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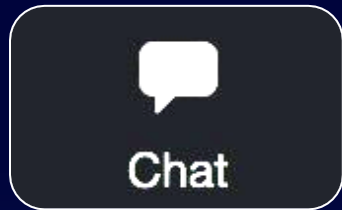
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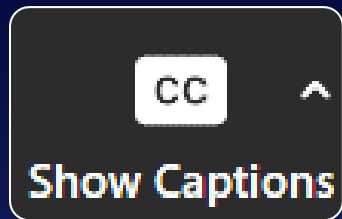
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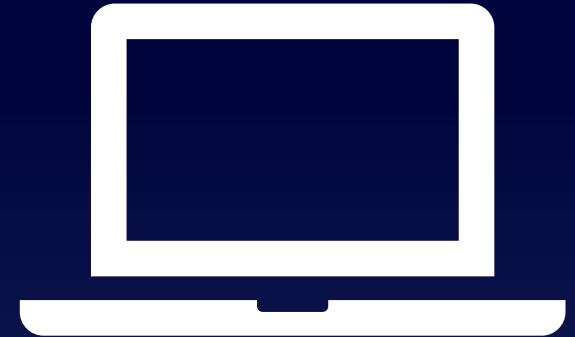
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Trauma-Informed Services

July 17, 2024 | Presented by:

Dr. Anjali Nandi, PhD, MAC, LAC

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Today's Presenter

Dr. Anjali Nandi, PhD, MAC, LAC
Associate, NCJTC

Learning Objectives

- ✓ Obtain a deeper understanding of the impact of trauma on the brain.
- ✓ Gain at least three skills to attend to a trauma response.
- ✓ Acquire at least three ways to recognize and respond to their own trauma-response.



What is Trauma

- The experience of violence or victimization
- Threat to life or limb, loss of control
- Extreme stress that overwhelms the person's capacity to cope

Impact of Trauma

- Loss of mass in frontal cortex
- Dysregulated emotional system
- Re-experiencing the event
- Emotional numbing
- Lack of self-regulation

Intellectual & Emotional Brain

Intellectual
(Logical) Brain



Forward looking
– future and
solution focused



Emotional Brain



Past focused –
non-intellectual/
non logical

Limbic Lounge

- Changes the way your brain and body work
- Impairs your judgment
- Rewires your brain to run on stress chemicals
- Causes inflammation

