



Mountain Plains ATTC (HHS Region 8)

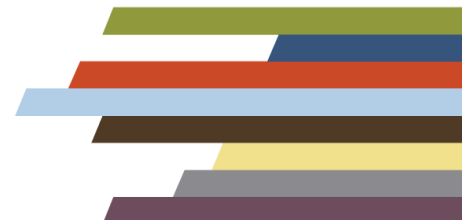
ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



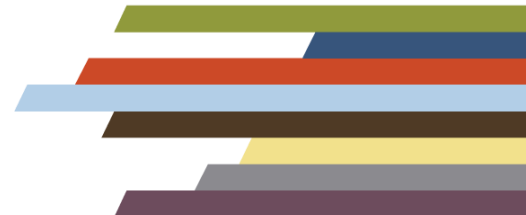
Introduction to Crisis Response Systems and Suicide Prevention Part 2

Presented by Bianca D. McCall, LMFT
June 21, 2023



Housekeeping Items

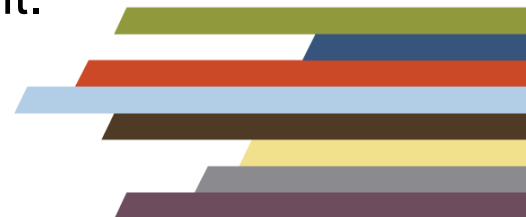
- All attendees are in listen-only mode/muted
- Use the **chat box** or **Q&A box** to ask questions
- Fill out the evaluation at the end of the presentation
- Today's session is being recorded and will be available on the MPATTC website
- Follow-up email will be sent to attendees with a copy of the slides
- Certificates of attendance will be sent out within the next 2 weeks



SAMHSA Disclaimer

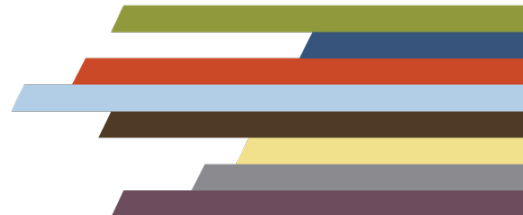
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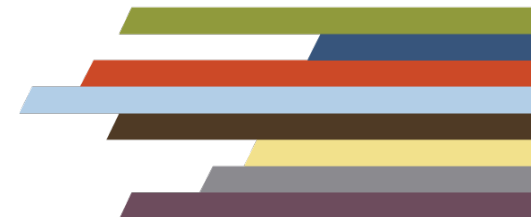
Sections

- I. Crisis Response System
- II. Behavioral Health Guidelines
- III. Behavioral Health Responses to Trauma & Grief
- IV. Cultural Considerations



Section III. Learning Objectives:

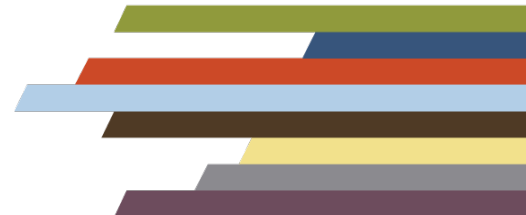
- A. Identify common trauma responses in these 5 domains
 - i. Physical
 - ii. Emotional
 - iii. Cognitive
 - iv. Behavioral; and
 - v. Existential
- B. Identify types of child maltreatment treatment and adversity and the link to health in adulthood.
- C. Recognize how complex grief and the stress response system activates fight, flight or fear; affecting the brain and body, and becomes conditioned over time.



