



The Child We Carry Within Us

An Overview of Adverse Childhood Experiences (ACEs)
And Trauma Informed Care

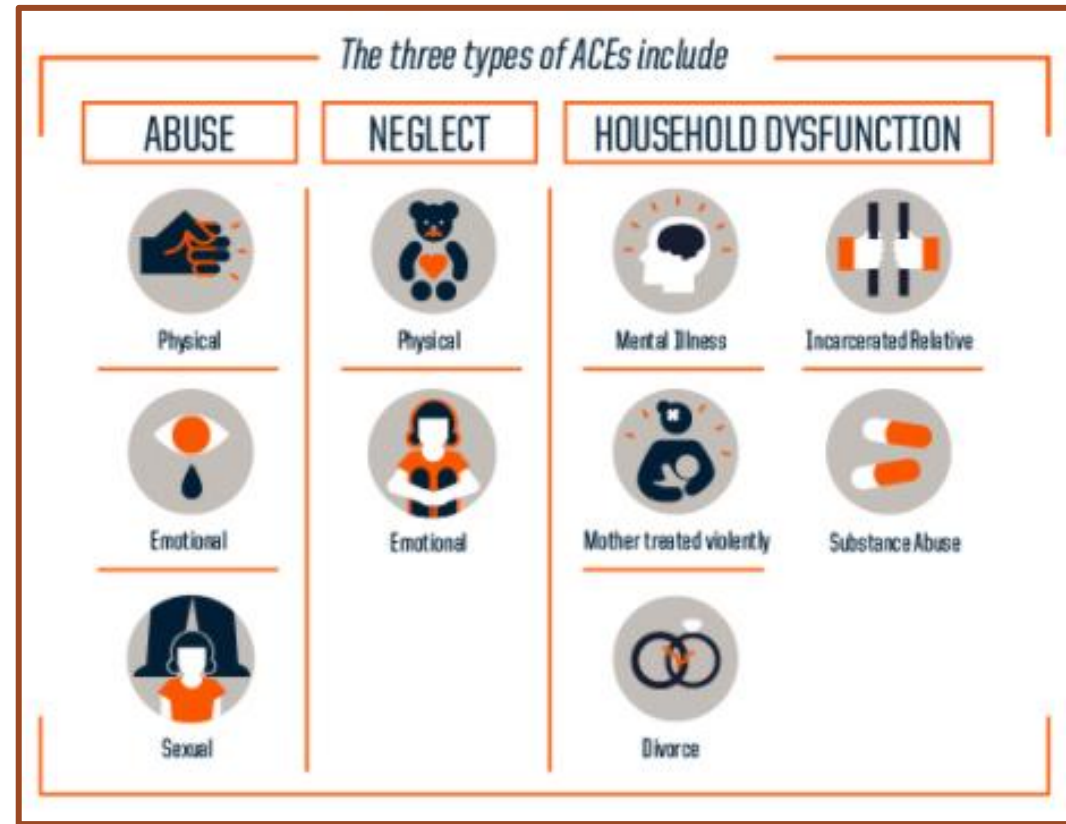
Hosted by Dr. Larry McCullough and Dr. David Hall

A Major Research Breakthrough: The Impact of Adverse Childhood Experiences (ACEs)



