



Trauma and Child Development

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Before We Begin...

Talking about trauma can be unsettling.

There may be some information in this presentation that can result in strong emotional reactions from viewers.



Death

Abandonment

Abuse

Violence

Neglect

Torture

What is

Jail

Rape

Trauma?

Cruelty

Loss

Drugs

Grief

War

Pain

Alcoholism

Death

Abandonment

Abuse

Violence

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Torture

What is

Jail

Rape

Trauma?

Cruelty

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Drugs

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Pain

Alcoholism

How does trauma impact people?

When a person experiences a traumatic event, some sort of loss is experienced.

When a loss is experienced, a person may feel overwhelming emotions.

These overwhelming emotions often lead to unsafe behavior.

Unsafe behavior has an impact on that person's future.

Let's clarify:

Experiencing a traumatic event
does not mean you will be
traumatized.

Traumatic Event – An experience (single or multiple episodes) that overwhelms the person's ability to cope with the psychological stress of that experience.

Trauma – Damage to the internal psyche that results from a traumatic event. This may include effects on emotional regulation, behavior, personality and physiology.

THE RELATIONSHIP OF ADVERSE CHILDHOOD EXPERIENCES TO ADULT HEALTH STATUS

A collaborative effort of Kaiser Permanente and
The Centers for Disease Control

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Department of Health and Human Services
Centers for Disease Control and Prevention

The Adverse Childhood Experiences (ACEs) Study

- ✓ Examined the health and social affects of adverse childhood experiences.
- ✓ Hypothesis: Do adverse experiences that occur in early life impact one's future health?

CHILDHOOD ADVERSITY BY CATEGORIES (18 years or younger)

<i>Abuse</i>	<i>Household</i>
Psychological (by parents)	Substance Abuse
Physical (by parents)	Mental Illness
Sexual (anyone)	Parental separation/divorce
Emotional neglect	Mother Treated Violently
Physical neglect	Imprisoned Household Member



Department of Health and Human Services

Centers for Disease Control and Prevention

ACE Study

Strong, graded relation to childhood adversity in childhood:

Smoking	Attempted suicide
COPD	Revictimization
Heart Disease	Teen pregnancy
Diabetes	Fractures
Obesity	Promiscuity
Hepatitis	Sexually transmitted disease
Alcoholism	Poor job performance
Other substance abuse	Poor self-rated health
Depression	Violent relationships

ADVERSE CHILDHOOD EXPERIENCES (ACE STUDY)

**More than half of respondents (52%)
experienced at least one category of
adverse childhood exposure**

6.2% reported more than four exposures.

ADVERSE CHILDHOOD EXPERIENCES (ACE STUDY)

They found a strong, graded relationship between exposure to adverse childhood experiences and risk factors for several of the leading causes of death in adults.

