

Facing and Overcoming Trauma in the Community

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Disclosure

**I, Julian D. Ford, am
co-owner of
Advanced Trauma
Solutions (ATS), Inc.**

What is Psychological Trauma?

What are its Aftereffects?

- Life-threatening events, bodily violation, or mass destruction
- Feeling extreme fear, helplessness, horror
- Neurobiological shift from “learning brain” to “survival brain” – hypervigilance, numbing (possibly dissociation)
- Does not automatically result in PTSD
- Not only anxiety (PTSD) but also dysregulated bodily, emotion, mental, and relational

The Many Faces of Psychological Trauma

- Sexual abuse
- Physical abuse
- Neglect
- Emotional abuse
- Physical assault
- Bullying
- Intimate Partner Violence
- Family Violence
- Sexual Assault/Harassment
- Life threatening Illness
- Sudden/Untimely Death
- Natural Disasters
- Technological Disasters
- Terrorism/War/Mass Conflict
- Ethnic Cleansing
- Community Violence
- School/Workplace Violence
- Crime Victimization/Robbery
- Hate Crimes
- Property Destruction
- Life threatening Accidents
- Human Trafficking

Key Resources

- Understanding Trauma <https://store.samhsa.gov/system/files/sma14-4884.pdf>
- Disaster <https://www.fema.gov/pdf/recoveryframework/ndrf.pdf>
 - ❑ Natural Disasters <https://ourworldindata.org/natural-disasters> K on average 60,000 and displace 2-3 millions persons every year globally
 - ❑ Humanmade Disasters <https://medium.com/@audrey96928626/the-top-2-biggest-man-made-disasters-37f7f2a1ed2>
- Trauma and Forcibly Displaced Populations <https://www.istss.org/education-research/trauma-and-mental-health-in-forcibly-displaced-pop.aspx>
- Hate-Based Violence <https://istss.org/public-resources/istss-briefing-papers/hate-based-violence>
- Newcomer Immigrant Children and Families <https://youthlaw.org/publication/primer-for-juvenile-court-judges/>

Key Resources

- Intimate Partner Violence https://www.istss.org/ISTSS_Main/media/Documents/ISTSS_IntimatePartnerViolence_FNL.pdf
- Violence Against Women <https://www.justice.gov/ovw>
- Sexual Assault and Harassment <https://www.istss.org/education-research/sexual-assault-and-harassment.aspx>
- Violence Against Children <https://www.justice.gov/defendingchildhood/cev-rpt-full.pdf>
- Sexual Orientation-based Violence <https://www.glad.org/wp-content/uploads/2017/01/Anti-LGBT-Harassment-Violence.pdf>
- Coping with Grief <https://store.samhsa.gov/system/files/sma17-5035.pdf> For Responders: <https://store.samhsa.gov/product/Tips-for-Health-Care-Practitioners-and-Responders-/sma17-5036>
- Coping with Re-traumatization after Disaster or Trauma <https://store.samhsa.gov/system/files/sma17-5047.pdf>

Deadliest Natural Disasters in 2019

March **2019**: Typhoon Idai kills 900+ in Africa

July **2019**: Japan heat wave kills 160+

June **2019**: 90 die from heat wave in India

August **2019**: Typhoon Lekima Kills 172 in China

Oct **2019**: 86+ Japanese die in Typhoon Hagibis

Deadliest Wildfires in California Since 2017

Camp: November 2018

153,000 acres 86 deaths 18,800 structures

Tubbs (Napa/Sonoma): October 2017

36,800 acres 22 deaths 5640 structures

Redwood Valley Complex: October 2017

36,500 acres 9 deaths 540 structures

Carr (Shasta/Trinity): July 2018

229,650 acres 8 deaths 1600 structures

Atlas (Napa/Solano): October 2017

51,600 acres 6 deaths 780 structures

Wildfires in California in 2019

Kincade (Sonoma): October 23- November 6

77,750 acres 373 structures destroyed

Walker (Plumas): September 4 – 25

54,600 acres 9 structures destroyed

34 Additional Wildfires

100,00+ acres 100+ structures destroyed

Most Destructive Earthquakes

Shensi, China 1556 830,00+ deaths

Tangshan, China 1976 650,00+ deaths

Aleppo, Syria 1138 230,00 deaths

Sumatra, Indonesia 2004 228,00 deaths

Haiti 2010 223,000 deaths

Fukushima, Japan 2011 18,000 deaths
450,000 displaced \$235billion damages

Earthquakes in California

Loma Prieta 1989

63 deaths 3500+ injuries \$6 billion costs

Northridge 1994

57 deaths 8700+ injuries \$13-40 billion costs

Napa 2014

1 death 200+ injuries \$1 billion costs

Ridgcrest 2019

1 death 25+ injuries \$5 billion costs

Costliest Hurricanes in the U.S.

