

ACEs & Toxic Stress: Understanding and Responding to the Needs of Your Students

brought to you by
The Santa Barbara County Network of Care
in partnership with ACEs Aware

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Why the Buzz about ACEs?

“Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today.”

Dr. Robert Block,
the former President of the American Academy of Pediatrics

The ACEs Aware Initiative



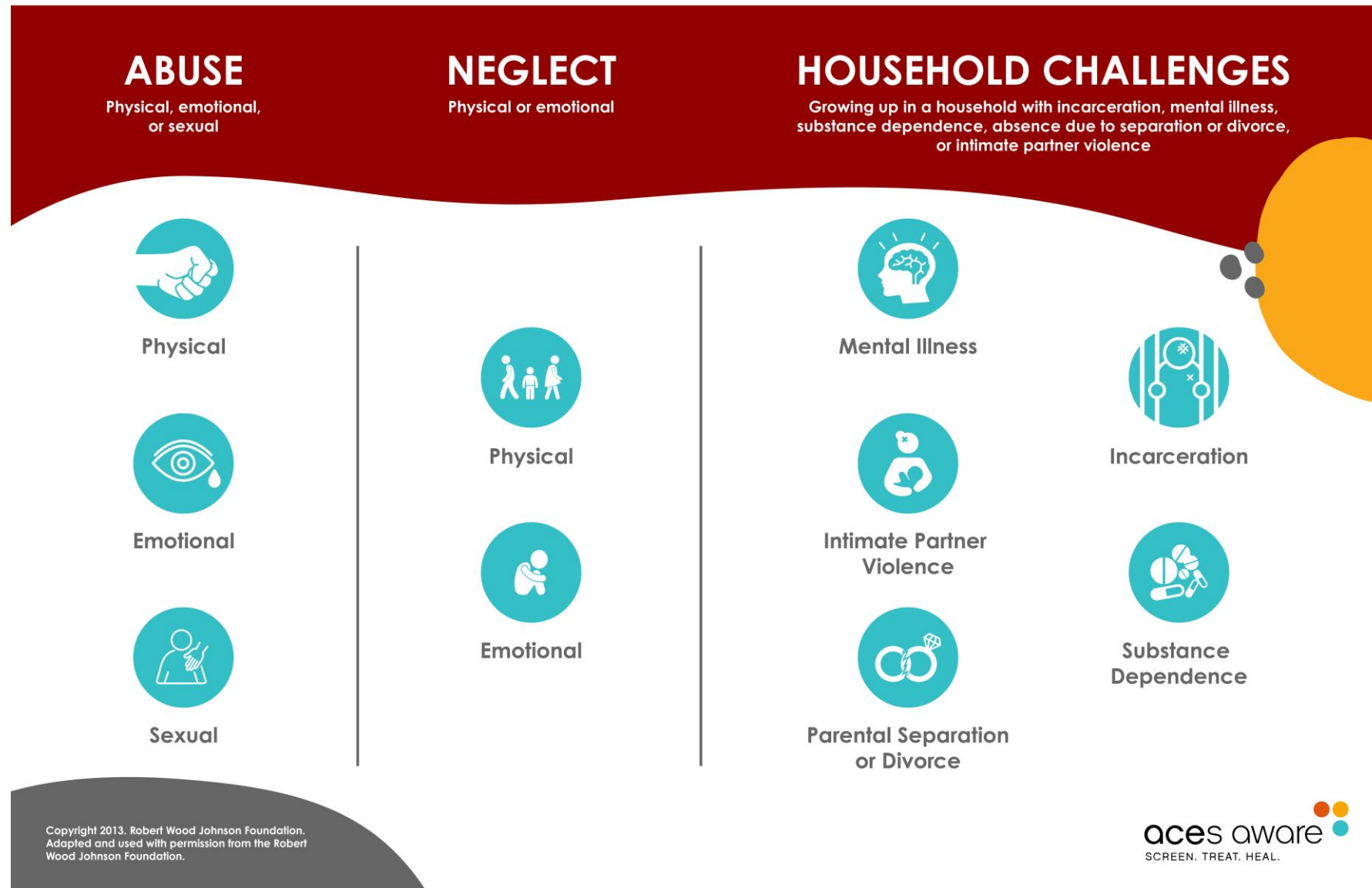
The ACEs Aware initiative is a first-in-the-nation effort to screen patients for Adverse Childhood Experiences (ACEs) to help improve and save lives.

