



NAATP NATIONAL 2022

Stories of our Ancestors Understanding the Impact of Culture, Race, and Trauma on Addictions



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Stories of our Ancestors: Understanding the Impact of Culture, Race and Trauma on Addictions

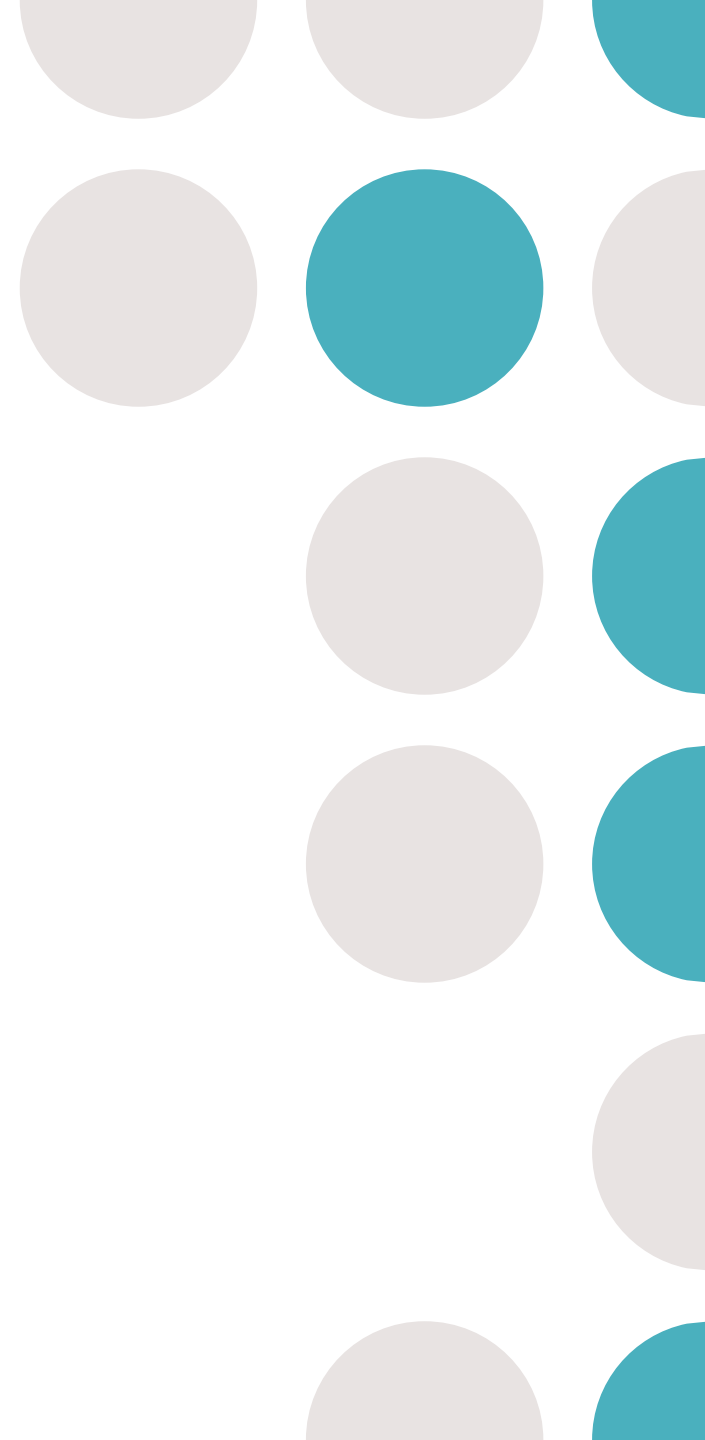
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Housekeeping

- BIPOC, LatinX, Black, African American
 - **POLLS = anonymous**
 - TEXT **CAROLYNROSS499** TO **22333**
 - On computer: pollev.com/carolynross499
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What was the most fun thing you did this week so far?

Billy



A group of business professionals in an office setting. A woman in the center is gesturing with her hand while talking. To her left, a man in a suit and tie is partially visible. In the foreground, a person's hand is pointing at a tablet displaying a diagram with two circles. Another person is holding a smartphone. There are coffee cups on the table. The text "WHY IS UNDERSTANDING TRAUMA SO IMPORTANT FOR THE BUSINESS OF TREATMENT?" is overlaid in white, bold, sans-serif font.

