



Wisconsin Collaborative of Treatment Professionals
FOR EDUCATION AND CAPACITY TRAINING

Welcome and Thank You
for
attending

Wisconsin Collaborative of Treatment Professionals
FOR
EDUCATION AND CAPACITY TRAINING
Event today



Building Sustainable Resilience in Organizations, Communities, Families, and Individuals – Trauma and Resilience-Responsive Care

Kickoff Meeting
November 4, 2020

Bernestine Jeffers – SUD Project Strategist, UWM Office of Research, Center for Urban Population Health

Donna Riemer - RN-PMH, Nurse Consultant, State of Wisconsin Department Of Health Services

Lynn McLaughlin – eCPR Trainer, Peer Trainer, Consultant

Karen Iverson Riggers – eCPR Trainer at National Empowerment Center, Inc.

Rebecca Wigg-Ninham, MSW, SAC – ACE Master Trainer, Rosen Bodywork Intern and Movement Teacher

Scott Webb, MSE – Trauma –Informed Care Coordinator, Wisconsin Department of Health Services

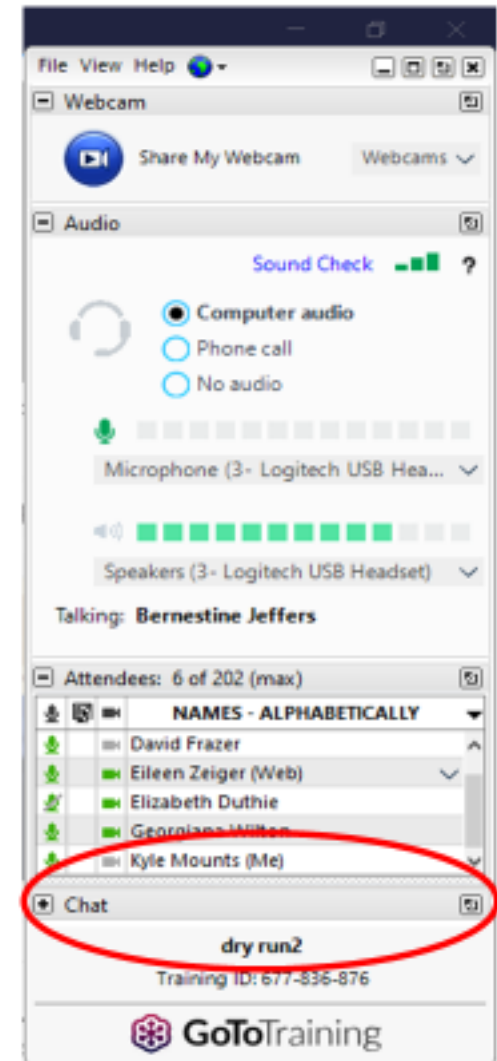


Agenda

- ▶ Welcome and introductions
- ▶ Setting the stage – the why of this project
- ▶ Scope of the project
- ▶ eCPR – What it is, why it's important
- ▶ Community of practice/ learning collaboratives
- ▶ Adverse childhood experiences
- ▶ Trauma-informed care 101 organization transformation
- ▶ Trauma-informed to trauma responsiveness
- ▶ Trauma focused, trauma sensitive treatment
- ▶ Wrap up and next steps

Introductions

- Thank you for joining us today.
- To introduce yourself, please enter your name and agency/organization in the chat box and send to all.





A Little Housekeeping...

- ▶ Stay muted when we are not speaking to reduce extraneous noise
- ▶ Use the “raise hand” function to ask a question or make a comment, or put it in the Chat Room
- ▶ Be respectful of everybody, even if their ideas don’t resonate with you
- ▶ Help us keep the learning environment productive, positive, helpful, and safe



Wisconsin Connect

Wisconsin CONNECT, a new initiative, was established to provide a platform and opportunities for advancing collaborative and innovative behavioral health education, capacity training, peer-to-peer learning, and evaluation to professionals working in the SUD Field.

We do this to further reduce and prevent substance use in Wisconsin.

We do this in partnership among Wisconsin Department of Health Service's Division of Care and Treatment Services, Bureau of Prevention, Treatment and Recovery, UW-Milwaukee's Center for Urban Population Health and our network of training providers.

Please visit our website at www.Wisconsinconnect.org for additional information.



