

# Trauma, TREM and Transformation

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# Agenda

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- 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

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- 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

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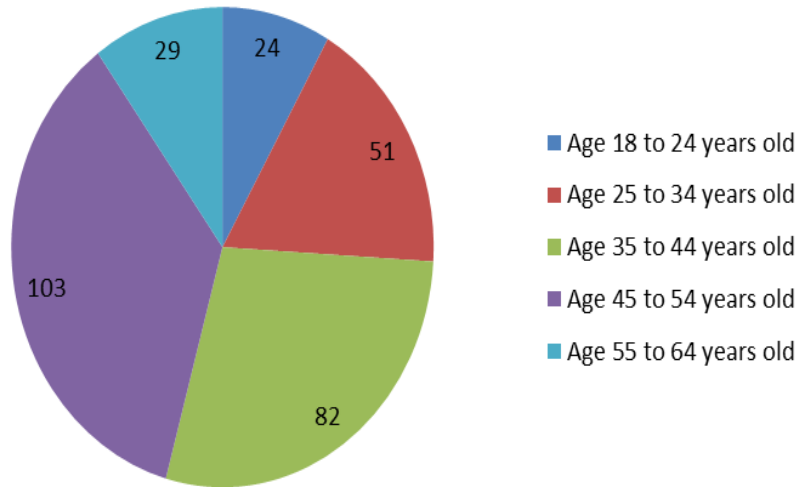
- Provided for implementation of new evidenced based practices
  - Illness Management and Recovery (IMR)
  - Trauma Recovery and Empowerment Model (TREM)
  - Critical Time Intervention (CTI)
- System change
  - Housing funders group
  - Advocacy at the state level
  - Trauma Informed Systems of Care(TISC)

# Trauma Interventions vs. Trauma Information Systems of Care

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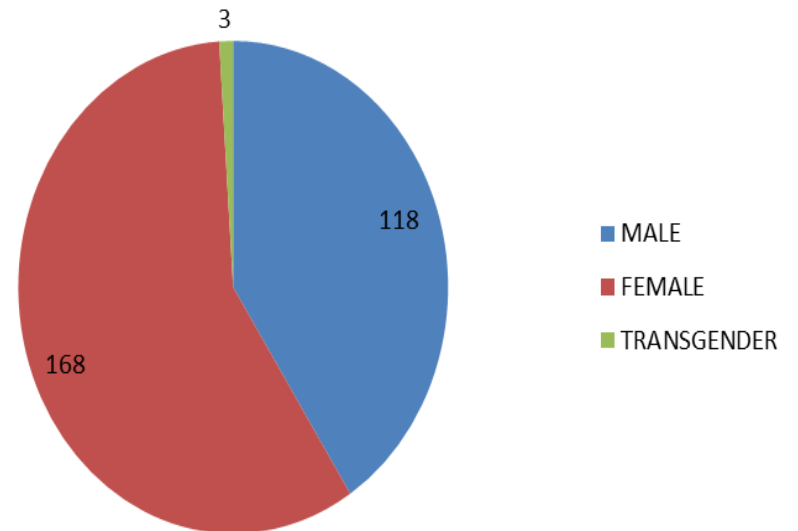
- Trauma Informed Systems of Care addresses how we welcome, treat, interact and care for individuals seeking services that have experienced trauma.
- Trauma interventions are targeted services to reduce trauma related symptoms and promote empowerment and recovery

