


RETHINKING MENTAL HEALTH AND TRAUMA

HOPE
Animal-Assisted
Crisis Response



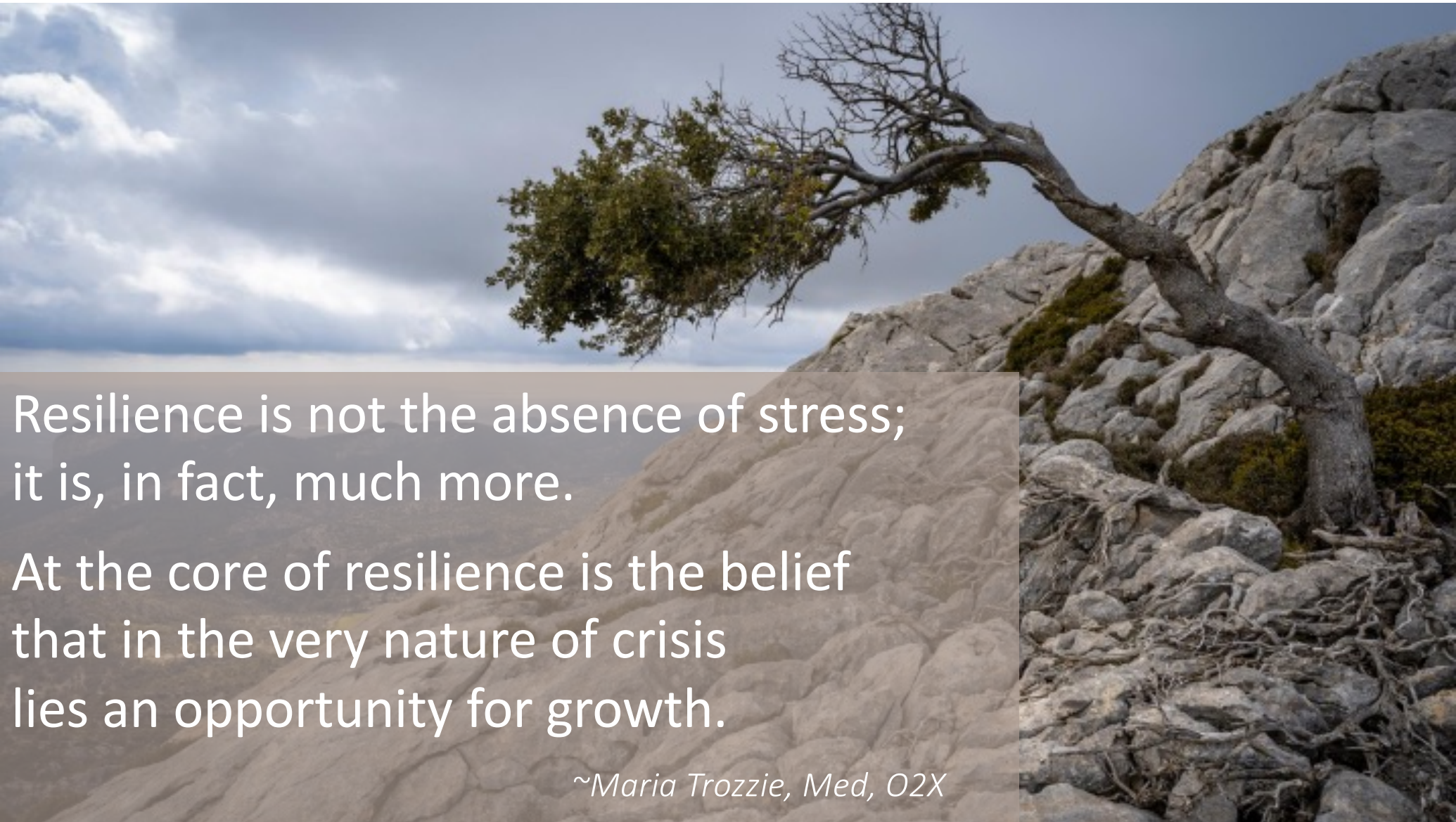
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There comes a point where we need to stop
just pulling people out of the river.
We need to go upstream and find out
why they're falling in.

~ Desmond Tutu



Resilience is not the absence of stress;
it is, in fact, much more.

At the core of resilience is the belief
that in the very nature of crisis
lies an opportunity for growth.

~Maria Trozzie, Med, O2X



The Mental Health Continuum

Thriving

I got this.

Struggling

Something
isn't right.

Surviving

I can't
keep this up.

In Crisis

I can't do this.

The Mental Health Continuum

Thriving

Nurture support
systems

Maintain a
healthy lifestyle

Struggling

Recognize limits

Take breaks

Identify
problems early

Seek support

Surviving

Tune into own
signs of distress

Talk to someone

Ask for help

Make self-care
a priority

Don't withdraw

In Crisis

Seek professional
care and follow
recommendations

Trauma

“An out-of-control experience that disconnects us from our resourcefulness, safety, coping, or love.”

