



Workshop presentation

Getting Practical!

Real Life Examples and Activities for Trauma Informed Transformation

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California Center of Excellence
for Trauma Informed Care



Greater efforts should be made to increase providers' health literacy skills, particularly those who serve populations that are more likely to have limited health literacy, including those with poor health.

Highly promoted health literacy strategies:

- 1.** Using clear language – common, everyday language free from jargon
- 2.** Initiating the Teach-Back method of confirming understanding



Liang & Brach, 2017,
Health Literacy Universal Precautions Are Still a Distant Dream:
Analysis of U.S. Data on Health Literate Practices

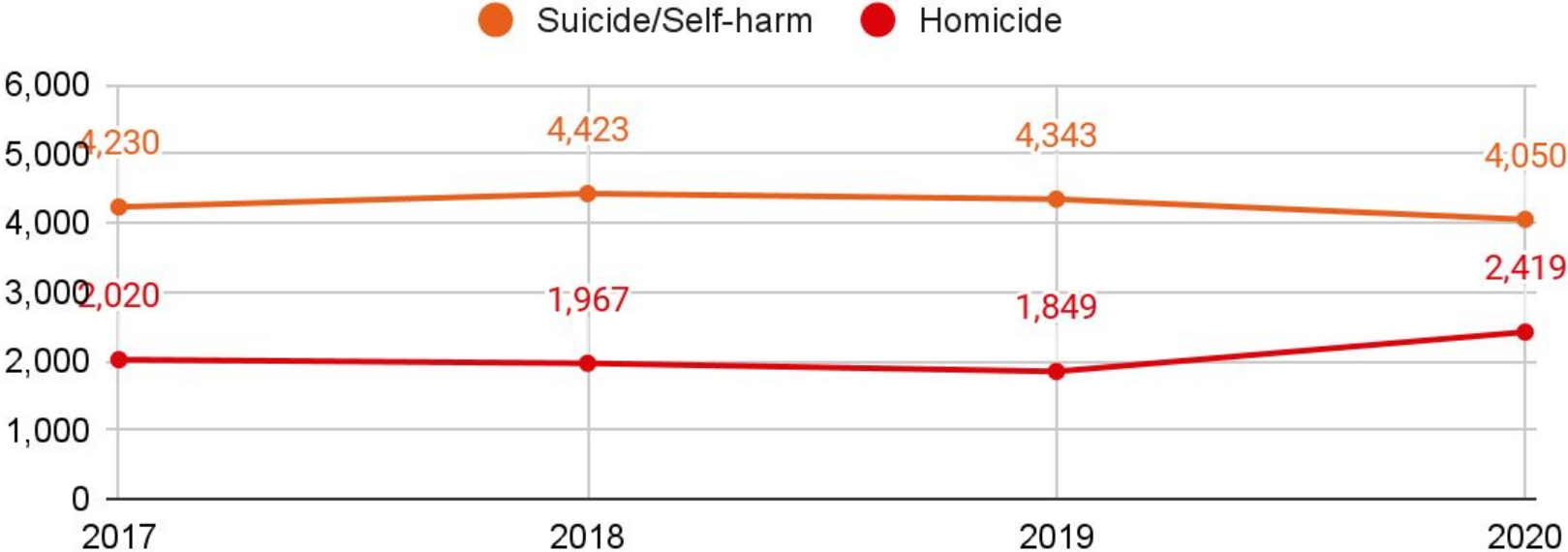


A current perspective on suicide

Using suicide as a key mental health indicator, we explore suicide and how to apply safety as a skillful intervention.

