

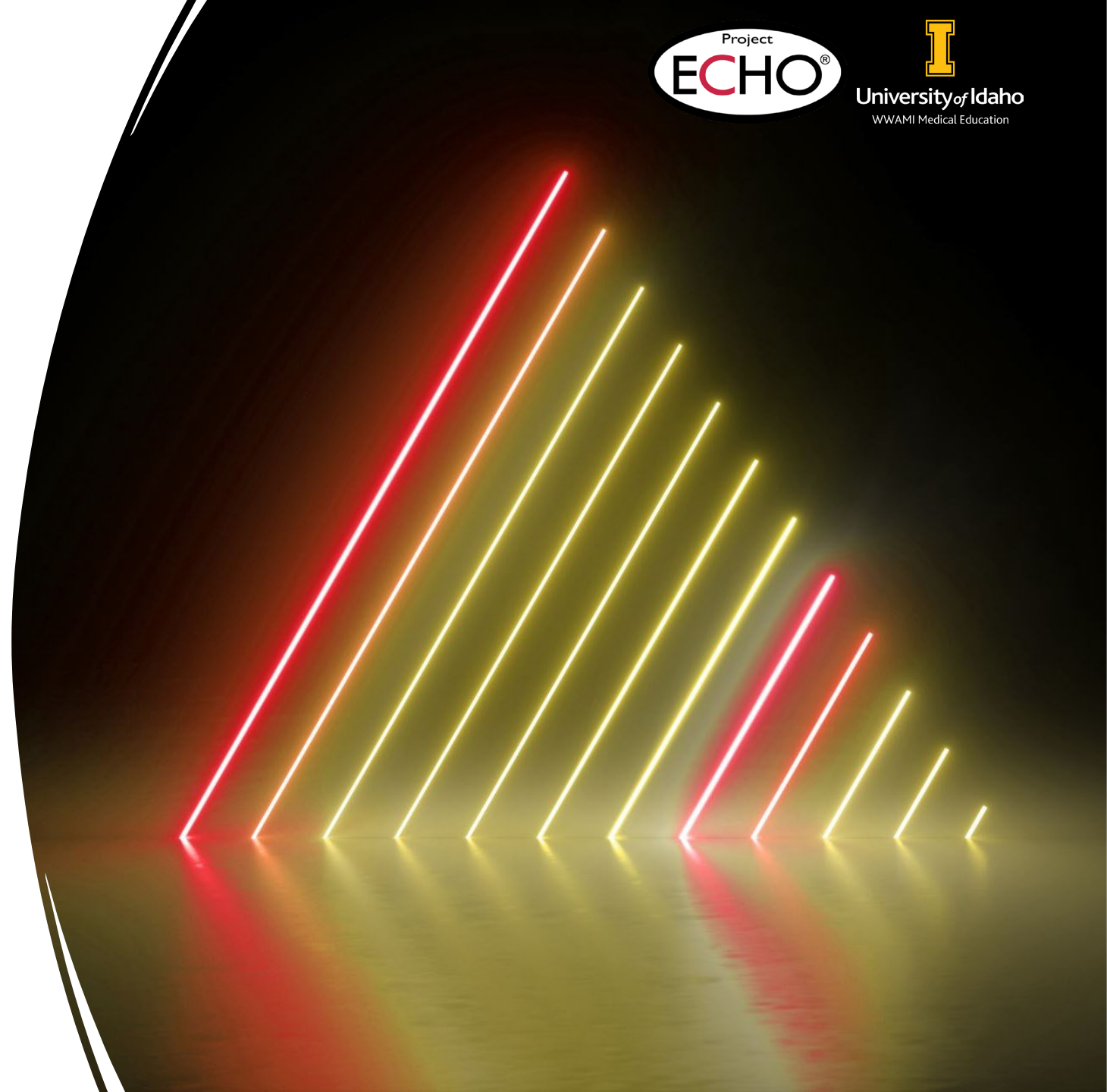
# TRAUMA, DOMESTIC VIOLENCE, AND SUBSTANCE USE - A PERSONAL STORY OF UNDERSTANDING

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# A PERSONAL STORY OF UNDERSTANDING

