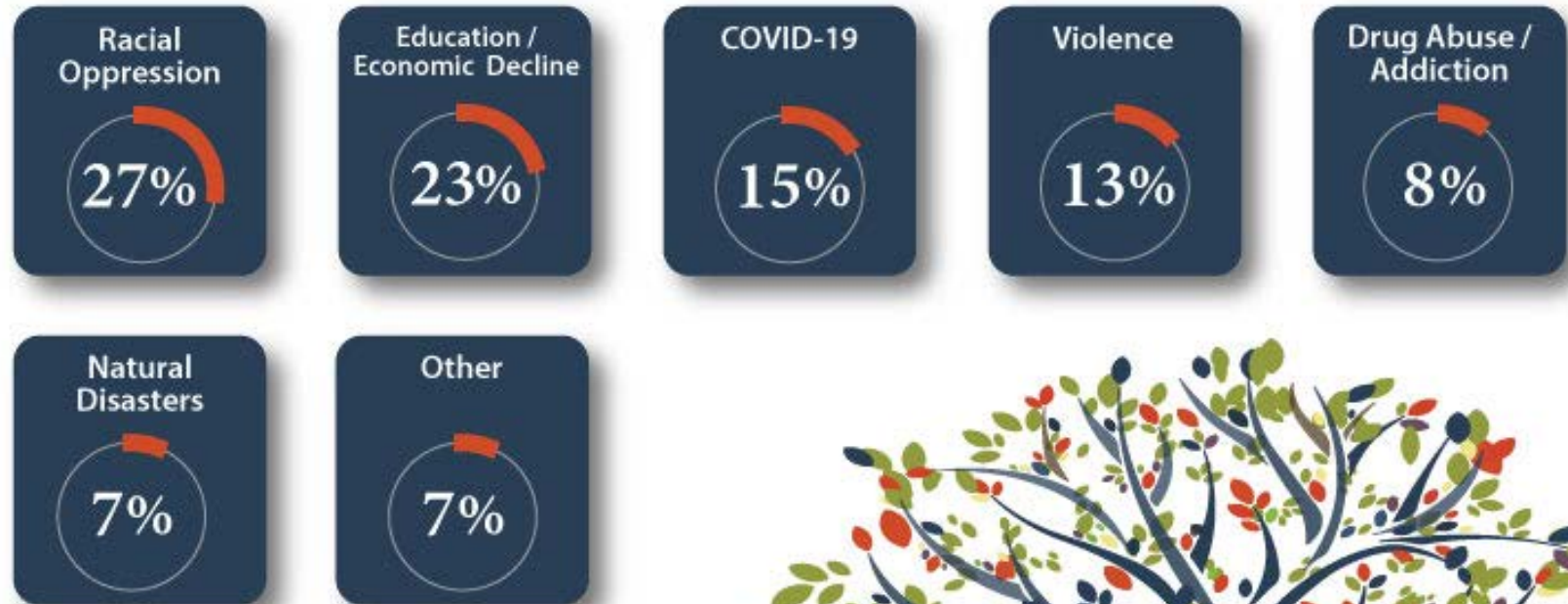


## PRE-WEBINAR ASSESSMENT RESULTS

*What are some examples of trauma your community has experienced?*



*"All communities have been impacted in some way by COVID-19."*  
- Survey Respondent

# PRE-WEBINAR ASSESSMENT RESULTS

*What strategies has your community already used to address trauma?*





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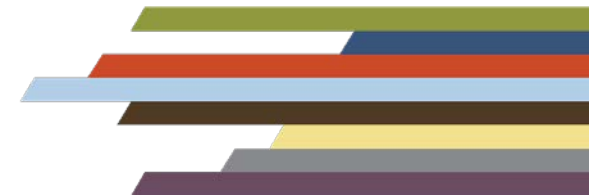


# Community Trauma and Systemic Intervention Strategies

Sean Byrne, MED, MCP, CPS, LPC-S

July 22, 2021

South Southwest Prevention Technology Transfer Center



# Funding and Disclaimer

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This work is supported by awards 6UR1TI080205-02M002, SM081726 and 1H79SP081006-01 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

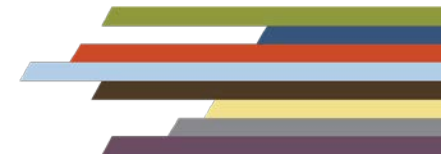
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# South Southwest PTTC Support

