



# ACES AND RESILIENCE: SUPPORTING THOSE IMPACTED BY ACES

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SUMMIT ON PRENATAL SUBSTANCE USE AND INFANT EXPOSURE

JULY 28, 2017

# OBJECTIVES

- Understand the effects of Adverse Childhood Experiences and toxic stress on health and development.
- Identify ways that communities and providers can promote resilience and reduce the effects of ACEs on adults and children.
- Understand how to implement ACE screening in your agency.



# ACEs

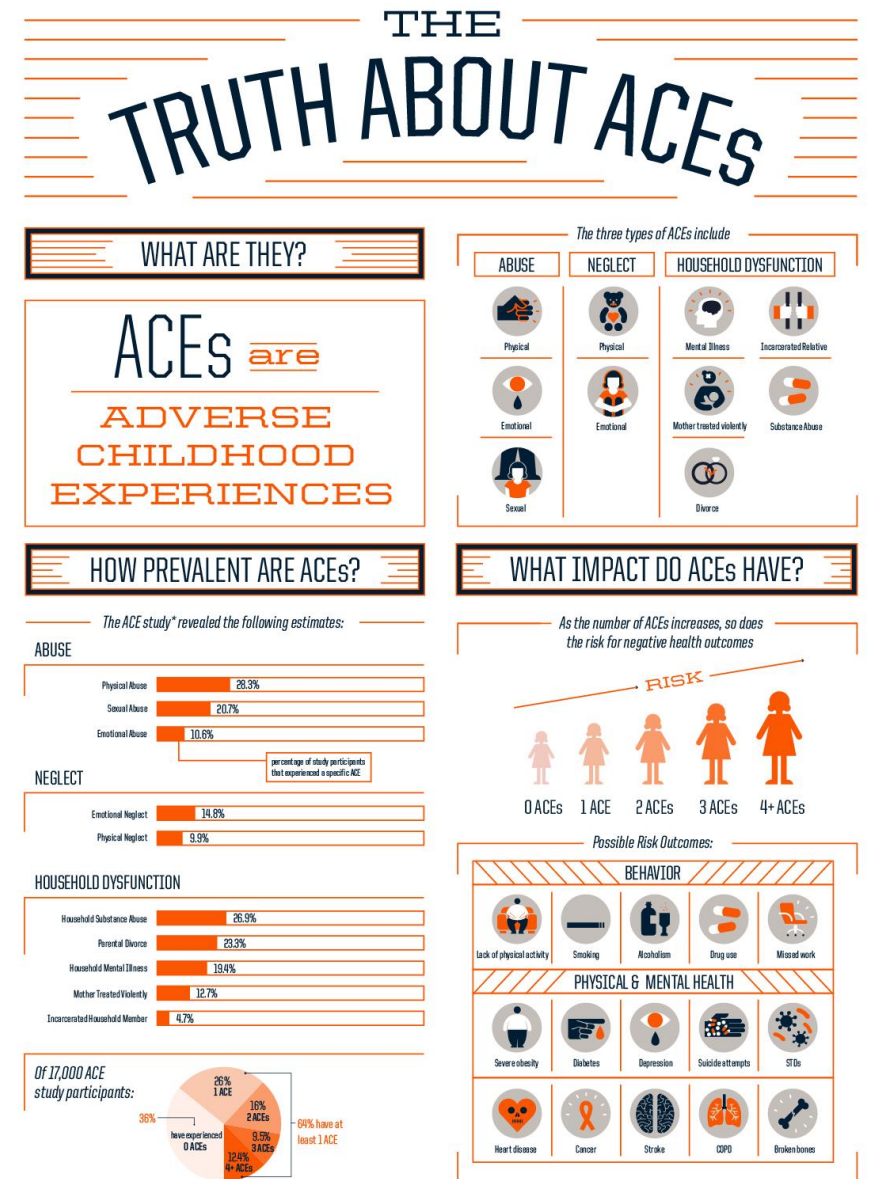
WHAT ARE ACES?