# Persons Served



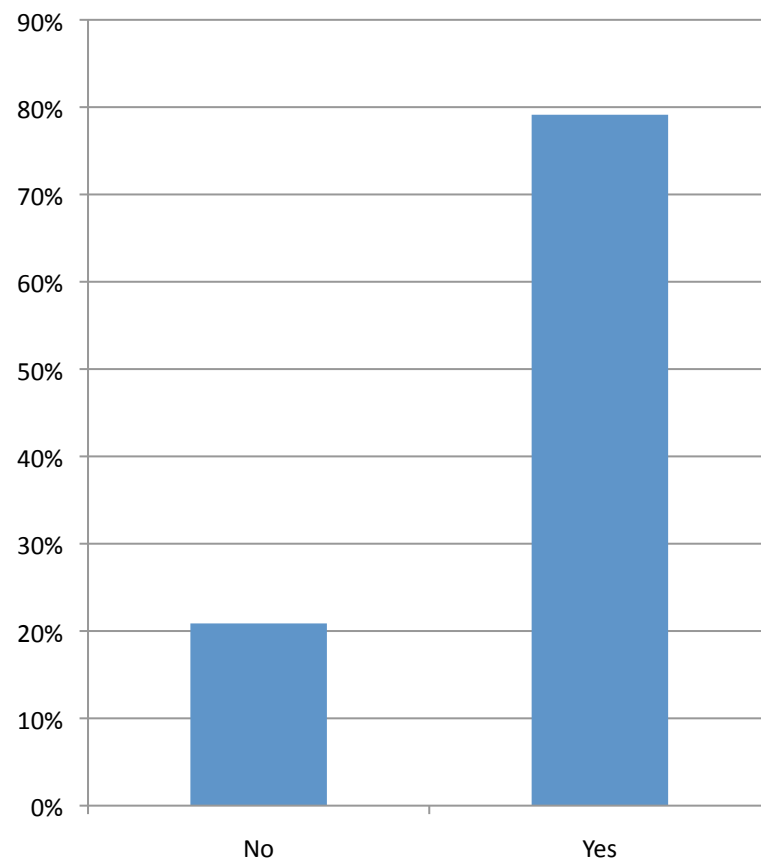
Over half between 35-54

58% were female

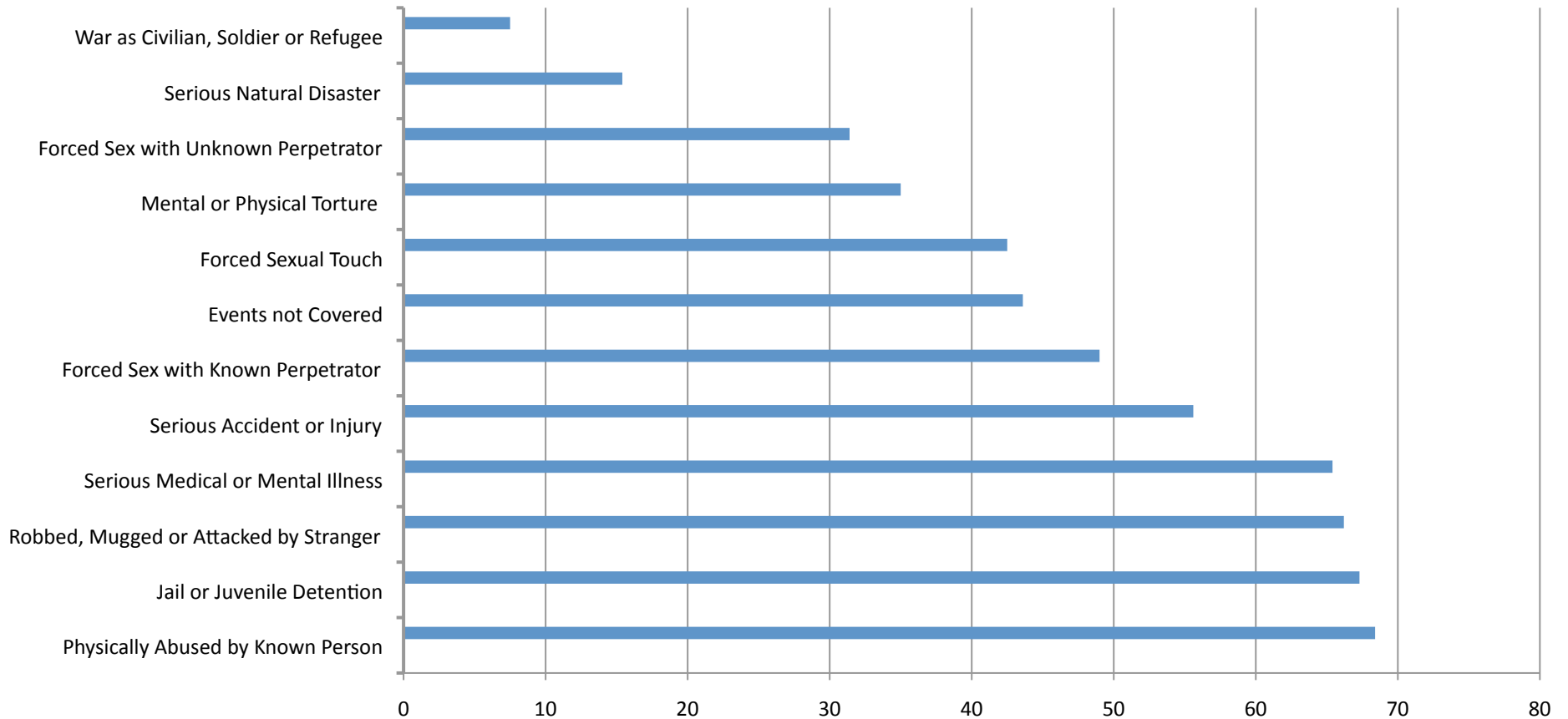


## Consumer Report of Any Type of Trauma Experienced in their Lifetime at Initial Interview

- 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

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- 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

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- 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

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- 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

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- 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

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- 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

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- 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?

