ACADEMY for SOCIAL JUSTICE
Learn, Network, Inspire Change

Sponsored by HM Prison & Probation Service

Online Seminar

ACES, Trauma and System Change – The Bigger Picture

Dr Warren Larkin
Director | Warren Larkin Associates
Visiting Professor University of Sunderland and Consultant Clinical Psychologist

and

Becky Haas
American trauma informed care expert and Author

@academyjustice

Academy for Social Justice

3 February, 2021

“An ounce of prevention is better than a pound of cure…”

Why more of the same won’t work…the urgent case for systems change

Dr Warren Larkin

Consultant Clinical Psychologist - Visiting Professor Sunderland University

Director – Warren Larkin Associates Ltd

wlarkin@warrenlarkinassociates.co.uk

@warren-larkin

www.warrenlarkinassociates.com

WARREN LARKIN
ASSOCIATES

Research Article

Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults

The Adverse Childhood Experiences (ACE) Study

Vincent J. Felitti, MD, FACP, Robert F. Anda, MD, MS, Dale Nordenberg, MD, David F. Williamson, MS
Alison M. Spitz, MS, MPH, Valerie Edwards, BA, Mary P. Koss, PhD, James S. Marks, MD, MPH

Background: The relationship of health risk behavior and disease in adulthood to the breadth of exposure to childhood emotional, physical, or sexual abuse, and household dysfunction during childhood has not previously been described.

Methods: A questionnaire about adverse childhood experiences was mailed to 13,494 adults who had completed a standardized medical evaluation at a large HMO; 9,508 (70.5%) responded. Seven categories of adverse childhood experiences were studied: psychological, physical, or sexual abuse; violence against mother; or living with household members who were substance abusers, mentally ill or suicidal, or ever imprisoned. The number of categories of these adverse childhood experiences was then compared to measures of adult risk behavior, health status, and disease. Logistic regression was used to adjust for effects of demographic factors on the association between the cumulative number of categories of childhood exposures (range: 0–7) and risk factors for the leading causes of death in adult life.

Results: More than half of respondents reported at least one, and one-fourth reported ≥2 categories of childhood exposures. We found a graded relationship between the number of categories of childhood exposure and each of the adult health risk behaviors and diseases that were studied ($P < .001$). Persons who had experienced four or more categories of childhood exposure, compared to those who had experienced none, had 4- to 12-fold increased health risks for alcoholism, drug abuse, depression, and suicide attempt; a 2- to 4-fold increase in smoking, poor self-rated health, ≥50 sexual intercourse partners, and sexually transmitted disease; and a 1.4- to 1.6-fold increase in physical inactivity and severe obesity. The number of categories of adverse childhood exposures showed a graded relationship to the presence of adult diseases including ischemic heart disease, cancer, chronic lung disease, skeletal fractures, and liver disease. The seven categories of adverse childhood experiences were strongly interrelated and persons with multiple categories of childhood exposure were likely to have multiple health risk factors later in life.

Conclusions: We found a strong graded relationship between the breadth of exposure to abuse or household dysfunction during childhood and multiple risk factors for several of the leading causes of death in adults

Key Research Findings

- In the English National ACE study, nearly half (47%) of individuals experienced at least one ACE with 9% of the population having 4+ ACES *(Bellis et al 2014)*

- Adverse Childhood Experiences are rarely asked about in routine practice *(Felitti et al.,1998; Read et al 2007, 2018; Ford et al 2019)*

- There is a strong and proportionate (dose-response) relationship between ACE and the risk of developing poor physical health, mental health and social outcomes
(Skehan & Larkin, 2008; Kessler et al, 2010; Varese et al 2013; Felitti & Anda, 2014)

- ACEs increase the risk of adult onset chronic diseases, such as cancer and heart disease, as well as increasing the risk of mental illness, violence and becoming a victim of violence.

- ACEs are associated with a large proportion of absenteeism from work, costs in health care, emergency response, mental health and criminal justice involvement.

WARREN LARKIN
ASSOCIATES

Examples of the most "definitive" meta-analyses linking childhood adversities / trauma and subsequent risk of developing mental health difficulties

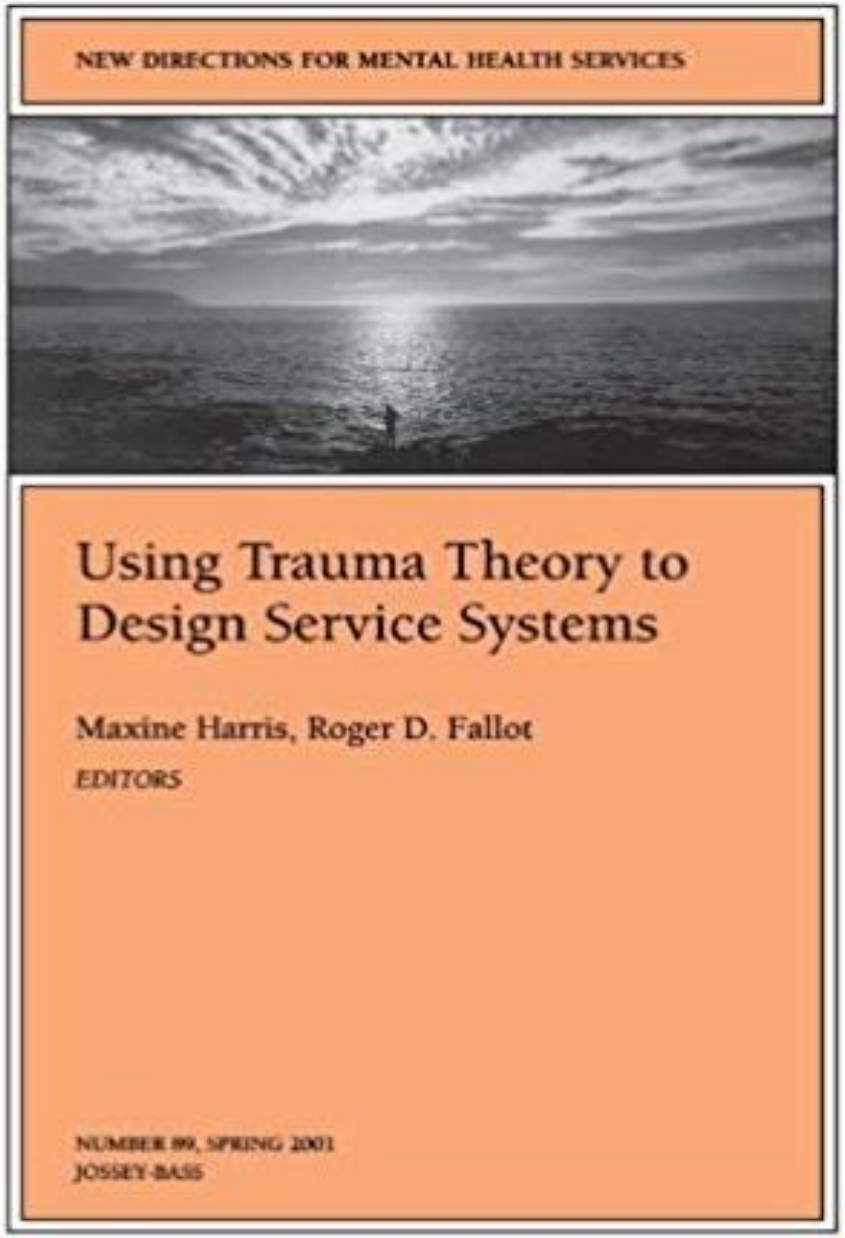
(Filippo Varese, 2018)

