

Helping Survivors on the Road to Recovery

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Go To Meeting Reminders

1st Quarter General Membership Meeting

- Please mute your computer's sound unless you are giving a report or asking a question. (Otherwise, you might be sharing a conversation taking place nearby).
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**Michigan
Trauma
Coalition**

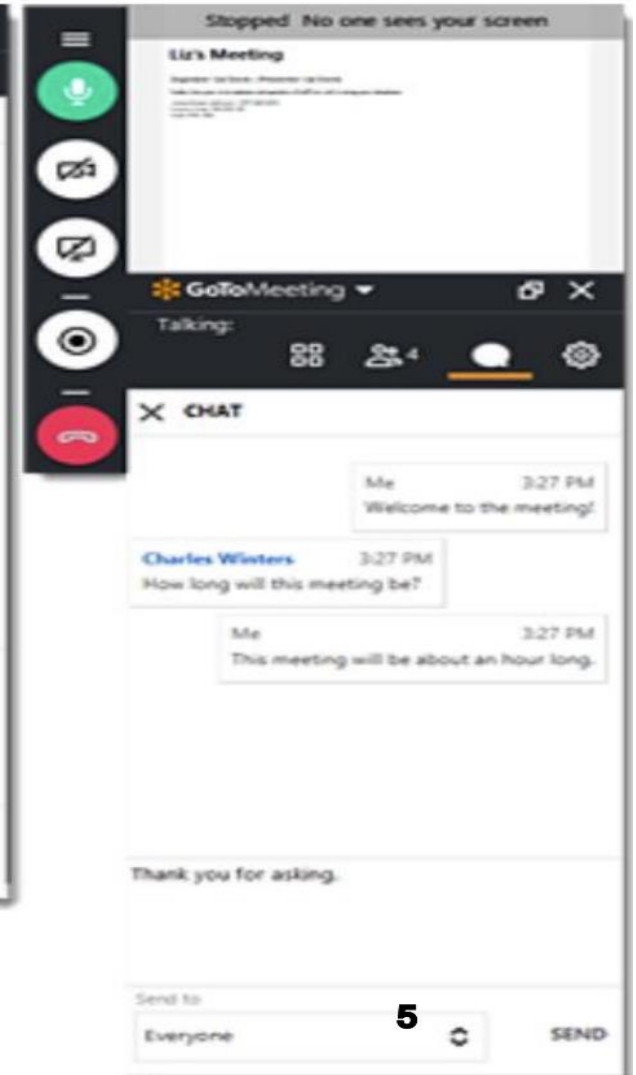
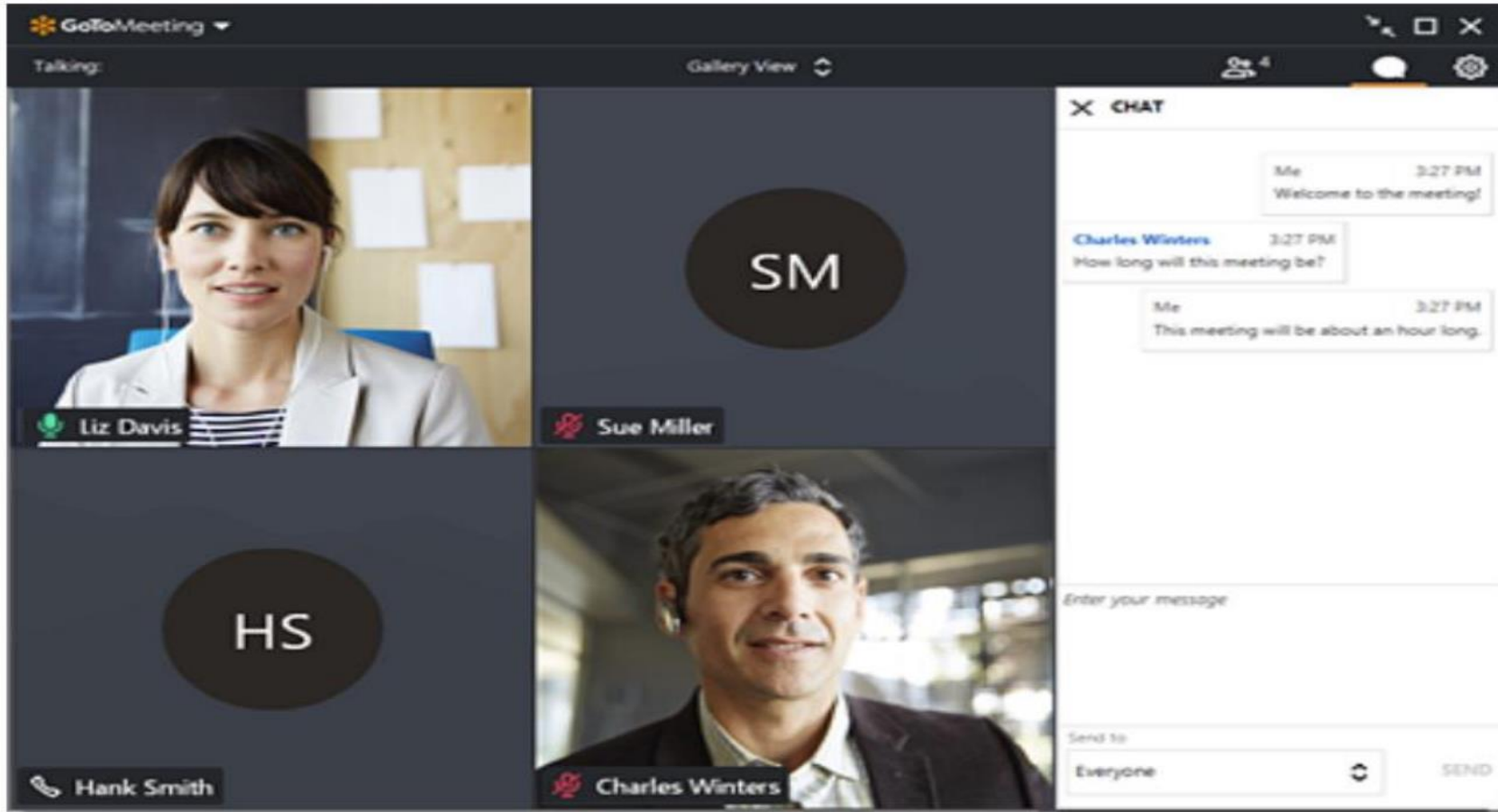


