



Trauma Informed Referrals: Being an Advocate In Your Community

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Whereas *self-care is treating yourself kindly*,
self-compassion is regarding yourself kindly.

Self-compassion is the quality that allows us to remember that we are only human. We aren't superheroes or robots; we are fluid, changing beings who ebb, flow, and *feel*. Our experiences cannot be defined or limited, and neither can we.

<https://www.crownofhopecounseling.com/blog/the-difference-between-self-care-and-self-compassion-and-why-we-need-one-more-than-the-other>

Our time together



Interconnections: The Social Determinants of Health, Adverse Childhood Experiences, and Trauma



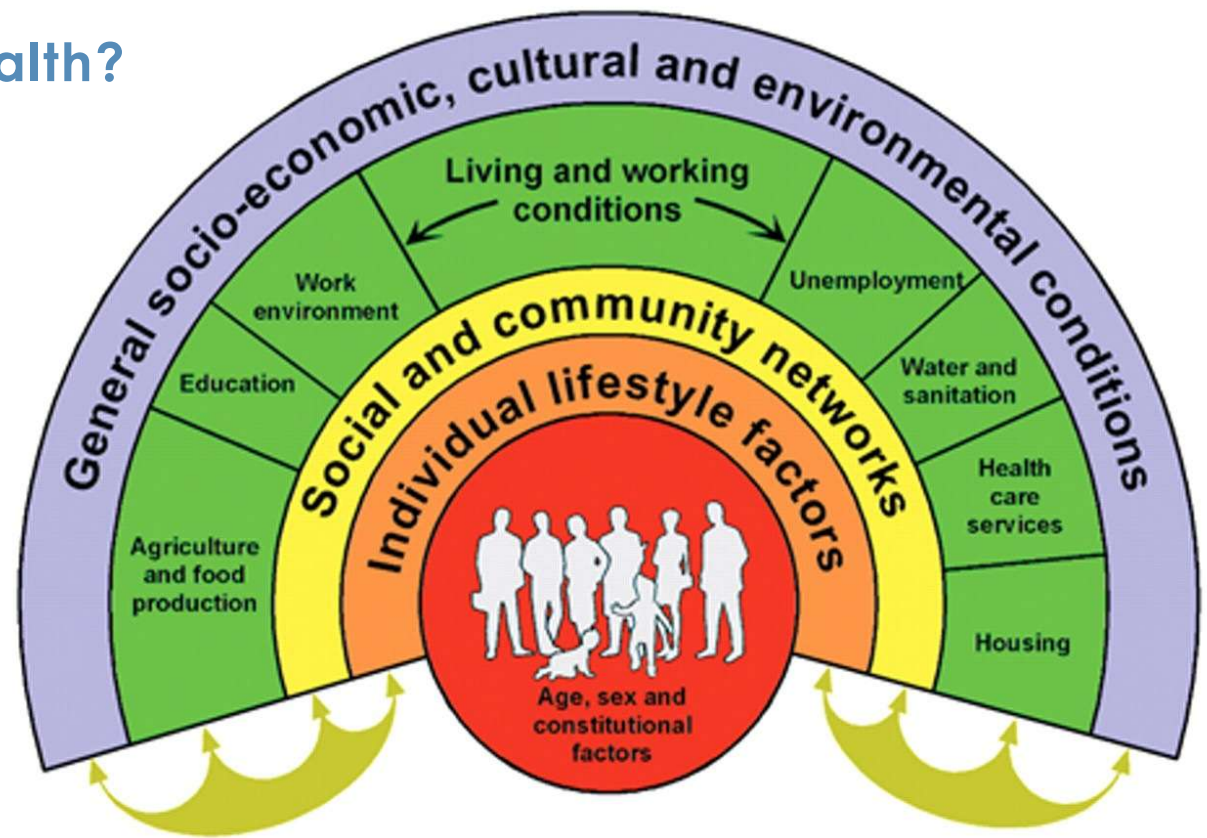
Being an Advocate: A systems and power perspective



Trauma-informed Referrals as an advocacy pathway

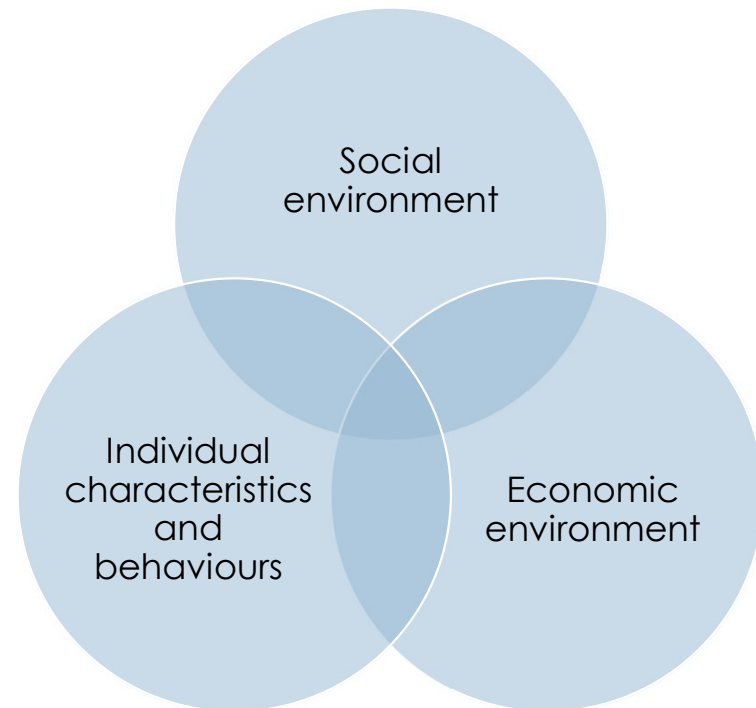
Interconnections: What determines health?

