Trauma/ACEs 101

Tom Bradach IL Chapter, American Academy of Pediatrics



Illinois Chapter

- Providing pediatrician and interprofessional education, resources, and technical assistance
- Working on policy, advocacy, and systems improvement issues
- Connecting providers and families to community resources for education, treatment, and other services

THE INFLUENCE OF ADVERSE CHILDHOOD EXPERIENCES (ACEs) ON DEVELOPMENTAL OUTCOMES

ACE Study

The largest study of its kind that looks at the health and social effects of adverse childhood experiences over a lifespan





ACEs Impact Multiple Outcomes

Married to an Poor Self-Relationship Smoking **Problems** Alcoholic **Rated Health** Alcoholism High perceived Difficulty in job Hallucinations **Promiscuity** performance stress **High Perceived** Depression Obesity General Health and Sleep **Risk of HIV** Social Functioning **Disturbances Risk Factors for** Mental **Common Diseases** Health Memory **Disturbances Poor Perceived ACEs Illicit Drugs** Anxiety Health **IV Drugs Panic Reactions Prevalent** Sexual **Multiple Somatic Poor Anger** Health Diseases Symptoms Control **Teen Paternity Liver Disease Fetal Death** Cancer Skeletal **Chronic Lung** Teen Unintended **Fractures** Disease Pregnancy Pregnancy Early Age of Sexually **Ischemic Heart Disease** Sexual Dissatisfaction Transmitted First Intercourse

ACEs Include

Abuse

- Emotional
- Physical
- Sexual

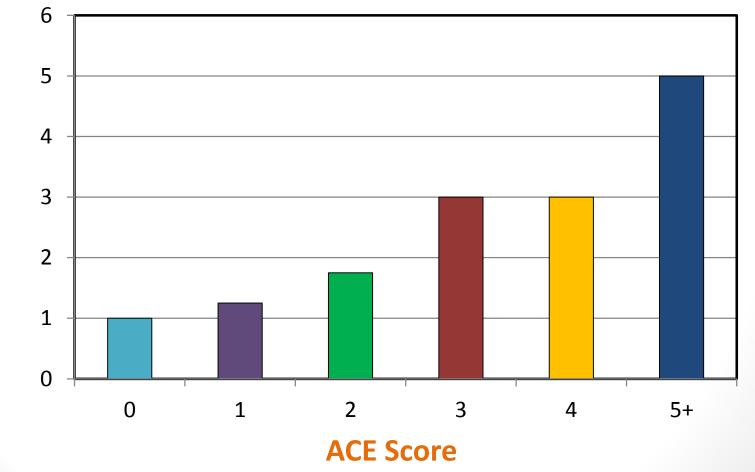
Neglect

- Emotional
- Physical

Home environment

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

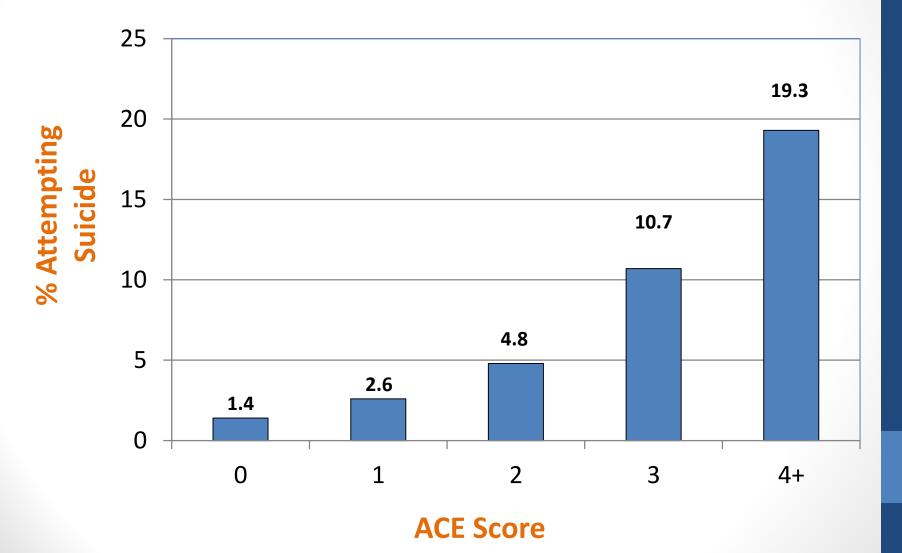
Risk Factors for Adult Depression are Embedded in ACE



