



Improving People's Lives Through Innovations in Personalized Health Care

Adverse Childhood Events: ACEs Science & Trauma Informed Care

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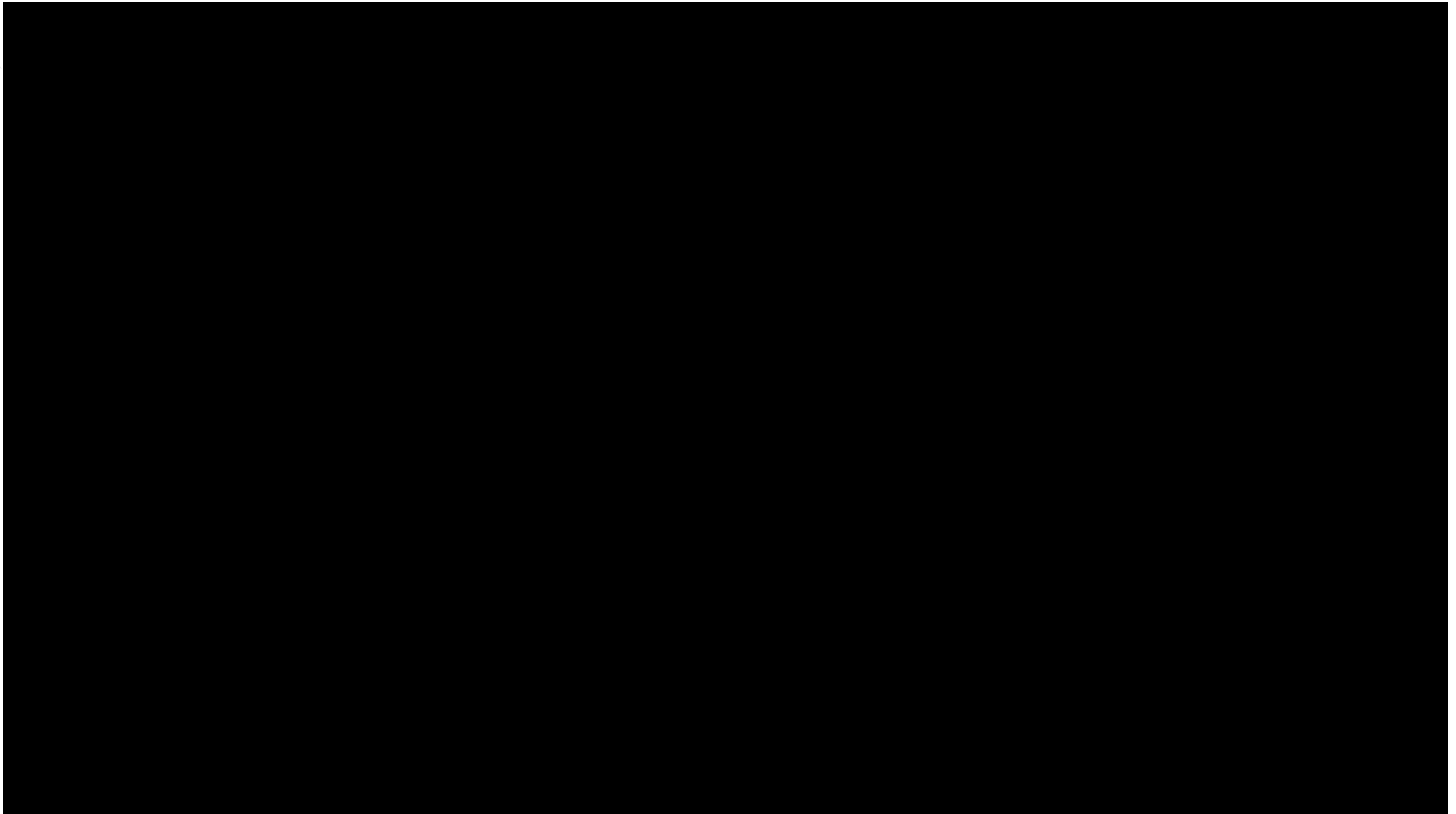


Adverse Childhood Experiences Science

- ACEs Science refers to the research on the prevalence and consequences of adverse childhood events across the lifespan.
- Conducted by the CDC and Kaiser Permanente the ACE Study focuses on mostly white, middle to upper middle class, college-educated families that are employed and can afford Kaiser Permanente insurance!
- A large scale, multi-site study with over 70 research papers/replications showing statistically significant outcomes and power; the initial study ($N=17,000$).



Building a Framework for Understanding



Psychology 101

Maslow's Hierarchy of Needs



- Children are unable to focus when their “immediate” basic needs for safety are not being met as a result of toxic stress

What is Trauma?

3E's

- Trauma is:
 - an **EVENT**, series of events, or set of circumstances that;
 - is **EXPERIENCED** by an individual as physically or emotionally harmful or life threatening;
 - and has lasting adverse **EFFECTS** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Three Types of ACEs