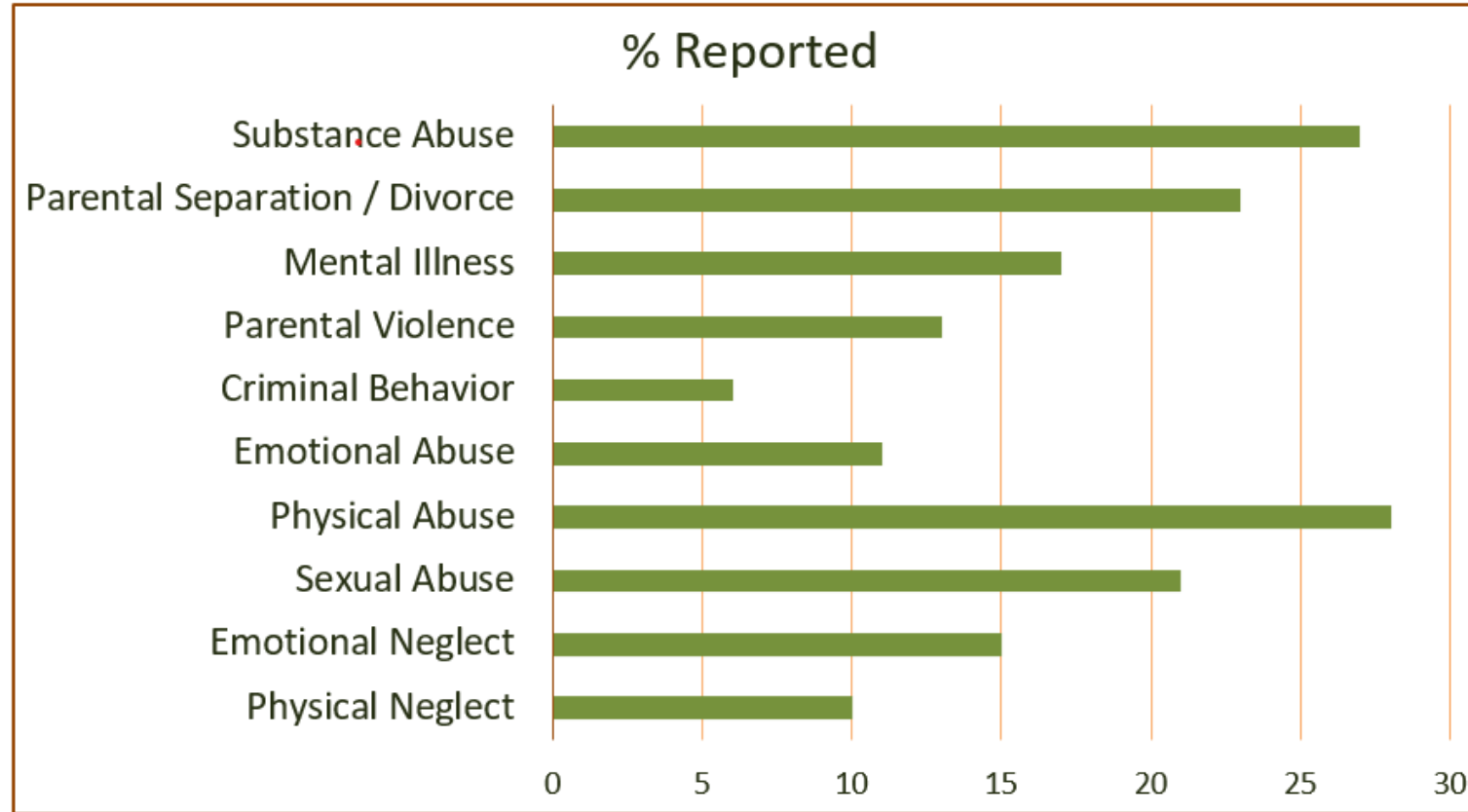
The CDC-Kaiser ACEs Study

In the late 1990s Dr. Rob Anda and Dr. Vince Felitti conducted a large epidemiological study of over 17,000 participants to research the impact of Adverse Childhood Experiences (ACEs) on long-term health.



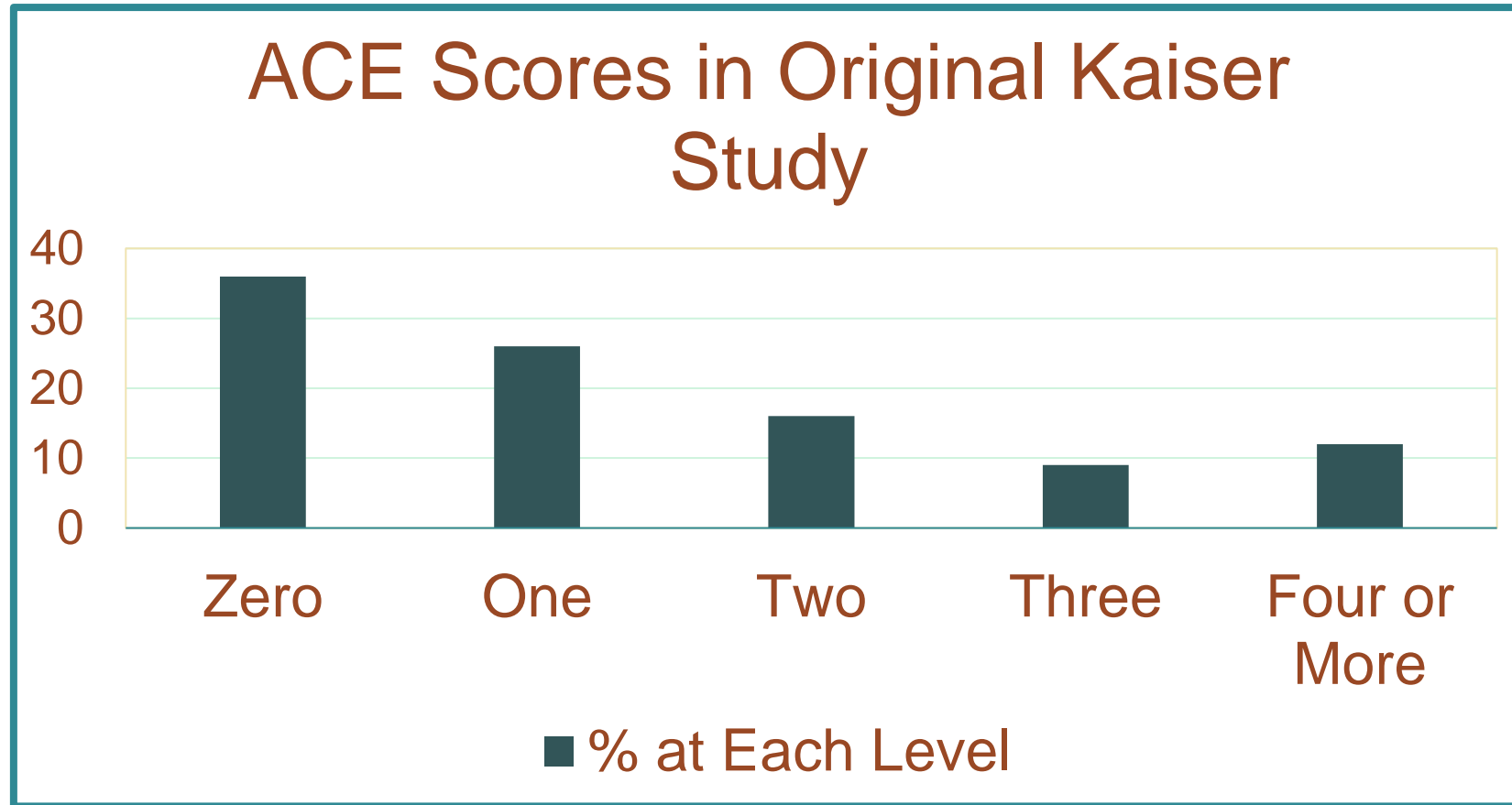
Robert Wood Johnson Foundation Infographic

ACEs (Adverse Childhood Experiences) are Common



The original ACE study was with Kaiser patients who were mostly white, mostly college educated and middle class. ACEs were very prevalent in that population.

