

UNDERSTANDING

Adverse Childhood Experiences

Building Self-Healing Communities



Presenter

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NATIONAL
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01/12/14

NEWS

Early Adversity Increases Physical, Mental, Behavioral Problems, Scientists Report



Dr. Robert Anda & Dr. Vincent Felitti
Investigators

Centers for Disease Control & Prevention,
Kaiser Permanente Study

Over 17,000 study participants

The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.

HUMAN NERVOUS SYSTEM

Nervous system

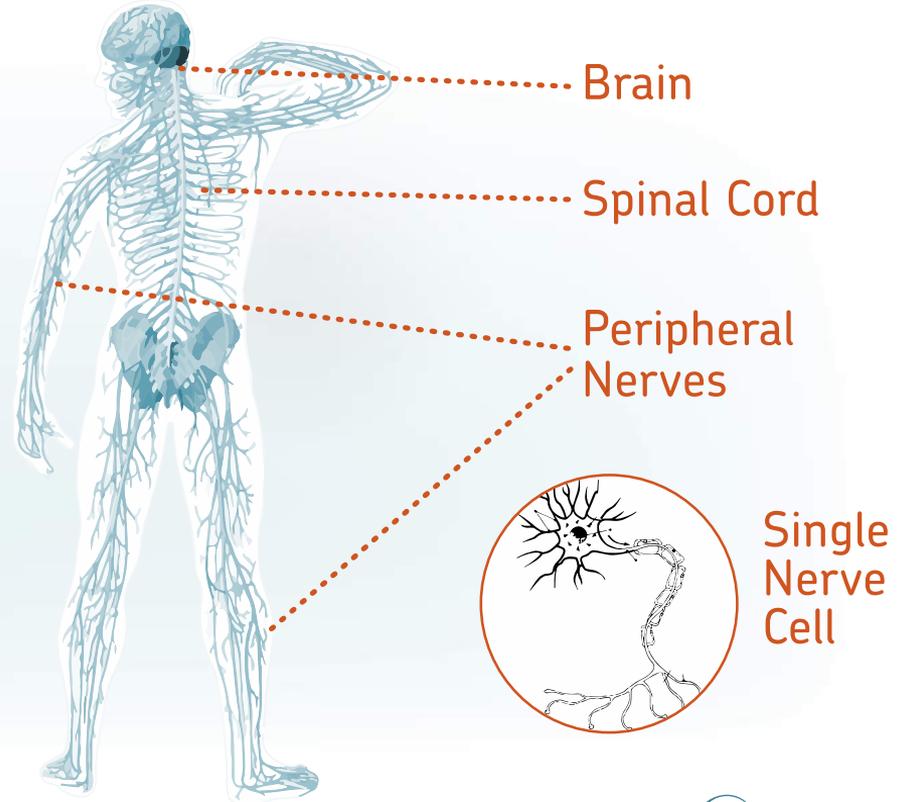
ORCHESTRATES BODY
FUNCTIONS & PERCEPTIONS

