



TRAUMA AND POLICY

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Overview:



- Some policy basics
- Contemporary social and political context for trauma policy
- Types of trauma policies
 - ▣ Trauma-preventive
 - ▣ Trauma-informed
 - ▣ Trauma-specific
- A few policy advocacy tips
 - ▣ What to advocate for
 - ▣ How to advocate



CONGRESS
SESSION

S. 560

That the individual mandate under the Patient Protection and Affordable Care Act shall not be construed as a tax.

THE SENATE OF THE UNITED STATES

MARCH 14, 2013

Introduced the following bill; which was read twice and referred to the Committee on Finance

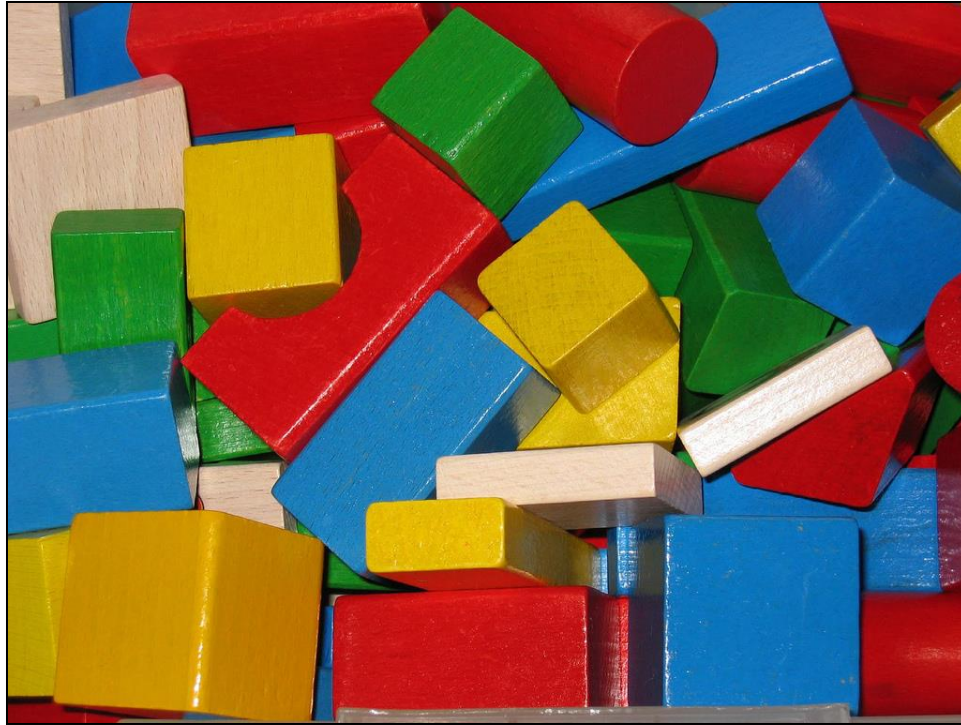


A BILL

To provide that the individual mandate under the Patient Protection and Affordable Care Act shall not be construed as a tax.

