

ACE Talk with Family and Friends

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Acknowledgement

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

The opinions expressed herein are the view of PTTC Network and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

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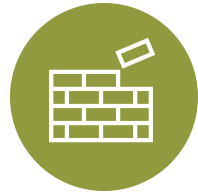
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Learning Objectives



Explain how to discuss ACEs with family and friends



Identify strategies to prevent ACEs and build resilience in families and communities



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Our Roadmap Today

- ✓ Introductions
- ✓ Overview
- ✓ ACEs awareness
- ✓ Positive Childhood Experiences
- ✓ Preparation and conversation tools
- ✓ Examples
- ✓ Evaluation



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The Case for ACEs Prevention

- ACEs disrupt neurodevelopment increasing risk factors for **major** causes of disease, disability, social problems, and early death.
- ACEs affect families and communities
- ACEs are a serious public health issue
- ACEs are preventable!
- What else?



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ACEs are Common, Interrelated, Powerful



High ACE Scores
in Population

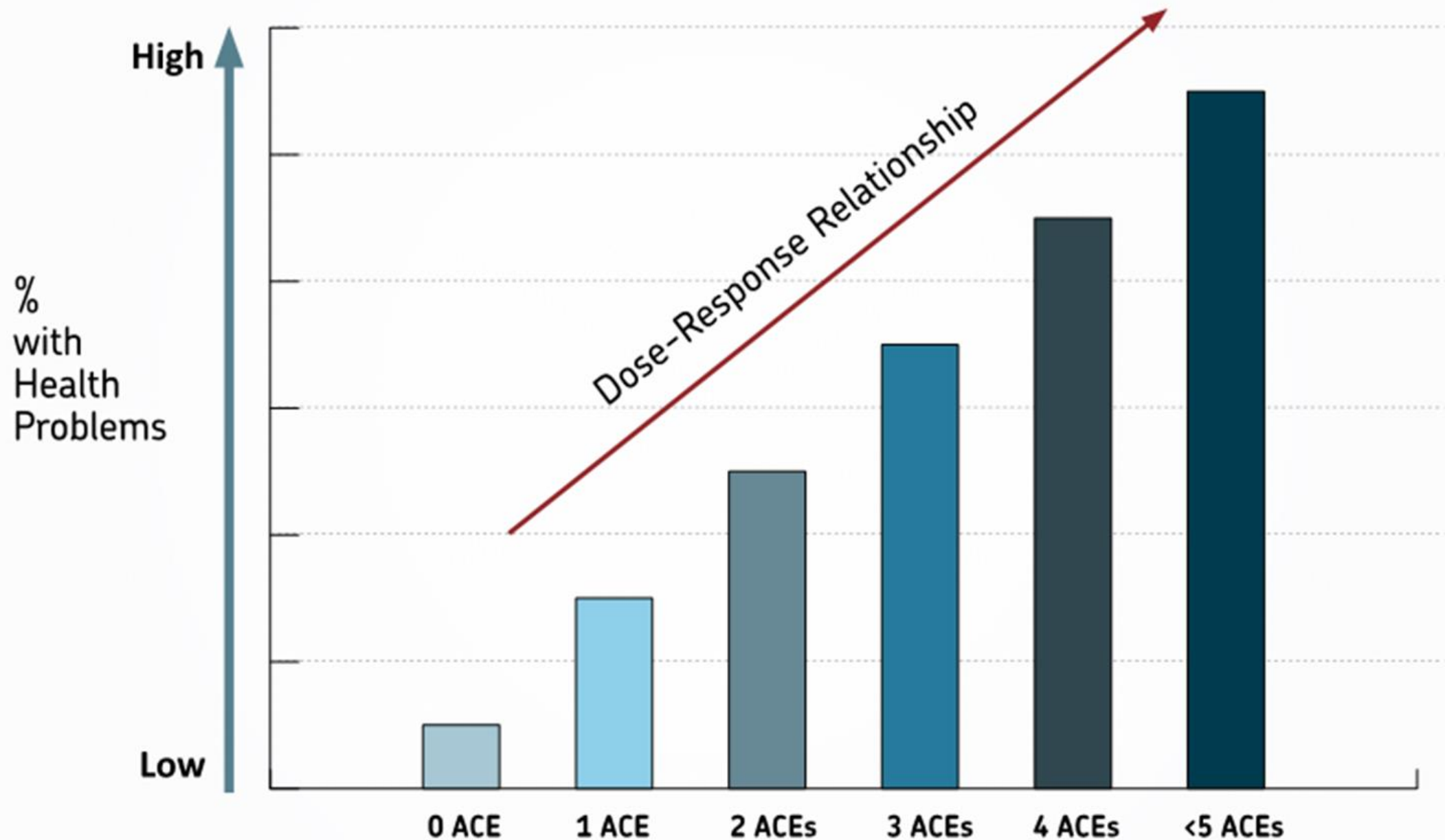


Increased Risk of Multiple
Health and Social Problems

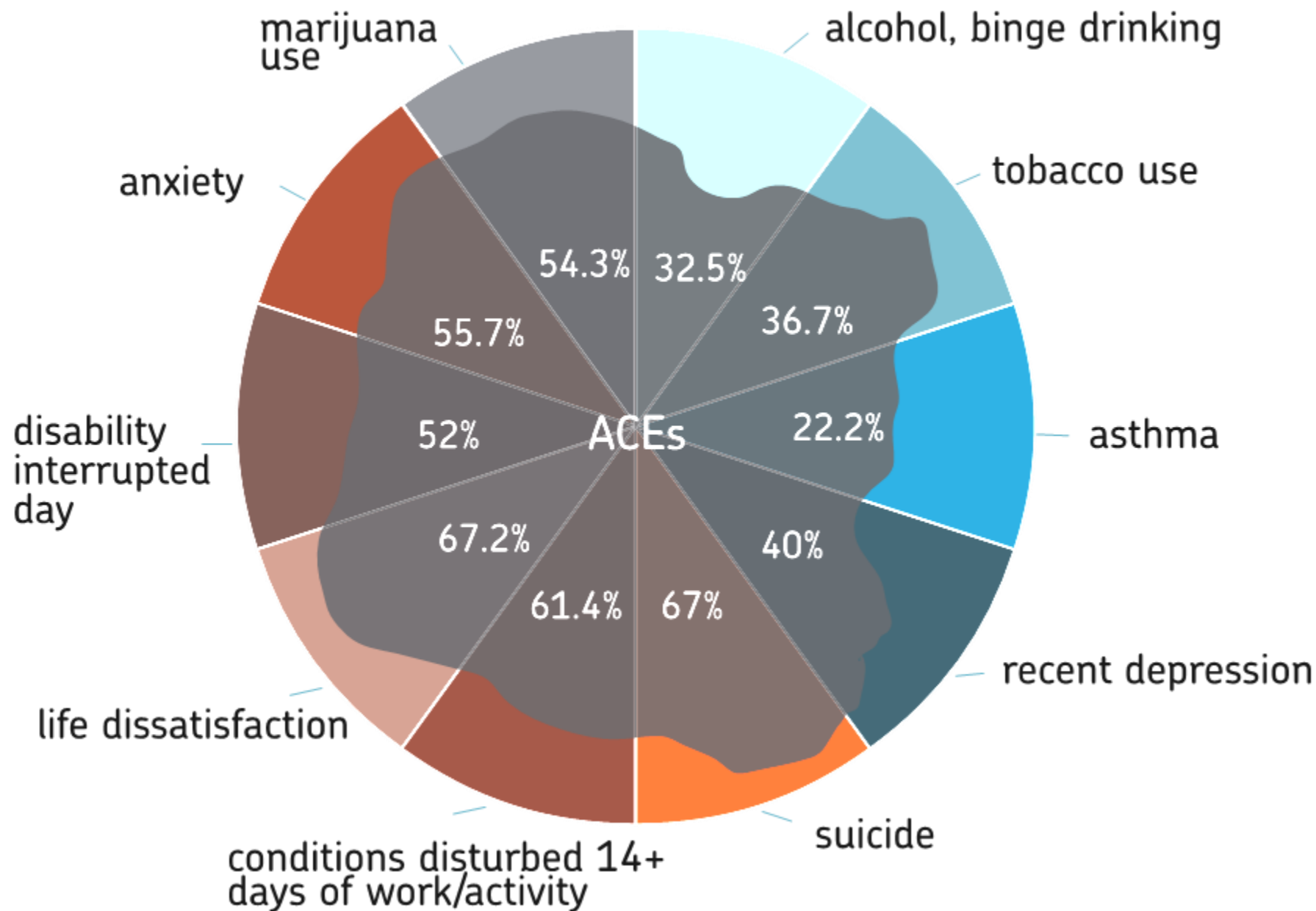


Intergenerational
Transmission of ACEs

ACE Score and Health Problems



Population Attributable Risk



Controls: gender, age, income, education, race-ethnicity

ACEs Are Not Destiny

People affected by ACEs are becoming the leaders of
Self-Healing Communities



Resilience and Positive Childhood Experiences

- » Resilience: the process of adaptation in the face of adversity, trauma, tragedy, threats, or significant sources of stress. Resilience is built over time just like the brain architecture.
- » Positive Childhood Experiences (PCEs) are experiences in childhood that build a child's sense of belongingness, connection, and support