Katrina 2004

\$165 billion costs

Harvey 2017

\$127 billion costs

Maria 2017

\$127 billion costs

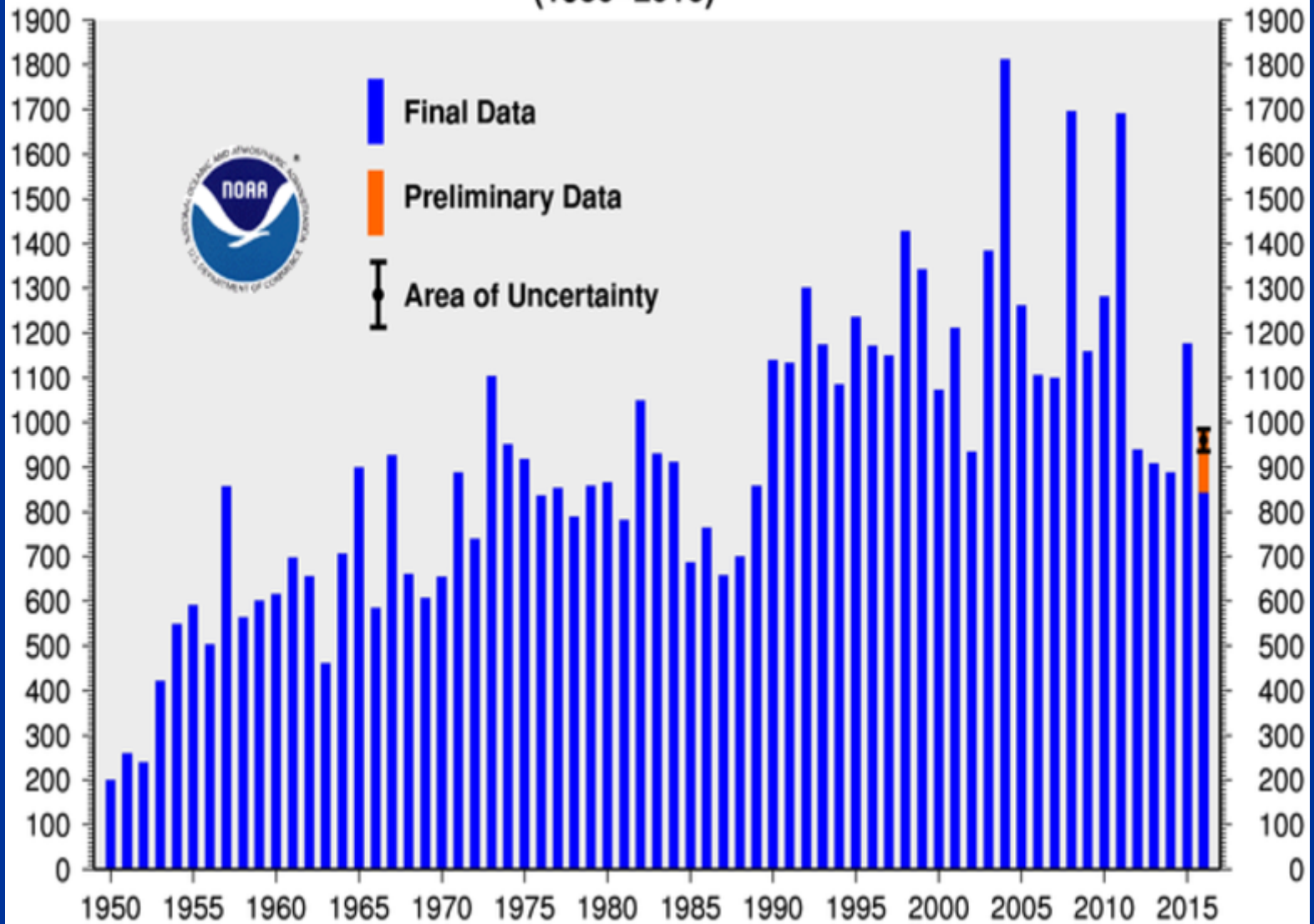
Sandy 2012

\$127 billion costs

Irma 2017

\$127 billion costs

Jan-Dec Total Number of Tornadoes (1950-2016)



Seven years of 500-year storms

Locations of major 500-year rains since 2010 analyzed by the Hydrometeorological Design Studies Center of the National Weather Service

