

Module 7: Taking a Trauma-Informed Approach to Substance Use Disorders

1.1 Accessibility Preferences

Slide 1
Accessible Version
Non-Narrated

Accessibility Preferences

Select the "Turn Accessibility ON" button to use an accessible version of this course. This version is ideal for those who use screen readers, require keyboard-only access, or prefer high contrast content.



Then, choose next.

Next is enabled.

1.2 Texas Health and Human Services



TEXAS
Health and Human
Services

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MFP
MONEY FOLLOWS THE PERSON

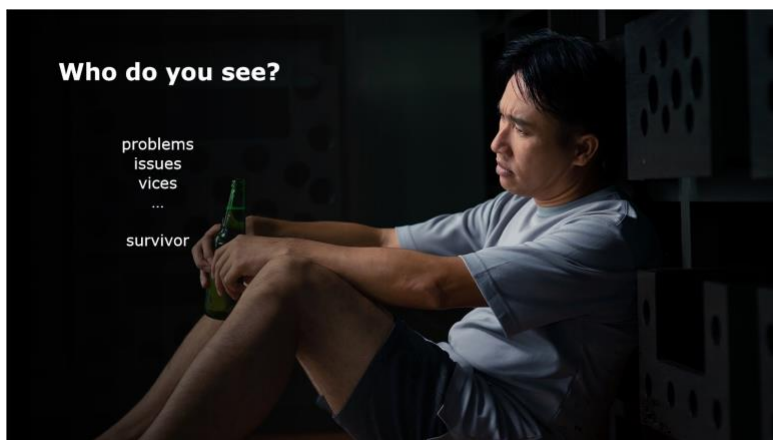
1.3 Taking a Trauma-Informed Approach to Substance Use Disorders



1.4 In This Training



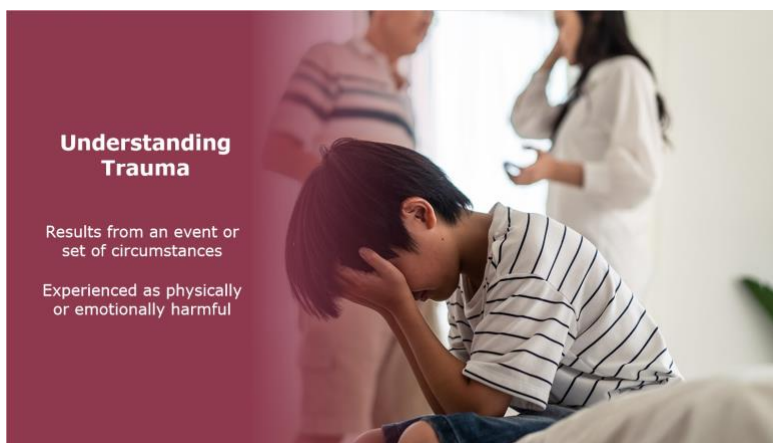
1.5 Who Do You See?



