

TRAUMA AND YOU: IT'S A GAME CHANGER

J. CORPENING

CHIEF DISTRICT COURT JUDGE

NEW HANOVER AND PENDER COUNTIES, NORTH CAROLINA



HAVE YOU EVER.....



ERICSA: 60 YEARS IN THE MAKING
TRAUMA: A LIFETIME IN THE MAKING



CHIEF JUSTICE'S ACE'S INFORMED COURTS TASK FORCE



OBJECTIVES

- RECOGNIZE (UNDERSTAND)
- LISTEN
- SPEAK
- HOW ABOUT YOU?



IN NORTH CAROLINA OVER 60% OF YOUTH
ARE EXPOSED TO ABUSE, NEGLECT OR OTHER
TRAUMATIC EVENTS BEFORE AGE 17

-DUKE CENTER FOR CHILD AND FAMILY HEALTH



“TRAUMA IS NOT JUST AN EVENT THAT TOOK PLACE
SOMETIME IN THE PAST; IT IS ALSO THE IMPRINT LEFT
BY THAT EXPERIENCE ON THE MIND, BRAIN, AND
BODY”

-BESSELL VAN DER KOLK, M.D.
THE BODY KEEPS SCORE



“ADVERSE CHILDHOOD EXPERIENCES ARE THE SINGLE
GREATEST UNADDRESSED PUBLIC HEALTH THREAT
FACING OUR NATION TODAY”

-DR. ROBERT BLOCK, FORMER PRESIDENT
AMERICAN ACADEMY OF PEDIATRICS



3 Realms of ACEs

ACEs Connection accelerates the global movement to prevent and heal adverse childhood experiences (ACEs), and supports communities to work collaboratively to solve our most intractable problems. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. The ACEs in these three realms intertwine throughout people's lives, and affect the viability of organizations, systems and communities.



10 QUESTIONS ABOUT YOUR CHILDHOOD

ABOUT YOU:

ABUSE: PHYSICAL, SEXUAL, EMOTIONAL

NEGLECT: PHYSICAL, EMOTIONAL

ABOUT YOUR HOUSEHOLD:

DIVORCE, INCARCERATED PARENT, DV, S/U, MH



WHAT'S AT STAKE?

CHILDHOOD DECIDES

-JOHN PAUL SATRE

TRAUMA WALKS IN THE DOORS OF ALL OUR
COURTROOMS

AND YOUR OFFICES



CHILDHOOD DECIDES?

LEADING CAUSE OF CARDIOVASCULAR DISEASE

GATEWAY DRUG TO INTRAVENOUS DRUG USE

4 OR MORE ACE'S ASSOCIATED WITH SIGNIFICANTLY
INCREASED RISK FOR 7/10 LEADING ADULT CAUSES OF
DEATH:

HEART DISEASE, STROKE, CANCER, COPD, DIABETES,
ALZHEIMERS, SUICIDE



WHAT IS SIGNIFICANT INCREASE?

4: 390% MORE LIKELY TO DEVELOP COPD
4 OR MORE: 460% LIKELY TO BE DEPRESSED
4 OR MORE: 1220% INCREASE IN SUICIDE

MALE CHILD SCORE OF 6: 460% INCREASE IN
INTRAVENOUS DRUG USE

THE BRAIN AND THE BODY CHANGE BECAUSE OF
TRAUMA

KIDS GROW UP
(AND THEN THERE'S ADULT TRAUMA)



“RESILIENCE, THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE”

THERE’S GOOD NEWS



WHAT'S YOUR SCORE?
THINK ABOUT WHAT YOUR PROTECTIVE
FACTORS HAVE BEEN
FOUNDATION OF THE SCIENCE OF HOPE



WHAT CAN IT LOOK LIKE?

THINKING

PARANOID

NIGHTMARES

DISSOCIATION

FORGETFULNESS

POOR DECISIONS

DISTORTED THOUGHTS

SUICIDAL/HOMICIDAL

PHYSICAL

NUMB/FATIGUE

PHYSICAL PAIN

RAPID HEART RATE

BREATHING PROBLEMS

TIGHT MUSCLES

SLEEP PROBLEMS

STOMACH UPSET

HYPERVIGILANCE



WHAT CAN IT LOOK LIKE?

EMOTION

RAGE

FEAR

GRIEF

GUILT

SHAME

APATHY

ANXIETY

AVOIDANCE

DEPRESSION

BEHAVIOR

ISOLATION

TANTRUMS

SELF-INJURY

ADDICTIONS

EATING DISORDERS

ABUSIVE BEHAVIORS



WHAT CAN IT LOOK LIKE?