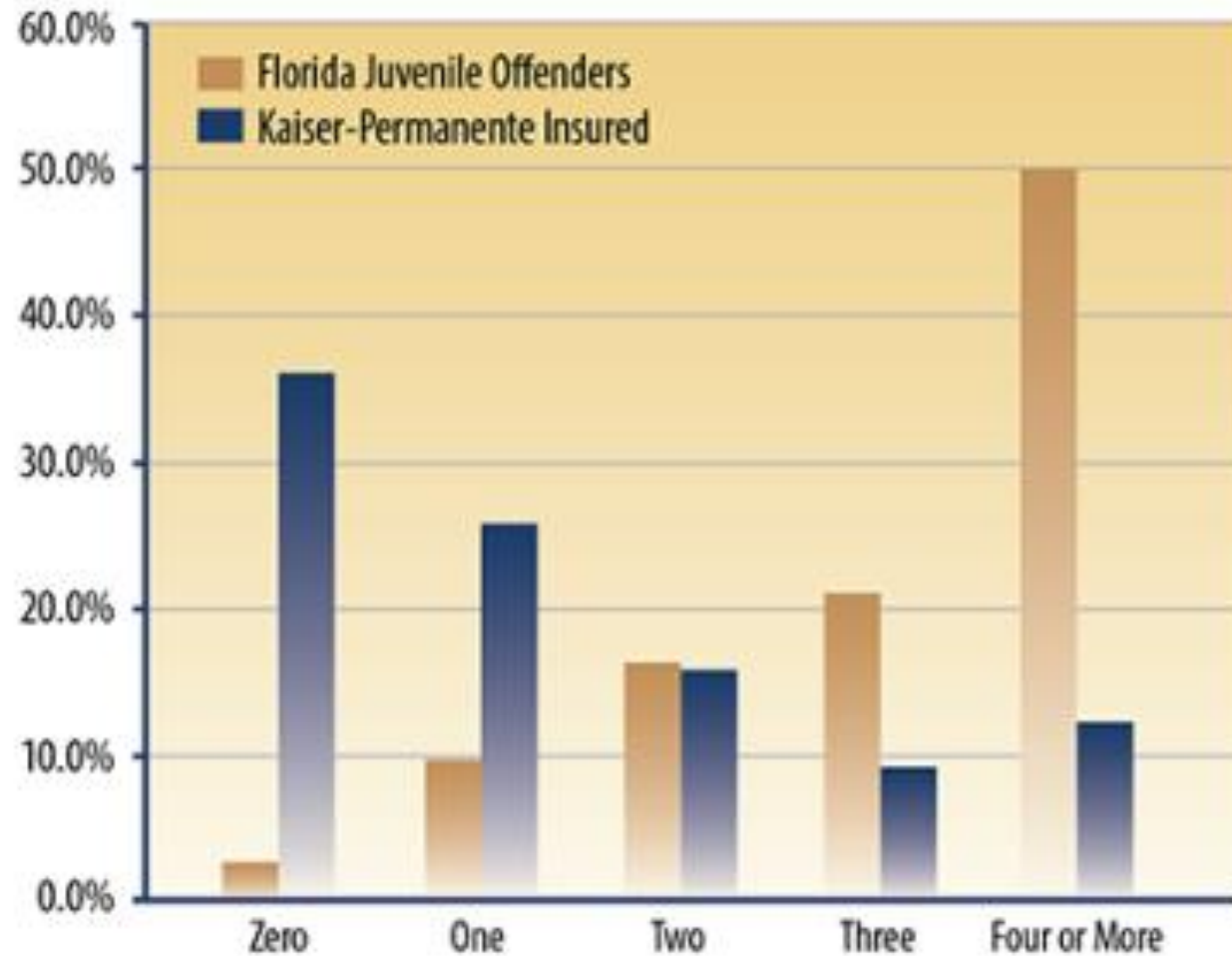
ACE Score is Proxy for a “Dose” of Stress



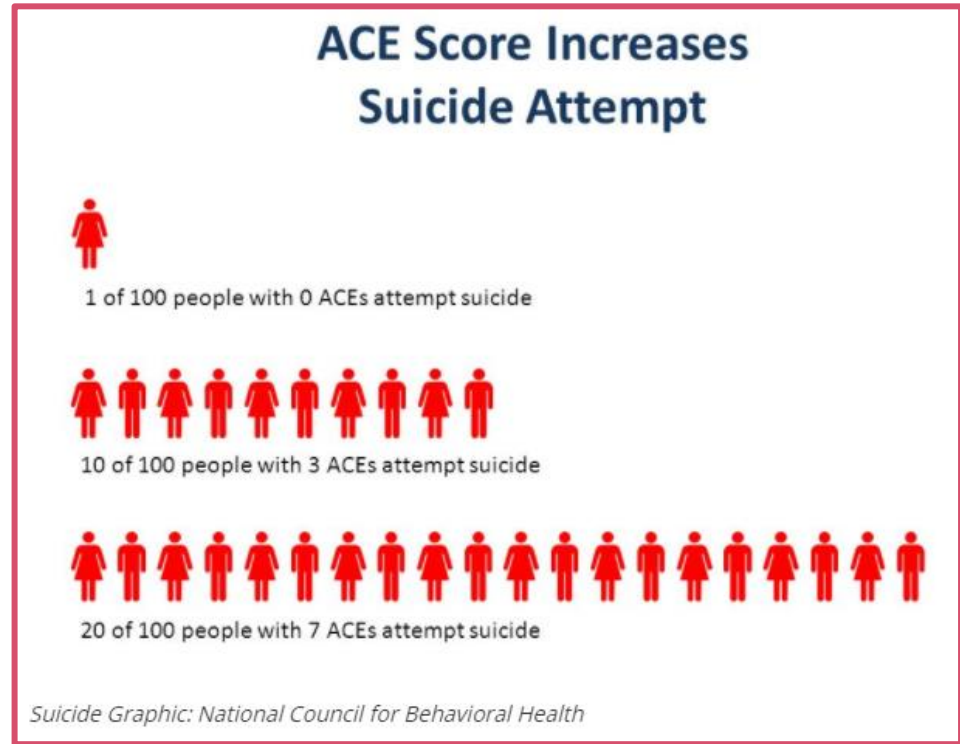
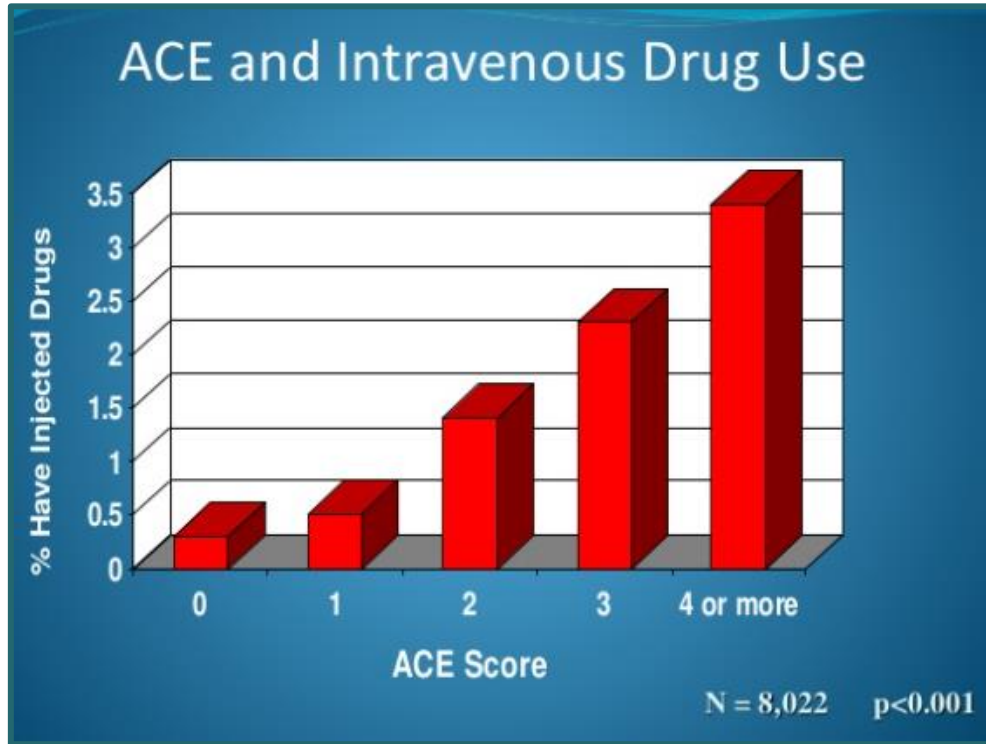
The “ACE Score” is the number of ACEs a person reported.

