

(Adverse Childhood Experiences)

The Impact of Early Life Experiences on Our Health & Adult Life and Society

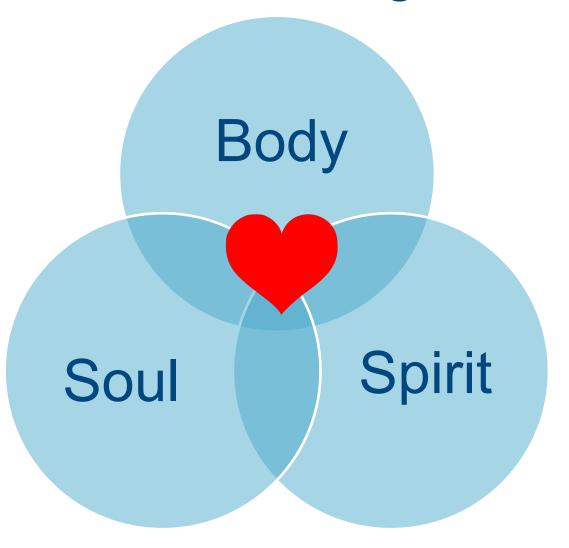


Ask Questions





God's Perfect Design For Us





Perfection Meets Imperfection (Original Sin)

▶ Body

Medical Disorders & Sicknesses

Soul & Mind

Psychiatric/Mental Disorders

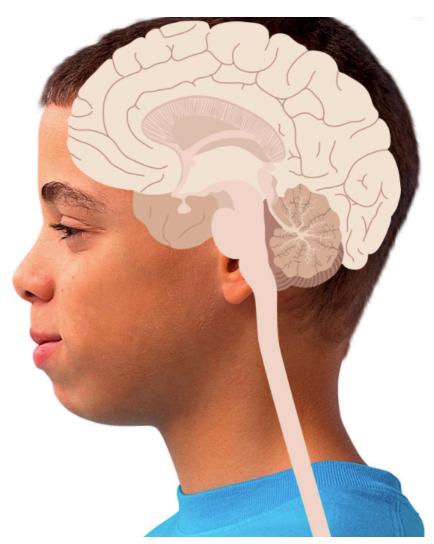
Spirit

Disorders of the Spirit/Heart



Nothing happens in isolation!

A Little Brain Science







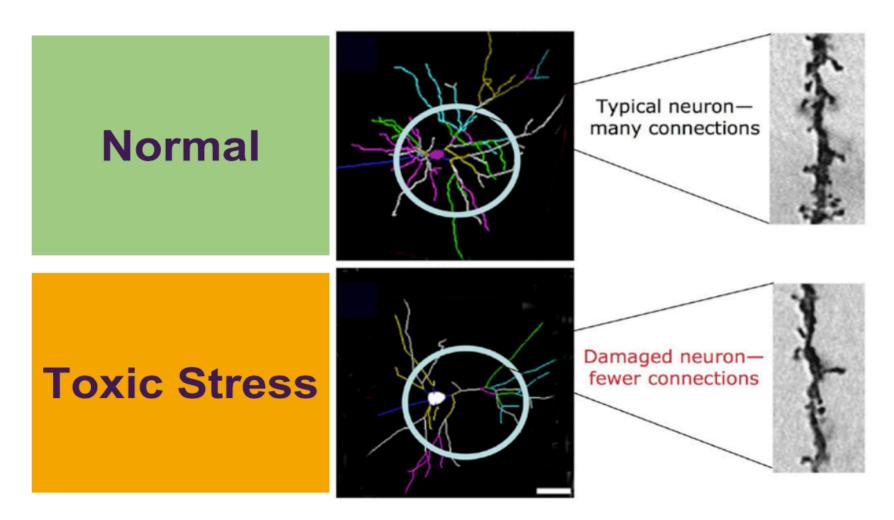
The Effects of Toxic Stress in Childhood

3 Key Factors Determine the Impact:

- Age
- Gender
- Type of Stress/Maltreatment



Persistent Stress Changes Brain Architecture



Source: Radley, et al. (2004) and Bock et. Al. (2005). Harvard University, Center on the Developing Child.



The Concept of Neuroplasticity

"The beauty of epigenetics is that it's reversible, and the beauty of the brain is that it's plastic."

