

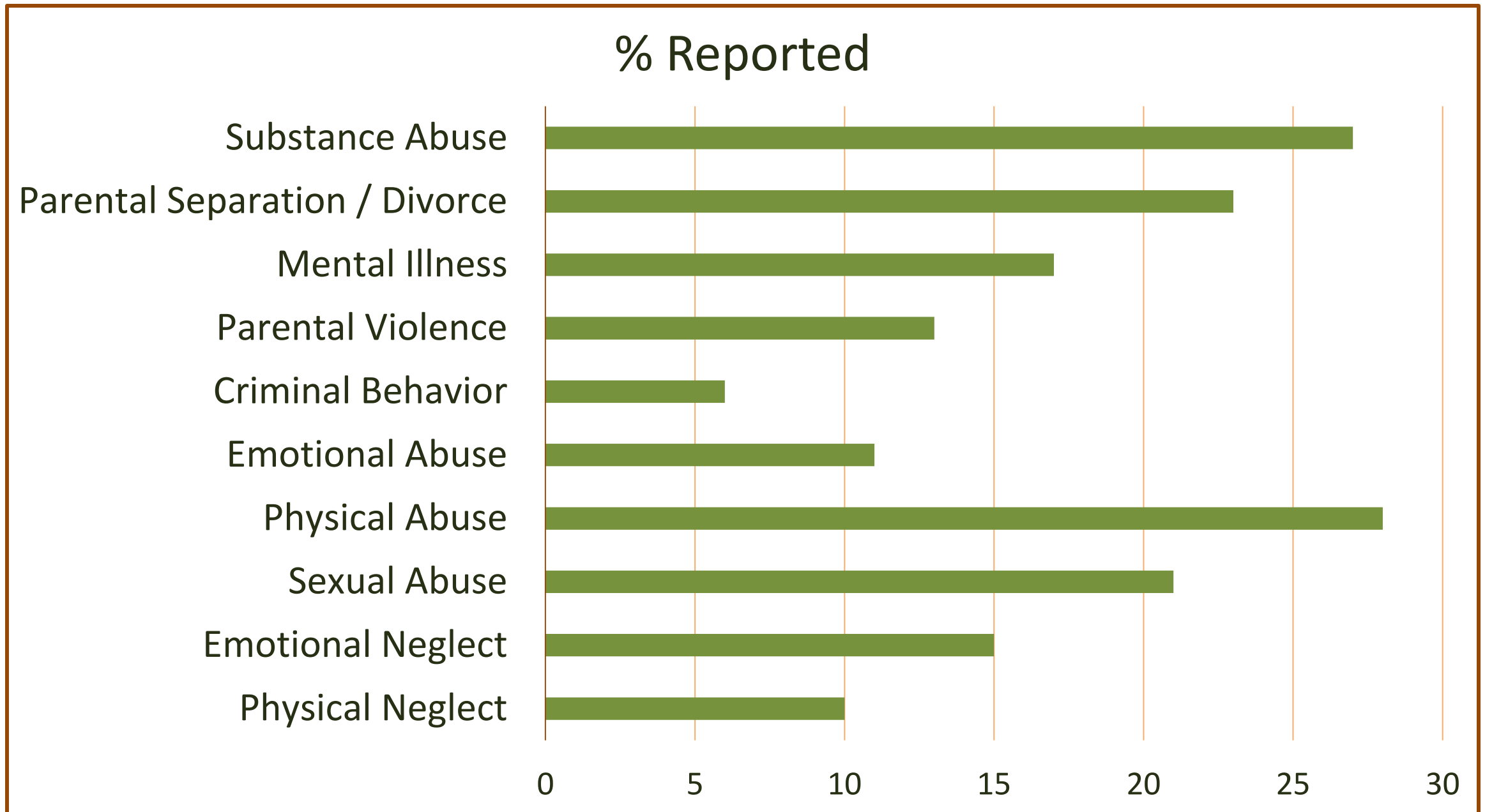
ACEs in Action

Building Trauma-Informed Communities

ACEs AND TRAUMA INFORMED CARE



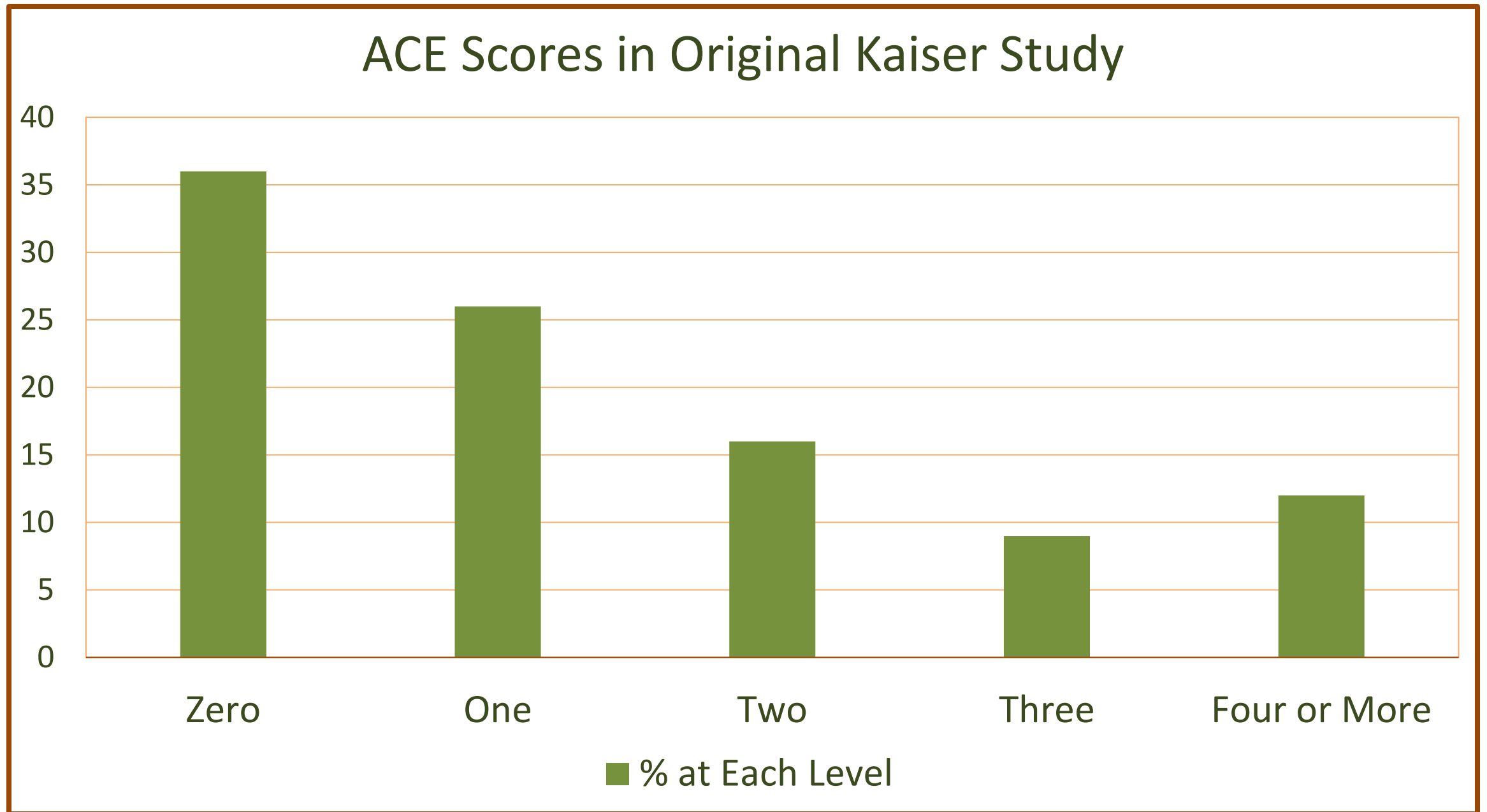
ACEs (Adverse Childhood Experiences) are Common



The original ACE study was with Kaiser patients who were mostly white, mostly college educated and middle class. ACEs were very prevalent in that population.



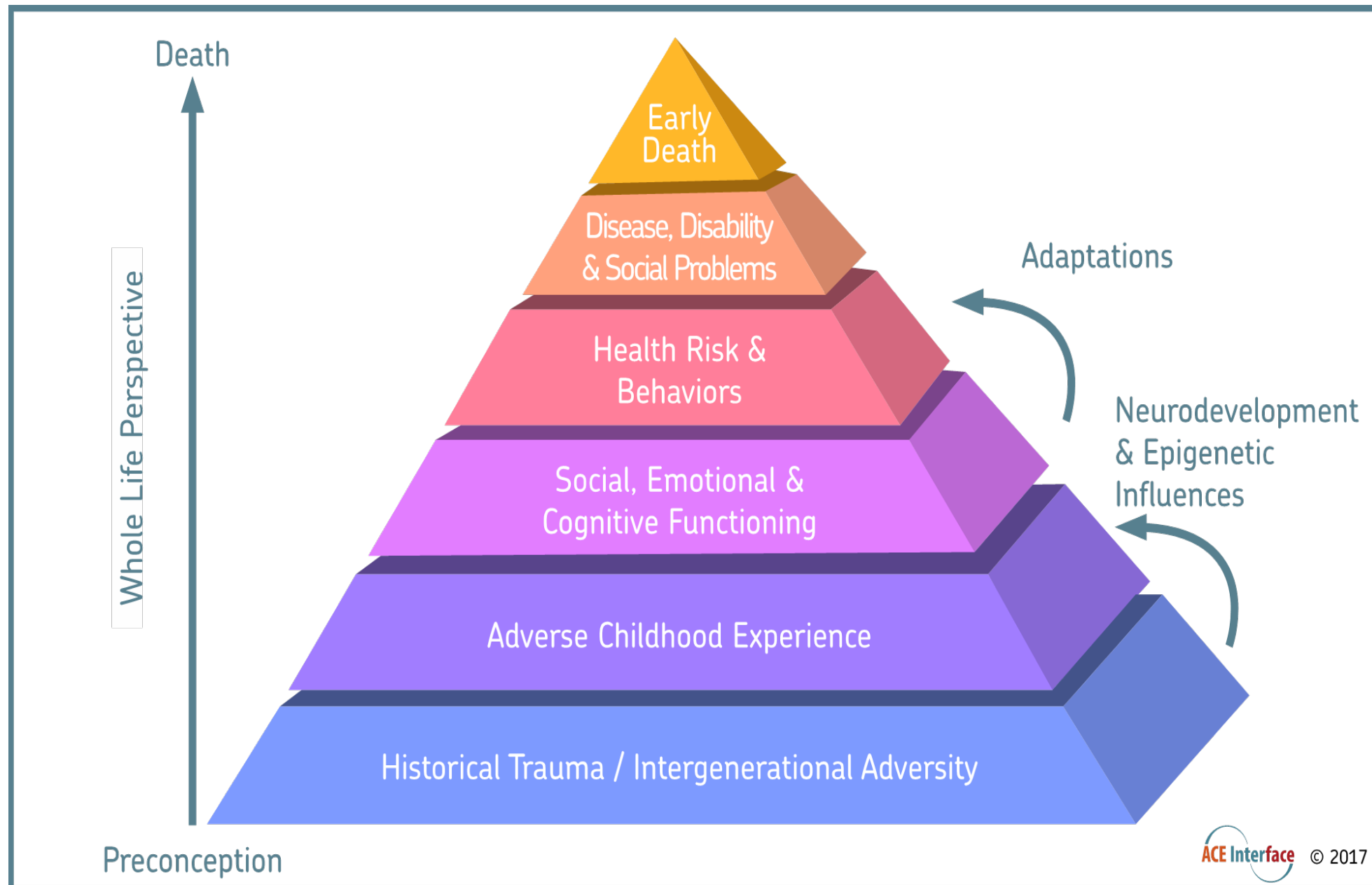
Multiple ACEs are Common



The “ACE Score” is the number of ACEs a person reported.



