

RISE

RESILIENCE IN STRESSFUL EVENTS



DENVER HEALTH
CENTER FOR ADDICTION MEDICINE.



DENVER HEALTH
CAM ACADEMY™

Healing More and Harming Less: Becoming a Trauma- and Resilience-Informed System

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DENVER HEALTH
RISE
RESILIENCE IN STRESSFUL EVENTS



JOHNS HOPKINS
MEDICINE

Homelessness

Poverty

Systemic
Racism

Xenophobia



Police Brutality

Lack of Health
Care Access

Food
Insecurity

Anti-immigrant
Prejudice

SAME STORM DIFFERENT BOAT





Goal

To coordinate the essential health services for persons with substance use disorders



Vision







To be a compassionate model for the prevention and treatment of substance misuse, to transform lives and to educate all

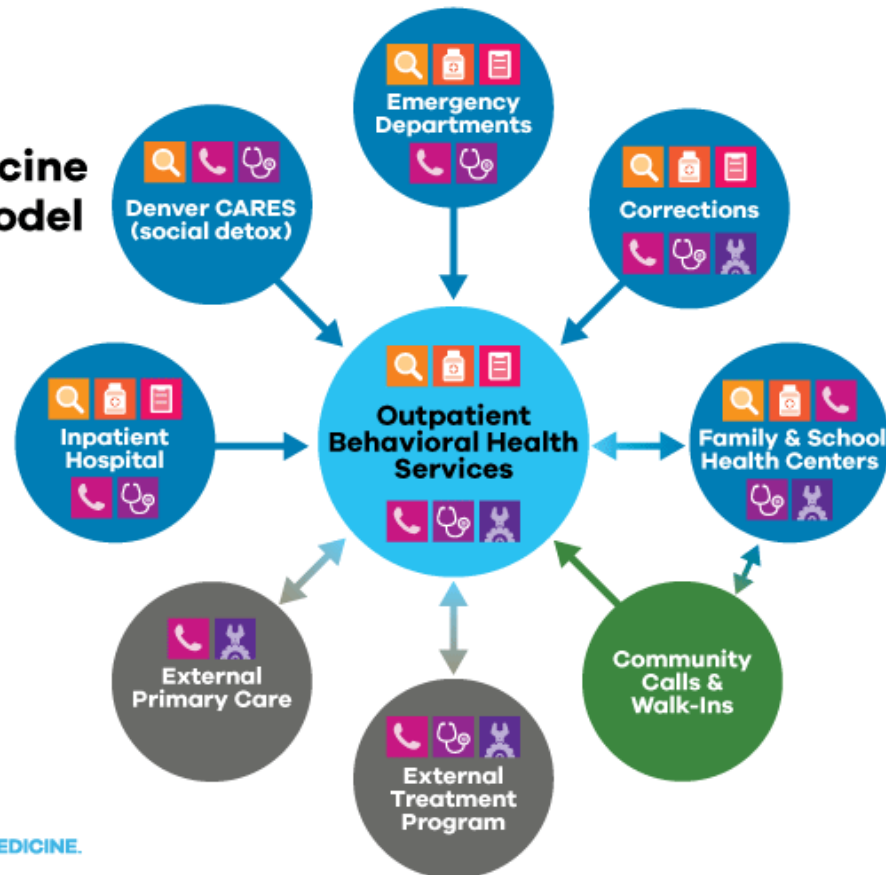


Guiding Principles

Dignity and equity
Community collaboration
Passionate and professional
Innovative prevention, treatment, research and education

Center for Addiction Medicine Hub & Spoke Model

-  Identification/Diagnosis
-  Opioid Induction
-  Outpatient Behavioral Health Services Intake
-  Referral
-  Treatment
-  Opioid Maintenance



