




Building trusting relationships

FEANTSA
24 June 2020

Dr. Suzanne Zeedyk
Univ of Dundee

1




Building trusting moments

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Univ of Dundee

2



What have babies got to do with homelessness?

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3



Trust begins with connection

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5



Health Police

Baby Theatre Voluntary sector Education

Mental Health Nurseries

Retailers Book gifting

Musicians Childminders

Family support Social Services

Politicians

6



My message

1. Babies arrive already connected.
2. Connection shapes brain development.
3. Society suffers when babies (and adults) don't feel connected.

7



Today

1. The science of connection
2. Practical tips for creating connection

8



Today

1. The science of connection
2. Practical tips for creating connection

9



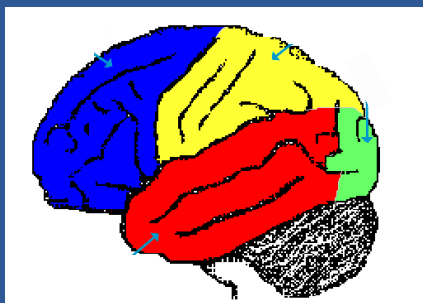
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Babies arrive already connected

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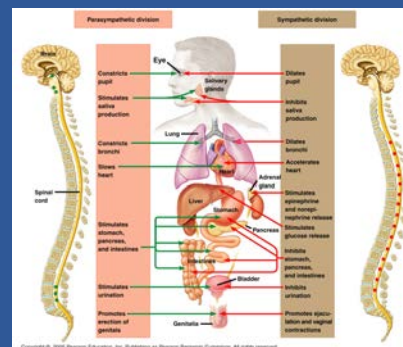
Biology

