

Trauma-based Care

Why every program needs a curriculum
in Adverse Childhood Events (ACEs)



AMERICAN ACADEMY OF
FAMILY PHYSICIANS

Steven Crane, MD

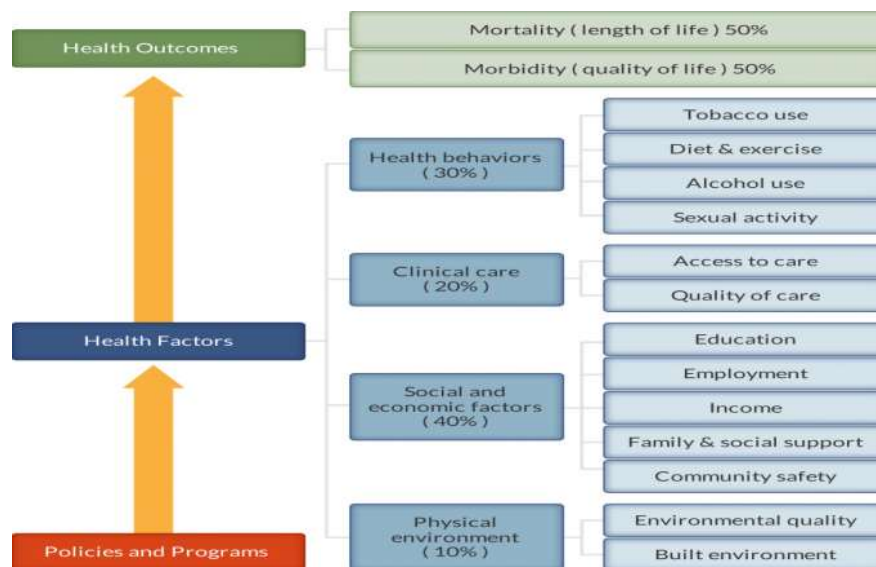
- RPS Consultant
- Chief Innovation Officer, MAHEC, Asheville, NC
- Chief Medical Officer, Appalachian Mountain Community Health Centers
- No conflicts to report

Educational Objectives

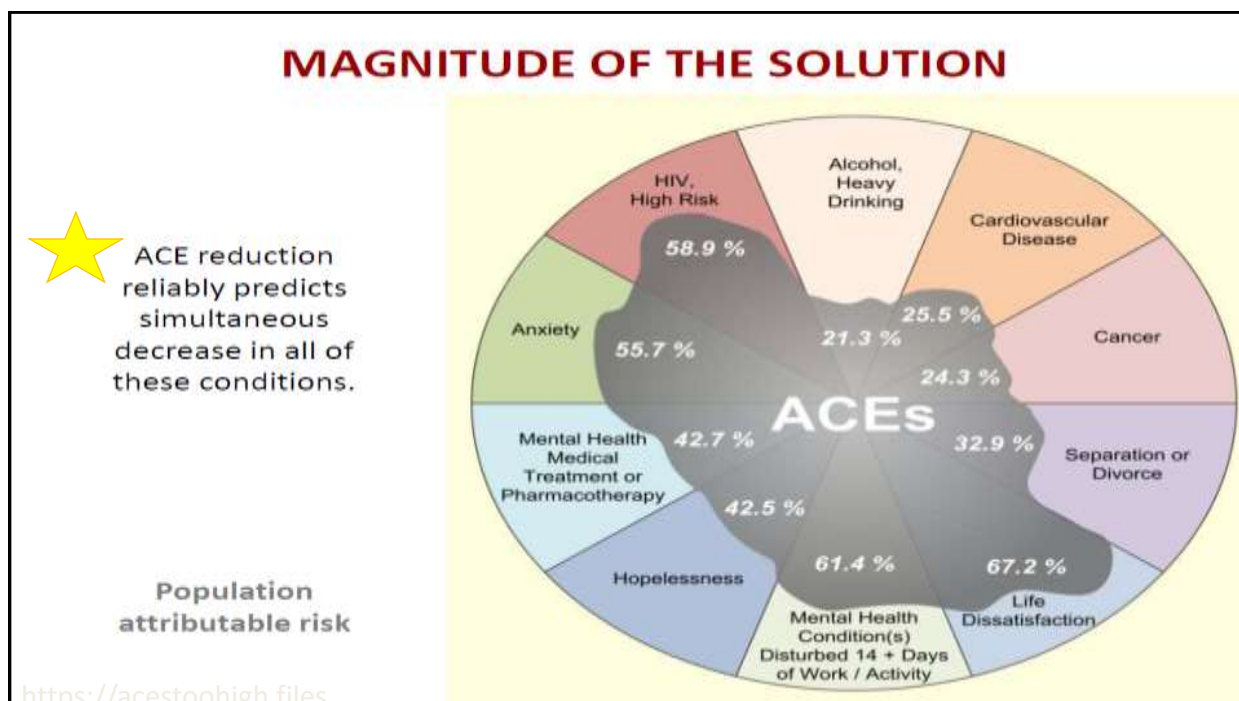
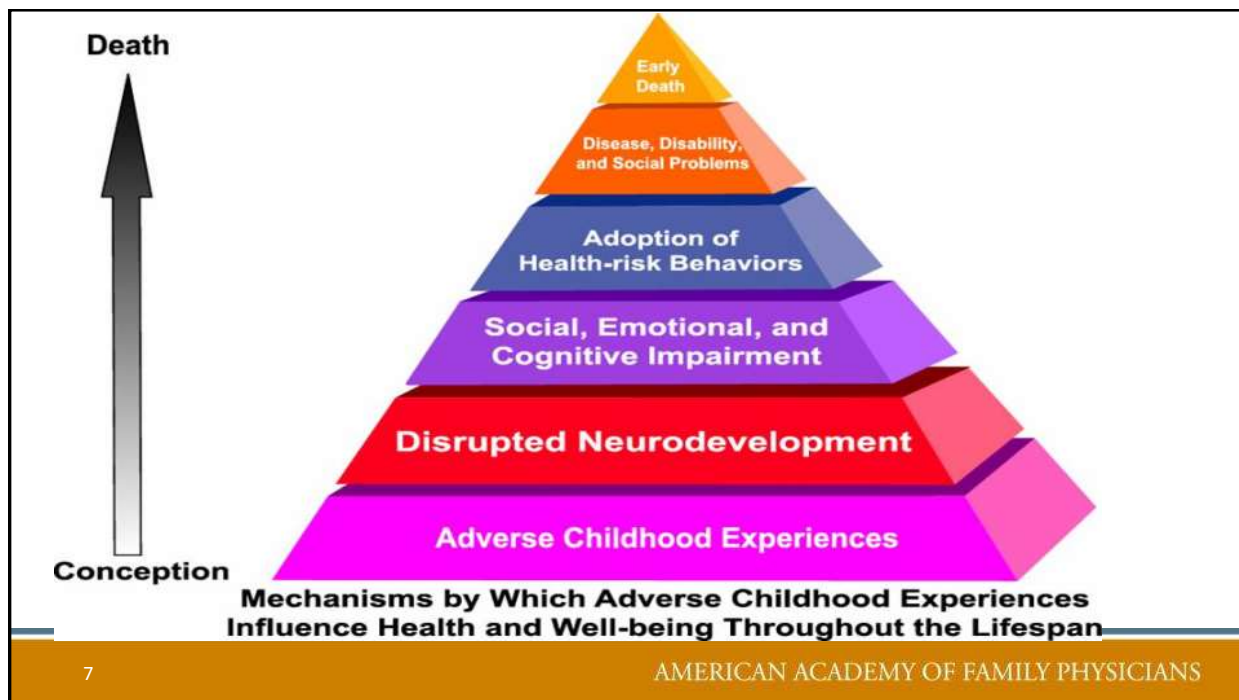
- What are ACEs?
- Why are they important?
- What can we do about them?
- What does a trauma-informed curriculum look like?

