

Beyond ACEs:

BUILDING
HOPE & RESILIENCY
IN IOWA

FINDINGS ON ADVERSE CHILDHOOD
EXPERIENCES IN IOWA FROM 2012-2014
AND OPPORTUNITIES TO RESPOND



DECEMBER 7, 2018

Zoom Overview

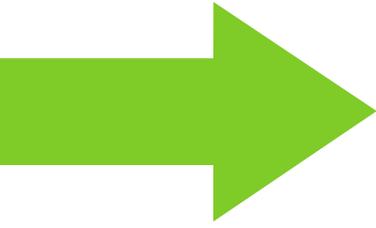
- This meeting is being recorded
- All attendees will be placed into “Panelist” mode:
 - Your name will temporarily disappear then reappear
 - Allows you to be able to “un-mute” and join the conversation
- Mute your microphone when not speaking
- Ask questions or comment via the chat box or by audio throughout



Today's Presenter



Lisa Cushatt, LMSW,
Program Manager
Central Iowa ACEs 360



What are **Adverse Childhood Experiences?**

Abuse:

- physical, sexual, psychological

Neglect:

- emotional, physical

Exposure to other traumatic stressors/ household dysfunction:

- substance abuse, divorce, mental illness, domestic violence, criminal behavior

ACES can have lasting effects on....



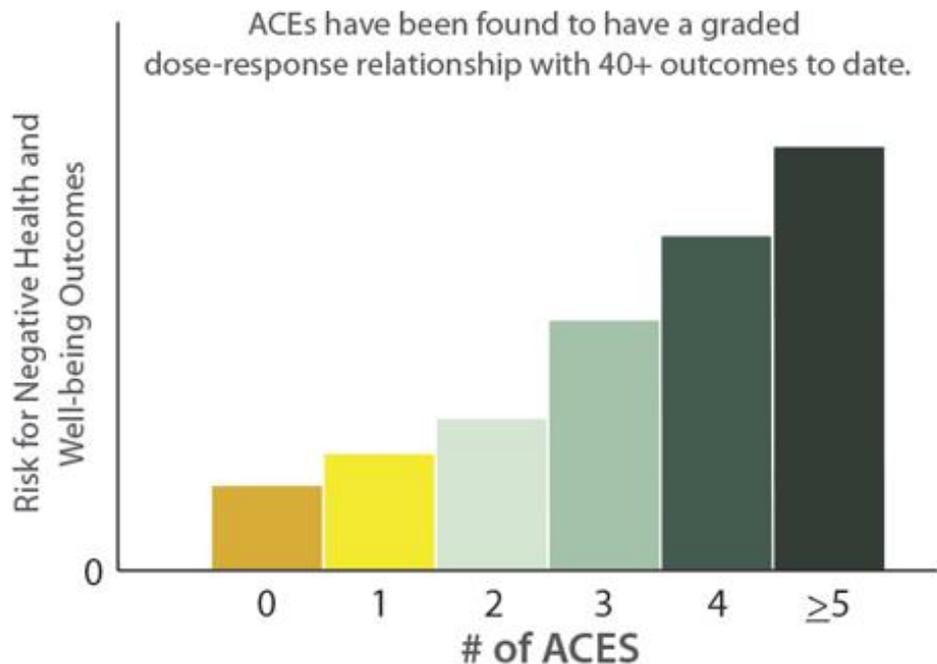
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)

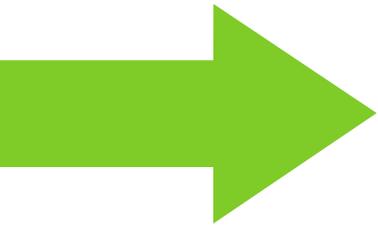


Life Potential (graduation rates, academic achievement, lost time from work)



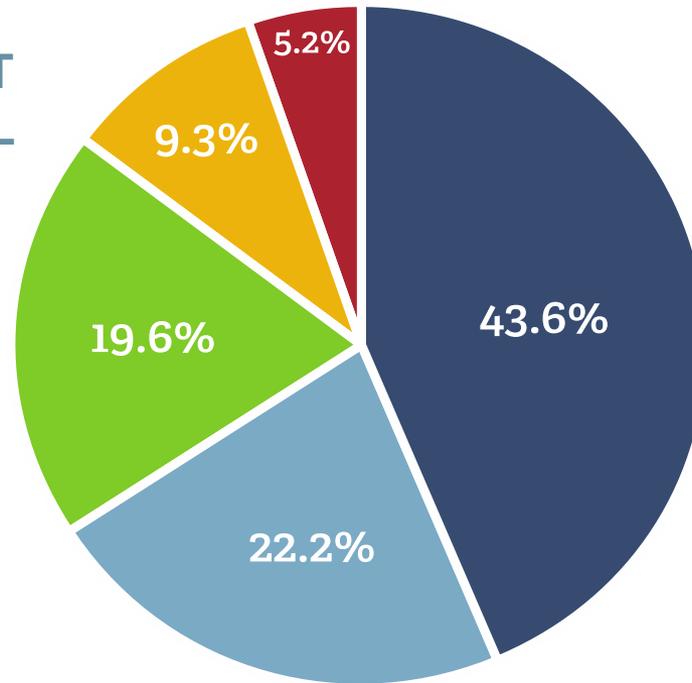
*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

Source: CDC



Prevalence of ACEs among Iowa adults

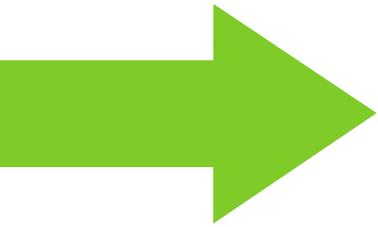
SHARE OF IOWA ADULT POPULATION BY TOTAL NUMBER OF ACES REPORTED



14.5%
of Iowa adults
report experiencing
four or more ACEs.

ACEs score





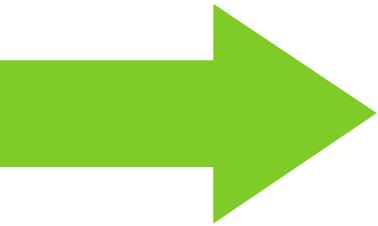
Prevalence of ACEs among Iowa adults

PERCENT OF IOWA ADULTS REPORTING EACH CATEGORY OF ACES

CHILD ABUSE	%
Emotional abuse	26.8
Physical abuse	15.9
Sexual abuse	9.7
HOUSEHOLD DYSFUNCTION	
Substance abuse in home	26.1
Separation/divorce	23.2
Family member with mental illness	18
Domestic violence	15.3
Incarcerated family member	6.8
Any ACE	56