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Wanda West  
Facilitator



Elizabeth Hume  
Tech Lead



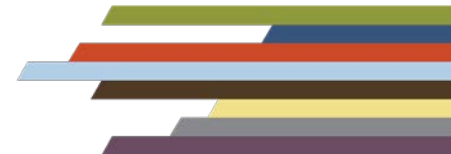
Sheila Boswell  
Tech Support



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# Presenter

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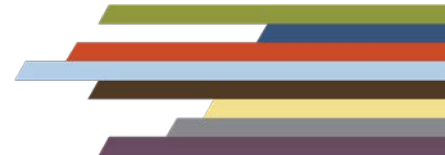
Sean Byrne, MED, MCP,  
CPS, LPC-S



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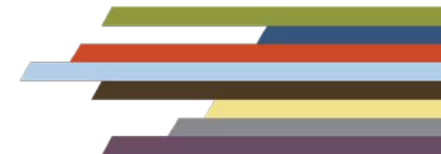
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# Learning Objectives

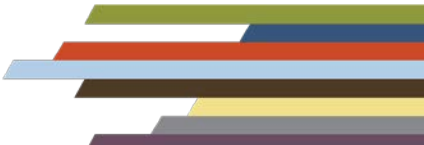
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- Identify causes of community trauma
- Utilize the stages of change model to advance community readiness
- Assess intervention strategies that address community trauma at the environmental level





*Communities are evolving entities with their own unique stories of strength, challenge, and trauma.*





# THE TRUTH ABOUT ACEs

## WHAT ARE THEY?

ACEs are  
ADVERSE  
CHILDHOOD  
EXPERIENCES

*The three types of ACEs include*

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

# A Different Type of ACE<sup>1</sup>

## Adverse Community Experiences



ENID PRINCIPAL STILL BEDRIDDEN 6 MONTHS AFTER COVID

OKLAHOMA NEWS 4  
10:01 PM 7/29/2024



WHAT WE KNOW ABOUT THE DEADLY DAY AT VANCE AFB

OKLAHOMA NEWS 4  
10:01 PM 4° KFOR.com

<sup>1</sup>Prevention Institute



### Remembering a Son

'He was sincere, genuine and just fun'

Remembering a Son  
'He was sincere, genuine and just fun'

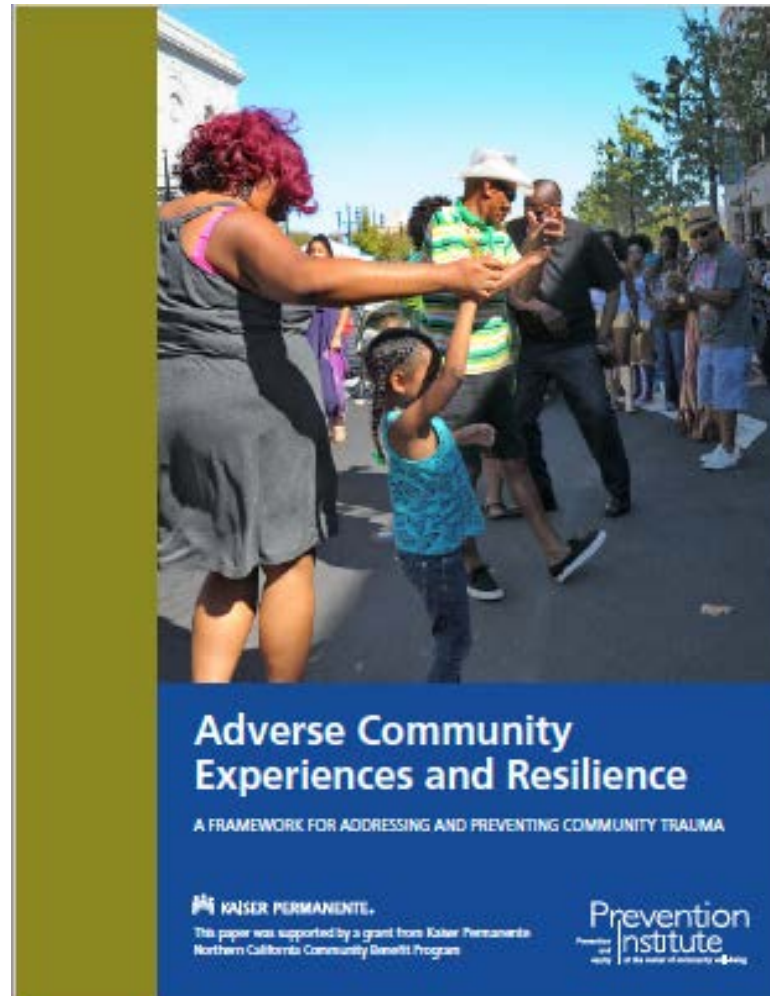
By [Name]

It's been five years since the death of my son, [Name]. He was a bright, funny, and kind young man who brought so much joy to everyone he met. His death was a tragedy that has left a void in our lives that is still being filled.