# ADVERSE CHILDHOOD EXPERIENCES (ACES)

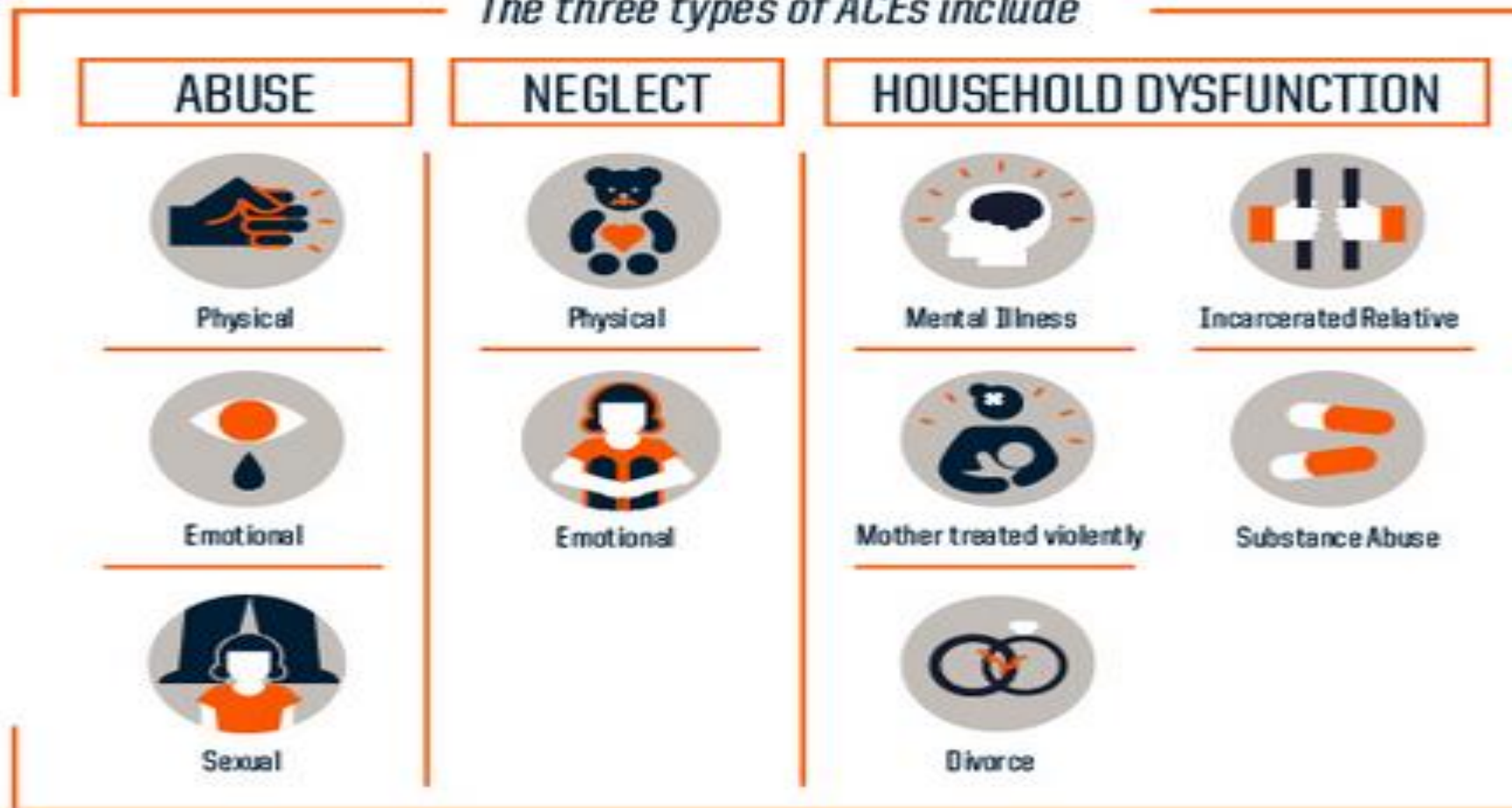
- Large study sponsored by CDC and Kaiser Permanente
- Found the more ACEs in childhood, the stronger the link to poor outcomes in adulthood
- ACEs are linked to serious health and behavioral difficulties
- 4+ ACEs are reported by 15% of American women and 9% of American men

Source for Infographic: [rwjf.org/aces](http://rwjf.org/aces)



# WHAT ARE ADVERSE CHILDHOOD EXPERIENCES?

*The three types of ACEs include*



# ACEs ARE COMMON

## Household Dysfunction

Substance Abuse	27%
Parental Separation/ Divorce	23%
Mental Illness	17%
Battered Mother	13%
Criminal Behavior	6%

