

**4th Annual Commonwealth of Virginia
CSA Conference**



An Informed System of Care



**INFORMING TREATMENT GOALS
USING THE
ACE SURVEY**

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COLLEGE OF WILLIAM & MARY**



Felitti, 2002, *Turning **Gold** Into Lead*



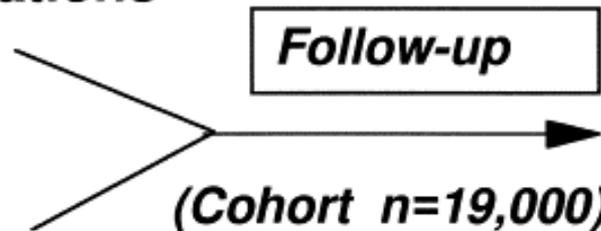
- ..we learned from detailed life interviews of 286 such individuals that childhood sexual abuse was remarkably common and, if present, always antedated the onset of their obesity...
- ✘ ...obesity was not their problem; it was their protective solution
- ✘ ...a woman who was raped at age twenty-three and gained 105 pounds in the year subsequent: “Overweight is overlooked and that’s the way I need to be.”

ACE Study Design



Survey Wave I--complete
71% response (9,508/13,494)*

All medical evaluations abstracted



Survey Wave II--completed,
n=15,000 under evaluation

All medical evaluations abstracted

Mortality

National Death Index

Morbidity

Hospital Discharge

Outpatient Visits

Emergency Room Visits

Pharmacy Utilization

Emotional Abuse



While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?

- No ___ If Yes, enter 1 ___

Physical Abuse



While you were growing up, during your first 18 years of life:

2. Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you?
or Ever hit you so hard that you had marks or were injured?

- No ___ If Yes, enter 1 ___

Sexual Abuse



While you were growing up, during your first 18 years of life:

3. Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?

- No ___ If Yes, enter 1 ___

ACEs are Common



Abuse	Women (N = 9,367)	Men (N = 7,970)	Total (N = 17,337)
Emotional Abuse	13.1%	7.6%	10.6%
Physical Abuse	27.0%	29.9%	28.3%
Sexual Abuse	24.7%	16.0%	20.7%

Middlebrooks, JS, Audage, NC. (2008). The Effects of Childhood Stress on Health Across the Lifespan.
Centers for Disease Control and Prevention, National Center for Injury Prevention and Control Atlanta (GA):

Emotional Neglect



While you were growing up, during your first 18 years of life:

4. Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?

- No ___ If Yes, enter 1 ___

Physical Neglect



While you were growing up, during your first 18 years of life:

5. Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

- No ___ If Yes, enter 1 ___

ACEs are Common



Neglect	Women (N = 9,367)	Men (N = 7,970)	Total (N = 17,337)
Emotional Neglect*	16.7%	12.4%	14.8%
Physical Neglect*	9.2%	10.7%	9.9%

* Collected during the second survey wave only (N=8,667).

Disrupted Home Environment



While you were growing up, during your first 18 years of life:

6. Was a biological parent ever lost to you through divorce, abandonment, or other reason?

- No ___ If Yes, enter 1 ___

Domestic Violence



While you were growing up, during your first 18 years of life:

7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

○ No ___ If Yes, enter 1 ___

Substance Abuse



While you were growing up, during your first 18 years of life:

8. Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?

○ No ___ If Yes, enter 1 ___

Mental Illness/Suicide



While you were growing up, during your first 18 years of life:

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

○ No ___ If Yes, enter 1 ___

Incarceration



While you were growing up, during your first 18 years of life:

10. Did a household member go to prison?

○ No ___ If Yes, enter 1 ___

ACEs are Common



Household Dysfunction	Women (N = 9,367)	Men (N = 7,970)	Total (N = 17,337)
Mother Treated Violently	13.7%	11.5%	12.7%
Household Substance Abuse	29.5%	23.8%	26.9%
Household Mental Illness	23.3%	14.8%	19.4%
Parental Separation or Divorce	24.5%	21.8%	23.3%
Incarcerated Household	5.2%	4.1%	4.7%

Middlebrooks, JS, Audage, NC. (2008). The Effects of Childhood Stress on Health Across the Lifespan.

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control Atlanta (GA):