Suicide and Homicide Counts: California

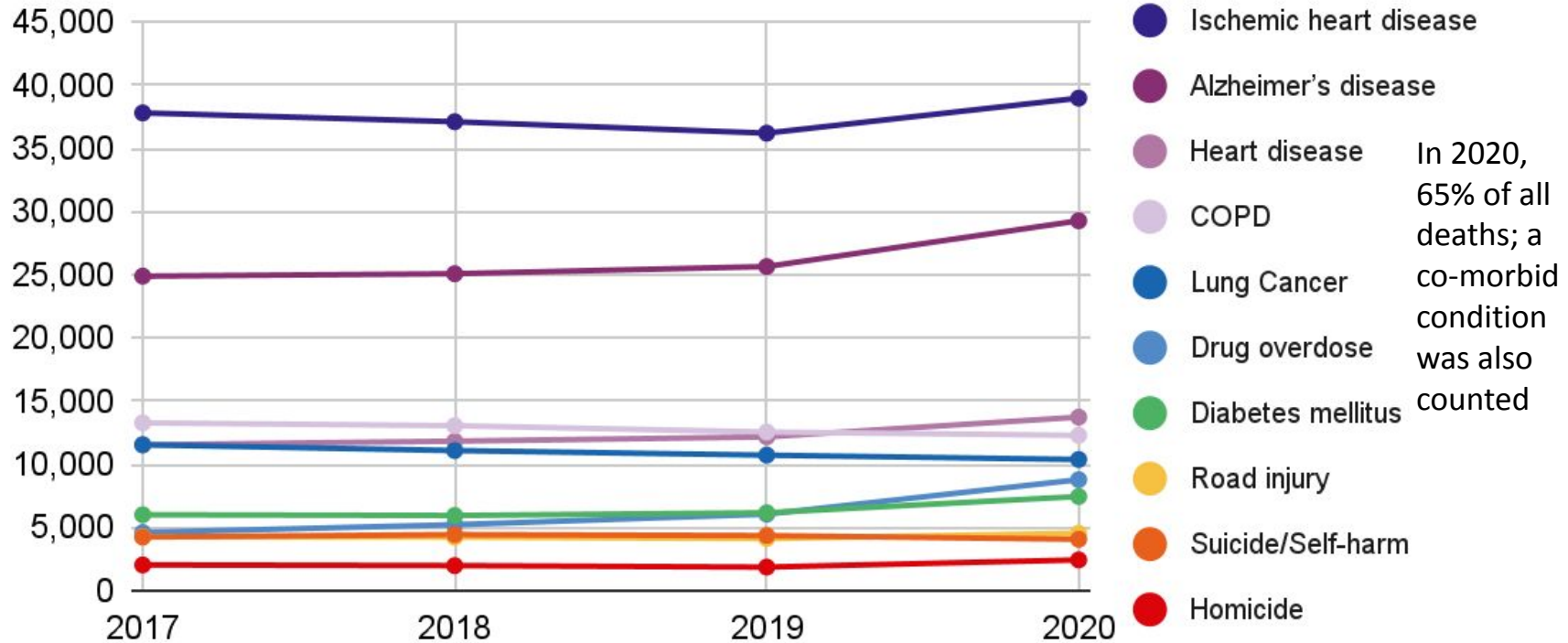
Total Number of Deaths, 2017–2020



Source: California Department of Public Health, Fusion Center, 2021

Selected Causes of Deaths Counts: California

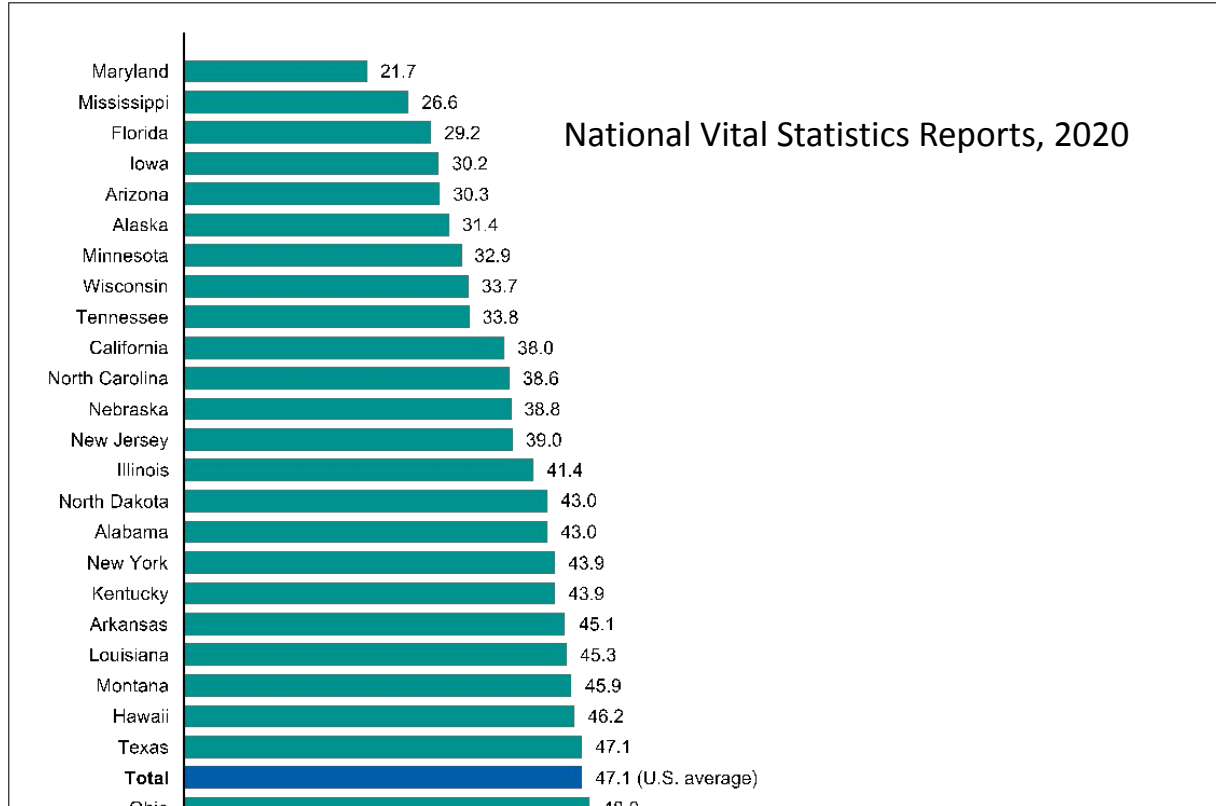
Total Number of Deaths, 2017–2020