Dahlgren and Whitehead, 1991.
'The Rainbow Model'



What determines health?

“The context of people’s lives determine their health, and so blaming individuals for having poor health or crediting them for good health is inappropriate. Individuals are unlikely to be able to directly control many of the determinants of health.”

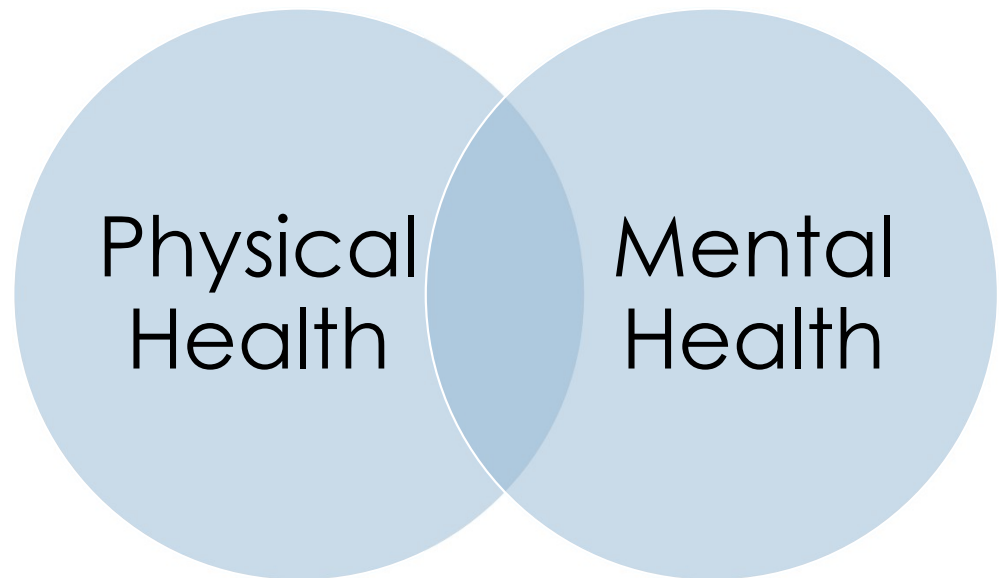


<https://www.who.int/news-room/questions-and-answers/item/determinants-of-health>

How do we define health?

The World Health Organization (WHO) defines: *health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*

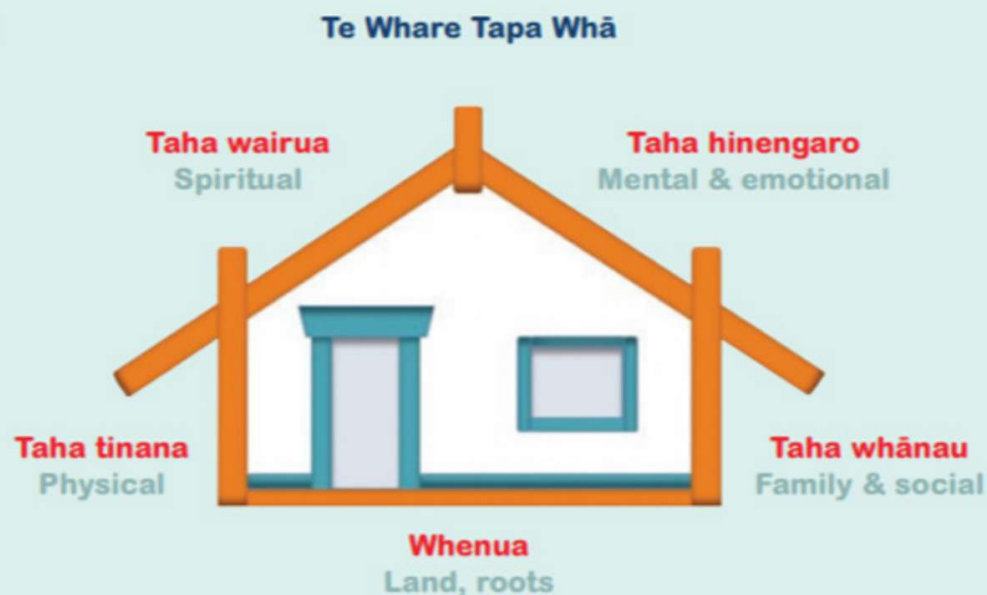
The WHO states that *there is no health without mental health.*



<https://ontario.cmha.ca/documents/connection-between-mental-and-physical-health/>

Indigenous ways of defining health?

The Māori health model, Te Whare Tapa Whā (Durie, 1982, 1994), takes a holistic approach to health and wellbeing. This model recognises the importance of the balance of multiple dimensions of wellbeing. Each of these interconnects and contributes to the balance and strength of the whole.



