

Becoming Trauma Informed: Applying the Research to Our Work

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OBJECTIVES

- Review what we know about ACE
- Discuss what it means to be trauma-informed
- Learn what is happening in Illinois

Healthy Start

- **Improve women's health – before, during, after and between pregnancy**
- **Discourage alcohol use during pregnancy**
- **Promote breastfeeding**
- **Include fathers**
- **Develop interventions that culturally sensitive, community specific and family-oriented**
- **Foster partnerships with other programs and organizations**

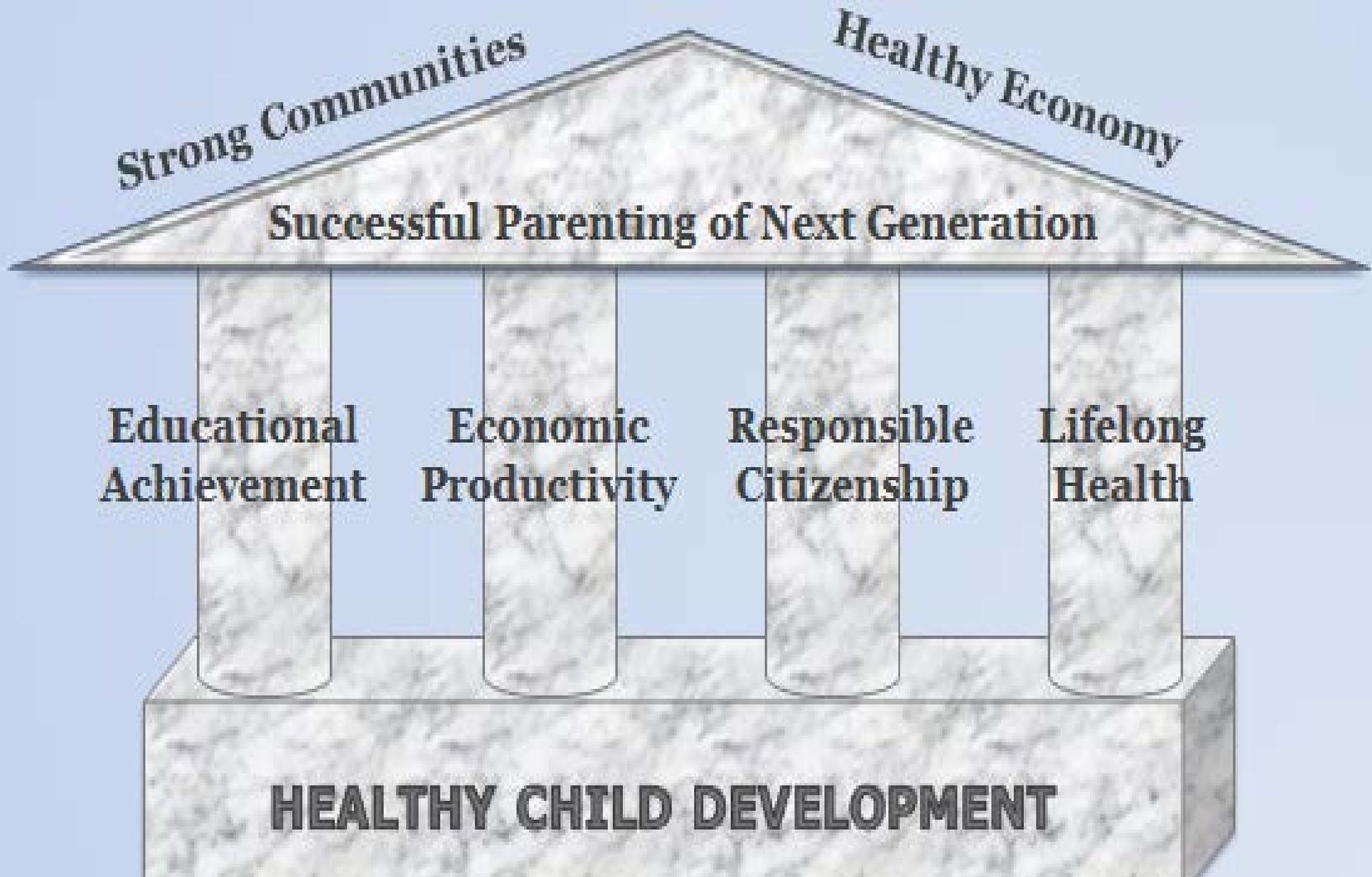


PROTECT

PROMOTING RESILIENCY OF TRAUMA-
EXPOSED COMMUNITIES TOGETHER

An Illinois initiative

The Foundation of a Successful Society is Built in Early Childhood



What does the AAP say?

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Organizational Principles to Guide and Define the Child
Health Care System and/or Improve the Health of all Children

POLICY STATEMENT

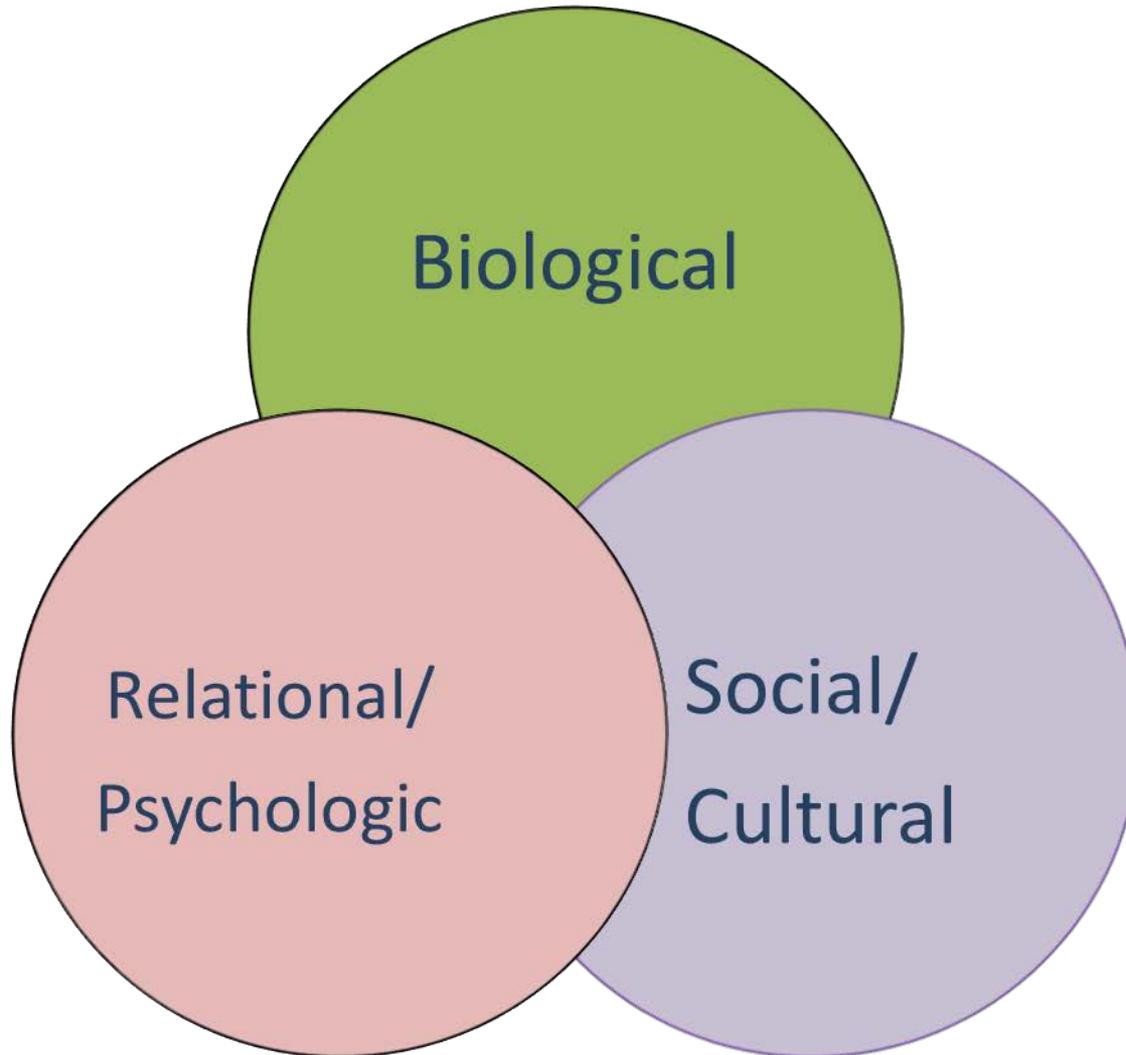
Early Childhood Adversity, Toxic Stress, and the Role of the Pediatrician: Translating Developmental Science Into Lifelong Health

