



Interdisciplinary
Center for Community
Health & Wellness

Helping Students Overcome Adverse Childhood Experiences Through Trauma-Sensitive Schools

The Governor John Engler
CENTER FOR CHARTER SCHOOLS
Central Michigan University

September 26, 2019

CMU INTERDISCIPLINARY CENTER FOR COMMUNITY HEALTH &
WELLNESS



Questions for Discussion

Part 1 What Are ACEs and Why Do they Matter?

Review the Science of Adverse Childhood Experiences

- » ACE research findings and implications.
- » How ACEs impact brain development and function
- » What core protective factors help to build Resilience
- » How trauma-informed communities provide support for those experiencing ACEs/Trauma/Toxic Stress.

Part 2 Why Is it Important for Trauma-Sensitive Schools?

Review the Implications of Trauma and Toxic Stress

- » How do these conditions manifest in schools on children, teachers, staff, families, our own lives.
- » What is the continuum of trauma-informed approaches
- » Share approaches for creating safety necessary for trauma-sensitive learning environments.

What are ACEs?

From 1995 to 1997, a [landmark study](#) by the CDC and Kaiser Permanente uncovered the profound connection between Adverse Childhood Experiences (ACEs) - experiences of abuse, neglect and household dysfunction in childhood - and adults' physical, emotional and social health outcomes.

The ACE Study identified ten unique types of trauma, each of which counts as one point in an individual's ACE score.



Image Source: HuffPost 10.08.2012



Image Source: Robert Anda, MD

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

CMU
CENTRAL MICHIGAN
UNIVERSITY

Image Source: Centers for Disease Control and Prevention
Credit: Robert Wood Johnson Foundation

Adverse Childhood Experiences: ACEs Study

Groundbreaking Research to answer two big questions:

1. How common are ACEs in the general public?
2. How do the neurophysiological and emotional effects of ACEs impact health over one's lifetime?