Depression	Mandelli et al (2017)
Anxiety	Lindert et al. (2014)
Obsessive compulsive disorder	Miller & Brock (2017)
Suicidal behaviour	Zatti et al. (2017)
Non-suicidal self-harm	Liu et al. (2017)
Functional neurological (conversion) disorders / medically unexplained symptoms	Ludvig et al. (2018)
Dissociation	Vonderlin et al. (2018); Rafiq et al. (2018)
Eating disorders	Molendijk et al. (2017)
Substance misuse (illicit drugs, alcohol etc.)	Norman et al. (2012)
Psychosis	Varese et al. (2012)
Bipolar disorder	Palmier-Claus et al. (2016)
Borderline personality disorder	Porter et al. (under review)

Reframing Addictions & Health Harming Behaviours

- Drugs, food, sex, gambling, alcohol, smoking & violence are all ways of coping – self-soothing – comfort-seeking
- They provide short term relief from distress and pain
- The effect doesn't last and they cause harm
- This impact is often intergenerational
- **Treating behaviours or 'symptoms' alone is not a solution**
- Removing a vulnerable person's only means of coping!?
- **We need to help people link the past trauma/ pain to the here and now & find better and safer coping strategies**

WARREN LARKIN ASSOCIATES



What is Trauma-Informed Care?

- The development of TIC can be traced to the USA and **Harris and Fallot (2001)** seminal text "Using Trauma Theory to Design Service Systems"

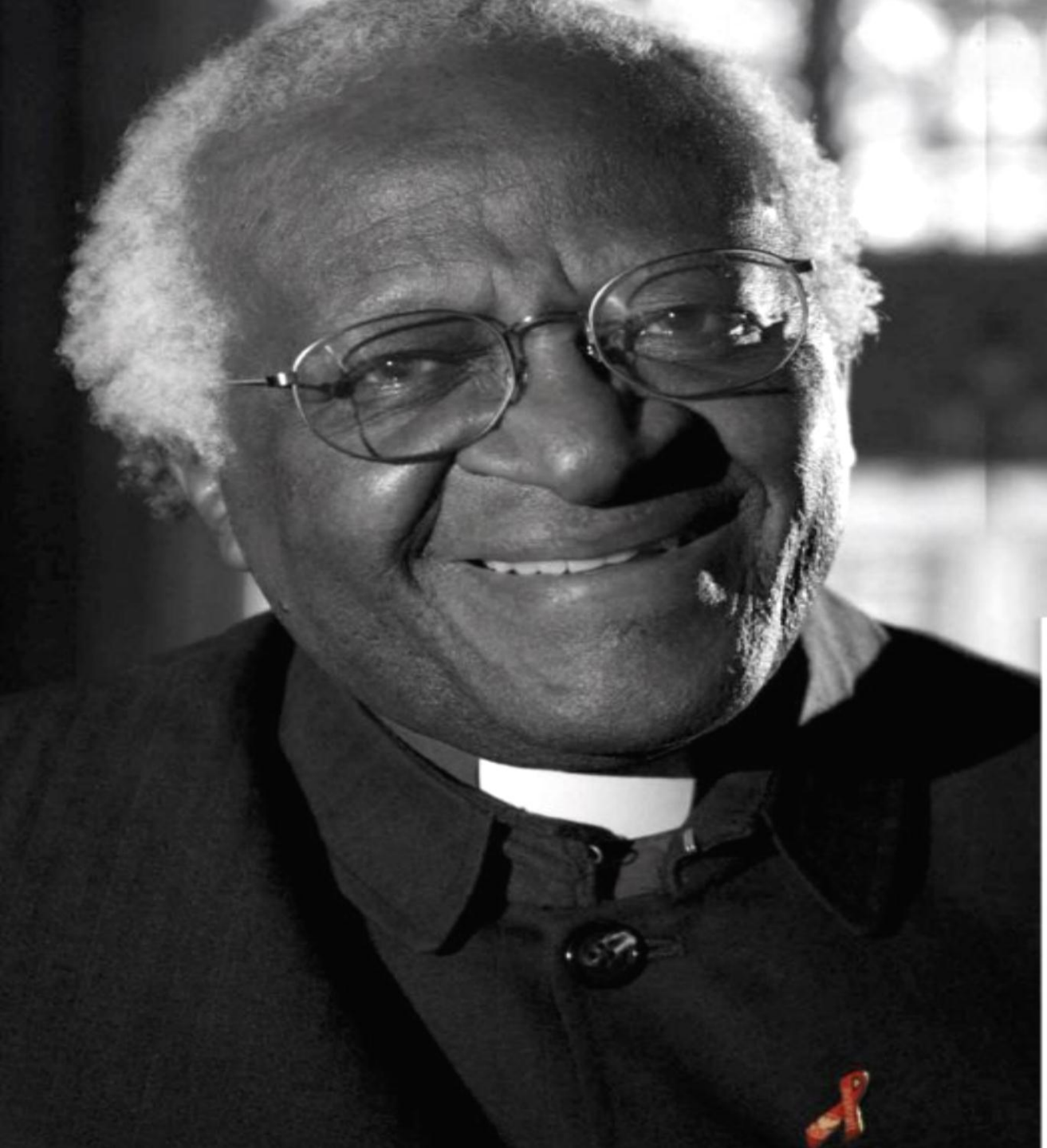
"…a system development model that is grounded in and directed by a complete understanding of how trauma exposure affects service user's neurological, biological, psychological and social development" ***Paterson, 2014***

WARREN LARKIN ASSOCIATES

Credit: Filippo Varese

Trauma-Informed Care/ Services (Adapted from Trauma informed Oregon Standards for HC 2015)

WARREN LARKIN ASSOCIATES



“There comes a point where we need to stop just pulling people out of the river.

We need to go upstream and find out why they’re falling in.

