

*“Slowly, I have come to see that Asking, and Listening, and Accepting are a profound form of Doing” – Vincent J. Felitti, M.D.*

# Incorporating ACES within MCAH

**Anna Sutton MSN, PHN.**

Yolo County MCAH Coordinator

**Karen Clemmer, MN, PHN.**

Sonoma County MCAH Coordinator

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American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



“Never before in the history of medicine have we had better insight into the factors that determine the health of an individual from infancy to adulthood, which is part of the **life course perspective**—a way of looking at life not as disconnected stages but as integrated across time.”

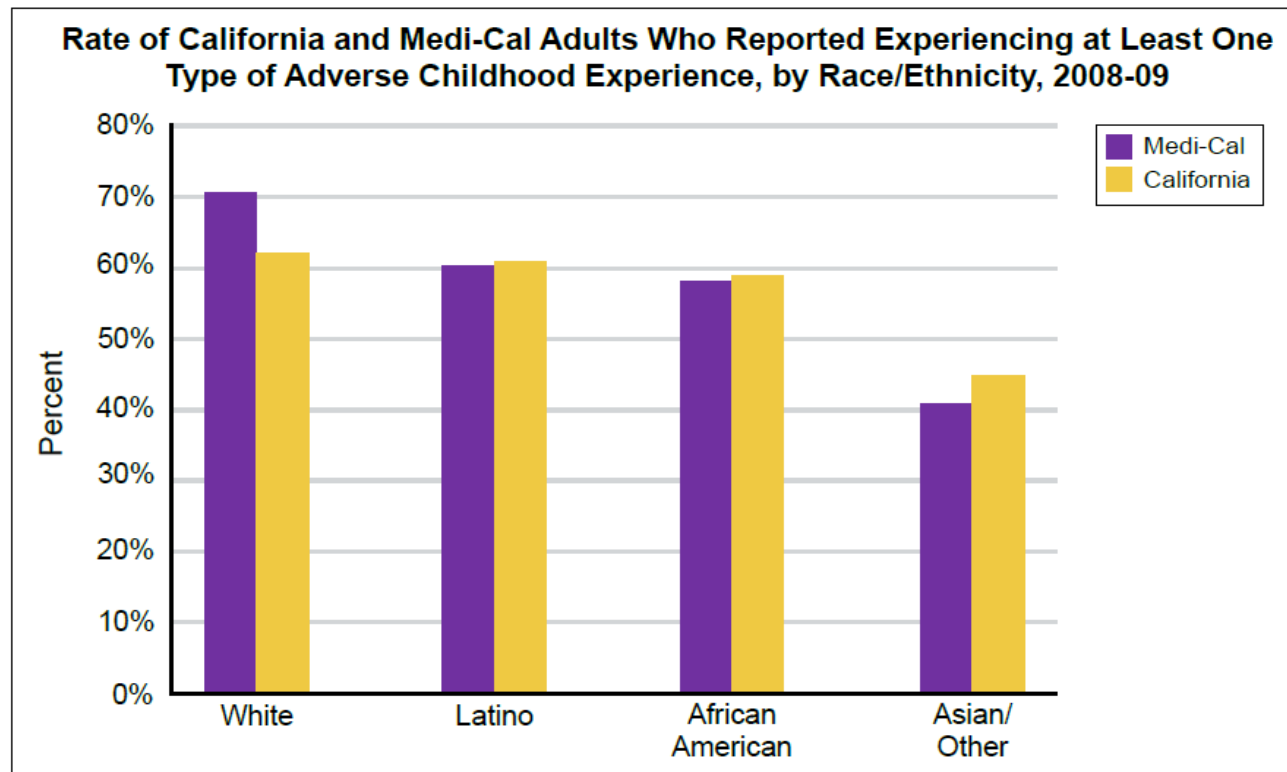
**Building Resiliency**

Preventing Adverse Childhood Experiences [ACEs]

# Health Disparities in the Medi-Cal Population

## Adverse Childhood Experience

**Figure**



Source: Behavioral Risk Factor Surveillance Survey, 2008-2009 - California Data File.

