

# RESILIENCE

*How's Your  
Bounce?*



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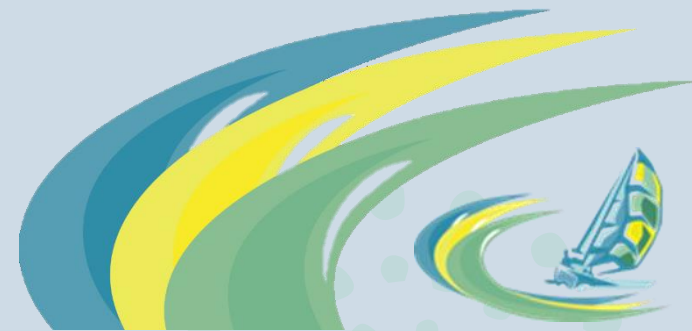
Community Counseling Center

February 17, 2020

# Learning Objectives

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- Introduction to Trauma-Informed Care.
- Discussion of contributing stress factors for caregivers.
- Common signs of stress.
- Strategies to minimize the potentially negative impacts of longterm caregiving.
- Empowerment through self-care.
- Tips to increase your resiliency.



# Introduction to Trauma-Informed Care

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# The Three E's in Trauma

## Events

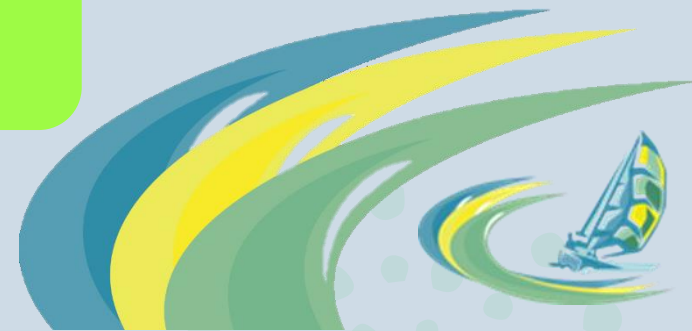
*Events/*  
circumstances cause  
trauma.

## Experience

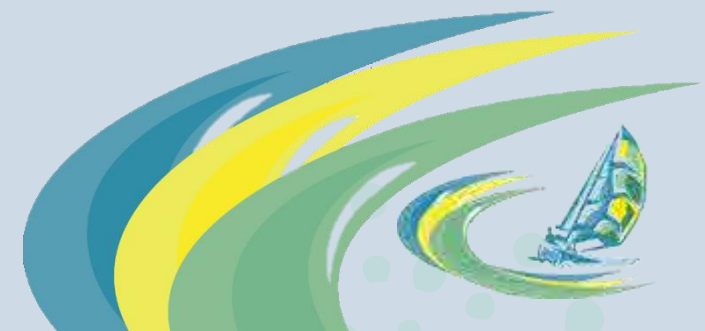
An individual's  
*experience* of the  
event determines  
whether it is  
traumatic.

## Effects

*Effects* of trauma  
include adverse  
physical, social,  
emotional, or  
spiritual  
consequences.



# ACES: Adverse Childhood Experiences Study





Source: <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/ace-graphics.html>