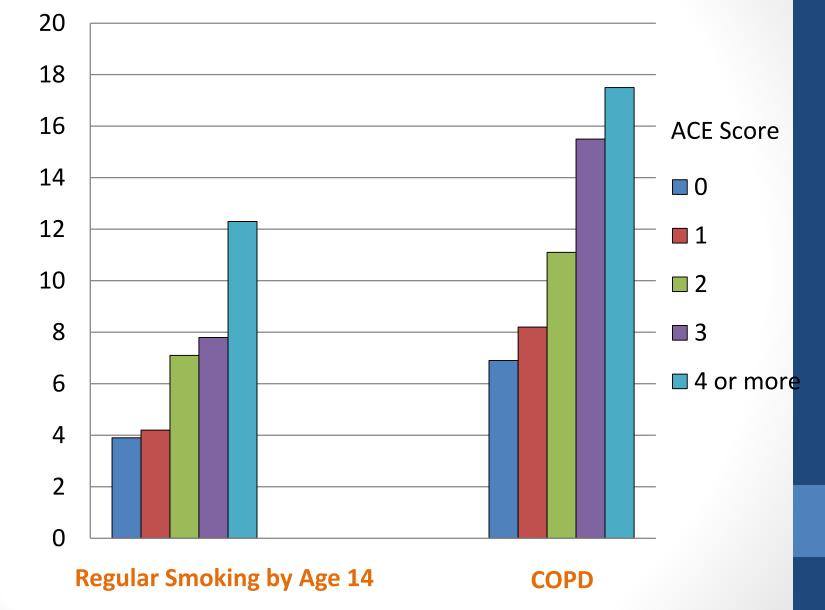
Odds Ratio

Source: Chapman et al, 2004

ACE vs. Suicide Attempts

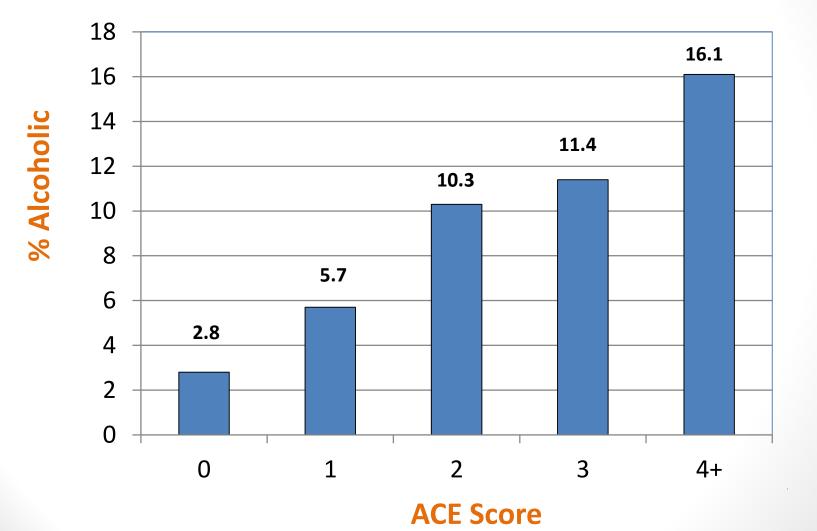


ACE vs. Smoking and COPD

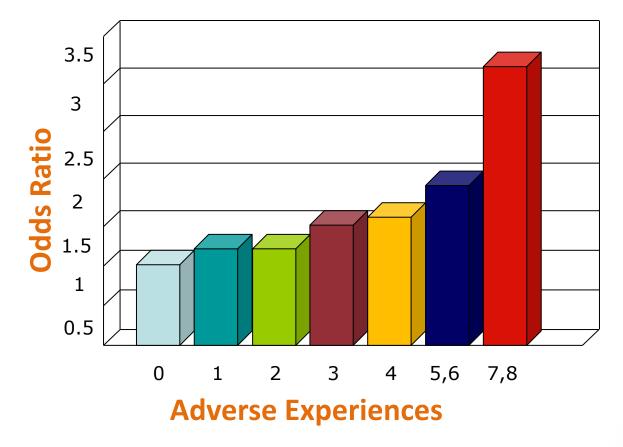


% with Problem

ACE vs. Adult Alcoholism

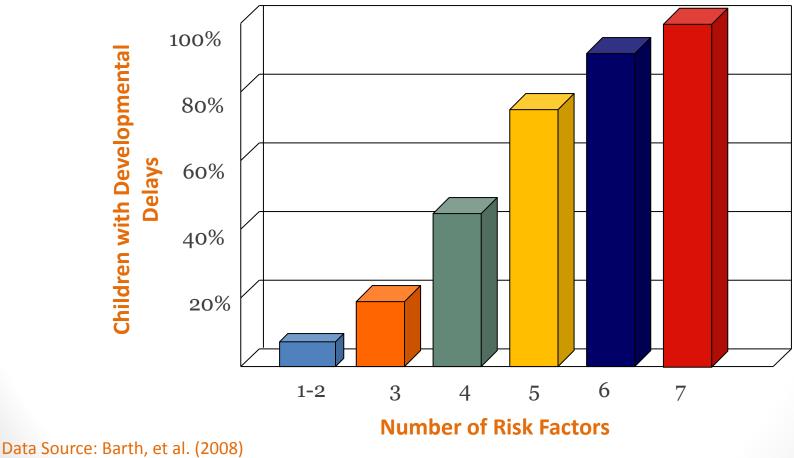


Risk Factors of Adult Heart Disease are Embedded in ACE



Source: Dong, et al. (2004) via Center on the Developing Child at Harvard University

