

## Resource Materials for Trauma-Exposed Individuals

### Description of Priority Population

This PEI priority population is for those individuals who are experiencing the effects of psychological trauma.

Traumatic events are as varied and diverse as the individuals affected. The degree to which one experiences trauma is highly individual, and can have an emotional impact on persons across the lifespan. It is not a specific event that defines trauma, but the person's *experience* of that event, and it is not always easy to predict how individuals will react to a potentially-traumatic situation. However, we do know that many are seriously affected, to the extent that the Centers for Disease Control and Prevention describe the effects of traumatic stress as a major public health problem with serious consequences—including depression, anxiety disorders, and PTSD (Post Traumatic Stress Disorder).

This PEI priority population is intended to address those types of traumas that can be labeled as “chronic” or “cumulative”, meaning that the traumatizing incident occurs repeatedly or in a pattern of events. Examples include: child or domestic abuse, neglect, enduring deprivation, isolation, poverty, homelessness, violence (personal or witnessed), racism and discrimination, and intergenerational or historical trauma (traumatic memories passed from one generation to the next; e.g., hardships experienced by Native American populations, Japanese internment or Holocaust victims, refugees escaping war, slavery descendents, etc.). Individuals with chronic or cumulative trauma are more likely to have severe PTSD symptoms, such as psychic numbing and dissociation. Such traumas are often kept secret, and support from family and friends may be scarce.

Counties selecting this PEI priority population may want to focus on communities experiencing a large concentration of the following:

- Community, family, or sexual violence
- Refugee populations
- Poverty and homelessness
- Extreme isolation and loss

The National Child Traumatic Stress Network included this example of serious chronic trauma in their *2004 Culture and Trauma Brief*: “Children and adolescents from racially and ethnically diverse communities are at increased risk for trauma exposure and developing PTSD. For example, African American, Native American, and Latino children are overrepresented in reported cases of exposure to violence, child maltreatment, and in foster care. Racially and ethnically diverse children fare worse in the aftermath of trauma, often experiencing more severe symptomatology for longer periods of time, than their majority group counterparts.”

While some populations are more vulnerable to the effects of trauma, potential exists to address prevention and early intervention needs of all PEI priority populations. A key role of PEI in reducing the psychosocial impact of trauma is to reach out to at-risk individuals in each community and assist them not only in recovery, but in building resiliency and strength to withstand future traumas. Many of the recommended programs accomplish this by working with individuals and families, and by partnering with schools; primary care providers; law enforcement agencies; refugee, cultural, and faith-based centers; community-based organizations; and local and state government agencies. Such collaboration among individuals and organizations, with a combination of effective programs, results in a comprehensive and concentrated approach to addressing the psychosocial impact of trauma. For example, primary care providers (PCPs) play a significant role in screening, assessing and treating trauma-exposed individuals, and have a key role in serving all ages of underserved racial, ethnic, and cultural populations. The PCP setting is an ideal location for identifying anxiety, depression, suicidal ideation, or other PTSD symptoms, particularly among populations who may be reluctant to approach traditional mental health providers due to fear of stigma and discrimination, or, as is often the case with trauma, guilt or shame.

PEI Stakeholders identified the following characteristics of preferred settings to address trauma-exposed individuals:

- 1. Neighborhood/community organization.** Staff interacts with individuals on a regular basis through both a formal relationship and informal contact.
- 2. In-Culture services.** Staff and volunteers who are culturally competent address the diverse needs of participating families, and equal opportunities for participation of service providers, both staff and volunteers, who share the cultural background and language of the participating families. For many cultural and immigrant groups, Western concepts around mental illness, psychotherapy, or psychiatry are foreign and difficult to relate to. Many of these groups, including Native American, Latino immigrants or Southeast Asian, and Slavic refugees seek primary care at community clinics and health centers (CCHCs), which provide culturally competent care to these generally low-income populations regardless of their ability to pay.
- 3. Multipurpose function.** The organization's mission is not primarily mental health. The organization serves multiple interests and needs of neighborhood/community residents.
- 4. Long-term association.** The organization has a long standing and continuous presence in the neighborhood/community and is trusted and well-respected among residents.
- 5. Family-driven/family-oriented.** Families participate in designing, implementing, and evaluating programs and activities. The organization provides programs and supports that engage children, youth and adults and builds family relationships. It is not a drop-in center.

