

Trauma Informed Care During COVID-19

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Young & Healthy

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graph TD; A[Young & Healthy] --> B[Health Care Services for children]; A --> C[Insurance Enrollment and Support]; A --> D[Trauma Informed Care, Mindfulness & Parent Education];
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Health Care
Services for
children

Insurance
Enrollment
and Support

Trauma
Informed Care,
Mindfulness &
Parent
Education

First
A heads-up.

Learning Objectives :

Relationship between early childhood trauma and health and well-being problems later in life.

Source: World Health Organization

Death
↑
Birth



- To understand ACEs and Trauma Informed Care
- To understand the prevalence of ACEs
- To understand the impact of ACEs on health, learning and social & emotional well-being.
- To understand the impact of COVID-19 on ACEs and Trauma-Informed Care

Adverse Childhood Experiences (ACEs)

Kaiser Permanente & the Centers for Disease Control (CDC) (1998)

ACEs

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



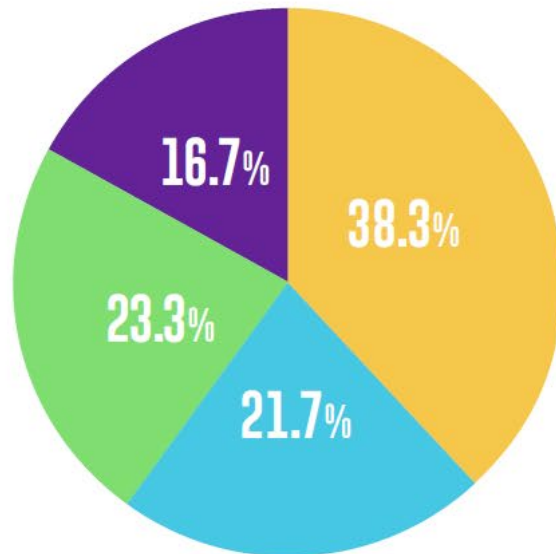
Divorce

ACEs are incredibly common

KEY FINDINGS

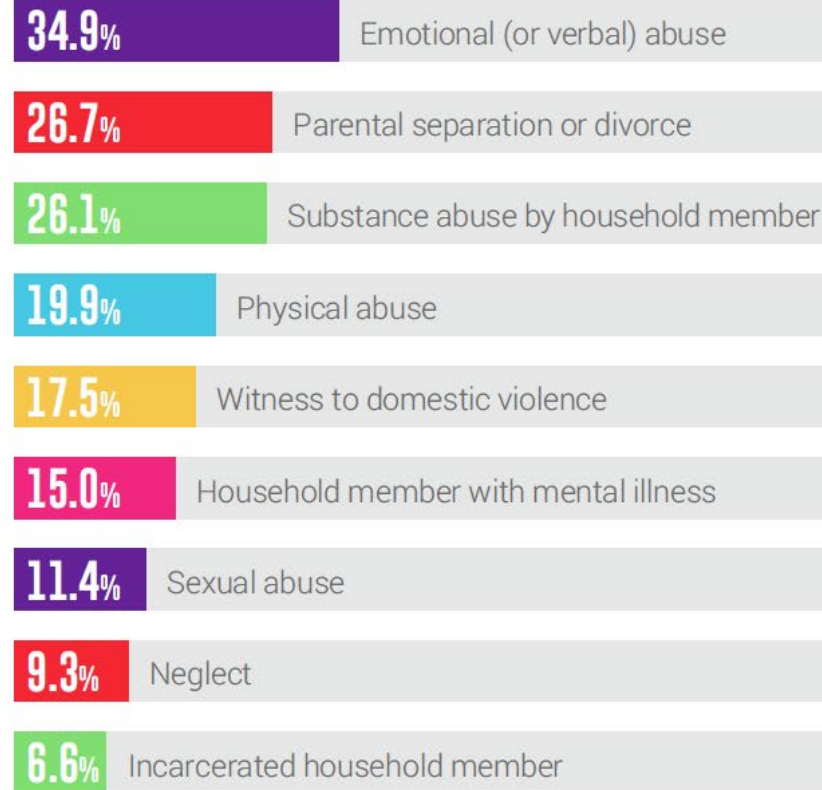
In California, **61.7%** of adults have experienced at least one ACE and **one in six**, or 16.7%, have experienced four or more ACEs. The most common ACE among California adults is emotional (or verbal) abuse.