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

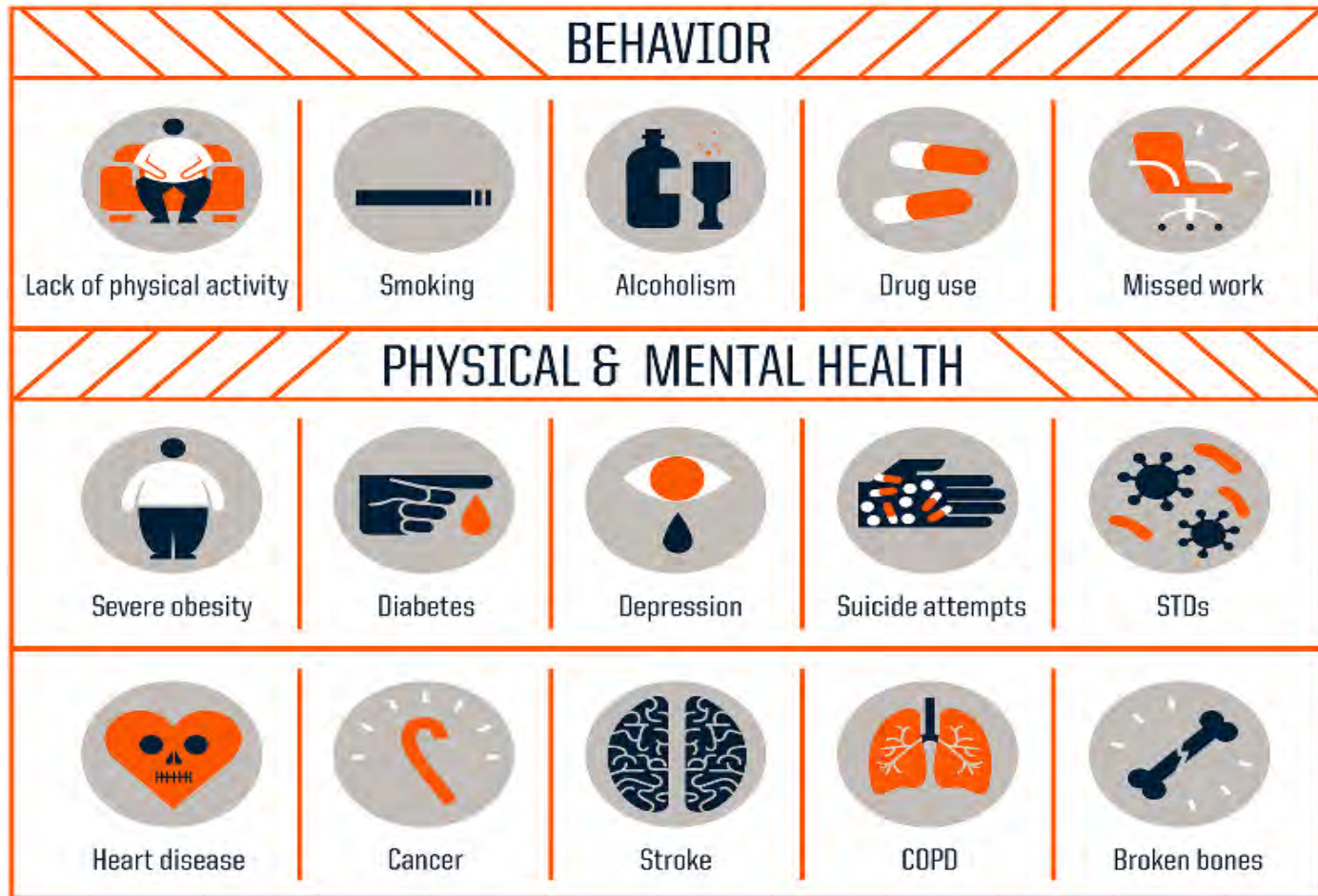
Source: Centers for Disease Control and Prevention

Credit: Robert Wood Johnson Foundation



ACEs Increase Health Risks

According to the Adverse Childhood Experiences study, the rougher your childhood, the higher your score is likely to be and the higher your risk for various health problems later.



Source: Centers for Disease Control and Prevention

Why ACE's Are Significant

- ACEs are common...nearly two-thirds

(64%)

of adults have at least one.

Why ACE's Are Significant

- ACEs don't occur alone....if you have one, there's an

87% chance that you have
two or more.

Anda, R. F., Croft, J. B., Felitti, V. J., Nordenberg, D., Giles, W. H., Williamson, D. F., & Giovino, G. A. (January 01, 1999). Adverse childhood experiences and smoking during adolescence and adulthood. *Jama*, 282, 17, 1652-8.

Felitti et al., (1998) American Journal of Preventive Medicine, 14: 245-258.



Why ACE's Are Significant

- People with an ACE score of 4 are

twice as likely to be **smokers** and

seven times more likely to be **alcoholic.**

Pilowsky, D. J., Keyes, K. M., & Hasin, D. S. (January 01, 2009). Adverse childhood events and lifetime alcohol dependence. *American Journal of Public Health*, 99, 2, 258-63.

Felitti et al., (1998) *American Journal of Preventive Medicine*, 14: 245-258.



Why ACE's Are Significant

- Having an ACE score of 4 increases the risk of suicide by

12000%

Perez, N. M., Jennings, W. G., Piquero, A. R., & Baglivio, M. T. (August 01, 2016). Adverse Childhood Experiences and Suicide Attempts: The Mediating Influence of Personality Development and Problem Behaviors. *Journal of Youth and Adolescence : a Multidisciplinary Research Publication*, 45, 8, 1527-1545.

Felitti et al., (1998) American Journal of Preventive Medicine, 14: 245-258.



