



Loma Linda University Health

International Behavioral Health Trauma Team

Presentation to the LLUH Board of Trustees

Dr. Bev Buckles, Dean School of Behavioral Health

August 2019





L
O
M
A

L
I
N
D
A

U
N
I
V
E
R
S
I
T
Y

H
E
A
L
T
H

Mission...

In harmony with our heritage and global mission:

- Mission: To continue the teaching and healing ministry of Jesus Christ
- Vision and Purpose: Transforming lives through, education, behavioral healthcare and research



L
O
M
A

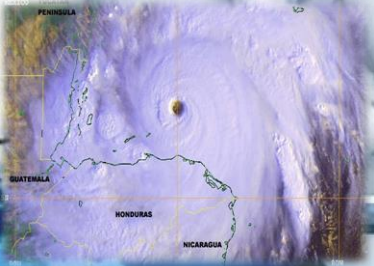
L
I
N
D
A

U
N
I
V
E
R
S
I
T
Y

H
E
A
L
T
H

1995...

- Trans-European Division asks Dr. Joan Coggin to provide services to Caregivers in Bosnia and Croatia
- Idea of developing a “ready response” system begins.
- LLUIBHTT begins...interdisciplinary team of behavioral health professionals (faculty, clinicians, alumni, students)



L
O
M
A

L
I
N
D
A

U
N
I
V
E
R
S
I
T
Y

H
E
A
L
T
H

1995-1998...Model Development

- Direct services response to disasters
- 1999 —Direct services contract with ADRA Inter-America following Hurricane Mitch
- 2004 —Devastating mudslides in Dominica Republic and Haiti required a new model
- Transitioned to a capacity building model



Locations helped by LLUIBHTT...

Argentina
Belize
Bolivia
Cambodia*
China
Colombia
Cote D'Ivoire
Cuba
Curacao
Dominica
Dominican Republic
El Salvador
Grenada*
Germany
Guyana*
Haiti
Honduras
Iceland

India
Ireland
Indonesia
Jamaica*
Japan
Lakota Nation
Laos*
Lesotho, South Africa
Malaysia
Mexico
Nepal
Nicaragua
Northern Ireland
Pakistan
Peru
Philippines
Russia
Sierra Leone

Singapore*
Sioux Nation (Canada)
Sri Lanka
St Lucia*
St Vincent
Sint Maarten
Thailand
Trinidad/Tobago
Ukraine
US/US Territories
California
Georgia
Texas
Guam
Venezuela
Vietnam*

