

Childhood Trauma: The Impact on Youth, Adults & Our Community

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I have nothing to disclose

Overview



Trauma

- What does it look like?
- What happens later?
- How do you treat it?
- How do you look for it?

Goals

- Trauma is common
- Physical & emotional consequences can be severe
- Symptoms can be treatable
- The impact of trauma affects not only the individual, but the family, and the community

Objectives

- Identify emotional results of trauma
- Identify ways to treat effects of trauma
- Identify long-term physical results of trauma
- Understand the importance of identifying underlying trauma

Case 1

- 19 yo girl with chronic drug problems & depression since age 13.
- Mom was raped on girl's 7th bday.
- Mom traumatized for next 6 years.
- "My life was destroyed from that day forth".
- "He stole my life along with my mom's".
- Girl sober x 8mos now & starting tx for depression.

Case 2

- 50 yo man was stabbed & left for dead on the street.
- He's constantly paranoid that someone's watching him & wont leave home.
- Unable to keep a job. Started drinking.
- He's very jumpy & irritable.
- Chronically depressed
- Nightmares
- Unable to sleep

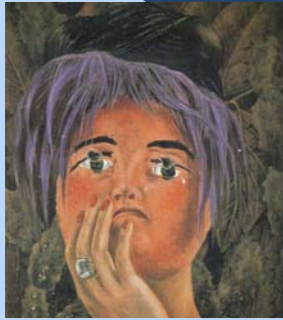
Case 3

- 10 yo girl killed in a drive by shooting.
- She is survived by a 15 yo sister who was walking on the street beside her when this happened.
- She wont leave home
- She is failing in school, started using drugs, & is constantly angry.
- She wonders why her sister died & not her.

Case 4

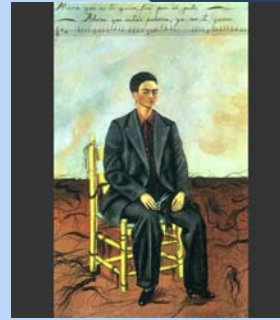
- 30 yo man with diabetes, heroin & alcohol addiction.
- Sexually & physically abused as a child.
- Homeless
- Unable to hold a job.
- Has frequent nightmares & memories about childhood abuse.
- He stays high to ignore the memories.
- Tried to OD x 3.
- Problems trusting.

Does this Sound Like Anyone You Know?



- Sad/depressed
- Suicidal thoughts
- Doesn't think much of themselves
- Cant trust
- Doesn't like to be touched

Or This?



- Hurt themselves
- Illegal behavior
- Angry/rageful
- Drug/alcohol abuse
- Medical problems

How About This?

- Sexual play & behavior (kids)
- Interacts in an overly sexual way with others
- Promiscuous
- Doesn't like emotional closeness



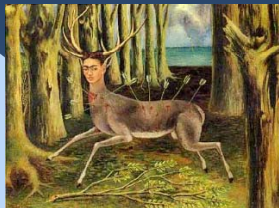
Or This?

- Doesn't talk or mix much
- Clingy behavior
- School problems
- Afraid of new people /situatns
- Doesnt question, just goes along



What's the Common Thread?

- Experienced **trauma at some point** in their life
- Trauma may underly current **physical & emotional** symptoms.



Sources of Trauma

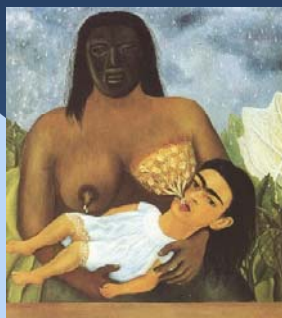
Kids **greater risk** for trauma than adults

- Emotional
- Neglect
- Physical
- Sexual



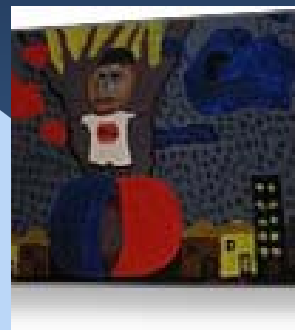
Statistics

- Several 100,00s kids physically abused/yr by parent or close relative
- Thousands die due to abuse
- Child sexual abuse reported up to 80,000x/yr—many more unreported



