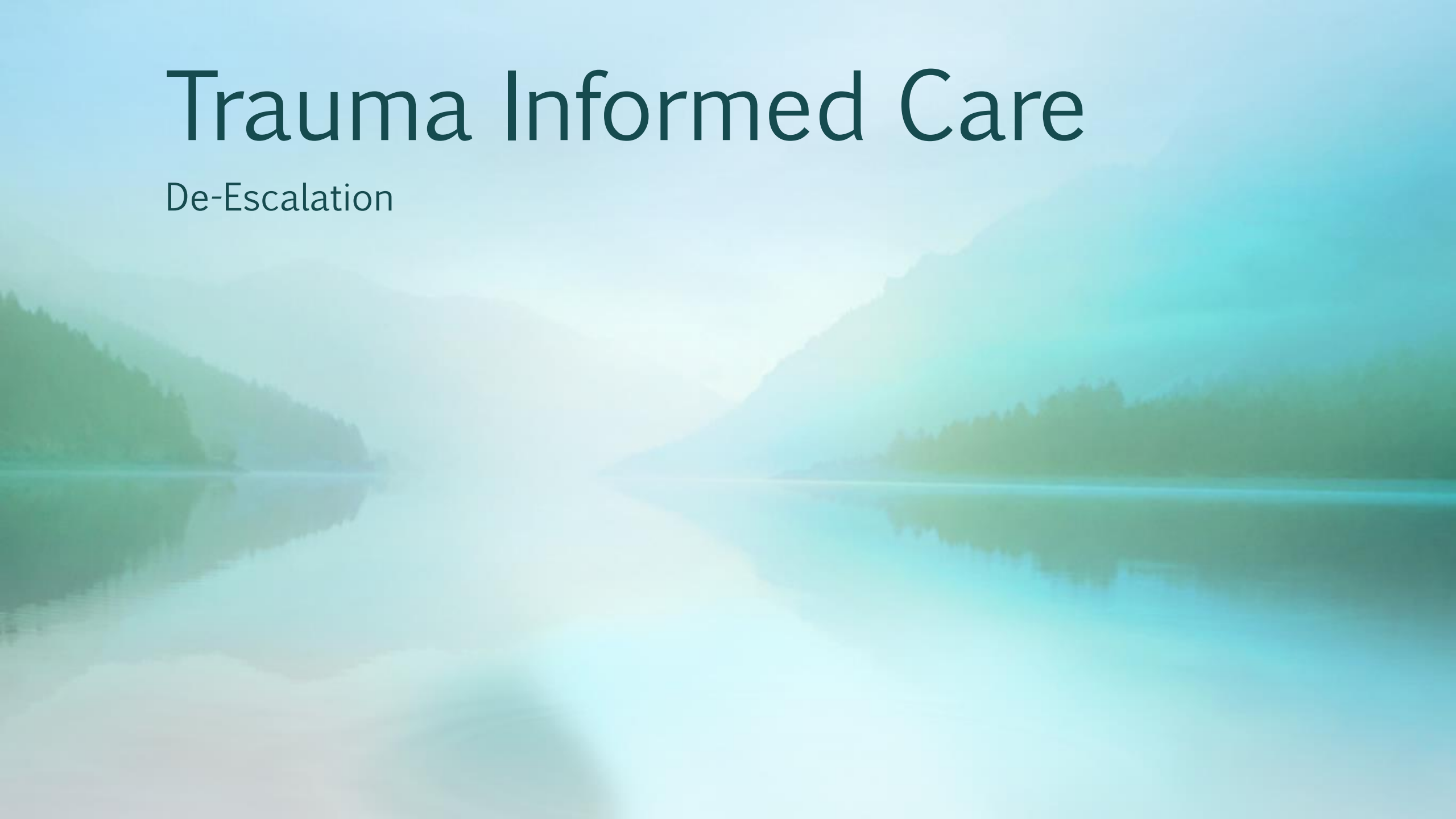


Trauma Informed Care

De-Escalation



Goals

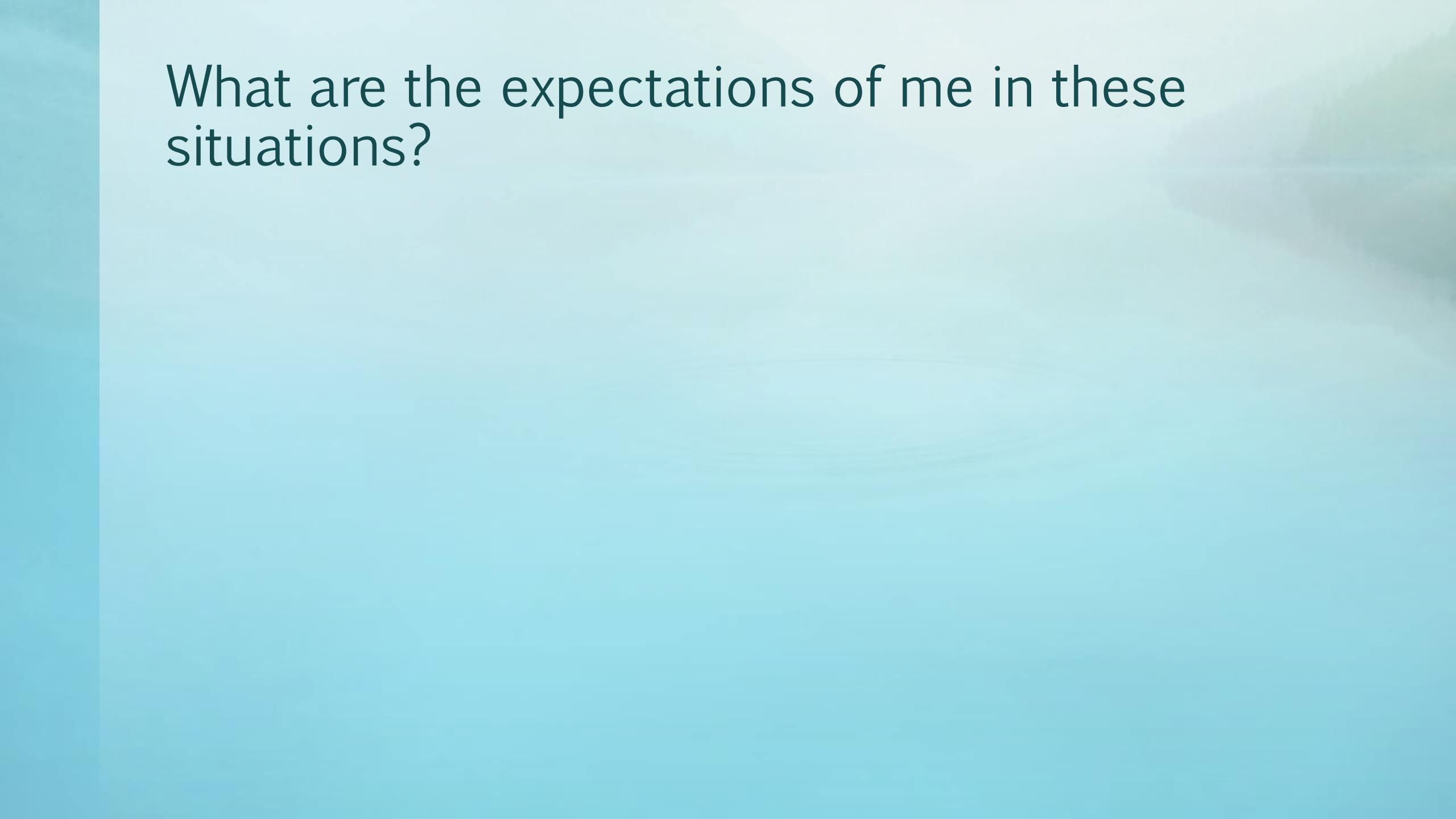
- Stay in control of your responses
- Provide support
- Avoid escalating

Fight or Flight

- Freeze
- Flight
- Fight
- Fright

Cognitive Distortions and Being Present

- What are the things we tell ourselves that could be making things appear worse?
- What helps me stay present?

A serene landscape with a calm lake in the foreground, a small boat in the middle ground, and misty mountains in the background. The scene is peaceful and contemplative.

What are the expectations of me in these situations?

Why is this happening?

- What is the motivation for the person?
- What is driving this?
- What are they trying to gain or avoid?
- Don't assume you know... ask
- Silence can be your friend
- Don't tell someone to “calm down”

Scenario

- 13 year old child with Autism who became aggressive, slapping everyone he encountered on the back...hard...

The case of the misplaced slap

- What objective information is available?
- What assumptions might be made?
- What actions could be taken?
- What are the impacts of each action?

