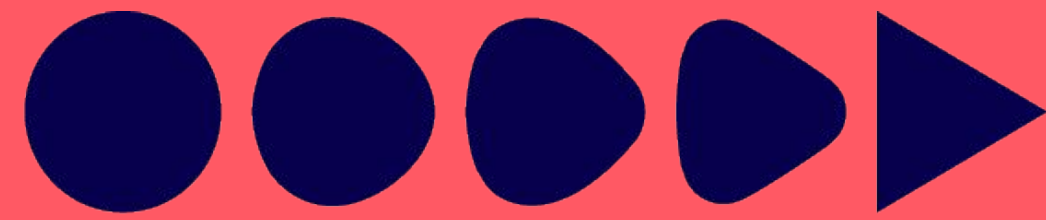


# Trauma Informed Care & Health Equity



**BothAnd**  
**PARTNERS**

**September 21, 2023**

**IAPHA FALL CONFERENCE**

# Hi! I'm Dr. Dietra Hawkins

- Facilitator, Researcher, Recovery Advocate and Ally
- Licensed Clinical Psychologist
- Mother, Wife, Black Catholic
- Pronouns: She/Her





Quiz!

# At what point in a person's life do traumatic events take place?

- Between ages of 0-3
- Between 3-9
- Before 18
- After 18
- Any age

- **Any age**

## True or False

- Trauma – informed care refers to prevention, intervention or treatment services that address traumatic stress as well as any co-occurring disorders.

## **True** or False

- Trauma – informed care refers to prevention, intervention or treatment services that address traumatic stress as well as any co-occurring disorders.

## True or False

- Trauma – informed care asks: “What is wrong with you” rather than, “What happened to you?”



## True or False

- Trauma – informed care asks: “What is wrong with you” rather than, “**What happened to you?**”

What percent of people who wind up in the public health system have already been exposed to traumatic events?

