 59-78.

Publications

Jones, R. T., Van Hasselt, V. B., & Sisson, L. A. (1984). Emergency fire safety skills for blind children and adolescents: Group training and generalizations. *Behavior Modification*, 8, 267-286.

Hillman, H., Jones, R. T., & Farmer L. (1986). The acquisition and maintenance of fire emergency skills: Effects of rationale and behavioral practice. *Journal of Pediatric Psychology*, 11, 247-258

Jones, R. T., & McDonald III, D. (1986). Childhood injury: A prevention model for intervention. *Education and Treatment of Children*, 9, 307-319.

Jones, R. T., & Thornton, J. L. (1987). The acquisition and maintenance of emergency evacuation skills with mildly to moderately retarded adults in a community living arrangement. *Journal of Community Psychology*, 15, 205-215.

What happened to the teacher?



Video: ["My Girl"](#)



1977...

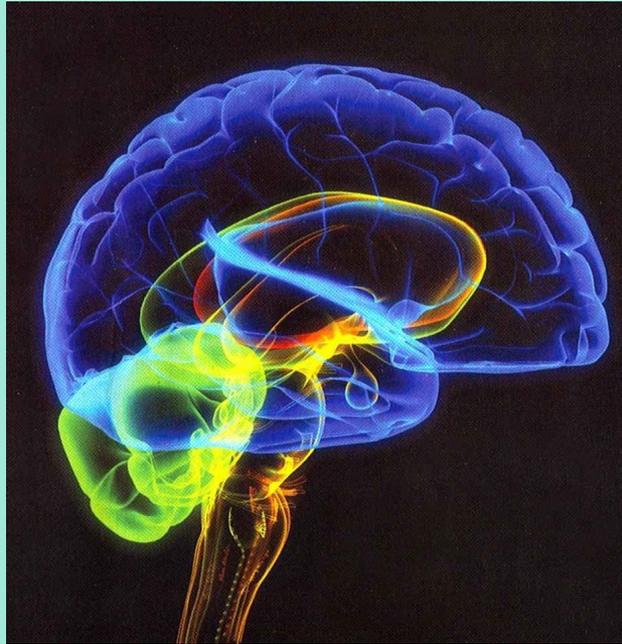
1987...

1997....

2007....

2017

Insights from the Science of Recovery[®]



Stress





Post-Traumatic Growth

“What doesn’t kill you...”

“Out of darkness comes light.”

“Build on strengths.”



Strength-Based Perspective

Family

Faith

Adaptive Coping

(Katrina)

“Out of darkness comes light”

- Able to cope better than anticipated
- Appreciated family more (social support)
- Greater faith in God (religious coping)



Harvard Community Hurricane Katrina

AP



Perspective Taking

Primary focus on “helper”, rather than client

Why do they...

... always appear angry?

... think like that?



... so sensitive?

... react that way?

... not trust me?

Etiology

Considering etiology...

Equifinality (different causes, same outcome)

society, poverty, racism, discrimination, microaggressions, systemic trauma

Intervention/Treatment



- ❖ Experience
- ❖ Education
- ❖ Strategies (skills)

Context

Individuals

(Across the lifespan)

Families

(Generations)

Communities

(Relationships)

Concepts

- ❖ Resilience
- ❖ Loss
- ❖ Faith
- ❖ Culture



But, as they say at Mother's...



"Too much food, and not enough time!"

7 Tips: Trauma-Informed Care

Responses to Trauma

Screening and Assessment

Interventions



“TIP 57 provides **evidence-based** and best practice information for **behavioral health service providers and administrators** who want to work more effectively with people who have been exposed to acute and chronic traumas and/or are at risk of developing traumatic stress reactions.”

- SAMHSA (2015). Quick Guide for Clinicians.

