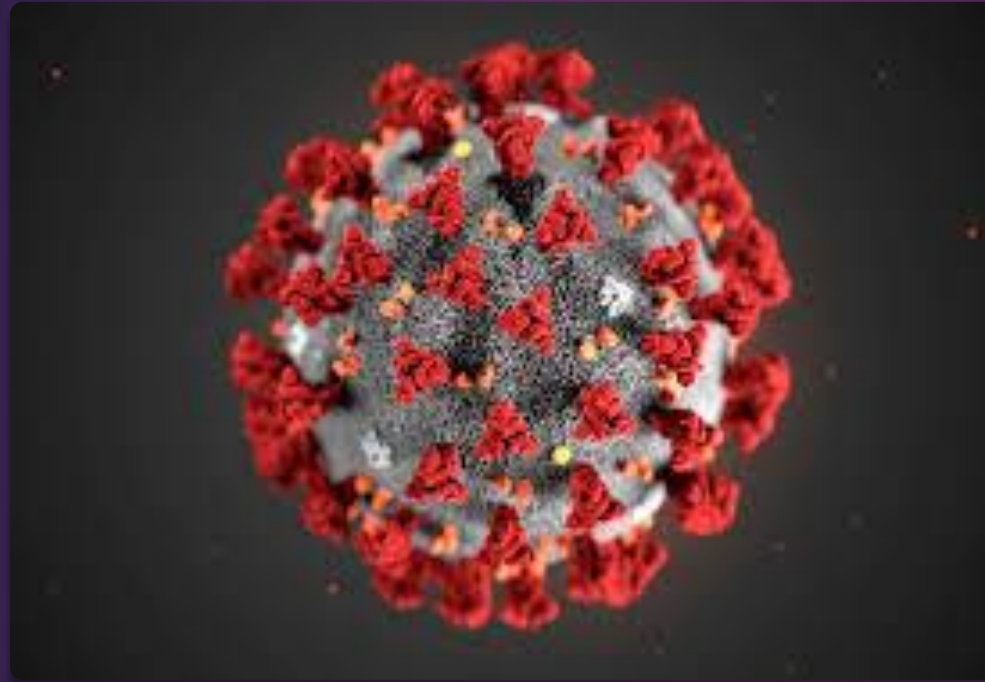


De-escalation and people with Intellectual Disabilities

KARYN HARVEY PH.D.



THANK
YOU!!!



Trauma of Covid

3 Phases of Mental Health Challenges for the People We Support

Phase 1 - FEAR

Phase 2 - ISOLATION

Phase 3 – ANXIETY



“In 2021
Bereavement is a
Public Health issue”

