

Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover

Things to Remember



**Underlying
question =**

**“What
happened to
you?”**

Symptoms =

**Adaptations
to traumatic
events**

**Healing
happens**

**In
relationships**

Video: [Power of Empathy](#)

Slide 2

What is 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.

The Three E's in Trauma

Events

Events/circumstances cause trauma.

Experience

An individual's *experience* of the event determines whether it is traumatic.

Effects

Effects of trauma include adverse physical, social, emotional, or spiritual consequences.

Potential Traumatic Events

Abuse

- *Emotional*
- *Sexual*
- *Physical*
- *Domestic violence*
- *Witnessing violence*
- *Bullying*
- *Cyberbullying*
- *Institutional*

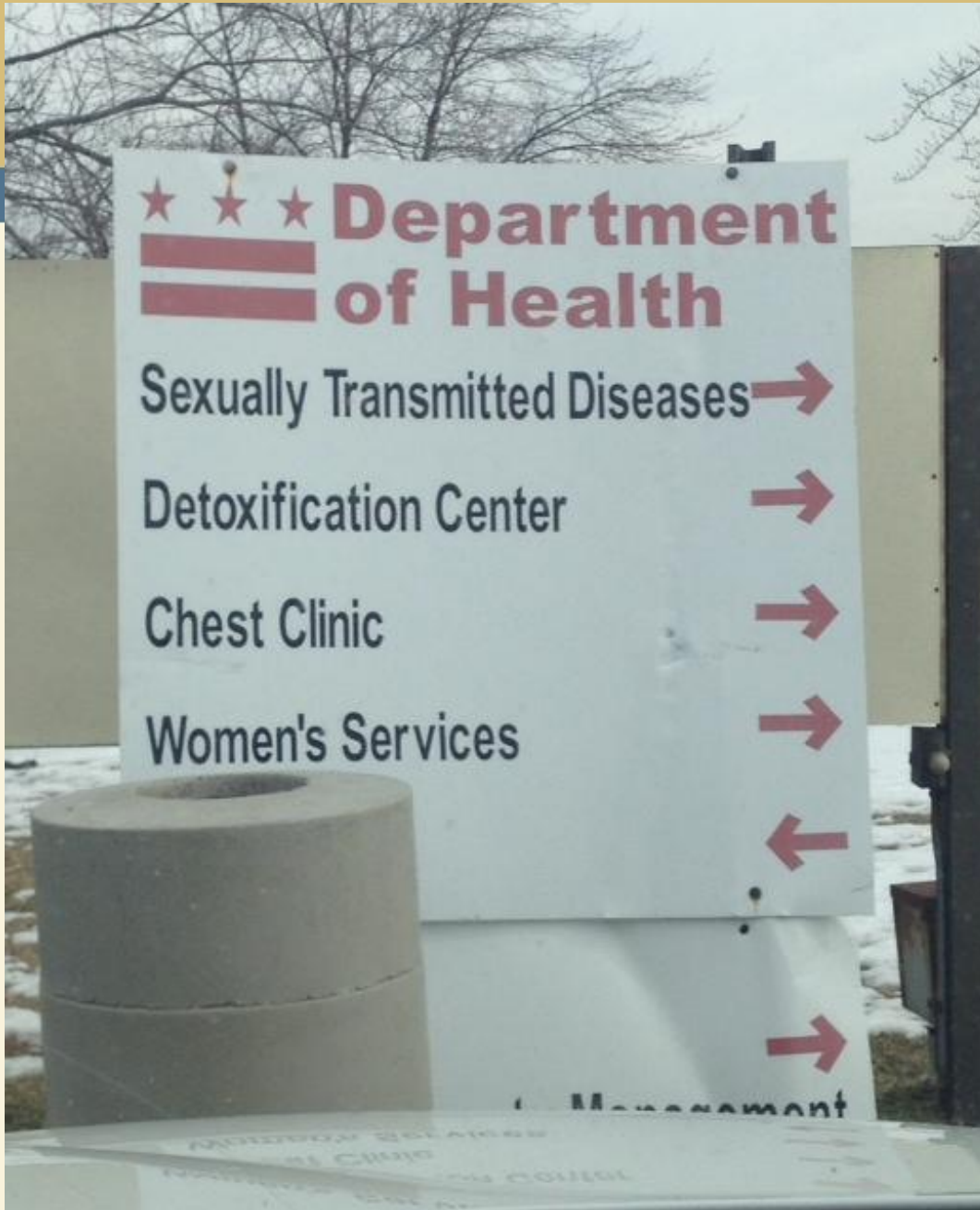
Loss

- *Death*
- *Abandonment*
- *Neglect*
- *Separation*
- *Natural disaster*
- *Accidents*
- *Terrorism*
- *War*

