

Understanding Stress, Trauma and PTSD

Presented by
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You may be asking...

Is stress a
bad thing?

And how can
we cope
better?

What is PTSD?
What about
trauma?

What is
trauma about?

When should
I be
concerned?

What can
we do to
support our
youth?

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WORDS
Matter!

EVIDENCE
Matters!

CONNECTION
Matters!

The terms seem confusing!



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All kinds of messages out there!



EVERYONE IS VULNERABLE TO MISINFORMATION!
#ScienceUpFirst

Teens turning to TikTok for mental health advice are self-diagnosing
BY ASH-NAE GURAISHI, AMY CORREAL, RYAN BEARD
FEBRUARY 27, 2023 / 7:30 AM / CBS NEWS

Calming Your Fall Anxiety
Sometimes, you may need a little help to manage your autumn anxiety. CalmiGo's scented elements and adaptive breathing technology is a drug free way to manage your feelings of anxiety. Vibration feedback and lights provide a multi-sensory experience to effortlessly regulate your breathing and soothe your sense. Try CalmiGo and discover what it can do for you.

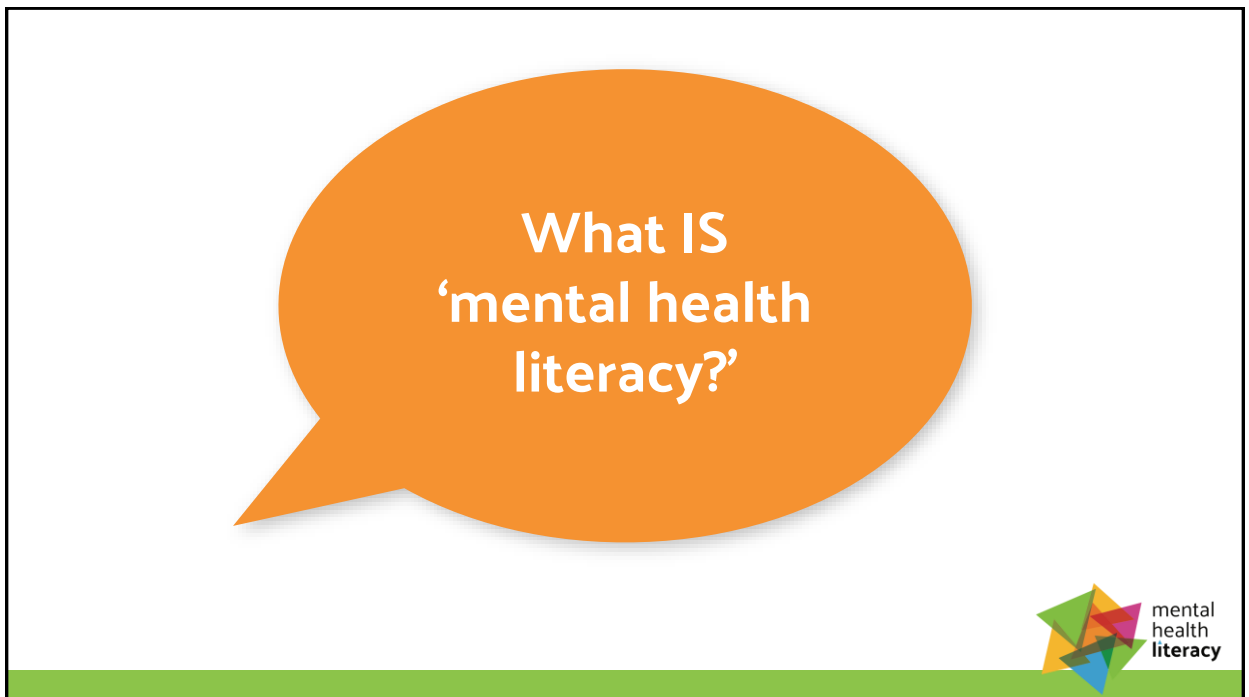
 CalmiGo Smart Calming Companion \$179.00 VIEW PRODUCT	 Scented Elements \$30.00 VIEW PRODUCT	 CalmiGo Smart Calming Companion - AMP \$179.00 VIEW PRODUCT
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Mental health literacy is a part of health literacy



Sad or Depression?

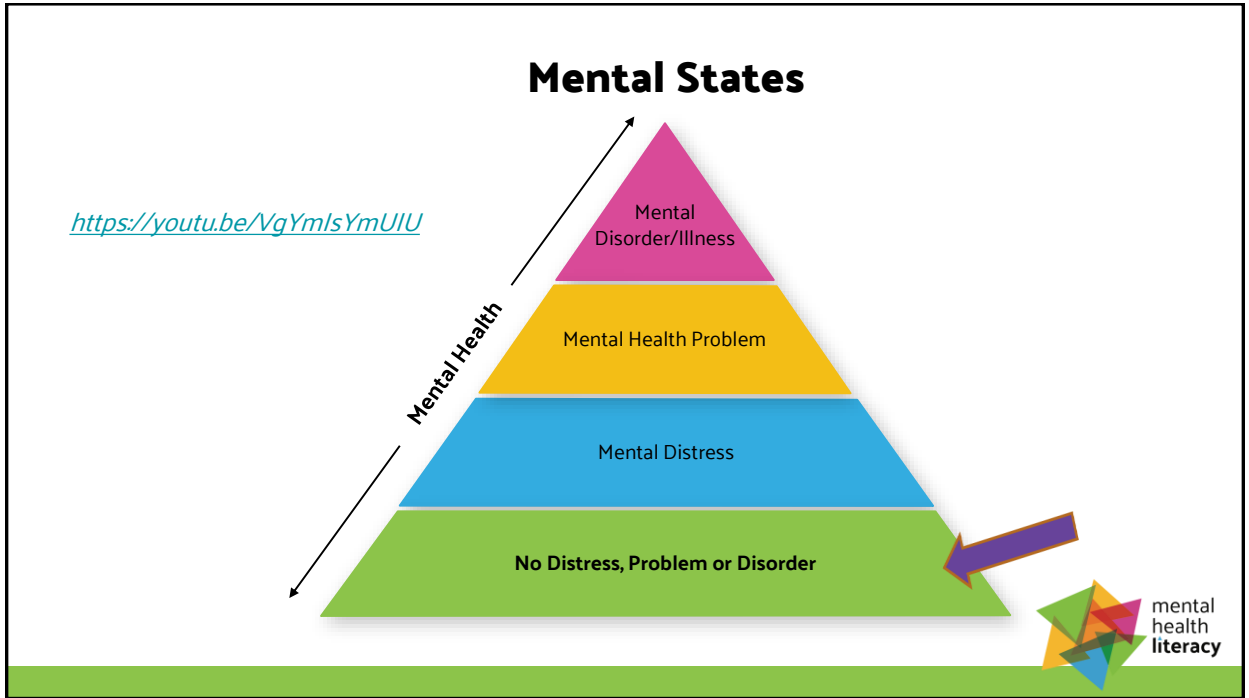
Organized or OCD?