April 10, 2014

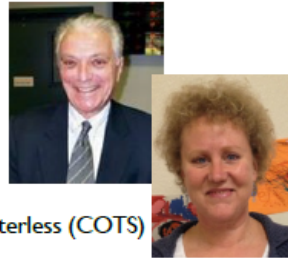
Two half day opportunities to learn how traumatic experiences impact health. Participants may register for both sessions

### Afternoon Workshop: Integrating the Adverse Childhood Experiences Study into Your Work with Young Children and Families

Featuring:

Vincent Felitti, MD & Principal Investigator for the ACE Study

Carrie Hess, Director Children's Programs, Committee of the Shelterless (COTS)



New Research on the Lifetime Health Effects of Adverse Childhood Experiences  
presented by Kathleen Kendall-Tackett, PhD  
Texas Tech University Health Sciences Center  
Wednesday, November 7, 2012

## Effect of Adverse Childhood Experiences on Long Term Health

Nadine J. Burke, MD, MPH  
Medical Director, CPMC Bayview Child Health Center  
October 7, 2010

April 10, 2014

Two half day opportunities to learn how traumatic experiences impact health. Participants may register for one or both sessions.

### Morning Conference: Trauma and Resilience

#### Building Resiliency in Youth Impacted by Trauma

Featuring: Vincent Felitti, MD & Guadalupe Avila, LCSW



Dr. Mark Sloan: "Stress! How it affects the growing brain?"  
Dr. Sloan is a renowned local pediatrician ([www.MarkSloanMD.com](http://www.MarkSloanMD.com)) and author of *Birth Day*: A book exploring the science, the history, and the wonder of childbirth

Saturday, May 2, 2015

Doors open: 5:30 • Appetizers: 6:00 • Dinner: 6:30 . Program: 7:30  
Silent auction, book signing, activities for the kids

2015 Annual Blue Ribbon Training and Luncheon  
Presented by Child Parent Institute

Thursday, April 23, 2015

Mary Agatha Furth Center- 8400 Old Redwood Highway, Windsor, CA

Training - 8:30am-11:00am

Childhood Trauma in California: Science and Solutions

Presented by Jane Stevens

Founder and editor of ACEsTooHigh and ACEsConnection

DEPARTMENT OF HEALTH SERVICES & SCHOOL NURSES ASSOCIATION ANNUAL MEETING

Childhood trauma and resiliency impact health across a lifespan.

Join us as we learn from the expertise of local service providers.

- Presenters include:
  - Mark Sloan, MD
  - Karen Clemmer, PHN
  - Carrie Hess, MFT

We'll explore the hidden health crisis of childhood trauma. What do we know about Adverse Childhood Experiences and the impact on developing brains? How do early experiences contribute to Chronic disease later in life? How can we support youth in building resiliency against negative health outcomes?

Date: Tuesday, May 19, 2015  
Time: 1:00 - 3:30 PM  
Location: Petaluma City Schools District Office 200 Douglas Street  
Register: [bit.ly/13wvz8a](http://bit.ly/13wvz8a) or visit <http://bit.ly/13wvz8a>

For details call 707.565.4532



Every child deserves to feel safe, wanted and loved.

