

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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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

Discussion Question

What does the phrase
“intergenerational
trauma” mean to you?



What is Intergenerational Trauma?¹

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^{2,3}

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^{4,5} (cont.)

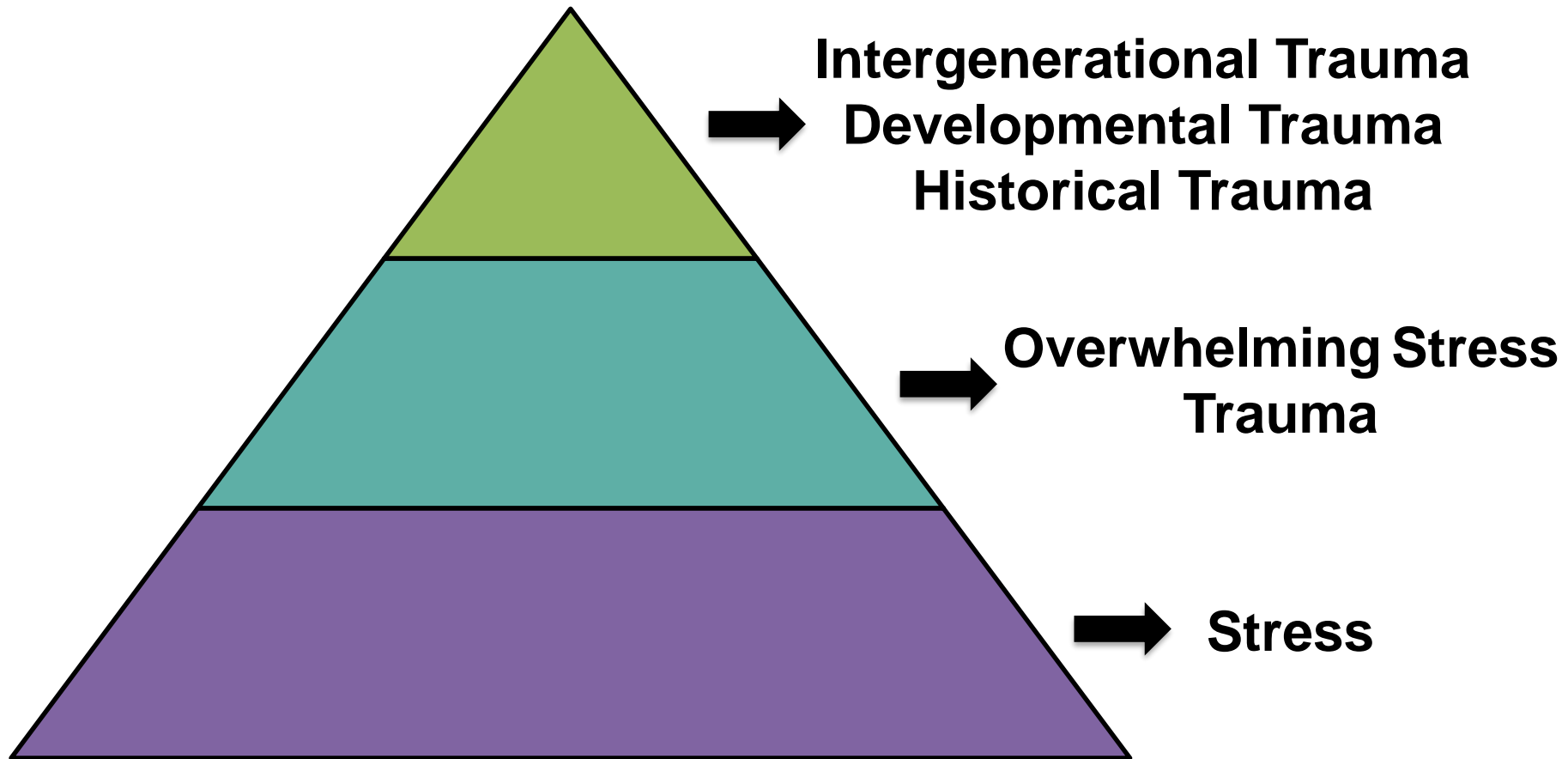
Developmental Trauma: Accumulation of overwhelming stress during sensitive periods of human development

