Objectives

• Become familiar with a trauma informed approach to caring for victims of violence
• Identify neurological responses that influence behavior
• Communicate with trauma informed skills to provide community resource information to victims of violence
Disclosures: NONE
JPS Health Network

$950 million tax-supported healthcare system
Serving residents of Fort Worth and surrounding communities in Tarrant County, Texas.

John Peter Smith Hospital
- 125K+ emergency room visits
- 1M+ patient encounters per year
- Nation’s largest Family Medicine Residency

Level I Trauma Center
Comprehensive Level I Stroke Center
Tarrant County’s Only Psychiatric Emergency Center

7,200+ Team Members
25+ Primary and Specialty Health Centers
125K+ ER Visits
18 Residency and Fellowship Programs

206 Languages Translated
The People We Serve

- TOP TRAUMA
- MOI
- FALL
- MVC/MCC
- GSW
- AUTO-PED
- ASSAULT
- STABBING
IPV  HT 2022

162,515 Intimate Partner Violence/Human Trafficking Screenings

423/122 IPV/HT Positive Screening Results

195 Referrals to Community Resources
Why People are *Where* They Are

Determinants of Health

<table>
<thead>
<tr>
<th>Economic Stability</th>
<th>Neighborhood and Physical Environment</th>
<th>Education</th>
<th>Food</th>
<th>Community, Safety, &amp; Social Context</th>
<th>Health Care System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Employment</td>
<td>Housing</td>
<td>Literacy</td>
<td>Food Security</td>
<td>Social Integration</td>
<td>Health Coverage</td>
</tr>
<tr>
<td>Income</td>
<td>Transportation</td>
<td>Language</td>
<td>Access to Healthy Options</td>
<td>Support Systems</td>
<td>Provider &amp; Pharmacy Availability</td>
</tr>
<tr>
<td>Expenses</td>
<td>Parks</td>
<td>Early Childhood Education</td>
<td>Food Security</td>
<td>Community Engagement</td>
<td>Access to Linguistically And Culturally Appropriate &amp; Respectful Care</td>
</tr>
<tr>
<td>Debt</td>
<td>Walkability</td>
<td>Education</td>
<td>Access to Healthy Options</td>
<td>Stress</td>
<td>Quality of Care</td>
</tr>
<tr>
<td>Medical Bills</td>
<td>Zip Code/Geography</td>
<td>Vocational Training</td>
<td>Health and Well-Being:</td>
<td>Exposure to Violence/Trauma</td>
<td>Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations</td>
</tr>
<tr>
<td>Support</td>
<td></td>
<td>Higher Education</td>
<td></td>
<td>Policing/Justice Policy</td>
<td></td>
</tr>
</tbody>
</table>

Health and Well-Being:
- Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations
The presence of violence undermines other social determinants: cyclical response.
SDOH: Public Health Consequences
SDOH: Survival Mode
Neuroscience: Prefrontal Cortex

- Executive function
- Cognitive, complex behavior
- Decision making
- Personality
- Determining good & bad
Neuroscience: Amygdala (AKA Dinosaur Brain)

- Processes sensory information
- Fear/threat detection
- Initiate appropriate fear related response
Neuroscience: Hippocampus (AKA Brain camera)

- Learning
- Memory
- Impacted by stress
- O2 sensitive
- Encodes emotional context
Chronic Fight Flight Freeze = Learned Response
Chronic Stress *Response* Behavior

The Nervous System's Response to Toxic Stress

**FREEZE**
- Loss of Energy
- Helplessness
- Shutdown
- Anger
- Frustration
- Rage

**FIGHT/FLIGHT**
- Worry/Concern
- Irritation
- In the Present
- Compassion

**SOCIAL ENGAGEMENT**
- Grounded
- Curiosity
- In the Present
- Compassion

**AROUSAL INCREASES**
- Dissociation
- Numbness
- Depression
- Shame
- Trapped
- Panic
- Anxiety
- Fear
- Connection
- Safety

Images:
1. A person with their head in their hands, possibly indicating distress.
2. Two people holding hands, symbolizing social engagement.
3. A person sitting on the floor, possibly in a moment of suppression or stress.