## Abuse

Physical	28%
Psychological	11%
Sexual	21%

## Neglect

Emotional	15%
Physical	10%

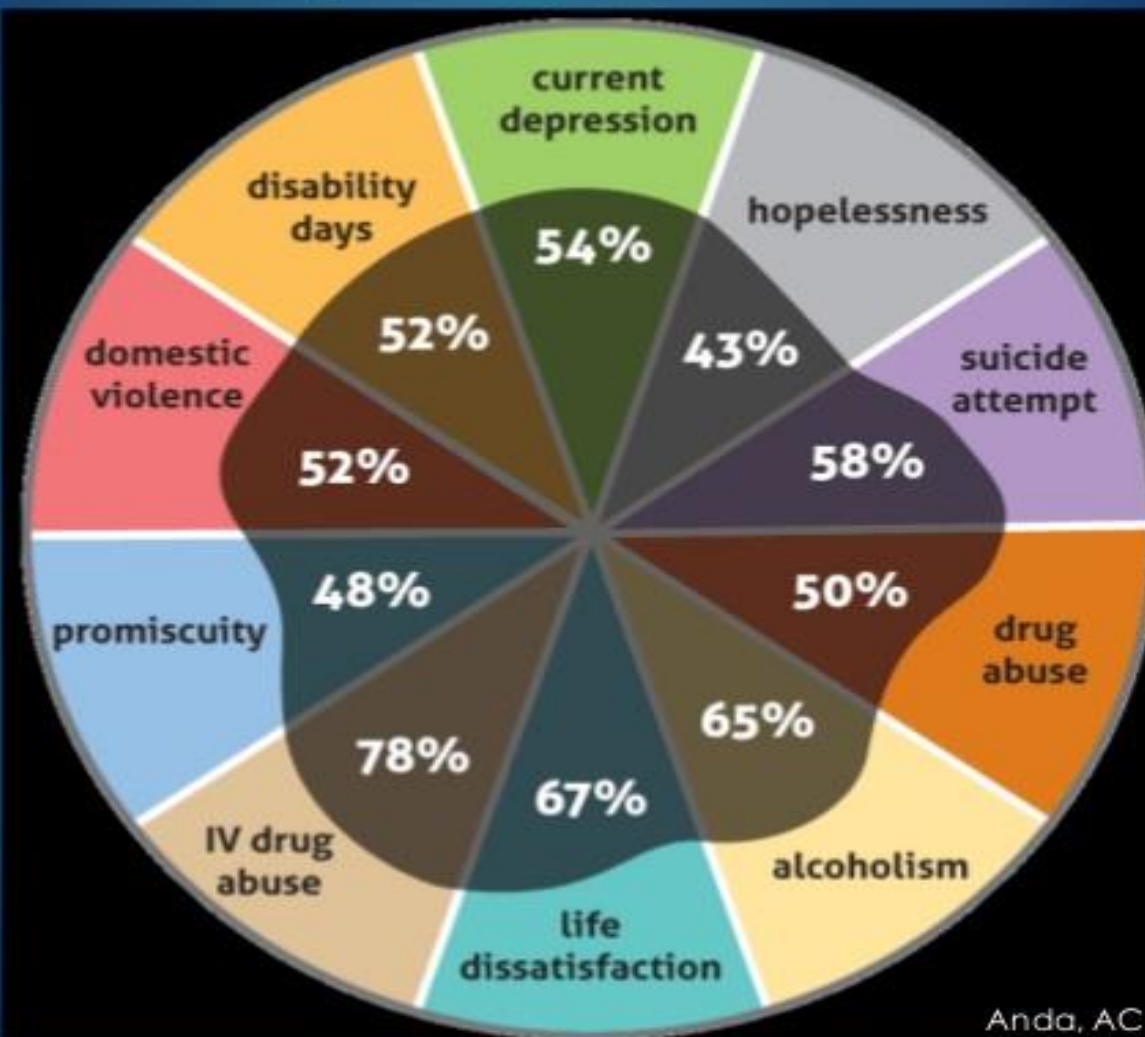
# The ACE Comprehensive Chart

<b>Adverse Childhood Experiences</b>	<b>Neurobiological Impacts and Health Risks</b>	<b>Long-term Health and Social Problems</b>
The more types of adverse childhood experiences...	The greater the neurobiological impacts and health risks, and...	The more serious the lifelong consequences to health and well-being