*Identifying children at high risk for toxic stress is the first step
in providing targeted support for their parents and other
caregivers.*

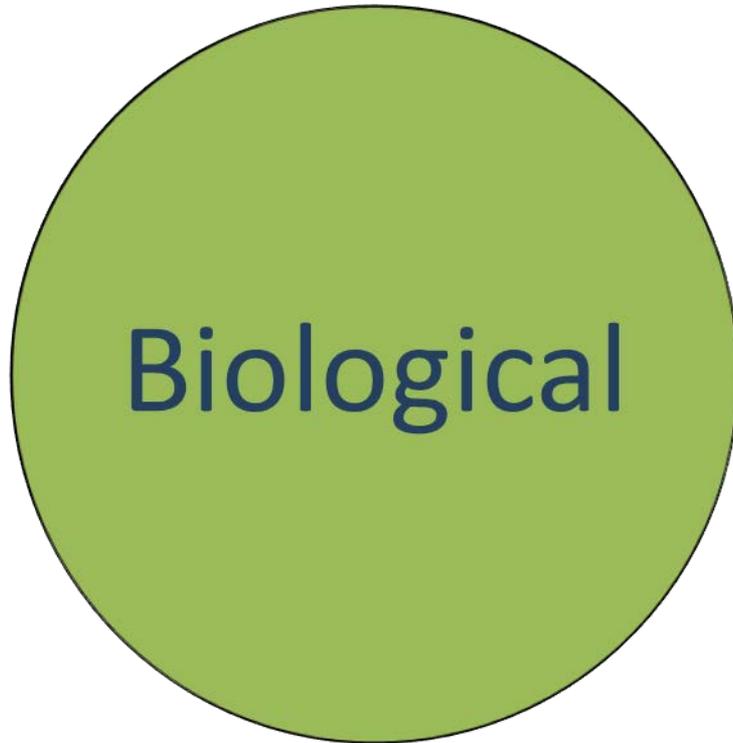
**“There is no such thing as an infant;
...there is an infant and a mother”**

D. W. Winnicott

What determines health?



What determines health?



Genetics

Pre- and perinatal
factors

Physical health

Gender

What determines health?



SES family stability

Social capital

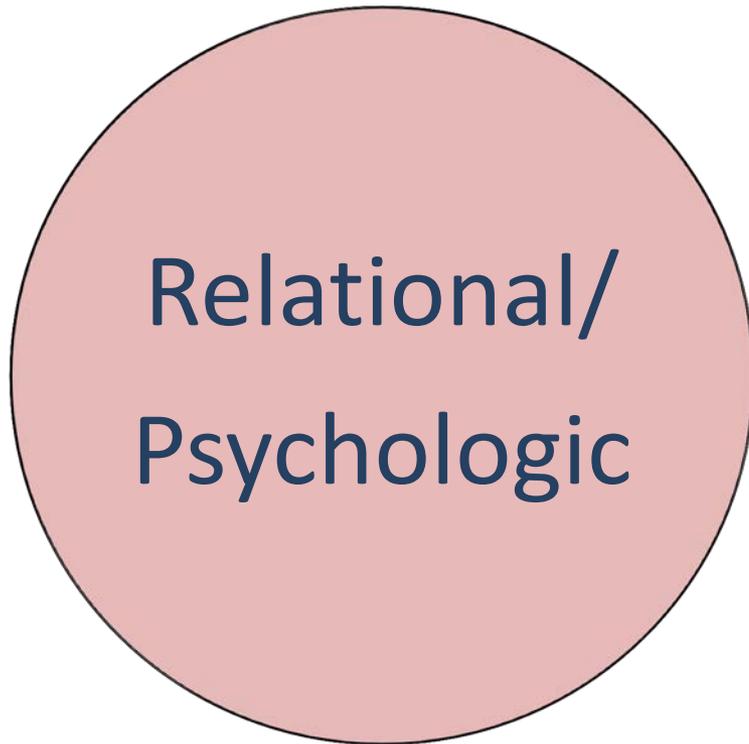
Employment/Work

Value systems/Religion

Neighborhood/ housing

HC Policy/System

What determines health?



