Understanding Adverse Childhood Experiences (ACEs)
The Impact on Health, Wellness & Education
Initiated in 1995-1997

ACES: THE ORIGINAL STUDY
ACEs: the Original Study

Facts

- Collaboration between the CDC & Kaiser Permanente
- Sample > 17,000
- 10 yes or no questions
- Continual monitoring through morbidity & mortality data
- Replicated nationally & internationally

Findings

- Prevalence of trauma
- Correlation of childhood stress & negative outcomes
- The importance of Resilience
What are the ACEs?
Before the age of 18 did you experience...

Abuse
- Physical
- Emotional
- Sexual

Neglect
- Physical
- Emotional

Household Dysfunction
- Mental Illness
- Mother Treated Violently
- Divorce
- Incarcerated Relative
- Substance Abuse

www.rwjf.org
A Dose-Response Relationship

Dose = Accumulation of ACEs

Response = Health, Social, Learning Issues, etc...

1 ACE

2 ACEs

3 ACEs

4 or more ACEs

A Dose-Response Relationship
As ACEs Increase so does Risk...

www.acestudy.org  www.rwjf.org
<table>
<thead>
<tr>
<th>Odds for Academic &amp; Health Problems</th>
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<tr>
<td></td>
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<tr>
<td>Academic Failure</td>
</tr>
<tr>
<td>Severe Attendance Problems</td>
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<tr>
<td>Severe Behavior Concerns</td>
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<tr>
<td>Frequent Reported Poor Health</td>
</tr>
<tr>
<td>3+ ACEs n=248</td>
</tr>
<tr>
<td>3x</td>
</tr>
<tr>
<td>5x</td>
</tr>
<tr>
<td>6x</td>
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<tr>
<td>4x</td>
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<tr>
<td>2 ACEs n=213</td>
</tr>
<tr>
<td>2.5x</td>
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<tr>
<td>2.5x</td>
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<tr>
<td>4x</td>
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<tr>
<td>2.5x</td>
</tr>
<tr>
<td>1 ACE n=476</td>
</tr>
<tr>
<td>1.5x</td>
</tr>
<tr>
<td>2x</td>
</tr>
<tr>
<td>2.5x</td>
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<tr>
<td>2x</td>
</tr>
<tr>
<td>No Known ACEs n=1164</td>
</tr>
<tr>
<td>1</td>
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Washington State University Spokane, 2013

Why should schools care?
What do we know about outcomes for students like these?
The Impact on Health & Wellness

Services, support & Resilience change this life course

- Conception
- Early Death
- Disease, Disability, and Social Problems
- Adoption of Health-risk Behaviors
- Social, Emotional, and Cognitive Impairment
- Disrupted Neurodevelopment
- Adverse Childhood Experiences

Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

www.acestudy.org
The Impact on Health & Wellness

Services, support & Resilience change this life course

Adverse Childhood Experiences

Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

www.acestudy.org
Assessing the ACEs in Monroe County

THE YOUTH RISK BEHAVIOR SURVEY
Youth Risk Behavior Survey (YRBS)

Developed in 1990 to monitor priority health risk behaviors that markedly contribute to the leading causes of death, disability & social problems among youth & adults in the U.S.

Often established during childhood and early adolescence, these behaviors include:

- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted infections, including HIV infection

Source: Center for Disease Control http://www.cdc.gov/healthyyouth/data/yrbs/overview.htm
Monroe County YRBS

Implementation & Assessment:
- Conducted every 4 years by the Monroe County Department of Public Health
  - Conducted bi-annually 1991-2011
- Local questions determined 3-4 months prior through school district representation & discussion
- Most mirror the national YRBS. Recent additions reflect issues relevant to Monroe County:
  - Prescription drug Abuse
  - Bullying
  - Electronic Bullying
  - Adverse Childhood Experiences
- Aggregate (County level) results shared with community
  - District-specific data provided to the home district
- Data incorporated into the Community Health Assessment (CHA)
In 2015

- 12 districts surveyed all of their students so they can report results for their district
- 4 districts provided a sample only for the county sample
- 2 districts opted out
<table>
<thead>
<tr>
<th>Students Reported</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Often or repeatedly a parent or adult their home swore at you, insulted you or put you down</td>
<td>15</td>
</tr>
<tr>
<td>Often or repeatedly a parent or adult in their home hit, beat, kick or physically hurt you in any way</td>
<td>4</td>
</tr>
<tr>
<td>Often or repeatedly parents or adults in their home hit, beat, kick or beat each other up</td>
<td>3</td>
</tr>
<tr>
<td>Often or repeatedly, their family has not had enough money to buy food or pay for housing</td>
<td>6</td>
</tr>
<tr>
<td>Ever lived with anyone who was an alcoholic, problem drinker, used illegal street drugs, took prescription drugs to get high, or was a problem gambler</td>
<td>23</td>
</tr>
</tbody>
</table>
## Monroe County YRBS - ACEs

<table>
<thead>
<tr>
<th>Additionally, Students Reported:</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ever lived with anyone who was depressed, mentally ill or suicidal</td>
<td>21</td>
</tr>
<tr>
<td>Ever had anyone in their household go to jail or prison</td>
<td>21</td>
</tr>
<tr>
<td>Ever witnessed someone get shot, stabbed or beaten in your neighborhood</td>
<td>19</td>
</tr>
<tr>
<td>Were ever forced to do any of the following: have sexual intercourse, touch someone sexually, or be touched by someone sexually</td>
<td>12</td>
</tr>
<tr>
<td>Currently do not live with both parents</td>
<td>42</td>
</tr>
<tr>
<td>Disagree, strongly disagree with the statement, “my family gives me the help and support I need”</td>
<td>8</td>
</tr>
</tbody>
</table>
How many kids are we talking about?

