



Adverse Childhood Experiences and Mastering Resilience

April 5, 2019

Presented by
Dr. Lorry Leigh Belhumeur
Chief Executive Officer

Disclosure

- Neither I nor any member of my immediate family has a financial relationship or interest (currently or within the past 12 months) with any proprietary entity producing health care goods or services consumed by, or used on, patients related to the content of this CME activity.
- I do not intend to discuss an unapproved/investigative use of a commercial product/device.

Dr. Lorry Leigh Belhumeur, CEO



Dr. Leigh Belhumeur is a licensed psychologist, serving as Chief Executive Officer at Western Youth Services (WYS) for over 18 years. She received her Ph.D. and M.A. degrees from UCLA.

Under her leadership, WYS has evolved into the innovative organization that operates today. WYS annually provides integrated Mental Health Services to over 50,000 clients both directly and indirectly, with support from our collaborative partnerships.

Lorry is a seasoned community leader, an ACE Interface Master Trainer, and a fierce advocate for children, youth and families. Lorry has led the charge that reexamines mental health in the context of Adverse Childhood Experiences (ACEs) and offers solutions that not only treat the predictable negative impact of ACEs but that look upstream to prevent them from happening in the first place.

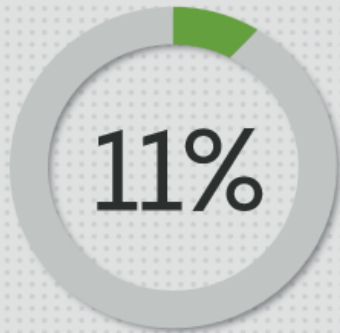
She believes that the foundation of positive mental health in children and youth is having a caring dependable adult who believes in them, and uncovering their strengths and using them to heal. When people are served from that perspective they become more confident and resilient. They make progress and create and lead successful lives.

Mental Health Facts: Children and Youth

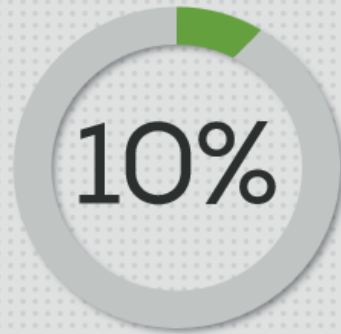
Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



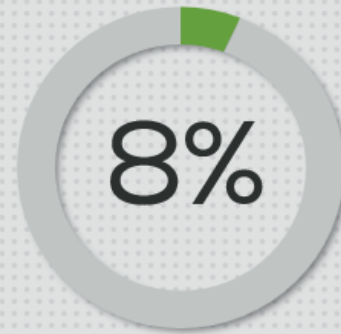
20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

Mental Health Facts: Children and Youth

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹



10 yrs

The average delay between onset of symptoms and intervention is 8-10 years.¹

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide

3rd



Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

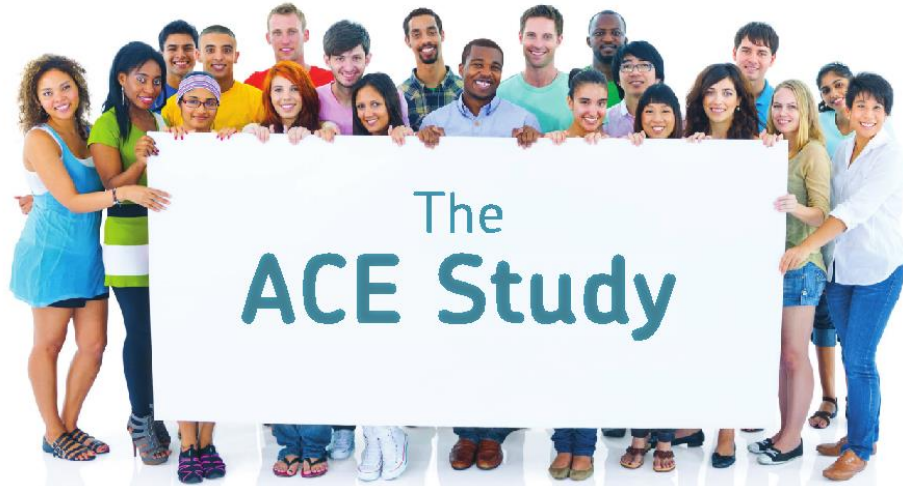
Mental Health Facts: Children and Youth

There is evidence that some experiences can be used to predict likelihood of future mental health outcomes on the spectrum from wellness to illness.

What are ACEs?

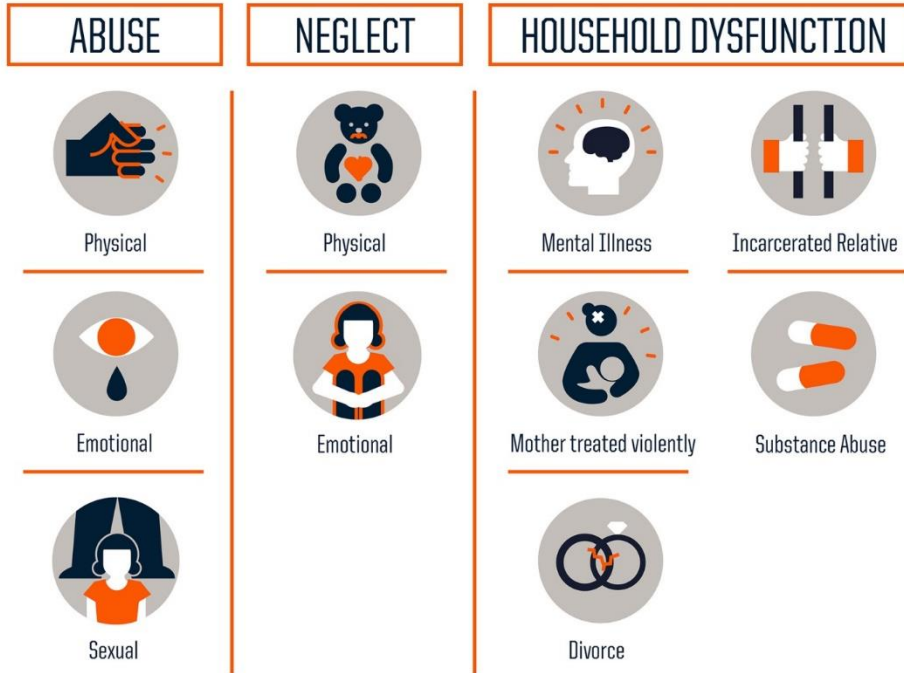
- Adverse childhood experiences (ACEs) are potentially traumatic events that can have negative, lasting effects on health, mental health and well being.
- Experiences are categorized as abuse, neglect and family dysfunction.