**WHY IS UNDERSTANDING TRAUMA SO
IMPORTANT FOR THE BUSINESS OF
TREATMENT?**

1 in 5

- have experienced 4 or more ACEs

3 times

- the risk of depression with ACE score of 4 or more\

5 of the 10

- leading causes of death are associated with ACEs

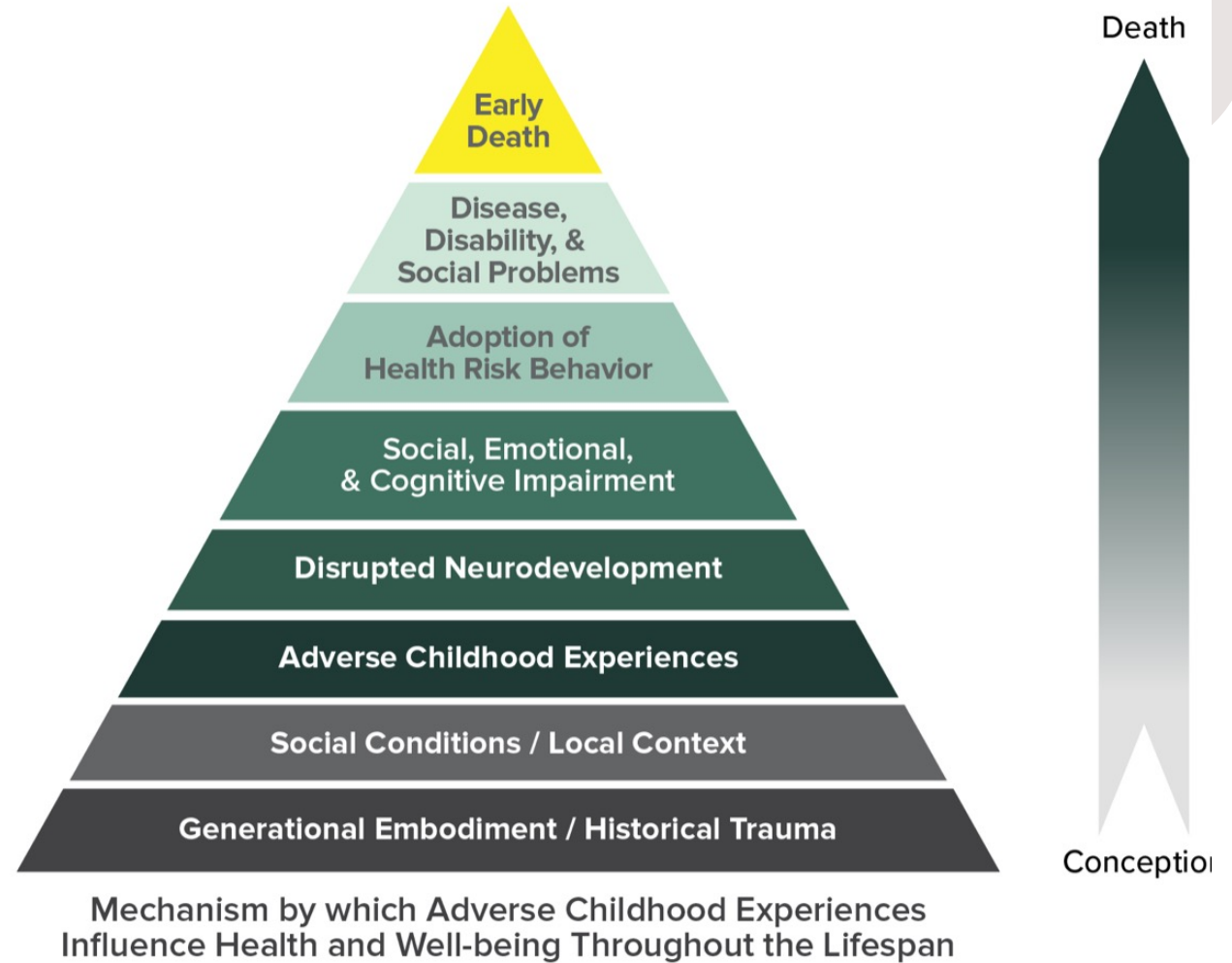
44%

- Preventing ACEs could reduce the number of people with depression by 44%

Trauma

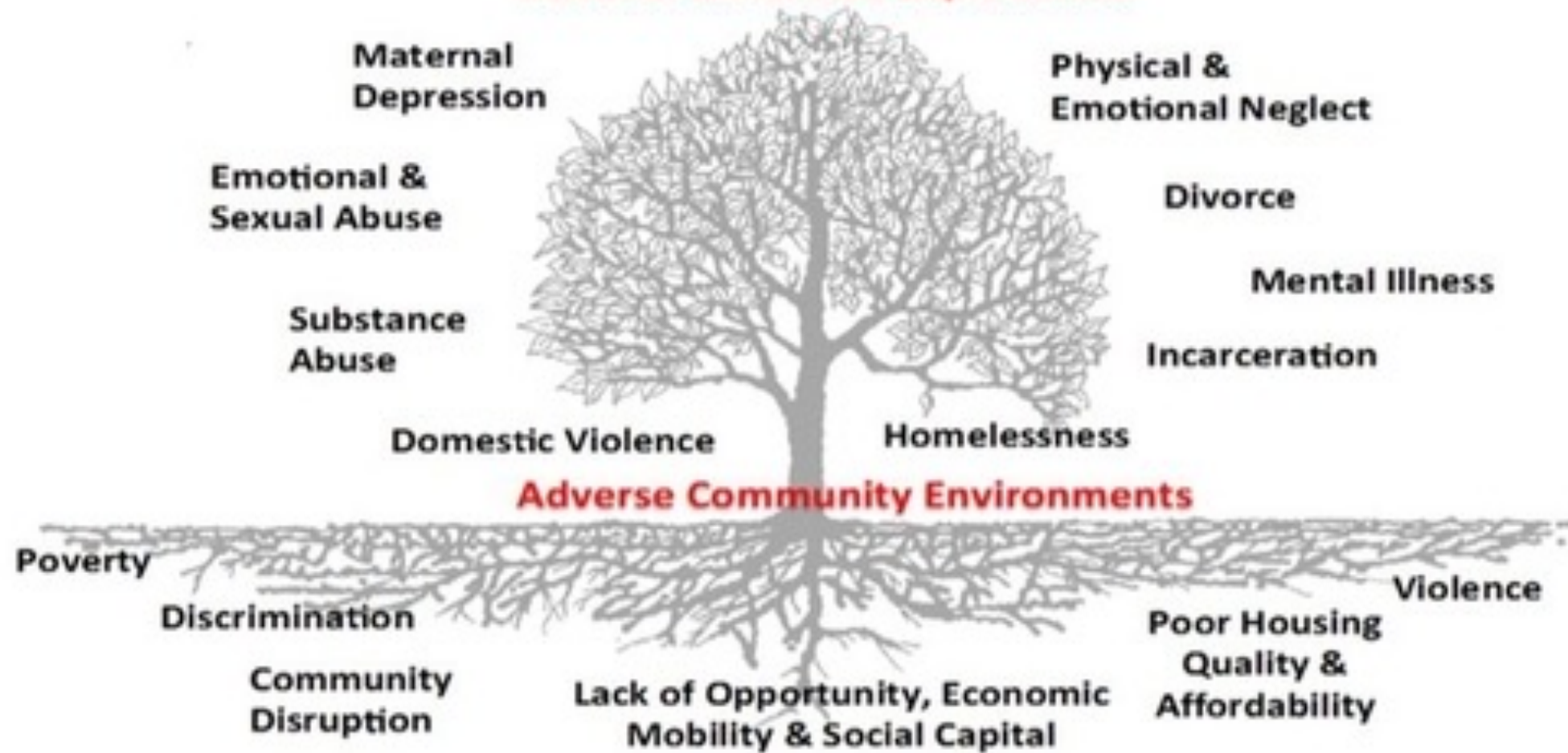
“Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional, or spiritual well-being”

(Substance Abuse and Mental Health Services Administration [SAMHSA])

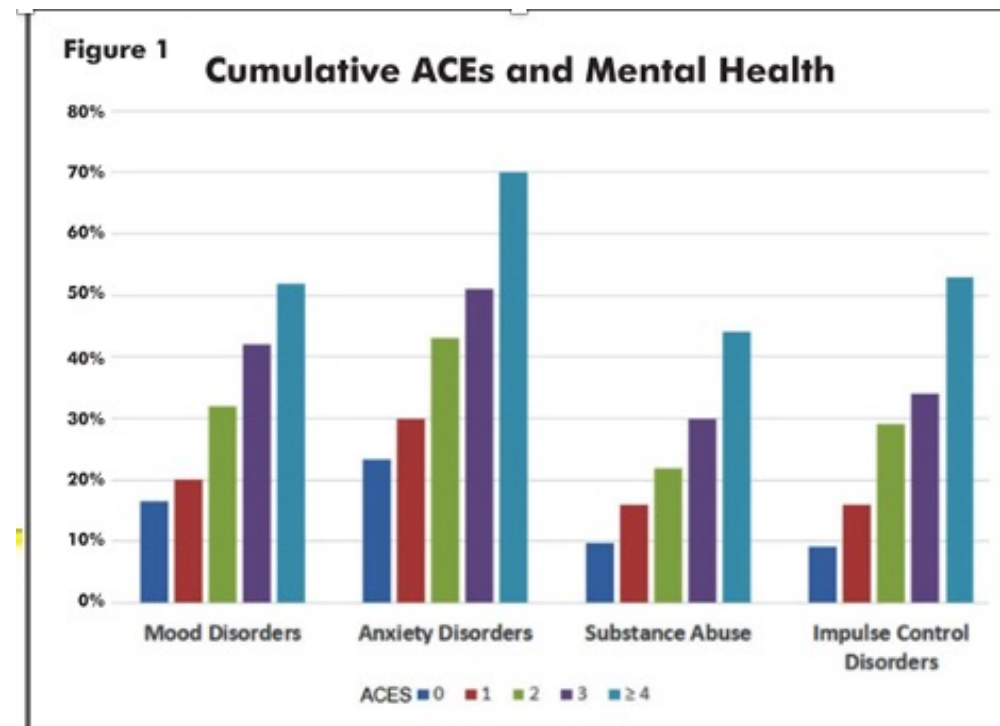
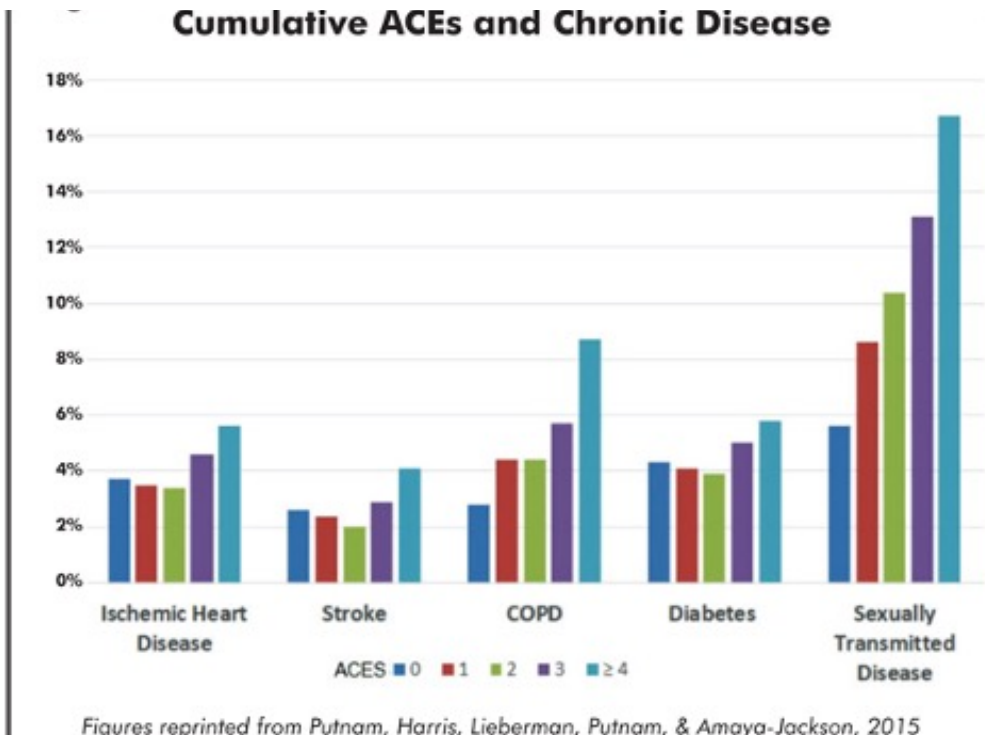


