

Trauma-Informed Care and Self-Care

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Wisconsin Coalition Against Sexual Assault



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 - Prevalence & Impact of Trauma
 - What is Trauma-Informed Care?
 - Freethinking Exercise
3. Self-Care
 - How Work Impacts Us
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 - Frameworks and Strategies for Self-Care
 - Self-Care Practice

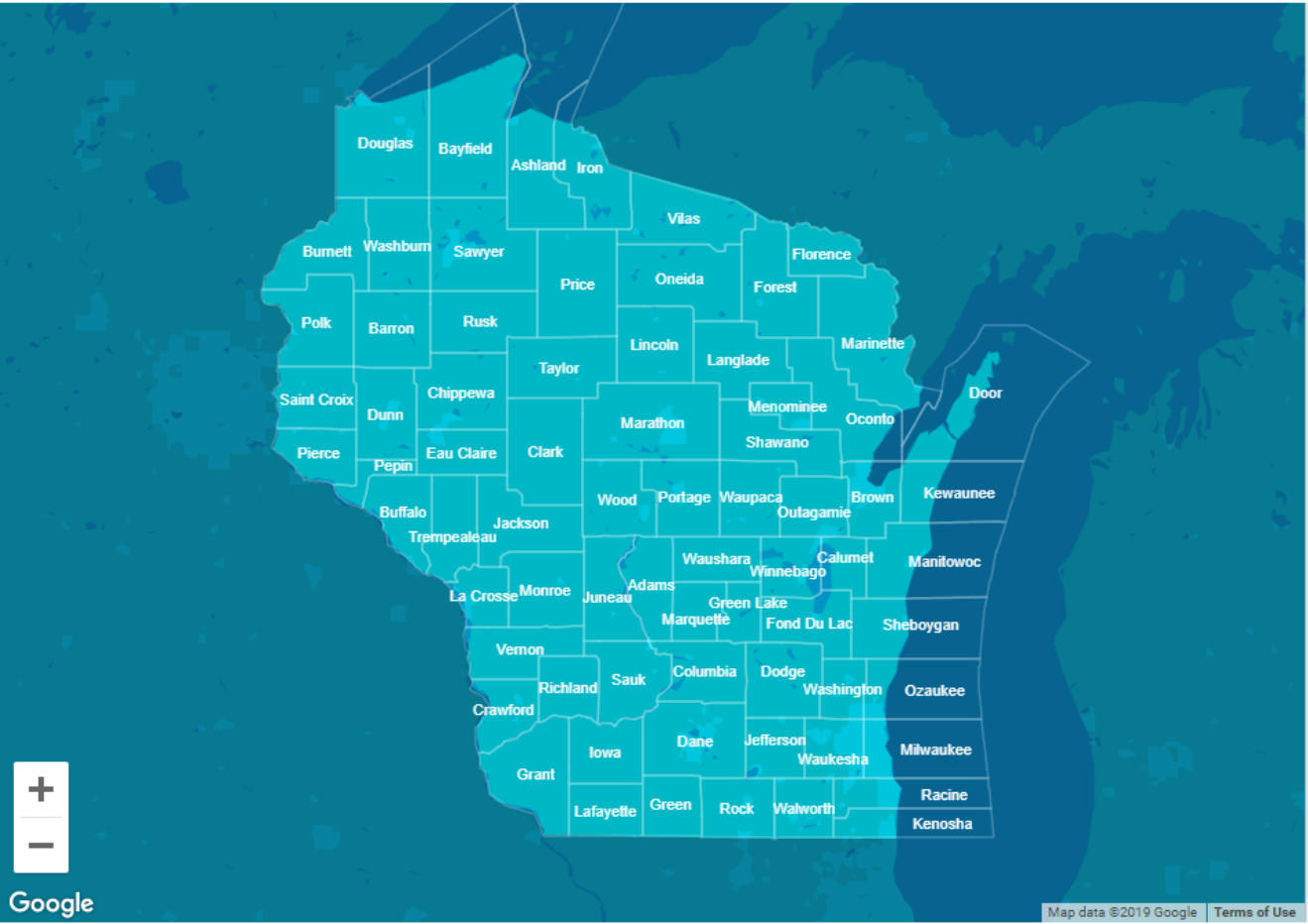
Wisconsin Coalition Against Sexual Assault

Mission: Creating the social change necessary to end sexual violence.