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Agenda

- Defining Trauma and Types of Trauma
- Adverse Childhood Experiences Research Study
- Violent Crime and the Cost of Crime
- Trauma Recovery Center (TRC) Model of Care
- TRC Longitudinal Study
- Usual Care vs TRC Care
- Hurley TRC and Services Offered
- Population Severed by Hurley & Crime Statistics Census
- Possible new Endeavors
- Questions and Answers

Defining Trauma

- A deeply distressing or disturbing experience.
- Emotional shock following a stressful event or a physical injury, which may be associated with physical shock and sometimes leads to long-term neurosis.

Types of Trauma

There are three main types of trauma

- **ACUTE TRAUMA** -Results from a single incident.
 - Single Exposure.
 - Post-traumatic growth (PTG) likely.
 - Positive physiological outcomes from exposure-survivors vs. victim.
- **CHRONIC TRAUMA**- Single Incident like abuse, repeated over chronic periods.
 - Multiple exposures.
 - PTG accessible.
 - Can separate one incident from another.
 - Impaired functioning but manages in some areas.
- **COMPLEX TRAUMA** is exposure to varied and multiple traumatic events, often of an invasive, interpersonal nature.
 - Trait anxiety.
 - Tendency to perceive situations as threatening.
 - State anxiety accompanied by increased arousal of the central nervous system, while
 - Also experiencing a lack of power and safety.

Toxic Stress

- **Toxic Stress** refers to emotional, cognitive, behavioral, occupational, social dysfunction as a result of multiple threats to one's life and psychic integrity inflicted directly and/or indirectly by human agents in one, or multiple, transmissions (generational family transmissions or collective cross generational transmissions involving historical and/or multigenerational transmission).

Trauma Facts

- Approximately 50% of traumatic violent injury survivors experience psychological or social difficulties unless they receive some type of effective treatment.
- The rate of PTSD in veterans returning home from war in Iraq is 17 percent. The rate of PTSD in urban populations is 31 percent.
- One study showed that arrests, incarcerations, and violent offenses were common with the males that had PTSD.