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)

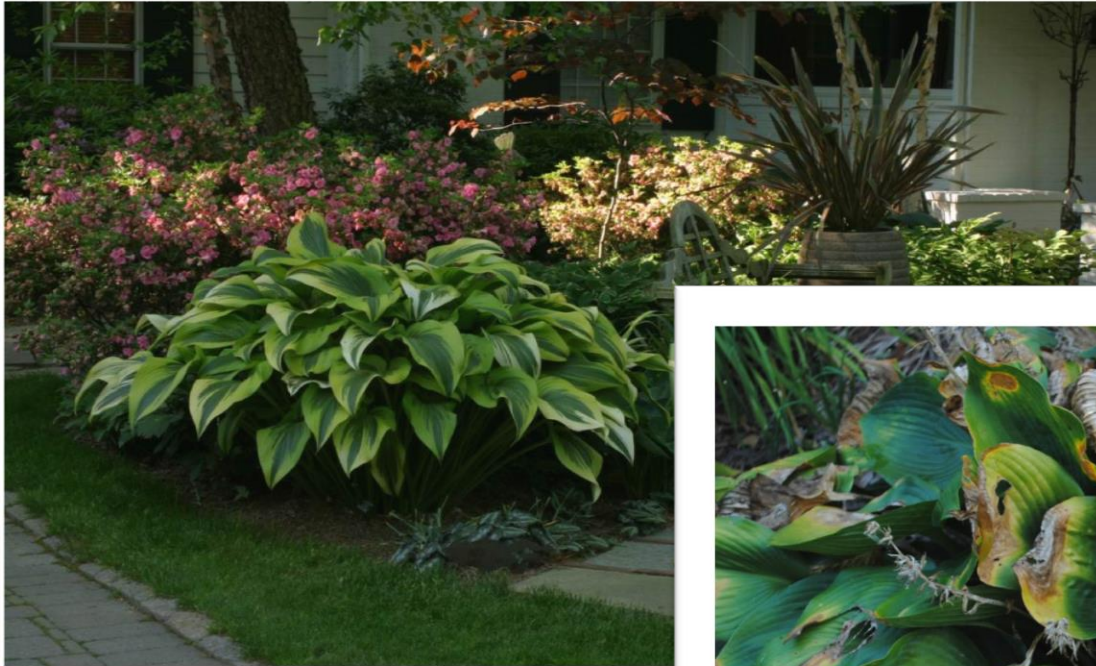
Stress vs. Trauma^{6,7,8}

- 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).