1 *Be it enacted by the Senate and House of Representatives*

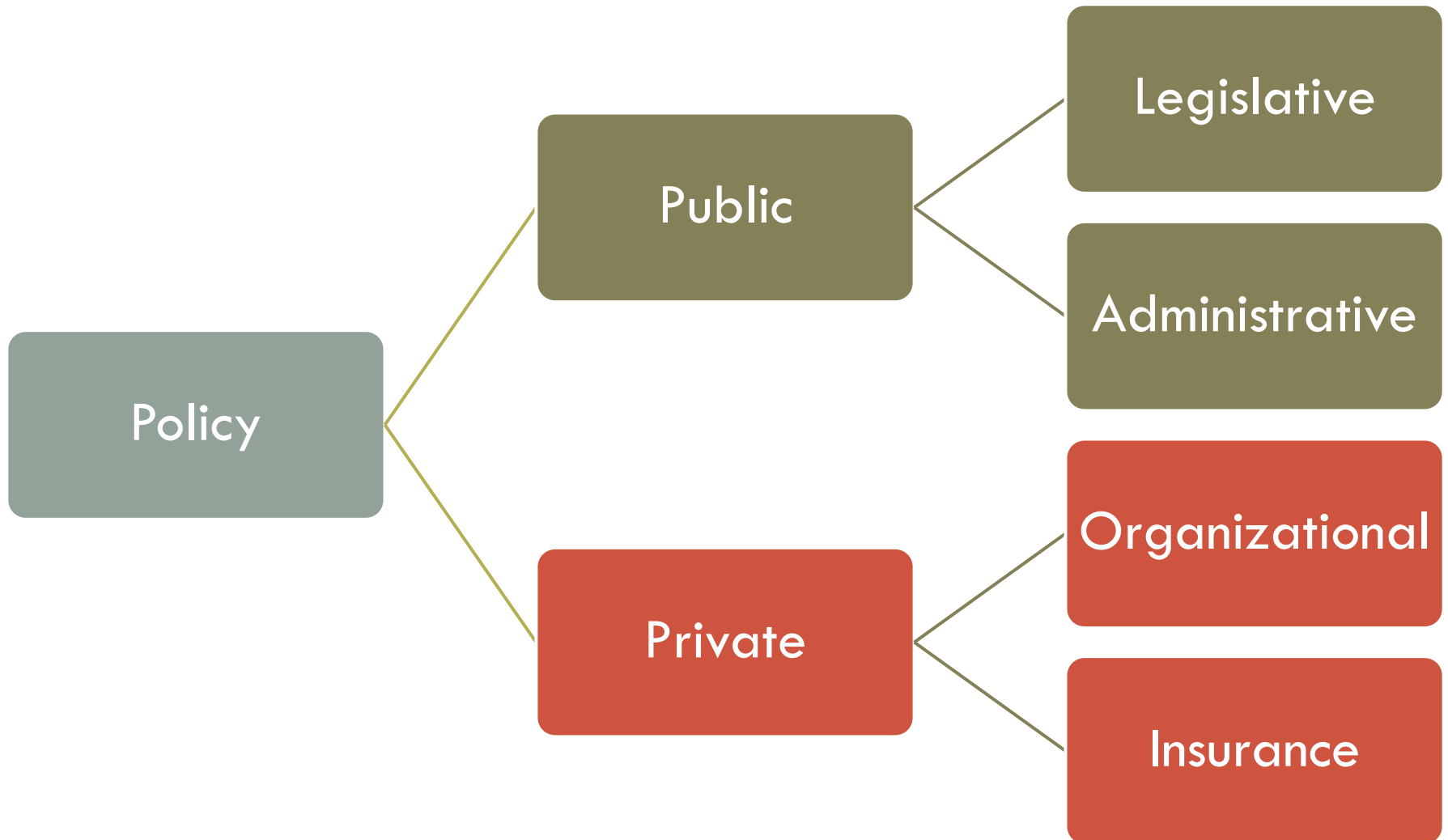




Some Policy Basics

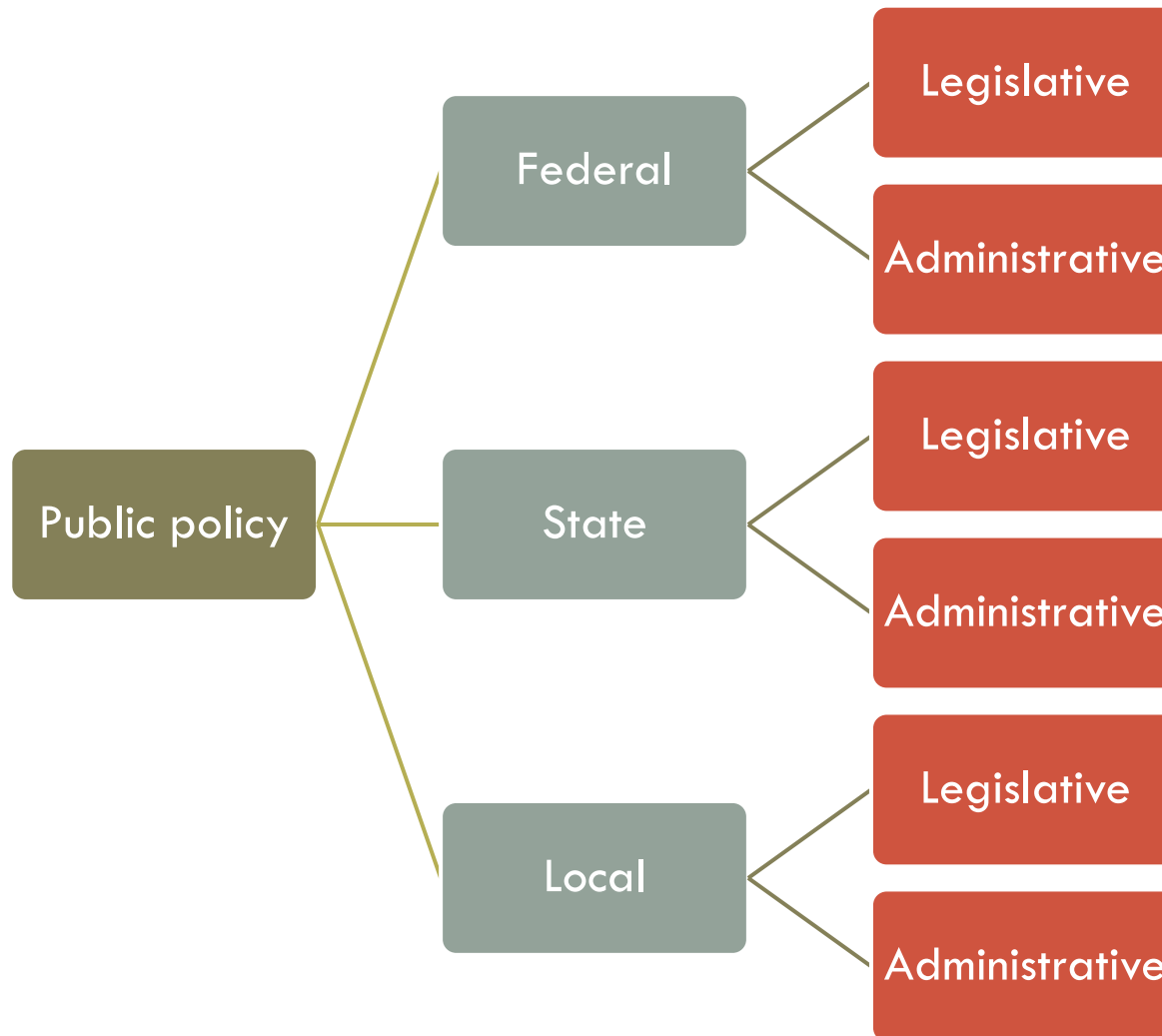
Some Policy Basics:

Domains of Policy



Some Policy Basics:

Levels of Public Policy



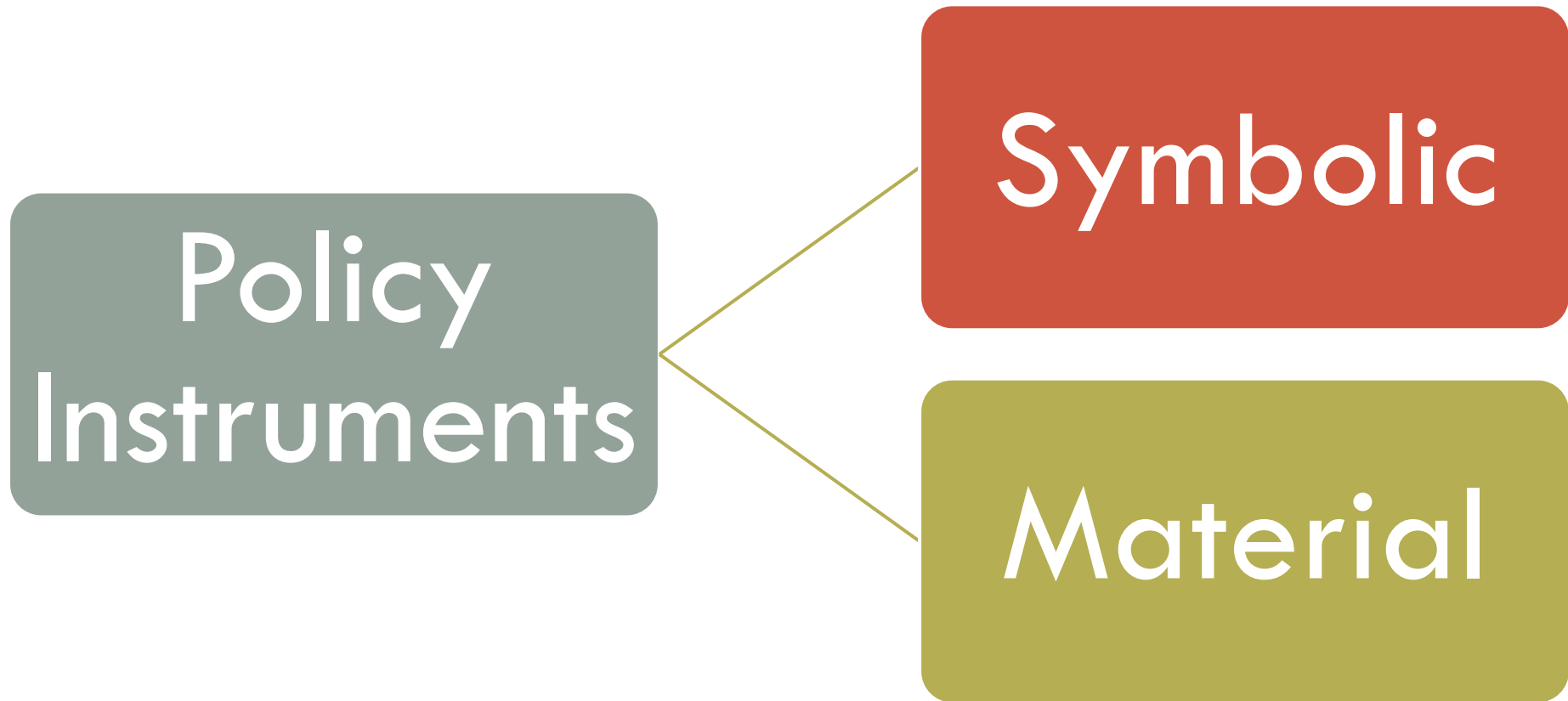
Some Policy Basics:

Public Policy Instruments

- Public policy instruments are:
 - ▣ The tools that are at the disposal government to implement policy change

