



Understanding Complex Trauma

Trauma is not what happens to you; it is what happens
inside of you as a result of what happens to you.

--Gabor Mate



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What is Trauma, Complex Trauma, and how is it connected to childhood trauma?

Psychological trauma is a person's experience of emotional distress resulting from an event that overwhelms their capacity to cope

Complex Trauma is repeated traumas over time. Include interpersonal traumas.

Childhood is a time with increased risk of traumatic events which impact our world view throughout life

Canadians:

76% have
trauma

9.2% develop
PTSD

Note: World-wide prevalence of PTSD 3.9%



Childhood Maltreatment

What's your Adverse Childhood Experiences (ACEs) score?

6/10

Canadians report Child maltreatment

3/10

Report non-physical maltreatment.

2/10 physical and nonphysical, and

4% physical maltreatment.



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Traumatic Stress Injuries (TSIs)

Acute stress Disorder

occurs shortly after a traumatic event and can last from three days to one month.

Adjustment Disorder

stress-related conditions that occur when an individual has difficulty coping with or adjusting to a specific life stressor, such as a major life change.

Post Traumatic Stress Disorder (PTSD)

PTSD is a well-known condition that can develop after exposure to a traumatic event, characterized by symptoms such as flashbacks, nightmares, severe anxiety, about the event

Complex PTSD

Chronic or prolonged exposure to traumatic events, often in situations where the individual has little or no chance of escape. PTSD symptoms plus difficulties with emotional regulation, consciousness, self-perception, distorted perceptions of the perpetrator, relations with others, and systems of meaning.

Moral Injuries are not generally considered TSIs.

Who has an increased risk of TSIs?

- Children & Adolescents
- First Responders
- Lower socio-economic levels
- Indigenous
- Military Personnel
- Health Care Professionals
- Survivors of Abuse and Family Violence, incl. coercive control & parental alienation)
- Individuals with pre-existing health & mental health conditions, eg. ADHD
- Incarcerated persons
- Refugees and Displaced Persons
- Anyone experiencing significant life changes or stressors
- People in affluent Countries*

*Note: Canada Ranked at the highest risk of PTSD of 24 Countries, followed by Netherlands, Australia, US, NZ. Lowest Levels in Nigeria, China & Romania. -- British Journal of Psychiatry



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When someone else's reaction seems out of proportion to the situation, it usually means something else was triggered.

Dr. Lauren Fogel



Trauma has a powerful impact on our lives, relationships, our communities, and future.

How has our city been shaped by trauma? In positive ways and negative ways?

What changes are needed or coming?

How should people carrying trauma be treated?

Nova Scotia Operational Stress Injury (OSI) Clinic

Nova Scotia Health Authority

The Nova Scotia Operational Stress Injury Clinic (NSOSIC) belongs to a national network of OSI Clinics funded by Veterans Affairs Canada. The clinic provides mental health...

NOVA SCOTIA COURTS

Home Courts Provincial Court Wellness Court Programs

Wellness Court Programs

Wellness Court Programs are specialty or problem-solving courts where a team of professionals helps treat the issues contributing to the individual coming into conflict with the law. These issues may include mental illness, substance use or gambling. Other areas in which specialty courts have been established include domestic violence and Indigenous restorative justice.

Traffic Calming

Traffic calming is the installation of physical measures intended to slow vehicles and alter negative driver behaviour. This means slowing down cars, trucks, and motorcycles by installing measures such as speed humps, speed tables, curb extensions, etc. Traffic calming helps make neighbourhoods safer for all road users and is an important part of building healthy walkable communities.

