



Ohio Program *for* Campus Safety *and* Mental Health
5TH BIENNIAL CONFERENCE

CREATING COMMUNITY WELLNESS:
Equity and Inclusion in Student Mental Health

MAY 18, 2021

UNDERSTANDING THE IMPLICATIONS OF
TRAUMA AMONG COLLEGE STUDENTS

Presented By

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LEARNING OBJECTIVES

Definition of Trauma

Prevalence among college students

How colleges and universities can create welcoming environments and acknowledge feelings of isolation, exclusion and that lead to mental health disparities

Understand and address the mental health needs of diverse student populations

DEFINITION OF TRAUMA

- ▶ Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

THINGS TO REMEMBER...

Establish and provide safety

- What helps you feel safe?

Underlying Question is...

- What happened to you?

Symptoms are...

- Adaptations to traumatic events

Healing happens...

- In relationships





rustique art



PREVELANCE AMONG COLLEGE STUDENTS

66 to 85% have had some exposure (Read, Ouimette, White, Colder, & Farrow, 2011; Smyth, Hockemeyer, Heron, Wonderlich, & Pennebaker, 2008)

Approx. 50% have exposure during first year (Galatzer-Levy et al., 2012).

Black women in college are more likely to face adverse impacts and leave college (Foundations Recovery Network, 2021)

Black students attending PWI with trauma exposure are more likely to have difficulty adjusting (Boyras, Horne, Owens, & Armstrong, 2013).

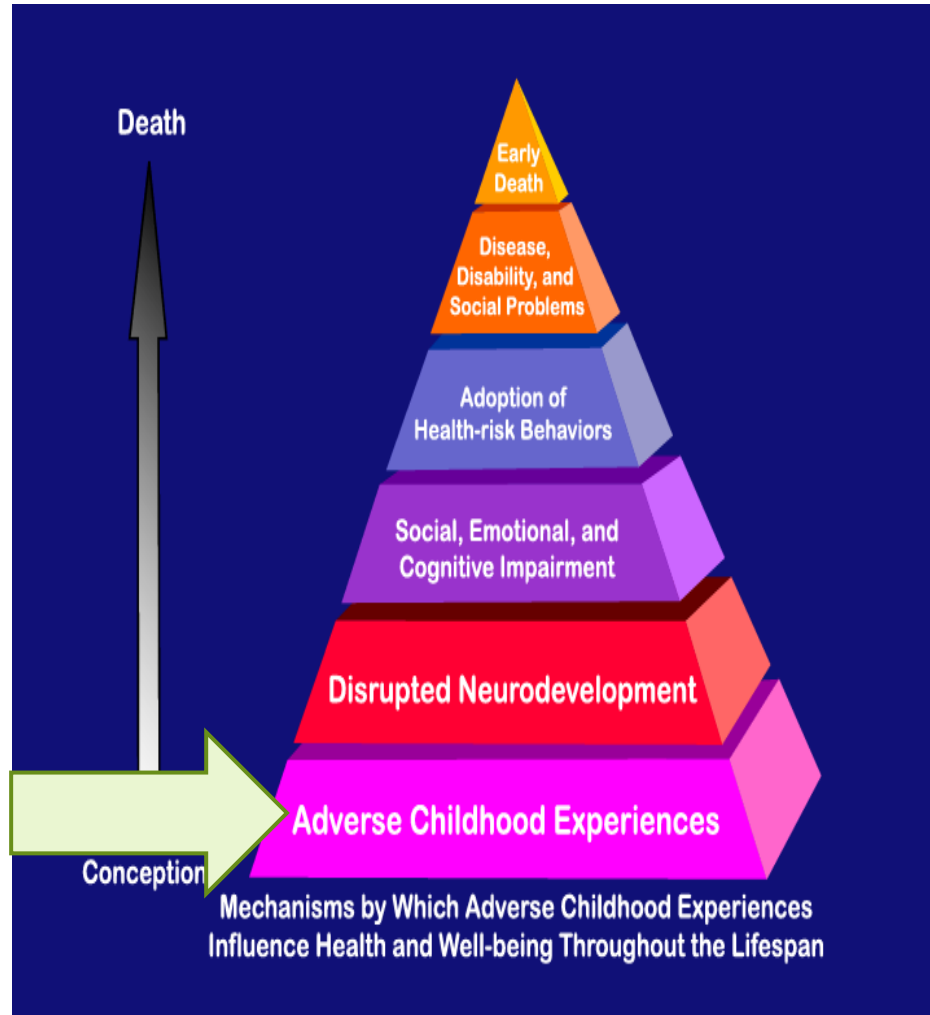
Approximately 40% report a mental health issue (Jolley, 2014)