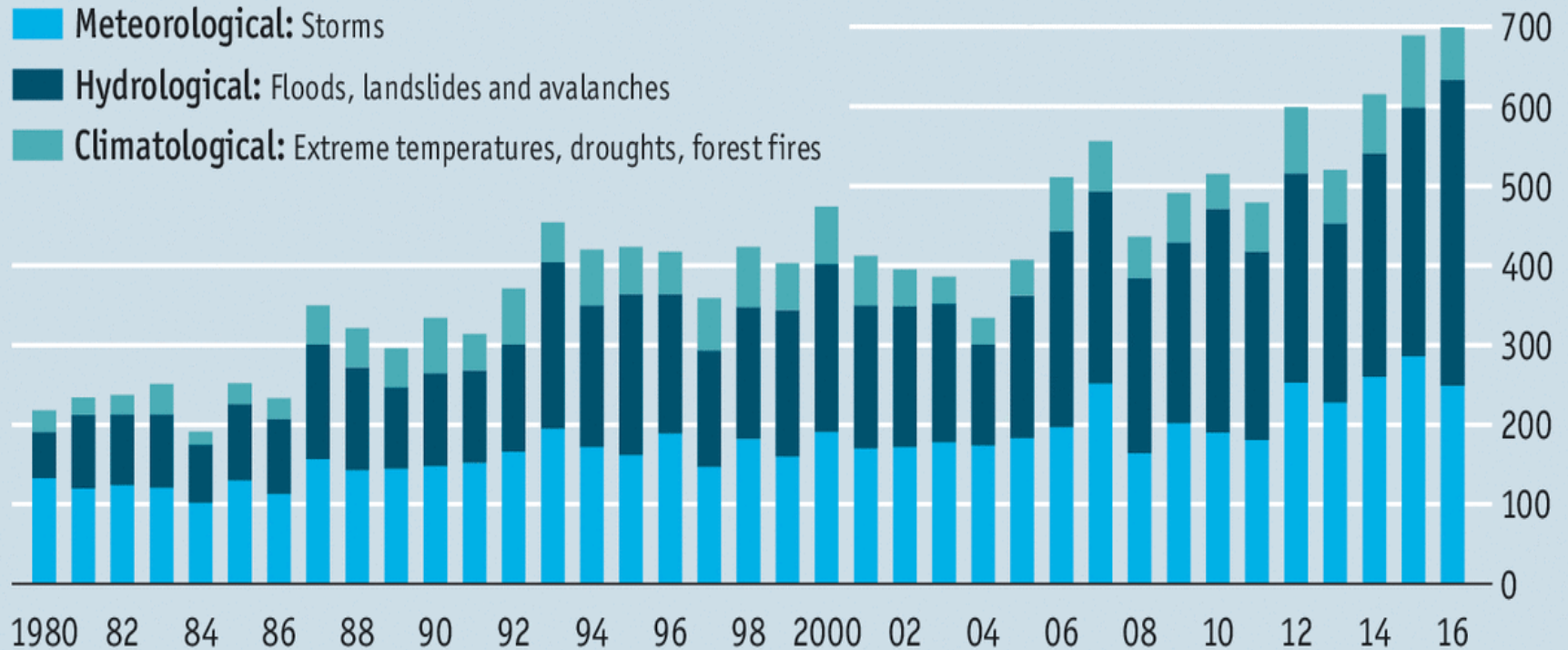


WAPO.ST/**WONKBLOG**

Source: National Weather Service

A rising tide

Natural-disaster loss events by cause

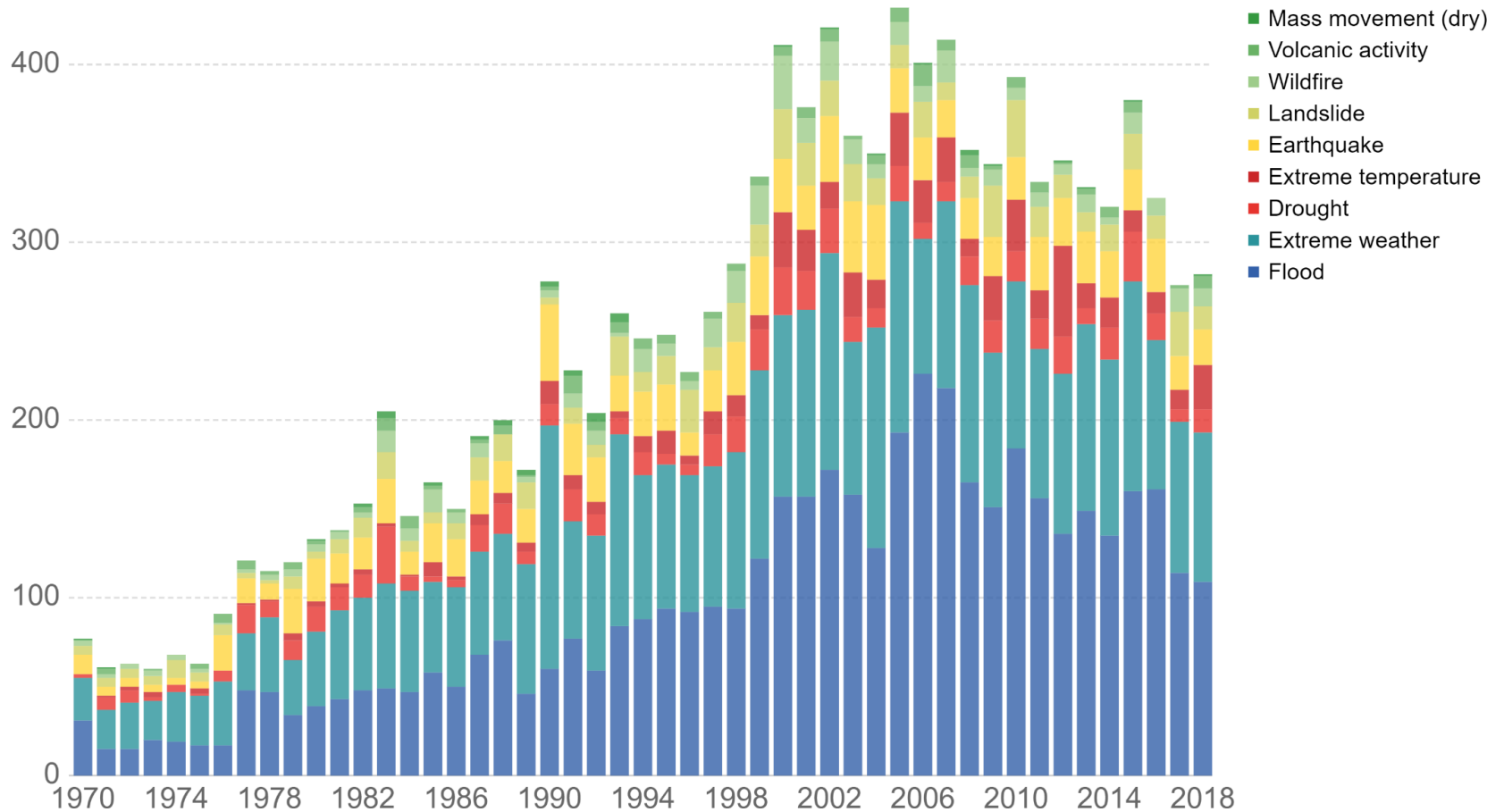


Source: Munich Re

Economist.com

Global reported natural disasters by type

The annual reported number of natural disasters, categorised by type. This includes both weather and non-weather related disasters.

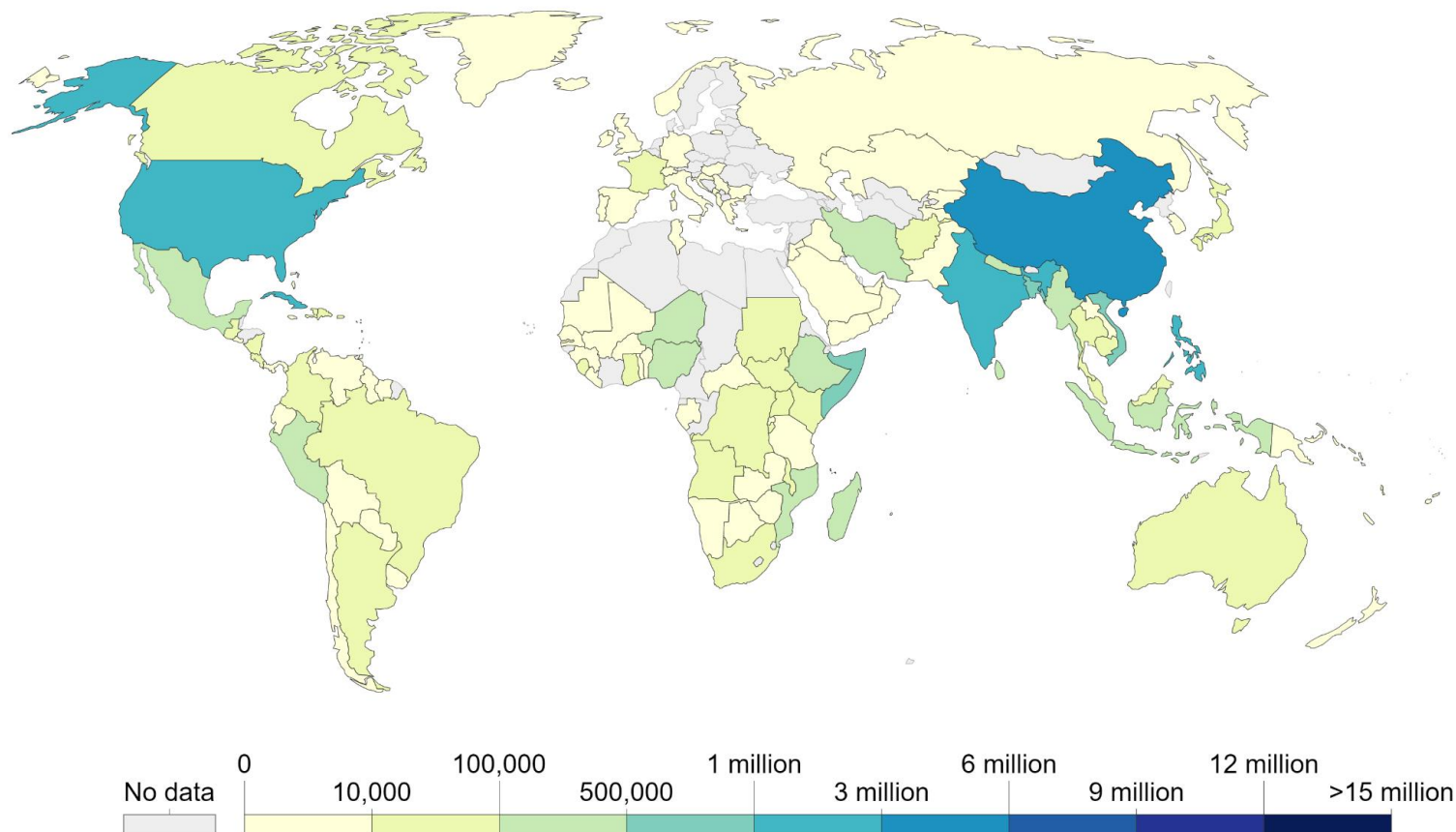


Source: EMDAT (2017): OFDA/CRED International Disaster Database, Université catholique de Louvain – Brussels – Belgium
OurWorldInData.org/natural-disasters • CC BY

Internally displaced persons from natural disasters, 2017

Our World
in Data

Internally displaced persons are defined as people or groups of people who have been forced or obliged to flee or to leave their homes or places of habitual residence, as a result of natural or human-made disasters and who have not crossed an international border.

