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# Trauma-informed Health Care

An powerful tool to reduce disparities in health

Improving Access to and Equity of Care for People with Serious Illness:  
A workshop

Roundtable on Quality Care for People with Serious Illness

National Academy of Sciences, Engineering and Medicine

*Washington DC. April 3, 2019*

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Director, Women's HIV Program

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University of California, San Francisco

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# Recent Deaths at WHP

- |             |                                 |
|-------------|---------------------------------|
| 1. Rose     | <i>murder</i>                   |
| 2. Amy      | <i>murder</i>                   |
| 3. Patricia | <i>suicide</i>                  |
| 4. Regina   | <i>suicide</i>                  |
| 5. Vela     | <i>addiction/overdose</i>       |
| 6. Iris     | <i>addiction/overdose</i>       |
| 7. Mary     | <i>addiction/kidney failure</i> |
| 8. Nadine   | <i>addiction/lung failure</i>   |
| 9. Lilly    | <i>pancreatic cancer</i>        |
| 10. Pebbles | <i>non-adherence</i>            |



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# The Impact of Trauma on Health

## *3 epiphanies*



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University of California  
San Francisco

# The Impact of Trauma on Health

## *3 epiphanies*

1. Most illnesses and behaviors that contribute to health disparities are strongly correlated with individual and community-level trauma



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# Trauma

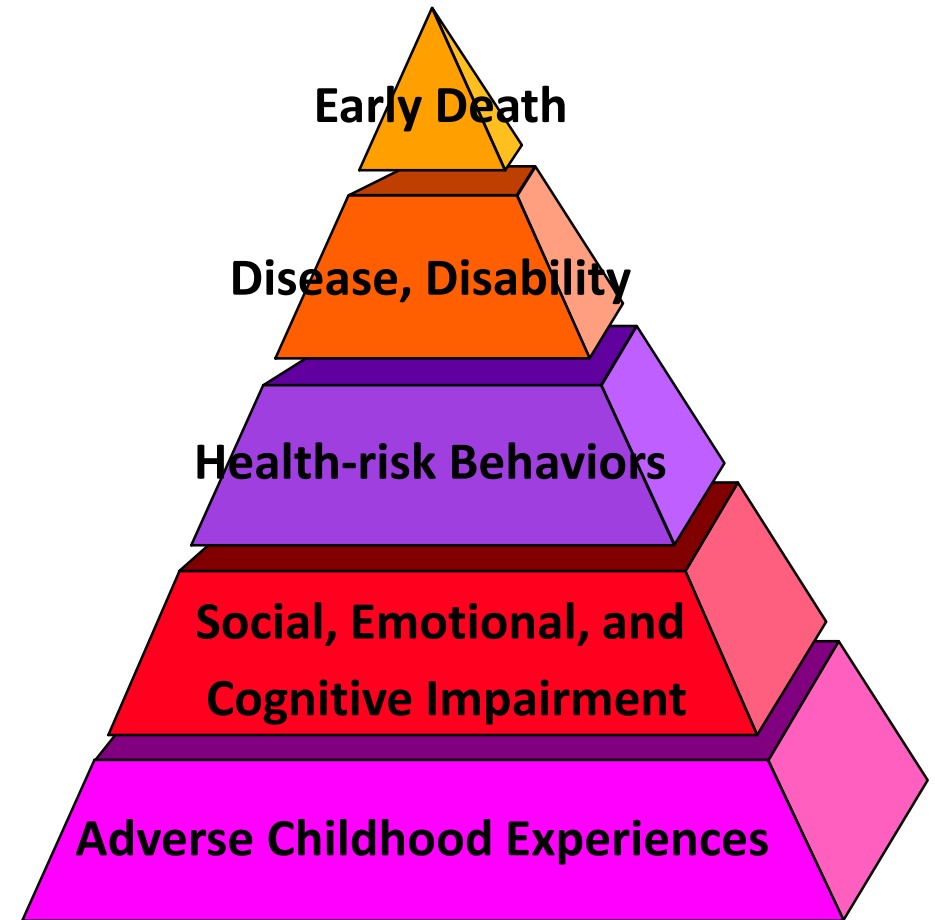
... an event, series of events, or set of circumstances [e.g., physical, emotional and sexual abuse; neglect; loss; IPV, community violence, structural violence] that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects

<http://www.samhsa.gov/traumajustice/traumadefinition/definition.aspx>

# Trauma and Health: its not just HIV

## *The ACE Study*

- 17,000 patients completed surveys about 10 categories of childhood abuse, neglect and family dysfunction
- Compared answers to an array of current health behaviors and conditions
- Conclusion: ACEs are common and are strong predictors of later health risks and disease



Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, et al. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study. American journal of preventive medicine. 1998 May;14(4):245-58.