The ACE Study



ACE Interface © 2014

What are ACEs?



The ACE Study Results

The main finding is that ACEs are **COMMON**

Most recent data in California:

62% experienced at least one

15% have 4 or more

The ACE Study

Adverse Childhood Experiences **ARE COMMON**

Household Dysfunction

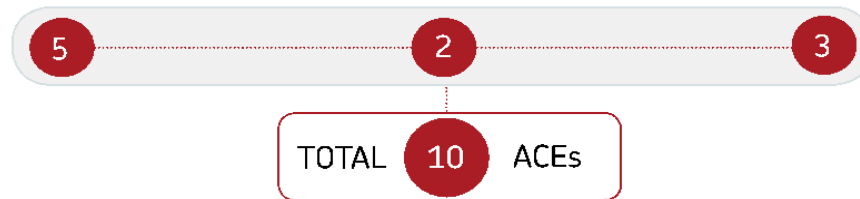
Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect

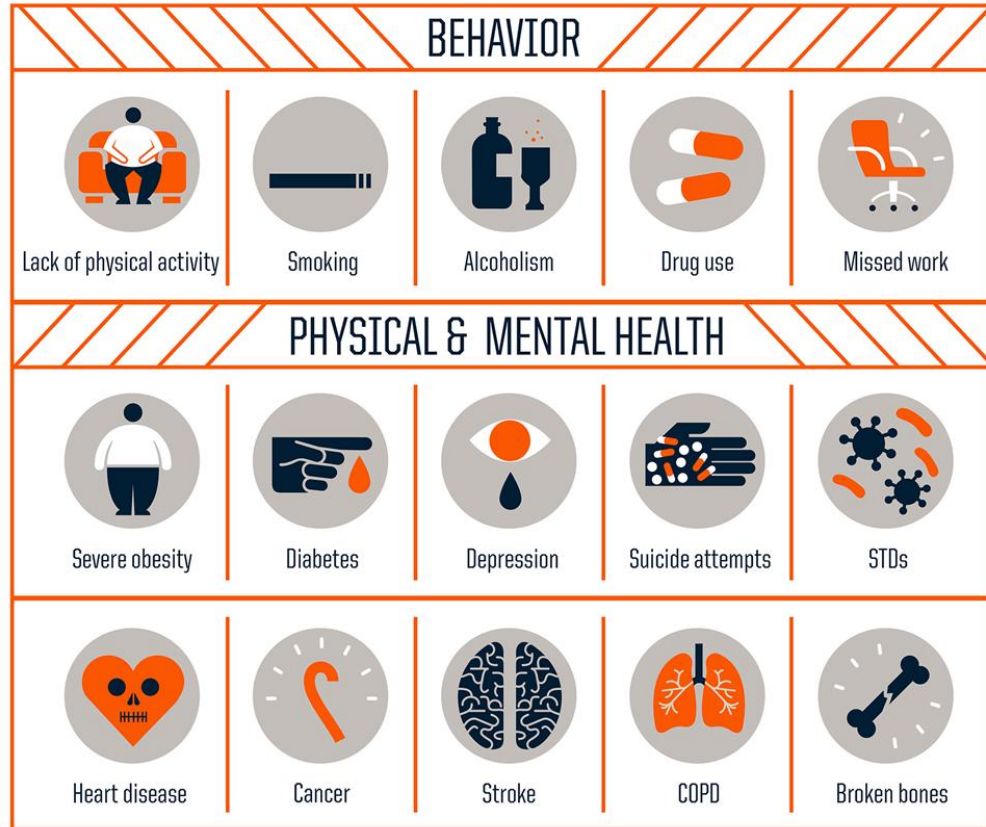
