

# Human Services @ QVCC Webinar

## Adverse Childhood Experiences & Supporting Positive Coping

Friday November 4, 2022

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## Housekeeping



Audio & video are muted

Call-in if you have audio issues



Participate

Chat



Follow-up email

Recording  
Presentation



No CEs available

[Email with questions](#)

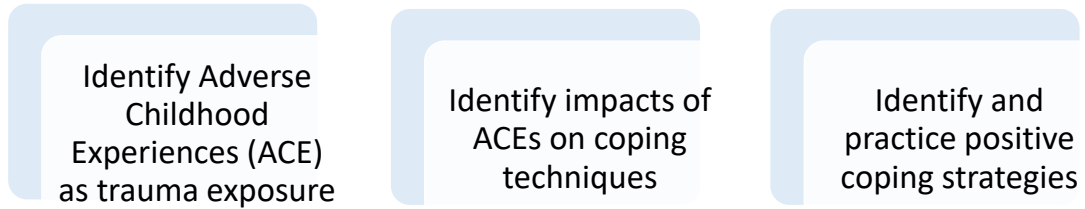


Trauma- informed focus

Human services and education settings

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## Webinar Objectives



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## What is Trauma?



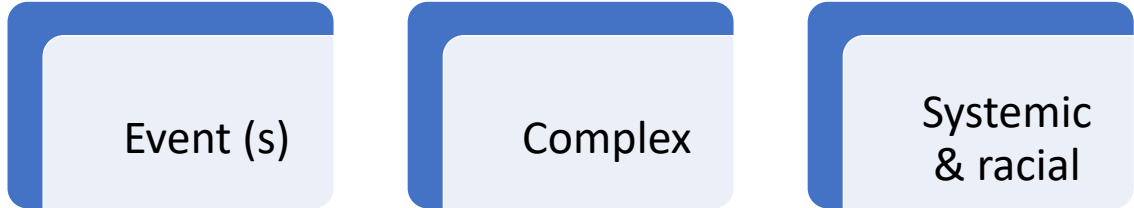
Experiences and effects vary widely

[Concept of Trauma and Guidance for a Trauma - Informed Approach \(SAMHSA\)](#)

(SAMHSA, 2014)

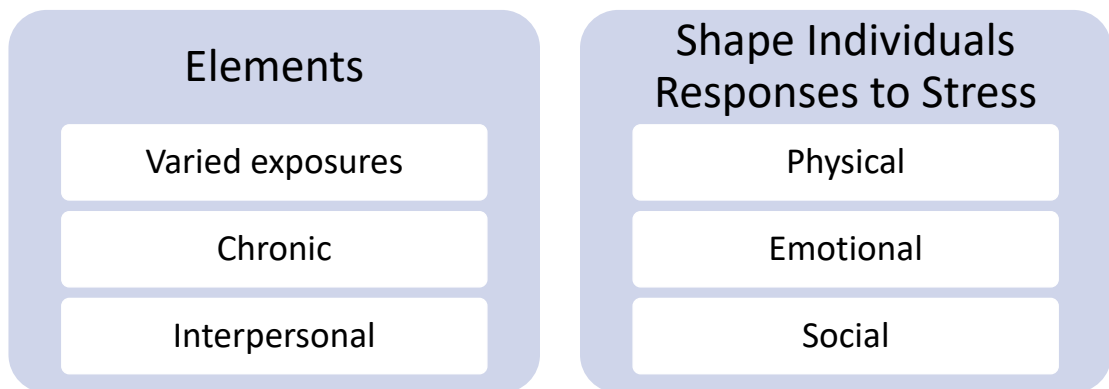
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## Types of Exposures



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## Complex Trauma



What complex trauma have you heard about or seen?

(MHA, 2021; NCTSN, 2021; RELIAS, 2020; Resler 2019)

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# Adverse Childhood Experiences (ACE)

1995-1997 study of cumulative childhood adversity



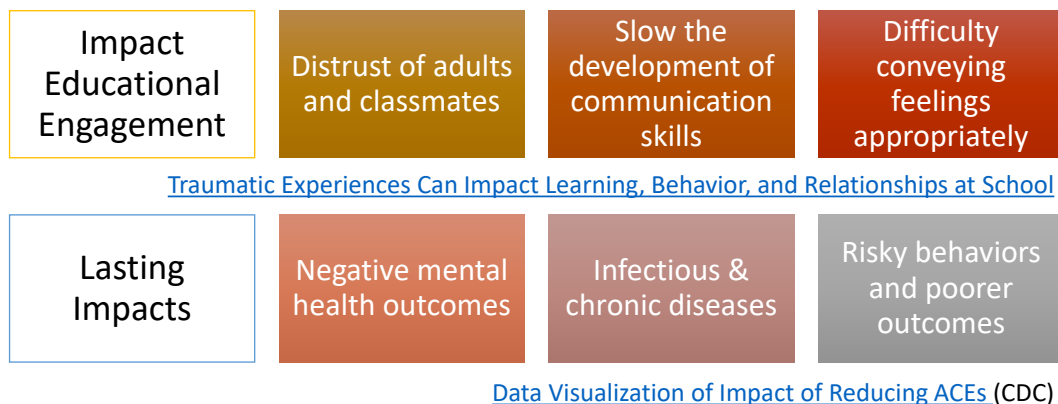
Have you been asked about or asked others about these types of adversity?

