Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
Trauma Informed System of Care: Changing Our Perspective

Raul Almazar, RN, MA
Senior Consultant
National Center for Trauma Informed Care
The Three E’s in Trauma

**Events**

Events/circumstances cause trauma.

**Experience**

An individual’s experience of the event determines whether it is traumatic.

**Effects**

Effects of trauma include adverse physical, social, emotional, or spiritual consequences.
Traumatic Events:

1. render victims helpless by overwhelming force;
2. involve threats to life or bodily integrity, or close personal encounter with violence and death;
3. disrupt a sense of control, connection and meaning;
4. confront human beings with the extremities of helplessness and terror; and
5. evoke the responses of catastrophe.

(Judy Herman, Trauma and Recovery, (1992)

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DEFENDING CHILDHOOD

• PROTECT
• HEAL
• THRIVE

REPORT OF THE ATTORNEY GENERAL’S NATIONAL TASK FORCE ON CHILDREN EXPOSED TO VIOLENCE

NOV 2012
Prevalence

• 80% of child fatalities due to abuse and neglect occur within the first 3 years of life and almost always in the hands of adults responsible for their care.
• In the US, we lose an average of more than 9 children and youths ages 5 to 18 to homicide or suicide per day.
• According to the National Survey of Children Exposed to Violence, an estimated 46 million of the 76 million (61%) of children currently residing in the US are exposed to violence, crime and abuse each year.
• 1 in 10 children in this country are polyvictims.
Effects

• Their fear, anxiety, grief, guilt, shame, and hopelessness are further compounded by isolation and a sense of betrayal when no one takes notice or offers protection, justice, support, or help.

• Exposure to violence in the first years of childhood deprives children of as much as 10% of their potential IQ, leaving them vulnerable to serious emotional, learning and behavior problems by the time reach school age.
Have you ever experienced violence or trauma in any setting?

- **Men**
  - Yes: 60.55%
  - No: 39.45%
- **Women**
  - Yes: 74.02%
  - No: 25.98%

**Data in table for:**
- **Interview Type:** Baseline
- **Record Type:** Interview
- **FFY - Federal Fiscal Year:** 2009-2013
- **Federal Fiscal Year - Quarter:** 1st-4th quarter
- **Program:** CMHI, ENBH-OA, ErmrkAG, ErmrkCG, HIV/AIDS, HTI, Jail Div, MAI-TCE, MHTG, NCTSI, NCTSI-A, Older Adult, PBHCI, SOCXI, SSH

*FY 2013: TRAC Crosstabulation/Frequency Report - Trauma Measures*
SAMHSA Trauma Measures

<table>
<thead>
<tr>
<th>Yes (%)</th>
<th>No (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>77.86</td>
<td>22.14</td>
</tr>
<tr>
<td>83.12</td>
<td>16.88</td>
</tr>
<tr>
<td>76.35</td>
<td>23.65</td>
</tr>
<tr>
<td>72.61</td>
<td>27.39</td>
</tr>
</tbody>
</table>

- Have had nightmares about it or thought about it when you did not want to.
- Tried hard not to think about it or went out of your way to avoid situations that remind you of it.
- Were constantly on guard, watchful, or easily startled.
- Felt numb and detached from others, activities, or your surroundings.

**Data in table for:**
- **Interview Type:** Baseline
- **Record Type:** Interview
- **Administrative**
- **FFY - Federal Fiscal Year:** 2009-2013
- **Federal Fiscal Year - Quarter:** 1st-4th quarter
- **Program:** CMHI, ENBH-OA, ErnrkAG, ErnrkCG, HIV/AIDS, HTI, Jail Div, MAITCE, MHTG, NCTSI, NCTSI-A, Older Adult, PBHCI, SOCXI, SSH

FY 2013: TRAC Crosstabulation/Frequency Report - Trauma Measures
Severity of Victimization Scale

