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; Building the Movement to Prevent
Trauma and Foster Resilience
;
; Jesse Kohler



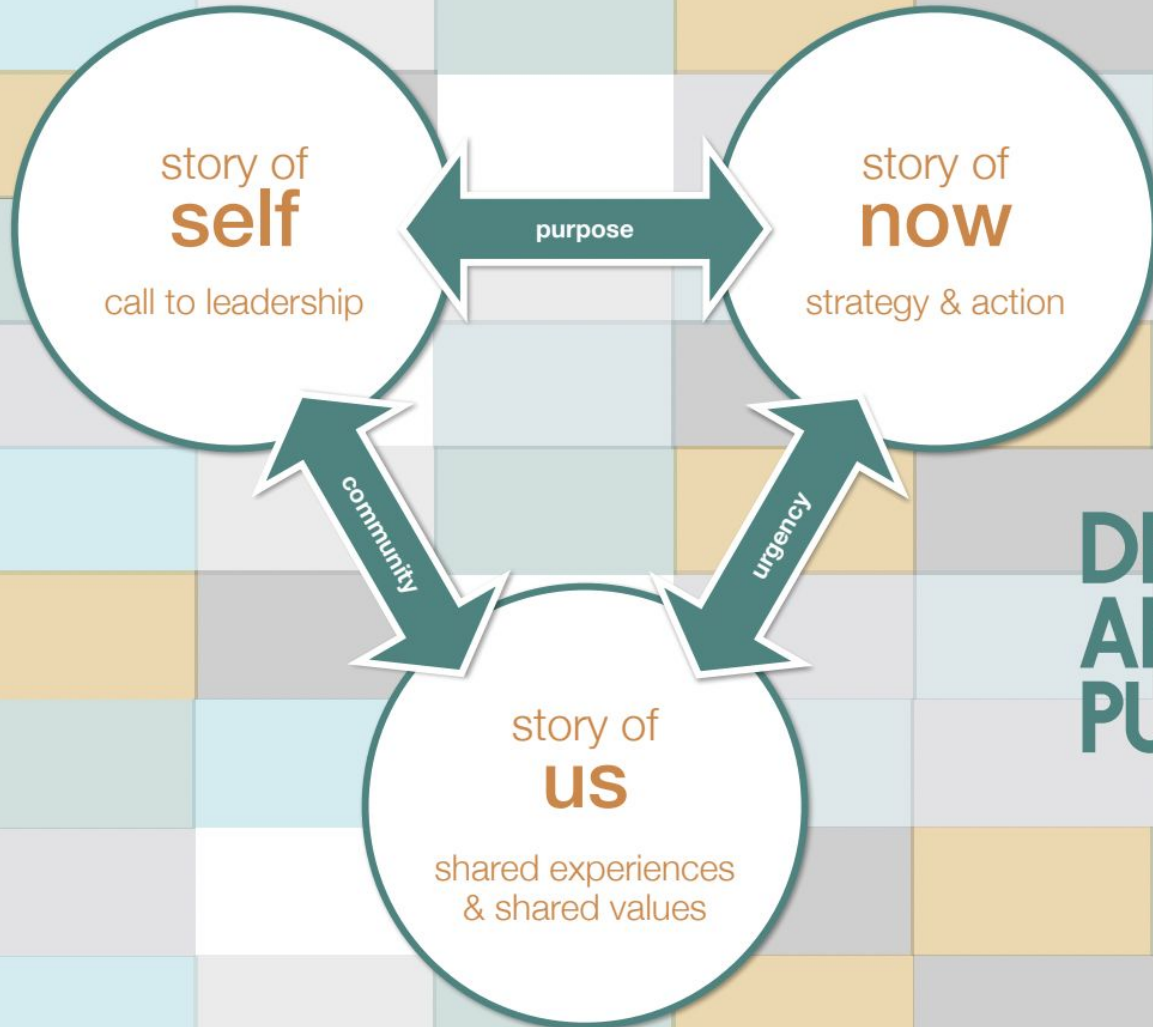
What You Can Expect:

- Introduction/PADs
- Story of Me
- Story of Us
- Story of Now
- Conclusion/Gratitude/Q&A



Predictions, Acknowledgments, & Disclaimers (PADs)

- Discussions about trauma can be triggering and elicit uncomfortable feelings. Do what you need to take care of yourself during this time!
- Though there is certainly pain in this world, there is also a tremendous amount of strength.
- My story is a single narrative of trauma and resilience. We all have our stories, they are all unique, and they are all important.
- I hope to get to know you all well over the next few of days.
- Lunch is next and I promise not to go long!