He was a student at [University] and was a member of the [Organization]. He was a leader and a role model for many of his friends. He was a person who was always there for you, and he was a person who was always smiling.

He was a person who was always there for you, and he was a person who was always smiling. He was a person who was always there for you, and he was a person who was always smiling.

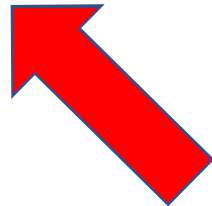
<https://www.preventioninstitute.org/publications/adverse-community-experiences-and-resilience-framework-addressing-and-preventing>



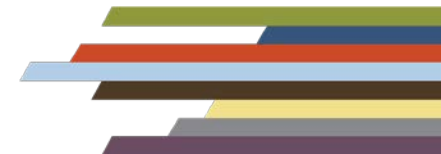
# Types of Community Trauma

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- Accidents
- Natural Disasters
- Terrorism/Man Made Disasters
- Racism/Oppression/Marginalization
- Community Disintegration (poverty, violence, crime)



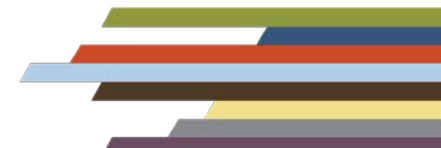
**Loss of Trust/Hope**



# Community Trauma

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- 1930's - Dust Bowl
- 1995 April 19 - Murrah Bombing
- 1999 May 3 - Tornado
- 2002 - I-40 Bridge Collapse
- 2005 - Hurricane Katrina
- 2020 - COVID 19



# The Brain's Responses to Acute Fear/Stress



**FIGHT**



# The Brain's Response to Acute Fear/Stress



**FLIGHT**

# The Brain's Responses to Acute Fear/Stress



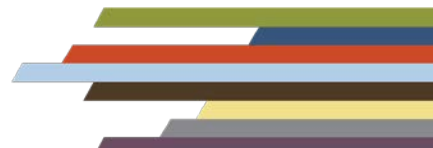
**FREEZE**

# Peritraumatic Dissociation

---



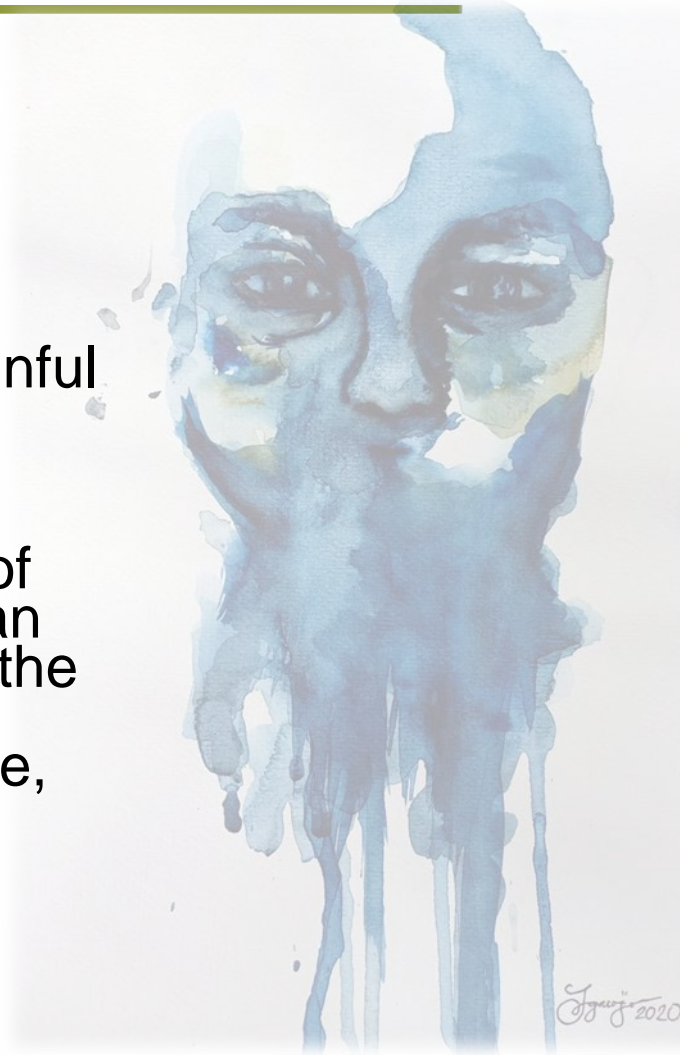
- Brain's defense against overwhelming sensations and emotions – automatic, without trying
- Parts of experience normally linked are 'disassociated'
- 'Blacked out' or 'spaced out,' or in some way felt that I was not part of what was going on.
- Found that I was on 'automatic pilot' – I ended up doing things that I later realized I hadn't actively decided to do.
- What was happening seemed unreal to me, like I was in a dream or watching a movie or a play. Felt disconnected from my body.



