

# Using a Trauma-Informed Lens to Inform Substance Misuse Prevention

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# Today's Roadmap

A scenic landscape featuring a winding asphalt road that curves through a lush green valley. In the background, there are rolling hills and mountains under a bright blue sky filled with large, white, fluffy clouds. The overall atmosphere is bright and open.

Exploring the Evidence

Making Connections

A Trauma-informed Prevention  
Approach

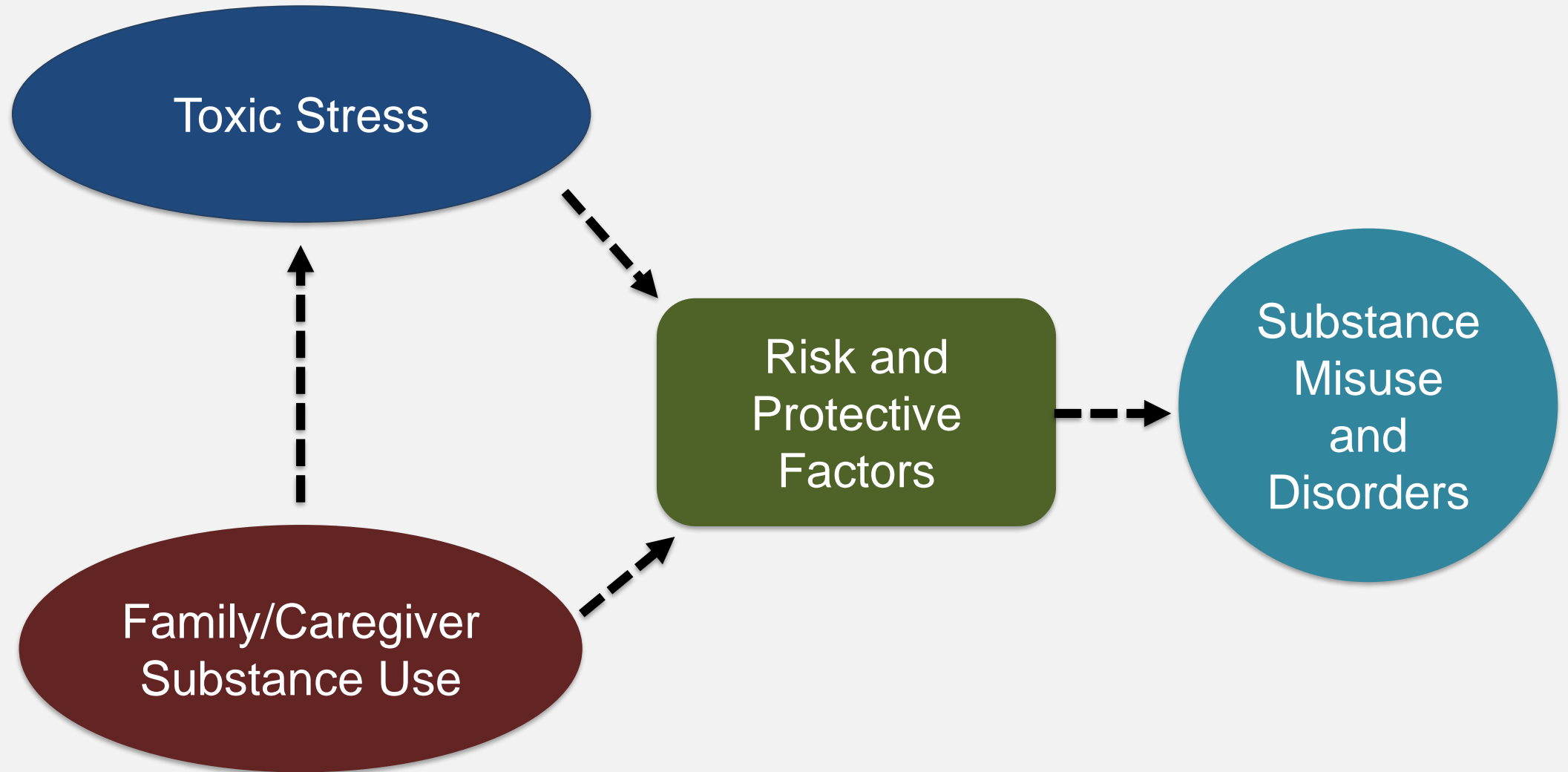
Questions and Wrap Up



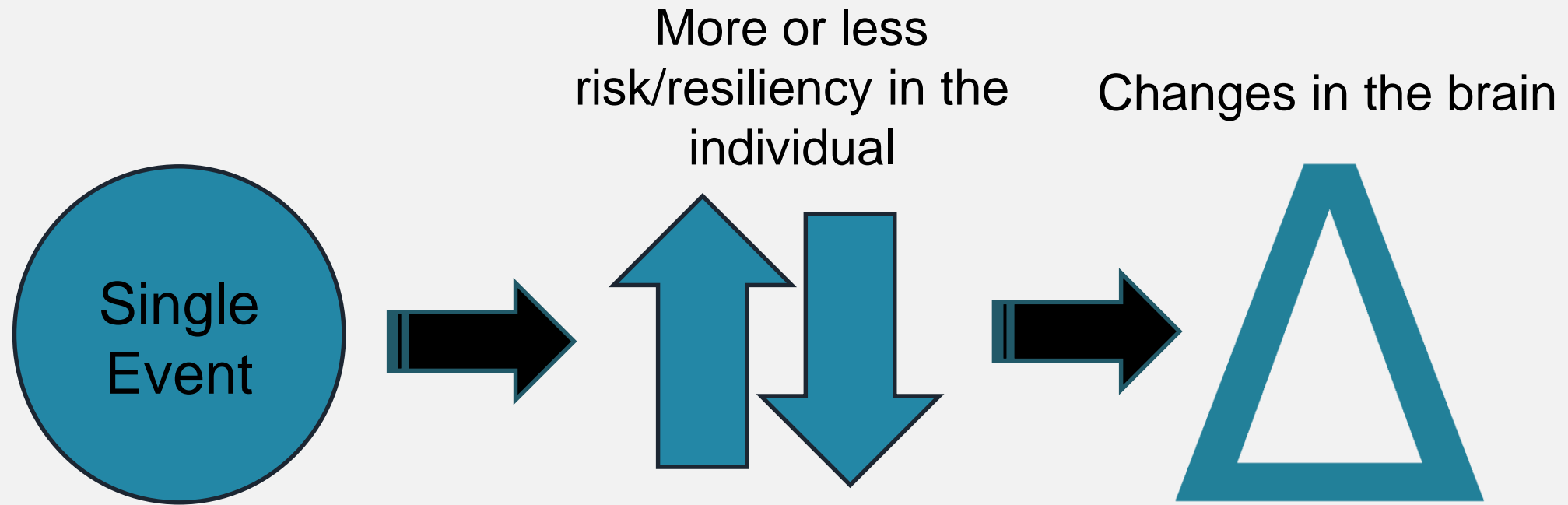
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# EXPLORING THE EVIDENCE