80%

90%

100%

70%

80%

90%

# My Objectives

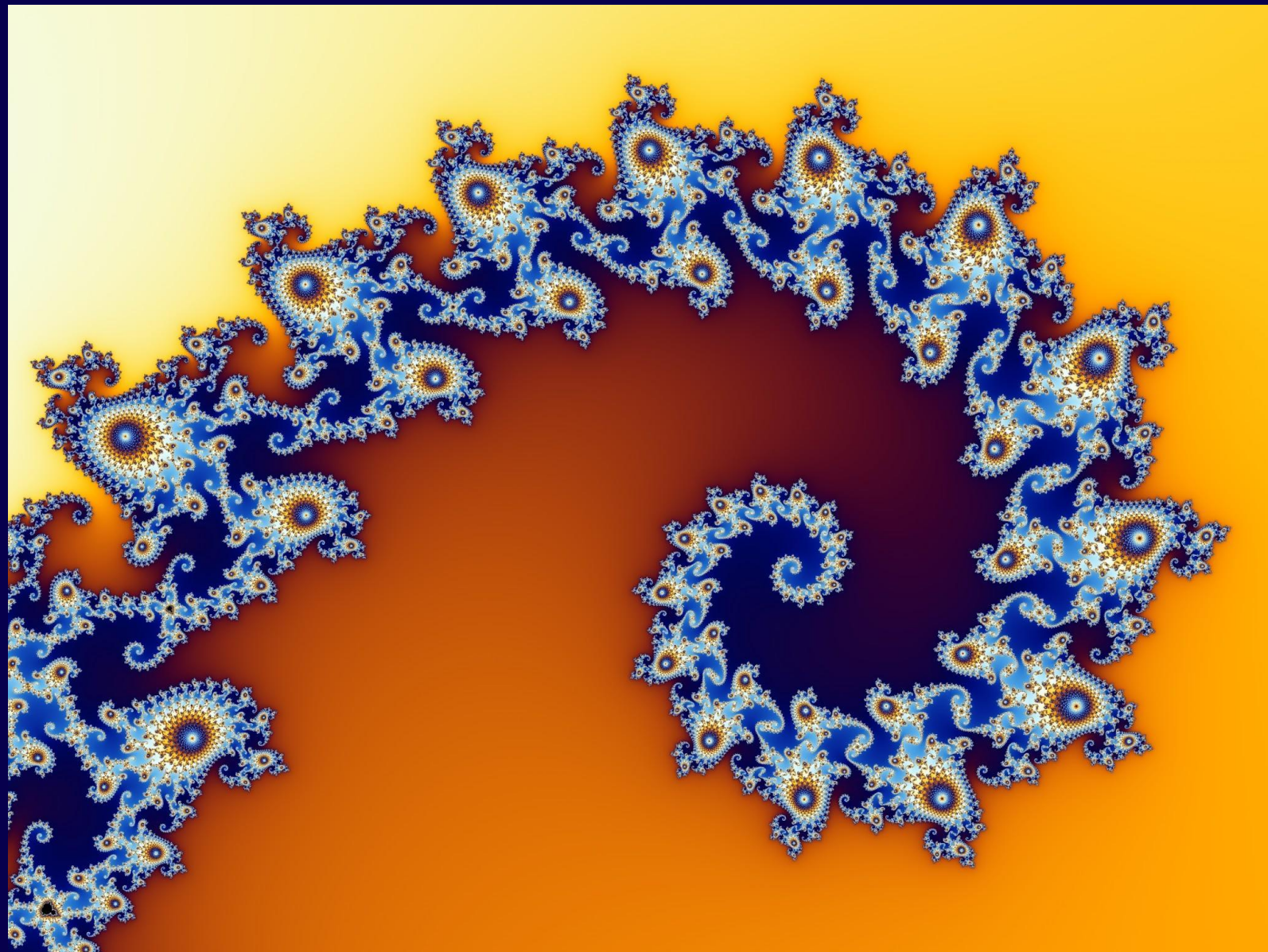
- Share Stories & Model Transparency
  - Introductions
  - Definitions
- Impact of Trauma
  - Health Equity
- Strategies and Tools

# How I have come to be here

- Everything we do exists in a social, emotional and cultural context



- Becoming culturally competent is a process; there is no endpoint.