<https://www.healthnavigator.org.nz/healthy-living/t/te-whare-tapa-wh%C4%81-and-wellbeing/>

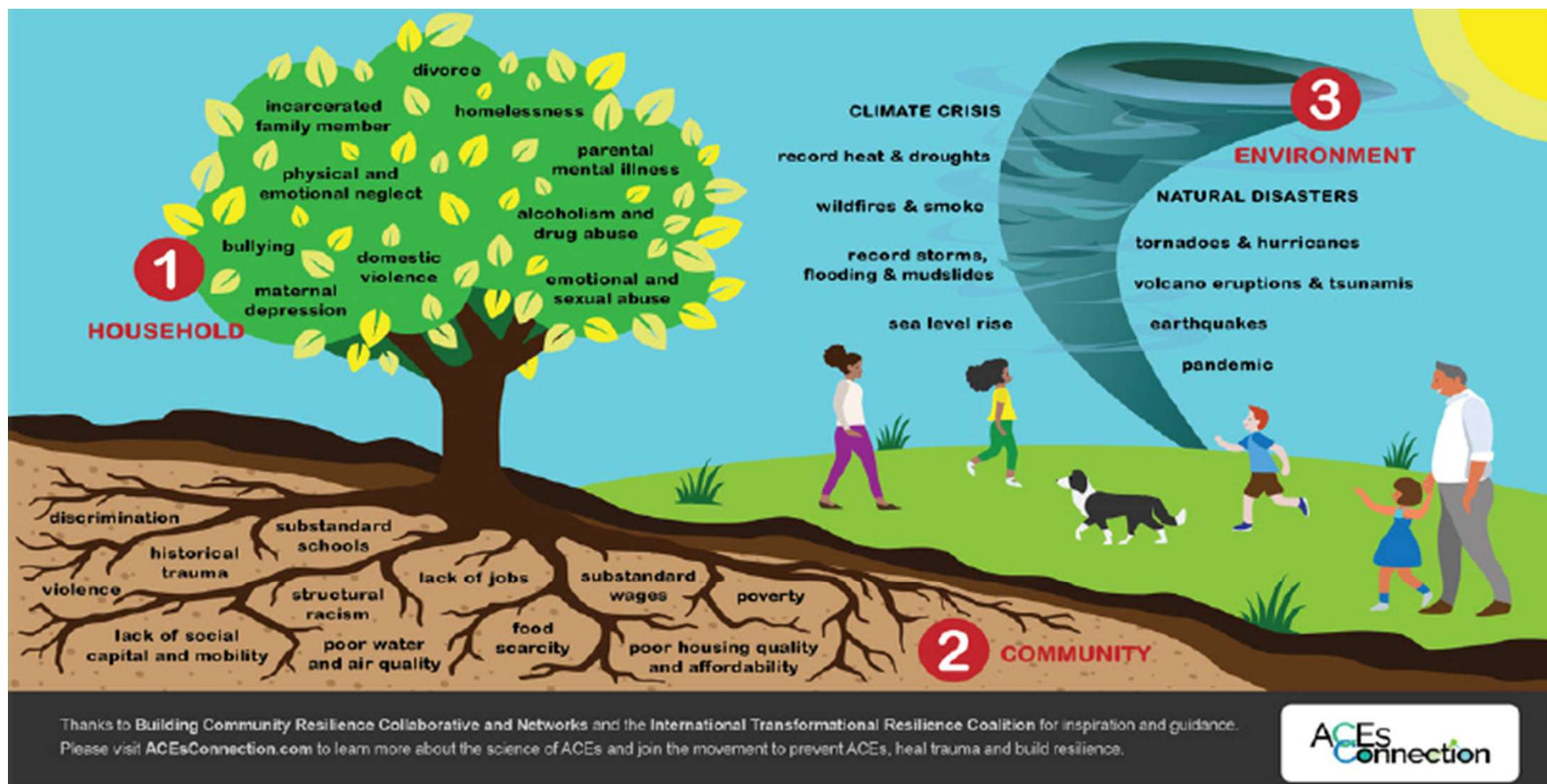
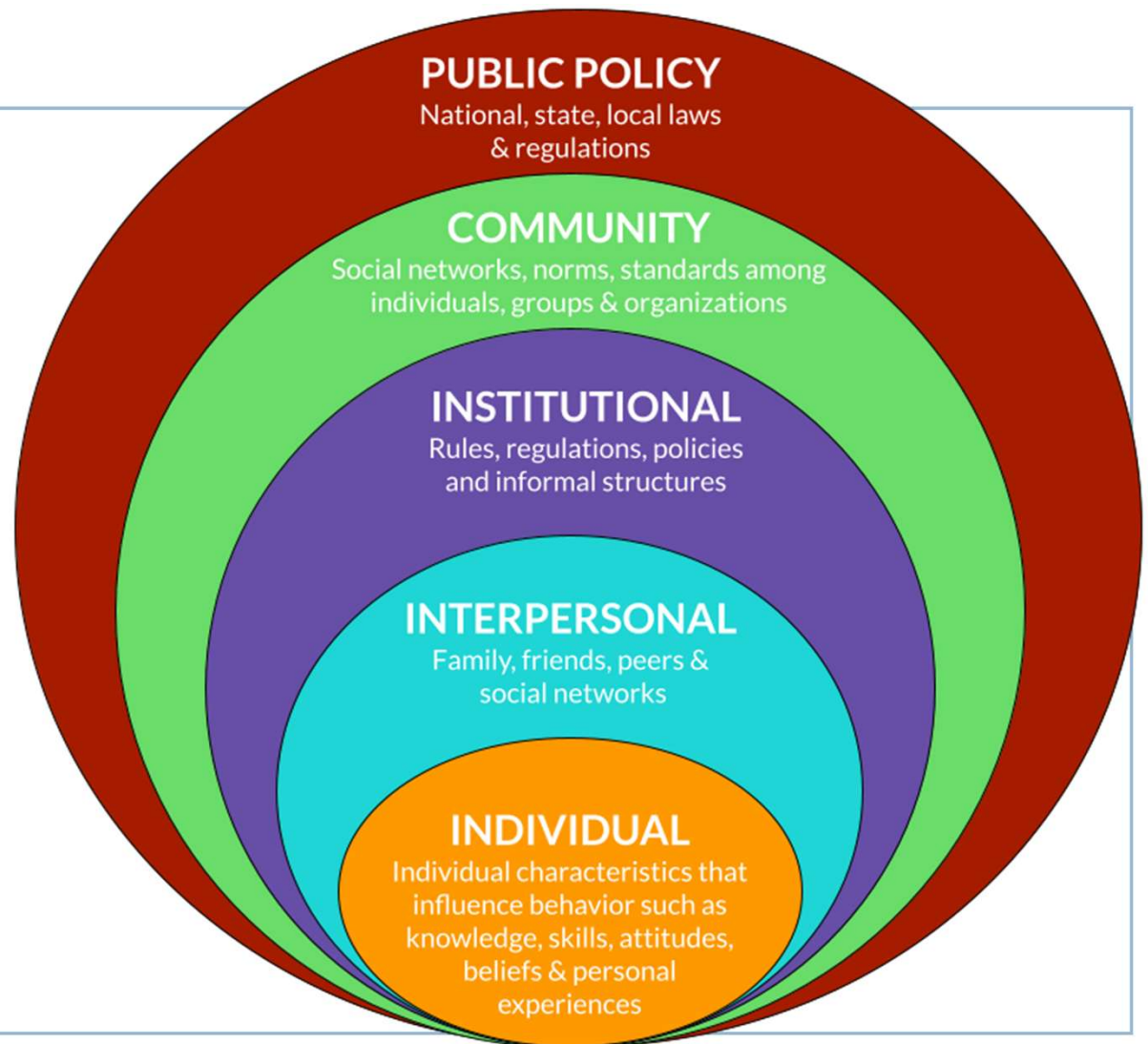


