

Integrated Trauma Treatment Program

Dr. Tracey Smith

Dr. Meghan Golden

SIU School of Medicine: Office of Community Initiatives & Complex Care, in partnership with Sangamon County Court Services

“It may be that those who do most, dream most.”

-Stephen Butler Leacock

Agenda

- Introduction
 - Planes & Police Cars
 - Building Partnerships
- Integrated Trauma Treatment Program, Part 1
 - Serving the Client
- Activity: Obstacles & Opportunities
- Integrated Trauma Treatment Program, Part 2
 - Serving the Legal Professional
- Conclusion: Circles
- Q & A

Everyone has an origin story-here is ours!



Breaking Silos: Building Partnerships

- “Lisa” case example
 - Partnering with SIU Police
 - Attending treatment court meetings and court hearings
 - Bringing others in
- Smoothing pathways
 - Learning what the needs are
 - Building pilots to support larger grants and contracts
 - LEARN Meetings developed
- Legal and medical cultures

Integrated Trauma Treatment Program, Part 1: Serving the Client

What We Provide

Individual and Group Psychotherapy

- Individual
 - Eye Movement Desensitization & Reprocessing
 - Cognitive Processing Therapy
 - Other evidence based modalities
 - Upcoming: Trauma Informed Yoga
- Group
 - Seeking Safety

Linkage to Primary Care and Psychiatric Treatment

- SIU Center for Family Medicine: Comprehensive Care Clinic
- Central Counties Health Center
- Dr. Mary Dobbins, trauma informed care certified psychiatrist

Limited Community Health Work

- This is not current covered by ITTP funding. We have written and received other grant funding to provide this on a limited basis to treatment court participants.

Reaction: Are any needed services missing? What reactions do you have to these service lines?

How We Provide It

Flexibility In Location

- Therapy can be provided in multiple locations
 - Park benches
 - Front porches
 - Homes
 - Library
 - Shelters

Flexibility in Procedure/Compliance

- No “no show” policy
- Spots saved for treatment court participants, assuring access to services
- Ability to work with individuals after graduation through other existing funding sources
- Allowing individuals to return multiple times (Jim example)

Ongoing Communication with the Team

- Probation as liaison and primary contact
- Goal of attending treatment court staffing and hearings monthly
 - Shows support for participants
 - Helps keep team updated of progress and address any obstacles in real time

Reaction: Which of these three are most challenging? Do you have questions or concerns about any of these aspects of ITTP?



Activity: Obstacles & Opportunities

Case: Jen (based on a number of combined ITTP participants, details changed for privacy) is a 27 year old female with three children. She is a friendly and hard working woman who has a great sense of humor and often makes others laugh. She has been able to maintain employment throughout adulthood despite many challenges. Two children live with their father and see Jen on a sporadic basis. Her third child has a different father who has never been involved. This child was removed from Jen's care at age 2 and was adopted by caring foster parents. They send Jen annual birthday and Christmas pictures but have not been willing to allow phone or in person contact due to Jen's ongoing addiction to cocaine and heroin. Jen resides with an ex boyfriend who has been violent in the past. She has a GED and works as a waitress at a local restaurant. She completed substance abuse inpatient treatment and has attended outpatient treatment for three months. She was referred to ITTP after discussing a history of physical and sexual abuse during childhood, as well as a sexual assault that occurred three years ago. She denies ongoing violence in her home but probation officer suspects possible continued violence as evidenced by some bruising. She is a skilled waitress and has been allowed to help with business aspects of the restaurant she works for. She trains new servers.

- Do you notice anything about how this case is presented?
- What are possible obstacles to helping Jen stay clean and progress in trauma therapy services?
- Where are opportunities to intervene? Where are strengths that can be supported, highlighted, and built on?

Integrated Trauma Treatment Program, Part 2: Serving the Legal Professional

Training: How Being Trauma-Informed Improves Criminal Justice System Responses

- SAMSHA's GAINS Center has developed training for criminal justice professionals to raise awareness about trauma and its effects. This training has the following goals:
 - Increase understanding and awareness of the impact of trauma
 - Develop trauma-informed responses
 - Provide strategies for developing and implementing trauma-informed policies
- Who is a "legal professional?"
 - Probation officer
 - Attorney
 - Court employed therapist
 - Judge

Training Content

- Overview of training
 - What trauma is
 - How trauma impacts individuals based on risk and resilience factors
 - Trauma informed care micro level skills
 - Trauma informed care macro level skills
- Other aspects of training
 - Videos with probation officers and clients
 - Interactive activities
 - Action steps

Data from Pilot Study (Unpublished)

- Intro to basics aspects of the study
- When comparing changes that occurred within the three primary training objectives, all three modules showed statistically significant change, with the most change from pre to post survey occurring in the objective of applying TIC concepts to daily practice ($p=0.0016$).
- Changes that occurred from before to after the training
 - The training objective with the smallest change was belief that trauma history is linked to current behaviors ($p=0.0146$).
 - The two objectives that showed more change from pre to post training both focus on building knowledge, with one measuring knowledge gained related to trauma as a general topic, and the other measuring knowledge on ways to apply skills and strategies presented in the training into daily practice.
- What does this mean? Culture and terminology

Conclusion: Circle of Love in South Africa



shutterstock.com • 106310666