

WHEN IT RAINS, IT POURS: WAYS TO SURVIVE THE STORMS



INTRODUCTIONS



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OBJECTIVES

- Discuss the relationship between Adverse Childhood Experience (ACEs) and health & well-being
- Recognize the impact of ACEs on student behaviors
- Identify strategies for building resilience and retention
- Brainstorm approaches to mitigate personal and professional burnout
- Explore the use of Brief Motivational Interviewing (BMI) as a therapeutic communication tool



Adverse Childhood Experiences (ACEs)



Physical Abuse

Emotional Abuse

Sexual Abuse

Mental Illness

Physical Neglect

Emotional Neglect

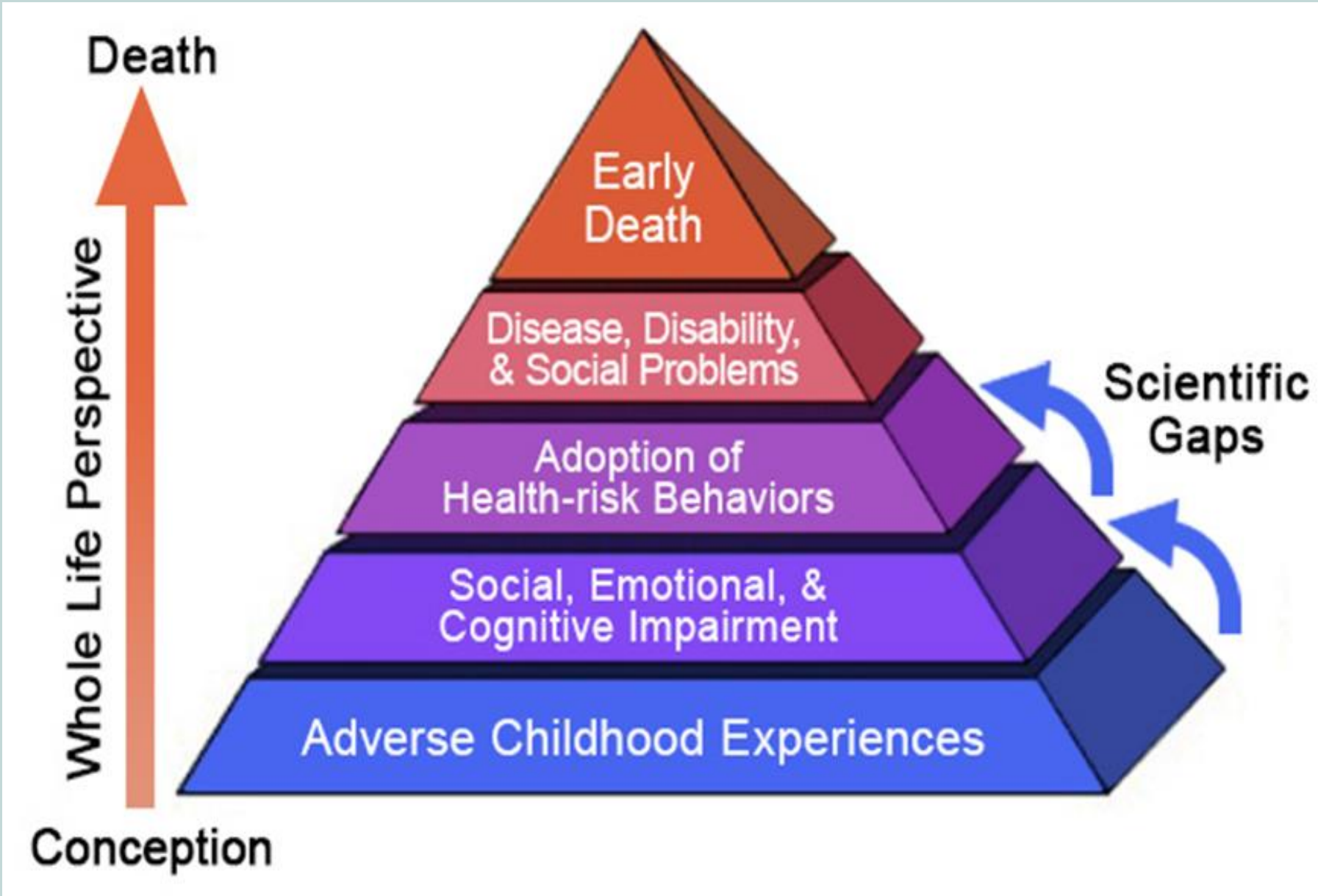
Domestic Violence

Substance Abuse

Separation/
Divorce

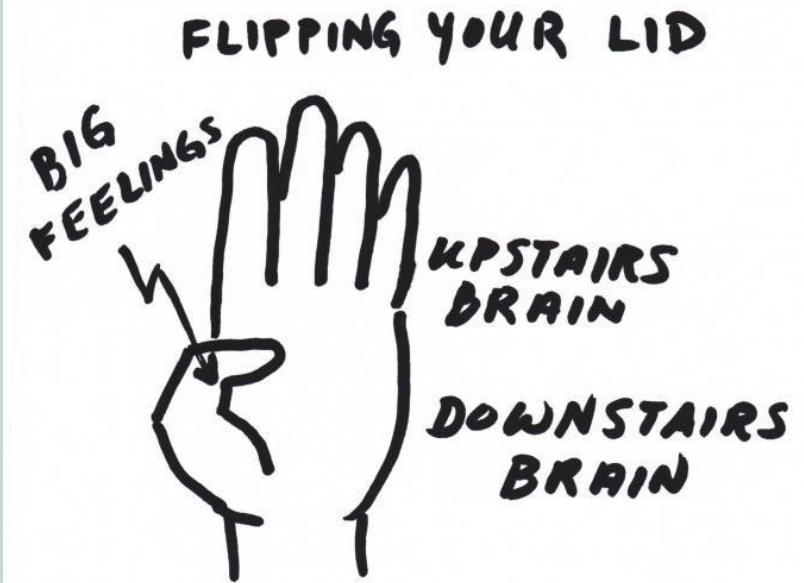
Incarceration

ADVERSE CHILDHOOD EXPERIENCES (ACES)



“FLIPPING YOUR LID”

HAND-BRAIN MODEL BY DAN SIEGEL



USING YOUR UPSTAIRS
BRAIN TO GENTLY
HUG BIG FEELINGS

STUDENT BEHAVIORS

What do ACEs have to do with what we see?

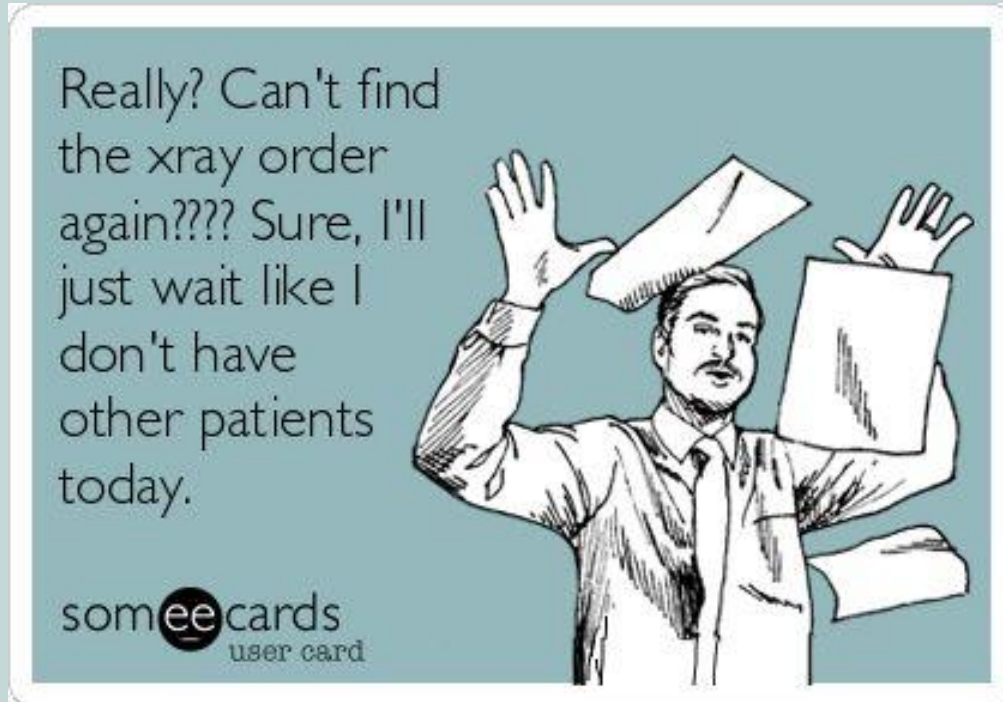
What shows on the surface? What may be underneath?



Might we see these same things in our patients?

How can we help our students, who can then better help their patients?

