



THE
WOMEN'S
CENTER

Trauma Informed Care

Tarrant County Homeless Coalition
4/5/2023

Presented by Chelsea Davis, LMSW

Logistics for the Morning

- Restrooms and water fountains are located in the lobby, through the glass door
- If you need to step out for any reason, please use our lobby - not the hallway behind you
- Please be mindful of clients in the waiting area



RAPE CRISIS AND VICTIM
SERVICES

VIOLENCE PREVENTION AND
EDUCATION

EMPLOYMENT SOLUTIONS

GENERAL COUNSELING

WE'RE HERE TO HELP

Objectives

- Define trauma and the most prevalent forms of trauma in our community
- Discuss the impact of trauma, both long-term and short-term
- Outline strategies to implement trauma-informed care throughout all levels of the agency
- Discuss vicarious trauma and its impact on professionals

TYPES OF TRAUMA & TRAUMA EXPLAINED

Individual trauma results from an event, series of events or set of circumstances that is experienced by an individual as physically or emotionally harmful or life-threatening and that has adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

TRAUMA DEFINED

SAMHSA's Concept of Trauma and
Guidance for a Trauma-Informed
Approach, Prepared by SAMHSA's Trauma
and Justice Strategic Initiative, July 2014

TYPES OF TRAUMA

Individual

Acute

Chronic

Complex

Sexual
Assault/Abuse;
Neglect;
Traumatic car
accident

Inter- Generational

Passed down
through
families or
other close
networks

Witnessing DV
in the home, A
family member
who abuses
drugs

Historical

Experienced
over time
across
generations by
a group that
shares an
identity

Slavery;
Segregation;
Mass
deportation

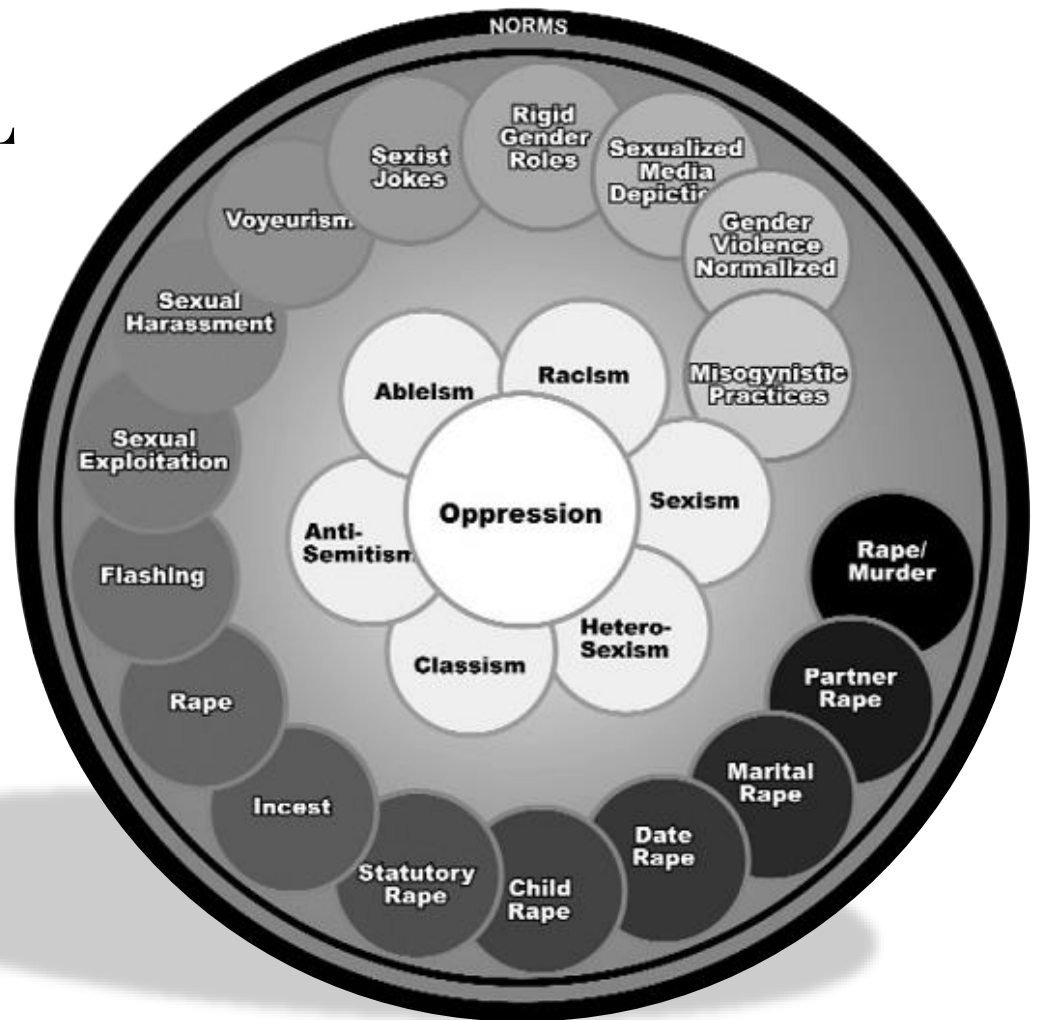
Institutional

Affects
members of a
group who
experienced
trauma or
violence from
people with
institutional
power

Systemic
discrimination

*BROADEN OUR
UNDERSTANDING:*
VIEWING SEXUAL VIOLENCE
AS A FORM OF TRAUMA

SPECTRUM OF SEXUAL VIOLENCE



INTIMATE PARTNER VIOLENCE (IPV)

Intimate partner violence includes physical and sexual violence and nonphysical forms of abuse, such as psychological aggression and emotional abuse, perpetrated by a current or former intimate partner



FORMS OF SEXUAL VIOLENCE

Sexual Assault

Oral, anal, or vaginal penetration with a body part or an object, or being made to penetrate someone else with a sexual organ.

