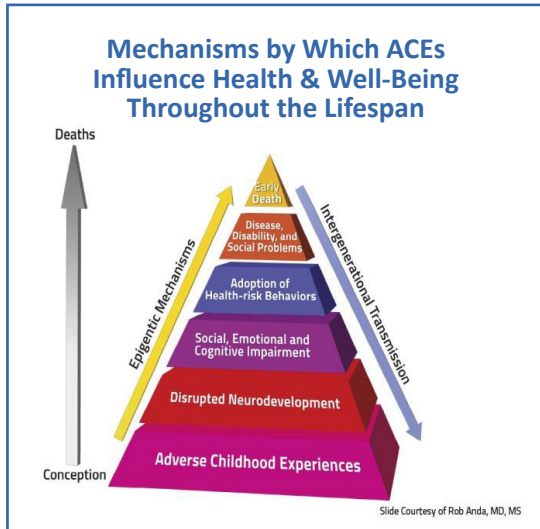




Spring 2016

## Adverse Childhood Experiences (ACEs)

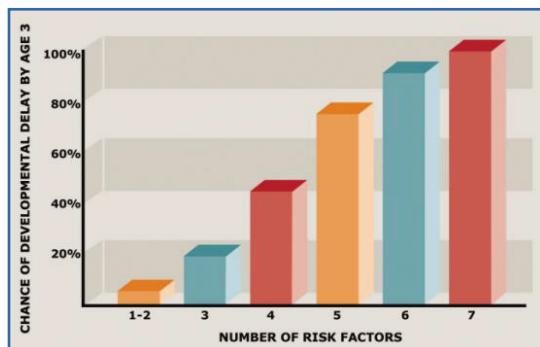
ACEs are significant incidents during childhood which can result in harm to social, cognitive and emotional functioning. Resulting changes in brain development can affect a child's learning ability and social skills, as well as impact long-term adult health outcomes and quality of life. Research at the Centers for Disease Control (CDC) finds, worst case, that childhood trauma can take as many as 20 years off life expectancy. The CDC views ACEs as one of the major health issues of the 21st century. While not guaranteeing bad outcomes, ACEs increase the odds. And they are largely preventable!



### The ACEs Study: Drs. Felitti and Anda, Co-PIs

An ongoing collaboration of the CDC and Kaiser Permanente

The ACEs Study is one of the largest investigations ever conducted to assess associations between childhood stressors and well-being later in life. Participants provided detailed information about childhood experiences of abuse, neglect and family dysfunction by completing a questionnaire at a routine health examination. Over 17,000 members of the Kaiser Health Plan in San Diego County, CA, at an average age of 57 years, participated in the initial phase from 1995 to 1997 and continue to be tracked. This work helped build a new understanding of the cumulative effect of adverse experiences on human development and health. The likelihood of risky behaviors and/or poor health outcomes increases as the number of ACEs increases. Although not every adult with a history of ACEs will experience health problems, many will and some will have serious difficulties.



Barth, R. P., et al. (2008). Developmental status and early intervention service needs of maltreated children. Washington, DC: U.S. Department of Health and Human Services, Office of the Assistant Secretary for Planning and Evaluation. <http://aspe.hhs.gov/hsp/08/devneeds/ch2.htm#B> (accessed 11/12/14)

### ACEs, Related Stressors and Developmental Delay

When children, birth to 36 months of age investigated by the child welfare system due to an exposure to maltreatment, are grouped according to the number of exposures to additional risk factors, one sees an increase in the percentage of children demonstrating developmental delay by age 3 years. There is a cumulative effect of multiple risk factors. Reduction of these risk factors would be anticipated to positively affect child outcomes. Additional adverse risk factors include exposures such as low income status, teen and/or single parent household, low caregiver education, four or more children in the home, and minority status.