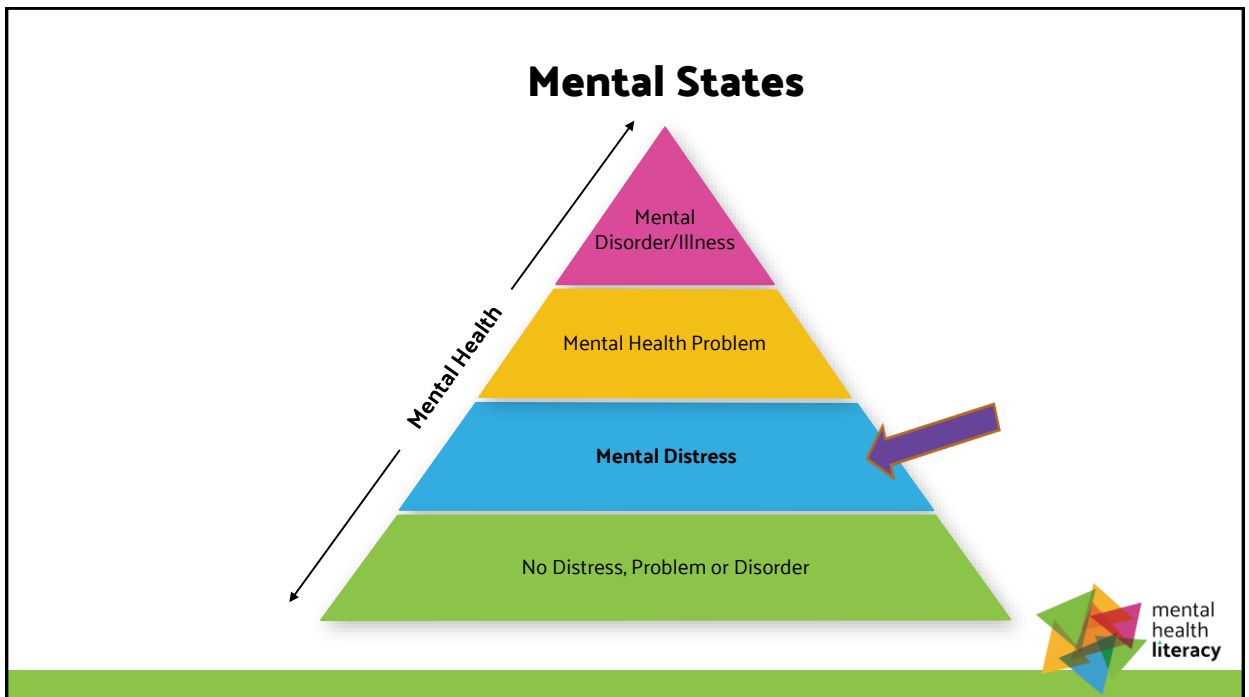
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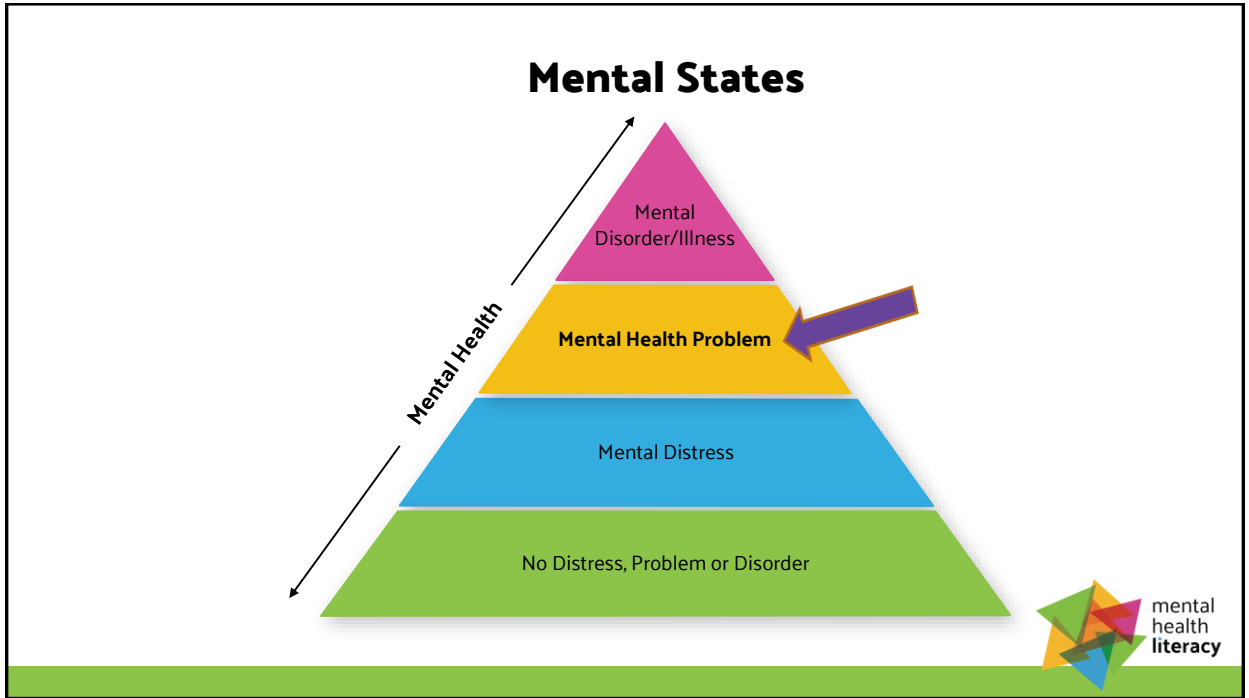
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