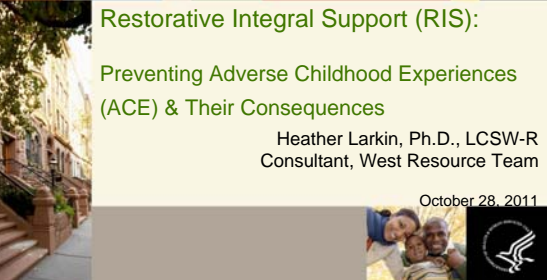


**Restorative Integral Support (RIS):**  
Preventing Adverse Childhood Experiences (ACE) & Their Consequences

Heather Larkin, Ph.D., LCSW-R  
Consultant, West Resource Team

October 28, 2011



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Slides 4-11, 16 courtesy of Vincent Felitti, M.D.  
Slide 13, Washington Family Policy Council  
Slides 36 & 43, DSHS/  
Division of Behavioral Health & Recovery  
Slides 39, 44-47, UAlbany SOAR Team



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### Goals

- Apply ACE research to prevention
- “Restorative Integral Support” (RIS)
  - What does this involve?
- Examples of applied RIS



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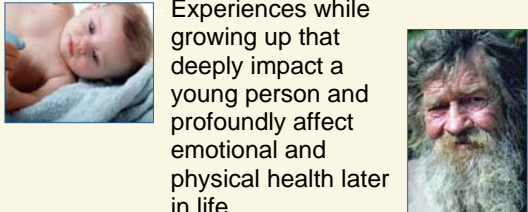
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### The ACE Study: Adverse Childhood Experiences



Experiences while growing up that deeply impact a young person and profoundly affect emotional and physical health later in life.



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### ACE Categories

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Domestic violence
- Parental loss
- Substance Abuse in the home
- Mentally ill family member
- Incarcerated household member



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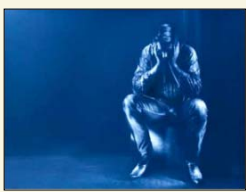
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### ACE Score

- ACE Score Prevalence  
(overall prevalence from two waves of data collection)
- 0 = 33%
- 1 = 25%
- 2 = 15%
- 3 = 10%
- 4 = 6%
- 5 or more = 11%



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### ACE Score continued

- Approximately two-thirds have at least one ACE
- More than a third have experienced 2 – 4 ACEs
- ACE categories are interrelated
- ACE scores of 5 or more were 50% more likely in women



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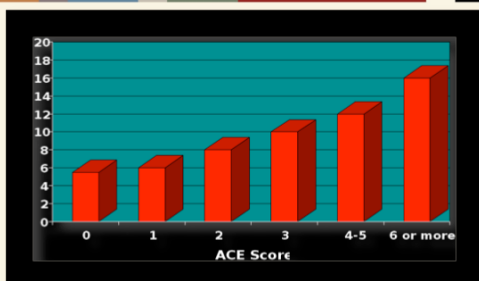
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### ACEs & Current Smoking



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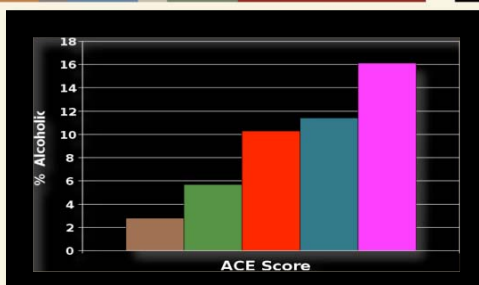
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### ACEs & Adult Alcoholism



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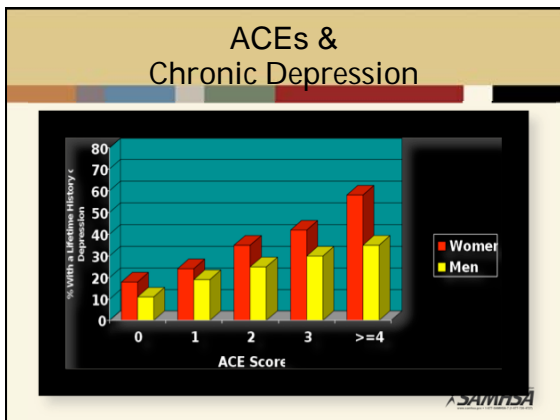
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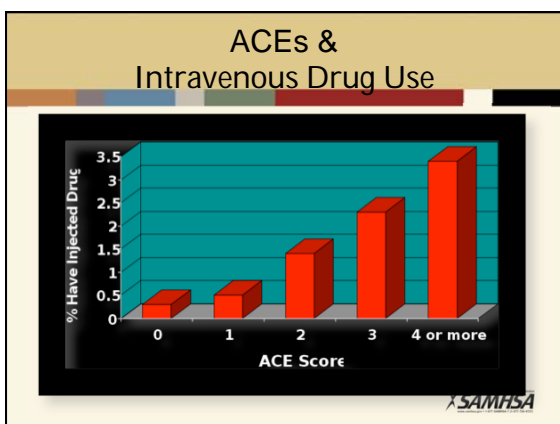
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### As ACE Score increases...