~Tara Brach, 2011

Ubiquitous

Unbearable
and intolerable

Single experience or repeated events
that completely overwhelm the
individual's ability to cope

Components of Trauma

Unexpected

The person was unprepared

Complex and cumulative

Beyond the person's control



Change

Burnout

Financial
stress

Harassment

Illness

Bullying

Insomnia

Loss

Racism

Horrible
boss

Grief

Divorce

Disaster

Data on Trauma

1 in 5 Americans were sexually molested

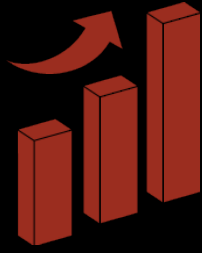
1 in 4 were physically assaulted by a parent

1 in 4 grew up with alcoholic relatives

1 in 8 witnessed their mother being beaten or hit



As ACE
scores rise....




Chronic depression
in adulthood rises

Self-acknowledged suicide
attempts rise exponentially

The more isolated and
unprotected they feel,
the more death
becomes an escape



People with a
score of “4” were
7x more likely
to have a substance use
disorder



Stress happens
it's normal and needed

Our bodies are wired to
respond to stress

We all react differently

With resilience, tools, and a plan
we can mitigate stress injuries

-Kim Morris LCSW



This house was not retrofitted
and slid off its foundation
in an earthquake

This house had a completed
seismic retrofit and
withstood earthquake shaking

FINANCES
TRAINING
RELATIONSHIP
NUTRITION
FAMILY
BAD CALLS
POOR LEADERSHIP
MICROMANAGEMENT
LACK OF SLEEP
WORK STRESS

If the bucket overflows:

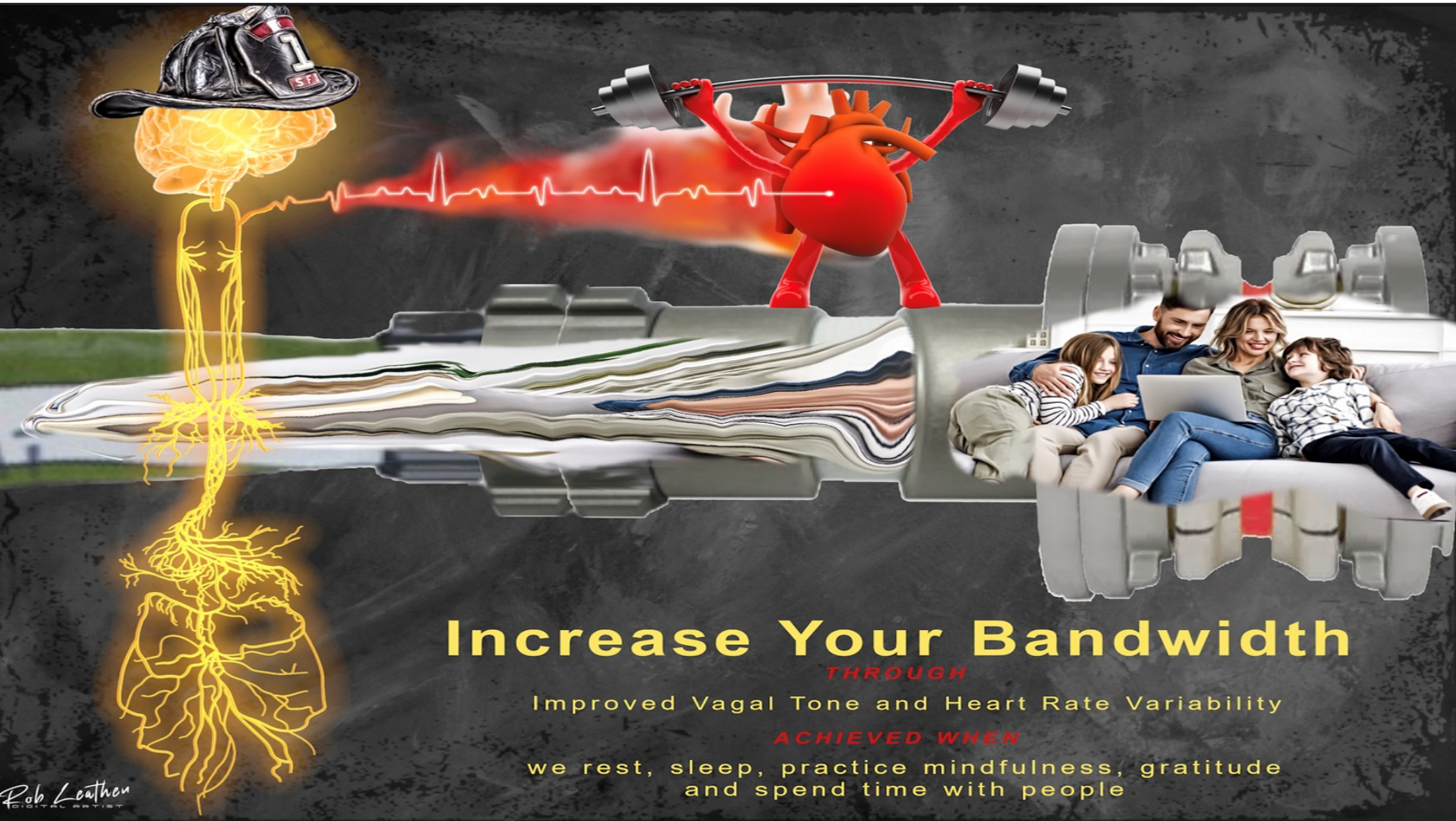
Injury
Depression
Getting sick
Mental breakdown
PTSD
Suicide



