



Complementary  
Alternative Medicine  
for all: a paradigm shift  
from Individual to  
Community based CAM

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# Why this topic?

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- ▶ Because there is a significant increase in physical and verbal abuse in populations, like residential care communities, when providing services. Community members and care partners alike are experiencing re-traumatization, secondary trauma and compassion fatigue.
- ▶ Behavior Management may have been given the wrong definition and possibly has created environments which are reactionary vs. a calming response and diving deeper into the “why” to support the individual and the hands on care partners.
- ▶ We will cover
  - ▶ Integrative Wellness and Components of CAM and refer you to;
  - ▶ TIC resources



# Guiding Objectives

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- Objective 1: Define Trauma and understand how it may affect an individual's abilities, and the impact this has on giving and receiving care, and being part of community. (obj1)
  - Objective 2: Identify a minimum of 3 ways that Integrative Wellness impacts Trauma Informed Care. (obj2)
  - Objective 3: Demonstrate an understanding of how to assess, plan, implement, and evaluate at least 3 Integrative Wellness activities to self, participants and/or peers. (obj3)
  - Objective 4: Identify at least 1 regulation that includes Trauma Informed Care. (obj4)

# What is Trauma?



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Trauma is the result of extraordinary stressful events that is experienced by an individual as physically or emotionally harmful or life threatening and has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, spiritual well being.

The stressful events can take away a person's sense of security, making them feel helpless and vulnerable. These experiences often involve the threat to safety, however any situation that leaves someone feeling overwhelmed and alone can be traumatizing. Trauma can have serious effects on a person's physical health and ultimately affect life expectancy. (Substance Abuse and Mental Health Services Administration)



# What is Trauma Informed Care? (A Universal Precaution)

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- ▶ **Trauma Informed Care IS**-when an organization takes steps to become trauma-informed;
- ▶ **Trauma Informed Care is NOT**-knowing all the details of the person's experience.

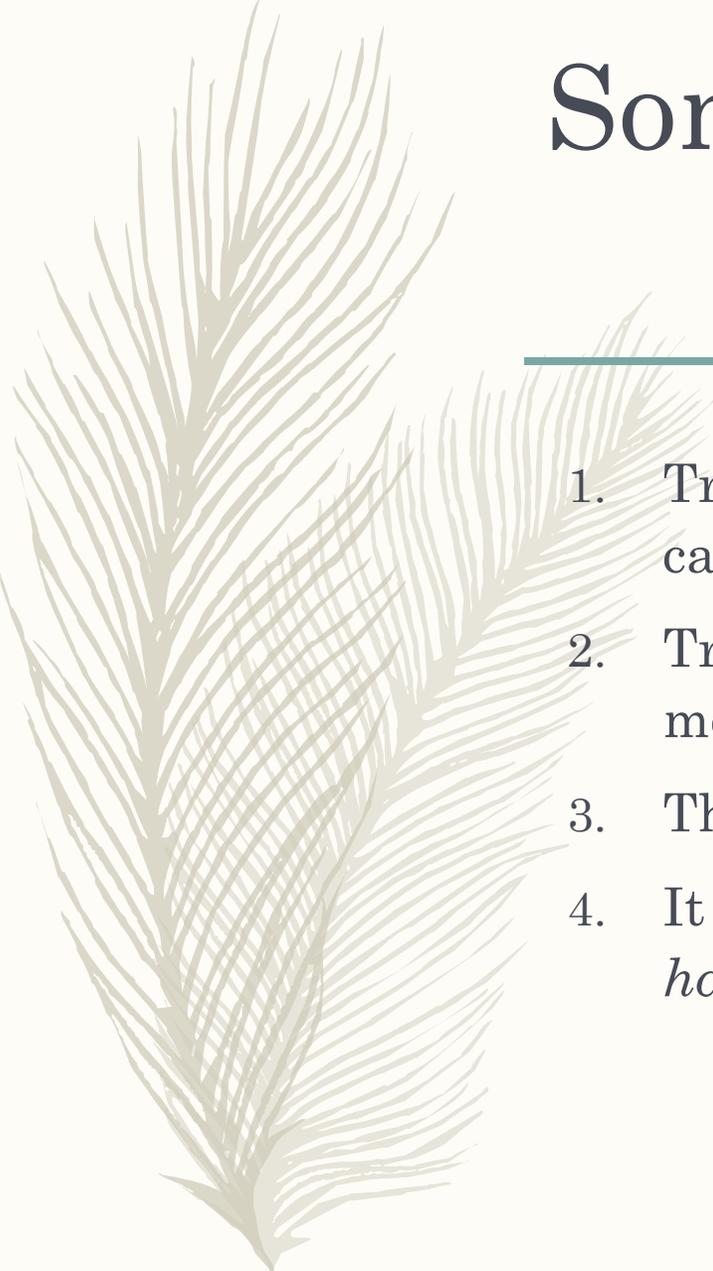


# What is Trauma Informed Care?

## 3 Elements of Being Trauma Informed

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- Realizing the widespread impact of trauma and understanding paths to recovery
- Recognizing the signs and symptoms of trauma in Residents/Participants, Peers, and Providers
- Responding by fully incorporating knowledge about trauma into policies, procedures, and practices, as well as seeking to actively prevent re-traumatization



