



# Fueling Our Minds & Bodies For Optimal Living

## Virtual Seminar

---

Dr. Sharon Coleman





# WHERE DO WE BEGIN?

- What is Trauma and Who is Affected?
- What is the Impact of Exposure to Trauma?
- What Does This Mean for All of Us?

# WHAT IS TRAUMA?

American Psychological Association	<i>“an <b>emotional response</b> to a terrible event like an accident, rape or natural disaster ”</i>
Merriam-Webster Dictionary	<i>“a disordered psychic or <b>behavioral state</b> resulting from severe mental or emotional stress or physical injury. an emotional upset ”</i>
Substance Abuse Mental Health Services Administration (SAMHSA)	<i>Individual trauma results from an event, series of events, or set of circumstances that is <b>experienced by an individual</b> as physically or emotionally harmful or threatening and <b>that has lasting adverse effects</b> on the individual's functioning and physical, social, emotional, or spiritual well-being...</i>
Diagnostic & Statistical Manual (DSM), 5 <sup>th</sup> Edition	<i>...includes <b>direct experience</b> of the traumatic event; <b>witnessing</b> the traumatic event in person; <b>learning that the traumatic event occurred</b> to a close family member or close friend (with the actual or threatened death being either violent or accidental); or <b>experiences first-hand repeated or extreme exposure</b> to aversive details of the traumatic event (not through media, pictures, television or movies unless work-related).</i>



The infographic features a central red rectangle with the text "CAUSES OF TRAUMA INCLUDE" in white. Surrounding this central text are eight circles. Seven circles are purple and contain the words "LOSS", "DISASTER", "WAR", "BIRTH", "HARMFUL EXPERIENCES", "VIOLENCE", and "NEGLECT". The eighth circle, located on the right side, is teal and contains the word "BIRTH". The entire infographic is set against a white background with a yellow triangle in the bottom right corner.

## CAUSES OF TRAUMA INCLUDE

LOSS

DISASTER

WAR

BIRTH

HARMFUL  
EXPERIENCES

VIOLENCE

NEGLECT

ABUSE

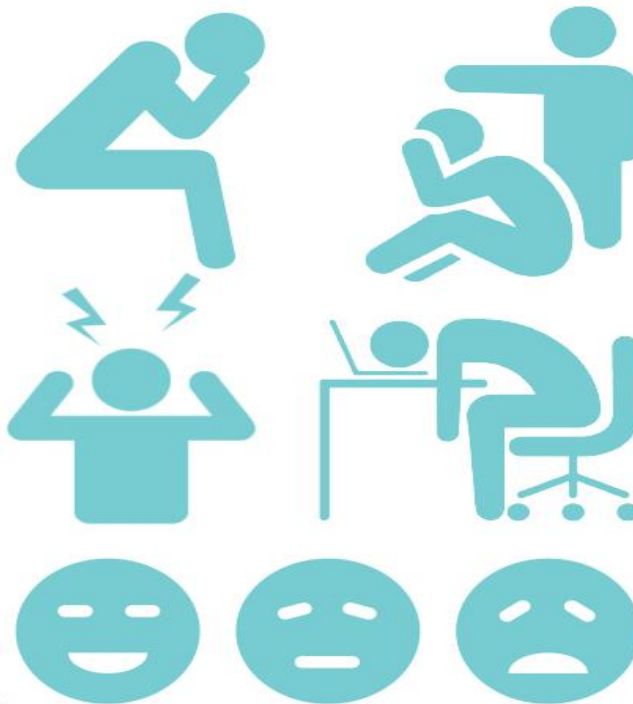


# FACTS

- *In short, trauma is the sum of the **event**, the **experience**, and the **effect**.*
  - Traumatic events can be **isolated** or repeated, ongoing events. A person can also experience trauma after witnessing something traumatic happening to someone else.
  - Most people report at least one potentially traumatic event (PTE) during their lifetime.
  - More than **two thirds of children** reported at least 1 traumatic event by age 16.
-