# Tonic Immobility

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- Tonic immobility is characterized by pronounced verbal immobility, trembling, muscular rigidity, sensations of cold, and numbness or insensitivity to intense or painful stimulation (Marks, 1991).
- Tonic immobility is induced by conditions of fear and physical restriction, although it can also occur in the absence of the latter, so the important aspect may be the perceived inability to escape (Heidt, Marx, & Forsythe, 2005).

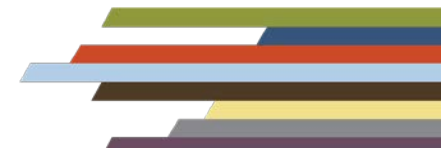


January 2020

# Cognitive Stress Happens When:

---

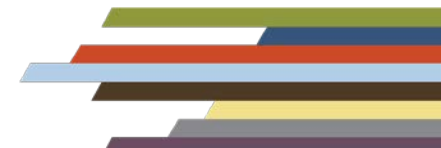
- We go too far into the past or the future
- There are perceptions of powerlessness
- Negative stories of self exist



# Emotional Stress Happens When:

---

- We “stuff” our emotions
- We label our emotions as “bad”
- Projection and displacement
- Anger as a covering emotion





# Stages of Readiness

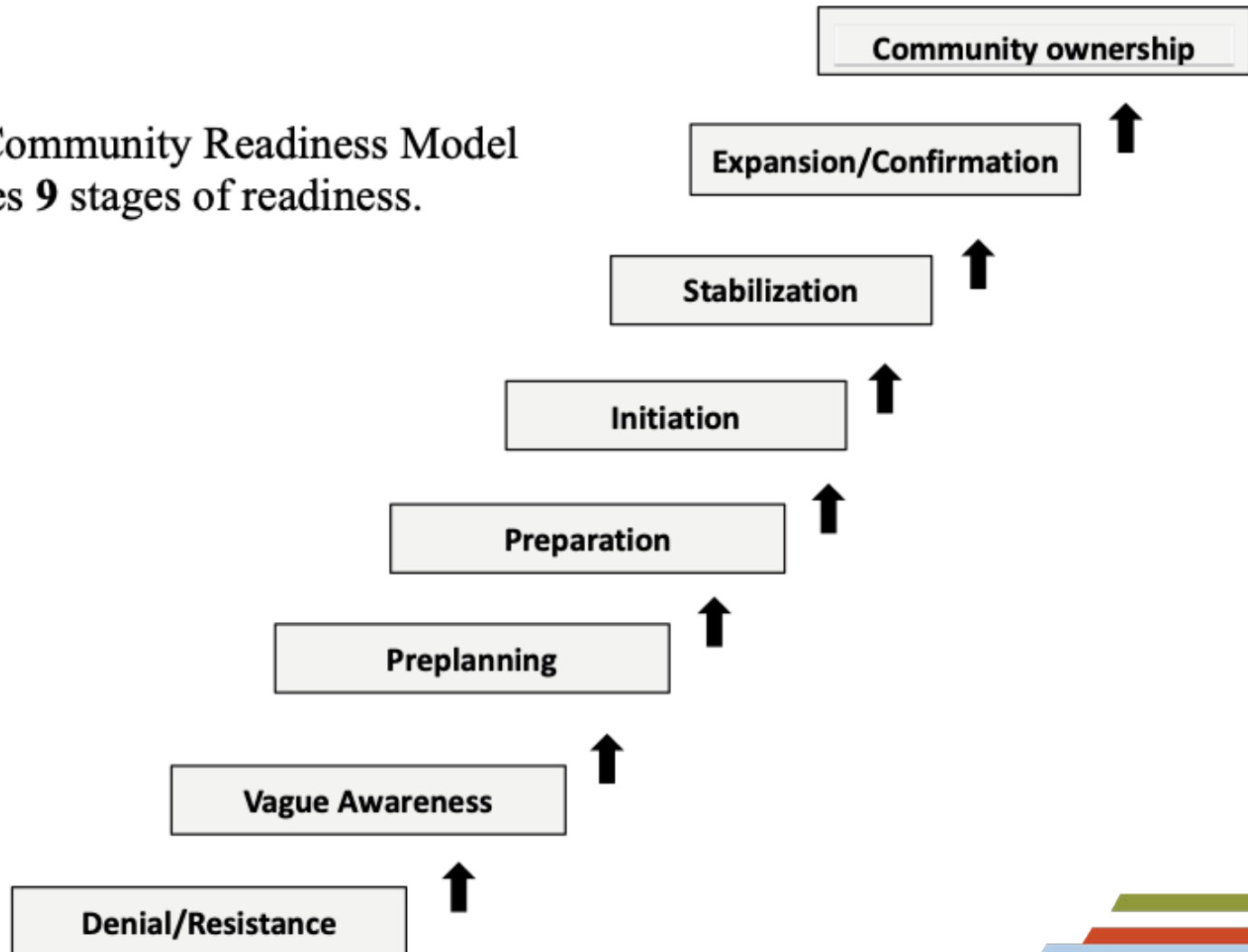
<b>Personal Readiness for Change: Stages of Change Model</b>	
<i>Stage</i>	<i>Characteristics</i>
<b>1. Pre-contemplation</b>	Not yet acknowledging that there is a problem behavior that needs to be changed
<b>2. Contemplation</b>	Acknowledging that there is a problem but not yet ready or sure of wanting to make a change
<b>3. Preparation</b>	Getting ready to change. "I've got to do something about this. What can I do?"
<b>4. Action</b>	Actively involved in taking steps to change the behavior by using a variety of different techniques
<b>5. Maintenance</b>	Maintaining the behavior change and continued commitment to sustaining new behavior
<b>Relapse</b>	Returning to older behaviors and abandoning the new changes

