

CHILDHOOD TRAUMA INITIATIVES

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HARNESSING CHILDHOOD TRAUMA

**A MAJOR INITIATIVE TO
IMPROVE ARKANSANS' LIVES
AND SAVE SIGNIFICANT
MEDICAID COSTS AND
EXPENDITURES FOR SOCIAL
AND LEGAL SERVICES**

Handout # 6
Re: E-2

WHAT HAPPENS IN CHILDHOOD DOES NOT STAY IN CHILDHOOD

The Adverse Childhood Experiences (ACE) Study

- **The largest study of its kind ever done to examine the health and social effects of adverse childhood experiences over the lifespan (18,000 participants)**

This slide copied from The Relationship of Adverse Childhood Experiences to Adult Health Status, Vincent J. Felitti MD and Robert F. Anda, MD.

THE MOST POWERFUL DETERMINATE OF THE PUBLIC'S HEALTH



ADVERSE CHILDHOOD EXPERIENCES

Abuse and Neglect

1. Child physical abuse
2. Child sexual abuse
3. Child emotional abuse
4. Neglect

Indicators of Family Dysfunction

5. Mentally ill, depressed or suicidal person in the home
6. Drug addicted or alcoholic family member
7. Witnessing domestic violence against the mother
8. Parental discord – indicated by divorce, separation, abandonment
9. Incarceration of any family member

ACE Score: the number of categories of adverse childhood experience to which a person was exposed.

www.nwcp.org/docs/mch/20110616/mch20110616.ppt

CUT-OFF SCORE = 4 or More of 9 Events

With an ACE Score of 4 or more

the majority of adults have multiple risk factors for these both multiple chronic medical and psychiatric and substance disorders plus impaired interpersonal, occupational, social and/or legal problems, resulting in functional disability and early death

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US vs ARKANSAS COMPARISON: Adverse Childhood Experiences

2009 THRU 2012



Household dysfunction:

Substance abuse in family

26%

US =

27%

AR =

Parents separated/divorce

23%

23%

Mental illness in family

17%

17%

Abuse: Abuser was battered

15%

Emotional

13%

11%

24% Criminal behavior

6%

6%

Physical

28%

14% Neglect:

Sexual

Emotional

15%

21%

ND

11% Physical

10%

ND

How the ACES Work

Adverse Childhood Experiences

- Abuse and Neglect (e.g., psychological, physical, sexual)
- Household Dysfunction (e.g., domestic violence, substance abuse, mental illness)



Impact on Child Development

- Neurobiologic Effects (e.g., brain abnormalities, stress hormone dysregulation)
- Psychosocial Effects (e.g., poor attachment, poor socialization, poor self-efficacy)
- Health Risk Behaviors (e.g., smoking, obesity, substance abuse, promiscuity)



Long-Term Consequences

Disease and Disability

- Major Depression, Suicide, PTSD
- Drug and Alcohol Abuse
- Heart Disease
- Cancer
- Chronic Lung Disease
- Sexually Transmitted Diseases
- Intergenerational transmission of abuse

Social Problems

- Homelessness
- Prostitution
- Criminal Behavior
- Unemployment
- Parenting problems
- High utilization of health and social services
- Shortened Lifespan

Sexual Abuse, Physical Abuse, Domestic Violence & Poverty Each Increase Risk for Mental Health Problems in Males^{1,2}

N=2382



¹Data from the National Comorbidity Survey-Replication Sample (NCS-R).

