

Childhood Adversity



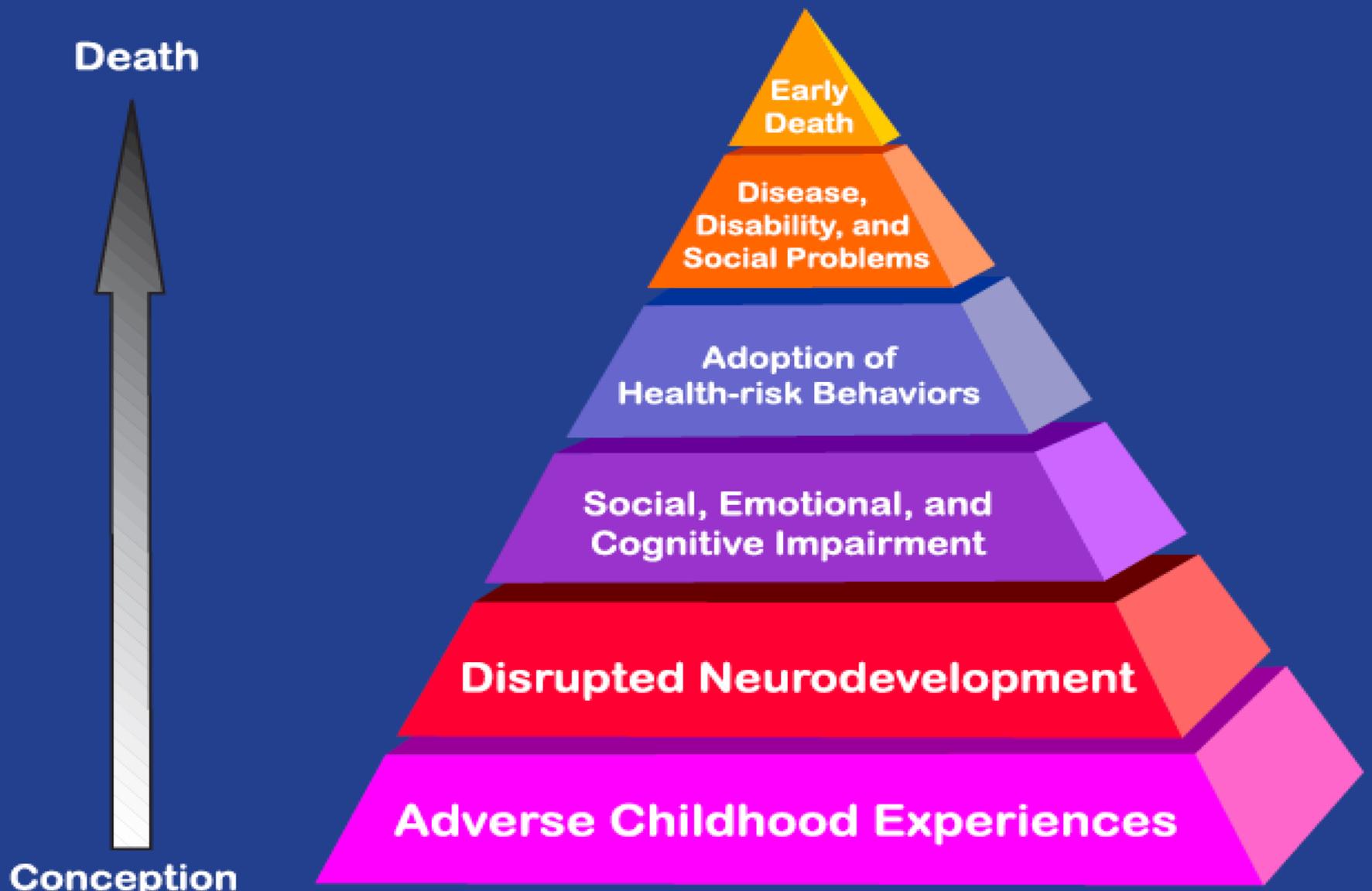
Science and Solutions

Mining Converging Insights From Epidemiology, Biology, and Clinical Practice

- **Adverse childhood experiences.** Early **risk factors** for lifelong impairments in physical and mental health.
- **Toxic stress.** Postulated **causal mechanisms** that explain how significant adversity gets under the skin and becomes embedded biologically.
- **Trauma-informed care.** Specialized **interventions** to reduce or mitigate the biological disruptions and clinical consequences of toxic stress.