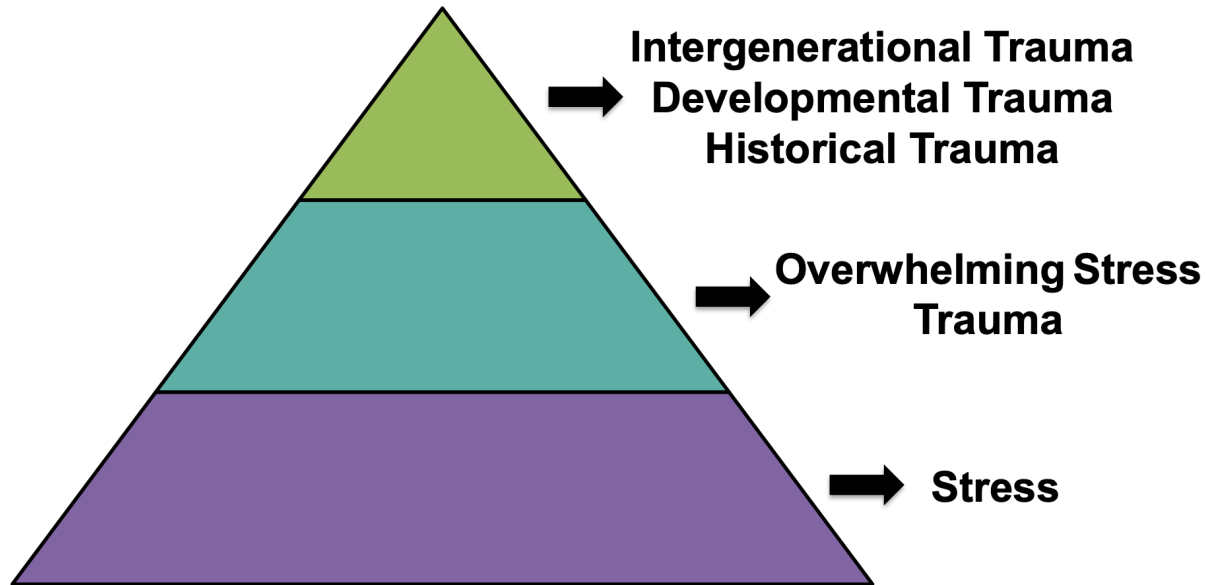
Trauma



- A Single Event
- Re-Occurring Exposure
- Complex
- Historical-
Intergenerational Trauma



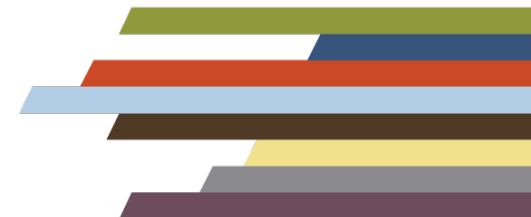
Intergenerational Trauma



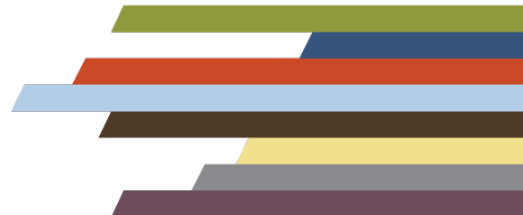
Trauma which is; an accumulation of stress and the adaptive characteristics to that trauma which took place in a previous generation and are now manifesting similar adaptations in the present day.