Neuroscience

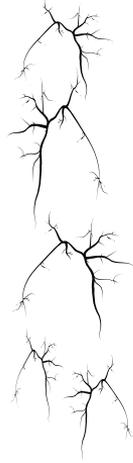
HELPS US UNDERSTAND WHY

A C E S

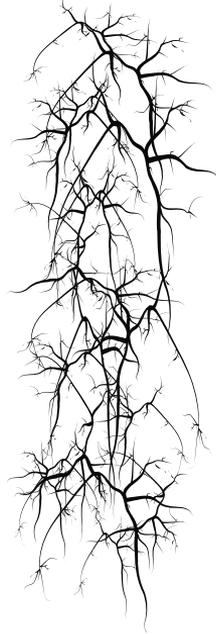
ARE SO POWERFUL



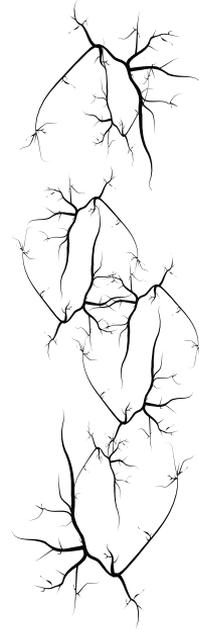
SYNAPTIC DENSITY



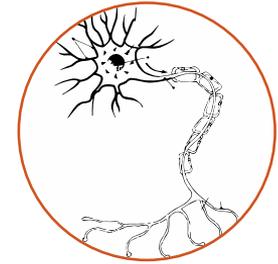
At Birth



Elementary Age



Puberty



Single
Neuron

CONCEPTION



Danger

Fight
Flight
Freeze

Survive
Worst
Conditions

Childhood Experience

Adaptation

Adult Functioning



Safety

People
Process
Possibility

Survive Best
Conditions -
*Vulnerable in
Worst*

VIDEO: Change the First Five Years and You Change Everything



<http://viewpure.com/GbSp88PBe9E?start=0&end=0>

ADAPTATIONS VS EXPECTATIONS

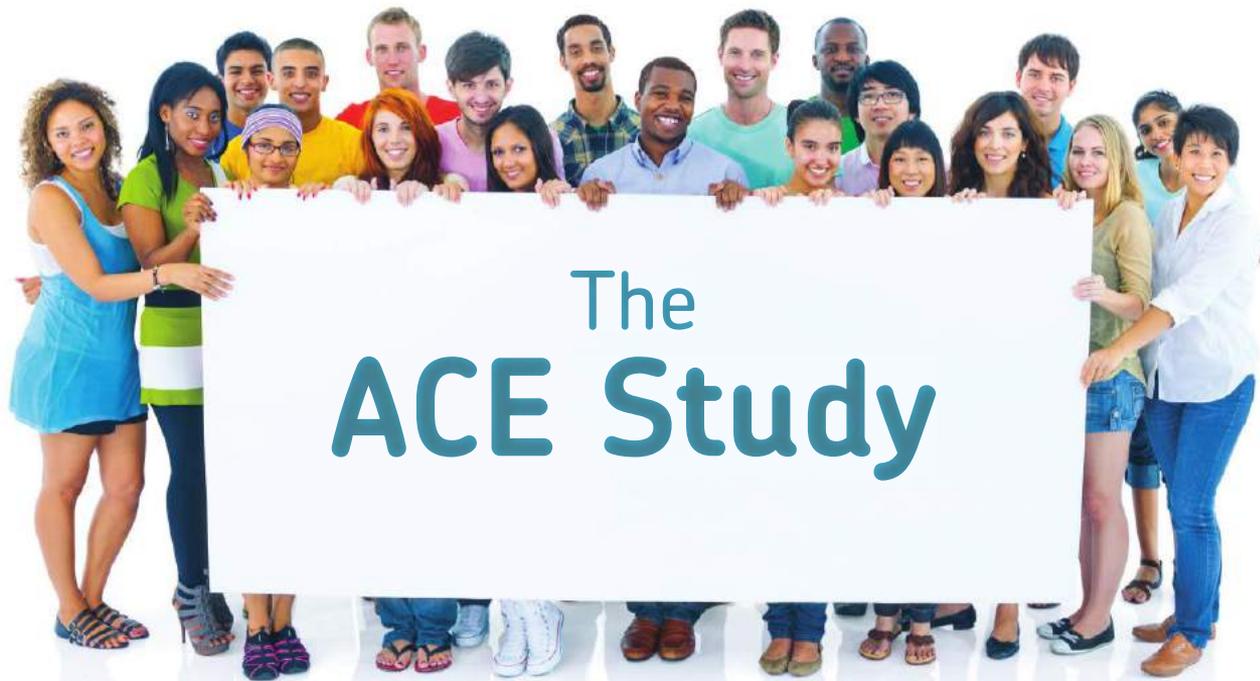
WHEN BIOLOGY

collides

WITH SOCIAL
EXPECTATIONS
we run into

TROUBLE





The
ACE Study



FINDING MORE CONNECTIONS

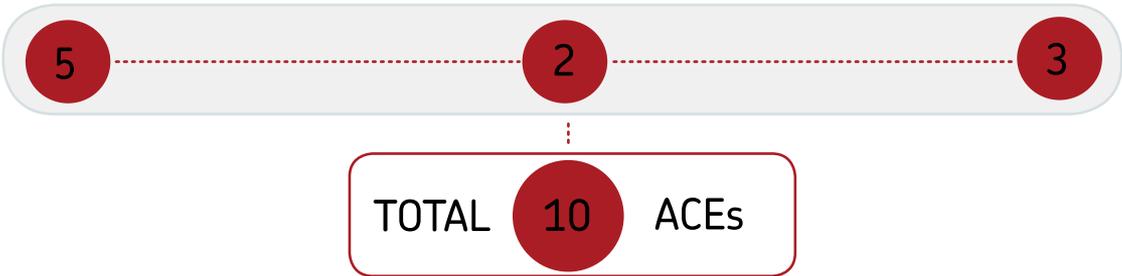
how multiple forms of **childhood adversity** can affect many important **PUBLIC HEALTH PROBLEMS**