ACEs Address Root Cause



Current research in neuroscience and epigenetics is making it clear that ACEs have a neurological impact, often across generations.



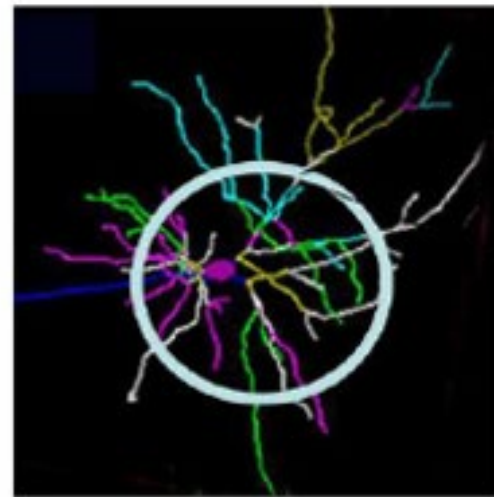
ACEs have Profound Neurological Impact



Center on the Developing Child
HARVARD UNIVERSITY

Persistent Stress Changes Brain Architecture

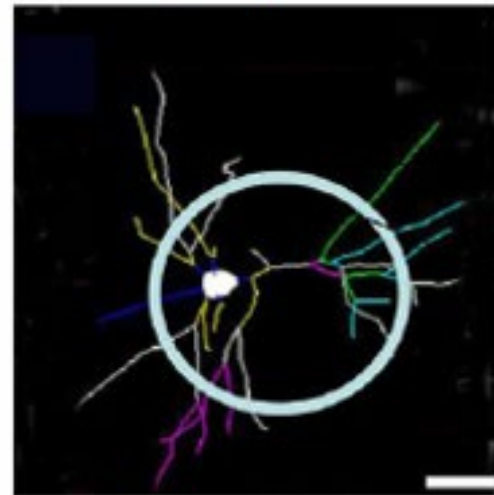
Normal



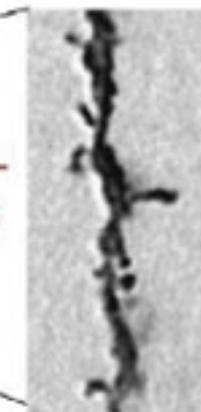
Typical neuron—
many connections



Toxic
stress



Damaged neuron—
fewer connections



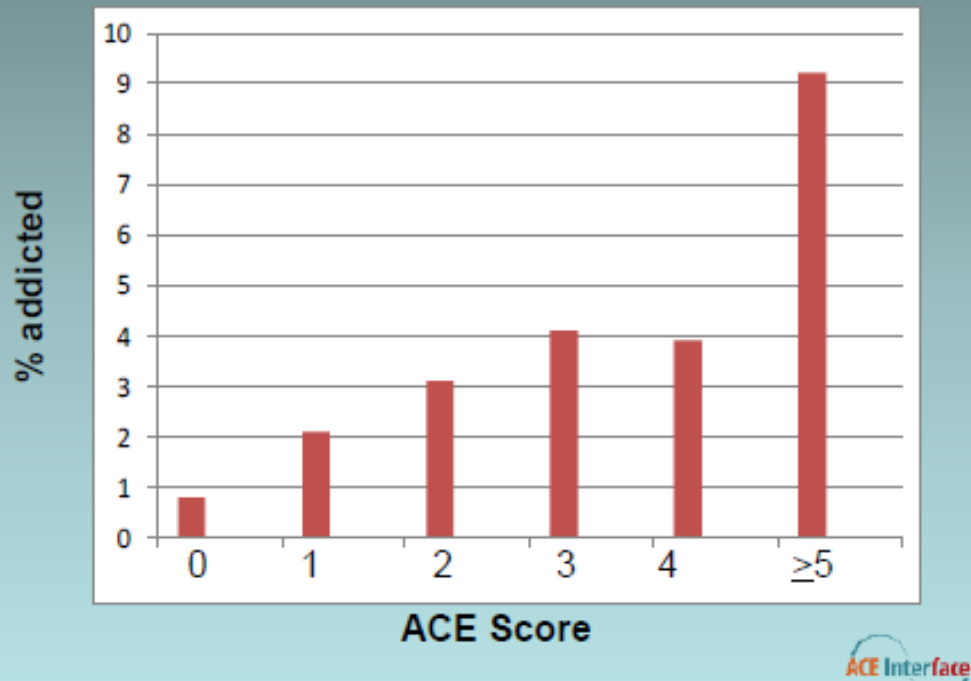
Prefrontal Cortex and
Hippocampus

Sources: Radley et al. (2004)
Bock et al. (2005)



Impact of Multiple ACEs

ACE Score and Ever Addicted to Drugs



ACE Score Increases Suicide Attempt



1 of 100 people with 0 ACEs attempt suicide



10 of 100 people with 3 ACEs attempt suicide



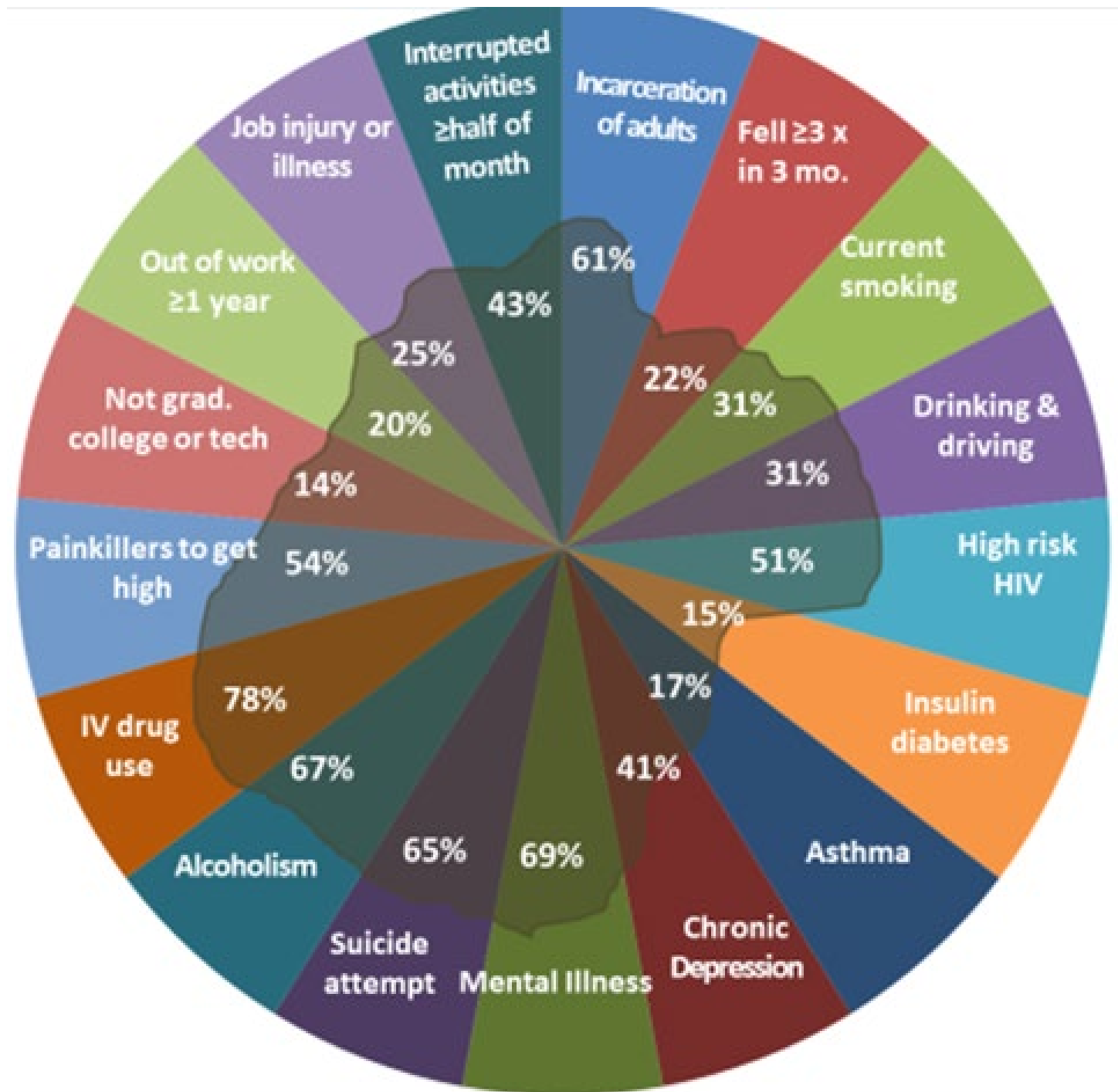
20 of 100 people with 7 ACEs attempt suicide

- ACE scores of 4 or more were 12 times more likely to have attempted suicide, 7 times more likely to be alcoholic, and 10 times more likely to have injected street drugs.
- ACE scores of 6 and higher – an almost 20-year shortening of lifespan.