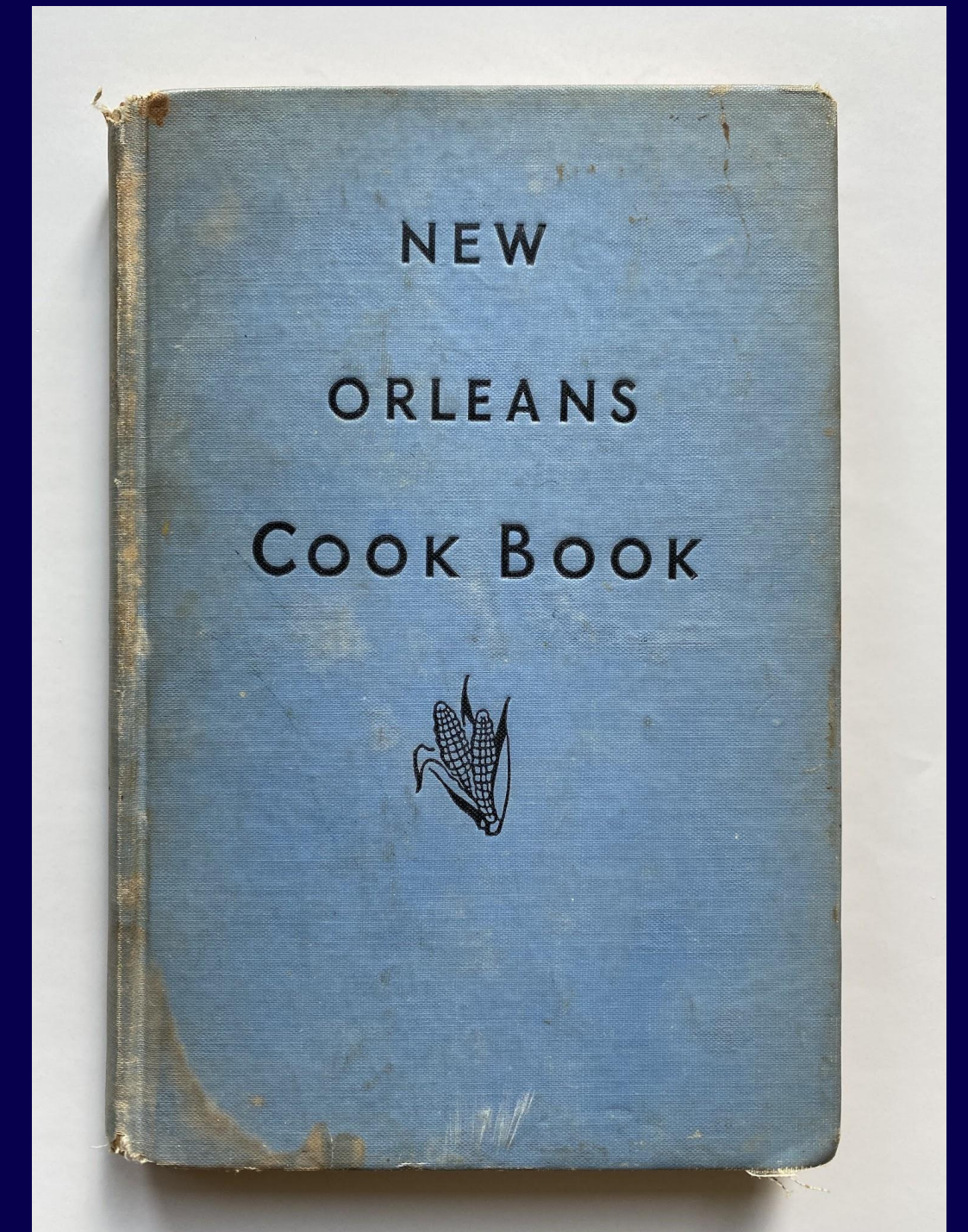


- Becoming aware of our own personal cultural filters is essential to this work.

- This work is messy, some toes will be trampled.
- We can all learn to practice saying **Oops and Ouch!**



- “How To” and cookbook approaches actually work to promote stereotyping
- Stereotyping is a natural part of what we as people do



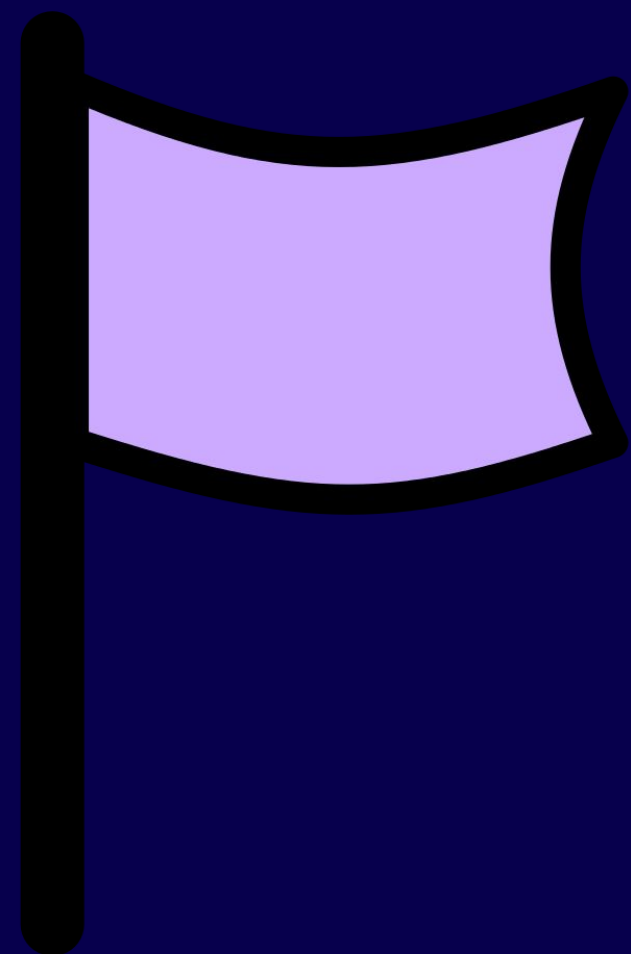
*You may not have created it, but now that you know ...*