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%

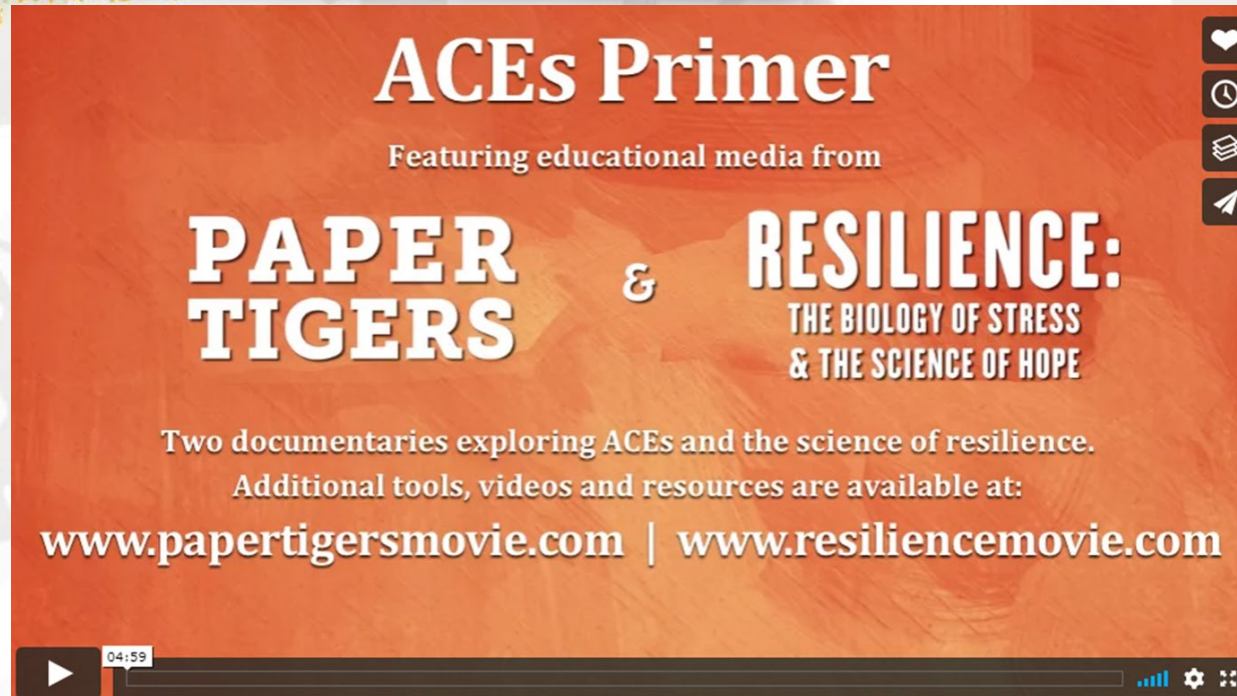
5

2

3

TOTAL 10 ACEs

Documentary Film: Resilience: The Biology Of Stress and the Science of Hope



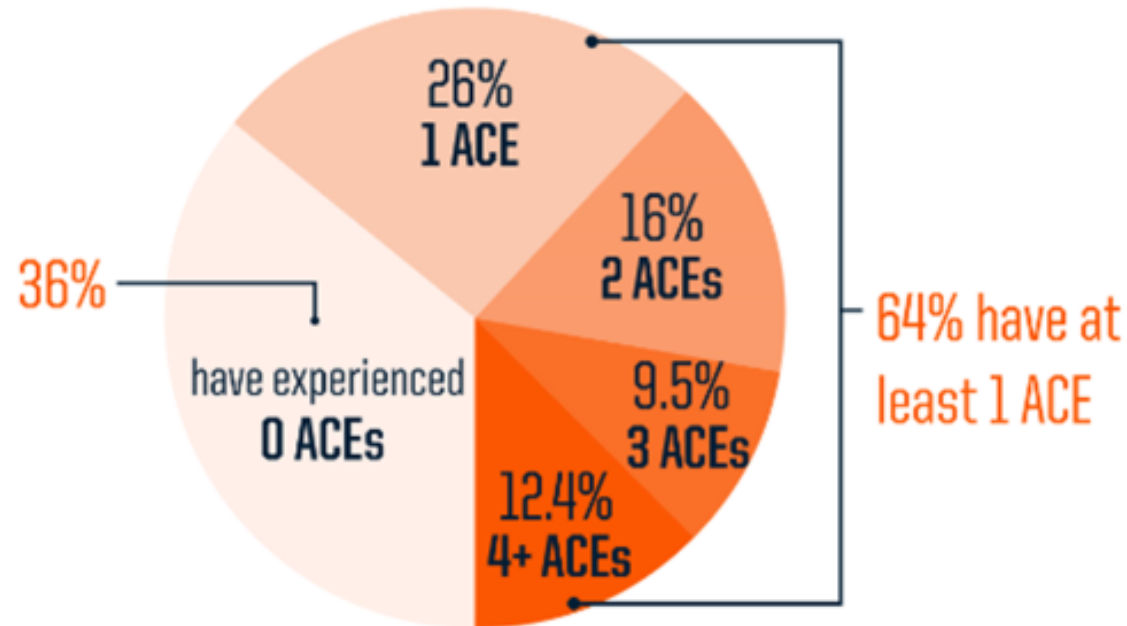
<https://vimeo.com/139998006>

CMU
CENTRAL MICHIGAN
UNIVERSITY

What Did the ACE Study Find?

ACEs are common, but largely unrecognized.

Almost two-thirds of adults surveyed reported having at least one adverse childhood experience.



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

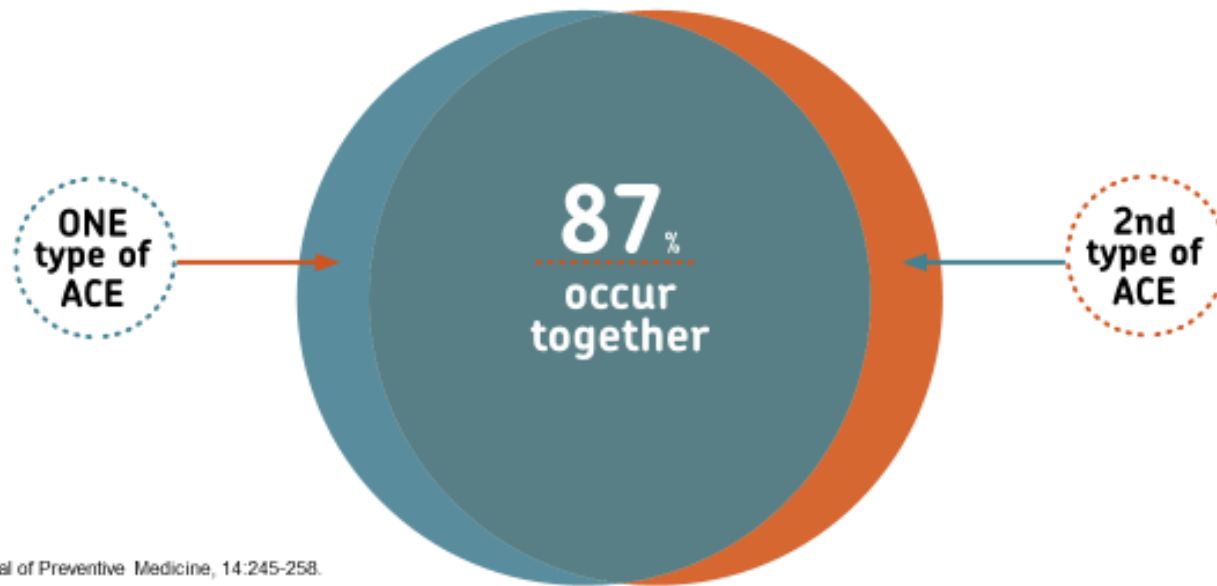
CMU INTERDISCIPLINARY CENTER FOR COMMUNITY HEALTH & WELLNESS

CMU
CENTRAL MICHIGAN
UNIVERSITY

What Did the ACE Study Find?

ACEs rarely occur in isolation, are highly interrelated and tend to occur in clusters.

If any one ACE is present, there is an 87% chance of at least one other category of ACE present and 50% chance of 3 or more.



