



Impact of Trauma



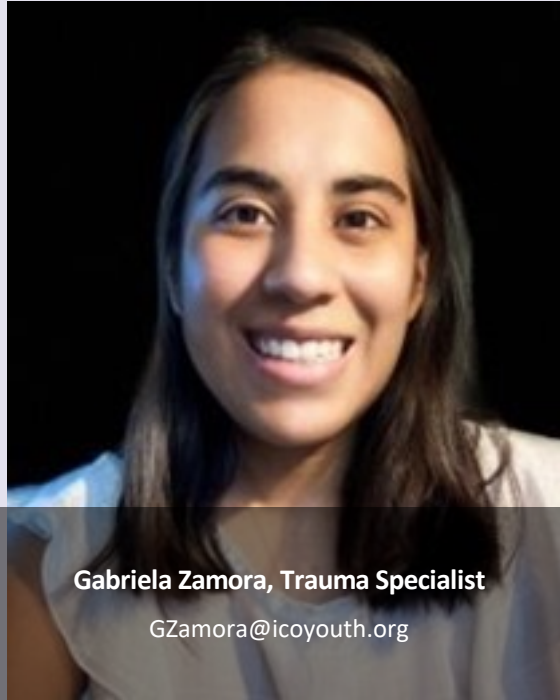
Illinois
Collaboration
on Youth

Partnering to build brighter futures

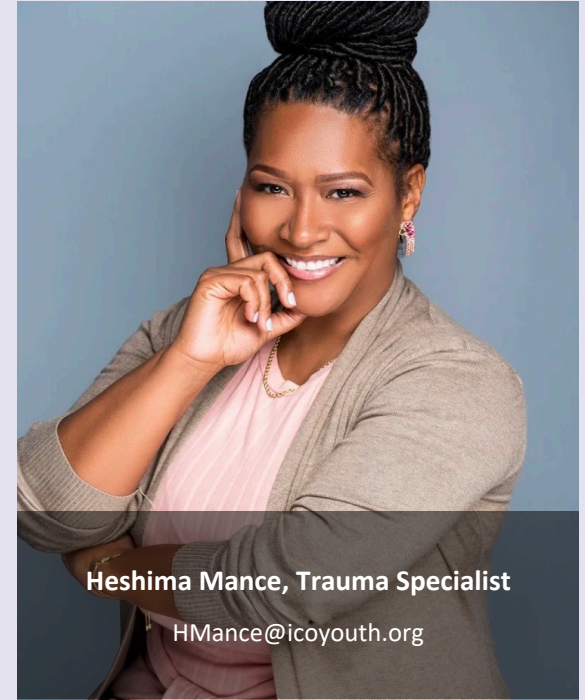
Meet your Presenters-ICOY Trauma Team



Jocelyn Vega, Director of Trauma Initiatives
JVega@icoyouth.org



Gabriela Zamora, Trauma Specialist
GZamora@icoyouth.org



Heshima Mance, Trauma Specialist
HMance@icoyouth.org



Mindful Minute





Self-Care Check:

- Step out and take a break
- Engage your senses
- Stand up; stretch
- Debrief – who can you talk to?



Learning Objectives



LEARN ABOUT THE IMPACT OF
TRAUMATIC EVENTS



DEVELOP A DEEPER
UNDERSTANDING OF WHAT IT
MEANS TO BE TRAUMA-INFORMED



UNDERSTAND THE FOUNDATION OF
A TRAUMA INFORMED RESPONSE

What is Trauma?



Poll: What is trauma?

- A:** Something that is bad or difficult
- B:** Something that happens to clients
- C:** Happens to communities and generations





What is Trauma?

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

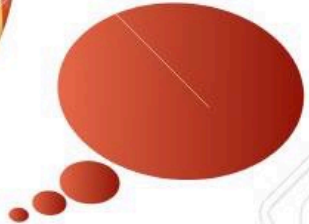


Impact of Trauma from Childhood



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Trauma & Pathways

LATENT VULNERABILITY



Adverse **childhood** experiences

(Leaves and branches)

Abuse - emotional, sexual, physical

Substance abuse

Domestic violence

Neglect - physical, emotional

Parental separation

Mental illness

Incarceration

Adverse **community** environments

(Roots)

Poverty

Racism, discrimination

Poor / unaffordable housing

Community violence
Lack of educational, economic opportunity

Slavery

Genocide

Mass incarceration

Holocaust

Forced displacement

Adverse **collective historical** experiences (Soil)

Adapted from Ellis W, Dietz W, BCR Framework. *Academic Peds* (2017).



