



# Trauma-Informed Services: An Introduction to ACES and Elder Abuse

SEPTEMBER 21, 2018

DEPARTMENT OF JUSTICE  
**ElderJustice**  
INITIATIVE



**OVCTTAC**  
OFFICE FOR VICTIMS OF CRIME Training and Technical Assistance Center



# TECHNICAL OVERVIEW

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- ▶ If you have questions, type them in the feedback box. We will address as many as possible throughout the webinar.

# ELDER JUSTICE INITIATIVE

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The **mission** is to support and coordinate the Department of Justice's enforcement and programmatic efforts to combat elder abuse, neglect, and financial fraud and scams that target older adults.

The Initiative does so by—

- Promoting justice for older adults.
- Helping older victims and their families.
- Enhancing state and local efforts through training and resources.
- Supporting research to improve elder abuse policy and practice.

# ELDERJUSTICE.GOV

**You're fighting elder abuse on the front lines. We've got your back.**

The mission of the Elder Justice Initiative is to support and coordinate the Department's enforcement and programmatic efforts to combat elder abuse, neglect, and financial fraud and scams that target our Nation's seniors.



# PRESENTERS

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**Gabriella Grant**  
**Director, California Center of Excellence**  
**for Trauma Informed Care**

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# TRAUMA-INFORMED SERVICES: AN INTRODUCTION TO ACES AND ELDER ABUSE



Gabriella Grant, Director  
California Center of Excellence for  
Trauma Informed Care, Santa Cruz, California  
[www.trauma-informed-california.org](http://www.trauma-informed-california.org)

# TRAUMA COMPLICATES AGING

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*Contrary to previous assertions of resiliency in older adult populations, there is reason to suspect greater vulnerability to emotional difficulties following exposure to traumatic stressors in this population.*

Grey & Acierno, 2002

# TIP 57

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A TREATMENT IMPROVEMENT PROTOCOL

## Trauma-Informed Care in Behavioral Health Services

- ✓ Realizes the widespread impact of trauma and understands potential paths for recovery
- ✓ Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system
- ✓ Responds by fully integrating knowledge about trauma into policies, procedures, and practices
- ✓ Seeks to actively resist re-traumatization

# DEFINING TRAUMA

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Individual trauma results from **an event, series of events, or set of circumstances** that is experienced by an individual as **physically or emotionally harmful or threatening** and that has lasting adverse effects on the individual's functioning and **physical, social, emotional, or spiritual well-being.**

SAMHSA (Substance Abuse Mental Health Services Administration)

<http://www.integration.samhsa.gov/clinical-practice/trauma>



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*“Time doesn’t heal, time conceals.”*

