

Welcome

- ▶ This webinar provides 1.0 nursing contact hour for participants who attend the full 60 minutes of the presentation and complete an evaluation. This presentation will be recorded, but no contact hours will be awarded for listening to the recorded version of this presentation.
 - ▶ There is no conflict of interest for anyone in a position to control the content of this activity.
 - ▶ Mountain-Pacific Quality Health Foundation is approved as a provider of continuing nursing education by the Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation

If your signing on as a group and you wish to obtain the one nursing contact hour, please type your email address in the chat box and you will receive an email to complete an evaluation to obtain your certificate.

You will be placed on mute for the presentation, and will be unmuted during the Q&A portion of the presentation. If you have any questions, concerns or comments, please type them in the chat box during the presentation.





HEAL, RISE, LIVE... REPEAT

The Journey to trauma-informed care

Learning and Action Network — Heal, Rise, Live...Repeat and the Community

September 19, 2019

2:00 PM – 3:00PM MST

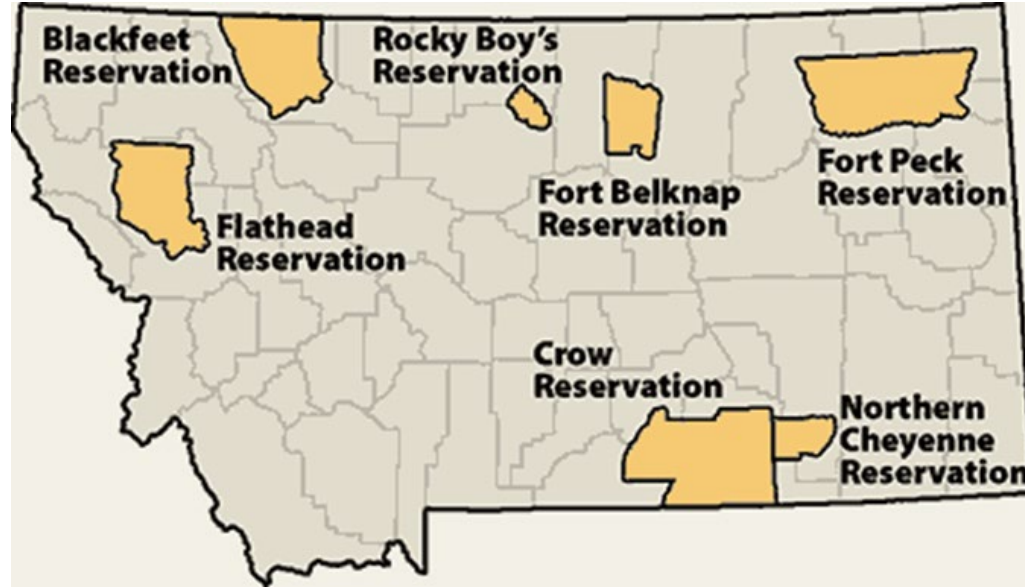


**HEAL,
RISE,
LIVE...
REPEAT**

Who we are

Purpose and Goals
for H.R.L...R

American Indian Tribes in Montana



Learning and Action Network (LAN)

