



Southeast (HHS Region 4)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Building a Trauma Informed- Resilient Focused Community

June 1, 2023

Presented by

Becky Haas





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Disclaimer

- This training is 100% supported SAMHSA of the U.S. Department of Health and Human Services (HHS).
- The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by SAMHSA/HHS, or the U.S. Government.

The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

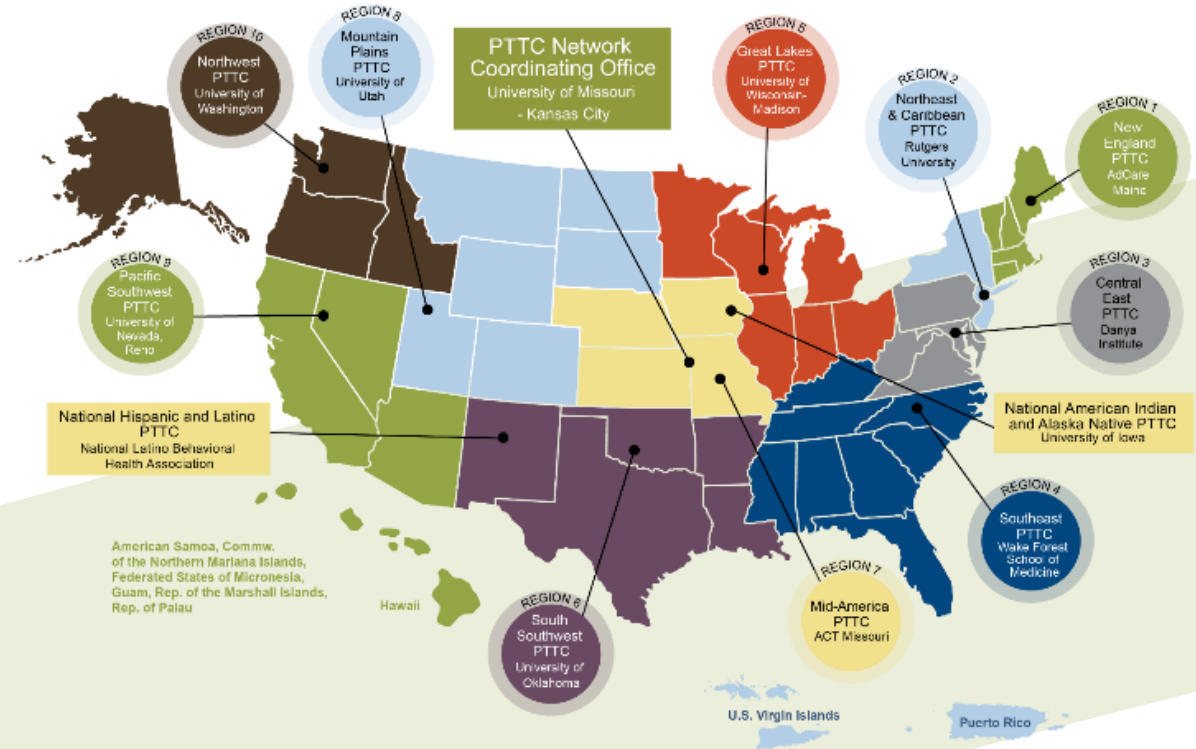
PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



PTTC Prevention Technology Transfer Center Network
 Funded by Substance Abuse and Mental Health Services Administration

PTTC Network



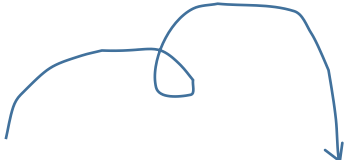
Co-Directors
 Kimberly Wagoner, DrPH, MPH
 and Mark Wolfson, PhD



Wake Forest University
School of Medicine

**Bottom of our main
webpage**

pttcnetwork.org/southeast



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Watch our entire webinar series and subscribe for future episodes.
WATCH

Sign up for our newsletter here!



TONS of great trainings to share/watch with your coalition members

Today's Presenter

BH
Becky Haas
AUTHOR | SPEAKER | TRAINER



Building a Trauma Informed Resilient Focused Community

Becky Haas, Presenter



AUTHOR | SPEAKER | TRAINER

Northeast Tennessee
ACEs Connection

*Creating a Trauma-Informed
Community System of Care*

Building Resilience in
Northeast Tennessee

Intense subject
matter

Pause
Break

What is Trauma?

Individual trauma results from an event, a series of **events**, **experienced** by an individual that are physically or emotionally harmful or life threatening and that have lasting adverse **effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.



Physical

- Low energy
- Hyperarousal
- Hypoarousal
- Paleness
- Lethargy
- Somatic complaints
- Lack of coordination or balance
- Headaches
- Digestive complaints



Emotional

- Anxiety
- Emotional numbness
- Anger
- Depression
- Guilt
- Shame
- Fear
- Avoidance



Behavioral

- Substance and alcohol use
- Eating disorders
- Compulsive behaviors
- Changes in interpersonal relationships
- Anger-related issues
- Isolation and detachment from others



Cognitive

- Inability to concentrate
- Memory lapses
- Learned helplessness
- Increased distraction
- Intrusive thoughts
- Dissociation
- Cognitive errors
- Flashbacks