6. **Familiarity.** Individuals participating in the organization have an identity and relationship with the staff and volunteers.
7. **Formal collaborative partnerships.** The organization has formal partnerships with community agencies and organizations to provide other services and supports as needed (such as basic needs, substance abuse treatment, employment assistance) for participants.
8. **Promote connectedness.** The organization reduces feelings of isolation and disconnection by promoting connectedness and inclusion, particularly among older adults and refugee populations.
9. **Record for success.** The organization can document improved conditions and goal achievement for participants, resulting from its programs.
10. **Fiscal responsibility.** The organization evidences capacity for fiscal accountability for public funds.

#### Potential Funding and Resource Partners

Potential funding and resource partners for this priority population include the following:

- Schools, colleges, and universities
- Primary care
- CA Dept. of Education (Refugee Assistance Grants)
- Refugee centers & Mutual Assistance Associations (MAAs)
- Cultural and ethnic organizations
- Native American centers
- Faith-based organizations
- Client and family organizations
- Child welfare/county social services
- Older adult agencies and organizations
- Local law enforcement and emergency medical services
- State and local violence prevention programs
- Sexual assault crisis centers
- Grief support programs
- Private foundations
- Media
- Rape crisis centers

**Resource Materials for Trauma-Exposed Individuals**

EXAMPLES OF STRATEGIES:

1. Prevention of Mental Health Problems			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
The Safe Schools/Healthy Students (SS/HS) Initiative--A Comprehensive Approach to Youth Violence Prevention	The SS/HS Initiative is a Federal grant-making program designed to prevent violence and substance abuse among youth, schools, and communities.	School based/ community based	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.sshs.samhsa.gov/initiative/about.aspx">http://www.sshs.samhsa.gov/initiative/about.aspx</a>			
Leadership and Resiliency Program (LRP)	A program for high school students, 14 to 19 years of age, that enhances youths' internal strengths and resiliency while preventing involvement in violence and substance abuse.	High schools	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.modelprograms.samhsa.gov/pdfs/model/leadership.pdf">http://www.modelprograms.samhsa.gov/pdfs/model/leadership.pdf</a>			

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<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
"MyStrength.org"	A sexual assault prevention and education program directed at young men developed by the California Coalition against Sexual Assault. Based on 16-week curriculum that explores alternatives to traditional masculinity in which individuals participate in community action projects to end sexual violence.	In-home or school (self-managed, web-based program)	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.mystrength.org">http://www.mystrength.org</a>			
Cognitive-Behavioral Intervention for Trauma in School (CBITS)	A skills-based, group intervention aimed at relieving symptoms of PTSD, depression, and anxiety among children exposed to trauma, and teaching them resiliency and coping skills.	Schools—small groups of students meet for one hour per week for 10 sessions.	<input checked="" type="checkbox"/> C/Y <input type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.hscenter.ucla.edu/research/cbits.shtml">http://www.hscenter.ucla.edu/research/cbits.shtml</a>			
Trauma-focused Cognitive Behavioral Therapy (TFCBT)	Helps children, youth, and their parents overcome the negative effects of traumatic life events.	MH centers, schools, CBOs and in-home settings.	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.modelprograms.samhsa.gov/pdfs/model/TFCBT.pdf">http://www.modelprograms.samhsa.gov/pdfs/model/TFCBT.pdf</a>			

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1. Prevention of Mental Health Problems			
EXAMPLES OF STRATEGIES	DESCRIPTION	SETTINGS	AGE GROUP
Holistic Model for Native Americans in an Urban Environment	A Native American holistic model that integrates treatment and prevention for mental health and substance abuse for children and families suffering from historical and other emotional traumas.	Native American community and health centers and schools	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://cat.inist.fr/?aModele=afficheN&amp;cpsid=14755281">http://cat.inist.fr/?aModele=afficheN&amp;cpsid=14755281</a>			
Prolonged Exposure (“PE”) Therapy for Post-Traumatic Stress Disorders (PTSD)	Treats women experiencing PTSD following assault (sexual or not) with the goal of reducing trauma-induced disorders and building resiliency toward future events.	Primary care, sexual assault crisis centers, law enforcement & EMS, community centers	<input type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://modelprograms.samhsa.gov/pdfs/model/PE-PTSD.pdf">http://modelprograms.samhsa.gov/pdfs/model/PE-PTSD.pdf</a>			
Primary Care Screening • PTSD Checklist • Short Scale	Screening and assessment for trauma and violence exposure and for PTSD: • Screen/identify • Early intervention • Behavioral health assessment and referral, if indicated	CCHC, FQHC, NA Health Center, Rural Health Centers.	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
PTSD Checklist: <a href="http://dev.www.uregina.ca/traumatic/images/stories/SelfAssessmentQuestionnaire/ptsdchecklistcivilianversionga-1.pdf">dev.www.uregina.ca/traumatic/images/stories/SelfAssessmentQuestionnaire/ptsdchecklistcivilianversionga-1.pdf</a> Short Screening Scale for PTSD: <a href="http://www.ncptsd.va.gov/ncmain/ncdocs/assmnts/short_screening_scale_for_ptsd.html">http://www.ncptsd.va.gov/ncmain/ncdocs/assmnts/short_screening_scale_for_ptsd.html</a>			