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

ACEs Can Have Lasting Effects On



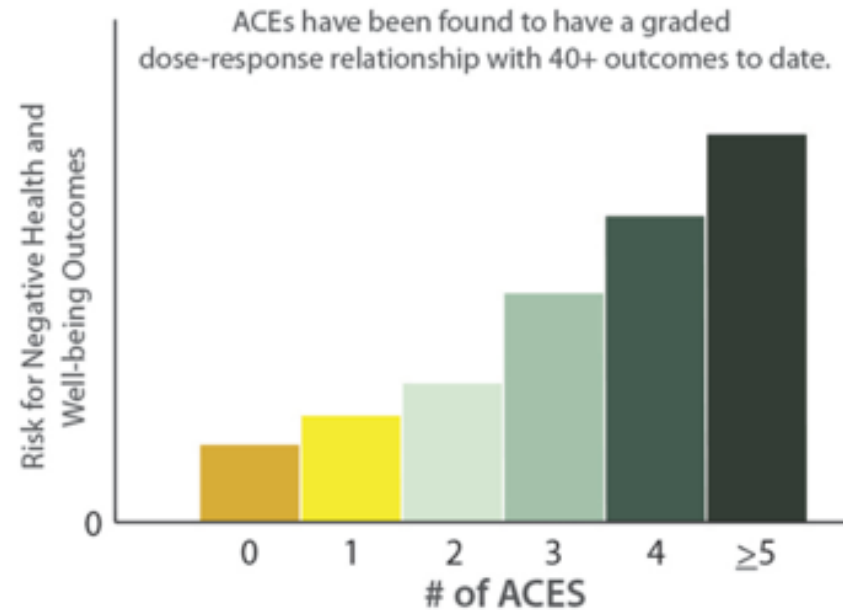
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

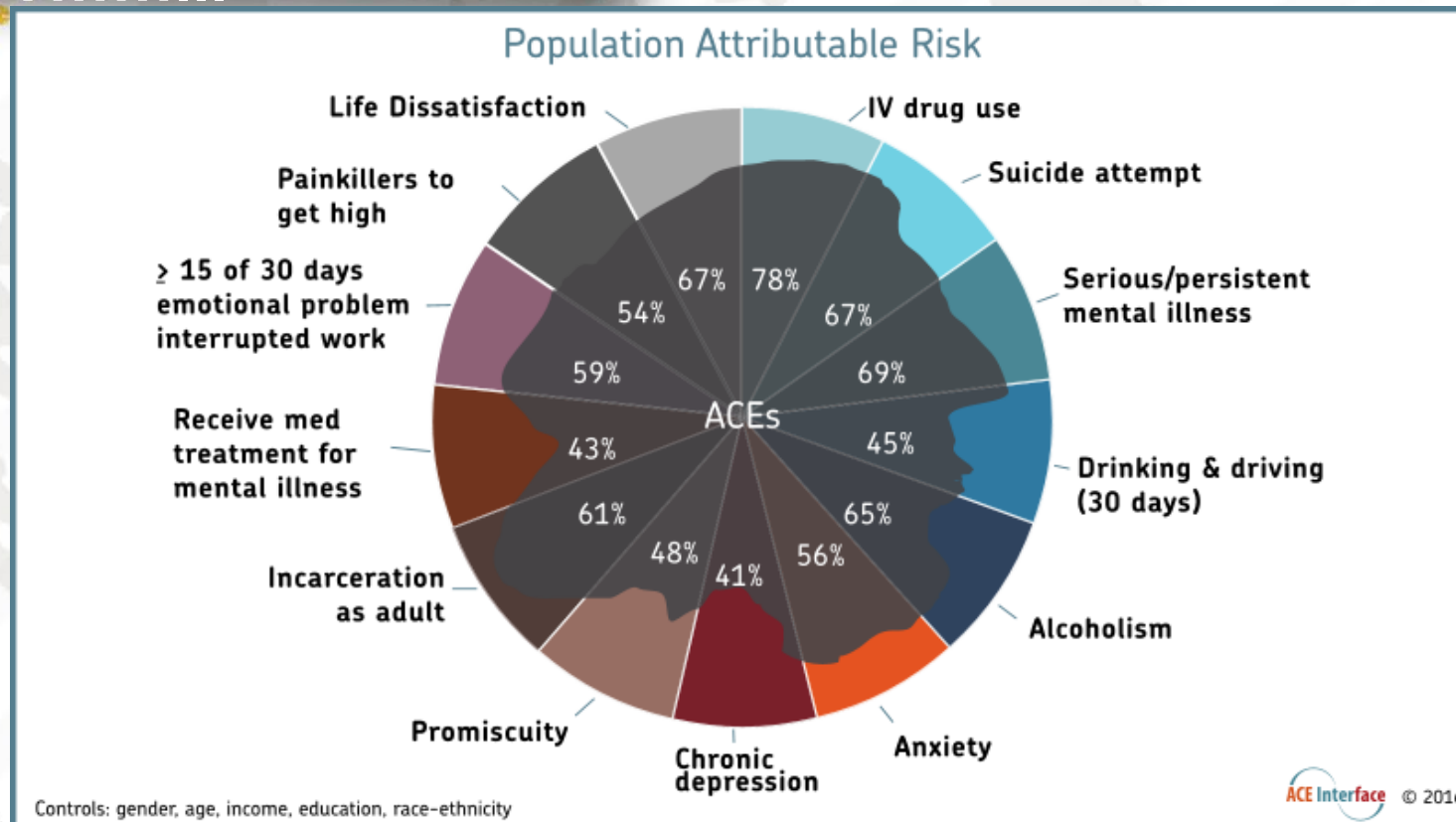
Image Source: [Centers for Disease Control and Prevention](#), [National Center for Injury Prevention and Control](#), [Division of Violence Prevention](#)

