

May 2023

LEARNING LAB: TRAUMA-INFORMED CARE AND HARM REDUCTION

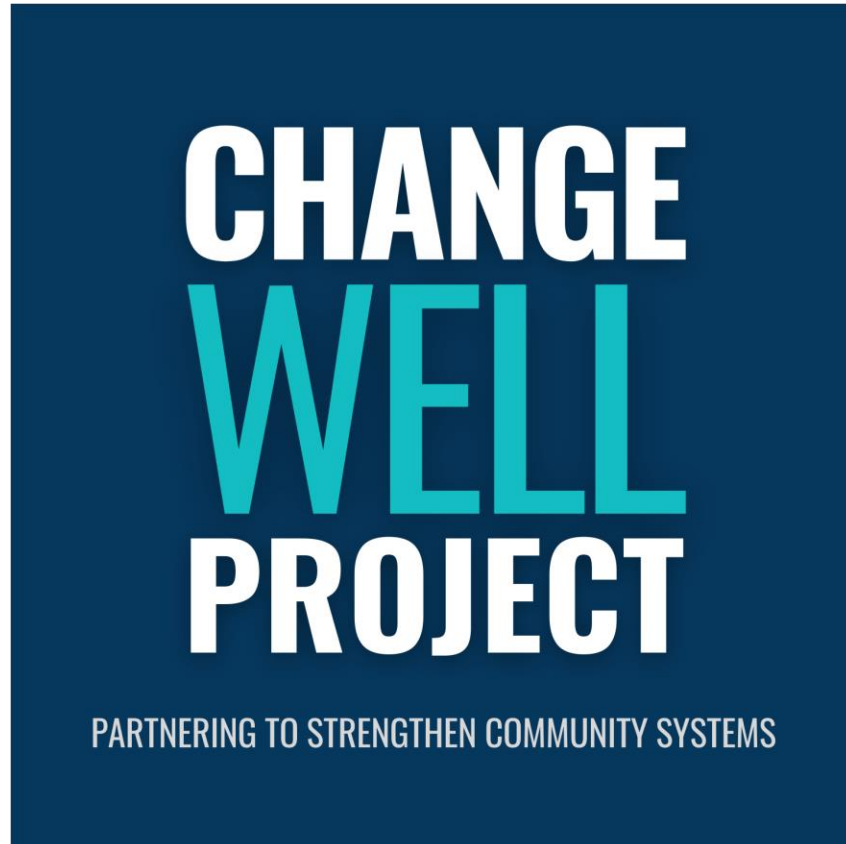
Welcome!

Introductions

- Facilitation Team
- Your Name
- Your County or Tribal Community
- CDSS Program



Learning Lab Goals



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- Identify solutions to overcome roadblocks in the program and system development process.
- Introduce tools that will expedite your program and system development.
- Increase the capacity of you and your staff to improve the equity and efficacy of your system and your programs.

Today's Presenters

**Change
Well**

Project

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Today's Session Overview

- ✓ Welcome
- ✓ Learning Lab Goals
- ✓ May Learning Lab Overview
- ✓ Trauma-Informed Care Defined
- ✓ Harm Reduction Defined
- ✓ Applying the Concepts/Best Practices
- ✓ Case Studies
- ✓ Questions and Reflections



WHAT IS A CUSTOMER SERVICE EXPERIENCE THAT REALLY UPSETS OR FRUSTRATES YOU?

Please share in chat! We want to hear from you!

WHAT IS A CUSTOMER SERVICES EXPERIENCE THAT MADE YOU FEEL CARED FOR?

Please share in chat! We want to hear from you!