Center for Disease Control and Prevention. Injury Center. Violence Prevention. The Adverse Childhood Experiences Study. <https://www.cdc.gov/violenceprevention/acestudy/index.html>. Accessed October 4, 2018

# The ACE Study: Key Findings

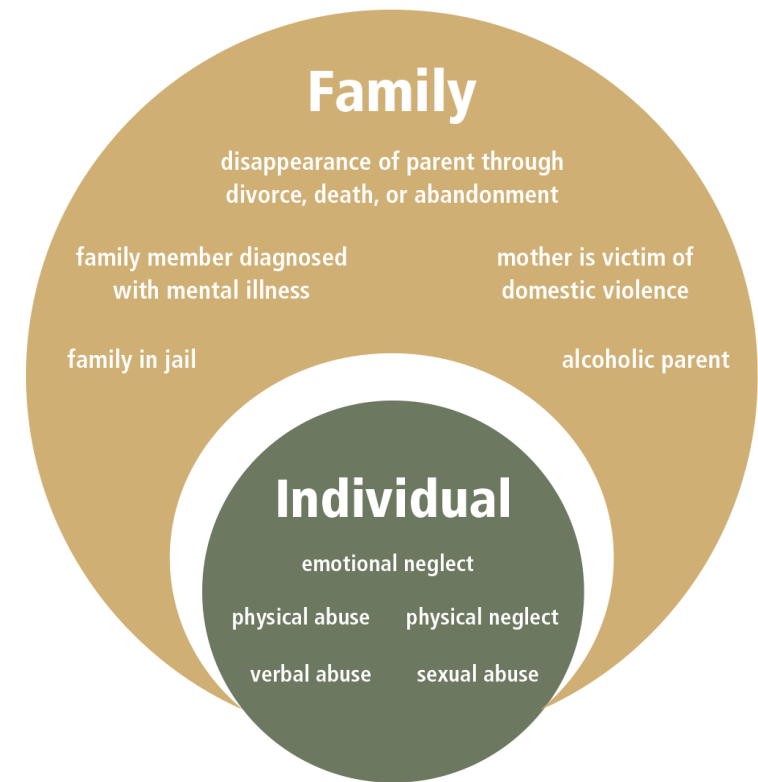
- 64% reported at least one ACE category
- 12.5% (one in six) reported four or more
- 25% of women and 16% of men reported having experienced childhood sexual abuse

## **Individuals who reported four or more ACE categories had:**

- 1.6x the rate of obesity
- Almost 2x the rate of heart and liver disease
- 2x the rate of COPD and stroke
- >2x rate of smoking
- >3x the rate of depression
- 6x the rate of attempting suicide
- 7x times the rate of alcoholism
- 10 times the rate of intravenous drug use



