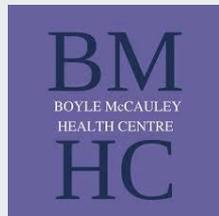




Trauma Informed Care, Addictions, and Decision-making

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Things that might bias me

- Funded by public healthcare industry
- Work with inner city/addiction population
- Particular interest in ethics
- Many years of patient advocacy
- Middle-aged white guy who has a lot more opportunities and resources than most



My intention today

You will come away with:

- An understanding of complex trauma as a common root of addiction
- Clarity on what trauma-informed care means in clinical practice
- An appreciation of how addictions and trauma influence decision-making
- Specific tools (words, deeds and attitudes) that will help you help those with addictions and trauma to make better decisions



Your intentions?

What do you want to know: specific questions, situations, concerns.



Pretest quiz

- I understand the concept of Trauma Informed Care.
- I recognize when people I interact with may be affected by complex trauma
- I know how to improve my interactions with people affected by complex trauma



Mind games

“I shouldn’t have done that...”



Mind games, part 2

Okay, I did it..but on a scale of 0 to 10



Addiction: a simple explanation

- Compulsion to use
- Loss of Control
- Use despite Consequences



Does any addiction affect decision-making?

Can you provide an example of an addiction that does NOT affect a person's ability to make decisions?



How does addiction affect decision-making?

Elastic band torture rules:

1. Answer yes or no to each question
2. No explanations or other answers permitted
3. I will stop the elastic band torture once you have answered all three questions



Question 1: yes or no

Do you like oranges?



Question 2: yes or no

Do you understand that having your appendix out carries some risks?



Question 3: yes or no

Do you agree that we should abnegate the autarchy of our autochthons in view of the hegemony of Eurasian gerents?



Irrational motivators

Do we need to reconsider whether all addictions affect decision-making?



Point 1

Addiction affects decision-making



Addiction and Trauma

Almost everyone who has a Substance Use Disorder has some trauma:

True or false?



Addiction and Trauma

True

SUD: 97% Control: 36% (PTSD or Trauma Exposure)

Gielen, Nele et al. "Prevalence of post-traumatic stress disorder among patients with substance use disorder: it is higher than clinicians think it is." *European journal of psychotraumatology* vol. 3 (2012): 10.3402/ejpt.v3i0.17734. doi:10.3402/ejpt.v3i0.17734



Point 2

Most people with an addiction have past *significant* trauma



So what is trauma?

Physical paradigm: Injury ranging from a bruise or scrape with no long-term consequences to loss of limbs, severe burns, or structural disruption resulting in persistent dysfunction, pain and disfigurement



Mental or Emotional Trauma

a disordered psychic or behavioral state resulting from severe mental or emotional stress or physical injury

<https://www.merriam-webster.com/dictionary/trauma>



Free for All!

Compare and contrast the trauma of childhood sexual abuse with the trauma of having to stand in line for 10 minutes at Starbucks for a Pumpkin Spice Latte.



A working definition

Significant psychological trauma is an event, series of events, or prolonged set of circumstances that *has lasting adverse effects on* the individual's *function and well-being*.

Adapted from: <https://www.integration.samhsa.gov/clinical-practice/trauma>



At what age can trauma occur?

Any age, of course.



The ACE up my sleeve

Adverse Childhood Experiences: ACEs

An ACE score is a tally of different types of abuse, neglect, and other hallmarks of a rough childhood. According to the Adverse Childhood Experiences study, the rougher your childhood, the higher your score is likely to be and the higher your risk for later health problems.