More on [ACEs from the CDC](#)

(Felletti et al., 1998, CDC, 2016)

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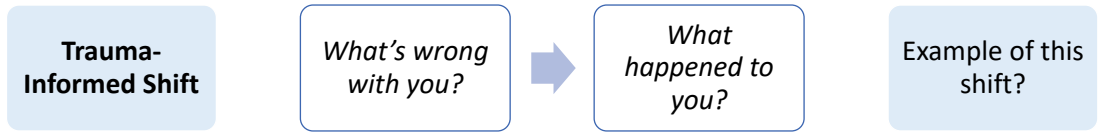
## Impacts of ACEs



Impacts can lead to challenging behaviors. Example?

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# Challenging Behaviors & Being Trauma-Informed




## 4 Rs of being Trauma-Informed


- Realize** trauma impact
- Recognize** trauma
- Respond** with a systematic approach
- Resist** re-traumatization

[Trauma-Informed Teaching Strategies to Implement in the Classroom](#)

(Sweeney et al., 2018)


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**RECOGNIZE**  
 Screening for  
 ACEs for Adults



**Types of ACEs Screening**

[Paper screening](#)  
[Online screening](#)



**Ways to share**

Include in human services intake or assessment  
 Share with students

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## Do's and Don't of Trauma-Informed Support



### *Do*

- **Acknowledge & validate** disclosure
- **Give permission** to not share information don't want to
- **Ask** about current safety and support
- **Provide information** about resources
- **Acknowledge and reinforce coping skills**



### *Don't*

- Ask for details about the event (s)
- Offer solutions to "fix" the problem
- Share personal stories of trauma to connect
- Insist that the trauma be reported

(Wright, 2020)

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REALIZE

Threat Response  
& Negative  
Coping

Traumatic stress related to child abuse

- Persistence of trauma reactions or Post Traumatic Stress Disorder (PTSD)
  - Include intrusive thoughts, avoidance, negative emotional reactions

Stress responses with ACEs

- Difficulty regulating fear & stress
- Easily triggered & hard to ignore or share needs
- Extreme behaviors to express needs

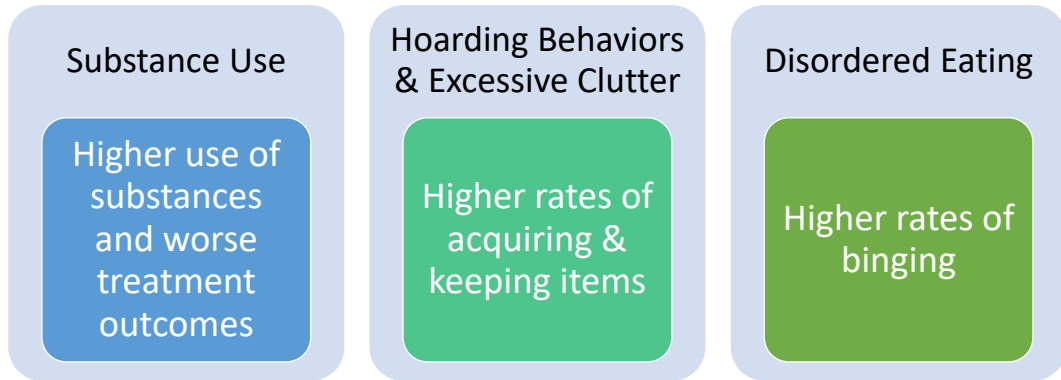
Negative coping develops in childhood

- **Avoidance (hide)** by denying thoughts and feelings, fleeing
- **Anger (tantrum)** expressed inward as self-harm or outward as aggression

(Dyer, 2009; Hoffman & Hay, 2018; Littleton et al., 2011; Maeng & Milad, 2017; Sheffler et al., 2019; Wadsworth, 2015)

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## ACEs & Avoidant Coping

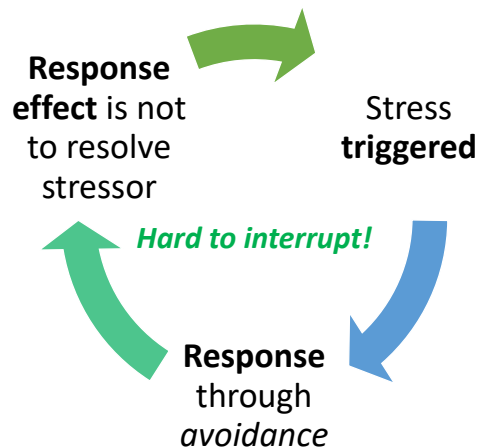


Behaviors act as short-term comfort, distraction, or numbing

(Breland et al., 2018; Curran et al., 2021; Przeworski et al., 2014)

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## Avoidant Coping Reinforcement Cycle



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## When Stressed: Try Grounding Techniques

Connect to the environment through your senses when emotions & thoughts are intense.



