

A Vision Of Wellness For Children Who Have Experienced Emotional Trauma



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Conflict of Interest Disclosure

Conflict(s) of Interest

- I, Elaine Carroll will be presenting as examples of tools that were created by me. However, they are examples to stimulate the audience to consider opportunities to create or improve services or processes for children in their field of expertise.
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Purpose

The purpose of this presentation is to interconnect you to the possibilities, opportunities and solutions that can greatly impact/improve children's health and wellness services

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Goals

Following this presentation, the learner will be able to:

- Identify specific factors that impact holism in children who experience emotional trauma
- Define grounded visionary and transformational process
- Describe how the presenter used this process
- Transforming communication for children who have experienced trauma
- Develop a personal action plan to contribute to the transformation of healthcare

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Emotional and Psychological Trauma

Emotional and Psychological Trauma is the result of extraordinary stressful events that shatter an individual's sense of security, making the individual feel helpless and vulnerable in their world.

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Potential Causes

Child Maltreatment

- Physical Abuse
- Sexual Abuse
- Psychological abuse
- Neglect
- Child Exploitation
- Bullying and Cyber-bullying

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Potential Causes

- Catastrophic illness (of child or loved one-family/friend)
 - 43 children per day are diagnosed with cancer
 - 40,000 children per year receive chemotherapy
- Birth defects which require multiple surgeries and medical treatments

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Potential Causes

- Natural Disasters (Floods, Tornado, Earthquake, Hurricane, etc)
- War
- Other violence- gang wars, school shootings, terrorist acts, etc.

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Child Abuse Statistics

•1,580 Died <small>in 2014</small>	Every 10 Seconds	30% <small>of children who are abused will become</small>
4+ children <small>Die every day from child abuse</small>	<small>there is a report to Child Protective Services of potential abuse</small>	5 Million <small>Calls reporting suspected abuse per year</small>
Child Abuse is a silent epidemic in the United States (Child USA)		

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Economic Burden of Child Abuse In San Francisco

Per Victim cost breakdown of the economic burden

- \$12,891 Education
- \$11,035 Child Welfare (Child Protective Services)
- \$7,637 Criminal Justice
- \$54,553 Healthcare
- \$314,417 Lifetime Productivity (Not only does this indicate worse economic outcomes for victims and their families, it also reflects value lost to businesses in San Francisco and harm to the economic vitality of the city.)

Cases of child maltreatment result in economic costs that continue throughout a victim's childhood and adulthood. This translates into an annual burden of \$301.6 million for the 753 substantiated cases of child maltreatment in the city in 2015.

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Factors That Impact

- A Child's response to traumatic stress may manifest across multiple areas of functioning and developmental processes:
- Emotional
- Behavioral
- Interpersonal
- Physiological
- Cognitive

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Potential Reactions/Responses to Trauma

- **Without help and support, children with emotional/psychological trauma often develop a variety of coping responses:**
- Feelings that the world is uncertain and unpredictable
- Problems with relationships
- Boundaries
- Distrust
- Suspiciousness
- Socially isolated
- Inability relating to and empathizing with others

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Potential Reactions/Responses (cont.)

- **Physiological**
 - Unexplained physical symptoms
 - Increased medical problems
 - Asthma,
 - Skin problems,
 - Autoimmune disorders,
 - Diabetes
 - Obesity
 - Depression,
 - Anxiety
 - And other medical/psychological issues.

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Potential Reactions/Responses (cont.)

- **Behavioral problems**
 - Poor Impulse control
 - Self-destructive behavior
 - Aggression toward others
- **Cognitive function**
 - Feelings that the world is uncertain and unpredictable
 - A heightened awareness of potential dangers to themselves and or others

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Definitions

- **Grounded**
 - Sensible.
- **Vision**
 - Faculty or state of being able to see.
 - The experience of seeing someone or something in a trance.
- **Grounded visionary is a person of unusual keen foresight.**

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The Journey

- The journey to my vision of healing and wellness for children who have experienced emotional trauma.

The journey to my vision of healing and wellness for experienced emotional trauma.
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The Mending Heart

- **Role in transforming communication for children who have experienced trauma:**
 - The mending heart
 - The books
 - Freddy Keeps Ellie Safe
 - Three Sisters, A Quest for Mending
 - The songs
 - The Foundation

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Group Exercise

- Identify one thing you will work to improve in:
 - Wellness
 - Healthcare
 - Nursing care
- Use one of these tools in developing your plan:
 - SWOT/ Business Plan
 - Nursing Process
 - So What?