Guarantees

- You will better understand someone in your life after learning about ACEs
- You will see ACEs in patients more easily
- You will never look at health the same way again
- You may become more empathetic



County Health Rankings model ©2012 UWPHI



Adverse Childhood Experiences (ACE) Study


- Dr. Vincent Felitti
 - *Chief of Preventive Medicine at Kaiser Permanente*
 - *Obesity Clinic 1985*
- CDC: Dr. Robert Anda



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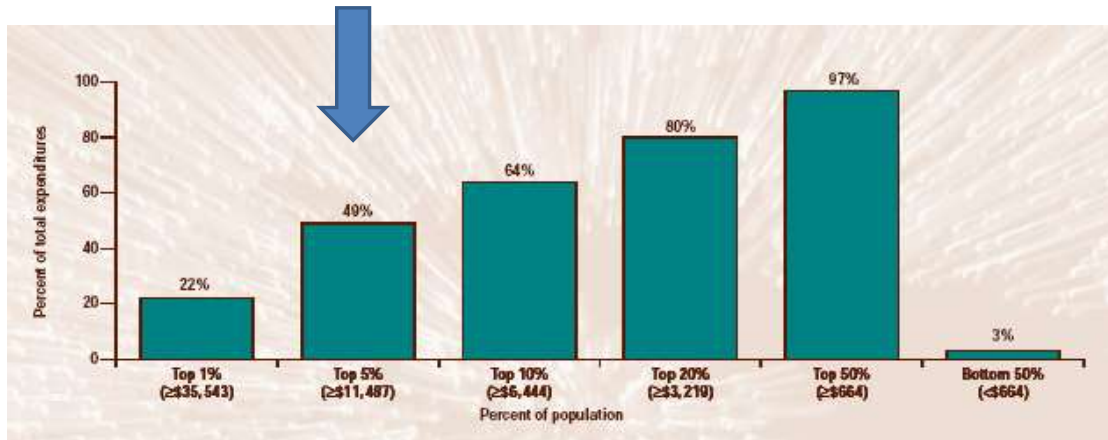
ACE Categories	% of Women	% of Men
Emotional abuse	13.1	7.6
Physical abuse	27.0	29.9
Sexual abuse	24.7	16.0
Mother treated violently	13.7	11.5
Household member substance abuse	29.5	23.8
Household member imprisoned	5.2	4.1
Household member mentally ill, depressed, suicidal, psych hospitalization	23.3	14.8
Parental separation or divorce	24.5	21.8
Physical neglect	9.2	10.7
Emotional neglect	16.7	12.4

Number of ACEs ACE Score	% of Women	% of Men
0	34.5	38.0
1	24.5	27.9
2	15.5	16.4
3	10.3	8.6
4+	15.2	9.2



