

# Integrating Trauma-Informed Care into Human Services Programs

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# Original ACE study: General Findings



## Adverse Childhood Experiences:

- are common
- are highly interrelated
- have long-term, damaging consequences
- can happen in any family
- have a cumulative effect—the higher the score, the higher the likelihood of health risk behaviors and poor health outcomes
- are a leading determinant of public health spending

# Types of ACEs

*The three types of ACEs include*

## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



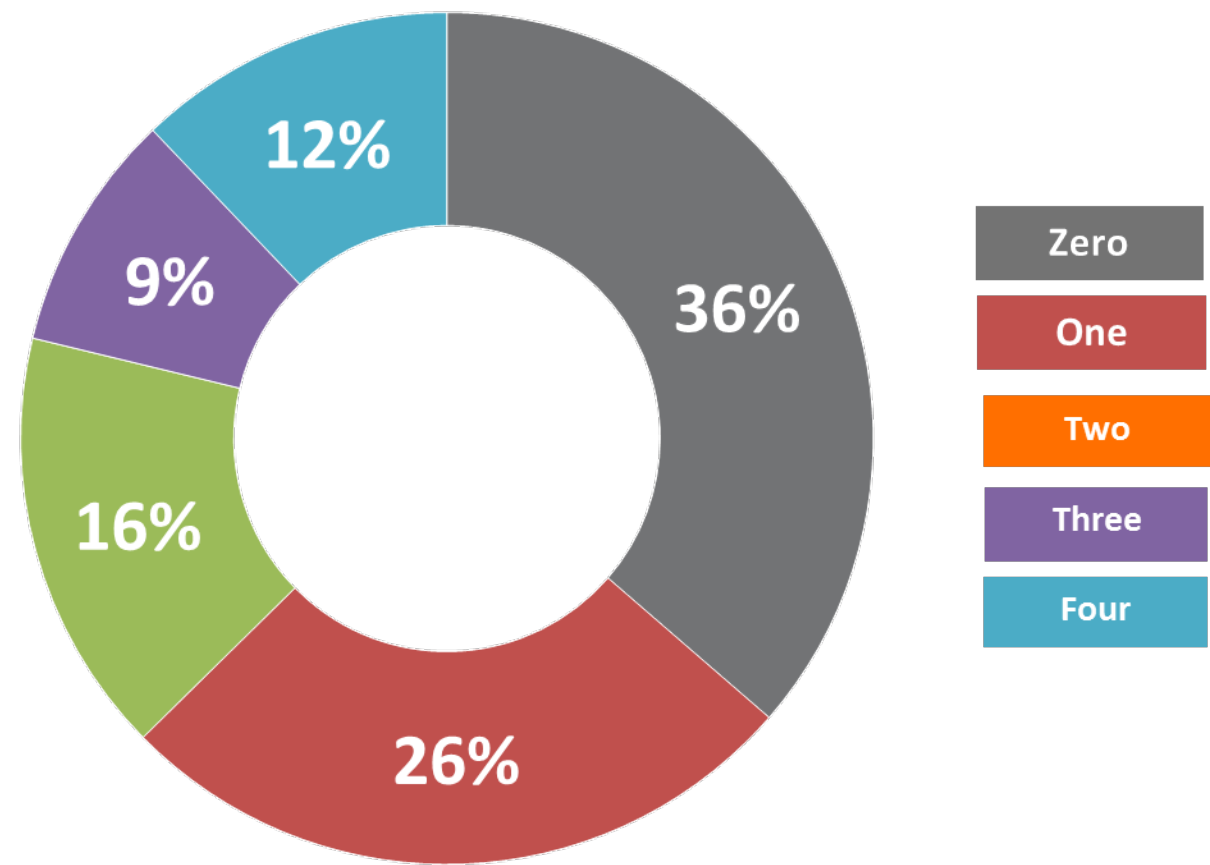
Substance Abuse



Divorce



# ACEs are Common



Adapted from CDC Infographic  
[https://vetoviolence.cdc.gov/childmaltreatment/phl/resource\\_center\\_infographic.html](https://vetoviolence.cdc.gov/childmaltreatment/phl/resource_center_infographic.html)



