THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH
Center for Rural Health

SOUTHWEST TELEHEALTH TRC RESOURCE · CENTER™

ARIZONA TELEMEDICINE PROGRAM

Arizona State Office of Rural Health Webinar Series

THE UNIVERSITY OF ARIZONA

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Arizona
State Office of Rural Health
Monthly Webinar Series

Provides technical assistance to rural stakeholders to disseminate research findings, policy updates, best-practices and other rural health issues to statewide rural partners and stakeholders.

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Thank you to our partners in delivering this webinar series:

ARIZONA TELEMEDICINE PROGRAM

Today's presentation:

THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH
Center for Rural Health

What I Knew: A Survivor Story – Understanding Adverse Childhood Experiences

Presenter:
Jessica Nicely
CEO and Founder,
Winged Hope Family Advocacy Foundation

WHAT I KNEW

A Survivor Story

How Adverse Childhood Experiences Shape the Lives of the Victims and Survivors We Serve

What I Knew

A Survivor Story

FAMILY VIOLENCE

Child Abuse

- The Different Types of Child Abuse
- Warning Signs
- Stats

Adults Abused as Children

- Childhood Survival Skills can Translate into Negative Patterns as an Adult.

Domestic Violence

Witnessing domestic violence is the single best predictor of juvenile delinquency and adult criminality.

Generational Abuse

Without intervention, the legacy of child abuse is often passed on from generation to generation.

Understanding

ADVERSE CHILDHOOD EXPERIENCES

What Are ACEs?

- Traumatic Experiences in Childhood
- Sometimes referred to as toxic stress or childhood trauma

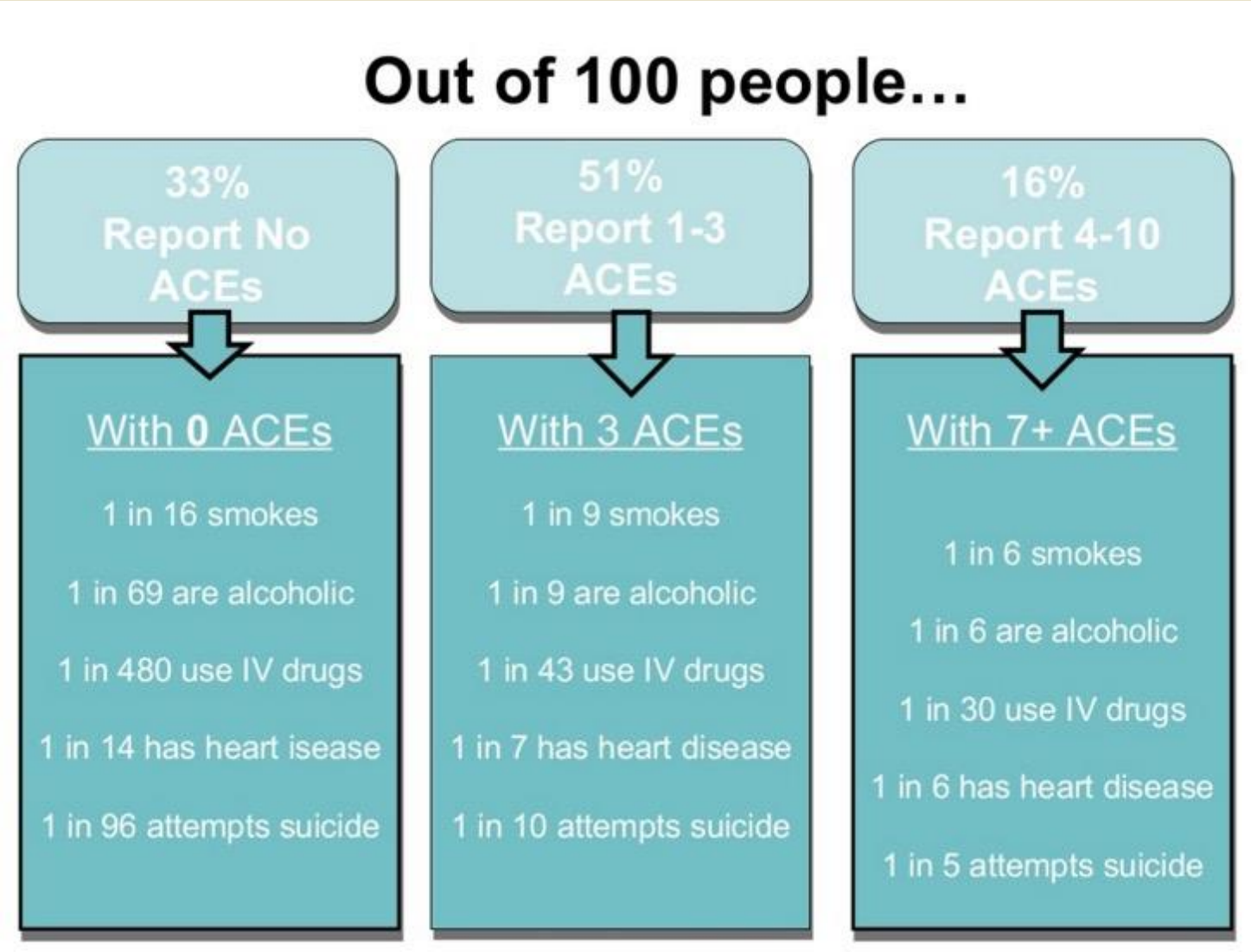
The ACEs Questionnaire

Prior to your 18th birthday:

- 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?
  No___If Yes, enter 1 __
- 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?
  No___If Yes, enter 1 __
- 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?
  No___If Yes, enter 1 __
- 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?
  No___If Yes, enter 1 __
- 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?
  No___If Yes, enter 1 __
- Were your parents ever separated or divorced?
  No___If Yes, enter 1 __
- 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?
  No___If Yes, enter 1 __
- Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?
  No___If Yes, enter 1 __
- Was a household member depressed or mentally ill, or did a household member attempt suicide?
  No___If Yes, enter 1 __
- Did a household member go to prison?
  No___If Yes, enter 1 __

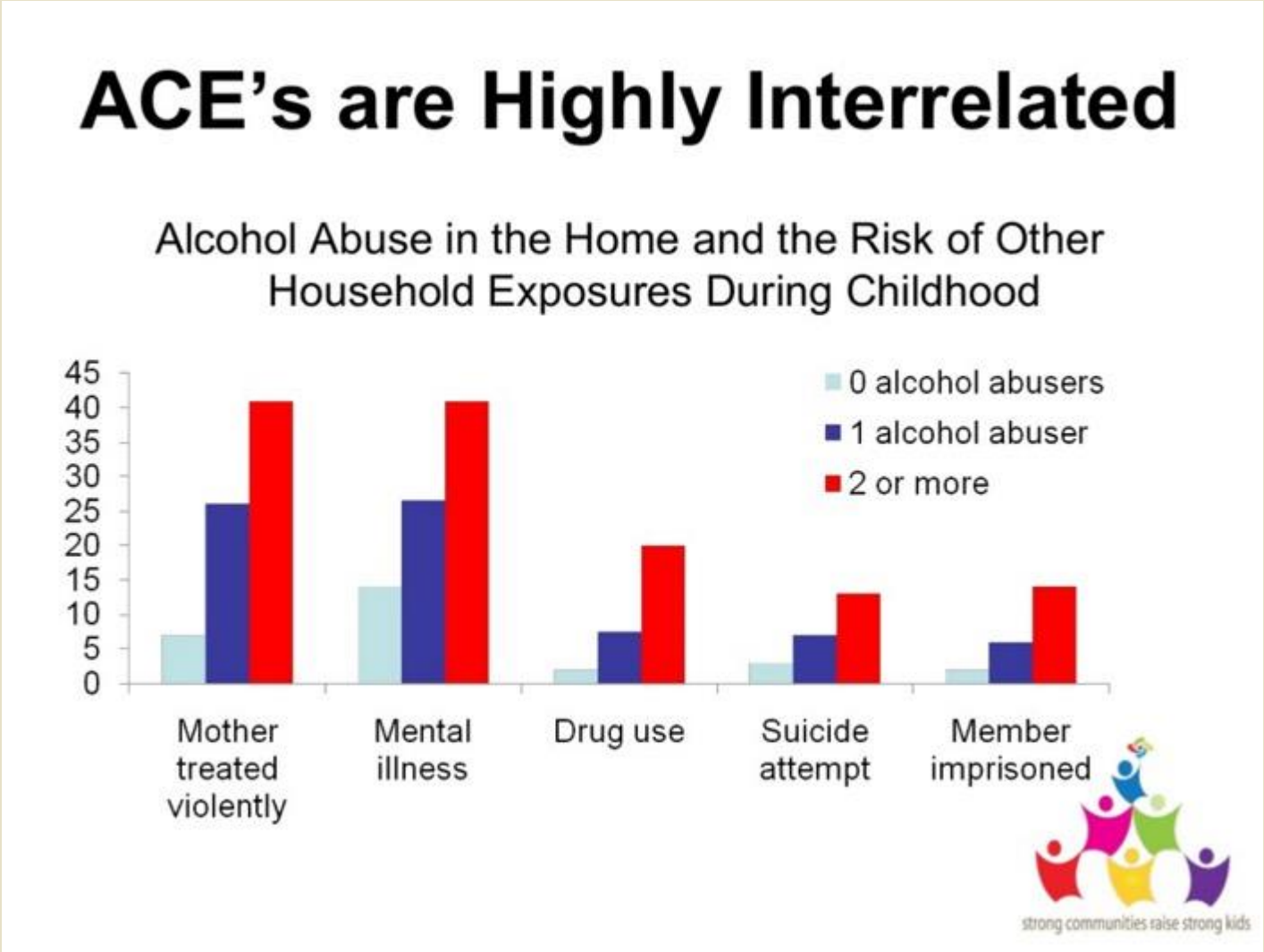
Now add up your "Yes" answers: _ This is your ACE Score

What Does that ACEs Score Mean?



ACEs are highly interrelated

ACEs don't occur alone….if you have one, there's an 87% chance that you have two or more.



Domestic Violence – A risk factor for other ACEs

- 95% probability that a child growing up with DV will be exposed to at least one other ACE
- More than one-third (36%) of children exposed to DV had 4 or more ACEs

High Risk Teen Behaviors

- May not be core problem
- They may be coping devices
- A way to feel safe or just feel better
- Dismissing as "bad habits" or "self destructive behavior" misses their functionality

ACEs and Foster Children

- More than half of kids reported for child abuse experienced 4 or more ACEs by time of contact with child welfare

- More than 90% referred to child welfare have experienced multiple ACEs

THE SCIENCE OF ACES

- RESEARCH-Science is Clear
- Researchers who are studying the short- and long-term consequences of childhood adversity say that a "unified science" of human development has emerged that includes the: epidemiology of childhood trauma (the CDC-Kaiser ACE Study)

  neurobiology of toxic stress

  long-term biomedical consequences of toxic stress

  epigenetic consequences of toxic stress, and resilience research

"Children's exposure to ACEs is the greatest unaddressed public health threat of our time."

