



Trauma-Informed Care

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- Anti-Trafficking Ambassador to Jamaica
- CEO, Sun Gate Foundation
- Training Manager, National Human Trafficking Hotline, Polaris



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UNDERSTANDING TRAUMA



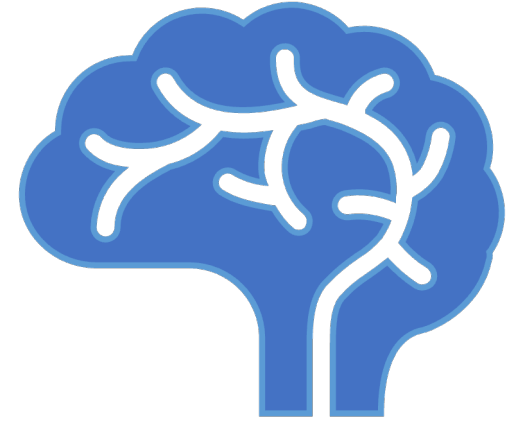
Case Study - Andrew

- Grew up with a physically, sexually, and emotionally abusive father
 - Responded to his home life through self-harming behaviors and contemplating suicide
 - Ran away from home at 14
 - Coerced into sex trafficking by an acquaintance who used violence and the threat of harming his siblings to force him to cooperate
 - Contracted HIV and wants to commit suicide
-



What Is Trauma?

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



Who Experience Trauma?

61% of men

51% of women

Substance Abuse and Mental Health Services Administration. *Trauma*. Retrieved January 28, 2020 from: <https://www.integration.samhsa.gov/clinical-practice/trauma>
U.S. Department of Veterans Affairs. *How common is PTSD in children and teens?* National Center for PTSD. Retrieved January 28, 2020 from: https://www.ptsd.va.gov/understand/common/common_children_teens.asp



Complex Trauma

“A type of trauma that occurs repeatedly and cumulatively, usually over a period of time and within specific relationships and contexts.”



The Way Trauma Impacts an Individual Depends on Many Different Factors, Including:

History and
background of the
individual

Previous history of
trauma

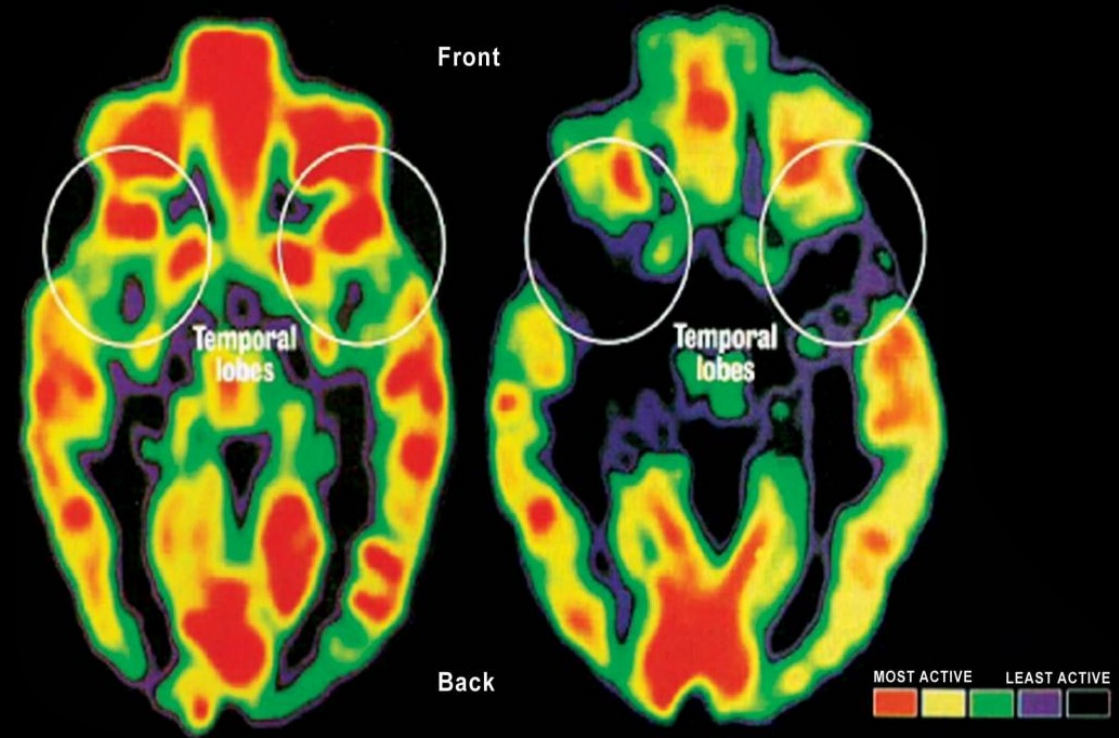
Details of the traumatic
event(s)