High Population Attributable Risk Due to ACEs

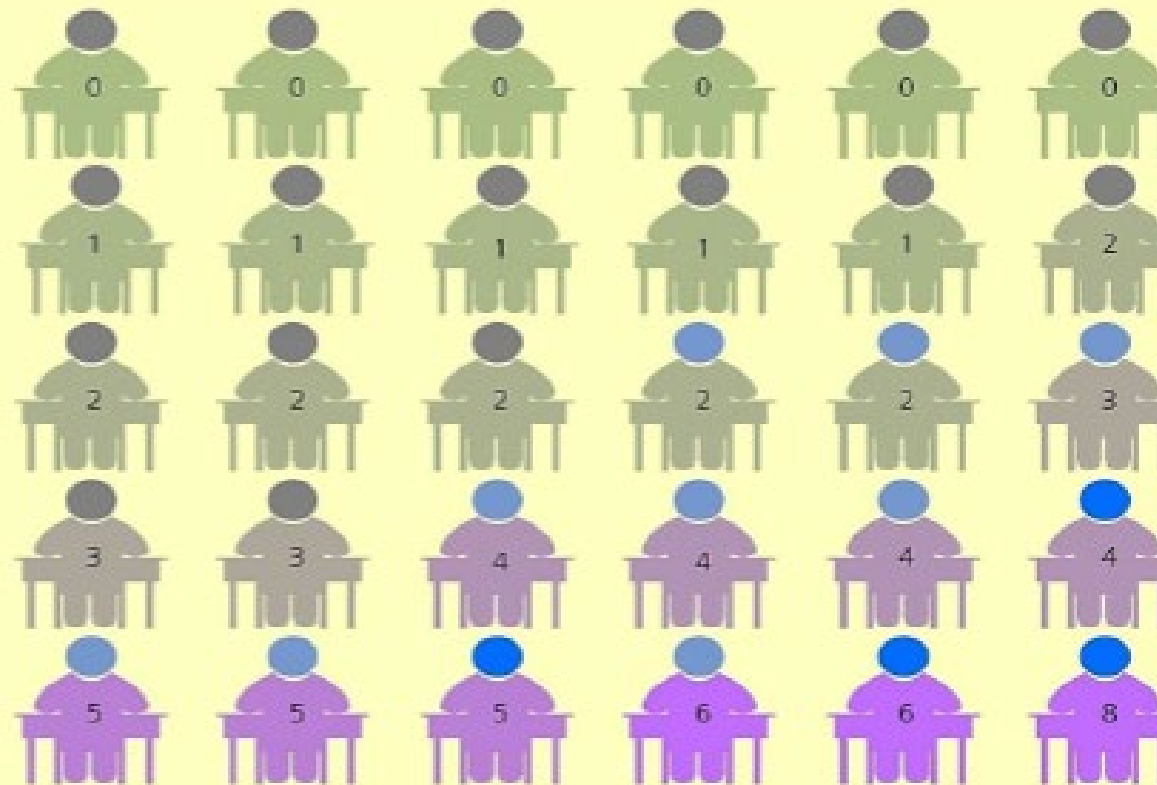
The “Population Attributable Risk” of ACEs is very high, indicating that many health challenges are directly impacted by ACEs.





ACEs and Schools

6 students with no ACE
5 students with 1 ACE
6 students with 2 ACEs
3 students with 3 ACEs
7 students with 4 or 5 ACEs
3 students with ≥ 6 ACEs



**Average High
School
Classroom**

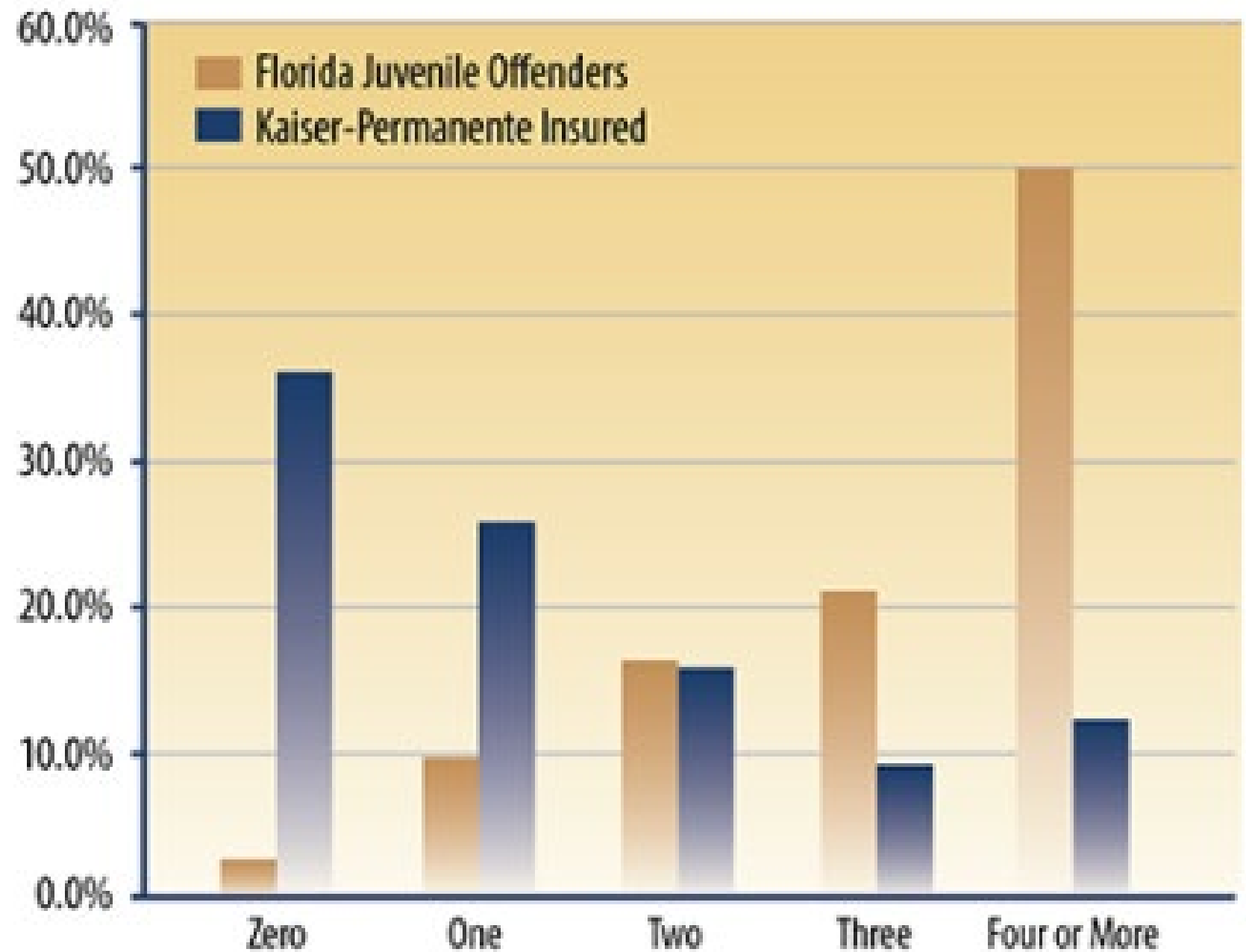
**42% have
 ≥ 3 ACEs**





ACEs and “High Risk” Populations

In one Florida study of Juvenile offenders, 50% had ACE scores of 4 or more, significantly higher than the Kaiser study.



PROMOTING RESILIENCE



Impact of Positive Childhood Experiences

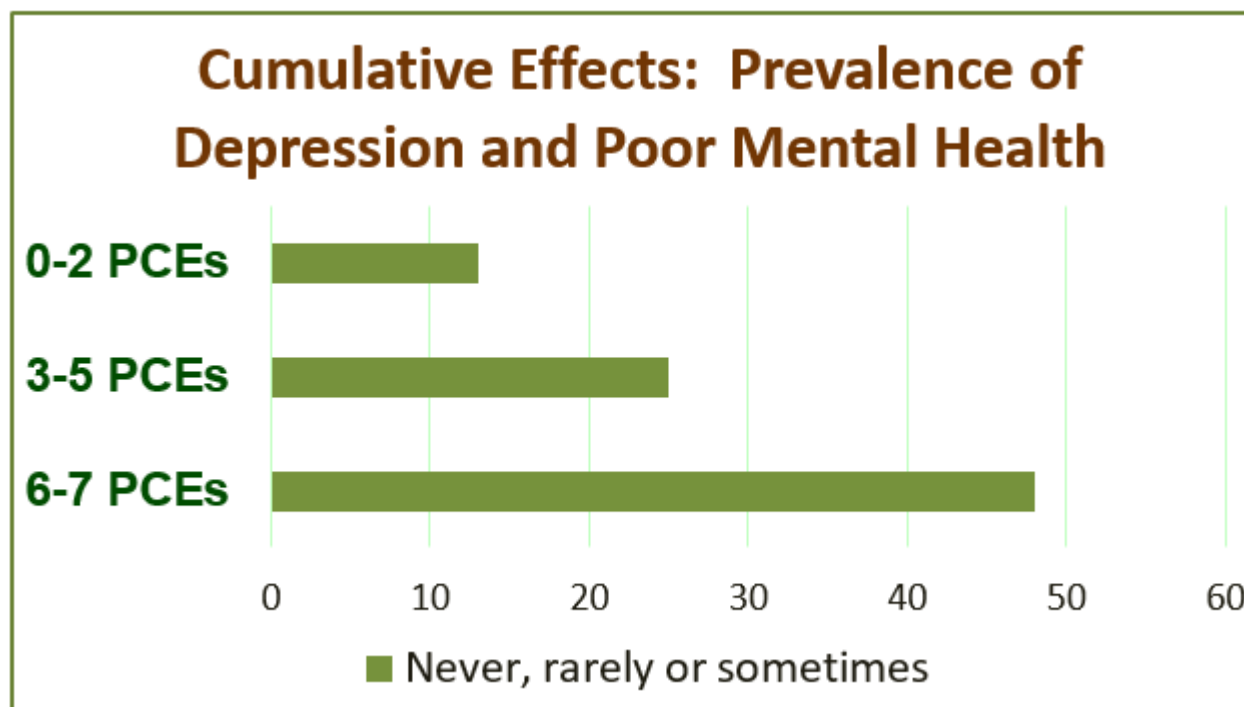
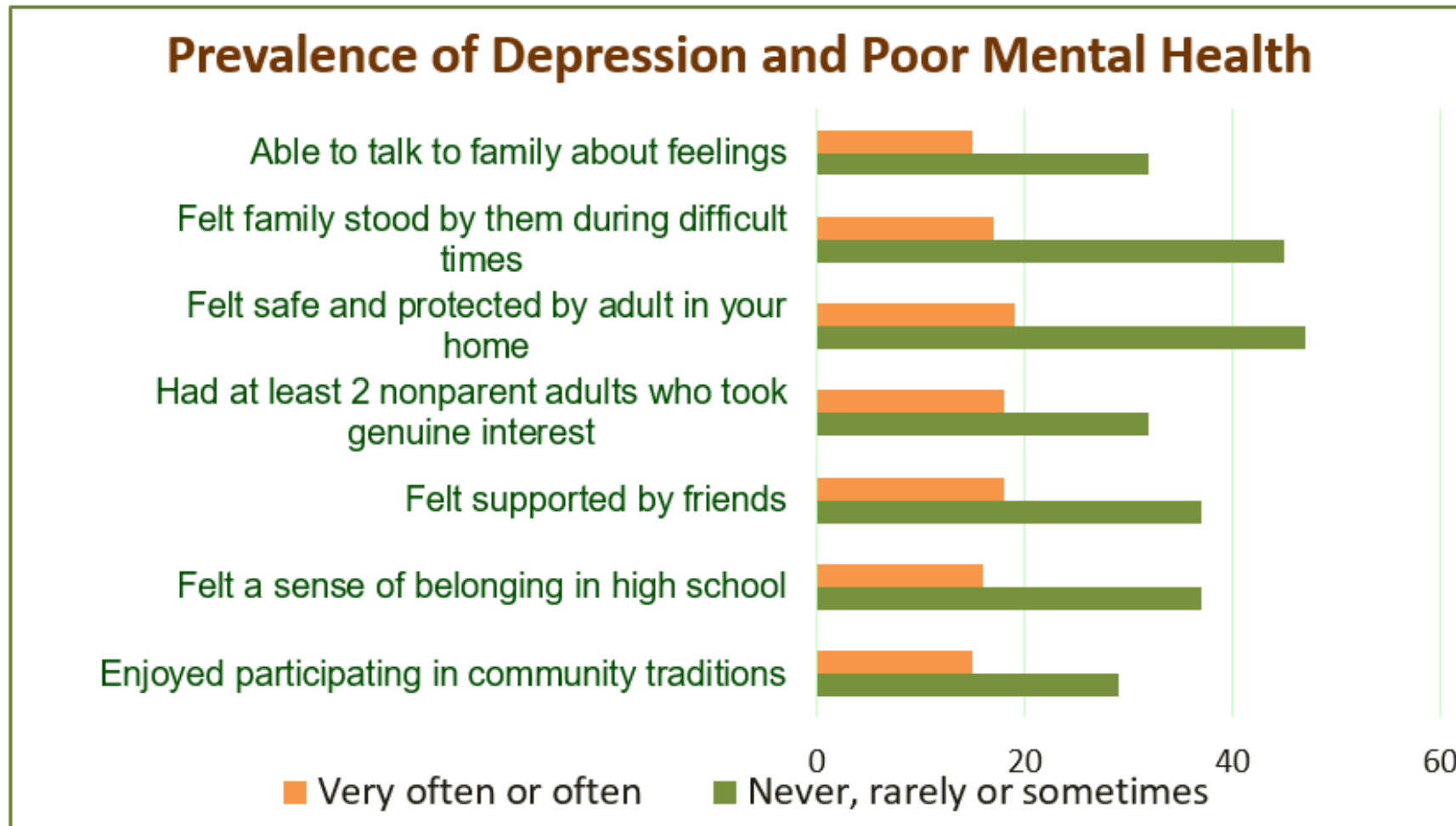
Exciting new research has established a clear link between seven Positive Childhood Experiences and Adult Resilience:

- Able to talk to family about feelings
- Felt family stood up for them in difficult times
- Felt safe and protected by an adult in your home
- Had at least two nonparent adults who took genuine interest
- Felt supported by friends
- Felt a sense of belonging at high school
- Enjoyed participating in community traditions

Research led by Dr. Christina Bethell, reported in JAMA Pediatrics, September, 2019, and recently featured on NPR

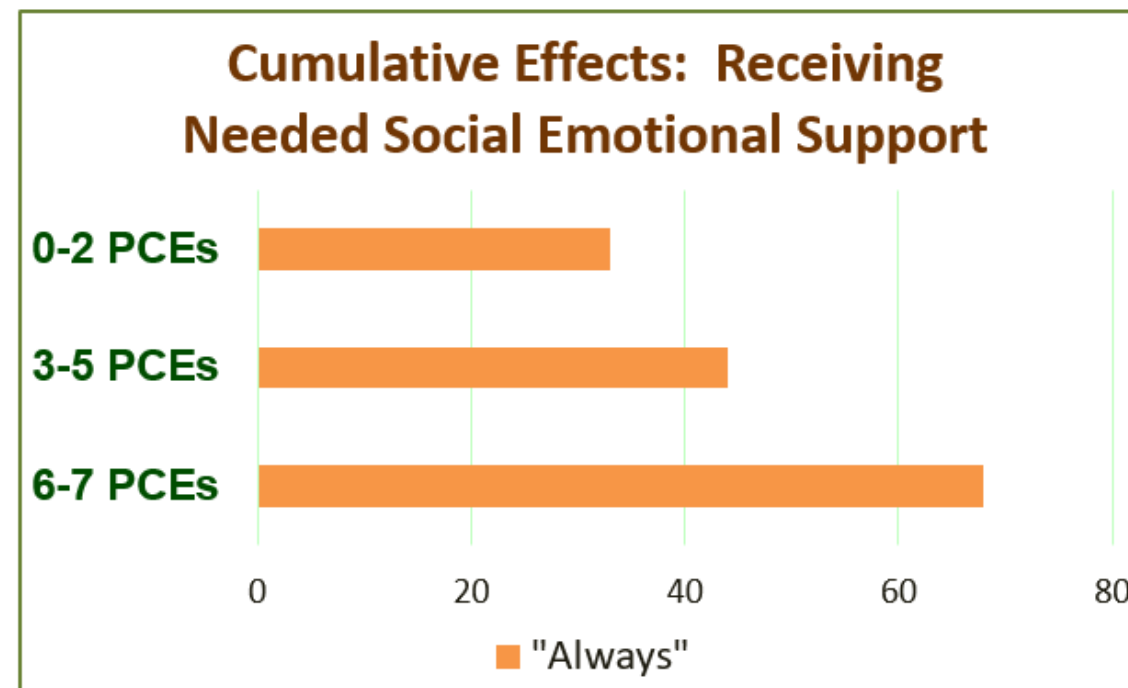
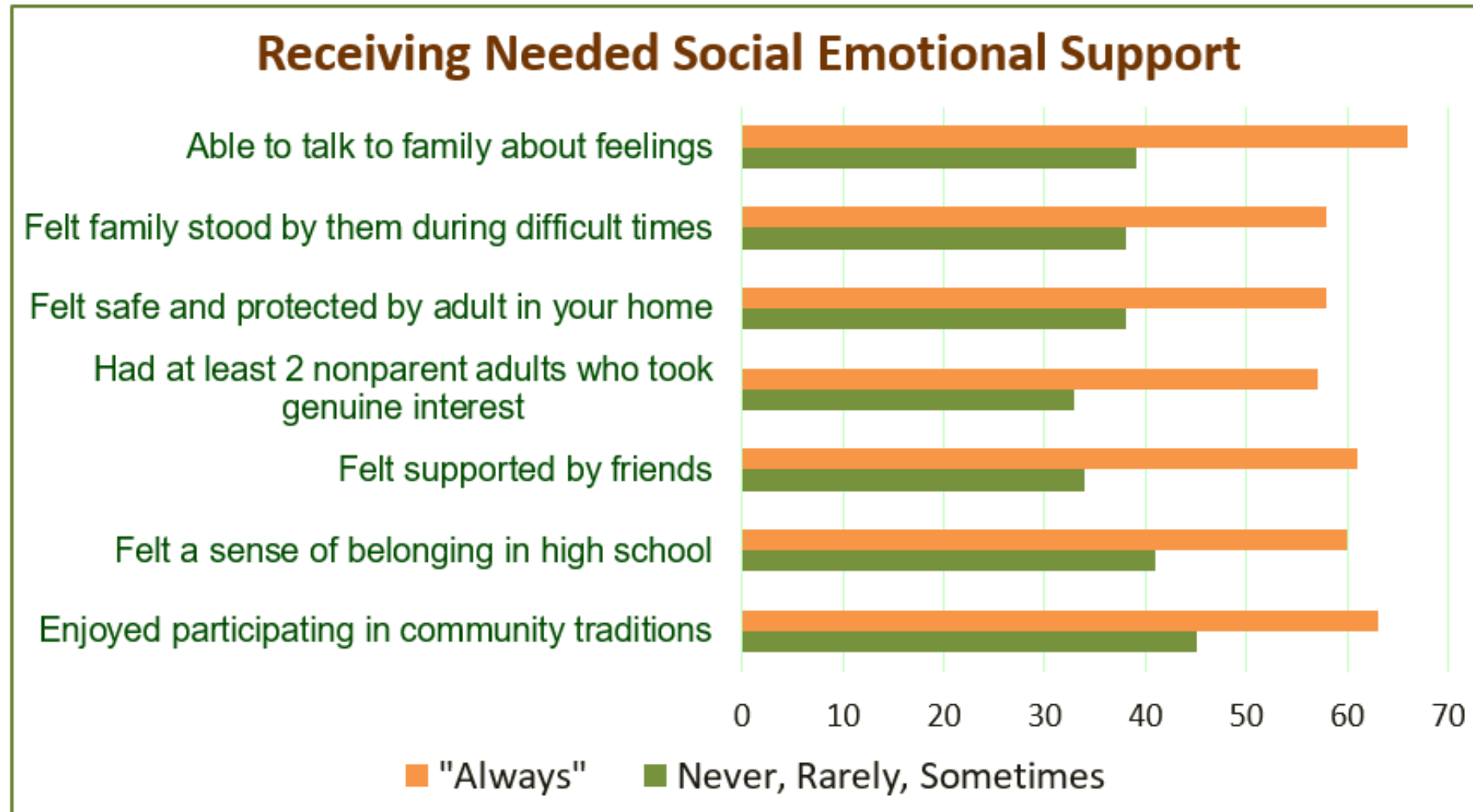


