

ACES 101 for Healthcare Providers

Prepared for Sutter Davis Hospital – Labor & Delivery

May 23, 2016



YOLO RESILIENCE NETWORK

Building ACEs awareness. Building community

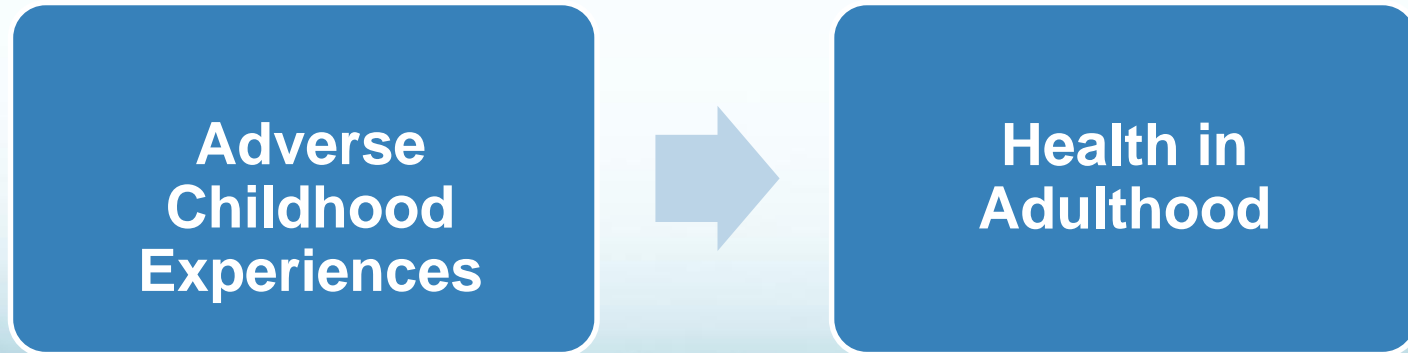


“The solution of all adult problems tomorrow depends in large measure upon the way our children grow up today.”

- Margaret Mead

What are ACES?

- ACES are adverse childhood experiences that harm children's developing brains so profoundly that the impacts are observed decades later
- They cause much of chronic disease, most mental illness, and are at the root of most violence



The Ace Study

- 1995-1997 Drs. Vincent Felitti & Dr. Robert Anda
- 17,000 Kaiser patients in San Diego
- Surveyed about childhood maltreatment and family dysfunction
- Compared with risk factors that contribute to morbidity and mortality

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%

What is an ACE Score?

- 10 questions
- Each positively answered question worth 1 point
- Total number of points is your ACE Score

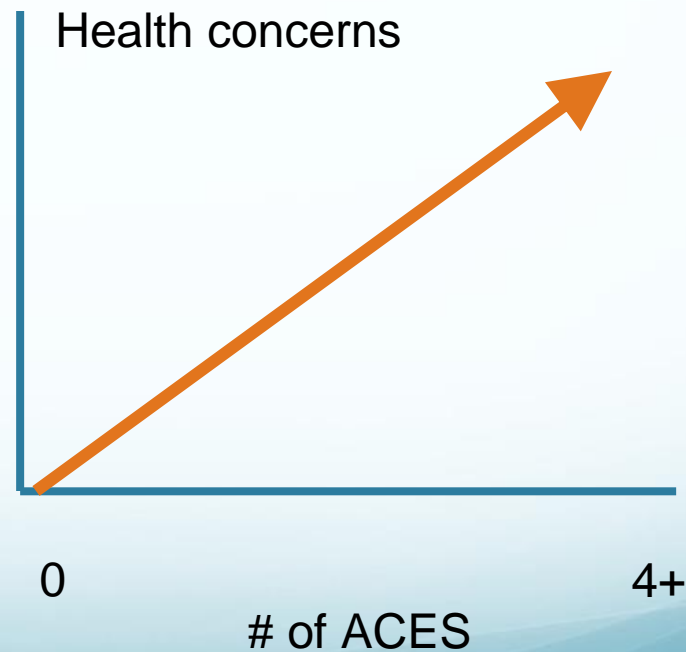
ACEs are Common

Number of Adverse Childhood Experiences (ACE Score)	Women	Men	Total
0	34.5	38.0	36.1
1	24.5	27.9	26.0
2	15.5	16.4	15.9
3	10.3	8.6	9.5
4 or more	15.2	9.2	12.5