The Pair of ACEs

Adverse Childhood Experiences



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011



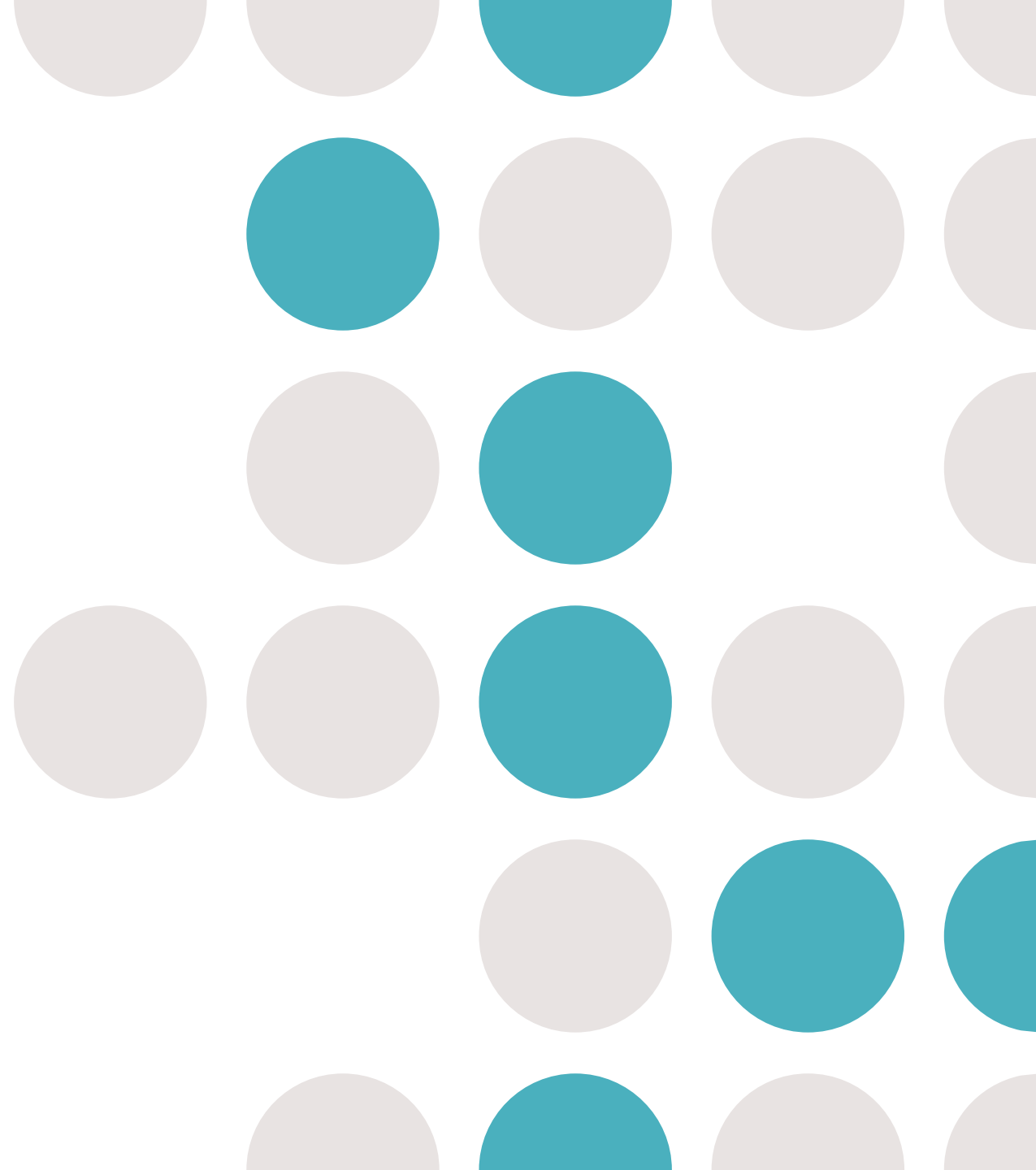
ACEs and Physical and Mental Health

- Pain Ball Exercise



What's in your Pain Ball?

The 3 Most Important Effects of Trauma



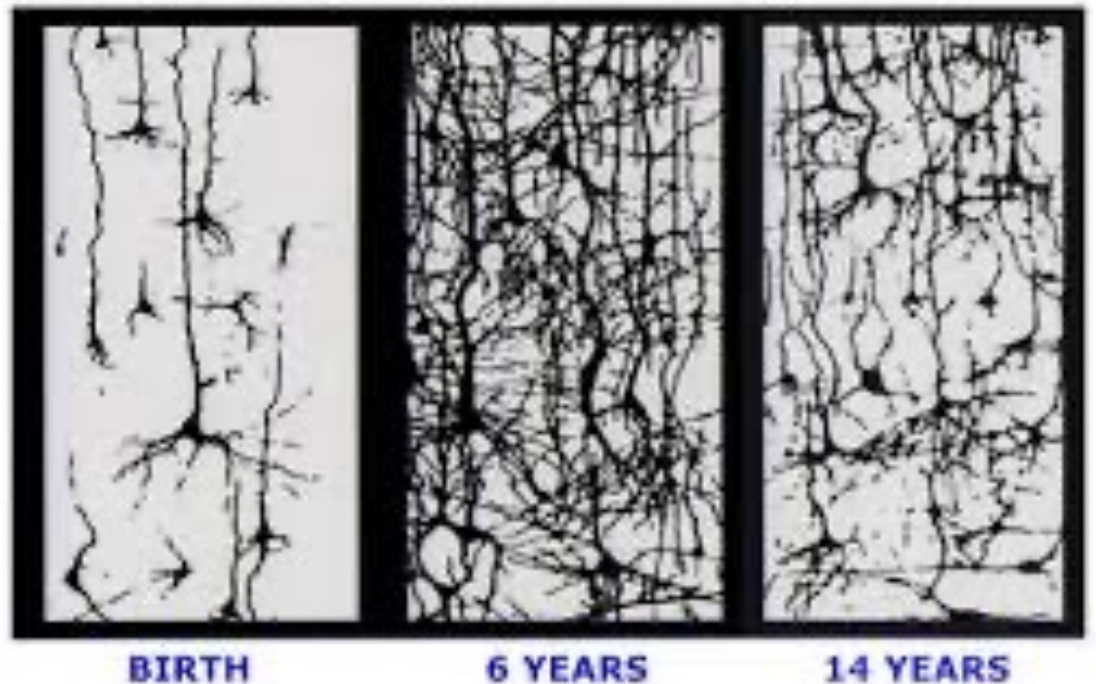
#1 Trauma changes the brain

- For an adult, experiences may alter **behavior**; but for a child, experiences provide the **organizing framework of the brain**

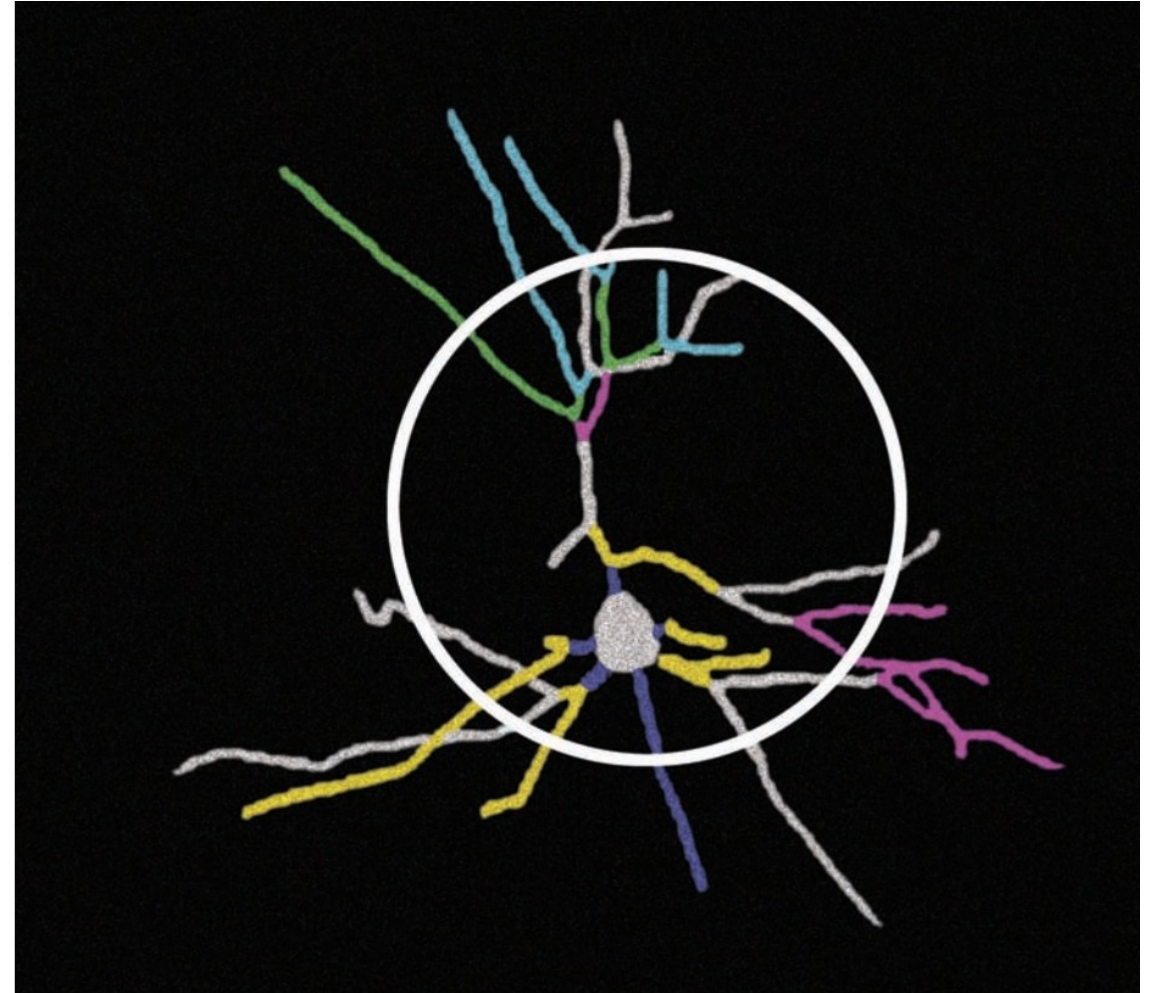
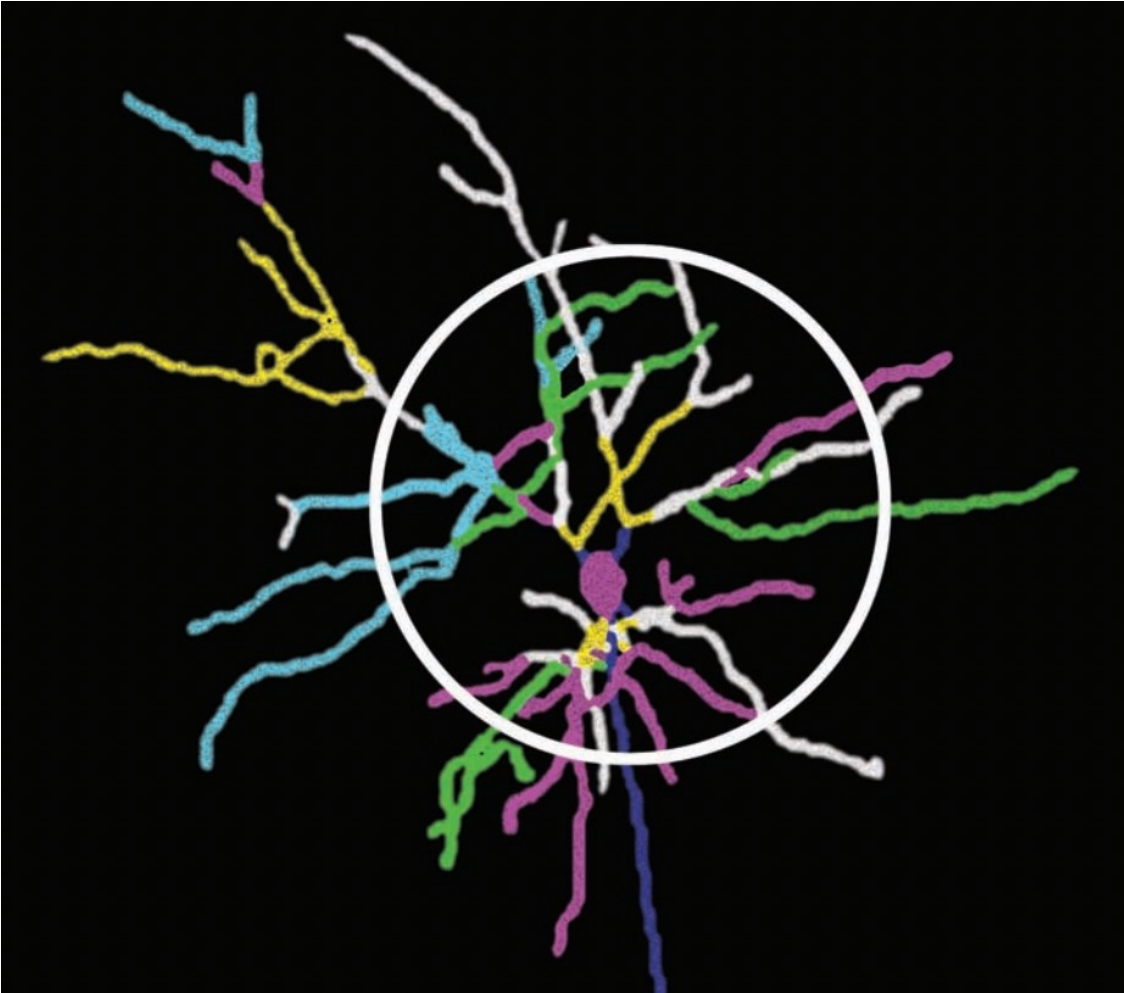
• Perry, 2006

