Ohio | Department of Developmental Disabilities

Creating Environments of Resiliency and Care:

Brown Bag Thursday

Tina Evans,
Ohio Department of Developmental Disabilities

Kim Kehl,
Ohio Department of Mental Health & Addition Services

Colleen Mercuri- Johnson,
Butler County Board of Developmental Disabilities

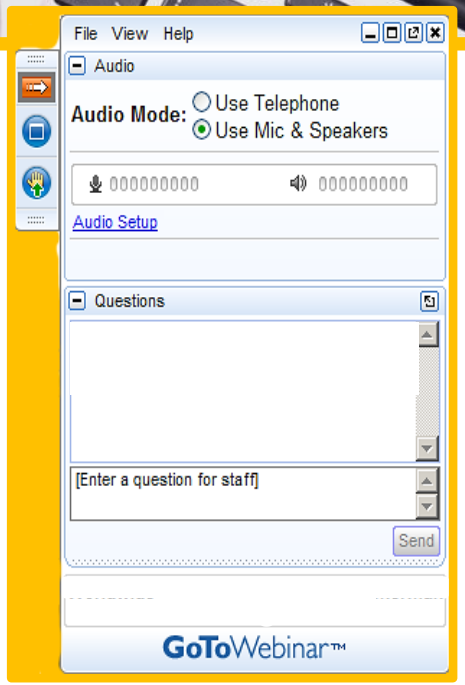
Before we begin…

Presenters will take questions

Type your questions in the webinar chat box

A recording will be posted

DODD Work Space, [Webinar Catalog](http://dodd.ohio.gov/workspace/Pages/default.aspx)
http://dodd.ohio.gov/workspace/Pages/default.aspx



Continuing Professional Development Credit Hour

1 hour of CPD is available for viewing this **live** webinar in the following areas: Adult Services/Day Habilitation, Investigative Agent, Service and Support Administration, Superintendent and CBDD Board Members

CPD webinar attendance policy

- As of November 2015, participants must view the full hour in order to receive CPD credit. The full webinar policy is available on the [DODD Work Space](http://dodd.ohio.gov/workspace/Pages/default.aspx) http://dodd.ohio.gov/workspace/Pages/default.aspx

Miss a Brown Bag webinar?

Find recordings on the DODD App!

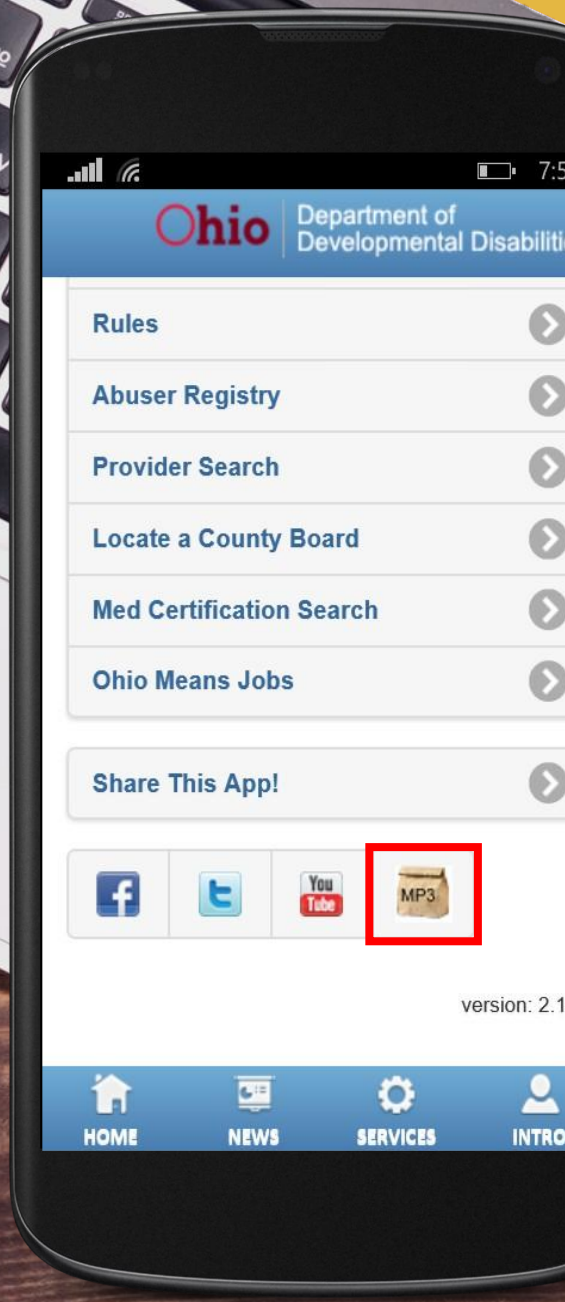
Available on the App Store

Google play

Windows Phone Store

Download the DODD App

http://dodd.ohio.gov/StayConnected/Pages/default.aspx



Our Speakers Today

Tina Evans
Regional Liaison Team Lead
Ohio Dept. Of Developmental Disabilities

Kim Kehl,
Trauma-Informed Care Project Coordinator
Ohio Dept. Of Mental Health & Addiction Services

Colleen Mercuri- Johnson,
Counselor, Behavioral Health Program
Butler County Board of Developmental Disabilities

Helping Babies Deal With Toxic Stress, NPR

Read the story

What is Trauma?

