



Improving People's Lives Through Innovations in Personalized Health Care

Treating Challenging Behavioral Issues in an Inpatient Psychiatric Setting: A Trauma-Informed Approach

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Treating Challenging Behavioral Issues in an Inpatient Psychiatric Setting

A Trauma-Informed Approach



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

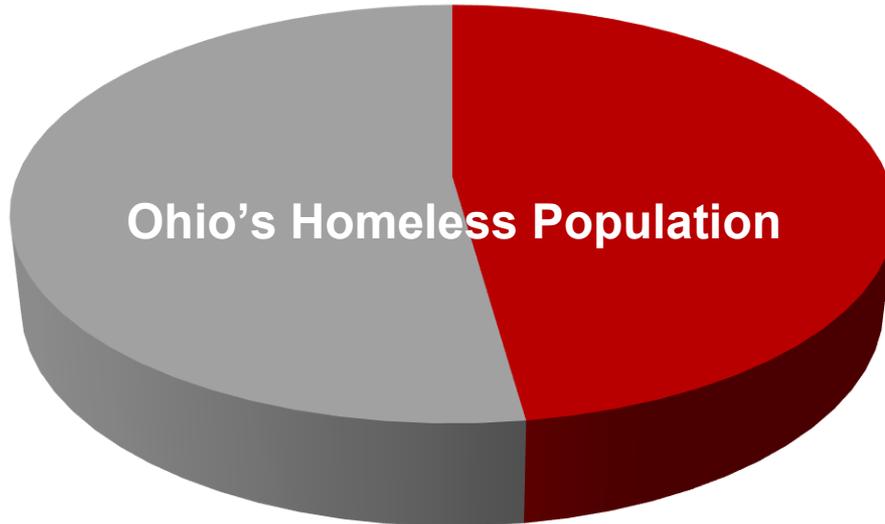


Medicaid Expansion (cont.)

Composition of the 275,000 new enrollees?

If using poverty as a measuring stick . . .

43% of homeless have SMI and/or addiction illnesses



- SMI/Addiction
- others

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

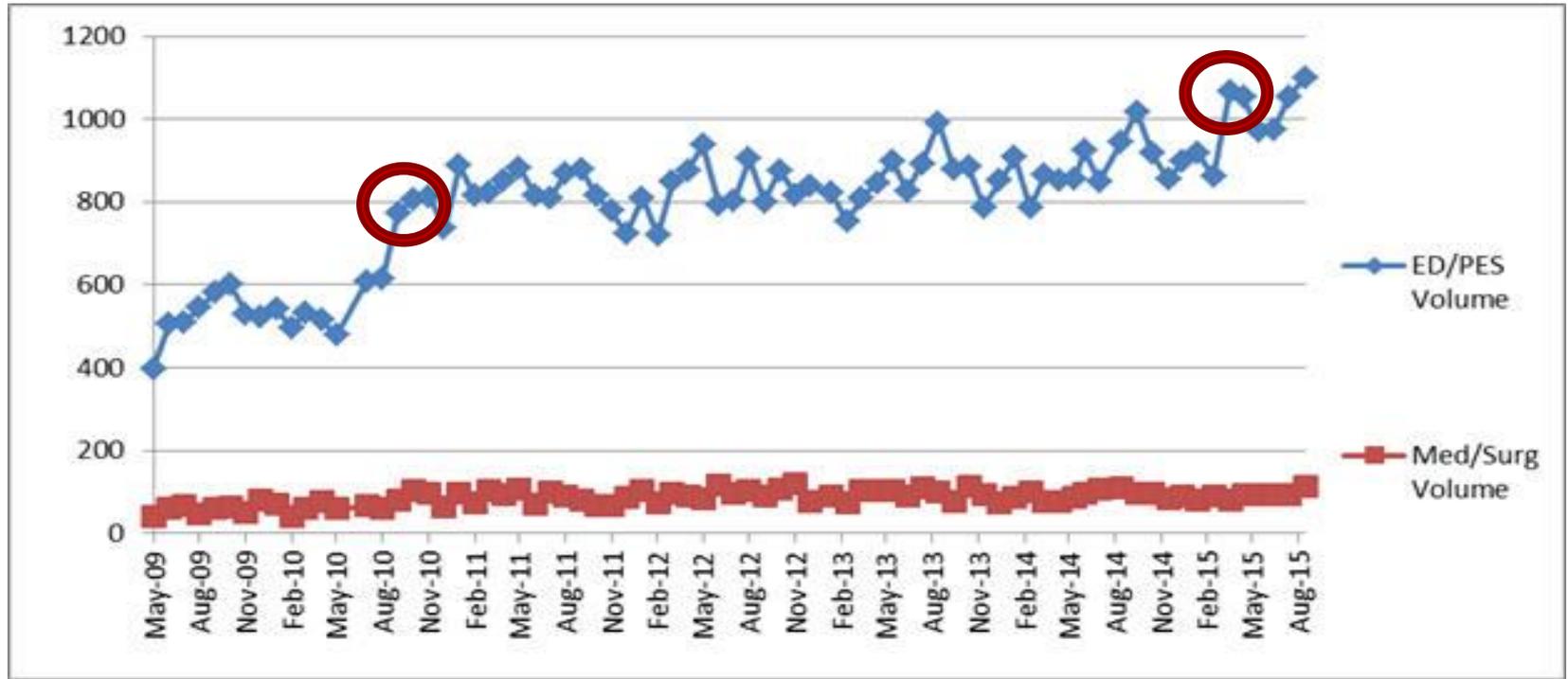
2,143,260

Accessing Services (cont.)

