

## Please RSVP by October 28, 2022

Enclosed is \$ \_\_\_\_\_ for \_\_\_\_\_ Tickets

Members - \$225 per single ticket or \$425 per couple

Non-Members - \$250 per single ticket or \$475 per couple

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_

Name(s) of Attendee(s) \_\_\_\_\_

Make all checks payable to NJAAP (12th Annual Children's Ball).

If you wish to pay by credit card, please fill out the information below:

VISA    Mastercard    American Express

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ CSV Code \_\_\_\_\_

Name on Card \_\_\_\_\_

For more information, please contact Bert Mulder at [bmulder@njaap.org](mailto:bmulder@njaap.org) (609-842-0014, ext. 105)

I/we are unable to attend, but please accept my/our tax deductible donation towards improving the quality of children's healthcare in New Jersey.

\$25    \$50    \$100    \$200    Other \_\_\_\_\_

RSVP may be sent to: NJAAP, 50 Millstone Road, Bldg 200, Ste. 130 East Windsor, NJ 08520,  
email to: [njchapter@njaap.org](mailto:njchapter@njaap.org) or faxed to 609-842-0015

## The Impact of Adverse Childhood Experiences...

Adverse Childhood Experiences (ACEs) impact large numbers of children and adolescents with one in seven children experiencing abuse and neglect each year; though we know the numbers are likely much higher due to underreporting to state child protection systems. ACEs screening data indicates that emotional abuse is most common (28%), followed by physical abuse (21%) and sexual abuse (11%). More than 25% of children experience three or more ACEs throughout their childhood. Unfortunately, over 75% of families still use physical discipline to manage unwanted behaviors.

While these numbers alone are alarming, even more troubling are the short- and long-term impacts that abuse has on infants, children, and adolescents. Early trauma impacts bonding, attachment, and sense of self; alters brain development; dysregulates stress hormones; is associated with social, emotional, and cognitive impairment; and is linked to early adoption of risky health behaviors. This may lead to poor academic and social outcomes, increased risk of delinquency, dependence on alcohol and drugs, depression, anxiety, and Trauma and Stressor-Related Disorders (formerly known as PTSD), and in adulthood, a markedly increased risk of obesity, diabetes, heart disease, stroke, and emphysema.

## What can NJAAP and pediatricians do...

Since 2002, the Chapter has partnered with the NJ Department of Children and Families (NJDCF) to support the prevention and early detection of abuse and neglect, providing much-needed education throughout the state to pediatricians and others who provide care for infants, children and adolescents. At present, the Chapter addresses these concerns through: 1) Healthy Spaces Project ECHO®: Promoting Early Relational Health, funded by NJDCF, which equips pediatric practice teams to promote children's social-emotional-cognitive development and nurturing parent-child relationships during routine well-child visits; and 2) Trauma-informed ACEs Screening and Intervention Evaluation (TASIE) Project ECHO, a national program funded by HRSA in collaboration with the Center for Youth Wellness, a program of Safe & Sound. TASIE's vision is that all primary care pediatricians implement universal screening for ACEs and understand ACEs and toxic stress to enhance the quality of patient care and health outcomes.

### *There are several ways that pediatricians can prevent or detect early, and advocate for families:*

- 1. Community Awareness:** Pediatricians should be aware of community-based programs like Nurse-Family Partnerships and other home-visiting models that can benefit families at risk. NJ also has over 50 Family Success Centers in communities throughout the state that provide families with a range of services and support. There is also a diverse array of local services supported by organizations such as SPAN Parent Advocacy Network and Prevent Child Abuse NJ, among others.
- 2. Practical Tips:** In the practice itself, pediatricians can develop age-appropriate anticipatory guidance; proactively discussing potential triggers of abuse (ie, infant crying, toileting, sleep concerns, discipline, maternal depression, domestic violence, and parental substance use). It is also critical for pediatricians to recognize family strengths, and emphasize the importance of bonding, attachment, and early relational health.
- 3. Systems:** Consider becoming a trauma-responsive practice and shift the focus from “what’s wrong with you” to “what happened to you”. Trauma-responsive practice teams can identify the signs, symptoms, and widespread impacts of trauma, and integrate this knowledge into policies and procedures to reduce further trauma and provide a safe and supportive environment. Trauma-responsive care requires that physicians and all team members are educated to understand the importance of recognizing trauma and working together to make the practice a safe and welcoming space for everyone, including the staff themselves.

**Please join us on November 16, 2022 or Make a Donation Today.**