ACEs and “High Risk” Populations

In one Florida study of Juvenile offenders, 50% had ACE scores of 4 or more, significantly higher than the Kaiser study.



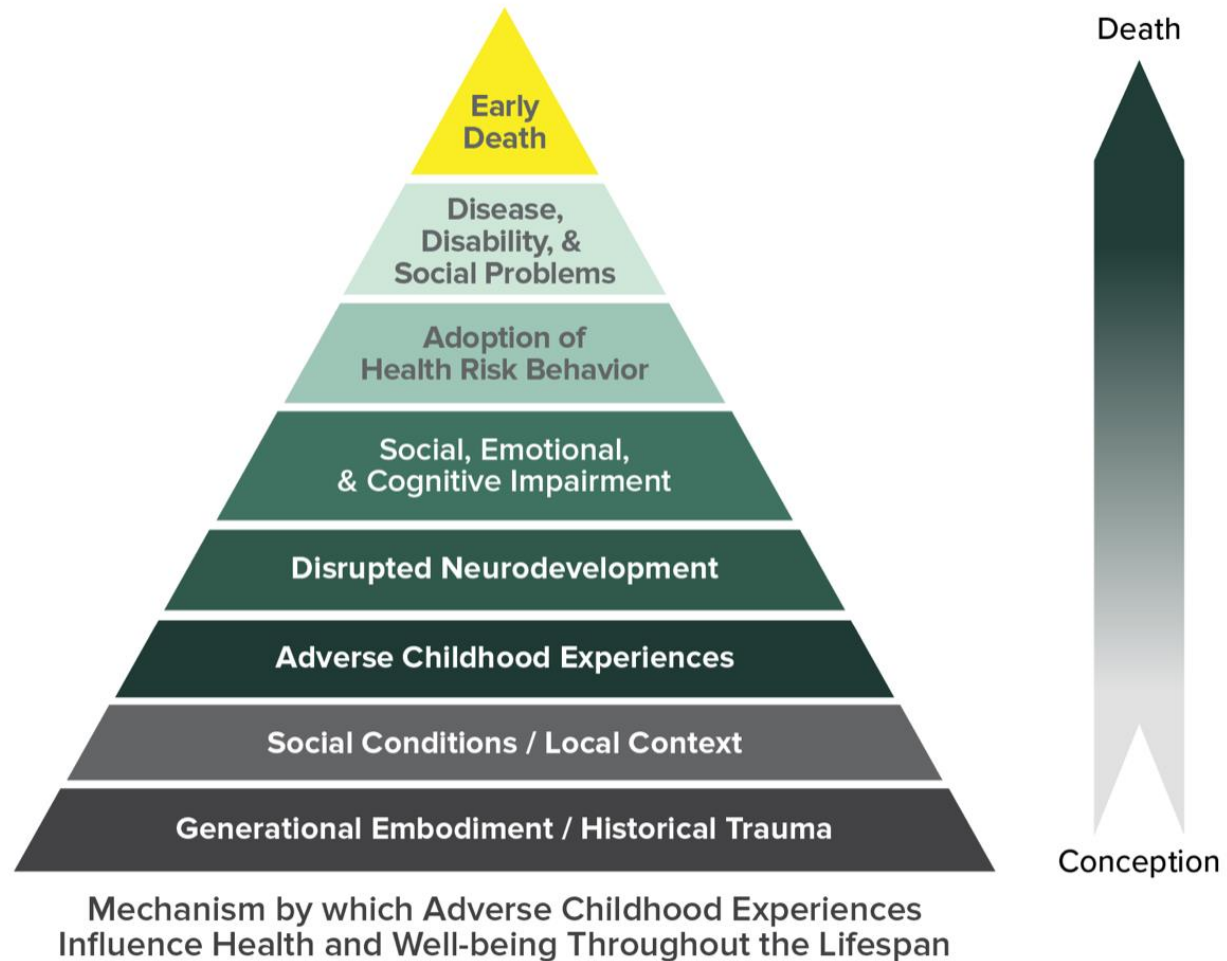
Impact of Multiple ACEs



- ACE scores of 4 or more were 12 times more likely to have attempted suicide, 7 times more likely to be alcoholic, and 10 times more likely to have injected street drugs.
- ACE scores of 6 and higher – an almost 20-year shortening of lifespan.