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

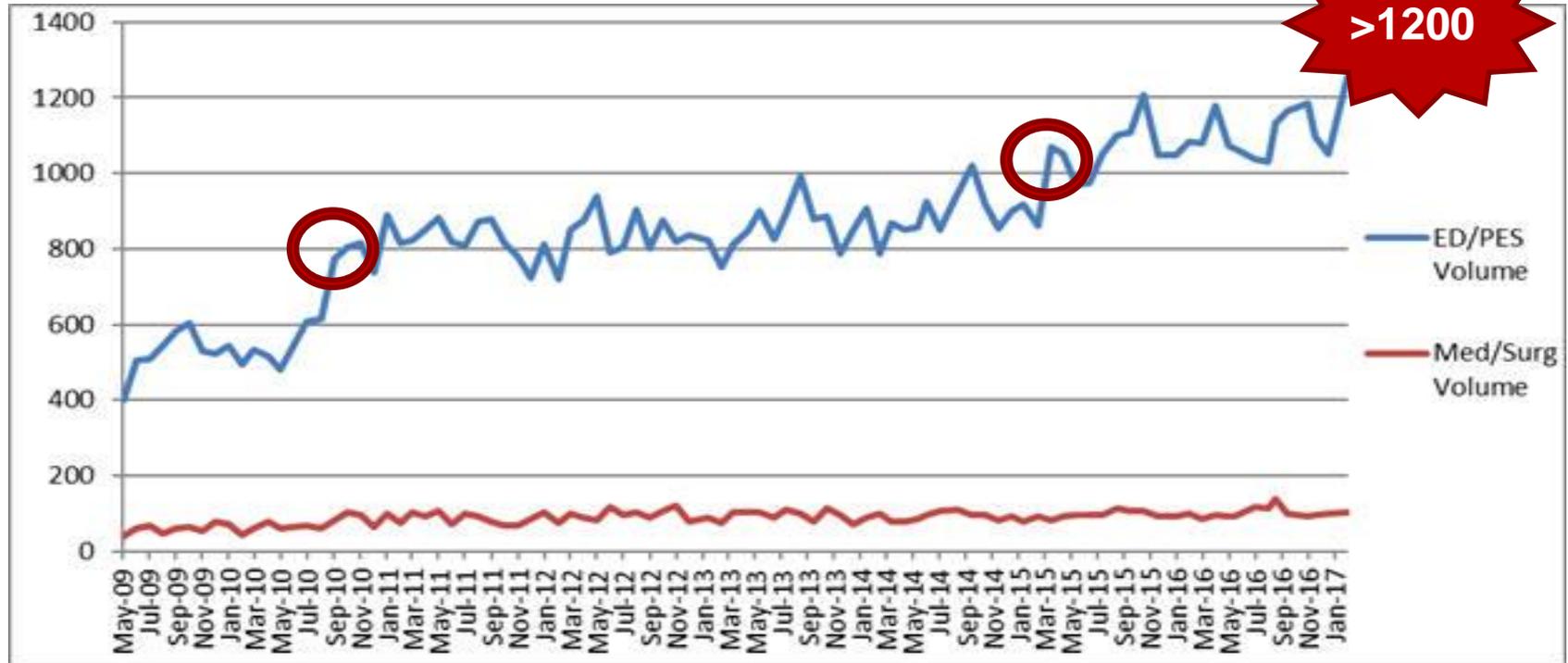


Franklin County Emergency Department & MedSurg MH Volumes - May '09 to August '15