- We all have a role to play

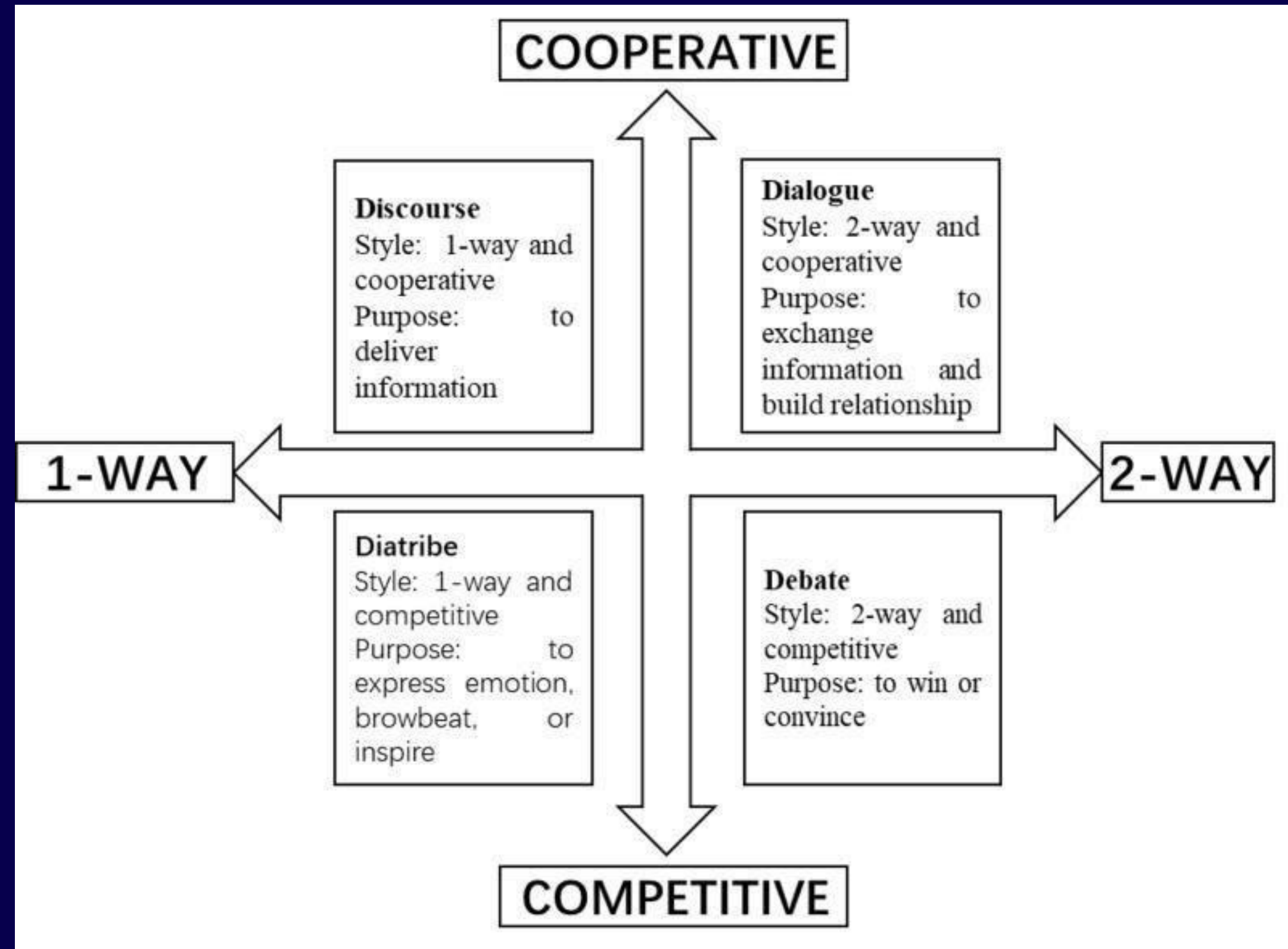


- No one is here to blame nor take personal responsibility for **institutional bias**.

Scapegoating



# Dialogue- Discussion- Debate



# Introductions

Name

Role

One thing you recommend for self care?

# Listen & Believe

Most people do not listen with the intent to understand, they listen with the intent to reply.

Stephen R. Covey



Share a story about a time when you can first recall feeling cared for? what happened, who was involved? Share the story



# A Story

What helps you come back from something difficult?

Community Listening

35 across the state

When you hear the word “Trauma”  
what words are associated with it?







# Why be trauma informed?

- (1) enhances your capacity to name and respond empathetically in traumatized communities,
- (2) foster stronger community relationships and more accountability
- (3) minimize unintended negative consequences of public health initiatives.

# According to SAMHSA

- Trauma is a widespread, harmful and costly public health problem. It occurs as a result of violence, abuse, neglect, loss, disaster, war and other emotionally harmful experiences. Trauma has no boundaries with regard to age, gender, socioeconomic status, race, ethnicity, geography or sexual orientation. It is an almost universal experience of people with mental and substance use disorder.



# **SAMHSA Concept of 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

# **SAMHSA Concept of Trauma**

- **Secondary Trauma is defined as trauma related stress reactions and symptoms resulting from exposure to another individual's traumatic experience, rather than exposure directly.**
- **Secondary trauma can occur among health service providers across all health settings and among all professionals who provide services to those who have experienced trauma (eg..healthcare providers, peer counselors, first responders, clergy and intake workers).**

# WHAT ARE COMMON REACTIONS TO TRAUMA?

## Common Emotional and Behavioral Responses to Trauma

- Denial
- Confusion
- Anger
- Fear
- Guilt
- Anxiety
- Depression
- Flashbacks to the event
- Difficulty concentrating
- Withdrawing from friends and family

## Common Physical Responses to Trauma

- Insomnia or disrupted sleep
- Fatigue
- Muscle tension
- Headaches
- Chest pain
- Chronic unexplained pain or health challenges



The Jed Foundation

# What are the symptoms of Trauma?

- Depression
- Poor self esteem
- Anger
- Reduced self confidence



- Recurring thoughts of the event
- Physical reactions such as headaches, chest pains, insomnia



- Hypervigilance
- Low-self-esteem, self-worth
- Mental distancing from the traumatic events

# Social Determinants of Trauma

Social Inequities  
Institutional Inequities  
Living Conditions  
Mental Health Risks  
Behavioral Health Risks

# Take The ACE Quiz — And Learn What It Does And Doesn't Mean

March 2, 2015 - 2:57 PM ET

LAURA STARECHESKI

An ACE score is a tally of different types of abuse, neglect, and other hallmarks of a rough childhood. According to the Adverse Childhood Experiences study, the rougher your childhood, the higher your score is likely to be and the higher your risk for later health problems. You can take the test below:

QUESTION 1 OF 10

Before your 18th birthday, did a parent or other adult in the household often or very often...

swear at you, insult you, put you down, or humiliate you?

or

act in a way that made you afraid that you might be physically hurt?

