

Building a Trauma-Informed & Responsive Community

Respite Care Association of Wisconsin 2024 Summit

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Joshua P. Mersky, PhD

Professor of Social Work, University of Wisconsin-Milwaukee

Co-Director, Institute for Child and Family Well-being

Dimitri Topitzes, PhD

Professor of Social Work, University of Wisconsin-Milwaukee

Clinical Services Director, Institute for Child and Family Well-being

Agenda

- Explore definitions, types, and prevalence of trauma
- Review trauma-informed and trauma-responsive work
- Question and answer period



Why does trauma matter?

Trauma Matters

- It is a public health issue
- It is a social justice issue
- It is an economic issue
- It is a human rights issue
- It is a human service issue



What is trauma?

Trauma is Difficult to Define

- It is a two-sided experience (cause & effect intertwined)
- It is not one thing, it is many things
- It is at least partly subjective

APA Definition

- According to the DSM-5 criteria for PTSD, a potentially traumatic event can involve:
 - Death, serious physical injury, sexual violence
 - Can be a direct experience or indirect experience
 - Can even be a workplace hazard (e.g., first responders)

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.).

Complex Trauma

Refers to severe stressors that:

- 1) Are interpersonal in nature
- 2) Are repetitive and prolonged
- 3) Occur at developmentally vulnerable times
- 4) Have persistent and pervasive effects

SAMHSA Definition

According to SAMHSA,¹ “trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional, or spiritual well-being.”

¹Substance Abuse and Mental Health Services Administration. (2012). *SAMHSA’s working definition of trauma and principles and guidance for a trauma-informed approach*. Rockville, MD: Substance Abuse and Mental Health Services Administration.



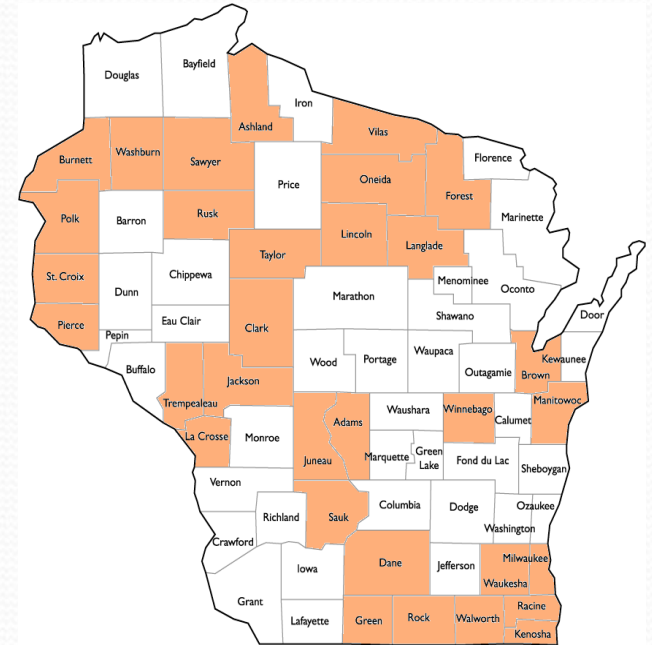
How Common is Trauma?

Trauma is Highly Prevalent

- In 2021, approximately 3 million children were the subject of a CPS investigation in the US
 - ~600,000 confirmed victims
 - 1,820 confirmed fatalities
- More than 60% of American adults report that they endured at least one *adverse childhood experience* (ACE)

The Families and Children Thriving Study

- Longitudinal study of risk and resilience (2015-present)
- 1,962 low-income families in Wisconsin who received perinatal home visiting services



Adverse Childhood Experiences



ACEs	%
Physical abuse	39.8
Sexual abuse	26.4
Emotional abuse	28.2
Physical neglect	12.2
Emotional neglect	18.0
Substance abuse	50.4
Mental illness	43.7
Domestic violence	36.6
Incarceration/Jail	37.9
Divorce/separation	43.8

*85% of women reported at least 1 ACE

*68% reported 2 or more ACEs

Adverse Adult Experiences

Spouse/Partner	%	Other	%
Physical or Emotional Abuse	52.7	Sexual Assault	15.8
Sexual Abuse	12.9	Crime Victimization	31.6
Alcohol Misuse/Drug Use	42.9	Homelessness	37.6
Mental Health Problem	35.6	Chronic Poverty	25.4
Incarceration/jail	50.1	Discrimination	52.3

1+ = 86.0%; 2+ = 70.9%

Disability and Trauma

- Children with disabilities are increased risk of abuse & neglect¹
- Adults with disabilities are at risk of interpersonal violence²
- Most abuse is perpetrated by someone known to the victim³

¹Fang, Z., et al. (2022). Global estimates of violence against children with disabilities: An updated systematic review and meta-analysis. *The Lancet Child & Adolescent Health*, 6(5), 313-323.