Dr. Margaret McCarthy



the perience study



Unhealthy Behaviors

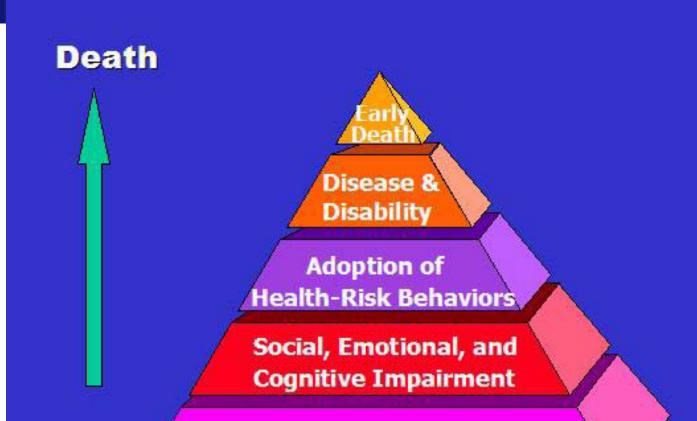
How Are they Developed? How Do they Come About?











Mechanisms By Which
Adverse Childhood Experiences
Influence Adult Health Status

Adverse Childhood Experiences



Birth

the perience study



ABUSE

NEGLECT

HOUSEHOLD DYSFUNCTION



Physical



Physical



Mental Illness



Incarcerated Relative



Emotional



Emotional



Mother treated violently



Substance Abuse



Sexual



Divorce

Adverse Childhood Experiences Are Common

Household dysfunction:

Substance abuse	27%
Parental sep/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%

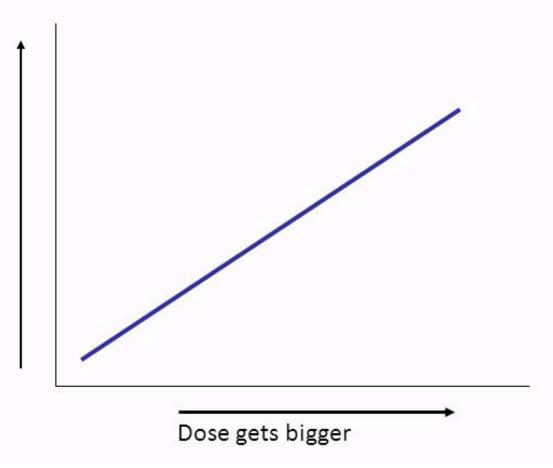
Abuse:

Psychological	11%
Physical	28%
Sexual	21%

Neglect:

Emotional	15%
Physical	10%

MORE ACEs = MORE HEALTH PROBLEMS



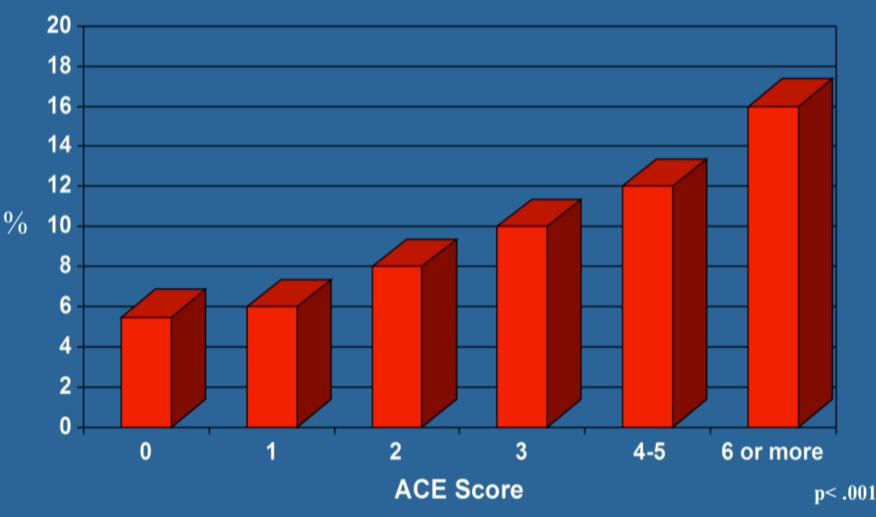
Dose-response is a direct measure of cause & effect.

The "response"—in this case the occurrence of the health condition—is caused directly by the size of the "dose"—in this case, the number of ACE categories.



alth Risks

Adverse Childhood Experiences vs. >1ppd Smoking as an Adult



Connecting the Dots....

in Your Own Life

What Happened to You?



<u>Depression</u>:

Most people say depression is a disease.

