

Becoming Trauma-Informed

State and Community Advancements and Resources



Angela Ponivas

CDSS, Office of Child Abuse Prevention

Steve Wirtz

Department of Public Health
Injury Surveillance and Epidemiology

Karen Clemmer

ACEs Connection

Nathan Porter

Lucile Packard Foundation for Children's Health

PRESENTERS

Learning Objectives



Knowledge

Increase knowledge and understanding of childhood adversity and major determinants of children's health and wellness from prenatal to adolescence.



Activities

Learn activities throughout the State of California that reduce adversity, prevent trauma and build resilience.



Resources

Learn resources related to becoming trauma-informed that can be used to support community work in improving children's health and wellness.

Our Agenda for Today



Introduction
Angela Ponivas



Kidsdata.org and Child Adversity Data
Nathan Porter



Essentials for Childhood – ACEs
Fundamentals and Science
Steve Wirtz



Initiative to Make California a
Trauma-Informed State
Steve Wirtz



State Activities to Promote Trauma-
Informed Policies and Practices
Angela Ponivas



Questions and Answers
Angela Ponivas



ACE Connection – Communities of
Practice, Resources, Tools
Karen Clemmer



ESSENTIALS FOR CHILDHOOD

PRESENTED BY: STEVE WIRTZ

Science of Child Development: Impact of Childhood Adversity



The CDC-Kaiser Permanente ACE Study

- Initial Focus on Family Dysfunction



Expanded Recognition of Social Determinants of Health

- Communities, Systems & Organizations
- Historical and Generational trauma



Health Consequences

- Prevalence and consequences of adverse childhood experiences



Resilience, Research and Communities

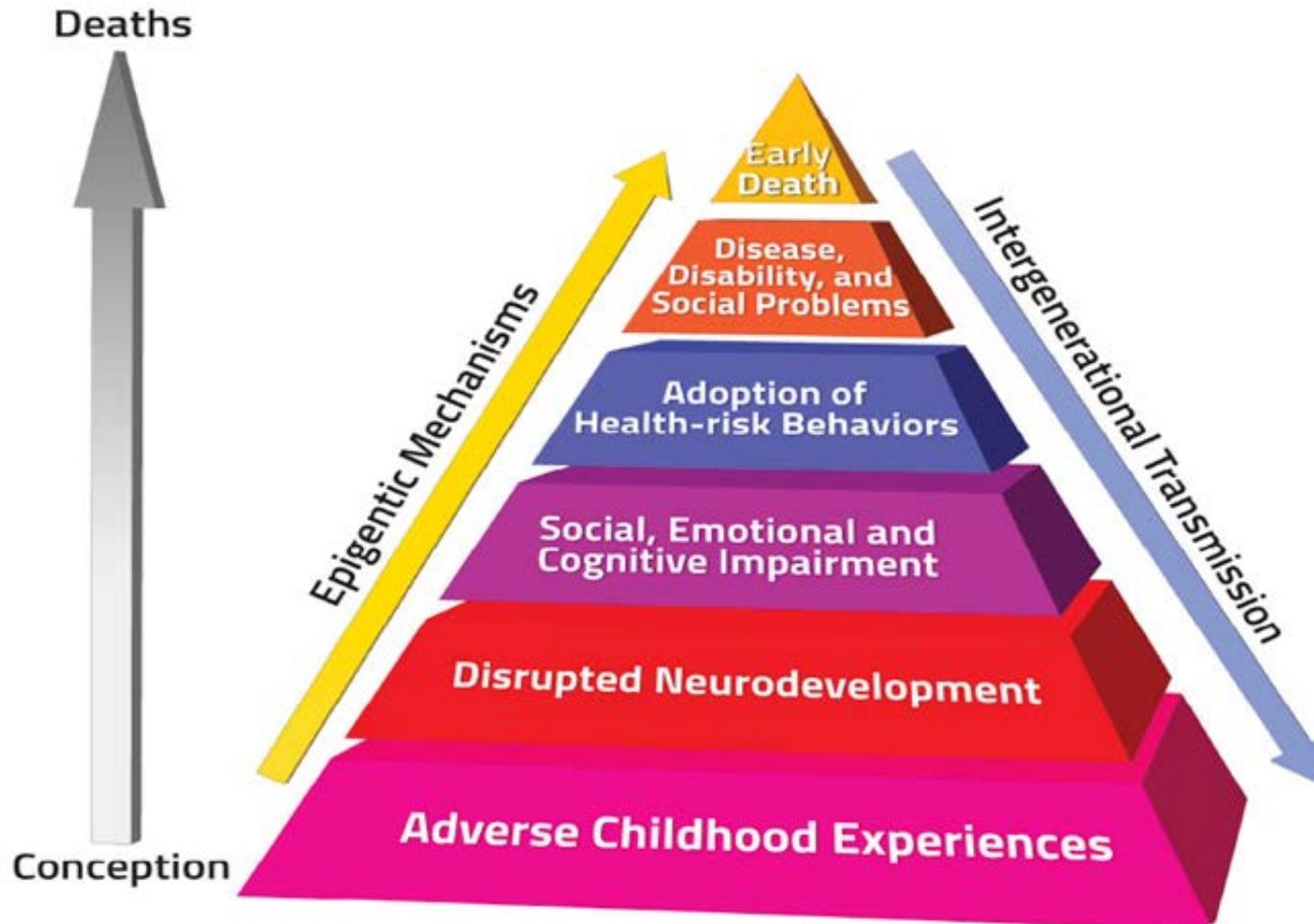
- ACEs Connection
- Making California a Trauma-Informed State