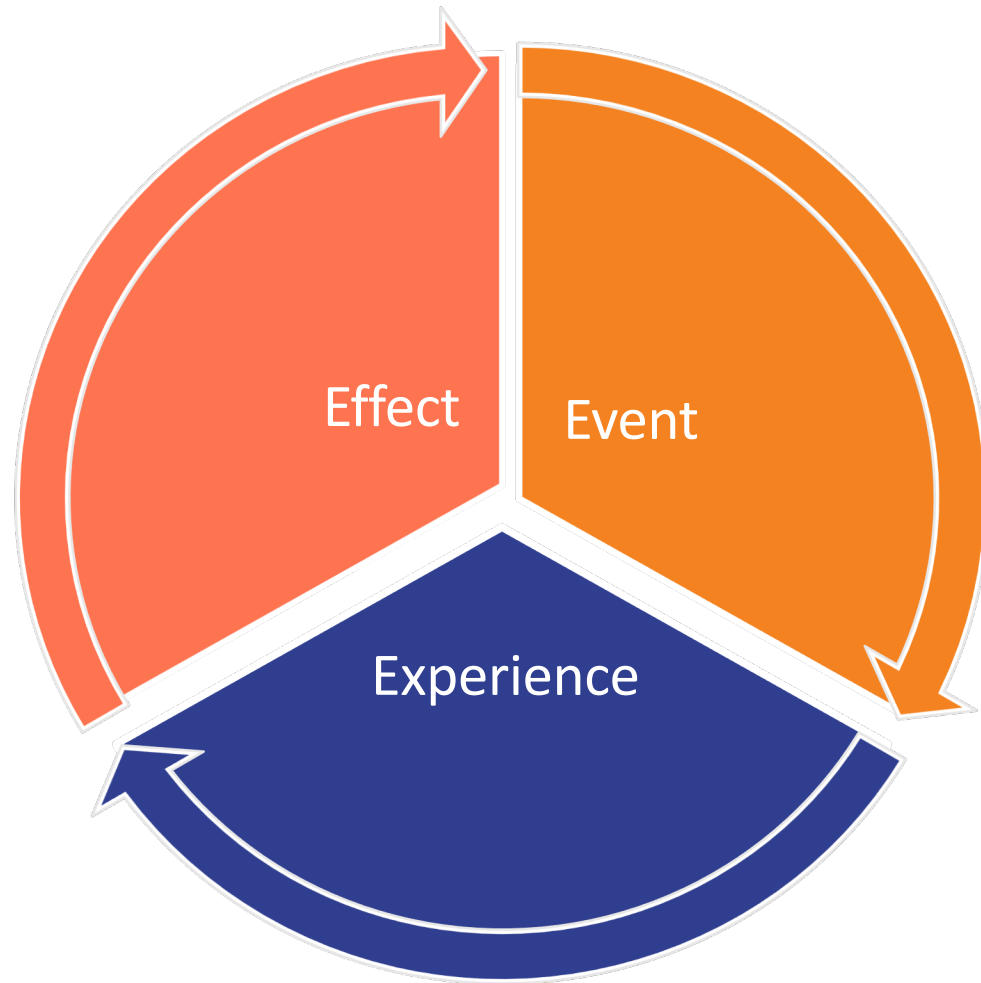
Childhood Trauma into Adulthood

Our brain reacts and responds to both negative and positive experiences the best that it can. Many of us carry experiences from childhood that impact us now.