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

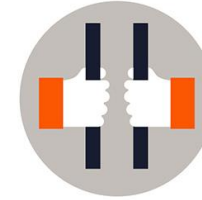


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

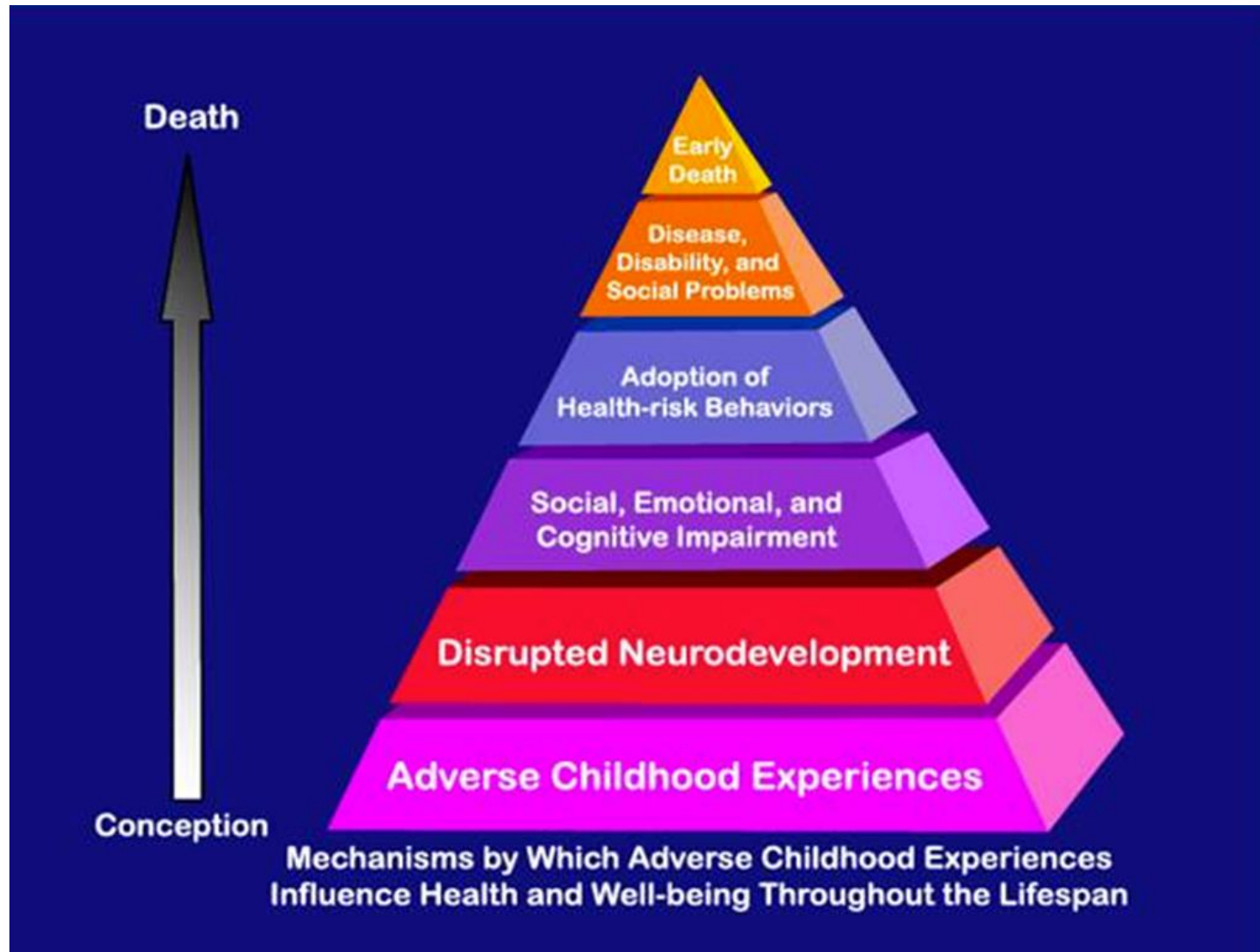
3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



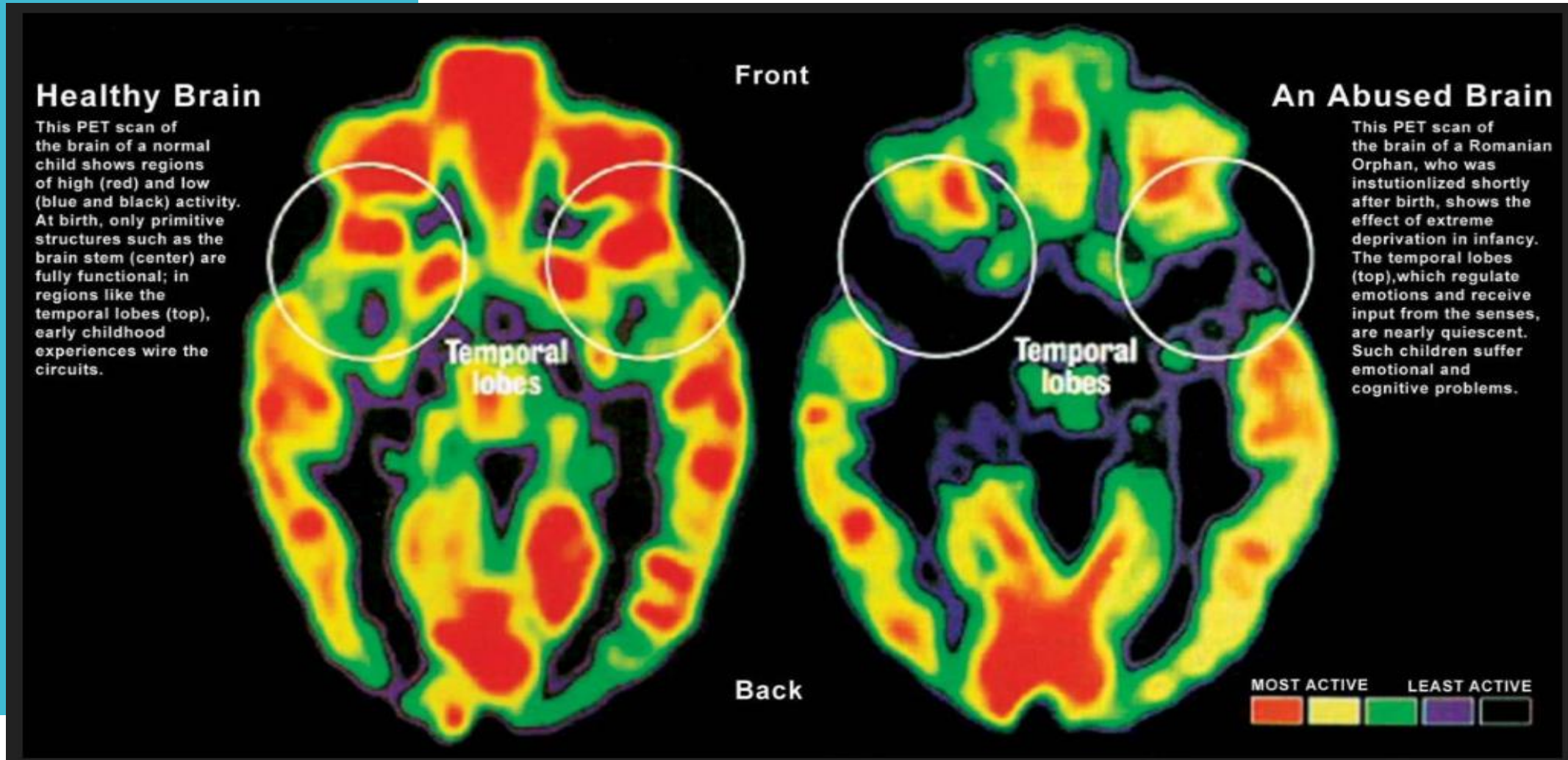
Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACEsConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.





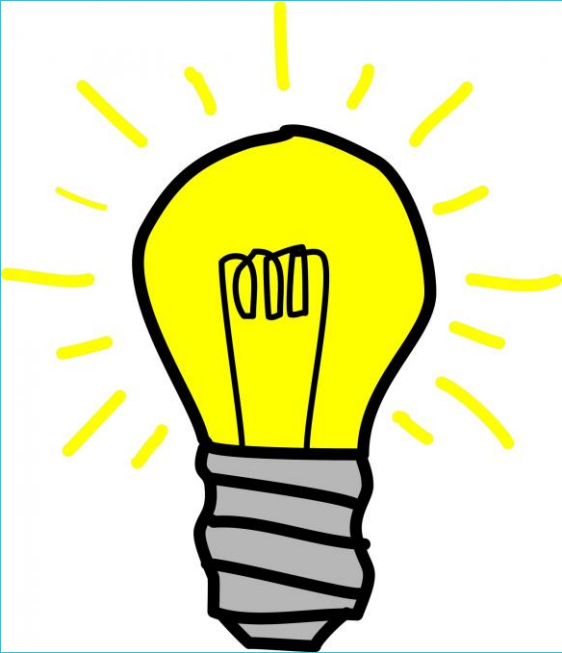
Trauma Affects Brain Development

Felitti & Anda, 2003; source CDC



What is Trauma Informed Care?

