Preventing Adverse Childhood Experiences (ACEs) in The Hispanic and Latinx Communities

• We will begin the webinar promptly at 2:00 PM (ET)
• Please post your questions by clicking the Q&A icon on your screen. We will answer questions at the end of the webinar, and we will try to answer as many as we possible.
• The webinar is being recorded and we will email all attendees once its ready. Also, a PDF copy of the presentation will be distributed at the same time. We will send an email to all attendees once these materials are ready. In order to view it, you must sign up (provided via link later) to our Juntos/PTTC list.
Preventing Adverse Childhood Experiences (ACEs) in The Hispanic and Latinx Communities

Presented by: Fabricia Prado, LCSW

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Disclaimer: The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions or policies of the National Latino Behavioral Health Association (NLBHA), the Center for Substance Abuse Prevention (CSAP), or the Substance Abuse and Mental Health Services Administration (SAMSHA).
Housekeeping

• The Recording and PPT Slide Deck
• All Lines Muted
• Q&A Session
  - Q&A Box
• Post-Training Evaluation
  - External Link
Our Mission

The Mission and Goal of The National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services, and improve the quality of services and treatment outcomes for Latino populations.
Our Objective is to provide national leadership on mental health and substance abuse concerns of the Latino community in five major areas of focus:

- Policy Issues in Mental Health and Substance Abuse
- Education and Workforce issues
- Mental Health and Substance Abuse Service Delivery
- Latino Focused Behavioral Health Research
- Latino Family Focused Interventions

National Latino Behavioral Health Association NLBHA
National Hispanic and Latino Prevention Technology Transfer Center

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Preventing Adverse Childhood Experiences (ACEs) in The Hispanic and Latinx Communities

Fabricia Prado, LCSW
ACE Interface Master Trainer
Preventing Adverse Childhood Experiences (ACEs) in The Hispanic and Latinx Communities

Presented by: Fabricia Prado, LCSW
Grounding Exercises for your wellbeing during and after this presentation

- **Butterfly Hug** (bilateral movement)
- **Feet on the Ground**
- **Pressure pillow**
- **Holding Neurovascular Points**

**SAFETY AND CHOICE**
How familiar are you with understanding what is Adverse Childhood Experiences (ACEs) and its overall impact on population health?

A. I have never heard of it or I have heard of it but don't know what ACEs are and/or their implications.
B. I have some idea about what ACEs are, but don't know about the implications.
C. I have a clear idea about what ACEs are and their implications but haven't used this knowledge in my daily work.
D. I can explain well what ACEs are and their implications, and I have incorporated this knowledge on my daily work.
Overview of Today’s Webinar

➢ What is the ACE Study
  - How ACEs impact population health
  - Traumatic experiences of immigration
  - ACEs among the Hispanic and Latinx children and families

➢ The neuro-biological effects of adversity on brain development

➢ Resilience and Self-Healing Communities
  - What communities can do to prevent ACEs and improve health and wellbeing across the lifespan.
The world breaks everyone, and afterward, some are strong at the broken places"

“El mundo rompe a todos, y después, algunos son fuertes en los lugares rotos”

Ernest Hemingway
Early Adversity Increases Physical, Mental, Behavioral Problems, Scientists Report

Centers for Disease Control & Prevention, Kaiser Permanente Study

Over 17,000 study participants

The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.

Dr. Robert Anda & Dr. Vincent Felitti
Investigators
# Adverse Childhood Experiences

**ARE COMMON**

<table>
<thead>
<tr>
<th>Household Dysfunction</th>
<th>Neglect</th>
<th>Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance Abuse</td>
<td>Emotional 15%</td>
<td>Emotional 11%</td>
</tr>
<tr>
<td>Parental Sep/Divorce</td>
<td>Physical 10%</td>
<td>Physical 28%</td>
</tr>
<tr>
<td>Mental Illness</td>
<td></td>
<td>Sexual 21%</td>
</tr>
<tr>
<td>Battered Mothers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Criminal Behavior</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Substance Abuse: 27%
- Parental Sep/Divorce: 23%
- Mental Illness: 17%
- Battered Mothers: 13%
- Criminal Behavior: 6%
- Emotional Neglect: 15%
- Physical Neglect: 10%
- Emotional Abuse: 11%
- Physical Abuse: 28%
- Sexual Abuse: 21%