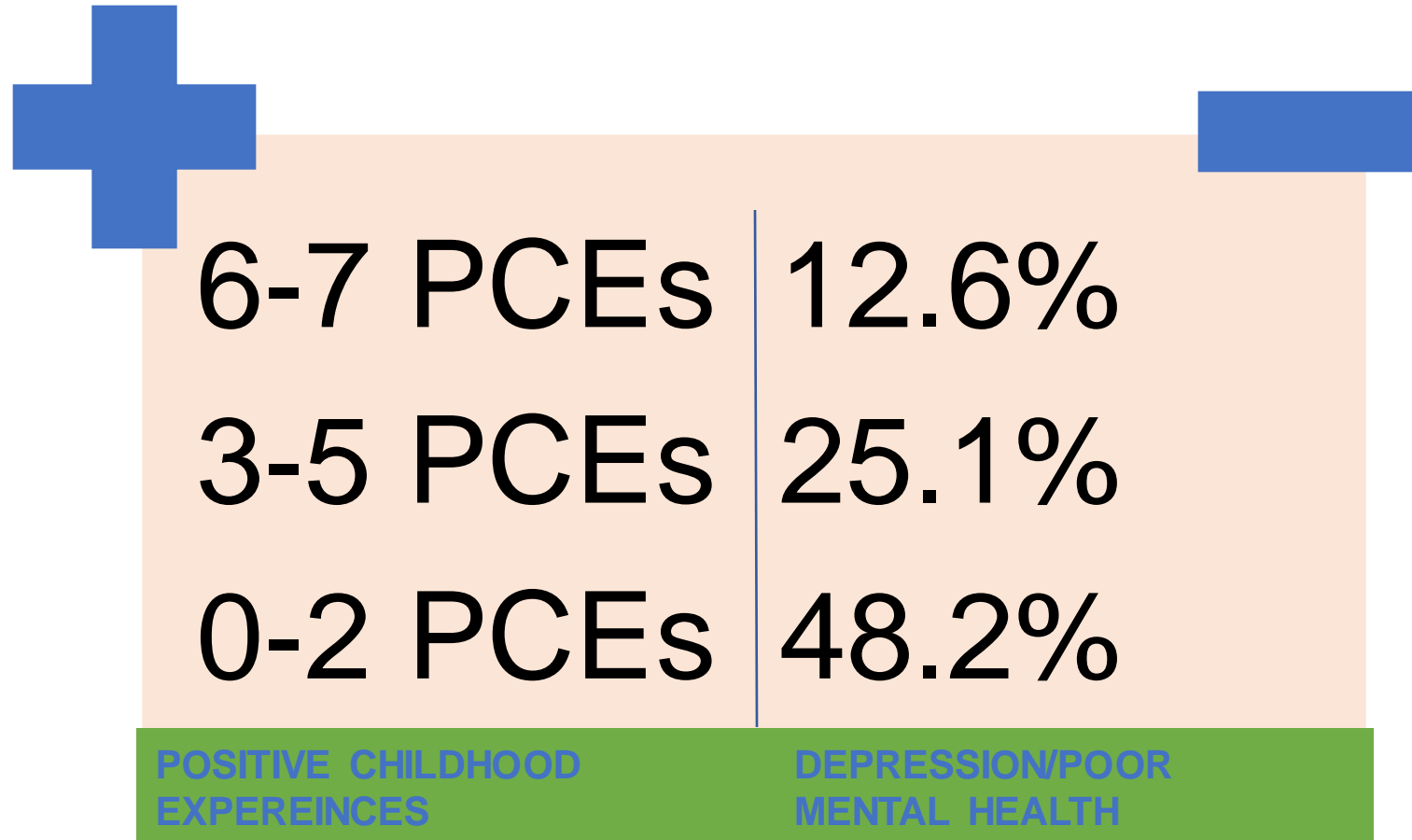
Positive Childhood Experience



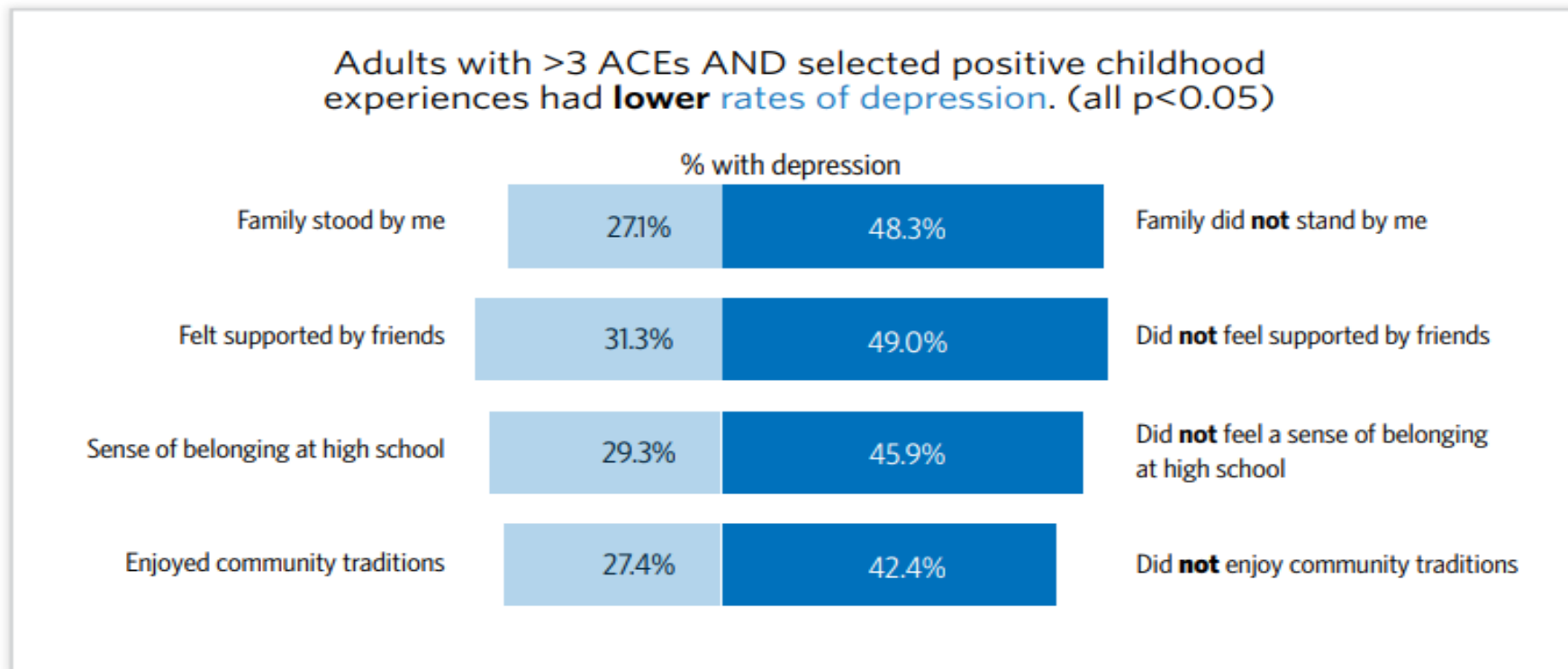
Before the age of 18...