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Biology



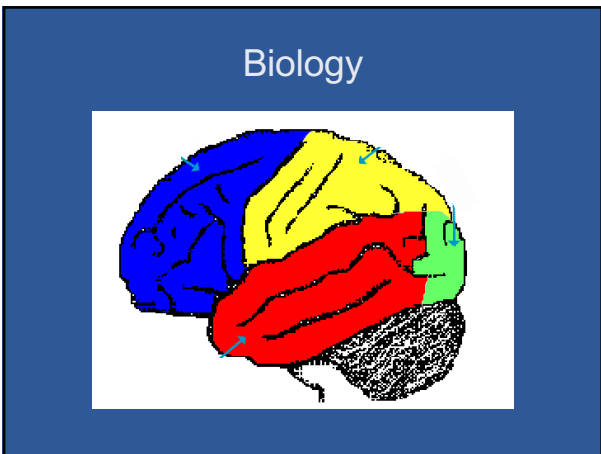
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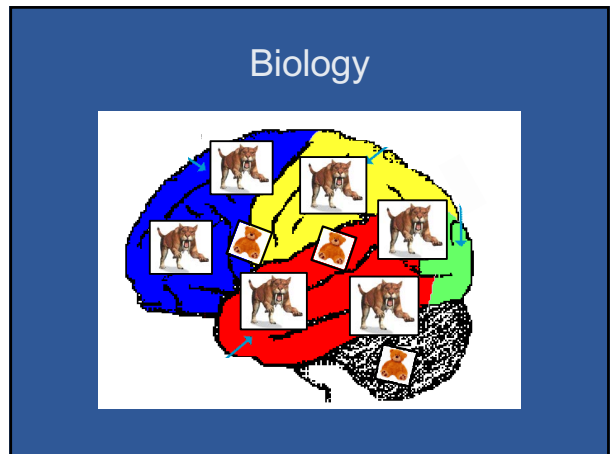
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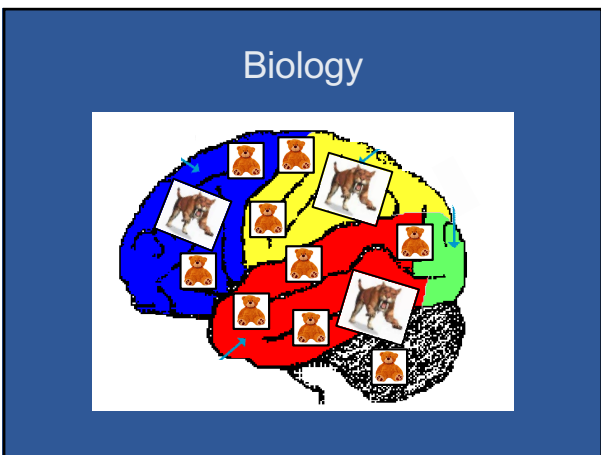
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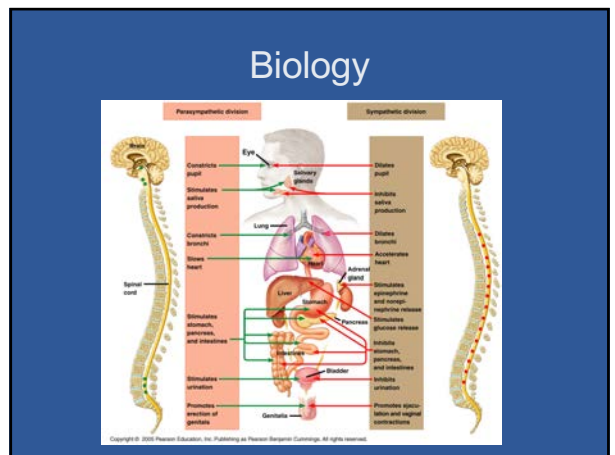
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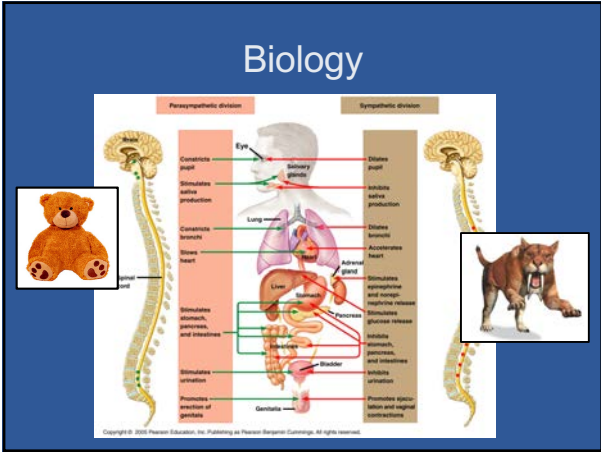
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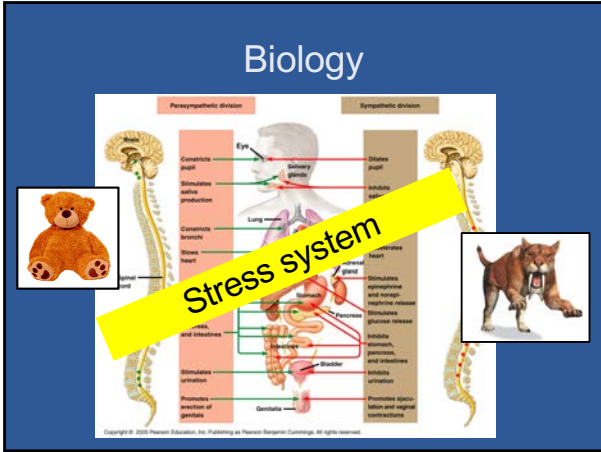
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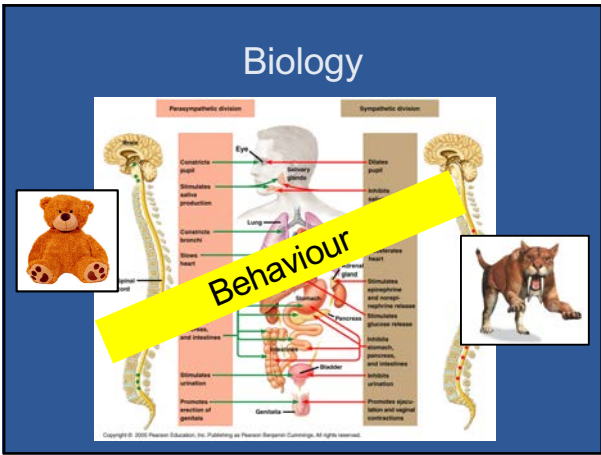
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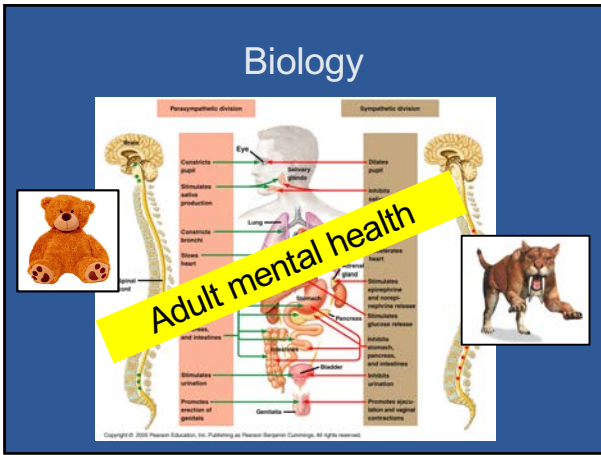
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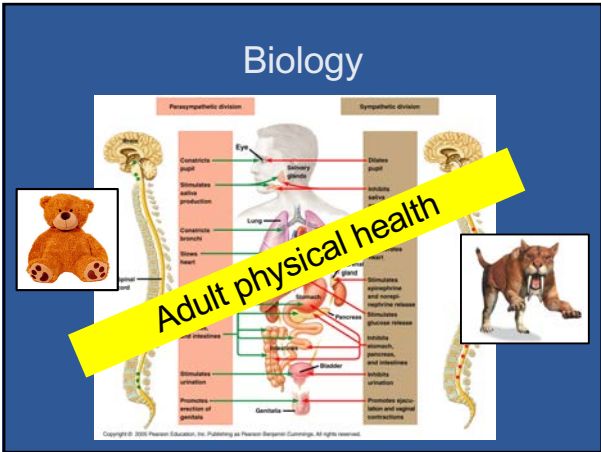
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Childhood Trauma