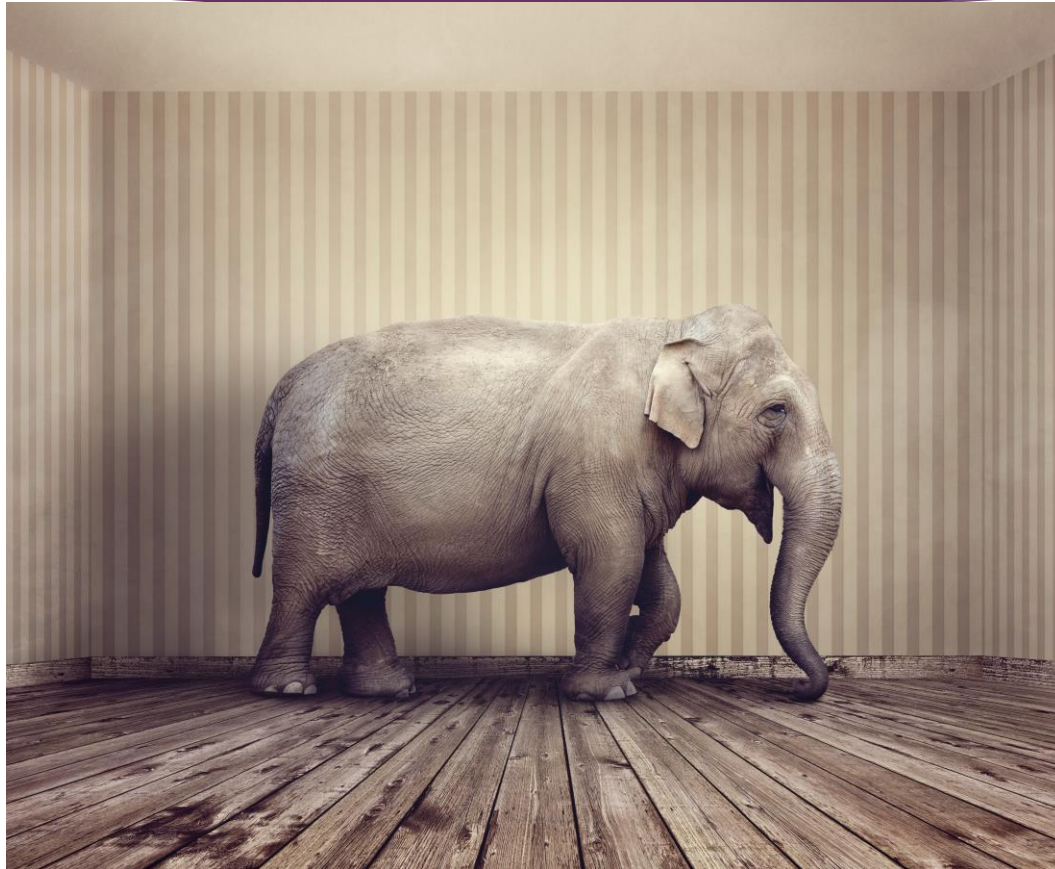
DR. TONY MILES – UNIVERSITY OF GEORGIA



Courtenay K, Perera B.

PEOPLE WITH IDD HAD HIGHER LEVELS OF MENTAL STRESS DUE TO COVID THAN PEOPLE IN THE GENERAL POPULATION BASED ON RESTRICTIONS. PHYSICAL, MENTAL AND SOCIAL STRESS HAD A SIGNIFICANT IMPACT