THERAPIST

Laughing, Sleep,
Gratitude, Rest,
Yoga, Exercise,
Relax, Friends,
Mindfulness,
Psychological
Safety

Adapted from illustration by Rob Leathen



Increase Your Bandwidth


THROUGH

Improved Vagal Tone and Heart Rate Variability

ACHIEVED WHEN

we rest, sleep, practice mindfulness, gratitude
and spend time with people

Rob Leathan
DIGITAL ARTIST

A close-up photograph of two hands clasped together in a supportive grip. The hands are of different skin tones, suggesting a diverse relationship. The lighting is warm and soft, highlighting the texture of the skin and the interlocking fingers. The background is blurred, focusing attention on the hands.

The most important protective factor is the development and maintenance of a healthy support system

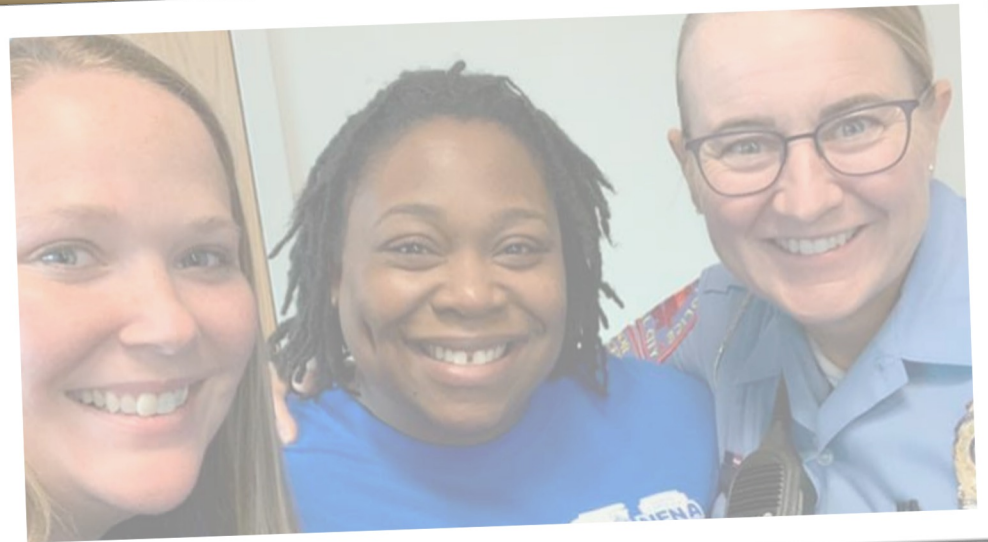
A healthy support system is one in which support is reciprocal

Relationships

A good support network is the single most powerful protection against traumatization

Safety and terror are incompatible

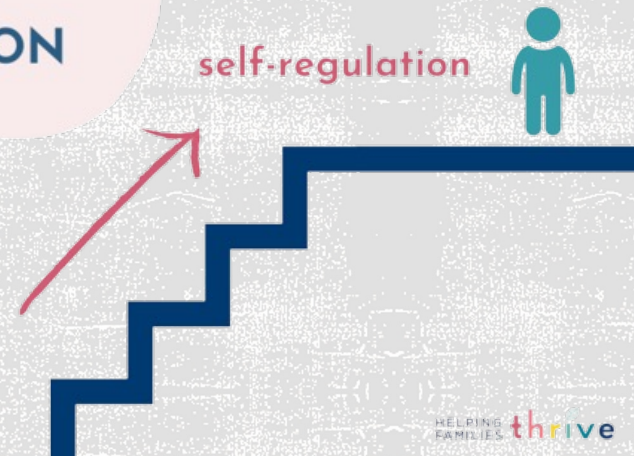
Visceral level



COREGULATION




building self-regulation
starts with
CO-REGULATION



The roots of resilience are to be found in the sense of being understood by and existing in the mind and heart of a loving, attuned, and self-possessed other.

~ Diana Fosha



We cannot selectively numb
emotions, when we numb the
painful emotions, we also numb
the positive emotions.

Brené Brown

“ quote fancy



WHEN WE DENY THE
STORY, IT DEFINES US.

WHEN WE OWN THE
STORY, WE CAN WRITE
A BRAVE NEW ENDING.

