

Trauma and Resiliency

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“All adults once
were children.”

WHY EARLY CHILDHOOD
IS IMPORTANT!

Brain Health, Toxic Stress, and Resiliency

► Science and Advocacy

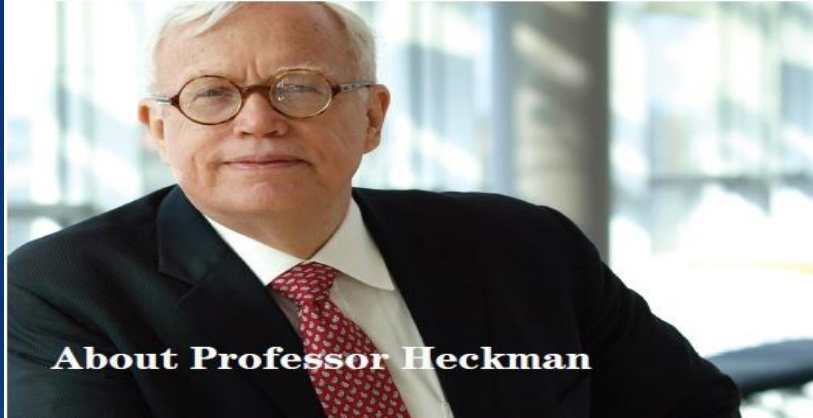


Moving from “What’s Wrong with you?” to “What’s Happened to You?”

- ▶ Not only do these practices have the potential to hinder social-emotional and behavioral development, they also remove children from early learning environments and corresponding cognitively enriching experiences.

