

How Healthy Start Can Address Trauma and its Connection to Personal And Familial History



Ask the Expert Webinar

January 19, 2017

Webinar Objectives

- 1) Define trauma in the context of its connection to personal and familial history
- 2) Describe how trauma impacts families and those working with families
- 3) Provide strategies or practical approaches for Healthy Start staff (community health workers, outreach workers, nurses) who are working with pregnant women and families that have experienced trauma or even have experienced trauma themselves in coping with the behaviors that result from trauma.



*How Healthy Start Can Address
Intergenerational Trauma:
From Why To What Happened?*

January 2017



Perspectives



Community Meeting

How are you feeling?

What is your goal?

Who is a resource that can help you achieve it?



The Reactor Of Trauma



Camden Ecology

- Up to a 70% dropout rate
- 50% of population is 25 or below
- 55% of youth live below poverty line
- 68% of all households are led by single parent
- 1 out of 75 people assaulted
- Unemployment is close to 20%



Hopeworks

- The beginning
- Good people, wanting to do good work
- Something had happened

Injury



Perspectives



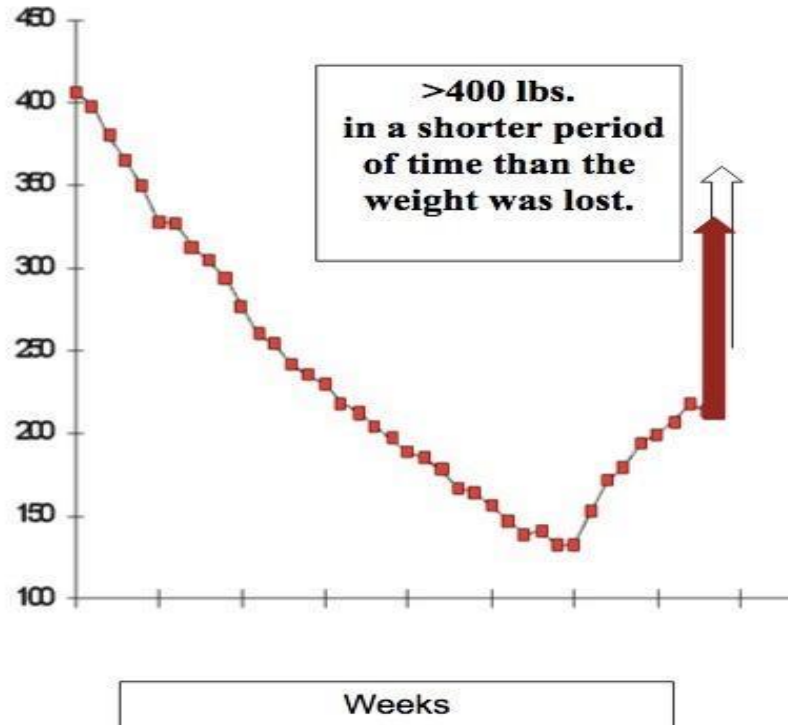
ACEs: The Story

Felitti Story

Patti: Where is the safety?



Night Eats



Perspective Shift



ACEs: Let's Take Them

Let's Take The ACE Survey

- Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?
- Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?
- Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?

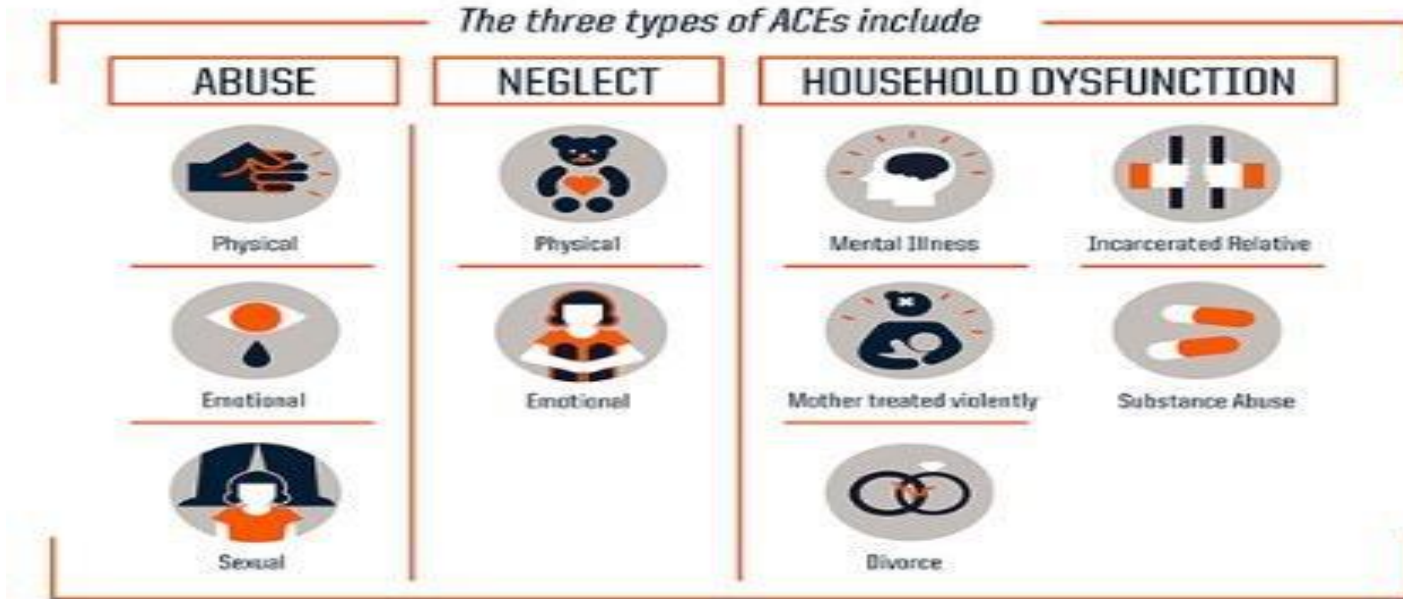
ACEs, cont.

- Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?
- Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it
- Were your parents ever separated or divorced?

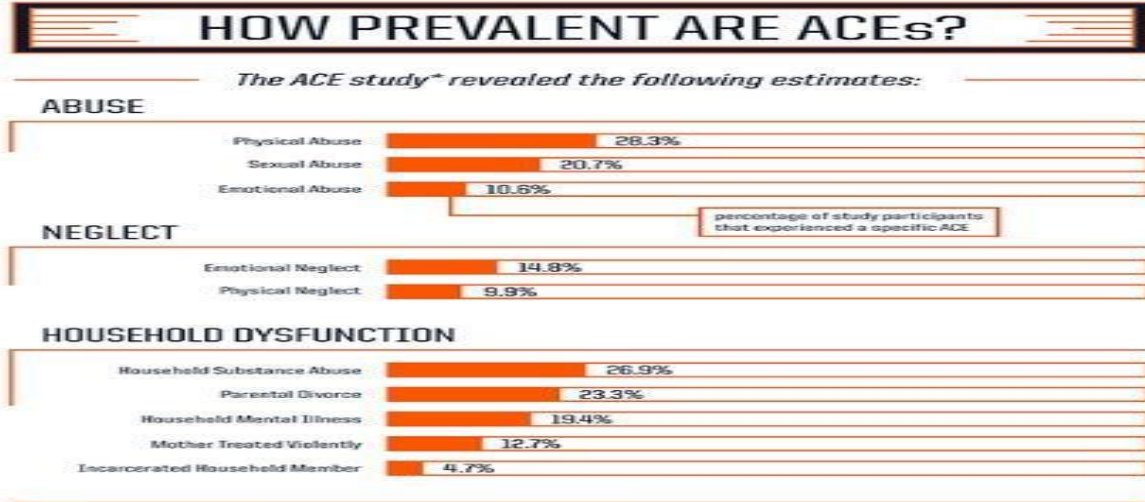
ACEs, cont.

- Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
- Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
- Was a household member depressed or mentally ill, or did a household member attempt suicide?
- Did a household member go to prison?

Three Types Of ACEs



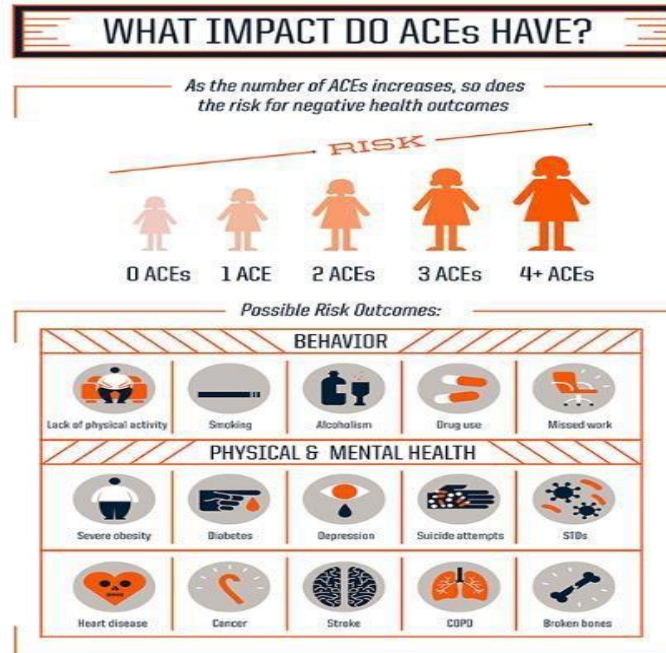
Prevalence Of ACEs



Of 17,000 ACE study participants:



Impact Of ACEs



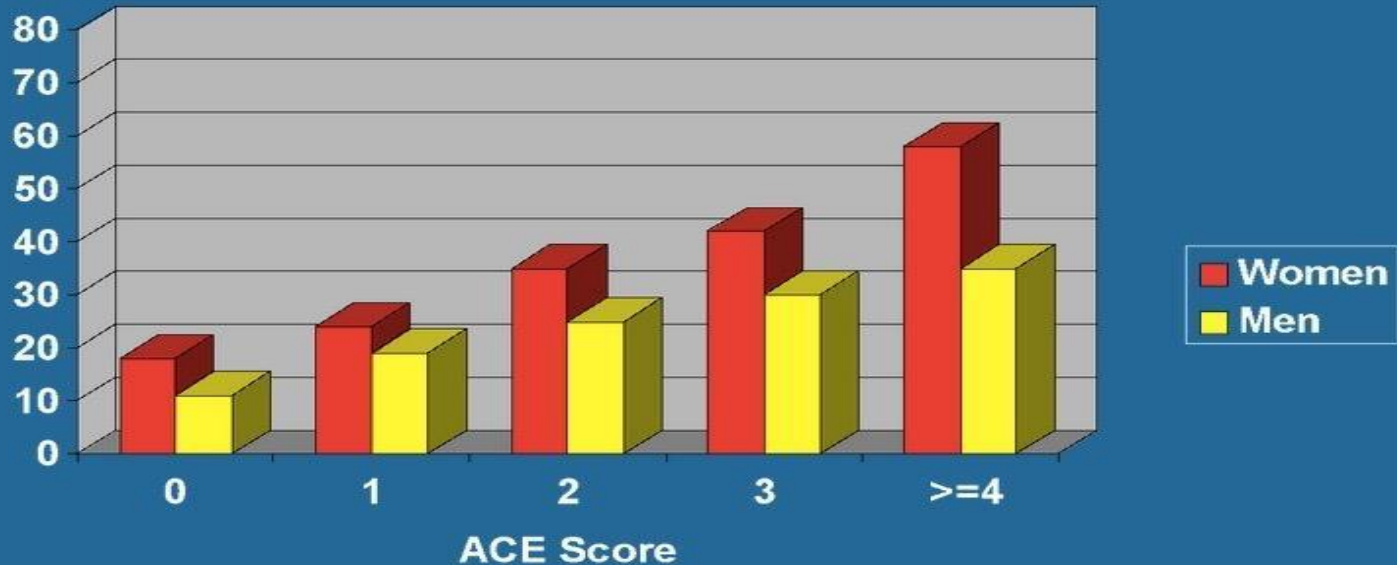
Depression

- Most say depression is a disease.
- Many say depression is genetic.
- Some say depression is due to a chemical imbalance.

Chronic Depression

Well-being

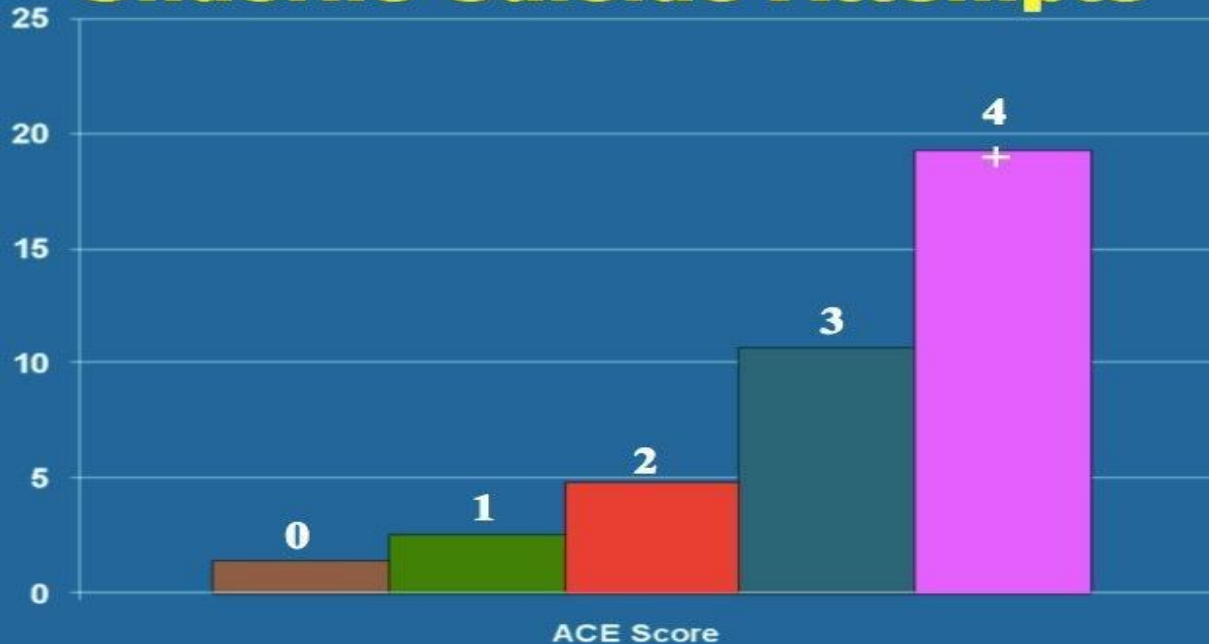
Childhood Experiences Underlie Chronic Depression