# ACE Study

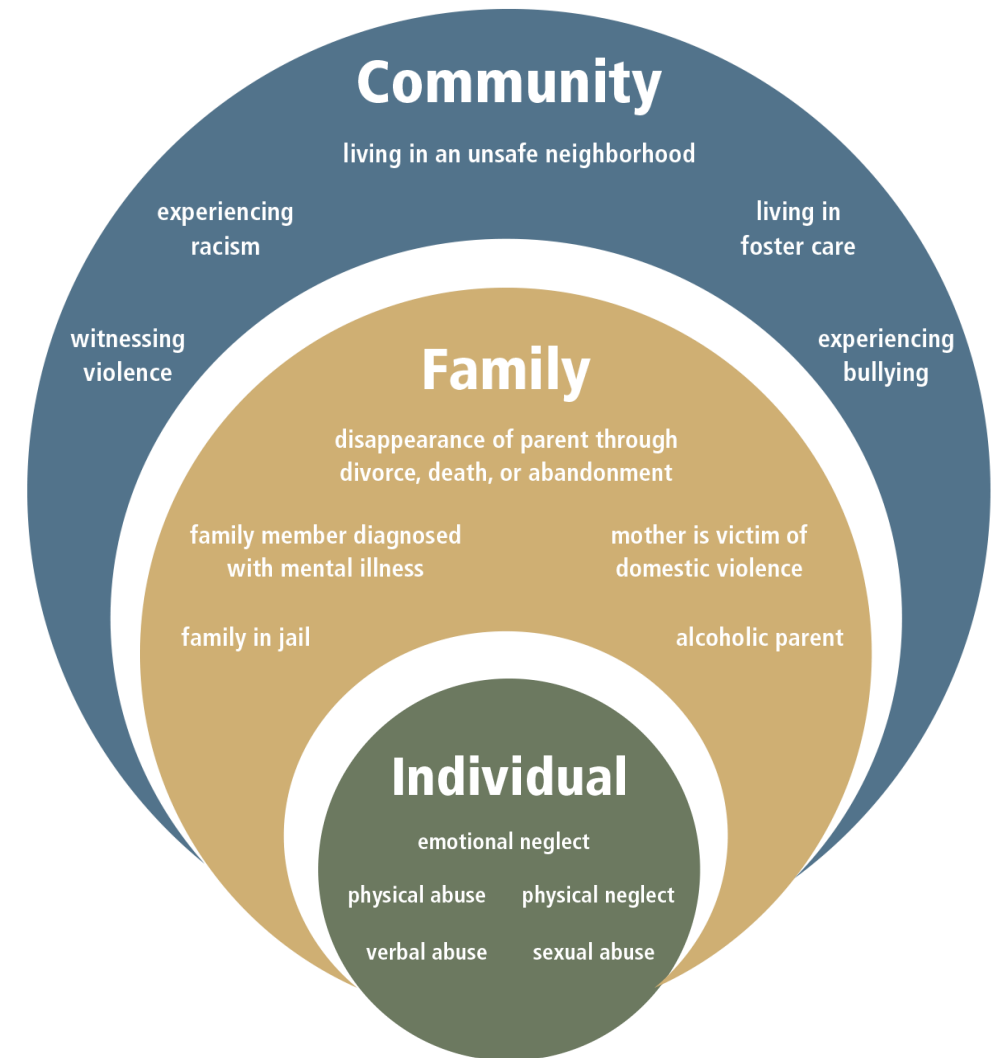


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# The Urban ACE Study



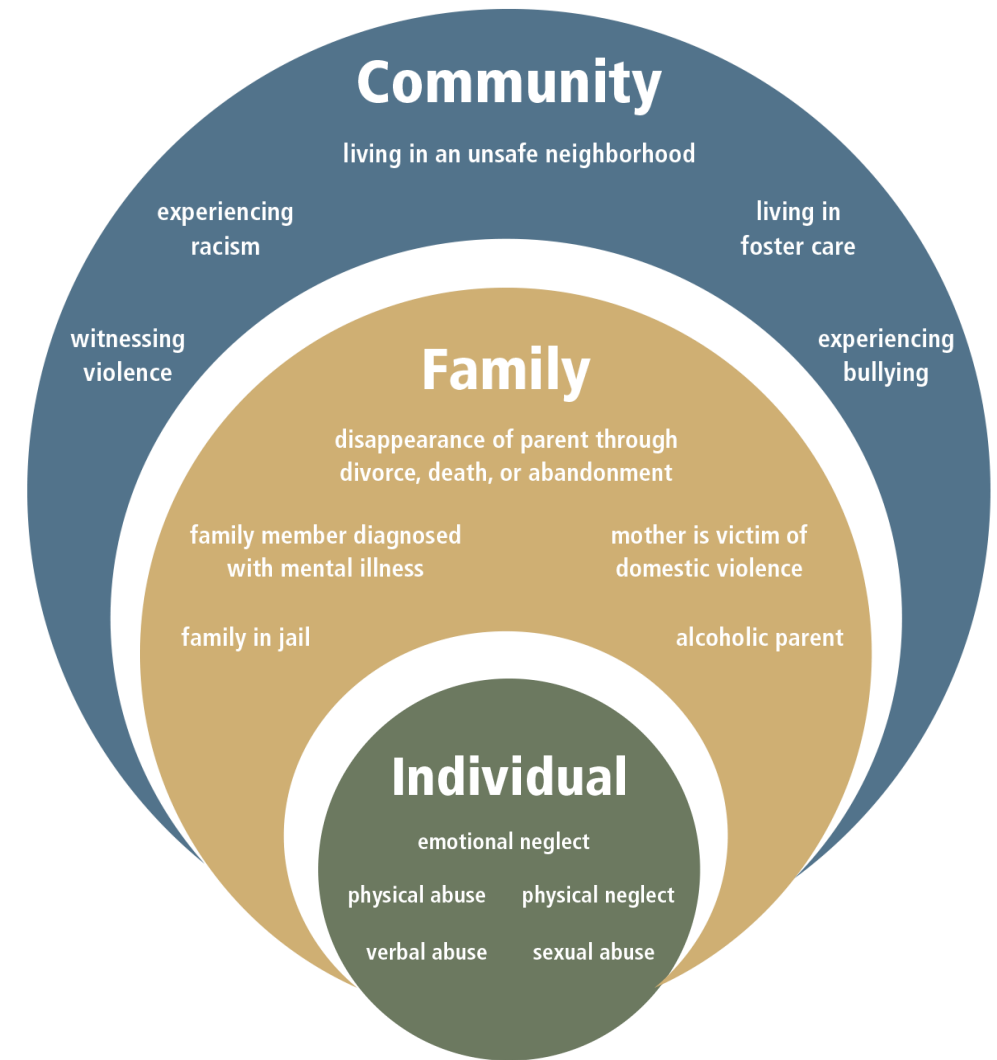
Wade, R., Cronholm, P. F., Fein, J. A., Forke, C. M., Davis, M. B., Harkins-Schwarz, M., . . . Bair-Merritt, M. H. (2016). Household and community-level Adverse Childhood Experiences and adult health outcomes in a diverse urban population. *Child Abuse & Neglect*, 52, 135-145.