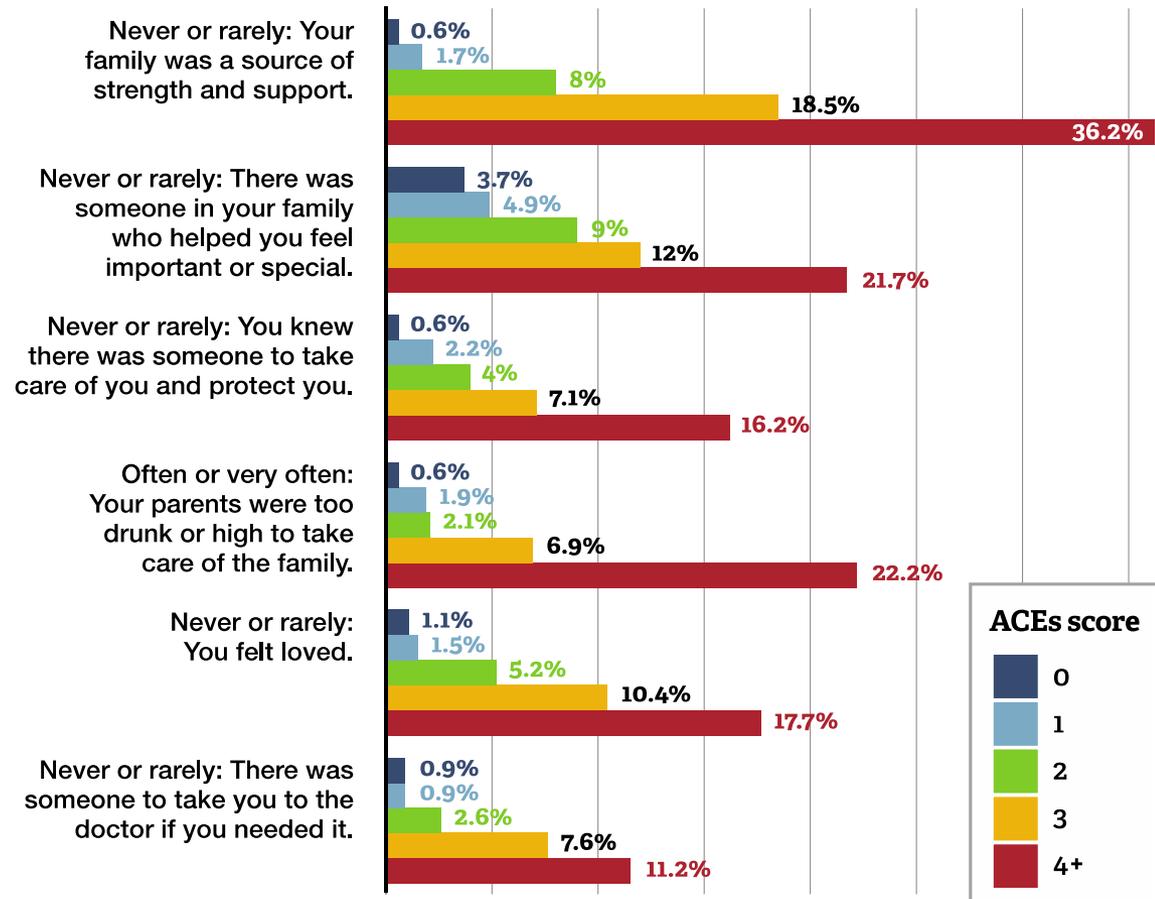
PREVALENCE OF ADDITIONAL ACES AMONG THOSE WHO EXPERIENCE EACH CATEGORY OF ACES

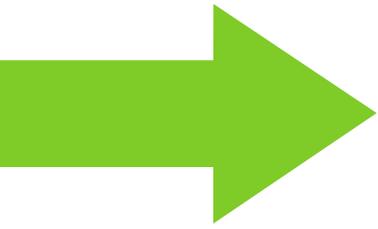
	% with 1+ additional ACE	% with 2+ additional ACEs
Emotional abuse	69	48
Physical abuse	84	69
Sexual abuse	73	56
Substance abuse in home	73	54
Incarcerated family member	85	74
Family member with mental illness	76	58
Domestic violence	86	73
Separation/divorce	71	51



Prevalence of additional ACEs

PREVALANCE OF NEGLECT AS ACES INCREASE

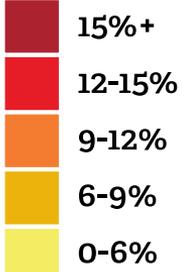
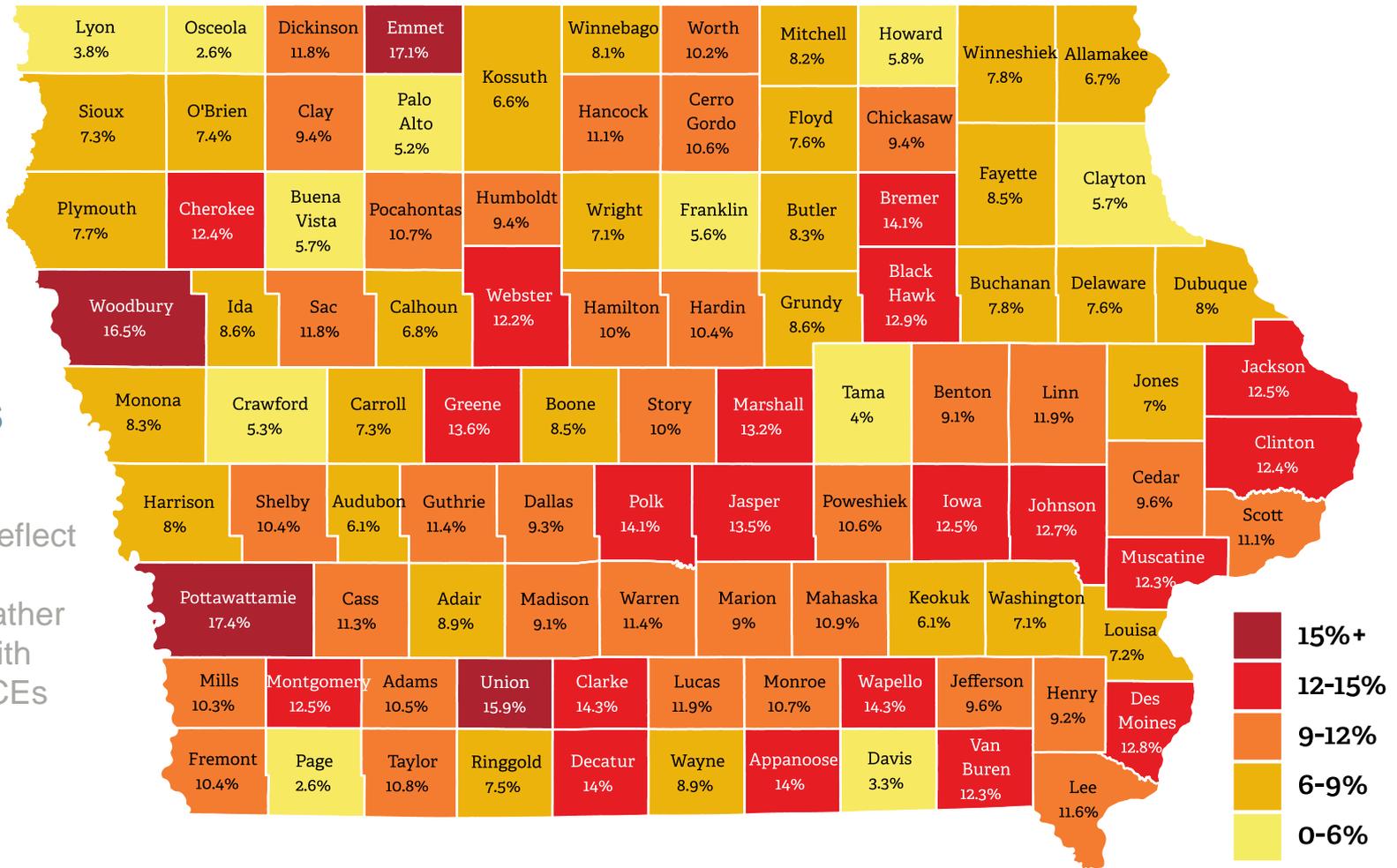


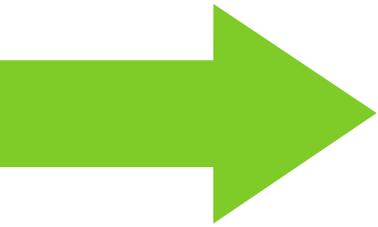


Where do Iowa adults with ACEs live now?

PERCENT OF ADULTS REPORTING FOUR OR MORE ACES

Map does not reflect where trauma occurred, but rather where adults with four or more ACEs currently live.



