



a trauma-informed approach to crisis intervention

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agenda

INTRODUCTIONS

TRAUMA-INFORMED CARE

FIRST RESPONDERS AND CHRONIC TRAUMA EXPOSURE

CRISIS INTERVENTION

A DUAL TRAUMA-INFORMED APPROACH

about me



Licensed Clinical Social
Worker

Executive Director,
Regional Crisis Response
Agency

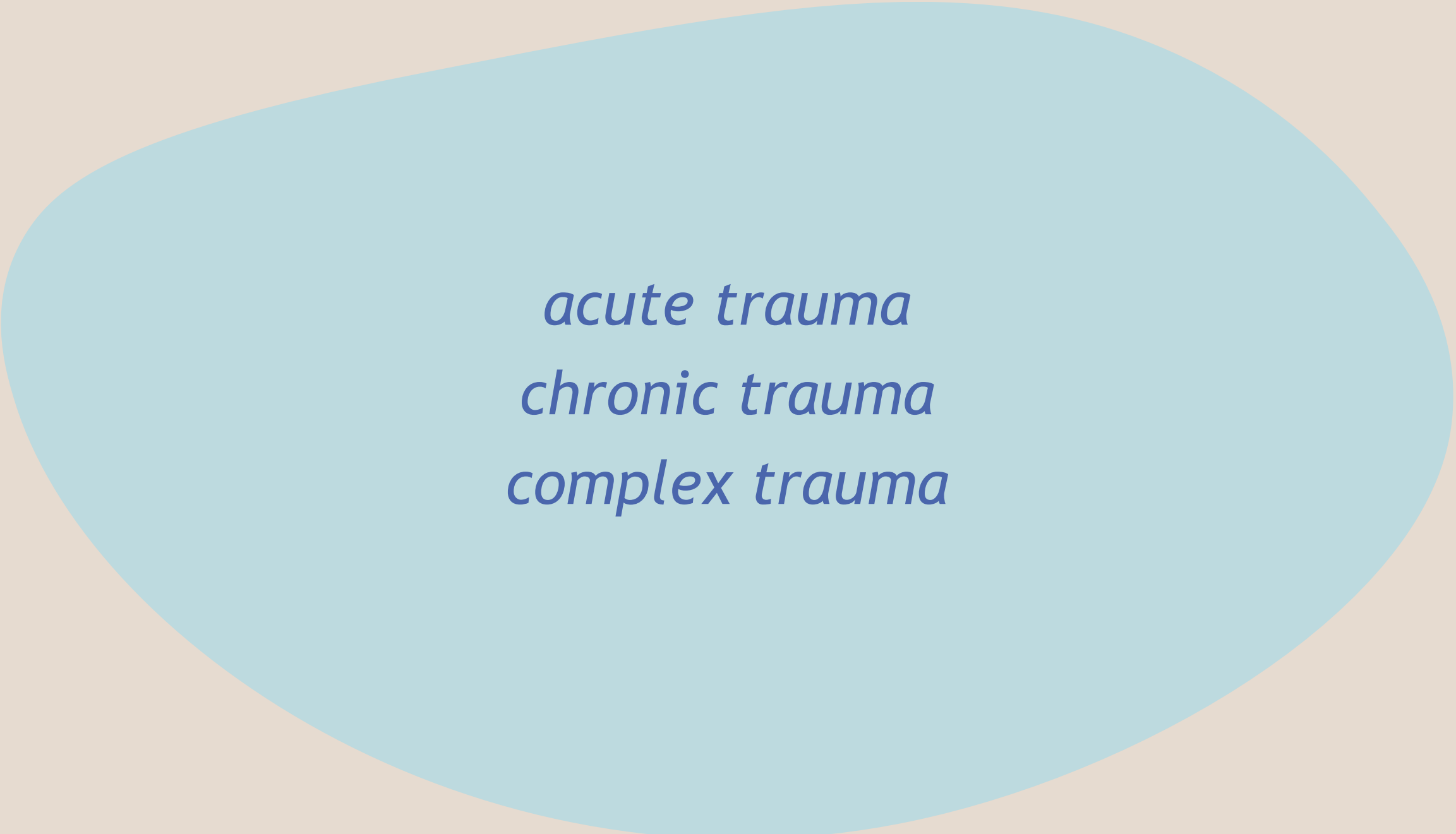
our learning community today

- ▶ Housekeeping
- ▶ What to expect
- ▶ Introductions- name, agency, role



trauma-informed care

what is trauma?