- State, regional, and local training
- Individualized technical assistance
- Webinars
- Resource library
- Policy advocacy / lobbying

SERVICE PROVIDERS

WE BELIEVE THAT DIVERSITY AND SAFE, ACCESSIBLE SERVICES ARE FUNDAMENTAL TO SOCIAL CHANGE. WCASA SUPPORTS SERVICE PROVIDERS AGENCIES ALL OVER THE STATE OF WISCONSIN.



Find a Service Provider

- Select a County ▼

Find by Zip Code

Nearest Me

View Full Map

See All Providers

Download Service Providers PDF

TA & Training Examples



Developing and sustaining multi-disciplinary teams



Building Networks: collaboration between SASPs and FP/RH



Incorporating consent messaging into sexual health education



Legal topics (sexual assault laws, mandatory reporting, etc.)

Trauma-Informed Care



What is trauma?

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

—[SAMHSA](#)

Prevalence of Trauma

61% of men

51% of women

64% of children

90% of clients in public behavioral health settings

Trauma Symptoms

Cognitive

- Intrusive thoughts of the event that may occur out of the blue
- Nightmares
- Visual images of the event
- Loss of memory and concentration abilities
- Disorientation
- Confusion
- Mood swings

Behavioral

- Avoidance of activities or places that trigger memories of the event
- Social isolation and withdrawal
- Lack of interest in previously-enjoyable activities

Trauma Symptoms

Psychological

- Overwhelming fear
- Obsessive and compulsive behaviors
- Detachment from other people and emotions
- Emotional numbing
- Depression
- Guilt – especially if one lived while others perished
- Shame
- Emotional shock
- Disbelief
- Irritability
- Anger
- Anxiety
- Panic attacks

Trauma Symptoms

Physical

- Easily startled
- Tremendous fatigue and exhaustion
- Tachycardia
- Edginess
- Insomnia
- Chronic muscle patterns
- Sexual dysfunction
- Changes in sleeping and eating patterns
- Vague complaints of aches and pains throughout the body
- Extreme alertness; always on the lookout for warnings of potential danger

Impact of Trauma

WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR				
Lack of physical activity	Smoking	Alcoholism	Drug use	Missed work
PHYSICAL & MENTAL HEALTH				
Severe obesity	Diabetes	Depression	Suicide attempts	STDs
Heart disease	Cancer	Stroke	COPD	Broken bones

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NOT ENOUGH APOLOGIES

[WATCH](#)[TRANSCRIPT](#)[RELATED VIDEO](#)[LEARN MORE](#)

MAY 13, 2019 | LENGTH: 56M 47S

Not Enough Apologies: Trauma Stories

Explore how adverse childhood experiences can result in changes to the brain, leading to cascading behavioral and mental health problems. Discover how service providers across Wisconsin are working to be responsive to trauma in efforts to change the trajectory for affected children.

What is trauma-informed care (TIC)?

“TIC is defined as practices that promote a culture of safety, empowerment, and healing.” –[Harvard Health Publishing](#)

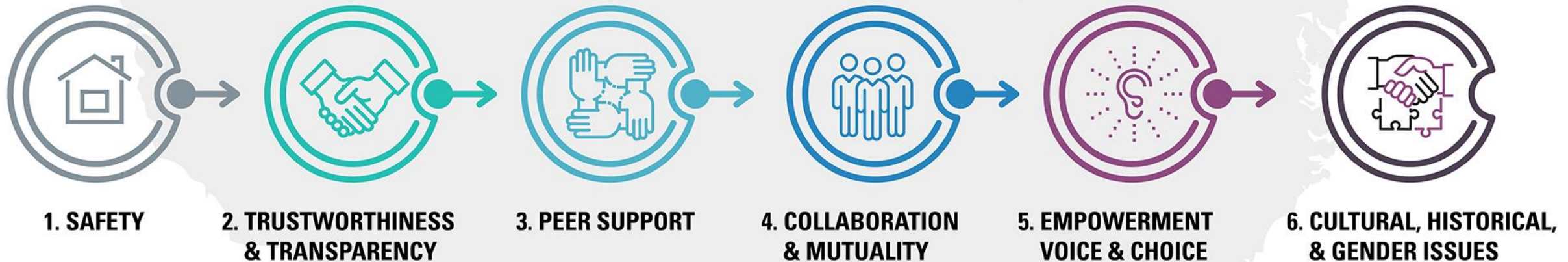
In TIC, “People’s experience and behavior are understood in the context of coping strategies designed to survive adversity and overwhelming circumstances.” –[SAMHSA](#)

