

Trauma, TREM and Transformation

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Agenda

- Transformation project history
- Trauma Treatment vs. Trauma Informed Systems of Care
- Persons served
- Screening tools
- What happens if someone is triggered?
- Trauma Recovery and Empowerment Model (TREM)
- Getting started
- Panel Q and A

The Transformation Project

- 2010 SAMHSA awarded 20 grants, second round
- Collaboration between the STL Mental Health Board, Places for People, Saint Patrick Center, Queen of Peace Center, NAMI STL and MIMH
- Partners Saint Louis City Housing, DMH and Consumers
- Focus on homeless and those at risk of becoming homelessness
- Provided for expansion of existing services-Outreach and Assertive Community Treatment

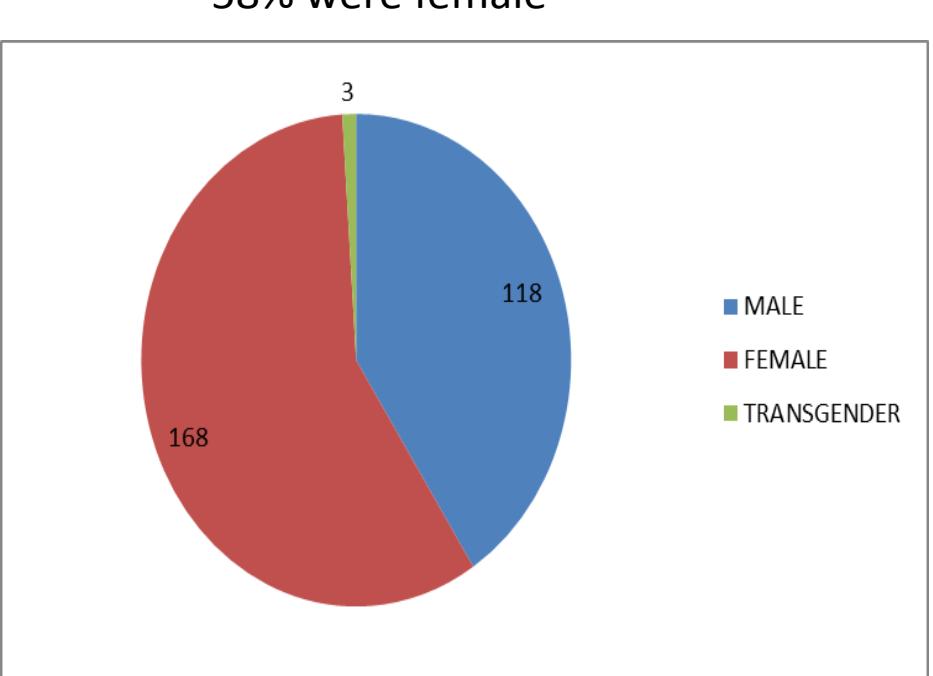
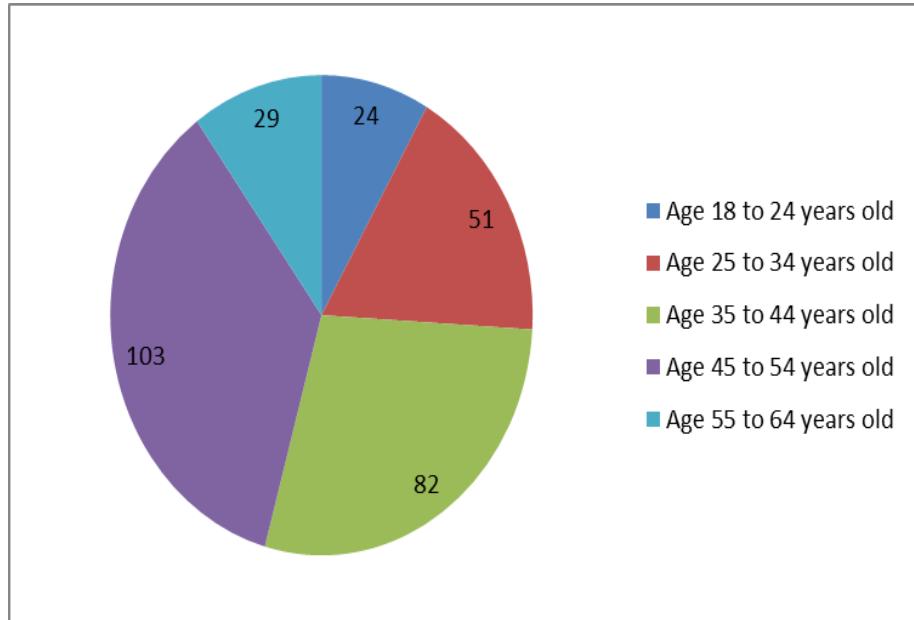
Transformation Project

