

BUILDING RESILIENCE DURING PREGNANCY

Understanding the impact of adversity on women
prior to, during and post pregnancy

GOALS:

To learn about the impact of Adverse Childhood Experiences on Pregnant Women
To build resiliency in the lives of the people we serve



OBJECTIVES

- Overview of Adverse Childhood Experiences Survey
- Examples of How Trauma Affects Health, Wellness and Relationships in Pregnant Women
- The Importance of Asking Questions; The Role of the Professional in Addressing Adversity
- How to Build Resiliency and Protective Factors in the Women/Families Served
- Understanding the Need for Staff Support when Working with High Risk Individuals

WHO'S IN YOUR HEAD?

Think of a client who may have a lot of needs

How might this training be used with at-risk clients?

Think about how ACEs may be impacting clients and how you may respond



ACES OVERVIEW

Adverse Childhood Experiences

Know Your ACE Score

1. loss of a parent
2. parent with mental illness
3. physical abuse
4. sexual abuse
5. emotional abuse
6. physical neglect
7. emotional neglect
8. household domestic violence
9. household member in jail
10. parent with substance abuse

Drs. Vincent J. Felitti, Robert F. Anda et al 1998

Educate Your Doctor

Free Downloadable **ACEs Fact Sheet**



Veronique Mead, MD, MA
Chronic Illness Trauma Studies.com

ACES OVERVIEW

- Reveals the most powerful determinant of the public's health
- Correlates adverse childhood experiences with physical, mental and behavioral health
- Impacts brain development which may ultimately impact decision making, impulse control and interpersonal relationships
- Continues to provide findings across the life course

UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES IN MATERNAL HEALTH

- How ACEs may impact the mother's life
- How ACEs may impact the mother mentally and physically
- How ACEs might impact the mother's ability to nurture and care for her child
- How a mother's experiences may affect her developing baby
- Understanding what effects the infant might experience in the womb and during the first few years of life

A TIME OF CHANGE AND CHALLENGE

Consider...

Some of the issues a prospective new mom might be going through:

Change

- Identity Shifts
- Hormonal Dysregulation
- Body Image Difficulties
- Loss of Independence
- Delay or Loss of Personal Goals or Dreams

Challenge

- Financial Uncertainties
- Ambivalence about bonding with her baby
- Relationship Conflicts
- Fear of Inadequacy as a Parent

MATERNAL REPORTS OF STRESSFUL EVENTS

- Frequent moves to a new address
- Argues more than usual with partner
- Serious illness or hospitalization of a loved one
- Unable to pay bills
- Death of a loved one
- Loss of employment
- Drug use of a loved one
- Homelessness
- Incarceration of partner
- Domestic Violence

AS ACE SCORE INCREASES SO DOES RISK FOR:

- Smoking
- Pulmonary, Heart and Liver Disease
- Alcoholism and Drug Use
- Depression and Suicide attempts
- Multiple sex partners
- Intimate partner violence
- Extraordinary health care costs
- Job problems and lost time from work
- Dying early (20 years earlier for some)

THESE ISSUES CAN BE ESPECIALLY
MAGNIFIED IF THE PREGNANCY IS
UNPLANNED OR UNWANTED





CORRELATION NOTED BETWEEN ACES AND MATERNAL HEALTH, INFANT HEALTH AND MORTALITY

Social determinants and ACEs have a real impact



INFANT MORTALITY

- The death of a baby before his/her first birthday
- Infant Mortality rate is the number of babies who died in the first year of life, per 1,000 births
- Important indicator of the overall health of a society
- Adverse Childhood Experiences may play a part in this social issue

