

# TRANSFORMING THE CARDS DEALT

Trauma and the ACE Study

# Getting to know the Score



- Welcome
- House Keeping Items
- Wishes for the Class
- Take a moment and complete the ACE measure (short version) for yourself and/or a client

# Importance of Knowing Your “Hand”

- Importance of knowing what you bring into the “room” with your client
- Awareness of your own triggers and trauma echoes
- Self-Care ... awareness of your risk factors in key areas of physical and mental health
- Prevention of Burn Out
- Awareness of ACE and impact of secondary trauma

# What is an ACE?

- Break out session
  - Opportunity to meet your class members
  - Gathering of Themes
  
- Breakout Topic
  - After taking the short ACE measure, how would you define what an ACE is ?
  - What items of the measure stood out to you?
  - What did they forget to ask ?

# PRESENTATION OF THEMES



# Themes

## Missing

- Community Violence
- Losing parent/death
- Prenatal trauma
- Natural Disaster
- Multiple accidents
- Chronic Physical Illness/Hospitalizations
- Separation from siblings/death of sibling
- Bullying/School Shootings
- Parent oversees (deployment)

## Included

- Relationships with caretakers

# Past Themes

## INCLUDED

- Focus on child maltreatment
- Questionnaire for children and childhood events

## MISSING

- Juvenile sex offense (only focus on 5 years and above)
- Sexual Reactivity
- Bullying
- Sexual Identity
- What about adverse experiences post-18

# Knowing your client's hand

- 70 percent of all persons have experienced at least one ACE
- In the public behavioral health system, that rises to 90 percent
- Trauma has likely been an experience in your client and families life
- Effectively understanding and attending to client's ACEs improves outcomes (physical and mental health)



# Types of items on ACE

## Childhood experiences ...

- ☐ Emotional Violence/Abuse
- ☐ Physical Violence/Abuse
- ☐ Sexual Violence/Abuse
- ☐ Feeling “unloved” or not supported by primary caregivers
- ☐ Hunger, lack of protection, substance use in family
- ☐ Loss of Caregiver (separation/divorce)
- ☐ Witness IPV of mother figure
- ☐ Living with person with an addiction
- ☐ Mental health conditions in family/suicide in family
- ☐ Household member in prison system

# What is trauma ?



## National Council Definition

Trauma occurs when a person is overwhelmed by events or circumstances and responds with intense fear, horror, and helplessness. Extreme stress overwhelms the person's capacity to cope. There is a direct correlation between trauma and physical health conditions such as diabetes, COPD, heart disease, cancer, and high blood pressure.

# Overview of ACEs ...

- CDC and Kaiser Study
- CDC website
  - ▣ <http://www.cestudy.org/>
- [National Council Presentation \(excerpt\)](#)
- Full Presentation Available  
(see virtual classroom )

# Take Aways ...



- A take away is a thought, feeling, or something you want to do based on the information you have heard and engaged in today
- Taking a moment to really think about your take away helps you transfer your learning into practice ... one piece at a time

# Homework

- Think about the “so what” this week ... this will be the theme of next week’s session ...
- Have a brainstorming session with yourself in terms of what might you do with this information personally? How might you use this information with clients and families you serve?
- Write these down in bullets and bring them to next weeks class ..

# SESSION TWO .... SO WHAT?

# So what ...



- Break out session
- Take some time with your partner to share your thoughts about how you might begin to use this information personally? With clients? At your agency? In supervision?
- Have at least 2 bullets ready to share with the bigger group

# PRESENTATION OF THEMES





# Sharing of Themes ...



- What might this mean in terms of integrative health care?
- What connections can/will we make with PCPs?
- **How can we teach ACE information to our clients and families**

# Break out Discussion

- Break out topic ...
- We want you to take the next 10 minutes and with your partner conduct a role play
- One person be a Mom and one person be the clinician ... practice explaining what trauma and ACEs are to a Mom and why they are important
- Give each other feedback of what were good talking points that really engage a family and client in learning about ACEs

# Trauma Informed Practice

## □ Trauma Informed Care (TIC)

“Trauma-Informed Care is a strengths-based framework that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment.”  
(Hopper, Bassuk, and Olivet 2009, p. 133)

# Trauma Informed Practice

**According to National Council ...**

## **A TRAUMA-INFORMED CARE ORGANIZATION INCLUDES**

- ☐ Safe, calm, and secure environment with supportive care
- ☐ System wide understanding of trauma prevalence, impact and trauma-informed care
- ☐ Cultural Competence
- ☐ Consumer voice, choice and advocacy
- ☐ Recovery, consumer-driven and trauma specific services are offered
- ☐ Healing, hopeful, honest and trusting relationships

# National Council ... 7 Domain Areas

Domain 1: Early Screening & Comprehensive Assessment of Trauma

Domain 2: Consumer Driven Care & Services

Domain 3: Trauma-Informed, Educated & Responsive Workforce

Domain 4: Provision of Trauma-Informed, Evidence-Based and Emerging Best Practices

Domain 5: Safe & Secure Environments

Domain 6: Community Outreach & Partnership Building

Domain 7: Ongoing Performance Improvement & Evaluation – Sustainability

# Trauma Informed Child Welfare

“A trauma informed child welfare system is one in which all parties involved recognize and respond to the varying impact of traumatic stress on children, caregivers, and those who have contact with the system. Programs and organizations within the system infuse this knowledge awareness and skills into their organizational cultures, policies and practices. They act in collaboration, using the best available science to facilitate and support resiliency and recovery.” (Hendricks, Conradi, & Wilson, 2011, p.189)

# What will you do ...



- What do we become more attune to when listening to ACEs?
- What can you commit to doing in the next month that will harness ACE information and principles of trauma informed care?