– Desmond Tutu

Preventing ACEs in future generations could reduce levels of:

UNINTENDED TEENAGE PREGNANCY
(before age 16)
By 38%

BINGE DRINKING
(current)
By 15%

HEROIN/CRACK USE
(lifetime)
By 59%

VIOLENCE PERPETRATION
(past year)
By 52%

POOR DIET
(current; <2 fruit & veg portions daily)
By 14%

EARLY SEX
(before age 16)
By 33%

SMOKING
(current)
By 16%

CANNABIS USE
(lifetime)
By 33%

VIOLENCE VICTIMISATION
(past year)
By 51%

INCARCERATION
(lifetime)
By 53%

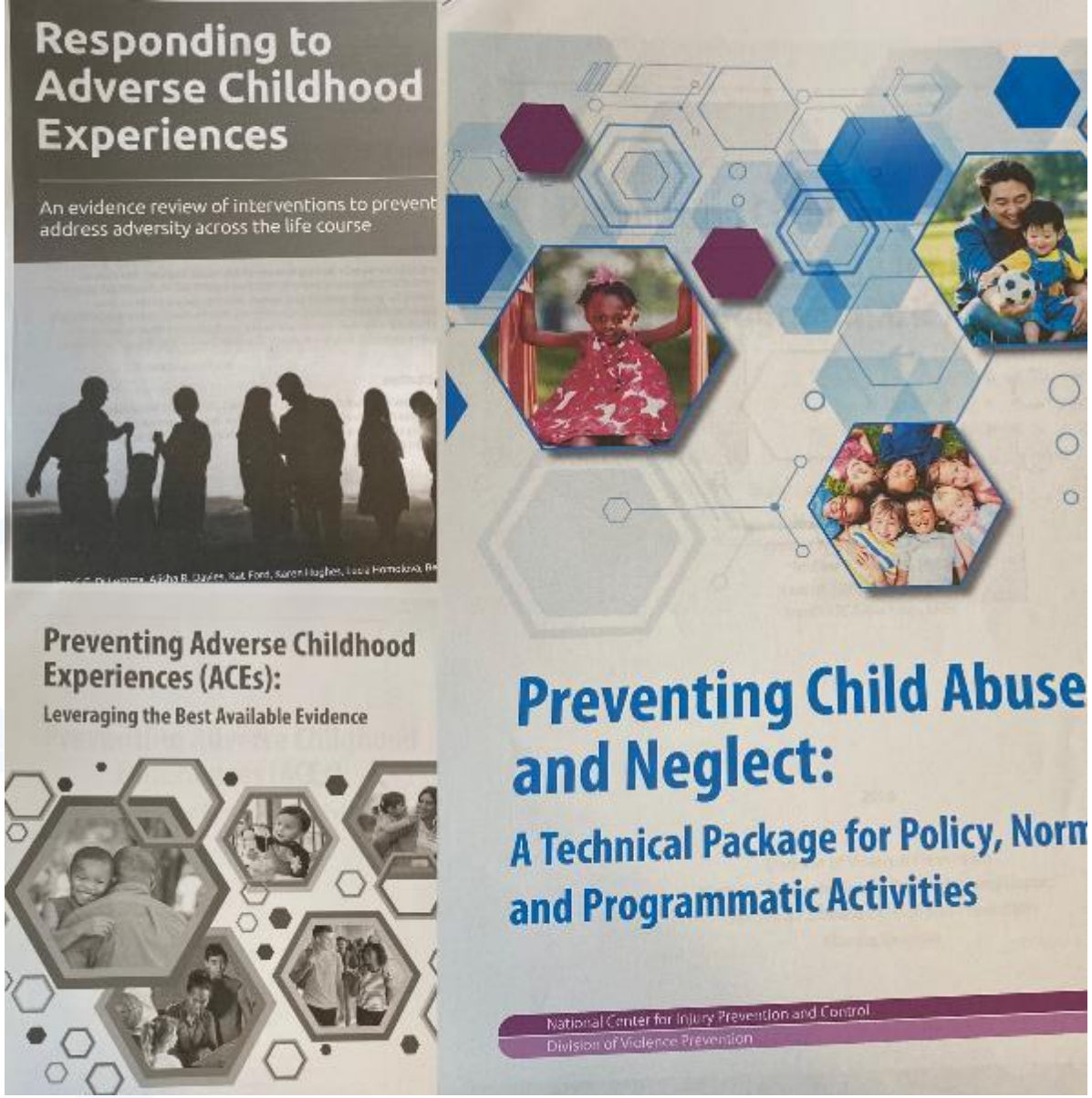
The English national ACE study interviewed nearly 4,000 people (aged 18-69 years) from across England in 2013. Around six in ten people, who were asked to participate, agreed and we are grateful to all those who freely gave their time. The study is published in BMC MEDICINE:

Bellis MA, Hughes K, Leckenby N, Perkins C, Lowey H.
National household survey of adverse childhood experiences and their relationship with resilience to health-harming behaviours in England.

Centre for public Health, Liverpool John Moores University – WHO Collaborating Centre for Violence Prevention – May 2014 – Web:www.cph.org.uk – Tel:0151 231 4510

WARREN LARKIN ASSOCIATES

‘Transforming outcomes (for the next generation) is possible with long-term, cross-sector commitment.’



WARREN LARKIN ASSOCIATES

We need a public health approach preventing & addressing the impact of childhood adversity

- The ACE & early years research offers the biggest opportunity to improve the health and wellbeing of future generations

- We can and must:
- a) **Prevent** adverse childhood experiences (ACEs)
- b) **Support** child and family wellbeing/ parenting
- c) **Detect and mitigate** the impact of ACEs
- d) **Promote resilience** across the life course

WARREN LARKIN ASSOCIATES

Primary Prevention:
CDC study of universal access to Triple P

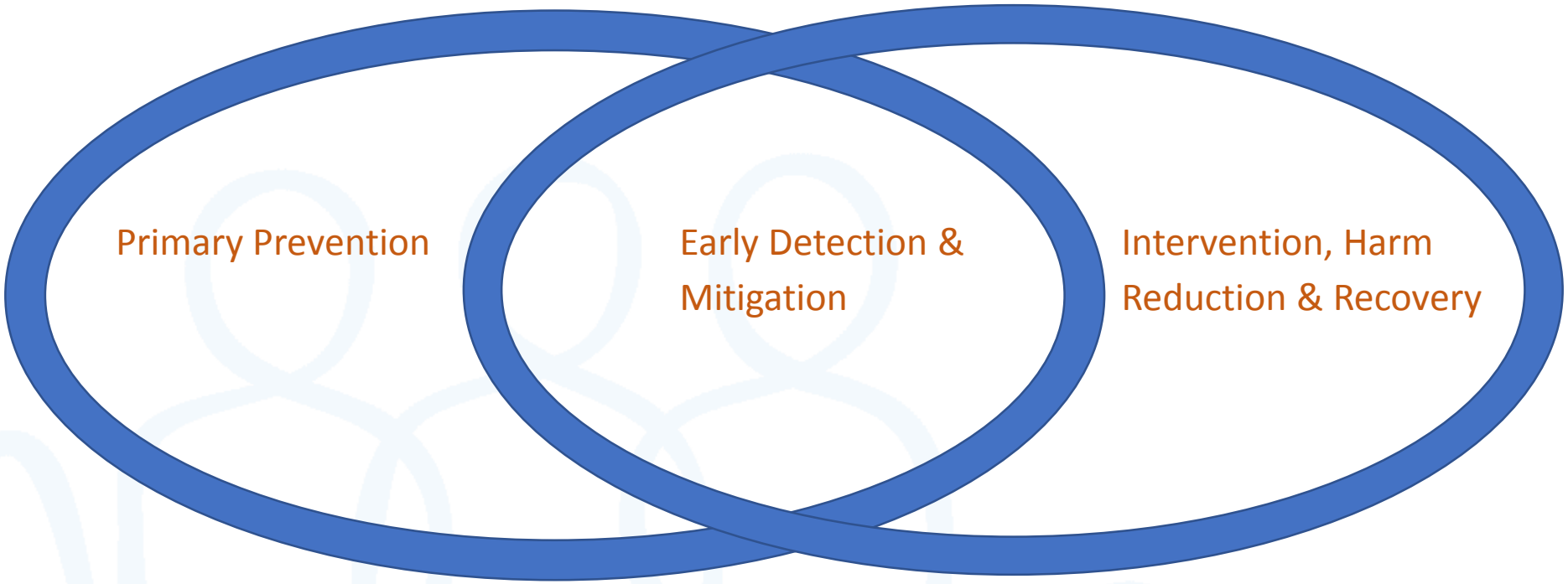
- In little more than two years of implementation, this approach yielded results previously unheard of in the child maltreatment area:
- In counties where Triple P was made available in South Carolina, child maltreatment cases decreased by 23.5 (7.9% increase in control counties)
- Child out-of-home placements decreased by 9.1% (22.6% increase in control counties)
- Child maltreatment injuries decreased by 10.5% (23.6% increase in control counties). (Prinz et al, 2009, 2016)