TRAUMA-INFORMED CARE

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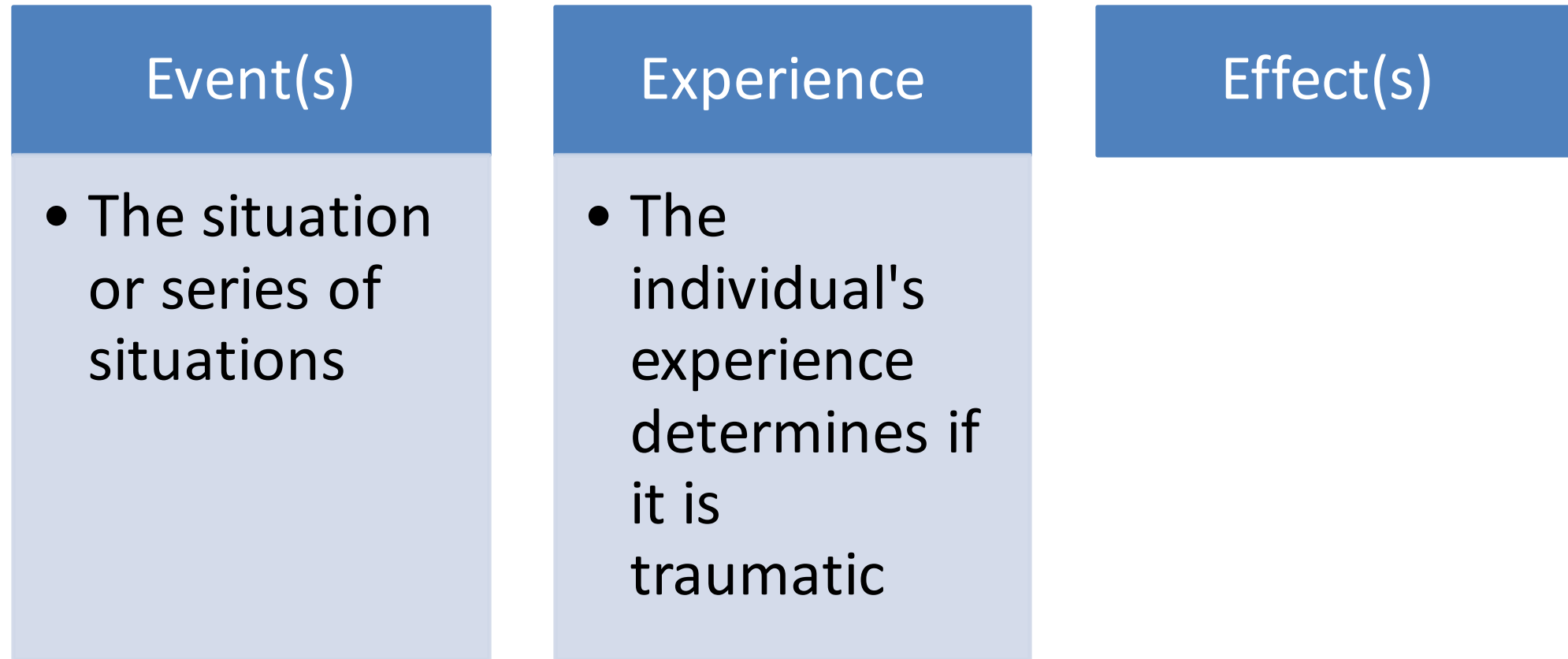
CHAT: WHAT IS TRAUMA INFORMED CARE?

Trauma Informed Care Definition

"Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being."

-SAMHSA (Substance Abuse and Mental Health Services Administration)

Three E's of Trauma



Types of Trauma

Acute

Acute trauma is a psychological trauma that occurs in response to a single, highly stressful event.

Chronic

Chronic trauma is a response to ongoing or repeated traumatic experiences.

Complex

Complex trauma is a type that can occur when someone experiences multiple, chronic, or prolonged exposure to traumatizing events. It can happen to both children and adults.

Secondary

Secondary trauma or vicarious trauma occurs when someone is significantly impacted by someone else's trauma (also known as "Compassion Fatigue")

Trauma-Informed Care Principles

Understand that trauma does not have one definition and can manifest in many ways for someone.

Recognize that trauma signs and symptoms may show up in participants in various behaviors