■ 4 or more ACEs ■ 2 to 3 ACEs ■ 1 ACE ■ 0 ACEs



Prevalence of number of ACEs among California adults

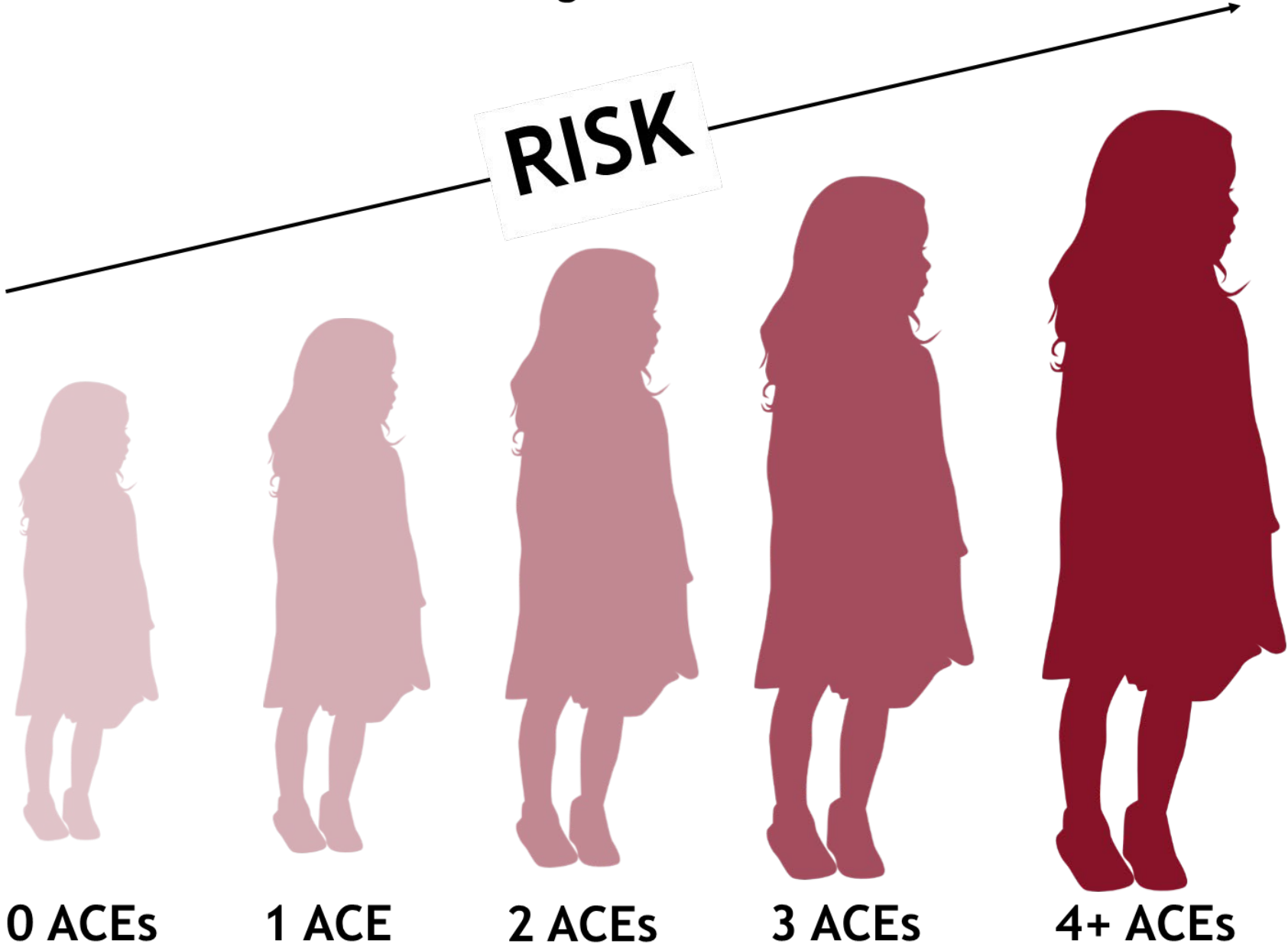
Most common ACEs among California Adults