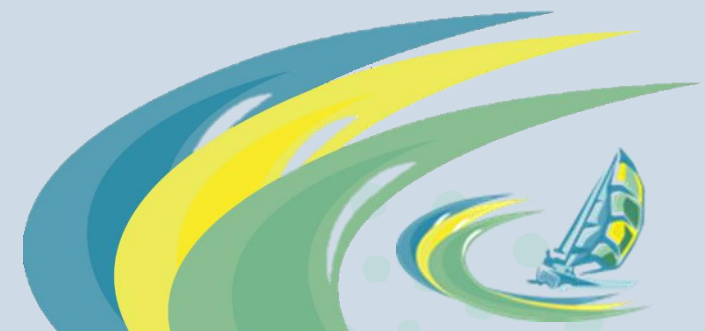


# Trauma in Persons with Developmental Disabilities

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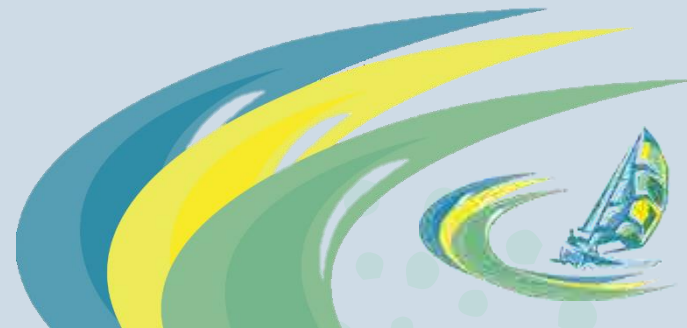
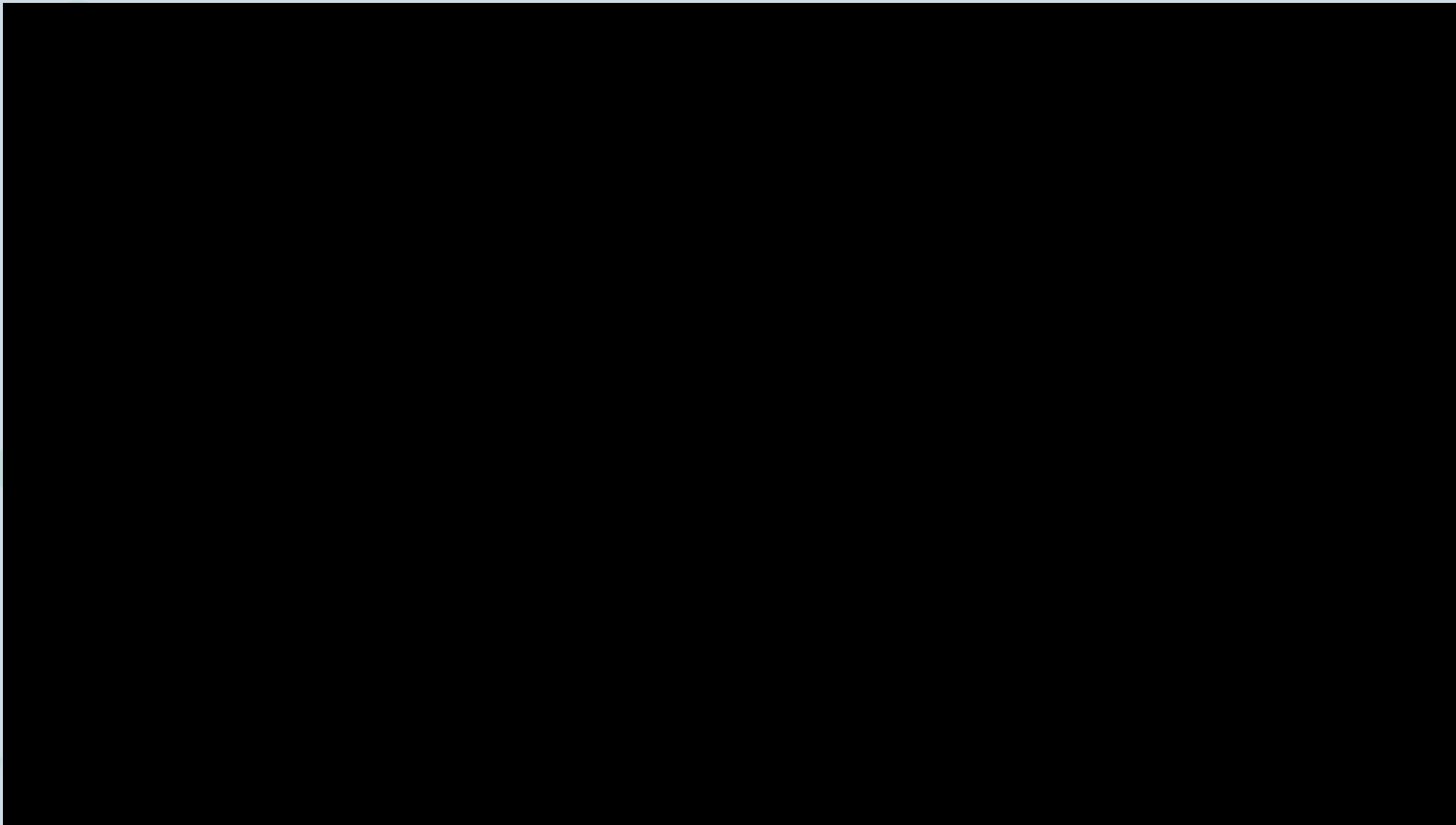


- **One out of every three** children and adults will experience abuse in their lifetime (Envision 2014)
- **More than 90% of the time**, inflicted by the very person they rely on to protect and support them (Envision 2014)
- **With limited verbal skills**, they may not have been able to tell anyone. And just because the actual traumatic event is over, it continues to play out in one's response to future situations (Envision 2014)
- Choose to **judge behavior less** and seek to understand what might be underneath and behind it (Envision 2014)



# Through Our Eyes: Children, Violence, and Trauma

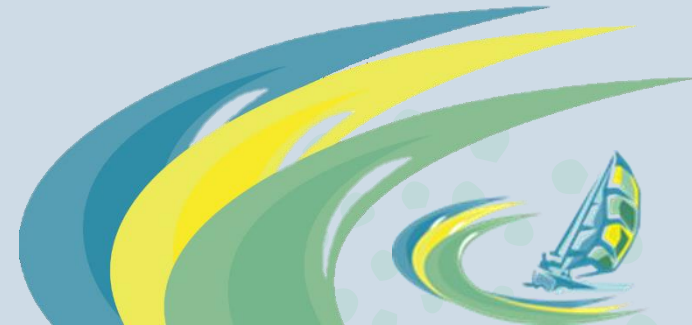
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# Brain Function