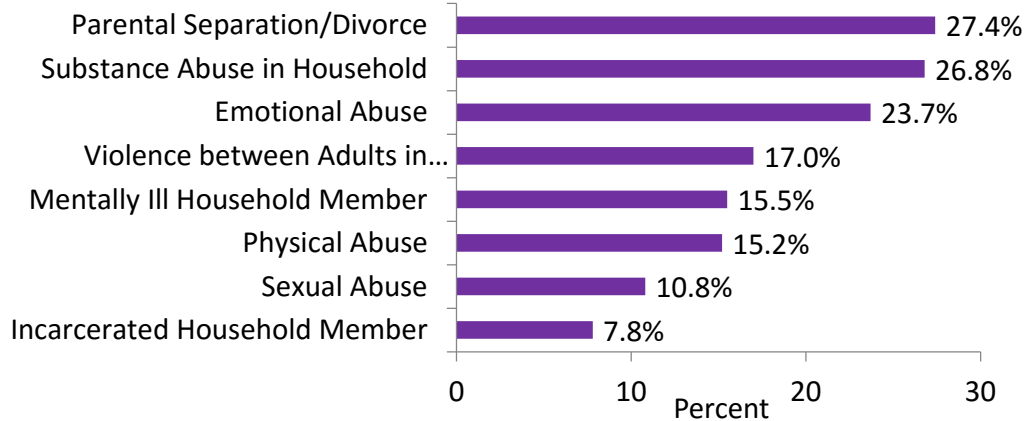
Kaiser ACE Study Major Findings

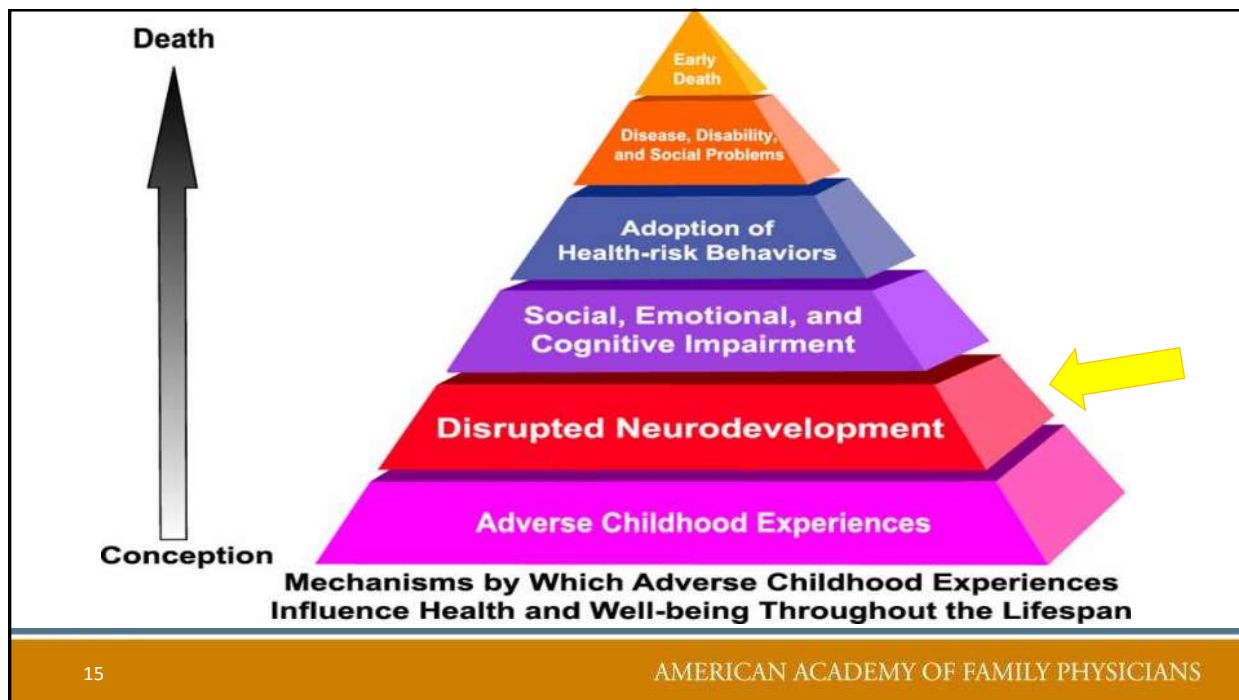
- ACEs are common
 - 66% reported at least 1 ACE
- ACEs tend to cluster
 - 20% reported 3+ ACEs
- ACEs have a strong, graded relationship with many health outcomes & health behaviors in adulthood



NC 2012 BRFSS Results

Prevalence of Adverse Childhood Experiences by Category





Levels of Stress

Positive Stress

Moderate, short-lived stress responses that are normal part of life and healthy development. A child can learn to manage and control these experiences with support of caring adults in context of safe, warm, and positive relationships.

Tolerable Stress

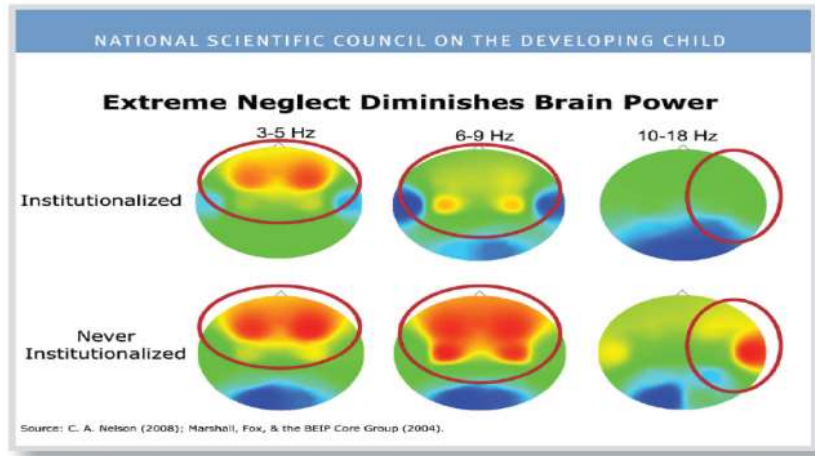
Stress responses that could affect brain architecture but generally occur for briefer periods which allow brain to recover and thereby reverse potentially harmful effects.

Toxic Stress

Strong, frequent or prolonged activation of body's stress management system. Stressful events that are chronic, uncontrollable, and/or experienced without child having access to support from caring adults.



Brain Research



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Disrupted Neurodevelopment

- Children with 3+ ACEs are 32x more likely to have learning/ behavior problems
- **Exaggerated arousal to stimuli**
 - How we now think memory works
 - Survival advantage



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Intergenerational Transmission of ACEs

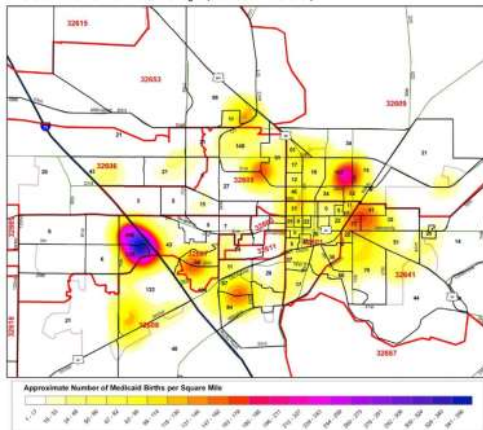


- High risk of parent with high ACE score having a child with high ACE score
- Twin studies
- Possible role of epigenetics (inheritable gene expression)

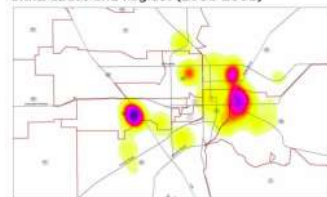
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Trauma Clustering

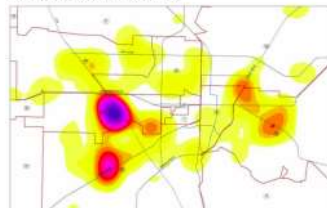
Medicaid birth density (2006-2008)