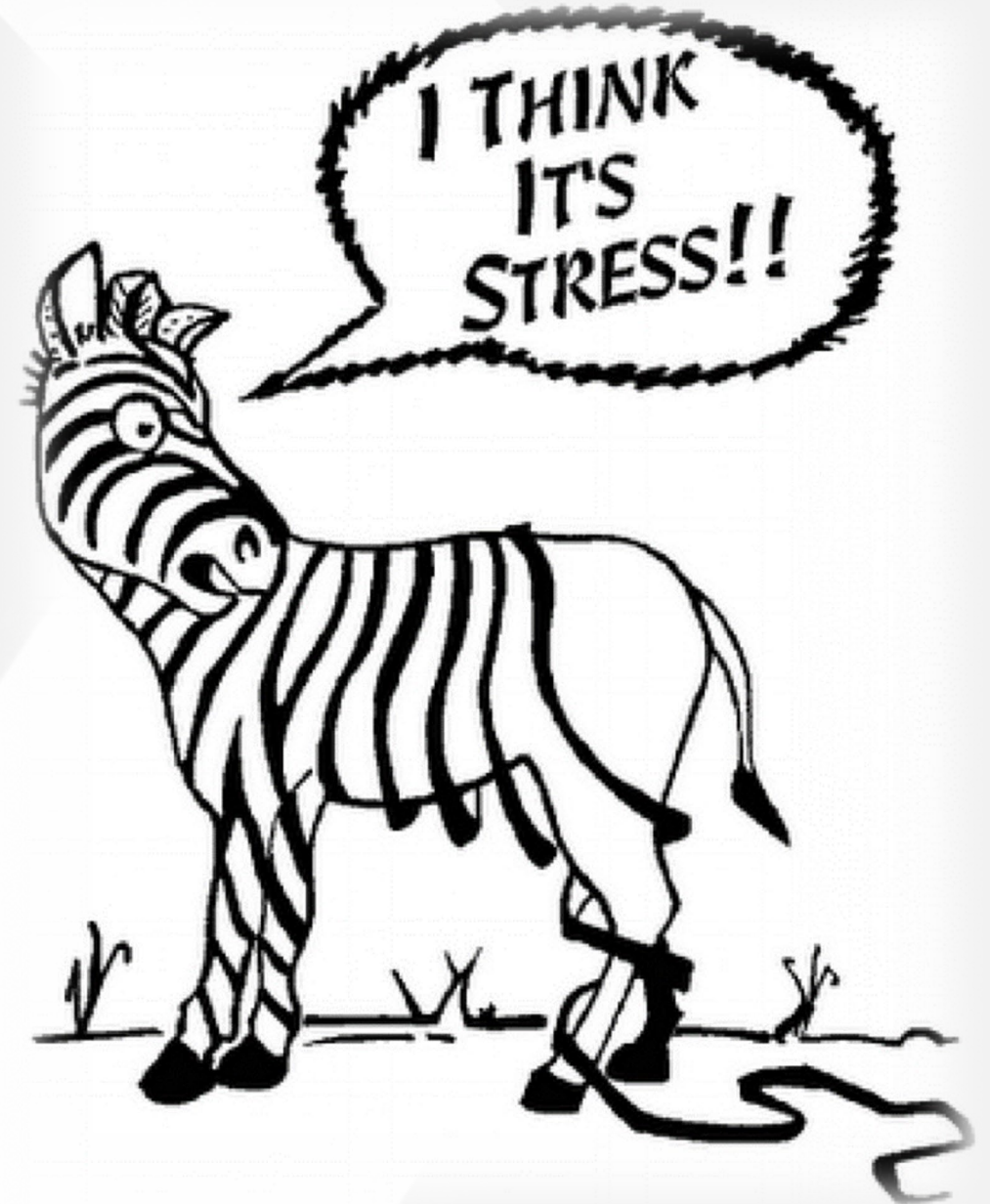


Examples of Behavioral Changes

- Decreased resilience to stress
- Increased impulsivity
- Increased risk-taking behavior
- Withdrawal
- Disconnection
- Reexperiencing
- Symptoms of depression
- Symptoms of anxiety

Stress Continuum

- Eustress
- Distress
- Short-term
- Long-term
- Traumatic
- Trauma response



Dr. Louise Aznavour, Psychologist

What is Stress?

- Normal response
- Biology
- Neurology
- Genetics

Why Talk About Stress?

- Strong predictor of relapse
- Higher risk for chronic disease
- Increases risk and symptomology of mental health disorders
- Impact on resiliency
- Susceptibility to ACEs