Chronic Stressors

- *Poverty*
- *Racism*
- *Invasive medical procedure*
- *Community trauma*
- *Historical trauma*
- *Family member with substance use disorder*





★ ★ ★ Department of Health

Sexually Transmitted Diseases →

Detoxification Center →

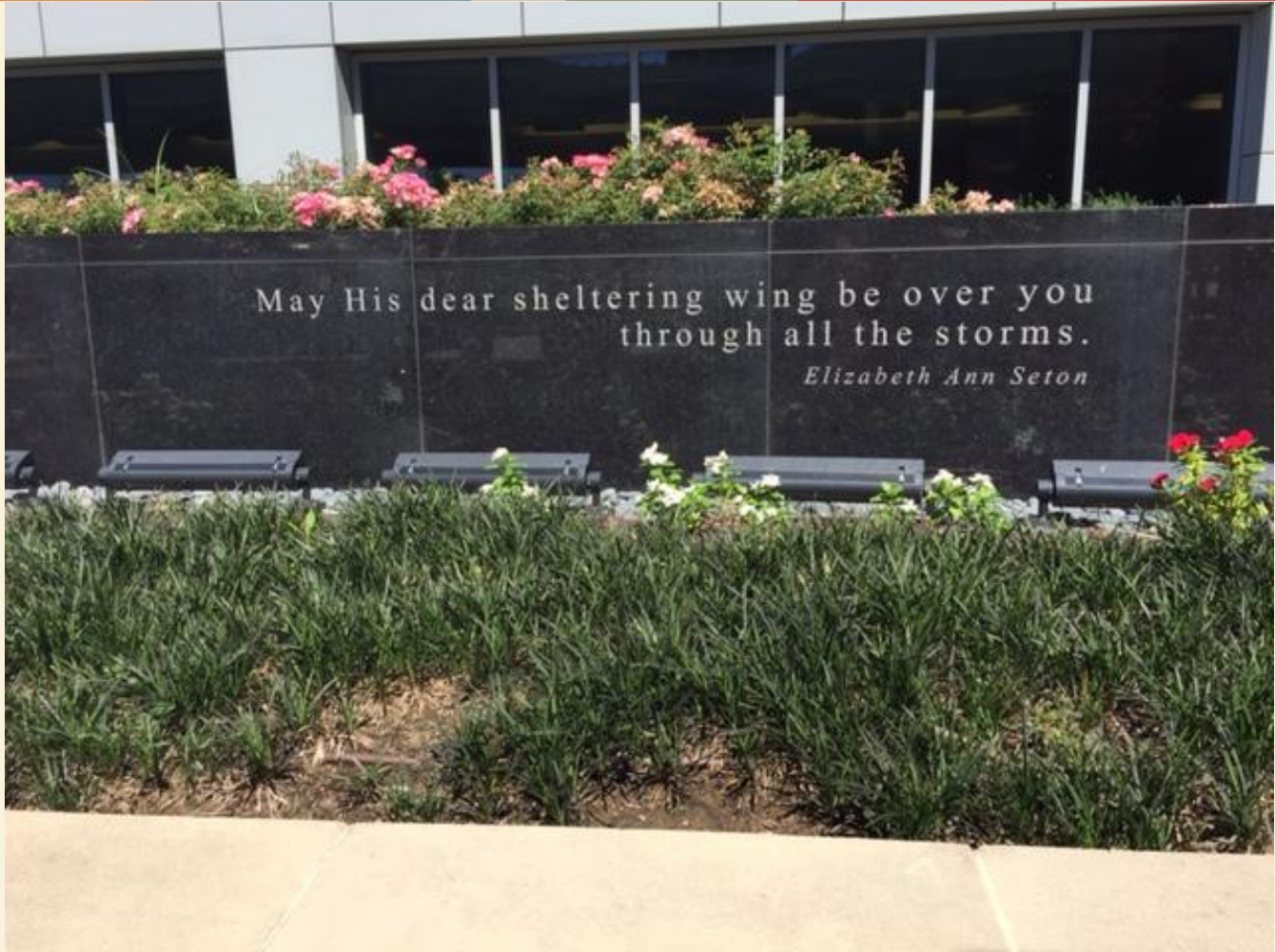
Chest Clinic →

Women's Services →

←

→







Adverse Childhood Experiences (ACEs) Affect Adult Health

**ACEs have
serious health
consequences
for adults:**

- **Adoption of health risk behaviors as coping mechanisms** (e.g., eating disorders, smoking, substance abuse, self-harm, sexual promiscuity)
- **Severe medical conditions** (e.g., heart disease, pulmonary disease, liver disease, STDs, gynecologic cancer)
- **Early death**

ACE Questions:

While you were growing up, during your first 18 years of life:

- 1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? Or Act in a way that made you afraid that you might be physically hurt?**
- 2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? Or Ever hit you so hard that you had marks or were injured?**