- Ever attacked w/ gun, knife, other weapon: 41%
- Ever hurt by striking/beating: 34%
- Ever abused emotionally: 28%
- Ever forced sex acts against your will: 7%
- Age of 1st abuse < 18*: 97%
- Happened several times or for long time: 32%
- By multiple people: 32%
- By family member/trusted one: 24%
- Victim afraid for life/injury: 18%
- People you told not believe you/help you: 12%
- Result in oral, vaginal, anal sex: 6%
- Currently worried someone attack: 10%
- Currently worried someone abuse: 8%
- Currently worried someone beat/hurt: 8%
- Currently worried someone force sex acts: 2%
- General Victimization Scale**: 36%

*Low Severity (0) 36%
*Moderate Severity (1-3) 20%
*High Severity (4-15) 45%

*n=3,230
**Mean of 15 items

Source: SAMSHA CSAT 2011 GAIN AT Summary Analytic Data Set subset to AAFT (n=5,321)
A report of child abuse is made every ten seconds.
More than four children die every day as a result of child abuse.
It is estimated that between 50-60% of child fatalities due to maltreatment are not recorded as such on death certificates.
Approximately 80% of children that die from abuse are under the age of 4.
More than 90% of juvenile sexual abuse victims know their perpetrator in some way.

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National Child Abuse stats cont.

- Child abuse occurs at every socioeconomic level, across ethnic and cultural lines, within all religions and at all levels of education.
- About 30% of abused and neglected children will later abuse their own children, continuing the horrible cycle of abuse.
- In at least one study, about 80% of 21 year olds that were abused as children met criteria for at least one psychological disorder.
- The estimated annual cost of child abuse and neglect in the United States for 2008 is $124 billion.
Children who experience child abuse & neglect are about 9 times more likely to become involved in criminal activity.

Abused children are 25% more likely to experience teen pregnancy. Abused teens are more likely to engage in sexual risk taking, putting them at greater risk for STDs.

As many as two-thirds of the people in treatment for drug abuse reported being abused or neglected as children.

More than a third of adolescents with a report of abuse or neglect will have a substance use disorder before their 18th birthday, three times as likely as those without a report of abuse or neglect.
Estimated child fatalities per day attributed to child maltreatment.

Note: National data is likely to underestimate the number of children who died from maltreatment.

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Types of Child Abuse in 2011

- **Neglect**: 78.5%
- **Physical Abuse**: 17.6%
- **Sexual Abuse**: 9.1%
- **Psychological Maltreatment**: 9.0%
- **Medical Neglect**: 2.2%
- **Other/Unknown**: 10.6%

Percentages are calculated against the number of unique victims, and a child may see multiple types of abuse or multiple instances of the same type of abuse.¹

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Prevalence in the General Population

- 90% of public mental health clients have been exposed to trauma.
- In the general population, 61% of men and 51% of women reported exposure to at least one lifetime traumatic event, but majority reporting more than one traumatic event.

(Kessler, et al, 1995)
Prevalence in the General Population

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(Kessler, et al, 1995)
Avoidance of Shame and Humiliation

THE BASIC PSYCHOLOGICAL MOTIVE OR CAUSE OF VIOLENT BEHAVIOR IS THE WISH TO WARD OFF OR ELIMINATE THE FEELINGS OF SHAME AND HUMILIATION – A FEELING THAT IS PAINFUL AND CAN EVEN BE INTOLERABLE.

OUR TASK IS TO REPLACE IT WITH A FEELING OF PRIDE.

Hodas, 2004
ACE Study

Compares adverse childhood experiences against adult status, on average, a half century later
ACE Study slides are from:

– Robert F. Anda MD at the Center for Disease Control and Prevention (CDC)

– September 2003 Presentation by Vincent Felitti MD “Snowbird Conference” of the Child Trauma Treatment Network of the Intermountain West

– “The Relationship of Adverse Childhood Experiences to Adult Medical Disease, Psychiatric Disorders, and Sexual Behavior: Implications for Healthcare” Book Chapter for “The Hidden Epidemic: The Impact of Early Life Trauma on Health and Disease” Lanius & Vermetten, Ed)}

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Other Critical Trauma Correlates: The Relationship of Childhood Trauma to Adult Health

- Adverse Childhood Events (ACEs) have serious health consequences
- Adoption of health risk behaviors as coping mechanisms
  - eating disorders, smoking, substance abuse, self harm, sexual promiscuity
- Severe medical conditions: heart disease, pulmonary disease, liver disease, STDs, GYN cancer
- Early Death

(Felitti et al., 1998)
ACE Questions:

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often or very often**… Swear at you, insult you, put you down, or humiliate you? **Or** Act in a way that made you afraid that you might be physically hurt?

