



Adverse Childhood Experiences and Trauma Informed Care

Challenges for the Education System

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Senate Committee on Education

25 September 2018

The ACE Study

Kaiser, San Diego

Asked over 17,000 Kaiser adults

Abuse

Neglect

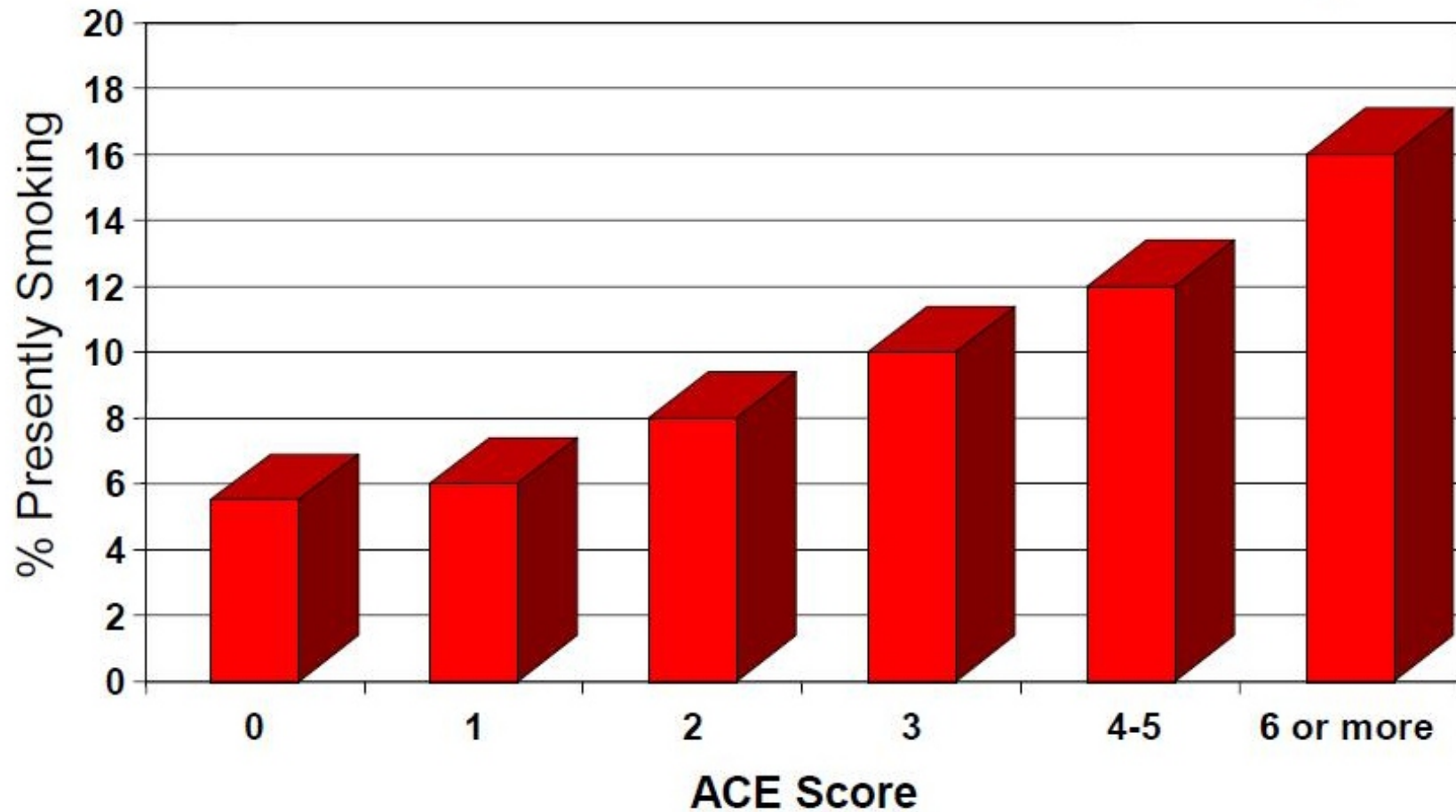
Major Household Dysfunction

The Results

The higher one's ACE score the greater one's risk of later adopting high risk health behaviors and experiencing poor health outcomes.