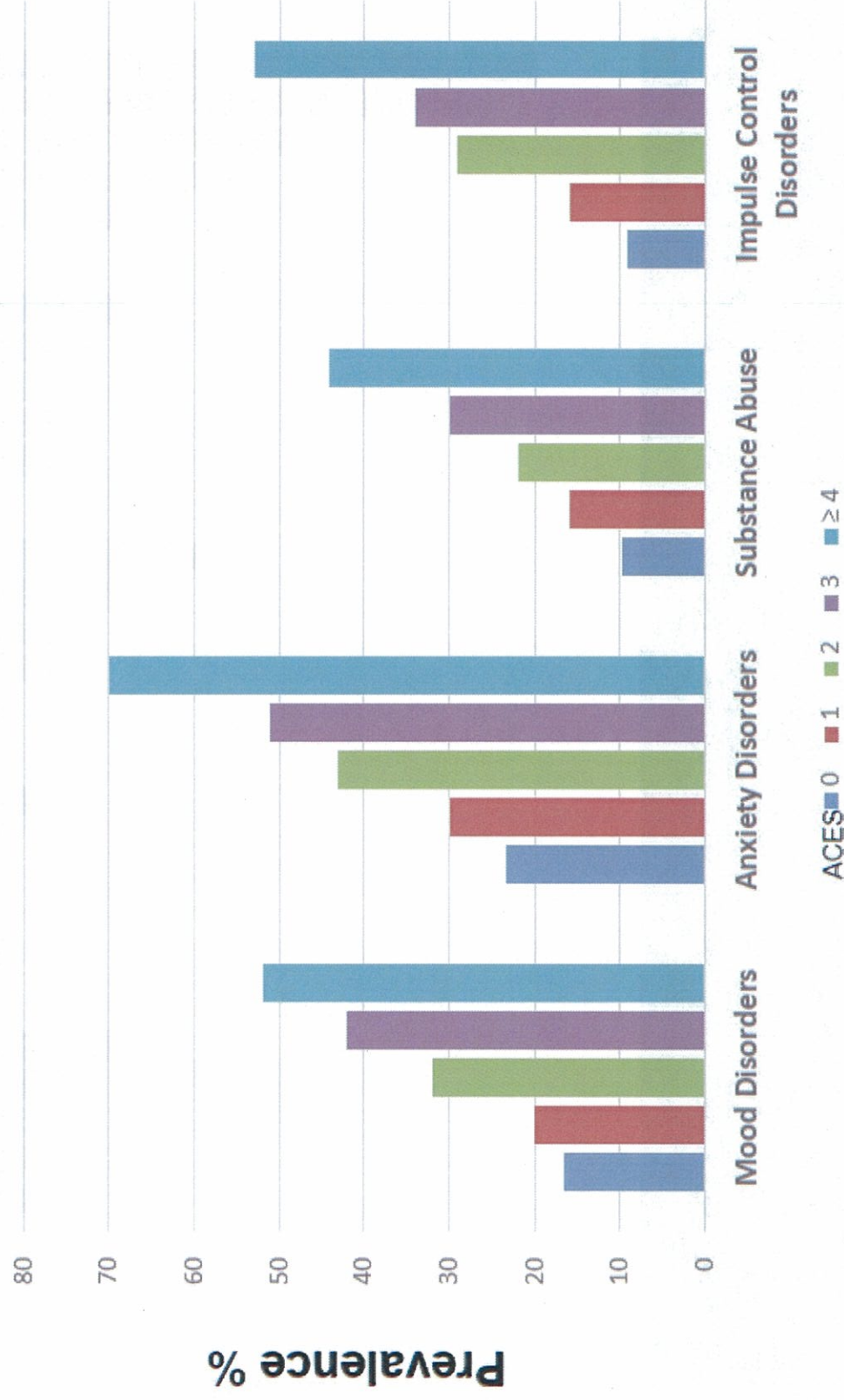
²Putnam, Harris, Putnam, J Traumatic Stress, 26:435-442, 2013.

Prevention & Treatment Costs

- Are prevention & treatment programs cost-effective?
- High quality home visiting child abuse prevention programs have been found to return ~ \$3.00/dollar of cost¹.
- Evidence-based child trauma treatments such as Parent-Child Interaction Therapy (PCIT) return \$3.64/dollar cost¹.

¹Benefits and Costs of Early Intervention and Prevention Programs, Sept, 2004.
<http://www.wsipp.wa.gov/rptfiles/04-07-3901a.pdf>.

Cumulative ACES & Mental Health^{1,2}



¹Data from the National Comorbidity Survey-Replication Sample (NCS-R).

