

# RESTART PROGRAM

## UCD Refugee Forum

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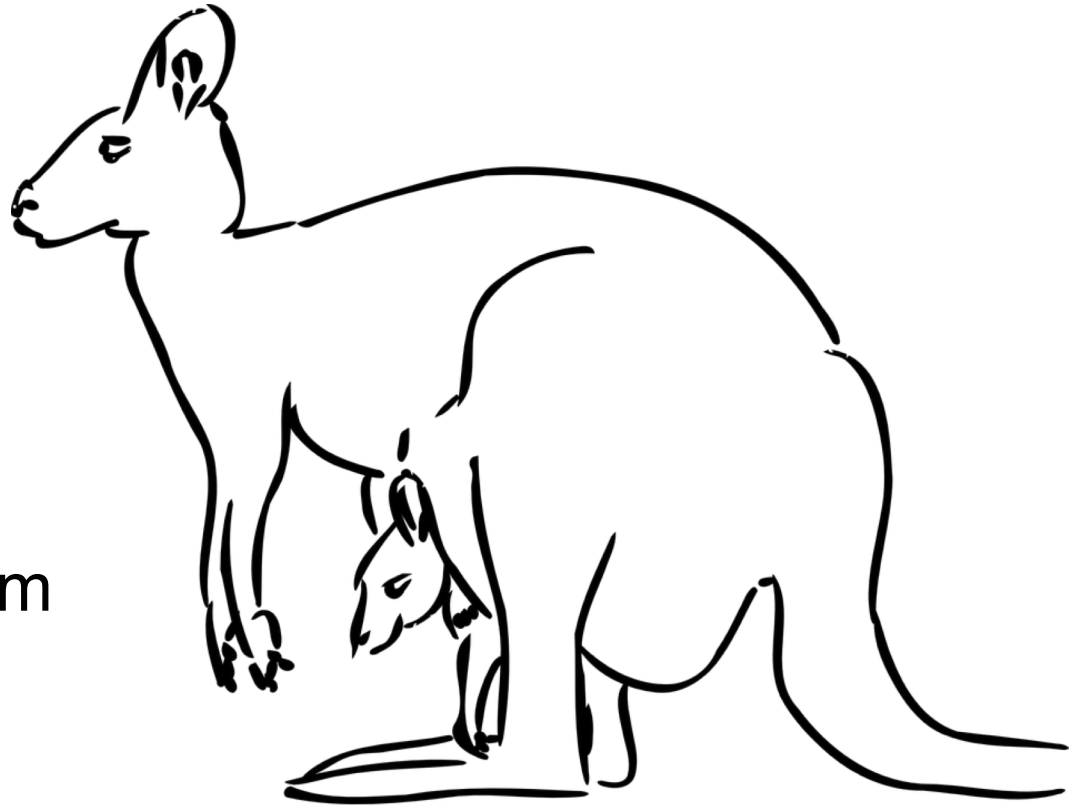
**UCDAVIS**  
**HEALTH**

# Context

- Pilot project (From SAFE to HPRT to BHC)
- Official start date: July 5<sup>th</sup> 2018
- Directors: Caroline Giroux & Andrés Sciolla
- 3-rd year resident: Dr. Rebecca Short

# RESTART stands for...

- **Resilience**
- **Education and**
- **Supportive**
- **Tools for**
- **Adults**
- **Recovering from**
- **Trauma**



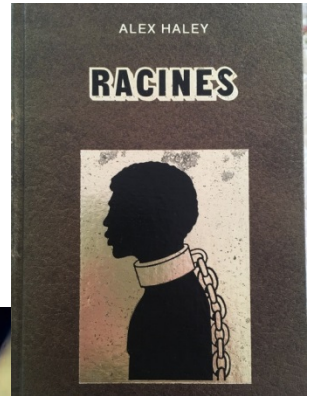
# Philosophy of care

- Trauma-informed: standard
- Trauma-centered psychotherapy
- ACEs Overcomers Program
- Mindfulness-based stress reduction (MBSR)
- Resilience-based model
- Social justice









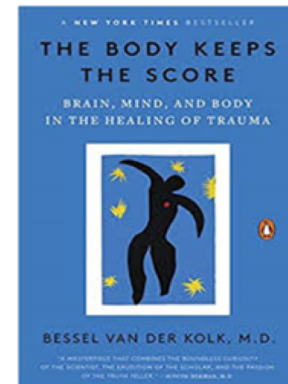
# Modalities



- Comprehensive trauma history (including ACEs, migration trauma, natural disaster, IPV, iatrogenic, accidents etc)
- Identify the persons' resiliency factors (internal and external)
- Formulate a trans-diagnostic narrative
- Implement a holistic treatment plan including psychoeducation, lifestyle hygiene, imaginal exposure through narrative therapy, mindfulness techniques for self-regulation

