



Using Trauma Informed Care with Victims of Violence: A Case Study

Objectives

- Become familiar with a trauma informed approach to caring for victims of violence
- Identify neurological responses that influence behavior
- Communicate with trauma informed skills to provide community resource information to victims of violence



Disclosures: NONE





JPS Health Network

\$950 million tax-supported healthcare system

Serving residents of Fort Worth and surrounding communities in Tarrant County, Texas.



John Peter Smith Hospital

- 125K+ emergency room visits
- 1M+ patient encounters per year
- Nation's largest Family Medicine Residency

	<p>Level I Trauma Center</p>	 <p>Comprehensive Level I Stroke Center</p>	 <p>Tarrant County's Only Psychiatric Emergency Center</p>	 <p>7,200+ Team Members</p>
<p>206 Languages Translated</p>	 <p>25+ Primary and Specialty Health Centers</p>	<p>125K+ ER Visits</p>	 <p>18 Residency and Fellowship Programs</p>	

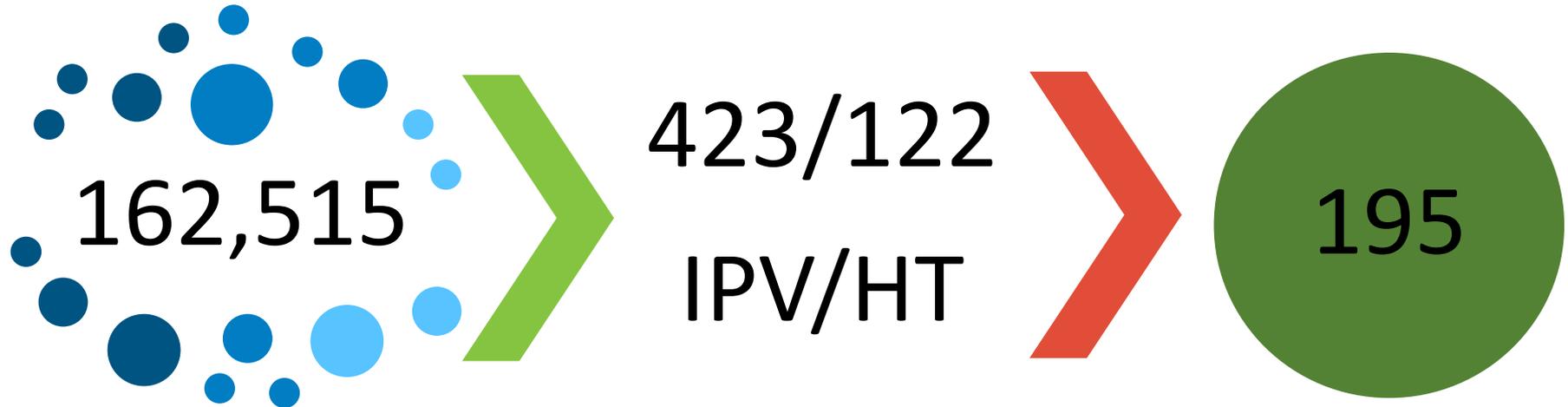
The People We Serve