# Increased Risk of 4 ACEs

**12.2**

**SUICIDE**

**5.5**

**MISS 14 DAYS OF WORK IN A MONTH**

**2.5**

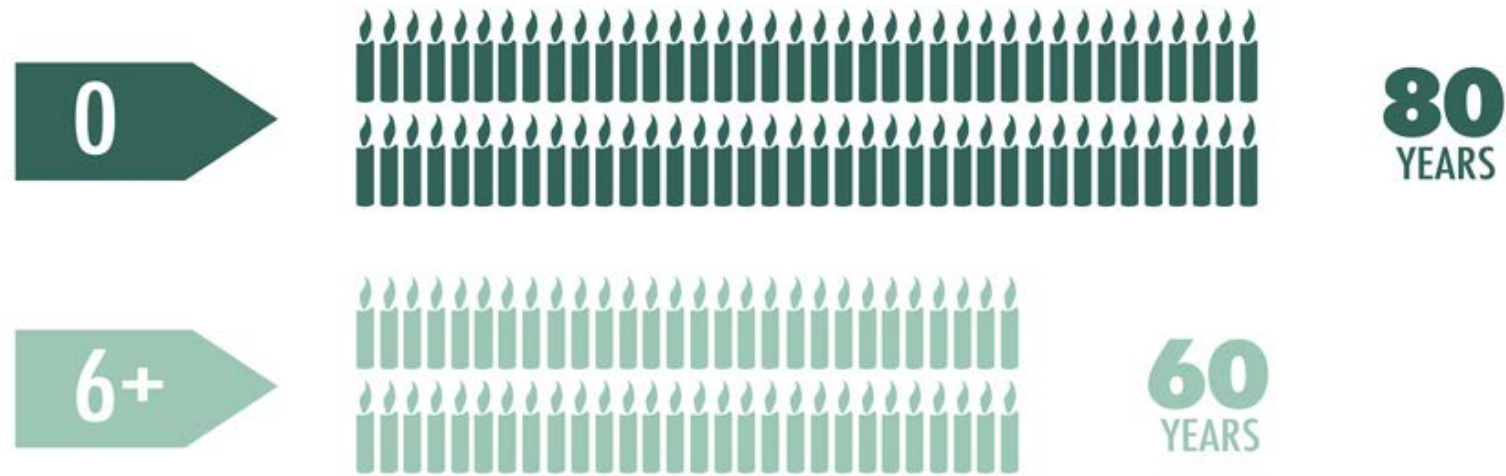
**SEXUALLY TRANSMITTED DISEASE**

**2.2**

**HEART DISEASE**



# ACEs and Life