

SIU Edwardsville

Presents

*When the Titanic Meets the Iceberg:
Addressing Trauma Beneath Mental
Illness and Addiction*

Presenter

Mark Sanders, LCSW, CADAC

Millions of dollars have been spent to prove that mental illness and addiction are brain diseases.



What are the reasons we tend to ignore the impact of trauma?

We are a nation of unhealed trauma survivors

- *Slavery*
- *Indentured servitude*
- *Native Americans*
- *Latino/Hispanics*
- *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*





American Revolutionary War 1775-1783



Martha Washington
Leader of the 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



Civil War 1861-1865

During the Civil War soldiers were given a pint of alcohol per day to deal with the trauma of war.



September 11 Memorial

The National Residue of Our Unresolved 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

Columbine High School



Sherman School Shooting



Parkland School Shooting

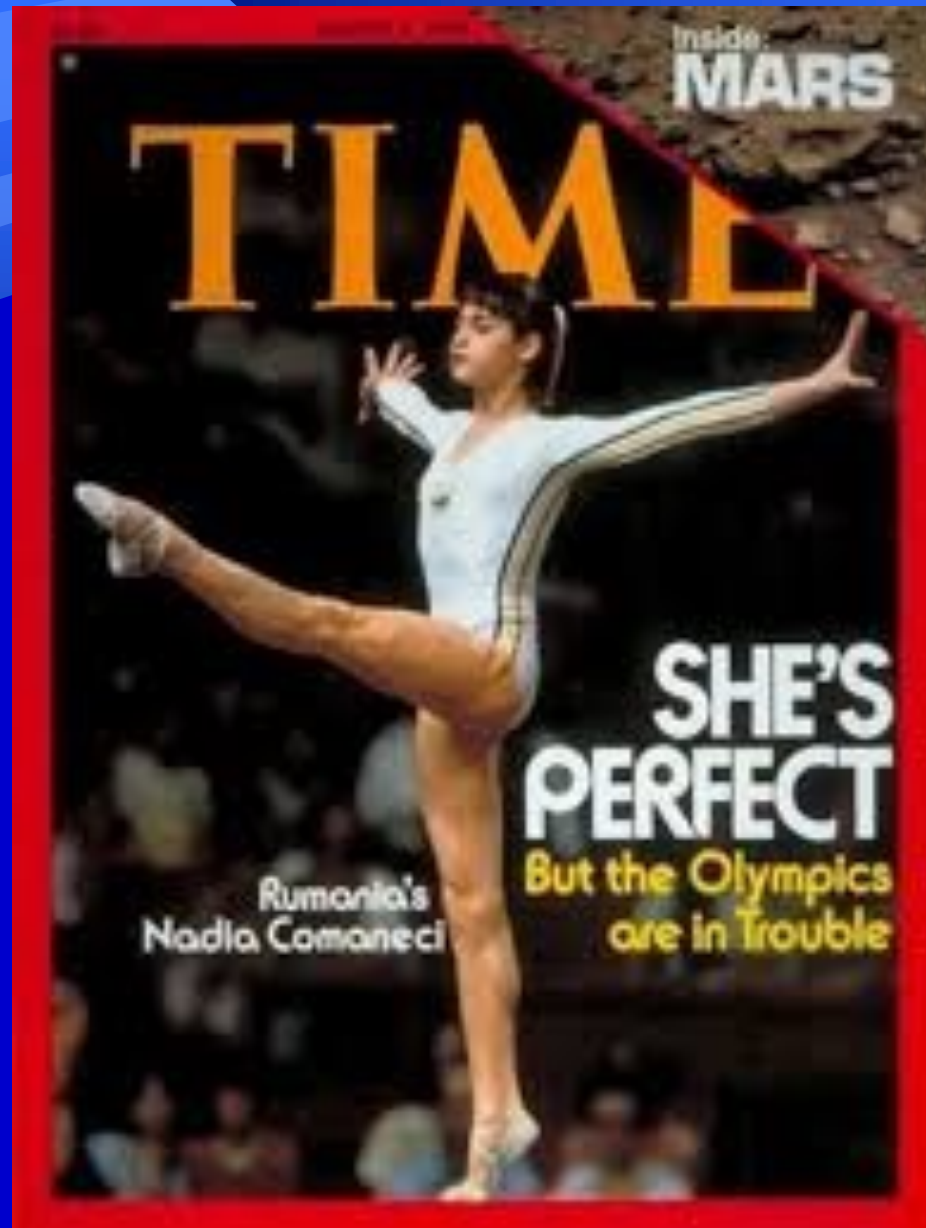


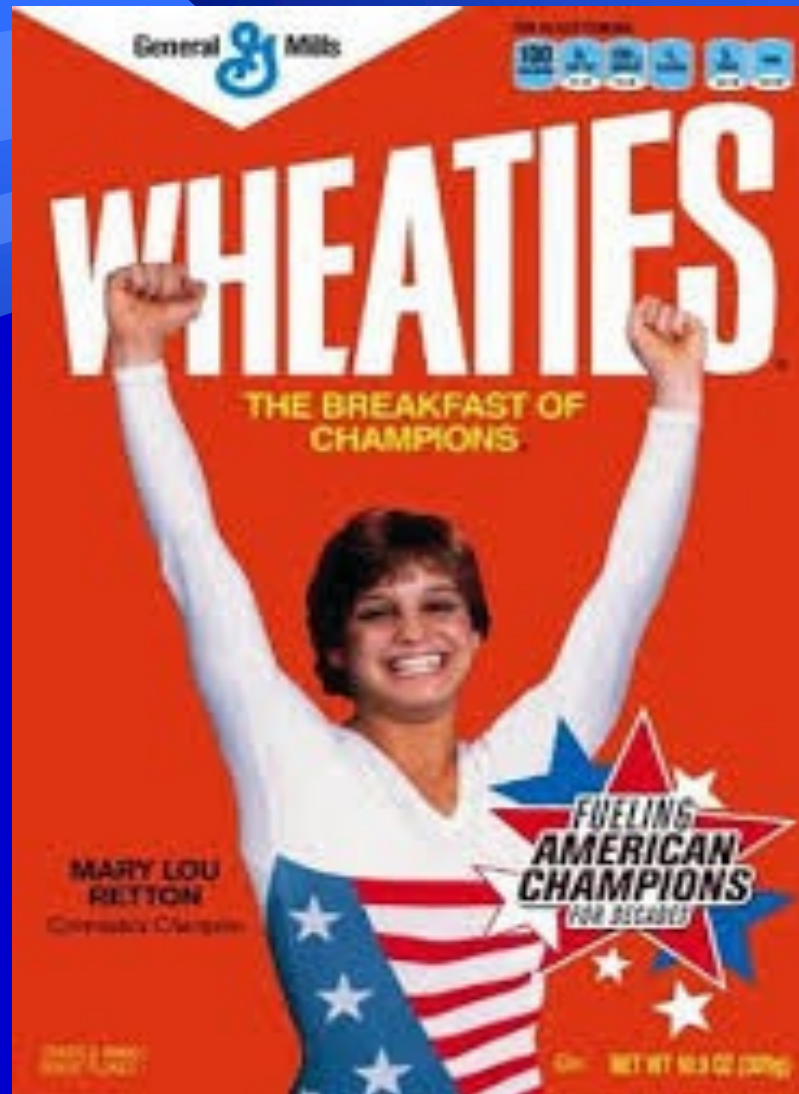
Sandy Hook Elementary School











Mary Lou Retton

You cannot have a trauma recovery movement in America without advocacy.