During the pandemic, 63% reported mental health issues (JED, 2020)

PREVELANCE (cont.)

81% of African Americans with some college experience have had a discrimination experience (Anderson, 2019)

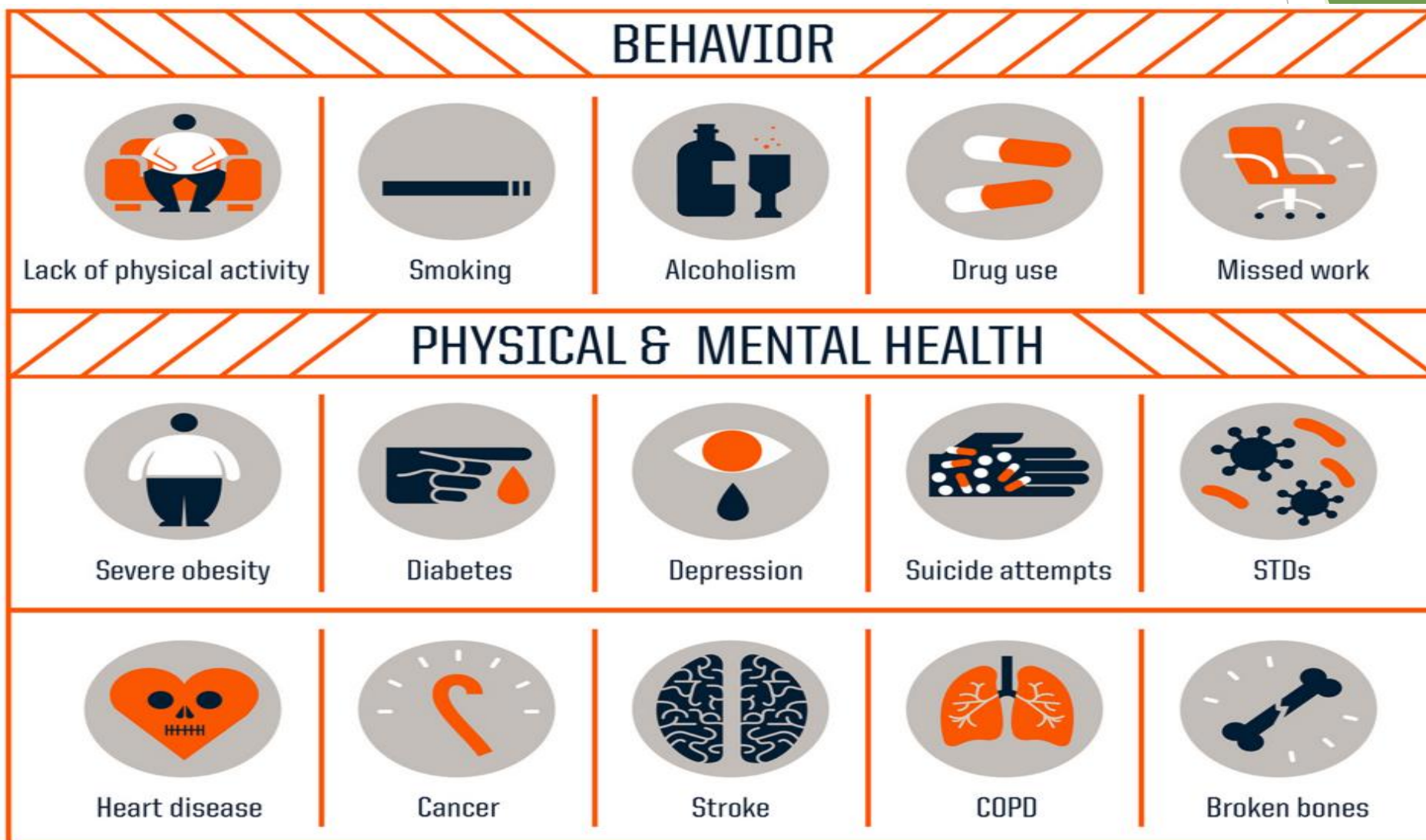
ACE Study



The **Adverse Childhood Experiences Study (ACE Study)** is a research study conducted by Kaiser Permanente health maintenance organization and the Centers for Disease Control and Prevention (CDC). Participants were recruited to the study between 1995 and 1997 and have been in long-term follow up for health outcomes.

ACE Score and Health Risk

As the ACE score increases, *risk for these health problems increases* in a strong and graded fashion:



Nadine Burke Harris on ACES

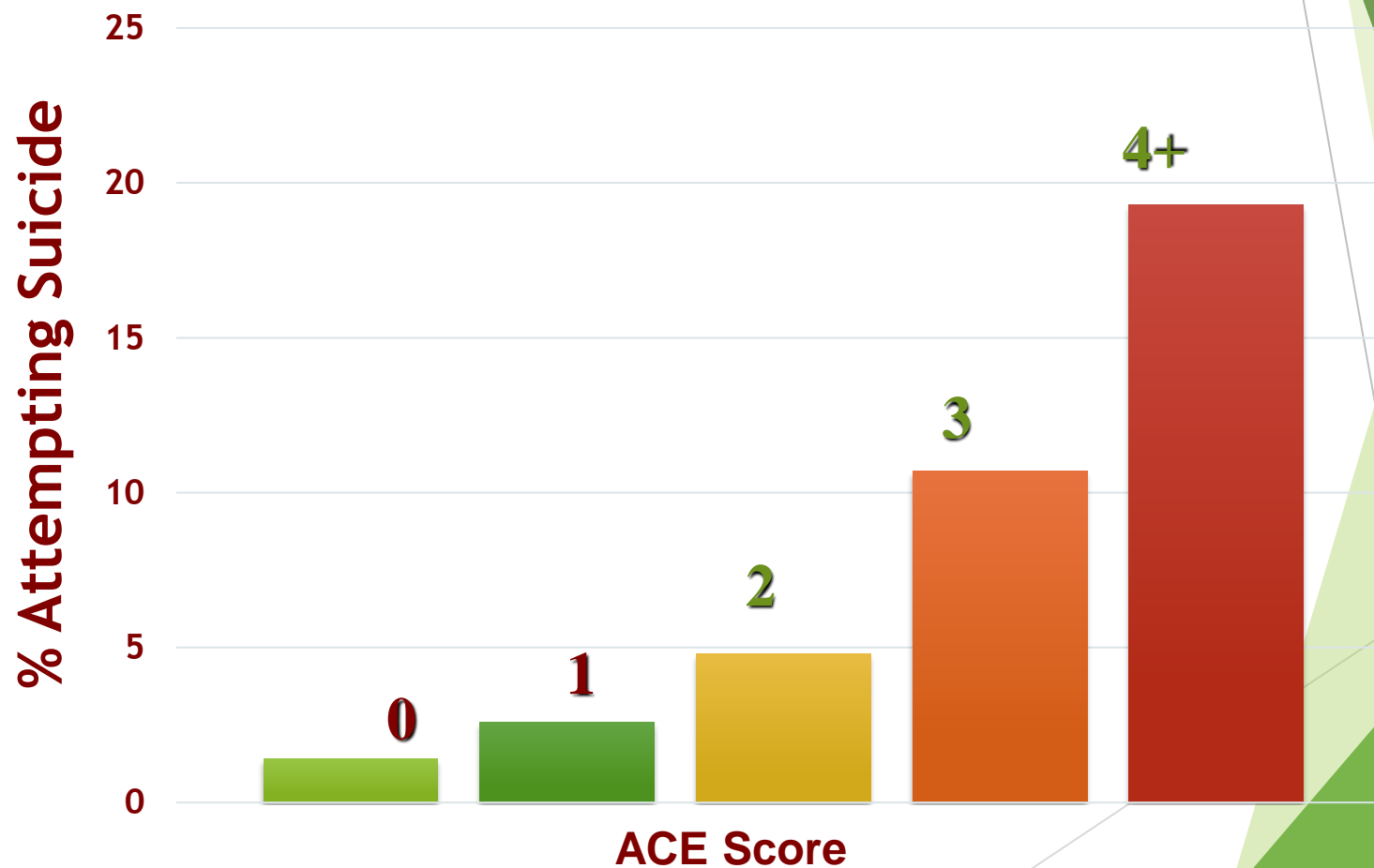


<https://www.youtube.com/watch?v=95oylJ3dsNk&t=85>



<https://www.youtube.com/watch?v=KoqaUANGypA>

Childhood Experiences Underlie Suicide



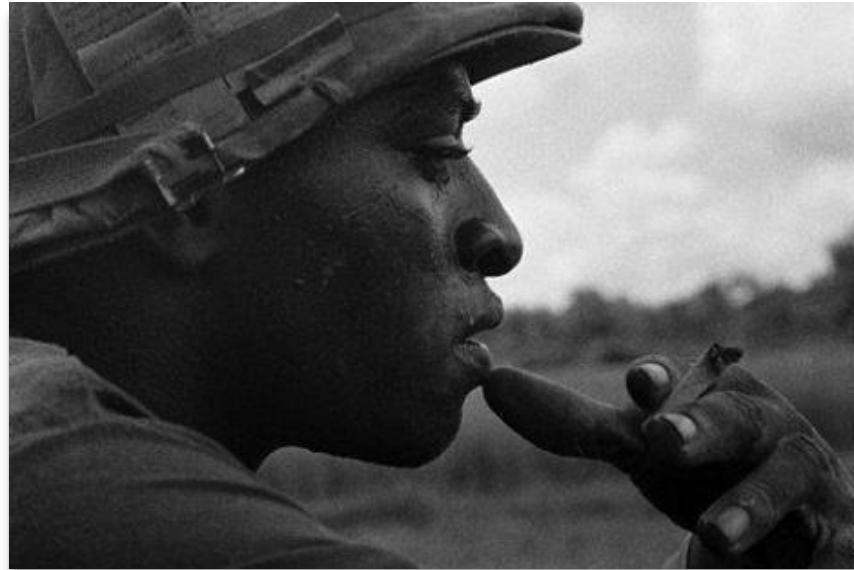
Historical Issues

- ▶ Trauma histories are complex in that every generation seems to be affected by adversity, mental health issues, substance use, and some governmental agency involvement
- ▶ Untreated traumatic stress has serious consequences for children, adults, and families
- ▶ The connection between historical trauma and present-day experiences, related narratives, and health impacts may function as a source of present-day distress as well as resilience

Race-Based Trauma

- ▶ Race-Based Traumatic Stress Injury
- ▶ Microaggressions
- ▶ Racial Battle Fatigue

- **Avoidance**
- **Negative changes in thinking and mood**
- **Changes in emotional reactions**



What Is RBTSI?

The psychological state of suffering from racial violence that results in a cluster of symptom reactions which can significantly impair an individual's quality of life (Carter 2007).