²Hughes, R. B., et al. (2011). Prevalence of interpersonal violence against community-living adults with disabilities: A literature review. *Rehabilitation psychology*, 56(4), 302.

³Baladerian, N. J., et al. (2013). Abuse of people with disabilities. *Spectrum Institute Disability and Abuse Project*.



How Harmful is Trauma?



Primary Symptoms of Trauma (I or II)

- Intrusion (re-experiencing, intrusive memories, nightmares, dissociative flashbacks)
- Avoidance (effortful or automatic, thoughts and feelings and external reminders)
- Hyperarousal (hypervigilance, sleep problems, aggression/irritability, low concentration)

Carlson, E. B., & Dalenberg, C. J. (2000). A conceptual framework for the impact of traumatic experiences. *Trauma, violence, & abuse*, 1(1), 4-28.

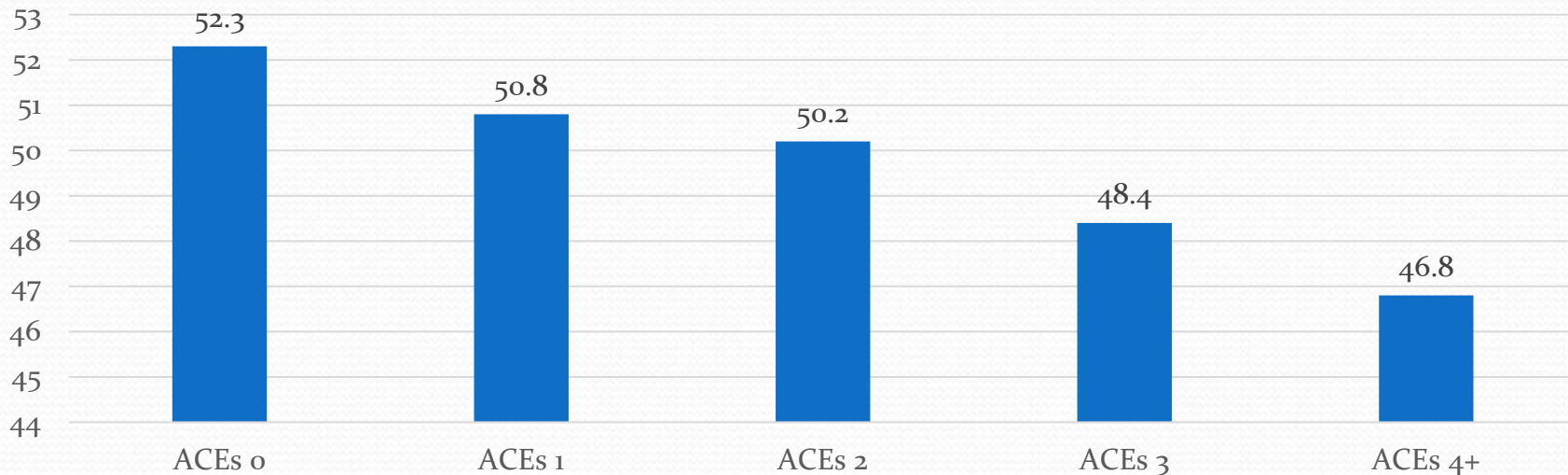


Long-Term Effects of Complex Trauma

- Physical health
- Behavioral health
- Mental health
- Employment problems
- Social problems