Adverse Childhood Experiences **ARE COMMON**

Household Dysfunction	
Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect	
Emotional	15%
Physical	10%

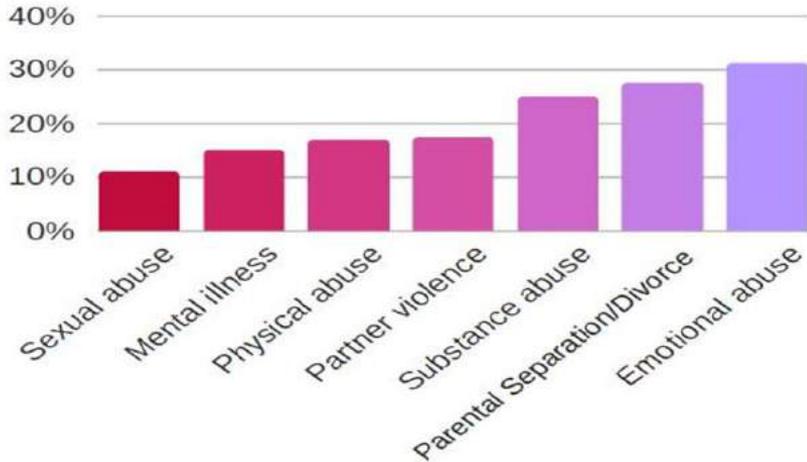
Abuse	
Emotional	11%
Physical	28%
Sexual	21%



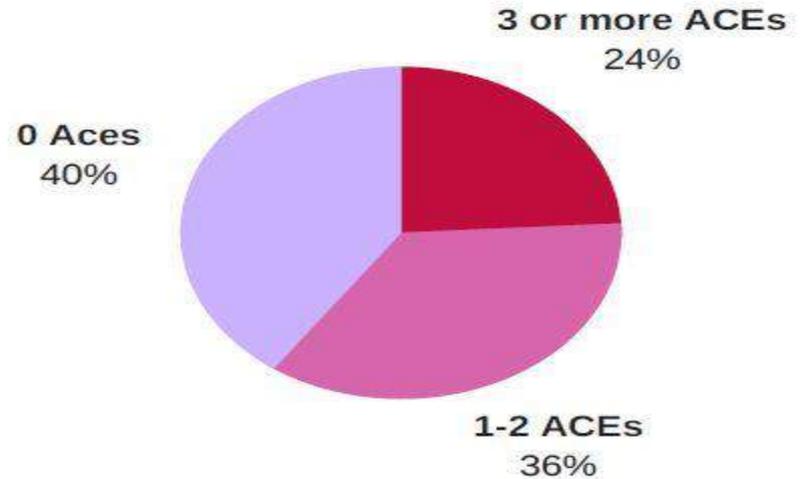
ACEs in Maryland

- CDC's Behavioral Risk Factor Surveillance System (BRFSS)
 - World's largest continuously conducted telephone health survey, tracks health risks in the U.S.
 - Most recent data from 2015
 - Data not collected for every ACE category