Many say depression is genetic.

Some say it is due to a chemical imbalance.



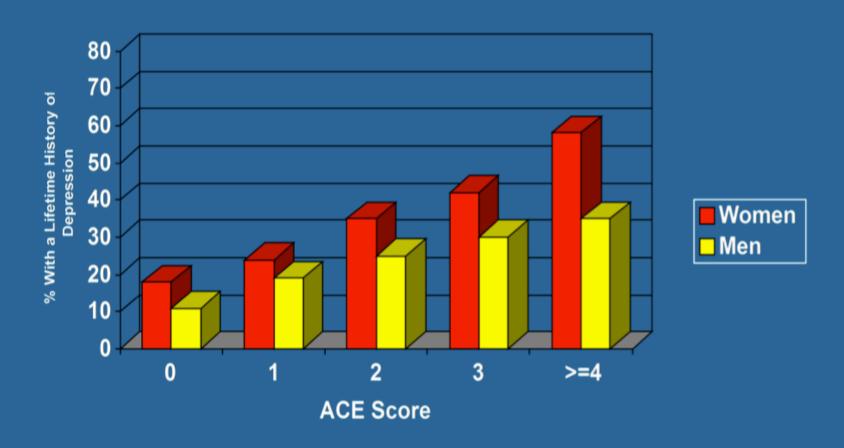


What if depression were *not* a disease, but a *normal response* to abnormal life experiences?





Childhood Experiences Underlie Chronic Depression











Obesity and Trauma

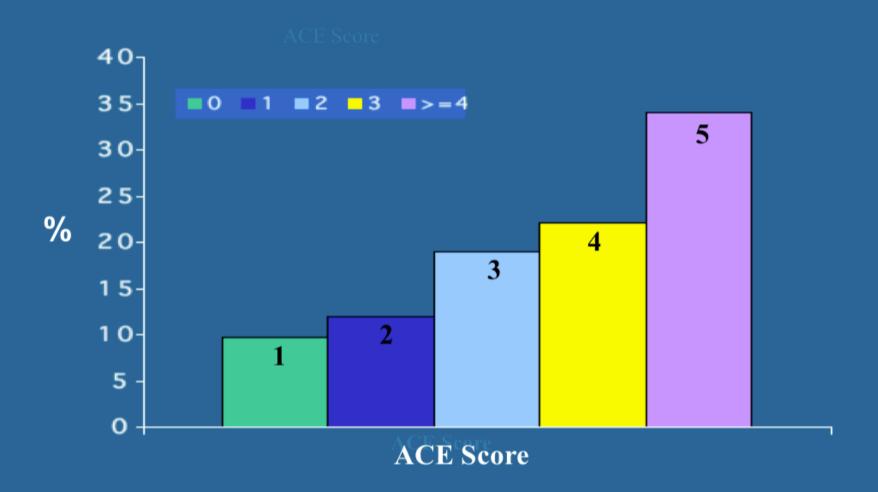
"We have come to recognize that overeating is not the basic problem. It is an attempted solution, and people are not eager to give up their solutions, particularly at the behest of those who have no idea of what is going on.

Nor is obesity the problem. Obesity is the consequence, the marker for the problem, much in the way that smoke is the marker for a house fire.

Often enough, **obesity is even the solution -** to problems that are buried in time and further protected by shame, by secrecy, and by social taboos against exploring certain areas of human experience."



ACE Score and Impaired Memory of Childhood





ACES in South Carolina

Surveys 2014-2016

YORK COUNTY

64% report ACEs

South Carolina

Top ACEs Reported

Emotional abuse - 34%

Parental divorce/separation - 31%

Household substance use - 29%

79% of current smokers report ACEs

74%

60%

of adults with heart disease report ACEs

South Carolina

76% of binge drinkers report ACEs

54% South Carolina

71%





As # of ACE Categories Increases, Risk for these Health & Social Issues Increase

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Fetal death
- Illicit drug use
- Heart disease
- Liver disease
- Intimate partner violence
- Other violence
- Multiple sexual partners

- Sexually transmitted diseases (STDs)
- Early initiation of smoking
- Smoking (currently)
- Obesity
- Early initiation of sexual activity
- Unintended pregnancies
- Workplace problems
- Depression
- Suicide attempts
- Other mental health problems