CMU INTERDISCIPLINARY CENTER FOR COMMUNITY HEALTH & WELLNESS

CMU
CENTRAL MICHIGAN
UNIVERSITY

ACEs Are Predictor of Future Health Risks BUT.....

What is Predictable is Preventable!



Chronic Health Conditions
Across US Population

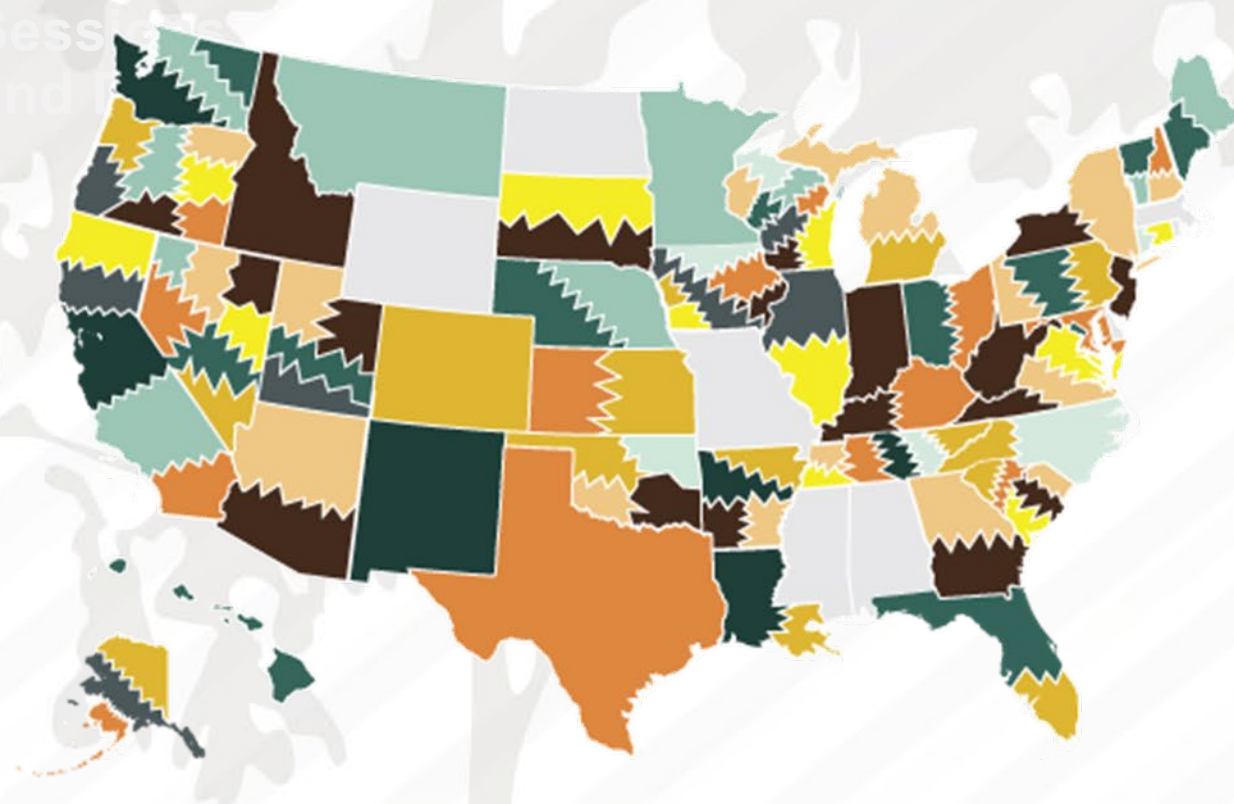
And

Percentage of Population
Attributable Risks Due to
Adverse Childhood
Experiences

CMUINTERDISCIPLINARY CENTER FOR COMMUNITY HEALTH &
WELLNESS

CMU
CENTRAL MICHIGAN
UNIVERSITY

ACEs Session Day 1 and 2



Source: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey ACE Data, 2009-2018.
Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention; 2019.

CMU INTERDISCIPLINARY CENTER FOR COMMUNITY HEALTH &
WELLNESS

CMU
CENTRAL MICHIGAN
UNIVERSITY

Michigan's ACEs Exploration (2013)

In 2013, the [BRFSS Adverse Childhood Experiences \(ACE\) Module](#) was included in our state-added questions and asked of one split of the total sample (~3,000 respondents)

11 questions assess 8 categories

- Household Dysfunction: 5
- Childhood Abuse: 3
- Neglect: None

Michigan's ACEs Exploration (2016)

In 2016, the Michigan BRFSS once again included the Adverse Childhood Experiences (ACE) Module as state added questions, asked of one split of the total sample.