Brain Science and Child Development

- Life Course Perspective: Developmental and Socio-Ecological Framework
- Architecture of the Brain
- Neurobiology of Toxic Stress – “Get Under the Skin”

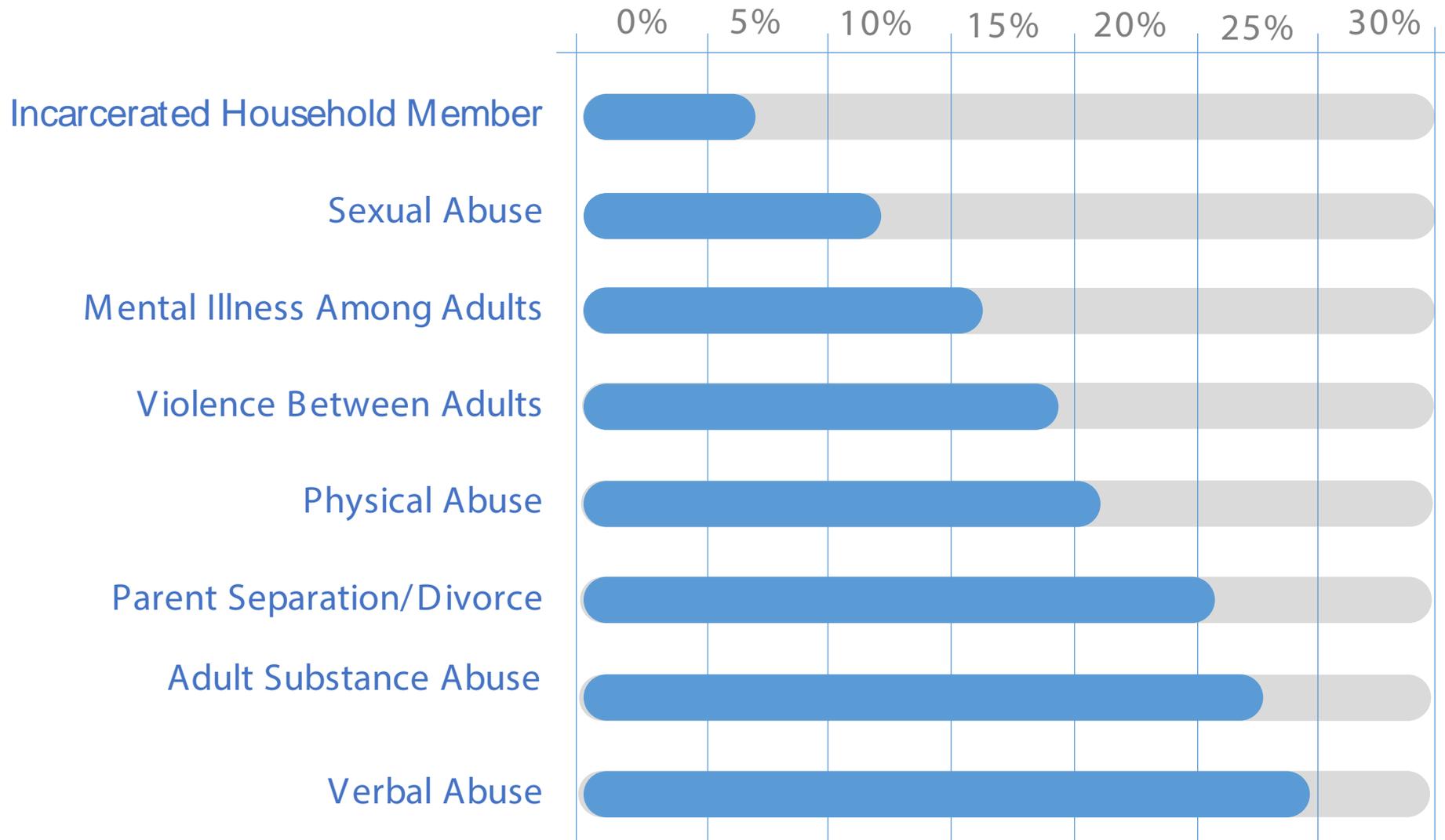
The ACE Pyramid - Mechanisms by which Adverse Childhood Experiences Influence Health and Well-Being Throughout the Lifespan