Trauma results from

- An **event**, series of events, or a set of circumstances that is **experienced** by an individual
- Physically or emotionally harmful or threatening
- Has lasting adverse **effects** on the individual's functioning and physical, social, emotional, or spiritual well-being

Substance Abuse And Mental Health Services Administration (SAMHSA)

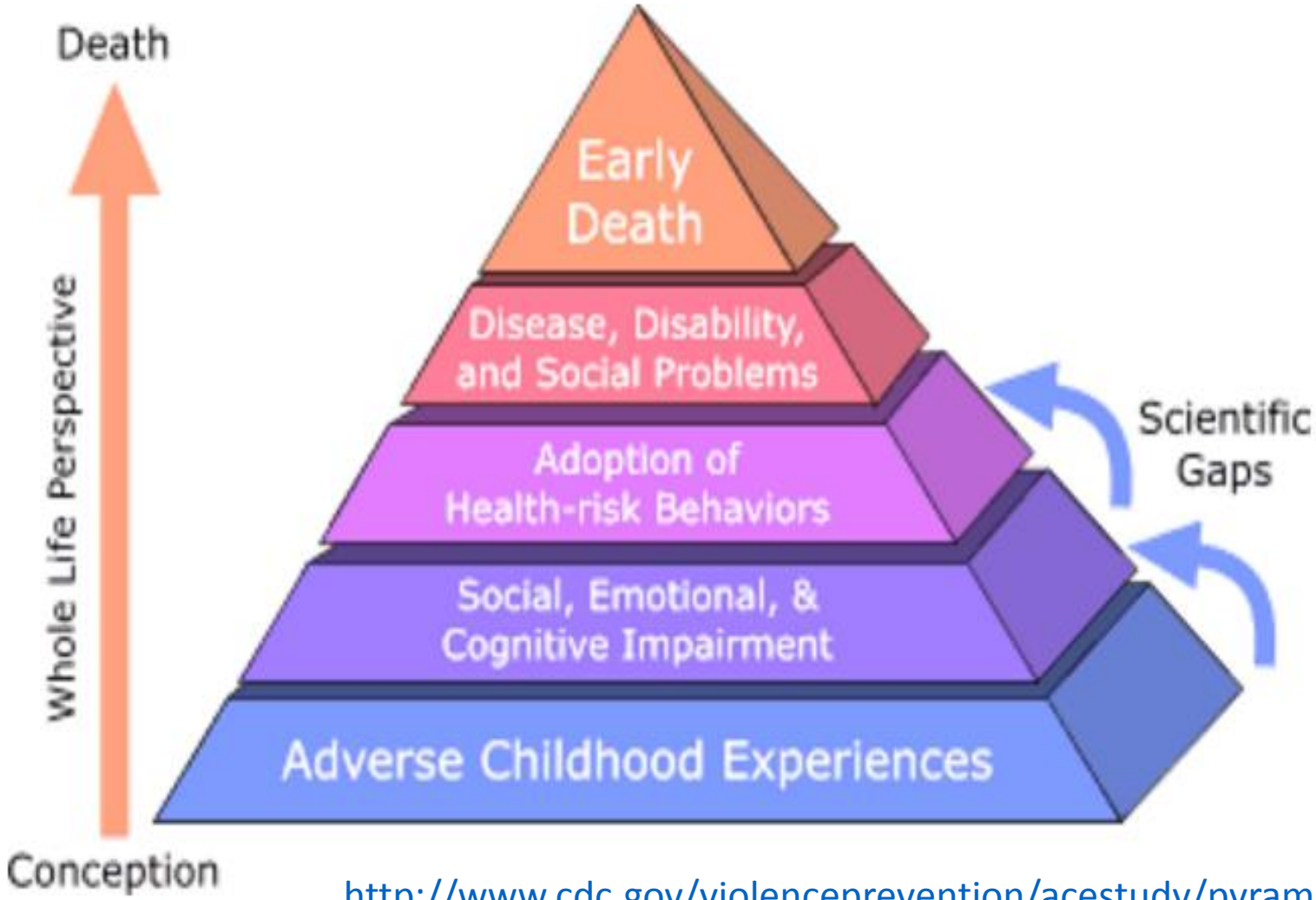
What is Trauma?

The individual's ***experience*** of these events or circumstances helps to determine whether it is a traumatic event.