- Abstract Thought
- Concrete Thought

Peers, Teachers  
Community



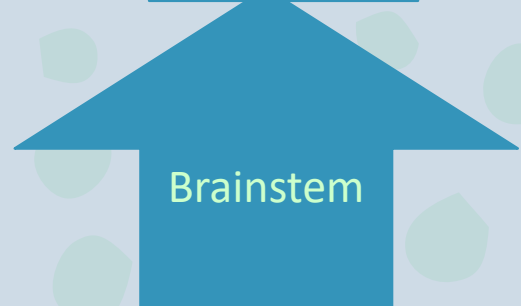
- Affiliation
- Attachment
- Sexual Behavior
- Emotional Reactivity

Family and Friends



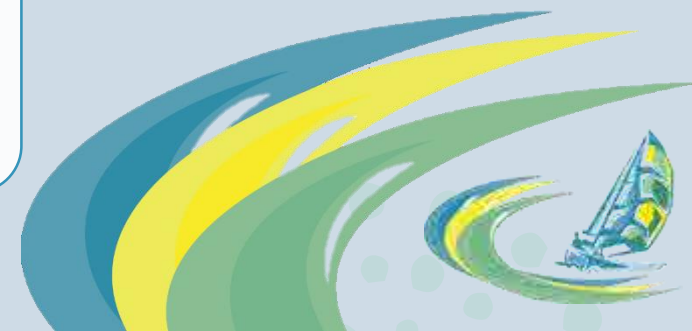
- Motor regulation
- Affect regulation
- Hunger/satiety
- Sleep

Caregiver



- Blood pressure
- Body temperature
- Heart rate
- Arousal states

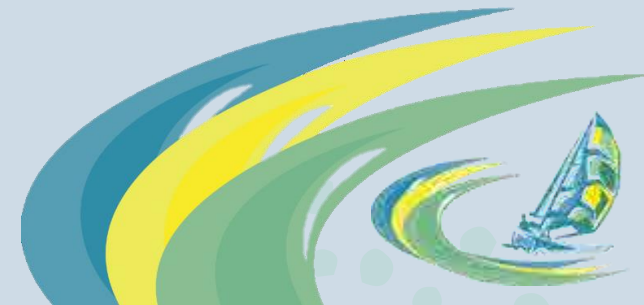
Mother



# **SAMHSA's Six Key Principles of a Trauma-Informed Approach**



- 1. Safety**
- 2. Trustworthiness and Transparency**
- 3. Peer Support**
- 4. Collaboration and Mutuality**
- 5. Empowerment, Voice, and Choice**
- 6. Cultural, Historical, and Gender Issues**



# Shift in Thinking: “The Four R’s”



## Evidence of a trauma informed approach:

### Realizes

- widespread impact of trauma and understands potential paths for recovery

### Recognizes

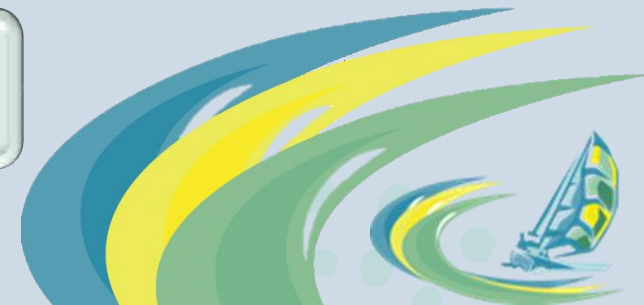
- signs and symptoms of trauma in clients, families, staff, and others involved with the system

### Responds

- by fully integrating knowledge about trauma into policies, procedures, and practices

### Resists

- re-traumatizing



# Trauma-Informed Care Begins With

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**YOU**

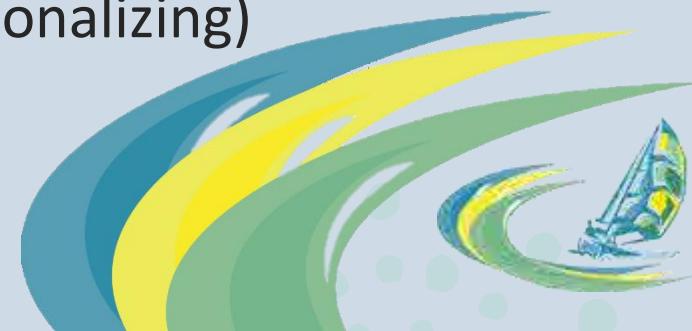
The Caregiver



# Self-Awareness

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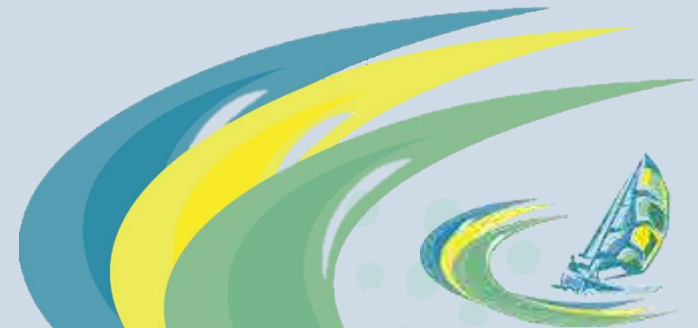
- “When a potential crisis is developing, how do I feel/act?”
  - Fear/Anxiety
  - Anger
  - Self-Concept/Ego
  - Attitudes, Stereotypes, Generalizations
  - Transference/Counter-transference (anger, projective, personalizing)
  - Stress-Related Symptoms
  - Coping Strategies



