

Adverse Childhood Experience

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What is the ACE Study?

- * The ACE Study is ongoing collaborative research between the Centers for Disease Control and Prevention in Atlanta, GA, and Kaiser Permanente in San Diego, CA.

What is the Ace Study?

- * Over 17,000 Kaiser patients participating in routine health screening volunteered to participate in The Study. Data resulting from their participation continues to be analyzed; it reveals staggering proof of the health, social, and economic risks that result from childhood trauma.

ACE Study

- * Most of the materials in this presentation can be found at
- * <http://acestudy.org/home>
- * <http://www.cdc.gov/violenceprevention/acestudy/index.html>
- * <http://www.samhsa.gov/nctic>
- * NEAR Toolkit

Ten Questions

- * The initial questionnaire has been simplified down to 10 questions.
- * It is a simple scoring method.
- * You will add up all the yes' to get your “ACE Score”



While you were growing up,
during your first 18 years of life:



Did a parent or other adult in the household often or very often swear at you, insult you, put you down or humiliate you.

Or

Act in a way that made you afraid that you might be physically hurt.

If Yes, score 1 point

1. Yes
2. No



Did a parent or other adult in the household **often or very often...**

Push, grab, slap, or throw something at you?

or

Ever hit you so hard that you had marks or were injured?

If Yes score 1 point

1. Yes
2. No



Did an adult or person at least 5
years older than you **ever...**
Touch or fondle you or have you
touch their body in a sexual way?

or

Attempt or actually have oral, anal,
or vaginal intercourse with you?

If Yes, score 1 point

1. Yes
2. No



Did you **often or very often** feel that ...

No one in your family loved you or thought you were important or special?

or

Your family didn't look out for each other, feel close to each other, or support each other?

If Yes, score 1 point

1. Yes
2. No



Did you **often or very often** feel that ...
You didn't have enough to eat, had to
wear dirty clothes, and had no one to
protect you?

or

Your parents were too drunk or high to
take care of you or take you to the
doctor if you needed it?

If Yes, score 1 point

1. Yes
2. No



Were your parents **ever** separated
or divorced?

If Yes, score 1 point

1. Yes
2. No

Was your mother or stepmother:
Often or very often pushed, grabbed,
slapped, or had something thrown at her?

or

Sometimes, often, or very often kicked,
bitten, hit with a fist, or hit with something
hard?

or

Ever repeatedly hit at least a few minutes
or threatened with a gun or knife?

If Yes, score 1 point

1. Yes
2. No



Did you live with anyone who
was a problem drinker or
alcoholic or who used street
drugs?

If Yes, score 1 point

1. Yes
2. No



Was a household member
depressed or mentally ill, or did a
household member attempt
suicide?

If Yes, score 1 point

1. Yes
2. No



Did a household member go to
prison?

If Yes, score 1 point

1. Yes
2. No

Now add up your “yes” answers:

This is your ACE Score.

What was your ACE number?

1. 0-1
2. 2
3. 3
4. 4
5. 5
6. 6+

3 or more ACE events

General population 21-23 %

When I have conducted this survey for students entering into the field of Human Services or community audiences that are in the Human Service field the range is generally from 45% up to 90%