DEVELOPING AN EFFECTIVE PUBLIC NARRATIVE

Story of Me

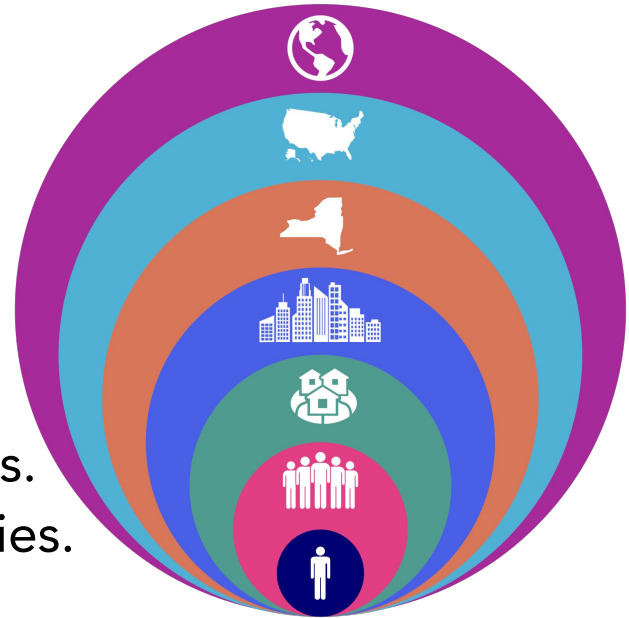
- Rooted in Love
- How Developmental Adversity/Trauma have shaped my life
- How Resilience has shaped my life
- Why and How I'm in this role with CTIPP



Story of Us

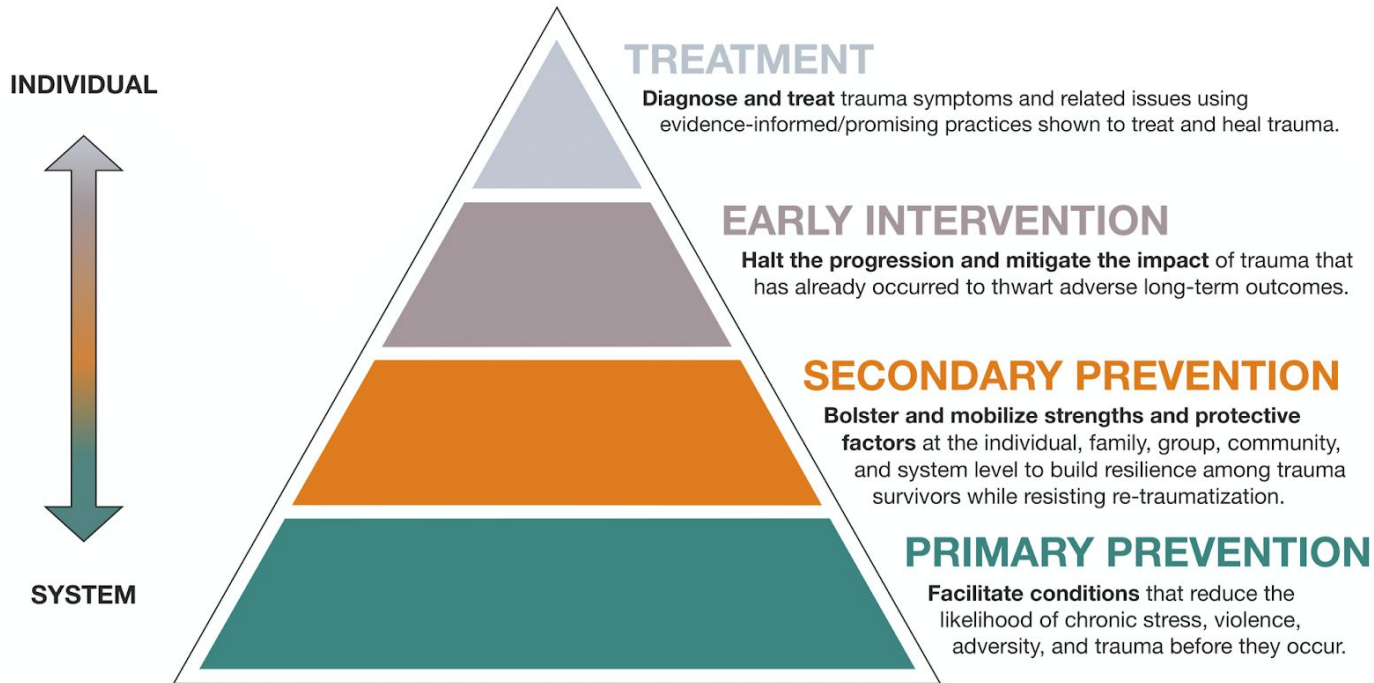
- How trauma shapes systems across the social-ecological model
- How historical/cultural/collective trauma shape our world
- Dr. Bloom video explaining historical/cultural/collective trauma
- Brief Overview of NEAR Sciences

- Often the onus for wellbeing is put on individuals and families, without greater context taken into consideration.
- Traumatized cultures and systems perpetuate stress and adversity, which generates predictable outcomes across a population and throughout generations.
- Policy creates conditions for communities.



