October is National ACEs Prevention Month!

What Are Adverse Childhood Experiences (ACEs)?

Adverse Childhood Experiences (ACEs) are stressful or traumatic events, including abuse and neglect. They may also include household dysfunction such as witnessing domestic violence or growing up with family members who have substance use disorders. ACEs are strongly related to the development and prevalence of a wide range of health problems throughout a person’s lifespan, such as chronic disease, and premature death including those associated with substance use. Individuals who had experienced multiple ACEs also faced higher risks of depression, addiction, obesity, attempted suicide, mental health disorders, and other health concerns.

Did You Know?

- Experiencing many ACEs without supportive adults can cause toxic stress which can lead to wear and tear on the body and brain
- If left untreated, children with a high ACE score face a 20-year decrease in life expectancy
- Children who experience 2 or more ACEs are 3 times more likely to repeat a grade
- Children who experience 4 or more ACEs are at least:
  - 7 times more likely to self-identify as alcoholics in adulthood
  - 4 times more likely to develop lung disease

Source: Adverse Childhood Experiences: Opportunities to Prevent, Protect Against, and Heal from the Effects of ACEs in New Jersey (Burke Foundation, 2019)
How childhood trauma affects health across a lifetime

Nadine Burke Harris, MD
Pediatrician & California Surgeon General

ACEs in the News:

The Effects of Toxic Stress and Adverse Childhood Experiences at Our Southern Border
AAP Journals Blog

The Mental Health Impact of Separating Immigrant Children from their Parents
Johns Hopkins

How Adverse Childhood Experiences Cost $1.33 Trillion a Year
Psychology Today

California’s Surgeon General Readies Statewide Screening for Child Trauma
The New York Times

Medical students’ ACE scores mirror general population, study finds
ACEs Too High

Personal stories from witnesses, U.S. representatives provided an emotional wallop to
House Oversight and Reform Committee hearing on childhood trauma
ACEs Too High

Bad news-good news: Each additional ACE increases opioid relapse rate by 17%; each
ACE-informed treatment visit reduces it by 2%
ACEs Too High

ACE Screening in Action:

"Before coming to the United States, a mother and her 12 year old daughter experienced
traumatic numerous events. The child experienced domestic violence and intermittent
abandonment by the parent. The mother had also experienced domestic violence and had
a history of abuse. Upon arriving in the United States, the child experienced sexual abuse
and exhibited risky behaviors, such as texting and difficulties at school. The mother, a
single parent, lacked financial resources, resulting in having to work long hours. Between
the mother and the child, there wasn’t a strong foundation or sense of communication.
The child had no health insurance, no pediatrician, no therapy and had difficulty accessing daily needs such as nutritional supplies.

As a result of being screened for ACEs, areas of concern were identified and the family was provided with appropriate resources. The mother and her child were referred to the Resource Office at their local hospital to apply for Charity Care and received access to medical services, including acute and ongoing pediatric care, ongoing care for women’s health and wellness. The family began individual and family counseling, parenting education and improving parent-child relations after being connected to a mental health service community. They also received assistance with the VCCO (Victims of Crimes Compensation Office) application. The VCCO will provide financial coverage for expenses incurred during as a result of the crime committed against this child. Additionally, the mother was connected to school resources to help to improve the child’s academic needs.

After the family started receiving these services and support, the mother and daughter began moving forward with recovery and their relationship improved.

-Pediatrician Participating in Healthy Spaces, NJAAP's MOC Part 4 Quality Improvement Program on ACEs Screening

Provider Resources:

- Addressing Adverse Childhood Experiences and Other Types of Trauma in the Primary Care Setting (AAP)
- ACEs and Toxic Stress (AAP)
- Promoting Resilience (AAP)
- Parents' Adverse Childhood Experiences and their Children's Behavioral Health Problems (Pediatrics)
- Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults: The (ACE) Study (American Journal of Preventative Medicine)

Family Resources:

- Understanding ACEs (ACES Connection)
- Stress & Early Brain Growth (Center for Youth Wellness)
- Parenting to Prevent and Heal ACEs (ACES Connection)
- Family Success Center (NJ DCF)
- Mindfulness Activities (Center for Youth Wellness)
- Strengthening Positive Behavior (Center for Youth Wellness)
- The 7 Cs: The Essential Building Blocks of Resilience (Fostering Resilience)
- Healthy Minds: Nurturing Your Child's Development- Zero to Three (AAP)
  - English | Spanish

Upcoming Webinar: "Infant & Early Childhood Social Emotional Health & Developmental Delays Through a Trauma Informed Lens"
Thursday, October 17, 2019 ~ 12:00 to 1:00 PM

Do you understand how trauma manifests in infancy and early childhood and how to identify the difference between developmental delays and social-emotional delays through standardized screening tools?

Join us for a comprehensive overview of infant & early childhood social-emotional health & developmental delays through a trauma informed lens.

This presentation will be followed by a Q&A session.

1.0 CME credit and 1.0 MOC Part 2 point will be offered.

Presenter:
Dayna Zatina Egan, Psy.D, IMH-E
Recent Webinar:

“FAQs of the PPC and MOC: How to integrate mental/behavioral health in your pediatric primary care or specialty practice”
Raymond Hanbury, PhD, ABPP
Program Director, Pediatric Psychiatry Collaborative
Kristine Lubas, MSW, LCSW
Clinical Program Manager, Pediatric Psychiatry Collaborative
Natalie Gengel, MD
Participating Pediatrician, Pediatric Psychiatry Collaborative
August 2019

View Archived Webinar

ACEs and Trauma Informed Care Webinars:

"Communicating About ACEs with Patients and Families"
Leena Singh, DrPH, MPH
Director, National Pediatric Practice
Community on ACEs (NPPC)
Karissa Luckett, RN, MSW
Coach, National Pediatric Practice
Community on ACEs (NPPC)

"School Nurses + Pediatricians = Powerful Partners"
Dan Levy, MD, FAAP
Johns Hopkins and University of Maryland Departments of Pediatrics
Robin Cogan, MEd, RN, NCSN
Camden City School District

View Archived Webinars

What mental health-related topics would you like to learn more about?

The NJAAP Mental Health Collaborative (MHC) team wants to know what content you find most valuable! Click on the button below to share your ideas for future newsletters, webinars, and other educational opportunities and events.

Share Your Ideas

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