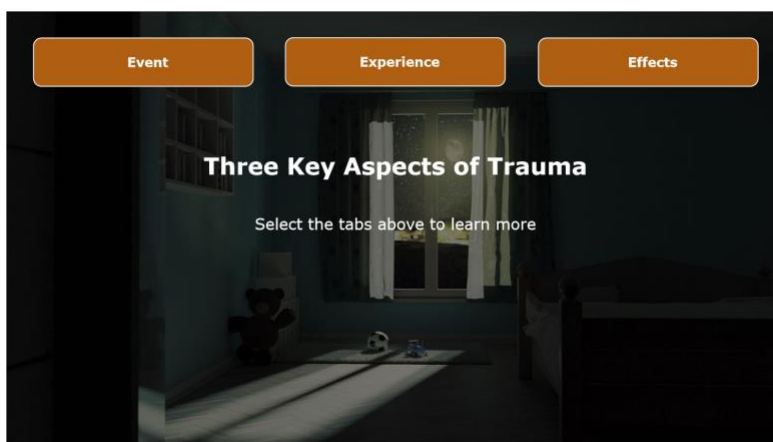
1.6 TIC Approach



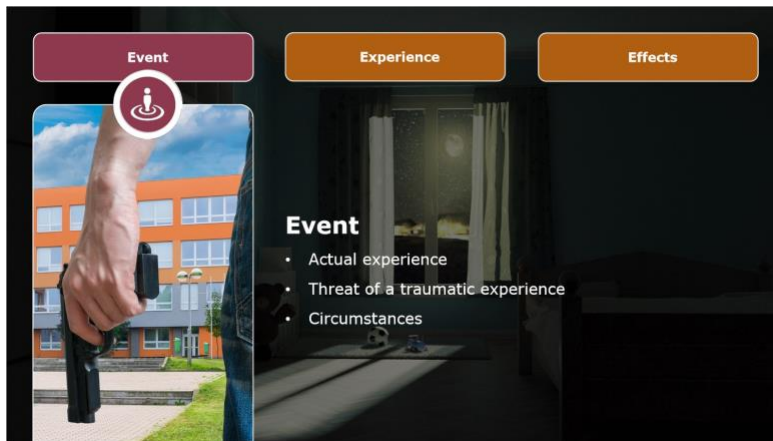
1.7 Understanding Trauma



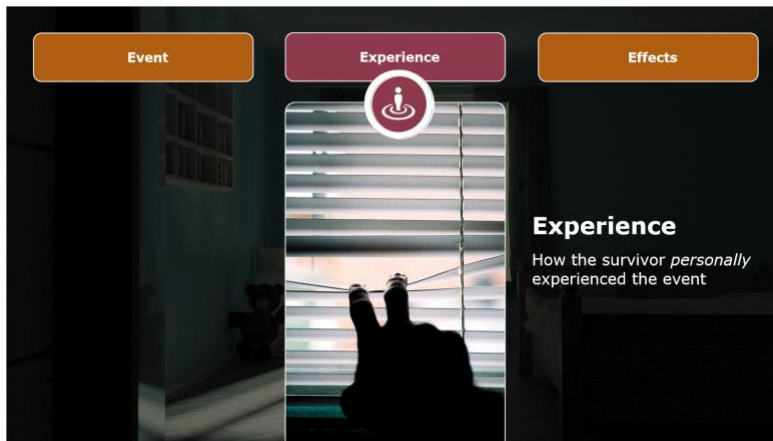
1.8 Three Es



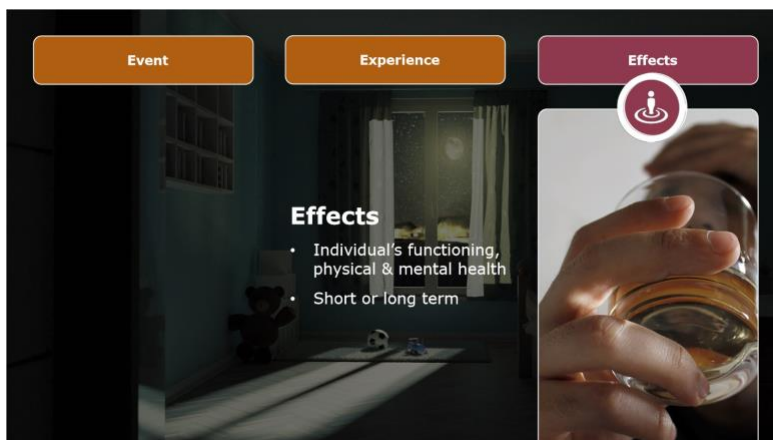
Event (Slide Layer)



Experience (Slide Layer)



Effects (Slide Layer)



1.9 Knowledge Check 1

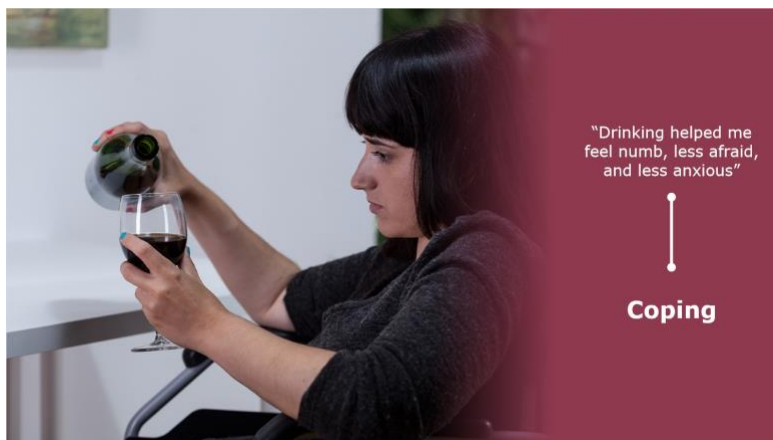
Knowledge Check

Drag each description to the appropriate aspect of trauma

Event	Experience	Effects
Depression and refusal to drive a car	Feeling guilty about not being able to save your spouse	Witnessing a car crash that resulted in the death of your spouse

1.10 Veronica's Story

1.11 Coping



1.12 Coping - Examples

Coping

Select each photo to learn more



The image shows three square photographs arranged horizontally. The first photo on the left shows a person with dark hair lying in bed, looking at a digital clock that displays '2:11'. The middle photo shows a person in camouflage clothing sitting on a wooden floor, leaning against a wall with their head in their hands. The third photo on the right shows a person with long dark hair sitting on a wooden floor, leaning against a wall with their arms crossed.