# What Do We Know About Traumatic Events vs. Traumatic Stress?

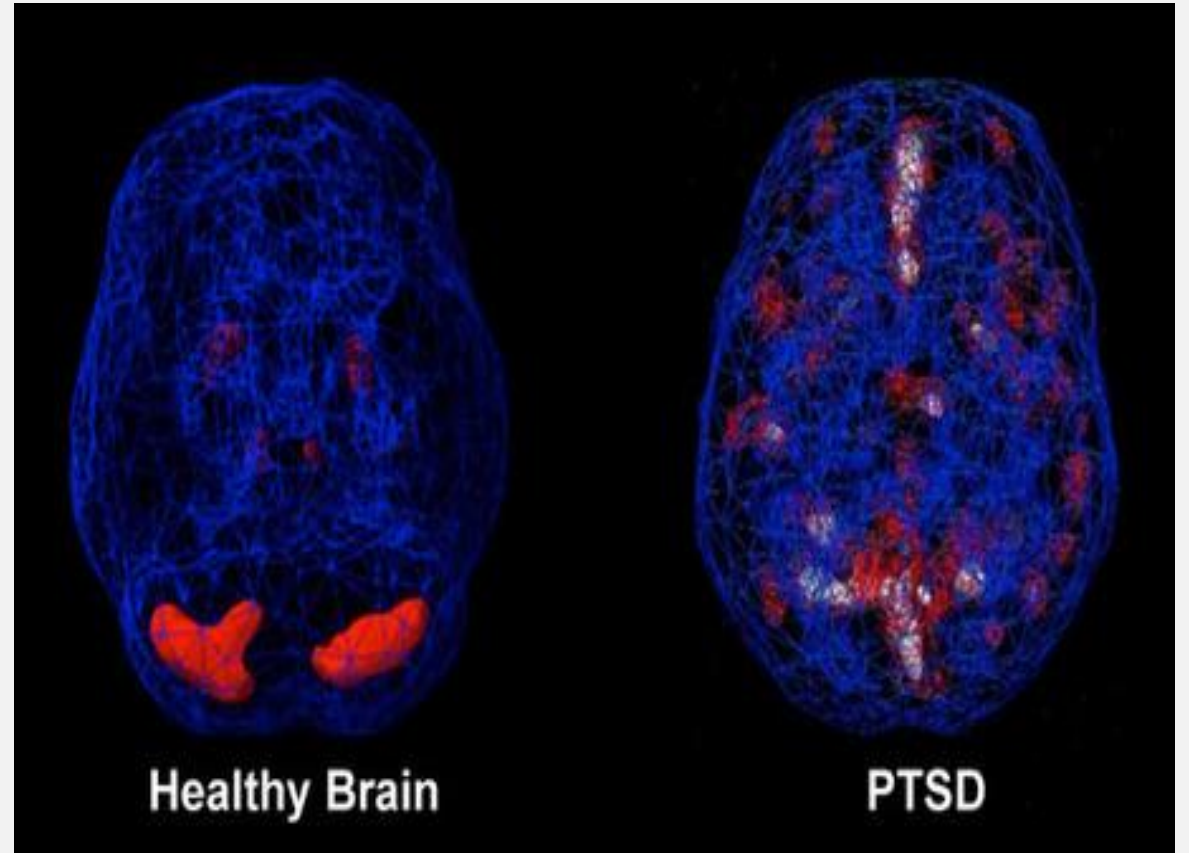
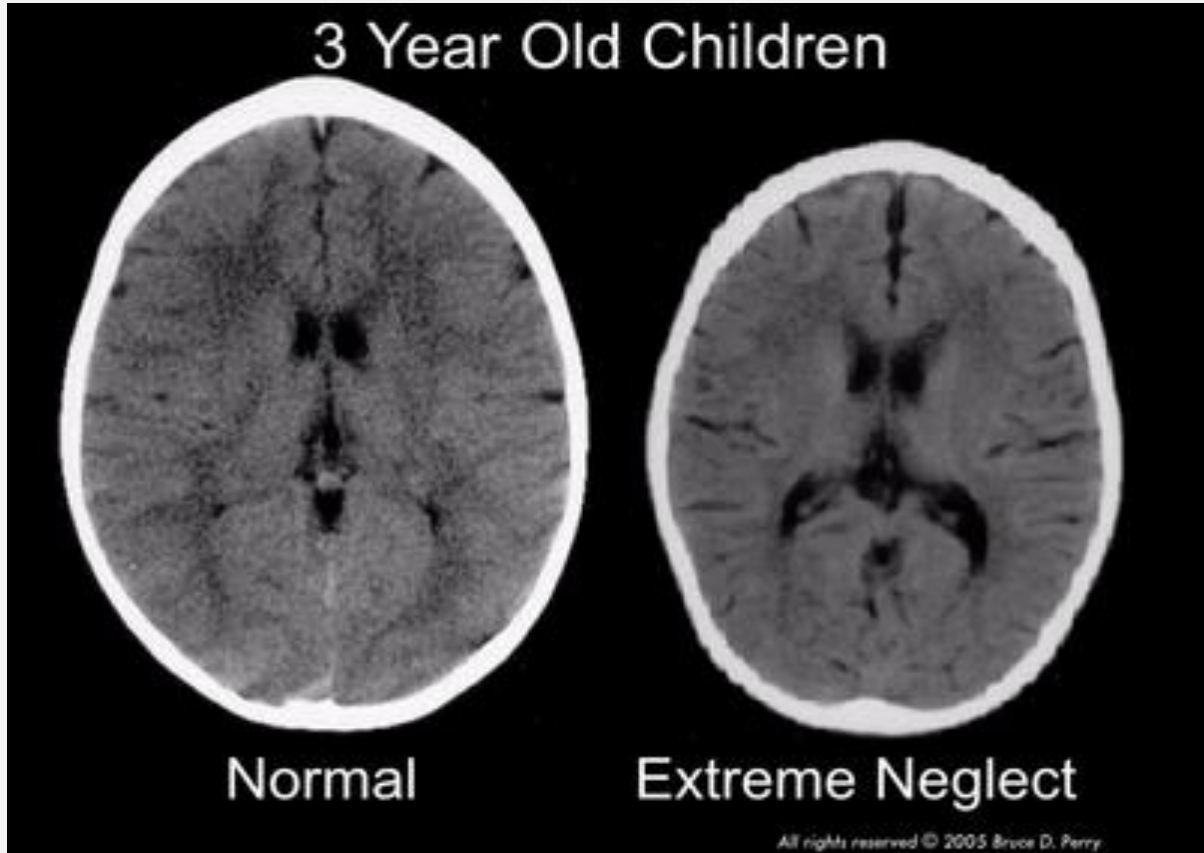