CORE CONCEPTS IN THE SCIENCE OF EARLY CHILDHOOD DEVELOPMENT

Experience Shapes Brain Architecture by Over-Production of Connections Followed by Pruning

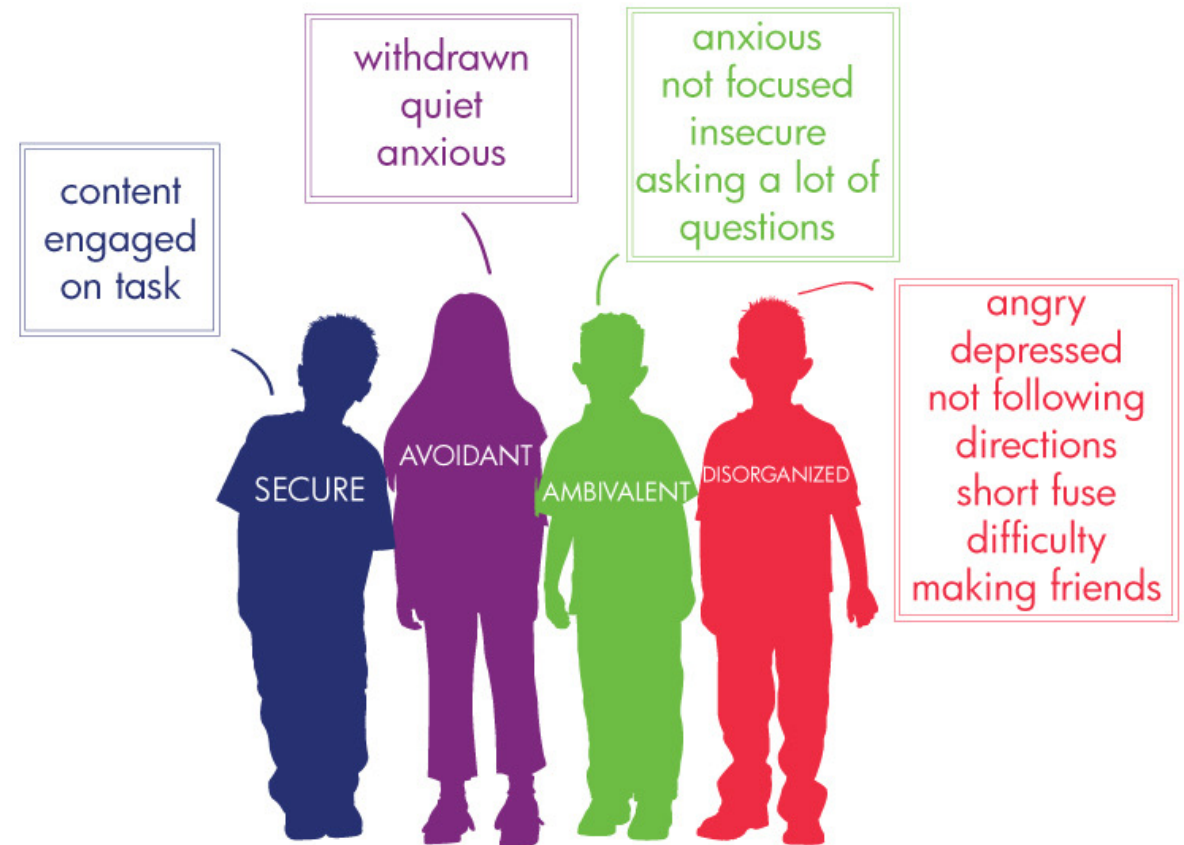


Toxic Stress



<https://www.bestbeginningsalaska.org/wp-content/uploads/Core-Concepts-in-the-Science-of-Early-Childhood-Development.pdf>