ACEs Address Root Cause

Current research in neuroscience and epigenetics is making it clear that ACEs have a neurological impact, often across generations.



CDC: ACE Pyramid

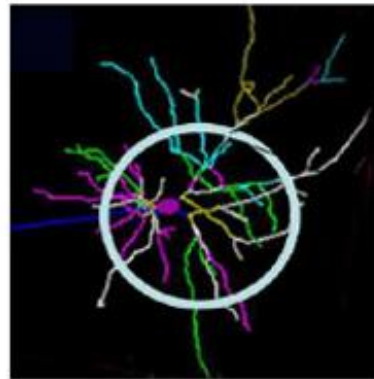
ACEs have Profound Neurological Impact



Center on the Developing Child
HARVARD UNIVERSITY

Persistent Stress Changes Brain Architecture

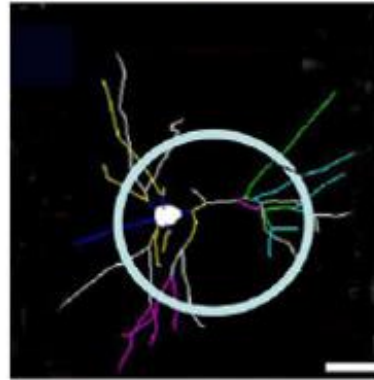
Normal



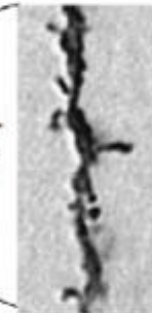
Typical neuron—
many connections



Toxic
stress



Damaged neuron—
fewer connections

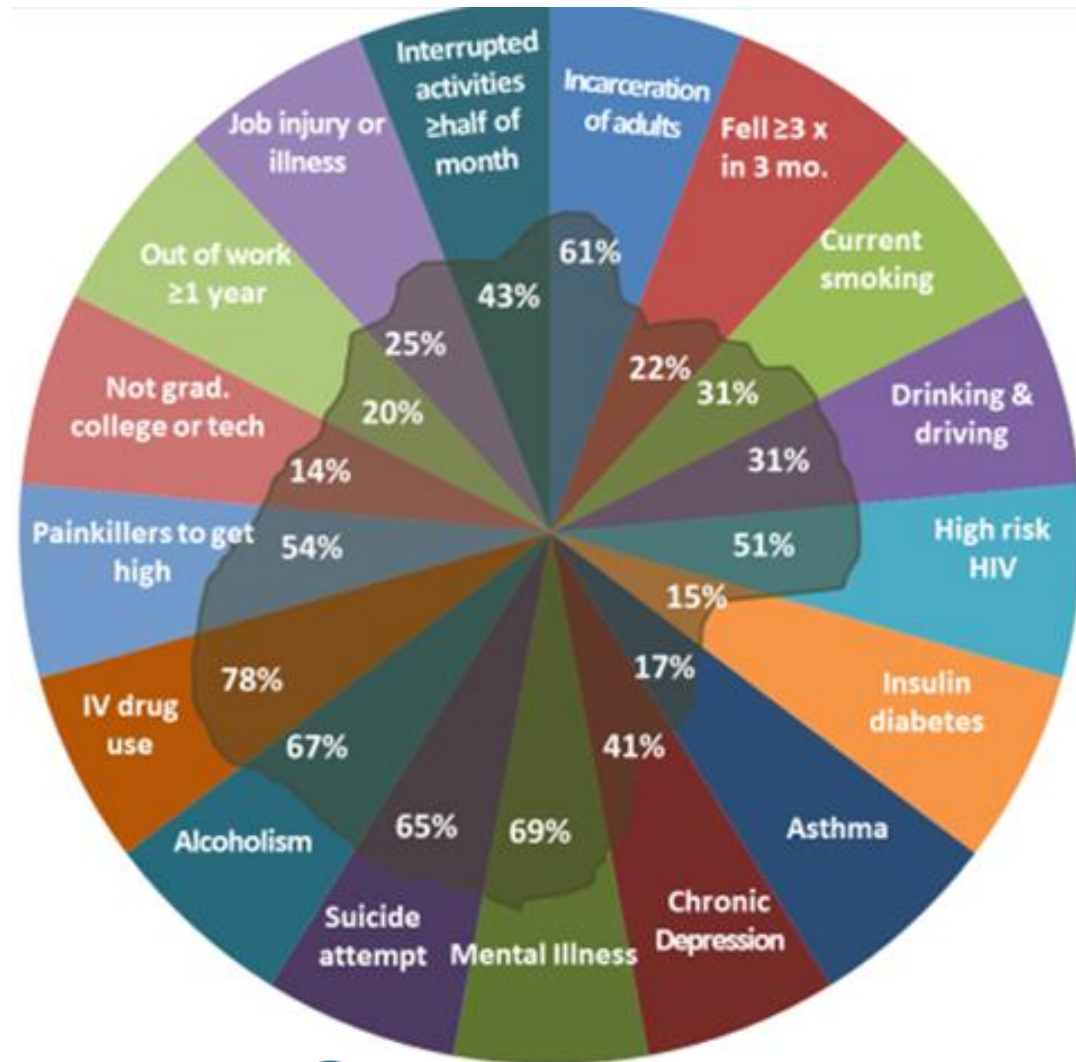


Prefrontal Cortex and
Hippocampus

Sources: Radley et al. (2004)
Bock et al. (2005)

High Population Attributable Risk Due to ACEs

The “Population Attributable Risk” of ACEs is very high, indicating that many health challenges are directly impacted by ACEs.



A large, dark green, stylized pine tree graphic that spans the left side of the slide, with its branches extending into the green header area.