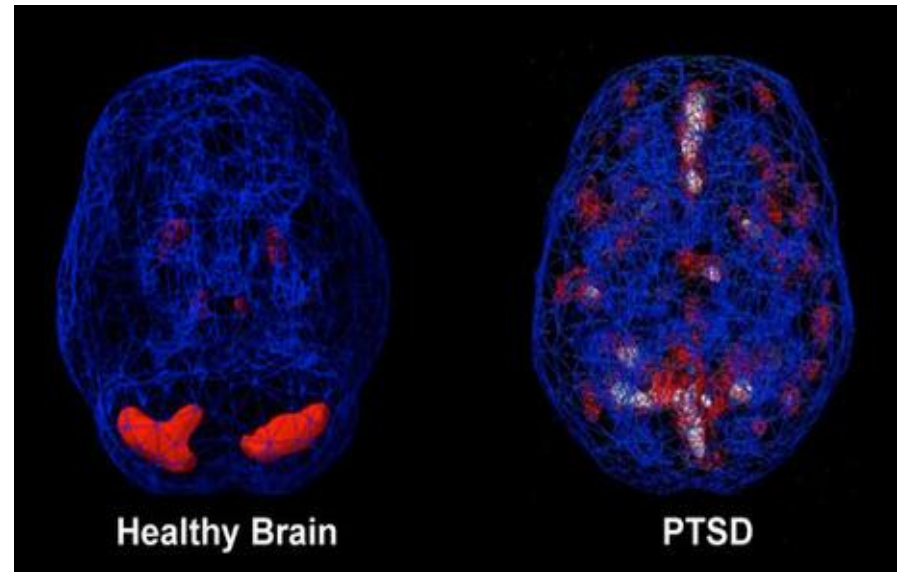
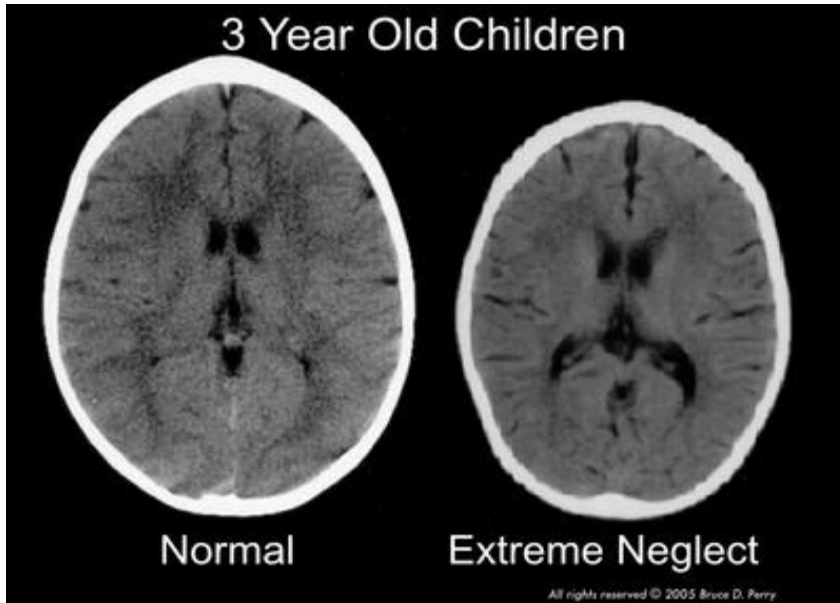
Trauma vs. Intergenerational Trauma⁷



Moving Beyond the Individual



Understanding Brain Function^{5,6}



Individual Consequences of Trauma^{9,10}

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

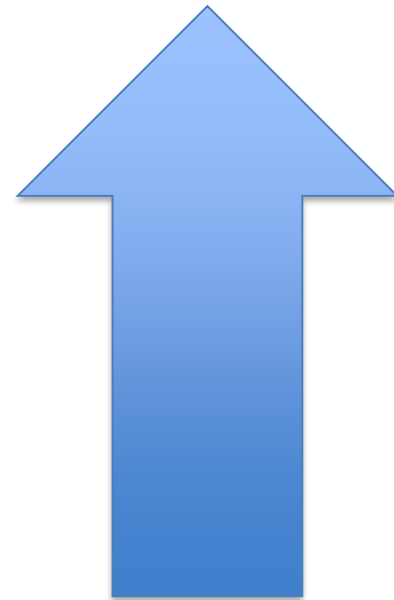
- What we need
- What we value
- What we want to be able to engage in