There were also ten additional questions added that asked about:

death of a parent

neighborhood violence

poverty

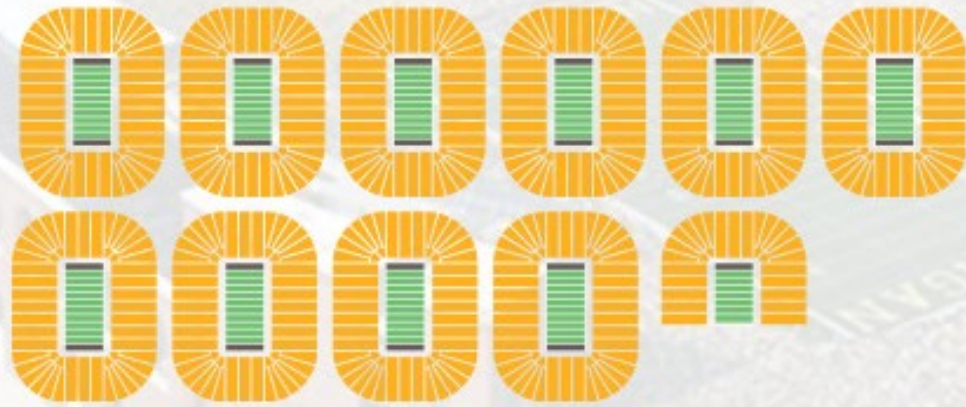
discrimination

and social support (adapted from the [2015 Wisconsin BRFSS](#))

adapted from the
[National Survey of Children's Health](#)

1.14 million people were sexually abused
one or more times as a child

That's enough people to fill nearly 11 U of M football stadiums.



Data Source: Michigan Department of Health and Human Services (MDHHS). *Michigan Behavioral Risk Factor Surveillance System Survey Data*. Lansing, MI: Michigan Department of Health and Human Services, Lifecourse Epidemiology and Genomics Division, 2016

Prevalence of Individual ACEs (2016)

2.1M

Michiganders (29%)
lived with someone
with substance
abuse

1.9M

Michiganders (27%)
reported having
parents who were
separated or divorced

1.4M

Michiganders (20%)
lived with someone
with mental illness

Data Source: Michigan Behavioral Risk Factor Surveillance System, 2016

Prevalence of Individual ACEs (2016)

1.4M

Michiganders
(19%) reported
that adults in their
household were
physically violent to
one another one or
more times

1.3M

Michiganders
(18%) were
physically
abused one or
more times as a
child

0.6M

Michiganders (9%)
lived with someone
who was incarcerated

15 Data Source: Michigan Behavioral Risk Factor Surveillance System, 2016

Michigan's children growing up amid this crisis...

What is happening in the lives of families?



Hundreds of thousands of Michigan residents lack behavioral health treatment

- More than 650,000 Michigan residents with a mental illness and more than 500,000 with a substance use disorder aren't receiving treatment
- 46% of people with anxiety disorders, 53% of people with depressive episodes, and 85% of people with alcohol use disorders are not receiving treatment for their conditions
- 25 counties in Michigan with no psychiatrist; Ten with neither a psychiatrist nor psychologist
- Severe shortage of child and adolescent psychiatrists