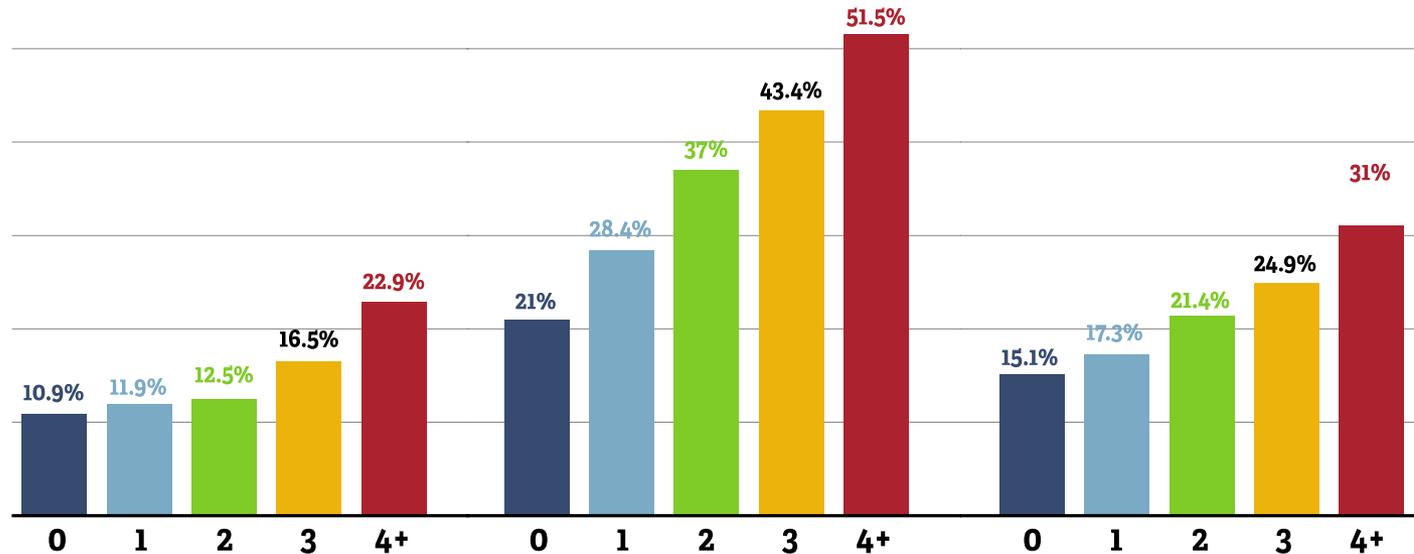


ACEs impact on lifelong health

ACES AND POOR PHYSICAL HEALTH

ACES AND POOR MENTAL HEALTH

ACES AND ACTIVITY LIMITATIONS

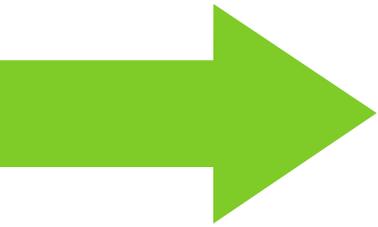


People with **four or more ACEs** compared to those with **zero ACEs**:

2 times as many self-rate their health as “poor” or “fair”

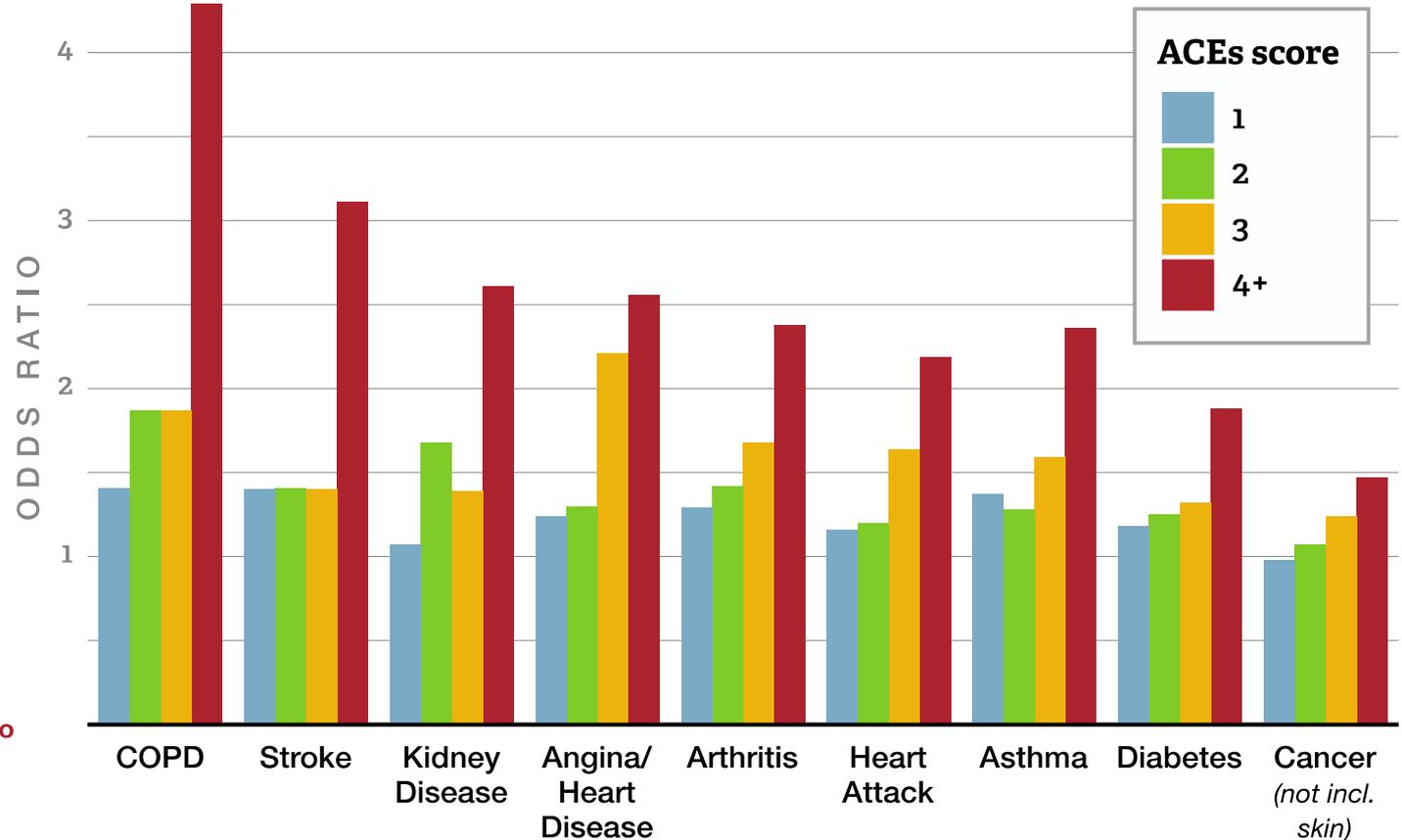
2.5 times as many rate their mental health (including stress, depression, and problems with emotions) as not good

2.5 times as many report limits in activities because of physical, mental or emotional problems