# Modalities

- Individual, trauma-centered psychotherapy
- Group psychotherapy (4-6 participants) with MBSR
- Themes (1 per session):
  - ACEs study
  - Self-care toolkit
  - Trauma schemas, triggers
  - Identity, gender-related themes
  - Boundaries
  - Attachment, intimacy
  - Shame/guilt
  - Re-enactments
  - Transformation/transcendence (gratitude, art, life of meaning...)
  - Grief





# Group: general structure

- Intro: Check-ins, agenda, announcements (3-5 min)
- Mindfulness exercise (3 min)
- Topic of the day: video, mini didactic (10-15 min)
- Discussion/reflections (60 min)
- Closing quotation/mindfulness (by facilitators or participants: vary each time) (2 min)

# Newsletter – The Lotus

## The Lotus –RESTART program newsletter

Caroline Giroux, MD  
Editor

Welcome to this first edition of the RESTART program leaflet! Short chronicles about resources and tools for recovery will appear quarterly.



People who have suffered trauma or adverse childhood experiences (ACEs) often close themselves from the world because it is no longer perceived as safe to them. Their universe shrinks and their bodies and minds are tense, vigilant, guarded against threat but also closed to joy. I chose the lotus as a name to symbolize openness inherent to letting go but also welcome transformation. To paraphrase my yoga teacher, amazing things can emerge from life struggles, just like beauty (the lotus) can grow on murky waters.

The ACE study  
is 20 years old



### Wellness

"Doctor, I have multiple ACEs. Now what?" The realization that one has suffered various adversities in childhood and the heightened risk for multiple conditions such as diabetes and cardiovascular disease can exacerbate anxiety and hopelessness. But do not despair: self-care is resilience. Awareness can motivate to break the cycle of abuse, advocate for victims, and knowing your risk will actually help you prevent complications and lead a more fulfilling life. What can you do concretely to prevent negative health outcomes? Knowing your specific vulnerabilities and current health issues will guide the development of a wellness toolkit. Some generalities:

-Mindfulness practices: it can be on the form of meditation, but it is generally an approach to life (noticing your experience as it is occurring, and do only one thing at the time; be fully attentive to live in the present, the only time that exists)

-Sleep hygiene: foundation of memory, cognition, mood; it also influences metabolism

## The Lotus –RESTART program newsletter

### -Healthy diet and mindful eating

-Exercise: global health (to counteract weight gain and diabetes; to reduce anxiety, risks of depression, dementia)

-Sense of purpose: work, studies, volunteering can give a meaning to life and helps transcend difficult experiences

-Socialization: a sense of belonging provides validation, helps with mood and gives meaning

-Gratitude list: enumerate what you have and what is going well in your life; be thankful for who you are, and for past mistakes as they provide invaluable lessons.

Depending on medical and psychosocial history (type and severity of trauma), strategies might take place more frequently. If you have a chronic condition like arthritis, migraines, hypertension, it is important to identify the exacerbating and relieving factors early on to prevent deterioration and maximize wellness.

Once you have listed the strategies to implement self-care, it is also important to address the barriers to all those elements.

Yoga is a great activity promoting body awareness because it combines posture/stretching, breathing and mindfulness.

### Dr. Andrés Sciollo's educational video recommendation

How ACEs affect the development of executive functions and what we can do about it:

<https://developingchild.harvard.edu/resources/video-building-core-capabilities-life/>

