

What do we mean by Trauma Informed Practice and Why is it Important?

Webinar 1 - December 2014



Agenda

Please type in any questions or comments in the box in the lower right hand corner of the screen

We will stop twice to address them

1. Intro to the Nova Scotia TIP project
2. What is trauma informed practice (TIP) ?
Questions and comments
3. The application of TIP
 - How are individual practitioners, agencies, health authorities and whole systems applying TIP?
 - How does TIP align with decolonizing and wellness oriented approaches valued by Aboriginal people
 - How does TIP align with other initiatives in the mental health and substance use system?Questions and comments
4. Wrap up - Next steps – getting involved

Presenters



Nancy Poole
BC Centre of
Excellence for
Women's Health



Holly Murphy
IWK Health Centre



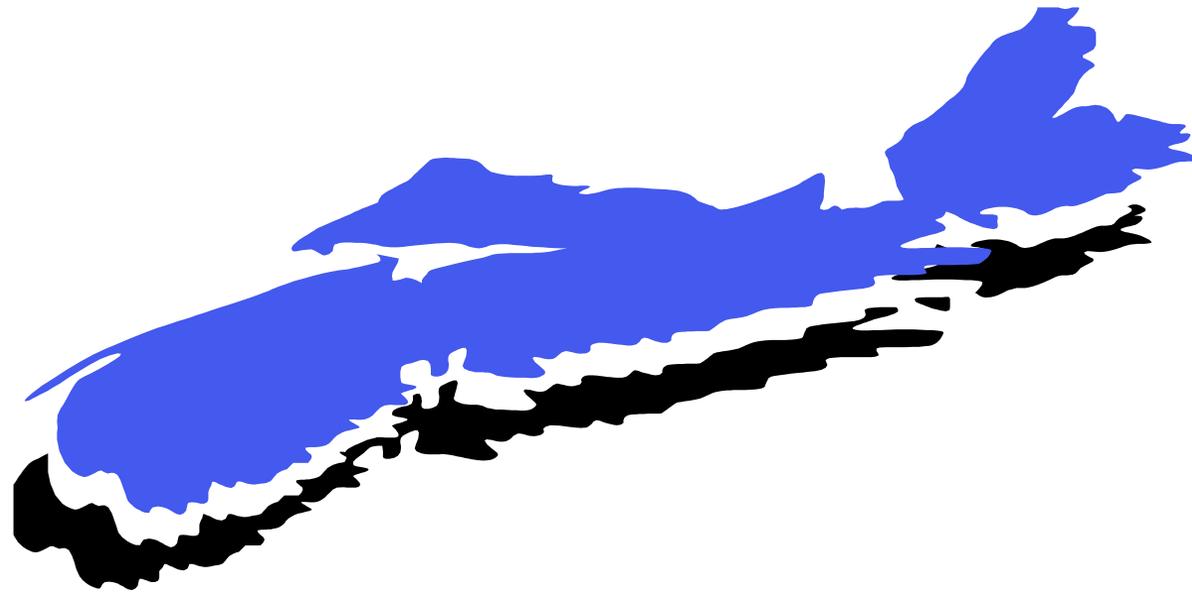
Janet Pothier
The Confederacy of
Mainland Mi'kmaq

Moderator, Dale Gruchy, NS Health and Wellness, NS TIP Project Coordinator

The Nova Scotia TIP project

Building a Trauma Informed Practice Framework in Nova Scotia

Through knowledge development and exchange and building upon current best practices, this project will develop a practice framework to help guide the transformation of care in Nova Scotia towards enhanced trauma informed practices for all Mental Health and Addictions services in Nova Scotia.



Building a Trauma Informed Practice Framework in Nova Scotia

- 
- External Review – Child and Adolescent Mental Health and Addictions Services in the Halifax Regional Municipality
 - Formation of IWK Health Centre Advisory Committee and Working Groups

- 
- Formation of Provincial Project Advisory Team
 - Provincial Consultations
 - Webinars

- 
- Trauma Informed Framework, practice guides, recommendations for TIP standards and core competencies

Trauma Informed Project - Systems Level Approach

Key objectives of the NS TIP project are:

- To identify current efforts to provide trauma-informed and trauma-specific interventions on the part of addiction and mental health service providers in Nova Scotia
- To engage practitioners and partners in Nova Scotia with experience and/or interest in trauma informed in a collaborative project to more fully integrate trauma informed principles.
- To increase capacity amongst practitioners and organizations in NS to better serve people impacted by violence and trauma, and implement trauma-informed approaches to improve outcomes for people accessing a range of services, such as addictions and mental health services, children's services and primary care
- To build trauma informed practice into the accountability framework for the Mental Health and Addictions system

What is TIP and why is it important?

