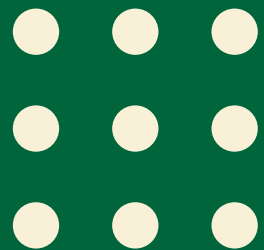




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Trauma-Informed Counties

Compassion, Hope, Practical Steps

**Presented by the NCACC Opioid Settlement Technical Assistance Team
& Deena Fulton, MPH**

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Welcome

- ● ● • Introduction
- ● ● • Focus of this series
 - ● ● • What this training is meant to be
 - ● ● • What it's not meant to be

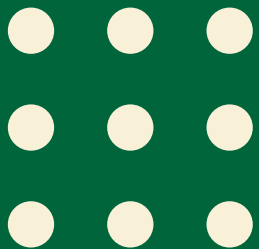


Agenda

- ● ● Sections
- ● ● • Introduction and understanding trauma
 - ● ● • What is trauma?
 - ● ● • Impacts of trauma
 - ● ● • Notable types of trauma
- ● ● • How trauma shows up in our work
 - ● ● • Trauma and drug use
 - ● ● • Re-traumatization
- ● ● • Trauma-informed approaches
 - ● ● • Resilience and healing
 - ● ● • Understanding trauma-informed approaches
 - ● ● • Applications to your work and community



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**Talking about trauma is difficult
and important.**



Objectives

Throughout the series, participants will:

- Increase their understanding of:
 - What trauma is and how it impacts individuals' neurophysiology and behaviors
 - How trauma impacts community dynamics and service provision, and
 - The principles of trauma-informed care.
- Identify how the intersections between trauma and drug use impact their own communities, service systems, and professional roles.
- Generate ideas for how to be more trauma-informed across all services and interventions that affect people who use drugs in their communities.

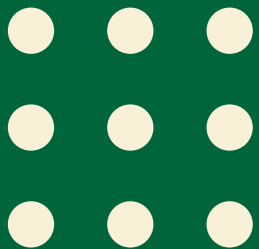


Why now, why this?

- ● ● • Why now?
 - ● ● • Intentionality in urgency
 - ● ● • Critical opportunity to make our systems and responses stronger
 - ● ● • Funding, resources, and support
- ● ● • Why this?
 - ● ● • Taking care of our people: counties, staff, participants.
 - ● ● • Why trauma, specifically?



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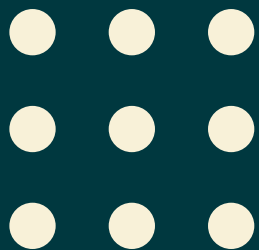


Understanding Trauma



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What is trauma?



An aerial photograph of a large, intricate maze constructed from dense, green, rounded hedges. The hedges are arranged in a complex, winding pattern that fills the entire frame. The maze is set in a garden, with small, light-colored flowers scattered throughout the greenery. The overall scene is a lush, green landscape. Centered over the maze is the text "Trauma ≠ stress" in a white, serif font.

Trauma ≠ stress



A **threat** to an individual or their loved one's **life** or their psychic or bodily **integrity**

1

The individual's **cop**ing capacity and/or ability to **integrate** their emotional experience is **overwhelmed**

2

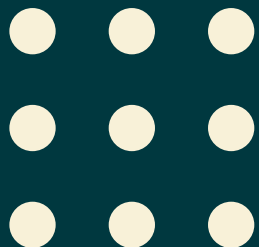


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What is trauma?

“...result in an **injury** that **changes the way the brain functions**, impairing neurophysiological, psychological, and cognitive functioning.”

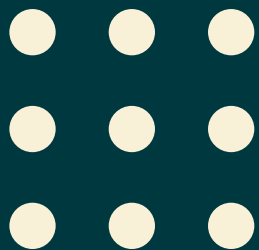
–University of Pennsylvania





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**A serious threat that
overwhelms our ability to
cope and changes our brain.**

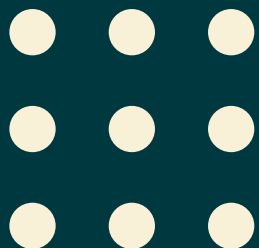




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Examples of traumatic events

