

**Post Traumatic Stress:
PTS Disorder
to
PTS Growth**

Auburn University
Center for Governmental Services

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**Escaping
the
Trap**

Faculty

Lauren Spiro, MA
Director
National Coalition for
Mental Health Recovery

**We Are Born with Vast
Potential to Become . . .**

. . . but it is easy to get stuck in the trap
and not even know one is stuck

My Life Force Had Been Stifled...

- By the impact of human disconnection in my early childhood
- I experienced such a profound lack of safety when I was growing up - it led me to cling to anyone who offered safety and anything that could numb the pain

My Life Force Had Been Stifled...

- Trauma and abuse
- War and violence
- Various forms of oppression that taught me to have a small life
 - e.g., sexism, racism, classism, etc.

My Life Force Had Been Stifled...

- At 16, labeled with chronic schizophrenia and told that I would never recover
 - I experienced coercion, force, and control by others, which added layers of hurt, humiliation, and shame

The Profound Impact of Trauma On Body, Mind, and Spirit

- Often results in isolation, disconnection, learned helplessness, and adverse physical conditions
- “Courage in women is often mistaken for insanity”
- Silent epidemic, our sisters are not escaping the trap

The Profound Impact of Trauma On Body, Mind, and Spirit

- 75% of all psychotropic meds are prescribed to women
 - *Mental Health, Racism and Sexism*, University of Pittsburg Press, 1995
- We must stop over-medicating women

The Profound Impact of Trauma On Body, Mind, and Spirit

- The role of trauma in the lives of persons receiving psychiatric services is seriously under-addressed
 - “Many providers may assume that abuse experiences are additional problems for the person rather than the central problem . . .”

– Hodas, 2004

Violence Against Women and Girls Is Epidemic

- Reenactment of victimization is a major cause of violence in society
 - Many violent adult criminals were physically or sexually abused as children

– Jennings, A., 2004

Violence Against Women and Girls Is Epidemic

- **97% of homeless women with serious mental illnesses have experienced severe physical and sexual abuse**
 - **87% experience this abuse both in childhood and adulthood**

– Goodman et. al., 1997

Violence Against Women and Girls Is Epidemic

- **50% - 80% of women who are incarcerated have histories of physical or sexual abuse**
 - Veysey, De Cou, & Prescott, 1998
- **More than 50% of murdered women are killed by a current or former male partner**

– Browne, A., 1992

Nothing About Us Without Us

- **An effectively caring person is the “most ‘dangerous’ revolutionary you can let loose”**
 - Harvey Jackins, founder Re-evaluation Counseling, www.rc.org
- **To counter the oppressive policies, practices, and services in the mental health and health care system, the National Coalition for Mental Health Recovery was formed in 2006**

The New Mainstreams

- **Recovery is possible for everyone**
- **We must be in control of our lives**
- **We need access, opportunities, meaningful choices to fully integrate into the community**
- **We must be centrally involved in decisions affecting us**
 - **Nothing About Us Without Us**

The New Mainstreams

- **We will work to eliminate the prejudice and discrimination associated with mental health problems**

Emotional CPR (eCPR)

- **Teaching people to assist others through an emotional crisis (A public health education program of the NCMHR)**
- **The three elements of the practice of eCPR:**
 - **C = Connecting with compassion and concern to communicate**

Emotional CPR (eCPR)

- P = emPowerment to experience passion, purpose and planning
- R = Revitalize through reestablishing relationships, routines and rhythms in the community

The Power of Hope

- We need public and private partnerships to infuse trauma-informed care into all human service delivery systems

The Power of Hope

- We need an enlightened society that understands people can recover and every person who comes in contact with a person on their recovery journey can assist in that recovery by being respectful and hopeful
 - This is my life's purpose and why we formed the National Coalition for Mental Health Recovery

Hope, Healing, and Liberation

“Our greatest impact lies in our relationships with one another and the way we are in the world. It is through relating and understanding oppression that we have the courage to find and speak our truth. In finding and speaking our truth we find healing and liberation.”
- Lauren Spiro

Resources

- www.ncmhr.org
- www.emotional-cpr.org
- www.rc.org
- www.mentalhealthpeers.com
- www.power2u.org/peer-run-crisis-alternatives.html

Contact Information

Lauren Spiro, MA
Director
National Coalition for
Mental Health Recovery
laurenspiro1@gmail.com