

School Wellness Summit 2022

ACEs & Resilience: Understanding & Moving Beyond Our Shared Trauma

Content adapted in part from ACEs Aware and the Santa Barbara County Network of Care Community Core Training 2022

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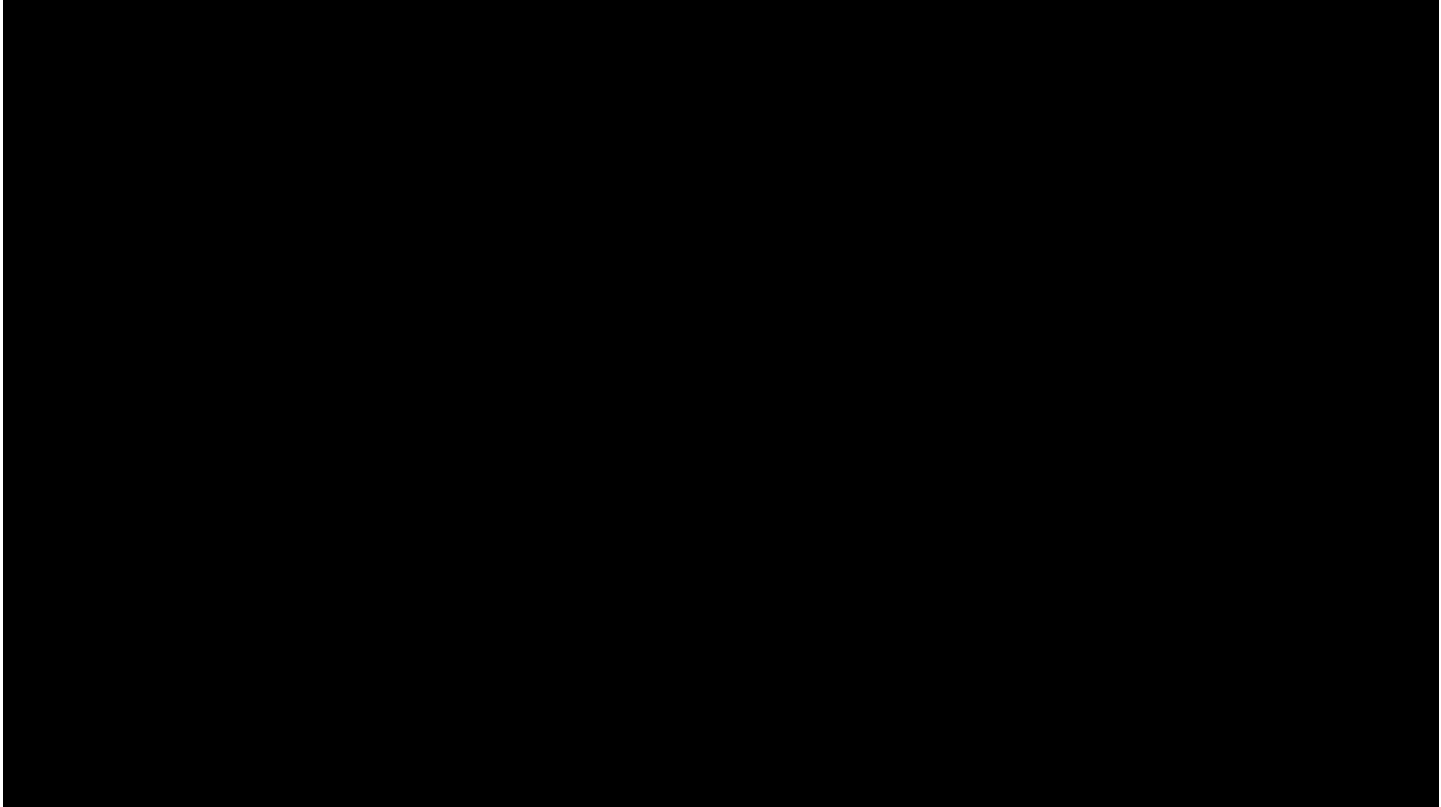


Pediatric Resiliency
COLLABORATIVE

Goals for Today

- Review the pair of ACEs: Adverse Childhood Experiences & Adverse Community Environments
- Understand the biology of the stress response and its impact on wellbeing
- Acknowledge the collective trauma of the past 2 ½ years
- Learn strategies for co-regulation and trauma-informed response
- Identify strategies for promoting resilience in children, youth and families
- Explore the current landscape of ACEs & Resilience activity in Santa Barbara County

What is a Number Story?