#2 Trauma affects attachment



Signs of Anxious Attachment Style



Constant need of reassurance



Worry of rejection



Fear of infidelity



Consuming fixation on relationship



Panic or jealousy with distance

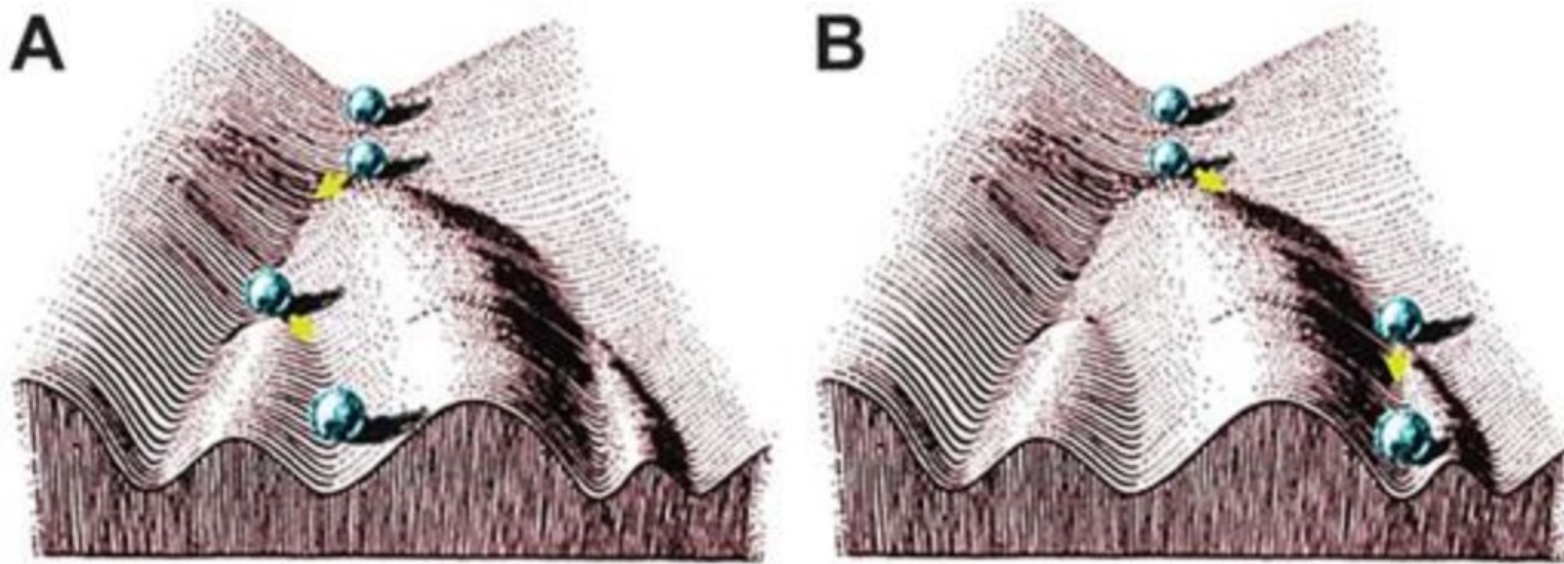


Frequent need to please

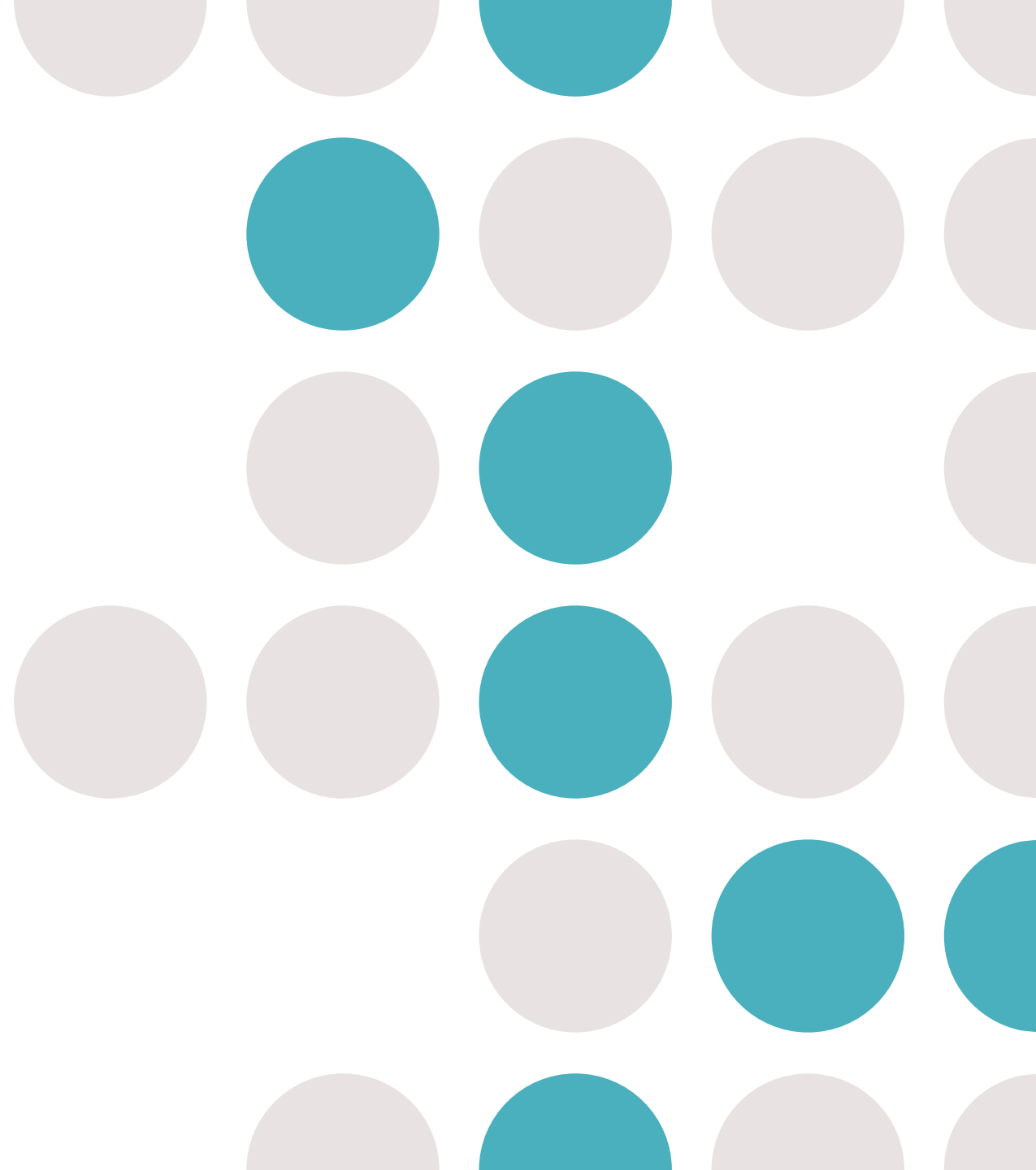
Attachment insecurity and Substance Use Disorders (SUD)

- Review of **34 studies confirm a link between insecure attachment and SUD**
 - Link strongest in adolescence
 - **The risk for substance abuse is about **one-third lower** for **securely** attached adolescents.**
 - Type of attachment issues related to drugs of abuse
 - Opiate Use disorder – fearful-avoidant attachment
 - Schindler, 2019
 - Early attachment style predicts later changes in substance use more than substance use predicts later changes in attachment style.
 - ([Burkett & Young, 2012](#); [Insel, 2003](#)).
 - [Fairbairn](#) CE, et al. 2018
-

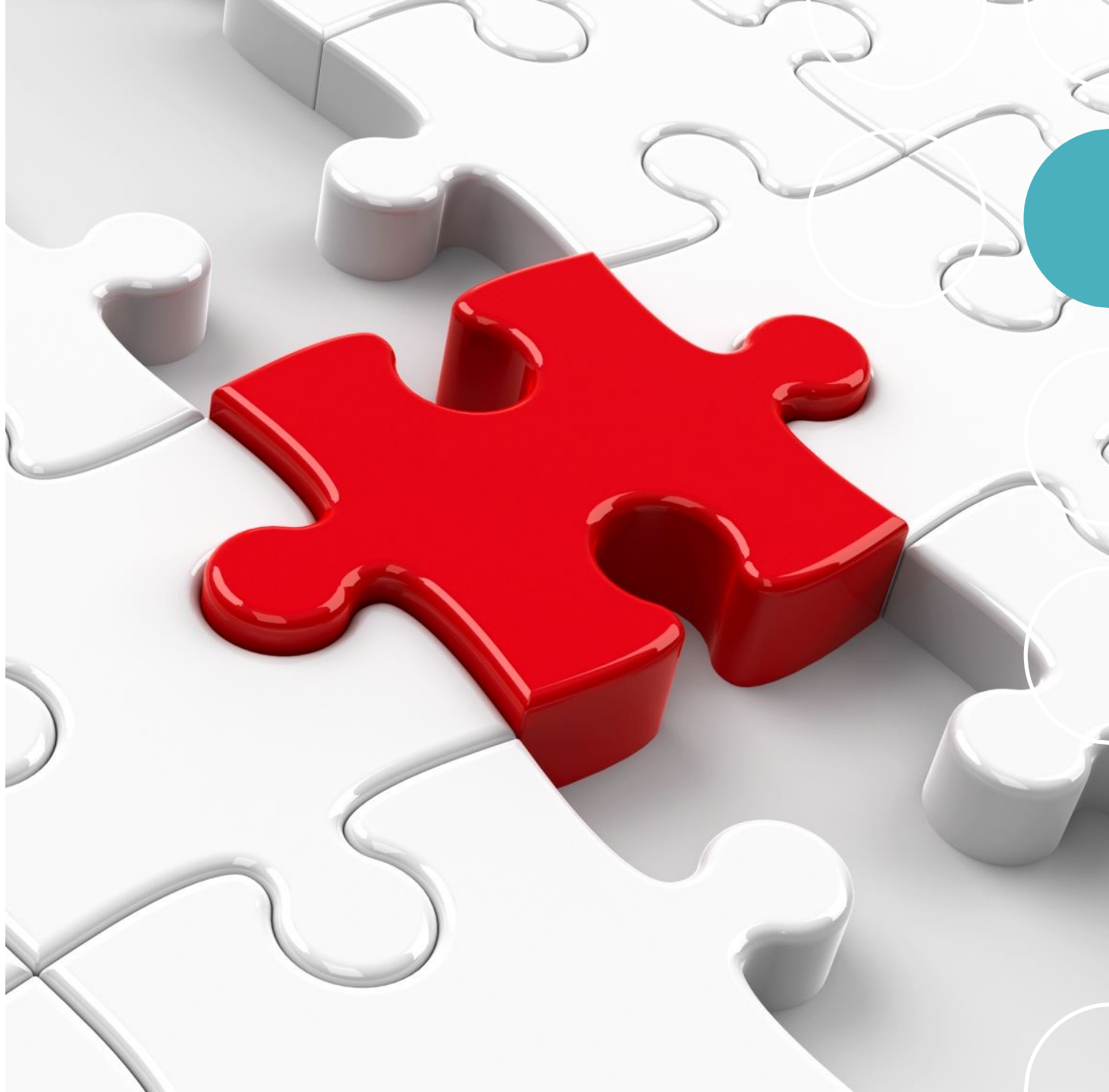
#3 Trauma can be passed from one generation to another



**Trauma can
Hijack a
person's
potential in
life**



**Why
understanding
ACEs is
important**



SUD and Trauma

- There is a strong graded relationship between SUD and trauma
- ACEs can predict early initiation of drinking
- Higher risk of mental and substance use disorders in older adults in those with ACEs
- For every ACE, use of prescription pain meds increases by 62%
- Each ACE increased the likelihood of early initiation into illicit drug use by 2- to 4-fold.