Source: California Department of Public Health, Fusion Center, 2021

Suicide Rates: California vs. US

Figure 1. Percent increase in suicide death rates among persons aged 10–24 years: United States and selected states, 2007–2009 to 2016–2018

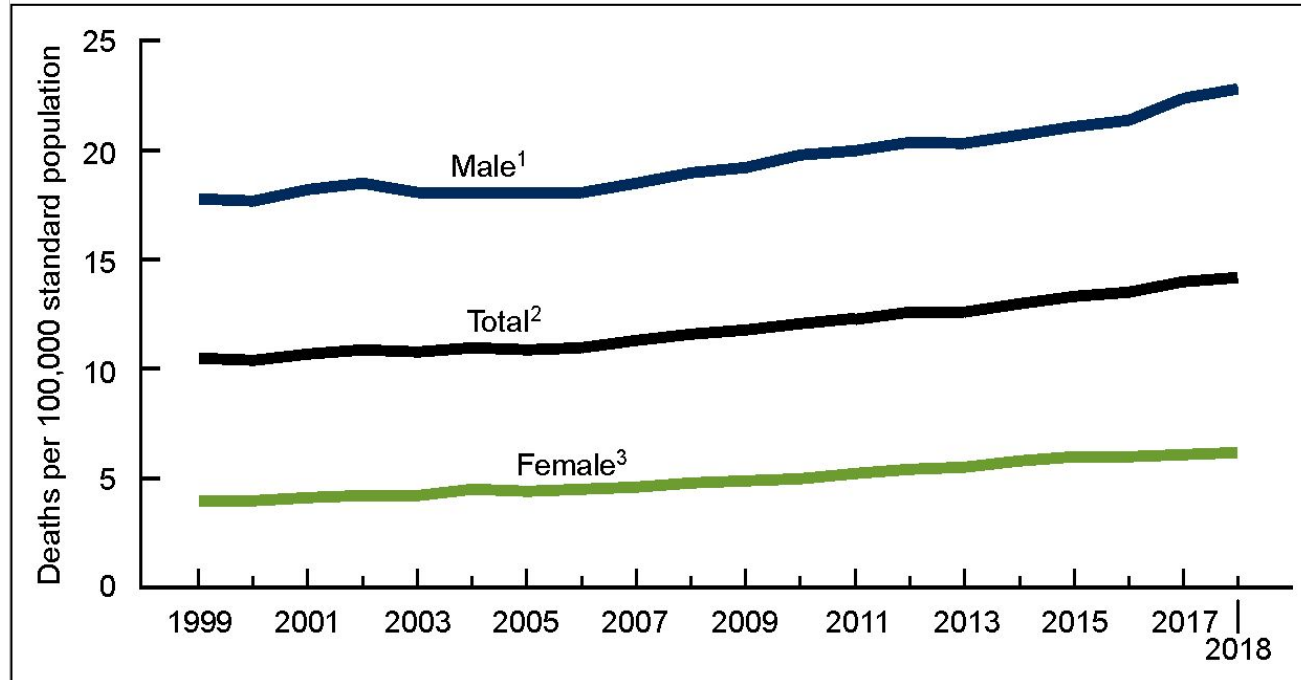


Note: Suicide rate is by 100,000



Suicide rates: Stable then increasing (1999-2018)

