

The background features a gradient from light green at the top to dark blue at the bottom. On the left side, there is a large, semi-circular scale with numerical markings from 140 to 260 in increments of 10. Several circular and semi-circular lines, some solid and some dashed, are scattered across the background, some with arrows indicating a clockwise or counter-clockwise direction. The overall aesthetic is technical and modern.

# TRAUMA-INFORMED CARE

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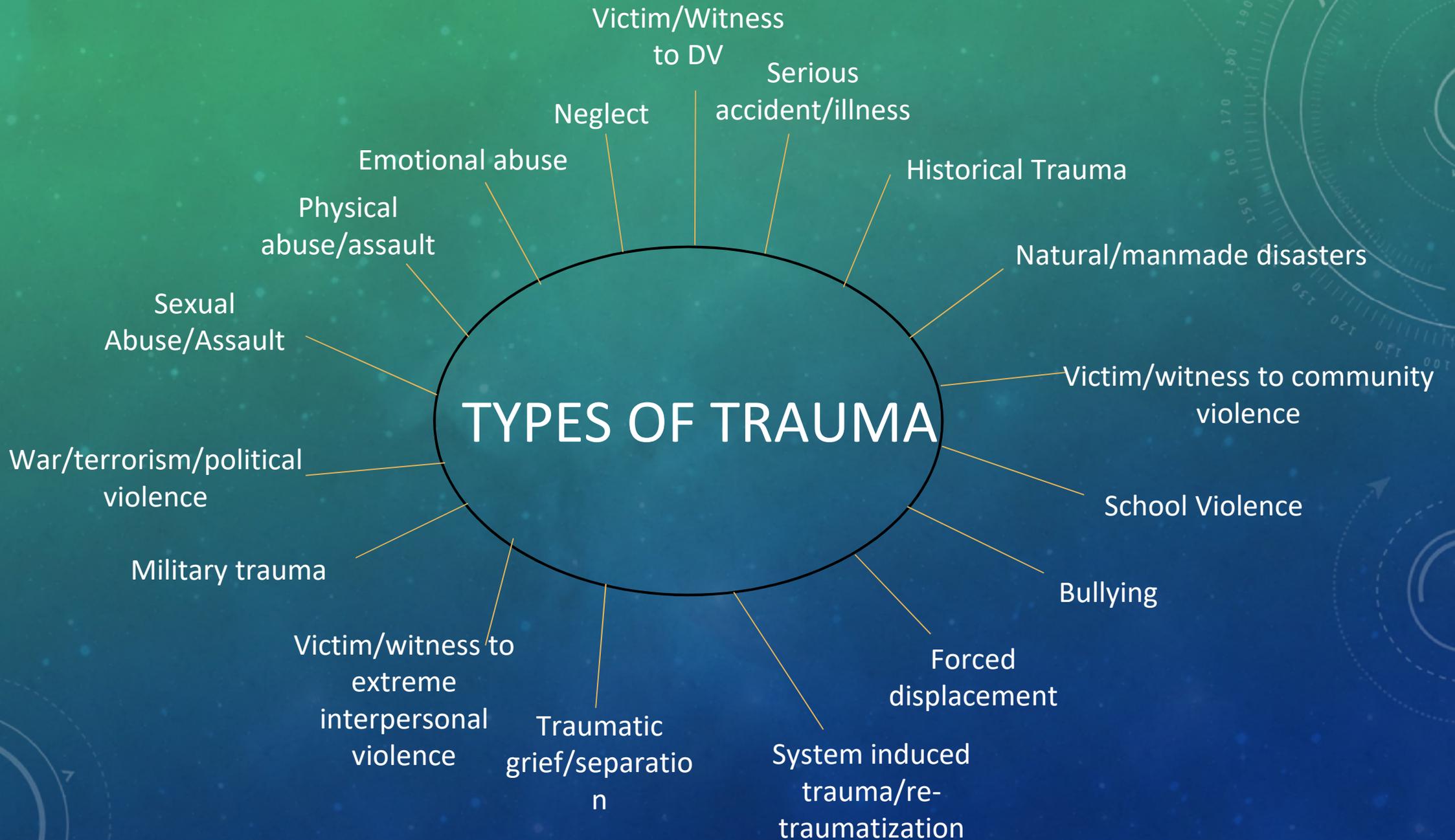
MAZZITTI AND SULLIVAN COUNSELING SERVICES

