

We are a nation of trauma survivors

Lessons from History:

The Alcoholic Republic

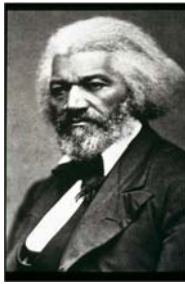
"Americans drank more alcohol per capita, the first 40 years after the signing of The Declaration of Independence than anytime in our nations history."

Rationale

- *The British had all the tea*
- *Water was impure*
- *Milk spoiled easily*



*Martha Washington
Leader of the Temperance Movement*



"We can't stagger to freedom."
Frederick Douglass
Leader of the Black Temperance Movement

The Bill of Rights

The first 10 Amendments of the Constitution reflects all the things a trauma survivor would need to feel safe.

Amendment 1

Freedom of Speech

Amendment 2

The Right to Bear Arms

The Bill of Rights Continued

Amendment 3

You don't have to let soldiers live in your house.

Amendment 4

Nobody can search your body or your house unless they can prove to a judge there is a good reason to do so.



George Washington



Civil War

During the Civil War soldiers were given a pint of alcohol per day to deal with the trauma of war.

The National Residue of Our Historical Trauma

- *More guns than people*
- *The highest homicide rate in the world*
- *The highest imprisonment rate in the world*
- *Leads the world in cigarette smoking*
- *Leads the world in illicit drug*

You cannot have a trauma recovery movement in America without advocacy.

Judith Herman

Center for Disease Control and Prevention

The Adverse Childhood Study (ACE)

Research with Nearly 18,000 Adults

Discovered A Strong Correlation Between Early Childhood Trauma and Physical and Mental Illness in Adulthood

Trauma Continued

Because we have never recovered from our historical trauma we have a high tolerance for trauma without taking action

Every Helping Professional Needs to be an Advocate for Trauma Informed Care as a Part of their Ethical Responsibility

A brief history

- *Freud*
- *World War I*
- *World War II*
- *Vietnam War*
- *Modern Addictions and Mental Health Treatment*
- *The Woman's Movement*
- *The Trauma of Unemployment*
- *The ACE Study*

ACE Study

Directions – For each "yes" answer, give yourself one point. For each "no" answer, give yourself zero points.

When you were growing up in your household, before age 18, did you have any of the following experiences?

1. *Often had a parent or someone else in the household who swore at you, yelled at you, and sometimes, or often, acted in a way that made you believe you might be physically hurt. ____*
2. *Sometimes, often, or very often, were you pushed, grabbed, slapped, or had something thrown at you, or hit so hard that you had marks or were injured? ____*

ACE Study Continued

1. *An adult or person at least five years older ever touched you or fondled you in a sexual way, had you touch their body in a sexual way, attempted oral, anal, or vaginal intercourse with you or actually had oral, anal, or vaginal intercourse with you. ____*
2. *Were you ever made to feel unloved, unprotected, and not special in your home? ____*
3. *Were there times when you did not have food, clean clothes, and a place to live? If you were sick, were there times when an adult did not take care of you consistently? ____*

ACE Study Continued

1. *Did you ever witness your mother or stepmother get pushed, grabbed, slapped, hit, or have something thrown at her? ____*
2. *Was there anyone in your household who was a problem drinker, alcoholic, or who used street drugs? ____*
3. *Did you live with a household member who was depressed, mentally ill, or attempted suicide? ____*
4. *Were your parents ever separated or divorced? ____*
5. *Did you ever have a household member who went to prison? ____*

Ace Results

- *If a client answers yes to 3 out of 10 ACE Study questions they are at an increase of developing an addiction, process or chemical*
- *If a client answers yes to 3 out of 10 questions they are at risk of developing a mental illness*
- *Answering yes to 4 out of the 10 questions increases the risk of a Co-occurring Disorder (Mental Illness and Addiction)*