**Dr. Vincent Felitti**

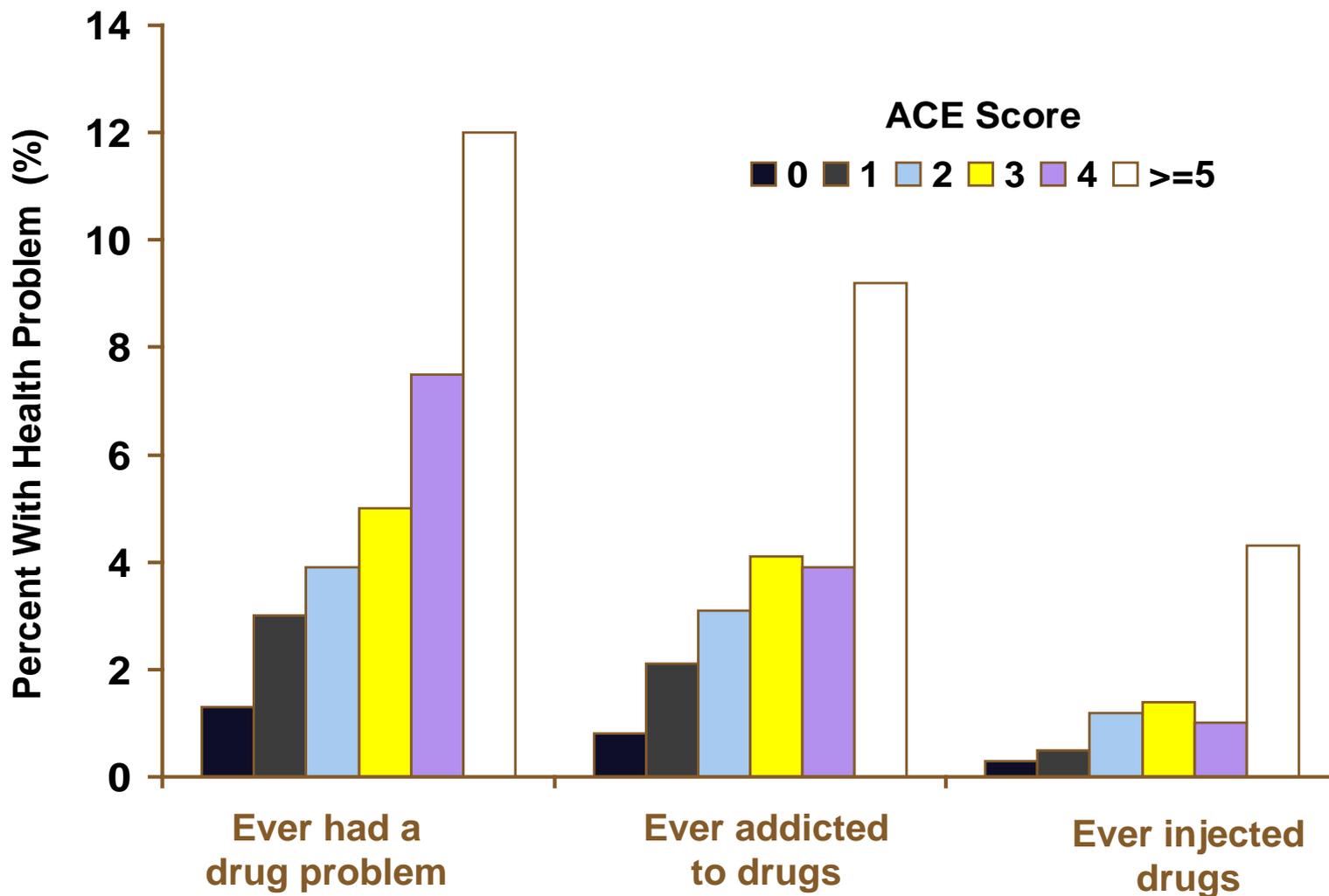
**ACE Principal Investigator**

# ACES – BEFORE 18

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- Recurrent physical abuse
- Recurrent emotional abuse
- Contact sexual abuse
- An alcohol and/or drug abuser in the household
- An incarcerated household member
- Someone who is chronically depressed, mentally ill, institutionalized, or suicidal
- Mother is treated violently
- One or no parents
- Emotional or physical neglect