The Landmark ACE Study

- Centers for Disease Control and Kaiser Permanente
- Research conducted from 1995-1997; published in 1998
- Over 17,000 participants from Southern California
- Confidential surveys conducted during physical exams
 - Childhood experiences
 - Current health status and behaviors
- One of the largest investigations of childhood abuse and neglect and later-life health and well-being

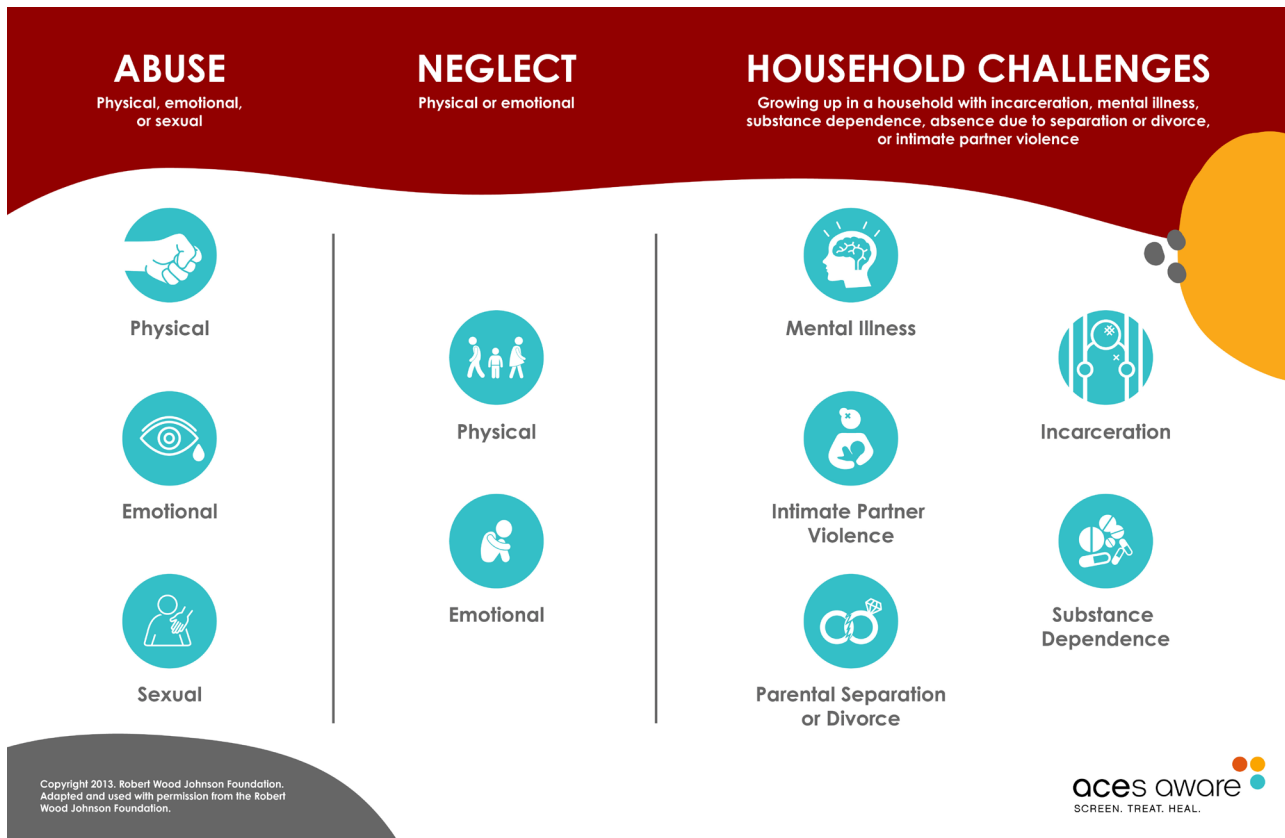


Dr. Vince Felitti



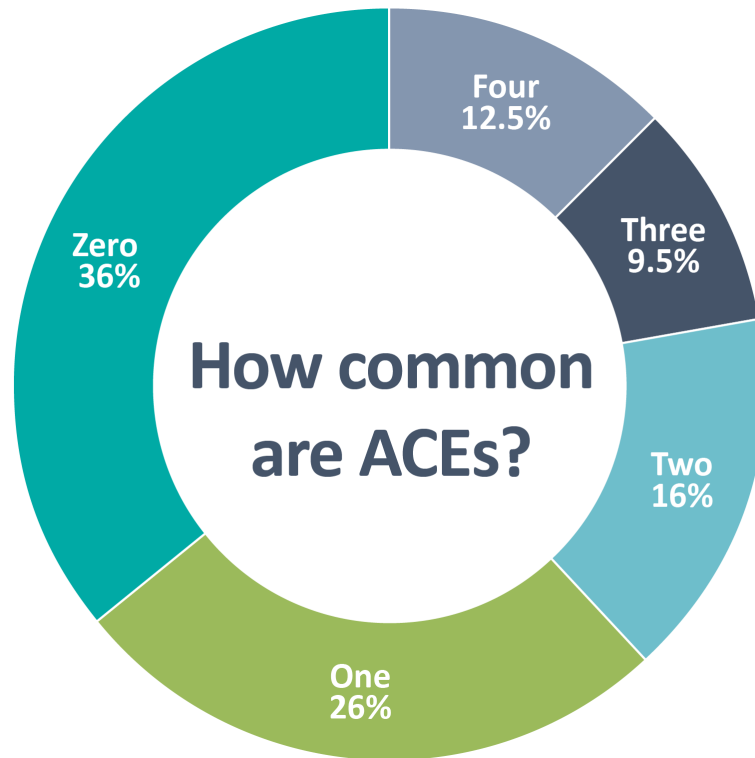
Dr. Rob Anda

What Are Adverse Childhood Experiences (ACEs)?



Prevalence from Study Sample

- 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
- The sample was primarily white, middle-class, college educated
- Subsequent research shows a higher ACE burden among historically marginalized populations