Symptoms of RBTSI

- ▶ Intrusive memories
- ▶ Avoidance
- ▶ Negative Changes in Thinking and Mood
- ▶ Generational

Shift in Thinking:

Instead of.....

“What’s wrong with you?”

how about.....

“What happened to you?”

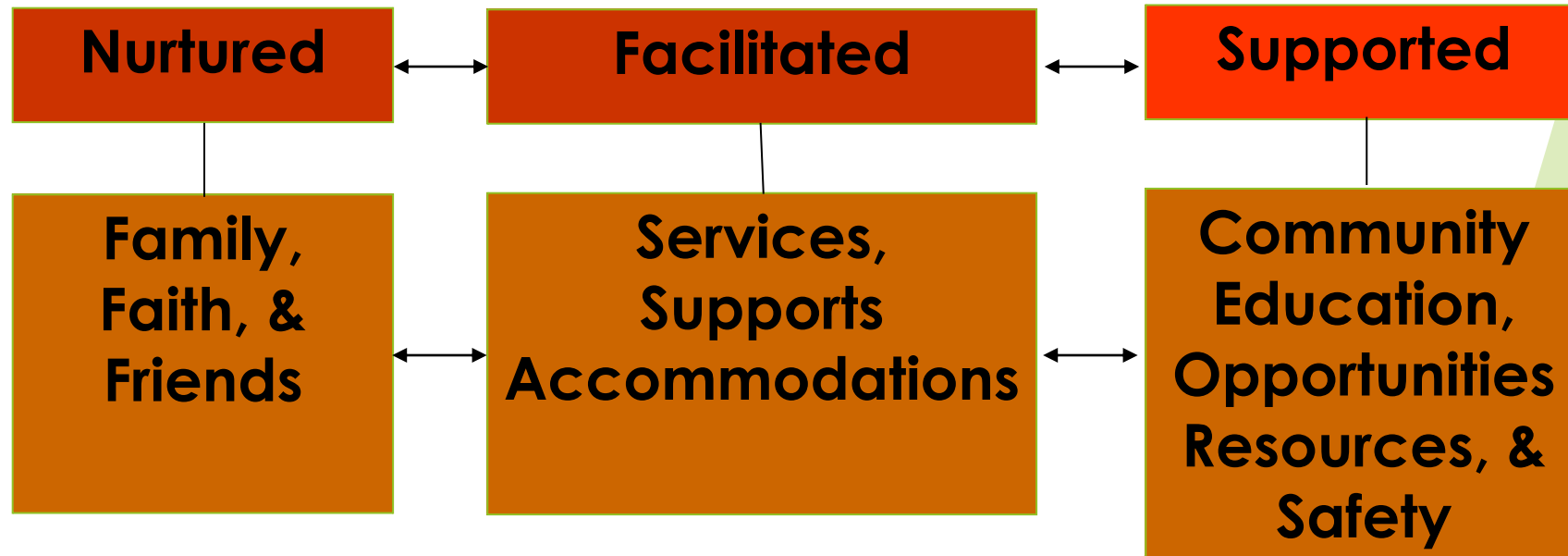
Shift in Thinking: Through the Trauma Lens...

Instead of...	How about?
What is your diagnosis?	What is your story? What has brought you here?
What are your symptoms?	How have you coped and adapted?
How can I best help or treat you?	How can we work together to figure out what helps?
Here is what you need to work on....	How can I support changes in your behavior that will benefit you?