Trauma-informed practice (TIP)

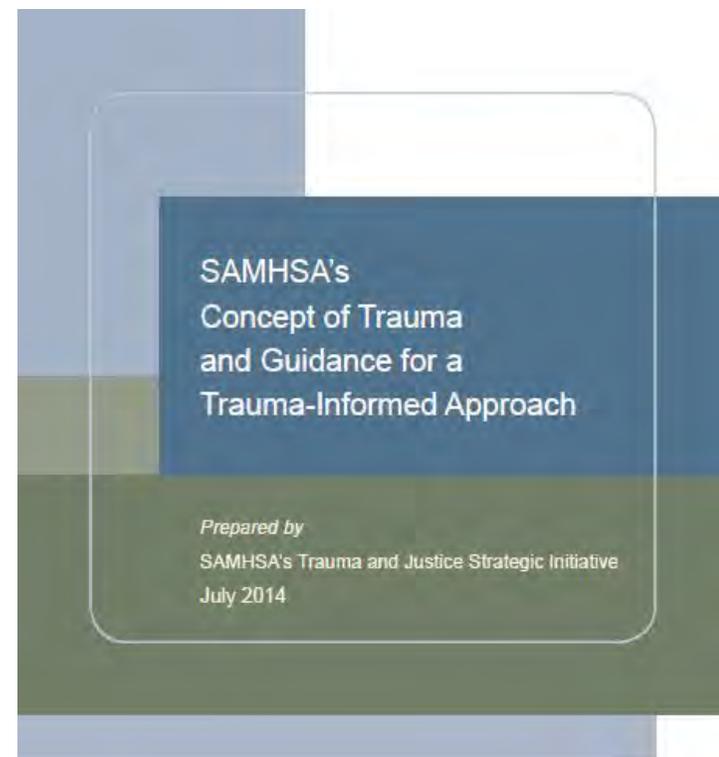
- Is a universal and systemic approach based on an understanding of the prevalence of many forms of violence and trauma among children and adults – developmental, historical, simple/complex, weather related, war related, gender based . . . and the wide range of adaptations made to cope.
- Is not about treating trauma, instead is about creating safety and trustworthiness in the course of health and social care interactions. Is concerned with making interactions/services/systems receptive and supportive of people who have been overwhelmed, are fearful, have difficulty trusting and self regulating . . .
- Avoids retraumatizing

TIP is based upon a broad definition of trauma

THE THREE “E’S” OF TRAUMA:

1. EVENT(S),
2. EXPERIENCE OF EVENT(S)
3. EFFECT

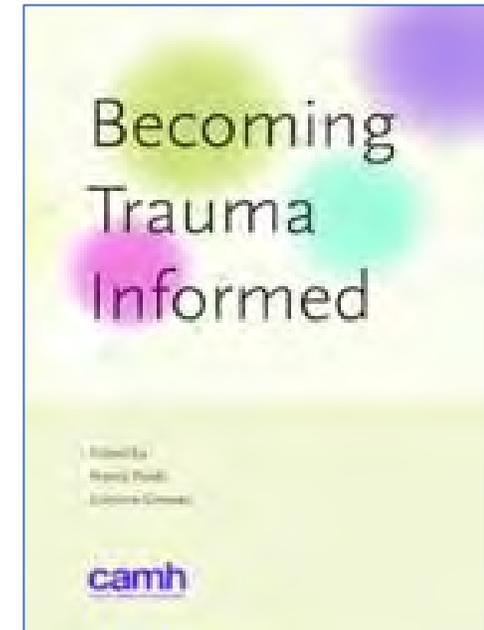
(SAMHSA 2014)



Implications of experiences of trauma for service access

“In many cases, people who endured childhood abuse and neglect develop what might seem like a bewildering array of problems throughout their lives.

Many service providers, and in many cases the survivors themselves, can misunderstand these difficulties as self-inflicted because they do not understand how abuse, trauma and their effects reverberate throughout a person’s life.”



