



**SAFE** Support  
of Columbia County Advocacy  
Freedom  
Empowerment

“Empowering people to live safe,  
healthy, non-violent lives.”

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### How does SAFE Empower Others?

- ▶ Survivor-Centered Advocacy
  - ▶ 24 Hour Helpline
- ▶ Confidential Support and Advocacy
- ▶ 24 Hour Emergency Response
  - ▶ Systems Navigation
  - ▶ Case Management
- ▶ The Starting Place Emergency Shelter
  - ▶ Violence Prevention Education
  - ▶ Survivor-Centered Classes
- ▶ Domestic Violence and Sexual Assault Support Groups

▶ \*\*In 2018, SAFE provided in-person services to 590 unduplicated survivors of domestic violence, sexual assault, stalking, and human trafficking; and supported 1,294 callers on its 24 Hour Helpline

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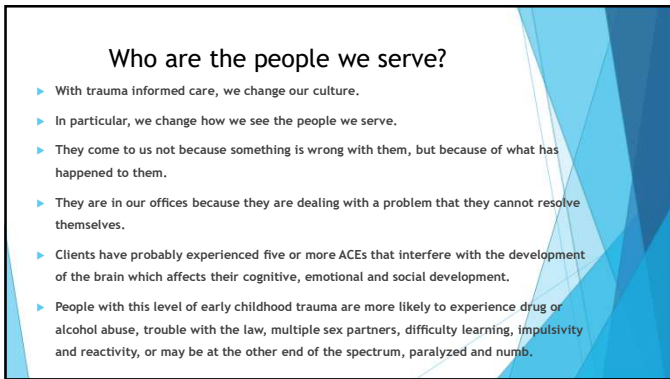
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### Who are the people we serve?

- ▶ With trauma informed care, we change our culture.
- ▶ In particular, we change how we see the people we serve.
- ▶ They come to us not because something is wrong with them, but because of what has happened to them.
- ▶ They are in our offices because they are dealing with a problem that they cannot resolve themselves.
- ▶ Clients have probably experienced five or more ACEs that interfere with the development of the brain which affects their cognitive, emotional and social development.
- ▶ People with this level of early childhood trauma are more likely to experience drug or alcohol abuse, trouble with the law, multiple sex partners, difficulty learning, impulsivity and reactivity, or may be at the other end of the spectrum, paralyzed and numb.

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### SAFE Prevention in Columbia County

- ▶ Vernonia Academy- Mind Matters 12 week program
- ▶ Otto Peterson Elementary- (SSC) Mind Matters 12 week program
- ▶ Scappoose Alternative HS- Mind Matters 12 week program
- ▶ Vernonia Middle School- (6<sup>th</sup> and 7<sup>th</sup> grade) Mind Matters 4 weeks: self regulation, empathy, healthy relationships
- ▶ Hudson Park Elementary- (3,4,5) Mind Matters 5 weeks: self regulation, discovering emotions, empathy, movement
- ▶ McBride Elementary- Calm Coach Five week curriculum
- ▶ Clatskanie Middle School- (7<sup>th</sup> and 8<sup>th</sup>) Six weeks: Taking A Stand FOR Healthy Relationships NCADV
- ▶ Scappoose High School- 11<sup>th</sup> grade, 2 weeks: NCADV Healthy/Unhealthy Relationships, In Their Shoes (Teen Dating Violence)
- ▶ Rainier Middle School- 9<sup>th</sup> 4 weeks: Mind Matters & NCADV
- ▶ Columbia County CASA- DV 101, Trauma and Self regulation
- ▶ Scappoose Police Department- DV 101, Self Regulation

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### SAFE A'la Carte Menu K-12

- ▶ Mind Matters - Overcoming Adversity and Building Resilience
- ▶ NCADV Taking a Stand FOR Healthy Relationships
- ▶ In Their Shoes; Teen Dating Violence
- ▶ Calm Coach; Allies in the Classroom

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**Mind Matters**  
*Overcoming Adversity and Building Resilience*

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Childhood trauma impacts growth and success for so many in all areas of **their lives**.



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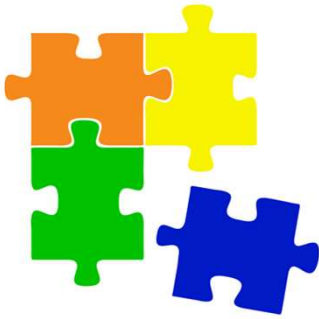
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We can effectively address the needs of the traumatized and provide relief in a psychoeducational program.



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Through six key components of Mind Matters, we can provide people relief from distressing experiences by teaching research based skills to overcome adversity and build resilience.