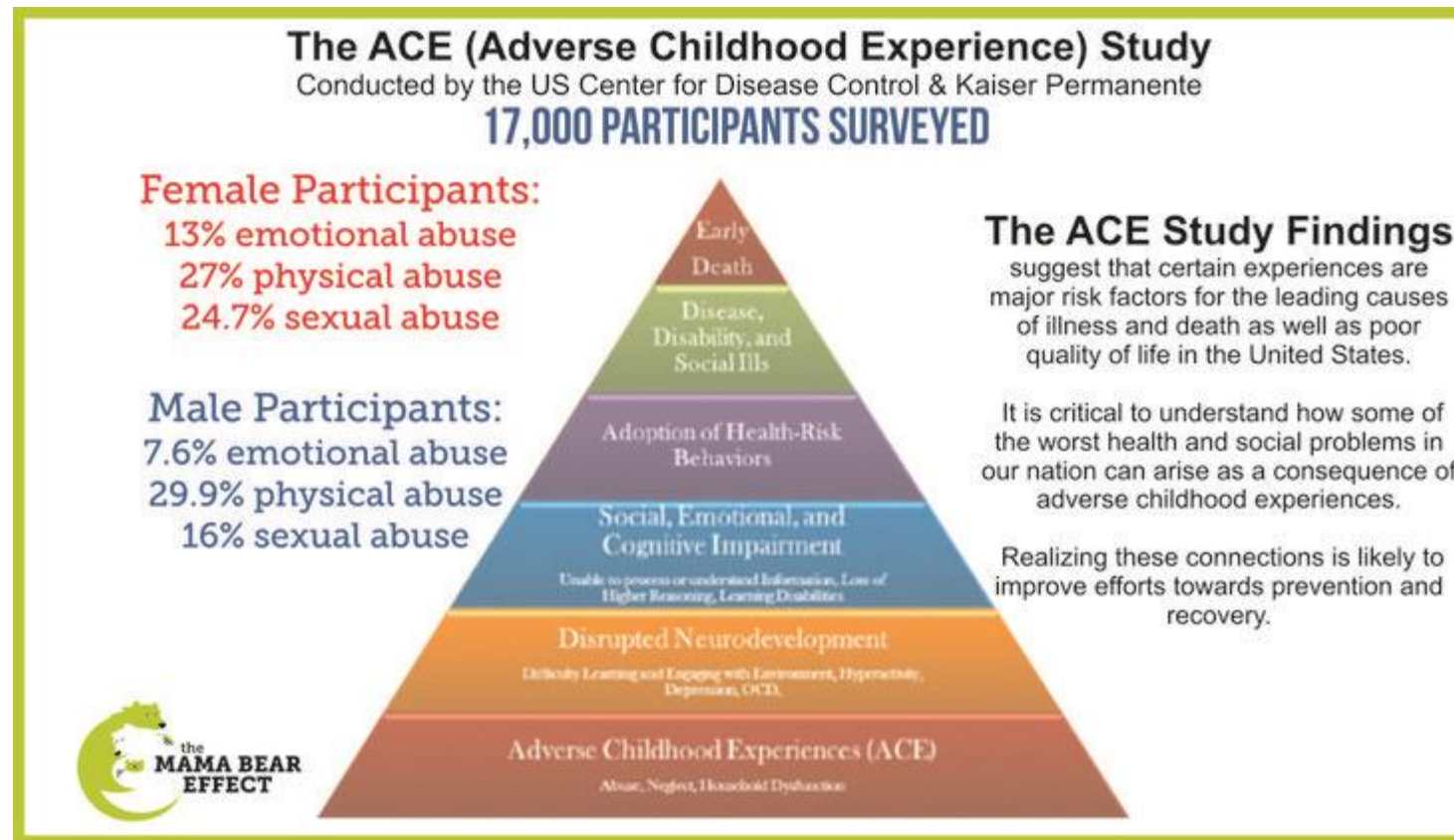
Adverse Childhood Experience (ACEs)

From 1995-1997 the Center for Disease Control and Prevention worked with healthcare plan Kaiser Permanente to create a study that looked at childhood trauma. The study came with ACEs test, which looked at childhood experiences and how they can affect later-life health and well-being. As the ACE scores increase so does the individual's risk for disease, social and emotional problems.

ACEs Categories

- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Mother Treated Violently
- Incarcerated Relative
- Emotional Abuse