Source: Ohio Developmental Disabilities, Mental Health, & Addiction Services



# ACEs and Population Attributable Risks



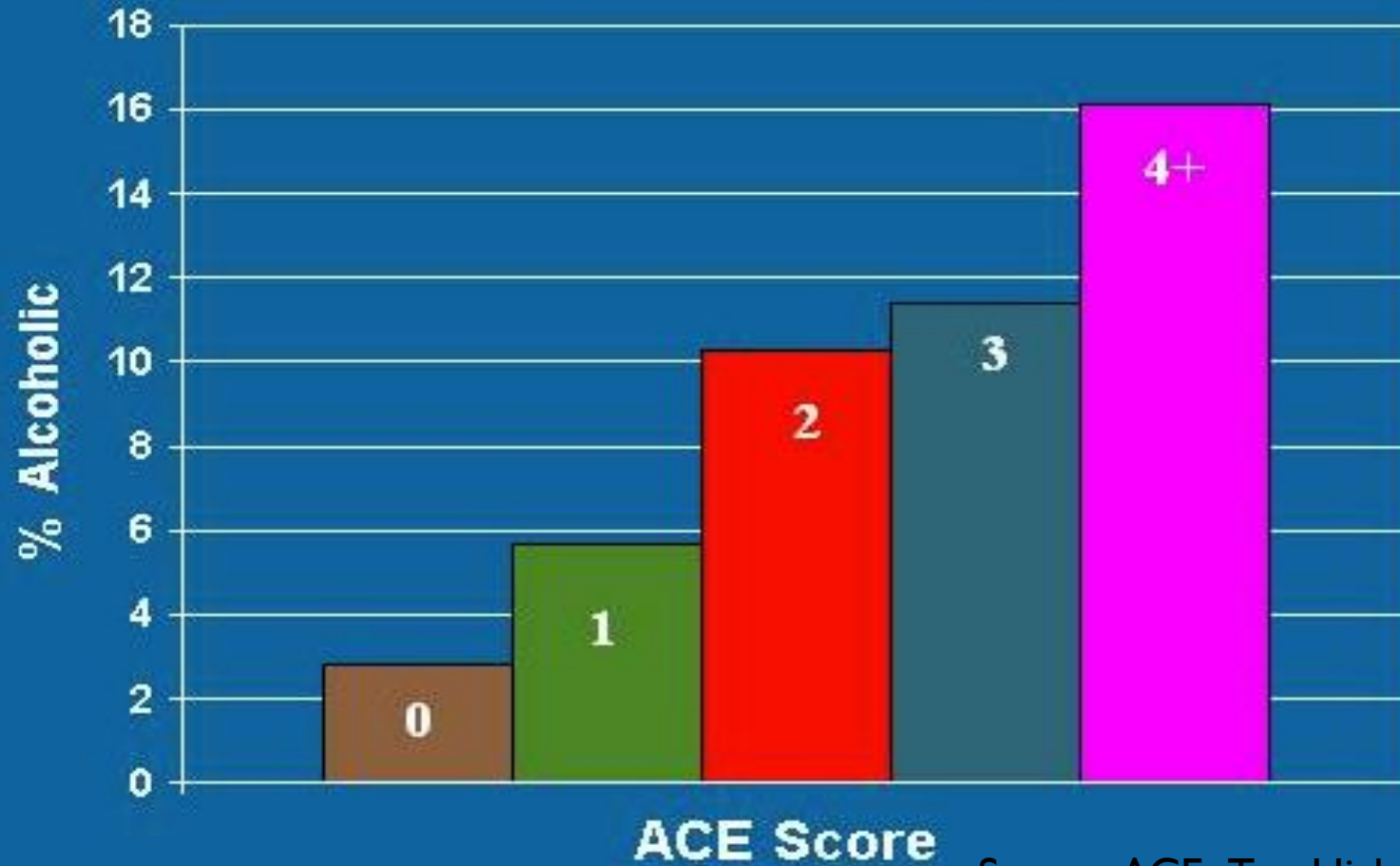


# Adverse Childhood Experiences vs. Smoking as an Adult



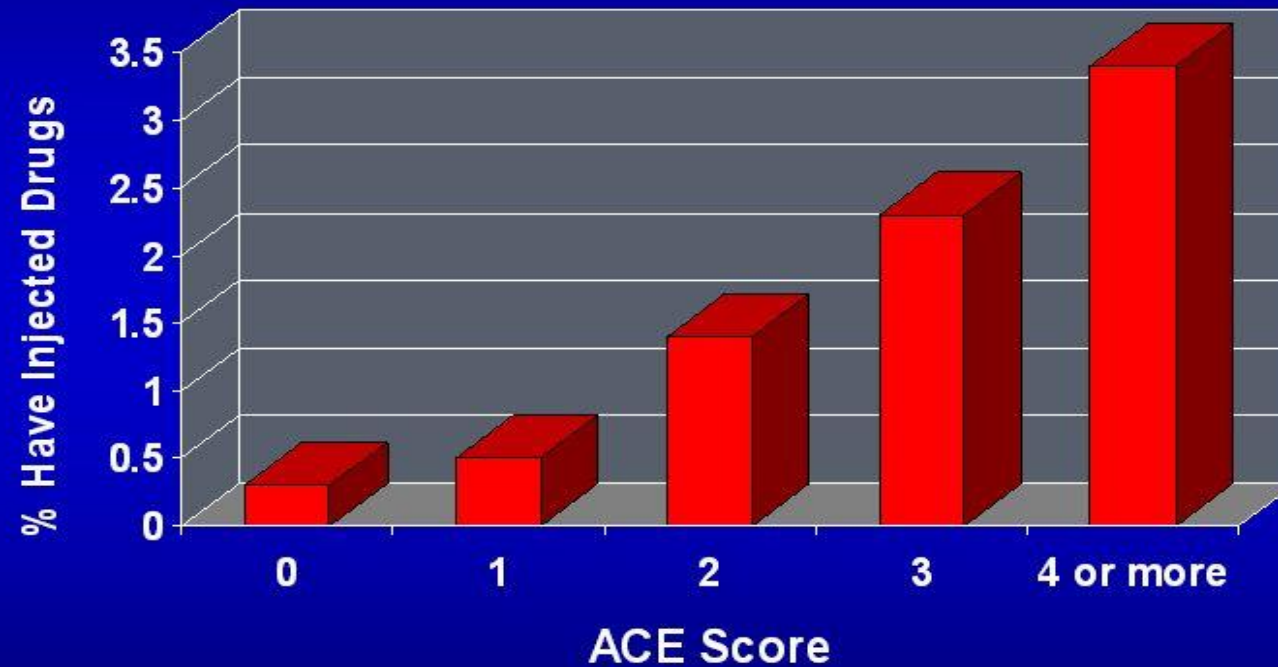
Source: ACEs Too High

## Childhood Experiences vs. Adult Alcoholism



Source: ACEs Too High

# ACE Score and Intravenous Drug Use



**N = 8,022**   **p < 0.001**

# PARENTAL INCARCERATION AS AN ACE

**1 in 6 MN youth has an incarcerated parent**

## Impact on Youth?

Lower attendance

Lower grades

More discipline issues



3x more likely to **Binge Drink**



3x more likely to be in **Alternative Schools**



4.5x more likely to be in a **Juvenile Correctional Facility**



7x more likely to be **Smoking**



11x more likely to be in **Substance Abuse Treatment**



# ACES, TOXIC STRESS, BRAIN DEVELOPMENT & HEALTH

A RECIPE FOR ADVERSITY



# THE STRESS CONTINUUM FOR CHILDREN

## POSITIVE

Stress that is essential to development

## TOLERABLE

Significant adversity managed through relationships with adults & effective coping skills

## TOXIC (ACEs)

Excessive, prolonged activation of the stress response in the absence of the buffering presence of a protective & supportive adult



# WHAT IS THE STRESS RESPONSE?

**Stressor Occurs (ACE)**



Adrenal glands release adrenaline (“**Emergency Response**”)



**Fight, Flight, Freeze, or Faint**



Long-term stress (**toxic stress**) results in the production of **cortisol**



High levels of **cortisol** over-stimulate the amygdala and damage the pre-frontal cortex (executive function of the brain), **leading to differences in brain size and structure in children & neurological damage in adulthood**



High levels of cortisol **alter basic biological processes, especially the immune, endocrine, and neurologic systems**, leading to hypertension, heart disease, cancer.



