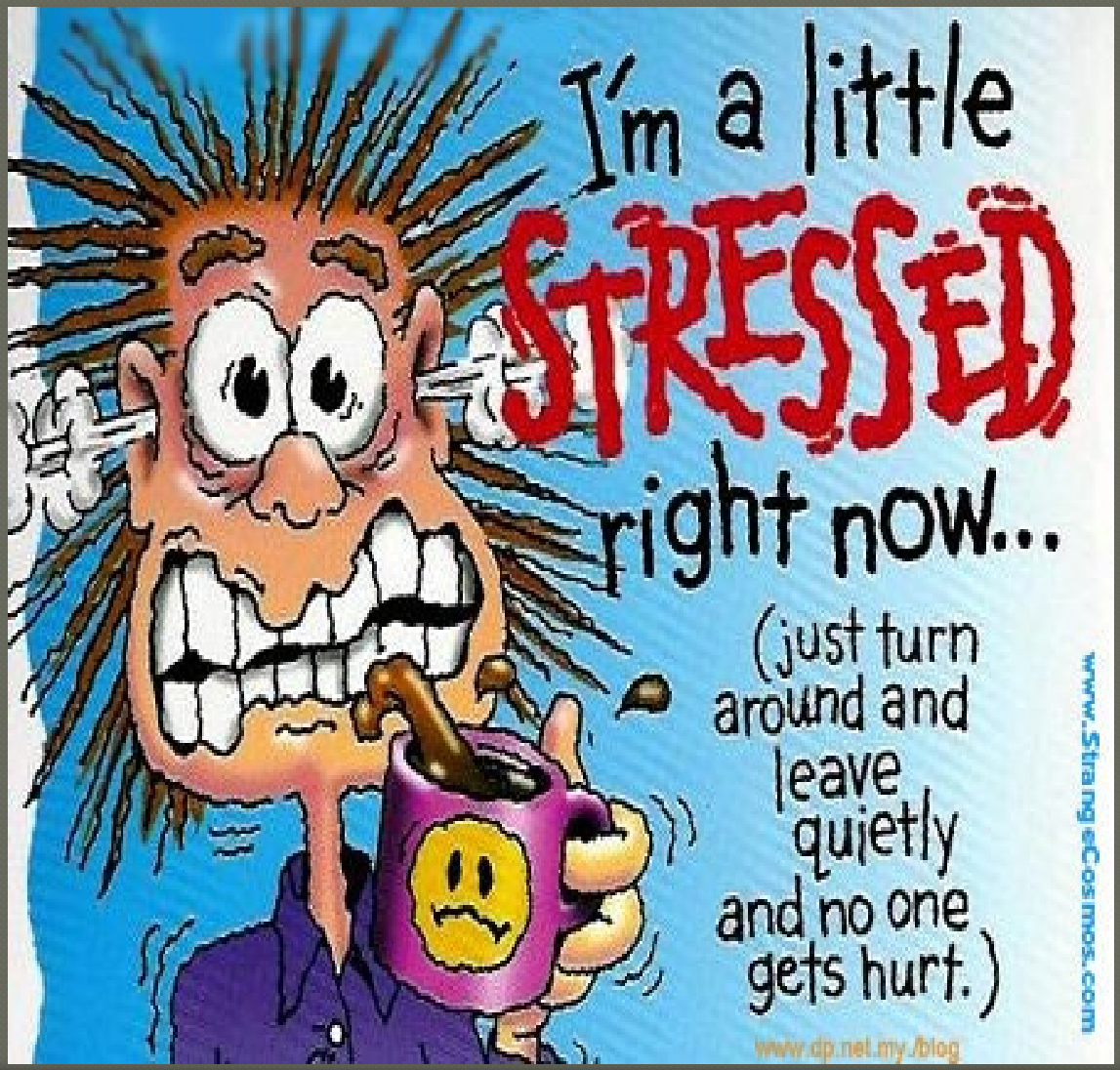
Stress = Dis-Ease

A Bio-Psycho-Social
look at childhood stress'
impact on health

Jeanne Elberfeld, MD, LSW
Executive Director
Schuylkill County's VISION
jelberfeld@schuylkillvision.com

