

Trauma

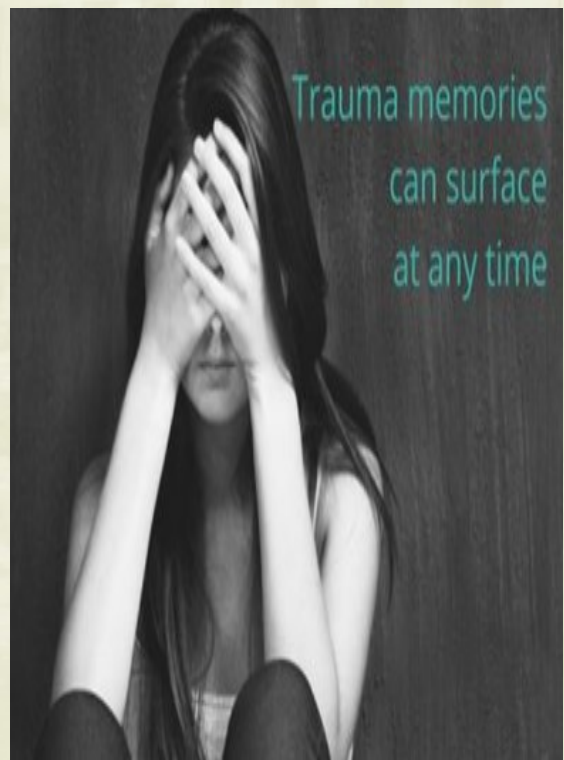
K A N A W E Y I M I K C H I L D & F A M I L Y S E R V I C E S I N C .

SPECIAL POINTS OF INTEREST:

- TRAUMA is common. It is estimated that one-half to two-thirds of children experience trauma. All organizations and schools work with children who have experienced trauma, but you may not know who these individuals are. Everyone has an important role to play in providing stability and a safe space for children and individuals.

T R A U M A A W A R E N E S S

TRAUMA AWARENESS “A trauma informed approach begins with building awareness among staff and clients of the commonness of trauma experiences; how the impact of trauma can be central to one’s development; the wide range of adaptations people make to cope and survive after trauma; and the relationship of trauma with substance use, physical health and mental health concerns. This knowledge is the foundation of an organizational culture or trauma-informed care”



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T R A U M A I N F O R M E D

What Does Becoming Trauma Informed Mean? When an organization, such as Kanaweyimak Child & Family Services provide services at ALL levels in a manner that reflects an understanding of trauma and the impact traumatic experiences have on an individual. At a basic level, an organization has adopted a trauma informed approach when asking, “What has happened to you?” instead of “What is wrong with you?” when designing and delivering service.

TRAUMA

Principles of Trauma Informed Practice:

- Some of the principles of trauma informed practice include: P Provide trauma informed awareness and understanding of trauma's impact on individual's P View trauma as an experience P Establish safety and stabilization P Create connections P Support staff / wellness / self care.
- Compassion Fatigue: includes provider burnout and vicarious trauma:
- Burnout: is defined as the state of physical, emotional and mental exhaustion caused by long-term involvement in demanding situations. Associated with feelings of hopelessness and difficulties in dealing with work related responsibilities.



Resilience: is defined as the positive capacity to cope, adjust to, or recover from stress and negative life events, personal traits, skills and responses that enable thriving in the face of adversity. Consider talents, energies, strengths and constructive interests; external influences such as family, community expectations and access to hobbies, sports, activities in the community that can support your resiliency.

Excerpts taken from www.ahwg.net Trauma & Resilience, An Adolescent Provider Toolkit. Adolescent Health Working Group.

VICARIOUS TRAUMA

Vicarious trauma (VT): is defined as work-related, secondary exposure to extreme or traumatic events. VT can be the result of exposure of helpers to the traumatic experiences of others (i.e. family, friends, co-workers). The helper experiences a transformation of their own being as a result of responding to and empathy of other's difficult experiences. It is important that you are aware of the signs and symptoms of VT and compassion fatigue (CF) so you can recognize them in yourself and others. VT and CF manifest themselves differently in each of us. The following includes some signs and symptoms of VT and CF and is not an exhaustive list; exhaustion, insomnia, headaches, increased susceptibility to illness, increased alcohol consumption, absenteeism, anger/irritable, feeling helpless/hopeless, intrusive imagery, numbing, social withdrawal, disconnected from loved ones.

PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



10 TIPS

TO HELP SOMEONE EXPERIENCING TRAUMA

A traumatic event is any incident experienced by the person that is perceived to be traumatic... Mass traumatic events include terrorist attacks, mass shootings and severe weather events.” — MENTAL HEALTH FIRST AID



1. Learn about local resources in your community.
2. Ask how you can best help.
3. Talk with the person as an equal.
4. Offer support in whatever form seems right, including small things like a hug or having coffee together.
5. Know that behaviors like withdrawal, irritability and bad temper may be a response to trauma. Remain friendly.
6. Encourage the person to talk about their reactions if they feel ready and want to do so.
7. Don't interrupt to share your own feelings, experiences or opinions.
8. Don't trivialize the person's feelings or minimize his or her experience.
9. If the person wants help, offer your support and connect him or her with local resources and services.
10. If at any time the person becomes suicidal or begins abusing drugs or alcohol, seek professional help.

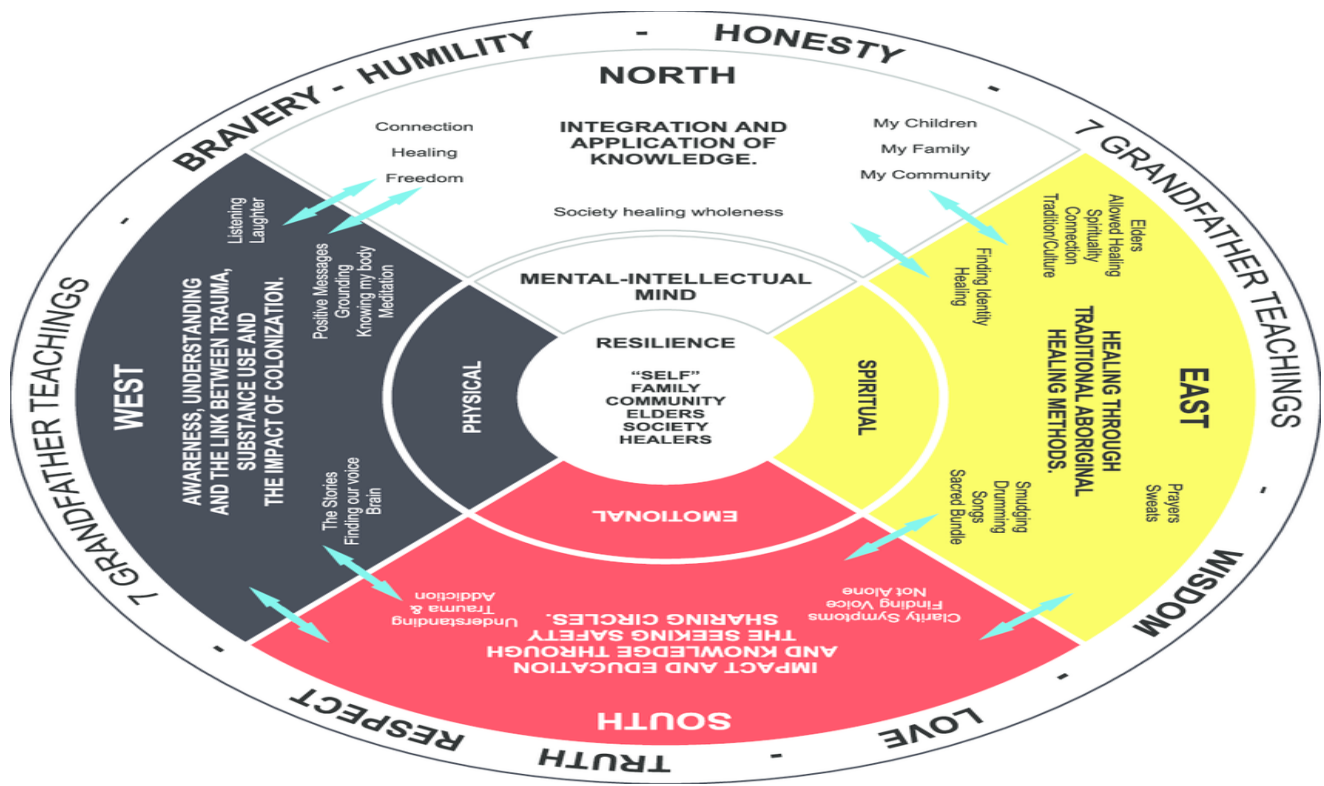


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History of Intergenerational Trauma



Indigenous Healing and Seeking Safety: A Blended Implementation for



Intergenerational Trauma and Substance Use Disorders