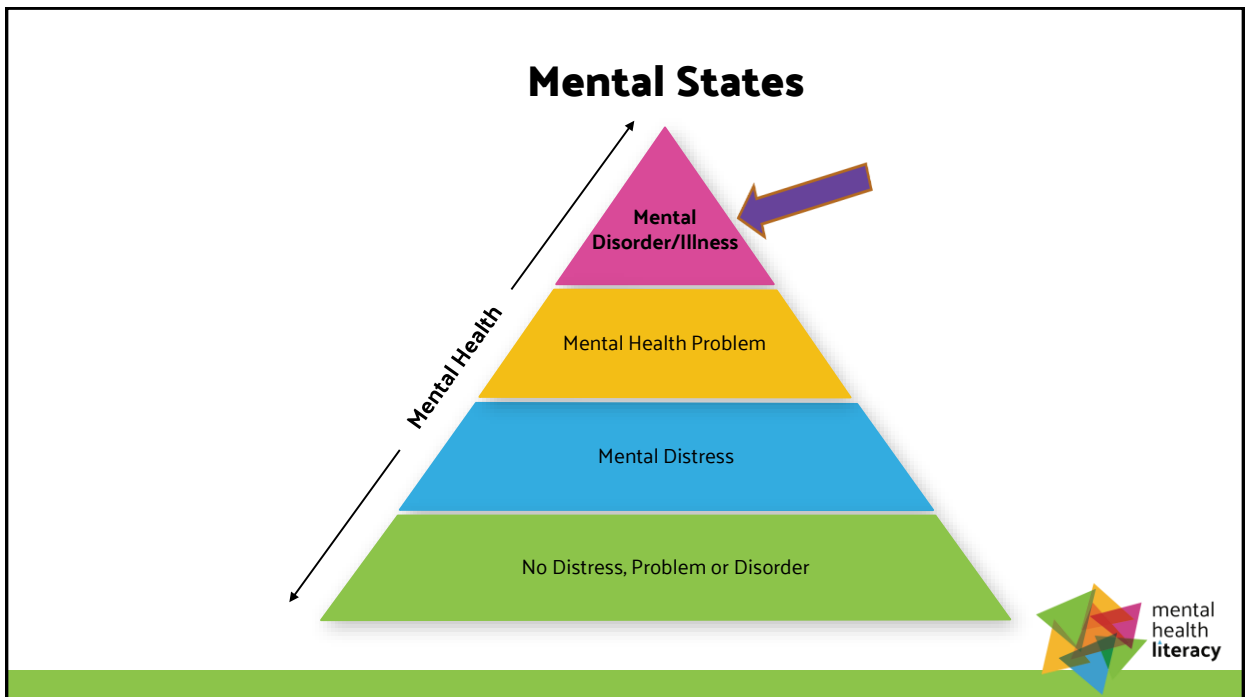
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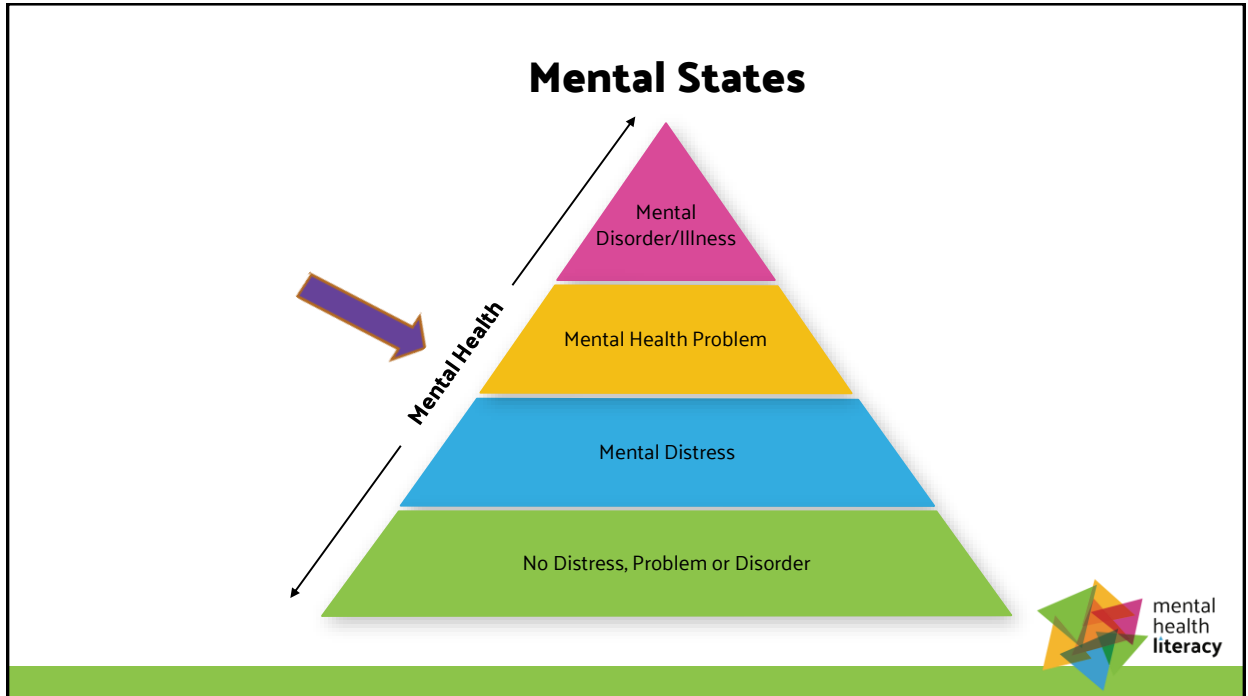
