

Trauma-Informed Care With African Americans With Substance Use Disorders

Presented By:
Mark Sanders, LCSW, CADC



Great Lakes (HHS Region 5)

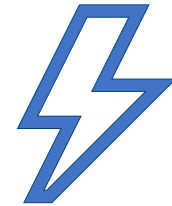
ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Definition of Trauma

Psychological Trauma

Damage to the mind that occurs as a result of distressing events. Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope with the experience. Trauma may result from a single distressing experience or recurring events for days, weeks, months or years.



Traumatic Stress Disorders and African Americans

Historical Trauma Definition

A cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma.

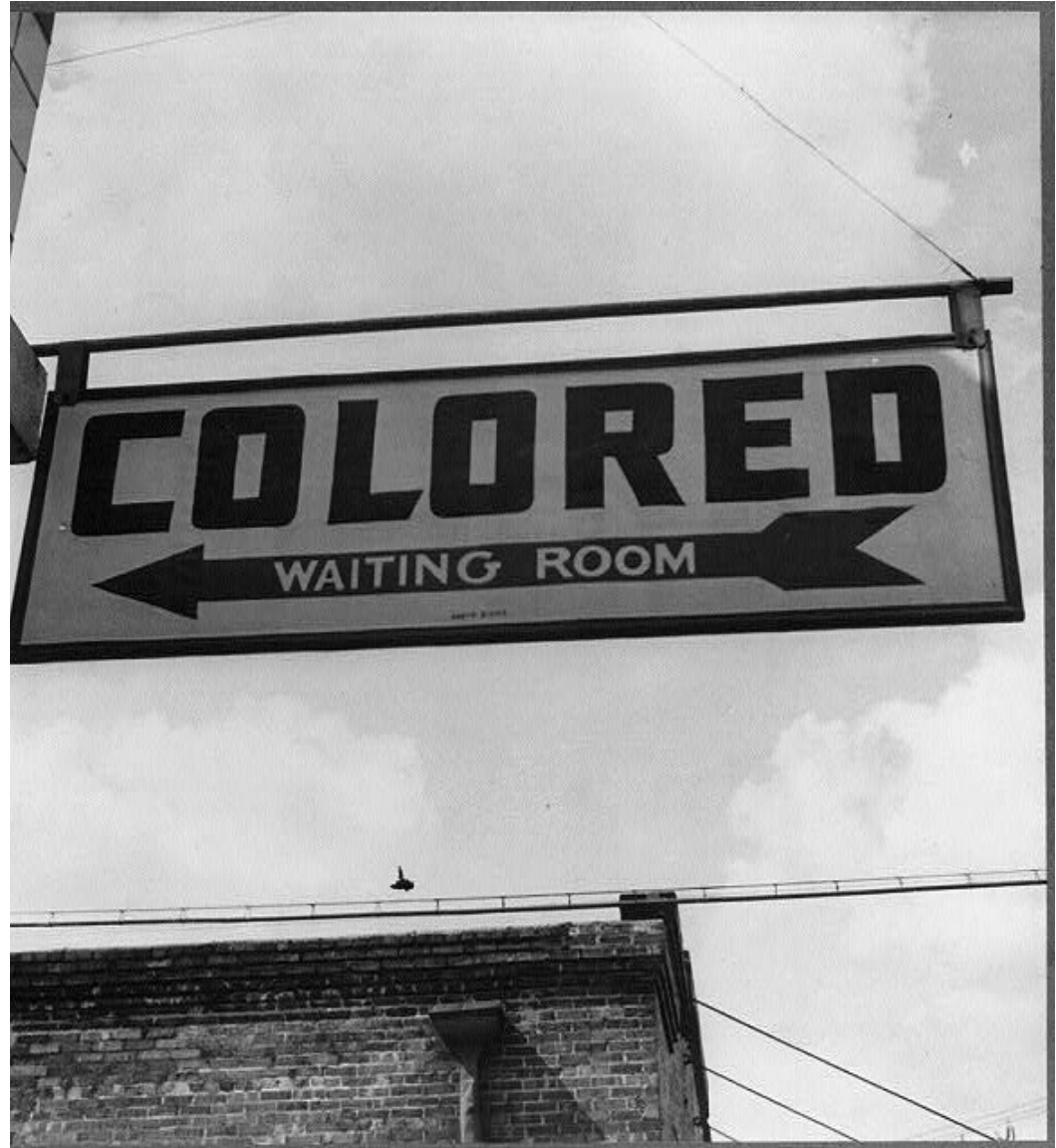
Dr. Maria Yellow Horse Brave Heart,
2000