The cascading problems our society faces cannot merely be solved in silos.

We need a comprehensive approach to address trauma as a root cause and its ripple effects.




Collective, Cultural, and Historical Trauma

**INTERTWINED AND OVERLAPPING
CONCEPTS**

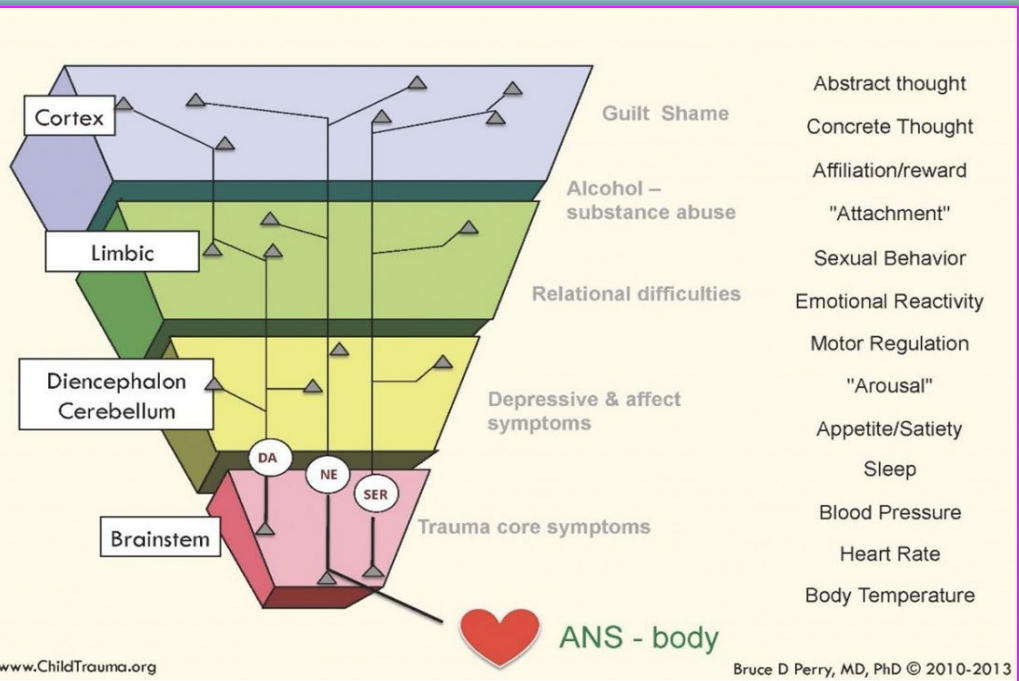


Listening...

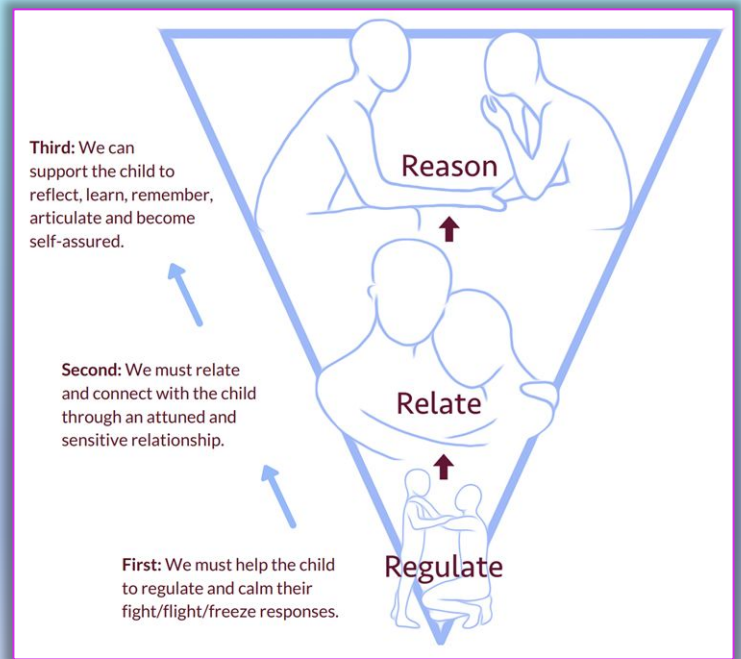


Our work is grounded in **NEAR**—a body of scientific research that includes Neuroscience, Epigenetics, Adverse Childhood Experiences (ACEs) and Resilience. It provides a complete picture of the impact of traumatic experiences and toxic stress over a lifetime and across generations. Consequently, it informs our path forward in preventing and mitigating the effects of trauma on society.

