

## Trauma informed care

EAST LOS ANGELES WOMEN'S CENTER  
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## **OVW Disclaimer**

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# Objectives



- Explore the impact of Trauma
- The concept of Trauma Informed Care (TIC) and Trauma Specific Interventions (TSI) through a Latin@ specific lens
- The relationship between TIC/TSI and recovery from trauma in all program areas

# Trauma

“Understanding trauma is not just about acquiring knowledge. It is about changing the way you view the world.”

- Sandra Bloom, 2007

# Types of Trauma

- physical trauma
- psychological trauma
- social trauma
- historical trauma
- ongoing trauma
- immigration trauma
- vicarious or secondary trauma



# Prevalence of Trauma

- It is estimated that at least half of all adults in the United States have experienced one incident that was caused by a major traumatizing event (Briere & Scott, 2006)
- Trauma histories are pervasive among youth in America (especially youth from diverse cultural backgrounds). (Marcenich, 2009)

# Prevalence of Trauma: Continued

- 90% of public mental health clients have been exposed to and most have actually experienced multiple experiences of trauma 75% of women and men in substance abuse treatment report abuse and trauma histories (SAMHSA/CSAT, 2000)
- ACEs Study found that childhood trauma is very common about 70%

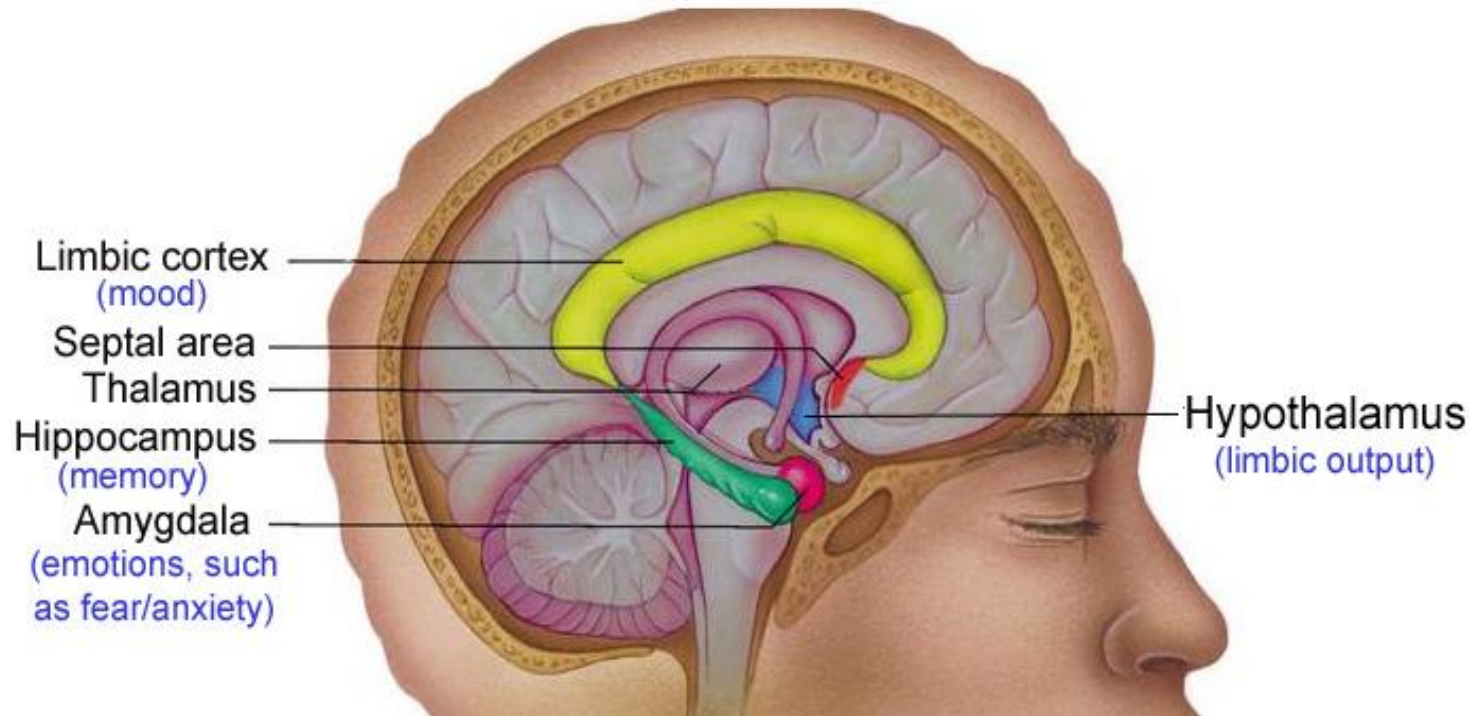
# Traumatic Stress

- Traumatic stress occurs when someone is exposed to traumatic events or traumatic situations, and when this exposure overwhelms their ability to cope with what they have experienced.
- Traumatic stress has an impact on the brain/mind, spirit and the body causing physiological, emotional, psychological, spiritual and neurological changes