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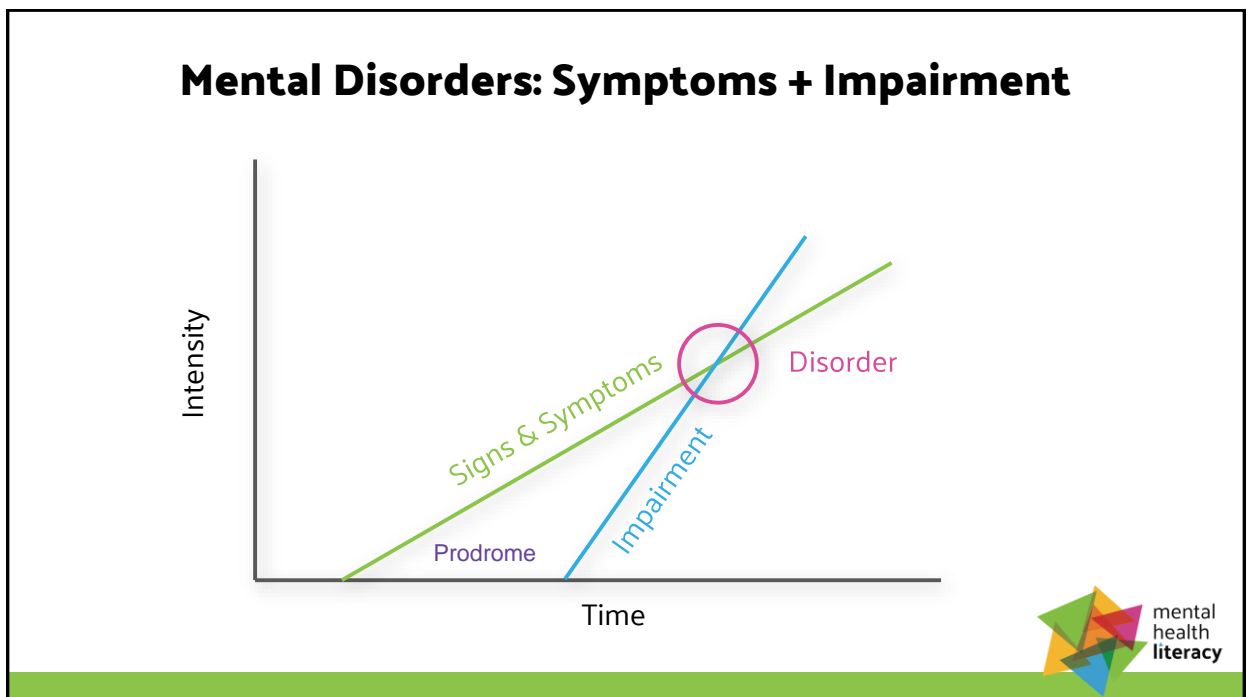
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Fast Facts about Mental Disorders