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Strengths, Weaknesses, Opportunities, Threats

SWOT Analysis Template		SWOT Analysis Template	
<p>Criteria examples</p> <ul style="list-style-type: none"> Advantages of proposition Capabilities Competitive advantages USPs (unique selling points) Resources: quality, quantity Experience, knowledge, data Material resources, skills, resources Marketing: reach, distribution, awareness Intangible assets Location and geographical Place, value, quality Structure, systems, processes Partnerships Processes, systems, IT, communications 	<p>Strengths</p>	<p>Weaknesses</p>	<p>Criteria examples</p> <ul style="list-style-type: none"> Disadvantages of proposition Gap in capabilities/strong Reputation, presence and reach Financial Over losses/vulnerabilities Operational, workflow and processes Can't flow, start-up cash drain Capacity, waste drain Intelligence Effects on core activities, innovation Reliability of data, plan and forecasts Morale, commitment, leadership Interrelationships
<p>Criteria examples</p> <ul style="list-style-type: none"> Market developments Competitors' vulnerabilities Industry or market trends Global issues Technology development and innovation Costs of supply New markets, vertical, horizontal Being target market Geographical market New USPs Market fit, unique, expert Partnerships Business and product Competition Information and research Partnerships, agencies 	<p>Opportunities</p>	<p>Threats</p>	<p>Criteria examples</p> <ul style="list-style-type: none"> Political effects Legislative effects Financial effects Competitor innovation - various Market demand New technologies, services, ideas Real economy and partners Building external capabilities Operational issues Human resources Loss of key staff Sustainable financial backing Economy - home, abroad Secondary, weather effects

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Nursing Process

- **Assessing (subjective, objective, literature search)**
- **Diagnosing**
- **Planning**
- **Implementing**
- **Evaluation**
- **Adjustment/Improvements to Plan/Implementation**

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So What Questions

1. **Not all benefits are created equal; to paraphrase author, George Orwell, "some benefits are more equal than others." Some benefits help you create a moment that causes your audience to support/fund/buy. Your job is to provide the benefit that is most important to your audience.**
2. **To determine the "So What Benefit," use the sentence-completion technique by asking your audience/prospect to complete this statement: "All I really care about is _____."**
3. **Using the "So what?" principles:**
 - a. **For What?** What reason is the change, the service, the process improvement, the tool important? Does it really improve the care or outcome for the client, patient, service. Is it an innovative solution?
 - b. **So what? Why** is this important to your clients/customers/patients/ etc.?
 - c. **Now what?** What do you want to have happen as a result? Use a highlighter and strike out everything that does not clarify.
 - d. **What is the ostensible benefit (seeming or said to be true or real but very possibly not true or real)?** "So what benefit?" "All I really care about is _____."
4. **What is the benefit that causes your client/supervisor/audience to respond with "I love it," "I need it," and "I'll buy/fund it."**

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References

ACES Study CDC, Adverse Childhood Experiences (ACE) Study
Kiltrain, Maureen. Developmental trauma disorder: the effects of child abuse and neglect. Clinical Advisor, May 3, 2017

One of the largest research analyses regarding the frequency of childhood trauma and its effects in adults is the Adverse Childhood Experiences (ACE).¹⁴ The ACE study was led by Kaiser Permanente (KP) and the Centers for Disease Control and Prevention (CDC) and included 17,337 KP members aged older than 50 years. A questionnaire regarding childhood neglect and abuse and other family dysfunction was offered to each participant. Omitting a third of the subjects who denied a history of childhood maltreatment, survey respondents reported physical abuse (26%), sexual abuse (21%), emotional and physical neglect (20%), and emotional abuse (10%).¹⁴ In addition, 28% were subjected to a caretaker who abused a substance, 20% were exposed to a caregiver with mental illness, and 13% witnessed violence against a maternal figure.¹⁵ It was also discovered common for more than one of these types of maltreatment to co-exist in the same person.¹⁴ In summary, ACE researchers concluded that a history of childhood neglect and abuse is often under-recognized in adult victims, and the consequences are substantial.¹ Many of the subjects reported depression, suicide attempts, drug use, alcoholism, sexual promiscuity, domestic violence, cigarette smoking, obesity, and sexually transmitted diseases.¹³ Furthermore, a history of childhood trauma carries a 10% to 15% increased risk for developing heart and lung disease, cancer, and diabetes.¹⁶⁻¹⁸ It is also linked to liver disorders, stroke, and bone fractures.¹ Victims' frequent use of medical and psychological services are typical.⁹ Also noted, because of societal taboos regarding the topic of child maltreatment, healthcare providers are often reluctant to discuss histories or issues of neglect and abuse with patients or their families.^{1,18} In essence, this averseness only serves to exacerbate a victim's solitude and self-justify his or her mistrust of others. Unfortunately, Developmental Trauma Disorder is a permanent condition, an without treatment, adult victims exhibit a multitude of emotional, social, and health-related complications, and are highly prone to replicating generations of traumatized families.

American Academy of Pediatrics, Adverse Childhood Experiences and the Lifelong Consequences of Trauma

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