



Childhood Adversity and Trauma-Sensitive Care

Friday October 7, 2022

9:00-12:30pm

UNM Continuum of Care Project

Deborah Bock,
MSW, LCSW (inactive)



Childhood Adversity and Trauma-Sensitive Care

PART I

Adverse Childhood Experiences (ACEs)

9:00-10:00

PART II

Toxic Stress

10:00-10:45

Break (15 minutes)

PART III

Healing Our Clients and Ourselves

11:00-12:00

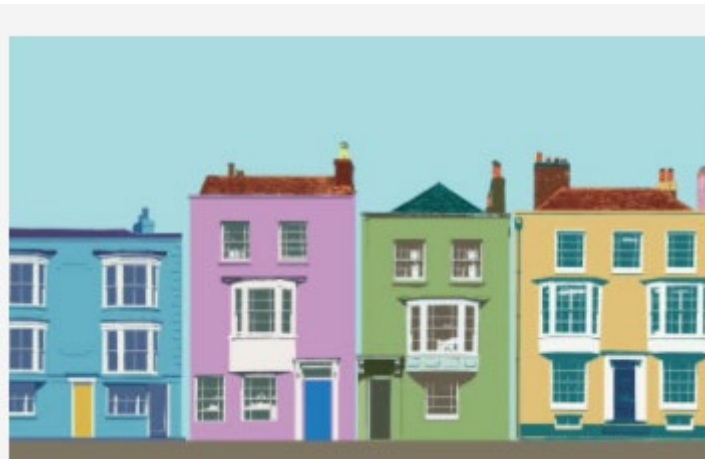
PART IV

12-12:30 Conversation



Preamble

In the 1980's I worked in a group home.



This presentation covers some rough terrain.
Let's take a moment to use our breath to lower our stress.



Imagine that you are holding a hot cup of tea or coffee.

Slowly and mindfully --
Smell it. Blow on it.
Repeat 3 times.





Childhood Adversity and Trauma-Sensitive Care

PART I Adverse Childhood Experiences

PART II Toxic Stress

PART III Healing Our Clients and Ourselves

PART IV Questions & Comments

If you remember only one thing from today's presentation---

ACEs Too High
acestoohigh.com





Adverse Childhood Experiences (ACEs) occur before the age of 18 and have the potential to harm a child's development.





Resilience is the ability to
handle stress without falling apart.

Materials

Structures

Communities

Families

Marriages

Individuals



Sources of Resilience



Safe, stable, supportive relationships
are key to developing resilience.



Sources of Resilience



*Try to think of three sources
of resilience from your childhood.*

People or things that helped you
get through tough times.

Please share one in the chat box or with the person next to you.





Robert Anda, MD, MPH
Atlanta, Georgia

The ACE Study
(1995-1997)
17,339 participants



Vincent Felitti, MD
San Diego, California





ACE Study Participants (17,339)

Ages 19-92 (average age 52)

Mostly white (78%)

Most were college graduates or had some college (75%)

Mostly middle class

All had private health insurance

San Diego, California



The Original Ten ACEs

NEGLECT

- Emotional
- Physical

ABUSE

- Emotional
- Physical
- Sexual

HOUSEHOLD DYSFUNCTION

- Parental separation or divorce
- Household substance abuse
- Household mental illness
- Mother treated violently
- Incarcerated household member

Exposure to a category counts as one ACE
regardless of the intensity or frequency of the exposure.



Dr. Felitti wore a pager 24/7 for two years.
He never got a call.



“Slowly, I have come to see that asking, and listening,
and accepting are a profound form of doing.”

~Vincent J. Felitti, M.D.



Adverse Childhood Experience Questionnaire for Adults

California Surgeon General's Clinical Advisory Committee



Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

Instructions: Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please add up the number of categories of ACEs you experienced prior to your 18th birthday and put the total number at the bottom. (You do not need to indicate which categories apply to you, only the total number of categories that apply.)

Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?

Did you lose a parent through divorce, abandonment, death, or other reason?

Did you live with anyone who was depressed, mentally ill, or attempted suicide?

Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?

Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?

Did you live with anyone who went to jail or prison?

Did a parent or adult in your home ever swear at you, insult you, or put you down?

Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?

Did you feel that no one in your family loved you or thought you were special?

Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?

Your ACE score is the total number of yes responses.

Do you believe that these experiences have affected your health?

Not Much Some A Lot

Experiences in childhood are just one part of a person's life story.
There are many ways to heal throughout one's life.

Please let us know if you have questions about privacy or confidentiality.