Recorded sessions will be posted to the website with slides and materials

Continuing Nursing Education (CNE) credit(s) available

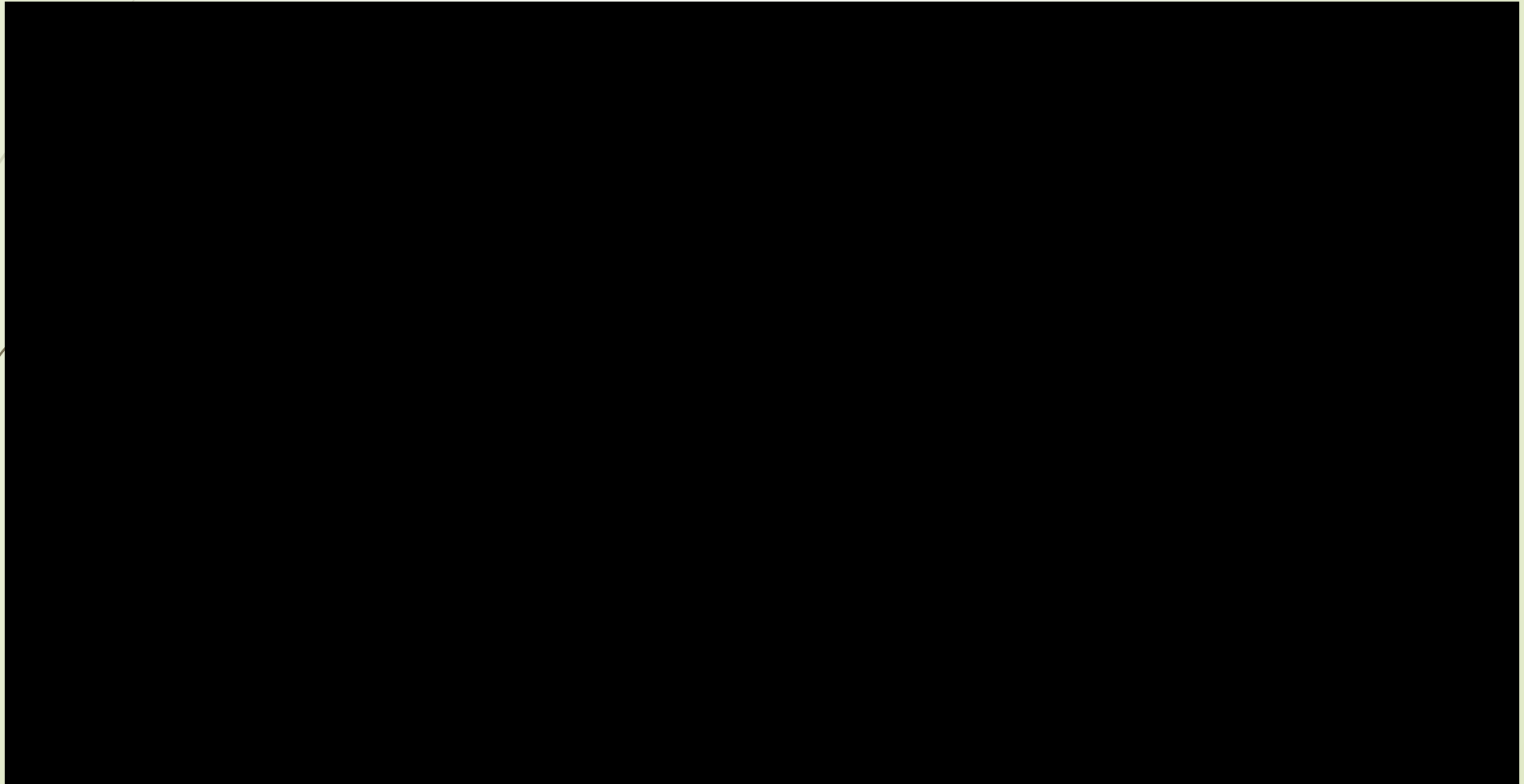
All levels of the organization are invited to LAN events

One LAN webinar every other month or every quarter

- September – HRL...R and the Community
- November – Cultural Healing Methods
- January 2020 - Ongoing Implementation and Monitoring of HRL...R



What does Community mean to you?