## WHAT IS TRAUMA?

- “Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.” - SAMHSA 2014

# STATISTICS

- According to the U.S. Department of Health and Human Services Office on Women's Health 55%-99% of women in substance abuse treatment and 85%-95% of women the mental health system report a history of trauma, with the abuse most commonly having occurred in childhood
- An individual's experience of trauma impacts every area of human functioning-physical, mental, behavioral, social, spiritual
- The ACE study revealed the economic costs of untreated trauma-related alcohol and drug abuse alone were estimated at \$161 billion
- Women are significantly more likely than men to report trauma



# PREVALENCE OF TRAUMA

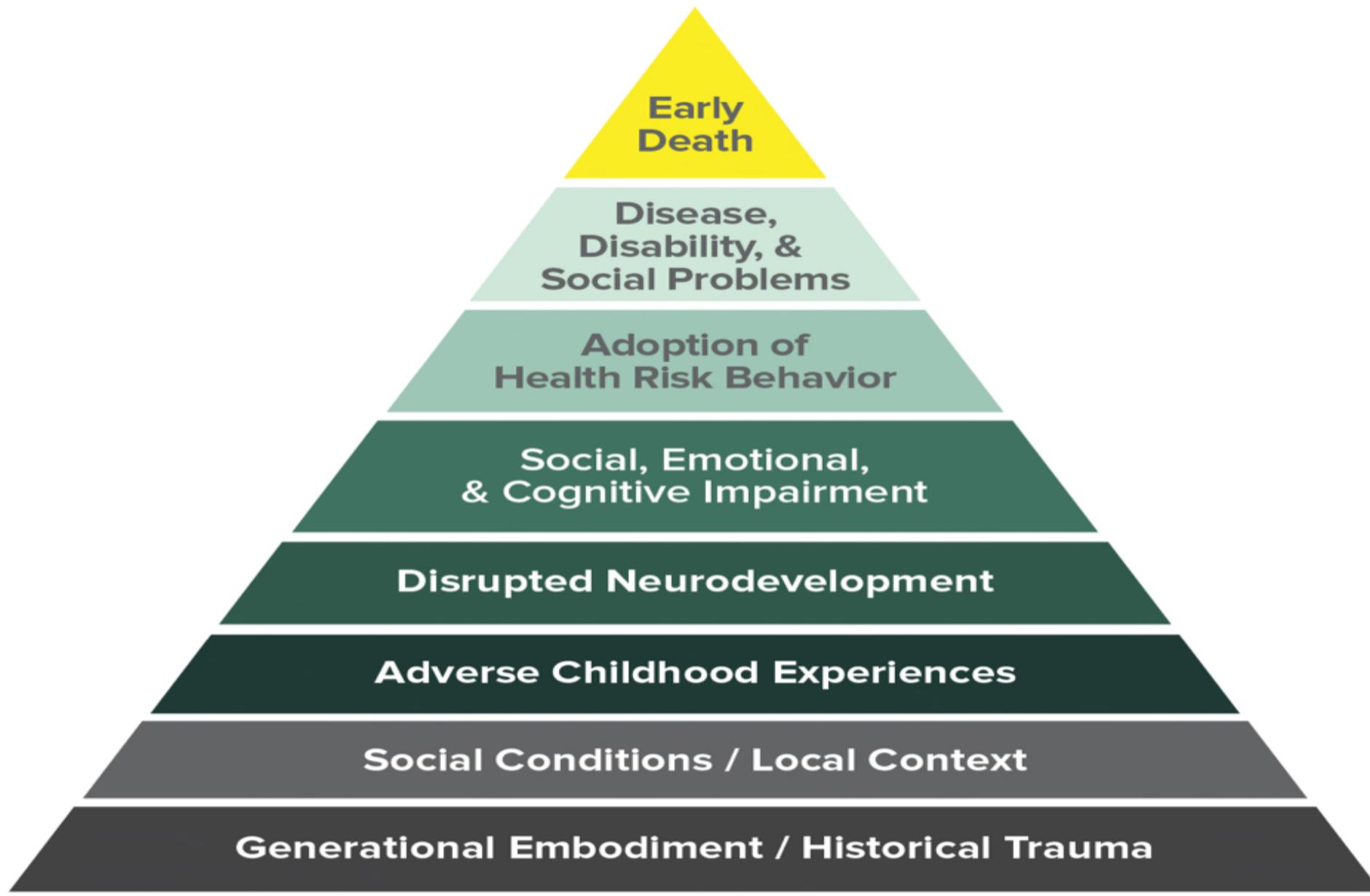
- According to SAMHSA:
  - 15% to 25% of females report sexual abuse during their lifetime
  - 18.5% of returning veterans reported symptoms consistent with PTSD
  - In the U.S., 19% of men and 15% of women report an experience of a natural disaster during their lifetimes