Toxic Stress

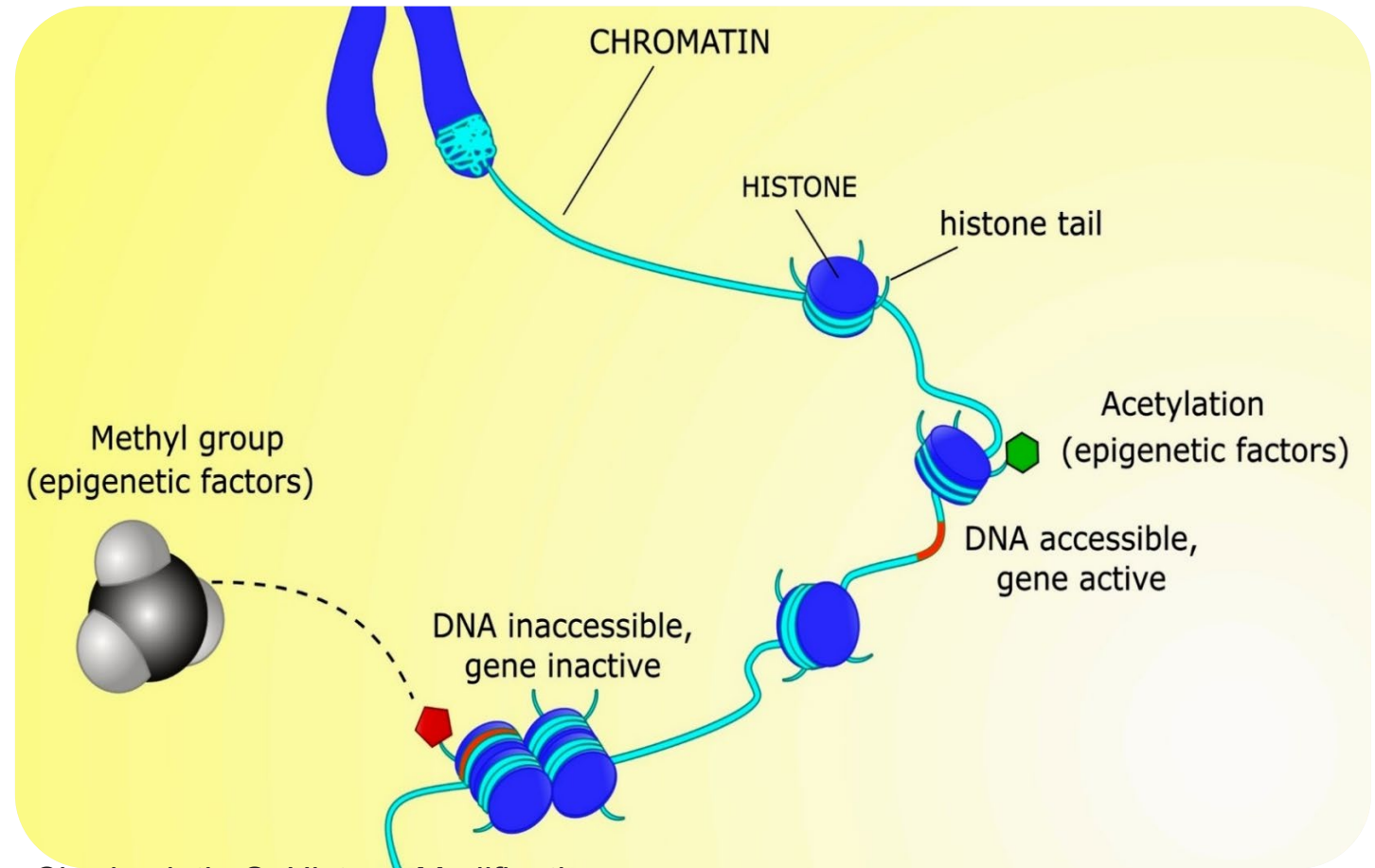
- Systemic issues
- Relational Stressors
- Poverty
- Food insecurity
- Historical Stressors



Epigenetics: Intergenerational Transfer of Risk and Resilience

Historical Trauma is “a constellation of characteristics associated with massive cumulative group trauma across generations.”

- *Dr. Maria Yellow Horse Braveheart (1999)*



Cheriyedath, S. Histone Modification.