Resources available in
the direct aftermath of
the trauma

Meaning of the specific
traumatic event(s) for
the individual, family,
and community

The Neurobiology of Trauma

- The amygdala is activated by threatening stimulus
- Stress hormones are released into the brain
- Hormones interfere with brain functioning
- Chronic stress and ongoing trauma can change brain architecture
- Brains are highly resilient



Trauma Responses

After a person experiences a traumatic event(s), including human trafficking, the way they think, feel, behave, and even physically respond is called a trauma response.

Any trauma—whether a single event or a repetitive, long-term series of events—will impact each person differently.

The way someone responds to trauma may change over time and often depends on the type of support and trauma-informed care an individual receives in the aftermath of trauma.

Common Trauma Response



PHYSICAL



EMOTIONAL



BEHAVIORAL



COGNITIVE

What You May Be Seeing with Your Clients?

Unresolved trauma

Untreated symptomology

Unhealthy coping

Trauma: Compounding Factors



Knowledge Check

Andrew began to experience traumatic events as a young child. Trauma that occurs repeatedly usually over a period of time and within specific relationship and context is called:



Traumatic Event



Post-Traumatic Stress



Complex Trauma



TRAUMA-INFORMED CARE

Case Study Revisit: Andrew

- A social worker visited Andrew's apartment to perform a child welfare check
- Noticing scars on Andrew's arms, bruises on his legs, and dark circles under his eyes, the social worker asked Andrew if he was being abused
- Fearing retaliation from his mother, Andrew lied and said he was not
- The social worker gave Andrew a referral to a substance abuse treatment program, even though Andrew informed her that he was not using substances



What Is Trauma-Informed Care?



Definition



Goal



Challenges

Trauma-informed care can be implemented in any type of service setting or organization and is distinct from trauma-specific interventions or treatments that are designed specifically to address the consequences of trauma and facilitate healing.

Trauma-Informed Care – Definition



- Is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives
- Includes changing organizations so that all individual contact with any aspect of the agency is assessed and modified, if necessary, to include a basic understanding of how trauma affects the life of an individual seeking services

Trauma-Informed Care – Goals

- Infuse acknowledgment of the impact of trauma on clients into all aspects of a program
- Build rapport, trust, and a sense of safety
- Ensure that clients are not re-victimized in the process of seeking help





Trauma-Informed Care – Challenges

- To overcome institutional roadblocks and translate this philosophy into practice
- Organizational change to becoming trauma-informed needs to come from the top down
 - An organization must be willing to look at its administration, hiring, training, and policies and procedures to ensure that they are all trauma-informed
- All individuals who come into contact with individuals who have experienced trauma, even those who do not have a clinical role, need to participate in assessment and training for trauma-informed care

Trauma-Informed Approach

Realizes the widespread impact of trauma and understands potential paths for recovery



Recognizes signs and symptoms of trauma in individuals, families, staff, and others involved in the system



Responds by fully integrating knowledge about trauma into policies, procedures, and practices



Seeks to actively resist re-traumatization

Six Principles of a Trauma-Informed Approach



Tips for Trauma Response Management

- Psychoeducation
- Sensory-based grounding tools
- Self-soothing and relaxation skills
- Active and compassionate listening



Psychoeducation

- Definition of trauma
- Myths of trauma
- Common responses to trauma: physical, emotional, behavioral, and cognitive
- Ways to address immediate safety and self-care needs





Sensory-Based Grounding Tools:

- Tactile items such as stress balls, pipe cleaners, and fidget toys
- Essential oils
- Tea or water

A group of women are sitting on the floor in a dimly lit room, practicing meditation. They are in a lotus position, with their eyes closed and hands resting on their knees. The room has a soft, ambient light, and the women are wearing casual clothing. The background is slightly blurred, focusing attention on the participants.