Dr. Robert Block

-former president, American Academy of Pediatrics

Top 10 Factors for Death in the USA

Heart disease: 614,348
Cancer: 591,699
Chronic lower respiratory diseases: 147,101
Accidents (unintentional injuries): 136,053
Stroke (cerebrovascular diseases): 133,103
Alzheimer's disease: 93,541
Diabetes: 76,488
Influenza and pneumonia: 55,227
Kidney disease/inflammation: 48,146
Intentional self-harm (suicide): 42,773

Data from 2014 CDC

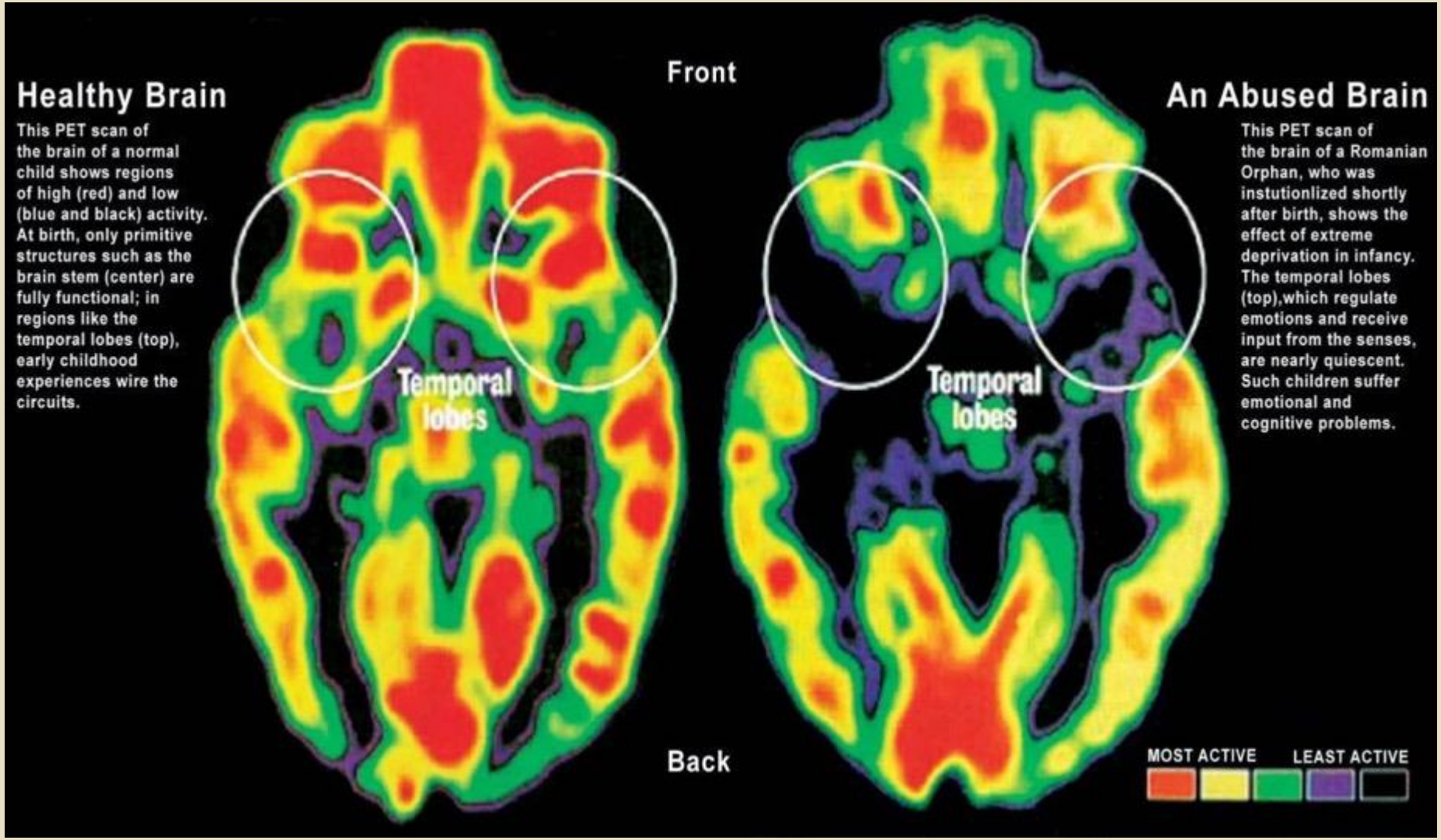
2,626,418 Total Deaths

Physical, Mental & Behavioral Outcomes of ACEs:

• Alcoholism & alcohol abuse • Chronic obstructive pulmonary disease & ischemic heart disease • Depression • Fetal death • High risk sexual activity • Illicit drug use • Intimate partner violence • Liver disease • Obesity • Sexually transmitted disease • Smoking • Suicide attempts • Unintended pregnancy

*** The higher the ACE Score, the greater the incidence of co-occurring conditions from this list.

The Affects of Child Abuse on the Brain



TRAUMA INFORMED COURTS

Trauma informed care is resilience informed care. It is an overall approach at the individual, organizational, and systemic levels, that uses respect and consideration of trauma histories to create safety and hope for clients.

~SAHMSA

Train yourself to start asking "What happened to you?" before asking "What's wrong with you?"

Within the literature on trauma and resilience, three conditions of healing frequently emerge. They include:

- need for safety,
- promotion of self-determination, and
- enhancement of positive social connections.

Courts can help support the need for safety by:

- Ensuring victims have a safe place to wait for their hearing separate from their abusers.
- Creating a child friendly waiting area and courtroom to reduce the anxiety of youth who attend their hearings.

Courts can help promote self-determination by:

- Giving youth and parents an opportunity to have a voice in the system. Research on procedural justice clearly indicates that parties given a voice in the system (i.e., given a chance to be meaningfully heard) are more likely to be satisfied with the process, no matter the outcome.
- Providing opportunities for youth and parents to be part of the decision-making process. Even small choices (e.g., whether morning or afternoon works better for them to come to court) can substantially impact how people feel about their involvement in the process.