Sex without consent, where consent has been withdrawn, or consent was gained through coercion.

Sexual Abuse

Any tricked, manipulated, coerced, forced, or unwanted sexual contact or activity that is for the pleasure of the abuser

Usually involves a grooming process

Sexual Harassment

Any disrespectful behavior of a sexual nature

Sexual nature refers to gender, body parts, or sexual activity

Impact > Intent

PREVALENCE OF INTERPERSONAL VIOLENCE

Dating
Violence:
1 in 3 Teens

Sexual Assault:
2 in 5 Women
1 in 5 Men



IPV:
1 in 3 Women
1 in 4 Men

Child Sexual Abuse:
1 in 4 Girls
1 in 6 Boys

RESPONSES TO TRAUMA

IMMEDIATE RESPONSES TO TRAUMA



TOXIC STRESS



Brief increases in heart rate, mild elevations in stress hormone levels.

Serious, temporary stress responses, buffered by supportive relationships.

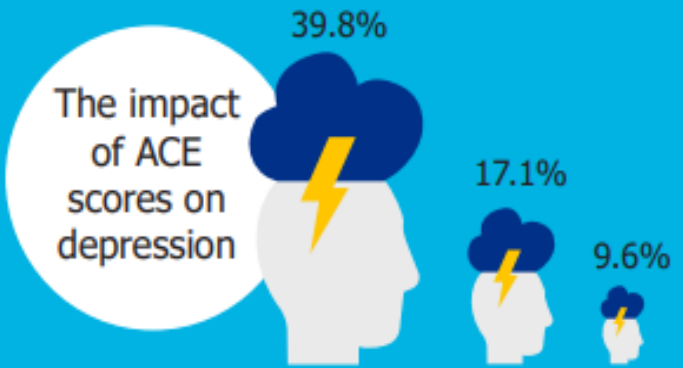
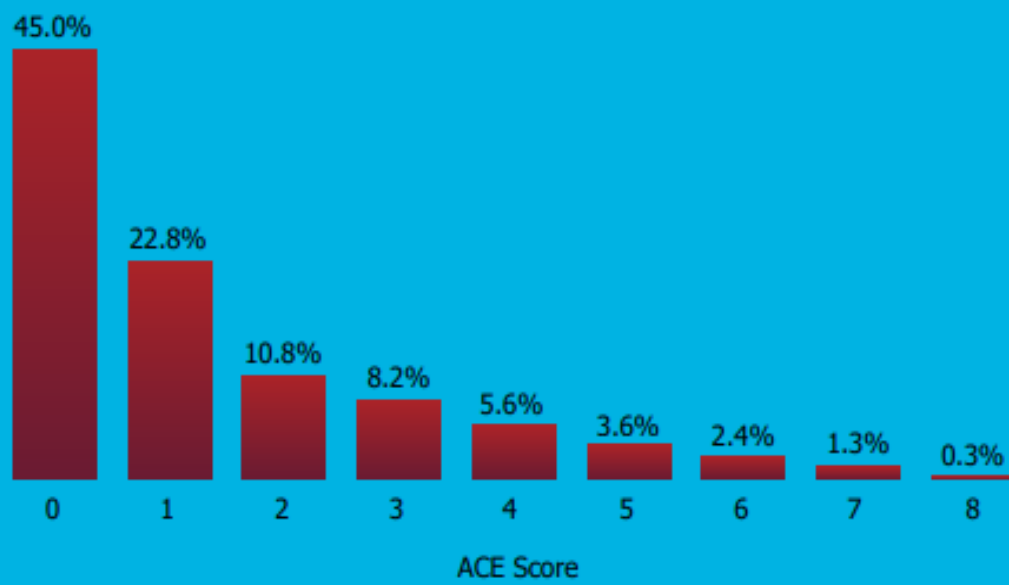
Prolonged activation of stress response systems in the absence of protective relationships.