#HOPEisNEAR



NEUROSCIENCE



"The capacity to love cannot be built in isolation." ~Dr. Bruce Perry

Epigenetics: Nature or Nurture?

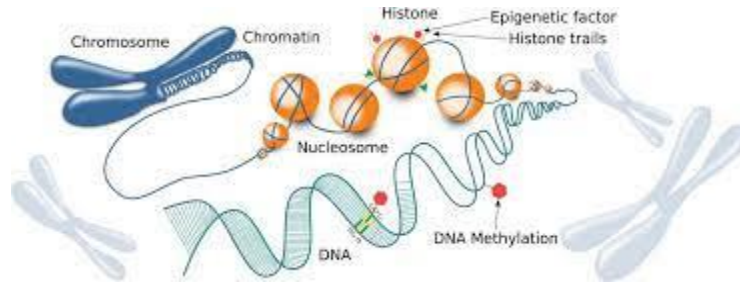
There are at least two forms of information in the genome of the cell:

Genetic Information:

Provides building block for the manufacture of all proteins needed for the cell functional activity.

Epigenetic Information:

Provides additional instruction on how, when, and where this information should be used.



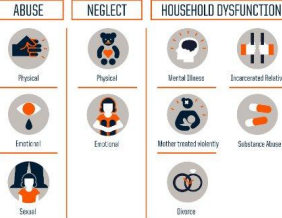
ACEs

THE TRUTH ABOUT ACEs

WHAT ARE THEY?

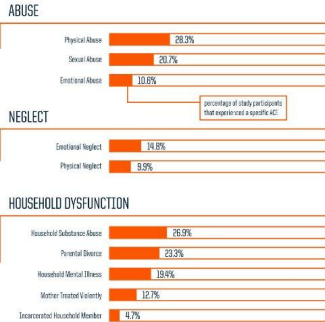
ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

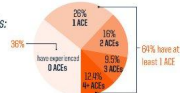


HOW PREVALENT ARE ACEs?

The ACE study¹ revealed the following estimates:

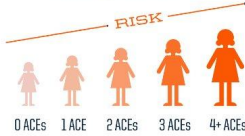


Of 17,000 ACE study participants:

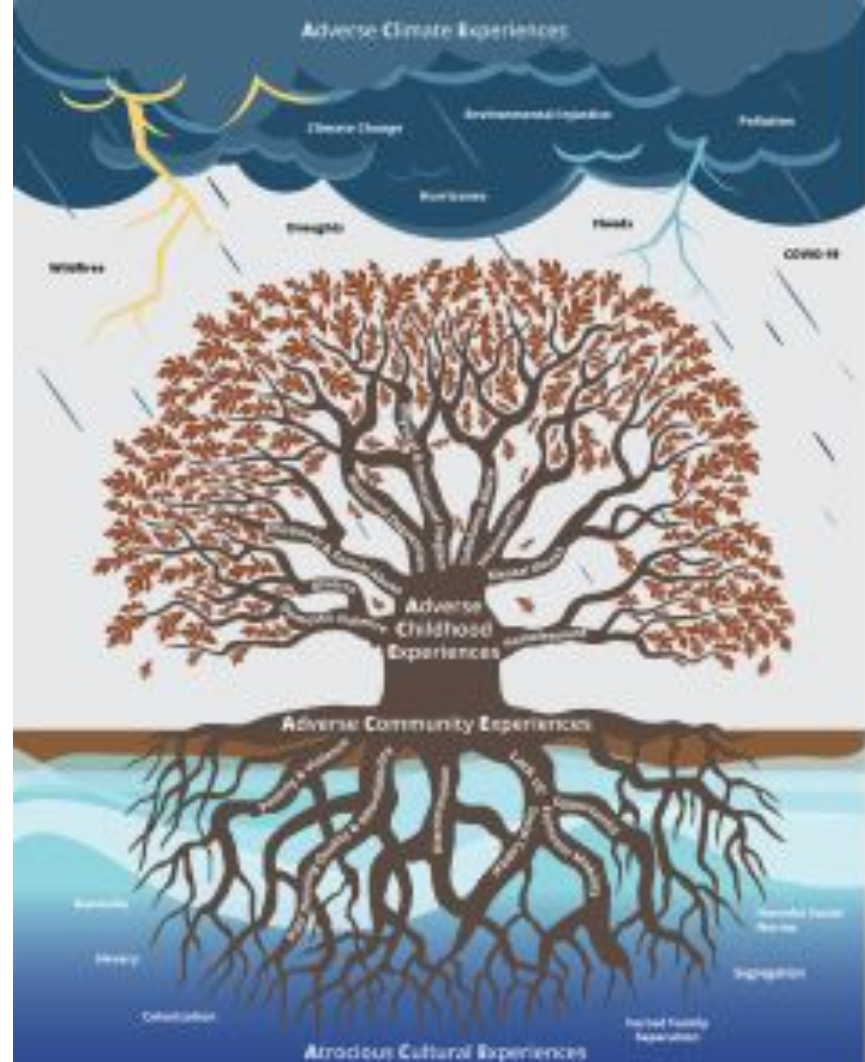
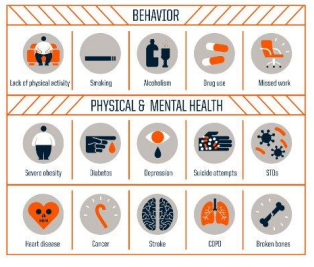


WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes

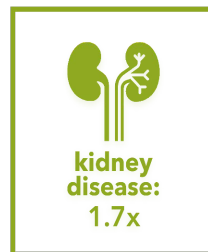
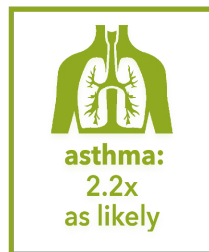
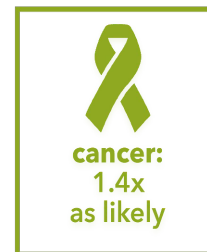
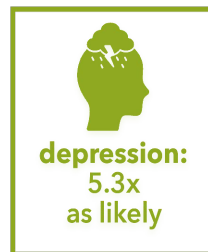
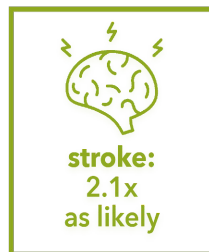


Possible Risk Outcomes:



The impact of trauma: ACEs

While sometimes the result of cataclysmic events, trauma is often the result of sustained periods of toxic stress over weeks, months, or even years. ACEs (Adverse Childhood Experiences) are traumatic events that occur during childhood and include all types of abuse and neglect.



Resilience

- Inherent within each of us is the capacity to develop strength to combat adversity we face throughout our lives.
- Healthy relationships are the greatest buffer humans have against trauma.
 - “Healing takes place in the context of health relationships over time.” Dr. Bruce Perry
- Exercise story to illustrate



Resilience Factors



Story of Now

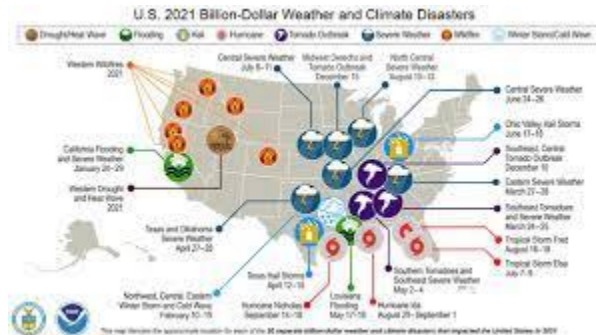
- Society currently faces many crises with trauma as a root cause
- Environmental and Systemic Crises perpetuate trauma
- There is hope - we know strategies to build a stronger future
- What CTIPP is doing to prevent trauma and foster resilience

AAP-AACAP-CHA Declaration of a National Emergency in Child and Adolescent Mental Health