Source: Community Readiness for Community Change” – Tri-Ethnic Center for Prevention Research  
[https://tec.colostate.edu/wp-content/uploads/2018/04/CR\\_Handbook\\_8-3-15.pdf](https://tec.colostate.edu/wp-content/uploads/2018/04/CR_Handbook_8-3-15.pdf)

# Stages of Community Readiness

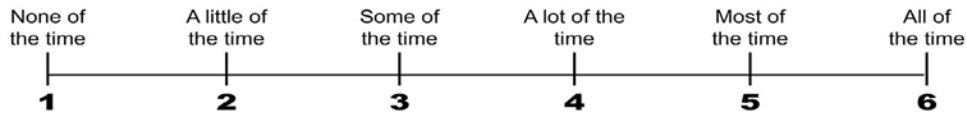
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The Community Readiness Model defines 9 stages of readiness.



# THE CHILDREN'S HOPE SCALE

**Directions:** Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided. There are no right or wrong answers.



- \_\_\_\_\_ 1. I think I am doing pretty well.
- \_\_\_\_\_ 2. I can think of many ways to get the things in life that are most important to me.
- \_\_\_\_\_ 3. I am doing just as well as other kids my age.
- \_\_\_\_\_ 4. When I have a problem, I can come up with lots of ways to solve it.
- \_\_\_\_\_ 5. I think the things that I have done in the past will help me in the future.
- \_\_\_\_\_ 6. Even when others want to quit, I know that I can find ways to solve the problem.

**Notes:** The **Agency** subscale score is the sum of items 1, 3 & 5; the **Pathways** subscale score is the sum of items 2, 4 & 6. **Hope** is the sum of the three **Pathways** and three **Agency** items. Scores can range from a low of 6 to a high of 36.