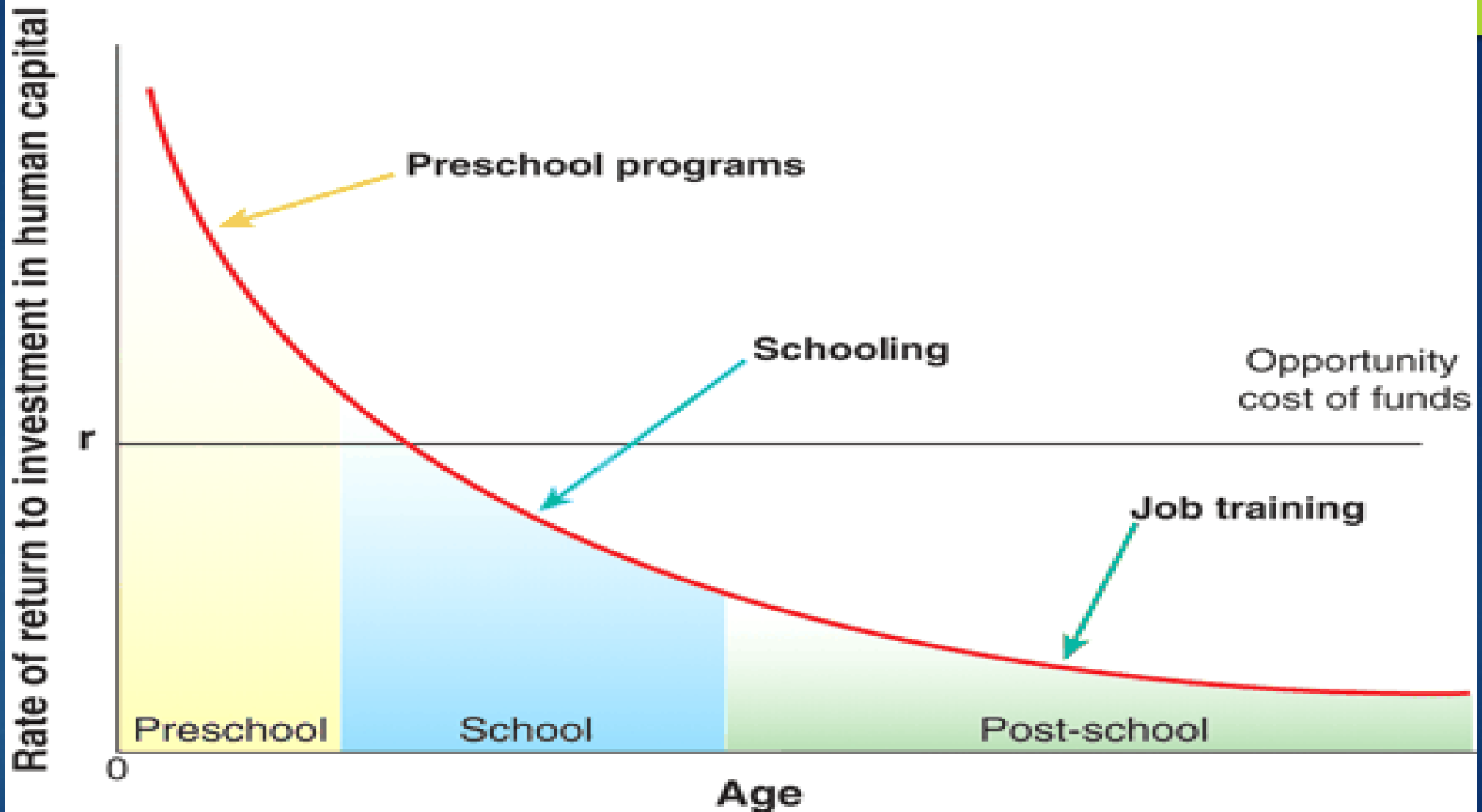


James J. Heckman



- ▶ Nobel Memorial Prize Winner
- ▶ Professor of Economics, University of Chicago
- ▶ Equation on Human Capital Development is a Solution for Securing America's Economic Future.

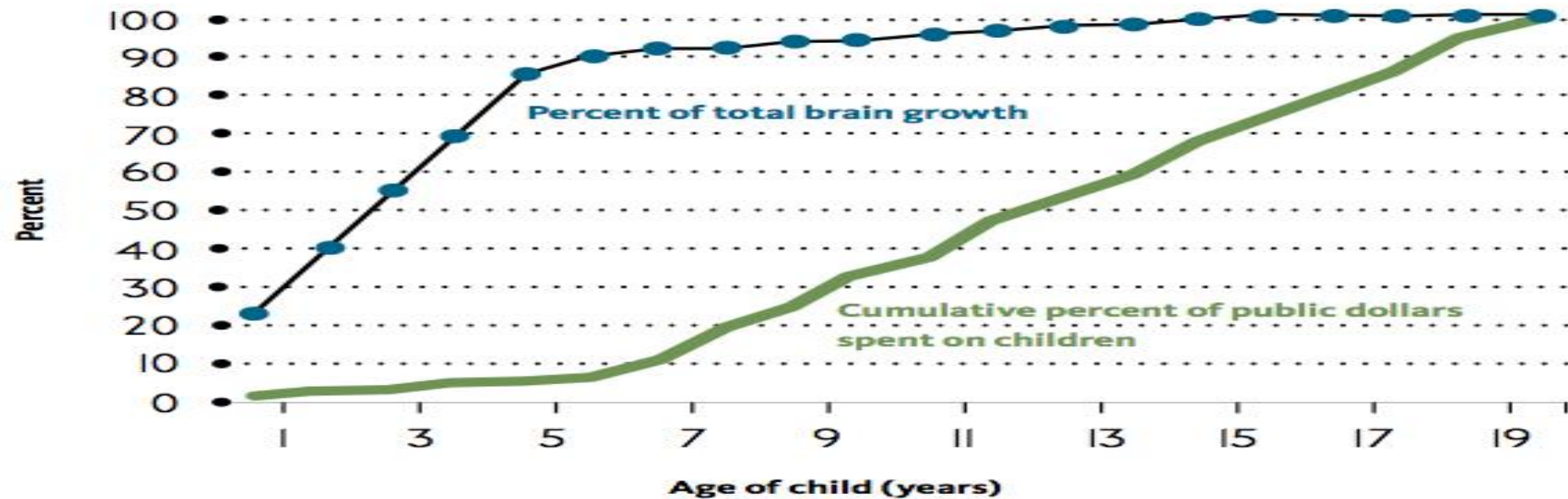
Rates of return to human capital investment





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Brain Growth Compared to Public Expenditures on Young Children



SOURCES: Public expenditures: RAND analysis of Table 1 in R. Haveman and B. Wolfe, "The Determinants of Children's Attainments: A Review of Methods and Findings," *Journal of Economic Literature*, Vol. 33, December 1995. Brain growth: Figure 2-0 in Purves, *Body and Brain*, Harvard University Press 1998, adopted from Thompson, *On Growth and Form*.

National and State Initiatives

- ▶ Utah, Illinois, Massachusetts, Missouri, Oregon, Arizona, Minnesota, Texas, New Mexico, Florida and Vermont have all passed laws or have begun initiatives to relate trauma informed policy into education and other systems.

