

NATIONAL
HEALTH CARE
for the
HOMELESS
COUNCIL

TRAUMA IS THE PUBLIC HEALTH ISSUE OF OUR TIME

“I have become convinced that our number-one public health problem is our childhood.” Bernie Siegel, MD

NATIONAL
HEALTH CARE
for the
HOMELESS
COUNCIL

Matt Bennett, MBA, MA
Coldspring Center for Social & Health Innovation
coldspringcenter.org

bennett@coldspringcenter.org
coldspringcenter.org/mattsmumblings
facebook.com/coldspringcenter
twitter.com/Matts_mumblings



GOALS!

1. Understand the impact of trauma & neurobiology research on our understanding of homelessness
2. Utilize knowledge to address the biopsychosocial needs of those experiencing homelessness
3. Use expertise to address societal issues responsible for the homeless crisis

THE SERIES

1. Being Trauma Informed and Its Role in Ending Homelessness – www.nhchc.org/
2. Trauma is the Public Health Issue of Our Time - [Today](#)
3. The Abyss: Addiction, Homelessness, and Trauma – [October 26](#)
4. Hope, Transformation, and Post-Traumatic Growth – [November 2](#)

TRAUMA IS THE PUBLIC HEALTH ISSUE OF OUR TIME

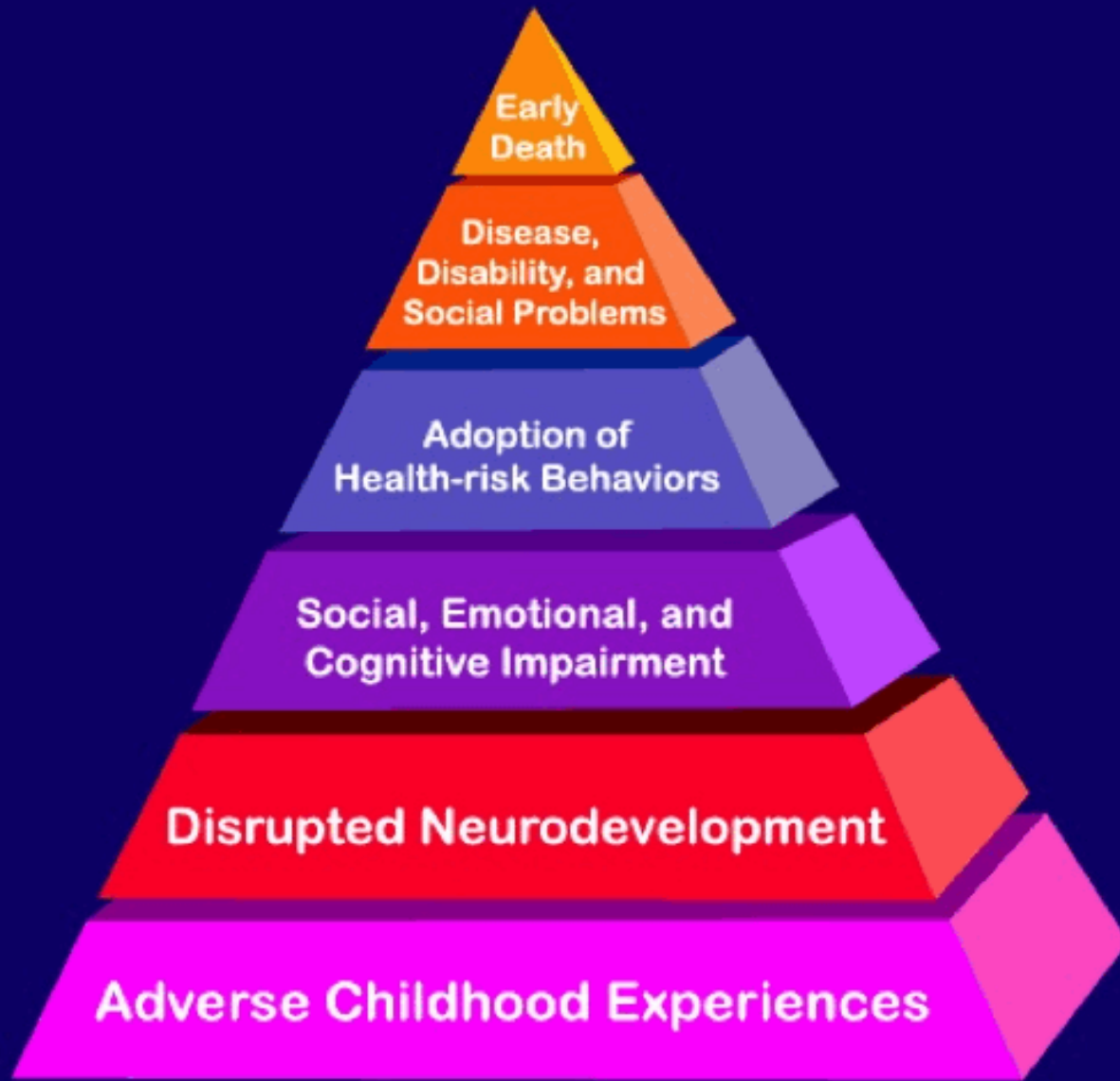
- State how trauma is driving a great many issues impacting public health
- Utilize science to better conceptualize the root cause of many patients' presenting health and social challenges
- Utilize knowledge presented to position services in a way that minimizes re-traumatization

