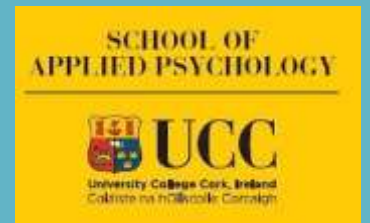


TRAUMA INFORMED POLICING

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An Garda Síochána
Ireland's National Police and Security Service



'PSYCHOLOGICAL TRAUMA'

Psychological trauma is the **unique individual experience** of an event or enduring conditions, in which:

The individual's ability to integrate his/her emotional experience is overwhelmed, or

The individual experiences (subjectively) a threat to life, bodily integrity, or sanity.

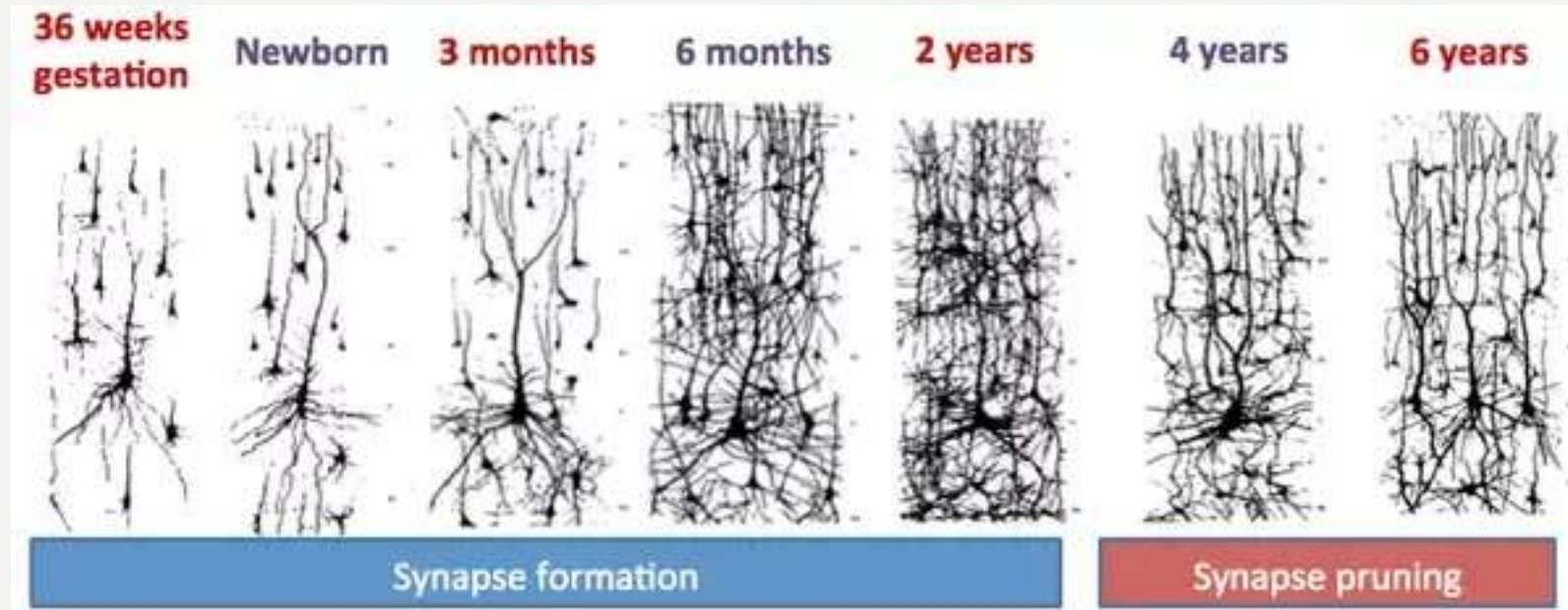
(Pearlman & Saakvitne, 1995, p. 60)

TRAUMA

Individual, Group, Community.....

- **Single incident trauma** - unexpected and overwhelming
- **Complex trauma** - inter-personal and enduring
- **Developmental trauma**: exposure to early life trauma ACEs
- **Intergenerational trauma**: living with trauma survivors
- **Historical trauma**: CSA, residential schools etc.
- The experience of **immigrants, refugees, marginalised groups & ethnic minorities**

