



Ontario Shores
Centre for Mental Health Sciences

Discovery. Recovery. Hope.

Trauma-Informed Care Workshop

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Objectives

- Increase understanding of the importance of trauma-informed care (TIC) in mental health
- Gain an understanding of the various strategies implemented, at the clinician and organizational level, to support the integration of TIC in practice
- Participate in discussions to contextualize TIC in Denmark



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Trauma

- Experiences which overwhelm an individual's capacity to cope
- Trauma may occur early in life, such as childhood abuse, neglect, witnessing violence and disrupted attachment, as well as later in life, including traumatic experiences such as violence, accidents, natural disaster, war, sudden unexpected loss and other life events that are out of one's control, which can be devastating



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(TIP Guide, 2013)

Prevalence of Trauma

- The prevalence of trauma among mental health consumers has been reported to be as high as 90% (*Rosenberg, 2011; Champagne & Stromberg, 2004*)
- Most have multiple experiences of trauma (*Butler et al., 2011*)
- Women with severe mental illness have rates of lifetime physical or sexual assaults ranging from 51% - 97%
 - Significant number experiencing multiple victimization



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Impact of Trauma

- Trauma produces:
 - neurological, biological, psychological and social effects, including changes in brain neurobiology
 - social, emotional and cognitive impairment
 - Relative treatment resistance, and/or treatment rejection
 - adoption of health risk behaviours as coping strategies (i.e. eating disorders, smoking, substance abuse, self-harm, violence, etc.)
 - severe and persistent behavioural health, health and social problems, and early death
 - Contributes to the establishment, and perpetuation of major mental illness, including depression, and schizophrenia

(Felitti et al, 1998; Herman,

What is Trauma-Informed Care

- To be “trauma-informed” is:
 - To understand how violence and victimization have figured in the lives of most consumers of mental health, substance abuse, and other services
 - To apply the understanding in providing services and designing service systems so that they accommodate the needs and vulnerabilities of trauma survivors and facilitate client participation in treatment

(Butler et al., 2011)



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Trauma-Informed vs. Trauma-Specific Services

- Trauma-informed services are informed about, and sensitive to, the potential for trauma-related issues to be present in patients, regardless of whether the issues are directly or obviously related to presenting complaint or condition.
- Trauma-specific services are designed expressly to treat the symptoms and syndromes related to current and past trauma

(Butler et al., 2011)



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Vision for TIC System

- Explore **what has 'happened'** to the person, rather than **what is 'wrong'** with the person
- Goal is to build a practice culture that embraces a **universal precautions** philosophy as a core trauma-informed concept

(NETI, 2005)



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Principles of Trauma-Informed Care

- 1. Trauma awareness**
- 2. Emphasis on safety and trustworthiness**
- 3. Opportunity for choice, collaboration, and connection**
- 4. Strengths based and skill building**



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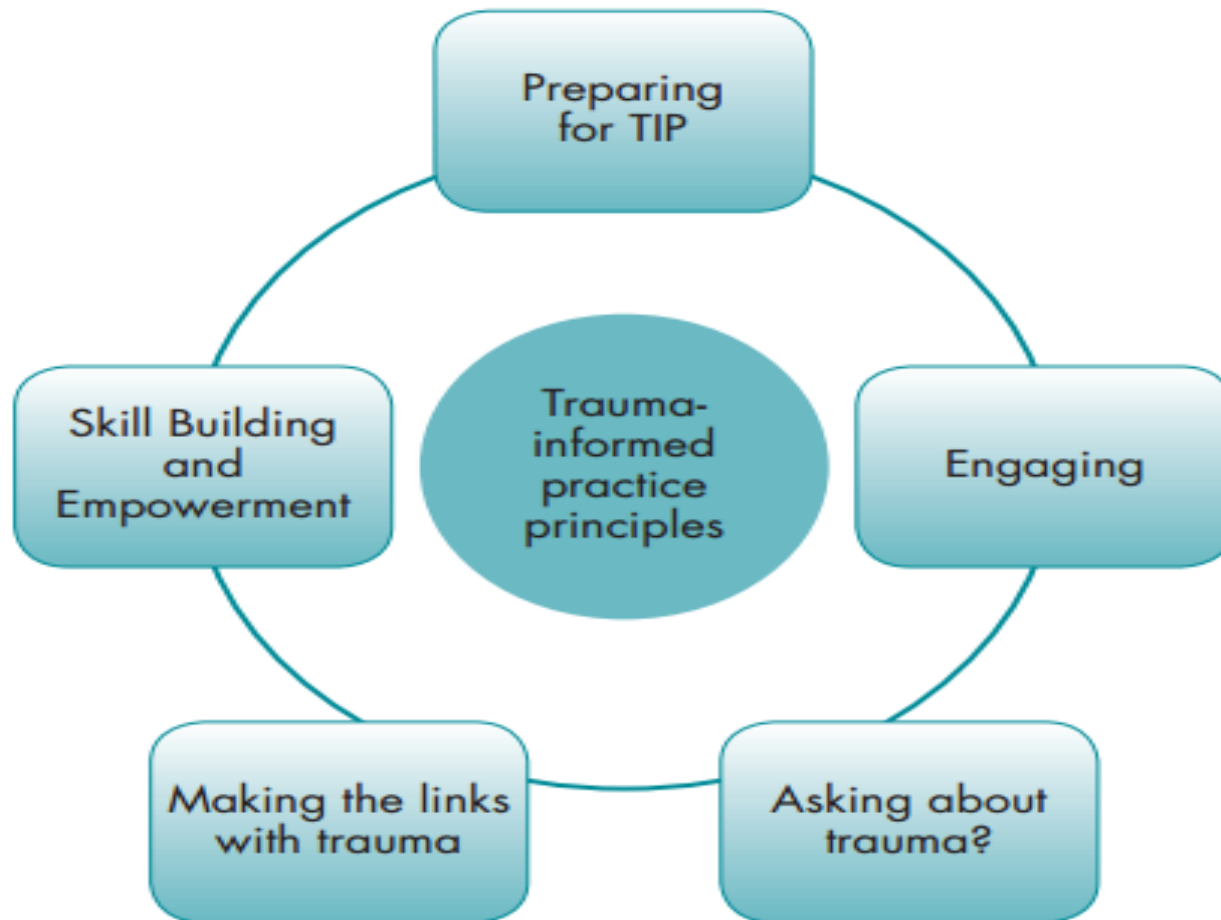
Discussion Question