The Pair of ACEs

ADVERSE CHILDHOOD EXPERIENCES

Maternal Depression

Emotional &
Sexual Abuse

Substance
Abuse

Domestic Violence

Physical &
Emotional Neglect

Mental Illness

Divorce

Incarceration

Homelessness



ADVERSE COMMUNITY ENVIRONMENTS

Poverty

Discrimination

Community Disruption

Violence

Poor Housing
Quality & Affordability

Lack of Opportunity, Economic Mobility & Social Capital



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

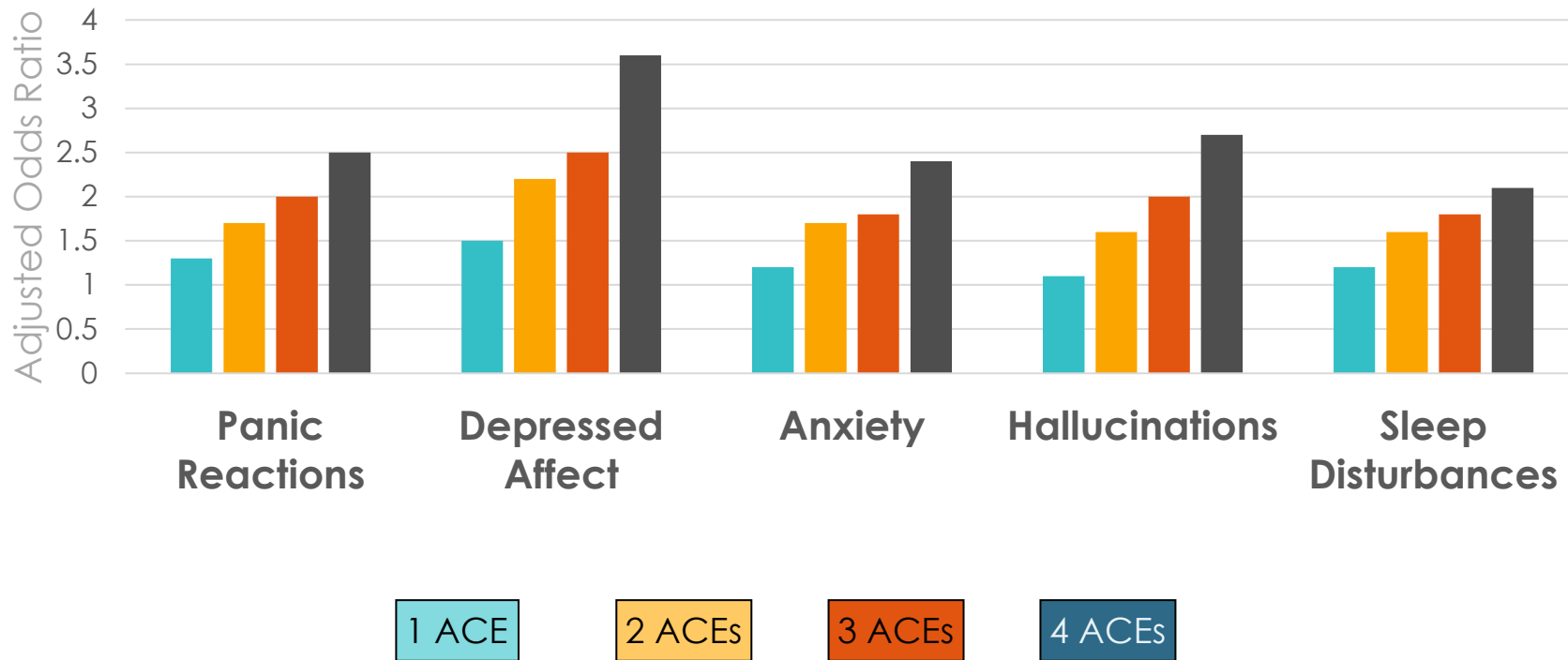


Panic reactions



Perpetrating intimate partner violence

ACE Score and the Risk of Mental Health Outcomes in Adulthood: Adjusted Odds Ratios



ACE-Associated Health Conditions



- ACE-Associated Health Conditions are health conditions that have empirical evidence showing associations between ACE exposure and the health outcome.