- 3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? Or Attempt or actually have oral, anal, or vaginal intercourse with you?**
- 4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? Or Your family didn't look out for each other, feel close to each other, or support each other?**

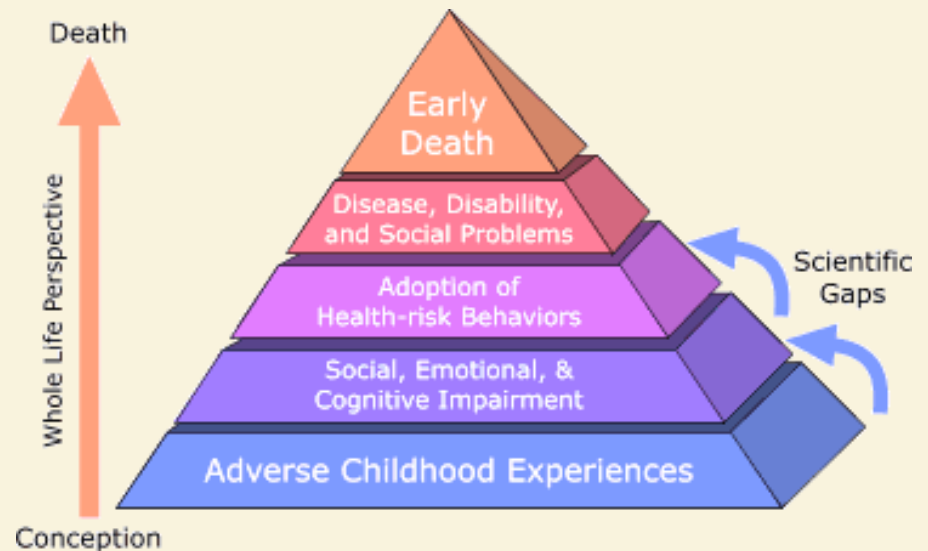
ACE Questions: Con't

5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
6. Were your parents ever separated or divorced?
7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or Ever repeatedly hit at least a few minutes or threatened with a gun or knife?
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
9. Was a household member depressed or mentally ill, or did a household member attempt suicide?
10. Did a household member go to prison?

The ACE Study

“Male child with an ACE score of 6 has a 4600% increase in likelihood of later becoming an IV drug user when compared to a male child with an ACE score of 0. Might heroin be used for the relief of profound anguish dating back to childhood experiences? Might it be the best coping device that an individual can find?”

(Felitti et al, 1998)



WARNING!