JPS Health Network
Fort Worth, Texas
Alison’s Story

- Initially seen OSH, discharged home
- Referred to JPS by Tarrant Co DA office
- Repeated strangulation to the point of unconsciousness

- Jugular vein occlusion 4.5 PSI
- Carotid artery: 5-10 PSI
- Trigger on a handgun: 6 PSI
- Average man’s handshake: 120 PSI
Alison’s Story

“I thought I was going to die”

At JPS:
• Screened
• Trauma informed strategy/communication

“I am so stupid. I still love him”
Implicit (unconscious) Bias

Positive or negative attitudes/stereotypes, activated automatically and involuntarily, influencing our understanding, decisions and behaviors

- Healthcare professionals: same levels of implicit bias as general population
- Automatic cognitive processes: shaping human behavior as the brain finds patterns in bites of information
- Deeply rooted: unconscious bias begins at an early age

Fam Pract Manag. 2019 Jul/Aug
CriticalCareNurse 2019 Aug
Managing Implicit Bias: Strategy

- Perspective-taking *walking in another’s shoes*/empathy
- Stereotype replacement: consciously modifying
- Individual action is helpful: addressing systemic/organizational/institutional bias has great impact
- Research: *biases are malleable & can be overcome* by conscious mitigation strategies
- Realize this is life long work'

CriticalCareNurse  August 2018

*Am J Public Health.* 2015
Alison’s story

Listening to the story without judgement

- Builds trust
- Acceptance
- Gives the victims control of their circumstances
- Opens doors to change
- Consideration of accepting resources
Principles of Trauma Informed Care

- Safety
- Trustworthiness and transparency
- Cultural, historical, and gender issues
- Peer support and mutual self-help
- Empowerment, voice, and choice
- Collaboration and mutuality
Trauma Informed Care

**Safety**
- Ensuring physical and emotional safety

**Choice**
- Individual has choice and control

**Collaboration**
- Making decisions with the individual and sharing power

**Trustworthiness**
- Task clarity, consistency, and Interpersonal Boundaries

**Empowerment**
- Prioritizing empowerment and skill building

**Definitions**

**Principles in Practice**
- Common areas are welcoming and privacy is respected
- Individuals are provided a clear and appropriate message about their rights and responsibilities
- Individuals are provided a significant role in planning and evaluating services
- Respectful and professional boundaries are maintained
- Providing an atmosphere that allows individuals to feel validated and affirmed with each and every contact at the agency

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**JPS Health Network**
Fort Worth, Texas
Trauma informed Care Influences:

• Patient/Provider interactions
• Treatment decisions
• Treatment compliance
• Patient health outcomes
Trauma Bonds: IPV Victimology

**Psychological**
- Unhealthy Attachment
- False Promises
- Behavior Rationalization

**Neurochemistry**
- Oxytocin
- Dopamine
Trauma Informed Care: Patient Tools

- View symptoms/behaviors as normal reactions to abnormal experiences

- **Empower**: Neuro-education helps individuals understand what was happening in their body when reacting to a threat in a way that got them into trouble: Focus on biology

- The brain can be reshaped in response to trauma

- Calming amygdala:
  -- pushing feet into floor
  -- intentional breathing
  -- shoulders relaxed
  -- jaw unclenched
  -- eyes survey the surroundings
Alison’s Story: A New Beginning

• Willing to talk with resources
• Safe Haven reported Lethality Screening score of 32/37
• Referred to Domestic Violence High Risk Team
• 20 year protective order from offender
• Physical and mental recovery begun
• Family support from mother
Community Resources

JPS Victim’s Advocate 2-7306
JPS Forensic Team 2-7263

Safe Haven:
24-Hour Hotline- 1.877.701.SAFE (7233)
817.535.6462

One Safe Place
817.916.4323
• Counseling services
• Childcare and development
• Food and clothing assistance
• Immigration Services
• Job skills training
• Referral to law enforcement
• Legal assistance
• Parenting and relationship education
• Spiritual support
• Victim advocacy and case management

National Human Trafficking Hotline:
1.888.3737.888

BeFree SMS:
Text 233733

Unbound Fort Worth:
24/7 Human Trafficking Survivor Advocacy Referrals
(crisis & non-crisis): 817.668.6462
817.668.6544

Police:
911

* For patients 17 and under, call the police and notify CPS
Plant a Seed, Build Trust
“Do the best you can until you know better. Then when you know better, do better.”

– Maya Angelou
Questions?

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