

# Helen Bader School of Social Welfare

*Improving lives and strengthening communities  
through research, education and community  
partnerships*

- Criminal Justice
- Social Work



# Trauma Responsive Services

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# Agenda

- Define psychological trauma
- Explore consequences and prevalence trauma
- Discuss frameworks for addressing trauma

# Trauma Definition



# Potential Traumatic Event

- **Trauma is a two-fold phenomenon: exposure and symptoms**
- **Potential traumatic event (as defined by DSM 5):**
  - Death, serious physical injury, sexual violence
  - Direct experience, witnessing, or learning about love one , secondary exposure
  - Examples...childhood physical abuse, witnessing IPV, violent crime, car accident, etc.
- **Is this an exhaustive definition?**
  - Non-physical events (Coercive relationships, job loss, homelessness, etc.)
  - Chronic stressors (Racism, prolonged death of a loved one, generational poverty)
  - Childhood events (Physical discipline, emotional abuse, neglect)

# Operating Definition

- Individual trauma results from an **event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening** with **lasting adverse effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being (SAMHSA)

# Simple vs Complex PTEs

- Single Incident: Type I
  - Often adulthood & recovery probable
  - Childhood, recovery probable with support
- Multiple Incident: Type II
  - Often prolonged, enduring or chronic
  - Relational field and context of social exploitation
  - Leads to complex symptom presentation
  - Often in childhood (due to vulnerable nature of children): **CDT**

# Consequences & Prevalence



# Primary Symptoms of Trauma (I or II)

- Intrusion (re-experiencing, intrusive memories, nightmares, dissociative flashbacks)
- Avoidance (effortful or automatic, thoughts and feelings and external reminders)
- Hyperarousal (hypervigilance, sleep disturbance, aggression and irritability, concentration problems)