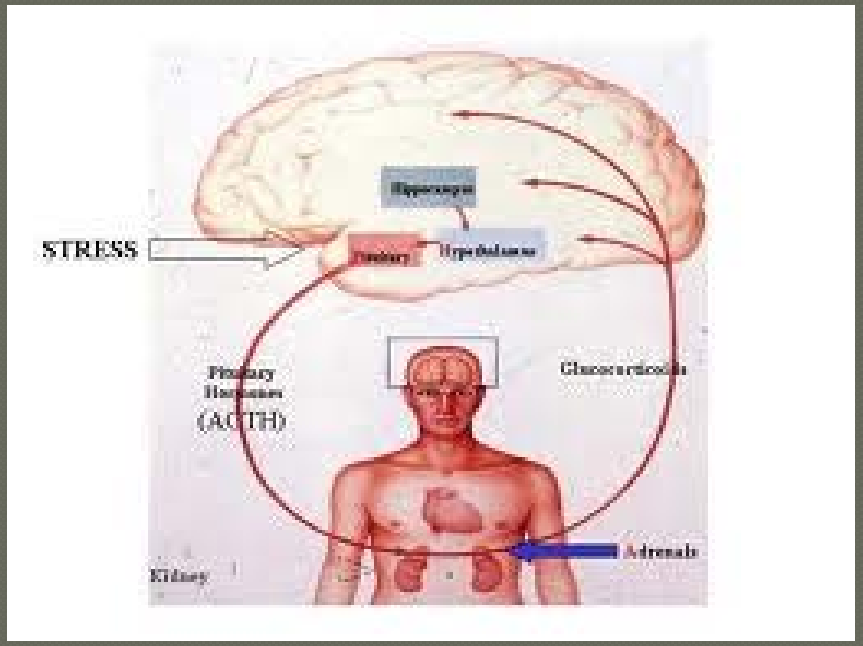
Stress


I'm a little
STRESSED
right now...
(just turn around and leave quietly and no one gets hurt.)
www.dp.net.my/blog
www.StrangeCosmos.com



What is Stress?

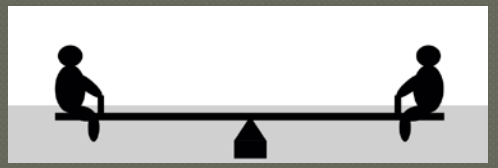
- Stress is any uncomfortable "emotional experience accompanied by predictable biochemical, physiological and behavioral changes."
  - http://www.apa.org/helpcenter/understanding-chronic-stress.aspx

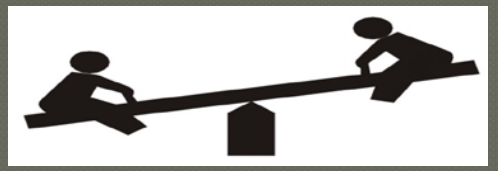


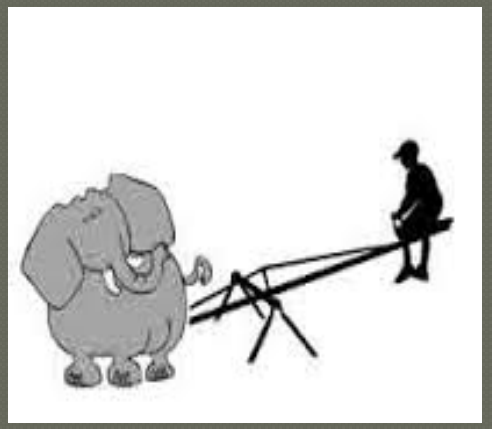
Homeostasis and Stress

- **Homeostasis**
  - Working toward a balance in all systems
    - Variable depending upon conditions
- **Stress**
  - Anything that knocks you out of balance
- Stress response
  - **Allostasis-** set points can be regulated in a variety of ways to achieve homeostasis
  - Regaining homeostasis through physiologic or behavioral changes
    - HPA axis, nervous system, cytokines
  - Body's efforts to regain homeostasis

McEwen and Springfield (2003); Sapolsky (2004)