- Physical Neglect
- Mental Illness
- Divorce

The ACE Study



ACE's Findings

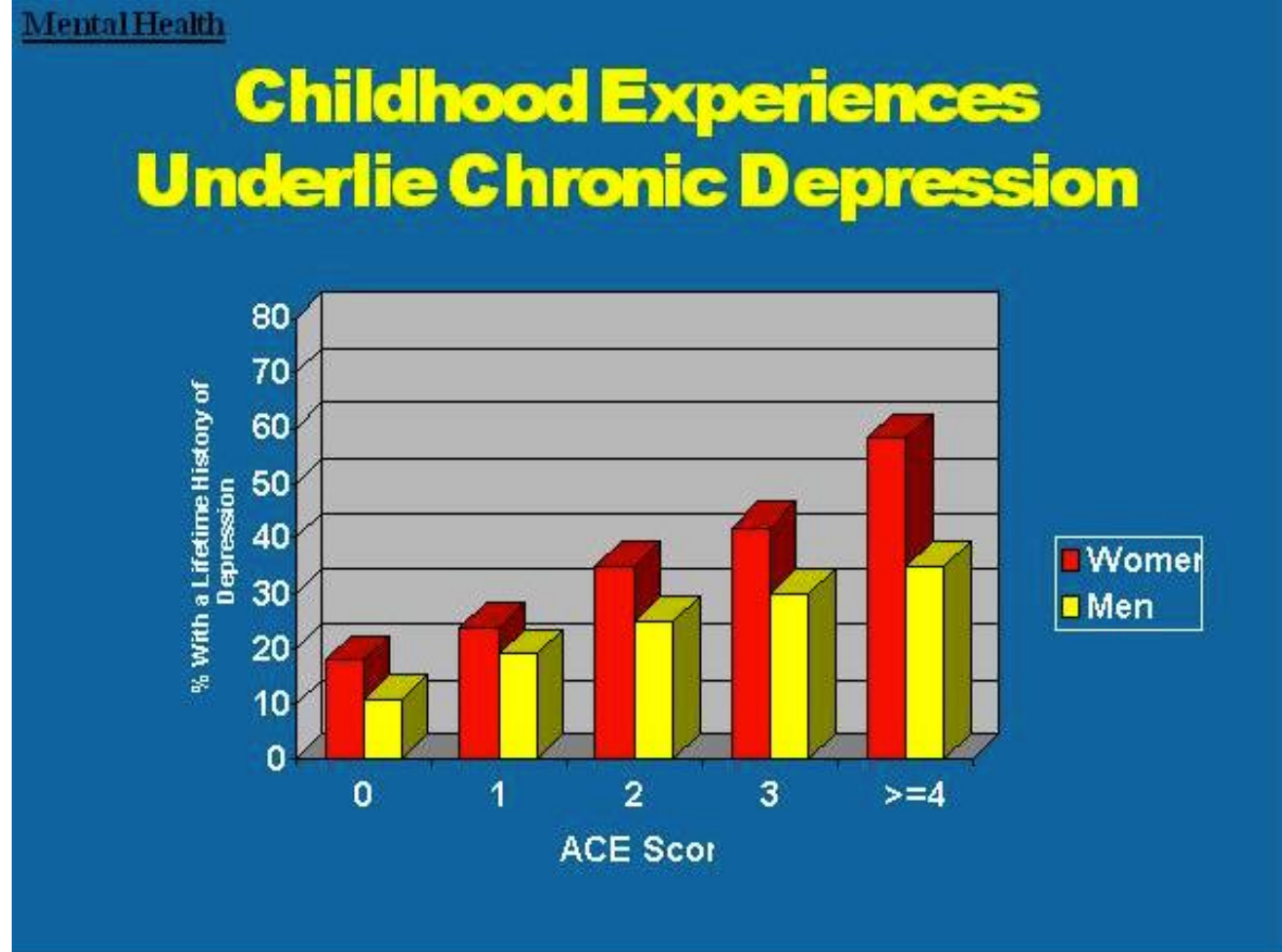
- People usually experience more than one type of trauma
- Two thirds of the 17,000 people in the ACE Study had an ACE score of at least one
- 87 percent of those had an ACE score of more than one.
- Childhood trauma is very common
- There is a direct link between childhood trauma and adult onset of chronic disease, as well as depression, suicide, being violent and a victim of violence;
- More types of trauma increased the risk of health, social and emotional problems.