acute trauma
chronic trauma
complex trauma

ADVERSE CHILDHOOD EXPERIENCES - ACES

What are Adverse Childhood Experiences (ACEs)?

ACEs are potentially traumatic events that occur in a child's life:



Physical Abuse



Emotional Abuse



Sexual Abuse



Domestic Violence



Parental Substance Abuse



Mental Illness

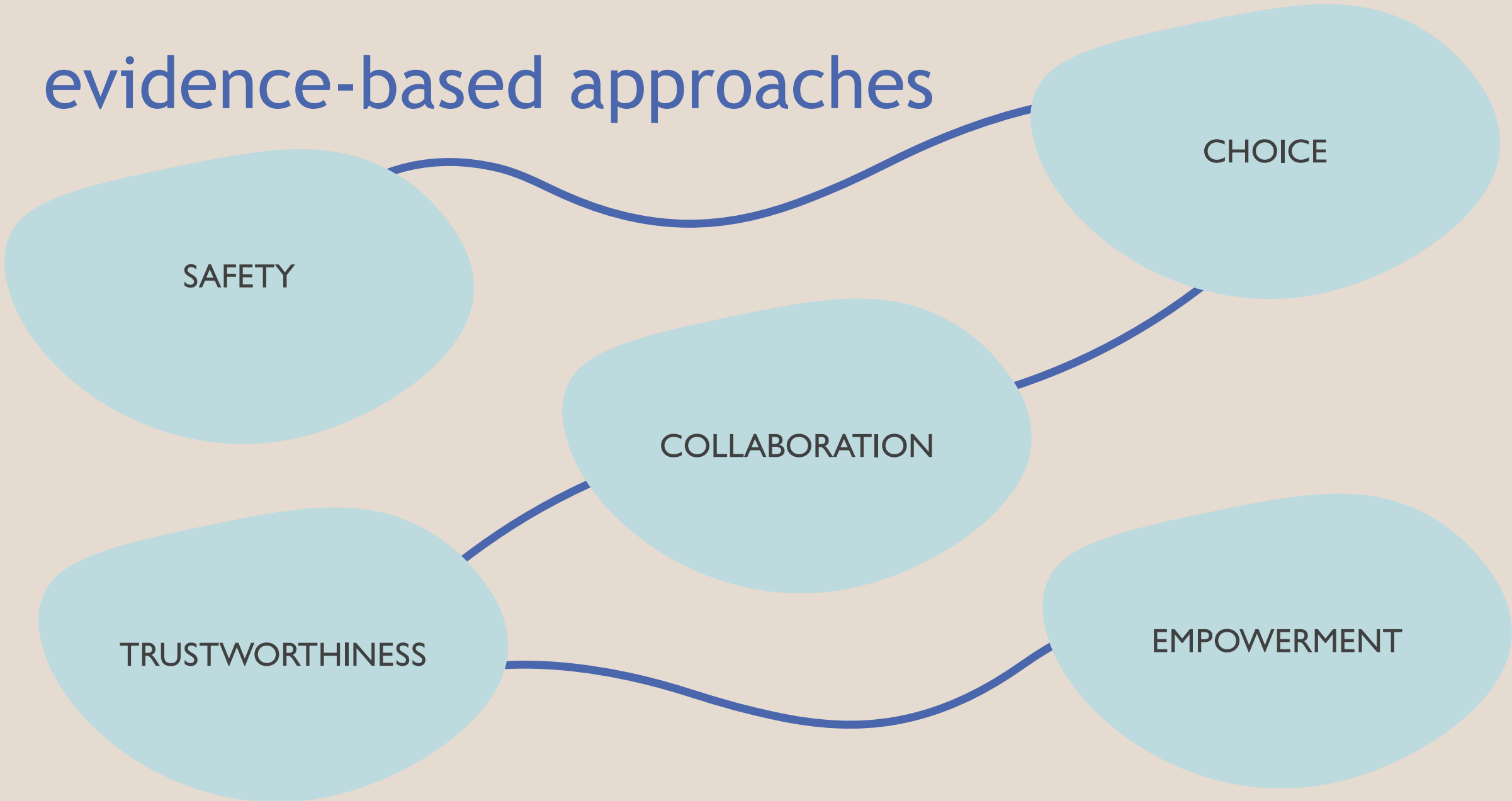


Suicide or Death



Crime or Imprisoned Family

evidence-based approaches



SAFETY

CHOICE

COLLABORATION

TRUSTWORTHINESS

EMPOWERMENT

toolkit

Safety



Ensuring physical and emotional safety

Common areas are welcoming and privacy is respected

Choice



Individual has choice and control

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

Collaboration



Definitions

Making decisions with the individual and sharing power

Principles in Practice

Individuals are provided a significant role in planning and evaluating services

Trustworthiness



Task clarity, consistency, and Interpersonal Boundaries

Respectful and professional boundaries are maintained

Empowerment



Prioritizing empowerment and skill building

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

evidence-based approaches



SAFETY

- ▶ Basic floor for any effective intervention
- ▶ Physical safety
- ▶ Physical environment
- ▶ Emotional safety
- ▶ Privacy
- ▶ Sensory environment

evidence-based approaches



CHOICE

- ▶ History of feeling out of control
- ▶ Empower with control of as many decisions as possible
- ▶ “Keep a window open”

evidence-based approaches



COLLABORATION

- ▶ Healing happens in relationship
- ▶ Meaningful sharing of power and decision-making
- ▶ Value role of both the helper and the person receiving care

evidence-based approaches

TRUSTWORTHINESS

- ▶ Prove you are a safe person
- ▶ Consistent boundaries and communication
- ▶ No surprises
- ▶ Do what you say you're going to do

