Health Promotion for Torture and Trauma Survivors

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Response to Refugee Trauma

Psychological distress

Mental Health Impact

Time

Trauma Event

Refugee Camp

Resettlement

High

Med

Low

2/3 Depression

1/3 PTSD

Resiliency

2/3 Depression

1/3 PTSD

A

B

C

D

2/3 Depression

1/3 PTSD
The Medical Impact of Traumatic Life Experiences

• There is growing scientific evidence that in the mainstream general population there is significant association between traumatic life experiences and chronic medical disorders.

• Similarly, resettled refugees, IDP’s, immigrants, and asylum seekers who have experienced extreme violence and torture are now demonstrating serious chronic illness such as diabetes, heart disease, hypertension, and stroke in in countries of resettlement.
The ACE Study: Childhood Abuse Categories

• Direct exposure to childhood abuse
  – Psychological
  – Physical
  – Sexual

• Household dysfunction during childhood
  – Substance abuse
  – Mental illness
  – Mother treated violently
  – Criminal behavior in household

The ACE Study: The Relationship Between Childhood Abuse and Household Dysfunction (n=9,508)

Relationship Between Childhood Trauma and Medical Risk Factors

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>%</th>
<th>Adjusted Odds Ratio</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Smoker</strong></td>
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<tr>
<td>0</td>
<td>6.8</td>
<td>1.0</td>
<td>(1.1-1.8)</td>
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<tr>
<td>2</td>
<td>10.3</td>
<td>1.5</td>
<td>(1.7-2.9)</td>
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<tr>
<td>4+</td>
<td>13.9</td>
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<tr>
<td><strong>Severe Obesity (BMI&gt;35)</strong></td>
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<tr>
<td>0</td>
<td>5.4</td>
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<td>(1.1-1.9)</td>
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<td>9.5</td>
<td>1.4</td>
<td>(1.2-2.1)</td>
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<tr>
<td>4+</td>
<td>12.0</td>
<td>1.6</td>
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<tr>
<td><strong>2 or more weeks of depressed mood in past year</strong></td>
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<tr>
<td>0</td>
<td>14.2</td>
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<td>(2.1-3.2)</td>
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<td>31.5</td>
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<td>4+</td>
<td>50.7</td>
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<td><strong>Ever attempted suicide</strong></td>
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<td>(2.0 - 4.6)</td>
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<td>(8.5-17.5)</td>
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<tr>
<td>4+</td>
<td>18.3</td>
<td>12.2</td>
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<tr>
<td>Risk Factors</td>
<td>%</td>
<td>AOR</td>
<td>95% CI</td>
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<td>--------------------------------------</td>
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<tr>
<td>Considers self alcoholic</td>
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<td>(3.0 - 5.3)</td>
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<td>(5.4 -10.2)</td>
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<td>16.1</td>
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<td>Ever use illicit drugs</td>
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<td>19.2</td>
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<td>(3.7-6.0)</td>
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<td>28.4</td>
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<td>Ever injected drugs</td>
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<td>(1.8 - 8.2)</td>
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<td>Ever had sexually transmitted disease</td>
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<td>0</td>
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<td>2</td>
<td>10.4</td>
<td>1.5</td>
<td>(1.9-3.2)</td>
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<tr>
<td>4+</td>
<td>16.7</td>
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<td>Risk Factors</td>
<td>%</td>
<td>AOR</td>
<td>95% CI</td>
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<tr>
<td>Ischemic Heart Disease</td>
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<tr>
<td>4+</td>
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<tr>
<td>Any cancer</td>
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<td>0</td>
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<td>(1.0-1.5)</td>
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<td>1.9</td>
<td>1.2</td>
<td>(1.3-2.7)</td>
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<tr>
<td>4+</td>
<td>1.9</td>
<td>1.9</td>
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<tr>
<td>Stroke</td>
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<td>(0.4-1.3)</td>
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<tr>
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<td>Chronic Lung Disease</td>
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<td>0</td>
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<td>(1.1-2.3)</td>
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<tr>
<td>2</td>
<td>4.4</td>
<td>1.6</td>
<td>(2.6-5.8)</td>
</tr>
<tr>
<td>4+</td>
<td>8.7</td>
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<tr>
<td>Diabetes</td>
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<td>(0.6-1.3)</td>
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<td>3.9</td>
<td>0.9</td>
<td>(1.0-2.5)</td>
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<tr>
<td>4+</td>
<td>5.8</td>
<td>1.6</td>
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<tr>
<td>Fair/poor health self-rating</td>
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<tr>
<td>0</td>
<td>16.3</td>
<td>1.0</td>
<td>(1.2-1.7)</td>
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<td>2</td>
<td>19.9</td>
<td>1.4</td>
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<tr>
<td>4+</td>
<td>28.7</td>
<td>2.2</td>
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</tbody>
</table>
Conceptual Model: Trauma, PTSD, and Depression, and Physical Health