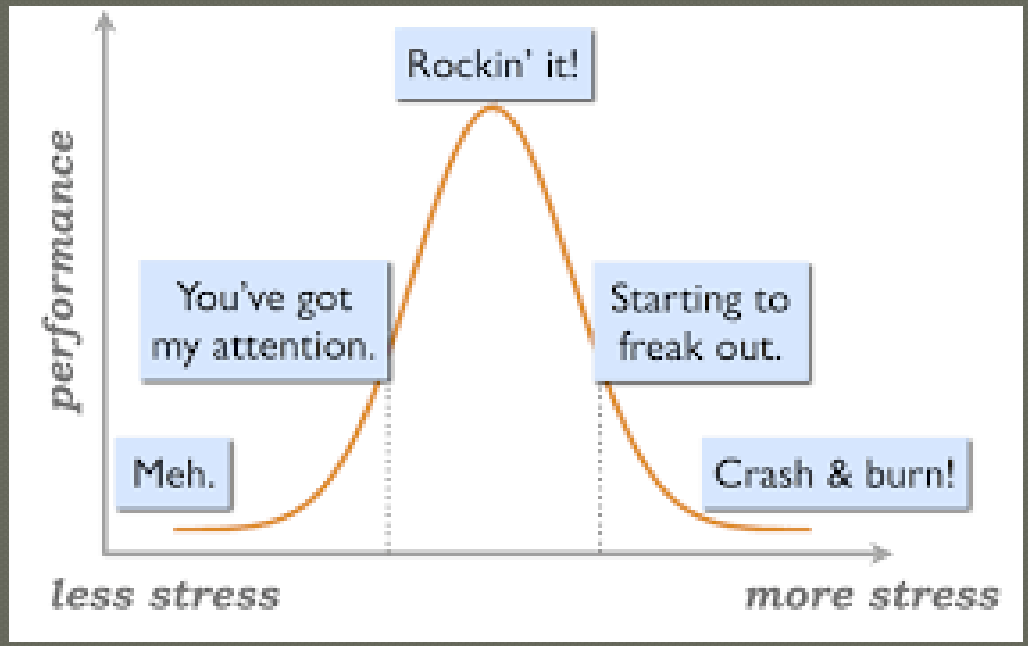






Stress

- **Acute Stress**
  - Traffic, deadlines, relationships, budget, imminent harm
- **Chronic Physical Challenges/stress**
  - Hunger (food instability), exposure to elements, drought
- **Psychological and Social Disruptions**
  - Emotional, daily demands, competition, interpersonal violence, unpaid bills,
  - "A large body of evidence suggests that **stress-related disease emerges,** predominantly, out of the fact that we so often **activate a physiological system** that has evolved for responding to acute physical emergencies, but we **turn it on for months** worrying about mortgages, relationships, and promotions."
    - Sapolsky, (2004) pg 6



Nervous system:

- Sympathetic
- Parasympathetic

Endocrine system:

- Hypothalamic
- Pituitary
- Adrenal Axis

A threat results in a cascade of nervous and chemical responses in the body.