The long-lasting adverse ***effects*** on an individual are the result of the individual's experience of the event or circumstance.

SAMHSA

What is Trauma?



http://www.cdc.gov/violenceprevention/acestudy/pyramid.html

How Do We Measure Trauma?

Adverse Childhood Experience (ACE) Study

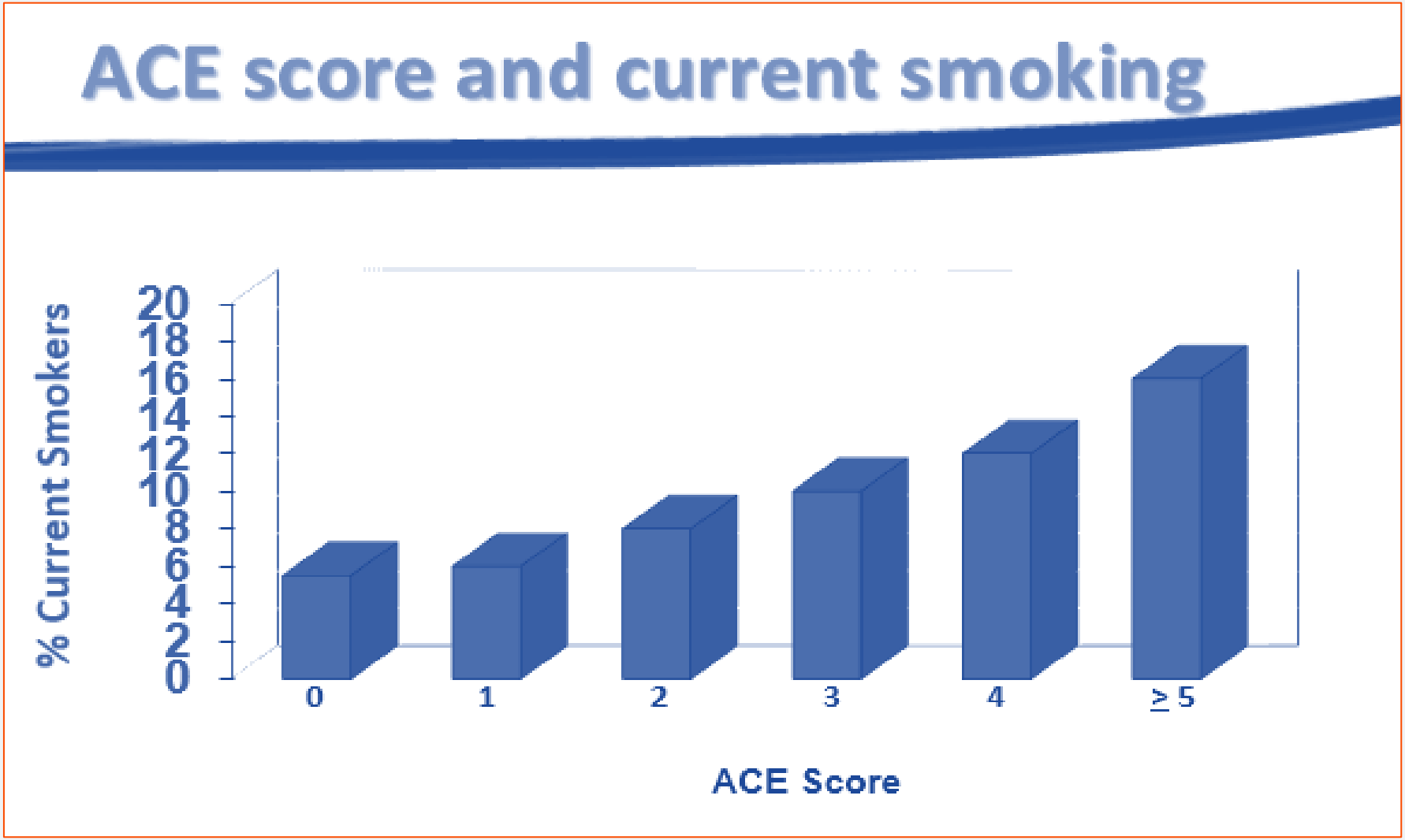
Links childhood trauma to long-term health and social outcomes

Study composed of 14 questions that result in an ACE score

The higher the ACE score (more experiences of trauma), the higher ones risk for later health problems