# Things To Remember

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- ✓ Body Language
- ✓ Tone of Voice
- ✓ Language Content
- ✓ Eye Contact
- ✓ Context
- ✓ Sequence





# Fostering Resilience Through Self-Care

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## And Connection

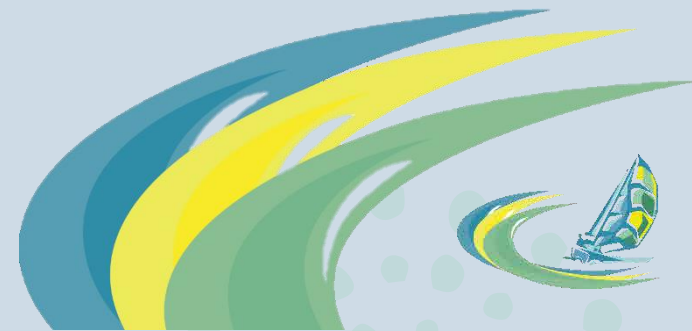


# Why Resilience Matters

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- Impact on development.
- 50% of brain development occurs after birth (Putnam, 2004).
- And continues to change over the life span (Doidge, 2008 & 2015).
- Impact of trauma can be repaired!!(Siegel,2012; Cozolino,2006, 2010, 2014; Banks, 2014).
- You have to put the oxygen mask on yourself first!

(Strong Families Safe Communities: Resilience Approach)



# Why Build Resilience?

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- Statistics show up to 90% of people with Developmental Disabilities (Gentile & Gillig, 2012, NCTIC, 2013) experience trauma & toxic stress.
- Trauma/Stress Impacts the Entire Person including:
  - ✓ Behavior
  - ✓ Functioning levels
  - ✓ Cognitive processing
  - ✓ Mental Health
  - ✓ Physical Health
- Resilience builds (in those we serve & ourselves) what is needed to release the effects trauma (as listed above) and toxic stress, and create the life you want, not the one you are driven to recreate.

(Strong Families Safe Communities: Resilience Approach)



# Top 5 Resilience Factors

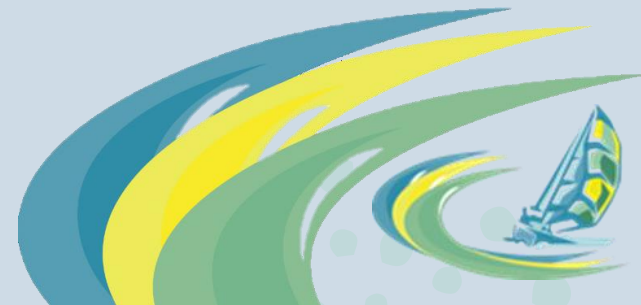
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## **5. Autonomy**

- What decisions can I make for my life?
- How do I define power?
- Is it power over or power with to have the power to achieve goals?

## **4. Self Esteem**

- Sense of Self–Personal Preferences (likes & dislikes)
- Sense of Self Worth–When do you feel loved and valued?
- Sense of Self-efficacy
- How do you affect change?
- How do I make things happen?
- How do I use & how do I want to use my powers of influence?



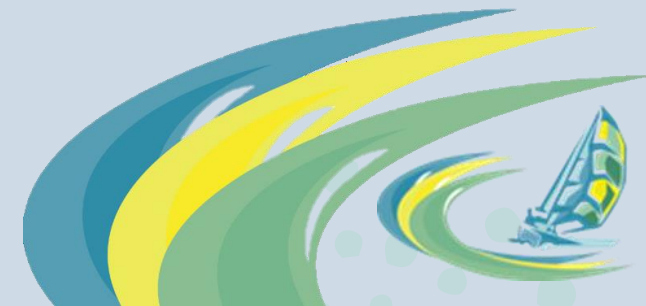
### **3.External Supports**

- Can be a person, pet, fantasy
- Or a spiritual or other belief system
- What is my system of meaning?
- How do I make sense of my world?

**2. Affiliation**(With a cohesive supportive group working toward a positive goal or recognition of your own acts that contribute to the greater good)

- To what groups do I belong?
- What are my circles of connection?