Only 1/3 of population have no ACEs
About 1 in 4 people have one ACEs
And 1 in 8 have four or more ACEs

ACES

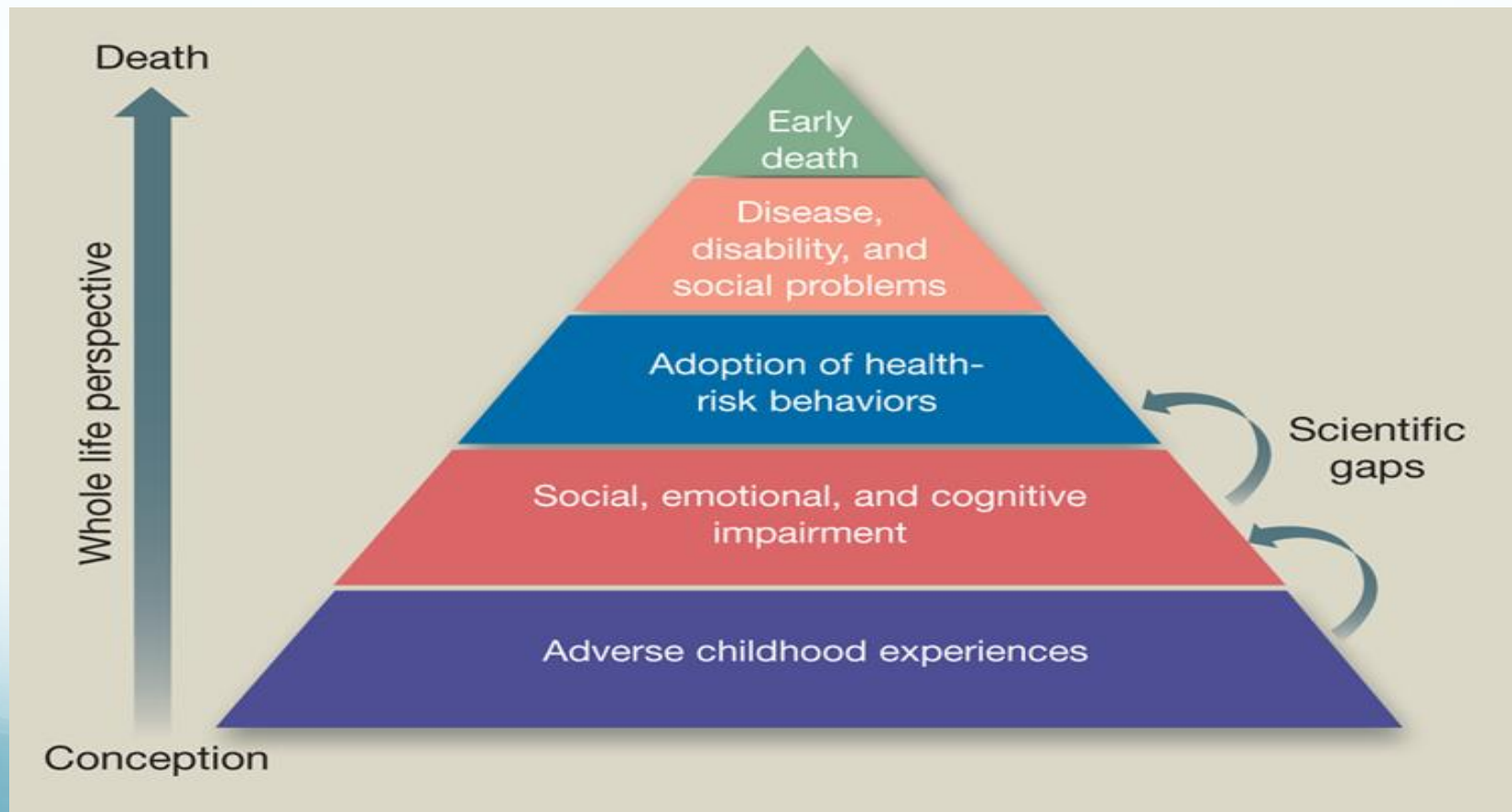
1. Emotional abuse
2. Physical abuse
3. Parent substance abuse
4. Parent incarceration
5. Sexual abuse
6. Parent separation or divorce
7. Mother treated violently
8. Household mental illness
9. Physical neglect
10. Emotional neglect



