

Trauma-Informed Care and Self-Care

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1

Overview

1. Introduction to WCASA
2. Trauma-Informed Care
 - What is Trauma?
 - Prevalence & Impact of Trauma
 - What is Trauma-Informed Care?
 - Freethinking Exercise
3. Self-Care
 - How Work Impacts Us
 - Trauma Stewardship
 - Frameworks and Strategies for Self-Care
 - Self-Care Practice



2



Wisconsin Coalition Against Sexual Assault

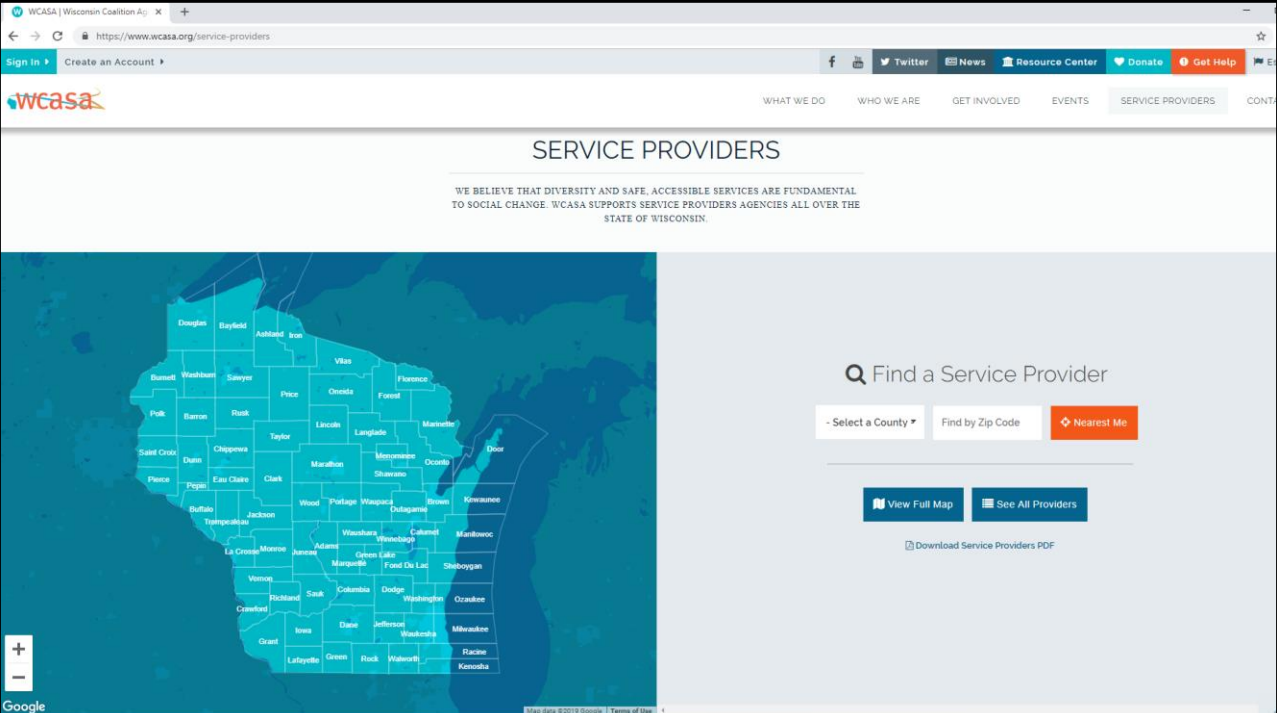
Mission:

Creating the social change necessary to end sexual violence

- State, regional, and local training
- Individualized technical assistance
- Webinars
- Resource library
- Policy advocacy / lobbying



3



The screenshot shows the WCASA website's 'SERVICE PROVIDERS' page. The page features a navigation bar with links for 'WHAT WE DO', 'WHO WE ARE', 'GET INVOLVED', 'EVENTS', 'SERVICE PROVIDERS', and 'CONTACT'. Below the navigation is a search bar with the text 'Find a Service Provider'. There are three input fields: '- Select a County', 'Find by Zip Code', and a red button labeled 'Nearest Me'. Below the search bar are two buttons: 'View Full Map' and 'See All Providers'. At the bottom of the search area, there is a link to 'Download Service Providers PDF'. The main content area is dominated by a map of Wisconsin, with county names labeled across the state. The map is overlaid on a dark blue background.