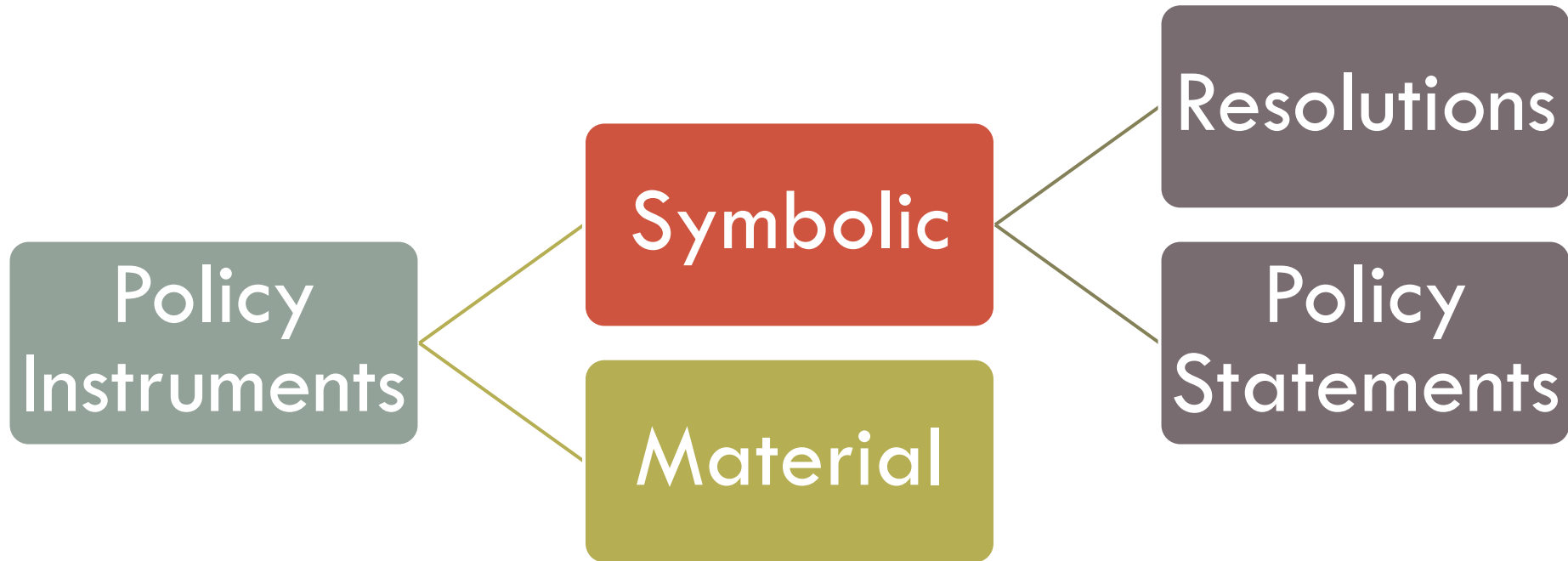
Some Policy Basics:

Public Policy Instruments



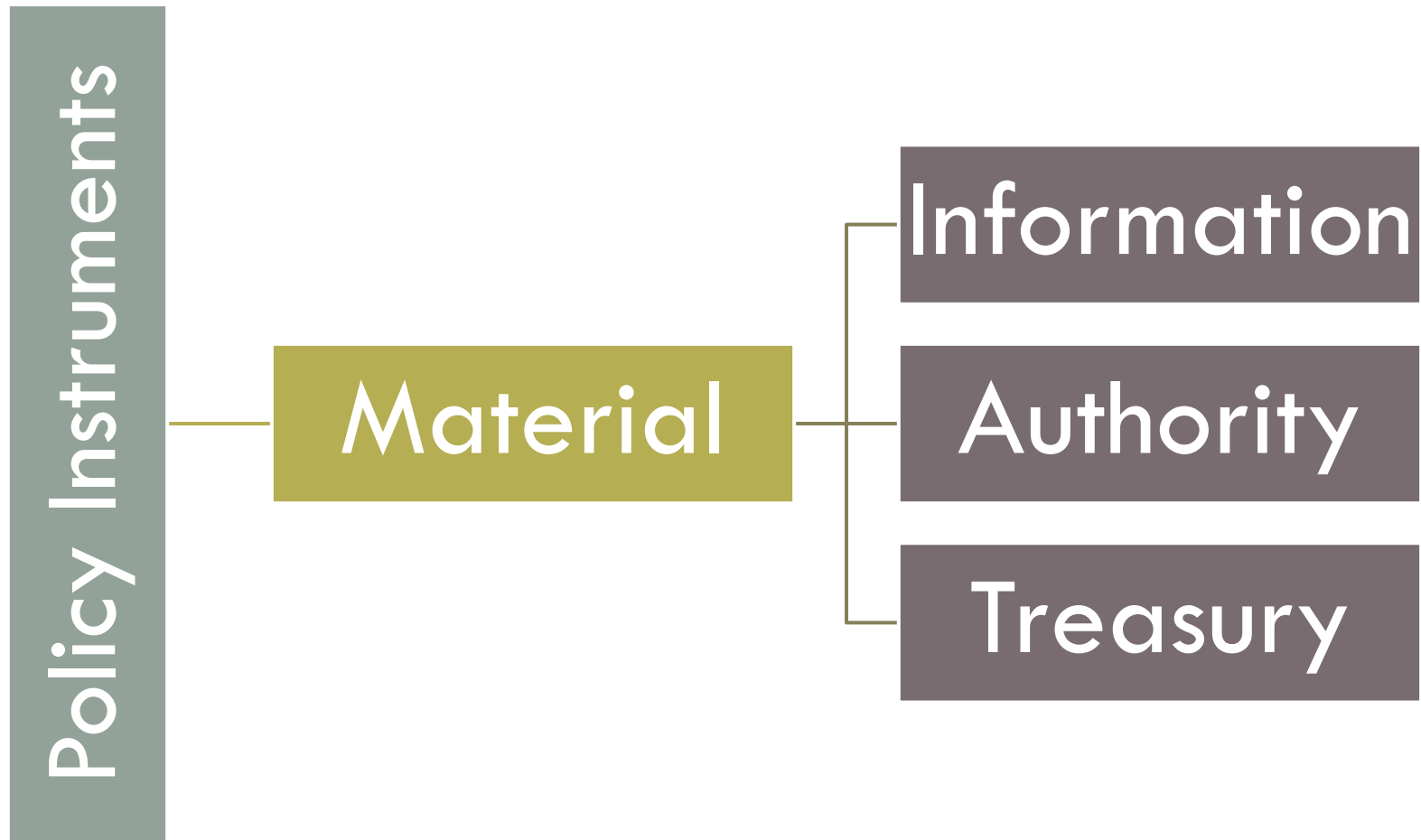
Some Policy Basics:

Public Policy Instruments



Some Policy Basics:

Public Policy Instruments



Some Policy Basics:

Public Policy Instruments

- Information/knowledge policy instruments
 - ▣ Educate policy targets to alter their behavior. Examples: Policies that...
 - Fund trauma-informed trainings for health care providers in urban areas
- Authority instruments
 - ▣ Mandate behavior or practices. Examples: Policies that...
 - Require that organizations have a plan to provide trauma-informed services in order to receive public funding
- Treasury instruments
 - ▣ Use of the financial resources of the government. Examples: Policies that...
 - Provide block grants for trauma-focused services