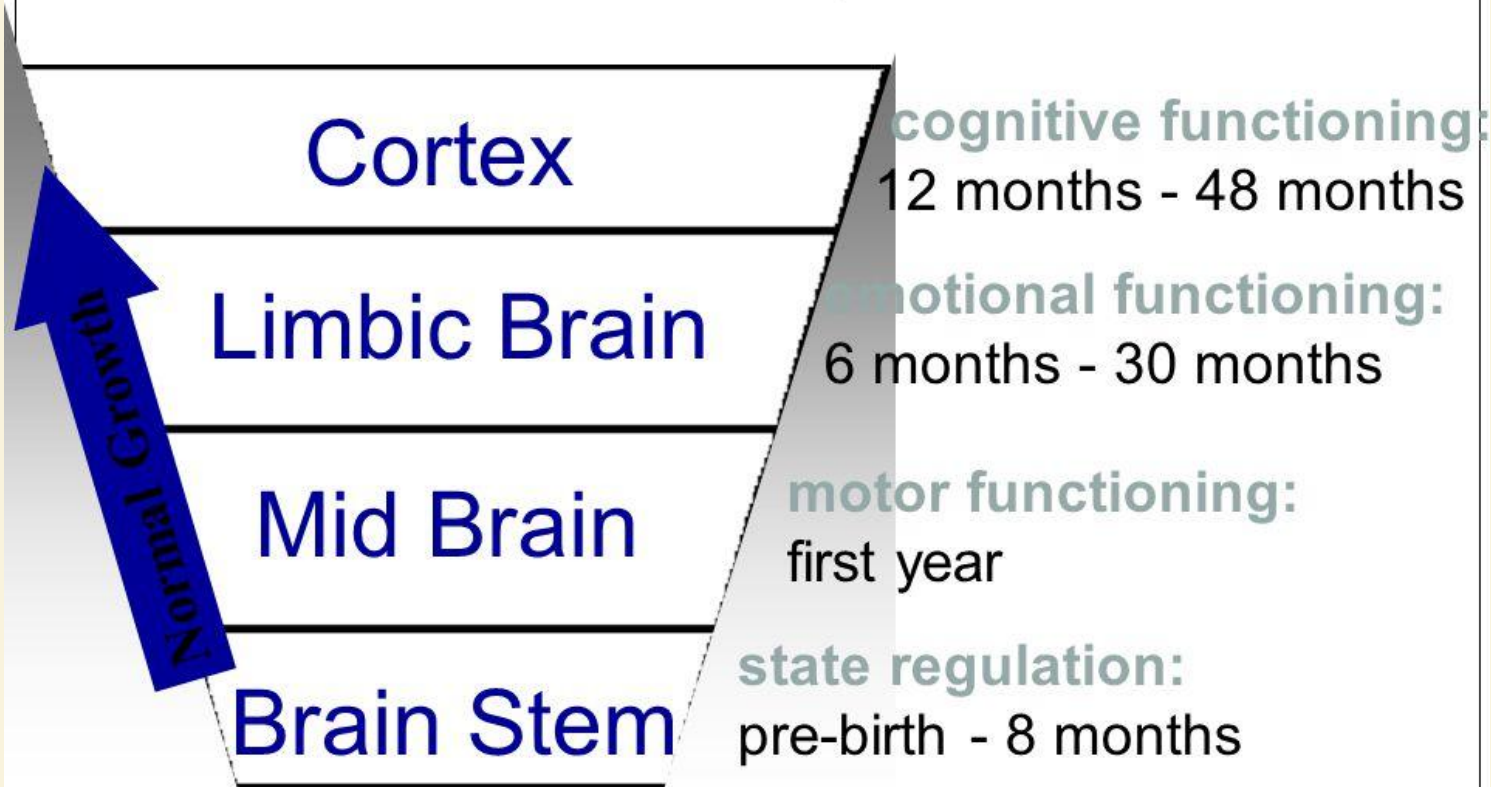


**YOU ARE ENTERING
A NO DRAMA ZONE**

**NO DRAMA
ZONE**

BE PREPARED TO LEAVE YOUR
BAGGAGE BEHIND AND BECOME
THE BEAUTIFUL EMPOWERED
BEING YOU WERE BORN TO BE
#Dramafreezone #Nodrama