Most common ACEs among California adults



**As the number of ACEs increases, so does
the risk for negative health outcomes**



How ACEs Affect Schools

A student with an ACE score of **3** is:

- **3 X** more likely to experience **academic failure**
- **5 X** as likely to have **attendance issues**
- **6 X** as likely to exhibit school **behavior problems**

Traumatized Kids



How ACEs might present

**Acting out in
social
situations**

Withdrawal

Demanding

**Somatic
complaints**

Fear

**Trouble with
self-regulation**

**Trouble
learning new
skills**

**Fight
Flight
Freeze**

**Lacking
confidence**

**Poor social
skills**

**Lack of
executive
function**

**And many
more...**

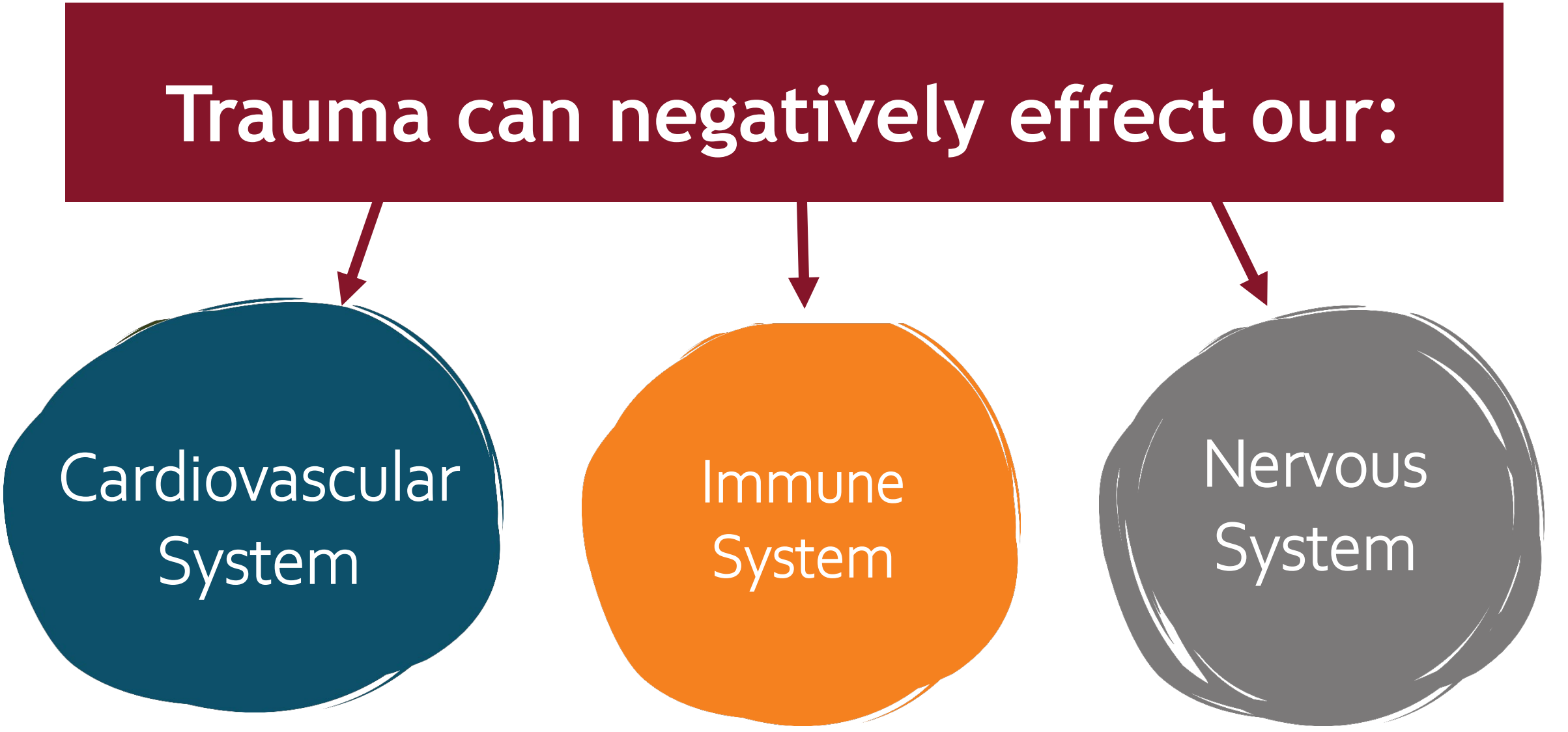
Study by Veronique Mead, MD

- ACEs AMPLIFY health risks
- A person with ACEs:
 - Will be more likely to have have at LEAST:
 - one physical
 - one emotional and
 - one developmental symptom
 - Will have a significantly higher need for **medical** and **mental health** care.
- A score of just 2, increases the chances of being hospitalized for an autoimmune disease by 70-80%
- Autoimmune diseases increase by 20% with each ACE
- The delay between ACEs and onset of symptoms can be decades
- **It is very likely that highly traumatized parents will have traumatized children**

With seniors you might also see:

- **Less adaptive functioning**
- **Increased emotional distress**
- **Poor sleep quality**
- **Difficulty with social supports**