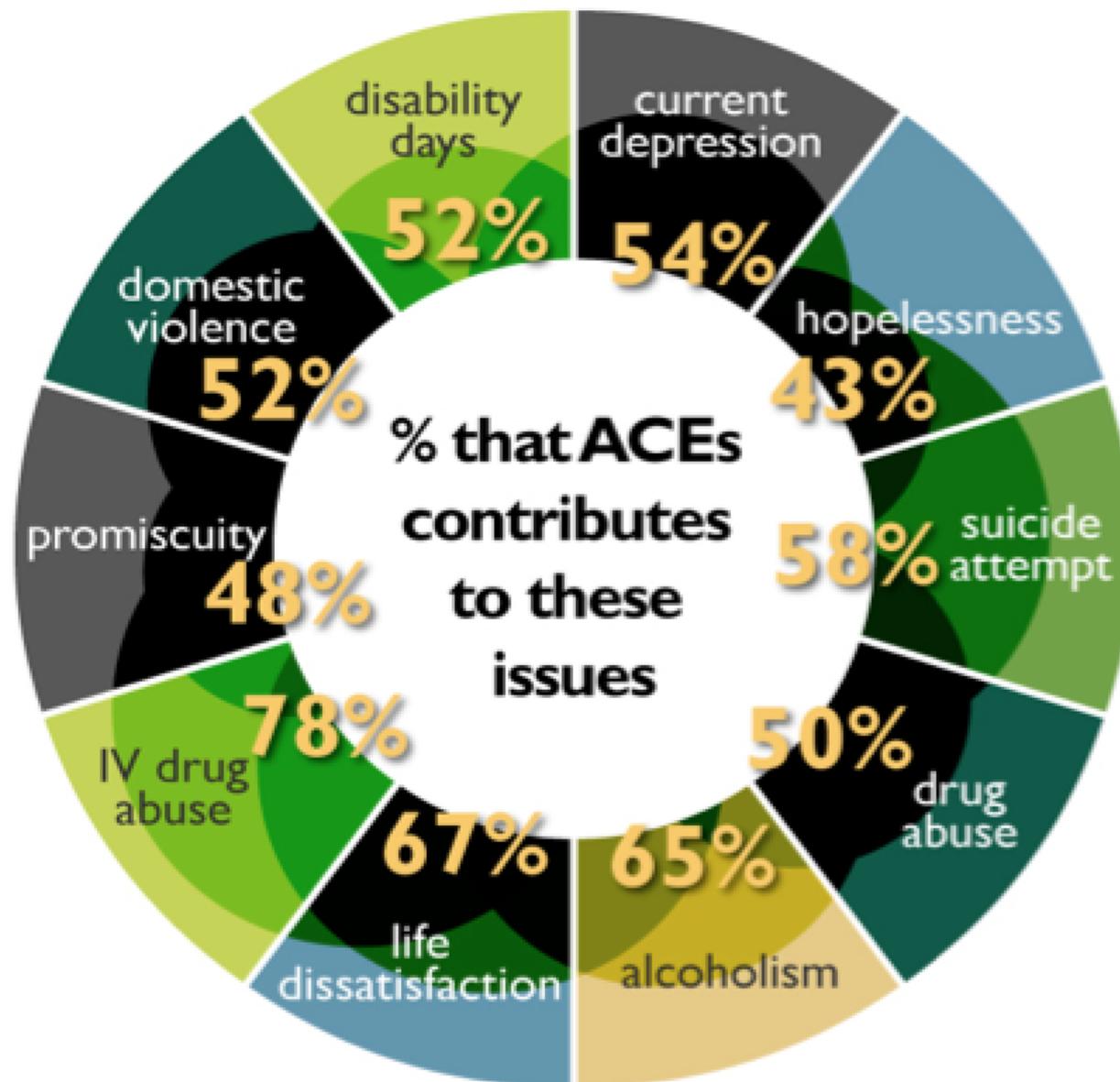
Source: **JACK P. SHONKOFF, M.D.**

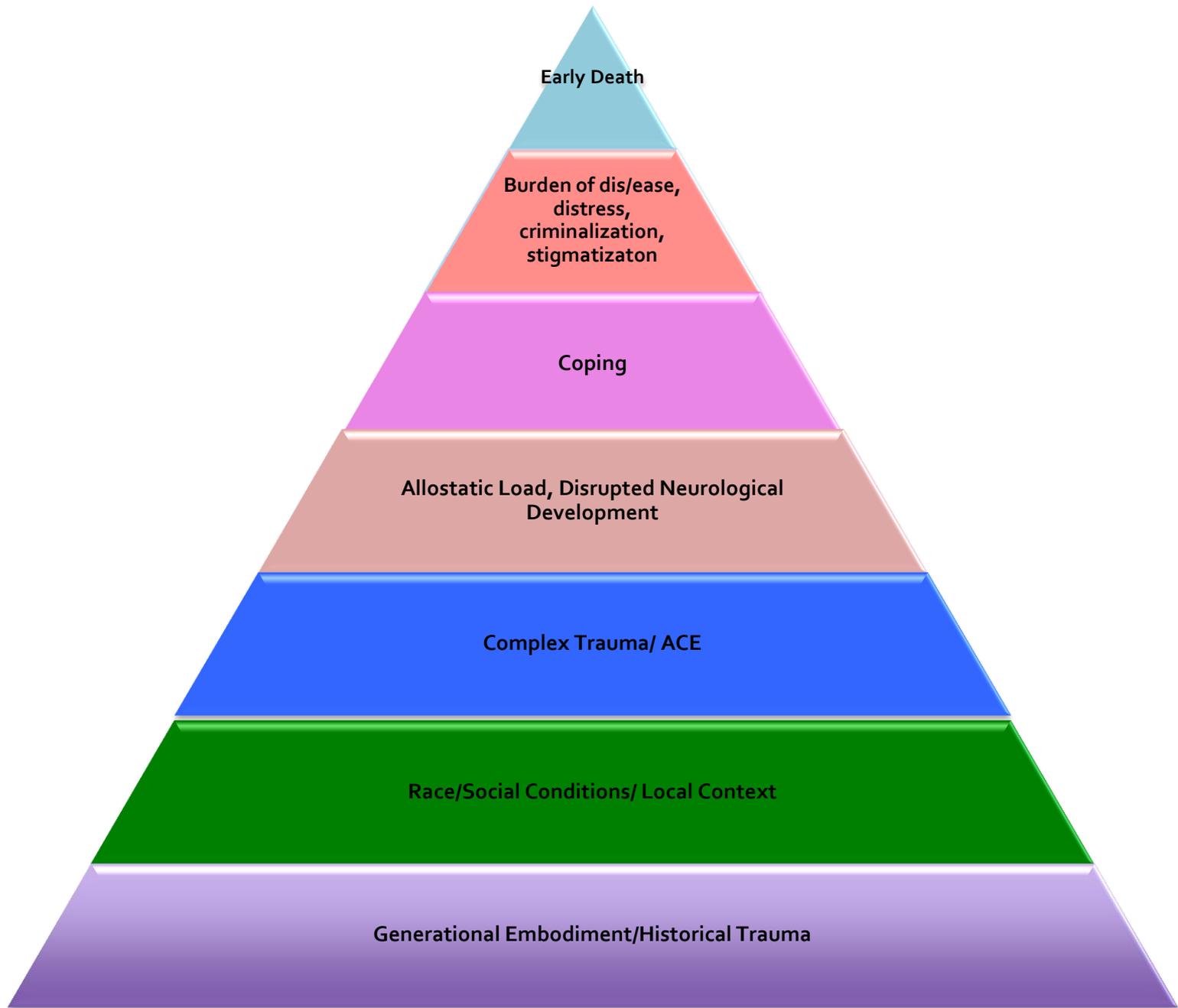
Director, Center on the Developing Child at Harvard University