# NADINE BURKE HARRIS VIDEO

Nadine Burke Harris:

## How childhood trauma affects health across a lifetime

TEDMED 2014 · 15:59 · Filmed Sep 2014

22 subtitle languages

View interactive transcript



Play



Watch later



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# A DIFFERENT NARRATIVE

It's not what's **WRONG** with  
you...

It's what **HAPPENED** to  
you.





# HOW CAN WE PROMOTE RESILIENCE TO COUNTERACT ACES?

A RECIPE FOR WELLNESS



# DEFINITION OF RESILIENCE

The capacity of a system to adapt successfully to challenges that threaten its life, function, or development

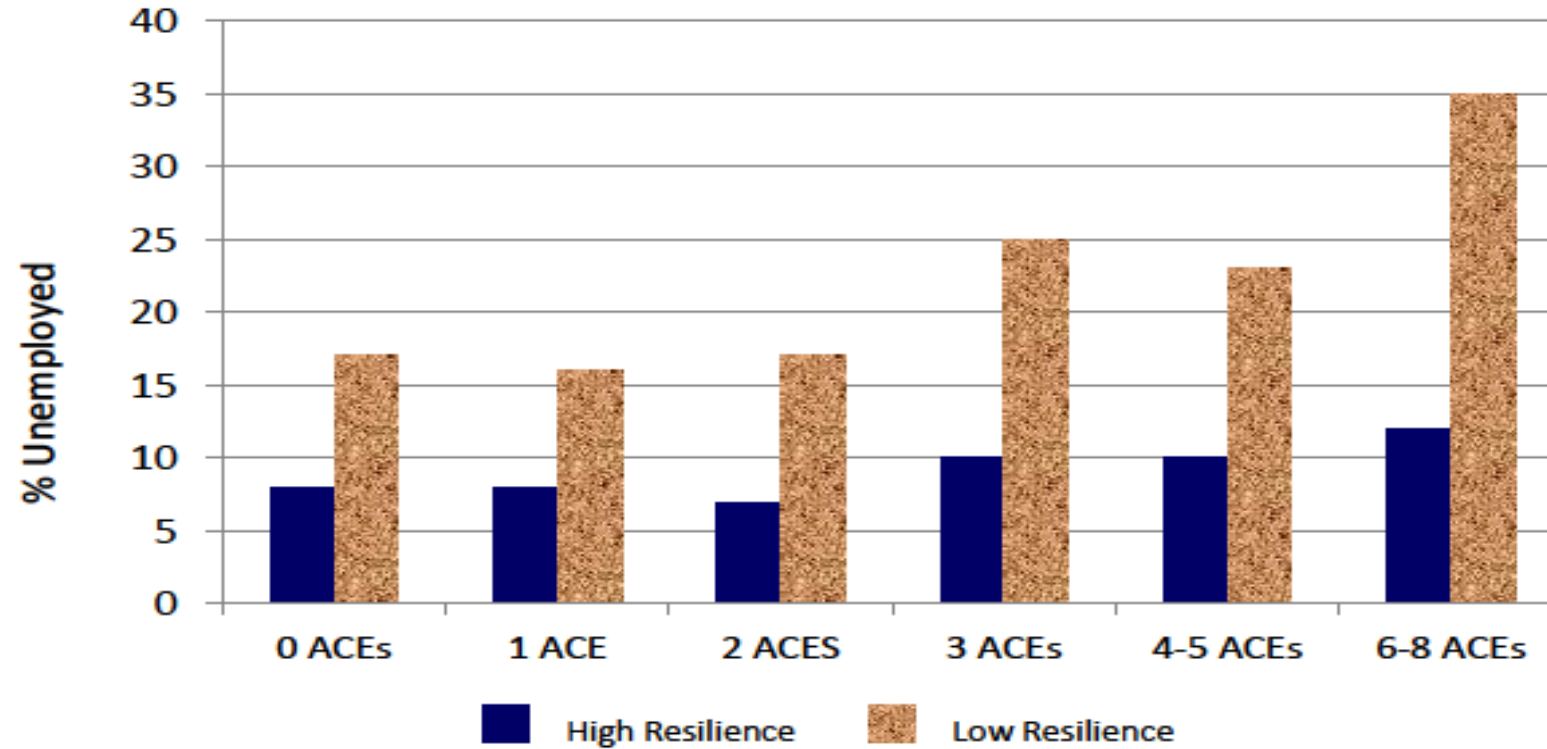
- Ann S. Masten, PhD, LP

# BUILDING RESILIENCY: STUNNING RESULTS

Research from Washington State BRFSS, 2009-2012

- Having positive relationships with family, friends, and neighbors (Support)
- Having two or more people who give concrete support/ help when needed (Help)
- Family, friends, & neighbors doing favors for one another; watching out for children and intervening when they're in trouble (Community Reciprocity)
- Family, friends and neighbors asking for resources and help *for others* when needed. (Social Bridging)