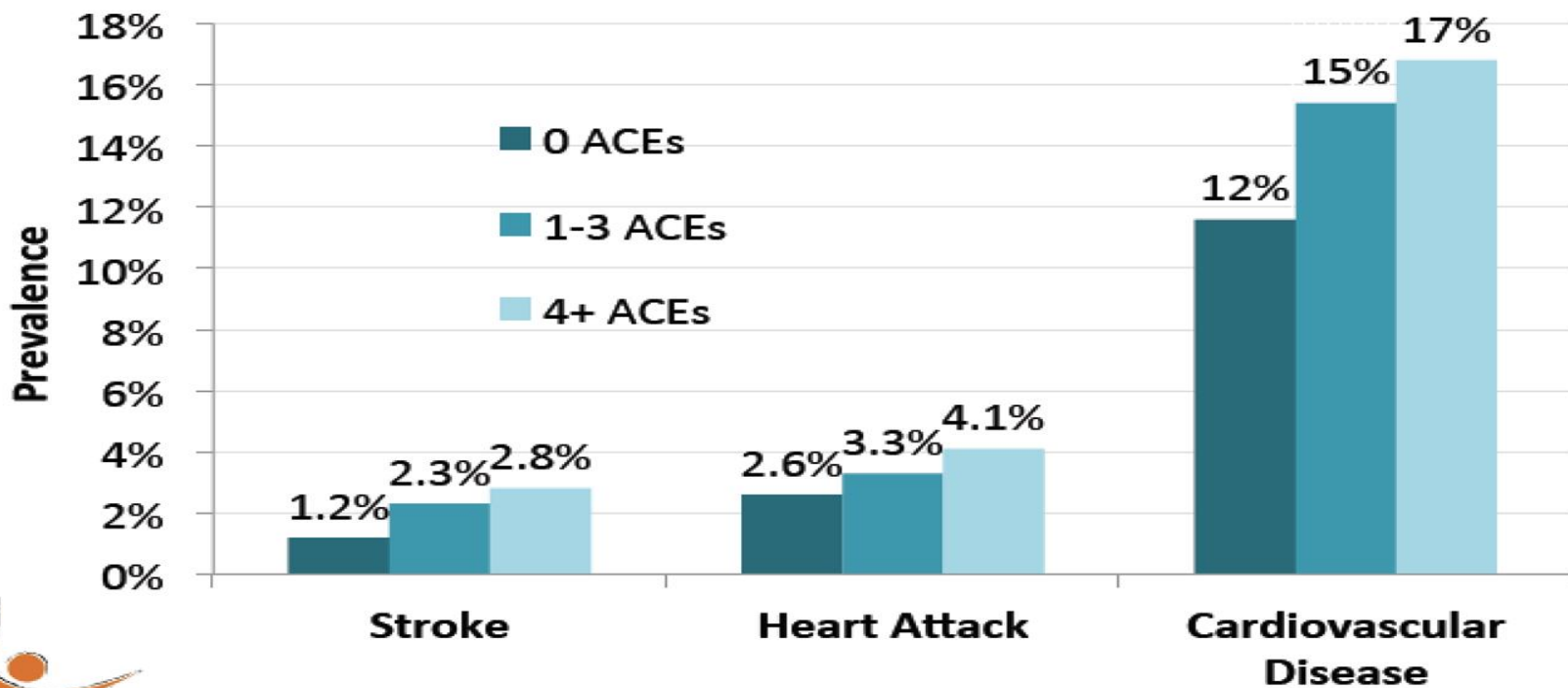
The Ace Study: Findings

- ACEs are common –
 - 65% have one
 - About 20% have three or more
- As ACE score increases, “risk of health problems increases in a strong and graded fashion’, including:

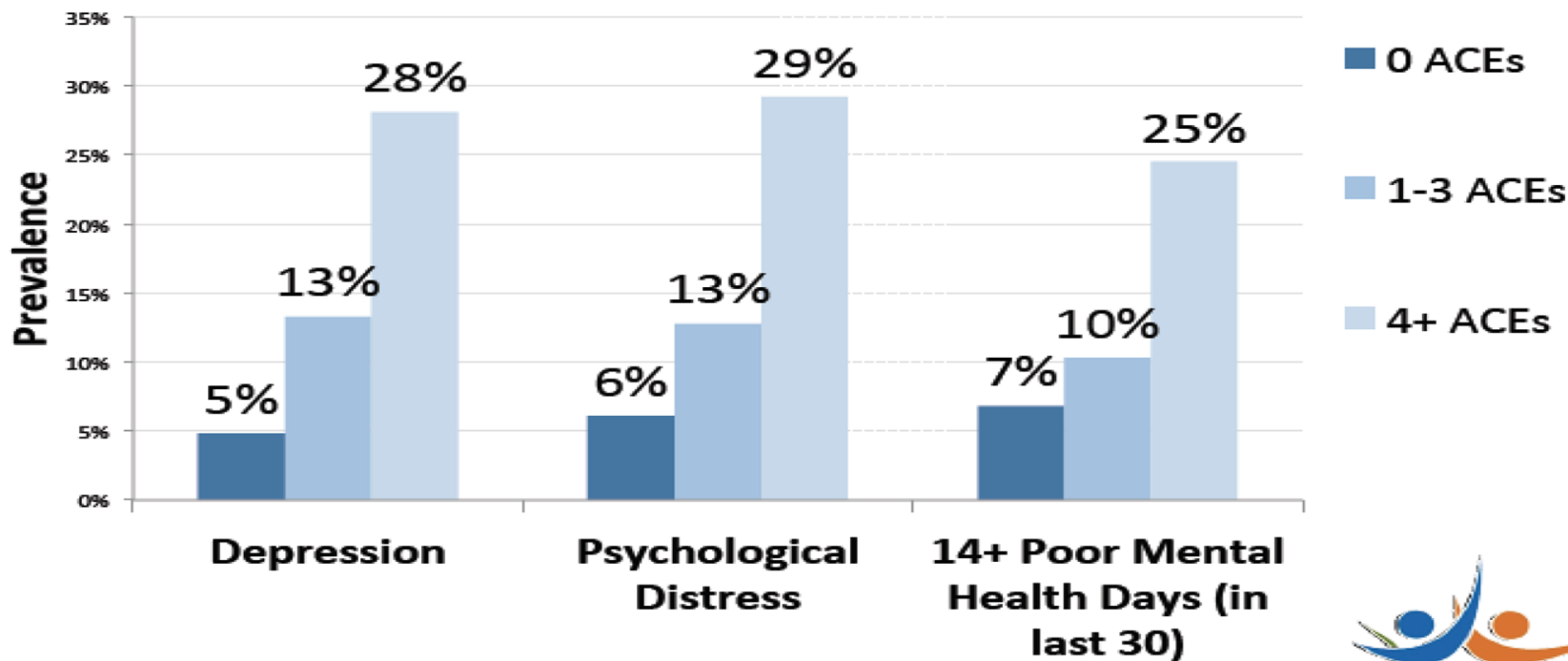
Alcoholism	Illicit drug use	Early initiation of smoking
COPD	Intimate partner violence	Adolescent pregnancies
Depression	STDs	Liver disease
Fetal death	Suicide attempts	Ischemic Heart Disease