Self-Soothing and Relaxation Skills

- Mindfulness
- Deep breathing
- Movement-based skills
- Visit the [Sanar Institute](#) for their series of self-soothing and relaxation tools

Active and Compassionate Listening Techniques

Mirror empowering
language of the individual



Use empathic and patient
communication

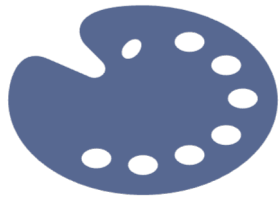
Basic Trauma-Informed Interventions

Outreach and engagement	Mental health and substance abuse services
Crisis intervention	Resource coordination and advocacy
Parenting support	Trauma-specific services
Screening and assessment	Health care

Clark, H.W. & Power, A.K. (2005). Women, Co-occurring Disorders, and Violence Study: A case for trauma-informed care. *Journal of Substance Abuse Treatment*, 28(2), 145-146.

<https://psycnet.apa.org/doi/10.1016/j.jsat.2005.01.002>

Additional Trauma-Informed Interventions



Movement and art-based
interventions

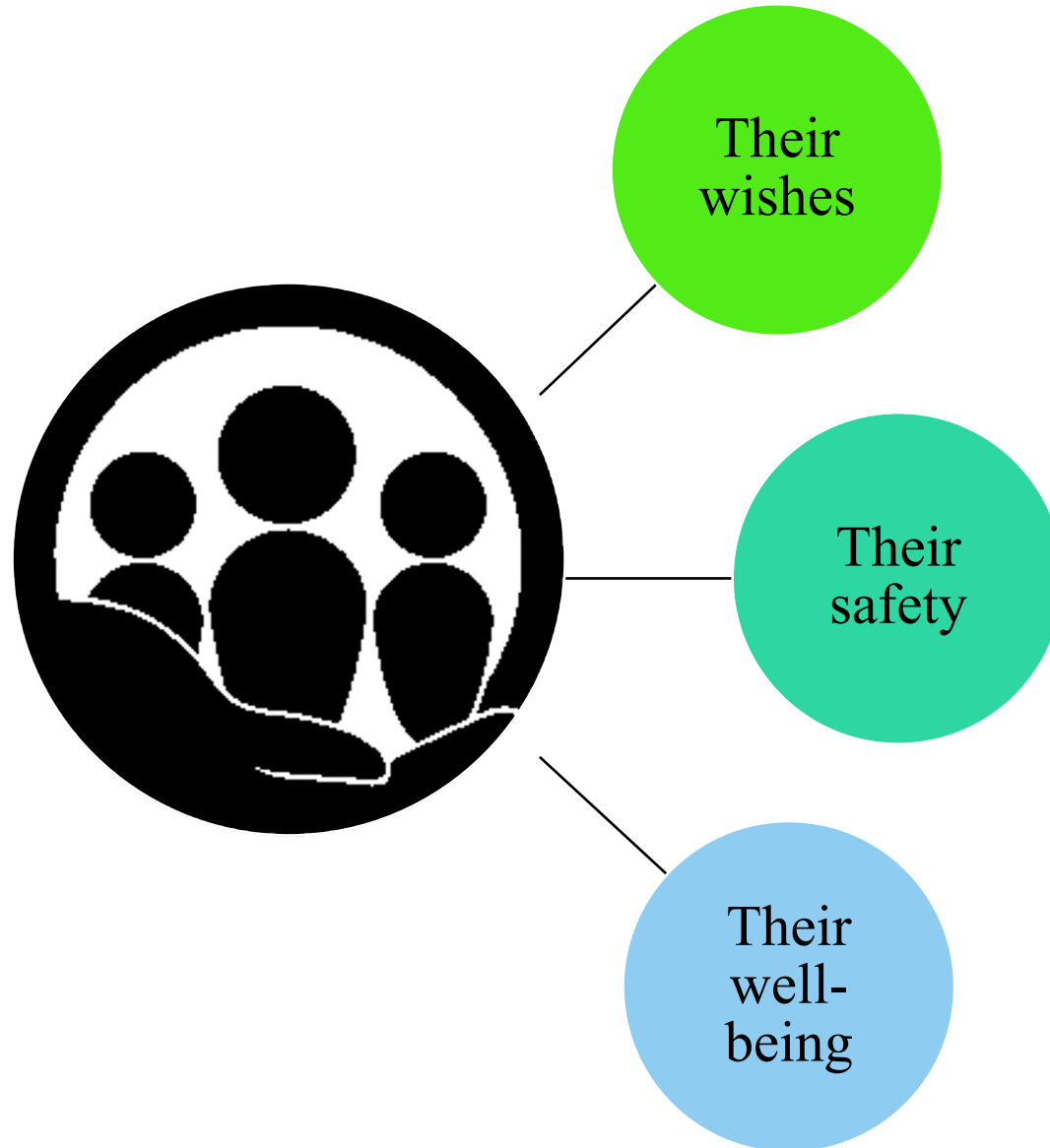


Body-based group
interventions (STARS
Experiential Group)



Trauma-specific
psychological interventions

Person-Centered Response



Poll Question

- Do you believe you are equipped to serve individuals who have experienced trauma?
- Answer: Yes or no



ARE
YOU
READY



**"Let's
Talk!"**

What has your
organization done for
you to believe you are
ready to serve
individuals who have
experienced trauma?