Risk Factors of Developmental Delay are Embedded in ACE



Graphic adapted from 2011, Center on the Developing Child at Harvard University

Understanding the Impact of ACE

Death

Conception



Health-Risk Behaviors

Social, Emotional, and Cognitive Impairment

Adverse Childhood Experiences

ACEs Impact Multiple Outcomes

Smoking Alcoholism	Relationship Problems		Married to an Alcoholic		Poor Self- Rated Health	
Promiscu	uity H	ligh perceived stress	Difficulty in job performance	Hall	ucinations	
High Perceived Risk of HIV <u>Risk F</u>	Obesity	Social F	<u>Health and</u> Functioning	Depression Iental	Sleep Disturbances	
Poor Perceived	on Diseas			lealth Anxiety	Memory Disturbances	
IV I Multiple Somatic Symptoms	Drugs	<u>Prevalent</u> <u>Diseases</u>	<u>Sexual</u> <u>Health</u>	Pani	c Reactions Poor Anger Control	
	Cancer	Liver Disease	Teen Paternity	Fetal Death	n	
Skel Fract Sexually		Chronic Lung Disease	Teen Pregnancy	Unintended Pregnancy		
Transmitted Ischemic Heart		Heart Disease	Disease Sexual Dissati		faction First	
Diseases					Intercourse	

ACE and the Brain

WHAT IS THE ROLE OF STRESS?

Three Levels of Stress Response

POSITIVE

Important to development in the context of stable and supportive relationships

Three Levels of Stress Response:

TOLERABLE

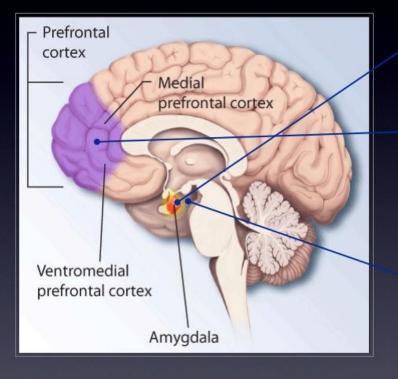
Serious and temporary, but impact buffered by supportive relationships and safe environments

Three Levels of Stress Response: Positive, Tolerable, Toxic

TOXIC

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

What happens?



Amygdala: activates the stress response *Toxic stress:* enlargement

Prefrontal cortex:

usually a check to the amygdala *Toxic stress:* loss of neurons, less able to function

Hippocampus:

major role in memory and mood *Toxic stress:* impairment in understanding and emotion

Toxic Stress and Brain Development

- effects on body systems
- can damage brain architecture
- can lead to lifelong problems

In the Classroom

Academic Performance

- Behavioral issues/concerns
- Ability to learn
- High absenteeism

Trauma can look like other things

- Developmental delay
- ADHD
- "Behavior issues"

What teachers might observe

- Separation anxiety
- Lack of developmental progress
- Re-creating traumatic event
- Physical complaints

From Child to Parent

How does stress affect parenting?

EFFECT OF TRAUMA ON PARENTING ABILITY

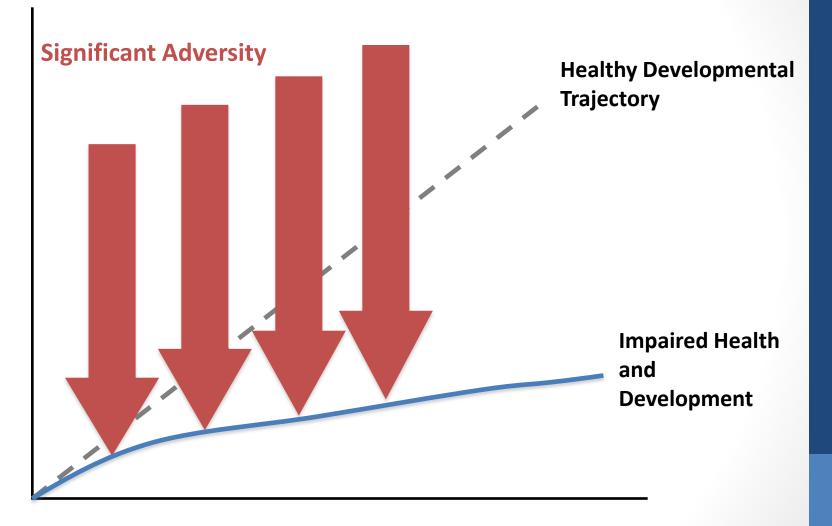
- Reduced parenting capacity/responses
- Unhealthy response to stress
- High ACE score and risky adult behaviors
- Intergenerational effect