Haskell, L. (2012). A developmental understanding of complex trauma In N. Poole & L. Greaves (Eds.), *Becoming Trauma Informed* (pp. 9-27). Toronto: Centre for Addiction and Mental Health

TIP draws from transdisciplinary evidence

- From public health – e.g. Adverse Childhood Experiences Study
- From women’s health advocates and those working on social determinants of health
- From indigenous scholars, community advocates and survivors
- From neurobiology – neurobiological explanations and interventions

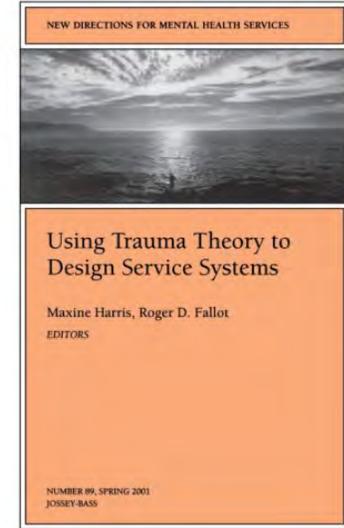
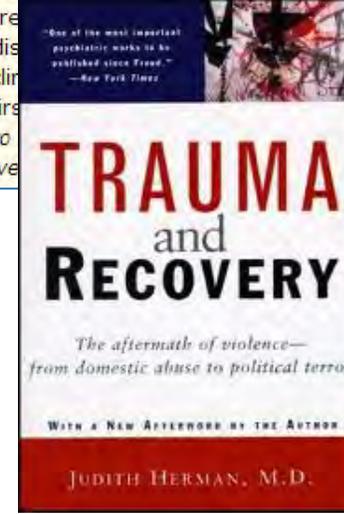
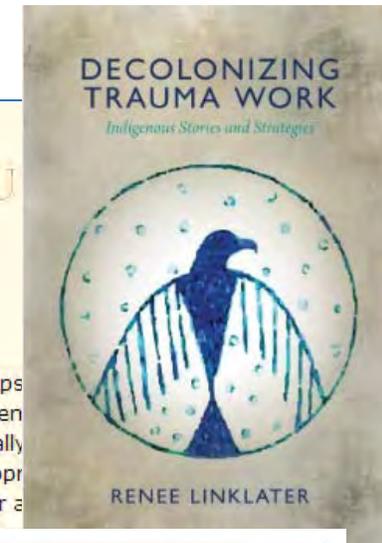
SENSORIMOTOR PSYCHOTHERAPY INSTITUTE
Professional Training in Somatic Psychology

Faculty



Pat Ogden, Ph.D., is a pioneer in somatic psychotherapy. She is the Founder and Educational Director of the Sensorimotor Psychotherapy® Institute, an internationally recognized school specializing in somatic-cognitive approaches to trauma and post-traumatic stress disorder. She is the author of *Trauma and Recovery* and *When Did This Start? A Self-Discovery Process for Post-Traumatic Stress Disorder*.

Psychotherapy: Interventions



Trauma Informed Services

- Are informed about trauma, and work at the client, staff, agency and system levels from the core principles of trauma awareness, safety and trustworthiness, choice and collaboration, and building of strength and skills
- The connections between trauma and related health and relational concerns are discussed in the course of work with all clients, trauma adaptations are identified, and supports and strategies offered that increase safety and support connection to services.



Principles of TIP

- Safety
- Trustworthiness and transparency
- Collaboration and mutuality
- Empowerment, voice and choice