Taking a Closer Look...^{11,12,13}

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

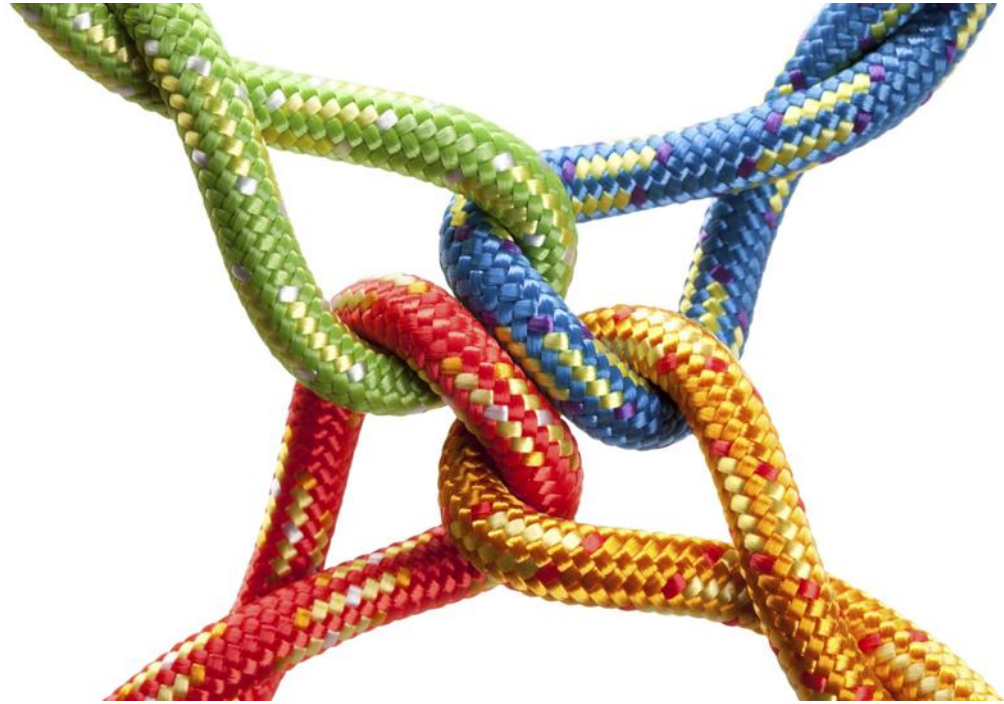


Discussion Question

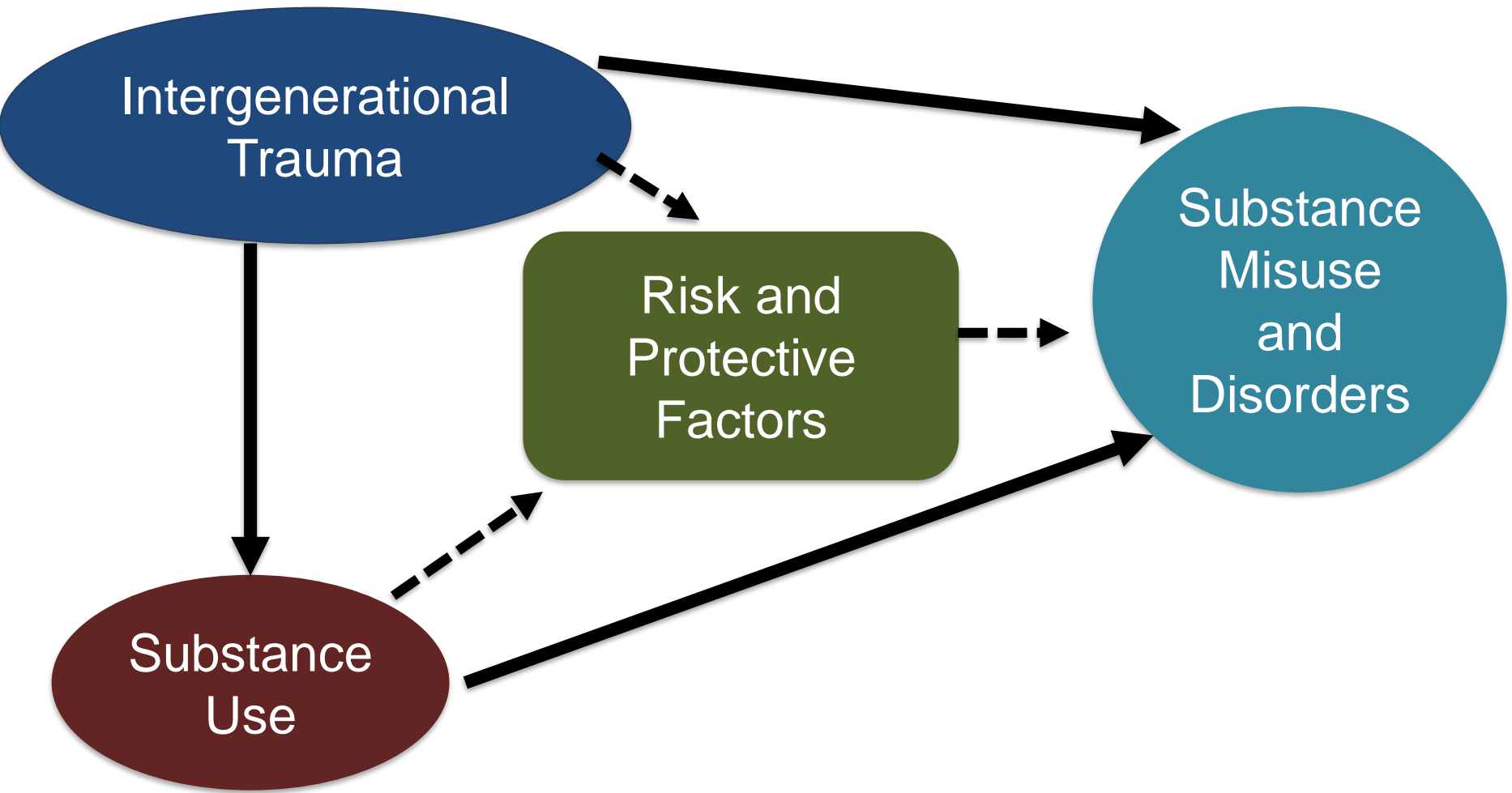
What impacts could intergenerational trauma have on a community?