- Provided for implementation of new evidenced based practices
 - Illness Management and Recovery (IMR)
 - Trauma Recovery and Empowerment Model (TREM)
 - Critical Time Intervention (CTI)
- System change
 - Housing funders group
 - Advocacy at the state level
 - Trauma Informed Systems of Care(TISC)

Trauma Interventions vs. Trauma Information Systems of Care

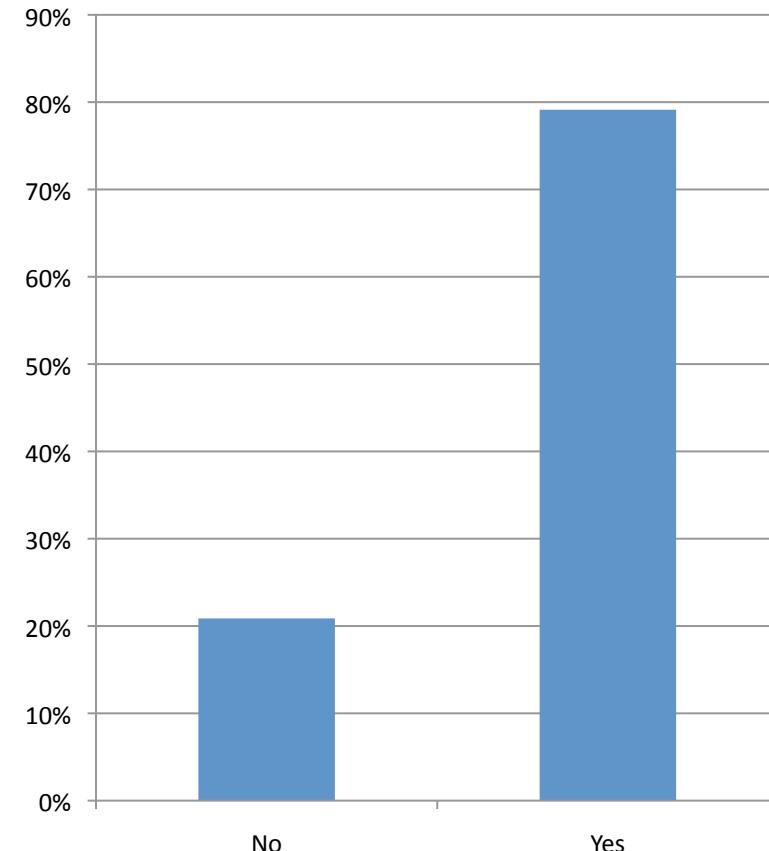
- Trauma Informed Systems of Care addresses how we welcome, treat, interact and care for individuals seeking services that have experienced trauma.
- Trauma interventions are targeted services to reduce trauma related symptoms and promote empowerment and recovery