*The brain may heal itself more or less easily based on a number of factors...*



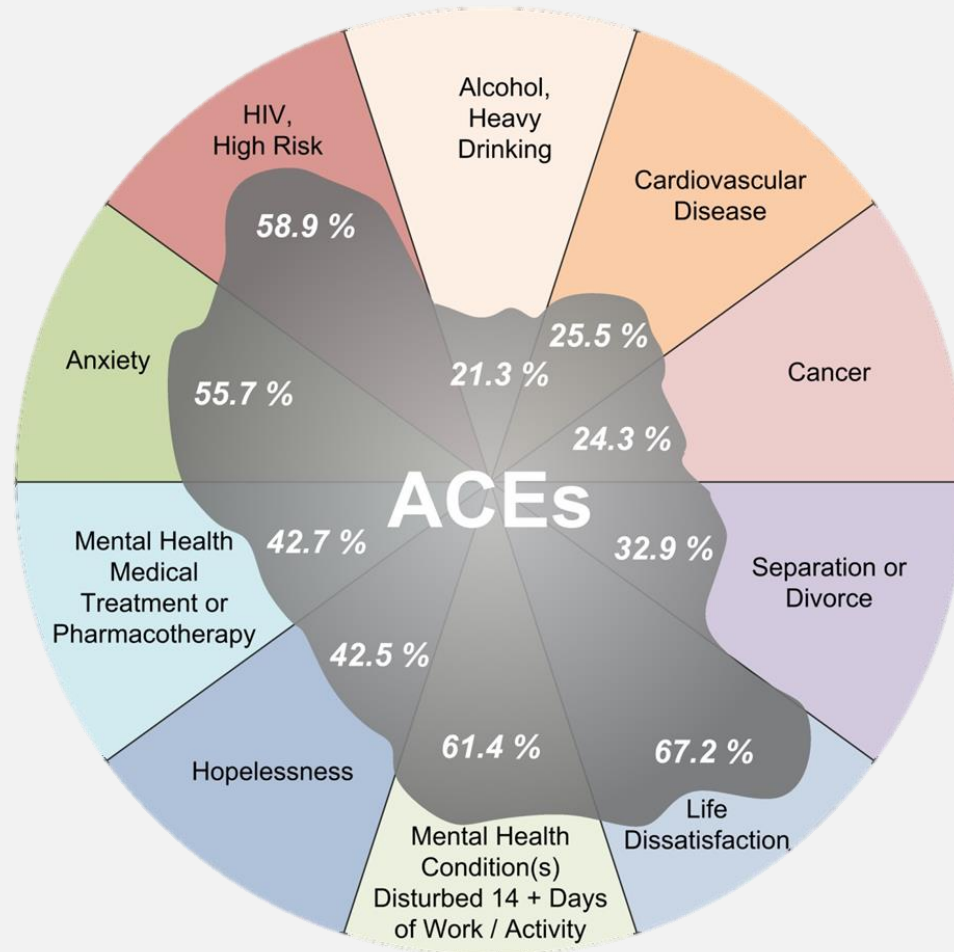


# Understanding Brain Function





# ACEs and Related Problems

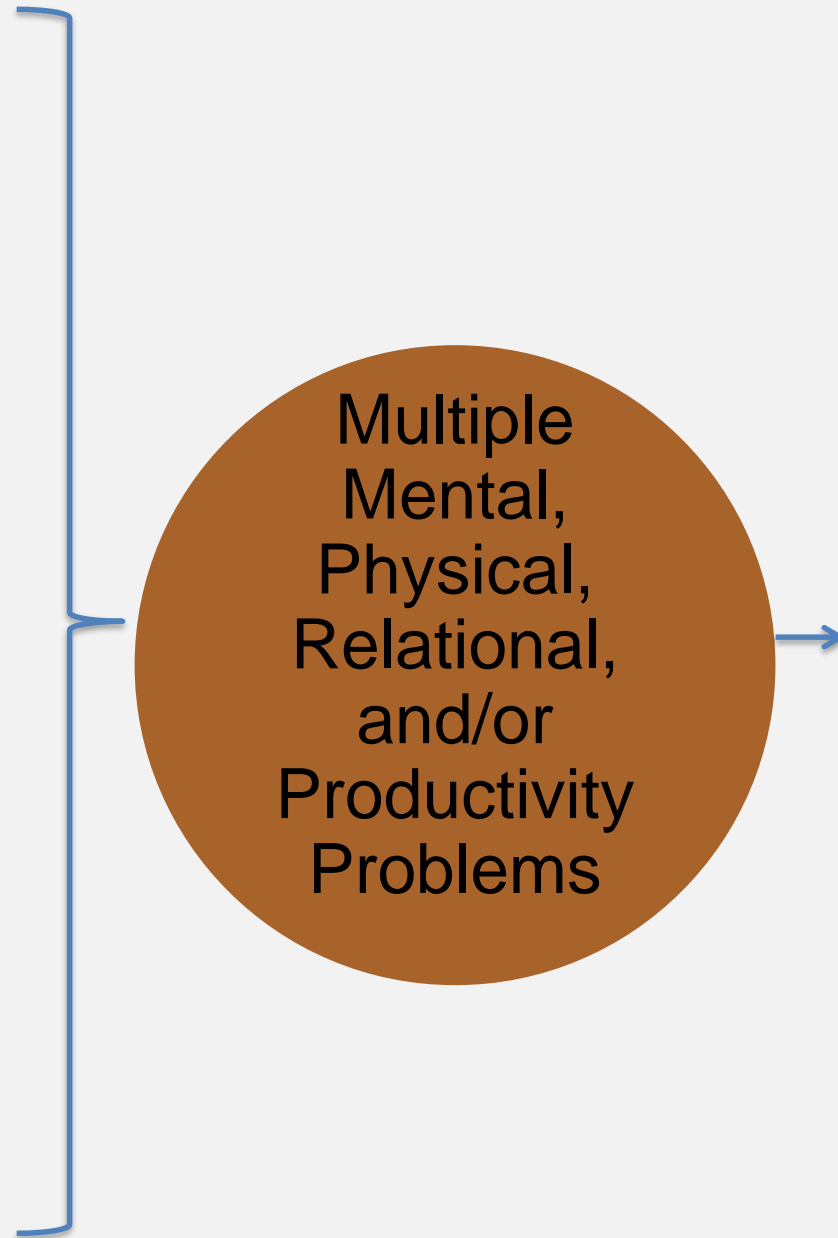


Population attributable risk for ACEs-attributable problems ranges from 14% to 80%

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





# SO WHAT?

Prevention practitioners are in a position to:

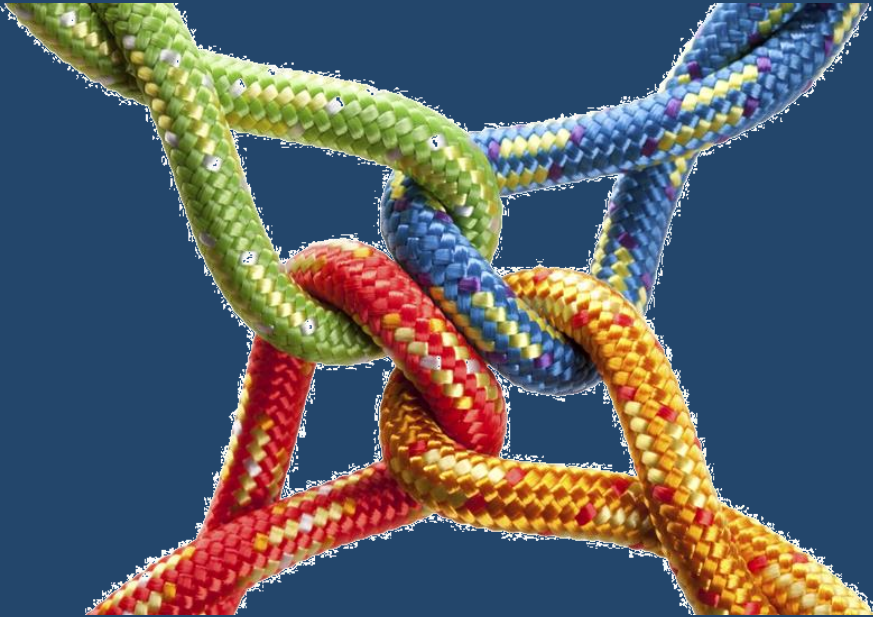
- Interrupt the intergenerational transmission of toxic stress
- Mitigate the effects of childhood trauma
- Provide trauma-informed prevention services





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# MAKING CONNECTIONS