How the ACES Work

Adverse Childhood Experiences

- Abuse and Neglect (e.g., psychological, physical, sexual)
- Household Dysfunction (e.g., domestic violence, substance abuse, mental illness)



Impact on Child Development

- Neurobiologic Effects (e.g., brain abnormalities, stress hormone dysregulation)
- Psychosocial Effects (e.g., poor attachment, poor socialization, poor self-efficacy)
- Health Risk Behaviors (e.g., smoking, obesity, substance abuse, promiscuity)



Long-Term Consequences

Disease and Disability

- Major Depression, Suicide, PTSD
- Drug and Alcohol Abuse
- Heart Disease
- Cancer
- Chronic Lung Disease
- Sexually Transmitted Diseases
- Intergenerational transmission of abuse

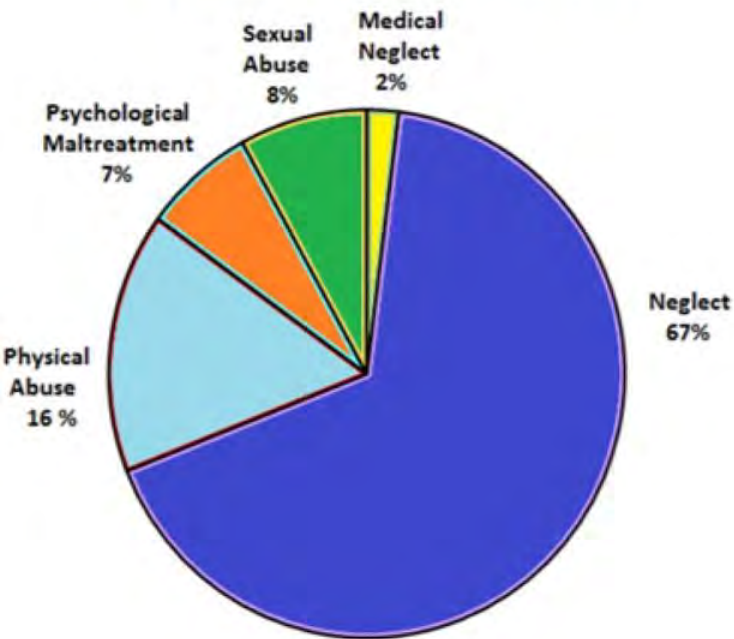
Social Problems

- Homelessness
- Prostitution
- Criminal Behavior
- Unemployment
- Parenting problems
- High utilization of health and social services
- Shortened Lifespan

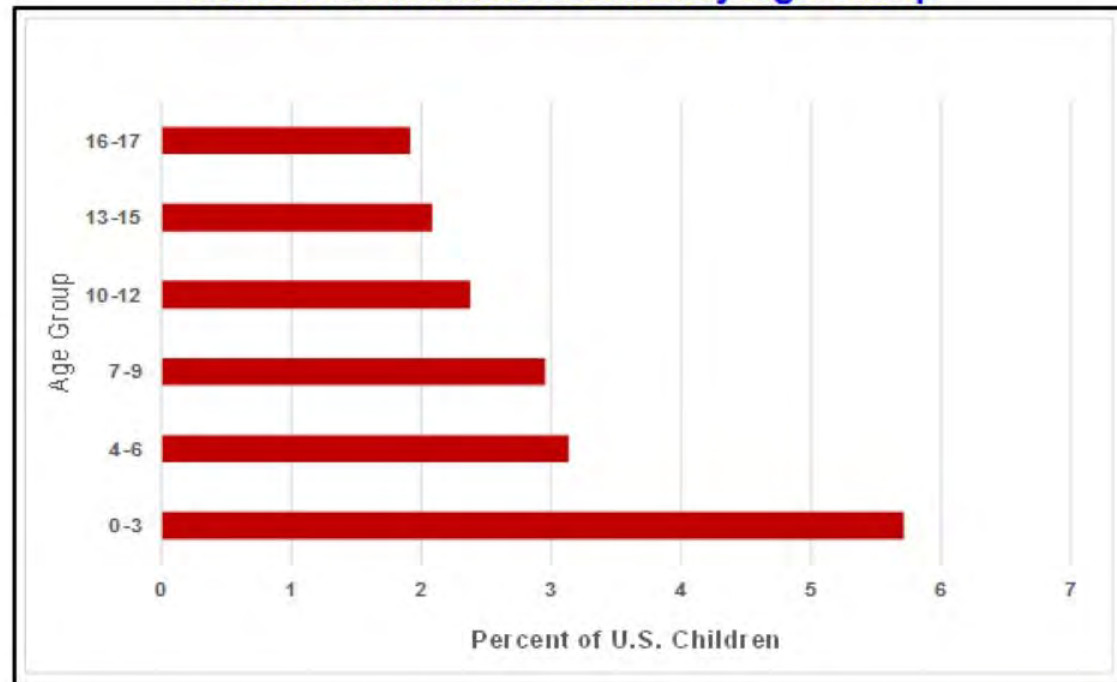
Rates of Maltreatment by Age¹

- Most maltreatment happens to younger children.
- Maltreatment has greater negative effects at younger ages.