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2. Early Intervention for Mental Health Problems and Concerns			
EXAMPLES OF STRATEGIES	DESCRIPTION	SETTINGS	AGE GROUP
Screening for PTSD in Children After Accidental Injury or Trauma	Use screening tools such as: The Child Trauma Screening Questionnaire, the Children's Impact of Events Scale, Anxiety Disorder Interview Schedule for DSM-IV (Child Version), or the Clinician-Administered PTSD Scale for Children and Adolescents to screen, assess, intervene and/or refer children and adolescents at risk of developing PTSD after an accidental injury or trauma.	Community health centers, Federally-Qualified Health Centers, Native American health centers, rural health centers	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://ebmh.bmj.com/cgi/content/extract/10/2/44?rss=1">http://ebmh.bmj.com/cgi/content/extract/10/2/44?rss=1</a>			
Allostatic Change Models ("stability through change")	Facilitates resiliency through healthy lifestyle changes, (exercise, diet), stress- reduction, psychological wellness, loving relationships, social support, and a sense of control over one's life, with the goal of buffering the potentially harmful impact of PTSD.	Clinics, Community-based	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.gcph.co.uk/assets/documents/McEwenSummary_Web.pdf">http://www.gcph.co.uk/assets/documents/McEwenSummary_Web.pdf</a>			

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2. Early Intervention for Mental Health Problems and Concerns			
EXAMPLES OF STRATEGIES	DESCRIPTION	SETTINGS	AGE GROUP
Exposure-based treatments	Builds resiliency to future traumatic experiences through careful, repeated, detailed imagining of the trauma (exposure) in a safe, controlled context to help the survivor face and gain control of the fear and distress that overwhelmed them during the trauma.	Community-based, veterans' centers, sexual assault crisis centers, primary care	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_treatmentforptsd.html">http://www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_treatmentforptsd.html</a>			
A Home-Based Intervention for Immigrant and Refugee Trauma Survivors: Para-professionals Working With High-Risk Mothers and Infants	This program responds to the needs of refugee and immigrant new mothers, by employing para-professional home visitors who are also immigrants or refugees themselves from countries in Central America, South America, and Africa (e.g., Brazil, El Salvador, Sudan, Somalia, and Morocco).	Homes, childcare centers, refugee centers	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.zerotothree.org/site/DocServer/vol27-b.pdf?docID=2901&amp;AddInterest=1161">http://www.zerotothree.org/site/DocServer/vol27-b.pdf?docID=2901&amp;AddInterest=1161</a>			

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<b>3. Linkage and Support in Navigating Service Systems and Other Providers as Needed</b>			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
PROSPECT: Prevention of Suicide in Primary Care Elderly Collaborative Trial	A specially trained master's-level clinician works in close collaboration with a depressed patient's primary care provider to implement a comprehensive disease management program.	CCHC, FQHC, Native American health centers, rural health centers	<input type="checkbox"/> C/Y <input type="checkbox"/> TAY <input type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.sprc.org/featured_resources/ebpp/pdf/prospect.pdf">http://www.sprc.org/featured_resources/ebpp/pdf/prospect.pdf</a>			

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<b>4. System Structure and Enhancements to Improve, Coordinate and Sustain Mental Health Programs and Interventions</b>			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
The Harvard Program in Refugee Trauma (HPRT)	A multi-disciplinary program addressing the health and mental health care of traumatized refugees and civilians in areas of conflict/post-conflict and natural disasters, used in the US and worldwide. Includes a curriculum for mental health training of primary care providers in settings of human conflict and post-conflict.	Primary care and rural health centers, refugee centers, Native American health centers	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.hpvt-cambridge.org/">http://www.hpvt-cambridge.org/</a>			