ACE questions

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



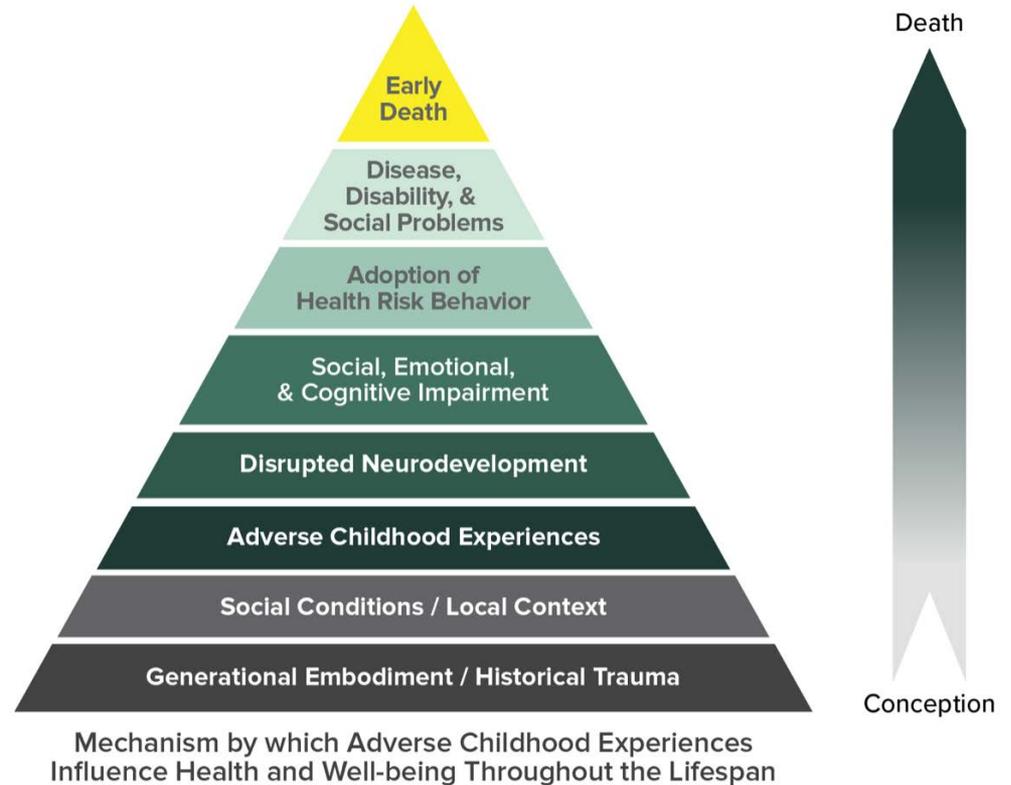
Substance Abuse



Divorce



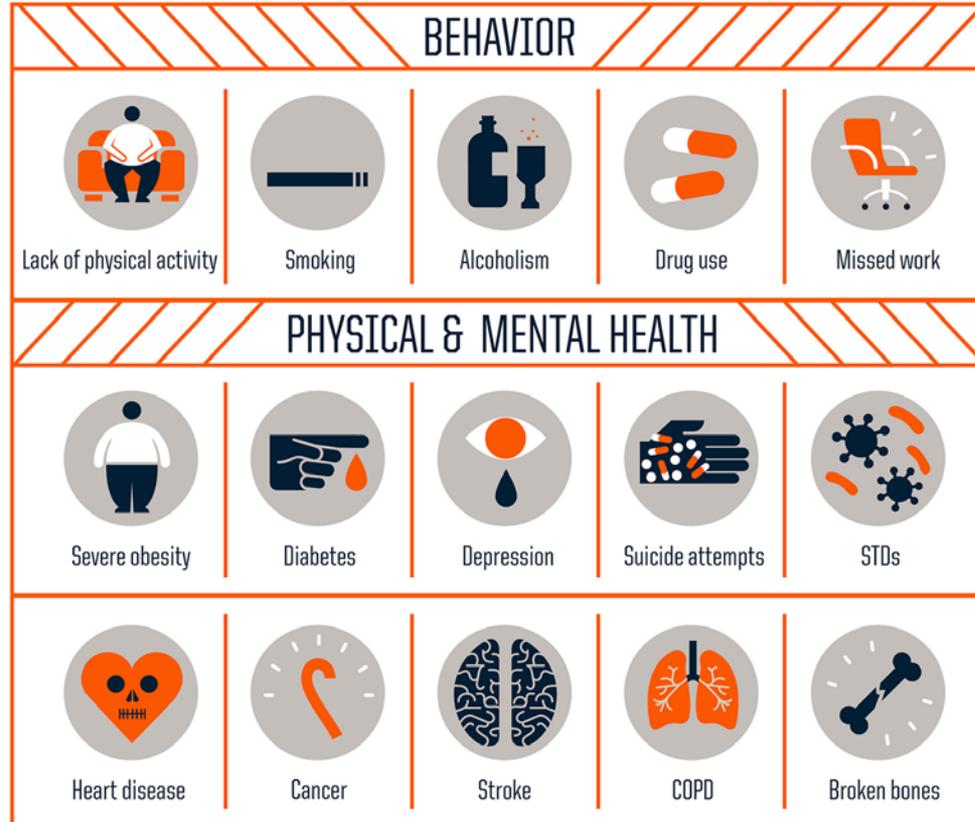
The tip of the iceberg



Outcomes

ACE score 5 or more?

Addiction = 10X more likely





What does this mean, practically?

- People with ACE scores 4+ almost always have some degree of significant trauma
- Lessons learned in childhood prepare us to make decisions: bad lessons result in bad decisions
- Hypothesis: those with significant trauma, especially in childhood, are much more likely to make bad decisions



Point 3

People with significant trauma have more difficulty consistently making good decisions

Childhood stress, reward and adult decision making. Rasmus M. Birn, Barbara J. Roeber, Seth D. Pollak. Proceedings of the National Academy of Sciences Dec 2017, 114 (51) 13549-13554; DOI: [10.1073/pnas.1708791114](https://doi.org/10.1073/pnas.1708791114)



Which of these statements is unnecessary

Addiction affects decision-making

Most people with an addiction have past *significant* trauma

People with significant trauma have more difficulty consistently making good decisions



So what we're left with is...

- Significant trauma can affect decision making.
- Substance use disorder should inevitably make us think of childhood trauma
- A trauma-informed approach is crucial in this population



A trauma-aware approach

- Consider the possibility of trauma in EVERY person you interact with
- Consider the context in which the traumatised person finds herself
- Consider how you might reduce the influence of trauma on the individual's decision-making



Trauma-Informed Care: The Three Virtues

- Safety
- Relationships
- Affect regulation



Safety

Imagine you're in a hospital bed, looking at having your leg amputated due to infection from IV drug use.

What things might make you feel safer, and what might make you feel more frightened (or angry, or desperate, or anxious)?

As a provider, what could you do to make this happen?



Relationships

Imagine you're in a hospital bed, looking at having your leg amputated due to infection from IV drug use.

What might go into making you feel that there are positive relationships supporting you at this time?

As a provider, what could you do to make this happen?



Affect regulation

Imagine you're in a hospital bed, looking at having your leg amputated due to infection from IV drug use.

What sorts of things might help you deal better with your emotions in this situation?

As a provider, what could you do to make this happen?



Decision-making

List one item from each of the three TIC virtues just discussed that will help you feel you've made the best decision possible, as a patient.

List one thing as a provider you can do to help achieve each of those items above.

Thank you

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