5/5/20

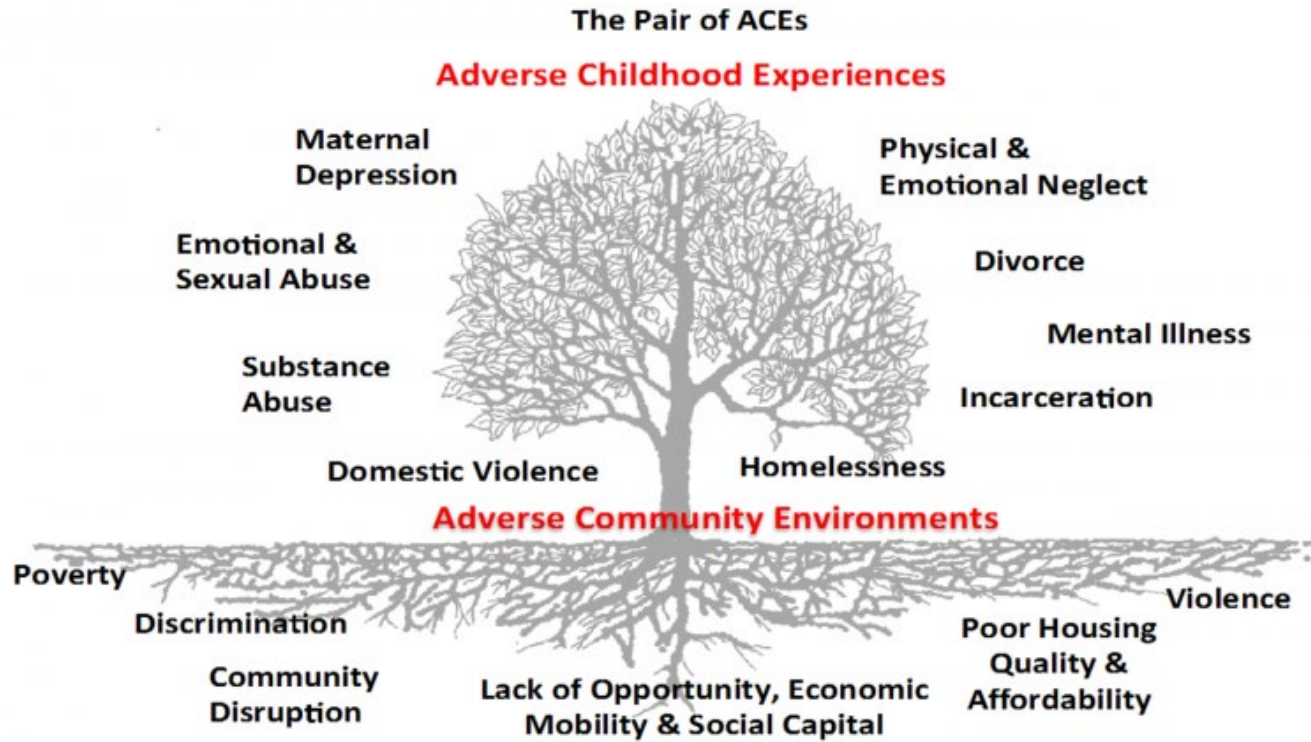
ACEs Questionnaire for Adults

In California, this ten-question screening is billable to MediCal (California Medicaid)

There is a version for teens and a version for parents to complete for their young children.

Deidentified version – Client doesn't say which ACEs they experienced, just the total number.





Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011





Additional ACEs

Bullying

Medical trauma (surgeries)

Natural disasters

Historical trauma

What else?