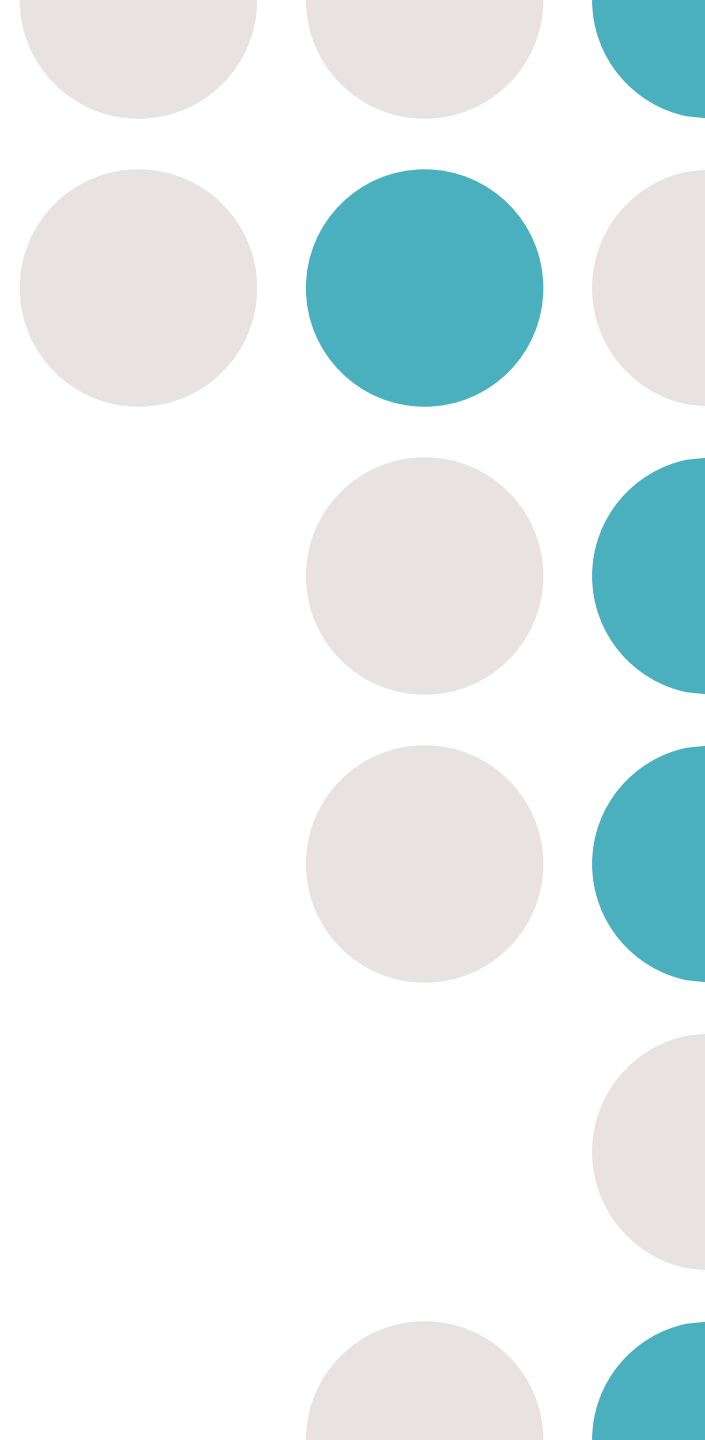
Choi, 2017; Dube, 2003)

SUD, PTSD and Trauma

- Gielen et al. (2012) – found **significantly higher trauma and PTSD in individuals with SUD** vs. those without. Clinicians did not often recognize or screen for trauma
 - **Prevalence of PTSD in SUD clients is 3 X higher** than in gen pop (25-49%) (Driessen et al., [2008](#))
 - **Poorer outcomes in SUD if PTSD is left untreated** (Mills et al. [2005](#))
-

Trauma in Clinicians

- 89% of SUD clinicians experienced childhood trauma
 - 48% reported severe ACE scores
 - [Jordan-Cox, Courtnee](#), 2018
-



Potential Treatment Issues That Can Cause Retraumatization

- Insecure Attachment can make it difficult for patients to make a **therapeutic alliance**
 - Mislabeling client symptoms as personality or other mental disorders, rather than as traumatic stress reactions
 - Being overly authoritative when interacting with clients
 - Being unaware that the client's traumatic history significantly affects his or her life
-

Retraumatization

- Presenting treatment as conditional on conformity to the counselor' s beliefs and definitions of issues
 - Challenging or discounting reports of abuse or other traumatic events
 - Allowing the abusive behavior of one client toward another to continue without intervention
 - Labeling client behavior/feelings as pathological
 - SAMHSA
-

Intergenerational Trauma

Intergenerational trauma is a psychological term which asserts that trauma can be transferred in between generations. **Intergenerational trauma refers to the specific experience of trauma across familial generations, but does not necessarily imply a shared group trauma**



Where did your ancestors come from before they came to the United States? (If Native American, put "Native")

Reflection Questions

- When did your ancestors come to the United States
 - Did they come voluntarily or were they refugees, servants or enslaved people
 - Did they come in search of a better life?
 - Was there a community here to welcome them (relatives, friends)
 - Did they speak English when they got here?
 - What were their hopes and dreams?
 - How is this different from immigrant stories today?
 - What traumatic events directly affected your mother? Your father? Your grandparents?
-

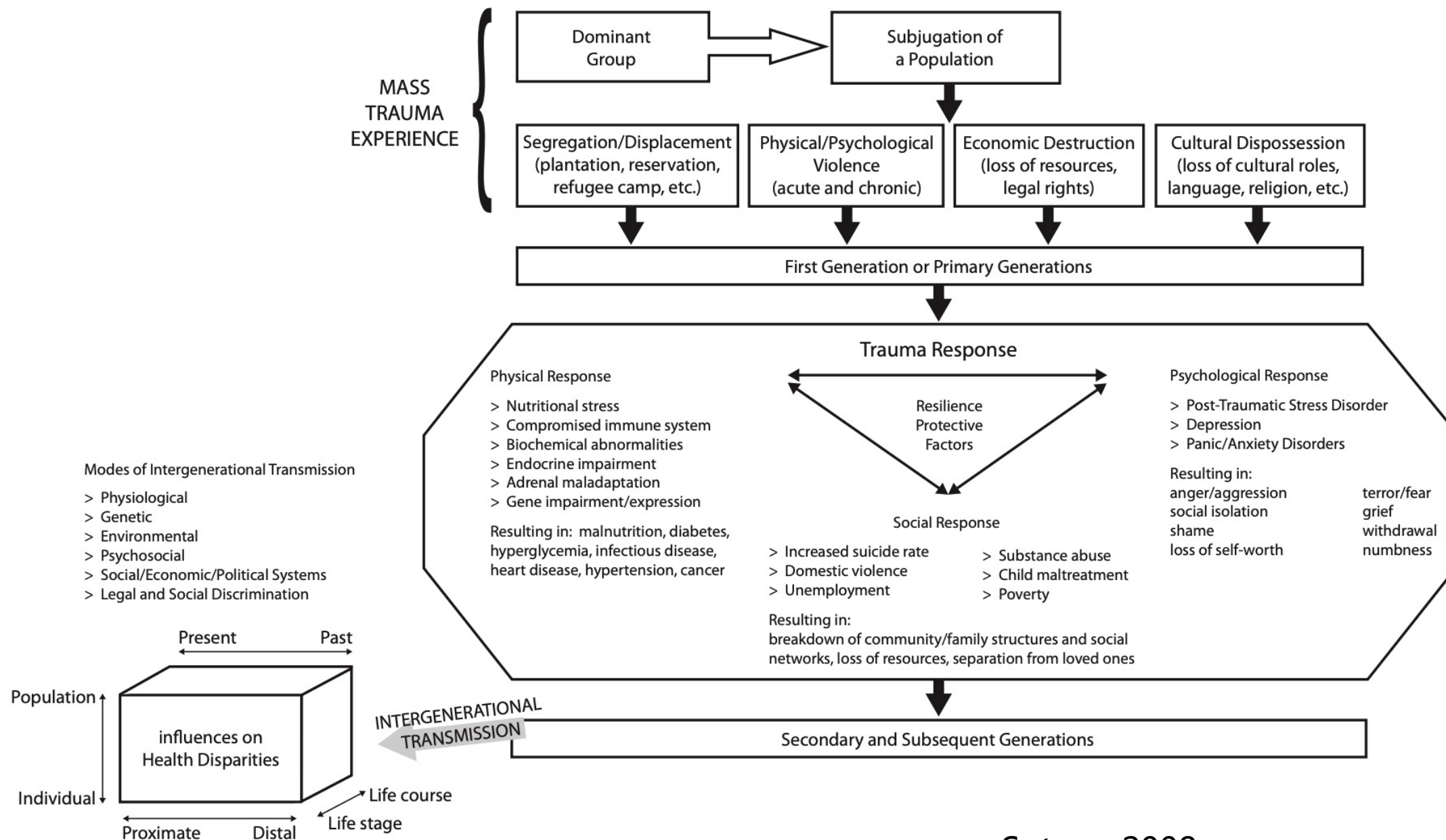


Historical Trauma

- **Historical trauma** is multigenerational trauma experienced by a specific cultural, racial or ethnic group. It is related to major events that oppressed a particular group of people because of their status as oppressed, such as slavery, the Holocaust, forced migration, and the violent colonization of Native Americans.

Historical Trauma

- Historical trauma requires 5 factors:
 1. Trauma is deliberately and systematically inflicted on a target population by a subjugating, dominant population
 2. Not a single event / continues over an extended period of time
 3. The traumatic events result in collective suffering
 4. Those inflicting the trauma do so with malicious intent
 - 5. The magnitude of the trauma derails the population**
 - O' Neill 2018
 - Historical trauma affects a large population and is more complex than individual trauma □ **results in a greater loss of identity and meaning**
 - Eyerman 2004
-