Sources of Trauma

- Accidents
- Disasters
- Street violence
- Gang violence
- Medical procedures
- Hospitalizations



Sources of Trauma: Witnessed

Witnessed events can be as traumatic as direct experience

- 3-12 million kids/year witness domestic violence in US

- Suicide
- Homicide
- Accidents
- Street violence

Gang Violence

In San Diego County gang violence accounted for

- 13 deaths in 2011
- 13 deaths in 2010



Gang Statistics

- Nearly 800,000 people in US belong to gangs
- Number grows yearly
- Nearly 25,000 gangs active in US
- Nearly 60% of homicides in Los Angeles gang related

Gang Violence

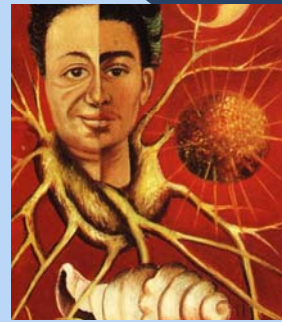
- "Ever since there have been street gangs there have been drive by shootings". "Shootings by gang members have increased as guns on the streets have proliferated. Drive-by killings are a direct result of the availability of firearms. People injure people; guns kill people".

"Report on the State of Los Angeles Street Gangs," Los Angeles County Interagency Gang Task Force, 1999-2000.

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Responses After Trauma



- Thoughts
- Feelings
- Physical
- Behavioral

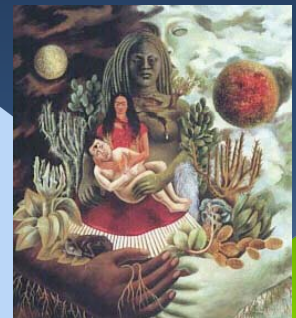
Responses After Trauma



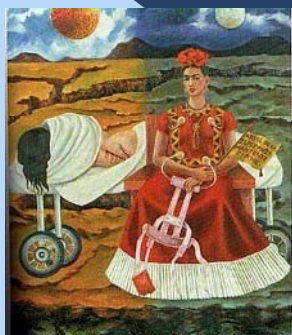
- Course can vary
 - > over time
 - > person to person
- Days
- Months
- Years

Responses within Days

- Read into the events, as if signs for the future
- Senses play tricks
- Memories
- Fears /Dreams
- Behavior change
- Play out events



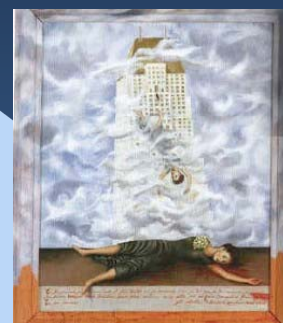
Responses within Months



- Fears/Dreams
- Memories
- Play out what happened
- Feel guilty for surviving while other died or was hurt

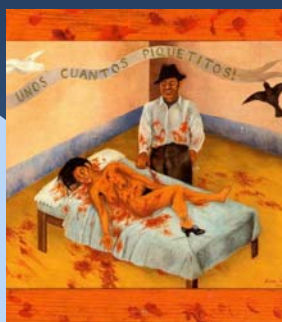
Responses within Years

- Over- focus on event
- Anniversary rxns
- Fear die soon
- Won't get help
- Physical problems
- Become abusive parent themselves



What Else Affects How We React to Trauma

- How were they doing before trauma?
- What happened?
- Were others hurt?
- Were there other stressors?
 - > \$\$\$
 - > Family?



What Else Affects How We React to Trauma

- Pain/worries/sleep
- Stage devlopmt
- Parental reactions
- Available support
- Community response



Case 1

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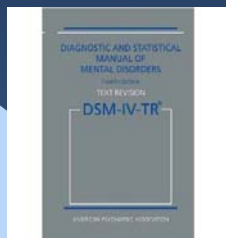
Asking For Help

- Its normal to have a response
 - People are there to help
 - Professionals include
 - > Your doctor
 - > Psychiatrist
 - > Therapist
- Seek help when symptoms
- Don't go away
 - Getting in the way of daily life
 - Cant do what you need to do

Diagnosis: Is it Clinically Significant?