evidence-based approaches



EMPOWERMENT

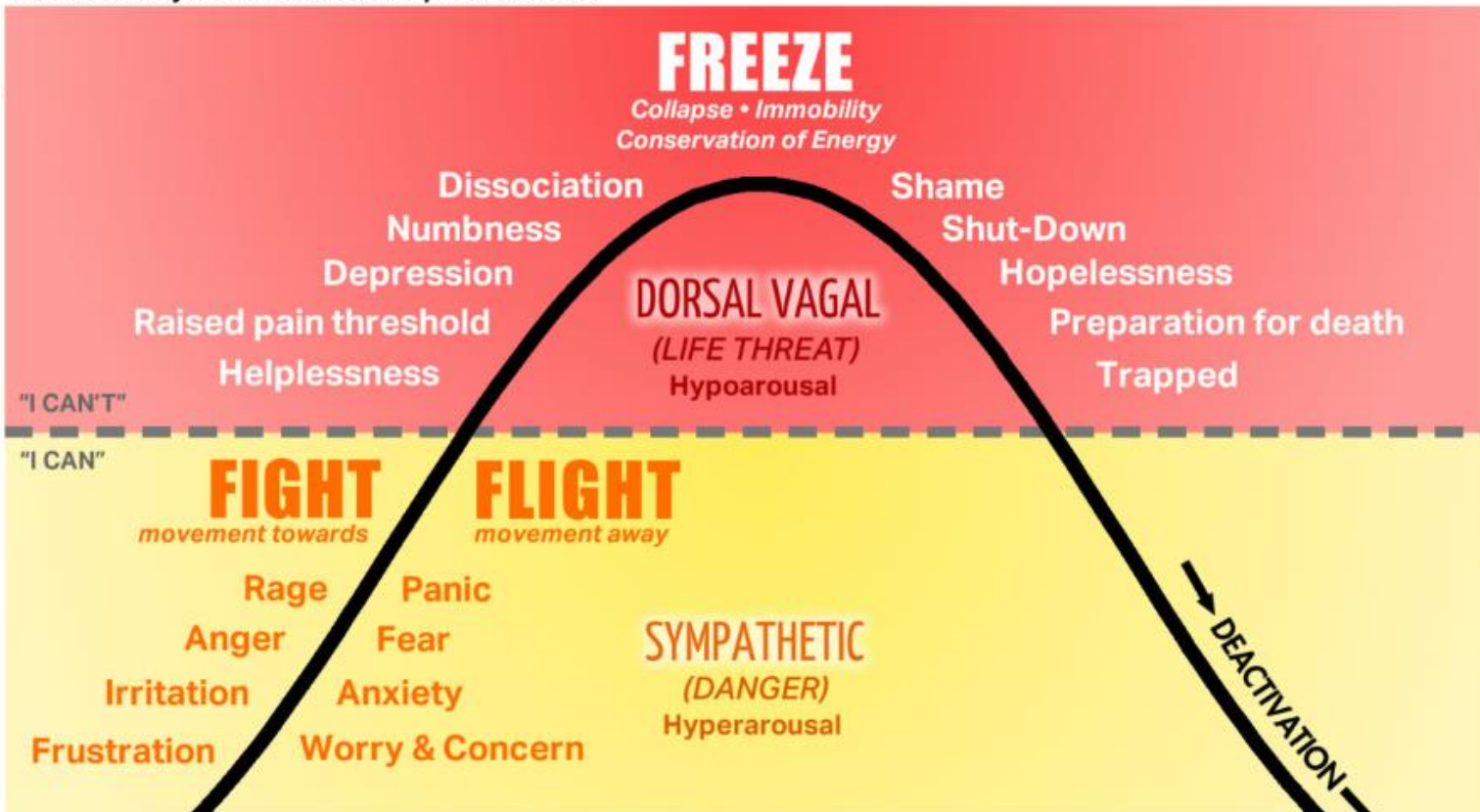
- ▶ History of feeling out of control
- ▶ Empower to discover and build on existing strengths
- ▶ Begin to trust coping mechanisms
- ▶ Promotes resilience and hope



first responder wellness

POLYVAGAL CHART

The nervous system with a neuroception of threat:



PARASYMPATHETIC NERVOUS SYSTEM

DORSAL VAGAL COMPLEX

Increases

Fuel storage & insulin activity • Immobilization behavior (with fear)
Endorphins that help numb and raise the pain threshold
Conservation of metabolic resources

Decreases

Heart Rate • Blood Pressure • Temperature • Muscle Tone
Facial Expressions & Eye Contact • Depth of Breath • Social Behavior
Attunement to Human Voice • Sexual Responses • Immune Response

SYMPATHETIC NERVOUS SYSTEM

Increases

Blood Pressure • Heart Rate • Fuel Availability • Adrenaline
Oxygen Circulation to Vital Organs • Blood Clotting • Pupil Size
Dilation of Bronchi • Defensive Responses

Decreases

Fuel Storage • Insulin Activity • Digestion • Salivation
Relational Ability • Immune Response

The nervous system with a neuroception of safety:



PARASYMPATHETIC NERVOUS SYSTEM

VENTRAL VAGAL COMPLEX

Increases

Digestion • Intestinal Motility • Resistance to Infection
Immune Response • Rest and Recuperation • Health & Vitality
Circulation to non-vital organs (skin, extremities)
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear) • Ability to Relate and Connect
Movement in eyes and head turning • Prosody in voice • Breath

Decreases

Defensive Responses

VVC is the beginning and end of stress response.

When VVC is dominant, SNS and DVC are in transient blends which promote healthy physiological functioning.