*Countries served through regional trainings

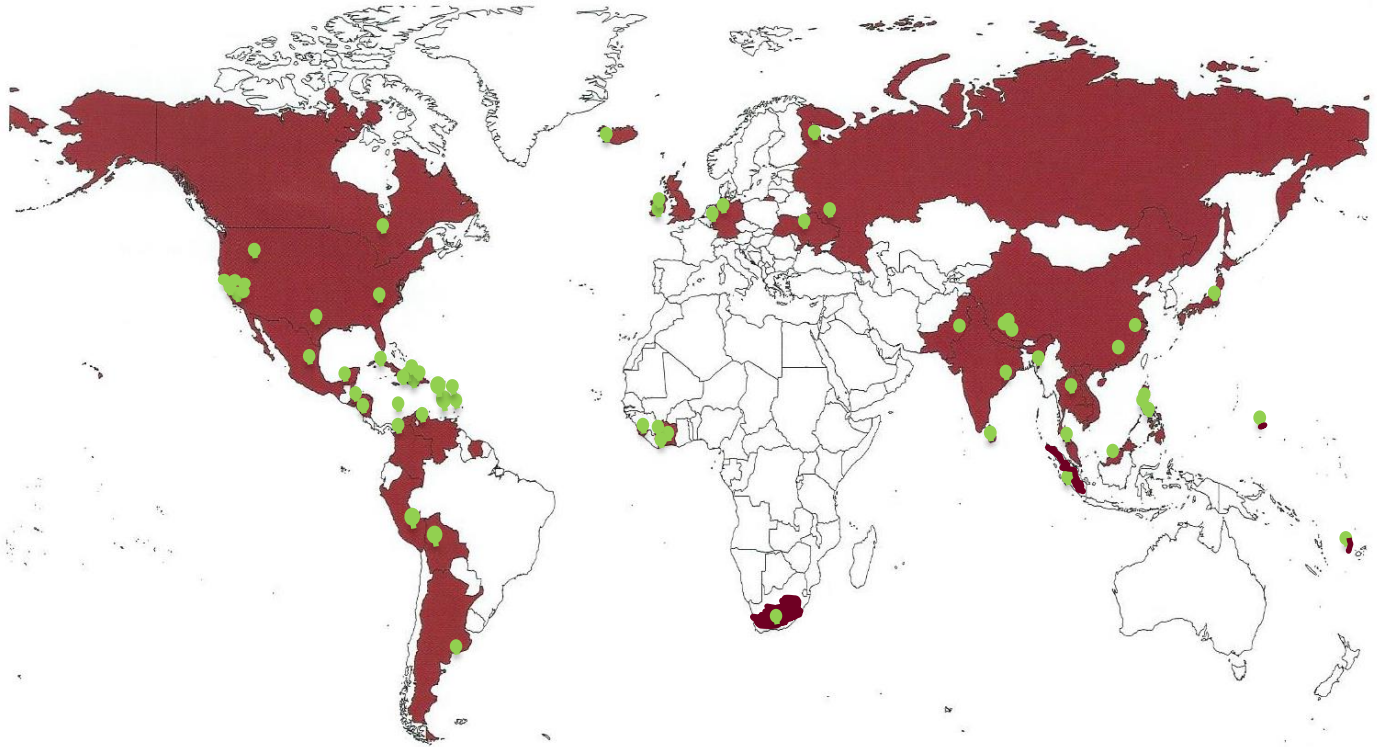


L
O
M
A

L
I
N
D
A

U
N
I
V
E
R
S
I
T
Y

H
E
A
L
T
H



Where the Trauma Team Has Served



L
O
M
A

L
I
N
D
A

U
N
I
V
E
R
S
I
T
Y

H
E
A
L
T
H

Capacity Building...

- Onsite services (training and/or direct services) in 48 Countries
- 93 Clinical and Educational Interventions
 - 61 international; 32 in US (30 regional)
 - 5171 Services to Individuals (direct and indirect)
 - 4244 Training Participants
 - Development of ADRA Inter-America Team
- Does not reflect service impact post training
 - e.g., 68 individuals trained in China provided services to 20,000)
- Funding from contracts and grant indirects





L
O
M
A

L
I
N
D
A

U
N
I
V
E
R
S
I
T
Y

H
E
A
L
T
H

Global Health Innovation.... Beyond Standard Practice

- Critical Incident Stress Debriefing
- Psychological First Aid
- Community Resiliency Model (CRM)
 - Wellness skills based on neurobiology



"We are divinely made."



Community Resiliency Model (CRM)

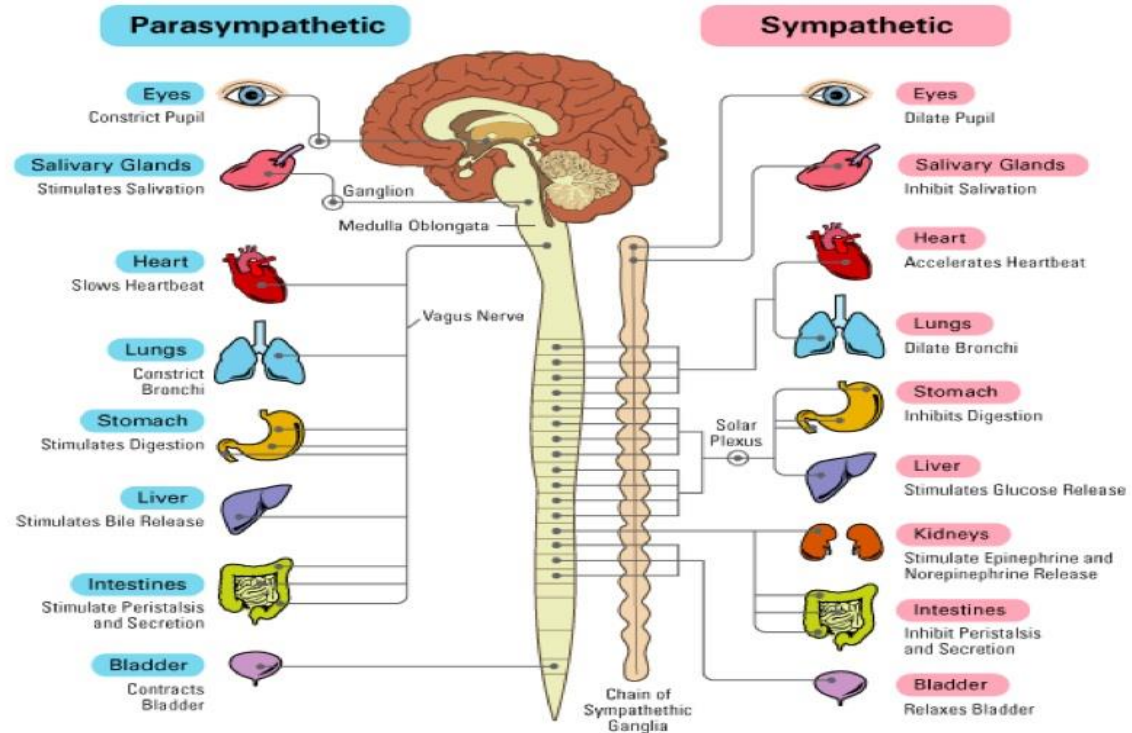
“It is biology not human weakness.”