Types of Child Maltreatment

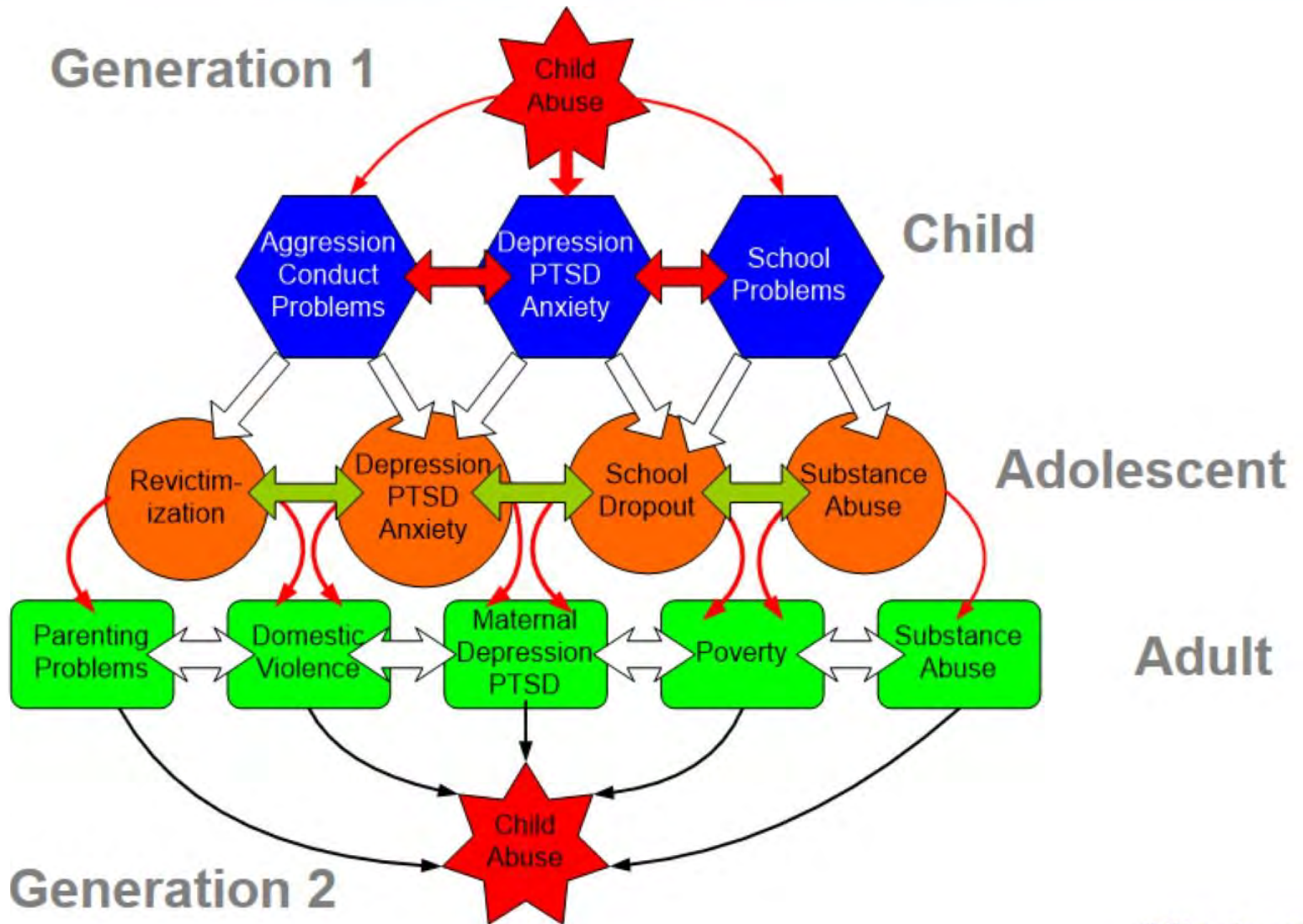


Rates of Child Maltreatment by Age Group

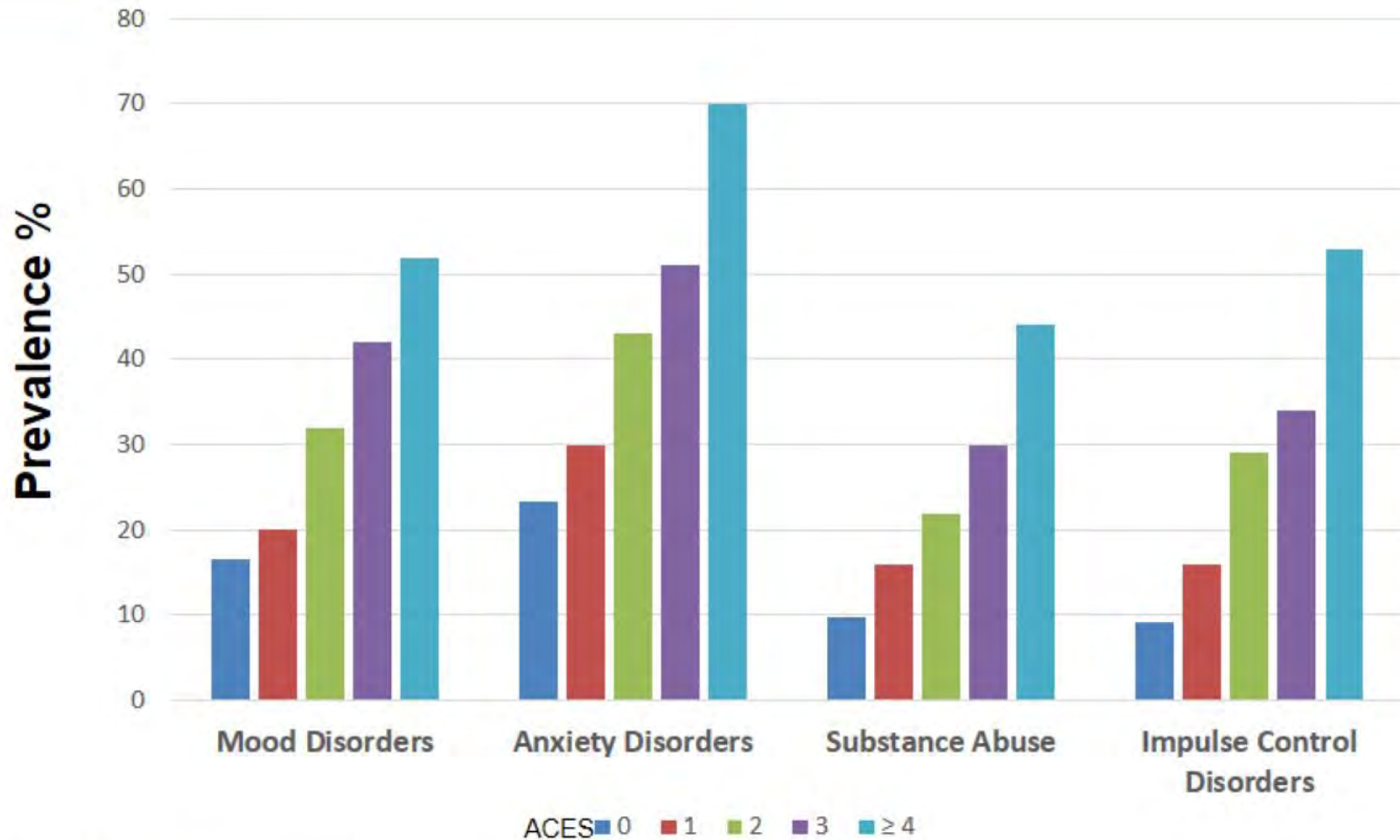


¹Child Maltreatment 2012. Washington, DC: US Department of