### Focus on bodily sensation

Clenching fists can move the energy of an emotion into fists, and then release.



### Focus on external environment

5 senses

- 5: Acknowledge FIVE things you see around you. ...
- 4: Acknowledge FOUR things you can touch around you. ...
- 3: Acknowledge THREE things you hear. ...
- 2: Acknowledge TWO things you can smell. ...
- 1: Acknowledge ONE thing you can taste.



### Focus on feeling breath

Place hands on abdomen and then watch the hands go up and down while the belly expands and contracts.

Can be modeled and taught

[Grounding Techniques](#)

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## When Less Stressed: Try Assertiveness

Avoidance & aggression don't help people assert needs

[Identify When You are Not Assertive](#)

Who makes you behave non-assertively?

- People close to you
- People in authority

When do you behave non-assertively?

- Asking/Requesting
- Expressing

What topics make you behave non-assertively?

- Personal
- Professional
- Political

Rate situations

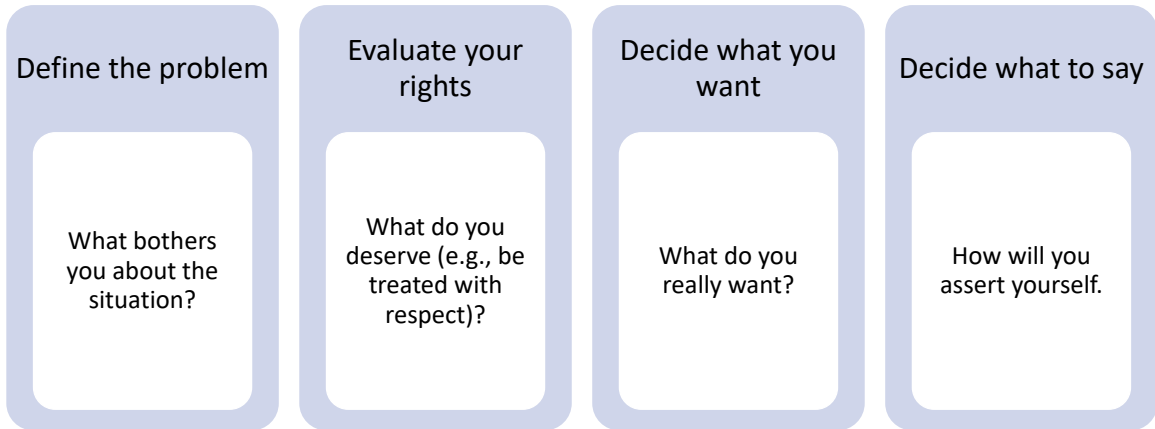
- A little uncomfortable to extremely uncomfortable

What is a situation a student might need to be more assertive in?

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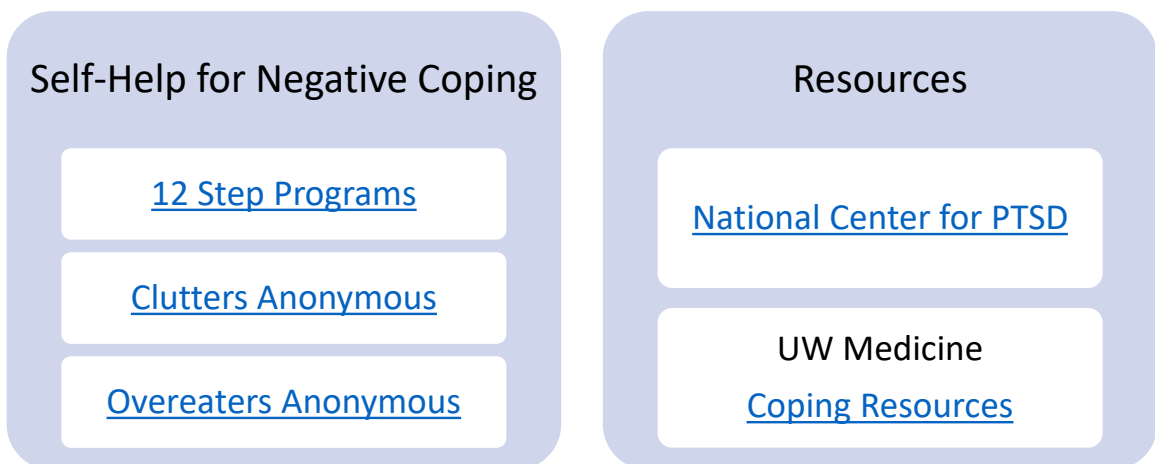
## Practice Being Assertive



[Putting Assertiveness to Use](#)

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## Resources



Questions

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## Coming Up



Next Webinar

*Policing Mental Health Crisis 11/18 @ noon* ([register](#))



Take Evaluation

- When you exit Webex



Follow Up Email

- Recording
- Presentation



Learn more about [Human Services @ QV](#)

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