TOP TRAUMA
MOI
FALL
MVC/MCC
GSW
AUTO-PED
ASSAULT
STABBING



IPV HT 2022



**Intimate Partner
Violence/Human
Trafficking
Screenings**

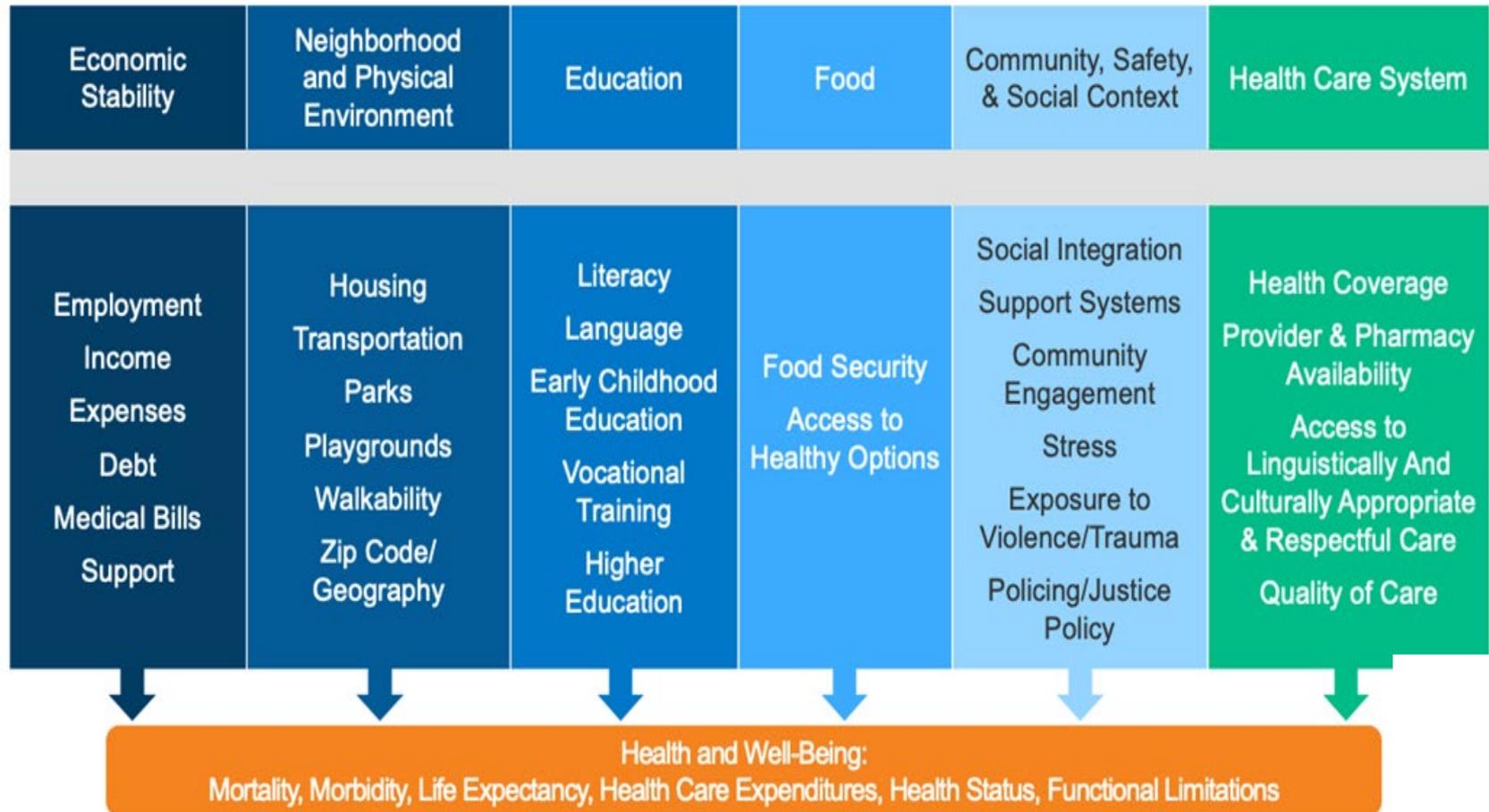
**Positive Screening
Results**

**Referrals to
Community
Resources**

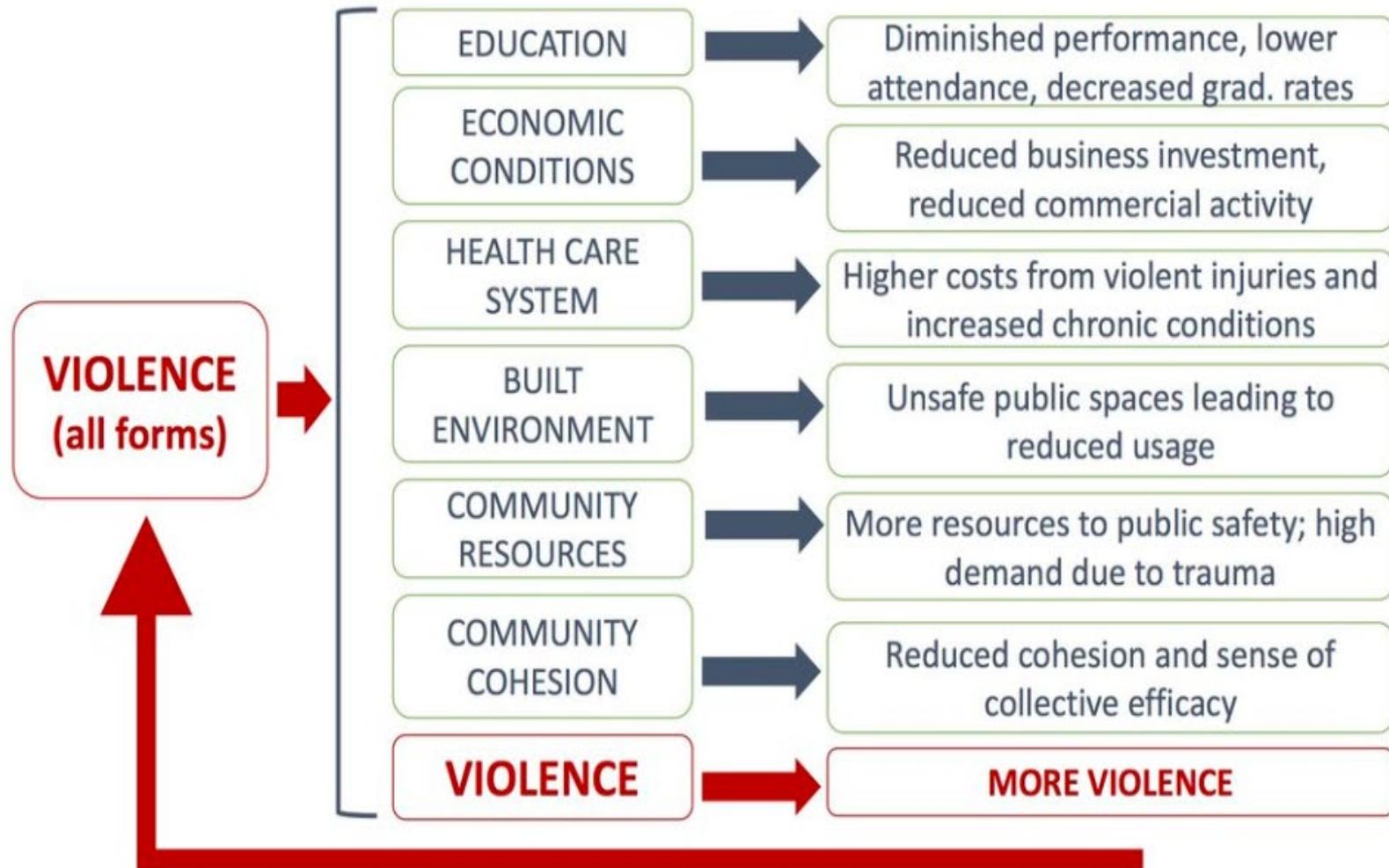


Why People are *Where* They Are

Determinants of Health



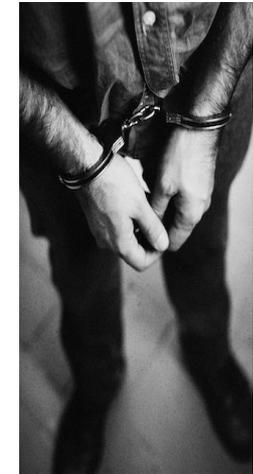
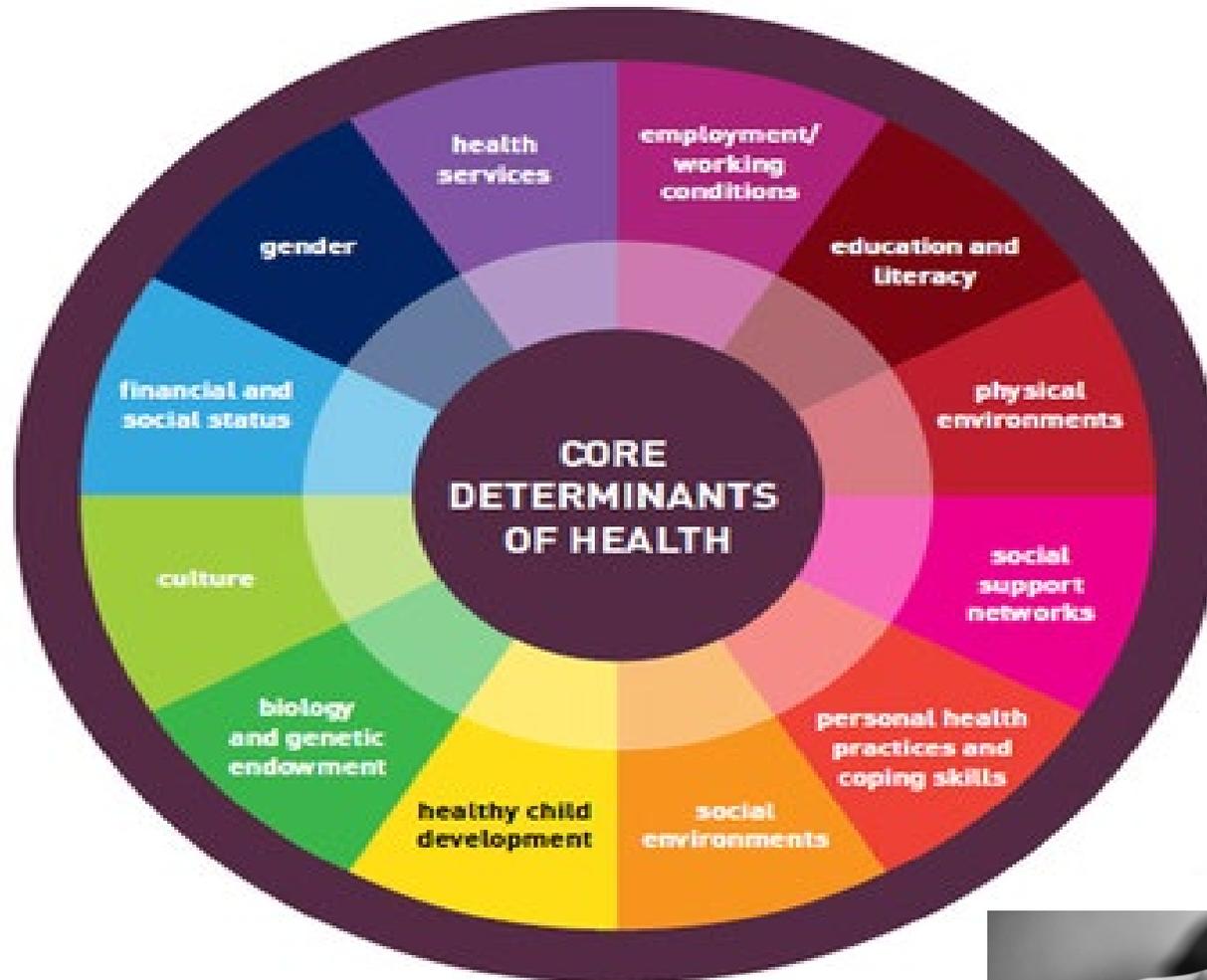
The presence of violence undermines other social determinants: cyclical response