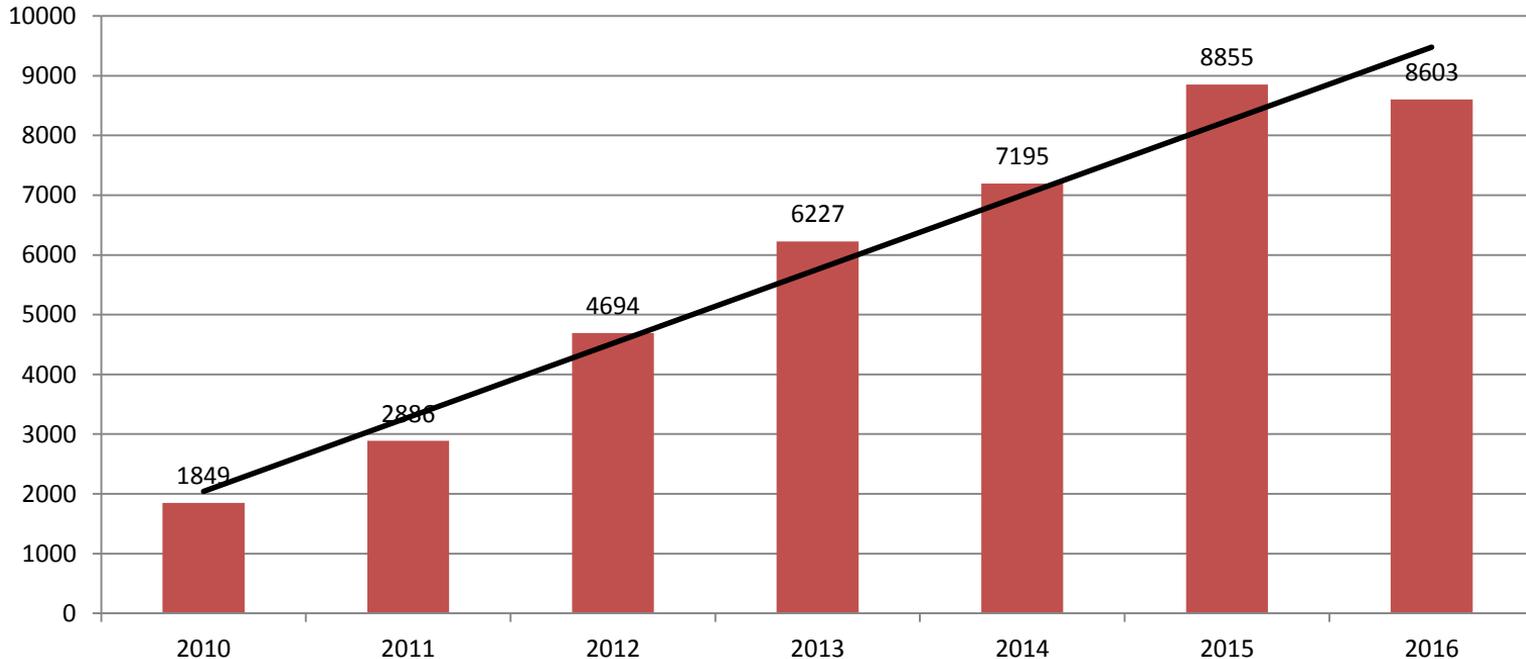


Retrieved from Franklin County Mental Health Collaborative

Franklin County Emergency Department & MedSurg MH Volumes – January 2017



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.