Suicide Attempts

Well-being

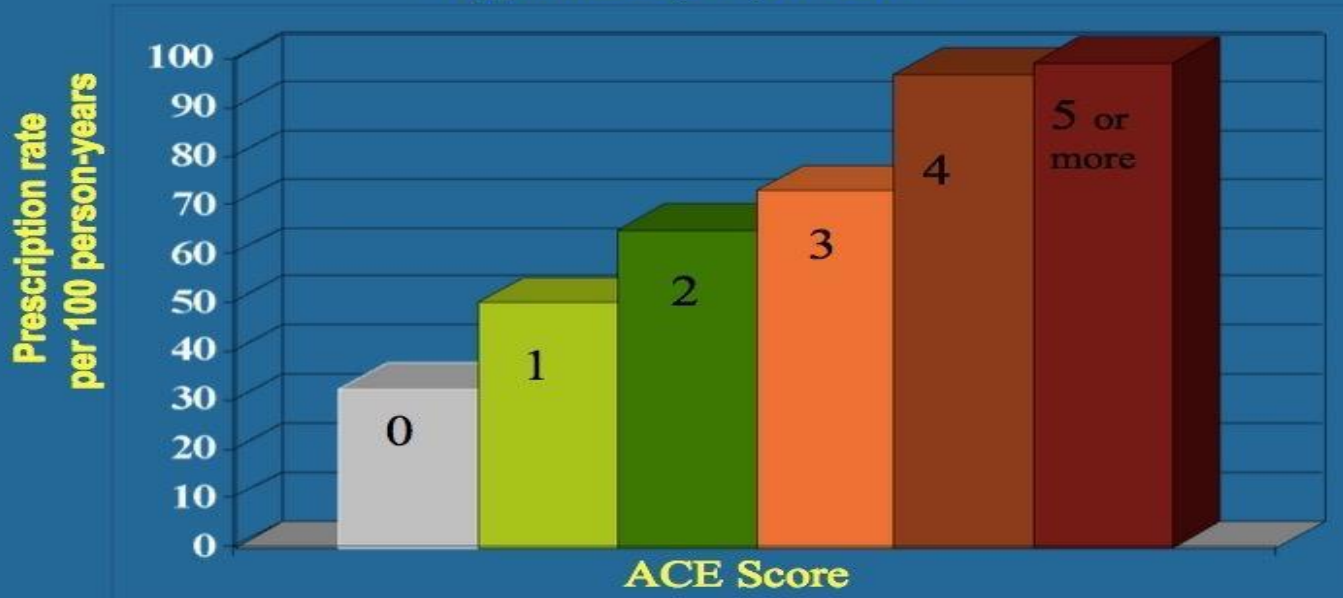
Childhood Experiences Underlie Suicide Attempts



Antidepressant Scripts

Costs

ACE Score and Rates of Antidepressant Prescriptions approximately 50 years later



Impact Of ACEs

≥ 4 ACEs	Adjusted Odds Ratio
Ischemic heart disease	2.2
Any cancer	1.9
Stroke	2.4
Chronic bronchitis/emphysema	3.9
Diabetes	1.6
Hepatitis	2.4

Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MP, Marks JS. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: the adverse childhood experiences (ACE) study. American Journal of Preventive Medicine 1998;14:245–258.

