



Trauma Informed Care

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Check in

Mindfulness moment

Adverse Childhood Experiences

ACE screening/Mentimeter

Trauma Informed Care

Share in Threes

Closing

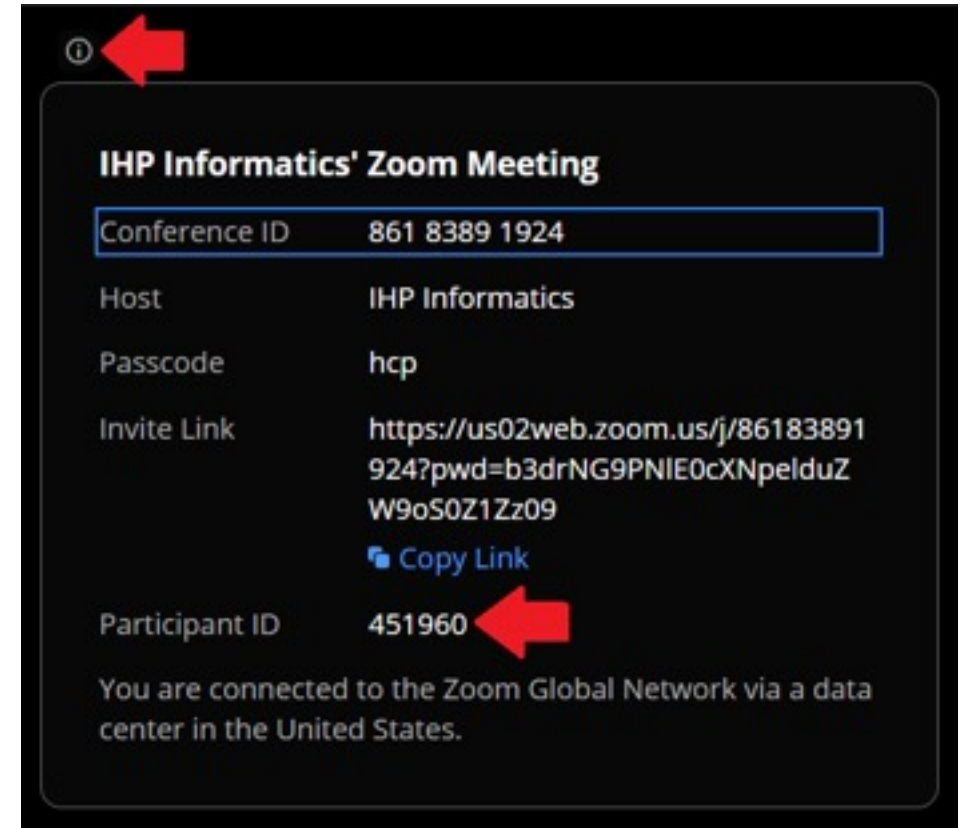


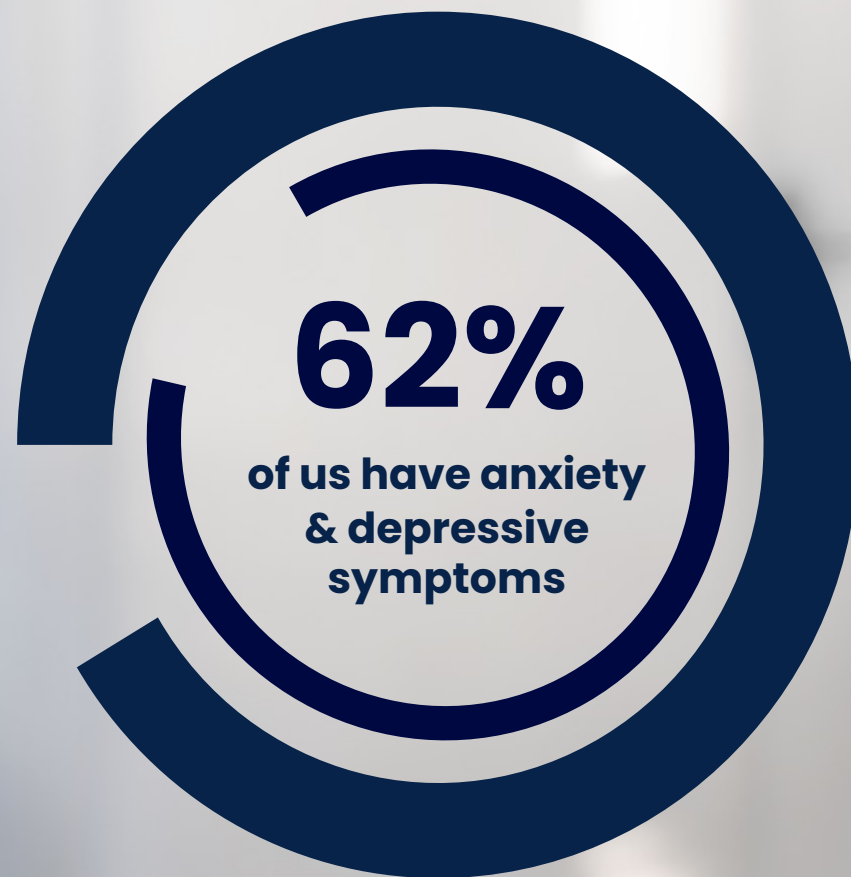
What brings you
support, peace or
happiness right
now?

Merging Audio and Video:

- Enter #Participant ID# on your mobile device to merge your two devices together
- Participant ID information is in the top left corner

If you do not want to break out to talk with colleagues, please chat your name directly to Cecilia ;-)







Self Compassion

1. Name the suffering
 2. Commonality
 3. Self comfort & kindness
-



What is Trauma?



What is Toxic Stress?



Adverse Childhood
Experiences....

These Adverse Childhood Experiences are the biggest **public health** issues of our time.



Cause significant, lifelong health problems



Cause immense suffering



Passed down through generations



Disproportionally impacts people of color



The toxic
stress of
racism



65%

of us have
experienced
at least one adverse
childhood experience

Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	<input type="checkbox"/>
Did you lose a parent through divorce, abandonment, death, or other reason?	<input type="checkbox"/>
Did you live with anyone who was depressed, mentally ill, or attempted suicide?	<input type="checkbox"/>
Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	<input type="checkbox"/>
Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	<input type="checkbox"/>
Did you live with anyone who went to jail or prison?	<input type="checkbox"/>
