

Using Aces Data to Inform Prevention Interventions and Measure Impact

Presented By:

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1:00pm-2:30pm CDT

A Two-Part Series

Exploring the Impact of Trauma and Adverse Childhood Experiences on Substance Misuse and Substance Use Disorder Prevention Efforts

Today, we'll look at why understanding trauma is important for prevention professionals.

Brought To You By:



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January 2021

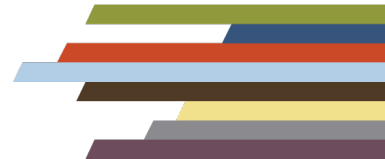
The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The P TTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



Thank You for Joining Us!

A few housekeeping items:

- If you are having technical issues, please individually message Kristina Spannbauer or Stephanie Behlman in the chat section and they will be happy to assist you.
- We will be using automated transcription during the webinar today
- Please put any questions for the speaker or comments in the Q & A section, also at the bottom of the screen. We will respond to questions during the presentation.
- Certificates of attendance will be sent out to all who attended the full session. They will take about 2 weeks.

Thank You for Joining Us!

A few more housekeeping items:

- You will be directed to a link at the end of the presentation to a very short survey – we would really appreciate it if you could fill it out. It takes about 3 minutes.
- We are recording this session and it will be available on our website in a couple of weeks.

A close-up photograph of several social media icons on white keyboard keys. The icons include Pinterest (red circle with white 'P'), Snapchat (yellow square with white ghost), Instagram (purple-to-orange gradient square with white camera outline), Facebook (blue square with white 'f'), and Twitter (blue bird silhouette). The keys are arranged in a grid, and the background is a light gray surface.

Follow Us On Social Media!

Facebook and Twitter:

- @GreatLakesATTC
- @GMhttc
- @GLPTTC

Today's Trainer

Dodi Swope
M.Ed LMFT



Learning Objectives

- Understand the “dose-response” relationship between adverse childhood experiences and poor outcomes including chronic disease, mental illness and substance use disorders later in life.
- Explore how community level prevention professionals might integrate ACEs data into prevention planning and implementation.
- Identify at least one strategy for utilizing ACEs data to measure the impact of your prevention

What is the ACE Study?

01/12/14

NEWS

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



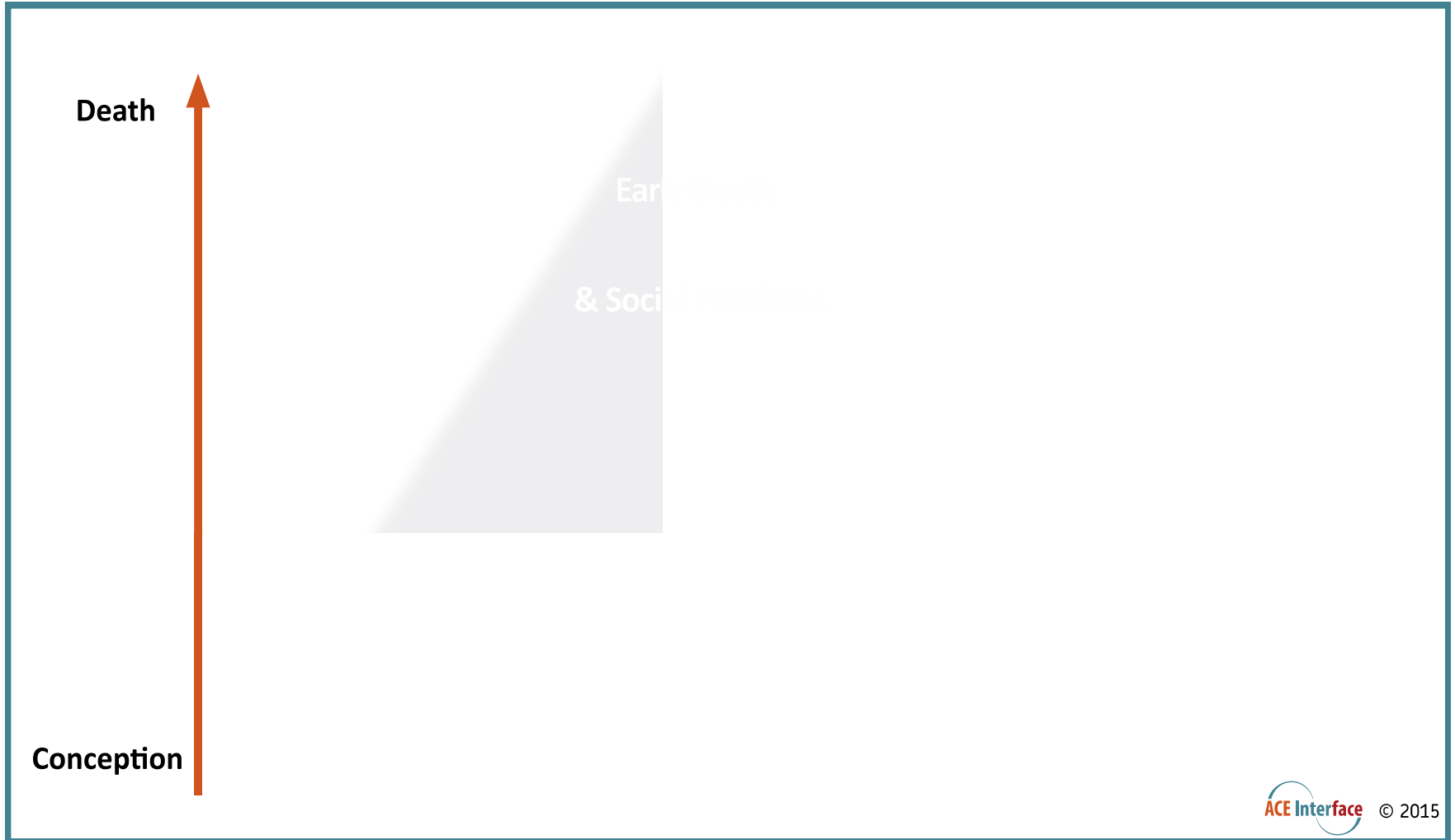
Dr. Robert Anda & Dr. Vincent Felitti
Investigators