Judith Herman

Center for Disease Control and Prevention

The Adverse Childhood Study (ACE)

Research with Nearly 18,000 Adults

*Discovered A Strong Correlation Between
Early Childhood Trauma and
Physical and Mental Illness in Adulthood*

ACE Study

Directions – For each “yes” answer, give yourself one point. For each “no” answer, give yourself zero points.

When you were growing up in your household, before age 18, did you have any of the following experiences?

- 1. Often had a parent or someone else in the household who swore at you, yelled at you, and sometimes, or often, acted in a way that made you believe you might be physically hurt. _____*
- 2. Sometimes, often, or very often, were you pushed, grabbed, slapped, or had something thrown at you, or hit so hard that you had marks or were injured? _____*

ACE Study Continued

3. *An adult or person at least five years older ever touched you or fondled you in a sexual way, had you touch their body in a sexual way, attempted oral, anal, or vaginal intercourse with you or actually had oral, anal, or vaginal intercourse with you. _____*
4. *Were you ever made to feel unloved, unprotected, and not special in your home? _____*
5. *Were there times when you did not have food, clean clothes, and a place to live? If you were sick, were there times when an adult did not take care of you consistently? _____*

ACE Study Continued

6. *Did you ever witness your mother or stepmother get pushed, grabbed, slapped, hit, or have something thrown at her? _____*
7. *Was there anyone in your household who was a problem drinker, alcoholic, or who used street drugs? _____*
8. *Did you live with a household member who was depressed, mentally ill, or attempted suicide? _____*
9. *Were your parents ever separated or divorced? _____*
10. *Did you ever have a household member who went to prison? _____*

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)*

Follow-up Research on the ACE Study

Year

2010

- *link between lung cancer and childhood trauma*

2009

- *link between childhood trauma and premature death*
- *prescription drug abuse*

Follow-up Studies Continued

2008

- *pulmonary disease and childhood trauma*

2007

- *mental illness in adulthood*
- *cigarette smoking*

2006

- *early alcohol and drug use*

2005

- *homelessness in adulthood*

Follow-up Studies Continued

2004

- *depression in adulthood*
- *liver disease*
- *heart disease*
- *teen pregnancy*

2003

- *illicit drug use*
- *mental illness*

Follow-up Studies Continued

2002

- *alcoholism and depression in adulthood*

2001

- *suicide attempts and risky sexual behavior*

2000

- *HIV and other sexually transmitted diseases*

A NEW YORK TIMES BESTSELLER

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, M.D.

THE NEW YORK TIMES BESTSELLING AUTHOR OF THE COMRADES
AND THE BODY KEEPS THE SCORE
WITH ELLIOT GROSSMAN, THE SCIENCE OF THE HEALING OF TRAUMA
AND THE HEALING OF TRAUMA



*September 11th survivors were asked
what helped them most with their trauma*

- *Acupuncture*
- *Massage*
- *Yoga*
- *Movement*
- *Dance*





Organizations 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.

Becoming a Trauma Informed System of Care

- *Announce your decision to become trauma informed*
- *Create a trauma informed change team*
- *Train the entire staff in trauma informed care*
- *Make sure that policies and procedures reflect trauma informed care*
- *Put measures in place to maintain morale and to assure that staff turnover is low*

Trauma Informed Nursing

A patient-centered approach to health care that calls upon nurses to provide care in a way that prevents re-traumatization of patients, their family and co-workers.

Trauma Informed Nursing Involves

- *Recognition of the prevalence of trauma*
- *Patient voice*
- *Warmth and kindness*
- *Collaboration*
- *Recognition that patients are more than their diagnosis*

Trauma Informed Nursing Continued

- *Empowerment and choice*
- *Acceptance (regardless of differences)*



- *Self-care to prevent burnout and depersonalization*

What Helps

- *Laughter*
- *Daily centering rituals*
- *Alone time*
- *Support*
- *Meaningful volunteerism that is non-trauma related*
- *Supportive supervision*
- *Team cohesion*
- *A best friend at work*

Trainers' Contact Information

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That's all Folks!