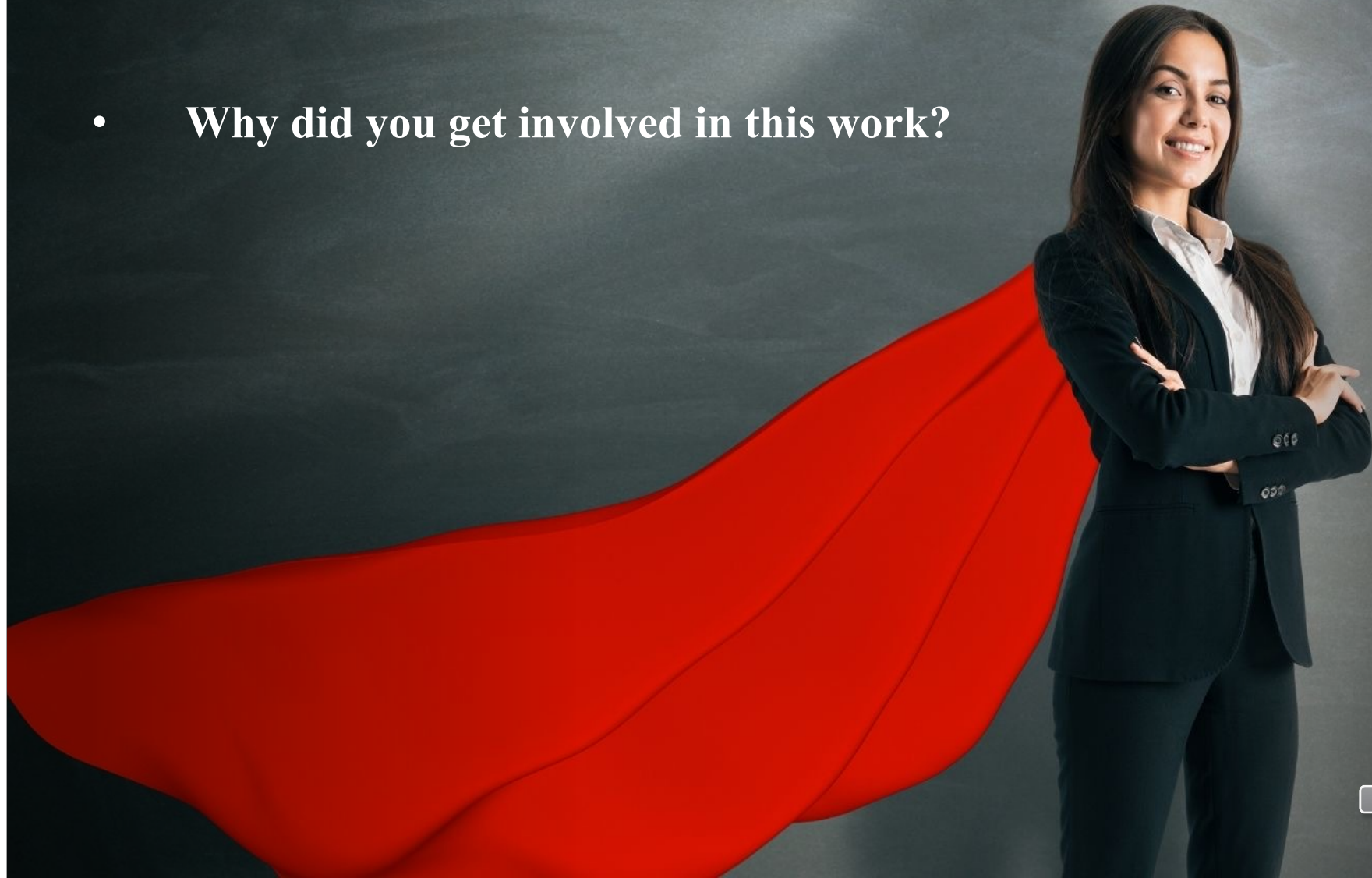




“Sometimes a short walk down
memory lane is all it takes to
appreciate where you are today.”