Figure 1. Conceptual Model of Historical Trauma

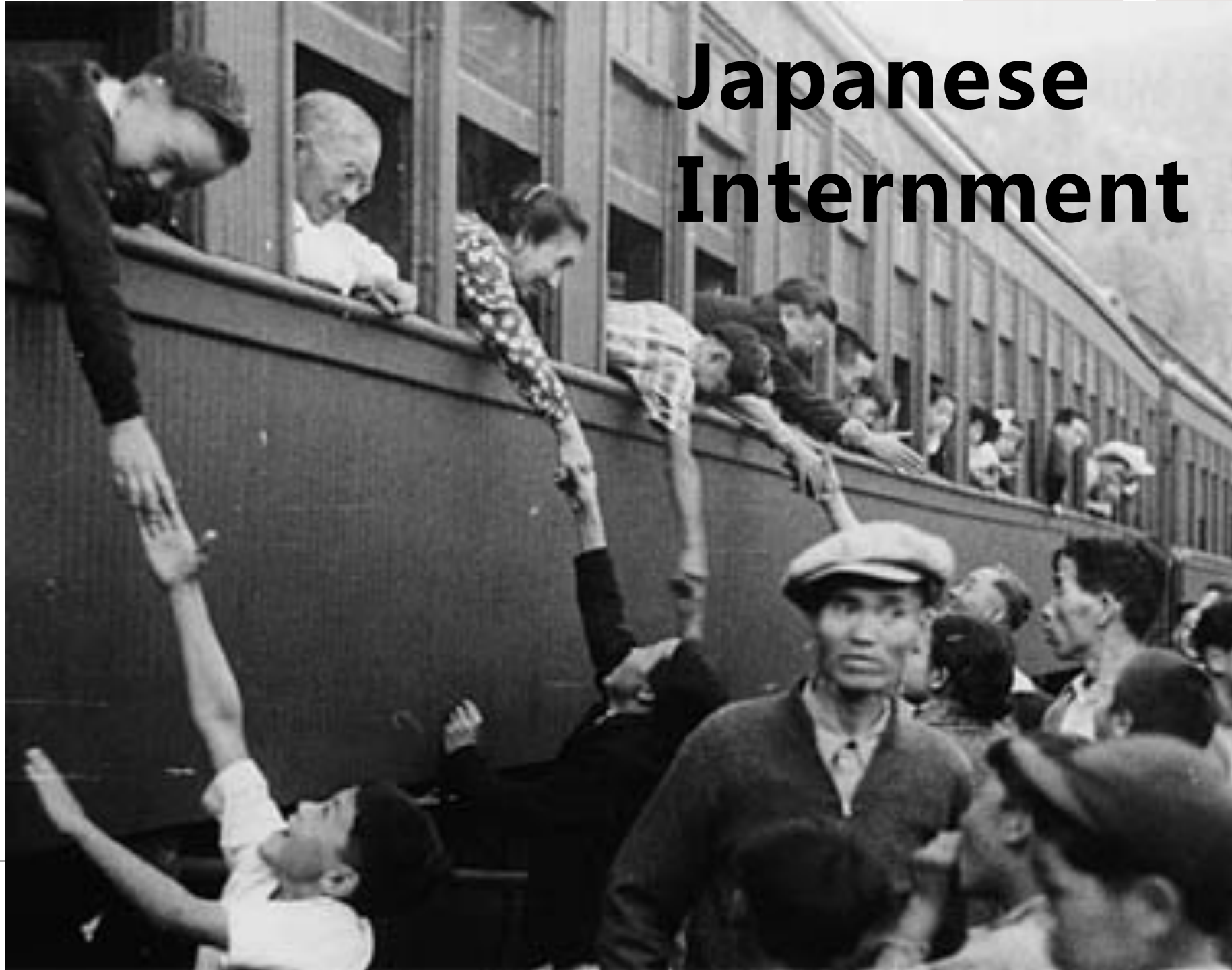
Sotero, 2008

Offspring of Holocaust Survivors

- When parental PTSD was taken into account, 2 comprehensive studies showed that HSO had higher rates of PTSD if mother had PTSD and higher rates of mood and anxiety disorders if either parent had PTSD.
 - Yehuda, et al. 2008
 - Epigenetic changes caused by exposure to trauma can be passed on to children born after the Holocaust. (Yehuda, et al. 2016)
 - *"The implications are that what happens to our parents, or perhaps even to our grandparents or previous generations, may help shape who we are on a fundamental molecular level that contributes to our behaviors, beliefs, strengths, and vulnerabilities."*
-

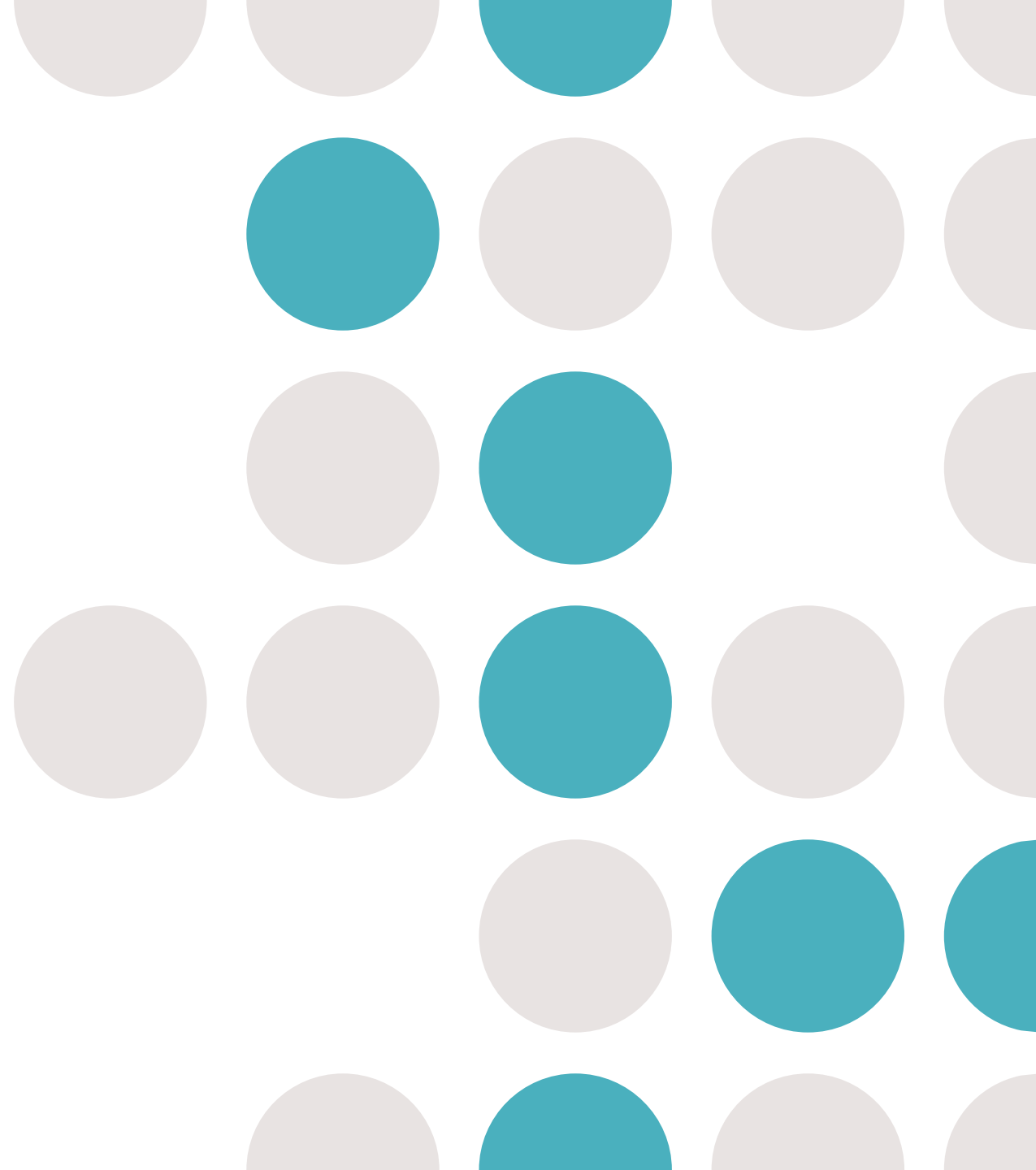
"I remembered some people who lived across the street from our home as we were being taken away. When I was a teenager, I had many after-dinner conversations with my father about our internment. He told me that after we were taken away, they came to our house and took everything. We were literally stripped clean." - George Takei

Japanese Internment



Native Americans – Intergenerational Trauma

- “The cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma experience.”
 - Maria Yellow Horse Brave Heart
-



Colonization of Native American and Alaskan Native people

“Kill the Indian, Save the Man”

- A breakdown of traditional Native family values
 - Alcohol and other substance abuse
 - Depression, anxiety, and suicidality,
 - Child abuse and neglect and domestic violence,
 - Posttraumatic stress disorder,
 - General loss of meaning and sense of hope,
 - Internalized oppression, self-hatred
-





HISTORICAL TRAUMA - SLAVERY

Mr. Fountain Hughes b. 1847



Fountain Hughes: Me? Which I'd rather be ? You know what I'd rather do? **If I thought, had any idea, that I'd ever be a slave again, I'd take a gun and just end it all right away.** Because you're nothing but a dog. You're not a thing but a dog



Race-based traumatic stress

- Racial trauma, or race-based traumatic stress (RBTS), refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes



A background image of a business meeting. Several people in professional attire (suits) are gathered around a table. One person is holding a tablet displaying a chart with two large circles. Another person is holding a smartphone. There are white coffee cups on the table. The scene is brightly lit, suggesting an office environment.

What can be done?



Next steps...

- Trauma Informed Treatment:
 - TIC calls for a **change in organizational culture** where an **emphasis is placed on understanding, respecting and appropriately responding to the effects of trauma at all levels and towards all peoples.**
 - SAMHSA 2016
 - Bloom, 2010
 - TIC is not about treating symptoms
 - Create a Safe Environment
-

Next steps....

