the future is now are we ready?

The 8th Annual Behavioral Health Care Symposium
Treating the Whole Person: Trauma Informed Care

Anand Pandya, M.D.
Scientific Advisory Committee, NAMI
Associate Professor of Clinical Psychiatry
Vice-Chair for Clinical Affairs, Department of Psychiatry and Behavioral Neuroscience,
Keck School of Medicine, USC
Conflict of Interest Disclosures

• No relevant conflicts of interest
What is NAMI?

National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.
National Signature Programs

- Family-to-Family Education Program
- Provider Education Program
- Peer-to-Peer Program
- In Our Own Voice
- Hearts & Minds
- NAMI Support Group Facilitator Training
- NAMI Connection
- NAMI Basic
What is Trauma-Informed Treatment?

- Treatment that recognizes that individuals with serious mental illness (SMI) are often the victims of past trauma and that their response to those traumas may complicate current medical issues.
Trauma in Individuals with Serious Mental Illness (SMI)

• 98% of individuals with SMI have reported exposure to trauma
  – Versus 39-56% of the general population

• 30-40% of individuals with SMI have PTSD
Many of These Traumatic Experiences Occur in Treatment Settings

- Individuals can develop PTSD from being restrained or receiving involuntary intramuscular injections
How Does Prior Trauma Complicate Current Treatment?

- Distrust
- Irritability
- Hostility
- Regression and child-like dependence
<table>
<thead>
<tr>
<th>Action</th>
<th>Always</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Encouraged my recovery</td>
<td>13%</td>
<td>36%</td>
<td>30%</td>
<td>16%</td>
<td>5%</td>
</tr>
<tr>
<td>Avoided the topic of my illness</td>
<td>10%</td>
<td>33%</td>
<td>36%</td>
<td>11%</td>
<td>9%</td>
</tr>
<tr>
<td>Treated me as though I lack intelligence</td>
<td>7%</td>
<td>27%</td>
<td>34%</td>
<td>17%</td>
<td>5%</td>
</tr>
<tr>
<td>Confided in me about their own challenges or those of a friend or relative</td>
<td>4%</td>
<td>30%</td>
<td>34%</td>
<td>18%</td>
<td>14%</td>
</tr>
<tr>
<td>Showed admiration for me</td>
<td>5%</td>
<td>21%</td>
<td>30%</td>
<td>24%</td>
<td>20%</td>
</tr>
<tr>
<td>Took an interest in my illness or condition</td>
<td>6%</td>
<td>18%</td>
<td>41%</td>
<td>26%</td>
<td>9%</td>
</tr>
<tr>
<td>Made negative comments about schizophrenia</td>
<td>4%</td>
<td>19%</td>
<td>36%</td>
<td>22%</td>
<td>20%</td>
</tr>
<tr>
<td>Dropped me as a friend</td>
<td>4%</td>
<td>18%</td>
<td>30%</td>
<td>20%</td>
<td>28%</td>
</tr>
<tr>
<td>Appeared very confused or embarrassed</td>
<td>6%</td>
<td>15%</td>
<td>43%</td>
<td>24%</td>
<td>13%</td>
</tr>
<tr>
<td>Was afraid to be left alone around me</td>
<td>5%</td>
<td>9%</td>
<td>25%</td>
<td>31%</td>
<td>29%</td>
</tr>
</tbody>
</table>
I know I can rely on my mental health care provider to help me when I need it

I know I can rely on my parents, siblings, or extended family to help me when I need it

I know I can rely on my friends to help me when I need it

People I relied on became distant after they learned I'd been diagnosed with schizophrenia

Doctors take my medical problems less seriously once they know I have been diagnosed with schizophrenia

I know I can rely on my spouse or significant other to help me when I need it

It is more difficult for me to get access to physical health care once someone finds out I was diagnosed with schizophrenia

All People Living with Schizophrenia
Males Living with Schizophrenia
Females Living with Schizophrenia
(N=258) 1 indicates it would be the least helpful in managing or improving your condition; 10 indicates it would be the most helpful in managing or improving your condition.
Conclusions

• Individuals with Serious Mental Illness often have prior traumas that can complicate current treatment

• They may associate hospitals and health care settings with discrimination and with prior traumatizing violations of their ability to control their own bodies

• Remaining aware, empathic and thoughtful about a patient’s trauma can improve patient outcomes
QUESTIONS?
Thank you

Anand Pandya, MD
310-854-9188