3



<https://allisondavismaxon.com/the-lingering-effects-of-childhood-trauma/>

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Childhood Toxic Stress

3



<https://allisondavismaxon.com/the-lingering-effects-of-childhood-trauma/>

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Childhood FEAR

3



<https://allisondavismaxon.com/the-lingering-effects-of-childhood-trauma/>

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Adverse Childhood Experiences (ACEs)

ADVERSE CHILDHOOD EXPERIENCES INCLUDE:

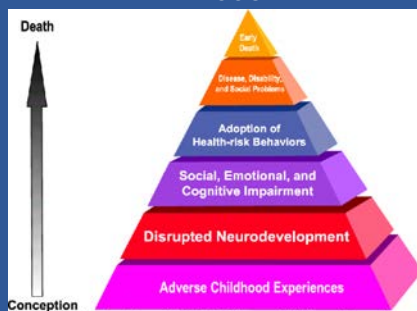


ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:



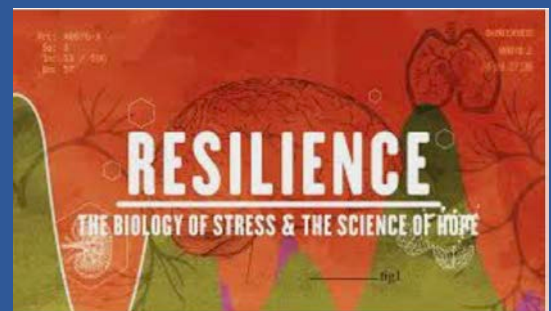
28

Adverse Childhood Experiences Study 1998



Lead authors: Felitti & Anda

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KPJR Films

30



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Homelessness & ACEs

Am J Public Health. 2013 December; 103(Suppl 3): S279-S281.
Published online 2013 December; doi: 10.2195/AMJPH.2013.103.3.279

PMCID: PMC3969113
PMID: 24158508

Relationship Between Adverse Childhood Experiences and Homelessness and the Impact of Axis I and II Disorders

Linda E. Flinn, MEd, Nicole Miles, MA, Todd G. Jell, PhD, Laurence S. Saxe, MD, FRCP, Joo Doolan, PhD, and Alexander Saxon, MD, FRCP*

* Author Information - Article notes - Copyright and License Information Disclaimer

Abstract

Objectives: We investigated the links between homelessness associated with serious mental and physical health disparities and adverse childhood experiences (ACEs) in nationally representative data, with Axis I and II disorders as potential mediators.

