

The Alex

Trauma

How informed are you?

*Pathways To Housing
Calgary, Alberta, Canada*

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Learning Objectives

Goal

To explore trauma informed care and the value it places on agencies in the homeless sector.

Learning Objectives:

- (1) Provide an understanding of trauma informed care and the importance of this practice
- (2) Identify core values
- (3) Recommendations for future practice

What is Trauma?



Common features

- A threat (perceived or real) to the physical, emotional, spiritual, or communal integrity of a person or group of people
- This threat then must overwhelm an individual or communal ability to cope, manage, or otherwise overcome the threat. A loss of self-efficacy and power is a key indicator someone is at risk of trauma.

Trauma Examples

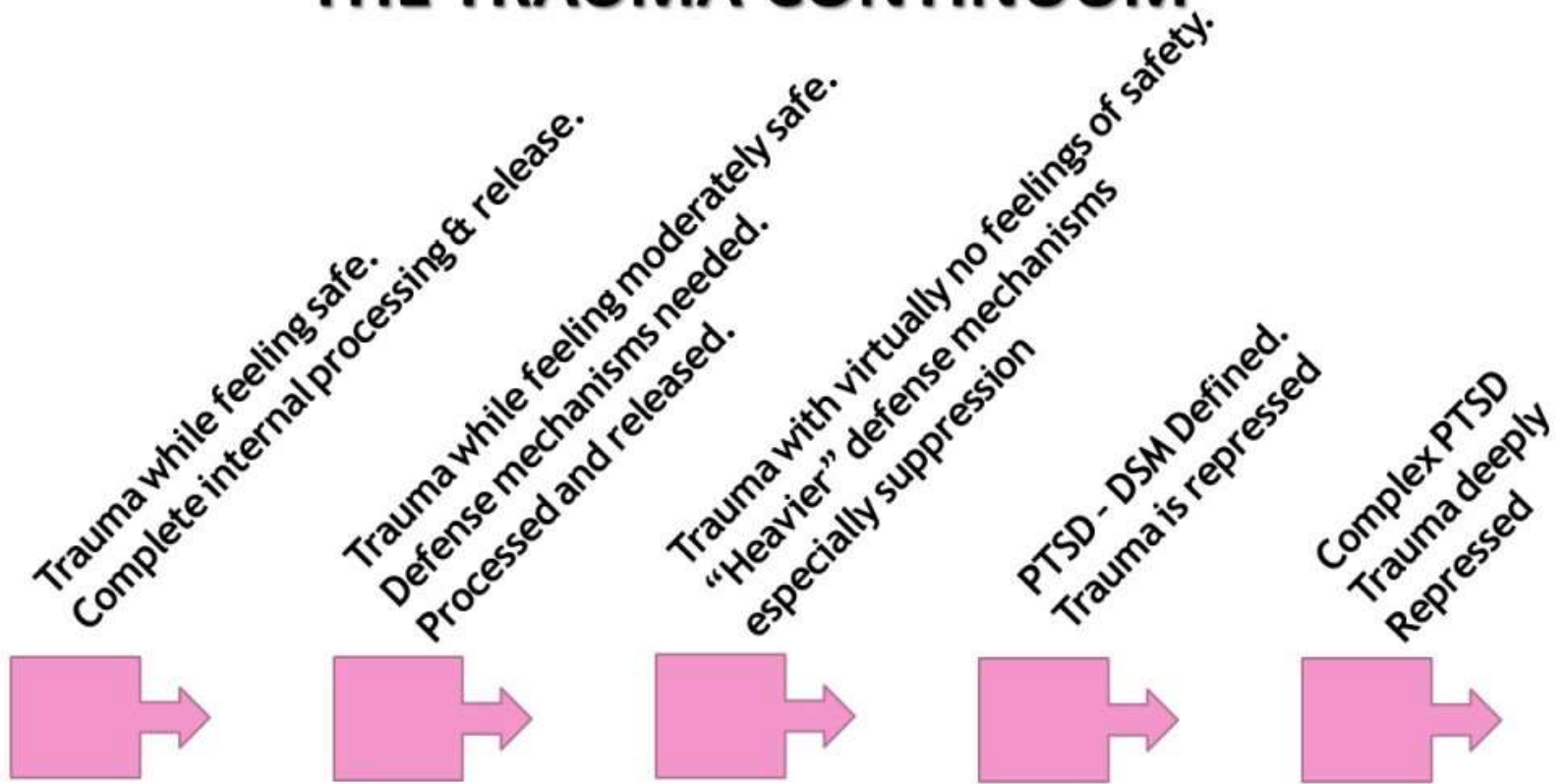


Symptoms of Trauma

- Emotional- fearfulness, losing time, numbness/extreme reactivity, interpersonal difficulties, guilt/shame, feeling defective/broken, depression.
- Behavioural- NSSI, substance use, abusive behaviour, isolation, inappropriate boundaries, suicidality.
- Cognitive- withdrawal from normal routine, trouble making decisions, poor concentration, distractibility, thoughts of suicide, memory disturbances.
- Neurobiological- overproduction of stress hormones that do not return to baseline (jittery/exaggerated startle response).
- Hypervigilance- tendency to misinterpret facial and social cues.
- MRI- Brain changes in traumatized individuals.

The Trauma Continuum

THE TRAUMA CONTINUUM



What is Trauma Informed Care?

Trauma informed care is a strength-based framework that is grounded in an understanding and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment



Why is this important?

- Not creating further trauma or re-traumatizing them
- Trauma effects how people approach services
- The service system is often re-traumatizing





Way of being in the
relationship rather
than a specific
method or strategy

the
alex.

The Alex & Housing First Programs

The Alex

is a not-for-profit community health network, deeply rooted in Calgary's history, and as our city has grown, so have we.

Housing First Programs

Pathways To Housing

HomeBase

Abbeydale Place

the
alex.

How The Alex is implementing trauma informed care

Respond
Respect
Acknowledge



the
alex.

Cindy

- 53 year old
- Anxiety State unspecified
- Living in her vehicle despite having her own apartment

Patricia

- 49 years old
- Borderline Personality Disorder
- PTSD
- 1.5 years sobriety

Recommendations

What have we learned along the way?

Learn
Understand
Communicate



Staff Safety

Be aware of...

Job Burnout



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Self Care

Balance is everything



References

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Questions, Comments?