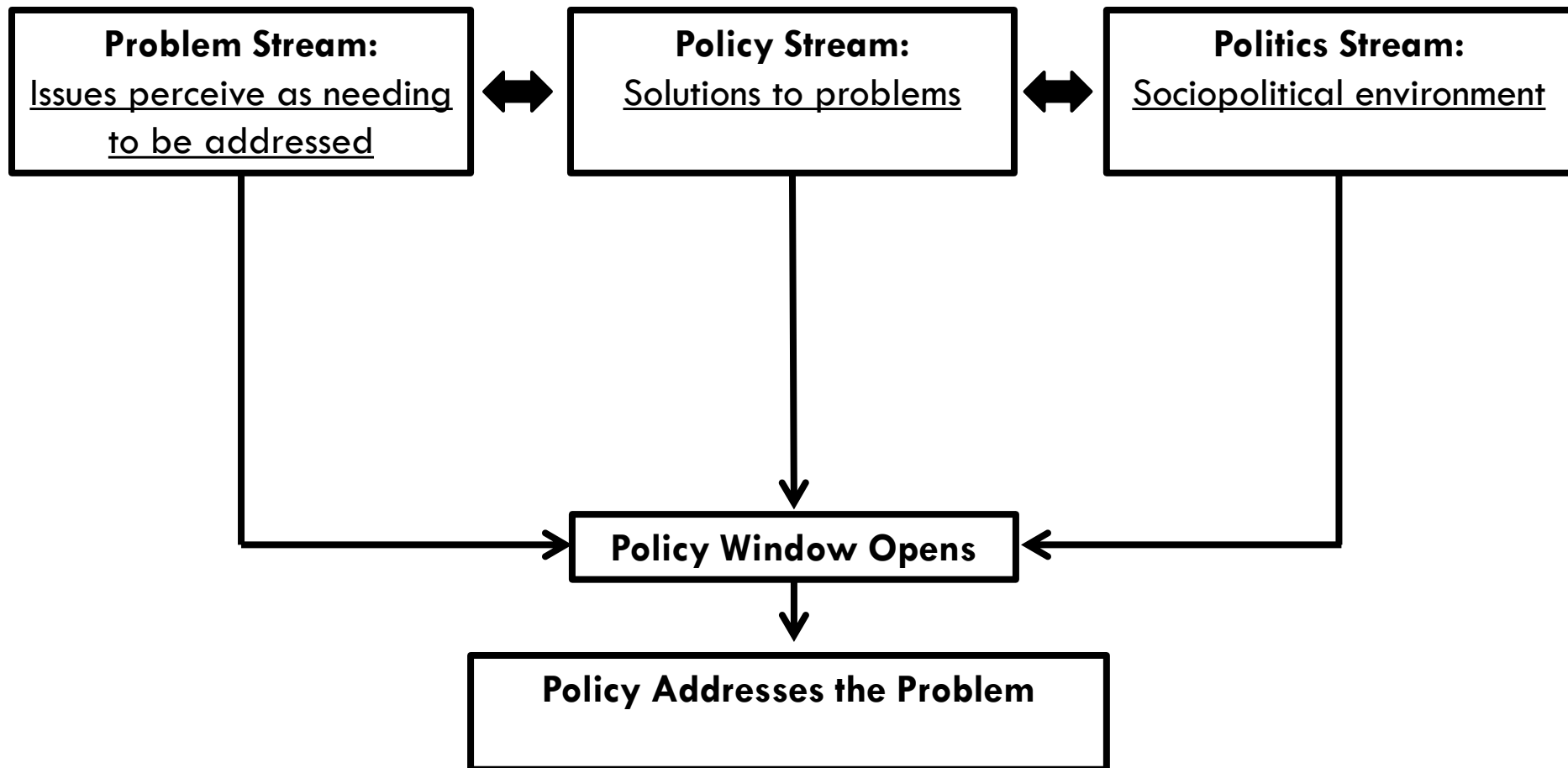
Some Policy Basics:



- Public policy is political, not rational
 - ▣ Some factors that play major roles in public policymaking
 - Ideology
 - Emotion
 - Economics
 - Election cycles
 - Relationships
 - Public opinion
 - Research evidence

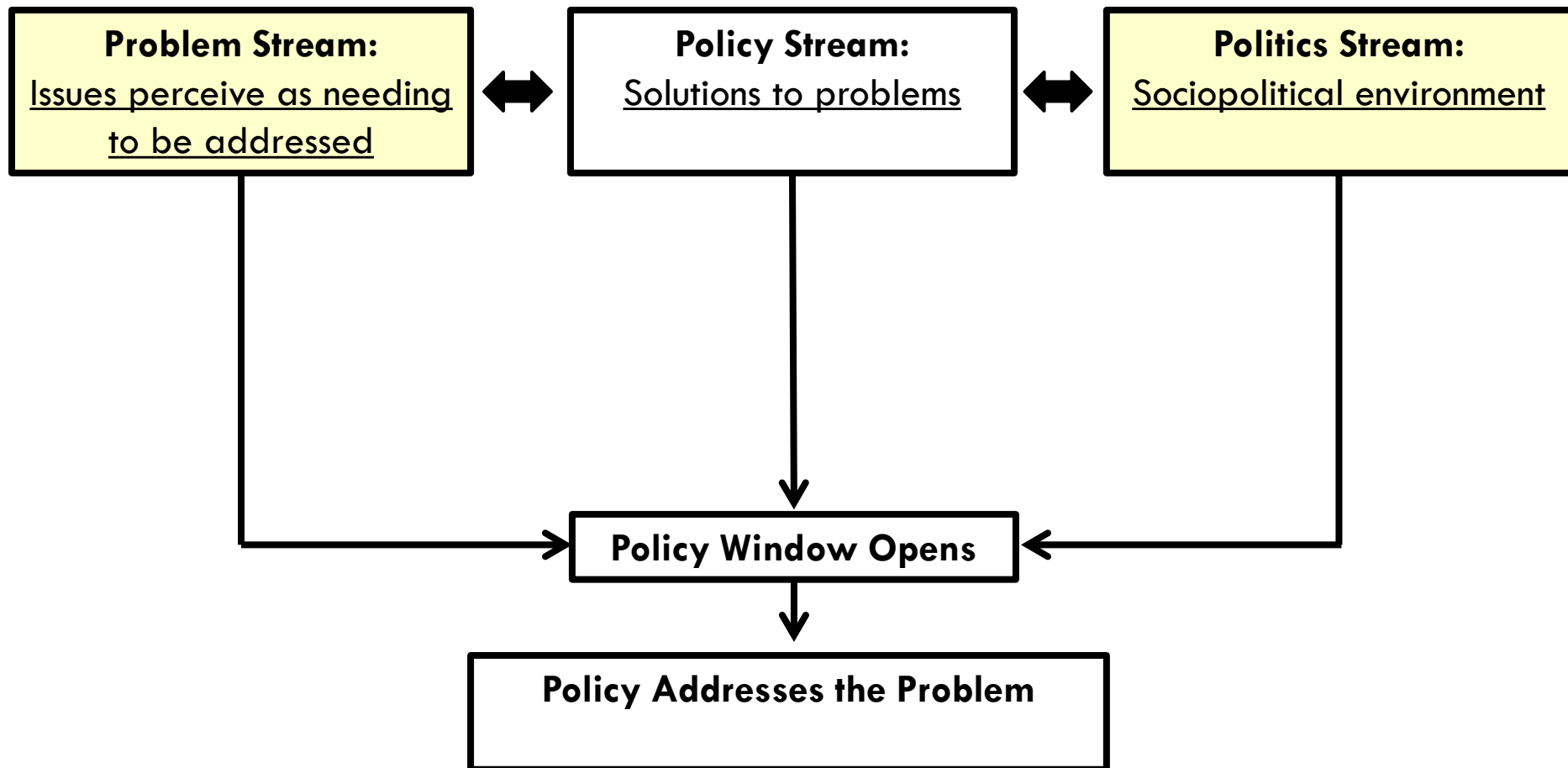
Some Policy Basics:


□ John Kingdon's Theory of the Policymaking Process



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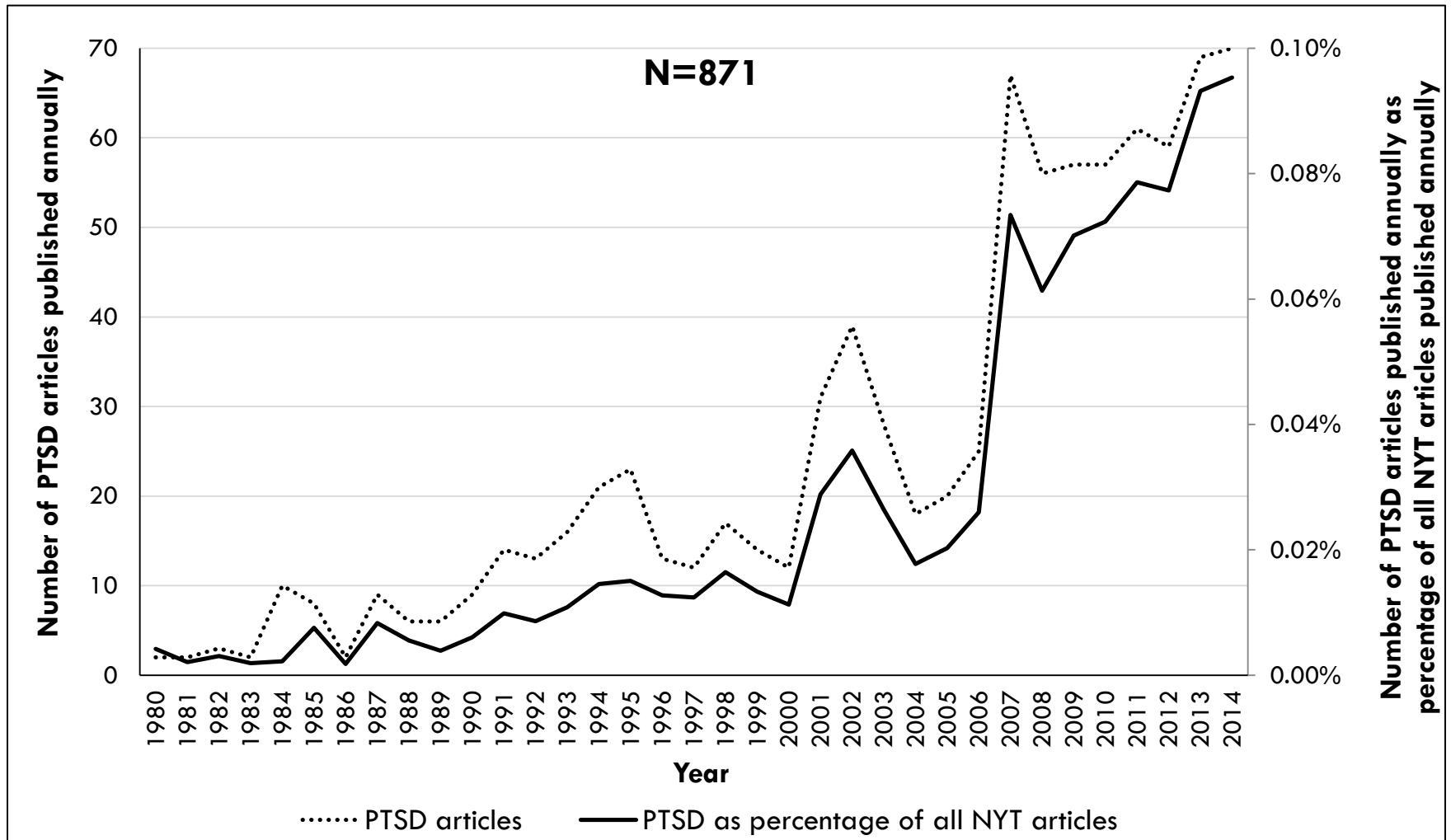
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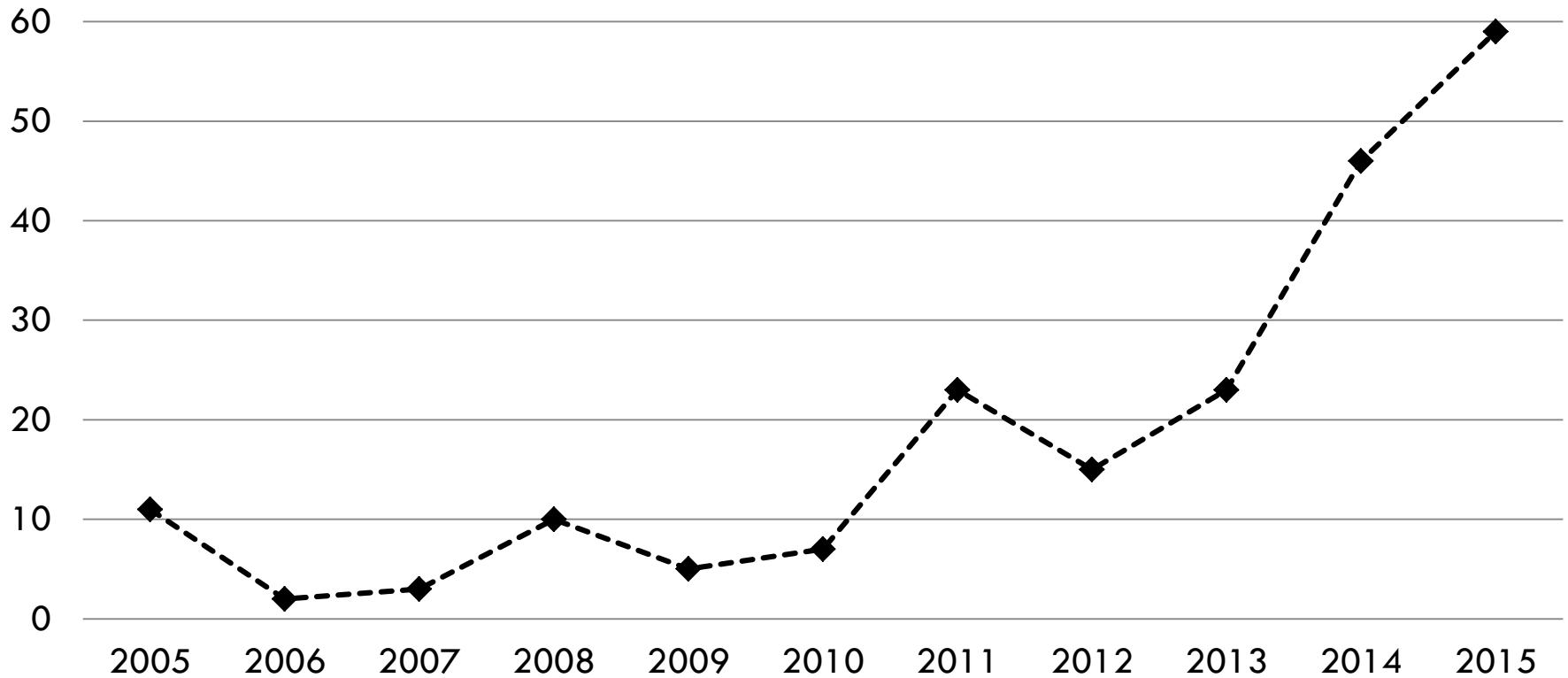
An open window with a view of a blue sky and white clouds. The window is white and has three panes on each side. The sky is a vibrant blue with soft, white, fluffy clouds scattered throughout. The text is centered in the middle of the window's view.