Health and Human Services; 2014.

How ACES Cross Generations



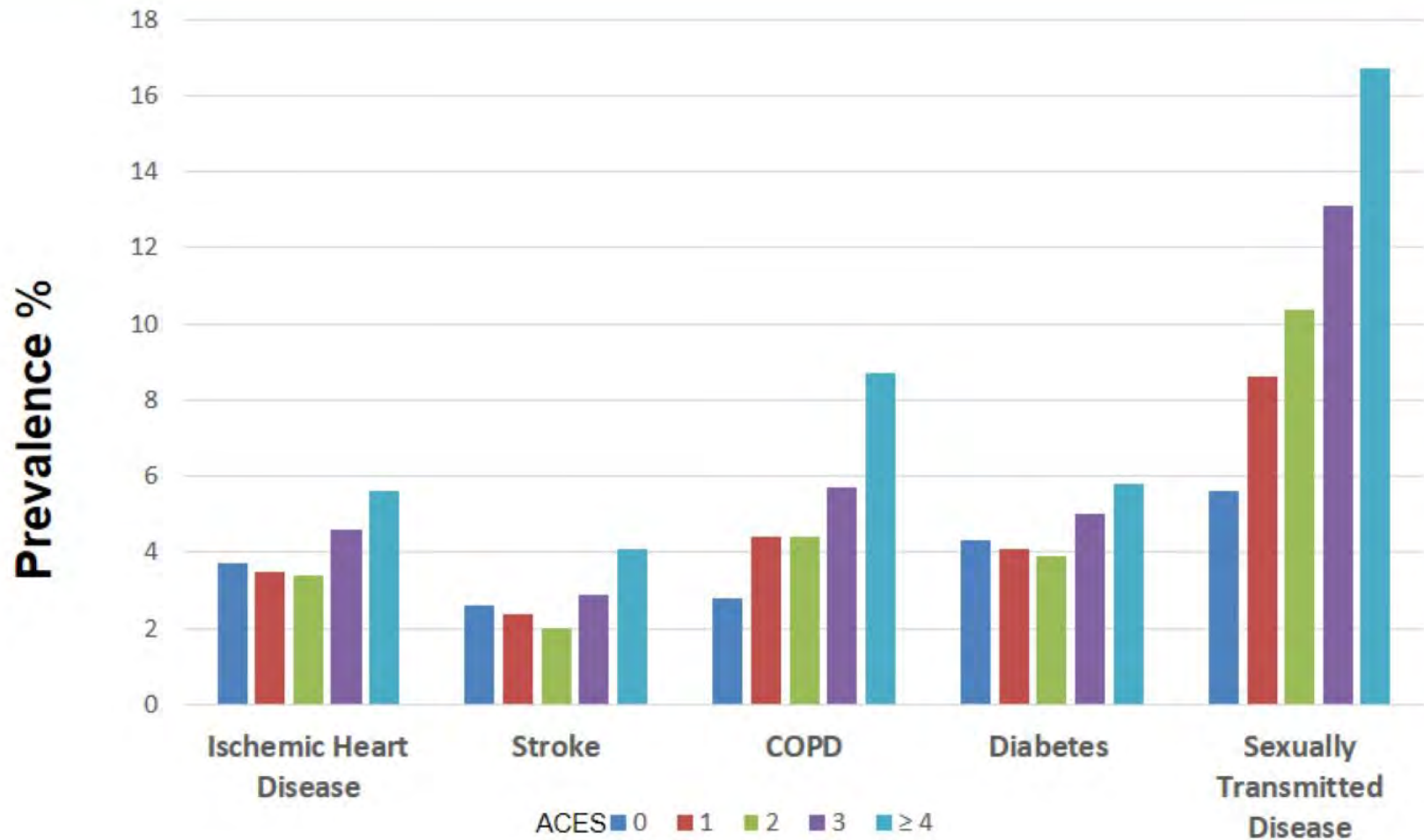
Cumulative ACES & Mental Health^{1,2}



¹Data from the National Comorbidity Survey-Replication Sample (NCS-R).