CAPT

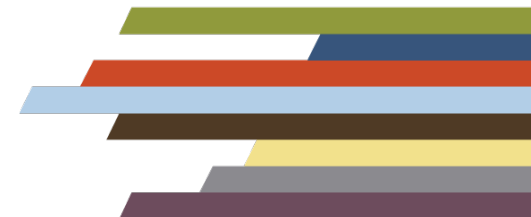
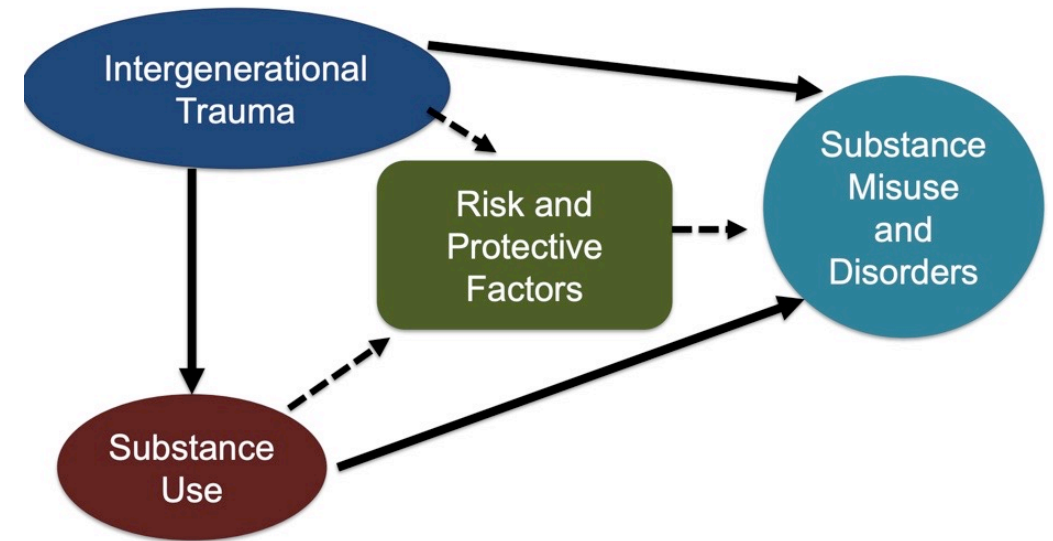
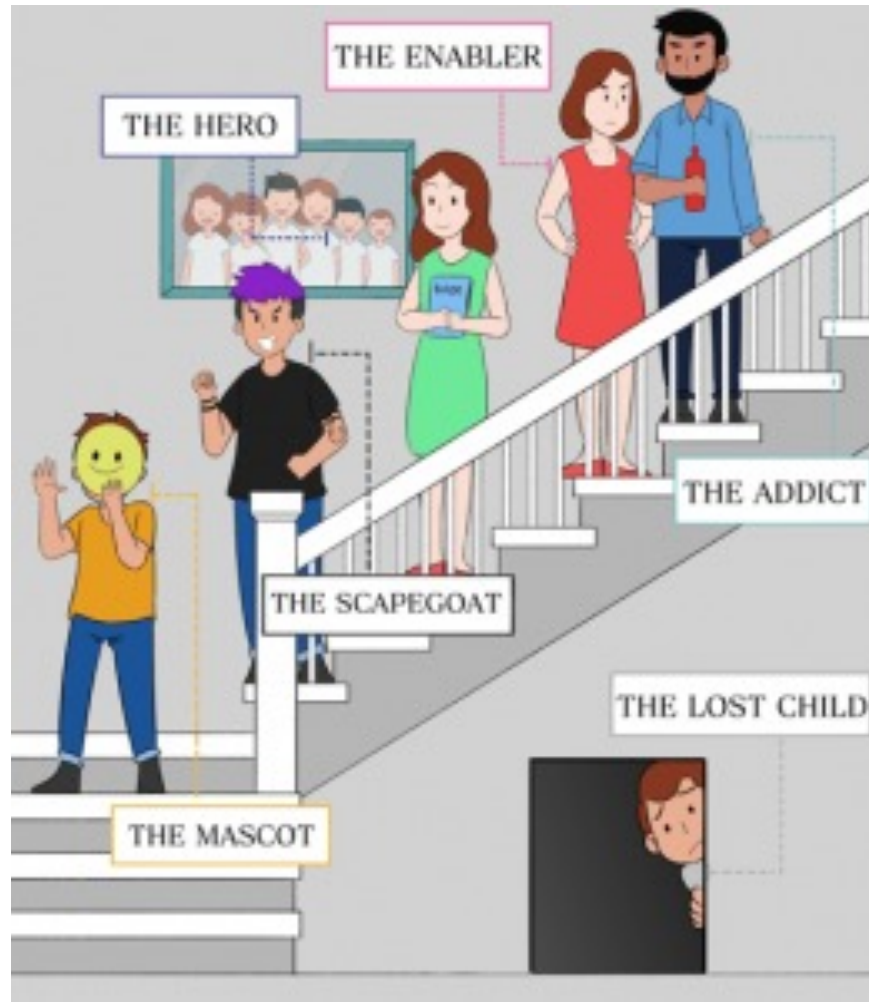
SAMHSA's Center for the Application
of Prevention Technologies



