

Building a culture of resilience through Trauma Informed communities of faith

Healing

Connecting

Restoring



Trauma Informed



ACEs and your community

- ACEs = Adverse Childhood Experiences



3 Types of ACEs

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

How prevalent are ACEs?

ABUSE



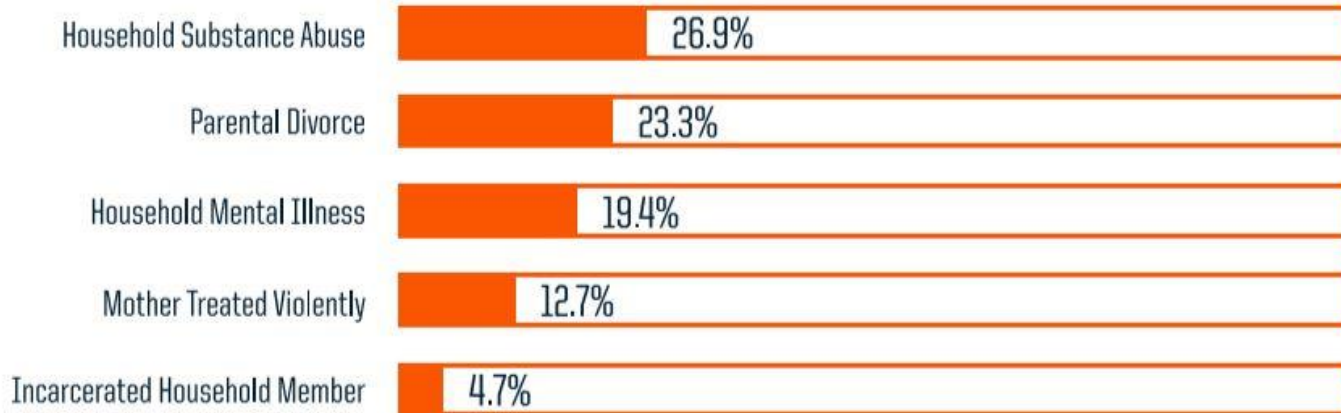
percentage of study participants that experienced a specific ACE

NEGLECT

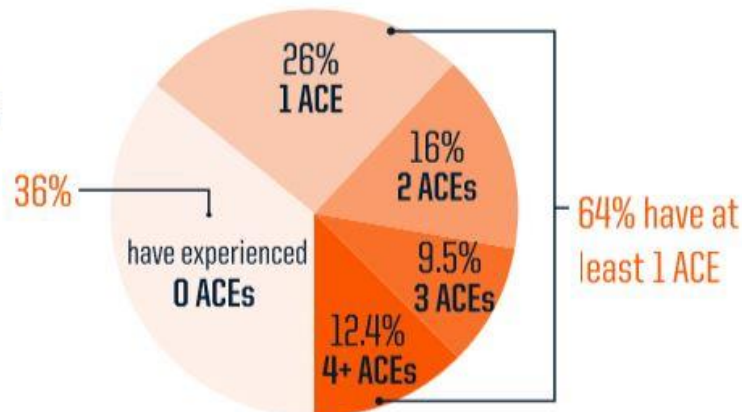


How prevalent are ACEs?