RELATIONSHIPS

ANGRY AT OTHERS

ISOLATION

MISSING WORK OR SCHOOL

SPIRITUAL

HOPELESSNESS

LOSS/INCREASE OF BELIEF

DECONSTRUCTION OF SELF

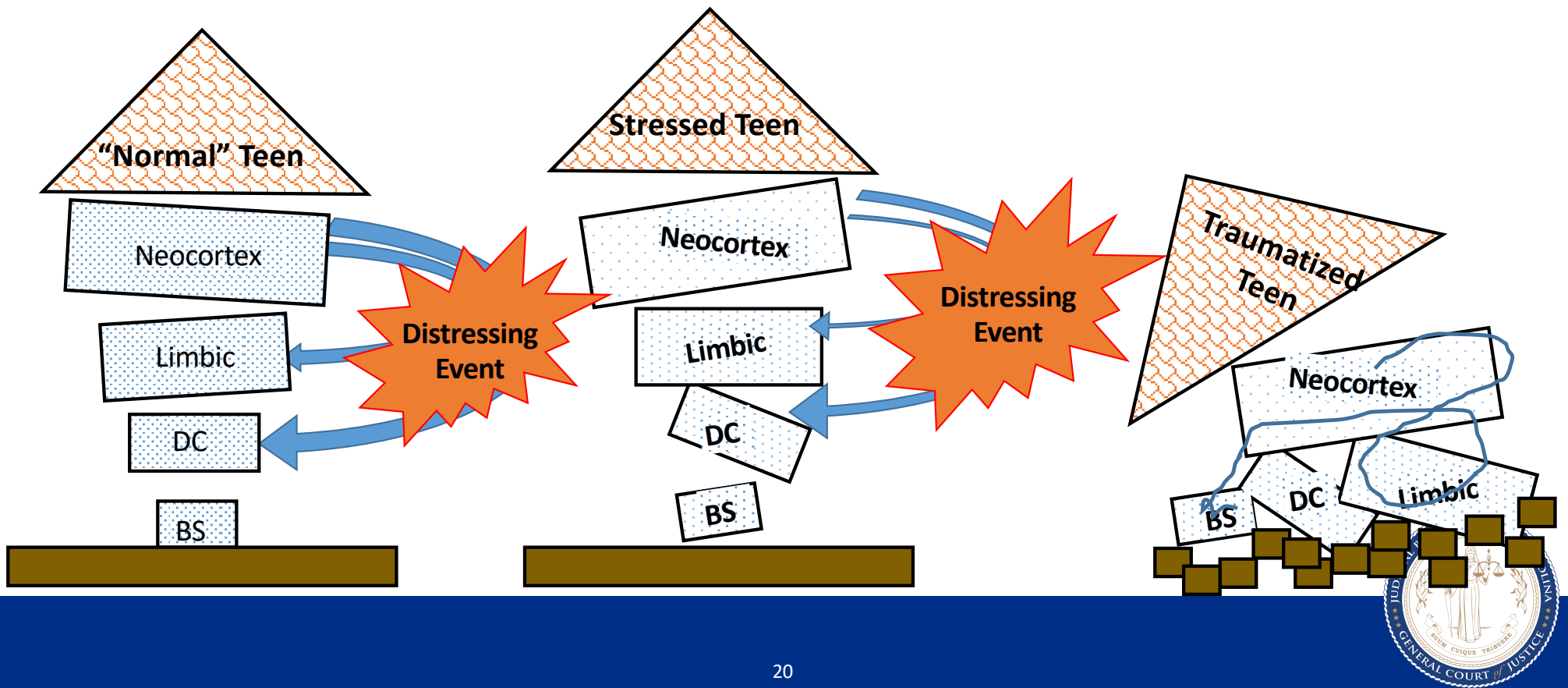


WHAT CAN IT LOOK LIKE?

- TRAUMA MAY CAUSE THE BEHAVIORS WE SEE IN OUR COURTROOMS AND YOUR OFFICES
 - PERSON MAY BE ACTIVATED BY WALKING IN
 - EXPERIENCING ANXIETY
 - EXPERIENCING ANGER
 - EXHIBITS LACK OF UNDERSTANDING
 - SHUTS DOWN
 - HOW DO YOU RESPOND?



IMPACT OF TRAUMA ON TEEN DECISION MAKING



TRAUMA-INFORMED PRACTICE

A trauma-informed program, organization, or system:

Realizes

- Realizes widespread impact of trauma and understands potential paths for recovery.