**MICHIGAN HEALTH
ENDOWMENT FUND**

ACCESS TO
BEHAVIORAL HEALTH
CARE IN MICHIGAN

Final Report

Cornell Rhymer, Ann Turner,
Emily Ehrlich, and Christine Sparks

July 2019

 **ALTARUM**
INSTITUTE FOR COMMUNITY HEALTH

CMUINTERDISCIPLINARY CENTER FOR COMMUNITY HEALTH &
WELLNESS

CMU
CENTRAL MICHIGAN
UNIVERSITY



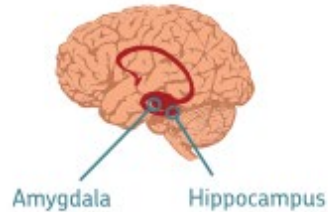
IS STORED IN OUR BODY

<https://www.youtube.com/watch?v=ngYnzNArGyo>

Toxic Stress & Brain Development

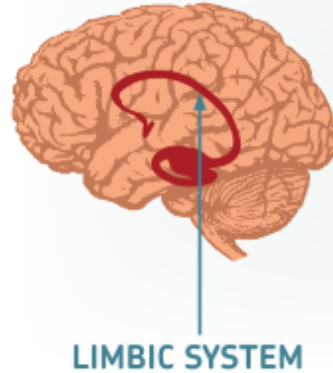
MALTREATMENT
0-3

SEXUAL ABUSE
Age 0-5



ACE Interface © 2015

THE LIMBIC SYSTEM



FIGHT
or
FLIGHT

vital for
LEARNING
MEMORY
REWARD
REINFORCEMENT

regulates
HORMONES
MOOD
HEARTBEAT
SEXUAL BEHAVIOR

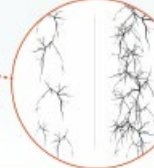
STRESS

Interpretations Can Differ
set points in place by
EARLY ADULTHOOD



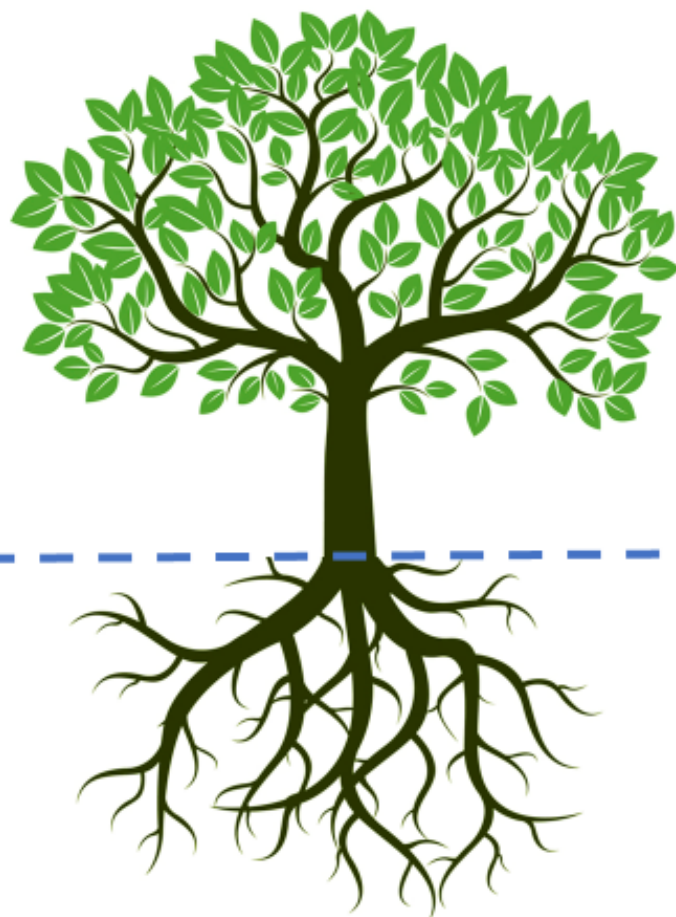
At Birth

SYNAPTIC DENSITY



Elementary Age





EXPERIENCE

ENVIRONMENT

CMU INTERDISCIPLINARY CENTER FOR COMMUNITY HEALTH &
WELLNESS

CMU
CENTRAL MICHIGAN
UNIVERSITY



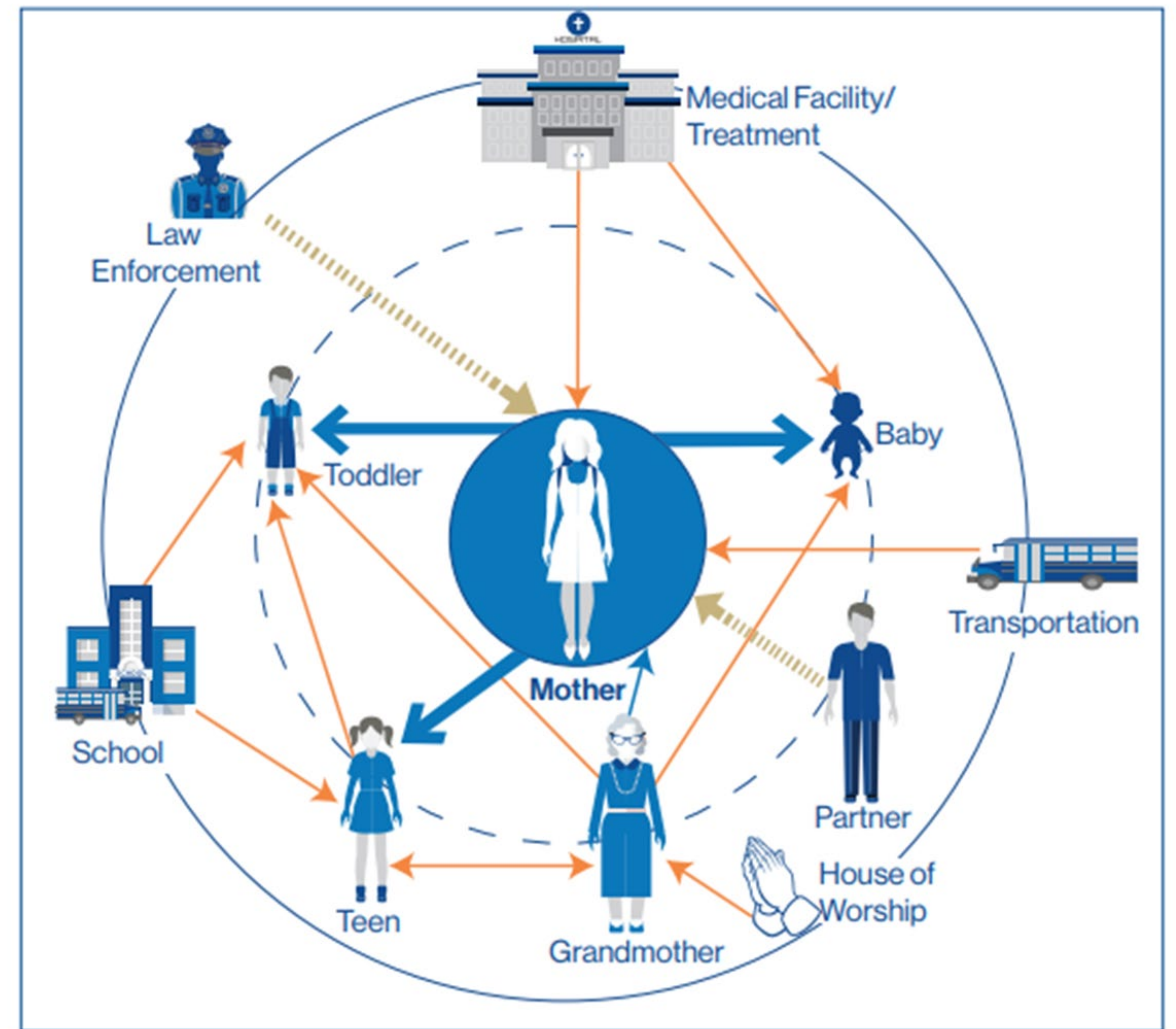
CMU INTERDISCIPLINARY CENTER FOR COMMUNITY HEALTH &
WELLNESS

CMU
CENTRAL MICHIGAN
UNIVERSITY

Why Should We All Care About Trauma?

The Ripple Effect of Opioids Epidemic:

- Magnitude of ripple effect of this epidemic on children, families, communities and society is devastating:
- 8 million children live in a household where at least one parent has a substance use disorder
- 49 percent of all US opioids overdose deaths in 2015 were young adults from the ages of 25-44 in the prime of adulthood (parents / workers).
- Triple the rate of babies born with Neo-Abstinence-System