- ***Educate participants about the normal stress response and how to use techniques to regulate (soothe) the stress response***
- ***Uses a set of six Wellness Skills to reset the natural balance of the nervous system***
- ***Wellness Skills are not therapy, are non-stigmatizing, and are easy to learn***
- ***Brings awareness to a person ’ s ability regulate his or her responses to past, present, or future stressors***



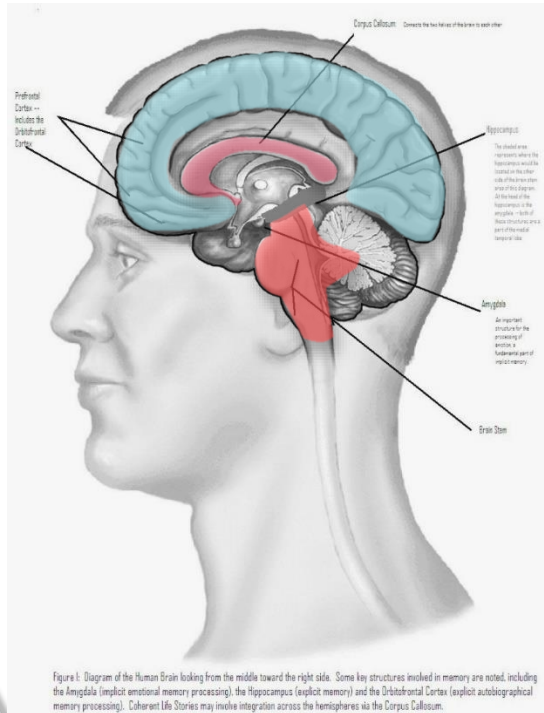
Neurobiology of Survival

Schema Explaining How Parasympathetic and Sympathetic Nervous Systems Regulate Functioning Organs





Neurobiology of the Survival



Cortex: Thinking — Seat of Executive Functioning - Planning, Reasoning, Judgment, Impulse Control

Limbic Area: Emotional – Expression and mediation of emotions and feelings, including emotions linked to connection with others

Amygdala/Hippocampus – Assess risk....survival focus

Survival Brain – Carries out "fight, flight, & freeze"

Instinctual/unconscious – Digestion, reproduction, circulation, breathing



Evaluation of Effectiveness

- Data collected in 11 countries; 496 Trainees/Participants
 - Community responders – some mental health professionals
 - Mean age 39; 57% female; 71% with a trauma history
- Consistent Significant Findings
 - Sustained increase in understanding, perceived abilities, confidence in providing CRM services; ability to train others with the same results as master trainers (fidelity and symptoms affect)
 - Significant reduction in symptoms of anxiety, depression, and post-traumatic dysregulation
- Data supports CRM is Effective, Transferable, and Sustainable

The Example of Sierra Leone

Rapid MH Assessment

Support in Waterloo near the end of the Ebola pandemic
Rapid MH assessment indicated population too traumatized disseminate skills to others
CRM intervention to reduce symptoms and identify/prepare future trainers

Phase I CRM Intervention

CRM intervention to reduce symptoms and identify/prepare future trainers
N=40, 2 groups, 2 days, 20 persons in each group address trauma (4 trainers)
Significant results across all measures

Phase II CRM Training

CRM Training for 22 individuals recruited from original 40
4 day intensive training, including fidelity skills test
Significance for all measures, greater change in clinical ranges

Phase III CRM Training

22 CRM Trainees delivered CRM skills 30 each/5 months
Provided CRM to 834 community members
High levels of satisfaction and perceived effectiveness

Phase IV Training Expertise

LLU shadowed Trainees in conducting training
Mentored 3 groups of trainees with 4-5/group CRM
Trainees provided 2-day CRM training to 54 participants
No significant difference in participant outcomes (LLU vs. CRM Trainees)





Effectiveness-Transferable-Sustainable

- **High Dissemination Potential**
 - Effectively and quickly used to expand skills to large numbers
- **Transferable**
 - Effectively taught to non-mental health professionals
 - Data shows CRM is effective when disseminated by non-mental trainees
- **Culturally Adaptable**
 - Well received across countries, cultures, religions and languages
- **Sustainable**
 - Demonstrated short- and long-term effectiveness and sustainability
 - Communities adapt skills beyond crisis to meet changing needs



Planning for the Future...

- Further Integration of CRM within LLUH
 - East Campus ICU Young Adult Type I Diabetes Patients
 - East Campus Sickle Cell Patients
 - Staff training to promote wellness and self-care
- Expansion of Capacity Building
 - Further Sustainability model development
 - Implementation of specialized curricula (population specific)
- Regional Teams and Trainee Registry
- Expansion of Mission Service Opportunities for Alumni
- Expansion of Team Opportunities for Students