ADVERSE CHILDHOOD EXPERIENCES STUDY

Adverse Childhood Experiences Study

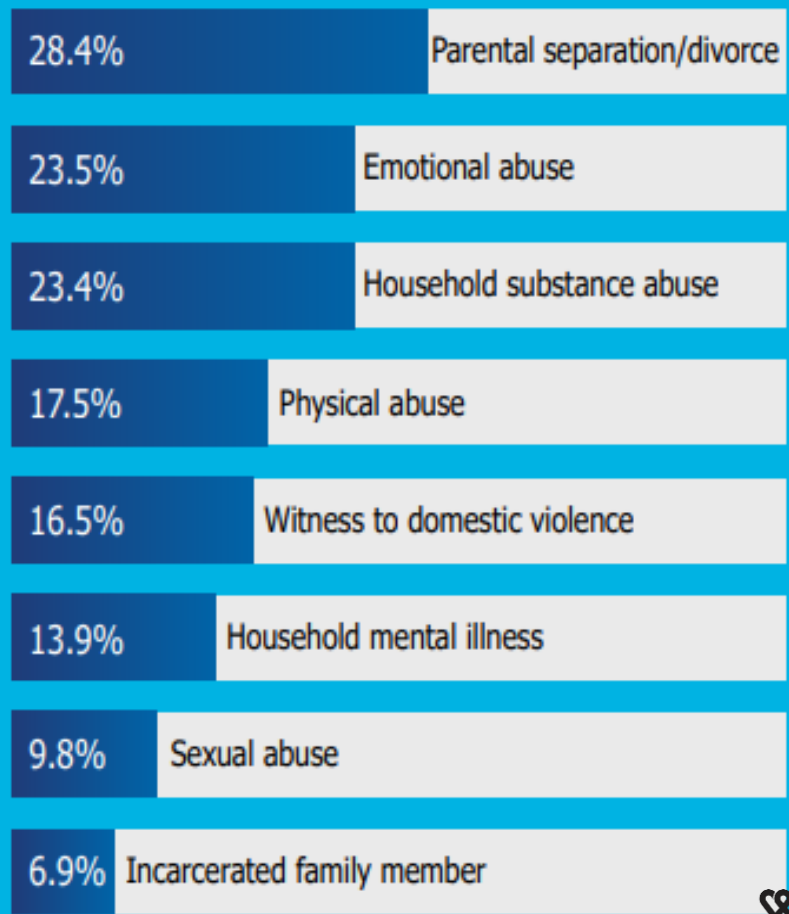
ACE Category	Women	Men	Total
	Percent (N = 9,367)	Percent (N = 7,970)	Percent (N = 17,337)
ABUSE			
Emotional Abuse	13.1%	7.6%	10.6%
Physical Abuse	27%	29.9%	28.3%
Sexual Abuse	24.7%	16%	20.7%
HOUSEHOLD CHALLENGES			
Mother Treated Violently	13.7%	11.5%	12.7%
Household Substance Abuse	29.5%	23.8%	26.9%
Household Mental Illness	23.3%	14.8%	19.4%
Parental Separation or Divorce	24.5%	21.8%	23.3%
Incarcerated Household Member	5.2%	4.1%	4.7%
NEGLECT			
Emotional Neglect ³	16.7%	12.4%	14.8%
Physical Neglect ³	9.2%	10.7%	9.9%

Figure 1. Distribution of ACE scores among Texas adults, BRFSS 2015

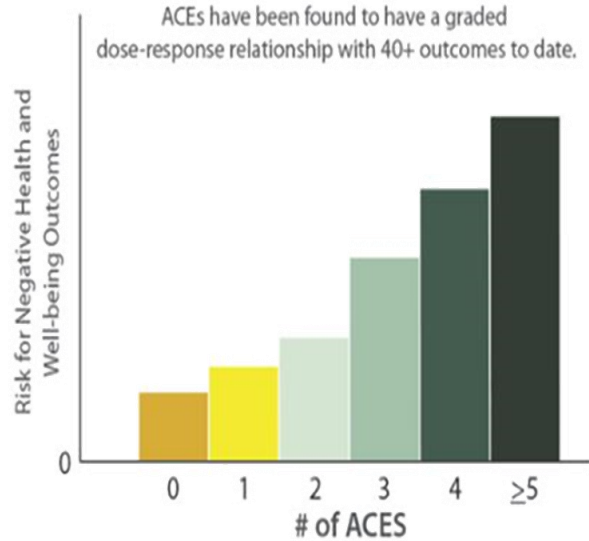


Depression rates are **4x higher** among high ACEs & **2x higher** among low ACEs compared to those with no ACEs.

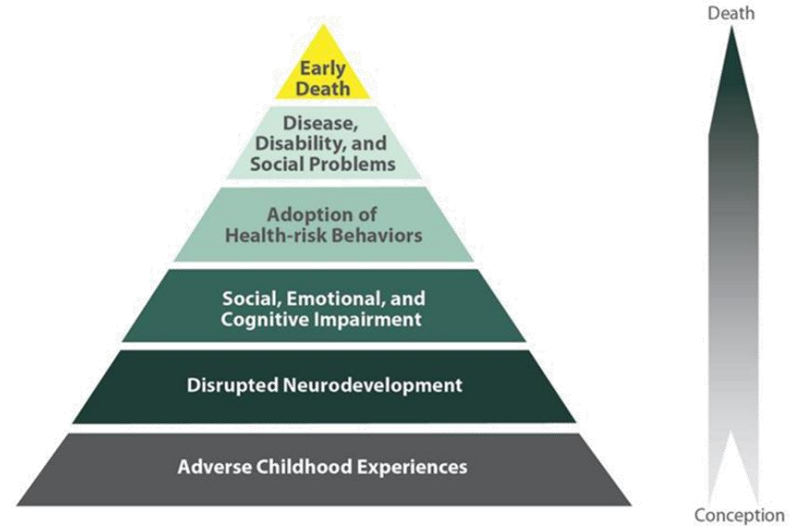
Figure 2. Prevalence of ACEs by type, BRFSS 2015



