

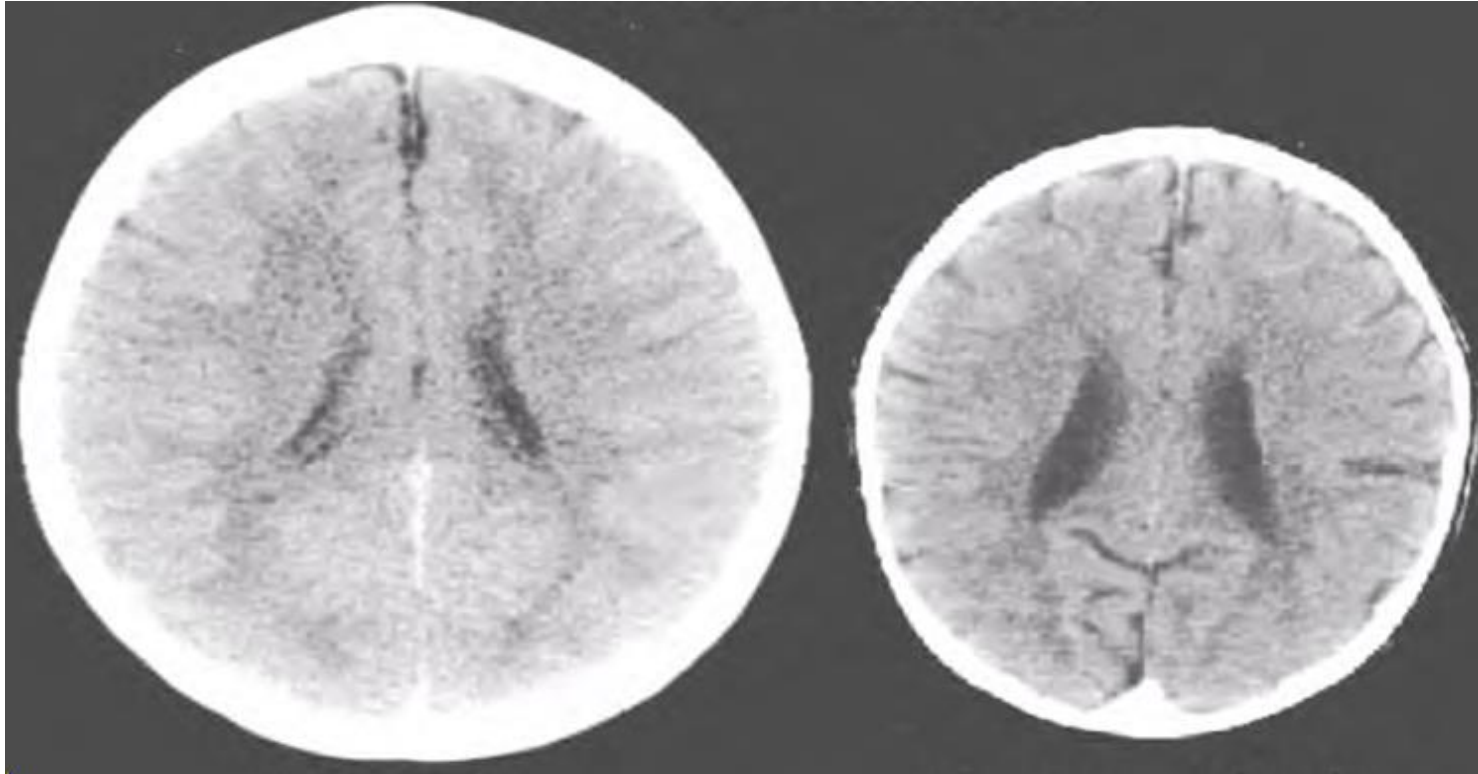
ACEs and Trauma Screening

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Impact of ACEs on Long Term Health



Defining Trauma

- ▶ Individual 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 definition 2014 - (Substance Abuse & Mental Health Services Administration)

Defining ACEs Study

- ▶ Study between CDC and Kaiser Permanente in San Diego, CA
- ▶ >17,000 Kaiser patients
 - ▶ Screening for patients pursuing weight loss options
 - ▶ Dr. Vincent Felitti - many patients with multiple ACEs
 - ▶ Weight gain = coping skill for depression, anxiety and fear
- ▶ Correlations with health, social, behavioral, economic problems with childhood adverse events

ACE Questionnaire

- ▶ Retrospective questions for first 18 years of life
 - ▶ Abuse
 - ▶ Physical, sexual, emotional
 - ▶ Neglect
 - ▶ Lack of support, expression of love
 - ▶ Lack of food, clothing, shelter
 - ▶ Family Dysfunction
 - ▶ Divorce
 - ▶ Witness to violence
 - ▶ Alcohol / drug misuse
 - ▶ Mental Illness
 - ▶ Prison