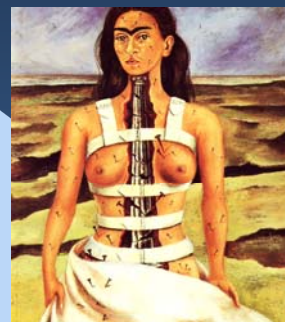
- Acute Stress Disorder (ASD)
- Post Traumatic Stress Disorder (PTSD)
- DSM-IV-TR
- Not always "right"

(Diagnostic & Statistical Manual of Mental Disorders, Fourth Edition, Text Revision, 2000)



Statistics

- PTSD: 8% US general adult population
- ASD: 14-30% US general adult population



Post-Traumatic Stress Disorder (PTSD) Diagnostic Criteria

- ⦿ Exposure
- ⦿ Symptoms
 - > Re-experience (1)
 - > Avoidance (3)
 - > Arousal (2)
- ⦿ Impairment
- ⦿ Duration ≥ 1 mo
 - > Acute < 3 mos
 - > Chronic ≥ 3 mos
 - > Delayed Onset ≥ 6 months after stressor
- ⦿ Exclusions

PTSD Diagnosis: Exposure

- ⦿ Experienced/ witnessed/ confronted with event
- ⦿ Actual or threatened death or serious injury
- ⦿ And Response (1)
 - ⦿ Fear
 - ⦿ Helplessness
 - ⦿ Horror
 - ⦿ Change behavior

Re-experiencing Symptoms

- ⦿ Nightmares/ *w/o recognizable content
- ⦿ Memories/ *repetitive play
- ⦿ Feel as if happening again/ *reenactment
- ⦿ Emotional upset if see reminders/ person again
- ⦿ Physically react to reminders

Avoidance Symptoms

- ⦿ Avoid thoughts/ feelings/ conversations
- ⦿ Avoid activities/ people/ places
- ⦿ Cant remember major parts of trauma
- ⦿ Less interested in activities
- ⦿ Not emotionally close to others
- ⦿ Little emotional expression
- ⦿ Feel wont live long/ die soon

Arousal Symptoms

- Irritability
- Problems sleeping
- Problems concentrating
- Jumpy at loud or sudden noises/movements
- Suspicious checking out the area

Acute Stress Disorder (ASD) Diagnosis--Criteria

- Must experience or witness trauma
- Symptoms
 - > Dissociation (3)
 - > Re-experience (1)
 - > Avoidance
 - > Arousal
- Can't do what they need to do
- How long does it last
 - > ≥ 2 days- ≤ 4 wks
 - > w/in 4 wks event
- Exclusions

Differential Diagnosis: What Else Could It Be?

- Acute stress disorder
- Panic disorder
- Generalized anxiety disorder
- Major depressive disorder
- Psychosis
- Attention deficit/hyperactivity disorder (ADHD)
- Substance abuse
- Dissociative disorder
- Conduct disorder
- Anti-social personality disorder

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Responding to Child Abuse

Response **critical**
to healing &
resolution

- What to **say**

- > Take it seriously
- > Assure did right thing in telling
- > Not to blame

- What to **do**

- > **Report** suspicion child abuse
 - Child Protection Services(CPS)
 - Police

Responding to Trauma

- Maintain normal routine as much as possible

- Normalize reaction
- Eat well
- Drink water
- Sleep/ rest

- Get help

- > Doctor
- > Therapist
- > School
- > Church
- > EAP
- > Friends
- > Family

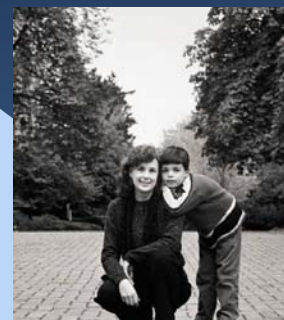
Goals of Treatment

- Regain trust & self confidence
- Family learn new ways of support & communicating with one another
- Parent support
 - > Parent training
 - > Anger management



