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Things to Remember

Underlying question = “What happened to you?”

Symptoms = Adaptations to traumatic events

Healing happens In relationships
The Power of Empathy
What is Trauma?

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 lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.
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.*
Potential Traumatic Events

Abuse
- Emotional
- Sexual
- Physical
- Domestic violence
- Witnessing violence
- Bullying
- Cyberbullying
- Institutional

Loss
- Death
- Abandonment
- Neglect
- Separation
- Natural disaster
- Accidents
- Terrorism
- War

Chronic Stressors
- Poverty
- Racism
- Invasive medical procedure
- Community trauma
- Historical trauma
- Family member with substance use disorder
Patients are our Passion

Physicians and Associates are our Pride

Healing is our Joy
May His dear sheltering wing be over you through all the storms.

Elizabeth Ann Seton
Adverse Childhood Experiences (ACEs) Affect Adult Health

ACEs have serious health consequences for adults:

- Adoption of health risk behaviors as coping mechanisms (e.g., eating disorders, smoking, substance abuse, self-harm, sexual promiscuity)
- Severe medical conditions (e.g., heart disease, pulmonary disease, liver disease, STDs, gynecologic cancer)
- Early death

(Felitti et al, 1998)

Slide 13
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?

(Felitti et al, 1998)
“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 heroin 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 et al, 1998)
Trauma in Adults: Mental Health

84%+
Adult mental health clients with histories of trauma
(Meuser et al, 2004)

50% of female & 25% of male clients Experienced sexual assault in adulthood
(Read et al, 2008)
Up to 65% of all clients in substance abuse treatment report childhood abuse
(SAMHSA, 2013)

Up to 75% of women in substance abuse treatment report trauma histories
(SAMHSA, 2009)
Over 92% of homeless mothers have severe trauma histories. They have twice the rate of drug and alcohol dependence as those without.

(SAMHSA 2011)

Almost 1/3 of all veterans seeking treatment for a substance use disorder have PTSD.

(National Center for PTSD)
I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

~ Maya Angelou
Thank You

SAMHSA’s mission is to reduce the impact of substance abuse and mental illness on America’s communities.

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