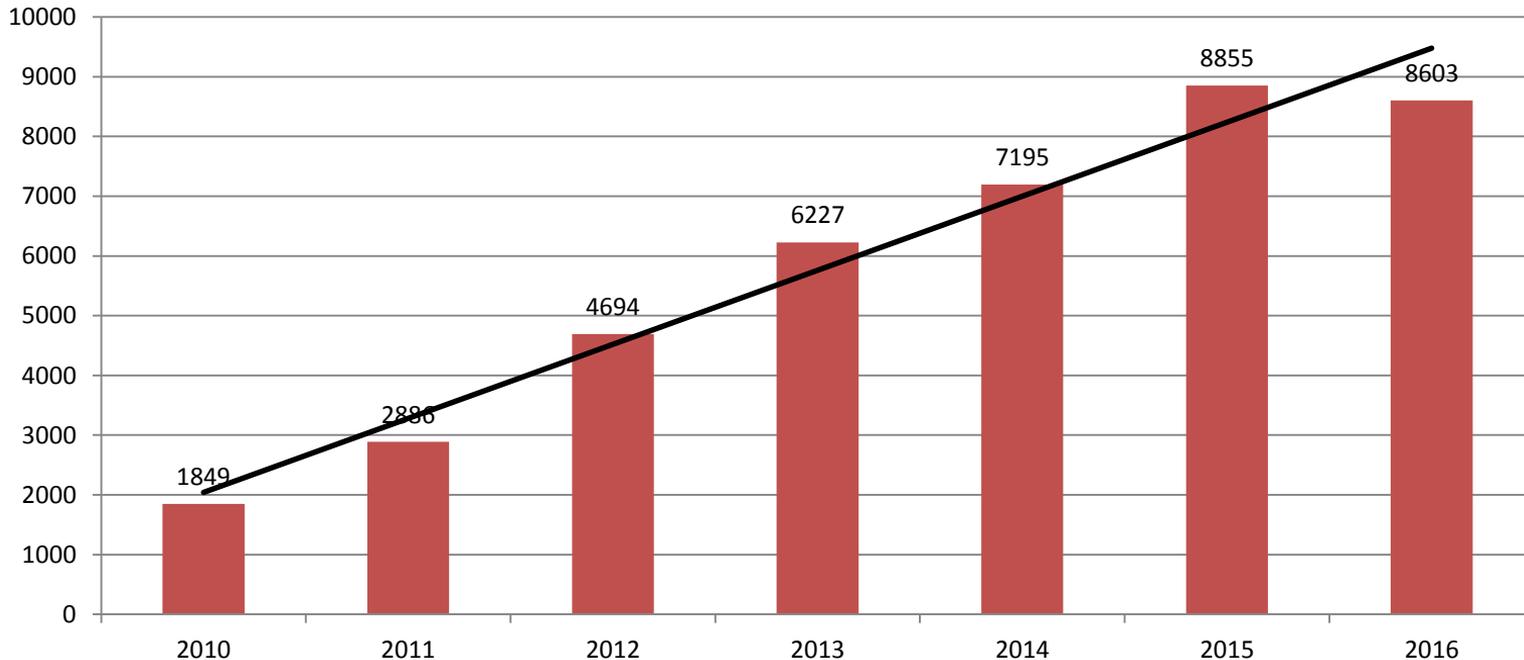
Creating a Trauma-Informed System

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



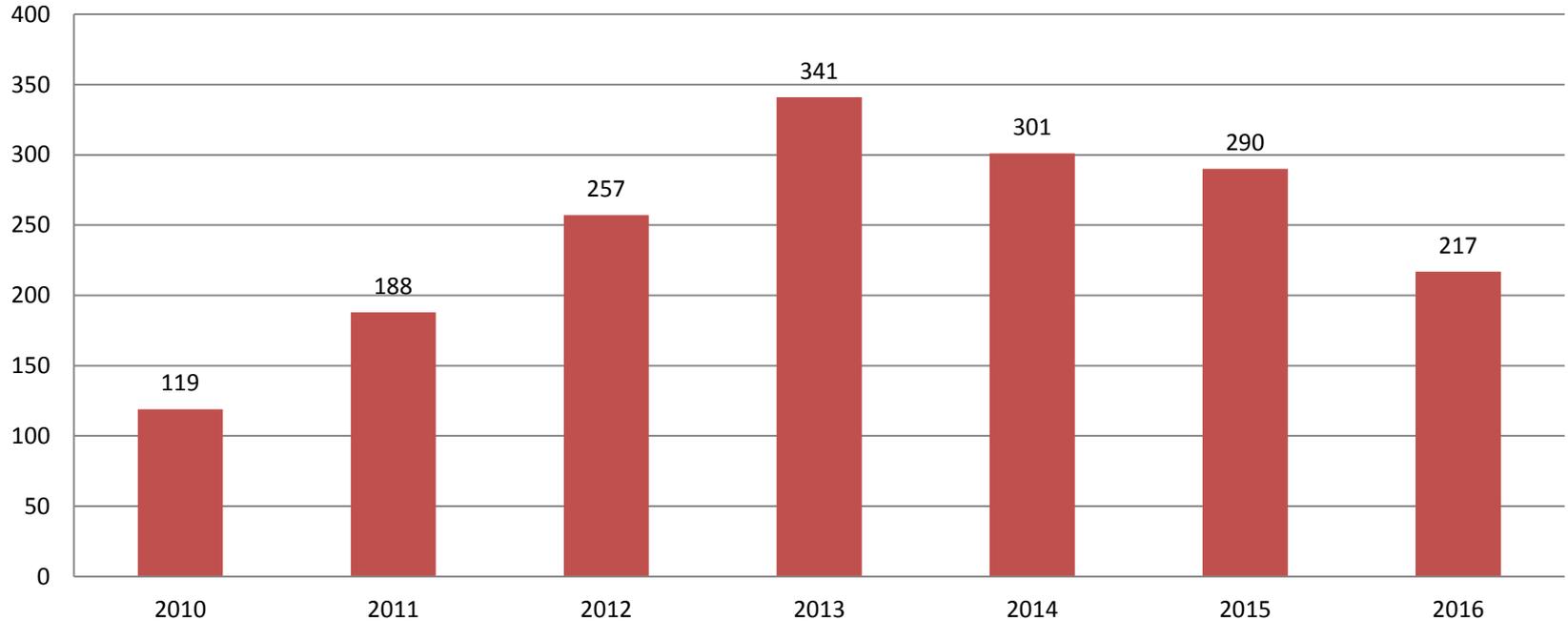
Huge System with Expanding Opportunities