To calculate your personal ACE score –

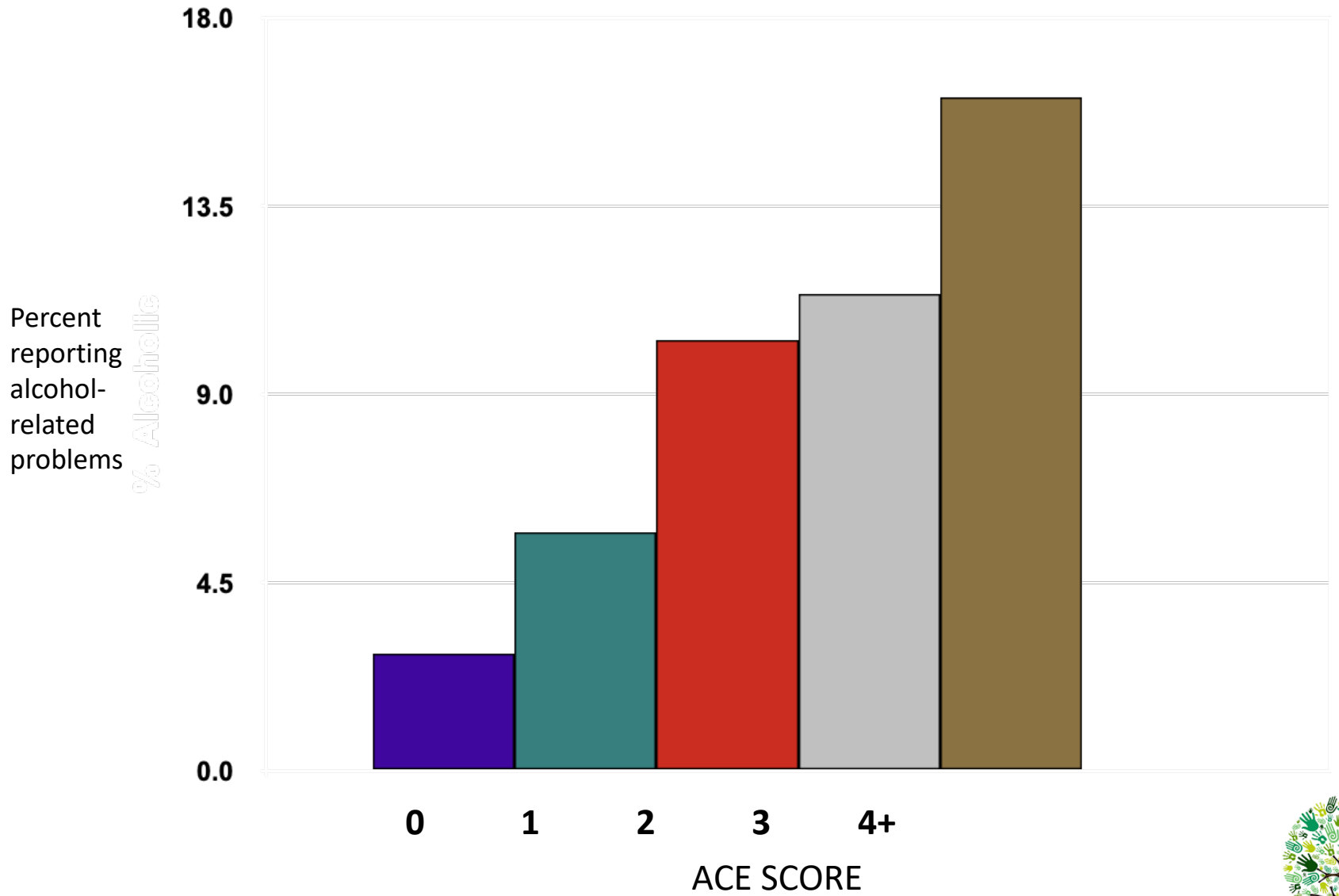
acestoohigh.com



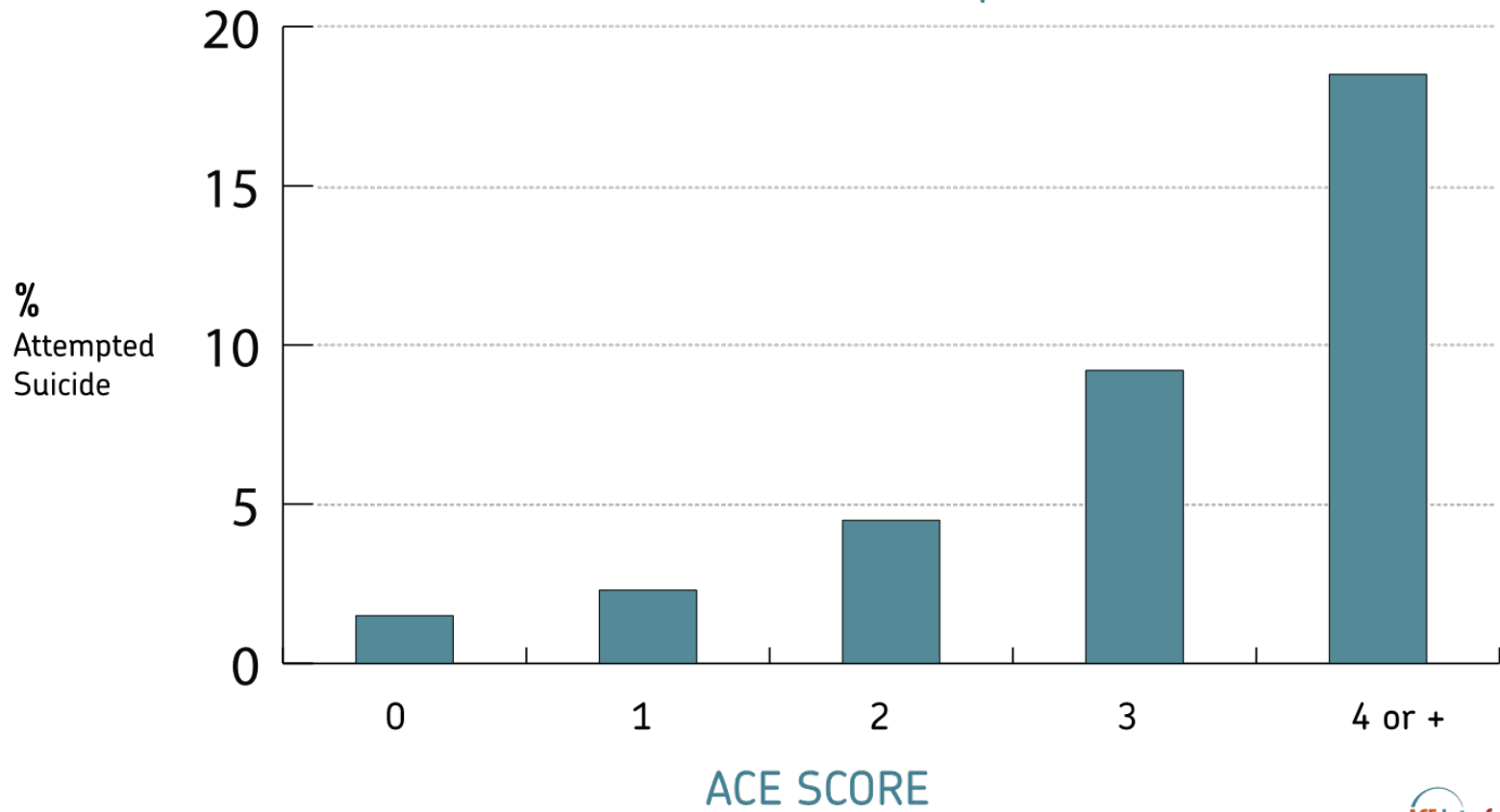
Regardless of the number -

Was your childhood **low** stress,
medium stress, or **high** stress?

