



HELPING HANDS



Trauma and violence are widespread, harmful, and costly public health concerns. They have no boundaries with regard to age, gender, socioeconomic status, race, ethnicity, or sexual orientation. Trauma is a common experience for adults and children in American communities, and it is especially common in people with mental and substance use disorders. The need to address trauma is increasingly seen as an important part of effective behavioral health care and an integral part of the healing and recovery process.

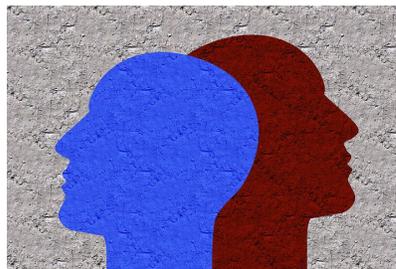
.....
-SAMSHA

Trauma

From SAMSHA - Substance Abuse and Mental Health Services Administration

Working Definition of Trauma and Scope of the Issue

Individual trauma results from *"an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being."*



The effects of traumatic events place a heavy burden on individuals, families, and communities. Although many people who experience a traumatic event will go on with their lives without lasting negative effects, others will have difficulties and experience traumatic stress reactions. How someone responds to a

traumatic experience is personal. If there is a strong support system in place, little or no prior traumatic experiences, and if the individual has many resilient qualities, it may not affect his or her mental health.

Research has shown that traumatic experiences are associated with both behavioral health and chronic physical health conditions, especially those traumatic events that occur during childhood. Substance use (such as smoking, excessive alcohol use, and taking drugs), mental health conditions (such as depression, anxiety, or PTSD), and other risky behaviors (such as self-injury and risky sexual encounters) have been linked with traumatic experiences. Because these behavioral health concerns can present challenges in relationships, careers, and other aspects of life, it is important to understand the nature and impact of trauma, and to explore healing. In addition, traumatic experiences can contribute to chronic physical health conditions, such as diabetes and cardiovascular diseases.

If you or someone you know may be suffering from the effects of trauma please contact your EAP representative listed on Page 2

Treatment for Trauma

(excerpts from helpguide.org)

In order to heal from psychological and emotional trauma, you'll need to resolve the unpleasant feelings and memories, discharge pent-up "fight-or-flight" energy, learn to regulate strong emotions, and rebuild your ability to trust other people. A trauma specialist may use a variety of different therapy approaches in your treatment.

Somatic experiencing focuses on bodily sensations, rather than thoughts and memories about the traumatic event. By concentrating on what's happening in your body, you can release pent-up trauma-related energy through shaking, crying, and other forms of physical release.

Cognitive-behavioral therapy helps you process and evaluate your thoughts and feelings about a trauma.

EMDR (Eye Movement Desensitization and Reprocessing) incorporates elements of cognitive-behavioral therapy with eye movements or other forms of rhythmic, left-right stimulation that can "unfreeze" traumatic

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM EAP Airline Chairmen

United Airlines: Kathy Ferguson 703-505-4321, E-Mail: kf.borabora@cox.net

American Airlines: Chris Davis 704-572-4859, E-Mail: chrisx1959@yahoo.com

Hawaiian Airlines: Meki Pei, 808-208-5950, mekipei@gmail.com

Adverse Childhood Experiences

ACE's are stressful or traumatic events, including abuse and neglect. They may also include household dysfunction such as witnessing domestic violence or growing up with family members who have substance use disorders. ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person's lifespan.

ACEs include:

Physical abuse

Sexual abuse

Emotional abuse

Physical neglect

Emotional neglect

Intimate partner violence

Mother treated violently

Substance misuse within household

Household mental illness

Parental separation or divorce

Incarcerated household member

For more information: contact your EAP representative, listed here