

The Relevance of a Trauma Informed Approach for Prevention Professionals

Presented By:

Dodi Swope, M.Ed

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Prevention Solutions EDC

March 25, 2021

1:00pm-2:30pm CDT

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January 2021

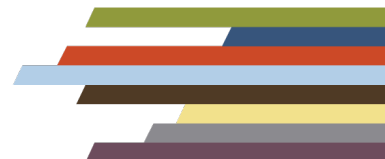
The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

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



Thank You for Joining Us!

A few housekeeping items:

- If you are having technical issues, please individually message Kristina Spannbauer or Stephanie Behlman in the chat section and they will be happy to assist you.
- Please put any questions for the speaker or comments in the Q & A section, also at the bottom of the screen. We will respond to questions during the presentation.
- Certificates of attendance will be sent out to all who attended the full session. They will take about 2 weeks.

Thank You for Joining Us!

A few more housekeeping items:

- You will be directed to a link at the end of the presentation to a very short survey – we would really appreciate it if you could fill it out. It takes about 3 minutes.
- Certificates of attendance will be sent out via email to all who attended the full session. They will take about a week.
- We are recording this session and it will be available on our website in approximately a week.

A close-up photograph of several social media icons on white keyboard keys. The icons include Pinterest (red circle with white 'P'), Snapchat (yellow square with white ghost), Instagram (purple-to-orange gradient square with white camera outline), Facebook (blue square with white 'f'), and Twitter (blue bird silhouette).

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The Relevance of a Trauma Informed Approach for Prevention Professionals

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A Two-Part Series

Exploring the Impact of Trauma and Adverse Childhood Experiences on Substance Misuse and Substance Use Disorder Prevention Efforts

Today, we'll look at why understanding trauma is important for prevention professionals.

Today's Trainer

Dodi Swope
M.Ed LMFT





Meet my co-trainers:

Bree
&
Buddy

Learning Objectives:

- Define trauma at the individual and community level.
- Describe trauma's lasting impact on physical health, cognition and emotional regulation.
- Learn the elements of trauma informed practice.
- Identify three ways to integrate a trauma informed approach into prevention efforts.

What is Trauma?

The word comes from the Greek term for “wound”.

SAMHSA defines individual trauma as that which results from an event, a series of events or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and having lasting adverse effects on the individual’s functioning and physical, social, emotional or spiritual well being.