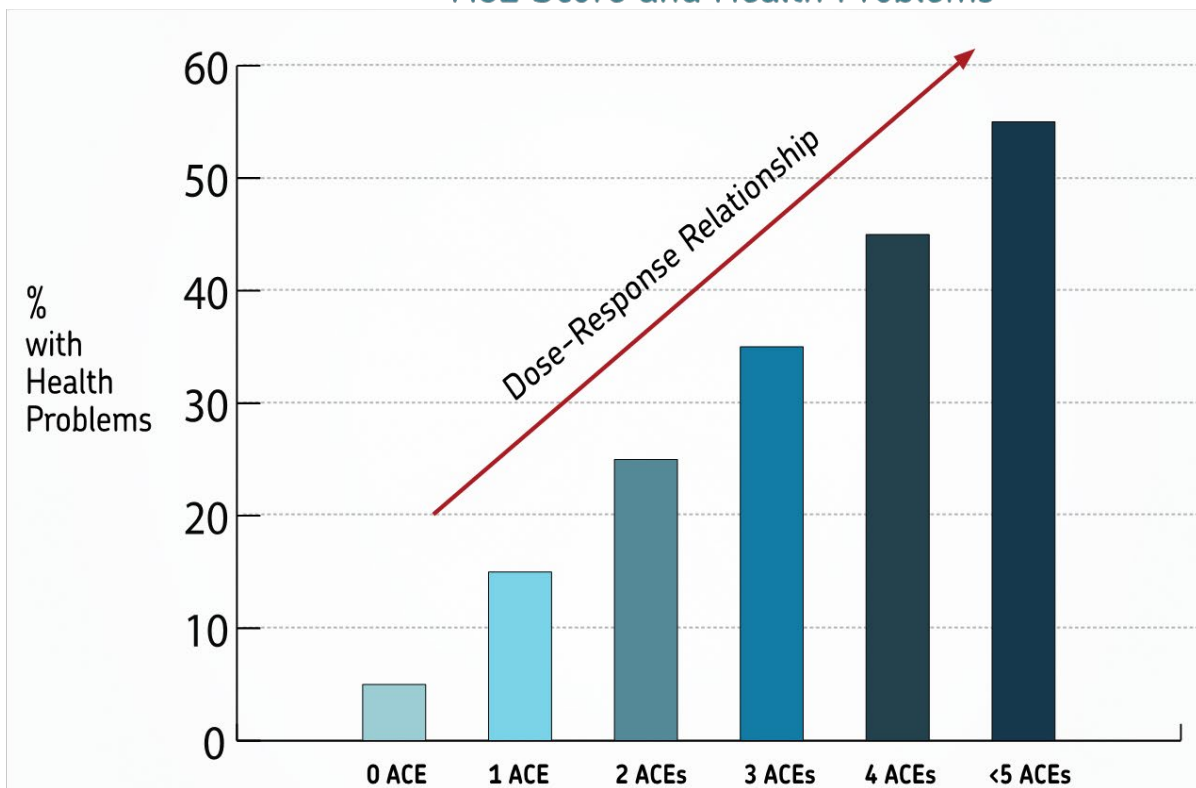




ACEs & Suicide Attempt



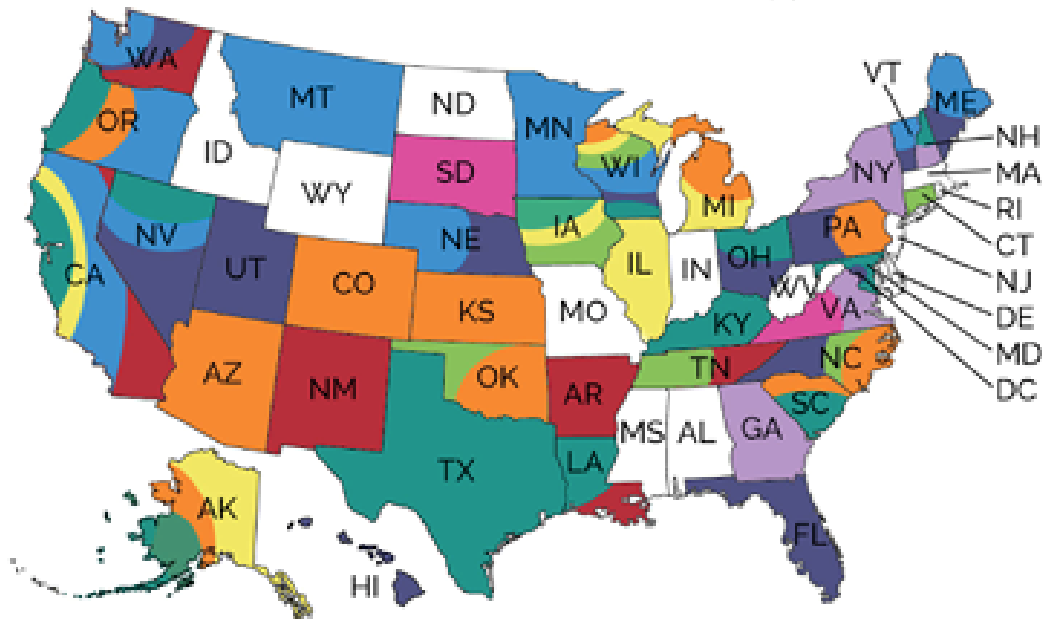
ACE Score and Health Problems





States Collecting ACEs Data 2009 – 2017

Source: CDC National Center for Injury Prevention & Control



ACEs International Questionnaire

Being tested around the world --
Saudi Arabia, Jordan,
Philippines, Finland...

The ACEs module of Behavioral Risk Factor Surveillance Survey (BRFSS) data comes from interviews with adults about their experiences to age 18. BRFSS is sponsored by the CDC and other federal agencies.



In the original ACE Study –

Most participants reported 1 or more ACEs.

About 1/3 reported 3 or more.



New Mexico BRFSS collected ACEs data in 2009 and 2019



New Mexico Department of Health Fact Sheet

Adverse Childhood Experiences

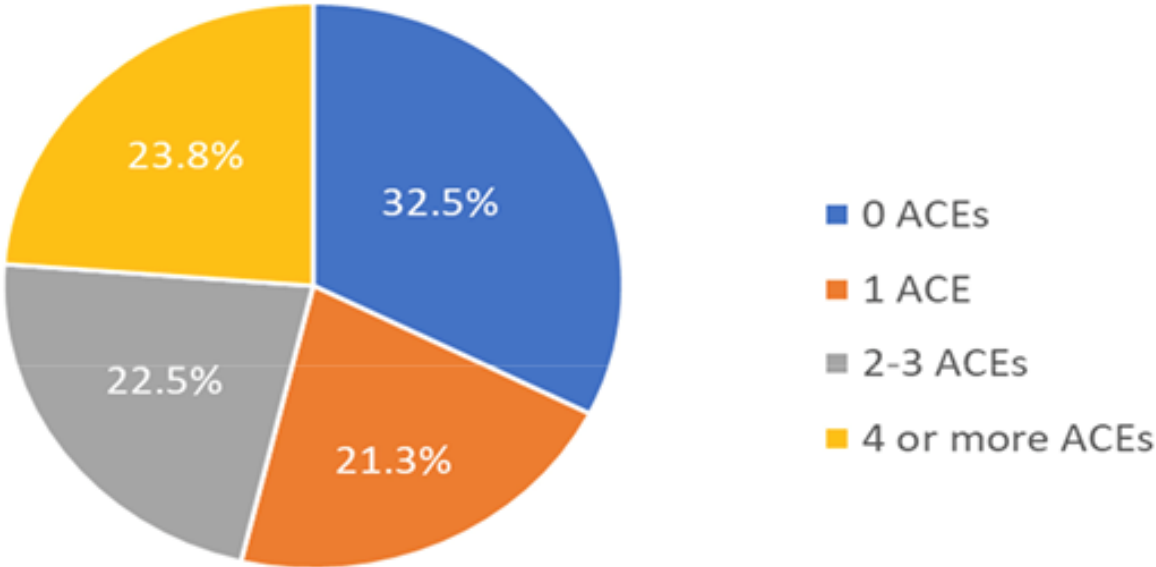
Adults reporting one or more ACEs:

61.0% in 2009

67.6% in 2019



Figure 1. Prevalence of ACEs among NM Adults, 2019



Compared with someone with an ACEs score of zero –

Someone with an ACE score of 6 more
has a 20-year shorter average life expectancy.



Why do people in their 70's and 80's
tend to report low ACE scores?

This is a tricky question.





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Three Kinds of Stress

POSITIVE

TOLERABLE

TOXIC

Center on the Developing Child, Harvard University



Young children who experience
high levels of adversity have higher rates of
speech delays
learning disabilities
school behavior problems



Children with **4 or more ACEs** are
32 times more likely
to have behavior problems in school
than children with zero ACEs

Burke, N. J., et al. The impact of adverse childhood experiences on an urban pediatric population. *Child Abuse & Neglect* (2011)



Sadly...

Parenting a child with a disability can be extremely stressful.

Children with disabilities are at a higher risk for being neglected and abused – both by adults and by peers (bullying).



Resting heart rate is higher in children with 4 or more ACEs.

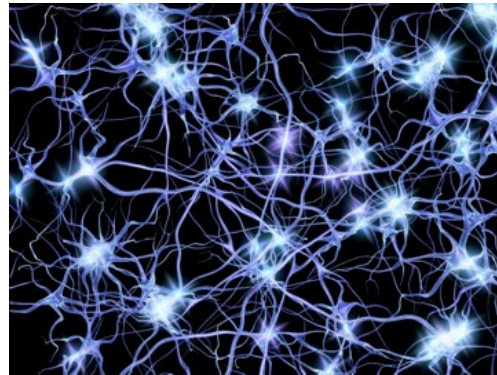


Chronic unpredictable stress
can be **toxic** to the body and to the brain.

The child's brain may be smaller
and have fewer connections.