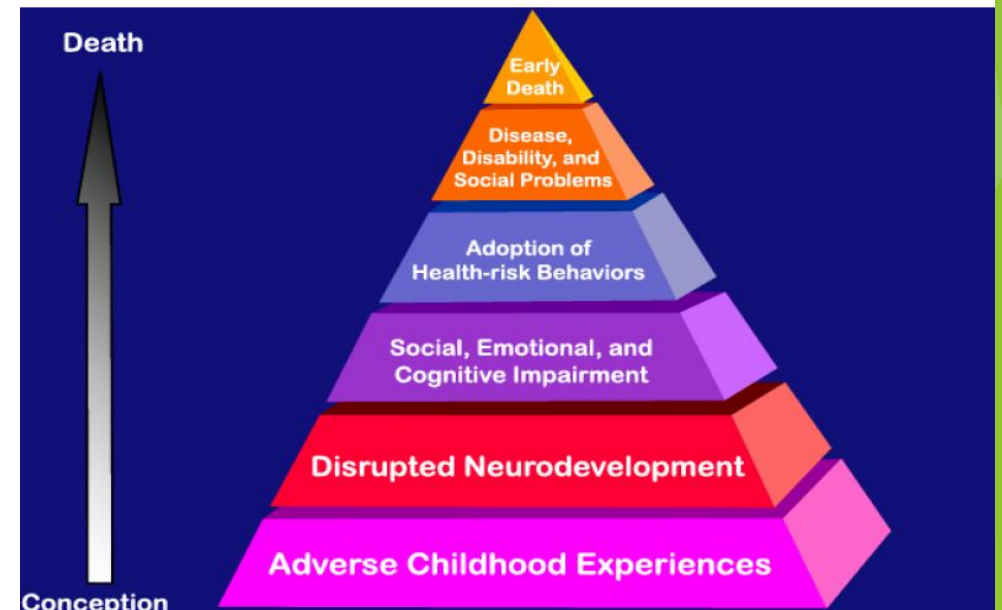
ACE Data

- ▶ ACEs are *common*
 - ▶ ~67% with at least one ACE
 - ▶ ~13% had ≥ 4
- ▶ **More ACEs = Higher risk** for Chronic Disease & Risky Behaviors
 - ▶ Smoking, Alcohol & Drug Misuse, Promiscuity, Severe Obesity
- ▶ ACE ≥ 4
 - ▶ 3x risk heart disease / lung cancer
 - ▶ 7x risk alcoholism

ACE Data (con't)

- ▶ ACE ≥7
 - ▶ 30x risk of attempted suicide in adults
 - ▶ *50x risk of suicide among children / adolescents*