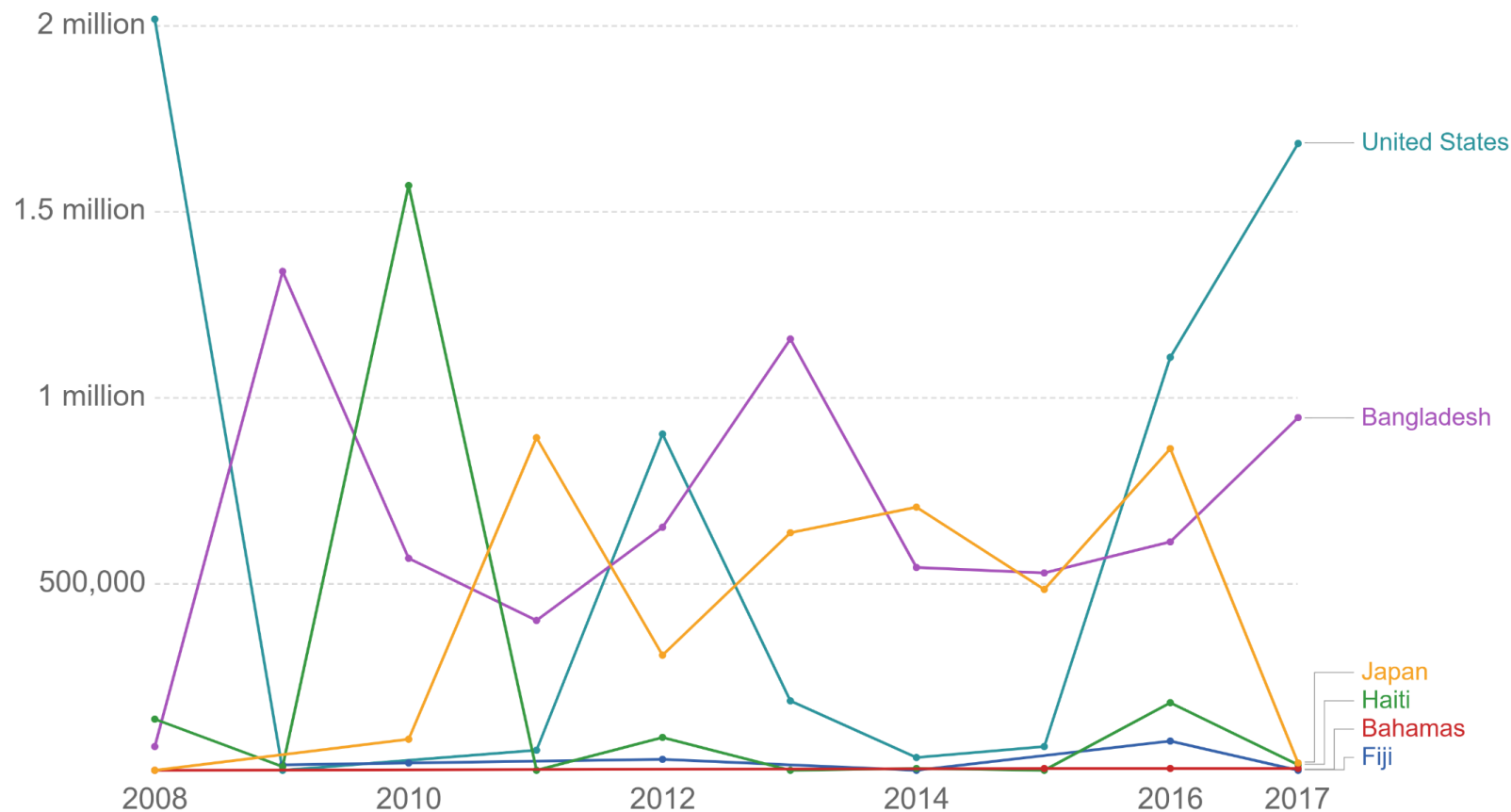


Source: World Bank

OurWorldInData.org/natural-disasters • CC BY

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Source: World Bank
OurWorldInData.org/natural-disasters • CC BY

Humanmade Technological Disasters

Industrial and Residential Fires

Oil Spills

Gas Leaks/Explosions

Air Pollution

Hazardous Chemical/Radiation Releases

Mass Power Failures

Transportation Accidents

Industrial Accidents

Structure Failures

Infectious Disease Outbreaks

Drought

Humanmade Violent Disasters

Genocide

Mass Shootings

Terrorist Attacks

Political Violence

Race/Ethnicity-based Violence

Gender/Sexual Orientation-based Violence

Mass Imprisonment and Torture

Mob Violence

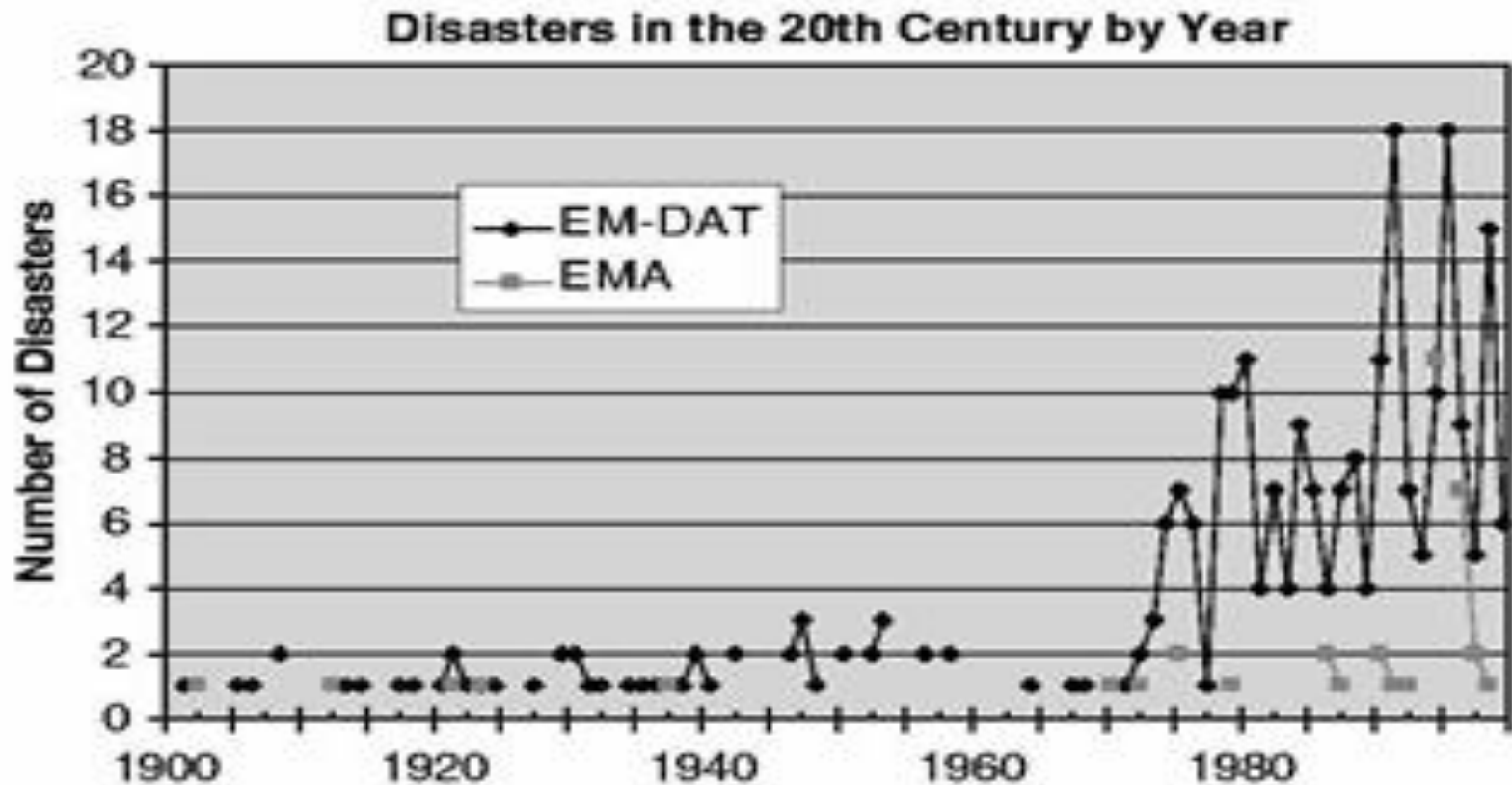


Figure 1: Disasters in the 20th Century by Year

Source: Coleman, L. (2006). Frequency of Man-Made Disasters in the 20th Century. *Journal of Contingencies & Crisis Management*, 14, 3-11.