20%
of us

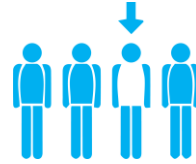
will experience
a mental illness
/disorder



Early identification
and treatment
leads to better
outcomes



Treatment
success rate is
on par with
other health
conditions



Stigma often
stops people
from getting
help

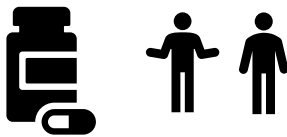


More free,
accessible
treatment
services are
needed



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Standard Treatments



Complementary Treatments



Alternative Treatments



What should I know
about 'treatment'?



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Mental States

The pyramid is divided into four horizontal layers, with an upward-pointing arrow on the left side labeled "Mental Health". From bottom to top, the layers are:




- Green base: No Distress, Problem or Disorder
- Blue layer: Mental Distress (indicated by a purple arrow pointing to it)
- Yellow layer: Mental Health Problem
- Pink top: Mental Disorder/Illness


How can we help our youth manage stress?



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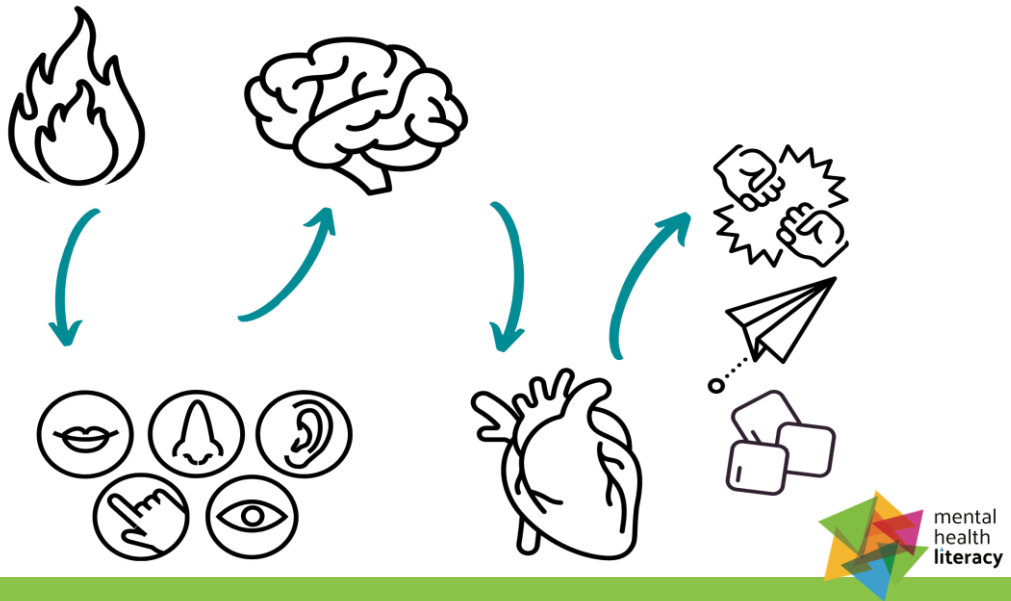
Types of Stress

	POSITIVE	Brief, increase in heart rate, mild elevations in stress hormone levels
	TOLERABLE	Serious, temporary stress response, buffered by supportive relationships
	TOXIC	Prolonged activation of stress response, without supportive relationships



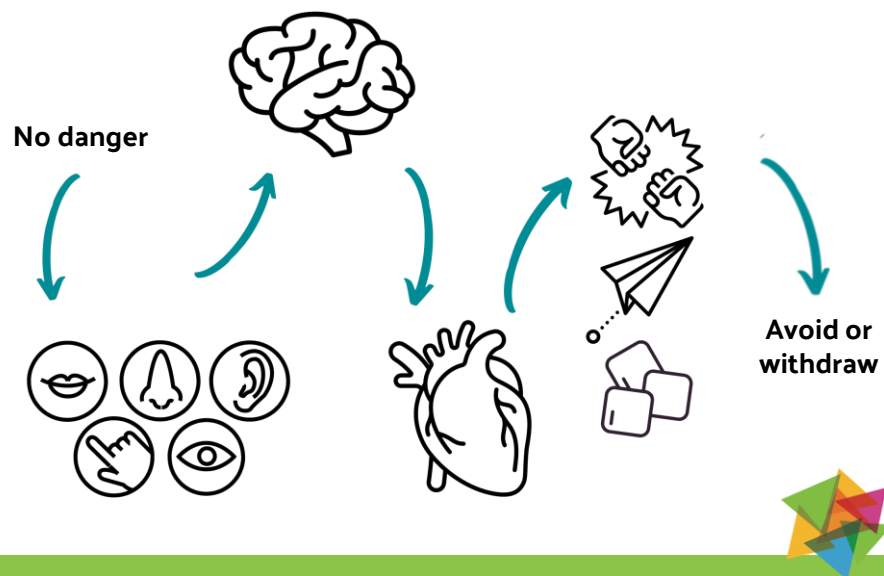
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Healthy Signaling



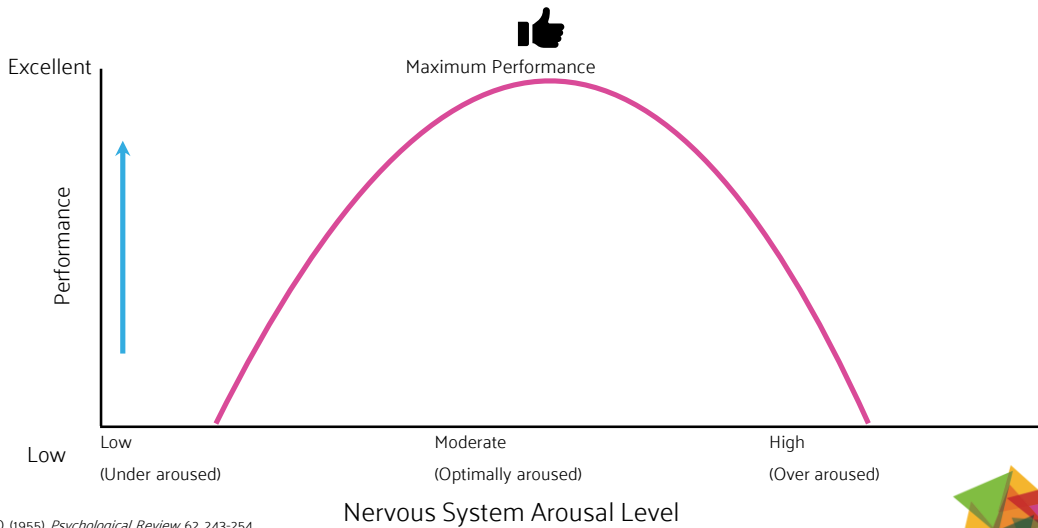
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Anxiety



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Physiological Arousal level and Performance



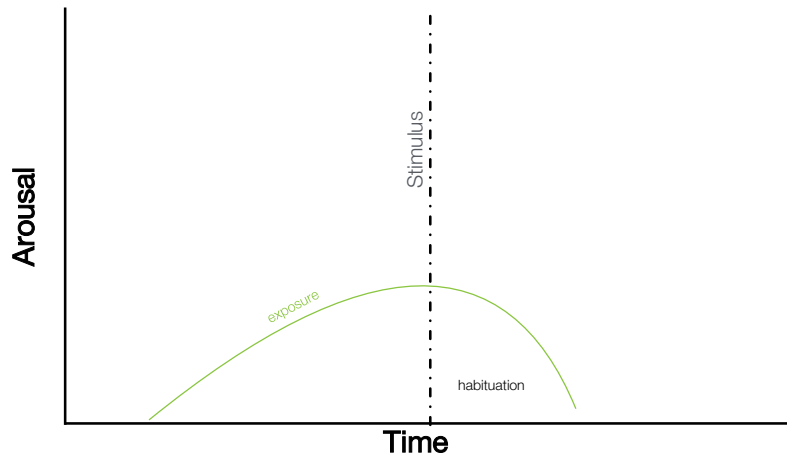
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Why is it a problem
to avoid stressful
situations?