SDOH: Public Health Consequences



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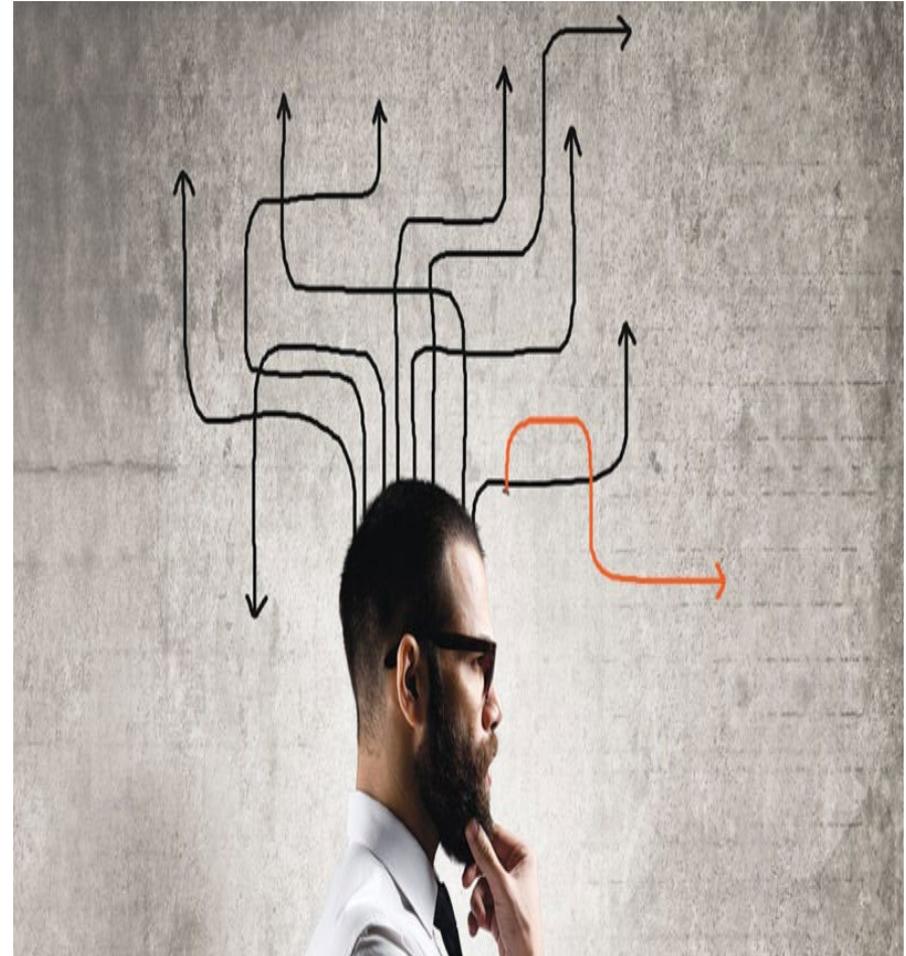


SDOH: Survival Mode



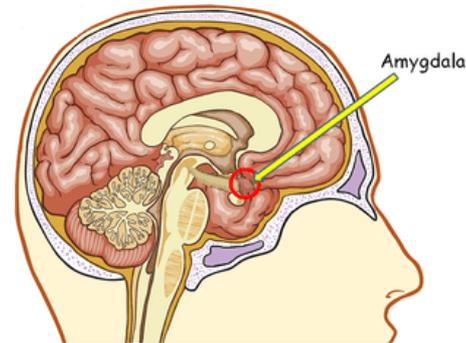
Neuroscience: Prefrontal Cortex

- Executive function
- Cognitive, complex behavior
- Decision making
- Personality
- Determining good & bad



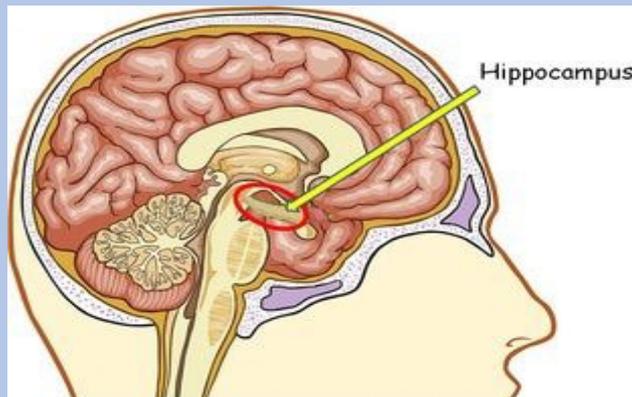
Neuroscience: Amygdala (AKA Dinosaur Brain)

- Processes sensory information
- Fear/threat detection
- Initiate appropriate fear related *response*