# ACE Score and Drug Abuse



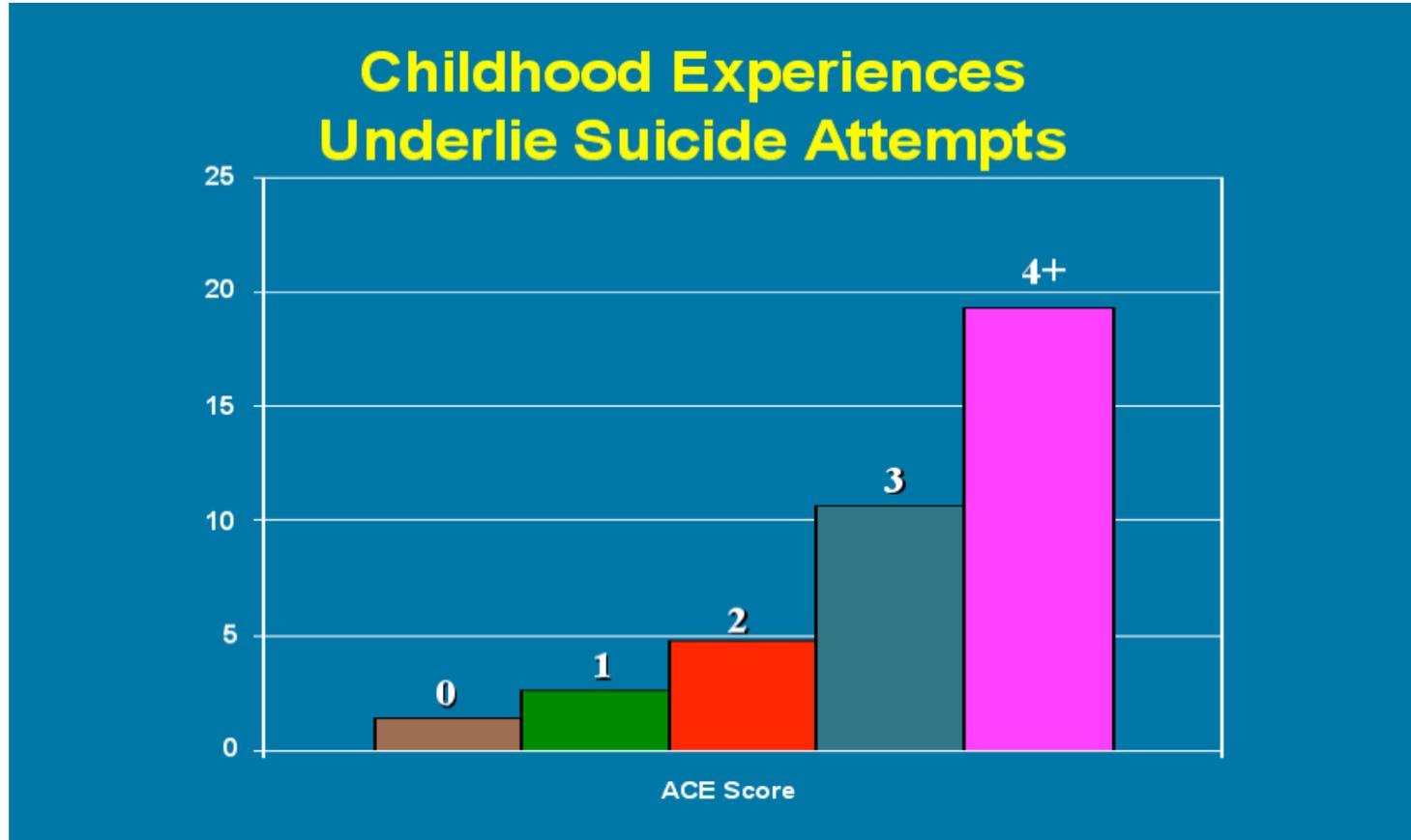
# SUICIDE - 2013

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- According to the CDC, an estimated 10,189 older Americans (ages 60 and up) died from suicide in 2013.
- In 2013—
  - 45 to 64 years old highest suicide rate (19.1%)
  - 85 years and older second highest rate (18.6%)
- Older, white male suicides are particularly high (32.74 suicides per 100,000 people).
- Oldest group of white males (ages 85+) is more than four times higher than the nation's overall rate of suicide.