Three “E”s of Trauma

- **Events** (Big “T” and Little “t”)
- **Experiences** (Moment to moment, unbuffered, Toxic Stress)
- **Effects** (Trauma is HURT)

“When you are not seen or known, that is the trauma.” – Bessel van der Kolk

Trauma resides not in the event itself; but rather in a person’s nervous system.” – Peter

Levine

Why Should You Care About Trauma?

- » The rates of children who have experienced trauma are increasing
- » Schools have the singular focus and opportunity to serve children and families in a community – Moreover schools have the “know how” to provide supports and education
- » Trauma effects everyone in the community – school staff, families, employers

Building Self-Healing Communities



Characteristics of Students with History of Trauma

- » Developmental Delays
- » Language Delays
- » Memory Difficulties
- » Play Differences
- » Poor Self-Regulation
- » Low Frustration Tolerance
- » Aggression
- » Academic failure
- » Absenteeism
- » Dropping out of school



What is Trauma-Informed Care?

- » Care that recognizes that trauma changes the brain and body and that these changes affect every area of one's life:
 - » Sensory issues
 - » Relationships
 - » Emotional regulation
 - » Executive functioning
 - » Memory
 - » Learning
 - » Risk Behavior
- » Care that “shifts” the focus from what is wrong (negative behaviors) to “what’s happened”
- » Care that creates environments of safety, peer support, and empowerment for healing

Trauma Informed Schools

View children from the perspective of “what happened or what is happening?” rather than with a label or diagnosis.