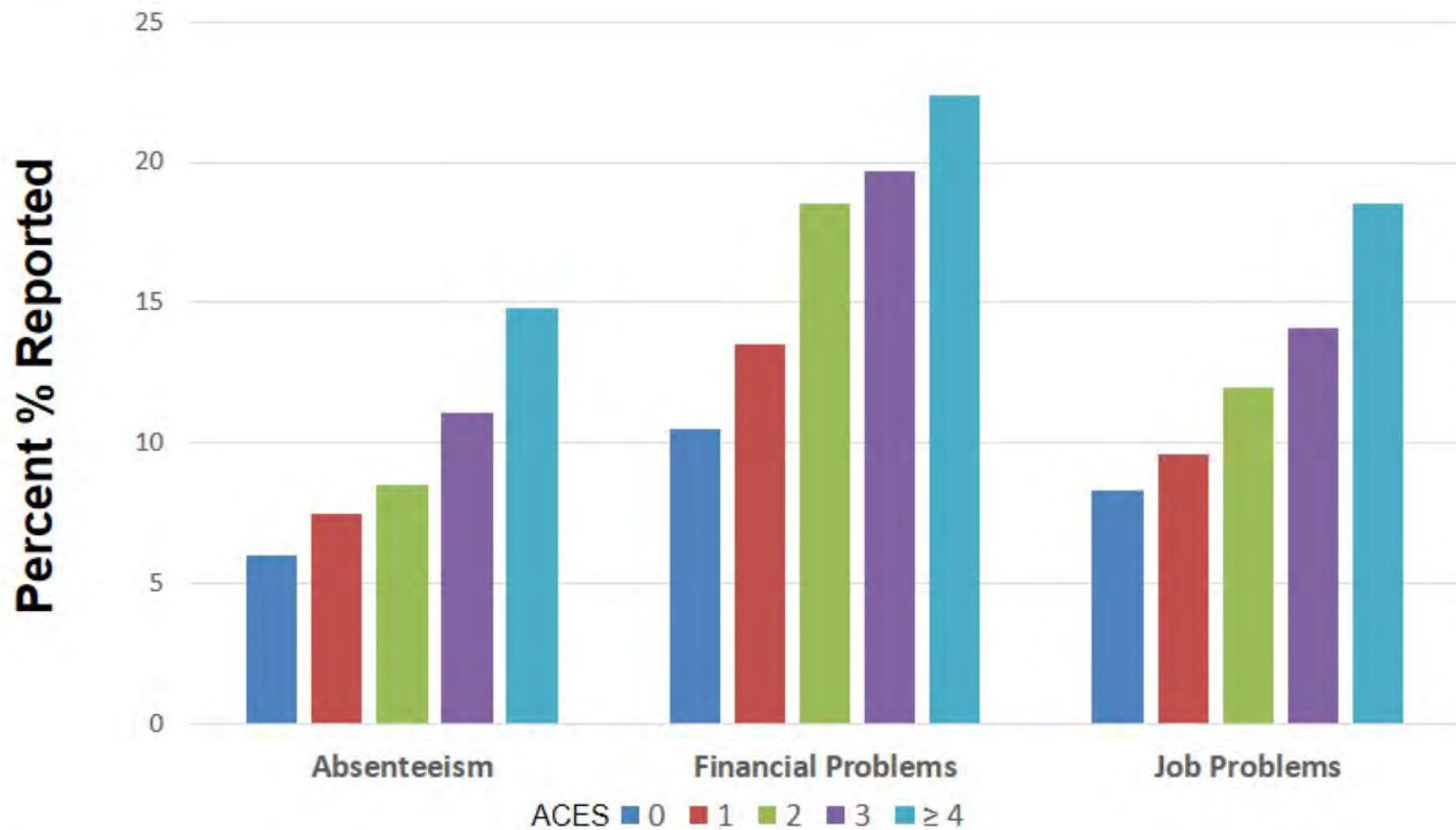
²Putnam, Harris, Putnam, J Traumatic Stress, 26:435-442, 2013.

Cumulative ACES & Chronic Disease¹



¹Felitti et al., (1998) American Journal of Preventive Medicine, 14:245-258.

Cumulative ACES & Impaired Worker Performance¹



¹Anda et al., (2004) The Permanente Journal/Winter 8:30-38.