1. Felt able to talk to their family about feelings;
2. Felt their family stood by them during difficult times
3. Enjoyed participating in community traditions;
4. Felt a sense of belonging in high school (not including those who did not attend school or were home schooled);
5. Felt supported by friends;
6. Had at least 2 nonparent adults who took genuine interest in them; and
7. Felt safe and protected by an adult in their home.

The Effects of PCEs on Depression/Poor Mental Health



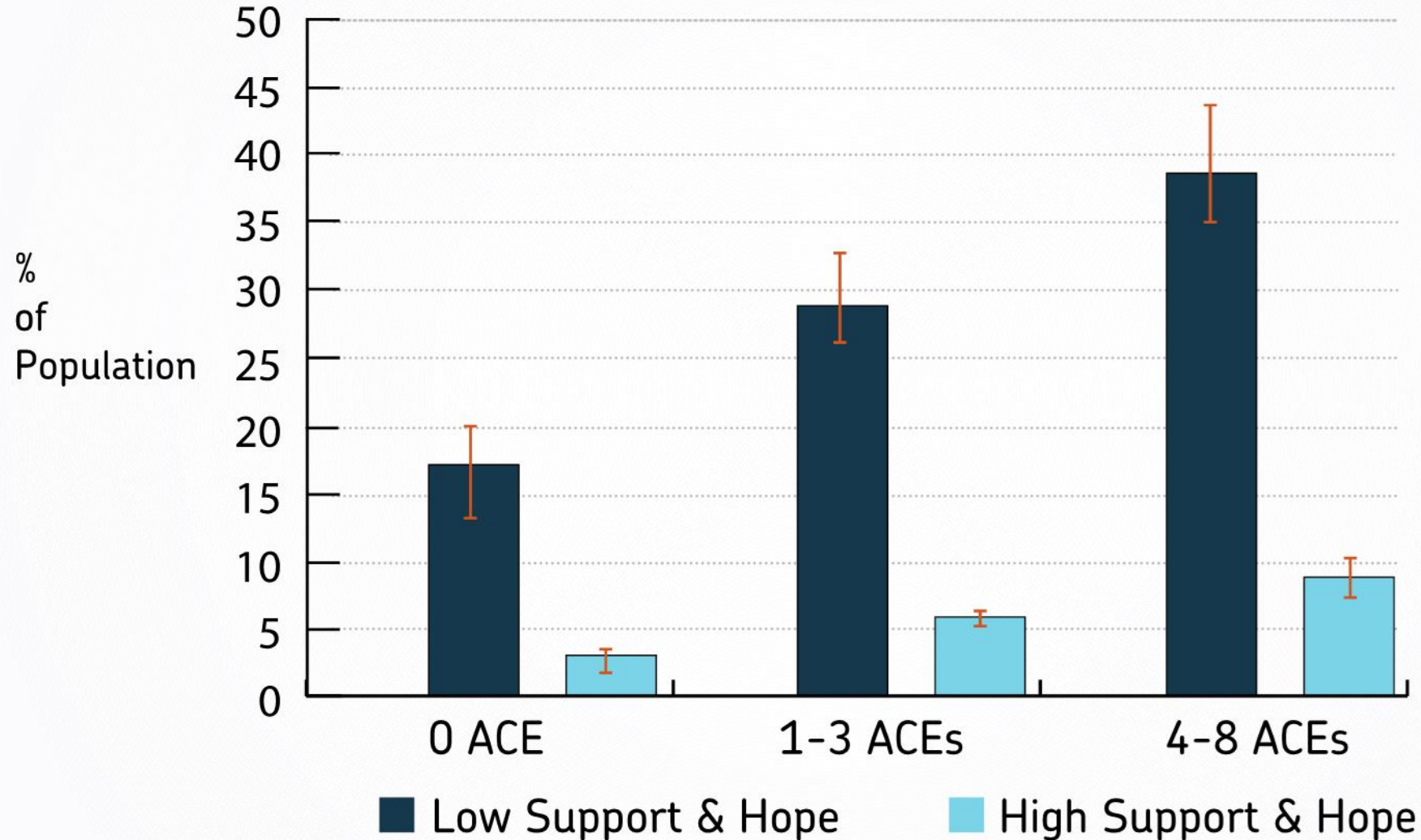
Factors that Moderate the Effects of More than 3 ACEs on Adult Depression