Emotional	15%
Physical	10%

Abuse

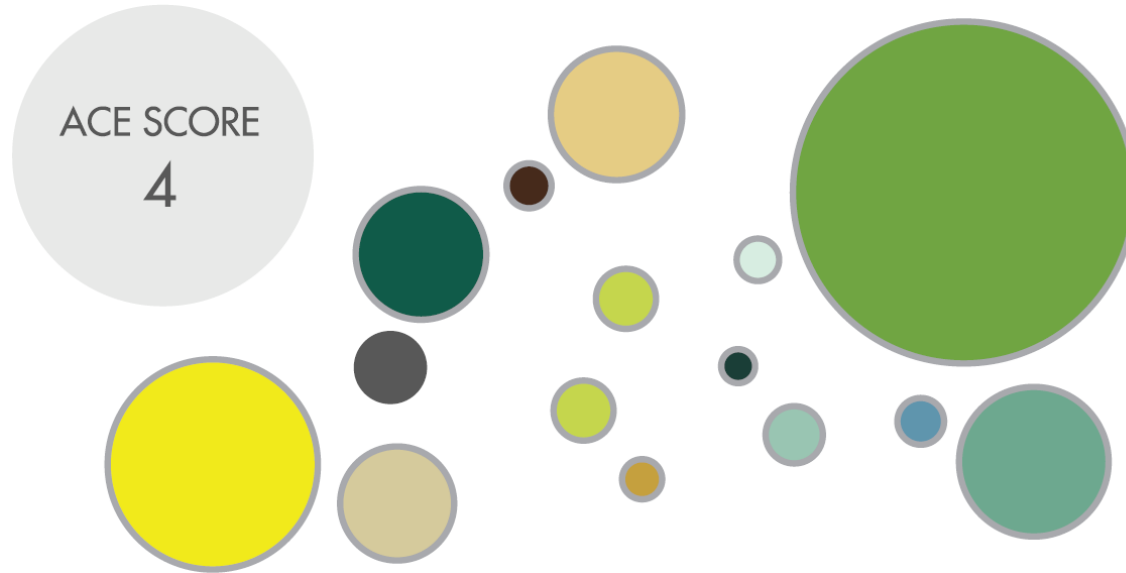
Emotional	11%
Physical	28%
Sexual	21%



The ACE Study Results



The ACE Study Results



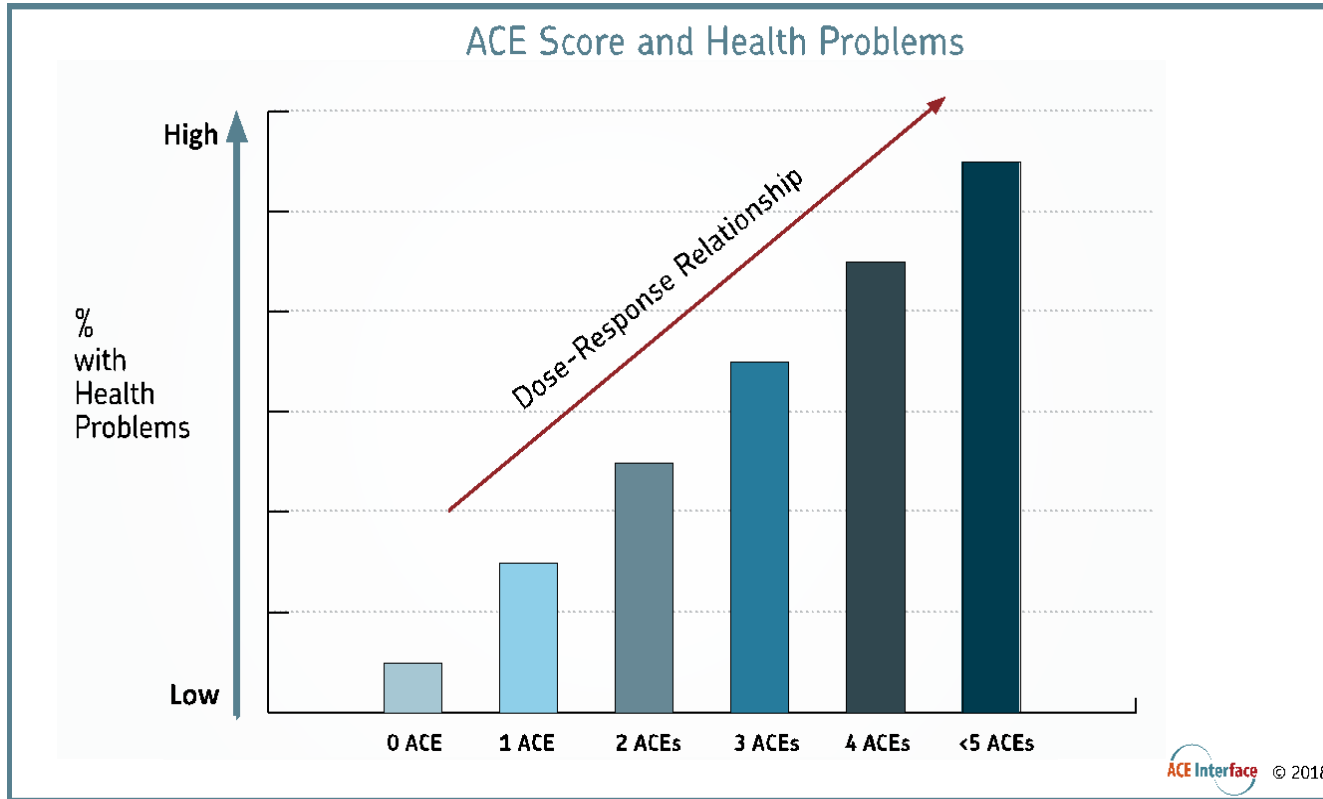
BEHAVIORS

- LACK OF PHYSICAL ACTIVITY
- SMOKING
- ALCOHOLISM
- DRUG USE
- MISSED WORK

PHYSICAL & MENTAL HEALTH

- SEVERE OBESITY
- DIABETES
- DEPRESSION
- SUICIDE ATTEMPTS
- STDs
- HEART DISEASE
- CANCER
- STROKE
- COPD
- BROKEN BONES

