



Childhood Trauma: The Everyday Problem that is Running States Dry

Wednesday, August 1, 2018

Sponsored by ZERO TO THREE, Think Babies Initiative



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ZERO TO THREE
Early connections last a lifetime

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Senior Director of Programs
ZERO TO THREE

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About ZERO TO THREE



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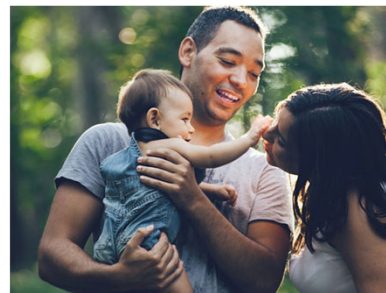


- We help babies and toddlers benefit from the family and community connections that are critical to their well-being and development.
- Our mission is to ensure that all babies have a strong start in life.
- We envision a society with the knowledge and will to support all infants and toddlers in reaching their full potential.

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Our Future Depends on How We Nurture Our Babies Now....



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Early Relationships Shape Brain Development



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- Teach us how the world works and how we are valued
- Provide the context in which the experiences shaping brain development unfold
- Create the bedrock for learning and school readiness and for all later relationships

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What is *Think Babies*™ ?



- ZERO TO THREE created the *Think Babies*™ campaign to bring nationwide attention to what babies and families need to thrive.
- *Think Babies*™ builds awareness and will at the state and federal levels to advance infant-toddler policy priorities:
 - Quality, affordable child care
 - Time for parents to bond with their babies
 - Healthy emotional development
 - Strong physical health and nutrition



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Think Babies™ State Partnerships



STATE PARTNERS

- **Colorado** – Colorado Children’s Campaign and Clayton Early Learning
- **Georgia** – Georgia Early Education Alliance for Ready Students
- **New Jersey** – Advocates for Children of New Jersey, in partnership with Right from the Start NJ
- **North Carolina** – Child Care Services Association, in partnership with North Carolina Early Education Coalition
- **Rhode Island** – Rhode Island Kids Count
- **Washington** – Children’s Alliance

SUPPORT FOR STATE PARTNERS

- Funding
- Technical assistance
- Communications assets
- Peer learning opportunities

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More Information



[ZERO TO THREE: www.zerotothree.org](http://www.zerotothree.org)

[Think Babies: www.thinkbabies.org](http://www.thinkbabies.org)

ZTT Safe Baby Court Teams:
<https://www.zerotothree.org/our-work/safe-babies-court-teams>

- [Sign up](#) to receive *Think Babies*™ campaign updates and action alerts from ZERO TO THREE

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Adverse Childhood Experiences (ACEs) Overview



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In a nutshell...

Things that happen to us as children can have a big impact on our health and well-being later in life.



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Original ACE study



Conducted by Kaiser Permanente's Health Appraisal Clinic and the Centers for Disease Control and Prevention from 1995 – 1997



Asked adults about their childhood experiences



Looked at the relationship between childhood experiences and adult outcomes

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Key findings from original ACE study



ACEs are common! Almost 2/3 reported at least 1 ACE. More than 1/5 reported 3+ ACEs



ACEs can have a lasting impact on behavior and health



More ACEs means a greater risk

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Lasting effects of ACEs: Original study findings



- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease
- Liver disease
- Poor work performance
- Financial stress
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy
- Risk for sexual violence
- Poor academic achievement

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Where are we now?



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Expanding our understanding of ACEs



Data: National Survey of Children's Health (NSCH), state/local data

List of ACEs: Broadened to include a more diverse set of experiences

Studying solutions: Resilience, trauma-informed care, policy opportunities

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Key findings from 2016 data



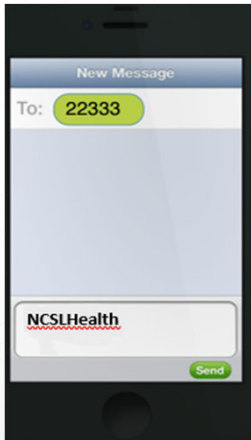
● **45% of children** have experienced at least one ACE

● **One in ten children** have experienced three or more ACEs

● Prevalence varies by state. For 3+ ACEs, **five states** (AZ, AR, MT, NM, OH) have statistically significant higher numbers. **Two states** have statistically significant lower numbers (MD, NY)