ADVERSE CHILDHOOD EXPERIENCES



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

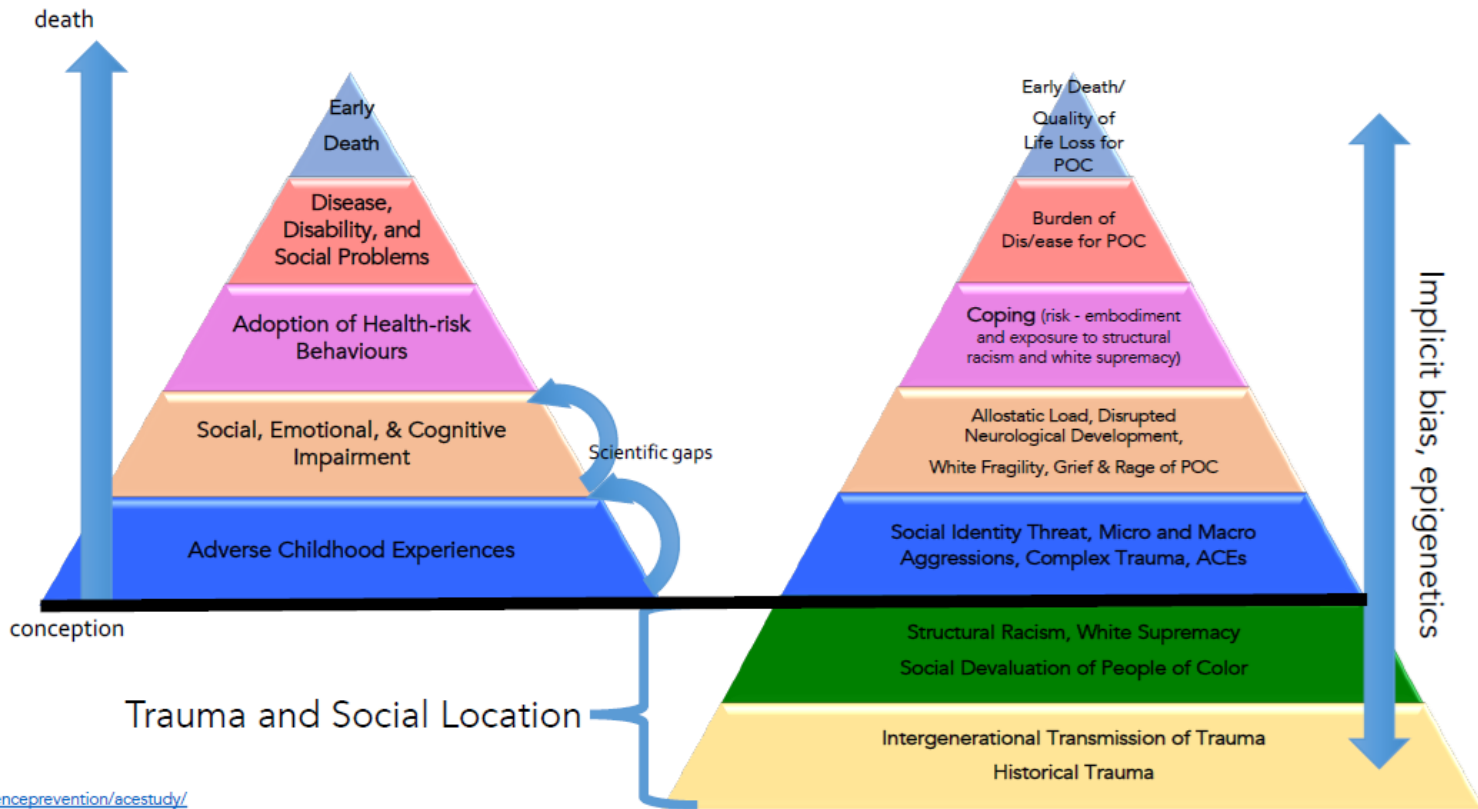
Racing ACEs

if it's not racially just, it's not trauma informed



Adverse Childhood Experiences*

Historical Trauma/Embodiment of Oppression



[*https://www.cdc.gov/violenceprevention/acestudy/](https://www.cdc.gov/violenceprevention/acestudy/)