*In short, trauma is the sum of
the Event, the Experience, and the Effect.*

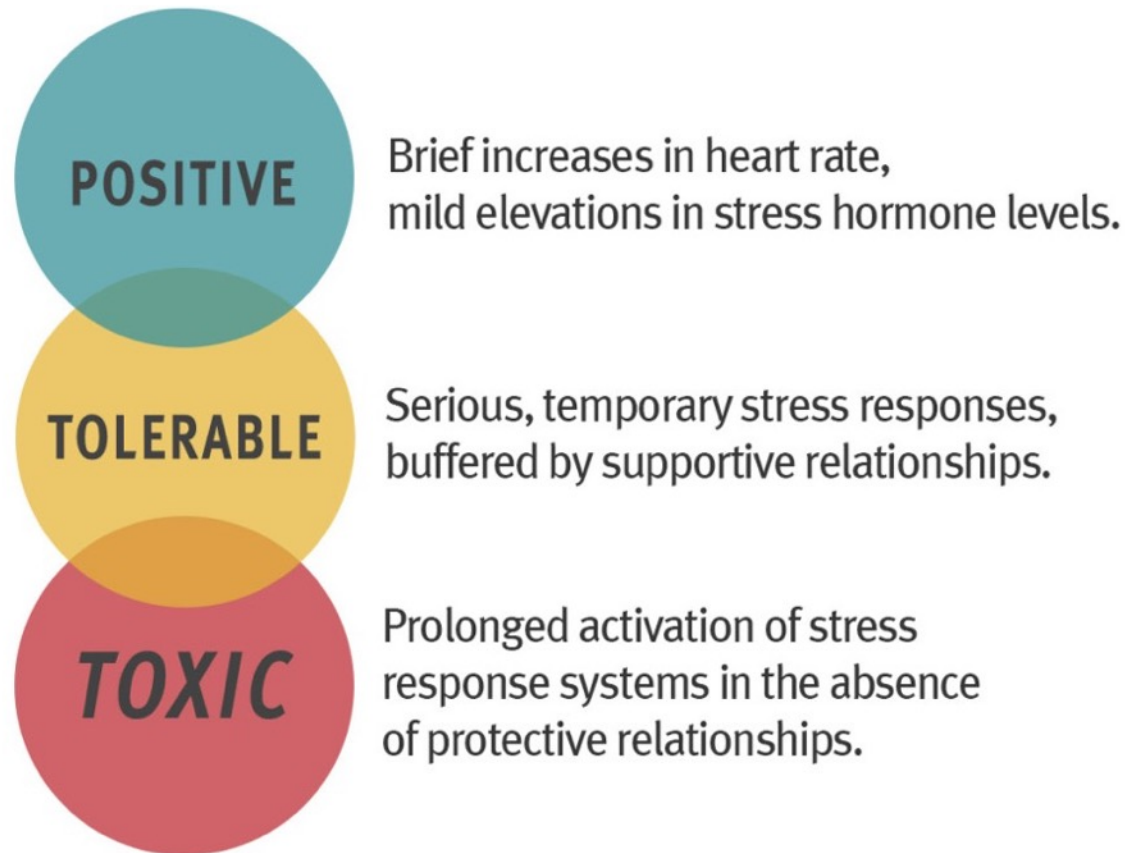
Types of Trauma

Trauma is classified as a stressful or negative experience.

It includes physical or sexual abuse, neglect, emotional abuse, poverty, witnessing distressing events like family or community violence.

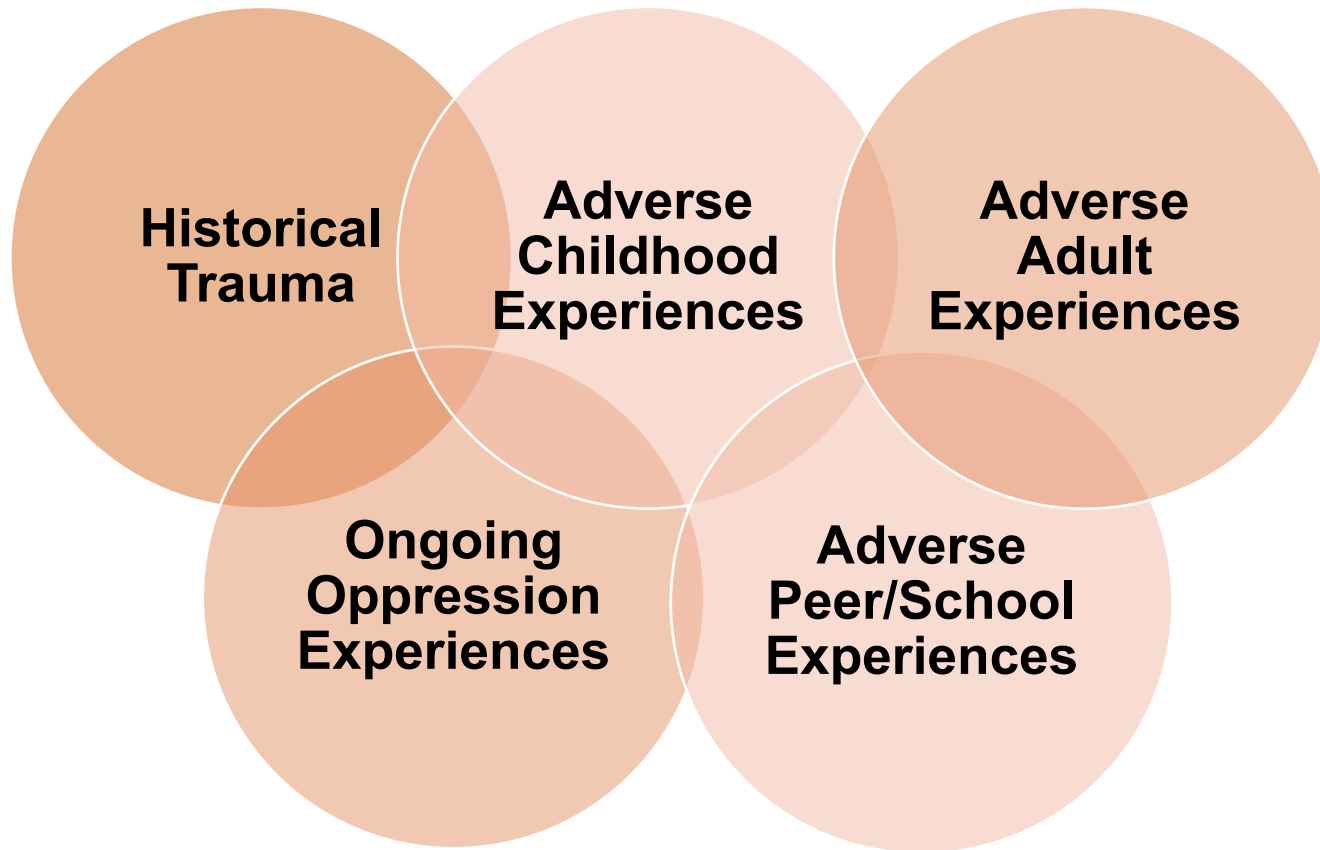
National Institute of Mental Health

When Stress Becomes Trauma



Reference : Center for the Developing Child, Harvard University:
<https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