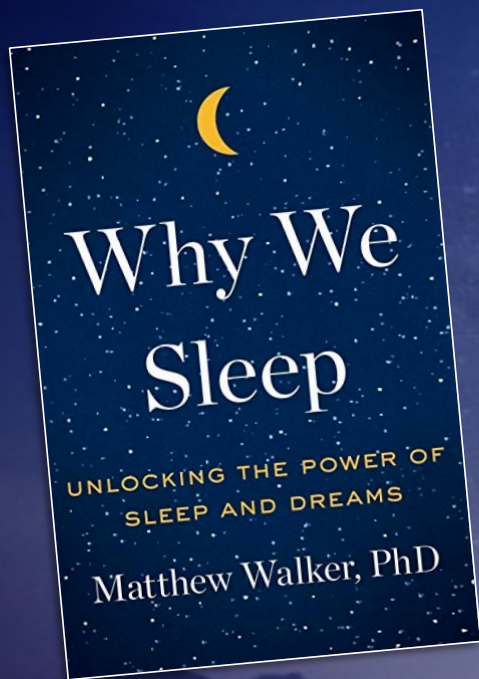
BRENÉ BROWN

Sleep Hygiene

A photograph of a man with short dark hair sleeping peacefully in a bed. He is lying on his side, facing right, with his head resting on a white pillow. He is covered by a white blanket. In the foreground, to the left of the man, is a silver alarm clock with two bells, sitting on a light-colored wooden nightstand. The background is a plain, light-colored wall.

Poor sleep impacts
patience, emotional
regulation, flexibility,
and alertness

While you sleep, your brain
removes toxins, recharges,
stores/removes memories



“Like a car engine that is revved for sustained periods of time, your sympathetic nervous system is floored into perpetual overdrive by lack of sleep. The consequential strain that is placed on your body by the persistent force of this sympathetic activation will leak out in all manners of health issues, just like the failed pistons, gaskets, seals, and gears of an abused car engine.”

~ Matthew Walker, PhD

Sleep Tips

A close-up photograph of a person with short brown hair sleeping peacefully. They are wearing a blue t-shirt and are partially covered by a white, textured blanket. The background is dark and out of focus.

Consider a
sleep evaluation

Daily exercise

Tactical napping

Sleep and Your Body

A woman with long brown hair is sleeping peacefully in a bed with white linens. The background is a light blue wall with a wooden pillar.

Eliminate alcohol use
(especially within 4 hrs of sleep)

Avoid alcohol and sleeping pills
(Ambien/Melatonin)

Drink tart cherry juice
Natural sleep aid / anti-inflammatory

Avoid caffeine after lunch

Zinc and Magnesium supplements

A close-up, low-angle shot of a person with long, dark, wavy hair sleeping peacefully in a bed. They are covered by a thick, textured, light-colored blanket. In the background, a wooden bedside table holds a stack of books. The lighting is soft and warm, creating a cozy atmosphere.

Nighttime Routines

Calming nighttime routine

Consistent sleep schedule

Remove distractions

Limit the use of electronics

At least an hour before bed

Improving Sleep

Drop body temperature (2°)

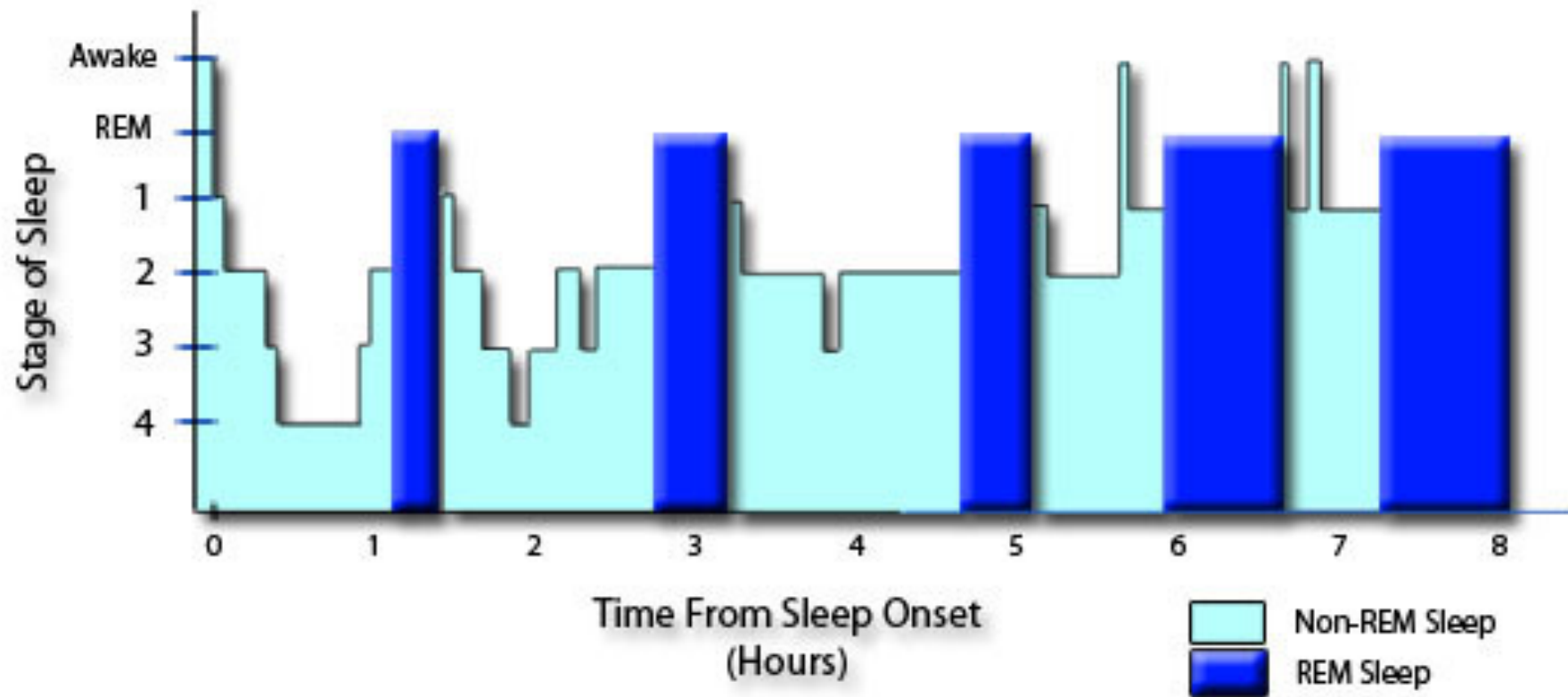
Stop using snooze
30 mn of snooze = 25% REM