60 Presentation/30 Minute Questions

Death



Conception



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



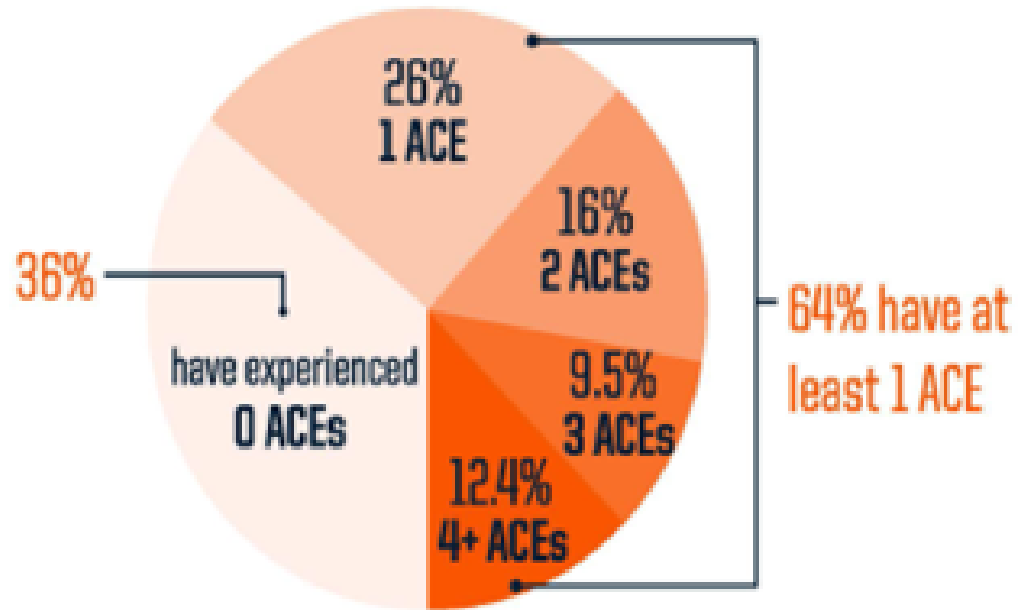
Substance Abuse



Divorce

HOW PREVALENT ARE ACEs?

Of 17,000 ACE study participants:

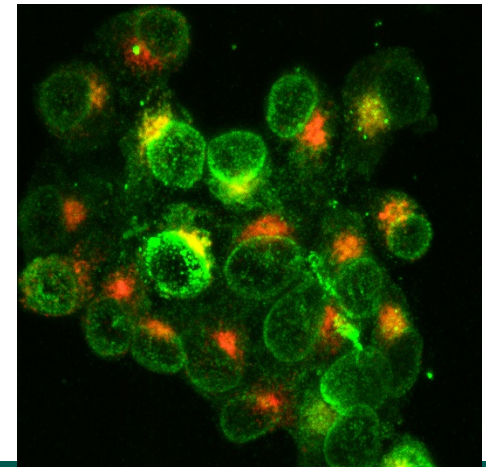
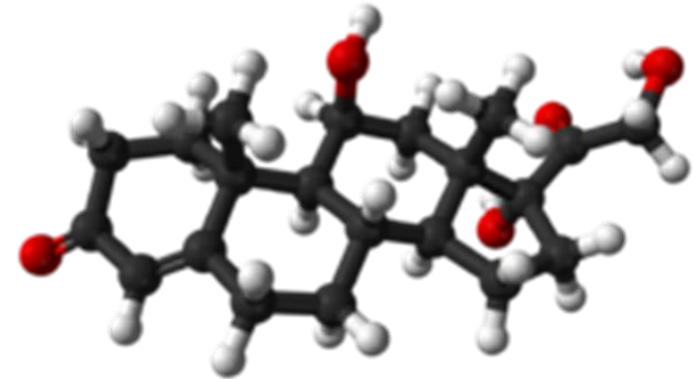