2. Did a parent or other adult in the household **often or very often**… Push, grab, slap, or throw something at you? **Or Ever** hit you so hard that you had marks or were injured?

3. Did an adult or person at least 5 years older than you **ever**… Touch or fondle you or have you touch their body in a sexual way? **Or** Attempt or actually have oral, anal, or vaginal intercourse with you?

4. Did you **often or very often** feel that … No one in your family loved you or thought you were important or special? **Or** Your family didn’t look out for each other, feel close to each other, or support each other?
5. Did you often or very often feel that … You didn’t have enough to eat, had to wear dirty clothes, and had no one to protect you? Or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

6. Were your parents ever separated or divorced?

7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or Ever repeatedly hit at least a few minutes or threatened with a gun or knife?

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

10. Did a household member go to prison?
The prevalence of traumatic stress in the lives of persons and families experiencing homelessness is extraordinarily high.

A study from 2005 on the need for abuse and trauma services among people experiencing homelessness reported that 69% of men who had co-occurring disorders had experienced a life-altering traumatic event.

In the 2010 SHIFT Study, 93 percent of mothers had a history of trauma, and 81 percent had experienced multiple traumas.
Prevalence of ACEs . . .

- Minorities (i.e., Hispanics, African Americans, and other non-white races) are among the populations most vulnerable to fall into homelessness
  - One in 129 minorities and one in 69 African Americans in the United States experienced homelessness in shelters in 2012.
  - While the number of minorities in the total U.S. population increased 13.1% between 2007 and 2012, the number in shelters actually decreased by 1%
There are approximately 1.6 million to 2.8 million young people experiencing homelessness in the United States, and estimates suggest that disproportionate numbers of these youth are LGB

— Between 240,000 and 400,000 lesbian, bisexual, gay, transgender, and questioning (LGBTQ) youth experience at least one episode of homelessness each year.
• In 2014, almost 50,000 veterans experienced homelessness on a single night, down from more than 75,000 in 2009
  
  – Among veterans experiencing homelessness in 2013, 50% had a serious mental illness, 70% had a substance use disorder, and 74% experienced chronic homelessness.
## Risk Factors for Homelessness & ACEs

Health Care for the Homeless Clinicians Network 2008

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>ACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Histories of foster, group and institutional care</td>
<td></td>
</tr>
<tr>
<td>Childhood physical, emotional and sexual abuse</td>
<td></td>
</tr>
<tr>
<td>Neglect in childhood</td>
<td></td>
</tr>
<tr>
<td>Substance abuse in the family</td>
<td></td>
</tr>
<tr>
<td>Homelessness in the family of origin</td>
<td></td>
</tr>
<tr>
<td>High use of inpatient psychiatric and medical services</td>
<td></td>
</tr>
<tr>
<td>Low levels of education</td>
<td></td>
</tr>
<tr>
<td>Substance abuse</td>
<td></td>
</tr>
<tr>
<td>Mental Illness</td>
<td></td>
</tr>
</tbody>
</table>
Children bear the brunt of homelessness

- Homeless children are sick at twice the rate of other children
  - twice as many ear infections
  - four times the rate of asthma
  - five times more diarrhea and stomach problems
- Homeless children go hungry twice as often as nonhomeless children.
- More than one-fifth of homeless preschoolers have emotional problems serious enough to require professional care, but less than one-third receive any treatment.
- Homeless children are twice as likely to repeat a grade compared to nonhomeless children.
- Homeless children have twice the rate of learning disabilities and three times the rate of emotional and behavioral problems of nonhomeless children.
- Half of school-age homeless children experience anxiety, depression, or withdrawal compared to 18 percent of nonhomeless children.
- By the time homeless children are eight years old, one in three has a major mental disorder.