Felitti, V. & Anda, RF The Relationship of Adverse Childhood Experiences to Adult Health Status
A Collaborative effort of Kaiser Permanente and The Center for Disease Control
<http://www.cdc.gov/ace/>

Side Courtesy of Rob Anda, MD, MS

California Adverse Childhood Experiences (ACEs), CA BRFSS, 2011



As the number of ACEs increases so does the risk for multiple negative outcomes:



- Alcoholism and alcohol abuse
- Illicit drug use
- Early initiation of smoking
- Smoking



- Ischemic heart disease
- Liver disease
- Chronic obstructive pulmonary disease



- Multiple sexual partners
- Early initiation of sexual activity
- Unintended pregnancies
- Adolescent pregnancy
- Fetal death
- Sexually transmitted diseases
- Risk for sexual violence
- Risk for intimate partner violence



- Poor academic achievement
- Depression
- Poor work performance
- Financial stress
- Health-related quality of life
- Suicide attempts

Summary

Childhood trauma is common

Extreme traumas tend to cluster together to produce cumulative impacts

Poverty increases the negative impacts of trauma

Prevention and recovery are possible

Consistent health impacts across multiple domains



- Social emotional impairment
- Unhealthy behaviors
- Mental problems
- Physical health problems
- Chronic diseases

Science of Early Childhood Development

Growing body of scientific knowledge

The Lifelong Effects of Early Childhood Adversity and Toxic Stress

ACE Study

PEDIATRICS
OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

Early Childhood Adversity, Toxic Stress, and the Role of the Pediatrician: Translating Developmental Science Into Lifelong Health



Center on the Developing Child  HARVARD UNIVERSITY

Morbidity and Mortality Weekly Report (MMWR) Adverse Childhood Experiences Reported by Adults --- Five States, 2009
December 17, 2010 / 59(49):1609-1613



Early Childhood Investments Substantially Boost Adult Health
Science 28 March 2014:

Broader Context of Prevention

Life Course Perspective emphasizes a temporal and social perspective on health and well being:

Developmental

- Across life experiences (i.e., gestation, early childhood, adolescence, young adulthood, midlife, senior)
- Across generations

Socio-ecological

- Experiences are shaped by the wider social, economic and cultural context.

Child Born Into Poverty

Family Stress/Dysfunction

- Single Parent Household
- Limited Family Support
- Depression/ Mental Disorders/ SUDS
- Lack of Parenting Skills
- Family Violence

Child Welfare System/ Criminal Justice

- Over Representation of People of Color
- Disparities in Substantiations/ out of Home Placements
- Inequalities in Arrests, Prosecution & Sentencing
- Incarceration
- Recidivism

Cumulative/ Lifetime Consequences

- Accumulation of Toxic Stress
- Institutional Racism
- Chronic Health Problems
- Unemployment
- Unsafe/ Violent Neighborhood
- Homelessness

Communities with Highly Concentrated Poverty

- Chronic Family/ Generational Poverty
- Low Educational Achievement
- Fewer Opportunities and Resources for Healthy Behavior Leads to Significantly Worse Health Outcomes
- Reduced/ Limited Income
- Opportunities Lead to Illegal Activity

Environmental Inequalities

- Limited Access to Resources
- Poor Health Care
- Lack of Affordable Housing
- Limited/ Poor Education
- Unsafe/ Violent Neighborhood