Positive Childhood Experiences and Adult Depression



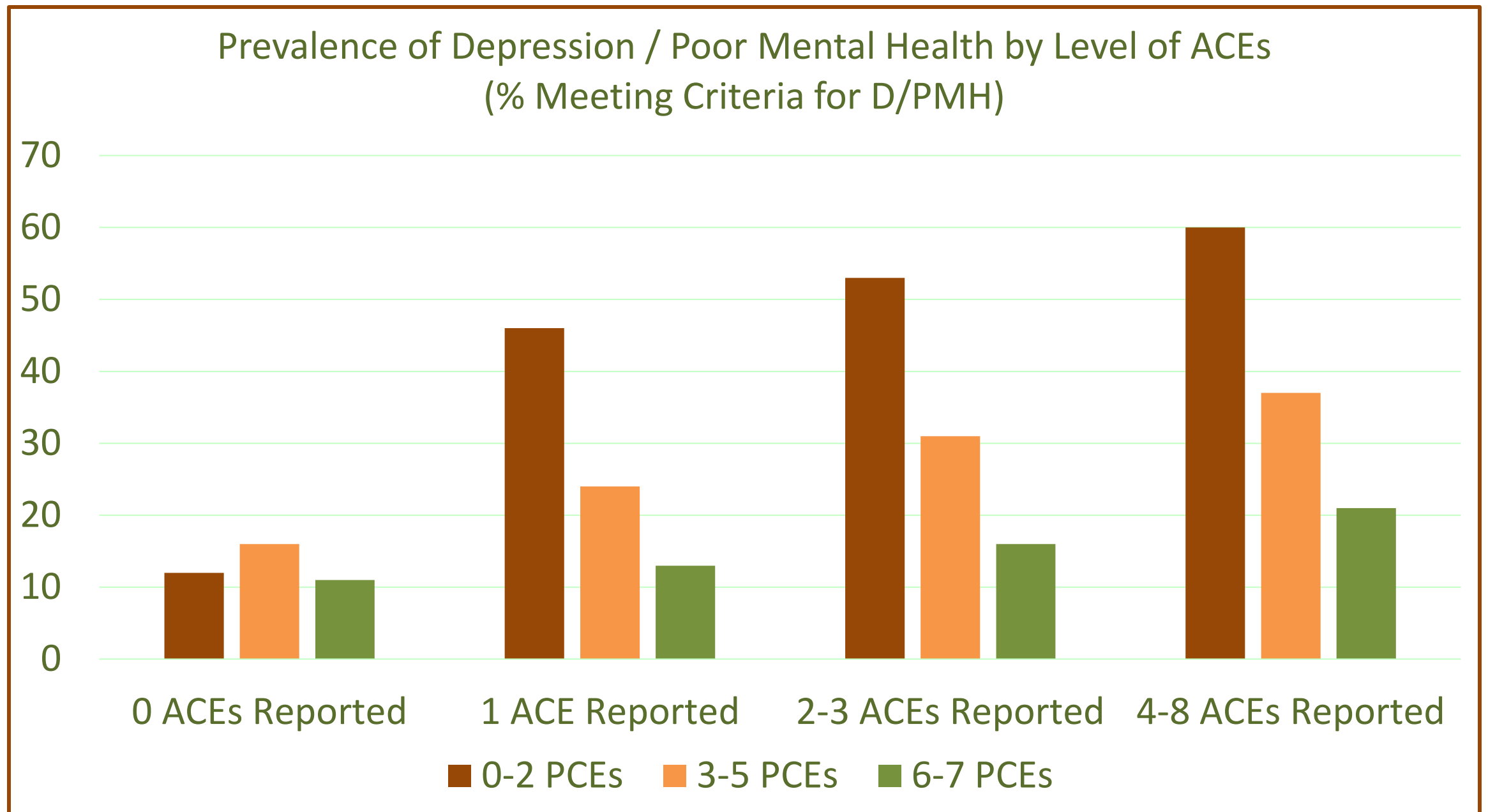


Positive Childhood Experiences and Social Emotional Support



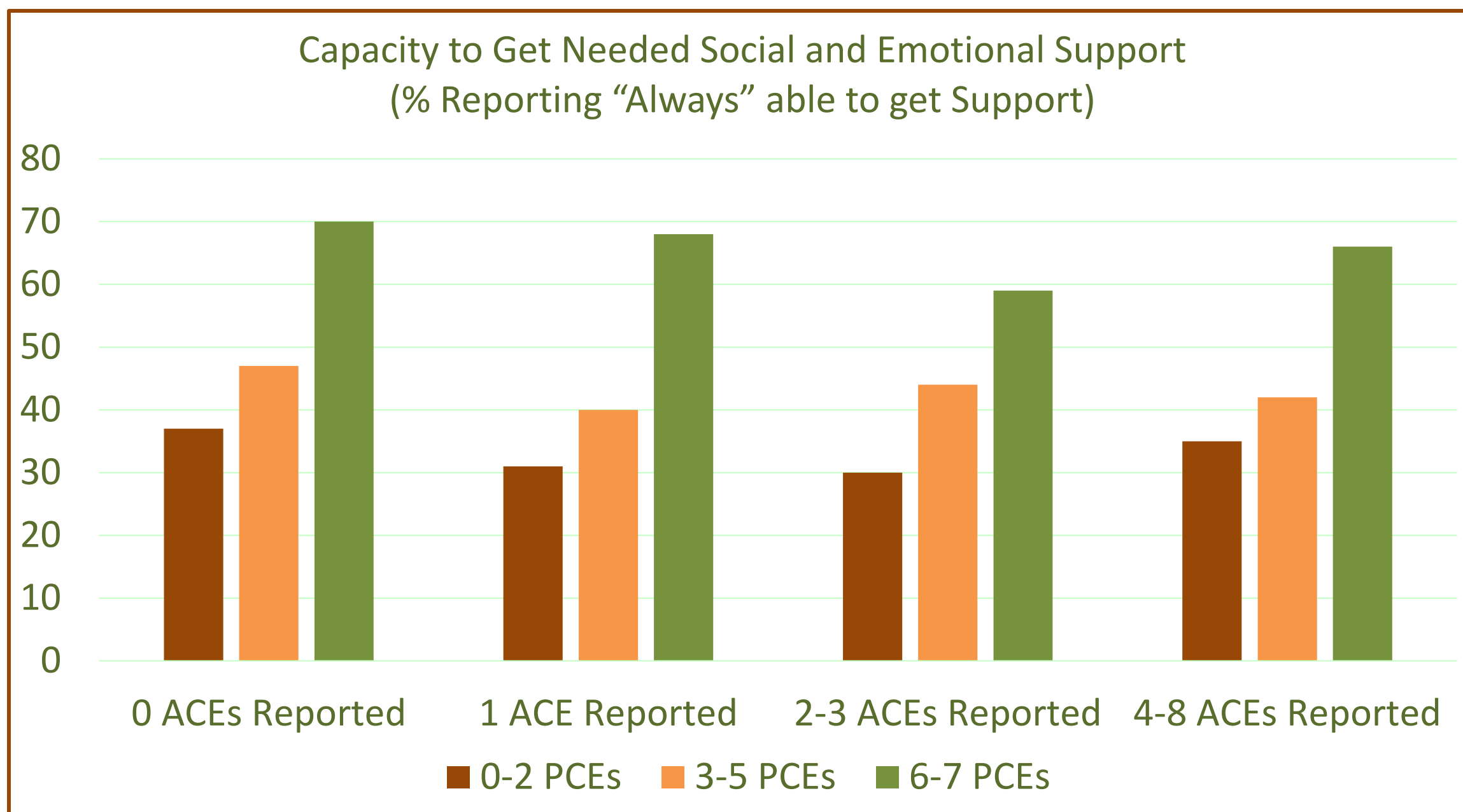


Positive Experiences May Buffer ACEs Impact on Depression





Positive Experiences May Buffer ACEs Impact on Gaining Support





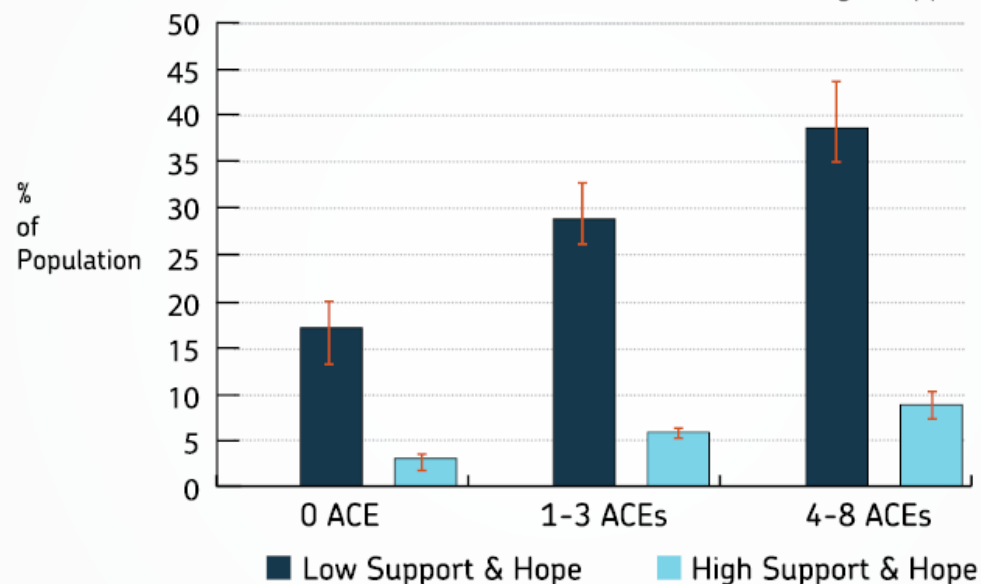
Action Steps: Parental Buffering through Community Support

Four Community Support Factors that Make a Difference:

- 1. Emotional Support:** Feeling social/emotional support and hope
- 2. Multiple Sources of Help:** Two or more people who give concrete help when needed
- 3. Reciprocity:** Watching out for each other and doing favors for one another
- 4. Social Bridging:** Reaching outside the social circle to get help for family or friends

Mental Health & Support

Poor Mental Health More Than Half Last Month With High Support & Hope



Parental Depression in Communities with Variable ACE Prevalence & High Reciprocity



Individuals with high ACE scores report fewer mental health challenges when they are receiving emotional support.

Reciprocity and social bridging have a direct impact on parents' levels of depression.



Reciprocity & Bridging: Two Generation Benefits

Adult: Better Health & Health Behaviors

- Obesity
- Mental Illness Symptoms
- Alcohol Consumption among Women
- Physical Activity
- Happiness
- Worry about Money for Rent
- Having a Primary Care Physician
- Experiencing Housing Instability
- Being Hungry Because of No Money

Better Child Well-Being

- School Performance
- Mental Health (depression, suicide)
- Physical Health (asthma, diabetes, obesity)
- Drug Use
- Alcohol Use
- Less Physical Fights



BUILDING TRAUMA-INFORMED COMMUNITIES



A Change in Culture and Attitude Enables Change

Changing Mindset

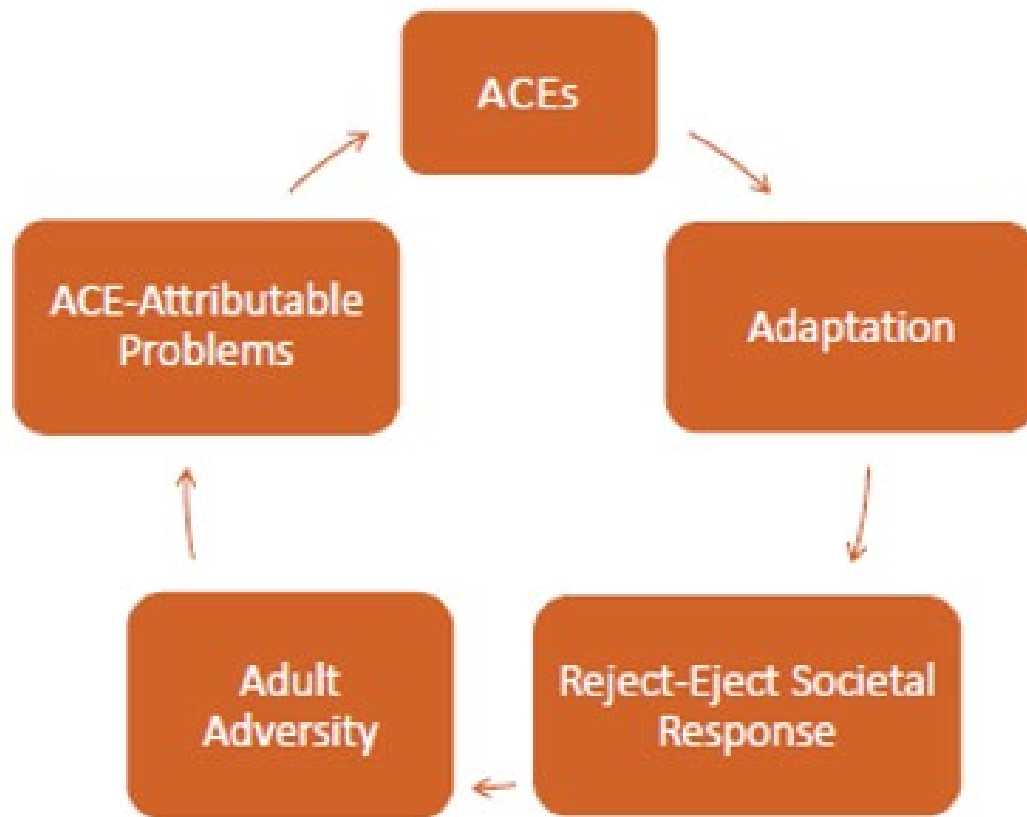
From: What's wrong with you? **To:** What happened to you?

