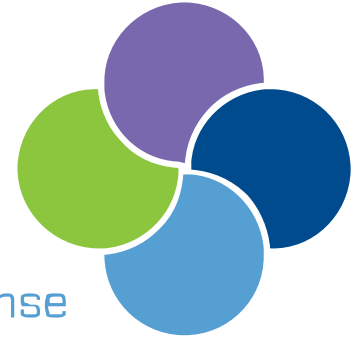


We Care, We Listen, We Respond...24 Hours a Day

The Lions,
Zebras, and
Possums
You Meet
Everyday

BHR

Behavioral Health Response



Holly Nemec, MA, CEL
Tara Carney, MSc, MA, PLPC, CMHL
BHR

This is a *Normal* and
Predictable
response to a chaotic
environment.

**Let's meet
Jack and Jill**

What Is Trauma?

Trauma is an event, or events, that are more overwhelming than expected.

Trauma overwhelms our usual abilities to cope.

Trauma makes us feel hopeless, helpless, and powerless.

Who Defines Trauma?

An event is deemed traumatic by the individual experiencing it.

Why Is This Important?

70% of adults in the US have experienced some type of traumatic event at least once in their lives.

That's 223.4 million people!

ACE Study

- Why is this a hot topic in the social services field right now?
- What is it?
- <https://acestoohigh.com/2016/04/05/five-minute-video-primer-about-adverse-childhood-experiences-study/>

ACE Study Findings

An association between childhood adverse experiences and later problems with social functioning, physical health, and mental health, including:

- Cigarette smoking
- Alcohol/IV Drug Use
- Chronic Depression
- Attempted Suicide
- Teen Pregnancy
- Being Raped
- Serious Job Problems
- Having more than 50 sexual partners
- Experiencing hallucinations

FACTS

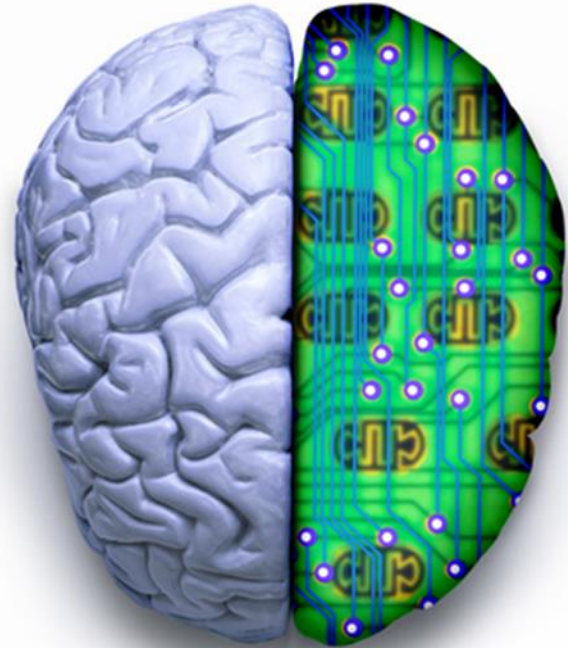
- Missouri higher than national average
- Urban population are almost twice as likely to have an ACE score of 4 or higher

Poverty: Crisis to Crisis

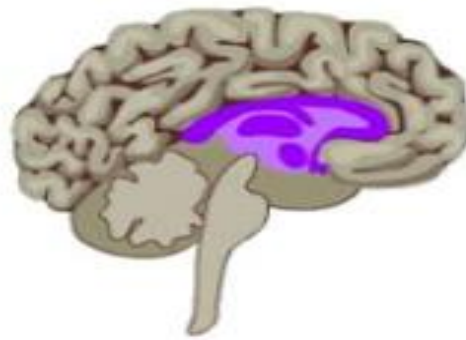


Back to Jack and
Jill

**Trauma is to
the human
brain what a
virus is to a
computer
operating
system.**



Lizard Brain	Mammal Brain	Human Brain
Brain Stem Cerebellum	Limbic System	Neocortex
Fight or Flight or Freeze	Emotions Memories Habits	Language Abstract Thought Imagination Consciousness
Autopilot	Decisions	Reasons & Rationalizes