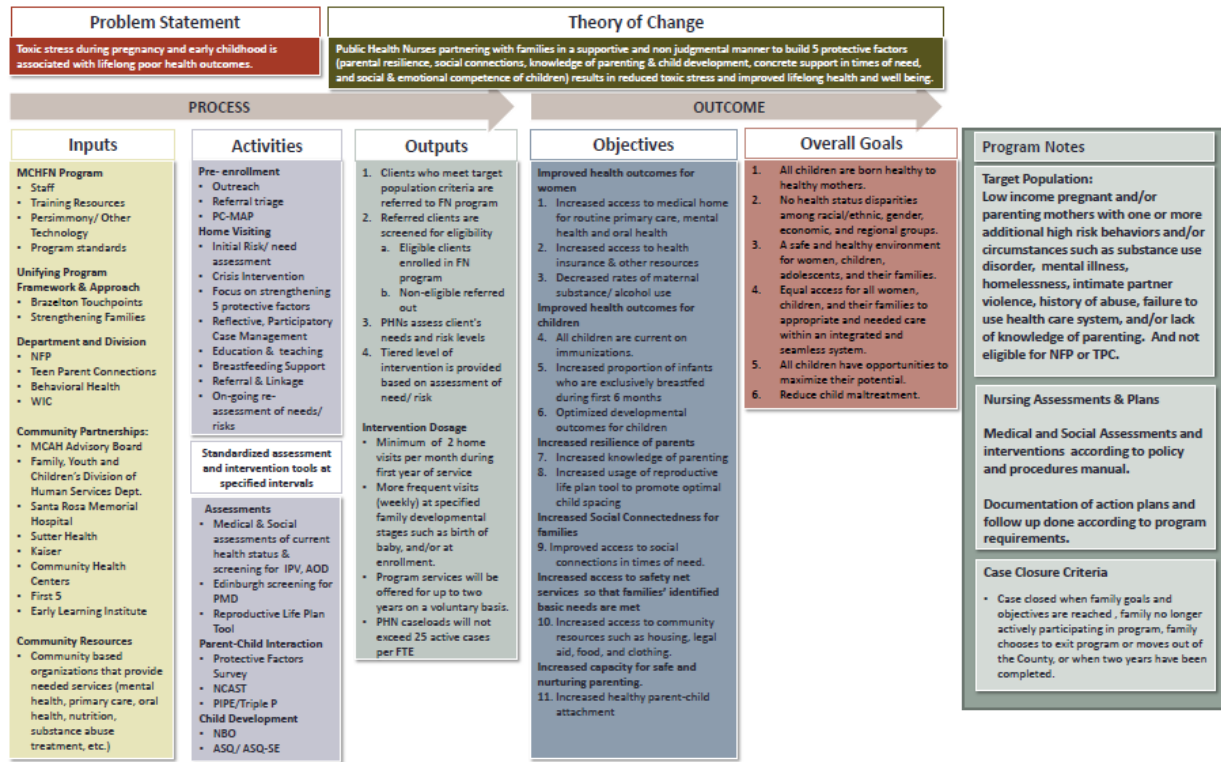
LOOK INSIDE TO FIND OUT HOW YOU CAN

## Prevent Child Abuse - Sonoma County

# Problem Statement

Toxic stress during pregnancy and early childhood is associated with lifelong poor health outcomes.

## Sonoma County MCHFN Program Logic Model

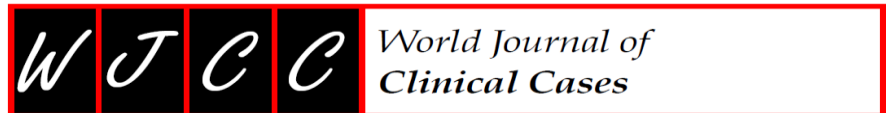


## Strengthening Families: Creating a New Normal

Protective Factor	Defined
Parental Resilience	The ability to cope and bounce back from all kinds of challenges
Social Connections	Friends, family, neighbors, and other members of a community who provide emotional support and concrete assistance to parents
Knowledge of Parenting and Child Development	Accurate information about raising young children and appropriate expectations for their behavior
Concrete Support in Times of Need	Financial security to cover day-to-day expenses and unexpected costs that come up from time to time, access to formal supports like TANF and Medicaid, and informal support from social networks
Social and Emotional Competence of Children	A child's ability to interact positively with others and communicate his or her emotions effectively

