

TRAUMA EFFECTS ON THE FAMILY UNIT & PARENTING: BIDIRECTIONAL RELATIONSHIPS

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IL HEALS 2.0

What will be covered

- Overview of the Adverse Childhood Experiences (ACE) Study.
- Effects of Trauma on the Brain
- Bidirectional Effects Through Relationships and Attachment
- Trauma Informed Principles and Treatment

NCTSN Training Core Concepts

- Traumatic experiences are inherently complex – Subjective and Objective
- Trauma occurs within a broad context – personal traits, past, & culture
- Events often generate secondary adversities, life changes, and affects family
- Protective and promotive factors can reduce the adverse impact of trauma.
- Trauma and posttrauma adversities can strongly influence development.
- Developmental neurobiology underlies reactions to traumatic experiences.
- Working with trauma-exposed consumers can evoke distress in providers that makes it more difficult for them to provide good care.

What are ACEs

- First 18 years of life
- Abuse
 - Emotional abuse
 - Physical abuse
 - Sexual abuse
- Household Challenges
 - Mother treated violently
 - Household substance abuse
 - Mental illness in household
 - Parental separation or divorce
 - Criminal household member
- Neglect
 - Emotional neglect
 - Physical neglect



What is toxic stress

- *“The excessive or prolonged activation of the physiological system in the absence of the buffering protection afforded by stable, responsive relationships.”*

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

What is Traumatic Stress

- Overwhelm a person's capacity to cope and elicit feelings of terror, powerlessness, and out-of-control body response.

May affect:

- Ability to trust others
- Sense of personal safety
- View of the world and self
- Ability to navigate stressful events and changes in life



Responses to Traumatic Events

- Perception of the event
- Risk & protective factors



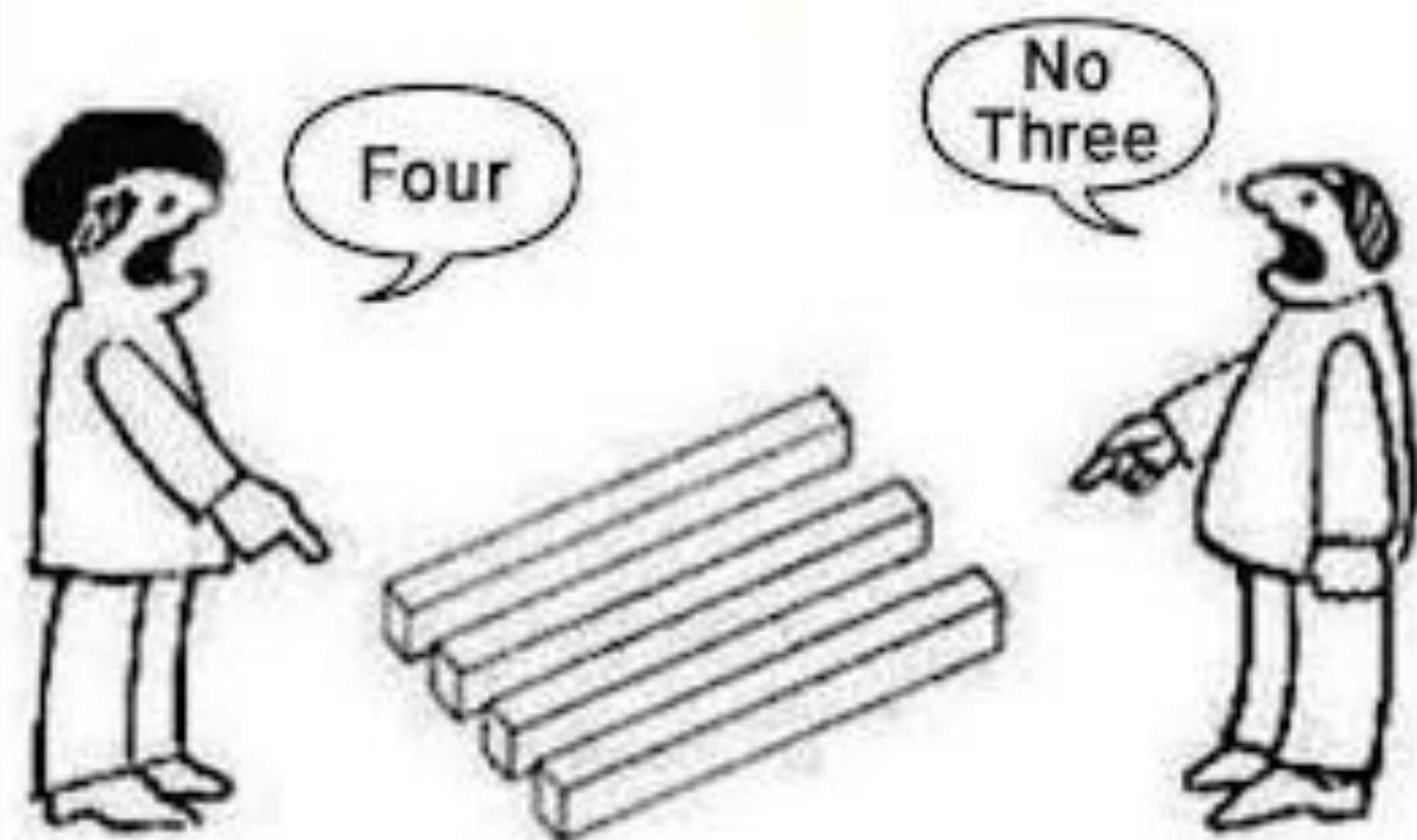




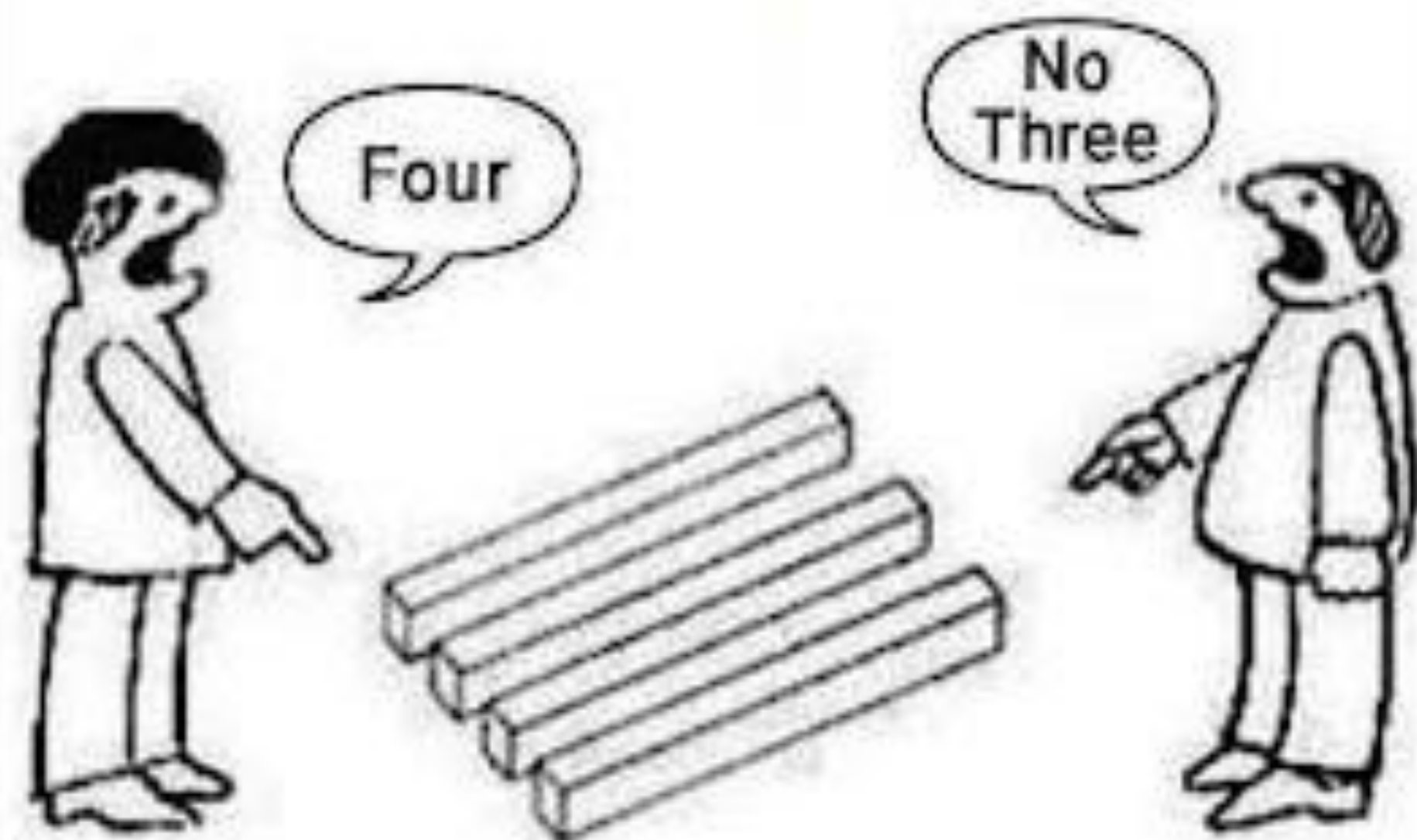




It is really confusing!!!



It is really confusing!!!

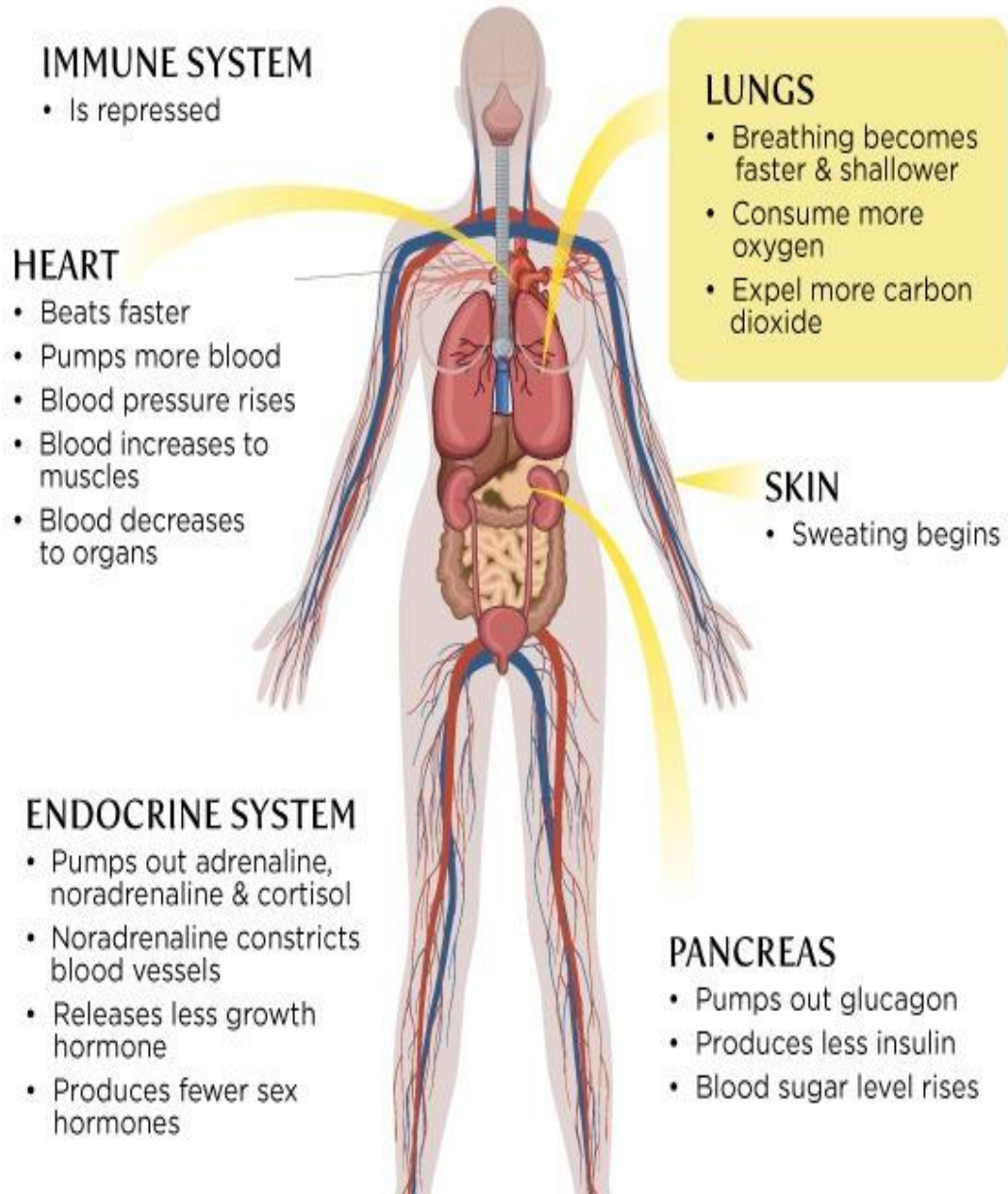




HPA – Axis

- “Too Much”
- “Too Long”

Fight-or-Flight Response



What Can It Look Like?