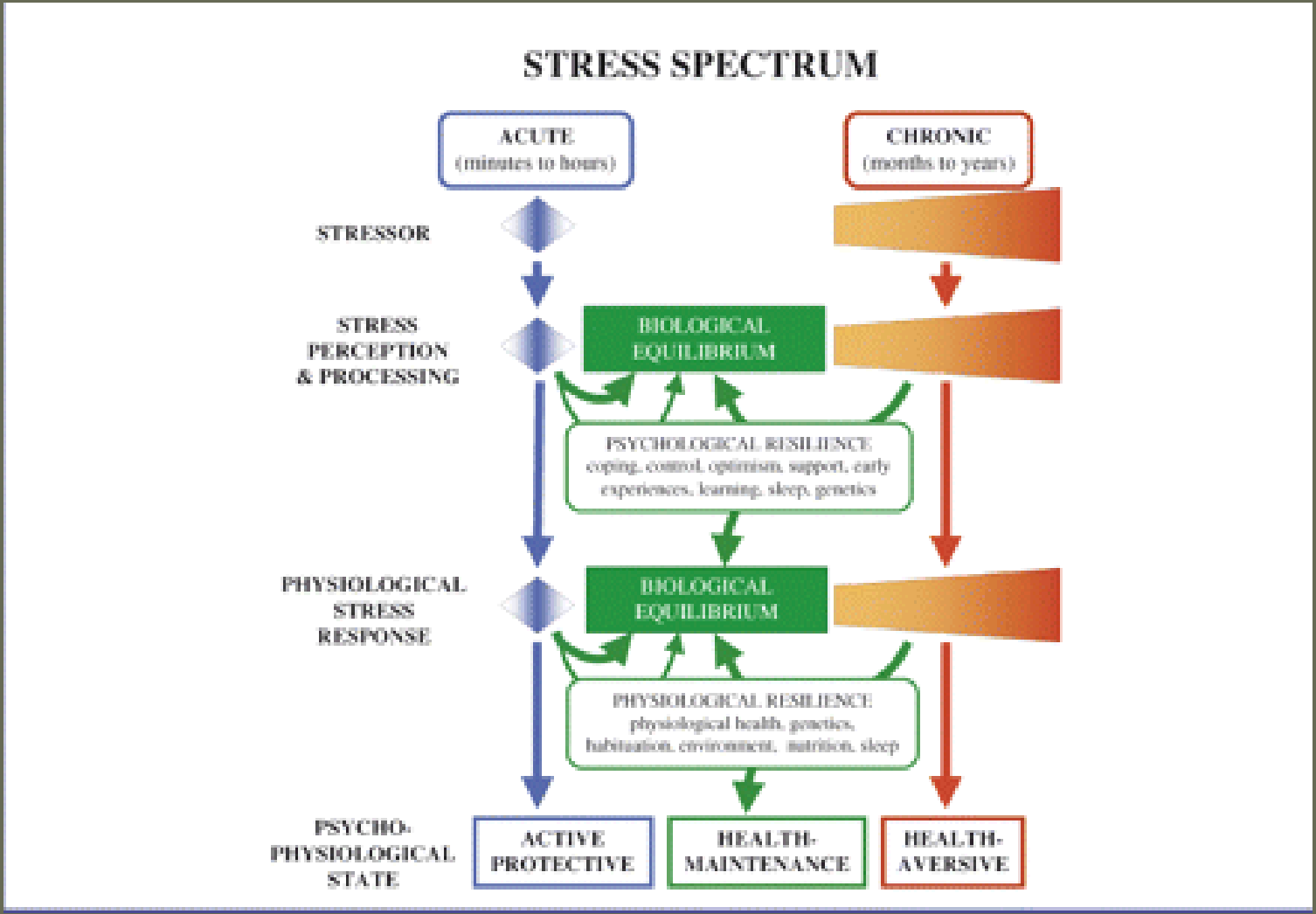
These are basic survival responses.



http://www.google.com/imgres?q=fight+or+flight+cartoon&hl=en&biw=1024&bih=540&tbm=isch&tbnid=it-9D5_O1qt_tM:&imgrefurl=http://www.degreesofme.com/%3Fm%3D200610%26paged%3D2&docid=0HoDkRby7JMoiM&imgurl=http://www.degreesofme.com/wp-content/uploads/2006/10/fight_or_flight.jpg&w=300&h=349&ei=y3OJUMebNdDH0AHUt4CwBQ&zoom=1&iact=hc&vpx=101&vpy=163&dur=859&hovh=242&hovw=208&tx=100&ty=87&sig=108525091315742236337&page=1&tbnh=161&tbnw=133&start=0&ndsp=10&ved=1t:429,r:5,s:0,i:86

Balance or Dis-ease

"Everything in moderation"