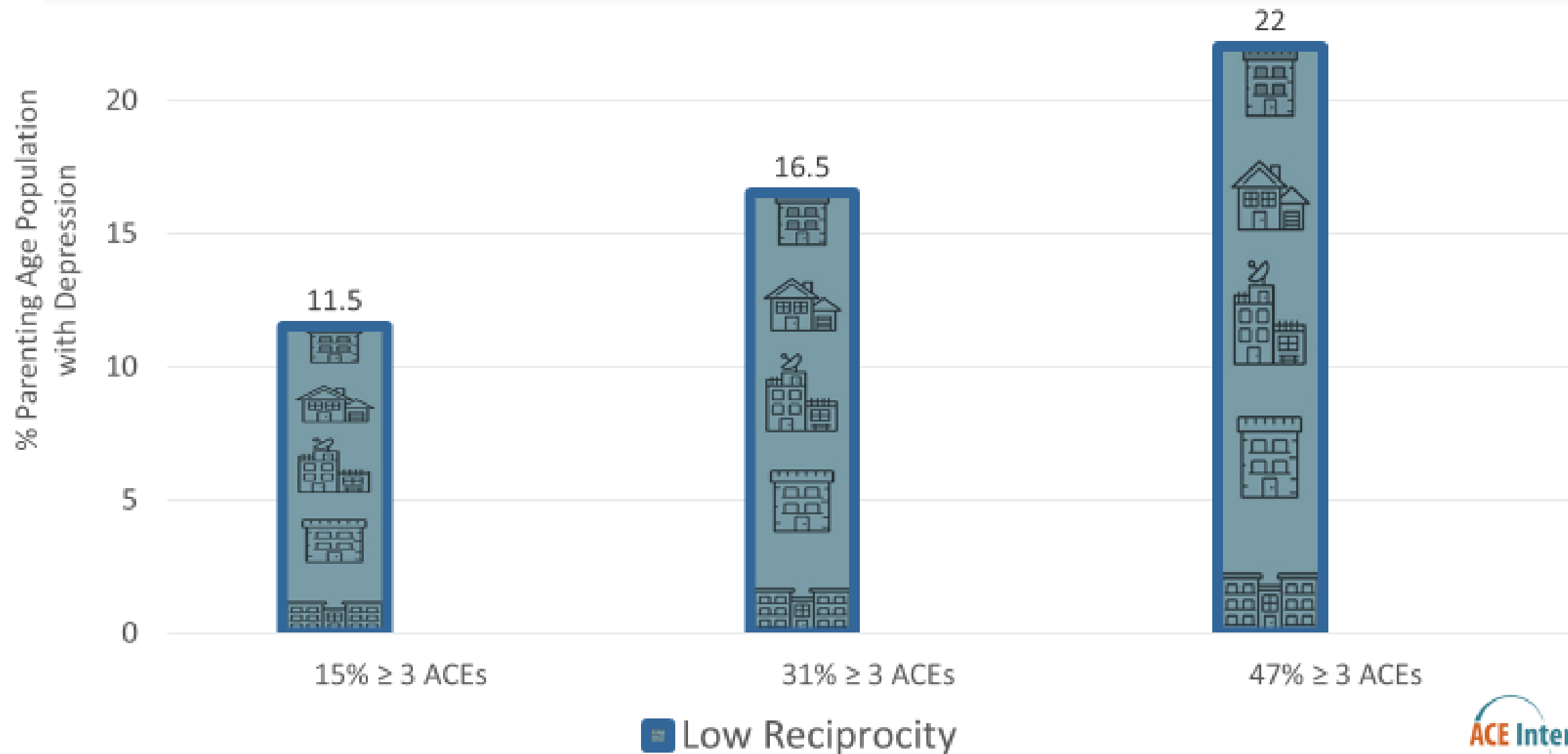
Source: Jones, J., Bethell, C.D., Linkenbach, J. & Sege, R. (2017). Health effects of ACEs mitigated by positive childhood experiences.(manuscript in preparation).¹⁴