WARREN LARKIN
ASSOCIATES

Early Years
Families & Parenting
Financial Stability
Safe Connected Communities
School Programmes
Resilience Building

ACE Aware and Ace Enquiry
Trauma informed Practice
TF-Interventions
Resilience Building
Social Prescribing
Mentoring

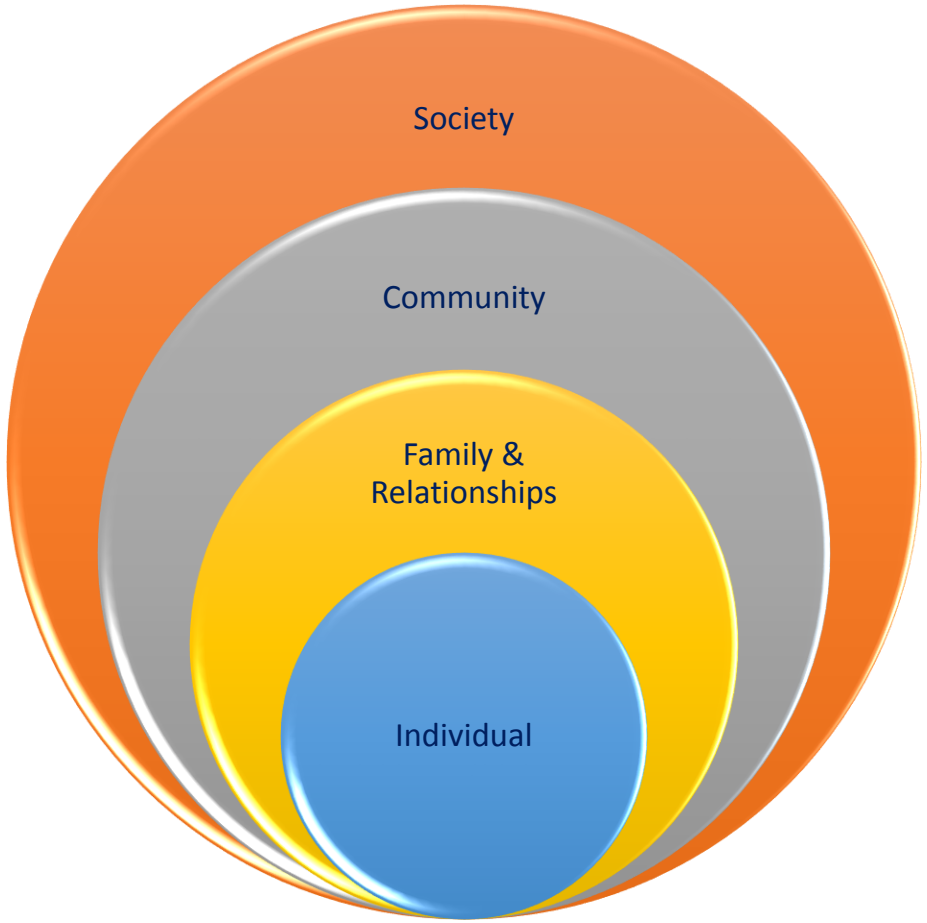
TF-Interventions
TF-Therapies
Restorative Practices
ACE Specific Programmes
Mentoring



Relationships – Safety – Equality – Opportunity – **Relationships** – Connection – Partnership – Rights - **Relationships**

WARREN LARKIN ASSOCIATES

Social ecological model



Start with WHY and the how and what will emerge…

1. Does your partnership have a shared vision of the desired future for the people of your region or county? The ‘Just Cause’ or ‘Why’).

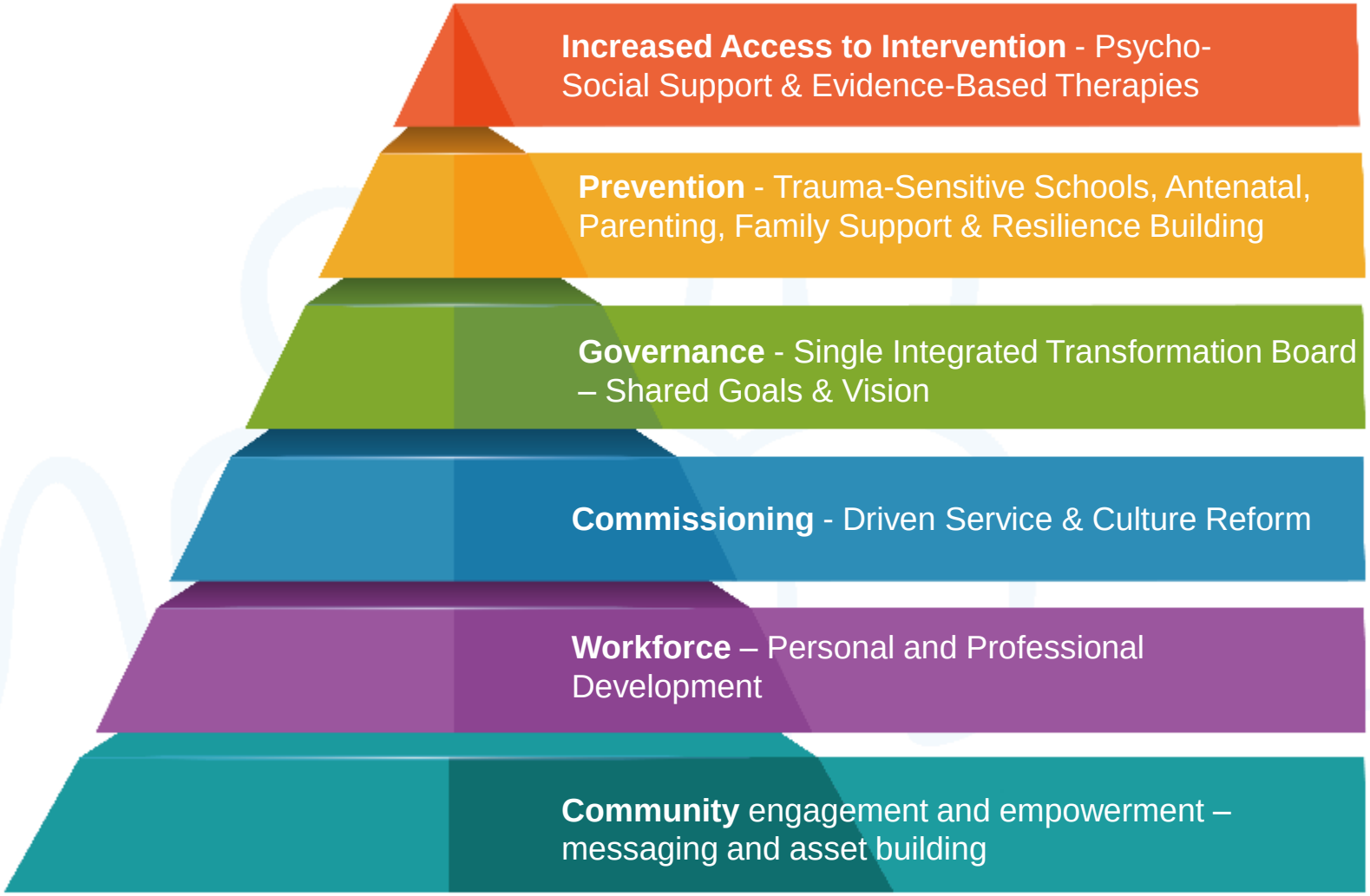
2. How will you ensure your citizens co-produce and own the vision and solutions?