# Some Things to Remember about Trauma

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1. Trauma can be a horrific experience in the development of self, it can play a part in the way people relate to the world.
2. Trauma may turn biological predispositions into actual full blown mental health problems.
3. The way that people manage emotion is affected by trauma.
4. It is not about what is *wrong* with the person, it is about what *happened* to them.



# Exploring Trauma & TIC

## How might this affect care and services?

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- ▶ Participants (*Examples*)
  - ▶ May shy away from a certain setting/location based on experiences
    - ▶ 1:1 vs. Group (small or large)
    - ▶ Outdoors vs. in a house
- ▶ Care Partners (*Examples*)
  - ▶ Based on a participants *limited* history, may feel uncomfortable providing services or care to certain individuals/participants.
  - ▶ May provide services/care but not at full capacity or to the individuals needs.



# Exploring Trauma & TIC

## What is in our control when providing care and services?

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- ▶ Setting a Therapeutic Environment
  - ▶ Create a Safe Space
  - ▶ Build Rapport
  - ▶ Create the plan with them
  - ▶ Create Micro Goals
    - ▶ [\*Therapeutic Group Tool\*](#)
  - ▶ Ask Participants Questions
    - ▶ *Are you ok with this?*
    - ▶ *What do you need to be successful at this activity?*
    - ▶ *What do you think about this activity?*
    - ▶ *Is there anything we can change about this activity for you to feel successful?*
      - ▶ Rephrase and re-word as necessary per individuals need



# Exploring Trauma & TIC

## What is in our control when providing services?

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- ▶ Setting a Therapeutic Environment
  - ▶ Ask Yourself Questions
    - ▶ *Are you ok with this?*
    - ▶ *What do you need to be successful in supporting this intervention?*
    - ▶ *Do you need to change your approach?*
    - ▶ *Are there other resources you should explore prior to providing services?*



# Reliving trauma and what it does to the body...

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- ▶ **Secondary Trauma:** *“The emotional duress that results when an individual hears about the firsthand trauma experiences of another.”* (The National Child Traumatic Stress Network)
- ▶ **Re-Traumatization:** *“Is re-living stress reactions experienced as a result of a traumatic event when faced with a new, similar incident.”* (SAMHSA)
- ▶ **Compassion Fatigue (CF):** *“Is stress resulting from exposure to a traumatized individual. CF has been described as the convergence of secondary traumatic stress (STS) and cumulative burnout (BO), a state of physical and mental exhaustion caused by a depleted ability to cope with one’s everyday environment.”* (National Library of Medicine)



# Stressful events can Re-traumatize any of us...

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- ▶ Pain and suffering
- ▶ Chaotic environments
- ▶ Loud and abrupt noises
- ▶ Tone of voice
- ▶ Small Spaces
- ▶ Waiting long periods of time for care
- ▶ Milestones in life-Anniversaries, Birthdays, Holidays



# The Beautiful “R” Word

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- TIC is also shifting the way we look at regulations
- Starts with Care Planning with measurable objectives
  - Cultural Competence / Equity
- **F656:** For concerns related to development or implementation of culturally competent and/or trauma-informed care plan interventions; values and practices?
- **F699:** For concerns related to outcomes or potential outcomes to the resident related to culturally-competent and/or trauma-informed care;



# The Beautiful “R” Word

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- **F726:** For concerns related to the knowledge, competencies, or skill sets of nursing staff to provide care or services that are culturally competent and trauma-informed.
- **F742:** For concerns related to treatment and services for resident with history of trauma and/or history of post-traumatic stress disorder (PTSD)



# Trauma Informed Care Resources

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National Council for Behavioral Health-Trauma Informed  
Care

<https://www.thenationalcouncil.org/topics/trauma-informed-care/>

SAMHSA's Concept of Trauma

<https://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884.html>



# What is Integrative Wellness? (IW)

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An integrative approach in physical and psychosocial care by combining conventional medicine with alternative treatments to promote health, balance and wellness for every individual, including the care partners and residents/participants..