# ADVERSE CHILDHOOD EXPERIENCES

- Adverse Childhood Experiences (ACE) is the term used to describe all types of abuse, neglect, and other potentially traumatic experiences that occur to people under the age of 18
- Adverse Childhood Experiences (ACE) have been linked to:
  - Risky health behaviors
  - Chronic health conditions
  - Low life potential
  - Early Death

# CENTER FOR DISEASE CONTROL KAISER ACE STUDY

- The CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study is one of the largest investigations of childhood abuse and neglect and household challenges and later-life health and well-being
- The original ACE study was conducted at Kaiser Permanente from 1995-1997 with two waves of data collection
- Over 17,000 Health Maintenance Organization members from Southern California receiving physical exams completed confidential surveys regarding their childhood experiences and current health status and behaviors



**Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan**

# STUDY QUESTIONNAIRES

- A questionnaire was used to collect information on child abuse, neglect, household challenges, and other socio-behavioral factors.
- The studies are categorized into three groups: abuse, neglect, and household challenges
- Each category is further divided into multiple subcategories

# THE ACE QUESTIONNAIRE

- **Please find this in your packet. If you are comfortable please complete this open and honestly**
- **You will NOT be required to share your answers with the group. This is just a practice in self-awareness**
- **Did anyone have a reaction to doing this? Or their score that they would be willing to share? (NO PRESSURE!! VOLUNTEERS ONLY)**

# ADVERSE CHILDHOOD EXPERIENCES

- The presence of ACE does not mean that a child will experience poor outcomes. Children's positive experiences or protective factors can prevent children from experiencing adversity and can protect against many of the negative health and life outcomes even after adversity has occurred
- It is important to address the conditions that put children and families at risk of ACE's so that we can prevent ACE's before they happen.

# ACE DEFINITIONS

- **Abuse**

- **Emotional Abuse:** A parent, stepparent, or adult living in your home swore at you, insulted you, put you down, or acted in a way that made you afraid that you might be physically hurt
- **Physical Abuse:** A parent, stepparent, or adult living in your home pushed, grabbed, slapped, threw something at you, or hit you so hard that you had marks or were injured
- **Sexual Abuse:** An adult, relative, family friend, or stranger who has at least 5 years older than you ever touched or fondled your body in a sexual way, made you touch his/her body in a sexual way, attempted to have any type of sexual intercourse with you

# ACE DEFINITIONS

- **Household Challenges**

- **Mother treated violently:** Your mother or stepmother was pushed, grabbed, slapped, had something thrown at you, kicked, bitten, hit with a fist, hit with something hard, repeatedly hit for over at least a few minutes, or ever threatened or hurt by a knife or gun by your father (or stepfather) or mother's boyfriend
- **Substance abuse in the household:** A household member was a problem drinker or alcoholic or a household member used street drugs
- **Mental illness in the household:** A household member was depressed or mentally ill or a household member attempted suicide
- **Parental supervision or divorce:** Your parents were ever separated or divorced
- **Incarcerated household members:** a household member went to prison

# ACE DEFINITIONS

- **Neglect**
  - **Emotional Neglect:** Someone in your family helped you feel important or special, you felt loved, people in your family looked out for each other and felt close to each other, and your family was a source of strength and support
  - **Physical Neglect:** There was someone to take care of you, protect you, and take you to the doctor if you needed it, you didn't have enough to eat, your parents were too drunk or too high to take care of you, and you had to wear dirty clothes