- Our pathways to vulnerability were disrupted
- Relationships felt wrong with ourselves and others
- Our brain adapts adversity to survive and limits our learning brain.
- Trauma can undermine our ability to identify and communicate our needs



Naming Trauma in Our Work



Taking a Step Back

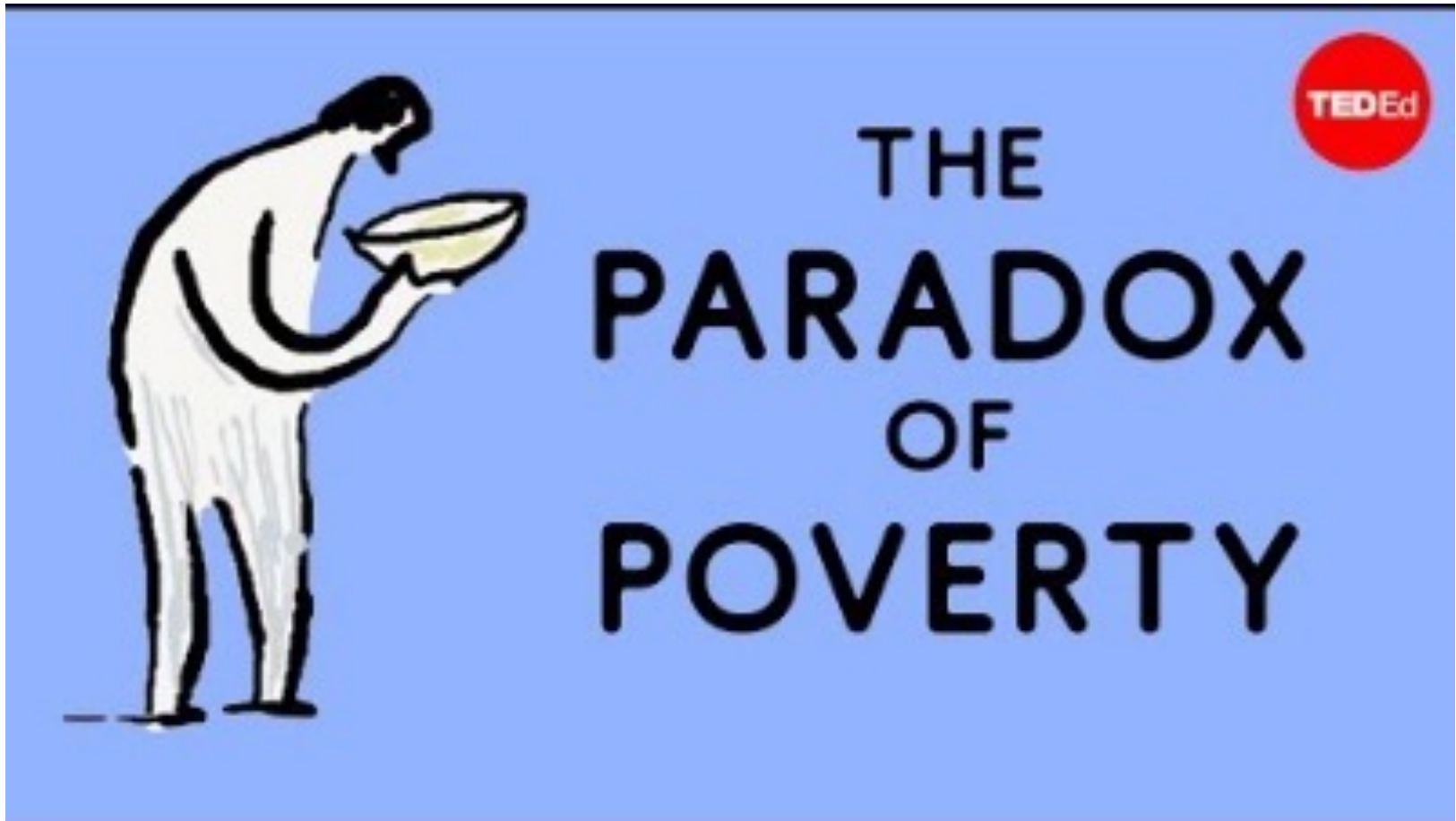
What might cause trauma in your client's life or communities?
Consider these factors:

- Poverty
- Barriers
- Economic or social pressures
- Generational cycles of trauma
- Marginalization or discrimination





Poverty as Trauma



We Learn by Experience







What might be some of our Clients previous experiences?