SYNAPTIC DEVELOPMENT



TRAUMA & THE BRAIN

2. Limbic System/Emotional Brain

Perceives & reacts to threat

3. Pre frontal cortex/ Thinking Brain

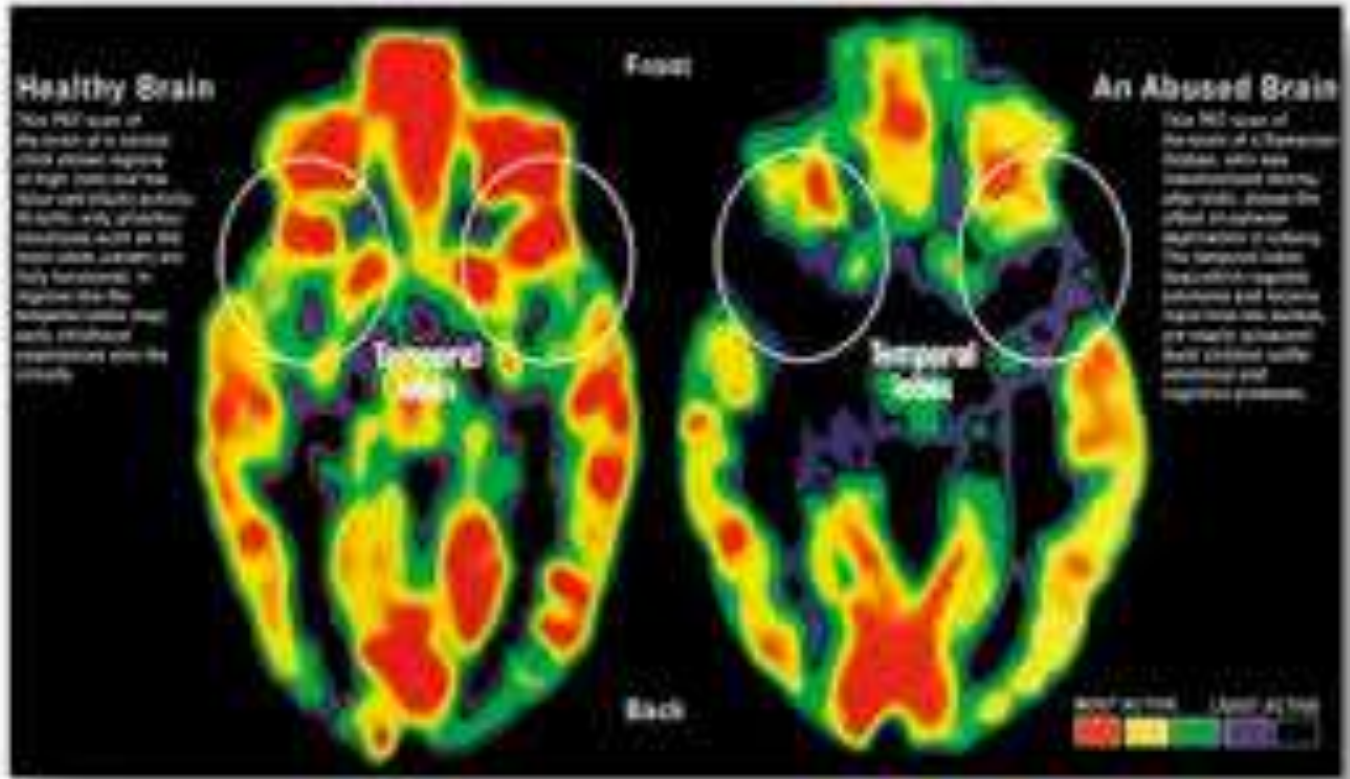
Analyses, problem solves & learns from experiences