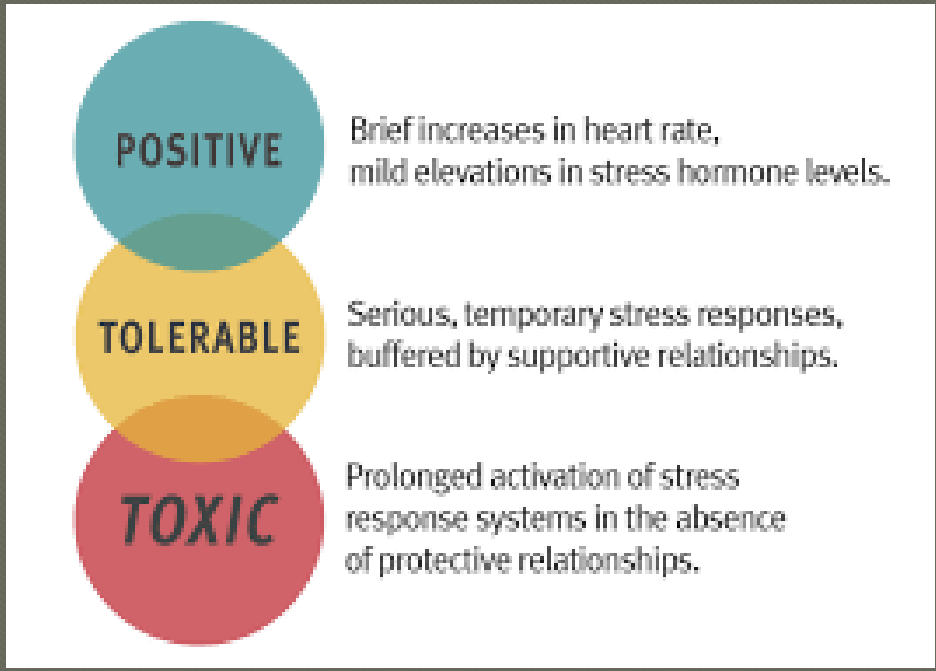
intl-icb.oxfordjournals.org

Stress vs Trauma (Toxic stress)

"Trauma is in the eye of the beholder"

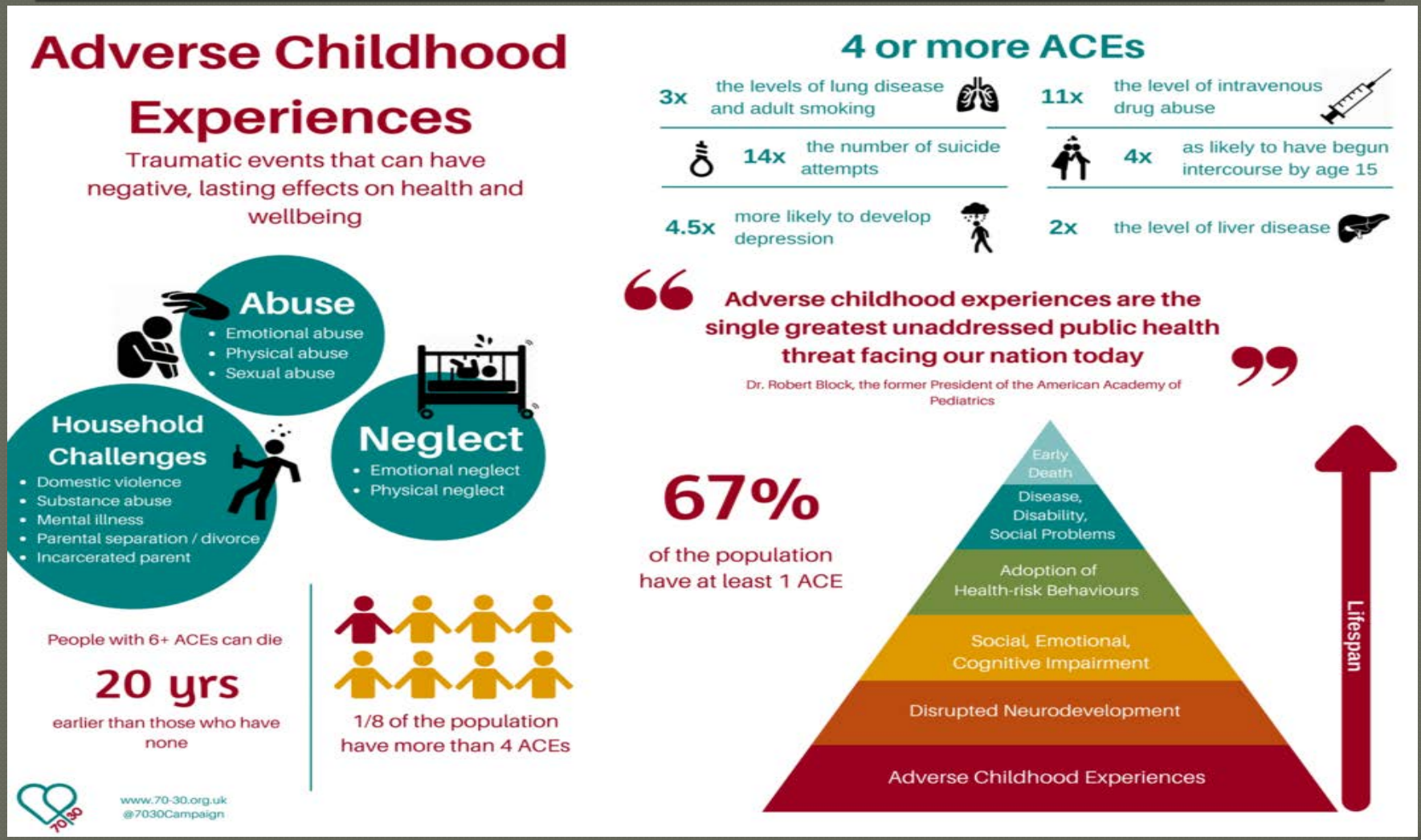
- Interferes with 4 basic life foundations
  - Self control
  - Sense of invulnerability
  - Safeness of the world
  - Meaning of life