- War
- Natural disasters
- Forced displacement (forced migration, incarceration)
- Violence (individual, community/mass)
- Vehicular crashes
- Serious injuries or illness
- Acquiring a disability
- Divorce or breakup
- Death of a loved one
- Job loss
- Financial problems





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**No two people's
experiences of trauma
are the same.**





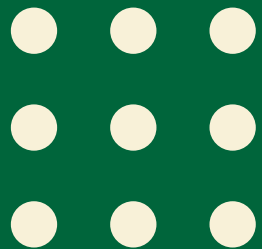
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PTSD and other trauma-related diagnoses

- Post-traumatic Stress Disorder
 - Exposure to traumatic event or circumstances
 - Symptoms last > 1 month
- Acute Stress Disorder
 - Same symptoms as PTSD, but 3 days-1 month post event(s)
- Some other disorders, arguably
- Limitations
 - Access to care (diagnosis)
 - Proposed sub-types, critiques of Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
 - Stigma
 - Broader need for services



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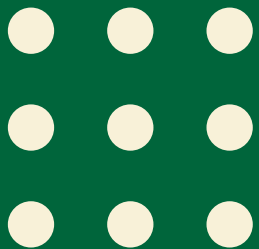


Impacts of trauma



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Debrief





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Trauma responses: short term