- Impulsive and reactive
- High frustration, anxiety, and anger
- Poor control of emotions
- Physical symptoms (e.g. headaches)
- Poor problem solving and choices
- Overreacting when told what to do
- Misperceived situations or triggers
- Impaired attention, memory, and cognition

Adverse Childhood Experiences Study (ACES)



Robert F. Anda, MD, MS
Epidemiologist, Centers for
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**Stress & Trauma
Treatment Center**
stressandtrauma.org

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Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score ra hbr 10 24 06

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...

Swear at you, insult you, put you down, or humiliate you?

or

Act in a way that made you afraid that you might be physically hurt?

Yes No

If yes enter 1 _____

2. Did a parent or other adult in the household **often** ...

Push, grab, slap, or throw something at you?

or

Ever hit you so hard that you had marks or were injured?

Yes No

If yes enter 1 _____

3. Did an adult or person at least 5 years older than you **ever**...

Touch or fondle you or have you touch their body in a sexual way?

or

Try to or actually have oral, anal, or vaginal sex with you?

Yes No

If yes enter 1 _____

4. Did you **often** feel that ...

No one in your family loved you or thought you were important or special?

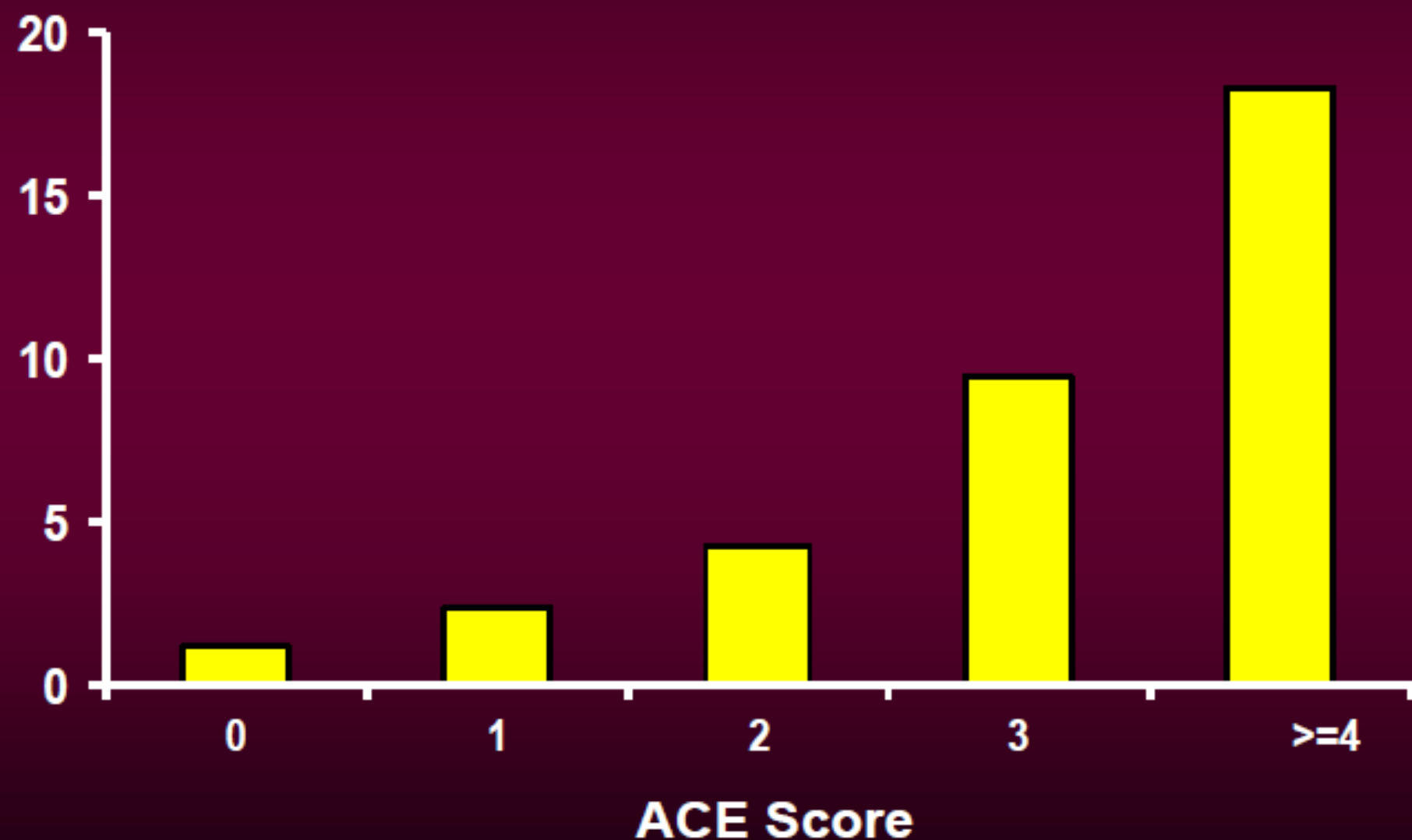
or

Your family didn't look out for each other, feel close to each other, or support each other?

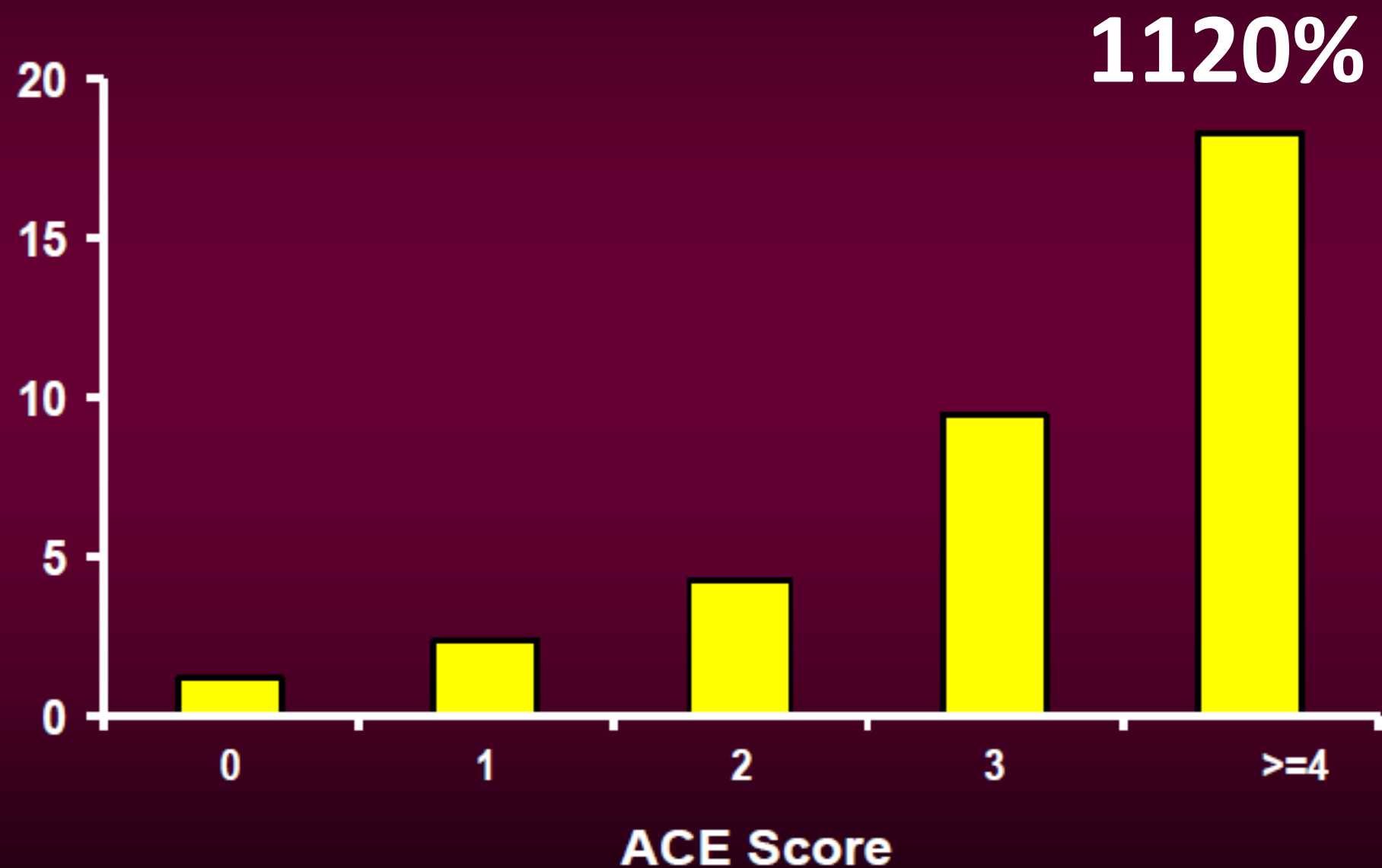
Prevalence of ACE Score

ACE Score	Women	Men	Total
0	34.5%	38.0%	36.1%
1	24.5%	27.9%	26.0%
2	15.5%	16.4%	15.9%
3	10.3%	8.5%	9.5%
4 or more	15.2%	9.2%	12.5%