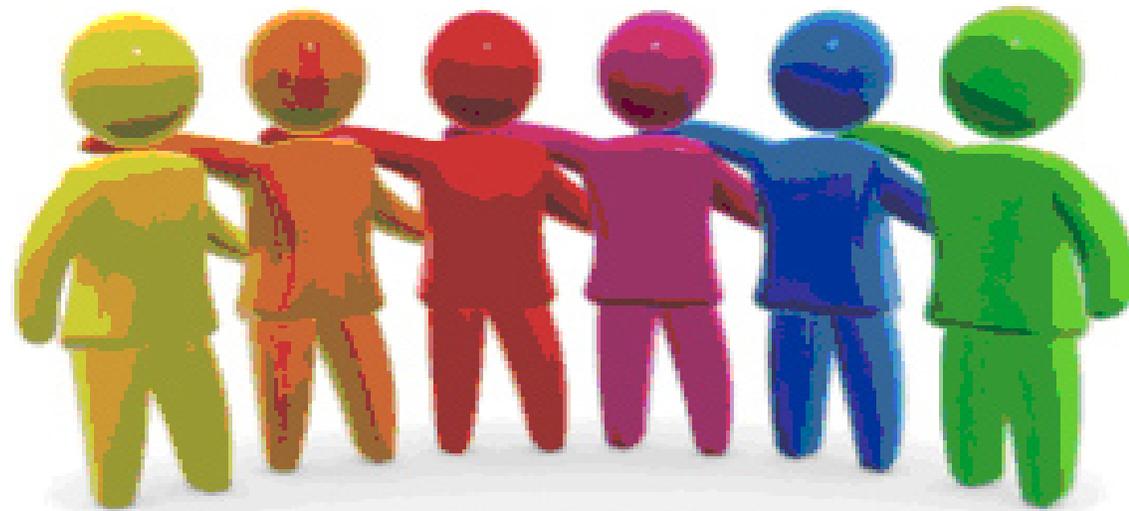
LEADING CAUSES OF INFANT MORTALITY

- Babies are born too small and too early (before 37 weeks gestation)
- Babies are born with a serious birth defect
- Victims of Sudden Infant Death Syndrome (SIDS)
- Affected by maternal complications of pregnancy
- Victims of injury

NON-MEDICAL CONTRIBUTORS TO THE DEATH OF BABIES

- Poverty
- Under-education
- Under-resourced neighborhoods
- Poor nutrition
- Race
- Violent Crime
- Excessive Drinking – Women
- Tobacco Use during pregnancy
- Maternal Obesity
- Maternal Stress

HELP IS HERE.....



Here to help

at-risk individuals are.

- We have the interventions that can help them.
- **We need a community delivery system that will make sure they connect to preventive care!**



Risk Factors Assigned to Pathways

Engagement of at risk client

Initial Checklist – Captures Comprehensive Risk Issues



Yes	No	Question
✓		Do you need a primary medical provider?
	✓	Do you need health Insurance?
	✓	Do you smoke cigarettes
✓		Do you need food or clothing?

Assign Pathways



Track/Measure Results (Connections to Care)

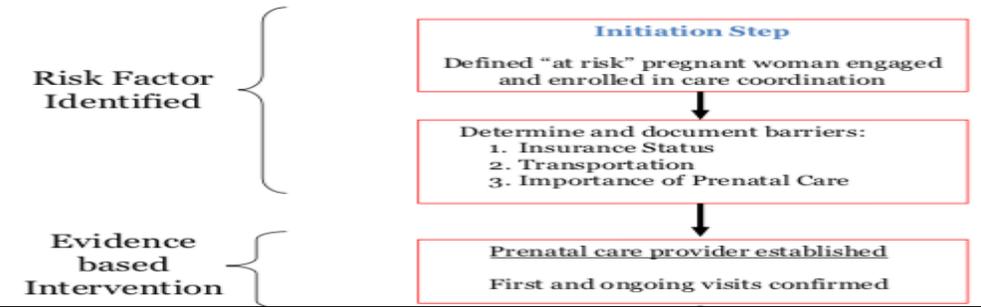
By: Care Coordinator
Agency
Region

Name	Medical Home	Pregnancy	Social Service
CHW A	5	2	10
CHW B	1	3	4
CHW C	9	15	18