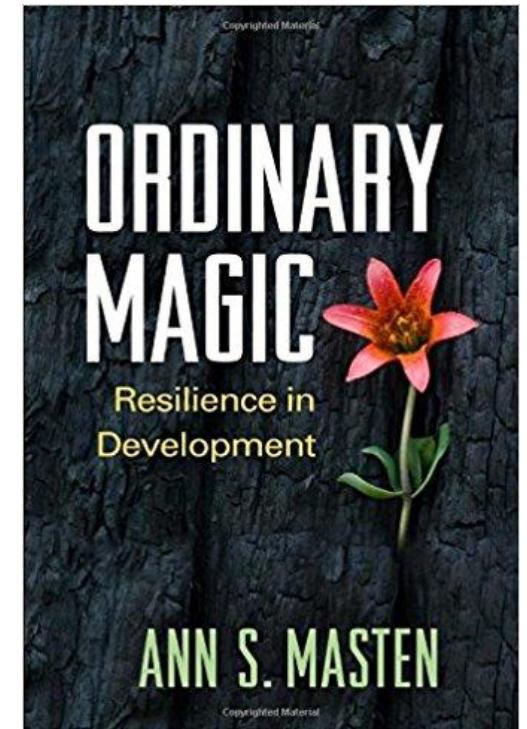
## Unemployment: ACEs by Resilience



**Resilience Measures: Social/Emotional Support, Positive View, Hope**

# THE “SHORT LIST” FOR INDIVIDUAL RESILIENCE

- Positive attachment bonds with caregivers
- Positive relationships with other nurturing and competent adults
- Intellectual skills
- Self-regulation skills
- Positive self-perceptions; self-efficacy
- Faith, hope, and a sense of meaning in life
- Friends or romantic partners who are supportive and prosocial
- Bonds to effective schools and other prosocial organizations
- Communities with positive services and supports for families and children
- Cultures that provide positive standards, rituals, relationships, and supports





# THREE CORE PROTECTIVE SYSTEMS FOR RESILIENCE

- 1) Individual Capabilities
- 2) Attachment & Belonging
- 3) 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.”

# THREE CORE PROTECTIVE SYSTEMS FOR RESILIENCE

## I) Individual Capabilities

- Positive view of self
- Self-efficacy
- Self-regulation
- Hope



# THREE CORE PROTECTIVE SYSTEMS FOR RESILIENCE

## 2) Attachment & Belonging

- Relationships with caring and competent people
- Relationships that provide security and belonging



# THREE CORE PROTECTIVE SYSTEMS FOR RESILIENCE

## 3) Community, Culture, Spirituality

- Community, faith and cultural processes



# STRATEGIES FOR POSITIVE CHANGE

- Risk-focused
  - Prevent-reduce risk, adversity, trauma exposure
- Asset-focused
  - Boost resources or access to resources
- Adaptive system-focused
  - Restore, mobilize, or harness the power of human adaptive systems



# RISK-FOCUSED STRATEGIES

- Prenatal care to prevent premature birth
- Reduce stress of pregnant women
- Screen & treat depression in parents
- Reduce child maltreatment
- Reduce family violence
- Prevent homelessness
- Reduce neighborhood violence



# ASSET-FOCUSED STRATEGIES

- Food, shelter, medical care, dental care
- Add financial resources
- Educate parents
- Educate all professionals who serve children & families, including teachers
- Quality childcare & early education programs
- Scholarships from early childhood to adulthood
- Quality schools, playgrounds, libraries
- Quality community services
- Quality, affordable housing