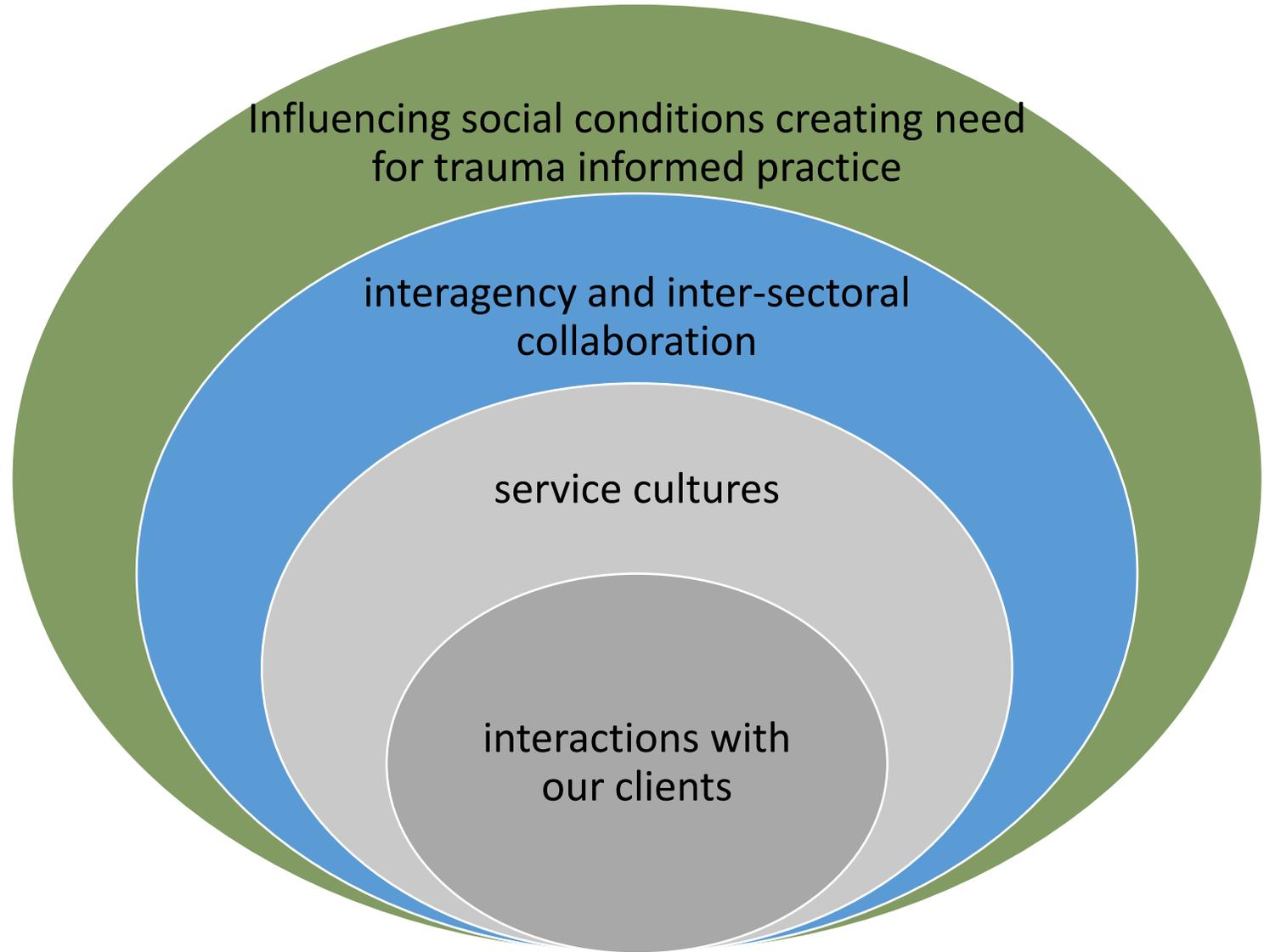
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- Awareness
- Safety and trustworthiness
- Opportunity for choice, collaboration and connection
- Skill building

BC TIP guide

- Cultural, historical and gender issues
- Peer support

Trauma
informed
practice and
policy are
relevant at all
these levels



TIP Application at the client level

All services taking a trauma-informed approach begin with building awareness among staff and clients.

TIP can be seen in

- flexible intake practices
- early interactions where we provide clear, practical information about what to expect, choices for being contacted and rationale for processes
- ongoing work to help people make connections among their mental health, substance use and trauma concerns
- Teaching of skills such as grounding and self compassion

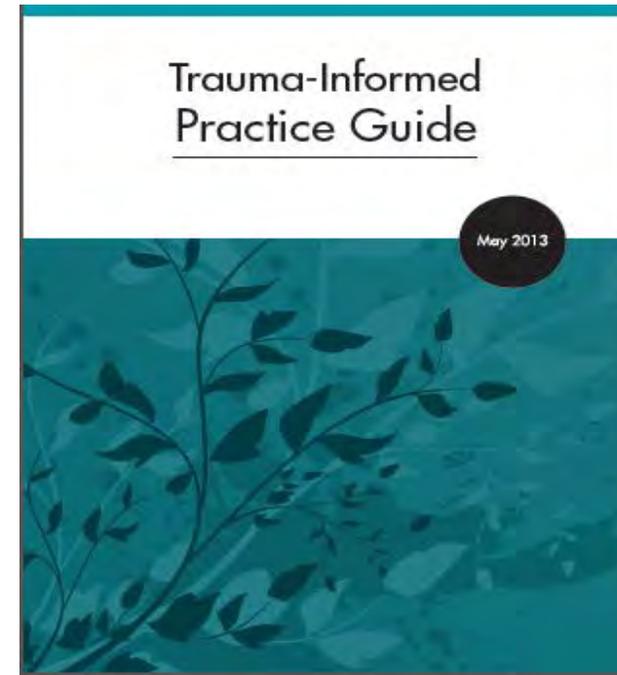
- Trauma-informed Organizational Assessment for programs serving families experiencing homelessness, 2003
- Creating Cultures of Trauma-informed Care, 2009
- Trauma Matters, 2013 (Jean Tweed Centre)
- The Trauma Toolkit 2nd Edition, 2013 (Klinic)
- BC Trauma Informed Practice Guide, 2013

