

DEALING WITH TRAUMA DURING TIMES OF STRESS

ADVENTIST RECOVERY MINISTRIES

PILLARS OF RECOVERY

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COVID-19 AND TRAUMA

- FACING THE POSSIBILITIES OF BOTH YOU AND YOUR LOVED ONES GETTING SICK AND FACING DEATH
- LOSS OF WORK, INCOME AND THE ABILITY TO CARE FOR YOUR FAMILY OR
- WORKING FROM HOME AND NEEDING TO SCHOOL CHILDREN FROM HOME WHILE WORKING
- LONG LINES FOR PEOPLE SEEKING FOOD OR GETTING COVID-19 TESTING
- ADJUSTMENT TO LONELINESS AND ISOLATION, LOSS OF FAMILY RITUALS/ROUTINES

COMPLICATING FACTORS

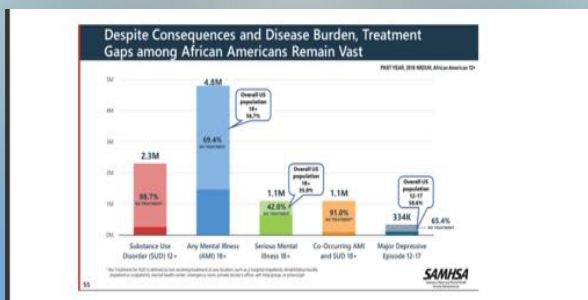
• HISTORIES OF UNTREATED TRAUMA. TWO-THIRDS OF THE POPULATION REPORT ONE OR MORE ADVERSE CHILDHOOD EXPERIENCES ACCORDING TO THE ACE STUDY. MUCH OF THIS HAS GONE UNTREATED.

- PHYSICAL ABUSE
- EMOTIONAL ABUSE
- SEXUAL ABUSE
- NEGLECT OF BASIC NEEDS
- DOMESTIC VIOLENCE
- ADDICTION IN FAMILY MEMBER
- MENTAL ILLNESS IN FAMILY MEMBER
- SUICIDE ATTEMPTS IN FAMILY MEMBER
- FAMILY MEMBER IN PRISON
- DIVORCE IN PARENTS

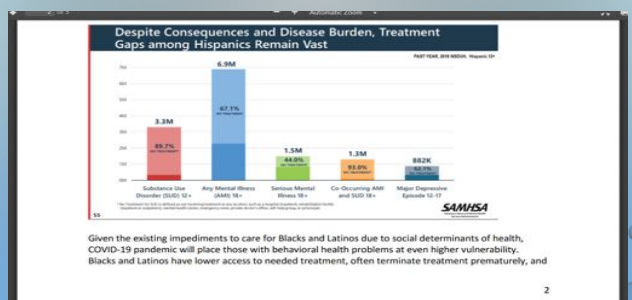
COMPLICATING FACTORS

- OTHER WOUNDS OR POST-TRAUMATIC STRESS DISORDER
- ADULT TRAUMA OR LOSSES
- PERSONAL SPIRITUAL CHALLENGES SUCH AS THE INABILITY TO TRUST GOD
- POOR DIFFERENTIATION OR DISCONNECTION FROM ONESELF
- FAMILY CONFLICT
- POOR COMMUNICATION AND ASSERTION SKILLS
- RACIAL TENSIONS AND DISPARITIES

VULNERABLE POPULATIONS: AFRICAN AMERICANS



VULNERABLE POPULATIONS: LATINX



VULNERABLE POPULATIONS: MIGRANT WORKERS

DR. DON VILLAREJO, THE AUTHOR OF THE NEW REPORT AND A RESEARCHER AT THE CALIFORNIA INSTITUTE FOR RURAL STUDIES (CIRS), ANALYZED THE COUNTY'S DAILY COVID-19 CASES AGAINST THE INDUSTRY IN WHICH EACH PERSON WAS EMPLOYED WHEN THEY CONTRACTED THE VIRUS. HE FOUND THAT AS OF JULY 1, THE PREVALENCE OF COVID-19 FOR AGRICULTURAL WORKERS WAS 1,410 POSITIVE CASES OUT OF 100,000, WHILE THE RATE FOR WORKERS IN ALL OTHER INDUSTRIES WAS 455 CASES PER 100,000 — A DIFFERENCE OF ALMOST 1,000 CASES. HE FOUND THE VASTLY HIGHER RATE OF INFECTION WAS DUE TO WORKING AND LIVING CONDITIONS THAT MAKE IT NEARLY IMPOSSIBLE TO MAINTAIN PHYSICAL DISTANCE FROM OTHERS.