- ▶ 20 year difference in life expectancy



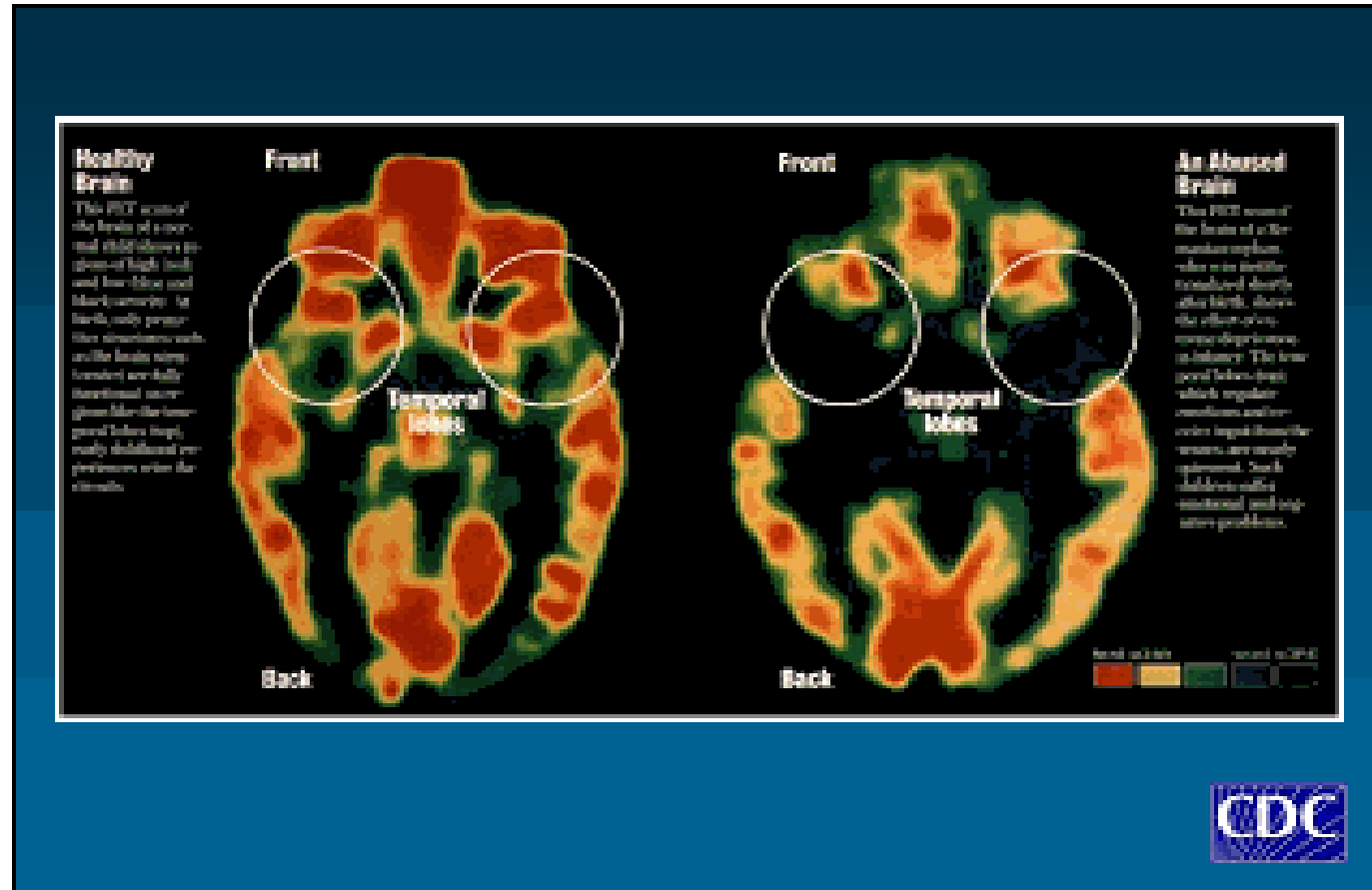
Neuroscience



Neuroscience (con't)

- ▶ Impaired cognitive function
- ▶ Blood sugar imbalance
- ▶ Lowered immunity
- ▶ Elevated blood pressure
- ▶ Decreased thyroid function
- ▶ Decreased in muscle mass
- ▶ Slowed wound healing
- ▶ Increased abdominal fat
- ▶ Increased bad cholesterol
- ▶ Destabilizing Mood

Neuroscience (con't)



Why Screen?

- ▶ **Simply asking matters!**
 - ▶ 35% reduction in doctor's office visits
 - ▶ 11% reduction in ER visits
- ▶ **Impact on a child's physical & emotional health and their health as an adult**
 - ▶ Elevated maternal ACE scores correlated with developmental delays at 2 years old.
- ▶ **Rationale**
 - ▶ Identify risk before symptoms present
 - ▶ Provide support to build **resilience**

Resiliency

- ▶ WHAT?
 - ▶ Ability to adapt and survive
 - ▶ Enables hope and healing
- ▶ HOW?
 - ▶ Having **ONE** trusted adult
 - ▶ Positive experiences
 - ▶ Supportive environment
 - ▶ Self-care



Trauma Informed Care

- ▶ The 4 R's in Trauma Informed Care
 - ▶ Realize
 - ▶ Recognize
 - ▶ Respond
 - ▶ Resist (re-traumatization)

Team Based Care

SCREEN

- Risk Potential

COUNSEL

- Education

REFER

- Support

Why Implement ACE Screening?

- ▶ **Assembly Bill 340-Joaquin Arambula/Pan**
 - ▶ Required development of approved trauma screening for all low-income children (Medi-Cal patients) beginning January 1, 2020-Reimbursable!
- ▶ **The Evidence is Compelling**
 - ▶ Earlier connection of children and families to services for prevention/treatment
- ▶ **Integrating Behavioral Health into Primary Care**



VIDEOS

In Summary

- ▶ Screening may change diagnosis and treatment plan
- ▶ Asking questions is **therapeutic**



Further Education

- ▶ **Smart Care - Behavioral Health Consultation Services (BHCS)**
 - ▶ Physician
 - ▶ 858-880-6405
 - ▶ BHCS.Provider@vistahill.org
 - ▶ Families
 - ▶ 858-956-5900
 - ▶ www.smartcarebhcs.org
- ▶ AAP - American Academy of Pediatrics
 - ▶ www.aap.org
- ▶ REACH Institute
- ▶ UCSD Child Psychiatry Grand Rounds
- ▶ CICAMH
 - ▶ www.cicamh.com March 12 - 13, 2020 San Diego, CA