Re-living

- Nightmares
- Intrusive memories

Avoidance

- Numbness
- Withdrawal and apathy

Arousal

- Anxiety
- Anger
- Startle responses

Cognitive processing

- Difficulty concentrating
- Distortion of time and space
- Memory problems



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Trauma responses: long term

Re-living

- Flashbacks
- Nightmares
- Intrusive memories

Avoidance

- Substance use
- High-risk behaviors
- Emotional detachment

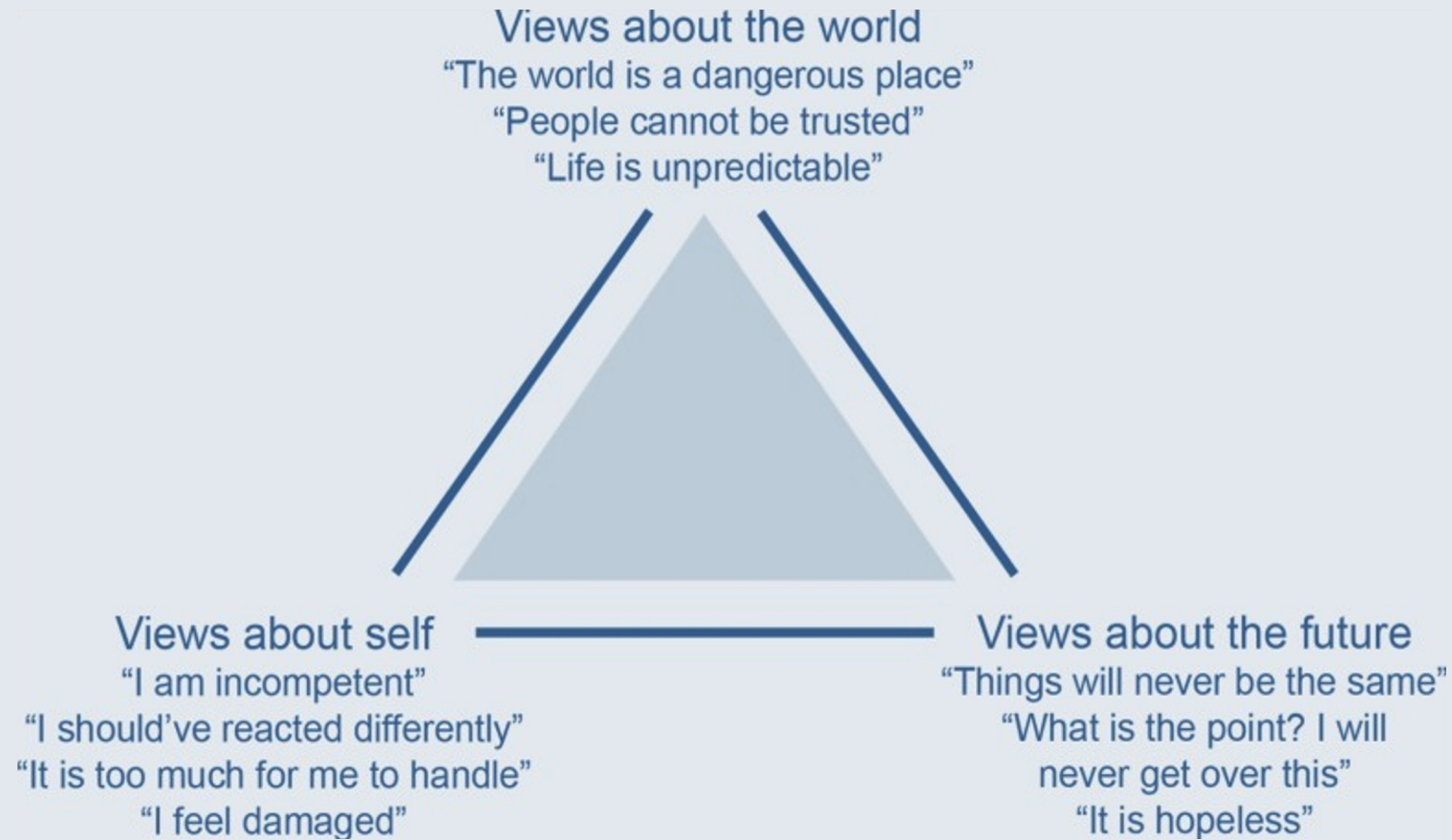
Arousal

- Anxiety
- Hypervigilance

Other

- Depression
- Grief reactions
- Social relationship disturbances
- Loss of purpose
- Reestablishment of priorities

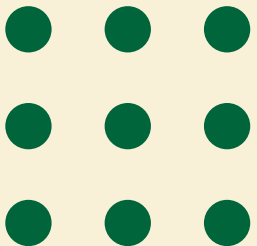
Profound existential shifts





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Notable types of trauma





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Childhood trauma



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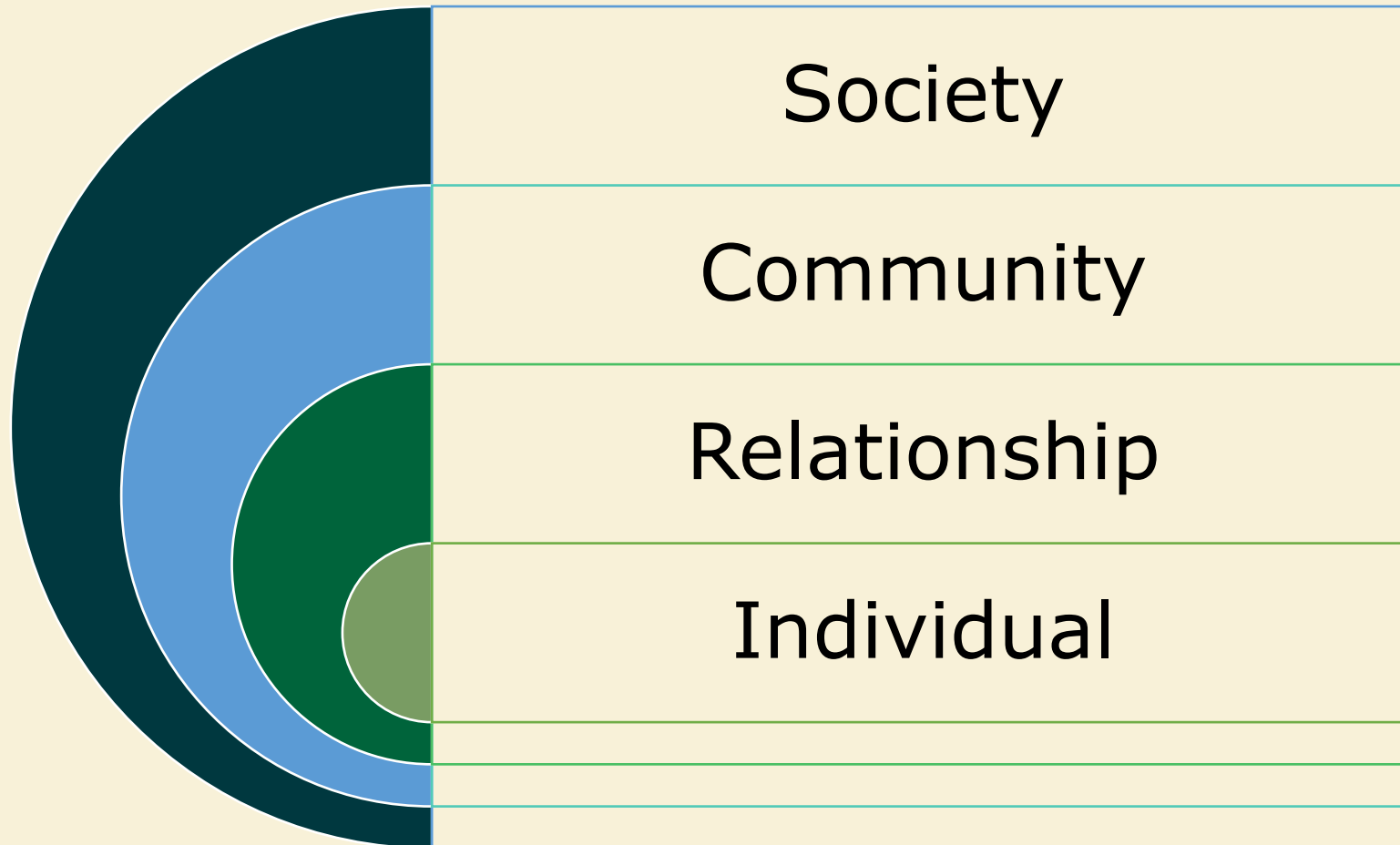
Reflections