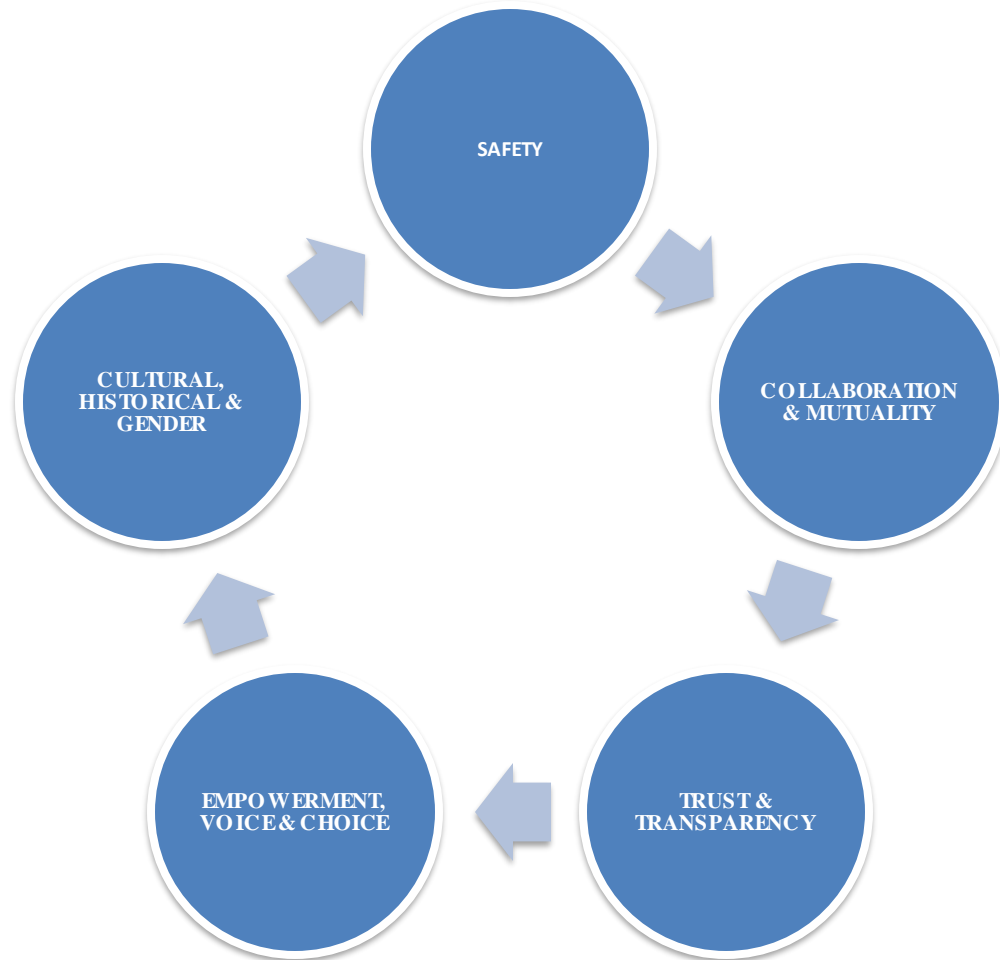
Acknowledge that someone experiences homelessness has encountered multiple traumas:

Empower the participant to determine what is best for themselves with services, housing and treatment

Safety and trust are integral to engaging a person with a trauma-informed approach

Consider the secondary trauma experienced by people working in supportive housing

Trauma-Informed Work with Participants



- **Safety:** An environment with physical, social, psychological and moral safety.
- **Collaboration & Mutuality:** Decisions are made with the client.
- **Trust & Transparency:** Work is conducted with transparency with the goal of building and maintaining trust.
- **Empowerment Voice & Choice:** An atmosphere that allows individuals to feel validated and affirmed.
- **Cultural, Historical & Gender:** Recognizes cultural, historical, and gender inequalities that have caused trauma and works to providing affirming atmosphere.

Safety

- The 5 principles co-exist
- Safe environments honor cultural/historical/gender impacts
- Trust and transparency are essential to safety
- Safety Plans for many different situations

How to Support Someone Who Has Experienced Trauma



HARM REDUCTION

HARM REDUCTION

CHAT: WHAT IS HARM REDUCTION?

Harm Reduction Definition

“Harm reduction is an approach that emphasizes engaging directly with people who use drugs to prevent overdose and infectious disease transmission, improve the physical, mental, and social well-being of those served, and offer low-threshold options for accessing substance use disorder treatment and other health care services.”-SAMSHA Harm Reduction Definition

Harm Reduction Principles

Harm Reduction meets people “where they are” and offers support on the individual’s choice regarding substance use or high-risk behaviors

Total abstinence is not required for services and housing

Honors people’s choices and supports self-determination to seek services, treatment and recovery

Seeks to find strategies with the individual that limit the impact of substance use on maintaining housing

Everyone is “housing ready” despite substance use and mental health treatment

Harm Reduction Principles

Connects individuals to overdose education, counseling, and referral to treatment for substance use disorders if requested