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

ACEs and Population Attributable Risks





10 Types of Adverse Childhood Experiences (ACEs)

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



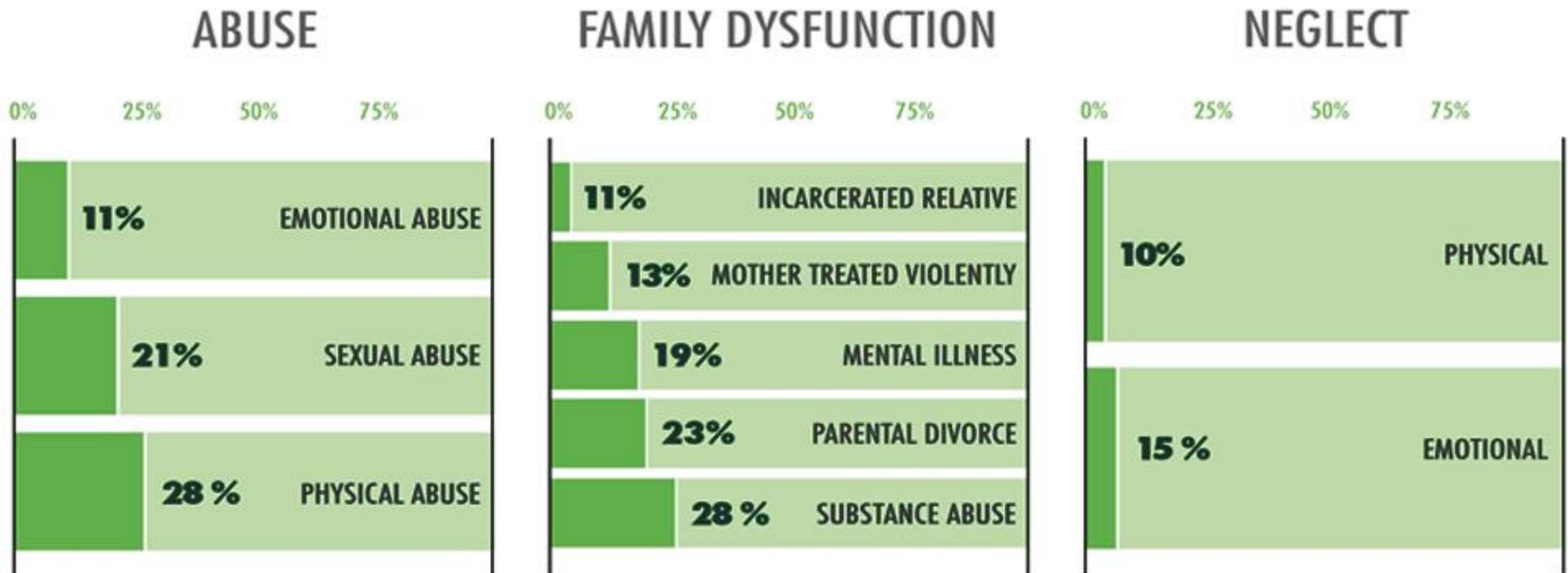