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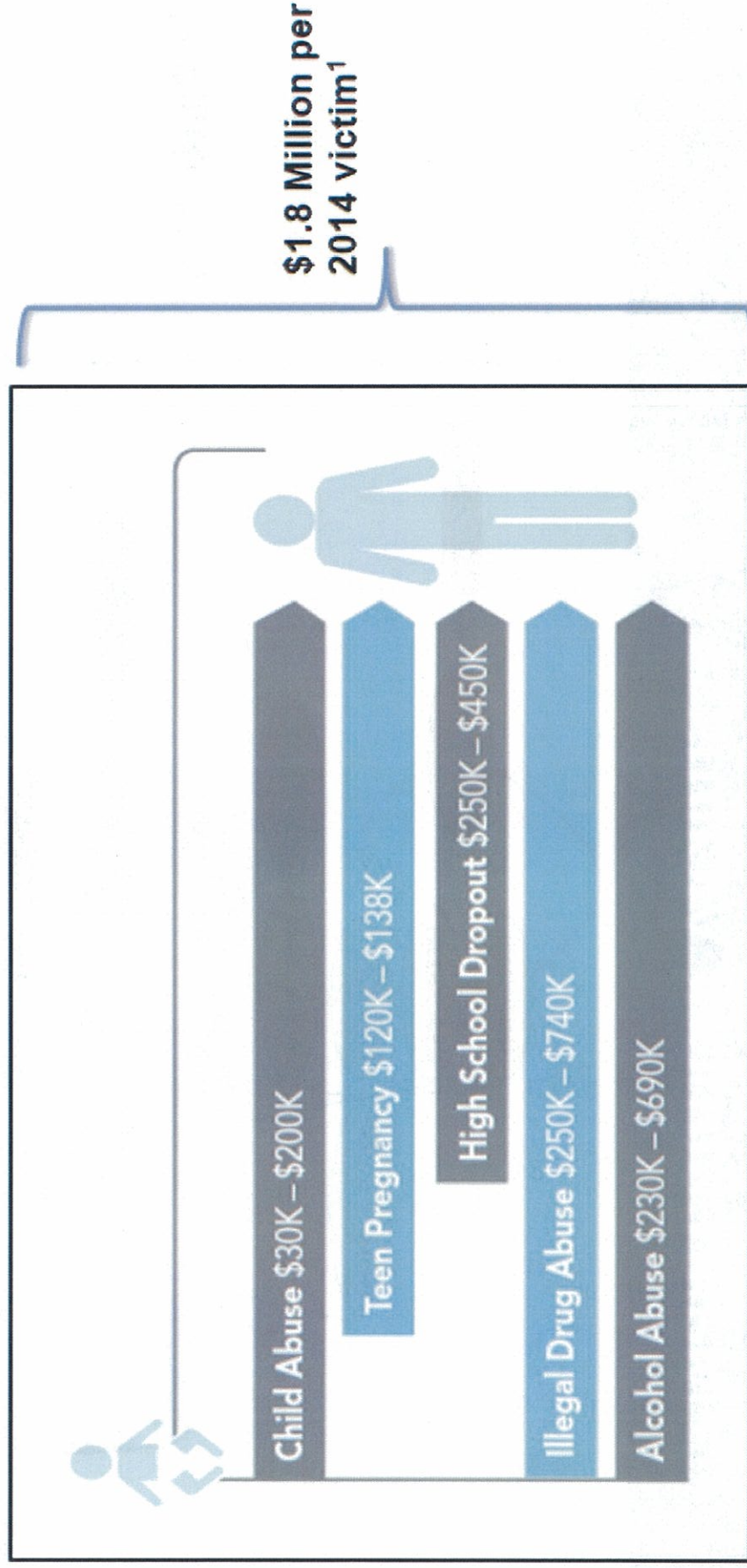
Cumulative ACES & Chronic Disease¹



¹Felitti et al., (1998) American Journal of Preventive Medicine, 14:245-258.

What does it cost to do nothing?