The study's participants were 17,000 mostly white, middle and upper-middle class college-educated individuals with good jobs and great health care

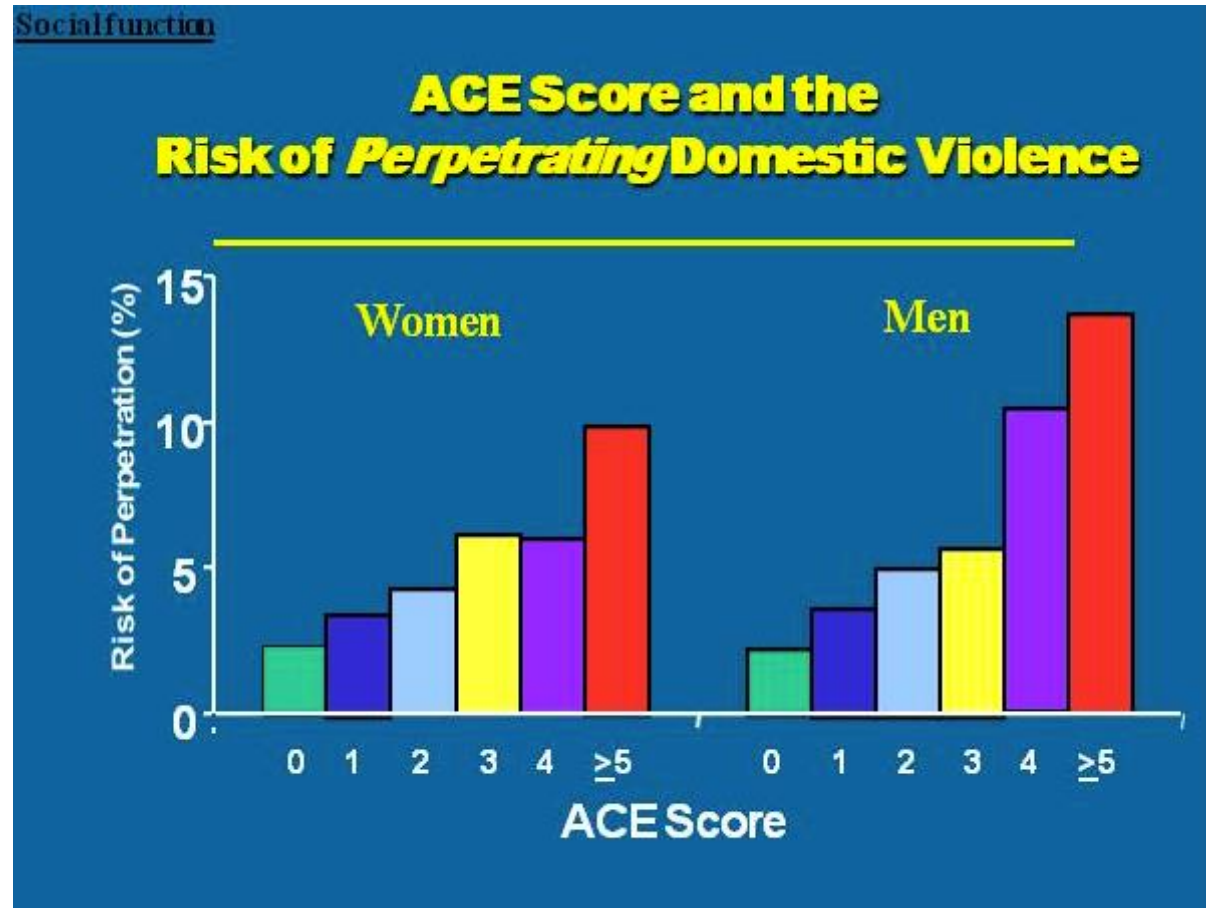