- Trauma informed care is an organizational approach that focuses on how trauma may affect an individual's life and response to services from prevention through treatment.
- A trauma informed organization realizes:
 - Widespread impact of trauma and understands potential paths for healing
 - Recognizes the signs and symptoms of trauma in staff, clients, and others involved with the system
 - Responds by fully integrating knowledge about trauma into policies, procedures, practices, and settings.



- Organizations re-think doing business as usual. They consider the pervasive and harmful impact of trauma experienced by individuals and how to avoid re-traumatizing them when accessing their services.

Trauma Informed Protocol, SAMHSA TIP 57

<https://store.samhsa.gov/system/files/sma14-4816.pdf>

Raised Awareness Needed on the Impact of Trauma

- A male child with an ACE score of 6 has a 4,600% greater likelihood [46 times as likely] of later becoming an IV drug user when compared to a child with an ACE score of 0. Might heroin be used for relief of profound anguish dating back to childhood experiences?”
- ~ Felitti, et al 1998
- The American Heart Association says that individuals who do not exercise are 1.4 times as likely to have a heart attack.¹ If you are a smoker you are 1.6 – 2.1 times as likely.²
- Look at the amount of public education related to exercise and smoking cessation.
- An ACE score of 6 doesn't mean drug addiction is inevitable but implies an individual is at great risk.

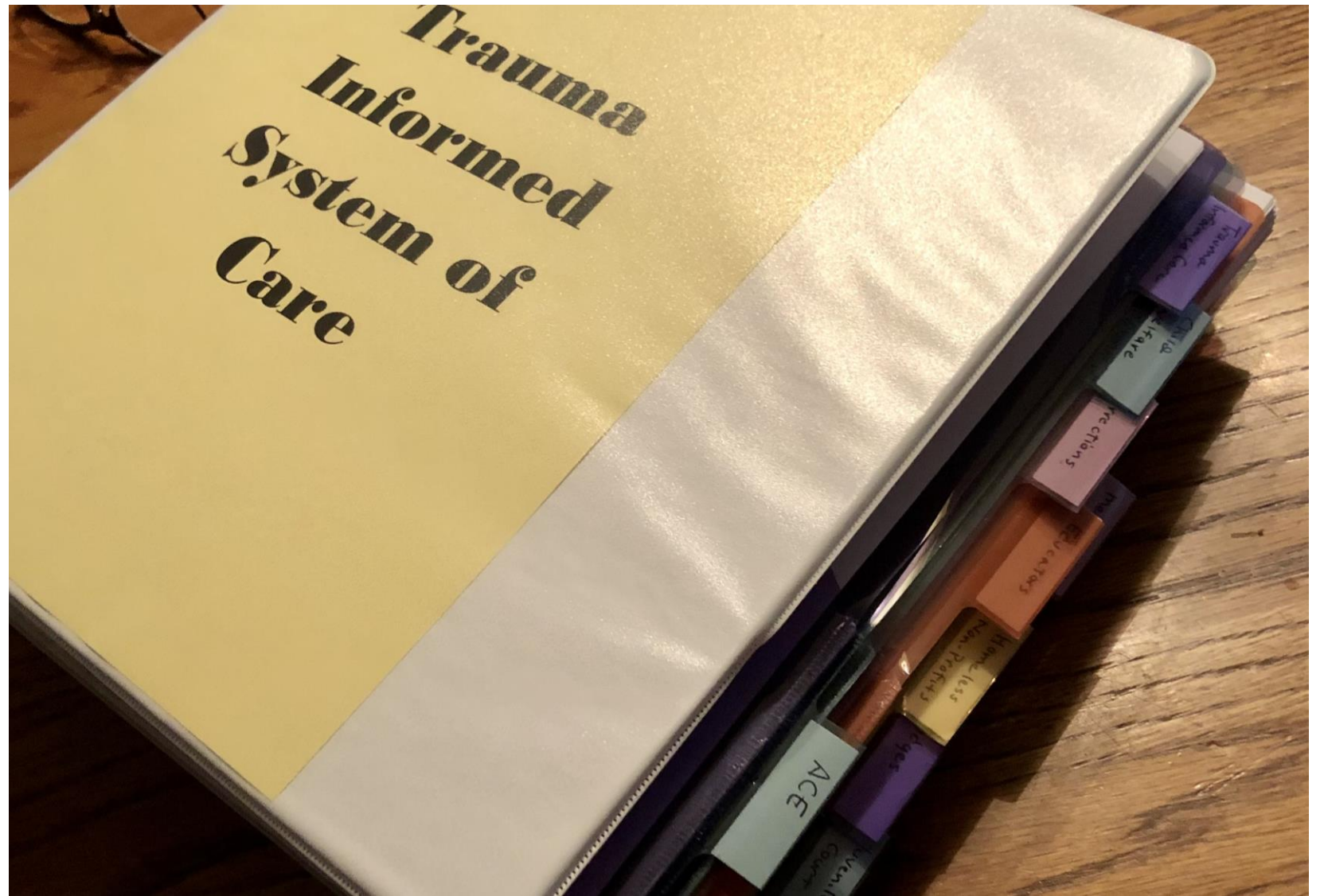
2014 SAMHSA concept paper

Concept of Trauma and Guidance for a Trauma-Informed Approach

Recommendation:

“...communities [should] address trauma through a **multi-agency** public health approach inclusive of public education and awareness, prevention and early identification, and effective trauma-specific assessment and treatment.”

The Notebook



October 2017 “Though many communities across the nation are beginning to implement some of these SAMHSA recommendations, Johnson City clearly stands out as a leader in embracing this model.” –

*Dr. Joan Gillece, Director
SAMHSA-funded National
Center for Trauma Informed
Care*

National Model

SAMHSA Forum September 2018





“The Johnson City model of trauma-informed care has been a tremendous inspiration for First Chance Delaware and many of our partners. Understanding trauma is a prerequisite to any strength-based work with children, families, and communities; and a multi-agency public health approach is the only way to get there.”

The Johnson City system of care is a great example of how to integrate the development of formal supports with the promotion of public awareness, in a science-based, goal-oriented, and sustainable shift in culture. That’s what cities really need.”

Tracey Quillen Carney, First Lady of Delaware

2012 Report of the
Attorney General's
National Task
Force on Children
Exposed to
Violence

“Exposure to violence is a national crisis that affects approximately two out of every three of our children. **In 1979, U.S. Surgeon General Julius B. Richmond** declared violence a public health crisis of the highest priority, and yet 41 years later that crisis remains.”

We are long overdue for a national awareness campaign -- similar to public health initiatives on how seat belts save lives, smoking causes cancer, and hand washing prevents flu.

<https://www.justice.gov/archives/defendingchildhood/task-force-children-exposed-violence>

Trauma Impacts Your Community

SAMHSA, the Centers for Disease Control and the Hazelden Betty Ford Foundation all indicate trauma/Adverse Childhood Experiences are a **significant** risk factor leading to addiction.

In Tennessee:

“Over half of adult Tennesseans reported at least one ACE between 2014 and 2017, and about 17% had experienced 4 or more.”