Examples



De-Escalate

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YOUR EXPERIENCES DO NOT
HAVE TO DEFINE YOU

.....

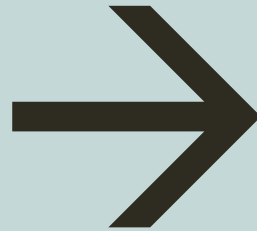
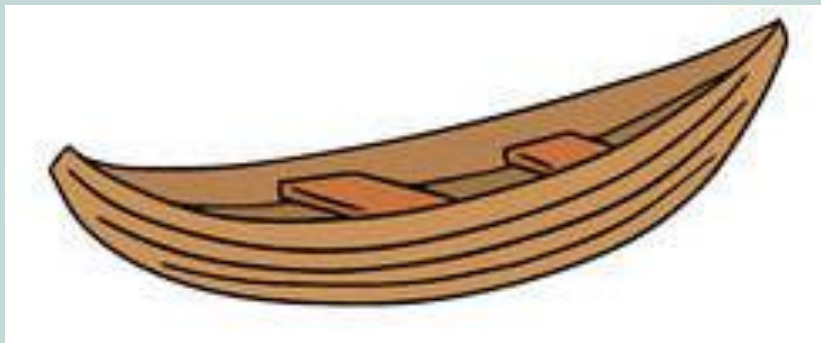
THERE ARE THINGS WE CAN DO TO
COUNTER THESE CHALLENGES!!!



BUILDING RESILIENCE & RETENTION

How to increase help-seeking behaviors?

How to equip people with the tools and resources they need to cope?



LET'S BRAINSTORM



What tools and resources do you have?

- At your college or university
- Surrounding community
- Telehealth options

Think bigger than just academics

- Social support
- Hobbies or interests
- Support groups
- Faith/Spiritual connections

HOW CAN WE MITIGATE BURNOUT?

Personally

Professionally

What do you do,
or might someone try?

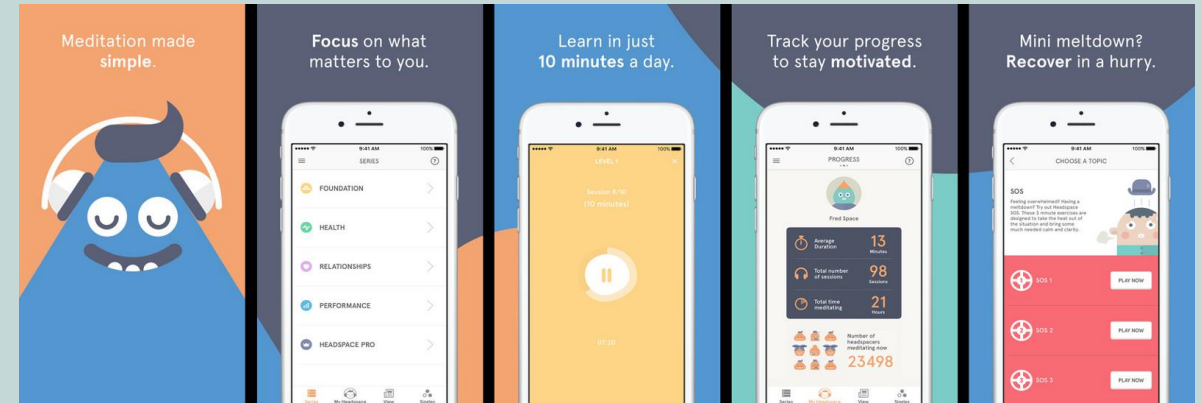


METHODS TO KEEP AFLOAT

Calm App



Headspace



BRIEF MOTIVATIONAL INTERVIEWING (BMI)

How we approach people/situations really does make a difference!