Substance Abuse



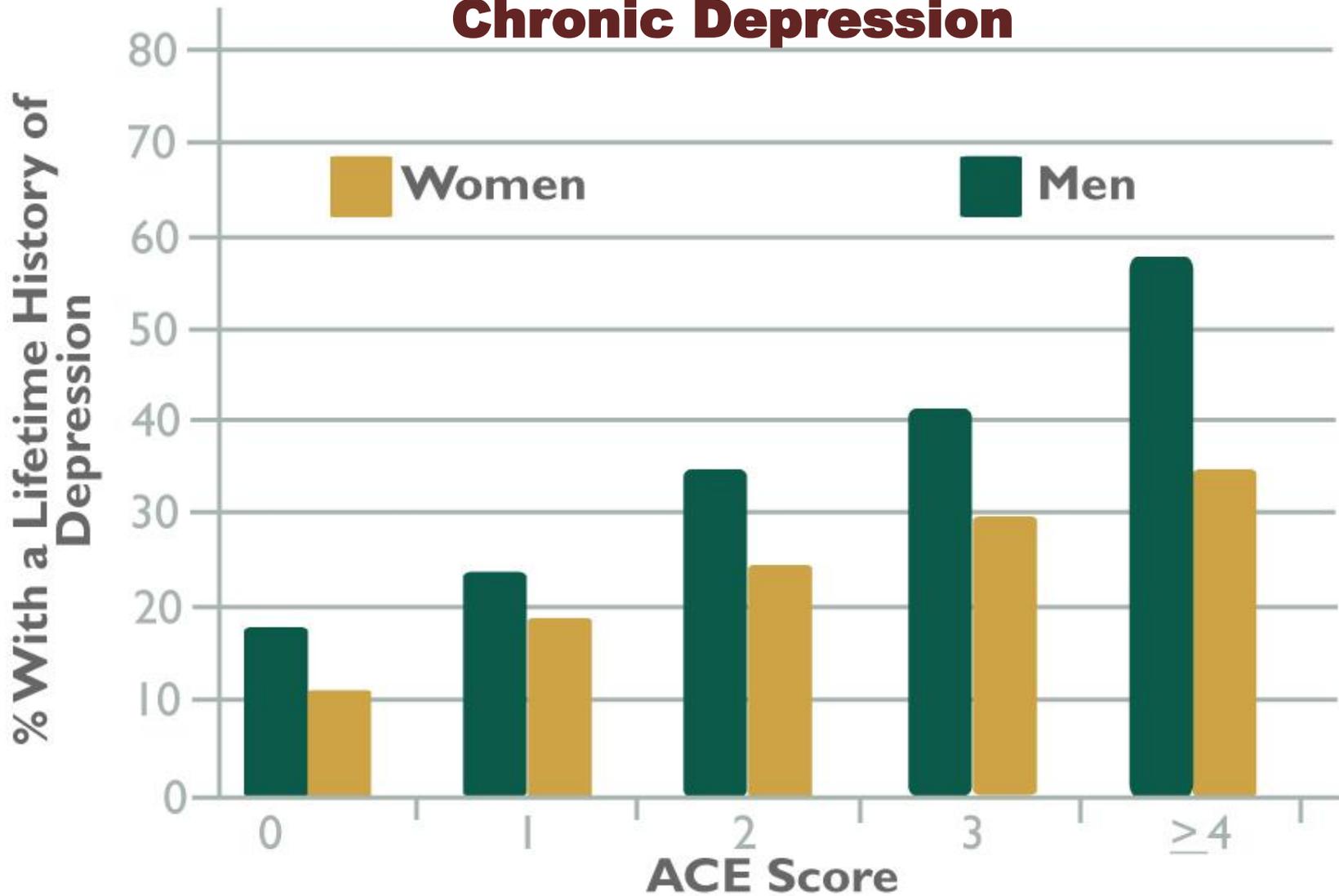
Divorce

Types of Adverse Childhood Experiences
Image courtesy of the Robert Wood Johnson Foundation

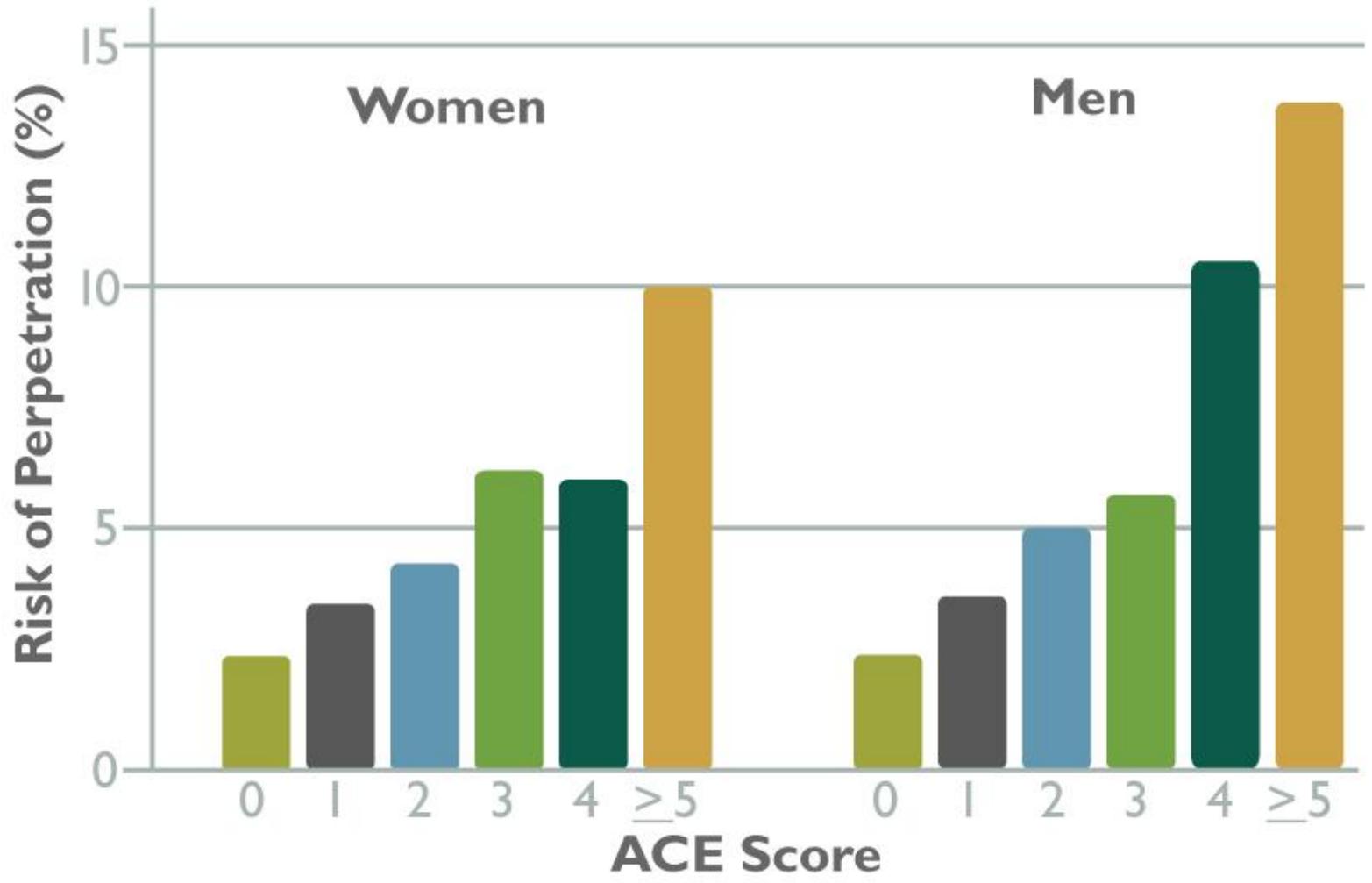
Adverse Childhood Experiences Are Common



