

# Trauma-Informed Approaches (TIA) Webinar

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# WEBINAR ETIQUETTE

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- Phone lines
  - Lines will be muted until dedicated question time.
- Verbal Questions
  - There will be dedicated time for questions.
  - Please wait until the Q & A portion to ask questions (“raise your hand”) on the phone/web.
  - Please identify yourself when asking a question or providing a comment.
- Written Questions
  - Participants have the ability to submit written questions during the webinar using the “Question” function located on the panel on the right side of your screen.
- Evaluation
  - Following the webinar, participants will receive a memo with a link to complete a brief survey to provide feedback on the webinar.



# PRESENTATION OVERVIEW

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- Understanding Trauma
- Trauma-Informed Approaches (TIA) Toolkit Overview
- Discussion/Q&A
- Calls to Action

# POLL QUESTION

# UNDERSTANDING TRAUMA

# WHAT IS TRAUMA?

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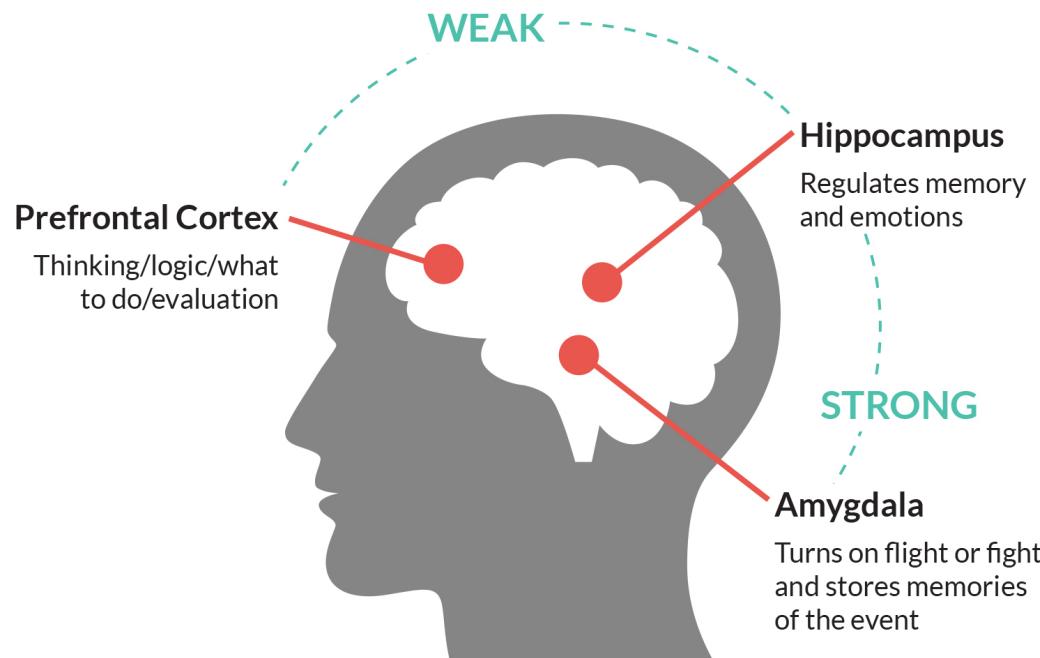
**TRAUMA** is broadly defined as experiences that produce intense emotional pain, fear, or distress, often resulting in long-term physiological and psychological consequences. Experiences of trauma, especially in childhood, can change a person's brain structure, contributing to long-term physical and behavioral health problems.

**TRAUMA-INFORMED:** Being trauma-informed is an approach to administering services in care and prevention that acknowledges that traumas may have occurred or may be active in clients' lives, and that those traumas can manifest physically, mentally, and/or behaviorally.

**TIC vs TIA:** trauma-informed care is one type of trauma-informed approach. There is SO much more you can do outside of the direct care you and/or your sub-recipients provide.

# NEAR SCIENCE - NEUROBIOLOGY

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# ADVERSE CHILDHOOD EXPERIENCES - ACES

What are Adverse Childhood Experiences (ACEs)?