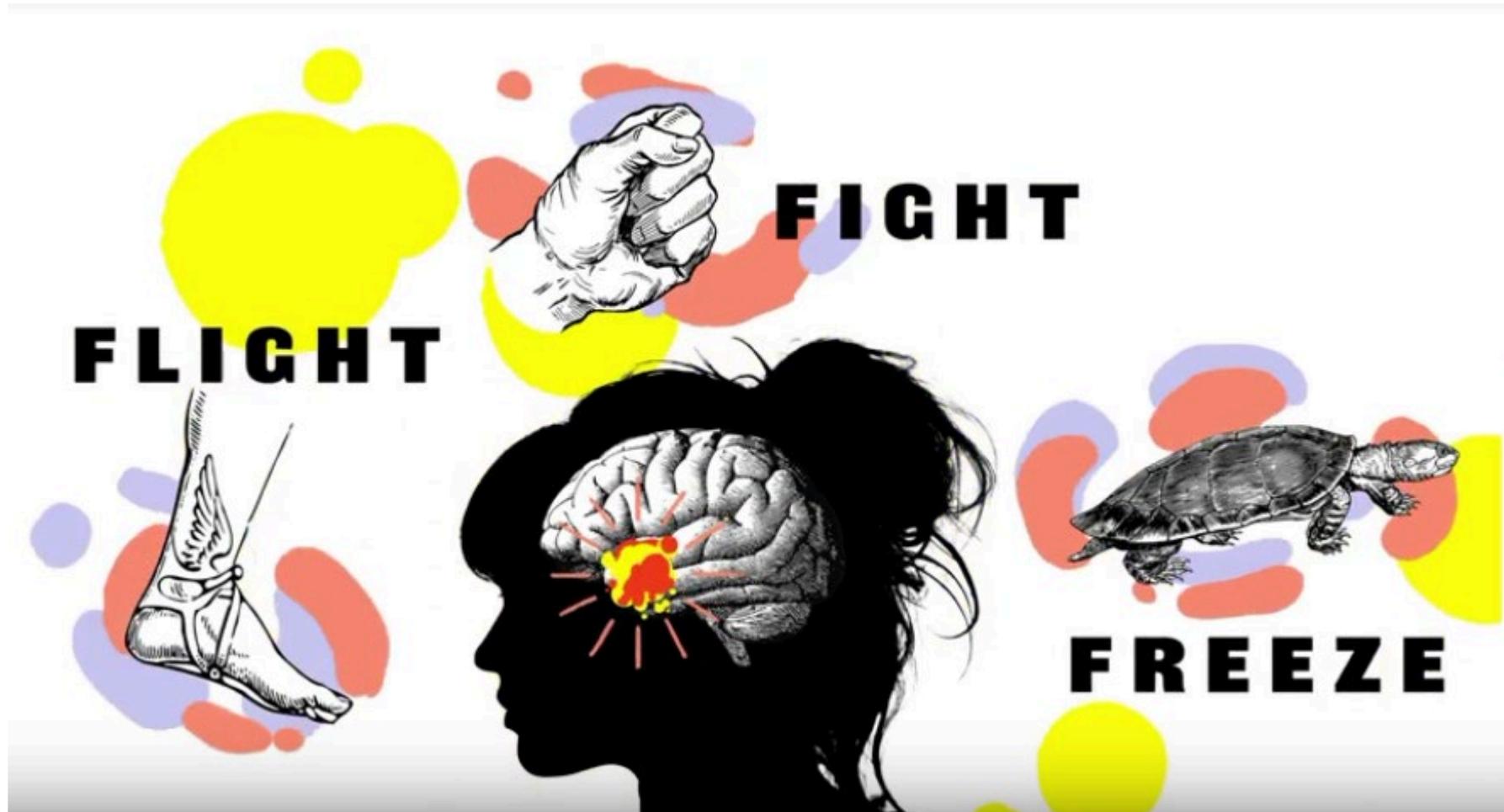


Neuroscience: Hippocampus (AKA Brain camera)

- Learning
- Memory
- Impacted by stress
- O₂ sensitive
- Encodes emotional context

