



Fellows Webinar: Adverse Childhood Experiences (ACEs)

March 10, 2023

Welcome!





How NCSL Strengthens Legislatures



Policy Research

NCSL provides trusted, nonpartisan policy research and analysis



Connections

NCSL links legislators and staff with each other and with experts



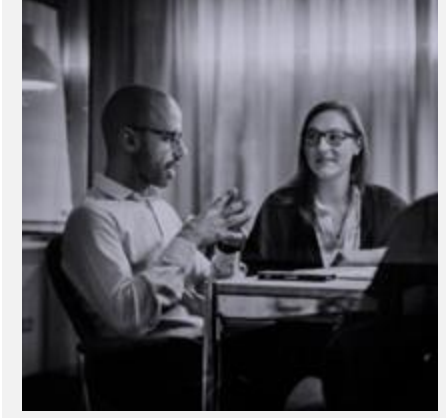
Training

NCSL delivers training tailored specifically for legislators and staff



State Voice in D.C.

NCSL represents and advocates on behalf of states on Capitol Hill



Meetings

NCSL meetings facilitate information exchange and policy discussions



Agenda



NATIONAL CONFERENCE OF STATE LEGISLATURES



ACEs Overview



State Examples



Q&A



Breakout rooms

Speakers



Dr. Melissa Merrick

CEO and President, Prevent Child Abuse
America



Dr. Katie Rosanbalm

Senior Research Scientist, Duke University
Center for Child & Family Policy



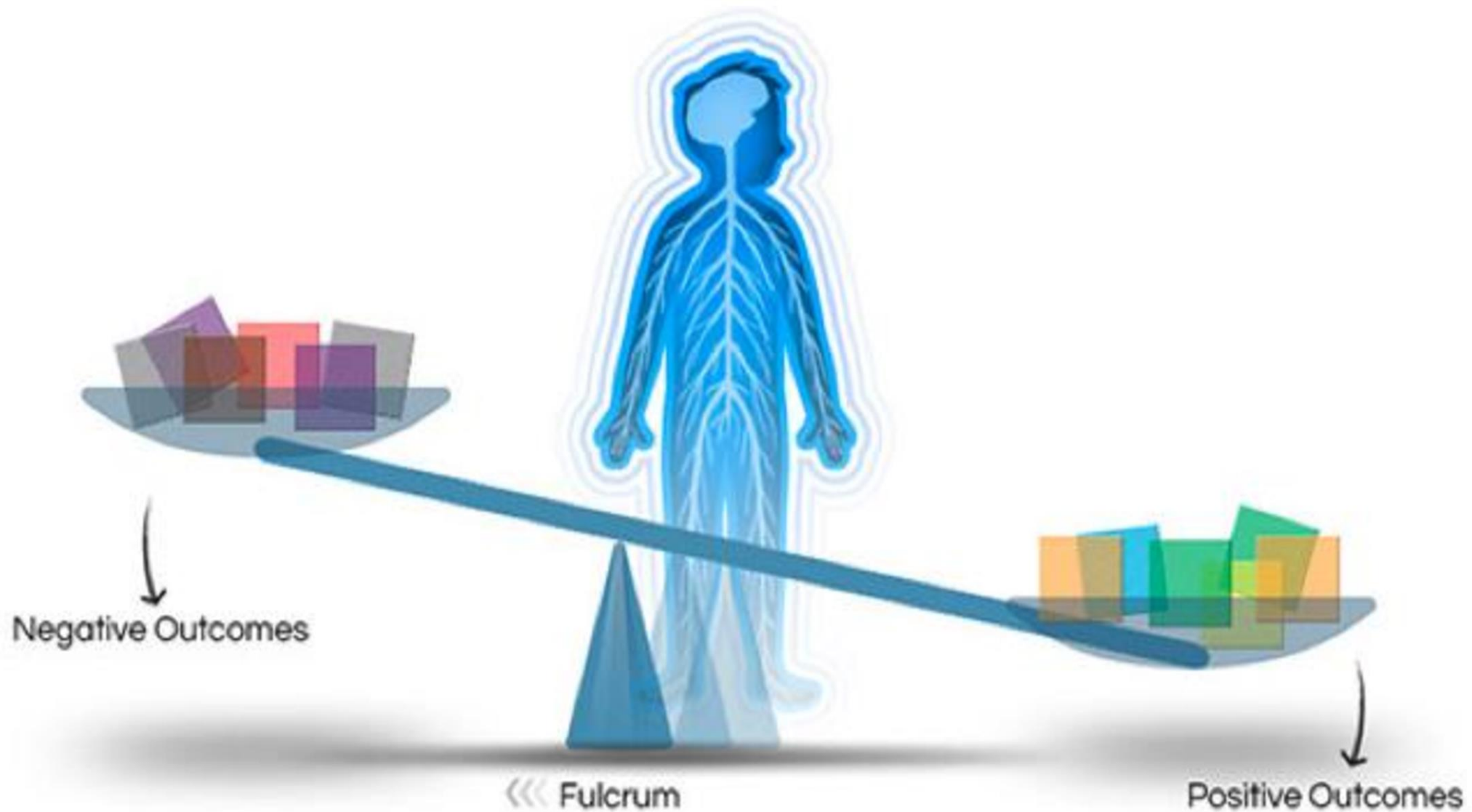
Melissa McGee

Children's Mental Health Advocacy Director,
Tennessee Commission on Children and Youth



March 10, 2023

NCSL Maternal and Child Health & Opioid Policy Fellows Meeting



National Scientific Council on the Developing Child. (2015). *Supportive Relationships and Active Skill-Building Strengthen the Foundations of Resilience: Working Paper 13.*
<http://www.developingchild.harvard.edu>

Adverse Childhood Experiences (ACEs)

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD CHALLENGES



Mental Illness



Parent Treated Violently



Divorce



Incarcerated Relative



Substance Abuse



PREVENTCHILDAUSE.ORG

Evidence shows that stress and trauma can interrupt healthy child development, putting people at risk for lifelong health issues.



ACEs Can Accumulate and Their Effects Last Beyond Childhood

Toxic stress can disrupt **ORGAN, TISSUE, AND BRAIN DEVELOPMENT**. Over time this can limit a person's ability to process information, make decisions, interact with others, and regulate emotions. These consequences may follow a person into adulthood.