Nova Scotia

With some rents doubling between tenants, Nova Scotians want to know if rent cap is staying

Advocates fear more homelessness, landlords say they must cover rising costs

Nicola Seguin · CBC News · Posted: Mar 15, 2023 6:00 AM ADT | Last Updated: March 15, 2023



Elizabeth O'Hanley said she has a full-time job and considers herself middle class, but struggled to find a new place to live in the Halifax area within her \$1,500 per month rent budget. (Robert Short/CBC)

Nova Scotia

Protesters arrested, pepper-sprayed as Halifax police clear shelters from city land

Dozens of tents and some wooden shelters were removed Wednesday

Haley Ryan · CBC News · Posted: Aug 18, 2021 8:52 AM ADT | Last Updated: August 18, 2021



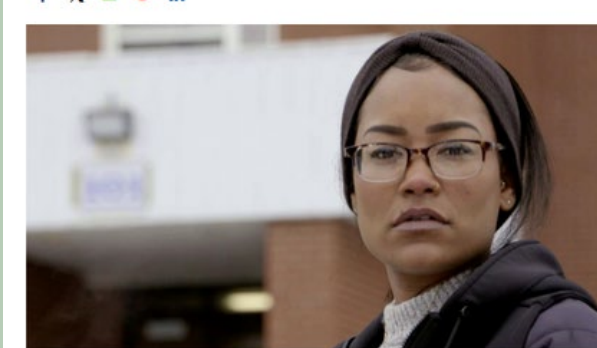
Halifax police surround one remaining shelter on Wednesday afternoon outside the old library on Spring Garden Road to keep protesters back. One protestor sat on the shelter roof for hours to prevent its removal. (Mark Crosby/CBC)

Nova Scotia Community

Latesha Auger Tells Her Story in Being Black in Halifax

Latesha Auger shares a personal story of struggle and triumph in her first short film

CBC Communities · Posted: Nov 09, 2020 7:00 AM AST | Last Updated: November 9, 2020



Latesha Auger in her own short film, The Journey of Self-Love. (Being Black in Halifax)

Telling your own story through film isn't easy. Telling it in your first film is even harder. But for Latesha Auger, whose film The Journey of Self-Love was included in a new short film compilation called Being Black in Halifax, it was also a dream come true.

No one lives in the house on the property. A fire in 2020 left the back of the house and deck scorched. Halifax Regional Fire and Emergency inspectors classified the cause of the fire as "incendiary," meaning it wasn't an accident.



+ See caption

The municipality plans to demolish the house after McMahon failed to fix it.

9-8-8 Suicide Crisis Helpline [Get Help](#) [Understanding Suicide](#)

You deserve to be heard. We're here to listen.

A safe space to talk, 24 hours a day, every day of the year.

Call 9-8-8 Text 9-8-8

What happens when you call or text



Tents with notices from the municipality attached to them are shown Wednesday at Victoria Park in Halifax. (Paul Palmeter/CBC)

TSIs are Disabilities

The Government of Nova Scotia defines a disability as “a physical, mental, intellectual, learning, or sensory impairment including an episodic disability that, in interaction with a barrier, hinders an individual’s full and effective participation in society.”

Duty to Accommodate

In Nova Scotia, as in Canada employers and Service Providers have a duty to accommodate persons with disabilities



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Halifax can do more to Accommodate

●

Train staff on
Invisible disabilities
including TSIs.
Different training
for different roles.

●

Provide easy
access to
accessibility
coordinator or
disability support
person for staff and
service users

●

Recognize that
Halifax's actions
can create
traumatic
experiences, apply
trauma-focused
approach

●

Engage persons
with lived
experiences & use
legislation to
support trauma-
focused changes

Our brains are wired for connection, but trauma rewires them for protection.



Ryan North

Complex Trauma in Halifax

Halifax Accessible?

Do those with trauma have full and effective participation in Halifax?

As an Employer

How does Halifax support those carrying trauma who work for the city?

As a Service Provider

How does Halifax support those carrying trauma who seek to access services?
This includes police services.

As an Advocate

What can Halifax do to raise awareness of trauma, to help bring those with trauma out of the shadows?



Thank you Halifax.

What's your feedback?



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