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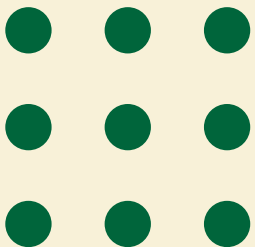
Beyond the individual





Vicarious trauma

- Form of trauma experienced by people who **witness others' trauma**. This includes people who work with participants and communities with high levels of trauma. It can have similar effects as first-hand trauma.
- Potential impacts on staff:
 - Emotional exhaustion and burnout
 - Empathy fatigue
 - Flashbacks, hypervigilance, other symptoms of PTSD
 - Judgment and decision-making
 - Bleeding into personal life
 - Changes in worldview and orientation toward self and others

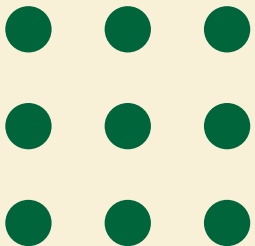




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Addressing vicarious trauma can help improve...

- Staff turnover
- Conflict and morale within organization
- Quality of care
- Long-term, strategic thinking
- Team building
- Empathy





Generational trauma

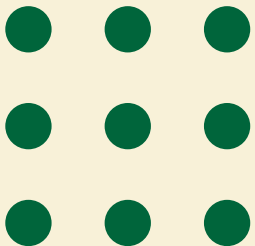
Substance use as an Adverse Childhood Experience (risk factor) and outcome

ACEs:

- Psychological, physical, sexual abuse
- Living with someone with problematic use of substances
- Living with someone with mental illness (untreated*)
- Violence against mother or stepmother
- Incarceration of household member(s)

4+ ACEs: 2-4x higher risk of using alcohol or other drugs

5+ ACEs: 7-10x higher risk of using alcohol or other drugs

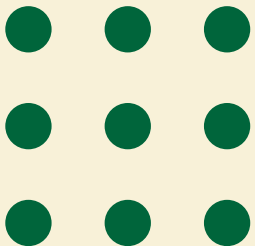




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Generational trauma

- Epigenetics
- Emotional capacity/capital among caregivers
- Learned behaviors/coping





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Collective/ historical trauma

- “Adverse community experiences - an **aggregate of trauma experienced by community members** or an event that impacts a few people but has **structural and social traumatic consequences...**
- “Collective trauma can **break social ties, communality, and undermine previous supportive resources...**”
- Discrimination, oppression, racism, community poverty...
- Overdose epidemic, COVID...





Grounding

- ● ● • 5 things you see
- ● ● • 4 things you can touch/feel
- ● ● • 3 sounds you can hear
- ● ● • 2 things you can smell
- ● ● • 1 thing you can taste