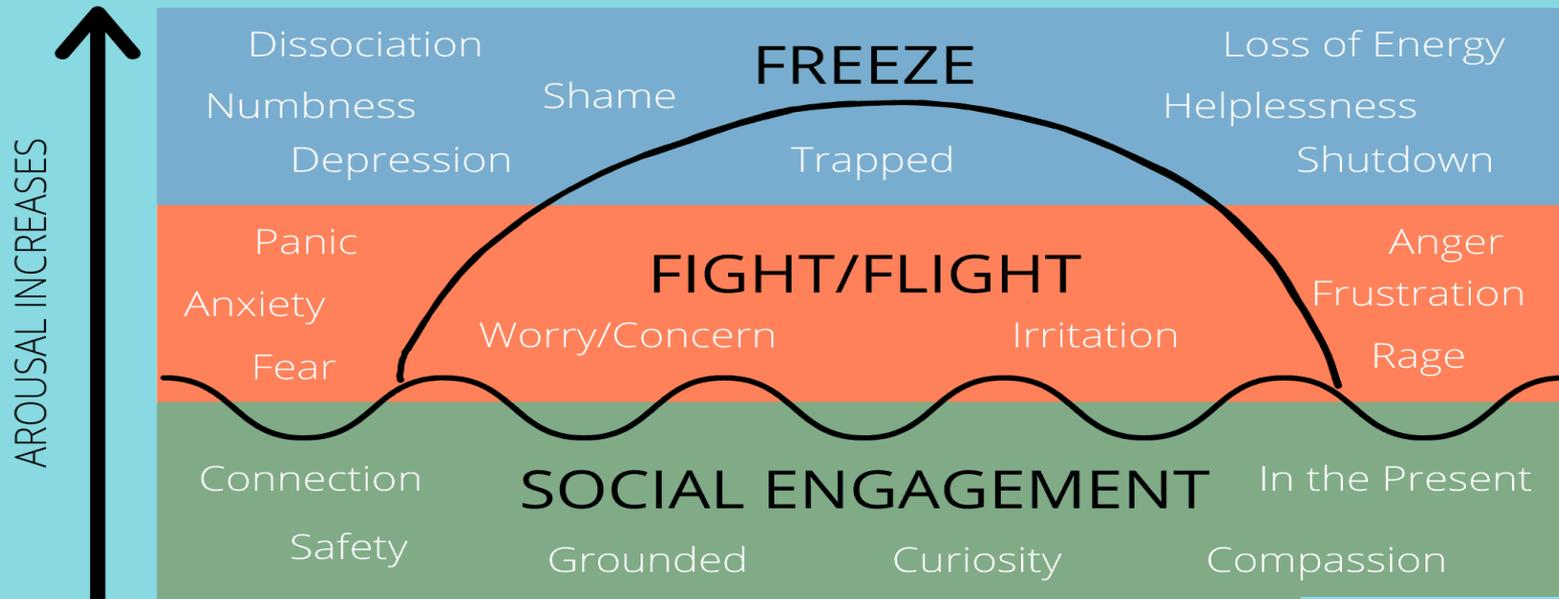


Chronic Fight Flight Freeze= Learned Response



Chronic Stress *Response* Behavior

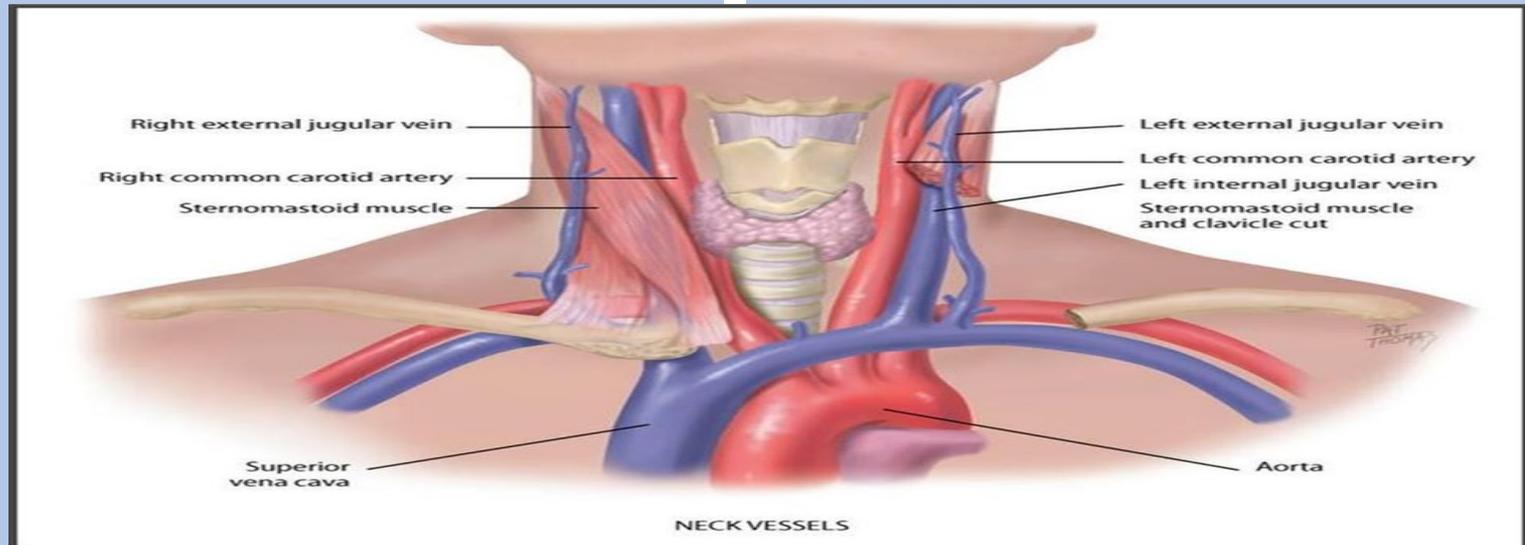
The Nervous System's Response to Toxic Stress



Alison's Story

- Initially seen OSH, discharged home
- Referred to JPS by Tarrant Co DA office
- Repeated strangulation to the point of unconsciousness

- Jugular vein occlusion 4.5 PSI
- Carotid artery: 5-10 PSI
- Trigger on a handgun: 6 PSI
- Average man's handshake: 120 PSI



Alison's Story



"I thought I was going to die"

At JPS:

- Screened
- Trauma informed strategy/communication

"I am so stupid. I still love him"

Implicit (unconscious) Bias

*Positive or negative attitudes/stereotypes, activated automatically and **INVOLUNTARILY**, influencing our understanding, decisions and behaviors*

- Healthcare professionals: same levels of implicit bias as general population
- Automatic cognitive processes: shaping human behavior as the brain finds patterns in bites of information
- Deeply rooted: unconscious bias begins at an early age



Managing Implicit Bias: Strategy

- Perspective-taking *walking in another's shoes/empathy*
- Stereotype replacement: consciously modifying
- Individual action is helpful: addressing systemic/organizational/institutional bias has great impact
- Research: *biases are malleable & can be overcome by conscious mitigation strategies*
- Realize this is life long work'