Historical Trauma

- The Middle Passage
- Slavery
- Jim Crow Laws
- Lynching
- Riots

Photo: Library of Congress
A Greyhound bus trip from
Louisville, Kentucky, to Memphis,
Tennessee, and the terminals. Sign
at bus station. Rome, Georgia,
1943





Impact of Historical Trauma on African Americans

- Loss of culture
- Survivor guilt
- Depression
- Traumatic stress symptoms
- Numbing
- Low self esteem



Impact of Historical Trauma:

- Historical unresolved grief
- Substance use
- Suicidal ideations
- Traumatizing others at the micro and macro levels



PTSD

- The person has been exposed to a traumatic event
- Recurrent and intensive distressing recollections of the event
- Efforts to avoid conversations, activities, places and people that bring up memories of the event
- Difficulty falling or staying asleep, nightmares, flashbacks

PTSD vs. Complex Trauma



PTSD:

Exposure to a specific traumatic event

Complex Trauma: Multiple Layers and Years of Traumatic Experiences

- Neglect
- Abandonment
- Multiple placements
- Parental substance abuse
- Adult emotional unavailability
- Multiple losses
- Exposure to domestic violence
- Abuse



Most Common Symptoms of Complex Trauma


- Difficulty regulating emotions 65%
- Difficulty with impulse control 63%
- Negative self-image 62%
- Difficulty concentrating (ADD) 60%
- Aggression (Conduct Disorder) 56%
- PTSD 12%
- Substance Abuse 10%

24 – 7 – 365 **Terror**

Addressing Trauma With African Americans With Substance Disorders

- Historical trauma



A small, vibrant green seedling with several leaves is growing out of a crack in a dark, textured asphalt surface. The background is a soft, out-of-focus light blue and white, suggesting a bright, open sky. The overall image conveys a sense of resilience and new life emerging from a hard, cracked surface.

The Healing of Historical Trauma

- Awakening and Collective Commitment
- Mass Mobilization
- Personal and Collective Mourning
- Forgiving the Unforgivable
- Return to culture
- Achieving a new harmony
- Cultural revitalization and celebration
- Nontraditional approaches

White and Coyhis



Leymah
Gbowee
Liberian,
Nobel Peace
Prize Winner

Source: flickr.com

Gregory Boyle and Homeboy Industries

Source: amazon.com

"An astonishing book... about suffering and dignity, death and resurrection, one of my favorite books in years. It is lovely and tough and tender beyond my ability to describe and left me in tears of both sorrow and laughter." —Anne Lamott, author of *Grace (Eventually)*

Tattoos on the Heart

THE POWER OF
BOUNDLESS COMPASSION



Gregory Boyle
Founder of Homeboy Industries

Addressing Trauma With African Americans With SUD:

- PTSD and Complex Trauma
- CBT
- 24 – 7 – 365 Terror



An Existential Concern

How long do African American males live?