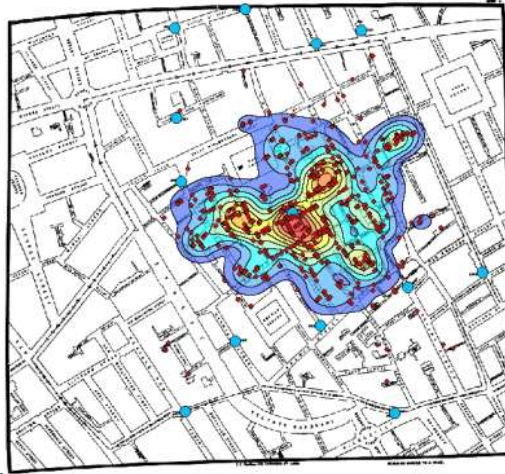
Child abuse and neglect (2006-2008)



Domestic violence (2009)



Dr. John Snow's Map of London Cholera Outbreak



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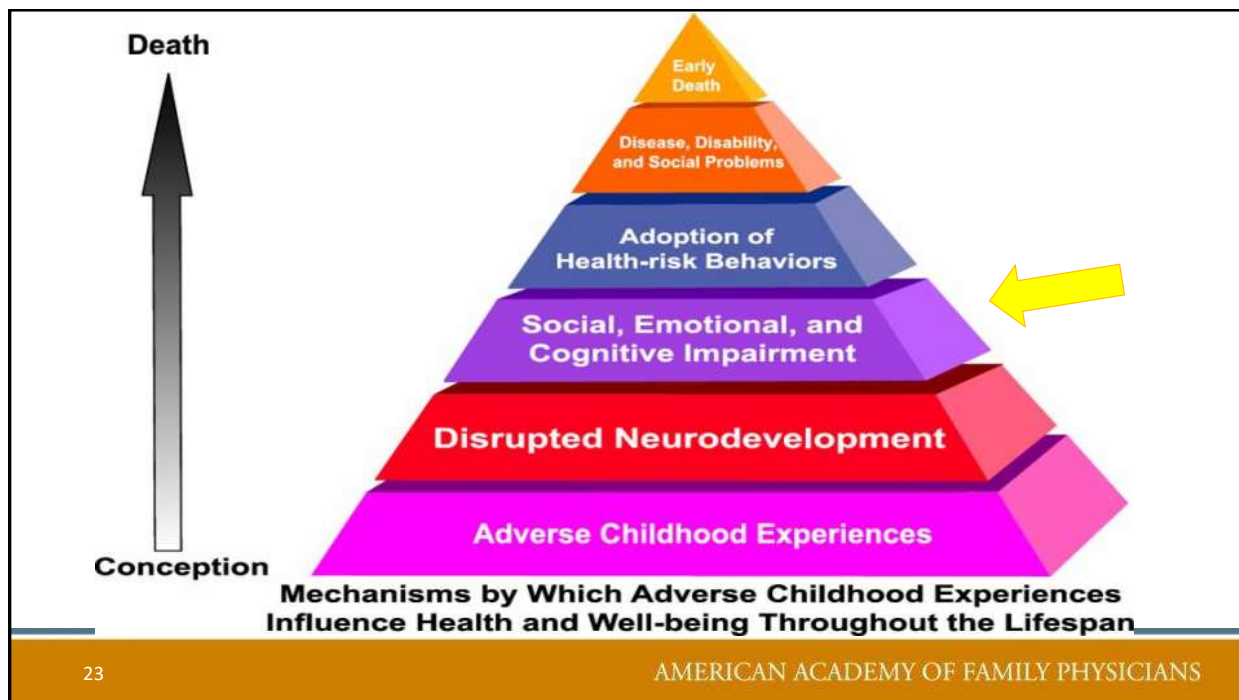
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Trauma as an infectious disease

- Transmission between individuals (all)
- Environmental risk factors (cholera)
- Behavioral susceptibility (HIV, HCV, HPV)
- Immediate health impact on individuals (all)
- Chronic sequelae (polio)
- Intergenerational transmission (HIV, HSII)

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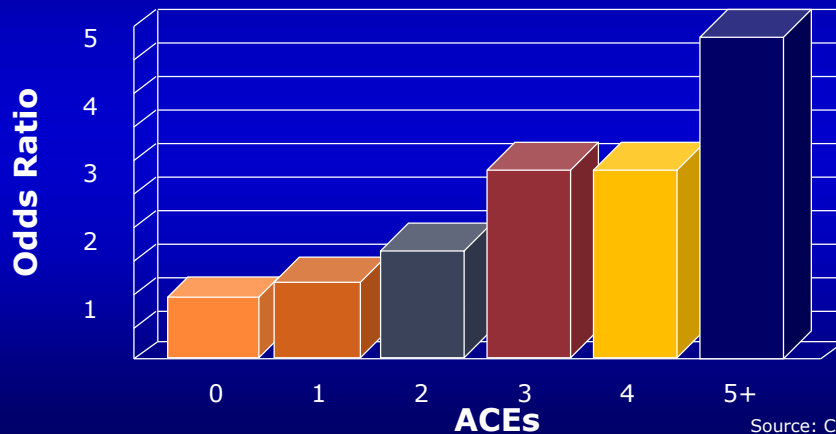
ACEs & School Performance

Students with 3+ ACEs...