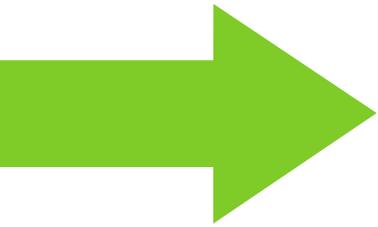


ACEs impact on physical health

LIKELIHOOD TO DEVELOP HEALTH CONDITIONS BASED ON ACES

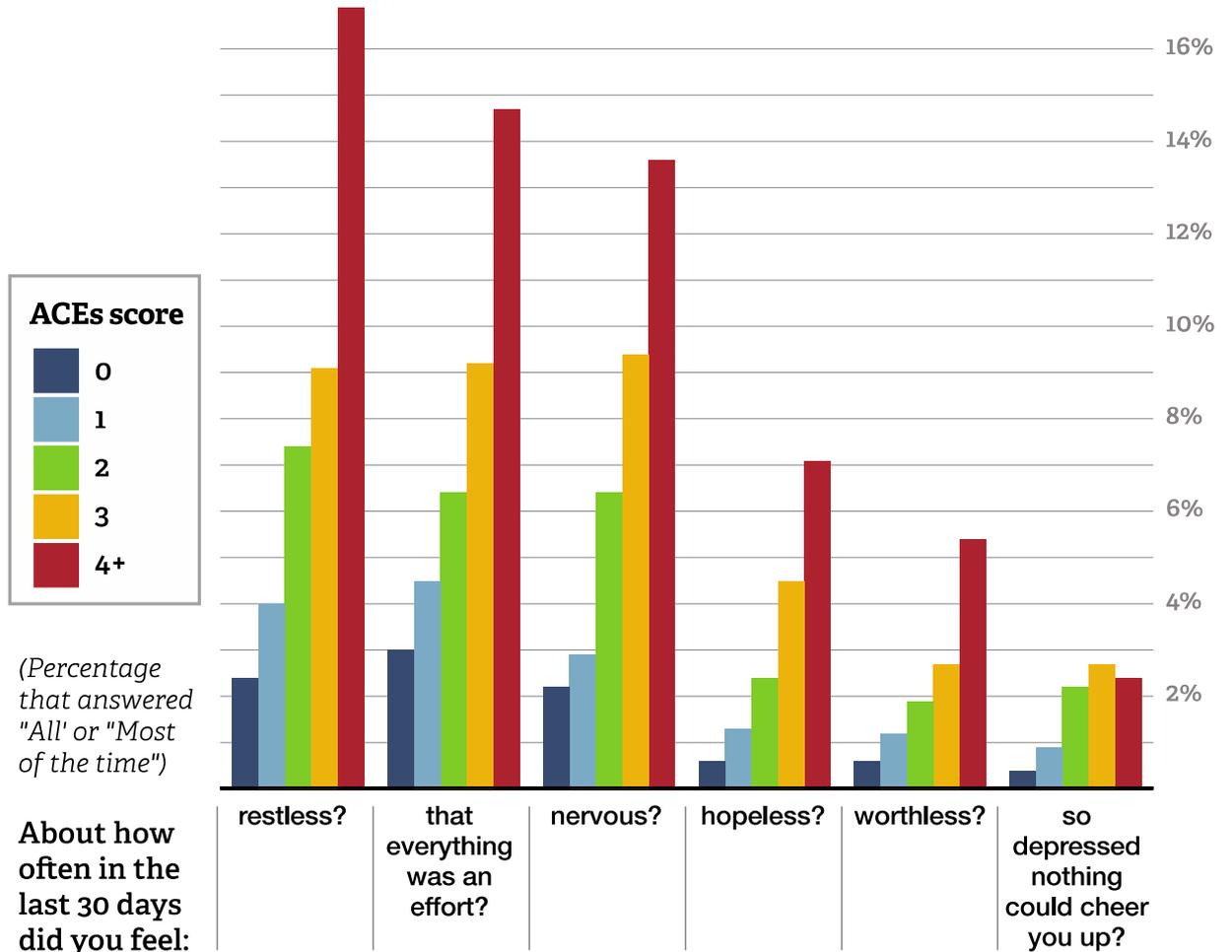


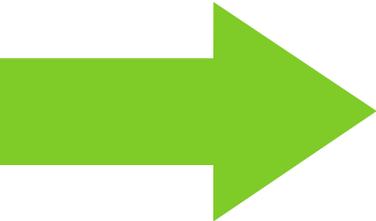
CDC research has found that trauma in childhood could reduce life expectancy by up to **20 years.**



ACEs impact on mental health

PERCENTAGE OF IOWANS REPORTING MENTAL HEALTH CONCERNS BASED ON ACES

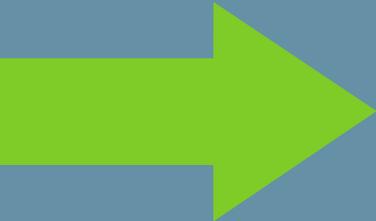




ACEs relationship to **Substance use**

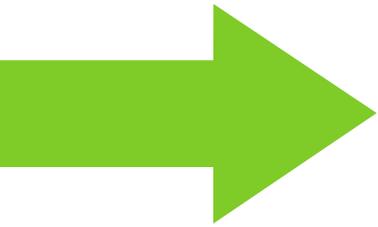
- Early Initiation of alcohol use
- Higher risk of mental and substance use disorders as an older adult.
- ACEs are associated with a higher risk of developing a mental and/or substance use disorder later in life.
- Continued tobacco use during adulthood.
- Increased prescription drug use.
- Lifetime illicit drug use, drug dependency, and self-reported addiction.