**A Policy Window
is Opening for
Trauma-Informed
Policy**

New York Times articles mentioning PTSD

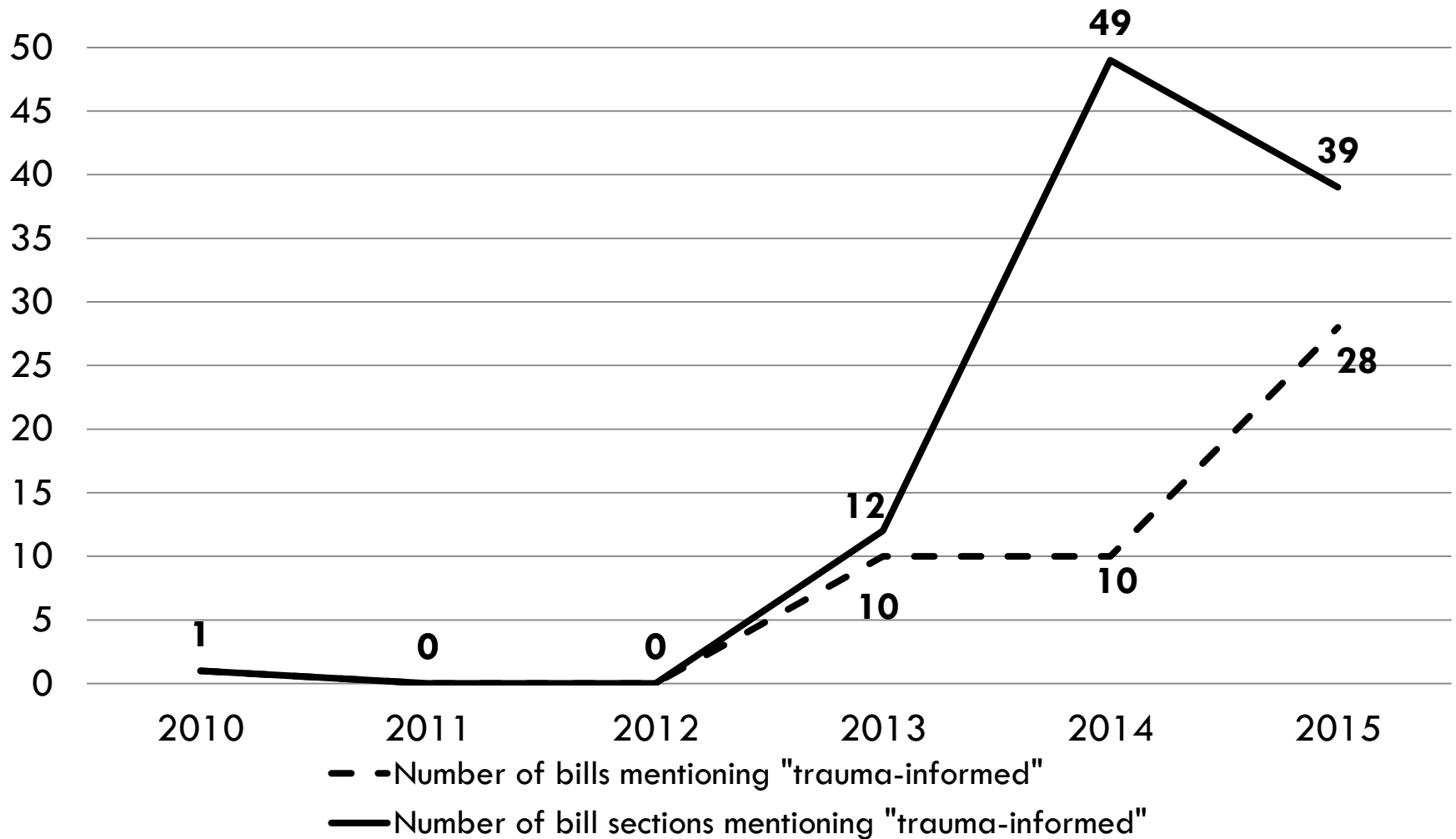


Journal articles mentioning “trauma-informed” in title or abstract



—◆— Number of articles in PubMed with "trauma-informed" or "trauma informed" in title or abstract

Bills introduced in US Congress mentioning "trauma-informed"

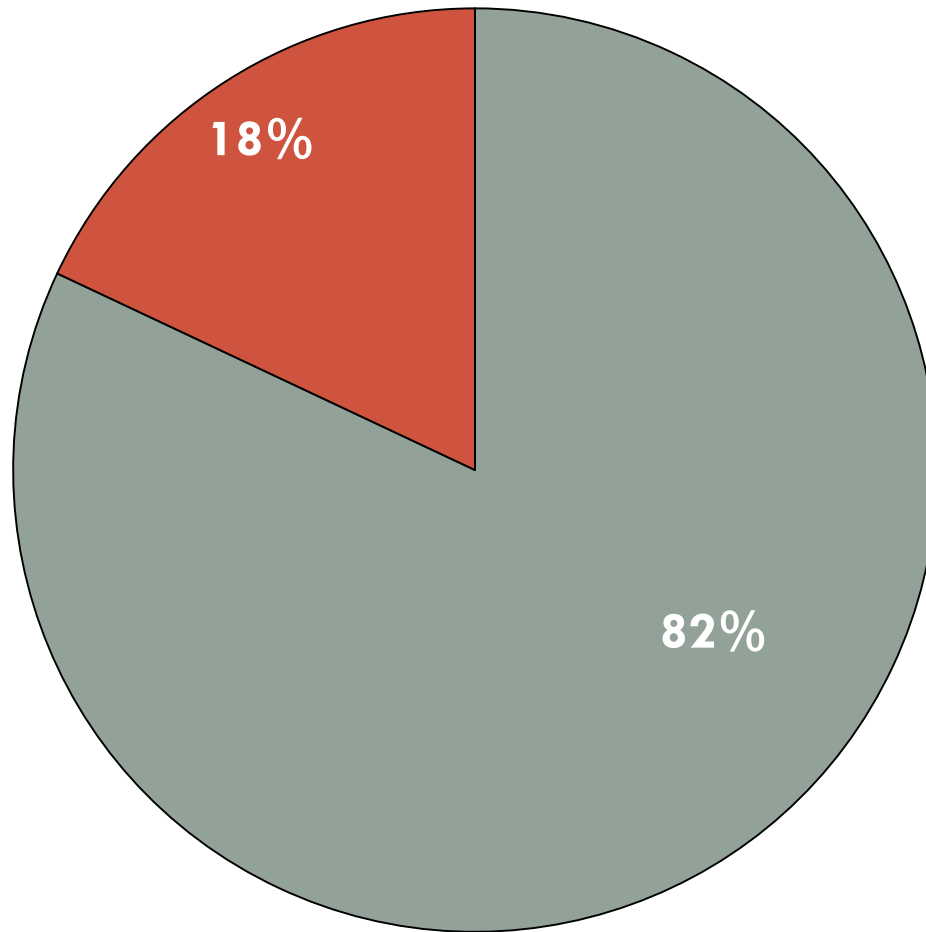


Number of 'trauma-informed' bills by political party of Congressperson who introduced them