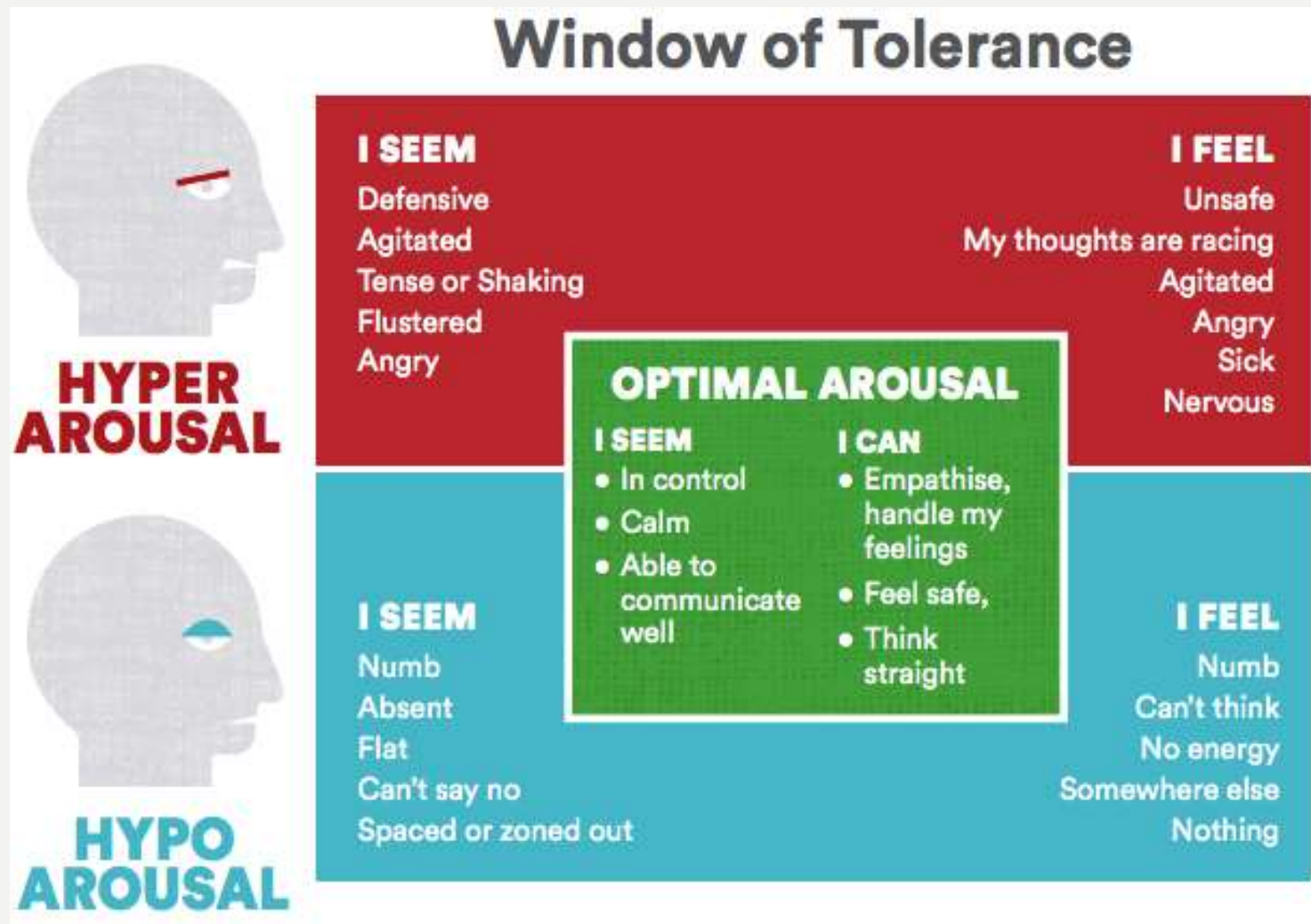
1. Amygdala

Controls instinctive responses

Right amygdala, fear, memory, emotion, procedural



PEOPLE WHO HAVE EXPERIENCED MORE TRAUMA SPEND MORE TIME IN 'FIGHT OR FLIGHT'



PEOPLE WHO HAVE EXPERIENCED MORE TRAUMA CAN HAVE CHALLENGES IN TERMS OF SOLVING PROBLEMS, CONFLICT AND LEARNING:

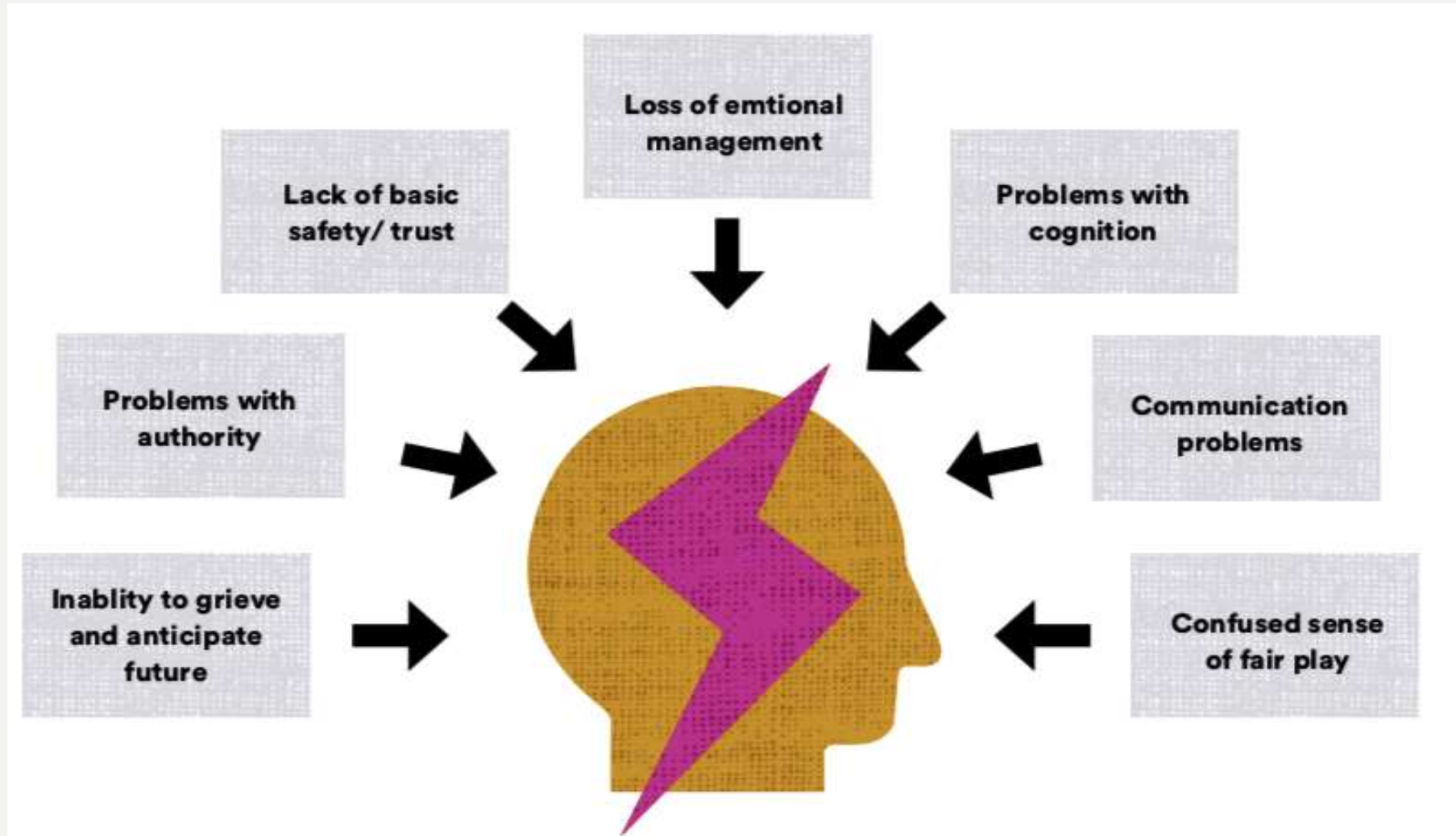
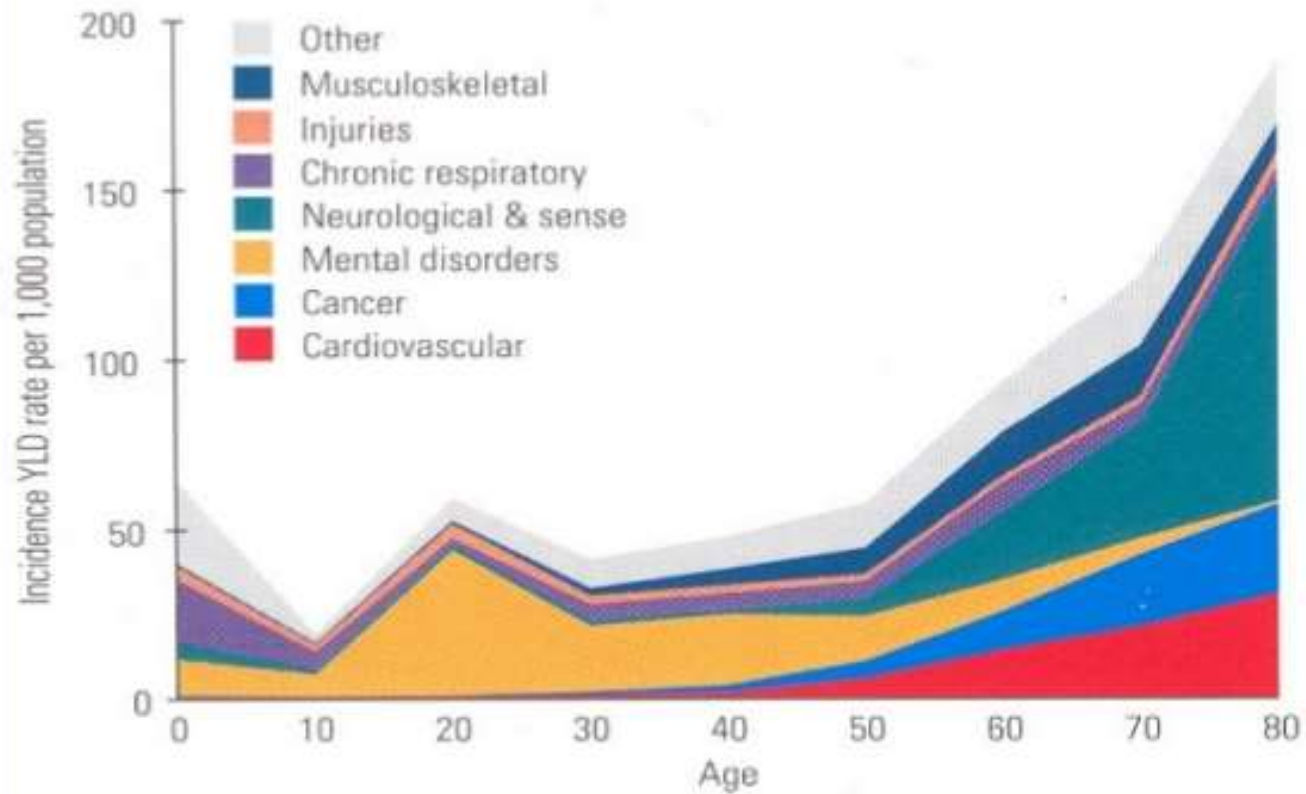