Centers for Disease Control & Prevention,
Kaiser Permanente Study

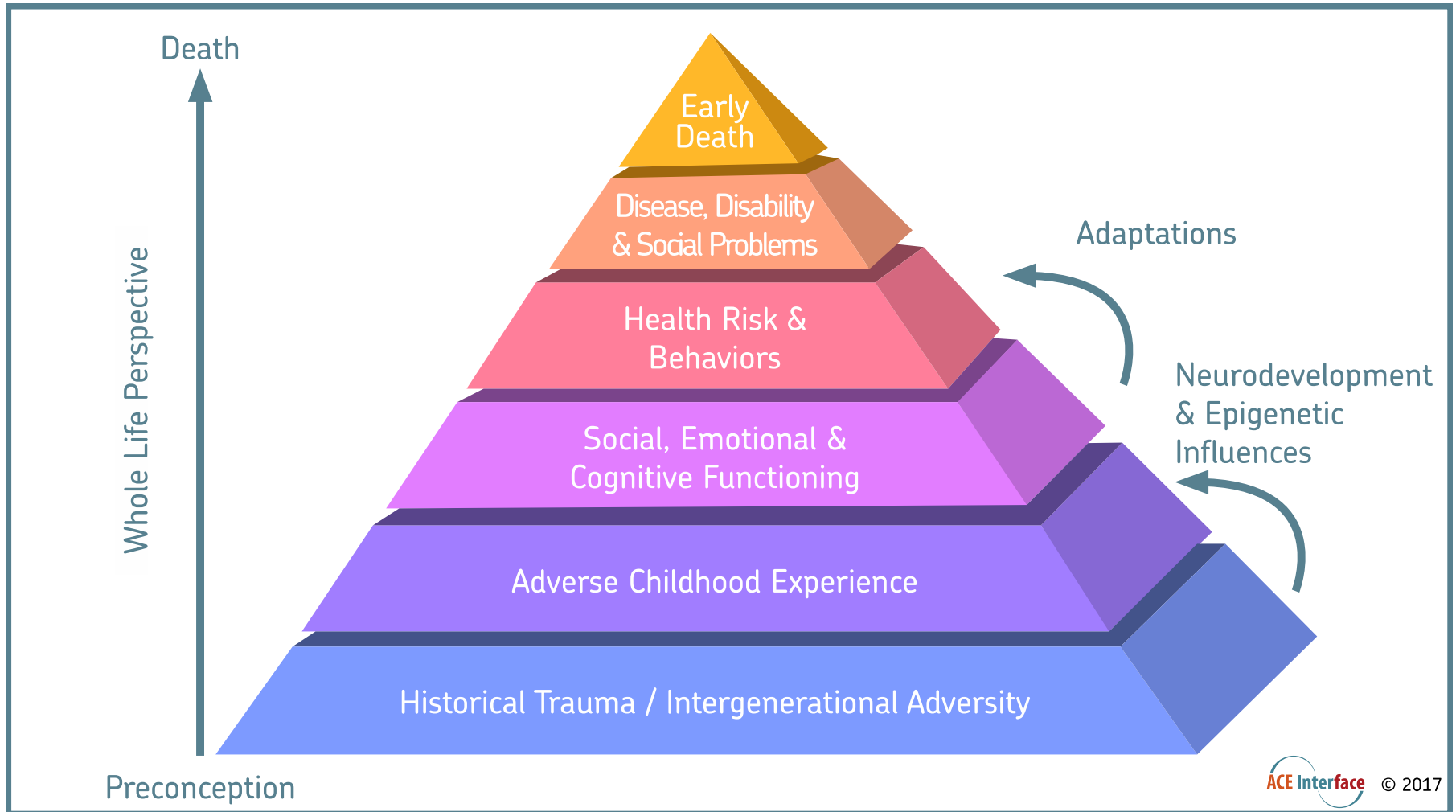
Over 17,000 study participants

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

The Original ACE Pyramid



A Deeper Understanding



What Are ACEs?

Household Dysfunction	Neglect	Abuse
Substance Misuse/SUD	Emotional	Emotional
Parental Separation or Divorce	Physical	Physical
Mental Illness		Sexual
Battered Mothers		
Criminal Behavior		

Adverse Childhood Experiences **ARE COMMON**

Household Dysfunction

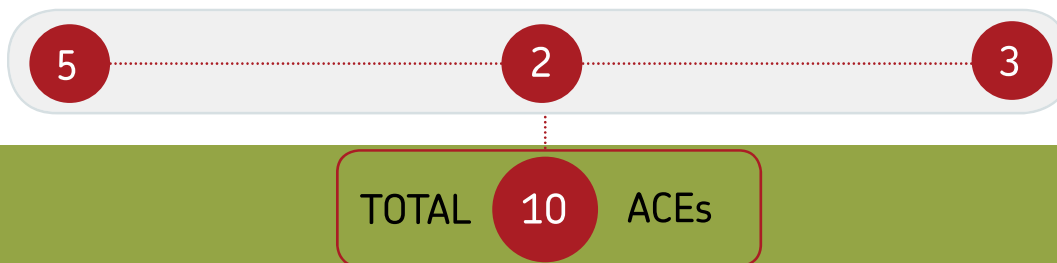
Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect

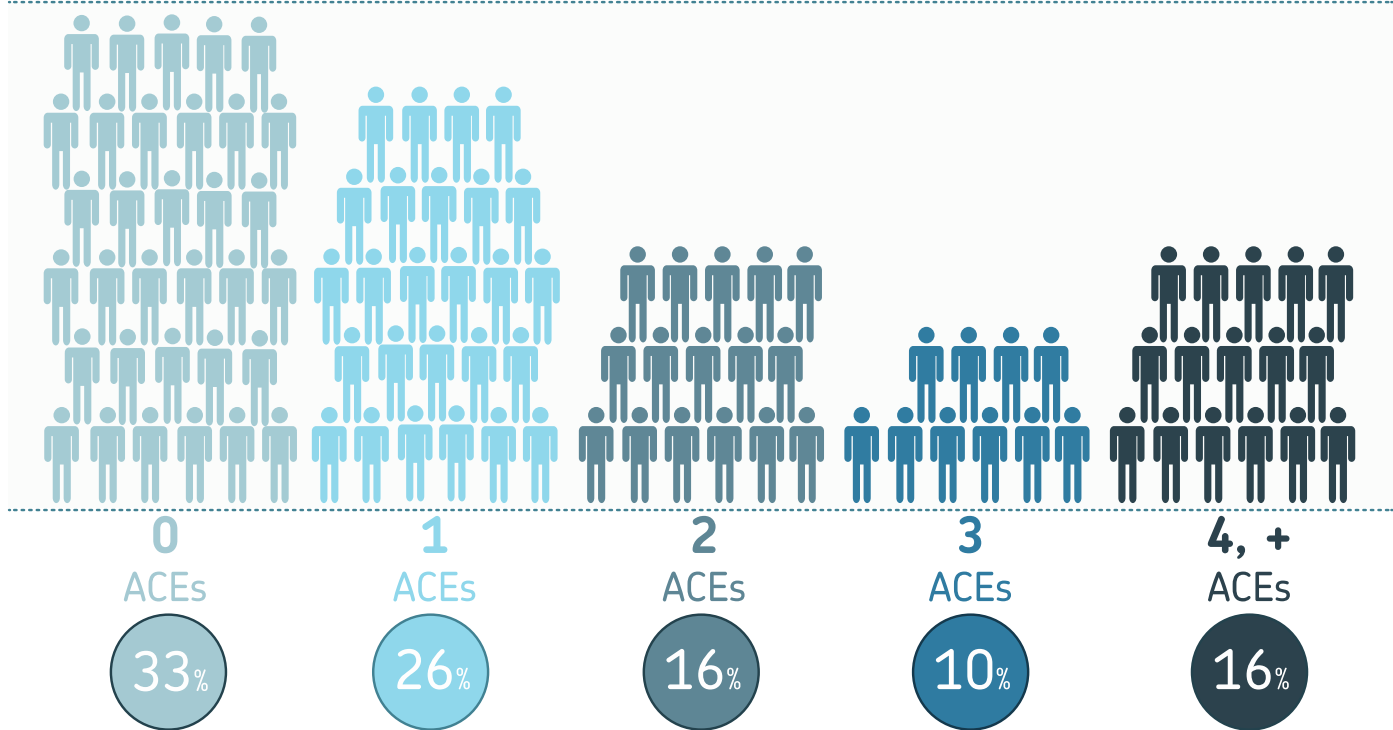
Emotional	15%
Physical	10%

Abuse

Emotional	11%
Physical	28%
Sexual	21%

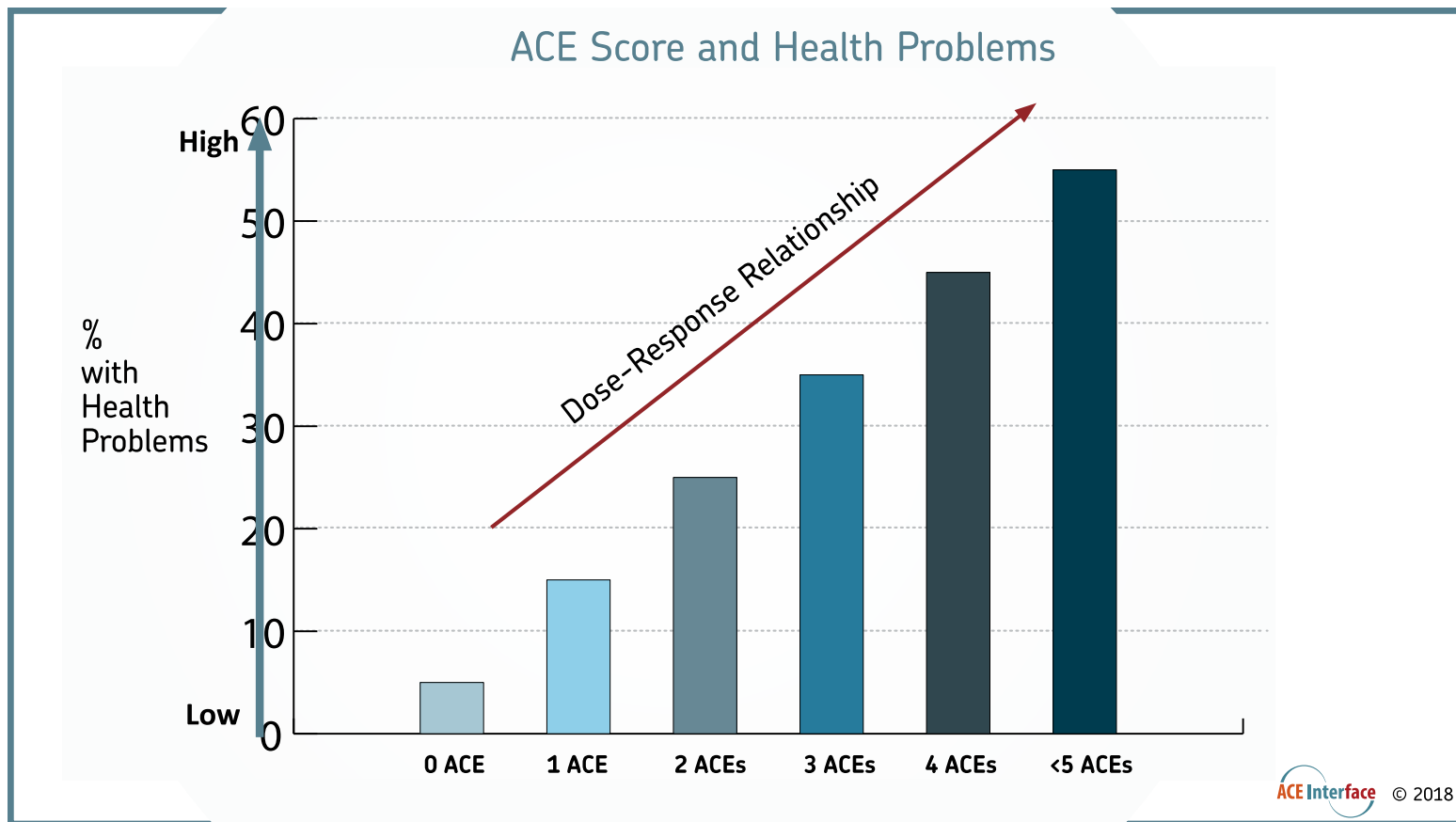


ACE Score = Number of ACE Categories



ACE Scores Reliably Predict Challenges During the Life Course

A Dose Response Relationship