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- Objectives:
  - Share what we've come to know and understand about trauma, substance use, and domestic violence via our time in the field
  - Present a general framework for how trauma, substance use, and domestic violence intersect
  - Discuss the how the research in trauma, substance use, neurobiology, and brain development changed our perspective and approach to our work
  - Discuss the importance of finding and implementing a trauma informed, multi-modality curriculum

# FIRST IMPRESSIONS: EXPOSURE TO VIOLENCE AND A CHILD'S DEVELOPING BRAIN

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- <https://youtu.be/brVOYtNMmKk?si=5ZxHDIhUk5aa8hda>
  - "Alfredo, your men need to watch this so they can see, learn, and understand how they are impacting their children"
  - Dr. Bruce Duncan Perry - Experience & Brain Development
    - Brain grows bottom to top, inside to out
    - Waiting for experience to shape it
  - Dr. Linda Chamberlain (<https://drlindachamberlain.com/>)
    - Domestic Violence a legacy - how you are raised tends to impact how you will raise your children
    - Children will learn to manage stress by watching you
  - "Our clients were children once too - how does this apply to them and how does this change our perspective and work?"



# DR. JEFFREY DUNCAN ANDRADE: NOTE TO EDUCATORS - HOPE REQUIRED WHEN GROWING ROSES IN CONCRETE

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- <https://youtu.be/8z1gwmkgFss?si=IBH7wdbcZ04RYZkU>
  - The impact of environment and lived realities on brain development & student success
  - Damaged petals
  - Breaking up the concrete
  - The importance of Hope



# DR. BRUCE DUNCAN PERRY: THE BOY WHO WAS RAISED AS A DOG

- "Ultimately, what determines how children survive trauma, physically, emotionally, or psychologically, is whether the people around them - particularly the adults they should be able to trust and rely upon - stand by them with love, support, and encouragement."
- "Fire can warm or consume, water can quench or drown, wind can caress or cut. And so it is with human relationships: we can both create and destroy, nurture and terrorize, traumatize and heal each other."
- "The stories here explore the conditions necessary for the development of empathy - and those that are likely, instead, to produce cruelty and indifference. They reveal how children's brains grow and are molded by the people around them. They also expose how ignorance, poverty, violence, sexual abuse, chaos, and neglect can wreak havoc upon growing brains and nascent personalities."
- "I do not believe in "the abuse excuse" for violent or hurtful behavior but I have found that there are complex interactions beginning in early childhood that affect our ability to envision choices and that may later limit our ability to make the best decisions."
- <https://youtu.be/5gU1wXbs5mc?si=mHS0sdtMgnp-lSmM>



# DR. GABOR MATE: IN THE REALM OF HUNGRY GHOSTS - CLOSE ENCOUNTERS WITH ADDICTION

- <https://youtu.be/BpHiFqXCYKc?si=V06V3zP1HWQ-K7QP>
- "The statistics that reveal the typical childhood of the hard-core drug addict have been reported widely but, it seems, not widely enough to have had the impact they ought to on mainstream medical, social, and legal understandings of drug addiction."
- "Studies of drug addicts repeatedly find extraordinarily high percentages of childhood trauma of various sorts, including physical, sexual, and emotional abuse."
- "Their research, the renowned Adverse Childhood Experiences (ACE) Study, looked at the incidence of ten separate categories of painful circumstances...The correlation between these figures and substance use later in the subjects' lives was then calculated. For each adverse childhood experience, or ACE, the risk for early initiation of substance use increased two to four times. Subjects with five or more ACEs had seven to ten times greater risk for substance use than did those with none."
- "It's just as many substance addicts say: they self-medicate to soothe their emotional pain - but more than that, their brain development was sabotaged by their traumatic experiences. The systems subverted by addiction - the dopamine and opioid circuits, the limbic or emotional brain, the stress apparatus and the impulse-control areas of the cortex - just cannot develop normally in such circumstances."