THE OPIOID EPIDEMIC BY THE NUMBERS



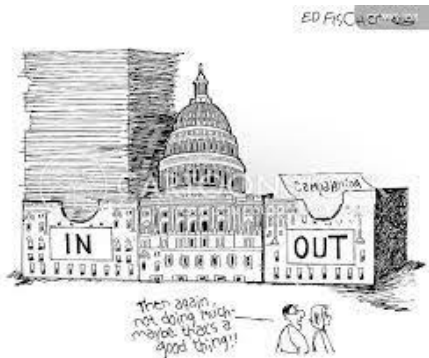
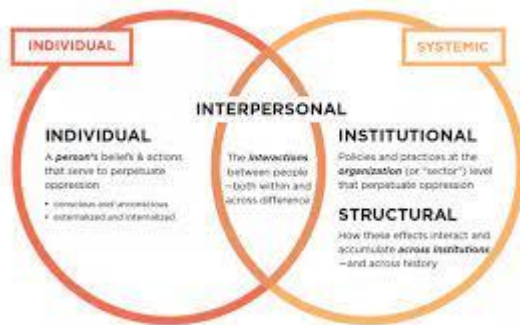
Firearm Deaths: Homicides Rise; Suicides Stay High



LEARN TO WATCH FOR EMPLOYEE BURNOUT

Based on a systematic review of 100 studies, workplace stress that has been empirically validated - which includes burnout.

WHAT DOES BURNOUT LOOK LIKE?	HOW CAN YOU HELP REDUCE EMPLOYEE BURNOUT?
Low energy	Reduce workload and increase resources
Frustrated and out of control	Set clear boundaries and expectations, and use Employee Assistance Programs
Increased irritability or cynicism	Provide support and resources, and use Employee Assistance Programs
Increased health complaints	Provide support and resources, and use Employee Assistance Programs
Decreased engagement	Provide support and resources, and use Employee Assistance Programs



We work toward a systemic approach to prevent trauma and foster resilience, rather than just treat health and social problems when they arise.

SYNDEMIC: A set of linked health problems involving two or more afflictions, interacting synergistically, and contributing to excess burden of disease in a population.

Syndemics occur when health-related problems cluster by person, place, or time.



Trauma is preventable. Recovery is possible.

Research shows us that by enacting the right policies and programs to invest back into our communities, we can prevent trauma and provide supportive healing.

And preventing trauma is cost- and resource-effective:

56%

REDUCED

EMERGENCY ROOM VISITS

The Nurse Family Partnership (NFP) reports reduction in abuse and neglect by 48% and reduced emergency room visits by 56%.

\$1 = \$35

SAVED

INVESTED IN PREVENTION

The Self-Healing Communities report, highlighting successes in Washington State, shows for every \$1 invested in prevention, \$35 dollars were saved.

98%

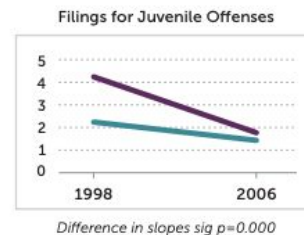
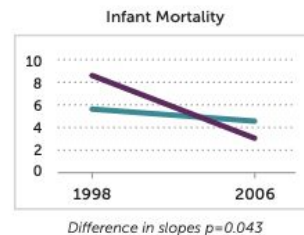
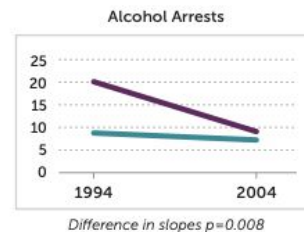
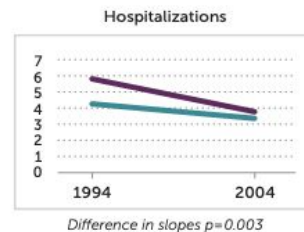
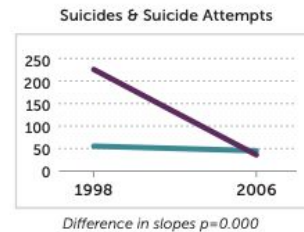
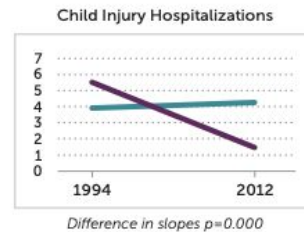
REDUCTION

IN SCHOOL SUSPENSION RATES

After one year of adopting trauma-informed practices at The Leadership Academy at John T. White Elementary School in Fort-Worth, Texas, there has been a dramatic decrease in suspensions and huge increase in teacher retention. The school also went from an F rating to a B rating in one school year.

Self-Healing Communities

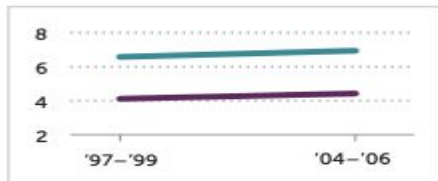
A Transformational Process Model for Improving Intergenerational Health



Change in Rates of Children & Family Health & Safety Issues FPC-Funded Counties versus Unfunded Counties

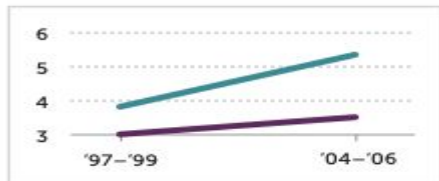
Note: Please refer to Appendix 1 on page 16 for the complete data labels for each graph.