# Determining the Burden of Trauma and Toxic Stress in Your Community

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- 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

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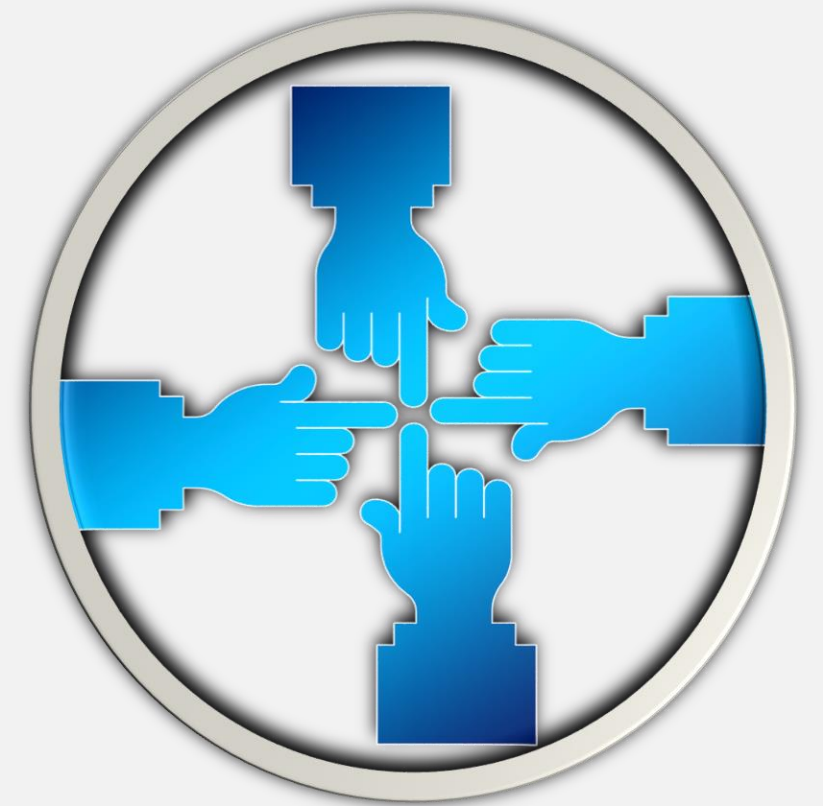
- Who has the necessary expertise?
- Who has the authority to speak on this issue?
- Who can influence policy and practice norms?
- Who can shape social and cultural norms?
- Who can teach or model effective approaches?
- Who has or can build the right relationships?
- ***How does partnership look different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