From: Reject and Eject **To:** Engage with Compassion and Right Fit

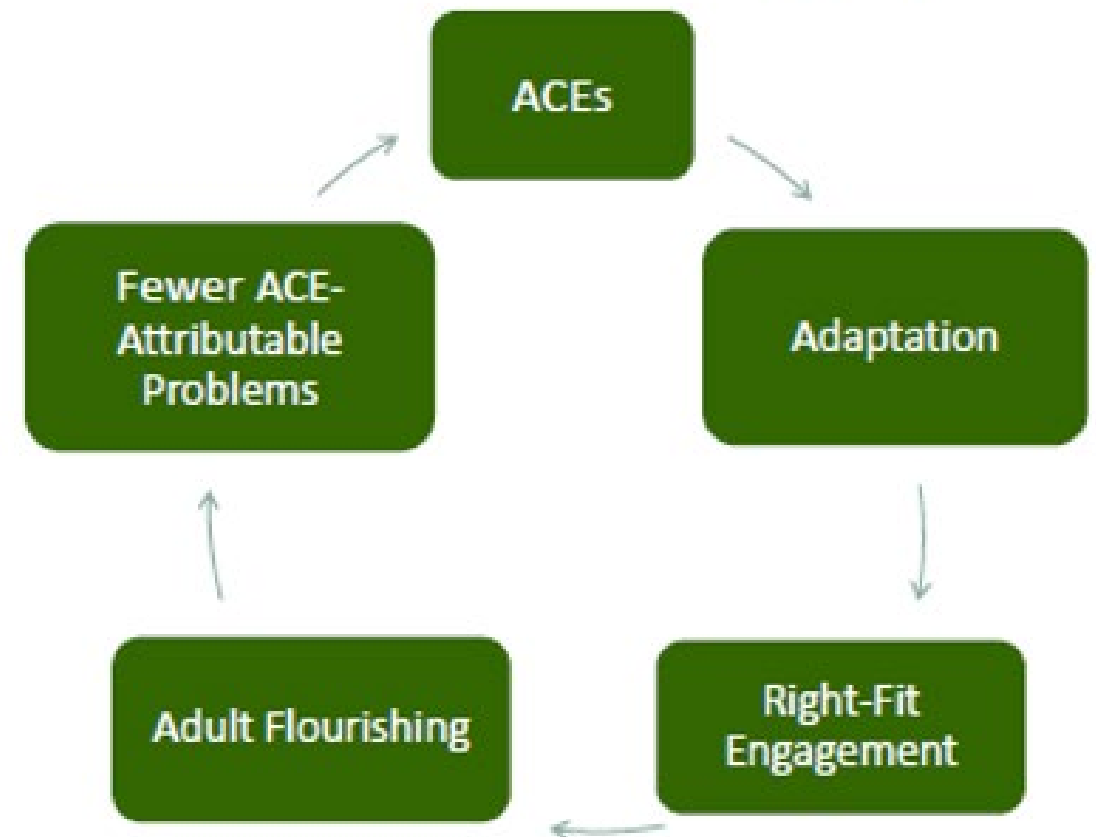


Shifting from a Vicious Cycle to a Virtuous Cycle

Vicious Reinforcing Cycle

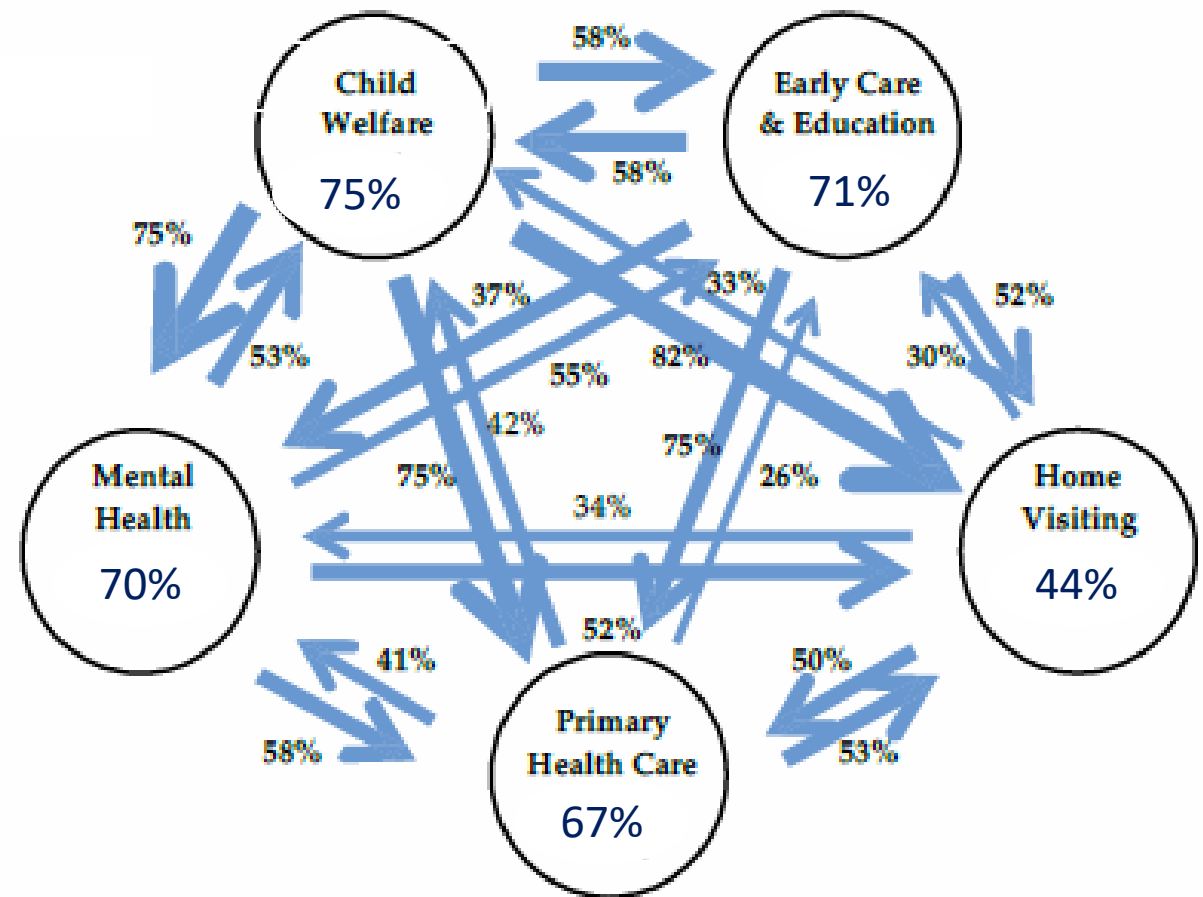


Virtuous Reinforcing Cycle



The Need for Collaborative Approaches

The Maine ACEs study documented high percentage of overlap of individuals served by multiple agencies.



Portsmouth Community Coordinated Response to Substance Misuse – Sponsored by Portsmouth City Council and Portsmouth Rotary, a collaborative effort of more than 15 city agencies and organizations is addressing the substance misuse crisis based on trauma informed principles

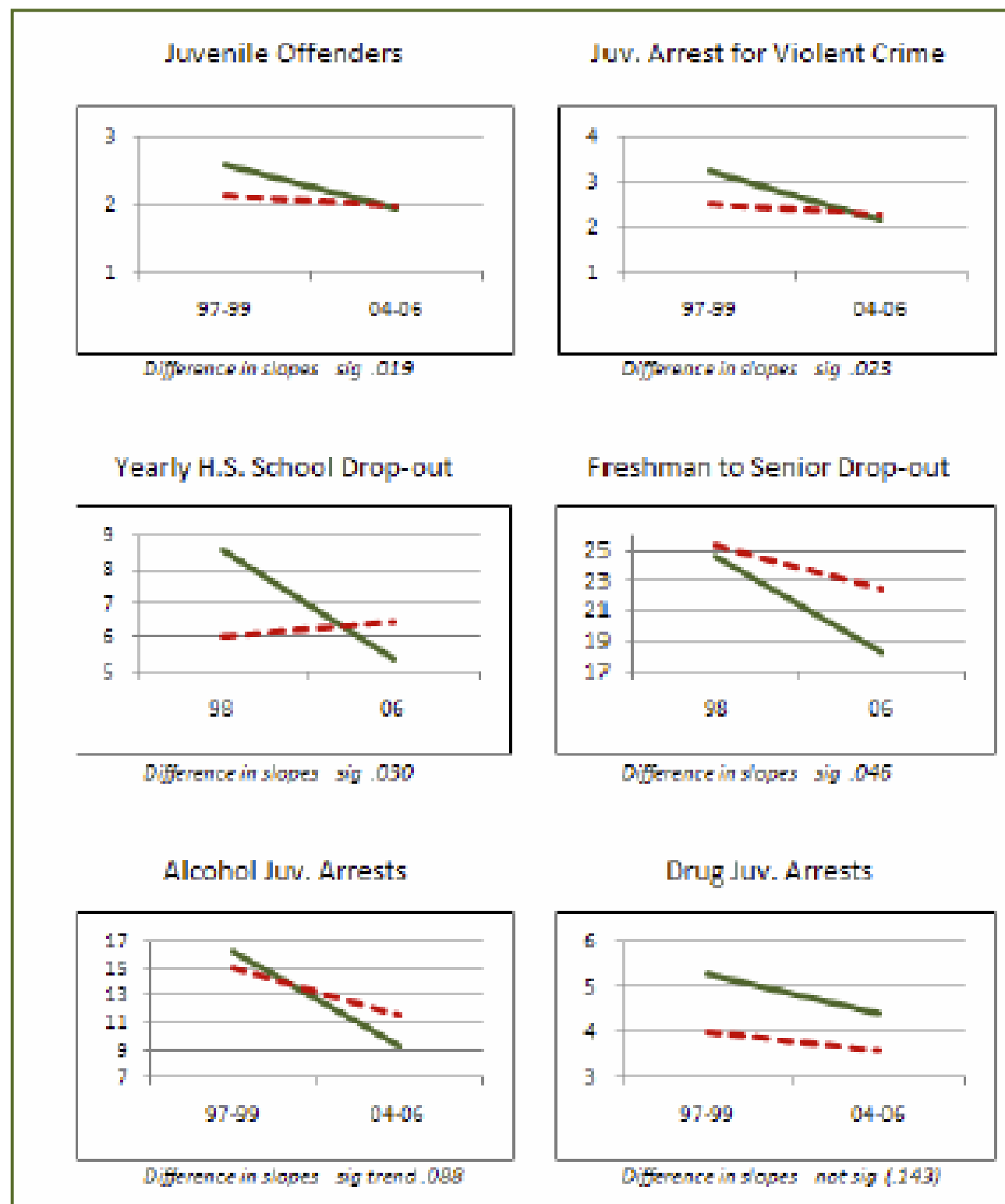


Knowledge and Action Create Change



When this all works together,
significant impact can be achieved.

Washington State documented savings
of \$1.4B over a 10 year period.