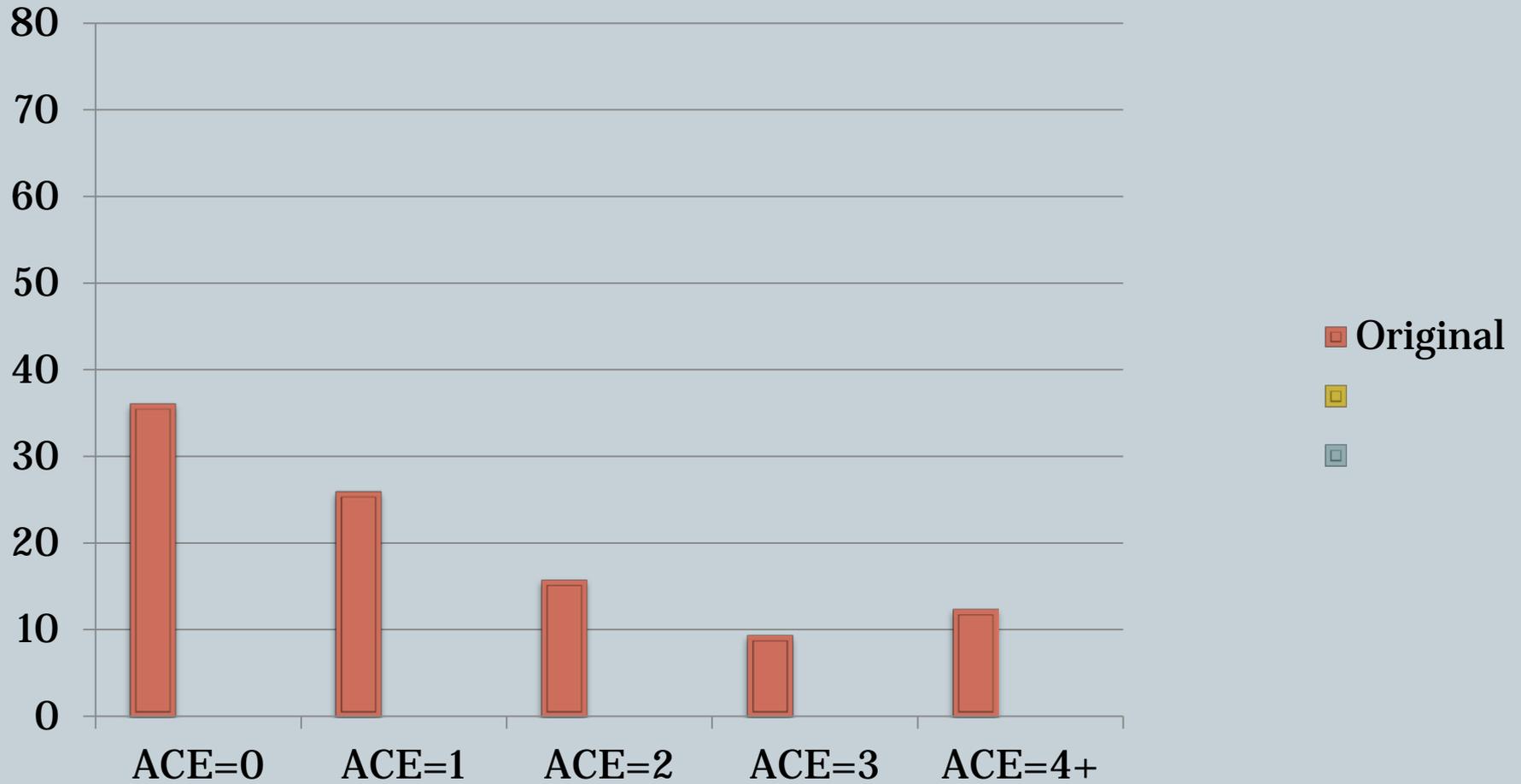
Too Many Experience Multiple ACEs



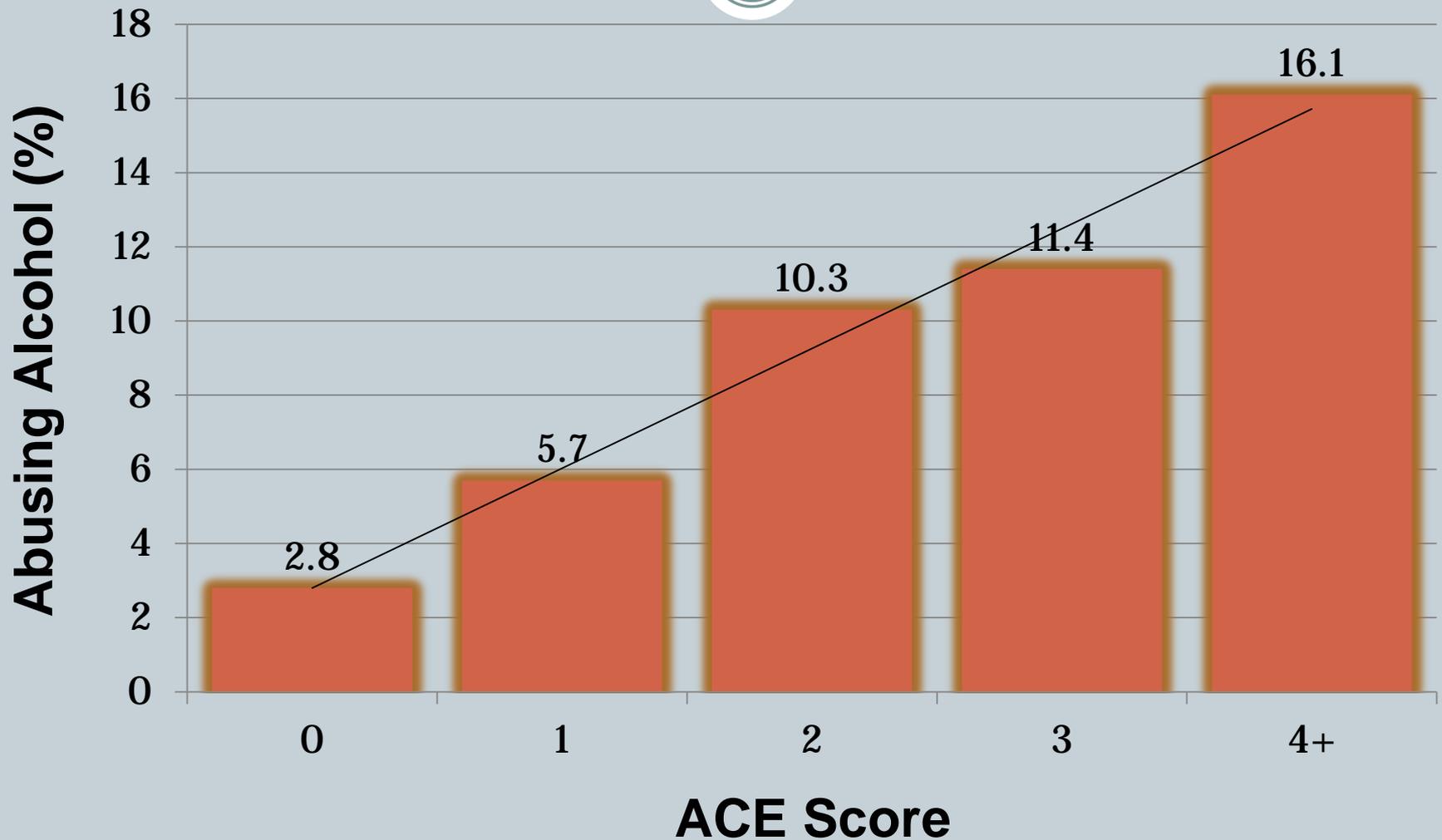
Number of ACEs	Women (N = 9,367)	Men (N = 7,970)	Total (N = 17,337)
0	34.5%	38.0%	36.1%
1	24.5%	27.9%	26.0%
2	15.5%	16.4%	15.9%
3	10.3%	8.6%	9.5%
4 or more	15.2%	9.2%	12.5%

1 in 8 people have a pretty rough story...

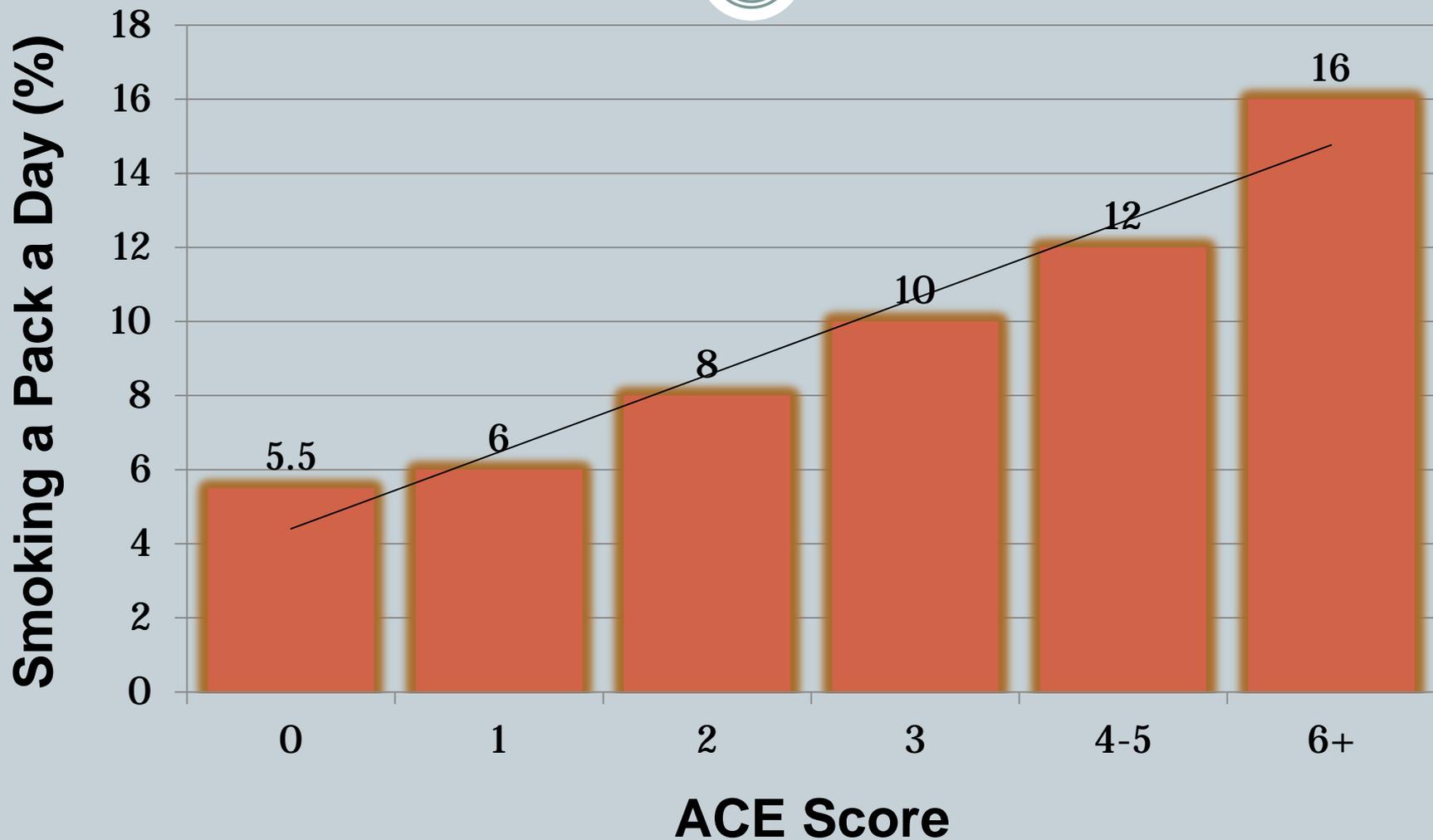
Cumulative ACE Data



ACE and Alcohol Abuse

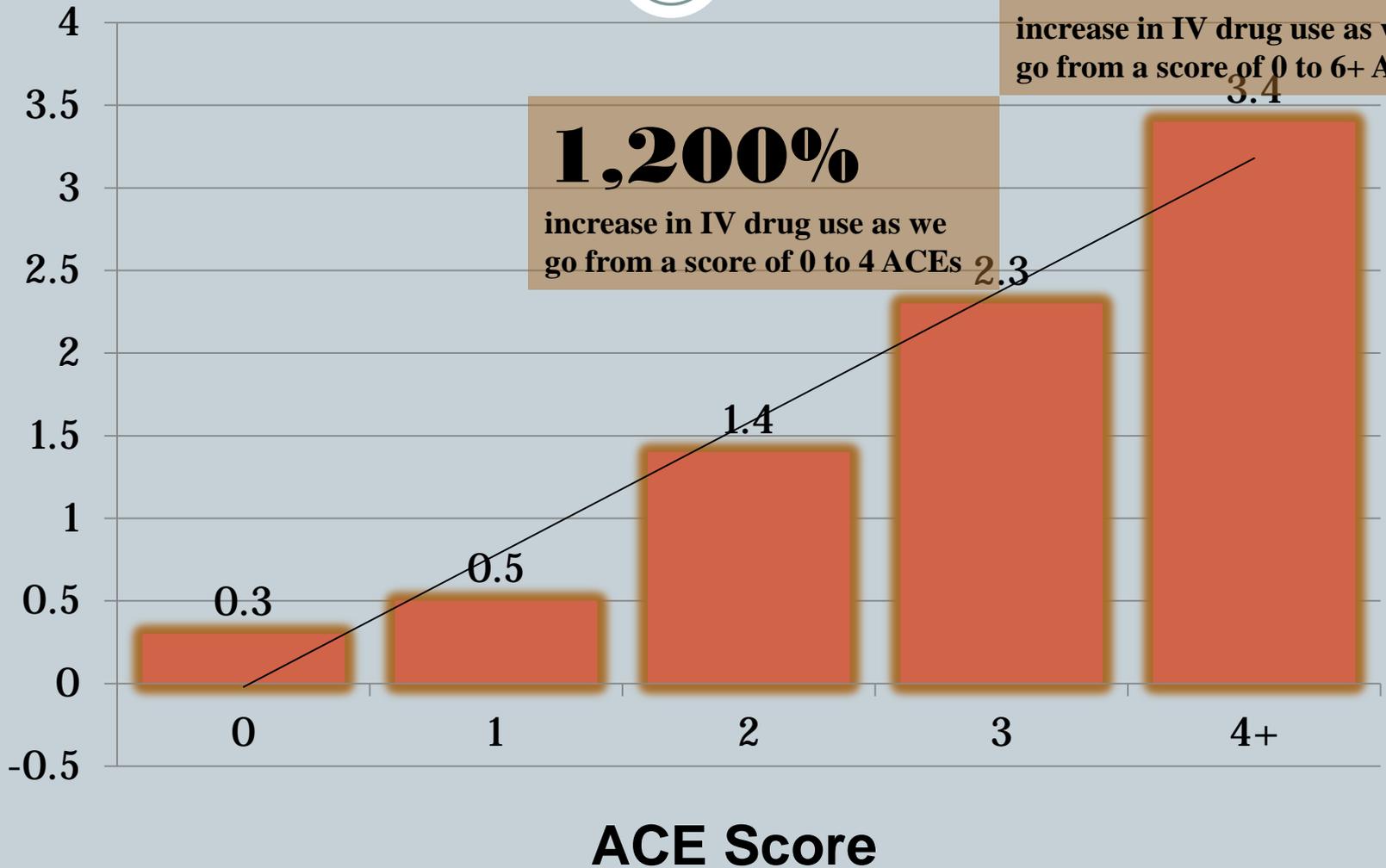


ACE and Smoking



ACE and IV Drug Use

Have Injected Drugs (%)