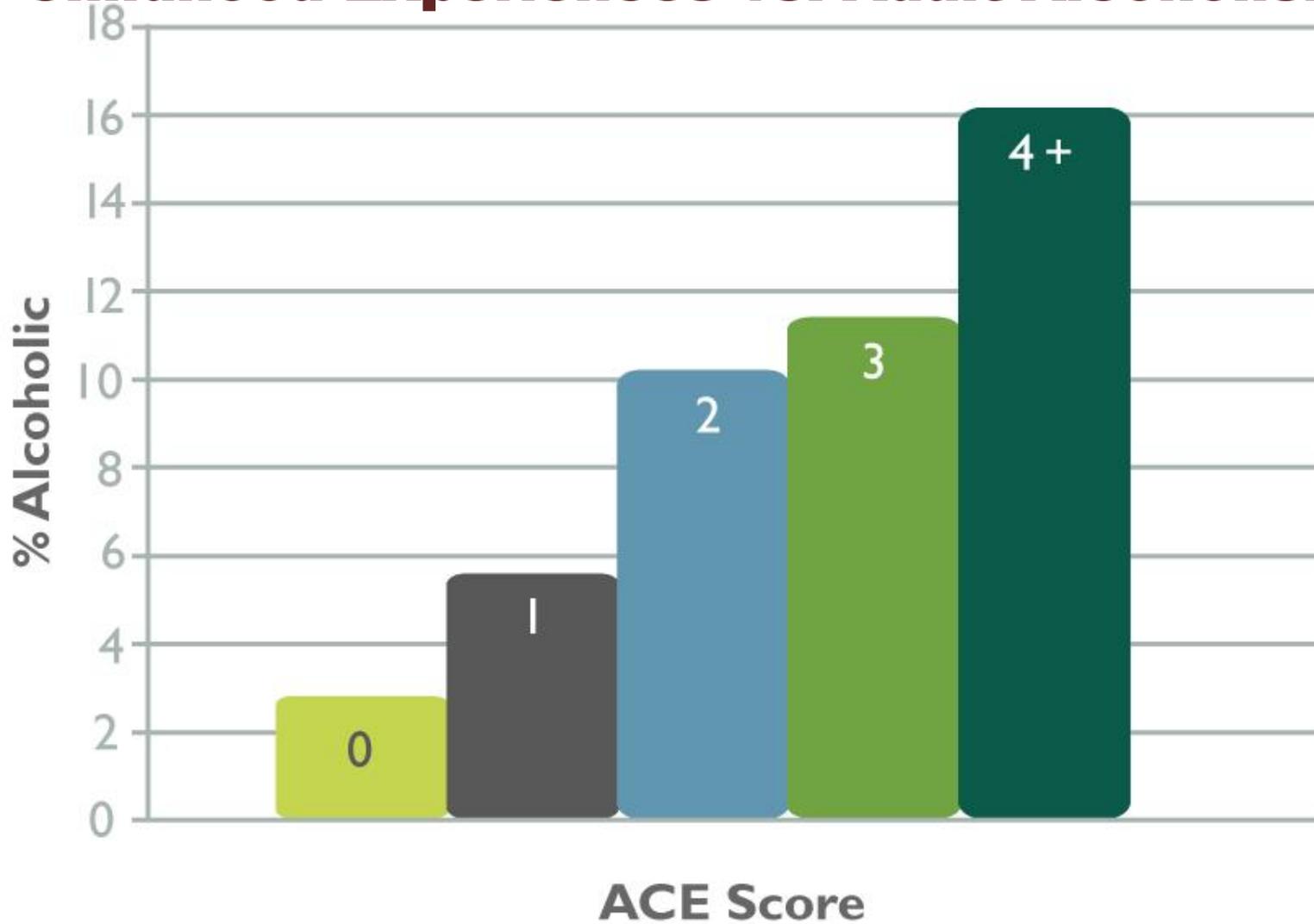
Childhood Experiences Underline Chronic Depression



