Trauma-Informed Care
“Creating Environments of Resiliency and Hope”

Building Trauma-Informed Schools
Katie Kin, M.Ed., Findlay City Schools
Melissa McClain, M.A., Akron Children’s Hospital
Kay Port, M.Ed., Stark County ESC
Susan Ross, Canton City Schools
Kim Kehl, M.Ed., OMHAS
Adverse Childhood Experiences Study

- Collaboration between Kaiser Permanente and CDC

- 17,000 patients undergoing physical exam provided detailed information about childhood experiences of abuse, neglect and family dysfunction (1995-1997)

- The ACE study indicates:
  Adverse childhood experiences are the most basic and long-lasting cause of health risk behaviors, mental illness, social malfunction, disease, disability, death, and healthcare costs
More about ACEs

• There are many other types of trauma, such as:
  – witnessing a father being abused
  – seeing violence outside the home
  – witnessing a sibling being abuse
  – being bullied
  – Racism
  – gender discrimination
  – living in a war zone
  – being an immigrant

• Some of those experiences are being included in subsequent ACE studies, however they were not measured in the original ACE Study.
As the ACE score increases, risk for these health problems increases in a strong and graded fashion:
As the ACE score increases, risk for these health problems increases in a strong and graded fashion:

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Hallucinations
- 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
- HIV
What is Trauma? The Three E’s

Events

Events/circumstances cause trauma.

Experience

An individual’s experience of the event determines whether it is traumatic.

Effects

Effects of trauma include adverse physical, social, emotional, or spiritual consequences.
Science of Trauma

“New lens through which to understand the human story”

• Why we suffer
  • How are persons in the MH, DD and AoD systems treated, supported and empowered toward personal wellness
  • How we parent, raise and mentor children and treat one another
  • How we might better prevent, treat and manage illness in our medical care systems
  • How we can recover and heal on deeper levels
  • A hurt that must be healed
Exposure to trauma is widespread

- Trauma can occur at any age
- Trauma can affect individuals from all walks of life
Indicators highly associated with the incidence of toxic stress, trauma, and the resulting conditions

• Ohio population 11.5 million
• 7th most populous state in the US
• Approximately 20% of households have children under the age of 18
• 6.2% are under the age of five
• Nearly one in four children in Ohio live in households with incomes less than the Federal poverty level
• Close to half live in poverty or near poverty
• Poverty is the single best predictor of child abuse and neglect
Indicators highly associated with the incidence of toxic stress, trauma, and the resulting conditions

Child Abuse and Neglect

• In 2013 there were **100,139** new reports of child abuse and neglect
• Of these children, 29% were neglected, 29% were physically abused, and 10% were sexually abused
• On 1/1/14 12,679 were in the custody
• **6 in 10** children in Ohio’s children welfare system did not come into the system for reasons primarily related to abuse or neglect, but because of developmental disabilities, mental illness or juvenile justice diversion
• In 2013, **15,000 Ohio children** of a substance-abusing guardian entered the county child-welfare system (Approximately 30,000 in the child-welfare system in total)
• **At least half** of these children remained in the county’s custody for more than 300 days compared with the average 70-day stay
Indicators highly associated with the incidence of toxic stress, trauma, and the resulting conditions

Maternal and Child Health Indicators

- Ohio’s infant mortality rate is among the worst in the nation.
- Black babies are more likely to die within the first year of life even when controlling for social and economic factors.
- Metropolitan and Appalachian counties have higher rates of infant mortality.
- Almost one in 10 Ohio children is in foster care, 32% of which are under the age of five.
- Evidence suggests that children in foster care have higher-than-average delinquency rates, teen birth rates, and lower earnings.
- Abuse and neglect is a leading factor in infant and child fatalities.
Indicators highly associated with the incidence of toxic stress, trauma, and the resulting conditions

- **One in five** children lives with a mental health condition
- **50%** of mental health conditions start by age 14 and **75%** by age 24
- The **average delay** between onset of symptoms and intervention is 8-10 years
- **Approximately 50%** of youth with mental health conditions receive treatment
- **Approximately 50%** of students aged 14 and older with mental health conditions drop out of high school—the highest dropout rate of any disability group
- **70%** of youth in state and local juvenile justice systems live with a mental health condition, with at least **20%** experiencing severe symptoms
A male child with an ACE Score of 6, when compared to a male child with an ACE Score of 0, has a 46-fold (4,600%) increase in the likelihood of becoming an injection drug user sometime later in life.