A program, organization or system that is trauma informed **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; and **responds** by fully integrating knowledge about trauma into policies, procedures and practices; and seeks to actively **resist re-traumatization**

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TIP involves reflection and action as an organization

1. Overall Policy and Program Mandate
2. Administration
3. Hiring Practices
4. Training for Staff
5. Support and Supervision of Staff
6. Assessment and Intake
7. Policies and Procedures
8. Monitoring and Evaluation



Why is trauma informed practice important?

- High prevalence of trauma, of many types – understanding trauma and its effects improves our response
- The experience(s) of trauma affect service access and retention
- A lack of understanding of the effects of trauma by both survivors and professionals – results in unnecessary suffering, misdiagnosis etc. TIP supports awareness and integrated identities.
- In the course of applying basic principles of TIP, service cultures are reshaped, improving worker safety and agency
- Cultural safety is inextricably linked to TIP, affording us the opportunity to extend our understanding and support for Indigenous people who are survivors of specific forms of historical (and ongoing) trauma related to the residential school experience, the 60's scoop and other colonial practices.

Becoming trauma informed

- Becoming trauma informed requires a range of adjustments in practice and system designs, supported by research, innovative change and inspired leadership. This is a tall order, and requires complex thinking.
- Becoming trauma informed benefits from collaboration and cooperation between all levels of service delivery.
- Becoming trauma informed is an ongoing process of system change and quality improvement, requiring constant adaptations and ongoing monitoring.

Poole, N., & Greaves, L. (Eds.). (2012).
Becoming Trauma Informed. Toronto, ON:
Centre for Addiction and Mental Health