Wisconsin Connect Vision

- ▶ Promote best practice in substance use prevention, treatment and recovery services to professionals working in the substance use disorder field.
- ▶ Develop collaborative relations with community, academic and governmental organizations to meet the needs and gaps in training in Wisconsin.
- ▶ Develop and evaluate evidence-based education to support treatment professionals in Wisconsin.

Project Phases

Phase 1 – Foundation Building

Kickoff session (11/4/20)

Emotional CPR (eCPR)
(11/11/20)

Community of practice (COP)
(11/18/20)

ACEs training (12/2/20)

ACEs COP (12/9/20)

Holiday drop in sessions
(12/16/20, 12/23, and 12/30/20)

Phase 2 – Organizational/Community

TIC 101 Training (1/6/21)

Establish TIC community of
practice (1/13/21)

Trauma-informed to trauma
responsiveness training (1/20/21)

Learning
collaboratives/community of
practice teams and mentoring
(1/27/21)

Phase 3 – Curricula Review

Trauma focused, trauma sensitive
practices for front line staff
(2/3/21; 2/10/21)



eCPR

Lynn McLaughlin – eCPR Trainer, Peer Trainer, Consultant

Karen Iverson Riggers – eCPR Trainer at National Empowerment Center, Inc.

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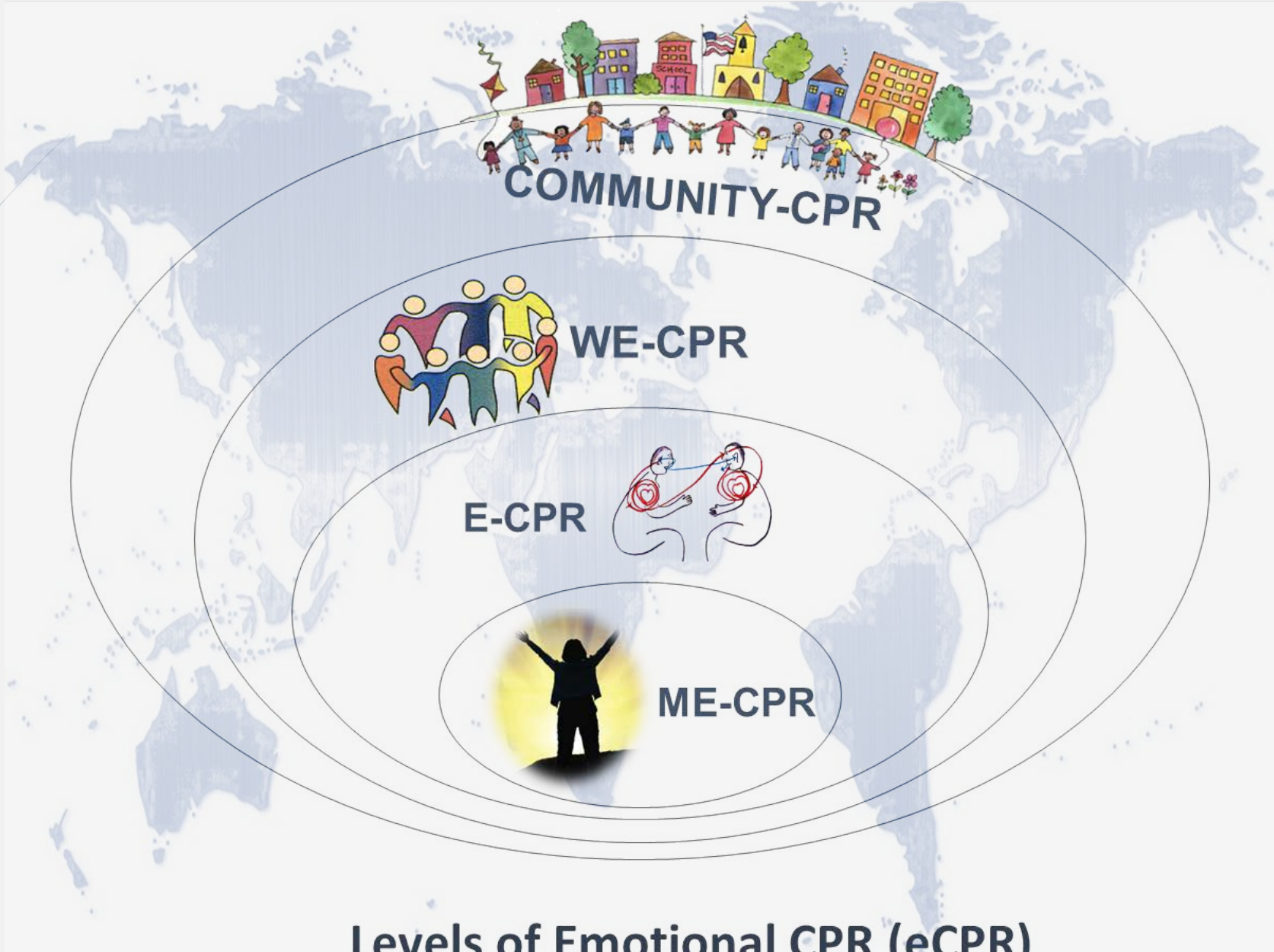
What is eCPR?