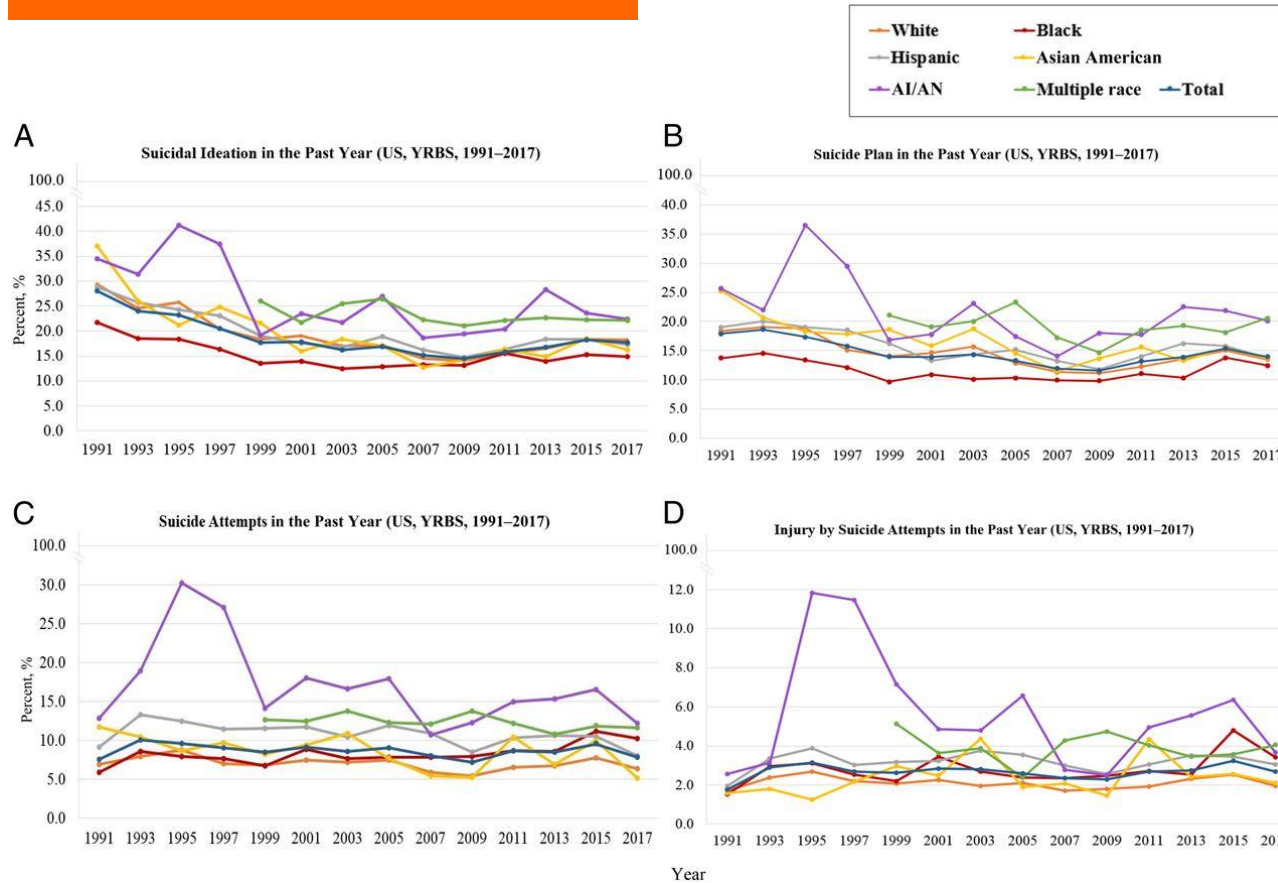
Figure 1. Age-adjusted suicide rates, by sex: United States, 1999–2018



¹ Stable trend from 1999 to 2006; significant increasing trend from 2006 through 2018 with different rates of change over time, $p < 0.05$.