Figure 1. 3 Realms of ACEs. ACEs occur at the household, community, and environmental levels. Created by ACEs Connection, this graphic can be downloaded and used freely from the following URL: <https://www.acesconnection.com/q/resource-center/blog/3-realms-of-aces-handout>.

Where do CDPs fit in?



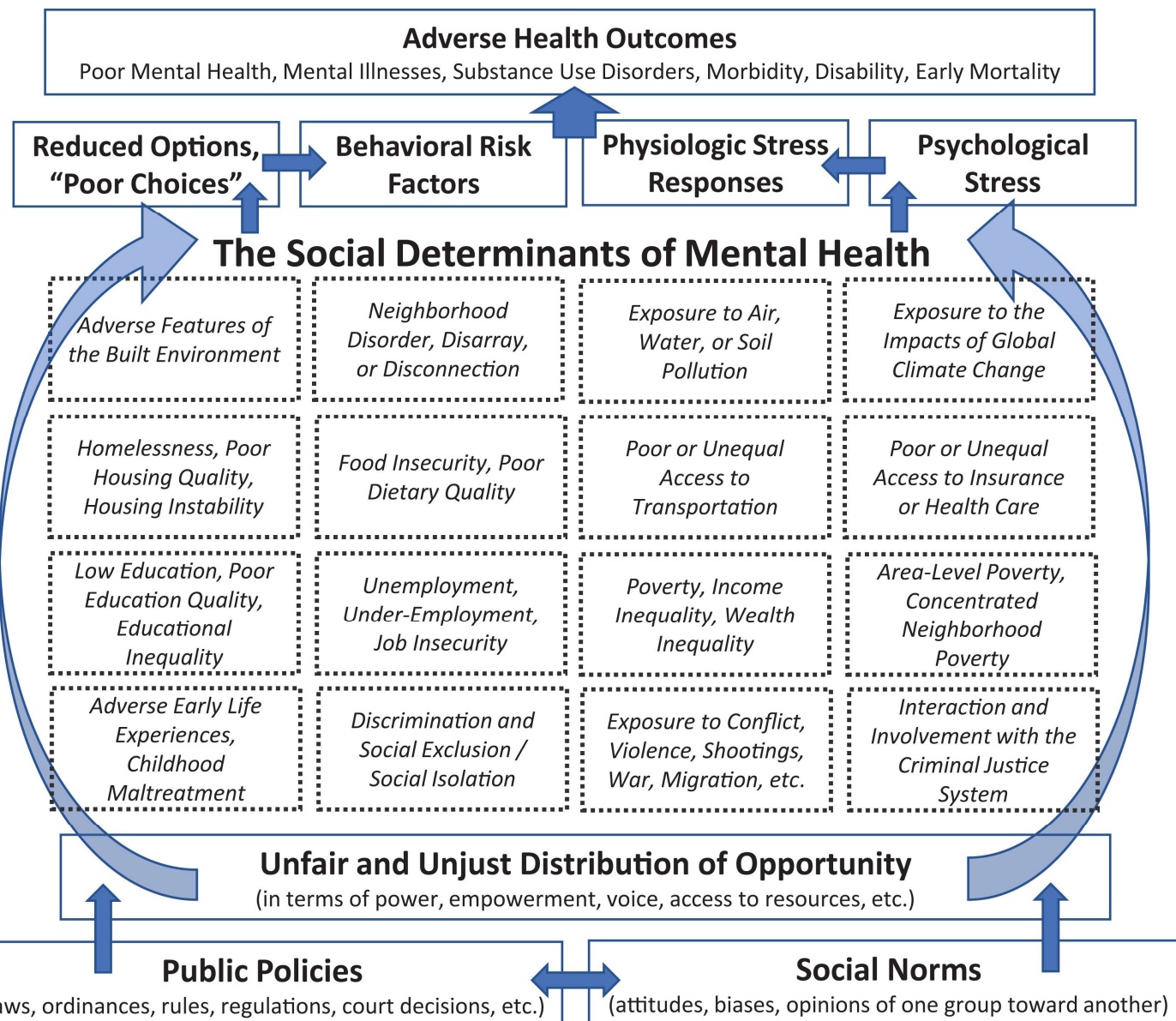


Fig 1: Sixteen types of social determinants of mental health and their causes (public policies and social norms) and consequences (poor mental health, increased risk for behavioral health disorders, and poorer course/outcomes among those with such disorders).

Why Employers Must Focus on the Social Determinants of Mental Health

Michael T. Compton and Ruth S. Shim
American Journal of Health Promotion 2020 34:2, 215-219

In Summary: Using the Social Determinants of Health Perspective

Systems perspective –
acknowledges
interconnectedness of local
environment and policy.