Multiple Sources of Toxic Stress



Video on Toxic Stress: <https://developingchild.harvard.edu/resources/stress-and-resilience-how-toxic-stress-affects-us-and-what-we-can-do-about-it/>

Toxic Stress



Just like this overloaded vehicle,
unrelenting stress can compromise
abilities and relationships

Trauma Has Multiple Impacts



Brain Function-
Cognition



Physical Health



Emotional
Regulation

Impact on Cognition

Fight, Flight or Freeze!

Stress compromises the Prefrontal Cortex, home to important executive functions:

- Abstract thinking
- Planning
- Focusing



In the Human Brain

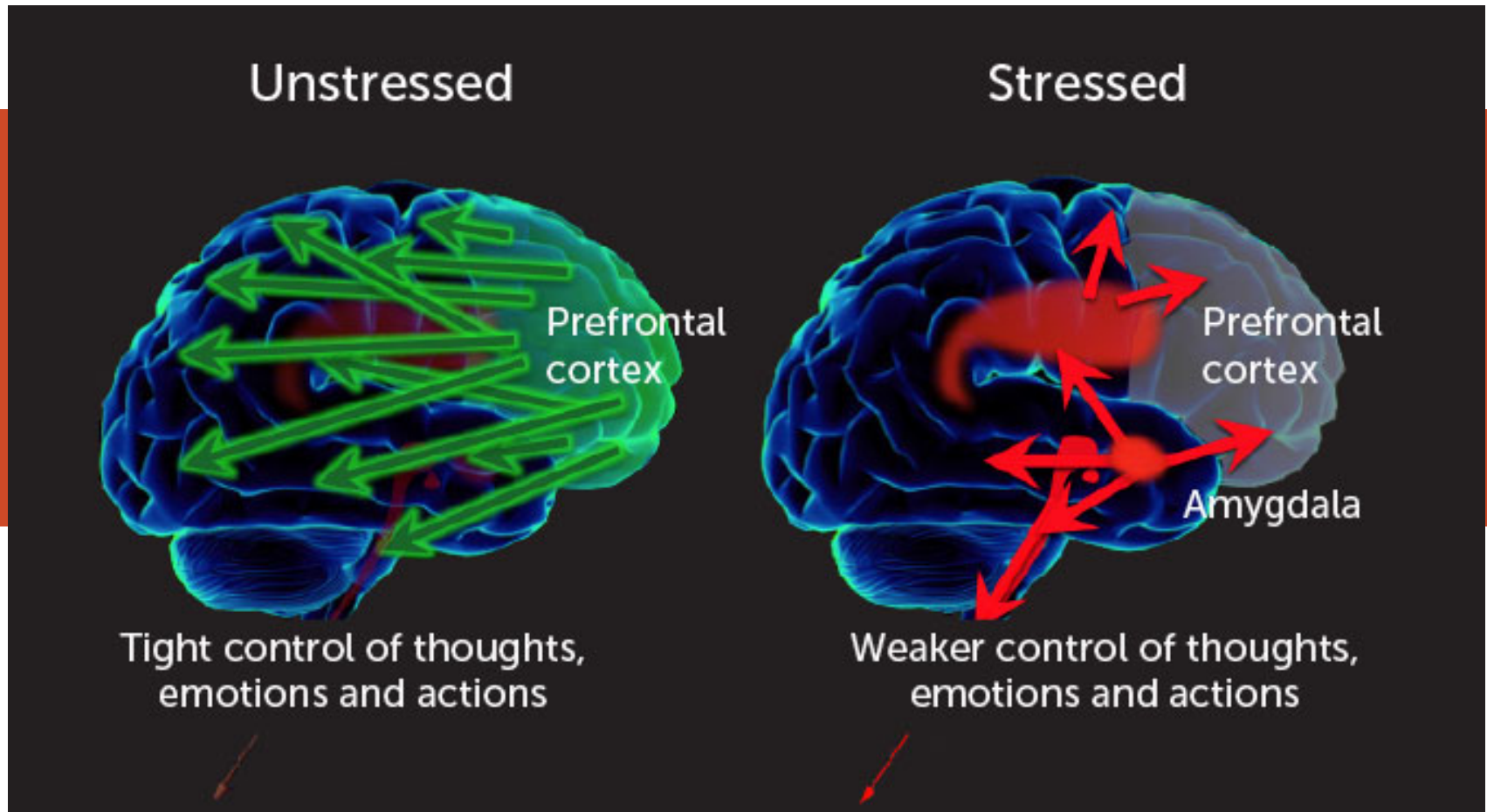
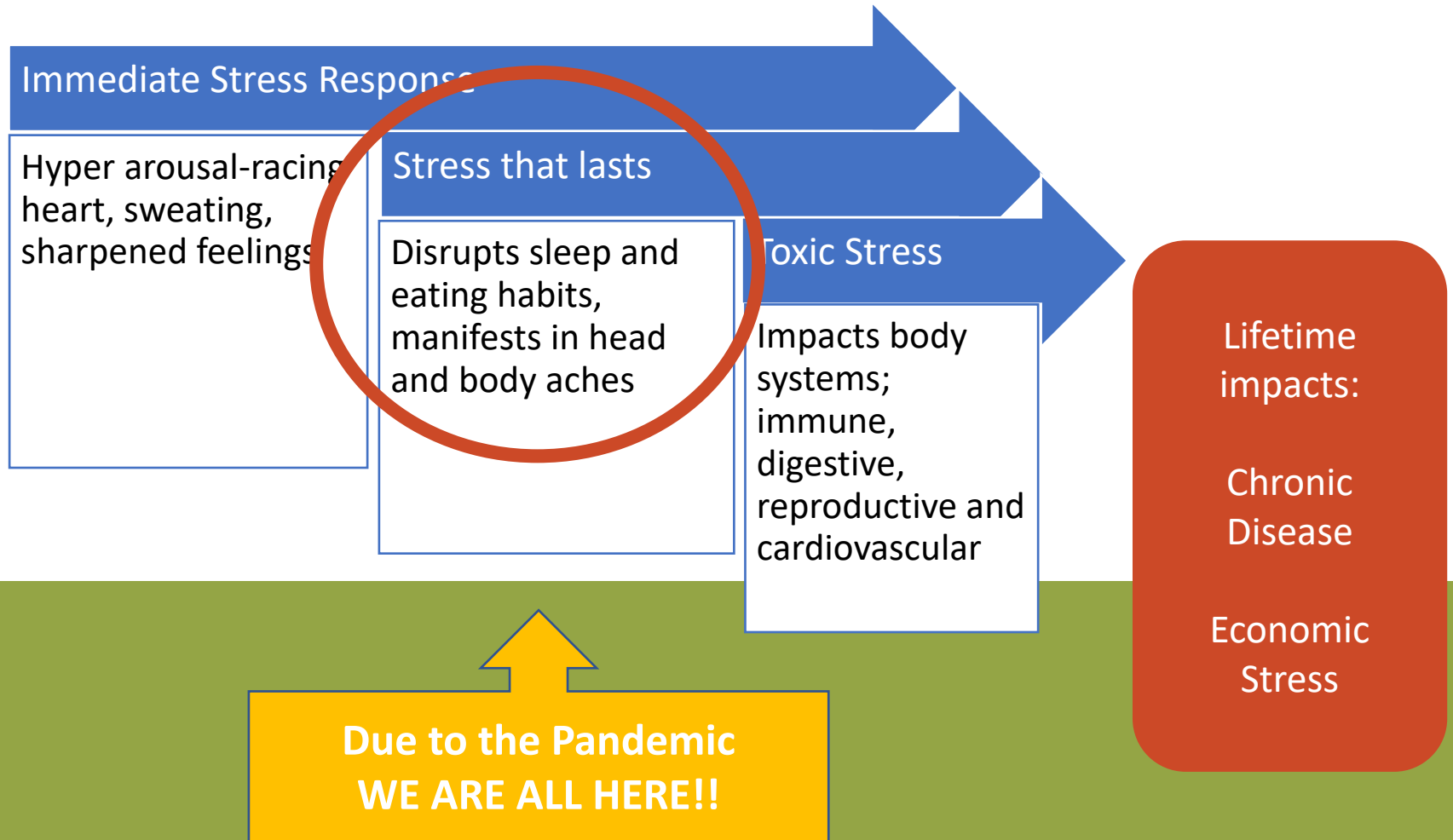
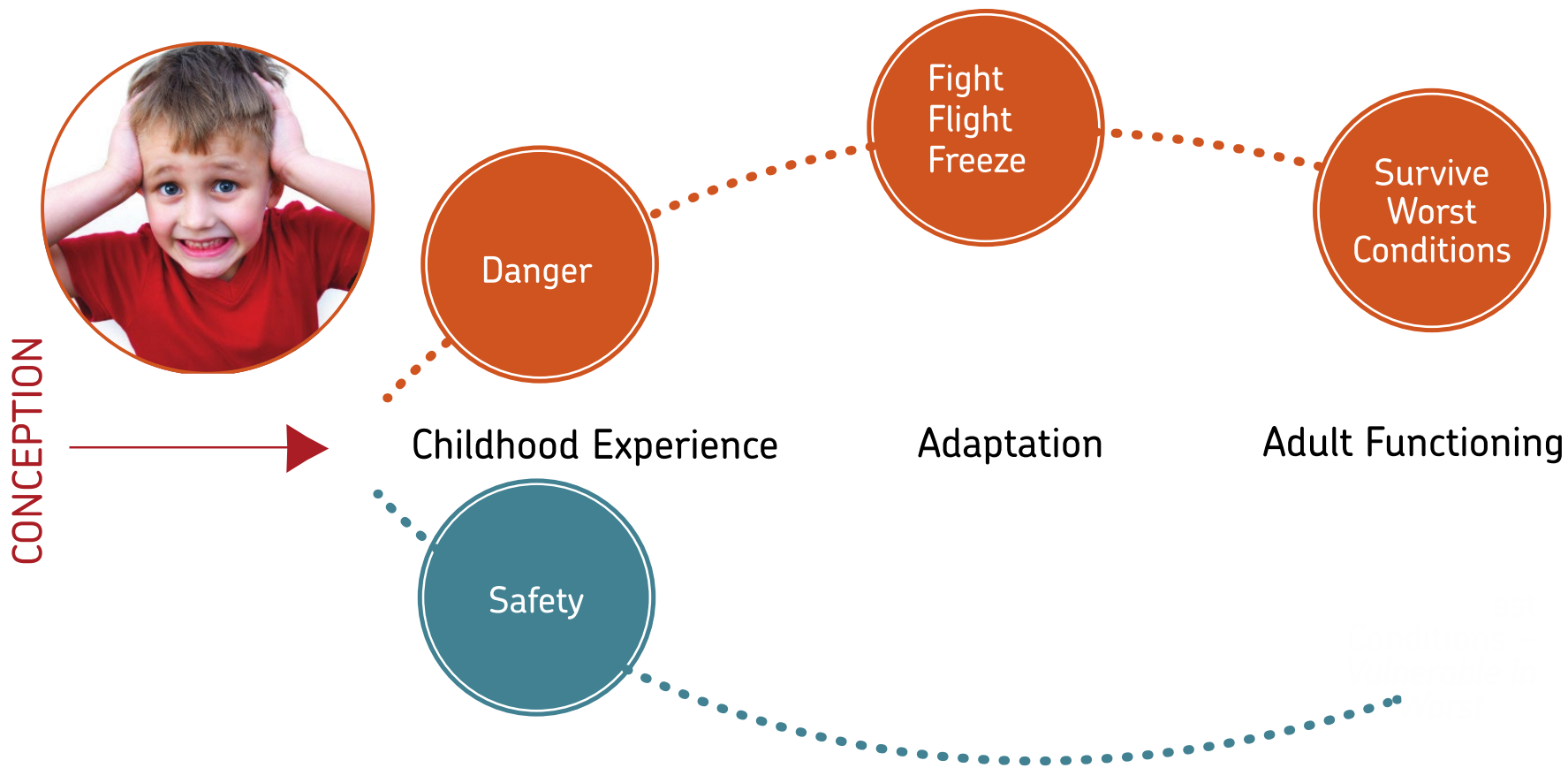