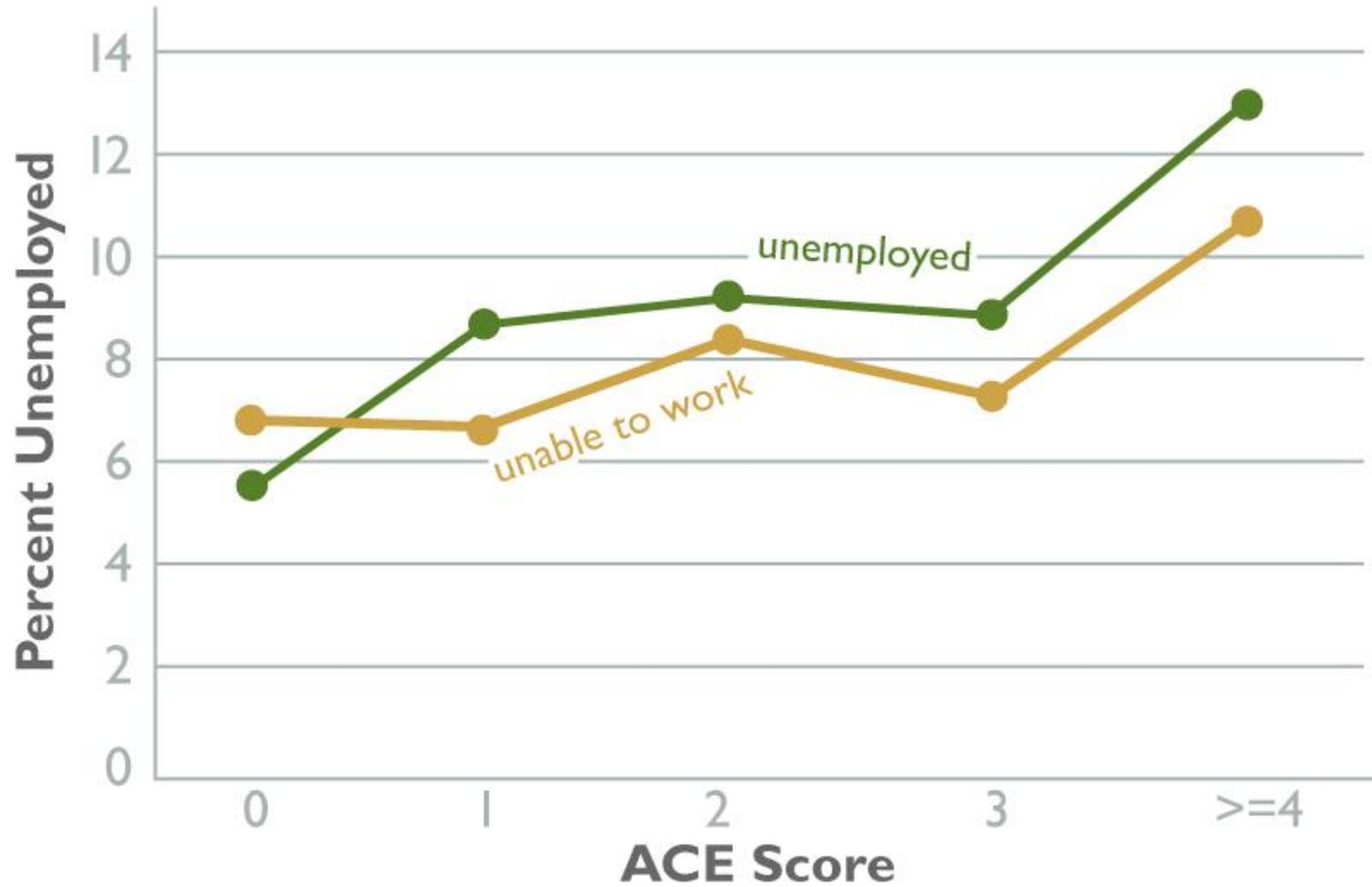
ACEs Score and the Risk of *Perpetuating* Domestic Violence