1 Kendrick (Slide Layer)

Coping

Select each photo to learn more



Drinking before bed helps Kendrick relax and fall asleep more easily

The image shows three square photographs arranged horizontally. The first photo on the left shows a person with dark hair lying in bed, looking at a digital clock that displays '2:11'. The middle photo shows a person in camouflage clothing sitting on a wooden floor, leaning against a wall with their head in their hands. The third photo on the right shows a person with long dark hair sitting on a wooden floor, leaning against a wall with their arms crossed. A white line points from the text box to the first photo.

2 Eric (Slide Layer)

Coping

Select each photo to learn more



Eric drinks in the morning and at lunch in order to get through the day

The image shows three square photographs arranged horizontally. The first photo on the left shows a person with dark hair lying in bed, looking at a digital clock that displays '2:11'. The middle photo shows a person in camouflage clothing sitting on a wooden floor, leaning against a wall with their head in their hands. The third photo on the right shows a person with long dark hair sitting on a wooden floor, leaning against a wall with their arms crossed. A white line points from the text box to the middle photo.

3 Kaylee (Slide Layer)

Coping

Select each photo to learn more



Kaylee drinks heavily on the weekends when she has too much time to think

1.13 The Effects of Substance Use

The Effects of Substance Use

Select each button to learn more



layer 1 (Slide Layer)

The Effects of Substance Use

Select each button to learn more

Increased Substance Use
Makes the brain think it needs that substance to survive



layer 2 (Slide Layer)

The Effects of Substance Use

Select each button to learn more



The diagram shows a person in a distressed state, holding their head. Four circular buttons are arranged around them, connected by a white line with an arrow indicating a clockwise cycle. The top-right button is highlighted with an orange lightbulb icon, while the others are grey with keyhole icons.

Increased Fear and Arousal
Trauma survivors may have a heightened sense of fear or arousal

layer 3 (Slide Layer)

The Effects of Substance Use

Select each button to learn more



The diagram shows a person in a distressed state, holding their head. Four circular buttons are arranged around them, connected by a white line with an arrow indicating a clockwise cycle. The bottom-right button is highlighted with an orange brain icon, while the others are grey with keyhole icons.

Cravings
The reminder cues a stress response and substance use craving at the same time

layer 4 (Slide Layer)

The Effects of Substance Use

Select each button to learn more



The diagram shows a person in a distressed state, holding their head. Four circular buttons are arranged around them, connected by a white line with an arrow indicating a clockwise cycle. The bottom-left button is highlighted with an orange brain icon, while the others are grey with keyhole icons.

Learning and Memory
Substance use and trauma reminders can disrupt both learning and memory

1.14 Knowledge Check 2

Knowledge Check

Which of the following statements is true about drinking to cope?

A Alcohol can make the brain think it needs it to survive	C Alcohol increases a sense of fear and makes you overreact to situations
B Alcohol worsens your memory and ability to learn	D All of the above

1.15 Veronica's Experience

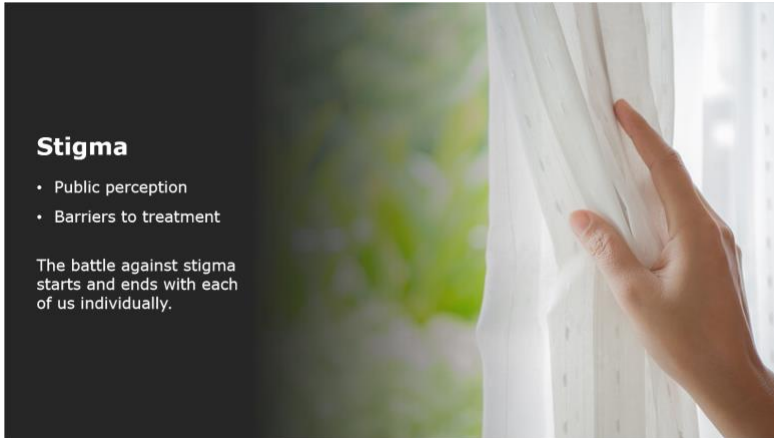
1.16 Shame



Shame

- Misplaced blame
- Interferes with relationships, job pursuits, and self-worth
- Makes survivors increase their use of substances

1.17 Stigma

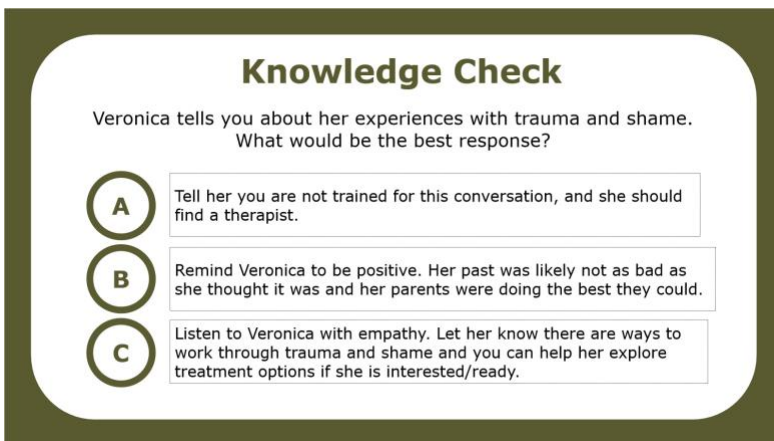


Stigma

- Public perception
- Barriers to treatment

The battle against stigma starts and ends with each of us individually.