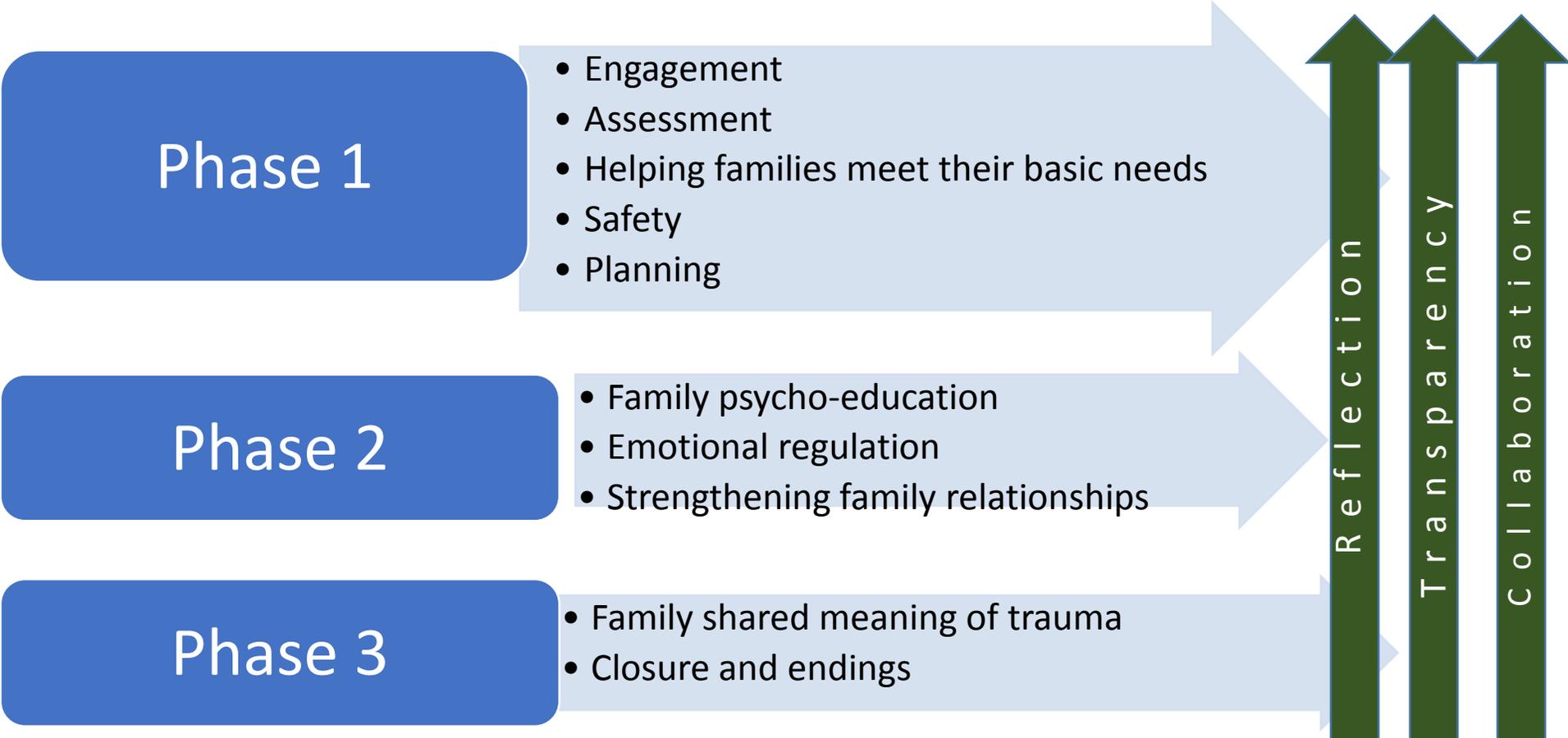
Questions and comments

The application of TIP in different settings and with different groups

TIP with families

- Families living in urban poverty – Trauma Adapted Family Connections (TA-FC)

*Collins, et al. (2011).
Trauma adapted
family connections:
Reducing
developmental and
complex trauma
symptomatology to
prevent child abuse
and neglect.*



Practical applications of TIP

Intake practices – an additional question

A mental hospital in BC added one TI question at intake: “When you get upset, what do you prefer? To have time in a room by yourself so you can calm yourself? Or to stay in a common area where you can be connected to others?”

Follow-up with patients where the choice was respected, was positive as to safety, choice and collaboration.

The physical environment of services

A number of mental health and substance use services in BC have made changes to reception areas to be more welcoming

- Signage with welcoming messages, avoiding “do not” messages
- Waiting areas - comfortable and inviting
- Accessibility and safety of washrooms
- In counseling rooms – choice about whether door is open or closed

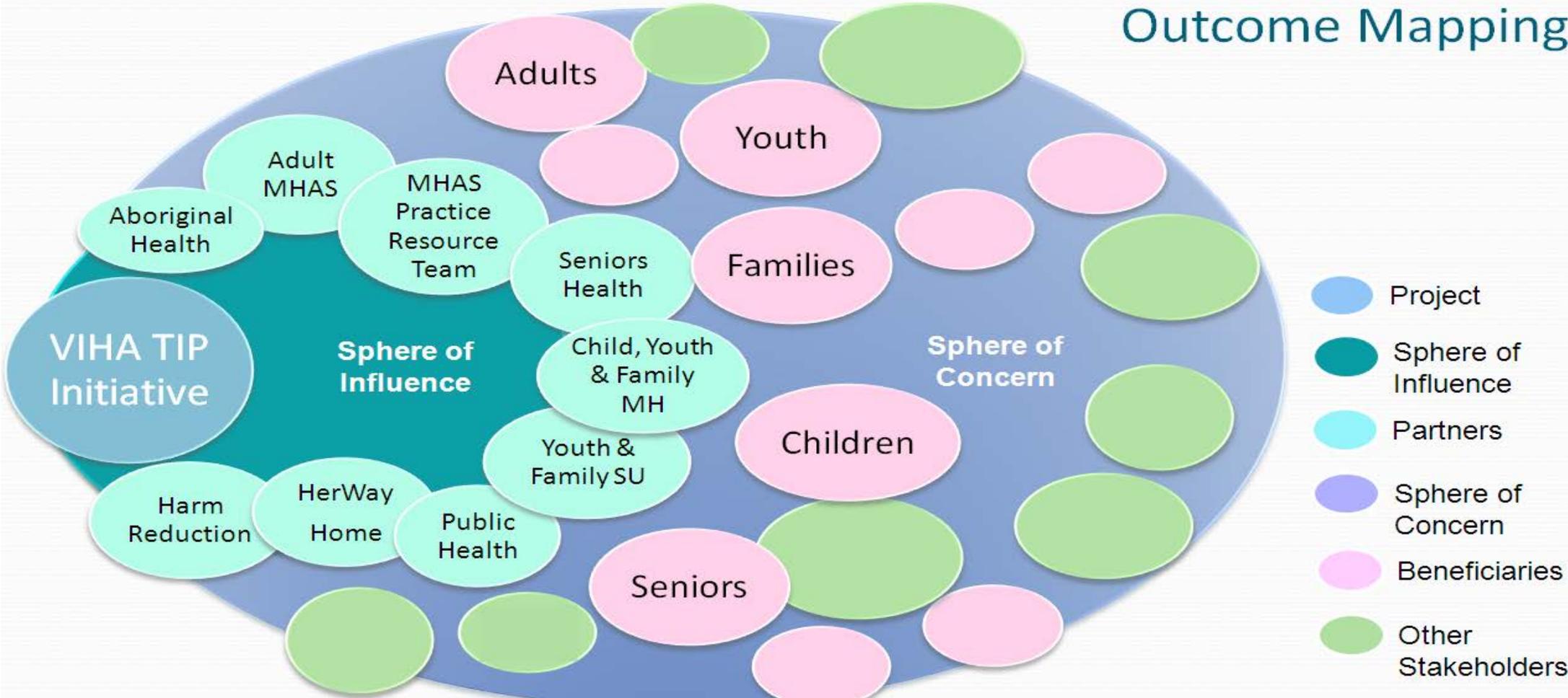
TIP In Action in a Pregnancy Outreach Program for Aboriginal women - Manito Ikwe Kagiikwe: The Mothering Project, Winnipeg