Short term focus shift to Long Term

Short term	Long Term
Intervention	Prevention
Reaction	Know what to prevent
Seek shifting relationship	Build lasting relationship
Safety Resolution	Problem resolution

Prevention

- Proactively assess risk
 - Manage environment
 - Positive behavior support
- Develop strategy
- Evaluate strategy
- Revise Strategy

POST- Vention

- Assess what has occurred
- Decide what should happen next time
- Create plan for how to make it happen
- Evaluate the plan when implemented and make changes as needed

Inside out Change

- Be confident in your abilities
- Be confident that the team will support your decision
- Meet the needs of the person – short and long term
- Reflect respect and dignity toward those you are dealing with
- Maintain the safety of everyone

Scenario

Elderly independent woman who falls and breaks hip resulting in extended hospital stay

Increasingly agitated

Complaining about imprisonment

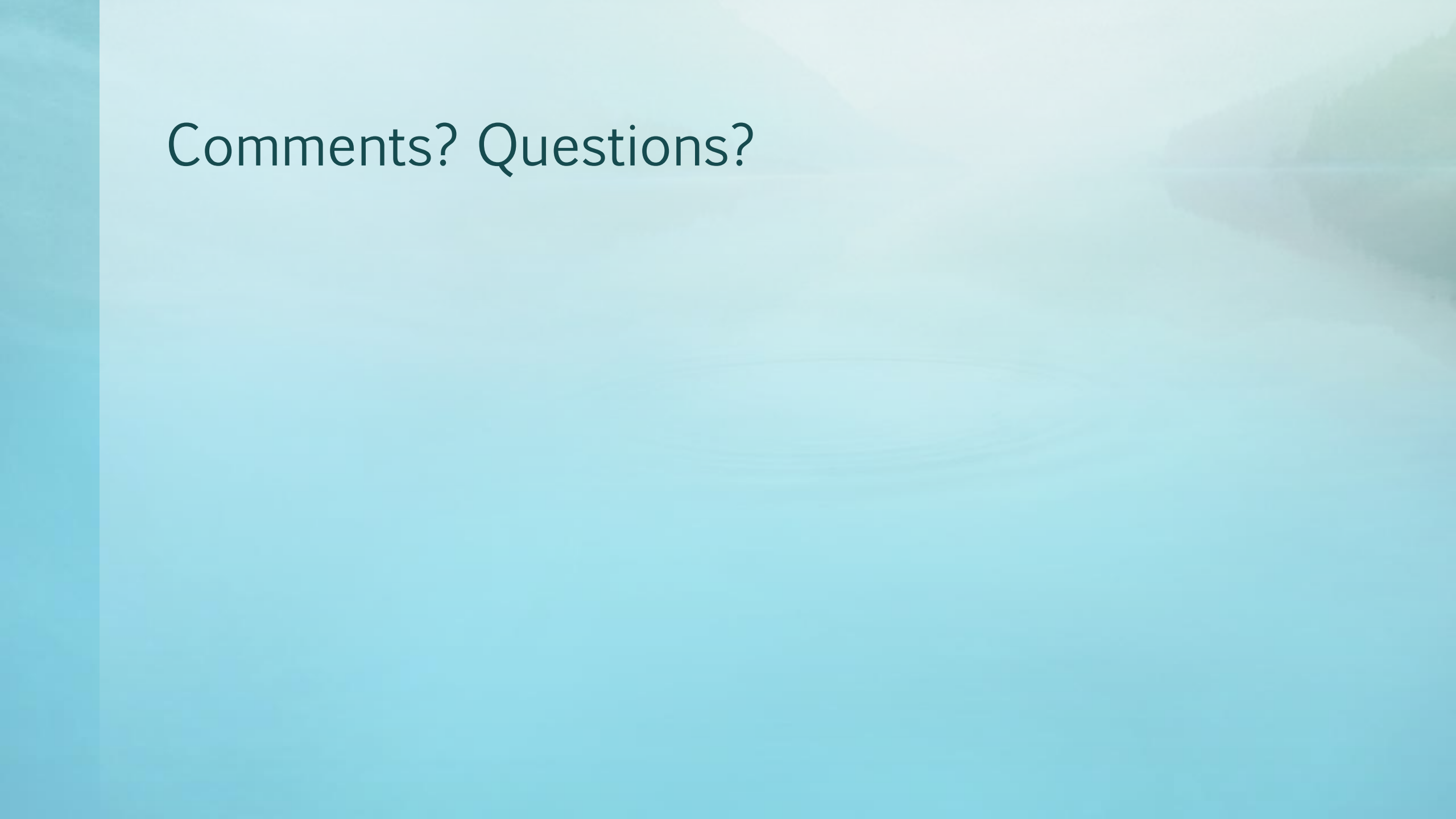
Started to throw objects including phone, bedside table, at staff

Response?

- What objective information is available?
- What assumptions might be made?
- What actions could be taken?
- What are the impacts of each action?

Next steps

- Team creation
- Protocol creation
- Referral and assessment for need for community resources
- Verbal judo



Comments? Questions?