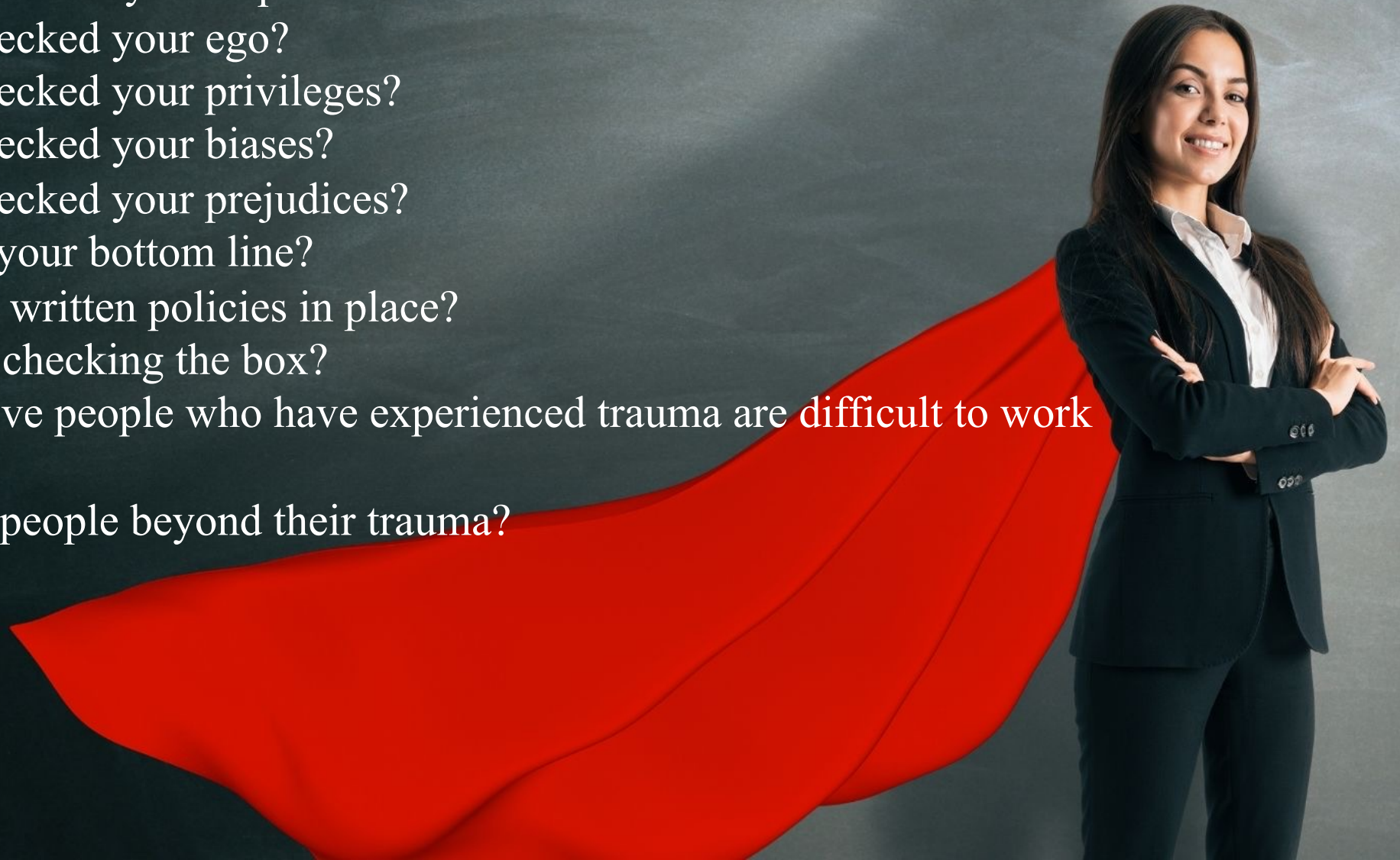


- **Does this image resonate with you?**
- **Why did you get involved in this work?**



So, you think you're ready?

1. Have you taken off your cape?
2. Have you checked your ego?
3. Have you checked your privileges?
4. Have you checked your biases?
5. Have you checked your prejudices?
6. Is the dollar your bottom line?
7. Do you have written policies in place?
8. Are you just checking the box?
9. Do you believe people who have experienced trauma are difficult to work with?
10. Can you see people beyond their trauma?