The ACE Study Results



The ACE Study Results

EXAMPLES OF ACE-ATTRIBUTABLE PROBLEMS

Alcoholism & Alcohol Abuse

Chronic Obstructive
Pulmonary Disease

Coronary Heart Disease

Depression

Drug Abuse & Illicit Drug Use

Fetal Death

Intimate Partner Violence

Liver Disease

Mental Health Problems

Obesity

Sexual Behavior Problems

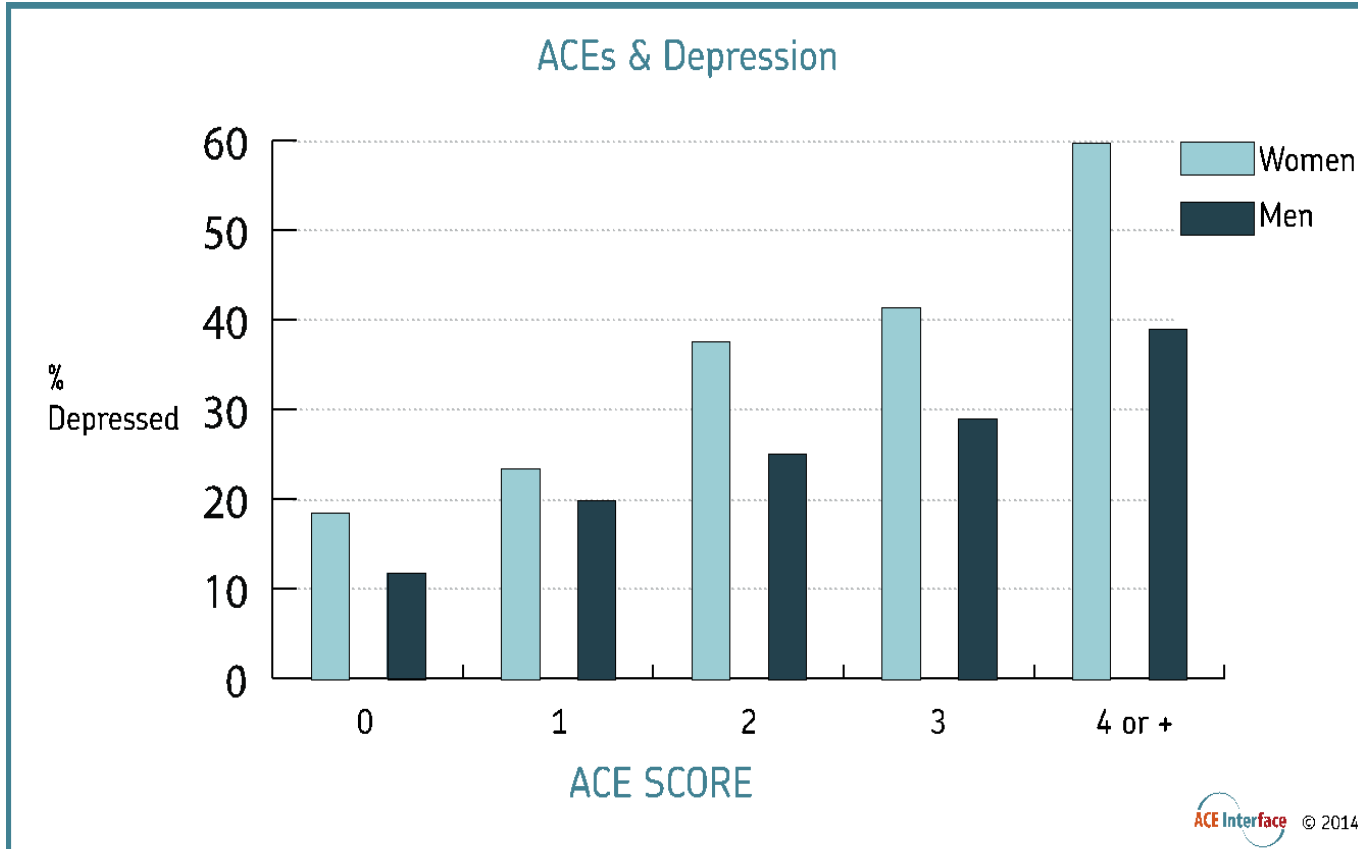
Smoking

Unintended Pregnancy

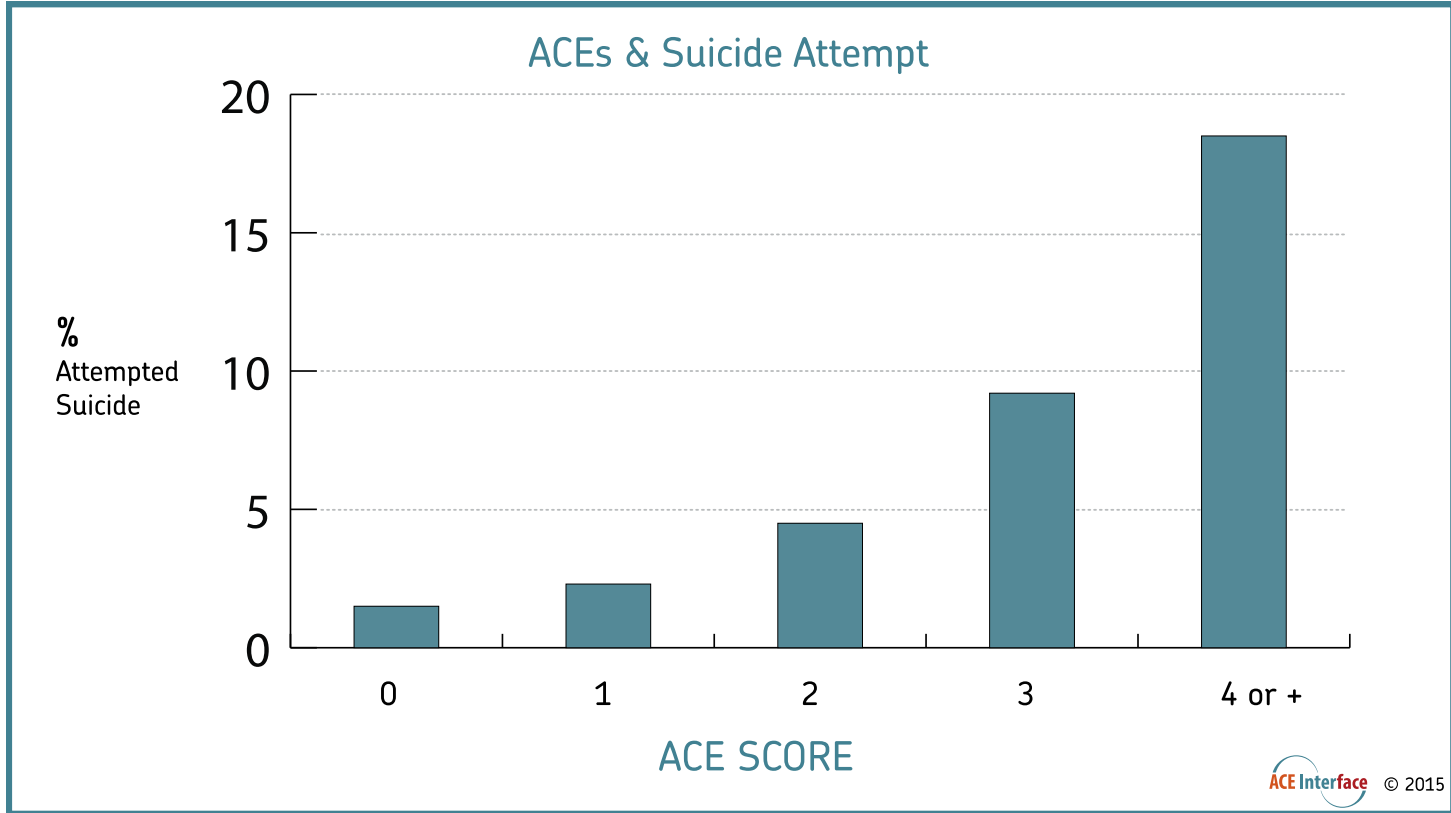
Violence

Workplace Problems

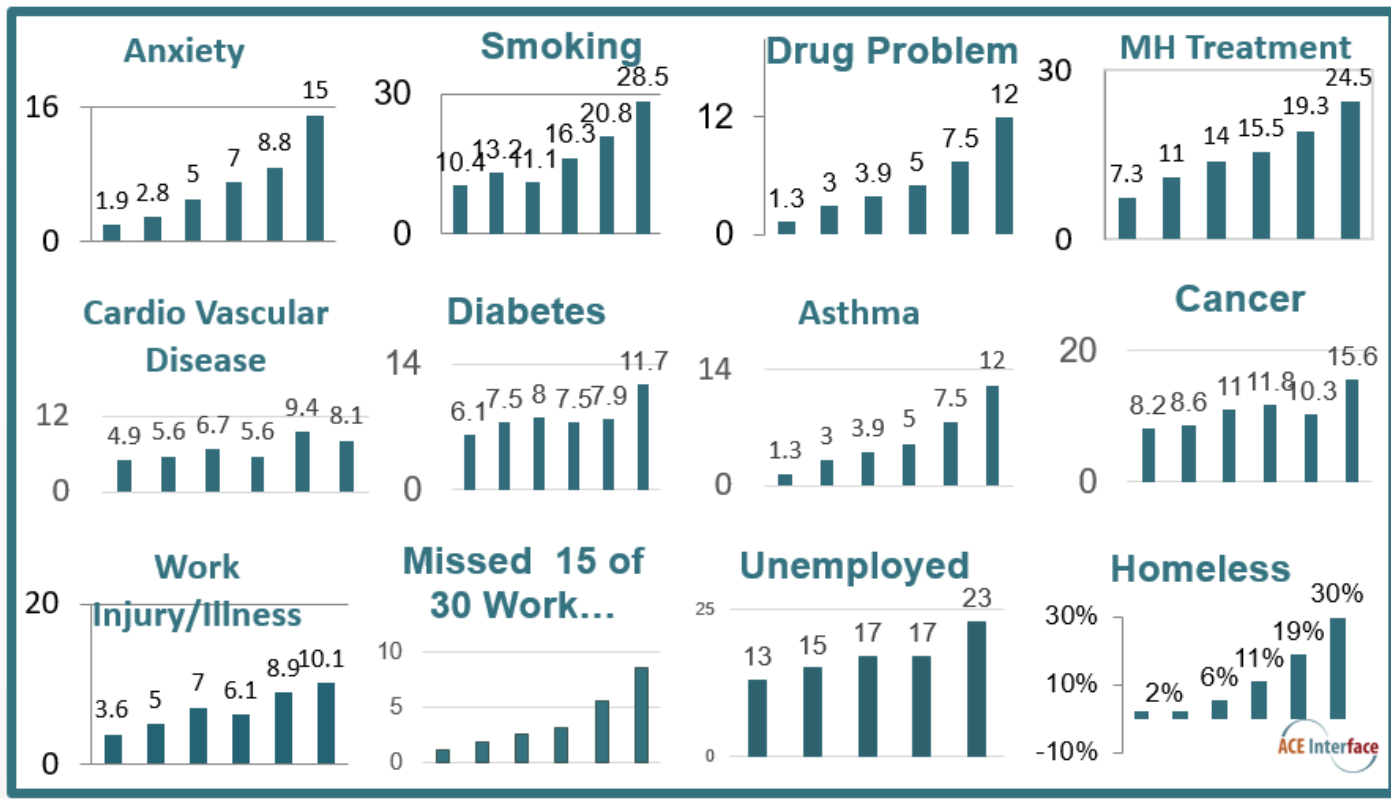
The ACE Study Results



The ACE Study Results



The ACE Study Results



The ACE Study Results

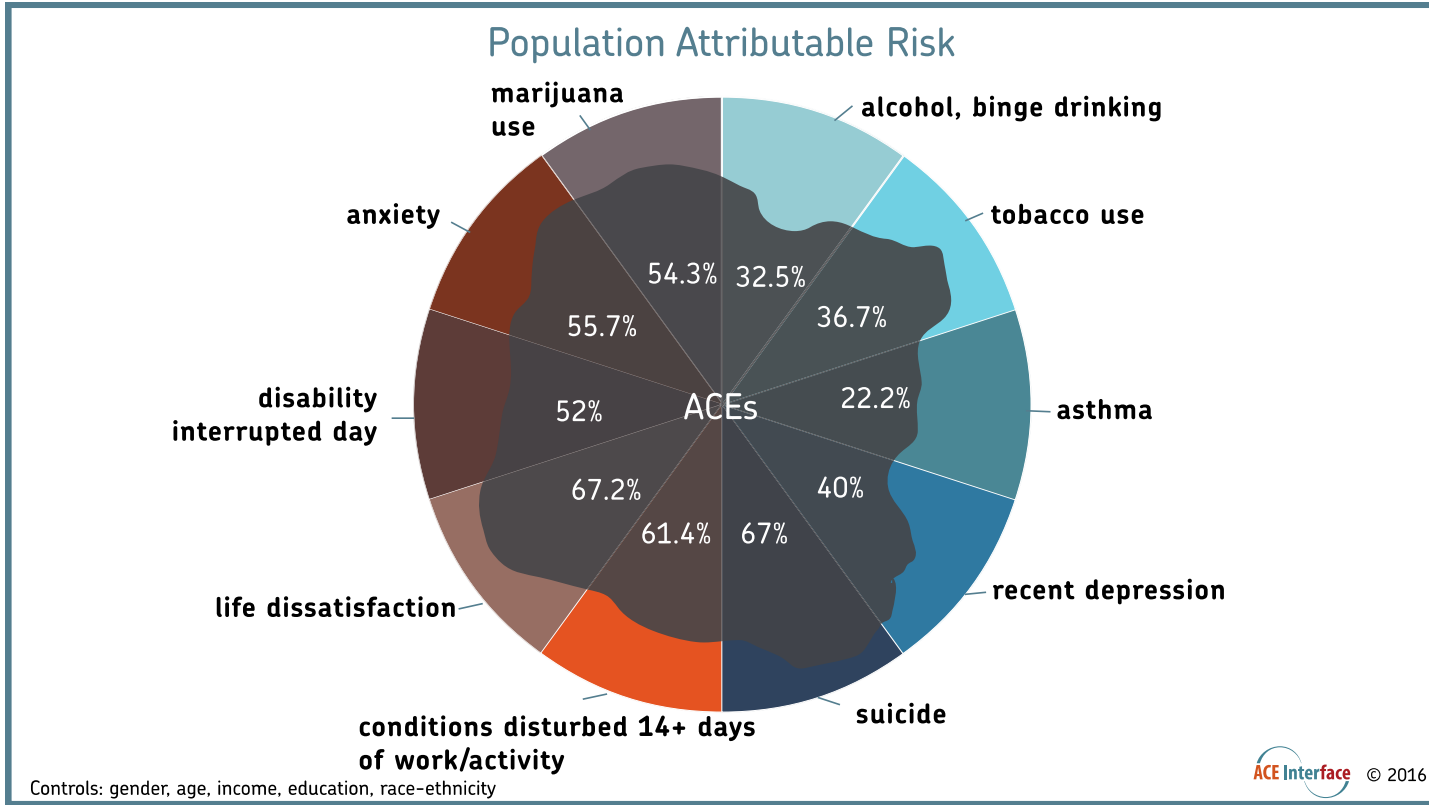


COMMON CAUSE

everyone can contribute
prevent accumulation

of ACEs

The ACE Study Results



The ACE Study Results

Epigenetics & Enduring Health