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Activity: ACE Score



- Text “NCSLHealth” to 22333 to join the poll



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Activity: ACE Score

From the list of experiences below, how many you may have experienced:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Mental illness in household
- Parental separation or divorce
- Incarcerated household member



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Adverse Childhood Experiences: Impacts



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Implications of ACEs



- Immediate implications for children
- Implications for families and people who work with children
- Implications later in life
- Implications for policy and social systems

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Immediate impact
on children,
families, service
providers

- Brain development
- Cognitive development and learning
- Social emotional development
- Attachment
- Physical health and development
- Families who care for children experiencing these symptoms
- Service providers working with children and families



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Implications of ACEs into adulthood

- Health risk behaviors (substance abuse, tobacco use, unintended pregnancy)
- Disease (heart disease, stroke, liver disease, obesity, cancer)
- Mental health (anxiety, depression suicide attempts)
- Early sexual activity and teen pregnancy
- Lower sense of well-being, less satisfied with life
- Work-related problems/unemployment

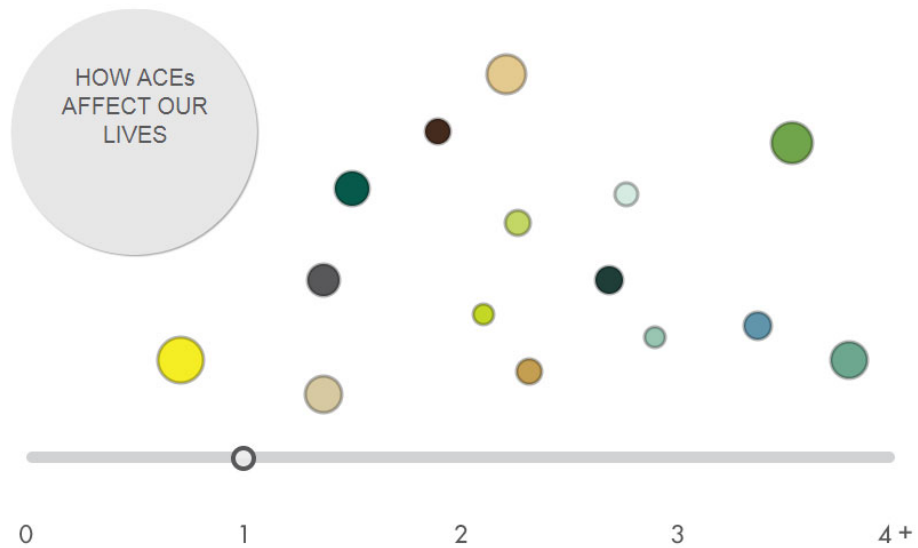


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More ACEs
means more
risk

One ACE

ChildTRENDS



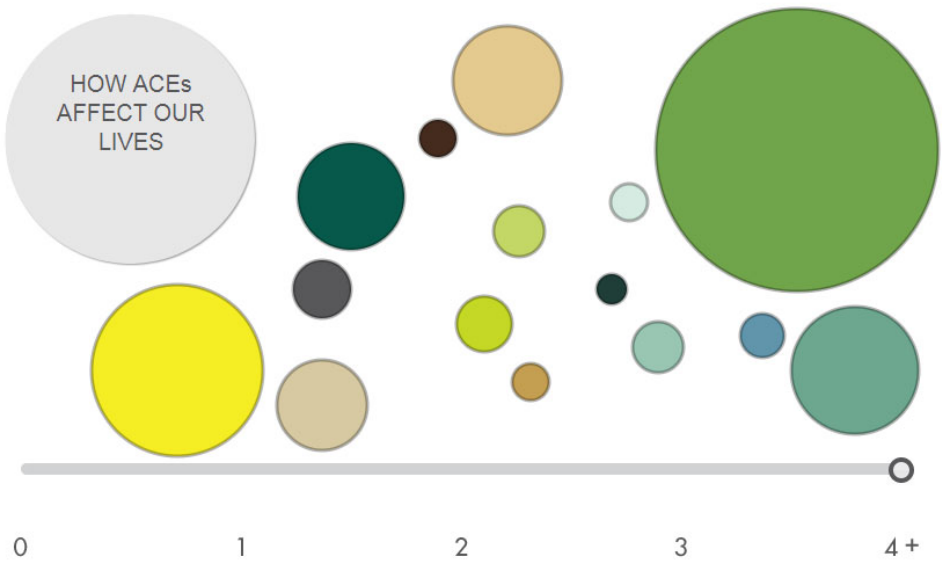
Source: CDC infographic on Adverse Childhood Experiences