Source: SAMSHA CAPT

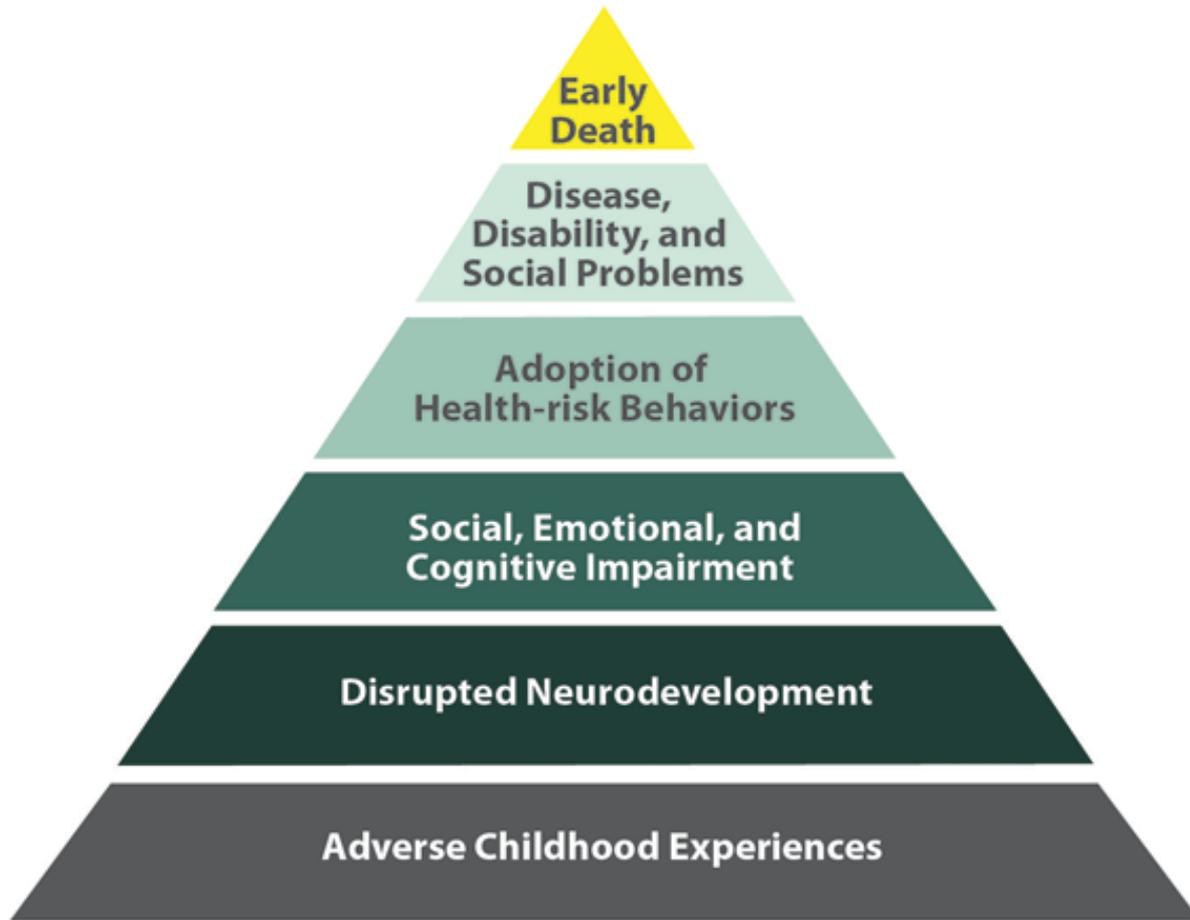


Brain Development

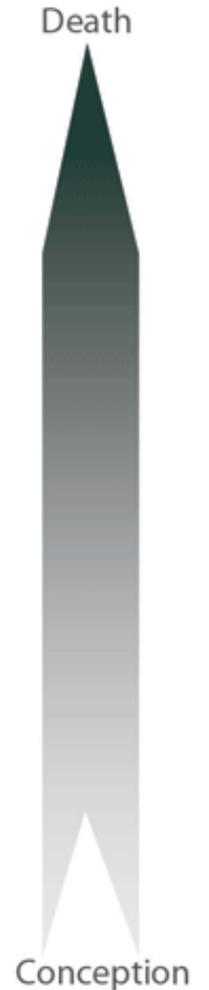




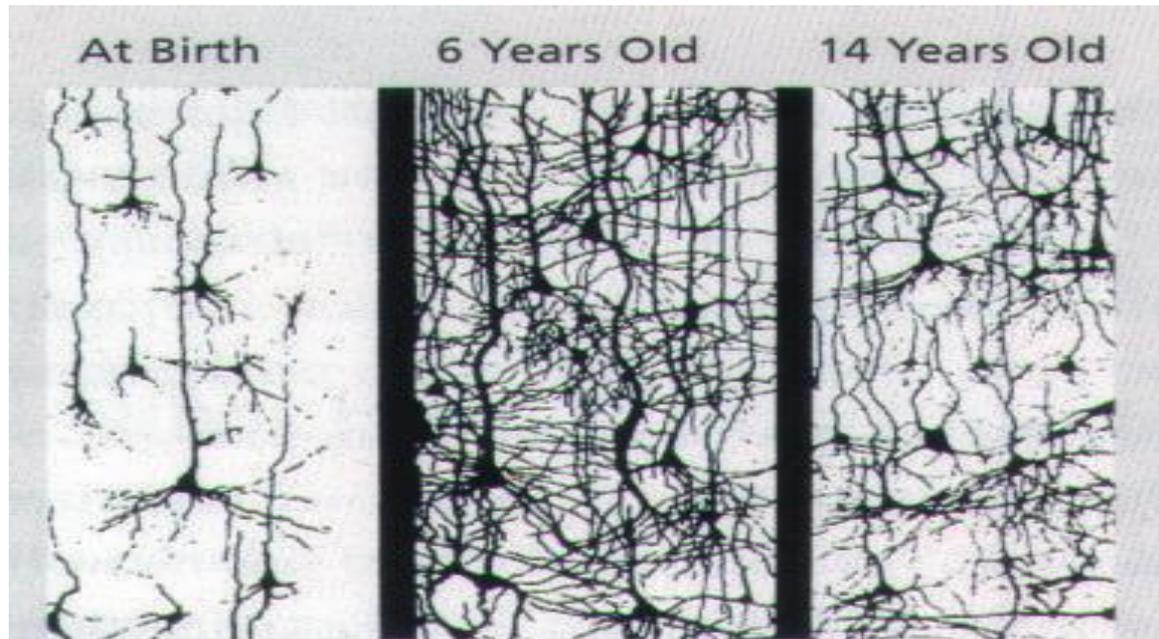
ACE Pyramid



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



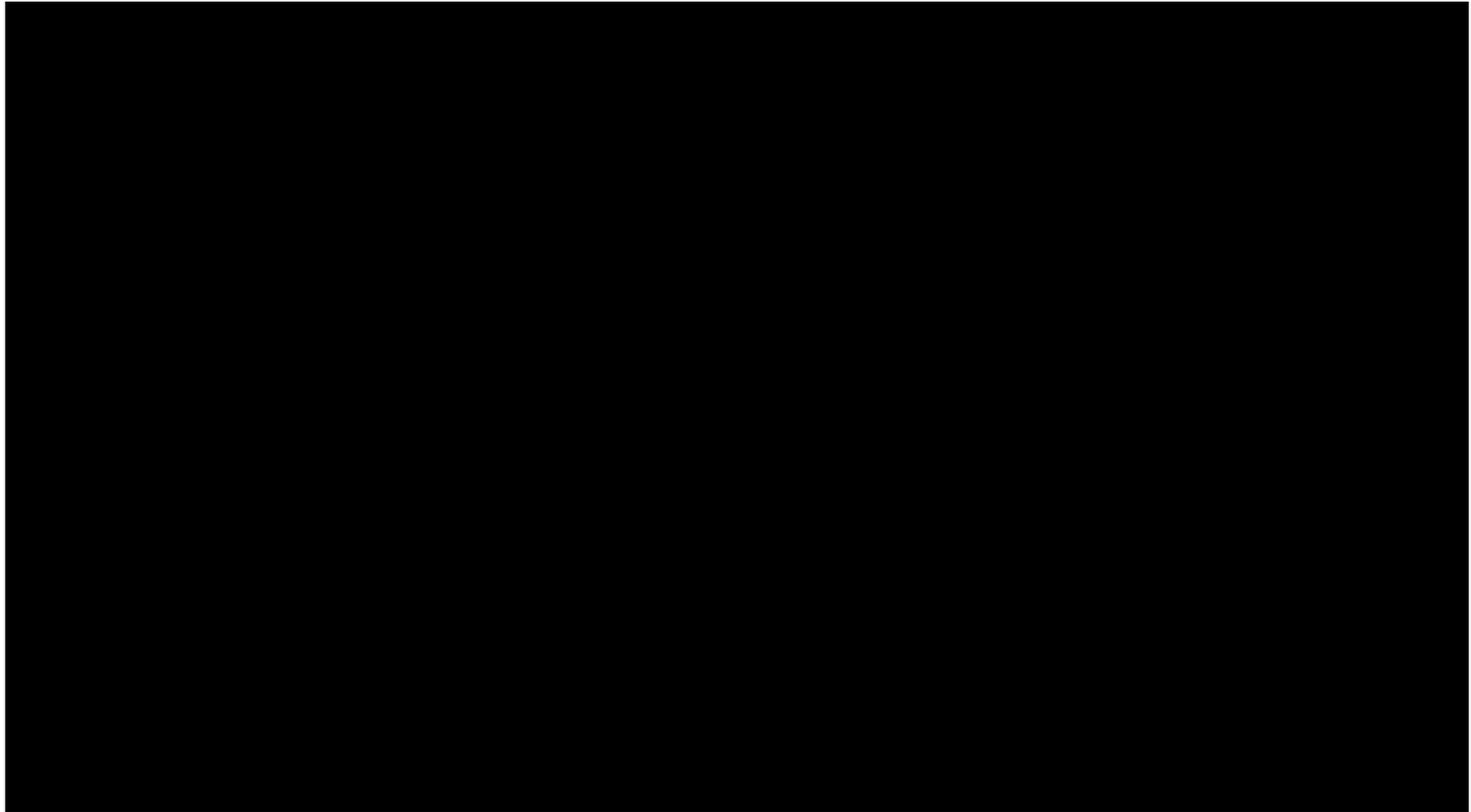
Experience build brain architecture

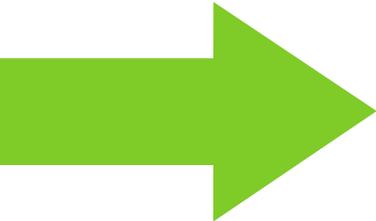


SYNAPTIC DENSITY: Synapses are created with astonishing speed in the first three years of life. For the rest of the first decade, children's brains have twice as many synapses as adults' brains.

Drawings supplied by H.T. Chugani.

Still Face Experiment: Dr. Edward Tronick





Toxic stress derails **healthy development**

Positive

Brief increases in heart rate,
mild elevations in stress hormone levels.

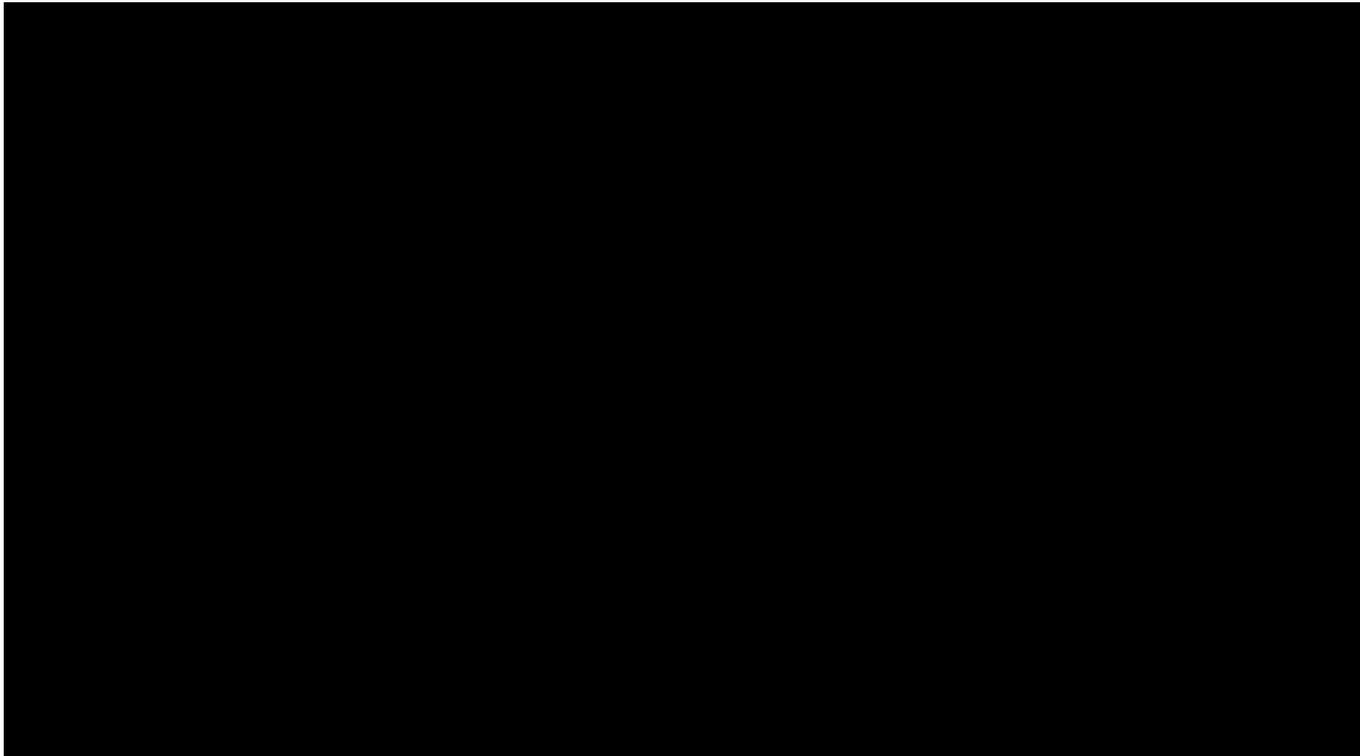
Tolerable

Serious, temporary stress responses,
buffered by supportive relationships.