Medical Center Security Incidents 2010 – 2016*



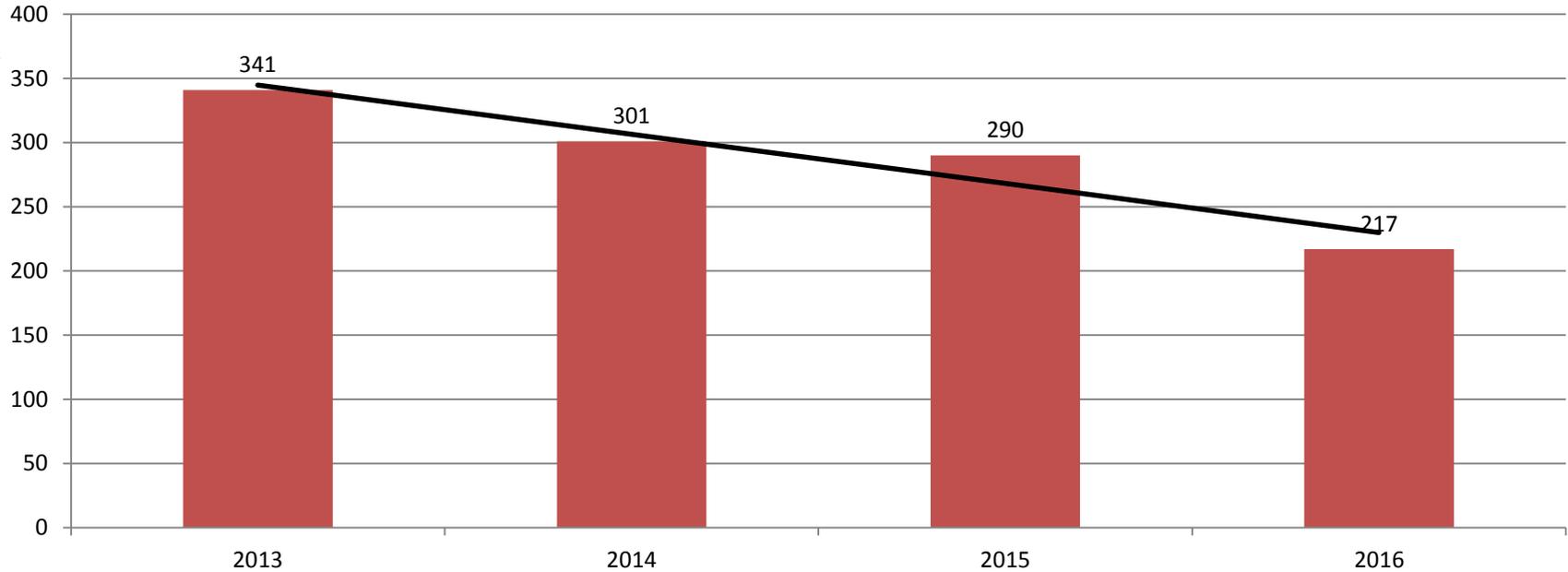
*Data Excludes Harding

Harding Security Incidents 2010 – 2016*

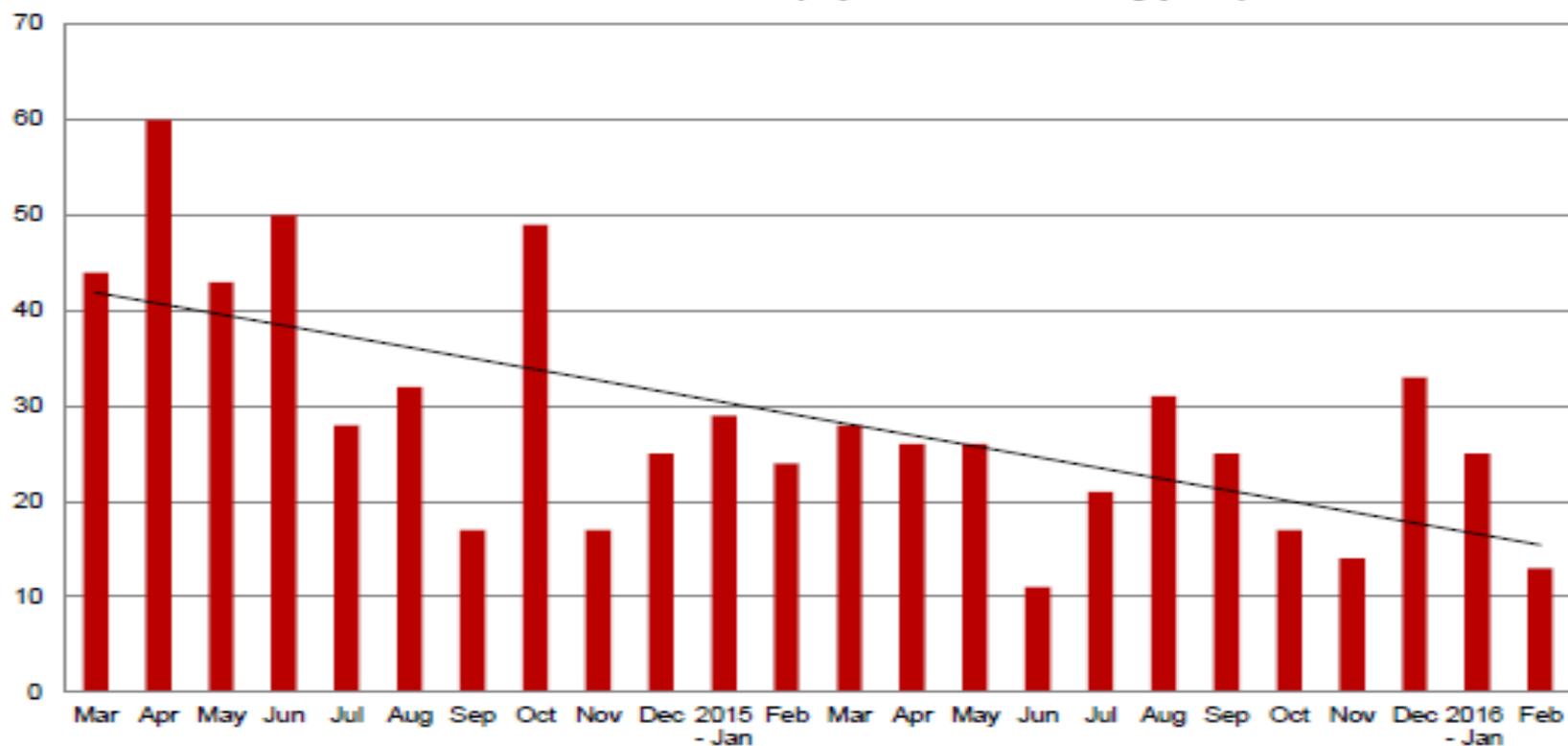