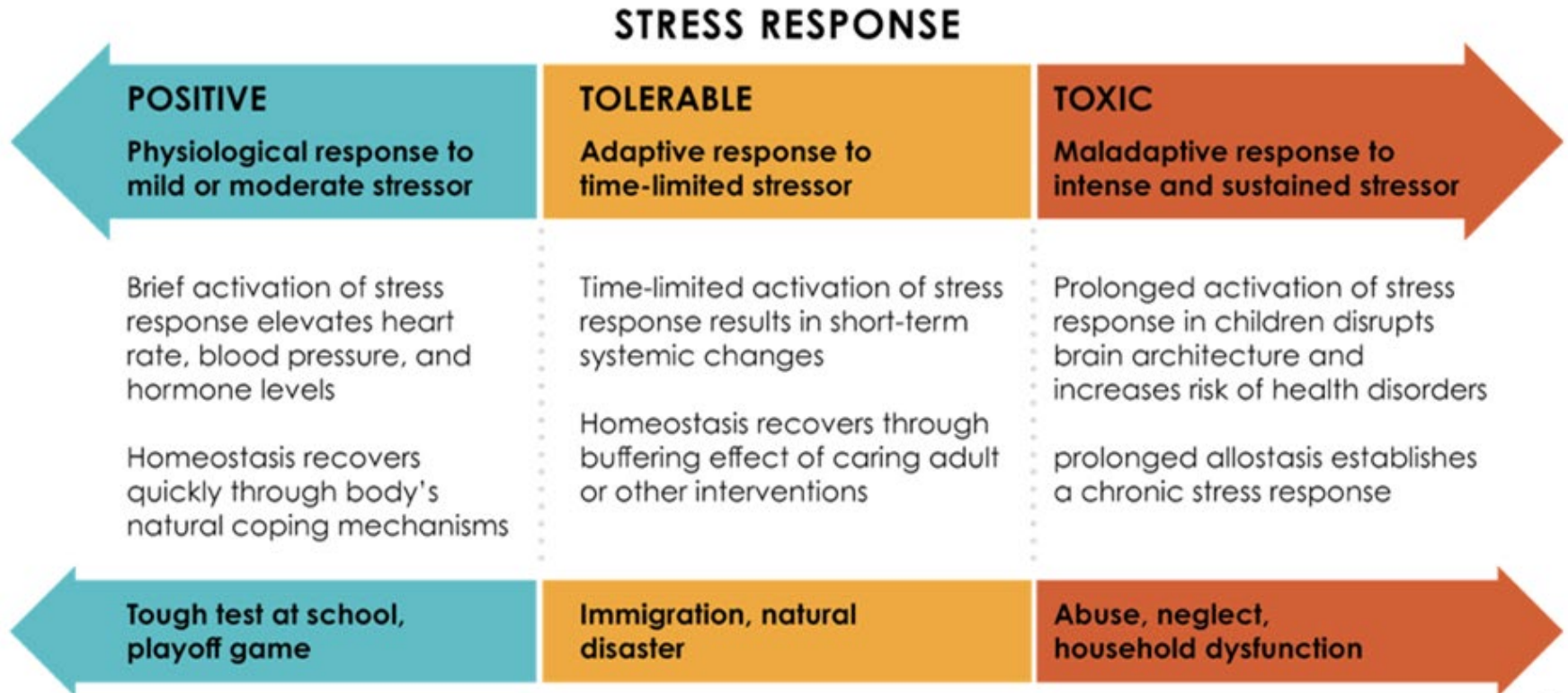


- They include cardiovascular, pulmonary, immune, metabolic, mental health, and substance use conditions.



- While the relationship between ACEs and mental health outcomes is most commonly recognized, a recent meta-analysis demonstrates that the single greatest driver of ACE-associated health care costs is cardiovascular disease.