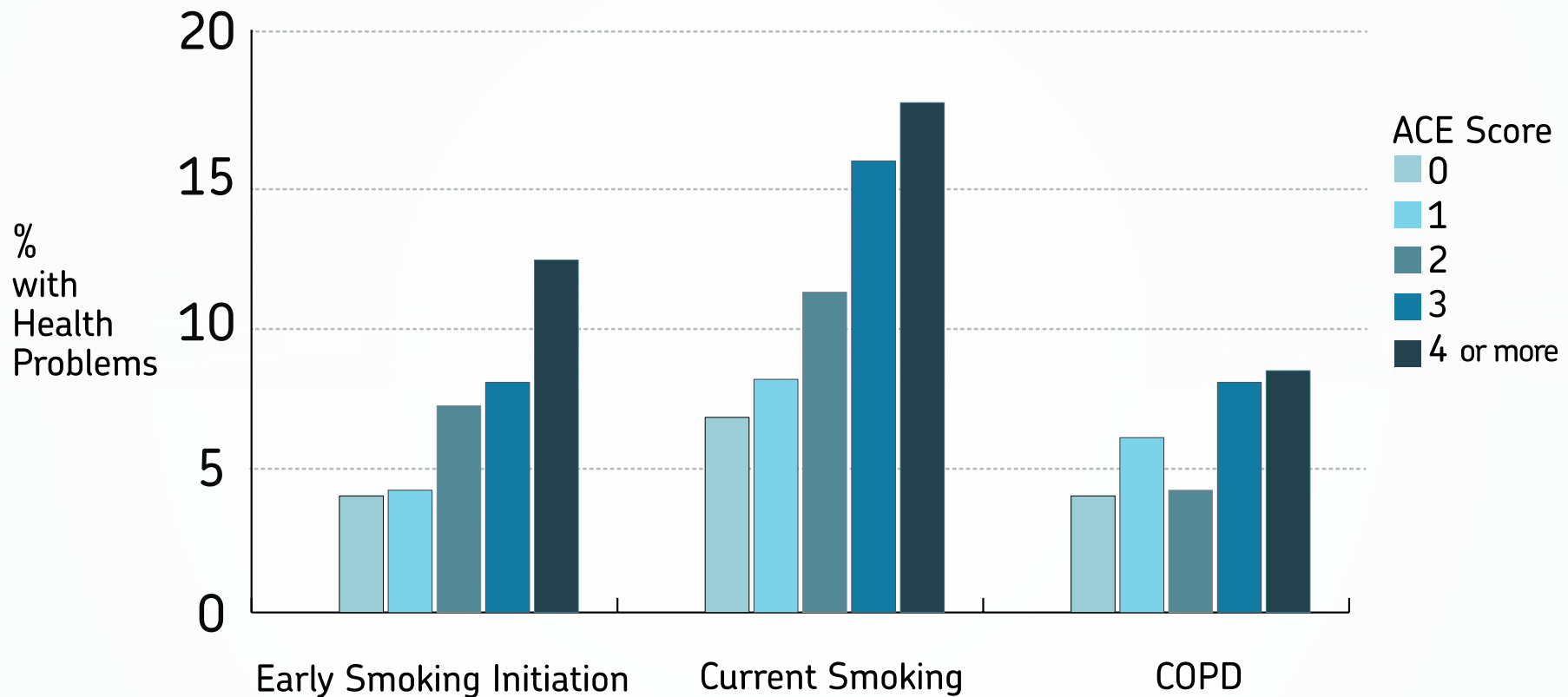


“Self regulation depends on having a friendly relationship with your body. Without it you have to rely on external regulation – from medication, drugs like alcohol, constant reassurance, or compulsive compliance with the wishes of others.”