Mental Health & Support

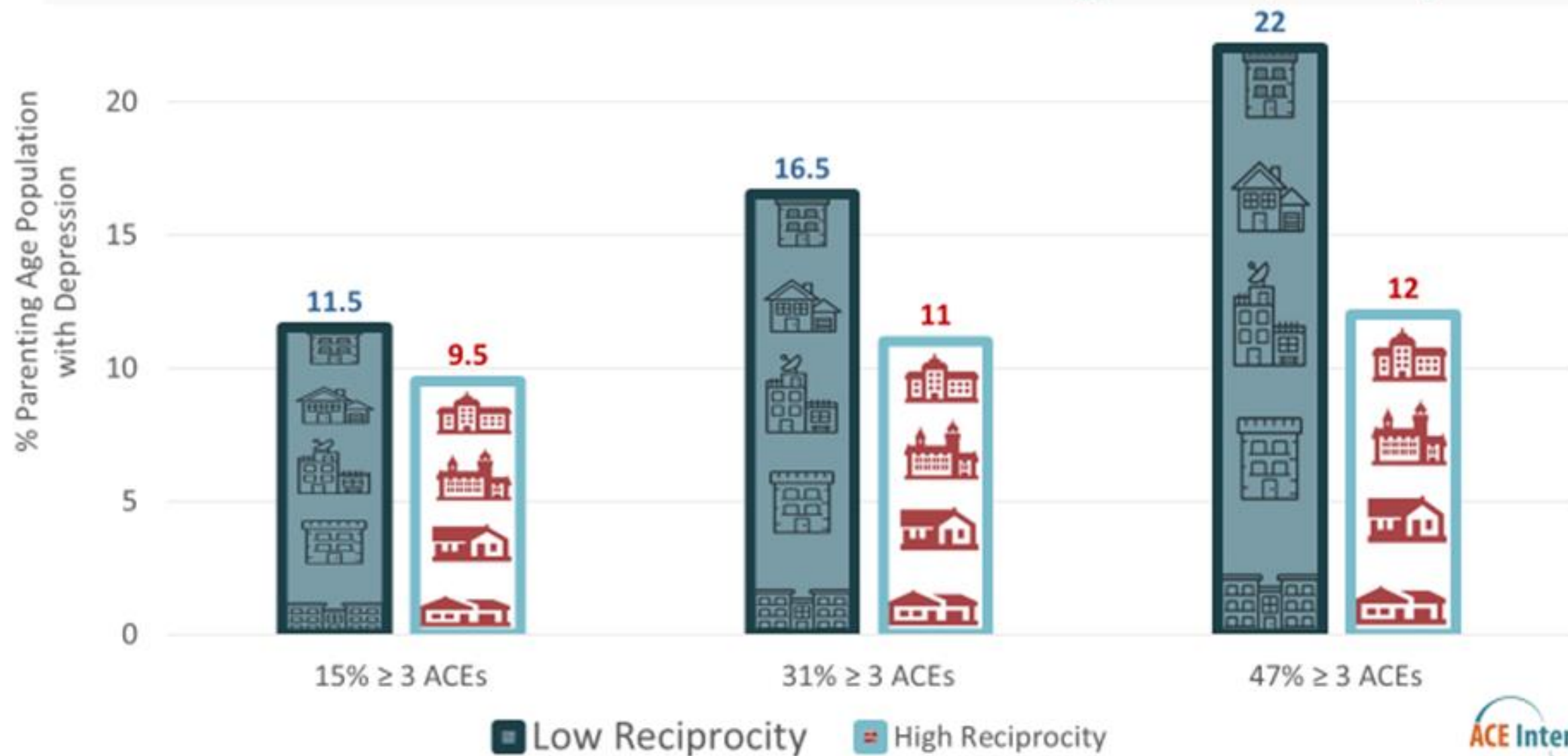
Poor Mental Health More Than Half Last Month With High Support & Hope



Parental Depression in Communities with Variable ACE Prevalence & Low Reciprocity



Parental Depression in Communities with Variable ACE Prevalence & High Reciprocity



Let's Talk PACEs Preparation Tools

- » The ACEs questionnaire
- » The Resilience questionnaire
- » Ten Protective Experiences Children need to Prevent Risk and Promote Resilience
- » Fact Sheets, Technical Packages, Videos, Infographics and more



The ACEs Questionnaire De-Identified/Identified

Adverse Childhood Experience Questionnaire for Adults

California Surgeon General's Clinical Advisory Committee



Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

Instructions: Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please add up the number of categories of ACEs you experienced prior to your 18th birthday and put the total number at the bottom. (You do not need to indicate which categories apply to you, only the total number of categories that apply.)

Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?

Did you lose a parent through divorce, abandonment, death, or other reason?

Did you live with anyone who was depressed, mentally ill, or attempted suicide?

Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?



Handout: ACE Talk with Family and Friends

The Resilience Questionnaire

RESILIENCE Questionnaire



| Please mark the answer that is the most accurate for each statement. | Definitely True | Probably True | Not Sure | Probably Not True | Definitely Not True |
|--|-----------------|---------------|----------|-------------------|---------------------|
| 1. I believe that my mother loved me when I was little. | | | | | |
| 2. I believe that my father loved me when I was little. | | | | | |
| 3. When I was little, other people helped my mother and father take care of me and they seemed to love me. | | | | | |
| 4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too. | | | | | |
| 5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried. | | | | | |
| 6. When I was a child, neighbors or my friends' parents seemed to like me. | | | | | |
| 7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me. | | | | | |
| 8. Someone in my family cared about how I was doing in school. | | | | | |
| 9. My family, neighbors and friends talked often about making our lives better. | | | | | |
| 10. We had rules in our house and were expected to | | | | | |



Handout: ACE Talk with Family and Friends

Ten protective experiences children need to prevent risk and promote resilience



Fact Sheets, Technical Packages, Videos, Infographics and More...

We Can Prevent Childhood Adversity

The Science of Adverse Childhood Experiences (ACEs) Shows Who Can Improve People's Lives and Help Them Thrive

What Are Adverse Childhood Experiences?
Adverse childhood experiences, or ACEs, mean potentially traumatic events in childhood (0-17 years) such as neglect and experiencing or witnessing violence. ACEs can negatively impact physical, mental, emotional, and behavioral development.

