



# Global Strategic Operatives

— for the Eradication of Human Trafficking —

Initiated at the United Nations 2018

## Human Trafficking Training

Healthcare Providers' Response in  
Trauma Informed Care

(HT 102B)

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- **Describe** prevalence and widespread impact of trauma
- **Recognize** signs, symptoms of trauma, including secondary traumatic stress
- **Consider** impact of trauma when providing care and services and respond in meaningful ways





# PREVIEW

## Introduction





# ACE Study

CDC-Kaiser “ACE Study” = one of largest investigations of **childhood abuse/neglect** and **later-life health and well-being**. Originally conducted in 90s: Over 17k HMO members received physical exams and completed surveys regarding ACEs and current health status/behaviors.

ACEs were described as **child abuse/ neglect**, and **household challenges** (e.g., mother treated violently, household substance abuse/ mental illness, parental separation, criminal household member).<sup>1</sup>



(PaulBiryukov / iStock)





# Major Findings

ACEs are **common**. Almost 2/3 of participants reported at least one ACE, more than 20% reported 3+ ACEs.

Study findings revealed graded **dose-response** relationship between number of ACEs reported and **negative health and well-being outcomes** across life course.

As number of ACEs increases so does risk for chronic health conditions and health-risk behaviors later in life.

(Tashi-Delek / iStock)



What is your ACE score? Take the test:  
<https://www.acesconnection.com/blog/got-your-ace-resilience-scores>





# Chronic Conditions and Health-Risk Behaviors

These include but are not limited to:<sup>2</sup>

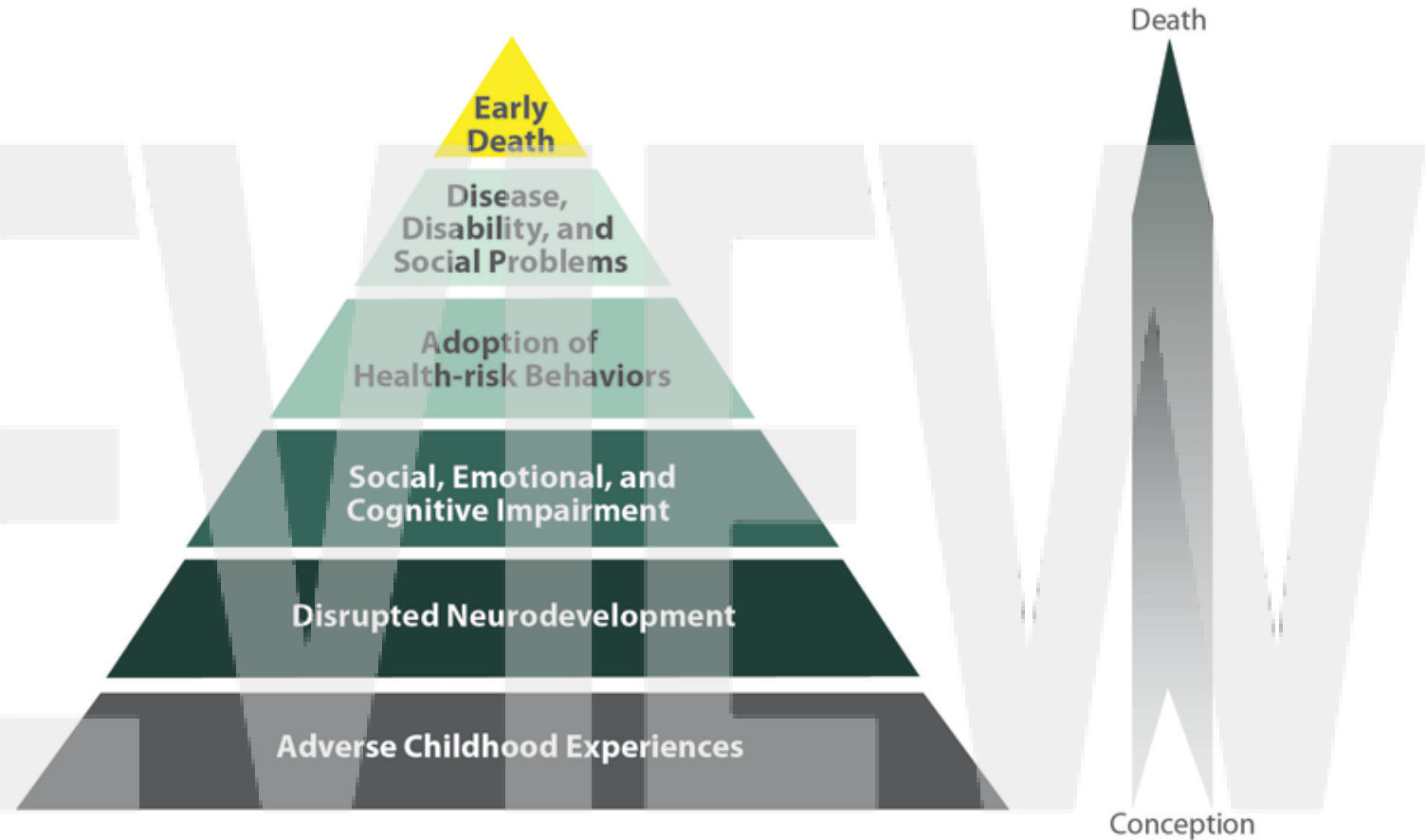
- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease
- Liver disease
- Poor work performance
- Financial stress
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy
- Risk for sexual violence
- Poor academic achievement
- Autoimmune diseases