# How does Integrative Wellness play a significant part in TIC

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- ▶ Supports getting into a parasympathetic relaxed state in a positive way
- ▶ Creates a safe, trusty, calming, inclusive environment
- ▶ Provides us with the ability to be more mindful and respond more appropriately verses “knee jerk reactions”
- ▶ It is hard to be angry, depressed or anxious in a relaxed body
  - ▶ For some this may not be possible without CAM

# What is CAM?

(Complementary and Alternative Medicines)

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- ▶ NIH states “if the practice is used together with conventional medicine, it’s complementary” and if a practice is used in place of conventional medicine, it’s alternative
- ▶ These methods are often complementary to psychotropic medication(s) needs for individuals living with a major mental illness
- ▶ In the United States approximately 65% of people use CAM –and those are only the ones seeing and reporting to physicians
- ▶ Traditional Cultural Rituals are often “secularized” , we need to start inquiring on person directed health and wellness.

# The APIED Process of Integrative Wellness, CAM

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- ▶ Assess (Becoming Well Known)
    - ▶ Know the participants, their interests, their history
      - ▶ *What drives them?*
    - ▶ What past leisure experiences have been successful and unsuccessful?
    - ▶ Do they have a history of IW and CAM?
  - ▶ Plan
    - ▶ Match interests to potential IW & CAM Opportunities (i.e; Intervention)
      - ▶ Make certain the environment matches the Intervention
      - ▶ *Think about how we will measure success*
      - ▶ *What IW and CAM approaches are you aware of?*

# The APIED Process of Integrative Wellness, CAM

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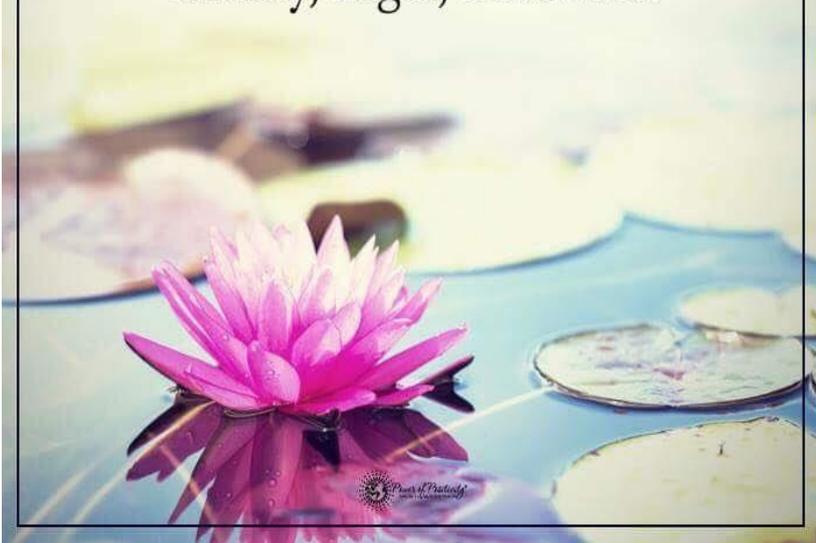
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- ▶ Implement
    - ▶ Facilitate the IW/CAM Program
  - ▶ Evaluate
    - ▶ What was the outcome? (Were there any unexpected outcomes?)
  - ▶ Document
    - ▶ Follow trends, continue to adapt
    - ▶ Track evidence and report outcomes

# Practices you can start today...

## Simple grounding exercise:

- 5 Things you see
- 4 Things you feel
- 3 Things you hear
- 2 Things you smell
- 1 Thing you taste

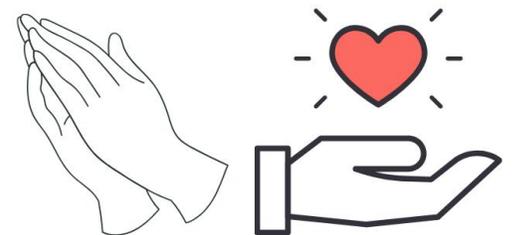
Grounding helps with anxiety, anger, and focus.