Site	Medical Home	Pregnancy	Social Service
Agency A	50	25	22
Agency B	64	17	35
Agency C	40	32	19

ASKING THE RIGHT QUESTIONS

Example - Pregnancy Pathway



UNDERSTANDING PATHWAYS TO RESILIENCE

- Adult Education
- Employment
- Health Insurance
- Housing
- Medical Home
- Medical Referral
- Medication Assessment
- Medication Management
- Smoking Cessation
- Social Service Referral
- Behavioral Referral
- Developmental Screening
- Developmental Referral
- Education
- Family Planning
- Immunization Screening
- Immunization Referral
- Lead Screening
- Pregnancy
- Postpartum

BUILDING RESILIENCE ~ OVERCOMING ACES

- Increasing focus on improving the health of socially and financially disadvantaged women before and during pregnancy
- Improve educational opportunities for women
- Offering support and guidance throughout pregnancy and into the first year of the baby's life; review of educational materials to aid in knowing what to expect while pregnant
- Support groups with other pregnant women

INTERVENTIONS CAN PROVIDE:

- Cultural Mediation among individuals, communities and health/social service systems
- Culturally appropriate health education and information
- Care Coordination, case management and system navigation
- Coaching and social support
- Advocating for individuals and communities



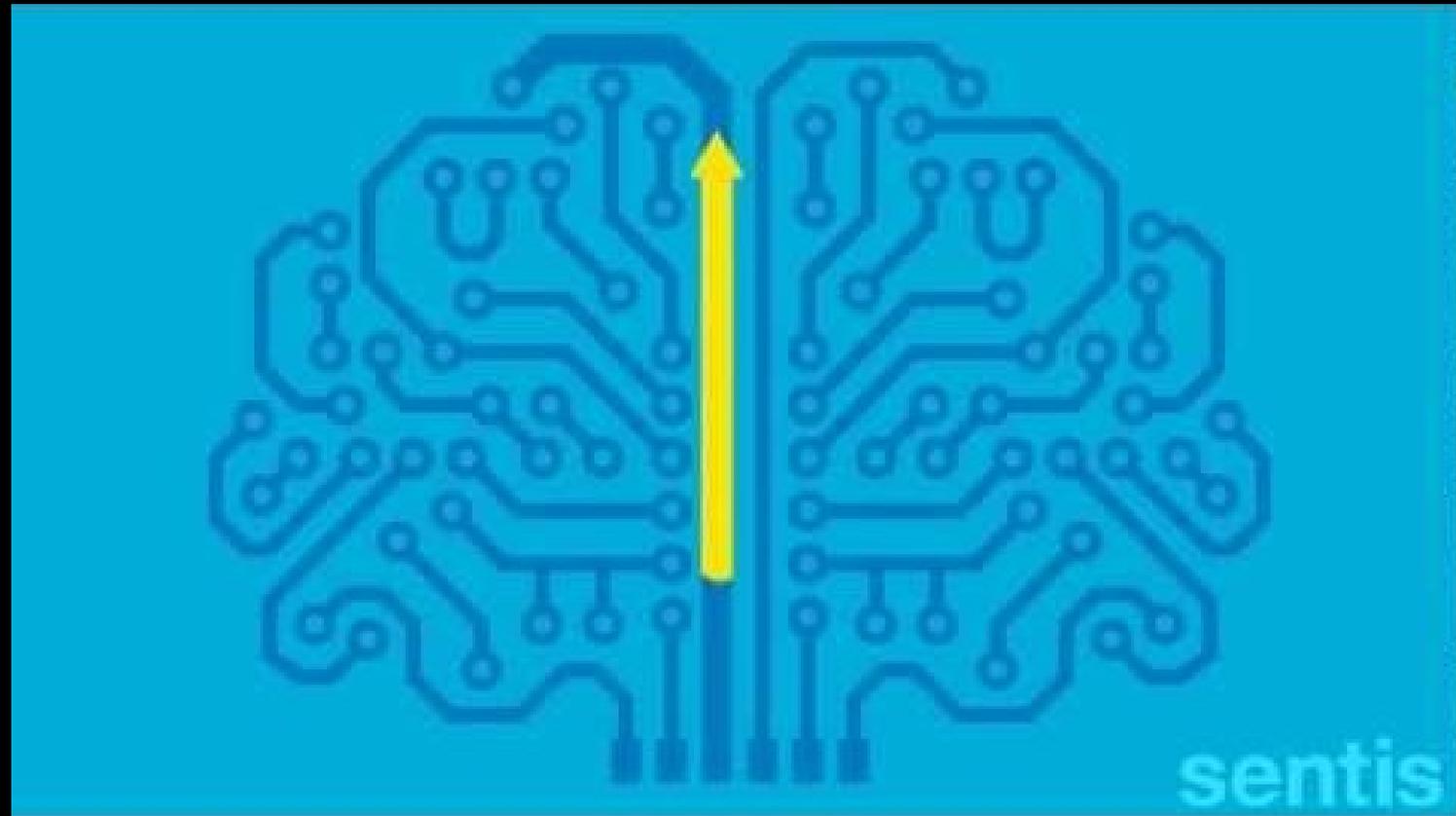
PROFESSIONAL INTERVENTION CAN HAVE THE FOLLOWING IMPACT

- Developing relationships with clients over the course of time
- Building trust and creating safe spaces for meaningful conversations
- Building family supports