The Spectrum of Positive, Tolerable, and Toxic Stress



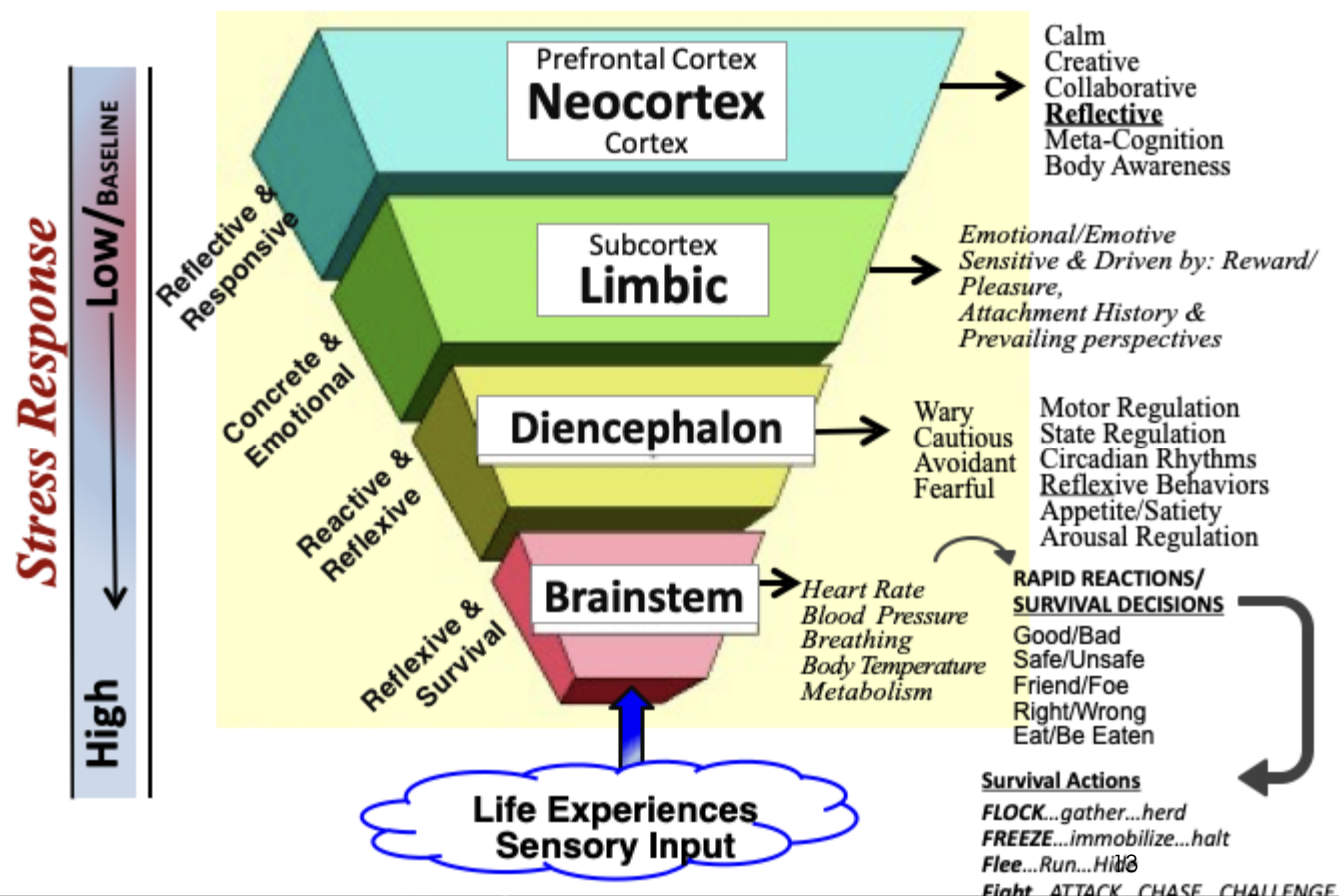
The Powerful Mind-Body Connection



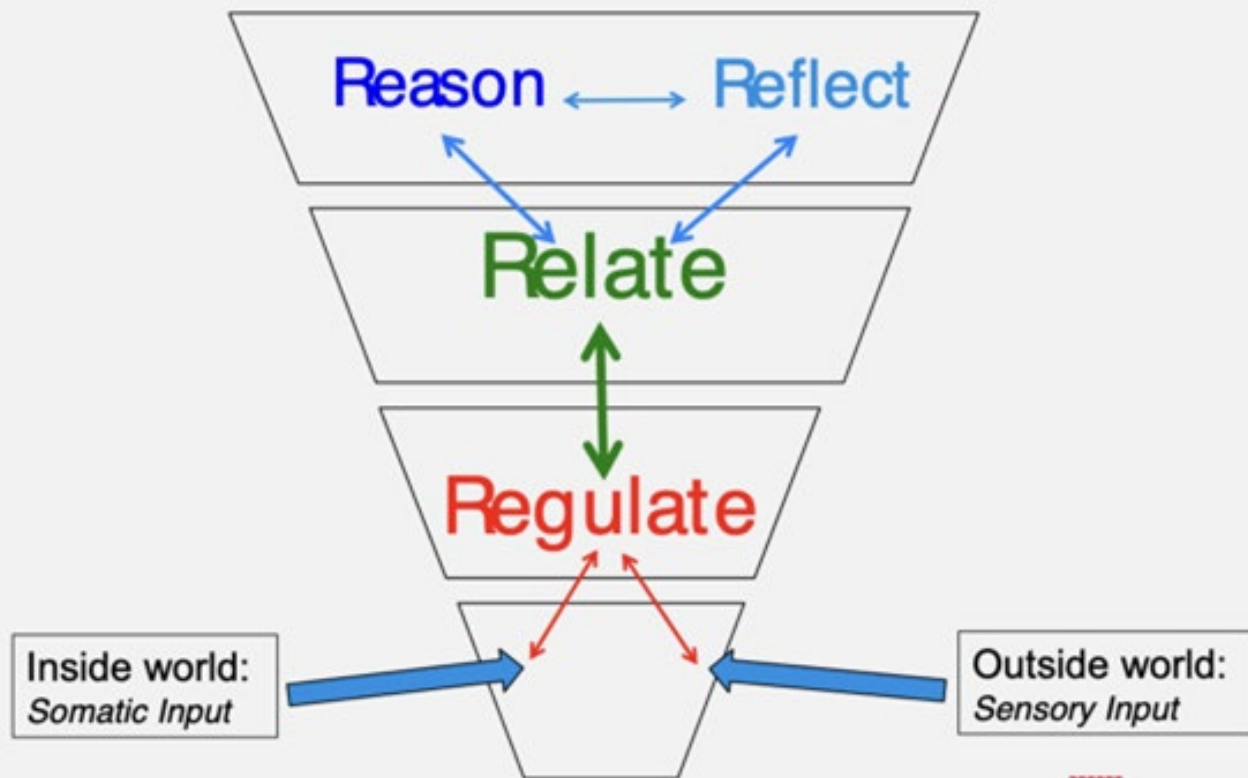
FUNCTIONAL LEVELS OF THE HUMAN BRAIN

Derived from Dr. Bruce Perry, 1998©

www.childtrauma.org; Formatted by Dr. Kristie Brandt



Sequential Engagement & Processing



Strategies for Regulating in the Moment

- **Get grounded**
 - Drink a glass of water
 - Touch something solid and notice how it feels
 - Describe your surroundings to yourself in detail (temperature, sights, sounds, smells, etc.)
- **Shake it off**
 - Find a space where you feel comfortable
 - Put on some rhythmic music that makes you feel good
 - Stand with feet hip distance apart, knees slightly bent, arms at sides
 - Bounce, shake, swing, move, let it all out, then let your body settle back into stillness
- **Take a deep belly breath**
 - Slow deep breath in through your nose, hand on belly, feel it rise
 - Exhale slowly through mouth, feel tension release with the breath, feel muscles relaxing
 - Repeat until calm

The Connection between ACEs and Trauma

- Trauma is not the event—it is the individual's response to the event
- Trauma alters and compromises the stress response system
 - Event or series of events
 - Witnessed or experienced
 - Real or perceived threat to life or wellbeing
 - Overwhelms the ability to cope
 - Causes feelings of fear, helplessness, loss of control
 - May be expressed by disorganized or agitated behavior