- Liver disease
- Cancer
- Chronic lung disease
- Skeletal fractures
- Impaired job functioning



- ACEs are implicated in the ten leading causes of death in the United States!

*SAMHSA*

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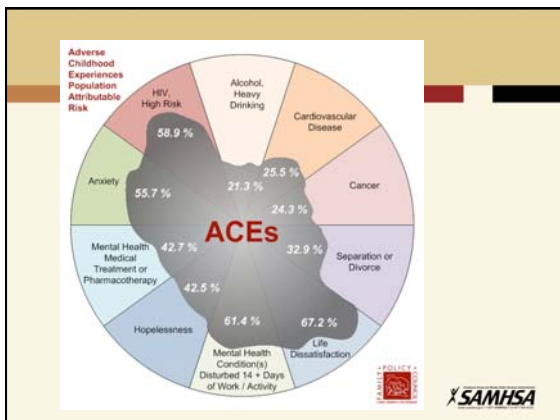
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### Extensions & Implications

- People experiencing homelessness
- Criminal justice
- Residential treatment
- Integration
  - resilience, recovery, prevention, intervention
  - social networks, service delivery

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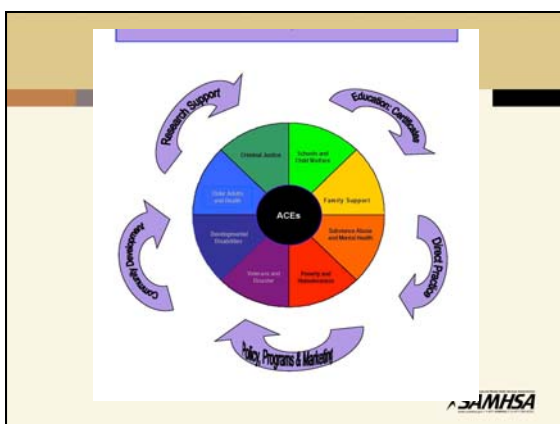
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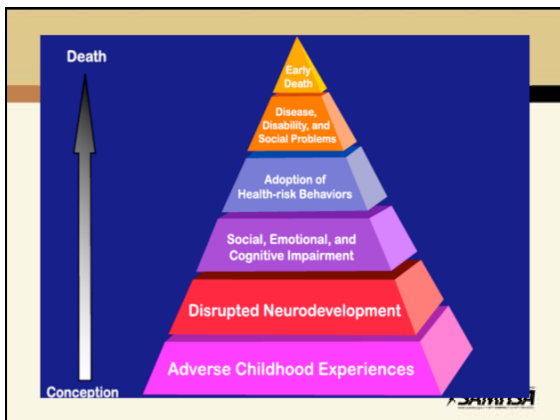
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### What is trauma?

“Traumatic experiences can be dehumanizing, shocking or terrifying, singular or multiple compounding events over time, and often include betrayal of a trusted person or institution and a loss of safety. Trauma can result from experiences of violence.”

- SAMHSA National Center for Trauma-Informed Care



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### What is trauma?

“Trauma includes physical, sexual and institutional abuse, neglect, intergenerational trauma, and disasters that induce powerlessness, fear, recurrent hopelessness, and a constant state of alert.”

- SAMHSA National Center for Trauma-Informed Care



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**“Healing is Possible.”**

- SAMHSA National Center for Trauma-Informed Care



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### What is a Human Being?