Accident & Injury Hospitalizations (Birth–17 years)



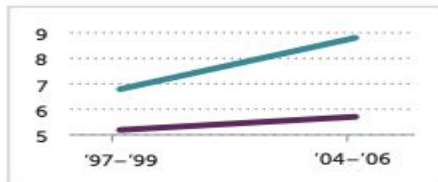
Difference in slopes not sig. at (.324)

Out-of-Home Placements



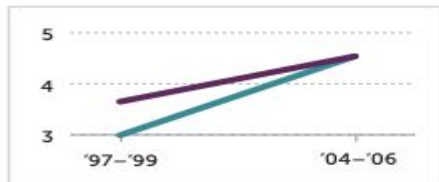
Difference in slopes sig. at .043

Infant Mortality



Difference in slopes sig. trend (.090)

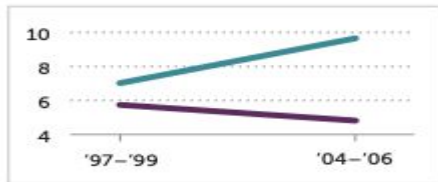
No Third Trimester Maternity Care



Difference in slopes sig. trend (.102)

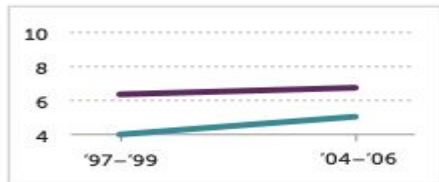
Juvenile Suicide (per 100,000/10)

Large Communities**



Difference in slopes sig. at <.001 (t=4.06)

Small Communities***

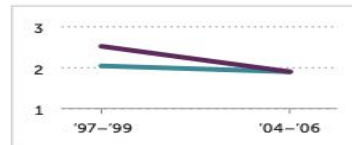


Difference in slopes not sig.

Change in Rates of Youth & Family Problems Among Teens FPC-Funded Counties versus Unfunded Counties

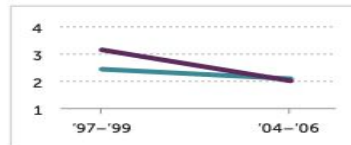
Note: Please refer to Appendix 1 on page 16 for the complete data labels for each graph.

Juvenile Offenders



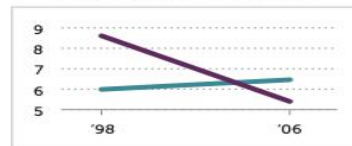
Difference in slopes sig. at .019

Juvenile Arrest for Violent Crime



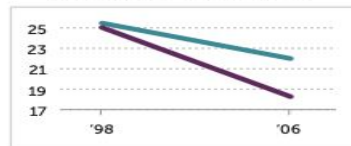
Difference in slopes sig. at .023

Yearly High School Drop-out



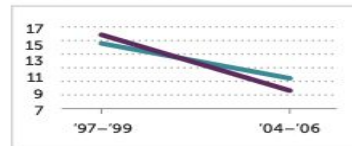
Difference in slopes sig. at .030

Freshman to Senior Drop-out



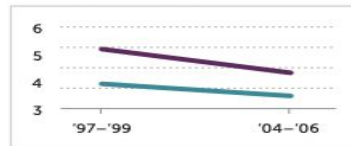
Difference in slopes sig. at .046

Alcohol-Related Juvenile Arrests



Difference in slopes sig. at .088

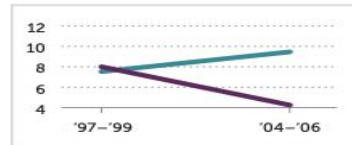
Drug-Related Juvenile Arrests



Difference in slopes not sig. (.143)

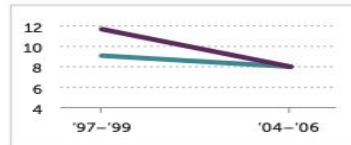
Births to Teen Mothers

Large Communities**



Difference in slopes sig. at <.001 (t=5.27)

Small Communities***



Difference in slopes not sig. (t=0.35)

The Surgeon General's Framework for Workplace Mental Health and Well-Being



Burnout: Feelings of hopelessness, fatigue, and being overwhelmed from excessive workloads and unsupportive work environments; develops gradually over time.