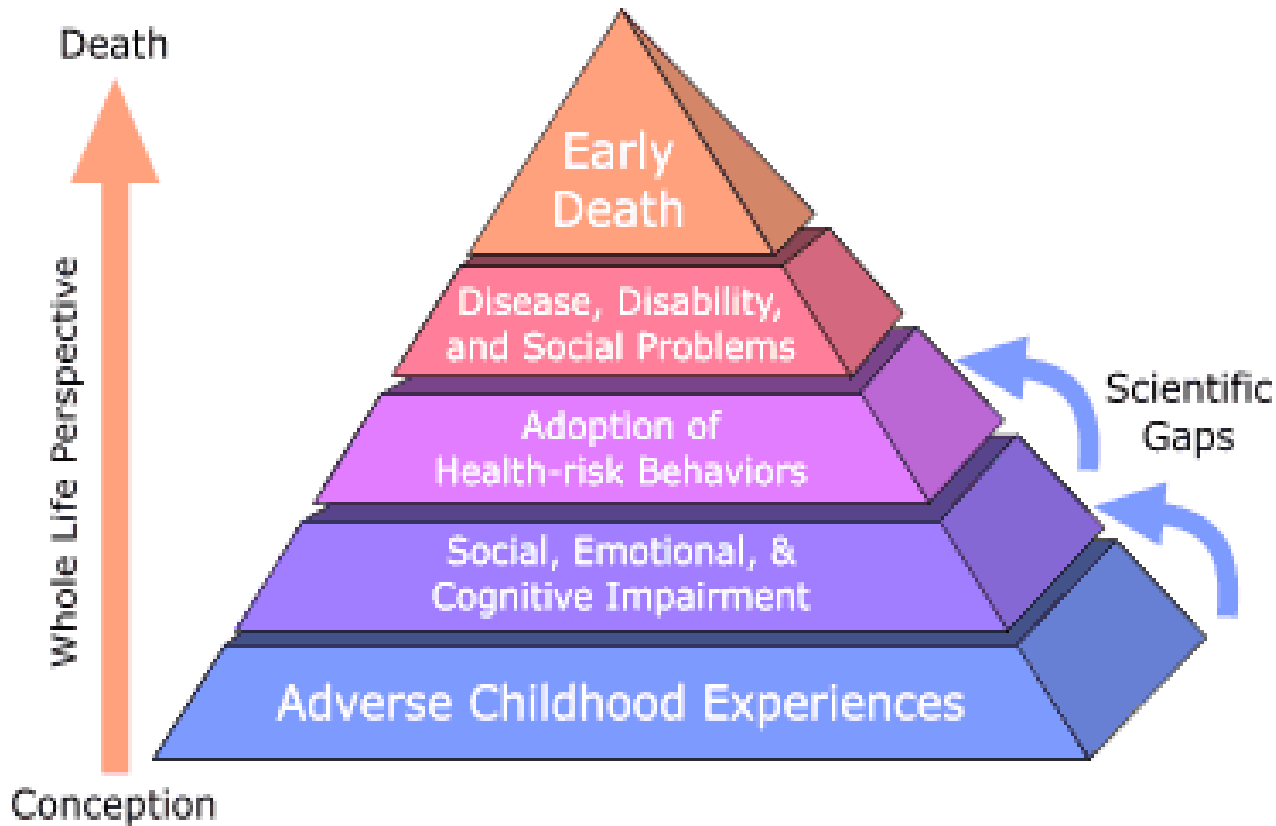
# WHAT DOES TRAUMA LOOK LIKE?

## A-Z OF TRAUMA SYMPTOMS



- A:** Anxiety
- B:** Bottling up emotions
- C:** Change in personality or mood
- D:** Depression
- E:** Eating patterns change (along with drinking/smoking)
- F:** Fatigue
- G:** Guilt, shame or self-blame
- H:** Heartbeat racing
- I:** Insomnia
- J:** Jumpy or being startled easily
- L:** Lack of concentration
- M:** Memory lapse
- N:** Nightmares (along with flashbacks, panic attacks or disturbed sleep)
- O:** Obsessive compulsive behaviours
- P:** Post traumatic stress disorder (PTSD)
- Q:** Quiet and introverted
- R:** Relationships are suffering
- S:** Shock and stress
- T:** Tension in muscles
- U:** Unusual behaviour such as self-destructive or substance abuse
- V:** Verbal skills deteriorating
- W:** Withdrawn and becoming unsociable

# THE IMPACT OF TRAUMA



The **Adverse Childhood Experiences** study of the effects of trauma on future health was result of collaboration of CDC and Kaiser Permanente. They wanted to find out if there were any commonalities in the backgrounds of high users of healthcare services, chronic illnesses, and early deaths.

They asked participants about trauma in their childhood - about recurrent physical or emotional or sexual abuse, family substance abuse or incarceration, depression, or other mental health issues.

Researchers identified a link between ACE exposure and a higher likelihood of negative health and behavioral outcomes later in life, such as heart disease, diabetes and premature death.