Lifetime Effects from ACEs

Critical & Sensitive Developmental Periods

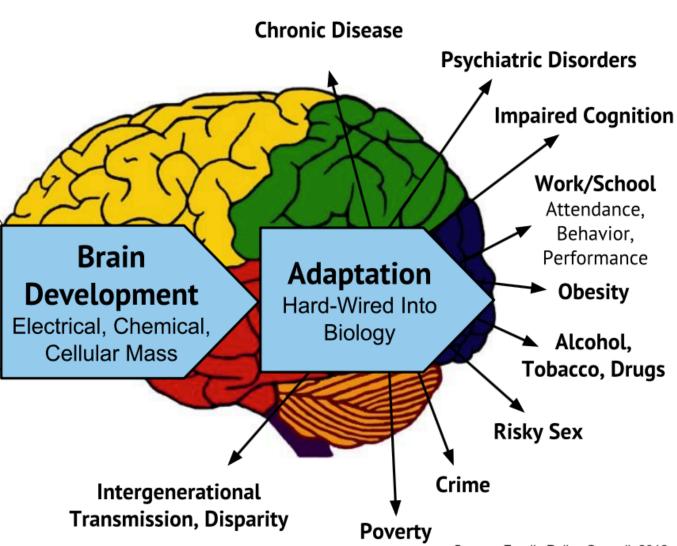
AdverseChildhood Experience

MORE CATEGORIES – GREATER IMPACT

Physical Abuse, Sexual Abuse
Emotional Abuse, Neglect
Witnessing Domestic Violence
Depression/Mental Illness in Home
Incarcerated Family Member
Substance Abuse in Home
Loss of a Parent

Genetics

Experience triggers gene expression (Epigenetics)



Source: Family Policy Council, 2012

Deaths Intergenerational Transmission Deatl Disease, Epigentic Mechanisms Disability, and Social Problems Adoption of Health-risk Behaviors Social, Emotional and Cognitive Impairment Disrupted Neurodevelopment Adverse Childhood Experiences Conception

Many chronic diseases of adults are determined decades earlier, in childhood.

Not by childhood *diseases*, but by life experiences.



The risk factors underlying these adult diseases are often helpful short-term *coping* devices for what has gone before.







Spiritual Risk Factors (Issues of the Heart) stemming from Early Life Trauma that can affect Our Behavior & Health

- Abandonment
- Rejection
- Fear/Anxiety/Worry
- Lack of Life Purpose
- Despair/Loss of Hope





- Shame
- Bitterness & Anger
- Unforgiving Spirit
- Low Sense of Worth







"For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander."

Matthew 15:19



"Above everything else guard your heart, because from it flow the springs of life."

Proverbs 4:23



Our Deep Spiritual Needs

We often respond to ACES and other stressors of life to meet our deepest spiritual needs

on our own, apart from God

and often in unhealthy and addictive ways.

- Love
- Acceptance
- Worth/Value
- Security/Control
- Sense of Purpose/Meaning
- Hope
- Peace
- Forgiveness (Receive & Extend)
- Connection to & Knowing Our Creator
- Salvation (today and eternally)
- Jesus (Luke 10:28 & 42)



Your Personal ACES History

Awareness of the Past and Present Impact:

Temperament/Personality Behaviors/Habits/Addictions How You Tend to Respond to Life's Stressors How You Attempt to Meet Your Deepest Spiritual Needs **Physical Health Conditions Mental Health Conditions** Ongoing Relationship Issues Workplace or School Challenges Other Social Difficulties Poverty/Homelessness

*** Need or Opportunity for Healing, Counseling or Increased Resilience? ***

ABUSE

NEGLECT

HOUSEHOLD DYSFUNCTION



Physical



Physical



Mental Illness



Incarcerated Relative



Emotional



Emotional



Mother treated violently



Substance Abuse



Sexual



Divorce



Spiritual Needs & Issues Require Spiritual Solutions





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"My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body."

Proverbs 4:20-22

"Resilience God-style allows us to be the overcomers which God intended us to be."

Robert F. Dees

Retired US Army Major General

"In the world you will have tribulation, but take courage, I have overcome the world."

Jesus in John 16:33



Part 2 – A Follow Up Series

Thursday Evenings

November 14th



Biblical Principles for ACES and Prevalent 'Spiritual Risk Factors'

Spiritual Risk Factor	Biblical Principle
Early Life Trauma & Abuse	
Bitterness & Unforgiveness	
Shame & Guilt	
Fear & Anxiety	
Rejection	
Low Self Worth	
No Life Purpose Life Dissatisfaction	



Closing Prayer