Follow-up Research on the ACE Study

Year

- | | |
|-------------|--|
| <i>2010</i> | • <i>link between lung cancer and childhood trauma</i> |
| <i>2009</i> | • <i>link between childhood trauma and premature death</i> • <i>prescription drug abuse</i> |

Follow-up Studies Continued

- | | |
|-------------|--|
| <i>2008</i> | <i>pulmonary disease and childhood trauma</i> |
| <i>2007</i> | <i>mental illness in adulthood cigarette smoking</i> |
| <i>2006</i> | <i>early alcohol and drug use</i> |
| <i>2005</i> | <i>homelessness in adulthood</i> |

Follow-up Studies Continued

- | | |
|-------------|---|
| <i>2004</i> | <i>depression in adulthood liver disease heart disease teen pregnancy</i> |
| <i>2003</i> | <i>illicit drug use mental illness</i> |
| <i>2005</i> | <i>homelessness in adulthood</i> |

Follow-up Studies Continued

- 2002 *alcoholism and depression in adulthood*
- 2001 *suicide attempts and risky sexual behavior*
- 2000 *HIV and other sexually transmitted diseases*



Good Family Secrets

- *Santa Claus*
- *The tooth fairy*
- *Surprise birthday party*
- *How you feel about people as people*

Dark Secrets

Level I Dark Secrets

- *Phobias*
- *The intimate details of an affair*

Level II Dark Secrets

- *Your real ethnicity*
- *Adoption status*
- *Who your parents really are*

Secrets Theory

*Everyone in the family knows the secret.
They will repeat the secret across
generations until the secret is openly
dealt with.*

Source: Family Secrets

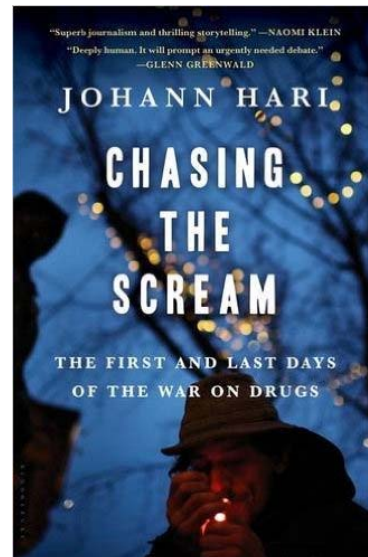
Level III Dark Secrets

- *Addictions*
- *Living with addictions*

Level IV Dark Secrets

*These secrets cause the most damage if
not discussed*

- *Incest*
- *Childhood sexual abuse*
- *Sexual assault*
- *Torture*
- *Witnessing extreme violence*
- *"The secret that you only tell once"*



PTSD

- *The person has been exposed to a traumatic event*
- *Recurrent and intensive distressing recollections of the event*
- *Efforts to avoid conversations, activities, places and people that bring up memories of the event*
- *Difficulty falling or staying asleep, nightmares, flashbacks*

Treatment

Cognitive Behavioral Therapy, Exposure Therapy, EMDR, Cognitive Processing Therapy

PTSD vs. Complex Trauma

With PTSD exposure to a specific traumatic event is required

Complex Trauma Includes Multiple Layers and Years of Traumatic Experiences

- *Neglect*
- *Abandonment*
- *Multiple placements*
- *Parental substance abuse*
- *Adult emotional unavailability*
- *Multiple losses*
- *Exposure to domestic violence*
- *Abuse*

Most Common Symptoms of Complex Trauma

- *Difficulty regulating emotions* 65%
- *Difficulty with impulse control* 63%
- *Negative self-image* 62%
- *Difficulty concentrating (ADD)* 60%
- *Aggression (Conduct Disorder)* 56%
- *PTSD* 12%
- *Substance Abuse* 10%

Treatment

Cognitive Behavioral Treatment, Anger Management, Mindfulness Meditation, ARC Model etc.,