Suicidality: By Race/Ethnicity



(American Academy of Pediatrics, 2019)



Decrease in Youth Suicidality (1991-2017)

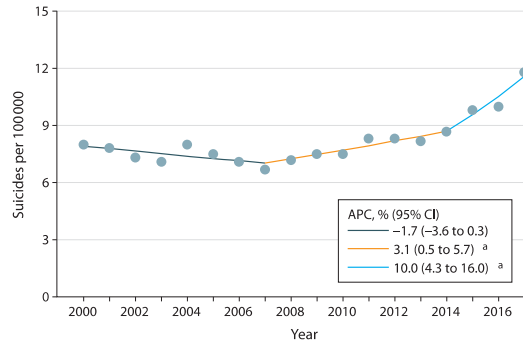
- Significant decreases in self-reported suicidal ideation and suicide plans, **across all sex and race and ethnic groups.**
- Female adolescents had significant decreases in attempts over time.
- Younger Black boys and girls showed increased attempts.
- Younger Black boys showed increase in injury by attempt.

(Lindsey et al., 2019)

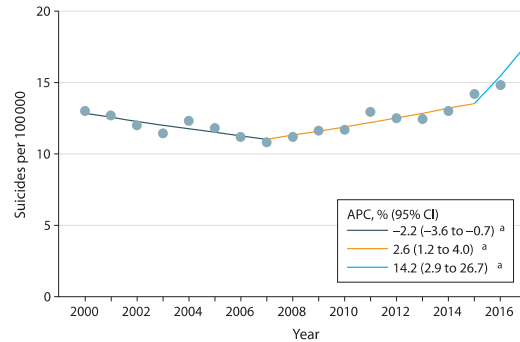


Trends in Suicide Death Rates Youth 15–19

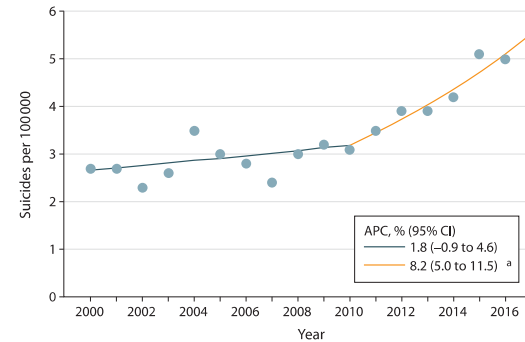
A Males and females



B Males



C Females



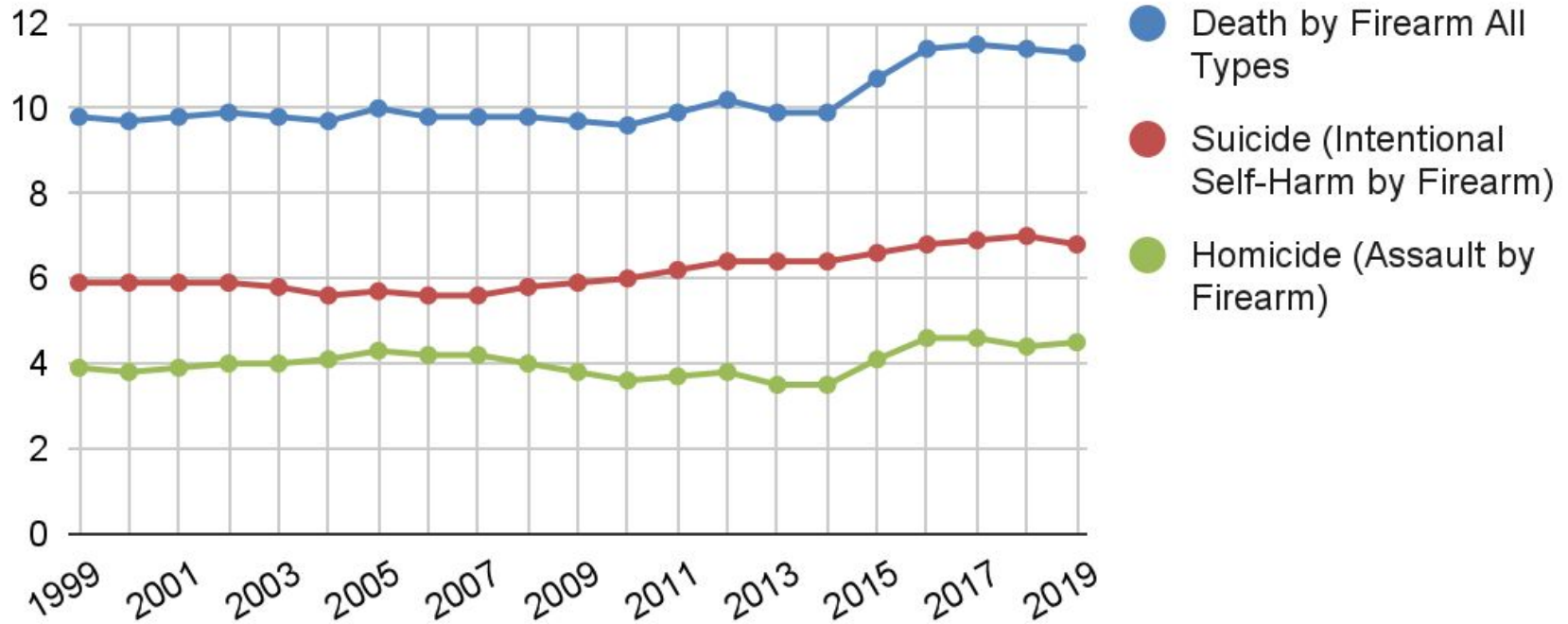
Circles indicate observed data points.
APC indicates annual percentage change.
^a Significant at P < .05.