**TOTAL 10 ACEs**
ACE Score = Number of ACE Categories

ACE Scores Reliably Predict Challenges During the Life Course
ACE Score and Health Problems

Dose-Response Relationship

% with Health Problems

High

0 ACE
1 ACE
2 ACEs
3 ACEs
4 ACEs
<5 ACEs

Low
ACEs & Alcohol Use Disorder and Marrying a Person with AUD

% Alcohol Related Problems

ACE Score
- 0
- 1
- 2
- 3
- 4 or more

Person with AUD

Married to a Person with AUD
### EXAMPLES OF ACE-ATTRIBUTABLE PROBLEMS

<table>
<thead>
<tr>
<th>Alcoholism &amp; Alcohol Abuse</th>
<th>Liver Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic Obstructive Pulmonary Disease</td>
<td>Mental Health Problems</td>
</tr>
<tr>
<td>Coronary Heart Disease</td>
<td>Obesity</td>
</tr>
<tr>
<td>Depression</td>
<td>Sexual Behavior Problems</td>
</tr>
<tr>
<td>Drug Abuse &amp; Illicit Drug Use</td>
<td>Smoking</td>
</tr>
<tr>
<td>Fetal Death</td>
<td>Unintended Pregnancy</td>
</tr>
<tr>
<td>Intimate Partner Violence</td>
<td>Violence</td>
</tr>
<tr>
<td></td>
<td>Workplace Problems</td>
</tr>
</tbody>
</table>
Additional Trauma for Hispanics and Latinx Children and Families

- Trauma experienced premigration, during migration and postmigration
- 29% of foreign-born adolescents and 34% of foreign-born parents experienced trauma during the migration process.¹
- Detention Centers at the Border
- Unstable Living Situations
- Acculturative stress ²
- Perceived discrimination and neighborhood disorders
- Conflicts with parents about acculturation

# ACEs and HS Seniors by Racial/Ethnic Differences

## Table 2 Prevalence of adverse childhood experiences (ACEs) reported by high school seniors

From: Adverse childhood experiences and mental health in young adults: a longitudinal survey

<table>
<thead>
<tr>
<th>ACE</th>
<th>Girls %</th>
<th>Boys %</th>
<th>White %</th>
<th>Black %</th>
<th>Hispanic %</th>
<th>Total %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents separated</td>
<td>27.9</td>
<td>27.0</td>
<td>28.0</td>
<td>29.0</td>
<td>29.3</td>
<td>27.5</td>
</tr>
<tr>
<td>Sent away from home</td>
<td>5.2</td>
<td>5.0</td>
<td>5.8</td>
<td>4.1</td>
<td>6.0</td>
<td>5.1</td>
</tr>
<tr>
<td>Parent unemployed</td>
<td>18.3</td>
<td>16.9</td>
<td>17.5</td>
<td>22.4</td>
<td>18.2</td>
<td>17.6</td>
</tr>
<tr>
<td>Parent drink/drug problem</td>
<td>15.8</td>
<td>12.4</td>
<td>16.8</td>
<td>11.4</td>
<td>13.1</td>
<td>14.2</td>
</tr>
<tr>
<td>Witnessed injury/murder</td>
<td>13.8</td>
<td>19.7</td>
<td>12.9</td>
<td>24.3</td>
<td>25.0</td>
<td>16.6</td>
</tr>
<tr>
<td>Sex abuse/assault</td>
<td>11.7</td>
<td>1.4</td>
<td>5.9</td>
<td>5.9</td>
<td>13.1</td>
<td>6.8</td>
</tr>
<tr>
<td>Physically assaulted</td>
<td>4.5</td>
<td>10.8</td>
<td>8.6</td>
<td>5.9</td>
<td>8.0</td>
<td>7.5</td>
</tr>
<tr>
<td>Physically abused</td>
<td>5.0</td>
<td>3.3</td>
<td>4.5</td>
<td>4.1</td>
<td>6.0</td>
<td>4.2</td>
</tr>
<tr>
<td>Seriously neglected</td>
<td>3.3</td>
<td>1.7</td>
<td>2.3</td>
<td>3.7</td>
<td>2.0</td>
<td>2.6</td>
</tr>
<tr>
<td>Threatened/captive</td>
<td>4.3</td>
<td>15.5</td>
<td>11.2</td>
<td>5.9</td>
<td>16.0</td>
<td>9.6</td>
</tr>
<tr>
<td>Total number</td>
<td>575</td>
<td>518</td>
<td>573</td>
<td>219</td>
<td>100</td>
<td>1093</td>
</tr>
</tbody>
</table>

Adverse Childhood Experiences and Substance Use Among Hispanic Emerging Adults

A. Cigarettes and binge drinking

B. Marijuana and hard drugs

True or False?