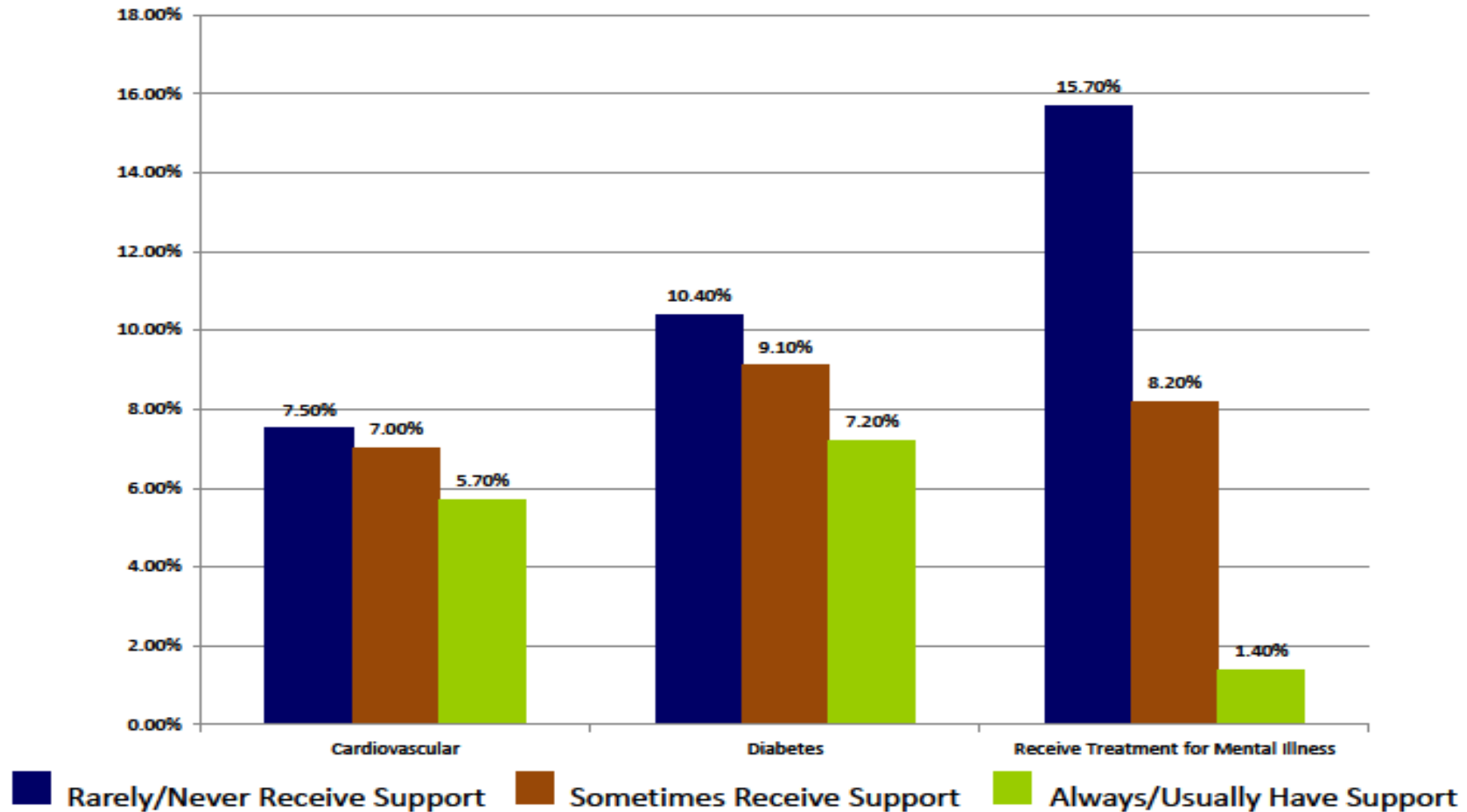


# ADAPTIVE SYSTEM-FOCUSED STRATEGIES

- Foster secure attachment relationships
- Promote bonds with competent/caring adults
- Support healthy family life and function
- Protect & nurture brain development
- Facilitate school bonding and engagement
- Foster friendships with prosocial peers
- Integrate systems of care
- Provide opportunities to succeed
- Support cultural traditions



## SOCIAL/EMOTIONAL SUPPORT AS A RESILIENCE FACTOR



Source: Laura Porter, DSHS ACE Partnerships

# RESILIENCE QUESTIONNAIRE

- A questionnaire developed by the early childhood service providers, pediatricians, psychologists, and health advocates of Southern Kennebec Healthy Start, Augusta, Maine in 2006, and updated in February 2013.
- The content of the questions are based on a number of research studies from the literature over the past 40 years, including that of Emmy Werner and others.
- Its purpose is limited to parenting education. It was not developed for research.