Image by Amy Arnsten, Yale School of Medicine

Impact on the Body



Emotional Regulation



ADAPTATIONS VS EXPECTATIONS

WHEN BIOLOGY

collides

WITH SOCIAL
EXPECTATIONS
we run into

TROUBLE



Unintended Consequences



Not Safe at Home



Not Welcome at School



Trauma's Triggers



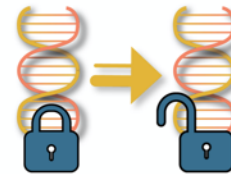
Epigenetics



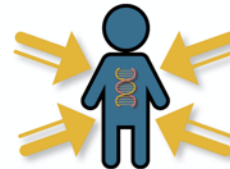
WHAT IS EPIGENETICS?

AND HOW DOES IT RELATE TO CHILD DEVELOPMENT?

"Epigenetics" is an emerging area of scientific research that shows how environmental influences—children's experiences—actually affect the expression of their genes.



During development, the DNA that makes up our genes accumulates chemical marks that determine how much or little of the genes is expressed. This collection of chemical marks is known as the "epigenome." The different experiences children have rearrange those chemical marks. This explains why genetically identical twins can exhibit different behaviors, skills, health, and achievement.



This means the old idea that genes are "set in stone" has been disproven. Nature vs. Nurture is no longer a debate. It's nearly always both!



Handout: <https://developingchild.harvard.edu/resources/what-is-epigenetics-and-how-does-it-relate-to-child-development/>

So, What Can Prevention Professionals Do?