ACEs are potentially traumatic events that occur in a child's life:



Physical  
Abuse



Emotional  
Abuse



Sexual  
Abuse



Domestic  
Violence



Parental  
Substance Abuse



Mental  
Illness



Suicide  
or Death



Crime or  
Imprisoned Family

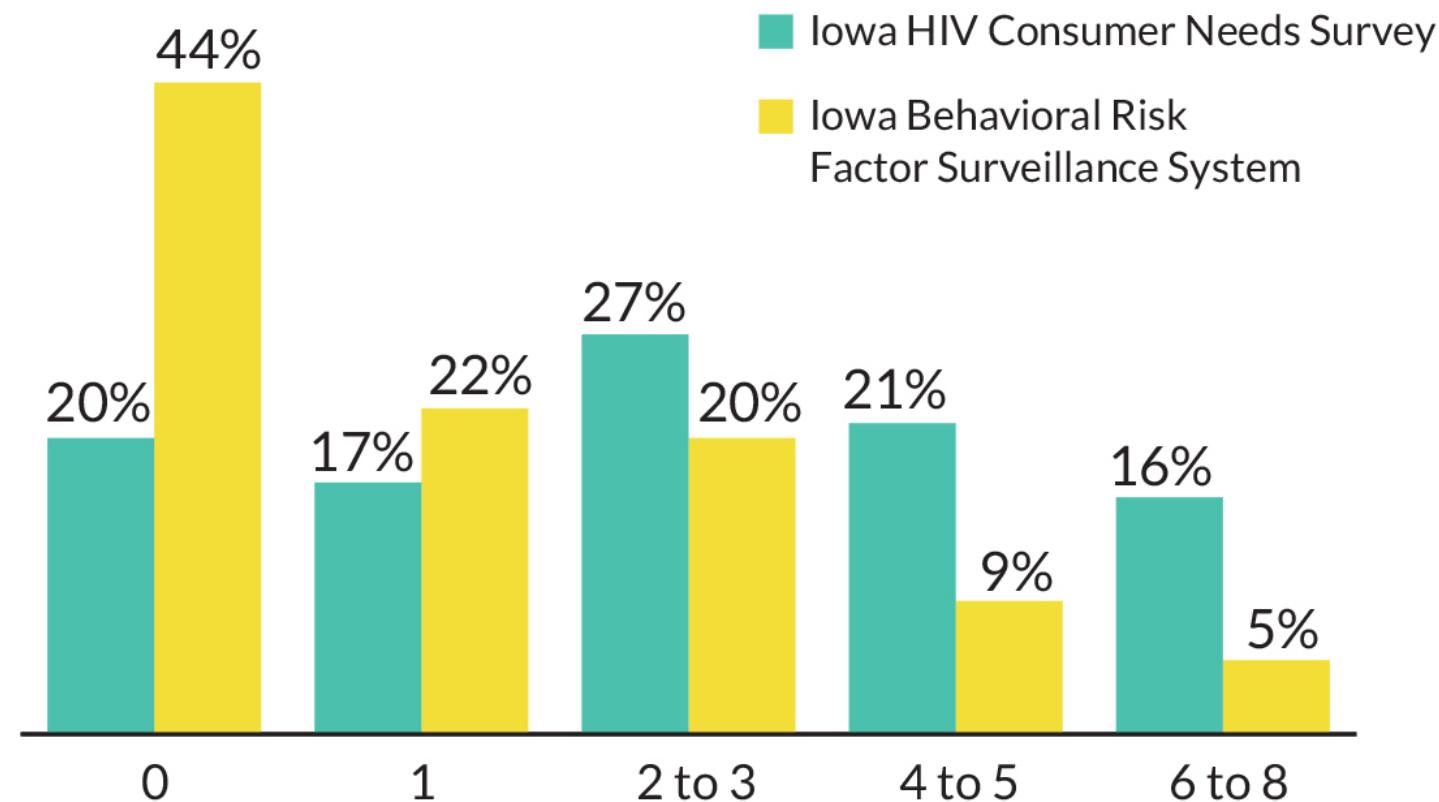
Causing lifelong medical, mental & social suffering