# ACE Pyramid

ACE Study underscores need for health professionals to consider impact of trauma on patients' health and well-being.



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

(Source: CDC,  
<https://www.cdc.gov/violenceprevention/acestudy/about.html>)







# Center for Health Care Strategies (CHCS)

PREVIEW







# Trauma and Health

Health policymakers/practitioners increasingly aware of detrimental effects of trauma on health.<sup>3</sup>

By recognizing trauma as an important factor impacting health throughout lifespan, and by offering **trauma-informed approaches** and treatments, health professionals can more effectively **treat patients** and **promote staff wellness**, thereby improving health outcomes, reducing avoidable care utilization, and curbing excess care costs.



(vandervelden / iStock)





# PREVIEW

Describe prevalence and  
widespread impact of trauma





# Definition of Trauma

(nzphotonz / iStock)



See *Concept of Trauma and Guidance for a Trauma-Informed Approach* (SAMHSA).

SAMHSA frames concept for **trauma** around three “E”s:

- event
- experience of event
- effect(s).

Individual trauma results from **event**, or series of events or set of circumstances, **experienced** as physically/emotionally harmful or life threatening and has lasting adverse **effects** on person’s functioning and mental, physical, social, emotional, or spiritual well-being.<sup>4</sup>



# Event(s) or Set of Circumstances

Trauma can be associated with single event, numerous/repeated events, or set of circumstances (sustained/chronic experiences).<sup>5</sup>

- **Single or acute trauma:** Limited to single point in time (e.g., rape, serious car accident, sudden death of a loved one.)
- **Repeated trauma:** Series of events happening to same person over time. Can include repeated sexual/physical assaults, exposure to frequent injuries of others, etc. Repetitive exposure can have cumulative effect over lifetime. Military personnel, journalists covering stories of mass tragedies/conflicts, and first responders who handle hundreds of cases each year typify repeated trauma survivors.
- **Sustained or chronic:** Some repeated traumas are sustained/chronic or complex. Sustained trauma experiences tend to wear down resilience and ability to adapt. Examples: children who endure ongoing abuse, people in violent relationships; people who live in chronic poverty, e.g., persons who are homeless.





# Types of Trauma

## Additional examples:<sup>6</sup>

- Physical/sexual abuse or violence
- Emotional abuse, psychological maltreatment, or neglect
- Serious accident, illness, or medical procedure
- Victim or witness to domestic violence or community violence
- Historical trauma, discrimination (racism, sexism, ageism, etc.), harassment, unconscious bias
- School violence
- Bullying
- Natural or manmade disasters
- Forced displacement
- War, terrorism, or political violence
- Military trauma
- Victim or witness to extreme personal or interpersonal violence
- Traumatic grief or separation
- System-induced trauma and re-traumatization

Note: Two people can experience same event(s) with **different effects**. For one, experience may feel harmful/life threatening and cause adverse effects. For other, may not be experience/effect.<sup>7</sup>





# Prevalence of Trauma

Traumatic events are **common**. Most Americans experience at least one trauma over life course.<sup>8</sup>

Statistics:

- 2016: 676,000 cases of **child abuse or neglect** in the U.S.<sup>9</sup>
- 2017: Over 100 **natural catastrophes** affected U.S., resulting in 356 fatalities and over \$165 billion in losses.<sup>10</sup>
- Every 98 seconds: American is **sexually assaulted**. Every 8 minutes, a child.<sup>11</sup>
- Over 37k people in America die in **road crashes** each year. Additional 2.35 million are injured or disabled.<sup>12</sup>
- On average, nearly 20 people/min **physically abused by intimate partner** in U.S.<sup>13</sup>
- 2017: over 60k incidents of **gun violence** reported in U.S., including 346 mass shootings.<sup>14</sup>







# Impact on Communities

Traumatic event or events, can affect those who **witnessed** the effects of or **heard** about event, including families, groups, communities, specific cultures, and generations.

Example: CDC reports bullying-related suicides regrettably common. Many victims, bullied in-person or online, have turned to suicide.<sup>15</sup>

Events have caused so much pain and suffering for victims' families and communities, has led to national outcry to combat bullying and suicide.

(nazarethman / iStock)



Can you think of other recent events that have impacted you? Your family? Your community? Your nation?





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