# Potential Collaborators

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- 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

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- 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





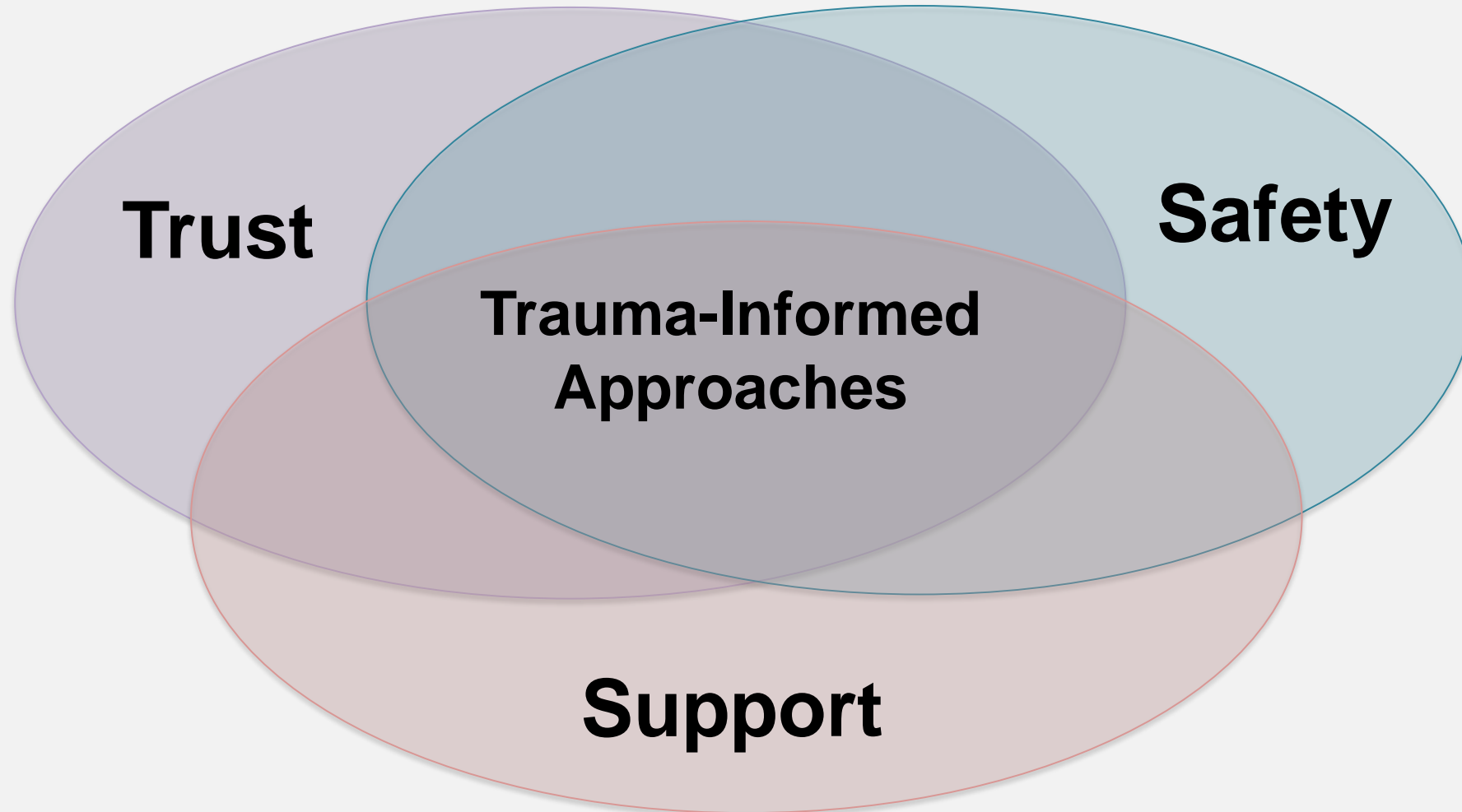
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# WHAT DOES THIS MEAN FOR PREVENTION PRACTICE?