Bessel Van der Kolk,
The Body Keeps the Score - 2014

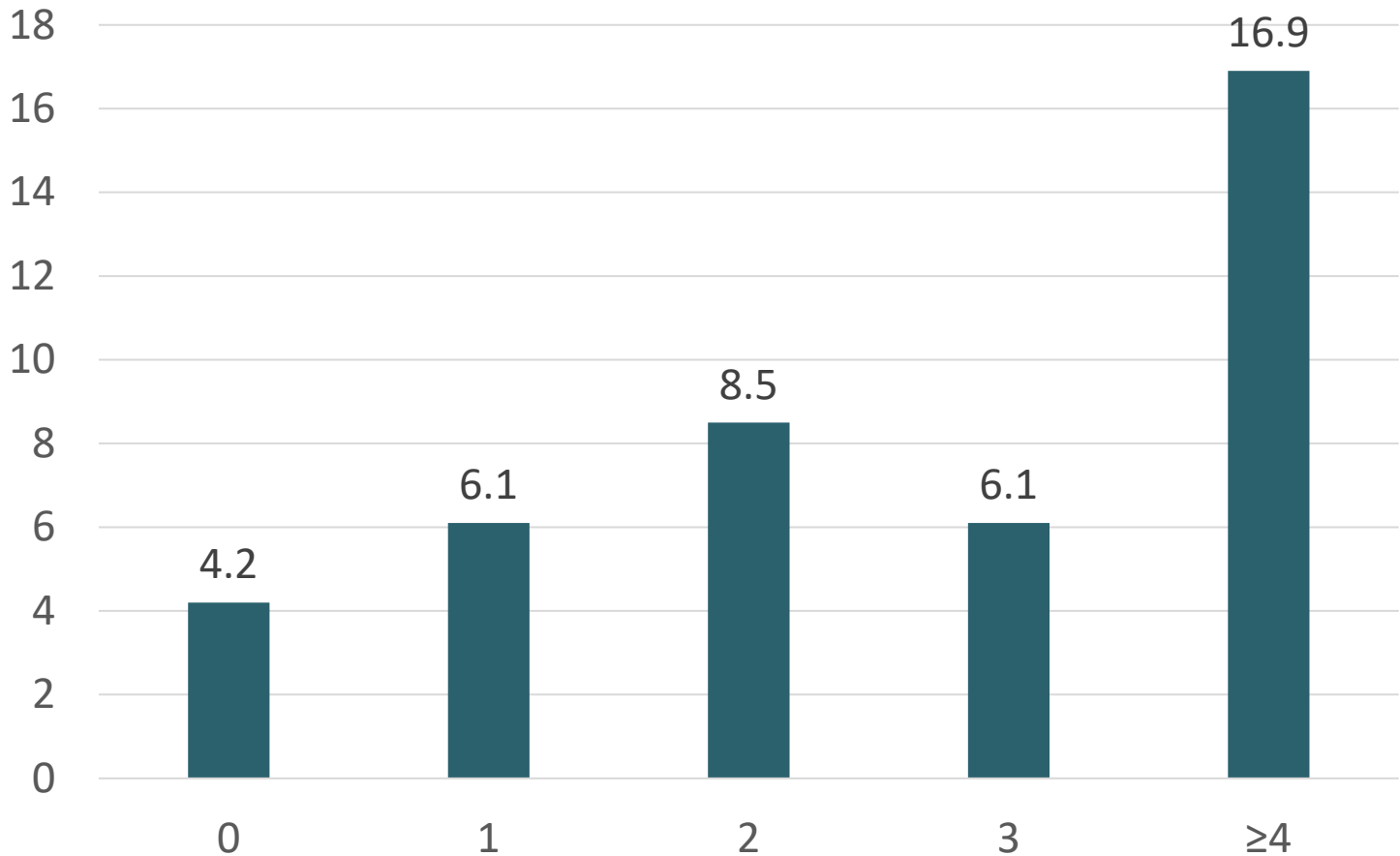
Across the Lifespan

ACEs, Smoking and Lung Disease

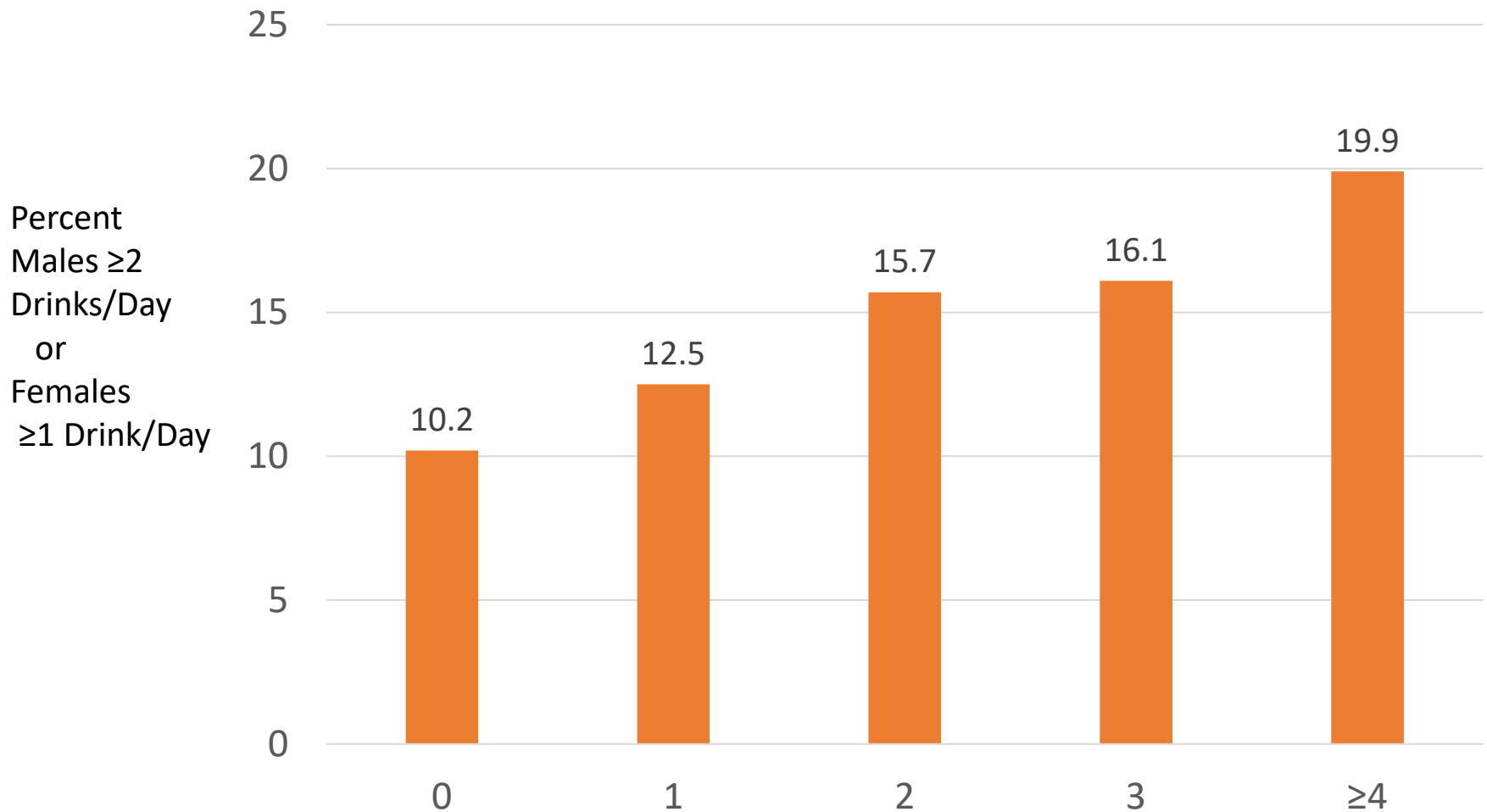


Early Initiation of Drinking Alcohol

Percent Who Started Drinking Prior to Age 15