Poll: What are some experiences that clients carry into our services?

A: Stressed - Carrying the weight of the world

B: Nervous - Unfocused and not present

C: Fearful - Feel overwhelmed and uncertain

D: Hopeless - Feeling disappointed by past services





Grounding Video





Break time!

How Does Trauma Impact Us?



Effects of Trauma





Trauma's Physical Stress

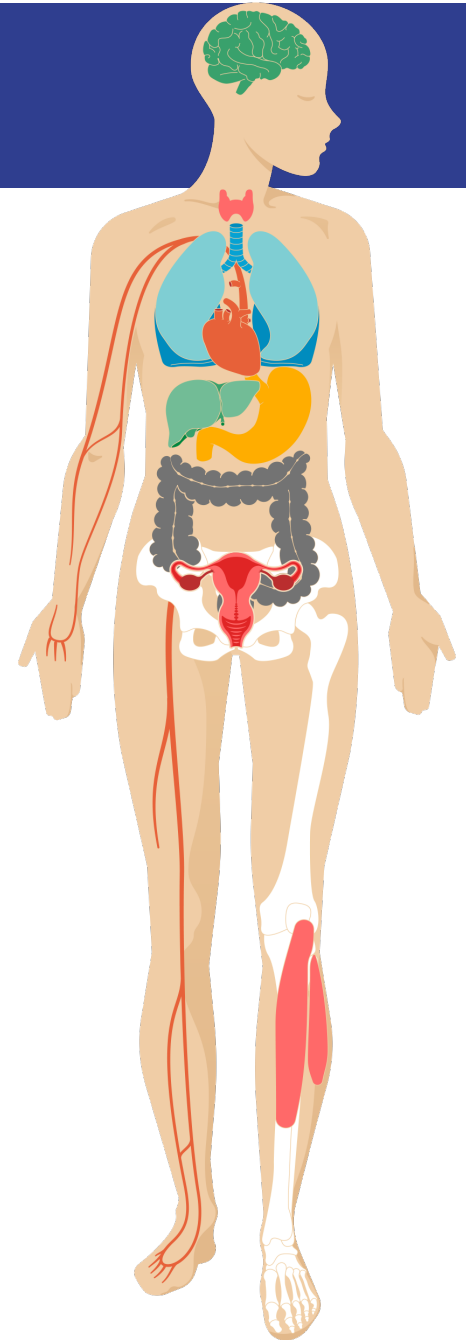




Trauma and the Body

"The body continues to defend against a threat that belongs in the past." Van der Kolk, 2014

- Hyper Arousal
- Heart Rate/Blood pressure
- Muscles
- Digestion
- Blood sugar
- Immune System
- Sleep/Wake cycle
- Headaches
- Dissociation





Trauma and Emotion



Trauma can elicit such intense fear, anger, shame, and helplessness that we feel overwhelmed or threaten.

Overwhelming emotion may interfere with our self-regulation. Others might find our behavior unmatched to the environment.

We sometimes lack the awareness of our trauma or stress – especially if it is built up over the years.