Historical Trauma

A cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma

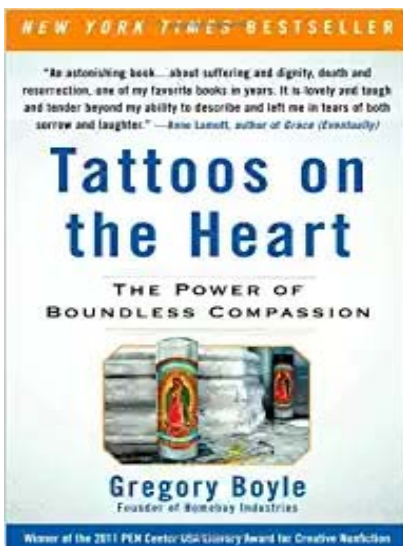
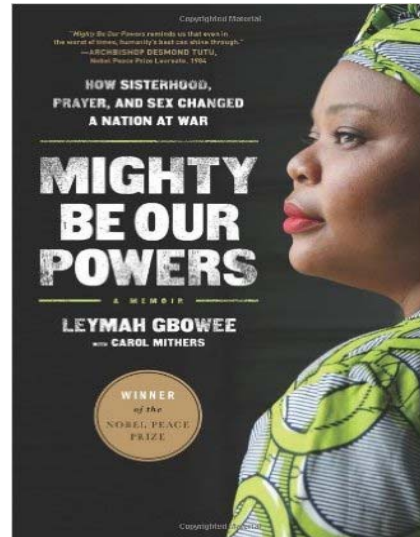
- Brave Heart, 2000

Historical Trauma Features

- Loss of culture
- Survivor guilt
- Depression
- Traumatic stress symptoms
- Numbing
- Low self esteem

Historical Trauma Features Continued

- Historical unresolved grief
- Substance use
- Suicidal ideations
- Traumatizing others at the micro and macro levels



The Healing of Historical Trauma

- Awakening and Collective Commitment
- Mass Mobilization
- Personal and Collective Mourning
- Forgiving the Unforgivable
- Return to culture
- Achieving a new harmony
- Cultural revitalization and celebration

White and Coyhis

An Existential Concern

How long do African American and Latino males live?

24 -7 – 365 Terror

Dispelling the Myth

- *500 – 700 murders annually*
- *40,000 annual births in Chicago*
- *2.7 million residents*

Dispelling the Myth Continued

- *9 million residents of Cook County*
- *112 murders in Englewood over last 20 years*
- *73 thousand residents of Englewood*
- *Life expectancy of African American men in Chicago is age 70. Hispanic Latino males age 73*



First Wave

- *Psychodynamic Approaches*
Judith Hermann
- *Safety*
- *Remembering and mourning*
- *Reconnection*
 - *Finding a survivor mission*
 - *Striving to reach your potential*

Second Wave

- *Cognitive Behavioral Therapies*

Third Wave

- *Experiential Approaches*

September 11th survivors were asked what helped them most with their trauma

- *Acupuncture*
- *Massage*
- *Yoga*
- *Movement*

Agency's Have an Ethical Responsibility to Create Trauma Informed System of Care

A trauma informed system of care recognizes and therapeutically responds to the impact of traumatic stress on those who have contact with the system from the initial phone call, through termination and follow-up. In a trauma informed system of care every member of the service team has an awareness of their role in reducing the impact of trauma on those seeking services.

Principles of Trauma Informed Care Continued

- *Parallel Process- How we treat each other impacts how we treat clients*
- *Do no harm*

Do No Harm

- *Avoid heavy confrontation*
- *Use person first language*
- *Avoid stigmatizing language*
 - *Addict*
 - *Dopefiend*
 - *Dirty drop*
 - *Clean*
- *Natural consequences*

Do No Harm Continued

- *Client is in charge of disclosure*
- *Missing details are ok*
- *One experience can stand for many*
- *Healthy boundaries*