**When a flower doesn't bloom
you fix the environment in
which it grows, not the flower.**

Alexander den Heijer



Core Protective Systems



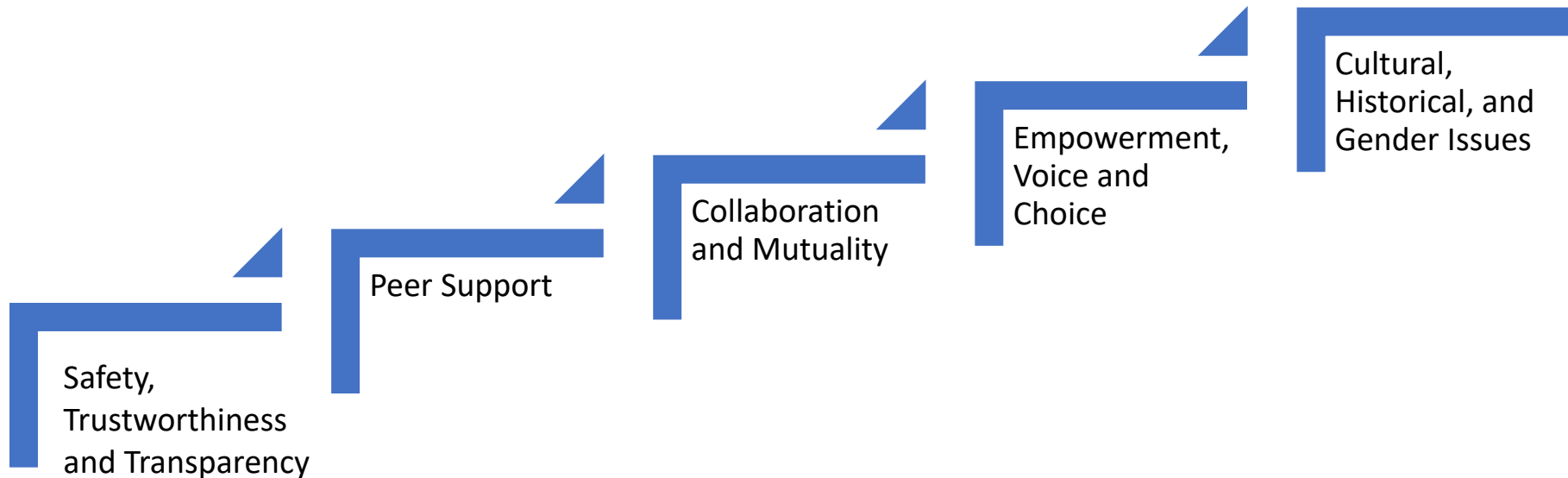
- Capabilities
- Attachment and Bonding
- Community, Culture, Spirituality

Trauma Informed Systems include:

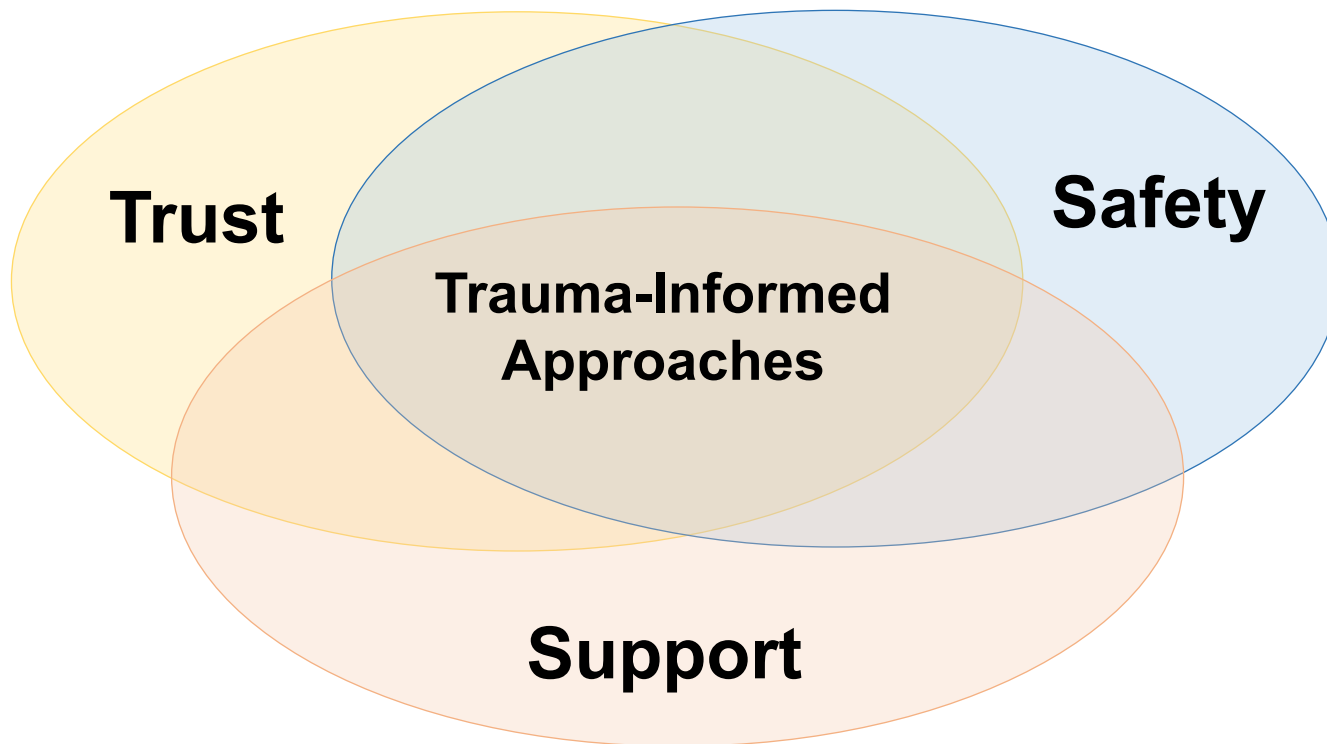
- Safety and Trustworthiness
- Choice
- Collaboration
- Empowerment