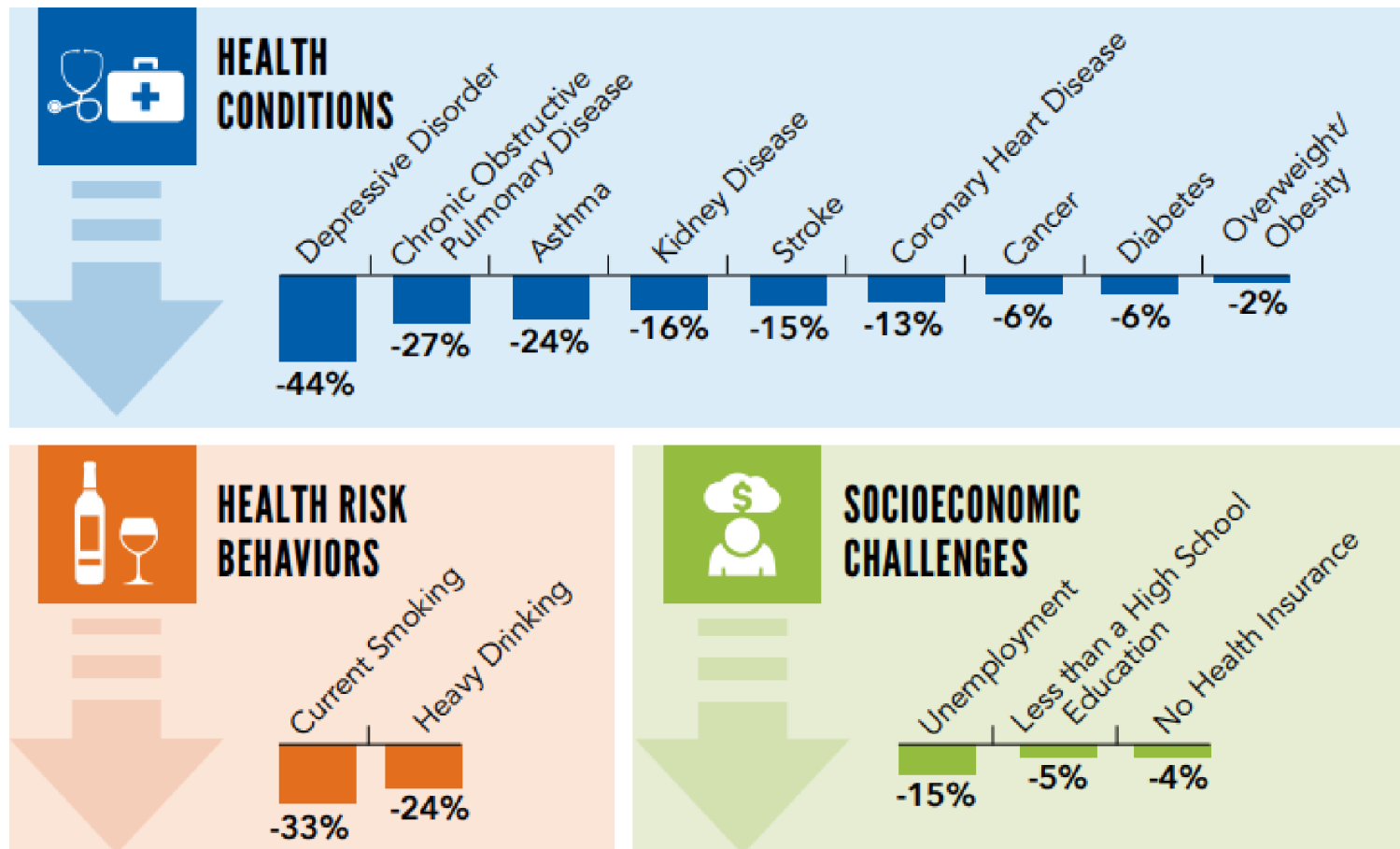
Relationship between ACEs and substance-related behaviors

- Early initiation of alcohol use.
- Higher risk of mental and substance use disorders as an older adult (50+ years).
- Continued tobacco use during adulthood.
- Prescription drug use.
- Lifetime illicit drug use, drug dependency, and self-reported addiction.



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Potential Reduction of Negative Outcome in Adulthood



Source: BRFSS 2015-2017, 25 states, CDC Vital Signs, November 2019.

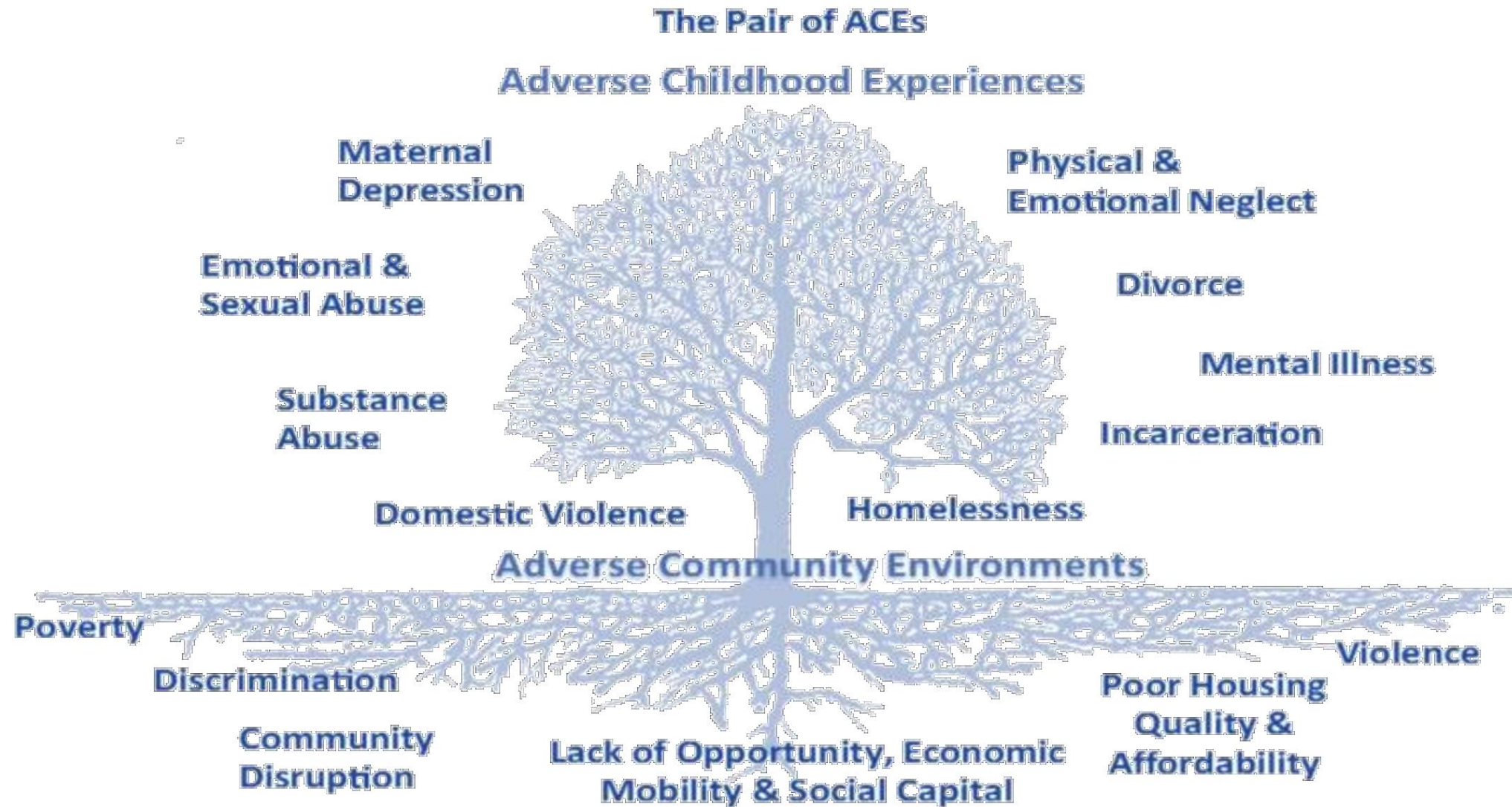


Public health is what we, as a society, do **collectively** to assure the **conditions** in which (all) people can be healthy.

Institute of Medicine

The Future of Public Health, 1988 & 1997

ABUSE.ORG



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

By **addressing the root causes** of ACEs, we
can prevent significant health issues, risky
behaviors and **foster healthier
communities.**



[PREVENTCHILDABUSE.ORG](https://www.preventchildabuse.org)

MAKE PREVENTION A PRIORITY IN YOUR STATE

WHAT IS PRIMARY PREVENTION?