Trauma Experience → Physical Health

Mental Health

PTSD, Depression

Life-Style Factors

Dietary, Smoking, Exercise, Alcohol/Drugs
Scientific data reveals the importance of a holistic integrated approach to the care of traumatized persons in all psychiatric and medical settings.
Informed Activated Client/Survivor

Improved Functional and Clinical Outcomes

Prepared, Proactive, & Well-trained Clinical Team

Foundations of Community Health

- Communication
- Folk Diagnosis
- Psychology
- Trauma Story
TRAUMA STORY

PHYSICAL

SOCIAL

SPIRITUAL

PSYCHOLOGICAL
Psychology

- Humiliation
- Demoralization
- Self-Efficacy
- Learned Helplessness
- Depression
# Self-Efficacy Scale

<table>
<thead>
<tr>
<th></th>
<th>Not at all true (1)</th>
<th>Barely true (2)</th>
<th>Moderately true (3)</th>
<th>Exactly true (4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I can always manage to solve difficult problems if I try hard enough.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>If someone opposes me, I can find means and ways to get what I want.</td>
<td></td>
<td></td>
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<tr>
<td>3.</td>
<td>It is easy for me to stick to my aims and accomplish my goals.</td>
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<td></td>
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<tr>
<td>4.</td>
<td>I am confident that I could deal efficiently with unexpected events.</td>
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<td></td>
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<tr>
<td>5.</td>
<td>Thanks to my resourcefulness, I know how to handle unforeseen situations.</td>
<td></td>
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<td></td>
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</table>

### Self-Efficacy Scale (continued)

<table>
<thead>
<tr>
<th></th>
<th>Not at all true (1)</th>
<th>Barely true (2)</th>
<th>Moderately true (3)</th>
<th>Exactly true (4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6. I can solve most problems if I invest the necessary effort.</td>
<td></td>
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<td></td>
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<tr>
<td>7. I can remain calm when facing difficulties because I can rely on my coping abilities</td>
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<tr>
<td>8. When I am confronted with a problem, I can usually find several solutions.</td>
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<tr>
<td>9. If I am in a bind, I can usually think of something to do.</td>
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<tr>
<td>10. No matter what comes my way, I’m usually able to handle it.</td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

Folk Diagnosis

- Ckuot
- Pruoy Cet
- Pibaak Cet
- Tierur-na-kam
- Cuum Noeур Aaruupey

Emotional Distress Categories:
- [http://hprt-cambridge.org/?page_id=77](http://hprt-cambridge.org/?page_id=77)
Pruoy Cet
Major Depression
Tierur-na-kam
Torture–Trauma Syndrome
Health Literacy

“Health Literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.”