DD and MH Communities had high numbers of people reporting trauma

Case Study: ACE Score and Smoking



Areas of Assessment

ABUSE

Physical

Emotional

Sexual

NEGLECT

Physical

Emotional

HOUSEHOLD DYSFUNCTION

Mental Illness

Incarcerated Relative

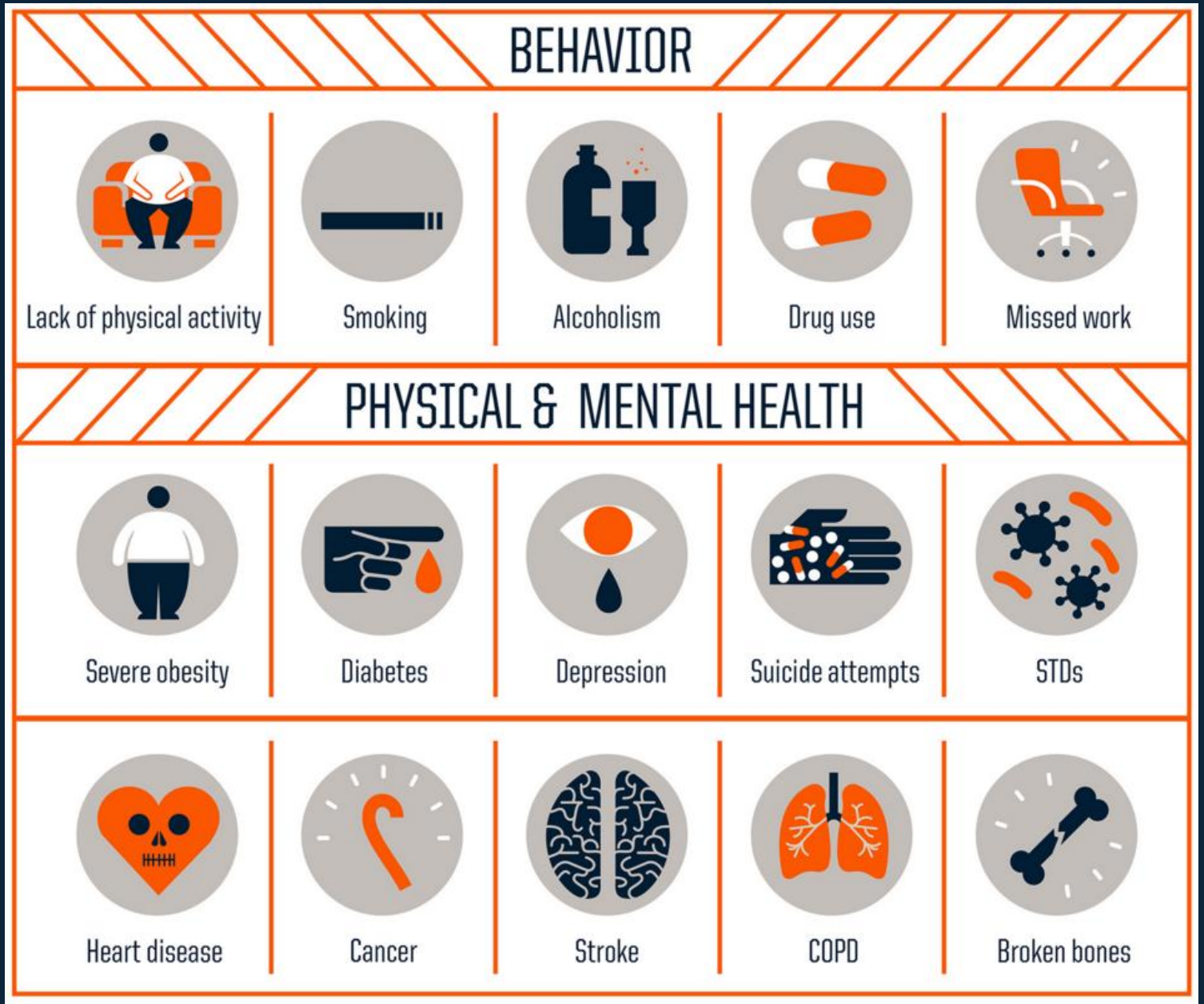
Mother treated violently

Substance Abuse

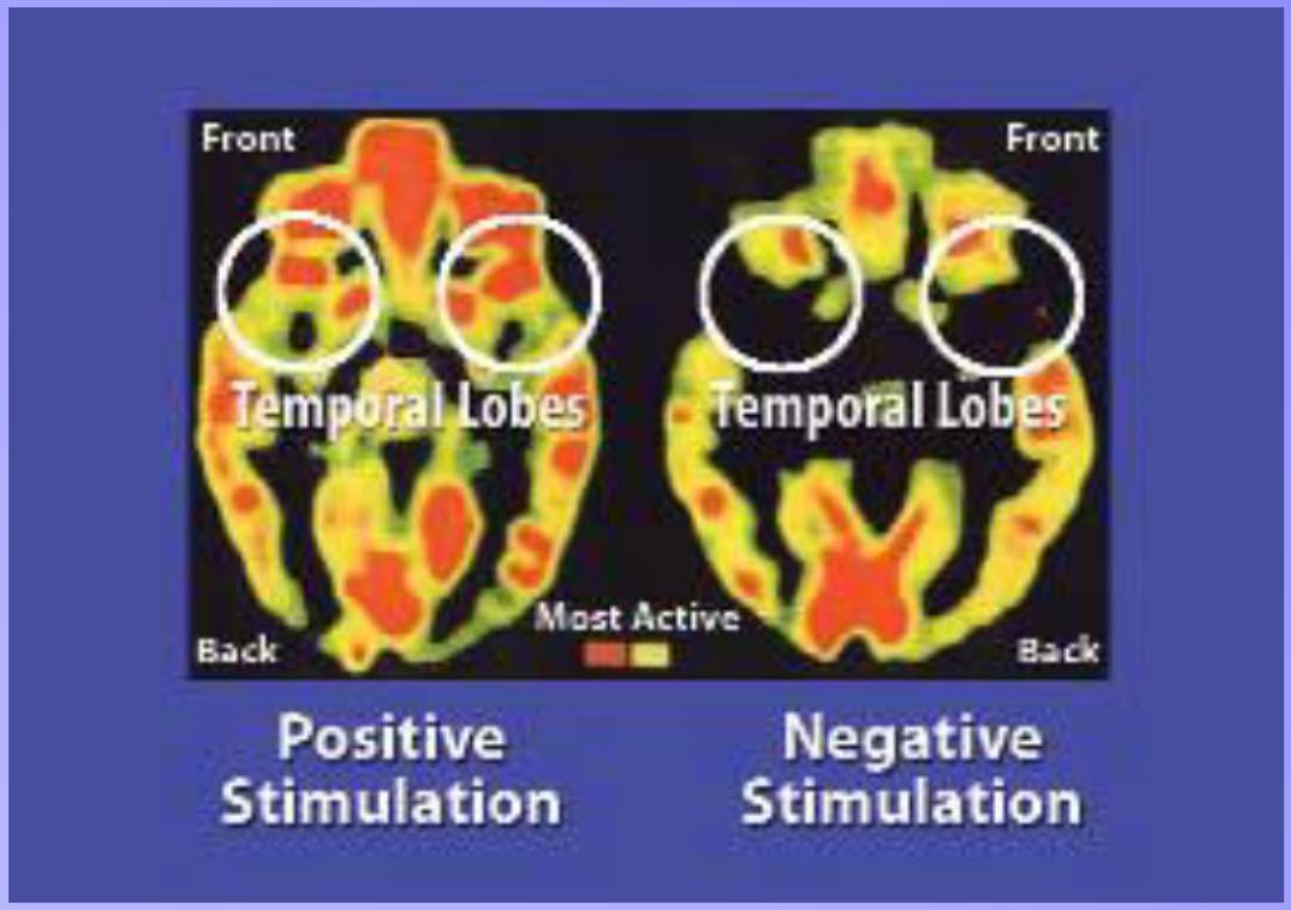
Divorce

http://acestoohigh.com/got-your-ace-score/

Later Health Outcomes



Adaptations To Traumatic Events



Brain activity of a normal five-year-old child (left) and a five-year-old institutionalized orphan neglected in infancy (right).

Adaptations To Traumatic Events

Abuse and neglect have profound influences on brain development. The more prolonged the abuse or neglect, the more likely it is that permanent brain damage will occur.

Not only are people with developmental disabilities more likely to be exposed to trauma, but **exposure to trauma makes developmental delays more likely.**

Assume Trauma

Exposure to trauma is especially common among people with mental illness and developmental disabilities

About 70 % of developmentally disabled people report being physically, and sexually assaulted, neglected or abused at some point in their lives (Columbus Dispatch, 2015)

About 90 % of the reported multiple occurrences (Columbus Dispatch, 2015)

Assume trauma when working with people with DD

Adaptations To Traumatic Events

Agitation
Self-Destructive Behaviors
Anxiety
Hypervigilance
Depression
Eating Disorders
Numbness/Dissociation
Excessive Anger
Sensitivity To Noise/Touch
Lack of Concentration

"What purpose does this behavior serve?"

Healing Happens In Relationships

People with developmental disabilities *and* histories of trauma often have profound mistrust and feeling of betrayal about caretakers, treatment providers and social services systems in general.

They may have an expectation of hurt neglect and abandonment.

What Is Trauma Informed Care (TIC)?