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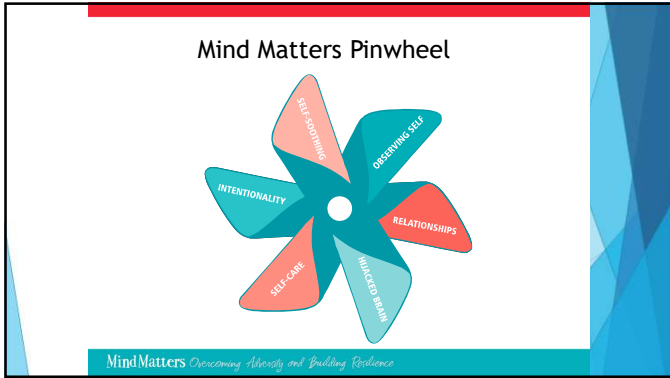
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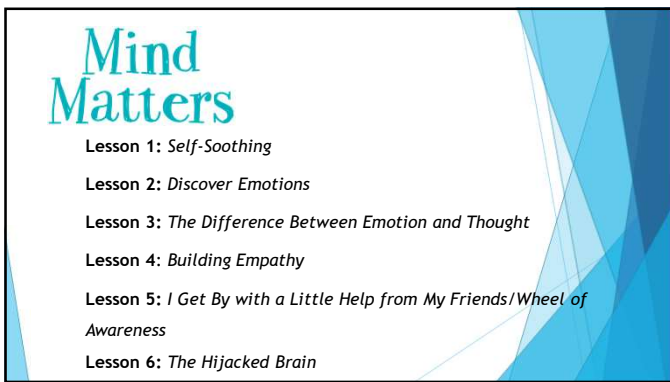
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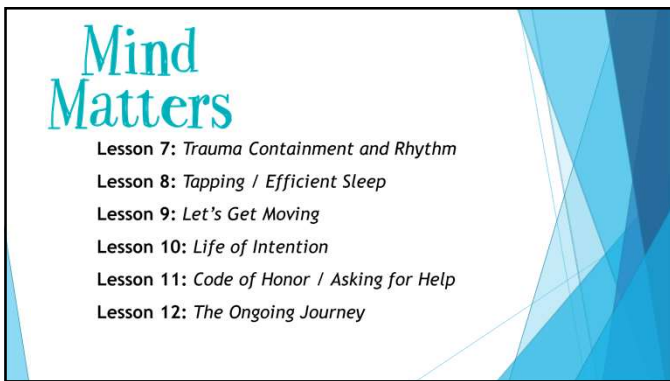
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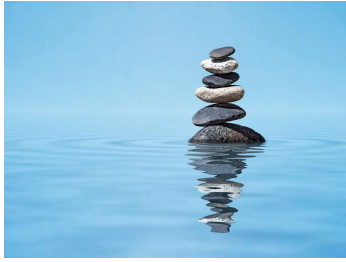
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Let's do our opening practice.



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How did your week go?

**Lesson 1 REVIEW: Self-Soothing**  
 Take a few minutes and review your practice from last week. You can check your progress from the practice plan you created last week.

What skills did you practice?	How many times did you practice?	Notes about your experience in doing this practice.

If you followed your practice plan, congratulations! What most helped you do that?

If you had a hard time following your plan, what is understandable. These are new habits. What might better support you in following your plan this week?

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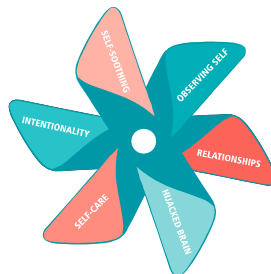
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Mind Matters Pinwheel



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“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.”

Victor Frankel, holocaust survivor.



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Today we are going to learn 4 skills  
that can increase our ability to wait.



- ▶ Focused Breathing
- ▶ Peripheral Vision
- ▶ 5-4-3-2-1 Skill
- ▶ Coloring

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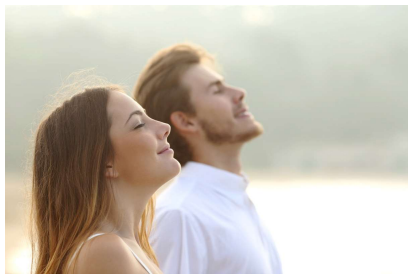
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How can Focused Breathing benefit us?



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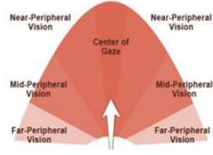
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The second skill is Peripheral Vision.



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The third skill is 5-4-3-2-1.

- FIVE: What you see
- FOUR: What you hear
- THREE: What you touch
- TWO: What you smell
- ONE: What you taste

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Coloring



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### How to communicate with your brain.

Nervous system communicates in signs and sensations.

To control the system, signs and symbolic practices are necessary



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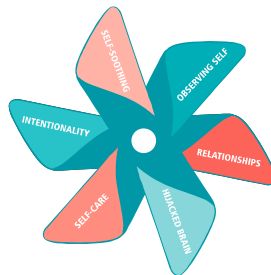
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### Mind Matters Pinwheel



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### Why are we doing a body scan?

