

## Collaboration Corner

As we reflect on a busy spring, in the spirit of **Northern Neighbours Working Together**, we have spent time with many of you in our Meeting of the Minds sessions - Let's Talk About Schizophrenia, Mental Health Promotion in the Workplace, Case Management and Wait List strategies (please see the sidebar for further information about the September and October sessions). We have provided GAIN Short Screener trainings across North Eastern Ontario with the support of the North East LHIN. We collaborated with the Northern Ontario School of Medicine, St. Joseph's Care Group (Thunder Bay) and the Thunder Bay Municipal Drug Strategy Coordinator to support the College of Physicians and Surgeons of Ontario with their Opioid Guidelines trainings in Northern Ontario. We offered Motivational Interviewing and ADAT trainings and future sessions are also planned for the Fall (please see the sidebar for more information about these trainings). We have collaborated with some of you in the development and implementation of several Northern municipal drug strategies (see related links for Thunder Bay and Kenora Drug Strategies). In supporting the Recommendations for Action in the Kenora Drug Strategy, a collaborative team of community partners enthusiastically implemented the Strengthening Families for the Future program. We look forward to additional Northern community drug strategies being developed and implemented this year. We are advancing our knowledge of Health Equity, especially the application of the Health Equity Impact Assessment tool. We held our second Northern Ontario Mental Health and Addictions Data and Research Summit meeting on June 2nd. A Northern Data and Research portal will continue to be developed over the summer and our third Summit will take place in the fall.

This issue of the CAMH in the Community newsletter focuses on Trauma. It is suggested that one in ten Canadians are living with the impacts of trauma ([www.trauma-informed.ca](http://www.trauma-informed.ca) - [Klinic Community Health Centre, Winnipeg, MB](http://www.klinic.ca)). The Jennings report suggests: 90% of mental health patients have been exposed to trauma; 75% of people in treatment for substance use problems have trauma histories; 55% of concurrent disorders clients report histories of physical and/or sexual abuse; and adolescence with substance use problems are six - twelve times more likely to have a history of physical abuse, and 18-21 times more likely to have been sexually abused.

We believe that it is very important to engage with you in a conversation about Trauma and your experiences in Northern Ontario. We have dedicated a Meeting of the Minds session to this issue, scheduled to take place in February 2012. We welcome your thoughts and suggestions as we plan for this session - please complete a short [online survey](#) with your ideas or if you are interested in participating.

On behalf of the Northern Ontario Team, we send all of you best wishes for a fun and rejuvenating summer and we'll catch up with you again in the fall!

## Upcoming Training Events

**ADAT (Admission & Discharge Criteria and Assessment Tools) -**  
Thunder Bay - September 12-13.

[To register](#). For further information, contact [Kim Karioja](#)

**Advanced Motivational Interviewing - Applied Practice for Clinicians -**  
Thunder Bay - September 14.

[To register](#). For further information, contact [Kim Karioja](#)

**ADAT (Admission & Discharge Criteria and Assessment Tools) -**  
Thunder Bay - September 15-16.

[To register](#). For further information, contact [Kim Karioja](#)

**ADAT (Admission & Discharge Criteria and Assessment Tools) -**  
Sudbury (French) - September 20-21.

[To register](#). For further information, contact [Gilles Brideau](#)

**ADAT (Admission & Discharge Criteria and**

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# Trauma-informed care

Trauma can affect people emotionally, cognitively, physically and socially. Trauma involves an event (or repetitive events) and a reaction or response that includes an overwhelming experience of helplessness or powerlessness. It is estimated that between 39% and 74% of the general population will be exposed to a traumatic event.

Trauma is a devastating underlying factor that accompanies many mental health and addictions issues. It is crucial that healthcare and community services have a solid understanding of trauma and understand how to provide "trauma-informed" care so that the effects of trauma are addressed and people receive the care they need. Being trauma-informed means offering services and treatment that are responsive to the impacts of trauma.