Impact Of ACEs

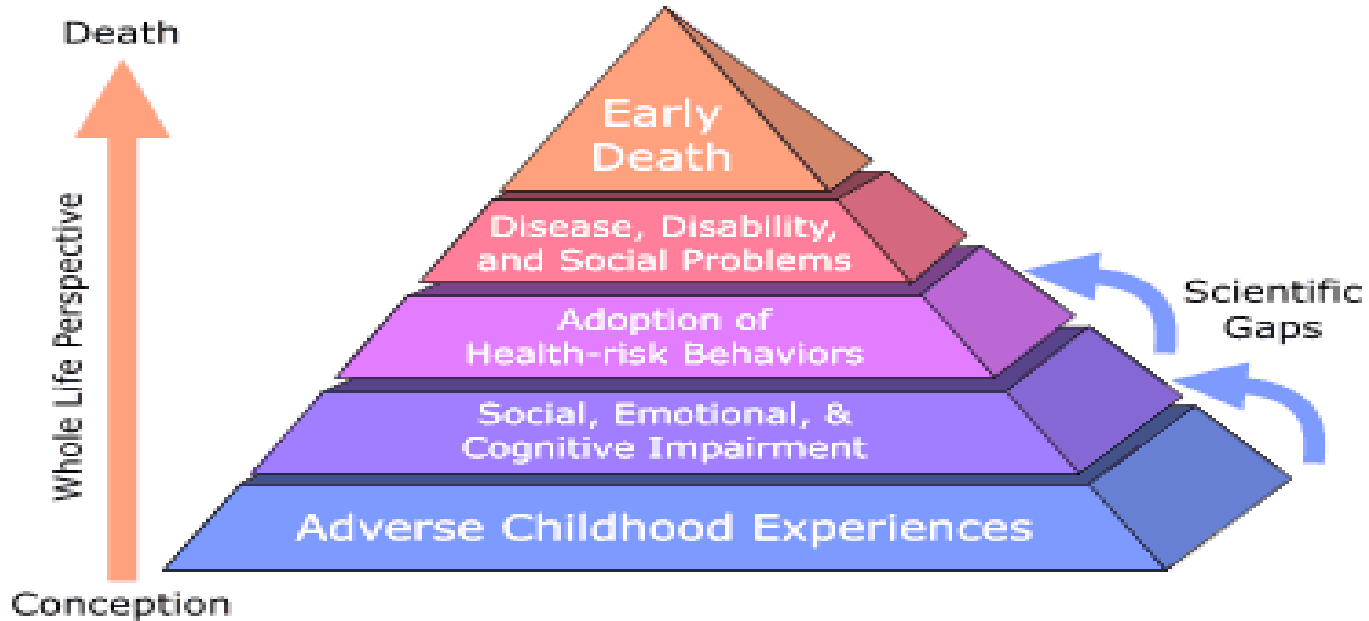
≥ 4 ACEs	Adjusted Odds Ratio
Current smoker	2.2
Severe obesity	1.6
No leisure-time	1.3
Two or more weeks of depressed mood in the past year	4.6
Ever attempted suicide	12.2

Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MP, Marks JS. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: the adverse childhood experiences (ACE) study. American Journal of Preventive Medicine 1998;14:245–258.

Perspective Shift: Context



Impact Pyramid Of ACEs



Life Expectancy

LIFE EXPECTANCY

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



Economic Toll

ECONOMIC TOLL

The Centers for Disease Control and Prevention (CDC) estimates that the lifetime costs associated with child maltreatment at **\$124 billion**.