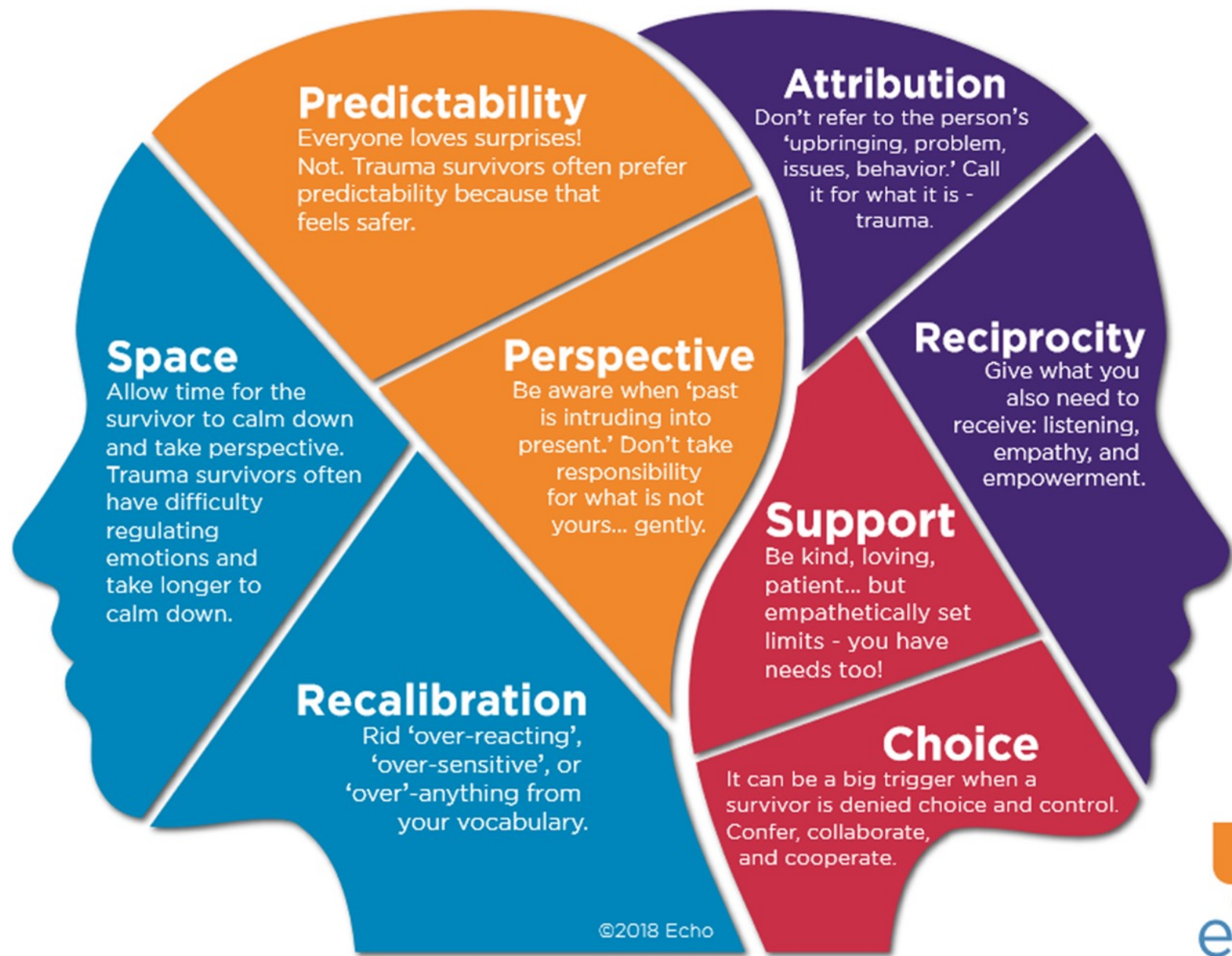




I'M READY TO SERVE



**LET'S
DO
THIS**





**WHAT ABOUT MY
ENVIRONMENT?**



Who we are

The Division of Youth Services (DYS) provides assessment, probation, training, counseling and detention services for all youth, ages 12-17 years old.

It is the branch of Lane County government responsible for services to youth accused of law violations or judged delinquent by the juvenile court.

Contact Lane County Division of Youth Services

Phone

541-682-4700

Address

2727 Martin Luther King Jr. Blvd
Eugene, OR 97401

**Photos provided by:
www.google.com/images

National Resources

How to get help or report suspicious activity

If you or someone you know is being trafficked or sexually exploited, please call Eugene Police Department or 911.