How Brains are Built: A Review

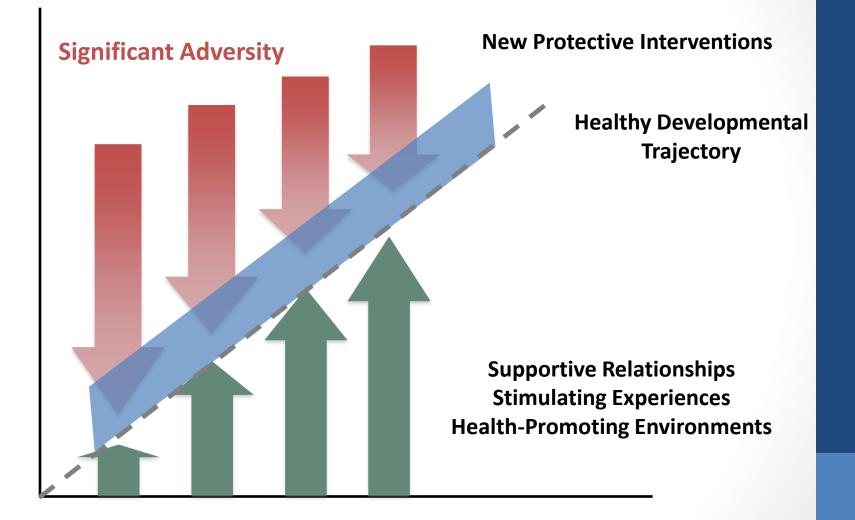
http://www.albertafamilywellness.org/resources/video/how-brains-are-built-corestory-brain-development

The Good News

Although Early Adversity CAN Impair Development...



...it doesn't have to



WHAT COMES TO MIND WHEN YOU HEAR THE WORD "RESILIENCE"?



RESILIENCE AND OTHER REASONS FOR OPTIMISM

Several factors for resiliency, including:

- Cognitive capacity
- Healthy attachment relationships
- Confidence in personal strengths and abilities
- The ability to regulate emotions and behavior
- Supportive environmental systems

What can YOU do to build resiliency in children and families?

What can you do to support a child with complex trauma?

- Respond through compassion, not discipline
- Be trauma-informed when assessing children's behaviors or your expectations of the family
- Provide consistency and stability in your interactions with children, families, colleagues

"You do not have to be a therapist to be therapeutic"

What's wrong with this person?

What has happened to this person?

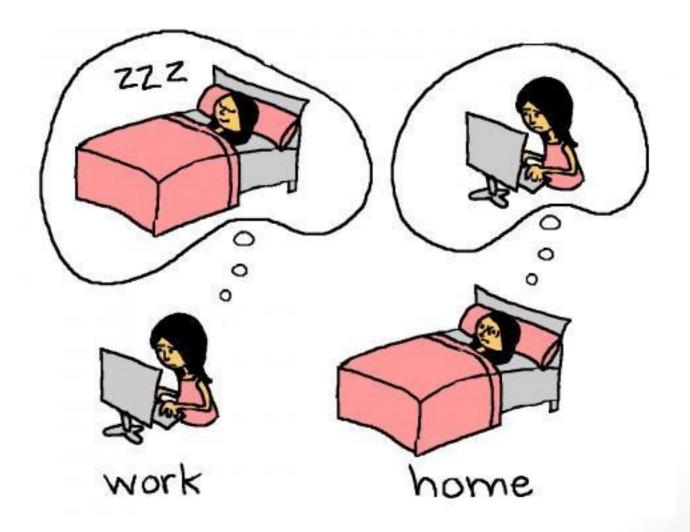
Just as important...

Take Care of Yourself!

- Increased irritability or impatience with students, families, or colleagues
- Decreased concentration
- Denying that traumatic events impact those we serve or feeling numb or detached
- Intense feelings and intrusive thoughts, that don't lessen over time, about someone else's trauma

Self Care Assessment







Things we recommend to manage stress

- Don't go it alone.
- Recognize compassion fatigue as an occupational hazard.
- Guard against your work becoming the only activity that defines who you are.
- Address your physical, psychic, and spiritual needs.



Your charge today

- Think about all the children you serve
- Think about their families
- Think about the community in which you work
- Think about your colleagues
- Think about the ways you can build resilience with and for all of them

Thank You

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