



CCI

CENTER FOR CARE  
INNOVATIONS

# ATSH Learning Session 2 Breakout

## Cultivating Resilience: Connecting the Dots for Trauma-Informed MAT Care

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**CULTIVATING RESILIENCE:  
CONNECTING THE DOTS  
FOR TRAUMA-INFORMED  
MAT CARE**

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CCI Addiction Treatment Starts Here  
Wave 3

## FORMING A VIRTUAL CIRCLE

- We will begin with 5 minutes of inner reflection. Cameras off. Mute your mic.
- Brief Guided Meditation – led by Katie.
- Think of one or two people, places, things that bring you a sense of safety and when you come back with eyes open to our circle, please share in the chat your touchstones of safety.

Turn on Gallery View. Turn on Camera if you have one.

Unmute your mic. Join the circle.

# KINTSUGI

Kintsugi is the Japanese art of putting broken pottery pieces back together with gold — built on the idea that in embracing flaws and imperfections, you can create an even stronger, more beautiful piece of art



**“TRAUMA IS UNBEARABLE AND  
INTOLERABLE” – BESSEL VAN DER KOLK**

Acute trauma results from a single incident.

Chronic trauma is repeated and prolonged such as Intimate Partner Violence, or sexual, physical or emotional abuse.

Complex trauma is exposure to varied and multiple traumatic events, often of an invasive, interpersonal nature.

A few types:

Racialized trauma

Childhood Trauma

Historical trauma

Childhood poverty/neglect

Intergenerational trauma

Combat/Military Trauma

## TRAUMA DISCUSSION PROMPTS

“Don’t ask, why the addiction. Instead ask, why the pain?”

*“It is not just what happened in childhood but also what did not happen.” - G. Mate MD*

Why do our patients with OUD reach for opioids to find relief, safety and comfort?

- Resilience

# WHAT IS RESILIENCE?

## A FEW DEFINITIONS

**Resilience** is the process of adapting in the face of adversity, trauma, tragedy, threats, or significant sources of stress. Resilience is developing inner resources for life's difficulties.

**Post-Traumatic Growth (PTG)** - a concept describing positive psychological change experienced as a result of struggling with highly challenging, highly stressful life circumstances.

# RESILIENCE IS WHOLE PERSON CARE AND WELLNESS DISCUSSION PROMPTS

“Turn your wounds into wisdom.”  
— **Oprah Winfrey**

At the heart of our relationships with our patients is the relationship we develop with them. How do we offer safety to our patients?

- Lived Experience
- Boundaries
- Autonomy

**“YOU CAN’T STOP  
THE WAVES, BUT  
YOU CAN LEARN TO  
SURF.”**



## RESILIENCE IS FAMILY AND CULTURE

### DISCUSSION PROMPTS

- Name a few ways resilience shows up in family life?
- Ask your patients “How does your family celebrate?”
- Consider the unique culture of people living with long-time homelessness – how does the culture support resilience?

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RESILIENCE IS ART AND MUSIC  
DISCUSSION PROMPTS

- How do we cultivate love of art and music into our care?
- Is this realistic?
- How does time become a factor in exploring and supporting interests?



***YOU ARE THE SKY, EVERYTHING ELSE IS WEATHER.***

– PEMA CHODRON

A RESILIENCE AND TRAUMA INFORMED  
RECOVERY ENVIRONMENT DISCUSSION  
PROMPT

- Prompt: How do we offer an environment that feels safe and comfortable, a place where our patients look forward to returning for care?
  - Waiting Room
  - Reception
  - Exam Rooms
  - Do we respect and value our patient's time?

## TOOLS FOR RESILIENCE

- Self –Interview by Dr. Francis Southwick
- Resilience questionnaire
- Recommended movie: “The Wisdom of Trauma” – Dr. Gabor Mate.
- <https://thewisdomoftrauma.com/>

# CONNECT WITH NATURE

- **"Nature is a part of us. The sun shines not on us, but in us. The rivers flow not past but through us. The whole world is our home and everything our kin. ... One fancies a heart like our own must be beating in every crystal and cell."**

Naturalist John Muir