*“In 2017, ACEs among Tennessee adults led to an estimated **\$5.2 billion** in direct medical costs and lost productivity from employees missing work.”*

~ The Economic Cost of ACEs in Tennessee, Medical Costs and Worker Absenteeism from Health Issues Attributed to Adverse Childhood Experiences. The Sycamore Institute, February 1, 2019

Imprisonment has Not Reduced State Drug Problems

2014 Pew Charitable Trusts Report - prison data shows no evidence that incarceration reduces drug misuse

The absence of any relationship between states' rates of drug imprisonment and drug problems suggests that expanding drug imprisonment is not likely to be an effective national drug control and prevention strategy

Study compared 2014 data from Tennessee and New Jersey. Tennessee drug imprisonment rank is 5th while New Jersey ranked 45th. Yet both states have comparable drug use rates.

Pew Charitable Trust - Issue Brief, March 8, 2018

Understanding ACEs – Impacting Homelessness

“Although societal factors (e.g., lack of affordable housing) affect how many individuals are homeless at any given time, demographic characteristics and life histories put specific individuals at risk for this detrimental experience. Childhood adversities are found to be substantially overrepresented in homeless samples, and a history of childhood adversity has been related to particularly poor outcomes among the homeless.”

American Journal of Public Health, Dec. 2013

Improving Community Health

In a subsequent study to ACEs involving 125,000 patients, Drs. Felitti and Anda, found that those who completed the ACE Study questionnaire as part of their medical history and discussed their ACE Scores with their doctors had a 35% reduction in their doctor visits and an 11% reduction in emergency room visits over the course of the following year.

Felitti & Anda (2010). The relationship of adverse childhood experiences to adult medical disease, psychiatric disorders and sexual behavior: implications for healthcare.

National Prevalence of Trauma

- Around 65% of all substance abuse treatment clients report experiencing childhood abuse
- Around 75% of women in substance abuse treatment report a history of trauma
- Around 92% of homeless mothers have severe trauma histories

© BeckyHaas.com 2023

https://www.nasmhpd.org/sites/default/files/TraumaTIACurriculumTrainersManual_8_18_2015.pdf

- 71% of children are exposed to violence each year
- 3.5-10 million children witness violence against their mother or stepmother each year
- 1 in 4 girls & 1 in 6 boys are sexually abused before adulthood
- In a study of juvenile justice settings, 94% of children had experienced trauma

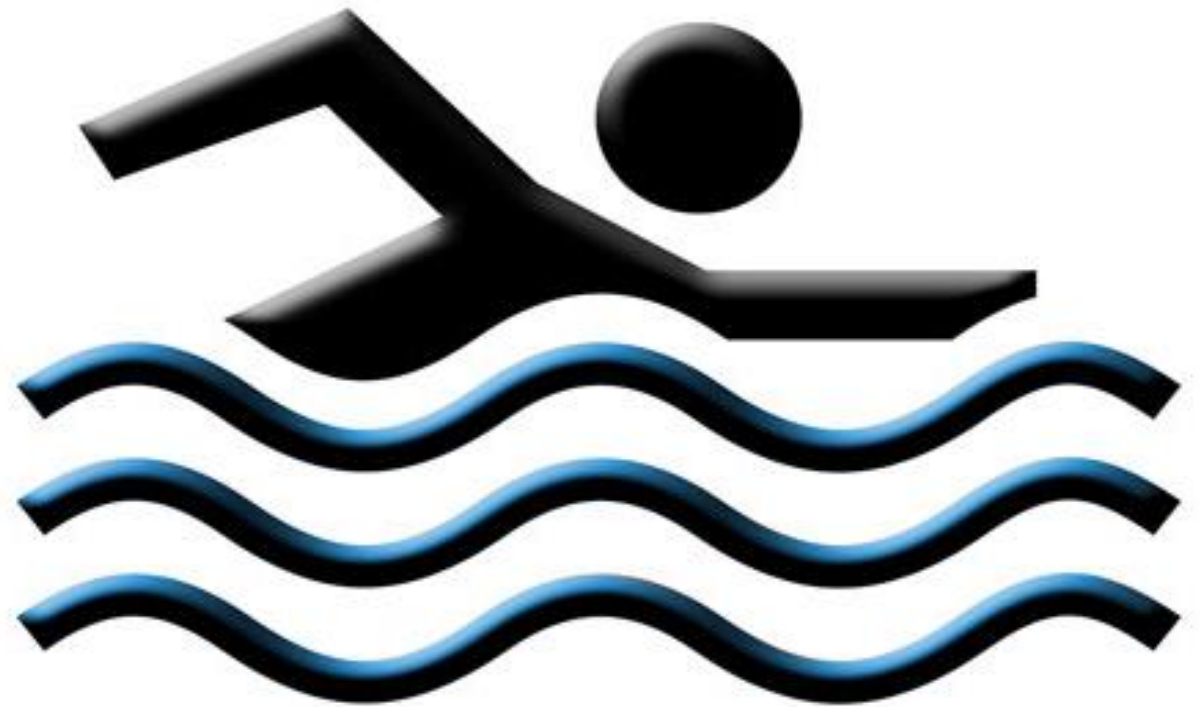
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Trauma Is NOT an Excuse

Adverse Childhood Experiences are not an excuse for drug addiction or criminal behavior – but rather provide an explanation for it.

What is predictable, is preventable.

Provides communities with an upstream approach



Creating Community Resilience

Think of a System of Care in comparison to public placement of AEDs. These devices are put in areas where they will most likely be needed and quick service by EMS is not available.

The key to proper use is training. The same is true with community-wide Trauma-Informed Care training



Building Resilience Increasing Positive Childhood Experiences

- In 2019 Johns Hopkins published the “Protective Childhood Experiences” Study showing how positive experiences acted to counter traumatic childhood experiences
- Of 6,188 adults surveyed they identified 7 categories of childhood experiences that are connected to improved mental health and social connectedness in adults

https://positiveexperience.org/wp-content/uploads/2020/01/jamapediatrics_bethell_2019_oi_190057.pdf

Kids who experience many positive childhood experiences during childhood become adults who can seek support, get care – and adults who can seek support and get care have improved symptoms even if mental health is present.

The relationship between positive experiences and good mental health is dose-responsive; that means the more PCE's a child has the better their adult mental health is likely to be.

What Was Learned...