Environmental Inequalities

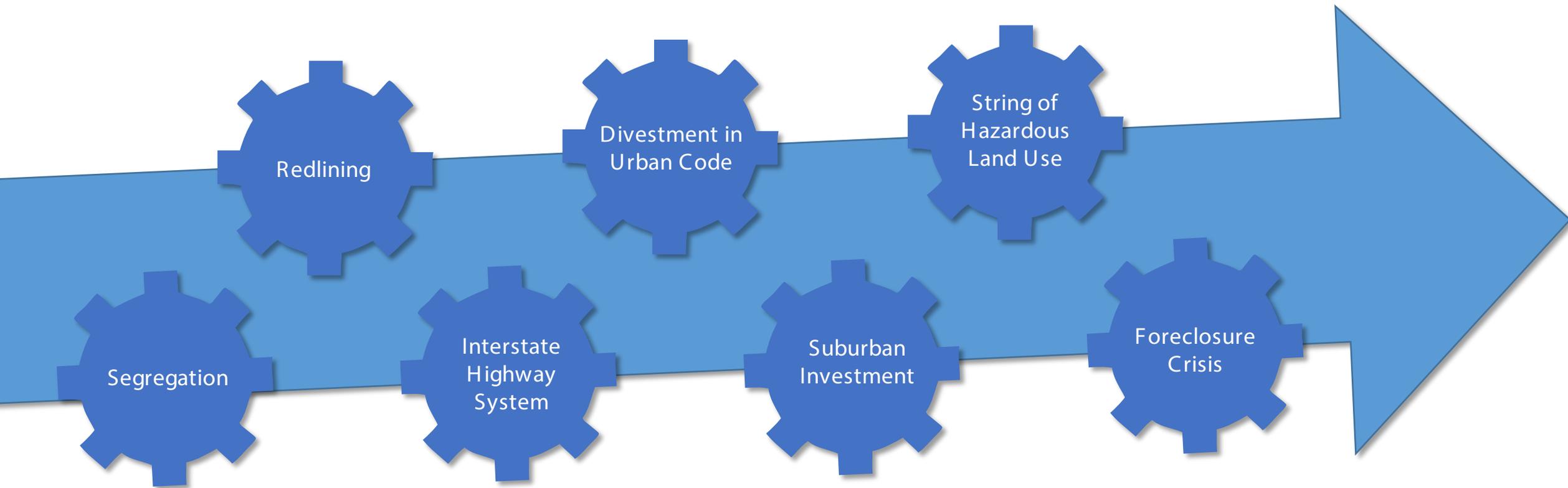
- Limited Access to Resources
- Poor Health Care
- Lack of Affordable Housing
- Limited/ Poor Education
- Unsafe/ Violent Neighborhood

Social Exclusion/ Isolation

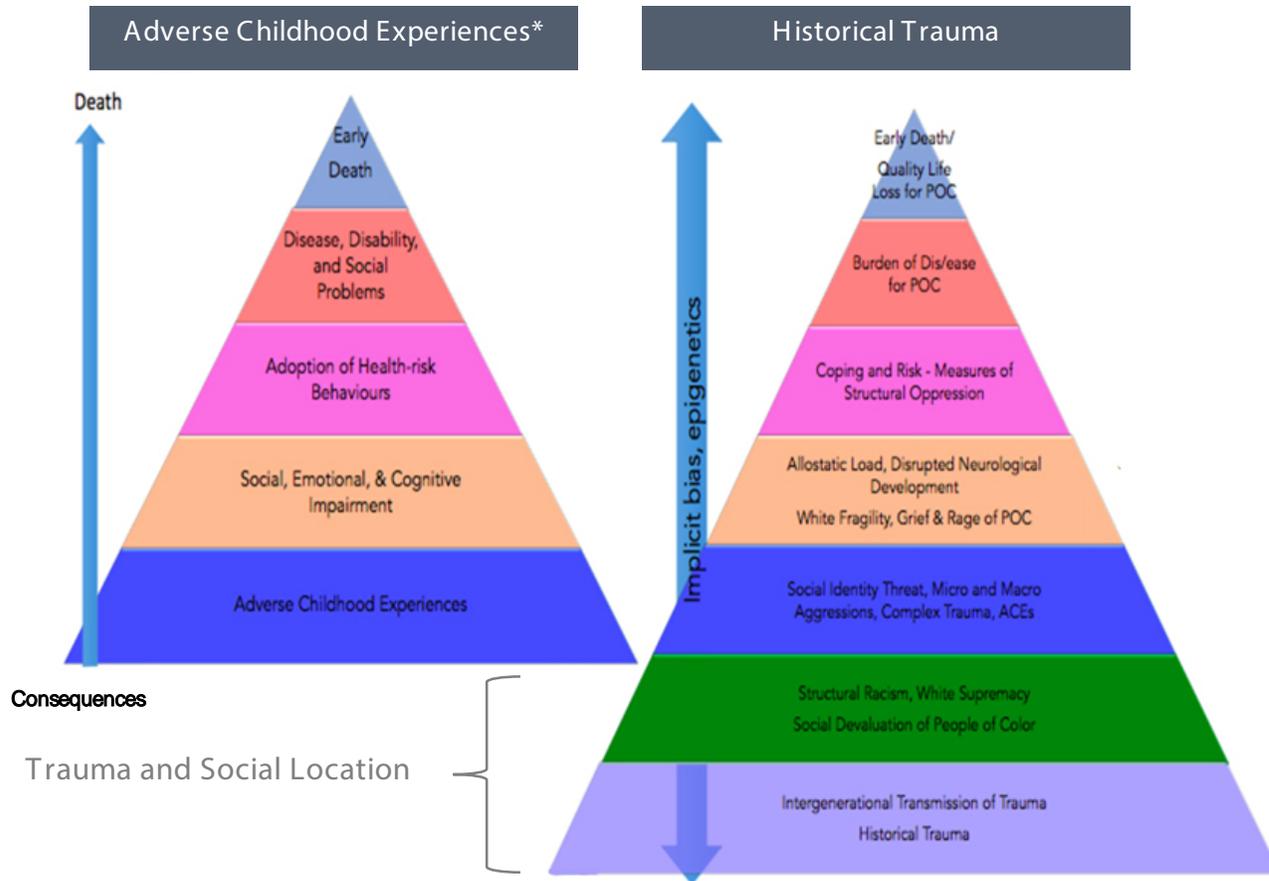
- Marginalization
- Reduced/ Denied Civil Rights
- Stigma/ Stereotyping
- Limited Community Support