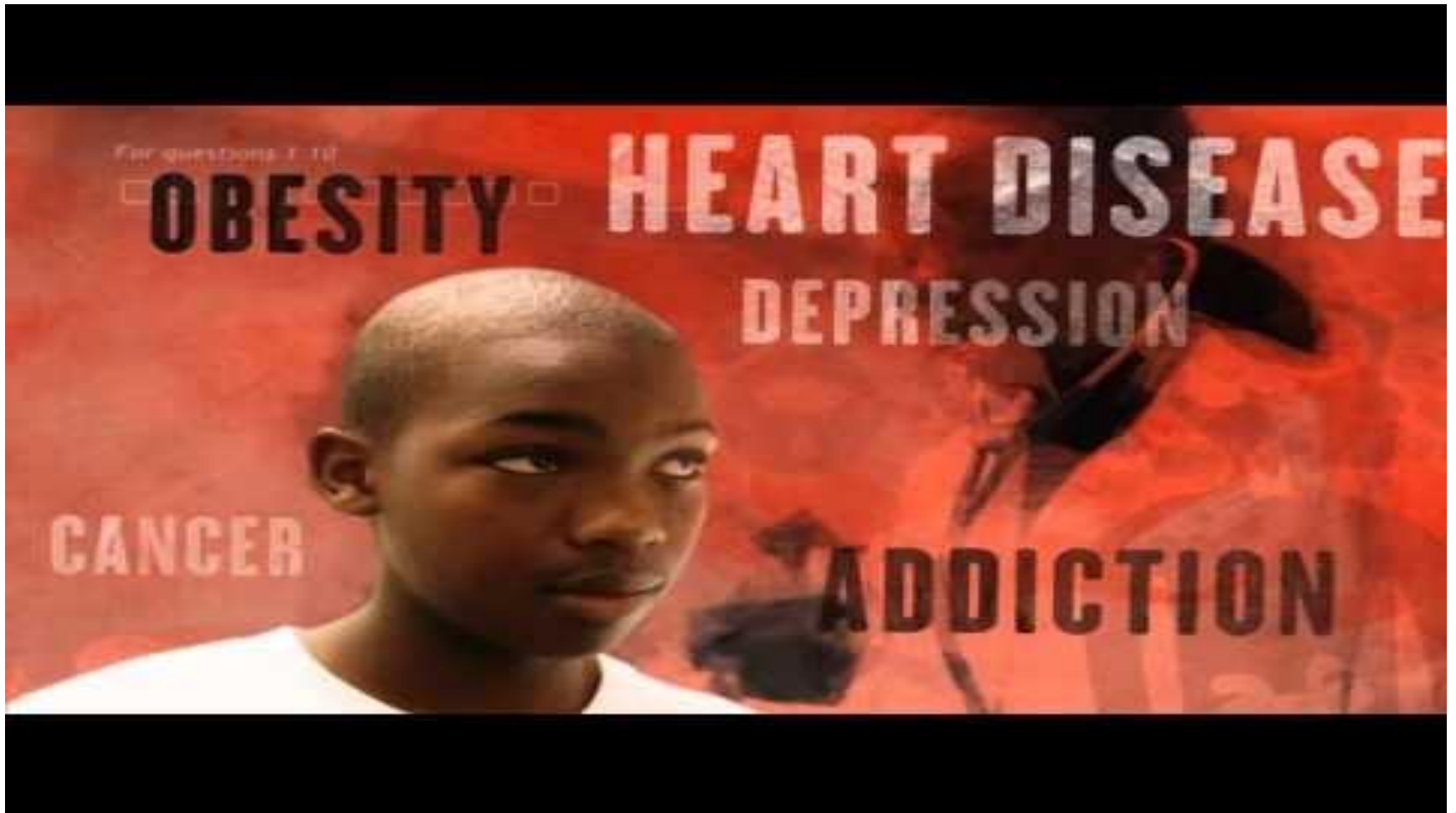
HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



Resilience the Movie



Why “trauma-informed?”

- It’s helpful to “speak the same language” as those outside of our faith communities
- It’s accessible:
 - Focuses on something most faith communities are good at: education and advocacy
 - It’s not a program! It’s more like a lens or filter...



TIC = Trauma-informed care



Key starting point:

From, **“What’s wrong with you?”**
to **“What happened to you (and
how can we help)?”**



Types of stress responses

POSITIVE



A normal and essential part of healthy development

EXAMPLES

getting a vaccine,
first day of school

TOLERABLE



Response to a stressor, limited

EXAMPLES

loss of a loved one,
a broken bone

TOXIC



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What is a Trauma-Informed Community?