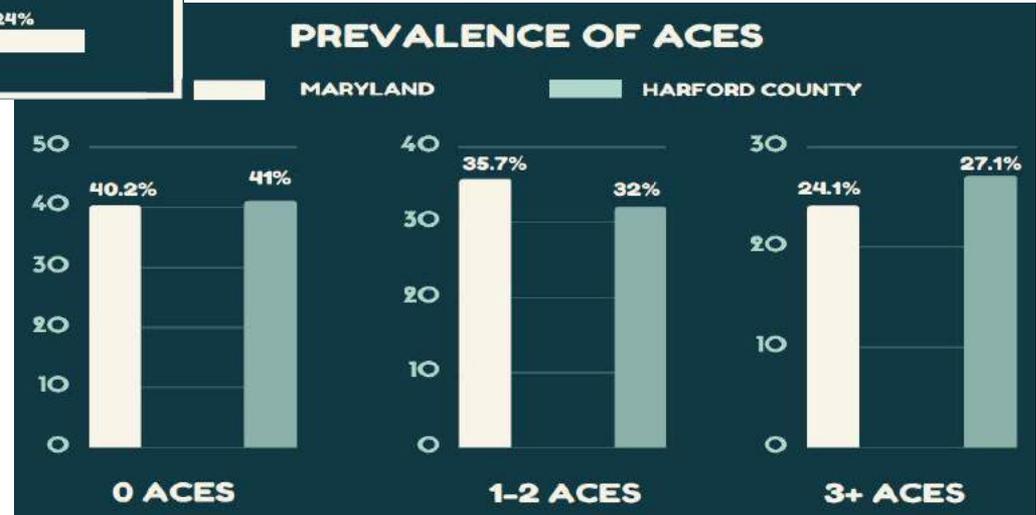
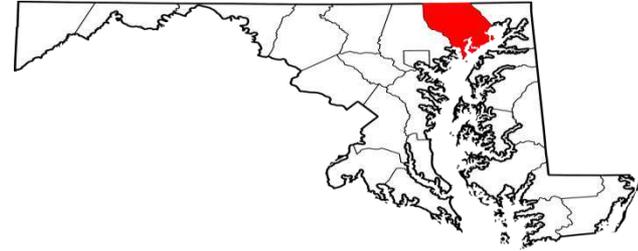
PREVALENCE OF ACEs BY TYPE