Trauma and Behavior





What Trauma Can Look Like



Difficulty being redirected

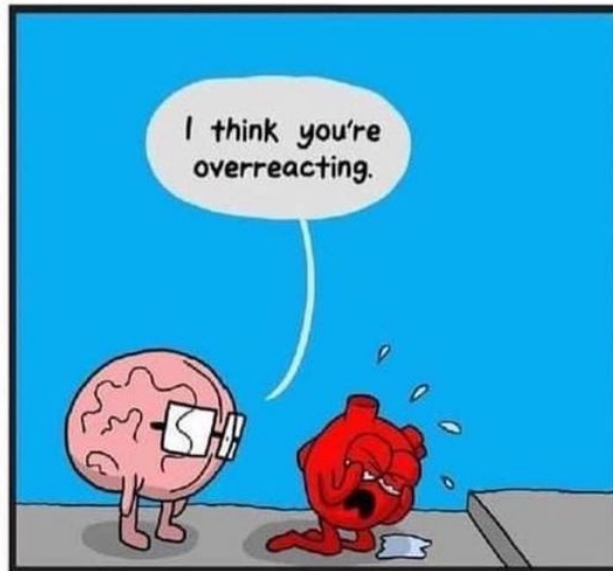
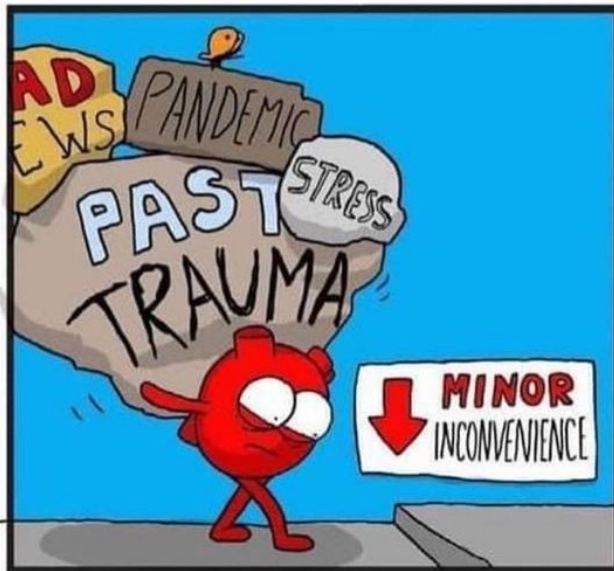
Physical and emotional reactivity

Difficulty calming down after outbursts

Difficulty letting go, holding onto grievances

Regressive behaviors (behaving younger than his/her age)

Rejecting support from peers and adults



Trauma and Relationships

- Attachment describes the long term and short-term dynamics of interpersonal relationship.
- There can be high mistrust in services based on past experiences
- Attachment behaviors are activated during stressful events when we feel uncertainty or fear