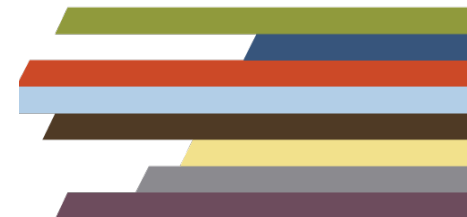
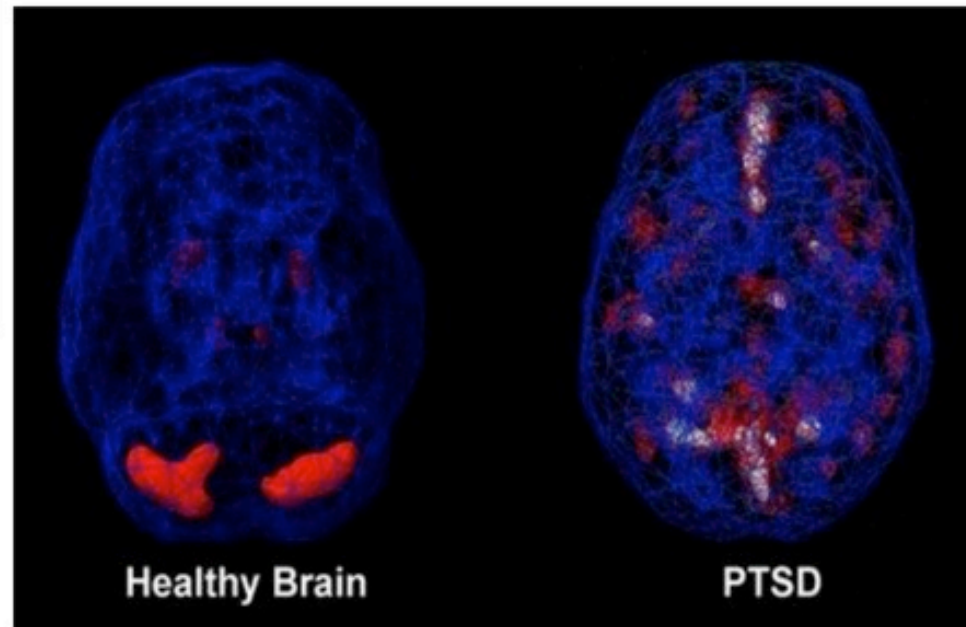
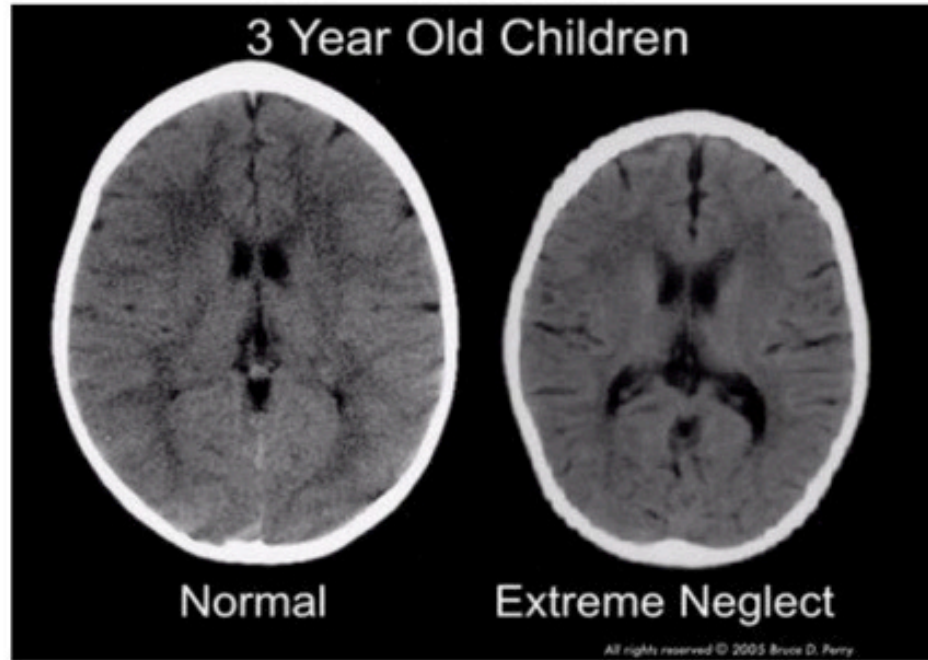
Adverse Childhood Experiences (ACEs)



Intergenerational Trauma & Substance Misuse Disorders

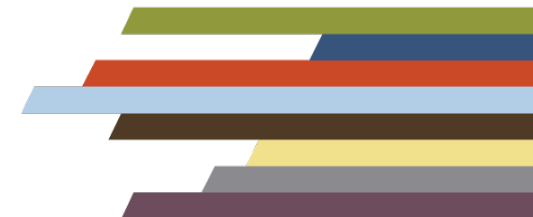


Post-traumatic Stress Disorder (PTSD) Impact on the Brain



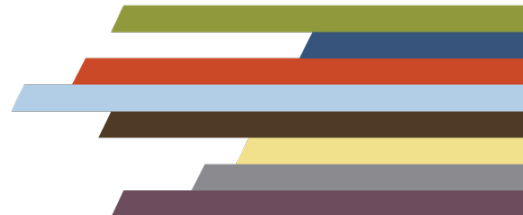
Common Behavioral Health Responses to Trauma