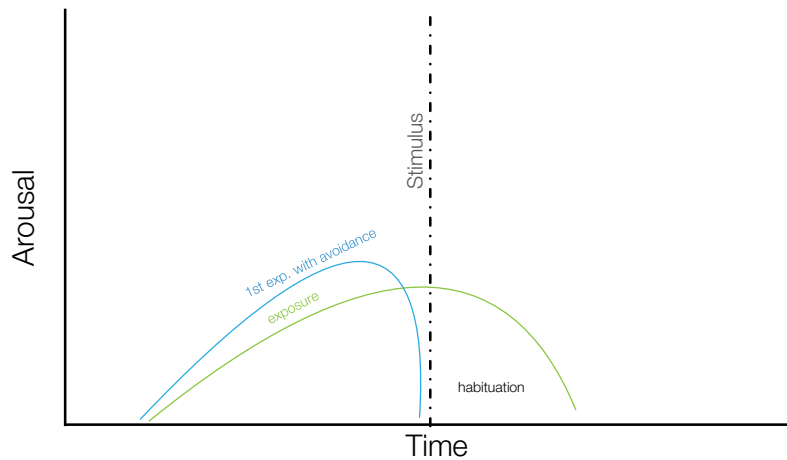
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Exposure Curve



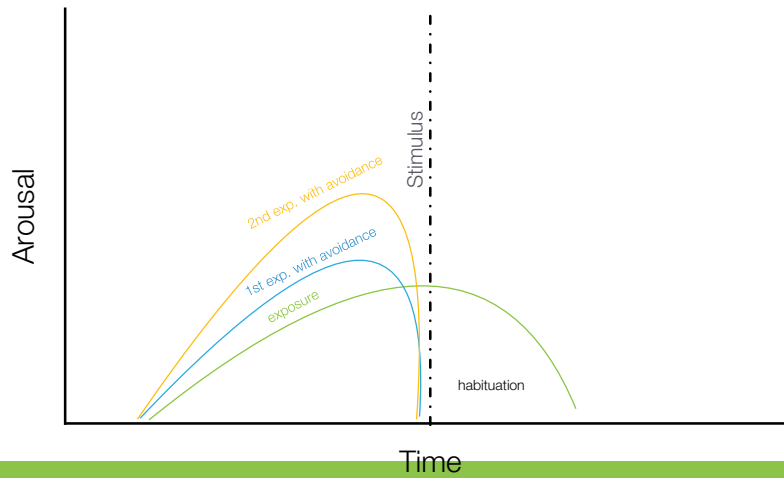
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Exposure Curve



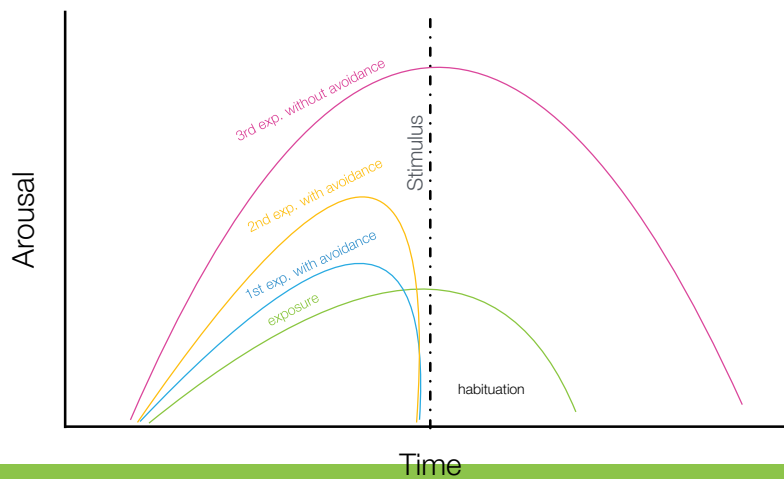
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Exposure Curve



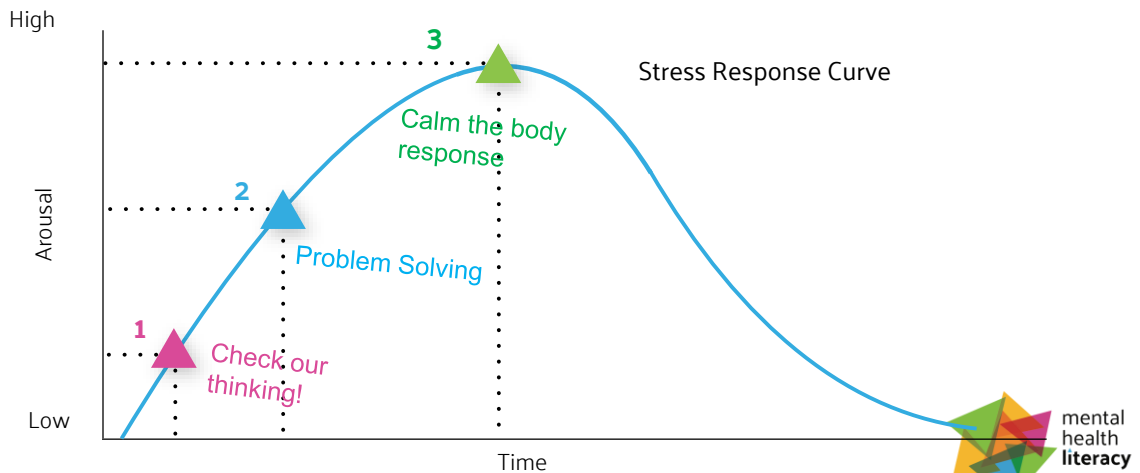
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Exposure Curve



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Skills to manage our stress response



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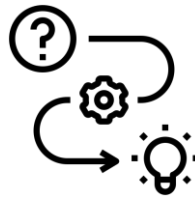
More mental health boosters!