Trauma –The Elephant in the Room



Sources of Trauma for People with Intellectual Disabilities

Sexual Abuse

Physical Abuse

Bullying

Exclusion

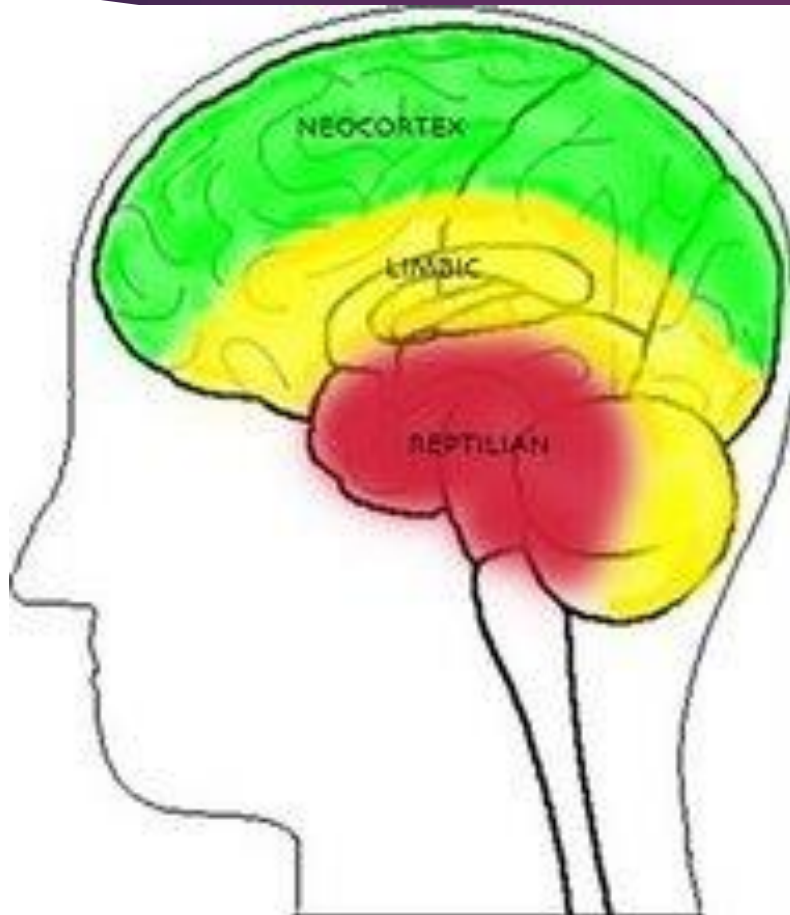
Institutionalization



ASSUME TRAUMA

Psychological Trauma – Past is Present

10



The Triune Brain

Neocortex

The rational brain: Intellectual tasks

Limbic

The intermediate brain: Emotions

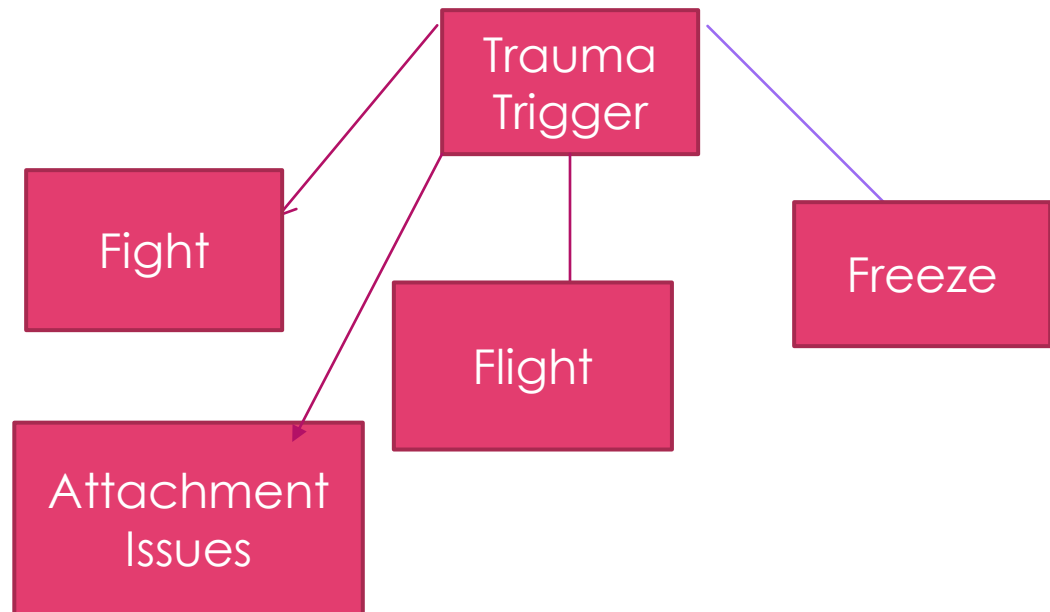
Brain Stem

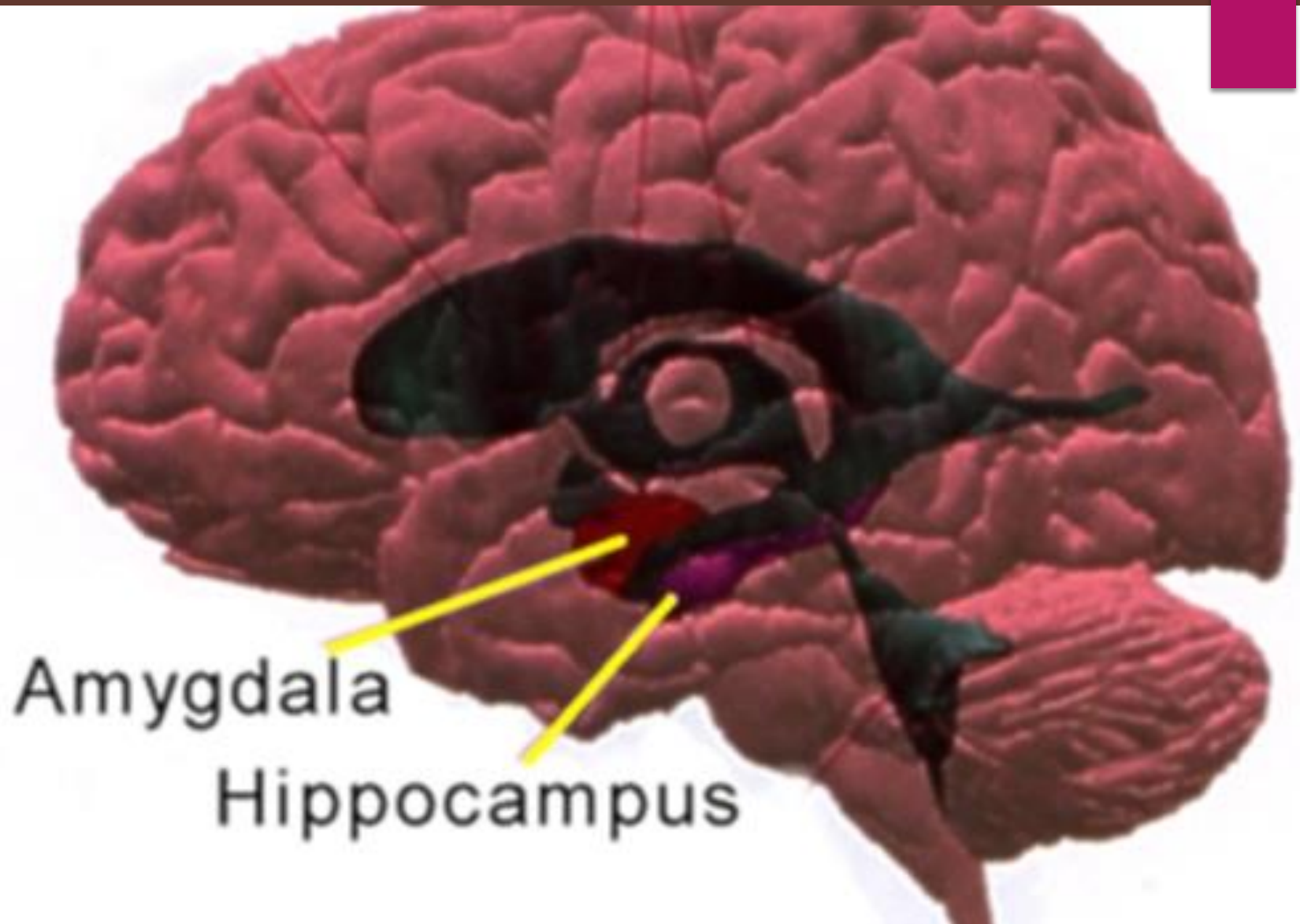
The primitive brain: Self preservation, aggression

Trauma Responses

- ▶ Trigger Response – Something happens in the present that reminds the person of the negative past - person goes into fight, flight or freeze mode:

▶ Thinking he or she is in Danger!





Amygdala

Hippocampus

Trauma Response vs. Behavioral Response

Trauma

- ▶ Triggered in an irrational manner
- ▶ Overreaction to small event
- ▶ Very emotion based
- ▶ Does not serve the person well
- ▶ Does not move them forward

Behavioral

- ▶ Has a purpose and intent
- ▶ Deliberate- acting on environment to get response
- ▶ Intent is important in identifying the response
- ▶ Goal is to get something they want, can move them forward
- ▶ You can typically identify the antecedent

4 Areas of symptoms of PTSD

1. Re-experiencing (interfering with present to different degrees) –

- ▶ Intrusive Memories
- ▶ Nightmares
- ▶ Flashbacks- Person can disconnect from reality and be convinced he or she is being attacked, hurt or threatened due to a memory that becomes present