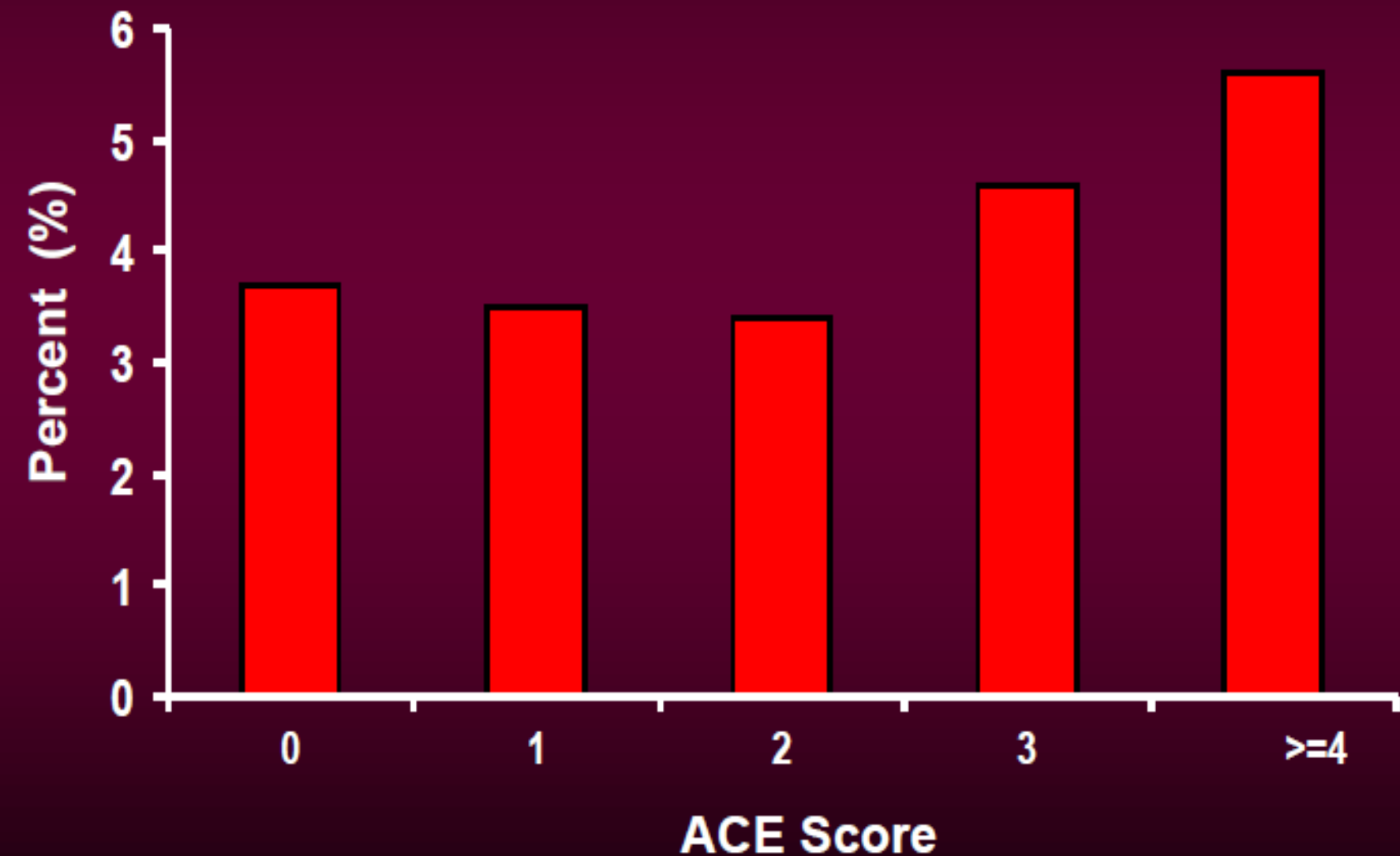
The ACE Score and the Prevalence of Attempted Suicide



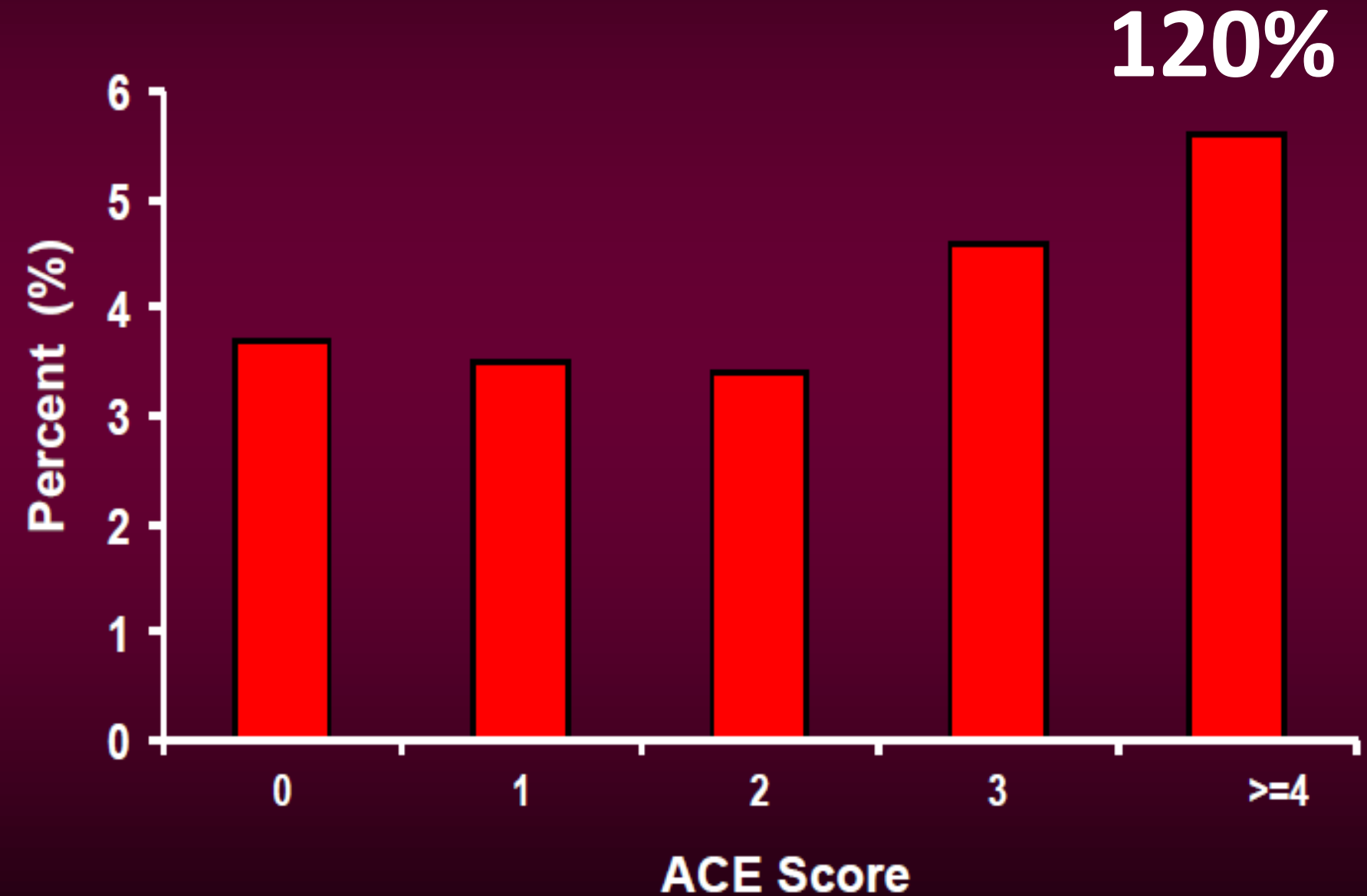
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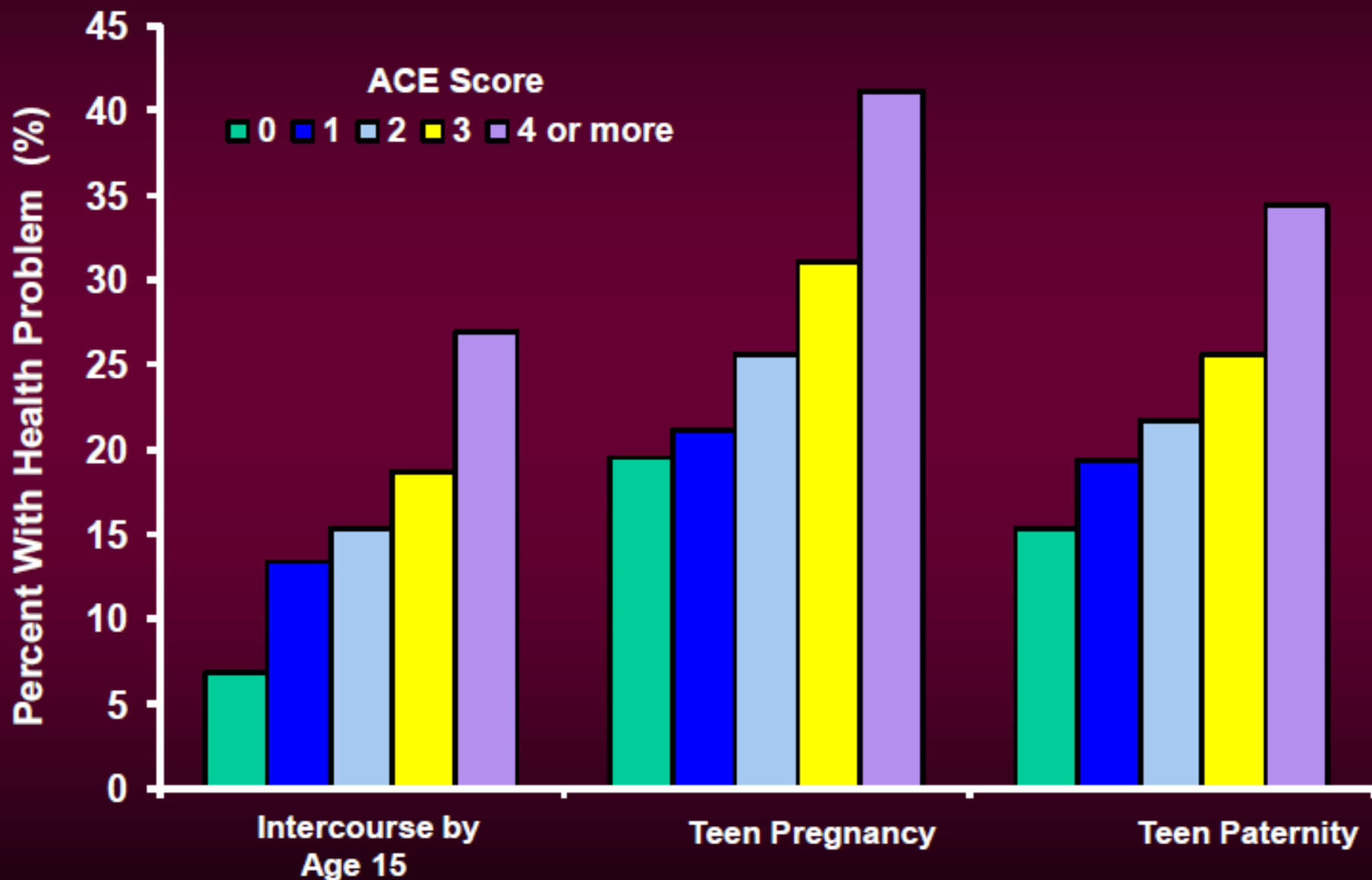
The ACE Score and the Prevalence Ischemic Heart Disease