Expectancy

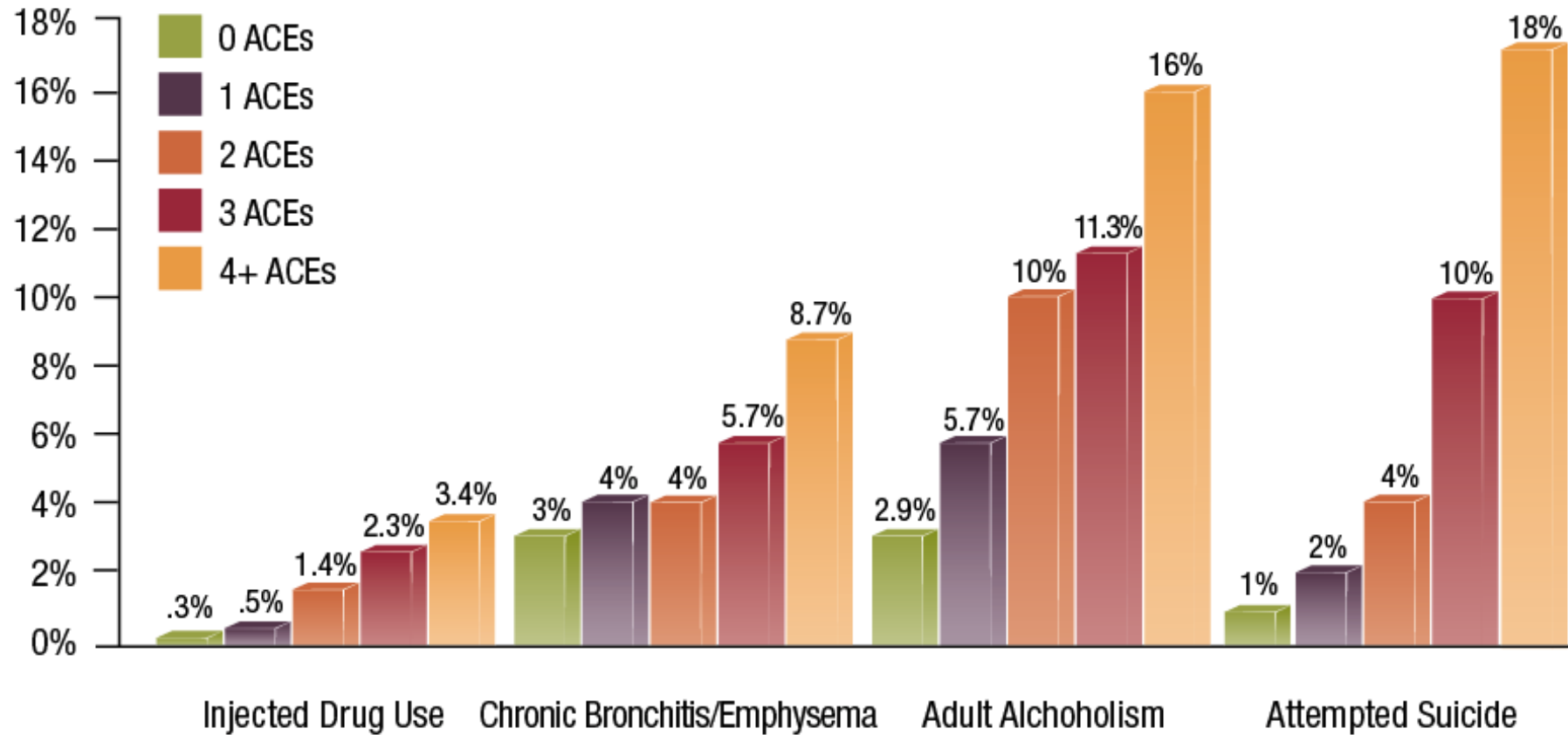


[https://vetoviolence.cdc.gov/childmaltreatment/phl/resource\\_center\\_infographic.html](https://vetoviolence.cdc.gov/childmaltreatment/phl/resource_center_infographic.html)





