Lobby Poll

What experiences do you have with intergenerational work?
A Critical Look at Intergenerational Trauma and Substance Misuse

Implications for Prevention

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This training was developed under the Substance Abuse and Mental Health Services Administration’s Center for the Application of Prevention Technologies task order. Reference #HHSS283201200024I/HHSS28342002T.

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This webinar is being recorded and archived, and will be available to all webinar participants. Please contact the webinar facilitator if you have any concerns or questions.
Facilitator

Gisela Rots
CAPT Northeast Resource Team Coordinator
Today’s Roadmap

- Defining Intergenerational Trauma
- Exploring the Connection Between Intergenerational Trauma and Substance Misuse
- Identifying Trauma-Informed Prevention Approaches
Objectives

• Define and identify how intergenerational trauma evolves

• Understand the connection between intergenerational trauma and substance misuse prevention

• Discuss trauma-informed approaches to preventing substance misuse and substance use disorders
Presenter

Karina Forrest-Perkins
Trauma Research Expert
CAPT Associate
What does the phrase “intergenerational trauma” mean to you?
What is Intergenerational Trauma?

It includes trauma (accumulation of stress) and adaptive characteristics to that trauma which took place (for various reasons) in a previous generation and are now manifesting similar adaptations in the present day.
Helpful Terms to Remember

Overwhelming Stress: Accumulation of prolonged or extreme stress that is toxic to our system and produces adaptations in our behavior or development

Trauma: A psychologically distressing event outside the range of usual human experience
Helpful Terms to Remember (cont.)

**Developmental Trauma:** Accumulation of overwhelming stress during sensitive periods of human development

**Historical Trauma:** Transmission of risk that originated generations ago and caused epigenetic changes (changes to an individual’s biology and genetic makeup that lead to genetic risk and behavioral adaptations in future generations)
Stress vs. Trauma\textsuperscript{6,7,8}

- Everyone experiences stress, but the accumulation of large quantities of stress (toxic stress) over long periods of time changes that experience.

- As opposed to occasional stress, trauma has an impact on the brain (e.g., Neurons to Neighborhoods).
Trauma vs. Intergenerational Trauma

- Intergenerational Trauma
  - Developmental Trauma
  - Historical Trauma
- Overwhelming Stress Trauma
- Stress
Understanding Brain Function\textsuperscript{5,6}
Individual Consequences of Trauma\textsuperscript{9,10}

The more prepared we are for danger, the less our brain perceives important relational information such as:

- What we need
- What we value
- What we want to be able to engage in
Intergenerational trauma increases as perceived dangers accumulate. Perceived dangers can include:

- Growing up in a community where drug use is transparent and prevalent
- Witnessing consistent substance misuse in the home
What impacts could intergenerational trauma have on a community?
Making the Connection Between Intergenerational Trauma and Substance Misuse and Disorders
Intergenerational Trauma, Substance Misuse, and Substance Misuse Disorders

- Intergenerational Trauma
- Risk and Protective Factors
- Substance Misuse and Disorders

- Substance Use
Checking In…

Any questions?
Bringing a Trauma-Informed Lens to Prevention
Examining Multiple Levels

- Individual
- Relationship
- Community
- Societal
Trauma-Informed Approaches

Trust

Safety

Support

Trauma-Informed Approaches
Case Example: What Does a Trauma-Informed Approach Look Like?

During a statewide sub-recipient meeting, one coordinator shared this anecdote, which resonated with other coordinators:

A parent from a local family is being treated for opioid use disorder. Since the parent entered treatment, the youngest child has been acting out in school and quit the sports team.
Trauma-Informed Approaches

Individual Level

Interventions could:

• Support the creation and expansion of safe spaces for youth and teen groups to build trust and encourage positive behaviors
  • Example: Supporting after-school programs

• Provide and/or support counseling and other social services resources for youth
  • Example: Utilizing motivational interviewing
Trauma-Informed Approaches

Relationship Level\textsuperscript{15,16}

Interventions could:

• Focus on building strong bonds (attachment) within the family
  • Example: Positive Parenting Program

• Provide teachers and other adult role models with training on how to work/interact with youth who have experienced trauma in their homes
  • Example: Collaborative problem solving training
Interventions could:

- Include trusted community champions to be involved in decision-making and implementation of community-based programs
- Ensure community engagement to change community norms to address both stigma and understanding of trauma-informed approaches
- Establish spaces where community sectors can come together to collaborate
How Can You Support a Trauma-Informed Approach?

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A parent from a local family is being treated for opioid use disorder. Since the parent entered treatment, the youngest child has been acting out in school and quit the sports team.
Implications for Prevention
What Does this Mean for Collaboration?
Let’s Recap

• Intergenerational trauma differs from typical stress: it produces changes to an individual’s biology and genetic makeup.

• When trauma is present, an individual’s ability to build “attachments” is at risk. Community engagement and understanding of this is key.

• Trauma-informed approaches, which are rooted in safety and trust, can further support prevention strategies in the community.
Any final questions?
 Archived Webinar: Trauma & Adverse Childhood Experiences: Implications for Preventing Substance Misuse

Handout: The Role of Adverse Childhood Experiences in Substance Abuse and Related Behavioral Health Problems
Other SAMHSA Resources

Trauma-Informed Care in Behavioral Health Services

Available at: https://www.samhsa.gov/samhsaNewsletter/Volume_22_Number_2/trauma_tip/
Other SAMHSA Resources (cont.)

Available at:
https://www.samhsa.gov/nctic/trauma-interventions
Resources for Native Communities

American Indian/Alaska Native Behavioral Health Briefing Book

*Available at:*

Tips for Disaster Responders: Understanding Historical Trauma When Responding to an Event in Indian Country

*Available at:*
[https://store.samhsa.gov/shin/content/SMA14-4866/SMA14-4866.pdf](https://store.samhsa.gov/shin/content/SMA14-4866/SMA14-4866.pdf)
Additional CAPT Webinars to Check Out

Prevention, Treatment, and Recovery: Enhancing Collaboration Across the Continuum
December 7, 2017

Working with People Who Use Drugs
January 25, 2018
If you have questions or comments, please don’t hesitate to contact:

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Please take the time to complete a brief feedback form:
https://www.surveymonkey.com/r/feedback-CAPT-2191

Thank you for sharing your thoughts!
References