<https://www.news-medical.net/life-sciences/Histone-Modification.aspx>

Examples of Negative Experiences

- Emotional, physical, and sexual abuse
- Emotional and physical neglect
- Witnessing domestic violence
- Parental separation or divorce
- Living with someone who was misusing substances
- Living with someone who had a mental health disorder
- Living with someone who had gone to prison
- Racism
- Bullying
- Poverty

By the Numbers

- Experiencing trauma in childhood increases the odds of engaging in violent behavior as an adult by 200%
- An ACEs score of 4 or more increases the risk of suicide by 1200%
- People in the CJ system have 4 times as many ACEs as people in the general population
- Over 90% of juveniles in the CJ system report experiencing at least one traumatic event

What Does Being Trauma-Informed Mean?

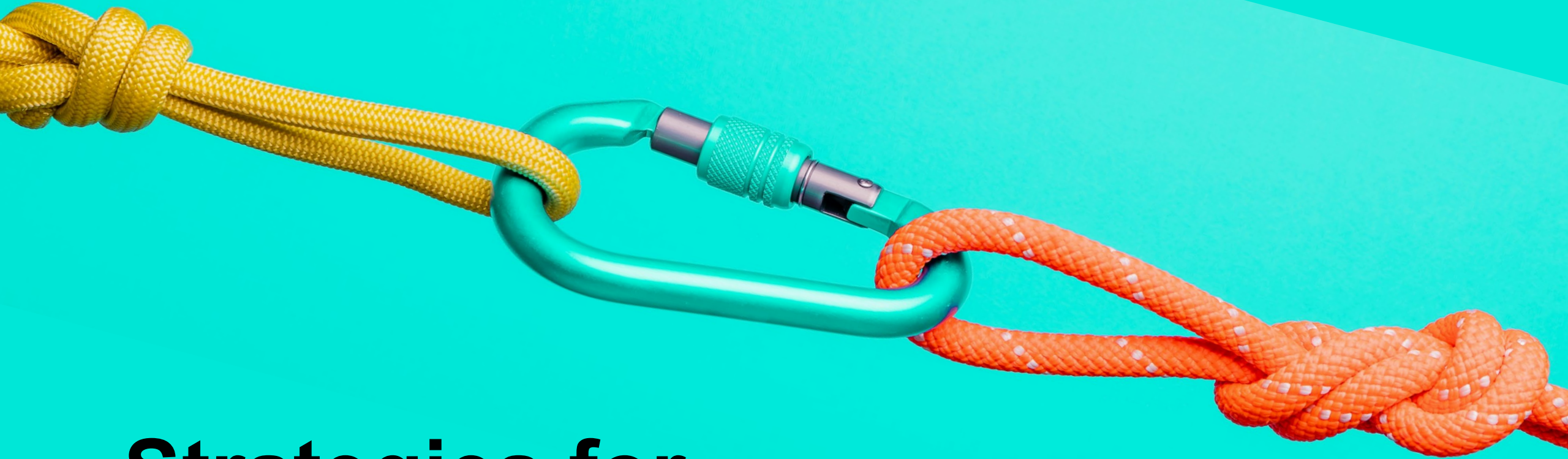


- Avoid re-traumatizing
- Recognizing what trauma is
- Using a different lens
- Flexible with consequences
- Sensitive to fear
- Being patient
- Not taking it personally
- Facilitate safety
- Be consistent
- Know when to refer

Practical Tips

- Engage the person, build relationship
- Provide a calm, soothing environment
- Give relaxed, unhurried attention
- Talk about their concerns
- Provide as much choice and control as possible
 - Making decisions develops the cortex
 - Involve the clients in decision-making
 - Avoid pathologizing behaviors



