
The Innocent Justice Foundation

Support Empower Educate

2018 Utah Council on
Victims of Crime Conference

www.innocentjustice.org

**THE
INNOCENT
JUSTICE
FOUNDATION** | Helping Rescue
Children From
Abuse

SHIFT

**Supporting Heroes In mental health
Foundational Training -
2018 Utah Council on
Victims of Crime Conference**

*Am I The Only One Who Feels This Way?
Wellness Tools For Your Personal Toolbox*



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

funded by

Department of Justice, OJJDP ICAC Training & Technical Assistance



OJJDP



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Beth Medina

CEO/Program Director - SHIFT
The Innocent Justice Foundation

Det. Andrew Chaulk

Vermont Office of the Attorney General
Internet Crimes Against Children Taskforce



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Objectives

- Introduction to SHIFT
- Understand and acknowledge signs and symptoms of stress and vicarious trauma
- Understand brain science, nutrition, emotion, and wellness behind your body's stress and trauma reaction
- Provide useful tools to aide in wellness and resiliency



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

SHIFT

What SHIFT is:

Awareness/Education
Preventative
Believe you are healthy



What SHIFT isn't:

Treatment/Counseling
Fitness for duty
Screening



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Stress vs Trauma



VS

TRAUMA



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Symptoms of Stress/Trauma

Normal

non-persistent

non-intrusive

Warning Signs

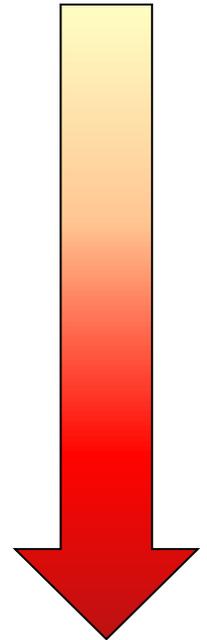
persistent

mildly intrusive

Trouble Indicators

persistent

intrusive



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Trauma/Stress: Signs and Symptoms



Physical



Emotional



Spiritual



Intellectual/Cognitive



Behavioral



Family/Friends, Work Production, Communication, Habits, & Sexual Life



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

This is your brain on stress....



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Brain Science

- Central Nervous System (CNS)
 - Brain
 - Spinal cord
- What is the nervous systems role?
 - Gather information
 - Analyze and interpret
 - Respond
 - 'Command Center'



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Brain Science

Frontal Lobe

- Problem solving
- Emotional traits
- Reasoning (judgment)
- Speaking
- Voluntary motor activity

Parietal Lobe

- Knowing right from left
- Sensation
- Reading
- Body orientation

Occipital Lobe

- Vision
- Color perception

Temporal Lobe

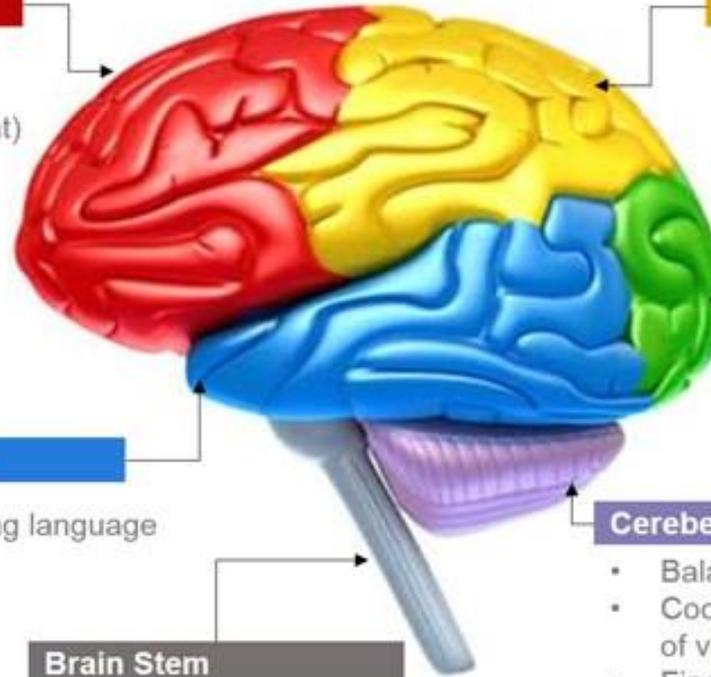
- Understanding language
- Behavior
- Memory
- Hearing

Cerebellum

- Balance
- Coordination and control of voluntary movement
- Fine muscle control

Brain Stem

- Breathing
- Body temperature
- Digestion
- Alertness/sleep
- Swallowing



<http://www.bestmassageintucson.com/page/491881604>



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Brain Science

- What happens during stress
 - The right side (emotional) and left side (cognitive) disconnect from each other
 - Thinking freezes
 - Dissociation
 - Frontal cortex ability is decreased (can't distinguish real vs false threats)
 - Cortisol is dumped in to our body



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Brain Science

- Secretions of adrenaline and cortisol
 - Produce 'fight/flight/freeze' responses
 - Diverts oxygen from your brain to your muscles
 - Amplifies intense emotional memory
 - Blood pressure rises and heart rate increases
 - Senses sharpen



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Brain Science

- The Amygdala goes into overdrive
 - Primitive part of the brain
 - Interprets messages of danger vs safe
 - NO reasoning or cognitive functions
 - ONLY feelings and emotions

Which means:

You CAN'T think your way out of trauma!