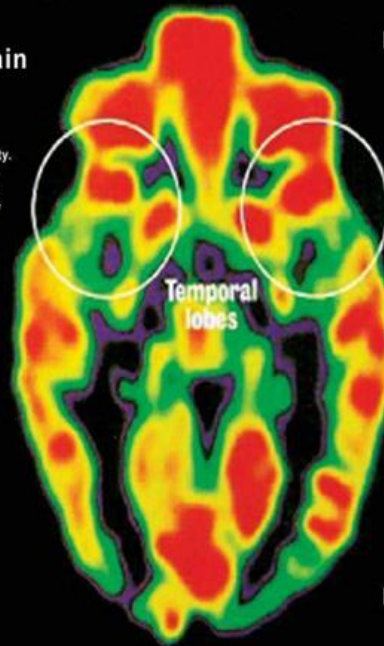
Adapted by RYSE, 2016

IMPACT OF TRAUMA

TRAUMA & THE BRAIN

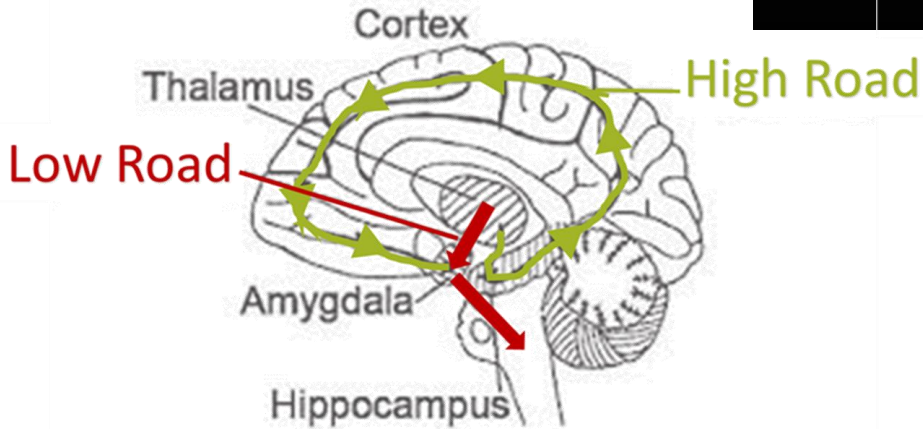
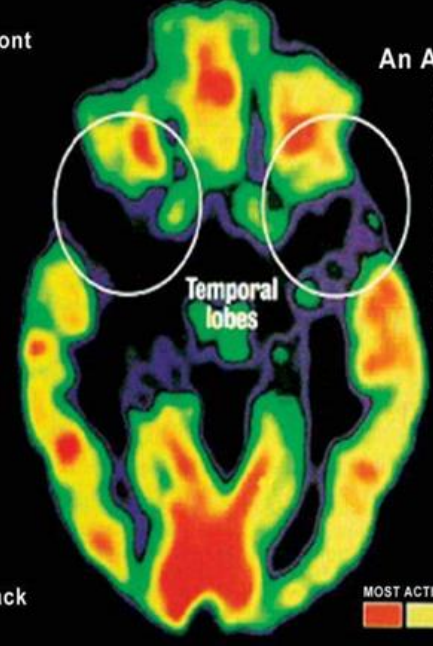
Healthy Brain

This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.



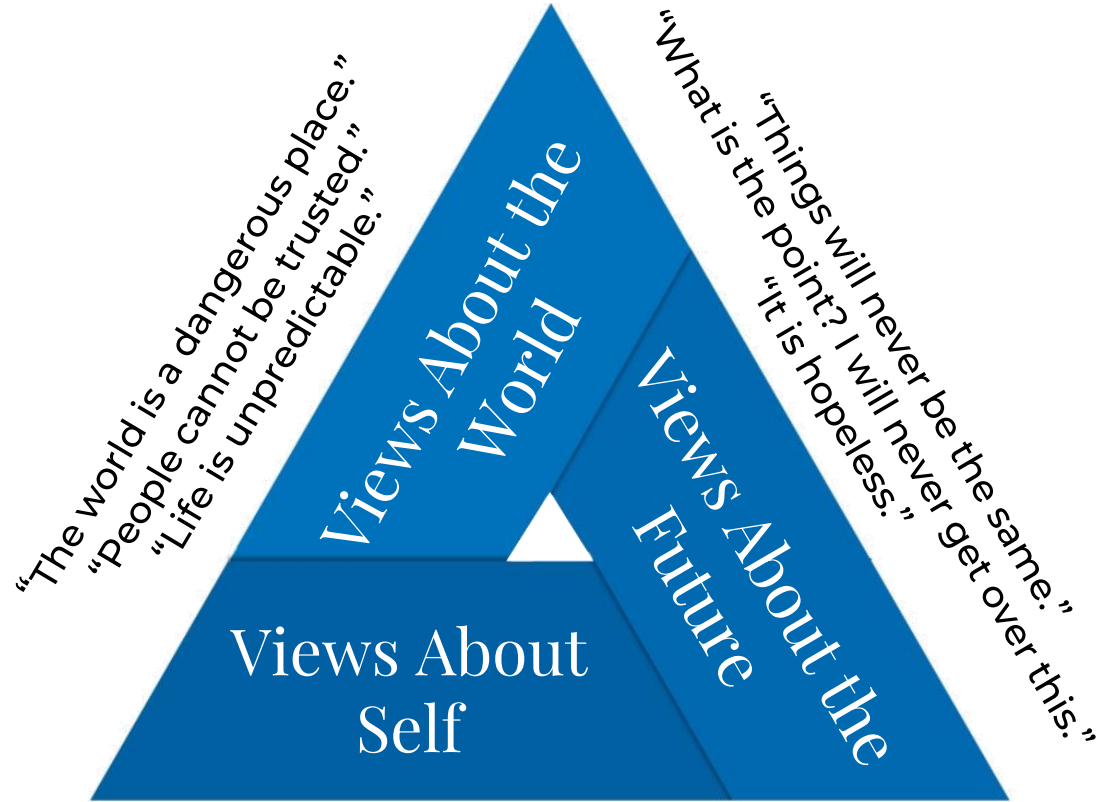
TRAUMA DOESN'T JUST *GO AWAY*

Triggers

- Recorded by sensory data
- Smells, sounds, colors, objects, movements
- Feeling a loss of control or power
- Feelings of loneliness, vulnerability, rejection
- Conflict



TRAUMATIC STRESS



“I am incompetent.”
“I should have reacted differently.”
“It is too much for me to handle.”
“I am damaged.”

VICTIMS DEVELOP COPING SKILLS TO DEAL WITH TRAUMA

- Minimization
- Denial
- Fixation
- Drug & alcohol abuse
- Use of food
- Self-harm
- Healthy and unhealthy

Trauma Adaptive Behaviors are the actions, attitudes, and perspectives that a person develops as their *best and most resilient* attempt to *manage, cope with, and rise above* their *trauma experience*.

WHAT DOES THIS MEAN FOR YOU?