Keep your bed for sleep only

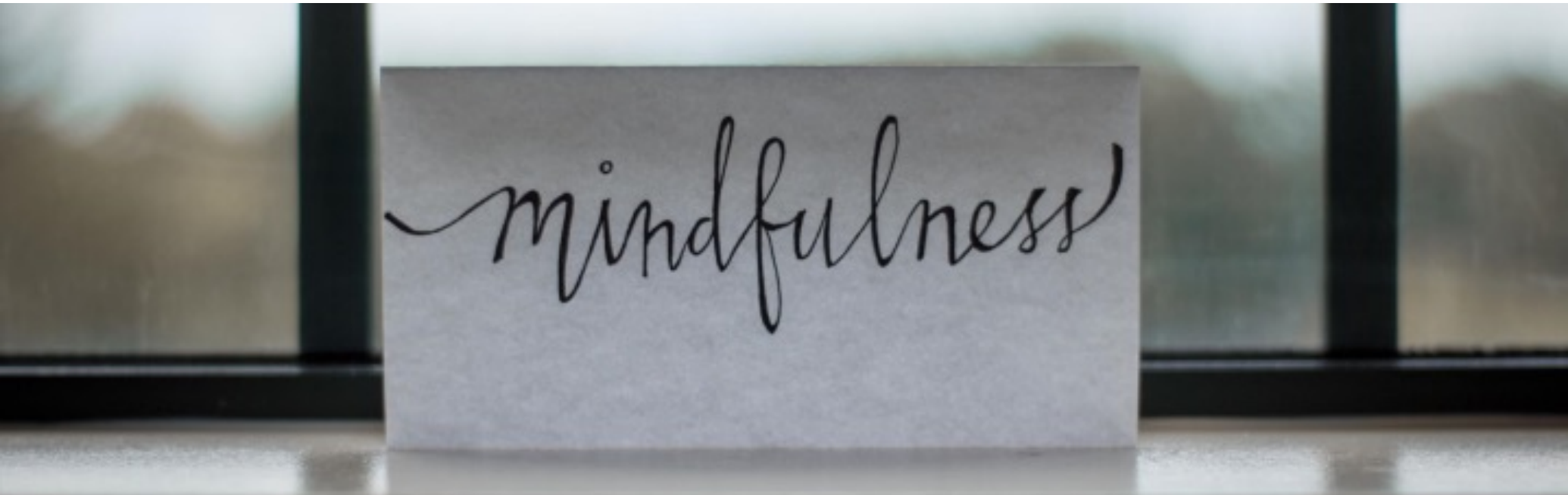
Can't sleep?
Get out of bed



Sleep Stages Through The Night




<http://www.end-your-sleep-deprivation.com/stages-of-sleep.html#journey>



mindfulness

“Mindfulness means paying attention
in a particular way, on purpose;
in the present moment, and non-judgmentally.”

~ John Kabat-Zinn



Fully present and
aware of both
yourself and your
surroundings

A practice

Benefits mental health much
like running builds
cardiovascular health

Manage negative reactions

Mindfulness Based Training



4x4 Breathing / Box Breathing

Breathing slowly and deeply activates the hypothalamus, which blocks adrenaline, releases cortisone, and tells the body to decrease blood pressure and pulse