*TIC Implemented Aug 2013

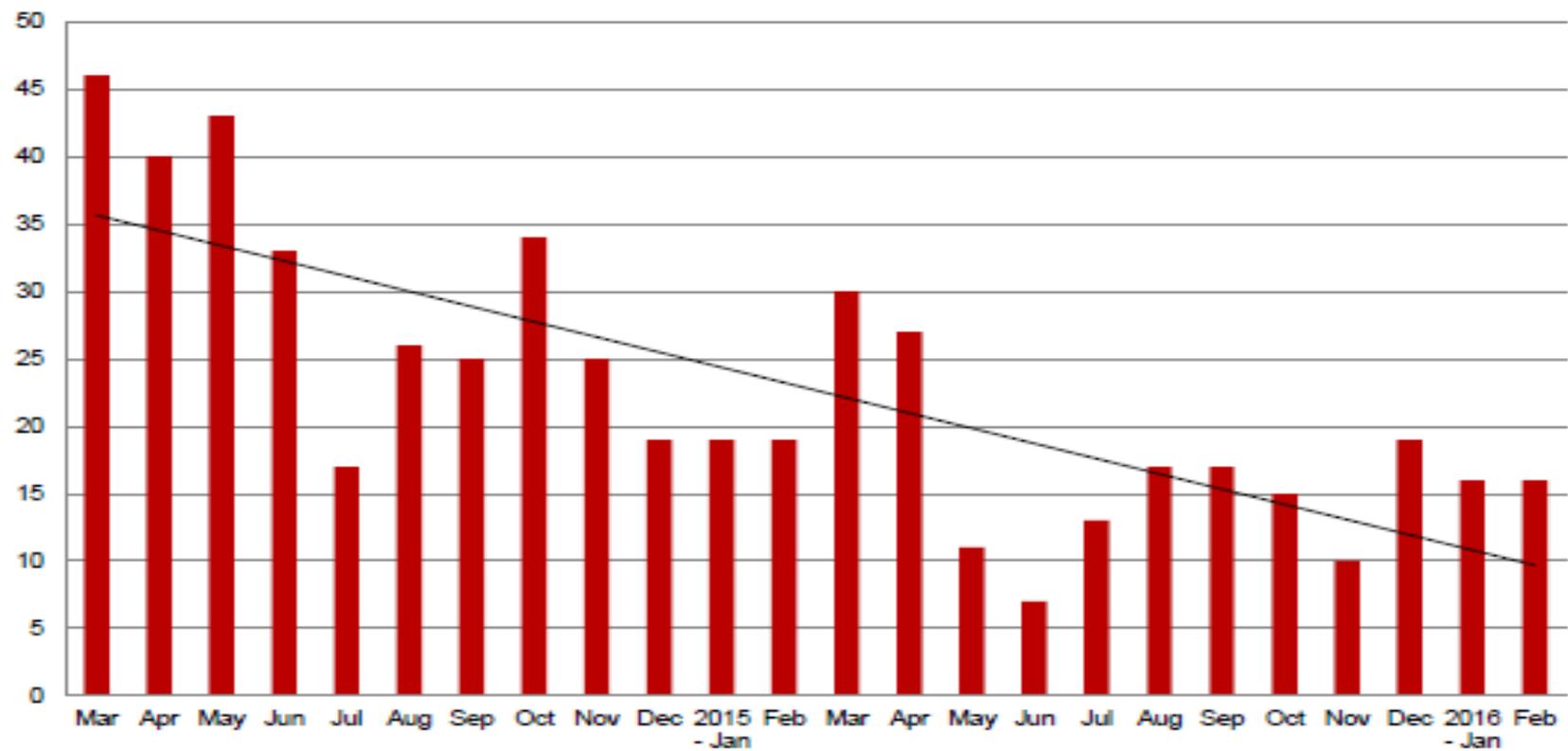
Harding Security Incidents Post TIC rollout



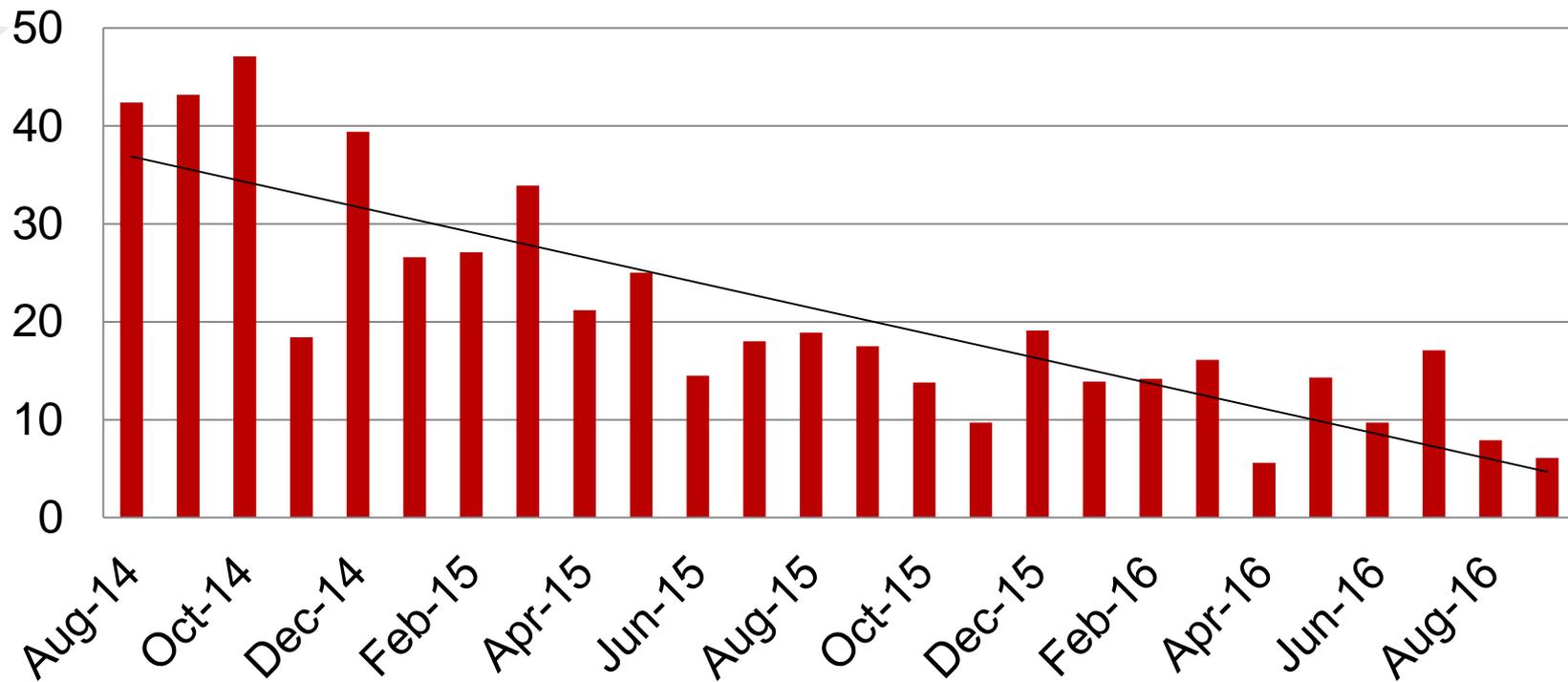
Restraint Utilization (Episodes, All Types)