NUMBER OF ACEs REPORTED



ACEs in Harford County

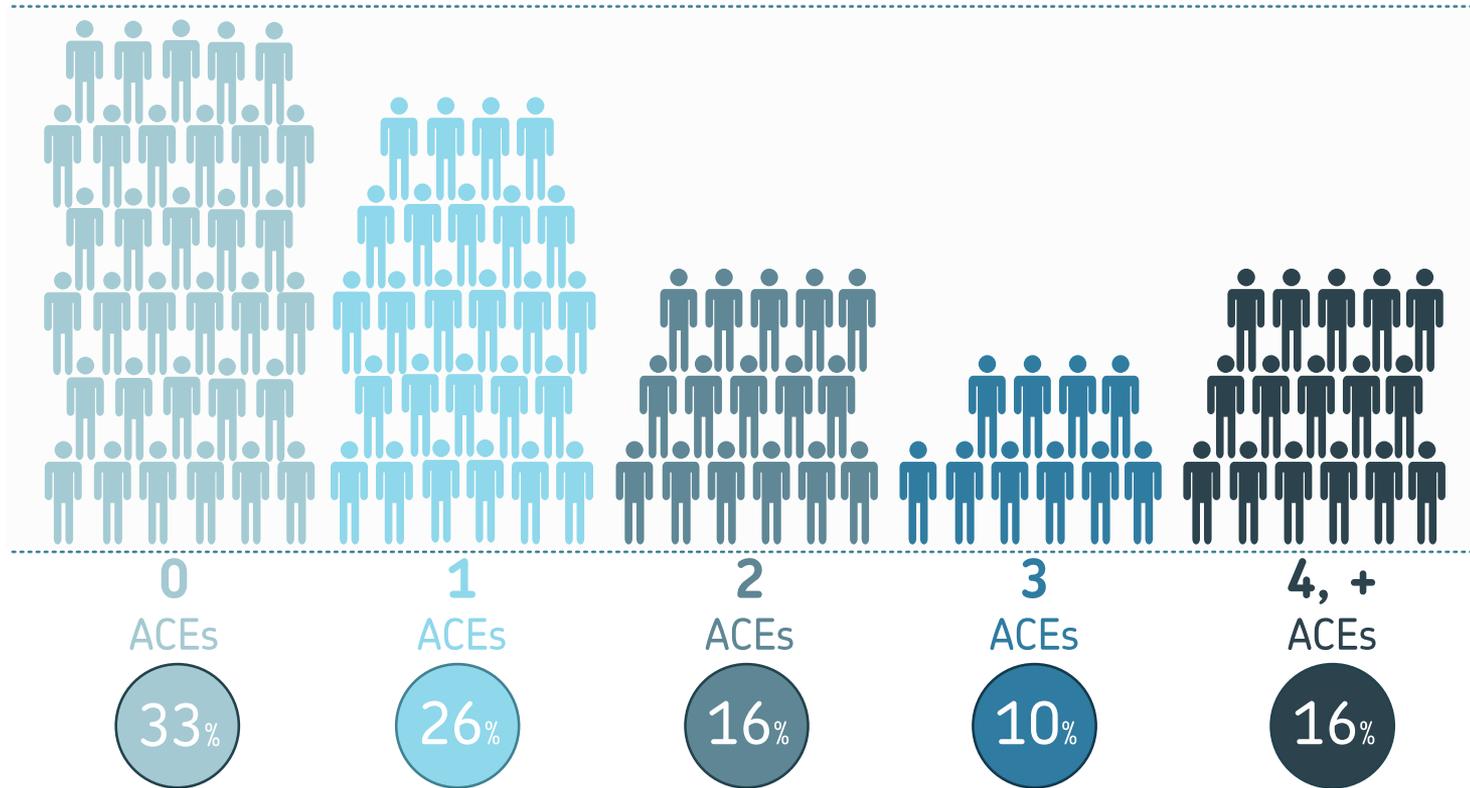


ACEs are Highly Interrelated:

Where One ACE Occurs,
There are Usually Others



ACE Score = Number of ACE Categories



ACE Scores Reliably Predict Challenges During the Life Course

“The ACE Score is Not!

-A diagnostic tool

-A screening tool

-A predictor at the individual level

Or

-A fun quiz”

“The ACE Score is....

