

Facilitating Change for Clients Presenting with PTSD and SUD Diagnoses

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12:00PM-1:30PM CST

Goal: Promote the implementation of trauma-informed principals to facilitate change for clients presenting with PTSD and SUD diagnoses.

Learning Objectives:

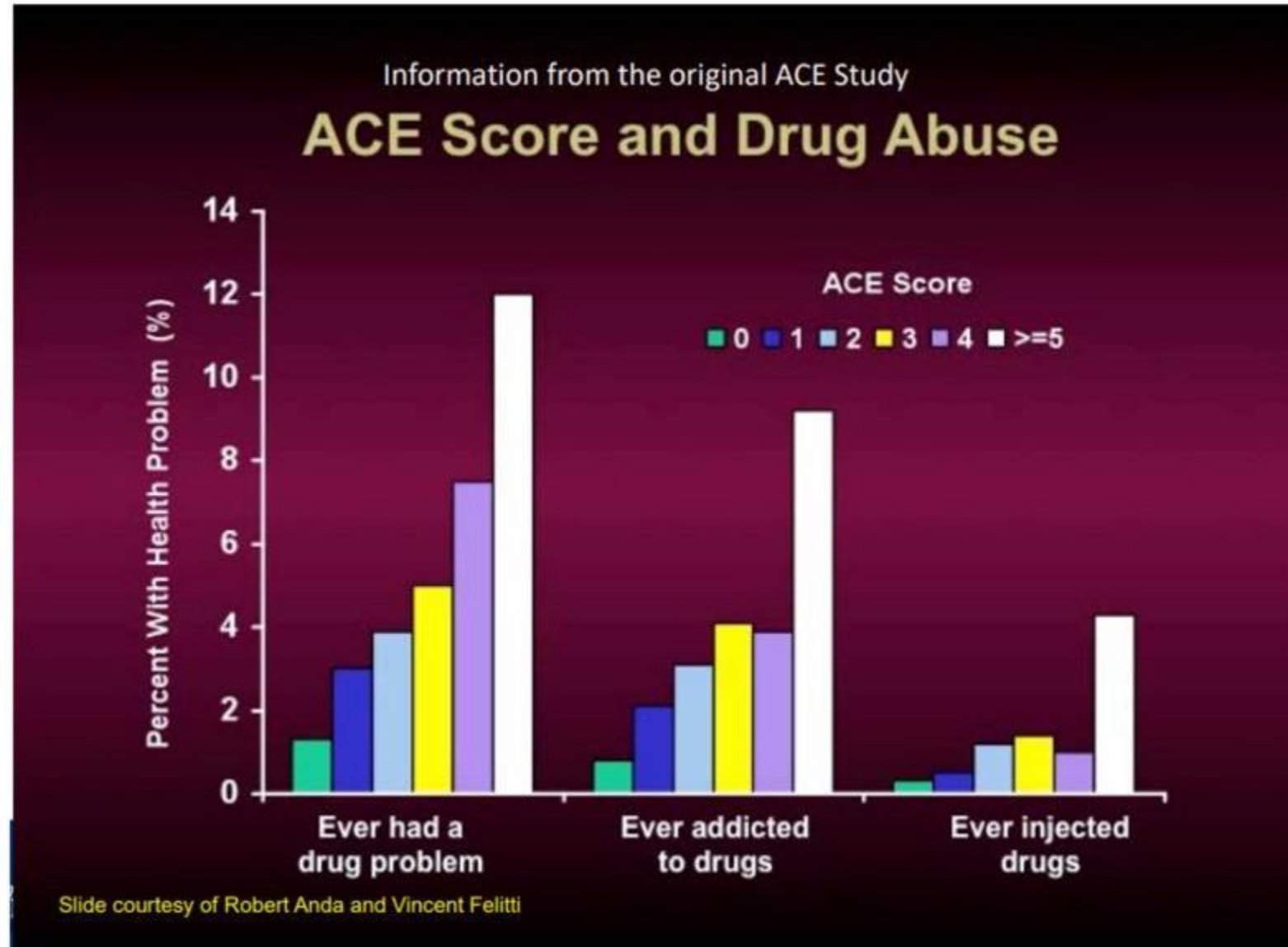
- Discuss the prevalence and impact of co-occurring PTSD and SUD
- Understand the six principles of trauma-informed care
- Implement trauma-informed care in clinical practice

June is PTSD Awareness Month.