www.rwjf.org

PARTNERS IN CRIME: CORTISOL & INFLAMMATORY CYTOKINES

Short-term – Positive roles

- Cortisol
 - Action in response to stress
 - Helps return to baseline
- Cytokines
 - Destroy infiltrating pathogens
 - Repair tissue damage



PARTNERS IN CRIME: CORTISOL & INFLAMMATORY CYTOKINES

Long-term consequences – Negative outcomes

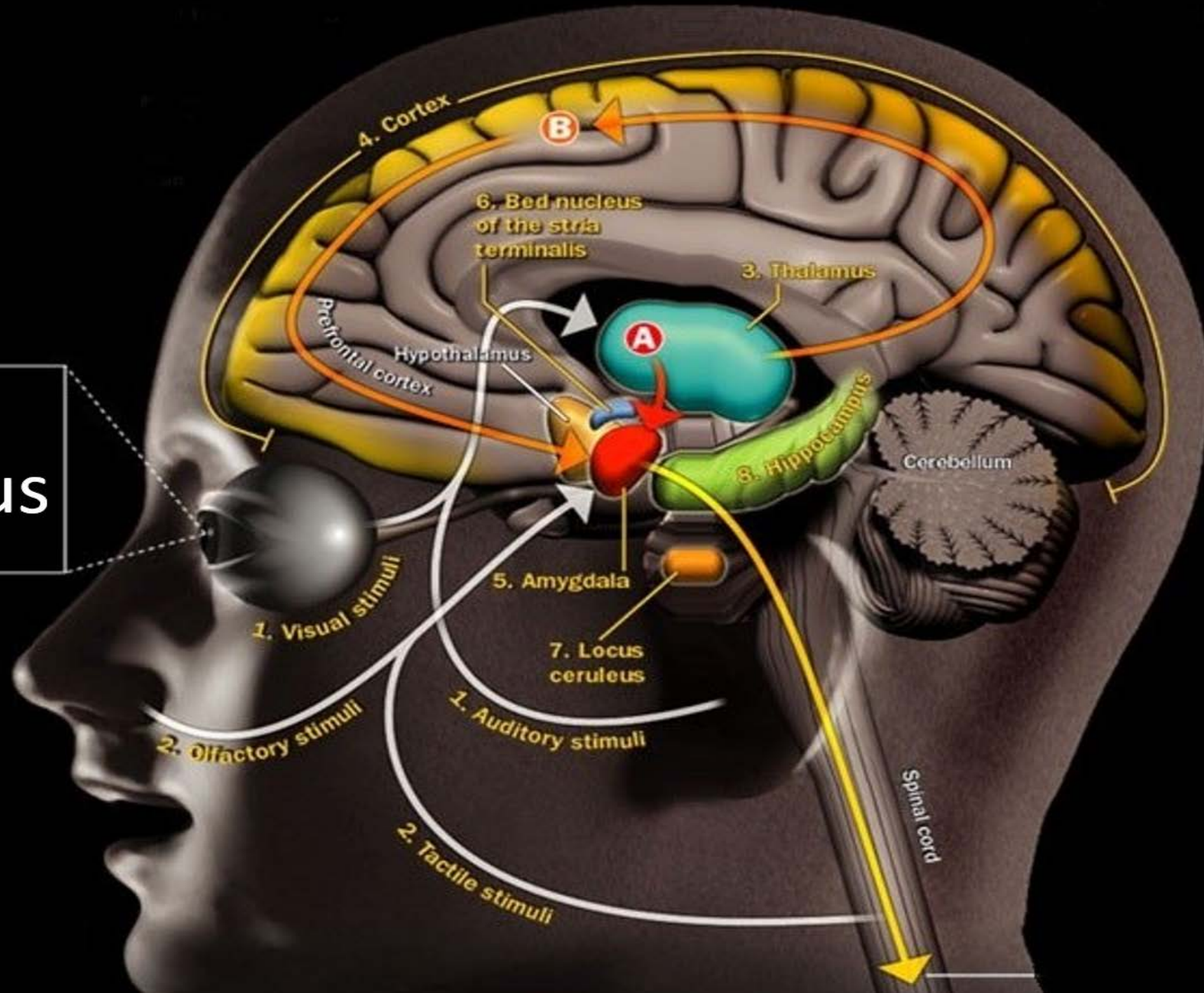
- Cortisol
 - Constant low-level release (poverty, homelessness, dysfunctional family) limits normal stress response
 - Overdevelops sympathetic nervous system at expense of cognitive ability and emotional regulation (parasympathetic break)
 - Becomes toxic
- Cytokines
 - Damage tissue
 - Tissue damage creates opportunities for disease to develop
 - Responsible for many symptoms leading to high utilization