Cronholm, P. F., Forke, C. M., Wade, R., Bair-Merritt, M. H., Davis, M., Harkins-Schwarz, M., . . . Fein, J. A. (2015). Adverse Childhood Experiences: Expanding the Concept of Adversity. *American Journal of Preventive Medicine*, 49(3), 354-361.

# The Urban Ace Study

## Individuals who reported $\geq 3$ Adverse Community Environments had:

- >2x rate of smoking
- >2x rate of depression
- >3x rate of substance abuse problems
- 4x rates of STDs



Wade, R., Cronholm, P. F., Fein, J. A., Forke, C. M., Davis, M. B., Harkins-Schwarz, M., . . . Bair-Merritt, M. H. (2016). Household and community-level Adverse Childhood Experiences and adult health outcomes in a diverse urban population. *Child Abuse & Neglect*, 52, 135-145.

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# The Impact of Trauma on Health

## *3 epiphanies*

1. Most illnesses that contribute to health disparities are strongly correlated with individual and community-level trauma
2. Trauma continues to be an obstacle to successful treatment of many common illnesses



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# The Impact of Trauma on Health

## *3 epiphanies*

1. Most illnesses that contribute to health disparities are strongly correlated with individual and community-level trauma
2. Trauma continues to be an obstacle to successful treatment of many common illnesses
3. Clinics and environments of care often mirror the trauma experienced by our patients



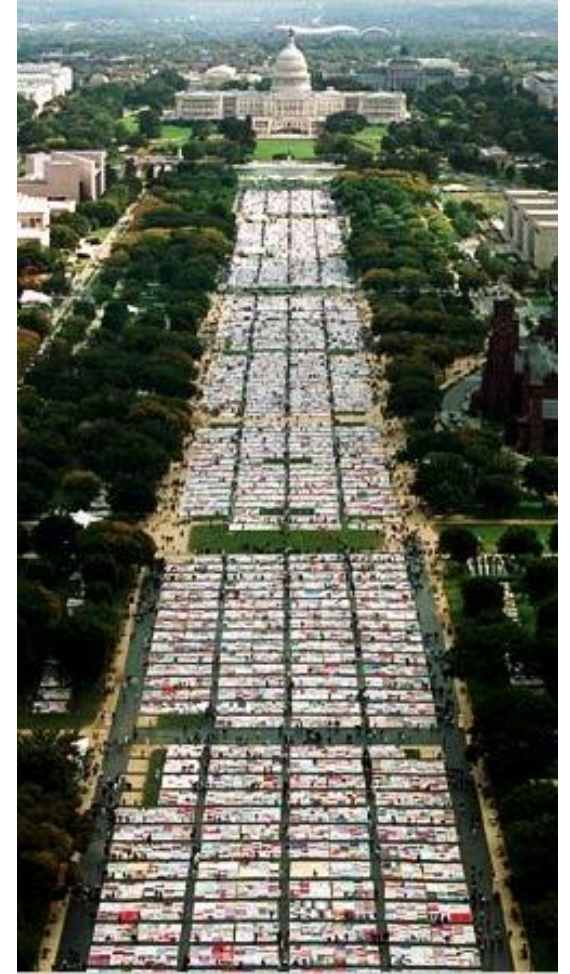
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# The Early AIDS Crisis