7 Positive Childhood Experiences

Ability to talk with family about feelings

Felt experience that family is supportive in difficult times

Enjoyment in participation in community traditions

Feeling of belonging in high school

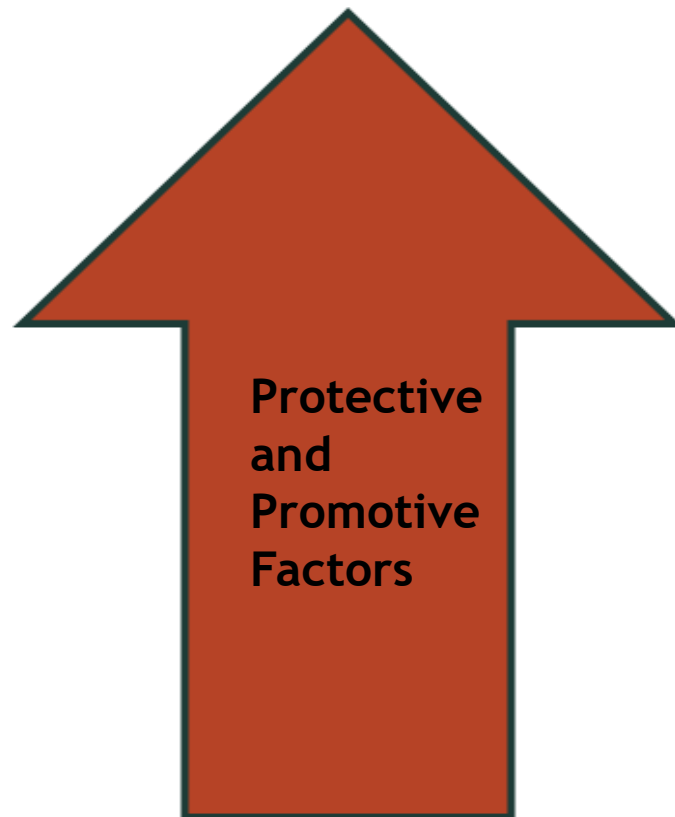
Feeling of being supported by friends

Having at least two non-parent adults who genuinely care

Feeling safe and protected by an adult at home



Focus on
Protective
Factors



Getting Started

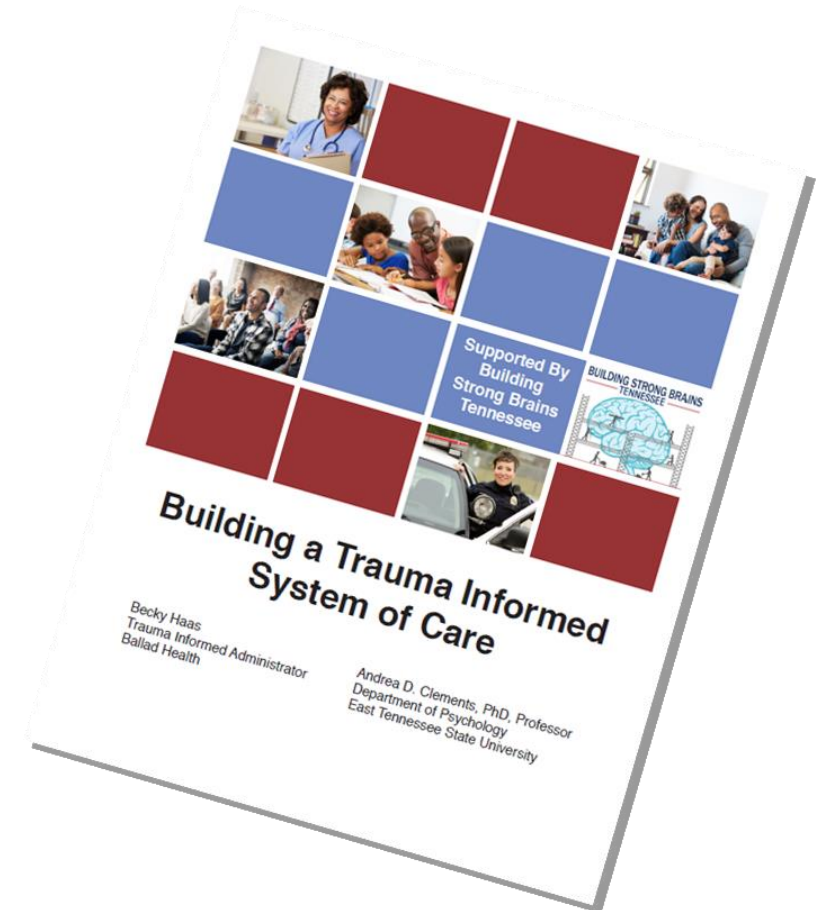
It only takes one person to get a Trauma Informed Community of Care started

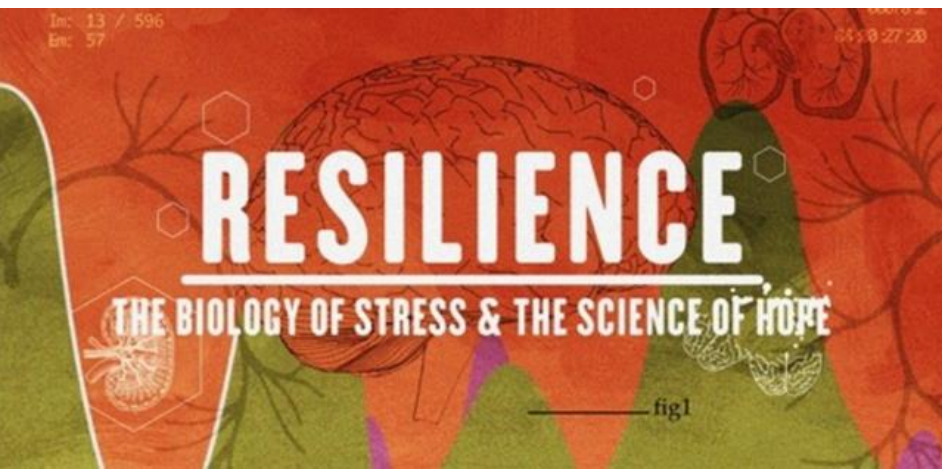
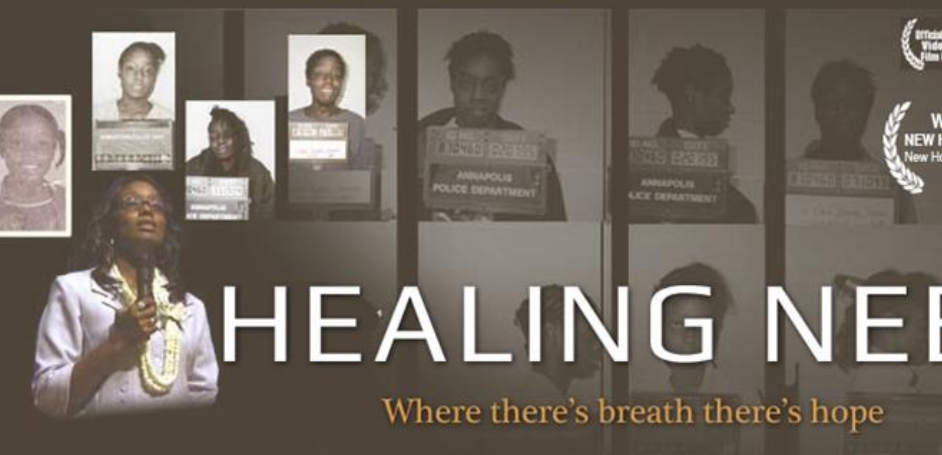
It's a message that's "caught" not "taught" – are you contagious?

3 steps – Advocate, Educate and Collaborate

Building Trauma Informed System of Care Toolkit being distributed by TN Dept. of Children's Services (*Haas/Clements*)

December 2020, published by Johns Hopkins, *Progress in Community Health Partnerships: Research, Education and Action*.