Let's break down stigmas and raise awareness about the impact of PTSD on individuals and society.

#PTSDawareness #mentalhealthawareness

ACE Score and Drug Abuse



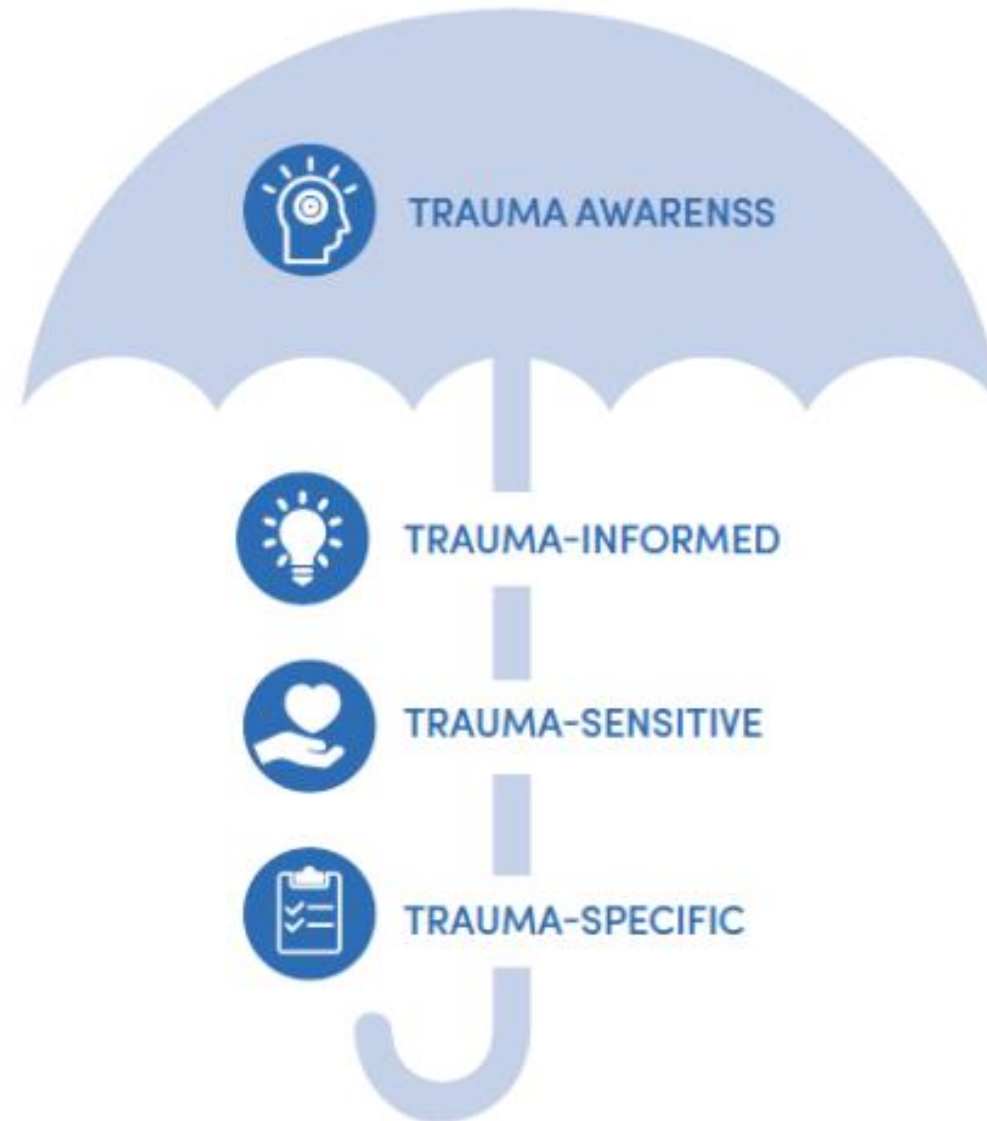
Prevalence and Correlates of Co-occurring PTSD and SUD