- 2.5 x more likely to fail a grade
- Score lower on standardized tests
- Have language difficulties
- Are suspended or expelled more
- Are designated to special education more frequently
- Have poorer health

<http://www.k12.wa.us/CompassionateSchools/Resources>

Risk for Depression



Intimate Partner Violence

Experienced

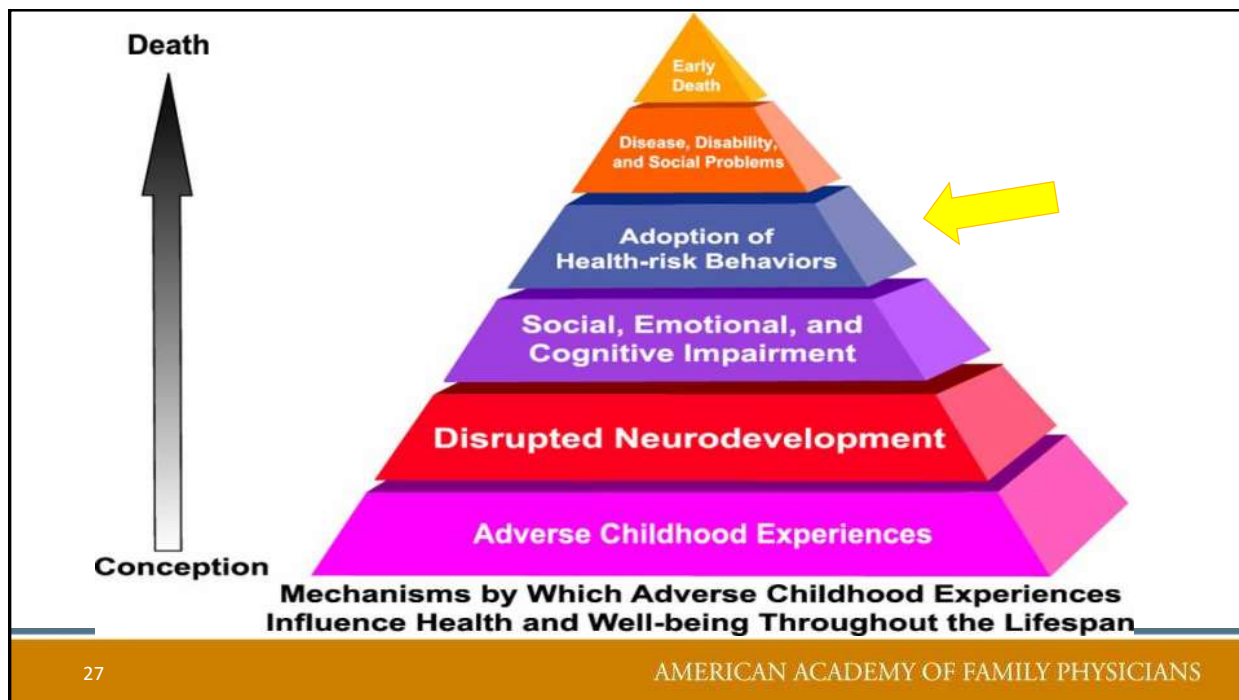
- Physical abuse,
- Sexual abuse &
- Witnessed their mother being abused