3. How do we ensure racial and social inequalities are addressed and remain prominent in your shared vision?

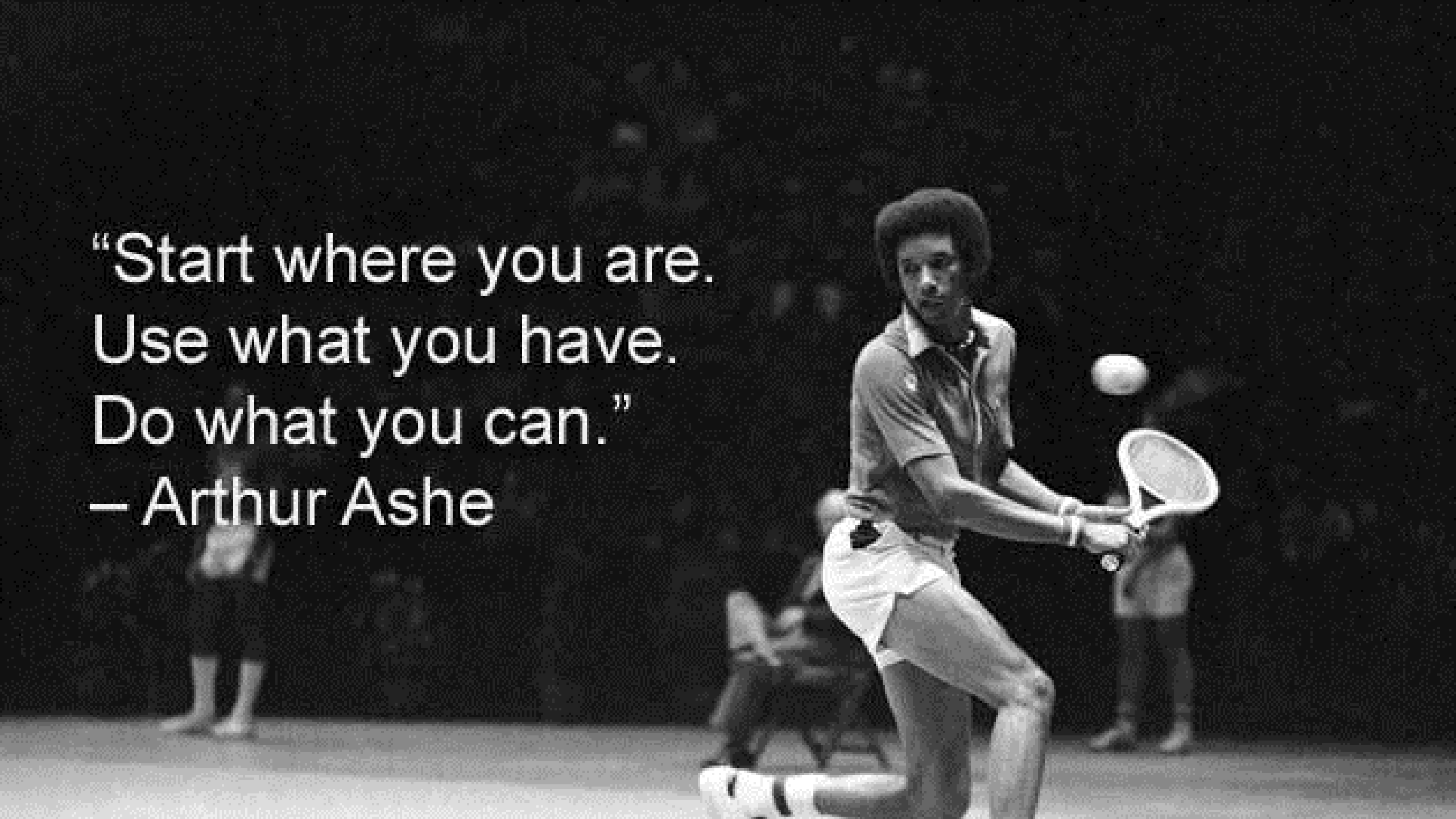
4. How do you ensure, through your leadership, a consistent, long-term approach and cross-sector commitment to the shared vision?

WARREN LARKIN ASSOCIATES

Trauma-Aware System Change (TASC) model



WARREN LARKIN ASSOCIATES


“Start where you are.
Use what you have.
Do what you can.”
– Arthur Ashe

Creating A Trauma Informed System of Care

Building Resilience in
Northeast Tennessee

- *Becky Haas*
- *International Presenter*
- *Author, Speaker, Trainer*
- *Https://BeckyHaas.com*
- *Contact: Becky@BeckyHaas.com*

