
Frank Beel, MSN, MHA, RN
Lisa Gordish, Psy.D., LICDC-CS
Identify 2 ways that adopting a Trauma Informed culture can impact outcomes in your setting

Name three interventions that serve to increase a sense of safety and create calm and comfort in individuals exhibiting challenging behaviors

Define the 4 R’s of a trauma informed system and name one way you can immediately impact your work environment
ACA & Medicaid Expansion

- **Affordable Care Act**
  - **Impact**
    - More than 16 million Americans now have access to healthcare coverage
    - Entire healthcare system affected
      - Physicians
      - Nurses
      - Nurse Assistants
      - EMTs
      - Police & Security Personnel
Medicaid Expansion

- **275,000 additional individuals eligible for coverage with expansion:**
  - Ages 19-64
  - Earn less than $16,000/year (133% of poverty line)

Ohio adopted expansion which began on January 1, 2014
Medicaid Expansion (cont.)

Composition of the 275,000 new enrollees?

If using poverty as a measuring stick . . .

43% of homeless have SMI and/or addiction illnesses
Accessing Services

- Is this a movie moment where

"If You Build it People Will Come"
Accessing Services (cont.)

“It’s money they will have and peace [CARE] they will lack”

- Study shows those with SMI and insurance are 30% more likely to seek MH Treatment than those without insurance
- Expect 70% of newly eligible people with SMI to seek MH services.
Oregon Health Insurance Experiment

- Landmark Study
  - Randomized Controlled Design
  - Analyzed effect of medical coverage expansion for low-income population
  - Telling results . . .

- Medicaid coverage substantially increased emergency department visits by about 40% over 18-month period
Oregon Health Insurance Experiment (cont.)

- Annals of Emergency Medicine (Abstract)
  - Applied findings of OHIE to predict Ohio outcomes
  - It is estimated ED visits across Ohio will increase by 2,143,260
Accessing Services (cont.)

Where will people with limited knowledge and experience in accessing services seek care?

[Images of logos and scenes related to healthcare facilities]
Franklin County Emergency Department & MedSurg MH Volumes - May '09 to August '15

Retrieved from Franklin County Mental Health Collaborative
Franklin County Emergency Department & MedSurg MH Volumes – January 2017

>1200
Medical Center Security Incidents 2010 – 2016*

*Data Excludes Harding
So what does this all mean . . .

Our system must understand mental health and addiction and become Trauma-Informed
The Relationship of Childhood Trauma to Adult Health

- Adverse Childhood Events have serious health consequences
  - People adopt health risk behaviors as coping mechanisms
    - eating disorders, smoking, substance abuse, self harm, sexual promiscuity
  - And develop severe medical conditions:
    - heart disease, pulmonary disease, liver disease, STDs, GYN cancer ... Early Death
Therefore . . .

We need to presume the clients we serve have a history of traumatic stress and exercise “universal precautions”

(Hodas, 2004)
What does a Trauma Informed System Look like?

**Realizes**
- Realizes widespread impact of trauma and understands potential paths for recovery

**Recognizes**
- Recognizes signs and symptoms of trauma in clients, families, staff, and others involved with the system

**Responds**
- Responds by fully integrating knowledge about trauma into policies, procedures, and practices

**Resists**
- Seeks to actively Resist re-traumatization.
Creating a Trauma-Informed System

- The Ohio State University Wexner Medical Center
  - East
  - Harding Hospital
  - University Hospital
  - Ross Heart Hospital
  - The James Cancer Hospital

Huge System with Expanding Opportunities
Medical Center Security Incidents
2010 – 2016*

*Data Excludes Harding
Harding Security Incidents 2010 – 2016*

*TIC Implemented Aug 2013
Harding Security Incidents
Post TIC rollout

2013: 341
2014: 301
2015: 290
2016: 217
Seclusion Utilization (Episodes)

Data trends: Seclusion
Patient Satisfaction: Harding
Workforce engagement is based on employees’

- Willingness to recommend OSUWMC to family, friends and colleagues
- Pride in affiliation with OSUWMC
- Overall, satisfaction in employment at OSUWMC

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<tr>
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<th>2015 Engagement Score</th>
<th>2013 Engagement Score</th>
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<tr>
<td>Harding Hospital</td>
<td>4.01</td>
<td>3.83</td>
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“Over time, as most people fail the survivor's exacting test of trustworthiness, she tends to withdraw from relationships. The isolation of the survivor, thus persists even after she is free.”