- A seemingly unrelated event can trigger or overstimulate someone with traumatic stress

Framework for Trauma-Informed Care

Trauma-informed care recognizes and responds to the signs, symptoms, and risks of trauma to better support the needs of people who have experienced ACEs and toxic stress.



Trauma-informed care is a framework that involves:

- **Understanding** the prevalence of trauma and adversity and their impacts on children, families, and service providers
- **Recognizing** the effects of trauma and adversity on health and behavior;
- **Training** leadership, providers, and staff on **responding** to individuals with best practices for trauma-informed care;
- **Integrating** knowledge about trauma and adversity into policies, procedures, practices, and treatment planning;
- **Resisting** re-traumatization by approaching individuals who have experienced ACEs or other adversities with non-judgmental support.

Trauma-Informed Care Principles

The following key principles of trauma-informed care should serve as a guide for all service providers and staff:



- Establish the physical and emotional **safety** of students and staff
- **Build** trust between school personnel and students / families
- **Recognize** the signs and symptoms of trauma exposure on physical and mental health
- Promote **student-centered, evidence-based care**
- Ensure school and family **collaboration** by bringing students and their families into the decision making process and discussing mutually agreed upon goals
- Provide care that is sensitive to the student's **racial, ethnic, and cultural background, and gender identity**

Reflections

- How can this information about stress and the brain inform your daily interactions with students and with each other?
- What are strategies you use to help students regulate?

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.



Strategies for Well-Being

Protective Factors for Strengthening Families

1. Parental Resilience
2. Social Connections
3. Knowledge of Parenting and Child Development
4. Concrete Support in Times of Need
5. Social and Emotional Competence of Children



Building a Trauma & Resilience Movement in Santa Barbara County

- **Pediatric Resiliency Collaborative**

- ACEs screening and referrals
- Outreach, training and consultation for healthcare providers
- Navigation and mental health support for families

- **Resilient Santa Barbara County**

- Cross-sector collaboration and community engagement
- Affiliate of the PACEs Connection Cooperative of Communities
- Outreach, training, and consultation for community-based service providers

- **Santa Barbara County Network of Care**

- Building networks of buffering service providers
- Connecting healthcare and community service providers
- IT platform for closed loop referrals

Healing Happens in Community

- Trusted relationships and partnerships
- Safe spaces
 - Classroom
 - School
 - Families
 - Community
- Coordinated support
- Connection to community resources



THANK YOU!

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