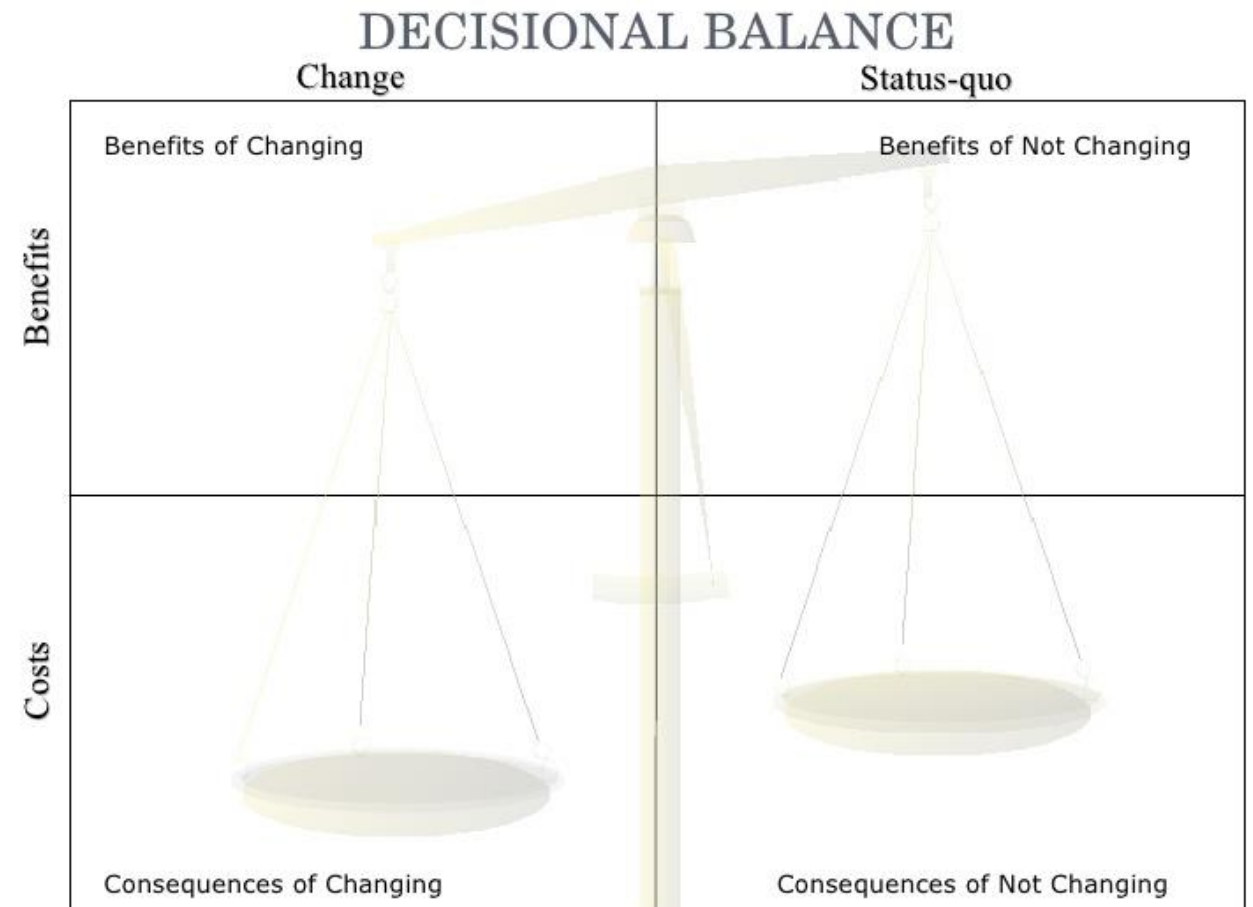
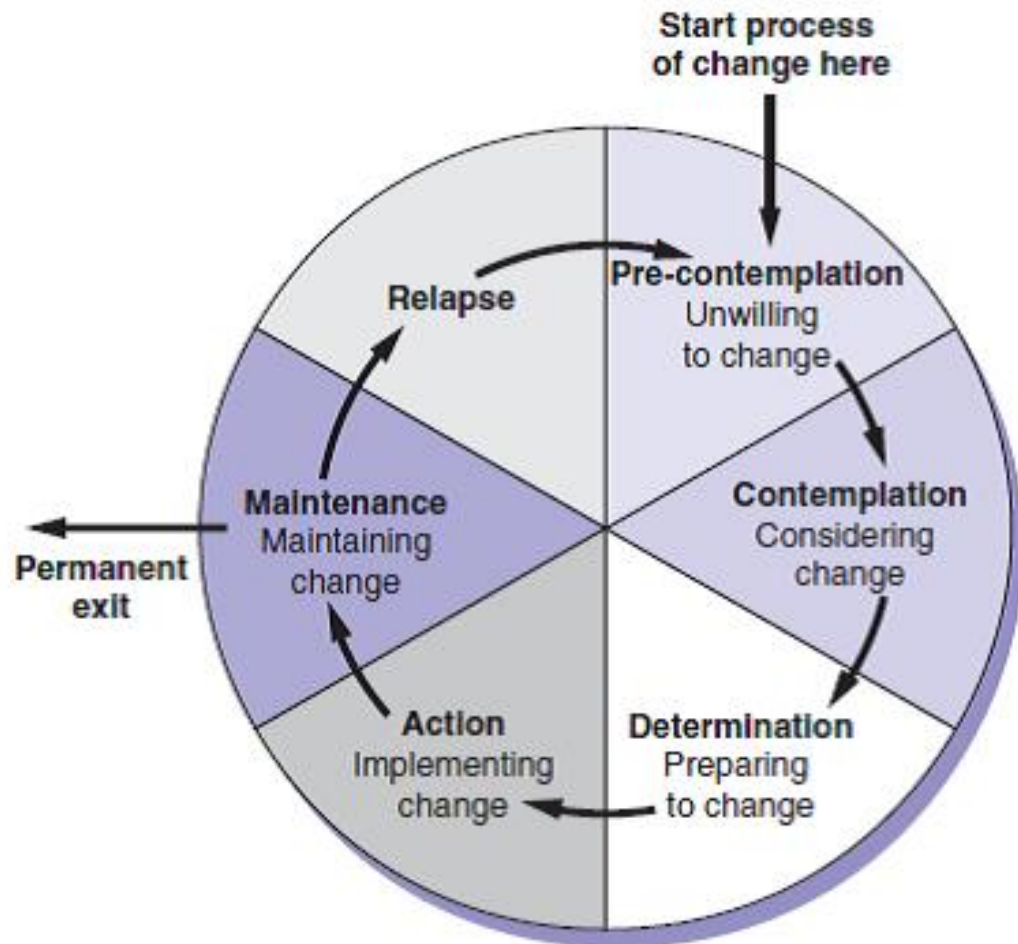
→ therapeutic communication tool