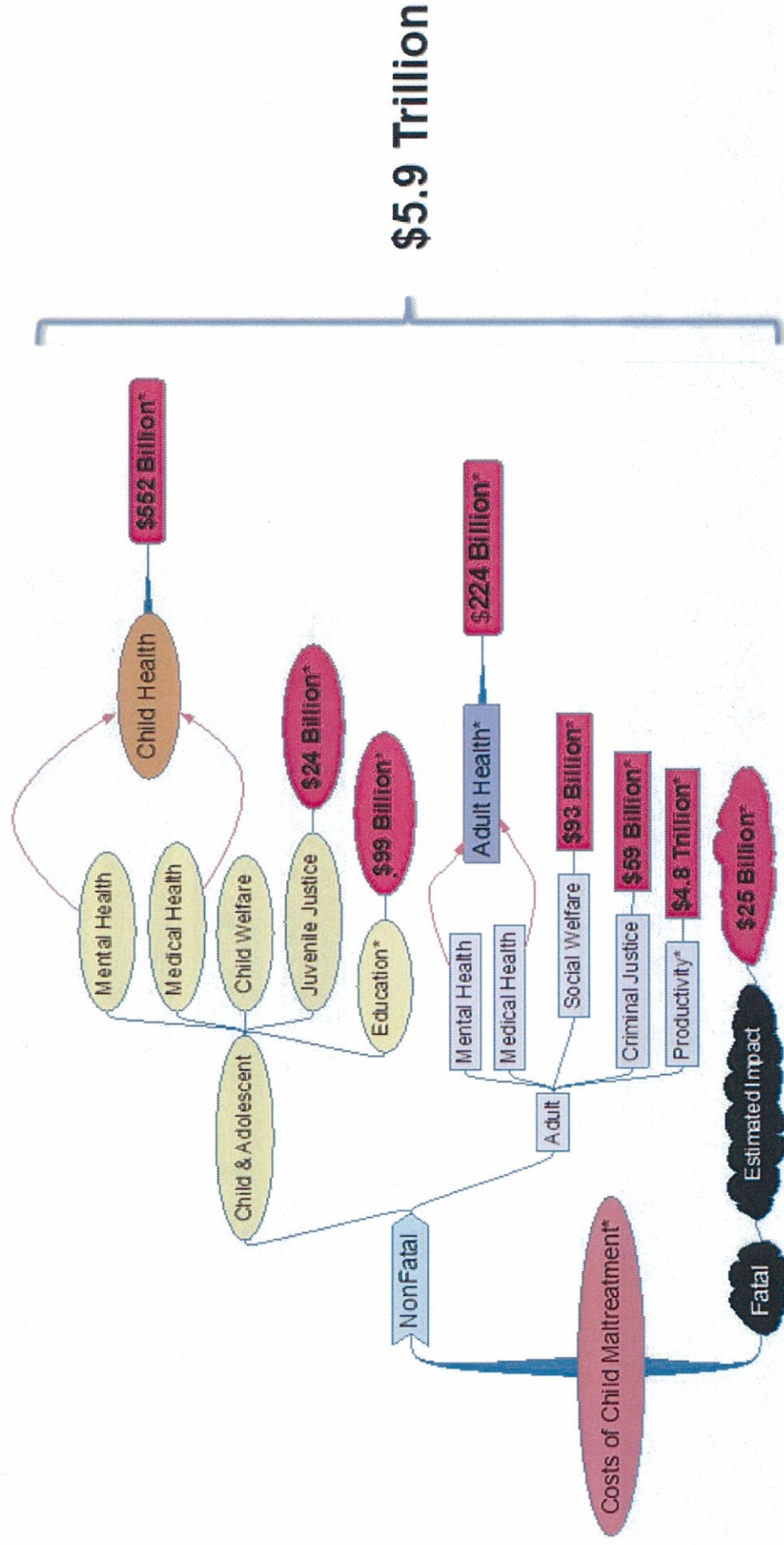
Each 2014 First-Time Case of Child Maltreatment Costs U.S. Economy
Approximately \$1.8 Million in Total Expenditures over their Lifetime¹



Graphic from Pew Issue Brief Jan 2011: Paying Later: High Cost of failing to Invest in Young children.