Types of ACEs

- ABUSE:** Emotional, Physical, Sexual
- NEGLECT:** Emotional, Physical
- OTHER ADVERSITY:** Family member with mental illness, Substance use, Divorce or separation, Household challenges, Incarceration, Family member with substance use, Domestic violence, Parental mental illness

Some Groups Are More Likely to Have Experienced ACEs
Multiple studies show that people who identified as members of these groups as adults reported experiencing significantly more ACEs.

- People who were in foster care
- People who were in the military
- People who were in the juvenile justice system
- People who were in the child welfare system
- People who were in the child protective system
- People who were in the child abuse and neglect system

Many People Report ACEs
According to data collected from more than 144,000 adults across 29 states between 2015 and 2017, 61% reported experiencing AT LEAST ONE type of ACE, and 16% reported experiencing FOUR OR MORE types of ACEs.

ACEs Can Accumulate and Their Effects Last Beyond Childhood
The effects of ACEs can add up over time and affect a person's overall health. ACEs can also have lasting effects on health, well-being, and personal and behavioral development.

ACEs Can Echo Across Generations
The transmission of ACEs can be passed down from one generation to the next if children don't have protective buffers like positive childhood experiences.

ACEs Can Increase Risk for Disease, Early Death, and Poor Social Outcomes
Research shows that experiencing a higher number of ACEs is associated with more risk for leading causes of death, the burden of disease, and chronic health conditions.

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We Can Create Positive Childhood Experiences

- Teach healthy relationship skills
- Connect youth with activities and caring adults
- Intervene to lessen immediate and long-term harm

Positive Childhood Experiences Improve the Economy
The primary prevention of ACEs - lowering ACEs before they start - would benefit the economy and reduce pressures on healthcare systems. ACE-related direct costs for all estimated \$748 billion in healthcare costs in North America each year. A 10% reduction in ACEs could equate to an annual savings of \$14 billion.

Healthy childhoods start now.
Investing in early childhood experiences, interventions, and programs can help reduce the risk of ACEs and improve long-term health and well-being.

What Could Happen if We Prevent ACEs?

- 15% reduction in the number of adults with depression
- 16% reduction in the number of adults with anxiety
- 24-27% reduction in the number of adults with COPD
- 33% reduction in the number of adults with heart disease
- 44% reduction in the number of adults with diabetes

Learn how you can help: www.violence-cdc.gov/apps/aces-training

My Positive Childhood Experiences | Tree

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MY FAMILY ACES

- Grandparent(s) 1920's
- Parent(s) 1950's
- Me/Sibling(s) (70's - 80's)
- Uncle(s)
- Aunt(s)
- Nieces/Nephews
- Cousin(s)
- My Child(ren)

What a world without Adverse Childhood Experiences (ACEs) would be:
A world without Adverse Childhood Experiences (ACEs) would be a world filled with compassionate people.
A world with 1 in 6 people having four or more ACEs is a world filled with people who need to meet a compassionate person.

CLIMATE CRISIS: Record Heat & Droughts, Wildfires & Smoke, Record Storms, Flooding & Mudslides, Sea Level Rise

NATURAL DISASTERS: Hurricanes & Tsunamis, Volcano Eruptions, Earthquakes

Adverse Childhood Experiences (ACEs)

Definition
"ACEs" stands for Adverse Childhood Experiences. The term ACEs is used to describe experiences that occur before the age of 18.
3 out of 5 Georgians have experienced at least 1 ACE. This can lead to:
• difficulties in school
• poor health outcomes
• economic instability

Examples of ACEs include:

- HOUSEHOLD**
 - Divorce
 - Incarcerated Family Member
 - Homelessness
 - Physical and Emotional Neglect
 - Parental Mental Illness
 - Alcoholism and Drug Abuse
 - Bullying
 - Domestic Violence
 - Maternal Depression
 - Emotional and Sexual Abuse
- COMMUNITY**
 - Community Violence
 - Poor Water and Air Quality
 - Poverty
 - Poor Housing Quality and Affordability
 - Systemic Racism
 - Genocide
 - Mass Incarceration
 - Under-Resourced Schools
- ENVIRONMENT**
 - CLIMATE CRISIS
 - NATURAL DISASTERS

3 Realms of ACEs
According to the CDC, ACEs have been linked to risky health behaviors, chronic health conditions, low life potential, and even early death.

9.5% of GA children had a guardian with substance abuse.


10% of GA children had a parent serve jail time in 2017-18.

30% of GA kids live in housing that is more than 30% the household income.

21% of GA children live in poverty.

Source: Georgia Essentials for Childhood

How to engage
people most affected
by ACEs in hope-filled
talk and action!



Adverse Childhood Experiences

**How Knowing
About ACEs HELPS**


Dr. Burke Harris describes one woman's
reaction to learning about ACEs :

"These are tears of pure, unadulterated
joy." "Why joy?" ... "Because I understand
now why I am this way. I understand why
my siblings are this way. I understand why
my mother raised us the way she did. I
understand that I can break this cycle for
my children and I understand that I'm not
a victim, I'm a survivor." p. 178

Nadine Burke Harris, MD The Deepest Well p 178

Educate Your Doctor

Free Downloadable ACEs Fact Sheet

 Veronique Mead, MD, MA
Chronic Illness Trauma Studies.com



Use Motivational Interviewing Techniques for the ACEs Talk

- » Open Ended Questions
- » Affirmations
- » Reflective Listening
- » Summary Reflections
- » * Validation

Using Informational Material as Conversation Starters

Informational material provides others with relevant knowledge of their specific concerns, or life challenges.

