



# Community Advisory Forum Minutes

DATE: February 15, 2017

TIME: 2:00 PM – 4:00 PM

LOCATION: Bud Clark Commons  
Multipurpose Room  
655 NW Hoyt St  
Portland OR 97209

ATTENDEES: Alexandra Appleton, Caitlin Campbell, Ashley Chapman, Jessica Mathis, Montgomery-Thompson, Jennifer Rechel, Vi Swiftcloud, Matthew Ulsh, Jill Verbeck, Laurie Pickas, Craig Arrowsmith, Ben Montgomery, Drew Grabham, Kerri Smith Slingerland, Kim Lindev, Jennifer Phillips, Natasha MacDonald, Lynn Boose, Rhea Graves.

## MEETING DISCUSSION

1. Overview: Trauma Informed Care
  - a. Trauma informed care is meant to offer providers a better way to understand trauma and create a system to implement a philosophy of care in how we provide service.
  - b. **Trauma:** refers to an experience or multiple experiences that create a sense of fear, helplessness, or horror and overwhelms a person's resources for coping.
  - c. **Developmental trauma** results from the cumulative unmet developmental needs created from a lack of safety and attachment in childhood.
  - d. **Historical trauma** is the cumulative emotional wounding throughout an individual's lifespan and across generations.
  - e. **Interpersonal experiences** can trigger or activate sensation or memories of trauma, kicking us into fight, flight, or freeze mode.
  - f. **Trauma informed care (TIC):** recognizes that traumatic experiences terrify, overwhelm, and violate the individual.
    - i. Commitment not to repeat these experiences and to restore a sense of safety, power and self-worth.
    - ii. How can we do this on an institutional level?
    - iii. Changing language: "what happened to you?" instead of "what's wrong with you?"
  - g. Replacing unsafe coping mechanisms and skills with more beneficial skills
  - h. Trauma informed care DOES mean:
    - i. We support accountability and foster responsibility of self
    - ii. Skill building empowerment and recognizing strengths
    - iii. Expressing empathy
  - i. What does empathy look like in individuals and families we work with?
    - i. Listen
    - ii. Turn the task list and problem solving off
  - j. Kaiser and CDC evaluated exposure to childhood trauma linked health outcomes
    - i. Here are some highlights from the Adverse Childhood Experiences study

1. 17.5k adults were asked about exposure to adverse childhood effects (ACES)
2. Assessed scores correlated amongst health outcomes.
- k. Self care as a necessary element to continue with service work.
  - i. It's not being selfish to care about your own wellbeing.
- l. Dr. Gabor Mate on addiction and pain:
  - i. He presented the concept that all addictions are painkillers
    1. We should be asking "why is there pain" not "why the addiction"
    2. When looking at societal pressures to avoid pain, how does this impact addiction?
    3. Dr. Mate suggested that more research be done on the normalization of the desire to escape pain in order to better understand addiction.
- m. Contact the trauma informed care presenters with more questions:
  - i. Drew Grabham: [grabham@ohsu.edu](mailto:grabham@ohsu.edu)
  - ii. Kerri Smith Slingerland: [slingerl@ohsu.edu](mailto:slingerl@ohsu.edu)

## NEXT MEETING

Wednesday, March 15, 2017  
2:00 PM – 4:00 PM  
Bud Clark Commons  
Multipurpose Room