# Trauma Impacts the Limbic System of the Brain

## Limbic System



# Trauma Informed Care (TIC)

- An organizational structure and treatment framework that:
  - \* Realizes
  - \* Recognizes
  - \* Responds
  - \* Seeks to actively resist "re-traumatization"
- Changes the Helping Paradigm from "What's wrong with you?" to "What happened to you?"

# Why is Trauma Informed Services Important?

- Improves the outcomes for consumers and service providers
- Reduces the likelihood of inadvertent re-traumatization of consumers and service providers
- Empowers consumers to take charge of their lives to reduce the risk for re-victimization
- Provides support for trauma workers

# Six Key Principles of a Trauma-Informed Approach

1. Safety
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues



# TIC/TSI and Culture

- Providers also understand and assess the role that culture plays in resiliency and the importance of community resources as potentially mediating the traumatic experience.
- Individually focused Western conceptualizations of trauma may miss the potential strengths inherent in culture and community to enhance engagement in healthy relationships and promote recovery.

# Trauma Specific Interventions

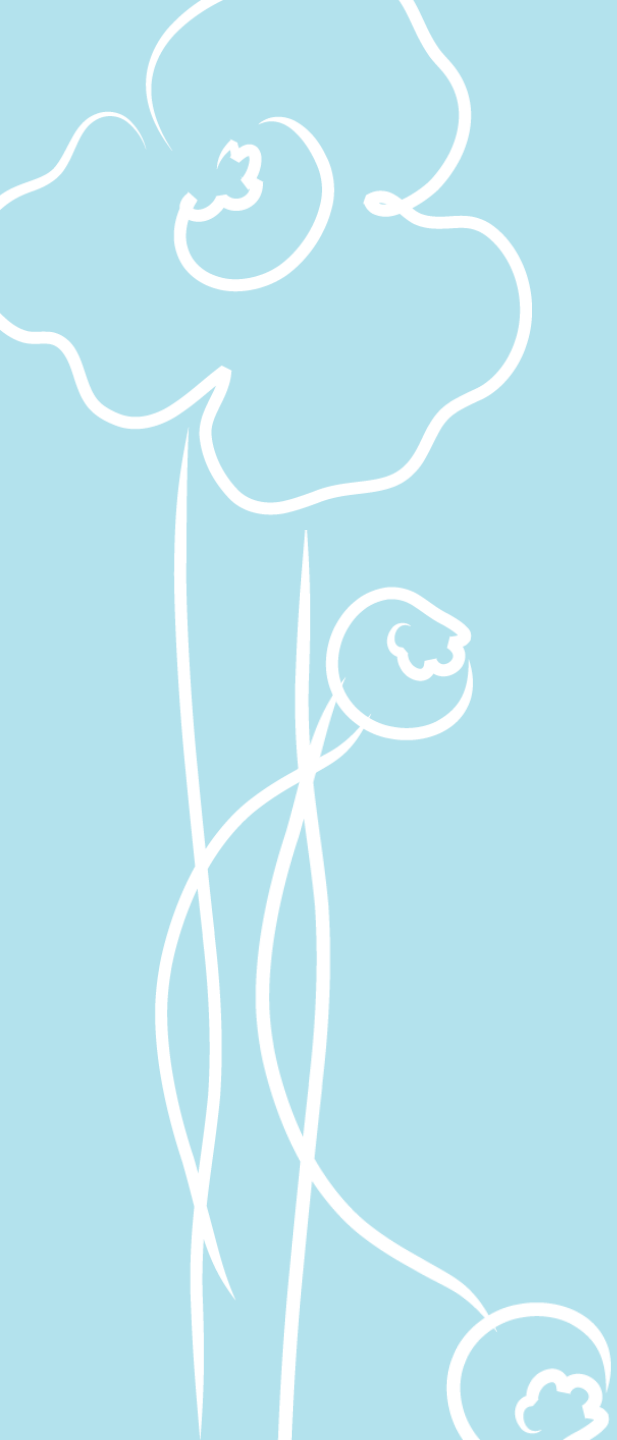
- The survivors need to be respected, informed, connected, and hopeful regarding their own recovery
- The importance of recognizing the adaptive function of “symptoms”
- The need to work in a collaborative and empowering way with survivors