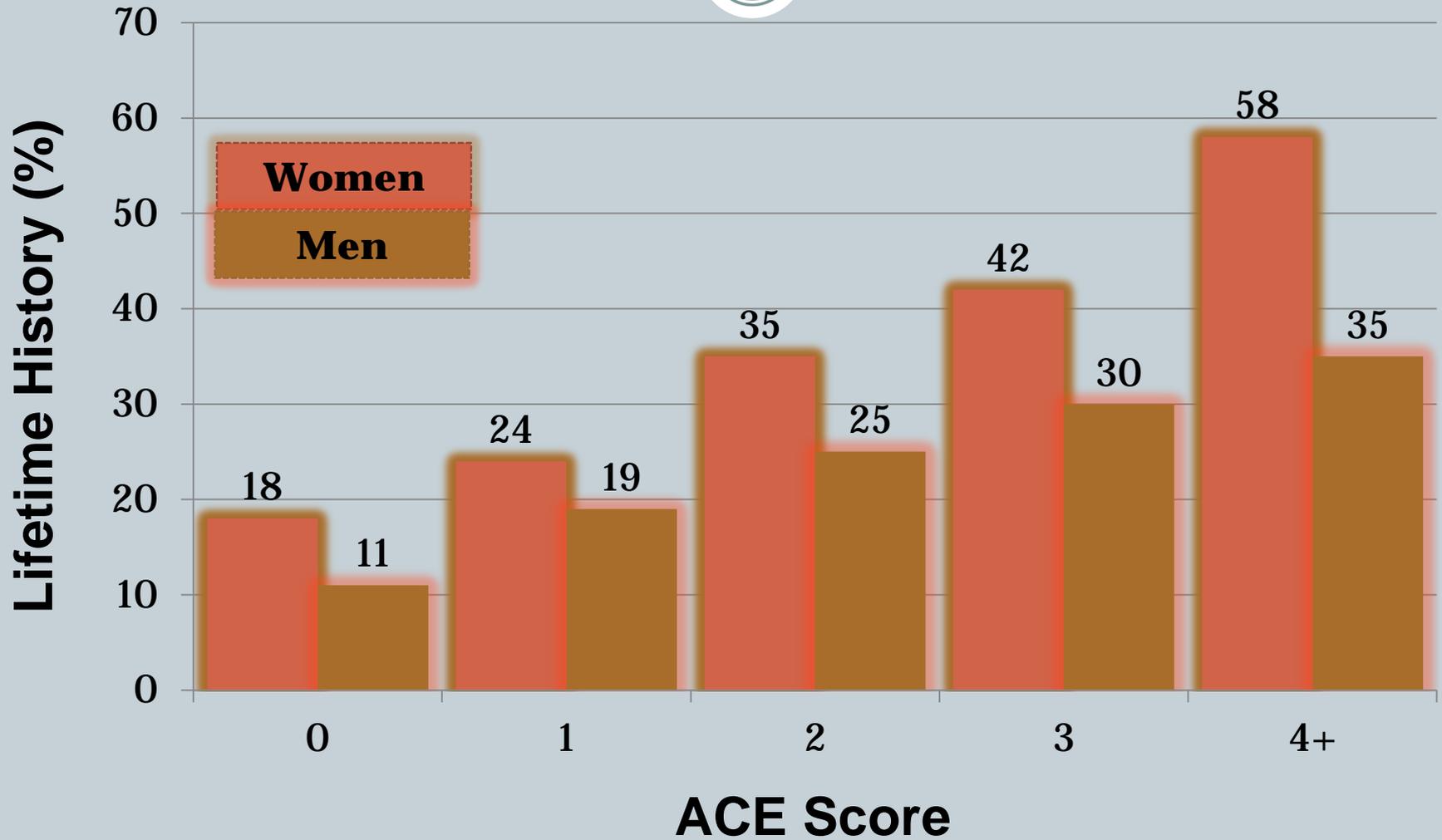
1,200%

increase in IV drug use as we go from a score of 0 to 4 ACEs

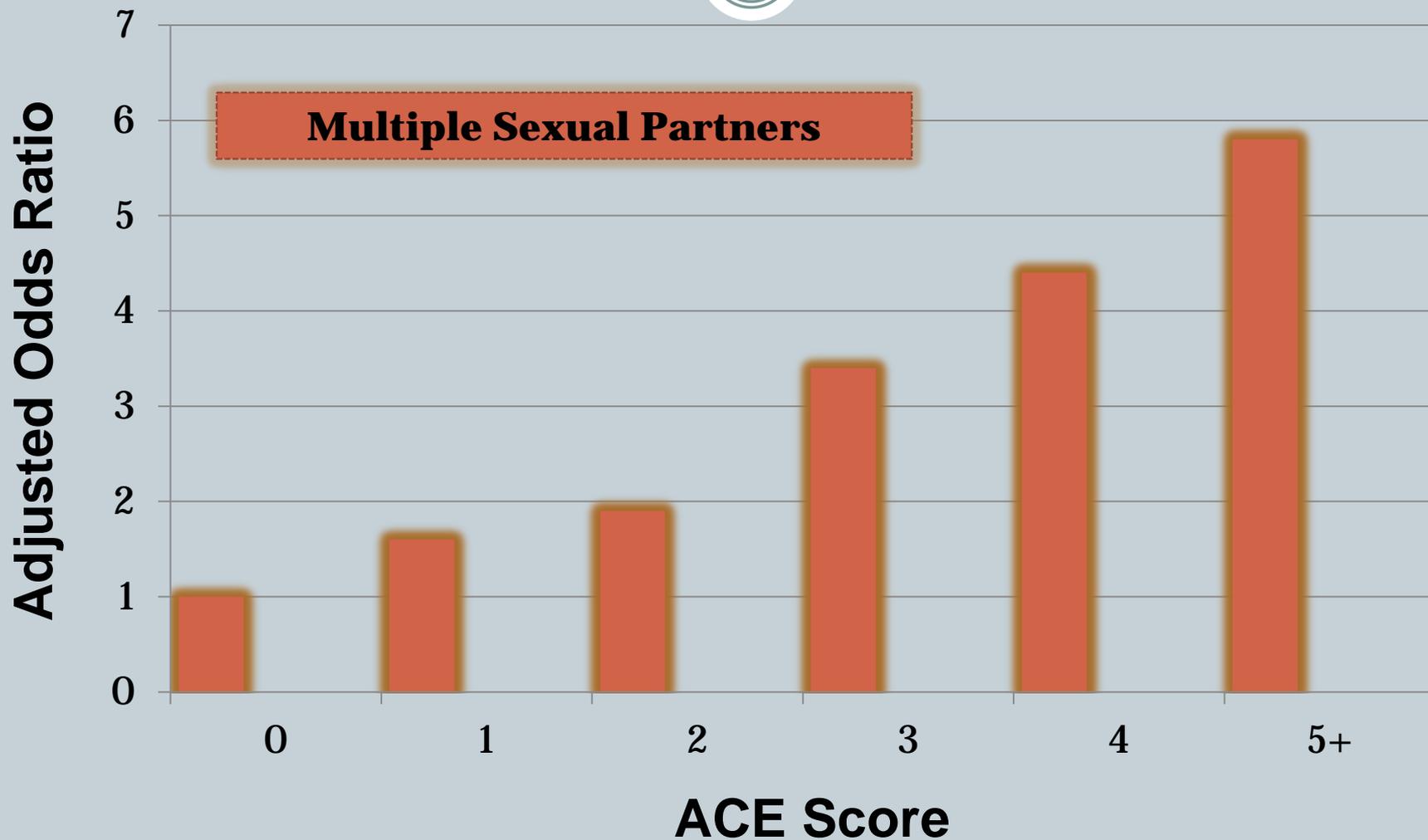
4,600%

increase in IV drug use as we go from a score of 0 to 6+ ACEs

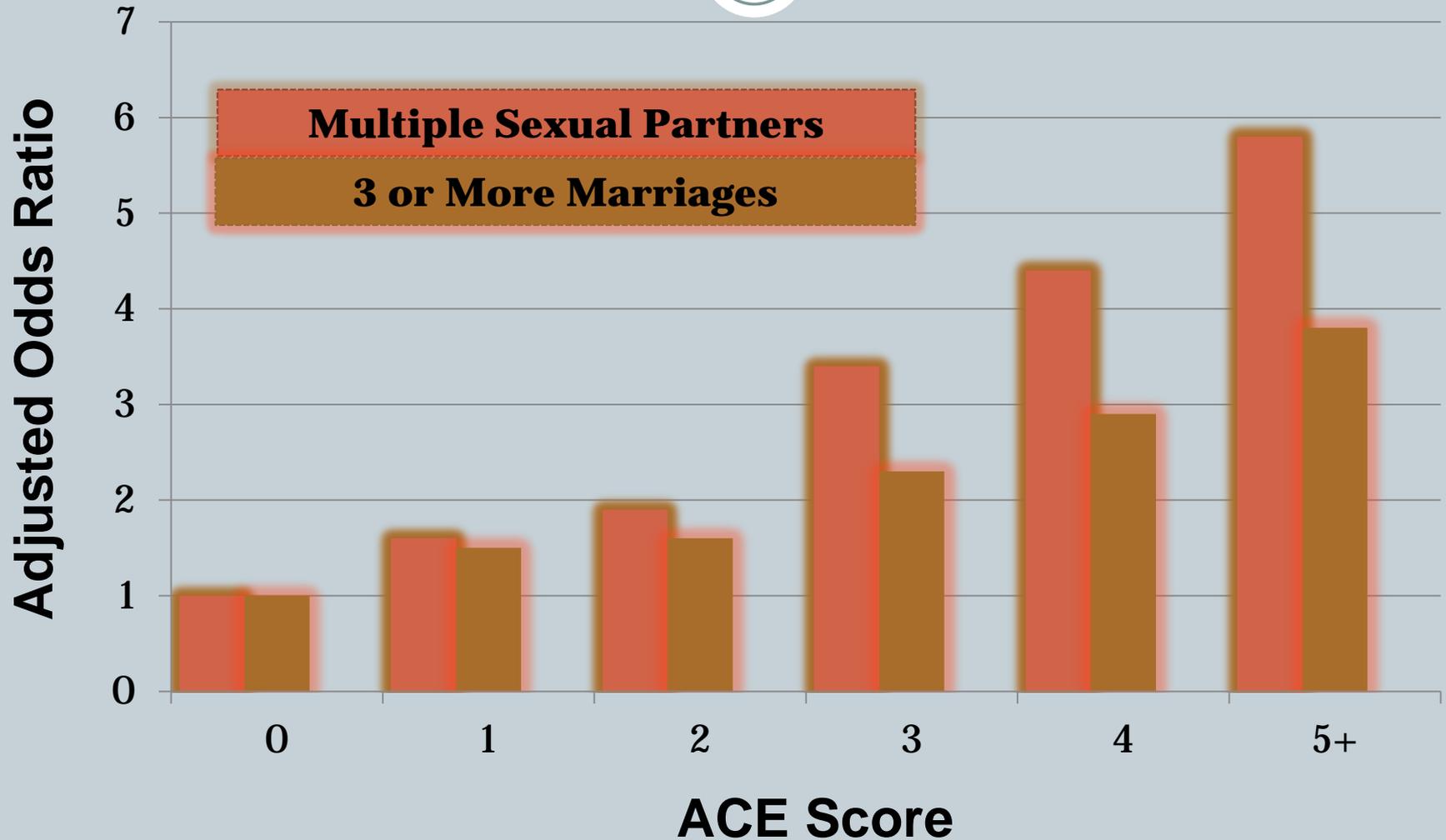
ACE and Depression



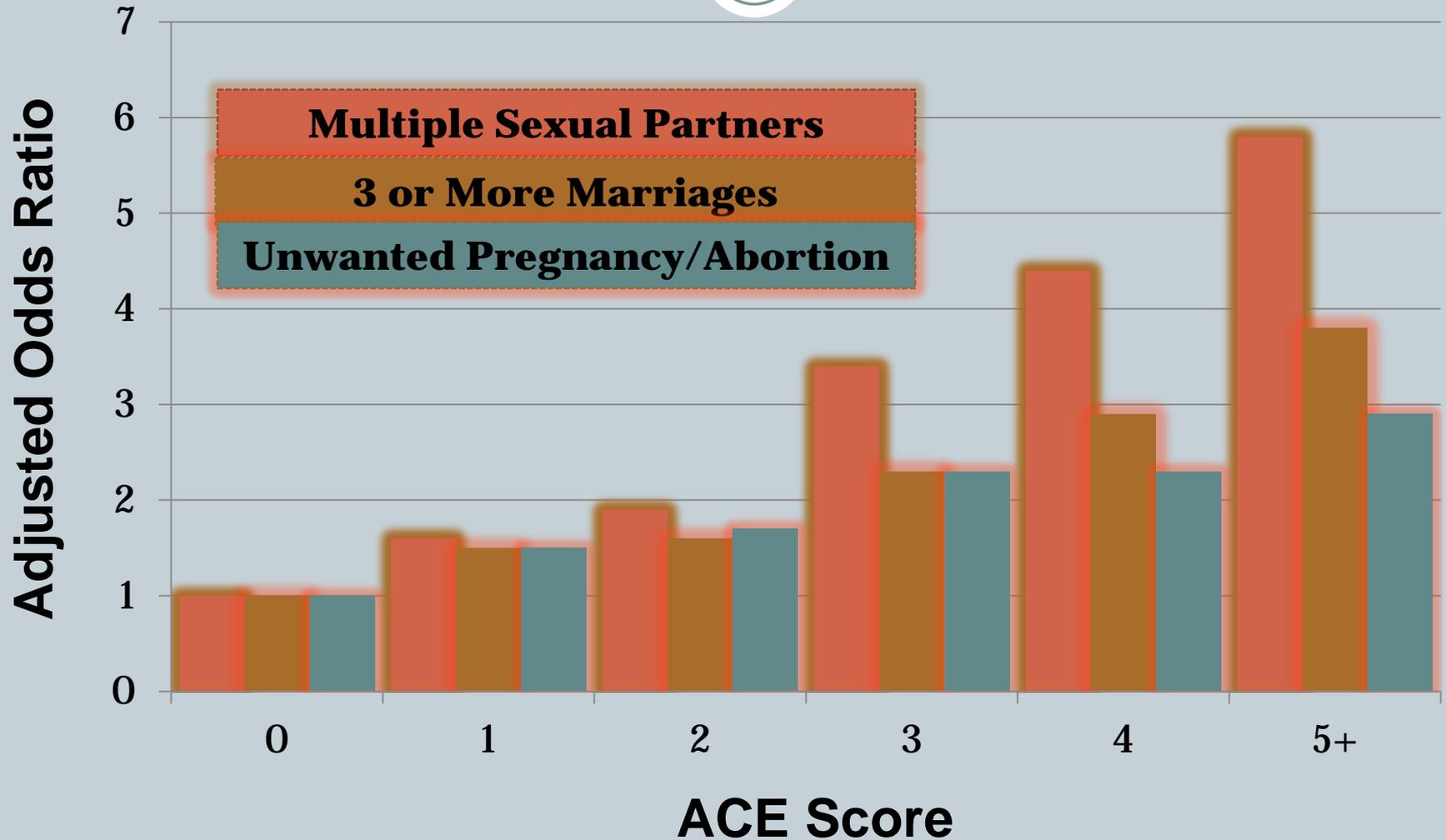
ACE and Multiple Sexual Partners



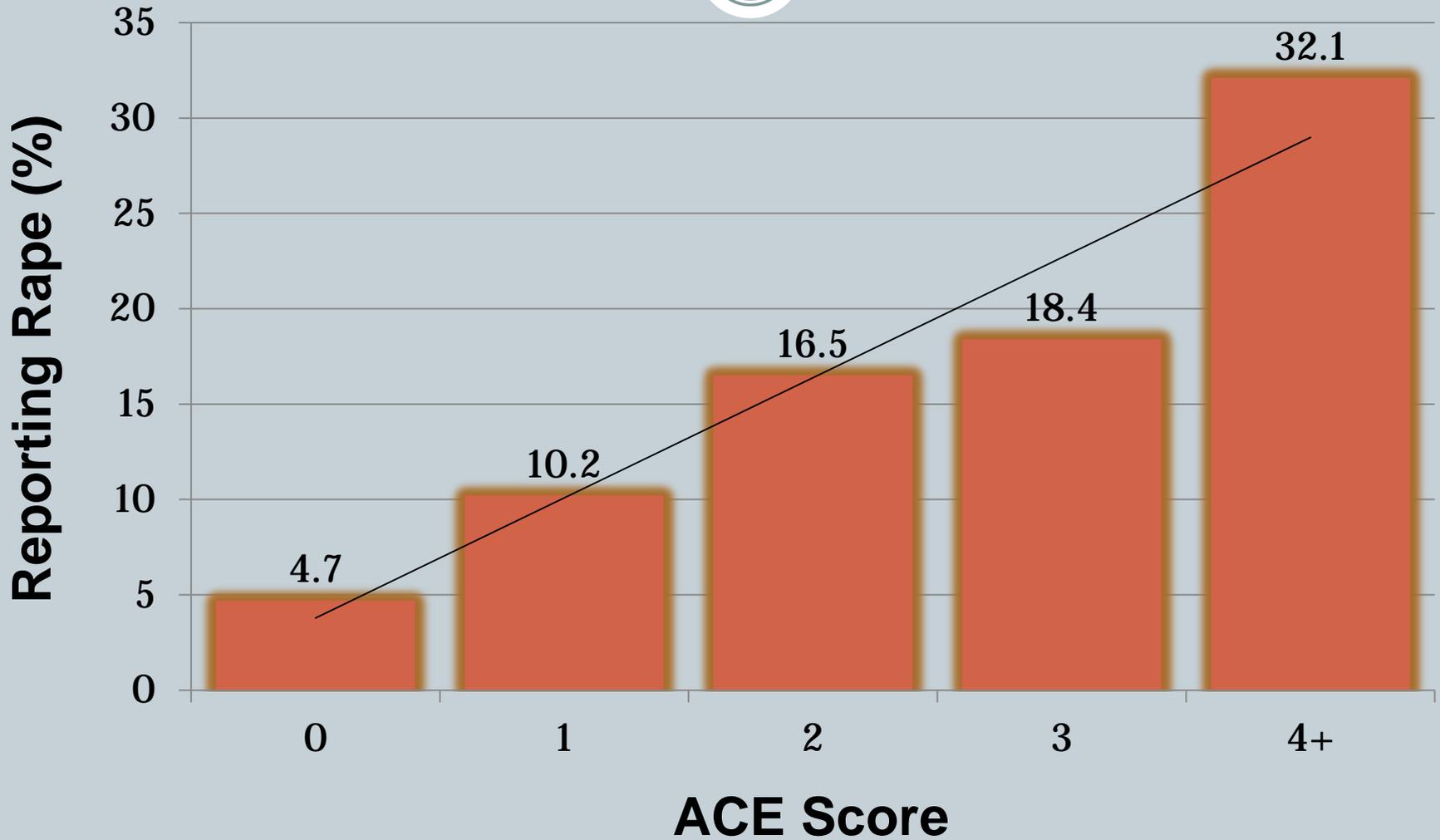
& Multiple Marriages