**Agency** Score      \_\_\_\_\_ (Add items 1,3 and 5)

**Pathways** Score      \_\_\_\_\_ (Add items 2,4, and 6)

**Total Hope** Score      \_\_\_\_\_ (Agency Score + Pathways Score)



*Hope is the **belief** that your future will be better than today and **you** have the power to make it so.*



Source: (2019) Hope Rising: How the Science of Hope Can Change Your Life, Casey Gwinn, J.D & Chan Hellman, Ph.D, page 48

# Assessment

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## Assess Stages of Readiness and Phase of Trauma

Source: Community Readiness for Community Change” – Tri-Ethnic Center for  
Prevention Research

[https://tec.colostate.edu/wp-content/uploads/2018/04/CR\\_Handbook\\_8-3-15.pdf](https://tec.colostate.edu/wp-content/uploads/2018/04/CR_Handbook_8-3-15.pdf)

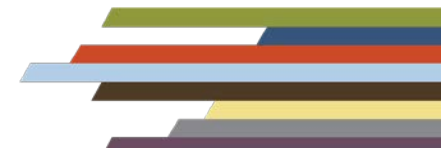


# Phases of a Community Trauma

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## *Phase 1: Impact Phase*

- Begins when the disaster strikes
- Length varies (1- several days)
- Reactions: Shock, Panic, Overwhelmed, Confused, Helpless

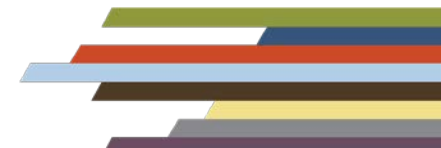


# Phases of a Community Trauma

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## *Phase 2: Rescue/Heroic Phase*

- Follows immediate impact
- Reactions: Altruism, Active Helping
- Characteristics: High levels of energy and activity, hopeful/helpful



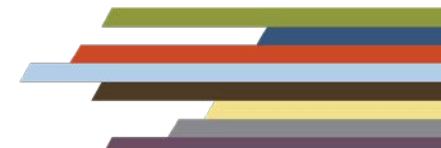


# Phases of a Community Trauma

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## *Phase 3: Honeymoon/Remedy Phase*

- Shared sense of experience
- Outside support and attention (via media, volunteer organizations, etc.)
- Return to normal routines

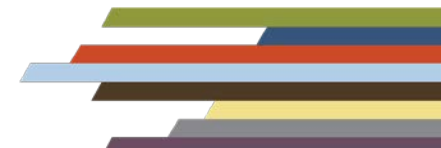


# Phases of a Community Trauma

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## *Phase 4: Disillusion Phase*

- Length: 8 weeks – 1 year
- Often called the “second disaster”
- Volunteers and support leave
- Bureaucracy and funding slows reconstruction and assistance
- Ongoing systemic and personal impact (businesses remain closed, people remain in shelters, schools aren’t opened)
- Reactions: resentment, anxiety, disappointment
- Feelings of abandonment and fatigue

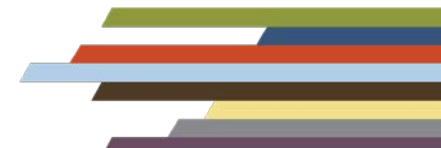


# Phases of a Community Trauma

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## *Phase 5: Recovery Phase/Reconstruction*

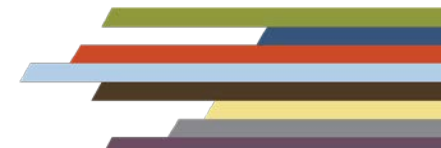
- Time Frame: Often after 1 year anniversary
- Communities reflect and re-unite in process of rebuilding
- Length: varies (brief-years)
- Potential for other disaster events complicate or extend recovery



# Interventions

---

What's Helpful  
and  
What's NOT



# Rescue Narratives

*Considering disaster-impacted communities as victims requiring outside assistance rather than groups of diverse actors with varying degrees of strengths and vulnerabilities.*

- “Elite Panic” - The elite often believe that if they are not in control the situation is out of control. Fear causes repressive measures that become secondary disasters.
- When the loss is general, one is not cast out by suffering but finds fellowship in it.



# Rescue Narratives

*Deny the ability and dignity of the very individuals that rescue missions seek to help*

- People preferred to care for each other rather than to be cared for by strangers or governed by others.
  - The latter always run the risk of belittling, patronizing, and diminishing recipients by underscoring the differences between those who have and those who need
- In the days after a disaster there are no long-term plans, just the immediate demands for survival. People at those moments feel a solidarity and empathy for each other that they did not at other times.