PROTECTING A BABY IN UTERO WHEN ACES ARE HIGH

- Providing intensive support and practical resources
 - Refer the mother, the father, and other children in the home for therapy
 - Fully integrate behavioral health services with the mother's medical team to optimize outcomes
 - Talk to all medical staff (including pediatricians, midwives, OB-GYN practitioners, and ultrasound technicians) about your client's ACE score so they can be trauma-informed
 - Connect the mother with a nutritionist and other ancillary support services for after she delivers
- Encourage the mother to connect with the baby *in utero* to promote bonding and stimulate mothering instincts

NEUROPLASTICITY VIDEO...
WE CAN CHANGE 😊



RESILIENCE:

*An individual's
ability
to adapt
to stress
and adversity*

- Being affiliated with a group
- Having positive experiences with safe adults
- Having power over one's own life
- Having a sense of self and self worth
- Having external supports

WHAT WORKS??????

- Reducing maternal obesity
- Reducing maternal smoking and alcohol consumption
- Improving access to and use of ongoing prenatal care
- Improving preconception health of all women
- IMPROVING COPING MECHANISMS AND PREVENTING FUTURE ACES

SUPPORTS TO WOMEN AND BABIES

- Smoking cessation programs
- Fatherhood initiatives
- Safe Sleep Programs
- Car Seat Safety Programs
- Trauma Informed Care training to OB-Gyn and Primary Care Doctors
- Community Health Worker and Home Visiting Programs that offer support to pregnant women/families
- Breastfeeding and Nutrition Programs