-Healthy People 2010, Health Communication Terminology
Communication: Health-Practitioner-Patient Relationship

- Culturally Competent Communication
- Use of Interpreters

A Health Practitioner needs first and foremost to have a trusting and respectful relationship with the patient (e.g. empathic communication).
Vignette

After a primary health care training on the Harvard Trauma Questionnaire, a doctor, for the first time, decided to ask her Vietnamese female patient, whom she had seen four times per year for twelve years, to tell her trauma story. The woman revealed the tragic situation.

Her house was bombed when she was a young girl in Vietnam; her entire family was killed except for herself and her brother. She grew up in an orphanage with her brother.
When she was old enough to marry she met a young man who had just joined the military and they got married and had 2 children. Her husband was killed in battle 3 years later. She escaped by boat from Vietnam with her 2 children; one child died at sea of starvation. Finally she arrived in Boston after a lengthy stay in a refugee camp with her daughter. Four years ago she met a “very nice man” in the Boston Vietnamese community and they decided to marry. He died last year of cancer.

The doctor stated after hearing this story for the first time: “I felt like my patient was a stranger; I felt ashamed!”
Why Health Promotion?
The prevalence of chronic disease in traumatized communities/persons is high. The experience of extreme violence plants the seed of poor health in the survivor, which will blossom into debilitating illnesses over time. Prevention strategies early on in this process is therefore a top priority.
Diabetes Prevalence: General Population vs. Cambodian Population

- General Population: 5%
- Cambodian Community: 20%
Prevalence of Psychiatric Disorders in Cambodian Population (Long Beach, CA; 2005)

Our Health Promotion Model is based upon the concept of self healing.

The healing of the emotional wounds inflicted on mind and spirit by severe violence is also a natural process. Mind and body are powerfully linked, from the molecular level up to the thoughts and social behaviors of a person. Mind and body are similarly interrelated in their potent curative influence. After violence occurs, a self-healing process is immediately activated, transforming, through physical and mental responses, the damage that has occurred to the psychological and social self.

A ten-session program for Cambodian adults with diabetes integrating teaching, exercises, and discussion.
1. Concept of Health and a Healthy Lifestyle

- In many traditional cultures health is a moral concept. It is believed that a person will be healthy if they live a good, honest and decent life.

- What is health and why is it important?
- What they can do to prevent illness
- There are no age limits to becoming healthy
- Folk diagnosis and beliefs about diabetes
2. Symptoms of diabetes: hypo- and hyperglycemia

- **Hypoglycemia** is too little sugar in the blood, or low blood sugar.

- **Hyperglycemia** is too much sugar in the blood, or high blood sugar.
3. Know your diabetes, know your numbers

- Research shows it is important for people to *know their numbers*
  - HbA1c ≤ 7
  - LDL cholesterol ≤ 100
  - HDL cholesterol ≥ 40
  - Triglycerides ≤ 200
  - Blood pressure ≤ 130/80
  - BMI < 30
4, 5. Oral medication and insulin: proper use and side effects

- Types of medication for diabetes
- Importance of consistency in use of medications
- Consequences of too much or too little medicine, or skipping medicine
- Use of insulin together with oral medication
- When to seek help from medical team

- What is a balanced diet?
- Dangers of junk food
- What foods should be avoided?
- What foods are good to eat?
- The benefits and risks of traditional cooking
Thumbs Up for Healthy Food Choices

Images from “Thumbs up for healthy food choices” — Neighborhood Health Plan, Inc. 2010.
Fruits & Vegetables
Fruit – Fresh & Frozen
Fruit – Dried & Canned
Vegetables – Fresh & Frozen (no sauce)
Vegetables – Frozen (with sauce)
Vegetables – Canned & Jars

Tomato Sauce & Juice
Salsa y jugo de tomate

Canned Vegetables
Vegetales enlatados
Cereals
Cereal – high sugar low fiber
Cereal – high sugar high fiber
Cereal – low sugar high fiber
Cereal – low sugar low fiber
Sugar in drinks

Check how much sugar there is in your favorite drink.
Vea cuánta azúcar hay en su bebida favorita.