# Rescue Narratives

*“The difference between citizens feeding themselves and each other and being given food according to a system of tickets and outside administrators is the difference between independence and dependence, between mutual aid and charity. The providers and the needy had become two different groups and there was no joy or solidarity in being handed food by people who required you to prove your right to it in the first place”*

**– Journalist Jane Carr 1906 San Francisco Earthquake**





# Motivational Interviewing

---


- Focusing on client strengths
- Using empathy more than authority
- Recognizing co-occurring disorders
- Centering treatment on the individual
- Respecting the client's autonomy



# FRAMES Approach

---

## *Six elements of effective motivational intervention:*

- **Feedback** regarding personal risk or impairment is given to the client following assessment of substance use patterns and associated problems.
  - **Responsibility** for change is placed squarely and explicitly on the client (with respect for the client's right to make choices for himself).
  - **Advice** about changing—reducing or stopping— substance use is clearly given to the client by the clinician in a nonjudgmental manner.
  - **Menus** of self-directed change options and treatment alternatives are offered to the client.
  - **Emphatic** counseling—showing warmth, respect, and understanding— emphasized.
  - **Self-efficacy** or optimistic empowerment is engendered in the client to encourage change.
- 

# The “Miracle Question”

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- "If you woke up tomorrow, and a miracle happened... what would you see differently?"
- “What would the first signs be that the miracle occurred?”

# Hope Theory

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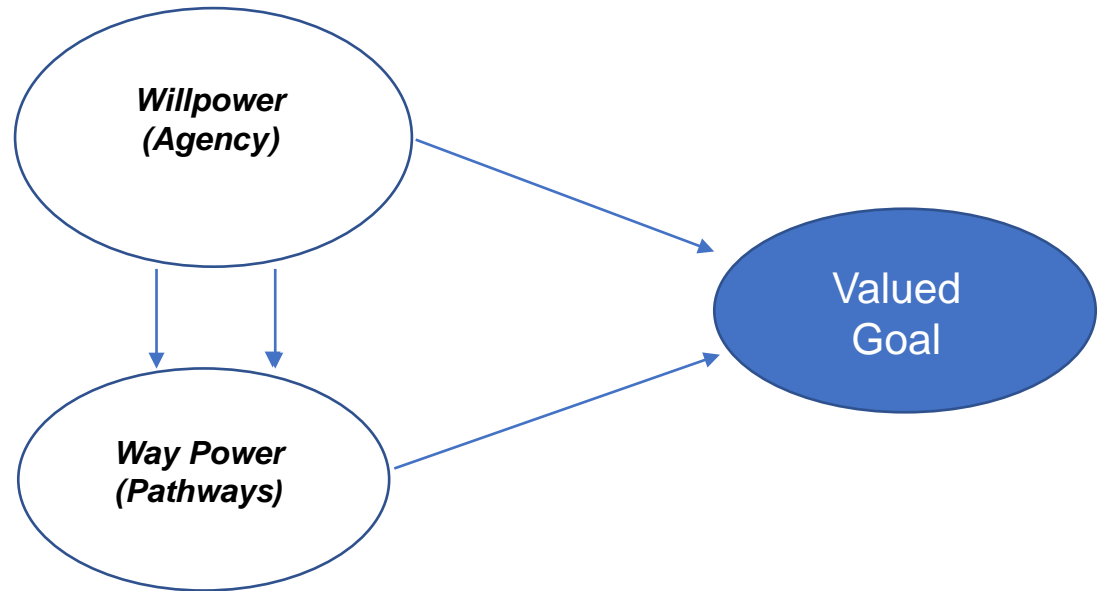
Goal setting is the cornerstone of hope.

---

**Pathways** refers to the ability to identify routes toward goals and to find new routes (problem solve) around obstacles if necessary.

---

**Agency** (Willpower) is the ability to sustain motivation to move along these pathways.

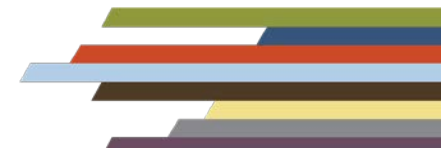


...agency without pathways is a wish!