Making the Connection Between Intergenerational Trauma and Substance Misuse and Disorders



Intergenerational Trauma, Substance Misuse, and Substance Misuse Disorders



Checking In...

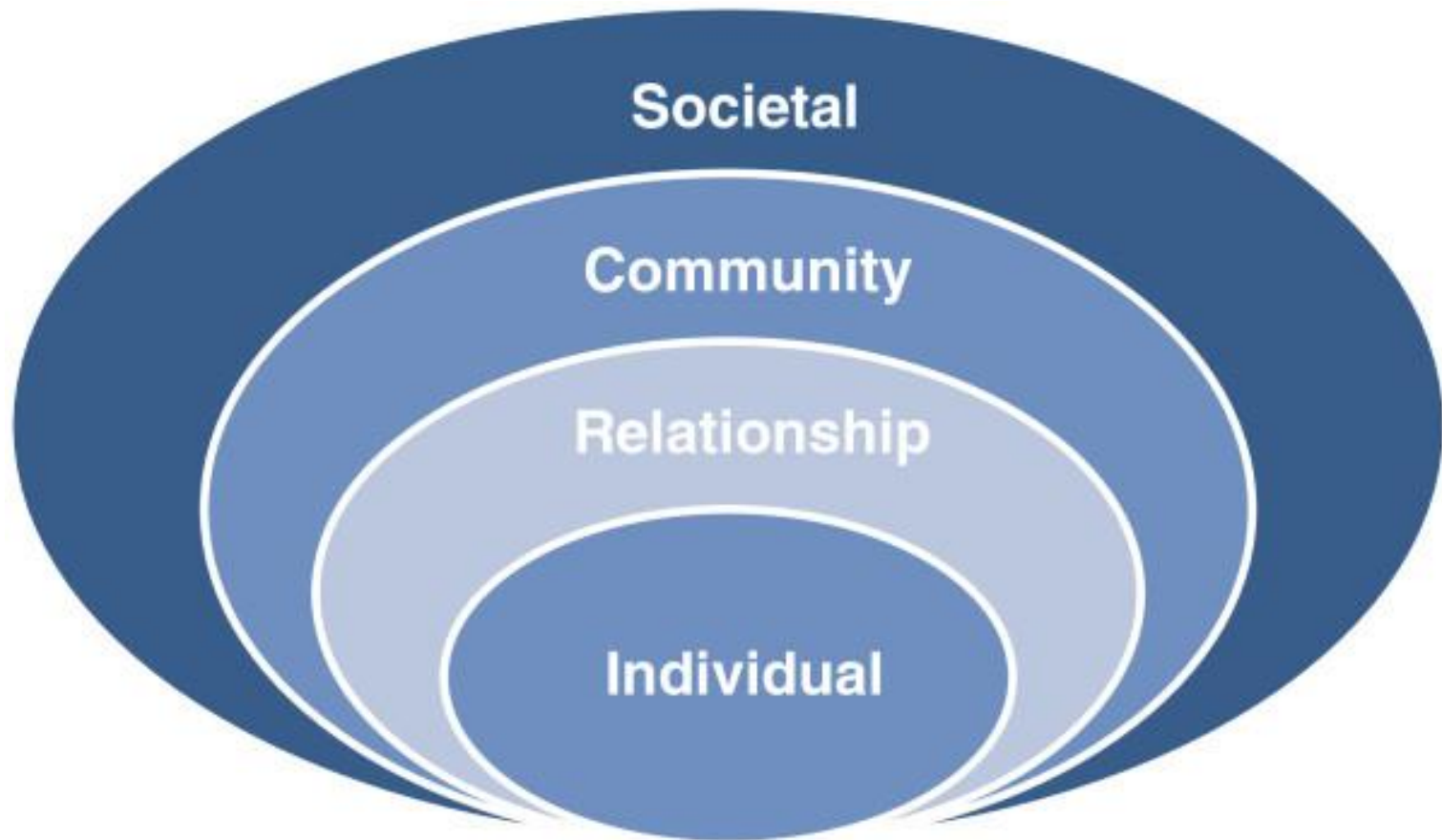
Any questions?