# Original ACE Kaiser Findings





# Health Outcomes Associated with Adverse Childhood Experiences

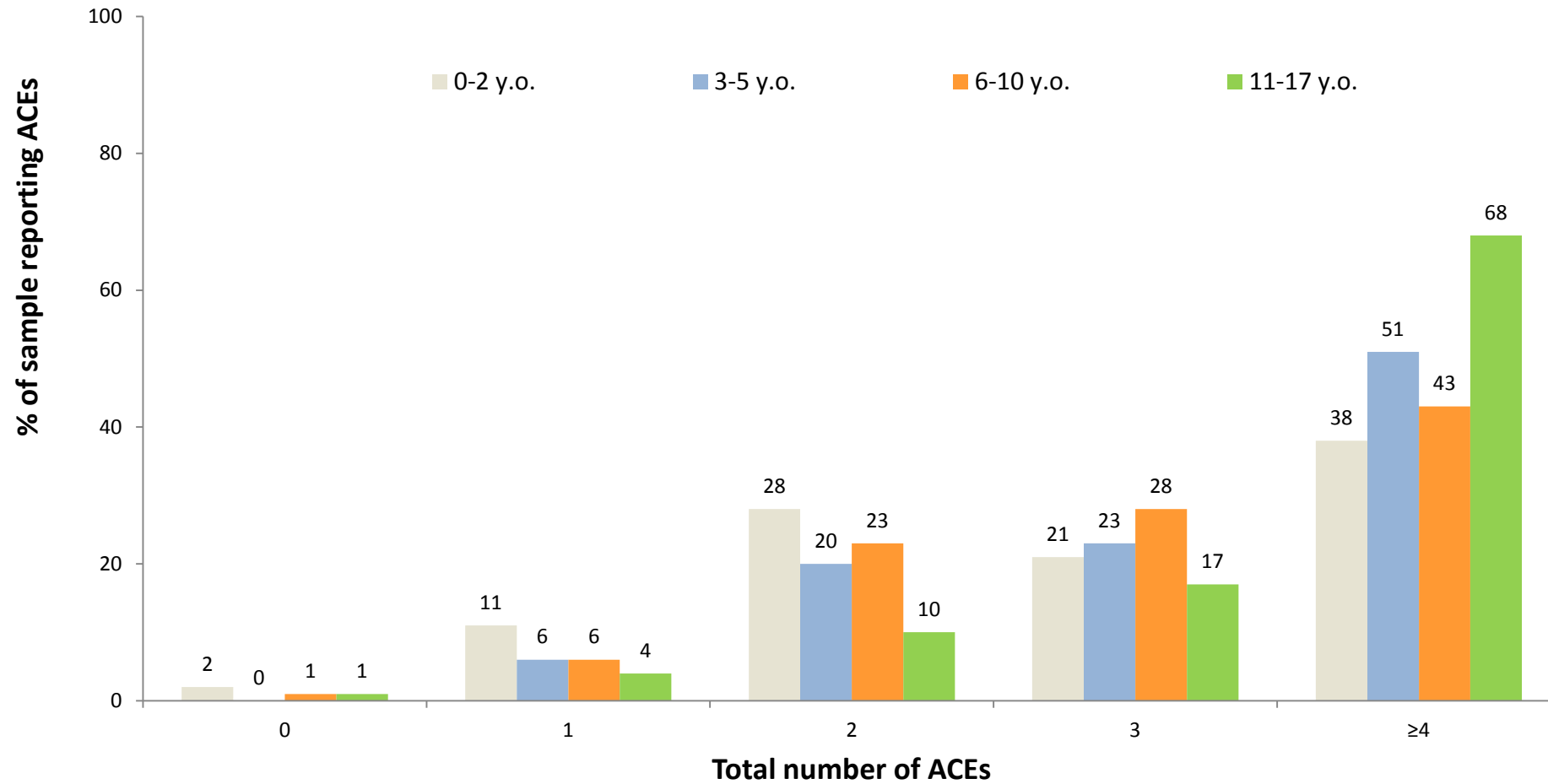
HEALTH RISK BEHAVIORS	MENTAL HEALTH CONDITIONS	PHYSICAL HEALTH CONDITIONS
Smoking Alcohol Abuse Drug Abuse/Illicit Drug Use High Risk Sexual Behavior	Depression Anxiety PTSD Hallucinations Suicide	Cardiovascular Disease Diabetes Emphysema Cancer Obesity Liver Disease Headaches Autoimmune Disease Sexually Transmitted Infections Self-Reported Health Disability Fetal Death Mortality

Health outcomes highlighted in pink are among the top ten leading causes of death in the US



# NSCAWI: ACE Scores by Age

OVER  
100  
YEARS





# What about Poverty?

The 2014 Wisconsin Behavioral Risk Factor Survey

Parent's education level and single parent status is associated with adult health risk behaviors, poor health outcomes and depression in adulthood.

A strong association between experiencing hunger and and homeless as a child and poor general health, chronic conditions and depression in adulthood.



# What about Poverty?

When controlling for ACEs the only association that remained strong with the childhood poverty questions was poor general health in adulthood.

