Using a Trauma-Informed Lens to Inform Substance Misuse Prevention

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Today’s Roadmap

- Exploring the Evidence
- Making Connections
- A Trauma-informed Prevention Approach
- Questions and Wrap Up
EXPLORING THE EVIDENCE
Toxic Stress

Risk and Protective Factors

Substance Misuse and Disorders

Family/Caregiver Substance Use

PREVENTION SOLUTIONS®EDC Using a Trauma-Informed Lens to Inform Substance Misuse Prevention
What Do We Know About Traumatic Events vs. Traumatic Stress?

The brain may heal itself more or less easily based on a number of factors…
Understanding Brain Function

3 Year Old Children

Normal | Extreme Neglect

Healthy Brain | PTSD
ACEs and Related Problems

Population attributable risk for ACEs-attributable problems ranges from 14% to 80%

Data from: ACE and Population Health in Washington; Anda & Brown; 2009
- Historic trauma
- Ongoing oppression experiences
- Adverse childhood experiences
- Adverse peer/school experience
- Adverse adult experience

Multiple Mental, Physical, Relational, and/or Productivity Problems

Trauma Transmission Risk
SO WHAT?

Prevention practitioners are in a position to:

• Interrupt the intergenerational transmission of toxic stress
• Mitigate the effects of childhood trauma
• Provide trauma-informed prevention services
MAKING CONNECTIONS
Determining the Burden of Trauma and Toxic Stress in Your Community

- The CDC Behavioral Risk Factor Surveillance System (BRFSS) ACEs module
- Child welfare data and reports
- Existing program data
- New program protocols and intake
- Key informant interviews
- Community context
Considerations for Collaboration

- Who has the necessary expertise?
- Who has the authority to speak on this issue?
- Who can influence policy and practice norms?
- Who can shape social and cultural norms?
- Who can teach or model effective approaches?
- Who has or can build the right relationships?
- *How does partnership look different when addressing trauma?*
Potential Collaborators

- Criminal justice
- DCF / Foster Care
- Family and friends
- Family navigators
- Health care providers
- Law enforcement
- Medical Professionals
- People who use drugs
- Recovery professionals/peers
- School personnel and out-of-school providers
- Treatment providers
Opportunities for Collaboration

- Identify shared risk and protective factors
- Build community knowledge related to the intersection of substance misuse and trauma
- Establish opportunities for co-locating services
- Develop cross-organization trauma-informed service standards
- Identify high-need subgroups for targeted interventions
SO WHAT?

By making connections and sharing resources, prevention practitioners can:

• Create a cross-sector data profile of trauma and toxic stress in the community
• Identify community-specific best practices for building trauma-informed approaches
• Align prevention activities with existing trauma-focused services
WHAT DOES THIS MEAN FOR PREVENTION PRACTICE?
Trauma-Informed Approaches

Trust

Support

Safety

Trauma-Informed Approaches
What’s wrong with me, that my life feels so hard?

It’s not what’s wrong with you; it’s what happened to you....
Using a Trauma-Informed Lens to Inform Substance Misuse Prevention
Trauma-Informed Adaptations for Prevention Practice

Consider strategies that:

1. target the individual level through support for effective coping skills
2. target the relationship level by building and supporting attachment
3. target the community level by building capacity to increase protective factors
4. target the societal level by supporting policies that reduce stigma and increase safety.
Putting It Into Practice

• Information dissemination
• Prevention education
• Alternative activities
• Problem identification and referral
• Community-based processes
• Environmental approaches
Let’s Recap

Children exposed to opioid misuse in the home may experience trauma, which can have cyclical and intergenerational impacts when not addressed.

Trauma-informed approaches, rooted in safety and trust, can further support prevention strategies in the community.

Prevention practitioners have an important role to play in mitigating the impact and intergenerational transmission of ACEs, and trauma more generally, by promoting use of a trauma/ACE-informed lens for prevention efforts.
QUESTIONS?
RESOURCES

A TREATMENT IMPROVEMENT PROTOCOL
Trauma-Informed Care in Behavioral Health Services

TIP 57

SAMHSA

National Center for
TRAMUA-INFORMED CARE & ALTERNATIVES TO SECLUSION AND RESTRAINT

Adverse Community Experiences and Resilience
A FRAMEWORK FOR ADDRESSING AND PREVENTING COMMUNITY TRAUMA

Kaiser Permanente.
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RESOURCES FOR NATIVE COMMUNITIES

American Indian/Alaska Native Behavioral Health Briefing Book

Tips for Disaster Responders:
UNDERSTANDING HISTORICAL TRAUMA WHEN RESPONDING TO AN EVENT IN INDIAN COUNTRY
RESOURCES

Archived Webinar: Trauma & Adverse Childhood Experiences: Implications for Preventing Substance Misuse

Archived Webinar: A Critical Look at Intergenerational Trauma and Substance Misuse: Implications for Prevention

Handout: The Role of Adverse Childhood Experiences in Substance Abuse and Related Behavioral Health Problems
THANK YOU!

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