- Make recovery from trauma the primary goal
 - Universal Routine screening - ACE quiz - <http://www.odmhsas.org/picis/TraningInfo/ACE.pdf>
 - Use of proven trauma therapies, not just talk therapy
 - View trauma through a socio-cultural lens: DEI work is needed because of trauma in BIPOC communities and the lack of understanding of how culture influences the interpretation of traumatic events
 - Foster trauma / resilience skills for clients and STAFF
 - Develop strategies to address **Secondary Trauma** and **Promote Self-Care**
-

APA' s apology and chronology

- Supported the widespread use of educational assessments and interventions that were lucrative for the field of psychology, but harmed people of color;
- Provided ideological support for and failed to speak out against the colonial framework of the boarding and day school systems for First Peoples of the Americas;
- Created, sustained, and promoted a view of people of color as deficient or damaged;
- Applied psychological science and practice to oppose “race-mixing” and to support segregation, sterilization, and antimarriage laws, using the ideas of early 20th century eugenics;
- Failed to represent the approaches, practices, voices, and concerns of people of color within the field of psychology and within society;

<https://www.apa.org/about/apa/addressing-racism/historical-chronology> (2021)



www.harrybliss.com

"Enough already! You're depressing me!!!"

**Untreated Trauma
in Clinicians→
Compassion
Fatigue and
Burnout**

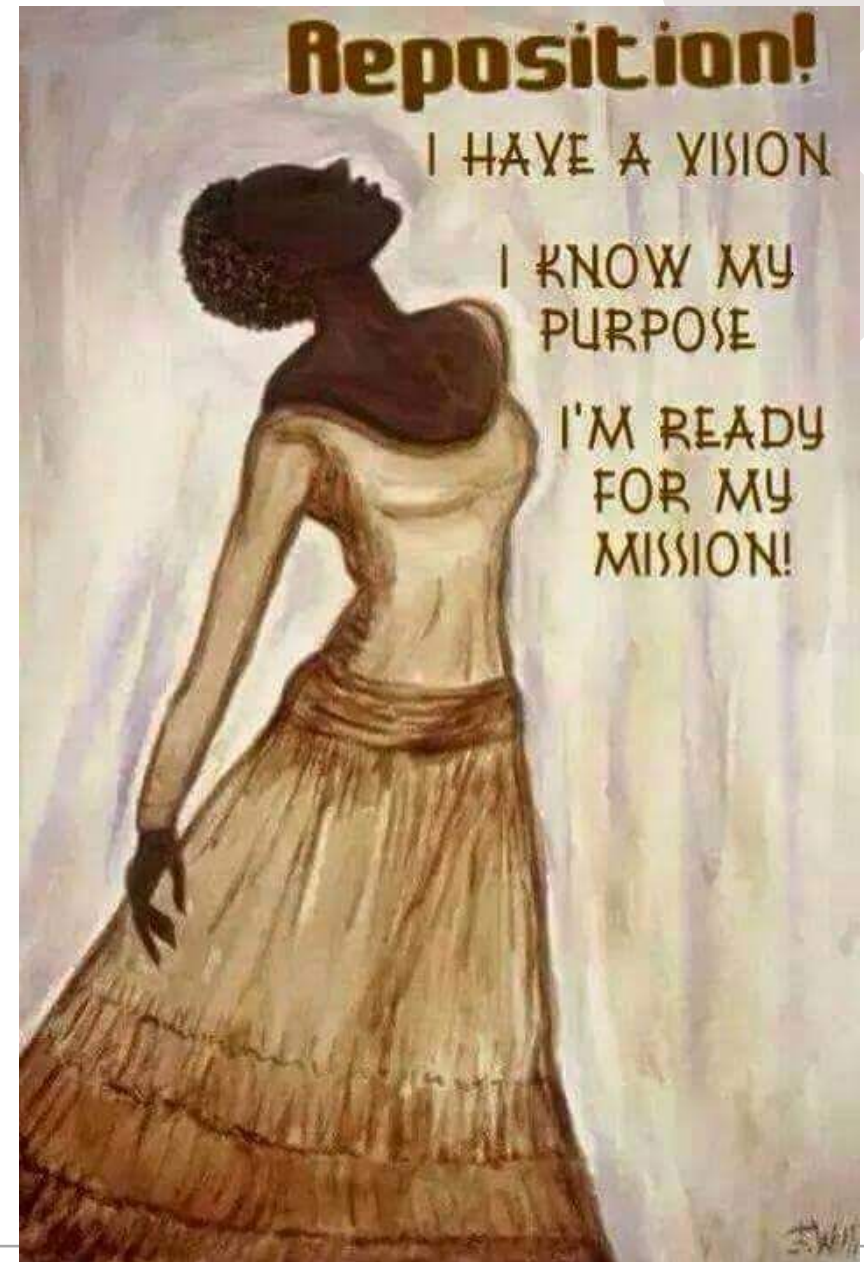


Stages of Compassion Fatigue

Stages of compassion fatigue

1. Zealot

- Unending enthusiasm
- Working long hours
- Readily available
- Making a difference



4 stages of compassion fatigue

- **2. Withdrawal Stage**
 - Less enthusiastic – the bubble has burst
 - Beginning to complain about little things at work
 - Doesn' t want to talk about work
 - Begins neglecting family, friends, coworkers and clients



4 Stages of compassion fatigue

- **Irritability Stage**
 - Attempts to avoid doing patient care
 - Difficulty with concentration
 - Distances self from family / friends
 - Nothing is fun anymore



4 stages of compassion fatigue

- **Zombie Stage**
 - Hopelessness has turned to anger / rage
 - Can' t stand being around other people
 - Thinks everyone else is incompetent
 - No patience
 - Views other with contempt

Tracy Zaparanick, LCSW, MSSW, PhD (2008)





What stage of compassion fatigue are you in?

A. Zealot - Still Passionate!!!

B. Withdrawal stage - Bubble has burst.

C Irritability Stage - So over it!

D. Zombie stage - GRUMPY

None of the above

5 STEPS TO RECOVERY

SUPERFICIAL LEVEL OF BEHAVIORS:
Eating Disorders, Substance Use,
Depression, Anxiety, Sexual Compulsivity, others.

1st

THE
AnchorTM
PROCESS

EMOTIONAL SOUP:
Shame, Fear, Anger, Joy, Guilt – Emotions in control of
the person. Emotions are the fuel for behaviors.

2nd

SENSATE LEVEL:
The body sensations associated with emotions.

3rd

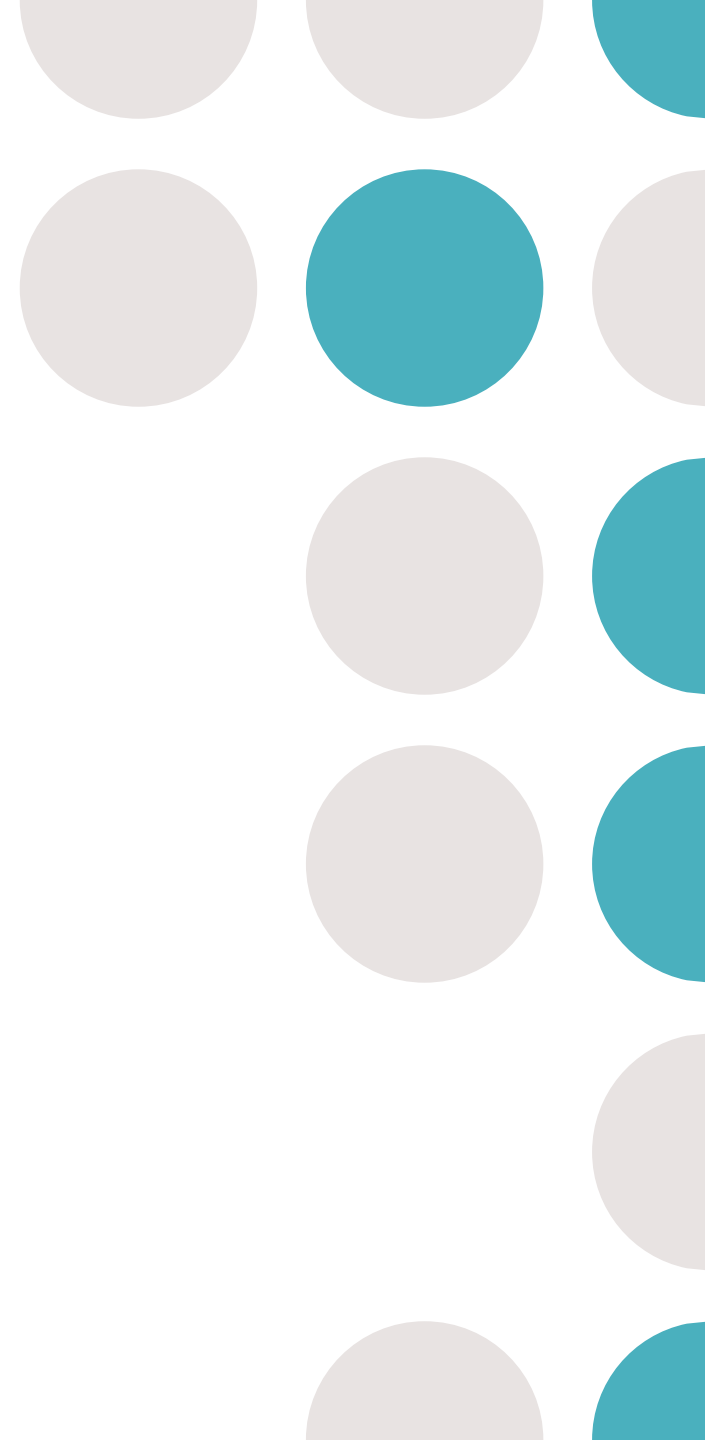
CORE BELIEFS:
Beliefs formed in the midst of intense emotion, often forgotten but
unconsciously these beliefs continue to shape and drive behaviors.

4th

DEEPER URGES OF THE SOUL:
The authentic or true self which is camouflaged by all of the above.
Your passion or bliss. Your soul's desire.

5th

Billy's Story



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