Wellness rather than Self Care

Self care has become an expectation, but without the resources to support it. Among staff there is the feeling, if you aren’t feeling ok, then you must be falling at self care. It can be used as a punitive tool rather than as real support. Self care feels like another “have to.”

The Principles in Practice

- Do you feel safe speaking with me today?
  - What would help you feel safer?
- Do you feel safe today?
  - What can I do to help you feel safer?
- Did you feel safe in your home today?
  - What happened that upset you today?

Nonviolence

- A commitment to treat oneself and others with deep respect.
- A belief in the basic goodness of all living things.
- The practice of nonviolence means listening and deferring to feelings and needs.
- Preventing nonviolence can lead us to feel angry.
- Nonviolent parenting is MF parent coaching.

Violence

Anything that hurts the mind body or spirit of another living thing.
Working with Families & Young People through a Trauma Informed Approach

Susan Hess, LCSW-IL
sushanhesconsulting@gmail.com
Art by Jose Ramirez

http://ramirezart.com/
What is Trauma?

Intense Fear
Helplessness
Loss of control
Threat of annihilation

Herman, Judith (1997)
Intense Fear
Helplessness
Loss of control
Threat of annihilation
What are Trauma Experiences?
What is Synergistic Trauma?

- The combination of different sources of trauma, including the trauma from structural violence.

- Exposure to structural violence very much happens at a community level and results in community trauma.

- The root causes of structural violence are inequality—racism, sexism, poverty, oppression, power dynamic, and heterosexism.

Pinderhughes, Howard
Intersectionality

"There is no such thing as a single-issue struggle because we do not live single-issue lives."

-Audre Lorde

Learning from the 60s
Resilience Questionnaire

https://www.wcasa.org/file_open.php?id=801
The Brain on Trauma
Calming the Amygdala

Art
Mindfulness
Sipping water
Yoga
Breathing
Walking
Music
Movement
Trauma and Learning
What Are Trauma Informed Services?

Trauma-informed services develops services that create authentic reconnection, reparation and healing.
A Trauma Informed Approach

Realizes the widespread impact of trauma and understands potential paths for recovery.

Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved in the system.

Responds by fully integrating knowledge about trauma into policies, procedures and practices.

Seeks to actively resist re-traumatization

retrieved from https://www.samhsa.gov/nctic/trauma-interventions
Changes the Question

What is wrong with you

What Happened to You

http://www.samhsa.gov/nctic/trauma-interventions
The Principles of a Trauma Informed System

- Safety
- Trustworthiness and Transparency
- Peer Support and Mutual Self Help
- Collaboration and Mutuality (Leveling of power differences)
- Empowerment, Voice, and Choice (Strength Based)
- Cultural, historical and gender issues

retrieved from http://www.samhsa.gov/samhsaNewsletter/Volume_22_Number_2/trauma_tip/guiding_principles.html
Cultural, Gender, and Historical Considerations

- Generational/intergenerational histories of trauma
  - colonialism, slavery, war, migration, genocide, poverty, police brutality, etc.

- Gender-based violence and homo/bi/transphobia

- Violence and oppression based on an individuals culture or identity
  - race, class, disability, age, immigration status, language, etc.

- Inequities and disparities that are exacerbated by intersections of disability, race, gender, mental illness, age, class, etc.
"Inequities are never the result of single, distinct factors. Rather, they are the outcome of intersections of different social locations, power relations, and experiences."

-Olena Hankivsky, PhD
Empathy Changes the Biology of the Brain
From birth, we seek intimate connections, bonds made possible by empathy — the ability to love and to share the feelings of others, but our policies routinely violate the biological reality of empathy, and that's destructive...

Perry, B., & Szalavitz, M. (2010)
Policies without Empathy

Suspensions
Expulsions
Exclusions
Injunctions
Incarcerations
Probation
Parole
Community Resilience

- Community resilience: the ability of a community to recover from and/or thrive despite the prevalence of adverse conditions.

- In the context of community-level trauma, this means putting the conditions in place in which the community can heal from trauma and/or be protected against the impact of trauma.

Building Community Resilience

- Restorative Justice
- Community Circles
- Organize Positive Community Activity
- Community Care versus Self Care
Resilience
Are individuals really "too chaotic" and "untreatable" or is it our system that fails to respond to the need?

Claire Ritchie
Commissioner for Rough Sleeping Services
What would you like to Start? Stop? Continue?
Trauma Informed LA's mission is to foster resilient communities that promote healing and well-being through collaboration, education, and community engagement.

FB: trauma informed la
Instagram: traumainformedla
Twitter: traumainformedla

https://traumainformedla.org/
Additional Resources

ACES Connection: http://www.acesconnection.com/

ACE Study; retrieved from www.acestudy.org

A Long Journey Home; A guide for creating Trauma-Informed Services for Mothers and Children experiencing Homelessness; http://www.familyhomelessness.org/media/89.pdf


The National Center on Trauma Informed Care: www.samhsa.gov/nctic/