Relationships with
parents/siblings

Family dynamics

Personality

Resilience/Adaptability

Stress response: Fight or flight

- Adrenal response
- Cardiovascular changes
- Immune activation
- Energy supply

Three Levels of Stress

- **Positive:**

Brief increases in heart rate,
mild elevations in stress hormone levels

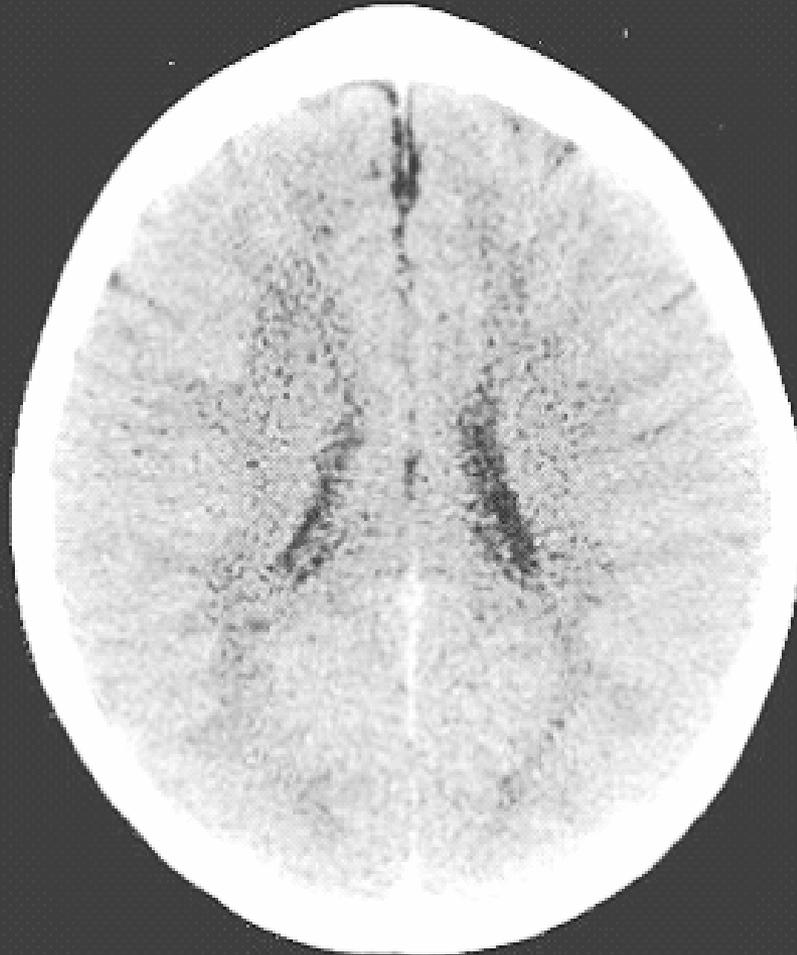
- **Tolerable:**

Serious, temporary stress responses,
buffered by supportive relationships

- **Toxic:**

Prolonged activation of stress response systems
in the absence of protective relationships

3-Year-Old Children



Normal



Extreme Neglect

Adverse Childhood Experiences

ACE Study

- Retrospective, questionnaire
- 17,000 adults
- Link childhood stressors and adult health
- Abuse, neglect, household dysfunction

Household dysfunction

- Substance abuse 27%
- Parental sep/divorce 23%
- Mental illness 17%
- Battered mother 13%
- Criminal behavior 6%

Abuse and Neglect

Abuse:

Psychological	11%
Physical	28%
Sexual	21%

Neglect:

Emotional	15%
Physical	10%

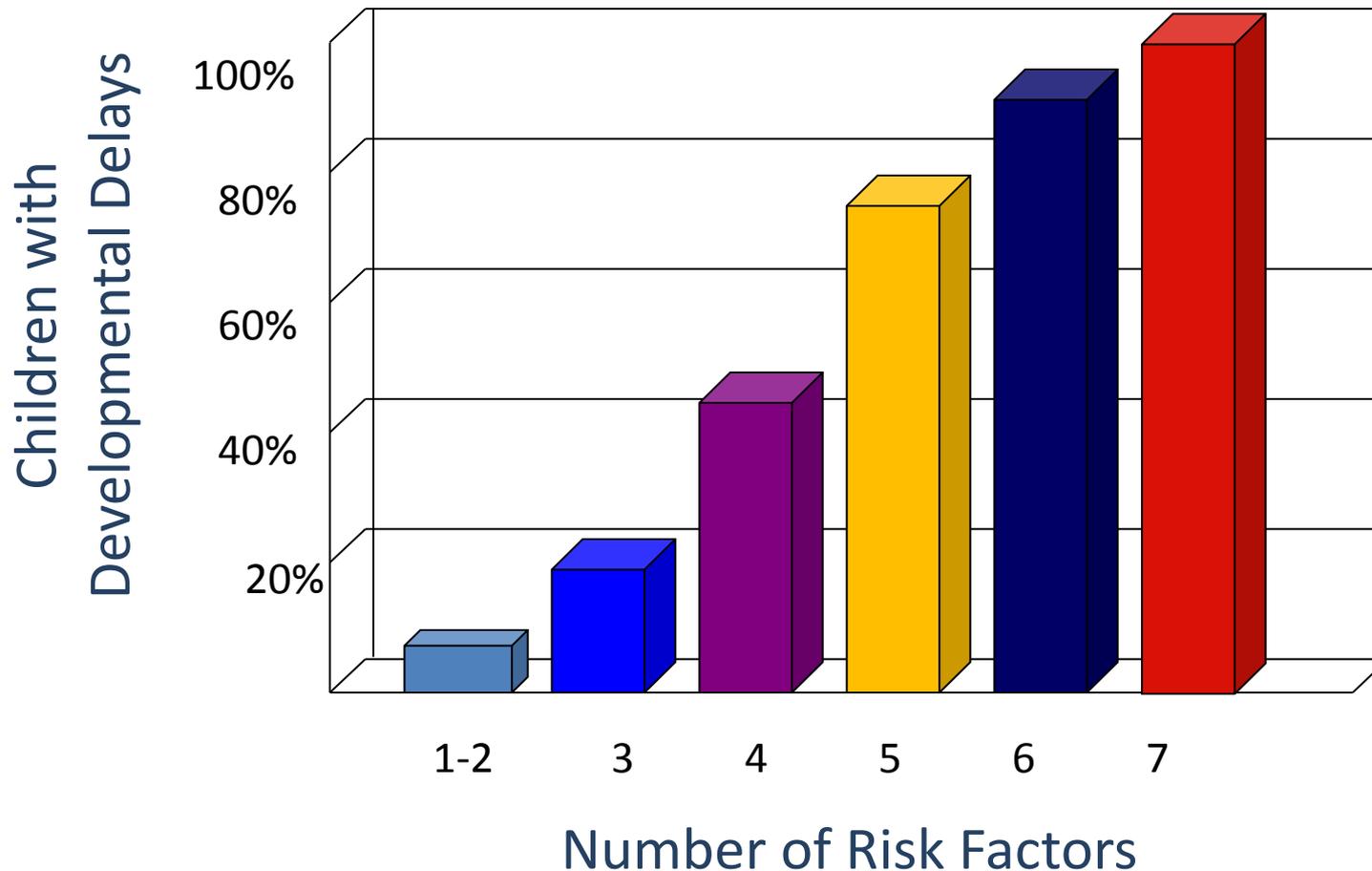
Adverse Childhood Experiences Score

Number of categories of adverse childhood experiences are summed ...