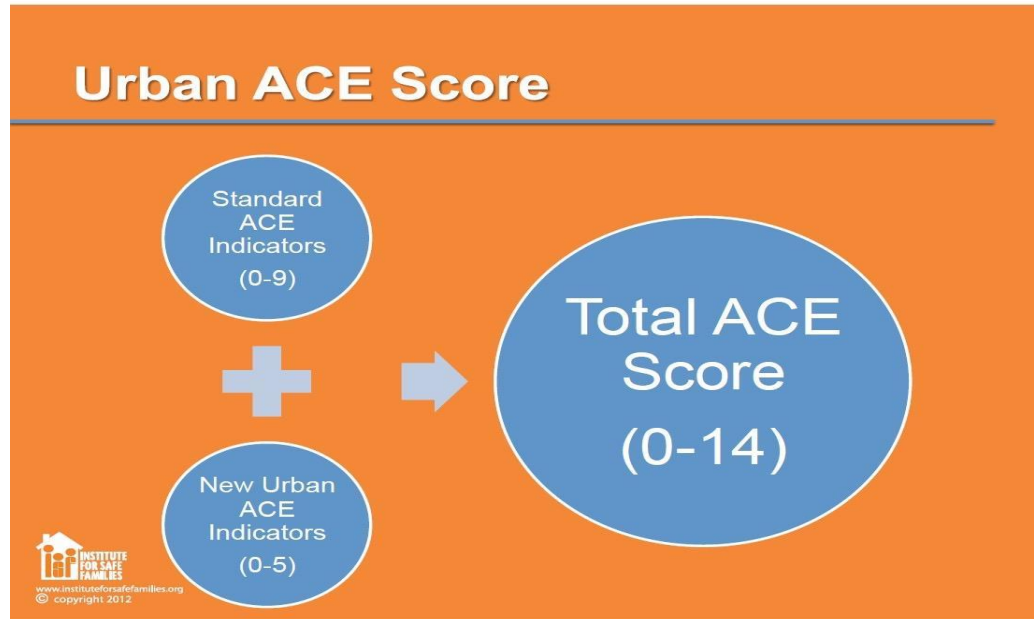
ACEs Outcomes

Probability of Outcomes

Given 100 American Adults

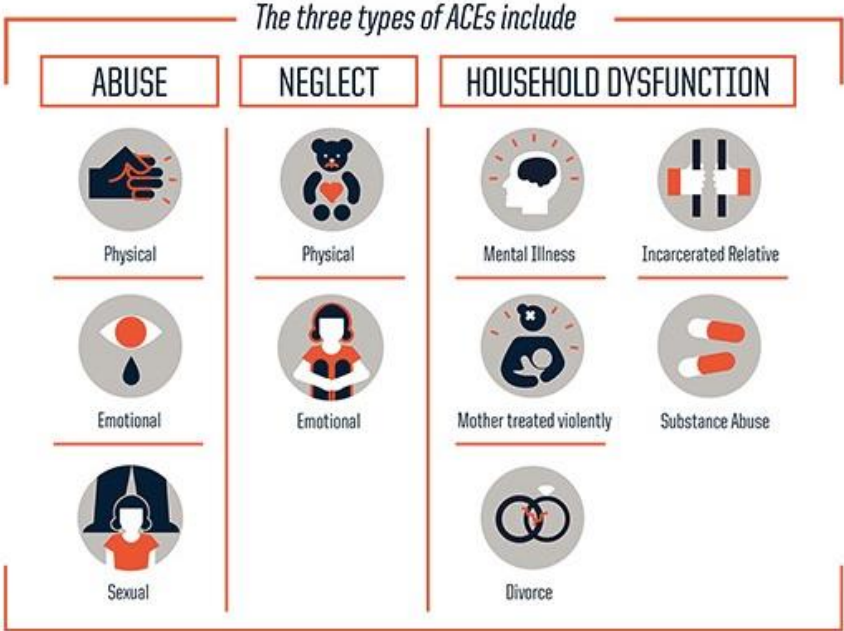
33 No ACEs	51 1-3 ACEs	16 4-8 ACEs
<u>WITH 0 ACEs</u> 1 in 16 smokes	<u>WITH 3 ACEs</u> 1 in 9 smokes	<u>WITH 7+ ACEs</u> 1 in 6 smokes
1 in 69 are alcoholic	1 in 9 are alcoholic	1 in 6 are alcoholic
1 in 480 uses IV drugs	1 in 43 uses IV drugs	1 in 30 use IV drugs
1 in 14 has heart disease	1 in 7 has heart disease	1 in 6 has heart disease
1 in 96 attempts suicide	1 in 10 attempts suicide	1 in 5 attempts suicide

Urban ACEs

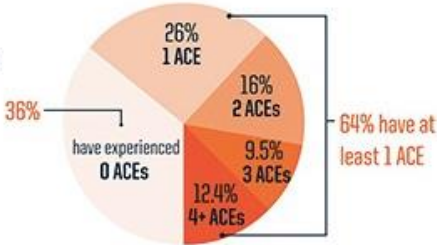


ACEs: Ecology Of Toxic Stress

- Adverse Childhood Survey
- Behavior Makes Sense



Of 17,000 ACE study participants:



Our ACES

**What do you notice?
Reactions?**

Adverse Childhood Experiences (ACEs) Affect Adult Health

ACEs have serious health consequences for adults:

- **Adoption of health risk behaviors as coping mechanisms** (e.g., eating disorders, smoking, substance abuse, self-harm, sexual promiscuity)
- **Severe medical conditions** (e.g., heart disease, pulmonary disease, liver disease, STDs, gynecologic cancer)
- **Early death**