YES

NO

<https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

**ACEs are common.** About 61% of adults surveyed across 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs.

# **What is Trauma-Informed Care (TIC):**

**TIC refers to services and supports that take into account the fact that most people receiving health services have been exposed to trauma.**

**Organizations that are trauma-informed understand the impact of trauma on a person's mind, body and spirit shapes our lives.**



# Trauma-informed care seeks to:

- Realize the widespread impact of trauma and understand paths for recovery,
- Recognize the signs and symptoms of trauma,
- Integrate knowledge about trauma into policies, procedures, and practices

# **In Trauma informed care we ask:**

**“What has happened to you?” instead of “what is wrong with you?”**

# Healing Centered Engagement- Dr. Shawn Ginwright



## The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement

 Shawn Ginwright [Follow](#)  
May 31, 2018 · 14 min read

*Shawn Ginwright Ph.D.*

# Ask a Different question

## **Trauma Informed**

What Happened to you?  
Focused on episodic harm and injury to the individual.  
Using a clinical, individual approach  
Focus on treating clients (children, youth and families).

## **Healing Centered**

What is right with you?  
Focused on holistic healing of individuals, interpersonal relationships, and institutions  
Considers the environmental context of trauma  
Supports providers with sustaining their own healing and well being



# What could help?





**Find a Sheet of paper**

Draw Equity

Draw a coffee cup

**Public health workforce needs to be knowledgeable about ways trauma influences population and individual health.**

**There is a gap in student training**

**References to trauma-informed approaches are more implicit in public health curricula.**

**Addressing Trauma-Informed Principles in Public Health through Training and Practice**

**Parker, S.; Johnson-Lawrence, V. Addressing Trauma-Informed Principles in Public Health through Training and Practice. Int. J. Environ. Res. Public Health 2022, 19, 8437. <https://doi.org/10.3390/ijerph19148437>**

**Health equity** is the state in which everyone has a fair and just opportunity to attain their highest level of health.

“What if?”

# Equality- Equity- Justice

## Equality



The assumption is that everyone benefits from the same supports. This is equal treatment.

## Equity



Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.

## Justice



All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed.** The systemic barrier has been removed.