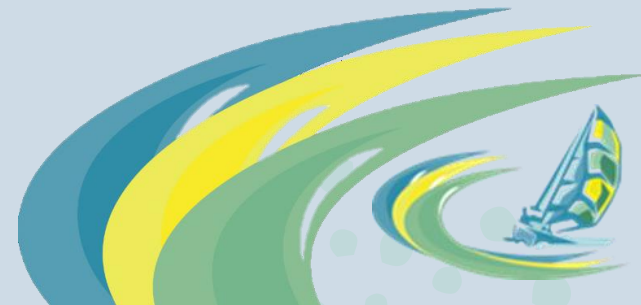
(Strong Families Safe Communities: Resilience Approach)



# 1. What Makes Me Me?

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- What makes me happy? (Sense of Self)
- When do I feel loved? (Self-worth)
- When do I feel proud? (Self-efficacy & worth)
- When do I feel in charge? (Self-efficacy)
- When do I feel safe? (Sense of self)
- What do I do to be safe? (Self-efficacy)
- What are my comfort foods, things, habits, people?  
(Sense of self & self-worth)
- How do I put my comfort things in my life?  
(Self-efficacy)

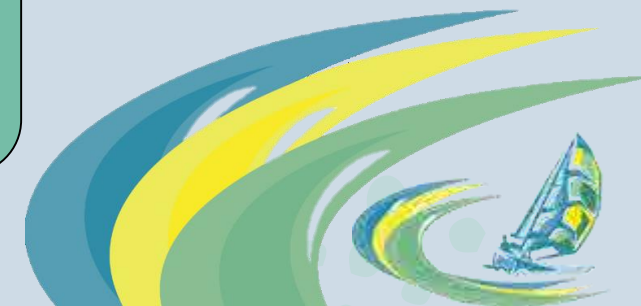
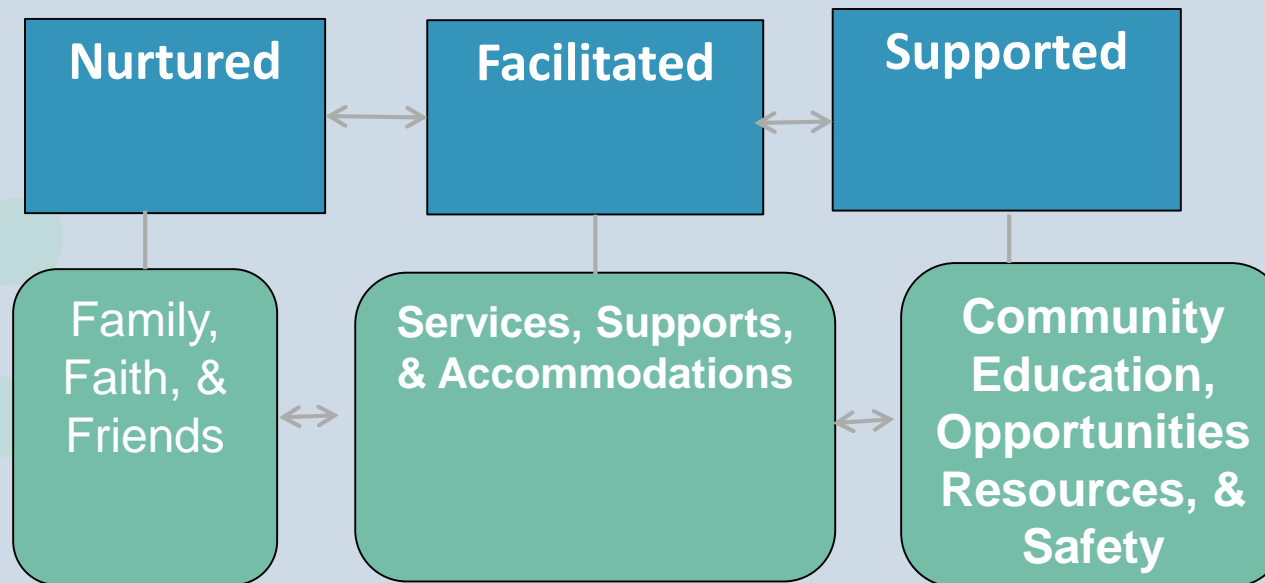


# Shift in Thinking: Resiliency Definition

(ResiliencyOhio.org)