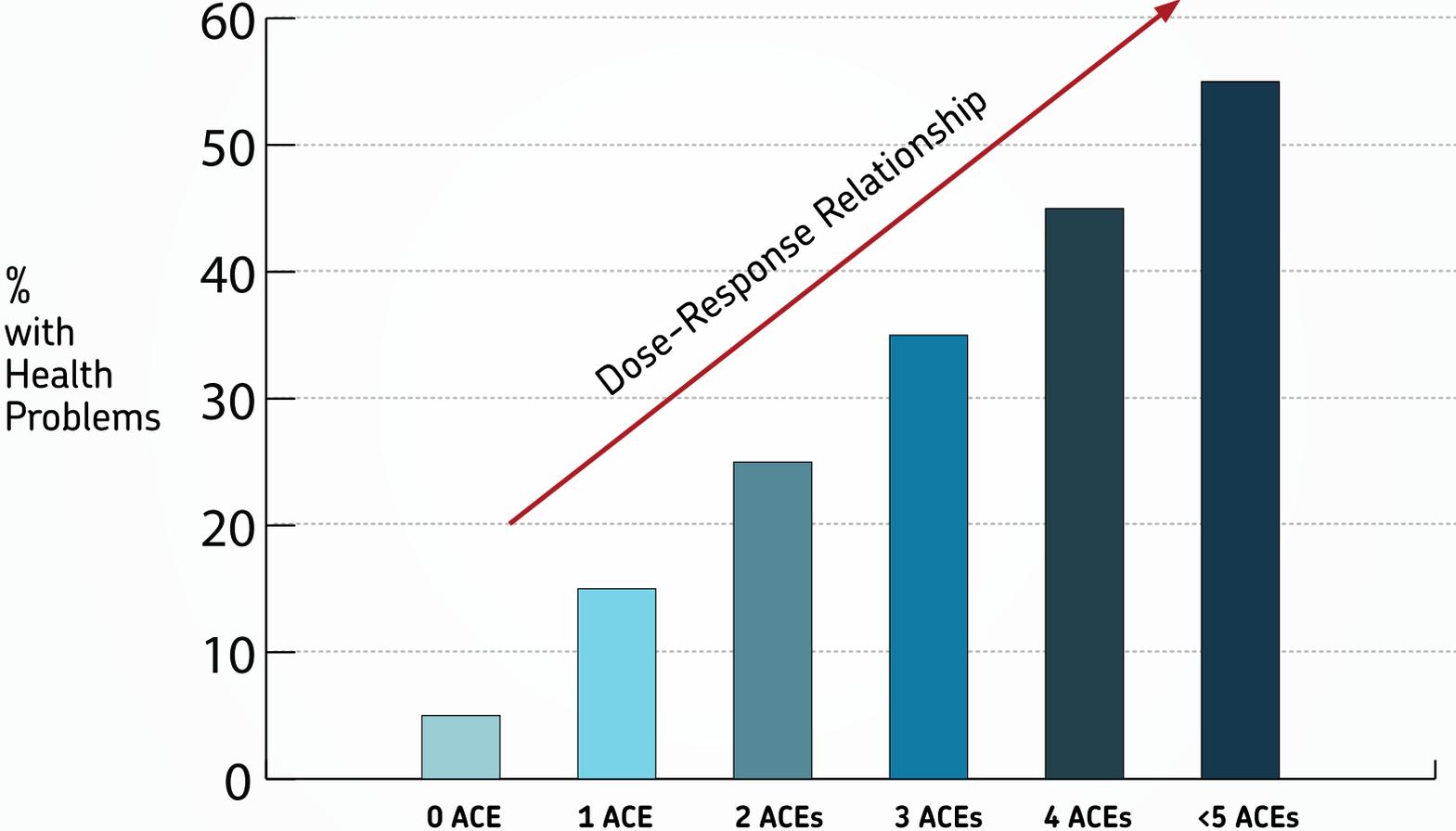
A History tool

A communication tool to comfortably talk about life experiences

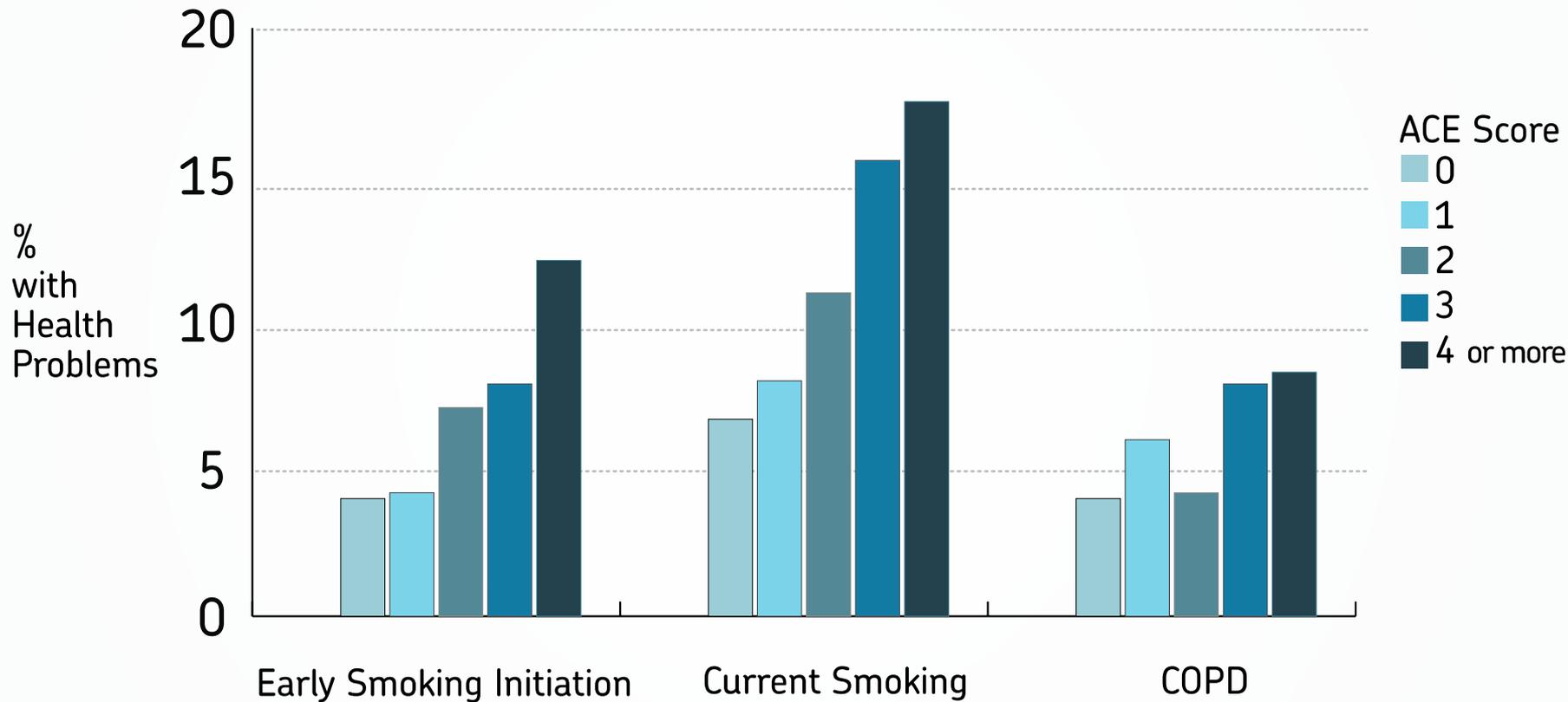
Becoming part of a common language

“A gateway to empathy, compassion, and healing”

ACE Score and Health Problems



ACEs, Smoking and Lung Disease





Anxiety
Depression
Difficulty Concentrating

SMOKING

SMOKING

What is the story of your life?