4

TA & Training Examples



Developing and sustaining multi-disciplinary teams



Building Networks: collaboration between SASPs and FP/RH



Incorporating consent messaging into sexual health education



Legal topics (sexual assault laws, mandatory reporting, etc.)



5

Trauma-Informed Care



6

What is trauma?

“Individual trauma results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or life-threatening with lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

—[SAMHSA](#)



7

Prevalence of Trauma

61% of men

51% of women

64% of children

90% of clients in public behavioral health settings



8

Trauma Symptoms

Cognitive

- Intrusive thoughts of the event that may occur out of the blue
- Nightmares
- Visual images of the event
- Loss of memory and concentration abilities
- Disorientation
- Confusion
- Mood swings

Behavioral

- Avoidance of activities or places that trigger memories of the event
- Social isolation and withdrawal
- Lack of interest in previously-enjoyable activities

<https://www.cascadebh.com/behavioral/trauma/signs-symptoms-effects/>



9

Trauma Symptoms

Psychological

- | | |
|--|--|
| <ul style="list-style-type: none"> • Overwhelming fear • Obsessive and compulsive behaviors • Detachment from other people and emotions • Emotional numbing • Depression • Guilt – especially if one lived while others perished | <ul style="list-style-type: none"> • Shame • Emotional shock • Disbelief • Irritability • Anger • Anxiety • Panic attacks |
|--|--|



10

Trauma Symptoms

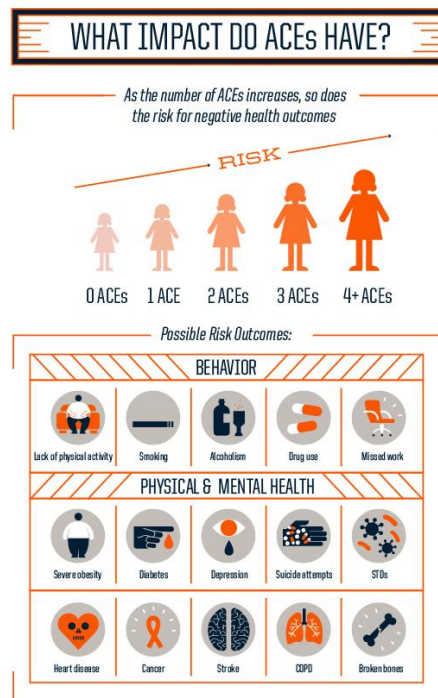
Physical

- Easily startled
- Tremendous fatigue and exhaustion
- Tachycardia
- Edginess
- Insomnia
- Chronic muscle patterns
- Sexual dysfunction
- Changes in sleeping and eating patterns
- Vague complaints of aches and pains throughout the body
- Extreme alertness; always on the lookout for warnings of potential danger



11

Impact of Trauma



12

Wisconsin Public Television

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NOT ENOUGH APOLOGIES WATCH TRANSCRIPT RELATED VIDEO LEARN MORE

not enough apologies
▶
trauma stories

00:00 / 56:47

MAY 13, 2019 | LENGTH: 56M 47S

Not Enough Apologies: Trauma Stories
Explore how adverse childhood experiences can result in changes to the brain, leading to cascading behavioral and mental health problems. Discover how service providers across Wisconsin are working to be responsive to trauma in efforts to change the trajectory for affected children.

https://wpt4.org/trauma/?utm_source=carousel_bundle_3&utm_medium=image&utm_campaign=pbs_homepage

13

What is trauma-informed care (TIC)?

