The Impact and Correlation of Trauma and Substance Abuse

Pastor Greg Delaney
Contributions:
Danielle Ratcliff C.O.O. R4T
& Dr. Elizabeth Delaney
OBJECTIVES FOR THIS SESSION...

INTRODUCE, DEFINE, AND EXPLORE ACE – ADVERSE CHILDHOOD EXPERIENCES and TRAUMA

HOW WE CAN RESPOND via a TRAUMA INFORMED LENS

CORRELATE ACE TO TRAUMA and HOW BOTH CONTRIBUTE TO ADDICTION

OFFER OPPORTUNITIES to BE TRAINED
LET’S START WITH A “SUMMARY”
LET’S DIG A LITTLE DEEPER!
Adverse childhood experiences (ACEs) are potentially traumatic events that occur between 0-17 years of age that can have negative, lasting effects on health and well-being - SAMHSA

The ACE Score can range from "0", meaning no exposure to the ten categories of child abuse and trauma investigated by the Study, to "10", meaning exposure to all ten categories.

The Study found the higher the ACE Score, the greater the risk of experiencing poor physical and mental health, and negative social consequences later in life.
<table>
<thead>
<tr>
<th>Abuse</th>
<th>Neglect</th>
<th>Household Dysfunction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical</td>
<td>Physical</td>
<td>Mental Illness</td>
</tr>
<tr>
<td>Emotional</td>
<td>Emotional</td>
<td>Incarcerated Relative</td>
</tr>
<tr>
<td>Sexual</td>
<td></td>
<td>Mother treated violently</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Substance Abuse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Divorce</td>
</tr>
</tbody>
</table>

12% (4) and (6)
Trauma
Trauma

Any experience that leaves a person feeling hopeless, helpless, fearing for their life/survival, their safety. This experience can be **REAL or PERCEIVED.**
Trauma is a sensory experience because of what happens to the brain and memory during trauma.
# Functions of the Brain

<table>
<thead>
<tr>
<th>Right Brain (Sensory)</th>
<th>Left Brain (Thinking)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Senses</strong></td>
<td>Language</td>
</tr>
<tr>
<td><strong>Memory</strong></td>
<td>Reasoning</td>
</tr>
<tr>
<td><strong>Affect</strong></td>
<td>Thinking</td>
</tr>
<tr>
<td><strong>Emotional Regulation</strong></td>
<td>Understanding/Processing</td>
</tr>
</tbody>
</table>

- **Right Brain (Sensory)**: Senses, Memory, Affect, Emotional Regulation
- **Left Brain (Thinking)**: Language, Reasoning, Thinking, Understanding/Processing
Left Brain and Right Brain

Both brain hemispheres are affected.

The first thing that happens is that the **left and right brain don’t integrate and work together** – There is no cooperation between the two hemispheres.
FIGHT or FLIGHT

**Noticeable Effects**
- Pupils dilate
- Mouth goes dry
- Neck + shoulder muscles tense
- Heart pumps faster
- Chest pains
- Palpitations
- Sweating
- Muscles tense for action
- Breathing fast + shallow = hyperventilation
- Oxygen needed for muscles

**Hidden Effects**
- Brain gets body ready for action
- Adrenaline released for fight/flight
- Blood pressure rises
- Liver releases glucose to provide energy for muscles
- Digestion slows down or ceases
- Sphincters close = then relax
- Cortisol released (depresses the immune system)
THE NOSE KNOWS

A Little Experiment
RESPONSES AND ROUTINES
Why Victims of Trauma Turn to Substance Abuse

There are many reasons why some turn to substance abuse after experiencing a traumatic event. **While alcohol and drugs may initially help to manage trauma’s IMPACT,** addiction inhibits people from healing from the trauma. Over time, **the seeming “cure” becomes physically and emotionally damaging just like the traumatic event.**

“Self Medication”
SOME SIMPLE STEPS TO “SERVE”

Switch the NARRATIVE

Move from WHAT is WRONG to WHAT HAPPENED
What we picture when we hear “alcoholic” or “addict”:

- Addict, Alcoholic, Drug Abuse, Substance Abuse, Junkie, Felon, Criminal, Relapse, Addiction as a disease, Crackhead, Pothead, Low-life, Fiend, Tweefer, Stoner, Druggie

“Words are important, if you want to care for something, you call it a flower; if you want to kill something, call it a weed.” –Don Coyhis, White Bison Tribe (FAVOr, 2017)
SOMETIMES ALL IT TAKES IS A HELPING HAND...
Faith based AND OR RECOVERY communities are uniquely designed to offer repentance, honest self-assessment without judgment, and responsible living with spiritual devotion. Because intervention and recovery is a holistic process, faith-based communities are equipped to minister to individuals and their families. Congregations can provide a caring community which fosters acceptance, nurtures self-worth, offers forgiveness, reconciliation and supports spiritual healing and growth.

SOUTHEASTER ATTC – FAITH GATHERING – KELLY MOSELLE
BECOME “TRAUMA INFORMED”

TRAININGS ARE AVAILABLE (FAITH AND SECULAR)
REFERENCES


Helping the Heal – Karen L. Peterson, PHD


https://acesstoohigh.com/2017/05/02/addiction-doc-says-stop-chasing-the-drug-focus-on-aces-people-can-recover/

http://www.search-institute.org/content/40-developmental-assets-adolescents-ages-12-18


ADDITION POLICY FORUM