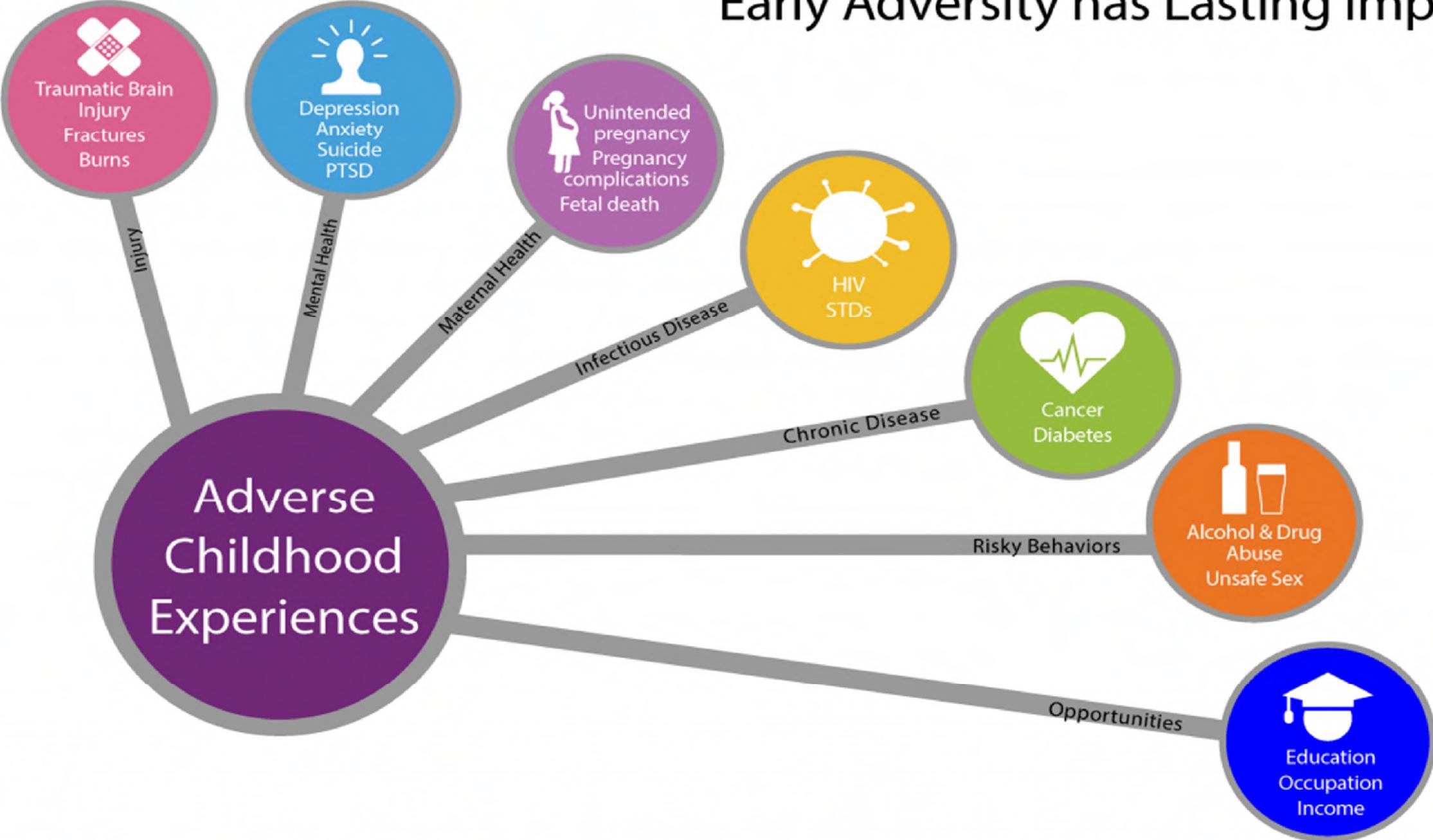
# ACE STUDY FINDINGS

- ACE's are common across all populations
- Almost two-thirds of the study participants reported at least one ACE, and more than one in five reported three or more ACE's
- Some populations are more vulnerable to experiencing ACEs because of the social and economic conditions in which they live, learn, work, and play