## The Pair of ACEs

### Adverse Childhood Experiences

Maternal  
Depression

Physical &  
Emotional Neglect

Emotional &  
Sexual Abuse

Divorce

Substance  
Abuse

Mental Illness

Incarceration

Domestic Violence

Homelessness

### Adverse Community Environments

Poverty

Discrimination

Community  
Disruption

Lack of Opportunity, Economic  
Mobility & Social Capital

Poor Housing  
Quality &  
Affordability

Violence



## RESULTS

---

About **two-thirds of the adults** in the study had experienced one or more *types* of adverse childhood experiences.

---

There was a **direct link** between childhood trauma and adult onset of chronic disease, as well as mental illness, doing time in prison, and work issues, such as absenteeism.

---

More adverse childhood experiences **resulted in a higher risk of medical, mental and social problems** as an adult.

# WHAT WE KNOW ABOUT THE IMPACT OF TRAUMA



## People who have experienced trauma are:

- **15 times** more likely to attempt suicide
- **4 times** more likely to become an alcoholic
- **4 times** more likely to develop a Sexually Transmitted Disease
- **4 times** more likely to inject drugs
- **4 times** more likely to use antidepressant medication
- **3 times** more likely to be absent from work
- **3 times** more likely to experience depression
- **3 times** more likely to have serious job problems
- **2.5 times** more likely to smoke
- **2 times** more likely to develop chronic obstructive pulmonary disease (COPD)
- **2 times** more likely to have serious financial problems

# TRAUMA REACTIONS

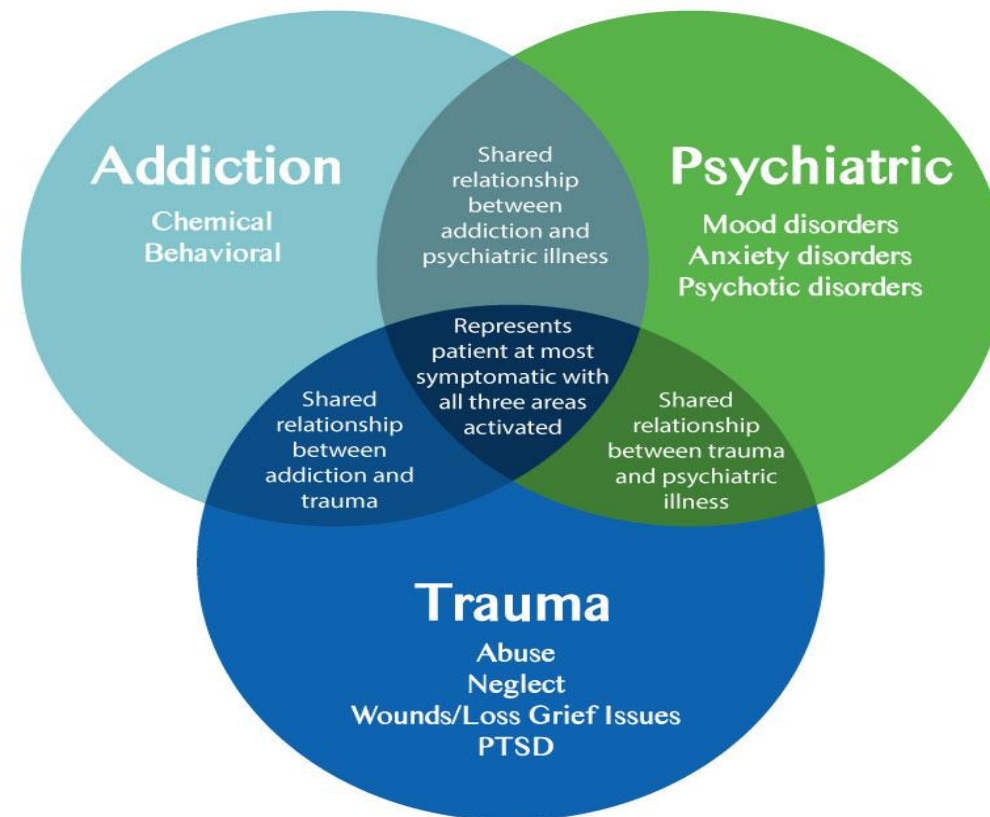
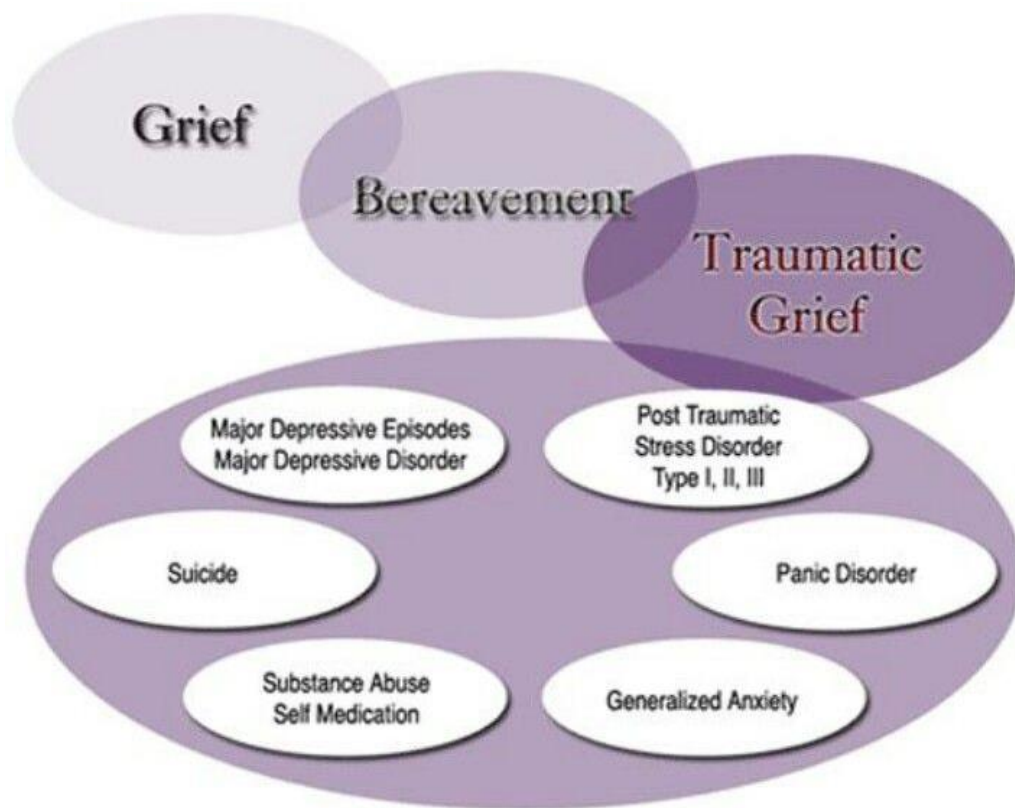
*Most people have stress reactions after a **trauma**. Having such a reaction **has nothing to do with personal weakness**. Stress reactions may last for several days or even a few weeks. For most people, if reactions or symptoms that feel like PTSD occur, they will slowly decrease over time.*