Video: ACEs Through a Lifetime



<https://vimeo.com/189604325>

ACE Attributable Problems

Risk

- Smoking
- Heavy drinking
- Obesity
- Risk of AIDS
- Taking painkillers for high

Disease

- Cardiovascular
- Cancer
- Asthma
- Diabetes
- Auto immune
- COPD
- Ischemic heart disease
- Liver disease

Poor Mental Health

- Frequent mental distress
- Sleep disturbances
- Nervousness
- MH problem requiring medication
- Emotional problems restrict activities
- Serious & persistent mental illness

Intergenerational ACE Transmission

- Mental Illness
- Drugs or Alcohol Problem
- Multiple divorces, separations
- Victim of family violence
- Adult incarceration

Health & Social Problems

- Fair or poor health
- Life dissatisfaction
- Health-related limits to quality of life
- Disability that impedes daily functioning
- Don't complete secondary education
- Unemployment
- History of adult homelessness

ACEs are Common, Interrelated, Powerful



High ACE Scores
in Population



Increased Risk of Multiple
Health and Social Problems

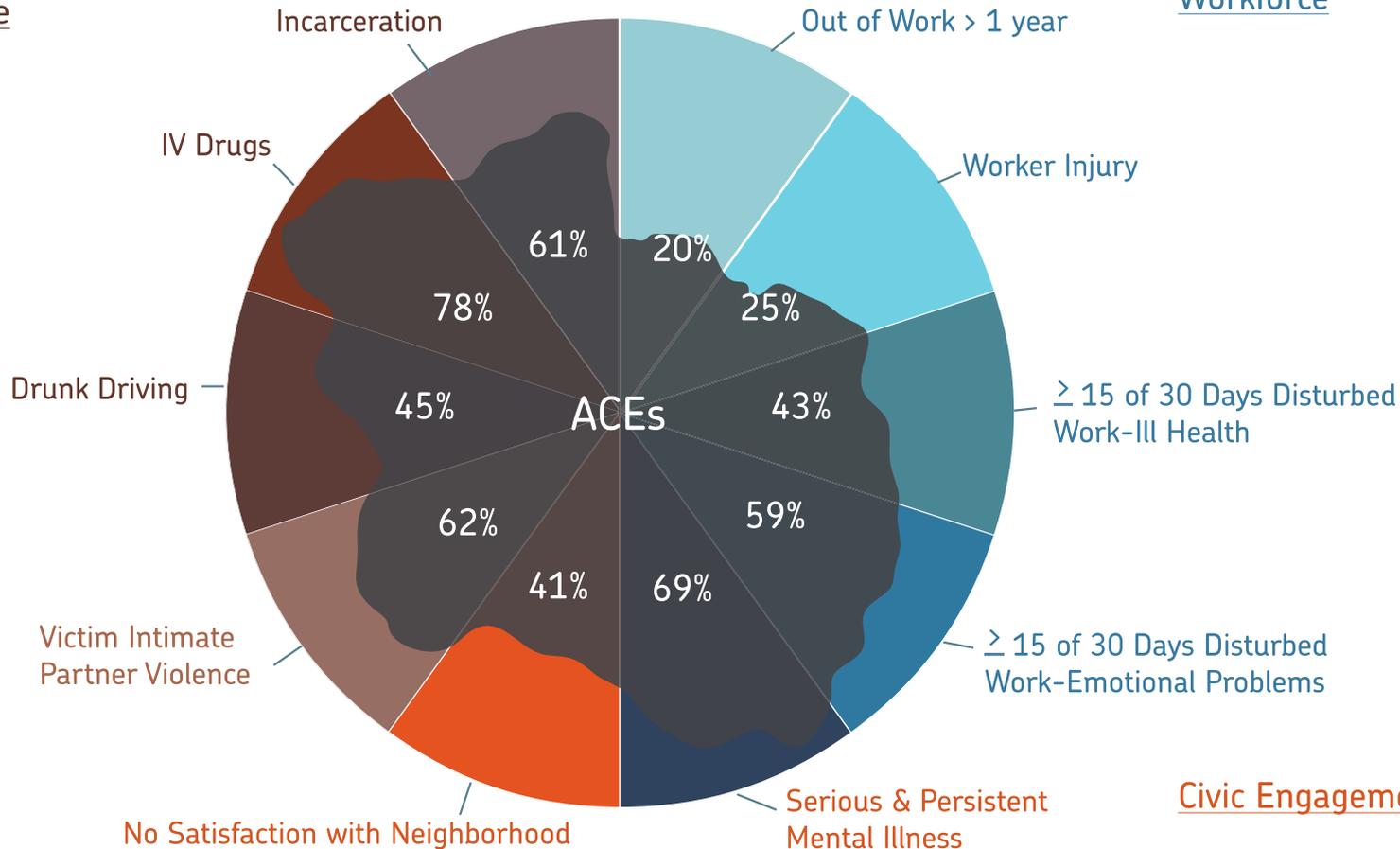


Intergenerational
Transmission of ACEs

Population Attributable Risk

Law & Justice

Workforce



Safety

Civic Engagement

Controls: gender, age, income, education, race-ethnicity

Core Protective Systems

Capabilities

Attachment
&
Belonging

Community
Culture
Spirituality

“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

Ann Masten, 2009