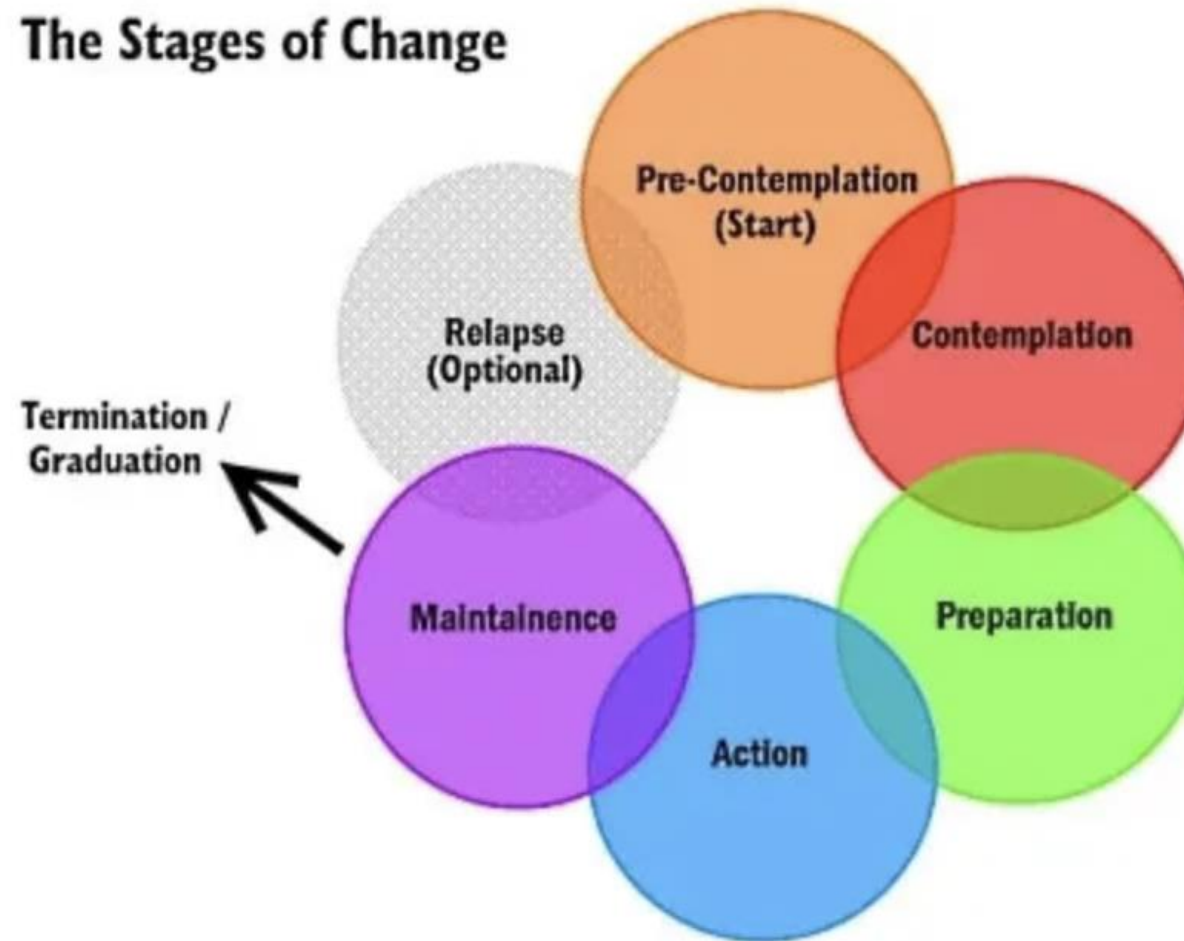
Works with the individual to minimize harm due to substance use including contracting infectious diseases

Understands that substance use recovery is only effective when the person makes that determination for themselves