WARREN LARKIN
ASSOCIATES

How Work Began

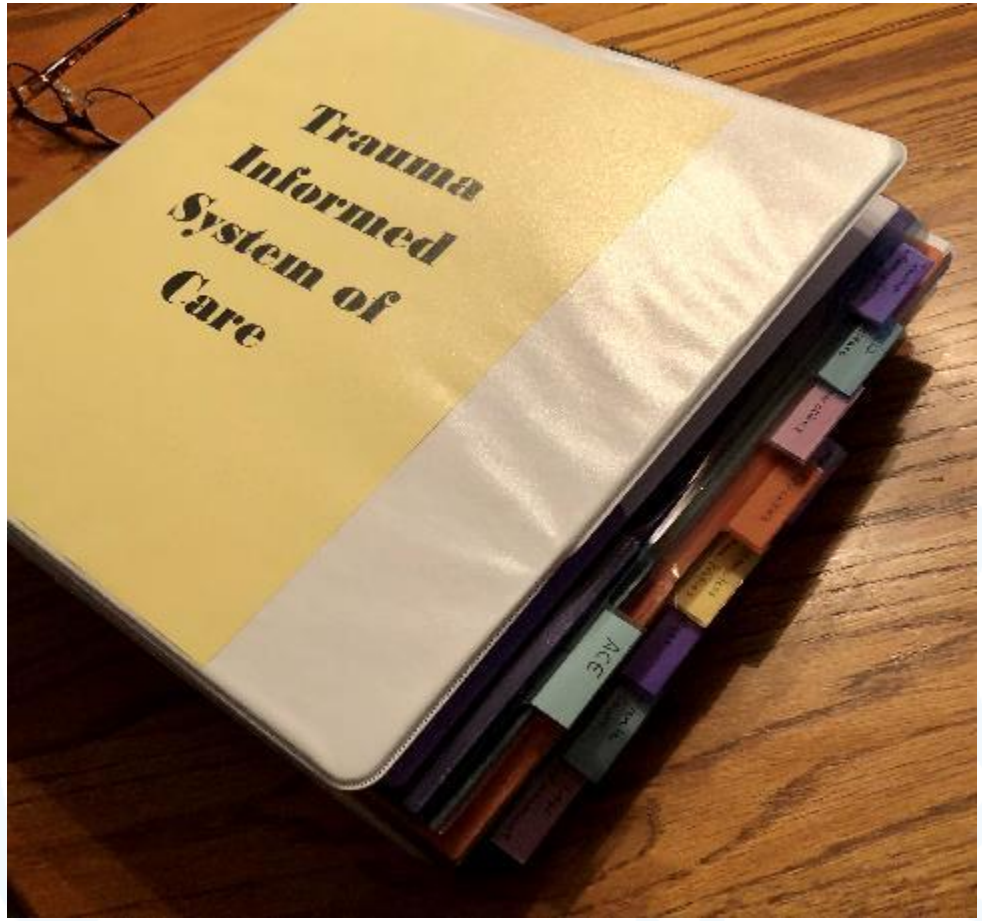
- In 2014, while overseeing 19 police programs aimed at reducing recidivism, as well as drug-related and violent crime, I heard a presentation about the Adverse Childhood Experiences (ACEs) study.

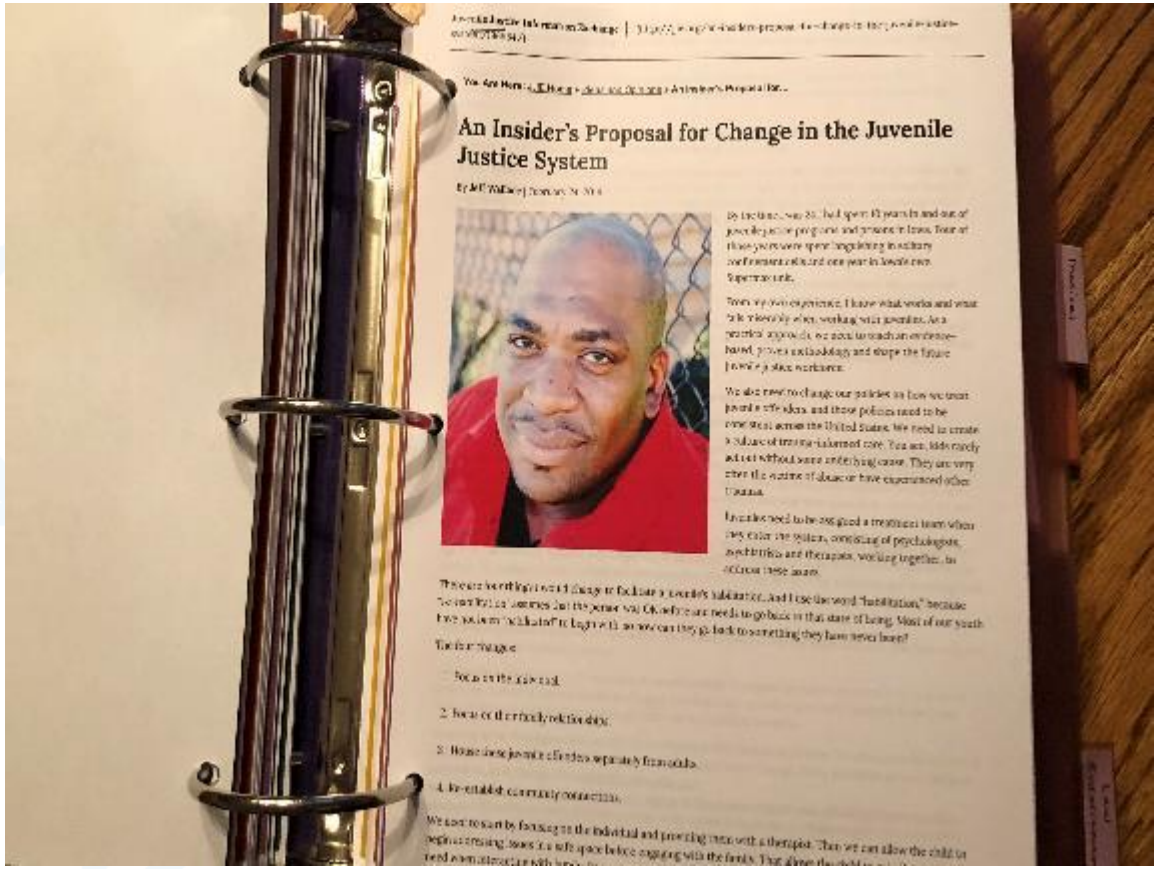
- Learning that a man who scores a 6 on the ACEs study had a 4,600% increase of becoming an IV drug user, I wondered why addressing childhood trauma was not being included in work to reduce the drug epidemic.

- These successful crime prevention programs were being implemented with police and 35 diverse community stakeholders