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The ACE Comprehensive Chart

<table>
<thead>
<tr>
<th>Adverse Childhood Experiences</th>
<th>Neurobiological Impacts and Health Risks</th>
<th>Long-term Health and Social Problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>The more types of adverse childhood experiences...</td>
<td>The greater the neurobiological impacts and health risks, and...</td>
<td>The more serious the lifelong consequences to health and well-being</td>
</tr>
</tbody>
</table>
Emotional Problems
Childhood Experiences Underlie Chronic Depression

% With a Lifetime History of Depression

ACE Score

Women
Men

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Childhood Experiences Underlie Suicide

% Attempting Suicide

ACE Score

0 1 2 3 4+

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• 2/3rd (67%) of all suicide attempts
• 64% of adult suicide attempts
• 80% of child/adolescent suicide attempts

Are Attributable to
Childhood Adverse Experiences

Women are 3 times as likely as men to attempt suicide
Men are 4 times as likely as women to complete suicide.
ACE Score and Hallucinations

*Adjusted for age, sex, race, and education.

ACE Score

0 1 2 3 4 5 6 >=7

Ever Hallucinated* (%)

No Yes

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ACE Score and Impaired Memory of Childhood

ACE Score

Percent With Memory Impairment (%)

ACE Score

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Health Risk Behaviors
Adverse Childhood Experiences and Current Smoking
Childhood Experiences and Adult Alcoholism
ACE Score and Intravenous Drug Use

% Have Injected Drugs

ACE Score

N = 8,022
p < 0.001

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“Male child with an ACE score of 6 has a 4600% increase in likelihood of later becoming an IV drug user when compared to a male child with an ACE score of 0. Might drugs be used for the relief of profound anguish dating back to childhood experiences? Might it be the best coping device that an individual can find?”

(Felitti, 1998)
Is drug abuse self-destructive or is it a desperate attempt at self-healing, albeit while accepting a significant future risk?”

(Felitti, 1998)
• Basic cause of addiction is experience-dependent, not substance-dependent

• Significant implications for medical practice and treatment programs
Serious Social Problems
Childhood Experiences Underlie Rape

% Reporting Rape

ACE Score

0 1 2 3 4+

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Women with ACE Score of 4+ are 500% more likely to become victims of domestic violence.

Both men and women are more likely to become perpetrators of domestic violence.
ACE Score and the Risk of Being a Victim of Domestic Violence

Women

Men

Risk of Victimization (%)

ACE Score

0 1 2 3 4 ≥5

0 1 2 3 4 ≥5

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Well-being

ACE Score and the Risk of Perpetrating Domestic Violence

![Bar chart showing the risk of perpetrating domestic violence by ACE score for women and men.](chart)

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Adverse Childhood Experiences and likelihood of > 50 sexual partners

Adjusted Odds Ratio

ACE Score

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ACE Score and Unintended Pregnancy or Elective Abortion

% have Unintended PG, or AB

ACE Score

0 2 4 or more

0 20 40 60 80

Unintended Pregnancy
Elective Abortion

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Adverse Childhood Experiences and History of STD

Adjusted Odds Ratio

ACE Score

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Sexual Abuse of Male Children and Their Likelihood of Impregnating a Teenage Girl

<table>
<thead>
<tr>
<th>Age when first abused</th>
<th>Percent who impregnated a teenage girl</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not abused</td>
<td>1.0 ref</td>
</tr>
<tr>
<td>16-18 yrs</td>
<td>1.3x</td>
</tr>
<tr>
<td>11-15 yrs</td>
<td>1.4x</td>
</tr>
<tr>
<td>&lt;=10 yrs</td>
<td>1.8x</td>
</tr>
</tbody>
</table>

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Frequency of Being Pushed, Grabbed, Slapped, Shoved or Had Something Thrown at Oneself or One’s Mother as a Girl and the Likelihood of Ever Having a Teen Pregnancy

Percent who had a teen pregnancy

Pink = self
Green = mother

Never
Once, Twice
Sometimes
Often
Very often

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CDC
ACE Score and Indicators of Impaired Worker Performance

Prevalence of Impaired Performance (%)

Absenteeism (>2 days/month) | Serious Financial Problems | Serious Job Problems

ACE Score

0 1 2 3 4 or more

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“What happened to you?” instead of “What’s wrong with you?”
Trauma Symptoms = Tension Reducing Behaviors

“How do I understand this person?” rather than “How do I understand this problem or symptom?”
- All behavior has meaning and purpose
- Symptoms are ADAPTATIONS
- Comfort vs. Control
- We build on success not deficits
The Science on ACEs . . .