Toxic

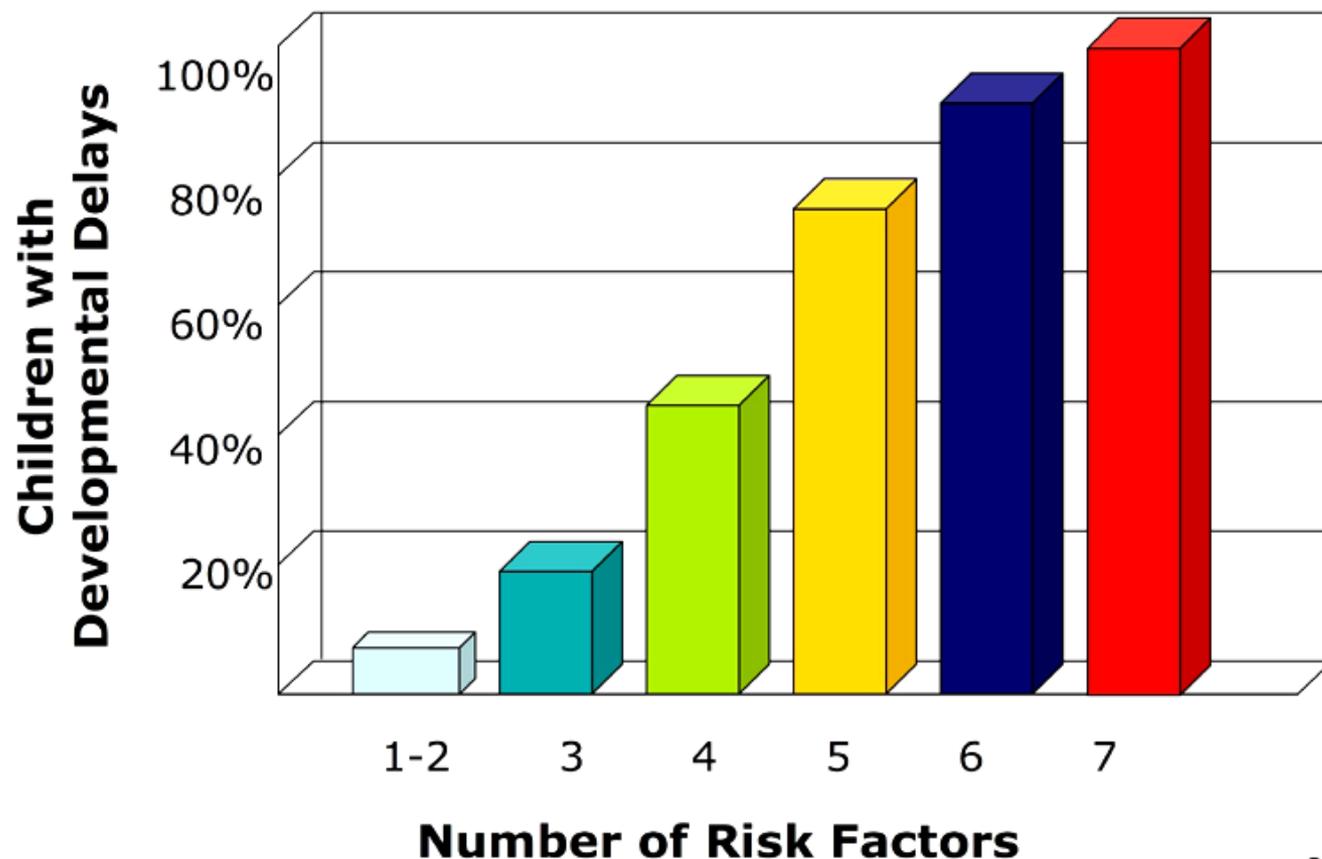
Prolonged activation of stress response systems
in the absence of protective relationships.

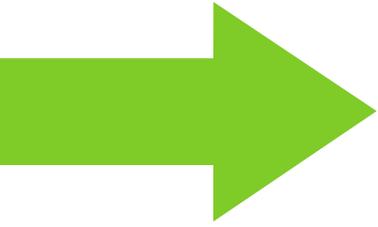
Toxic Stress Derails Healthy Development





Significant Adversity Impairs Development in the First Three Years





Impact on **brain function**

Affect Regulation

Panic reactions, depression, anxiety, hallucinations

Somatic Issues

Sleep disturbances, severe obesity, pain

Substance Use

Smoking, alcoholism, illicit drug use, IV drug use

Sexuality

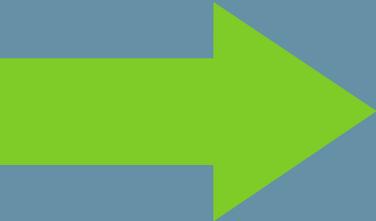
Early intercourse, promiscuity, sexual dissatisfaction

Memory

Amnesia (childhood)

Arousal

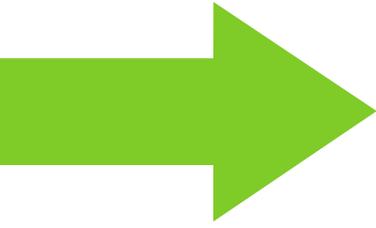
High stress, problems with anger, perpetrating domestic violence



What can we do?

Childhood experiences can be powerful determinants of our health and well-being as adults....

BUT THEY DO NOT HAVE TO.



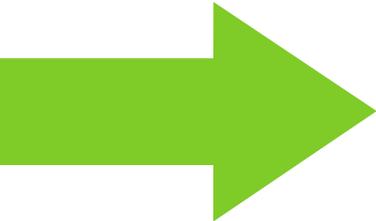
Breaking the cycle: Substance abuse

“Ritualized compulsive comfort-seeking (what traditionalists call addiction) is a *normal* response to the adversity experienced in childhood, just like bleeding is a normal response to being stabbed.”

Dr. Daniel Sumrok, Director of the Center for Addiction Sciences at the University of Tennessee Health Science Center’s College of Medicine.

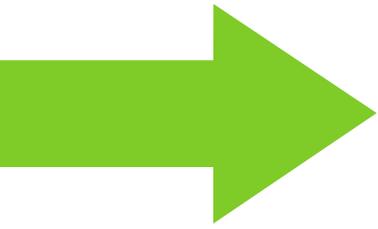
“Childhood trauma is both the cause and the consequence of the present opioid crisis....It is, in fact, the most important public health issue of our time.”

