



THIS IS WHO WE ARE.



**FACES & VOICES
OF RECOVERY**

ADVOCATE. ACT. ADVANCE.



Resilience-Centered

Practical Tools for Incorporating Trauma Resilience in
Peer Recovery Support Services Policy and Practice

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Goals for Today's Session



- 1.) Identify the basics of trauma-informed and resilience-centered practice
- 2.) Learn a set of Evidence-based Practical Tools to help promote trauma resilience in policy and practice (including direct service)
- 3.) Discuss the importance of story-telling as a way to practice and model trauma resilience and recovery



You don't have to stay stuck
in your trauma. You can
move forward in freedom.

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Trauma Basics

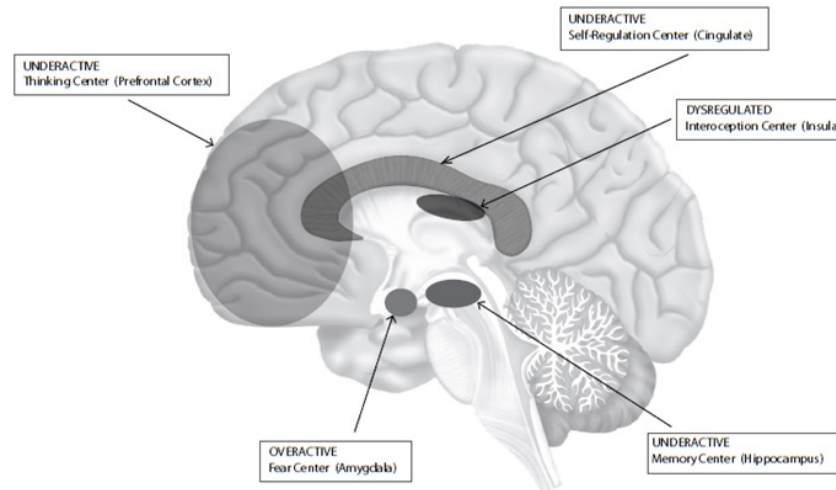


- Trauma Creates a Response



Your Brain on Trauma

The Brain On Trauma



Your Brain on Trauma cont...

- The brain regularly scans for real or perceived threats. Information is filtered through the limbic system where we instinctively react with fight, flight or freeze.
- When a threat is perceived, the amygdala alerts the hypothalamus to release stress hormones and alarms the sympathetic nervous system to fight, flight, or freeze.
- Reaction to the “Fight, Flight, or Freeze” Response – fear, frustration, and other emotions can be affected
- Prior childhood or adult trauma increase the brain-body response – the parasympathetic nervous system can be automatically activated or triggered resulting in a number of trauma symptoms like digestion or stomach issues and anxiety



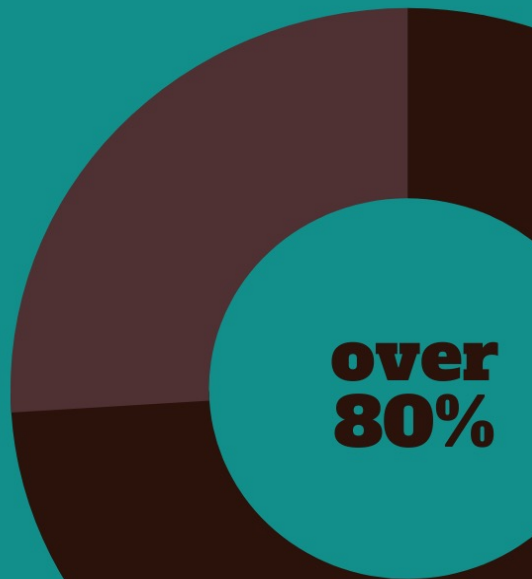
Symptoms of Trauma

- **Re-experiencing** through intrusive thoughts, dreams and “flashback” recollections.
- **Avoidance** of reminders and numbing of responsiveness, including social withdrawal, restricted range of affect.
- **Physiological hyperarousal** in the form of hypervigilance and exaggerated startle response, attention and concentration problems, and sleep disturbances.