As part of Governor Newsom's California For All initiative, ACEs Aware strives to create a better world for children, families, and communities by working together across sectors to prevent and address the impact of ACEs and toxic stress.

ACEs Aware Mission

To change and save lives by helping providers understand the importance of screening for Adverse Childhood Experiences and training providers to respond with trauma-informed care to mitigate the health impacts of toxic stress.

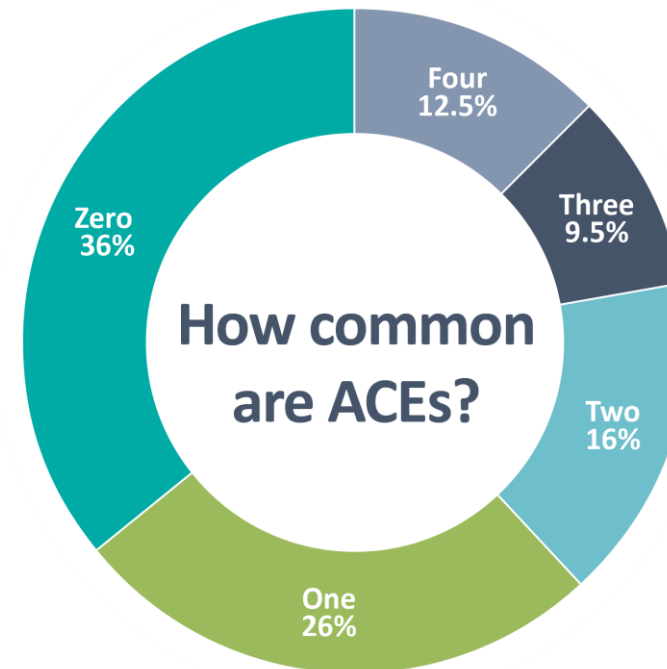
What Are Adverse Childhood Experiences (ACEs)?



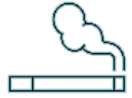
ACEs Research

- The landmark 1998 study by Kaiser Permanente and the CDC surveyed over 17,000 adults in Southern California; one of the largest investigations of childhood abuse and neglect and later-life health and well-being
- Subsequent studies have corroborated findings of 1998 study

- ACEs were prevalent
- About 2/3 had at least one ACE
 - If any one ACE was experienced, there was 87% likelihood of at least one additional ACE



ACEs Are Associated with Increased Behavioral Health Risks



Smoking



Alcohol abuse



Illicit drug use



Use of injected drugs



Depressed affect



Anxiety



Difficulty controlling anger



Risky sexual behavior



Panic reactions



Perpetrating intimate partner violence

Physical Health Impacts of ACEs

The mental health effects of ACEs are somewhat widely recognized. However, it is also important to recognize the physical effects. Many ACE-Associated Health Conditions impact physical health such as cardiovascular disease¹³, asthma²⁷, headaches¹⁸, and cancer¹³.

Disparities in ACEs Burden

- While ACEs affect all communities, there are notable differences in ACE prevalence and ACE-associated negative health outcomes among individuals who are
 - **Women**
 - **Low-income**
 - **LGBTQ**
 - **Black, Latinx, indigenous, and other people of color**
- How does your school population reflect these identified groups?

Toxic Stress: The Culprit Behind Increased Health Risks

- A consensus of scientific evidence demonstrates that high doses of cumulative adversity experienced during critical and sensitive periods of early life development, without the buffering protections of safe, stable and nurturing relationships and environments, can lead to long-term disruptions of brain development, immune and hormonal systems and genetic regulatory mechanisms—a condition now known as the “toxic stress response.”
- Teachers and school staff can provide those buffering relationships and environments.