# Trauma-Informed Approaches

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# How Language Creates Change

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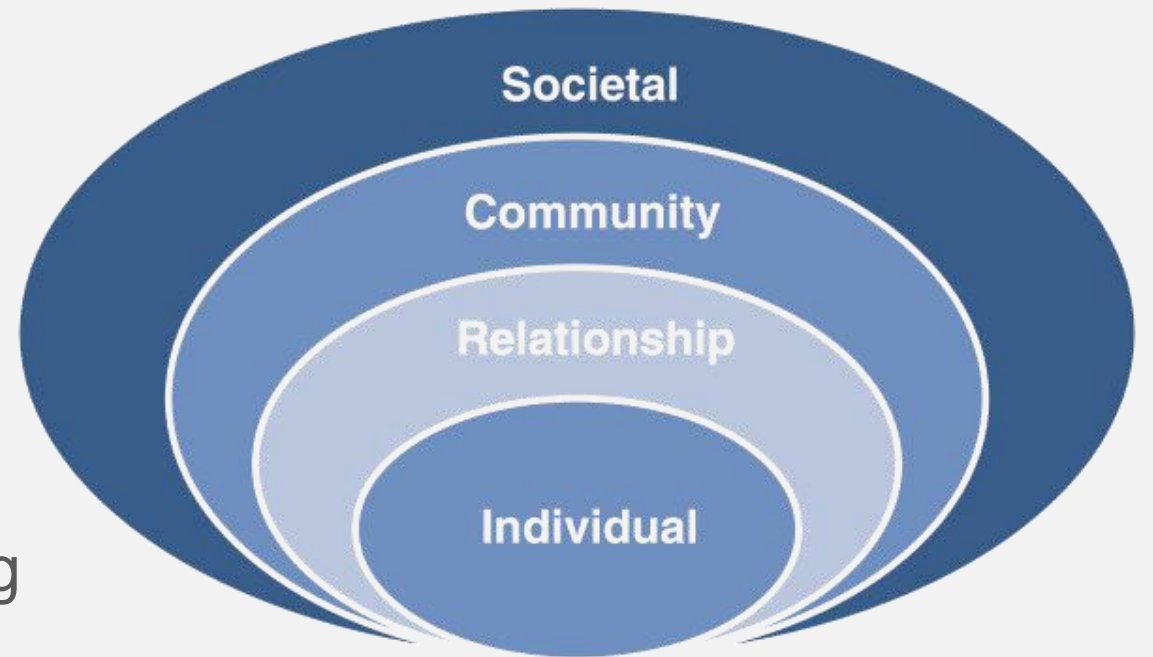




# Trauma-Informed Adaptations for Prevention Practice

*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

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- Information dissemination
- Prevention education
- Alternative activities
- Problem identification and referral
- Community-based processes
- Environmental approaches