APPLICATION OF TRAUMA-INFORMED PRINCIPLES



Principles of Trauma Informed Care



Chart by the Institute on Trauma and Trauma-Informed Care (2015)



Assessing Executive Functioning

Elements of Executive Function

Response Inhibition
Working Memory
Emotional Control
Flexibility
Sustained Attention
Task Initiation

Planning and Prioritizing
Organization
Time Management
Goal-directed persistence
Metacognition

Guare and Dawson 2013, pp. 42-43





Gaps in Executive Functioning

Executive Function Strengths - 96 Youth

Working Memory
Emotional Control
Planning and Prioritizing
Organization
Goal-directed persistence
Metacognition

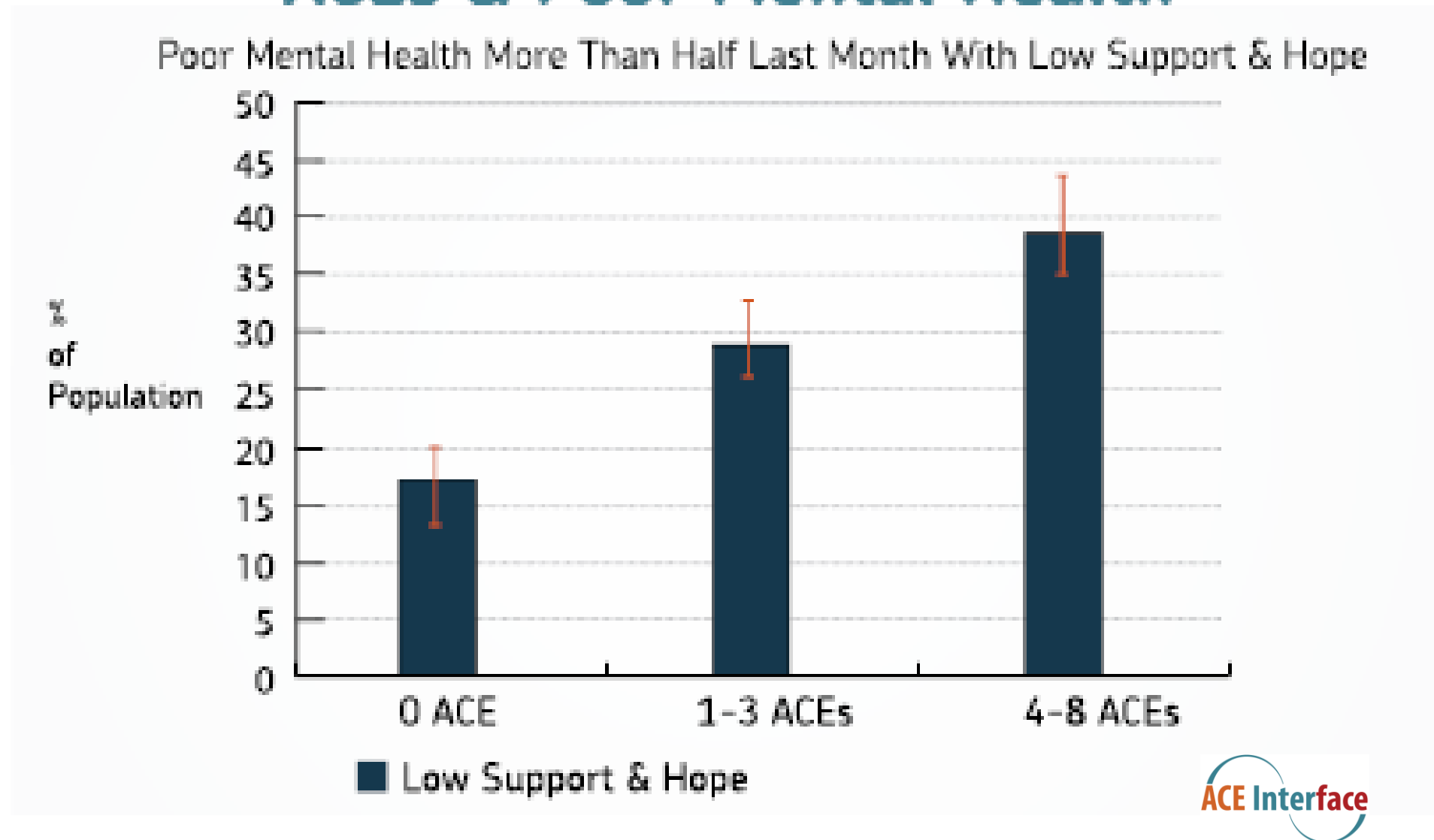
Time Management
Response Inhibition
Flexibility
Sustained Attention
Task Initiation





Impact of ACEs on Personal Capacity to Function

ACEs & Poor Mental Health





Key Issue: Access to Services

Given our understanding of the impact of ACEs on executive skills, mental health functioning and ability to gain personal support:

How might we apply the principles of trauma informed care to improve ease of access to our services?



ACEs and Self-Regulation

“Self regulation depends on having a friendly relationship with your body. Without it you have to rely on external regulation – from medication, drugs like alcohol, constant reassurance, or compulsive compliance with the wishes of others.”

Bessel Van der Kolk, *The Body Keeps the Score*



What Helps Individuals Self-regulate?

Activate Social Engagement:

1. Healing power of community expressed in music, rhythm, theater
2. Exercise and play
3. Practicing connection

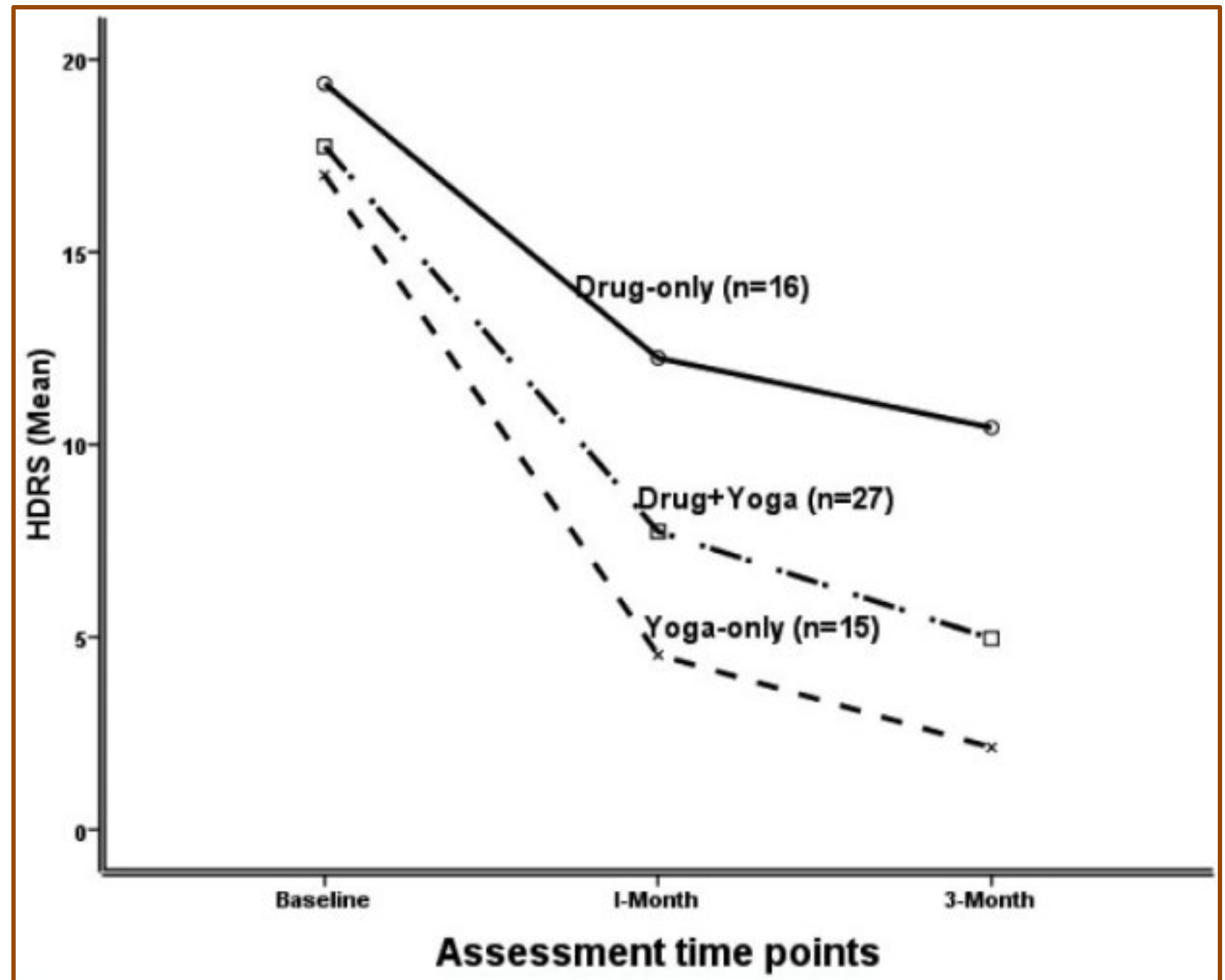
Calm Physical Tensions in Body:

1. Movement, breathing
2. Mindfulness, reflection
3. Tapping acupressure points
4. Yoga



Long-term Effects of Yoga

Several recent studies have suggested that yoga is more effective than medication in treating long-term depression.



Cited by Bessel Van der Kolk,
The Body Keeps the Score Workshop



Key Issue: Interactions that Build Personal Resilience

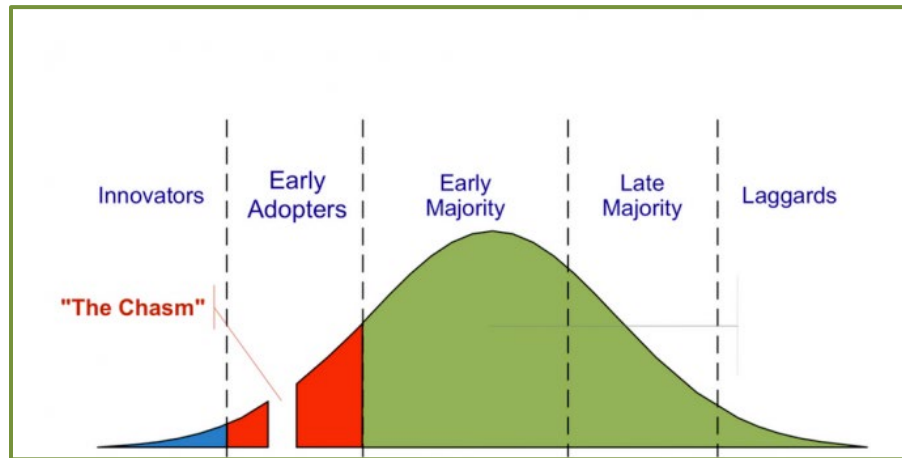
Given our understanding of the impact of positive experiences, the importance of building community support and the need for self-regulation:

How might we create interactions with the individuals we work with that boost their capacity for personal resilience?

WHERE ARE WE NOW?