“TIC is defined as practices that promote a culture of safety, empowerment, and healing.” –[Harvard Health Publishing](#)

In TIC, “People’s experience and behavior are understood in the context of coping strategies designed to survive adversity and overwhelming circumstances.” –[SAMHSA](#)

Moving from “what’s wrong with you?” to “**what happened to you?**”

14

Assume that everyone
you interact with has
experienced some form
of trauma.



15

6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

The CDC's Office of Public Health Preparedness and Response (OPHPR), in collaboration with SAMHSA's National Center for Trauma-Informed Care (NCTIC), developed and led a new training for OPHPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work. Participants learned SAMHSA'S six principles that guide a trauma-informed approach, including:



Adopting a trauma-informed approach is not accomplished through any single particular technique or checklist. It requires constant attention, caring awareness, sensitivity, and possibly a cultural change at an organizational level. On-going internal organizational assessment and quality improvement, as well as engagement with community stakeholders, will help to imbed this approach which can be augmented with organizational development and practice improvement. The training provided by OPHPR and NCTIC was the first step for CDC to view emergency preparedness and response through a trauma-informed lens.

https://www.cdc.gov/cpr/infographics/6_principles_trauma_info.htm

16

1. Safety



17

We've heard **your voice...**
and taken **action.**

CHANGE #15

Female Students Said: "We'd like more gyn availability."

We Responded: We've added morning and afternoon appointments.

Thank You
for your feedback and time spent taking surveys about your UNCW experience.



2. Transparency and Trustworthiness



18

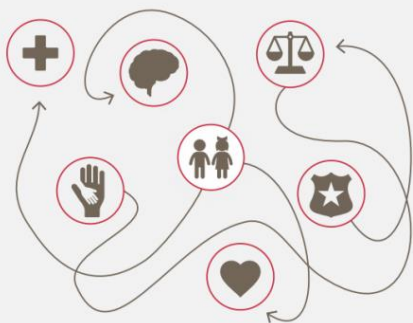
3. Peer Support



19

4. Collaboration & Mutuality

Without CACs



With CACs



*CAC: Child Advocacy Center



20

5. Empowerment, Voice & Choice

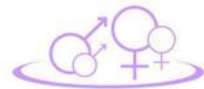


21

6. Cultural, Historical & Gender Issues



Diverse & Resilient



Wise Women Gathering Place
Promoting Peace, Respect, & Belonging



Cia Siab, Inc.

UMOS
Building Better Futures



22

TIC is NOT:

- Screening for every type of trauma under the sun during crisis
- Holding a focus group as your FIRST choice for assessment or evaluation
- Taking someone's trauma symptoms personally
- Trying to make someone trust the system
- Treating everyone the same



23

Small Groups: Freethinking Exercise

What strategies could we implement to better address this principle of trauma-informed care? (Either individually, or agency-wide)



24

Self-Care



25

What to call the impact this work has on us?

- **Secondary or Vicarious Trauma**

Emotional & physical effects experienced through vicarious exposure to the details of the traumatic life events of others

- **Compassion Fatigue**

Emotional residue of exposure to working with those suffering from the consequences of traumatic events

- **Burnout**

Feeling that things that once inspired passion are now unpleasant; causing work stress, lack of motivation