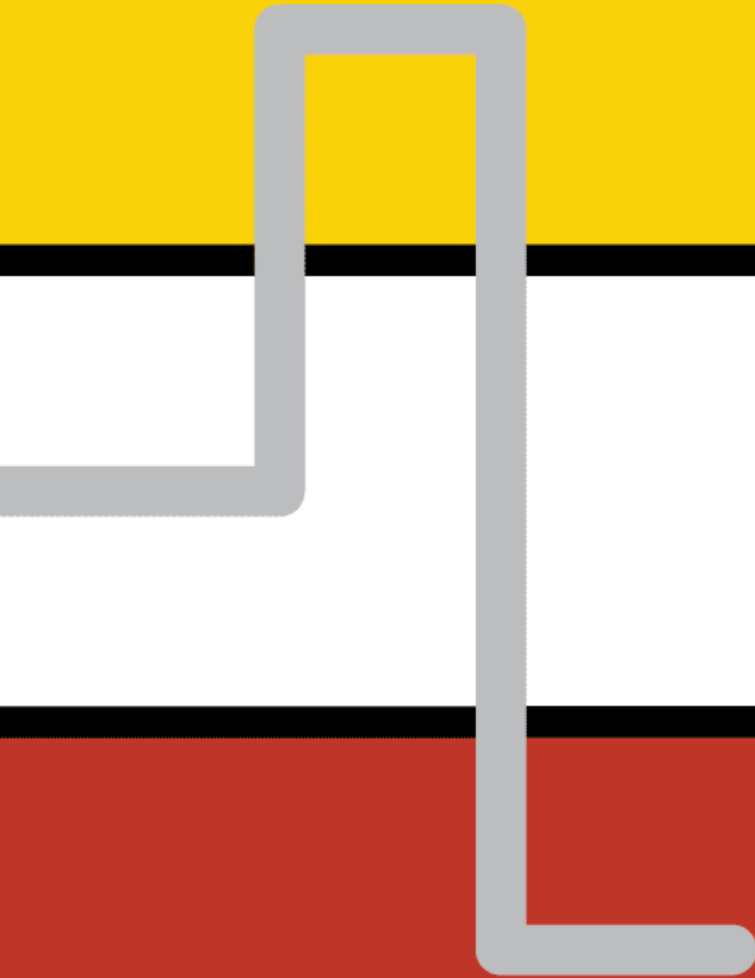
imagine a lemon





ON DUTY

Alive, Alert, Energetic, Involved, Humorous



Normal Range of Risk



OFF DUTY

Tired, Detached, Isolated, Apathetic

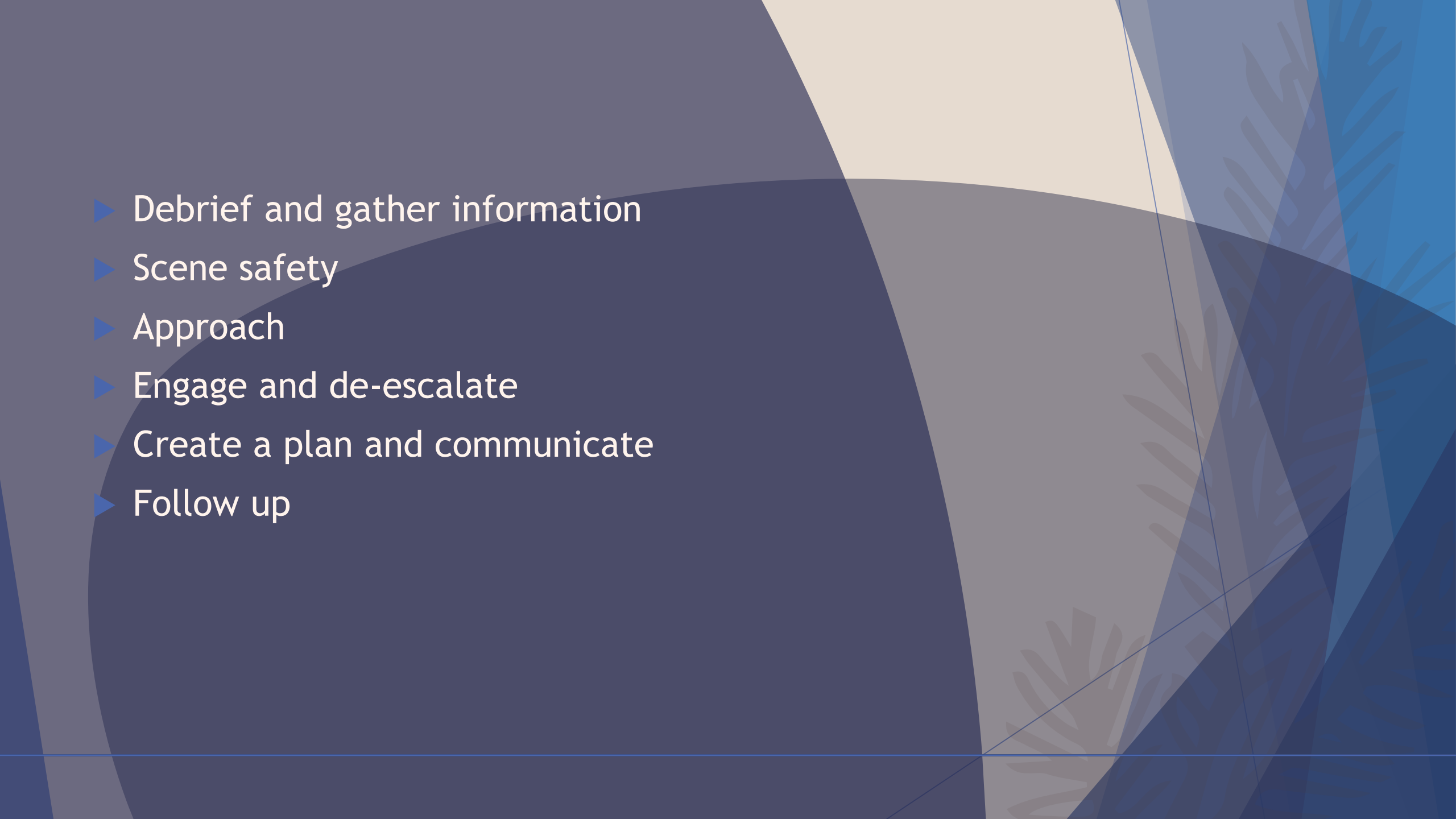


toolkit

5 minutes out
5 minutes back



crisis intervention

- 
- ▶ Debrief and gather information
 - ▶ Scene safety
 - ▶ Approach
 - ▶ Engage and de-escalate
 - ▶ Create a plan and communicate
 - ▶ Follow up



toolkit

2 feet 1 breath



MAP

The background features a light beige color with stylized palm tree silhouettes in a darker beige tone. Large, overlapping blue shapes, including circles and abstract forms, are scattered across the scene. A thin black horizontal line runs across the lower portion of the image. The text "A dual trauma-informed approach" is centered in a blue, sans-serif font.

A dual trauma-informed approach

de-brief and gather information

- Sharing information
- Creating shared plan of response
- Understand prior history and potential triggers
- Use trauma-informed language when possible

scene safety

- responder safety
- creating an environment that feels safe for the person in crisis
- remove weapons
- minimize sensory input

approach

- Introduce yourself and your role
- Single point of contact with support
- Check in with yourself
- Calm body language
- Co-regulation

engage and de-escalate

- Co-regulation, bring the energy down
- Active listening
- Validate and show respect
- Don't argue with how they see things
- Appeal to a common agreement
- Identify underlying issue
- Create choices, don't close windows



toolkit

5 senses
meditation

engage and de-escalate- current acute trauma

- Help manage the moment to improve outcomes
- Reduce chance of PTSD
 - address dysregulation
 - what to expect
 - follow up
- gentle exposure therapy- “tell me what happened”

create a plan and communicate

- Immediate plan when responders leave
- “Wrap the vase”
- All responders aware of their role
- Individual and support system verbalize agreement

follow up

- System coordination
- “Hold hand” until the system picks them up
- Post contact, low-commitment caring contact

and...

- Take care of yourself after high-tension encounters



your takeaway toolkit

toolkit

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toolkit

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5 minutes back



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2 feet 1 breath



toolkit

5 senses
meditation



thank you

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