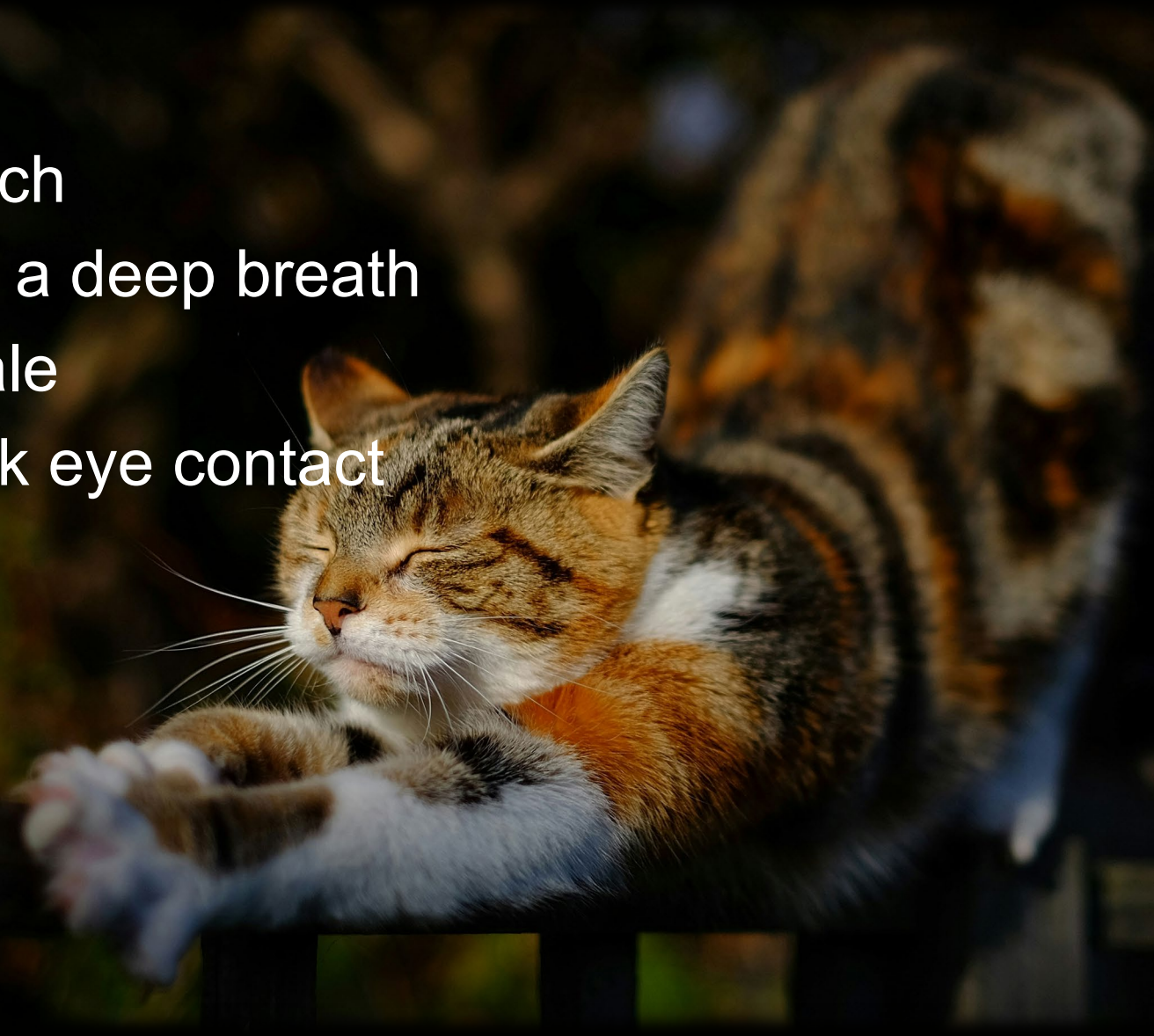


Strategies for Resilience and Durability

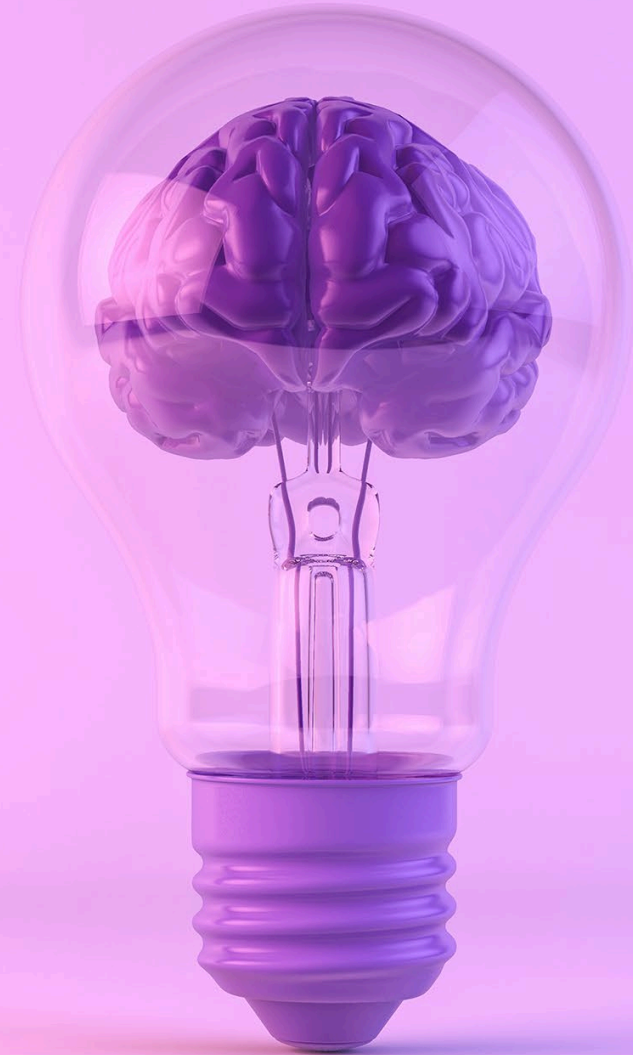
Un-Mirroring Ideas:

- Sit up straight
- Stretch
- Cross or uncross legs
- Take a deep breath
- Change breathing
- Exhale
- Take a sip of water
- Break eye contact

Don't Play Trauma Tag!



Managing our Mindset



Stress + Rest = Success



Mindfulness and Exercise

- Focus and attention
- Being present
- Chemicals
- Social engagement
- Cortisol
- Resilience



Community, Social Connection & Play

- Spend time together
- Rituals, prayer, meditation
- Reach out
- Reach out to someone
- Play, sing together
- Get outside
- Share food
- Share laughs

“Just because I understand, doesn't make your behavior okay.”


– Steve Maraboli

“Empathy without boundaries is self-destruction.”

– Silvy Khoucasian