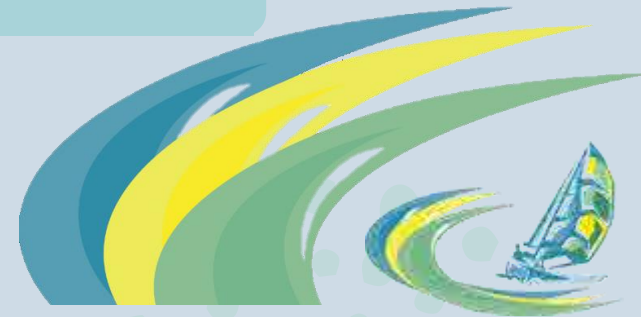
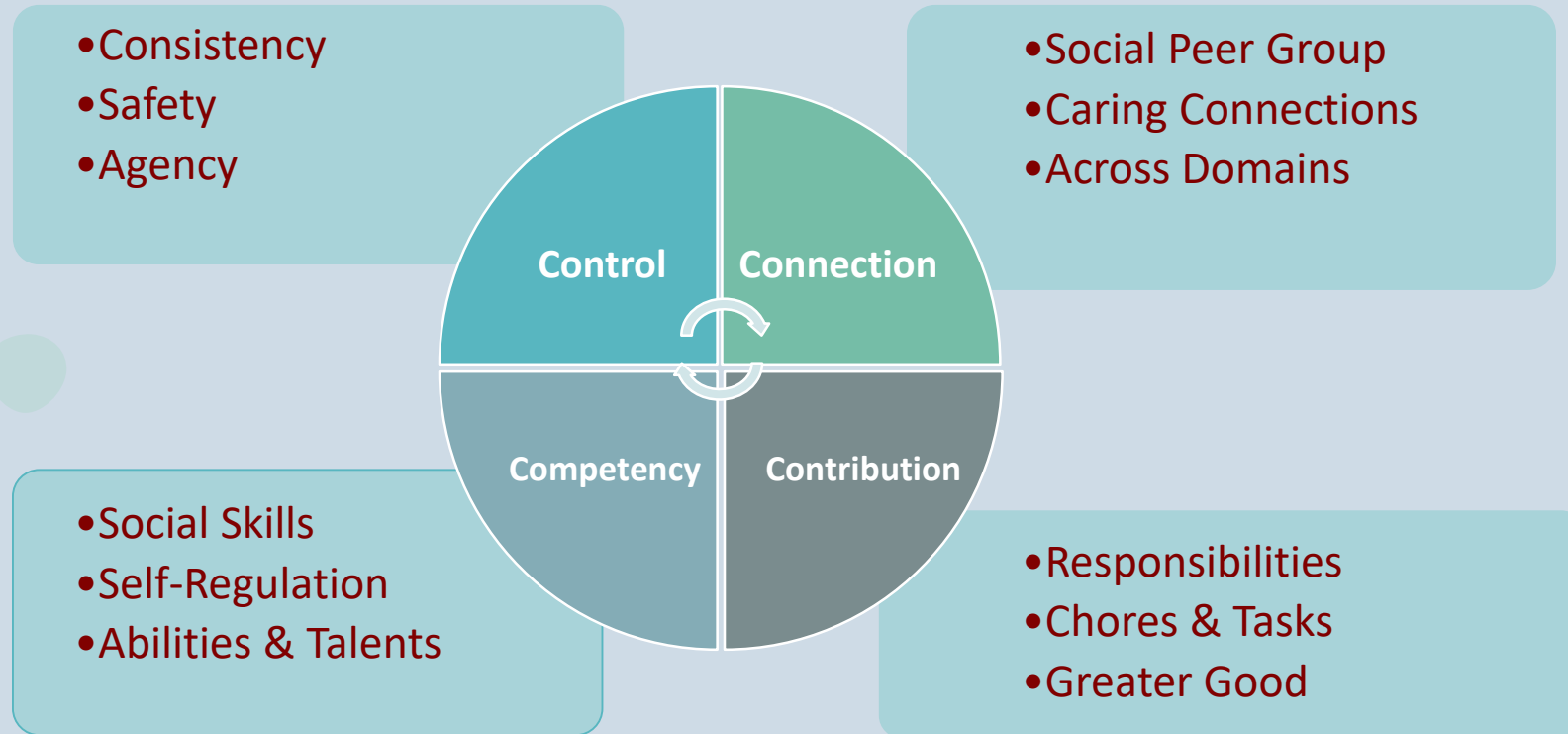


- **Resiliency is an inner capacity that when nurtured, facilitated, and supported by others— empowers children, youth, and families to successfully meet life's challenges with a sense of self-determination, mastery, hope, and well-being.**





# Shift in Thinking: Resiliency Components



# Individual Resiliency



- **Temperament:** Practice calm and laughter!
- **Understanding:** Find meaning in your experiences.
- **Mastery:** Make time to practice at what you excel!
- **Conflict Resolution:** You do not need to accept the invitation to every fight to which you are invited!
- **Express yourself** through art, music, writing, and/or conversation.
- **Culture:** How does your culture influence your development, thoughts, traditions?



# Creating a Sense of *Family/Belonging*

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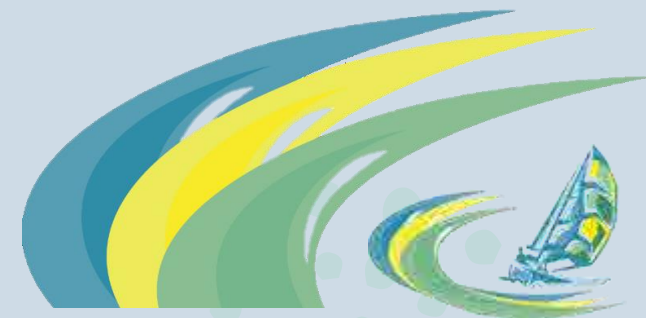
- Who are your role models?
- Are your relationships supportive?
- Does your home feel safe ?
- Do you have a support network?



# INVEST IN YOUR COMMUNITY!

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- **Explore**
- **Discover**
- **Contribute**



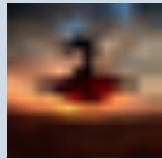
# Build Your Own Life Raft: What Floats Your Boat?

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1) What activities soothe you (all five senses)?



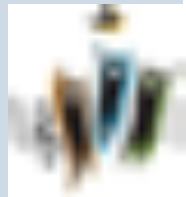
2) What activities bring you joy ?



