Creating respectful environments to live and work in

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- Overall focus today is to define abuse in a broader continuum and not only look at clear cut abuse situations / prevention of those situations.
- Within this discussion we will explore how to set up environments that respect individuals and safeguard them.

Is this abuse?

- [http://www.youtube.com/watch?v=3lXWkV153oA]
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Definition

Inappropriate use of power based on roles and norms within those roles and relationships

Types of clear abuse

- Sexual
- Physical
- Financial
- Verbal/Sexual Harassment
- Neglect
The United Nations: How does the United Nations define abuse?

Acknowledgment and Interventions:
- Adults are twice as likely to suffer abuse/suicides in an institution than in community living.
- Adults are twice as likely to suffer abuse and neglect in community living than in their families' homes.

Health Canada Literature Review:

CAMH Research 2003
- In Canada, research indicates that children with disabilities are 5 times more likely to be abused than the general population.
- Of the children with developmental disabilities who have been abused, 36.8% continue to live with the perpetrator.
- Research has shown that there is a very low rate of reparation for sexual assault of persons with intellectual disabilities. People with developmental and/or intellectual disabilities who have been sexually assaulted show the same range of emotional symptoms after the assault as do the general population.
- In studies of women with intellectual disabilities, those reporting sexual abuse range from 28 – 31%.

Canadian Association for Mental Health Research 2003
- Children with developmental disabilities are more likely to live in families at the lower end of the income scale.
- 28.8% of children with developmental disabilities live in households where the income is at the low or the lowest quintile as opposed to 17% of children without disabilities.
Education
- In Ontario, 15% of children receive special education funding. The key issue for children with developmental disabilities is that they are missed in the school system and identified only later so they don't get help with their education in the early years when it is so important for them.
- Only 33% of Canadians support inclusive education for children with developmental disabilities.

Criminal Justice System Involvement
- Estimated percentages of developmentally delayed persons in Canada's criminal justice system range from 2% to 36%. The range in percentage is broad as there are wide variations in how offenders are identified as developmentally disabled.
- The percentage of men involved in the Canadian criminal justice system (provincial detention) with Intellectual disabilities (ID) -- also called developmental disability: 19% with a probable diagnosis of ID and 30% with borderline ID.

Environment
- Adults with developmental disabilities prefer real jobs as opposed to sheltered workshops but supported employment models have not resulted in people getting and keeping jobs in the community in very large numbers because of the high level of support required.
- 80% of people with intellectual disabilities are out of the labour force.

Homelessness
- Estimates of people with dual diagnosis among the homeless or inadequately housed range from 10% - 15% up to 40% - 50%.

Families
- U.S. data shows that 80% - 85% of children and adults with developmental disabilities will live with their families until their parents' health declines or they die.
- 77% of adults with developmental disabilities are presently living with parents who are 60 or over.
- In southeastern Ontario, 84% of children with developmental disabilities who receive services live with their parents; 49% of those 18 - 44 years of age and 12% for those over 45 live with their parents.
The biggest myth:
- It is not about the person: who suffers abuse, but rather about their proximity to abuse.
- Unique vulnerabilities of people with developmental disabilities and in particular dual diagnoses that cause them to be in close proximity to abuse and unable to the assert their rights. Real care must support those dual diagnoses.
- Personal and informal power of the people who support them.
- History of lack of ability to say “no” instead of compliance.

Give voice:
- Communication challenges render individuals extremely vulnerable.
- Anything that can be put in place to give a voice to individuals so that they can communicate what’s happening to them is body language and mark identities.
- Enlist help of OT or CDA to help put tools and resources in place that allow people to communicate their needs etc.

Definition PTSD:
Post-traumatic stress disorder (PTSD) is a psychiatric illness that can occur following a traumatic event in which there was threat of injury or death to you or someone else.

Definition of Complex PTSD:
- Where the symptoms are the results of a series of events, and a cumulative stress response the term Complex PTSD may be more appropriate.
- It's widely accepted that PTSD can result from a single, major, life-threatening event, as defined in DSM-IV. Now there is growing awareness that PTSD can also result from an accumulation of many small, individually non-life-threatening incidents.
- This is often the case for the people we support.