Statistical Outcomes of ACE's



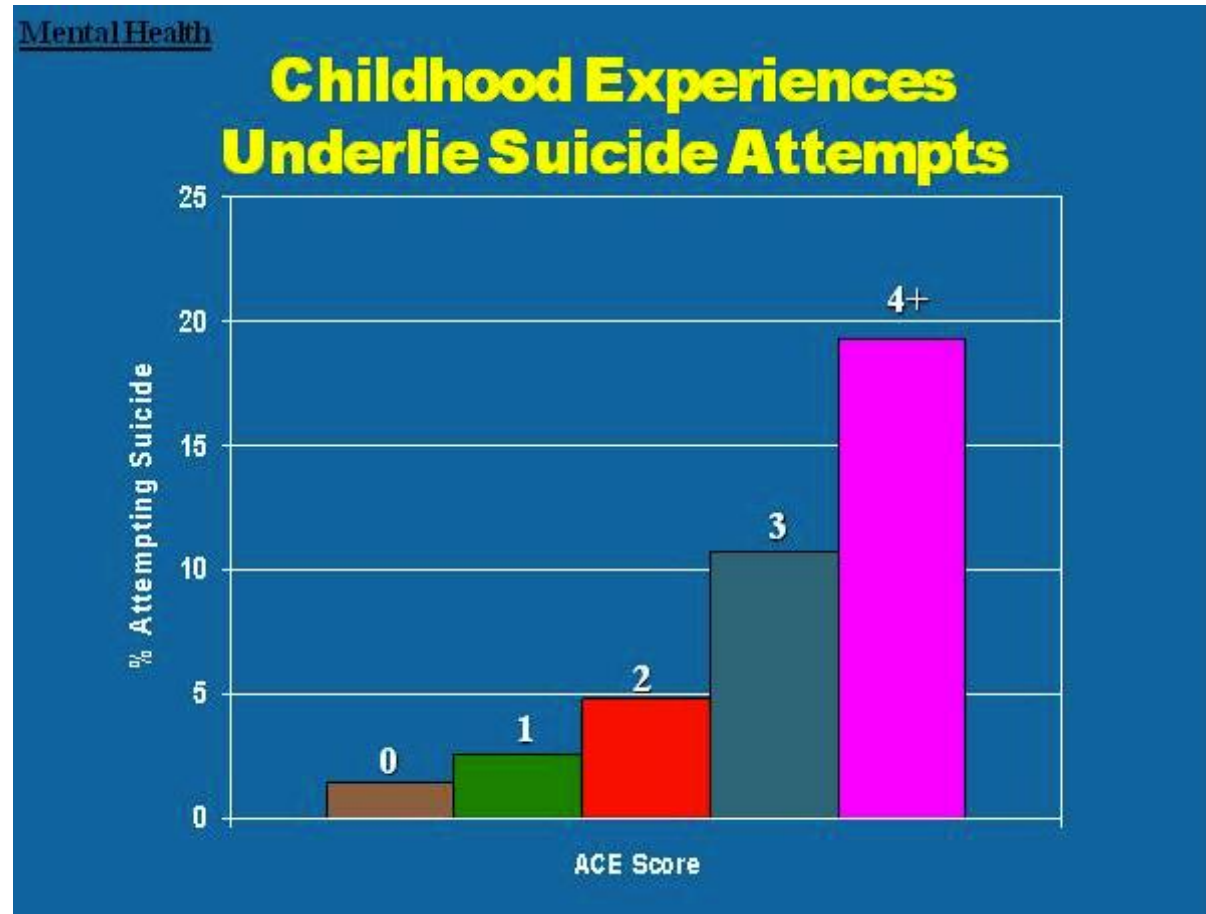
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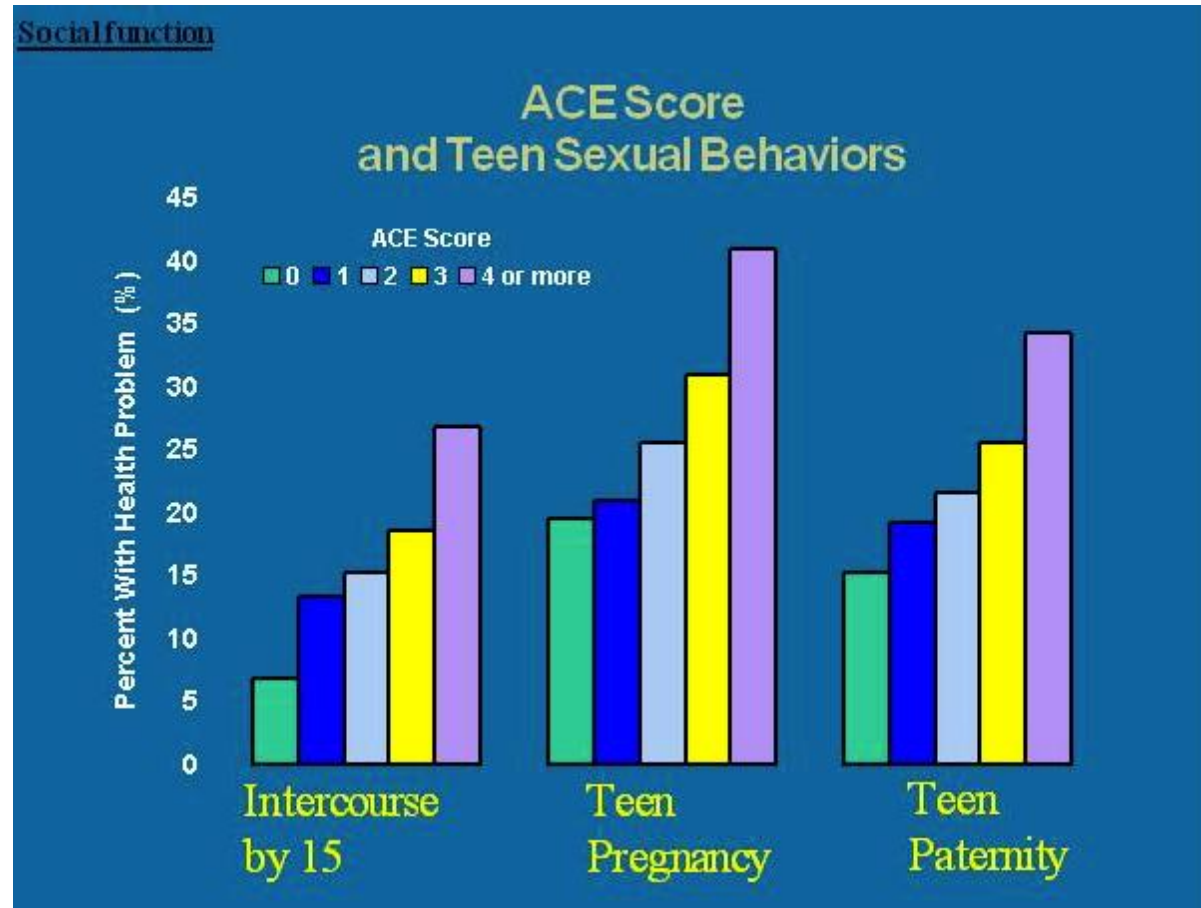
Statistical Outcomes of ACE's