VULNERABLE POPULATIONS: NATIVE AMERICANS

- **DATA POINT TO STARK IMPACTS OF COVID-19 FOR AIAN PEOPLE IN SOME STATES.** FOR EXAMPLE, AS OF MAY 11TH, AIAN PEOPLE MADE UP 18% OF DEATHS AND 11% OF CASES COMPARED TO 4% OF THE TOTAL POPULATION IN ARIZONA, 57% OF CASES COMPARED TO 9% OF THE TOTAL POPULATION IN NEW MEXICO, AND 30% OF CASES COMPARED TO 2% OF THE TOTAL POPULATION IN WYOMING. AS OF MAY 10TH, [THE INDIAN HEALTH SERVICE](#) (IHS) REPORTED NEARLY 5,500 POSITIVE CASES FROM IHS, TRIBAL, AND URBAN INDIAN FACILITIES, INCLUDING OVER 3,300 AMONG THE NAVAJO NATION, WHICH SPANS ARIZONA, NEW MEXICO, AND UTAH.

THE ANGER PANDEMIC

- AMERICANS ARE GETTING ANGRIER. IN JUNE, THE *WASHINGTON POST* PUBLISHED AN ARTICLE ON THE "ANGER INCUBATOR." THE *NEW YORK TIMES* HAD A STORY ON "MOM RAGE IN A PANDEMIC" IN ITS JULY 6 EDITION. IN APRIL, *FORBES* PUBLISHED AN ARTICLE WITH THE HEADLINE, "BEWARE THE GLOBAL ANGER PANDEMIC."
- THE [ANGER](#) PANDEMIC HAS ARRIVED, AND IT IS FIERCE.
- WITH THE THREAT OF COVID-19 STACKED ON TOP OF SEEMINGLY ENDLESS QUARANTINE, JOB LOSSES, AND SOCIAL UNREST, FEARS AND FRUSTRATIONS HAVE ERUPTED INTO A RAGE THAT IS BEING UNLEASHED AT ALARMING LEVELS. SOCIAL MEDIA FEEDS ARE FILLED WITH HATEFUL RANTS— ANGER ABOUT HAVING TO WEAR A MASK, ANGER AT PEOPLE WHO REFUSE TO WEAR A MASK, ANGER DIRECTED AT GOVERNMENTS AND ORGANIZATIONS, ANGER AT THOSE WHO ARE ANGRY. AT HOME, HOT TEMPER, SHORT FUSES, AND EXPLOSIVE OUTBURSTS ARE BECOMING MORE COMMON.

THE RISKS OF UNRESTRAINED ANGER

- **Ruinous for relationships:** Not only does it harm relationships and family dynamics, but it also negatively impacts physical health.
- **Higher risk of heart disease:** A study in the journal *Circulation* found that people who are prone to anger have twice the risk of coronary heart disease than those who aren't so angry.
- **Increased risk of stroke:** Research in the *European Heart Journal* shows that people are at 3 times the risk of having a stroke in the two hours following an angry outburst.
- **Weakened immune system function:** Anger also dampens the immune system, according to a [2016 study](#) from Spanish scientists.

THE RISKS OF UNRESTRAINED ANGER

- **Decreased lung function:** And research in the journal *Thorax* concluded that higher levels of hostility are associated with greater declines in lung function.
- **Increased anxiety:** Findings from a 2012 study in *Cognitive Behavior Therapy* show that anger can worsen generalized anxiety disorder.
- **Linked to other mental health issues:** Anger is also recognized as a symptom that is associated with several other mental health issues, including [depression](#), [ADD/ADHD](#), [personality disorders](#), and [substance abuse](#).