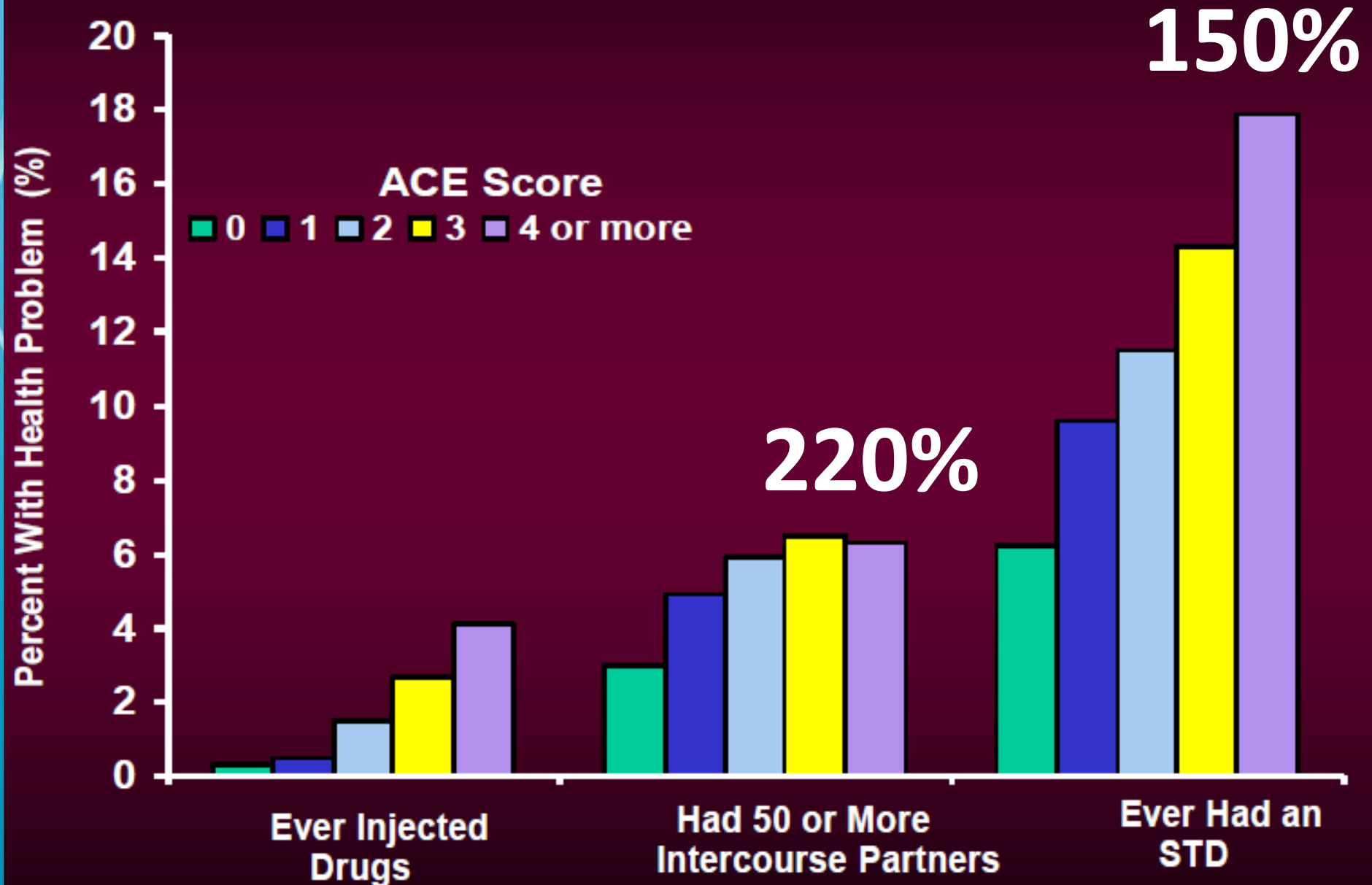
The ACE Score and the Prevalence Ischemic Heart Disease



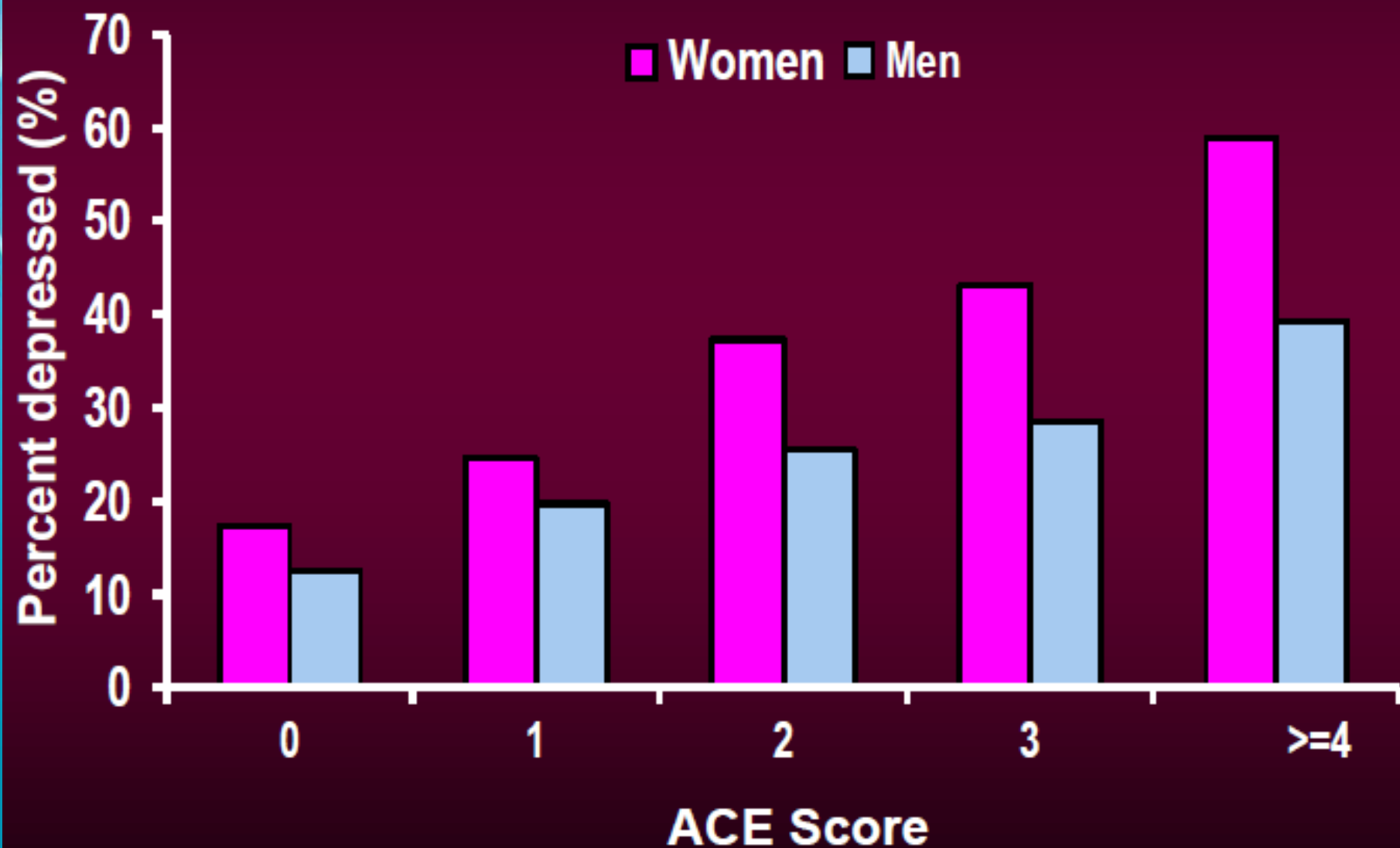
ACE Score and Teen Sexual Behaviors



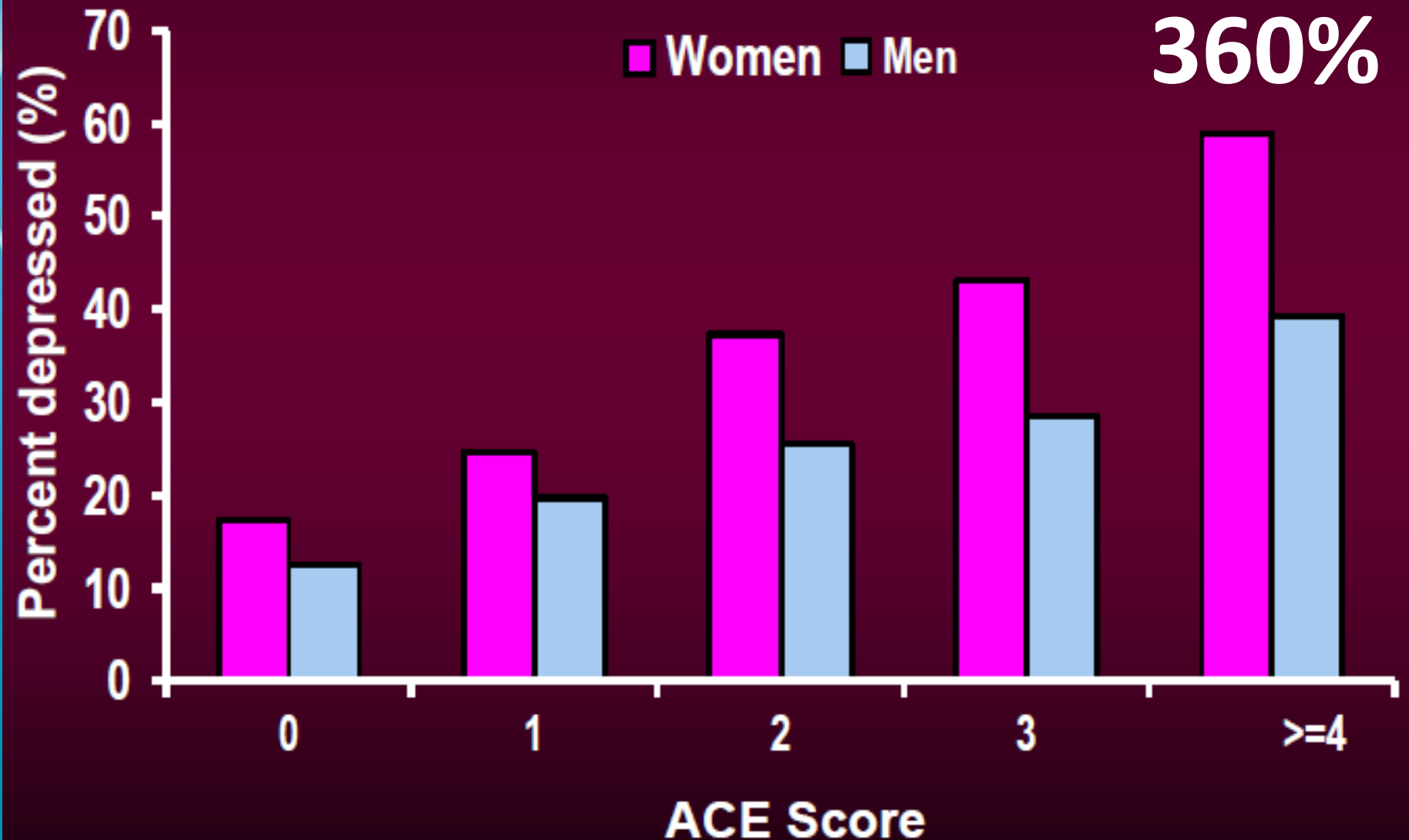
ACE Score and HIV Risks



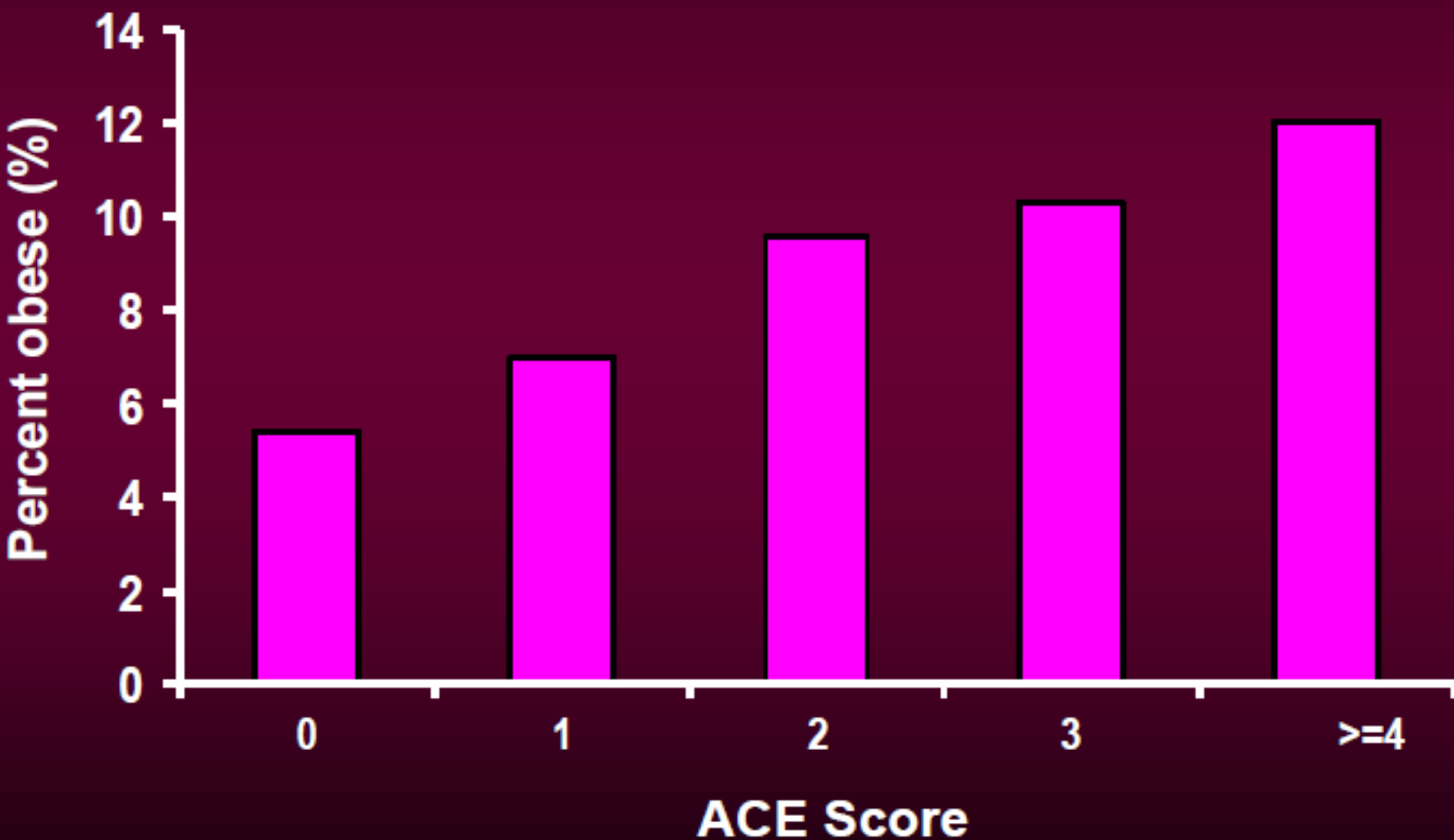
The ACE Score and a Lifetime History of Depression