Childhood Experiences vs. Adult Alcoholism

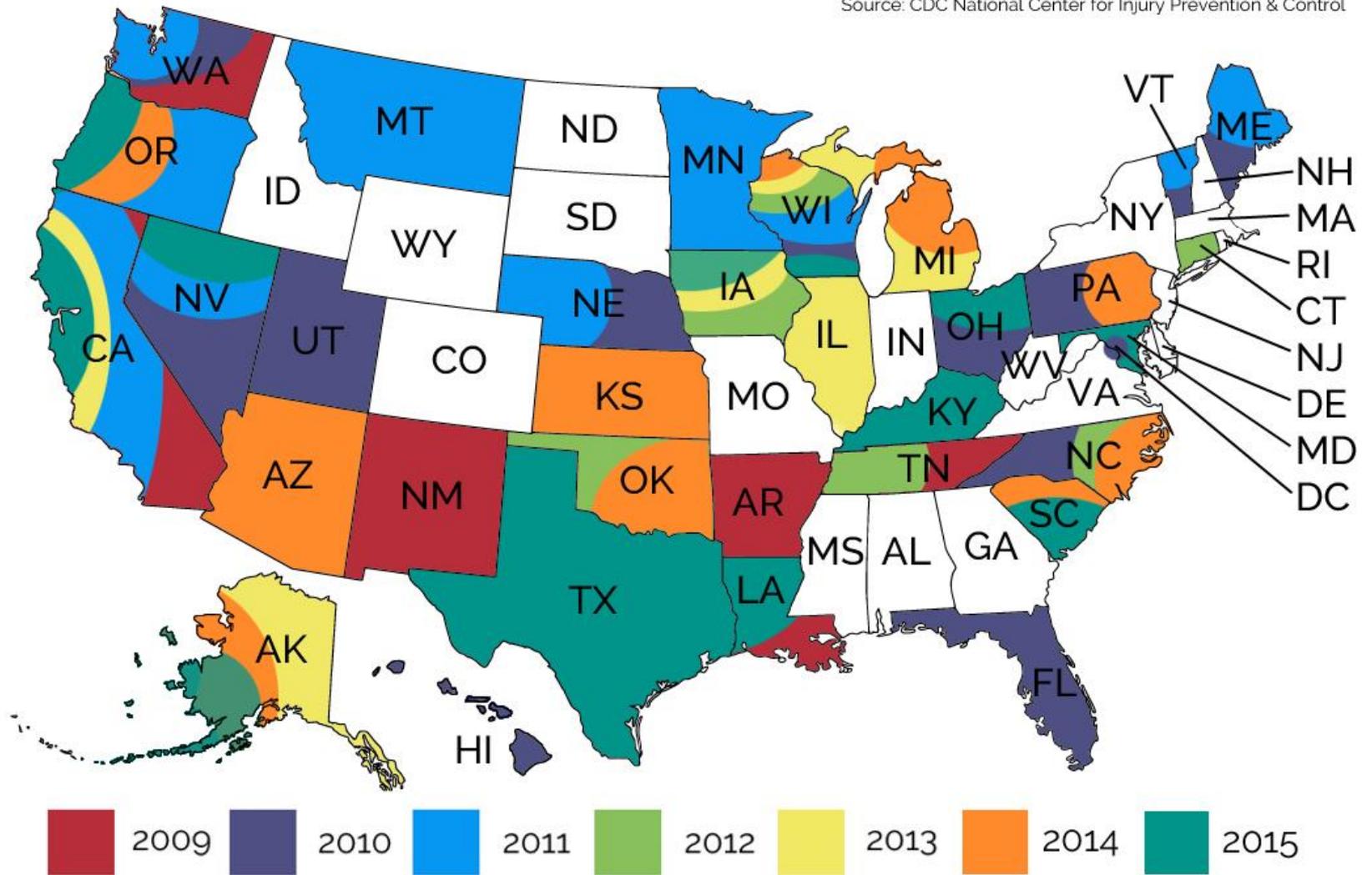


ACEs and Unemployment



States Collecting ACEs Data 2009 - 2015

Source: CDC National Center for Injury Prevention & Control



POSITIVE STRESS

Mild/moderate and short-lived stress response necessary for healthy development

TOLERABLE STRESS

More severe stress response but limited in duration which allows for recovery

TOXIC STRESS

Extreme, frequent, or extended activation of the body's stress response without the buffering presence of a supportive adult

Intense, prolonged, repeated and unaddressed

Social-emotional buffering, parental resilience, early detection, and/or effective intervention

Trauma: A Public Health Issue

Prevalence: Trauma is common among adults and children in social service systems

98%

of **female offenders** have **experienced trauma**, often interpersonal trauma and domestic violence



96%

of **adolescent psychiatric inpatients** have histories of **exposure to trauma**



93%

of **homeless mothers** have a **lifetime history of interpersonal trauma**



90%

of **juvenile justice-involved youth** have experienced trauma, often **multiple traumas from an early age**



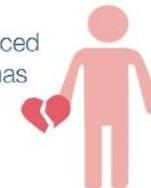
75%

of **adults in substance abuse treatment** report histories of trauma



70%

of **children in foster care** have experienced **multiple traumas**



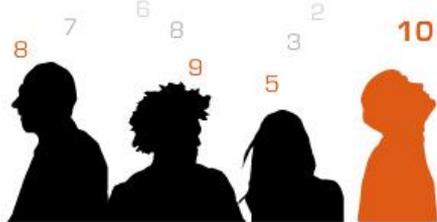
Sources: Green, Miranda, Daroowalla, & Siddique, 2005; Havens, Gudine, Diamond, Weis, & Cloitre, 2012; Hayes, Zonneville, Bassuk, 2013; Abram, Teplin, Charles, Longworth, McClellan, & Dulcan, 2004; Dierkhising, Ko, Woods-Jaeger, Briggs, Lee, Pynoos, 2013; SAMHSA/CSAT, 2000; Greeson, Briggs, Kisiel, Layne, Ake, Ko . . . & Fairbank, 2011

Lincoln High School in Walla Walla, WA, tries new approach to school discipline — suspensions drop 85%



Jim Sporleder, principal of Lincoln High School

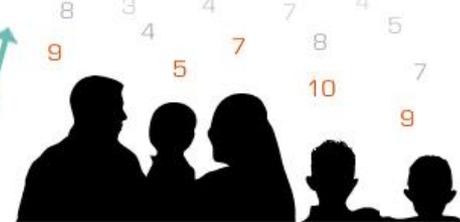
THE FIRST TIME THAT principal Jim Sporleder tried the New Approach to Student Discipline at Lincoln High School in Walla Walla, WA, he was blown away. Because it worked. In fact, it worked so well that he never went back to the Old Approach to



ACES Too High!

NEWS

ACES = Adverse Childhood Experiences



[HOME](#) [ACES 101](#) [GOT YOUR ACE SCORE?](#) [ACES IN ACTION](#) [ACES CONNECTION](#) [RESEARCH](#) [RESOURCES](#) [ABOUT](#)



Pediatricians screen parents for ACEs to improve health of babies

AUGUST 3, 2015

By Jane Ellen

Stevens

in [ACE STUDY](#),

[ADVERSE](#)

[CHILDHOOD](#)

[EXPERIENCES](#),

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Pediatricians Teri Petterson (l) and RJ Gillespie (r)

The [Children's Clinic](#), tucked in a busy office park five miles outside downtown Portland, OR, and bustling with noisy babies, boisterous kids and energetic pediatricians, seems ordinary enough. But, for the last two years, a quiet revolution has been brewing in its exam rooms: When parents bring their four-month-old babies in for well-baby checkups, they talk about their own childhood trauma with their kid's pediatrician.