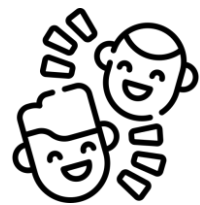
Encourage flexible thinking and naming emotions



Role model healthy coping and problem solving



Help clarify who owns the problem / what can help



Humour and fun! Play and creativity!



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**Questions?
Now for Dr Cailey
Hartwick!**



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Trauma & PTSD

**Cailey Hartwick, PhD., Rpsych.
Psychologist**
Cailey.Hartwick@AHS.ca



LUNA
CHILD AND YOUTH
ADVOCACY CENTRE



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DSM-V Definition of Trauma

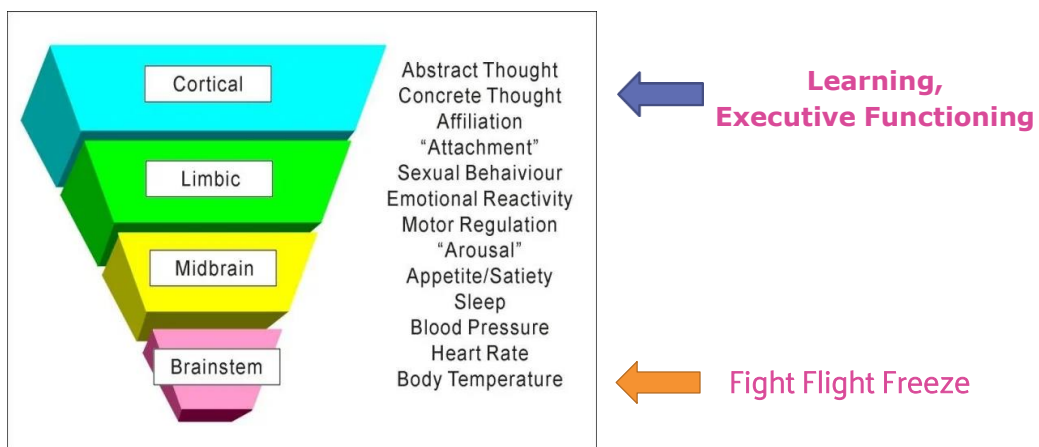
Exposure to actual or threatened death, or serious injury, or sexual violence in one (or more) of the following ways:

- Directly experiencing the traumatic event(s).
- Witnessing, in person, the event(s) as it occurred to others.
- Learning that the traumatic event(s) occurred to a close family member or close friend.
- Experiencing repeated or extreme exposure to aversive details of the traumatic event(s)

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Neurosequential Model – Dr. Bruce Perry

Impact on the Brain



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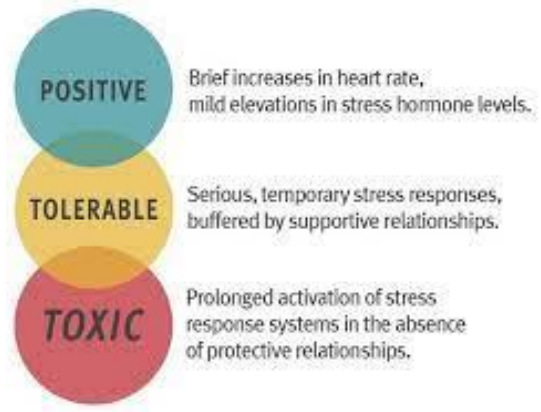
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Toxic Stress

Toxic Stress occurs when a child experiences frequent or prolonged adversity such as neglect, chronic abuse, persistent household dysfunction, intense poverty.

Toxic stress may include traumatic events or it may not.



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The Impact of Toxic Stress

- No energy for self or others
- Social withdrawal
- Cynicism
- Sleep issues
- Somatic complaints
- Despair/hopelessness
- Depression
- Low concentration
- High emotionality
- Worry, anxiety or fear
- Irritability
- Changes in sense of self, world view, spirituality
- Difficulty making decisions
- Increased struggles in personal relationships
- Increased use of drugs, alcohol

Others?

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Trauma-Informed Support

- Provide opportunities for Efficacy/Control
 - provide choice whenever possible
 - encourage youth to make requests/assert needs
- Provide structure and routine
- Provide information, explanation, and forewarning
 - in direct interactions, tell the youth what you're doing and why before. Then tell them again as you're doing it.
 - avoid playful trickery or misleading

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Trauma-Informed Support

- Work toward understanding the impact of trauma on the whole child
- Ask about/recognize triggers - prevent re-triggering
- Model and practice self-regulation strategies
- Provide opportunity/space for developing coping skills
- Beware of the pull to reassure
 - avoid promises that can't be fulfilled (e.g., no one will hurt you again)
 - avoid invalidating (e.g., there's no reason to be anxious here)

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Small things that have a big Impact...

Trauma-Sensitive Communication

They want attention

They are trying to connect

They will never get over it

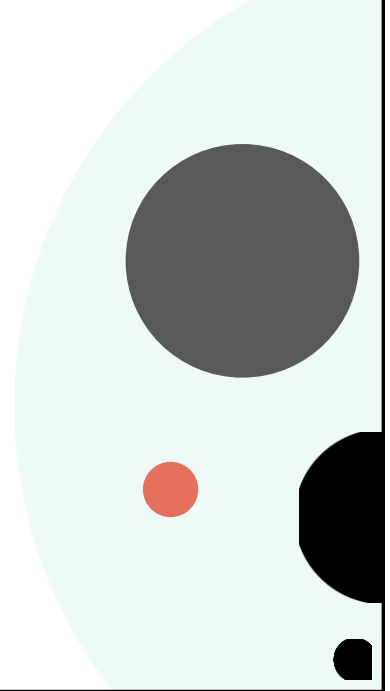
People can recover from trauma

They are damaged

This person is a survivor of trauma

They are defiant, oppositional and rude.