Realizes widespread prevalence and impact of trauma

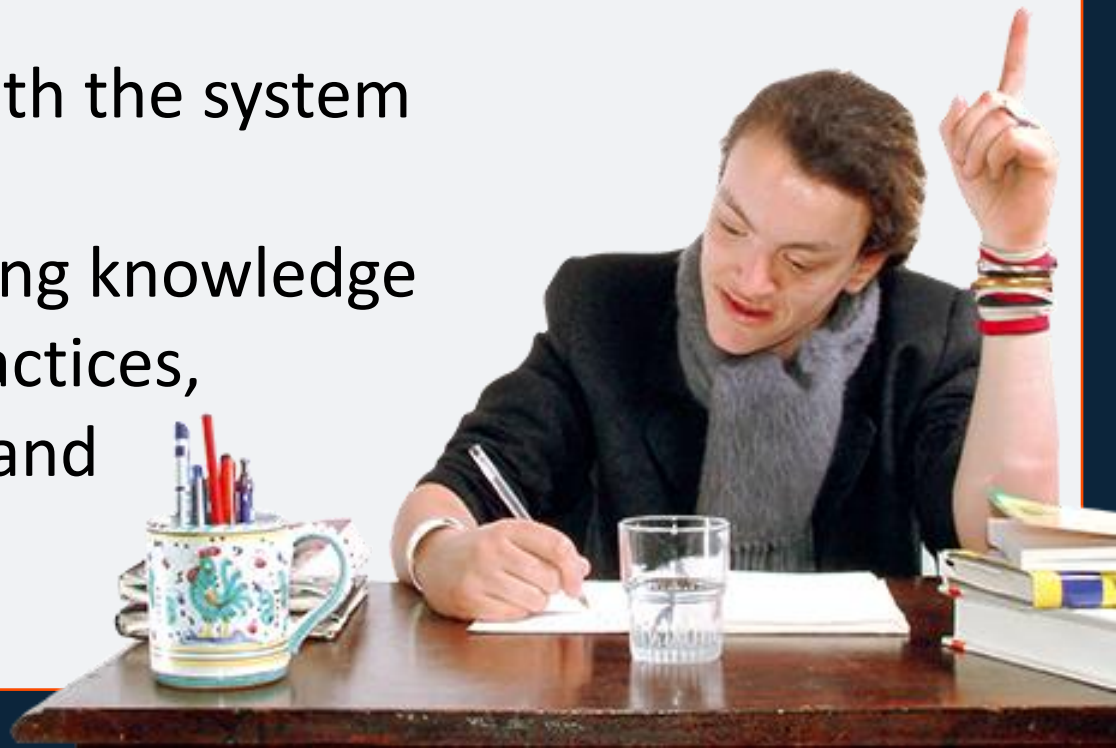
Understands potential paths for healing

What Is Trauma Informed Care (TIC)?

Recognizes the signs and symptoms of trauma and how trauma affects all people in the organization, including:

- Patients
- Families
- Staff
- Others involved with the system

Responds by integrating knowledge about trauma into practices, policies, procedures, and environment.



What Is Trauma Informed Care (TIC)?