Stopping abuse *before* it occurs.

Primary prevention activities are **designed for the general population to provide support to prevent ACEs and minimize risks before they occur.**

WHAT IS SECONDARY PREVENTION?

Targeted responses to at-risk populations.

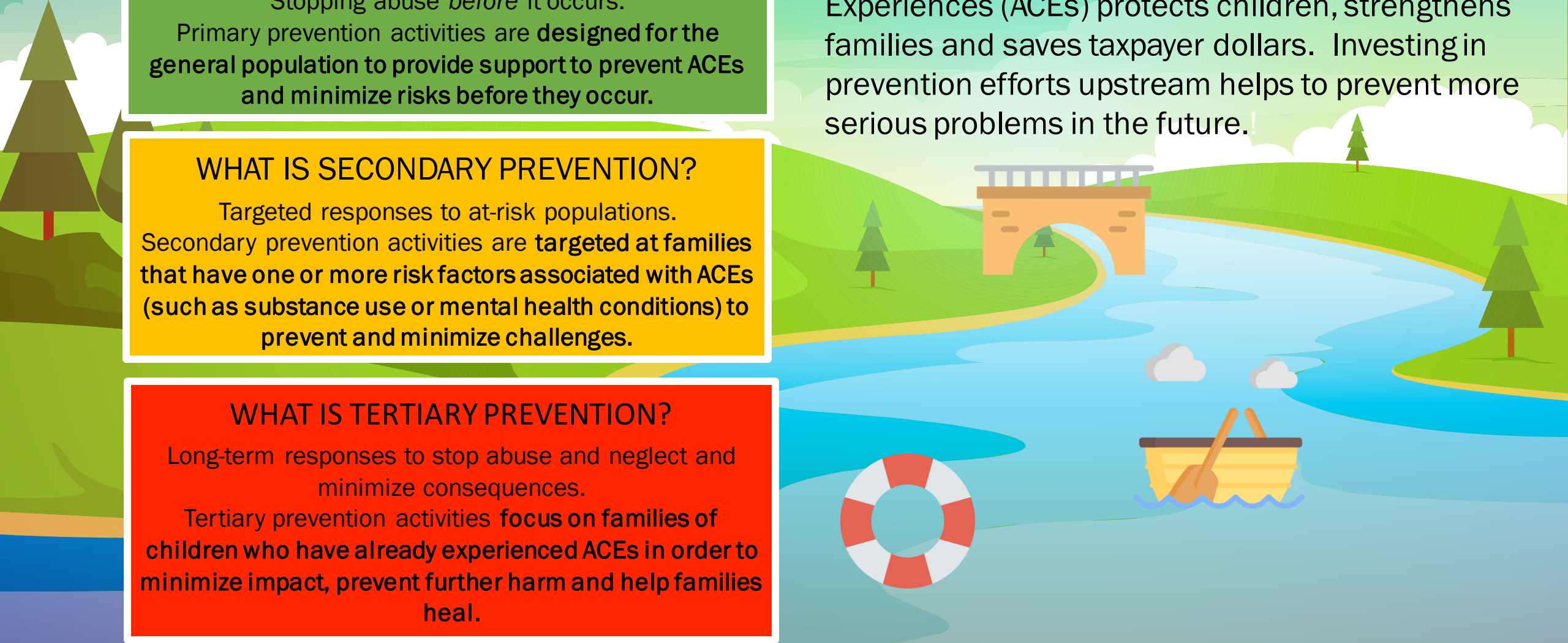
Secondary prevention activities are **targeted at families that have one or more risk factors associated with ACEs (such as substance use or mental health conditions) to prevent and minimize challenges.**

WHAT IS TERTIARY PREVENTION?

Long-term responses to stop abuse and neglect and minimize consequences.

Tertiary prevention activities **focus on families of children who have already experienced ACEs in order to minimize impact, prevent further harm and help families heal.**

Preventing and mitigating Adverse Childhood Experiences (ACEs) protects children, strengthens families and saves taxpayer dollars. Investing in prevention efforts upstream helps to prevent more serious problems in the future.



PCA America addresses these strategies across our core pillars.

Our approach works at two levels—boots-on-the-ground programs and actions that impact systems-level change.



State Chapter Network

50-state chapter network that drives regional initiatives and policies.



Home Visiting

Healthy Families America is one of the leading family support and evidence-based home visiting programs in the U.S.



Research

Elevate lessons learned from the field and advance knowledge of what works.



Public Policy

Mobilize national and state policy makers to adopt non-partisan policies that support families.



Public Awareness

Raise public awareness to increase individual and community action to prevent abuse.



PREVENTCHILDBUSE.ORG

**Preventing child abuse and neglect and
other ACEs seems **BIG**,
but prevention **IS** possible.**

Integrating ACEs into Prevention

- Collecting state- and county-level ACEs data to inform local decision-making.
- Increasing awareness of ACEs among state- and community-level substance misuse prevention professionals, emphasizing the relevance of ACEs to behavioral health disciplines.
- Including ACEs among the primary risk and protective factors when engaging in prevention planning efforts.
- Selecting and implementing programs and strategies designed to address ACEs, including efforts focused on reducing intergenerational transmission of ACEs.
- Using ACEs research and local ACEs data to identify groups of people who may be at higher risk for substance use disorders and to conduct targeted prevention.



PREVENTCHILDAUSE.ORG

POLICY OPTIONS TO STRENGTHEN FAMILIES

Maternal & Child Health

- Evidence-based Home Visiting programs
- Prenatal Care
- Enhanced primary care

Community and Education & Awareness

- 1-800 Warm Lines
- Public education campaigns
- Family Resource Centers
- Child sex abuse prevention education

Economic Stability

- Tax credits
- Minimum wage
- Income supports
- Paid Leave programs
- Nutrition programs

Early Childhood Supports

- Pre-K & Afterschool programs
- Parent support and education
- Quality and affordable childcare

Mental Health Supports

- Accessible mental health services
- Behavioral parent training programs
- Trauma-informed care in schools and childcare centers



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The Why



My Wish For You...

**CHILDHOOD
ADVERSITY IS
~~INEVITABLE~~
PREVENTABLE.**

**CHILDHOOD
ADVERSITY IS
~~UNSOLVABLE~~
SOLVABLE.**

Duke
SANFORD

CENTER *for*
CHILD & FAMILY
POLICY



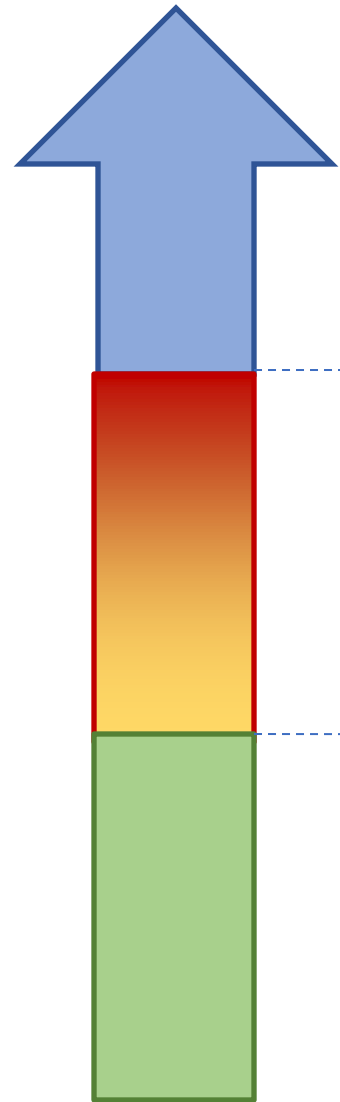
NORTH CAROLINA CENTER FOR
**RESILIENCE
& LEARNING**
PUBLIC SCHOOL FORUM OF NC

Katie Rosanbalm, PhD
katie.rosanbalm@duke.edu



Using school-specific training and coaching, we seek to create safer and more supportive schools that champion the whole child, reduce the impact of stress and trauma, and foster school communities where all feel valued.

