

Trauma and Violence Informed Care

Coaching Call – Loud in the ED Initiative

Dec 9, 2020

Presenters

Wendy Stevens (she/her)

Peer Operations Coordinator,
Overdose Emergency Response, Vancouver Coastal Health

Amelia Birch (she/her)

RN(c), M.Sc(A). Clinical Nurse Educator,
Regional Addiction Program, Vancouver Coastal Health

Sarah Levine (she/her),

RN, BScN, MScN. Nurse Educator,
Overdose Emergency Response, Vancouver Coastal Health

Acknowledgement & Appreciation

We gratefully acknowledge that this work takes place on the unceded ancestral homelands of the $x^w m\theta k^w \text{ə}y\text{əm}$ (Musqueam), $Skxw\acute{u}7mesh$ (Squamish) and $s\acute{a}lilw\acute{e}t\text{a}ʔt$ (Tseil-wa-tuth) peoples.

Our thanks go out to everyone working hard under difficult conditions right now to protect our communities.



Caring for ourselves

Grounding Exercise

*For use during a panic attack,
when you need to stay calm,
or anytime you feel "disconnected" from your body.*

Look around you. Identify + name:

5 things you **see**

4 things you **feel**

3 things you **hear**

2 things you **smell**

1 thing you **taste**

puzzlepeacecounseling.com

Moment of Silence



(Ashley Wadhvani/Black Press)

Whiteboard

If you attended the last session on Trauma- and Violence-Informed Care (TVIC):

Share one key takeaway from last week's session

True or False?

1. Trauma and Violence informed practice means you have to know how to do trauma counselling.
2. Trauma and Violence informed practice can influence systemic workplace changes.
3. All people who use substances experience trauma.
4. All people who experience trauma develop substance use disorders.
5. Asking permission is an example of Trauma Informed Practice

Review of Terms

Trauma:

experiences that overwhelm our capacity to cope

Trauma informed practice:

a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment. (Hopper, Bassuk & Olivet, 2010)

Trauma and violence informed care:

Specific attention to structural and systematic violence (racism, sexism, classism, stigma, discrimination in health care encounters)

Attention to people's life conditions and their trauma and violence experiences; awareness that trauma and violence may be ongoing (Jean & Bungay, 2020)

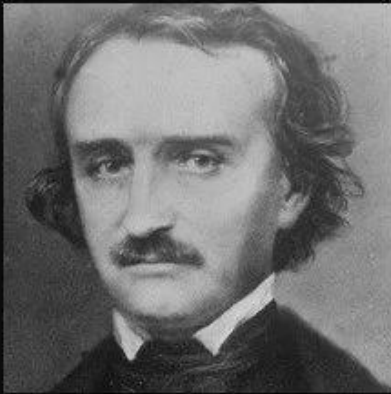
Trauma-specific services:

Specialized interventions for those with trauma symptoms

Trauma and substance use

- 44.6% of participants in the North American Opiate Medication Initiative (NAOMI) in Vancouver reported a history of physical or sexual abuse, and 62.5% reported emotional abuse ([Oviedo-Jokes et al., 2011](#))
- 67% of (1697) people who used injection drugs in the VIDUS study had experienced childhood trauma. Reporting an experience of trauma was positive associated with non-fatal overdose. ([Lake, et al., 2015](#))

Edgar Allan Poe

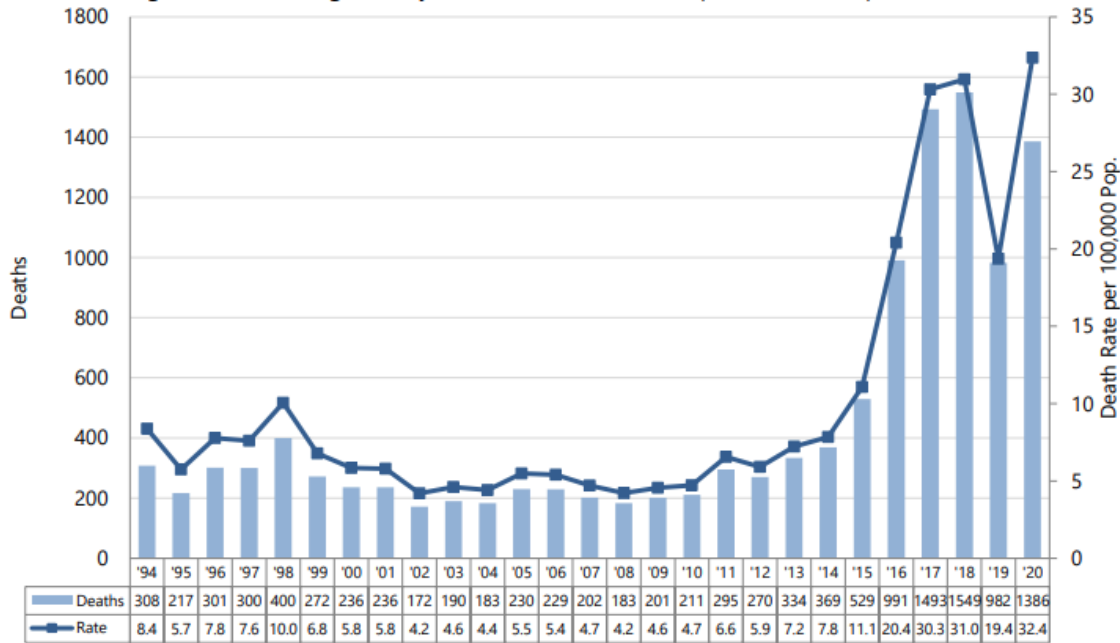


I have absolutely no pleasure in the stimulants in which I sometimes so madly indulge. It has not been in the pursuit of pleasure that I have periled life and reputation and reason. It has been the desperate attempt to escape from torturing memories, from a sense of insupportable loneliness and a dread of some strange impending doom.

AZ QUOTES

Trauma, and the overdose public health emergency

Figure 1: Illicit Drug Toxicity Deaths and Death Rate per 100,000 Population [3,5]



What does Trauma and Violence Informed care look like?

Content
warnings

Asking
permission

Offering
choices

Changing
language

Recognizing
trauma
responses

Grounding

AND

Safety
planning

Awareness
of history

Social
change

Practice examples

Breakout questions

1. How could you approach this situation if you were the resident?
2. What systemic changes could prevent this from happening in your ED?

Resources:

- Equip study and toolkit: equiphealthcare.ca
- Trauma Informed Practice Guideline (VCH): <http://shop.healthcarebc.ca/vch/VCHDSTs/BD-00-07-40107.pdf>
- Opioid TIP Guide: https://bccewh.bc.ca/wp-content/uploads/2018/06/Opioid-TIP-Guide_May-2018.pdf