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More ACEs
means more
risk

Four ACEs

ChildTRENDS



Source: CDC infographic on Adverse Childhood Experiences

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Implications for society

Impact on child/adult	Social system
Child abuse and neglect	Child welfare
Developmental challenges for children	Early childhood programs, education
Struggling parents	Child welfare, workforce
Disease	Health
Substance abuse	Health, workforce, child welfare
Unemployment	Workforce



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Areas of
opportunity

Resilience

Protective factors

Evidence-based, trauma-informed
therapies



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Thank you!

- www.childtrends.org
- ejordan@childtrends.org



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Questions for Beth?



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Activity: Case Study Discussion

1. Take a few minutes to read and discuss the case study that is at your table
2. Brainstorm policy options for preventing, addressing, and mitigating the effects of the adverse experiences in your case study
3. Report Out



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Adverse Childhood Experiences Did You Know?

Adverse Childhood Experiences Include:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Mental illness in household
- Parental separation or divorce
- Incarcerated household member

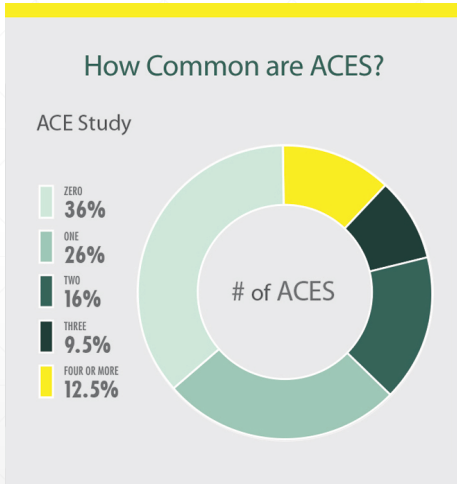


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Adverse Childhood Experiences

Did You Know?



Children with four or more ACEs are also 32 times more likely to have a learning or behavioral issue when compared to children with no adverse childhood experiences.

Source: International Journal of Child Abuse and Neglect.

Individuals with four or more ACEs are about four times more likely to develop depression and 12 times more likely to attempt suicide.

Source: Pediatric Research volume 79, pages 227-233 (2016)

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Adverse Childhood Experiences

Did You Know?

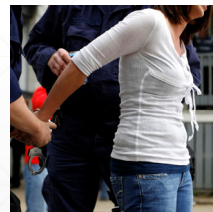
5.1 million

1 in 14 U.S. children experience parental incarceration.

Source: Annie E. Casey Foundation



The number of kids who've had a parent in jail or prison at some point during their childhood.



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Adverse Childhood Experiences

Did You Know?

In our first 3 Years of life, we create one million brain connections every second.



However, the accumulation of excessive stress in the body (a result of ACEs) can interfere with this development.



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Case Study 1: Phoebe

- Phoebe, 7, is about to finish second grade and isn't yet reading.
- Her teachers are concerned about her development but have not been able to get Phoebe's grandmother, her guardian, to respond to their requests for a meeting.
- They are also concerned Phoebe may be being abused at home. Phoebe's grandmother does not speak English and works very long hours.
- Phoebe is often left at home in the evenings by herself or with her uncle who recently started staying with her and her grandmother.
- Phoebe often comes to school hungry.

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Case Study 2: Rachel

- Rachel, 15, tells her high school guidance counselor that she is worried she may be pregnant.
- She has been feeling more depressed than usual lately and so self-medicates with alcohol and drugs with her friends.
- Her counselor suggests they call her parents but Rachel doesn't know how to reach them. It has been years since she's seen her father.
- Her mother suffers from mental illness, uses drugs, and often doesn't return home for several days.
- When she is home, Rachel's mother is verbally abusive towards her.



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Case Study 3: Monica

- Monica, 24, recently left her physically abusive partner and is now living on her own with her 2-year-old son, Joey.
- She makes minimum wage and struggles to pay her bills.
- She has lost two jobs in the last year for failing to show up to work when she couldn't find someone to care for her son after he was expelled from child care for his "out of control" behavior.
- Monica often feels stressed and doesn't know how to handle Joey's tantrums.