Did a parent or adult in your home ever swear at you, insult you, or put you down?	<input type="checkbox"/>
Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	<input type="checkbox"/>
Did you feel that no one in your family loved you or thought you were special?	<input type="checkbox"/>
Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	<input type="checkbox"/>
Your ACE score is the total number of checked responses	<input type="checkbox"/>



Menti.Com

1141 4309

What is your score and how do you feel about it?

ACEs in Primary Care



Many people with ACEs do not seek mental health services and instead obtain care in primary care settings, for physical symptoms.

Often neither we nor patients are aware that current physical conditions may be connected to past ACEs

ACEs in Primary Care



Chronic Pain
COPD
Asthma
Diabetes
Depression
Anxiety
Substance Use Disorders
Smoking

Patients with more severe ACEs might...

- **Be Irritable or demanding**
- Frequently miss appointments
- **Have mental health or substance use conditions**
- Be reluctant to discuss health problems or have many needs
- **Have confusion/poor memory**
- Have poor self-care
- Have pain issues (problems with pain perception, tolerance, or chronic pain)
- **Have multiple chronic medical conditions**

1.

Neglectful

Left waiting in the exam room for over an hour without anyone checking in

2.

Shaming

Is told 'you need to think about your baby now' after disclosing cannabis use during pregnancy

2.

Fear of violence

Patient raises their voice at receptionist then leaves and slams the door

4.