Creating the System of Care

Advocate – raise awareness

Film screenings
Paper Tigers
Resilience
Healing Neen

Community forums
Civic clubs

Educate

SAMHSA's "Trauma-Informed Approach, Key Principles and Assumptions"

Tennessee Building Strong Brains

SAMHSA "Key Principles" Train the Trainer

Sector Specific trainings

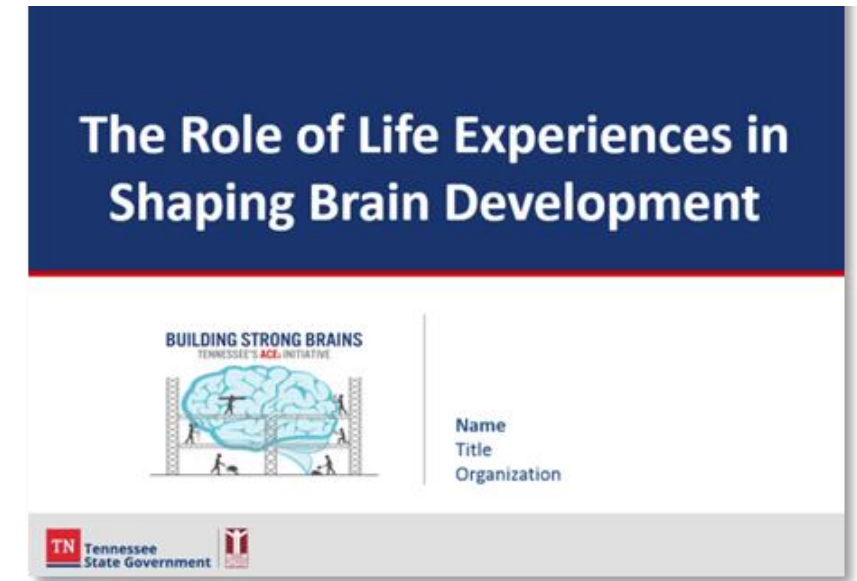
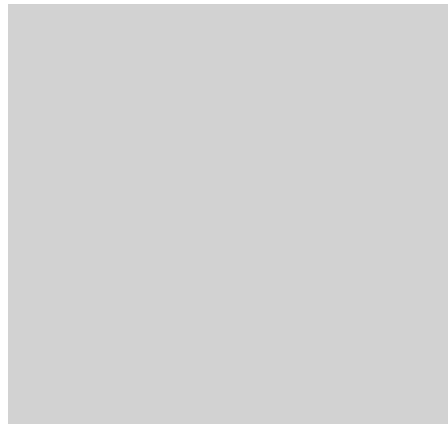
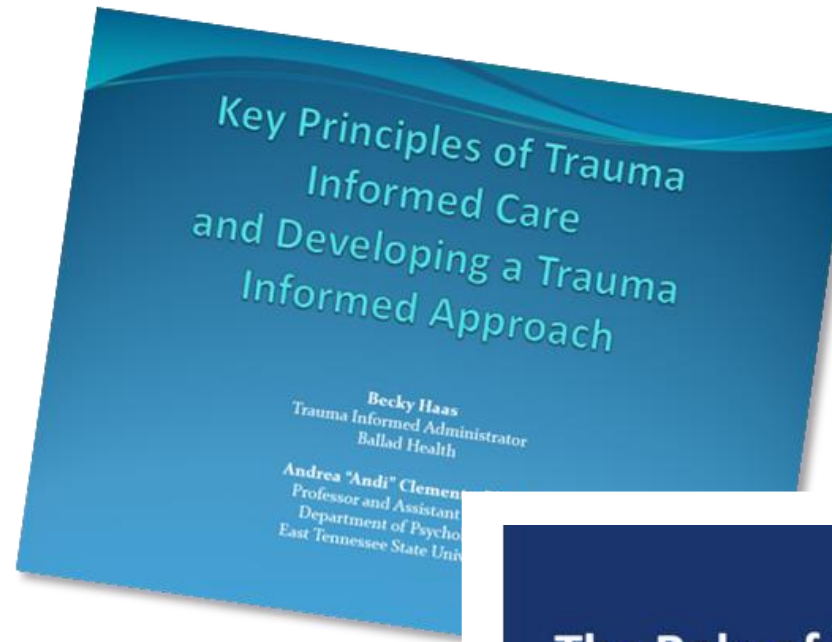
Educators

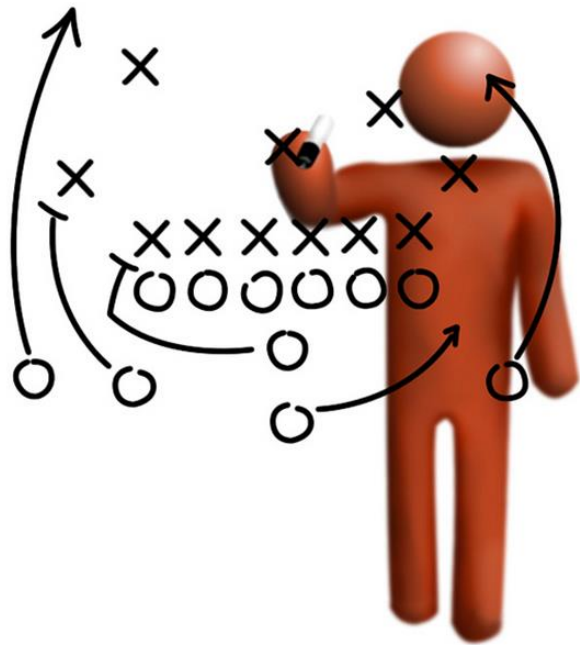
Healthcare

Law Enforcement

Faith-Based

Professional Self-care





Collaborate...Bi-Monthly System of Care Meetings

System affiliation does not require an MOU

Meetings include coaching and cheering

After each training event, participants are invited to join the System of Care



Trauma Informed Care In Action Boys and Girls Club

Trauma Informed Libraries

Serve and return preschool reading groups

Parent take home activity bag

Trauma Informed/ACEs reading section –
books for trauma survivors and service
providers

Teen hygiene drawer at Help Desk

Homeless outreach closet

Blessing bags

Coloring

for Adults



October 29th from 2:00-4:00 pm

Isaiah 117 House



Isaiah 117 House is Helping to Reduce Trauma for Children Transitioning into Foster Care

BECKY HAAS ● 9/15/20 @ 7:19 AM *



ACEs Awareness Month Proclamations

United Way

School District

Mayor

TN Commission on
Youth and Children



Carter County Anti-Drug Coalition

Park and Rec Mentor Grant – adult mentors for kids identified through Park and Rec

“Safe Sitter Classes” – sponsors pay \$25 so kids “raising” their younger siblings can be trained