## Key Findings: ACEs are strong predictors of health risks and disease in adolescence and beyond

Adverse Childhood Experiences Are Common\*

Household dysfunction	
Substance abuse	27%
Parental sep/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%
Abuse	
Psychological	11%
Physical	28%
Sexual	21%
Neglect	
Emotional	15%
Physical	10%

\*from the original ACEs Study

## ACEs Increase Risk For:

- Ischemic heart disease
- Cancer
- Chronic lung disease, smoking
- Sexually-transmitted diseases
- Liver disease
- Autoimmune disease
- Skeletal fractures
- Multiple medication use
- Depression and/or anxiety
- PTSD
- Sleep and memory disturbances
- Poor anger control
- Suicide
- Learning disability and/or attention problems
- Poor social skills, family relationships
- Teen/unintended pregnancy
- Absenteeism, impaired school or job performance, dropping out
- Addiction – alcohol, illicit drugs
- Poor self-assessed health or quality of life
- And more

**ACEs rarely occur in isolation** – but rather come in groups and have a cumulative stressor effect. Of persons reporting at least one ACE, 87% reported at least one other ACE. 70% reported 2 or more others and more than half had 3 or more additional ACEs!



## Creating Resilience

As compelling as the predictive power of ACEs is, many people do well despite exposure to adversity. As articulated by former president of the American Academy of Pediatrics, Dr. Robert Block, “Rather than saying to parents, ‘You have a problem’, we can say, ‘There are some things going on in your life that are having a tremendous effect on you and your child. Let’s see if we can figure out a way to help and make that situation better.’”

We can help children by:

- Gaining an understanding of ACEs in their life
- Creating environments where they are safe, emotionally and physically
- Helping them identify feelings and control emotions
- Creating protective factors at home, in schools and in communities

## Protective Factors

- Parental resilience and supportive relationships
- Nurturing relationships with caring adults
- Supportive social connections and peer relationships
- Concrete supports for basic needs (food, housing, health care, etc.)
- Knowledge of parenting and child development
- Social emotional competence

## For More Information

### A few of the efforts in Washington State

- **Spokane's trauma-informed schools**  
<http://acestoohigh.com/2013/08/20/spokaneschools/>
- **Children's Resilience Initiative** (Walla Walla, WA)  
[www.resiliencetrumpsaces.org](http://www.resiliencetrumpsaces.org)
- **Local public health efforts**  
<http://www.nwcphp.org/training/opportunities/webinars/adverse-childhood-experiences-and-public-health-practice>
- **Report on public health and social burden of ACES on population scale**  
[http://resiliencetrumpsaces.org/docs/ACES\\_in\\_Washington\\_2009\\_BRFSS\\_Final\\_Report\\_7\\_7\\_2010.pdf](http://resiliencetrumpsaces.org/docs/ACES_in_Washington_2009_BRFSS_Final_Report_7_7_2010.pdf)

### American Academy of Pediatrics

- **Addressing ACEs and other types of trauma in the primary care setting**  
[http://www.aap.org/en-us/Documents/ttb\\_addressing\\_aces.pdf](http://www.aap.org/en-us/Documents/ttb_addressing_aces.pdf)

- **The Resilience Project: Stopping Toxic Stress**  
<http://www.aap.org/theresilienceproject>
- **Tools to identify CEV** (Children's Exposure to Violence)  
<http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Medical-Home-for-Children-and-Adolescents-Exposed-to-Violence/Pages/Diagnostic-Tools.aspx>

### Additional Resources

- **ACEs Connection Network** ([ACEsConnection.com](http://ACEsConnection.com)) – the companion social network to **ACEs Too High** ([ACEsTooHigh.com](http://ACEsTooHigh.com)). Great resources and news stories about ACEs and trauma-informed care from across the US, including sections for WA and for pediatric health providers.
- **The Adverse Childhood Experiences Study**  
<http://www.acestudy.org/survey>
- **The Center for Disease Control and Prevention**  
<http://www.cdc.gov/violenceprevention/acestudy>

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## Spokane County Special Needs Information and Referral Resources