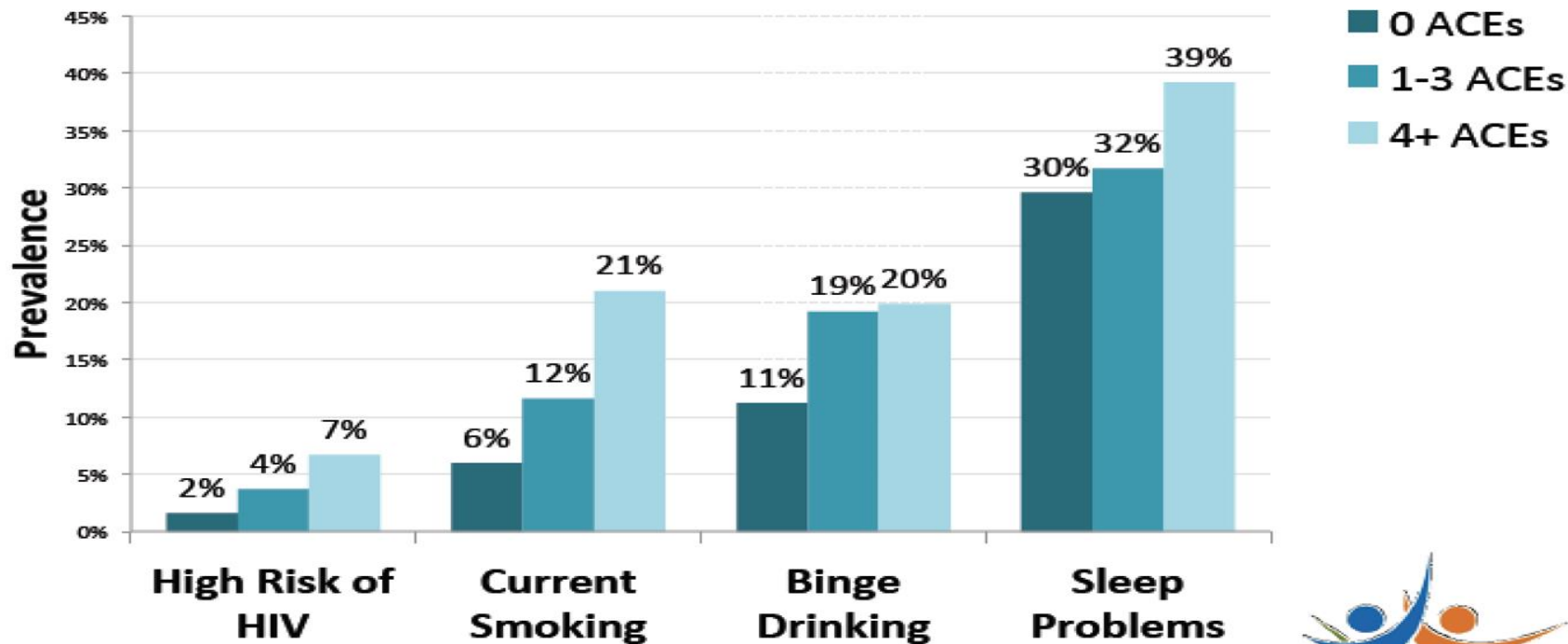
ACES and Cardiovascular Diseases



ACEs and Mental Health



ACEs and Health Behavior



ACES and mortality

*People with six or more ACEs died **nearly 20 years earlier** on average than those without ACEs*

