

CHANGING THE ODDS FOR CHILDREN EXPOSED TO TRAUMA AND STRESS: THE ROLE OF EARLY POSITIVE RELATIONSHIPS AND HIGH QUALITY EDUCATION

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Adverse Childhood Experiences

ACEs = ADVERSE CHILDHOOD EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative

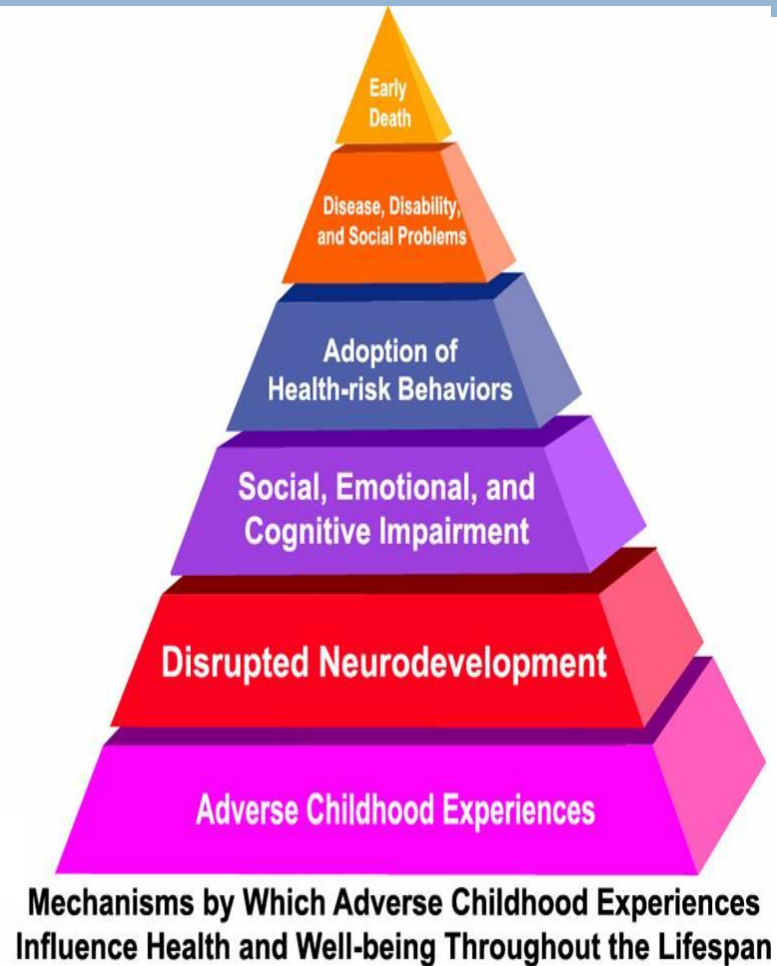


Substance Abuse

ACEs influence behavior & health

In multiple studies,
ACEs predicted

- Risky health behaviors
(smoking, obesity, alcohol/drug abuse)
- Chronic health problems
Heart disease, cancer, diabetes, fractures, hepatitis, COPD
- Mental health
Depression, anxiety, panic reactions



ACEs are MORE common in Oklahoma

ADVERSE CHILDHOOD EXPERIENCES: NATIONAL AND STATELEVEL PREVALENCE. Vanessa Sacks, M.P.P., David Murphey, Ph.D., and Kristin Moore, Ph.D., **Child Trends**

“States vary in the pattern of specific ACEs. Connecticut and New Jersey have some of the lowest prevalence rates nationally for all ACEs, while Oklahoma has consistently high prevalence.”

http://www.childtrends.org/wp-content/uploads/2014/07/Brief-adverse-childhood-experiences_FINAL.pdf

ACEs Higher among Impoverished Families

A study of “at-risk” families in Oklahoma (families eligible for some form of government assistance with at least one child age 0-36 months)
 (Bard, et.al. 2015)

ACE Score	CDC-Kaiser (N = 17,337)	MIECHV At-Risk Parents Baseline (N=1,229)
0	26.1%	18.7%
1	26.0%	10.0%
2	15.9%	15.7%
3	9.5%	24.2%
4+	12.5%	21.3%

22% CDC-K vs 45.5% “at-risk” Oklahoma Experience 3+ ACEs!!!

PACEs: Protective and Compensatory Experiences that buffer trauma/stress

- Our communities, organizations, extended families and friends can be part of buffering the damaging effects of adversity and stress.
- Developmental psychologists have identified a number experiences that mitigate or reduce the harmful consequences of ACEs
 - Unconditional love, connectedness, community engagement
 - Security: order, predictability, mastery/self-efficacy
- Because the brain is constantly creating new networks of synapses (based on experiences), creating protective environments can help at any age.

Recommendation 1

Supporting high-risk families

- Make funding priorities to support families in need through:
 - Parenting Programs
 - ▣ Home-based parenting programs
 - Mental Health Support
 - ▣ Treatment for substance abuse and mental health issues
 - ▣ Interpersonal violence
 - Child Safety
 - ▣ Safe, affordable housing
- High Quality Education

Recommendation 2

Supporting High Quality Education

- Make funding for high quality education programs for Oklahoma children a priority.
- This includes access to high quality:
 - ▣ child care
 - ▣ early childhood education programs
 - ▣ schools that are able to provide a safe and high quality level of education
- Increase focus on early childhood education in current child welfare policy and practice
 - ▣ Make child care and early childhood education universally available in some capacity to foster children and families involved with child welfare
 - ▣ Shift focus in current legislation and policy to address well-being as an equal priority to safety and permanency