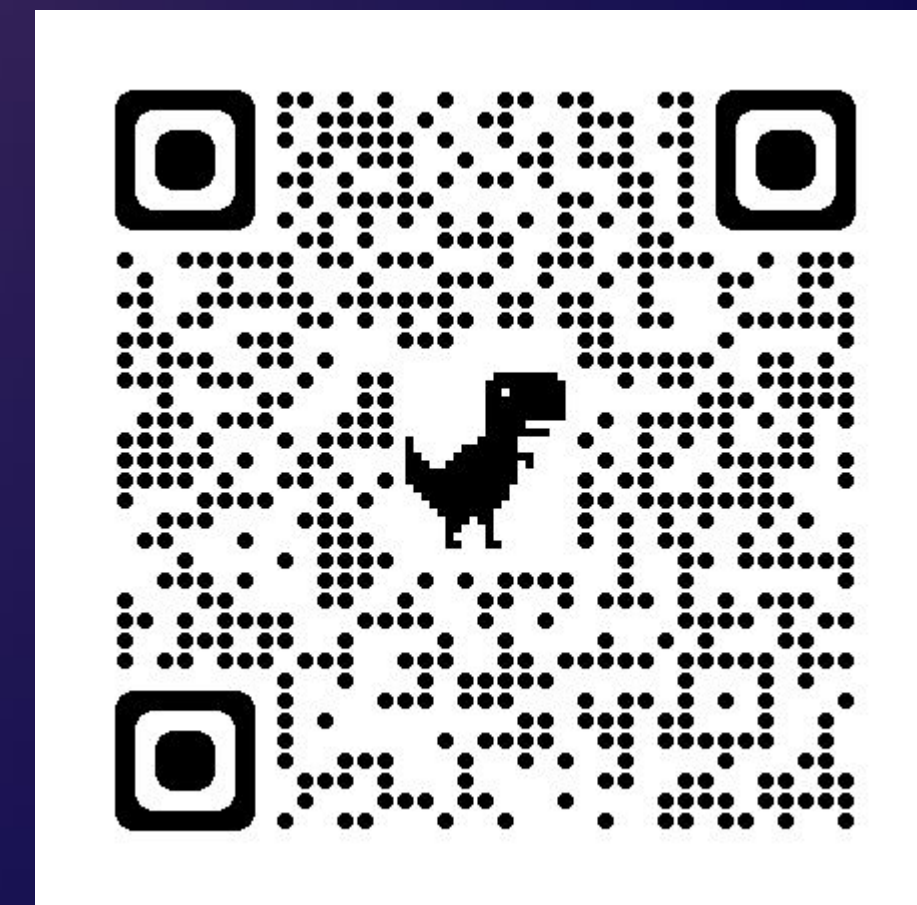


# Health Equity

- Address historical and contemporary injustices;
- Overcome economic, social, and other obstacles to health and health care

# Eliminate preventable health disparities

- Heal Racism
- Embrace Intersectionality
- Cultivate Systems Thinking



# Public health agencies can

Address misunderstandings about why people are being asked for personal information, including race and ethnicity, and why this information is important to allocate resources and information sharing to people who need them most.

- Build partnerships

