



TRAUMA AND ABLEISM AS SOCIAL DETERMINANTS OF HEALTH FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

The Arc's National Center on Criminal Justice and Disability

Webinar Series – Webinar 2 of 4

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Presenters

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Overview of Today's Webinar

This webinar will:

1. Examine ableism as a social determinant of health. Trauma, ableism and disability bias are considered a social determinant of health (SDOH)
2. Provide a practical “how to” list when addressing discrimination of people with IDD in healthcare settings
3. Highlight progress in moving to supported decision making strategies



Trauma, Ableism, and Brain Health

- Traumatic events change the chemical makeup of the brain and increase the risk for developing physical ailments, such as, digestive problems, diabetes, chronic pain, and heart disease.
- Trauma can make you more vulnerable to developing mental health issues, including post-traumatic stress disorder (PTSD), misuse alcohol, drugs, or self-harm to cope with difficult memories and emotions.
- People with intellectual and developmental disabilities have alarmingly high rates of trauma and are more vulnerable at every point in the “lifecycle of a traumatic event.”
 1. Limited knowledge, social skills, and verbal skills increases vulnerability to abuse.
 2. Less likely to tell someone about the abuse and may struggle to convey their experience.
 3. Likely to display more trauma-related symptoms and behaviors; and capacity to heal may be limited due to lack of culturally relevant healthcare and social services – revictimized due to stigma and marginalization by society at large which may be traumatic in itself or make traumatic experiences worse.

Trauma as a Social Determinant of Health



- SDOH for people with IDD are similar to people in the general population with action needed across all societal sectors.
- While impact of SDOH accounts for 30-55% of health outcomes, data not known for people with IDD.
- For people with IDD, need to move beyond a medical model to include SDOH as a standard of care to improve equity in healthcare and health outcomes.

National Center on Criminal Justice and Disability® (NCCJD)



- Why and How
- Created in 2013 with support from the Bureau of Justice Assistance
- Mission: Advocate at the intersection of criminal justice reform and the advancement of disability rights
 - Work on both victim/witness issues and on issues facing those who are charged with crimes
- Target audiences: Disability advocates, criminal justice professionals, people with IDD and The Arc's chapter network

National Center on Criminal Justice and Disability



Training and technical assistance

- Pathways to Justice®
www.nccjdpathwaystojustice.org
- Community-based program that creates Disability Response Teams (or DRTs)



Information and referral

- For people with disabilities and their families as well as criminal justice and allied professionals
- <https://thearc.org/our-initiatives/criminal-justice/>



Resource collection and creation

- Policy briefs, fact sheets, other publications



Education

- Social media, webinars, and conferences



Trauma Definition from SAMHSA

- Individual trauma can result from an event, series of events, or set of circumstances as physically or emotionally harmful, or life-threatening
- Lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being" *
- Trauma affects the brain and body which can cause, for example:
 - Behavioral: depression, panic attacks, poor concentration
 - Physical: headaches, stomach issues including nausea and trouble eating
 - Sleeping issues
 - Increased risk of developing dementia

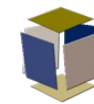
* Substance Abuse and Mental Health Services Administration. (2019)
Retrieved from <https://www.integration.samhsa.gov/clinical-practice/trauma-informed>.

Talk About Sexual Violence – An Overview

- What we value most: **SURVIVOR LEADERS**
 - Easy to use training tools for health care providers on how to talk to people with IDD about sexual violence
 - Break down siloes between health care and disability community
 - Increase conversation in advocacy groups about self-care
-



*National Center on
Criminal Justice & Disability*



The Board Resource Center
Making Complex Ideas Simple™



Talk About Sexual Violence Core Values: Listen & Believe

James Goes to the Doctor

This three-minute video illustrates a medical appointment where James, a male survivor, visits his doctor and discloses that he has recently experienced sexual violence.



Kecia Meets With Her Doctor

This three-minute video illustrates a medical appointment where Kecia visits his doctor and discloses that she has recently experienced sexual violence.





Case Scenario: Kecia Meets with Her Doctor

VIDEO: <https://www.youtube.com/watch?v=3gFXB8yeLU&t=1s>

- The doctor and nurse had gentle tones to their voices and made eye contact with Kecia
- They were genuinely concerned about Kecia's bruised arm and infection
- The doctor asked Kecia's caregiver to step outside the examination room
- The doctor used a picture chart to help video Kecia articulate where she had gotten abused
- Even though Kecia was traumatized Kecia did not appear re-victimized by her doctor's visit
- Both the doctor and nurse used everyday language, so Kecia could understand what was going on

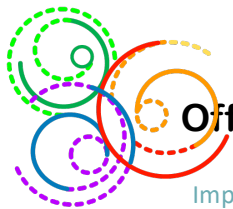
Are there *accessible* resources in your community that can provide follow up?



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Abuse Against People with Developmental
Disabilities: Physical, Sexual and Verbal
Abuse in Institutional or Community
Settings



Office of Developmental Primary Care

Improving outcomes for people with developmental disabilities



An orange graphic on the left side of the slide, consisting of a vertical bar with a right-pointing arrowhead at the top.

Tips for Prevention

- Speak directly to patients
- Presume competence
- Give people the tools to communicate about mistreatment
- Teach people to set boundaries and protest
- Train families and professionals about this issue



Tips for Prevention (cont.)

- Take all complaints about mistreatment seriously
- Give people opportunities to try and fail
- Get a history of baseline function
- Respect personal boundaries
- Give people access to their chosen advocates and supporters

Kecia's Response



- Of everything Dr Kripke talked about what is most important to you?
- Did you experience a time where a provider made assumptions about what was wrong and did not ask for your input?

Kecia's Response



- How do you share the lessons you've learned with your peers, allies, and healthcare providers
- How did you learn to speak up in healthcare settings?

Webinar Series: Brain Health and Trauma-Informed Care for People with Intellectual and Developmental Disabilities

- **April 26, 2023**
- **May 10, 2023**

LINK: [UIC WebEx Site - Register Program](#)



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THANK
YOU