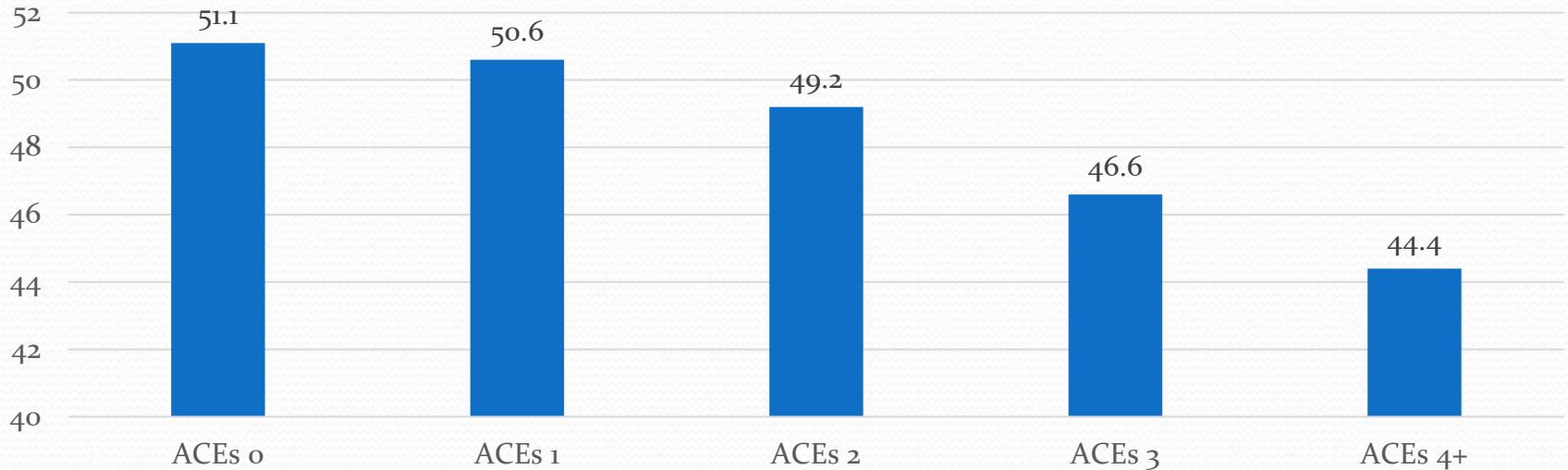
ACEs and Health

Global Physical Health Score
FACT Study (N=1,590)



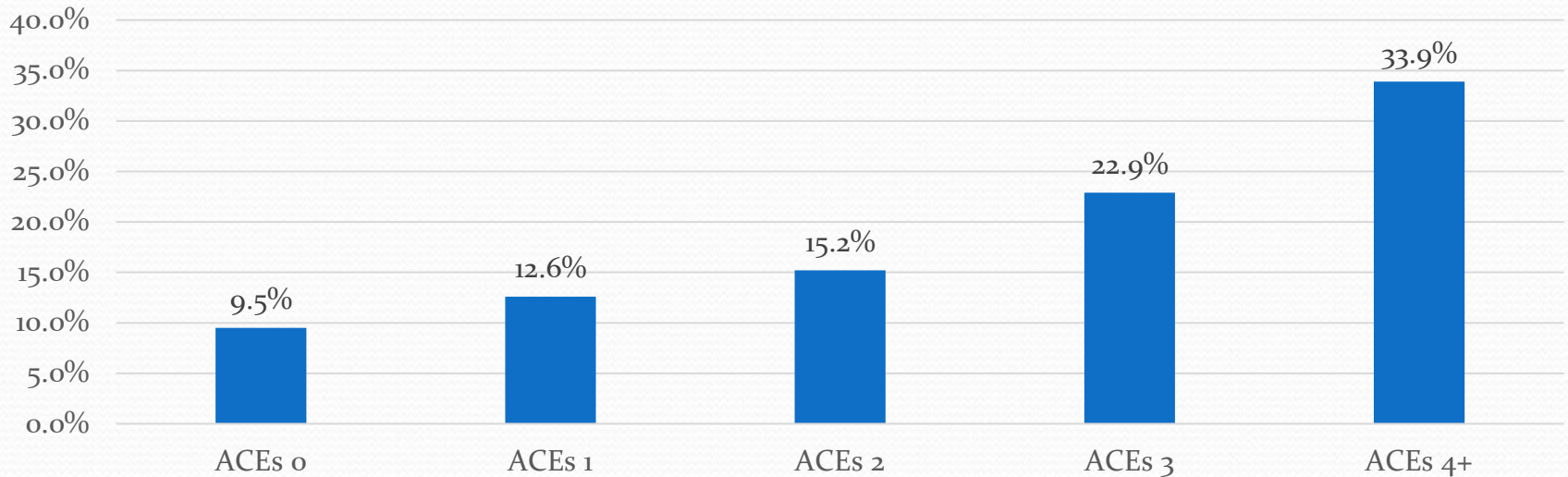
ACEs and Mental Health

Global Mental Health Score
FACT Study (N=1,599)