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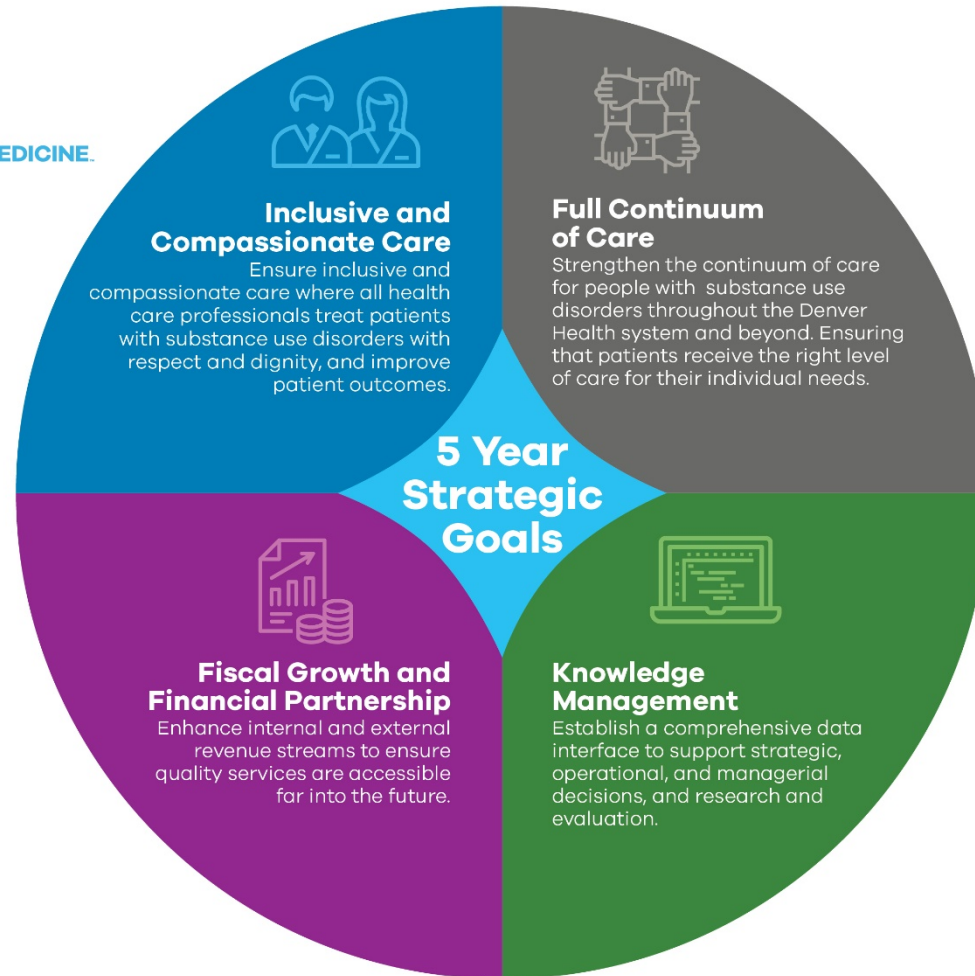
CAM's ICC Workgroup