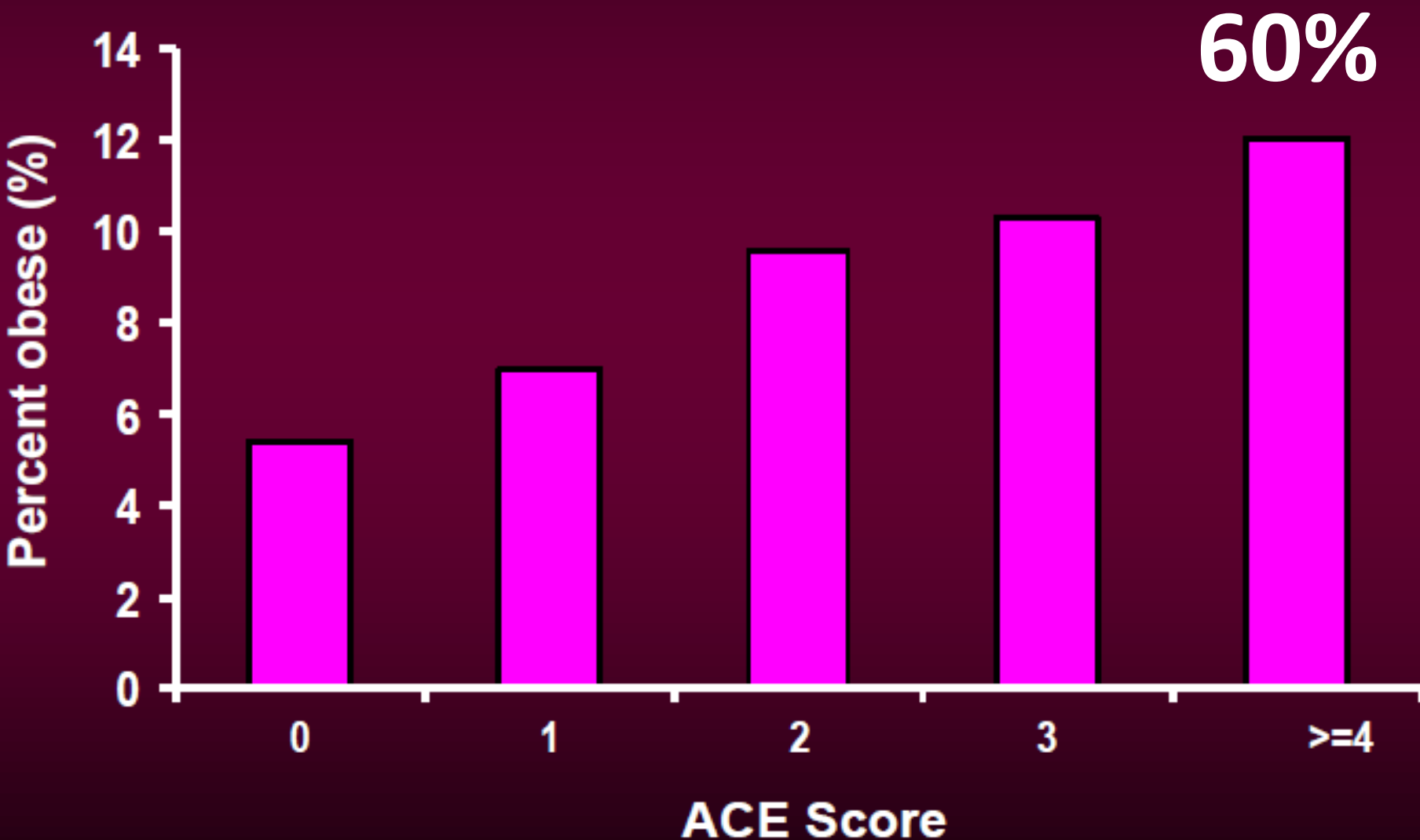
The ACE Score and a Lifetime History of Depression



The ACE Score and the Prevalence of Severe Obesity (BMI ≥ 35)



The ACE Score and the Prevalence of Severe Obesity (BMI ≥ 35)



Keep
the "reducer"
happy

'METHEDRINE'[®] in OBESITY

means help

- For those who eat too much
- For those who are depressed

'Methedrine' dispels abnormal craving
for food, subtly elevates the mood.

A genuinely brighter
outlook for the
depressed patient
'METHEDRINE'[®]
brand
Methamphetamine
Hydrochloride

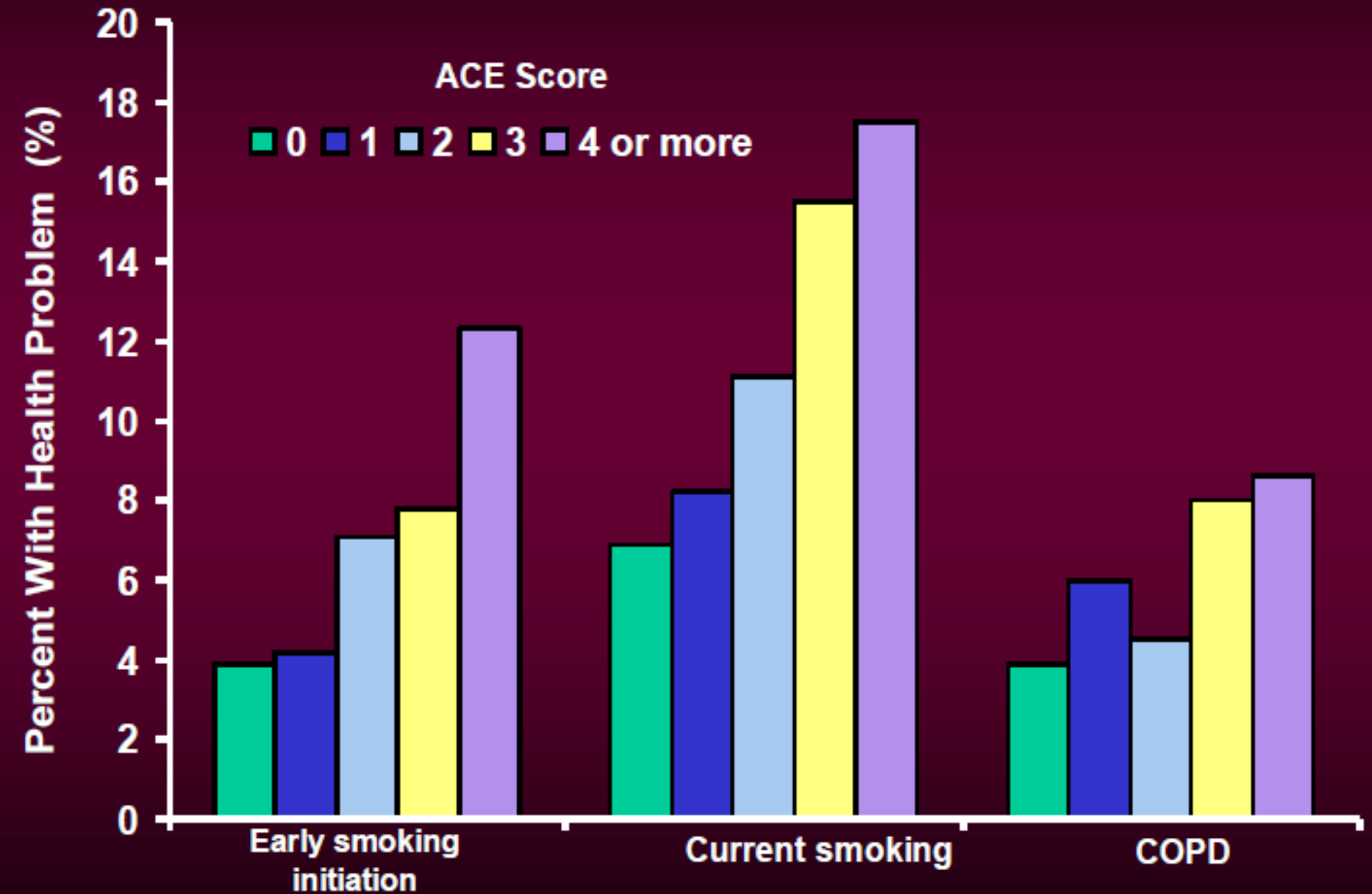


Creating
the
right
attitude...