Production of Inequities



Racing ACEs - If It's not Racially Just, It's not Trauma-Informed



Consequences

Trauma and Social Location

RYSE works to ensure primacy of the priorities, needs, and interests of young people of color across all practices, policies, approaches, investments, and relationships.

- We lead with love and sacred rage
- We prioritize people over programs
- We acknowledge injustice and harm
- We take risks
- We stop to acknowledge loss and grief
- We encourage self-care
- We practice collective healing
- We honor resilience and resistance
- We celebrate and have fun

- ▶ Trauma is historical, structural, and political.
- ▶ The science has finally caught up.
- ▶ Impacts of trauma are embodied across generations.
- ▶ Differentiated Response:
 - White communities are validated, empathized, resourced restored.
 - Communities of color are shamed, questioned, ignored, stigmatized, criminalized.

“Racism is (whites’) massive experience of cognitive dissonance.”
– Dr. Joy deGruy



Interacting Layers of Trauma and Healing

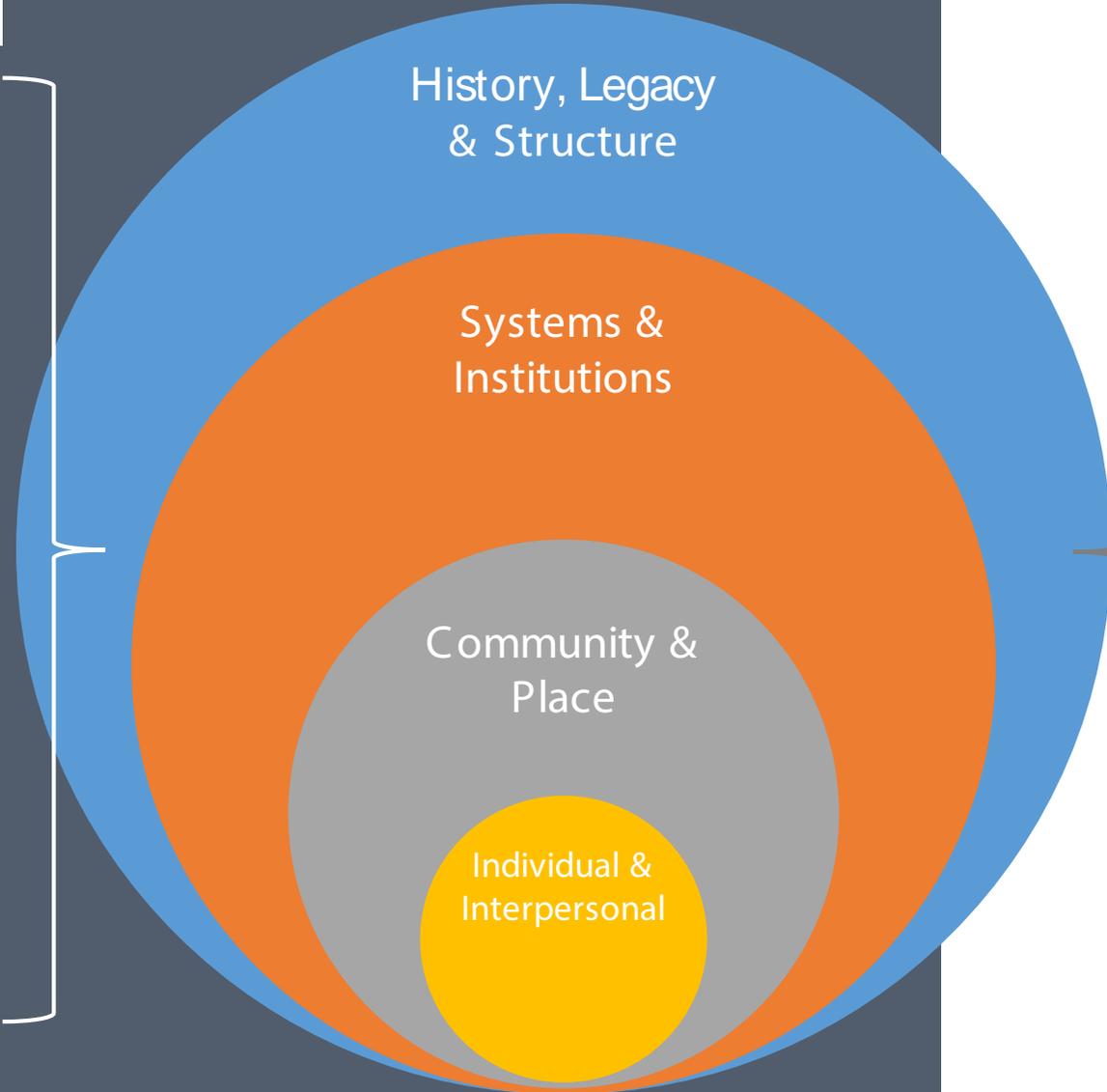
Dehumanization and Distress

Nation Building by Enslavement, Genocide, Colonization & Imperialism, Economic Exploitation, Displacement, Cultural Hegemony, White Supremacy

Systemic Subjugation POC by Interacting Policies & Systems: War on Drugs, Mass Incarceration, Segregation (de jure and de facto), Anti-Immigrant Policies, Climate Violence, Displacement & Redlining

Atmospheric Distress that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation, Lack of Safe Passage & Safe Spaces, Underinvestment, Oversurveillance

Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission



Dehumanization and Distress

Collective Liberation by Truth & Reconciliation, Reparations, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, (Re)imagined Social Compact

Lead with Love and Justice by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Adaptive, Responsive, and Proximate, Power-sharing (Nothing about us without us)

Build Beloved Community by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Arts & Expression, Base & Power Building

