

TRAUMA AND RESILIENCE INFORMED CARE



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Contributions and Limitations of Trauma Research

Contributions

- Shown evidence of the health impact of adversity and trauma over the life span
- Stimulated development of guidance for trauma informed health care and agency practices
- Highlights possible underlying causes of behaviors

Limitations

- Unintended consequence: neglect of protective and strength-based factors
- Reinforces medical focus on pathology

The Term “Resilience”

An overarching concept:

Captures **positive and strength-based** elements that are in other commonly used terms

- Protective factors, SSNR, PCE, stress tolerance, strengths, grit, flourishing

Occurs **at many levels** (individual, family, community, nation)

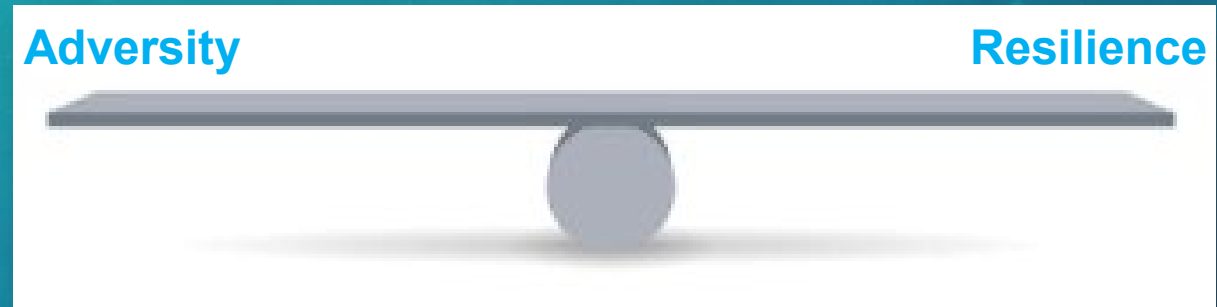
Is a **familiar term across diverse groups**, including in marginalized populations

Acknowledging pushback to the term

Why is this important?

Incorporating Resilience in Health Care Settings is Essential

- Whole Person Care:
Includes attention to both
adversity and resilience



- Achieving Equity:
Everyone gets what they need



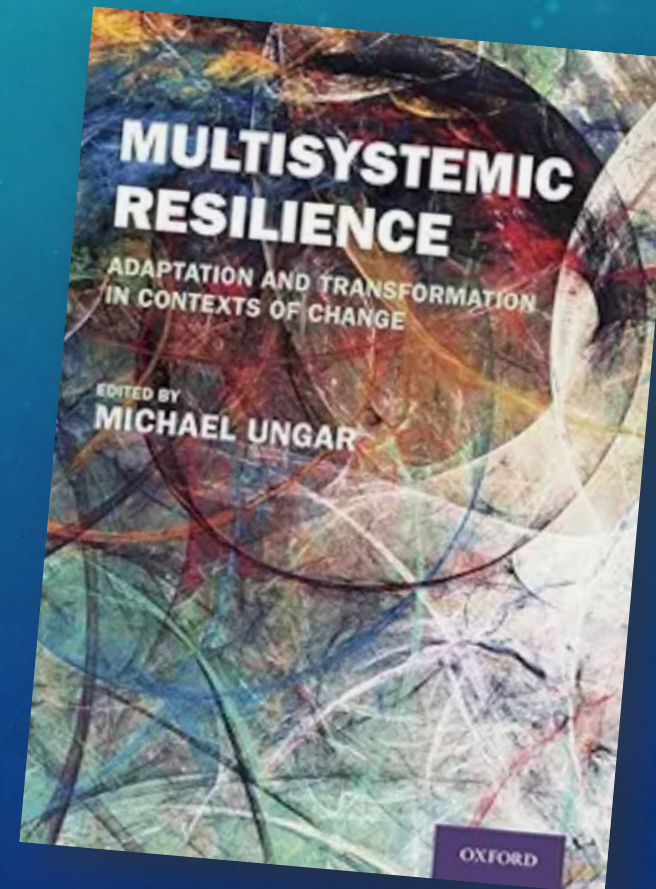
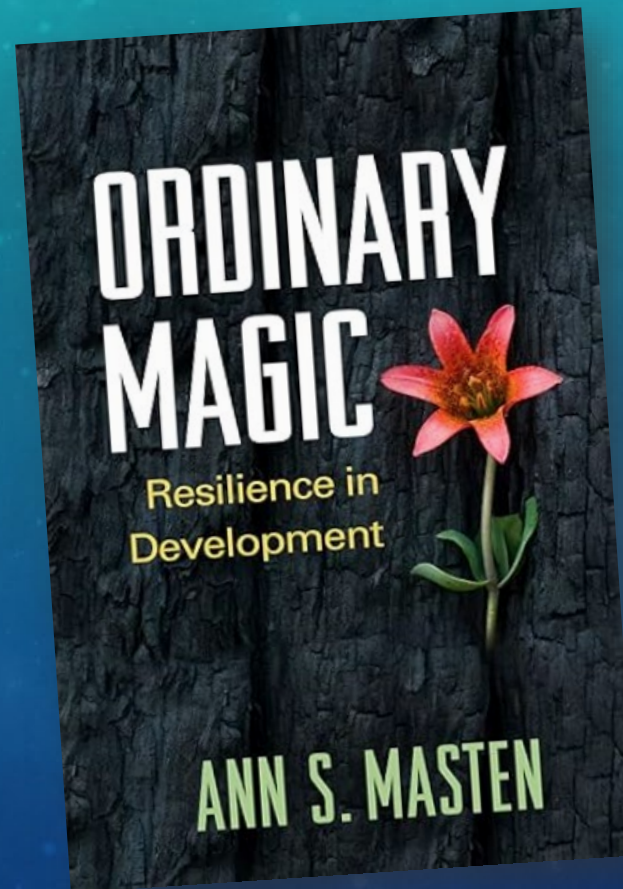
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Poll Question