To get information or report a tip, call:

National Human Trafficking Hotline:
1-888-373-7888

or

Text INFO or HELP to 233733

This is a national hotline and it is available 24 hours a day, 7 days a week. All calls are free and confidential.

Lane County Resources

Sexual Assault Support Services Eugene, OR
Office: 541-484-9791

Crisis Hotline (24 hrs): 541-343-7277

Website: <http://sass-lane.org/>

Sluslaw Outreach Services Florence, OR

Office: 541-997-2816

Crisis Hotline (24 hrs): 541-997-4444

Website:

<http://www.florenceos.org/home.aspx>

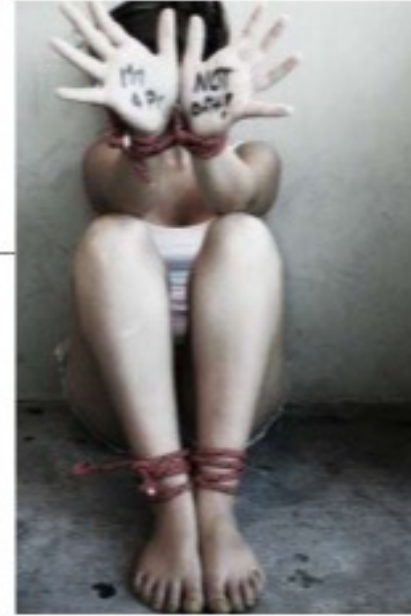
Womenspace Downtown Eugene, OR

Office: 541-485-8232

Crisis Hotline (24 hrs): 541-485-6513

Website: <http://womenspaceinc.org/>

Get support in your area at Oregon Coalition
Against Domestic & Sexual Violence:
<http://ocadv.org/>