SAMHSA, 2012

# ACES AND SUICIDE ATTEMPTS



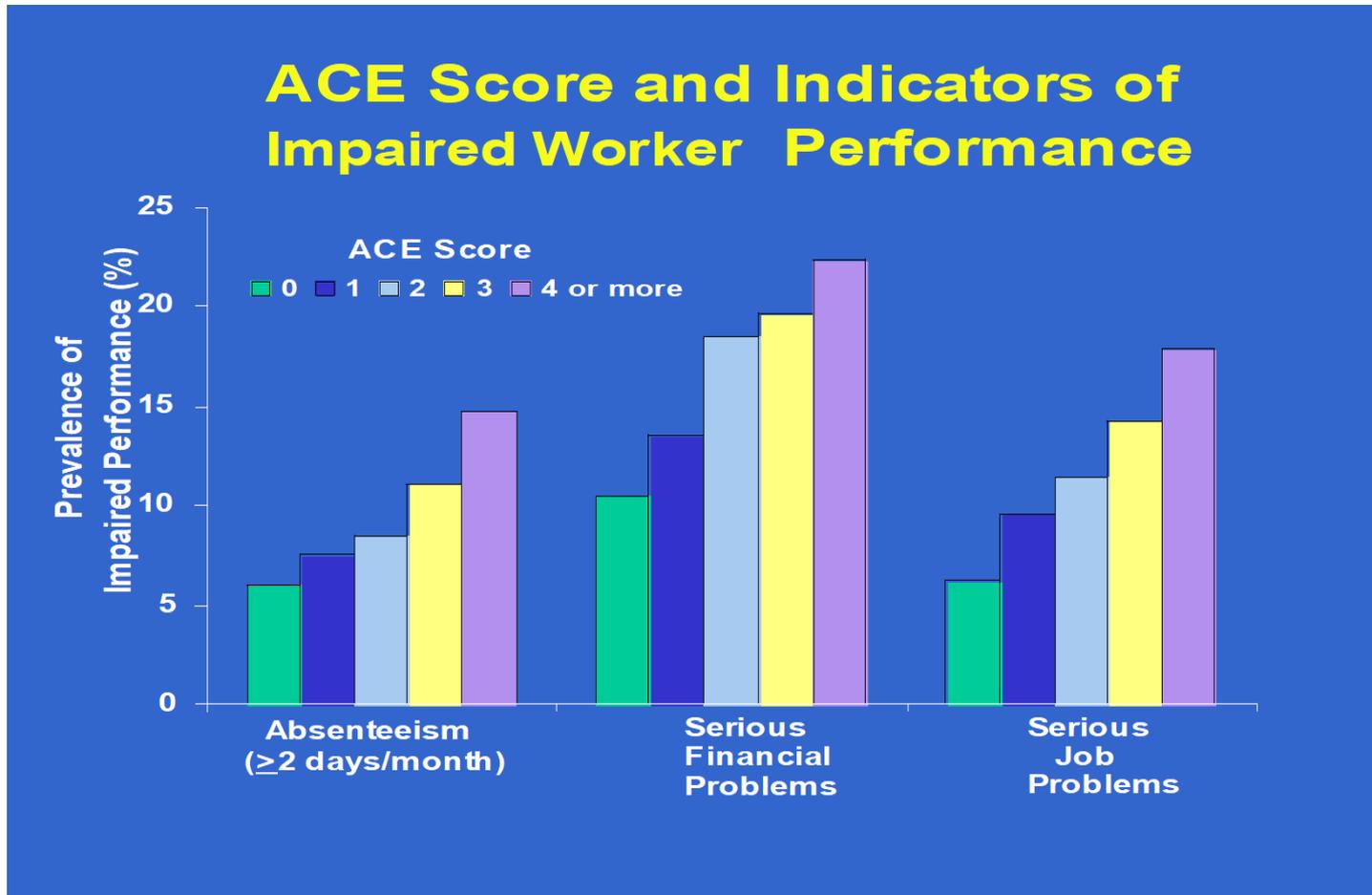
# TRAUMA AND AGING

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*Trauma poses a threat to the successful aging process by interfering with interpersonal relations and productive activity.*

Cisler et al, 2010; Rowe & Kahn, 1997

# ACES AND WORKER PERFORMANCE



# PAST VICTIMIZATION PREDICTS FUTURE VICTIMIZATION

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- A prior traumatic event associated with increased risk of elder mistreatment, a finding also observed in the literature on younger adult mistreatment.