They are used to being hurt; they feel threatened or unsafe



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More than just pedicures.....

Model and Encourage Self Care

- Self care requires reflection, honesty, self awareness, dedication and planning. It is more than the occasional relaxing or fun activity. It is a frame of mind and lifestyle that honours your values and needs. Self care is not *always* enjoyable – it's often hard work!

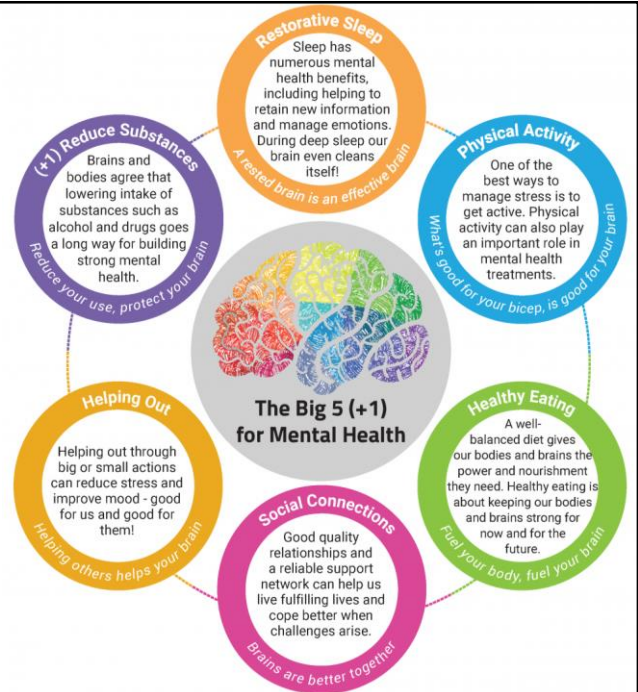


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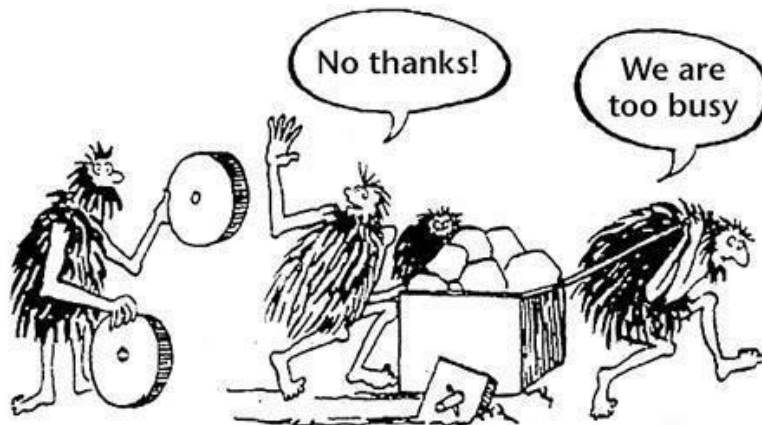
'5 to Thrive'

a healthy lifestyle...



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What change can I make next week?



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EMPOWER YOURSELF WITH THE KNOWLEDGE TO MAKE A DIFFERENCE...

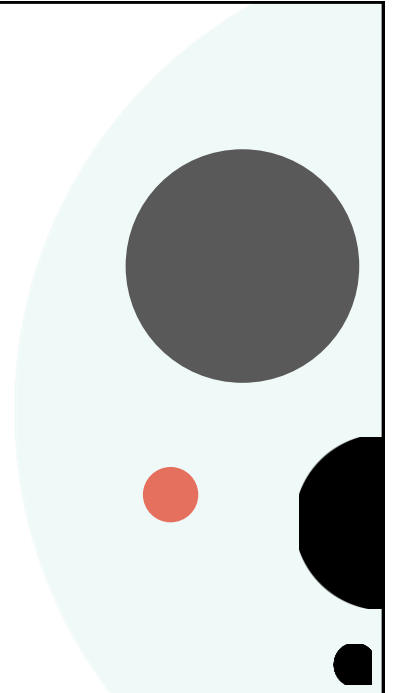
Free Online Training:

- Childhood Maltreatment and Trauma
- Trauma and its Impact on Brain Development
- Impacts of Trauma
- Trauma-Informed Practice
- Building the Foundation for Resilience



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Questions?



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Hopefully now you are saying...

I have a clearer understanding of the stress response!

Stress can be helpful and not avoided!

I understand more about PTSD and treatment!

I know when to be concerned, what to ask, and what to do!

I have lots of ideas to boost mental health!

I want to learn more!



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Resources



Access Mental Health <https://www.albertahealthservices.ca/services/Page11443.aspx>

Being Trauma Aware https://trauma.respectgroupinc.com/trauma_aware/start.jsp

Community Education Services (CES): <https://community.hmhc.ca/>

CES YouTube channel https://www.youtube.com/playlist?list=PLi1tOF1I5ZoWtN4oLlgPWHEoPP_7gIMdP

Luna Child and Youth Advocacy Centre <https://www.lunacentre.ca/>

Mental Health Literacy <https://mentalhealthliteracy.org>

Mental Health YouTube channel (108 videos) <https://www.youtube.com/c/MHLiteracy>

The Big 5 for mental health <https://mentalhealthliteracy.org/big-5-for-mental-health/>

The National Child Traumatic Stress Network <https://www.nctsn.org/>

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Please give us feedback!