Traumatic Stress and Critical Windows of Brain Development



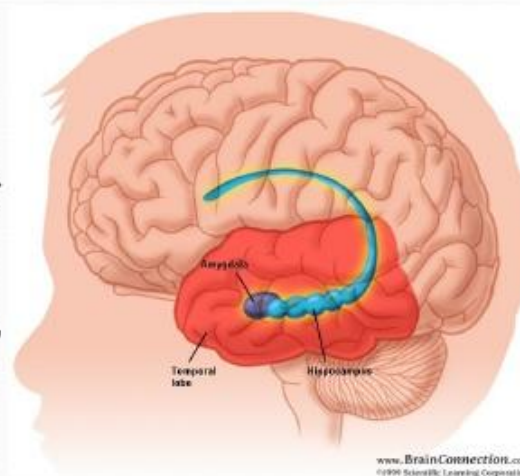
Trauma and the Brain

Amygdala - The brain's emotional computer and alarm system

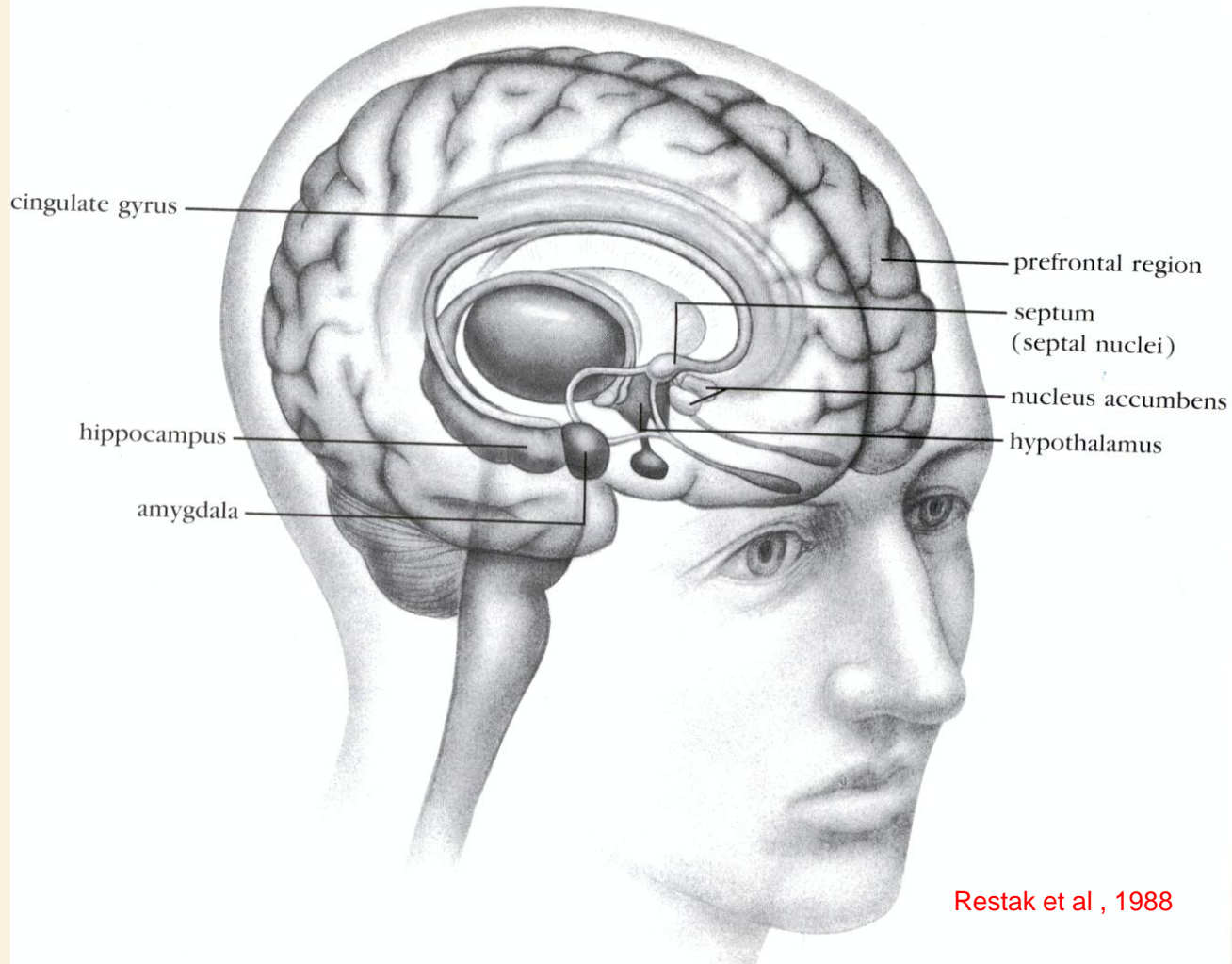
Hippocampus - Brain's storage for our most recent conscious memories