Vitalsigns[™] CDC
Adverse Childhood Experiences (ACEs)
Preventing early trauma to improve adult health

#vitalsigns
NOV. 2019

Want to learn more?
www.cdc.gov/vitalsigns/aces

| | | |
|--|--|--|
| 1 in 6 1 in 6 adults experienced four or more types of ACEs. | 5 of 10 At least 5 of the top 10 leading causes of death are associated with ACEs. | 44% Preventing ACEs could reduce the number of adults with depression by as much as 44%. |
|--|--|--|


Overview:
Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented.

Preventing ACEs can help children and adults thrive and potentially:

- Lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood.
- Reduce risky behaviors like smoking, and heavy drinking.
- Improve education and job potential.
- Stop ACEs from being passed from one generation to the next.

PROBLEM:
Adverse Childhood Experiences impact lifelong health and opportunities.
ACEs are common and the effects can add up over time.

- 61% of adults had at least one ACE and 16% had 4 or more types of ACEs.
- Females and several racial/ethnic minority groups were at greater risk for experiencing 4 or more ACEs.
- Many people do not realize that exposure to ACEs is associated with increased risk for health problems across the lifespan.


Centers for Disease Control and Prevention
National Center for Injury Prevention and Control



TIPs: How to Introduce the ACEs Talk

Troubleshooting

S = Situation

T = Thoughts relating to the situation

C = Physical reactions, feelings, and behavior that are a consequence of S and T



Example

aces aware
SCREEN. TREAT. HEAL.

Healing from Toxic Stress

with Dr. Nadine
Burke Harris



Let's hear from you!
What are your questions?



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For further questions, contact:

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ACE Interface: The Adverse Childhood Experiences Study <https://www.aceinterface.com/>

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Felitti, Anda, Nordenberg, Williamson, Edwards, Koss, & Marks. (1998), Screening Tools Overview <https://www.acesaware.org/wp-content/uploads/2020/05/Provider-Toolkit-Screening-Tools-Overview.pdf>

Karatekin & Hill. (2019), Expanded Adverse Childhood Experiences Questionnaire. <https://acestoohigh.com/got-your-ace-score/>

Miller-Karas, E. (2023). Building Resilience to Trauma (2nd ed.). Taylor & Francis. <https://www.taylorfrancis.com/books/edit/10.4324/9781003140887/building-resilience-trauma-elaine-miller-karas>



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Morris, A.S., Hays-Grudo, J., Zapata, M.I. et al. Adverse and Protective Childhood Experiences and Parenting Attitudes: the Role of Cumulative Protection in Understanding Resilience. *ADV RES SCI* (2021). <https://doi.org/10.1007/s42844-021-00036-8>

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Additional Resources

ACEs Questionnaire Provider Tool Kit: <https://www.acesaware.org/wp-content/uploads/2020/05/Provider-Toolkit-Screening-Tools-Overview.pdf>

Centers for Disease Control and Prevention, ACE Study. <https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/index.html>

Centers for Disease Control and Prevention, Parent Essentials (2023), <https://www.cdc.gov/parents/essentials>

Center on the Developing Child at Harvard University, (2020), Toxic Stress, <https://developingchild.harvard.edu/science/key-concepts/toxic-stress>

Child Trauma Academy, <https://www.childtrauma.org/>

Georgia Campaign for Adolescent Power & Potential, (2022), GCAPP, <https://www.gcapp.org/prevent-abuse>

Lincoln Alternative High School – A New Lens: Trauma-informed education <https://acestoohigh.com/2012/04/23/lincoln-highschool-in-walla-walla-wa-tries-new-approach-to-school-discipline-expulsions-drop-85/>

National Council for Mental Wellbeing, Events Archive, <https://www.thenationalcouncil.org/webinars/adverse-childhood-experiences-implications-behavioral-health-wellness-prevention/>



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Additional Resources

Nadine Burke Harris: How childhood trauma affects health across a lifetime | TED Talk, https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

Paper Tigers movie - <http://kpjrfilms.co/paper-tigers/>

Resilient Georgia, Resources, <https://www.resilientga.org/resources>

Resilience Movie: <https://kpjrfilms.co/resilience/>



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Additional Resources

Conversation Starters:

Resources/Adverse Childhood Experiences, Resilient Georgia Website, <https://www.resilientga.org/avderse-childhood-experiences>

We Can Prevent Childhood Adversity, Violence Prevention, Injury Center, Centers for Disease Control and Prevention, (2022)

<https://www.cdc.gov/violenceprevention/communicationresources/infographics/preventchildhoodadversity.html>

My positive childhood experiences tree, PACEs

Connection, <https://www.pacesconnection.com/blog/my-positive-childhood-experiences-tree>

CDC Technical Packages: Technical Packages for Violence Prevention |Violence Prevention, Injury Center, CDC <https://www.cdc.gov/violenceprevention/communicationresources/pub/technical-packages.html>

Adverse Childhood Experiences (ACEs), Centers for Disease Control and Prevention

<https://www.cdc.gov/vitalsigns/aces/pdf/vs-1105-aces-H.pdf>