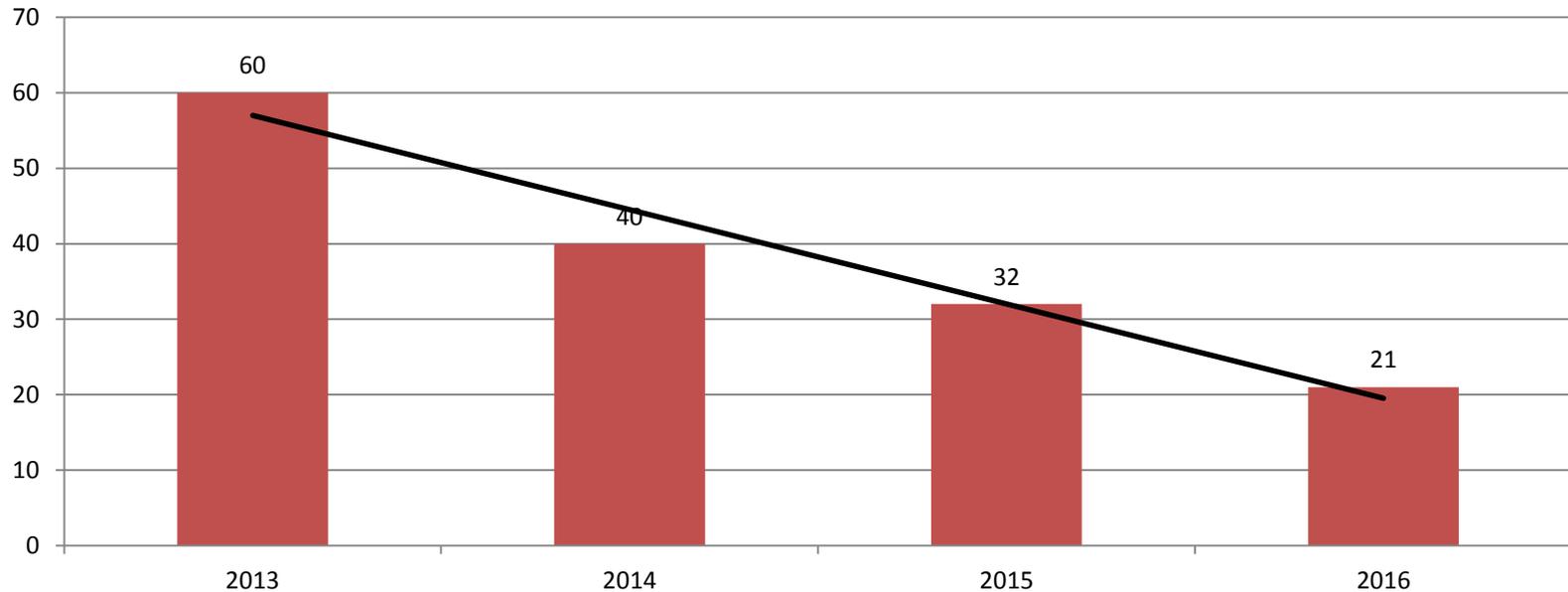
Seclusion Utilization (Episodes)