Courts can help enhance positive social connections by:

- Identifying relatives – even extended relatives or close friends of the family – on both the paternal and maternal side who may be willing to serve as support persons for the child or family.
- Having parents and youth self-identify support persons and inviting these persons to be part of the court process whenever possible.

—Written by: Alicia Summers, Ph.D., National Council of Juvenile and Family Court Judges

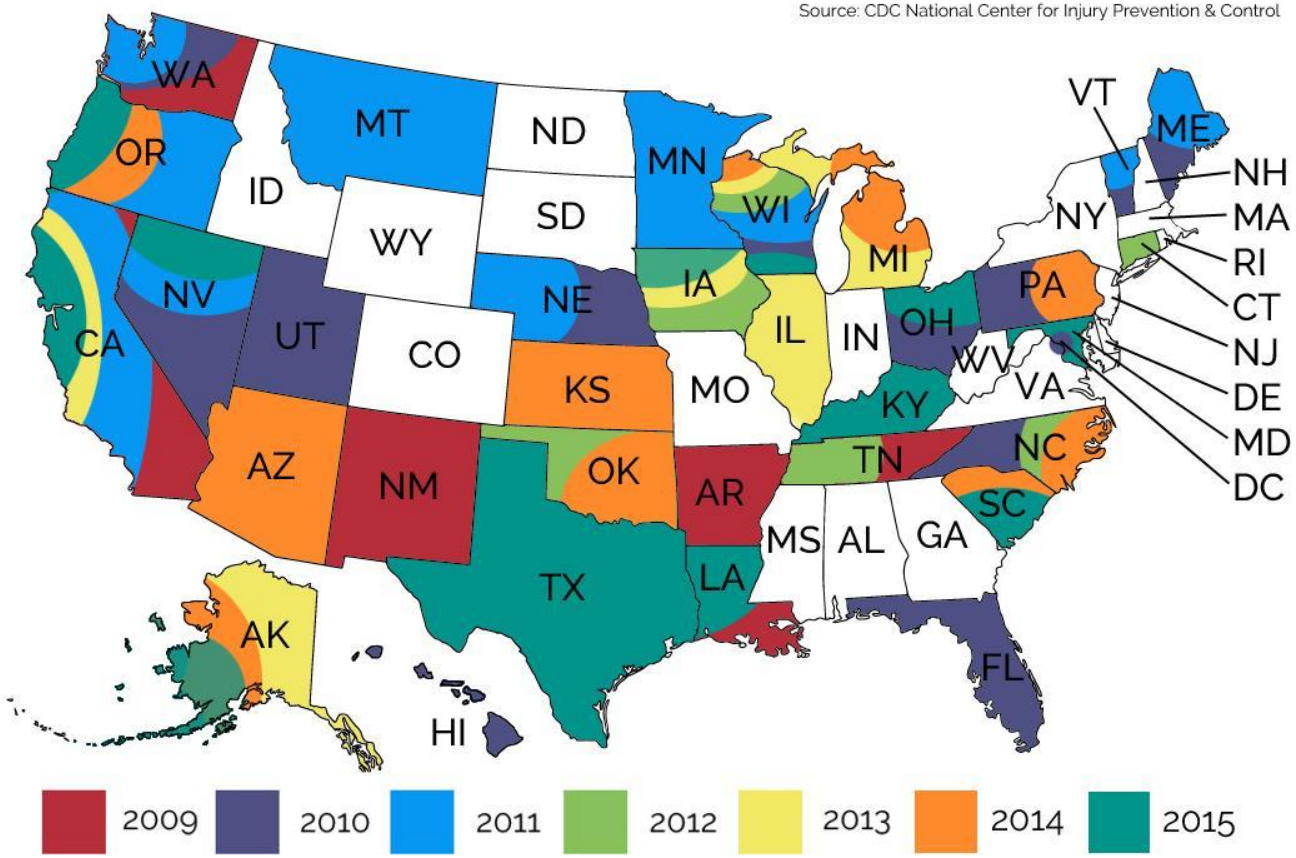
Advancing justice in Arizona requires courts and communities to work together. Our courts can provide timely and accessible justice only if they have adequate resources and other public support, including the many volunteers who serve on foster care review boards, as hearing officers, on judicial nominating committees, and in other court-related roles. To earn the support of our communities, we who work in the judiciary must continue to exemplify our deep commitment to fairness, integrity, efficiency, and equal justice under law.