Feidler, D.R. (1999)



Eustress
Distress
Trauma

ACEs research



ACE-informed Approach

"An ounce of PREVENTION is worth a pound of cure"

Benjamin Franklin

Negative impacts of ACEs are significantly mitigated by having an

Always Available (trusted) Adult (AAA)

People with 4+ ACEs and **NO** CONSTANT SUPPORT are

3x

more likely to do any two of the following:



heavy drinking



poor diet



daily smoking

Than people with 4+ ACEs and **CONSTANT AAA SUPPORT**



The presence of **PROTECTIVE FACTORS** can often mitigate the consequences of ACEs

- Safe, stable, nurturing relationships
- Concrete support for families in times of need
- Parental resilience
- Caregiver knowledge & application of positive parenting skills
- Child's social and emotional skills
- ACE-aware, supportive communities and social systems

TRAUMA-INFORMED CARE



Holistic, multi-agency, non-stigmatising, information sharing among all professionals

All children need to develop :

RESILIENCE
tools to respond to the challenges of life

EMPATHY
ability to understand & share the feelings of others

www.70-30.org.uk
@7030Campaign

ACE-informed approach

EMPOWERING COMMUNITIES TO PROTECT OUR CHILDREN

Trauma-Informed Care (TIC)

It's about asking what's happened to a person, not what's wrong with them.

TIC is a strengths-based framework, which recognises the complex nature and effects of trauma and promotes resilience and healing.

5 KEY PRINCIPLES:

Safety
Creating areas that promote a sense of safety.

Trust
Providing clear and consistent information.

Choice
Providing options for treatment and care.

Collaboration
Maximising collaboration between health care staff, patients and their families.

Empowerment
Building upon a patient's strengths and experiences.

THE FOUR R'S OF TIC

REALISE
All people at all levels have a basic **realisation** about trauma, and how it can affect individuals, families, and communities

RESIST RE-TRAUMATISATION
Organisational practices may **compound trauma** unintentionally; trauma-informed organisations avoid this.

RECOGNISE
People within organisations are able to **recognise** the signs and symptoms of trauma

RESPOND
Programmes, organisations and communities **respond** by practising a trauma-informed approach

UNIVERSAL SCREENING



Prevents misdiagnosis and inappropriate treatment planning

"Trying to implement trauma-specific clinical practices without first implementing trauma-informed organisational culture change is like throwing seeds on dry land."

Sandra Bloom, Creator of the Sanctuary Model

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@7030Campaign

Self-Care-Do things that make you feel special and make yourself a priority



- Unplug and be creative, mindfulness practices
- Gift your inner child- do things you'd like to do as a child
- Express Gratitude, nurture relationships
- Keep your 'affairs' in order work/life balance, "do what you love- love what you do!"
- Healthy food and beverages, sleep, shelter, etc.

What's the difference?