# STATISTICS

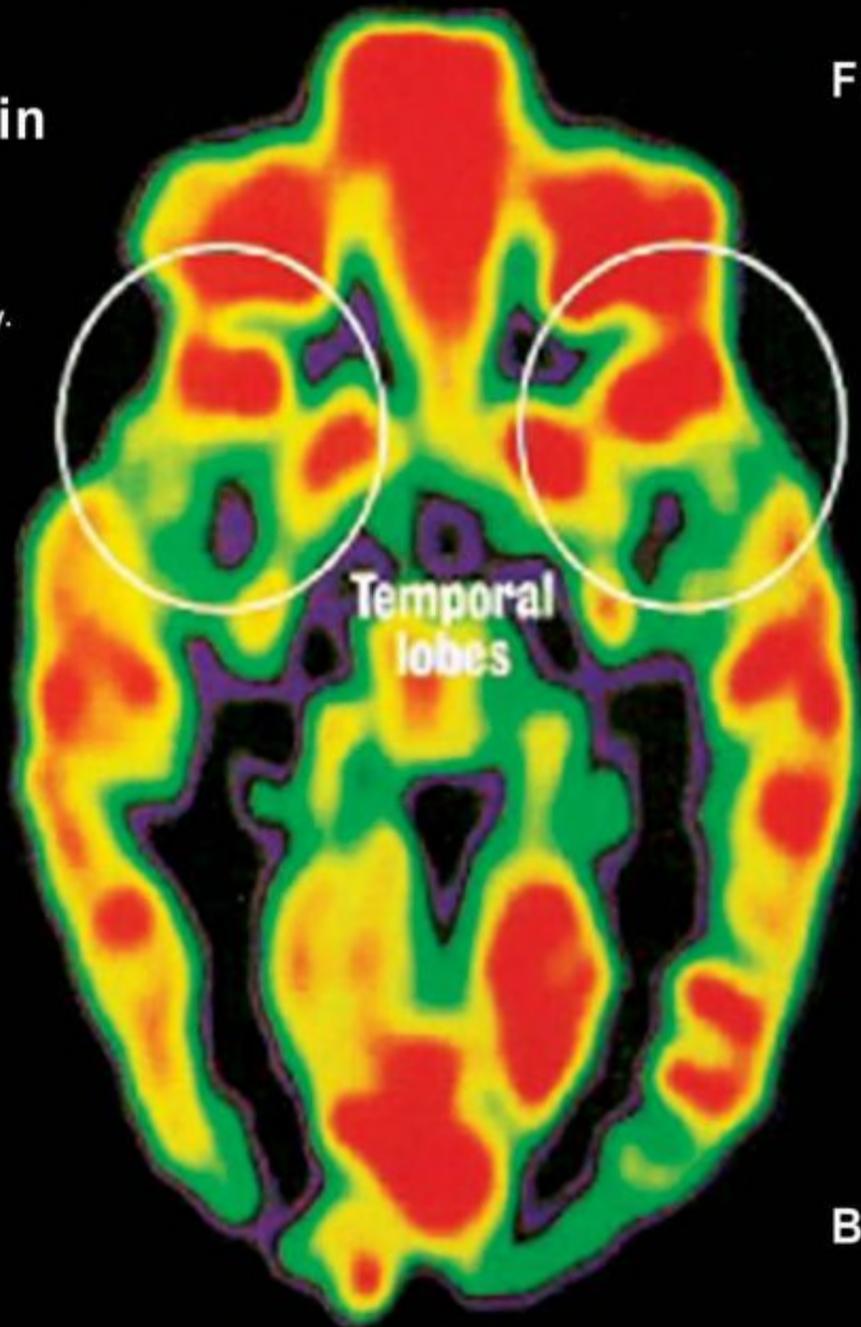
- **Individuals who had faced 4 or more categories of ACEs were twice as likely to be diagnosed with cancer as individuals who hadn't experienced childhood adversity**
- **For each ACE score a woman had, her risk of being hospitalized with an autoimmune disease rose by 20 percent**
- **Someone with an ACE score of 4 was 460 percent more likely to suffer from depression than someone with an ACE score of 0**
- **An ACE Score of greater than or equal to 6 shortened an individuals lifespan by almost 20 years**