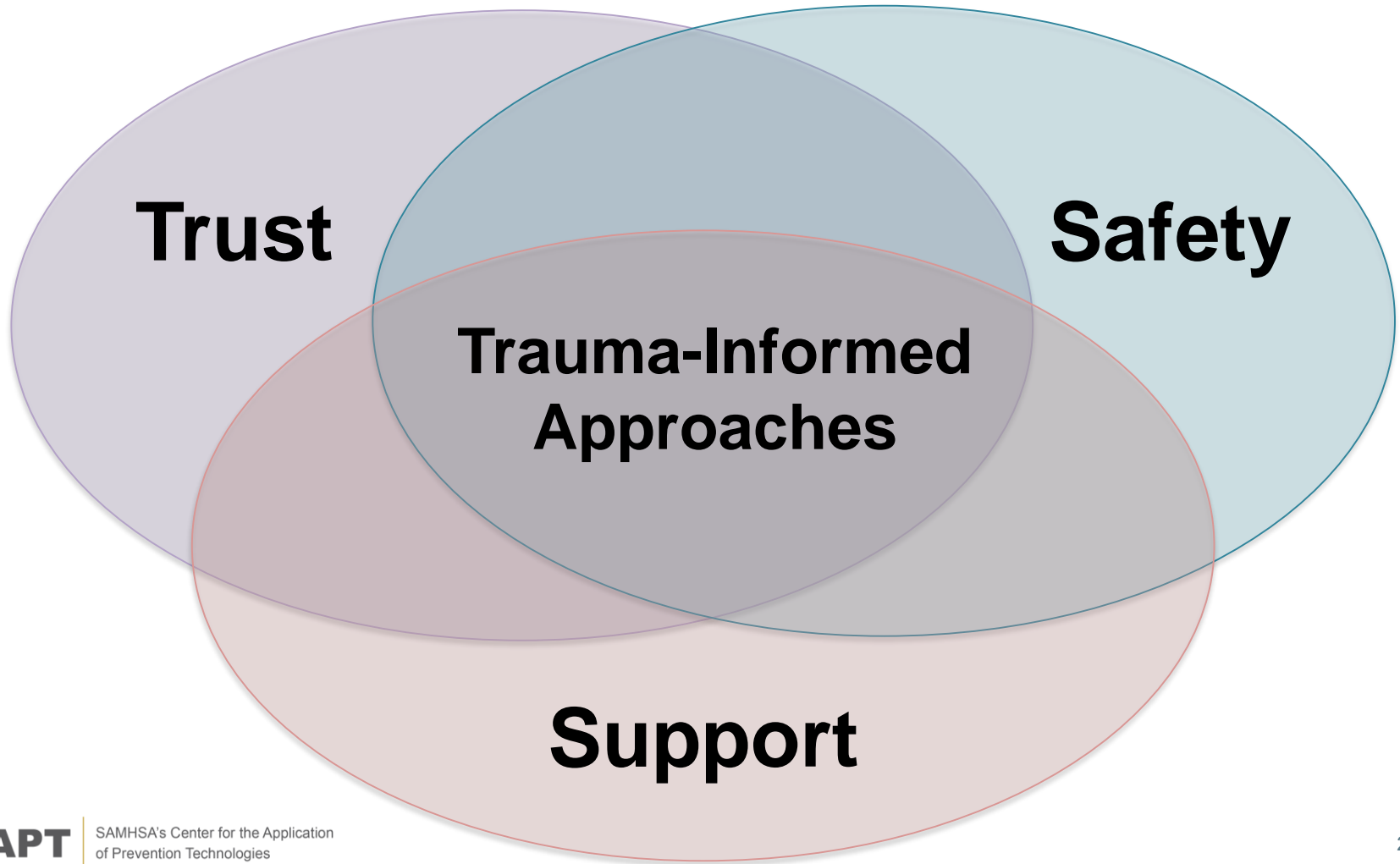
Bringing a Trauma- Informed Lens to Prevention