16 teaspoons of sugar in one 20 oz bottle
16 cucharaditas en una botella de 20 onzas

The number of grams of sugar listed on the nutrition label is only the amount per serving. Remember that the serving size is only 8 ounces. There are 2.5 servings in the bottle so the total sugar in the bottle is 67.5 grams, or about 16 teaspoons.

El número de gramos de azúcar que aparece en la etiqueta de nutrición es sólo la cantidad por porción. Recuerde que el tamaño de la porción es de sólo 8 onzas. Hay 2.5 porciones en la botella por lo que el total de azúcar en la botella es de 67.5 gramos, o aproximadamente 16 cucharaditas.
Teaspoons of Sugar in 20 oz Soda

16 teaspoons of sugar in one 20 oz bottle

16 cucharaditas en una botella de 20 onzas

Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5
Drinks: Look at all that sugar!

Check how much sugar there is in your favorite drink. Vea cuánta azúcar hay en su bebida favorita.

16 teaspoons of sugar in one 20 oz bottle
16 cucharaditas en una botella de 20 onzas

20 oz soda

Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Amount Per Serving
Calories 100
% Daily Value*
Total Fat 0g 0%
Sodium 25mg 1%
Total Carb. 27g 9%
Sugars 27g
Protein 0g

4.2g of sugar = 1 teaspoon of sugar
4.2g de azúcar = 1 cucharadita de azúcar
Multiple servings per bottle

2.5 servings in the bottle
2.5 porciones en esta botella
Serving size = 8 oz

The number of grams of sugar listed on the nutrition label is only the amount per serving. Remember that the serving size is only 8 ounces. There are 2.5 servings in the bottle so the total sugar in the bottle is 67.5 grams, or about 16 teaspoons.
How much **fiber** is in 1 cup of cooked rice?

<table>
<thead>
<tr>
<th>Type</th>
<th>Fiber (g)</th>
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</thead>
<tbody>
<tr>
<td>Brown Rice</td>
<td>3.5</td>
</tr>
<tr>
<td>Sticky Rice</td>
<td>1.7</td>
</tr>
<tr>
<td>Long Grain White Rice</td>
<td>0.6</td>
</tr>
</tbody>
</table>

**Rice before processing**

- apex (awn)
- lemma
- hull (husk)
- Endosperm aleurone cell layer
- endosperm cells with starch granules
- Germ (embryo)

**White Rice**

**Brown Rice**
7. Exercise

- Torture/trauma survivors commonly have generalized body pain and have learned to be detached from their physical self. Also, in many cultures, especially for women, people are “wrapped up from head to toe” and are taught to avoid or even be ashamed of revealing their physical self.
  - Why should we exercise?
  - Culturally acceptable methods of exercise
  - “Permission” to exercise
8. Stress Reduction and Chronic Disease

“The pot is boiling over and the heat needs to be turned down.”

- Basic concepts of stress reduction and the self-regulation of intense emotions
- Sleep hygiene
- Stress reduction exercises including meditation, deep breathing, yoga
- Link to chronic disease and depression
9. Depression

• Over the course of a lifetime it is normal for people to become sad when they experience loss of loved ones, family problems, and humiliating situations.

• If this sadness becomes chronic and severe, it can become an illness called depression; treatment by a medical doctor may be necessary.

• Depression is controllable and can be successfully treated.
10. PTSD (Post-Traumatic Stress Disorder)

- Tragic and terrible events cannot be avoided.
- It is normal to feel upset and anxious, and to have difficulty with sleep, nightmares, and constant rumination after terrible events.
- If these feelings last more than one month, in America this would be considered an illness known as PTSD.
- PTSD is not an incurable illness and can be successfully treated.
Graduation

• Certificate

• Ceremony

• Free 1 year pass to the YMCA
For more information, please contact:

305.275.1930
partnership@gcjfcs.org
www.gcjfcs.org