<p>FIGHT</p>  <ul style="list-style-type: none">• Anger• Irritability• Aggression	<p>FLIGHT</p>  <ul style="list-style-type: none">• Anxiety & Fear• Panic• Worrying
<p>FREEZE</p>  <ul style="list-style-type: none">• Immobilization• Dissociation• Depression	<p>FAWN</p>  <ul style="list-style-type: none">• People Pleasing• Can't say NO• Prioritize others <p><small> TheMindsJournal</small></p>



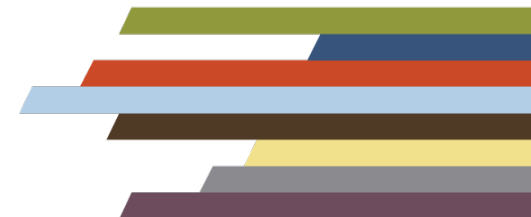
Section IV. Learning Objectives:

- A. Describe the prevalence of vicarious stress, compassion fatigue and burnout.
- B. Identify the differences in behavioral health responses, across the lifespan and culture.
- C. Describe the characteristics of resilience.



Secondary Traumatic Stress (STS)

Warning Signs of STS and Vicarious Trauma	
Hypervigilance	Excessive alertness for potential threats or dangers at and outside of work. Always being “on” and “on the lookout”
Poor Boundaries	Lacking a balanced sense of your role so that you take on too much, step in and try to control events, have difficulty leaving work at work, or take the work too personally
Avoidance	Coping with stress by shutting down and disconnecting
Inability to Empathize/Numbing	Unable to remain emotionally connected to the work
Addictions	Attaching to distractions to check out from work, personal life, or both
Chronic Exhaustion/ Physical Ailments	Experiencing physical, emotional, and spiritual fatigue or inexplicable aches and pains exceeding what you expect for an ordinary busy day or week
Minimizing	Trivializing a current experience by comparing it with another situation that we regard as more severe
Anger and Cynicism	Using cynicism or anger to cope other intense feelings that we may not understand or know how to manage
Feelings of Professional Inadequacy	Becoming increasingly unsure of yourself professionally, second-guessing yourself, feeling insecure about tasks that you once felt confident to perform