Supports positioning of our
work in a broader context,
acknowledging the
potential influence on
health and well-being.

Embodies multisectoral
action.

Focuses on determinants of
health rather than causes
of diseases

Recognizes determinants
can be health promoting,
protective, or health-
damaging.

Remains important to
distinguish between the
main determinants of
health as related to the
whole population and the
main determinants of social
inequalities in health.



Group Activity

1. What are you noticing in yourself as you reflect on what we have covered thus far?
2. Looking back over the various elements that determine health:

Which of these are particularly relevant for your community and your clients?

Our time together



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Being an Advocate: A systems and power perspective



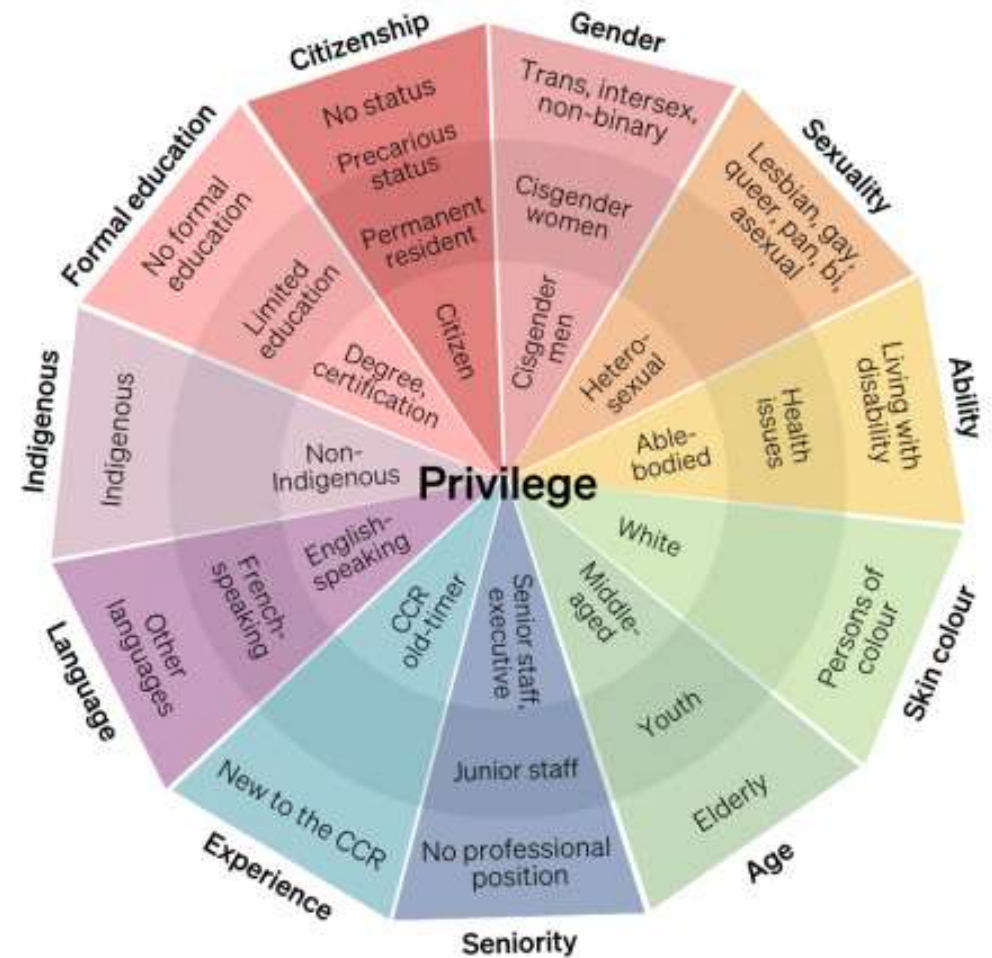
Trauma-informed Referrals as an advocacy pathway