# The Best TIC/TSI Intervention

“There is no more effective neurobiological intervention than a safe relationship”

-Bruce Perry, MD

- The relationship works to bring the brain back into regulation
- Safe, predictable, consistent relationships



**Promotoras**

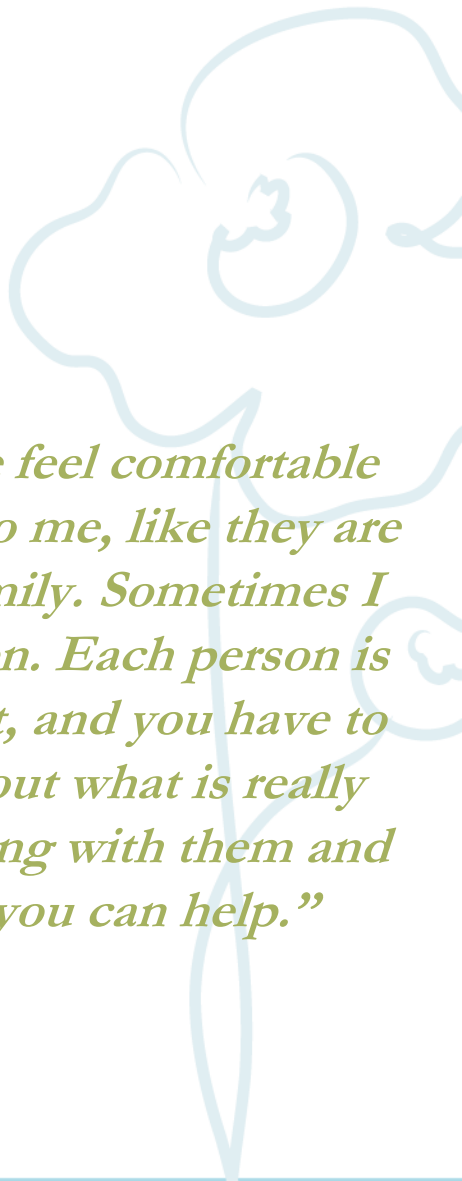


*Promotoras* are primarily Latina women, over the age of 18, with similar cultural outlooks and personal histories as the target population, who are trained to become peer educators using a trauma informed approach. Promotoras are a natural support network in the effort to reach as many women in need as possible.



# Promotoras Are Role Models

Promotoras demonstrate love, connection to the community, and understand the “reality of how people live.” A promotora will be most successful if she understands the obstacles keeping people from success and works with them to “take down those barriers one by one.” Promotoras must be able to listen, meet people where they are at, and share their own experiences in order to be a role model for change in their communities.



*“People feel comfortable talking to me, like they are with family. Sometimes I just listen. Each person is different, and you have to figure out what is really happening with them and how you can help.”*

# Promotoras Are Community Leaders

Before they are even recruited and trained, promotoras are often the “go to” people in their neighborhoods, natural leaders that others go to for information and resources.

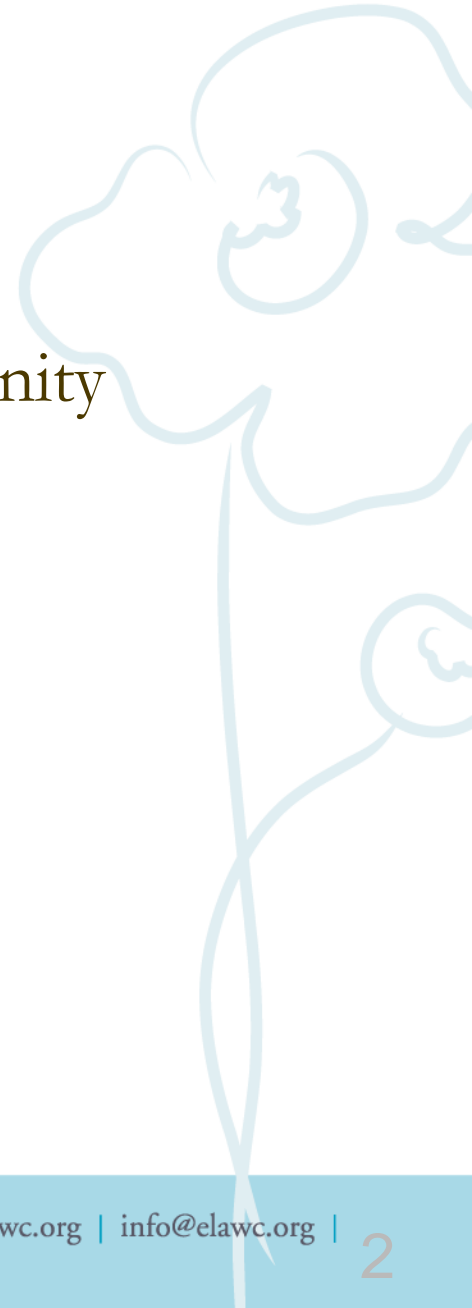
Organizations working in the community to further their own mission also provide promotoras with the structure, training, and support that allows them to do what they naturally do.