Resilience

The ability to withstand or recover from stressors, and results from a combination of intrinsic factors and extrinsic factors (like safe, stable, and nurturing relationships with family members and others) as well as pre-disposing biological susceptibility.³²

7 Cs of Resilience

- Kenneth Ginsburg, M.D., MS Ed, FAAP, a pediatrician, partnered with the American Academy of Pediatrics (AAP) to write A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings.
- Dr. Ginsburg has identified seven "C"s of resilience, recognizing that "resilience isn't a simple, one-part entity." School personnel can use these guidelines to help students recognize their abilities and inner resources.



7 Cs of Resilience

- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control

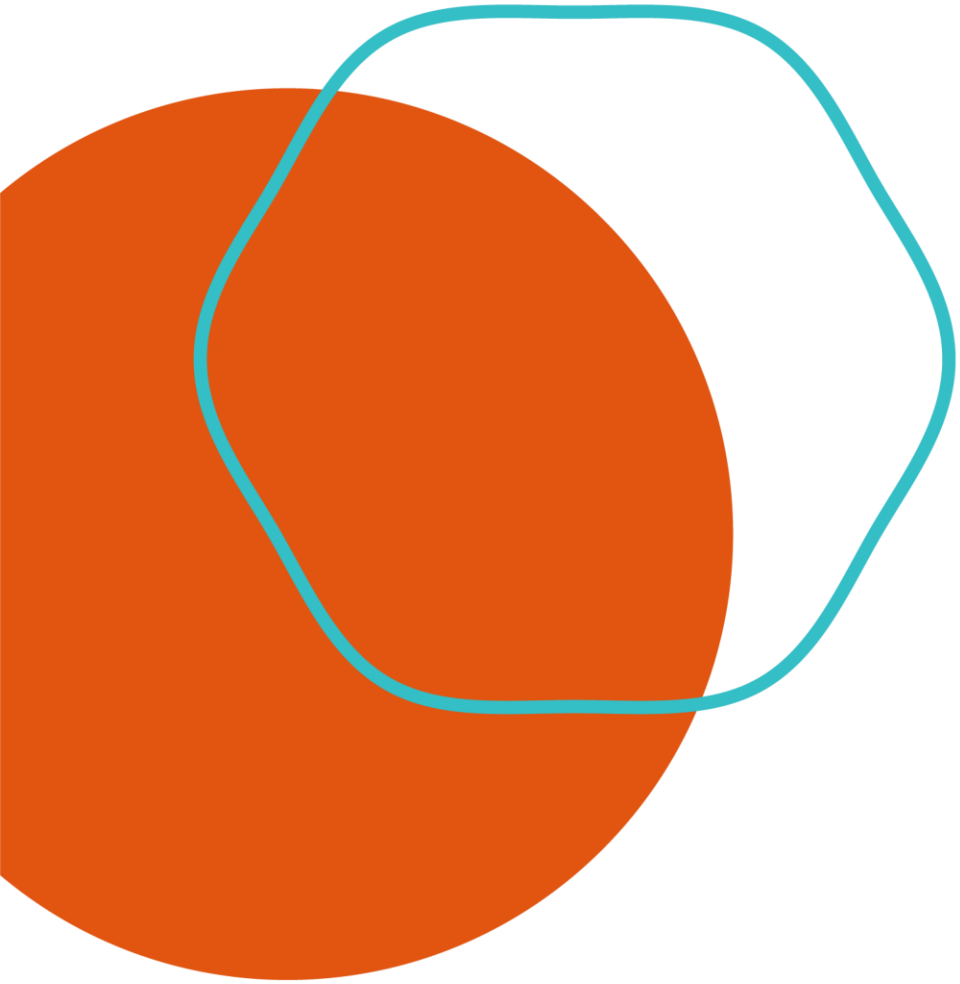
Building Strong Networks of Care

- ACEs-informed
- Trauma-responsive
- Resiliency-focused
- Multidisciplinary partnerships
- Improved access to buffering resources and supports

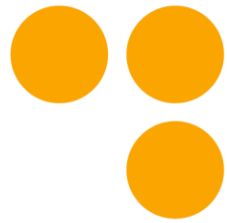


High Level Collaboration with a Common Goal





Thank you!



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