(National Elder Maltreatment Study, 2009)

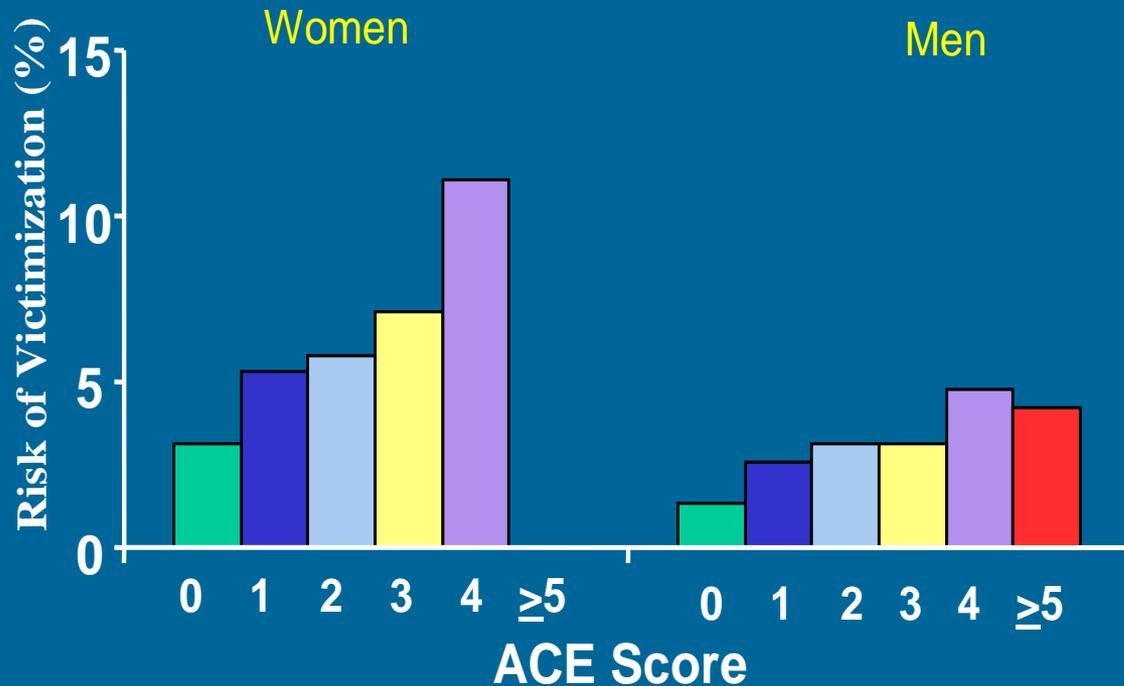
- Childhood abuse found to be a notable risk factor in studies of older adults who were abused or neglected by a caregiver or partner.

(Allers et al., 1992; Fulmer et al., 2005; Hines & Malley-Morrison, 2005)