4x4 Breathing / Box Breathing

Inhale through the nose for four seconds

Focus on abdomen expanding

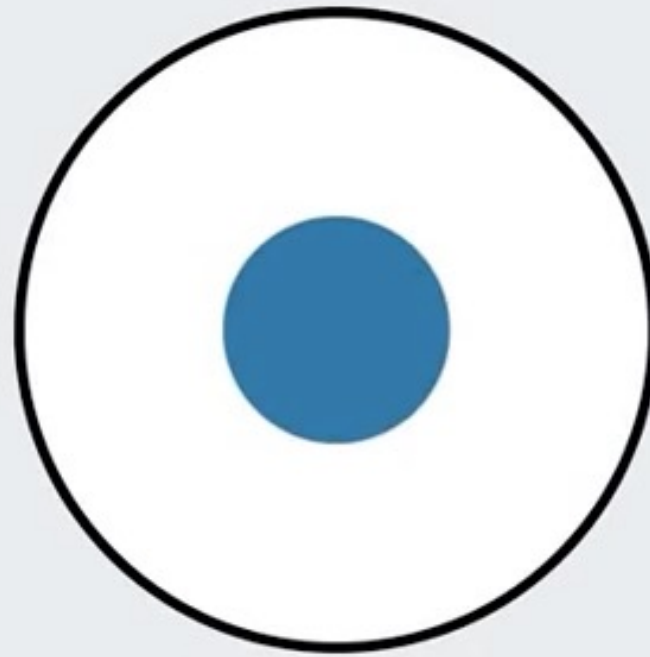
Hold for four seconds

Hold for four seconds

Exhale for four seconds



4x4 Breathing / Box Breathing

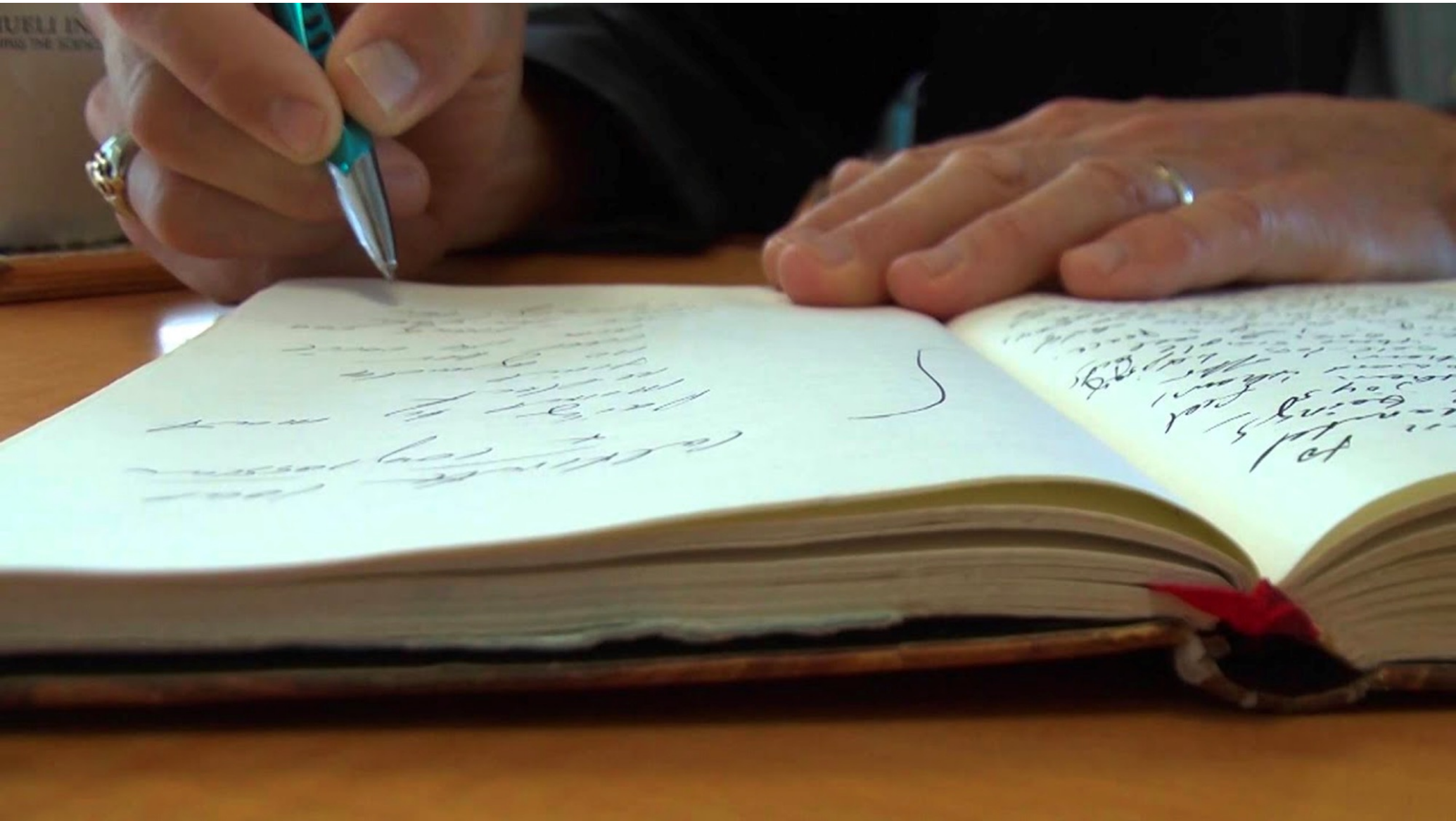


Breathe in sync with this:

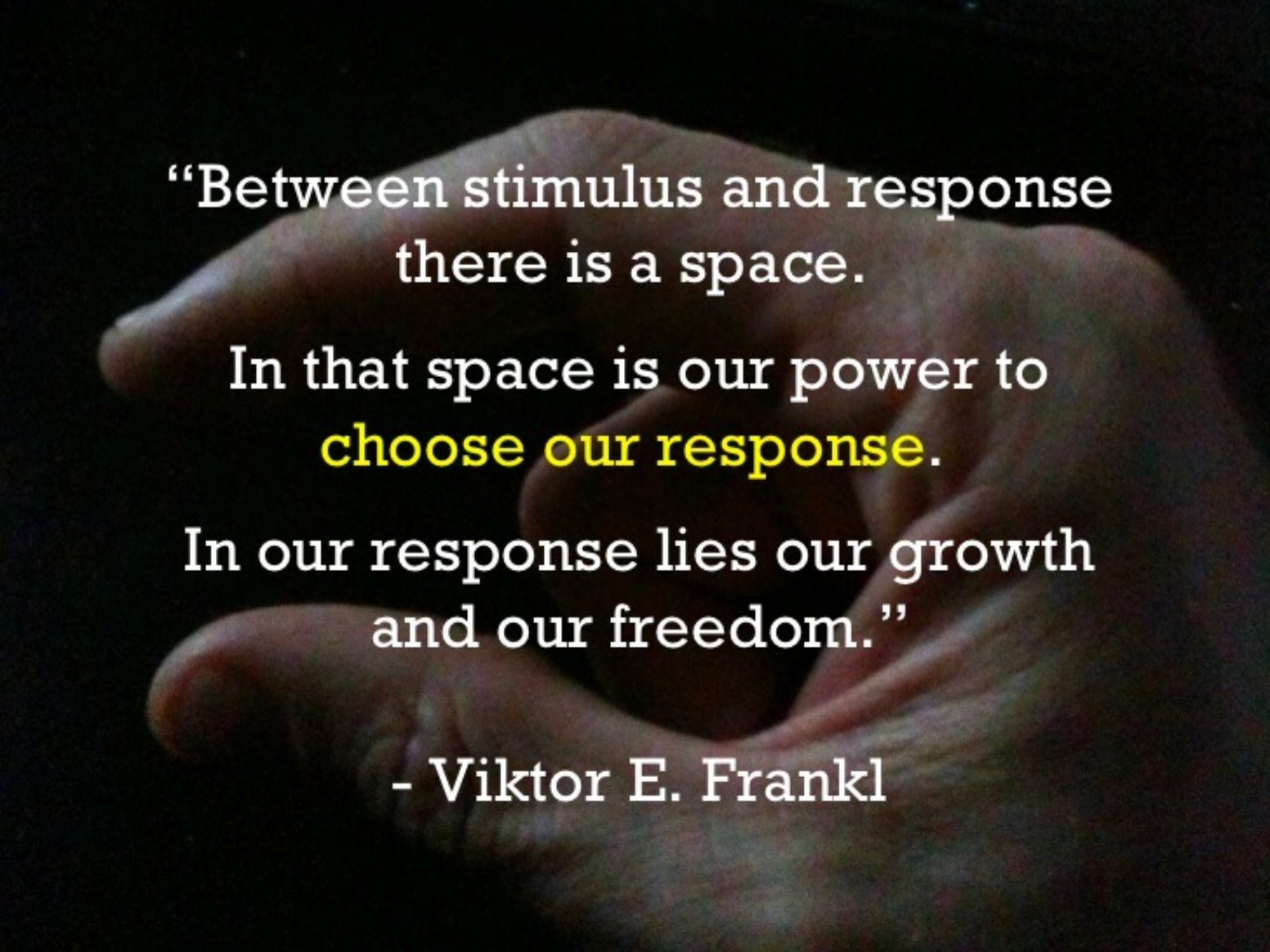


EVERY DAY MINDFULNESS PRACTICES





Owning Our Response



“Between stimulus and response
there is a space.

In that space is our power to
choose our response.

In our response lies our growth
and our freedom.”

- Viktor E. Frankl



Finding a Therapist

There is no
ONE treatment
of choice

They must be open to
learning from you

Do you feel comfortable
with them?

Critical: Do you feel your therapist is curious to
find out who you are beyond the diagnosis

Psychiatry & DSM-5

The background of the slide is a close-up, slightly angled view of the cover of the 'Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition' (DSM-5). The cover is dark purple with gold lettering. The words 'DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS' and 'FIFTH EDITION' are visible, along with the large 'DSM-5' logo.

Subspecialty of
medicine
*Aspires to define
mental illness
precisely*

Complexity of
brain, mind, and
human attachment

Diagnosis informs
treatment

Insurance companies
require diagnosis
for reimbursement

Neuroplasticity



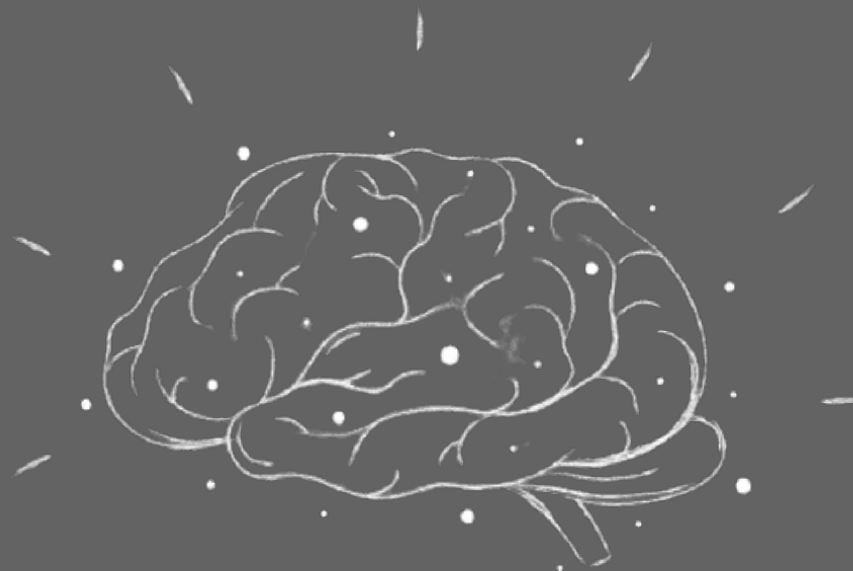
Healing from
trauma

Talking, reconnecting with others
while processing

Experiences that deeply
and viscerally contradict
helplessness, rage,
or collapse
(*Mindfulness*)