IS YOUR ANXIETY OUT OF CONTROL RELATED TO COVID-19?

- YOUR SLEEP IS DISRUPTED
- YOU HAVE TROUBLE CATCHING YOUR BREATH
- YOU HAVE AN **ANT** INFESTATION (AUTOMATIC NEGATIVE THOUGHTS)
- YOU ARE TRYING TO CALM YOUR STRESS WITH SUGAR
- YOU'VE STOPPED CARING ABOUT TAKING CARE OF YOURSELF
- YOU ARE MORE IRRITABLE

COVID-19 AND ADDICTION

• **Experts say people who are recovering from substance use are facing serious relapse issues during the coronavirus shelter-in-place orders.**

• **They say the self-isolation and boredom that comes with it can be a trigger to relapse into drug or alcohol use.**

COVID-19 AND ADDICTION

- BEFORE THE COVID-19 PANDEMIC, 130 PEOPLE WERE DYING EACH DAY IN THE UNITED STATES FROM DRUG OVERDOSE.
- DRUGS AND DRUG USERS HAVE NOT MAGICALLY DISAPPEARED. IN FACT, A [RECENT STUDY](#) BY WELL BEING TRUST AND THE AMERICAN ACADEMY OF FAMILY PHYSICIANS ESTIMATES AN ADDITIONAL 75,000 LIVES LOST DUE TO SUBSTANCE USE AND SUICIDE, COMPOUNDED BY ISOLATION AND UNCERTAINTY. A FEW CONCERNING EXAMPLES ACROSS THE U.S.: A [20% INCREASE IN OVERDOSE CALLS](#) IN JACKSONVILLE, FLORIDA; A SPIKE IN [DRUG-RELATED DEATHS IN CAYUGA COUNTY](#), NEW YORK; AND [13 OVERDOSE DEATHS IN FIVE DAYS](#) IN HAMILTON COUNTY, OHIO.

TRAUMA AND THE 12 STEPS

- HEALING MECHANISMS OF THE 12 STEPS RELATED TO TRAUMA
 - THE 12 STEPS PROVIDE FLEXIBLE STRUCTURE THAT PROMOTES LIFESTYLE CHANGE
 - SOME TRAUMA SURVIVORS NEED MORE STRUCTURE AND OTHERS NEED LESS.
"THE ONLY REQUIREMENT FOR MEMBERSHIP IS A DESIRE TO STOP DRINKING."
 - WELCOMING, TOLERANT, NONJUDGMENTAL ENVIRONMENT
 - SOBER SUPPORT, NOURISHING ENVIRONMENT IN A NETWORK OF RECOVERING PEOPLE
 - OVERCOMING THE ISOLATION RELATED TO THE SHAME AND TRAUMA
 - FLEXIBLE LANGUAGE IN THE STEPS: "GOD AS YOU UNDERSTAND HIM"
 - OPPORTUNITIES FOR CATHARSIS

TRAUMA AND THE 12 STEPS

- CHALLENGES OF 12 STEPS PROGRAMS TO TRAUMA SURVIVORS
 - LACK OF EDUCATION ABOUT TRAUMA LEADS TO INSENSITIVITY
 - SLOGANS AND TRAUMA
 - "TAKE THE COTTON OUT OF YOUR EARS AND PUT IT IN YOUR MOUTH" – DON'T TALK
 - "KEEP IT SIMPLE STUPID" (KISS) – SHAMING
 - "JUST FOR TODAY/ONE DAY AT A TIME" – ALMOST IMPOSSIBLE FOR A TRAUMA SURVIVOR
 - "WE ARE ONLY AS SICK AS OUR SECRETS" – SURVIVORS OF TRAUMA SURVIVE BY NOT TALKING
 - 12 STEP CONCEPTS
 - POWERLESSNESS AND UNMANAGEABILITY
 - MAKING AMENDS