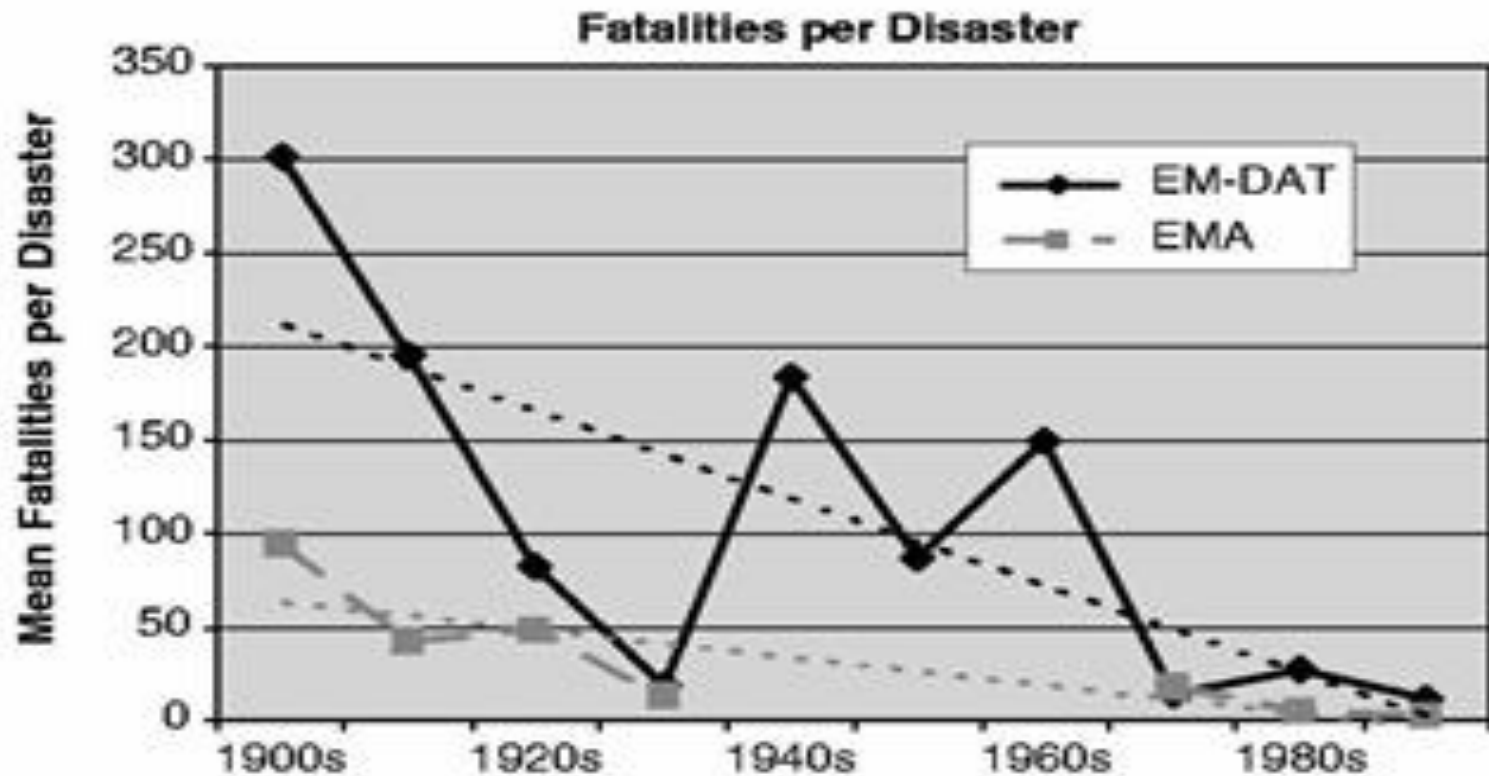


Figure 2: Fatalities per Disaster

Source: Coleman, L. (2006). Frequency of Man-Made Disasters in the 20th Century. *Journal of Contingencies & Crisis Management*, 14, 3-11.

Signs of Posttraumatic Stress Reactions

- Conflict in Relationships
- Withdrawal from Relationships
- Emotional Shut-down
- School/Work Problems
- Impulsivity
- -Oppositional Attitudes
- Dissociation
- Addictions
- Unresolved Grief
- Reckless/Extreme Risk Taking
- Non-suicidal Self Injury
- Suicidality
- Depression
- Panic
- Obsessions/Compulsions
- Sexual Problems
- Eating Problems
- Sleep Problems
- Self-blame/hatred and Shame
- Hopelessness

The Common Denominator in All Post-Traumatic Stress Reactions

Chronic Survival Coping

- Hypervigilance (Distrustful/On Edge)
- Reactive Aggression (Overt or Covert)
- Hopelessness Masked as Indifference

A Family in Survival Mode

The Taylor Family

<https://vimeo.com/238404064/93cc51240a>

See the complete Webinar and other Developmental Trauma
Therapy Films/Webinars:

<https://learn.nctsn.org/course/index.php?categoryid=61>

Select this series: “Developmental Trauma Disorder: Identifying
Critical Moments and Healing Complex Trauma”

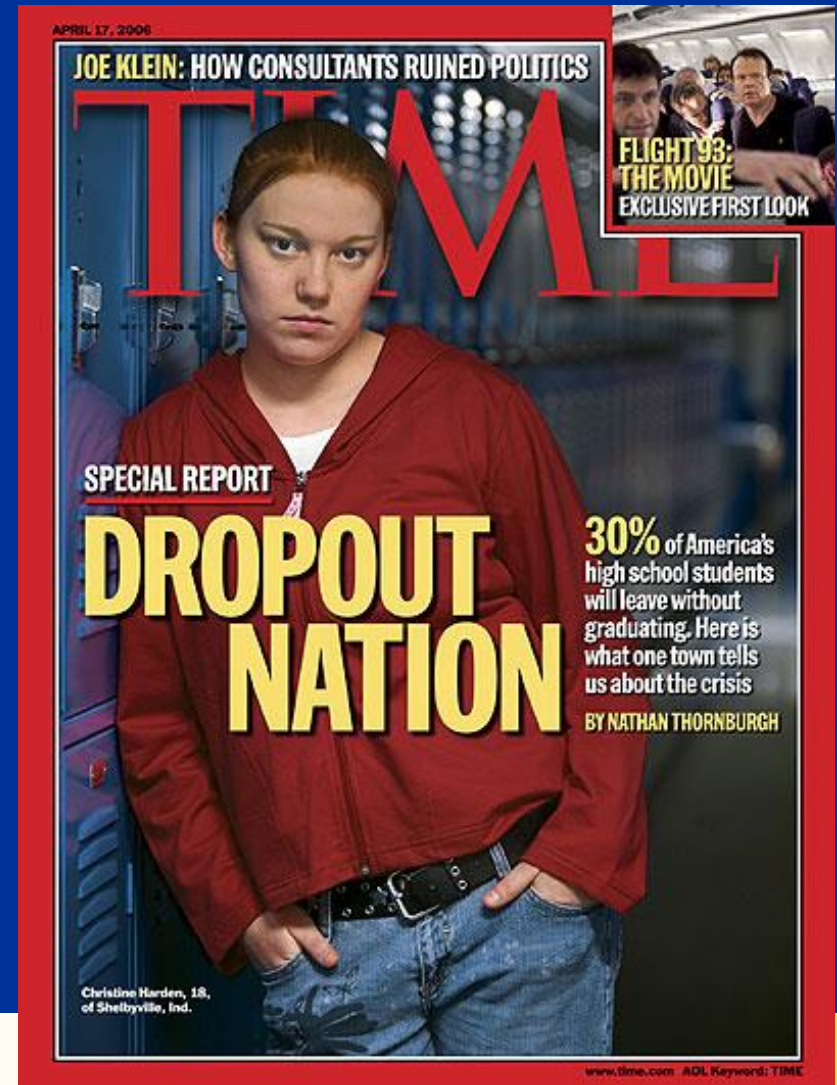
The Toll that Post-Traumatic Survival Coping Takes On Young Children and their Families

- Problems with impulsivity
- Developmental delays
- Depression and Anxiety
- Disrupted attachment bonding
- Failure to achieve self-regulation
- Dysregulated emotions
- Family secrets and triangles
- Harsh or neglectful parenting