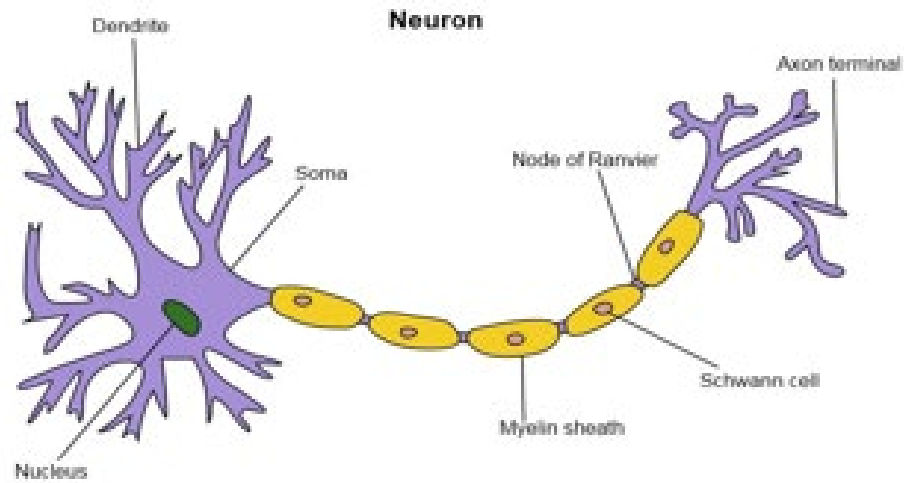
But wait...



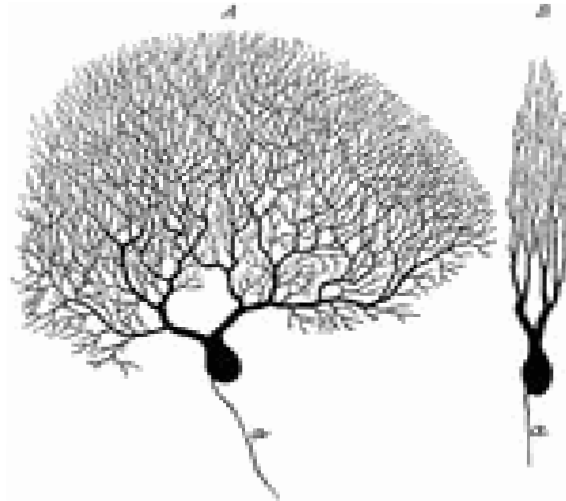
Our experiences and our thoughts create new neural connections throughout our lives.



A neuron is a cell that transmits messages.



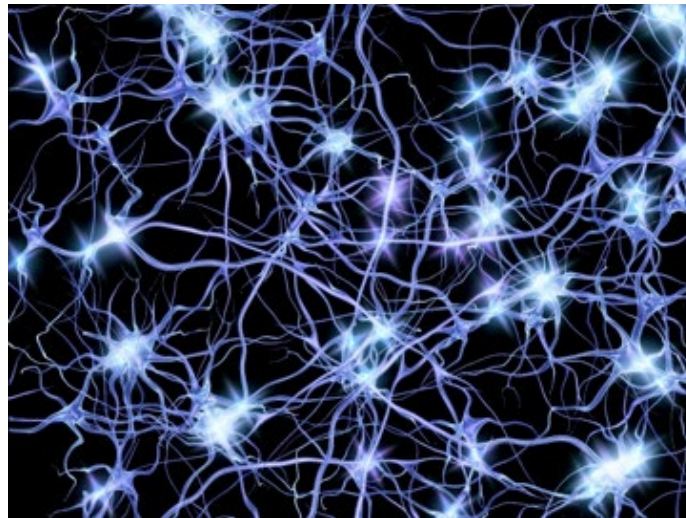
A single neuron can have up to 15,000 synapses.



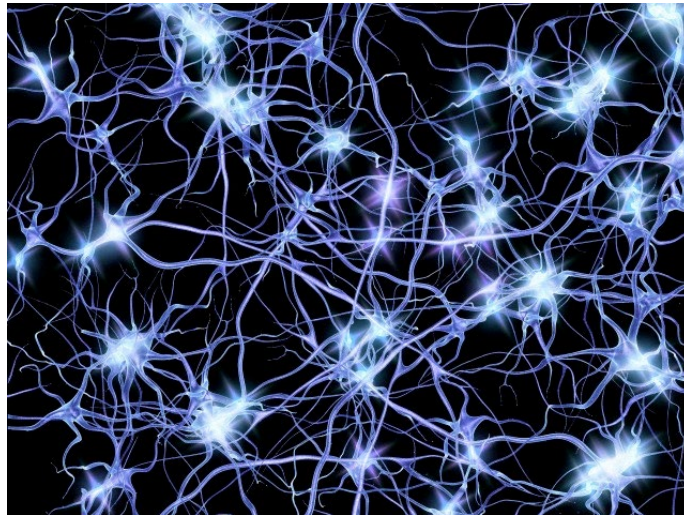
Purkinje Neuron
Pigeon Cerebellum



An infant's brain has about 100 billion neurons,
plus an equal number of glial cells and vascular cells.



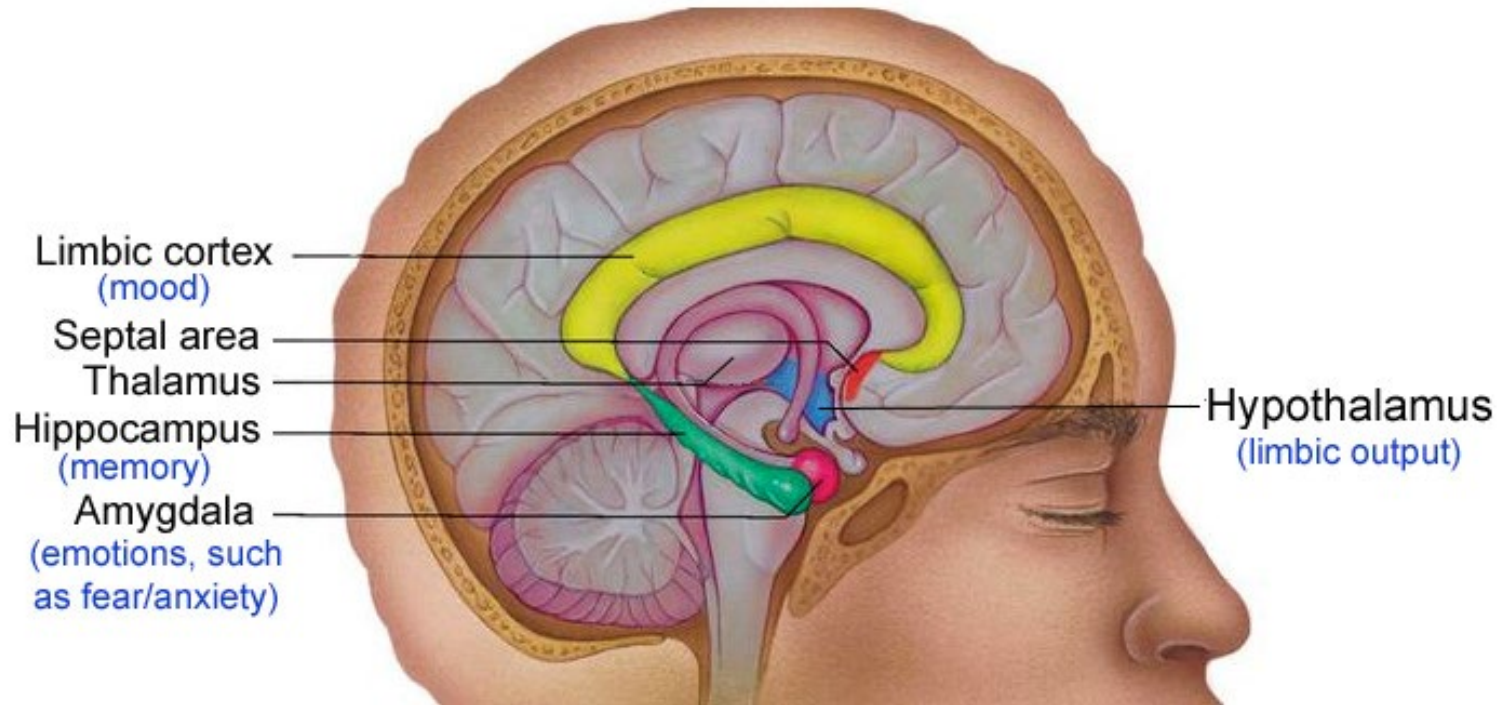
The neurons in a baby's brain are not well connected.