Principles of TIC

Safety

Trustworthiness and transparency

Collaboration and mutuality

Empowerment

Voice and choice

Peer support and mutual self-help

Cultural, historical and gender issues

Resiliency and strength-based

Outcomes of TIC

Improved quality and impact of

Improved safety

Decreased seclusion and restraint

Fewer no-shows

Improved patient engagement

Improved patient satisfaction

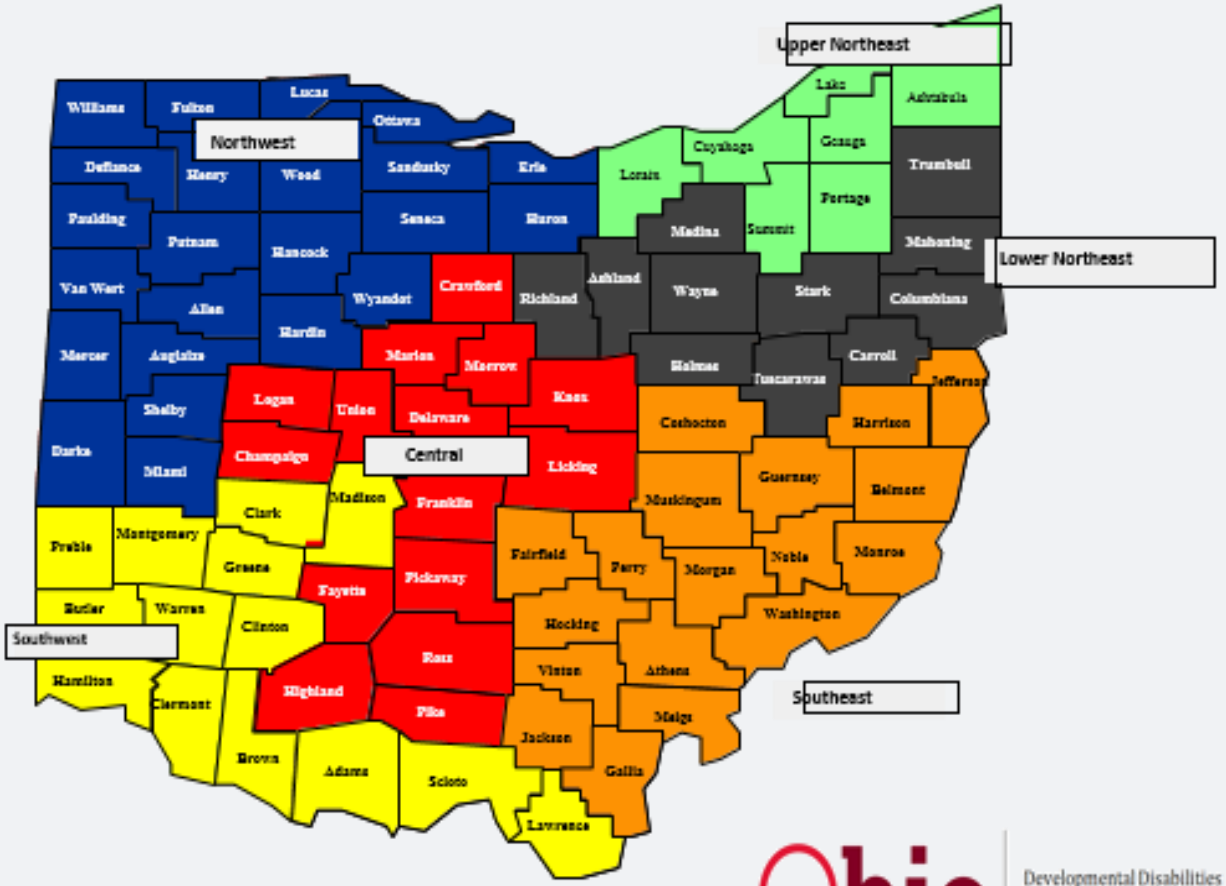
Improved staff satisfaction

Less “burnout” and staff turnover

Learn More: DODD And The Trauma Informed Care Initiative

TIC Initiative

Trauma-Informed Care
Regional Collaboratives



Ohio
Developmental Disabilities
Mental Health & Addiction Services

Recovery And Resiliency

Resilience is an effective antidote to the impact of trauma

- Allow patients to save themselves
- Remember what your role is (not a savior or rescuer)
- Facilitator, support
- Help reinstate renewed control
- The more helpless, dependent and incompetent the patient feels, the worse the symptoms become

Resilience Questionnaire

Changes You Can Make Now

Avoid fostering “invalidating environments”

Sharing of a private/personal experience is often **punished** and/or **trivialized** = **Non Responsive** to Individual’s **needs**

Make person feel something is “wrong” with them.

May insist that **person feels something they don’t feel.**

Oversimplifies solutions, **minimizes person’s experiences**.

Doesn’t tolerate displays of negative emotions i.e. crying when hurt, sad etc.