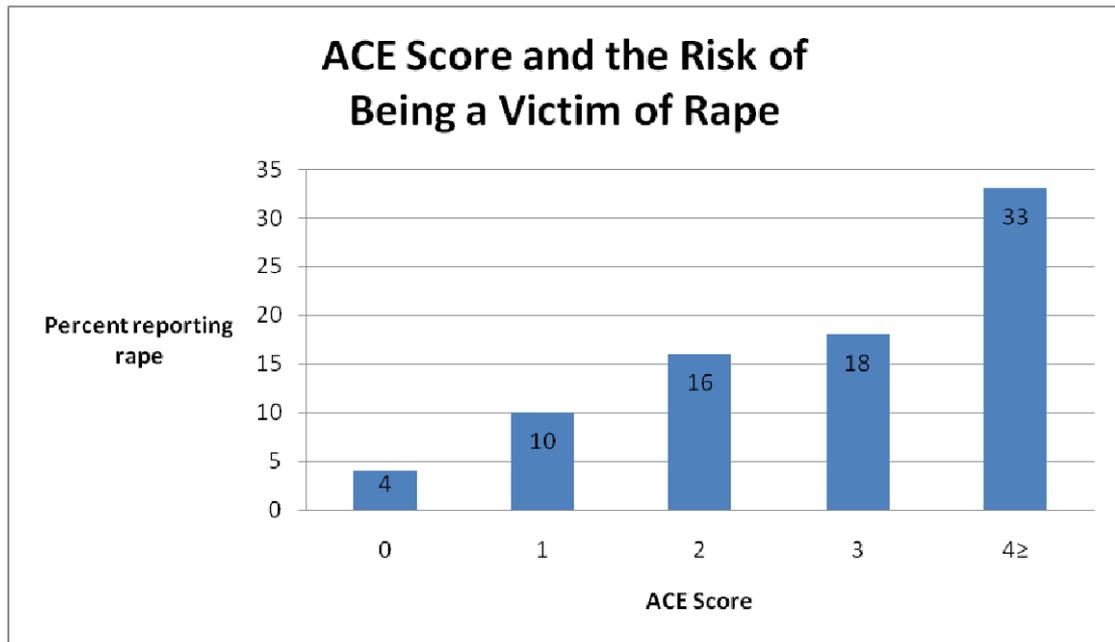
# ACES AND DOMESTIC VIOLENCE

Well-being

## ACE Score and the Risk of Being a Victim of Domestic Violence



# Underlie Being a Victim of Rape



- **Attributable to ACEs**
  - People with an ACE score of 4 or more are over 8 times more likely to be a victim of rape than people with an ACE score of 0.

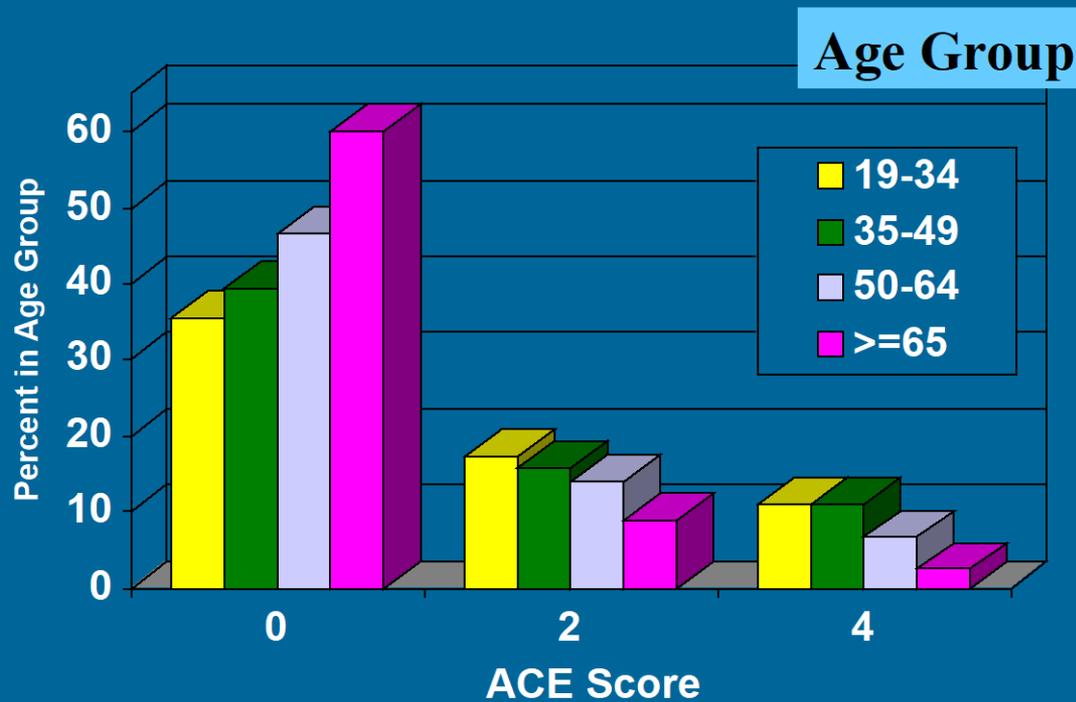
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*“Adult diseases can best be understood as the manifestations of distant childhood events.”*