Moving from “what’s wrong with you?” to **“what happened to you?”**

Assume that everyone
you interact with has
experienced some form
of trauma.

6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

The CDC's **Office of Public Health Preparedness and Response (OPHPR)**, in collaboration with SAMHSA's **National Center for Trauma-Informed Care (NCTIC)**, developed and led a new training for OPHPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work. Participants learned SAMHSA'S six principles that guide a trauma-informed approach, including:



Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbed this approach which can be augmented with organizational development and practice improvement. The training provided by **OPHPR** and **NCTIC** was the first step for CDC to view emergency preparedness and response through a trauma-informed lens.

1. Safety



**We've heard *your*
voice...
and taken *action*.**

CHANGE #15

Female Students Said: "We'd like more gyn availability."

We Responded: We've added morning and afternoon appointments.

Thank You
for your feedback and time
spent taking surveys about
your **UNCW** experience.



ABRONS STUDENT
HEALTH CENTER

2. Transparency and Trustworthiness

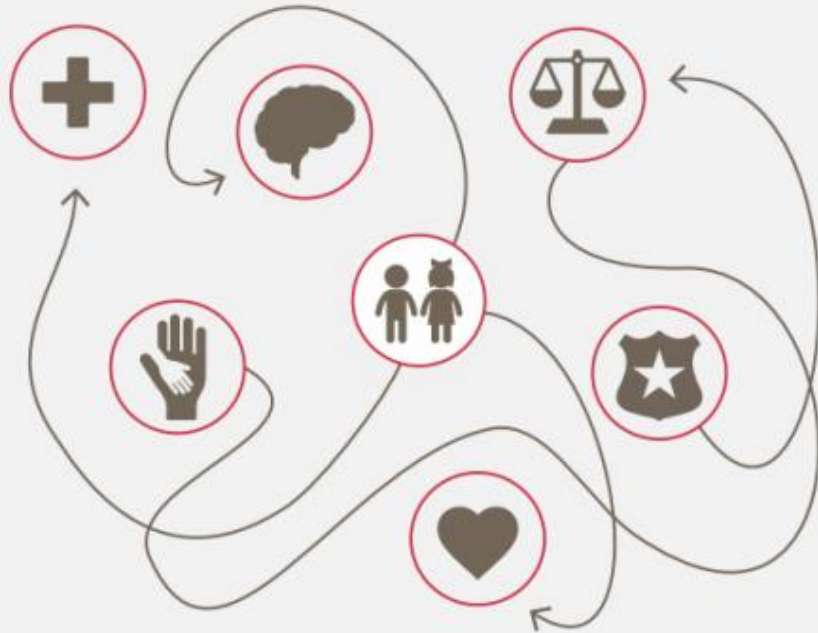


3. Peer Support



4. Collaboration & Mutuality

Without CACs



With CACs



5. Empowerment, Voice & Choice



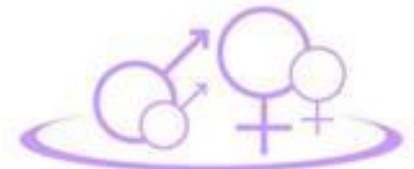
6. Cultural, Historical & Gender Issues



Diverse & Resilient



Cia Siab, Inc.



Wise Women Gathering Place
Promoting Peace, Respect, & Belonging

UMOS
Building Better Futures



TIC is NOT:

- Screening for every type of trauma under the sun during crisis
- Holding a focus group as your FIRST choice for assessment or evaluation
- Taking someone's trauma symptoms personally
- Trying to make someone trust the system
- Treating everyone the same

Small Groups: Freethinking Exercise

What strategies could we implement to better address this principle of trauma-informed care? (Either individually, or agency-wide)

Self-Care

What to call the impact this work has on us?