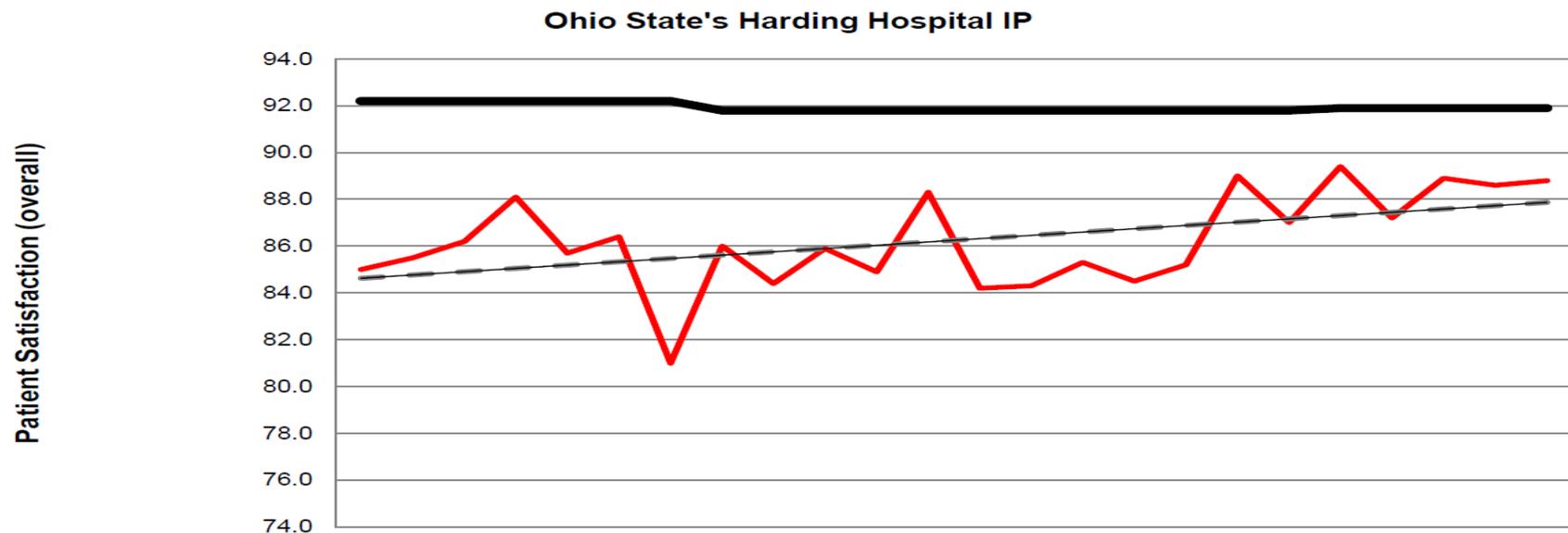
Violence



Harding Occupational Work Injuries



Patient Satisfaction: Harding



	Dec-14	Jan-15	Feb-15	Mar-15	Apr-15	May-15	Jun-15	Jul-15	Aug-15	Sep-15	Oct-15	Nov-15	Dec-15	Jan-16	Feb-16	Mar-16	Apr-16	May-16	Jun-16	Jul-16	Aug-16	Sep-16	Oct-16	Nov-16	
— FY15 Target	92.2	92.2	92.2	92.2	92.2	92.2	92.2	91.8	91.8	91.8	91.8	91.8	91.8	91.8	91.8	91.8	91.8	91.8	91.8	91.8	91.8	91.9	91.9	91.9	91.9
— Patient Satisfaction (overall)	85.0	85.5	86.2	88.1	85.7	86.4	81.0	86.0	84.4	85.9	84.9	88.3	84.2	84.3	85.3	84.5	85.2	89.0	87.0	89.4	87.2	88.9	88.6	88.8	

	2015 Engagement Score	2013 Engagement Score
Harding Hospital	4.01	3.83

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

Trauma Informed Care

“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)

Healing From Complex Trauma & PTSD-CPTSD



Trauma Informed Clinical Care

- 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

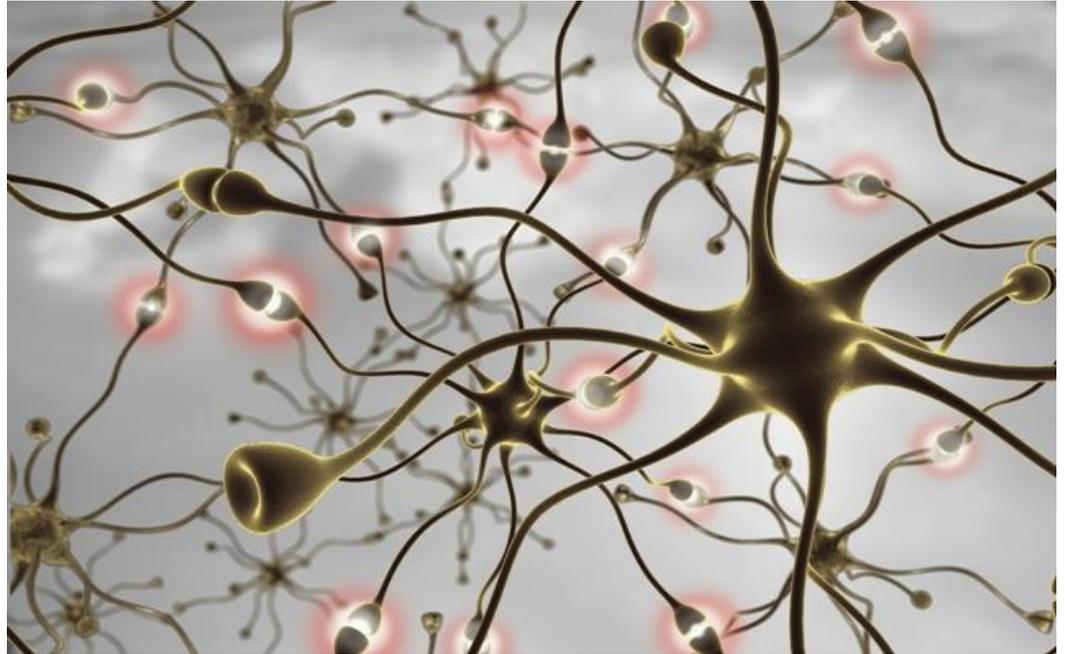
Trauma Informed Clinical Care

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?"



Trauma Informed Clinical Care

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



Trauma Informed Clinical Care

Increase
Calm and
Comfort



Relaxation and Meditation

Positive Affirmations

Breathing techniques

Yoga, Stretching and Exercise

Mindfulness

Grounding techniques

Visual Imagery

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

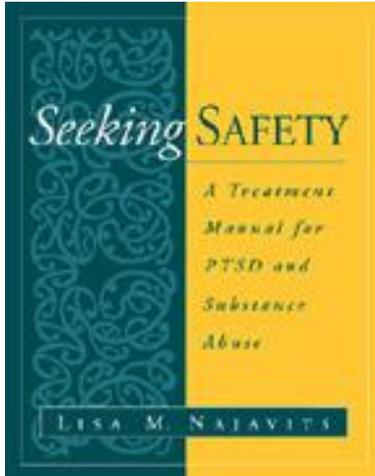
Non-verbal coping expressions

Create a personalized comfort box

Utilize art, music for expression and coping

Trauma Informed Clinical Care

■ 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 STRONG.

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.



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