**Dr. Vincent Felitti,  
ACE Principle Investigator  
August 2010**

# ACES AND MORTALITY

## Effect of ACEs on Mortality



# CHILDHOOD TRAUMA AND ELDER NEGLECT

*When screening for [elder] neglect, screen for childhood trauma and poor social support.*

Fulmer et al., 2005

# BRIEFEST SCREEN EVER

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**Do you feel safe speaking to me today?**

- **If not, what would help you feel safer?**

**Do you feel safe at home today?**

- **If not, how can we help you feel safer?**

**Did you feel safe at home as a child?**

- **If not, how does that affect you today?**

Developed by G. Grant

# AVAILABLE INTERVENTIONS

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## Psychological First Aid for Seniors (Crisis Intervention)

- <http://amhd.cbcs.usf.edu/docs/pfanh2ed.pdf>

## Seeking Safety (PTSD & Substance Abuse) – Used with Seniors

- [www.seekingsafety.org](http://www.seekingsafety.org) Safe Coping Skills Sheet

## Cognitive Behavioral Therapy (CBT) for Late-Life Depression

- <http://oafc.stanford.edu/projects/cbt.html>

## IMPACT (Depression)

- <http://impact-uw.org>

## Responding to Violent Crimes Against Persons with Disabilities

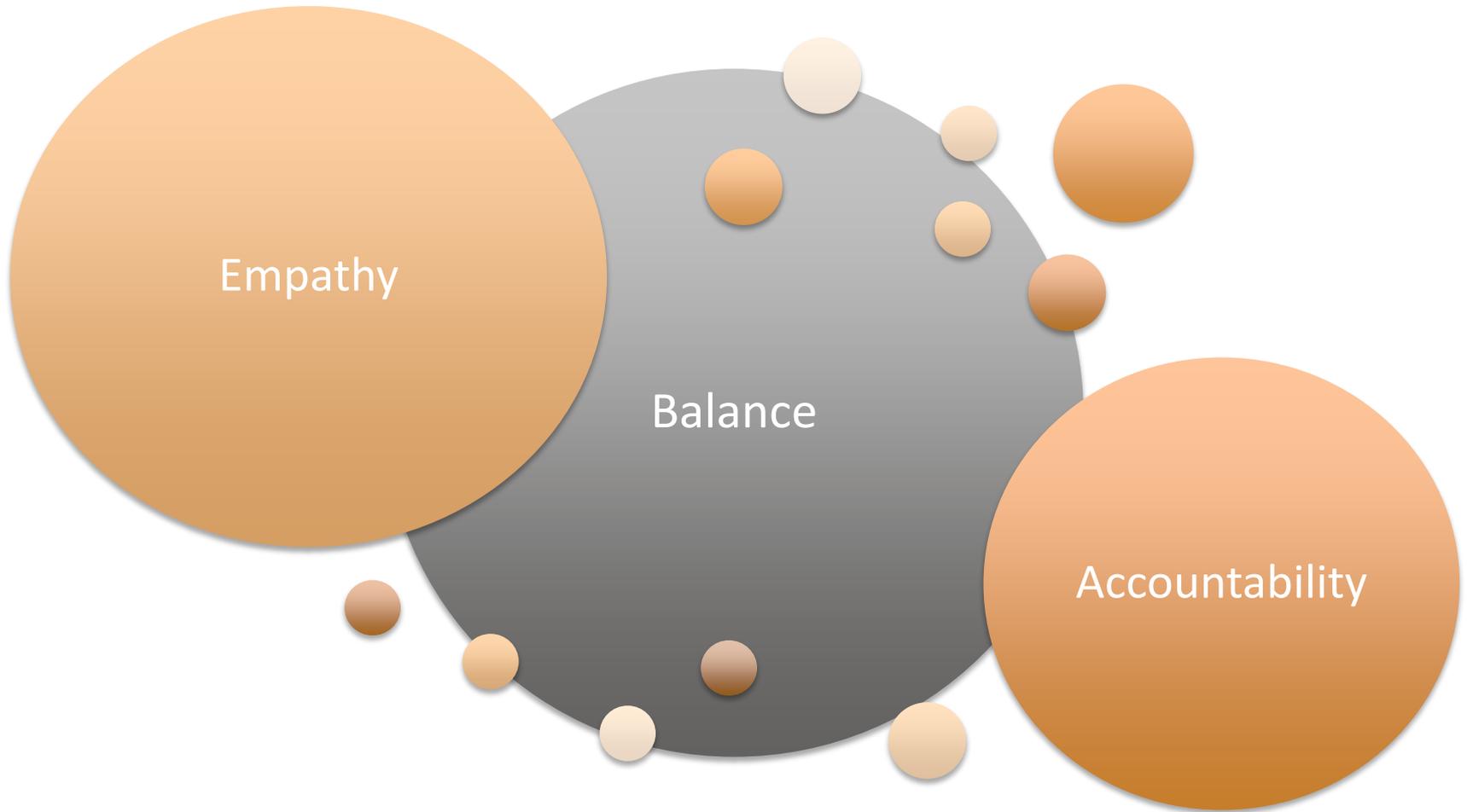
- <http://www.safeplace.org/page.aspx?pid=358>