What are the current opportunities and barriers in adopting a trauma-informed approach in your setting?



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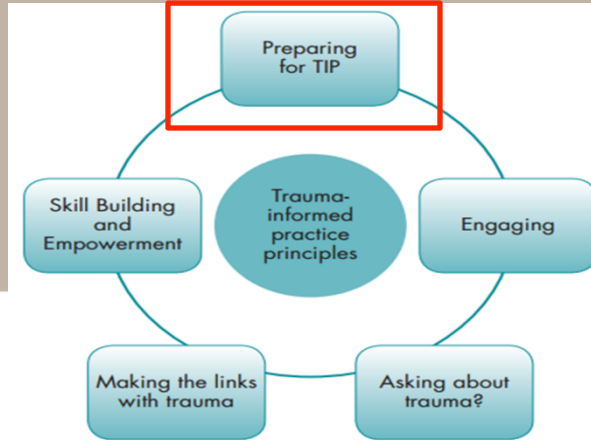
Implementing Trauma-Informed Approaches



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(TIP Guide, 2013)

Preparing for TIC



- Integration into all levels of care
- Avoiding re-traumatization or minimizing the individual's experiences of trauma
- TIC is an overall way of working, rather than a specific set of techniques or strategies - *There is no formula*



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Preparing for TIC

Personal level:

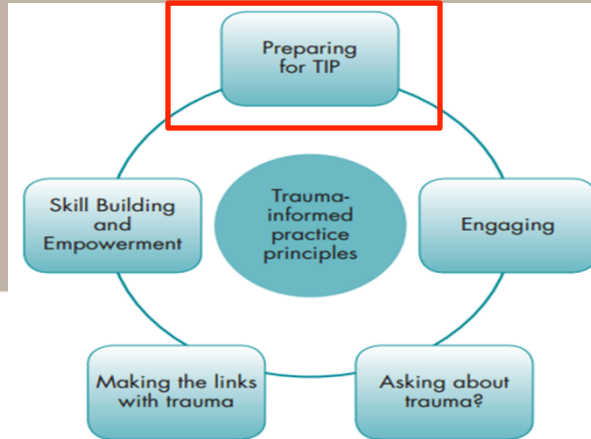
- Self-awareness
- Vicarious trauma, compassion fatigue & burnout

Practice level:

- Trauma awareness
- The power of language

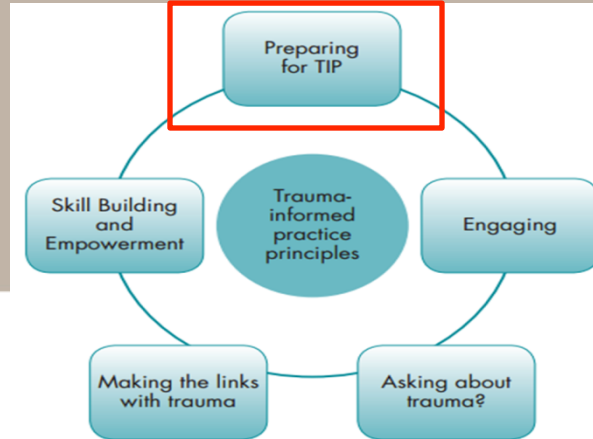
Organizational level:

- Engaging all staff in discussion and action on becoming trauma informed



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The Power of Language



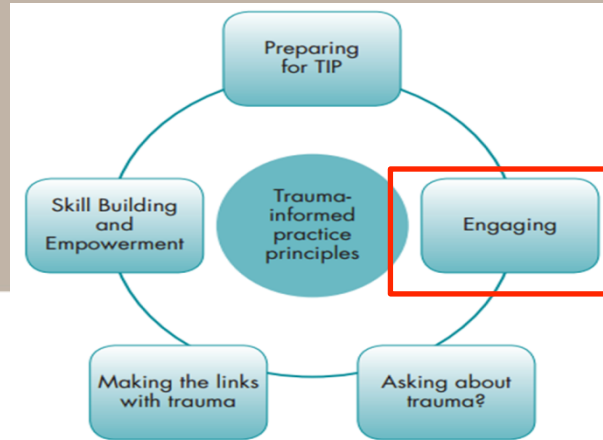
FROM (Deficit Perspective)	TO (Trauma-Informed & Strength-Based)
What's wrong?	What has happened?
Symptoms	Adaptations
Disorder	Response
Attention seeking	The individual is trying to connect in the best way they know how
Borderline	The individual is doing the best they can given their early experiences
Controlling	The individual seems to be trying to assert their power
Manipulative	The individual has difficulty asking directly what they want
Malingering	Seeking help in a way that feels safe



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Engaging

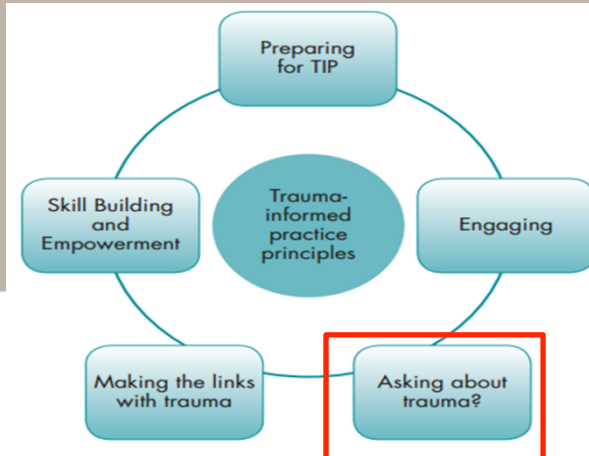
- Service user engagement and retention
- Principles in practice
 - Safety and trustworthiness
 - Example: Client Bill of Rights
 - Collaboration and choice



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Asking about Trauma

- Important in the process of screening and/or engagement to notice signs of trauma, and to help service users to manage these



Possible Signs of Trauma

- | | |
|--|--|
| <ul style="list-style-type: none">• Sweating• Change in breathing• Muscle stiffness, difficulty relaxing• Flood of strong emotions• Rapid heart rate• Startle response, flinching | <ul style="list-style-type: none">• Shaking• Staring into the distance• Becoming disconnected from present conversation, losing focus• Inability to concentrate or respond to instructions• Inability to speak |
|--|--|

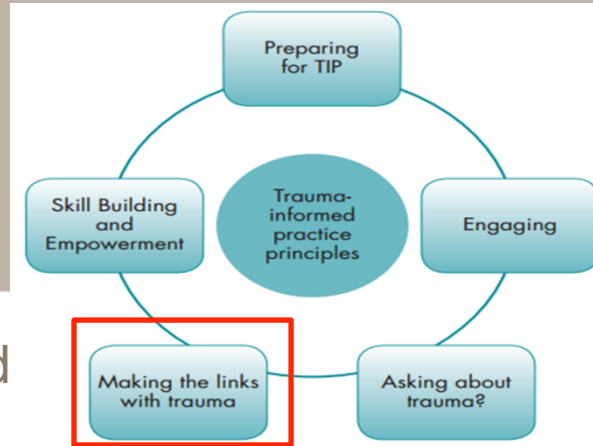


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(TIP Guide, 2013)

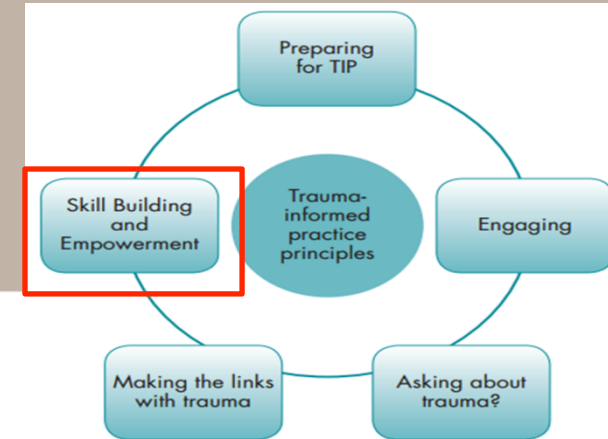
Making the Links with Trauma

- Connection between their past experiences and present situations
- Separate the past from the present
- Exercise choice and control
- Example: The Recovery Plan for Ontario Shores service users
 - Patient Story
 - Crisis Prevention Plan
 - Sensory Diet



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Skill Building & Empowerment



- Working from a strengths-based and empowerment approach that emphasizes establishing safety and building capacity for self-care and containment
- Assisting individuals in managing an in-the-moment trauma response
- Identifying with the individuals grounding and self-care skills and practices to proactively safeguard the safety and strengthen their resiliencies



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Discussion Question

Discuss the application of the strategies to integrate trauma-informed care into practice at the individual and organizational level in Denmark.



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Thank You

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