# The Early AIDS Crisis – Lessons for Disparities

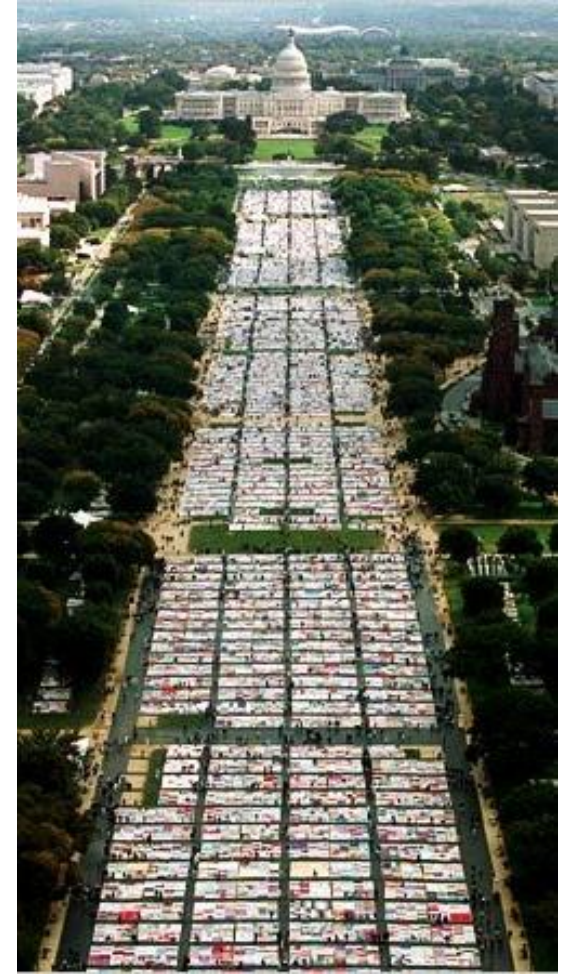




# The Early AIDS Crisis – Lessons for Disparities

## Partnerships

Reduce isolation for us as providers and open up powerful avenues of healing for our patients