# Early Adversity has Lasting Impacts



## Healthy Brain

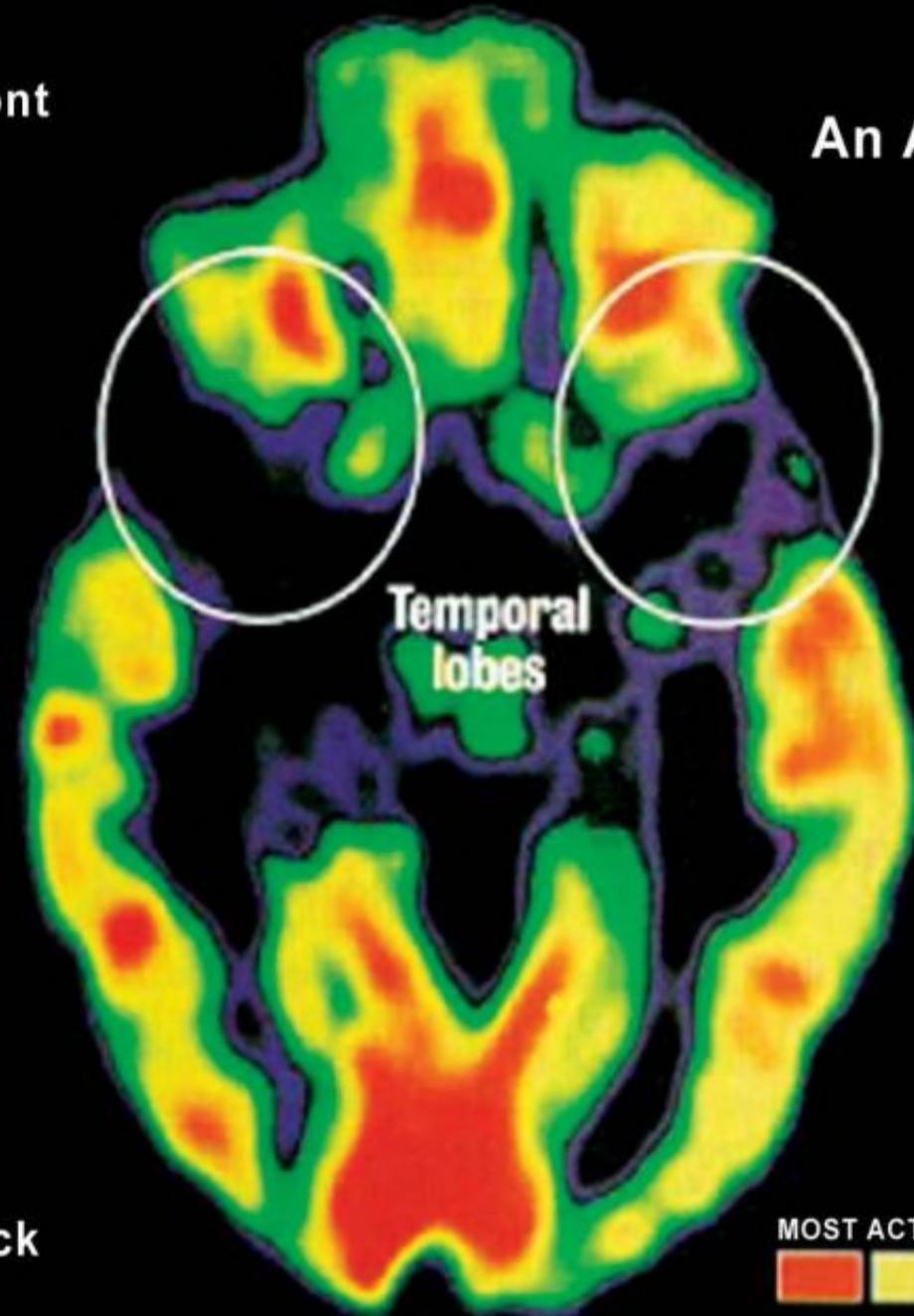
This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



Front

## An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.



Back