“New lens through which to understand the human story”

• Why we suffer
  • How are persons in the human services and Veteran’s systems treated, supported and empowered toward personal wellness
• How we parent, raise and mentor children and treat one another
• How we might better prevent, treat and manage illness in our medical care systems
• How we can recover and heal on deeper levels
• A hurt that must be healed
Resilience Questionnaire
• **What’s Your Resilience Score?**
• This questionnaire was developed by the early childhood service providers, pediatricians, psychologists, and health advocates of Southern Kennebec Healthy Start, Augusta, Maine, in 2006, and updated in February 2013. Two psychologists in the group, Mark Rains and Kate McClinn, came up with the 14 statements with editing suggestions by the other members of the group. The scoring system was modeled after the ACE Study questions. The content of the questions was based on a number of research studies from the literature over the past 40 years including that of Emmy Werner and others. Its purpose is limited to parenting education. It was not developed for research.
• Please circle the most accurate answer under each statement:

• 1. I believe that my mother loved me when I was little.
• 2. I believe that my father loved me when I was little.
• 3. When I was little, other people helped my mother and father take care of me and they seemed to love me.
• 4. I’ve heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.
• 5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
• 6. When I was a child, neighbors or my friends’ parents seemed to like me.
• 7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.
• 8. Someone in my family cared about how I was doing in school.
• 9. My family, neighbors and friends talked often about making our lives better.
• 10. We had rules in our house and were expected to keep them.
11. When I felt really bad, I could almost always find someone I trusted to talk to.

12. As a youth, people noticed that I was capable and could get things done.

13. I was independent and a go-getter.

14. I believed that life is what you make it.

How many of these 14 protective factors did I have as a child and youth? (How many of the 14 were circled “Definitely True” or “Probably True”?)
Excerpts from ACES tOO High

• ACE=7, Resilience=5. ...I raised 2 sons...became an aerospace production engineering. I was mentally and emotionally haunted until I sought therapy. Until I addressed these issues and accepted no responsibility for them I was an internal emotional prisoner of myself.

• ACE = 5, Resilience = 8. I’m very proud of what I’ve achieved despite my poor start in life. My brother has not fared so well and is depressed with a gambling problem.

• ACE – 3, Resilience – 11. One of the lucky ones . . . My parents were separated while I was a toddler too young to remember, so most of the pain associated with that event was in years — and I do mean years — of longing for a father figure to love and validate me.
Ace score 10, Resiliency score 2. Given what I lived through I guess I am the overachiever that my therapist says I am. I have B/A and Master’s in History and own my own business. Married 24 years and 2 children. Doing very well in my life. I have PTSD, Depression and Anxiety Disorder.

I have a high ace score of 7 and a high resilience score of 8... My dad was a raging abusive alcoholic, and my mom allowed it to happen. He was emotionally and verbally abusive to the whole family and also physically abusive to my mother. My brother and I were always scared he was going to kill her. We called the police on him a few times in his fits of rage. He committed suicide when my mom asked for a divorce when I was 12. I came from a middle-upper middle class family and this was all a secret.

I did something a little different with these questionnaires. My ACE score was 8, my resiliency 7. Nothing I can do about the ACE score. What was, was. The resiliency questionnaire, however, I also answered from the viewpoint of supports I currently have in my life. Score? 11. What this tells me is that even though I had a horrible childhood, the existence of a good support system as an adult has made a major difference in my healing. I am doing things that doctors and therapists said I never would. I do have challenges, and some days are harder than others, but am no longer designated SMI, and I have a fulfilling, mostly joyful life. What happened in the past does not have to ruin the rest of my life.
Neurodevelopment of Childhood
Bruce D. Perry, M.D., Ph.D.
www.ChildTrauma.org
• The human brain is the organ responsible for everything we do. It allows us to love, laugh, walk, talk, create or hate.