Persons Served

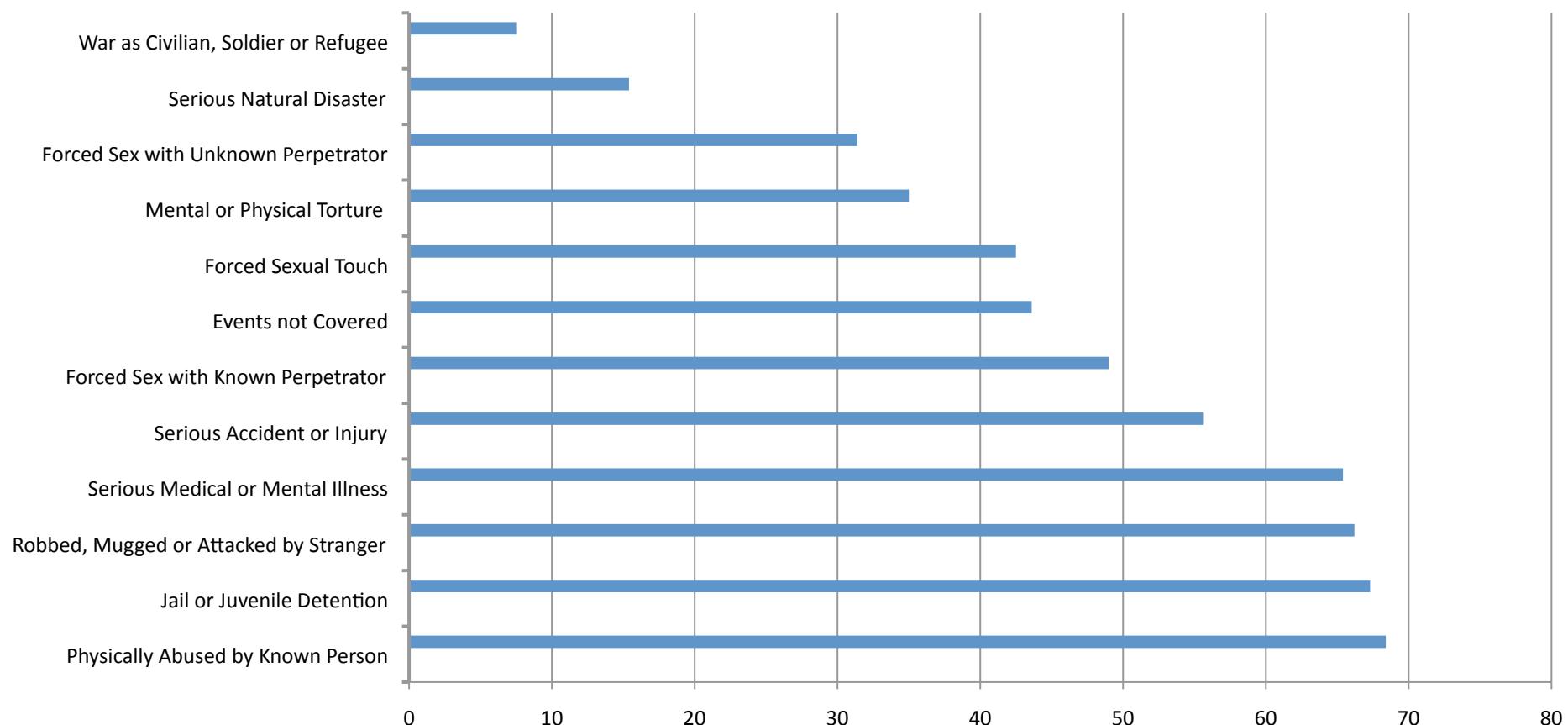


Consumer Report of Any Type of Trauma Experienced in their Lifetime at Initial Interview

- Trauma includes:
 - Physical Abuse
 - Sexual Abuse
 - Emotional/Psych Abuse
 - War/ Terrorism
 - Natural Disasters
 - Community School Violence



Consumer Report of Any Type of Trauma Experienced in their Lifetime at Initial Interview



Consumer Summary

- 100% Were diagnosed with a mental illness such as depression, anxiety, bipolar disorder, PTSD or schizophrenia
- 79% Reported a history of trauma
- 86% Had some level of substance use
- 79% Unstable Housing
- 49% Reported Fair or Poor Health
- 92% Reported being disabled or unemployed

Screening Tools

- PCL-C (PTSD Checklist-Civilian Version)
 - Self or clinician administered, 17 items, symptoms only
- Life Event Checklist (LEC)
 - Self or clinician administered 17 items, experiences only
- Posttraumatic Diagnostic Scale (PDS)
 - Clinician administered 30 items, experiences and symptoms