Trauma can negatively effect our:



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graph TD; A[Trauma can negatively effect our:] --> B[Cardiovascular System]; A --> C[Immune System]; A --> D[Nervous System];
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Cardiovascular
System

Immune
System

Nervous
System

ACEs can manifest in:

**Behavior
Problems**

**Learning
Difficulties**

**Physical and
Emotional
Health Issues**

ACEs on the Nervous System

Hippocampus

**Prefrontal
Cortex**

Amygdala

**Cognitive
Impairments**

**Attention
Deficits**

**Learning
Disabilities**

Hyperactivity

**Self
Regulation**

**Memory &
Attention**

Anxiety

**Lack of
Executive
Function**

**And many
more...**

Something to consider:

ACE's take their toll.

Untreated traumas usually just don't go away.

**Just like our younger counterparts -
symptoms of trauma manifest when ACE's
cluster together...with the exception of one.**

**Even one ACE of an
unwanted sexual encounter,
proved significant for later-
in-life depression**

But how?

Adversity is NOT

Destiny!

Trauma Informed Care (TIC)

~~What is
wrong
with that
child?~~

What
happened
to that
child?



The lack of perceived social support is the strongest predictor of PTSD symptoms

In order to feel secure,
~~children~~ all of us must feel:

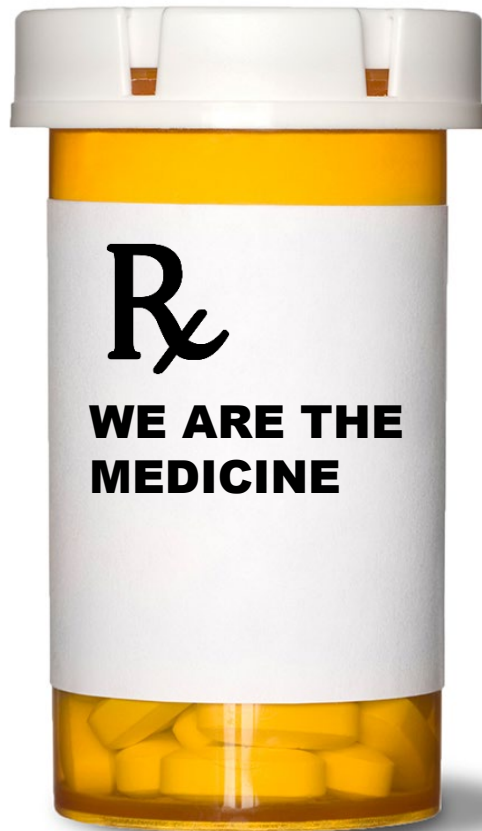
Seen

Safe

Soothed

-Dan Siegel & Tina Payne Bryson

Social support is powerful medicine.