# The Importance of Early Experiences

OVER  
100  
YEARS



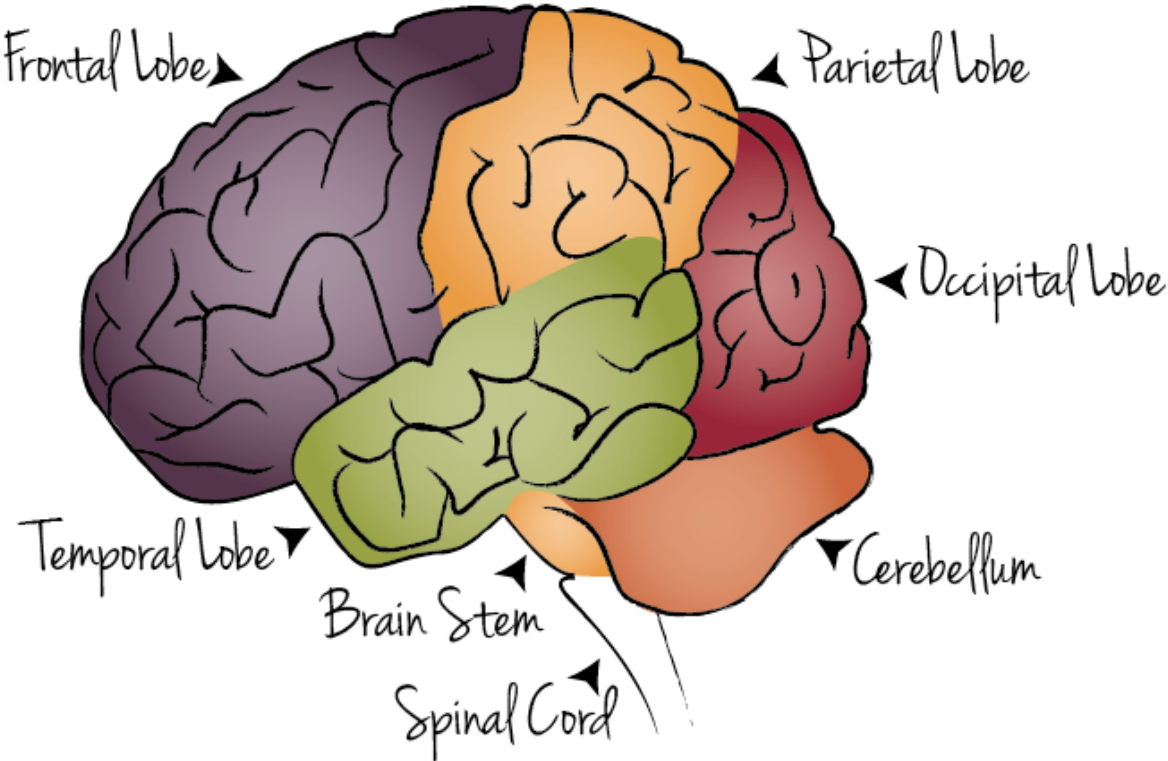
Early experiences – good and bad – shape a child’s future and world view

Brain development

Effects of toxic stress

Self-regulation

Attachment



## Core Story of the Brain

# Change in Mind Initiative

OVER  
100  
YEARS



Alliance for Strong Families and Communities, The Palix Foundation (formerly The Norlien Foundation) & The Robert Wood Johnson Foundation.

Two country cohort involving 5 non-governmental organizations based in Alberta and 10 U.S. based private, nonprofit human serving organizations.

Contracting with FrameWorks Institute on framing and strategic communications.

Contracting with Community Science on the developmental evaluation.