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5. General Resources			
<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
Refugee Service Agencies Resources Directory (August 2004)	Developed to inform communities of the services/resources available to refugees by CA counties, including family strengthening and mental health services.	Community Based Organizations (CBOs), healthcare, school-based, in-home, faith-based, refugee centers	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.dss.cahwnet.gov/refugeeprogram/Res/pdf/ResourceDirectory/2004/ResourcesDirectory_082004.pdf">www.dss.cahwnet.gov/refugeeprogram/Res/pdf/ResourceDirectory/2004/ResourcesDirectory_082004.pdf</a>			
Historical Trauma and Unresolved Grief Intervention- -A Review of the Literature	Descriptions of evidence based, promising, and culturally appropriate practices for American Indian children with mental health needs	Native American community health centers and schools	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input type="checkbox"/> Adults <input type="checkbox"/> Older Adults
Website: <a href="http://www.spokane.wsu.edu/research&amp;service/WIMIRT/content/documents/Chapter%203%20Book.pdf">http://www.spokane.wsu.edu/research&amp;service/WIMIRT/content/documents/Chapter%203%20Book.pdf</a>			
Coping With Traumatic Events – Self-Help Guide	Individuals learn ways to cope with mental and emotional stress and to redirect it in positive ways, resulting in increased emotional resiliency.	In-home, schools, faith-based, refugee centers, disaster relief agencies	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://mentalhealth.samhsa.gov/cmhs/traumaticevents/default.asp">http://mentalhealth.samhsa.gov/cmhs/traumaticevents/default.asp</a>			

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<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
National Child Traumatic Stress Network	Provides resources for schools, parents, and caregivers on: <ul style="list-style-type: none"> <li>• Identifying trauma and its overall effects on children</li> <li>• Crisis/disaster information</li> <li>• Programs for early and intermediate recovery</li> <li>• Trauma and grief curricula</li> <li>• Service interventions</li> <li>• Other resources</li> </ul>	Schools, home, childcare centers, faith-based, primary care, refugee centers	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.nctsn.org/nccts/nav.do?pid=ctr_aud_schl_resources">http://www.nctsn.org/nccts/nav.do?pid=ctr_aud_schl_resources</a>			
The Center for Mental Health Services' National Center for Trauma-Informed Care (NCTIC)	Assists publicly-funded agencies, programs, and services in making the cultural shift to a more trauma-informed environment that will serve both systems and consumers—a supportive, comprehensively integrated, and empowering environment for trauma survivors.	Schools, home, childcare centers, faith-based, primary care, refugee centers; sexual assault centers, law enforcement & EMS, community centers; Native American centers	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://mentalhealth.samhsa.gov/nctic/">http://mentalhealth.samhsa.gov/nctic/</a>			

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<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
Refugee Resettlement through California Voluntary Resettlement Agencies (“VOLAGs”)	VOLAGs provide resettlement assistance and are the initial sponsors of refugees entering the US. VOLAGs provide such services as: reception, basic orientation, counseling, food, shelter and health services to refugees, and act as referral sources to the appropriate local agencies for employment and English language training.	CBOs, healthcare, school-based, in-home, faith-based, refugee centers	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: <a href="http://www.dss.cahwnet.gov/refugeeprogram/Res/pdf/Lists/volags.pdf">http://www.dss.cahwnet.gov/refugeeprogram/Res/pdf/Lists/volags.pdf</a>			
Professional Development	Capacity building for staff and volunteers working in schools and universities, primary care settings and emergency medical services (EMS), refugee programs (including MAAs and VOLAGs), law enforcement, teen programs, violence prevention programs, sexual assault crisis centers, disaster assistance/response programs, grief support programs, to identify and address potential mental health needs of trauma-exposed individuals.	CBOs, universities and professional training programs, sexual assault crisis centers, primary care, schools, refugee centers	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
Website: None			

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<i>EXAMPLES OF STRATEGIES</i>	<i>DESCRIPTION</i>	<i>SETTINGS</i>	<i>AGE GROUP</i>
California Coalition Against Sexual Assault (CALCASA) --Crisis Center Directory	A sexual assault crisis center directory that allows users to contact local rape crisis centers by entering their zip code in the search box on the website.	Home, school, colleges, universities, primary care, sexual assault centers, law enforcement & EMS, community centers	<input checked="" type="checkbox"/> C/Y <input checked="" type="checkbox"/> TAY <input checked="" type="checkbox"/> Adults <input checked="" type="checkbox"/> Older Adults
<a href="http://www.calcasa.org/81.0.html">http://www.calcasa.org/81.0.html</a>			