Our Audience

Definitions of ACE

Is divided into categories

Abuse

Neglect

Household Dysfunction

Ace Score is used to

assess the total amount of stress during childhood and

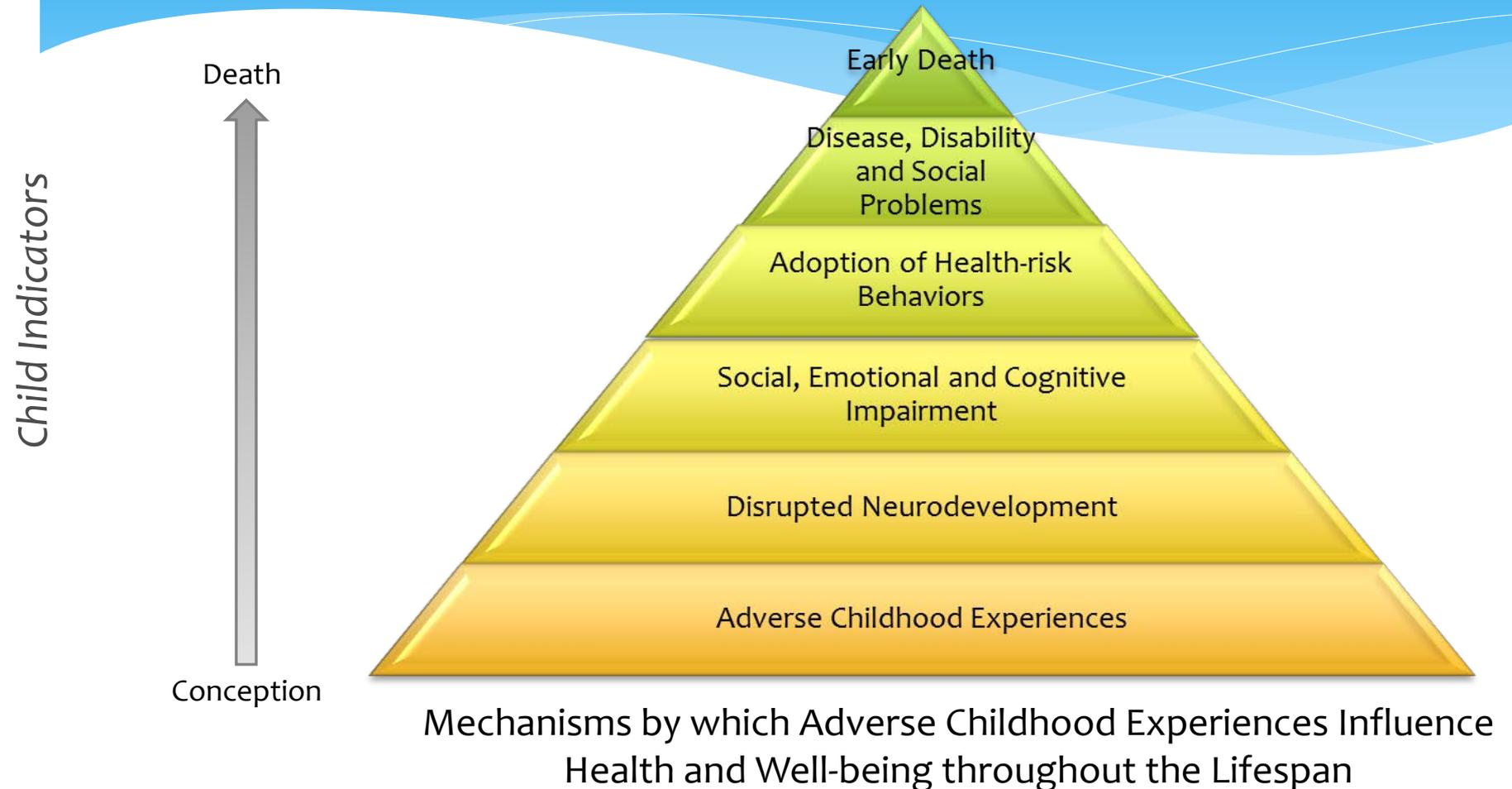
has demonstrated that as the number of ACE increase,

the risk for the following health problems increases in a strong and graded fashion:

Issues related to increased ACE Scores

- * **Alcoholism and alcohol abuse**
- * Chronic obstructive pulmonary disease (COPD)
- * **Depression**
- * Fetal death
- * Health-related quality of life
- * **Illicit drug use**
- * Ischemic heart disease (IHD)
- * Liver disease
- * Risk for intimate partner violence
- * Multiple sexual partners
- * Sexually transmitted diseases (STDs)
- * **Smoking**
- * **Suicide attempts**
- * Unintended pregnancies
- * **Early initiation of smoking**
- * Early initiation of sexual activity
- * Adolescent pregnancy

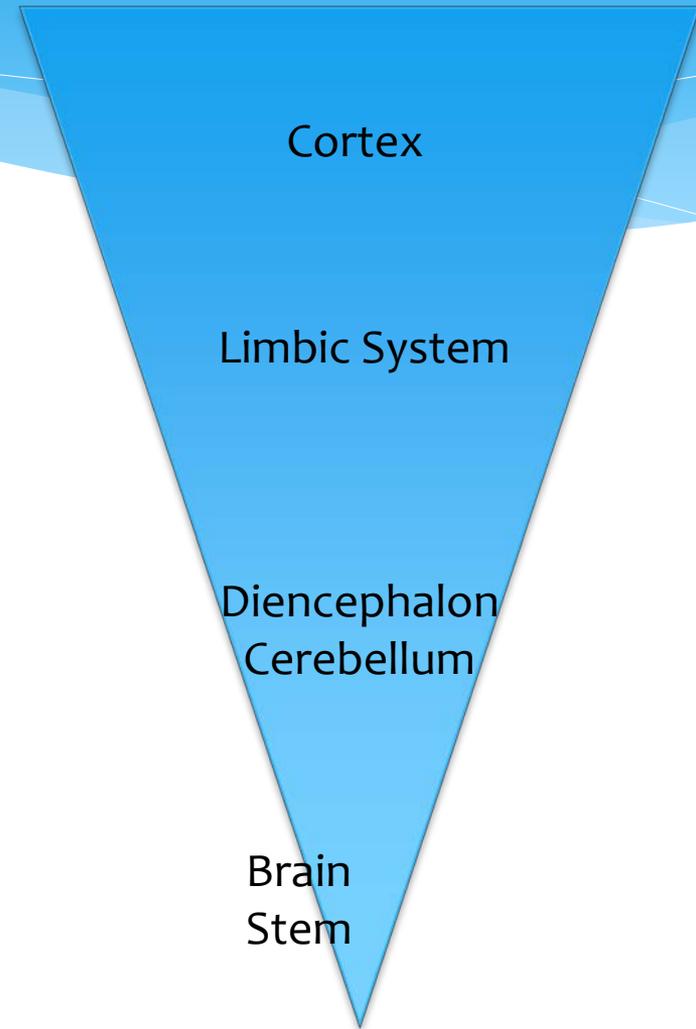
The Adverse Childhood Experiences (ACE) Study Pyramid