(e.g., community- and faith-based organizations, racial and ethnic minority-serving organizations, tribal communities, school and transportation systems, scientific researchers, professional organizations)

Help community members to share information and collaborate



## Office of Health Equity (OHE)

Seven overarching principles to advance health equity.

- Embrace **equity** as foundational.
- Embody anti-racism and anti-oppression.
- Establish and maintain infrastructure.
- *Communicate effectively.*
- Engage communities and mobilize partners.
- Address structural and social determinants of health.
- Apply equitable evaluation approaches.

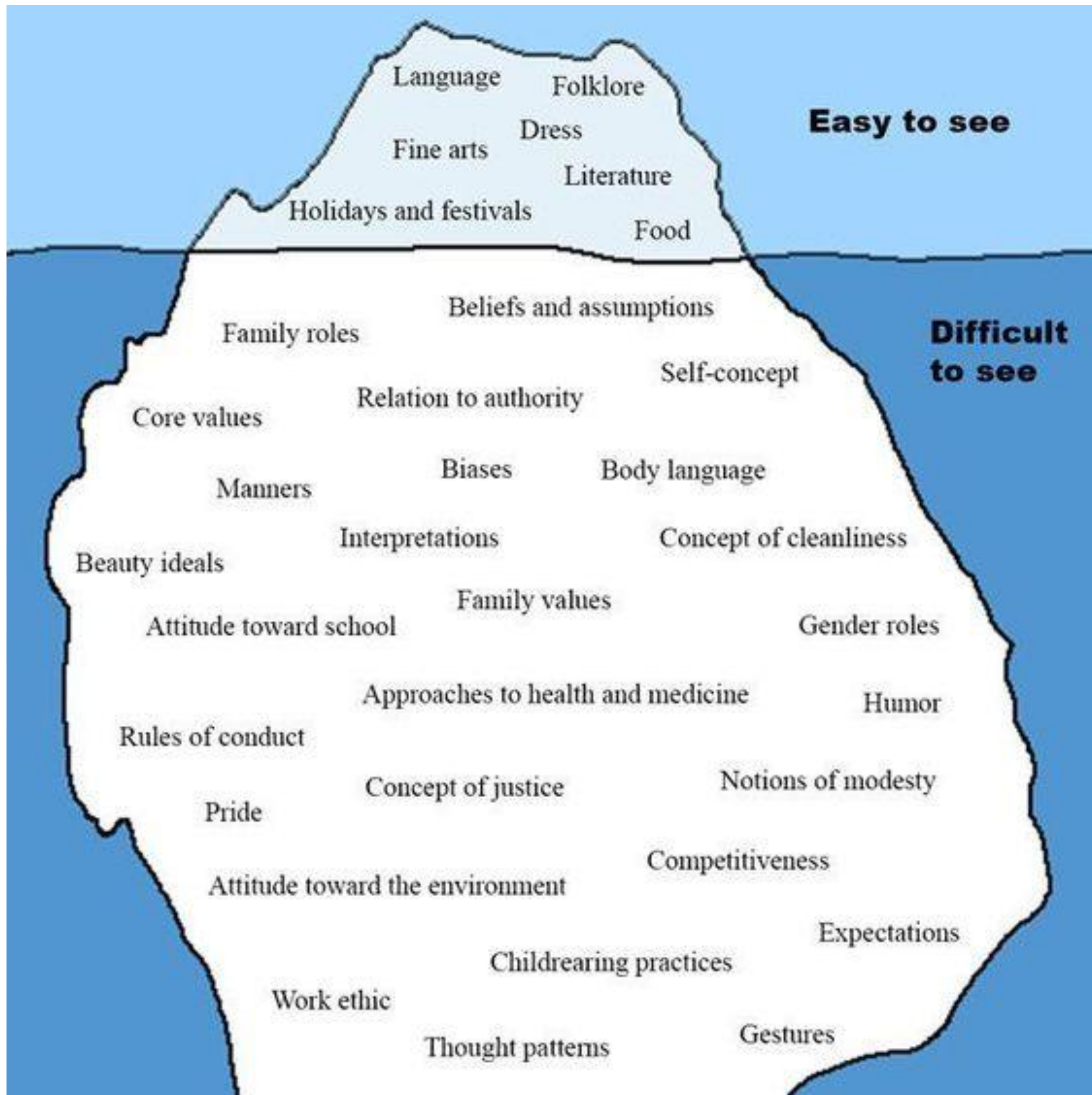
# What is racism?