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- 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

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- 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 and individual away from internal (past) focus to aspects of the present situation though visual, auditory and tactile sensation.



# Grounding Techniques

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- 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

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- 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](http://nrepp.samhsa.gov))

# TREM Model at a Glance

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- 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

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- 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

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- 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

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- 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

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- 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

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



# TREM Modules-Advanced Trauma

## Recovery Issues

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- 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

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- Relationships
- Personal healing

# TREM Modules-Closing Rituals

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

# Sample TREM Exercise

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## Topic 4: Physical Boundaries

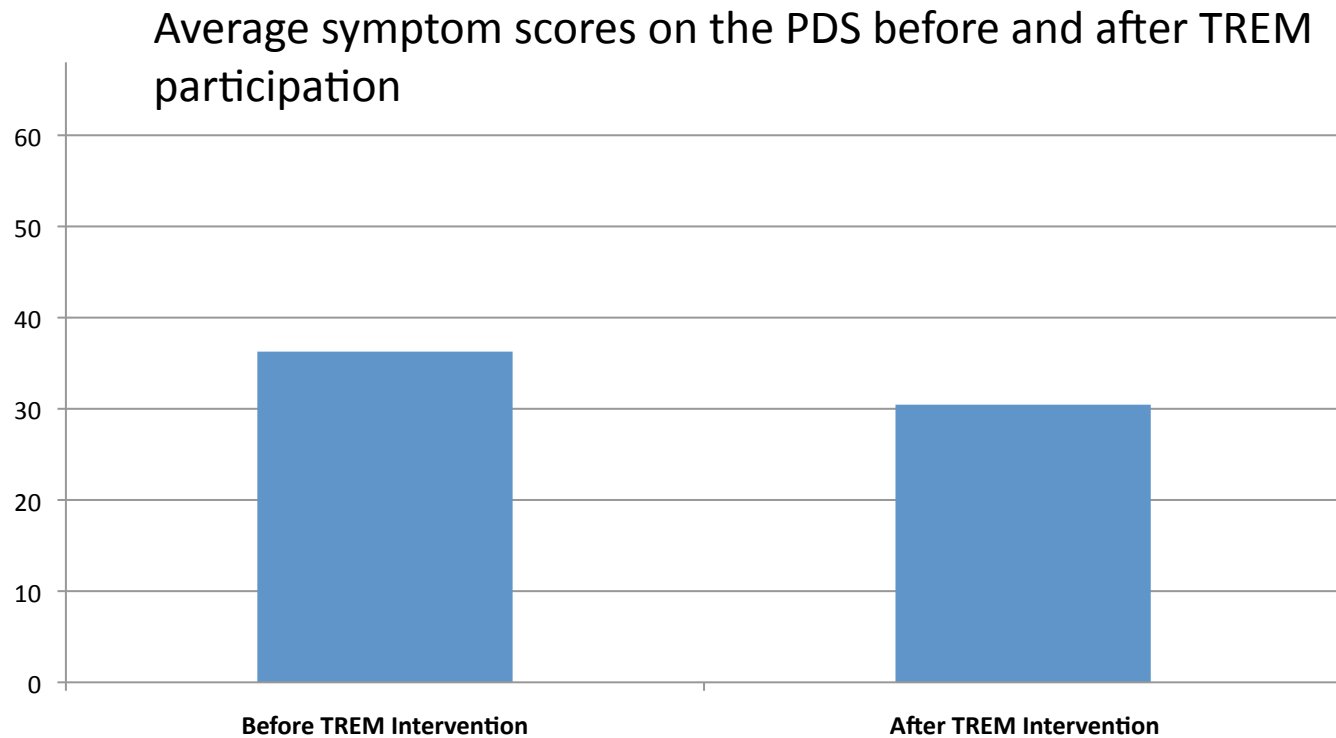
# TREM Module Modifications

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- Women diagnosed with serious mental illness
- Incarcerated women
- Women who are parents
- Woman 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

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**“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

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- 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

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- 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

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- 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

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- 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

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

# Special Thanks

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- 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

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

# Presenter Contact Information

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