Men

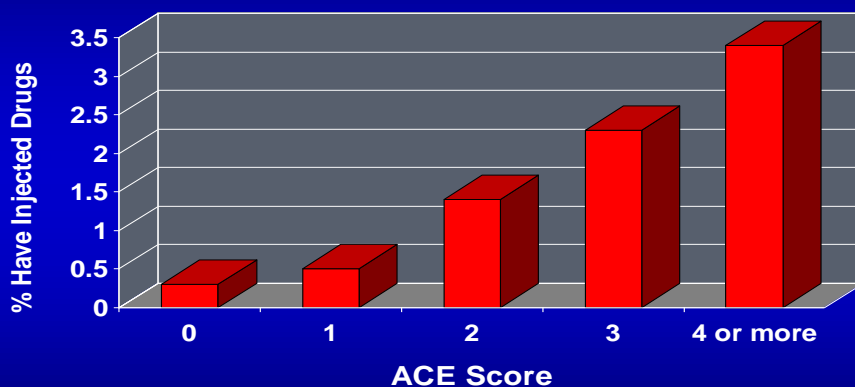
nearly 4x more likely to batter women

Women

3.5x more likely to become victims of family violence

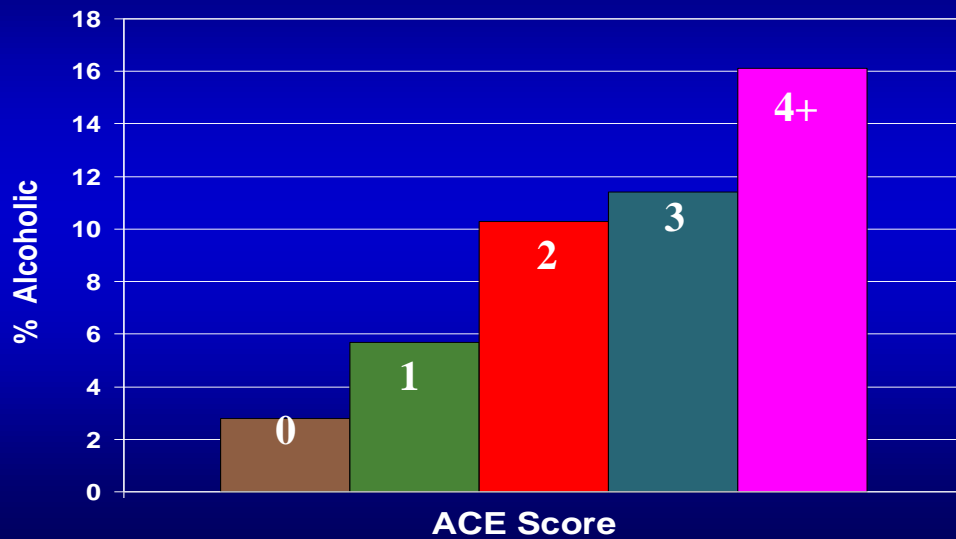


Intravenous Drug Use

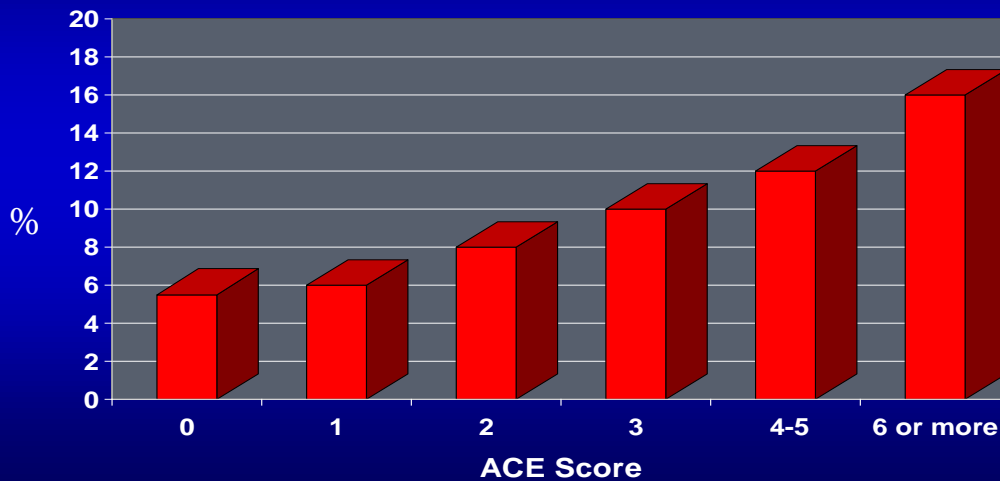


N = 8,022 p<0.001

Adult Alcoholism



Current Smoking



Reframing our perception of SUD

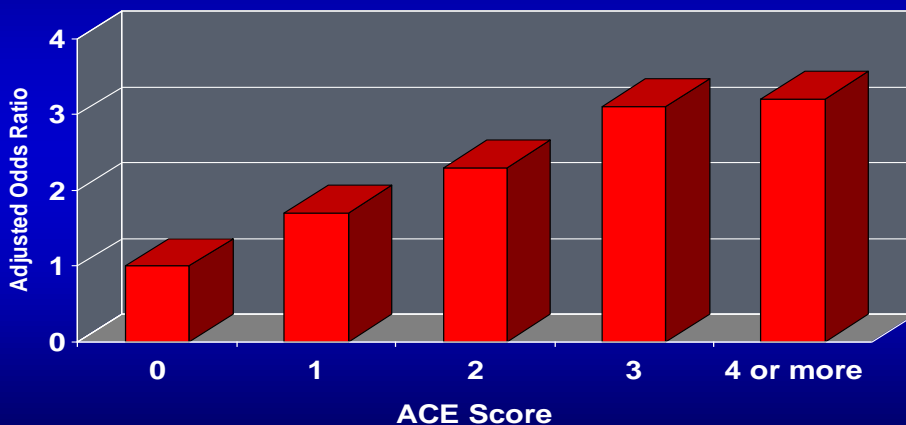
“I feel normal when I use this substance”

“You don’t care about your health”



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Likelihood of 50+ Sexual Partners



Whose fault is this?

“I have cancer”

“You shouldn’t have
gotten sick”



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So who is to blame?



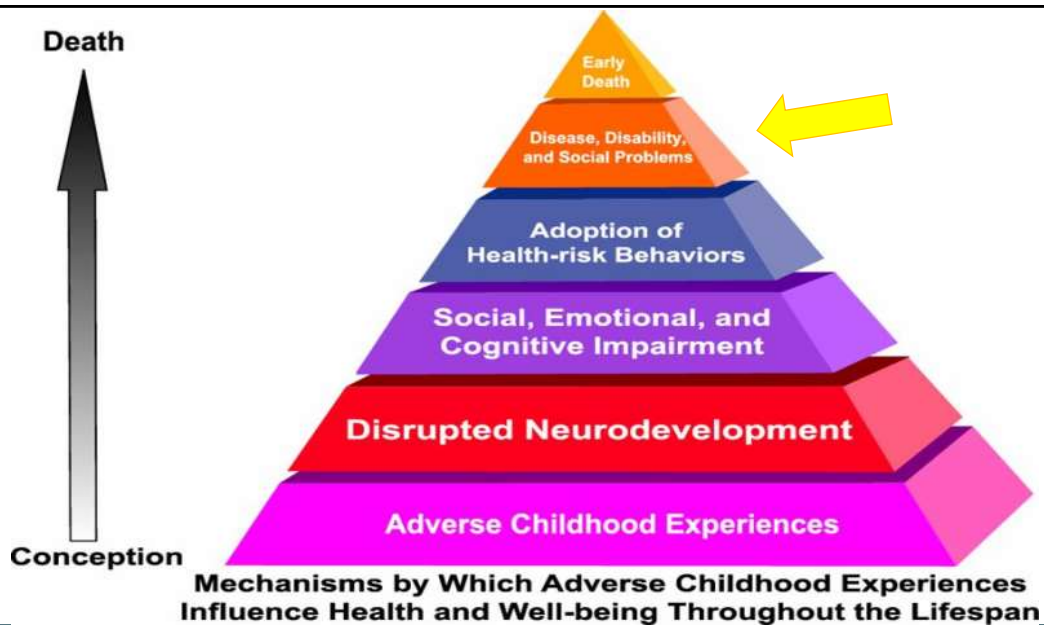
The new paradigm

“I want a better life”

“How can I support you?”