Miron, Yu and Wilf-Miron R, Kohane IS. Suicide Rates Among Adolescents and Young Adults in the United States 2000–2017. JAMA, 2019;321(23):2362–2364. doi:10.1001/jama.2019.5054



Recent Gun-Related Death Rates: United States

Number of Deaths per 100,000 People, Age Adjusted, 1999–2019



Source: Centers for Disease Control and Prevention, CDC Wonder, Underlying Cause of Death

A Current Perspective on Suicide

- Decreased suicides in CA under pandemic unexpectedly good news.
- Increases in overall suicide deaths in spite of reduced ideation and attempts overall is likely due to increased access to lethal means (firearms).
- Latina adolescents are at highest risk of suicide attempts, among all groups.
- Black children, especially younger children, at increased suicide attempt injury risk, over time.
- LGBTQ youth suicide risk lowering, but still higher than straight-identifying youth.





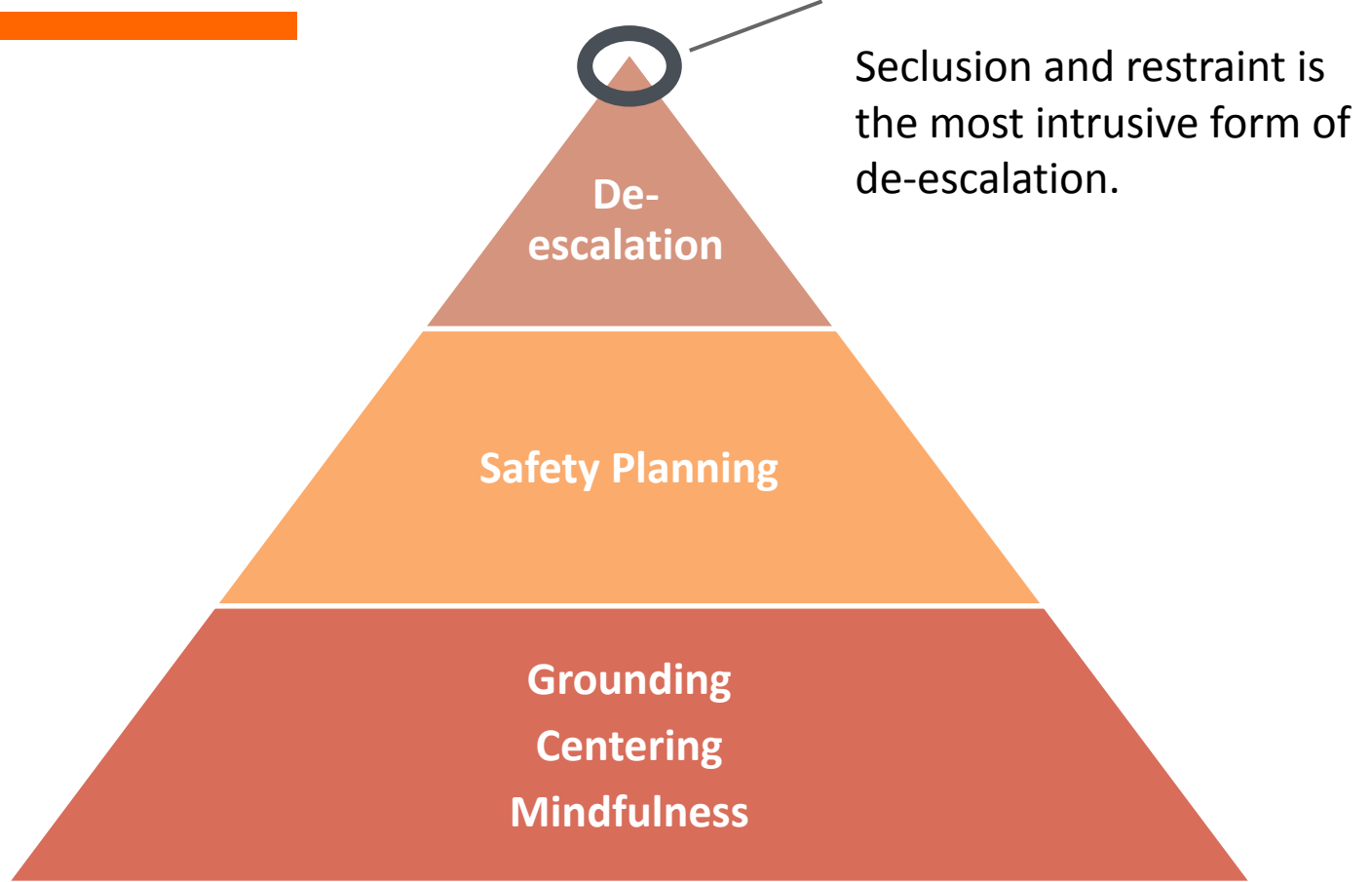
Safe Connections Talk Safety

**Safety talk focuses on the present, the person
and the power of autonomous action**

Public health model

<p>De-escalation/Crisis Intervention/ S/R Indicated</p>	<ul style="list-style-type: none">● A protocol that a trained (and often certified) professional follows to reduce intense, possibly violent behaviors.● Only a few adults will ever need to be de-escalated. Used most often in jails, prisons, high acuity units, due to toxic ingestion, or a psychotic break.
<p>Safety planning Selected/Applied</p>	<ul style="list-style-type: none">● A common process to set out a personalized plan of action due to a dangerous, crisis situation.● Some people will require knowledgeable assistance to create a temporary safe action plan. Using a paper form is best practice.