Distribution by ACES Total Score Category

<table>
<thead>
<tr>
<th>ACES Total Score Category</th>
<th>Percentage</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>No ACES Flags</td>
<td>30%</td>
<td>438</td>
</tr>
<tr>
<td>1 ACES Flag</td>
<td>25%</td>
<td>366</td>
</tr>
<tr>
<td>2 ACES Flags</td>
<td>17%</td>
<td>251</td>
</tr>
<tr>
<td>3 ACES Flags</td>
<td>12%</td>
<td>173</td>
</tr>
<tr>
<td>4 or More ACES Flags</td>
<td>16%</td>
<td>236</td>
</tr>
</tbody>
</table>

n=1464
The Accumulation of ACEs

Observing the pattern of distribution provides clues around the clustering of ACEs and indications of what questions might we be asking of these youth.
Monroe County
ACEs by Gender

Demonstrates the distribution of ACE scores within each self-identified gender category.
Monroe County ACEs by Race-Ethnicity

Demonstrates the distribution of ACE scores within each self-identified racial or ethnic category.
The Academic Impact

Students were asked to identify their average grades over the last 12 months

- 73% of those who reported receiving Mostly F’s have experienced 3 or more ACEs
What did we find in Monroe County?

THE OVERLAY OF ADVERSE CHILDHOOD EXPERIENCES & RISK BEHAVIORS
Distribution of Mental Health Measures

- Felt sad for 2+ Weeks: 407/1464 = 28%
- Had difficulties from Emotional Problems: 421/1464 = 29%
Mental Health

- 63% of students with 4 or more ACEs reported feeling sad for 2 or more weeks in the past year.
- 58% of students with 4 or more ACEs reported difficulties from emotional problems.

General Mental Health Indicators by ACES Score:

- % total felt sad 2+ weeks in past year
- % total for emotional problems
Distribution of Factors: Self-Harm or Suicide

- Non-Suicidal Self-Injury: 277/1464 = 19%
- Considered Suicide within Past Year: 204/1464 = 14%
- Attempted Suicide within Past Year: 132/1464 = 9%
49% of student with 4 or more ACEs reported engaging in self-injury
42% of students with 4 or more ACEs reported considering suicide in the past year
34% of students with 4 or more ACEs reported attempting suicide in the past year
Violence

- 36% of students with 4 or more ACEs reported carrying a weapon in the past 30 days
- 52% of students with 4 more ACEs reported engaging in a fight in the past year
- 46% of students with 4 more ACEs reported being a victim of violence in the past 30 days

<table>
<thead>
<tr>
<th>Violence Indicators by ACES Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>No ACES Flags</td>
</tr>
<tr>
<td>1 ACES Flag</td>
</tr>
<tr>
<td>2 ACES Flags</td>
</tr>
<tr>
<td>3 ACES Flags</td>
</tr>
<tr>
<td>4 or More ACES Flags</td>
</tr>
</tbody>
</table>

- % total carried weapons
- % total engaged in a fight
- % total victim in past 30 days
Substance Abuse: In the last 30 days

- 56% of students with 4 or more ACEs reported using tobacco
- 53% of students with 4 or more ACEs reported using marijuana
- 54% of students with 4 or more ACEs reported using alcohol
- 23% of students with 4 or more ACEs reported using other drugs

![Chart showing current substance use (within past 30 days)]

- Tobacco
- Marijuana
- Alcohol
- Any other drug
Implications

What questions are we asking?
What questions are we NOT asking?

How does our interpretation drive intervention?
- Responding vs. Reacting to behavior
- Diagnosis and treatment?
- What does this mean for Response to Intervention (RtI)?
- What are system or policy level implications?

Community resources – does array match needs?
- Trauma treatment vs. trauma responsive

Workforce development needs
- Foundational knowledge: What does everyone need to know?
- Intervention/approaches: What specialized skills are required?
- Vicarious trauma: How do we care for the workforce?
The Principles of

TRAUMA-RESPONSIVE SCHOOLS
Trauma-Responsive Education

District
- Policies & Procedures
- Code of Conduct

School
- Universal strategies
- School climate

Self
- 1:1 Interactions
- Supports/Interventions

- All students feel safe
- Shared understanding
- Teamwork & shared responsibility
- Anticipate & adapt to changes in population
- Meet student needs holistically
- Connect to community

Helping Traumatized Children Learn 2, 2013
One Positive, Caring, Consistent Adult can make all the difference...

THE POWER OF RESILIENCE
Contact Information

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