Honor Resilience and Fortitude by Listening & Validating, Processing/Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections & Structure

BLOG POSTS – DATA

California Data Dashboard: Child Adversity and Well-Being

 VAL KRIST  10/23/17  4:37 PM 



A product of the CA Essentials for Childhood Initiative, the California Data Dashboard contains 23 select indicators of child adversity, health and well-being, utilizing data available on kidsdata.org. The dashboard below includes state-level indicators. We have also created data dashboards for California counties ([CLICK HERE](#) to see if your community has one and if not, how you can get one for your community!). For more information about this project please [go here](#).

- Child Life Course
- Pregnancy and Birth
- Early/Middle Childhood

 [Manage Blog Post](#)

Blog Directory

- > [ACEs Connection Information](#)
- > [Blog Posts - CA Campaign to Counter Childhood Adversity \(4CA\)](#)
- > [Blog posts – Business](#)
- > [Blog posts – Cities/counties](#)
- > [Blog posts – Criminal justice](#)
- > [Blog posts – Data](#)
- > [Blog posts – Education](#)
- > [Blog posts – Faith-based](#)
- > [Blog posts – Foundations](#)
- > [Blog posts – Healthcare](#)
- > [Blog posts – Legislation & policies](#)
- > [Blog posts – Social services](#)
- > [Blog posts – State agencies](#)
- > [Resource list – ACE surveys](#)
- > [Resource list – Community ACEs initiatives](#)



STATE ACTIVITIES

PRESENTED BY: ANGELA PONIVAS

Four Areas to Address Trauma



Individual



Organizational Practice



Community



Policy

State Activities to Address and Prevent the Four Areas of Trauma



Individual
Parent Leadership

CEBC

www.cebc4cw.org



Organizational Practice
Rady's Children's Hospital

Strategies 2.0 Training

www.strategiesca.org



Community
CAPM, Internal Communications,
Essentials for Childhood
ACEs Connection

Public Awareness

www.acesconnection.com



Policy

Hand Out



ACES CONNECTION

PRESENTED BY: KAREN CLEMMER



ACEs Connection is a social movement platform designed to support efficient collaboration across sectors and communities.

