TRAVMA-INFORMED CARE FOR INDIVIDUALS WITH IDD

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Materials at:
Pid.thenadd.org
Books at Amazon.com

Sources of Trauma for Individuals with IDD

- Report on Abuse of People with Disabilities - 2013 Spectrum Institute
- Over 70% of people with Disabilities report being victims of abuse
  90% of them said it was on multiple occasions
- Only 37% reported the abuse to the authorities
- Sexual Abuse - Hingsberger - 8 out of 10 females sexually abused more than once with developmental disabilities
  Males - 6 out of 10
- Social Trauma - Bullying, Name-calling, Verbal Abuse
- Psychology of Exclusion - Stimulation of Anterior Cingular Cortex
- Trauma of Institutionalization, Foster-care Placements
- Trauma of Physical Abuse and Neglect
http://disability-abuse.com/
Trauma of Attachment Disorders:

- Insecure Attachments
- Avoidant Attachments
- Patterns for lifelong social interactions are set

Bucharest Early Intervention Orphan Study

- 138 children between 6 and 31 months who were in an orphanage in Bucharest were studied
- 68 kept in institution
- 68 placed in a new foster care system - full time paid parenting
- Results: After 54 months (4 1/2 years):
- Compared to 138 children raised in birth families

<table>
<thead>
<tr>
<th>Issues:</th>
<th>Institution</th>
<th>Foster Care</th>
<th>Biological</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety Disorders</td>
<td>35%</td>
<td>35%</td>
<td>13%</td>
</tr>
<tr>
<td>Emotional Disorders</td>
<td>49%</td>
<td>29%</td>
<td>8%</td>
</tr>
<tr>
<td>Behavioral Disorders</td>
<td>32%</td>
<td>25%</td>
<td>6.8%</td>
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<tr>
<td>Intellectual Disability</td>
<td>73</td>
<td>85</td>
<td>110</td>
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MIRROR NEURONS: Interaction during infancy is needed for brain wiring

The Effects of Cocaine and/or Alcohol Exposure During Gestation
- Crack Cocaine
- Meth-Amphetamines
- Alcohol
- Combinations

Effects of Fetal Alcohol Spectrum Disorder
- Smooth Philtrum (space between nose and mouth)
- Half-opened lids and mouth
- Upturned nose if Caucasian
- Flattened nose if African-American
- Issues with Cause and Effect
- Cannot understand or process how what they do brings them a certain effect
- Cannot understand that their actions bring consequences: Consequences don’t work only frustrate them and make them angry – Coaching works!
Psychological Trauma – past is present
How did the brain react?

The Triune Brain

- **Rational**: The rational brain: Intellectual tasks
- **Limbic**: The intermediate brain: Emotions
- **Reptilian**: The primitive brain: Self preservation, aggression

Trauma Responses
Due to “Buttons Pushed”

- **Trigger Response**: Something happens in the present that reminds the person of the negative past - person goes into fight, flight or freeze mode:
  - Thinking he or she is in Danger!

Trauma-Mind/ Trauma Response

- **Activation of Fight, Flight or Freeze trauma response**
- **Dan Siegel**: People will revert to the age that trauma first occurred when in trauma response mode!
- **Rational Mind Shuts Down**
- **If people are in trauma response and we treat them as though they are “being manipulative” - we will lose their trust and they will become further alienated.**
- **This is not the “Teachable Moment!”**
What To Do When Someone is Triggered

- Symptoms of Trigger (Activation of Sympathetic nervous system)
- Fight
- Flight
- Freeze
- What does this look like for individuals with ID?
- Cool Down System (Activation of Parasympathetic nervous system)
- Calming
- Breathing
- Getting away from trigger
- Being Safe

The Behavioral Pyramid

Behavioral Issues:
- Emotions Expressed
- Often Rooted in Trauma

When we only address the behavior, we miss the true cause and root of difficulties.
4 Areas of symptoms of PTSD

1. Re-experiencing (interfering with present to different degrees):
   - Intrusive Memories
   - Nightmares
   - Flashbacks: Person can disconnect from reality and be convinced he or she is being attacked, hurt, or threatened due to a memory that becomes present

2. Avoidance:
   - Blunted emotions/
   - Shut down responses
   - Person can become obsessive about details concerning self and safety
   - Disconnection and withdrawal

Symptoms of PTSD Continued

3. Negative Alterations in Cognition and Mood
   - Persistent negative-trauma related emotions
     - I.e. fear, horror, anger, guilt, and shame
   - Constricted emotion - inability to express positive emotion
   - Alienation and withdrawal from others

4. Arousal:
   - Easy to startle
   - Agitated: can lead to property destruction
   - Periodically Combative
   - Impulsive
   - Also associated with reckless or self-destructive behavior

"If you try to treat someone's illness without knowing its cause, you will only make the person sicker than before." – Nichiren Daitshonin
Ingredients Necessary for Post traumatic Recovery

- Perceived Safety
- Empowerment
- Connection

Who Am I?

- Positive Identity
  - Who I am
  - What I do well
  - Who my friends are
  - What my preferences are
  - Where I make a difference
  - What I am proud of

- Negative Identity
  - NOT the person who gets the job
  - NOT the person who gets married
  - NOT the person who drives
  - NOT the person who plays on a high school sport team
  - NOT the person who is popular or liked
  - Not the cool one
Being an “Un-Person”

https://www.youtube.com/watch?v=4c5_3wq23Lk

What matters most is how YOU see yourself!

THE POWER OF POSITIVE REGARD

“How you see someone determines how they are able to see themselves!”

Teachers who thought they had gifted children got a significantly better performance from classes they were told were “average”. Even though they were the same!

Carol Dwek, Ph.d.
Resiliency Studies

Positive Regard Statements:
1. “I like you”
2. “I care about you”
3. “You are Cool!”
4. You can do this!

Positive Regard Actions:
1. Listening
2. Coaching
3. Supporting the Pursuit of Happiness

The connections cruises – Singles Club the Love Boat!
From Recovery to Happiness
Seligman – “Flourish!”

Five levels of Happiness:
1. Pleasure
2. Engagement
3. Positive Relationships
4. Achievement
5. Meaning

*Happiness Assessment

Here & Now

HOPE CHANGES EVERYTHING.
REFERENCES