The Toll that Post-Traumatic Survival Coping Takes on Children and Teens' Lives

- School absence, suspension, disengagement, retention, drop-out
- Delinquent affiliations, attitudes, acts (including gang membership)
- Sensation seeking and coping via substance use, other risky behavior
- Depression, shame, hopelessness, self-as-damaged, self-harm, suicide
- Volatile, enmeshed, victimizing and /or enabling /rescuing relationships



The Toll that Post-Traumatic Survival Coping Takes on Health—Increased Risk of:

- Obesity
- Asthma
- Autoimmune Diseases (psoriasis, ulcerative colitis, Crohn's disease, T1 diabetes)
- Mononucleosis
- Heart Disease
- Sleep Disorders
- Eating Disorders
- Sexually Transmitted Diseases



The Toll that Post-Traumatic Survival Coping Takes on Communities

- Families displaced from their homes
- Local government & public services shut down or in emergency mode
- Businesses/jobs shut down or lost
- Communal activities and lines of communication/connection lost
- Schools closed at length or forever
- Influx of outside “experts” & media
- Loss of cultural centers/landmarks
- Loss of faith-based collective support



Phases of Community Recovery from Trauma

Short Term (Days)

- Mass care—sheltering / Patch Infrastructure/ Emergency Healthcare

Intermediate Term (Weeks-Months)

- Interim Housing/ Repair Infrastructure--Business/ Enhance Access to Healthcare Services/Inform Public to Mitigate Ongoing Risks

Long Term (Months-Years)

- Permanent Housing/ Rebuild Infrastructure--Business/ Re-establish Healthcare Services Access / Inform Public to Mitigate Future Risks

Source: <https://www.fema.gov/pdf/recoveryframework/ndrf.pdf>

Core Principles of Community Recovery from Trauma

- Individual and Family Empowerment
- Leadership and Local Primacy
- Pre-Disaster Recovery Planning
- Partnerships and Inclusiveness
- Public Information
- Unity of Effort
- Timeliness and Flexibility
- Resilience and Sustainability
- Psychological and Emotional Recovery

Source: <https://www.fema.gov/pdf/recoveryframework/ndrf.pdf>

Rebuilding Community in the Wake of Disaster

It is clear that when people in communities are able to work together (despite local hostility) to identify their greatest and most immediate problems and needs, hammer out viable solutions and get to work implementing those solutions, with as little outside assistance as possible, they become empowered, “own” both the problems and the solutions, and develop and implement their own initiatives. This is true sustainability. ... It is very important that diverse community members and groups participate actively in needs identification, prioritization, planning and implementation of initiatives: (pp. 71-72)

Source: Barbee, J. (2008). A Practical Guide for Disaster Assistance Organizations—Sustaining Mitigation of Disasters in Communities: Building Effective Local Capacity to Help People Cope with Conflict and Prevent and Mitigate the Effects of Disasters. https://www.researchgate.net/publication/237434084_A_Sociological_Perspective_on_Disasters (pp. 71-75).

Rebuilding Community in the Wake of Disaster

- Well-facilitated engagement of representatives from all groups in all meetings
- Focus on common problems/needs
- Ensure full participation across groups and include local officials (if possible)
- Emphasize development of local sustainable initiatives that involve all groups
- Integrate "outside" assistance into local initiatives
- Train teachers in engaging students (and parents)
- Encourage (and provide support for) participant groups to share “successes” widely—with neighboring areas/communities and foster the same process
- Encourage local leaders/groups/officials to inform higher levels of government

Source: Barbee, J. (2008). A Practical Guide for Disaster Assistance Organizations—Sustaining Mitigation of Disasters in Communities: Building Effective Local Capacity to Help People Cope with Conflict and Prevent and Mitigate the Effects of Disasters. https://www.researchgate.net/publication/237434084_A_Sociological_Perspective_on_Disasters (pp. 71-75).

Rebuilding Community in the Wake of Disaster: “Achieving Community Sustainability through Effective Capacity Building”

- Not Recommended: Outside Technical Assistance Consultants train and depart
- Recommended: A “process approach” to community capacity building:
“helping local groups and agencies to assess needs, develop solution strategies, systematically develop locally valid and reliable trainings and materials (adapted to local conditions and needs) and orienting/training local people (individuals, community groups, leaders and officials) ... [to enable] local people and organizations ... to implement and manage the assessment, development [and] implementation [of community re-building]” (p. 73)

Source: Barbee, J. (2008). A Practical Guide for Disaster Assistance Organizations—Sustaining Mitigation of Disasters in Communities: Building Effective Local Capacity to Help People Cope with Conflict and Prevent and Mitigate the Effects of Disasters. https://www.researchgate.net/publication/237434084_A_Sociological_Perspective_on_Disasters (pp. 71-75).

Rebuilding Community in the Wake of Disaster: “Achieving Community Sustainability through Effective Capacity Building”

“The reality is that the effectiveness of disaster assistance is determined by how well the assisting organization understands that the most important features of effective assistance are engagement and empowerment of local people in communities work together to help themselves deal with their most pressing problems in ways that are effective and sustainable. [Outside TA providers] must have planned "milestones" (key deadlines) for itself in helping local partners, communities and groups ... exercise responsibility and mount initiative(s) to address problems, and for the implementing organization to handover authority for particular program aspects (sub-grants, project reporting, local targeting of relief supplies, etc.)” (p. 74)

Source: Barbee, J. (2008). A Practical Guide for Disaster Assistance Organizations—Sustaining Mitigation of Disasters in Communities: Building Effective Local Capacity to Help People Cope with Conflict and Prevent and Mitigate the Effects of Disasters. https://www.researchgate.net/publication/237434084_A_Sociological_Perspective_on_Disasters (pp. 71-75).

Rebuilding Community in the Wake of Disaster: Schools as a Focus

“Because children are among the most vulnerable population groups and because children are also the hope of any community, the United Nations’ International Strategy for Disaster Reduction (UN/ISDR) developed an international campaign — “Disaster Risk Reduction Begins at School”... Schools have a socializing and normalizing influence on children’s lives. [After trauma] opportunities should be available for children of all ages to tell their stories, express their fears, sadness, uncertainty, and relief. [and] activities should be planned and materials made available that will help them feel in control again. ... Children want to be needed so giving them appropriate responsibilities can give them a sense of contribution. ... Using our creativity and imagination we can forge new alliances, develop new partners and find new ways to make communities dynamic again. (pp. 80, 84-87)

Source: Cheal, B.(2008). The Role of Schools in Rebuilding Sustainable Communities after Disasters. https://www.researchgate.net/publication/237434084_A_Sociological_Perspective_on_Disasters

Rebuilding Community in the Wake of Disaster: Gender as a Focus

“In post-war or armed conflict contexts, the risk to the human rights of women and girls is transparent, most egregiously with respect to lack of autonomy and gender-based violence. ... Sex, sexuality and gender are all part of the human experience and are constructed historically and culturally. Each is relevant to human security. ... [G]ender-fair recovery from [disaster] calls for: 1) an integrated approach linking women’s recovery work to the larger community; 2) child care resources made available again as promptly as schools reopen; 3) ensuring affordable housing, especially for low-income women heading families alone and residing in public housing; 4) job training and access to capital for women to support their essential economic contributions in the community and household; and 5) mental health resources, including domestic violence counselors in emergency shelters” (pp. 139-145)