- Peer Driven Program Development – Women’s Advisory Committee
- Drum Group and opportunities for healing related to the drum
- Low Threshold Intake process
- Valuing of Experiential Wisdom
- Oriented towards kindness
- TIP tools – Motivational Interviewing, building space with TIP in mind, gardening, food as medicine, yoga and mindfulness activities.
- Dedication to participant engagement and consent to share information.
- System navigation and interdisciplinary collaboration



TIP at the Health Authority level - Outcome Mapping by VIHA for TIP

Outcome Mapping



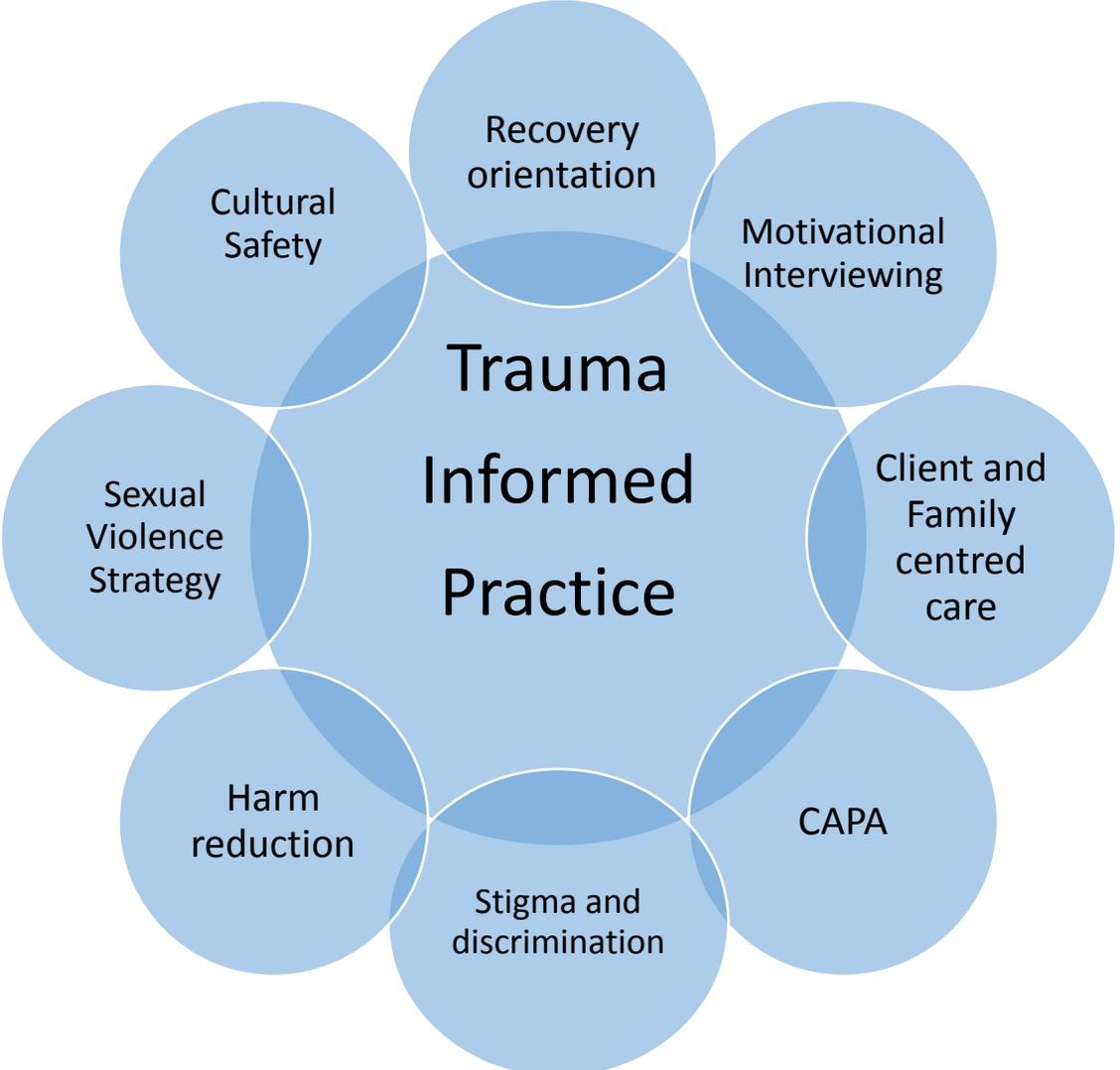
Supporting Indigenous approaches to healing