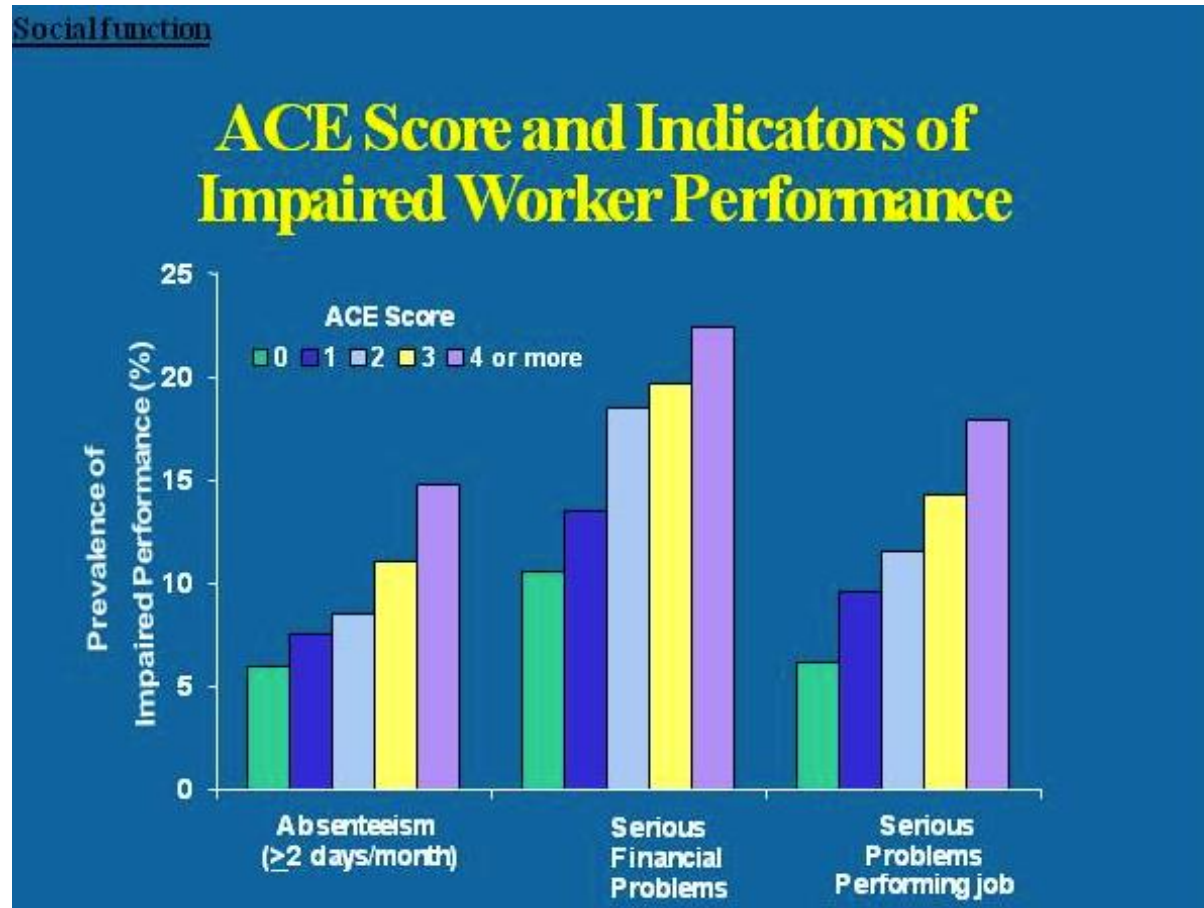
Statistical Outcomes of ACE's



Statistical Outcomes of ACE's



Statistical Outcomes of ACE's



Michigan Data and ACEs

In 2018 Michigan was rated the 13th most dangerous state in the country with a violent crime rate of 449.4 per 1000,000 people and 551 murders (the 11th highest in the country).

- **Physical Abuse, Emotional Abuse and Neglect-** In 2018 CPS had 100,123 investigations in Michigan. 37,738 children were identified as victims of abuse or neglect. 14,340 of these victims were under the age of four.
- **Sexual Abuse-** In 2018 there were in 7, 690 cases of reported rape in Michigan. 128 cases were in Flint.

Michigan Data and ACE continued...

- **Mental Illness-** As of 2019, 1.3 million adult Michigan residents have a mental health condition.
- **Mother Treated Violently-** In 2019, there were 57,018 incidents of domestic violence and 44 reported domestic violence murders reported to Michigan police. It has been proven that young boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults.
- **Divorce-** Overall divorce rate in Michigan is 11.5%, which is higher than the national divorce rate of 10.9%.

Michigan Data and ACES continued...

- **Incarcerated Relative-** In 2018 Michigan had a imprisonment rate of 508 adults per 100,000 people. Making Michigan in the top 50% in the country.
- **Substance Abuse-** In 2017 2,694 Michigan residents died due to fatal overdose. Which was an 82% increase since 2012, making overdoses more lethal in Michigan than traffic accidents and firearms combined.

Violent Crime

- It is estimated that the U.S. population over the age of 12 experiences over 5.4 million incidents of violent crime every year.
- A person that has experienced a trauma related to a violent crime will more than likely face both physical and psychological problems during recovery.

Costs of Violent Crime

A study published by the National Institute of Justice found that:

- Violent crime victimization costs approximately 33 billion a year due to medical and mental health care expenses, lost productivity, property damage, and intangible costs such as reduced quality of life, pain, and suffering.
- Violent crime causes 3 % of U.S medical spending and 14% of injury related medical spending.
- Violent crimes cause a wage loss of 1% American earnings.

Trauma Recovery Centers

What is a Trauma Recovery Center (TRC) and how can it help?

Chief of Surgery at Zuckerberg San Francisco General “*we can sew them up, but we can’t make them well*” The TRC understands that health is not just the absence of injury but treating all aspects of the human condition. **The TRC Supports a survivor's resilience by aggressively giving them the right combination of compassion, services, and resources. ~Hurley Trauma Recovery Center**

TRC Model of Care

- The TRC model of care was developed to provide comprehensive, high quality, effective mental health services to survivors of violent crime from underserved populations.
- A goal of the new TRC model was to provide safety net services for survivors of violent crime who were not likely to engage in existing mainstream mental health or social services.
- An additional goal was to develop a new model of clinically effective and cost effective care for underserved survivors of violence, combining assertive outreach, clinical case management, assistance with law enforcement, and trauma-informed therapy to deal with the emotional wounds of interpersonal violence.

Trauma Informed care Model

“Trauma-Informed Care understands and considers the pervasive nature of trauma and promotes environments of healing and recovery rather than practices and services that may inadvertently re-traumatize”



TRC Longitudinal Study

This longitudinal study was conducted by the first TRC in California in 2007 and was used to characterize underserved, public-sector crime survivors.

- 541 injured violent crime survivors were randomly selected to receive normal community care (n=204) or TRC services (n=337). These participants were assessed 4 times over the course of 12 months.
- 91% of the survivors (492) were poly-victims, and had experienced an average of three broadly-defined types of criminal victimization over their lifetime (such as adult sexual assault, assault with a weapon, physical assault, kidnapping, domestic violence, witnessing violent death, childhood physical abuse or childhood sexual abuse) as well as one other non- crime related trauma (such as natural disaster, accident, combat, or life- threatening illness).

TRC Longitudinal Study continued...

- Only 10% (54) participants had received mental health services in the past 6 months even though 72% (390) showed clinically significant mental health symptoms (intrusive thoughts, nightmares, hyper arousal).
- 46% (249) had experienced childhood abuse.
- 74% (400) needed assistance with obtaining food, safe housing, financial entitlements, medical services, employment, assistance working with the police, assistance working with community partners.
- 70% (379) had expressed interest in discussing their trauma and receiving mental health services.

TRC Longitudinal Study continued...

Of the 337 participants receiving TRC services:

- 77% engaged in mental health treatment in comparison to the 34% receiving usual community care.
- 56% submitted Crime Victim Compensation applications for benefits in comparison to the 23% receiving usual community care.
- TRC reduced disparities for participants who were younger, homeless or had lower levels of education.
- TRC services were more cost effective than fee-for-service care. Each hour of TRC services cost 34% less than traditional services.