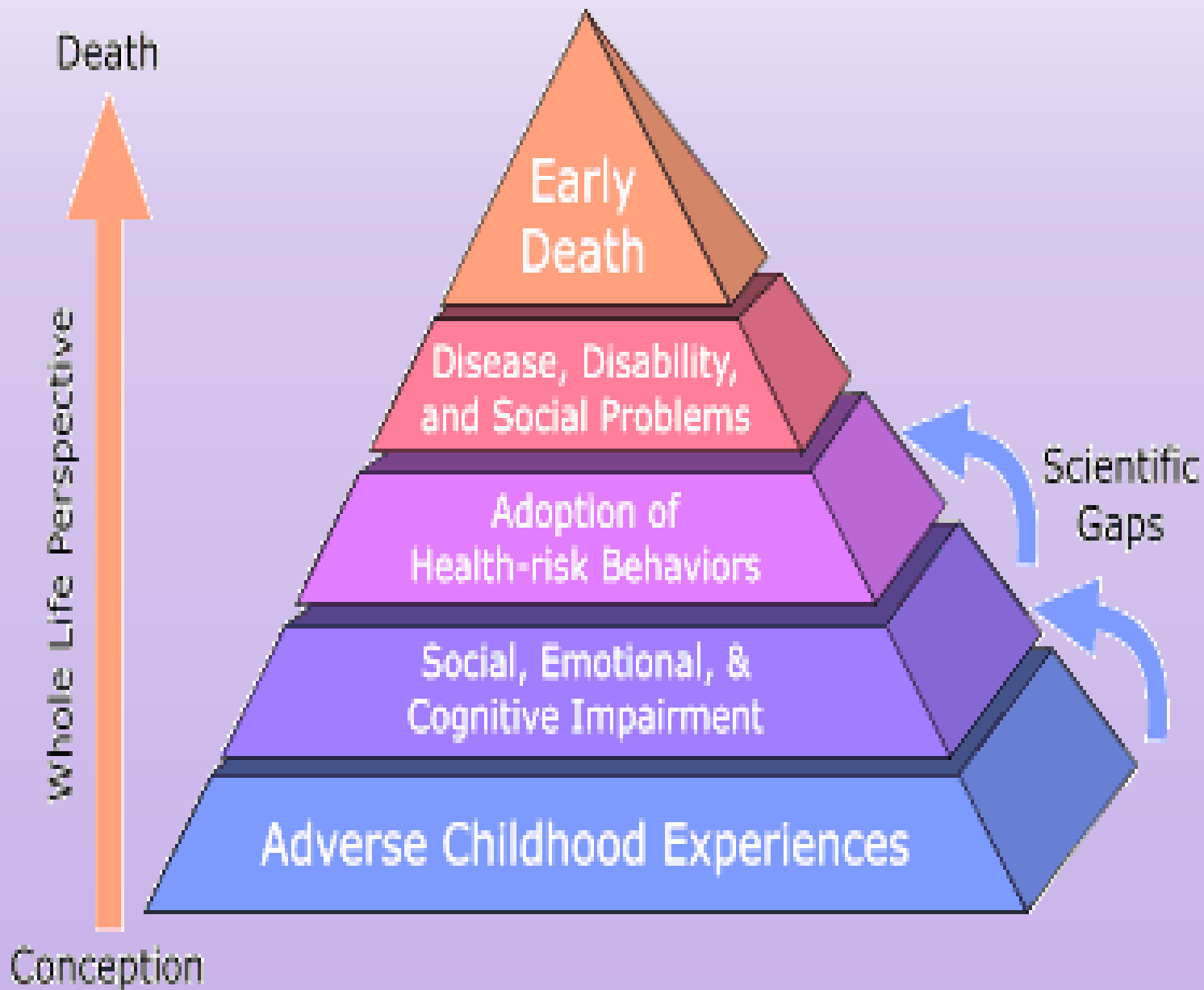
The findings suggest that the impact of these adverse childhood experiences on adult health status is strong and cumulative.

The Adverse Childhood Experiences (ACE) Study

- ✓ Largest study of its kind (almost 18,000 participants.)
- ✓ Majority of participants were over 50 (62%), white (77%) and had attended college (72%).
- ✓ What does that imply for trauma that includes poverty, racism, and food insecurity?

The higher your ACE score, the higher your risk of:

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease (IHD)
- Liver disease
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy



ACES & INTERPERSONAL VIOLENCE

As the number of ACEs increases, the number of co-occurring or “co-morbid” conditions increases.

As the number of violent experiences increases, the risks of victimization among women and perpetration by men also increases by about 60% to 70%.

As the ACE score increases, the likelihood of revictimization – of being raped, of being assaulted – steadily increases.

In a Trauma-Informed School our focus cannot be on the students alone.

The *ACES* study reminds us that trauma does not just affect the clients....

SO WHAT DO WE DO????

We change the question

from “*What’s wrong with you?*”

to “*What has happened to you?*”

SO WHAT DO WE DO?

We create a trauma-sensitive culture.

We recognize that often, problem behaviors are actually survival skills.

We strive to understand others based on what their lives are like, not on what we imagine their lives are like.

Core Values of a Trauma-Informed Culture

Safety: Ensuring physical and emotional safety.

Trustworthiness: Being truthful, making tasks clear, and maintaining appropriate boundaries.

Choice: Prioritizing people's choices to give them a sense of control.

Collaboration: Maximizing collaboration and sharing of power.

Empowerment: Prioritizing people's empowerment and skill-building.

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