SELF-CONFIDENCE

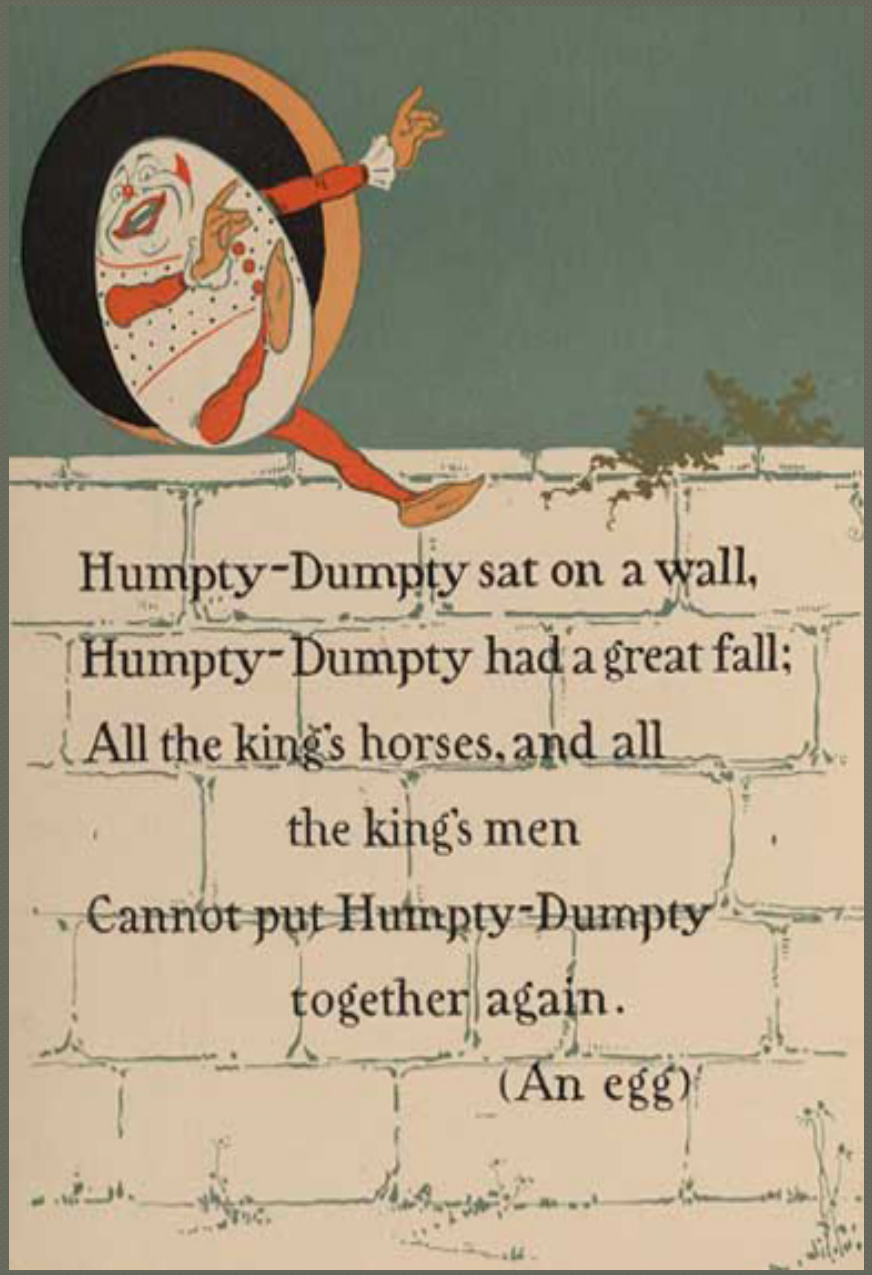
- How you feel about your abilities
- If diminished
  - Doubt
  - "I can't do that"
  - I'm not _____ enough
    - Smart, rich, talented
- How to boost it
  - Affirmations
  - Taking on challenges
  - Try something new