DR. VINCENT FELITTI & DR.  
ROBERT ANDA - THE  
ADVERSE CHILDHOOD  
EXPERIENCES STUDY

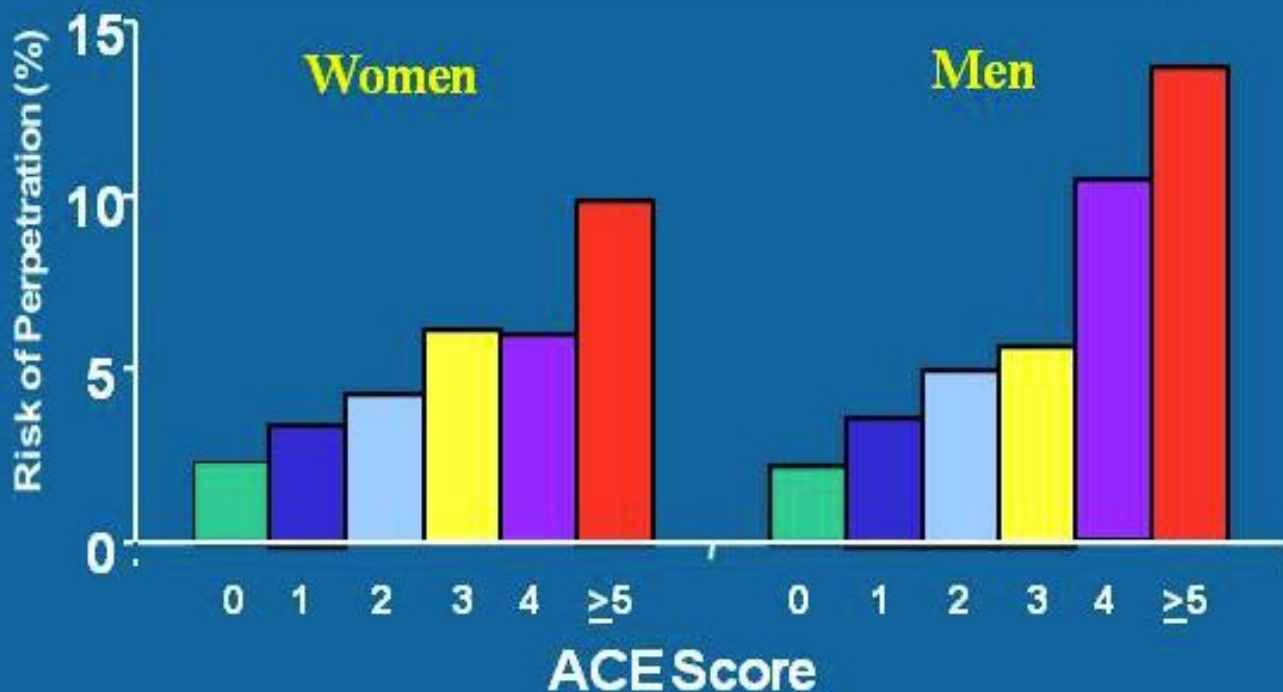
- <https://www.cdc.gov/violenceprevention/aces/fastfact.html>
  - ACEs can have lasting, negative effects on health, wellbeing in childhood and life opportunities, such as education and job potential, well into adulthood
  - These experiences can increase the risks of -
    - Injury
    - sexually transmitted infections,
    - maternal and child health problems (including teen pregnancy, pregnancy complications, and fetal death)
    - involvement in sex trafficking, and a
    - wide range of chronic diseases and leading causes of death, such as cancer, diabetes, heart disease, and suicide

DR. VINCENT FELITTI & DR.  
ROBERT ANDA - THE  
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- <https://www.cdc.gov/violenceprevention/aces/fastfact.html>
  - ACEs and associated social determinants of health, such as living in under-resourced or racially segregated neighborhoods, can cause toxic stress (extended or prolonged stress)
  - Toxic stress from ACEs can negatively affect
    - children's brain development
    - immune systems, and
    - stress-response system.
  - These changes can affect children's attention, decision-making, and learning



## ACE Score and the Risk of Perpetrating Domestic Violence



DR. VINCENT FELITTI & DR.  
ROBERT ANDA - THE ADVERSE  
CHILDHOOD EXPERIENCES STUDY

- <https://www.cdc.gov/violenceprevention/aces/fastfact.html>
  - Children growing up with toxic stress may have difficulty forming healthy and stable relationships
  - They may also have unstable work histories as adults and struggle with finances, jobs, and depression throughout life
  - These effects can also be passed on to their own children