ACE Score vs. Smoking



Alcoholism and alcohol abuse
Chronic obstructive pulmonary disease (COPD)
Depression
Fetal death
Health-related quality of life
Illicit drug use
Ischemic heart disease (IHD)
Liver disease
Risk for intimate partner violence
Multiple sexual partners
Sexually transmitted diseases (STDs)
Smoking
Suicide attempts
Unintended pregnancies
Early initiation of smoking
Early initiation of sexual activity
Adolescent pregnancy
Psychotropic Medications Prescribed

Increased ER Visits

Increased Medical Office Visit

Increased Fractures

Increased risk of early death
from a heart attack



In the School Setting

Children with ACE Scores of 3 or more:

3 Xs the risk of academic failure

5 Xs the risk of attendance problems

6 Xs the risk of behavior problems

How Trauma Affects Learning

Trauma can impair the ability to:

Form relationships

Regulate emotions

Process information (verbal/non-verbal, written)

Organize material

Transition from one activity to the next

Lay down new memories

Understand cause and effect

Behaviors Associated with Trauma

Impulsivity

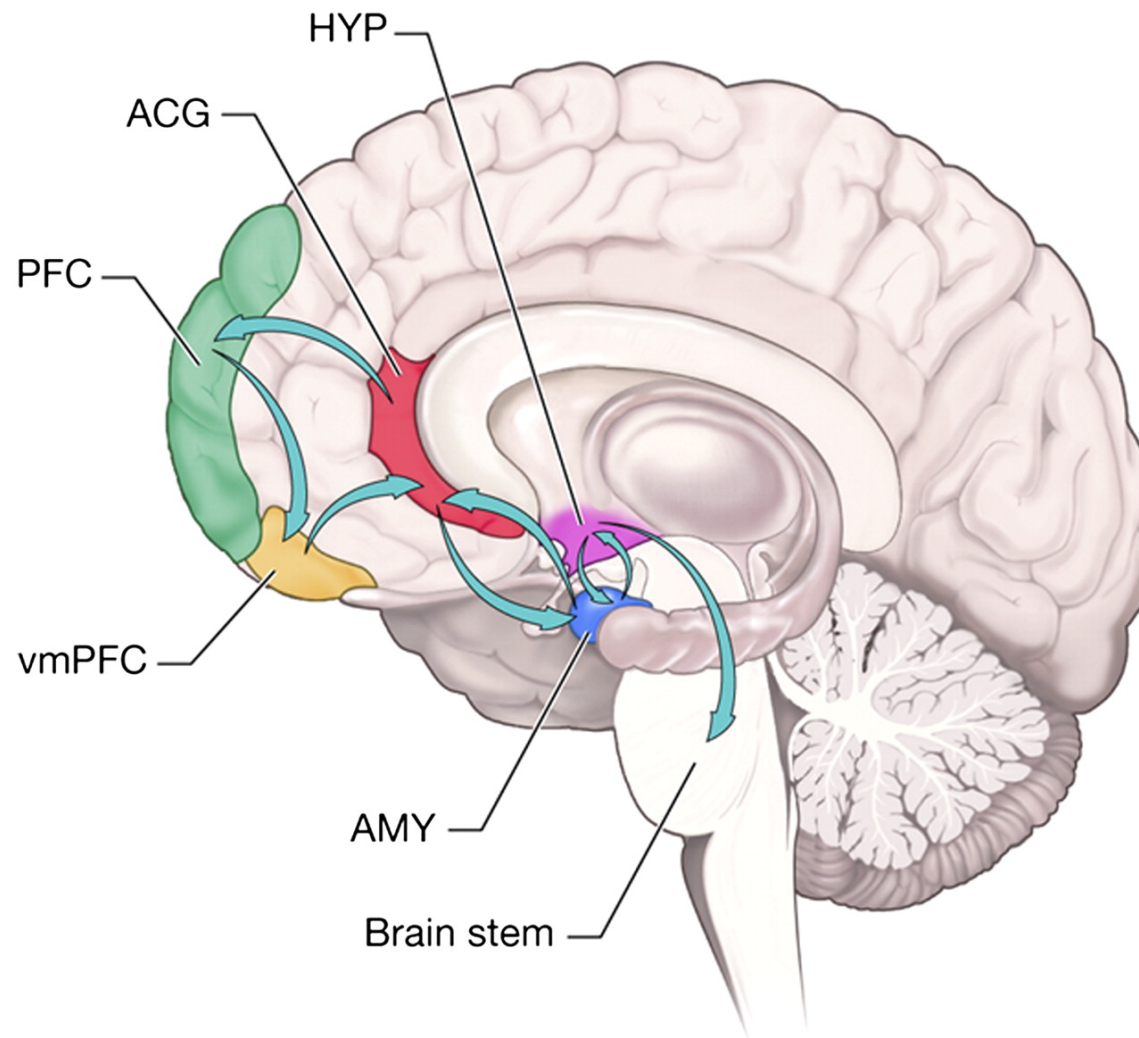
Aggression/Defiance

Withdrawal/Avoidance

Overly protective of personal space/belongings

‘Immaturity’

Why is This?





What Must Happen First

- Education for all members of the school community
- A trusting relationship must be in place before teaching and learning can take place

Famous Examples

- Head Start, Trauma Smart





Elementary School

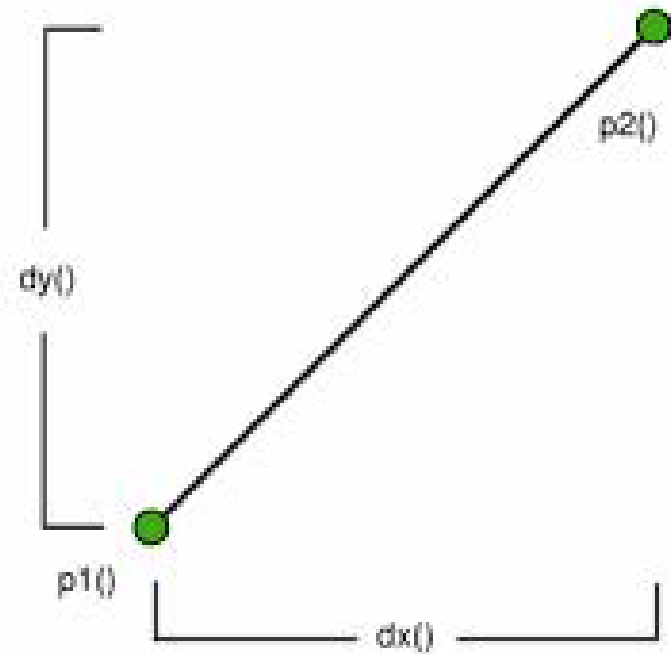
John Wetton Elementary School, Gladstone