A community education program which prepares people to assist another person experiencing an emotional crisis

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Why eCPR?

- ▶ Just as a person's physical heart needs attention in a cardiac crisis, a person's **emotional heart** needs attention in an emotional crisis.
- ▶ eCPR is a form of heart-to-heart connection for emotional resuscitation.



Levels of Emotional CPR (eCPR)



What is mE-CPR?

- ▶ Relationship with Emotion
- ▶ Self Care vs. Community Care
- ▶ Self Compassion
- ▶ Allowing for Process
- ▶ Processing Grief
- ▶ Comparative Suffering
- ▶ Extending Empathy to Ourselves
- ▶ Recognizing Connection to the Whole
- ▶ Finding Touchstones



Moving from ACEs to Resiliency through Embodied Self-Awareness

Rebecca Wigg-Ninham, MSW, SAC – ACE Master Trainer, Rosen
Method Bodywork Movement Teacher



What is the largest public health discovery of our time?

- The Central Nervous System (CNS) connects us to ourselves and our environment
- Through sensory input the CNS helps us understand and respond to our world
- We store our human experience in our bodies



What are the 10 ACEs?

- ▶ Physical abuse
- ▶ Sexual abuse
- ▶ Psychological abuse
- ▶ Physical neglect
- ▶ Psychological neglect
- ▶ Witnessing domestic abuse
- ▶ Having a close family member who misused drugs or alcohol
- ▶ Having a close family member with mental health problems
- ▶ Having a close family member who served time in prison
- ▶ Parental separation or divorce on account of relationship break down



ACEs and our Physical Health

- We adapt to adversity
- What is Neurobiology?
- Toxic stress. Our communities and COVID-19
- Coronary Heart Disease and COPD



The Neuroscience of Resiliency

- Interpersonal Neurobiology – Dan Siegel, M.D.
- Neural integration and the pre-frontal cortex (PFC)



Brain Heart Connection

- Vagal x cranial nerve – emerges from or enters the skull
- First Stage – Primitive ability to immobilize
- Second stage – Gut/bowel, gastric distention, oscillation between diarrhea and constipation – sensation to mobilize
- Third stage – Heart and social engagement system



Trauma-Informed and Trauma-Responsive Care

Scott Webb, MSE – Trauma –Informed Care Coordinator, Wisconsin
Department of Health Services

Donna Riemer - RN-PMH, Nurse Consultant, State of Wisconsin
Department Of Health Services



Trauma Definition

- ▶ A wound
- ▶ More about the reaction than the event
- ▶ Disease of disconnection (Judith Herman, MD)
- ▶ Subjective
- ▶ Lives in the body
- ▶ Affects relationships
- ▶ You question your place in the world – trauma world view