Frank Kros, EVP of The Children’s Guild in Baltimore, Maryland

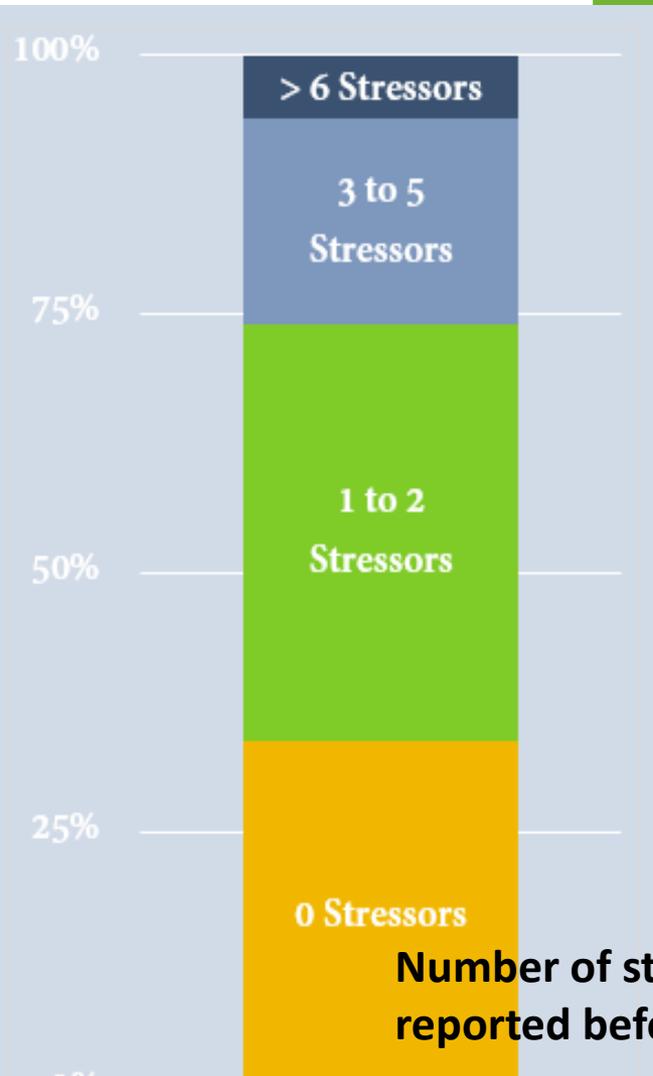


Breaking the cycle: **Substance abuse**

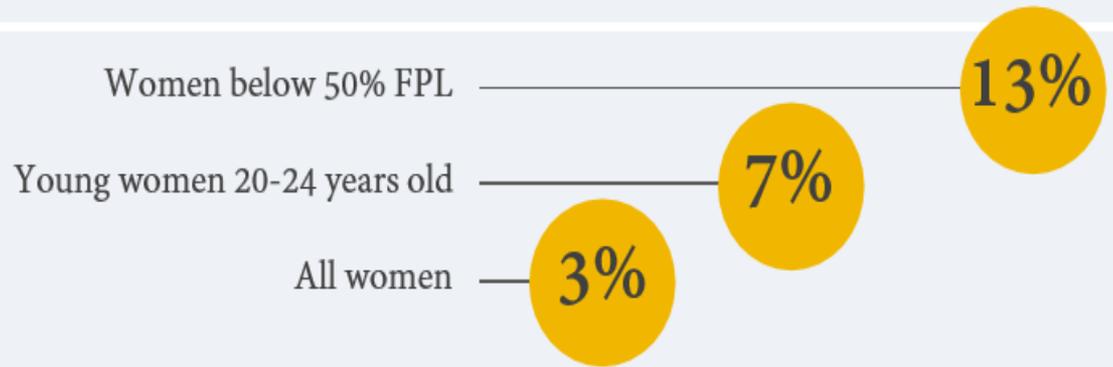
- Increase training at all staff levels.
- Including ACEs among the primary risk and protective factors when engaging in prevention planning efforts. (SAMSHA CAPT)
- Selecting and implementing programs and strategies designed to address ACEs, including efforts focused on reducing intergenerational transmission of ACEs. (SAMSHA CAPT)
- Support a two-generation approach to treatment and
- recovery options that keeps families intact. (Alliance)

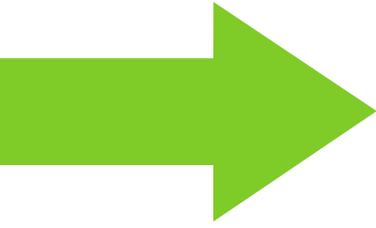


Breaking the cycle: prenatal care and beyond



Percent of women who experienced physical abuse from a partner or husband before pregnancy





Breaking the cycle: parenting

MORE FAMILIES IN IOWA FACE STRESSFUL ENVIRONMENTS

15.5%

of Iowa's children (ages 0-17) lived below the poverty line in 2014, a 43.9 percent increase since 2000. Children growing up in poverty are more likely than their peers to experience stress and deprivation that hinders development and readiness for school and life.

21%

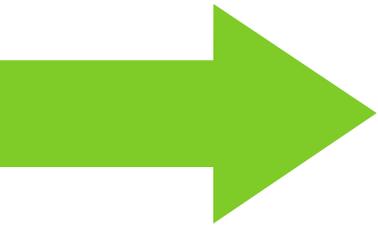
of Iowa children ages four months to 5 years are at moderate or high risk of developmental, behavioral or social delays. Children with special needs require a greater level of support.

25%

of Iowa women with young children in the home have a high school diploma or less, a key indicator of child outcomes. This level of education can make finding a well-paying job difficult.

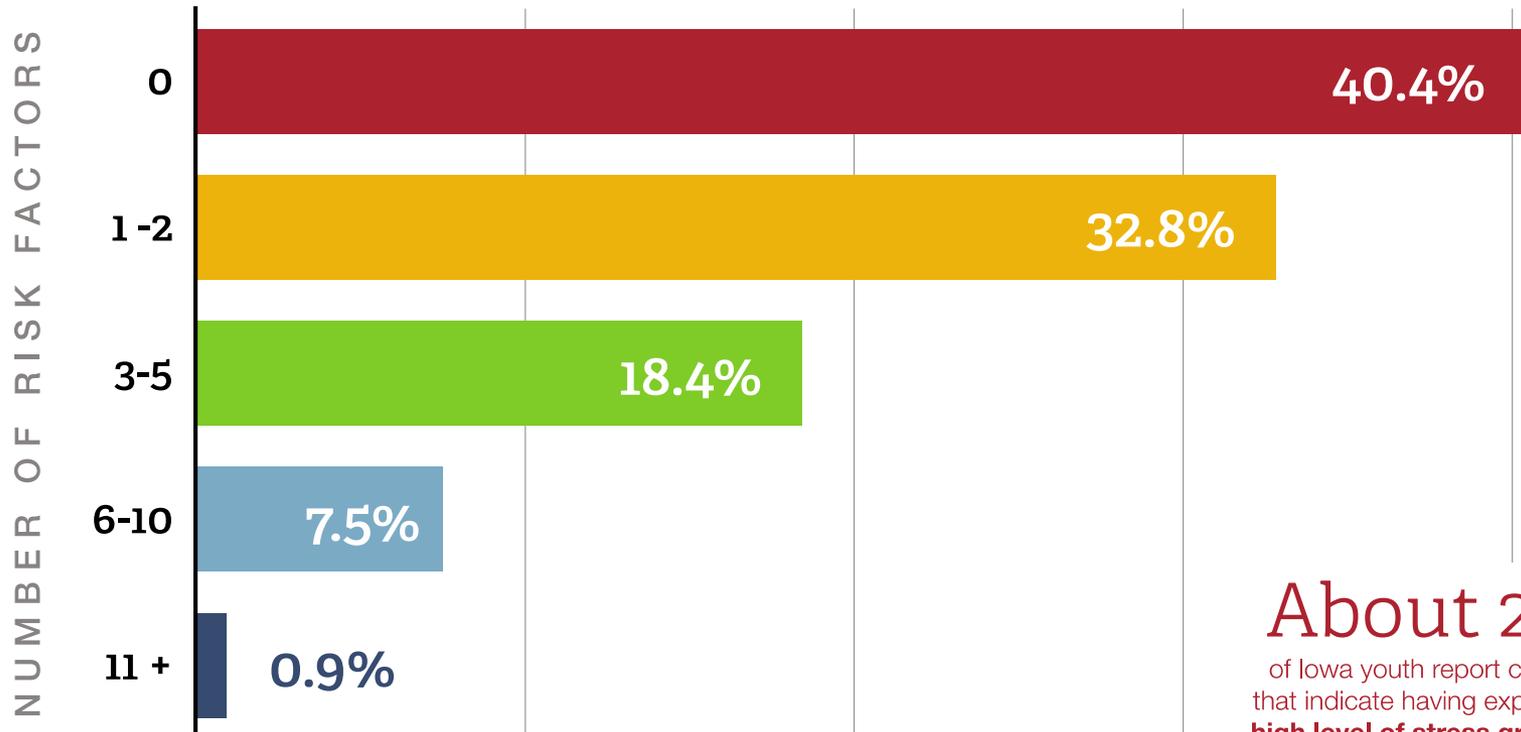
30.8%

of families with children are headed by a single parent, a 23.7 percent increase since 2000. Single-parent families are at increased risk for stress and economic hardship.

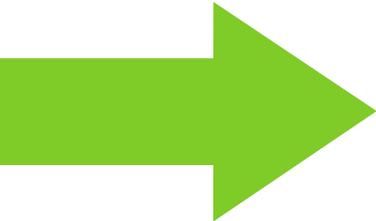


Breaking the cycle: youth

RISK FACTORS IN IOWA YOUTH



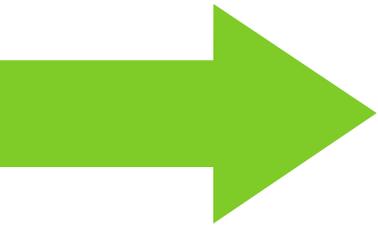
About 25%
of Iowa youth report challenges
that indicate having experienced a
high level of stress growing up.