In Summary...The ACE Pyramid





Trauma Informed Care

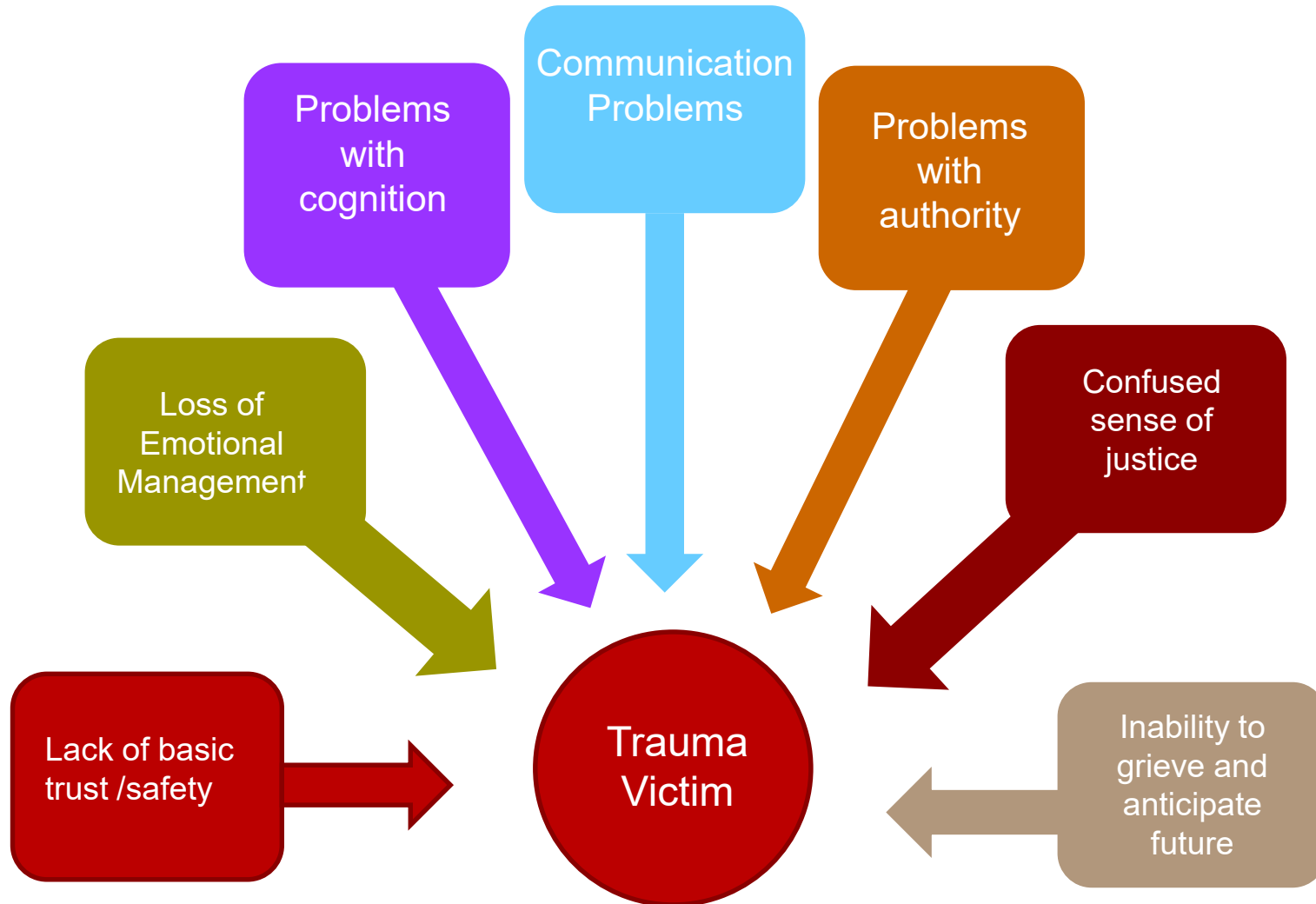
A Paradigm Shift

- Not simply trauma aware; but trauma informed.
- Shifts how we see our children asking: What happened to you? Opposed to: What's wrong with you?
- Shifts how we go about providing care.
- Shifts our focus to trauma symptoms rather than problematic behavior
 - Instead of focusing on what is not right or not good, to focusing on what we can do to support movement toward healing.

A Paradigm Shift

- When we presume those we serve have a history of trauma and exercise “universal precautions” against re-traumatization we can create a system of care that is trauma informed.
- Within a trauma informed environment there is greater opportunity to address both physical and psychological healing.

Trauma – Organized Person



Trauma Hiding in Plain Sight?

We see the impact of trauma . . .

- “Behavior Disorder”
- “Aggression”
- “Manipulation”
- “Self Injury”
- “Criminal behavior”
- “At risk behavior”
- “Addict”

**But often fail to see
or understand the
person’s trauma
experience**



Manifestations of Trauma Effects

- **Fight** – Non-compliant or combative OR struggling to hold on to some personal control/power?
- **Flight** – Resistant, uncooperative OR disengaging, withdrawing or titrating external stimulus/demands
- **Freeze** – Passive, unmotivated OR giving in to those in power, repeating cycle of surrender in order not to get hurt

Common Behavioral Manifestations of Trauma

- Splitting
- Manipulation
- Anger
- Argumentative
- Hypervigilant
- Control
- Avoidance
- Trust
- Intimacy
- Passive Aggressive
- Dependent
- Acting out
- Testing Boundaries

How a Trauma Informed System Differs?

Realizes

- **Realizes** widespread impact of trauma and understands potential paths for recovery

Recognizes

- **Recognizes** signs and symptoms of trauma in clients, families, staff, and others involved with the system

Responds

- **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices

Resists

- **Seeks to actively Resist** re-traumatization.

Ongoing Impact of Trauma

- Trauma occurs in layers, with each layer affecting every other layer. Current trauma is one layer.
- Former traumas in one's life are more fundamental layers. Underlying and impacting each new trauma experience.
- Each impact is cumulative in nature, reinforcing prior trauma responses.



Building Resilience

Resilience Research

- The good news is the brain is plastic, and the body wants to heal.
- The brain is continually changing in response to the environment.
- If the toxic stress stops and is replaced by practices that build resilience, the brain can slowly undo many of the stress-induced changes.

Can you think of a person from a toxic environment that has thrived?



Resilience Research

- There is well documented research on how individuals' brains and bodies become healthier through:
 - Mindfulness practices;
 - Exercise;
 - Good nutrition;
 - Adequate sleep and
 - Healthy social interactions.

Maercker, A., Hilpert, P., & Burri, A. (January 01, 2016). Childhood trauma and resilience in old age: applying a context model of resilience to a sample of former indentured child laborers. *Aging & Mental Health*, 20, 6, 616-26.

Yeager, K. (2015). *Crisis intervention handbook: Assessment, treatment, and research*. Oxford University Press



Resilience Research

- Research on families shows that interventions – such as:
- Healthy Steps, and Child First can improve the lives of parents and children.
- Evidence-based parenting practices (Triple P Parenting, Incredible years, etc.) – increases the health of parents and children.