- ▶ Our body is the first way that we experience an event
- ▶ Pay attention to what our body is telling us
- ▶ Benefits
  - ▶ Able to communicate better with others
  - ▶ Make better choices, decisions
  - ▶ Keep or challenge your thoughts



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### What is the role of emotions?



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### Rate Yourself You and Your Emotions Chart

Emotions	Never	Rarely	Sometimes	Regularly	Always
<b>Frequency</b>					
Joy: I am happy or joyful.	1	2	3	4	5
Sad: I am sad or depressed.	1	2	3	4	5
Afraid: I am fearful or anxious.	1	2	3	4	5
Mad: I am angry or irritated.	1	2	3	4	5
Disgusted: I am disgusted.	1	2	3	4	5
<b>Intensity</b>					
Joy: I get intensely joyful.	1	2	3	4	5
Sad: I get intensely sad.	1	2	3	4	5
Afraid: I get intensely afraid.	1	2	3	4	5
Mad: I get intensely mad.	1	2	3	4	5
Disgusted: I get intensely disgusted.	1	2	3	4	5



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### Thought or Emotion?



1. I felt mad when you did not keep your promise.
2. When you could not come to my party, I felt sad.
3. I think Ms. Jones asked unfair questions on her test.
4. When I am disgusted, I cannot be around John.
5. I believe that I will do better next time.
6. It is my opinion that it is important for us to participate in this election.
7. I am very excited about my future because I believe that these practices we are learning are so helpful.

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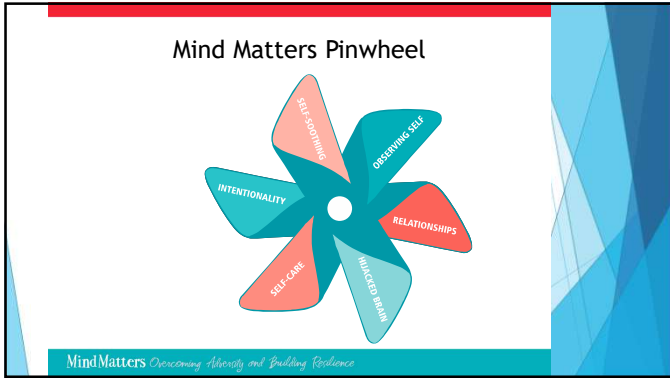
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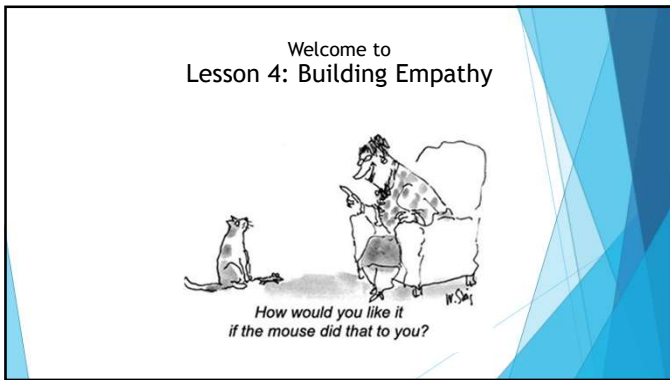
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## Building Empathy

**Important Questions to Ask**

- **Listener:** Do you see your partner differently after hearing the story?  
Did you learn anything new?
- **Speaker:** Do you see your partner differently? Did you learn anything new?



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## Remember . . .

When we share,  
we feel connected

When we listen deeply  
we value others  
suffering  
we validate others  
experience

Empathy changes  
• our relationships  
• our brains



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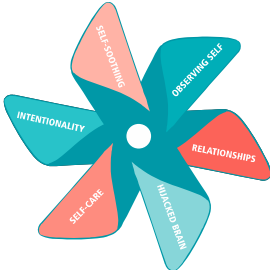
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## Mind Matters Pinwheel



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Welcome to Lesson 6:  
Compassion for the Hijacked Brain



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ACEs Primer Video (5 min)

<https://vimeo.com/139998006>



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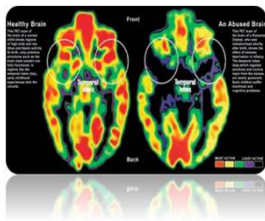
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Physical Effects of Trauma on the Brain



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### Hippocampus

Our Memory Keeper

- Is impacted by intense emotions and fear
- Helps to us to assess whether an event is “truly dangerous”

When hyper-aroused or hyper-vigilant, we don't remember well.

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### Amygdala = Alarm System

- Plays role in processing of emotions
- Central to survival, arousal, autonomic responses
- Associated with
  - Fear
  - Hormonal Secretions
  - Implicit (Emotional) Memory



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Did You HEAR THAT?!