ACE Interface © 2015

The ACE Study Results

ACEs are Common, Interrelated, Powerful



High ACE Scores
in Population



Increased Risk of Multiple
Health and Social Problems



Intergenerational
Transmission of ACEs

Knock Down ACEs



Knocking Down ACE Scores

———— will prevent ————

3

homelessness, unemployment, incarceration

2

disability, learning problems

1

poverty

0

Teamwork

We

have the power to
shift the dynamics
that lead to
high ACE scores.



Core Protective Systems

Core Protective Systems

Capabilities

Attachment
&
Belonging

Community
Culture
Spirituality

“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

Ann Masten, 2009

Individual Capabilities

Individual Capabilities



Positive

view lets me know I am
important and valuable

The ACE Study Results

Attachment & Belonging

RELATIONSHIPS
with caring and competent
people are
—VITAL—
contributors to
resilience & recovery



Help that Helps



Community, Faith &
Cultural Processes

WE

foster
thriving
communities

ACE Interface © 2014

Help that Helps



Help *that* **Helps**

Help that Helps



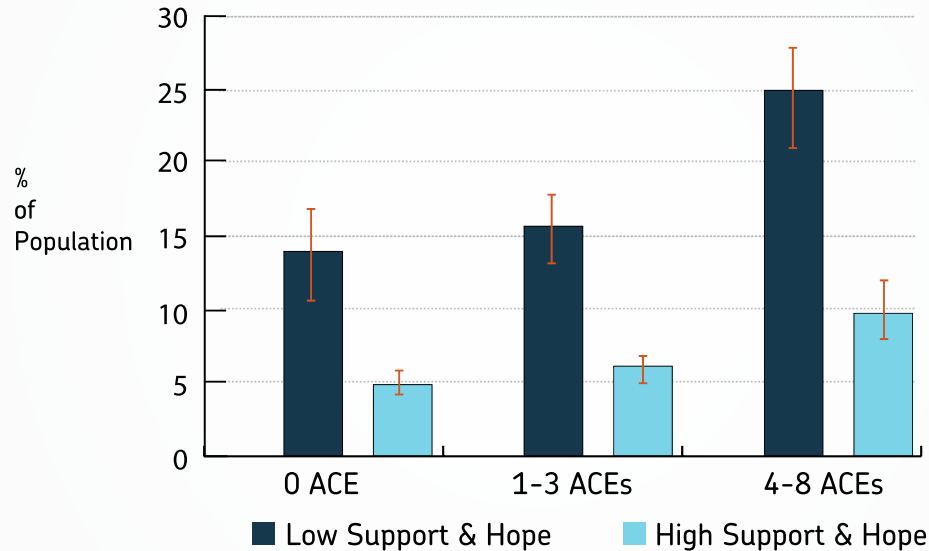
Four Resilience Factors that Make a Difference
They are even more powerful when we Layer Up...

1. Feeling social/emotional support and hope
2. Having 2 or More People Who Help (two or more people who give concrete help when needed)
3. Community reciprocity in watching out for children, intervening when they are in trouble, doing favors for one another
4. Social Bridging – People reach outside their social circle to get help for their family and friends