—Scott Bales, Chief Justice Arizona Supreme Court

ACES IN ARIZONA

States Collecting ACEs Data 2009 - 2015

Source: CDC National Center for Injury Prevention & Control



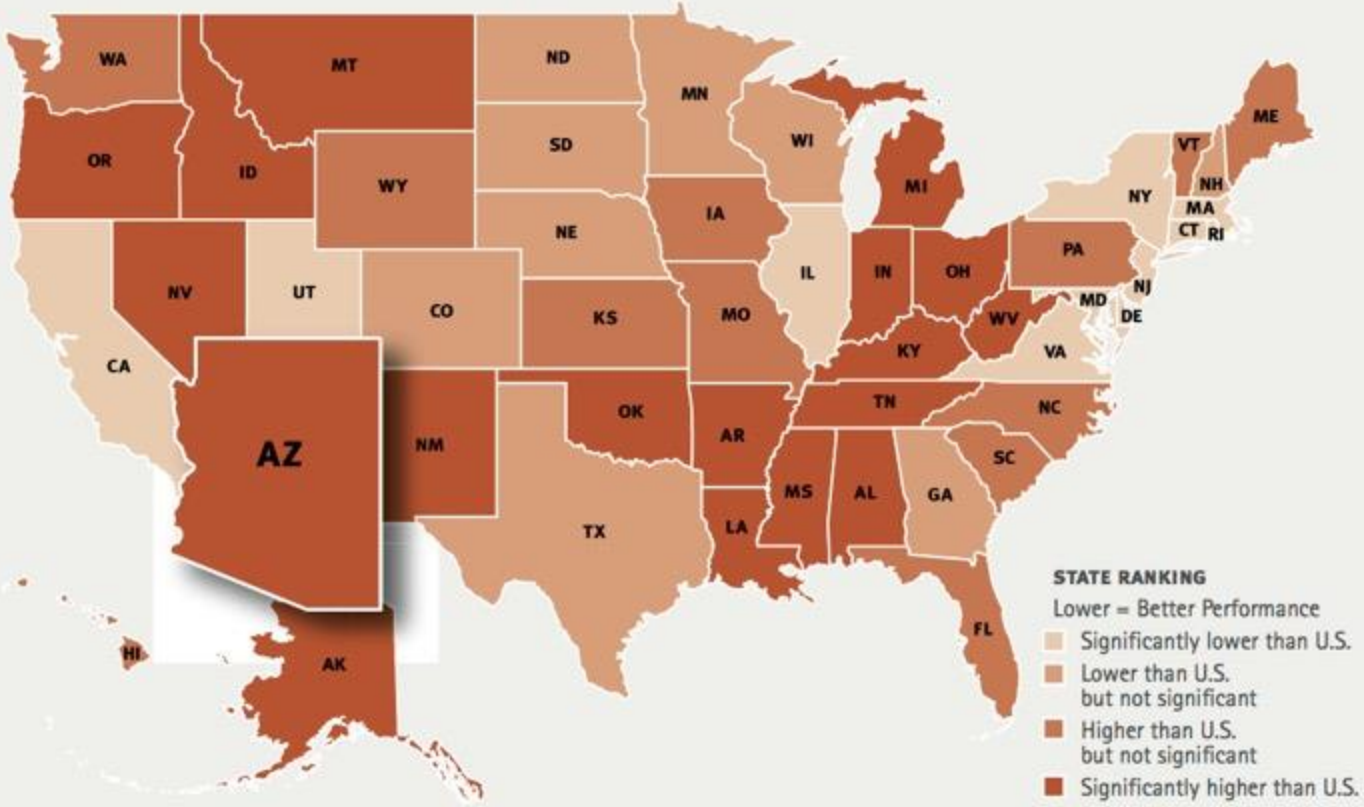
In AZ over 44% of children have experienced 2 or more ACES, that's higher than the Natl. Average which is just over 30%