# NEAR SCIENCE – ACEs

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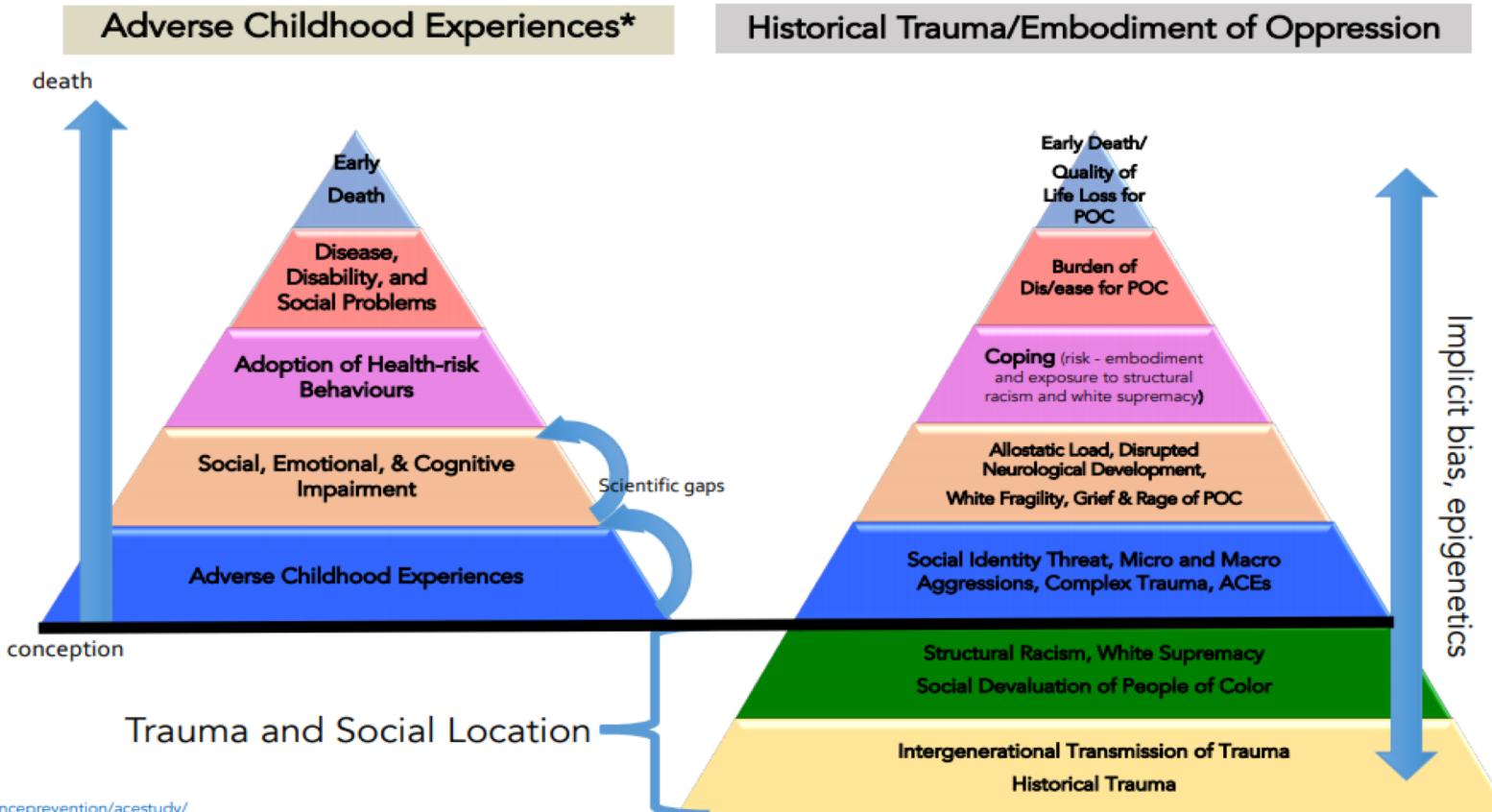
## Iowa's 2016 Adverse Childhood Experiences Scores