Outline

1. Why a Quick Guide?
2. What is TIP?
3. Introduction
4. Trauma and Substance Use Disorders
5. Trauma and Mental Disorders
6. Trauma-Informed Treatment Principles
7. Types of Trauma: Natural or Human-Caused
8. Characteristics of Trauma
- * 9. Common Experiences of and Responses to Trauma
- * 10. Screening and Assessment
- * 11. Trauma-Informed Treatment Objectives and Strategies
12. Making Referrals from Trauma-Informed to Trauma-Specific Services

Trauma 101

Common Stressors

- Academic Stress
- Social Stress
- Extracurricular Stress
- Family Stress
- Health Stress



Natural Disasters

Wildfires

Floods

Hurricanes



Technological Disasters

(Man-made)

House fire

Car accident

Train crash



Interpersonal Violence

Physical or sexual abuse

Shootings

Witnessing domestic violence

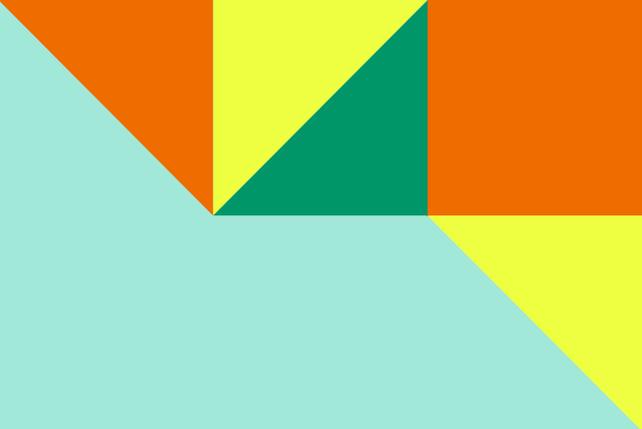
Bullying

Abandonment

Loss of loved one

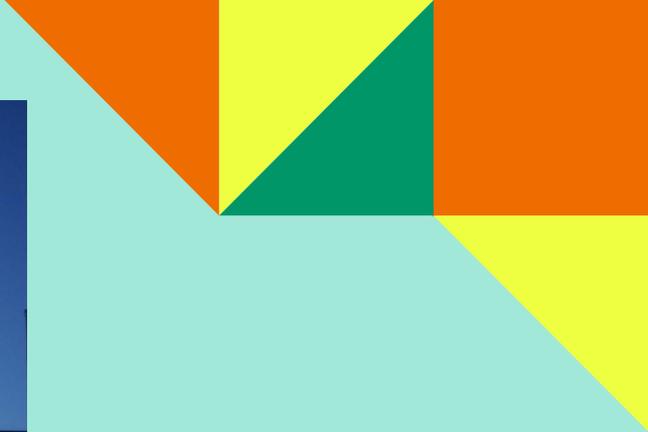
Family member put in jail



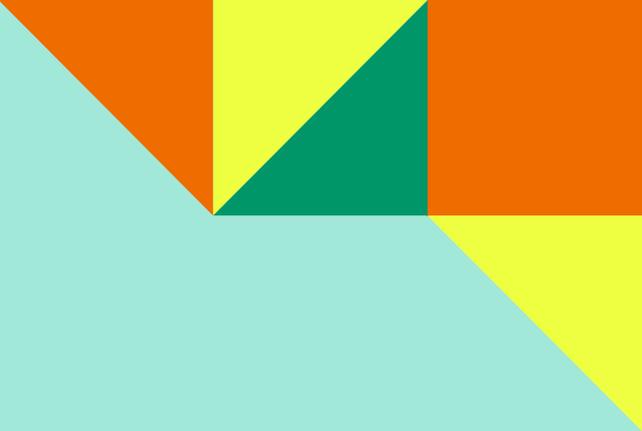


**Which type of stressor is most
devastating?**

Interpersonal Violence (man on man violence)



Science of Recovery Model

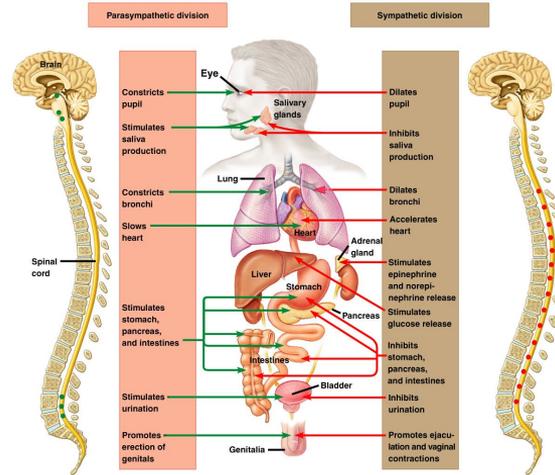


Tells us...