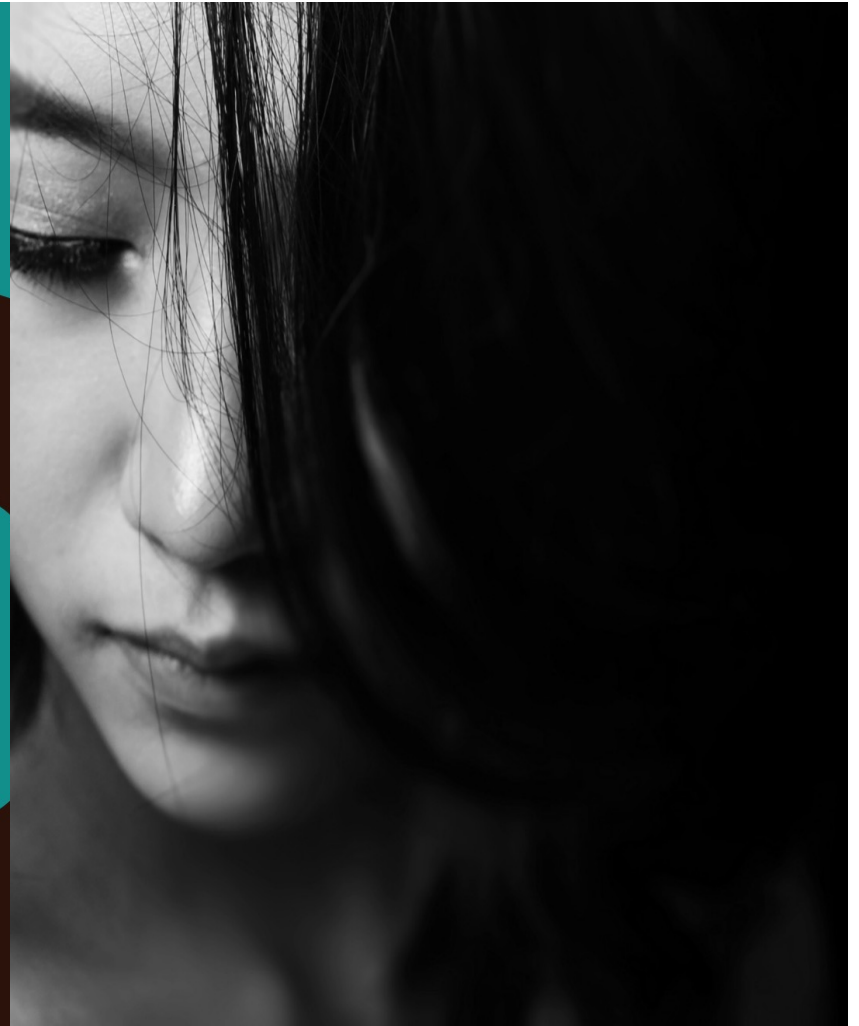


Percentage of women in addiction recovery who have experienced trauma

Source: National Institute on Drug Abuse



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What is Trauma-informed Care?



Why is it important to consider trauma? A trauma-informed program, organization or system "realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization," according to the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA).

Guiding Principles: **safety, choice, collaboration, trustworthiness and empowerment.**





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Trauma-informed is the
warm-up. Resilience-
centered in the
marathon.

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What is Resilience?



To be resilient means that you are a person with an ability to bounce back from defeats, discouragements or hardships. You can move past trauma (though there may still be some scars).



Characteristics of Resilient People

- ✓ Seeing Change as Opportunity
- ✓ An Optimistic Outlook
- ✓ Strong Sense of Humor
- ✓ Personal Goals and Sense of Purpose
- ✓ Strong Social Support Network

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The “Agility Factor”

- . Organizational agility highly correlates with organizational resilience.
- . Both factors determine the adaptive capacity of an organization.
- . This adaptive capacity enables organizations to perceive and respond to changes quickly.



3 Main Goals of Resilience-centered Services



(1) Promote safety

(2) Focus on Evidence-based Practices

(3) Peer Inclusion



Goal 1: Safety



Early Screening and Comprehensive Assessment



Assessments should be: routine, competently done, culturally relevant and sensitive.