- **Secondary or Vicarious Trauma**

Emotional & physical effects experienced through vicarious exposure to the details of the traumatic life events of others

- **Compassion Fatigue**

Emotional residue of exposure to working with those suffering from the consequences of traumatic events

- **Burnout**

Feeling that things that once inspired passion are now unpleasant; causing work stress, lack of motivation

WHO Redefines Burnout As A 'Syndrome' Linked To Chronic Stress At Work

May 28, 2019 · 3:39 PM ET

Heard on [Morning Edition](#)

RHITU CHATTERJEE



CARMEL WROTH



Updated 7:55 p.m. ET

The World Health Organization is bringing attention to the problem of work-related stress. The group announced this week that it is updating its definition of burnout in the new version of its handbook of diseases, the *International Classification of Diseases — ICD-11* — which will go into effect in January 2022

The [new definition](#) calls it a "syndrome" and specifically ties burnout to "chronic workplace stress that has not been successfully managed."



Chronic stress at work can lead to burnout, a syndrome defined by the World Health Organization as including depleted energy, exhaustion, negativity, cynicism and reduced productivity.

baona/Getty Images

"Reading this book is like looking into a mirror."

— THICH NHAT HANH

"This book is a gift, a wise and compassionate guide for those who undertake the difficult work of caring for the traumas of this world."

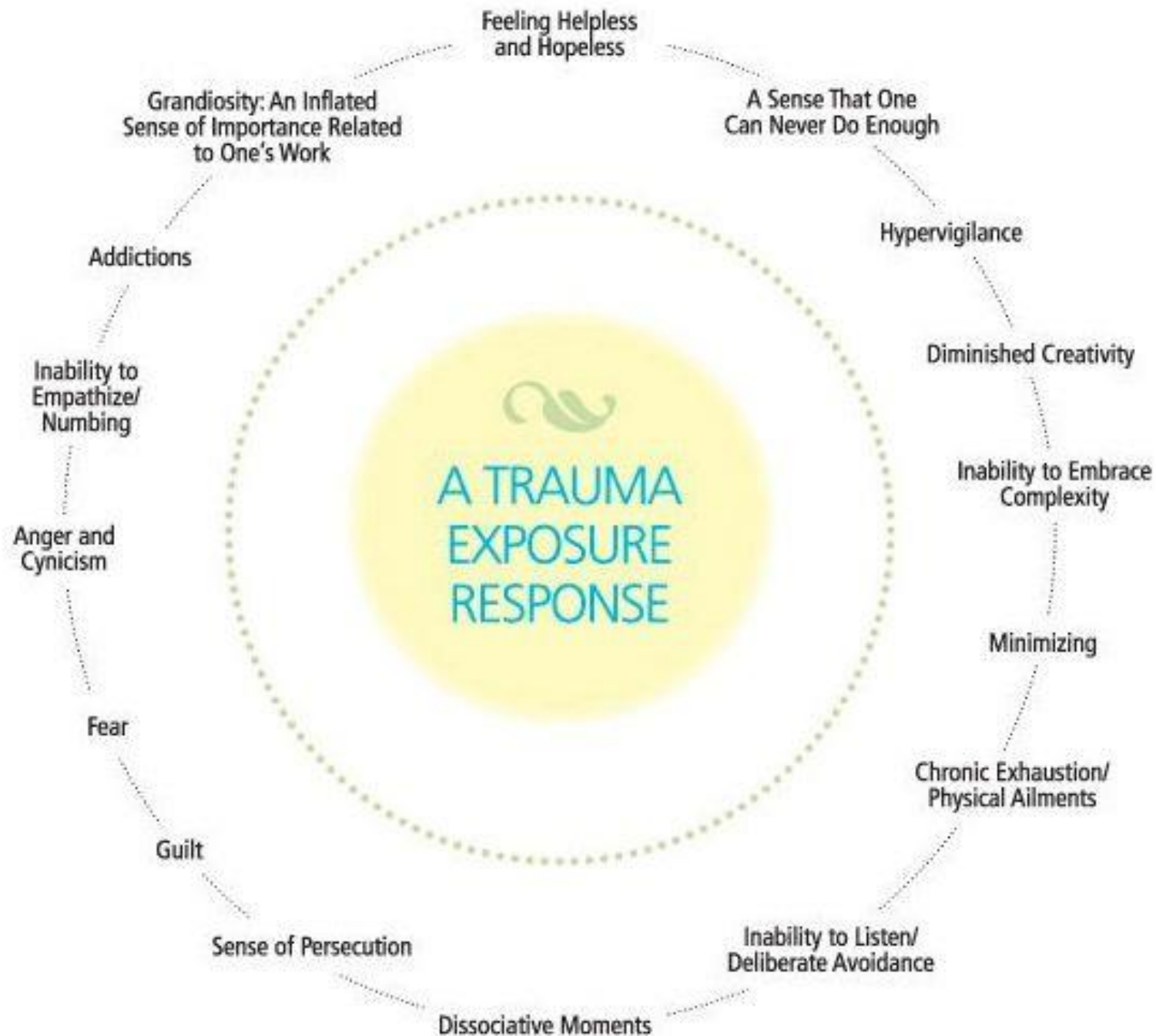
— JACK KORNFIELD
Author of *A Path with Heart*