26

WHO Redefines Burnout As A 'Syndrome' Linked To Chronic Stress At Work

May 28, 2019 - 3:39 PM ET
Heard on Morning Edition

RHITU CHATTERJEE 

CARMEL WROTH  

Updated 7:55 p.m. ET

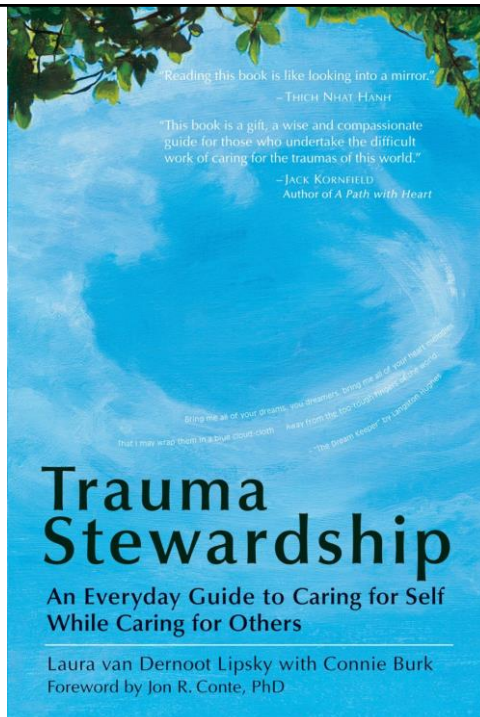
The World Health Organization is bringing attention to the problem of work-related stress. The group announced this week that it is updating its definition of burnout in the new version of its handbook of diseases, the *International Classification of Diseases – ICD-11* – which will go into effect in January 2022

The **new definition** calls it a "syndrome" and specifically ties burnout to "chronic workplace stress that has not been successfully managed."



Chronic stress at work can lead to burnout, a syndrome defined by the World Health Organization as including depleted energy, exhaustion, negativity, cynicism and reduced productivity.

baona/Getty Images





29

The ABC's

- Awareness:** being attuned to one's needs, limits, emotions, and resources; practicing self-acceptance
- Balance:** maintain work/life balance; making time for work, play, and rest
- Connection:** maintaining supportive relationships

wcasa

30

TYPES OF SELF-CARE

PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest

EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness

SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help

SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space

PERSONAL

- Hobbies
- Knowing yourself
- Personal identity
- Honoring your true self

SPACE

- Safety
- Healthy living environment
- Security and stability
- Organized space

FINANCIAL

- Saving
- Budgeting
- Money management
- Spurging
- Paying bills

WORK

- Time management
- Work boundaries
- Positive workplace
- More learning
- Break time

31

SELF-CARE WHEEL

's Self-Care Plan!

MIND

SUPPORTIVE PEOPLE IN MY LIFE

BODY

I WANT TO ACCOMPLISH

SPIRIT

MY WEEKLY SELF-CARE PLAN

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Coping Skills Bingo

get help	music	pop bubble wrap	exercise	write a story or poem
sing	stress ball	yoga	10 deep breaths	read
play outside	draw	FREE SPACE	paint	talk to someone
watch a movie	talk to a friend	eat healthy	do something different	friends
walk away	do something new	Go for a walk	sleep	play a game

21 DAYS TO A MORE IMPACTFUL YOU MOVEMENT SELF-CARE CHALLENGE

My self care plan

I can exercise my body by...

I can relax my body and mind by...

I can make myself happy by...

THIS IS ME

I can help people who I love...

I can keep myself clean and tidy by...

I can look healthy and happy...

32

Take Action: YOU

- Be proactive
- Find what works for you
- Make it part of your routine
- Ask for help



33

Take Action:
COWORKERS

- Team spirit
- Celebration and appreciation
- Share workload
- See the big picture



34

Take Action:
ORGANIZATION

- Policies and practices
- Salary and benefits
- Support and supervision
- Training



35

Self-Care
Practice



Journaling



Resiliency Quiz



Gratitude Activity



Stretching for Stress Relief



36

Feel Good Stretches

- **Benefits:** Stretching can improve flexibility, release tight muscles, lower stress levels, help with headaches, neck & back stiffness, improve posture & mood, etc
- Great as a standalone workout, or as a warm up or cool down
- 25 Seconds / Interval
- No equipment



https://www.youtube.com/watch?v=a9WC_eLmP30

37

Contact me!

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38