Methods: We examined data from the National Epidemiologic Survey of Alcohol and Related Conditions in 2001–2002 and 2004–2005, and included 34 653 participants representative of the noninstitutionalized US population who were 20 years old or older. We studied the variables related to 4 classes of Axis I disorders, all 18 Axis II personality disorders, a wide range of ACEs, and a lifetime history of homelessness.

Results: Analyses revealed high prevalences of each ACE in individuals experiencing lifetime homelessness (75%–89%). A mediation model with Axis I and II disorders determined that childhood adversities were significantly related to homelessness through direct effects (adjusted odds ratios = 2.04, 4.24) and indirect effects, indicating partial mediation. Population attributable fractions were also reported.

Conclusions: Although Axis I and II disorders partially mediated the relationship between ACEs and homelessness, a strong direct association remained. This novel finding has implications for interventions and policy. Additional research is needed to understand relevant causal pathways.

2013

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3969113/>

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Homelessness & ACEs

“There is growing evidence to suggest that adversity experienced in childhood can lead to vulnerability in adulthood by impacting on health and life chances and contributing to adverse housing outcomes.”

Homelessness and Childhood Adversity
By Charlotte Grey and Louise Woodfine, Public Health Wales

In a survey from Wales (United Kingdom), we found that around 1 in 10 (17%) of the Welsh adult general population reported least experience of homelessness (1). We know that having a home is an important social factor that directly and indirectly affects social, physical, and mental health (2). Homelessness is an indication of fundamental breakdown in a person's life, and is an extreme form of social exclusion and inequality (3,4).

likely to adopt unhealthy coping behaviors (5). This suggests that homelessness is a symptom of a life-games that is influenced by a range of known variables (6). In particular, homelessness or adulthood has been associated with individual risk factors experienced in childhood such as parental addiction, domestic violence (DV), and living in social housing or total authority care as a child (7). Family relationship problems and lack of support networks are common amongst homeless and young adults who feel themselves homeless (2).

FEANTSA Magazine 2019

https://www.feantsa.org/public/user/Resources/magazine/2019/Winter/Homeless_in_Europe_Winter_2019_Article_8_-_Homelessness_and_childhood_adversity_-_Charlotte_Grey_and_Louise_Woodfine.pdf

33

24 June 2020

<https://www.theguardian.com/society/2020/jun/24/treasury-announces-85m-for-rough-sleeper-accommodation>

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Today

1. The science of connection
2. Five tips for creating connection

35

1. Smile

36

1. Smile

Est J Dev Psychol 2007 Mar; 41(1): 2-13. PMID: PMC2836746
Published online 2007 May 3. doi: 10.1080/17445010601046632 PMID: 20028873

The perception of facial expressions in newborns

Teresa Falzon
University of Padua, Italy, and Birkbeck College, University of London, UK
Enrica Mason and Silvia Rosato
University of Padua, Italy
Mark H. Johnson
Birkbeck College, University of London, UK

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Abstract Go to:

The ability of newborns to discriminate and respond to different emotional facial expressions remains controversial. We conducted three experiments in which we tested newborns' preferences, and their ability to discriminate between neutral, fearful, and happy facial expressions, using visual preference and habituation procedures. In the first two experiments, no evidence was found that newborns discriminate, or show a preference between, a fearful and a neutral face. In the third experiment, newborns looked significantly longer at a happy facial expression than a fearful one. We raise the possibility that this preference reflects experience acquired over the first few days of life. These results show that at least some expressions are discriminated and preferred in newborns only a few days old.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2836746/>

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1. Smile



Less than 48 hours old !

