WA Firearm Tragedy Prevention Network

Working with a Trauma Informed Lens

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Tacoma–Pierce County Health Department
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View **ACEs Primer**

Exploring ACEs and the science of resilience.
Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and wellbeing

**Abuse**
- Emotional abuse
- Physical abuse
- Sexual abuse

**Neglect**
- Emotional neglect
- Physical neglect

**Household Challenges**
- Domestic violence
- Substance abuse
- Mental Illness
- Parental separation/divorce
- Incarcerated parent

People with 6+ ACEs can die

20 yrs earlier than those who have none

1/8 of the population have more than 4 ACEs

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4 or more ACEs

| 3x the levels of lung disease and adult smoking |
| 11x the level of intravenous drug abuse |
| 14x the number of suicide attempts |
| 4x as likely to have begun intercourse by age 15 |
| 4.5x more likely to develop depression |
| 2x the level of liver disease |

Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today

Dr. Robert Block, the former President of the American Academy of Pediatrics

67% of the population have at least 1 ACE
The Pair of ACEs

Adverse Childhood Experiences

- Maternal Depression
- Physical & Emotional Neglect
- Emotional & Sexual Abuse
- Divorce
- Substance Abuse
- Mental Illness
- Domestic Violence
- Incarceration
- Homelessness

Adverse Community Environments

- Poverty
- Violence
- Discrimination
- Poor Housing Quality & Affordability
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital

Ellis W., Dietz W. BCR Framework Academic Peds (2017)
Children, families & communities thrive

Goal:
Promote positive behavioral health and well-being.

Objectives:

• Increase availability and use of behavioral health services.

• Change social norms to improve visibility and acceptance of behavioral health.

• Promote ACEs awareness and prevention initiatives.

• Promote supportive and functional families and communities.
Promote ACEs awareness & prevention initiatives

Strategies:

• Develop series of ACEs/resiliency trainings.
• Implement Department policies to support Trauma-Informed approaches.
• Strengthen community capacity to prevent and mitigate ACEs and promote resiliency.
Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.
A program, organization, or system that is trauma-informed:

- Realizes the widespread impact of trauma and understands potential paths for recovery.
- Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system.
- Responds by fully integrating knowledge about trauma into policies, procedures, and practices.
- Seeks to actively resist re-traumatization.
# ACEs and Trauma-Informed Teams (ART)

<table>
<thead>
<tr>
<th>Team</th>
<th>Who</th>
<th>Purpose</th>
<th>Meeting s</th>
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<tbody>
<tr>
<td><strong>ART Coordinating Team</strong></td>
<td>8-Includes members of management team, program managers, program leads, front-line staff.</td>
<td>Facilitate trainings, communications, policy reviews and support to ART team. Schedule and plan agenda for ART Team meetings.</td>
<td>Monthly</td>
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<tr>
<td><strong>ART Team</strong></td>
<td>35-Includes program managers and leads, front-line staff.</td>
<td>Participate in trainings, share information with program staff, review practices for TI approaches. Report successes/progress and support needs to ART team.</td>
<td>Quarterly or as indicated</td>
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Measuring progress – staff survey

I understand the long-term effects of ACEs on lifelong health (n=100).
• Strongly Agree + Agree = 81%

I understand what it means to be a trauma informed organization (n=101)
• Strongly Agree + Agree = 38%.
Implementation guide/toolkit

• Posted on and updated our internal SharePoint.

• Includes links to videos, tips and tools.

• Articles, web sites and list-serves.
View Trauma-Informed approach video

Environmental health customer interaction.
Top ranked recommendations

- Live person option when making call to Department.
- Video screens at entrance with meeting information/location, health messages, events in multiple languages.
- In-person helpdesk (concierge) on ground floor.
- Edible garden at entrance.
Everyone in the Department as an “ambassador”

Promoting our Culture of Care

✓ Greet.
✓ Ask.
✓ Walk.
Trauma-Informed lens/Culture of Care

When you entered our building...

- Signage was clear.
- I felt welcomed.
- I felt safe.

Rate your agreement with the above statements.
Working with a Trauma-Informed Lens

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