Nervous System Response to Threat



Signs of Threat – Ongoing or Can't Escape

- Depressed
- Shut Down
- Helpless

Freeze

Signs of Threat – Acute

- Anger or Rage
- Anxiety or Panic

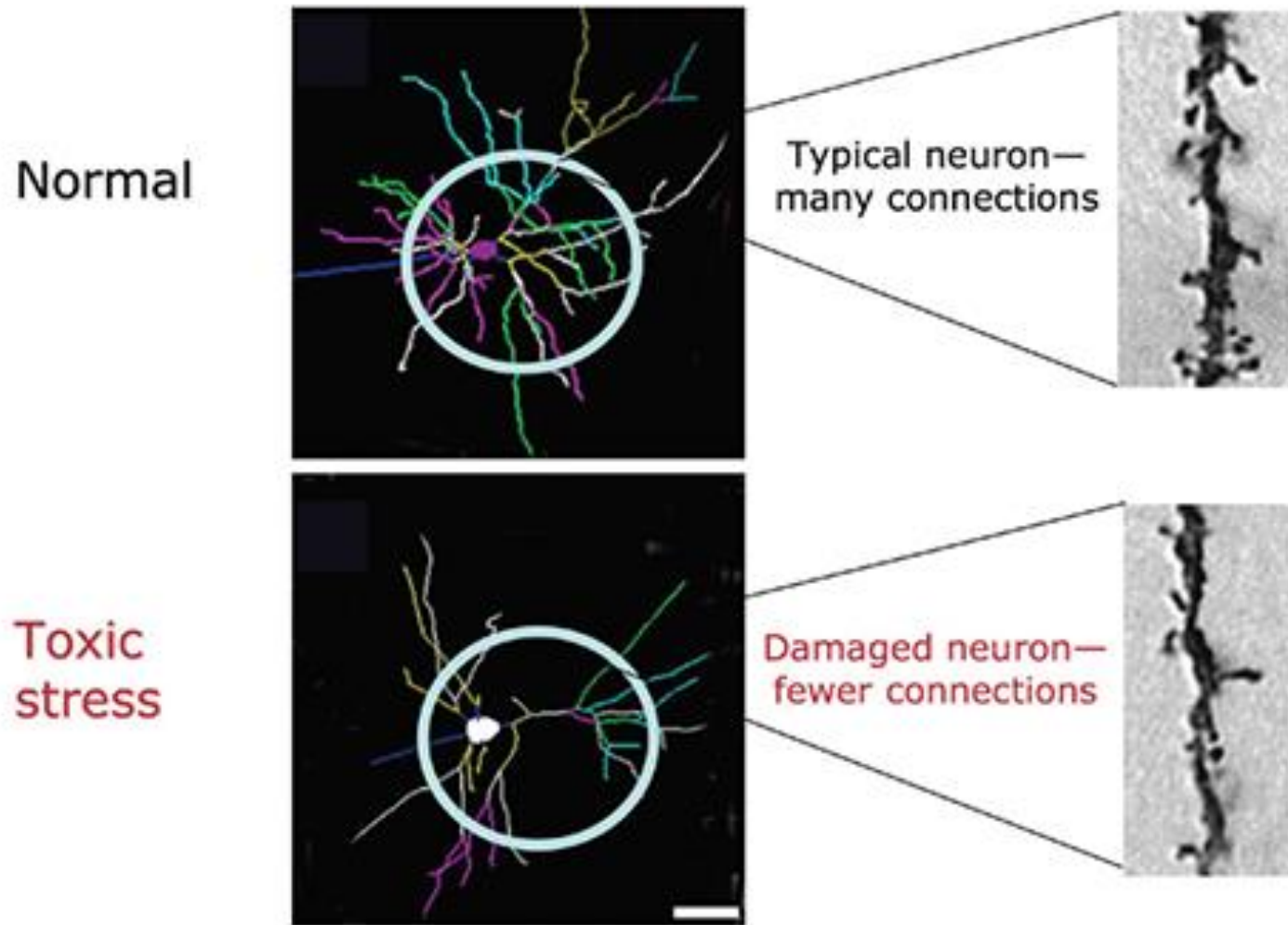
Fight
Flight

Signs of safety and connection

- Calm, happy
- Focused
- Ready to learn

Regulated

Persistent Stress Changes Brain Architecture

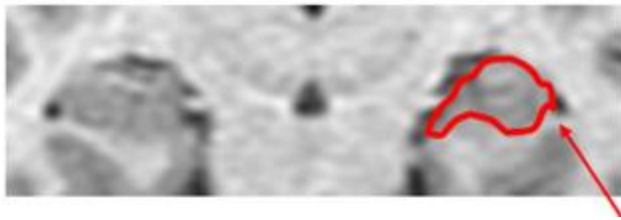
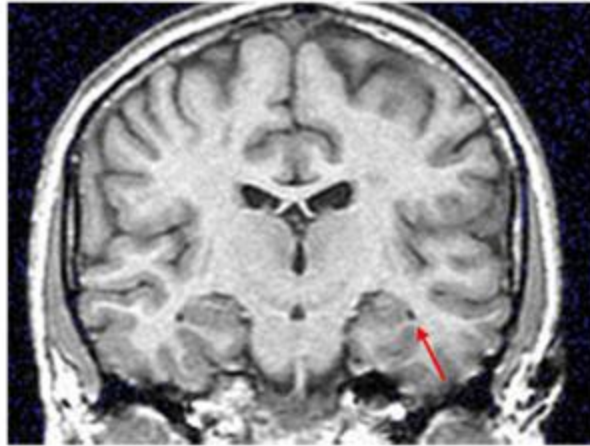


*Radley et al (2004);
Bock et al (2005),
Center on the
Developing Child*

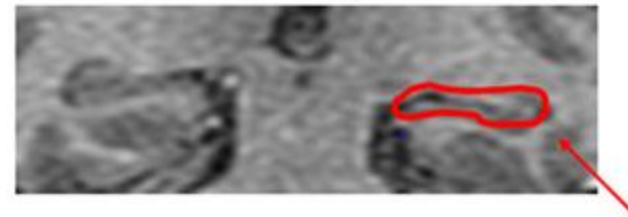
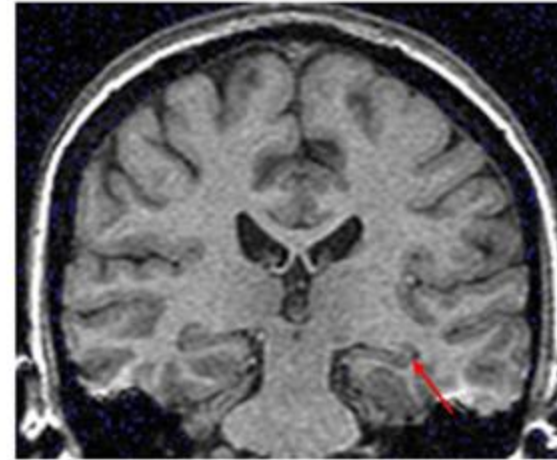
Prefrontal Cortex and
Hippocampus