National Initiative:

The Honorable Heidi Heitkamp, The Honorable Al Franken, The Honorable Richard Durbin

“Trauma-Informed Care for Children and Families Act”

Supported by the AAP

The Price of Fixing Rather than Preventing

- ▶ Lifetime cost for a single case of child abuse:
 - ▶ \$210,012
- ▶ Categories of Cost:
 - ▶ Health
 - ▶ Adult Health
 - ▶ Productivity Loss
 - ▶ Child Welfare
 - ▶ Criminal Justice
 - ▶ Education (often “special”)



Let's Quit Talking About "Mental Health"

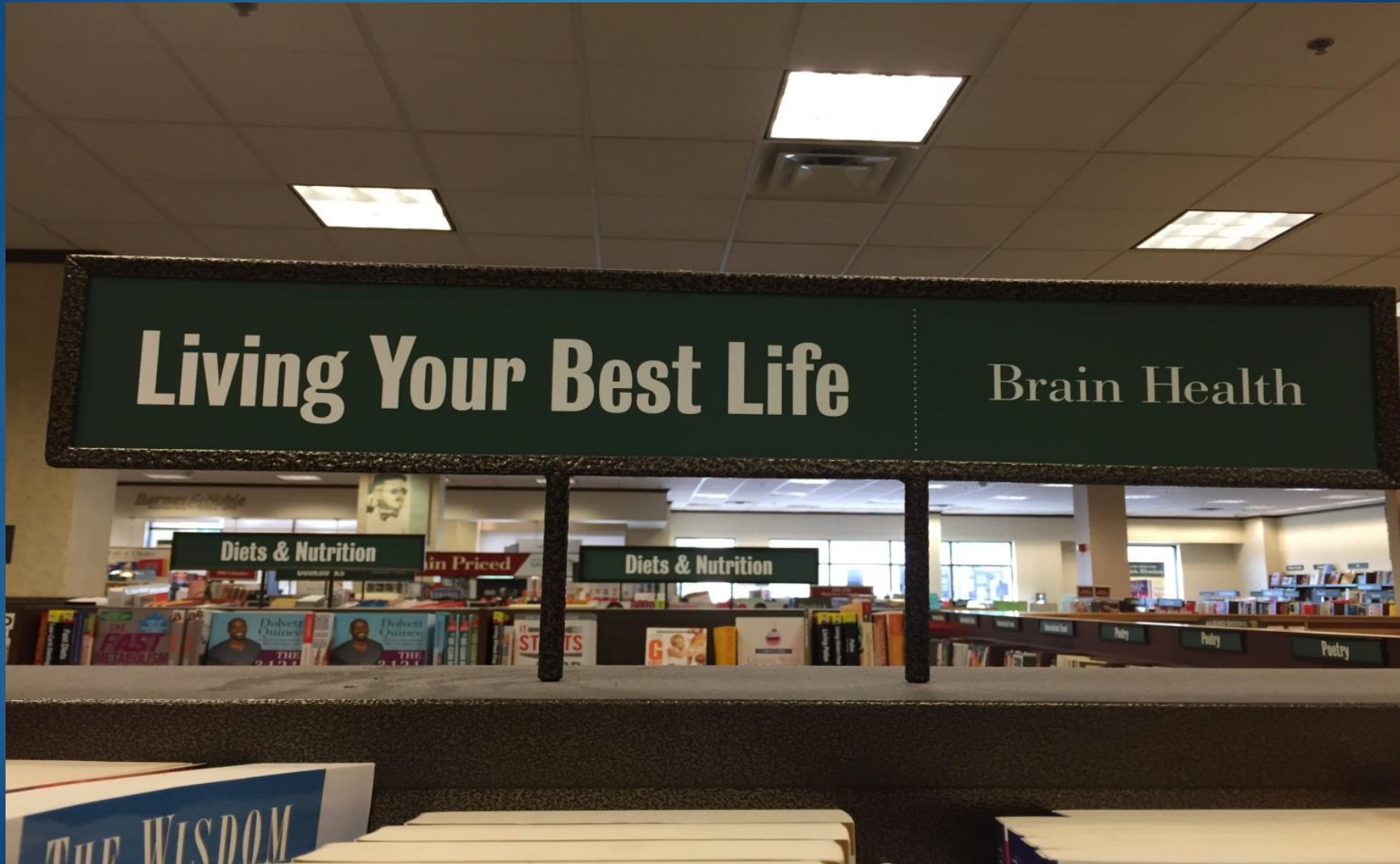


New Term – BRAIN Health



- Cardiac Disease
 - Liver Disease
 - Pulmonary Disease
- Society does not tell a person with heart failure, jaundice, or asthma that they are bad, or caused their disease, or have something different from other health problems!
- So, Brain Disease – eliminates stigma, allows for equal recognition, and.....
 - Creates necessity of PAYMENT for diagnosis and treatment!

New Term: Brain Health



What Is Resiliency?

- ▶ The CAPACITY to WITHSTAND Stress and Adversity.
- ▶ Properly Adapt to Stress and Adversity.
 - ▶ Who gets to define “Properly?”
 - ▶ Can a brain that developed in an ecology of stress and adversity “properly adapt” to anything?
- ▶ “Trauma Informed Care? How About Resiliency Informed Care?”

Thank You.