Three E's of Trauma

- ▶ Events
- ▶ Experiences
- ▶ Effects

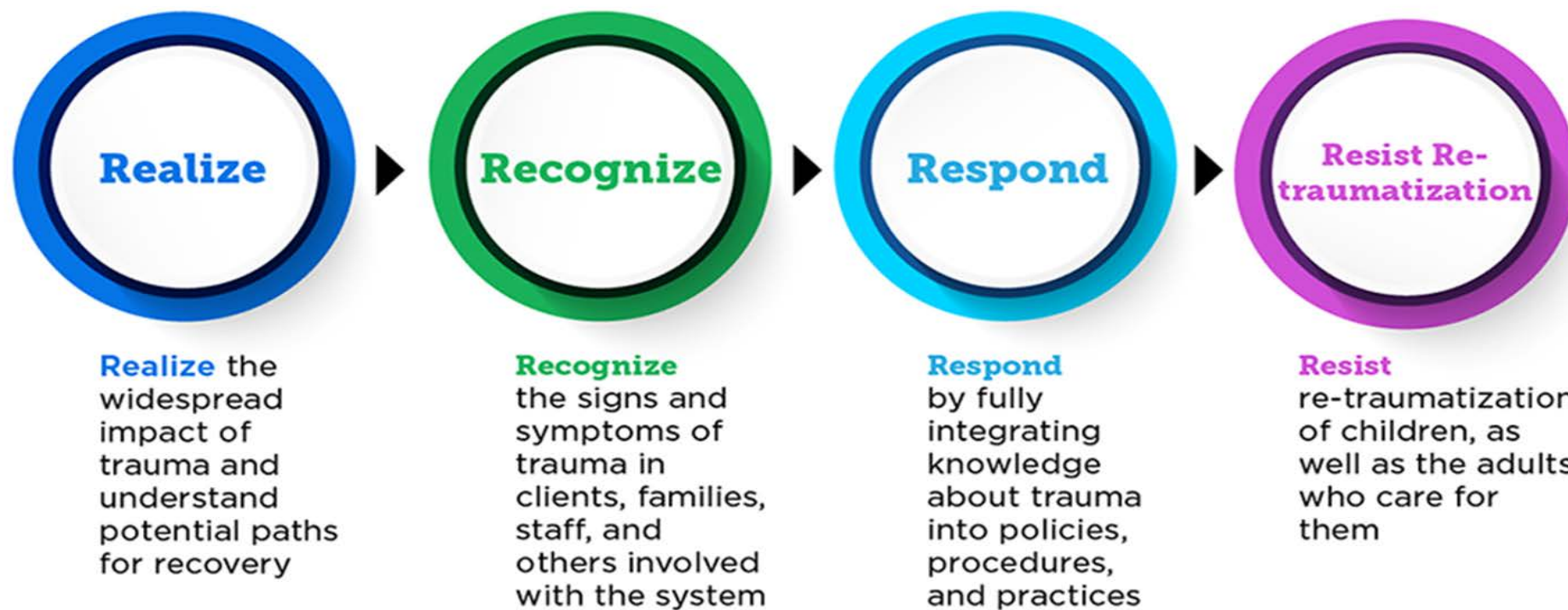


Trauma-Informed Care (TIC)

TIC is an approach, based on knowledge of the impact of trauma, aimed at ensuring environments and services are welcoming and engaging for service recipients and staff.

- Benefits – TIC provides a strengths based framework (cultural shift) that is grounded in an understanding of 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.”

The Four Rs of Trauma-Informed Care



This figure is adapted from: Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and Guidance for a trauma-informed approach. HHS publication no. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration.



"The oldest medicine in the world is love and compassion"

VADM Vivek Murthy, M.D.
Former United States Surgeon General



Trauma Specific Services

Are interventions, and therapeutic services aimed at treating the symptoms or conditions resulting from a traumatizing event(s). Such as Trauma Focused Therapy

- ▶ While many organizations are trauma-informed, becoming **trauma-responsive** means looking at every aspect of an organization's programming, policies, environment, beliefs, culture, language, and values and involving all staff in better serving clients who have experienced trauma
 - ▶ Gain knowledge of stress, adversity, and trauma



In Summary...

- ▶ Ideally, we are looking for ten agencies that want to make meaningful, trauma-informed, trauma-focused changes to their culture and in the services they provide Wisconsin consumers.
- ▶ It is a multi-year **process** that will require a commitment
- ▶ The learning and skills you will be developing during these classes will help you and your agency create a healthier workforce and culture that will be **resilient and sustainable**



Next Steps

- ▶ Identify the five people from your agency who were committed to this journey
 - ▶ A mix of leadership, staff, other interested stakeholders is ideal
 - ▶ Be ready to start the journey by attending the November 11 eCPR class
 - ▶ Bring your passion, and ideas to this process
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- ▶ The journey you take will become part of the overall plan to make Wisconsin a trauma-informed, trauma responsive and resilient state!



Questions?



Thank You!

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