# Steps to Healing (Communities and Individuals)

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- Avoid Avoidance
- Build Connections
- Externalize
- Identify Cognitive Distortions
- Reframe Narratives
- Identify Your Power
- Author Your Own Story



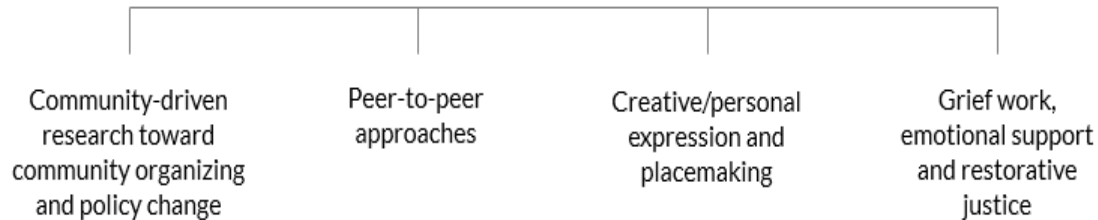
# Trauma-Informed Community Building and Engagement

## Urban Institute

### Principles



### Strategies



### Practices



Source: Urban Institute, Metropolitan Housing and Communities Policy Center

[https://www.urban.org/sites/default/files/publication/98296/trauma-informed\\_community\\_building\\_and\\_engagement\\_0.pdf](https://www.urban.org/sites/default/files/publication/98296/trauma-informed_community_building_and_engagement_0.pdf)

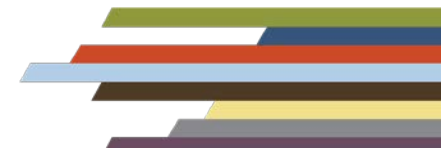
# Change

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Even disasters that don't beget broad social change often beget transformed individuals who impact their society. The Great Depression triggered vast economic and social reforms, it also served as the impetus for individuals like Dorothy Day to initiate new social movements.

*-Solnit, 2009*

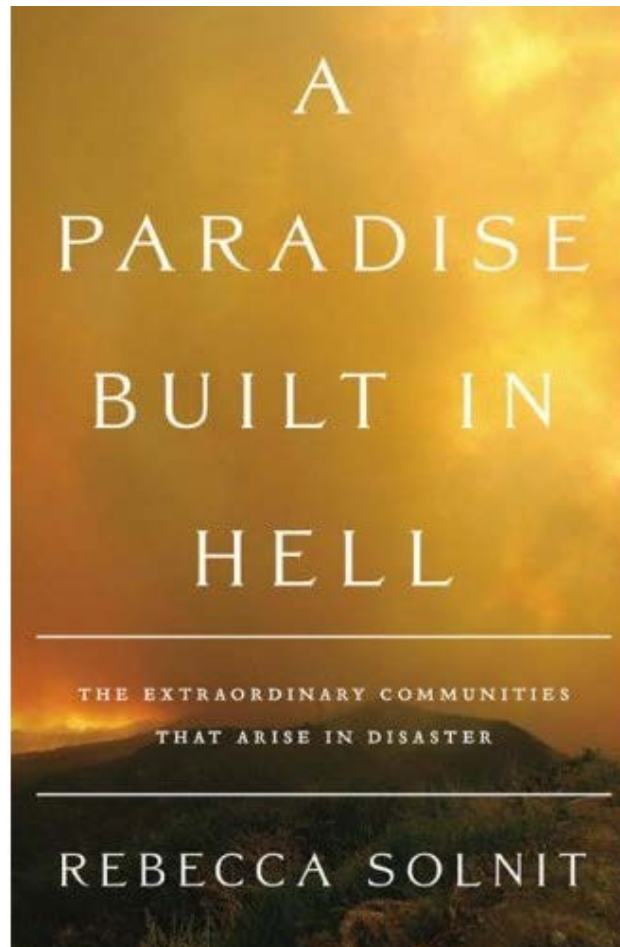
Source: A Paradise Built in Hell, 2009, Solnit,  
Rebecca



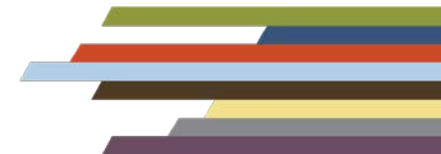


# Recommended Read

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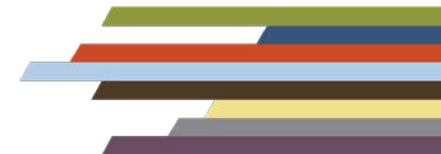


(2009) Rebecca Solnit



# Questions

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[Download resources from the website!](#)



[Use, provide feedback, share and promote new products!](#)



[Check out the PTTC Pandemic Response Resources page](#)



Ask us! Access TA from the PTTC



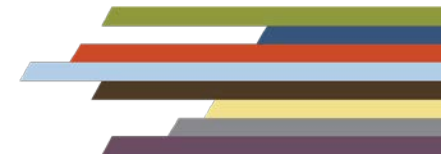
[Join us on Twitter at SSWPTTC6](#)



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# Thank You

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