PCL-C

- Disturbing memories
- Disturbing dreams
- Reliving the event
- Feeling upset when reminded
- Physical reactions
- Avoiding thinking about
- Avoiding activities
- Trouble remembering
- Loss of interest
- Feeling distant
- Feeling emotionally numb
- Feeling future cut short
- Sleep disturbance
- Irritable, angry
- Difficulty concentrating
- Being super alert
- Feeling jumpy

Life Event Checklist

- Natural disaster
- Fire or explosion
- Transportation accident
- Serious work, home, recreational accident
- Exposure to toxic substance
- Physical assault
- Assault with a weapon
- Sexual assault
- Uncomfortable sexual experience
- Combat or war exposure
- Captivity
- Life threatening illness or injury
- Severe human suffering
- Sudden violent death
- Sudden death of someone close to you
- Serious injury, harm or death you caused
- Any other very stressful event

PDS Questions

- Serious accident
- Natural disasters
- Physical abuse by a known or unknown person
- Forced sex with a known or unknown person
- War, civilian soldier or Refugee
- Sexual touching
- Jail/ juvenile detention
- Torture
- Serious Illness
- Open ended

PDS Symptom Questions

- Upsetting thoughts or images
- Bad dreams or nightmares
- Reliving the event
- Upset/ physical reactions when reminded
- Tried not to think about it
- Avoidance of reminders
- Not been able to remember
- Less interest in activities
- Felt distant from others
- Felt emotionally numb
- Future plans won't come true
- Sleep disturbance
- Irritable, angry
- Overly alert
- Easily startled

What happens when someone is triggered?

- Grounding is a particular type of coping strategy that is designed to immediately connect an individual with the present moment and is used as a way of coping with flashbacks or dissociation.
- Grounding techniques often use the five senses (sound, touch, smell, taste, and sight) to immediately connect people with the here and now.

Grounding Techniques

- The Four “W’s”-A way to guide the individual back to the present by slowly and calmly explaining who, where, when and what.
- Directed Awareness-The use of the senses to guide an individual away from internal (past) focus to aspects of the present situation through visual, auditory and tactile sensation.

Grounding Techniques

- Focusing exercises by asking to recite information about herself such as name, address, age, phone.
- Focusing exercises through guided stretching or relaxation.
- Different techniques work for different people

National Capital Center for Trauma Recovery and Empowerment, Community Connections,
Washington DC



The TREM Model History

- Community Connections, Washington DC. (1984)
 - No effectiveness without addressing history of trauma.
- 5 years, 27 Clinicians, 500 Participants through consensus
- 30 States, 1500 Facilitators
- Evidenced Based Practice (nrepp.samhsa.gov)

TREM Model at a Glance

- Group Educational Intervention
- Co-facilitated with gender requirement
- Group size varies 8-10 (varies based on symptoms and communication)
- Goal is not to reprocess traumatic experiences
- Empower, educate, develop skills and reduce symptoms
- 24-33 Sessions
- 75 minutes each
- Consecutive weeks

TREM Modules Basics

- Each session lists a session rationale
- Each session has stated goals
- Each session has a list of questions
- Each session has an experiential exercise
- Each session lists typical consumer responses
- Many sessions have personal stories
- Leader's notes

TREM Modules-Empowerment

- Introductory session
- What it means to be a woman
- What do you know and how do you feel about your body
- Physical boundaries
- Emotional boundaries: Setting limits and asking for what you want

TREM Modules-Empowerment

- Self Esteem
- Developing ways to feel better: Self soothing
- Intimacy and trust
- Female sexuality
- Sex with a partner
- Transition sessions from empowerment to trauma recovery

TREM Modules-Trauma Recovery

- Gaining an understanding of trauma
- The body remembers what the mind forgets
- What is physical abuse
- What is sexual abuse
- Physical safety
- What is emotional abuse
- Institutional abuse

TREM Modules-Trauma Recovery

- Abuse and psychological or emotional symptoms
- Trauma and addictive or compulsive behavior
- Abuse and relationships

TREM Modules-Advanced Trauma Recovery Issues

- Family-myths and distortions
- Family life: current
- Decision making: trusting your judgment
- Communication: making yourself understood
- Self-destructive behaviors
- Blame, acceptance and forgiveness
- Feeling out of control