Who is most likely to do well?
Who is most likely to do poorly?

Social Support

Consequences



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N.I.C.E.

Common Experiences of and Responses to Trauma

The Role Of Triggers!

GET OVER IT!

Triggers

Katrina 10 Years Later: New Orleans Disrespects its Black Community



Ten Years After Katrina, Poor And Black People Still Left Behind

AUGUST 27, 2015

Terrance Heath

AUG 24, 2015 AT 6:30 AM

Katrina Washed Away New Orleans's Black Middle Class

By Ben Casselman

Filed under The Katrina Decade

Flint Water Crisis



Ferguson



Police Brutality



- ❖ AA: 24% of those fatally shot and killed by the police- only 13% of the U.S. population (Washington Post)
- ❖ Shot at 2.5 times the rate of white people (Washington Post)
- ❖ Unarmed black men: 7 times as likely as unarmed white men to die from police violence (Washington Post)

Racism

Discrimination

Inequalities in Schools

Systemic Trauma

Microaggressions

HISTORICAL/GENERATIONAL TRAUMA

Native Americans: Trail of Tears

1830s—1840s

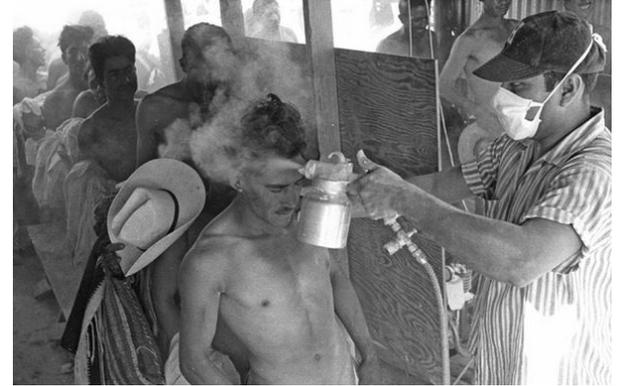


- ❖ 1000's of Native Americans removed from their territories by government
- ❖ Walked thousands of miles to designated "Indian territory"
- ❖ 5,000+ died on the journey

Hispanics: The Bracero Program

Work-visa program established for Mexican immigrants in 1920

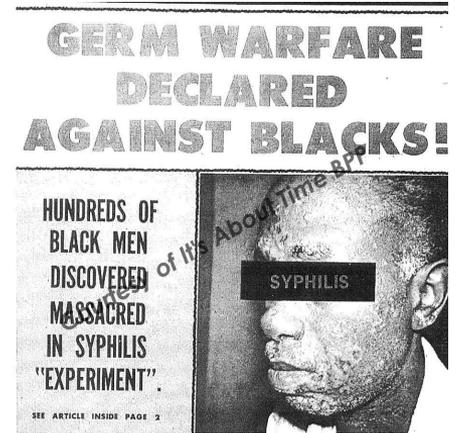
- ❖ Denied immigrants right to unionize
- ❖ Often unpaid, racial discrimination
- ❖ Horrible working conditions



African Americans: The Tuskegee Study

1932--1972: Macon County, Alabama

- ❖ 100's AA with syphilis were told they would be treated for "bad blood"
- ❖ The study was actually meant to observe the effects of untreated syphilis in black men
- ❖ Penicillin withheld from the test subjects after discovery in 1947
- ❖ No informed consent
- ❖ Many African Americans died during the study



The Case for Generational Trauma for African Americans

1619

First slaves arrived
in Virginia

1863

Emancipation
Proclamation



Roots

How Trauma and Resilience Cross Generations

Rachel Yehuda
2015



Epigenetics

Epigenetics suggests that experiences manifest themselves physiologically, and can be passed down --- so that trauma itself gets inherited.