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# NEAR SCIENCE - EPIGENETICS

## Racing ACES if it's not racially just, it's not trauma informed



\*<https://www.cdc.gov/violenceprevention/acestudy/>

Adapted by RYSE, 2016

# NEAR SCIENCE – RESILIENCY

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There is no single accepted set of components of resilience, but this set of characteristics and contributing factors can provide a useful guide:

- OPTIMISM
- ALTRUISM
- MORAL COMPASS
- FAITH & SPIRITUALITY
- HUMOR
- HAVING A ROLE MODEL
- SOCIAL SUPPORTS
- FACING FEAR
- PURPOSE IN LIFE
- TRAINING

# INTERSECTIONALITY

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Intersectionality is a theory that the overlap of various social identities, such as race, gender, sexual identity, disability, and class, contribute to systemic oppression and discrimination experienced by an individual.

GENDER IDENTITY

SEXUAL ORIENTATION

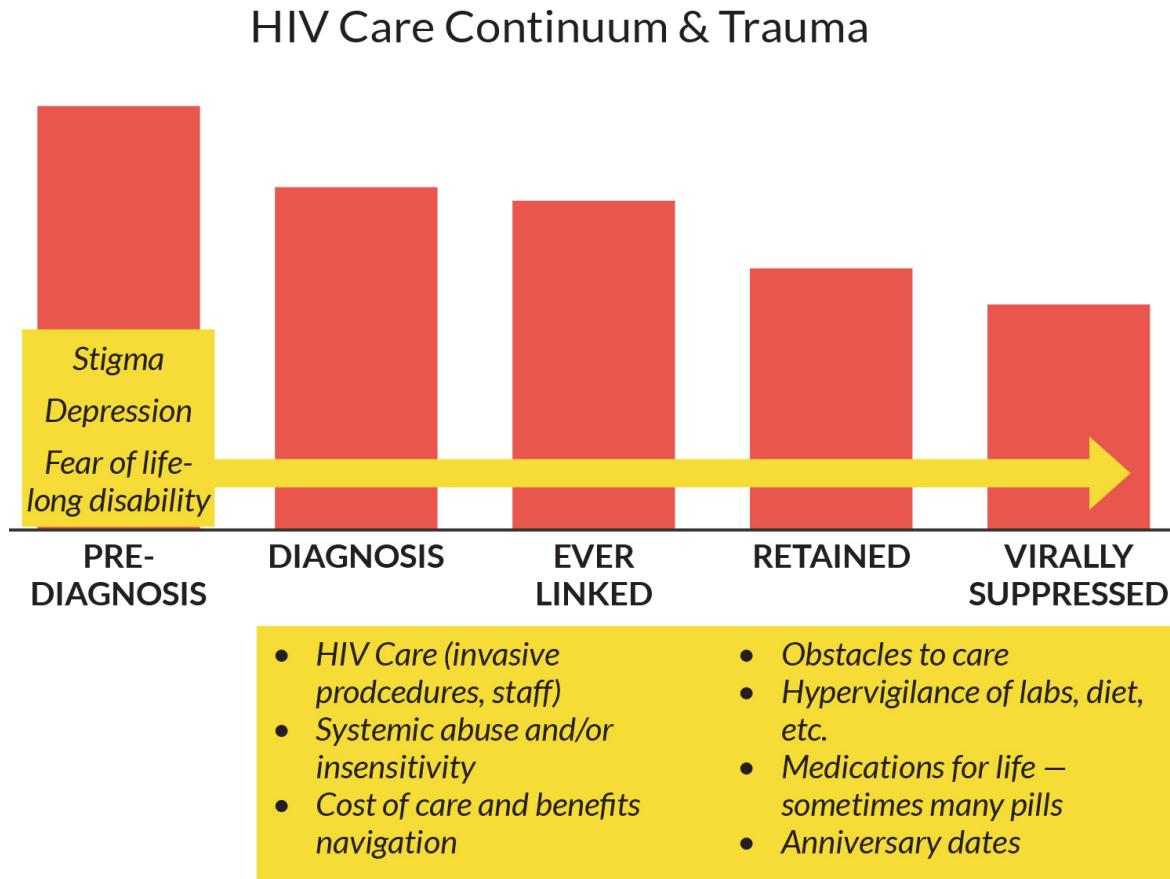
RACE

ADDICTION & MENTAL HEALTH

POVERTY & HOMELESSNESS

# TRAUMA IN THE HIV CONTINUUM

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# VICARIOUS TRAUMA

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Vicarious trauma can occur in providers as a result of bearing witness to the experience of trauma in others. Providers are exposed to trauma through hearing about traumatic experiences or being witness to symptoms of trauma in their clients (e.g., aggression or anger).

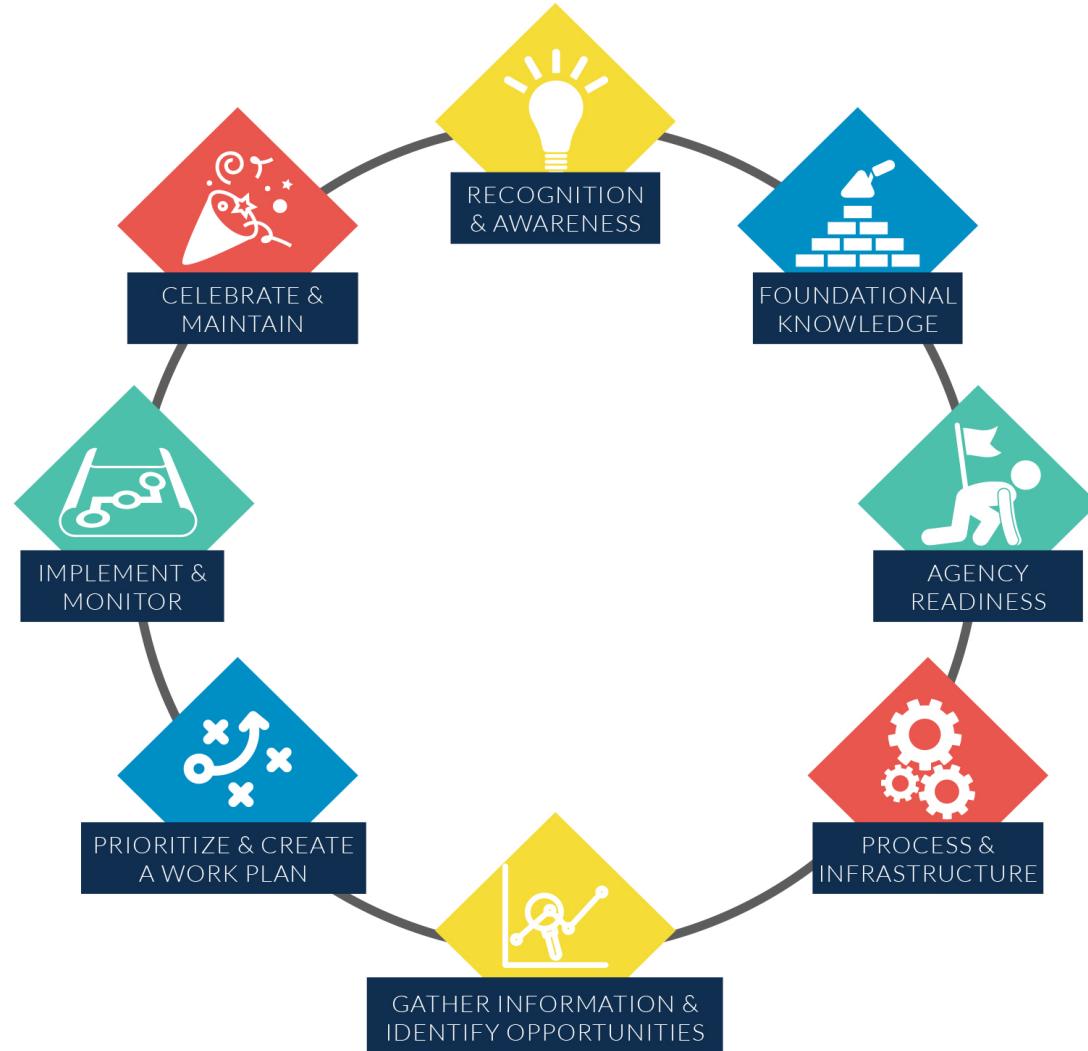
Vicarious trauma can lead to various levels of burnout and compassion fatigue, impacting high rates of turnover in many organizations that serve PLWH.