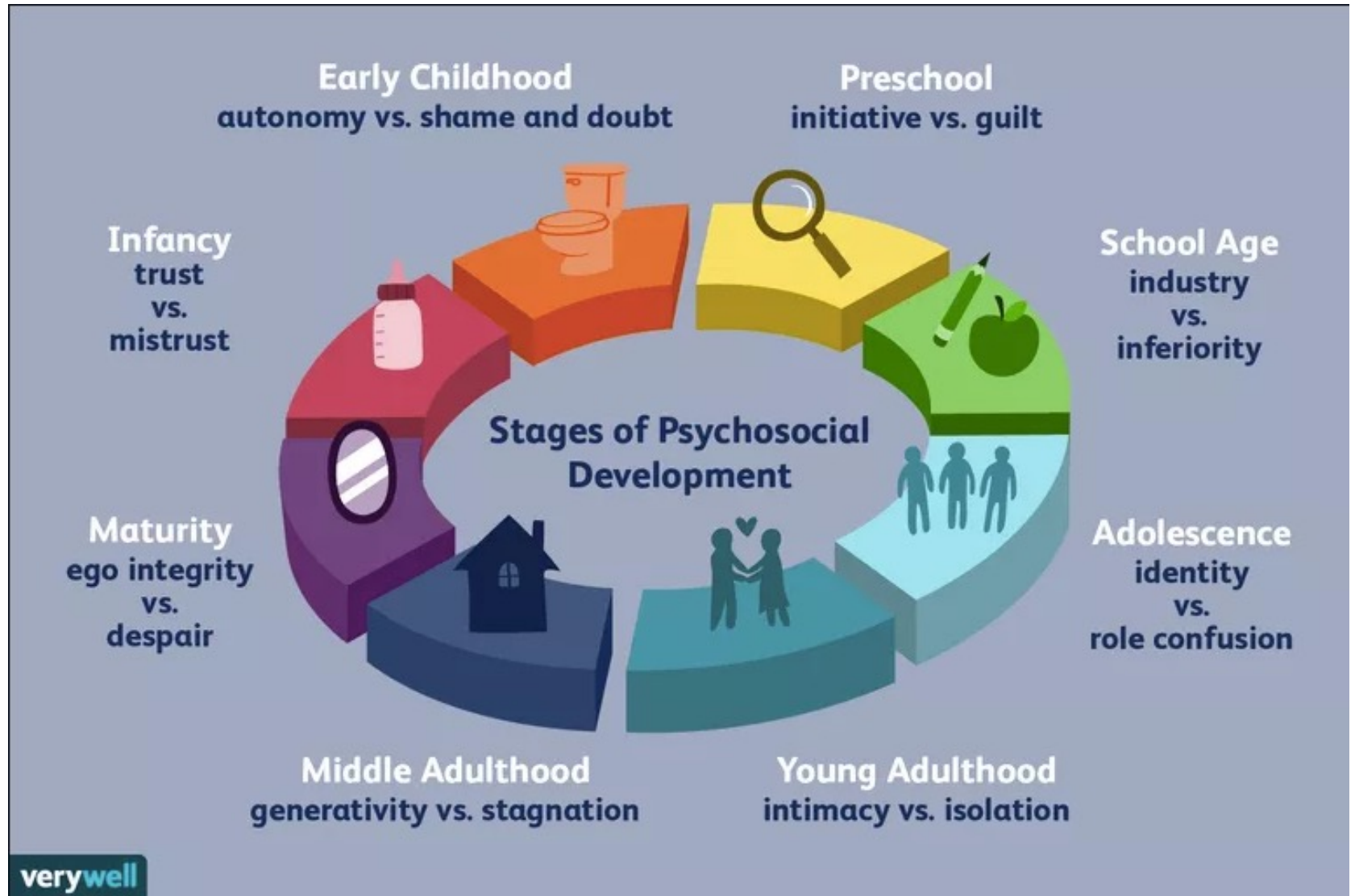
Healing



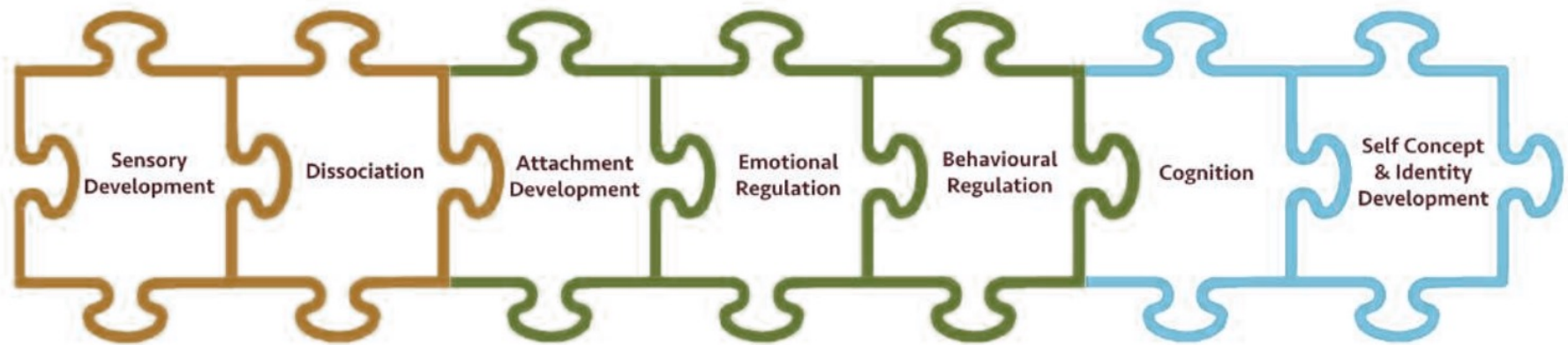
Trauma



Trauma and Development



The seven pieces of the Developmental Trauma puzzle are:





Trauma and Self-Concept/ World Beliefs



About Ourselves



About Others



About the World

How to Support Someone Who has Experienced Trauma



Break Out The 5 S's: A Universal Trauma-Informed Response

Create a **Safe Environment**

Provide **Supportive** relationships

Model/teach effective **Self Soothing & Self-regulation** and coping strategies

Develop **Strengths** and Resilience

Encourage and Practice **Self-Care** and **Collective Care**



Creating a Safe Environment

- **Be predictable:** Maintain routines and prepare clients for any changes in routine or schedule.
- **Add ritual** to start and end interactions, build routines, and promote a positive atmosphere
- **Give real choices**, ensure clients are given clear expectations, directions, and opportunities for feedback.
- **Maintain boundaries.** Avoid the false promise of rescuing and .