-RIS draws on a broad view of human nature to develop programs

- Integral theory
- People are not just the sum of their problems

-Body / mind / spirit

-Self / community / nature



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### What is a Human Being? The Integral Quadrants

Individual	
<ul style="list-style-type: none"><li>• Thoughts</li><li>• Feelings</li><li>• Strengths/capacities</li></ul>	<ul style="list-style-type: none"><li>• Behaviors</li><li>• Physical health</li><li>• Physical characteristics</li></ul>
<ul style="list-style-type: none"><li>• Larger culture</li><li>• Sub-culture</li><li>• Family culture (includes cultural values)</li></ul>	<ul style="list-style-type: none"><li>• Family &amp; other relational systems</li><li>• Educational, social service &amp; other systems</li><li>• Work, economic system</li></ul>
Collective	



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### Integral Perspective: Causes of Trauma

Individual	
<ul style="list-style-type: none"> <li>• Perception of trauma</li> <li>• Impact on developing self (overwhelming feelings, and other risk-taking, etc.)</li> <li>• Activation of defense mechanisms, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Injury</li> <li>• Health risk behaviors</li> <li>• Medical problems (both short and long term)</li> <li>• Changes in developing brain</li> </ul>
<ul style="list-style-type: none"> <li>• Family meanings</li> <li>• Social networks</li> <li>• Cultural values</li> <li>• Rugged individualism</li> <li>• Social taboos</li> <li>• Victim blaming</li> </ul>	<ul style="list-style-type: none"> <li>• Adverse interactions or events</li> <li>• Social Violence</li> <li>• Natural disasters</li> <li>• Service Access</li> <li>• Policies</li> </ul>
Collective	



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### Trauma Interventions

- Preventing ACE Consequences and Intergenerational Transmission
- SAMHSA's National Registry of Evidence-based programs and practices: <http://www.nrepp.samhsa.gov>
- Emerging practices guided by theory & supported by basic science
- Enhanced through social networks



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### ESIs for trauma (continued)

- Cognitive-behavioral exposure therapy (CBET)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Trauma-informed substance abuse & mental health
  - A Woman's Path to Recovery
  - Boston Consortium Model
  - Seeking Safety
  - Trauma Affect Regulation: Guide for Education & Therapy (TARGET)
  - Trauma Recovery & Empowerment Model (TREM)



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**ESIs for trauma (continued)**

- Therapeutic Community
  - The Sanctuary Model
  - Modified TC for Persons with co-occurring disorders
  - ICCD Clubhouse Model
- Criminal Justice/Jail Programs
  - Forever Free
  - Helping Women Recover and Beyond Trauma
- Older Adults
  - Improving Mood – Promoting Access to Collaborative Treatment (IMPACT)



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**ESIs for trauma (continued)**

- Children & Adolescents
  - Child-Parent Psychotherapy (CPP) - birth to age 5
  - Trauma-focused cognitive-behavioral therapy (TF-CBT)
  - Structured psychotherapy for adolescents responding to chronic stress (SPARCS)
  - Surviving Cancer Competently Intervention Program
- Schools & Child/Family agencies
  - Real Life Heroes
  - Cognitive-behavioral intervention for trauma in schools (CBITS)
- Adjudicated & High Risk Youth
  - SITCAP-ART (Trauma Intervention Program for Adjudicated & high risk youth)



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**Emerging Practices:**  
Guided by theory & supported by basic science

- Imagery Re-scripting
- Mindfulness Meditation (MM)
- Integrative Restoration (iREST)
- Somatic Experiencing (SE)
- Emotional Freedom Technique (EFT)



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### RIS applied at COTS

- Organizational development process
  - Staff engagement
    - Best practices, values & principles
- Leadership
  - Staff self-care supports restorative culture
- Culture of Recovery
  - Individual & Community
  - Connection, high expectations, choice
  - Identity, attitude, values, goals



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### RISing at COTS: Supporting individual capacities

- Help people to develop a more positive Explanatory Narrative
- Intention and plans supported by case management and professional level counseling, using motivational interviewing
- Coping skills for anger, stress and grief
- Meditation
- Yoga Nidra / Chi Gung
- Recovery from psychological component of addictions
- Relapse prevention
- Life skills

INDIVIDUAL

INTERIOR SUBJECTIVE



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### RISing at COTS: Supporting physical healing

- Meet basic needs (Maslow's Hierarchy)
- Work with the body in support of healing
  - Medical
  - Dental
  - Somatic therapies
  - Acupuncture, massage
- AA/NA recovery from physical aspects of addiction
- Physical exercise

INDIVIDUAL

EXTERIOR OBJECTIVE



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### RISing at COTS: Supporting social networks