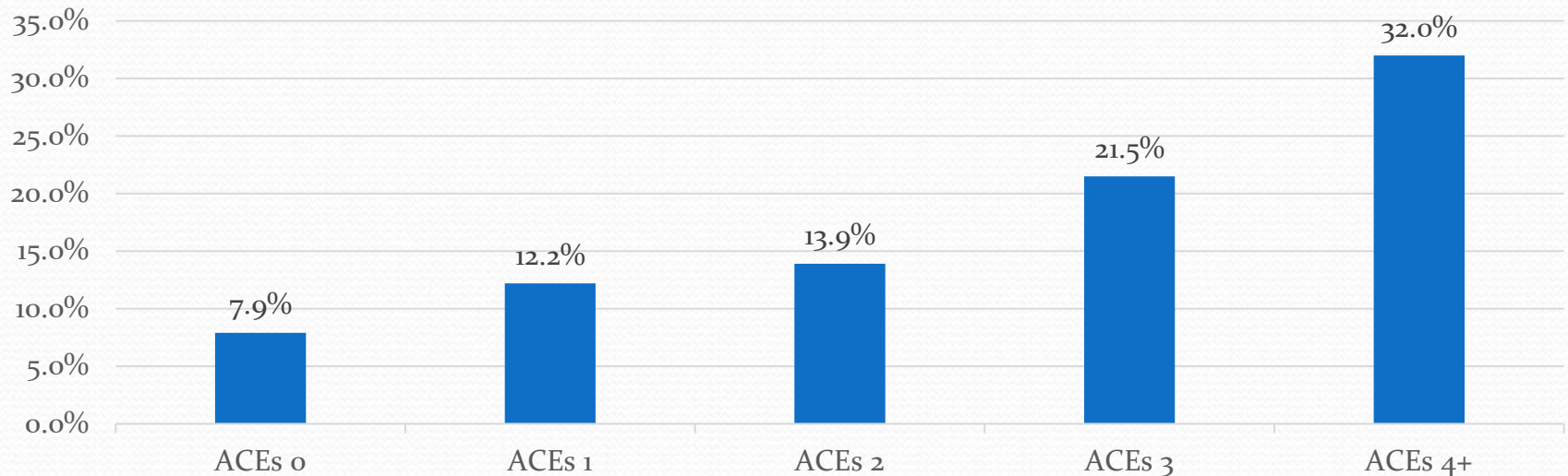
ACEs and Mental Health

Positive Anxiety Screener
FACT Study (N=1,588)