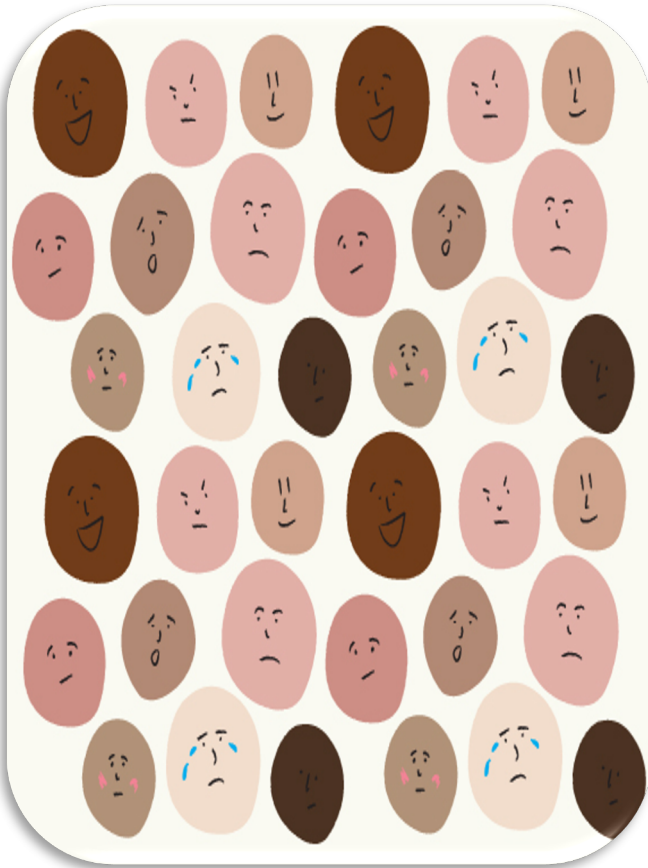
Supportive Relationships

- Use active listening skills
- Learn individual strengths and vulnerabilities; help access resources to develop talents, interests, etc.
- Ask “What happened?” instead of “What’s Wrong?”; follow-up after a crisis, not during one
- Be sensitive to change in tone of voice, rhythm of their movement, notice patterns of activities
- Allow for an encouraging & positive, supportive relationships; remember criticism can feel crushing but approval can be motivating and energizing.





Self-Soothing & Self-Regulation



- When someone is losing control, they rely on you to provide the emotional glue they can't access.
- Identify self soothing techniques
- Model calm using soft voice tones, breathing techniques, and other strategies to reduce stress
- Once someone understands how to self sooth and its necessity, self regulation will be more likely to occur
- Praise clients for using appropriate coping strategies (even after angry outbursts, once they have regained control).



Building Strength and Resiliency



- You are there to help them see/feel/understand/build their strengths
- Use positive statements; be creative, don't give up
- Find the strengths – start small, do often, celebrate
- Try to put yourself in their place. What you view as a challenge may be evidence of great strength.
- Each interaction provides another opportunity to develop positive relationships, increase confidence & self esteem, and new brain pathways!



Self-Care & Collective Care

In order to effectively be a support those recovering from trauma, we must take steps to manage our own feelings and reactions as well as to support those around us as they do the same.

- Be honest about your expectations for client's and your relationship with them.
- You will have some successes and some challenges. Celebrate small victories.
- Don't take clients' difficulties personally
- Be aware of your reactions to clients' behavior and develop strategies to manage them.
- Seek support from colleagues and professionals if needed
- Clients will have endless needs; pace yourself!



Take Home Messages

Trauma impacts behavior. This is a *normal* response to *abnormal* events.

Resiliency and healing are possible

We can heal through safe and supportive interactions and relationships. We can create these by using a trauma-informed approach.

In order to create a safe and caring environment for people, attending to our own well-being must be an integral part of our work.



Questions?