ACE Score	Prevalence
0	48%
1	25%
2	13%
3	7%
4 or more	7%

- More than *half* have at least one ACE
- If one category of ACE is present, there is an 86% likelihood of additional categories being present

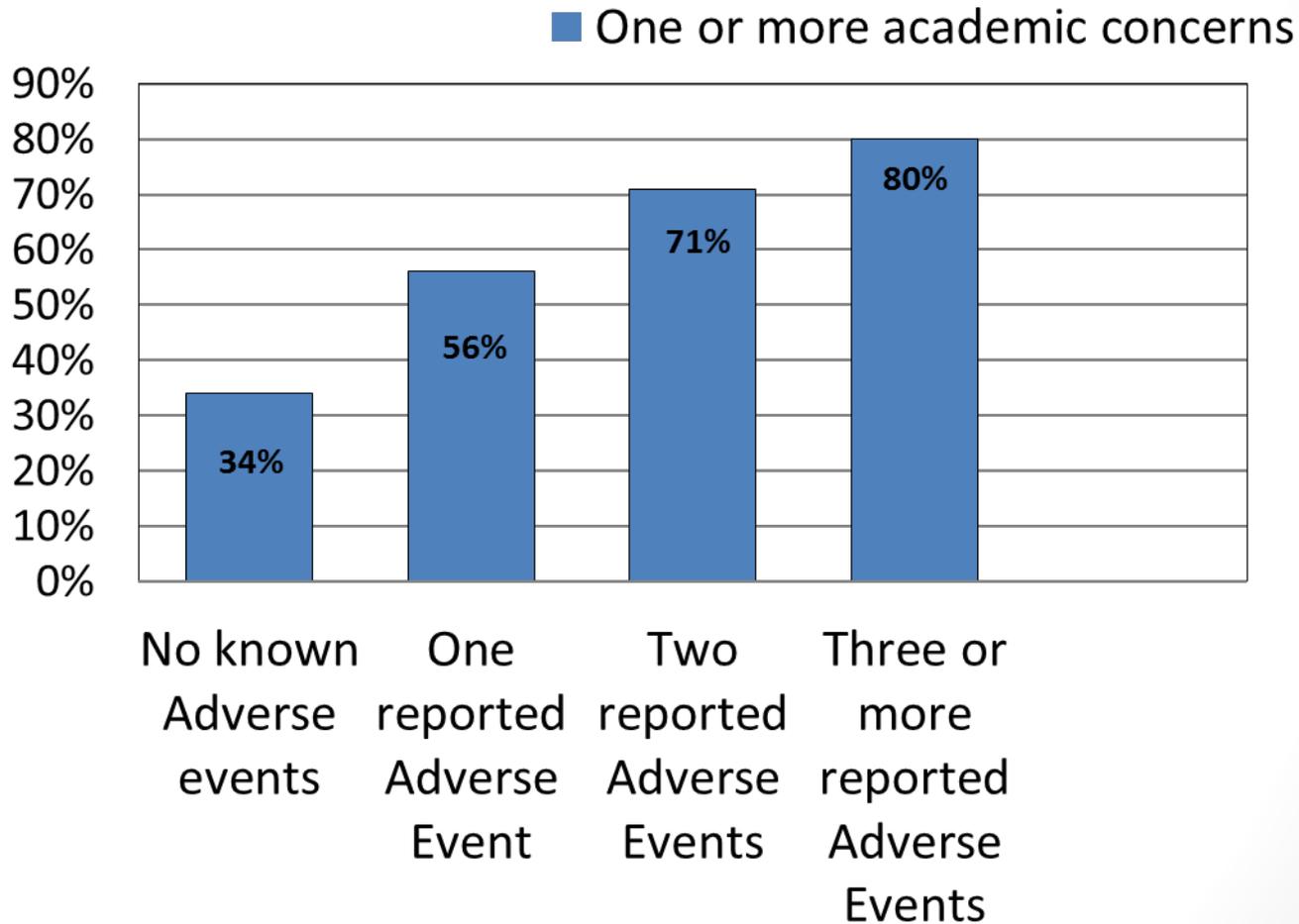
Significant Adversity Impairs Development in the First Three Years



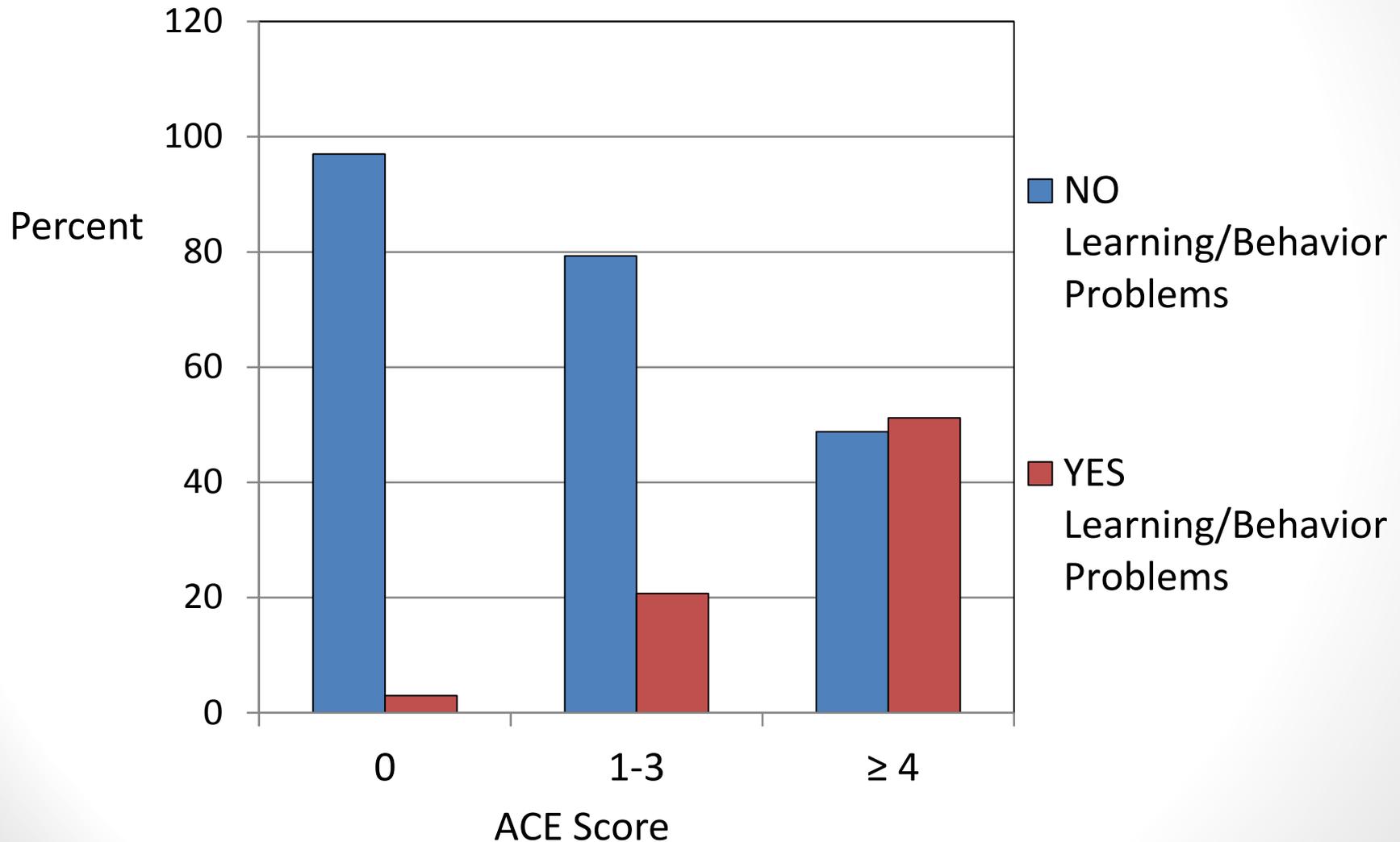
Source: Barth, et al. (2008)