<p>Grounding/ Centering/Mindfulness Universal</p>	<ul style="list-style-type: none">● Everyone benefits from a sensory awareness practice that can be self-taught, taught online or taught by a peer or professional or many other media.● Universal benefits from self-regulatory skills and actions.

S/R is at the very top of the pyramid





Evidence-Based Crisis Interventions: Indicated

- Life Space Crisis Intervention
 - Rated 3 (research supported by CEBC)
- The Crisis Prevention Institute
 - A for-profit training company with trademarked practices; while on the registry none are rated as evidenced-based by CEBC
- Pro-ACT is “based on Principles” and not on CEBC.
- Not a lot of options...most are S/R models



Safety Planning: Applied

A set of written steps to help a person through a difficult situation, particularly related to suicidal crisis and domestic violence situations.

Safety Planning works

- An intervention consisting of screening, providing basic written material on safety planning and several calls to suicidal patients and their significant others found
 - 30% lower suicide attempt rate (Miller et al. 2017)
- Patients who visited the emergency department for suicide-related concerns and received the **Safety Planning Intervention** with structured follow-up telephone contact were, in the next six months
 - half as likely to exhibit suicidal behavior
 - more than twice as likely to attend mental health treatment (Brown et al. 2018)





Grounding: Universal

The developmental ability to process environmental information in the moment to assess one's own safety



Triggers are your friends.

They tell you that the situation is becoming unsafe for you.