Changes in brain structure

Typical



Toxic Stress

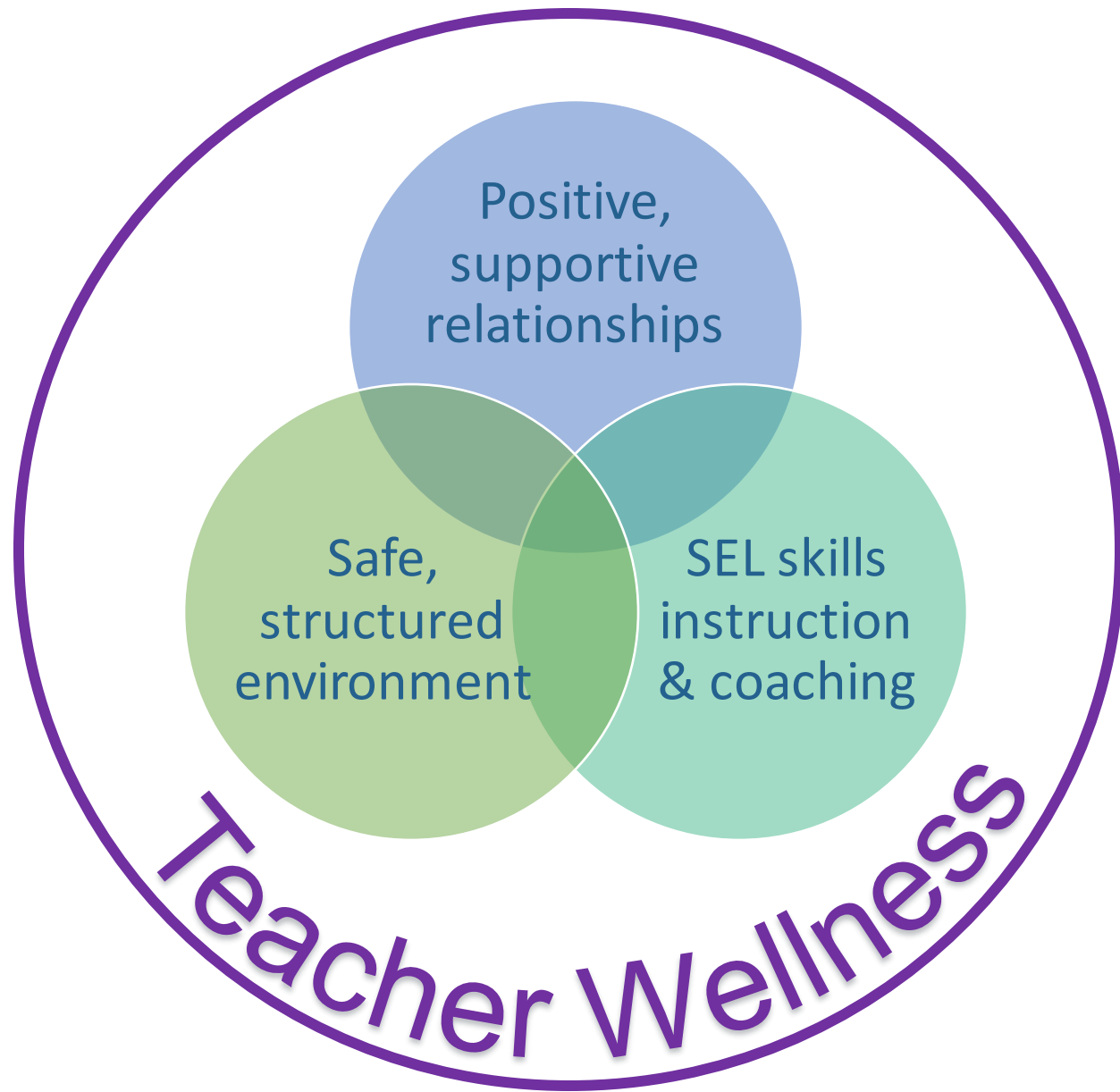


Hippocampus: helps in emotion regulation, ability to store/recall information

How does all of this impact students?



Up to 32x more likely to be identified with learning and behavioral problems

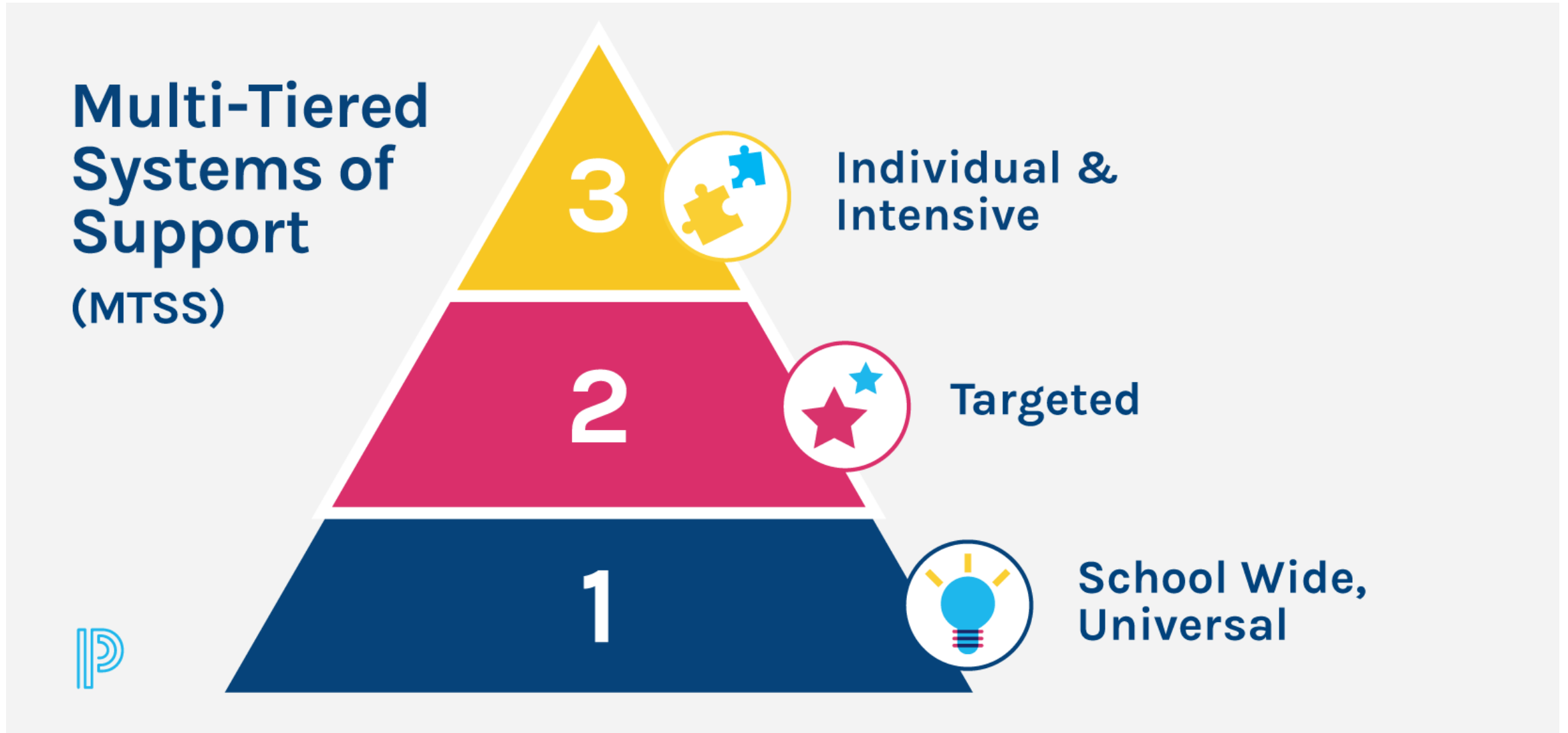


Framework

- All-staff training
- School-level leadership team
- School-specific strategies
- Ongoing coaching and consultation