Screening and Assessment

Instruments for Assessing Traumatic Stress In Young Children

Below is a list of some of the standardized instruments used within the NCTSN to assess traumatic stress in young children.

- Child Behavior Checklist (CBCL): Achenbach, and Rescorla (2001)—aged 1½–5
- Posttraumatic Stress Disorder Semi-Structured Interview and Observation Record: Scheeringa and Zeanah (1994)—aged 0–4
- Posttraumatic Symptom Inventory for Children (PT-SIC): Eisen (1997)—aged 4–8
- Preschool Age Psychiatric Assessment (PAPA): Egger and Angold (1999)—aged 2–5
- PTSD Symptoms in Preschool Aged Children (PTSD-PAC): Levendosky, Huth-Bocks, Semel, and Shapiro (2002)—aged 3–5
- Traumatic Events Screening Inventory-Parent Report Revised (TESI-PRR): Ghosh et al. (2002)—aged 0–6
- Trauma Symptom Checklist for Young Children (TSCYC): Briere et al. (2001)—aged 3–12
- Violence Exposure Scale for Children-Preschool Version (VEX-PV): Shahinfar, Fox, and Leavitt (2000)—aged 4–10
- Violence Exposure Scale for Children-Revised Parent Report (VEX-RPR): Shahinfar, Fox, and Leavitt (2000)—for parents of preschool-aged children aged 4–10

Instruments for Assessing Parenting Stress and Strengths

- Life Stressor Checklist—Revised (LSC-R): Wolfe, Kimerling, Brown, Chrestman, and Levin (1996)
- Parenting Stress Index (PSI): Abidin (1995)
- Davidson Trauma Scale (DTS): Davidson (1996)

Idioms of Distress

Culturally significant or culturally bound ways of expressing distress

- African-Americans
 - More sympathy, sadness or anger (e.g., Chu, Seery, Ence & Silver, 2006)
- Native Americans
 - “Spirits” related to health
- Asians
 - Symptoms including dizziness (vertigo) and blurred vision (Hsu & Folstein, 1997)
- Hispanics
 - Palpitations and chest pains (Escobar et al. 1987)

SAMHSA Podcast

Podcast: [“Cultural Awareness: Children and Youth In Disasters”](#)