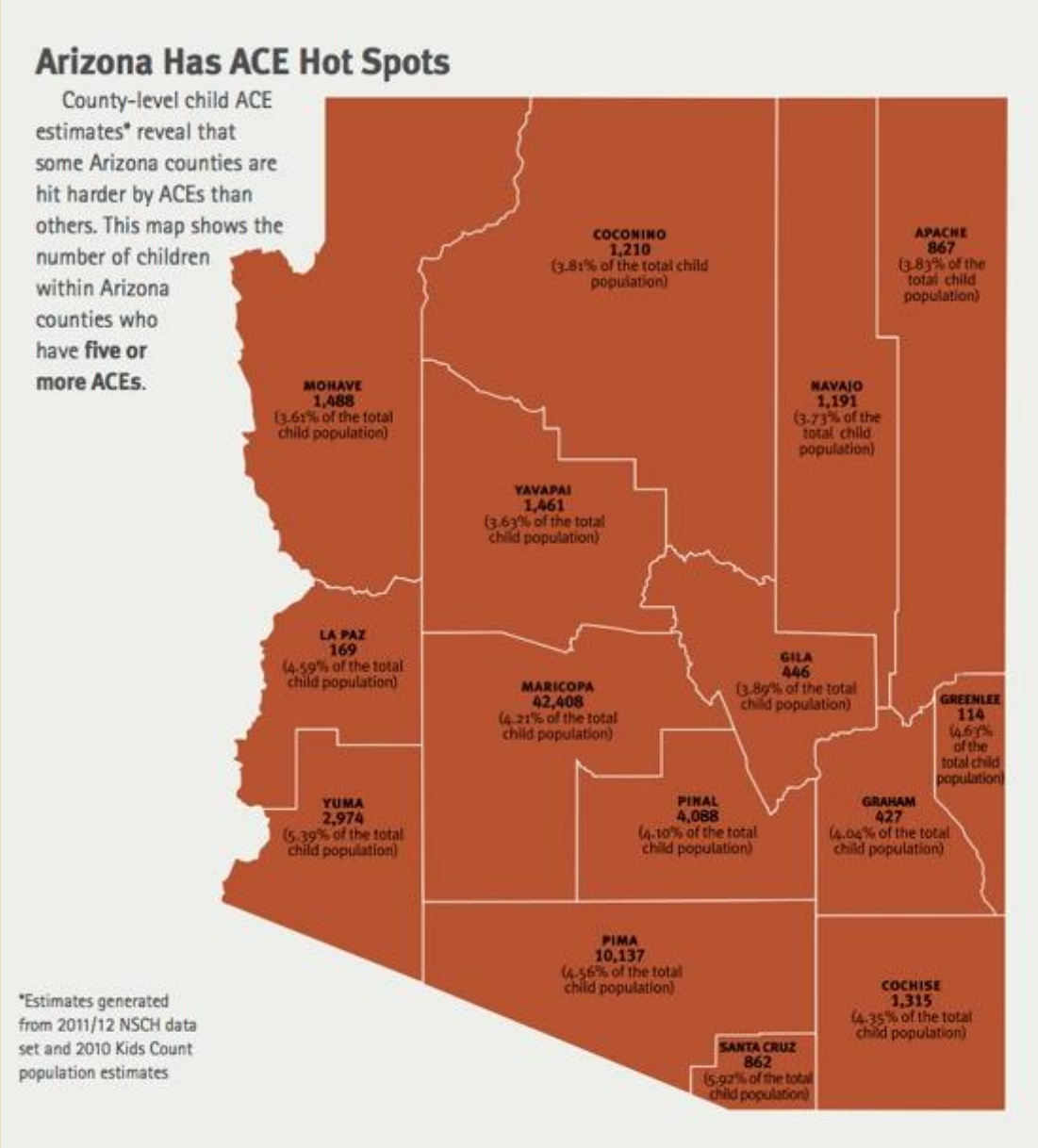
ACEs Are Prevalent in Arizona

- The number of Arizona children with two or more ACEs is significantly higher than in the U.S. as a whole. In Arizona children ages 12 to 17, 44.4% have experienced two or more ACEs, compared to the national average of 30.5%.
- As children age, the number of those who have experienced two or more ACEs increases.
- It is estimated that nearly **70,000** Arizona children have **more than five ACEs.***

2011/12 National Survey of Children's Health. Maternal and Child Health Bureau in collaboration with the National Center for Health Statistics. 2011/12 NSCH Data prepared by the Data Resource Center for Child and Adolescent Health, Child and Adolescent Health Measurement Initiative. www.childhealthdata.org

*Estimates generated from 2011/12 NSCH data set and 2010 Kids Count population estimates





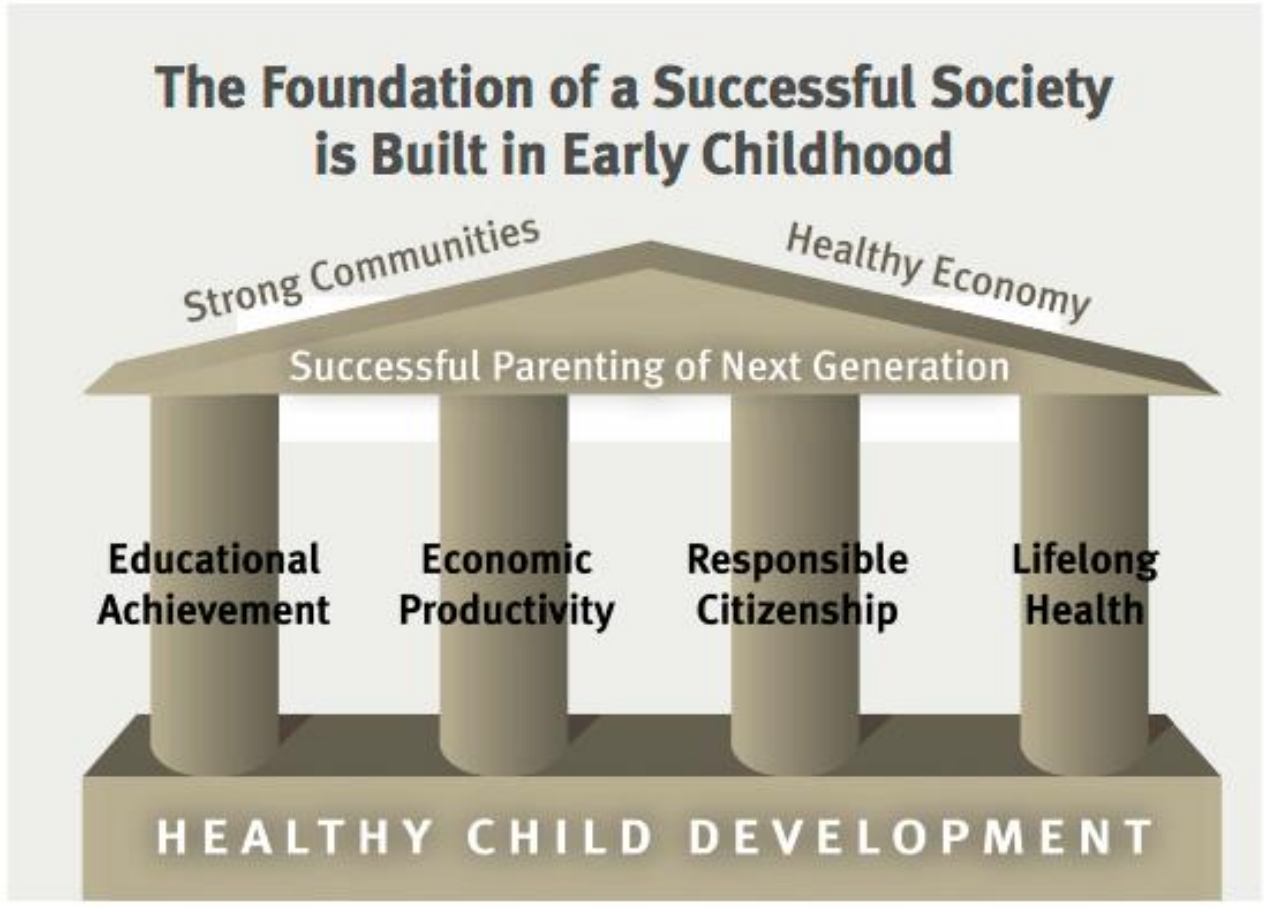
The number of children with a score of 5 or higher in Arizona would more than fill the University of Phoenix Stadium!

THE ECONOMIC COST OF ACES

The Economic Cost of ACEs

It is estimated that each incidence of first-time child maltreatment costs the US economy about $1.8 million in total expenditures.