**Racism is a system of structuring opportunity and assigning value based on the social interpretation of how one looks that unfairly disadvantages some individuals and communities, unfairly advantages other individuals and communities and saps the strength of the whole society through the waste of human resources.**

**-Dr. Camara Jones**

# Four Key Principles of Anti-Racism

- **Racism is real. Racism denial is pernicious.**
- **Racism is about a system with power and control at its roots.**
- **Racism saps the energy of the whole society. We are all impacted by racism.**
- **We can act to dismantle racism.**





# Mental Models

Flip Problem Solving

Strengths Based- Solution Focused



# Appreciative Inquiry

Asset Based

Look at what we've got!!

Look at what we're missing!!

Deficit Focused

© J. Logan 2012



# Three questions

- What helps? What worked?
- What could be better?
- How do you keep going? (Hope)



# Strategies & Tools

- Create a safe environment- can share their truths
- Build partners
- Connect Data with Stories
- Motivational Interviewing
- Strengths Based
- ACES
- **Equity focused**
- Transparency
- Art for communication

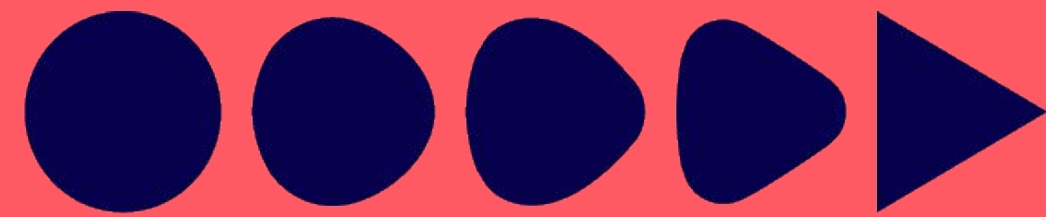


# Actions

- Start with yourself -Share and Invite Stories
- Focus on Equity
- Name Systemic Racism
- Cultivate an eye for what is true-good and possible!

# Questions??

**Thank You!**



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**PARTNERS**

[bothandpartners.com](http://bothandpartners.com)