1.18 Knowledge Check 3



Knowledge Check

Veronica tells you about her experiences with trauma and shame. What would be the best response?

- A** Tell her you are not trained for this conversation, and she should find a therapist.
- B** Remind Veronica to be positive. Her past was likely not as bad as she thought it was and her parents were doing the best they could.
- C** Listen to Veronica with empathy. Let her know there are ways to work through trauma and shame and you can help her explore treatment options if she is interested/ready.

1.19 TIC Perspectives



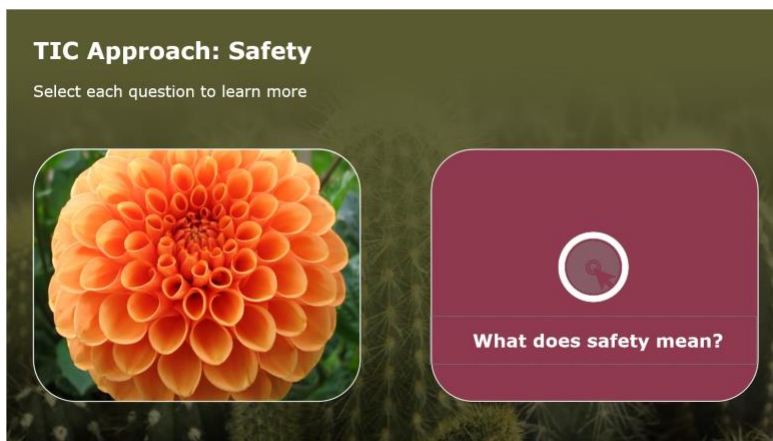
TIC Perspectives

- Don't ignore your own experience
- Talk to someone
- Take time to recharge

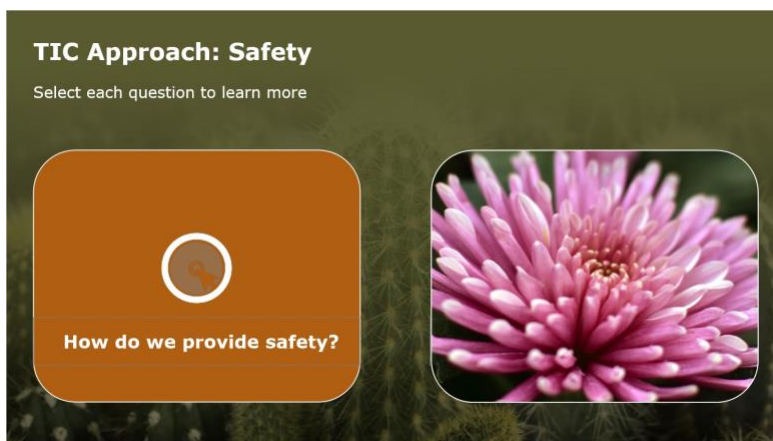
1.20 TIC: Safety



How (Slide Layer)



What (Slide Layer)

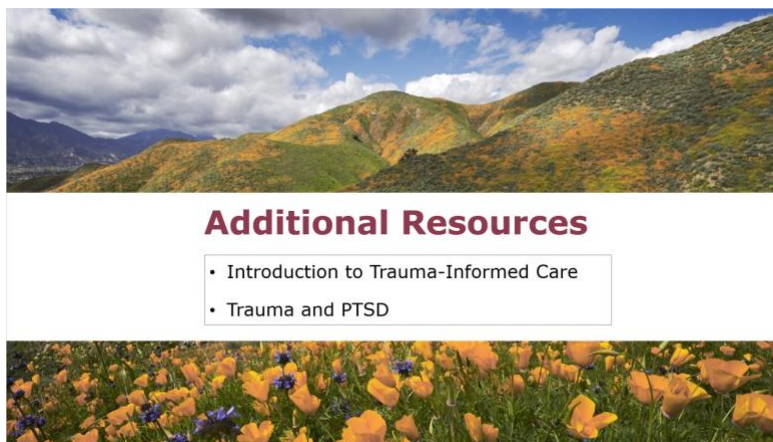


1.21 TIC: Focusing on Voice



1.22 Veronica under TIC

1.23 Additional Resources



1.24 Key Takeaways

