Preventing Adverse Childhood Experiences and their Consequences

Bernalillo County Community Health Council
February 27, 2018
Difficult content – Practice self-care
Violence in Bernalillo County

Recap from January

Overview of epidemiology and prevention of multiple forms of violence:

- Child Maltreatment
- Homicide
- Non-fatal youth violence
- Sexual violence
- Intimate partner violence
- Suicide
- Elder abuse

“There are experiences, particularly early in childhood, that make it extremely predictable that individuals are at substantially higher risk for involvement with violence, be it interpersonal, youth violence, intimate partner violence, dating violence, or child abuse.”

- Howard Spivak, MD, Director, Division of Violence Prevention, Centers for Disease Control and Prevention
What are ACEs and why do they matter?

Dr. Nadine Burke Harris
TEDMED – How childhood trauma affects health across a lifetime

https://youtu.be/95ovlJ3dsNk?t=3m20s
What are ACEs and why do they matter?

As the number of ACEs increases so does the risk for the following:

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease
- Liver disease
- Poor work performance
- Financial stress
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy
- Risk for sexual violence
- Poor academic achievement

Source: https://www.cdc.gov/violenceprevention/acestudy/about.html
% of Children (0-17) who have experienced 3 or more ACEs by race/ethnicity (U.S., 2016)

- African American: 61%
- Hispanic: 51%
- White: 40%
- Asian: 23%

Source: www.childtrends.org, data from 2016 National Survey of Children's Health
% of Children (0-17) who have experienced at least one ACE (U.S. & state, 2016)

- Minnesota: 37%
- U.S.: 45%
- New Mexico: 52%
- Arkansas: 56%

Source: www.childtrends.org, data from 2016 National Survey of Children's Health
% of children (0-17) who have experienced 3 or more ACEs
N.M. & U.S. - 2016

Source: www.childtrends.org, data from 2016 National Survey of Children's Health
Child Abuse Rates – 2013-2016

<table>
<thead>
<tr>
<th>Year</th>
<th>Bernalillo County</th>
<th>New Mexico</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>59.5</td>
<td>66.6</td>
</tr>
<tr>
<td>2014</td>
<td>66.9</td>
<td>66.6</td>
</tr>
<tr>
<td>2015</td>
<td>72.1</td>
<td>66.6</td>
</tr>
<tr>
<td>2016</td>
<td>71.9</td>
<td>66.6</td>
</tr>
</tbody>
</table>

- Reports per 1,000 children
- Substantiated Victims per 1,000 children

Source: NM Children, Youth and Families Department Protective Services 360 Yearly Reports
Effects on Juvenile Justice in NM

Number of ACEs reported
NM Juvenile Justice Population, 2011

- None: 1%
- One to three: 13%
- 4 or more: 86%

Number of ACEs reported
Kaiser Permanente Study population

- None: 36%
- One to three: 52%
- 4 or more: 12%

Figure 2. Prevalence of ACE Description Indicators by Gender

Source: NM Sentencing Commission
Intergenerational Trauma

Parents with ≥5 ACE are 14 times more likely to have 2 or more conditions that create ACE for their own children.

https://www.youtube.com/watch?v=apzXGEbZht0

Source: Simmons, K. & Porter, L.; Analysis of 2010-2011 Washington BRFSS data; unpublished
Prevention of ACEs – the evidence

Preventing Child Abuse and Neglect

- Strengthen economic supports to families
  - Strengthening household financial security
  - Family-friendly work policies

- Change social norms to support parents and positive parenting
  - Public engagement and education campaigns
  - Legislative approaches to reduce corporal punishment

- Provide quality care and education early in life
  - Preschool enrichment with family engagement
  - Improved quality of child care through licensing and accreditation

Source: https://www.cdc.gov/violenceprevention/childmaltreatment/prevention.html
Prevention of ACEs – the evidence

Preventing Child Abuse and Neglect

- Enhance parenting skills to promote healthy child development
  - Early childhood home visitation
  - Parenting skill and family relationship approaches

- Intervene to lessen harms and prevent future risk
  - Enhanced primary care
  - Behavioral parent training programs
  - Treatment to lessen harms of abuse and neglect exposure
  - Treatment to prevent problem behavior and later involvement in violence

Source: https://www.cdc.gov/violenceprevention/childmaltreatment/prevention.html
Current Initiatives in Bernalillo County

- Home visiting programs
- Parenting programs
- Early intervention programs
- Behavioral Health Initiative – Reduction of Adverse Childhood Experiences - $3 mil/year

- UNM initiatives – Milagro, Institute for Resilience, Health & Justice
- ECAP efforts – Making Moments Matter & Connections + Capacity
- Mission: Families (Emerging opportunity)
What’s next? Where are the gaps?

- High quality trauma-informed services
- Culturally and linguistically appropriate services
- Intergenerational & integrated family-based approaches
- Capacity
- Coordination
- Consistent and systematized referral practices

URGENCY
Discussion
Reach & Capacity

Bernalillo County

1,054 total slots funded

Estimated potential need: 3,259

% of estimated need met: 32%

Resident live births (2016): 7,483

Source: http://ccpi.unm.edu/statewide-home-visiting