TREM Modules-Advanced Trauma Recovery Issues

- Relationships
- Personal healing

TREM Modules-Closing Rituals

- Truths and myths about abuse
- What it means to be a woman
- Closing ritual

Sample TREM Exercise

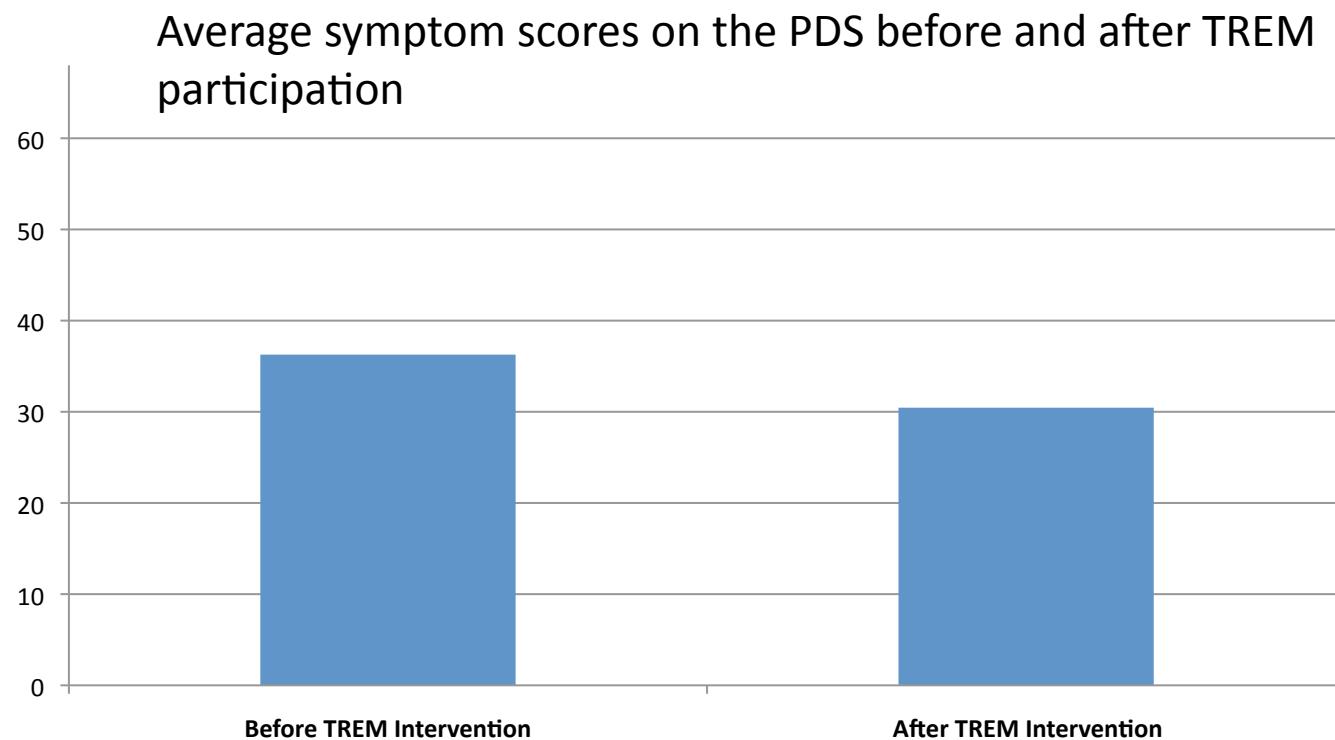
Topic 4: Physical Boundaries

TREM Module Modifications

- Women diagnosed with serious mental illness
- Incarcerated women
- Women who are parents
- Women who abuse
- Male survivors (MTREM)
- Piloted in Missouri at Places for People (TTREM) for transgendered individuals

A Sample of Individuals Receiving TREM Services

Report of Symptoms Before and After



“TREM has been a diamond in the rough to for me. I learned so much about myself in conjunction to trauma, abuse, and neglect, that I feel that I have become a new individual. I feel I have matured and can face reality, life on life terms a lot better. It has given me emotional strength and courage to face the day. It taught me I am not just an important individual, but a loving human being.” – *TREM Graduate*

Implementation: Getting your program off the ground

- Organizational Implementation Strategies
 - Change Team that is empowered
 - Implementation plan and staff and management buy In
 - Identify screening tools, determine thresholds
 - Train facilitators
 - Market the group

Implementation: doing it well

- Provide for facilitator consultation/ supervision
- Consider using three facilitators to start
- Review fidelity
- Determine consumer outcomes to track
- Screen participants for group readiness
- Revise Policies and Procedures
- Train the remaining staff to recognize trauma and trauma symptoms.