CUP ANALOGY: ROBUSTNESS CAPACITY

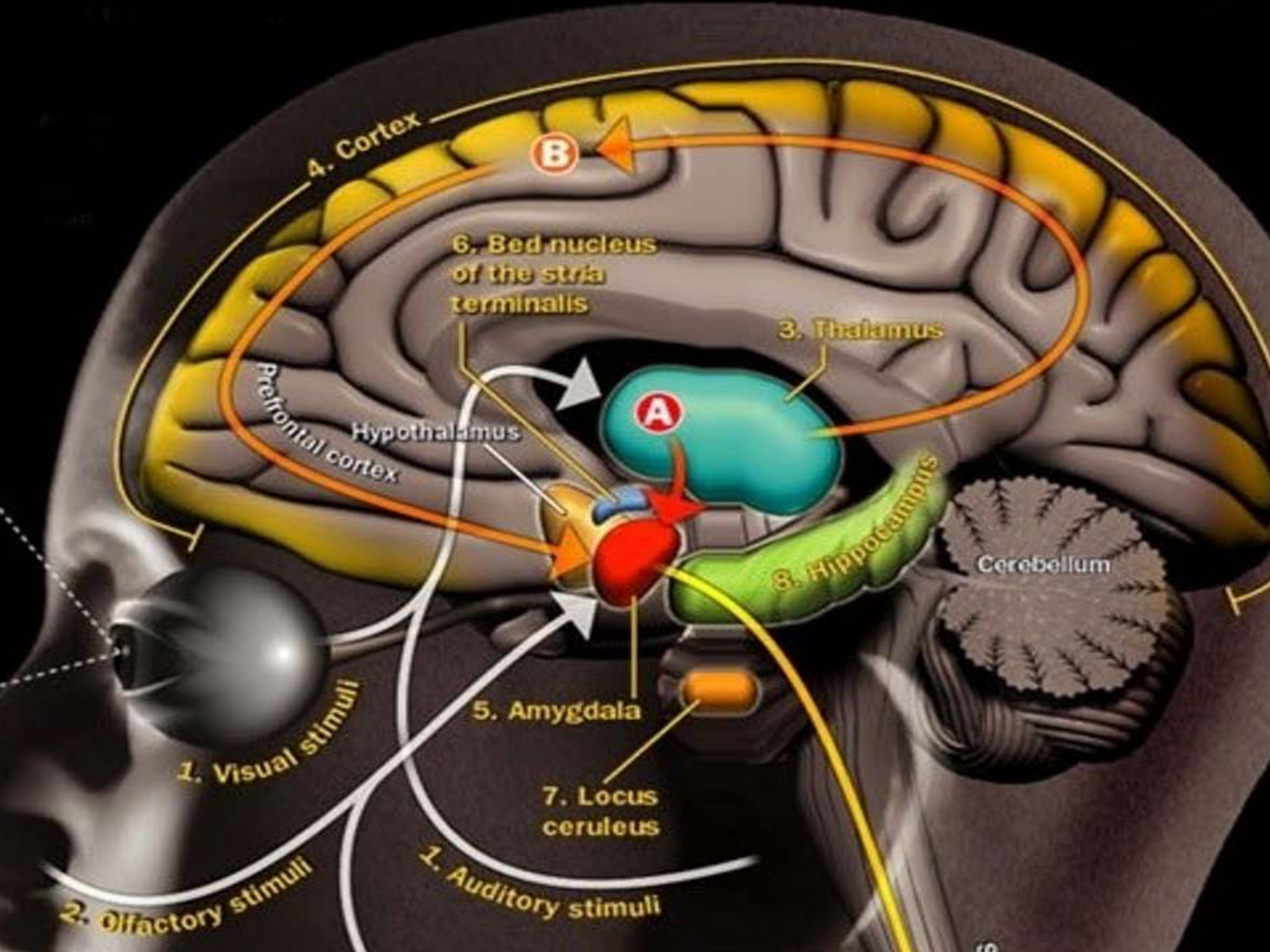
- Capacity of stress/trauma an individual can hold
 - Increased by:
 - Healthy lifestyle, healthy relationships, resiliency, and self-confidence
 - Decreased by:
 - Unhealthy lifestyle, dysfunctional relationships/environment, poverty, homelessness, addiction, trauma, and long-term intense stress