Gratitude

- Write a thank-you note
- Write a letter of gratitude to yourself
- Keep a gratitude journal
- Count your blessings
- Express gratitude for the little things:
“What can I be grateful for in this moment?”
- Pray

A pink notebook with a gold pen and a green fern branch. The notebook has the text "TODAY I AM GRATEFUL" written on it in black ink. The text is arranged in three lines: "TODAY", "I AM", and "GRATEFUL". The word "GRATEFUL" is underlined with a thin red line.

TODAY
I AM
GRATEFUL

Contact Information & Final Q&A



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✓ *Collaborating with Stakeholders with Different Priorities*

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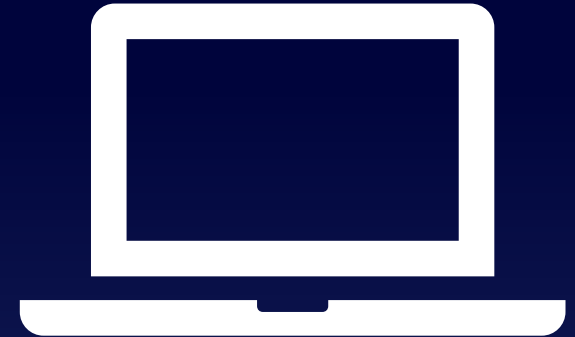
✓ *Reentry Issues and Reintegration*

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