¹Suffer the Little Children: An Assessment of the Economic Costs of Child Maltreatment
The Perryman Group, Nov. 2014: <http://perrymangroup.com/special-reports/child-abuse-study/>

Estimated Lifetime Costs for all 2014 First Time Maltreatment Victims = \$5.9 Trillion¹



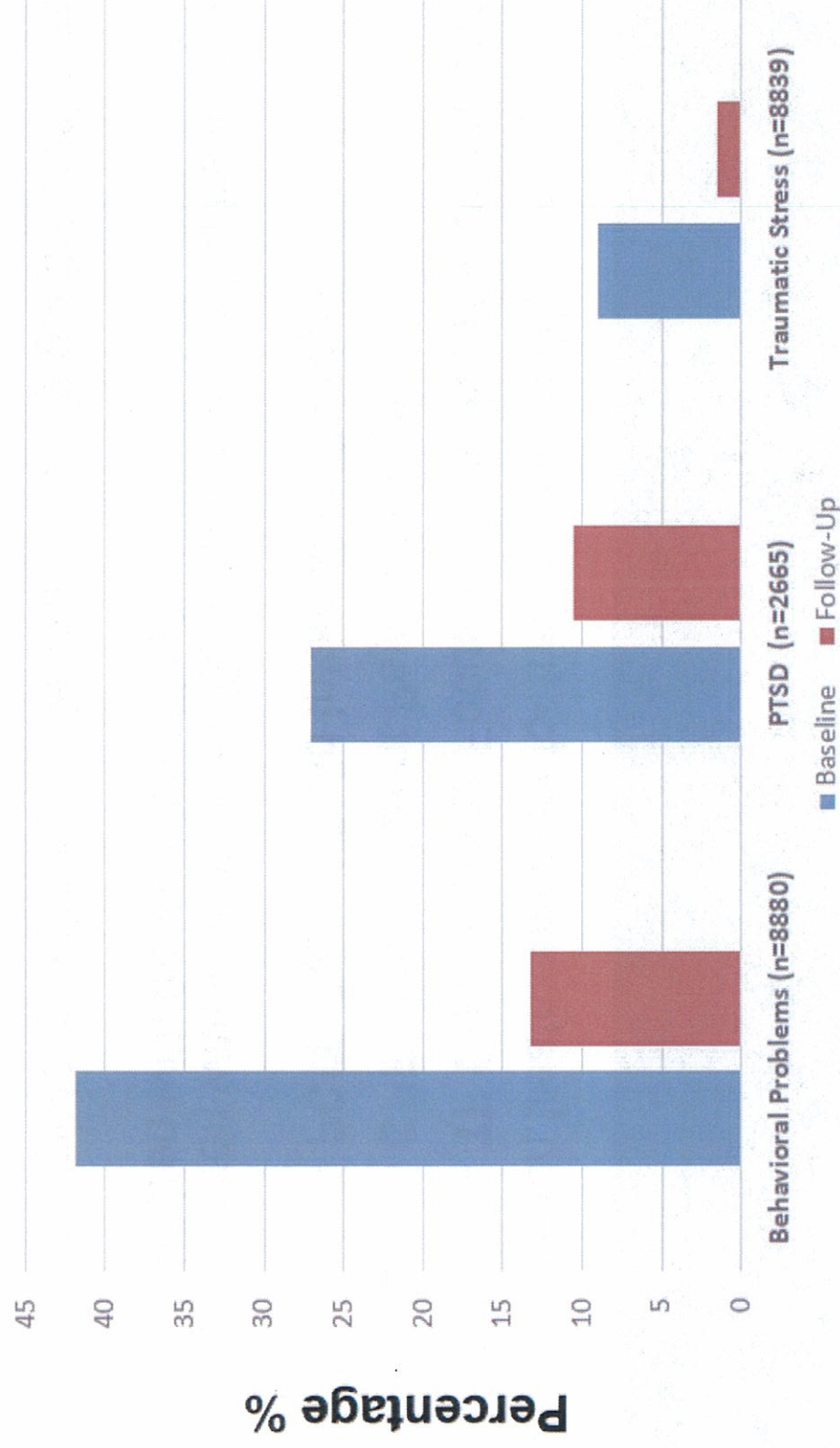
¹Suffer the Little Children: An Assessment of the Economic Costs of Child Maltreatment
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Treatment