Percent of students with one or more academic concerns by ACE exposure

Percent of Students with Academic Problems



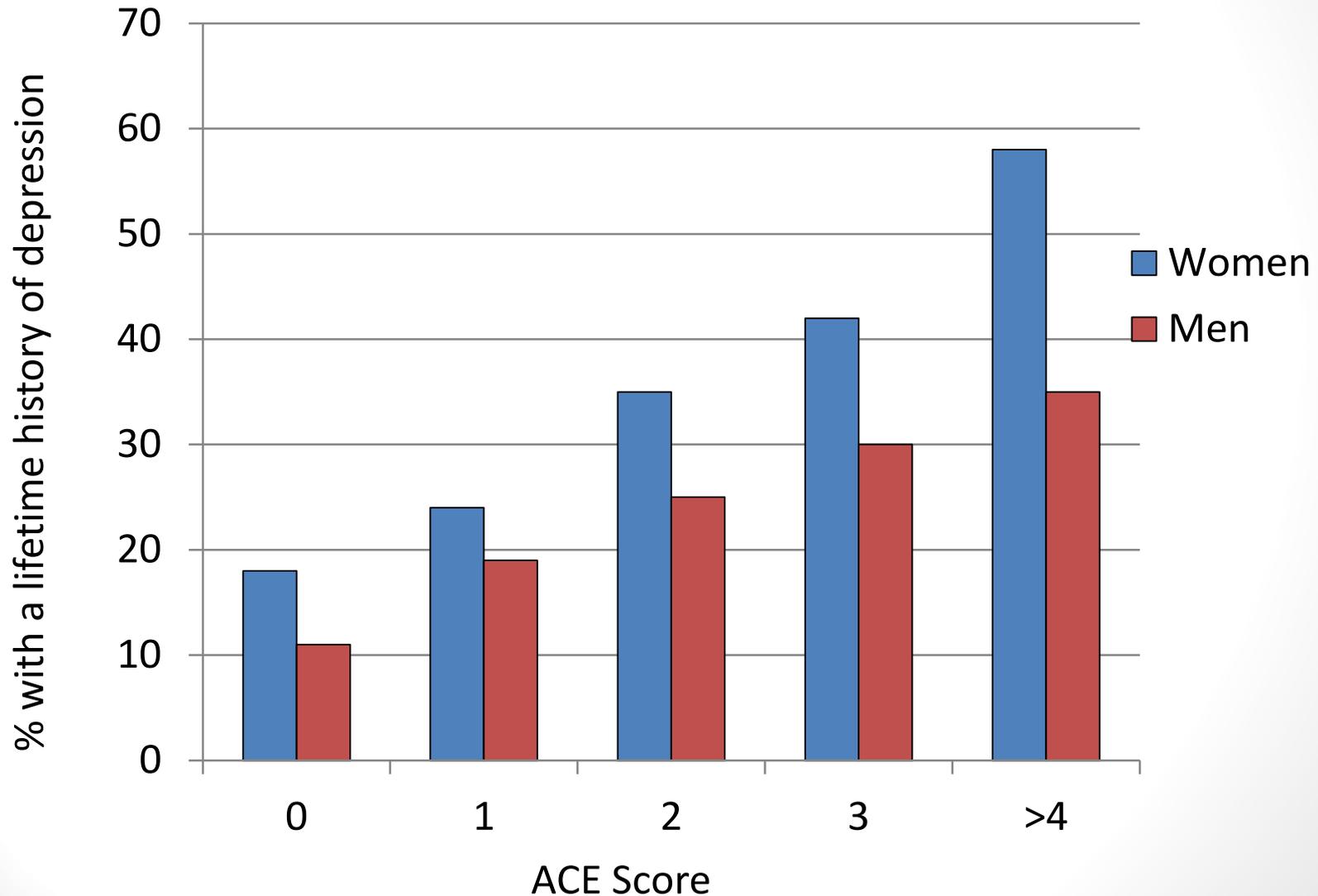
The Impact of ACE on an Urban Pediatric Population (N = 451)