# The Power of Partnerships

**Naina Khanna**, Executive Director,  
Positive Women's Network - USA





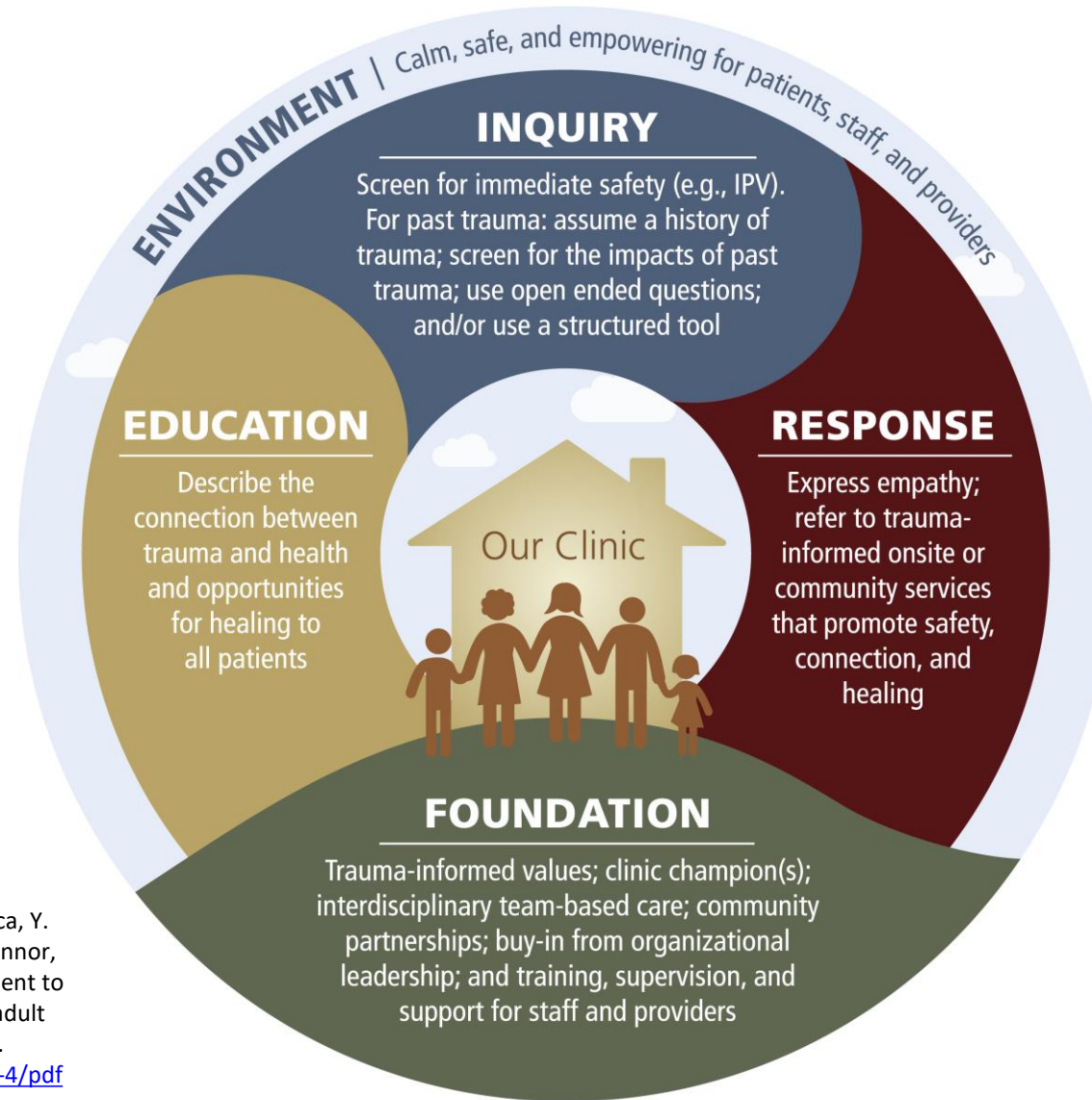
# Trauma-informed Health Care

a model based on evidence and experience

- National working group
- Follow-up consultations
- Literature review
- Model based on existing evidence-based interventions, expert consensus and input from patients



# Trauma-informed Health Care



Machtinger, E. L., Davis, K. B., Kimberg, L. S., Khanna, N., Cuca, Y. P., Dawson-Rose, C., Shumway, M., Campbell, J., Lewis-O'Connor, A., Blake, M., Blanch, A., and McCaw, B (2019). From treatment to healing: inquiry and response to recent and past trauma in adult health care. *Women's Health Issues*. Mar - Apr;29(2):97-102.  
[https://www.whijournal.com/article/S1049-3867\(18\)30550-4/pdf](https://www.whijournal.com/article/S1049-3867(18)30550-4/pdf)

## Links for more information:

SAMHSA: <https://store.samhsa.gov/product/SAMHSA-S-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884.html>

National Council for Behavioral Health: <https://www.thenationalcouncil.org/areas-of-expertise/trauma-informed-behavioral-healthcare/>

Trauma Transformed. <http://traumatransformed.org>



POSITIVE WOMEN'S NETWORK

UCSF

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San Francisco

# The Power of Partnerships <sup>2</sup>

**Rhodessa Jones**, Founder and Co-Artistic Director,  
Cultural Odyssey and The Medea Project: Theater  
for Incarcerated Women





# Clinical/community partnership: expressive therapy

<b>Sisterhood</b>
The formation of deep, honest, and supportive relationships among group members
<b>Catharsis</b>
Freedom from the burden of secrecy about HIV, childhood and adult traumas, and other stigmatizing experiences
<b>Self-acceptance</b>
Reframing the understanding of what it means to be a woman living with HIV, normalizing life with HIV and embracing a stronger and more positive self-identity
<b>Safer and healthier relationships</b>
Developing safe, honest, authentic, and fulfilling relationships
<b>Gaining a voice</b>
Gaining a sense of purpose and accomplishment as an educator and activist and the skills and confidence to change the social norms that create trauma, stigma, isolation, and HIV risk