~ Judith Lewis Herman, Trauma and Recovery (About Complex PTSD)
A Trauma Informed Environment goes a long way towards managing challenging behavioral issues.

- Self – Injury
  - Cutting, burning, swallowing

- Exacerbated Psychosis and Mania

- Paranoia

- Aggression

- Suicidal ideation

- Addictions

- Personality Disorders
Trauma-informed care acknowledges the role that trauma has played in patients’ lives, shifting the question from “What is wrong with you?” to “What happened to you?”
Repetitive Trauma disrupts brain development, emotional regulation, stress response, coping skills and problem-solving functions.
Trauma Informed Clinical Care

- When the fight, flight, freeze system is over-activated it is easily triggered and fear and anxiety are heightened.

**This disrupts:**
- A sense of safety
- Trust
- Interpersonal relationships
- Ability to cope with strong emotions

**This can create:**
- Quick to interpret threats/danger
- Defensiveness
- Impulsivity
- Keyed-up; on edge
### Trauma Informed Clinical Care

#### Creating a Sense of Safety

- **Clear and direct communication**
- **Openly state what you are doing and why**
- **Consistency across staff and shifts**
- **Directly express that safety is a shared goal**
- **Validate the person’s distress**
- **Provide reassurance and reality orientation**
- **Ask what helps them to feel safe**
- **Assist in recreating natural safe coping strategies**
<table>
<thead>
<tr>
<th>Trauma Informed Clinical Care</th>
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<tbody>
<tr>
<td>Increase Calm and Comfort</td>
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<tr>
<td>Relaxation and Meditation</td>
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<td>Positive Affirmations</td>
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<td>Breathing techniques</td>
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<td>Yoga, Stretching and Exercise</td>
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<td>Mindfulness</td>
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<td>Grounding techniques</td>
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<td>Visual Imagery</td>
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</table>
Trauma Informed Clinical Care

- Sensory Comfort Skills

  - Sight, smell, taste, hearing and touch - sensory paths to emotions
  - Aromatherapy - lavender, citrus
  - Lotions, sprays, oils
  - Music
  - Touch - blanket, animal, soft slippers
  - Weighted blanket
  - Movement and motion
Trauma Informed Clinical Care

- Add Creative Interventions

Many traumas occur at pre-verbal stages
Creative processes can help healing
Non-verbal coping expressions
Create a personalized comfort box
Utilize art, music for expression and coping
Evidence-Based Treatment

- Inpatient Services for Stabilization of Crisis
- Long term inpatient is often iatrogenic
- ACT team model is a best practice
- Utilizing TIC approaches in inpatient and outpatient treatment
- Evidence-based treatment approaches consistent with Trauma Informed Care
  - DBT
  - Seeking Safety
  - Motivational Interviewing
  - CBT for Psychosis
  - WRAP and other Recovery based model
  - Peer Support
Trauma Informed Care

I am resilient.
I try my best.
I value my life.
I am not perfect,
I am the perfect me.
I never give up.
I am empathetic.
I am a warrior,
ready to conquer.
I am not broken.
I am loving.
I take things one day at a time.
I’m independent.
I’m human.
I’m a survivor.

Frank Beel, MSN, MHA, RN
The Ohio State University
Wexner Medical Center
Frank.Beel@osumc.edu

Lisa Gordish, Psy.D., LICDC-CS
Ohio Department of Mental Health and Addictions Services
Lisa.Gordish@mha.ohio.gov