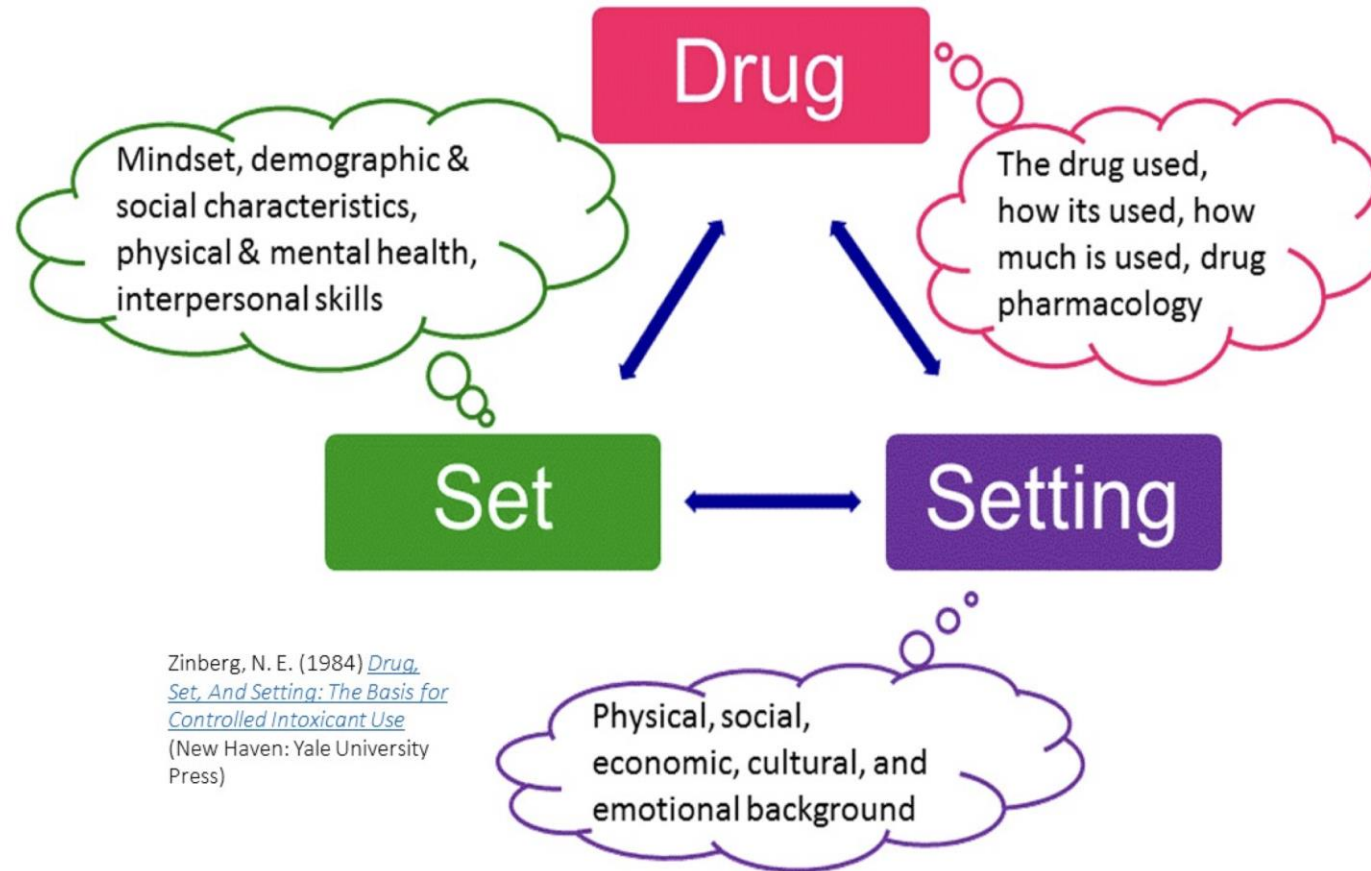
Acknowledges that racism, sexism, anti-LGBTQIA+ oppression, and stigma are factors that can prevent someone from addressing substance abuse

Cycle of Change

The Stages of Change



Harm Reduction-Substance Use Safety



Zinberg, N. E. (1984) *Drug, Set, And Setting: The Basis for Controlled Intoxicant Use*
(New Haven: Yale University Press)

Harm Reduction in Practice



Engage participants in services even if there are signs of active substance use

Allow the individual to determine their own individual case plan and services

Work with the individual to determine how substance use may impact housing

Providing opportunities for the participant to share about their needs and using non-judgmental language

Harm Reduction in Practice

If the participant is interested in services related to substance use or other addictive behaviors, work with them to find a variety of options

Provide opportunities for the participant to connect to healthcare and resources

Continue to engage the participant in services even if they are not interested in addressing behaviors that may be harmful

The goal with services in housing is to maintain housing and a Harm Reduction approach can be applied to maintaining housing



Harm Reduction in Practice



***The opposite of
addiction isn't sobriety.
It's connection.***

JOHANN HARI

APPLYING THE CONCEPTS

Trauma Informed Care and Harm Reduction in Practice



POLICIES AS A PROCESS
TRAUMA-INFORMED PLANNING



TRUST BUILDING FOR
PARTICIPANTS

Trauma Informed Care and Harm Reduction in Practice



PROVIDE OPPORTUNITIES
FOR CHOICE



EMPOWER PARTICIPANTS TO
CONNECT TO SUPPORT

**ONE WAY YOU WILL APPLY THESE PRACTICES IN
YOUR PROGRAMS?**

Questions?



Resources & Links



Requests for Change Well Project TA can be made at changewellproject.com



Change Well Project Resources can be found at www.changewellproject.com/webinarsandtrainings

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