N = 49

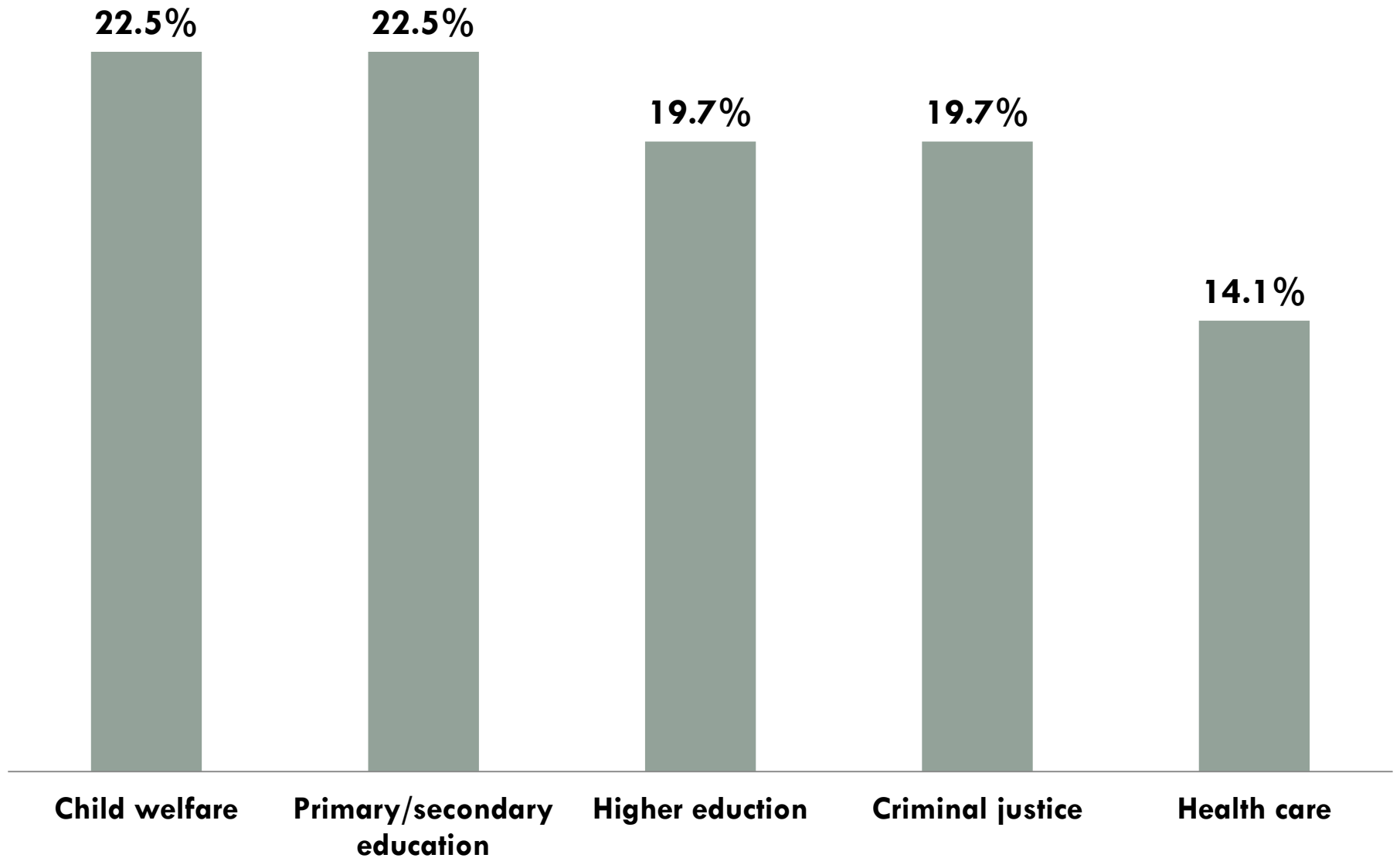
■ Democrat

■ Republican



Number of 'trauma-informed' sections by targeted sector

N = 71

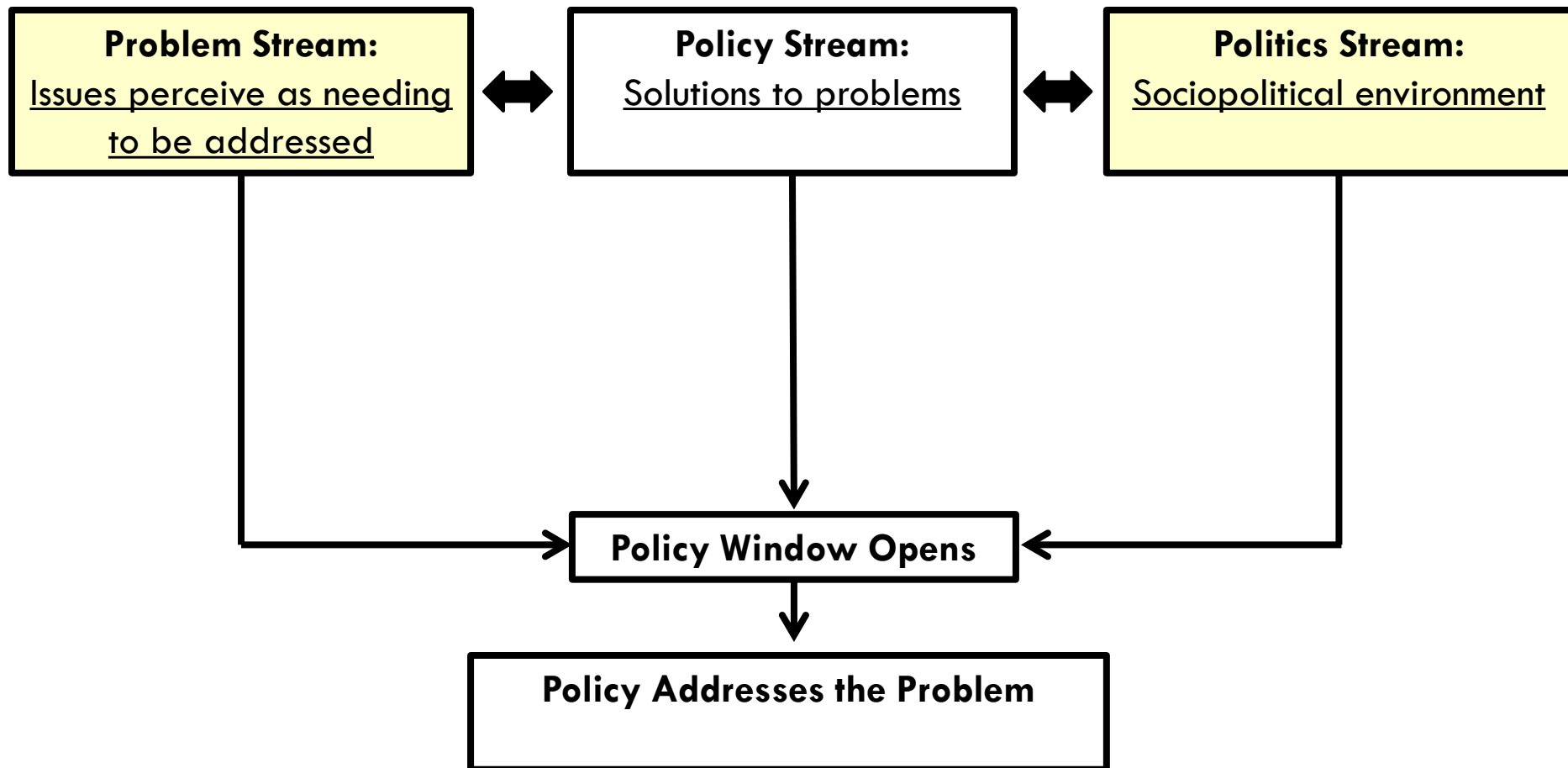


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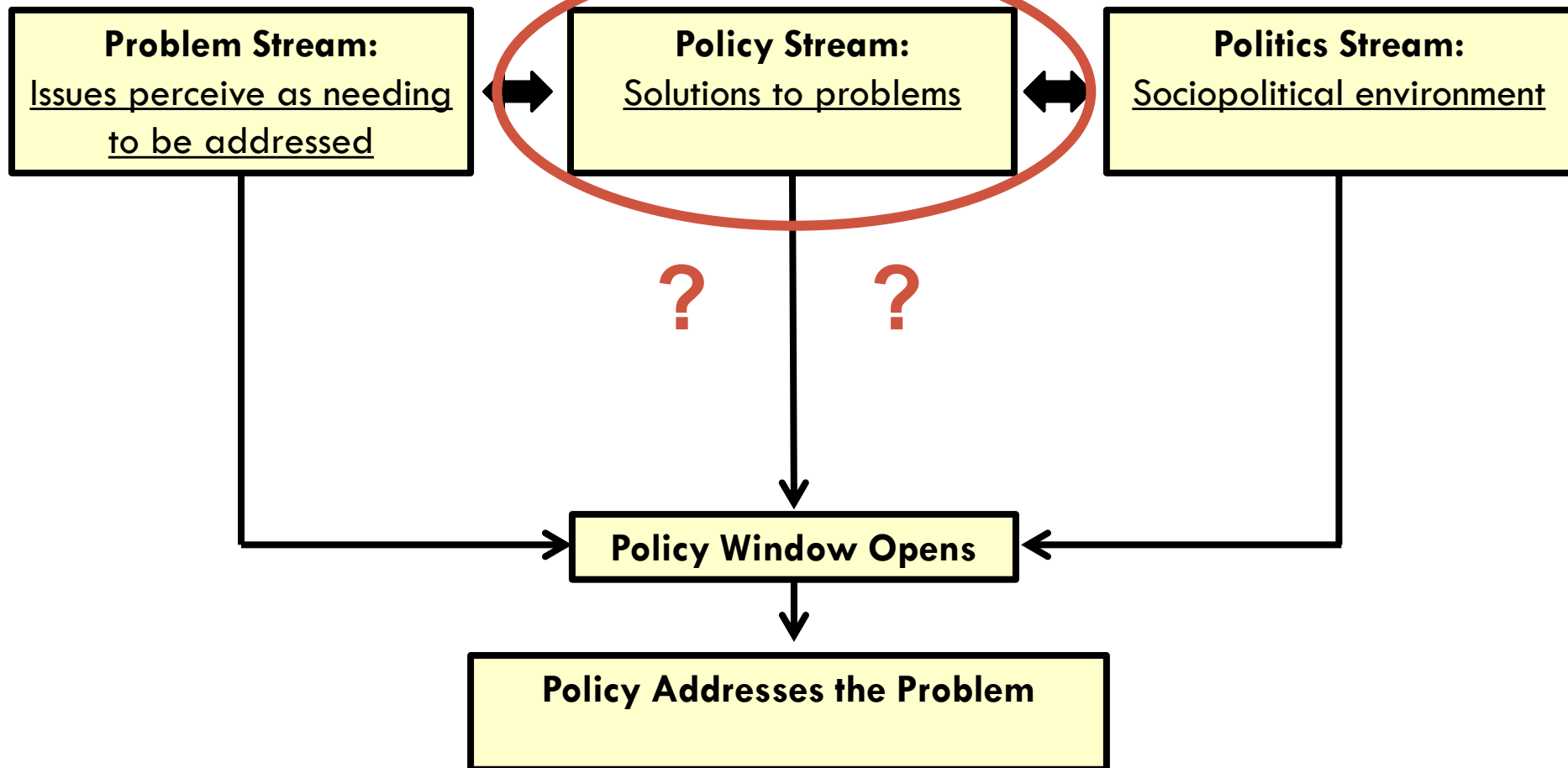
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An open window with a view of a blue sky and white clouds. The window is white and has three panes on each side. The sky is a vibrant blue, and the clouds are large, fluffy, and white. The text is centered in the middle of the window view.

**What is
“trauma policy?”**

Typology of Trauma Policies

Trauma-Preventive Policies



Typology of Trauma Policies

□ **Trauma-Preventive Policies:**

▣ Policies that are not necessarily designed with the explicit intent of addressing traumatic stress, but have great potential to do so by reducing exposure and promoting resilience

■ ≈ primordial/primary prevention

■ Examples: policies that...

- Prevent gun violence
- Prevent motor vehicle accidents
- Prevent sexual assault
- Prevent child abuse
- Promote social support
- Promote income security
- Support early childhood development

Typology of Trauma Policies

Trauma-Preventive Policies

Trauma-Informed Policies

Typology of Trauma Policies

□ **Trauma-Informed Policies:**

- Policies that reflect knowledge about the prevalence of trauma exposure in a population and how the effects of trauma could have secondary consequences

- ≈ secondary prevention

- Examples: policies that...

- Require an organization's staff to participate in trauma-informed training as a condition for the receipt of funds
- Regulate the conduct of attorneys in criminal cases
- Require program oversight and review by a panel of trauma "experts"

Typology of Trauma Policies



Trauma-Preventive Policies



Trauma-Informed Policies



Trauma-Specific Policies



Typology of Trauma Policies

□ **Trauma-Specific Policies:**

- Policies that promote access to interventions that mitigate the effects of trauma exposure and promote recovery
 - \approx tertiary prevention
 - Examples: policies that...
 - Provide reimbursement for trauma-focused treatments
 - Incentivize mental health providers with training in trauma-focused treatments to practice in underserved areas
 - Mandate screening for trauma symptoms and referral to treatment (e.g., trauma center accreditation policy)

Recap: Typology of Trauma Policies

Trauma Preventive Policies