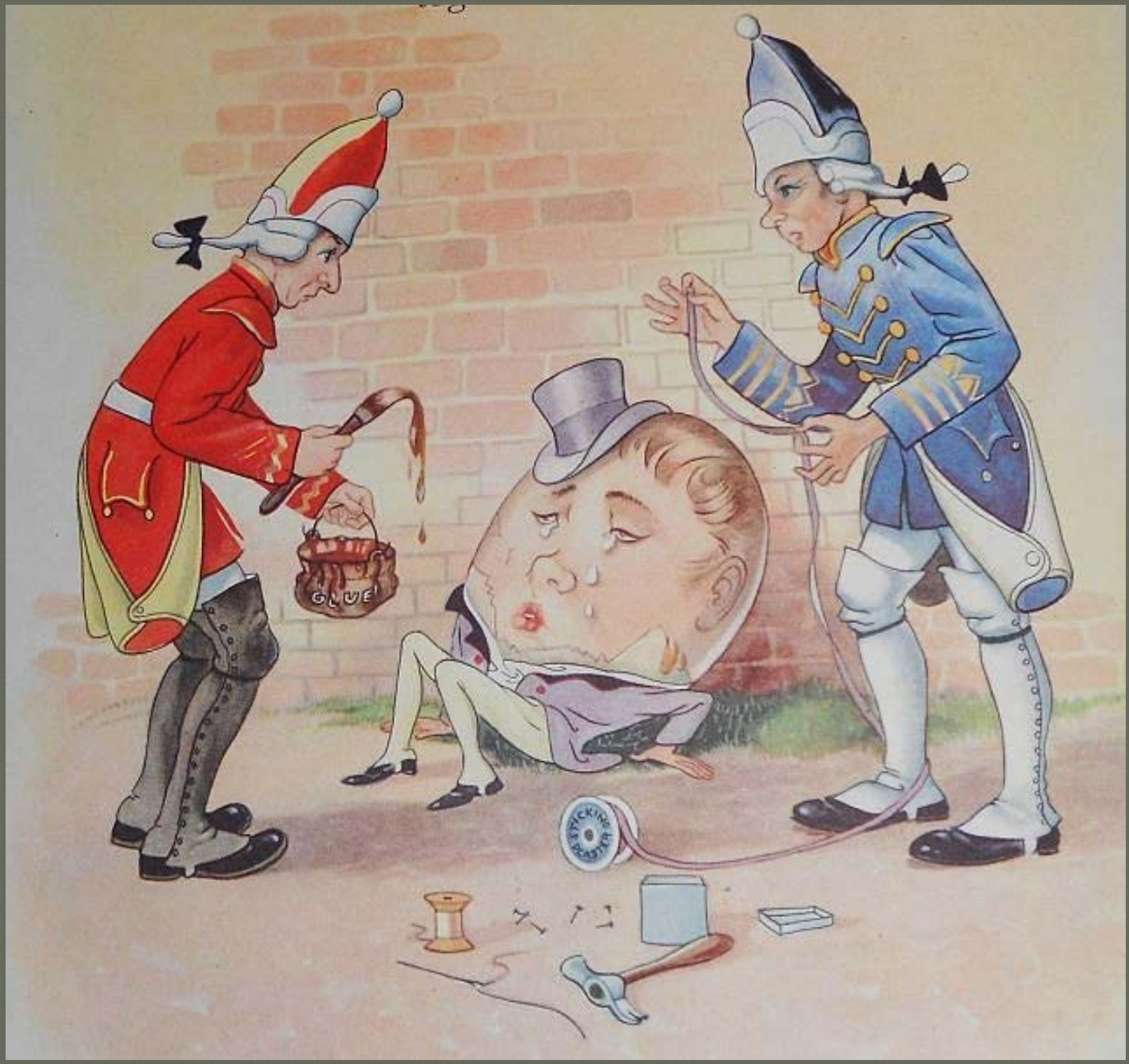
SELF-ESTEEM

- How you feel about your 'outer-self' – appearance
- If diminished
  - I'm not _____ enough
  - Pretty, thin, etc
- How to boost it
  - "I am" affirmations
  - Self-acceptance exercises
  - Questioning negative self-talk

Resilience building

- Making your day a bit better through self-care
  - Gratitude practice
  - Square breathing
  - ABC/123
  - Yoga
  - Journaling
  - Walking/exercise


Humpty-Dumpty sat on a wall,
Humpty-Dumpty had a great fall;
All the king's horses, and all
the king's men
Cannot put Humpty-Dumpty
together again.
(An egg)


GLUE
PLASTER
STICKING

Thank you!



mindshelf.wordpress.com

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