TRC Longitudinal Study continued...

- Participants using TRC services had a 56% higher rate of returning back to work than participants receiving usual care.
- TRC participants were 44% more likely to work with the District Attorney to solve the crime.
- TRC participants that survived a sexual assault, were 69% more likely to file a police report.
- Twice as many participants used the TRC mental health services as compared with victims who received usual care.
- Data showed that participants who used TRC services showed a 38% decrease in their PTSD symptoms and a 50% decrease in their symptoms of depression.

Usual Care vs TRC Care

Usual Care	A Trauma Recovery Center
A 50-minute psychotherapy session.	Comprehensive mental health services: crisis intervention, individual and group treatment, family work, and medication support services.
Office Visits.	Services in someone's home, school, provider's office, District Attorney's office, and other settings.
Limited access to multilingual practitioners.	Multilingual staff who work from a cultural humility approach and provide culturally relevant services.
Providers focused on serving survivors of specific crimes or specific injuries.	Providers whose training and services target all crime survivors, particularly those from underserved communities.

Usual Care vs TRC Care continued...

Usual Care	TRC Care
Generalized treatment that may not have been proven effective.	Treatment that is evidence-based to address specific challenges a crime survivor might have.
Services designed to focus on one part of the healing process.	Full range of support services in addition to psychotherapy, including case management services designed to help a survivor through multiple processes.
Services that may be limited to one person working with the survivor.	Support from a multidisciplinary team that can address multiple needs.
Costs of services average about \$100 per unit of service.	Costs of services average about \$67 per unit of service; averaging 34 percent less than regular care. With \$0 costs to the survivor.

Hurley Trauma Recovery Center

- Hurley Medical Center's Trauma Recovery Center (TRC) is a grant-funded program that offers free, confidential resources to help individuals in Genesee County overcome the traumatic effects of violence. The program is the first in Michigan. It is staffed by professionals dedicated to helping victims through all stages of recovery. Participants do not have to report an incident to the police or file criminal charges to access this free service.

Hurley TRC continued...

Victim Types Treated

- Gun Violence
- Physical Assault
- Sexual Abuse
- Domestic Violence
- Child Abuse/Neglect
- Human Trafficking
- Elder abuse
- DUIs
- Survivors of Homicides
- Hit and Run Victims
- **Secondary Supports to any of the above victim types listed.**

Services Offered

- Emergency Stabilization
- Victim Compensation Support
- Educational & Employment Support
- Personal Protection Orders (PPOs)
- Legal Support & Judicial Assistance
- Law Enforcement Advocacy
- Psychotherapy
- Relocation & Emergency Shelter Assistance
- Emergency Financial Assistance
- Transportation
- Home Repairs
- Follow-up Care & Community Referrals

Population Served by Hurley TRC

Facts on Genesee County & Flint:

Unemployment Rate- Genesee County: 6.2% (Dec 2020)

Unemployment Rate- Flint: 9.0% (Dec 2020)

Poverty rate- Genesee County: 18.3% (2019)

Poverty rate- Flint : 38.9% (2019)

Food insecurity rate- Genesee County 17.8%

- Drug overdose deaths per 100,000 population for Genesee County 18.8, 3.2percent higher than the Country.
- 23.7 % of adults in Genesee County self-report that they receive insufficient social and emotional support.
- US Census Bureau data from 2017, indicated that Flint had the highest poverty rate compared to other cities of its size in the United States. 60% of the City's children lived below the federal poverty line at that time.

Crimes Statistics for Genesee county & Flint

Rate of violent crime per 100,000 residents:

- Genesee County: 716 Flint 1,948

City of Flint Police Numbers:

- 2018: Homicides: 31 Sexual Assault: 128 Aggravated/ Felonious Assault: 1,085
- 2019: Homicides: 46 Sexual Assault: 91 Aggravated/ Felonious Assault: 1,373
- 2020: Homicides: 61 Sexual Assault: 90 Aggravated/ Felonious Assault: 1,641

Hurley TRC Victims Served Patient Census

	October	November	December	Quarter Totals	YTD Totals
New Patients	175	77	74	326	326
Existing Patients	--	96	99	195	195
Total Patients	175	173	173	521	521
Declined Services	17	9	6	32	32
Agreed but couldn't be Reached	10	3	1	14	14
Couldn't be Reached	14	2	1	17	17

Hurley TRC Victims Served Victim Census

	October	November	December	Quarter Totals	YTD Totals
Adult Physical Assault	132	117	113	362	362
Adult Sexual Assault	5	7	10	22	22
Child Physical Abuse or Neglect	1	3	--	4	4
Minor Physical Assault	3	2	1	6	6
Domestic and/or Family Violence	28	35	34	97	97
Human Trafficking: Sex	--	1	4	5	5
Survivor of Homicide	5	6	9	20	20
DUI	1	1	1	3	3
Hit and Run		1	1	2	2
Multi victim	3(Not in totals)	--	--	3	3

What's on the Horizon

Possible Future Explorations:

- Satellite Clinic to serve survivors who may not feel comfortable coming to the main hospital for treatment.
- Trauma House to provide temporary shelter for survivors.
- Expanding to 24hour care.

Q & A

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