- Proven treatments exist for traumatized children, e.g.,
 - **TF CBT** -Trauma-Focused Cognitive Behavioral Therapy
 - **CPP** - Child Parent Psychotherapy
 - **PCIT** -Parent Child Interaction Therapy
- Children with 4 or more ACEs respond as well to treatment as children with fewer adversities¹.
- Therapists who follow guidelines carefully get the best results.
- Treatments can improve both children and parents' mental health outcomes.
- Treatment appears to restore normal biology in stress response systems in some instances.

¹Ghosh Ippen C., et al.,(2011) Child Abuse & Neglect, doi:10.1016/j.chiabu.2011.03.009.

NCTSN Children & Adolescents At Baseline and Last Follow up¹



¹The National Child Traumatic Stress Network CDS September 2010 — www.nctsn.org

What Are The Expected Outcomes?

- Reduced Human Suffering.
- Decreased costly Mental & Medical Illness.
- Reduction in Health Risk Behaviors (e.g., smoking, substance abuse, poor diet).
- Improved Population Health & Well-Being.
- Decreased Intergenerational Transmission of ACES.
- Improved Educational & Occupation Attainment.
- Decreased Crime & Victimization.
- Decreased Welfare & Social Services.
- Increased Productivity & Life Expectancy.

ADVERSE CHILDHOOD EXPERIENCES LEAD TO HIGH STATE HEALTH COSTS (LATEST ARKANSAS DATA)

- Areas that have increased cost or disruption in the population with Adverse Childhood Experiences (especially if 4 or more)

- General Medical Expenses
- Behavioral Health/Psychiatric Expenses
- Increased Suicidal Rates
- Increased Substance Abuse and Dependency Expenses
- Increased Juvenile Service Expenses
- Increased School Problems and Need for Special Services
- Increased Overall Marital and Family Disruption

CDC Mortality and Morbidity Report: Vol 59, No. 49, pp. 1609-1633, Dec. 2010
<http://www.cdc.gov/mmwr/pdf/wk/mm5949.pdf>

PTSD PLUS: CONCEPT OF COMPLEX TRAUMA

- **Self-Medicating Chronic Distress**
 - Smoking
 - Drug Use
 - Alcohol Use
 - Over-eating
- **Increased Personality Disorder**
 - Borderline
 - Anti-social
- **Impaired emotional regulation**
 - Family, School and legal problems higher
 - Anger, aggression, violence
 - Proper boundaries and intimacy
- **Increased Co-morbid Illnesses**
 - Childhood
 - ADHD, Oppositional Disorder, Conduct Disorders,
 - Substance Use Disorders
 - Anxiety Disorders
 - Generalized Anxiety Disorder
 - Social Phobia
 - Panic Disorder
 - Mood Disorders
 - Dysthymia (chronic)
 - Major Depression
 - Intermittent
 - Chronic
 - Substance Use Disorders
 - Aggression, Suicide

SUMMARY – Slide A

**ADVERSE CHILDHOOD EXPERIENCES
ARE THE MOST BASIC CAUSE OF
HEALTH RISK BEHAVIORS, MORBIDITY,
DISABILITY, MORTALITY, AND BOTH
MENTAL AND PHYSICAL HEALTH
COSTS.**

