When The Titanic Meets the Iceberg: Addressing Trauma Beneath Addiction

Presenter
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Chasing the Scream

The First and Last Days of the War on Drugs
Adverse Childhood Experiences
ACE’s

Before age 18 (10 ACE’s)

- Abuse (physical, emotional, sexual and/or neglect)
- Exposure to parental domestic violence
- Parental mental illness or Substance Use Disorder
- Parental separation or divorce
- Loss of a parent through death, deportation, incarceration
Results

- Compared to an ACE’s Score of 0, a person with a score of 4 is 8 times more likely to develop a Substance Use Disorder.
- A score of 5, the person is 10 times more likely to develop a Substance Use Disorder.
- Life expectancy of a person who scores 6 is age 60 (monitoring).
Results Continued

- Each ACE increases Opioid relapse rates by 17%
- Each visit to a Trauma Informed program reduces relapses by 2%

Dr. Karen Dereffinko
University of Tennessee
Lessons From History

We are a nation of trauma survivors

- The early years
- Immigrants
- Refugees
- Wars
Lessons from History:

The Alcoholic Republic

“Americans drank more alcohol per capita, the first 40 years after the signing of The Declaration of Independence than anytime in our nations history.”
Rationale

- The British had all the tea
- Water was impure
- Milk spoiled easily
Martha Washington
Leader of the Temperance Movement
“We can’t stagger to freedom.”
Frederick Douglass
Leader of the Black Temperance Movement
The Bill of Rights

The first 10 Amendments of the Constitution reflects all the things a trauma survivor would need to feel safe.

Amendment 1
Freedom of Speech

Amendment 2
The Right to Bear Arms
Amendment 3
You don’t have to let soldiers live in your house.

Amendment 4
Nobody can search your body or your house unless they can prove to a judge there is a good reason to do so.
George Washington
Civil War
During the Civil War soldiers were given a pint of alcohol per day to deal with the trauma of war.
The National Residue of Our Historical Trauma

- More guns than people
- The highest homicide rate in the world
- The highest imprisonment rate in the world
- Leads the world in cigarette smoking
- Leads the world in illicit drug
Trauma Continued

Because we have never recovered from our historical trauma we have a high tolerance for trauma without taking action.
You cannot have a trauma recovery movement in America without advocacy.

Judith Herman
Every Addictions Professional Needs to be an Advocate for Trauma Informed Care

A brief history

• Freud
• World War I
• World War II
• Vietnam War
• Modern Addictions Treatment
  ➢ Heavy confrontation
  ➢ Poor boundaries
  ➢ Treating chronic illnesses as acute
  ➢ Discharge for confirming the diagnosis
  ➢ Not treating trauma
Advocacy

- Within our agencies and field
- Allied Fields
- The broader community
What it Takes to be a Great Advocate for Clients

- Passion
- Courage
- Faith
- Love
- Inspirators
Gandhi
Dr. Martin Luther King
Pee-wee Reese
Malala Yousafzai
Diagnostic Categories and Treatment
PTSD

- The person has been exposed to a traumatic event
- Recurrent and intensive distressing recollections of the event
- Efforts to avoid conversations, activities, places and people that bring up memories of the event
- Difficulty falling or staying asleep, nightmares, flashbacks
Treatment

Cognitive Behavioral Therapy, Exposure Therapy, EMDR, Cognitive Processing Therapy
PTSD vs. Complex Trauma
With PTSD exposure to a specific traumatic event is required
Complex Trauma Includes Multiple Layers and Years of Traumatic Experiences

- Neglect
- Abandonment
- Multiple placements
- Parental substance abuse
- Adult emotional unavailability
- Multiple losses
- Exposure to domestic violence
- Abuse
Most Common Symptoms of Complex Trauma

- Difficulty regulating emotions 65%
- Difficulty with impulse control 63%
- Negative self-image 62%
- Difficulty concentrating (ADD) 60%
- Aggression (Conduct Disorder) 56%
- PTSD 12%
- Substance Abuse 10%
Treatment

Cognitive Behavioral Treatment, Anger Management, Mindfulness Meditation, ARC Model etc.,
Historical Trauma

A cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma

- Brave Hart, 2000
Historical Trauma Features

- Loss of culture
- Survivor guilt
- Depression
- Traumatic stress symptoms
- Numbing
- Low self esteem
Historical Trauma Features
Continued

- Historical unresolved grief
- Substance use
- Suicidal ideations
- Traumatizing others at the micro and macro levels
Tattoos on the Heart

The Power of Boundless Compassion

Gregory Boyle
Founder of Homeboy Industries

Winner of the 2011 PEN Center USA Literary Award for Creative Nonfiction
The Healing of Historical Trauma

- Awakening and Collective Commitment
- Mass Mobilization
- Personal and Collective Mourning
- Forgiving the Unforgivable
- Return to culture
- Achieving a new harmony
- Cultural revitalization and celebration

White and Coyhis
24-7-365  Terror
An Existential Concern

How long do African American and Latino males live?
Dispelling the Myth

- 500 – 700 murders annually
- 40,000 annual births in Chicago
- 2.7 million residents
Dispelling the Myth Continued

- 9 million residents of Cook County
- 112 murders in Englewood over last 20 years
- 73 thousand residents of Englewood
- Life expectancy of African American men in Chicago is age 70. Hispanic Latino males age 73
3 Waves of Trauma Informed Treatment
First Wave

- Psychodynamic Approaches
  Judith Hermann
- Safety
- Remembering and mourning
- Reconnection
  - Finding a survivor mission
  - Striving to reach your potential
Second Wave

- Cognitive Behavioral Therapies
Third Wave

- Experiential Approaches
September 11th survivors were asked what helped them most with their trauma

- Acupuncture
- Massage
- Yoga
- Movement
Agency's Have an Ethical Responsibility to Create Trauma Informed System of Care

A trauma informed system of care recognizes and therapeutically responds to the impact of traumatic stress on those who have contact with the system from the initial phone call, through termination and follow-up. In a trauma informed system of care every member of the service team has an awareness of their role in reducing the impact of trauma on those seeking services.
The First 5 Minutes of Contact

- A warm greeting
- Pictures on the wall
- Magazines in the waiting room
- A short wait
- An inviting waiting room
- Positive service energy
Principles of Trauma Informed Care Continued

- Parallel Process - How we treat each other impacts how we treat clients
- Do no harm
Do No Harm

- Avoid heavy confrontation
- Use person first language
- Avoid stigmatizing language
  - Addict
  - Dopefiend
  - Dirty drop
  - Clean
- Natural consequences rather than punishment
Do No Harm Continued

• Client is in charge of disclosure
• Missing details are ok
• One experience can stand for many
• Healthy boundaries
• Guard against compassion fatigue/secondary trauma
Sign of Compassion Fatigue

- Loss of energy
- Loss of hope
- Loss of idealism
- Spiritual distress
- Shift in your world view
- Depersonalization
Depersonalization
Compassion Fatigue Protective Factors

- Laughter
- Feelings of appreciation
- Team cohesion
- Outlets to discuss traumatic experiences