ACE, Complex Trauma, and Community Responses

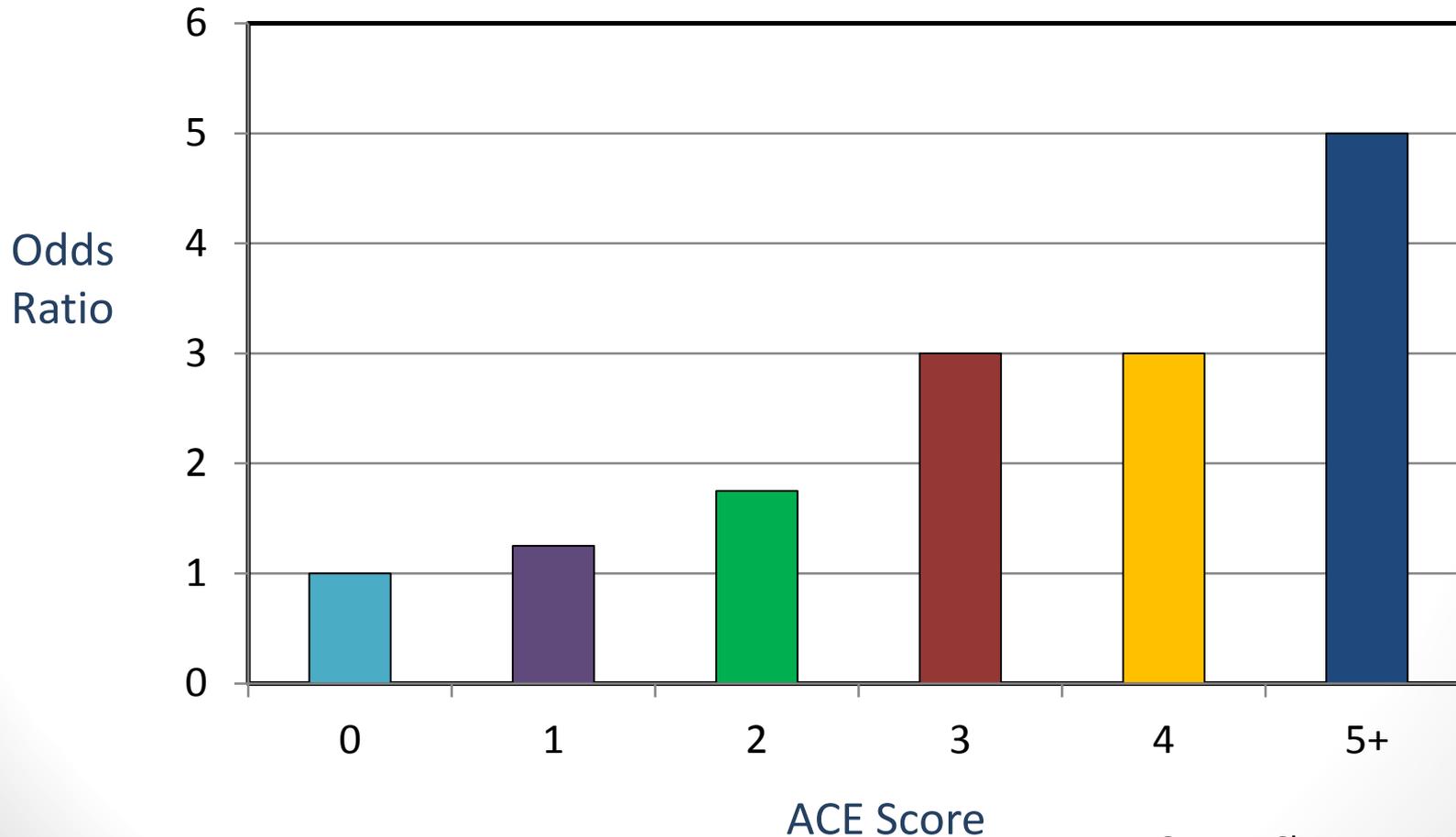
	Academic Failure	Severe Attendance Problems	Severe School Behavior Concerns	Frequent Reported Poor Health
Three or More ACEs N =248	3	5	6	4
Two ACEs N=213	2.5	2.5	4	2.5
One ACE N=476	1.5	2	2.5	2
No Known ACEs =1,164	1.0	1.0	1.0	1.0