The Economic Cost of ACEs

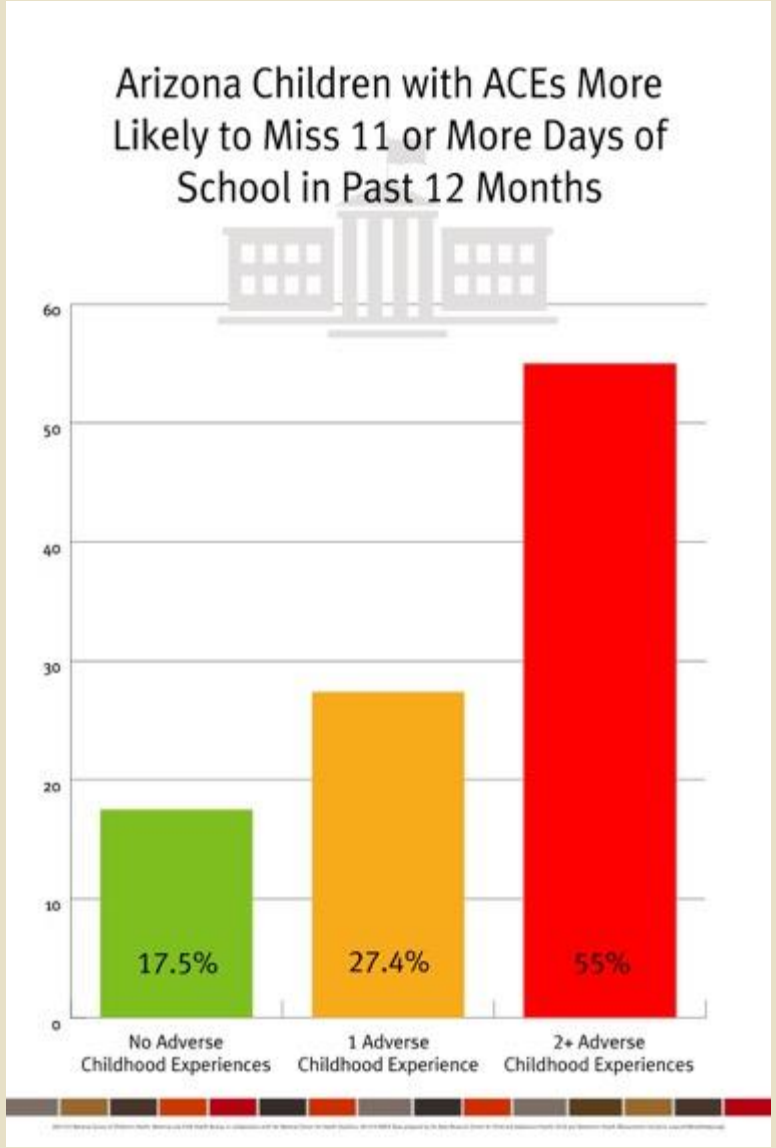


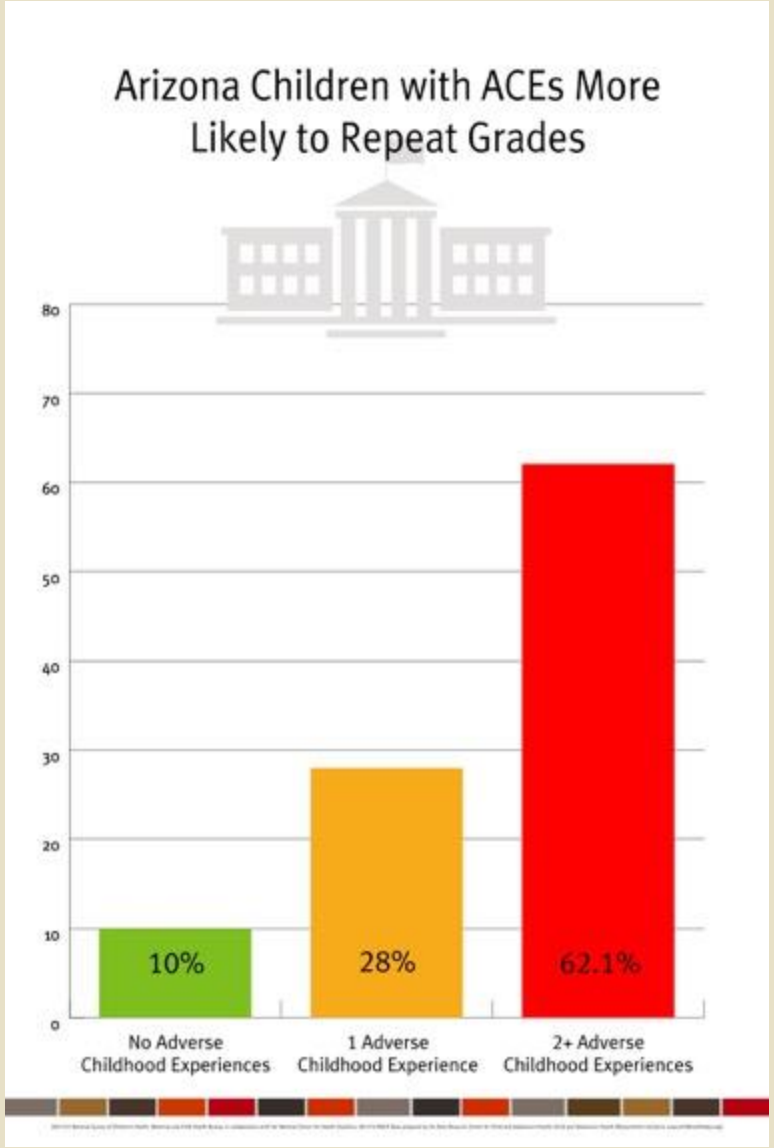
ACEs are a pipeline to:

- Dropouts
- Addictions

Dropouts:

Each dropout will cost taxpayers an additional $98,520 more in crime-related expenses over the course of their lifetime.