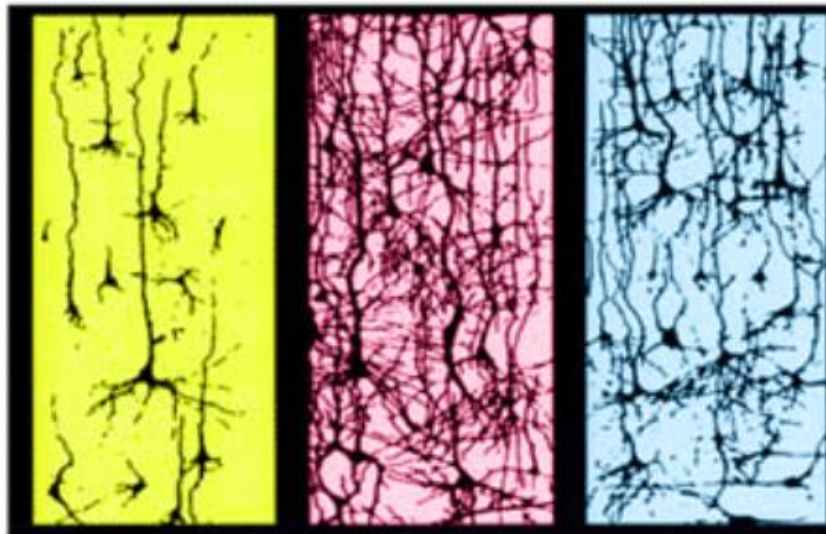
- *Realizes* the widespread impact of trauma and understand and have faith in potential paths for recovery;
- *Recognizes* the signs and symptoms of trauma in clients, families, staff, and others involved;
- *Responds* by integrating knowledge about trauma into everyday policy, practices, and procedures; and
- Seek to ***actively*** resist *re-traumatization*."



What is Retraumatization?

- A relapse into a state of trauma, subsequent to a triggering event or experience.

Center on the Developing Child  HARVARD UNIVERSITY

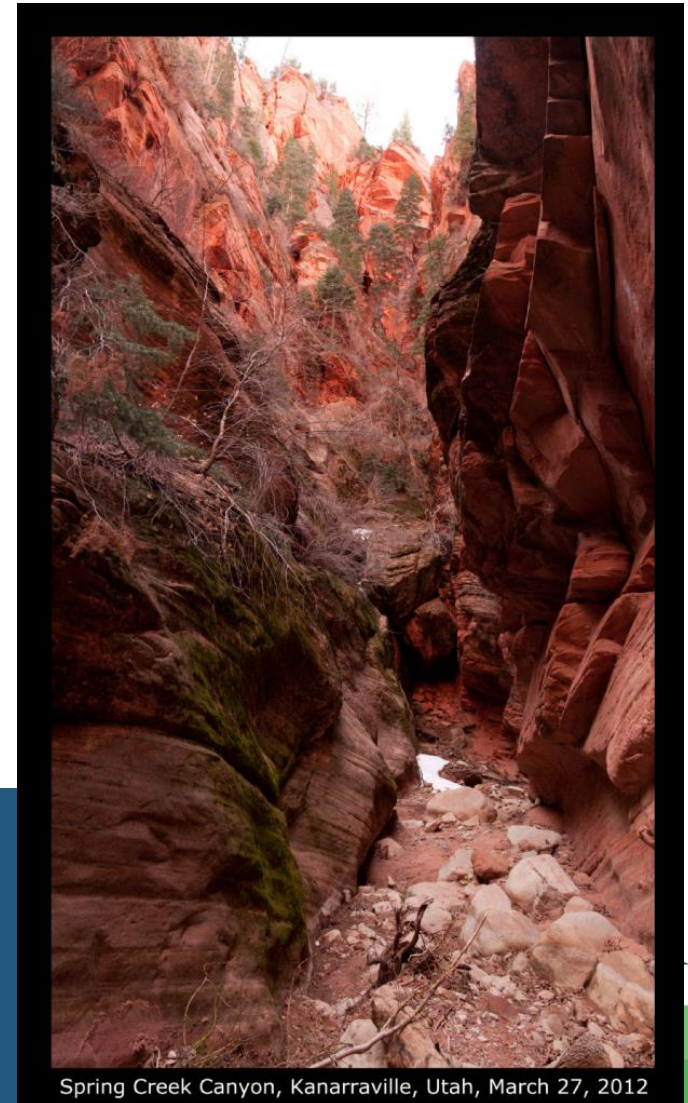


birth

6 years

14 years

Source: Shonkoff, J. P. (2008) **



Spring Creek Canyon, Kanarrville, Utah, March 27, 2012

How to help traumatized individuals

- Ask “what happened?” instead of “what’s wrong?”
- Understand that when someone is traumatized or triggered, their responses will be more “all or nothing”; extreme; black or white; friend or foe. Nuance is difficult during times of trauma.
- Recognize substance abuse, eating disorders, violent behavior, depression, and anxiety as symptoms of trauma,
- Respect, support, inform, connect, and give hope that recovery is possible and that Traumatic Growth Syndrome is real,
- Access the power and of partnership among community actors to create resilient/safe neighborhoods.



