A Trauma-Informed Approach: Emergency Shelter

Amanda Rosado
Technical Advisor
Florida Housing Coalition
rosado@flhousing.org
Everyone deserves a suitable, affordable home!
Self-Care

“Your relationship with yourself sets the tone for every other relationship you have”
You have to secure your mask first before helping others!
Understanding Trauma
The Three E’s in Trauma

Events → Experience → Effects
# Potential Traumatic Events

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<th>LOSS</th>
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<td>Cyberbullying</td>
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How can the same event be traumatic for one person but not for the other?
Experience of Trauma Affected by:

How

When

Where

How Often
• Trauma affects the brain responses

• When the brain is “triggered” it goes into survival mode – only focused on the present, limits ability to think and make decisions

• When asked about past traumatic events, the brain gets triggered and reactivates the fear response
“Non-compliant, combative” OR Struggling to regain or hold onto personal power

“Treatment resistant, uncooperative” OR Disengaging, withdrawing

“Passive, unmotivated” OR Giving in to those in power
Problems or Adaptations?

“Difficult Behaviors”

• Difficulty getting motivated to get a job or find housing
• Complains about not feeling safe
• Perceives others as being abusive
• Has interpersonal conflicts within the shelter, agitated

Trauma Responses

• Depression and diminished interest
• Nightmares and insomnia
• Flashbacks, triggered responses
• Irritability, restlessness, outbursts of anger
ACE STUDY

**ABUSE**
- Physical
- Emotional
- Sexual

**NEGLECT**
- Physical
- Emotional

**HOUSEHOLD DYSFUNCTION**
- Mental Illness
- Incarcerated Relative
- Mother treated violently
- Substance Abuse
- Divorce

Source: CDC
ACE STUDY FOUND

A male child with an ACE score of 6 has a 4600% increase in likelihood of later becoming an IV drug user when compared to a male child with an ACE score of 0. Might heroin be the best coping device that an individual can find?
“Is drug abuse self-destructive or is it a desperate attempt at self-healing, albeit while accepting a significant future risk?” (Felitti et al, 1998)
• ~50% of women who are homeless have experienced childhood sexual abuse
• 92% of homeless mothers have severe trauma histories
• Up to 75% of women in SA treatment report trauma histories
A Trauma-Informed Organization...

- Recognizes
- Realizes
- Responds
- Resists
Hey! What's wrong with you?

Shift in Thinking
What happened?

What if that was me?
SAMHSA’s Principles of TIC

- SAFETY
- TRUSTWORTHINESS AND TRANSPARENCY
- PEER SUPPORT
- COLLABORATION AND MUTUALITY
- EMPOWERMENT, VOICE, AND CHOICE
- CULTURAL, HISTORICAL, AND GENDER ISSUES
I’m willing to talk about:

Sexual Orientation • AIDS • Bisexual • Substance Abuse • Preg
Death of a Loved One • Incest • Drugs • Name Calling • Love • Gay • N
culture • Sex • Heritage • Harassment • Equality • Peer Pressure • De
• Divorce • Isolation • Abuse • Isolation • Family • Eating Disorders •
AIDS • Sexual Orientation • AIDS • Bisexual • Gender Identity • Pr
d • Death of a Loved One • Incest • Drugs • Name Calling • Love
Neglect • Culture • Sex • Heritage • Harassment • Equality • Peer Pre
Depression • Divorce • Isolation • Abuse • Isolation • Family •
Disorders • STDs • Sexual Orientation • AIDS • Bisexual • Substance
What You Can Do

- Offer choice whenever possible
- Look people in the eye and greet them
- Respect privacy and confidentiality
- Ask only questions necessary on intake forms
THE BIG THREE

Underlying Question

What happened to you?

Symptoms

Adaptations to traumatic events

Healing happens

In Relationships
Skill Development
Man never made any material as resilient as the human spirit.

Bernard Williams