Addictions:

ACE findings suggest that a **major** factor, if not the **main** factor, underlying addiction is **ACEs that have not healed and are concealed from awareness by shame, secrecy, and social taboo.**

2/3 of all people in drug abuse treatment report being abused as children

Addictions:

It is estimated that the yearly economic impact of substance misuse is **$249 billion for alcohol** and **$193 billion for illicit drugs**.

This includes costs related to crime, work productivity and healthcare.

WHAT CAN WE DO?

Aces often last a lifetime… but they don't have to!

- Healing Can Occur
- The Cycle Can Be Broken
- Safe, Stable, Nurturing Relationships Heal Parent and Child
- The Role of Protective Factors

Without Interruption Aces Can Escalate Across Generations

Resilience Trumps ACEs

Resilient People:

- Learn From Their Past Mistakes
- Have the Capacity to Manage Strong Feelings and Impulses
- Can Adapt to Challenges
- Are Mentally Healthy
- Are Prepared to be Effective in the World

Without Interruption Aces Can Escalate Across Generations

Resilience trumps ACEs

Parental Resilience

Parents who are emotionally resilient are able to maintain a positive attitude, creatively solve problems, and effectively rise to challenges in their lives — and they are less likely to abuse or neglect their children.

• Parents who have experienced violence or abuse and neglect themselves or who have other risk factors for becoming abusers need caring relationships to help them develop and maintain positive relationships with their children.

Please be a part of the solution…

Courts/Legal:

- Listen to the unpaid parties who have ZERO agenda aside from the well being of the children….CASAs, members of the FCRB.
- Create Trauma Informed Courtrooms.
- Remember ACEs when working with the citizens in your courtroom.

'Don't settle for "this is the best we have for them right now"….settle for nothing less than THE BEST…for each and every child…period.'

“Nobody made a greater mistake than he who did nothing because he could do only a little.”

~Edmund Burke

Sources and Resources

Acesconnection.com
Cssp.org
Apa.org
azpbs.org/strongkids
acestoohigh.com
arizonahealthsurvey.org
cdc.gov/ace
cdc.gov/nchs/slaits/nsch.htm
childhealthdata.org
TRUST.org
WingedHope.org
JessicaNicely.com
Faceittogether.org
NSCAW No. 20
Drugabuse.org
nasmhpd.org
Acesdv.org

Thank you
Questions?

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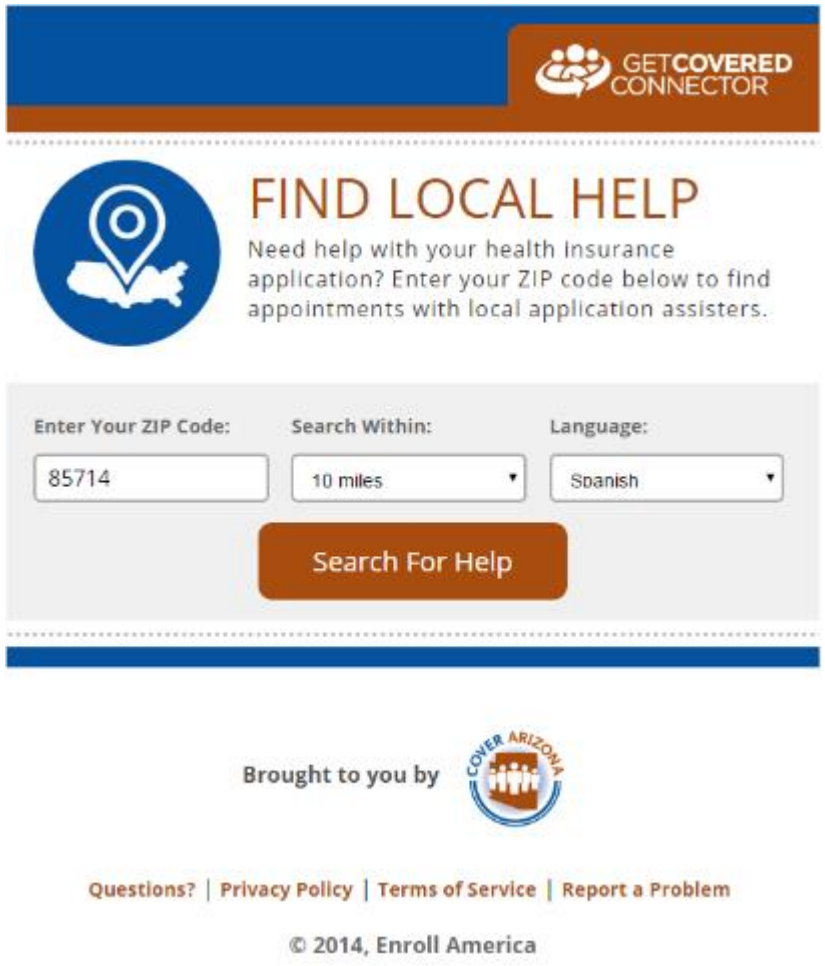

Key Messages

1. ACA is still the law.
2. Open Enrollment is shorter than last year, make a free appointment today at **www.coveraz.org/connector**!
3. Most people in AZ are eligible for financial assistance.
4. Health insurance coverage helps individuals access mental and behavioral health services.

1-800-377-3536

Wednesday, November 1, 2017 to Friday, December 15, 2017

Your opinion is valuable to us
Please participate in this brief survey:

:https://uarizona.co1.qualtrics.com/jfe/form/SV_9L9QLQNXGOSnPuJ

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