Children in Hispanic immigrant families living under the poverty line in the US have a higher prevalence of ACEs exposure in comparison to children in US-native families.

A. True
B. False
Memory of our experiences is stored in our body.
HUMAN NERVOUS SYSTEM

Nervous system ORCHESTRATES BODY FUNCTIONS & PERCEPTIONS

Neuroscience HELPS US UNDERSTAND WHY A C E s ARE SO POWERFUL

Brain
Spinal Cord
Peripheral Nerves
Single Nerve Cell

National Hispanic and Latino PTTC
Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

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SYNAPTIC DENSITY

At Birth  Elementary Age  Puberty

Single Neuron

© 2014
THE LIMBIC SYSTEM

vital for
LEARNING
MEMORY
REWARD
REINFORCEMENT

regulates
HORMONES
MOOD
HEARTBEAT
SEXUAL BEHAVIOR

FIGHT or FLIGHT

LIMBIC SYSTEM
STRESS
Interpretations Can Differ
set points in place by EARLY ADULTHOOD

At Birth

SYNAPTIC DENSITY

Elementary Age
Building Resilience

Attachment & Belonging

RELATIONSHIPS
with caring and competent
people are VITAL contributors to resilience & recovery

Cultural Respect and Continuity is Vital

Reclaiming cultural ways after a time of loss is a powerful driver of well-being. “One of the first things that has to be done is to ask the community what is important to the community.”

Duran & Duran, 1995

National Hispanic and Latino PTTC Prevention Technology Transfer Center Network Funded by Substance Abuse and Mental Health Services Administration
“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

*Ann Masten, 2009*
“Community is a living, spiritual entity, supported by every responsible adult.”

Gregory Cajete
Process for Supporting Self-Healing

**Expand Leadership**: engage people affected by ACEs

**Focus**: common language & common understanding

**Learning**: use learning communities to fuel innovation

**Results**: given all we know now, what legacy will we create?
Core Principles of Trauma-Informed Systems of Care

Safety

Trustworthiness

Choice – prioritizing choice and control
(people want choices and options; for people who have had control taken away, having choices makes a big difference)

Collaboration

Empowerment – prioritizing empowerment and skill-building
Updates from GA and other states:

❖ Enhancing multiple protective factors: Home-Visiting Programs; the Nurse Family Partnership Program

❖ Parent Training and Family Support Programs

❖ Workforce Education

❖ Some examples from Resilient Georgia

❖ Some examples from other states
How can we prevent child abuse and neglect?

References

ACE Interface Slides references by request

ACE Interface: https://www.aceinterface.com/


Additional Resources

- https://www.cdc.gov/violenceprevention/childabuseandneglect/aces
tudy/index.html
- https://www.cdc.gov/parents/essentials/
- https://www.gcapp.org/prevent-abuse
- https://developingchild.harvard.edu/science/key-concepts/toxic-
stress/
- https://www.thenationalcouncil.org/webinars/adverse-childhood-
experiences-implications-behavioral-health-wellness-prevention/
- https://www.childtrauma.org/
- https://www.nctsn.org/resources/informacion-en-espanol
Additional Resources

Resilient Georgia: https://www.resilientga.org/

Connections Matter Georgia: http://cmgeorgia.org/

GSU Mental Health First Aid for Children and Adults: https://disability.publichealth.gsu.edu/youth-mental-health-first-aid/

Mental Health America of Georgia: https://www.mhageorgia.org/

Education and Training:
GSU Community Trainings and For School Professionals: https://peprogram.gsu.edu/programs/child-welfare-training-collaborative/
Questions?
For more information and **FREE** training and technical assistance you can reach us at:

[PTTCnetwork.org/hispaniclatino](http://PTTCnetwork.org/hispaniclatino)
[www.nlbha.org](http://www.nlbha.org)

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Thank you for attending our presentation.
Gracias por atender nuestra presentación.
Obrigado por participar desta apresentação.