ACE Underlie Chronic Depression

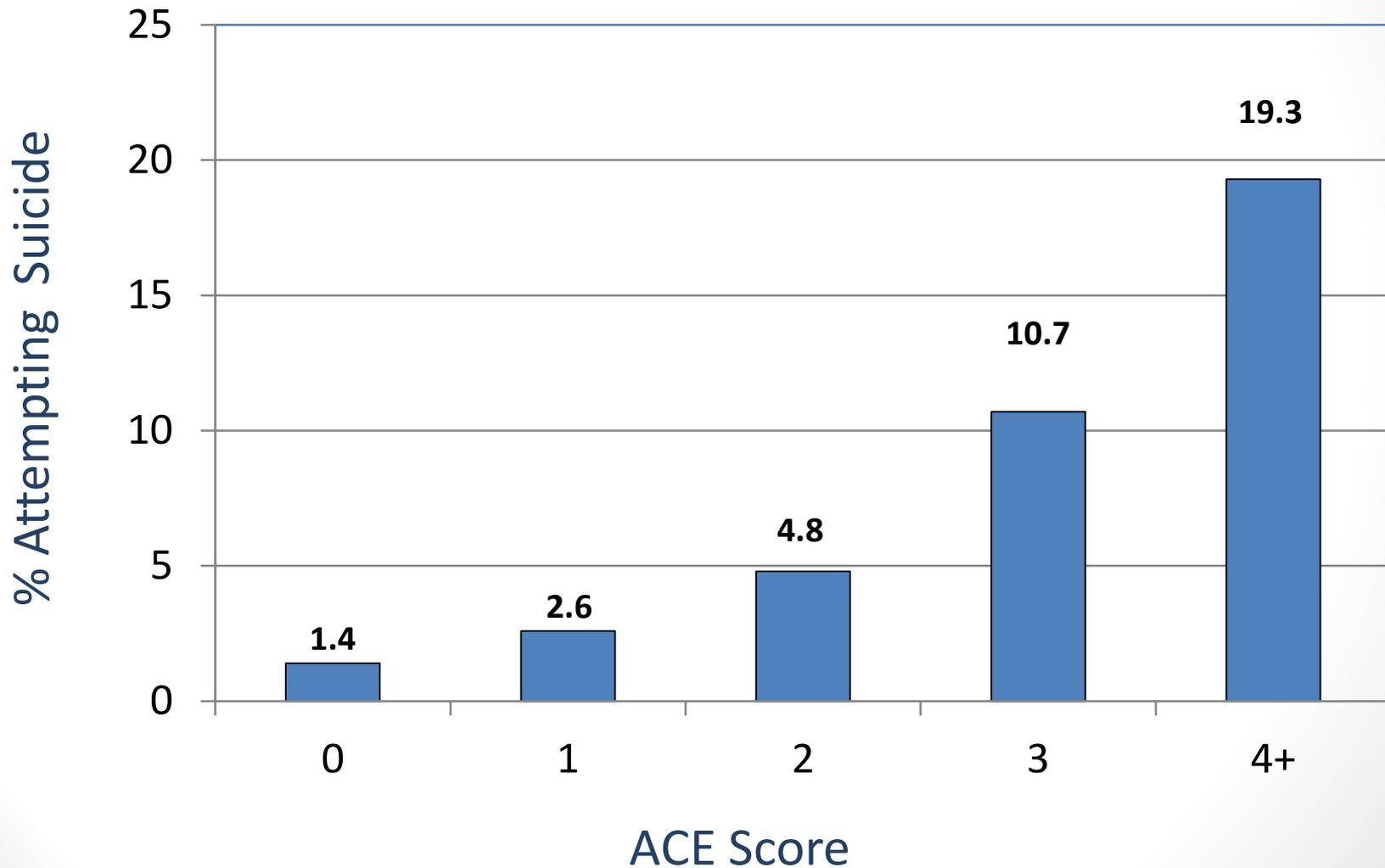




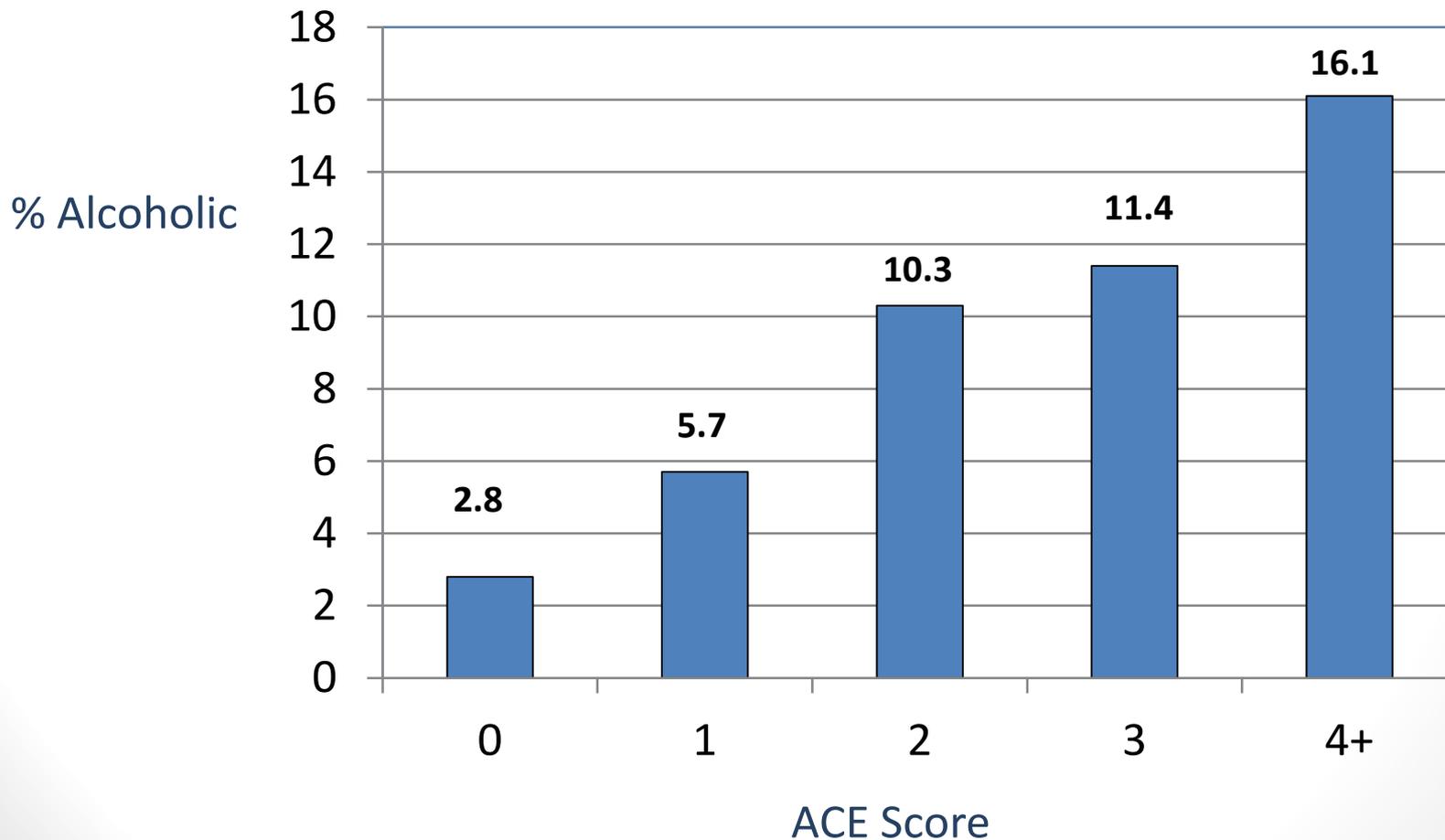
Risk Factors for Adult Depression are Embedded in Adverse Childhood Experiences