RISE

IVERS IN DISTRESS



5 Year Strategic Goals



Even the Experts are Confused as to Which Term is Best

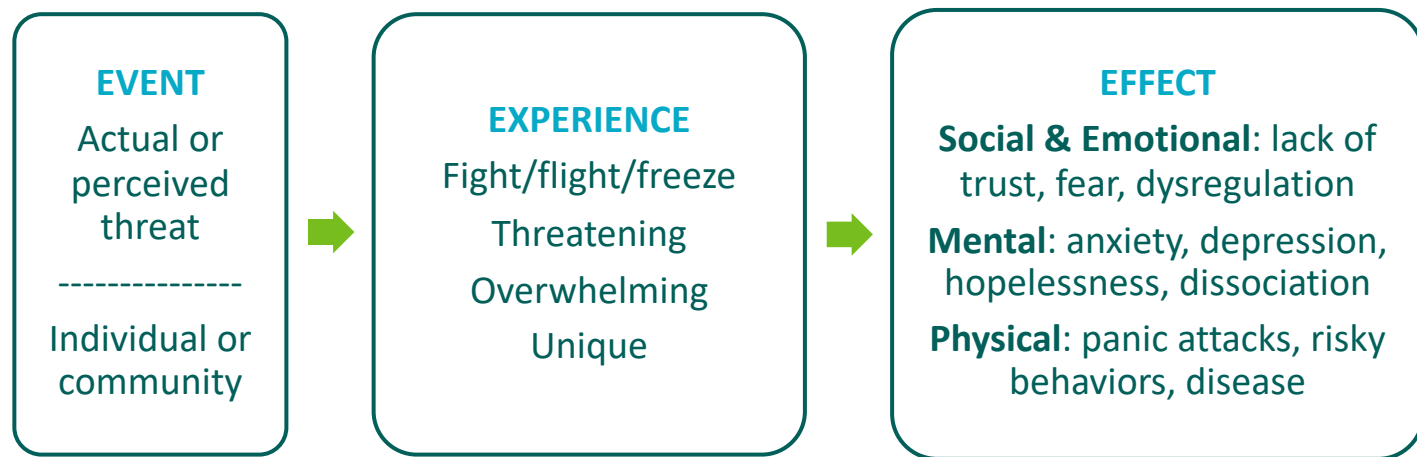
PEER SUPPORT FOR CAREGIVERS IN DISTRESS

Even the Experts are Confused as to Which Term is Best

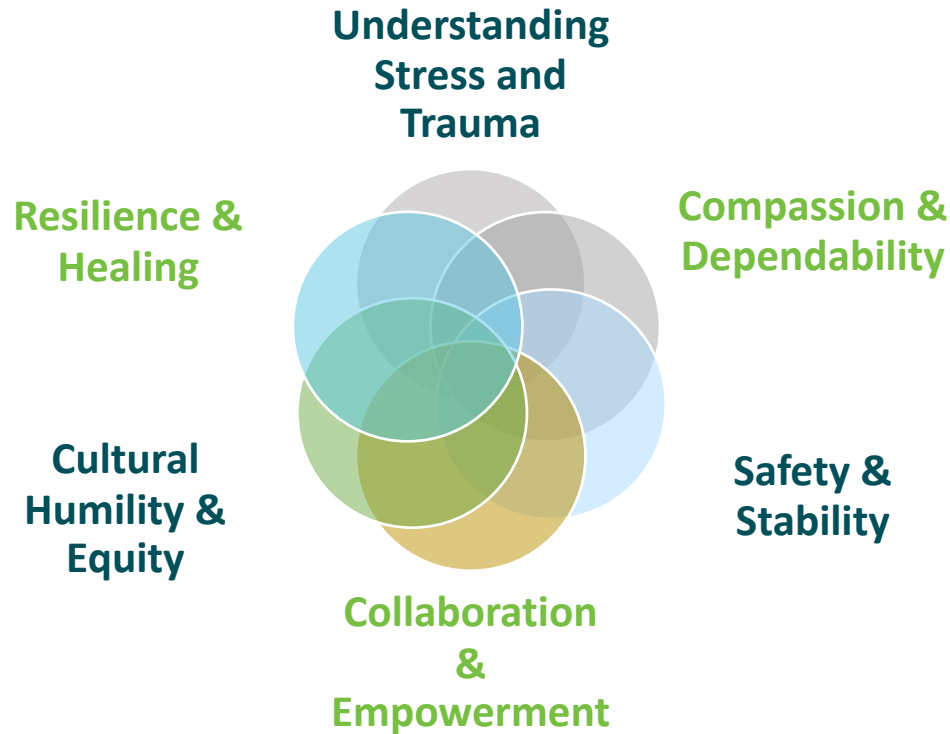


CANarratives.org

Results from an **event or series of events** that are **physically or emotionally harmful** and have **lasting adverse effects on wellbeing**



People can live through the same event but have very different experiences and reactions



Trauma Informed Systems principles and practices support reflection in place of reaction, curiosity in lieu of numbing, self-care instead of self-sacrifice and collective impact rather than siloed structures.

- Epstein, K, Speziale, K, Gerber, & Loomis, B (2014): SF DPH TIS (Trauma-Informed Systems Initiative)