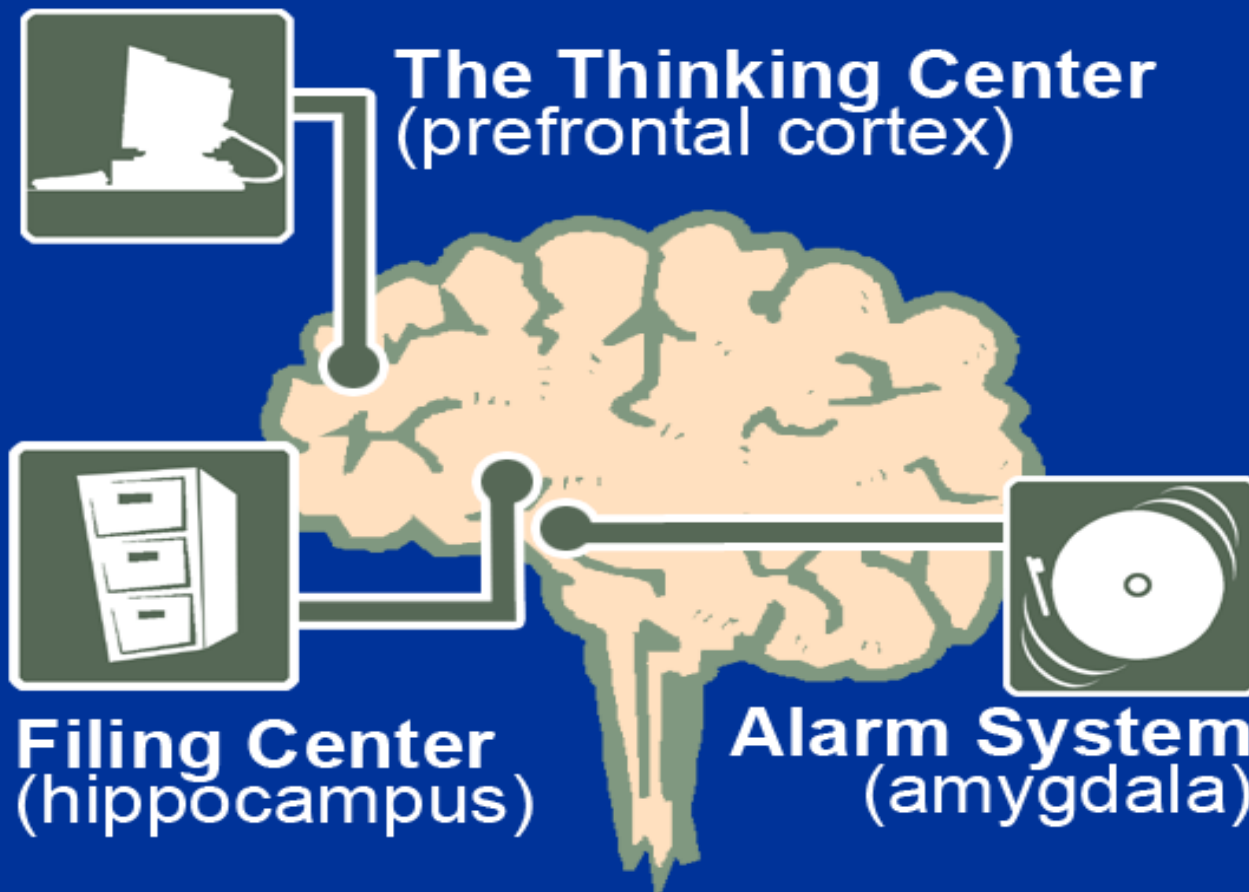
Source: Enarson, E..(2008). A Gendered Human Rights Approach to Rebuilding after Disaster.
https://www.researchgate.net/publication/237434084_A_Sociological_Perspective_on_Disasters

The Key to Re-building Community After Trauma

3 Basic Guiding Principles to Recover from Survival Coping

- ✓ We all have an ALARM in their brain to keep us alert
- ✓ Stress = ALARM activated and stuck in Vigilance Mode
- ✓ To re-set a stuck ALARM, *activate* 2 areas in the brain:
 - ✓ FILING CENTER (contextual memory/knowledge)
 - ✓ THINKING CENTER (value-focused exec function)

The Brain Under Normal Stress

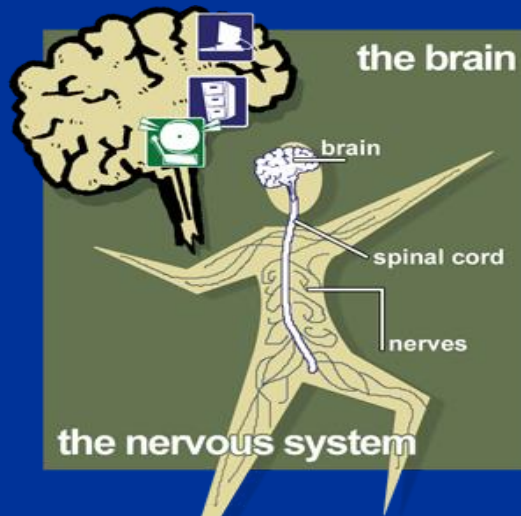


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normal stress

The Brain & Body Working Together



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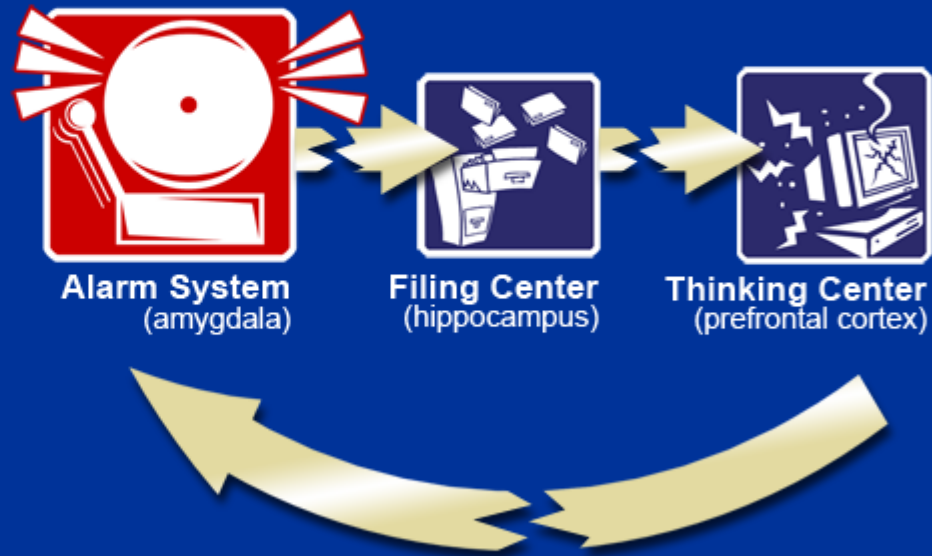
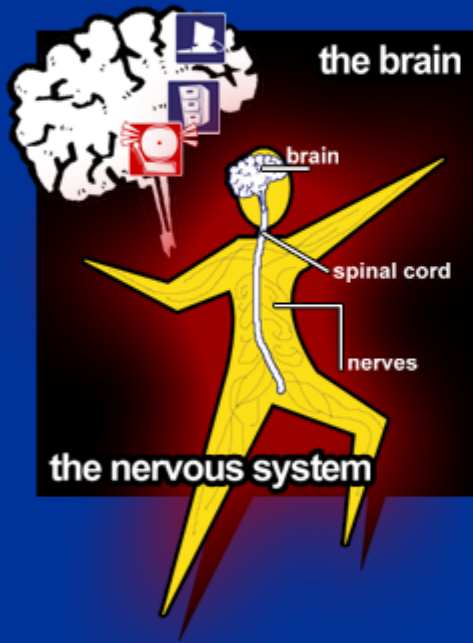
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Survival Coping – The Learning Brain Becomes a Survival Brain in a Chronic Alarm State

- *Can't stop and think, or think past the immediate problem or threat*
- *Can't let go of grudges/resentments*
 - *Can't set/stick with goals*
 - *Can't trust, especially caregivers*
 - *Can't tell who is trustworthy*
- *Can't remember to use anger management , skills, especially when afraid and angry!*

extreme stress / trauma

The Alarm Takes Control



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First Step to Re-Setting the Brain's Alarm: SOS (Mental Focusing)

- **Step I: Stop, Slow Down, Sweep Your Mind Clear**
 - Notice how your body feels as you breathe in and out
 - Let your mind be a river that carries every thought away
- **Step II: Orient Yourself**
 - Focus your mind on just one thought that you choose
 - The hope, goal, or relationship that you value most in your life
- **Step III: Self Check Your Level of Alarm and Focus**
 - How Much Stress? How Much Focused Personal Control?



