

CLAIMING A FUTURE

DEALING WITH THE CONSEQUENCES
TO CHILDREN
THAT RESULT FROM A
MOM'S TRAUMA



What is the Adverse Childhood Experiences (ACE) Study?

- **Decade long. 17,000 people involved.**
- **Looked at effects of adverse childhood experiences over the lifespan.**
- **Largest study ever done on this subject.**

Adverse Childhood Experience* Categories	Impact of Trauma and Health Risk Behaviors to Ease the Pain	Long-Term Consequences of Unaddressed Trauma (ACEs)
<p>Abuse of Child</p> <ul style="list-style-type: none"> ■ Recurrent Severe Emotional abuse ■ Recurrent Physical abuse ■ Contact Sexual abuse <p>Trauma In Child's Household Environment</p> <ul style="list-style-type: none"> ■ Substance abuse ■ Parental separation or divorce - ■ Chronically depressed, emotionally disturbed or suicidal household member ■ Mother treated violently ■ Imprisoned household member ■ Loss of parent – (by death, by suicide, - or by abandonment) <p>Neglect of Child</p> <ul style="list-style-type: none"> ■ Abandonment ■ Child's basic physical and/or emotional needs unmet <p>* Above types of ACEs are the "heavy end" of abuse.</p>	<p>Neurobiologic Effects of Trauma</p> <ul style="list-style-type: none"> ■ Disrupted neuro-development ■ Difficulty controlling anger-rage ■ Hallucinations ■ Depression ■ Panic reactions ■ Anxiety ■ Multiple (6+) somatic problems ■ Sleep problems ■ Impaired memory ■ Flashbacks ■ Dissociation <p>Health Risk Behaviors</p> <ul style="list-style-type: none"> ■ Smoking ■ Severe obesity ■ Physical inactivity ■ Suicide attempts ■ Alcoholism ■ Drug abuse ■ 50+ sex partners ■ Repetition of original trauma ■ Self Injury ■ Eating disorders ■ Perpetrate interpersonal violence 	<p>Disease and Disability</p> <ul style="list-style-type: none"> ■ Ischemic heart disease ■ Cancer ■ Chronic lung disease ■ Chronic emphysema ■ Asthma ■ Liver disease ■ Skeletal fractures ■ Poor self rated health ■ Sexually transmitted disease ■ HIV/AIDS <p>Serious Social Problems</p> <ul style="list-style-type: none"> ■ Homelessness ■ Prostitution ■ Delinquency, violence, criminal behavior ■ Inability to sustain employment ■ Re-victimization: rape, DV ■ compromised ability to parent ■ Intergenerational transmission of abuse ■ Long-term use of health, behavioral health, correctional, and social services

WHAT WE KNOW

- 50% of the respondents indicated at least one category; over 25%, 2 or more
- Persons who had experienced four or more categories of childhood exposure, compared to those who had experienced none, had:
 - 4- to 12-fold increased health risks for alcoholism, drug abuse, depression, and suicide attempt;
 - a 2- to 4-fold increase in smoking, poor self-rated health,
 - ≥50 sexual intercourse partners, and sexually transmitted disease;
 - a 1.4- to 1.6-fold increase in physical inactivity and severe obesity.

WHAT WE KNOW

Adverse Childhood Experiences Study

- Having three or four adverse childhood experiences would increase your risk of being an alcoholic by seven or eight fold and increase your risk of attempting suicide by twenty or thirty fold.

ACE Study Findings



Childhood experiences are **powerful** determinants of who we become as adults

Adverse Childhood Experiences Study

Pyramid



- What happens when these children, with a 4 or more ACE score, become parents?

HOW TO IMPACT

- Provide services that can impact the entire family system. The program must:
 - Work with care-giver as well as infant/ child
 - Be trauma informed and include trauma programming and skill development, including parenting, for parent(s)
 - Include diagnosis, developmental skills and, especially, STRUCTURE for infants/ children

SUBSTANCE USE TREATMENT

- Addiction specific Evidence Based Practice
- Skill development
 - Communication
 - Parenting
 - Anger management
 - Trauma management
 - Abstinence management
 - Work habits
- Expect relapse

EVIDENCE BASED MODELS Treatment

- Engagement/Retention: MET/CBT
- Trauma: Seeking Safety
- Mental Health: Co-occurring Disorders Treatment Manual
- Substance Abuse: Living in Balance

DEVELOPMENTAL CHILDREN'S SERVICES

- Ages and Stages Questionnaire
- Developmental Skill assessment and intervention: HAWAII Early Learning Profile (HELP)
- Parenting Assessment: HELP
- Parent and Child Interaction
- Parenting: Living in Balance
- Best Beginnings-Anticipatory Guidance
- On-site Visitation

PARENTING PREVENTION

- Parenting Wisely Model
 - Video based
 - Facilitates the learning of necessary skills for the healthy well-balanced raising of children from age 3 to 18
 - Results in:
 - ✦ Increased knowledge & use of good parenting skills
 - ✦ A decrease in child behavior problems
 - ✦ Improved problem solving
 - ✦ Reduced spousal violence & violence toward their children

PARENTING WISELY

- Some of the typical problem situations are:
 - Misbehaving at the grocery store,
 - Interrupting telephone conversations,
 - Problems getting along with friends,
 - How to parent when stepparents or grandparents also live in the household,
 - School and homework problems,
 - Sibling fighting,
 - How to get children off to bed and ready for school on time

PARENTING PREVENTION

- Strengthening Families Model:
 - Parent and child model
 - Focuses on children, age 3-5, 6-12, 12-16
 - 14-session, science-based parenting skills, children's life skills, and family life skills
 - Family dinner
 - Home visits
 - Incentives

OUTCOMES

- Successful completion of treatment
- Employment at discharge
- Improvement in parenting skills
- Identify Improved Parenting Beliefs and Attitudes, at discharge
- Identify Improved Parenting Beliefs and Attitudes, follow up

COLLABORATIVE PARTNERS

- Funders
 - Department of Children and Families
 - Juvenile Welfare Board
- Eckerd Community Alternatives (SCC)
- Healthy Start Coalition
- Healthy Families
- Directions for Mental Health
- Coordinated Child Care
- CASA
- Worknet/TANF Offices

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 - www.seekingsafety.org/
- Living in Balance
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- Hawaii
 - http://www.vort.com/products/help_overview.html
- Best Beginnings
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- Parenting Wisely
 - www.parentingwisely.com/
- Strengthening Families
 - <http://www.strengtheningfamiliesprogram.org/>