Post-Traumatic Stress Disorder

- Affects approximately 3.5 percent of U.S. adults every year.
- An estimated one in 11 people will be diagnosed with PTSD in their lifetime.
- Women are twice as likely as men to have PTSD.
- Three ethnic groups - U.S. Latinos, African Americans, and American Indians - are disproportionately affected and have higher rates of PTSD than non-Latino whites.

Three Levels of Trauma-informed Approach



(ITTIC's, 2024)

Trauma-Informed Approach

- Method an agency, program, or provider utilizes to deliver behavioral health care that accommodates the vulnerability of trauma survivors.
- It includes an understanding of past and current trauma and an awareness of its impact across settings, services, and populations.
- View trauma through an ecological and cultural lens and recognizing that context plays a significant role in how individuals perceive and process traumatic events.

(Harris & Fallot, 2001; SAMHSA, 2014)

Trauma-Informed Care

- “TIC is a strengths-based service delivery approach ‘that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment’ (Hopper, Bassuk, & Olivet, 2010, p. 82).
- “It also involves vigilance in anticipating and avoiding institutional processes and individual practices that are likely to retraumatize individuals who already have histories of trauma, and it upholds the importance of consumer participation in the development, delivery, and evaluation of services.”

Cultural Responsiveness

- Recognizes that cultural differences can significantly impact an individual's mental health.
- Understand individual's cultural values, beliefs, and practices.
- Provide services that are sensitive to client's cultural differences.

Principles of Trauma-Informed Care



Safety



Trustworthiness &
Transparency



Peer Support



Collaboration &
Mutuality




Empowerment,
Voice & Choice



Cultural, Historical
& Gender Issues

SAMHSA'S 6 Guiding Principles of Trauma Informed Care

- Safety
- Trustworthiness and Transparency
- Empowerment and choice
- Peer support
- Collaboration and mutuality
- Cultural, historical and gender issues



“You can not have a successful trauma recovery movement in the United States without Advocates.” Judith Herman

Thank you for your interest in addressing PTSD and SUD!

SAMHSA'S 6 Guiding Principles of Trauma Informed Care Continued

Safety

- Trauma Informed System of Care-Every member of the service team receives training
- Trauma informed leadership- Safe Sanctuary, calm, emotionally regulated, voice and choice, honor the 6 principles of trauma informed care
- From the initial phone call through termination and follow up
- Safety in the home
- Safety in the community
- Safety in counseling

SAMHSA 6 Principles Continued

Safety Continued

Creating A Welcoming Environment

- Greeting (the first greeting matters)
- Voice Tone
- photos, magazines
- Inviting waiting room
- bathrooms
- length of wait
- service energy
- A tour

SAMHSA 6 Principles Continued

Safety Continued

- A Non-confrontational style
- Missing details are 'ok'
- Client in charge of all disclosure
- One experience can represent many
- Consistently check in to see if any support around recovery is needed whenever trauma is discussed.
- Use grounding and centering exercises to help clients regulate emotions
- Discuss a current event
- Review safety plan prior to the end of the session

6 Guiding Principles of Trauma Informed Care Continued

Trustworthiness and Predictability

- Counselor qualities-empathy, warmth, genuineness, charisma, believability
- Informed consent
- Keep your word
- 10 minutes equals 10 minutes
- Follow through
- Congruence-between who you are and who you appear to be
- Minimize confrontation and build assets

6 Guiding Principles of Trauma Informed Care Continued

Empowerment and Choice

- Not doing for clients. what they are capable of doing for self
- An egalitarian relationship
- Naming traumatic experiences
- Believing in the capacity of the individual to change and grow
- Voice and choice in the treatment/recovery plan
- Honoring multiple pathways of recovery
- Motivational interviewing
- Strength based counseling approaches

Conducting a Strength-based Assessment

- What do you do well?
- How have you been able to endure so much?
- What do you like to do in your leisure time?
- What is the best thing you ever made happen?