Brain Health

- Toxicity leads to brain health issues



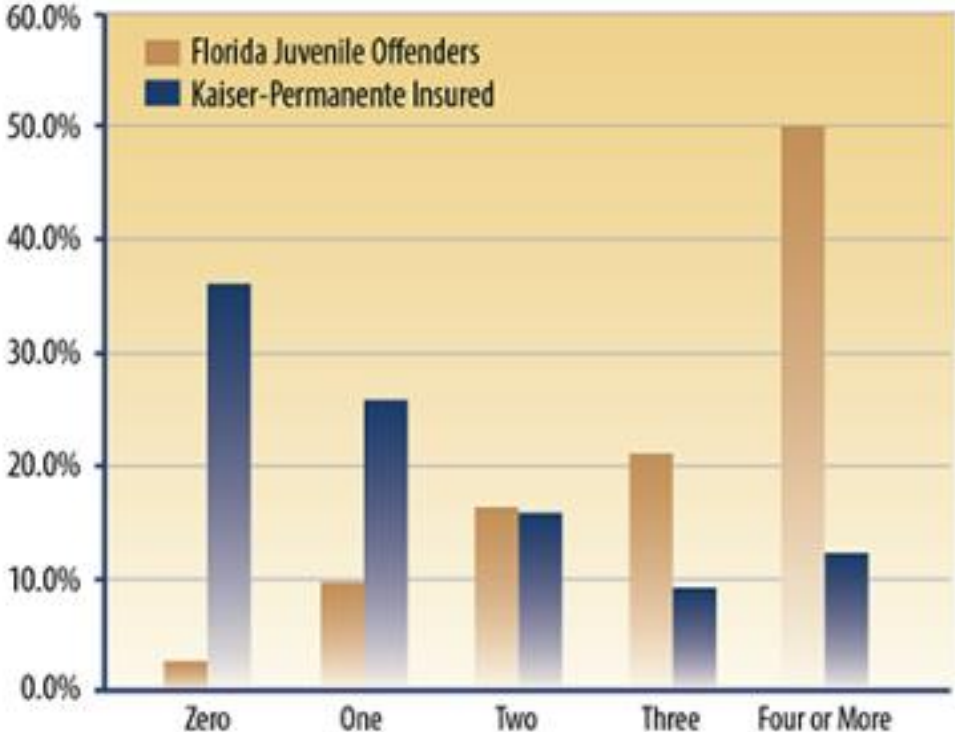
Zebras Have No Ulcers



Implications: Juvenile Justice

- First study of ACEs and juvenile justice in country, Spring 2014
- Over 64,000 youth surveyed

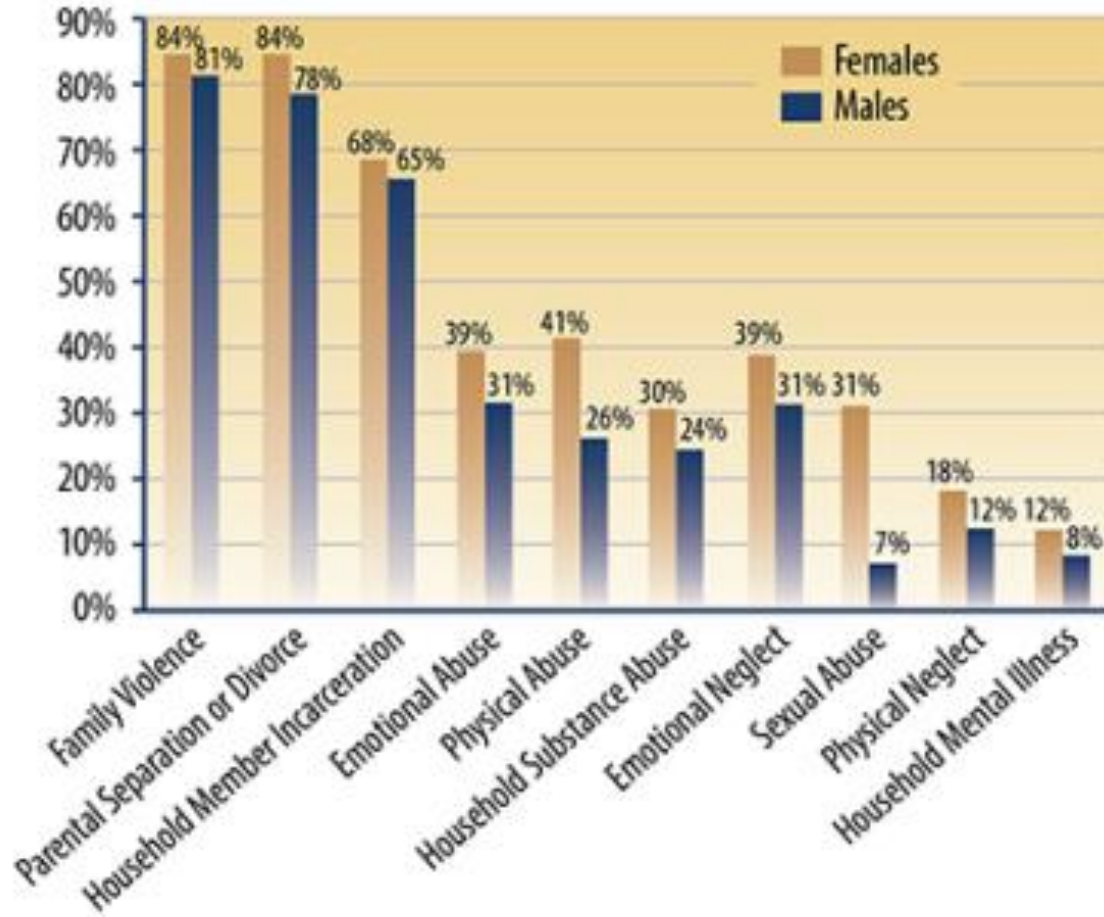
Original ACEs Compared To FL Youth ACEs



Florida Juvenile Justice ACE Results: It is about the **ecology** of toxic-stress