**google: ACEs Connection*



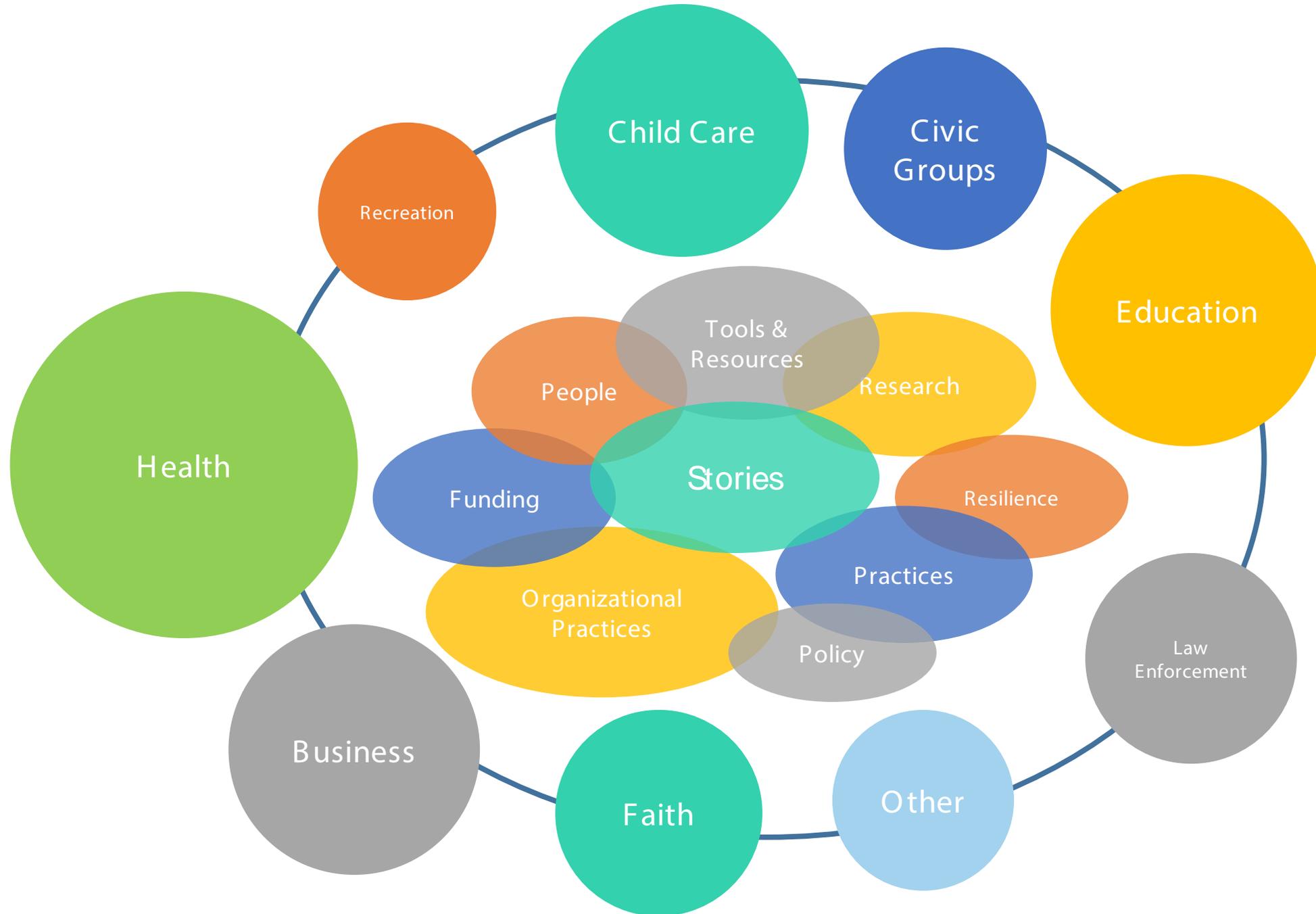
Karen Clemmer
Northern CA and Northwest
kclemmer@acesconnection.com



<http://www.acesconnection.com/>

The World of Trauma-Informed Practice/ACEs Science





State profiles of ACEs initiatives debut! Use them as a new community building tool to accelerate your progress

ELIZABETH PREWITT 23 HOURS AGO



Profiles of statewide and major local ACEs initiatives in the 50 states and the District of Columbia are now available from ACEs Connection. You'll learn about other states and maybe even a few things about your own. This series is just the start of curating highlights of the most significant initiatives across the country. The next iteration will provide even more details.