# A CHANGE IN PERSPECTIVE AND APPROACH

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- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9527731/> (Trauma and Violence Informed Care: Orienting Intimate Partner Violence Interventions to Equity - PMC (nih.gov))
- Bringing a Trauma Lens: Trauma Informed Practice
  - Trauma is both the experience of and response to an overwhelmingly negative event or series
  - Adverse childhood experiences (ACEs), especially maltreatment, neglect, and experiencing IPV in the family, can have long-term effects including stress, anxiety, depression, risky behaviors, and substance misuse
  - Experiencing violence can change not only neurobiological patterns, but also genetic structures, leading to impacts on health and well-being to internalizing, externalizing, and attachment disorders, which can persist into adulthood

# A CHANGE IN PERSPECTIVE AND APPROACH

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- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9527731/> (Trauma and Violence Informed Care: Orienting Intimate Partner Violence Interventions to Equity - PMC (nih.gov))
- Trauma-Informed Care: A Sociocultural Perspective
  - Individuals who seek treatment in behavioral health setting have a history of trauma but they often do not recognize the significant effects of trauma in their lives or
  - They do not make the connection between their trauma history and their presenting problems, or they avoid the topic altogether
  - Likewise, treatment providers may not ask questions that elicit a client's history of trauma or may feel unprepared to address trauma-related issues.
  - By recognizing that traumatic experiences and their sequelae tie closely into behavioral health problems; front line professional and community-based programs can build a trauma informed continuum of care

# A CHANGE IN PERSPECTIVE AND APPROACH

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- Dr. Gabor Mate (with Daniel Mate): The Myth of Normal - Trauma, Illness & Healing in a Toxic Culture
  - "The pioneering U.S. internist and psychiatrist George Engel argued nearly half a century ago that the 'crippling flaw' of modern medicine 'is that it does not include the patient and his attributes as a person. Yet in everyday work of the physician the prime object of study is a person.' We must make provision for the whole person in their full 'psychological and social nature,' he said, calling for a *biopsychosocial approach: one that recognizes the unity of emotion and physiology, knowing both to be dynamic processes unfolding in a context of relationships, from the personal to the cultural.*"



# DR. NADA YORKE - ANOTHER WAY...CHOOSING TO CHANGE

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- Innovative, highly relational, and skills-based program is unlike most "traditional" batterer intervention groups in that it incorporates evidence-based clinical practices with adult-learning principles to achieve transformational learning and promote empathy building
- Since there is often significant overlap between domestic violence and substance abuse (Bennett & Williams, 2003), the program design incorporates many of SAMSHA recommendations (Tip 25 & Tip 26).
- The following interventions are included in this program to address the co-occurring issues of domestic violence and substance use:
  - Cognitive-behavioral interventions assists individuals to recognize and stop negative patterns of thinking and behavior
  - Motivational enhancement interventions helps people with substance use disorders to develop internal motivation and commit to specific plans to engage in treatment and seek recovery
  - Education about strategies to promote wellness and recovery
  - Spiritual and faith-based support
  - Parenting education



# DR. NADA YORKE - ANOTHER WAY...CHOOSING TO CHANGE

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- Curriculum is designed with trauma-informed care principles ([www.samhsa.gov](http://www.samhsa.gov)) and various evidence-based clinical interventions which have shown effectiveness in stimulating transformational change in the thoughts, feelings, and behaviors of the participants
- Individually, these interventions have shown effectiveness in the areas of reducing anxiety, problems related to overwhelming emotions, changing unwanted behaviors and habits, and promoting self-growth and personal insight
- In totality, this design can reach a variety of participants depending on their individual needs and "personality features and corresponding cognitive distortions" (Costa and Babcock 2008).
- Although the participant will very likely deny or minimize their own acts of abusive behavior in the early stages of the program, the interventions, when applied as designed, should begin to reduce their resistance to change within the first eight to twelve sessions
- It is anticipated that participants will be extrinsically motivated in the beginning of the program (avoid jail, partner leaving them, etc.); however, this program is designed to guide the participant to develop intrinsic motivation beginning with the intake procedure through program completion

# SESSION RESOURCES

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- [Blue Beads reference](#)