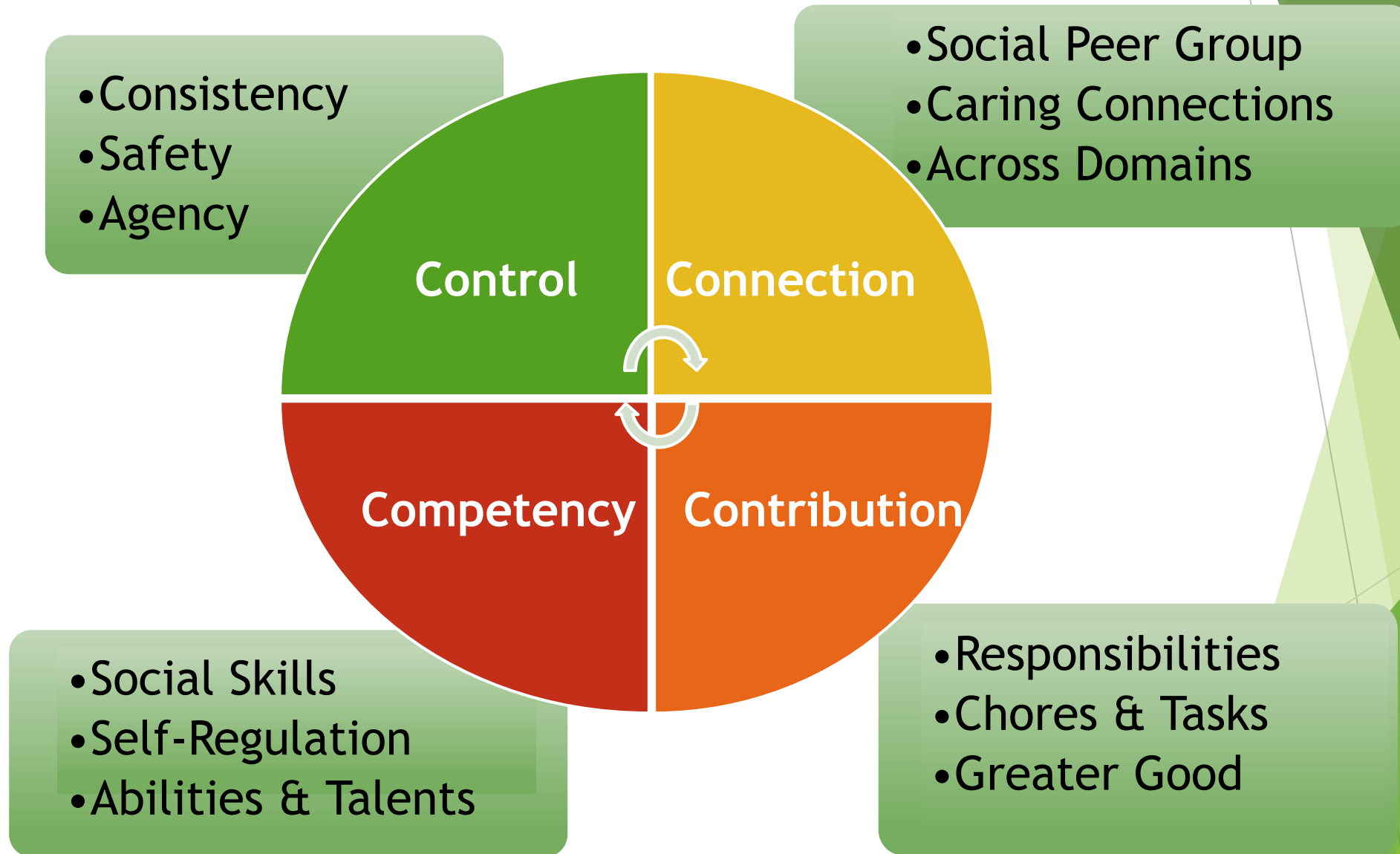
Shift in Thinking: Resiliency Definition

(ResiliencyOhio.org)

- ▶ Resiliency is an inner capacity that when nurtured, facilitated, and supported by others- empowers people to successfully meet life's challenges with a sense of self-determination, mastery, hope, and well-being.