SUMMARY – Slide B

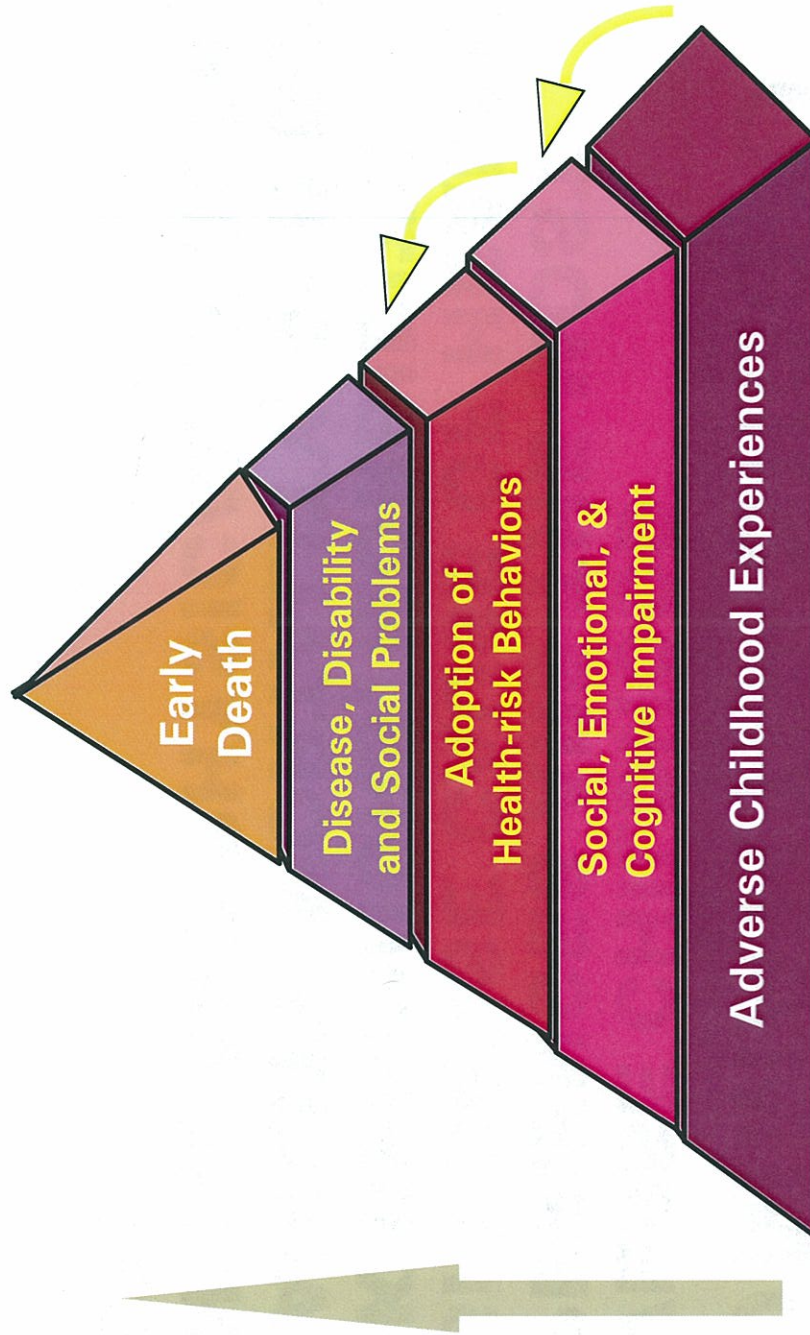
SINCE ADVERSE CHILDHOOD EXPERIENCES (ACES) ARE VERY COMMON AND ARE STRONG PREDICTORS OF LATER HEALTH RISKS AND DISEASE COSTS, THEY ARE “THE LEADING DETERMINANT” OF THE NATION’S HEALTH AND SOCIAL WELL-BEING .

SUMMARY – Slide C

EVIDENCE-BASED TREATMENT FOR TRAUMA IS AVAILABLE AND EFFECTIVE. EARLY DETECTION AND TREATMENT OF INDIVIDUALS WITH A HIGH ACE SCORE SHOULD LEAD TO BETTER OUTCOMES AND REDUCE EARLY DEATH AND TOTAL COSTS OF CARE

SUMMARY – Slide D

**ADVERSE CHILDHOOD
EXPERIENCES ARE THE MOST
BASIC CAUSE OF HEALTH
RISK BEHAVIORS, MORBIDITY,
DISABILITY, MORTALITY, AND BOTH
MENTAL AND PHYSICAL HEALTH
COSTS.**



What We Know