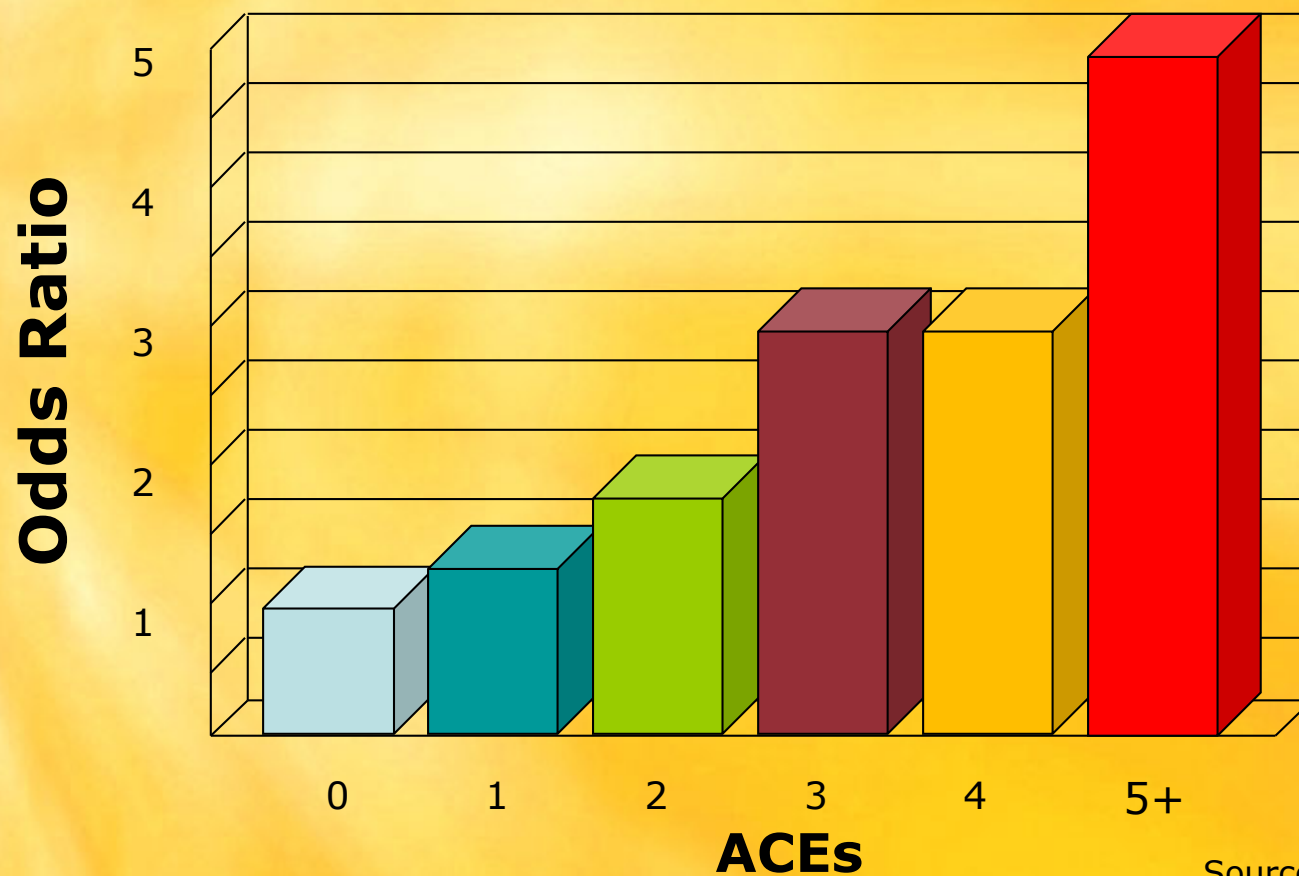
# Short Term Secondary Symptoms

- Attachment
- Attention regulation
- Affect regulation
- Social adjustment
- Self-concept

# Long-Term Effects of Complex Trauma

- Mental health impairments
- Behavioral health impairments
- Physical health impairments
- School Failure
- Unemployment