Stimulus



Adapted from Time Magazine Article by Joe Letola and Alice Park



CUP ANALOGY: ALLOSTATIC LOAD

- Intensity: Duration, importance, and uncertainty
- Hyperstress: Levels stay high for long periods of time
- Trauma: Submersion in water, overwhelming capacity
- Passive Trauma: Submersion continues without help
- Complex Trauma: Constant flooding
- Unresolved Traumatic Memories: Rocks in the cup



WINDOW OF TOLERANCE

Hyperarousal Zone (Flight/Fight): Increased sensation; emotional reactivity; hypervigilance; disorganized cognitive processing

Rigidity

Chaos



Window of Tolerance: Flexible; adaptive; coherent; energized; stable

Rigidity

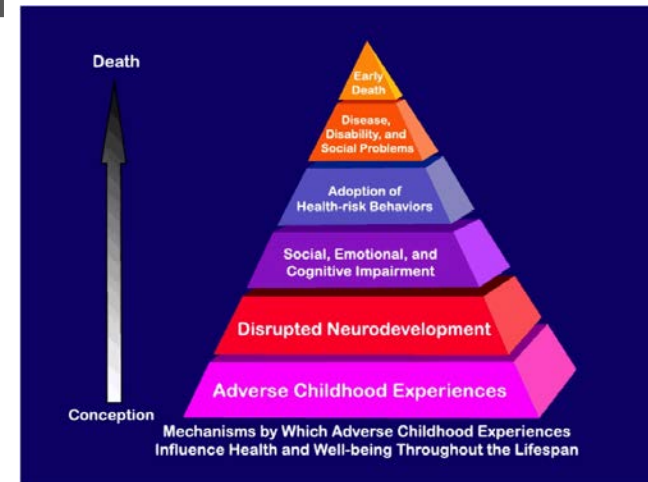
Chaos

Hypoarousal Zone (Freeze): Relative absence of sensation; numbing of emotions; disabled cognitive processing; reduction of physical energy

TRAUMA & MENTAL HEALTH

“If child abuse and neglect were to disappear, the Diagnostic and Statistical Manual would shrink to the size of a pamphlet and the prisons would be empty in two generations.”