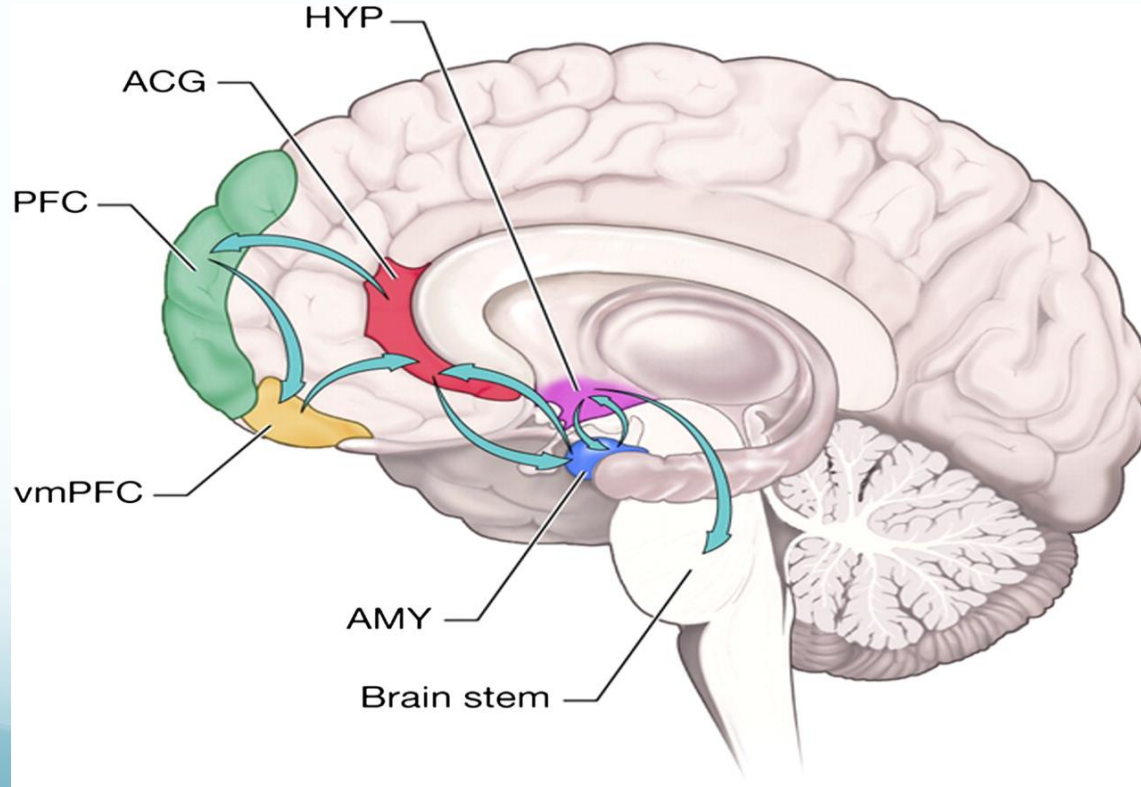


Why?

*If we can understand why – we can address the real issues
and clear away the mist*