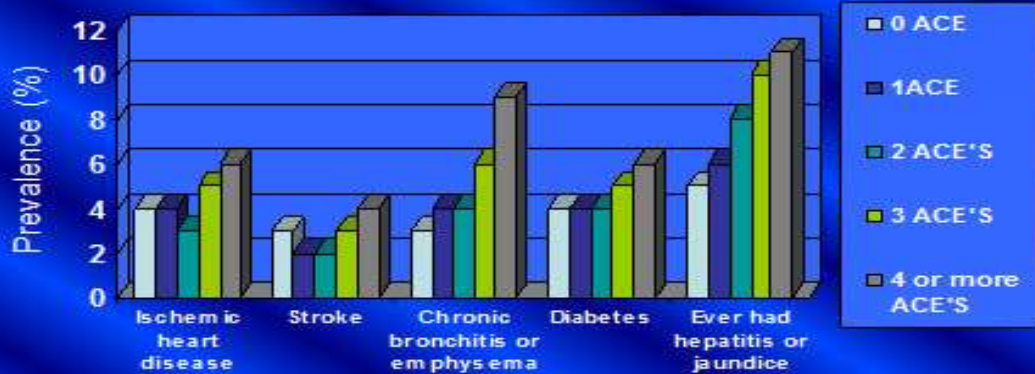


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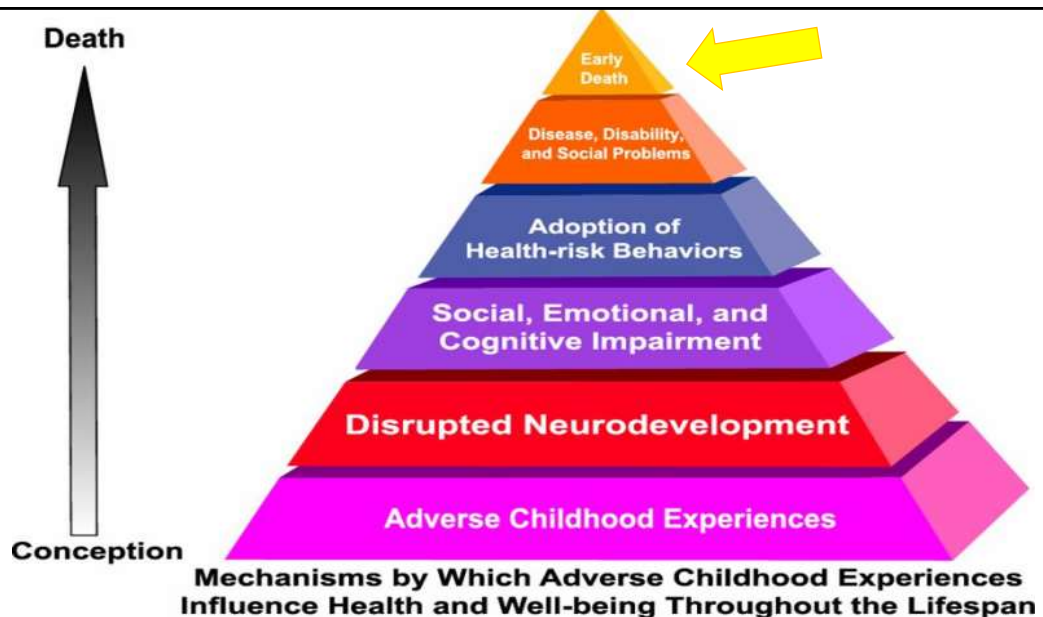


Effects of Child Maltreatment on Health

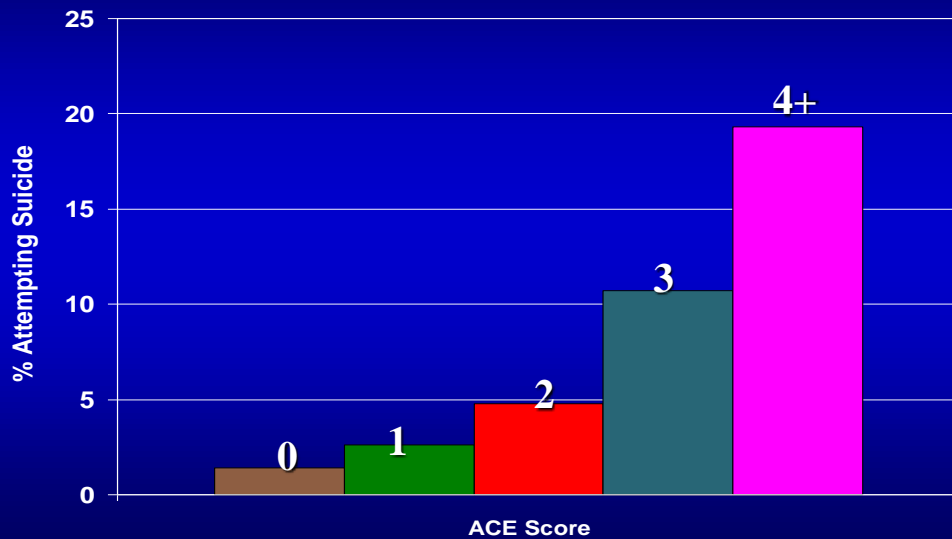
Prevalence of Diseases per # of Adverse Childhood Experiences



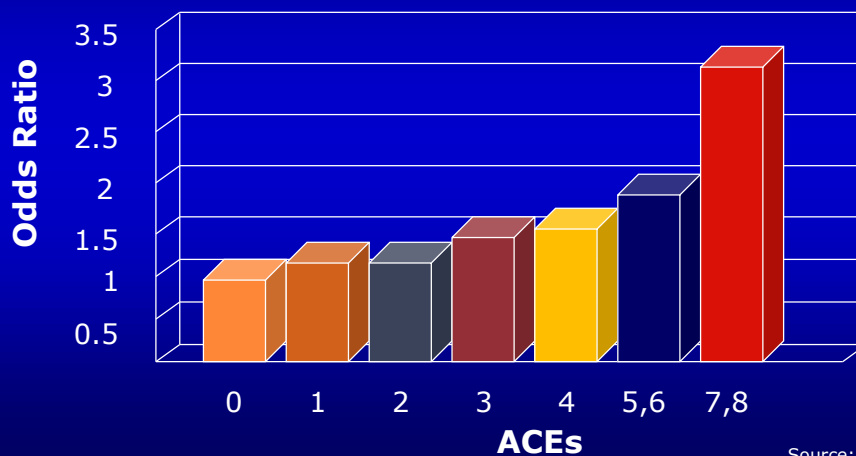
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Attempted Suicide



Risk for Heart Disease



Source: Dong et al, 2004

Life Expectancy

“People with 6 or more ACEs died 20 years earlier on average than those without ACEs”

<http://www.cdc.gov/violenceprevention/childmaltreatment/prevention.html>

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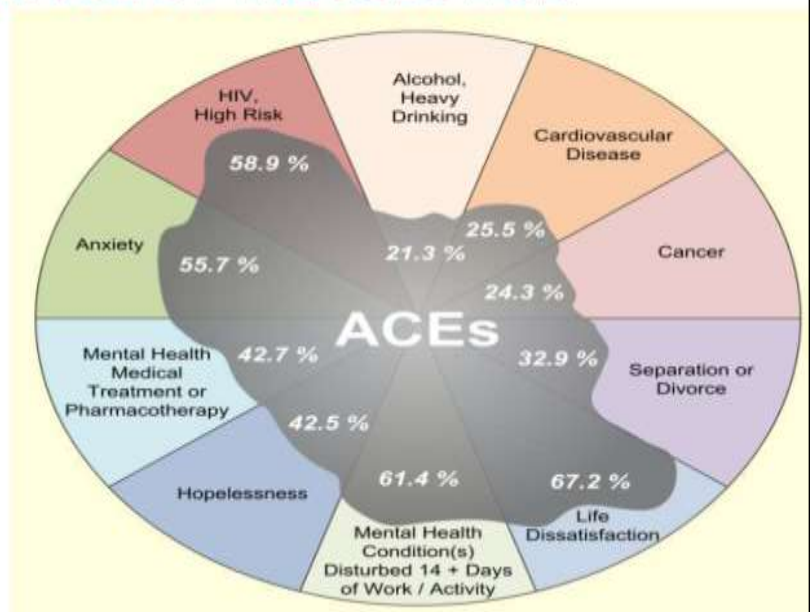
MAGNITUDE OF THE SOLUTION



ACE reduction reliably predicts simultaneous decrease in all of these conditions.