- Less judgement
- Meet them where they are
- Listen rather than direct



God gave us 2 ears and 1 mouth
for a reason

WILLINGNESS TO CHANGE?



BMI GIVES US OUR MISSING TOOL → OARS!

- O - Open Questions
- A - Affirmation
- R - Reflective Listening
- S - Summary



Remember: watch your tone

EXAMPLES & PRACTICE

... WHAT TO SAY & NOT TO SAY WHEN...

A Student Says ...

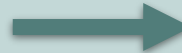
Then We Can Say ...

"I tried really hard on my test"



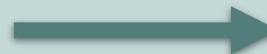
"I can hear the frustration in your voice. Tell me about how you prepared."

"I don't think I'm cut out for this program"



"Sounds like you're struggling. What's been going on?"

"I'm only here because I have to be"



"Well I'm so glad you chose to be here. Tell me why you made that choice."

ADDITIONAL RESOURCES:

[HTTP://WWW.PHILADELPHIAACES.ORG/RESOURCES](http://www.philadelphiaaces.org/resources)

[HTTPS://DRIVE.GOOGLE.COM/FILE/D/0B7FCUPFL415PCMPOVM1EAVDYMEE/VIEW](https://drive.google.com/file/d/0B7FCUPFL415PCMPOVM1EAVDYMEE/view)

Incorporating Trauma Informed Practice and ACEs into Professional Curricula - a Toolkit

Moving from
"What's wrong with you?"
to
"What happened to you?"

Nadine Burke Harris | TEDMED 2014

How childhood trauma affects health across a lifetime



NADINE BURKE HARRIS

QUESTIONS?



RESOURCES

ACES Primer HD. [YouTube] Retrieved from: <https://www.youtube.com/watch?v=ccKFkcfXx-c>.

Felitti, F.J., Anda, R.F., Nordenberg, D., Williamson, D.F., Spitz, A.M., Edwards, V., Koss, M.P., Marks, J.S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventative Medicine*, 14 (4): 245-258.

Incorporating trauma informed practice and ACEs into professional curricula – a toolkit. The Philadelphia ACE Project. Retrieved from <https://drive.google.com/file/d/0B7fcUpFl415pcmpOVm1EaVdYMEE/view>

Phoenix, O. (2017) Self care wheel, as cited in Saakvitne, K.W., Pearlman, L.A. & Staff of the Traumatic Stress Institute/Center for Adult & Adolescent Psychotherapy. (1996) Self-care assessment worksheet; Transforming the pain: A workbook on vicarious traumatization. Norton: New York. (1996)

Siegel, D. Flipping your lid. Heart-mind online. Retrieved from <https://heartmindonline.org/resources/daniel-siegel-flipping-your-lid>

The Philadelphia ACE Project. (2019) Retrieved from <http://www.philadelphiaaces.org/resources>