- Do you intentionally integrate Resilience in your work?
- Feel free to share a few words in Chat about how you incorporate resilience into your work

The Academic Study of Resilience

- Builds on research from multiple disciplines
- Explores aspects of individual, family and community resilience



Four Waves of Resilience Research

1. Describing resilience and how to measure it
2. What factors or processes lead to resilience and how they work
3. Whether interventions can promote resilience
4. The fourth wave, now underway, is characterized by:
 - dynamic system-oriented approaches
 - incorporates neurobiology
 - the interaction of genetics and experiences
 - environmental factors
 - and cultural and intergenerational contexts

OTHER CONTRIBUTORS

Shonkoff J

Levine PA

Burke-Harris N

Sege R

Kabat-Zinn J

Carrion V

Siegel DJ

Davidson RJ

And, many others

Bethell C

Poll Question:

- How familiar are you with the academic study of Resilience?

Contributions from Neuroscience

- **Neurogenesis:** growth of new neurons
- **Neuroplasticity:** ability to reorganize synaptic connections
- **Autonomic Nervous System (ANS)**
- **Measurement tools (fMRI, EEG, etc.)**

Rhythm of Autonomic Nervous System

Hyper-arousal



Optimal zone



Hypo-arousal

“Window of Tolerance”

Poll Question

- How familiar are you with the concept of “Window of Tolerance’, or the term “Resilience Zone”?

Attention Management and Learning

Underlies many approaches

Examples:

- Mindfulness, meditation
- Gratitude practices
- Biofeedback
- Skill based practices like self-regulation techniques

Advantages

- Can be trained, including cross-culturally
- Offered to individuals, caregivers, clinic staff
- Can be used in patient-clinician visits
- Does not require Behavioral Health expert

Adopting Resilience and Trauma Informed Care (RTIC)

Next Steps:

- Training
- Design
- Clinical Practices
- Research

Training

Incorporate the science of both trauma and resilience into the

- education
- training
- support

of all health care providers and staff

Design with Resilience in Mind: Balancing Trauma Awareness with Resilience

- Clinical workflows
- Screening and assessment methods
 - Screening tools: CD-RISC, Brief Resilience Scale, PCE's
 - Open-ended questions
 - Frameworks: TRIADS, HOPE
- Interventions
 - 4 C's
- Educational materials
- Policies

Evidence Informed Resilience Oriented Practices

- Clinical tools
- Interventions (primary care and specialty care)
- Policies & programs

Clinical and Research Partnerships

Develop both trauma and resilience-informed

- Outcome measures
- Program evaluations

Ensure multi-disciplinary perspectives, include patients and people with lived experience.

Achieving Equity with Trauma and Resilience Informed Care

We must support all levels of resilience

- Individual
- Family
- Community
- State
- Nation
- Environment

Resources

- [Time to Move Forward: Resilience and Trauma-Informed Care](#), TPJ 2023
- [Addressing Adverse Childhood and Adult Experiences During Prenatal Care](#),. Excellent review article, has appendix [with list of screening tools to assess resilience](#). Johnson S et al Obstet Gynecol 2023
- [June 2024 Implementation and Evaluation of ACEs C Watson M DiGangi](#)
- [Trauma and Trauma Informed Care](#) Kimberg L (2019) Chapter in Trauma informed Health Care Approaches, Gerber, M
- [Archived TIHCER Recorded Video Presentations May, June, August 2023](#)
- Baraka Floyd MD, Robert Sege MD [California ACES Aware Academy webinar](#), 2021
- [On Resilience, Babies, and Bathwater-](#) JAMA Pediatr 2024 discusses the complexities of the term resilience
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DISCUSSION

Thank you!

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