Treatment Approaches

- Education
- Medication
- Psychotherapy
- Support groups



Medication



Treat

- Worries
- Sadness
- Memories
- Nightmares
- Sleep problems
- Problems thinking
- Suicidal thoughts

Psychotherapy: Talk Therapy



- Individual
- Group
- Family
- Marriage

Support Groups

- Survivors
- Patients
- Family members
- Goals
 - > Not alone
 - > Guidance
 - > Learn from each other




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Adverse Childhood Experiences (ACE) Study

Relationship of

- Physical health & risk behavior as **adults** to
- Abuse & family dysfunction as **children**



(Filetti et al 1998, AJPM)

1998, AJPM)

Adverse Childhood Experiences (ACE) Study

- **Questionnaire** adverse child experiences
- Mailed to 13,904 adults who had completed a standard medical evaluation at Kaiser SD
- 70% of people responded: **9,508 adults**
- Average study participant **57 yo**

(Filetti et al 1998, AJPM)


Adverse Childhood Experiences (ACE) Study

- 7 categories of adverse **childhood** experiences (ACE's):
 - > **Psychological** abuse
 - > **Physical** abuse
 - > **Sexual** abuse
 - > Violence **against mom**
 - > **Substance** abuser in house
 - > **Mentally ill** person in house
 - > Previously **imprisoned** person in house

(Filetti et al 1998, AJPM)

Adverse Childhood Experiences (ACE) Study

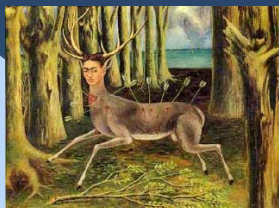
- More ACEs = more adult diseases = **leading causes of death in adults**
 - > Heart disease
 - > Cancer
 - > Chronic lung disease
 - > Skeletal fractures
 - > Liver disease



(Filetti et al 1998, AJPM)

More ACE Findings

- STDs in adults
- Smoking
- Alcoholism
- Depression
- Suicide attempts
- Domestic violence
- Teen pregnancy
 - > Boys w/abuse/ DV



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Why Is It Important to Screen?

- The symptoms of trauma **are treatable**
 - If trauma is the root cause of the problem, then the **trauma needs to be treated,**
- “Like the relation btwn smoke and fire, we need to **treat the underlying fire which may not be visible part of problem (smoke)**”
(Felitti 2002, Permanente J)

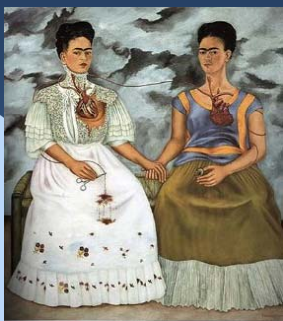
Recommendations: Screen

- If trauma screen for physical sx
- If physical sx screen for trauma
- Screen moms (DV) & kids
- Early intervention
 - > Medical
 - > Psychiatric



Integration

- Mind & body connected
- Successful tx of the results of trauma requires **integration**
 - > Physical &
 - > Mental health
 - > **Child & adult** social services & physical & mental health



Partnership

- Successful tx of the results of trauma also requires **partnership** between
- Individuals,
 - Families &
 - Community
 - **Just like today**



Summary

- Trauma is common
- Physical & emotional consequences can be severe
- Symptoms can be treatable
- The impact of trauma affects not only the individual, but the family, and the community

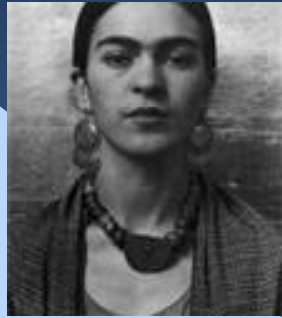
Hope & Resiliency

The capacity to **survive and thrive** in the face of adversity.



Frida Kahlo: 1907- 1954

- Accident age 16
- Over 30 surgeries
- Leg amputated
- Bed bound
- Chronic pain
- Alcoholic
- Pain pill addict
- Severe depression
- Chaotic relnshps



Turning Trajedy into Art: Focusing on Strength



"I am not sick. I am broken. But I am happy as long as I can paint."

Frida Kahlo 1907-54