WARREN LARKIN
ASSOCIATES

The Notebook





An Insider's Proposal for Change in the Juvenile Justice System

WARREN LARKIN ASSOCIATES

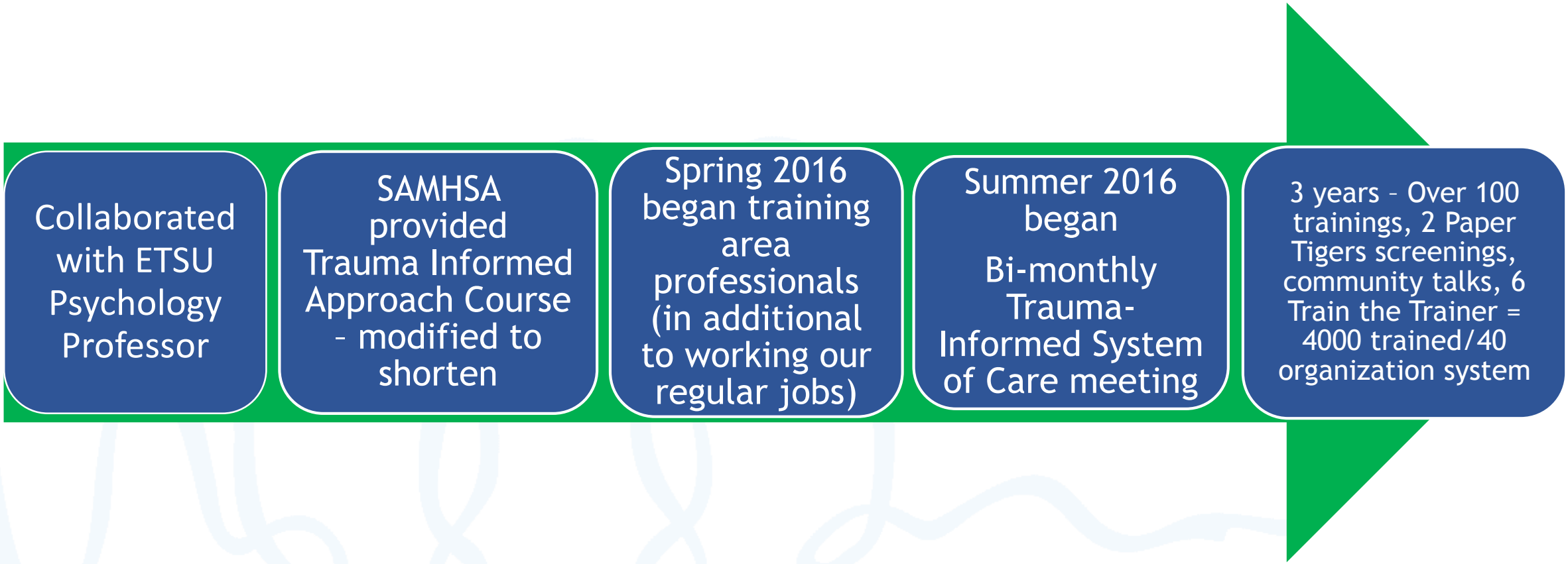
2014 SAMHSA concept paper
Concept of Trauma and Guidance for a Trauma-Informed Approach

Recommendation:

"…communities [should] address trauma through a multi-agency public health approach inclusive of public education and awareness, prevention and early identification, and effective trauma-specific assessment and treatment."

WARREN LARKIN ASSOCIATES

Actions Taken



WARREN LARKIN ASSOCIATES

2018 - National Recognition

"Though many communities across the nation are beginning to implement SAMHSA recommendations, Johnson City clearly stands out as a leader in embracing this model."

~ Dr. Joan Gillece, Director SAMHSA-funded National Center for Trauma Informed Care

WARREN LARKIN ASSOCIATES

Three-state Healthcare System
Trauma Informed Administrator

- Implement measures to help a three state healthcare system become trauma informed
- Developed and delivered training to healthcare team members (2 of 21 hospitals trained, all CEO's trained, physician grand rounds, foundation members)
- Raise awareness of ACEs science throughout rural Appalachia
- Provide training to regional community partners including police
- Training for 8 School Districts

WARREN LARKIN
ASSOCIATES

Traditional Approaches Not Working

- **Imprisonment Has Not Reduced State Drug Problems**

  2014 Pew Charitable Trusts Report - prison data shows no evidence that incarceration reduces drug misuse

  The absence of any relationship between states' rates of drug imprisonment and drug problems suggests that expanding drug imprisonment is not likely to be an effective national drug control and prevention strategy

  Study compared 2014 data from Tennessee and New Jersey. Tennessee drug imprisonment rank is 5th while New Jersey ranked 45th. Yet both states have comparable drug use rates.

  Pew Charitable Trust - Issue Brief, March 8, 2018

- **Addressing Homelessness**

  "Childhood adversities are found to be substantially overrepresented in homeless samples, and a history of childhood adversity has been related to particularly poor outcomes among the homeless."

  American Journal of Public Health, Dec. 2013

- **Improving Community Health**
- In a subsequent study to ACEs involving 125,000 patients, Drs. Felitti and Anda, found those who completed the ACE Study questionnaire as part of their medical history and discussed their ACE Scores with their doctors had a 35% reduction in their doctor visits and an 11% reduction in emergency room visits over the course of the following year.

Trauma Is NOT an Excuse

Adverse Childhood Experiences are not an excuse for drug addiction or criminal behavior – but rather provide an explanation for it

What is predictable, is preventable

ACEs are fact but not fate

Upstream approach ,

WARREN LARKIN ASSOCIATES

Creating Community Resilience

- Think of a System of Care in comparison to public placement of AEDs. These devices are put in areas where they will most likely be needed and quick service by Emergency Responders is not available.

- The key to proper use is training. The same is true with community-wide Trauma-Informed Care training