Recognizes

- Recognizes signs and symptoms of trauma in clients, families, staff, and others involved with the system.

Responds

- Responds by fully integrating knowledge about trauma into policies, procedures, and practices.

Resists

- Seeks to actively resist re-traumatization.

(SAMHSA, 2017)



WHAT CAN YOU DO?

- BEING TRAUMA INFORMED IS AN ATTITUDE
 - A POSITIVE AND UPLIFTING ATTITUDE
 - A CARING AND EMPATHETIC ATTITUDE
 - A MOTIVATIONAL ATTITUDE
 - A PROBLEM-SOLVING ATTITUDE
 - A LISTENING AND VALUING ATTITUDE
 - AN UNDERSTANDING ATTITUDE
 - IT'S ABOUT YOU AND YOUR ATTITUDE



WHAT CAN YOU DO?

- HOW YOU ACT IS IMPORTANT:
 - USE REFLECTIVE LISTENING
 - ACTIVE LISTENING
 - EYE CONTACT
 - NON-JUDGMENTAL
 - REFLECT WORDS AND MOOD
 - DON'T MULTI-TASK



WHAT CAN YOU DO?

- HOW YOU ACT IS IMPORTANT TOO:
 - SEEK FIRST TO UNDERSTAND, THEN BE UNDERSTOOD
 - REMAIN CALM AND PATIENT: ENCOURAGE STABILITY AND PHYSIOLOGICAL REGULATION BY YOUR CONDUCT
 - TAKE YOUR TIME
 - BE TRANSPARENT



WHAT CAN YOU DO?

- HOW YOU SPEAK AND WHAT YOU SAY IS IMPORTANT
 - LANGUAGE MATTERS, WORDS HAVE POWER: SHAPE THOUGHT
 - THINK CAREFULLY BEFORE YOU SPEAK AND SPEAK WITH INTENTION
 - BE AWARE OF THE WORDS YOU CHOOSE
 - BE AWARE OF THE TONE YOU USE
 - USE CARE IN PHRASING QUESTIONS



WHAT CAN YOU DO?

- NO LABELS, **NO JUDGMENT**, NO JARGON (TECHNICAL LANGUAGE, ACRONYMS)
- CHOOSE WORDS OF RESPECT, VALUE, EMPATHY, AND EMPOWERMENT
- ENGAGE BY NAME, NOT “DEFENDANT, PLAINTIFF, OBLIGOR, PAYEE, NCP, ETC.”
- WHAT HAPPENED TO YOU, NOT WHAT DID YOU DO?
- CELEBRATE STRENGTHS BY USING “PUT-UPS,” NOT “PUT-DOWNS”



WHAT CAN YOU DO?

- WHAT ARE SOME NEGATIVE WORDS WE USE?
 - NON-COMPLIANT
 - NCP
 - RESISTANT
 - MANIPULATIVE
 - TRIGGER
 - ADDICT
 - DIRTY SCREEN
 - DEADBEAT
 - THERE ARE OTHERS: WHAT CAN YOU DO?



WHAT CAN YOU DO?

- WHAT DO YOU THINK?
- WHAT CAN WE DO TO SOLVE THE PROBLEM?
- PLEASE AND THANK YOU
- GOOD MORNING OR GOOD AFTERNOON
- IT'S NICE TO SEE YOU AGAIN
- YOUR COMMITMENT REALLY SHOWS
- IT'S CLEAR YOU ARE TRYING TO CHANGE
- I CAN SEE YOU ARE CONFUSED
- I CAN HEAR YOU ARE FRUSTRATED
- SOUNDS LIKE YOU ARE SAYING....
- I LOOK FORWARD TO HEARING GOOD THINGS WHEN WE COME BACK TOGETHER



HOW ABOUT YOU?

- VICARIOUS TRAUMA
- STRESS: HOW DOES IT LOOK FOR YOU?
- SELF CARE
- ICHILL APP
- RESILIENCE TASK FORCE AND LESSONS LEARNED
- TRAININGS
- FINCH APP



Help Now!



Drink a glass
of water



Count
backwards
from 20



Go for a
walk



Listen to the sounds



Name six
colors you
see

Push against a
wall



Notice your
surroundings

Notice the
temperature



Touch the
furniture



Touch
something
in nature



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The Community Resiliency Model®



"You're braver than you
believe, and stronger
than you seem, and
smarter than you think."

- Christopher Robin



QUESTIONS?





THANK YOU

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