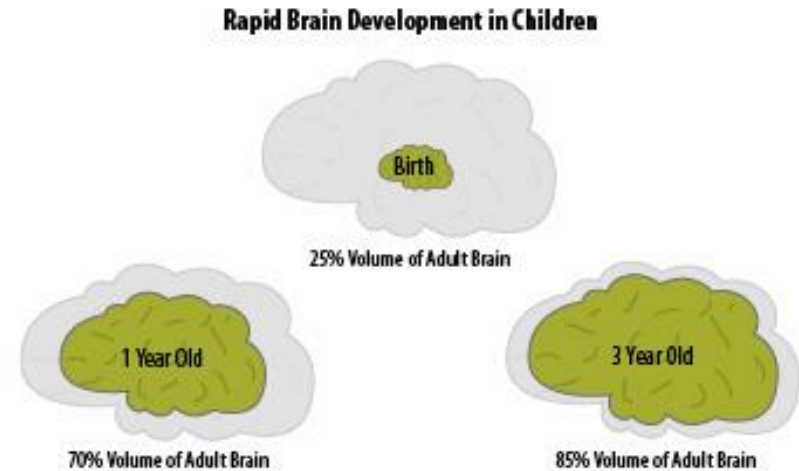
- 2.8% zero ACEs compared to 34% in original survey
- 50% reported 4 or more ACEs compared to 12.4% in original survey
 - 2x likely to be smokers
 - 12x to attempt suicide
 - 7x alcoholic
 - 10x to use street drugs, injectables
 - 240% likely hepatitis
 - More divorces, work absences, depression

Comparison Of ACEs By Gender



Brain Always Developing

- Early Childhood
- Teen Years
- Brain is not a computer
- Epigenetics



Source: *Wall Street Journal*, "Wise Beyond Their Years: What Babies Really Know," February 11, 2013

Brain Health

- Not responding is a response! Impacts brain.
- Brain adapts—
 - Amygdala
 - Strong survival behaviors become made
 - Neural pathways developed to protect



Still Face



Vicarious Trauma

Why??????



What happened?

Remember History!



Retraining The Brain



Lots Of Tools

- Community Meeting
- Systems Check
- Safety Plans
- Self-Care Plans
 - *Alternative Nostril Breathing*

Self-Care



Keeping Your Tire Inflated



Time

- Blob time
- Robe
- vacation
- change of pace
- friends

Inquisitive, thinking

- Cool Conversations
- Stimulating Books
- Connecting, networking
- Making Links To Think
- Once a week phone call significant friend

Prayer

- Night Prayer
- Gratitude list
- Retreat
- Candles
- Breathing 5 minutes a day

Sleep

- Clean sheets
- Rest well
- Lay in bed for 5 minutes before getting out in morning

Exercise

- Bike
- Steps
- Outside--sun!



Self-Care: Tires





Let's Practice



**Alternate
Nostril
Breathing
(nadi shodhana)**



How One Organization Changed: Hopeworks

Vision moved from:

- Creating Safe Pathways So Youth Can Have DREAMS
- Creating Safe Pathways So We Can Learn Our History And Have Options For A Future

Trauma-Informed Hopeworks Outcomes:



Improved across board performance outcomes:
Attendance, college credits, retention, occupancy
within program



Increase in employment:
More internships and jobs attained



Increase in job and education outcomes:
Employed longer and in school longer!

Implications

- Key shift from “Why?” to “What happened?”
- Prevention is best, but reality is brain health
 - 55% of Camden City youth live below poverty line
 - 1-35 people were assaulted last year
- How to create a healing community that is responsive to ecology of toxic-stress
 - Youth often involved in valiant survival efforts
 - We set programs that work for lower ACE scores

Conclusion

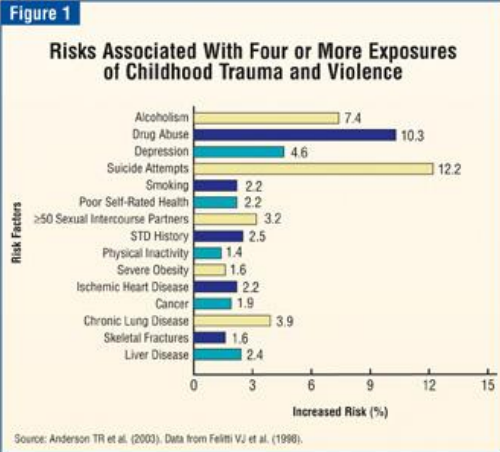


1. ACEs allow us to understand **INJURY** (what has happened to brain) from toxic-stress so that we can get to **HEALING** (resilience).



2. Changing question from “Why?” to “What happened?” is key to toxic-stress.

3. Awareness of brain health allows for healing approach focusing on ecology of toxic-stress and ability and need to retrain the brain.



Things to Remember



Underlying question =

“What happened to you?”

Symptoms =

Adaptations to traumatic events

Healing happens

In relationships

Contact

Father Jeff Putthoff, SJ
jeff@putthoff.com