3) What music soothes you?



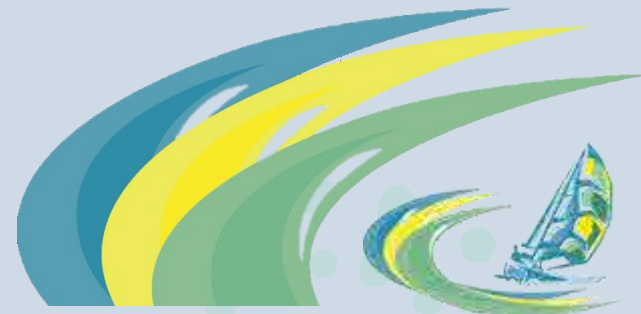
4) What music gives you joy?



5) How do you play?



6) Who you gonna call?



# Crisis Prevention and Remediation

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# Adaptive Responses When Overwhelmed





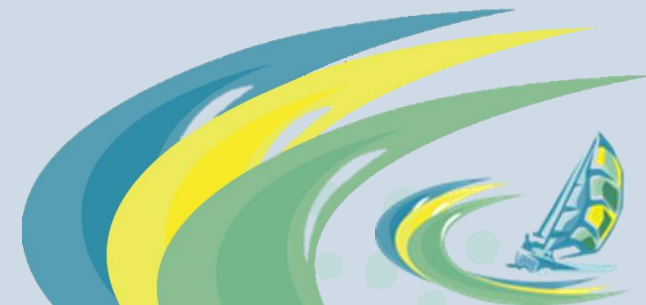
# Shift in Thinking: Coping Mechanisms

## Mislabeled “Normal” Responses

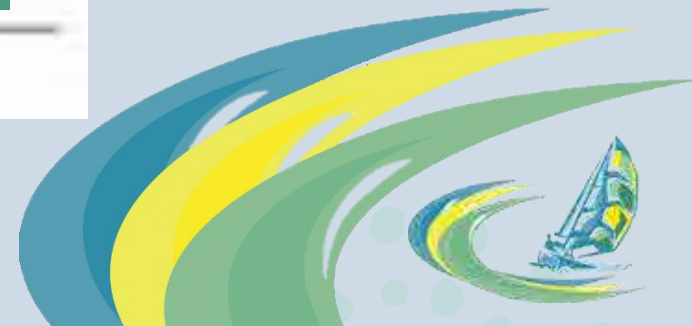
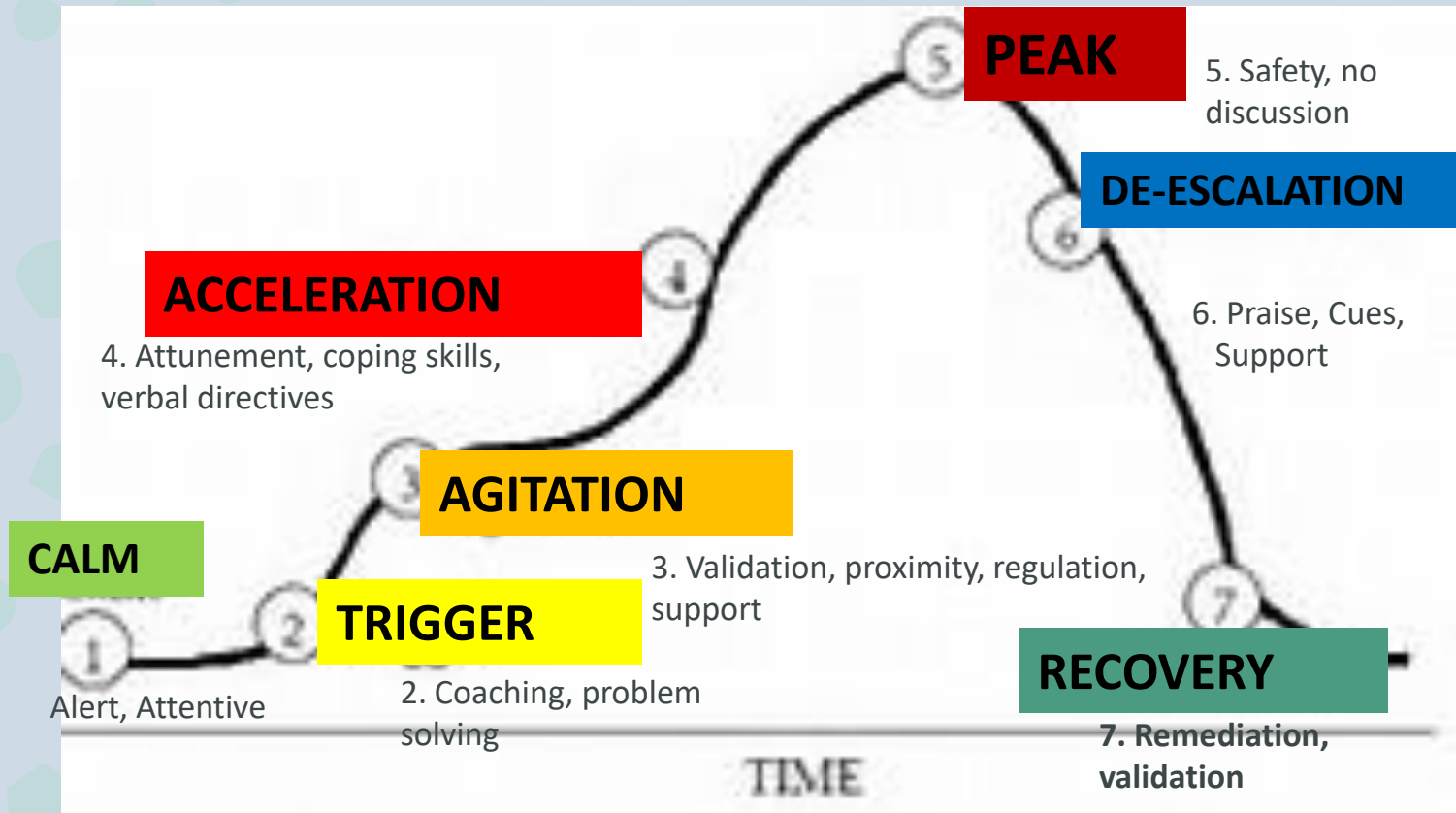