Shift in Thinking: Resiliency Components



Shift in Thinking: “The Four R’s”

Evidence of a trauma informed approach:

Realizes

- widespread impact of trauma and understands potential paths for recovery

Recognizes

- signs and symptoms of trauma in students, families, staff, and others involved with the system

Responds

- by fully integrating knowledge about trauma into policies, procedures, and practices

Resists

- re-traumatizing

SAMHSA's Six Key Principles of a Trauma-Informed Approach

- 1. Safety**
- 2. Trustworthiness and Transparency**
- 3. Peer Support**
- 4. Collaboration and Mutuality**
- 5. Empowerment, Voice, and Choice**
- 6. Cultural, Historical, and Gender Issues**



<https://www.youtube.com/watch?v=1Evwgu369Jw>

CAMPUS WIDE TRAUMA INFORMED APPROACH

- ▶ Provide TI training for all administrators, faculty, staff, student leaders, alumni
- ▶ Immediate response (outside of traditional hours)
- ▶ Take advantage of on-line services
- ▶ Provide Mental Health First Aid training for all administrators, faculty, staff, student leaders, alumni
- ▶ Provide Suicide Prevention training for all administrators, faculty, staff, student leaders, alumni
- ▶ Research, research, research and adjust
- ▶ Make sure that your interventions are informed, appropriate, specific
- ▶ Avoid at all cost, re=traumatization
- ▶ Please assure that public safety, judicial affairs have timely and relevant training

CENTRAL STATE UNIVERSITY

- ▶ Trauma-Informed Training
- ▶ Partnership with NEOMED, NAMI
- ▶ Mental Health Advocates (NEOMED)
- ▶ Immediate Response to request for services (case management triage)
- ▶ Collaboration with campus safety
- ▶ MHFA training every semester (including Summer)
- ▶ QPR (suicide prevention ongoing)
- ▶ Safe Zone
- ▶ Resiliency Support Meetings (student facilitated)
- ▶ The Vibe Support Meetings (LGBTQ Ally Program)
- ▶ Theater Production Healing Through Expression
- ▶ Art Therapy

Recommendations



VALIDATE



APPRECIATE



REFER

QUESTIONS

References



<http://mha.ohio.gov/traumacare>

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References

<https://mha.ohio.gov>

- Health-Professionals
- About-Mental-Health-and-Addiction-Treatment
- Trauma-informed-Care

The screenshot shows the Ohio Department of Mental Health and Addiction Services website. The header includes the Ohio logo and the text "Department of Mental Health and Addiction Services". A navigation menu has five items: "FAMILIES, CHILDREN AND ADULTS", "SCHOOLS AND COMMUNITIES", "HEALTH PROFESSIONALS" (highlighted in a dark red box), "RESEARCHERS AND MEDIA", and "ABOUT US". Below the navigation is a breadcrumb trail: "Health Professionals / About Mental Health and Addiction Treatment / Trauma-informed Care". The main heading is "Ohio's Trauma-Informed Care Initiative". The text describes the collaboration between OhioMHAS and DODD on a statewide TIC initiative. A contact box on the right lists the Project Coordinator, Kim Kehl, and the Medical Director, Justin Trevino, MD, with their respective phone numbers.

Ohio | Department of Mental Health and Addiction Services

FAMILIES, CHILDREN AND ADULTS ▼ SCHOOLS AND COMMUNITIES ▼ **HEALTH PROFESSIONALS ▼** RESEARCHERS AND MEDIA ▼ ABOUT US ▼

Health Professionals / About Mental Health and Addiction Treatment / Trauma-informed Care

Ohio's Trauma-Informed Care Initiative

The Ohio Departments of Mental Health and Addiction Services (OhioMHAS) and Developmental Disabilities (DODD) collaborate on a statewide Trauma-Informed Care (TIC) Initiative intended to promote a greater sense of safety, security and equality among consumers/clients. TIC is an approach that explicitly acknowledges the role trauma plays in people's lives. TIC means that every part of an organization or program understands the impact of trauma on the individuals they serve and adopts a culture that considers and addresses this impact.

Working through six **Regional Collaboratives**, the initiative will expand opportunities for Ohioans to receive trauma-informed interventions by enhancing efforts for practitioners, facilities and agencies to become competent in trauma-informed practices.

CONTACT US

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