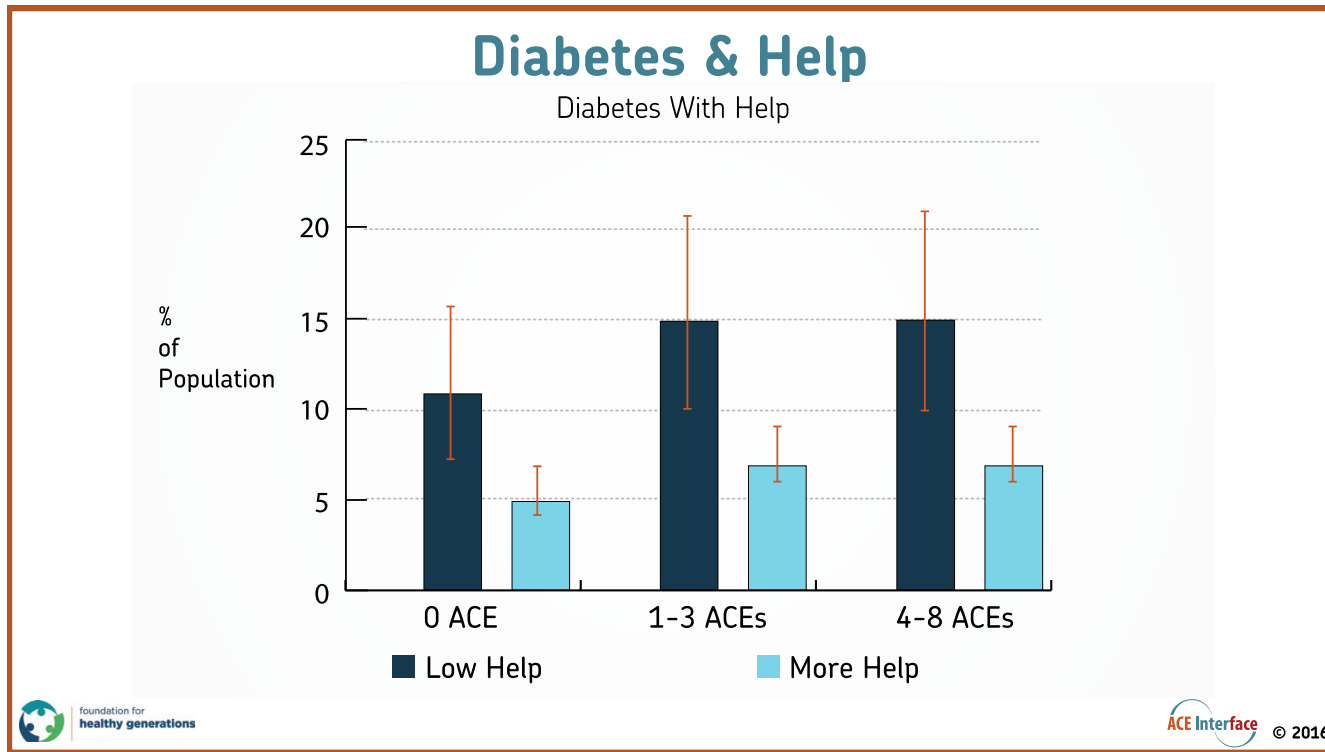
Help that Helps

Poor Health & Support

Poor Physical Health More Than Half Last Month With High Support & Hope



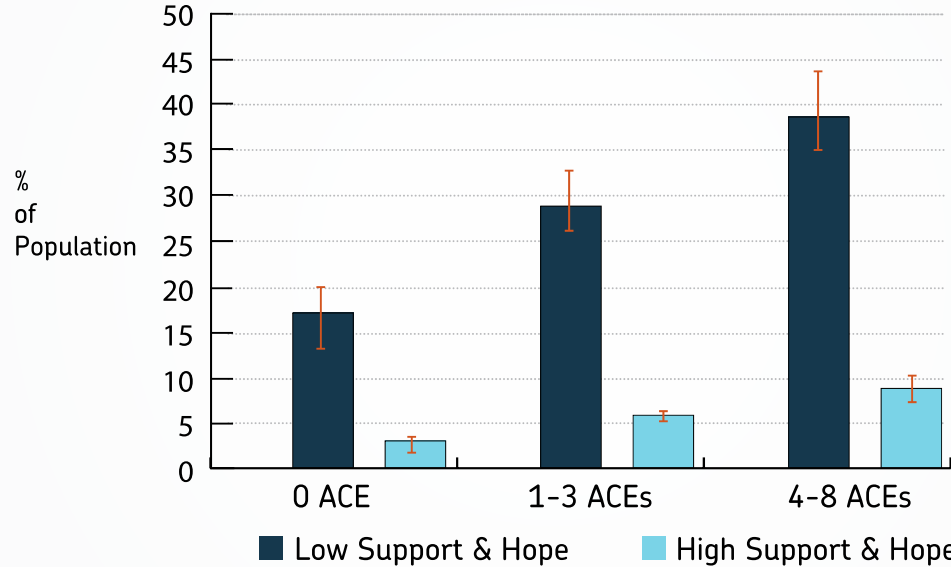
Help that Helps



Help that Helps

Mental Health & Support

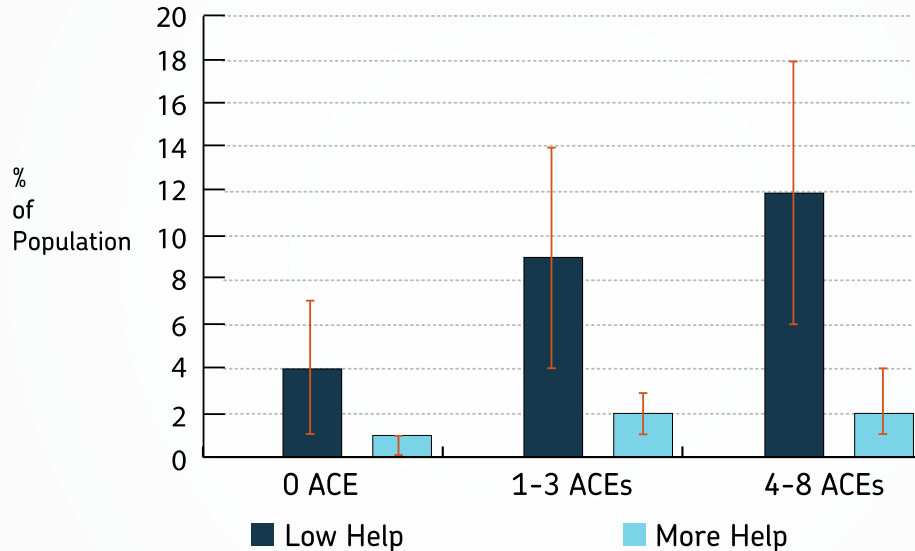
Poor Mental Health More Than Half Last Month With High Support & Hope



Help that Helps

Depression & Help

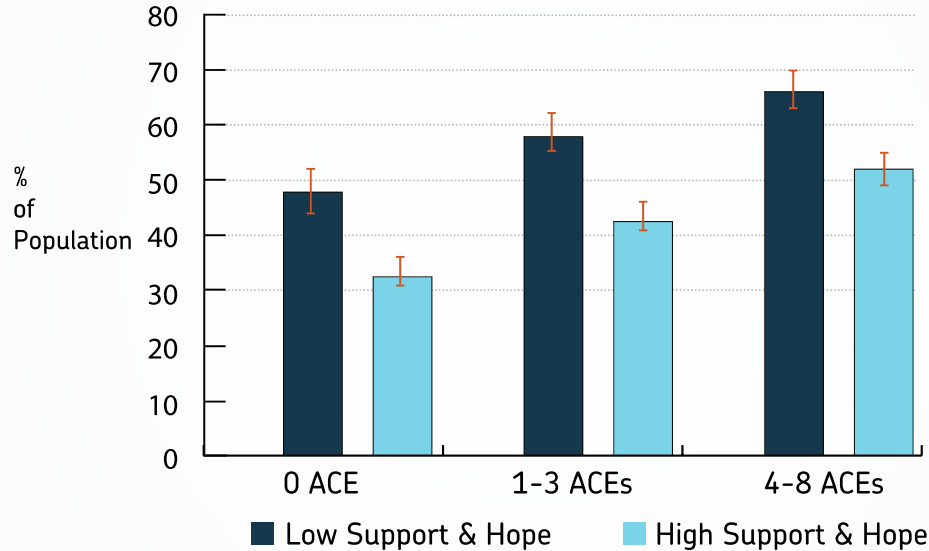
Depress All or Most of Last Month With Help