Examining Multiple Levels



Trauma-Informed Approaches¹⁴



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^{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

Trauma-Informed Approaches

Community Level

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?

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.



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?



CAPT Resources

[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](#)

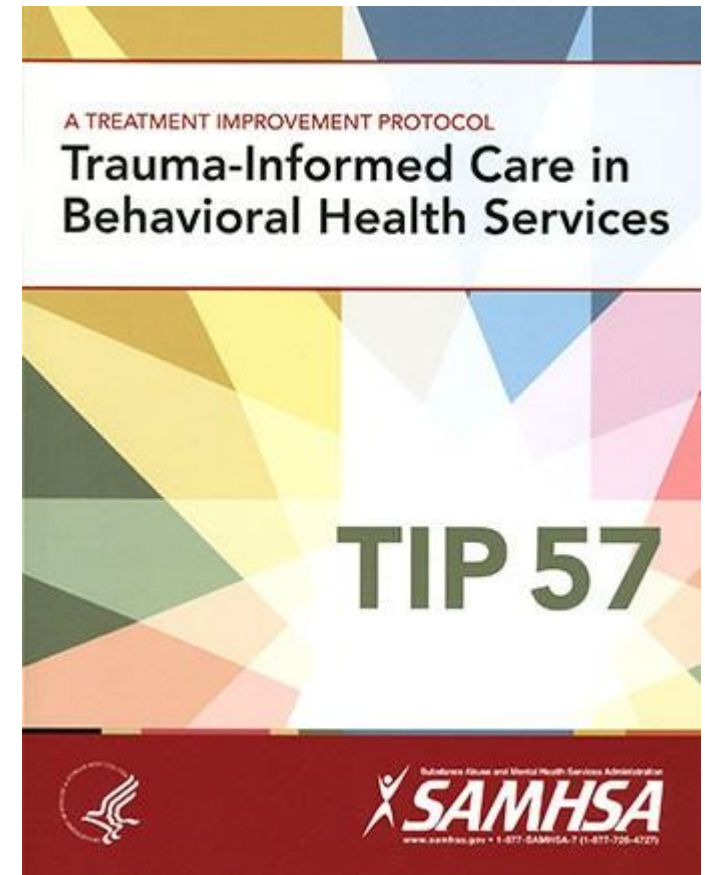


Other SAMHSA Resources

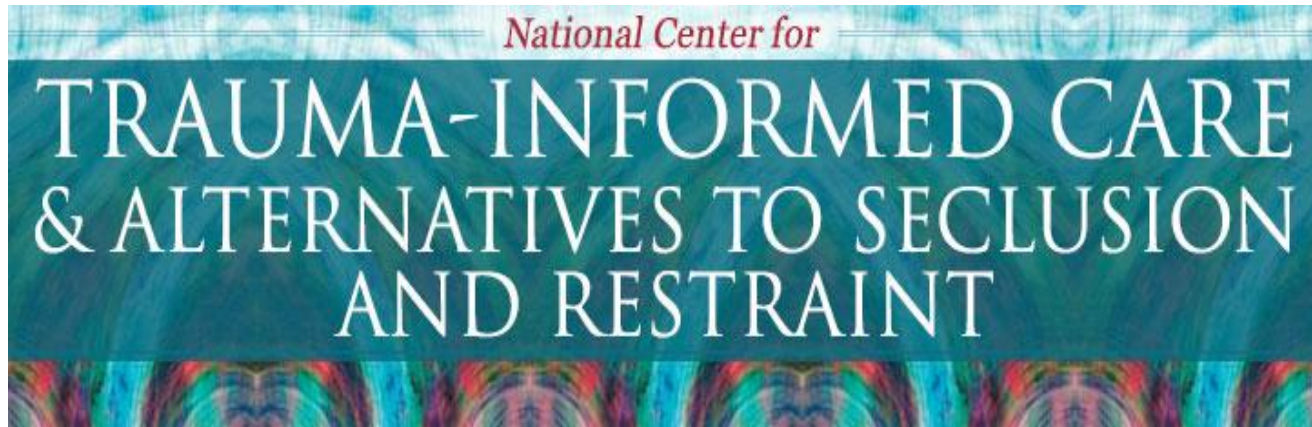
Trauma-Informed Care in Behavioral Health Services