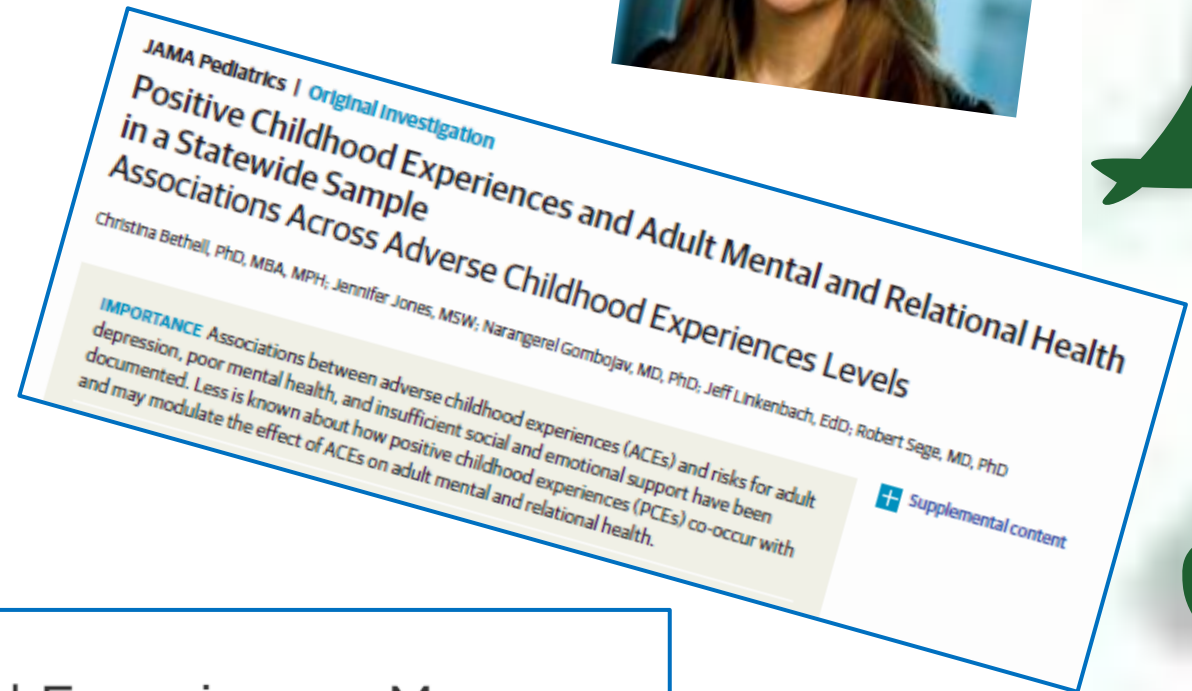
Factors that Build Resilience

A short, solid orange vertical bar positioned to the left of the text.

Creating Healing Relationships

New Research on Factors that May Help Buffer ACEs

Recent Research led by Dr. Christina Bethel at Johns Hopkins suggests that there are Positive Childhood Experiences that can buffer against the effects of ACEs. This work was not part of the original ACEs study and uses a slightly different methodology, but it supports the idea that positive experiences and building community can be useful tools in countering the effects of ACEs.



PUBLIC HEALTH

Positive Childhood Experiences May Buffer Against Health Effects Of Adverse Ones

September 9, 2019 · 1:25 PM ET
Heard on All Things Considered



Impact of Positive Childhood Experiences

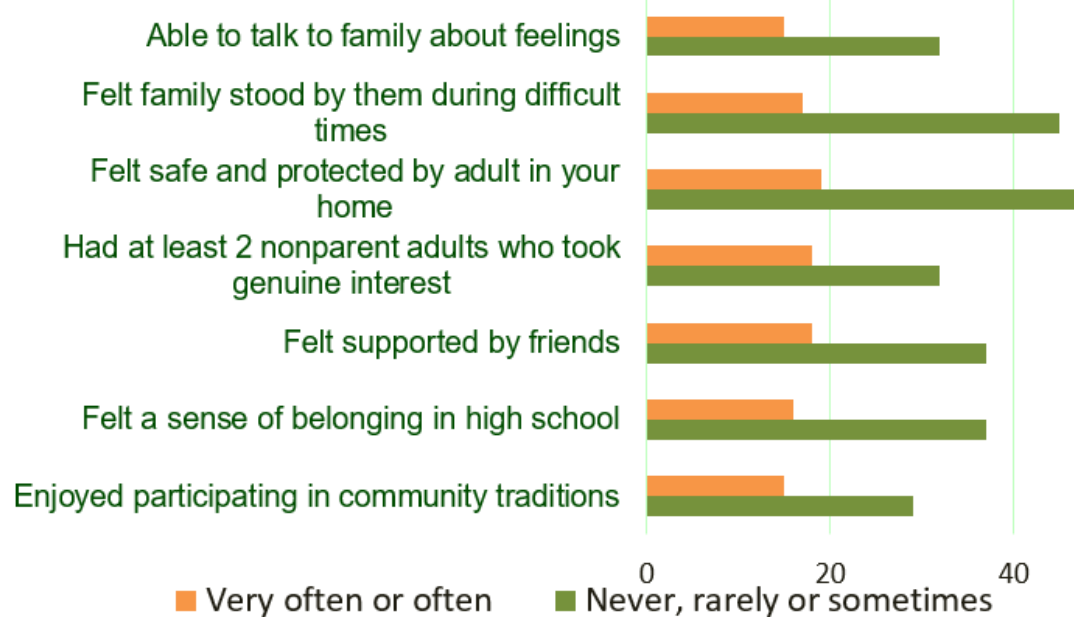
Exciting new research has established a clear link between seven Positive Childhood Experiences and Adult Resilience:

- Able to talk to family about feelings
- Felt family stood up for them in difficult times
- Felt safe and protected by an adult in your home
- Had at least two nonparent adults who took genuine interest
- Felt supported by friends
- Felt a sense of belonging at high school
- Enjoyed participating in community traditions

Research led by Dr. Christina Bethell, reported in JAMA Pediatrics, September 2019, and featured on NPR, Fall of 2019.