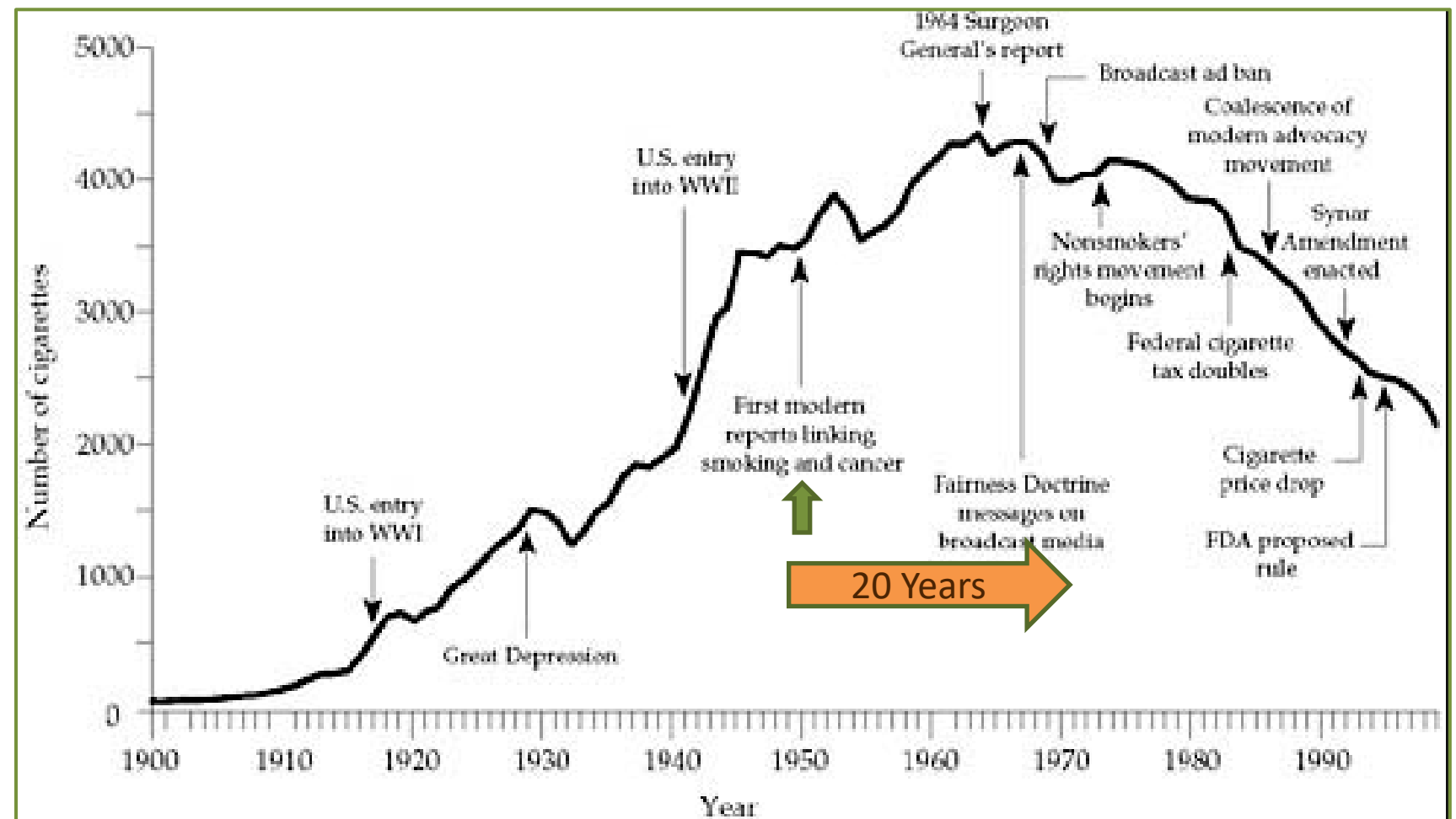


ACEs: Where We are Now: Embedding Change in Behavior



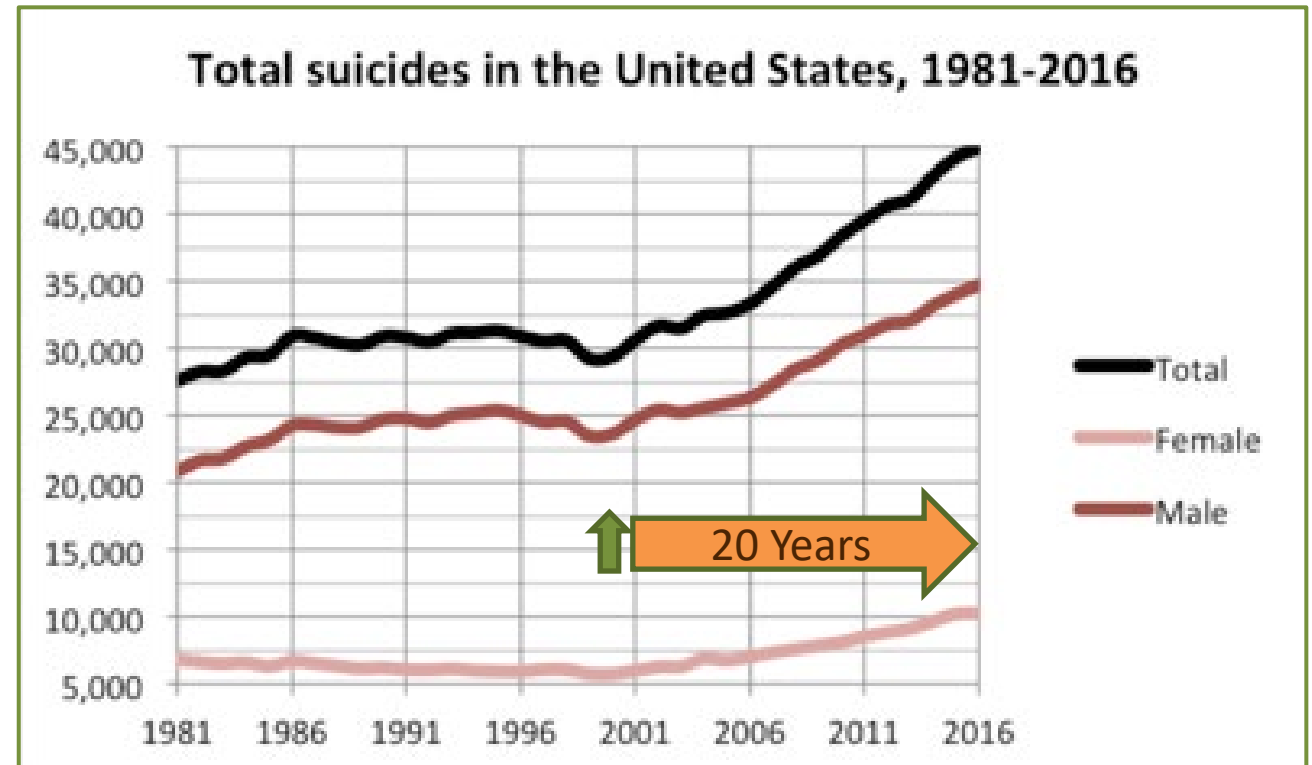
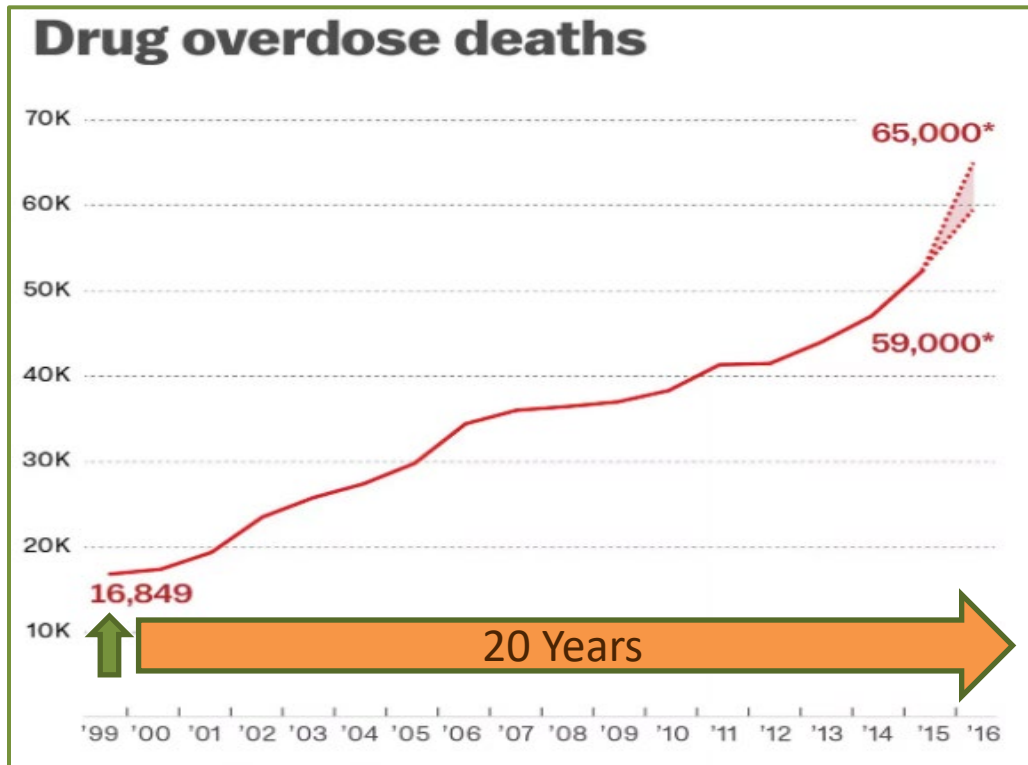
Change comes about by engaging early adapters and then spreading the word to others who benefit from the knowledge and commit to personal change. There is often a gap in knowledge which requires extra effort to engage others. Medical Innovations take an average of 50 years to become fully embedded in behavior.

In the US it took 20 years for knowledge of the dangers of smoking to begin to have an impact on smoking behavior.





ACEs: Where We are Now



ACEs research completed.

We are now at the 20 year point in ACEs knowledge. Building awareness and investing in full engagement across all the sectors of the community is the current major challenge.

Action Steps: Community-wide Awareness

Some Current Initiatives in Seacoast NH / Southern ME



Resilience Video Showings – Fall 2018 viewings for Community leaders, March 2019 sold out viewing at Music Hall Loft, on-going showings for community organizations and groups



Resilience Conference May 2019 – Featuring Dr. Rob Anda and Laura Porter with break-out groups by professional focus and by communities served



Portsmouth Community Coordinated Response to Substance Misuse, June 2019 – Funded by Portsmouth City Council and Portsmouth Rotary, collaborative effort of more than 15 city agencies and organizations to address the substance misuse crisis based on trauma informed principles



Resilience Conference May 2020 – Featuring Dr. Christina Bethel, lead author of Positive Childhood Experiences research, will focus on building Positive Community Responses to Trauma

ACEs Awareness Master Trainer Program, May 2020 – Led by Dr. Rob Anda and Laura Porter, this initiative will prepare 30 Master Trainers to provide ACEs awareness and train other trainers throughout the Seacoast NH and Southern ME region



Hope for the Future