Lessons Learned

- Participation must be voluntary
- Closed groups with commitment by participants
- Minimum of Two facilitators
- Screening and recruitment, expect about 50% to finish
- Be flexible with attendance
- Consistent follow up and support for both participants and facilitators
- Allowing individuals to repeat the group if they want
- Condensing the curriculum leads to problems

Fidelity

- TREM fidelity includes session recording and coding of facilitator responses
- Integrate fidelity measures as part of the programs QI process
- Set goals and track outcomes
- Consider outside fidelity reviewers
- Participate in facilitator networks, clinician support forums

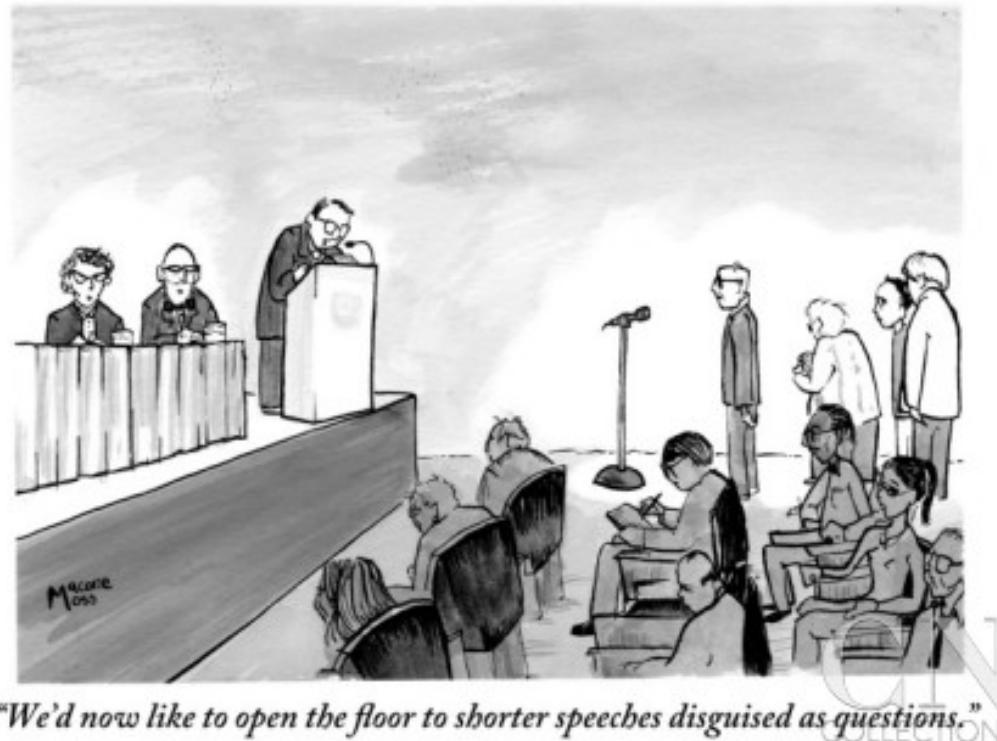
Resources

- Community Connections
 - www.Communityconnectionsdc.org
 - 202-546-1512
 - Provides training, consultation and materials
- National Registry of Evidenced Based Practices
 - www.nrepp.samhsa.gov
 - Provides research, costs, and dissemination information

Special Thanks

- TREM facilitators at Queen of Peace Center
- TREM facilitators at Places for People
- TREM Facilitators at Saint Patrick Center
- Saint Louis National Alliance on Mental Illness
- Participants in the TREM groups and the PhotoVoice project
- Community Connections, Washington DC

Questions



"We'd now like to open the floor to shorter speeches disguised as questions."

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