In the first few years of life up to one million new neural *connections* form every second.



Limbic System



Information from the senses is continually processed in the limbic system. If the brain determines there is a danger, neurons send emergency messages that prepare the body to respond.

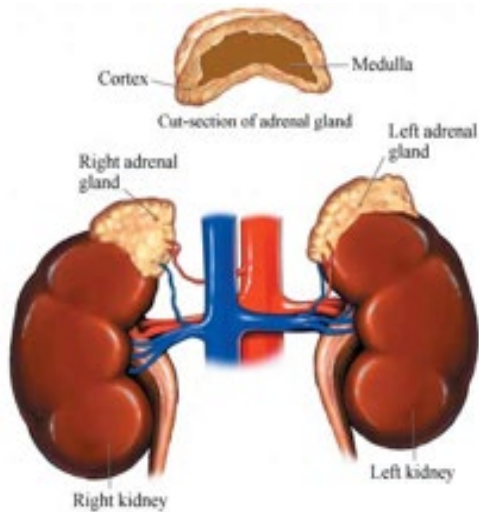


When the brain detects danger



the Stress Response System is activated.





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The adrenal glands secrete --

Adrenaline (epinephrine)

Heart beats faster

Cortisol

*Triggers release of **glucose***

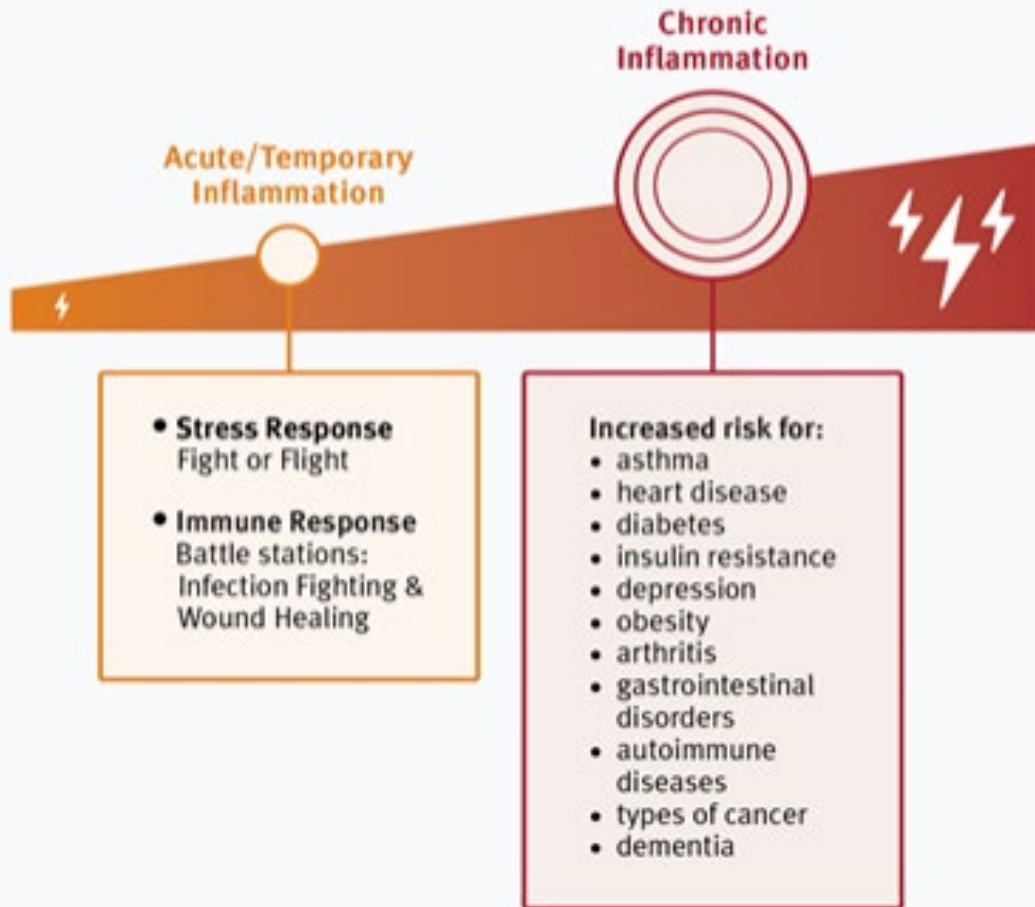
Into the bloodstream

Glucose (blood sugar) energizes the body for action





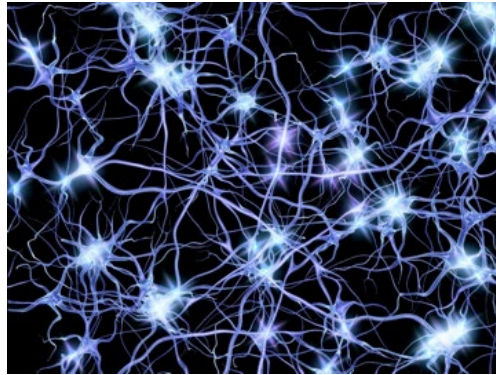
Acute to Chronic Inflammation



We now know that chronic,
unpredictable stress is toxic
to the body and to the brain.