Medications that blunt
inappropriate alarm reactions

Trauma physically changes our brains,
but it doesn't have to be permanent

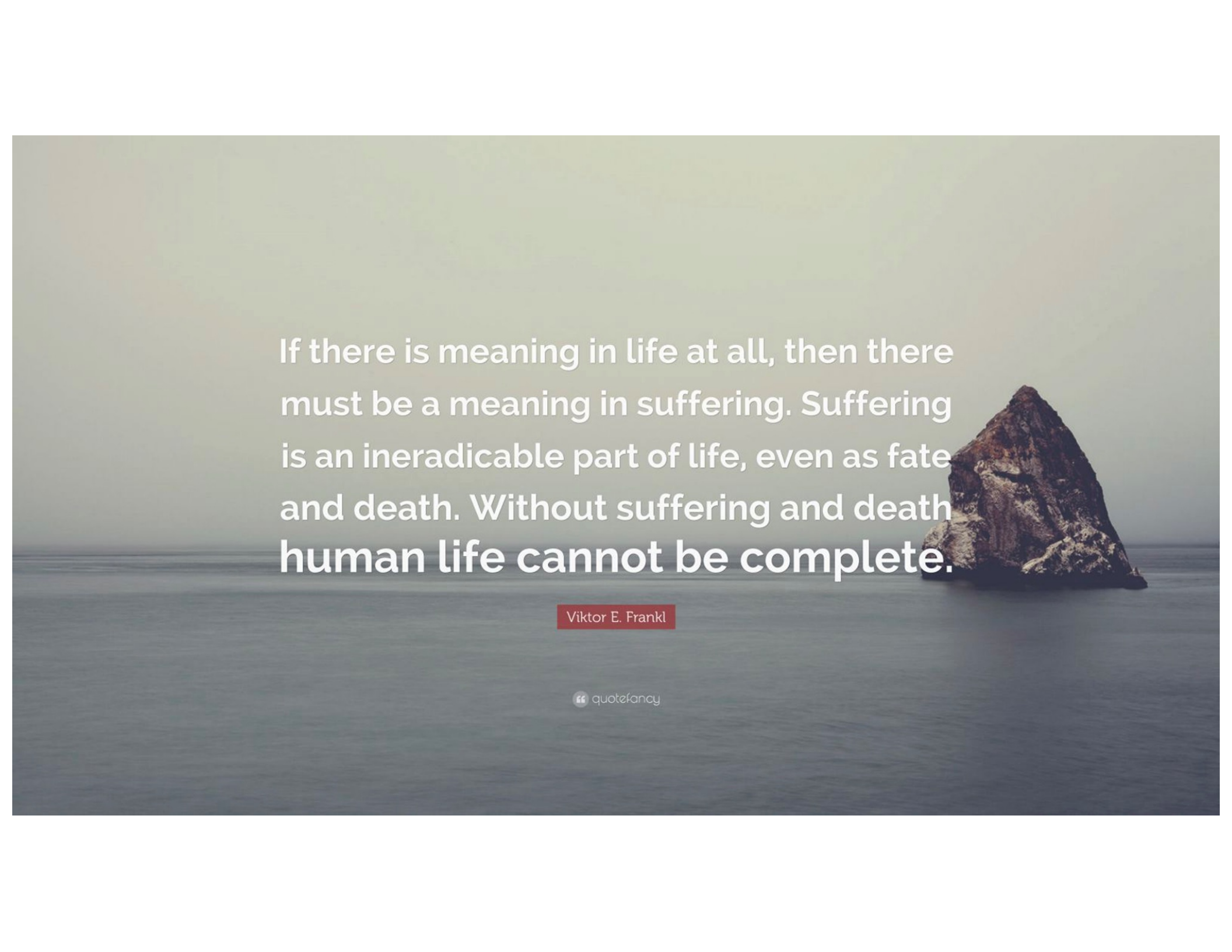


@911 traumatribe

THE BEAUTY OF A DARKER SOUL

“All of our experiences shape who we are as people. They allow us to acquire depth, perspective, and wisdom. They broaden our emotional bandwidth and give us the capacity to empathize with others on a much deeper level. This Gives us the opportunity to help people, which is where I find the greatest meaning in life and where I find beauty within the darkness.”

~ Joshua Mantz



If there is meaning in life at all, then there must be a meaning in suffering. Suffering is an ineradicable part of life, even as fate and death. Without suffering and death human life cannot be complete.

Viktor E. Frankl

“ quote fancy