- Reduce trauma exposure and enhance resilience

Trauma-Informed Policies

- Mitigate the impacts of trauma

Trauma-Specific Policies

- Enhance access to trauma-focused services

A Few Policy Advocacy Tips:

- What to advocate for:
 - ▣ Request specific policy changes
 - ▣ Try to avoid overly general requests
 - Tell policymakers how they can address the problem using the resources and authority that are at their disposal
 - Example: Vermont (H. 762): “This bill proposes to require a patient’s Blueprint for Health medical home to use the Adverse Childhood Experience Questionnaire in assessing the patient’s health risks. It also makes Medicaid reimbursement of primary care providers contingent upon the use of the Adverse Childhood Experience Questionnaire.

A Few Policy Advocacy Tips:

- What to advocate for:
 - ▣ Request specific policy changes
 - ▣ Try to avoid overly general requests
 - Tell policymakers how they can address the problem using the resources and authority that are at their disposal
 - Or at least how they should figure out how to address the problem (e.g., establish an expert advisory committee)
 - ▣ Awareness raising is necessary but not sufficient
 - Work to pass resolutions like that of Alaska's (HCR 21)
 - But don't stop there

A Few Policy Advocacy Tips:

- How to advocate:
 - ▣ Mix stories with data
 - Local stories
 - Trauma survivors, program administrators
 - Local data
 - BRFSS ACE data
 - ▣ Provide examples of policies in other cities/states
 - ACEs Connection
 - ▣ Reach out to policymakers and their staffers
 - ▣ Language matters
 - “Toxic stress”
 - “The simplifying model of Toxic Stress, which explains how development can be derailed, also proved fruitful in discussions with ordinary Americans about child mental health. Toxic Stress distinguishes the experience of damaging stress from growth-promoting stress, by explaining that when the body’s stress management systems are activated for prolonged periods the body can release chemicals that are toxic to the brain’s architecture.” – Frameworks Institute

“Reason and objectivity are not the primary determinants of society’s reactions to traumatized people. Rather... society’s reactions seem to be primarily conservative impulses in the service of maintaining the beliefs that the world is fundamentally just, that people are in charge of their lives, and that bad things only happen to people who deserve them.”

- McFarlane & van der Kolk.

Traumatic Stress. 1996 (p. 35)