Figure 6 Incident YLD Rates per 1,000 Population by Age and Broad Disease Grouping, Victoria 1996





Bullying



Poverty



**Peer rejection and
having no friends**



**Experience of
racism**



**Death, multiple and
traumatic loss**



**Community
violence**



**Food
scarcity**



**Experience of
the care system**

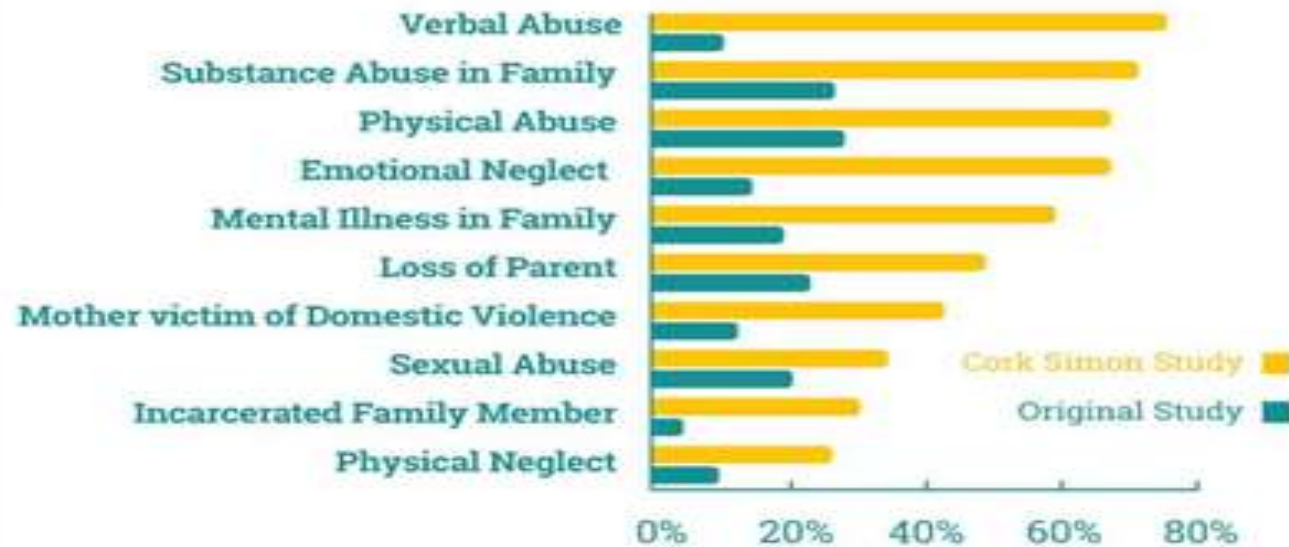


**Poor academic
performance**



**Living in an unsafe
environment**

ACEs among Cork Simon service users compared to the general public in the original ACE study:



Lambert, S. Gill Emerson, G., Horan, A. & Naughton, A. (2017) Moving Towards Trauma Informed Care. A model of research and practice. Cork Simon Community, Cork <http://www.corksion.com/aces-at-cork-simon/>

MAIN FINDINGS

- Inject at earlier ages
- Higher frequencies of overdosing
- Higher frequencies of self-harming
- Higher frequencies of domestic violence
- More risk-associated behaviour
- Higher frequencies of treatments




ACE

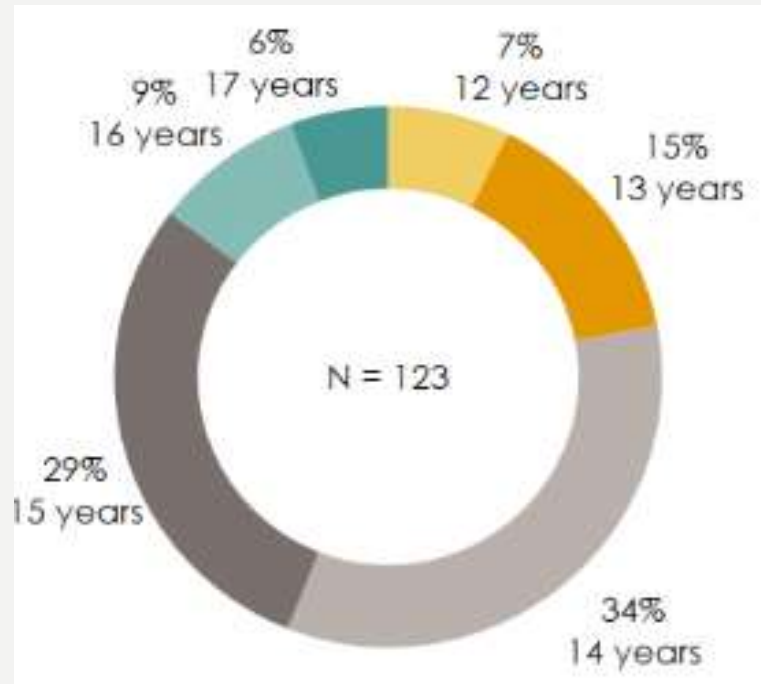
THE EVIDENCE BASE: STUDIES SHOW THAT TRAUMA INFORMED CARE CAN...