### Stress response systems

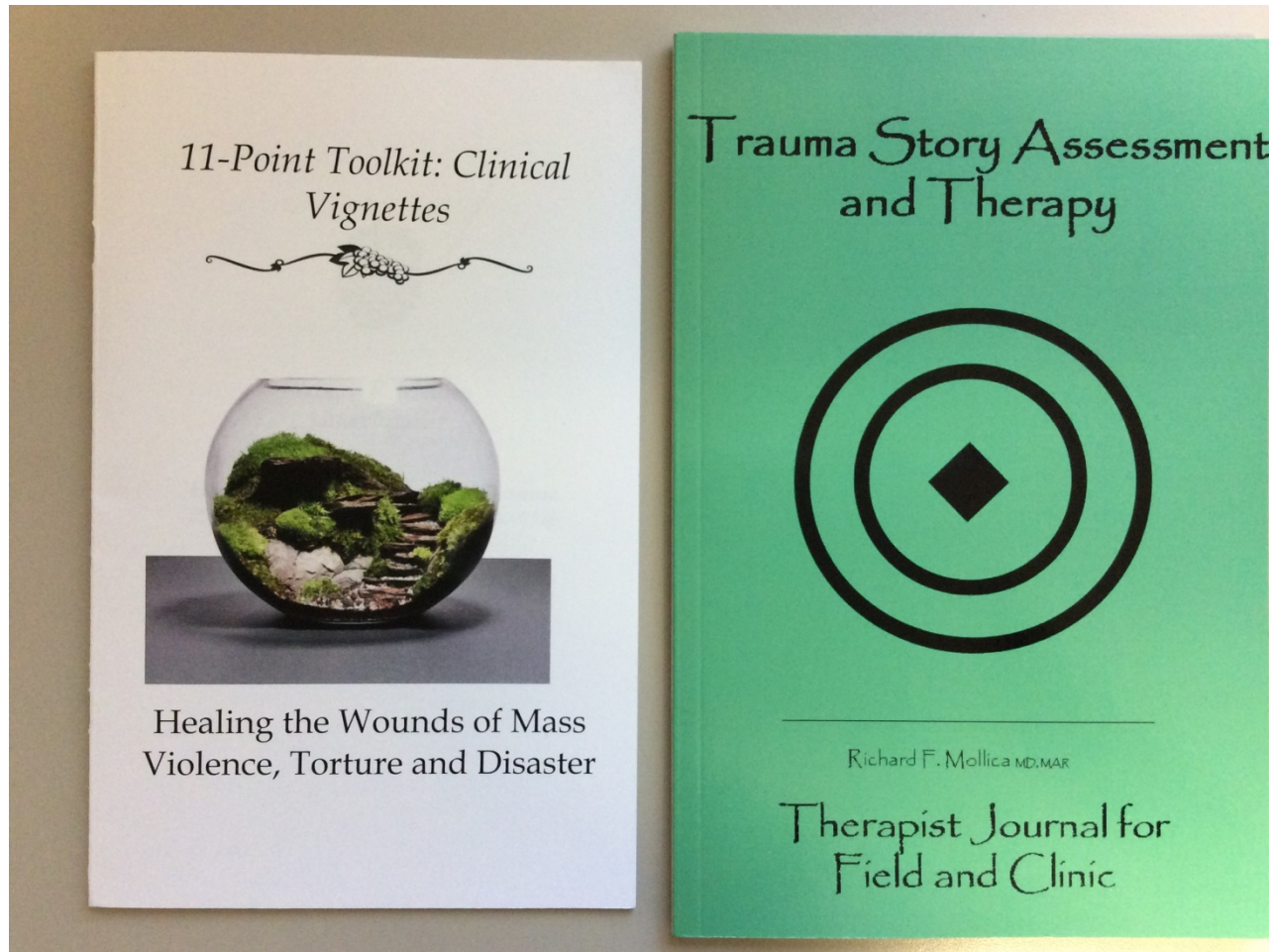
Stress is essential to our survival. It allows us to stay alert to adapt to changing or threatening situations. However, when stress reaches toxic levels (like in childhood abuse or neglect), our fight, flight or freeze mechanisms become overly active and sensitized, making the person react intensely to triggers. Even though ACEs profoundly affect the brain development, it is never too late to engage in therapy and lifestyle hygiene to recalibrate those systems. Psychotherapy allows for the development of more balanced interpersonal templates and a sense of emotional security.



### Did you know...

A study of long-term meditators has shown a decrease in the size of the amygdala, the so-called alarm system of the brain.

# Tools and references





# WAKING THE TIGER

## HEALING TRAUMA



PETER A. LEVINE  
WITH  
ANN FREDERICK

## Principles and Techniques of TRAUMA-CENTERED PSYCHOTHERAPY



David Read Johnson, Ph.D.  
Hadar Lubin, M.D.

## HEALING INVISIBLE WOUNDS

PATHS TO HOPE AND  
RECOVERY IN A VIOLENT WORLD



#1 NATIONAL BESTSELLER  
NICHOLAS D. KRISTOF  
and SHERYL WU DUNN

## HALF THE SKY

TURNING OPPRESSION  
INTO OPPORTUNITY  
FOR WOMEN  
WORLDWIDE



"Urgent... Passionate... Compelling... Half the Sky is  
a grab-the-reader-by-the-lapels wake-up call." —The Boston Globe

NEW YORK TIMES BESTSELLER

# MAYA ANGELOU

## *Letter to My Daughter*

"It's a book to give to  
one's daughter, mother, son  
or father, but definitely  
one to be read and savored."  
—Baltimore Sun

## THE WORLD AS IT IS

DISPATCHES

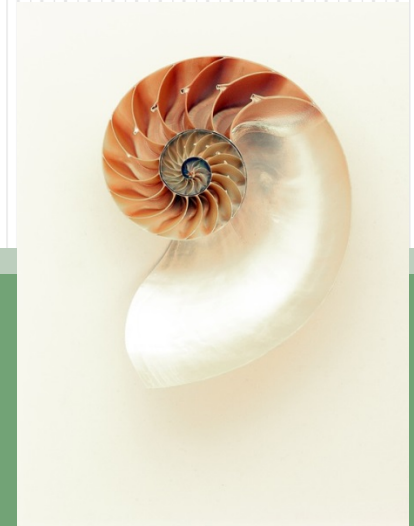
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HUMAN PROGRESS



CHRIS HEDGES

Questions?



Thank you for your attention !