Power and Advocacy

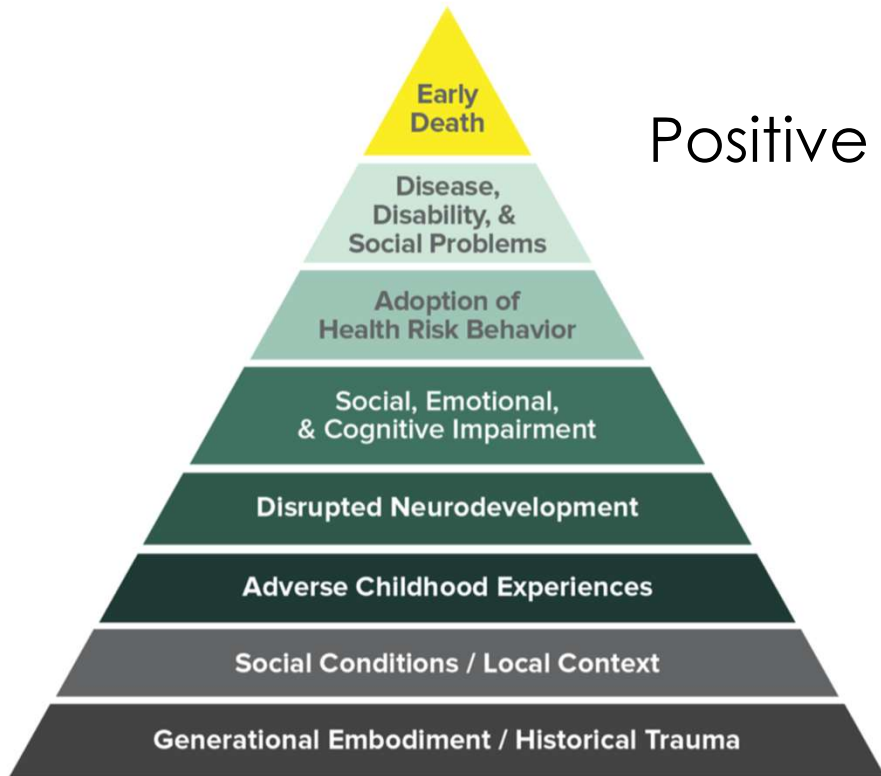
- What if the barriers clients face are built into the systems that we work within and that we work to change?
- In other words, what if the barrier is not the client's; rather, the system and structures generate the barriers?
- “Helping” clients invites us to be advocates, challenging those very systems that impact our clients.
- Consider the power we have through our roles...

Power and Agency

- Power is positional
- Power is intersectional
- What are our positions of power?
- Note the closer you are to the centre, the more privilege you have in a white-centred, colonial context