Fight | Flight | Freeze



We Care, We Listen, We Respond...24 Hours a Day

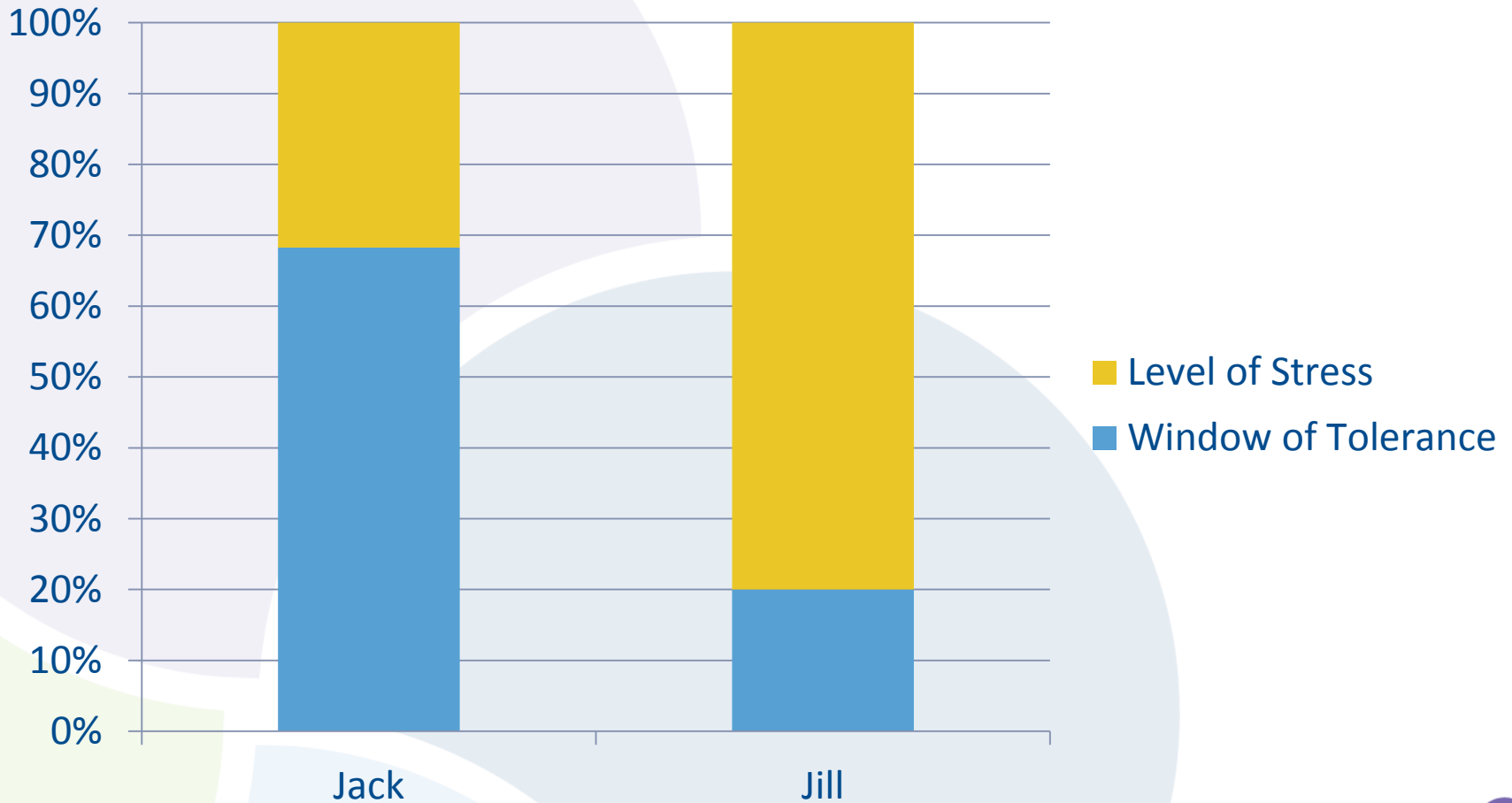
REGULATION:

The ability to experience and maintain stress within one's window of tolerance. Generally referred to as being calm, focused, or relaxed. This term is utilized by literally every scientific discipline.