-John Briere, PhD

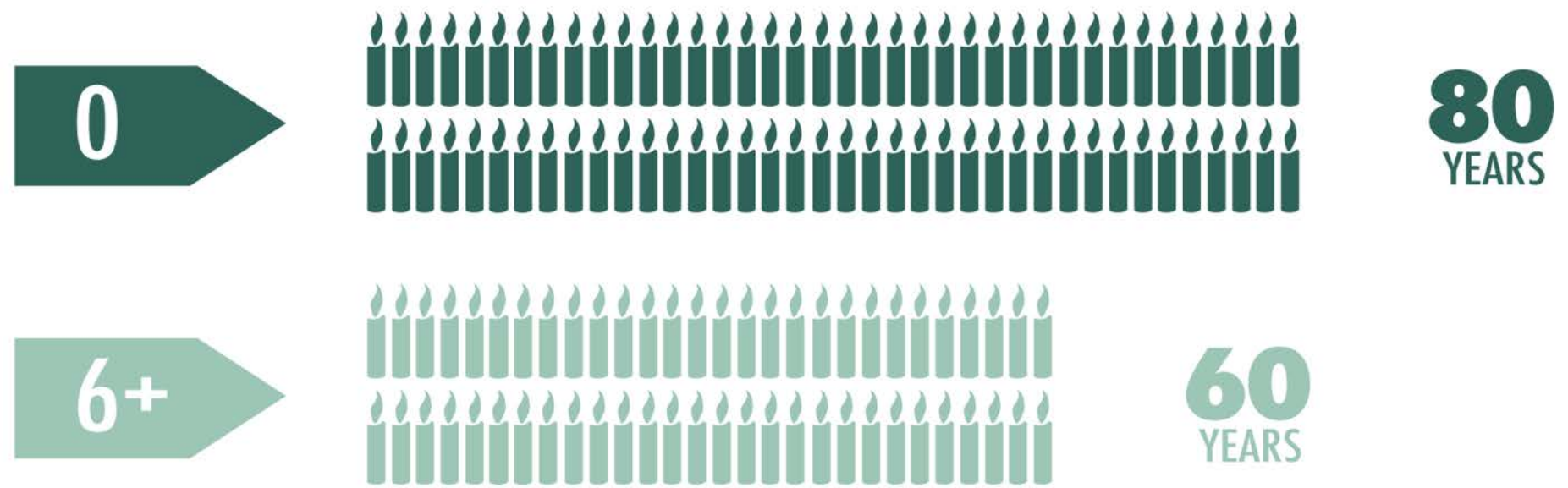


MEDICAL ISSUES & TRAUMA

- Heart attack
- Miscarriage
- Falls
- Multiple sclerosis
- Stroke
- Gastrointestinal issues
- Obesity
- Autoimmune disease
- Fibromyalgia
- Cancer
- Lung disease
- Diabetes
- Asthma
- Headaches
- Ulcers
- Lupus
- Chronic fatigue
- Liver disease

LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



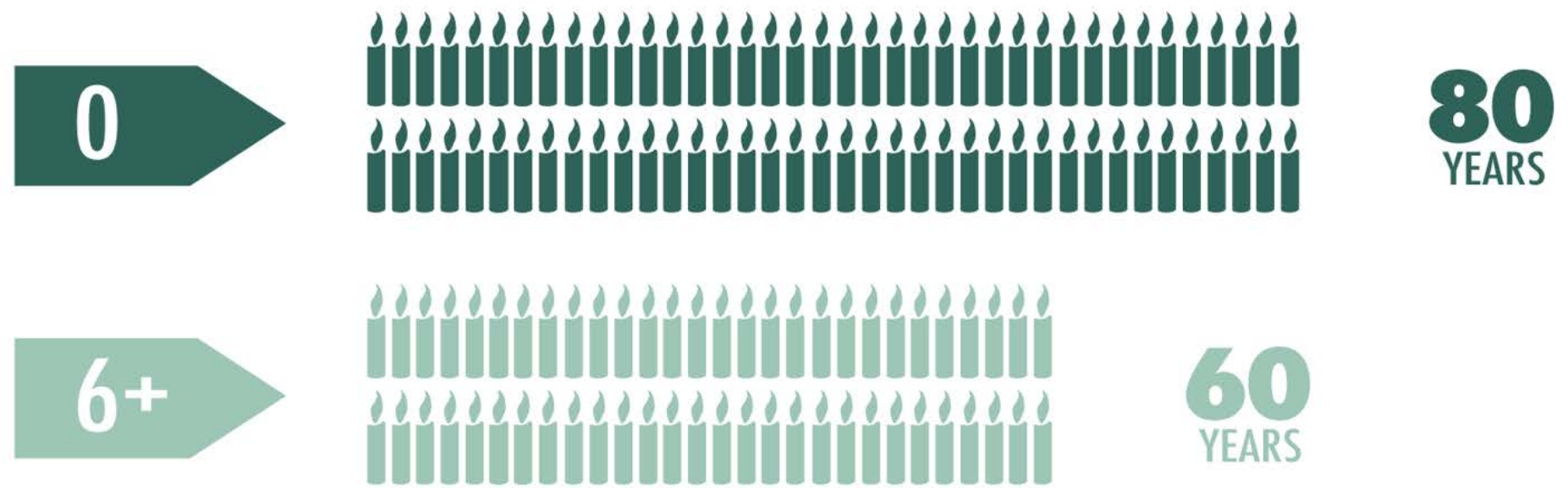
Incarcerated Relative



Substance Abuse

LIFE EXPECTANCY

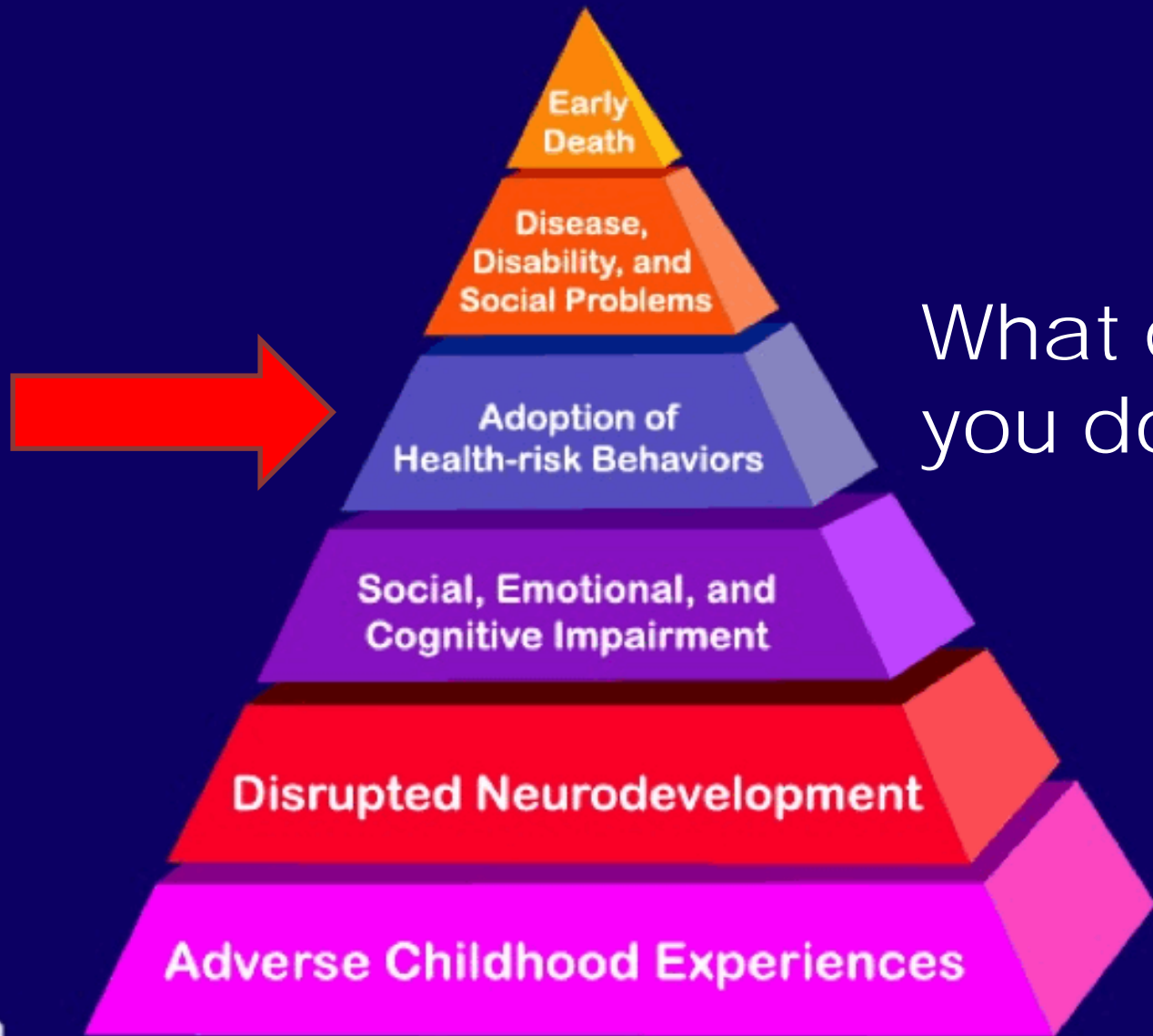
People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



Death



Conception



What did you do?