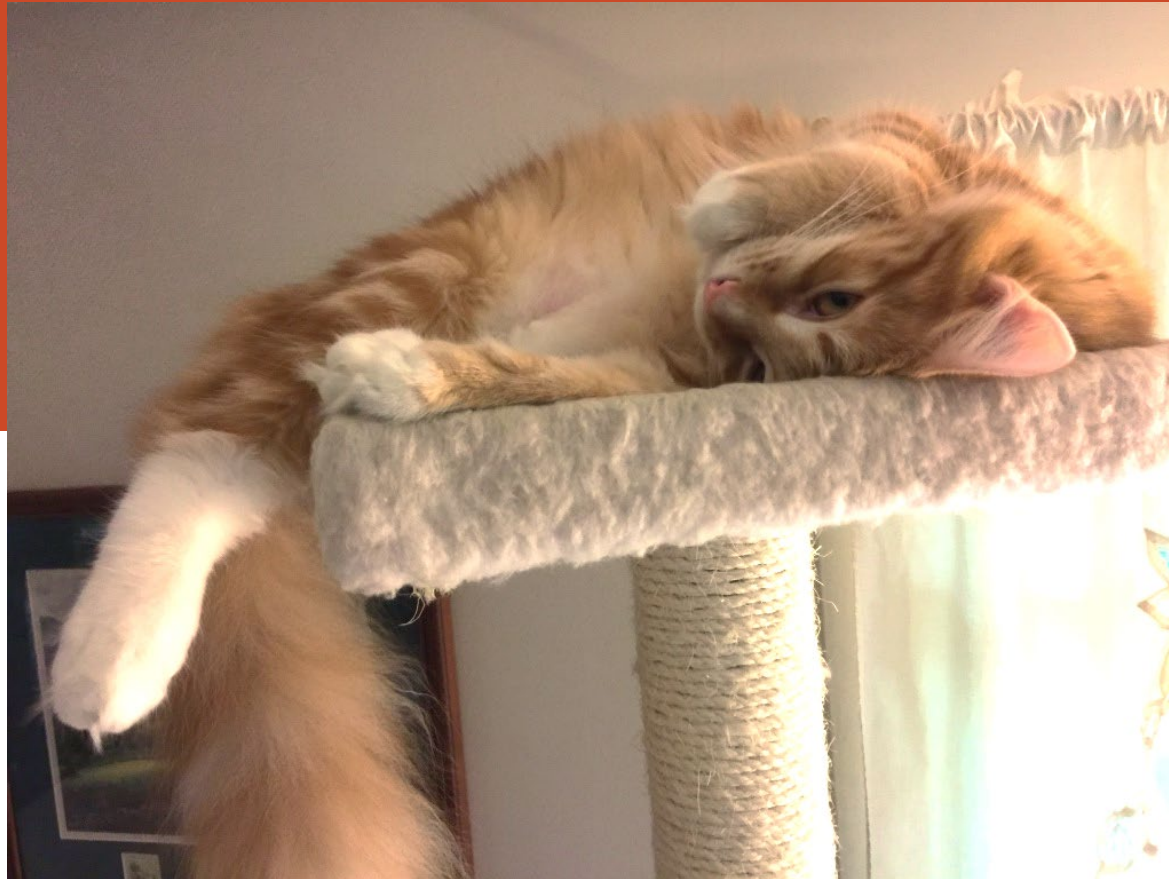
Developing a Trauma-informed Approach



Trauma-Informed Approaches



Safety, Trustworthiness and Transparency



Peer Support



Collaboration & Mutuality

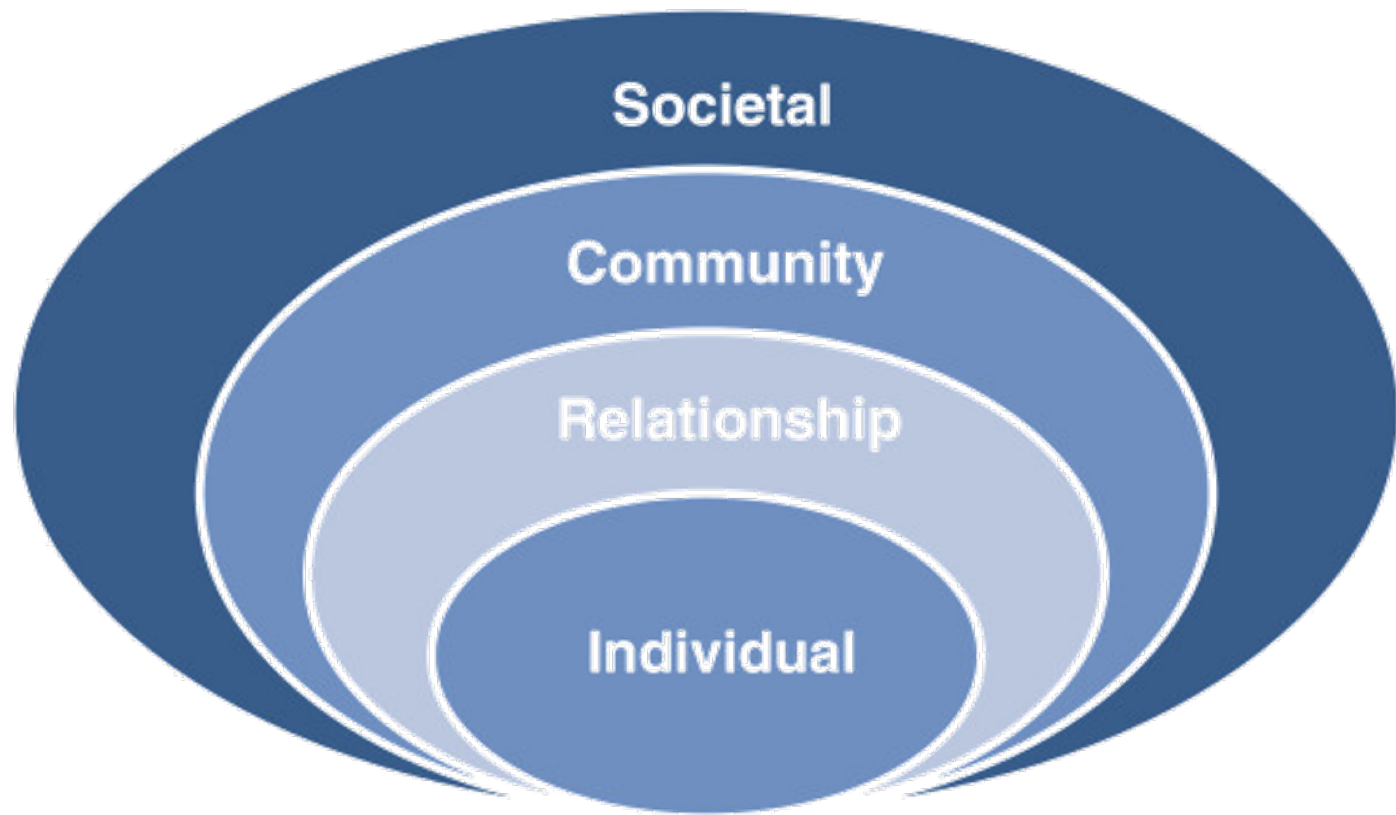


Empowerment, Voice and Choice



Cultural, Historical and Gender Issues

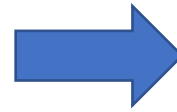




Protective Factors Reduce the Impact of Trauma and Support Thriving Populations

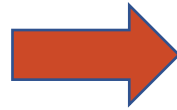


Individual



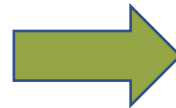
BUILD
self efficacy, regulation,
coping skills

Relationships



BUILD
positive attachment
and belonging

Community



BUILD
positive pro social
engagement

Society



BUILD
safe environments
reduce stigma

Next Session

Using Aces Data to Inform Prevention
Interventions and Measure Impact

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