What we're doing to drive
positive change

CTIPP works to advance trauma-informed policies and programs through a grassroots strategy that includes:



Shaping policy: We craft and promote policy that increases and improves trauma-informed resources and support for communities.



Empowering Advocates: We inform and mobilize advocates to connect with elected officials through our National Trauma Campaign.



Amplifying community voices: We partner across sectors and systems to bring community members to the forefront, enabling open information sharing between practitioners, policymakers and the people they serve.

Our approach

We focus on the underpinnings of many of our most pressing social and health problems. Through open engagement, we work to expand and continuously improve our collaborative work across sectors and systems.



Building relationships

We partner with state and local trauma-informed coalitions and build cross-sector networks.

We ensure collaboration among those enacting policy and those served by it.



Fostering dialogue

We honor and amplify diverse community voices and those with lived experiences.

We teach advocates how to effectively communicate with legislators.



Seeking strategic opportunities

We share best practices to prevent the re-traumatization of communities.

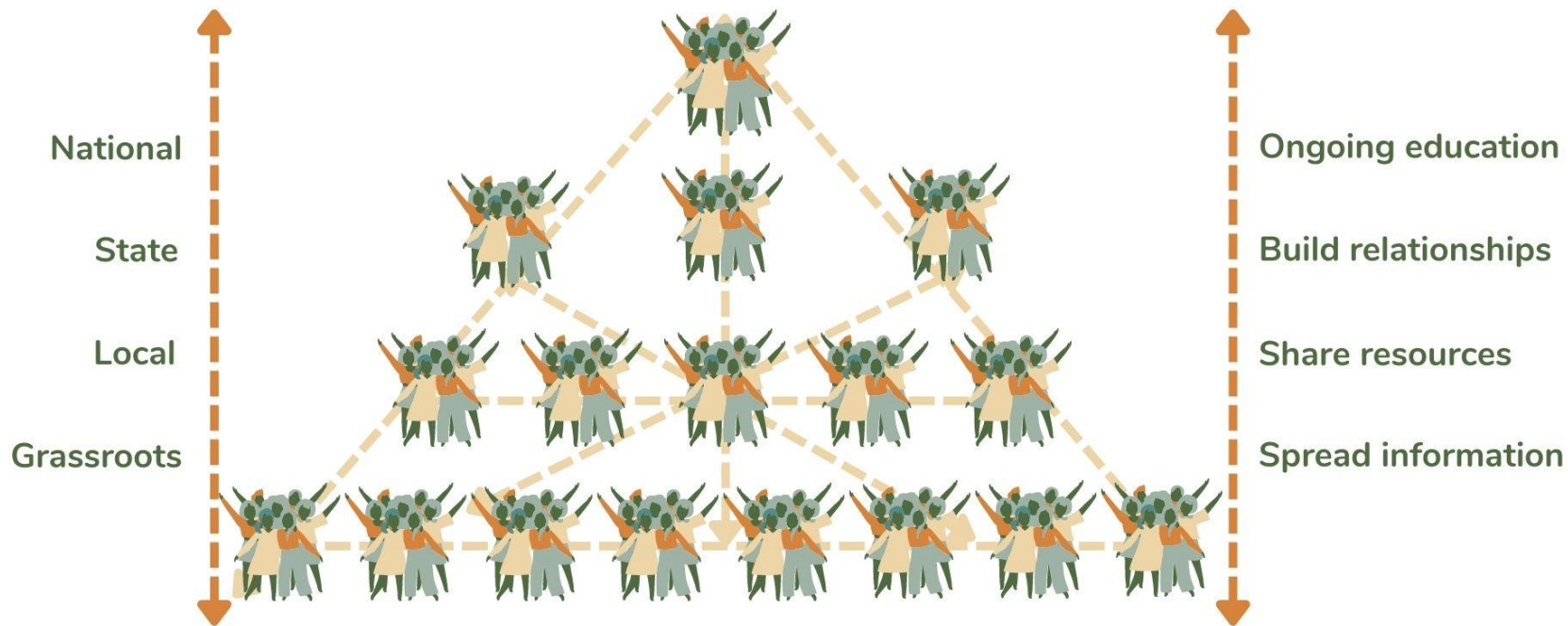
We support the growth of evidence for trauma-informed practices and programs.



Driving racial & social justice

We strive to dismantle oppression, especially for those who have been marginalized, discriminated against, and excluded from the opportunities that promote health and wellbeing.

PressOn



CTIPP.org/presson



THANK YOU

jesse@ctipp.org

CTIPP.org