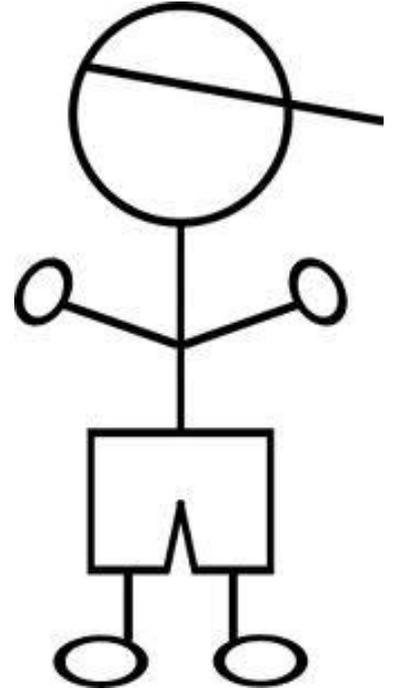
Charles' Situation

Charles: 8 year old, single parent home, inner city

Never known his father

Mother struggles with drug use

Abused by mother's boyfriend and his peers



Bad thoughts

Withdrawn

Inattentive

Often truant

Aches and Pains

**Fighting with
other kids**

Paranoid

Easily Distracted

Disruptive in class

Insomnia

Defensive

Sleeps in Class

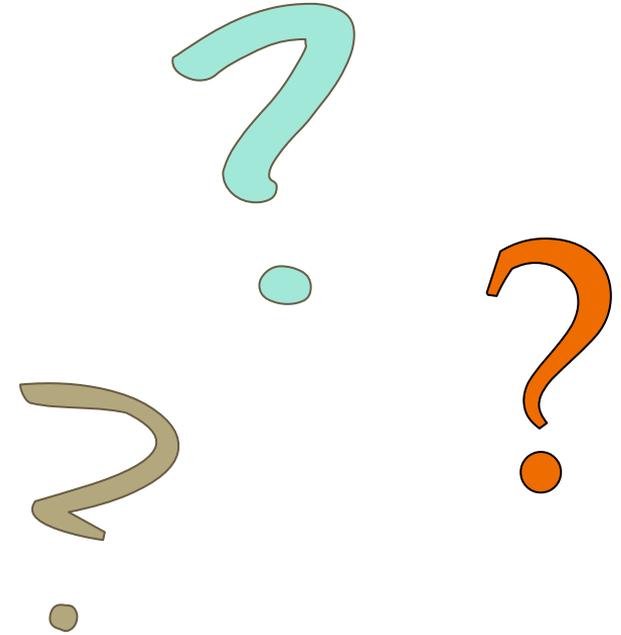
Irritability

Poor Hygiene

What is Charles
suffering from?

It Could Be...

- Co-Morbidities
 - GAD
 - Panic Disorder
 - Early Signs of Schizophrenia
 - Bipolar
 - OCD
 - Phobia
 - Disruptive Mood Dysregulation Disorder
 - Substance use disorders
- Physical/Somatic Complaints



The disorder often left out is...

PTSD

PTSD Treatments Recommended by the APA[®]

Strongly Recommended:

- Cognitive Behavioral Therapy (CBT)
- Cognitive Processing Therapy (CPT)
- Cognitive Therapy (CT)
- Prolonged Exposure (PE)

Conditionally Recommended:

- Brief Eclectic Psychotherapy
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Narrative Exposure Therapy
- Medications

**Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder
(PTSD) in Adults**

American Psychological Association

Guideline Development Panel for the Treatment of PTSD in Adults

Adopted as APA Policy February 24, 2017

Cognitive Behavioral Therapy



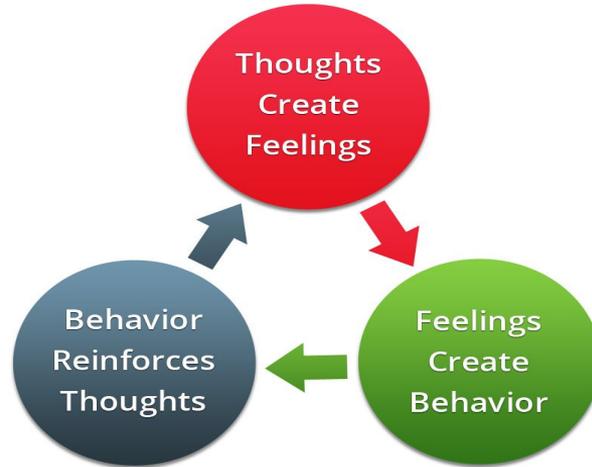
Video: ["What is CBT? | Making Sense of Cognitive Behavioural Therapy"](#)

Cognitive Processing Therapy



Video: ["What is Cognitive Processing Therapy \(CPT\) \[for posttraumatic stress disorder\]?"](#)

Cognitive Therapy



Video: ["Defining Cognitive Therapy"](#)

Prolonged Exposure



Video: ["Prolonged exposure therapy helps Josh overcome PTSD."](#)

Client Case Presentation:



Identifying Information

- 12 year-old, African American female
- Lives with grandparents and older sister



Presenting Problem



- Traumatic experience: sexually assaulted by neighborhood boy

Treatment Focus

- Trauma Focused – CBT w/ wrap-around services
 - Cultural Adaptation Intervention Training



Cultural adaptation, intervention, training issues

Hindrances to Progress:

Cultural Considerations?



1. Fear for grandmother: “Grandma will go crazy”

**2. Identifying presenting problem: “rape”, “sex”,
“vagina”**

Summary of Today's Workshop

- Types of Disasters
- 7 Tips: Trauma-Informed Care
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 - Interventions
- Summary

Future Workshops/Presentations

Post-Traumatic Growth

Strength-Based Perspective

Perspective Taking

Etiology

Intervention/Treatment

Questions?

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Virginia Tech Shootings

- Active coping
- Self-esteem/efficacy
- Forgiveness (Wusik & Jones, 2015)