To ensure academic success and improve the social and emotional well-being of children impacted by trauma

Include Mental Health in Multi-Tiered Systems of Support



North Carolina Strategies

- Each district required to submit their plan for providing Social-Emotional Learning and Mental Health support
- State legislature funded 1 additional psychologist per district
- Resilience and Learning Model
 - Schools apply to join a 2-year cohort with training, resources, and ongoing coaching

<https://resilienceandlearning.org>



NORTH CAROLINA CENTER FOR
**RESILIENCE
& LEARNING**
PUBLIC SCHOOL FORUM OF NC

Improvements

Challenges

School climate

Administrative changes

Student-teacher relationships

Low ratios of student support staff (e.g., counselors)

Teacher Stress

Teacher burnout / Staff turnover

Student behavior / discipline referrals

Perceptions about social and emotional learning

More information:

- <https://www.childtrends.org/publications/state-policies-that-support-healthy-schools>
- <https://www.doe.mass.edu/sfs/tss.html>
- <https://www.cde.state.co.us/uip/trauma-informed-strategy-guide>
- <https://www.nea.org/professional-excellence/student-engagement/trauma-informed-schools>
- <https://traumasensitiveschools.org/>



TENNESSEE COMMISSION ON
CHILDREN & YOUTH

Becoming a More Resilient Tennessee

Melissa McGee

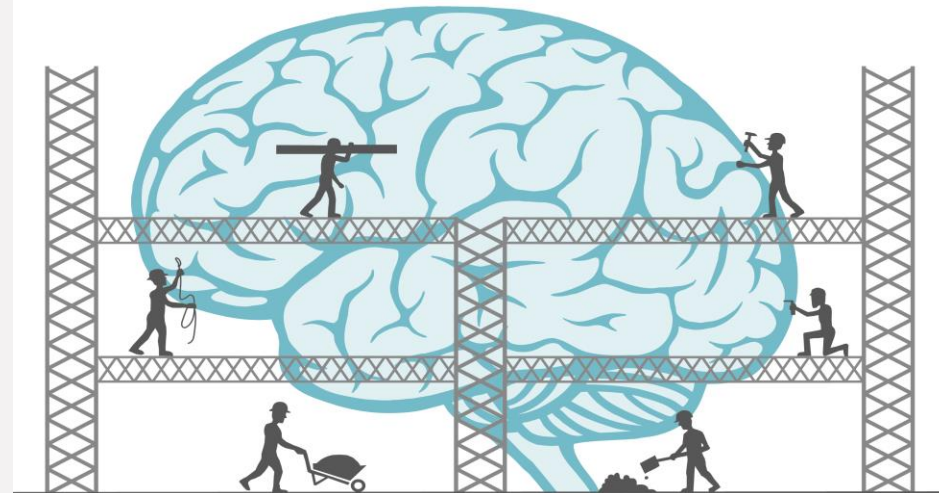
Children's Mental Health Advocacy Director, TCCY

The Foundation



TENNESSEE COMMISSION ON
CHILDREN & YOUTH

BUILDING STRONG BRAINS TENNESSEE



Building Momentum and Seizing Opportunity

- Three Branches Institute (3BI) Endorses Summit
- ACE Awareness Foundation and State of TN Partner with the FrameWorks Institute
- Summit Planning Commences
- 11/12/2015 First Building Strong Brains Summit
- BSB becomes a priority for the Three Branches Institute (3BI)

- First Public Sector Steering Group Meeting
- University of Memphis Law School ACEs Symposium
- Children's Advocacy Days has a primary content focus on ACEs & brain architecture
- 2 FrameLabs Conducted
- 2 Scientific Symposia Conducted
- First Private Sector Steering Group Meeting

- Appropriation of 1.25 Million Dollars to ACEs Innovation Grants
- Announcement of Funds
- First BSB TN ACEs Innovation Grants Awarded & Begin
- BSB Training for Trainers Begins
- TN Department of Education Conditions for Learning Conference Includes ACEs Focus

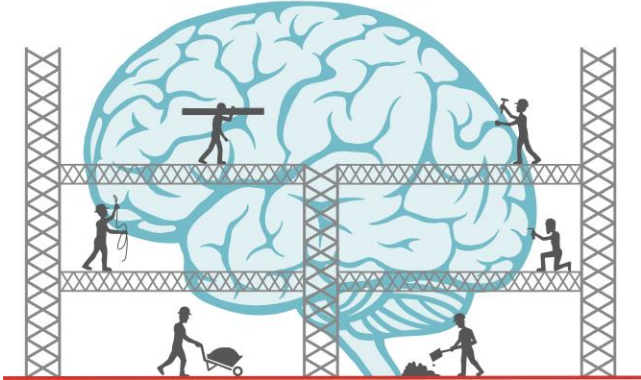
- 2 FrameLabs Conducted
- 1 Scientific Symposium Conducted
- 5 Public & Private Sector Meetings
- Children's Advocacy Days: Launching the Next Generation
- 3 Three Branches Institute Meetings
- Change in Mind Convening BSB TN Team Presented
- National Governors Association Expert Panel Convening Involving BSB TN
- First Lady of Wisconsin Convening – BSB TN Team Presented
- TN Department of Education Conditions for Learning Conference Includes ACEs Focus

- Ace Awareness Foundation Lakeside Global Network
- University of TN Social Work Office of Research and Policy (SWORPS) Evaluation
- Presentation on ACEs to the TN Legislature
- Prevent Child Abuse America CEO – BSB TN Presented
- BSB TN Team Presents at Southeast ACEs Summit
- BSB TN Team Presents to Downtown Nashville Rotary Club
- ACE Awareness Summit
- Maine Resilience Conference – BSB TN Team Presented
- FrameWorks Conferral
- New York City Peer Visit

- FrameWorks Trains TCCY & DCS Staff to Present FrameWorks Material
- 4 Training for Trainers Reunions
- 5 Training for Trainers
- 4 Public & Private Sector Meetings
- BSB TN Summit