*“These women are already promotoras in their neighborhood. We do not make her a promotora. She already is one. We do not do anything to her. We merely create a framework for these women to operate and support her family and her community.”*

# Benefits to the Community

## Promotoras—

- Represent the needs and assets of the community
- Participate in events or committees for the improvement of their communities
- Promote change in their communities
- Educate communities on a variety of issues



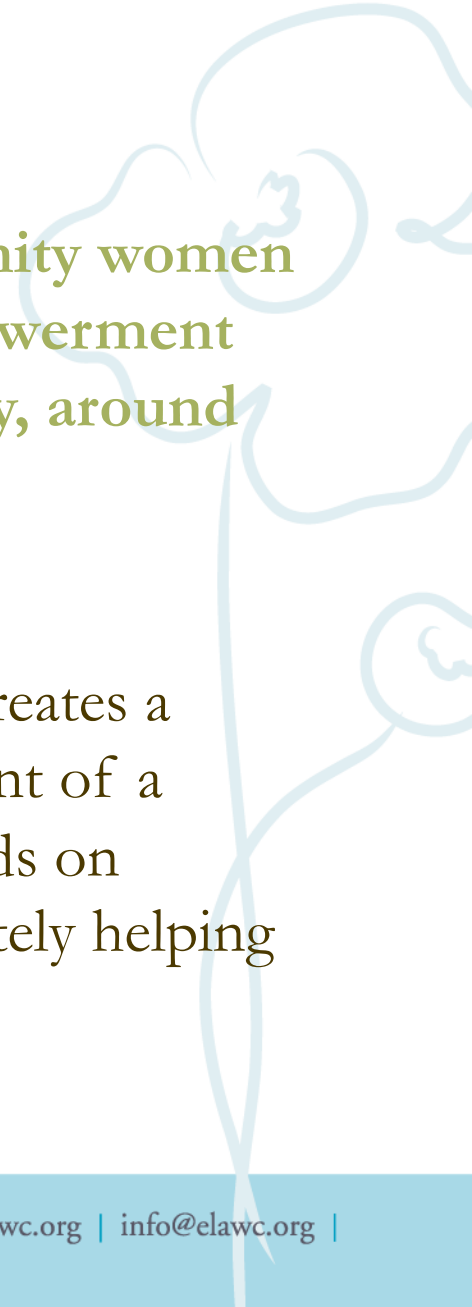
# Benefits to the Community: Continued

- Are volunteers
- Increase trustworthiness of institutions
- Know the trends in the community
- Expand institution's service delivery to include prevention
- Are effective in advancing outreach strategies

# Empowerment Model:

The East Los Angeles Women's Center uses an empowerment model to train and educate community women to develop their inner skills and develop self-empowerment to then reach out to other women in the community, around violence against women.

This model utilizes a holistic, relational approach that creates a collective or supportive circle, supports the development of a woman's identity, creates self-empowerment, and builds on existing strengths while acquiring new skills, and ultimately helping create a community free from violence..



# Empowerment Model: Continued

The Promotora generously gives her time and reaches out to others at risk with her heart and soul. The model is fortified by building a strong relationship with the Promotoras, it is a personal relationship, about who they are within their family, their community and how they see themselves, sharing their personal journey and where they want to go from here. The Promotoras help build strong support networks for women who have been impacted by violence.

The majority of the Promotoras are survivors of domestic violence and/or sexual assault or they have been impacted by family and community. They have a personal commitment and are dedicated to this work. This becomes their life work and will always be a part of their lives. They define themselves as **Promotoras**, and are very proud of their role in the community

# Remember that...

- Building long-term, trusting relationships is at the heart of this work, which requires time and flexible models of engagement and treatment.
- The goal of Trauma-Informed Care and Trauma Specific Interventions is to help survivors build self-esteem, empowerment and re-connection with themselves and society.



# Questions or Comments

**East Los Angeles Women's Center**

**(323) 526-5819**

**24-hour Rape & Battering Hotline**

**800-585-6231**

**[www.elawc.org](http://www.elawc.org)**