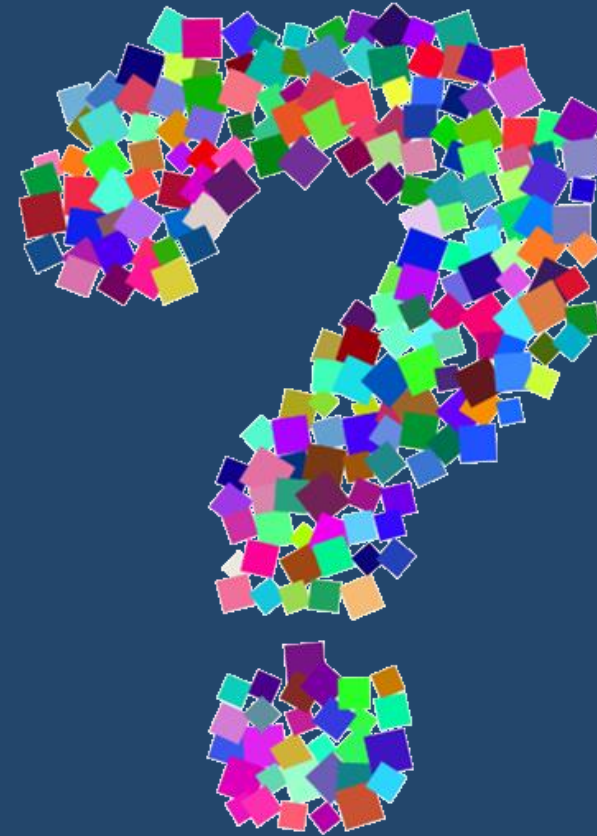


# Let's Recap

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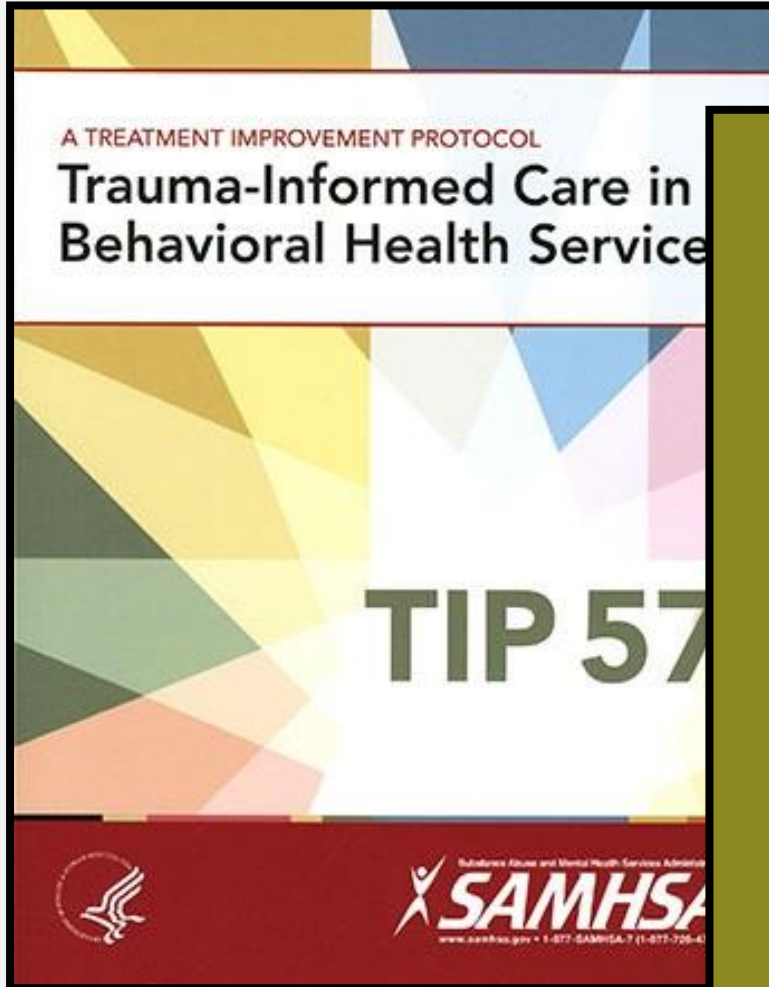
- ⊕ Children exposed to opioid misuse in the home may experience trauma, which can have cyclical and intergenerational impacts when not addressed.
- ⊕ Trauma-informed approaches, rooted in safety and trust, can further support prevention strategies in the community.
- ⊕ Prevention practitioners have 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?





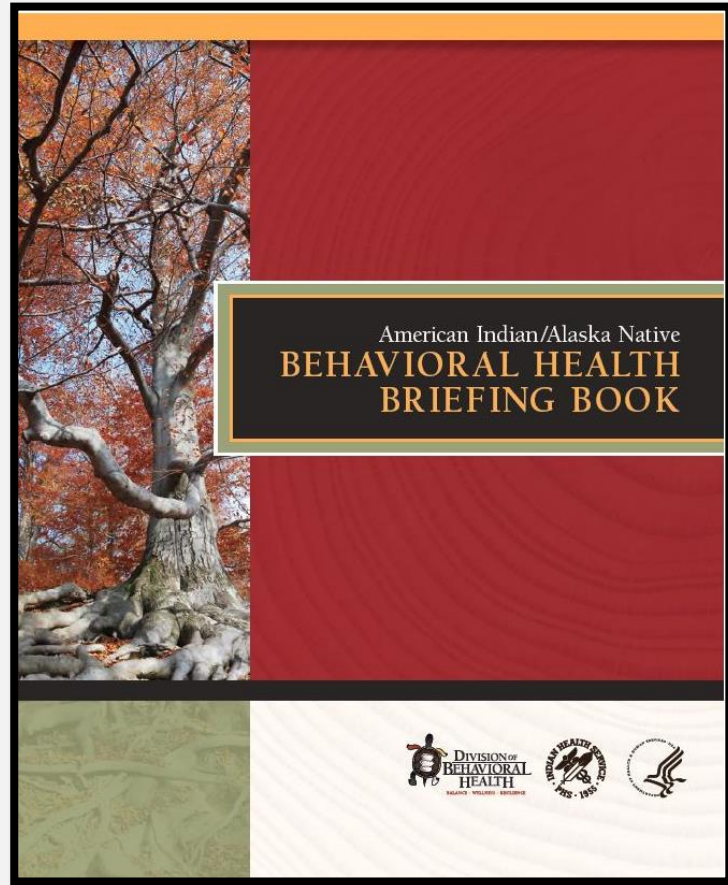
# RESOURCES







# RESOURCES FOR NATIVE COMMUNITIES



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





# RESOURCES

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[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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