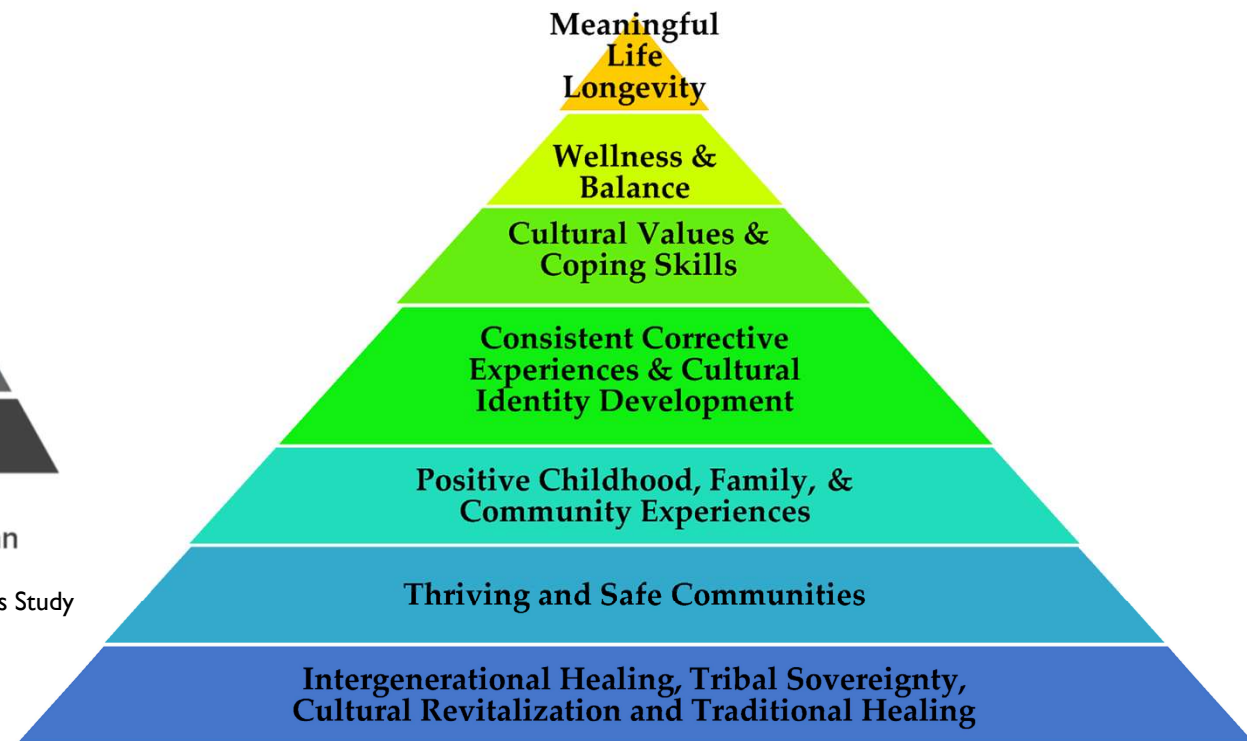


The Other Side of ACEs: Positive and Compensatory Experiences (PACEs)



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

Images Source: CDC-Kaiser Permanent Adverse Childhood Experiences Study



Rides At The Door M, Shaw S. The Other Side of the ACEs Pyramid: A Healing Framework for Indigenous Communities. *International Journal of Environmental Research and Public Health*. 2023; 20(5):4108. 16
<https://doi.org/10.3390/ijerph20054108>

Our time together



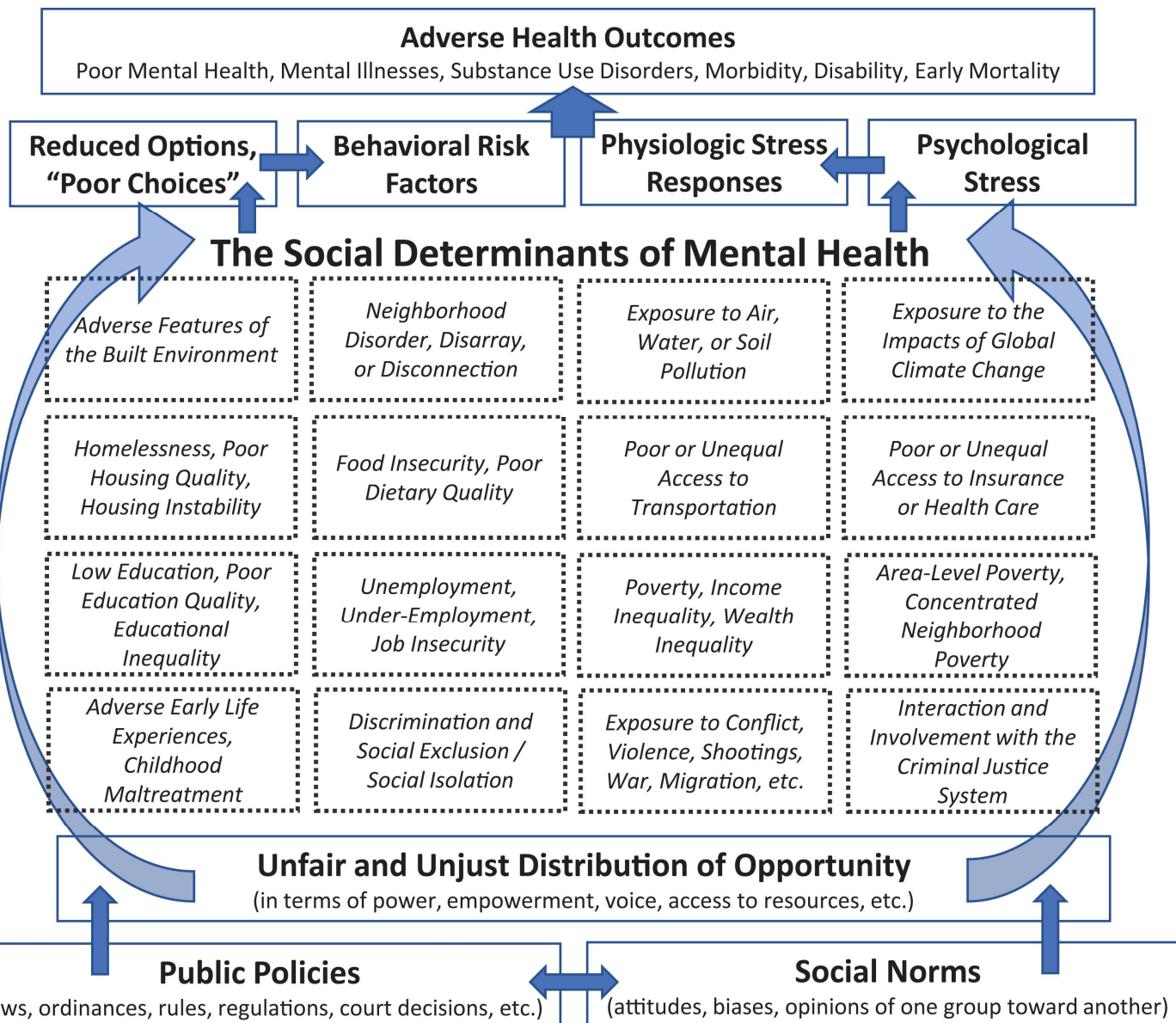
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Trauma-informed Referrals: An advocacy pathway



Given we engage with systems...