CriticalCareNurse August 2018

Am J Public Health. 2015

Alison's story

Listening to the story *without judgement*

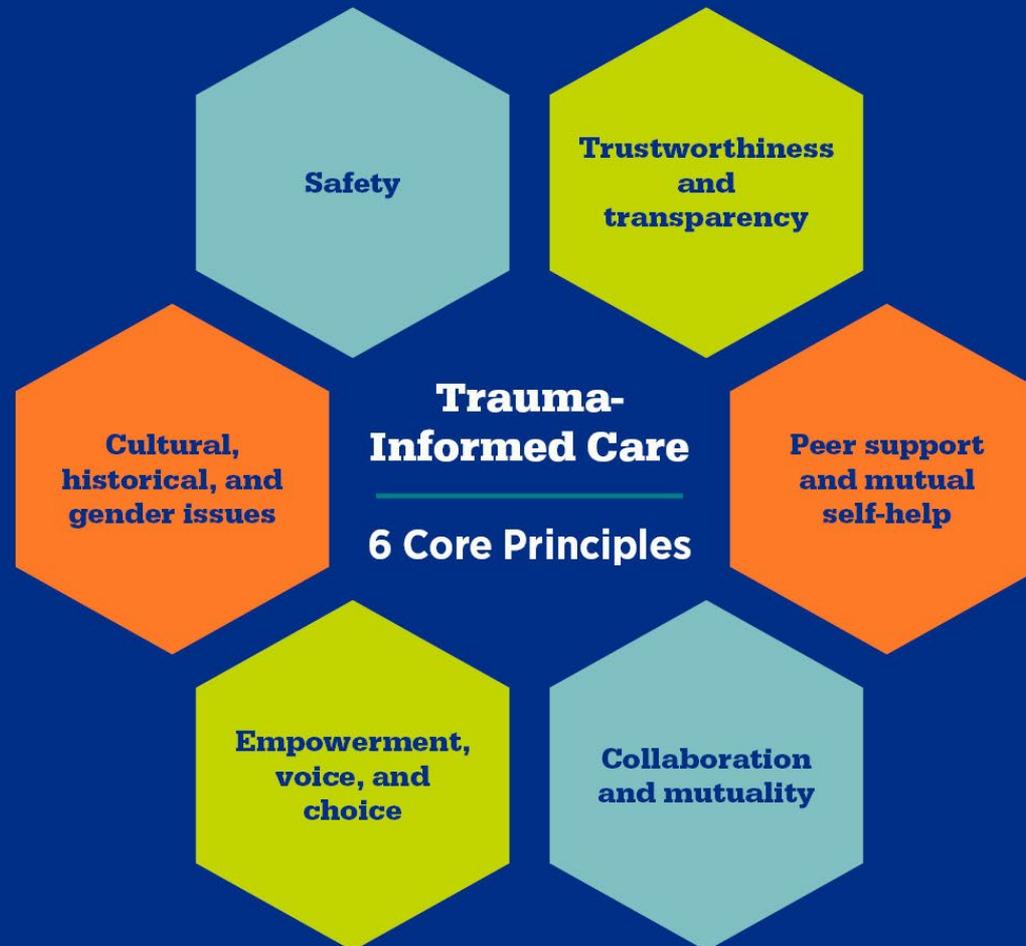
- Builds trust
- Acceptance
- Gives the victims control of their circumstances
- Opens doors to change
- Consideration of accepting resources



Principles of Trauma Informed Care



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Trauma Informed Care

Safety



Ensuring physical and emotional safety

Choice



Individual has choice and control

Collaboration



Making decisions with the individual and sharing power

Trustworthiness



Task clarity, consistency, and Interpersonal Boundaries

Empowerment



Prioritizing empowerment and skill building

Definitions

Principles in Practice

Common areas are welcoming and privacy is respected

Individuals are provided a clear and appropriate message about their rights and responsibilities

Individuals are provided a significant role in planning and evaluating services

Respectful and professional boundaries are maintained

Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact at the agency

Trauma informed Care Influences:

- Patient/Provider interactions
- Treatment decisions
- Treatment compliance
- Patient health outcomes



Trauma Bonds: IPV Victimology

Psychological

- Unhealthy Attachment
- False Promises
- Behavior Rationalization

Neurochemistry

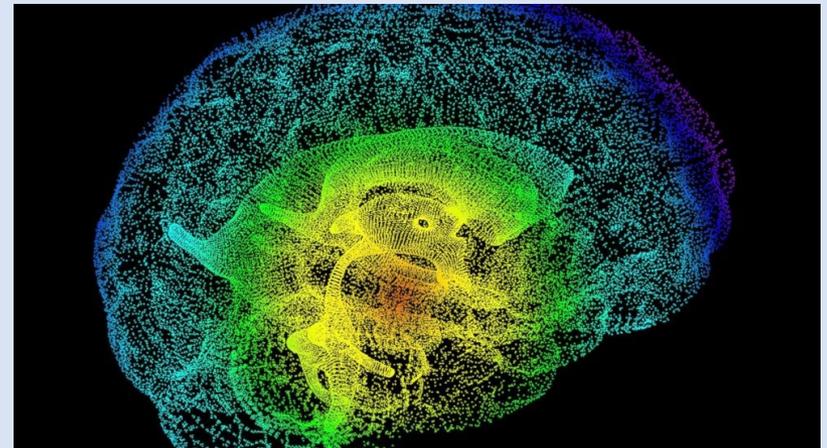
- Oxytocin
- Dopamine

A dozen red flags?! I love them!