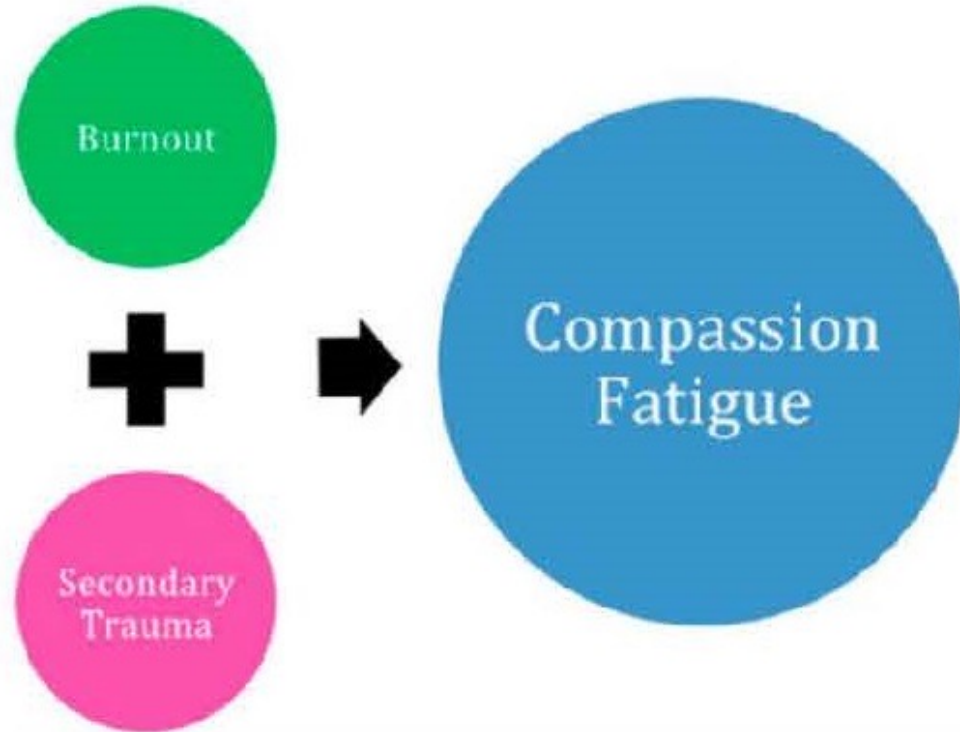


Empathy Based Stress

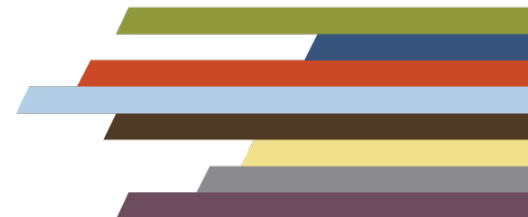
Compassion Fatigue

Figure 1

Compassion Fatigue: Conceptual Model

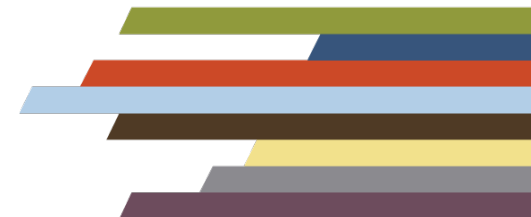


Middleton, J. (2015). Addressing secondary trauma and compassion fatigue in work with older veterans: An ethical imperative. *Ageing Life Care Journal*, 5, 1-8.

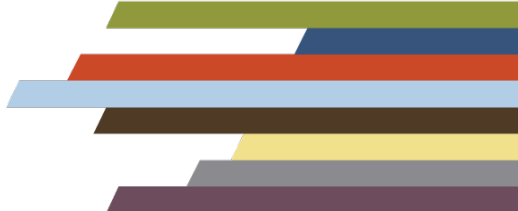
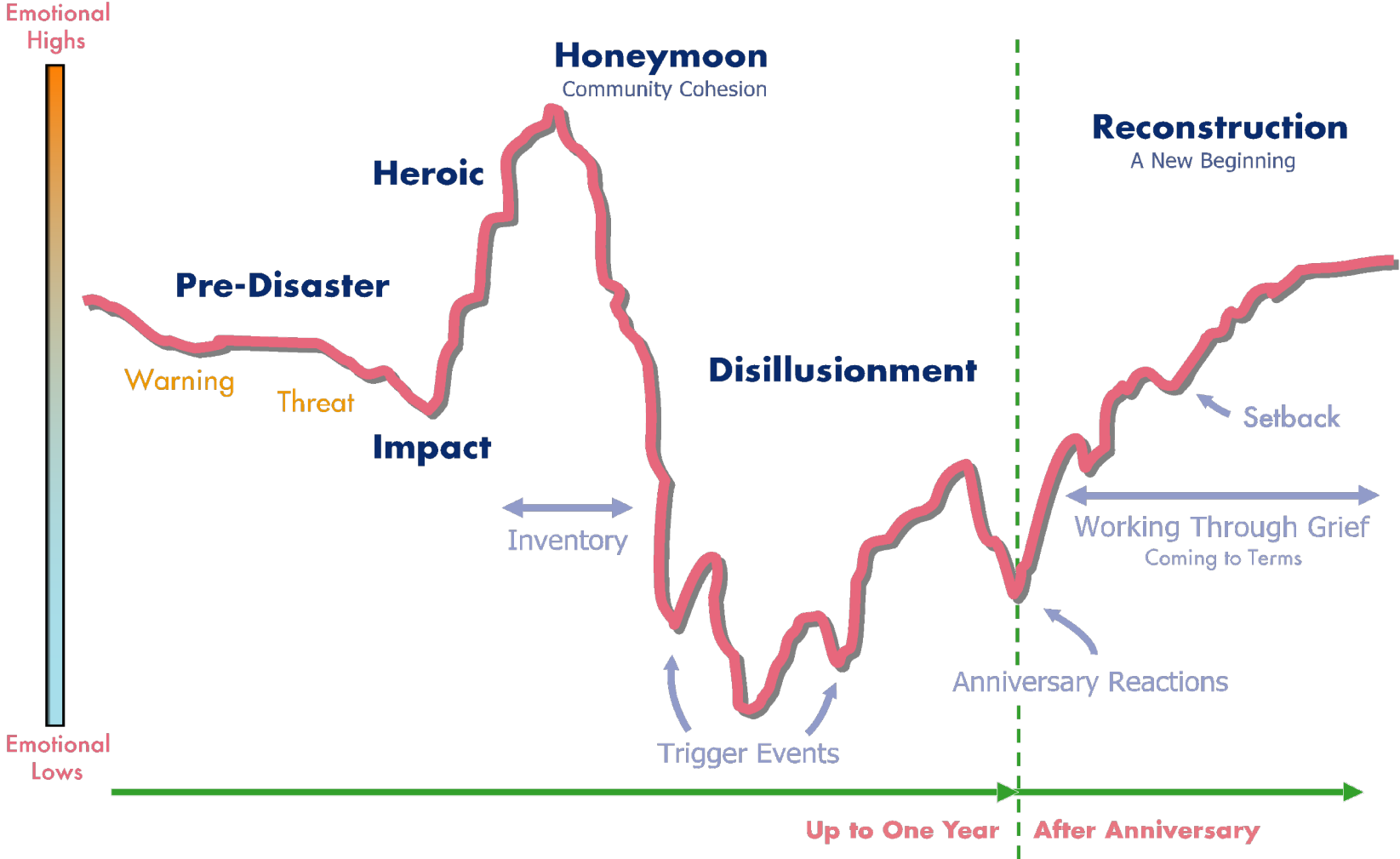