2. Avoidance –

- ▶ Blunted emotions/
- ▶ Shut down responses
- ▶ Person can become obsessive about details concerning self and safety
- ▶ Disconnection and withdrawal

Symptoms of PTSD Continued

3. Negative Alterations in Cognition and Mood

- ▶ Persistent negative-trauma related emotions
ie. fear, horror, anger, guilt and shame
- ▶ Constricted emotion – inability to express positive emotion
- ▶ Alienation and withdrawal from others
- ▶ SHAME

4. Arousal –

- ▶ Easy to startle
- ▶ Agitated – can lead to property destruction
- ▶ Periodically Combative
- ▶ Impulsive
- ▶ Also associated with reckless or self-destructive behavior

A photograph of Stephen Hawking sitting in his wheelchair on a cobblestone path. He is wearing a grey jacket and glasses. The background shows a building with windows and a flower bed.

Stephen Hawking Quotes

▶ “The greatest enemy of knowledge is not ignorance, it is the illusion of knowledge.”

▶

Autism –
Exquisite Sensitivity – Unseen
intelligence

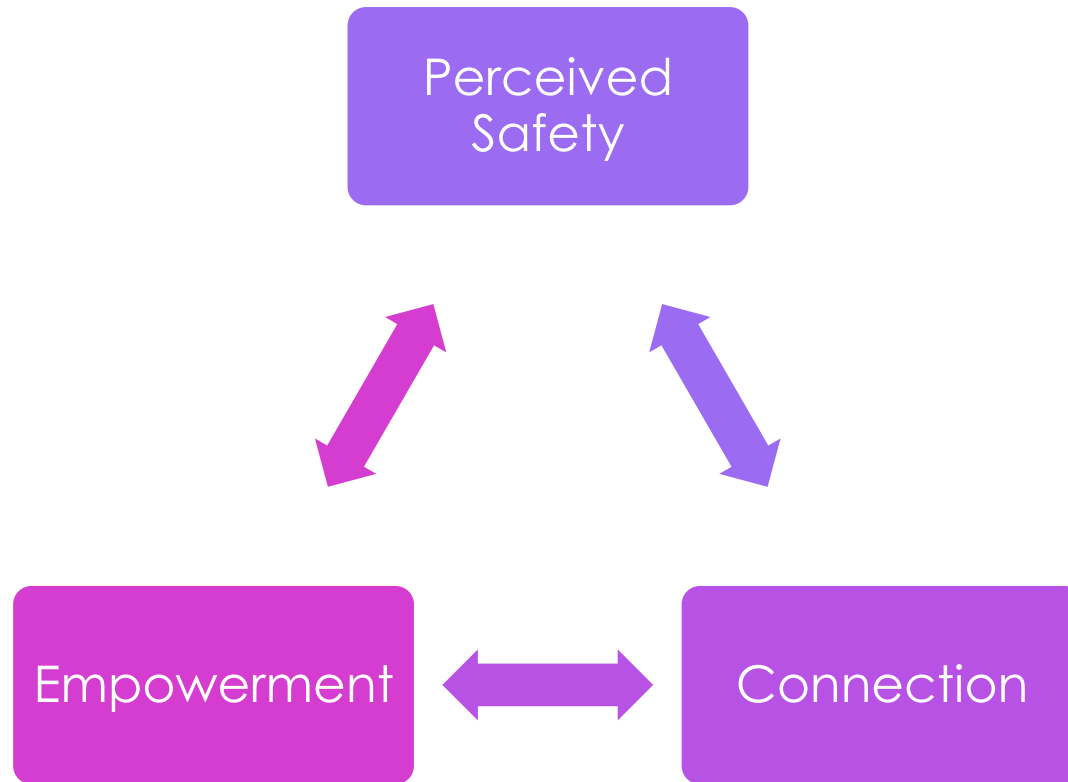


Listen



<https://youtu.be/H7dca7U7G18>

What is Needed for De-escalation and Recovery



Safety

Key Phrases

- ▶ “What’s bothering you”
- ▶ “Things must be hard for you”
- ▶ “What can we do to support you?”
- ▶ It’s Okay
- ▶ Is something hurting?