Video: Building Adult Capabilities to Improve Child Outcomes: A Theory of Change



Community Capacity Development

Leadership Expansion

Coming Together

Shared Learning

Results-Oriented Decisions

Leadership Expansion

Coming Together

Shared Learning

Results-Oriented Decisions



Trauma in children



Turns off the learning switch!

Results Oriented Decision Making: Data



Not Safe at Home

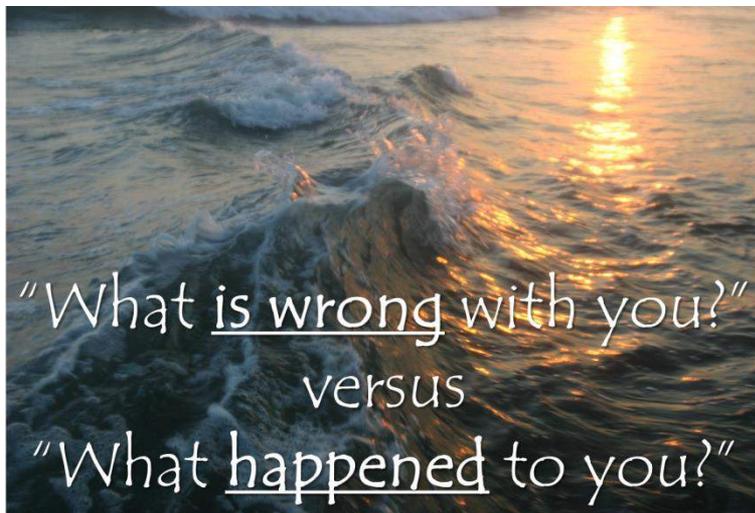


Not Welcome at School



Among Adjudicated Youth with High ACE Scores, **85%** were first suspended from school in second grade

Changing our perspectives to look through a trauma-informed lens



Cause I Ain't Got a Pencil

by Joshua T. Dickerson

I woke myself up
Because we ain't got an alarm clock
Dug in the dirty clothes basket,
Cause ain't nobody washed my uniform
Brushed my hair and teeth in the dark,
Cause the lights ain't on
Even got my baby sister ready,
Cause my mama wasn't home.
Got us both to school on time,
To eat us a good breakfast.
Then when I got to class the teacher fussed
Cause I ain't got a pencil.

We

have the power to
shift the dynamics
that lead to
high ACE scores.



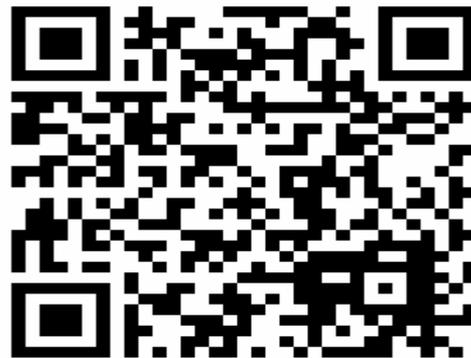
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Use your phone's camera/scanner app below

For PDF copies of handout(s):



To complete the ACE presentation
evaluation online:



To request an ACE Interface training, please visit:

<https://www.familytreemd.org/programs/pro--public-training/ace-initiative/>