STRESS CONTINUUM FOR HEALTHCARE PERSONNEL

<p>READY: Thriving <i>"I got this."</i></p> <p>Calm and steady Sense of mission Spiritually, physically and emotionally healthy Emotionally available Able to focus Able to communicate effectively Normal appetite Healthy sleep Sense of joy/vitality Room for complexity</p>	<p>REACTING: Surviving <i>"Something isn't right."</i></p> <p>Nervousness, sadness, increased mood fluctuations Cynicism More easily overwhelmed and irritated Work avoidance Loss of interest or motivation Distance from others Short fuse Loss of creativity Fatigue/weariness Trouble sleeping and eating</p>	<p>INJURED: Struggling <i>"I can't keep up."</i></p> <p>Persistent fear, anxiety, anger or pervasive sadness Isolation/avoiding interaction Sleep disturbances/bad dreams Numbing Feeling trapped Distant from life Exhausted Physical symptoms Persistent shame, guilt or blame Disengaged</p>	<p>ILL: In Crisis <i>"I can't survive this."</i></p> <p>Hopelessness, anxiety, panic or depression Intrusive thoughts Feeling lost or out of control Insomnia, nightmares Thought(s) of suicide or self-harm Hiding out Easily enraged or aggressive Broken relationships Dependence on substances, food or other numbing</p>
<p>WHAT TO DO</p>			
<p>Exercise, nourish, relax, prioritize family and social connections</p>	<p>Talk to trusted individuals: friend, family or peer responder</p>	<p>Talk to counselor, therapist or medical provider</p>	<p>Seek immediate mental health treatment (CO Crisis Services available at 1-844-493-8255)</p>
<p>CHANGE IN WORLDVIEW</p>			
<p>Individual Responsibility</p>	<p>Community, Family, Colleague Responsibility</p>		<p>Care or Medical Provider Responsibility</p>

PEER SUPPORT FOR CAREGIVERS IN DISTRESS



TRAUMA-REACTIVE

- Fragmented
- Reactive
- No felt safety
- Overwhelmed
- Fear-driven
- Rigid
- Numb

- Understanding Trauma & Stress
- Cultural Humility & Equity
- Safety & Stability
- Compassion & Dependability
- Collaboration & Empowerment
- Resilience & Recovery



TRAUMA-INFORMED

- **Resists** re-traumatizing
- **Recognizes** socio-cultural trauma
- **Realizes** widespread impact
- **Recognizes** effects
- **Responds** by shifting practice



HEALING ORGANIZATION

- Integrated
- Reflective
- Collaborative
- Relationship-centered
- Growth and Prevention-Oriented
- Flexible & adaptable
- Equitable & inclusive