Survival Responses	Coping Behaviors	Labeled by Systems
<b>Fight</b>	Struggling to regain or hold on to power, especially when feeling coerced	“Non-compliant” “In denial” “Combative” “Challenges authority” “Treatment resistant”
<b>Flight</b>	Giving in to whoever/whatever is in a position of power	“Passive” “Can’t be helped” “Using the system”
<b>Freeze</b>	Disengaging completely: keeping to oneself, leaving services, abandoning housing, etc .	“Chronic” “Unmotivated”

When coping behaviors are labeled as “symptoms” or problems, they can easily become the focus of relationships. This is NOT how people heal!



# Crisis Cycle with Trauma Informed Awareness and Support



# The LOSE-LOSE of Power Struggles

## **If you WIN the Power Struggle...**

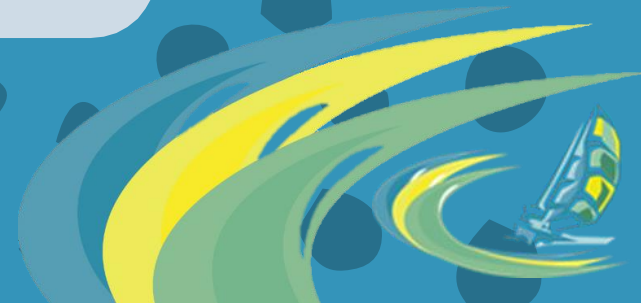
You are now associated with the person who had power over and hurt them.

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## **If you LOSE the Power Struggle ...**

You are now associated with the person they felt was unable to protect them.

Strong Families Safe Communities: Resilience Approach

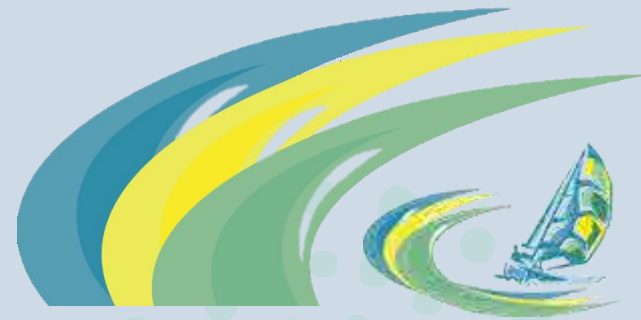


# SAFE PLACE SCRIPT

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“This is a ***safe place***, and I won’t let anyone  
\_\_\_\_\_, so I can’t let you  
\_\_\_\_\_, because this  
is a ***safe place***.”

-Finding Hope Consulting, LLC.



PAX Vision: What We Would See, Hear, Do, & Feel **MORE** of in a Wonderful Classroom and School

**See**



**MORE**

**Hear**



**MORE**

**Do**



**MORE**

**Feel**



**MORE**

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# DEBRIEFING

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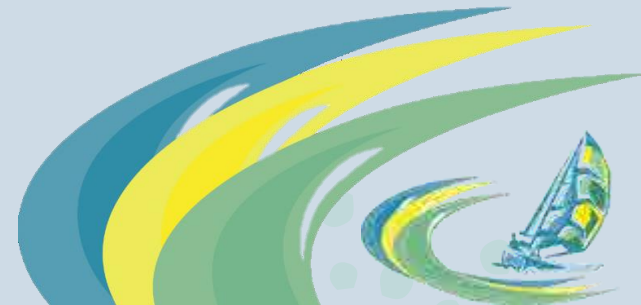


**H = Client's History (What did you learn about the Client?).**

**A = Antecedents (Behaviors that may indicate the possibility of a developing crisis).**



**T= Triggers (Review and process events leading up to the crisis).**



# Questions?

Thank YOU!

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