Trauma-Responsive Education Is Changing School Culture

BECKY HAAS ● 3/30/18 @ 8:36 AM *



(l to r) Becky Haas, Melanie Riden-Bacon, and Andi Clements



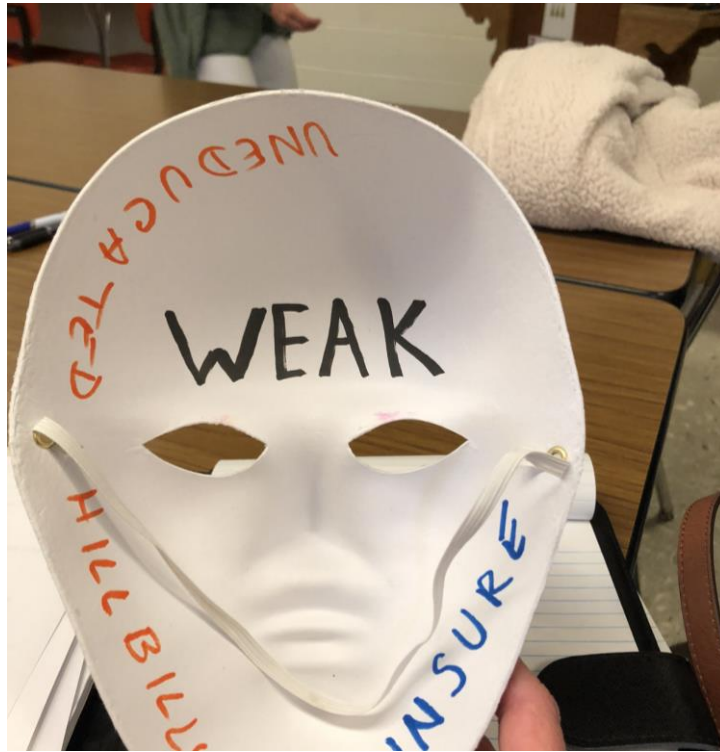
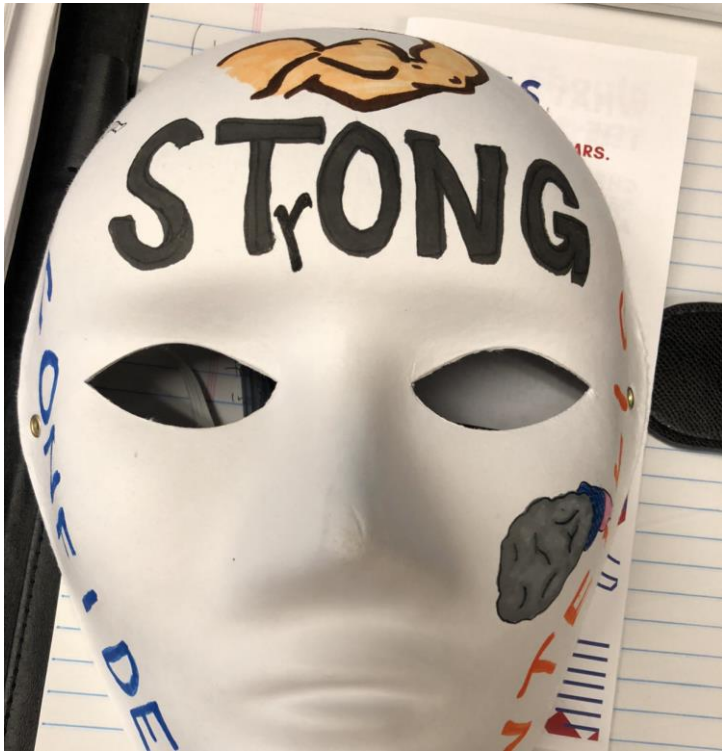
Topper Academy



Trauma Sensitive School Culture



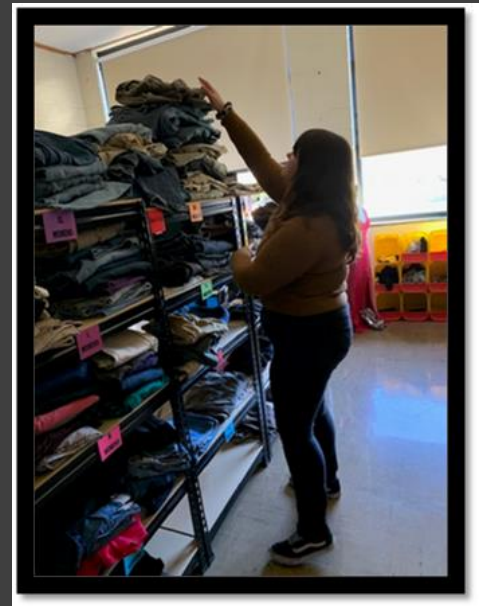
Washington Lee Elementary School



Elizabethton High School



Smyth County VA Schools District Wide Implementation

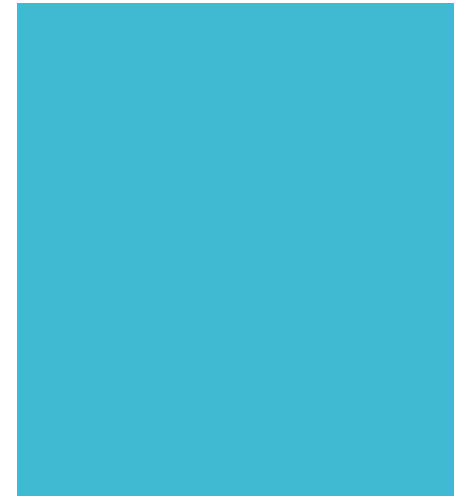


- Suds for Buds
- Chilhowie High School
- Marion, Virginia



Trauma Informed Family Justice Center

Trauma Informed Policing
Handle With Care
Reducing Community Trauma



Key Principles of Trauma Informed Care and Developing a Trauma Informed Approach for Faith-Based Organizations

Andi Clements, PhD East Tennessee State University Department of Psychology Executive Director The Holy Friendship Collaborative	Becky Haas Trauma Informed Administrator Ballad Health Board Member The Holy Friendship Collaborative
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HOLY FRIENDSHIP COLLABORATIVE

Mobilizing the Church to Address Addiction



**National Trauma Informed Expert Presentation:
Pastor Sanghoon Yoo**

The Holy Friendship Collaborative was pleased to welcome Pastor Sanghoon Yoo in a rare opportunity to hear from a

Trauma Informed Care for Faith-Based Organizations

East Tennessee State University – Strong BRAIN Trust

College of Medicine
Pediatrics
Psychiatry
Center of Excellence for Children
in State Custody
College of Nursing
College of Arts and Sciences
Psychology
Biological Sciences
College of Pharmacy
College of Nursing
College of Public Health
Biostatistics and Epidemiology

College of Education
Counseling and Human Services
Center of Excellence for Early
Childhood Learning and Development
College of Business



EAST TENNESSEE STATE
UNIVERSITY

Trauma Informed Workforce

Providing services:

Robinette Manufacturing
Bristol City Schools

BRISTOL CONNECT

A Workforce Sustainability Program
The idea is simple:

When your workers thrive, your business grows.

The way you treat your employees matters. It matters for recruiting and retaining good employees, for better engagement, better job satisfaction, and for improved productivity. Our employer network knows how important it is to invest in your workers and will work with you to achieve these goals.