- Community
  - Therapeutic milieu
  - Spiritual or faith communities
  - 12 step groups / peer support
  - Social groups
  - Working in groups, classes and workshops on common goals
  - Community service
- Culture of recovery and transformation

INTERIOR SUBJECTIVE

COLLECTIVE



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### RISing at COTS: Supporting systems

- Policies and procedures
- Systems
- Infrastructure

EXTERIOR OBJECTIVE

COLLECTIVE



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### HEARTS trump ACEs

- Healthy
- Environments
- And
- Relationships
- That
- Support



Promotes individuals' strength and resiliency, preventing and intervening with ACEs – happens mostly in the LL and LR quadrants

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### RIS Outcomes

- Ongoing incorporation of RIS principles in program development at COTS
  - o Integration of research & practice wisdom
- Powerful combination of practices & supports works for people
  - o Dramatic increase in success in one homeless services agency working with many traumatized clients
    - 2004 – 2005, 8 of 646 COTS clients housed.
    - 2008 – 2009, 283 of 590 people
- Opportunities for comprehensive evaluation
  - o Practice/research integration




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### Other Examples: New York

- The HEARTS Initiative
  - well-established Capital Region agencies
  - strengthening social networks
  - building community capacity
    - workforce development
    - policy advocacy
    - educational presentations
    - website sharing ACE Response strategies


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### Washington State




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### Washington State Community Capacity Development

Individual	
<ul style="list-style-type: none"> <li>•Raising ACE awareness</li> <li>•Clarifying purpose</li> <li>•Leadership Development</li> </ul>	<ul style="list-style-type: none"> <li>•Behavioral example</li> <li>•Sets the tone</li> <li>•Apply skills to ACE Response</li> <li>•Physical supports</li> </ul>
<ul style="list-style-type: none"> <li>•Recruit &amp; retain members</li> <li>•Leadership orientation</li> <li>•Team-building</li> <li>•Mutual agreement</li> <li>• vision, priorities, goals, framework, scope</li> <li>• Social networks/ norms</li> </ul>	<ul style="list-style-type: none"> <li>• Identify gaps in services</li> <li>•Select programs</li> <li>• ACE Reduction law</li> <li>•Align local policies</li> <li>• Media campaigns</li> <li>•Identify outcomes</li> <li>•State evaluation</li> </ul>
Collective	

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### RISing for ACE Response Includes...

- Raise awareness
  - ACEs and ACE Response
- Empower leaders
  - Setting an example
- Develop HEARTS
- Incorporate best practices
  - Connecting to prevention of ACEs & ACE consequences
- Create research partnerships
  - comprehensive

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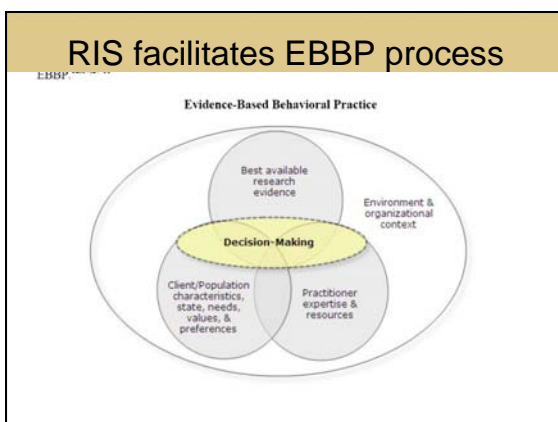
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### Summary: RISing for ACE Response

- Comprehensive, whole person prevention
  - Includes many research-informed elements
  - Moves beyond piecemeal, one-quadrant interventions for ACE consequences
- Flexible
  - RIS models look different depending on local resources
- Embraces team-based research partnerships



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### RIS Goal: Recovery & Transformation

“Some of the healthiest people I know are those who have had to heal from the most challenging situations, and in the process, have gained insight and wisdom far beyond what a ‘comfortable’ life would ordinarily provoke.”

- Joan Borysenko, Fire in the Soul



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For More Information & Resources

- [www.posttraumawellness.net](http://www.posttraumawellness.net)



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### Agency SOAR Goals

- Improve services using data from own programs
- Learn what works better with which clients
- Improve proposals & reports
- Meet/exceed accreditation standards

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### EBP as a cycle of inquiry & action



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Substance Abuse and Mental Health Services Administration  
www.samhsa.gov • 1-877-SAMHSA • (1-877-726-4727)

## Behavioral Health is Essential To Health



Prevention Works  
Treatment is Effective  
People Recover

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