Implicit Bias

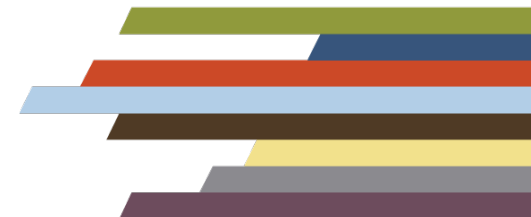
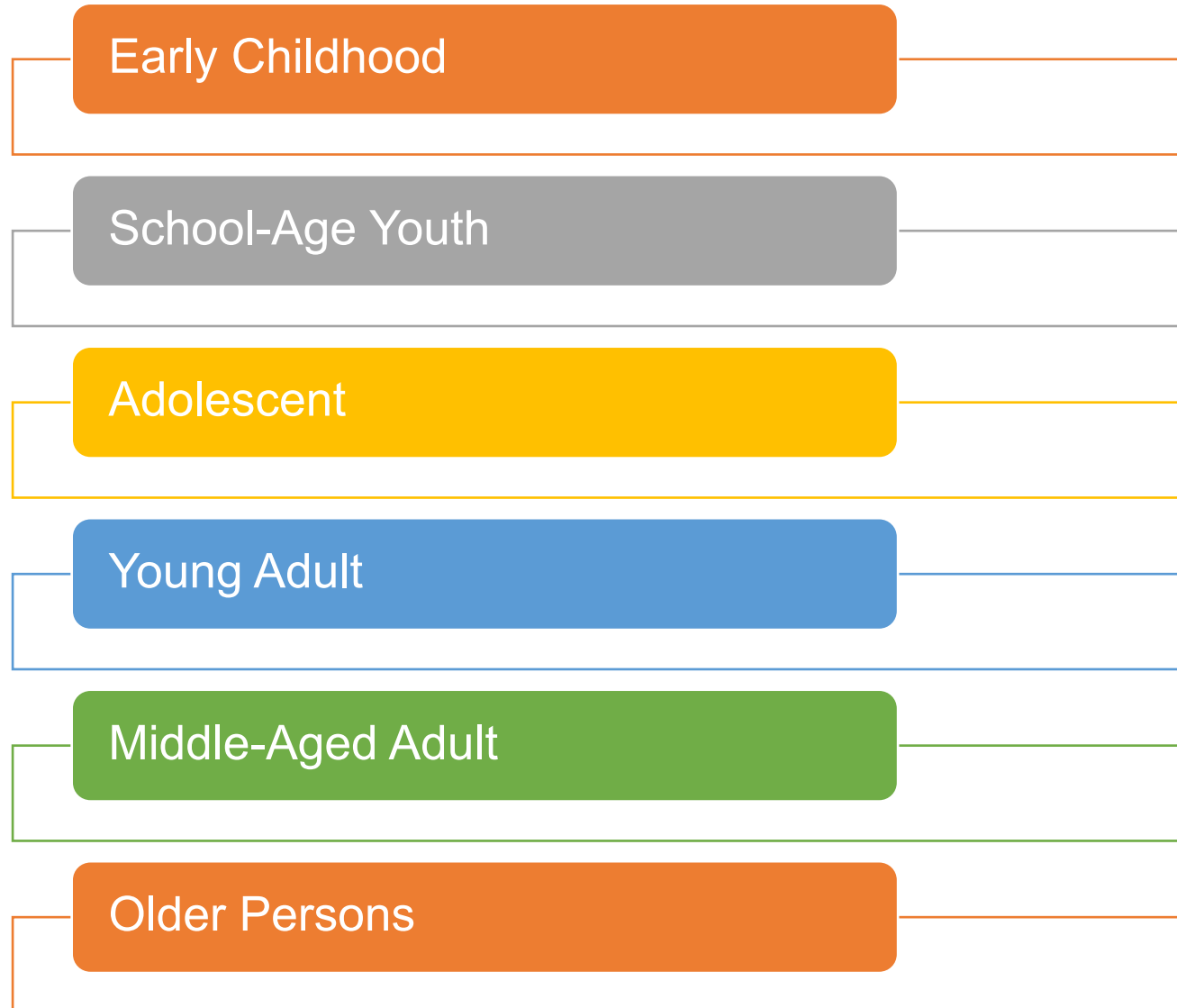
Implicit bias, also commonly known as unconscious bias, refers to the various social stereotypes and judgments that people unknowingly assign to others based on a variety of factors, such as their age, socioeconomic status, weight, gender, race, or sexual orientation.