Survivors are in their “Trauma Brain”

Terrified,
overwhelmed, and
angry

A lack of boundaries or
very rigid boundaries

Hyper-focused on
danger, threats, and
survival



Their behavior is
controlled by emotions

They are not acting
logically

Thoughts and memories
are fragmented and are
not in chronological
order

IMPLEMENTING TRAUMA INFORMED CARE

THERE IS HOPE FOR SURVIVORS OF TRAUMA

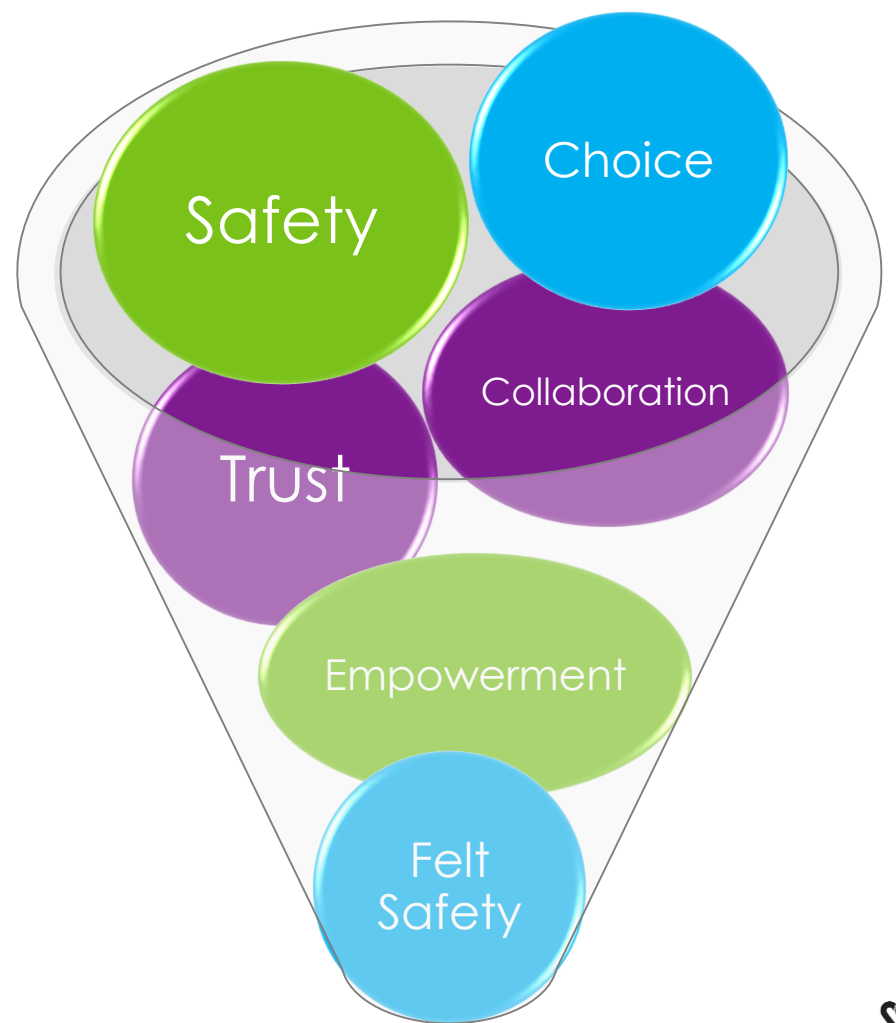
Recovery is dependent upon:

- History of trauma
- Complex trauma
- Responses of support

Trauma Informed Care is about changing your perspective from *“what is wrong with you?”* to *“what happened to you?”*



TRAUMA INFORMED SERVICES



ELEMENTS OF TRAUMA INFORMED CARE

1. Collaboration with survivor and local service providers
2. Viewing the individual as a whole and through a sociocultural lens
3. Strengths-based
4. Builds trust and safety
5. Instills trauma-knowledge at all levels
6. Addresses Vicarious Trauma