Impact of abuse and trauma:

1. Repeated “reliving” of the event, which disturbs day-to-day activity:
   - Recurrent distressing memories of the event
   - Recurrent dreams of the event
   - Flashback episodes, where the event seems to be recurring
   - Bodily reactions to situations that remind them of the traumatic event

PTSD to CPTSD (DSM-IV)
2. Avoidance
- Inability to remember important aspects of the trauma
- Lack of interest in normal activities
- Feelings of detachment
- Sense of having no future
- Emotional "numbing", or feeling as though they don't care about anything
- Reduced expression of emotions
- Staying away from places, people, or objects that remind them of the event

3. Arousal
- Irritability or outbursts of anger
- Sleeping difficulties
- Difficulty concentrating
- Exaggerated response to things that startle them
- Hyper vigilance

Individual causes – think a cause and correct
1. Prolonged period of negative stress
2. Insomnia
3. Lack of means of escape
4. Enmeshment
5. Repeated violation of boundaries
6. Betrayal
7. Rejection
8. Emotional pain
9. Confusion
10. Loss of control
11. Loss of control
12. Blame
13. Lack of knowledge
14. Loss of support
15. Bullying
16. Humiliation
17. Anger
18. Unresolved grief
19. Financial challenges

Specific vulnerabilities of DD
- Most disabilities: people have meet symptoms
- Supports are domesticated to new physical symptoms or new behaviors (regular bruises or a bite)
- Caravans: symptom
- Chronic pain or chronic medical condition
- Disruption of pain and diagnostic overshadowing can add to lack of screening
- Caring for parents, relatives, and patients is a real issue in system of supports

?? PTSD ??

Know your responsibilities under various legislations and acts in D&A. Examples of avoidable can be helpful.

Example apart from doctors: Regulation on quality assurance measures from WHO (new age)
The interventionist approach

- Creative social skills training - biggest vulnerability is sustained existence
- Ensure that everyone has one person who is not afraid to be in their life and listen to them
- Increase personal assertiveness and opportunities
- Inventory understanding and use these as foundations for all functions and activities
- Promote social strength that can be used for counseling and negotiated support

Language

- Use nonverbal language and not spoken language
- Always refer to person by name and when protecting their privacy use person, personal etc.
- Help them to understand and process experiences (positive and negative). These are all changes we are... changes for personal growth, not just, change, accuracy Switzerland vs. manufactured or returned skills.
- Use basic tools such as emotional charts to regulate emotions and build resilience. The inability to regulate emotions has often led individuals to retransmission or repeated stress and neglect.

Teachable moments

- Use everyday and ordinary activities as opportunities for teachable moments, as well as structuring time to work on emotions regulation and choice making as a skill.
- Goal is empowerment of and collaboration with the person supported

Sample tools

- People supported and their networks understand and recognize these losses in the field... a summary of research presented and explained.
- Value the value of open communication - as social or influential conversations on courage for giving values.
- Clearly defined values by the support network
- Clearly defined values and resources within the support system.
- Purposely actions to prevent social isolation via creative resources and ongoing socialization.
- Indicators of health are learned in low risk and never for severe behavior.
- Doing with rather than to or for. (i.e., making personal, flexible when the disconnect out of being stuck in... environment has necessary support.
BECOME INFORMED

What are the behavioral indicators of abuse?
- Lack of enjoyment
- Aggressive behavior

What are the risks of not screening for abuse?

NON INFORMED ENV.

- They lack the risk of inappropriate, behavioral interventions that can harm the individual.
- Behaviors that require intrusive measures are not observed.
- Fear of seeking and treating them that do not match the real need and therefore do not result in supporting the person to integrate the experience and recover from it.

So PTSD can look like psychosis, schizophrenia, violence, etc.

SAFETY PLANS

- Individualized or general
- Three stages
  1. Crisis intervention – 911 or other emergency response
  2. Trauma-focused in strength-based counseling assessments, prevention strategies
  3. Connect coping to safety, resilience prevention intervention

What are the benefits CRED?

- People recover from trauma.
- Health outcomes are improved significantly and emocional
  and in functional, psychological, social, physical, etc.
- Behaviors are learned to ease screening incidents
- People are likely to gain life skills at their own rate
- Treatment services are needed and appropriate diagnosis
- Maladaptive behaviors decrease
- Overall recovery satisfaction increases for underserved
- Provide greater future outcomes, increase, and support for
  social disabilities

(Both Now et al 2016 and Creda assesses social anomadads)

RESPECT ME!

http://www.youtube.com/watch?v=wn4A0X4lGjx