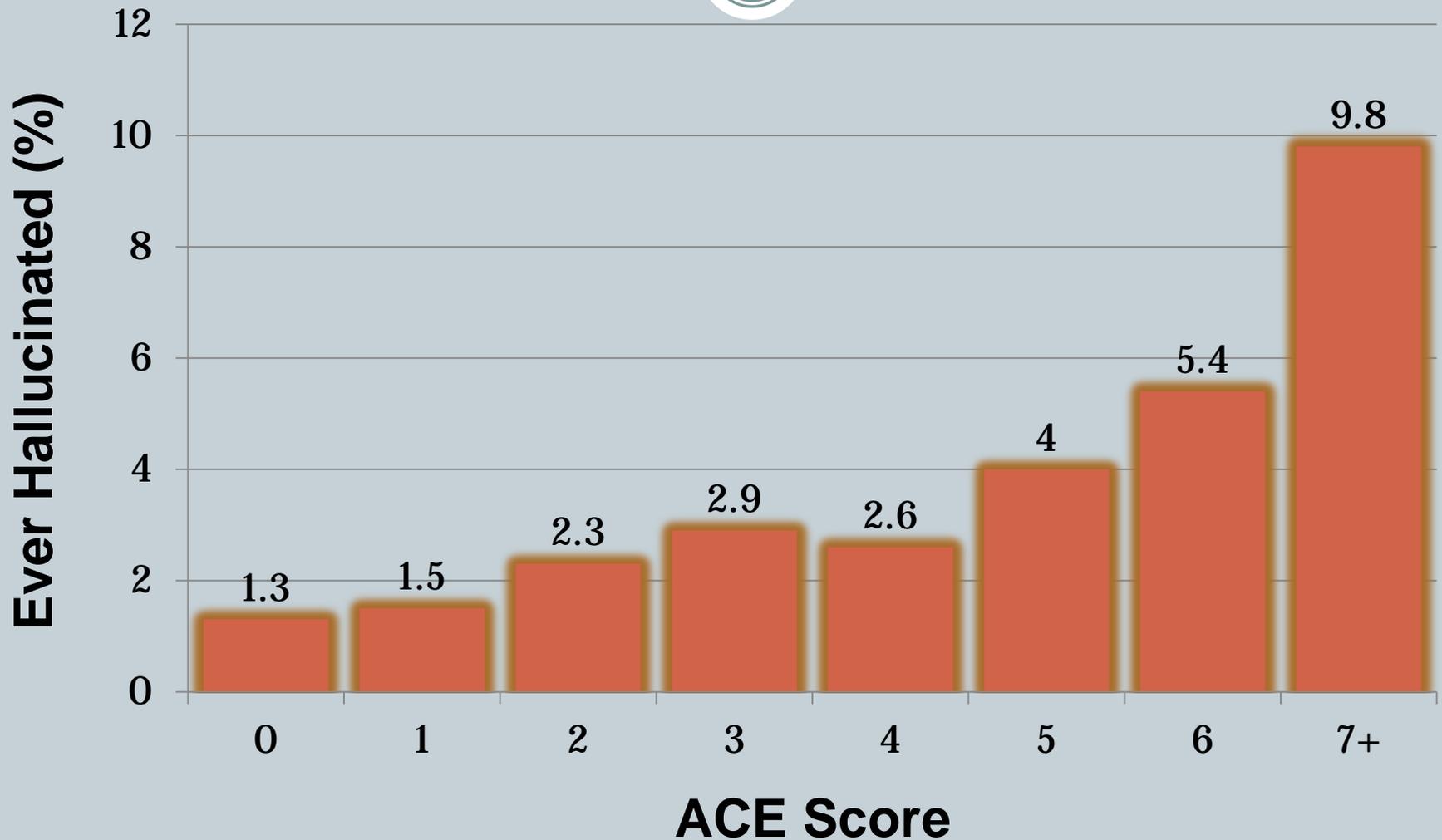
& Unwanted Pregnancy



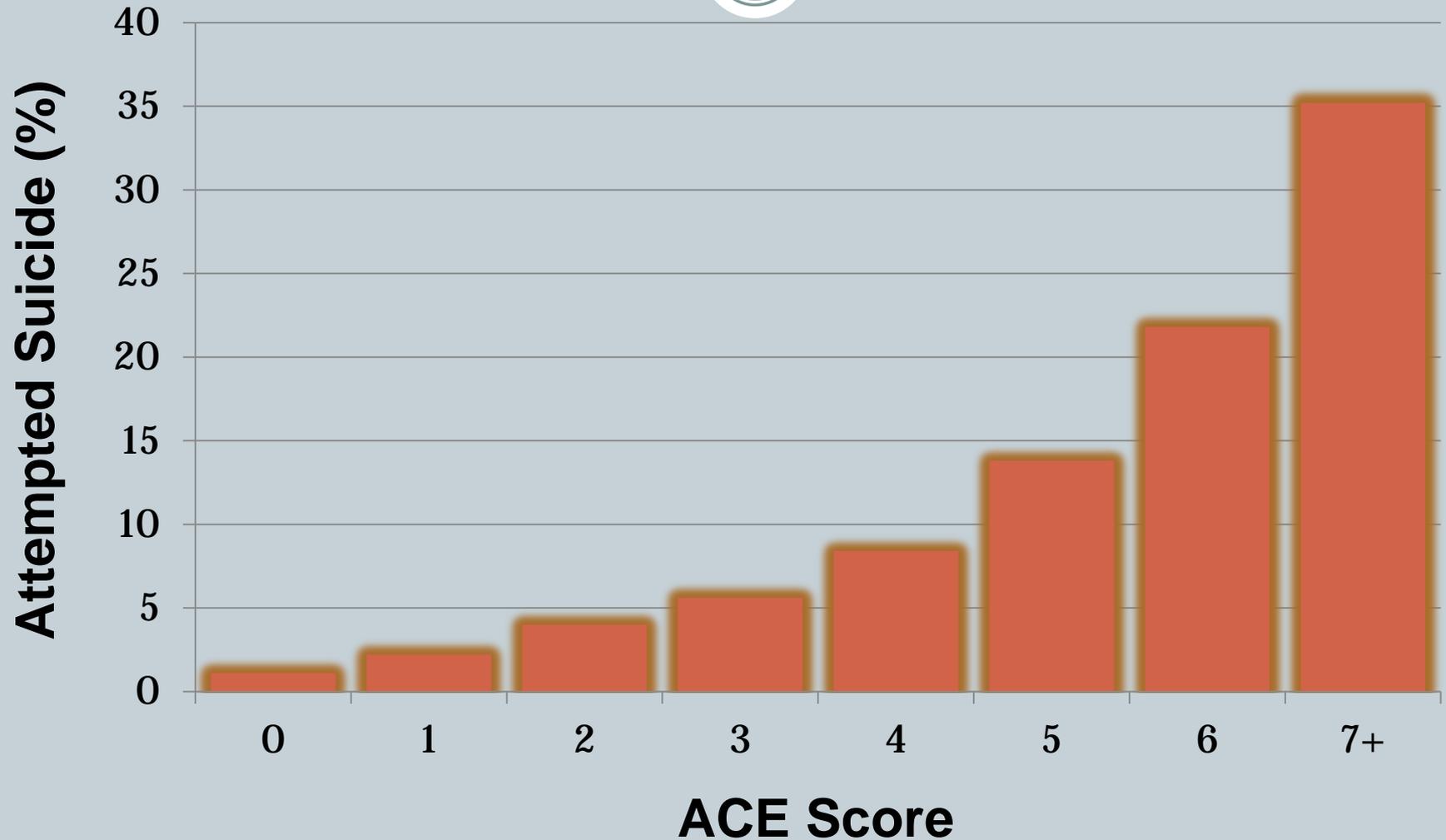
ACE and Rape



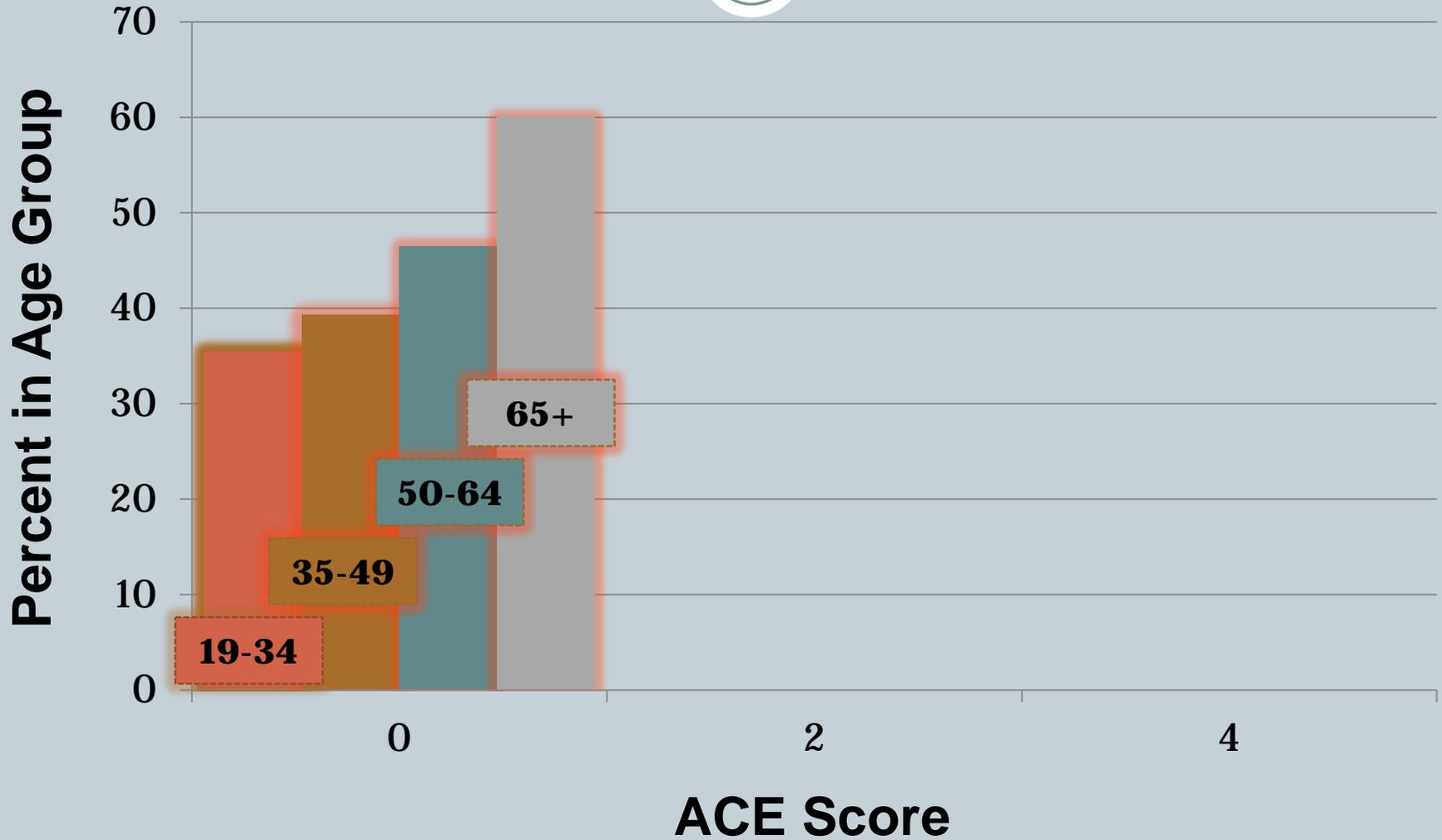
ACE and Hallucinations



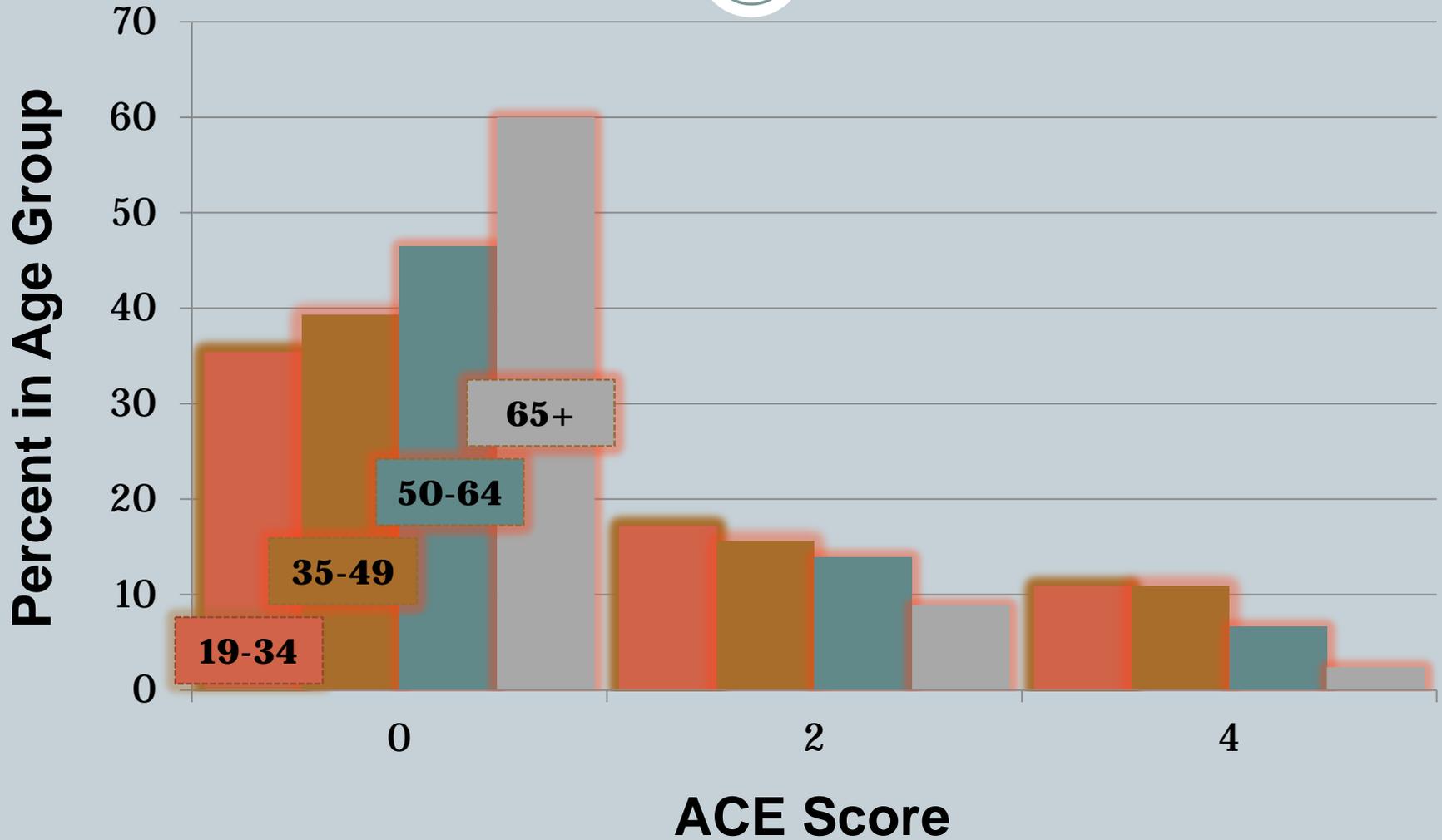
ACE and Attempted Suicide



ACE and Hospital Visits



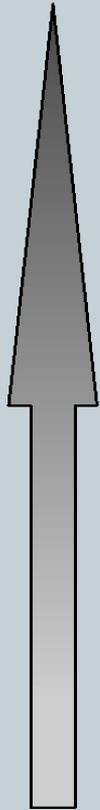
ACE and Hospital Visits



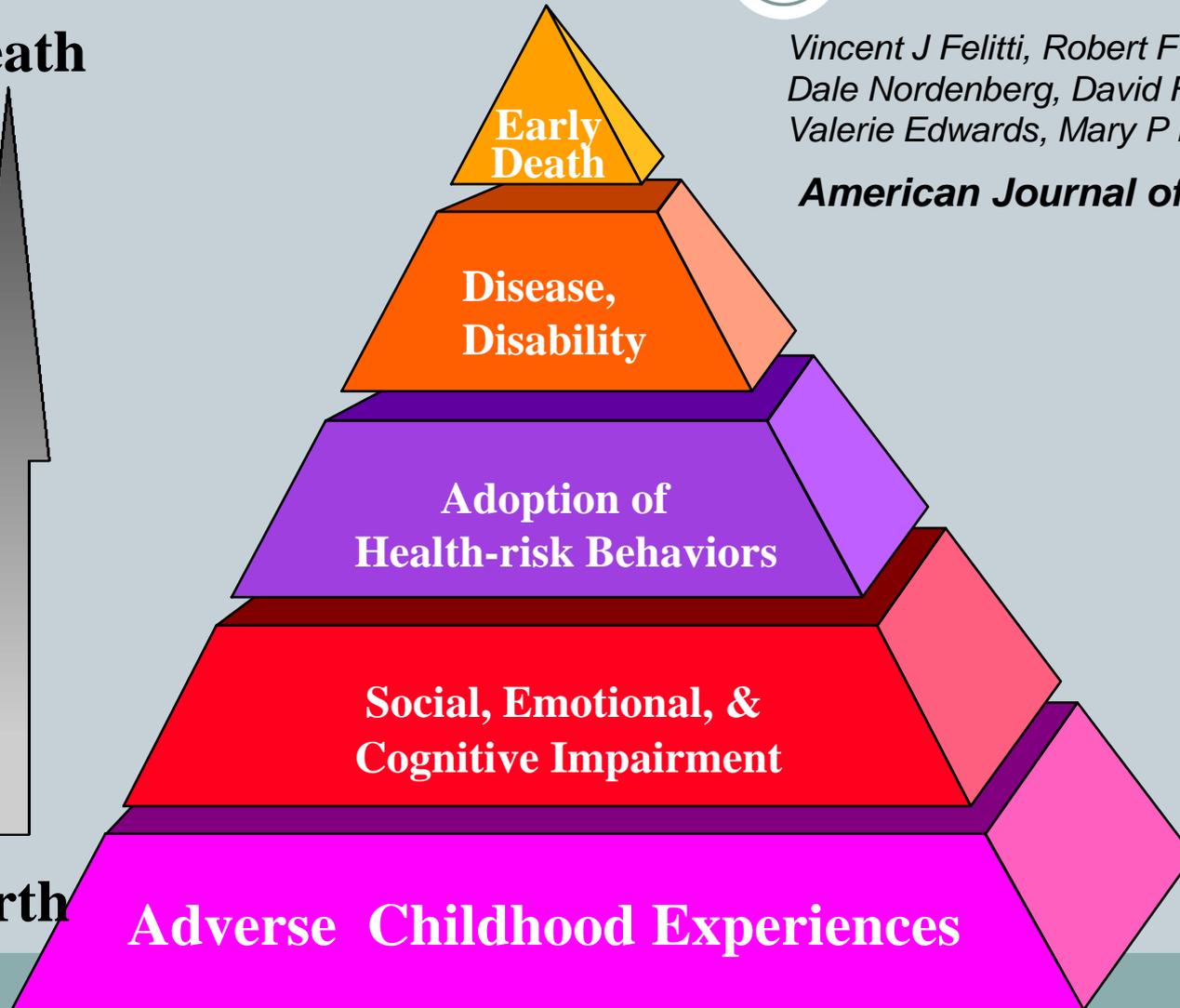
Harmful Path of Adverse Childhood Events



Death



Birth