Thalamus - Translates sights, sounds, smells into the language of the brain

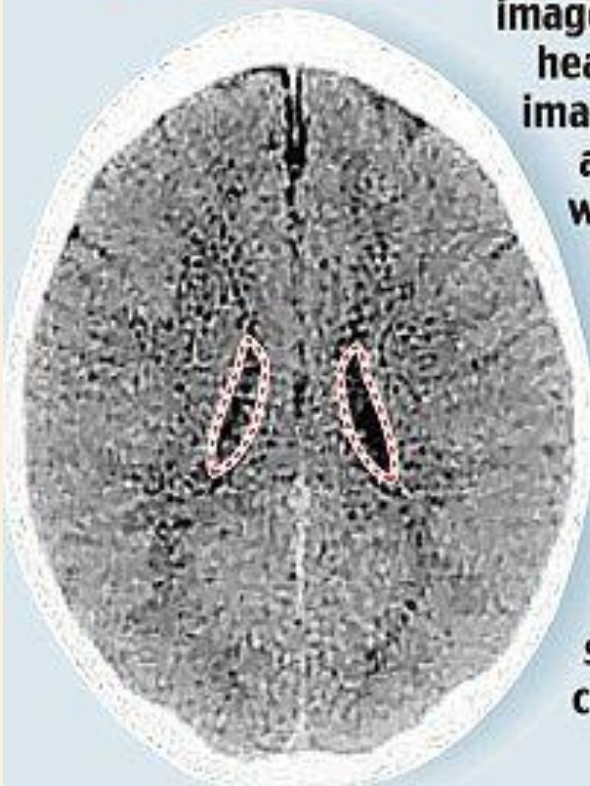
Prefrontal cortex- Where information is used to make decisions about cognitive and emotional responses