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Case Study 4: Michael

- Michael was 9 years old when the police broke down the door of his apartment and arrested his father in front of him.
- After his dad went to prison, Michael's mom worked two jobs to make up for the loss of income.
- Michael remained at his same school, but his grades started slipping and he began getting in trouble for starting fights with other kids. After several trips to the school counselor's office, Michael confided that kids were bullying him because his dad is in prison.
- Although he was mad at his dad, Michael missed him and wanted to visit him in prison. His dad tried to call Michael from prison, but his mom couldn't afford the phone charges.
- His mom also couldn't afford to take a day off from work to make the 3-hour drive to the prison. Michael doesn't know to whom to turn—his mom works all the time and his friends don't want to be associated with him anymore.



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Everyone Makes Mistakes: Living With my Daddy in Jail



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Everyone Makes Mistakes: Living With my Daddy in Jail

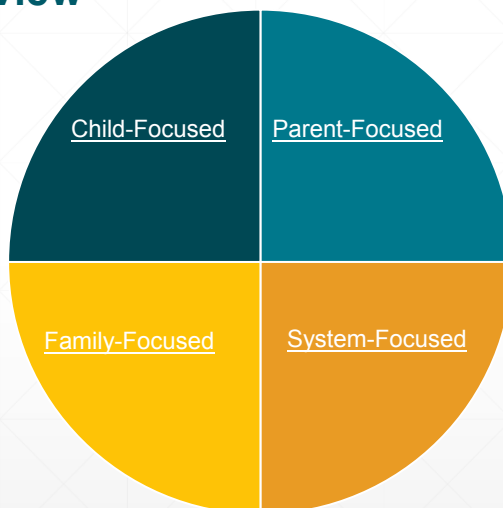


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Policy Overview



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Child-Focused Policies

- Infant and early childhood mental health consultation
- High quality, affordable, child care and early education
- Mentoring services provided to children
- Suspension/Expulsion



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Parent-Focused Policies

- Home visiting
- Positive parenting and life skills classes in detention
- Incarceration alternatives
- Safe Baby Court Teams



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Family-Focused Policies

- Home Visiting
- Family friendly jail and prison visitation policies
- Family economic stability



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System-Focused Policies

- Employee training (teachers, law enforcement, doctors, social workers)
- Work groups/task forces
- Trauma-informed approaches in schools, arrests and health care



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ACE's Legislation In Action

New Mexico



- Charles Sallee, Director, New Mexico Legislative Finance Committee



Alaska



- Representative Ivy Spohnholz



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Adverse Childhood Experiences Did You Know?

ECONOMIC TOLL

The Centers for Disease Control and Prevention (CDC) estimates the lifetime costs associated with child maltreatment at **\$124 billion**.



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Adverse Childhood Experiences

Did You Know?

LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



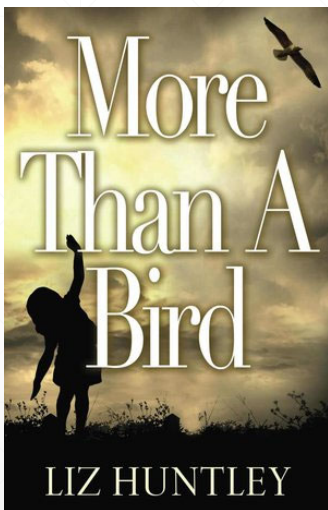
Source: Center for Disease Control and Prevention

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More Than A Bird



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Thank You!

NCSL Experts Are Here to Answer Your Questions!

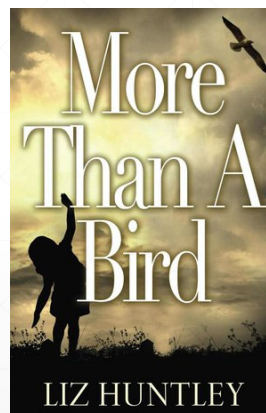
- Health Program
- Children and Families Program
- Criminal Justice Program
- Education Program
- health-info@ncsl.org
- cyf-info@ncsl.org
- Cj-info@ncsl.org
- Education.info@ncsl.org



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Book Sales and Signing After This Session



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