# PTSD

## Post-Traumatic Stress Disorder

There are 4 main PTSD symptoms.  
They may not be the same for everyone.

1. Reliving the Event
2. Avoiding things that remind you of the event
3. Having more negative thoughts and feelings than before
4. Feeling on edge



# PTSD, ADDICTION & GRIEF



WHAT DOES THIS MEAN FOR ALL OF US?

# RECOVERY & HEALING

- **Recovery from PTSD is a gradual, ongoing process.**
  - Healing doesn't happen overnight, nor do the memories of the trauma ever disappear completely. This can make life seem difficult at times. But there are many ways to cope with the residual symptoms and to reduce anxiety and fear.
- **Overcoming the sense of helplessness is a key to overcoming PTSD.**
  - Trauma leaves a person feeling powerless and vulnerable. It's important to be reminded of the strengths and coping skills that can get you through tough times.

# FOR SURVIVORS

## WHAT NOT TO DO?

- Ignore feelings
- Take on too much
- Use substances (drugs/alcohol) to cope
- Make any major life changes

## WHAT TO DO?

- Take Time
- Find Out What Happened
- Be involved with other survivors
- Ask for support
- Talk it over
- Get into a routine
- Do 'normal' things with other people
- Take care

# FOR FAMILY, FRIENDS & SUPPORTERS

## **Be there**

- It can be helpful to spend time with someone, even if they don't want to talk about what happened. Let them know you are available to listen and offer to visit again.

## **Listen**

- They may find it helpful to talk about what happened. Don't pressure them - let them take things at their own pace.

## **Offer practical help**

- They may find it more of a struggle to look after themselves and keep to a daily routine. Offer some help, such as cleaning or preparing a meal.



# WHEN TO SEEK PROFESSIONAL HELP

- **Trauma symptoms (PTSD) develop**
  - **Coping methods aren't working**
  - **Feelings of sadness/depression occurs more often**
  - **Negative patterns or sabotaging behaviors develop**
  - **Suicidal thoughts, plans or behaviors are present**
-

# RESOURCES



## Georgia Crisis & Access Line

For access to services and immediate crisis help, call the Georgia Crisis & Access Line (GCAL) at 1-800-715-4225, available 24/7.



<https://www.nctsn.org>

## SAMHSA's National Helpline: [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English & Spanish) for individuals and families facing mental and/or substance use disorders.