Strength-based Assessment Continued

- What are the three best moments you can recall in your life?
- What is your previous life suffering preparing you to do with the rest of your life?
- When you faced that challenge, what sources of strength did you draw from?
- What have you learned from what you have gone through?
- Which of your experiences have taught you the most about your own resilience?

Peer Support

- Trauma survivors
- They are key to establish mutual support, safety and hope.
- Build trust and enhance collaboration
- Use of stories and lived experiences to promote recovery and healing.
- This allows learners to have conversations with others who may have faced or are now facing similar challenges.



Collaboration and Mutuality

- Sharing power and working together with individuals.
- Seek ideas and feedback
- Explore others' circumstances from their perspective
- Acknowledge power dynamics



Cultural, Historical and Gender Issues



- The organization actively overcomes cultural stereotypes and biases
- Offers, access to gender-sensitive services;
- Harnesses the healing value of traditional cultural connections;

Cultural, Historical and Gender Issues

- Incorporates policies, protocols and processes that respond to the racial, ethnic and cultural needs of the people served;
- Recognizes and addresses historical trauma.



Screen for Trauma

- **ACE Questionnaire:**

https://elcentro.sonhs.miami.edu/research/measures-library/aces/aces_spa.pdf

- **PTSD Checklist for DSM-5 (PCL-5)-**

https://www.ptsd.va.gov/professional/assessment/documents/PCL5_Standard_form.PDF

- <https://www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp#obtain>

PTSD
TREATMENT
WORKS

20
24

JUNE

June is PTSD Awareness Month

SPREAD THE WORD | RAISE AWARENESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Make the pledge to raise PTSD Awareness
2 Use our image as your Social Media profile pic	3 Share resources like the Veterans Crisis Line	4 Download PTSD Coach or PTSD Family Coach mobile apps	5 Listen and subscribe to the PTSD Bytes podcast	6 Like our Facebook page	7 Get key information on trauma, PTSD and treatment	8 Step up and register for our Virtual Walk
9 Share our video about PTSD symptoms on social media	10 Learn about and compare PTSD treatment options	11 Take an online course or program	12 Share stories of Veterans who have been there	13 Pride Month: Share resources for LGBTQ+ Veterans	14 PTSD explained in 4 minutes: watch What is PTSD?	15 Share our social media posts
16 Learn about common reactions after trauma	17 Find a PTSD therapist	18 Practice mindfulness	19 Juneteenth Learn ways to cope with racial trauma	20 Follow us on Twitter	21 Read Understanding PTSD and PTSD Treatment	22 Subscribe to our YouTube channel
23 Share this photo on Instagram	24 Hear what PTSD is like for family members	25 Learn how to talk to a Veteran about mental health care	26 Learn about evidence-based treatment	27 PTSD Screening Day Take the PTSD Self-Screen	28 Learn about how sleep affects PTSD	29 Subscribe to our PTSD Monthly Update
30 Explore our website to learn even more about PTSD						

THANK YOU FOR
HELPING SPREAD
THE WORD ABOUT
PTSD
AND EFFECTIVE
TREATMENTS
www.ptsd.va.gov



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- Harris, M., & Fallot, R. (2001). Using trauma theory to design service systems. (eds). *New direction for mental health services*, no. 89. John Wiley and Sons Inc.
- Substance Abuse and Mental Health Services Administration (2023). *Practical Guide for Implementing a Trauma-Informed Approach*. SAMHSA Publication No. PEP23-06-05-005. Rockville, MD: National Mental Health and Substance Use Policy Laboratory.