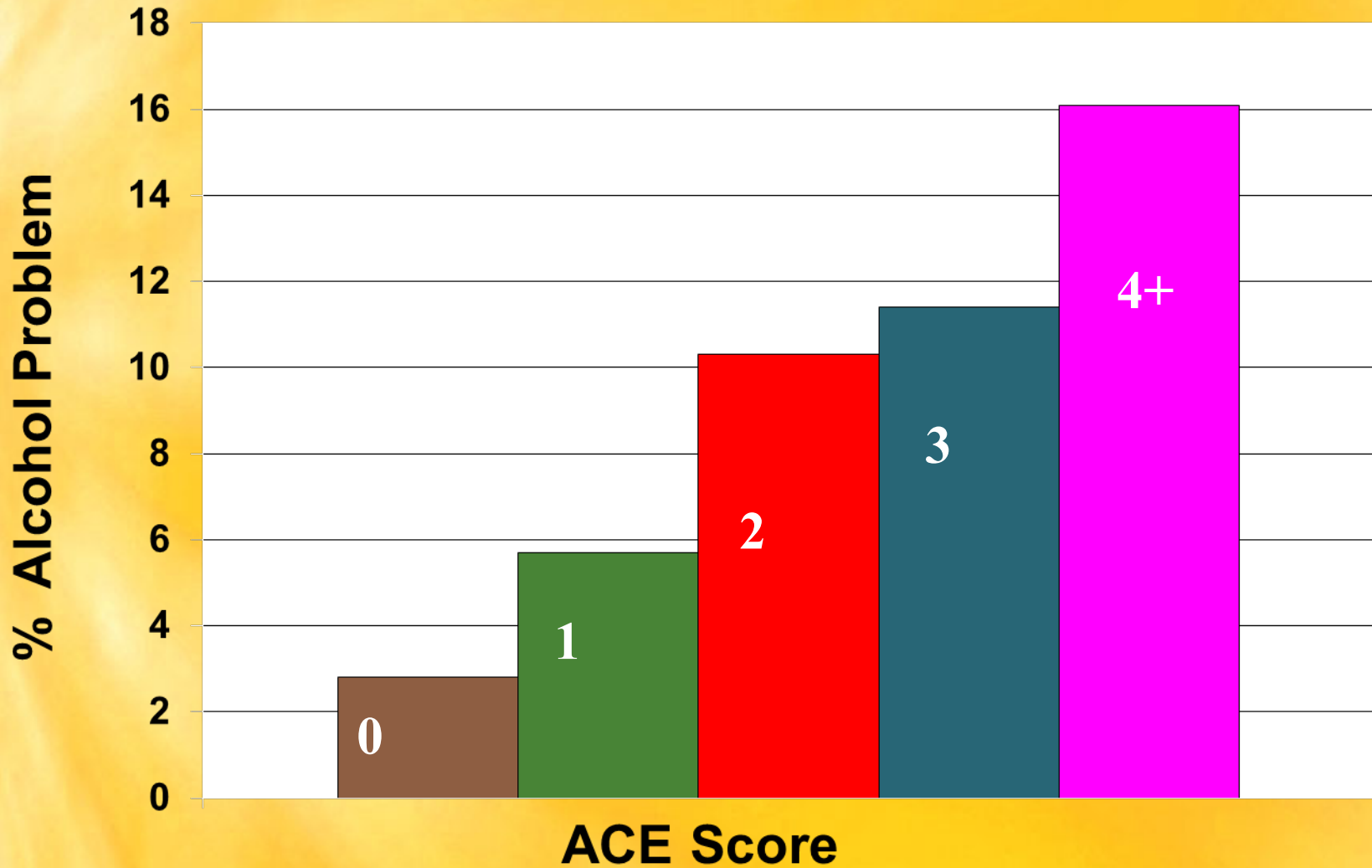
# Depression



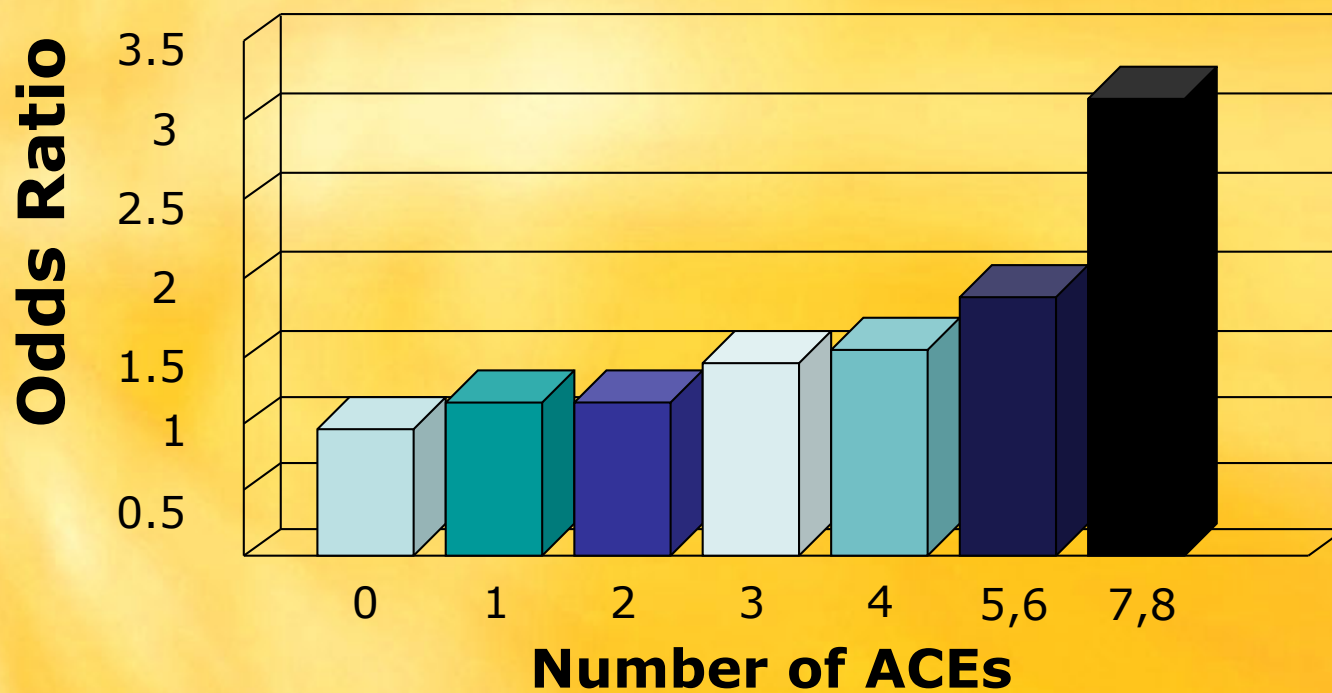
Source: Chapman et al, 2004



# Alcohol Abuse

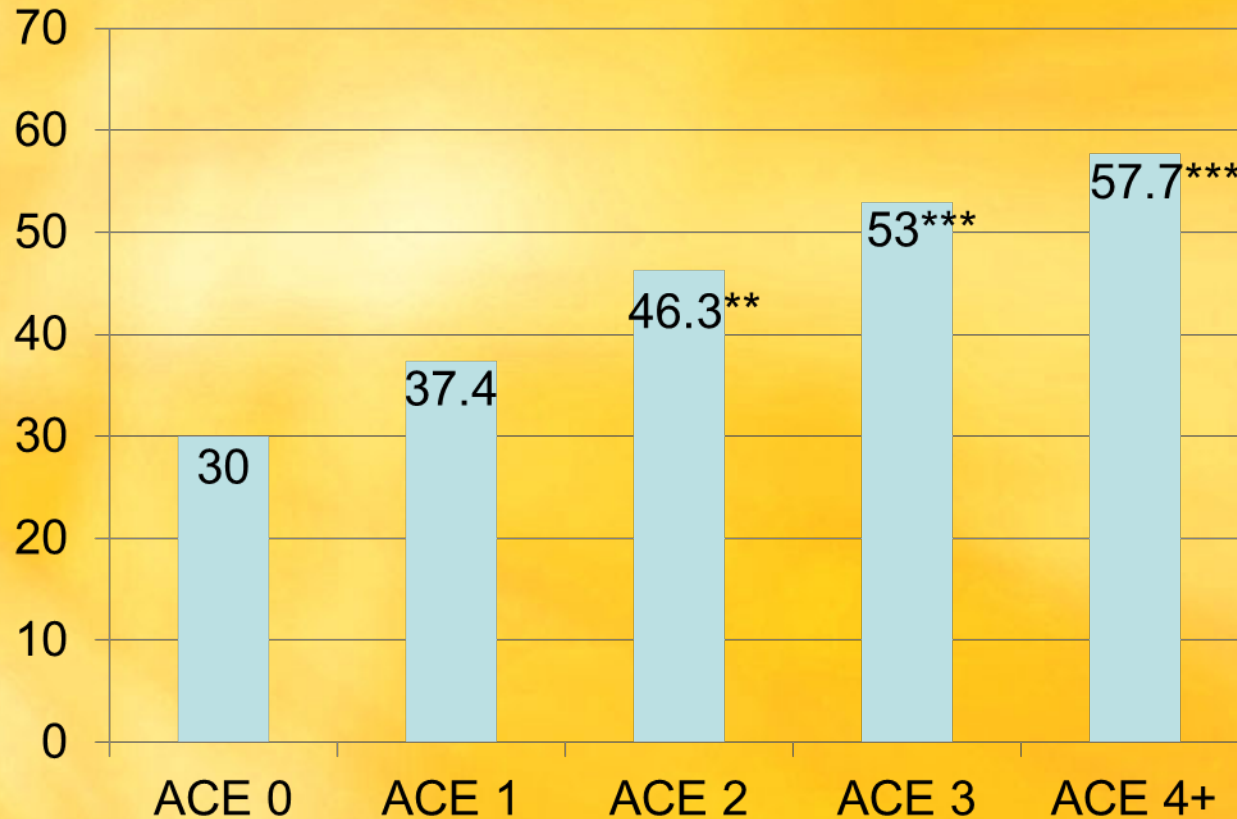


# Heart Disease

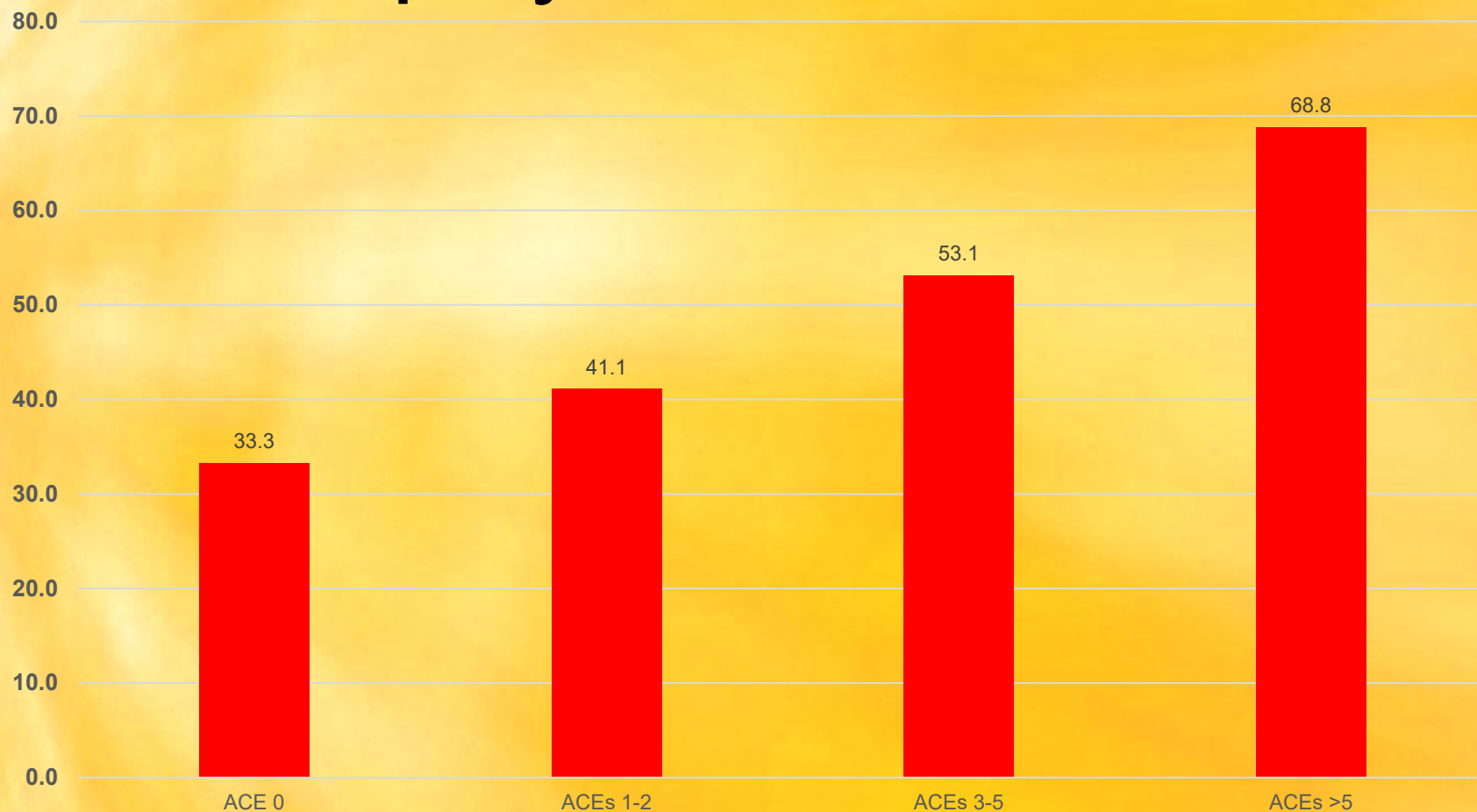


# Q1: High School Dropout

Mean Rates



# Employment Problems





# Cumulative Trauma

## *Prevalence of Adverse Childhood Experiences among Men*

ACE Index Score, Prevalence, %	ACE Study N=3948	Milwaukee Study N=199
0	34.2	15.7
1	27.3	11.6
2	16.4	17.2
3	9.3	8.1
4	4.8	<u>8.6</u>
≥5	8.0	<u>38.8</u>

# Trauma Service Frameworks

# Levels of Trauma-Related Services

- Trauma-Sensitive
- Trauma-Informed
- Trauma-Focused

# Trauma Sensitive

- Awareness
- Compassion
- Empowerment
- Education and normalization
- Emotion regulation as a regulator
- Trauma management
- Predictability
- Collaboration



# Trauma-Informed

- Overarching Approaches
  - Realize widespread impact
  - Recognize signs and symptoms
  - Resist re-triggering
  - Implement TIC practices
- Practices
  - Assess
  - Psychoeducation
  - Emotion & cognitive regulation
  - Motivational enhancement
  - Refer
  - Intra- and inter-system coordination

# Trauma-Focused

- Trauma-sensitive plus trauma-informed plus
- Address causes of post traumatic disturbances
  - Present life focus
    - emotion regulation and relational work
  - Past life focus
    - trauma narrative
  - Future life focus
    - self-concept work

# Questions?

# Thank you

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