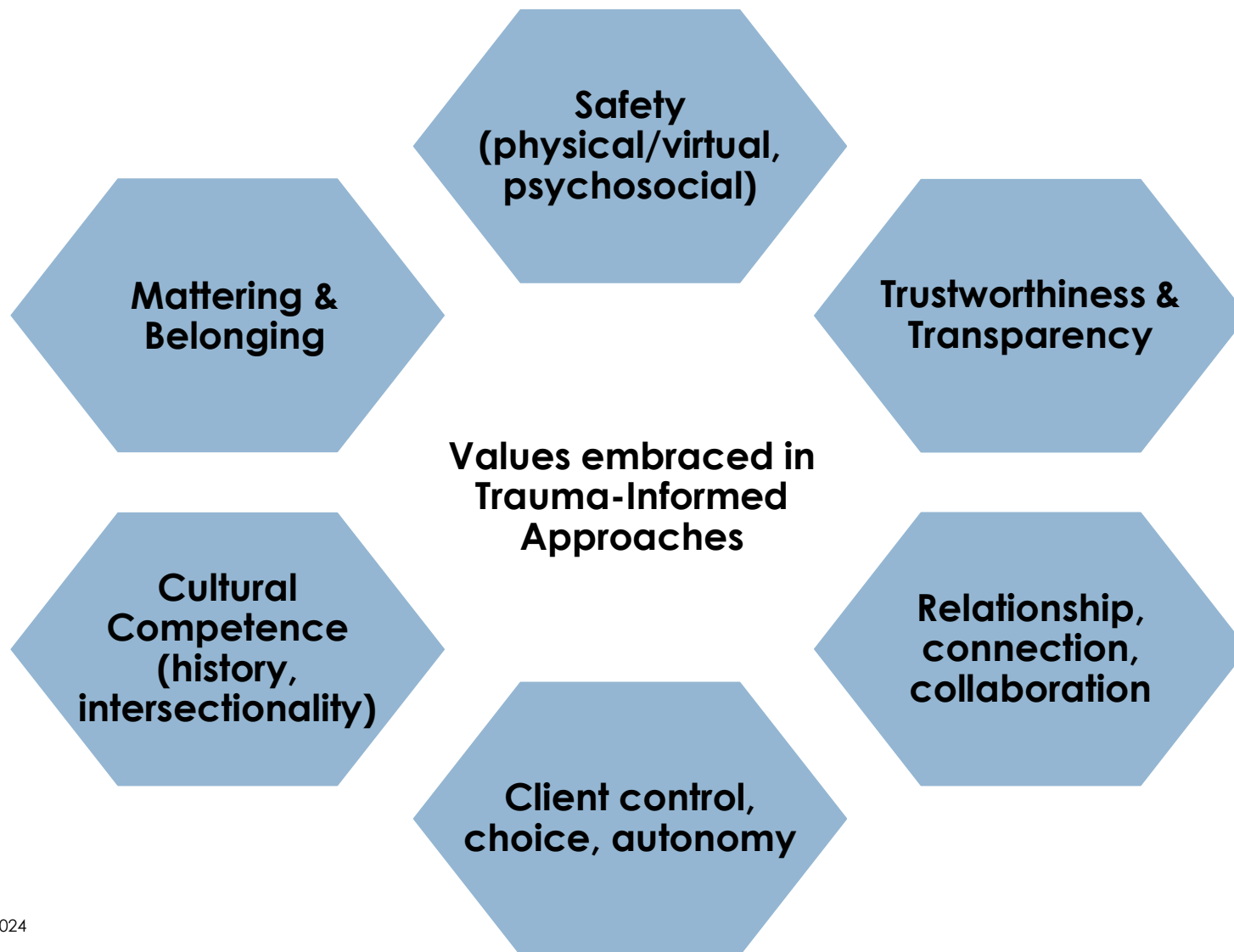
What do we take on directly?

How do we connect with and work with others?

Consider these social determinants from the standpoint of referrals...

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What might a trauma-informed referral look like?

Consider:

- Who we handoff to.
- How we do handoffs.
- How we follow-up.
- How we ensure continuity of care.
- How we collaborate within our referral network (cross-system collaboration)
- Wrap around services / Every door is the “right door”

Who we hand off to:



- Are they too working in trauma-informed ways?
- If you're not sure, how can you find out?
- What might be some signals that they are?
- How do we develop the cross-sector collaboration?
- Why does this matter?
 - Consider times when you personally have experienced a handoff. What makes the difference for your experience?

Are they too working in trauma-informed ways?

- Safety
- Authenticity
- Predictability
- Language of choice
- Right depth of connection
- Culturally embedded understanding of well-being
- Power and intersectionality awareness



Challenges



- Funding for time to develop referral network and support cross-sector collaboration
- Shortage of referral sources in your community (not all needs covered)
- Limited capacity of potential partners
- Accessing referral sources (e.g. transportation limitations, technology limitations)



Relating this to your context...

Questions?

Comments?

Curiosities?

Challenges?



Thank you for
...your time
...your energy
...your willingness to explore and reflect