Population attributable risk

<https://acestoohigh.files>



So what can we do about it?

- **Treatment**
 - Recognizing the problem
 - Behavioral Therapy (CBT, DBT, EMDR)
 - Community Resiliency Model (CRM)
 - Occupation therapy
 - Trigger recognition and avoidance
 - Mindful activities
- **Prevention**
 - CDC Best Practices
 - <https://www.cdc.gov/violenceprevention/pdf/CAN-Prevention-Technical-Package.pdf>

CDC Best Practices

Preventing Child Abuse and Neglect	
Strategy	Approach
Strengthen economic supports to families	<ul style="list-style-type: none"> • Strengthening household financial security • Family-friendly work policies
Change social norms to support parents and positive parenting	<ul style="list-style-type: none"> • Public engagement and education campaigns • Legislative approaches to reduce corporal punishment
Provide quality care and education early in life	<ul style="list-style-type: none"> • Preschool enrichment with family engagement • Improved quality of child care through licensing and accreditation
Enhance parenting skills to promote healthy child development	<ul style="list-style-type: none"> • Early childhood home visitation • Parenting skill and family relationship approaches
Intervene to lessen harms and prevent future risk	<ul style="list-style-type: none"> • Enhanced primary care • Behavioral parent training programs • Treatment to lessen harms of abuse and neglect exposure • Treatment to prevent problem behavior and later involvement in violence

What you should know about every patient

- What is important to YOU?
- What is important FOR you?
- What happened to you?

Key observations

- Patients with trauma history aren't "broken"—they are often highly resilient
- Addressing their social contributors to health is usually their most pressing goal.

What does a curriculum look like?

- **Education and Skills**
- Understanding prevalence and effect of trauma: Paradigm shift
- Patient centered communication and care
 - Empathetic listening
 - Universal trauma precautions
 - Giving patients more control of the care environment
 - Informing
 - Asking permission
- **Culture**
 - Trauma informed organization*
 - Understanding and addressing our own history and reactions
 - “Screening” for trauma/risk
 - Conversation—“What happened to you?”
 - Empathy—open to learning more

SAMHSA Trauma-informed organizations:

- Realize the widespread impact of trauma and understand potential paths for recovery;
- Recognize the signs and symptoms of trauma in clients, families, staff, and others involved with the system
- Respond by fully integrating knowledge about trauma into policies, procedures, and practices
- Seek to actively resist re-traumatization.

Serendipity of trauma-informed practice

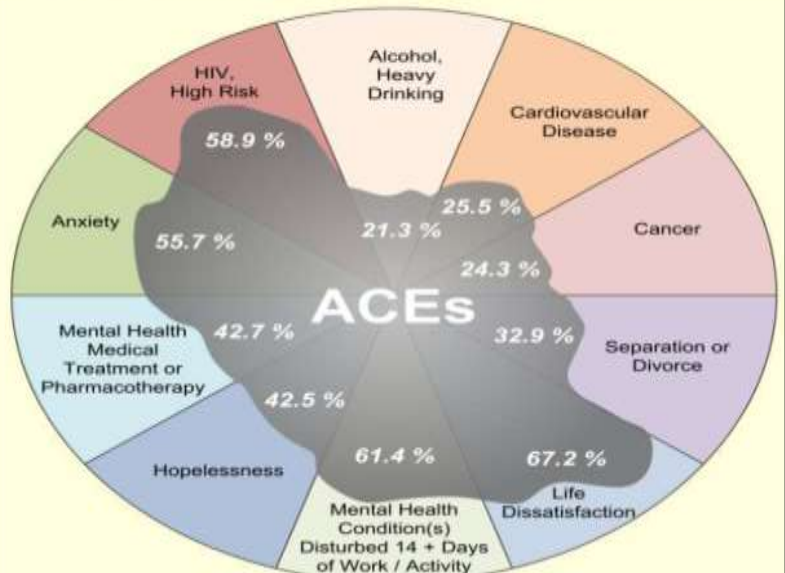
- Shift to culture of person-centered care
 - Less patient blame
 - Developing the habit of empathetic listening
- Healthier care environment
 - Recognition and addressing our own “stuff”
 - Better team interactions and calmer work environment
- Less provider burnout
 - Less frustration with “noncompliance”
 - Feeling like you are making a difference

MAGNITUDE OF THE SOLUTION



ACE reduction reliably predicts simultaneous decrease in all of these conditions.

Population attributable risk





Learn More:

www.ACEsConnection.com

<http://www.readynation.org/brainscience/#.UA2RMfoO6wk.gmail>

<http://developingchild.harvard.edu/>

www.AceStudy.org

www.HumaneExposures.com – 3 important books

<http://acestoohigh.com/research/>

<http://www.cdc.gov/violenceprevention/acestudy/>

Medline/PubMed, Google - Anda/Felitti as author

Final 16 Minute Video Clip

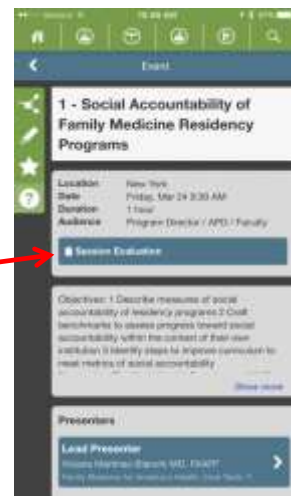
[Nadine Burke on Adverse Childhood Experiences](#)

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Please...

Complete the
session evaluation.

Thank you.



Thank You

Steven.Crane@MAHEC.net



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