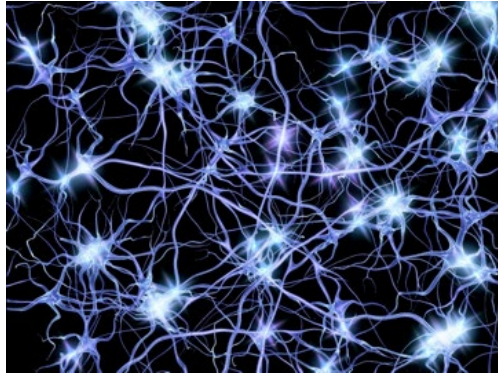
KNOWLEDGE IS POWER





Our experiences and our thoughts create new neural connections throughout our lives.





*“The capabilities that underlie resilience
can be strengthened at any age.”*

In Brief: The Science of Resilience (2015)
Harvard Center on the Developing Child





The Trauma-Informed Movement

Prevent, identify, and treat trauma – and support resilience

Trauma sensitive practices are being incorporated into –

Treatment of PTSD

Treatment of Addictions

Pediatrics

Police Departments

Courts/Prisons/Juvenile Justice

Preschools/Schools/Universities

And more...



BREAK
15 minutes





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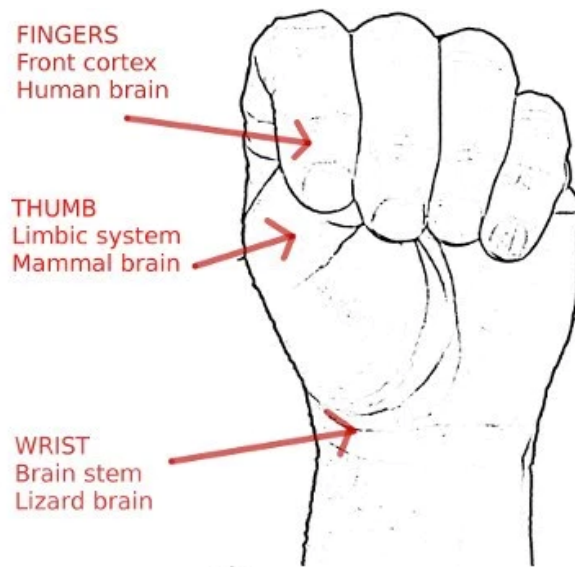


Rather than asking, “What’s wrong with you?” ask,

“What happened to you?”

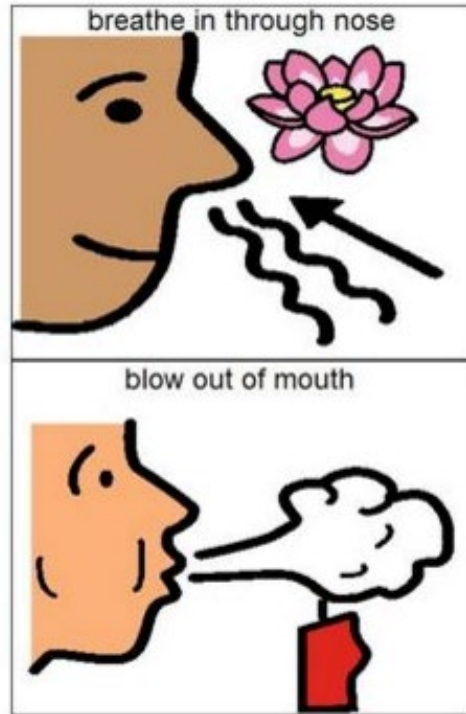


“Flipping Your Lid”



Daniel Siegel, M.D.
Author, *The Whole-Brain Child* (2012)





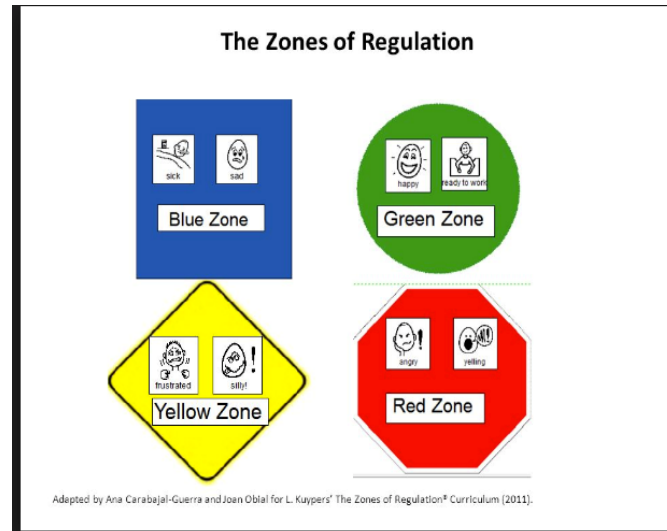
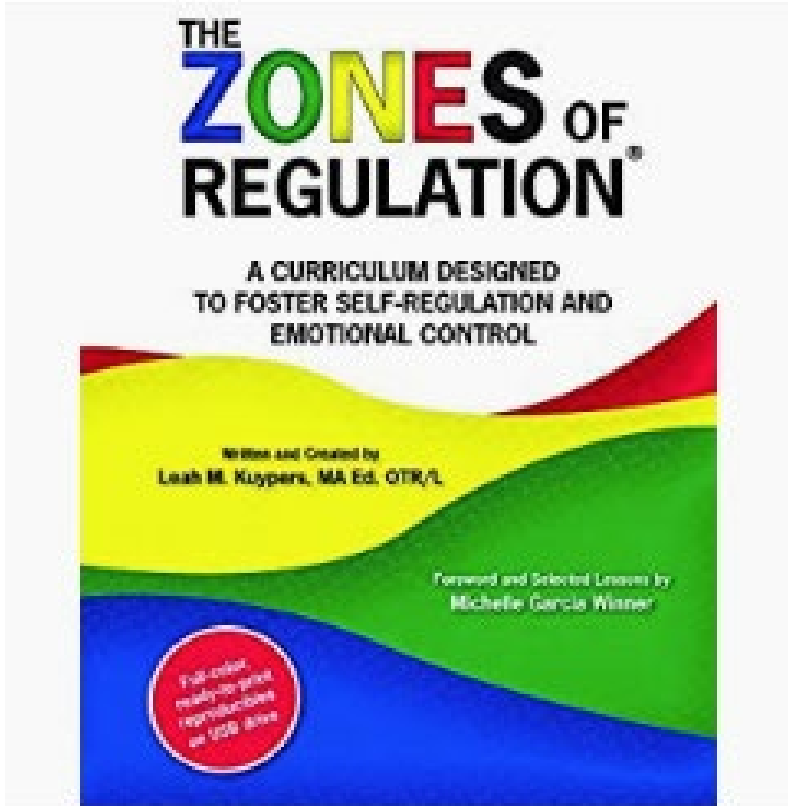
“Smell your flower. Blow out your candle.”