Wait. What's Mom or Dad's childhood got to do with the health of their baby? And aren't pediatricians supposed to take care of kids? Not kids' parents?

It turns out that just 14 questions about the childhood experiences of parents provide information critical to the future health of their baby, say Children's Clinic pediatricians Teri Petterson and RJ Gillespie. The answer to the questions can help determine not only if the child will succeed in school, but when the child becomes an adult, whether she or

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We were sent to juvenile detention for refusing to live with our father [wpo.st/q7cWo](#) [@aces2high](#) 1 week ago

Via [@NPR](#): Are Traumatized Students Disabled? A Debate Straight Outta Compton [n.pr/1NF9Ka7](#) [@aces2high](#) 1 week ago

Kids and Trauma: Science trumps handcuffs: [acesconnection.com/blog/kids-and-...](#) [@aces2high](#) 1 week ago

Results of NE Michigan ACEs survey: [acesconnection.com/blog/ne-michig...](#) [@aces2high](#) 1 week ago

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CATEGORIES

Trauma-informed judges take gentler approach, administer problem-solving justice to stop cycle of ACEs



Judge Lynn Tepper hugs Taylor, 11, at his final adoption hearing. Before finding his permanent home, he'd been returned by three



Troubled moms and dads learn how to parent with ACEs

MAY 8, 2016

By Jane Ellen

Stevens

in **ACE STUDY,**

ADVERSE

CHILDHOOD

EXPERIENCES,

CHILD TRAUMA,

COMMUNITY

PREVENTION

PROGRAMS,

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3 COMMENTS

EDIT



A father in county jail is ordered to take a parenting class, but isn't too enthusiastic about it. As part of the class, he learns about the ACE Study, and does his own ACE score.

"Oh my god!" he announces to the class. "I have 7 ACEs." His mother's an alcoholic. His dad's been in and out of jail. He himself started dealing drugs at age 11, and doing drugs at 14.

Thrive Washington / Thrive Blog
/ NEAR@Home Toolkit: A Guided Process to Talk about Trauma and Resilience in Home Visiting

NEAR@Home Toolkit: A Guided Process to Talk about Trauma and Resilience in Home Visiting

 Quen Zorrah
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MAR
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For the past year, a small facilitating workgroup and a large planning committee from federal Health Resources and Services Administration Region X (Alaska, Idaho, Oregon and Washington) have come together virtually and by phone to create NEAR@Home, a toolkit for addressing Adverse Childhood Experiences (ACEs) in home visiting. The group agrees that the ACEs framework and the NEAR science has the ability to strengthen the work in home visiting and improve outcomes for children and families. Thank you to all who contributed to this process.

Home visitors knowledgeable about ACEs research are interested in bringing this information to families but worry about causing harm. The NEAR@Home toolkit addresses these concerns and provide strategies for engaging parents in discussing and using the ACEs questionnaire in a safe, respectful, and effective way for both home visitor and family.

We now understand how adversity becomes embedded into biology, behavior, and risk and

AUTHOR

Quen Zorrah

Nurse-Family Partnership State Nurse Consultant

I have 23 years home visiting experience with families with young children, pregnant women, grandparents, foster parents, and fathers as primary caregivers. I have integrated infant mental health and Adverse Childhood Experiences (ACEs) into home visiting.



As a member of Thrive's home visiting team, I am the lead nurse consultant for the Nurse-Family Partnership program in Washington state.

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Jack Shonkoff, MD, Harvard Center for the Developing Child

"The consequences of toxic stress are among the most expensive problems society deals with. **Prison** is incredibly more expensive than early childhood programs. **Economic dependence** is much more expensive than people earning a living and paying taxes. Being healthy is much less expensive than paying for **heart disease and diabetes and stroke**. All of this is not only morally imperative, but it has huge financial cost implications."

Resources

- [ACEs 101](#) – FAQs about adverse childhood experiences research with links to reports, stories and videos.
- [Got Your ACE Score?](#) – Do your ACE score and your resilience score, and find out more about the consequences of each.
- [ACEsTooHigh.com](#) – A news site for the general public. It covers research about ACEs and how people, organizations, agencies and communities are implementing trauma-informed, resilience-building practices based on ACEs research.
- [ACEsConnection.com](#) – A social network for people who are implementing – or thinking about implementing – trauma-informed and resilience-building practices based on ACEs research.
- [The CDC-Kaiser Permanente ACE Study](#) – The official ACE Study site, provided by the CDC.
- [The Center on the Developing Child at Harvard University](#) – Here, take a deep dive into a site rich with reports, tools and videos about the neurobiology of toxic stress and resilience.
- [SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#) -- Introduces a concept of trauma and offers a framework for how an organization, system, or service sector can become trauma-informed. Includes a definition of trauma (the three "E's"), a definition of a trauma-informed approach (the four "R's"), 6 key principles, and 10 implementation domains.

Thank you!

.Elizabeth Prewitt – ACEs Connection Network

- ACEsTooHigh.com - news site

- ACEsConnections.com - social network

eprewitt@acesconnection.com