Bring me all of your dreams, you dreamers, bring me all of your heart melodies
That I may wrap them in a blue cloud-cloth Away from the too-tough fingers of the world
— "The Dream Keeper" by Langston Hughes

Trauma Stewardship

An Everyday Guide to Caring for Self
While Caring for Others

Laura van Dernoot Lipsky with Connie Burk
Foreword by Jon R. Conte, PhD



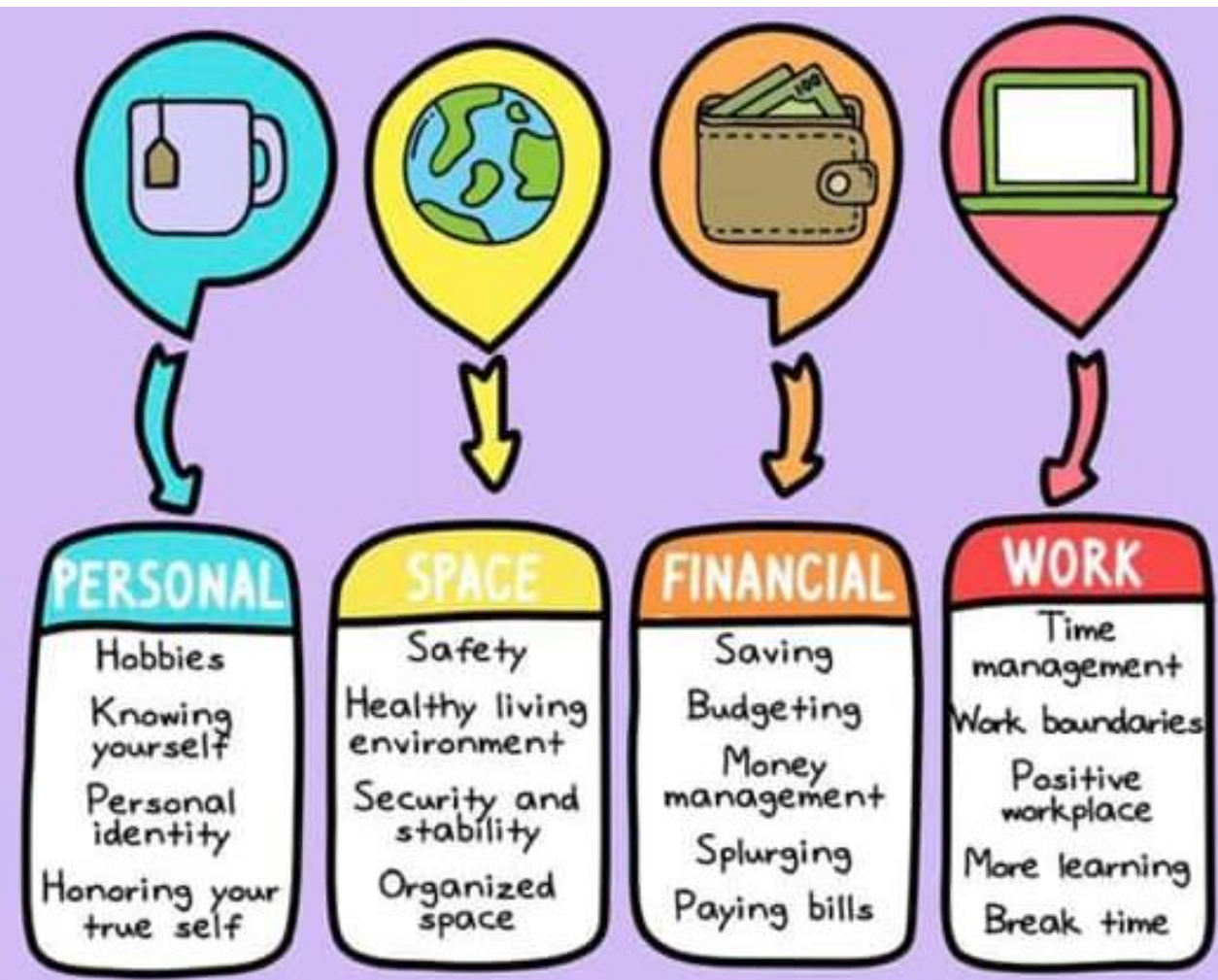
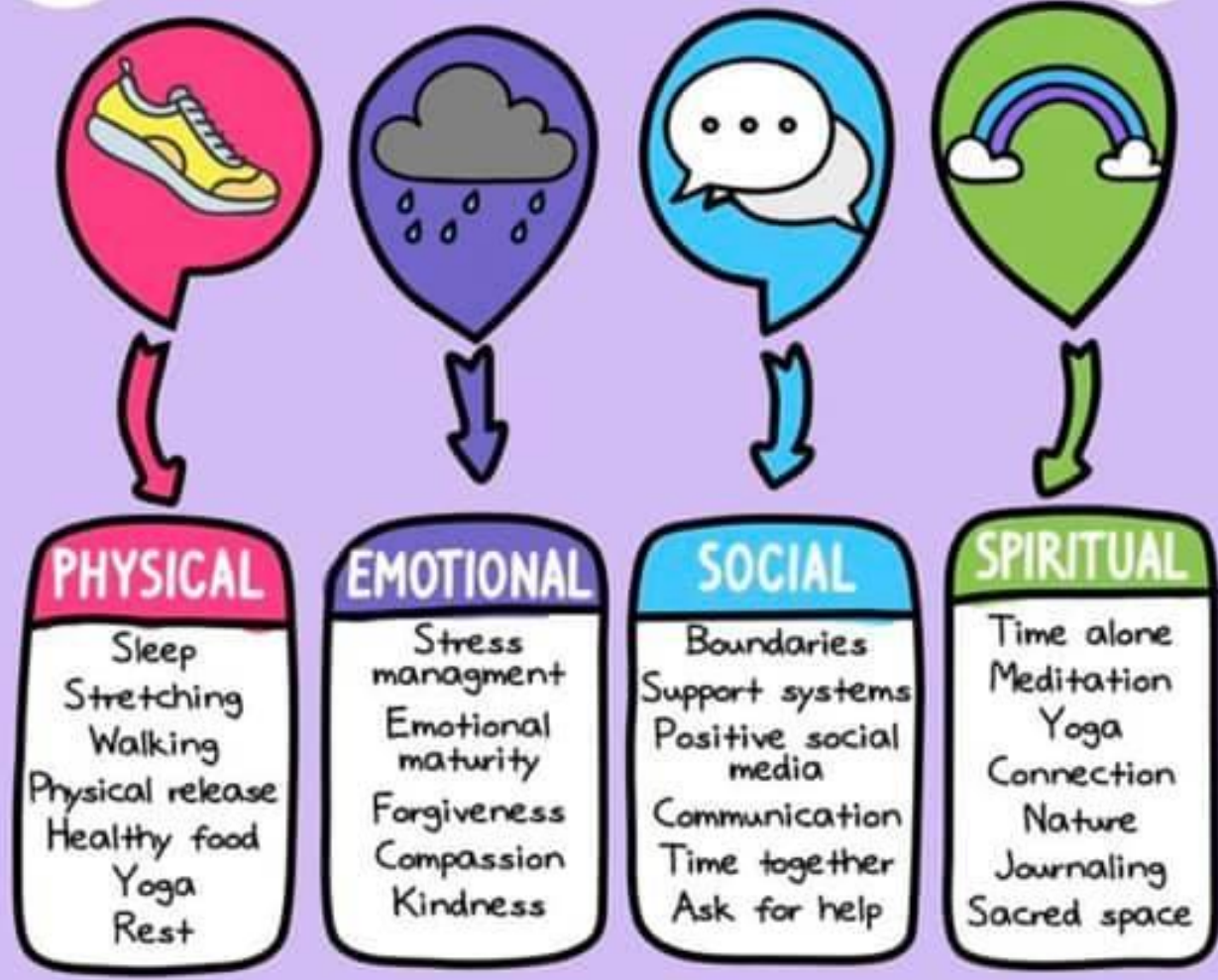
The ABC's