Breaking the cycle: **education & early care**

STUDENTS WITH A HIGHER NUMBER OF ACES ARE MORE LIKELY TO:

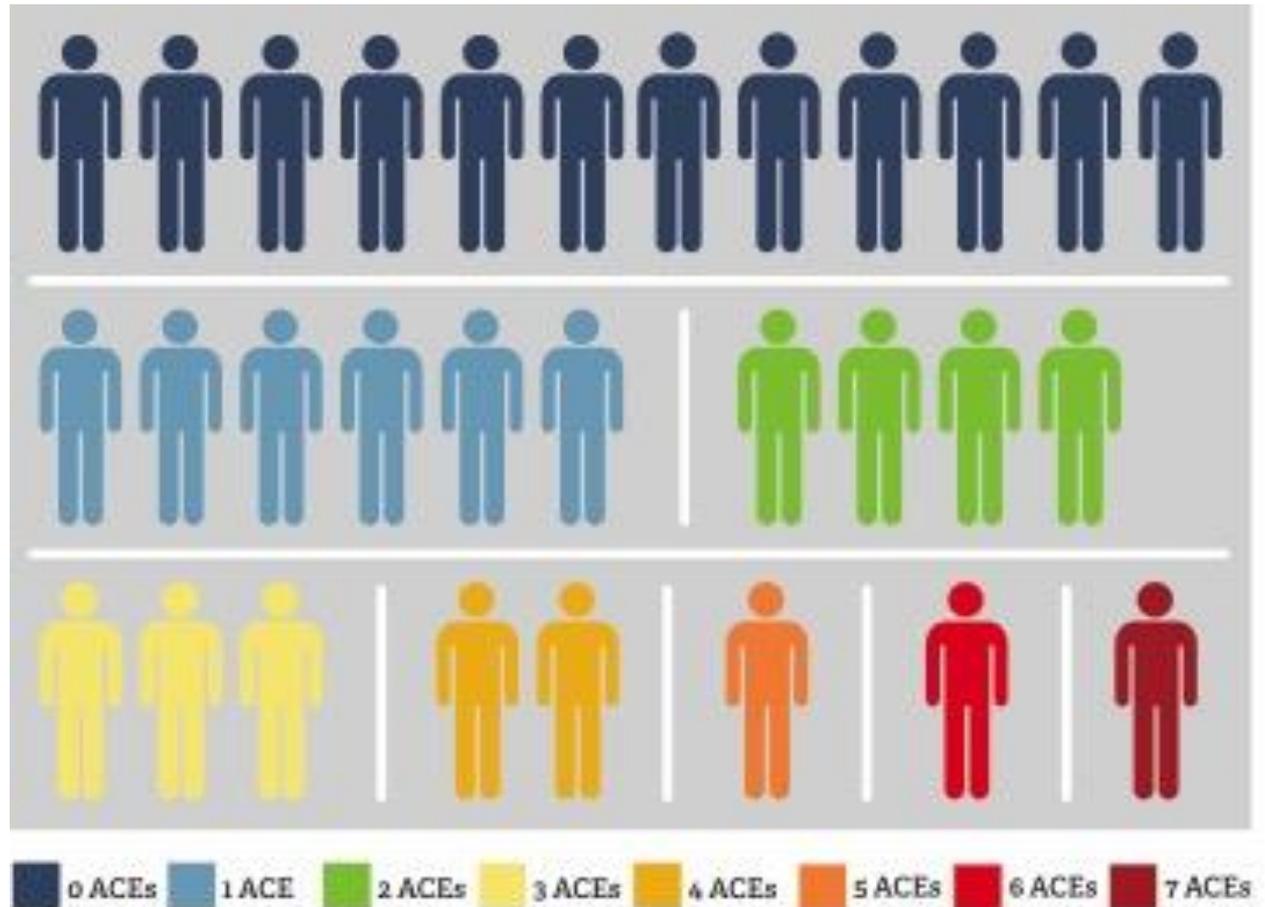
- ▼ Score lower on a standardized test
- ▼ Have language difficulties
- ▼ Be suspended or expelled
- ▼ Have poorer health
- ▼ Fail a grade

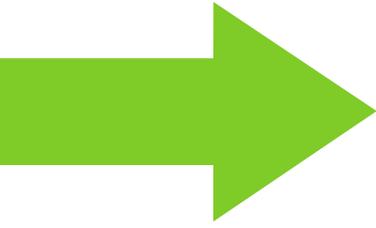


Breaking the cycle: **business**

AVERAGE
NUMBER OF
ACES PER
PERSON IN
AN OFFICE
OF 30
EMPLOYEES

5 out
of 30
employees have
experienced
significant
childhood trauma

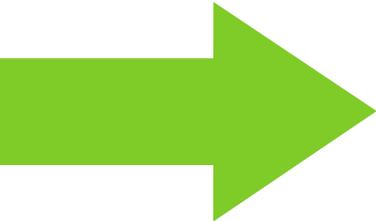




What can we do?

Take action

- 1) Implement policies such as flex-time that create healthier families and more productive employees
- 2) Train managers on trauma-informed care
- 3) Use corporate-sponsored events to inform employees about community services that can support their well-being



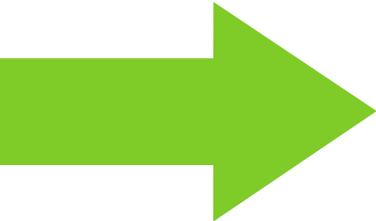
Breaking the cycle: **our community**

STUDIES PROVE THAT COMMUNITIES CONNECTED THROUGH CARING RELATIONSHIPS HAVE:

- ▼ Less crime
- ▼ Less homelessness
- ▼ Less substance abuse
- ▲ Increased school success
- ▲ Increased mental health
- ▲ Increased physical health

Respondents reporting high ACEs and high support/help often fare better in health and mental health than those with no ACEs and low support.

Respondents reporting a high level of reciprocity and social bridging (such as watching out for the community's children, asking for help and intervening when someone is in trouble) had lower rates of obesity, mental illness and health-risk factors.

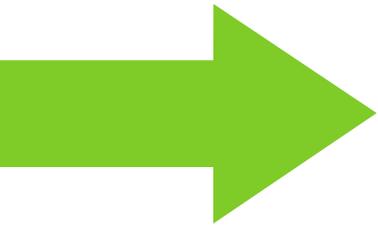


What can we do? **Take action**

Take action by identifying your connection. Examples include:

- Reach out to a neighbor
- Listen to someone's story
- Spend time with a child
- Make a meal for a parent
- Others?

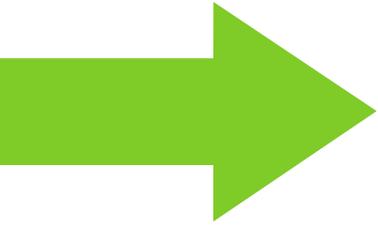




Opportunities to **respond**

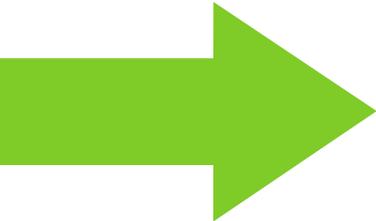
HERE'S WHAT YOU CAN DO

- **Learn** more about childhood trauma, its impact and effective response strategies at www.iowaaces360.org. Educate others about what you have learned.
- **Respond** to others with greater understanding by considering what happened to them instead of what is wrong with them.
- **Build** caring connections with the children, families and adults you touch in your everyday actions.
- **Seek** services that help you improve your well-being. Call 211 for local resources.
- **Apply** a trauma-informed approach to your organization's work.
- **Foster** communities focused on strengthening families and creating safe, nurturing environments for children.
- **Advocate** for trauma-informed strategies when making decisions.
- **Increase** early identification of and response to ACEs across systems including health care, education, justice, social services, and public health.
- **Give** to efforts working to raise awareness of ACEs and develop response strategies.



Questions and **further discussion**





Suggested resources

Central Iowa ACEs 360 Coalition

www.iowaaces360.org

Centers for Disease Control and Prevention (CDC)

Adverse Childhood Experiences (ACES)

<https://www.cdc.gov/violenceprevention/acestudy/index.html>

ACES Connection

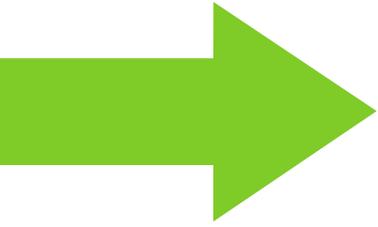
www.acesconnection.com

ACES Too High News

www.acestoohigh.com

SAMHSA The Role of Adverse Childhood Experiences in Substance Abuse and Related Behavioral Health Problems

<https://www.samhsa.gov/capt/tools-learning-resources/aces-substance-abuse-behavioral-health>



Presenter

contact information

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