• The brain - one hundred billion nerve cells in a complex net of continuous activity - allows us our humanity.

• For each of us, our brain’s functioning is a reflection of our experiences.
The biological unit of survival for human beings is the clan.

Evolutionary pressure which resulted in our species was applied to the clan, not the individual.

We are unavoidably inter-dependent upon each other.
The compartmentalization of Western life

- Separate by age
- Separate by wealth
- Separate by work
- Separate in education, by profession
- Separate by transportation
- Separate by generation
- *Separate by ethnicity, religion, race*
Decrease in Size of Households

Privacy and Isolation

![Graph showing the decrease in size of households from 10,000 BC to 2000 AD. The x-axis represents years, starting from 10,000 BC to 2000 AD, and the y-axis represents size, decreasing from 50 to 0.]
Developmental Stages

- Emotional Regulation for infants
- Maternal dyad
- Repetitive, patterned interaction to hardwire self-regulation
- Exploration of individual self, tentative independence, tolerating manageable separations
- Independence
Brainstem
- Blood pressure
- Body temperature
- Heart rate
- Arousal states

Diencephalon
- Motor regulation
- Affect regulation
- Hunger/satiety
- Sleep

Limbic
- Affiliation
- Attachment
- Sexual behavior
- Emotional reactivity

Neocortex
- Abstract thought
- Concrete thought

Caregiver
- Peers, Teachers
- Community

Family and friends
- Peer, Teachers
- Community

Mother
- Caregiver
- Peers, Teachers
- Community
Serum Cortisol

- Cortisol Response to a Cognitive Stress Challenge in PTSD Related to Childhood Abuse

**Finding:** There were elevated levels of cortisol in both the time period in anticipation of challenge (from time 60 to 0) and during the cognitive challenge (time 0–20). PTSD patients and controls showed similar increases in cortisol relative to their own baseline in response to the cognitive challenge. (Bremner, Vythilingam, et al 2002)
Implications for Children

• EXPERIENCE CAN CHANGE THE MATURE BRAIN - BUT EXPERIENCE DURING THE CRITICAL PERIODS OF EARLY CHILDHOOD ORGANIZES BRAIN SYSTEMS!
– From Bruce Perry, Trauma and Brain Development
Biochemical changes during and after the traumatic event 2

- Cortisol - Chronically low or high levels - results in reduced immune functioning, impaired regulation of the adrenalines, and damage to passages in the brain responsible for memory
  - While high, cortisol, thins stomach lining and bones, impairs the immune system, decreases blood flow to the intestines.
In the first study to examine the relationship between cumulative traumatic stress exposure and inflammation, the scientists found that the more traumatic stress a patient was exposed to over the course of a lifetime, the greater the chances the patient would have elevated levels of inflammatory markers in his or her bloodstream.

"This may be significant for people with cardiovascular disease, because we know that heart disease patients with higher levels of inflammation tend to have worse outcomes," said lead author Aoife O'Donovan, PhD, a Society in Science: Branco Weiss Fellow in psychiatry at SFVAMC and UCSF.
• Very colicky child, putting strain in the marriage
• Asthma
• Allergies
• Food allergies/IBS

When the Body Says No: Exploring the Stress Disease Connection
Dr. Gabor Mate, 2008
Our Body’s Chemical Response

Cortisol
- Regulation of the Adrenalines
- Increase of energy

Adrenalines
- Fight or flight
- Sharpens our focus and stimulates memory
- Increases blood pressure and heart rate
- Shunts blood away from systems that are not needed in danger response to the brain and muscles
Our Body’s Chemical Response cont.

• Our natural Opioids
  – Freeze
  – Prevents experiencing the pain
  – Prevents memory consolidation

• Oxytocin
  – Inhibits memory consolidation
  – Feel good

• Vasopressin
  – Prevents dehydration
Gut as “second brain”
The Four R’s

A trauma-informed program, organization, or system:

**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.
Traumatic Reminders

- Loss of Control
- Power Differential
- Lack of Predictability
Only in the presence of compassion will people allow themselves to see the truth.

~ A.H. Almaas
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847.613.8361

SAMHSA’s National Center for Trauma Informed Care

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