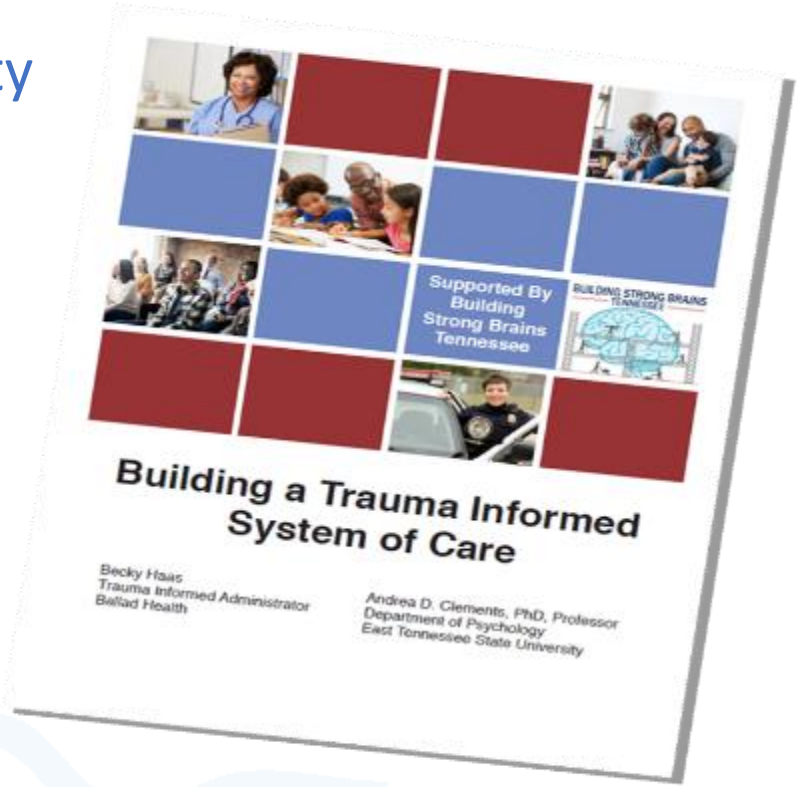
Getting Started

Any person can start building a Trauma Informed Community

Our message: SIMPLE, URGENT, EXPECTATION OF USE

3 steps – Advocate, Educate and Collaborate

2019 Co-Authored Building Trauma Informed System of Care Toolkit for Tennessee Department of Children's Services



WARREN LARKIN ASSOCIATES

Community Champions

After School Programs

Libraries

State Foster care

Government Housing

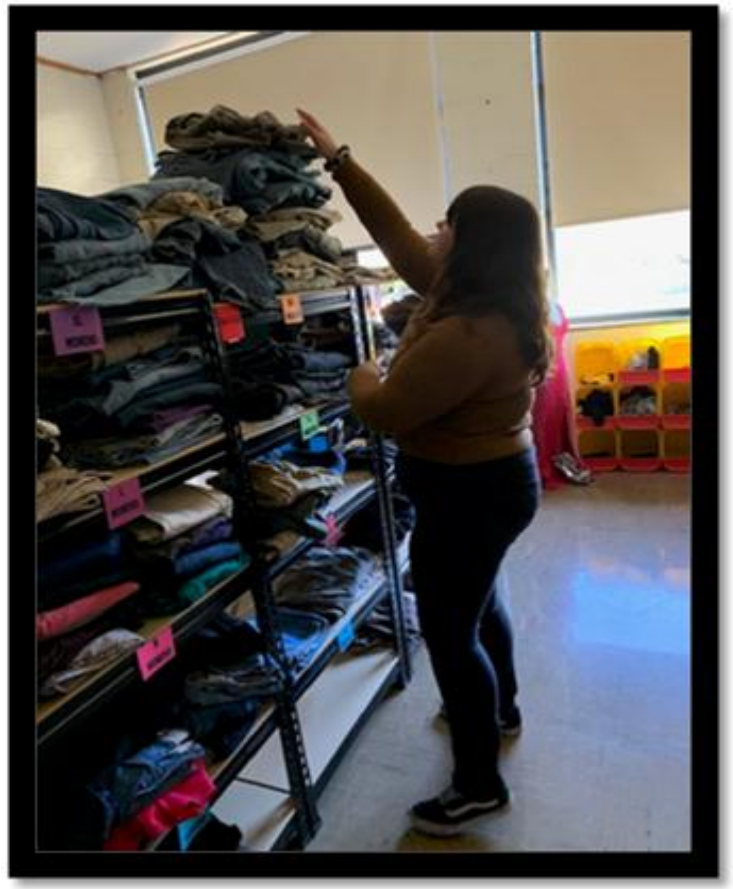
This Photo by Unknown Author is licensed under CC BY-ND

Carter County Anti Drug Coalition

- Park and Rec Mentor Grant – adult mentors for kids identified through Park and Rec
- Triple P Parenting Classes
- “Safe Sitter Classes” – sponsors pay $25 so kids “raising” their younger siblings can be trained

Creating Trauma Sensitive Schools

WARREN LARKIN ASSOCIATES



WARREN LARKIN
ASSOCIATES

GOOD MORNING
Monday
October 16, 2017

ETSU's signs of life/1B

Talladega crash fest/1B

Johnson City Press

Volume 97 — No. 48 johnsoncitypress.com Tri-Cities, Tennessee $1.00

Value restored at Topper Academy

Does Johnson City need second middle school?

The Johnson City Board of Education has voted to study a reconfiguration of Indian Trail Intermediate School and Liberty Bell Middle School to create a second middle school in the city. Board members want to hear what the community thinks about adding another middle school.

Question of the week

Press Staff Writer

Brandon Paykamian reported officials with the school system are considering turning Indian Trail and Liberty Bell into middle schools for students grades

'Culture shift' changes outlook at former Alternative Center

By Brandon Paykamian
Press Staff Writer

After stepping down from her position as principal at Science Hill High School in May, Melanie Riden-Bacon set out to transform what was once known as the Alternative Center into what is now Topper Academy.

Riden-Bacon, now the Topper Academy director, said in July that it was time for a "culture shift." Part

achievement, rather than using the center as a "punitive" place for students struggling academically and behaviorally.

"I felt like the students and teachers here felt like they weren't valued. There was a bad perception of what this place was," she said. "I wanted to show the community, students and faculty that these students are very capable of learning.

"They're very important, and teachers here are very good teachers. We just needed to have the right system in place to support them in what they need."

Inspired by the critically acclaimed documentary "Most Likely to Succeed," in which Lincoln High School changed its disciplinary [illegible] more hands-on

ADEMY, Page

WARREN LARKIN ASSOCIATES

Trauma Informed Policing

Trauma Informed Policing

Handle With Care

Reducing Trauma on Scene

Officer Self-Care

WARREN LARKIN ASSOCIATES

Juvenile Justice

Three courts in two states received training

One court added a therapy dog present in the court

All staff in one Juvenile Detention Center have received training

Domestic Violence Programs

Blessing Bags

Community Healthcare

Resources allocated from largest regional healthcare system

Public Health Departments

Child Cancer Research Clinic

- Pain Protocol changes
- Life skill classes
- Peer support

Faith Community

Training for regional houses of faith

Training for faith-based non profits

Workforce Solutions

(far left - Margaret Feierabend attends the Johnson City, SAMHSA Forum, September 2018)

Resource Navigation is a new class of employee benefit that connects workers with personalized resources and ongoing support so life challenges don't keep them from bringing their best selves to work.

Services provided in a non-judgmental way

Resilient Organisations / Communities Are

WARREN LARKIN ASSOCIATES

Regional Acceptance in Four Years

MYSTERY DINER

Real deal

Authentic California Mexican Grill lives up to its name. A8

APPALACHIAN LEAGUE

Cardinals' title hopes take a beating. B1

Johnson City Press

TRI-CITIES, TENNESSEE johnsoncitypress.com TUESDAY, SEPTEMBER 3, 2019 $1.00

Dealing with ACEs

Childhood experiences may have implications for later life

By Jonathan Roberts
PRESS STAFF WRITER
jroberts@johnsoncitypress.com

Almost half of all American children have experienced at least some form of childhood trauma.

Many of these adverse childhood experiences, or ACEs, can be tied back to drug and substance abuse, but their impact may be more widespread than many perceive.

In Tennessee, an estimated 49% of children have at least one adverse childhood experience, and 24.1% have at least two. Nationally, those numbers sit at

Children with ACEs, such as neglect, physical and sexual abuse and family dysfunction, are more likely to suffer from a wide range of health disorders, both physical and mental — including substance abuse.

WHAT ARE ACES AND TRAUMA-INFORMED CARE?

Adverse childhood experiences are traumas children experience from ages 0-17. The original study identified 10 ACEs, but has since expanded to 14. They include:

- Physical abuse.
- Emotional abuse.
- Sexual abuse.
- Physical neglect.
- Domestic violence.
- Household substance abuse.
- Incarcerated care provider.
- Mental illness in the home.
- Witnessing violence.
- Living in unsafe neighborhoods.
- Experiencing racism.
- Living in foster care.
- Experiencing bullying.

Trauma-informed care is the framework and structure for treatment that involves understanding, recognizing and responding to the effects of trauma. Being trauma-informed, however, is the individual under-

See ACES, Page A7

According to the U.S. Census Bureau's 2016-17 National Survey of Children's Health, Tennessee children have experienced more adverse childhood experiences

ACEs Connection

Join the movement to prevent ACEs, heal trauma & build resilience.

ETSU, Ballad Health team up for institute to study adverse childhood experiences (WCYB)

KAREN CLEMMER (ACES CONNECTION STAFF)
6/26/20 @ 7:52 PM

WARREN LARKIN ASSOCIATES

This Photo by Unknown Author is licensed under CC BY

WARREN LARKIN ASSOCIATES

ACADEMY for SOCIAL JUSTICE
Learn, Network, Inspire Change

Any Questions ?

@academyjustice

Academy for Social Justice