

Trauma and Resilience Informed Care Decision Tree

Process for using with a client

1) Our goal is to educate all adults and families about **Resilience** and **Adversity**

- Using Trauma Infographic from the National Council of Behavioral Healthcare we can explain what trauma is and how it affects health
- **What is resilience?** Ability to bounce back, skills that help us keep healthy mentally and physically when hard things happen
- **What is trauma?** An event that happens that makes us feel emotionally or physically like our life is threatened and can result later in impacting our health (physically, emotionally, spiritually)
- **Teaching the “handy model”:** Upstairs/Downstairs brain, “Flipping our Lid”, and importance of “connecting”, then “re-directing”

2) Educate all adults that because of how important **resilience** is, we educate everyone about resilience and help them figure out what resilience skills they already have and what ones they would like to build

Example: “Bounce Back” work in Minnesota

<http://www.bouncebackproject.org/resilience/>

<http://www.bouncebackproject.org/five-pillars/>

“Resilience is made up of five pillars: self awareness, mindfulness, self care, positive relationships & purpose.”

Frame:

“By strengthening these pillars, we in turn, become more resilient. Instead of experiencing an overwhelming downwards spiral when we encounter stress in our lives, these five pillars work together to lift us up out of the chaos we are feeling.

Obtaining and maintaining these skills takes practice. That is where Bounce Back comes in...

Our goal is to give everyone in the community – young & old – a set of tools that are quick, easy and simple to use that are proven to help make you feel better faster. We’ve all heard the saying “when life give you lemons, make lemonade.” We also know that it’s not quite that simple. Bounce Back hopes to give everyone the lemon squeezer and the pitcher so that making lemonade seems possible.”

3) Resilience interview skill and process (using the 42 resilience skills from Walla Walla, WA)

We can review resilience skills at beginning of each point of contact as well as the skills we are working to build so they can become practice

Follow the Protocols that your department and/or program have set about ACEs and Resilience Interview Case Planning

NOTE: You may identify a screening tool for trauma that is evidenced with the adult with whom you work and for the role in which you work with them

42 Ways to Build Resilience

(Taken from the Resilience Trumps ACEs Poster and Card Games
Developed in Walla Walla, www.ResiliencetrumpsACEs.org.)

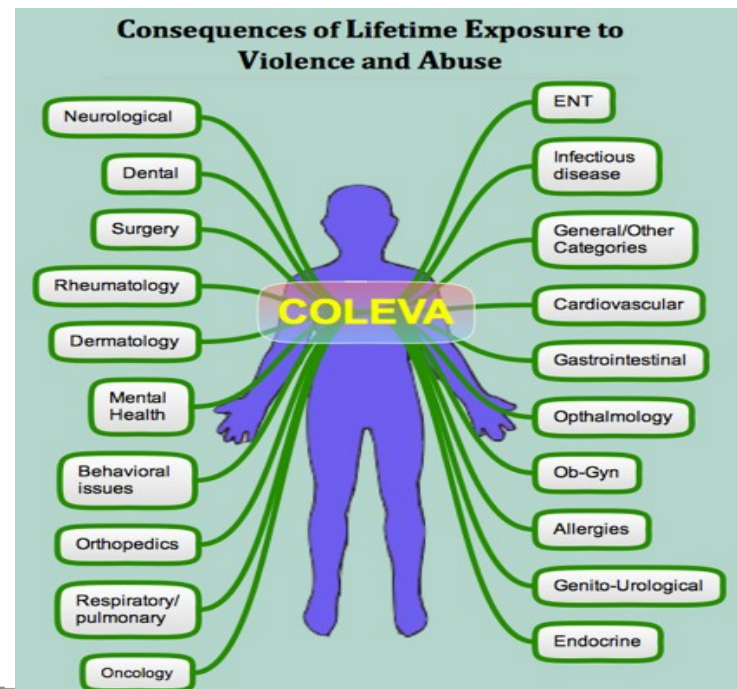
Resiliency Skills

- Showing empathy
- Developing Critical Thinking Skills
- Appreciating cultural & ethnic heritage
- Creating a sense of belonging
- Learning to accept help
- Developing Hope
- Developing Trust
- Learning Responsibility
- Practice Self Discipline
- Experience Success
- Model Problem Solving Skills
- Accept Ownership for Behavior
- Working as a team
- Learning to Solve Problems and Make Decisions
- Master a Skill
- Sense Triggers that create negative behavior
- Setting Clear Expectations and Boundaries
- Thinking ahead about consequences before acting
- Creating a Sense of Control
- Sharing something important
- Develop Communication Skills
- Helping a Friend
- Allowing Experience of Success or Failure
- Respect ability to make decisions
- Model appropriate behavior
- Learning to ask for help
- Acknowledging when I am wrong
- Learn to selfadvocate
- Give back to community
- Developing Ability to Calm Oneself
- Verbally say “I love you”
- Express Feelings
- Develop Positive Relationships
- Developing Friendships
- Developing Self Esteem
- Connecting with Others’ Feelings
- Feeling empowered to ask questions and share my ideas
- Letting others know I am available to help
- Making thoughtful choices
- Learning to show appreciation
- Following through on tasks
- Developing a Growth Perspective

Circle Skills that You Have Now
Tell A Story of How You Have Used This Skill

ACE SCORE	HEALTH RISKS BASED ON POPULATIO HEALTH TRENDS * Does not represent your individual story
4	<ul style="list-style-type: none"> - 260% more likely to develop COPD - 500% more likely to develop alcoholism - Females are 500% more likely to become victims of domestic violence. - Females are almost 900% more likely to become victims of rape - 242% more likely to smoke - 222% more likely to become obese - 357% more likely to experience depression - 443% more likely to use illicit drugs - 1133% more likely to use injected drugs - 298% more likely to contract an STD - 1525% more likely to attempt suicide - 555% more likely to develop alcoholism
6	<ul style="list-style-type: none"> - 250% more likely to become adult smoker - A male child with an ACE score of 6 has a 4,600% increase in the likelihood that he will become an IV drug user later in life - More likely to die 20 years younger than a person with no ACEs
7	<ul style="list-style-type: none"> - Adult suicide attempts increased 3,000% - Childhood and adolescent suicide attempts 5,100% - 5,000% more likely to develop hallucinations - Increased the risk of suicide attempts 51-fold among children/adolescents - Increased risk of suicide attempts 30-fold among adults

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease (IHD)
- Liver disease
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy



Behavior Wheel Work
“Responding to the Needs, not Reacting to the Behavior”

At- Risk Health Behaviors

Health Coping Behaviors with New Strategy

RESILIENCE SKILL	Resources Needed to Build/Practice	Time Period You Want to Start Building This Skill