HIJACKED *by Your* BRAIN
How *to* Free Yourself
When Stress Takes Over

Dr. Julian Ford and Jon Wortmann

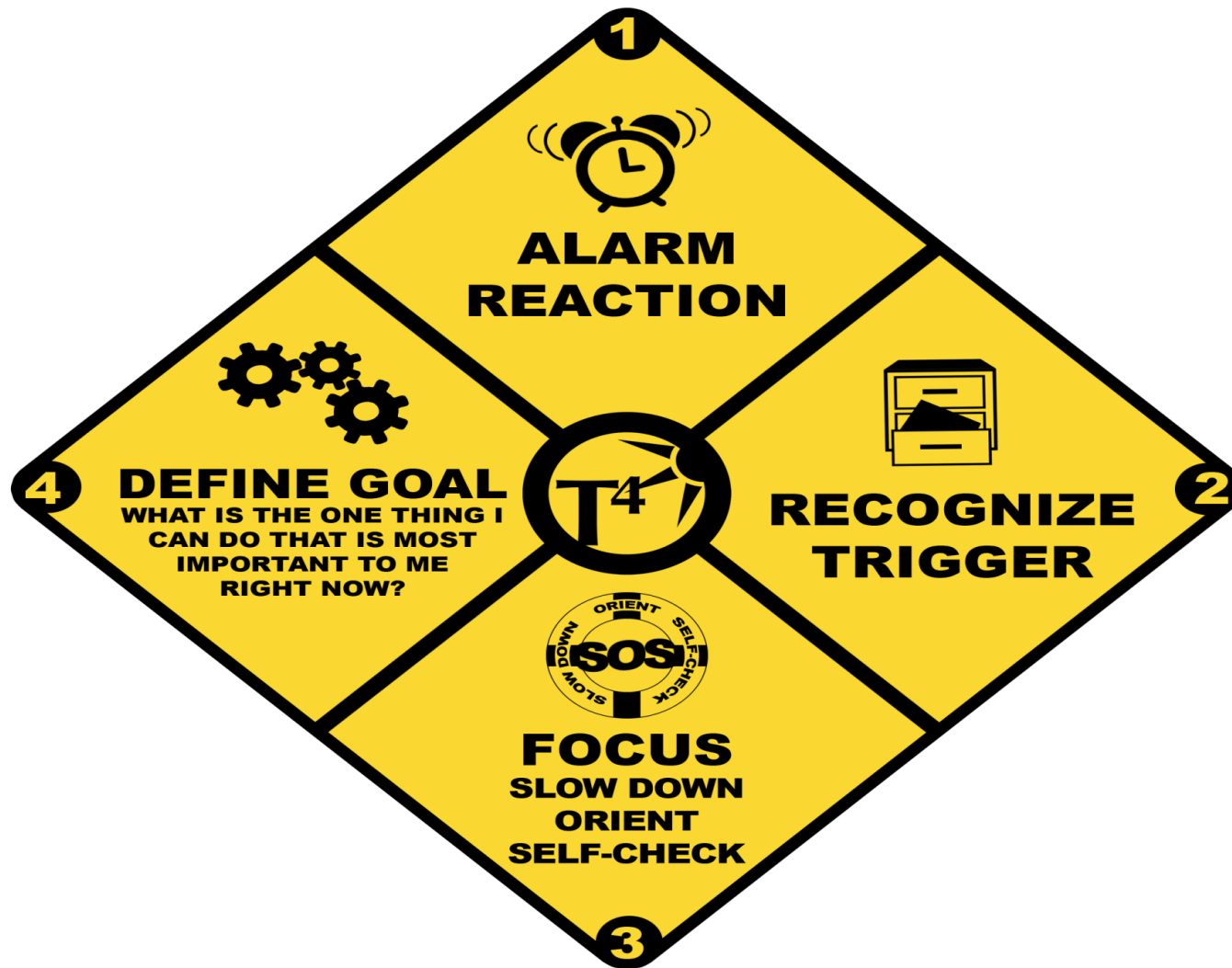
ISBN-13: 978-1-4022-7328-5
9 781402 273285 51499



4 Steps to Handling Stress Reactions Effectively

✓ Re-set the ALARM: T4

1. Notice Alarm Reactions
2. Recognize Trigger(s) (Open **Stress** Memory Files)
3. Focus (SOS: Open **Resilience** Memory Files)
4. Define Your Goal: (Activate Thinking Center)



Helping Families to Recover

The Thompson Family (Part 1)

<https://vimeo.com/257395407/4805cea72e>

The Thompson Family (Part 2)

<https://vimeo.com/325258384/70edb1cd0c>

See the complete Webinar and other Developmental Trauma
Therapy Films/Webinars:

<https://learn.nctsn.org/course/index.php?categoryid=61>

Select this series: “Developmental Trauma Disorder: Identifying
Critical Moments and Healing Complex Trauma”

Helping Families to Recover



Helping Families to Recover



Secondary Traumatic Stress (STS): The Challenge for Compassionate Helpers/Mentors

Secondary Traumatic Stress is an unavoidable result of compassion for traumatized youth ...

STS is a reminder to helpers and mentors: we all need to pay attention to our own inner alarm and re-set it by focusing on our core values and the positive contribution we make

Signs of Secondary Traumatic Stress

- ☐ Critical/blaming/devaluing view of youth/parents/colleagues
- ☐ Enmeshment/overinvolvement with youth/families
- ☐ Feeling drawn to rescue, console, or “make it up to” trauma survivors
- ☐ Boredom, sleepiness, slips in concentration
- ☐ Giving youth answers, or instructions rather than helping them independently develop their own conclusions, goals, choices
- ☐ Feeling unsafe or hypervigilant in personal and professional life
- ☐ Feeling ineffective, helpless, or powerless professionally or personally
- ☐ Feeling emotionally numbed/detached professionally or personally
- ☐ Having intense nightmares or sleep disturbances
- ☐ Hanging on for the end of the day or the weekend

Mitigating Secondary Traumatic Stress

- Recognize Alarm Reactions as signs of Caring
- Remember that One Caring Adult can change the course of a youth's life by affirming the youth's intelligence/best qualities/worth
- Reach out to colleagues/resources when a youth needs help beyond your capacity to give

Secondary Traumatic Stress

Resources

NCTSN Fact Sheet

https://www.nctsn.org/sites/default/files/resources/fact-sheet/secondary_traumatic_stress_child_serving_professionals.pdf

(Kerig et al., 2019) *Journal of Aggression, Maltreatment & Trauma*

<https://www.tandfonline.com/doi/full/10.1080/10926771.2018.1468373>

(Sprang et al., 2018) *Traumatology*

https://www.researchgate.net/publication/328977402_Defining_Secondary_Traumatic_Stress_and_Developing_Targeted_Assessments_and_Interventions_Lessons_Learned_From_Research_and_Leading_Experts

The Ultimate Outcome: Resilient Families and Communities