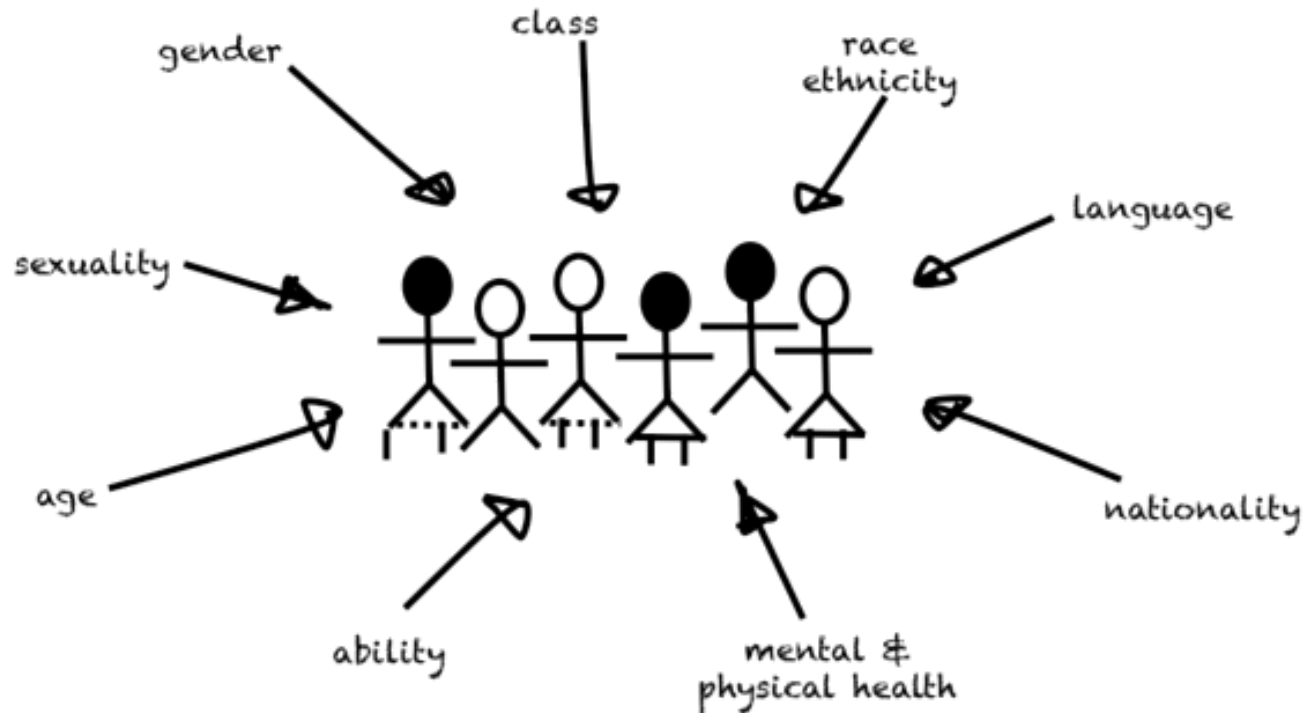


1. COLLABORATION WITH CLIENT AND LOCAL SERVICE PROVIDERS

- Allow client to play active role in creating service plan and choosing “next steps”
- Offer choices
- Familiarize self and client with trauma-informed services
- Work with local resources to develop shared information and practices



2. VIEWING THE INDIVIDUAL AS A WHOLE



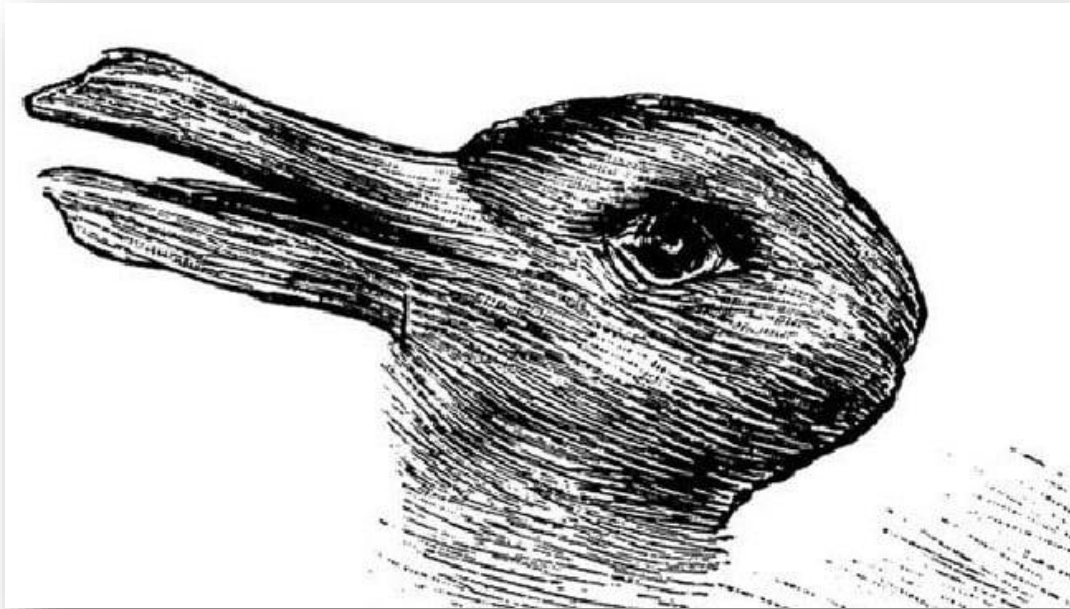


3. STRENGTHS-BASED AND STRENGTHS-FOCUSED

- Work with client to identify already established strengths and skills
- Work with client to develop and identify more skills and tools
- Validate resilience
- Trauma-informed responses and communication

USING A TRAUMA-INFORMED LENS

WHAT DO YOU SEE?



**LET'S PRACTICE:
WHAT ARE OTHER WAYS TO VIEW
THESE BEHAVIORS?**

UNMOTIVATED

Depressed



Overwhelmed

Fearful

Fearful

MANIPULATIVE

Getting their needs met the best way they know how



Doing what needs to be done to get by

DISRESPECTFUL

Feeling
threatened



Feeling out of
control

Unsafe

ATTENTION-SEEKING

Desperate to
be heard

Seeking
connection



Feeling alone

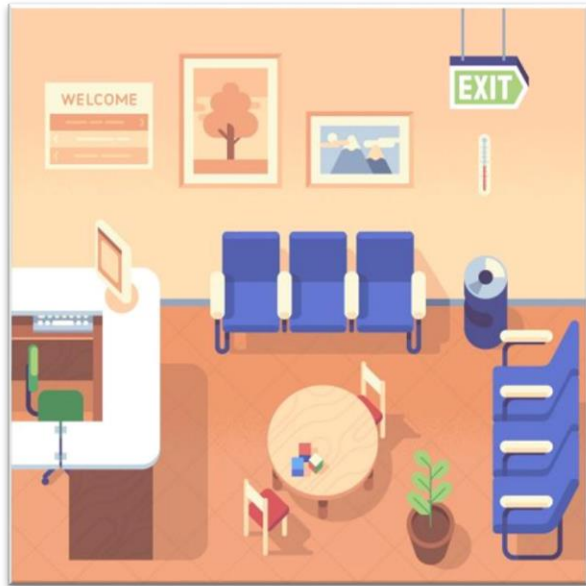
4. BUILDING TRUST AND SAFETY

- Check in with client to clarify needs, determine level of support, and access to resources
- Ensure client feels safe in current living situation and environment
- Be aware of potential triggers
- Respect privacy, confidentiality, and boundaries
- Be consistent, transparent, and reliable