Changes You Can Make Now

Members of invalidating environments

Don't tolerate other's points of view

Patterns of "high" expressed emotions*, or 1 or 2 members "suck all the energy"*

Use dismissive body language *i.e. rolls their eyes, walk away etc.*

Changes You Can Make Now

Find ways to **authentically/genuinely validate** the person and their efforts

Let's person know that you "see" them

Help the person to **identify and communicate their needs**

Can guide the person towards more pro-social communication

Use **active listening skills**

Looking Ahead

Trauma Informed Care
4-Part Webinar Series

The Impact of Trauma –
4.5 @ Noon

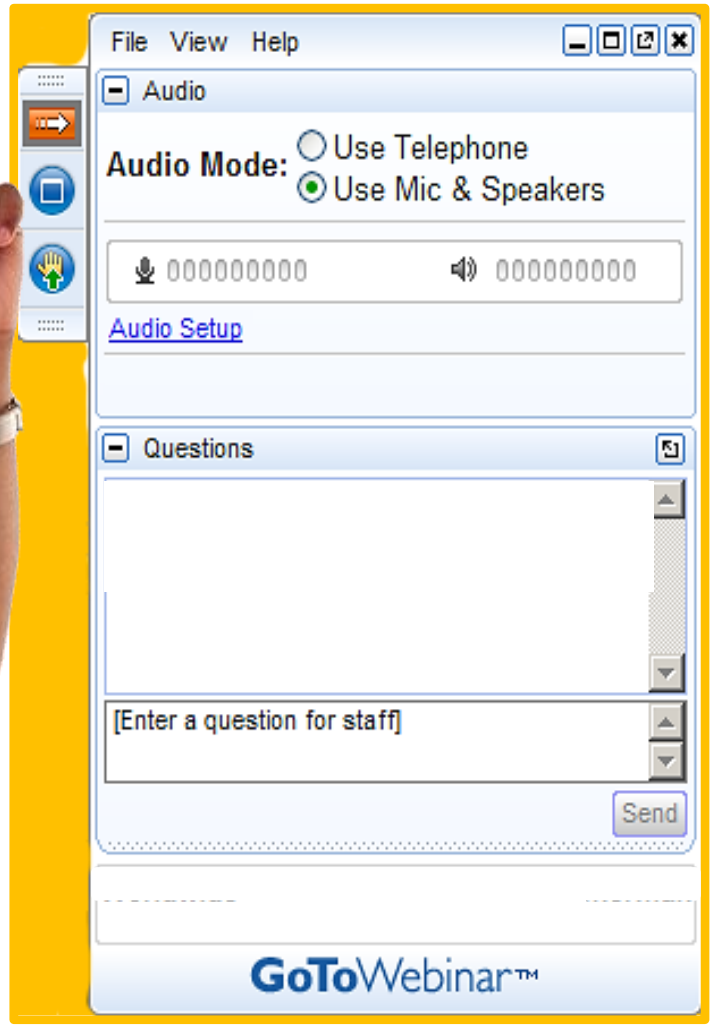
Recognizing Trauma –
4.13 @ Noon

Becoming A Trauma Informed Agency – 4.21 @ Noon

Tools For Developing Resilience – 4.28 @ Noon

Questions?

Being
Cool
Job


File View Help
Audio
Audio Mode:
Use Telephone
Use Mic & Speakers
000000000
000000000
Audio Setup
Questions
[Enter a question for staff]
Send
GoToWebinar™

Don't forget

CPD Certificates

For those viewing live

Certificates will be automatically emailed to registered attendees who have logged in today, Certificates may take up to 30 days.

Viewing with a group?

Use the attendance sheet to request CPD credit for groups audiences

- Ink signatures are *not* necessary, just supervisor name
- Certificates are unavailable 90 days after the webinar date

Group Attendance sheet:
https://docs.google.com/spreadsheets/d/1oIh8Z-Ax1o6v1vesNMwt9f9GqlYFrpAjsH5uGhygPT0/edit?pli=1#gid=1152295534

Please note the CPD webinar attendance policy effective October 2015

- Participants must view the full hour rather than 75% of the hour
- Full text of the policy is available on the DODD Work Space

http://dodd.ohio.gov/workspace/Pages/default.aspx

Miss a Brown Bag webinar?

Find recordings on the DODD App!

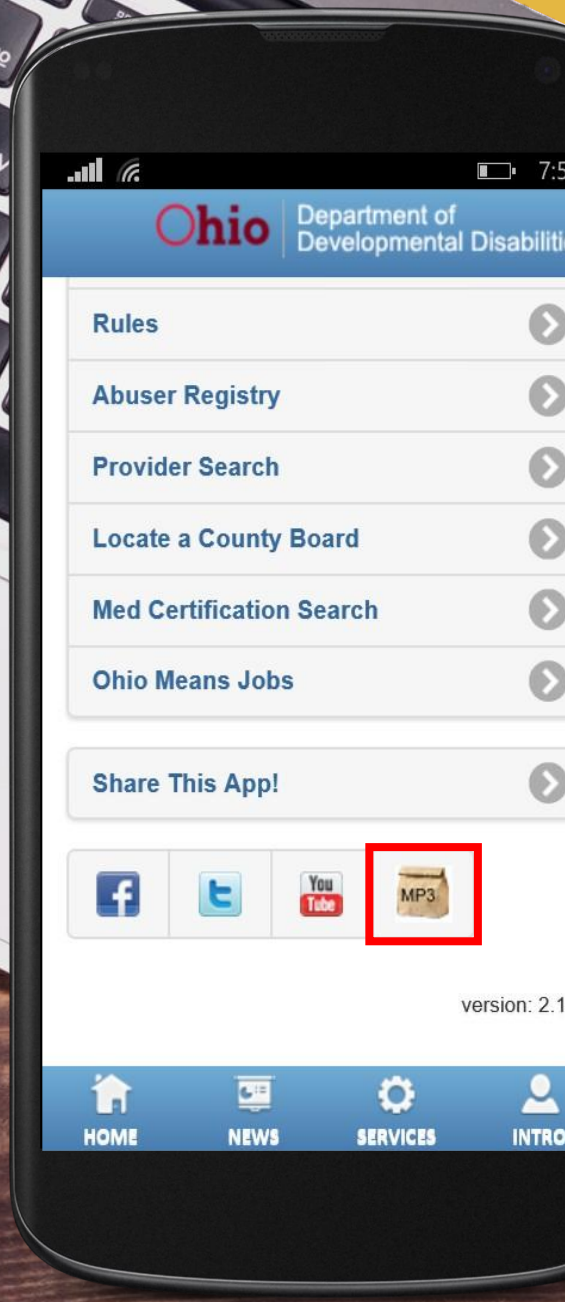
Available on the App Store

Google play

Windows Phone Store

Download the DODD App

http://dodd.ohio.gov/StayConnected/Pages/default.aspx



Abuse Part 3

April 28 @ noon
with Scott Phillips of DODD's MUI Unit

Watch for more information in Announcements on the DODD Training Page, and in the Work Space Update email.