<b>Children birth to age 18</b>	Spokane Regional Health District Children & Youth with Special Health Care Needs 509.324.1665
<b>Children under age 3</b>	Spokane Regional Health District Infant Toddler Network 509.324.1651 <a href="http://www.srhd.org/services/itn.asp">http://www.srhd.org/services/itn.asp</a>
<b>Children age 3 and older</b>	Contact your local school district Child Find liaison to request developmental assessment. See next page for school district contacts.
<b>Family Support</b>	The Arc of Spokane <a href="http://www.arc-spokane.org/advocacy-family-support">http://www.arc-spokane.org/advocacy-family-support</a>
<b>WithinReach Family Health Hotline</b>	800.322.2588, 800.833.6388 <small>TDD</small> , <a href="http://www.parenthelp123.org">www.parenthelp123.org</a> Developmental Screening: 800.322.2588, <a href="http://www.parenthelp123.org/ask-now">www.parenthelp123.org/ask-now</a>
<b>ACEs Information</b>	WSU CLEAR Trauma Center <a href="http://ext100.wsu.edu/ahec/complex-trauma-2/">http://ext100.wsu.edu/ahec/complex-trauma-2/</a>
<b>Handouts for Parents &amp; Professionals</b>	<a href="http://www.acesconnection.com/blog/handouts-for-parents-about-aces-toxic-stress-and-resilience">http://www.acesconnection.com/blog/handouts-for-parents-about-aces-toxic-stress-and-resilience</a>
<b>1-2-3 Care Toolkit: A Trauma-Sensitive Toolkit for Caregivers of Children</b>	<a href="http://www.srhd.org/123care.asp">www.srhd.org/123care.asp</a>

# School District Contact Information

## **SPOKANE PUBLIC SCHOOL DISTRICT #81**

### **Spokane Public Schools**

200 N. Bernard, 3rd Floor Special Ed.  
Spokane, WA 99201

509.354.7947  
509.354.5910 *FAX*

## **CENTRAL VALLEY SCHOOL DISTRICT #356**

### **Special Services**

19307 East Cataldo  
Greenacres, WA 99016-9404

509.228.5520  
509.228.5509 *FAX*

### **Adams Elementary**

14707 East 8th Avenue  
Veradale, WA 99037

509.228.4000  
509.228.4009 *FAX*

### *Early Learning Center*

10304 East 9th Avenue  
Spokane Valley, WA 99206

## **CHENEY SCHOOL DISTRICT #360**

### **Special Education**

12414 S. Andrus Road  
Cheney, WA 99004

509.559.4507  
509.559.4517 *FAX*

## **DEER PARK SCHOOL DISTRICT**

### **Special Services**

PO Box 190  
Deer Park, WA 99006

509.464.5640  
509.464.5665 *FAX*

## **FREEMAN SCHOOL DISTRICT #358**

15001 South Jackson Road  
Rockford, WA 99030-9755

509.291.4791  
509.291.7339 *FAX*

## **EAST VALLEY SCHOOL DISTRICT #361**

### **Curriculum Center**

12325 East Grace  
Spokane, WA 99216

509.927.9511  
509.927.3222 *FAX*

## **GREAT NORTHERN SCHOOL DISTRICT #312**

### **School Psychologist**

31125 North Spotted Road  
Spokane, WA 99204-9182

509.747.7714  
509.838.5670 *FAX*

## **LIBERTY SCHOOL DISTRICT #362**

S. 29818 North Pine Creek Road  
Spangle, WA 99031-9706

509.245.3211  
509.245.3530 *FAX*

## **MEAD SCHOOL DISTRICT #354**

### **Special Services**

2323 E. Farwell Road  
Mead, WA 99021

509.465.7616  
509.465.7646 *FAX*

## **MEDICAL LAKE SCHOOL DISTRICT**

### **Special Services**

PO Box 128  
Medical Lake, WA 99022-0128

509.565.3145  
509.565.3149 *FAX*

*All Transition Conferences held at:*

### **Medical Lake Alternative High School**

317 North Broad  
Medical Lake, WA 99022

## **NINE MILE FALLS SCHOOL DISTRICT #325**

### **Lake Spokane Elementary**

6015 Hwy 291  
NMF, WA 99026

509.340.4064  
509.340.4301 *FAX*

## **ORCHARD PRAIRIE SCHOOL DISTRICT**

7626 North Orchard Prairie Road  
Spokane, WA 99207-9766

509.467.9517

## **REARDAN-EDWALL SCHOOL DISTRICT**

PO Box 109  
Reardan, WA 99029-0225

## **RIVERSIDE SCHOOL DISTRICT**

### **Special Services**

3802 East Deer Park-Milan Road  
Chattaroy, WA 99003

509.464.8366  
509.464.8365 or 509.464.8447 *FAX*

## **WEST VALLEY SCHOOL DISTRICT**

### **Millwood Grade School**

8818 East Grace  
Spokane, WA 99212

509.927.1138  
509.921.5259 *FAX*