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Brain Science

- Acknowledgement of changes:
 - Rapid heart beat
 - Cold/hot
 - Thirsty
 - Headache/tension
 - Sleep patterns
 - Sweating
 - Face gets red



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Brain Science

- What can we do to reset our brain?
 - 20-20-20
 - Smell a lemon or orange
 - Drink a big glass of water
 - Yawn (seriously!)
 - Shake your right hand, then shake your left hand
- Increase Oxytocin
 - Give or get a hug (or THINK about getting one)
 - Smile/laugh



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Nutrition

- What happens during stress
 - Liver productions adds blood sugar (glucose)
 - Thirst, excessive urination
 - Tissue and organ damage
 - Body reabsorbs what isn't used
 - Converts to fat
 - Potential risk for Type 2 diabetes
 - Short term fix = long term problems



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Nutrition

- What happens during stress cont.
 - Our bodies/minds crave - **Fast food**
 - Convenience
 - Fast chemical dump – sugar, gluten, MSG
 - Our bodies/minds crave - **Comfort foods**
 - Sugar fluctuates blood sugar
 - Mood swings
 - Inflammation



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Nutrition

- What happens during stress cont.
 - Our bodies/minds crave - **Caffeine**
 - Insomnia
 - Irritability
 - Restlessness
 - Muscle tremors



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Nutrition

- What happens during stress cont.
 - Our bodies/minds crave - **Alcohol/Drugs**
 - Depression
 - Memory loss
 - Suicide
 - Increased anxiety



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Nutrition

- What can we do to reset our nutrition?
 - Drink LOTS of water
 - Make sure you get sunshine = Vit. D
 - Pack your own healthy snacks
 - Drink alcohol and caffeine in moderation



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Nutrition

- What can we do to reset our nutrition?
 - Healthy alternatives
 - Leafy greens, Avocado, Red Peppers
 - Blueberries, Bananas
 - Salmon, Turkey
 - Yogurt, Oatmeal
 - Dark chocolate
 - Pistachios, almonds, walnuts



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Nutrition



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Emotion

- What happens during stress
 - Personality changes
 - Irritability
 - Frustration
 - Anger
 - Defensiveness



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Emotion

- Mood changes
 - Extreme ups and downs
 - Depressed
 - Isolation
 - Helplessness

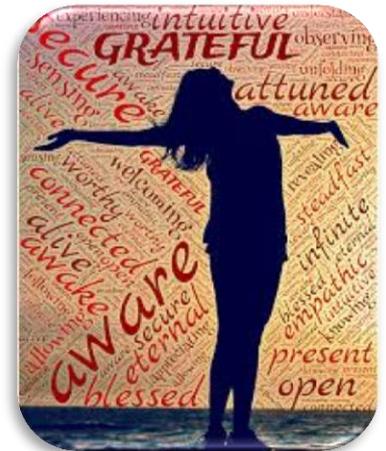


Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Emotion

- What can we do to reset our emotion?
 - Adapt to the stressor
 - Reframe
 - Set reasonable standards
 - Remember the positive/gratitude
 - Remember why

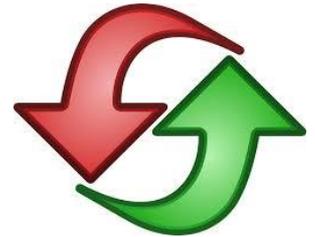


Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Emotion

- What can we do to reset our emotion?
 - Ground yourself: 5, 4, 3, 2, 1
 - Acknowledge five things around you
 - Acknowledge four things you can touch around you
 - Acknowledge three things you can hear
 - Acknowledge two things you can smell
 - Acknowledge one thing you can taste



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Emotion

- What can we do to reset our emotion?
 - Sense where the stress is in your body
 - Breathe
 - Color
 - Listen to music
 - Sleep
 - Unplug from electronics



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

WELLNESS

- Focus and Attention
 - Challenges in personal life
 - Health concerns
 - Children
- Marathon vs sprint



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Anyone can slay a
dragon, she told me,
but try waking up
every morning
& loving the world
all over again.

That's what takes
a real hero.

Brian Andreas



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Objectives Recap

- Introduction to SHIFT
- Understand and acknowledge signs and symptoms of stress and vicarious trauma
- Understand brain science, nutrition, emotion, and wellness behind your body's stress and trauma reaction
- Provide useful tools to aide in wellness and resiliency



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

Wrapping Up

What did we miss?

Questions?



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP

www.Shiftwellness.org

Andrew Chaulk

andrew.chaulk@vermont.gov

Beth Medina, SHIFT Program Director

beth@innocentjustice.org



Supporting Heroes in mental health Foundational Training (SHIFT)

An Innocent Justice Foundation project funded by Department of Justice, OJJDP