SAMSHA and the Significance of Community

- Opportunities to offer input on the types of services they need and how they receive them.
 - Matches services to patients
 - Increases use of those services
 - Use Agency and Tribal financial resources efficiently
- Providers must involve themselves in native community events and encourage native community involvement in treatment services



**HEAL,
RISE,
LIVE...
REPEAT**

SAMSHA on the Significance of Community for Cultural Respect

- ▶ Significance of the Environment
 - ▶ Environments that reflect AIAN culture is more engaging and more respectful
 - ▶ Using Native Community vendors
 - ▶ Local workforce
 - ▶ Professional development that highlight culturally specific AIAN patient and community needs
- ▶ Diagnostic and clinical “naming” may have significant spiritual meaning and may influence the individual and community about the outcomes
- ▶ Illnesses affect the patient and community-so healing the individual can also help to heal the community



**HEAL,
RISE,
LIVE...
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SAMSHA and the Significance of Community

- ▶ Engaging with AIAN as partners helps programs identify and use tribal resources more efficiently
 - ▶ Use family ties, large community networks, physical resources, intergenerational knowledge and wisdom, and community resilience
- ▶ As the NACDI video depicted, that community does not necessarily mean only on tribal lands, but any native community-independent of land designation.
- ▶ “Culturally Responsive treatment requires establishing a standard of respect, focusing on strength and addressing underlying personal and historical trauma issues as appropriate.”



**HEAL,
RISE,
LIVE...
REPEAT**



Matthew Johnson

Director of Alternative Education

Browning Public Schools

TRAUMA INFORMED SUPPORT



IMPACTS OF TRAUMA

- Increases the risk of neurological, biological, psychological and/or social difficulties such as:
- Changes in brain neurobiology;
- Social, emotional & cognitive impairment;
- Adoption of health risk behaviors as coping mechanisms (eating disorders, smoking, substance abuse, self harm, sexual promiscuity, violence); and
- Severe and persistent behavioral health, physical health and social problems, early death.

HOW TRAUMA AFFECTS OUR CLIENTS

- Current violence can result in direct injuries such as bruises, knife wounds, broken bones, dental problems (e.g., loss of teeth), traumatic brain injury, back or pelvic pain, or headaches.
- Ongoing violence can lead to cardiovascular, gastrointestinal, endocrine and immune system problems, exhaustion, sleep disorders, and psychological symptoms such as depression or substance abuse.
- Childhood adversity and early life trauma can impact brain structures and energy metabolism, leading to a “cascade of risk factors” and ultimately to a wide range of chronic health and mental health conditions.



HOW VIOLENCE AND TRAUMA CAN AFFECT PATIENTS

- Repeatedly missed or cancelled appointments
- Avoiding preventive care
- Poor adherence to medical recommendations
- Chronic unexplained pain
- Anxiety about certain medical procedures

PRIMARY CARE SETTINGS

- Traumatic experiences have a direct impact on your patients' health and on how they engage in health care.
- If a patient discloses current or past trauma, you need to know how to respond.
- Knowing about the impact of trauma can improve patient outcomes.
- Understanding trauma can help you better manage risk.

WAYS MEDICAL CARE CAN RETRAUMATIZE

- Invasive procedures
- Removal of clothing
- Physical touch
- Personal questions that may be embarrassing/distressing
- Power dynamics of relationship
- Gender of healthcare provider
- Vulnerable physical position
- Loss of and lack of privacy

WHAT HURTS

- WHAT HURTS
- Interactions that are humiliating, harsh, impersonal, disrespectful
 - critical, demanding,
 - judgmental
- WHAT HELPS
- Interactions that express kindness, patience, reassurance, calm and acceptance and listening
- Frequent use of words like PLEASE and THANK YOU

CONT...

- Rules that always seem to be broken (time to take a second look at these rules)
- Policies and Procedures that focus on schools needs rather than on students needs
- Many hoops to go through before a student's needs are met
- Language barriers

EFFECTS OF TRAUMA ON STAFF

- Increased anxiety
- Reduced energy and focus
- Trouble regulating emotions
- Difficulty managing responses to clients and other staff
- Diminished capacity to maintain positive relationships with clients and staff.
- Poor attendance or work performance

THANK YOU

• **QUESTIONS?**