Phases of Disaster Response & Grief Cycles

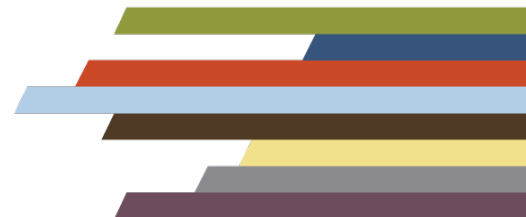


Grief Reactions Across the Lifespan



Resources

- CAPT SAMHSA Center for the Application of Prevention Technologies; Intergenerational Trauma Presentation
- ISTSS International Studies of Traumatic Stress Symptoms; Traumatic and Substance Abuse Problems (pdf)
- National Institute of Mental Health; Post Traumatic Stress Disorder and Childhood Trauma, Brain Images
- The Mind Journal, “The Four Types of Trauma Responses: Fight, Flight, Freeze or Fawn” Retrieved from: <https://themindsjournal.com/types-of-childhood-trauma/>
- Video: “Adverse Childhood Experiences” at: <https://youtu.be/XHgLYI9KZ-A>

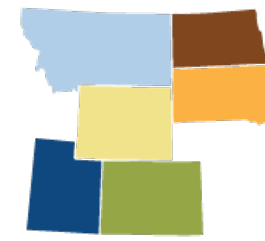




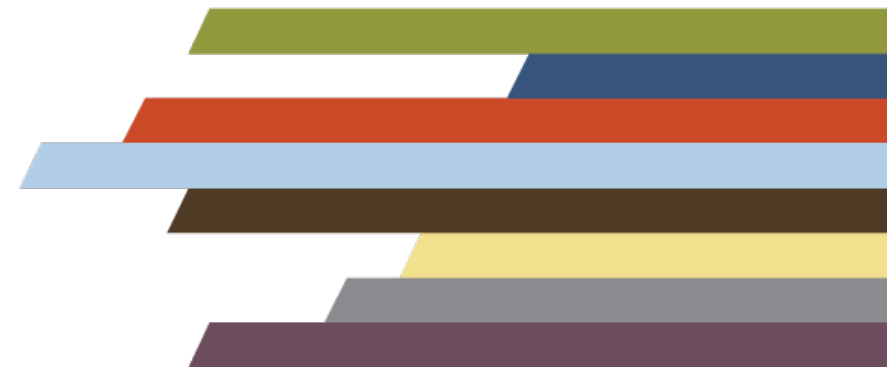
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Questions?

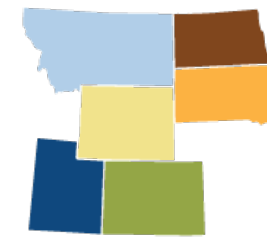




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