SUPPORTIVE STRUCTURES FOR STAFF

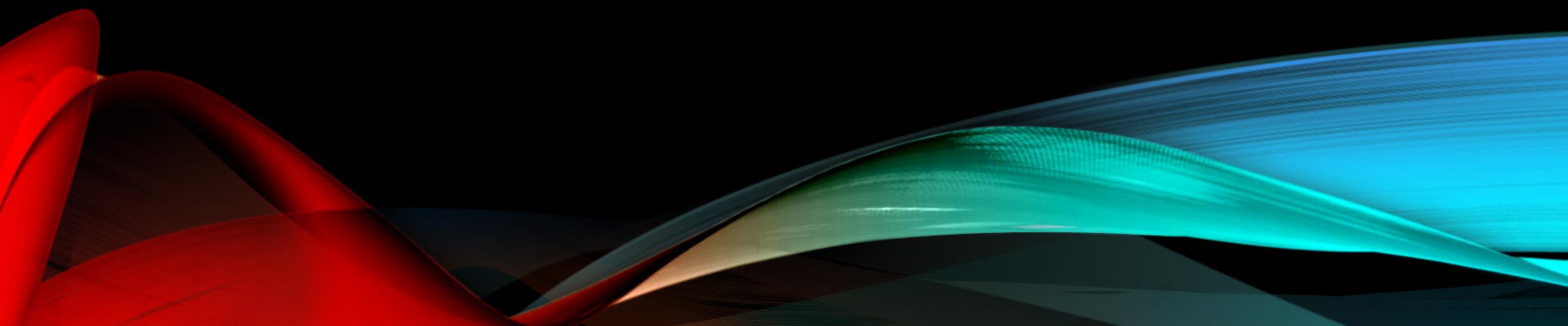
- Reflective case conferencing
- Reflective Supervision
- Relevant policies/protocols in place:
 - Mandated Reporter
 - HIPPA/Documentation
- Crisis response plan and resource list

“

***THE GREAT NEWS IS THAT
WHAT'S PREDICTABLE
IS PREVENTABLE.***

”

Dr. Robert Anda, 2009



INTUITIVE OR NOT??

- Love may be instantaneous and natural for most moms-to-be but it may not be as intuitive for women who have a history of abuse, neglect, or trauma
- *These mothers can work on building that bond by practicing some loving exercises with their unborn baby.*

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- Center for Disease Control and Prevention and Kaiser Permanente Research Center (1998)
- E.L. Machtinger et.al./Women's Health Issues (2019) 1-6. Trauma-informed Health Care
- National Center for Fatality Review and Prevention: Applying the ACEs Framework to Fatality Review and Prevention. March 2017.

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- <https://www.centerforchildcounseling.org/aces-and-pregnancy/>
- <https://acestoohigh.com/2012/10/03/the-adverse-childhood-experiences-study-the-largest-most-important-public-health-study-you-never-heard-of-began-in-an-obesity-clinic/>

REFERENCES AND RESOURCES

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<https://acestoohigh.com/2016/08/10/childhood-trauma-leads-to-lifelong-chronic-illness-so-why-isnt-the-medical-community-helping-patients/>

Reducing infant mortality starts with listening to women in this city
https://youtu.be/miO_11SFeo4_; 7:30min

ACEs Primer HD https://youtu.be/ccKFkcfXx-c_ 5 min

Neuroplasticity video: <https://www.youtube.com/watch?v=ELpfYCZa87g>

<http://www.hcno.org/wp-content/uploads/2018/05/Northwest-Ohio-Pathways-HUB-2017-Annual-Report.pdf>

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- Pathways Community Care Coordination in Low Birth Weight Prevention
- [Sarah Redding](#), [Elizabeth Conrey](#), [Kyle Porter](#), [John Paulson](#), [Karen Hughes](#), and [Mark Redding](#)
- Ohio Department of Health Maternal and Child; Women and Infants Health 2012
- America's Health Ranking, United Health Foundation; Annual Report 2019
- March of Dimes: Center for Disease Control and Prevention, Pregnancy Risk Assessment Monitoring System 2009-2010
- Center for Disease Control and Prevention CDC 24/7 Saving Lives, Protecting People 2017

REFERENCES AND RESOURCES

- National Institute of Health Eunice Kennedy Shriver National Institute of Child Health and Human Development; Heathy Pregnancies Healthy Children, Health and Optimal Lives

WEBSITES

- <https://www.nichd.nih.gov/health/topics/infant-mortality/researchinfo/action>
- www.cdc.gov/reproductivehealth/maternalhealth/infantmortality
- www.americashealthrankings.org/exploreannual/measure/imr/state/OH
- www.sciencedaily.com/release/2019/06/190627114027.htm
- <https://dhsprogram.com/Topics/Infant-and-child-mortality.cfm>