Gross anatomy

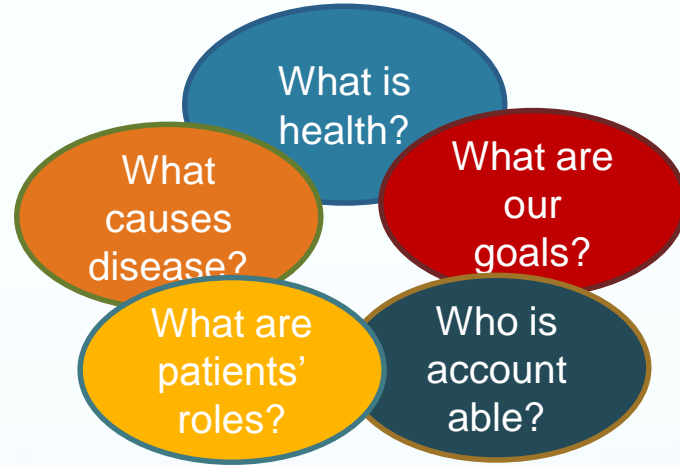
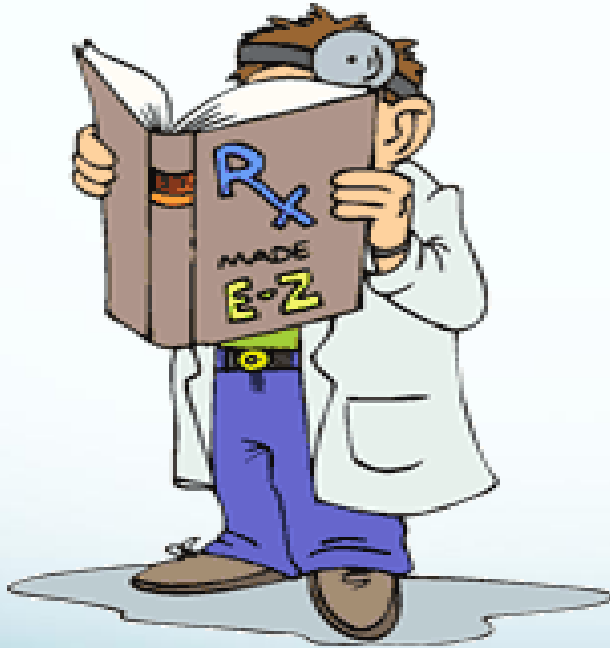


ACES are not destiny

Having a history of Adverse Experiences does not mean that person is broken

Healing from Adverse Experiences is very possible and desirable

Role of the healthcare system



Health Care 3.0

What reduces ACES?

“Slowly, I have come to see that Asking, and Listening, and Accepting are a profound form of Doing”

– Vincent J. Felitti, M.D.

Relationship is the Evidence-Based Practice

- Trauma results primarily from disrupted relationships
- Relationship is the vehicle for life success
- Attachment key to well-being



Coming out of the mist

Resilience, through a trauma informed community, is the answer



As caregivers, we must first know ourselves and care for ourselves....before we can be there for others.

Put on your own oxygen mask first....





*To be there for
him...*

*I have to be
there for
me.*

Thank you!!

Contact info

Anna Sutton, RN, PHN,MSN

Asst Dir, Public Health Nursing
Yolo County HHSA – MCAH/Infectious Disease programs
Anna.Sutton@yolocounty.org

Regan Overholdt

First 5 Yolo – Program Officer
roverholt@first5yolo.org
<http://www.first5yolo.org/>



Resources

- ACEsTooHigh.com - news site
- Link to story about Lincoln High:
- <http://acestoohigh.com/2012/04/23/lincoln-high-school-in-walla-walla-wa-tries-new-approach-to-school-discipline-expulsions-drop-85/>
- ACEsConnections.com - social network
- CDC Synopsis: <http://www.cdc.gov/violenceprevention/acestudy/index.html>
- CDC's Essentials for Childhood Framework:
- <http://www.cdc.gov/violenceprevention/childmaltreatment/essentials.html>

Resources

- www.nctsn.org
- www.tfcbt.musc.edu
- www.samhsa.org
- www.recognizetrauma.org/statistics.php
- http://freedomnetworkusa.org/wp-content/uploads/2012/05/Trauma_Informed_Care_Powerpoint.pdf
- <http://www.ohsu.edu/xd/outreach/occyshn/training-education/upload/TraumaPowerpoint-DrBurrHarris2012.pdf>
- <http://rodriguezgsarah.files.wordpress.com/2013/05/traumaresbooklet-web.pdf>