TRAUMA INDUCING

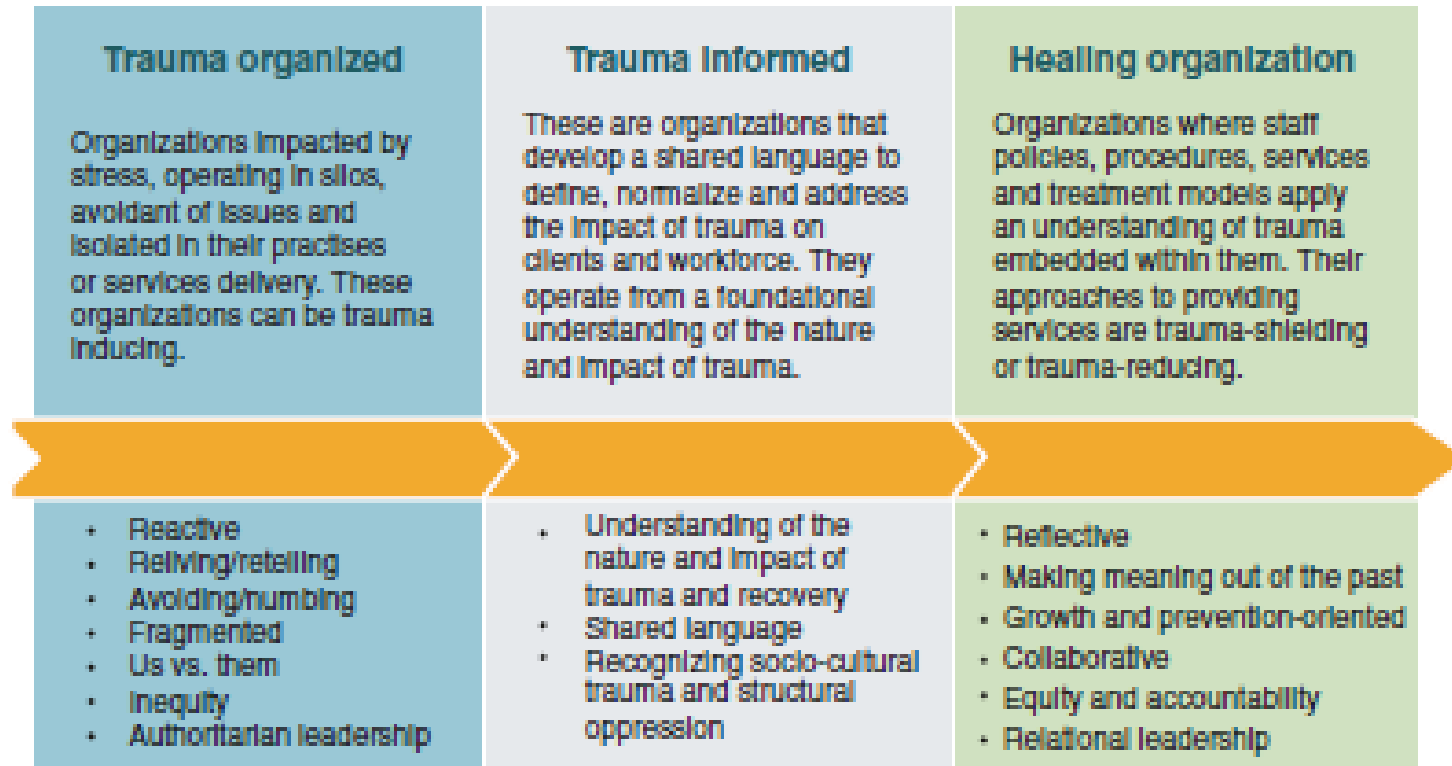
TO

TRAUMA REDUCING

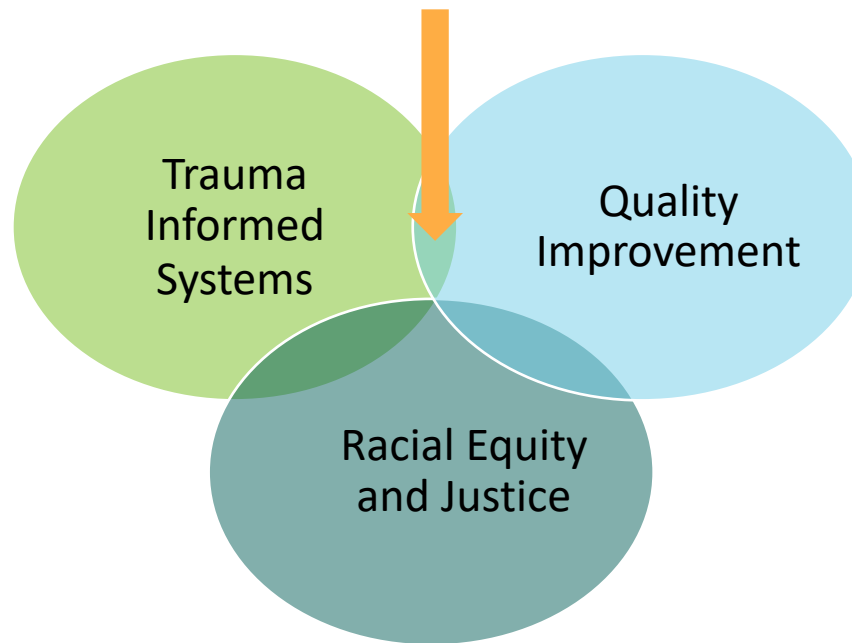
Modified from San Francisco Dept. of Public Health Trauma Informed Systems Initiative, 2017

Trauma- and Resilience-Informed Systems

PEER SUPPORT FOR CAREGIVERS IN DISTRESS



Aligning these initiatives is vital to successful organizational culture transformation