“More than new strategies and tools... a change in the mindset about the philosophy of learning...and the way that kids and staff interact.”

A Process



Not An Endpoint



In Teens

Increased risk for :

- Smoking
- Substance use/abuse
- Pregnancy
- Suicidal thoughts and attempts



Lincoln High School, Walla Walla

2009-2010 (Before trauma informed approach)

- ◉ 798 suspensions (days students were out of school)
- ◉ 50 expulsions
- ◉ 600 written referrals

2010-2011 (After new approach)

- ◉ 135 suspensions (days students were out of school)
- ◉ 30 expulsions
- ◉ 320 written referrals

Jim Sporleder

“Its our biggest challenge right now that we have dysregulated adults working with dysregulated kids.”



The Big Secret

- Self-Regulation of Adults
- Caring Adult-Child Relationships
- The Incredible Power of Community Collaboration

Mental Health in Schools

- Children are more likely to access mental health services through primary care and schools than through specialty mental health clinics
- In some areas as many as 70% of students who receive mental health care, receive those services through school

Kids do best if mental health promotion is not a separate activity

- Deep breathing
- Progressive relaxation
- Mindfulness
- One-minute Dance Party
- Traditional Martial Arts

APPs: Mind Yeti, Gonoodle.com

What is predictable is
preventable

ASK

- Prioritize prevention of child abuse and neglect
- Promote attachment and early relationships
- 2 generation models

Support Kids, Schools and Teachers





Thank You