Possible Triggers

- ▶ “Why are you doing this?”
- ▶ “You have it good here”
- ▶ “You better stop”
- ▶ “You are out of control! Get a hold of yourself!”
- ▶ “Get up, you are fine”

Connection

- ▶ Empathy
- ▶ Diffuse Power Struggles!
- ▶ Offer a back door solution
- ▶ Negotiate

Empowerment

- ▶ Give some kind of choice
- ▶ Understand people do understand you
- ▶ Get help with communication so they can be heard
- ▶ Avoid Restraints
- ▶ Avoid Threats



Support
a
Positive
Identity



We can hold up 2
possible mirrors



“There is always light- if only we are brave enough to see it. If only we are brave enough to be it. “

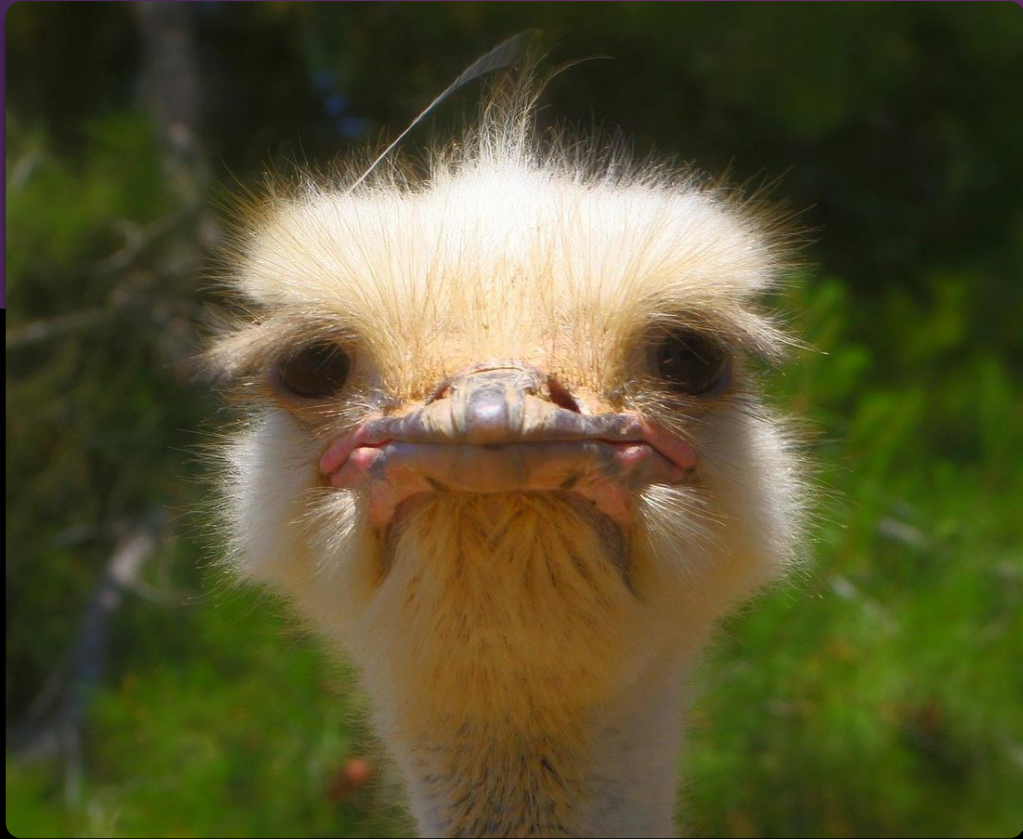
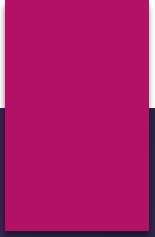
A green rectangular sign with rounded corners and a white border, mounted on two wooden posts. The sign features the text "Here & Now" in a large, white, sans-serif font. The background is a bright blue sky with scattered white clouds.

Here & Now



HOPE
CHANGES
EVERYTHING.





Healing
Happens

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