RETURN TO THE NEW NORMAL?

Presented by:
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Welcome

- Check-in: Today’s Weather Report...
- Agreements and Consents
- Putting TIC in to practice
What Do We Know About TIC?

- ACES?
- Psychosocial?
- Physical
What are some effects on overall health?

- **headaches**: Stress can trigger and intensify tension headaches.
- **increased depression**: Chronic stress can wear you down emotionally and lead to depression.
- **heartburn**: Stress increases the production of stomach acid, which could lead to heartburn or make it worse.
- **insomnia**: Stress makes it harder to fall asleep and stay asleep, which can lead to insomnia.
- **rapid breathing**: When you’re stressed, the muscles that help you breathe tense up, which can leave you short of breath.
- **weakened immune system**: Long-term stress weakens your immune system’s defenses, leaving you more vulnerable to infections.
- **risk of heart attack**: Over time, an increased heart rate and high blood pressure damage your arteries, which could lead to a heart attack.
- **high blood sugar**: Stress causes your liver to release extra sugar (glucose) into your bloodstream, which over time puts you at risk for type 2 diabetes.
- **pounding heart**: Stress hormones make your heart pump faster so that blood can quickly reach your vital organs and limbs.
- **high blood pressure**: Stress hormones tighten blood vessels, which can raise your blood pressure.
- **fertility problems**: Stress interferes with the reproductive system in both men and women, and may make it harder to conceive.
- **stomachache**: Stress affects your body’s digestive system, which can lead to stomachaches, nausea, and other tummy troubles.
- **erectile dysfunction**: Your brain plays an important part in the process of getting an erection. Stress can interfere with this process.
- **low sex drive**: Stress — and the fatigue that often comes with it — can take a toll on your libido.
- **missed periods**: Fluctuating hormones can throw your menstrual cycle off, or in severe cases.
COVID & TIC:
COVID QUALIFIES AS A DSM RELATED EVENT

• (A1) experiencing, witnessing, or being confronted with an event that involves actual or threatened death or serious injury, or a threat to the physical integrity of self or others; and (A2) experiencing intense fear, helplessness, or horror (APA, 2000).
BREAKOUT ONE:
The Return: Potential Effects for

- Staff
- Patients
- Organizational/Operational
Proactively Operationalize What We Know
Trauma Informed Care

Trauma Informed Care (TIC) recognizes that traumatic experiences terrify, overwhelm, and violate the individual. TIC is a commitment not to repeat these experiences and, in whatever way possible, to restore a sense of safety, power, and worth.

Commitment to Trauma Awareness

Understanding the Impact of Historical Trauma

Agencies demonstrate Trauma Informed Care with Policies, Procedures and Practices that

Create Safe Context through:
- Physical safety
- Trustworthiness
- Clear and consistent boundaries
- Transparency
- Predictability
- Choice

Restore Power through:
- Choice
- Empowerment
- Strengths perspective
- Skill building

Value the Individual through:
- Collaboration
- Respect
- Compassion
- Mutuality
- Engagement and Relationship
- Acceptance and Non-judgment


BREAKOUT TWO:
Planning to Operationalize

• Safety.
• Trustworthiness
• Choice.
• Collaboration.
• Empowerment.
Reflections

• What I Need
• What am I doing Right, right now?