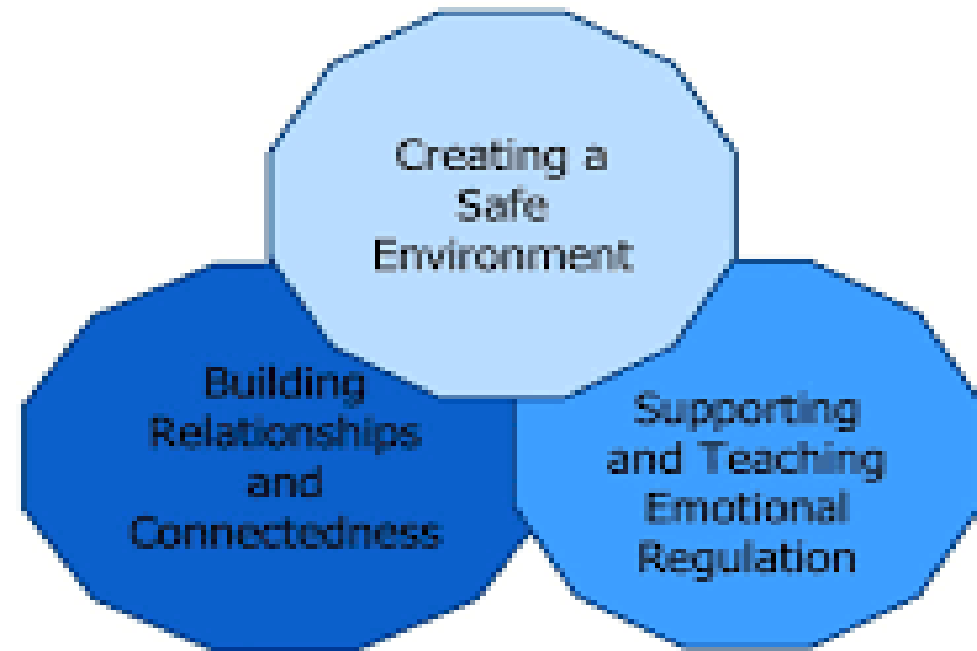


2

Trauma Informed Schools

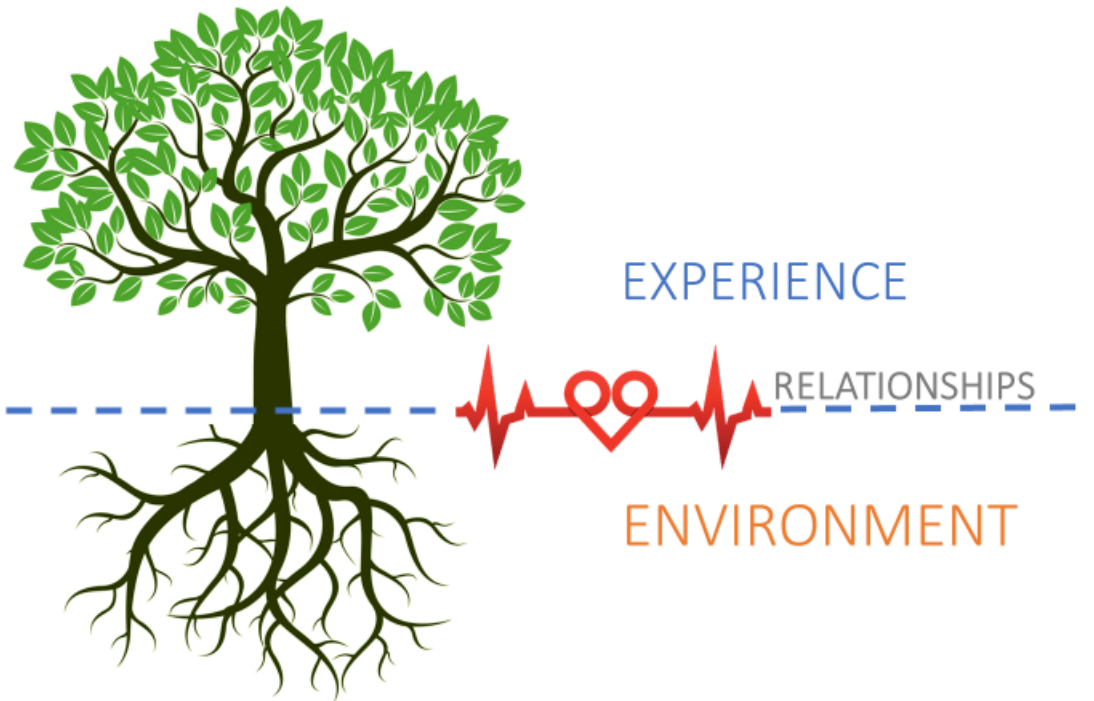
- » Recognizes that widely used techniques and policies may not be effective for students/families experiencing trauma
- » Understanding each student's story and meeting that student - where they are – and in ways we already know how by providing supportive educational environment
- » Refer to Trauma-Informed Schools

Components of Trauma-Informed Care



Substance Abuse for Mental Health Services Administration, 2014

Resilience Is Built through Relationships



Building Resilience

Two or more competent and caring adults who give concrete supports: (for children AND their parents, families)

- » Capabilities
- » Attachment & Belonging
- » Culture & Spirituality
- » Safe, supportive, stable, and nurturing relationships

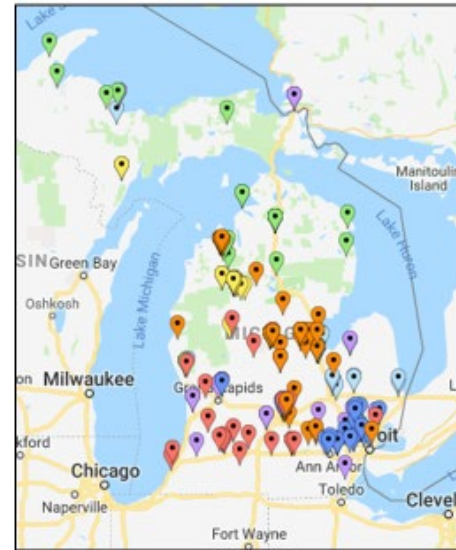


We are All in this Together

Leverage Existing Resources



For more information, visit www.miace.org



CMU
CENTRAL MICHIGAN
UNIVERSITY

Continuous Learning

RESOURCES:

***Strategies and Resources to
Create a Trauma-Sensitive School***
***Wisconsin Department of Public
Instruction***

» [Wisconsin Trauma Informed
Schools Modules](#)

The Department of Public
Instruction's Trauma-Sensitive
Schools (TSS) online
professional development
system

CMU INTERDISCIPLINARY CENTER FOR COMMUNITY HEALTH & WELLNESS

CMU
CENTRAL MICHIGAN
UNIVERSITY