Furthermore, many persons in helping professions are drawn to the work based on their own personal experiences, thus increasing risk for vicarious trauma.

# TIA TOOLKIT OVERVIEW

# TIA MODULES

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# POLL QUESTION



# Recognition & Awareness

Trauma is prevalent among social service recipients and those providing services. This can affect an individual's ability and willingness to engage with programs either as a service recipient or as part of the workforce. Further, the service setting has often been a source for re-traumatization. This awareness or trauma sensitivity is an important first step in becoming trauma-informed.

## CONSIDERATIONS

- ➊ Services can be re-traumatizing for both the service recipient and the workforce. Learn to recognize when and how services are triggering.
  - ➋ The prevalence of trauma within the population served by your agency.
  - ➋ The prevalence of trauma and work-related stress within the workforce.

## ACTIONS

- Add trauma-related topics to agency newsletters, board meetings, trainings, conferences, and as a standing agenda item at staff meetings.
- Gather data on prevalence of ACEs. Inquire about the use of ACEs in your state's [BRFSS](#). Consider adding the ACEs and resilience scales in consumer needs assessments or other surveillance projects (such as the Medical Monitoring Project or National HIV Behavioral Surveillance). If using an ACEs scale in surveys, provide reasoning and explanation of how information will be used and include referrals and resource information.
- Assess for burnout and vicarious trauma within the workforce, using instruments such as the [Professional Quality of Life scale](#). Ensure supervision is trauma-informed and that [self-care](#) is regularly being discussed in staff supervision.
- Sign up to receive trauma and resilience related information and connect with local or national initiatives (see [resources](#)). Connect with other federally funded programs within your jurisdiction's health department that may be implementing trauma-informed approaches, such as Title V Maternal & Child Health Programs or the Special Supplemental Nutrition Program for Women, Infants and Children.
- Read about the impact of trauma within PLWH and HIV services in peer-reviewed journals.
- Assess client experiences with your agency through the use of a tool like this [client feedback survey](#).

## STATE EXAMPLE HAWAII

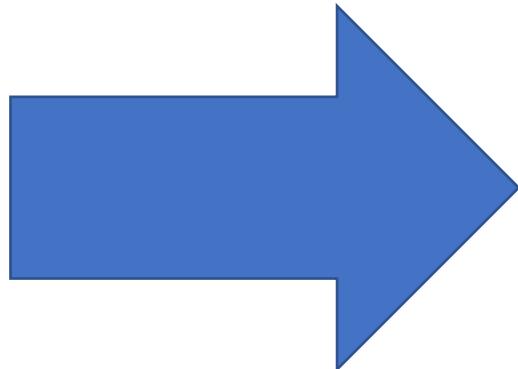
Hawaii's RWHAP Part B Program added the ACEs module to their 2018 consumer needs assessment. They plan to compare the responses they receive to the results of their state's BRFSS data and incorporate trauma-informed approaches accordingly.



# SHIFT THE QUESTION

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WHAT'S  
WRONG WITH  
YOU?



WHAT  
HAPPENED TO  
YOU?

# POLL QUESTION

# Q&A DISCUSSION

# CALLS TO ACTION

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- Download and review the TIA Toolkit.
- Incorporate ACEs questionnaire into your client intake forms.
- Tell a friend/colleague about TIA.
- Complete the webinar evaluation, please.