## 5-FINGER BREATHING



## Self-Havening



[www.carylwestmore.com/havening](http://www.carylwestmore.com/havening)

# Integrative Wellness and CAM

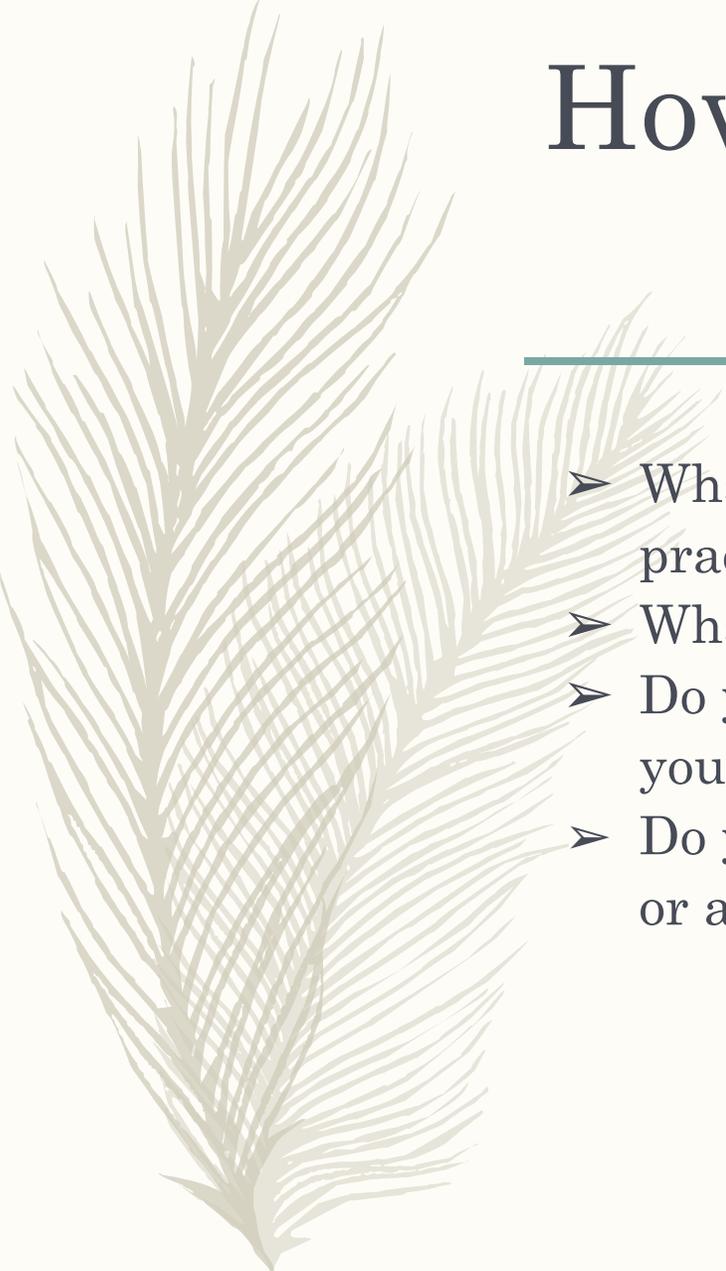
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- ▶ Acupuncture, Acupressure (Tapping), Ear Seeding, Cupping
  - ▶ Aromatherapy
  - ▶ Art Therapy / Art with a Therapeutic Value
  - ▶ Energy work-Reiki, Therapeutic Touch, Healing Hands, Havening Touch
  - ▶ Guided Meditation
  - ▶ Horticulture (Community Garden & Individual Gardens)
  - ▶ Hydrotherapy (Exercise taking place in the water)
  - ▶ Laughter Therapy / Laughter Therapy with a Therapeutic Value
  - ▶ Massage (Whole Body) or massage with a therapeutic value (hands, feet, head)

# Integrative Wellness and CAM

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- ▶ Mindful Movement (Breath Work, Yoga, Tai Chi, Therapeutic Dancing)
- ▶ Music Therapy / Music with a Therapeutic Value
- ▶ Pet Therapy / Pet visits with a Therapeutic Value
- ▶ Restorative Sleep
- ▶ Vibration Therapy (Drumming/Singing Bowls/Tuning Forks)
- ▶ Outdoor Therapy & Forest Bathing
  
- ▶ These methods can be found throughout the populations *we* serve. We must start investing time and resources into further exploration of these methods for participants as well as providers and care partners.



# How is CAM Affecting You?

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- What form of Complementary Alternative Medicine do you self practice in your life?
- What started you on your journey with that form of CAM?
- Do you share this incredible information with your team in which you work?
- Do you know any care partners in your community who practice and or are licensed in components of CAM?

# Integrative Wellness



- ▶ Start with you first, and then share with the people and communities you work with, and the participants you support.



# Closing-IW is a great opportunity for EVERYONE

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- ▶ Reducing Stress, Inflammation, Depression and Self Medicating
- ▶ Employee Engagement, Wellbeing and Retention
- ▶ Reducing behaviors (Participants/Residents and care partners)
- ▶ Supports a TIC organization and/or community
- ▶ Diversifies programming
- ▶ Supports opportunities for resiliency
- ▶ Expansion of knowledge in therapeutic interventions
- ▶ Creating opportunities to reach goals
- ▶ Self Care