Dispelling the Myth



500 murders
annually

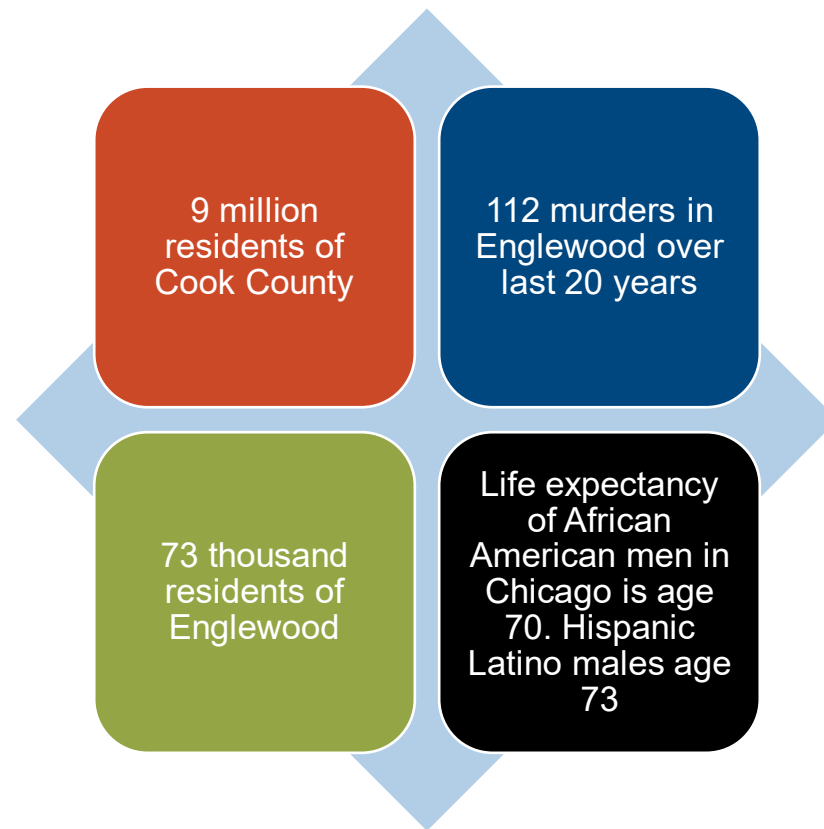


40,000 annual
births in
Chicago



2.7 million
residents

Dispelling the Myth:



Trauma-Informed Care Definition

- A trauma-informed system of care recognizes and therapeutically responds to the impact of traumatic stress on those who have contact with the system from the initial phone call, through termination and follow-up.
- In a trauma-informed system of care every member of the service team has an awareness of their role in reducing the impact of trauma on those seeking services.



Steps to Developing a Trauma-Informed System of Care

1. **Create a trauma-informed change team, include peers**
2. **Select leadership**
3. **Announce the agency's commitment to becoming trauma informed**



Steps to Developing a Trauma-Informed System of Care:

4. Train staff

- Evidence-based practices
- Select evidence-based practice with staff input (expect grief)
- Cultural competence

Train Staff:

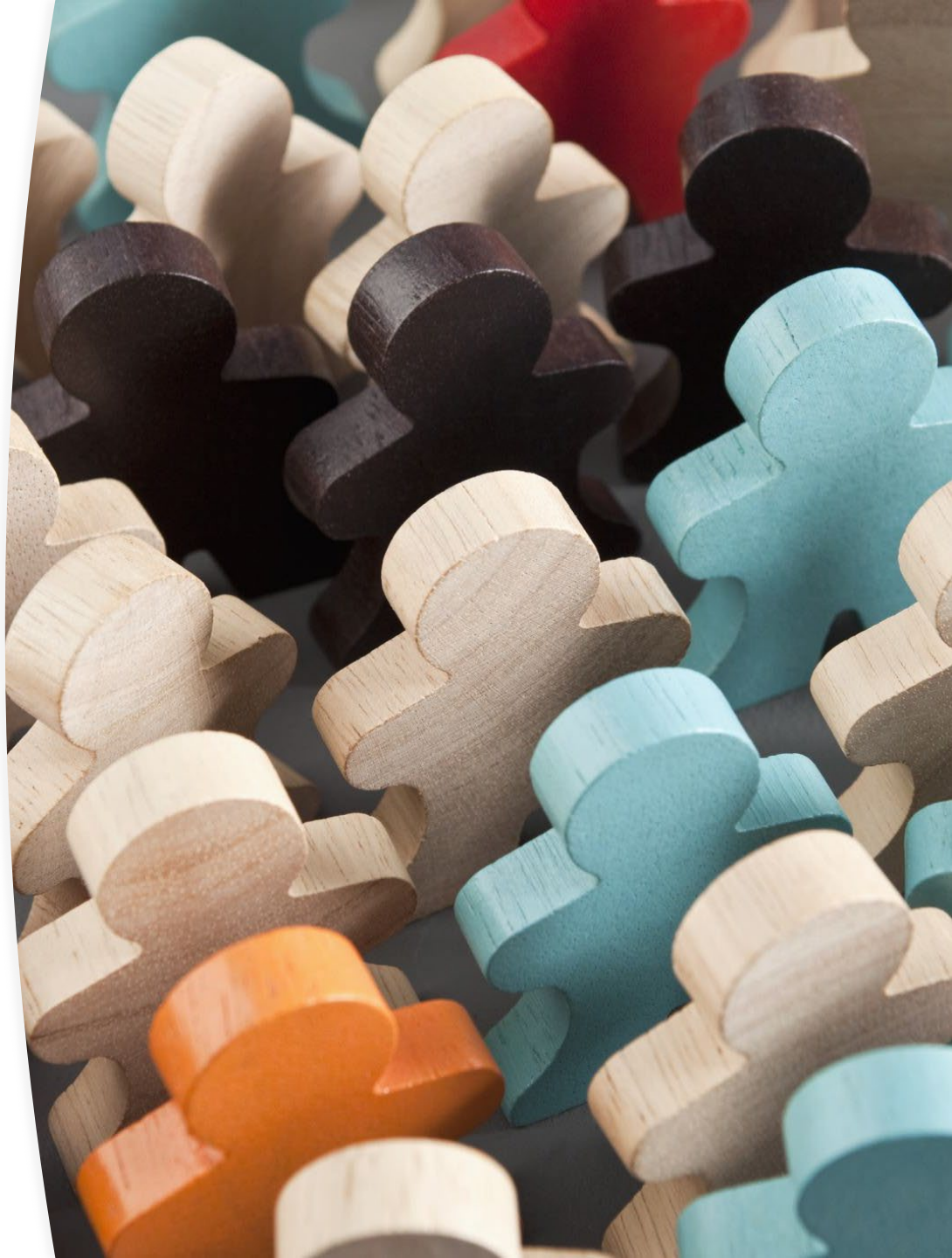
- Boundaries
- Do no harm!



How to Avoid Re-traumatizing African Americans With Substance Use Disorders in Treatment

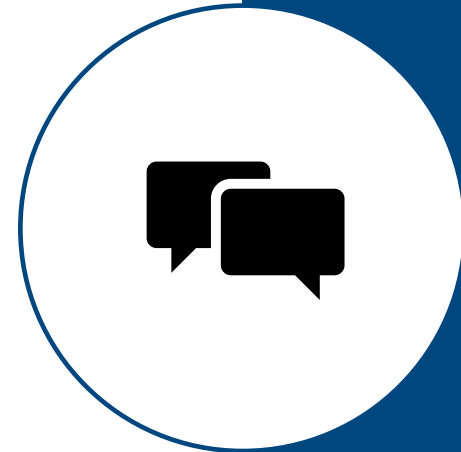
How We Harm

- Biases
- Threats
- Stereotypes
- Micro-aggressions
- Countertransference reactions
- Not believing the client



Do no Harm, Continued:

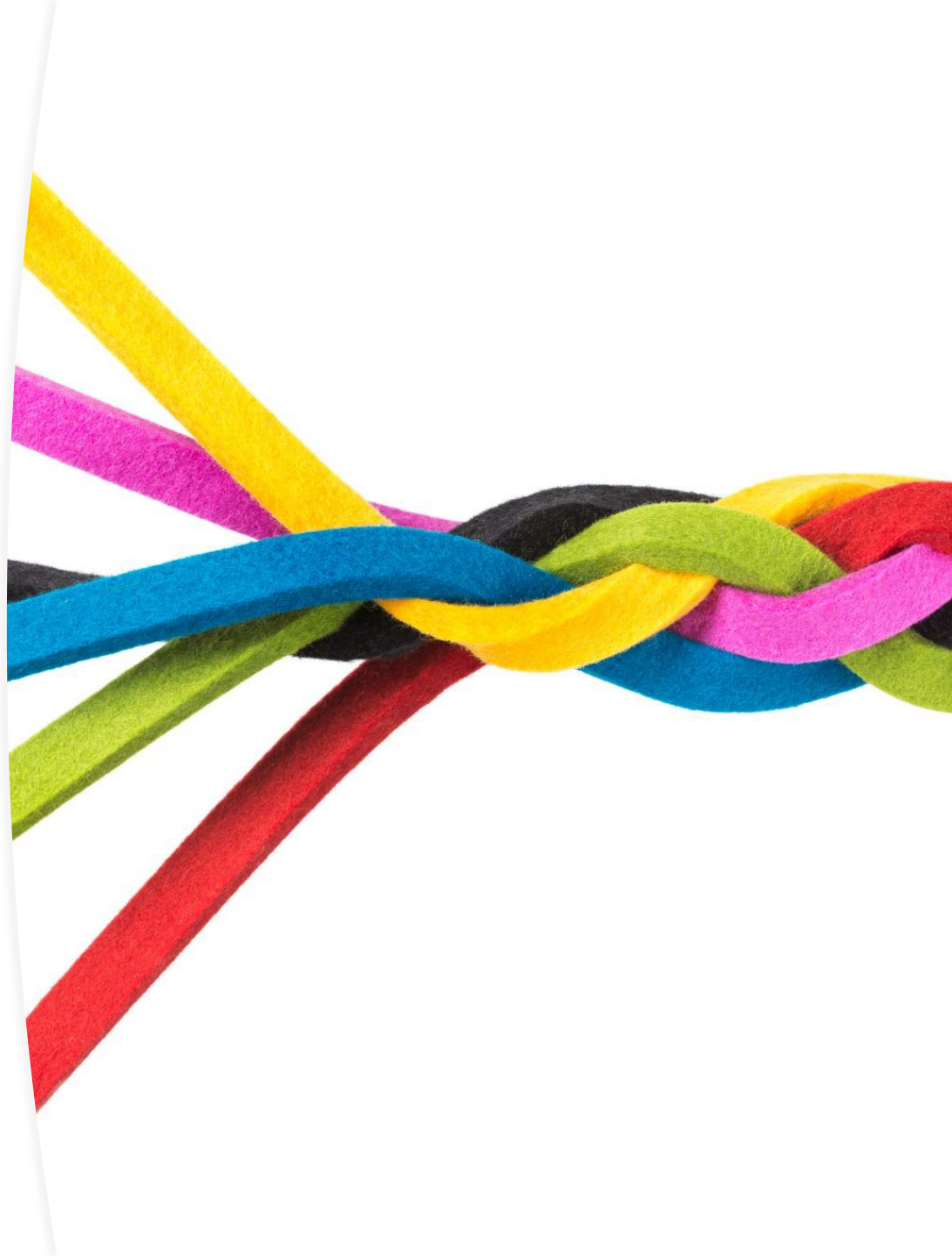
- Low expectations
- Touch
- Language
- Disproportionate Service Discharge
- Service energy
- Second-class service
- Pictures on the walls, audiovisuals, and written materials



Steps to Developing a Trauma-Informed System of Care Continued

5. Train leadership

- Buy-in
- How to support staff
- Team building



Developing a Trauma-Informed System of Care, Continued

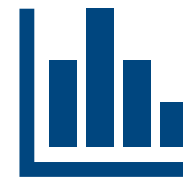
6. **Make sure policy and procedures are trauma-informed**

- Vision, mission, and value statement
- Good vacation policy
- Health insurance that has a good benefit for counseling

Steps to Developing a Trauma-Informed System of Care:

7. Collect Data

- Staff retention
- Client satisfaction
- No-show rates
- Recovery rates
- Walk-through
- Recruitment, hiring and retaining trauma informed staff



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WELCOME The purpose of this website is to serve as a single location where individuals who are interested in information about addictions, treatment, and recovery among African Americans can be found. The site contains historical data, scholarly articles, educational videos, music and DVDs.