Source: The Adverse Childhood Experiences Study website: www.acestudy.org, "About the Adverse Childhood Experiences Study."

Brain Stem Development

Adolescent	Cortex	Rational Thinking
Infancy – Early Childhood	Limbic System	Emotions
Prenatal – Early childhood	Mid Brain Bundle	Survival
Prenatal	Brain Stem	



Our neuropathways hard wired



Emotional Development

- * Most talk about lack of emotional development

It is really about emotional overdevelopment.



When stressed respond emotionally



Practicum

What happens one emotional child goes against another emotional child.



Trauma Informed Care

- * Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives.

SAMHSA - NCTIC

- * *Realizes* the widespread impact of trauma and understands potential paths for recovery;
- * *Recognizes* the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- * *Responds* by fully integrating knowledge about trauma into policies, procedures, and practices; and
- * *Seeks to actively resist re-traumatization."*

SAMHSA - NCTIC

What does a trauma informed care organization look like?

- * Safety
- * Trustworthiness and Transparency
- * Peer support
- * Collaboration and mutuality
- * Empowerment, voice and choice
- * Cultural, Historical, and Gender Issues

Trauma Informed Care

- * NCTIC facilitates the adoption of trauma-informed environments in the delivery of a broad range of services including mental health, substance use, housing, vocational or employment support, domestic violence and victim assistance, and peer support.

Trauma Informed Care

In all of these environments,
NCTIC seeks to change the paradigm from one that asks,

"What's wrong with you?"

to one that asks,

"What has happened to you?"

Trauma Informed Care Organization

- * What can your agency improve on/change to become a more Trauma Informed Care Organization?
- * What is your agency doing right to be a Trauma Informed Care Organization?

Trauma Informed Care

- * Traumatic experiences can be dehumanizing, shocking or terrifying, singular or multiple compounding events over time, and often include betrayal of a trusted person or institution and a loss of safety.

Trauma Informed Care

Trauma can result from experiences of violence. Trauma includes physical, sexual and institutional abuse, neglect, intergenerational trauma, and disasters that

induce powerlessness, fear, recurrent hopelessness, and a constant state of alert.

Trauma Informed Care

- * Trauma impacts one's spirituality and relationships with self, others, communities and environment, often resulting in recurring feelings of shame, guilt, rage, isolation, and disconnection.
- * Healing is possible.
- * <http://www.samhsa.gov/nctic/>

NEAR Toolkit

- * Neuroscience
- * Epigenetics
- * Adverse Childhood Experiences (ACE) Study
- * Resilience research.
- * We are calling this science: **NEAR**.

NEAR Toolkit

- * The toolkit is based on a theory of change with five core elements: Preparing, Asking, Listening, Affirming and Remembering. These core elements are essential for success and reflect a process for improving the service of home visiting, as well as the systems that support home visitors and the families they serve.

Safety

- * Physical Safety
- * Psychological Safety
- * Social Safety
- * Moral Safety

Practice, Practice, Practice

- * To be a trauma informed provider you must have good listening skills.
- * Open Ended Questions.
- * Affirmations
- * Reflections
- * Summarizations

Motivational Interviewing

Spirit of MI

- * Partnership
- * Acceptance
 - * Absolute Worth
 - * Accurate Empathy
 - * Autonomy Support
 - * Affirmation
- * Compassion
- * Evocation

Transtheoretical Model Stages of Change

- * Precontemplation
- * Contemplation
- * Preparation
- * Action
- * Maintenance

(Prochaska & DeClemente, 1983)

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