DYSREGULATION:

The experience of stress outside of one's window of tolerance, generally referred to as being stressed out or in a state of distress. It is believed that affect dysregulation is a fundamental mechanism involved in all psychiatric disorders. (Dr. Allan Schore—Affect Dysregulation and Disorders of the Self)

Window of Stress Tolerance



We Care, We Listen, We Respond...24 Hours a Day

Dysregulation

Hyper-Arousal

- Unable to focus or sit still
- Cannot adhere to rules
- Aggressive
- Resistant to directives
- Argumentative
- Anxious
- Impulsive
- Risk-taking behaviors

Hypo-Arousal

- Defiant
- Withdraws from peers
- Tardy
- Absent
- Dissociates—shuts down
- Avoids tasks
- Numbs out—"I don't care"
- Forgetful

Social Dominance Theory

1. The *perception* that someone is trying to dominate and/or control.
2. Perceived restriction of movement and action.
3. Perceived or real forcing of attention or focus on approved focus.
4. Perceived disrespect of status, power or role.

Epigenetics

- The study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself.
- ***Say What?***

Impact of Trauma on Worldview

Typical Development

- Nurturing & stable attachments with adults
- Belief in a predictable & benevolent world/good things will happen
- Feelings of positive self-worth/others will see my strength
- Optimism about the future
- Feeling that I can have a positive impact on the world

Developmental Trauma

- Basic mistrust of adults/inability to depend on others
- Belief that the world is unsafe/bad things will happen & it is usually my fault
- Assumption that others will not like me
- Fear & pessimism about future
- Feelings of hopelessness & lack of control

What Can We Do?



We change the question from “What’s wrong with you?” to “What happened to you?”



We create a trauma-sensitive culture by recognizing symptoms as survival skills.



We offer a different experience by creating a compassionate, caring, nonjudgmental environment.

Back to Jack and
Jill

Trauma Informed Care

Safety

Empowerment

Collaboration

Choice

Trust/Transparency

Cultural Competence

We Care, We Listen, We Respond...24 Hours a Day



Strategies For Establishing Safety

- Speak calmly
- Clear & consistent rules for managing behavior & setting limits
- Establish yourself as a safe individual. Create an environment of safety and respect.
- Talk about safety and what steps you will take to help the individual be safe.
- Focus on the subtext in addition to content

Strategies To Establish Empowerment

- Allow the individual to tell her/his/their story
 - Minimal interruptions
 - Ask questions only to clarify; use “I” statements
- Avoid personalizing
 - Non-judgmental attitude
 - Avoid arguing or correcting
- Build on strengths and competency
 - What is the individual already doing well

Strategies To Establish Collaboration

- “How can I help you?”
- “How can we work together?”



Strategies To Establish Choice

- What choices are safe for you to allow an individual to make?
 - Hospitalization
 - Radio Station
 - Environment

Strategies To Establish Trust & Transparency

- Explain next steps
 - Will they have to tell their story again?
 - Will you have to search the individual?
 - Model Appropriate Behavior
 - Explain transitions
- Don't make promises you can't keep

Strategies To Establish Cultural Competency

- Try to use non-offensive language; if you make a mistake, back up, apologize, and try again
- Be aware of your own biases and beliefs and judgments
- Increase your own competencies

Ask Yourself....

- “How can I create a situation where he/she/they feel safe, make choices and feel understood?”



Resources

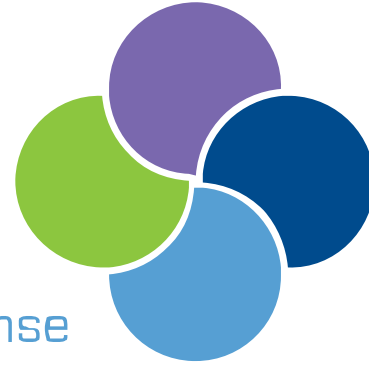
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www.mentalhealth.samhsa.gov/nctic/

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