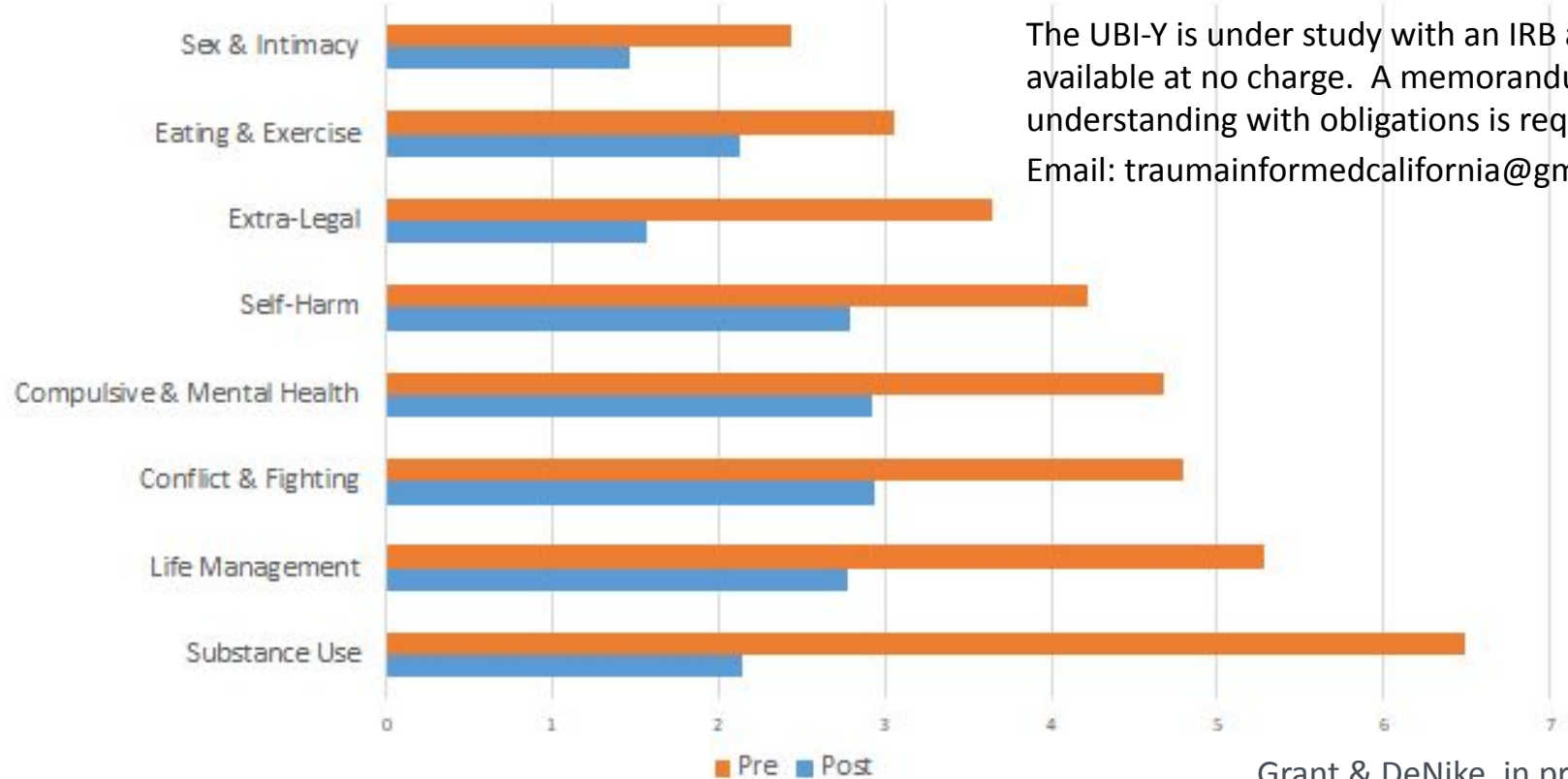
Objective Measures: Universal

- Increases
 - Safe coping skills (% increase over time)
 - Scaling (ability to noticeably self-regulate)
 - Heart rate variability measures (biofeedback)
 - Movement toward opposite (specific changes ID'd by clients)
- Decreases
 - Trauma symptoms – TSC-40
 - Unsafe behaviors – UBI



Client Outcomes

Reductions in Unsafe Behavior by Domain



The UBI-Y is under study with an IRB and is available at no charge. A memorandum of understanding with obligations is required.
Email: traumainformedcalifornia@gmail.com

Teach-Back Method

Goal: promote health literacy by confirming understanding

Steps:

1. Professional gives instructions about what to do about a specific illness or health condition.
2. Ask patient to instruct professional.
3. Professional re-teaches the information and again asks patient to Teach-Back.

(Liang & Brach, 2017)



Teach-Back Method

Goal: Learn how to measure an unsafe behavior (or other)

Steps:

1. Worker gives instructions on how to measure an unsafe behavior (or other).
2. Ask client to instruct worker on how to measure an unsafe behavior (or other).
3. Worker re-teaches the information
4. Again ask for client to instruct worker until the client is able to Teach-Back.

(Liang & Brach, 2017)



Thank You!

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