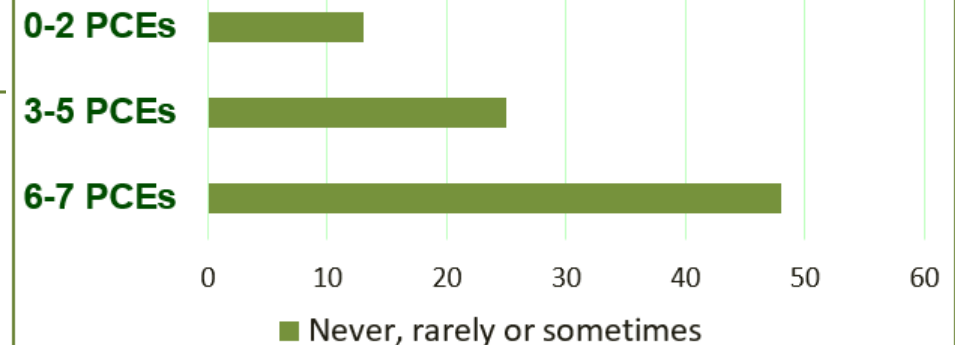
Positive Childhood Experiences and Adult Depression

Prevalence of Depression and Poor Mental Health

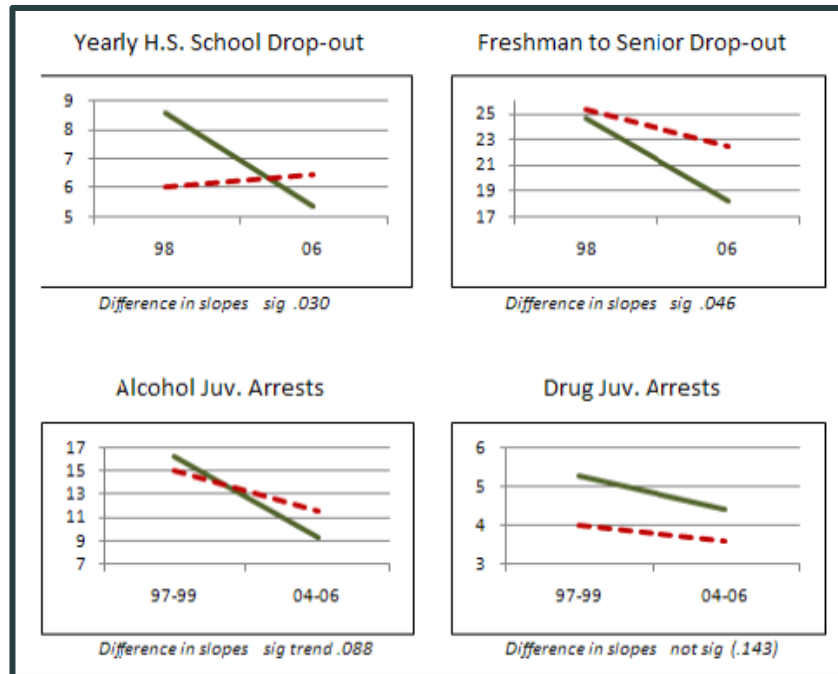


Individuals reporting higher levels of Positive Childhood Experiences were more likely to report fewer episodes of depression and poor mental health. There was a similar type of “dose” relationship – the more Positive Experiences, the more likely to report fewer mental health challenges.

Cumulative Effects: Prevalence of Depression and Poor Mental Health



Building Resilience: Parental Buffering through Community Support



Washington State Family Policy Council, 2009



Four Community Support Factors that Make a Difference:

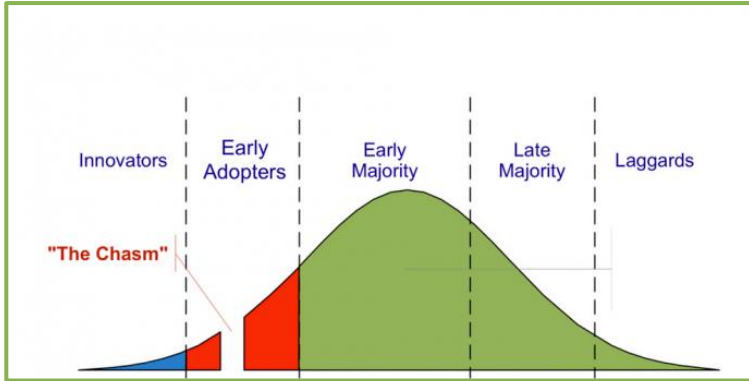
- 1. Emotional Support:** Feeling social/emotional support and hope
- 2. Multiple Sources of Help:** Two or more people who give concrete help when needed
- 3. Reciprocity:** Watching out for each other and doing favors for one another
- 4. Social Bridging:** Reaching outside the social circle to get help for family or friends

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Next Steps

| Where We Are and Where We're Going

Where We are Now: Embedding Change in Behavior

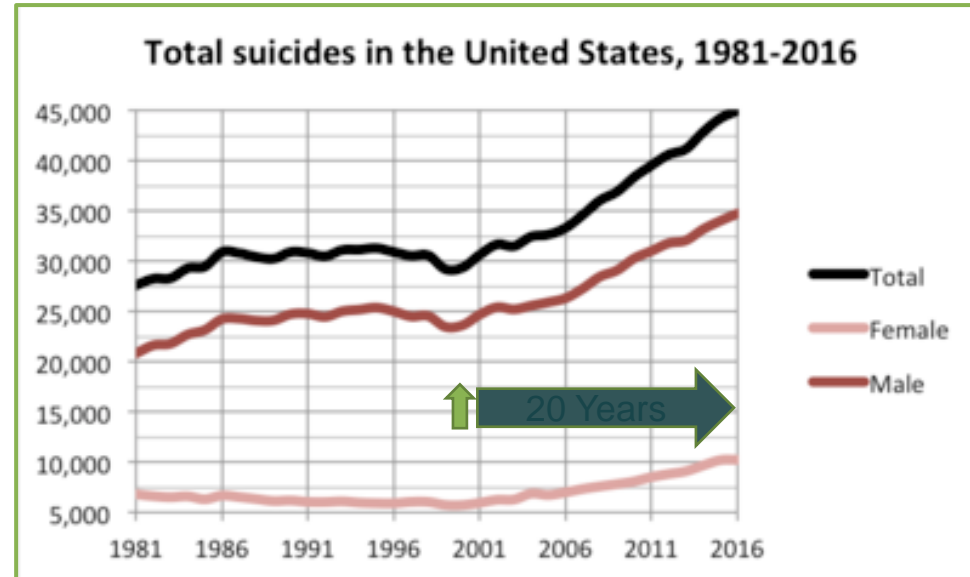
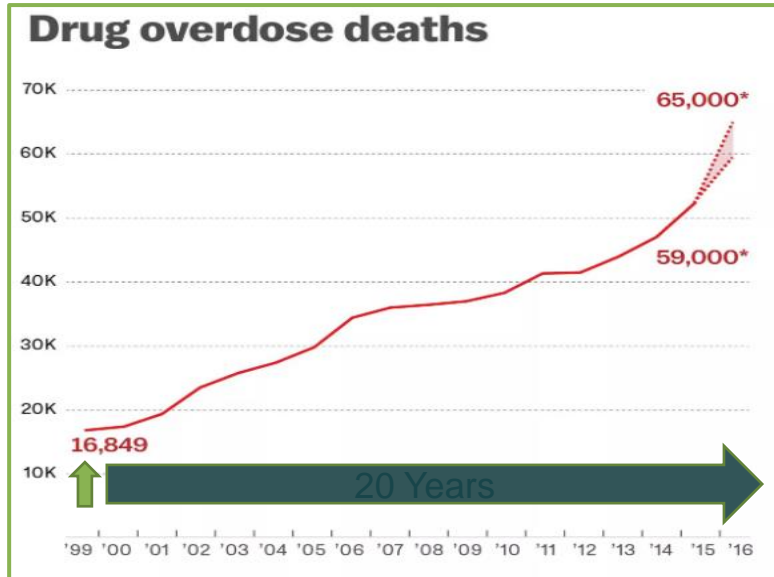