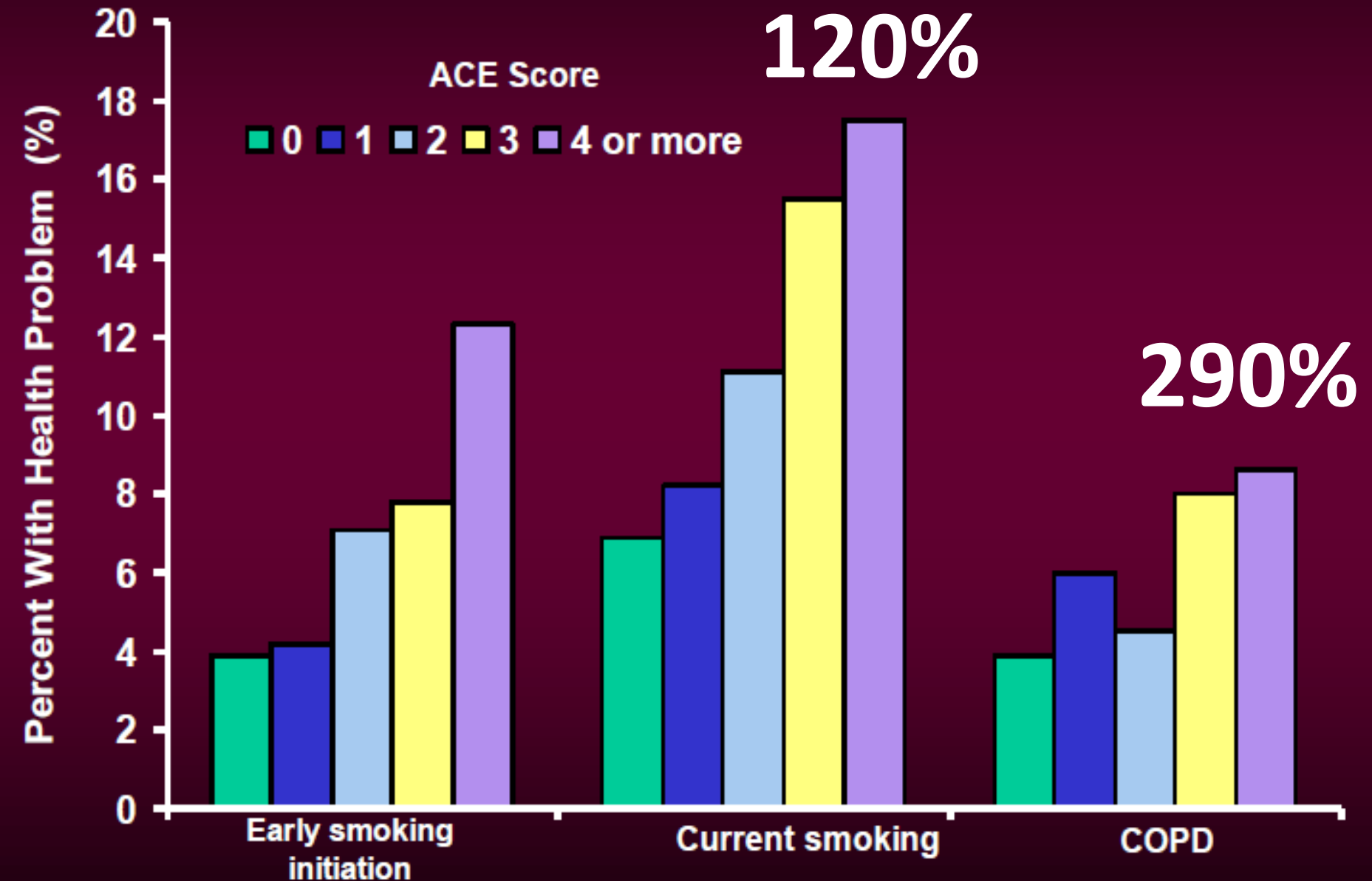
*optimism and cooperation
are encouraged by*

'Methedrine'[®]

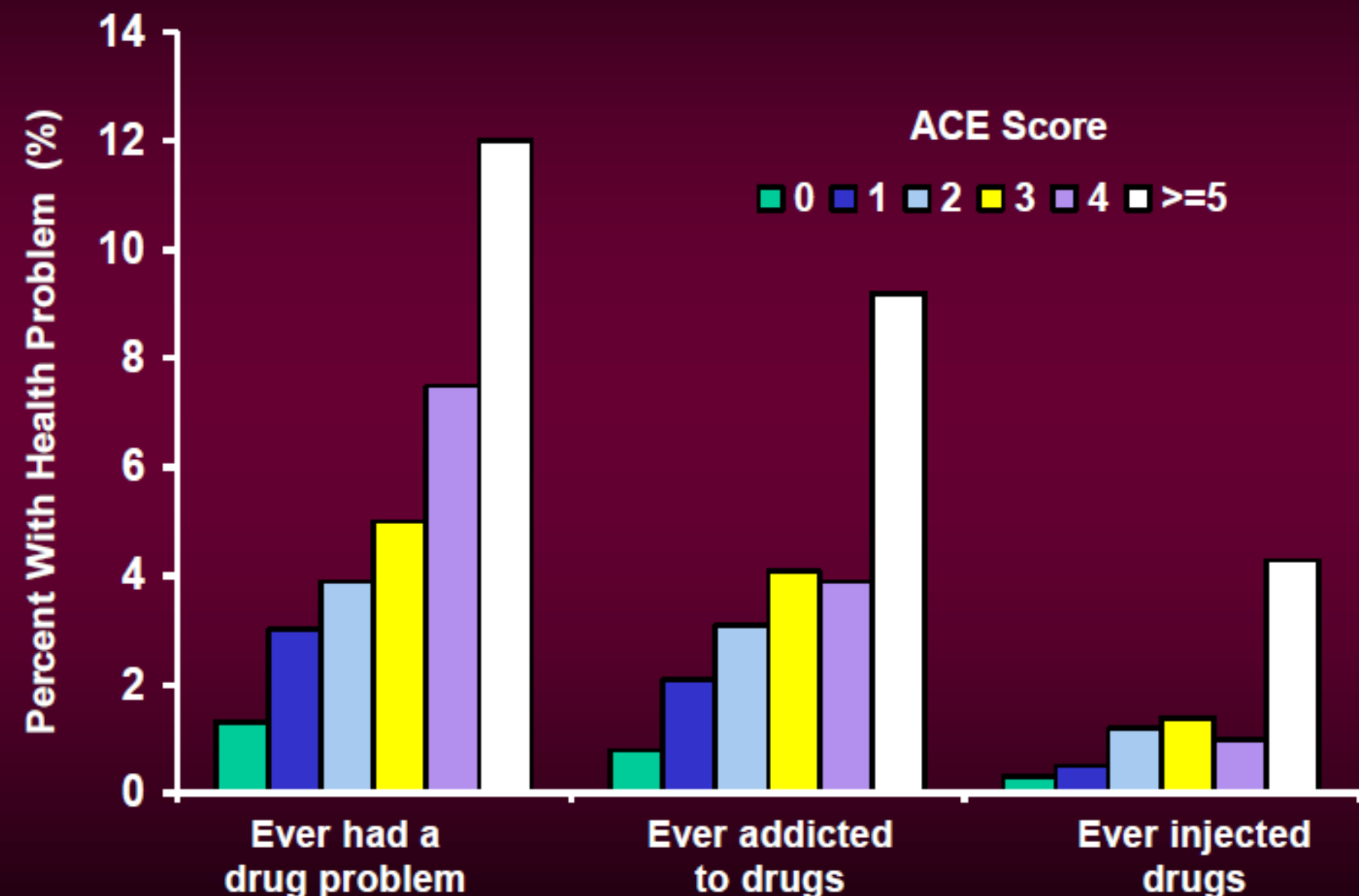
ACEs, Smoking, and Lung Disease



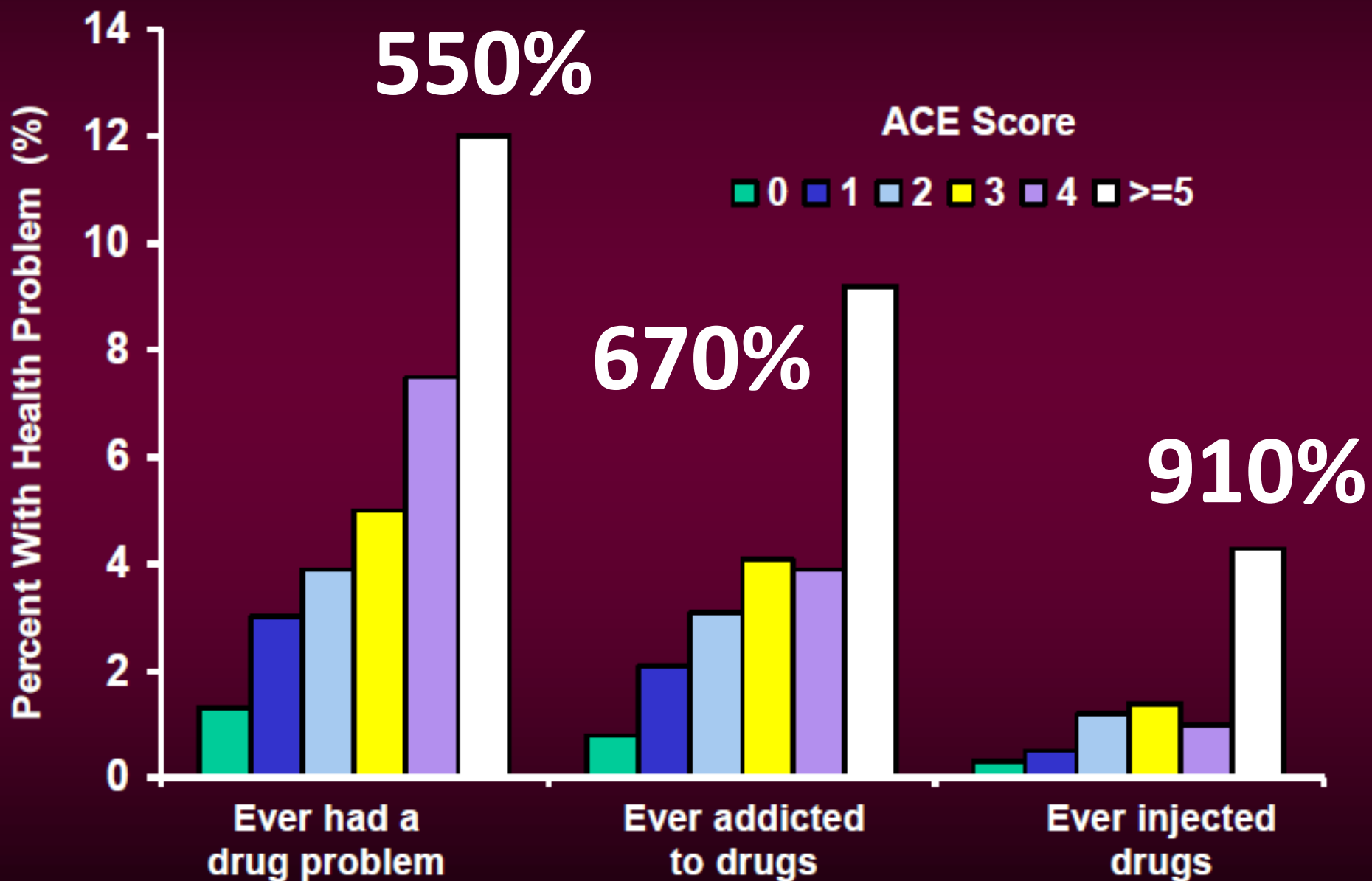
ACEs, Smoking, and Lung Disease



ACE Score and Drug Abuse



ACE Score and Drug Abuse



Increased Lifetime Risk

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

***** The higher the ACE Score, the greater the incidence of co-occurring conditions from this list.**



Coping Solutions

- What are conventionally viewed as Public Health *problems* are often personal *solutions* to long concealed adverse childhood experiences.



strong communities raise strong kids

By adolescence, we seek relief:

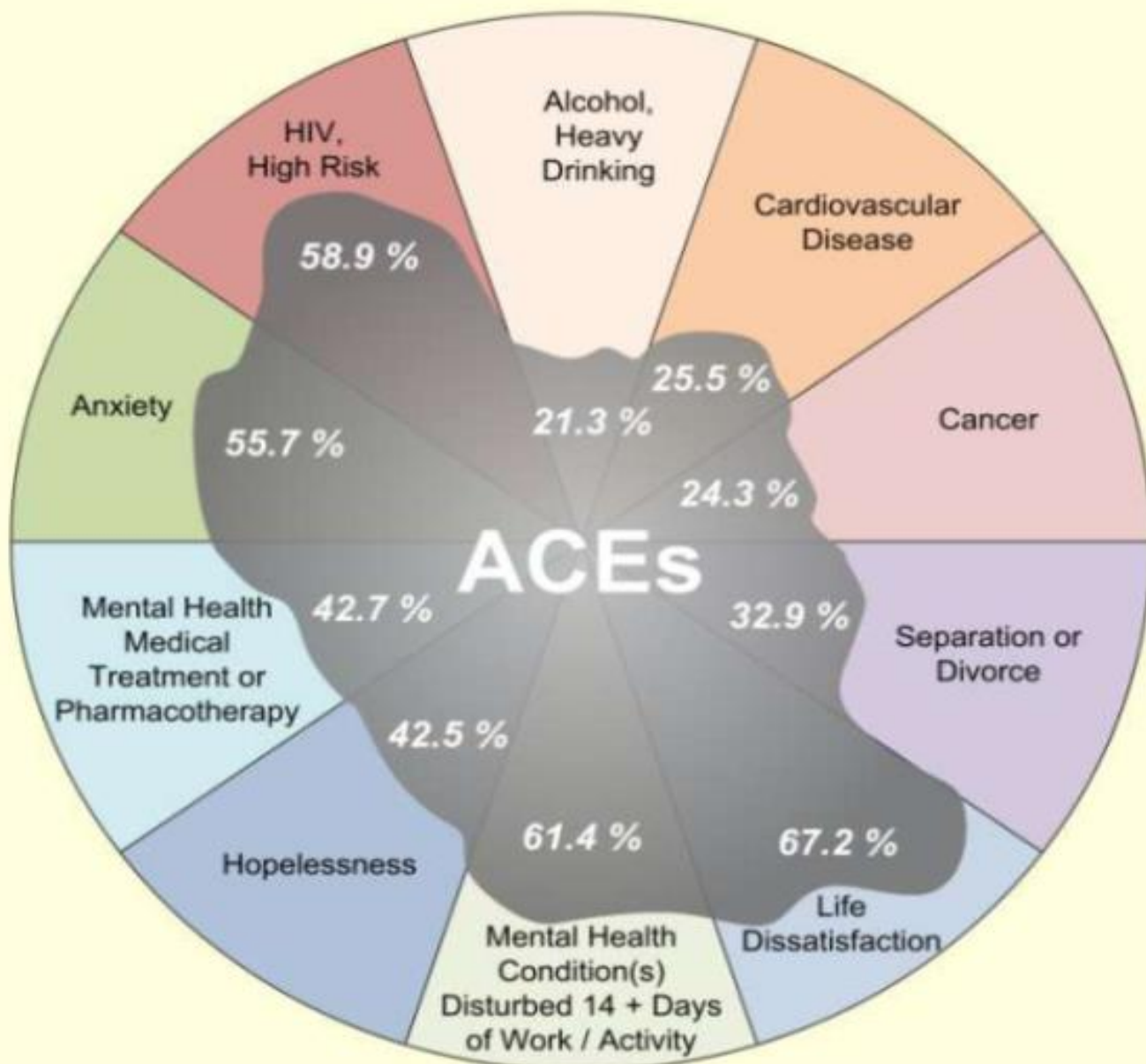
- Drinking alcohol
- Smoking tobacco
- Using drugs
- Sexual promiscuity
- Overeating/eating disorders
- Delinquent behavior, violence
- High-risk sports, etc.



MAGNITUDE OF THE SOLUTION

ACE reduction
reliably predicts
simultaneous
decrease in all of
these conditions.

Population
attributable risk



ACE Scores



- 87% chance of 1 other
- 50% chance of 3 others
- These connections make ACEs *one of the leading* determinant of the health and social well-being of our nation







Brain Development





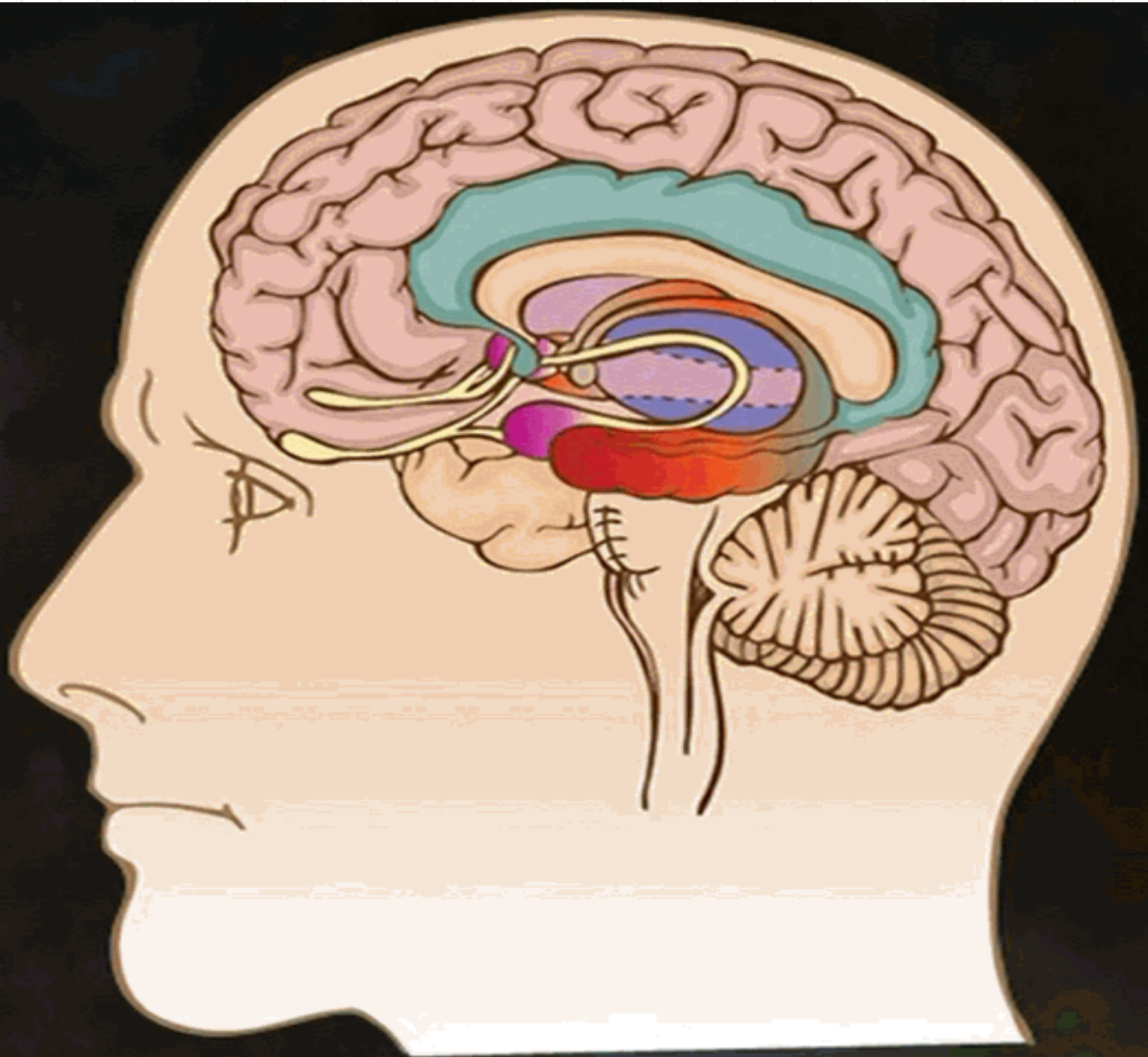






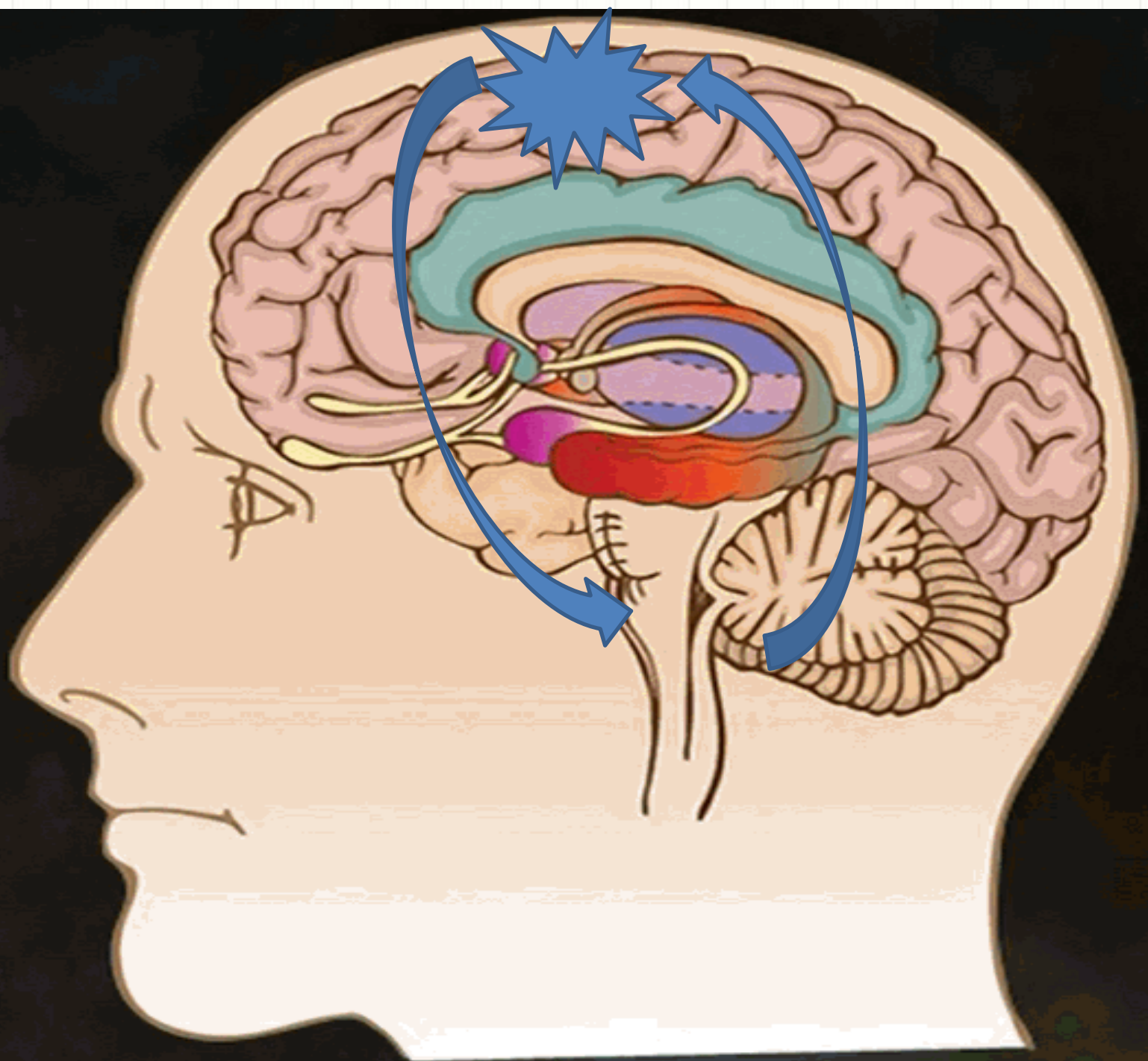






The Cerebral Cortex (AKA “CEO”)









STRESS

(Psychological and Physical)