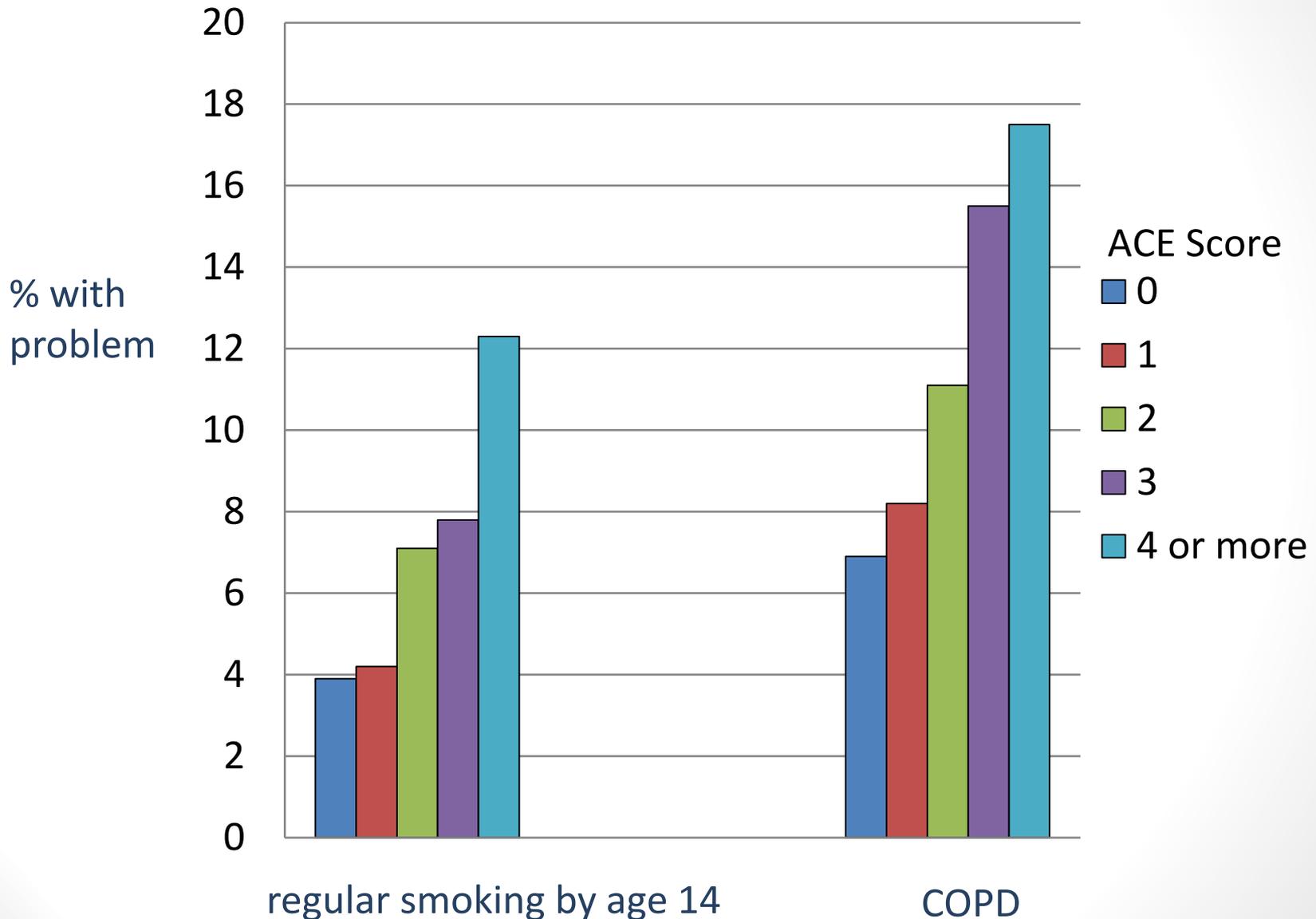
ACE vs. Suicide Attempts



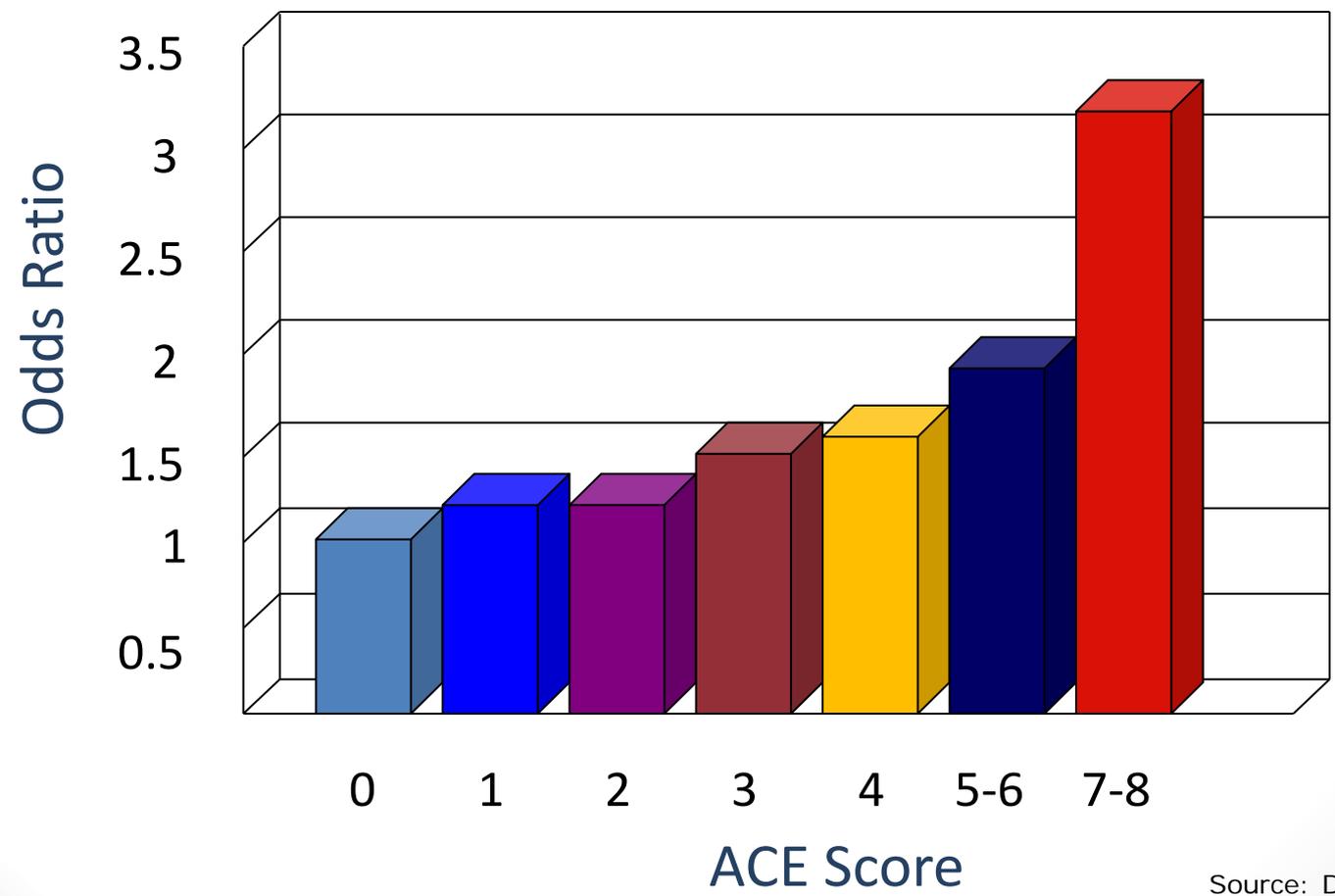
ACE vs. Adult Alcoholism



ACE vs. Smoking and COPD



Risk Factors for Adult Heart Disease are Embedded in Adverse Childhood Experiences



We understand the effects of adverse childhood experiences

- **Brain chemistry changes when toxic stress is the norm**
- **Negatively influences the ability for healthy social/emotional learning, academic and workplace success**
- **Drives worker compensation costs and chronic absenteeism**
- **Unable to sustain important personal and professional relationships**
- **The number of ACE is more important than a specific ACE**

**If we just stop to think about
what we know, we might feel
like this...**



The Good News

**Adverse experiences and other trauma in
childhood, however,
*do not dictate the future of the child!***

**Adverse events and protective factors
experienced together
*have the potential to foster resilience.***

RESILIENCE AND OTHER REASONS FOR OPTIMISM

Concept of trauma and guidance for a trauma-informed approach

SAMHSA's
Concept of Trauma
and Guidance for a
Trauma-Informed Approach

Prepared by
SAMHSA's Trauma and Justice Strategic Initiative
July 2014



SAMHSA's Approach

“Concept of Trauma and Guidance for a Trauma-Informed Approach”

Integration of three threads of work



Trauma-Informed Approach

- Assumption that there are trauma-specific interventions
- Work to build resiliency
- Key trauma principles into the organizational culture
- Tested implementation strategies

Building Resiliency

What we can do for others and for ourselves

You don't have to be a therapist to be therapeutic

Dr. Mary Dobbins

Factors for resiliency

- **cognitive capacity**
- **healthy attachment relationships (especially with parents and caregivers)**
- **the motivation and ability to learn and engage with the environment**
- **the ability to regulate emotions and behavior**
- **supportive environmental systems**

**What's wrong with
this person?**

**What has happened to
this person?**

The approach

- **Building resiliency**
- **Self care**
- **Implementation**

Finding the words...

Building Resiliency

Self-care

- **Don't go it alone.**
- **Recognize compassion fatigue as an occupational hazard.**
- **Seek help with your own traumas.**
- **Guard against your work becoming the only activity that defines who you are.**
- **Address your physical, psychic, and spiritual needs.**

**How do we move beyond the
direct service providers?**

Six Key Principles

- **Safety**
- **Trustworthiness and transparency**
- **Peer support**
- **Collaboration and mutuality**
- **Empowerment, voice and choice**
- **Cultural, historical, and gender issues**

Ten Implementation Domains

- **Developed by SAMHSA for implementing a trauma-informed approach**
- **Not a step-by-step process**
- **Organizational change management**
- **Bridge between & among systems**

What is happening in Illinois

- **Striving for consistency of training regarding ACE and trauma and toxic stress**
- **Creating protocols for self-care, training, implementation**
- **Introduce and employ implementation strategies using key principles**
- **Creation of a virtual resource center for any organization wanting to become trauma-informed**

None of the work of developing standards and protocols to create and maintain trauma-informed professional development is sustainable without intentional and committed organizational change management.

Project Contact Information

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