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1. Smile



<https://www.forbes.com/sites/marleycoyne/2020/04/04/this-see-through-mask-lets-the-deaf-communicate-while-staying-safe/>

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1. Smile

This See-Through Mask Lets The Deaf Communicate While Staying Safe

Marley Coyne Forbes Staff
Business
7 years breaking news

Ashley Lawrence models her mask design, which allows deaf and hard of hearing individuals to read ... [x] ASHLEY LAWRENCE

<https://www.forbes.com/sites/marleycoyne/2020/04/04/this-see-through-mask-lets-the-deaf-communicate-while-staying-safe/>

April 2020

40

2. Use a person's name



<https://www.sbs.com.au/topics/voices/culture/article/2018/07/17/how-talk-homeless-person>

41

2. Use a person's name

Brain Res. Author manuscript; available in PMC 2007 Oct 20. PMID: PMC1647299
Published in final edited form as:
Brain Res. 2006 Oct 20; 1116(1): 153-158. PMID: 16959226
Published online 2006 Sep 7. doi: 10.1016/j.brainres.2006.07.121

Brain Activation When Hearing One's Own and Others' Names

Dennis P. Carmody and Michael Lewis

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Abstract Go to:

Using functional magnetic resonance imaging, brain activation patterns were examined in response to hearing one's own first name in contrast to hearing the names of others. There are several regions in the left hemisphere that show greater activation to one's own name, including middle frontal cortex, middle and superior temporal cortex, and cuneus. These findings provide evidence that hearing one's own name has unique brain functioning activation specific to one's own name in relation to the names of others.

Keywords: self-awareness, self referential, fMRI

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1647299/#R5>

2006

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2. Use a person's name

The Brain on Your Name: How Your Brain Responds to the Sound of Your Name



Nov
2017

<https://name-coach.com/blog/brain-name-brain-responds-sound-name/>

43

2. Use a person's name

The impact

Our brains involuntarily respond to the sound of our own names, even in a state in which we are unable to respond to or act on anything else. What could be more powerful than that?!

Imagine the missed opportunities that arise every time a student's name *isn't* spoken because a teacher is unsure how to pronounce it, or because it is mispronounced. If the sound of our own name is powerful enough to momentarily activate our brains in a vegetative state, imagine what is possible when names are used to encourage, stimulate, or support a student's development!

<https://name-coach.com/blog/brain-name-brain-responds-sound-name/>

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2. Use a person's name

The impact

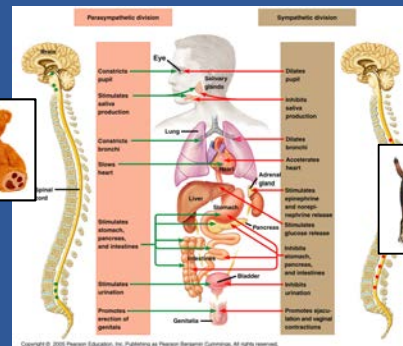
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<https://name-coach.com/blog/brain-name-brain-responds-sound-name/>

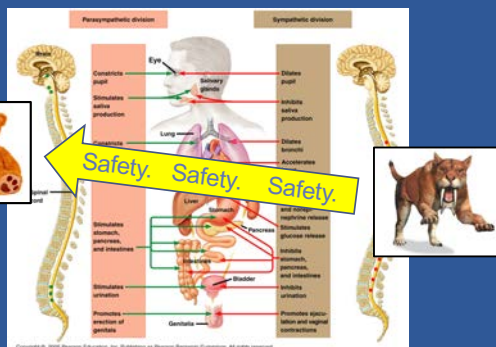
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3. Be aware of stress levels



46

3. Be aware of stress levels



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4. Be patient & steady

ADVERSE CHILDHOOD EXPERIENCES INCLUDE:



ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:



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4. Be patient & steady

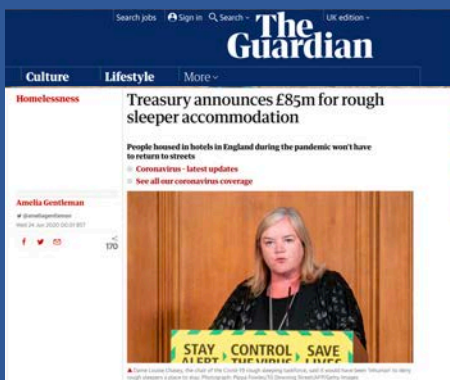


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4. Be patient & steady



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5. Name emotions



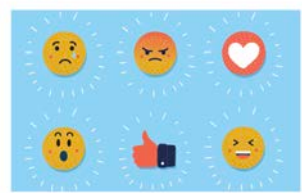
52

5. Name emotions

Tame Reactive Emotions by Naming Them

By labelling an emotion, we can create distance between ourselves and our experience that allows us to choose how to respond to challenges.

BY MITCH ABBETT | SEPTEMBER 26, 2019 | DAILY PRACTICE



Sep 2019

<https://www.mindful.org/labels-help-tame-reactive-emotions-naming/>

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5. Name emotions

Tame Reactive Emotions by Naming Them

The recommendation comes from a solid foundation. Research has shown that mere verbal labeling of negative emotions can help people recover control. [1] UCLA's Matthew Lieberman refers to this as "affect labeling" and his fMRI brain scan research shows that this labeling of emotion appears to decrease activity in the brain's emotional centers, including the amygdala. This dampening of the emotional brain allows its frontal lobe (reasoning and thinking center) to have greater sway over solving the problem *du jour*.



Sep 2019

<https://www.mindful.org/labels-help-tame-reactive-emotions-naming/>

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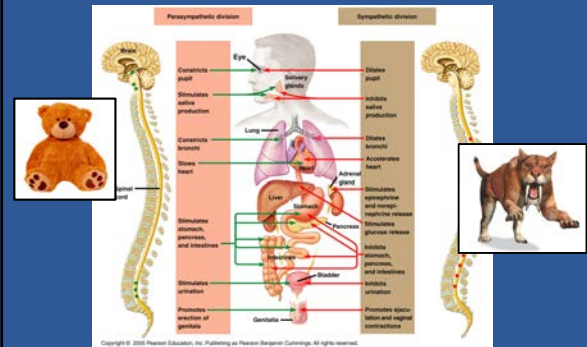
5. Name emotions



<https://www.youtube.com/watch?v=ZcDLzppD4Jc>

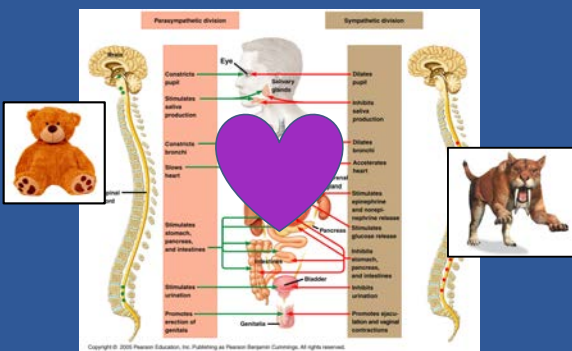
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6. Strengthen your self-care



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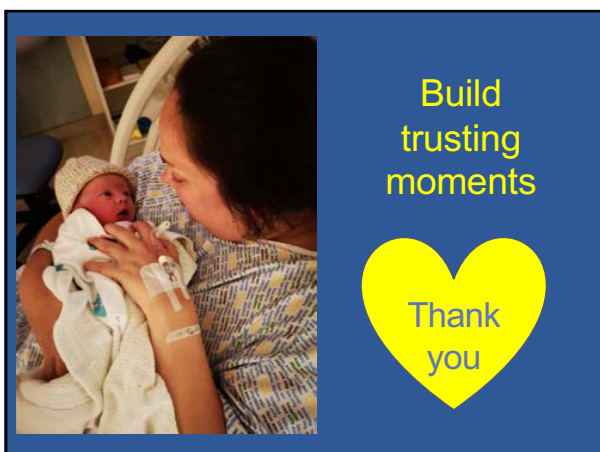
6. Strengthen your self-care



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In conclusion...

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