Social Support :

May enhance cognitive
and emotional processing
of the traumatic
experiences

Creates a sense
of belonging

**Buffers
psychological
stress**

**Can increase
self-esteem**

**Helps in
positive
adaptation**

Can provide
tangible support

From the moment we are born,
our brains are wired to connect with each other.

Brain Function, Productivity, Learning, Coping
are all enhanced by human connection.

BUT NOW.....



Our Brain Hates Covid 19:



Loss of Control

Un-Safe

Lack of
Routine

Have you noticed:

Your sleep is weird

**You can't
remember stuff**

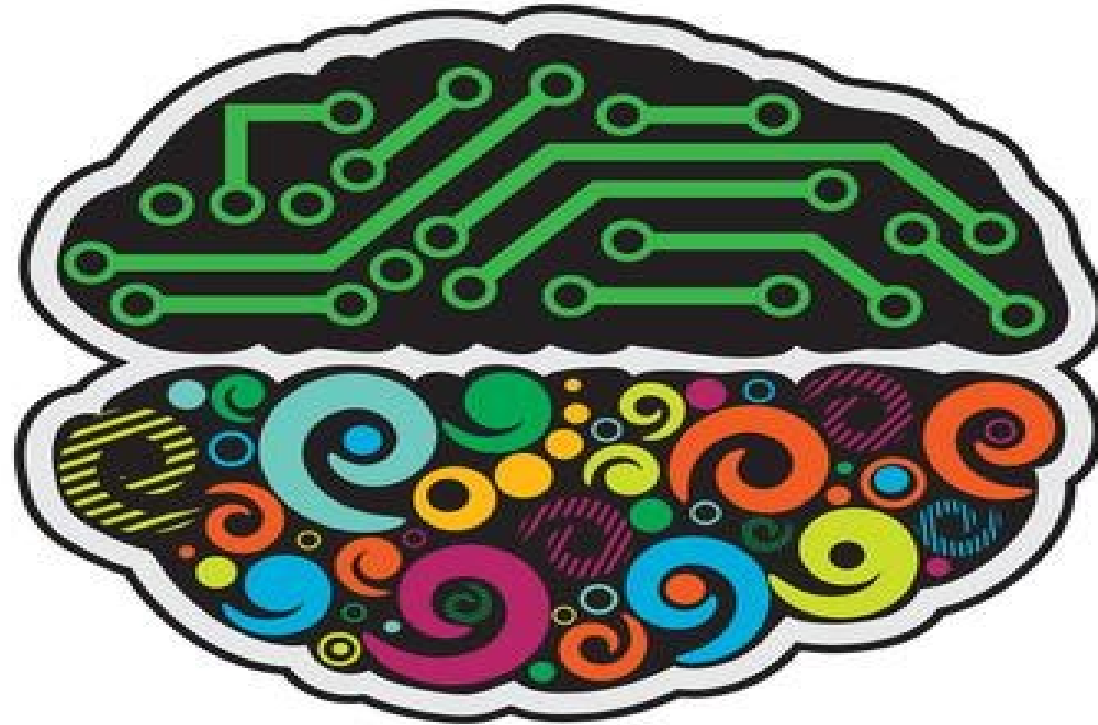
**You don't
feel
productive**

**You have a short
attention span**

What Else?

WHY?

Our Brain is trying to keep us safe.



**Give yourself a
break. Ok to lower
expectations for a
bit.**

What you can do?

Eat Well

**Try to
sleep**

Compassion

Forgiveness

Meditate

Exercise

What does self care look like?



4 - 7 - 8

In

Hold

Out

www.acesconnection.com

www.acestoohigh.com

www.beyondconsequences.com

www.acesaware.com

www.centerforyouthwellness.com

Questions?

The Evaluation

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