Links and Resources

- ▶ RCHSD Behavioral Health Urgent Care (BHUC)
 - ▶ 4305 University Avenue, Suite 150
San Diego, CA 92105
 - ▶ Appointments
 - ▶ 9 am - 4 pm Monday through Friday
 - ▶ Walk In Clinic
 - ▶ 4 pm - 8 pm Monday through Friday
 - ▶ Phone 858-966-5484
 - ▶ Fax 619-795-1228

Links and Resources

- ▶ **Smart Care - BHCS**
 - ▶ www.smartcarebhcs.org
- ▶ **AAP - American Academy of Pediatrics**
 - ▶ www.aap.org
 - ▶ The Resilience Project
- ▶ **REACH**
 - ▶ <https://www.thereachinstitute.org/services/for-primary-care-practitioners/training-dates-and-registration>
- ▶ **UCSD Child Psychiatry Grand Rounds**
 - ▶ <https://www.rchsd.org/continuing-medical-education-cme/psychiatry-grand-rounds/>
- ▶ **CICAMH**
 - ▶ www.cicamh.com

Links and Resources

- ▶ Toxic Stress Video
 - ▶ <https://www.youtube.com/watch?v=ngYnzNArGyo&feature=youtu.be>
- ▶ Paper Tigers on ACEs
 - ▶ <https://www.youtube.com/watch?v=ccKFkcfXx-c>
- ▶ Documentary "Resilience: The Biology of Stress & the Science of Hope": <http://kpjrfilms.co/resilience/>
- ▶ NY Times Bestseller "Hillbilly Elegy: A Memoir of a Family & Culture in Crisis" by J.D. Vance

Links and Resources

- ▶ The ACE Study - "Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults", Dr. Vincent Felitti and Dr. Robert Anda
- ▶ Ted Talk - Dr. Nadine Burke-Harris on "How childhood trauma affects health across a lifetime".
- ▶ CDC ACE Website
- ▶ ACEs Connection website
- ▶ NPPCACE website National Pediatric Practice Community on ACE's

Links and Resources

- ▶ Bultas, M. W., McMillin, S. E., Broom, M. A., & Zand, D. H. (2017). Brief, Rapid Response, Parenting Interventions Within Primary Care Settings. *Journal of Behavioral Health Services and Research*, 44(4), 695-699. <https://doi.org/10.1007/s11414-015-9479-2>
- ▶ Dray, J., Bowman, J., Campbell, E., Freund, M., Wolfenden, L., Hodder, R. K., ... Wiggers, J. (2017). Systematic Review of Universal Resilience-Focused Interventions Targeting Child and Adolescent Mental Health in the School Setting. *Journal of the American Academy of Child and Adolescent Psychiatry*, 56(10), 813-824. <https://doi.org/10.1016/j.jaac.2017.07.780>
- ▶ Masten, A., & Barnes, A. (2018). Resilience in Children: Developmental Perspectives. *Children*, 5(7), 98. <https://doi.org/10.3390/children5070098>
- ▶ Pandey, A., Littlewood, K., Cooper, L., McCrae, J., Rosenthal, M., Day, A., & Hernandez, L. (2019). Connecting older grandmothers raising grandchildren with community resources improves family resiliency, social support, and caregiver self-efficacy. *Journal of Women and Aging*, 31(3), 269-283. <https://doi.org/10.1080/08952841.2018.1444940>

Links and Resources

- ▶ Barnes, A. J., Anthony, B. J., Karatekin, C., Lingras, K. A., Mercado, R., & Thompson, L. A. (2019). Identifying adverse childhood experiences in pediatrics to prevent chronic health conditions. *Pediatric Research*, (April). <https://doi.org/10.1038/s41390-019-0613-3>
- ▶ Felitti et al. (1998) Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults The Adverse Childhood Experiences (ACE) Study. *The American Journal of Preventative Medicine Vol 1 No. 4 1998*.
- ▶ Masten, A., & Barnes, A. (2018). Resilience in Children: Developmental Perspectives. *Children*, 5(7), 98. <https://doi.org/10.3390/children5070098>
- ▶ Traub, F., & Boynton-Jarrett, R. (2017). Modifiable resilience factors to childhood adversity for clinical pediatric practice. *Pediatrics*, 139(5). <https://doi.org/10.1542/peds.2016-2569>

QUESTIONS?