Emotional Brain



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



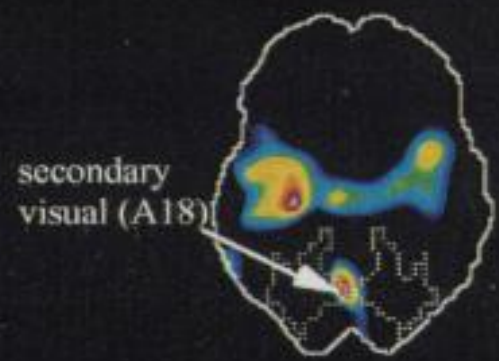
Traumatic minus Neutral



A -12 mm



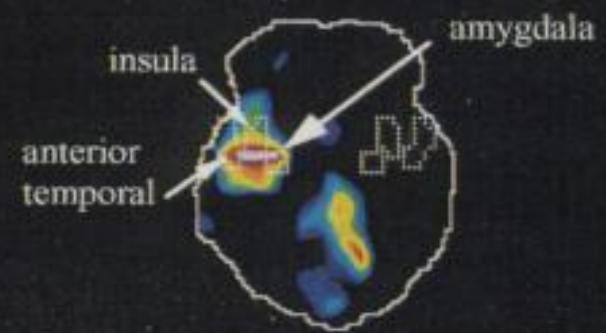
Traumatic minus Neutral



B 0 mm



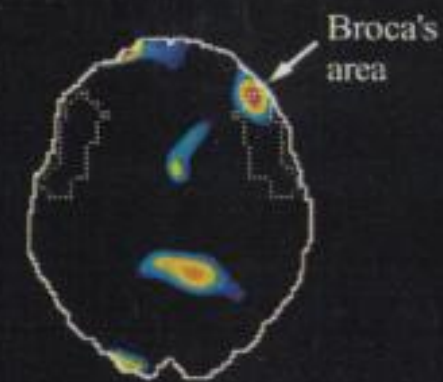
Traumatic minus Teeth-clenching



C -12 mm



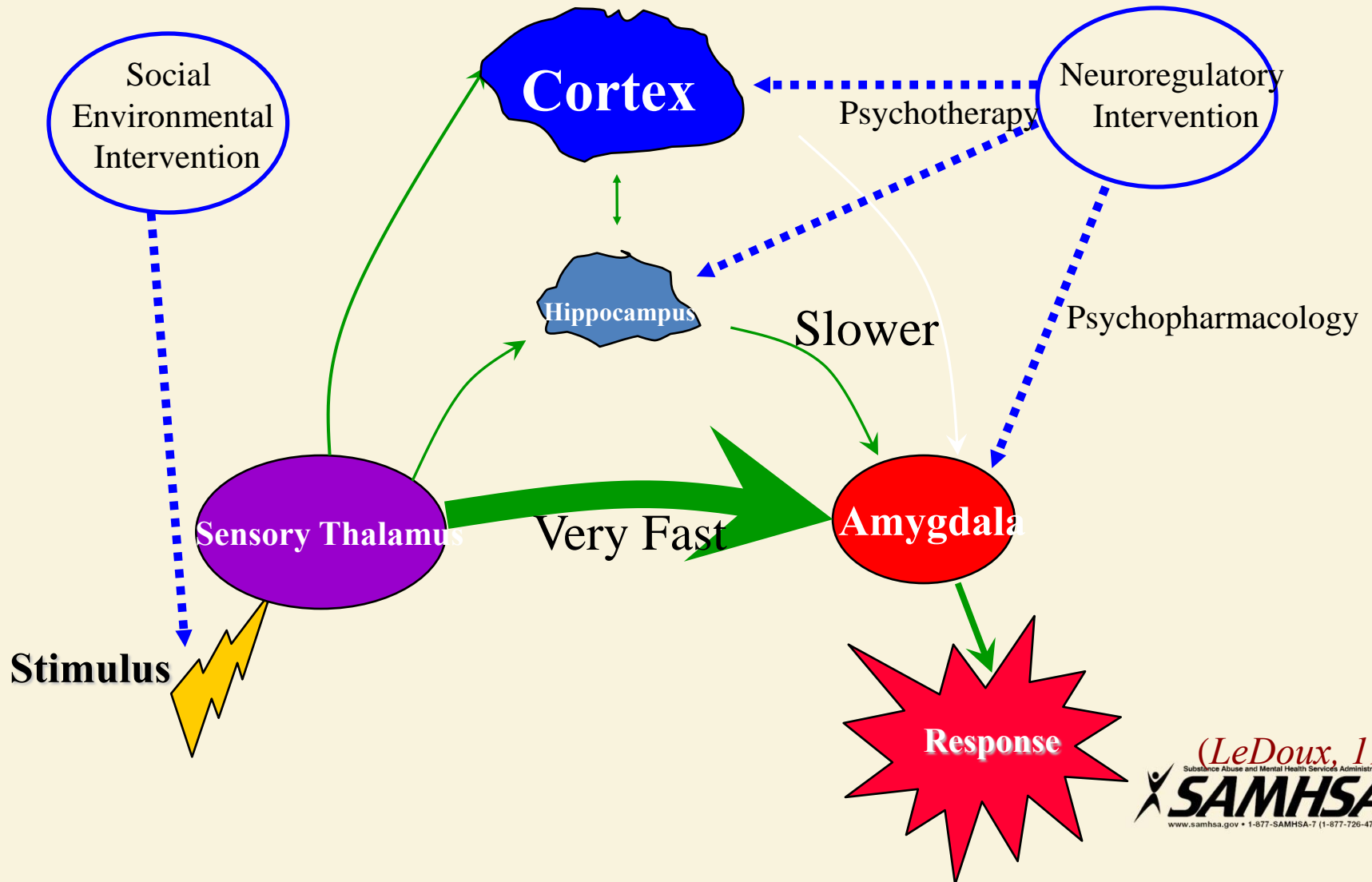
Neutral minus Traumatic



D 8 mm



Between Stimulus and Response



(LeDoux, 1996)

Substance Abuse and Mental Health Services Administration

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

The Four R's

A trauma-informed program, organization, or system:

Realizes

- *Realizes* widespread impact of trauma and understands potential paths for recovery

Recognizes

- *Recognizes* signs and symptoms of trauma in clients, families, staff, and others involved with the system

Responds

- *Responds* by fully integrating knowledge about trauma into policies, procedures, and practices

Resists

- *Seeks to actively Resist* re-traumatization.



Contact Information

Brian R. Sims, M.D.

SAMHSA National Center for Trauma Informed Care

Brian.sims@nasmhpd.org

703-682-5185