# Why Change in Mind?

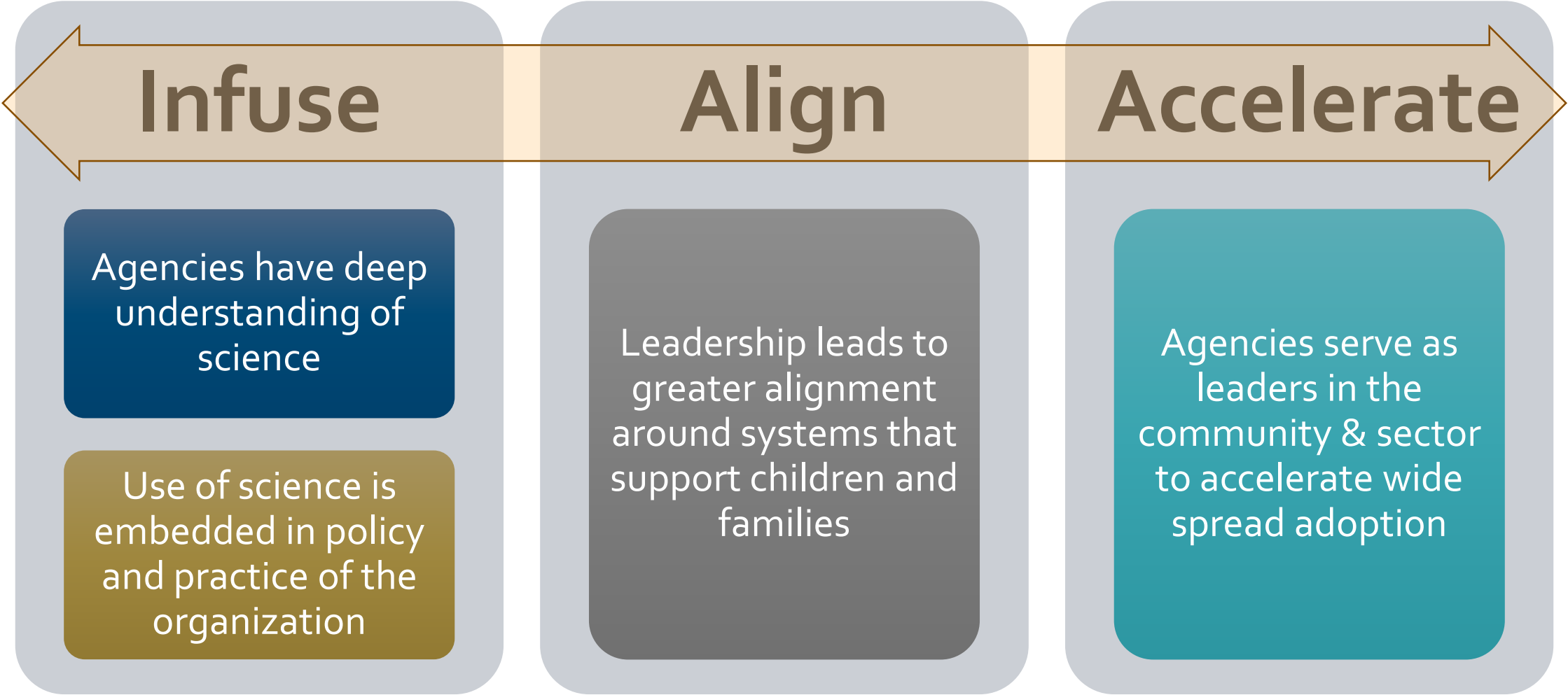
Science seldom gets translated into real world application.

Often there is a significant lag-time between research findings and scientific discovery and changes in policies and systems.

The nonprofit human services sector typically focuses on individual and family outcomes.



# Purpose and Objectives



# Trauma

“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

SAMHSA

# Trauma

- Proposed solutions:
  - Individual: patient empowerment, choice, collaboration, safety, and trustworthiness
  - Organizational: leading and communicating about the transformational practice, engaging patients in organizational learning, training clinical and non-clinical staff, creating a safe environment, preventing secondary trauma in staff

Center for Health Care Strategies

# CIM Pathways Grid

OVER  
100  
YEARS



Term	Individual	Organization	Community	System	Policy
Trauma	X	X			
ACEs	X	X	X		
Brain Science	X	X		X	X
Resiliency	X	X	X	X	X



# Other National Efforts

Advancing Trauma-Informed Care Initiative,  
Center for Health Care Strategies

Campaign for Trauma-Informed Policy and Practice

Frontiers of Innovation,  
Center on the Developing Child at Harvard University



# Other National Efforts

Mobilizing Action for Resilient Communities,  
Health Federation of Philadelphia

Building Community Resilience,  
Nemours