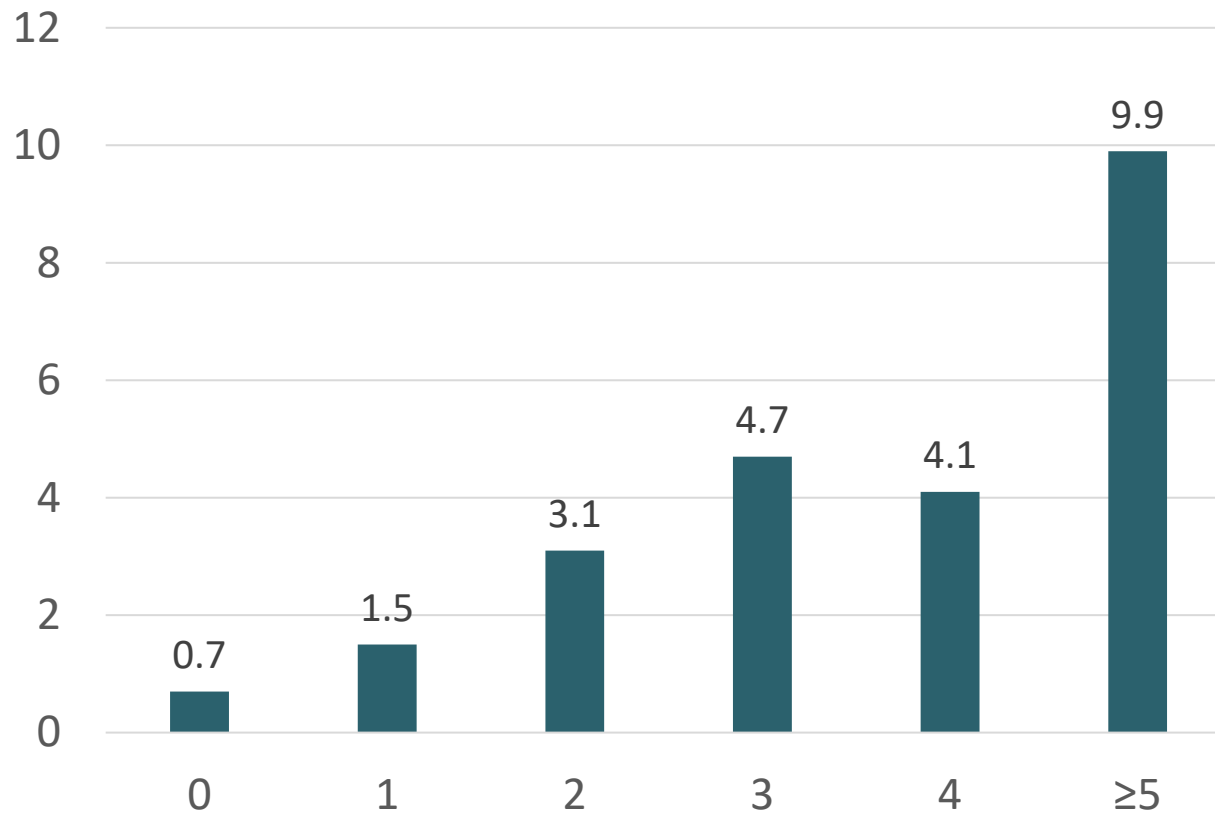


ACEs and Heavy Drinking



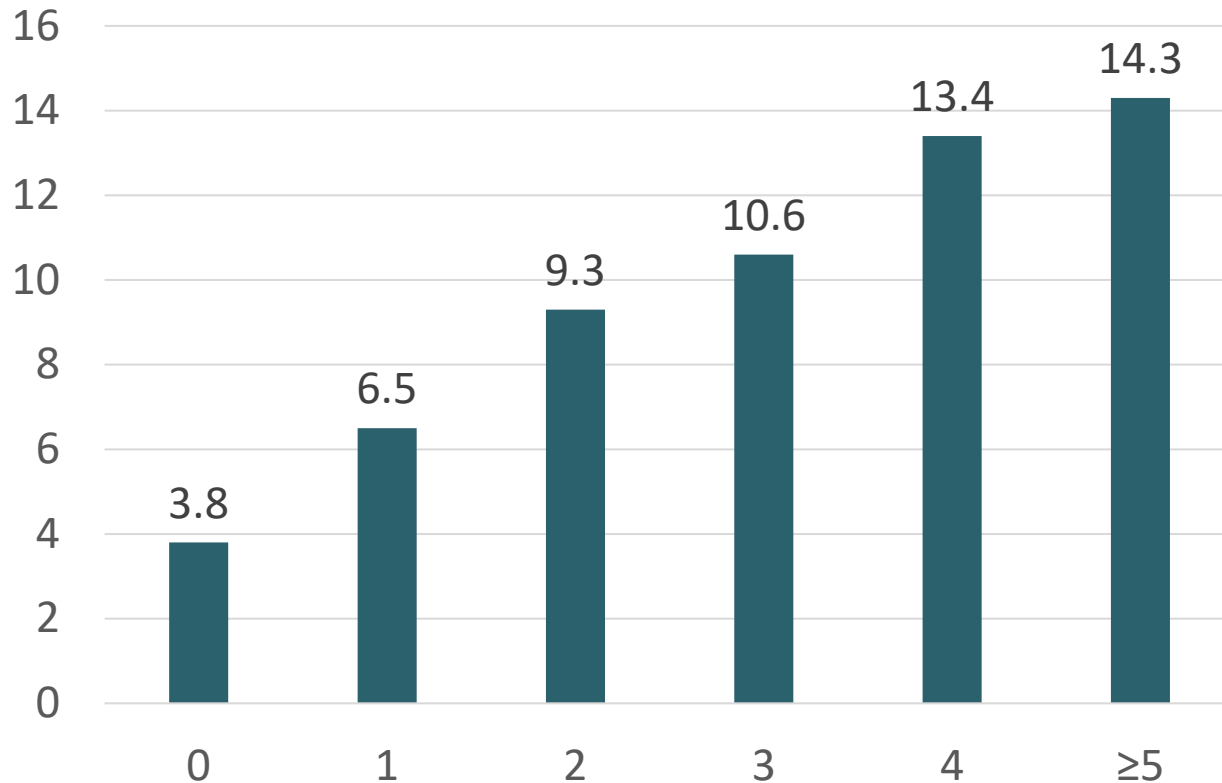
Illicit Drug Use *Before* Age 15

Percent
with
History of
Using
Illicit
Drug(s)
Before Age
15



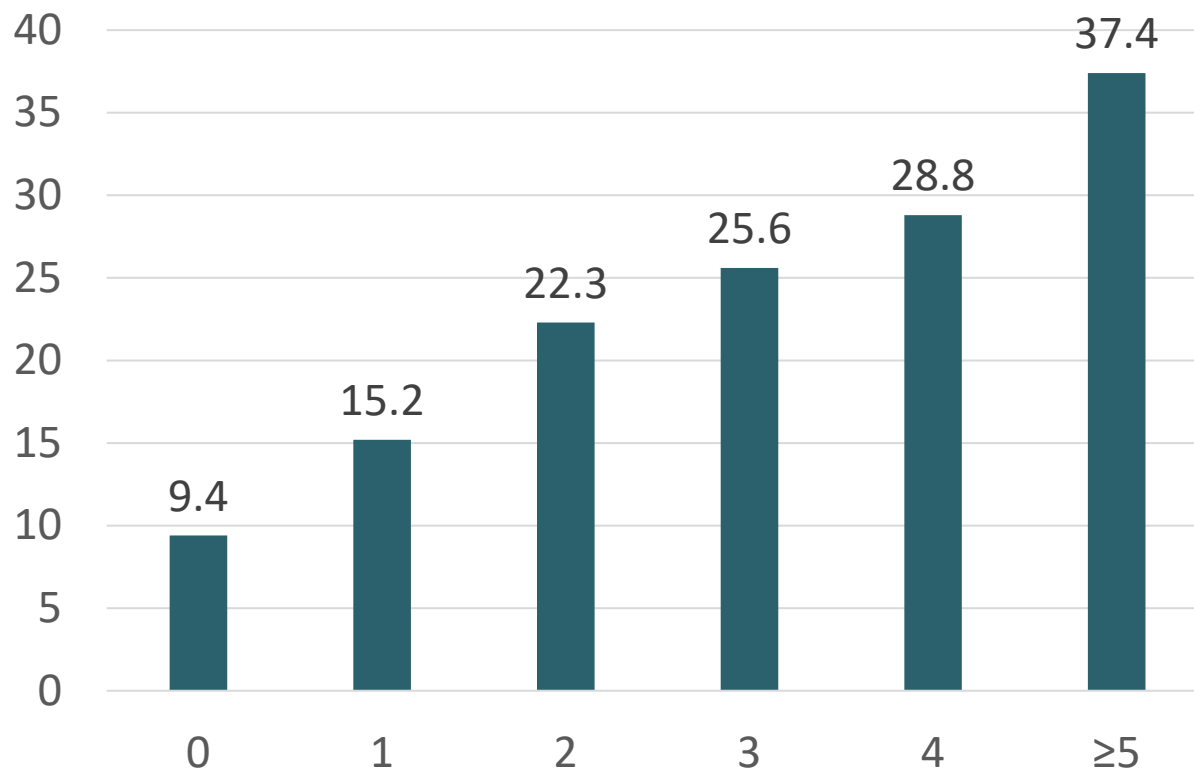
Illicit Drug Use Started *Between* Ages 15 & 18

