



# Impact of Emotional Health on Physical Health

People who have experienced traumatic events have higher rates of a wide range of serious and life threatening illness than the general population.



# Trauma



- **Defined by how it is stored in neural system**

- **NOT by magnitude of event**

- Sexual, physical, emotional abuse
- Neglect
- Illness
- Transitions
- Threats
- Witnessing violence
- Surgery
- Incarceration
- Physical Aggression
- Loss
- Accidents
- Changes
- Bullying
- War

- **Impact on the body**

- **Dysregulates**

- Hypothalamic-pituitary-adrenal axis
- Inflammatory response

# Therapeutic Practice Components to Decrease the Impact of Trauma



## Trauma-Informed Care:

- A practice model that understands the
  - neurological
  - biological
  - psychological
  - and social effects of trauma
- An attitude and way of thinking that informs
  - provider responses
  - treatments
  - and services offered

# CHRIS Counseling Center Atlanta, Georgia



- **Vision:**

- Trauma-Informed Integrated Healthcare

- TeleHealth
- Quality Trauma Care
- Care Coordination
- Accessible

- Trauma ,Treatment, Education

- Highly trained trauma providers
- Physical health practitioners and community partners
- Psycho-education about trauma and trauma resolution for family and public

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- **Barriers**

- Lack of understanding of trauma and treatment
- Identification of those needing services, accessibility and coordination of services
- Challenges in sharing medical records

- **Barrier Busting**

- Screening and assessment in medical practitioner's office
- TeleHealth for screening, assessment and treatment
- Funding

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- **Key Take Aways**

- #1: Correct diagnosis through trauma-informed screening & assessments.
- #2: Education and training on what it means to be trauma informed is required.
- # 3: There is no silver bullet. Trauma can be single incident, on-going or complex.
- #4: Good physical health & good mental health are intertwined.