Dr. Pamela Stewart, Head of the Trauma and Addictions Clinic at the Centre for Addiction and Mental Health, describes the characteristics of a trauma-informed clinician/helper as one who is:

- Informed about the prevalence of trauma in their client population
- Informed about the effects of psychological trauma
- Able to assess for the presence of symptoms/problems related to trauma
- Able to validate the person's experiences of trauma and how it links to other things, such as their addiction
- Able to offer service to facilitate recovery; and if not, recognizes what is outside their scope of practice and make an appropriate referral

For most people who experience a traumatic event, the emotional effects tend to subside after several months. However, many will be left with a more lasting impact and may be diagnosed with Post Traumatic Stress Disorder (PTSD). This means that a person is experiencing significant distress or impairment that impacts their life functioning for a period longer than one month. Between 9% and 12% of people who experience trauma are estimated to develop PTSD. Symptoms include nightmares, flashbacks, emotional detachment, insomnia, anxiety, depression, and hyper vigilance.

There are significant linkages between substance abuse and mental health issues and the experience of trauma. Approximately 20% - 33% of people seeking treatment for substance abuse meet the criteria for PTSD. There is also a strong connection between traumatic experiences and addiction/mental health issues for women. The rate of PTSD among women entering addiction treatment jumps to between 86% and 90% underscoring the need for concurrent, trauma-informed treatment. Despite these strong indicators, addressing a history of trauma is often a neglected part of treating addiction and other concurrent mental health issues.

*Dr. Pamela Stewart is the Clinic Head of the newly established Trauma and Addictions Clinic at the Centre for Addiction and Mental Health (CAMH)*

**Assessment Tools**) - North Bay - October 18-19  
[To register](#). For further information, contact [Elizabeth Hendren-Roberge](#)

## Upcoming Meeting of the Minds Events

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**Withdrawal Management and Methadone Maintenance Treatment** - September 2011  
For further information, please contact [Sandra Watson](#) or [Michelle Ott](#)

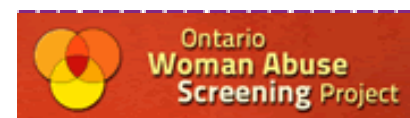
**Semer les graines de la sagesse** - September 2011  
For further information, please contact [Gilles Brideau](#)

**Case Management** - October 2011  
For further information, please contact [Sandra Watson](#) or [Michelle Ott](#)

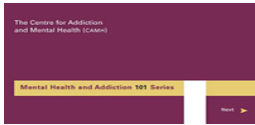
## Hot Off the Press

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For the July 2011 edition of the **Journal Info-Franco**, [click here](#)



## CAMH Resources



Mental Health & Addiction 101 free online tutorials

**101 tutorials** - 16 mental health and addiction topics. We invite you to go to [www.camh.net/MHA101](http://www.camh.net/MHA101) and try one!



**CAMH Knowledge Exchange**  
Sharing mental health and addiction knowledge with professionals



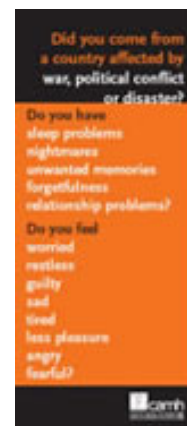
**CAMH KnowledgeX portal**  
Features an extensive section with a focus on [trauma](#) and working with [women](#)



**Crosscurrents**  
Feature articles:  
[Are you trauma-informed?](#)

## CAMH Publications

Click on the publications below for more information:



-- Information Guides --

-- Brochures --

## CAMH Policy

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[Restraints reform](#) article targets traumatizing hospital practices

## Related Links

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[CAMH Library Trauma Medline search & new acquisitions](#) | [Kenora Drug Strategy](#) | [Thunder Bay Drug Strategy](#) | [Manitoba Trauma Partnership](#) | [Trauma-informed Toolkit](#) from the Klinik Community Health Centre, Manitoba | [Violence and Trauma in the Lives of Women with Serious Mental Illness: Current Practices in British Columbia](#)

## Contact us

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CAMH in the Community editor Elizabeth Hendren-Roberge [Feedback or comments?](#)

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