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

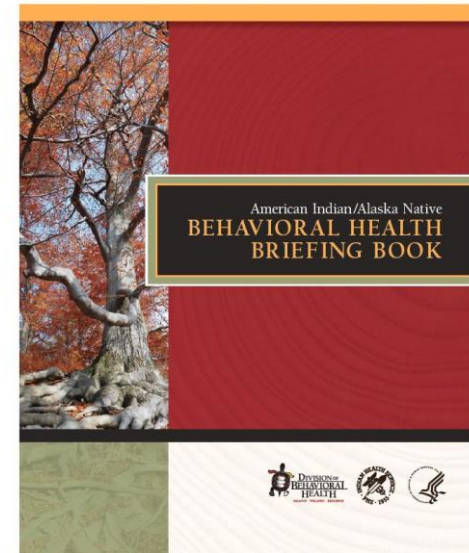
Available at:

https://www.ihs.gov/dbh/includes/themes/newihstheme/display_objects/documents/AIANBHBriefingBook.pdf

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

Available at:

<https://store.samhsa.gov/shin/content/SM A14-4866/SMA14-4866.pdf>



Tips for Disaster Responders:

UNDERSTANDING HISTORICAL TRAUMA WHEN RESPONDING TO AN EVENT IN INDIAN COUNTRY

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:

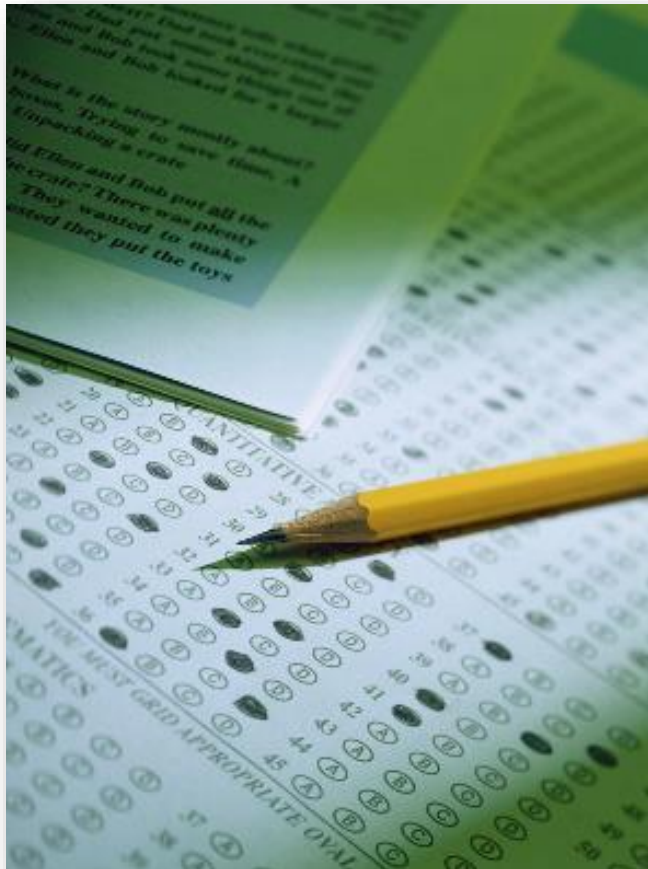
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Evaluation



Please take the time to complete a brief feedback form:

<https://www.surveymonkey.com/r/feedback-CAPT-2191>

Thank you for sharing your thoughts!

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