# Incorporating **ACES and life course** as key frameworks In developing the MCAH five-year action plans

MCAH SOW Goal 2: Improve Maternal and Women's Health	
Problem Category	Other problem in improving Maternal and Women's Health
Problem Statement(s)	Women 15-44 years have high rates of overweight and obesity due to pregnancy-related weight gain, unhealthy behaviors and/or altered metabolism resulting from stress and unresolved experiences of trauma.
Five Year Local Goal(s)	Reduce the percentage of women of reproductive age who are overweight or obese; Reduce the percentage of women who begin pregnancy overweight or obese by helping women return to healthy weight post-partum; Reduce the percentage of women who gain excess weight during pregnancy; Increase health care providers' knowledge of Adverse Childhood Experiences (ACES) on women's health behaviors, including overeating



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MINDREVIEWS

**Metabolic syndrome and childhood trauma: Also comorbidity and complication in mood disorder**



# Weave ACEs into education opportunities

## LEARNING OBJECTIVES

- Describe local data trends of Perinatal Substance Use in our region.
- **Describe how Adverse Childhood Events (ACEs) impact health**
- Describe why Perinatal Substance Use requires an integrated behavioral and medical health care model
- Resources available in Yolo County

Contact: Anna Sutton, MSN, PHN  
Perinatal Services Coordinator  
Anna.sutton@yolocounty.org

*“Talking about Tough Stuff: Supporting moms struggling with substance use/abuse”*

Yolo County Health Services Agency  
Comprehensive Perinatal Services Program  
(CPSP)  
Spring Roundtable 2015





## Sonoma County ACEs Connection

Remove Yourself From This Group

We work collaboratively to inform our community about ACEs, their lifelong effects and effective interventions; to promote evidence-based strategies and programs to reduce the impact of ACEs; to build resilience and prevent future ACEs; and to change systems to identify and serve persons impacted by trauma more effectively.

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Post Content

### Collections

Monthly meeting notes

Roadmap to Resilience

Collections List

### Calendar

April 23, 2015



Blue Ribbon training and luncheon  
Mary Agatha Furth Center  
8:30 AM - 1:30 PM

May 2, 2015



A Garden Party for Better Beginnings  
Sebastopol Masonic Center  
5:30 PM - 8:00 PM

### Recent Blog Posts



Better Beginnings is hosting a garden party on Saturday, May 2 at 5:30 at the Sebastopol Masonic Center, 373 North Main Street, Sebastopol. Food, silent auction, activities for the kids. Dr. Mark Sloan will speak on "Stress! How it affects the growing brain." See the attached flyer.



### About This Group

We work collaboratively to inform our community about ACEs, their lifelong effects and effective interventions; to promote evidence-based strategies and programs to reduce the impact of ACEs; to build resilience and prevent future ACEs; and to change systems to identify and serve persons impacted by trauma more effectively.

Invite others to this group.

### Activity Stream

Alison Lobb posted a new event.

A Garden Party for Better Beginnings

Alison Lobb posted a new event.

Meeting of Sonoma County ACEs Connection

Alison Lobb posted a new blog entry.



# Yolo County [CA] ACEs Connection

[Remove Yourself From This Group](#)

We're educating people in Yolo County, CA, about ACEs. Our intent is that everyone in Yolo County integrate trauma-informed and resilience-building practices into their work, family, community and individual lives.

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Post Content

## Collections

- Meeting Notes >
- Pages >
- Roadmap to Resilience >

[Collections List](#)

## Recent Blog Posts

### Meeting notes - Dec 19th, 2014



by [Gail Kennedy](#) ✱

9 hours ago

We had a great meeting on Dec. 19th. Thanks to all of you that made it out to the meeting during the busy holiday time!

#### In attendance:

Melanie Bowden	Triple L Parenting	melan
Regan Overholt	First 5 Yolo	roverh
Maria Elena Martinez	CASA	mariae
Victoria Conlu	PHN, Child Welfare	Victori
Irene Jimenez	PHN Foster Care	irene.:
Amy Thurman	PHN Supervisor, Vulnerable Populations	Amy.T
Haydee Dabritz	Epidemiologist, YCDHS	Hayde

## About This Group

We're educating people in Yolo County, CA, about ACEs. Our intent is that everyone in Yolo County integrate trauma-informed and resilience-building practices into their work, family, community and individual lives.