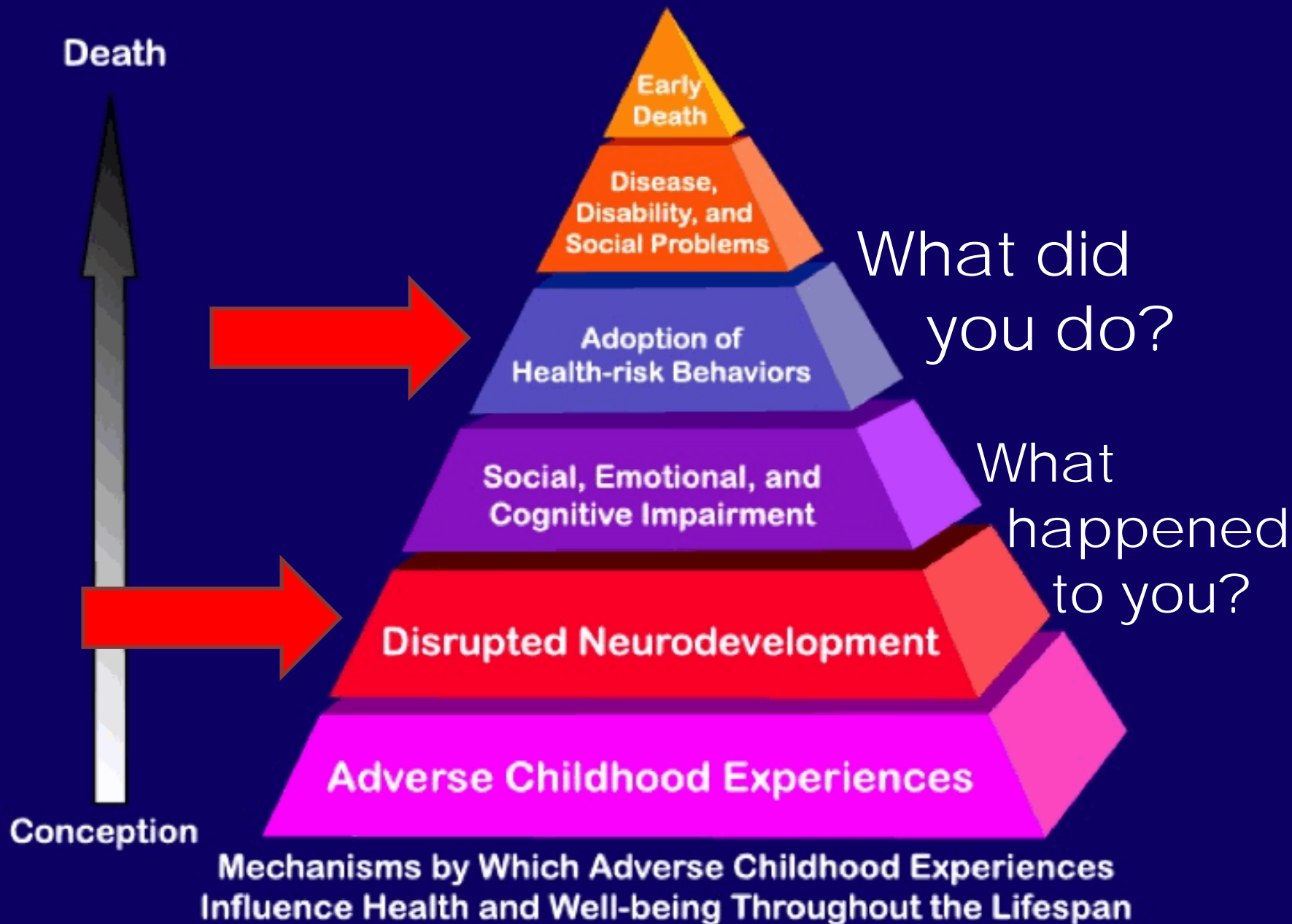
Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

VINCENT FELITTI, MD

“...it is easier to respond to the symptoms that a patient is presenting in the moment, than it is to understand why that problem exists in the first place, especially if the problem is chronic. But when physicians seek to understand people’s lives as well as their biomedical bodies and symptoms, we create a new possibility for patients to find wellness.”

CURRENTLY

- Total lifetime cost of child maltreatment is \$124,000,000,000 annually
- Lifetime medical expenses: \$210,120 per maltreated person



PATIENTS WHO DISCUSSED ACE SCORES WITH THEIR PROVIDER

- 35% reduction in medical visits
- 11% reduction in ER visits

CALL TO ACTION

- How can you better assess/discuss trauma with your patients?
- What community partners could benefit from discussions surrounding trauma?

THE ABYSS: ADDICTION, HOMELESSNESS, AND TRAUMA

OCTOBER 26TH 3PM EST

- State the relationship between trauma and addiction
- Utilize models to help patients and staff understand the addiction cycle
- Be able to explain the science behind addiction

Matt Bennett, MBA, MA
Coldspring Center for Social & Health Innovation
coldspringcenter.org

bennett@coldspringcenter.org
coldspringcenter.org/mattsmumblings
facebook.com/coldspringcenter
twitter.com/Matts_mumblings