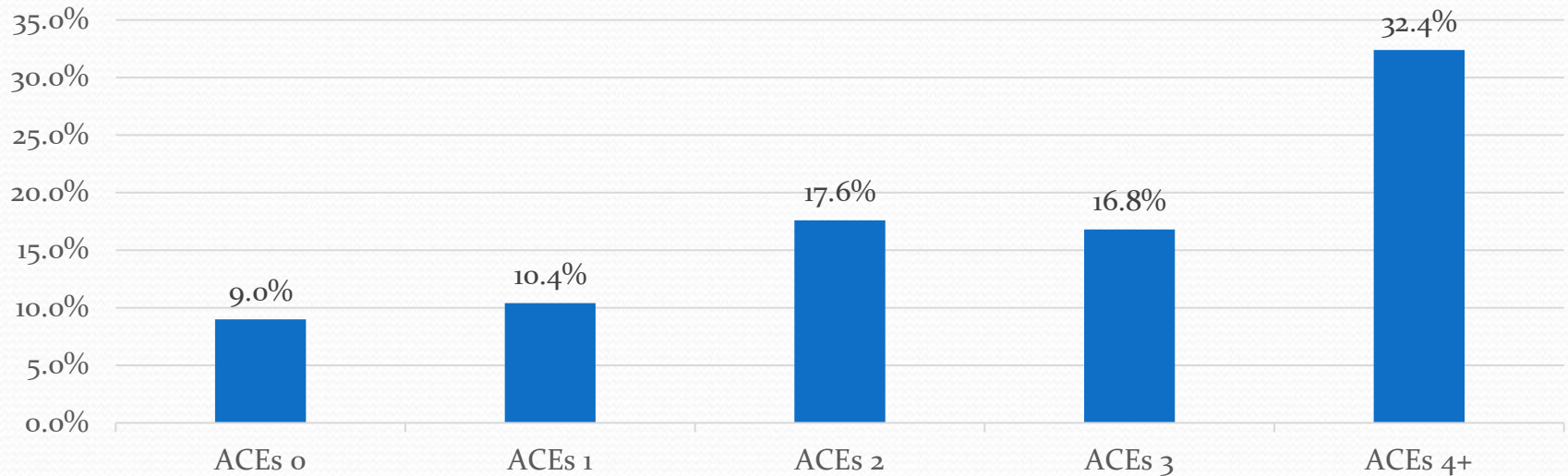
ACEs and Mental Health

Positive Depression Screener
FACT Study (N=1,576)



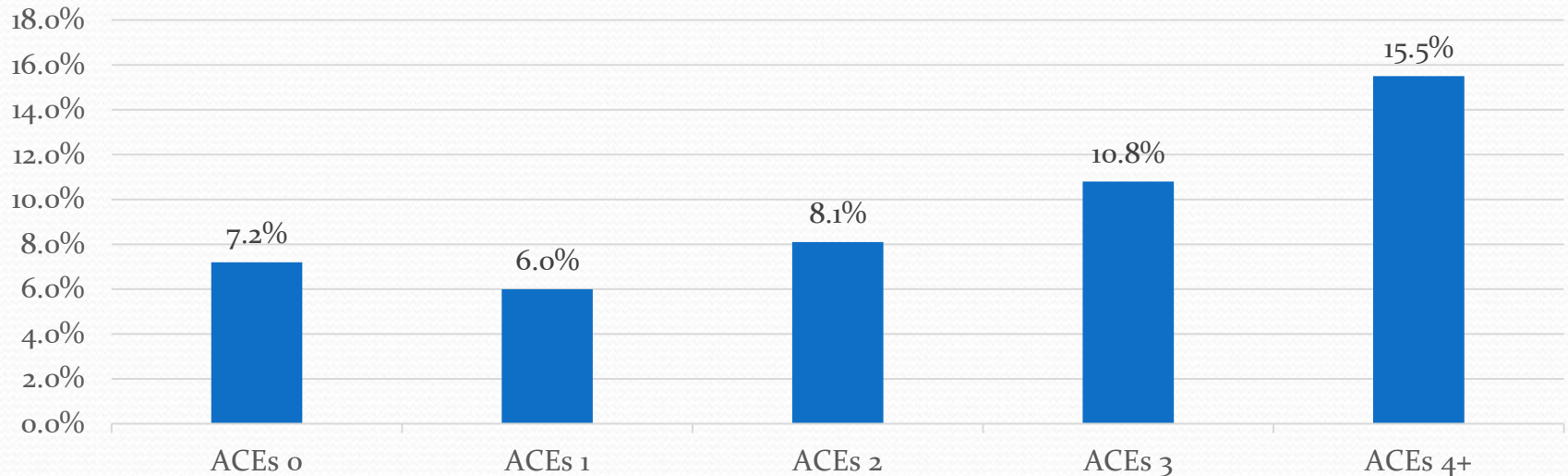
ACEs and Mental Health

Positive PTSD Screener
FACT Study (N=1,599)



ACEs and Behavioral Health

Positive Substance Abuse Screener FACT Study (N=1,572)





What Can We Do About It?



Trauma Informed Care Principles

- Safety
- Trustworthiness and transparency
- Empowerment and choice
- Collaboration and mutuality
- Peer support
- Cultural competence



Trauma Responsive Practices

- Screening and assessment
- Information giving
- Focus on coping including communication and calming skills
- Relationship focus (MI)
- Referral including referral to trauma focused treatment

Topitzes, J., Mersky, J. P., Mueller, D. J., Bacalso, E., & Williams, C. (2019). Implementing trauma screening, brief intervention, and referral to treatment (T-SBIRT) within employment services: A feasibility trial. *American Journal of Community Psychology*, 64(3-4), 298-309.

Trauma Focused Services

- Stabilization
- Resolution
- Consolidation

Question and Answers

Joshua P. Mersky

mersky@uwm.edu

Dimitri Topitzes

topitzes@uwm.edu