[Invite others to this group.](#)

## Calendar

January 16, 2015



Group steering committee meeting  
Woodland, CA  
12:00 PM - 1:30 PM

February 20, 2015



Group steering committee meeting  
Woodland, CA  
12:00 PM - 1:30 PM

[Complete Calendar](#)

## Activity Stream

[Gail Kennedy](#) posted a new blog entry.

[Meeting notes - Dec 19th, 2014](#)

[Carolyn Stiver](#) joined the group.

[Gail Kennedy](#) posted a new blog entry.

[JANUARY 16TH YOLO ACES MEETING](#)

[Alzada Magdalena](#) joined the group.

[Irene Jimenez](#) PHN joined the group.

# Join or create an **online community of practice** specific to your MCAH Priority

**ACEs Connection Network**

ACEsConnection / Groups / ACEs in Maternal Mental Health

## ACEs in Maternal Mental Health


[Remove Yourself From This Group](#)

The ACEs in Maternal Mental Health group is a platform for stakeholders to share and network around the connection between adverse childhood experiences and maternal mental health disorders, like postpartum depression.

HOME BLOG CLIPS CALENDAR FORUMS SURVEYS CHATS MEMBERS SEARCH ACTIVITY MANAGE

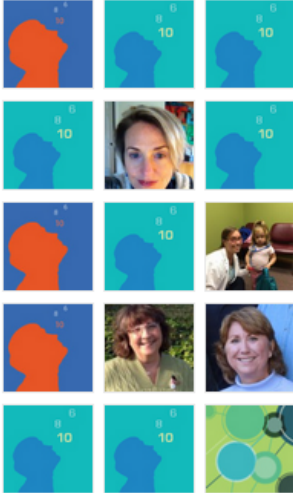
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**COLLECTIONS**

Roadmap to Resilience 

[Collections List](#)



**GROUP MEMBERS**



All Members

**RECENT BLOG POSTS**


### Mom's Mental Health and the ACEs she brings...the past matters.

 by Anna Sutton  May 8, 2015 12:54 PM

May is Maternal Mental Health Awareness Month and this Sunday is Mother's Day. The day is somewhat bittersweet when I think about it...shouldn't every day be Mothers' Day, just minus the fanfare? How can we promote better mental health for moms during a time of great transition? And how much harder is it for a mom to become a mom if she's got an ACE score of 4 or more? She carries a heavier burden and how will that impact the baby? the newborn? the toddler? the teen?

We can do something about this though and it helps both mom and baby! We can stop judging mothers on how "good" they are and acknowledge how "hard" things can be...that just gives them the permission to be human. In our society we do have super hero expectations of mothers without enough social and economic supports in place.

So in the month of May and in particular on this Mother's Day, let's scream out that it's hard and it might get harder, but MOMS - you are doing great! And how can we help?





**ABOUT THIS GROUP**


The ACEs in Maternal Mental Health group is a platform for stakeholders to share and network around the connection between adverse childhood experiences and maternal mental health disorders, like postpartum depression.


[Invite others to this group.](#)

**ACTIVITY STREAM**

 Karen Clemmer liked this blog entry: Mom's Mental Health and the ACEs she brings...the past matters.

 Gail Kennedy liked this blog entry: Mom's Mental Health and the ACEs she brings...the past matters.

 Anna Sutton liked a comment to this blog entry: So how do you start to think and talk about ACEs and Maternal Mental Health?

 Anna Sutton liked a comment to this blog entry: So how do you start to think and talk about ACEs and Maternal Mental Health?

**RECENT CLIPS**

[Understanding the Effects of Child Maltreatment on Brain Development \(ChildWelfare.gov\)](#)