Help that Helps

Sleep & Support

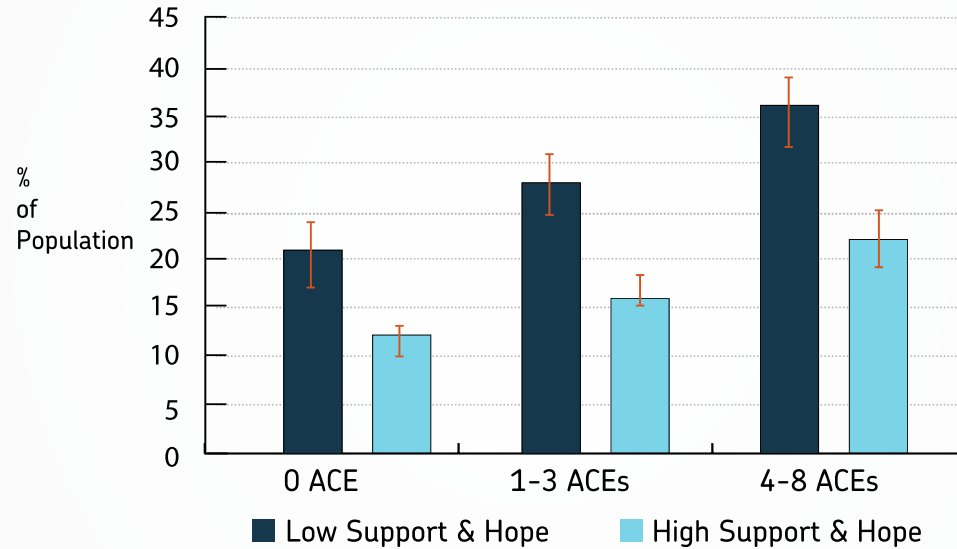
Not Enough Sleep 7 or more Days Past Month With High Support & Hope



Help that Helps

Smoking & Support

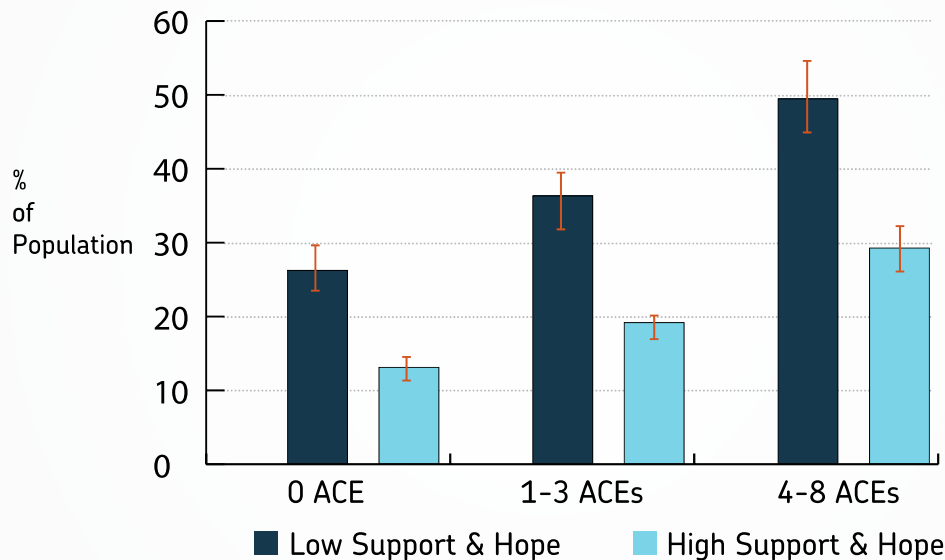
Smoker With High Support & Hope



Help that Helps

Activity Limitations & Support

Activity Limited Due to Health Problems With High Support & Hope



Best Practices: Building Resilience

Building Resilience

- Connections with Family and Friends
- Mechanisms of Communication
- Locus of Control
- Self-Regulation
- Self-Awareness
- Self-Esteem
- Empathy
- Goal Setting and Course Corrections

Discussion

- What are you already doing that is in alignment with trauma-informed systems of care?
- How can you build upon the strengths that exist?

Work Cited

- Belhumeur, L. L., Ph.D., Jones, S. C., M.A., Pafford, E., M.A., & Seetharaman, J. (2016). Healthy and Hopeful: Healing Trauma 'How the WYS Collaborative Model of Mental Health Services Builds Resilience and Alters the Impact of Adverse Childhood Experiences (ACEs)' (December ed., Ser. 2016, pp. 1-17, Rep.) <http://www.westernyouthservices.org/wys-aces-report/>
- Adverse Childhood Experiences - looking at how ACES affect our lives & society. (n.d.). Retrieved from https://vetoviolence.cdc.gov/apps/phl/resource_center_infographic.html
- Adverse Childhood Experiences | Promising Futures. (n.d.). Retrieved from <http://promisingfutureswithoutviolence.org/what-do-kids-need/get-the-facts/adverse-childhood-experiences/>
- Fast Facts About Kaiser Permanente. (n.d.). Retrieved from <https://share.kaiserpermanente.org/article/fast-facts-about-kaiser-permanente/>
- Ginsburg, K. (n.d.). Fostering Resilience, Building Resilience in Children and Teens--Dr. Kenneth Ginsburg. Retrieved from http://www.fosteringresilience.com/index_parents.php
- Mindfulness protects adults from physical, mental health consequences of childhood abuse, neglect « ACEs Too High. (n.d.). Retrieved from <https://acestoohigh.com/2014/09/15/mindfulness-protects-adults-from-physical-mental-health-consequences-of-childhood-abuse-neglect/>
- Parra, J., MA, PPS. (n.d.). Adolescents and Mental Health.
- The road to resilience. (n.d.). Retrieved from <http://www.apa.org/helpcenter/road-resilience.aspx>
- Toxic Stress. (n.d.). Retrieved from <http://developingchild.harvard.edu/science/key-concepts/toxic-stress/>
- Violence Prevention. (2016, June 14). Retrieved from <https://www.cdc.gov/violenceprevention/acestudy/about.html>
- Mental Health Facts. Retrieved from <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>
- Mental Health – A Path Forward. Retrieved from <https://www.preventioninstitute.org/publications/mental-health-%E2%80%93-path-forward>



Building Self-Healing Communities

Thank YOU!

www.aceinterface.com



Next Steps

- Have questions?
- Want to bring this training to your organization?
- Reach out to:
development@westernyouthservices.org