Adopt, Adapt, Align PEER SUPPORT FOR CAREGIVERS IN DISTRESS

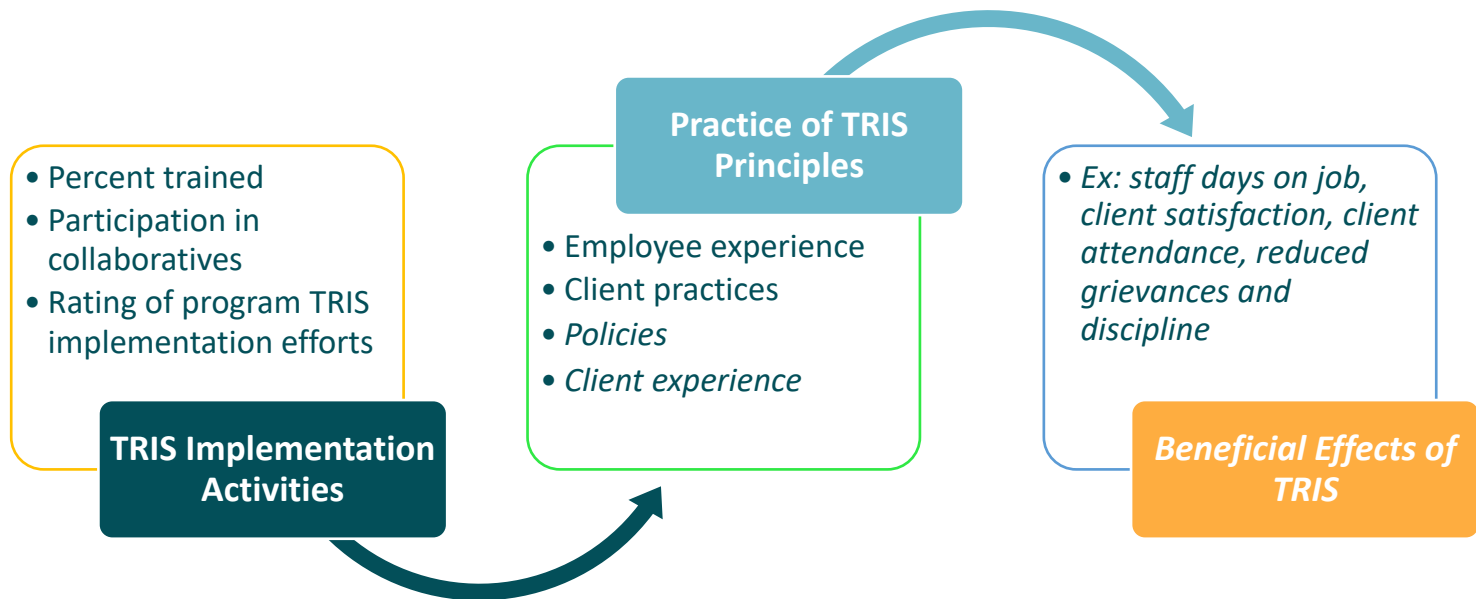
“The use of effective interventions without implementation strategies is like serum without a syringe; the cure is available but the delivery system is not.”

Fixsen, Blase, Duda, Naom & VanDyke, 2010

Innovations do not benefit those who never experience them.

—Fixsen, 2010





Early results show that practicing the TRIS principles is related to job happiness and satisfaction, as well as client practices.

Trauma-informed doesn't mean
trauma-free.
It means we change the way we
*see, attend to, and transform stress
and trauma* in ourselves and in
our organizations.

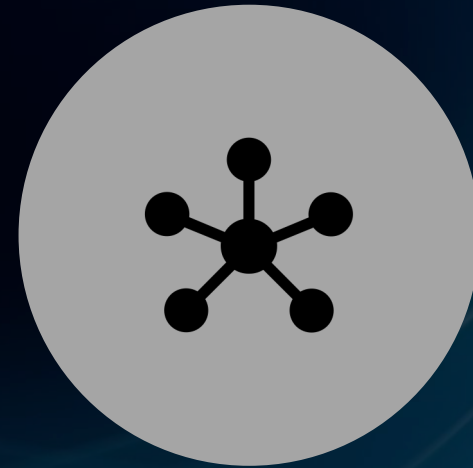
[Healing Organization Workbook](#): This workbook created by Trauma Transformed goes deeper into appreciative inquiry tools that organizations can use to advance TIS and healing organizations

Relational Healing

PEER SUPPORT FOR CAREGIVERS IN DISTRESS



LEAD WITH RELATIONSHIP



CONNECT BEFORE YOU
DIRECT

Contact Info:

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