- Decolonizing approaches to practice
 - Understanding the impact of colonial relationships
- Intergenerational and Colonial Trauma
 - complex grief and loss
 - Intergenerational impacts of trauma
 - Child Welfare system today
- TIP & Culturally Safety - similarities
 - Developing culturally responsive and safe services

Provision of culturally safe health care: Creating opportunities for wellness

- NS Department of Health and Wellness Cultural Safety Module development
 - improve health care access for all nations
 - acknowledge that we are all bearers of culture
 - expose the social, political, and historical context of health care
 - interrupt unequal power relations

Alignment with other System Initiatives & Approaches



TIP as well as aligning with other initiatives, adds a specific focus to empowerment, related to making connections among mental health, substance use and trauma, & developing skills to cope with trauma responses

Trauma-informed & trauma-specific services

we are seeing a continuum of trauma informed and trauma specific approaches

Trauma-informed services	Trauma-specific services
Are informed about trauma, and work at the client, staff, agency and system levels from the core principles of trauma awareness, safety and trustworthiness, choice and collaboration, and building of strength and skills	Are offered in a trauma informed environment, and are focused on treating trauma through therapeutic interventions involving practitioners with specialist skills.
The connections between trauma and related health and relational concerns are discussed in the course of work with all clients, trauma adaptations are identified, and supports and strategies offered that increase safety and support connection to services.	Offer services to clients with trauma, mental health, and substance use concerns who seek and consent to integrated treatment, based on detailed assessment.

Trauma-informed & trauma-specific services approaches at the IWK Health Centre



Trauma-informed services	Trauma-specific services
<p data-bbox="211 404 1263 732">Increasing the awareness, knowledge and skills of the entire workforce to deliver services that are effective, efficient, timely, respectful and person centered taking into consideration that service providers also have histories of trauma.</p> <p data-bbox="211 846 1263 1232">We have several working groups addressing various aspects of TIC: working toward implementing a model of TIC, creating trauma informed safe and secure environments, screening and creating trauma informed psychologically safe and healthy workplaces for staff.</p>	<p data-bbox="1263 404 2402 732">Increasing the awareness, knowledge and skills of the clinical workforce in delivering research informed treatment services designed to address the cognitive, emotional, behavioral, substance use and physical problems associated with trauma.</p> <p data-bbox="1263 846 2402 1318">In the new year, a group will start to look at assessment and treatment. How do clients access services? When do we assess? What services/treatments are offered? Are there service gaps/ opportunities to implement best practice? What education do staff require to support them to deliver trauma treatment?</p>

Questions and comments

Next steps



Friday January 16th

Friday January 30

Friday Feb 13th

Friday March 13th

Starting at noon

Get involved as panelists?

Preparing guidance

Possible themes for webinars and resources

- Awareness of trauma effects and responses
- Practice level conversations
- TIP in different settings and with different populations
- Agency level work – including prevention of secondary trauma

Get involved as a writer, identifier of resources and/or reviewer

Trauma Informed Practice Project

Next steps:

Building our framework



Contact information

Nancy Poole - wavelength@telus.net

Dale Gruchy – Dale.Gruchy@gov.ns.ca

Holly Murphy - Holly.Murphy@iwk.nshealth.ca