**Table 1. Five Impact themes**



Machtiger, E. L., Lavin, S. M., Hilliard, S., Jones, R., Haberer, J. E., Capito, K., & Dawson-Rose, C. (2015). An expressive therapy group disclosure intervention for women living with HIV improves social support, self-efficacy, and the safety and quality of relationships: a qualitative analysis. *Journal of the Association of Nurses in AIDS Care*, 26(2), 187-198..

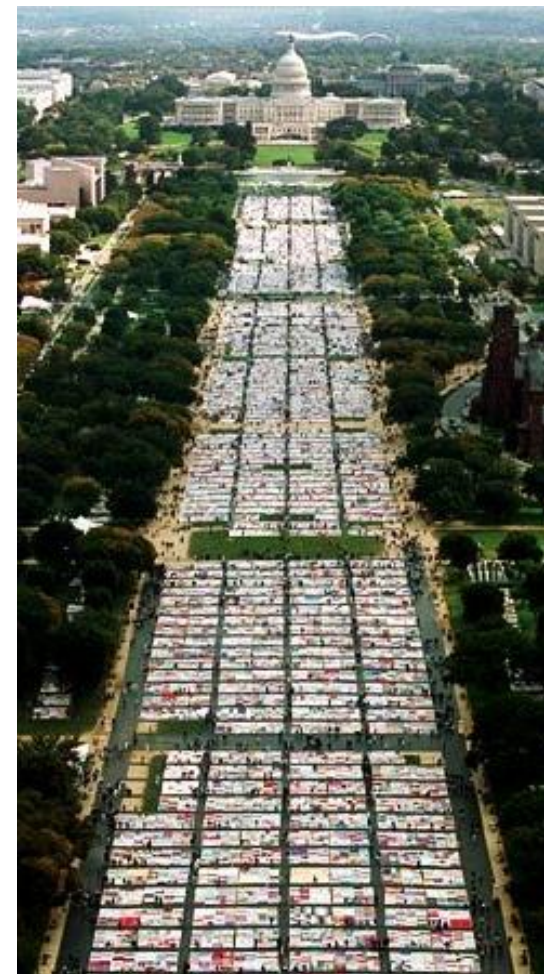
# The Early AIDS Crisis – Lessons for Disparities

## Partnerships

Reduce isolation for us as providers and open up powerful avenues of healing for our patients

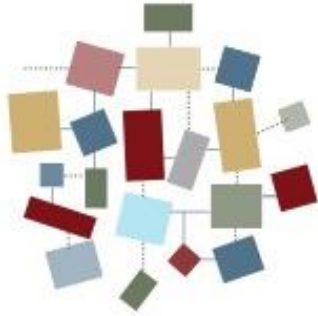
## Peers

Offer an opportunity for patients to support each other's healing and help guide the medical system's response to their needs









### Trauma Affected

Organizations impacted by stress, operating in silos, avoidant of issues and isolated in their practices or service delivery. These organizations can be trauma inducing.

- Reactive
- Reliving/retelling
- Avoiding/numbing
- Fragmented
- Authoritarian leadership



### Trauma Informed

These are organizations that develop a shared understanding and language to define, normalize, and address the impact of trauma on clients and workforce.

- Understanding of trauma and healing
- Shared language
- Trauma-informed skills to use with patients and each other



### Trauma Responsive

Organizations where policies, procedures, services and treatment all include an understanding of and response to trauma.

- Reflective
- Collaborative
- Growth- and prevention-oriented
- Trauma-specific therapies
- Relational leadership

Trauma Inducing

TO

Trauma Reducing

Trauma Transformed. <http://traumatransformed.org>

The Missouri Model: A Developmental Framework for Trauma-Informed  
<https://dmh.mo.gov/trauma/MO%20Model%20Working%20Document%20february%202015.pdf>

# From Treatment to Healing



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# Acknowledgements

## UCSF Women's HIV Program (WHP) and Center to Advance Trauma-informed Health Care (CTHC)

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# Thank you

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