ACEs. Population Attributable Risk* (PAR) analysis shows that 78% of drug injection by women can be attributed to adverse childhood experiences.

For men and women combined, the PAR is 67%.

Might drugs be used for the relief of profound anguish dating back to childhood experiences? Might it be the best coping device that an individual can find?”

(Felitti, 1998)
Percentage of Children Who Have Experienced at Least Two Traumas, Compared to the National Average

Prevalence of kids who experienced at least two traumas, compared to the U.S. average (Health Affairs)
Trauma Affects Transition-age Youth . . .

- More than 44,000 women under the age of 25 gave birth in 2013; of those, one more than one in 10 delivered low birth weight babies

- Close birth spacing which is a significant poverty risk factor, continues to be most prevalent for transition-age youth

- At the most recent 2013 Point-In-Time HUD report to congress, transitional age youth made up 10 percent of the nation’s homeless population
Of families who experience intimate partner violence:

- Four out of five adult children commit violence against partners
- Three out of four adult children become victims of domestic violence

Children exposed to domestic violence may develop a wide range of problems, including interpersonal skill deficits, psychological and emotional problems such as depression and PTSD, and externalizing behavior problems.

1,000 Ohio children are estimated to become victims of human trafficking each year.

http://humantrafficking.ohio.gov
• As the ACE Study demonstrated, the effects of childhood adversity can continue well into adulthood.
• From hundreds of recent studies, we know that adverse experiences can affect men and women in five key domains of functioning:
  ➢ Negatively impact your beliefs about yourself or others
  ➢ Cause health problems
  ➢ Lead to harmful behaviors
  ➢ Create relationship challenges
  ➢ Manifest through emotional difficulties
Cost of Trauma

Trauma is a major driver of medical illness, including cardiac disease and cancer.

Addressing trauma can positively impact the physical, behavioral, social and economic health of Ohio and Ohioans.

A study by Felittli, et.al. found patients who were asked trauma-oriented questions had 35 percent fewer doctor office visits and 11 percent fewer emergency room visits.
Cost of Trauma

• The estimated average lifetime cost per victim of nonfatal child maltreatment is $210,012 in 2010 dollars including:
  – $32,648 in childhood health care costs;
  – $10,530 in adult medical costs;
  – $144,360 in productivity losses;
  – $7,728 in child welfare costs;
  – $6,747 in criminal justice costs; and
  – $7,999 in special education costs.
Cost of Trauma

• Each year, the United State spends $80 billion to lock away more than 2.4 million people in its jails and prisons – allocations that far outweigh housing, transportation and higher education.

• Latent costs include, but are not limited to:
  • Mental health support
  • Care for untreated physical ailments
  • Loss of children to foster care
  • Permanent declines in income
  • Loss of opportunities like education and employment

Who Pays the Cost? Ella Baker center for Human Rights, September 2015
“What’s wrong with you?”

“What has happened to you?”
Regional Collaboratives

- Progressively transmit TIC and increase expertise within regions
- Facilitate cultural change within organizations, addressing gaps and barriers and taking effective steps based on the science of implementation
- Topical workgroups (prevention, DD, child, older adult, etc.)
- Department(s) continue to support, facilitate, communicate
Trauma-Informed Care
Regional Collaboratives
"We have this incredible proof about the expense that trauma is causing our society and how all of these physical ailments are related. And yet, what do you do to change it?

It’s not like, ‘Well, eat more broccoli.’ “

Patricia Wilcox, head of the Traumatic Stress Institute at Klingberg Family Centers in New Britain
TIC: Why is this important?
Contact Information

Dr. Mark Hurst, M.D., FAPA
Medical Director, OhioMHAS
30 East Broad Street, 36th Floor, Columbus, OH
43215
(614) 466-6890
Mark.Hurst@mha.ohio.gov

Tina Evans
Regional Liaison Team Lead, Division of Policy & Strategic Direction
30 East Broad Street, 12th Floor
614-752-09028
tina.evans@dodd.ohio.gov

Kim Kehl
TIC Project Coordinator, Office of the Medical Director
OhioMHAS
30 East Broad Street, 36th Floor, Columbus., OH
43215
(614) 644-8442
Kim.kehl@mha.ohio.gov

Melissa McClain
Community Education Programs Coordinator
Akron Children’s Hospital
330-620-4355
mmcclain@chmca.org

Katie Kin
Special Education Teacher
Findlay City Schools
kkin@findlaycityschools.org

Kay Port
Stark County Educational Service Center
330-903-3630
Kay.port@email.sparcc.org