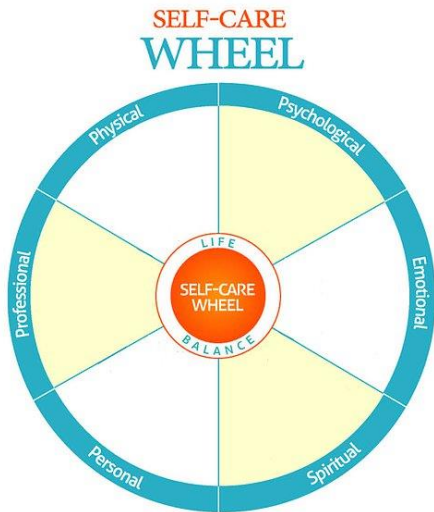
Awareness: being attuned to one's needs, limits, emotions, and resources; practicing self-acceptance

Balance: maintain work/life balance; making time for work, play, and rest

Connection: maintaining supportive relationships

TYPES OF SELF-CARE





's Self-Care Plan!

MIND

BODY

SUPPORTIVE PEOPLE IN MY LIFE

I WANT TO ACCOMPLISH

SPIRIT

Social Work Tech

Self Care Plan by Social Work Tech | Ignacio Pacheco
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MY WEEKLY SELF-CARE PLAN

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Coping Skills Bingo

get help	music	pop bubble wrap	exercise	write a story or poem
sing	stress ball	yoga	10 deep breaths	read
play outside	draw	FREE SPACE	paint	talk to someone
watch a movie	talk to a friend	eat healthy	do something different	friends
walk away	do something kind	Go for a walk	sleep	play a game

myfreebingocards.com

21 DAYS TO A MORE IMPACTFUL YOU MOVEMENT SELF-CARE CHALLENGE

1 Ditch Habits, Create Practices	2 Stay Hydrated Regularly... With H2O!	3 Practice 20-20-20 Vision	4 Breathe Low and Slow	5 Spaciousness is Essential for Self-Care	6 Go Screen-Free	7 Connecting to Your Whole Self
8 Go Pee - Join the Self-Care Revolution	9 Give Yourself 10-15 Minutes of Spaciousness	10 Building Resilience	11 Connecting to Others	12 Get Outside and Take a Fresh Air Break	13 Invite Poetry into Your Life	14 Connection between Mind, Body, and Spirit
15 1 Minute of Breathing... With Your Hands!	16 Don't Eat Lunch at Your Desk	17 You are Not Your Performance	18 Make the Time and Space to THINK BIG	19 The Rule of Five	20 Put Your Oxygen Mask On First!	21 You Did It!

My self care plan

I can exercise my body by...

I can be a good friend by...

Important people who I trust

I can relax my body and mind by...

This is me

I can keep myself clean and tidy by...

I can make myself happy by...

My hopes and dreams...

I can eat healthy foods...

www.afsa-support.com

Take Action: YOU

- Be proactive
- Find what works for you
- Make it part of your routine
- Ask for help

Take Action:
COWORKERS

- Team spirit
- Celebration and appreciation
- Share workload
- See the big picture

Take Action:
ORGANIZATION

- Policies and practices
- Salary and benefits
- Support and supervision
- Training

Self-Care Practice



Journaling



Resiliency Quiz



Gratitude Activity



Stretching for Stress Relief

Contact me!

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