Screening typically covers the following types of traumatic stress reactions:

- Avoidance of trauma-related thoughts or feelings
- Intrusive memories of the event or nightmares about the event
- Hyper-arousal or exaggerated startle response
- Irritable or aggressive behavior
- Behavioral and interpersonal problems



Fostering Safe Environments



- Trauma-informed Design
- Peer Input/Survey



Goal 2: Focus on Evidence-based Practices and Policies



Characteristics of Resilient People

- ✓ Seeing Change as Opportunity
- ✓ An Optimistic Outlook
- ✓ Strong Sense of Humor
- ✓ Personal Goals and Sense of Purpose
- ✓ Strong Social Support Network

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Characteristics of Resilient Peer Recovery Support Services

- ✓ See Change as Opportunity
- ✓ Have an Optimistic Outlook
- ✓ Have a Strong Sense of Humor
- ✓ Work Towards Goals and Have Sense of Purpose
- ✓ Participate in Strong Support Network

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More Ways to Promote RCO and Individual Resilience

(1) Increase social support/connections

(2) Learn tools to self-regulate and promote health and well-being

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Goal 3: Inclusion of Peers in Policy and Practice



- Person-centered Support and Services
- Community Outreach and Partnership Building



Peer Leadership

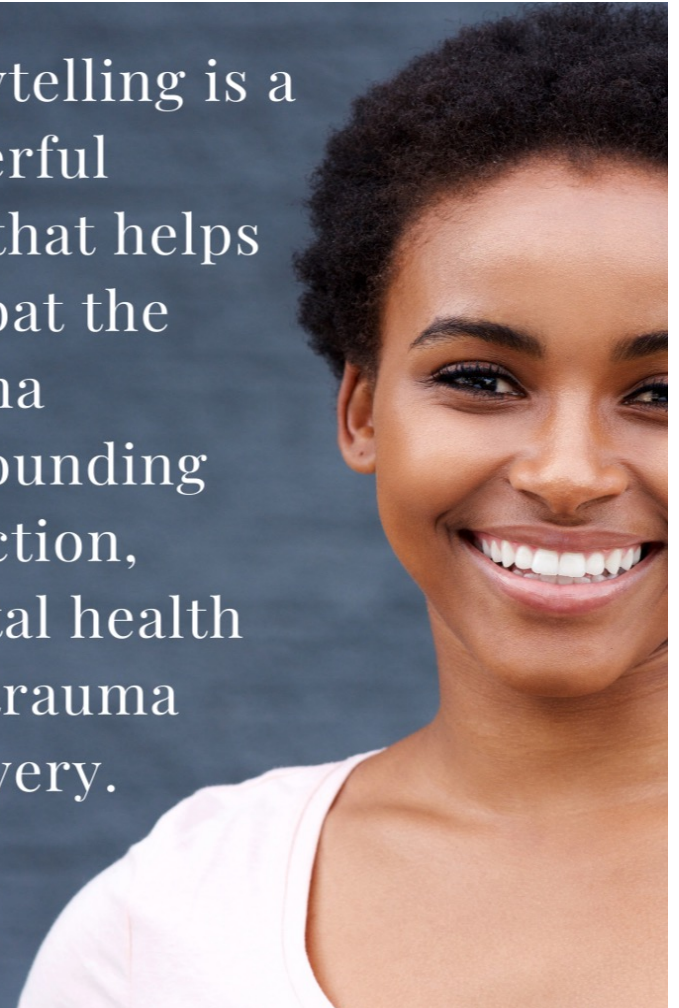


Storytelling

- ✓ Creates Meaning
- ✓ Increases Social Support
- ✓ Normalizes Experience
- ✓ Reduces Stigma
- ✓ Increases Resilience

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Storytelling is a powerful tool that helps combat the stigma surrounding addiction, mental health and trauma recovery.



Community Connections: Outreach and Partnerships



- ARCO members
- State RCOs
- Faith-based organizations,
other intersecting
missions/visions
(homelessness, children and
families)



Review

Main Goals:

(1) Promote safety


(2) Focus on Evidence-based Practices and Policies

(3) Prioritize Peer Inclusion



Review Cont...

Practical Tools for Incorporating Trauma Resilience:

- (1) Early Screening and Comprehensive Assessment
 - (2) Trauma-informed Design and Incorporating Peer Input (survey)
 - (3) Foster Characteristics of Organizational (and Personal) Resilience
 - (4) Person-centered Approach, including Peer Leadership and Inclusion
 - (5) Community Building, increasing social support
 - (6) Storytelling
- 



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