Building a New Approach



System Based Approaches

- We now know we must focus on those responsible for helping.
- Most in a position of responsibility have experienced vicarious traumatization.
- You can't provide Trauma Informed Approaches if you are yourself a victim of trauma
- Here is how it works...

In Yeager, K. (2015). *Crisis intervention handbook: Assessment, treatment, and research*. Oxford University Press



Vicarious Trauma

- The psychological cost of caring for those who have been victimized...while feeling a sense of responsibility to help.
- Is a concept designed to provide a framework for understanding the negative effects of exposure to the trauma others have experienced.
- It is a process of change...leading to changes in: worldview, values, beliefs, trust, tolerance and control.

Vicarious Trauma

- The effects are very real, and potentially permanent and cumulative!
- Can emerge at anytime in your career.
- Results in impacts that last long after interactions with cases that created the trauma.

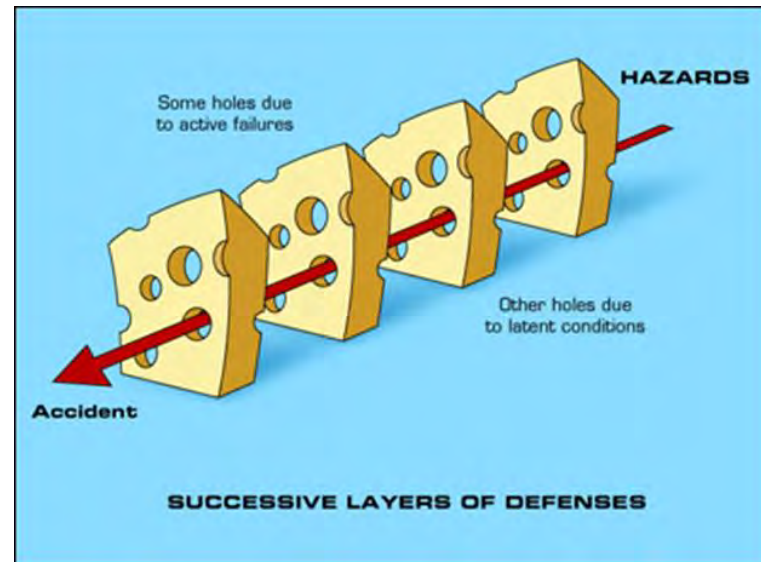
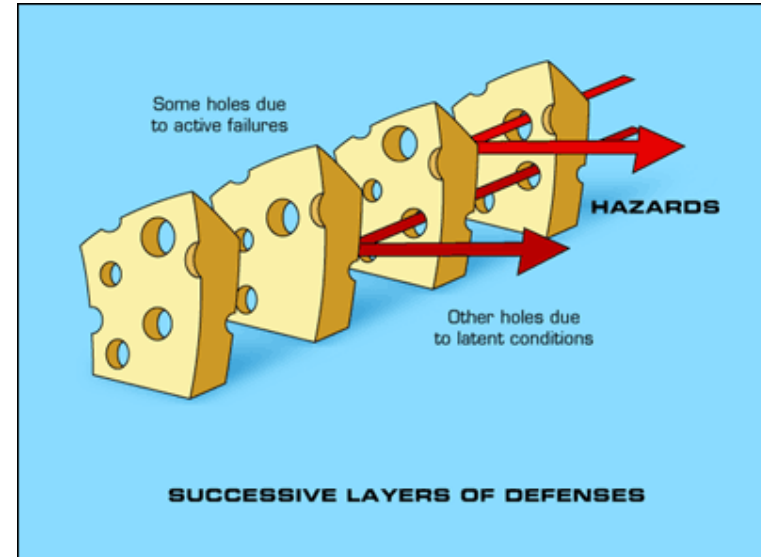


Building Resilience: Individual Response to Workplace Stressors

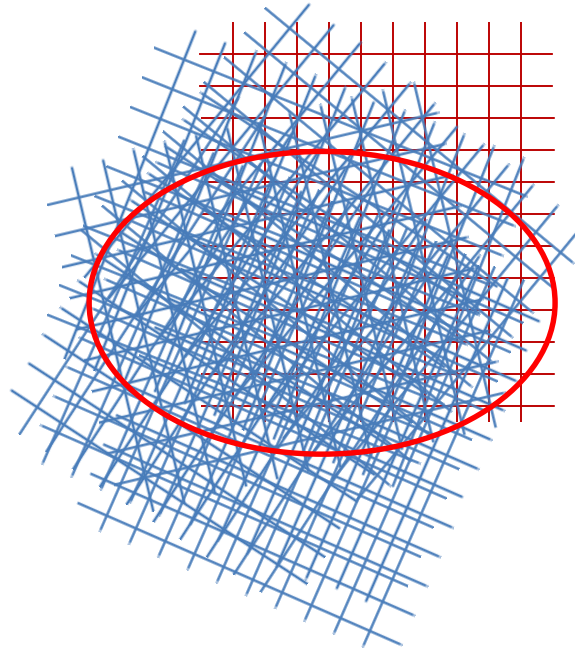


Why Our Approach Matters?

- Each system is uniquely designed to attain the outcome it achieves.
- Services are singular in approach.
- Services are co-located rather than collaborative.
- Even when individuals perform to their full potential this system approach will fail.



A Collaborative Grid Approach



In Yeager, K. (2015). *Crisis intervention handbook: Assessment, treatment, and research*. Oxford University Press



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Thank you!

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