- National Governor's Association Convening
- BSB TN Lunch & Learn Series

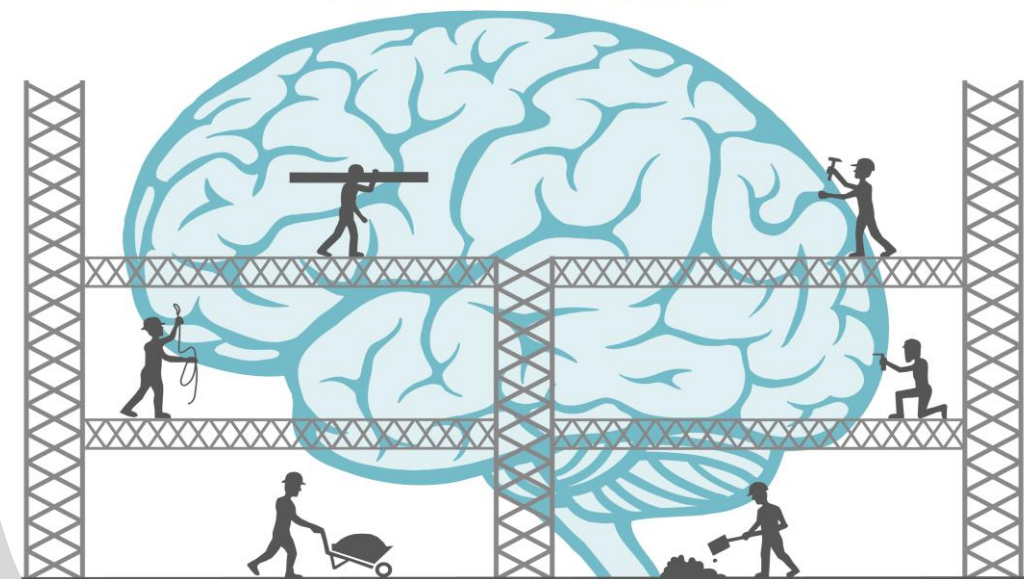
BUILDING STRONG BRAINS TENNESSEE





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BUILDING STRONG BRAINS TENNESSEE



Reflecting on
*Building Strong Brains
Tennessee*

Addressing Adverse Childhood Experiences:

A Case for Attention and Action in Tennessee

“The future prosperity of any society depends on its ability to foster the health and well-being of the next generation. When Tennessee invests wisely in children and families, the next generation will pay that back through a lifetime of productivity and responsible citizenship.”



TENNESSEE COMMISSION ON
CHILDREN & YOUTH

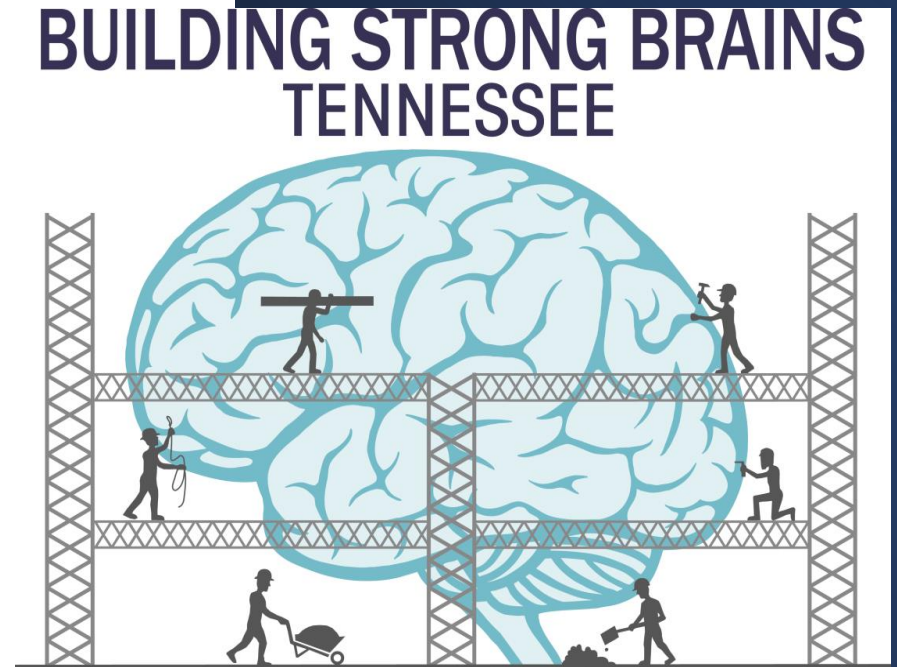


**RESILIENT
TENNESSEE
COLLABORATIVE:**

Building Strong Brains

Building Strong Brains Historical Mission

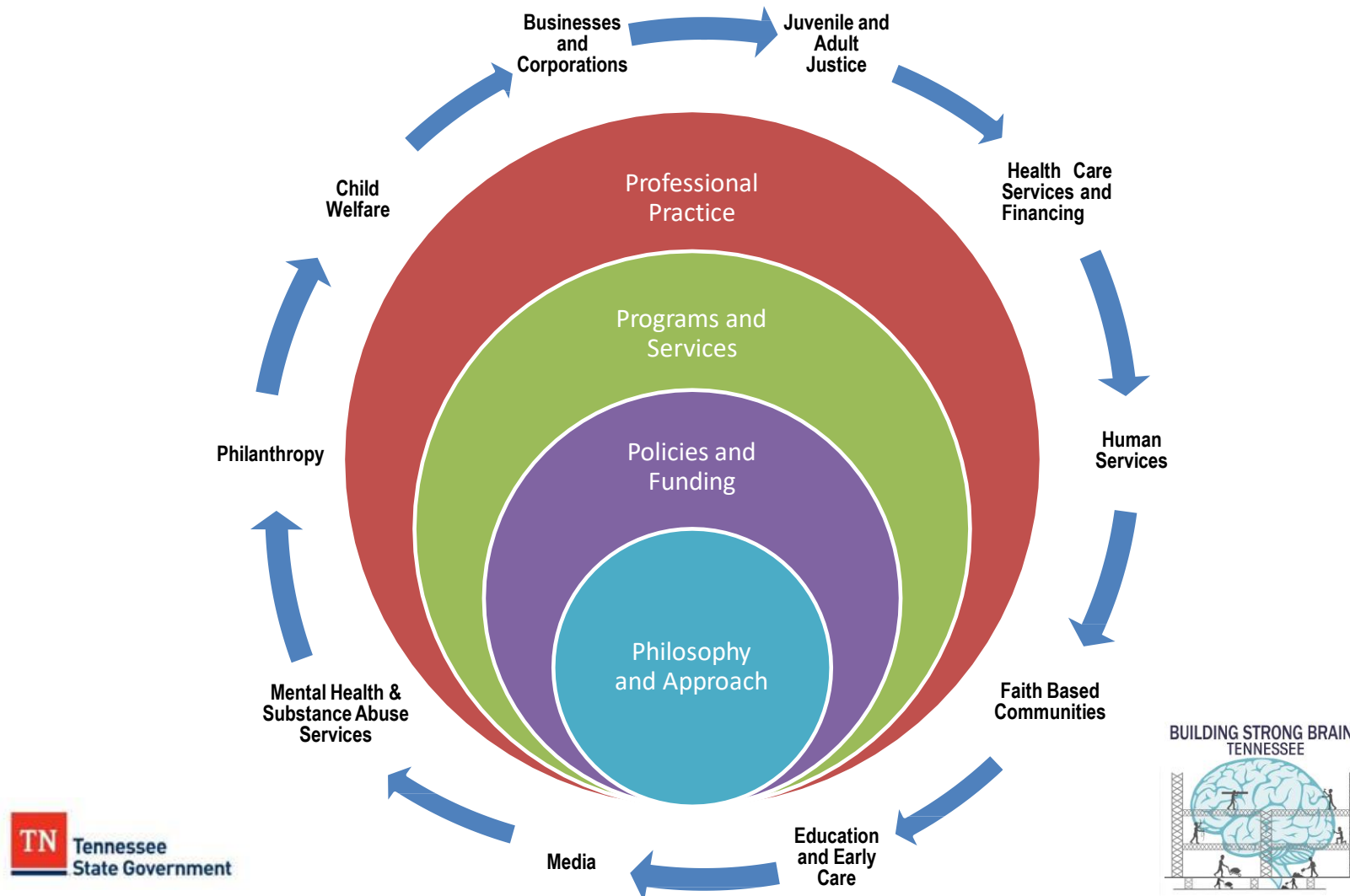
Building Strong Brains Tennessee works to change the culture of Tennessee so the state's overarching philosophy, policies, programs and practices for children, youth and young adults utilize the latest brain science to prevent and mitigate the impact of adverse childhood experiences.