Repeatedly told 'there is no reason for you to have back pain'

Trauma-Informed Care
is Empathic Care

Empathy is healing
& Judgment is harmful

1.

Neglectful

*Checking in, on waiting.
Offering water and toys for
child*

2.

Shaming

*Thank you for sharing this with
us, that you use cannabis. I
imagine it wasn't easy to share.*

2.

Fear of violence

*Receptionist approaches
waiting room after door slams,
asks how people are feeling;
apologize for the slam, let
patients know supervisor will
address....*

4.

Invalidated

*Empathy for pain (even if not
offering opioid pain treatment).*

YOU can
be
Treatment

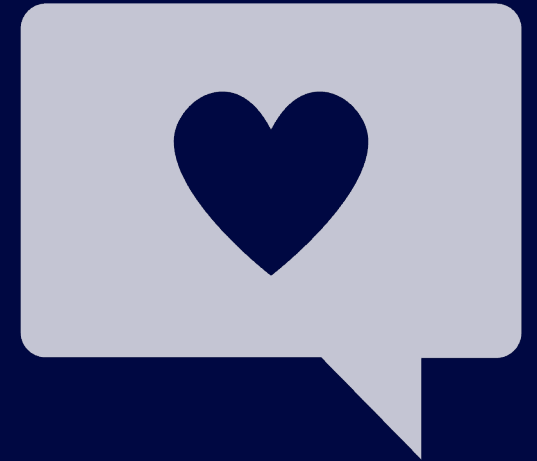


Think of someone in your life whose ACEs have impacted their physical and emotional health....

How do you wish they were treated in a clinic?

Core Empathic Communication Strategies

1. **Empathic Reflection:** *"It sounds like you wish the doctor would ask your mom about the substance use in a compassionate way...."*
2. **Normalize :** *"I hear you, I feel the same way" or "All our clinics seem to be imperfect in this way..."*
3. **Affirm Strengths**
'You have so much insight about this" or 'I can hear how much compassion you have for them"



What is TIC/Empathy consistent
in your clinic?

What could be better?





Hardship...

Resilience

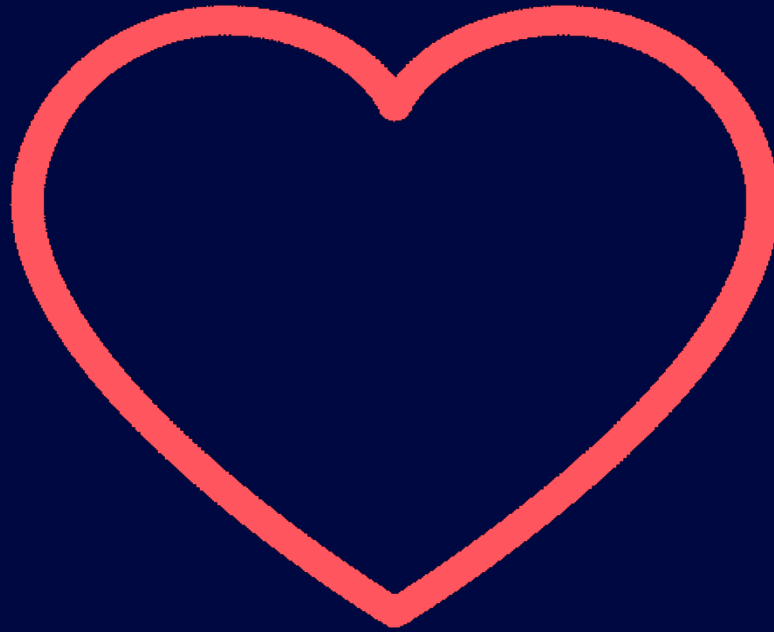


Resilience
Recovery
Healing
Integration



Next Session February 17: Enhancing Team Trust

- Session 5: Mitigating Bias & Stigma
 - Session 6: Self-care
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