(Hindu yoga “pranayama”)



A real glass of water...



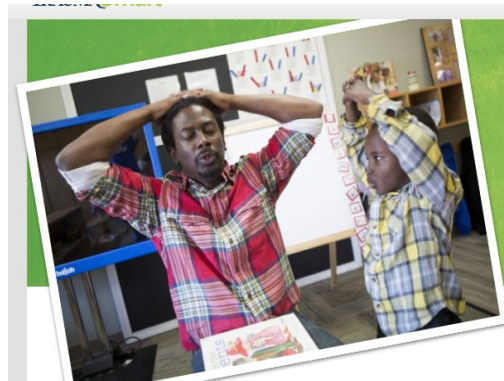


How can we help you get to green?





A program of Crittenton Children's Center



“It seems like you are having a big feeling.”

Teachers in *TraumaSmart* schools spend less time on discipline and more time teaching.



Those of us with ACEs must do what we all should do.

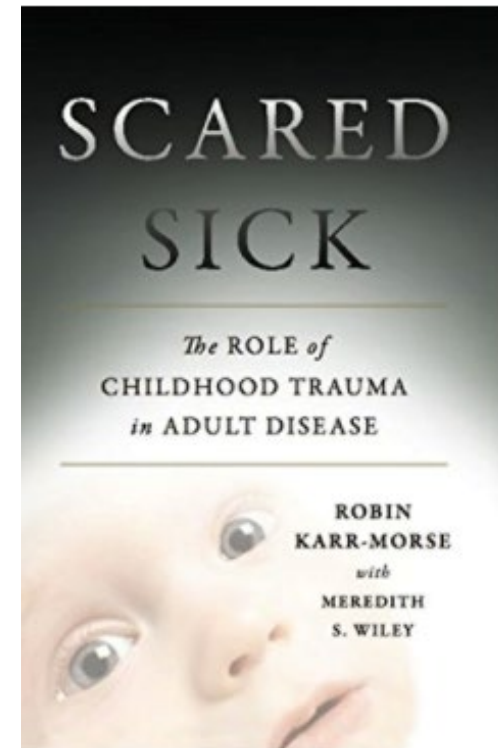
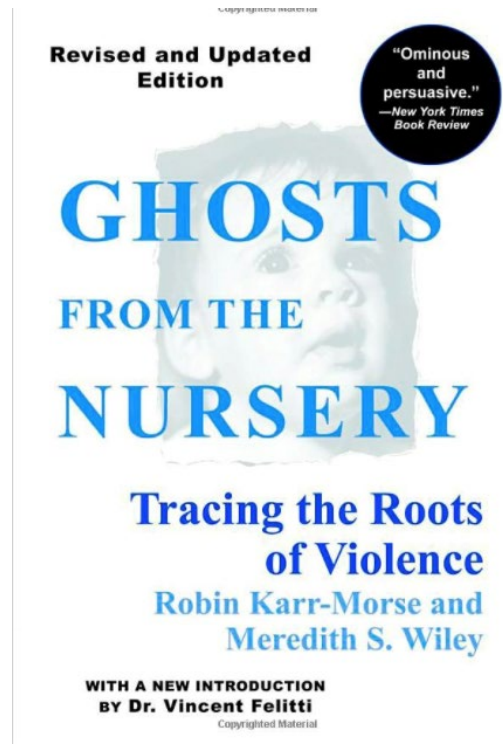
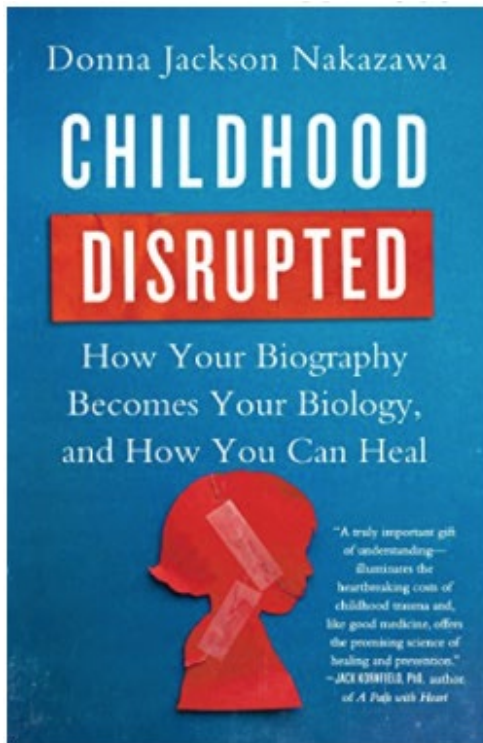
EAT

SLEEP

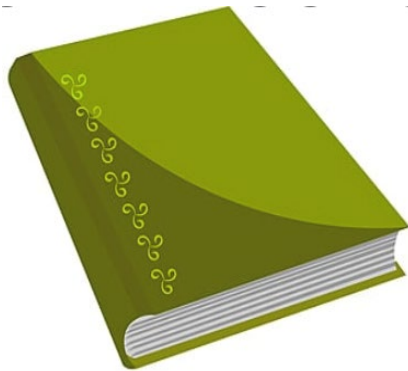
EXERCISE



READ



WRITE



The Adverse Childhood Experiences Recovery Workbook

Heal the Hidden Wounds *from* Childhood Affecting
Your Adult Mental *and* Physical Health



Powerful new strategies to overcome low self-esteem, shame, depression,
anxiety, emotional trauma, and other long-term effects of toxic childhood stress

Glenn Schiraldi, Ph.D. (2021)



CREATE community

FIND a trauma-informed therapist

PRACTICE mindfulness and gratitude





To cultivate resilience, you can help your clients to –

EAT

SLEEP

EXERCISE

READ WITH A PARTNER

LISTEN TO STORIES

WRITE/DRAW/COLOR

BREATHE

SMILE



*For the latest information about ACEs,
resilience, and trauma-sensitive practices*

ACEs Too High acestoohigh.com

PACEs Connection pacesconnection.com



**Think of a time when you used self-regulation or
another trauma-sensitive practice with a client or yourself?**

*Please write a sentence or two about it in the text box
or share with the person next to you.*





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PART IV
Conversation
12:00-12:30PM

*What was new or significant for you
about this presentation?*

*Deborah Bock
bockdebbie@gmail.com*