Percent with History of Using Illicit Drug(s) Beginning Between Ages 15 & 18



Illicit Drug Use as an Adult

Percent
with
History of
Using Illicit
Drug(s) as
an Adult

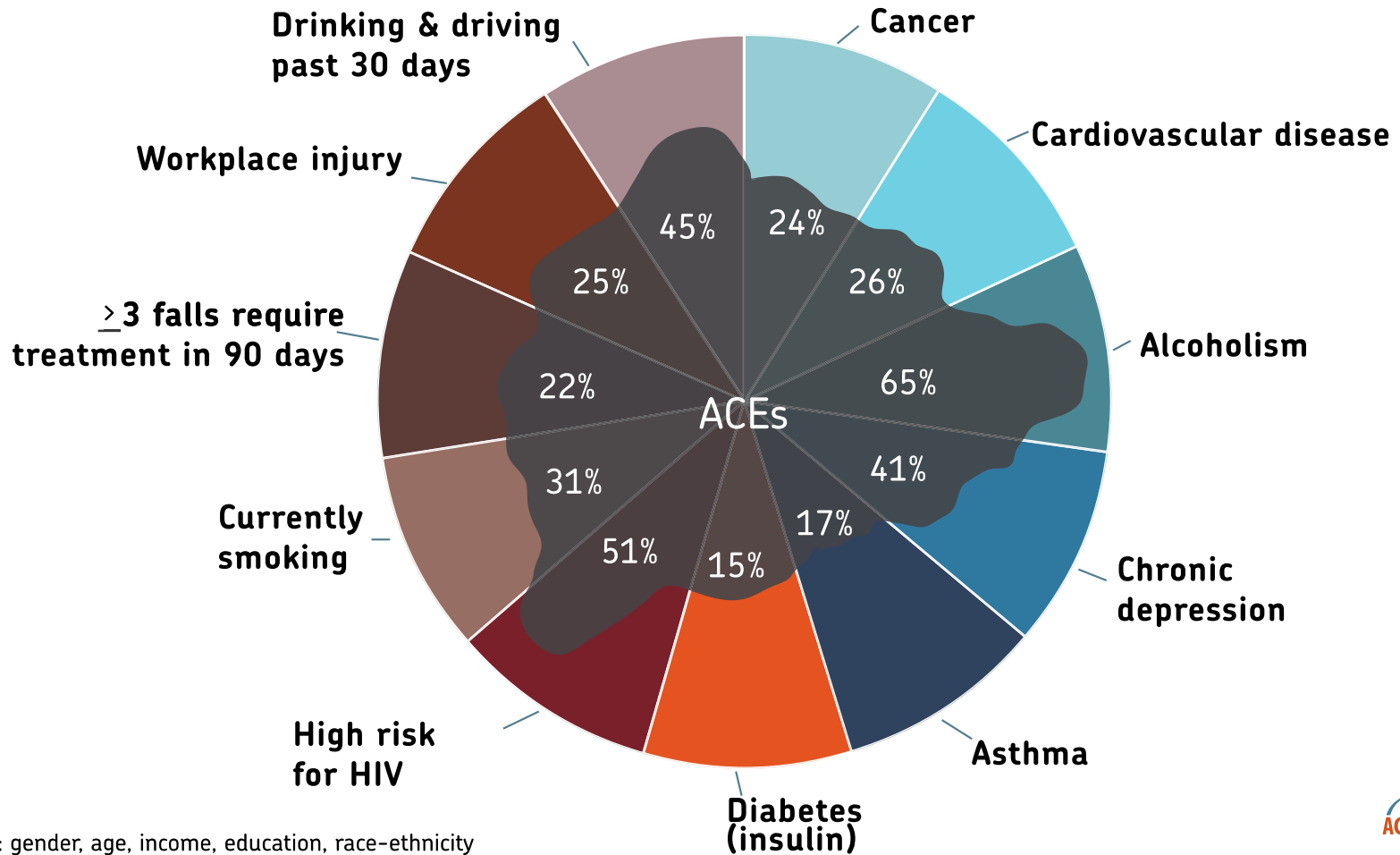


ACEs Impact Relationships

ACEs & Alcoholism & Marrying an Alcoholic



Population Attributable Risk



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

Average High School Classroom

42% \geq 3 ACEs



Early Adversity has Lasting Impacts



ACES are Common, Interrelated and Powerful

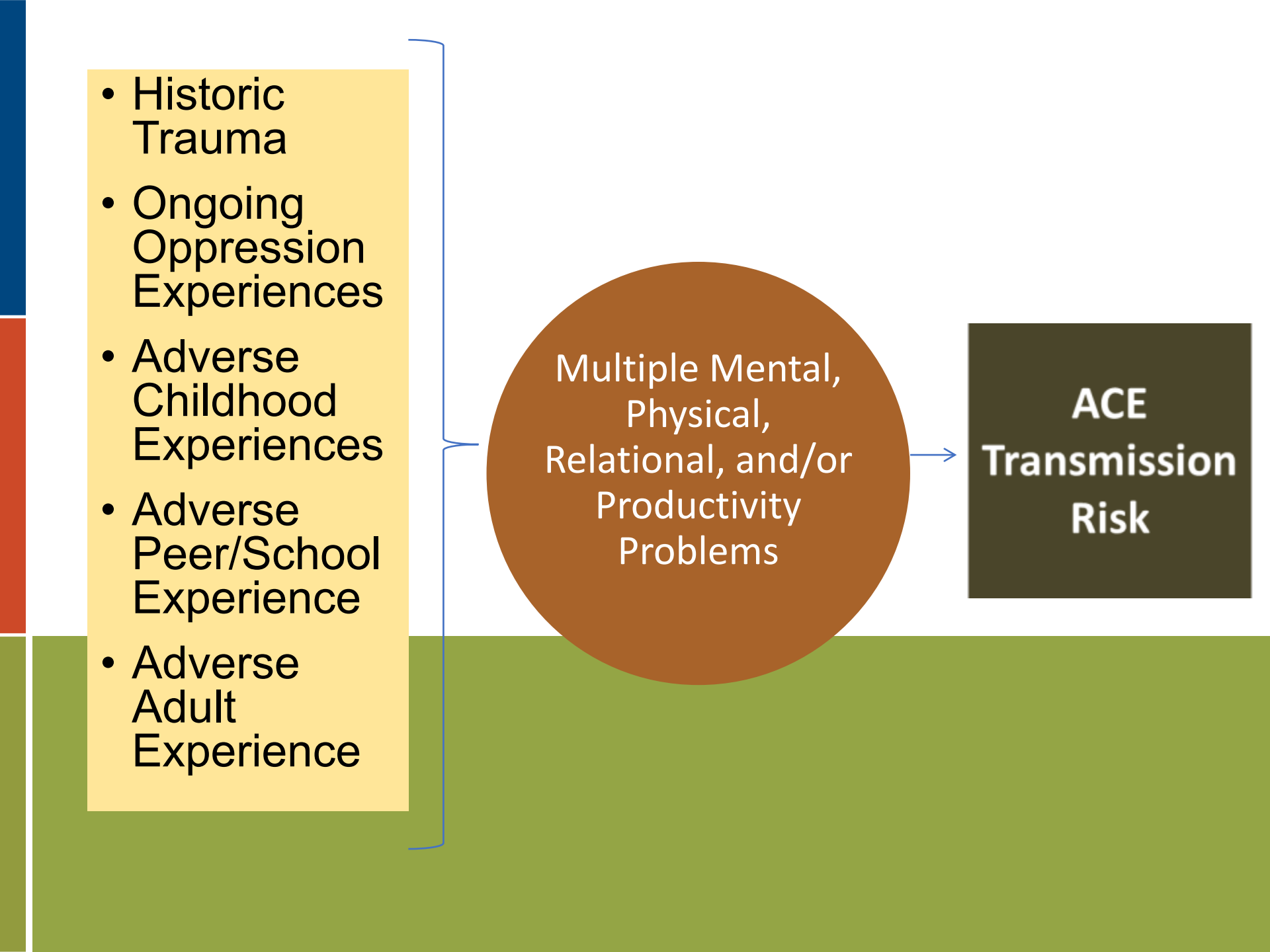
Where there are high ACE scores in a population