Hypothalamus

CRF

+

Pituitary

ACTH

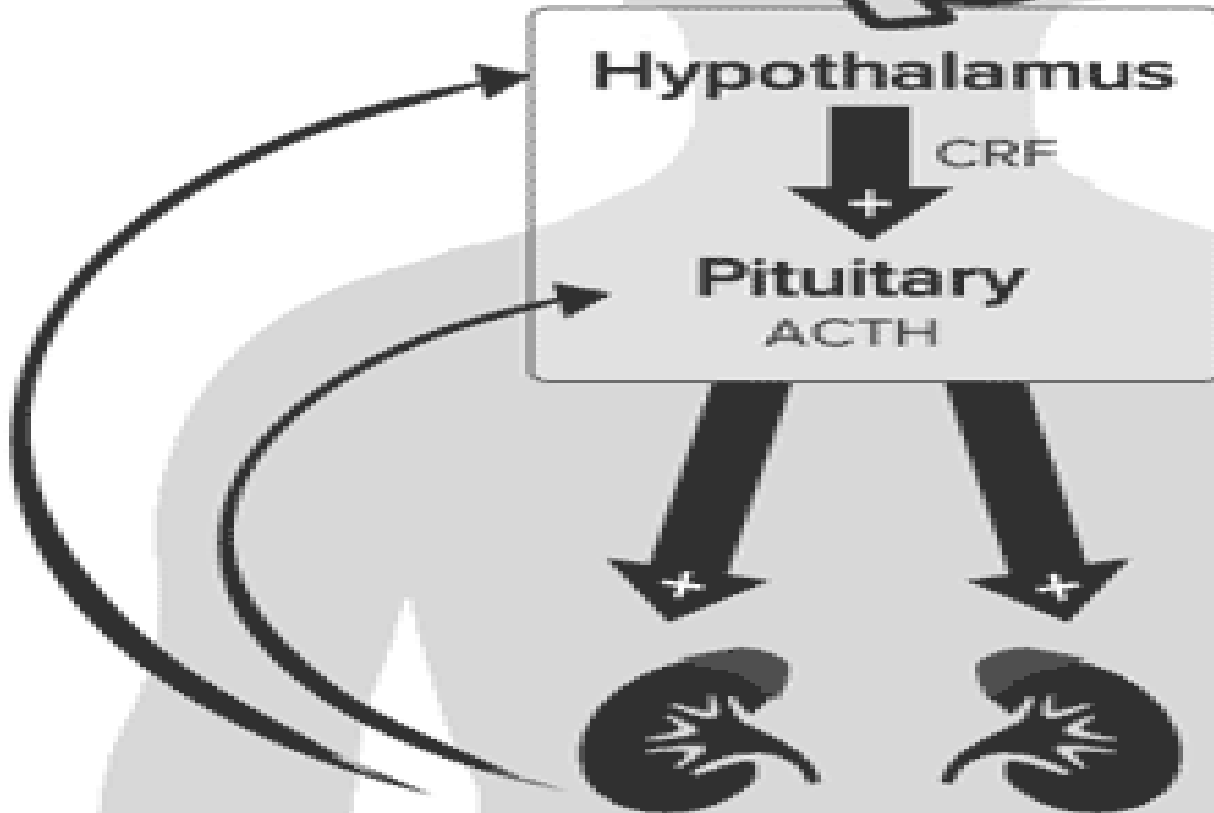
+

+



Adrenal Cortex

CORTISOL



Experiential Exercise



Some Live Here

Fight-or-Flight Response

IMMUNE SYSTEM

- Is repressed

HEART

- Beats faster
- Pumps more blood
- Blood pressure rises
- Blood increases to muscles
- Blood decreases to organs

ENDOCRINE SYSTEM

- Pumps out adrenaline, noradrenaline & cortisol
- Noradrenaline constricts blood vessels
- Releases less growth hormone
- Produces fewer sex hormones

LUNGS

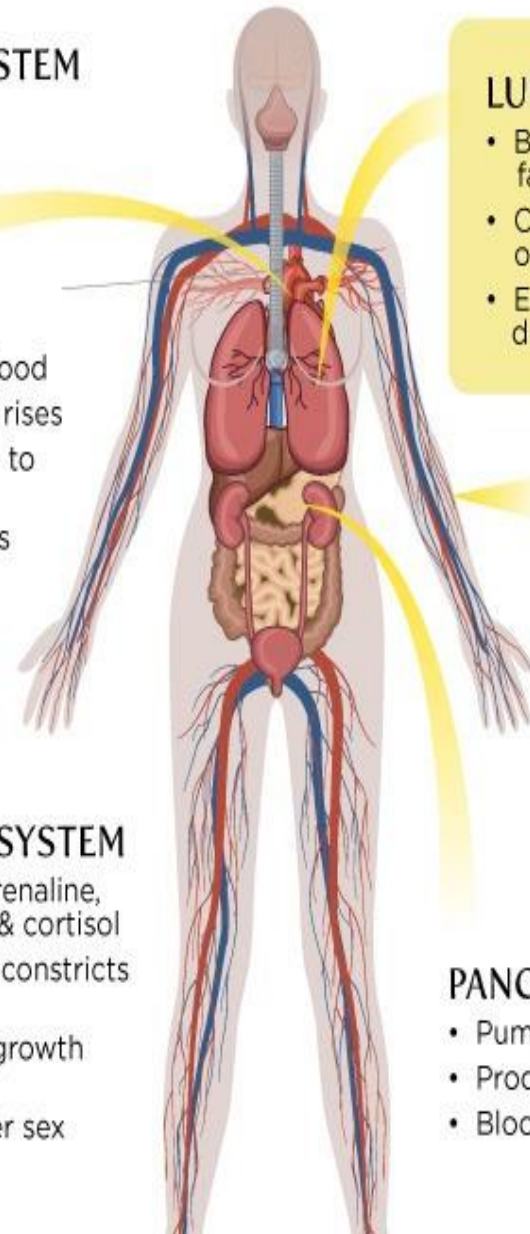
- Breathing becomes faster & shallower
- Consume more oxygen
- Expel more carbon dioxide

SKIN

- Sweating begins

PANCREAS

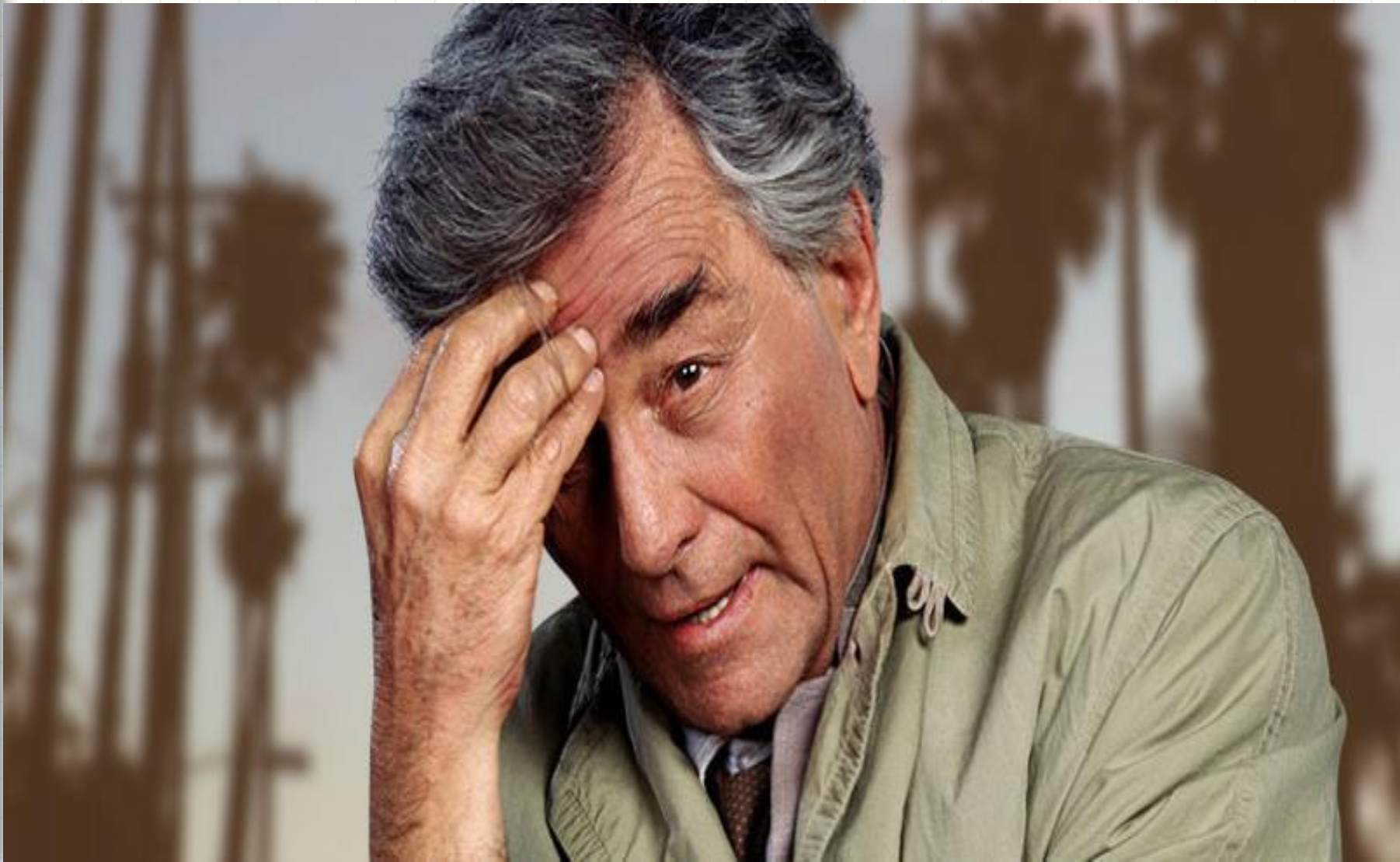
- Pumps out glucagon
- Produces less insulin
- Blood sugar level rises



Trauma Informed Care Practices

- ❖ Routine Screening & Assessment
- ❖ Consumer Driven Care & Services
- ❖ Trauma-Informed, Educated & Responsive Workforce
- ❖ Trauma-Informed, Evidence Based Practices
- ❖ Safe & Secure Environment
- ❖ Community Outreach & Partnership Building
- ❖ Ongoing Performance Improvement & Evaluation

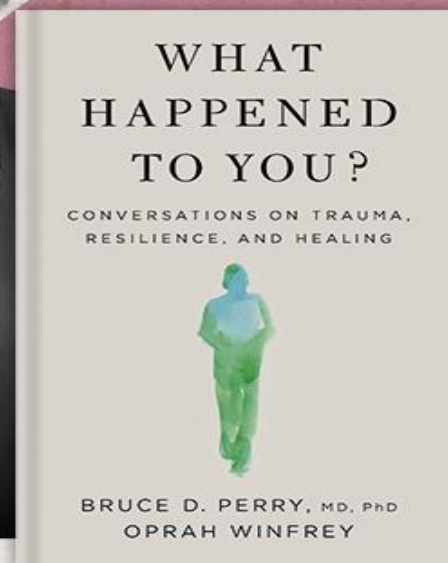
Be Curious







Unlocking Us



OPRAH WINFREY & DR. BRUCE D. PERRY



THE SECRETS OF HAPPY COUPLES

What do scientists know about people in happy relationships? A lot!



5:1

Happy couple ratio



0.8:1

Couples who ultimately divorced

Reduced perceived disrespect



“5 Monkey Experiment”



Effective Childhood Treatments Available

- Child Parent Psychotherapy (0-6)
- Parent Child Interaction Therapy (1-7)
- Trauma Focused Cognitive Behavioral Therapy (3-17)
- Cognitive Behavioral Intervention for Trauma in the Schools (School-Aged)

Community Outreach & Partnership Building



Stress & Trauma
Treatment Center

stressandtrauma.org

What would you do for your child?



Partnership Building

You



The ListServ

(Just a server somewhere.)



List Members

How it works:

You send an email to the list email address, just as you would to anyone. This email goes to the ListServ. The ListServ forwards a copy to each and every list member. Even back to you, as you're a member too. The ListServ also keeps a copy in its archives.





Common Elements of Treatment

- Help understand the relationship between trauma and current symptoms
- Relaxation and Cognitive Strategies
 - Child & Parent
- Exposure and processing of past events
- Caregiver- Child Strategies and interaction skills

Review

- Early Adverse Childhood Experiences impact the entire life of the individual
- ACEs are one of the leading determinants of the health and well-being of our nation
- Relationships are the number one protective factor and intervention for traumatic stress
- Trauma Informed Care or Caring for those that have experienced trauma is simply good care with intention



Thank you!

- Thank you, Gracias, Hahoo, Dank u wel, Dua netjer en etj, Vinaka, Kiitoksia, Merci, Aayya, Danke, Efcharisto, Toda, Takk, Go raibh maith agat, Arigato, Gratia, Webale, Grazzi, Laengz zingh, Nihedebil, Bayarlalaa, Tusen takk, Dzieki, Obrigado, Da-wah-eh, Spasibo, Multumesc, Tapadh leibh, Hvala, Sha ja non, Gracies, Inwali, Tack, Khawp khun, Diolch