Change comes about by engaging early adapters and then spreading the word. There is often a gap in knowledge which requires extra effort to engage others. Medical Innovations take an average of 50 years to become fully embedded in behavior.



In the US it took 20 years for knowledge of the dangers of smoking to begin to have an impact on smoking behavior.

ACEs: Where We are Now



ACEs research completed.

We are now at the 20-year point in ACEs knowledge. Building awareness and investing in full engagement across all the sectors of the community is the current major challenge.

The Goal: A Shift in Culture

Changing Mindset

From: What's wrong with you? **To:** What happened to you?

From: Reject and Eject **To:** Engage with Compassion and Right Fit

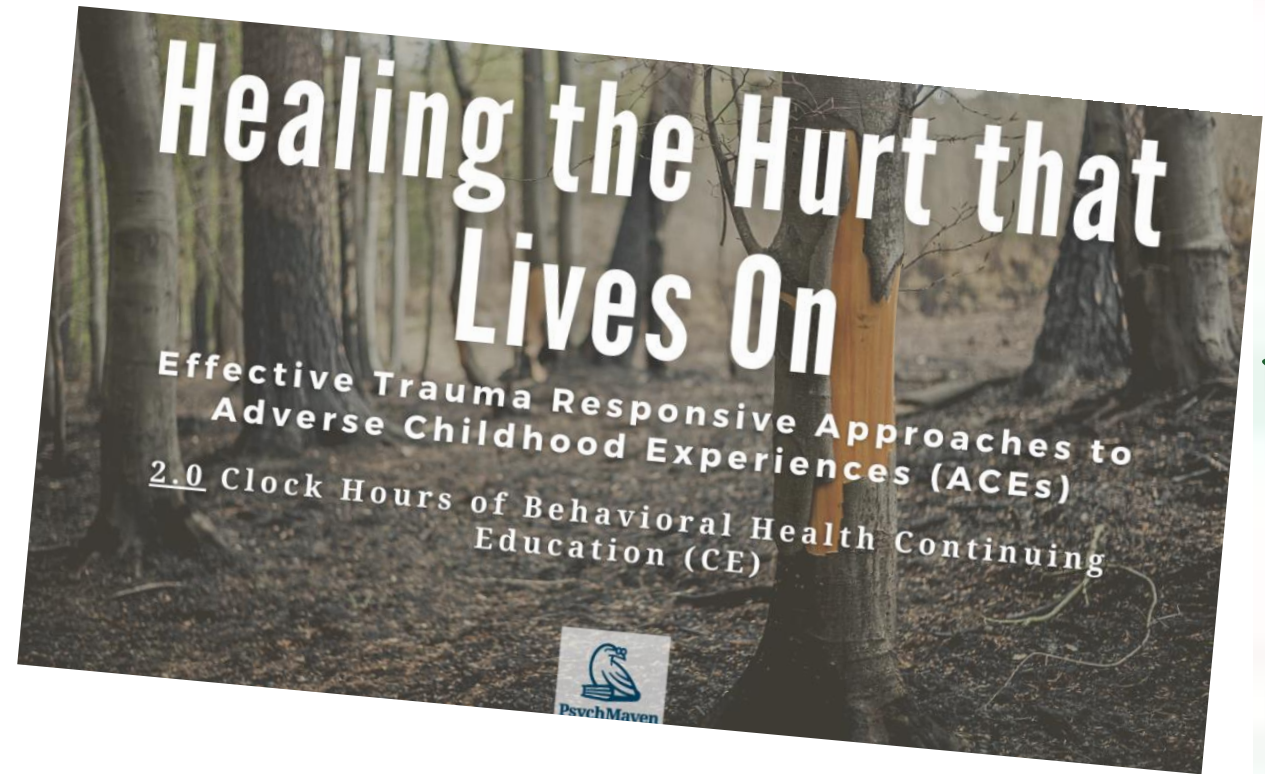
Viewing Health as a Double Continuum:

- Reducing Adversity
- Increasing Positive Experiences



Next Steps: Going Deeper

The next question is:
What can I do about this
in my own work and life?



On Friday, April 16, PsychMaven is offering a 2 CEU course taught by Dr. Larry McCullough which will take a deeper dive and address the question of how we go about applying these insights in our own work and lives. PsychMaven is offering a 15% discount to anyone in this webinar who registers in the next 24 hours.

Get Your Free Handout

Your Free Handout:

Understanding the ACEs Score
and Positive Experiences Score

We've prepared a handout providing important information on appropriate uses of the ACEs and Positive Experiences Scores as well as important tips on how NOT to use them. It also includes the checklists for both Scores.

