Implementing Person-Centered, Trauma-Informed Care with Older Adults with a History of Trauma

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The Jewish Federations of North America
Center for Advancing Holocaust Survivor Care

American Psychological Association
National Coalition on Mental Health and Aging
June 5, 2019
90% of Older Adults Experienced at Least One Traumatic Event

- Holocaust Survivors
- Veterans
- Refugees
- Survivors of Domestic Violence
- Victims of Sexual Abuse
- Victims of Elder or Elder Abuse
- Victims of Child Abuse
- Victims of Human Trafficking
- Native Americans and Ethnic Minorities

SAMHSA
# Consequences of Trauma on Health

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>Physical Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Hypertension &amp; Coronary Heart Disease</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Gastrointestinal Issues</td>
</tr>
<tr>
<td>Panic Attacks</td>
<td>Immunosuppression</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>Fibromyalgia</td>
</tr>
<tr>
<td>Memory and Attention Problems</td>
<td>Sleep Disorders</td>
</tr>
<tr>
<td>Irritability</td>
<td>Lung Disease</td>
</tr>
</tbody>
</table>

Sources: D’Andrea et al., 2011; Van Der Kolk; McFarlane, 2010
Typical Events in the Aging Process Can be Triggering

- Loss of Control and Independence
- Decreased Mobility
- Hearing or Vision Loss
- Death of Loved Ones
- Loss of Purpose
- Inability to Utilize Coping Mechanisms
### Example: How Past Trauma Impacts Holocaust Survivors

<table>
<thead>
<tr>
<th>Trauma</th>
<th>Trigger</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gas Chambers</td>
<td>Shower, burning smells</td>
<td>Anxiety and fear of undressing, showering, or using public restrooms</td>
</tr>
<tr>
<td>Medical Experiments, Eugenics Program, and Forced Sterilization</td>
<td>Medical professionals and settings, smell of bleach</td>
<td>Distrust of medical professionals and settings, difficulty following a treatment plan</td>
</tr>
<tr>
<td>Forced Migration</td>
<td>Moving</td>
<td>Fear of change and loss, desire to control environment</td>
</tr>
<tr>
<td>Starvation</td>
<td>Waiting in line, hunger</td>
<td>Hoarding food, keeping expired food, binging</td>
</tr>
</tbody>
</table>
Guiding Principles of SAMHSA
Trauma-Informed Care

1. Safety
2. Trustworthiness and transparency
3. Peer support and mutual self-help
4. Collaboration and mutuality
5. Empowerment, voice, and choice
6. Cultural, historical, and gender issues

What happened to you?

Source: SAMHSA
Definition of Person-Centered, Trauma-Informed (PCTI)

A holistic approach to service provision that promotes the dignity, strength, and empowerment of trauma victims by incorporating knowledge about the role of trauma in victims’ lives into agency programs, policies, and procedures.
The JFNA Center for Advancing Holocaust Survivor Care’s Goals

**Develop Innovations**

- Fund and support subgrants for PCTI Holocaust survivor programs

**Share PCTI Principles**

- Build broad capacity to provide PCTI-based services to Holocaust survivors and other older adults.
Our Subgrantees

Holocaust.Center@JewishFederations.org
Infusing PCTI on Multiple Levels

- Policies and Procedures
- Agency Space
- Staff
- Programming & Service Delivery
Programs & Service Delivery

Physical Health

Technologies

Cognitive Health

Socialization Programs

Mental Health

Education & Training

Accessibility

PCTI Care
Staff

- PCTI training
- Peer support
- Self-care
- Focused supervision
- Peer coaching
- Steering committee composed of staff and clients
- Provide a “quiet room” for staff to decompress and regroup
- Create a suggestion box
- PCTI resource newsletter
Agency Space

Department of Health
- Sexually Transmitted Diseases
- Detoxification Center
- Chest Clinic
- Women's Services

Caution.
The sound effects are intended to simulate the sounds of Vietnam. If you are sensitive to sound, please be aware.
## Policies and Procedures

<table>
<thead>
<tr>
<th>Conduct an assessment to determine how we can become PCTI</th>
<th>Download resource materials on PCTI care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Develop &amp; implement a strategic plan to become PCTI</td>
<td>Participate in webinars or conference calls on PCTI care</td>
</tr>
<tr>
<td>Include PCTI principles into the agency’s mission, program, and policy statements</td>
<td>Discuss and train board members, staff, and community partners on PCTI care</td>
</tr>
<tr>
<td>Allocate funds to become more PCTI</td>
<td>Modify physical space to create a PCTI environment</td>
</tr>
</tbody>
</table>
Next Steps

- Check out JFNA’s Center for Advancing Holocaust Survivor Care’s website: https://www.holocaustsurvivorcare.org/
- Participate in our webinars on PCTI care
- Help promote our RFP release to your constituents
- Join our Review Committee
- Strategize how you will make your office and service more PCTI

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