- Increase staff and service user safety – incidents down by 68% in low threshold homeless service in Limerick (including verbal and physical abuse)
- Reduce antagonistic methods: e.g. reduced use of seclusion and restraints in mental health settings
- Decrease incidence of crisis situations in criminal justice settings

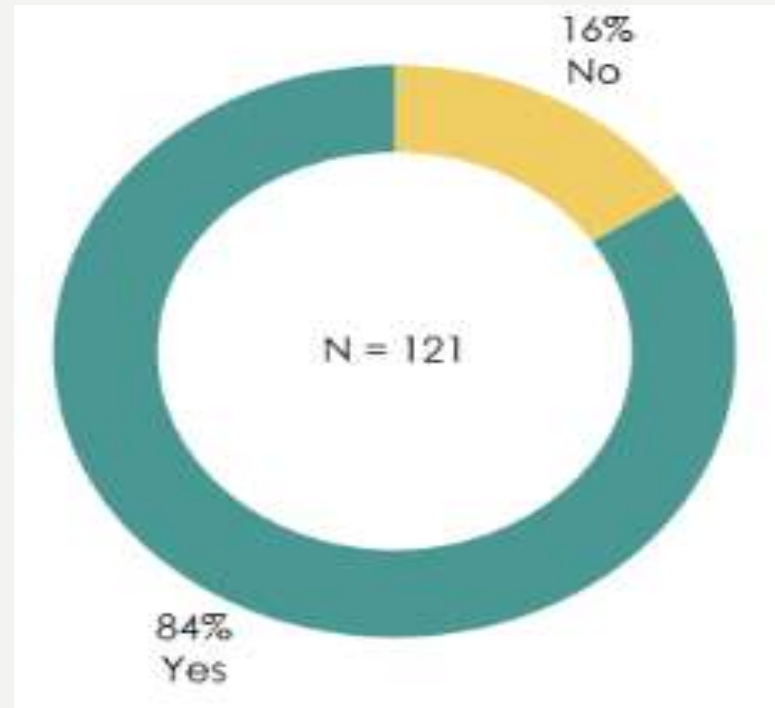
CURRENT PROJECT

- Focus Groups – GYDP workers
- Focus Groups – JLOs
- 125 ACEs questionnaire were submitted across 13 GYDPs in the Cork or Dublin areas

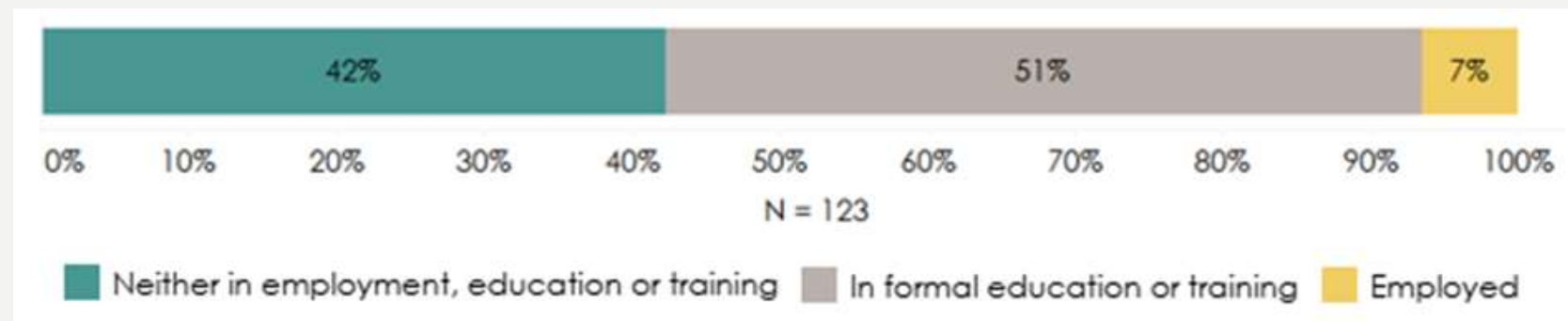
Age Range:



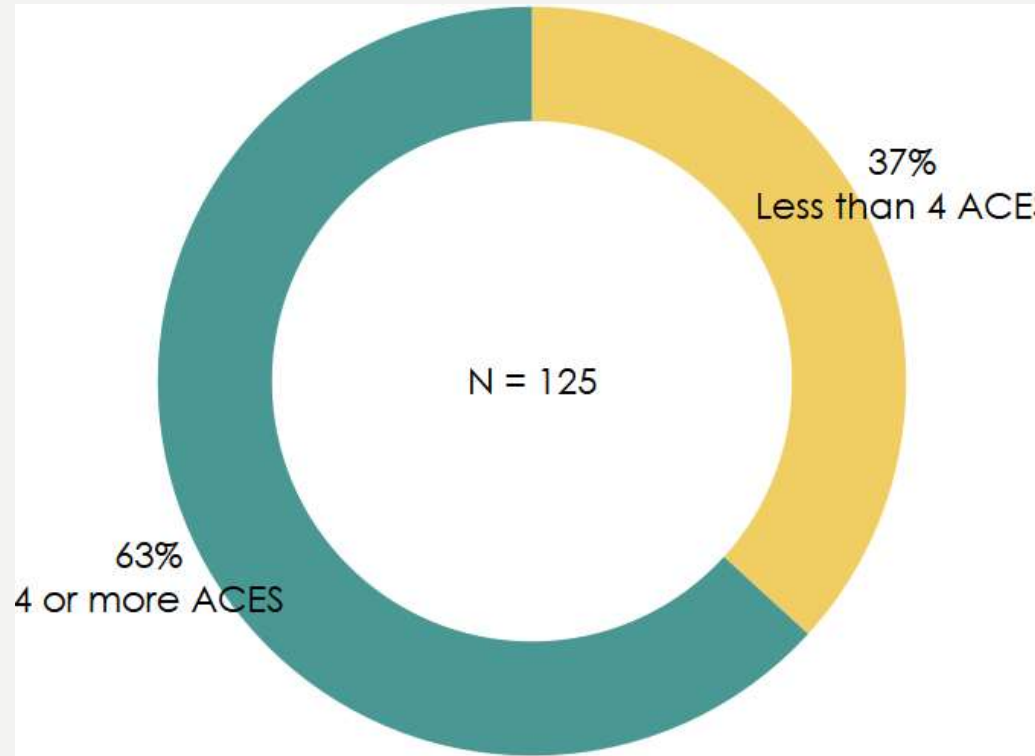
Disadvantaged community:



Educational Status:



EXPOSURE TO ADVERSITY



MOST COMMON ACES

ACE	% Yes
Loss of parent	74%
Emotional abuse	68%
Household substance abuse	66%
Household mental illness	54%
Emotional neglect	52%
Incarcerated family member	40%
Physical abuse	38%
Physical neglect	34%
Domestic violence against mother	20%
Sexual abuse	8%

	GYDP	General pop (59)	Ireland - homeless	Probation report
0 Aces	4%	36.1%	0%	4%
1 ACE	5%	26.0 %	2%	4%
4 or more ACEs	63%	12.5%	77.7%	71%
Emotional abuse/verbal abuse	68%	10.6%	75.5%	56%
Physical abuse	38%	28.3%	67%	39%
Sexual abuse	8%	20.7%	35%	42%
Emotional neglect	52%	14.8%	67%	63%
Physical neglect	34%	9.9%	26.5%	29%
Loss of parent	74%	23.3%	49%	22%
Domestic violence	20%	12.7%	43%	57%
Household substance abuse	66%	26.9%	71.4%	74%
Household mental illness	54%	19.4%	59%	52%
Incarcerated family member	40%	4.7%	30.6%	52%

FOCUS GROUPS

- How the data from the research/trauma prevalence is relevant in GYDP
- Whether and how Trauma Training or TIC approaches would be relevant in the context of GYDP
- What the limitations of the model are, or what would be required to embed trauma-awareness or trauma-informed approaches within the Gardaí

FOCUS GROUPS

“This type of talk needs to be incorporated into training in [police college] so that everybody has an understanding of it before you have your Garda hat on or your JLO hat.

“Have a better way of understanding what they’re going through”

“To be more aware that the young people you’re dealing with have experienced trauma and you adapt yourself accordingly... like your communication skills”

“You could even explain to the parents, help them understand the impact of trauma because they might have no tolerance left for the young person.. it’s important to say that in a way that doesn’t sound like you’re proportioning blame to them”

FOCUS GROUP

“We wouldn’t have heard anything about this years ago. We knew there were issues but we didn’t have the language for it. The basic reason for it was, ‘Mary’s in jail and Johnny’s a shop lifter sher young Johnny will be a shop lifter too’. We’re looking at it more scientifically now”

“It was good to hear about the prefrontal cortex. You know we’ve all been there where we’re trying to engage young people and it’s going nowhere. I suppose that’s the reason why”