## Preventing Suicide and Promoting Well-Being

- <http://store.samhsa.gov/product/SMA10-4515>

# BALANCE EMPATHY AND ACCOUNTABILITY

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# BE A SAFE CONNECTION!

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**Consistent across all people/clients – unconditional positive regard by balancing empathy and accountability**

1. Use an invitational approach – **offer, don't rescue**
2. Know and respect laws, rights, boundaries – **do no harm**
3. Address safety, security, stability of **person in front of you**
4. Now – **stay present focused**
5. Provide **access to basic needs** (water, restroom, food)
6. Offer choices that are **simple, clear, and within reach**
7. **Emphasize coping** (action) vs. feelings (processing)
8. Build **self-regulation skills**: grounding, anchoring, centering
9. Repeat information and give **multiple formats (visual)**
10. **Ask for agreement** (not understanding)

Grant, 2016

# ELDERS AND ABUSE ESSENTIALS

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## **Suicide Prevention Resource Center**

- ▶ <http://www.sprc.org/populations/older-adults>

## **National Council on Aging – Older Americans and Behavioral Health**

- ▶ <https://www.ncoa.org/center-for-healthy-aging/behavioral-health/older-americans-behavioral-health-series/>

## **California Adult Protective Services Directory**

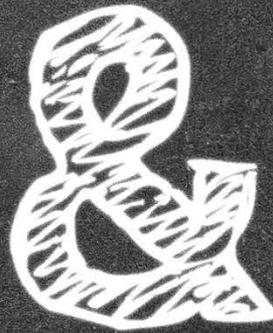
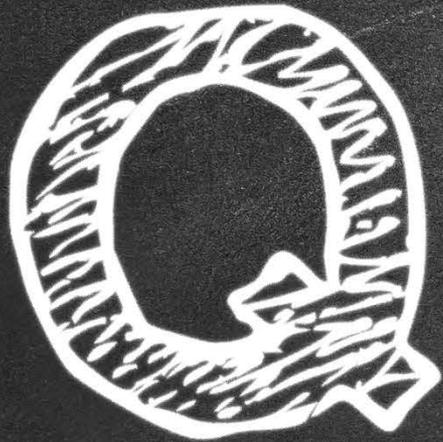
- ▶ <http://www.cdss.ca.gov/inforesources/County-APS-Offices>

## **National Adult Protective Services Association**

- ▶ <http://www.napsa-now.org>

## **Center of Excellence on Elder Abuse and Neglect**

- ▶ <http://www.centeronelderabuse.org>



# THANK YOU!

Gabriella Grant, Director

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**California Center of Excellence**  
  
**for Trauma Informed Care**

# Questions

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**Elder Justice Initiative**

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[www.elderjustice.gov](http://www.elderjustice.gov)