Early stored implicit memories can cause

AMYGDALA HIJACKS

Without the person's conscious knowledge

**SURVIVAL TRUMPS EVERYTHING!**

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### Triggers

Seeing, feeling, hearing, smelling something that reminds us of past trauma  
Activates the alarm system...



The response is as if there is current danger.

Thinking brain automatically shuts off in the face of triggers.

Past and present danger become confused.

Used with permission from Trauma Informed Florida Project  
<http://www.tifp.org/about/trauma-informed-projects.html>

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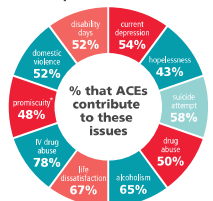
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### Effects of Trauma on Behavior Other Behaviors

ACEs and Population Attributable Risks



Centers for Disease Control and Prevention, Katzev Permenova. The ACE Study Survey Data (Unpublished Data). Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2016.

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### ACEs Response Checklist

- Repeated disturbing memories
- Repeated disturbing dreams
- Acting or feeling like stressful experience is happening again
- Having a physical reaction
- Avoid thinking about experience
- Avoid activities related to experience
- Trouble remembering important parts of experience
- List of interest in things
- Feeling distant from others
- Emotionally numb or unable to have loving feelings
- Foreshortened future
- Trouble falling asleep
- Feeling irritable or angry outbursts
- Difficulty concentrating
- Being super alert-watchful on guard
- Feeling jumpy or easily startled

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### ACEs Response Checklist

You can grow your brain and these scores can change.



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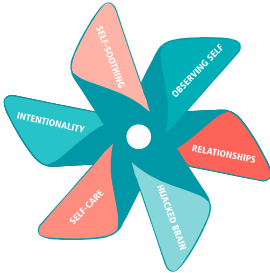
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### Mind Matters Pinwheel



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### What works for you?



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### Physical exercise is good for the brain.

- Enhances Mood
- Supports Creativity
- Do something you like so you can do it for a lifetime
- Overall body health



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### Happy: Pharrell Williams

<https://www.youtube.com/watch?v=y65xv-sUY1M>



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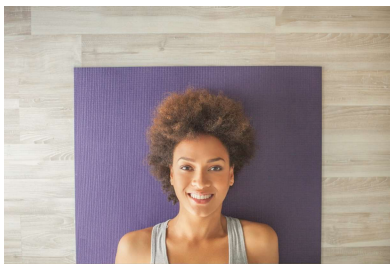
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### It's Our Turn to Practice Yoga



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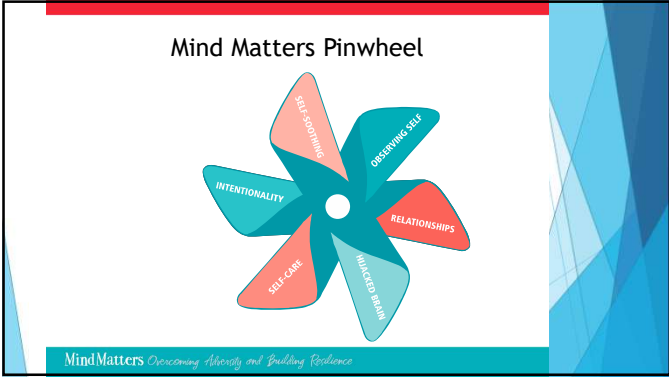
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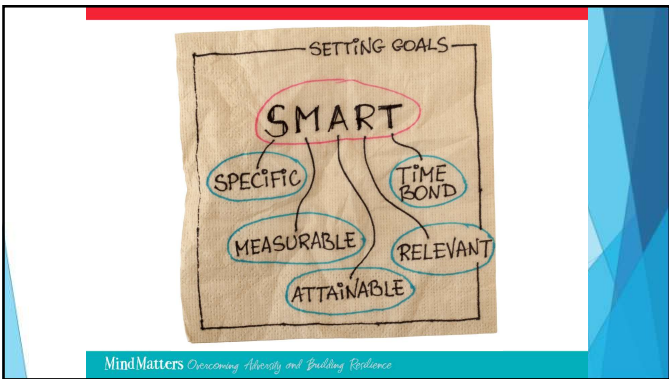
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### Tell Someone



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What about you?  
Caring for those  
who serve others



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### Pillars of Resilience

- Take care of yourself.
- Give and seek support from others.
- Balance rest, responsibility and recreation
- Engage fully in life



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### Reflect

- What inspired you to be in this field?
- What motivates you to continue?
- Develop a personal care/service philosophy. Write it down.



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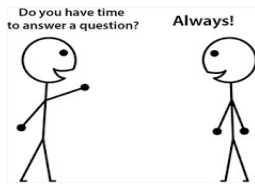
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### Questions ??



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