*Vincent J Felitti, Robert F Anda,
Dale Nordenberg, David F Williamson, Alison M Spitz,
Valerie Edwards, Mary P Koss, James S Marks*

American Journal of Preventive Medicine
Volume 14, Issue 4,
Pages 245-258
(May 1998)

Summary of Findings:



- **Adverse Childhood Experiences (ACEs) are very common**
- **ACEs are strong predictors of later health risks and disease**
- **This combination makes ACEs the leading determinant of the health and social well-being of our nation**



The Prevalence of Adverse Childhood Experiences (ACE) in the Lives of Juvenile Offenders

Michael T. Baglivio and Nathan Epps

Florida Department of Juvenile Justice, Tallahassee, Florida

Kimberly Swartz

University of Florida College of Medicine/Levin College of Law, Gainesville, Florida

Mona Sayedul Huq

University of Florida College of Health and Human Performance, Gainesville, Florida

Amy Sheer and Nancy S. Hardt

University of Florida College of Medicine, Gainesville, Florida

- **64,329 Juvenile Offenders**

Domestic Violence



While you were growing up, during your first 18 years of life:

7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

○ No ___ If Yes, enter 1 ___

Mother Treated Violently	13.7%	11.5%	12.7%
In JD Sample			

Incarceration



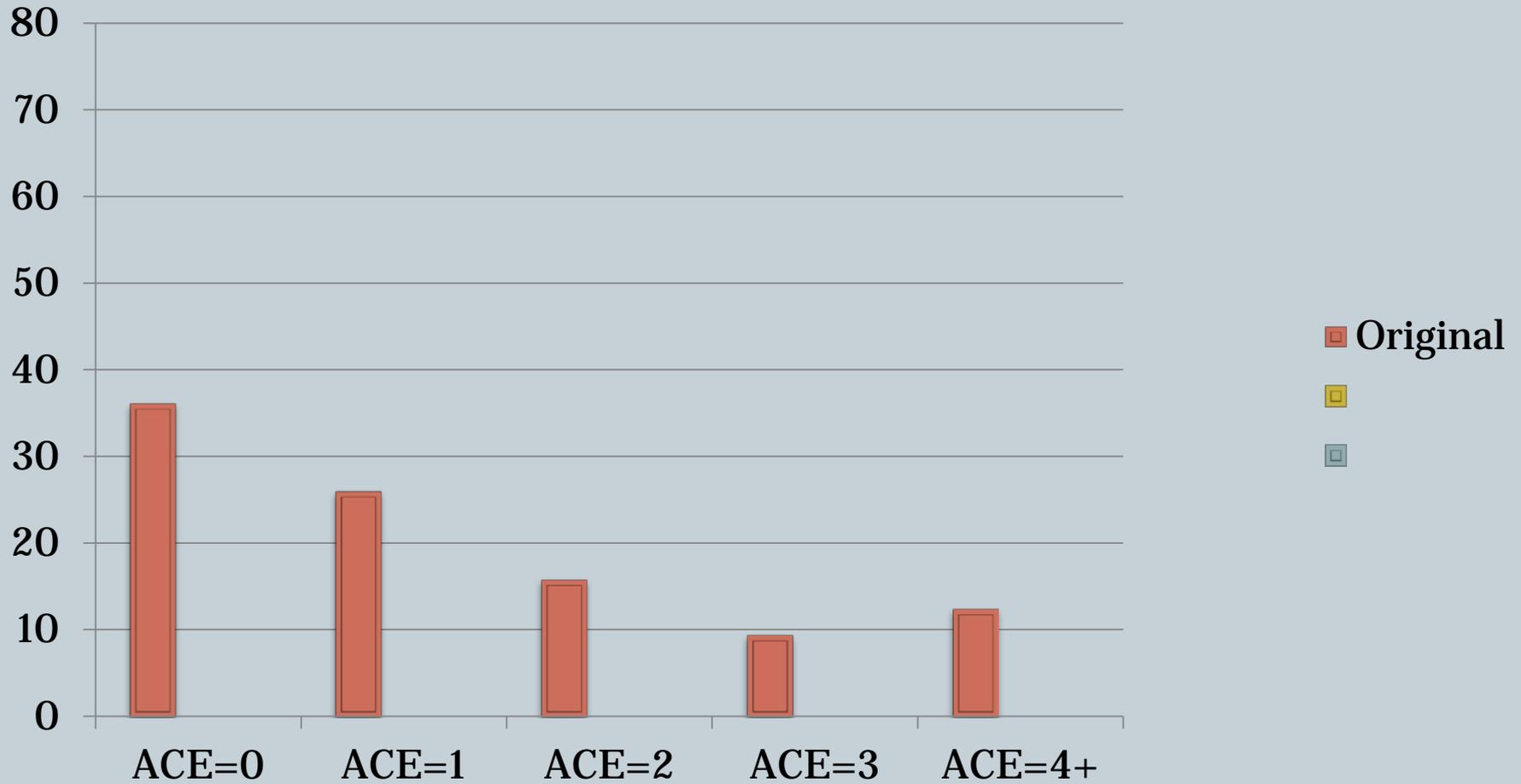
While you were growing up, during your first 18 years of life:

10. Did a household member go to prison?

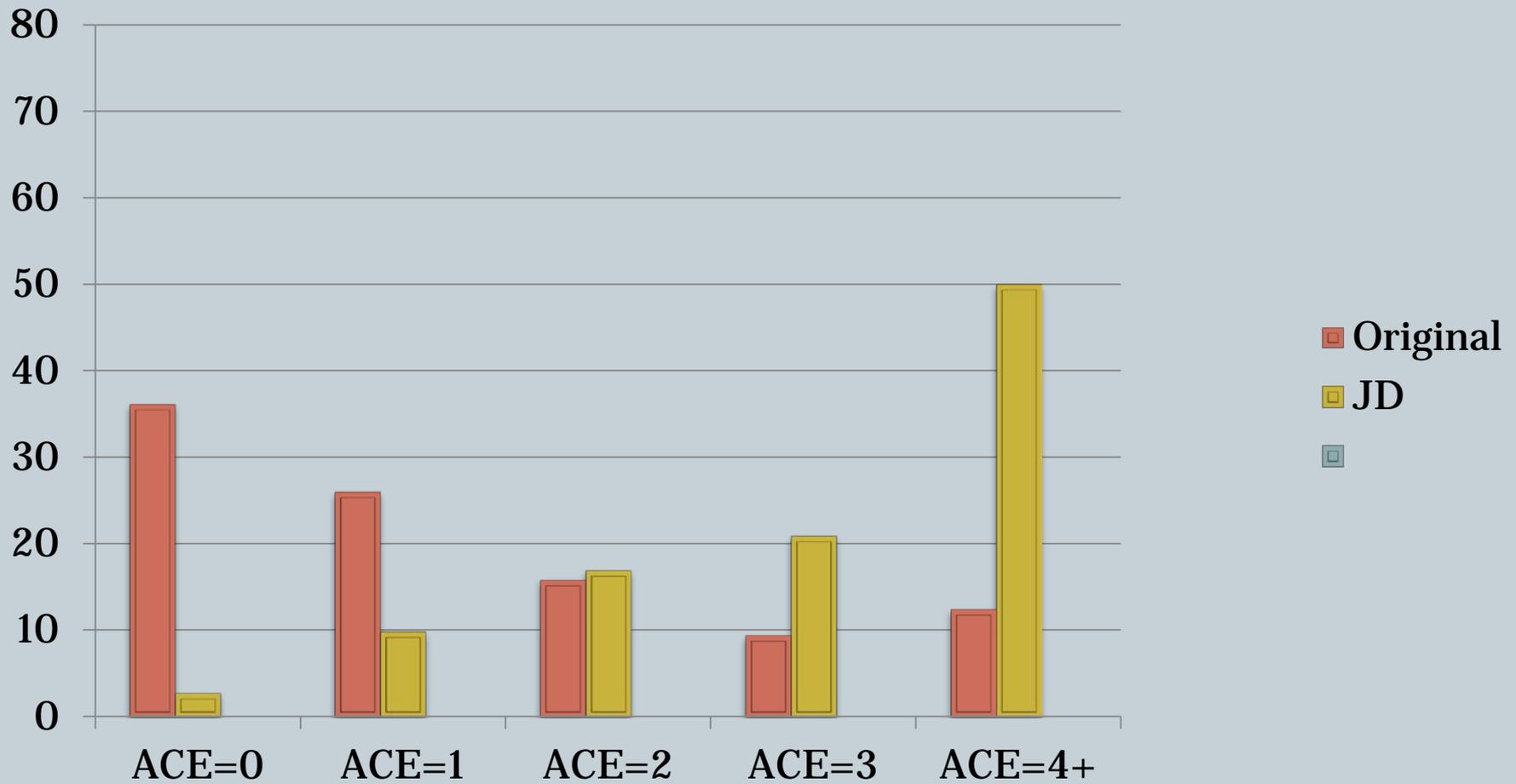
○ No ___ If Yes, enter 1 ___

Incarcerated Household	5.2%	4.1%	4.7%
In JD sample			

Cumulative ACE Data



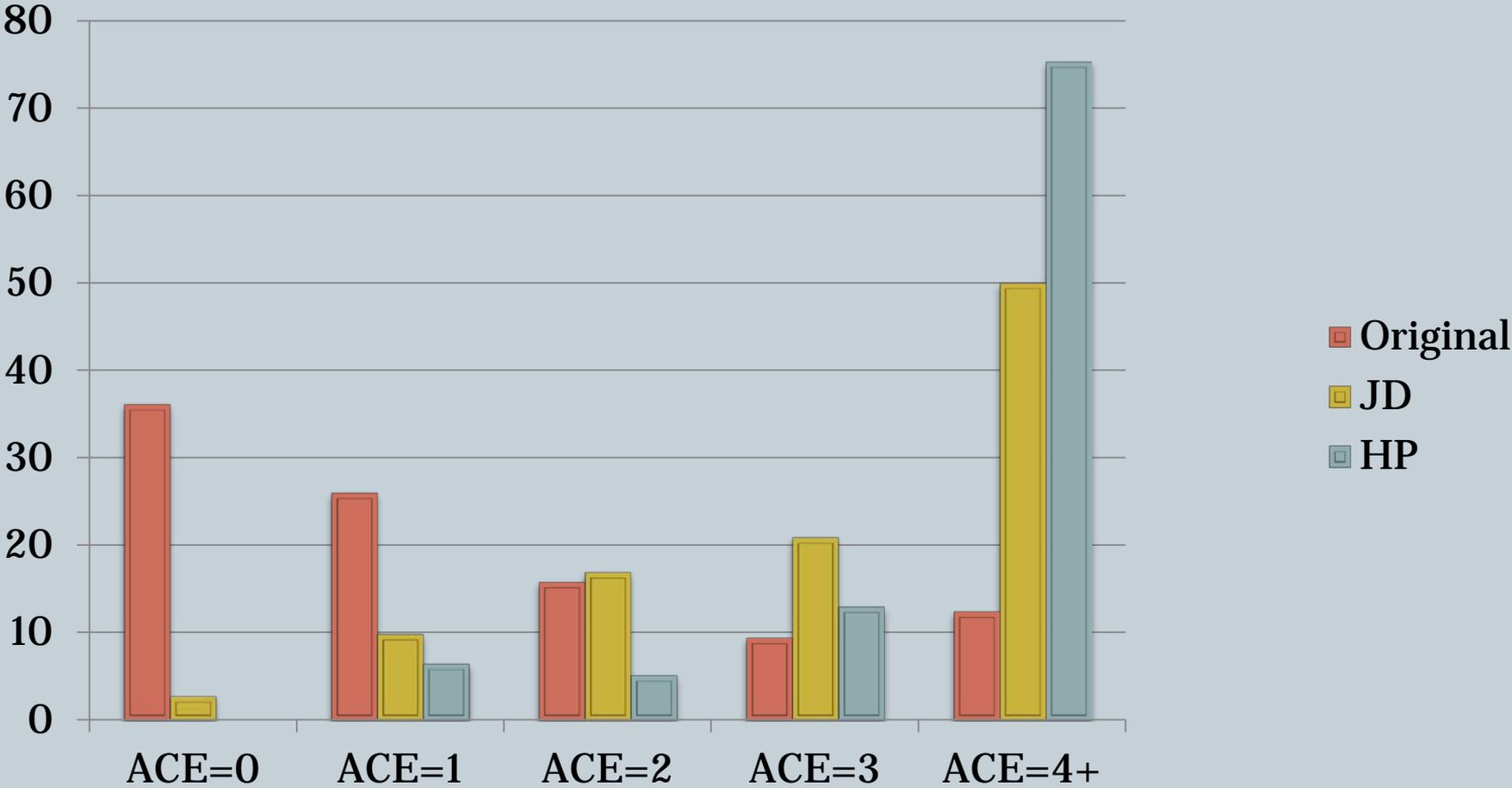
Cumulative ACE Data with JD population



Residential Care (n=77)



Cumulative ACE Data across populations





Check if true according to the child & the file

Child

**File/
Any
Outside
source**

**Can this resident
address this issue
in treatment?**

1. Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?

Denial/
 Resistant
 Somewhat
 Engaged

Therapist Rating of Resident's Engagement



	Emotional Abuse	Physical Abuse	Sexual Abuse	Emotional Neglect	Physical Neglect
Engaged	48%	44%	27%	50%	43%
Somewhat Denial/Resistant	38%	41%	42%	29%	14%
Denial/Resistant	15%	15%	31%	21%	43%

	DV	Drug Abuse	Mental Illness	Divorce	Prison
Engaged	62%	65%	50%	39%	59%
Somewhat Denial/Resistant	28%	12%	22%	29%	26%
Denial/Resistant	10%	23%	28%	32%	15%

**Learning from Research
and Clinical Practice Core**

**Child Sexual Abuse Task
Force**



How to Implement Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

**National Child Traumatic
Stress Network
www.NCTSN.org**

How to Implement Trauma-Focused Cognitive Behavioral Therapy

From the National Child Traumatic Stress Network

http://tfcbt.musc.edu/resources/pdfs/TF-CBT_Implementation_Manual.pdf



“Clinicians who treat traumatized children and their families also need to be comfortable hearing about and dealing with traumatic events.”

...a crucial principle of TF-CBT is gradual exposure to the trauma.

...Clinicians who find these techniques difficult may inadvertently reinforce a child’s avoidance. “ p.19

How to Implement Trauma-Focused Cognitive Behavioral Therapy

From the National Child Traumatic Stress Network



...these stories are often very graphic and distressing

...avoidance is such a common and often maladaptive response among both child trauma victims and therapists.

...becoming able to remember and talk about the trauma without extreme distress is central to resolving trauma's impact.

http://tfcbt.musc.edu/resources/pdfs/TF-CBT_Implementation_Manual.pdf

How to Implement Trauma-Focused Cognitive Behavioral Therapy

From the National Child Traumatic Stress Network



...A six-year-old boy was referred to one of the TF-CBT developers after receiving nine months of treatment elsewhere. The therapist asked the child whether he had talked about his sexual abuse with his previous therapist.

The little boy said, “No, we never talked about it.” When the therapist asked him why, the boy replied,

“My therapist wasn’t ready.” P. 34

http://tfcbt.musc.edu/resources/pdfs/TF-CBT_Implementation_Manual.pdf

Discussion Points



1. Limited by time – three 20 minute sessions
2. Resident isn't ready
3. How do I push clinicians to address trauma
4. Support system for clinicians to debrief
5. Use of the ACE survey directly
6. Not for use just at intake
7. Intervention doesn't matter if trauma is consistently avoided