- Increased risk of multiple health and social problems
- Intergenerational transmission of ACEs

- Historic Trauma
- Ongoing Oppression Experiences
- Adverse Childhood Experiences
- Adverse Peer/School Experience
- Adverse Adult Experience

Multiple Mental,
Physical,
Relational, and/or
Productivity
Problems

**ACE
Transmission
Risk**



“What is predictable is preventable.”

Anda and Felitti

How Prevention Professionals Help Reduce ACEs



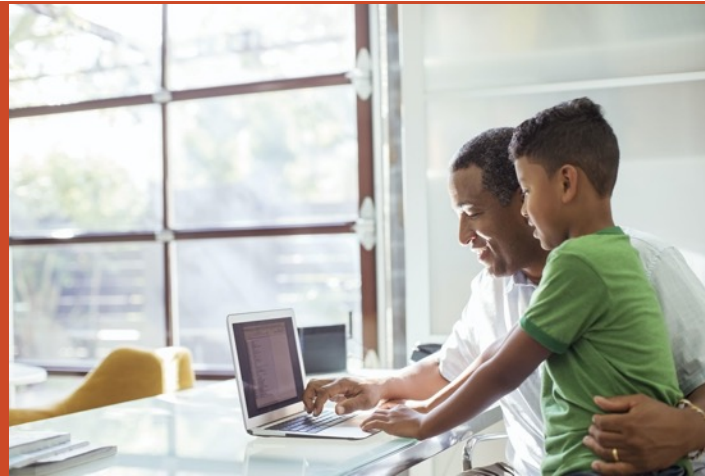
Raise Awareness of ACEs

- Change how people think about the causes of ACEs and who could help prevent them.
- Shift the focus from individual responsibility to community solutions.
- Reduce stigma around seeking help with parenting challenges or for substance misuse, depression, or suicidal thoughts.
- Promote safe, stable, nurturing relationships and environments where children live, learn, and play.

Outcomes

An increased number of community members educated in ACEs and trauma are available to participate and support your prevention efforts.

Promote social norms that protect against violence and adversity



- Legislative approaches to criminal justice reforms and restorative justice
- Bullying prevention and bystander approaches
- Engage violence intervenors as allies in prevention

Outcomes

Increase the number of community collaborations focused on shared risk and protective factors.

Start YOUNG

- Early childhood home visitation
- High-quality early education and care
- Preschool enrichment with family engagement



Outcomes

Increase the number of middle school aged youth trained babysitting skills – supporting family bonding, a key protective factor.

Skill Building - Caring Adults

- Social-emotional learning
- Safe dating and healthy relationship skill programs
- Parenting skills and family relationship approaches
- Mentoring programs
- After-school programs



Outcomes

- Youth trained in life skills
- Parents trained in positive parenting approaches
- Youth with at least one identified caring adult

Promote Intervention, Treatment and Recovery



- Encourage everyone to learn trauma informed approaches
- Change the culture around help seeking

Outcomes

- Increased access to trauma informed programs and services available in our community.
- Reduced stigma related to engagement in treatment and recovery programs

Questions and Wrap Up



Resources

Resources for Court and Child Protection providers:

- This website from Casey Family Programs is really excellent: <https://www.casey.org/trauma-informed-care/>
- The HHS federal site has some good resources as well: <https://www.childwelfare.gov/topics/responding/trauma/> Particularly useful would be the page for caseworkers: <https://www.childwelfare.gov/topics/responding/trauma/caseworkers/>
- For those who are interested in policy impact, this NIH article may be helpful: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6651663/> It will lead you to other related articles that may be helpful as well
- For Courts specifically, I found this manual, a little dated but the information is solid: https://bice.org/app/uploads/2013/01/NCJFCJ_Trauma_Manual_04.03.15.pdf
- And, this site had some good concrete suggestions: <http://justicespeakersinstitute.com/the-trauma-informed-courtroom/>

Movies & TED Talks

Here's the list of the **movies and ted talks** we have used in my community to raise awareness and become a more trauma informed community:

- Nadine Burke Harris Ted Talk-

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

- The Raising of America, it's a great series altogether, but the last two sessions; Wounded Places and DNA is not our destiny are really excellent: <https://www.raisingofamerica.org>

- Resilience, The Biology of Stress & The Science of Hope: <https://kpirfilms.co/resilience/>

- No Small Matter: <https://www.nosmallmatter.com>

- Some good websites for more information on **trauma, children and ACEs:**

- The Center on the Developing Child: <https://developingchild.harvard.edu>

- ACEs Too High: <https://acestoohigh.com> (The ACEs survey can be found here)

- The CDC ACEs site: <https://www.cdc.gov/violenceprevention/aces/index.html>

- Some resources from Dodi's home community:

- Article on the Babysitting Project: <https://www.telegram.com/story/business/2021/03/29/worcester-babysitting-club-empowers-youth-stuck-home-during-pandemic/7011101002/>

- More on Trauma Training Tuesdays- this is a Facebook page, so not sure everyone will be able to access it- the recorded sessions are on this page: <https://www.facebook.com/Worcester-Addresses-Childhood-Trauma-1714191661933796/>