Guiding Growth

- Faith leaders and health ministers can help individuals find the purpose in pain
- Longsuffering or perseverance is a virtue in many faith traditions

If there is meaning in life at all, then there must be meaning in suffering.

Viktor E. Frankl

meetville.com



Post-Traumatic Growth

- “Positive psychological change experienced as a result of the struggle with highly challenging life circumstances or traumatic events”
- The Post-traumatic Growth Inventory includes factors of New Possibilities, Relating to Others, Personal Strength, Spiritual Change, and Appreciation of Life.



Principles of a trauma-informed community

- **Safety**
- **Trustworthiness and transparency**
- **Peer support and mutual self-help**
- **Collaboration and community**



Guiding Principles (cont.)

- **Provide opportunity for voice & choice**
- **Individuality & uniqueness**
- **Recognize cultural, historical, and gender issues**



Secondary Trauma/Vicarious Trauma

- The suffering/stress that comes from witnessing, helping or trying to help a traumatized person.
- Those in helping professions, including health ministers, teachers, nurses, faith leaders may experience secondary trauma;
- Symptoms of secondary trauma can include sadness, anger, poor concentration, emotional exhaustion and shame.



How about a Rat Park?



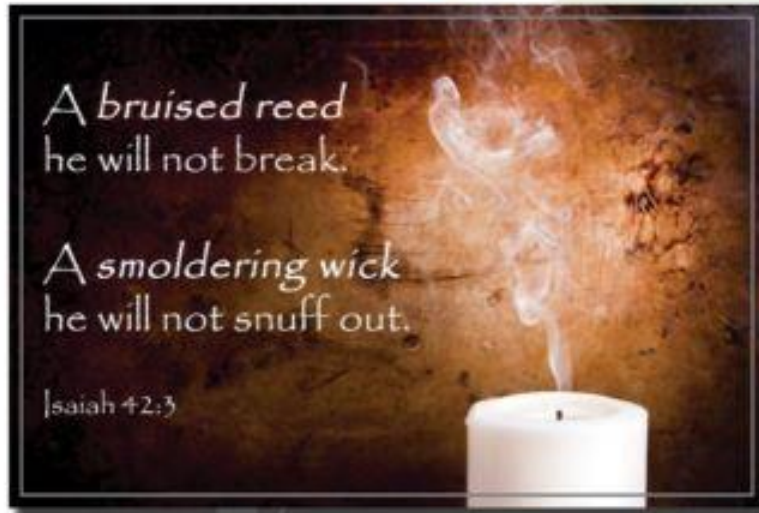
If it works for Rats... !?!

- The #1 way to combat ACEs and to help the trauma-affected is through relationship
- Faith communities can answer the “relevancy question” by becoming trauma-informed communities of hope that build resilience
- You’ll hear a lot today... hold on to hope, strengthen your resolve to advocate for those your mission or ministry call you to.





Bruised Reeds & Smoldering Wicks



An eight week small group Bible study on building trauma-informed ministry, and helping those impacted by adversity in childhood.

Click [HERE](#) to order the 2nd edition of "Bruised Reeds and Smoldering Wicks," a curriculum designed to help churches minister to those affected by traumatic experiences. Used in over 100 ministries in 30+ States to develop trauma-informed ministries that help hurting people.

"I am using it in a bible study for women living in a local shelter. It has been very well received and the women have been interested to learn about ACEs and how Jesus interacted with those who have been through trauma."

– Deb Bishop, Orange City, Iowa

"The curriculum gave us a biblical framework that allowed us to address ACE's with our congregation."

- Pastor Donald Spachman, Greenville 1st United Methodist Church; Greenville, Michigan