5. INSTILLING TRAUMA KNOWLEDGE AT ALL LEVELS

Physical Environment

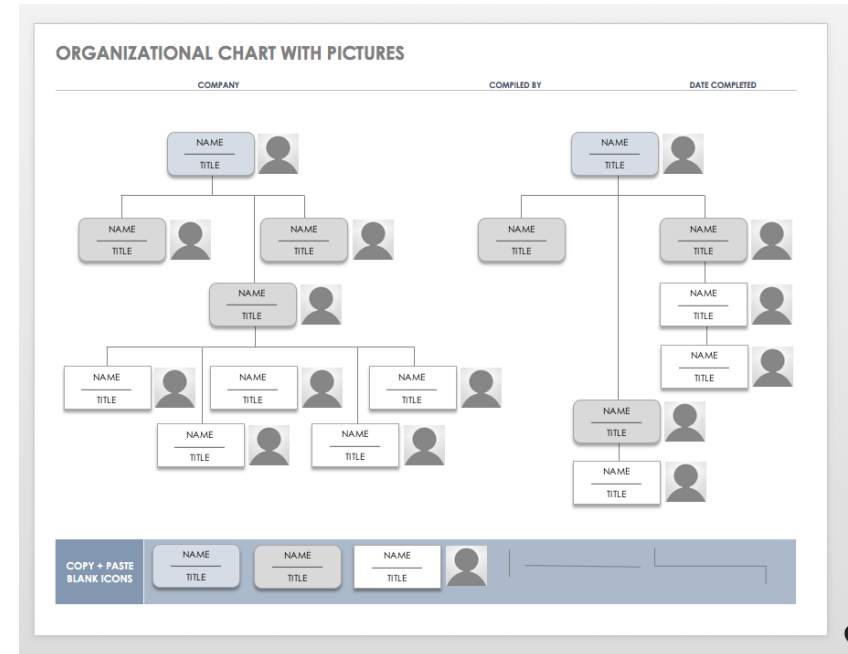


- Ensure space is inviting and comfortable
- Ensure space has clear and visible exits
- Remember common triggers and decorate with these in mind

5. INSTILLING TRAUMA KNOWLEDGE AT ALL LEVELS

Staff

- Provide trainings to all staff on trauma awareness
- Develop universal screening and assessments across the organization to assess trauma



VICARIOUS TRAUMA

Vicarious Trauma is the negative effect of caring for others

Also Known As...
Secondary Trauma
Compassion Fatigue

Can Lead To
Burnout



RISK FACTORS FOR VICARIOUS TRAUMA

- Personal history of trauma
- Overworked or overstressed
- Taking on too many responsibilities
- Poor boundaries
- Limited professional experience
- Limited success



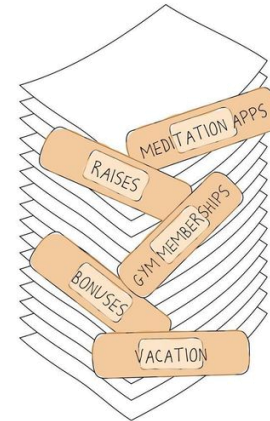
ADDRESSING VICARIOUS TRAUMA IN THE WORKPLACE

An Organization Must Provide...

- Support, supervision, & consultation
- Continuous & quality professional education
- Clear limits and boundaries with clients & colleagues
- Encouragement for personal therapy & self care

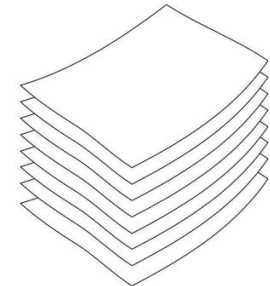
SURVIVAL MODE

COPE WITH OVERWORK



REVIVAL MODE

STOP THE OVERWORK



SELF CARE

Relationships
and
Connection

Spirituality

Physical
Environment



Nutrition

Personal
and
Professional
Growth

Movement,
Exercise,
and Rest

REFERRALS TO COMMUNITY RESOURCES

- The Center – www.womenscentertc.org
- Safe Haven – www.safehaventc.org
- One Safe Place – www.onesafeplace.org
- MHMR – www.mhmrtarrant.org
- The Parenting Center – www.theparentingcenter.org
- Alliance for Children – www.allianceforchildren.org
- The Ladder Alliance – www.ladderalliance.org
- Local Law Enforcement
- District Attorney



STATE & NATIONAL RESOURCES

- Texas Association Against Sexual Assault – www.taasa.org
- Texas Council on Family Violence – www.tcfv.org
- Rape Abuse Incest National Network – www.rainn.org
- National Sexual Violence Resource Center – www.nsvrc.org

RESOURCES

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EVALUATION





Chelsea Davis, LMSW

The Women's Center of Tarrant
County
1723 Hemphill Fort Worth, TX 76110
cdavis@womenscentertc.org
817.927.4039

24 Hour Crisis Hotline: 817.927.2737

Thanks!

Do you have any questions?

addyouremail@freepik.com

+91 620 421 838

yourcompany.com



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