Healthcare Community

St. Jude's Cancer
Research Affiliate Clinic

Life skills class

Peer support groups

Pain Protocol



Healthcare System

Training for healthcare team members; all hospital CEOs/CNOs; Foundation; Chaplains

Implementing existing trauma informed protocols into practice

Raising awareness regionally of ACEs as an social determinant of health disparities

Training Accountable Care community partners in trauma informed care



ETSU Ballard Health Strong BRAIN Institute



ETSU, Ballard Health team up for institute to study adverse childhood experiences (WCYB)

KAREN CLEMMER (ACES CONNECTION STAFF) ○
6/26/20 @ 7:52 PM



East Tennessee State University/Ballad Health Strong Brain Institute Begins Work

BECKY HAAS ○ 1/16/21 @ 6:24 AM *



ACE as Social Determinant to Health Gained Regional Acceptance in 4 years



MYSTERY DINER
Real deal
Authentic California Mexican Grill lives up to its name. **A8**



APPALACHIAN LEAGUE
Cardinals' title hopes take a beating. **B1**

Johnson City Press

TRI-CITIES, TENNESSEE | johnsoncitypress.com | TUESDAY, SEPTEMBER 3, 2019 | \$1.00

Dealing with ACEs

Childhood experiences may have implications for later life

By Jonathan Roberts
PRESS STAFF WRITER
jroberts@johnsoncitypress.com

Almost half of all American children have experienced at least some form of childhood trauma.

Many of these adverse childhood experiences, or ACEs, can be tied back to drug and substance abuse, but their impact may be more widespread than many perceive.

In Tennessee, an estimated 49% of children have at least one adverse childhood experience, and 24.1% have at least two. Nationally, those numbers sit at

Children with ACEs, such as neglect, physical and sexual abuse and family dysfunction, are more likely to suffer from a wide range of health disorders, both physical and mental — including substance abuse.

WHAT ARE ACES AND TRAUMA-INFORMED CARE?

Adverse childhood experiences are traumas children experience from ages 0-17. The original study identified 10 ACEs, but has since expanded to 14. They include:

- Physical neglect.
- Domestic violence.
- Household substance abuse.
- Incarcerated care provider.
- Mental illness in the home.
- Witnessing violence.
- Living in unsafe neighborhoods.
- Experiencing racism.
- Living in foster care.
- Experiencing bullying.

Trauma-informed care is the framework and structure for treatment that involves understanding, recognizing and responding to the effects of trauma. Being trauma-informed, however, is the individual under-



Tennessee children with ACEs (2016-17)

Category	Percentage
No ACEs	51.0%
1 ACE	24.1%
2+ ACEs	24.9%

US children with ACEs (2016-17)

Category	Percentage
No ACEs	54.9%
1 ACE	20.5%
2+ ACEs	24.6%

JOHNSON CITY PRESS

According to the U.S. Census Bureau's 2016-17 National Survey of Children's Health, Tennessee children have experienced more adverse childhood experiences than the average American child.

See ACEs Page A2

Sector Specific Trainings Available



Resilient Centered
Healthcare

Creating Trauma
Sensitive Schools

Trauma Informed
Policing

Using a Trauma
Informed Approach
to Early Childhood
Education

Using a Trauma
Informed Approach in
Youth Development
and Afterschool
Programs

Essential Elements for Trauma
Informed Juvenile Justice
Settings

Trauma Informed Faith Based
Organizations

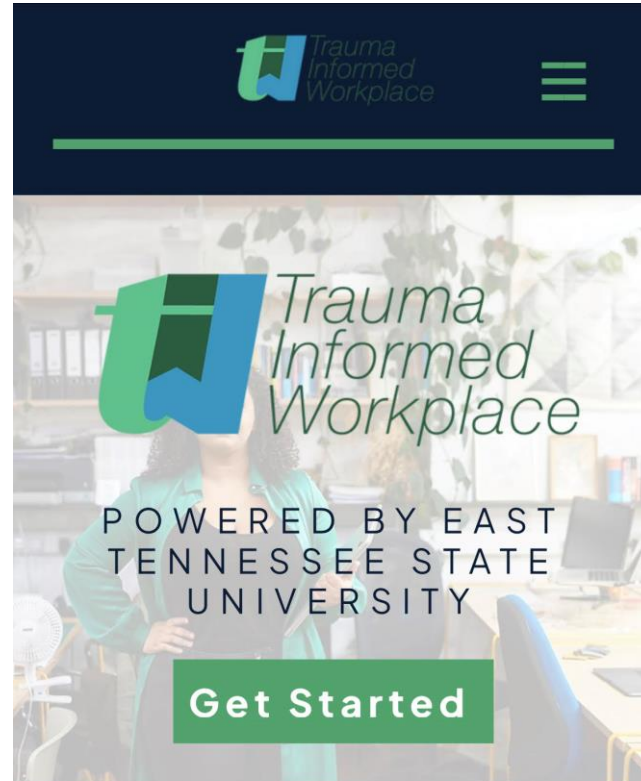
Using a Trauma Informed
Approach to Child Welfare and
Foster Care

Creating Resiliency in Public
Housing and Homeless Services

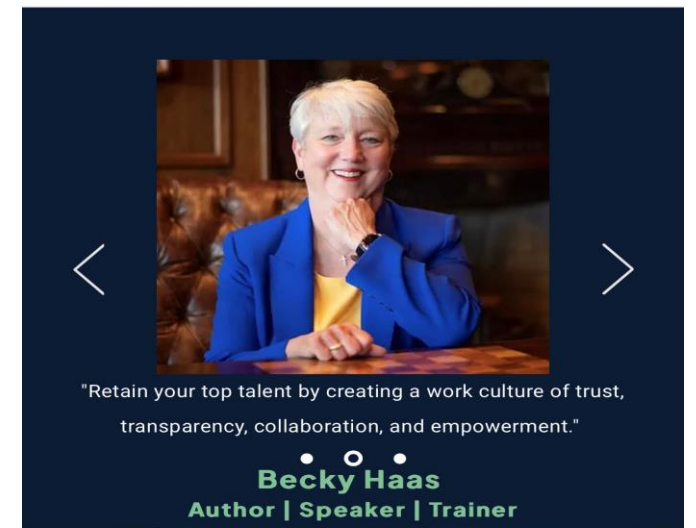


State Level Sullivan County Regional Health Department

TN Dept of Public Health Trauma Informed Workplace Designation



**Helping
organizations create
healthy, adaptable
workplaces.**





TN Association of Chiefs of Police



National Delaware State Police



Medical College of Georgia at Augusta University



Texas Department of Juvenile Justice

Global Resiliency Accelerator

Dr. Warren Larkin



Becky Haas



GLOBAL RESILIENCY ACCELERATOR

Creating a Global Network

Join the conversation on the implementation of ACEs science to accelerate best practices, encourage existing ACEs communities in their work & connect with ACEs advocates around the world!

How Will You
Respond?



Contact Information:

Becky Haas

<https://BeckyHaas.com>

Becky@beckyhaas.com





Southeast (HHS Region 4)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The purpose of the Prevention Technology Transfer Center (PTTC) Network is to improve implementation and delivery of effective substance abuse prevention interventions, and provide training and technical assistance services to the substance abuse prevention field.

Address for the listserv is

<https://lp.constantcontactpages.com/su/OaIT5aj/SignUp>



Join our Email List Here

SAMHSA
Substance Abuse and Mental Health
Services Administration

CONNECT WITH US



southeast@pttcnetwork.org



[Pttcnetwork.org/southeast](https://pttcnetwork.org/southeast)