**HOW CAN WE PROMOTE POSITIVE  
PARENT-CHILD RELATIONSHIPS &  
PREVENT ADVERSE CHILDHOOD  
EXPERIENCES?**



# TOXIC STRESS AND PARENTING

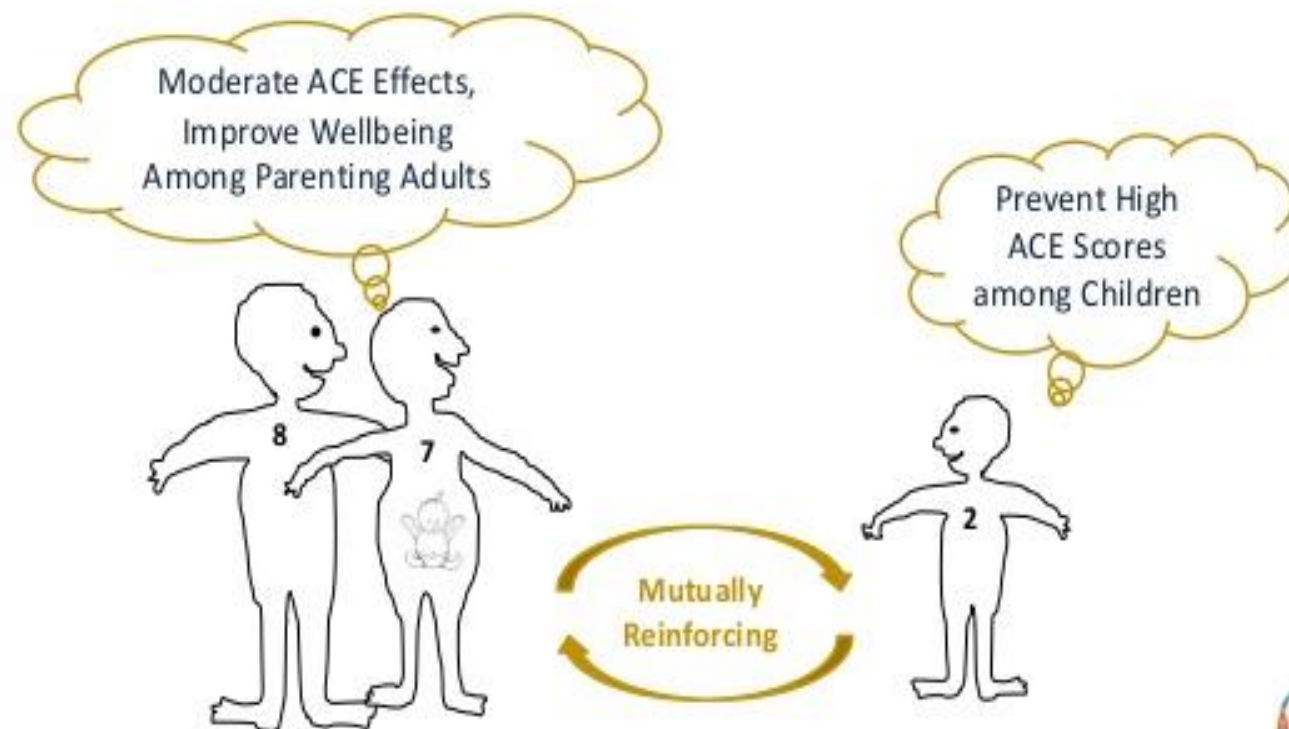
## Parenting Adults

***Have the most power for preventing ACEs in the next generation.***

*and... Parenting can feel harder for people with ACE-attributable problems because it IS harder –biologically*

# IMPROVE WELLBEING AND PREVENT ACES

## Promote Virtuous Cycle of Health



# FAMILY HOME VISITING

- What is it?
  - Relationship-based, supportive home-based visits that promote the parent/child relationship, child development, parental resiliency and self-sufficiency, and decrease child maltreatment.
- When does it occur?
  - Prenatally to Kindergarten
- Who is served?
  - Families with risks associated with poor child development and parenting outcomes





# IMPLEMENTING ACE SCREENING IN FAMILY HOME VISITING



# WHY DO ACES SCREENING IN FHV?

- All experiences are wired into our biology
- Parents and caregivers deserve to know
- Two generational approach



Photo by Sean Roy on Unsplash

# TOOLS FOR IMPLEMENTING SCREENING

*NEAR@Home; Addressing ACEs in Home Visiting by Asking, Listening and Accepting* – by Region X ACE Planning Team

*The Adverse Childhood Experiences (ACES) Survey Toolkit for Providers* – by The National Crittenton Foundation

# HOW OUR AGENCY COMPLETES THE ACE SCREEN WITH PARENTS

## I. Preparing:

- Is it a good time to complete the screening.
- Complete prior to 32 weeks gestation, if possible.
- Ask the parent if it is OK to discuss personal information

## 2. Asking:

- Introduce the tool-handout and/or video <https://vimeo.com/139998006>
- Describe the questionnaire
- Give choices
- Watch for trauma

# HOW OUR AGENCY COMPLETES THE ACE SCREEN WITH PARENTS CONT.

## 3. Listening:

- Discuss the parent's ACEs score
- “You are not alone-ACEs have happened to a lot of people and are very common.”

## 4. Accepting and Affirming:

- Accept the score
- Offer support and anticipatory guidance
- Thank them and plans to check back



Photo by Ashley Rowe on Unsplash

# HOW OUR AGENCY COMPLETES THE ACE SCREEN WITH PARENTS CONT.

## 5. Following-Up:

- Document Results

## 6. Remembering:

- During subsequent visit, ask how parent has felt
- Notice successes and challenges in parenting



Photo by Jeremy Bishop on Unsplash

# ACE SCREENING STORY

An example of how one nurse discussed ACEs and Resiliency.

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“For every ACE that  
we can prevent or  
mitigate...  
We are improving a  
child’s chances for a  
healthy future.”

NW Children’s Fund Annual Report, 2012





# Resources

**ACES Study** <http://www.cdc.gov/violenceprevention/acestudy/>

**Davis, L., Schlafer, R.J., Atella, J.K. (May 2015).** *Chemical Use Among Youth with Incarcerated Parents in Minnesota.* Retrieved June 30, 2017 from <https://www.wilder.org/Wilder-Research/Research-Areas/Documents/MNSFAI-Chemical-Health-Infographic-May2015.pdf>

**Dr. Nadine Burke Harris TED Talk**

[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en)

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**Foundation for Healthy Generations (Fall 2014-Winter 2015).** *Health, Safety & Resilience: Foundations for Health Equity.* Retrieved June 26, 2017 from [http://www.healthygen.org/sites/default/files/Online%20Version\\_2014-2015%20Statewide\\_4-21-15.pdf](http://www.healthygen.org/sites/default/files/Online%20Version_2014-2015%20Statewide_4-21-15.pdf)

**Harvard Center on the Developing Child. Toxic Stress.** Retrieved June 30, 2017 from <http://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

**Masten, A. (2014).** *Ordinary Magic.* The Guilford Press.

**Masten, A. (2017).** *Promoting Resilience in Children's Mental Health Practice (PowerPoint slides).* Retrieved from [http://www.macmh.org/wp-content/uploads/2017/04/Mon-Keynote\\_ppt.pdf](http://www.macmh.org/wp-content/uploads/2017/04/Mon-Keynote_ppt.pdf)



# Questions