“I went to a particular young fellas house in uniform and he basically fucked me out of it, wouldn’t talk to me or engage at all. Two months later I called to him again in the same house, this time in plain clothes and it was a completely different reaction. He sat down and he spoke to me. He interacted no bother at all. He didn’t even remember me from the time previous. All he saw was the uniform”

EXPOSURE TO TRAUMA

Compassion
Fatigue

Secondary
Traumatic Stress

Burnout

```
graph LR; A[Compassion Fatigue] --> B[Secondary Traumatic Stress]; B --> C[Burnout];
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CONTAGION EFFECT

- An online survey (Oct '18-May '19) was fully completed by 576 frontline homelessness **service providers** in Ireland.
- We asked about:
 - Sociodemographic information
 - Their Professional Quality of Life (30-item ProQOL, Stamm, 2010)
 - Their early negative childhood experiences, if any (10-item ACE scale Felitti et al., 1998)
 - An indication of how stressful it was to complete the survey on a scale of 0 – 10 (*'completing the survey was not emotionally difficult'* to *'completing the survey was very difficult'*)

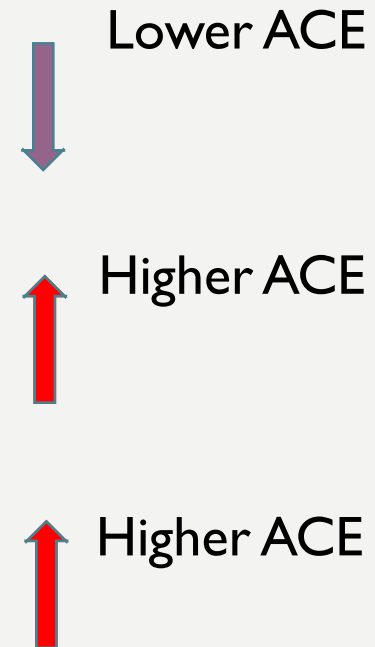
Lanigan, L., Lambert, S., Murphy, R., Gill-Emerson, G. (2019). Secondary Traumatic Stress in Front Line Professionals: An exploration of risk factors.

Under review

S Lambert UCC (c)

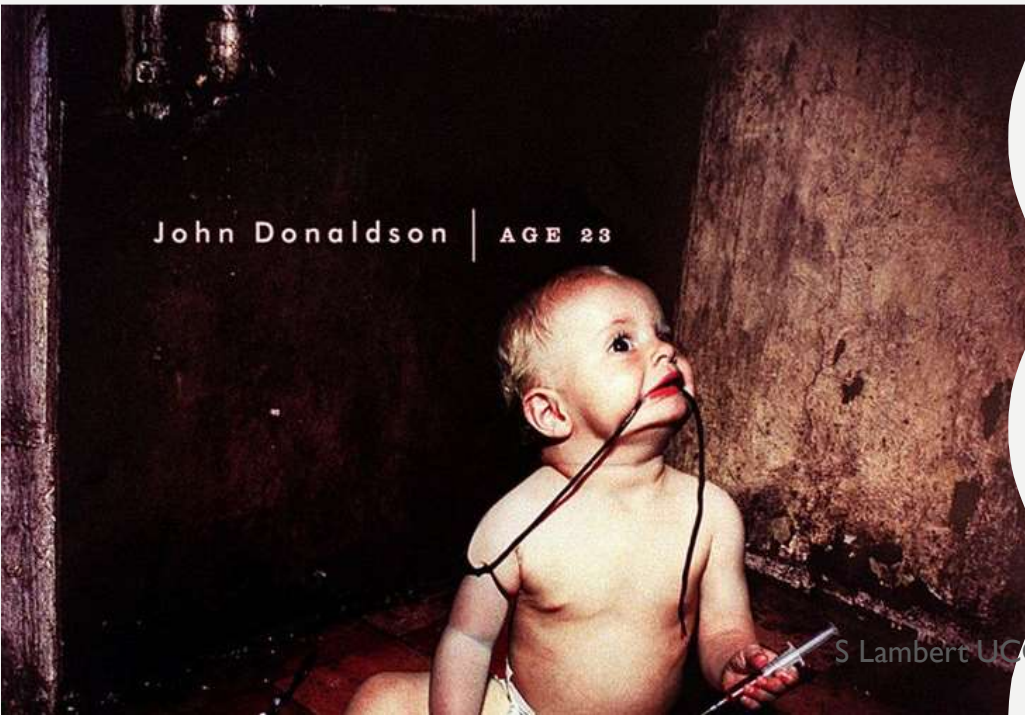
MAIN FINDINGS

- Longer service
- Social care/work, counsellors/therapists
- Women scored higher on ACE scores than men





**“ASK NOT WHY THE
ADDICTION BUT
WHY THE PAIN.”**
— **GABOR MATÉ**



S Lambert UCC (c)