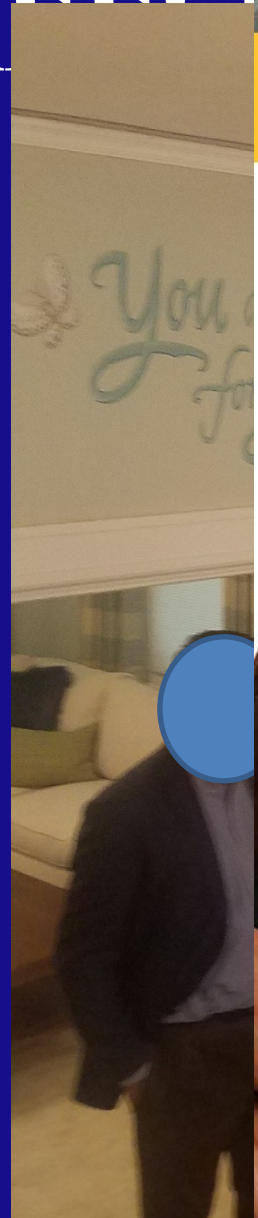
HUMAN SEX TRAFFICKING

SARAH OLLER
LANE COUNTY DIVISION OF YOUTH
SERVICES
FAMILY AND HUMAN SERVICES
UNIVERSITY OF OREGON

O UNIVERSITY OF
OREGON



REFLECT



WHY SEX AT

ASU School of Social Work
Office of Sexual Intervention

Many parents have a sense of awareness, parents can begin to help their children avoid situations that could lead to exploitation.

Most adolescents spend a lot of time at school, as well as for parents to monitor signs and changes in behavior that indicate underlying problems.

Daily interaction with a child provides an opportunity to prevent, identify, and intervene in exploitation appropriate to the situation.



A Health Care Guide for Survivors of Domestic & Sexual Violence

The physical and emotional harm that comes from being abused by a loved one can affect survivors, even after the violence has stopped. Whether you are now in an abusive relationship, or you experienced domestic or sexual abuse in the past, some everyday activities—like visiting the nurse or the doctor—may be difficult for you.

Center for Women's Health

FUTURES
A HEALTH CARE GUIDE FOR SURVIVORS OF DOMESTIC & SEXUAL VIOLENCE

KNOW ITATION TEENS

School of Social Work
ARIZONA STATE UNIVERSITY

Topics of sex trafficking and awareness, parents can begin to help their children avoid situations that could lead to exploitation.

If their teen has already been a victim, this guide provides you with information on how to seek help and the kind of guidance and support that may be available.

Sexual exploitation of minors is a severe form of child abuse that can harm the health and wellbeing of the child and society.

Sexual exploitation is much like other forms of child abuse, it is difficult to detect because victims often do not report their victimization and are reluctant to talk forward and tell a parent or teacher about it.

Myths and stereotypes about sex trafficking can affect a parent's judgment and ability to recognize signs of exploitation.

Vulnerable youth can be lured into sex trafficking and other forms of sexual exploitation using promises, psychological manipulation, provision of drugs and alcohol and violence.

Teens can be commercially sexually exploited through prostitution, pornography, stripping, erotic entertainment, erotic massage or other sex acts. The commercial aspect—exchanging money or something of value—is critical to separate the crime from sexual assault, dating violence, or statutory rape.

Source: Shared Hope training materials

Accessories and even food in exchange for sex.

Call at 1-888-3737-888

**THERE IS A BRIGHT LIGHT AT
THE END OF THE TUNNEL**

THERE IS A HOPE

Contact

Email – Shamere.mckenzie@gmail.com

Website – www.sun-gate.org

Facebook – Sun Gate Foundation

Instagram – SunGate7