Transform the “4 Ps”

Adverse Childhood Experiences: Prevention, Mitigation, and Recovery
Anticipated Multi-Sector, Multi-Level, Public and Private Impacts

2-29-16



ADVERSE CHILDHOOD EXPERIENCES

As Tennessee's understanding of Adverse Childhood Experiences expands, so must our response.

Tennessee has been recognized internationally as a leader in preventing and mitigating Adverse Childhood Experiences (ACEs) through community engagement. Additional information on Tennessee's efforts can be found at TN.gov/TCCY/BS.

The original ACEs study conducted by the CDC and Kaiser Family Foundation included 10 Adverse Childhood Experiences. As the study has continued, studies have been conducted that have identified five Expanded ACEs that have been added to the original experience of more childhood encounters.¹

These experiences can often be prevented through community resources or through economic success that occurs.

As Tennessee's understanding of Adverse Childhood Experiences expands, so must our response.



risky behaviors and decrease future earnings creating a cyclical issue.²

Many of the issues we look at in the State of the Child relate back to Adverse Childhood Experiences, Adverse Community Environments and the long-term impacts of both. They create multi-generational issues that require systemic efforts to combat.



TENNESSEE COMMISSION ON
CHILDREN & YOUTH

Building a More Resilient Tennessee



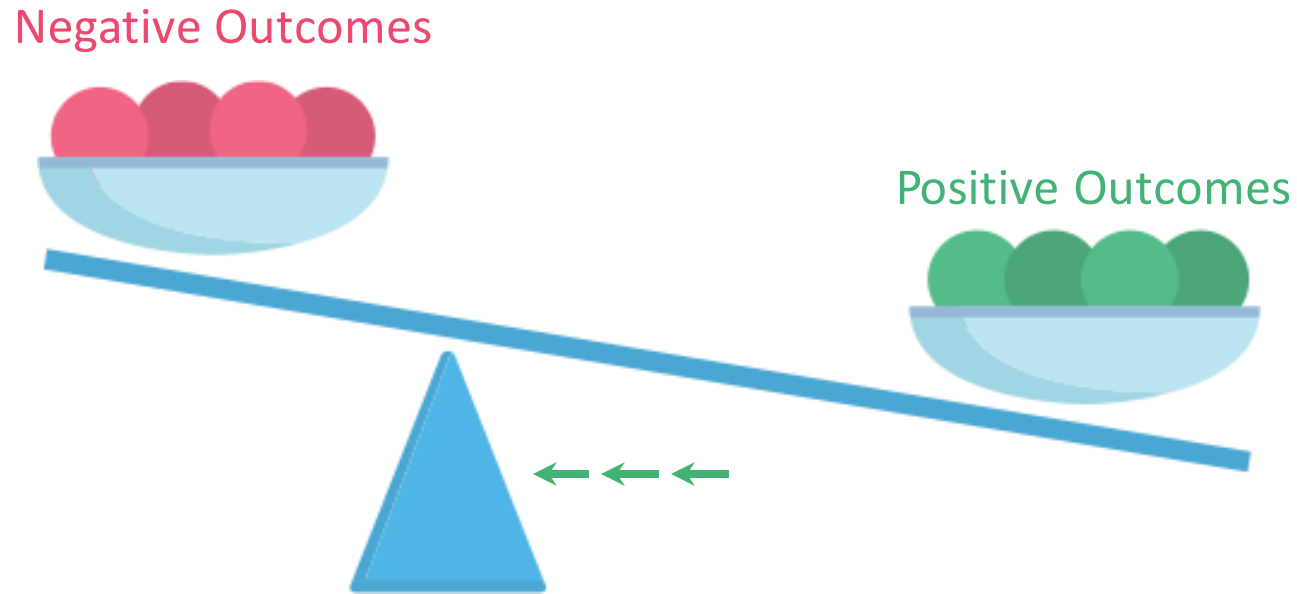
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CHILDREN & YOUTH



**RESILIENT
TENNESSEE
COLLABORATIVE:**

Building Strong Brains

Fostering Resilience



Overtime, the cumulative impact of positive life experiences and coping skills can shift the fulcrum's position, making it easier to achieve positive outcomes.

Positive Childhood Experiences (PCEs) Buffer ACEs and Promote Adult Health

6-7 vs. 0-2 PCEs: Adults reporting 6-7 PCEs have **72% lower odds** of having depression or poor mental health compared to those reporting 0-2 PCEs.

48% v. 12.6%, OR 0.28; 95% CI 0.21-0.39. 3.8x higher rate for 0-2 vs. 6-7 PCEs.



Resilient Tennessee Collaborative Mission

The Resilient Tennessee Collaborative

...leads culture change in Tennessee so that our philosophy, policies, programs and practices for children, youth and young adults utilize the latest brain science to prevent and mitigate childhood adversity, promote trauma-informed systems and build and support resilient families and communities.



**RESILIENT
TENNESSEE
COLLABORATIVE:**

Building Strong Brains

Resilient Tennessee Goals

Increase	Increase the potential that every child born in Tennessee leads a healthy, productive life.
Raise	Raise public knowledge about childhood adversity, trauma-informed systems and resilient families and communities.
Impact	Impact public policy in Tennessee to reduce childhood adversity and community conditions contributing to them.



Resilient Tennessee Goals

Support	Support statewide data collection and data sharing to support programs, policies, protocols, policies to reduce childhood adversity and support trauma-informed systems.
Seek	Seek additional dedicated funding and prioritize current funding to ensure support of Resilient Tennessee Collaborative mission.
Provide	Provide support, technical assistance and/or available resources to assist local and regional communities to develop and lead collective impact efforts.



And through moving from a...

*A state **coordinated** effort*

to

*A state **supported** effort*



TENNESSEE COMMISSION ON
CHILDREN & YOUTH



Thank you!

Melissa McGee

Melissa.McGee@tn.gov



TENNESSEE COMMISSION ON
CHILDREN & YOUTH

Legislative Respondents



Representative Lydia Crafts

Maine



Representative Sherrie Conley

Oklahoma

Breakout Rooms

- What strategies from these presentations were you familiar with? What strategies surprised you?
- Which of the strategies mentioned has your state implemented or would you like to explore?
- What successes have you had in this area? What challenges have you encountered?
- What's one question or next step that you are walking away with?



Upcoming Events

MCH Fellows 2

- Saturday, April 22 in St. Louis, MO
- Please [register!](#)

OPF Fellows

- Webinar #2: Friday, May 12
- Meeting #2: June 3-4 in Denver, CO
 - Travel on June 2

NCSL Legislative Summit

- August 14-16 in Indianapolis, IN