Trauma Informed Care: Patient Tools

- *View symptoms/behaviors as normal reactions to abnormal experiences*
- **Empower:** *Neuro-education helps individuals understand what was happening in their body when reacting to a threat in a way that got them into trouble: Focus on biology*
- The brain *can be reshaped* in response to trauma
- Calming amygdala:
 - pushing feet into floor
 - intentional breathing
 - shoulders relaxed
 - jaw unclenched
 - eyes survey the surroundings



Alison's Story: A New Beginning

- Willing to talk with resources
- Safe Haven reported Lethality Screening score of 32/37
- Referred to Domestic Violence High Risk Team
- 20 year protective order from offender
- Physical and mental recovery begun
- Family support from mother



Village Partnerships



Governor's EMS and Trauma Advisory Council

Community Resources

JPS Victim's Advocate 2-7306

JPS Forensic Team 2-7263

Safe Haven:

24-Hour Hotline- 1.877.701.SAFE
(7233)
817.535.6462

One Safe Place

817.916.4323

- Counseling services
- Childcare and development
- Food and clothing assistance
- Immigration Services
- Job skills training
- Referral to law enforcement
- Legal assistance
- Parenting and relationship education
- Spiritual support
- Victim advocacy and case management

National Human Trafficking

Hotline:

1.888.3737.888

BeFree SMS:

Text 233733

Unbound Fort Worth:

**24/7 Human Trafficking Survivor
Advocacy Referrals**

(crisis & non-crisis): 817.668.6462
817.668.6544

Police:

911

*** For patients 17 and under, call
the police and notify CPS**



Plant a Seed, Build Trust



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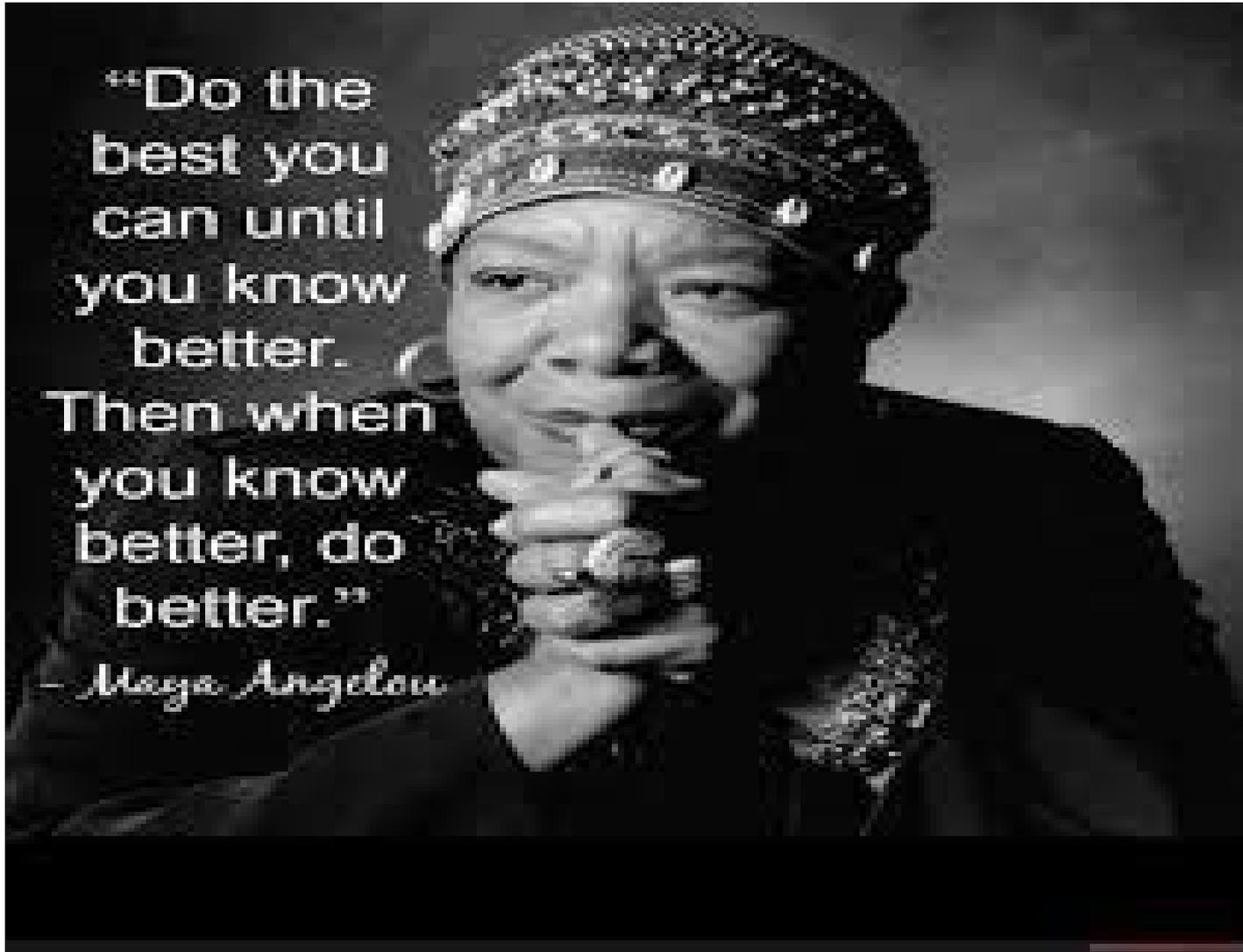
Conclusion



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Fort Worth, Texas

“Do the
best you
can until
you know
better.
Then when
you know
better, do
better.”

— Maya Angelou



Questions?

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