Post

Add Comment

Manage Blog Post

MANAGE WIDGETS ON BLOG PAGES

Blog Directory

- > ACEs Connection Information
- > Blog Posts - CA Campaign to Counter Childhood Adversity (CCA)
- > Blog posts - Business
- > Blog posts - Cities/counties
- > Blog posts - Criminal justice
- > Blog posts - Data
- > Blog posts - Education
- > Blog posts - Faith-based
- > Blog posts - Foundations
- > Blog posts - Healthcare
- > Blog posts - Legislation & policies
- > Blog posts - Social services
- > Blog posts - State agencies
- > Resource list - ACE surveys
- > Resource list - Community ACEs initiatives
- > Resource list - Experts & speakers
- > Resource list - NGOs & ACEs
- > Resource list - State agencies & ACEs

BLOG DIRECTORY

About this Community

*On Feb. 26, the House of Representatives unanimously passed **H. Res. 443**, a resolution recognizing the importance and effectiveness of trauma-informed care and calling for a national trauma awareness month and trauma-informed awareness day.*

California Essentials for Childhood Initiative

The California Essentials for Childhood Initiative uses a public health and collective impact approach to align and enhance collaborative efforts to promote safe, stable, nurturing relationships and environments for children, youth and families through systems, policy and social norms change.

ACESCONNECTION / COMMUNITIES / CALIFORNIA ESSENTIALS FOR CHILDHOOD INITIATIVE / HOME

Blog Posts



Kids with Families in Prison/Jail (www.sesamestreetincommunities.org) & Note

CHRISTINE CISSY WHITE · 1/29/18 @ 8:46 AM

Cissy's Note: One of the things that worries me about technology is that parents might not be watching so much Sesame Street anymore. As a parent with a whole lot of ACEs, I find the gentle and warm tones of adults on Sesame Street so soothing. On especially hard days this gentle warmth can make an actual difference. When my daughter was young, we'd cuddle on the couch

Post

California Data Dashboard: Child Adversity and Well-Being

Children with Two or More Adverse Experiences
(Parent Reported)
Month: 01-2018



Children Who Are Usually/Always Neglected/Parent Reported
Month: 01-2018



[CLICK HERE To access Data Dashboard](#)

kidsdata.org

A Program of  Lucile Packard Foundation
for Children's Health

Kidsdata.org has compiled a comprehensive set of information about Childhood Adversity and Resilience on its site. The topic includes 56 indicators about the prevalence of adversity and resilience among Californians.



Recent Blog Posts

Sonoma County ACEs Connection Meeting March 21, 2018

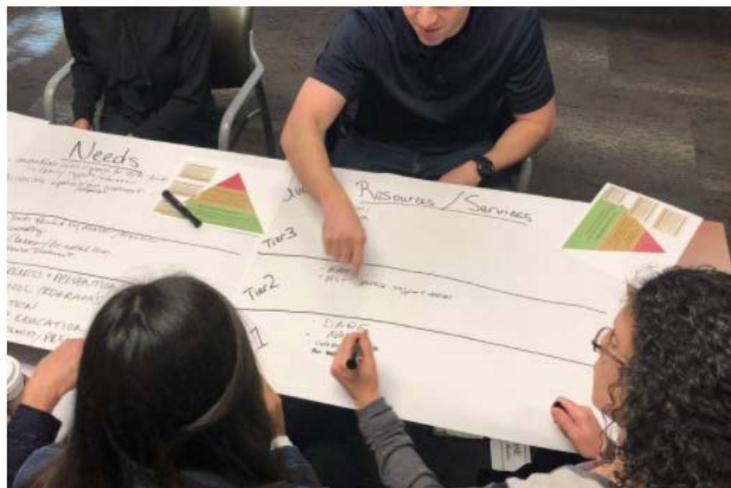
REMY FUENTES · 2 DAYS AGO

The Sonoma County ACEs Connection continues to have discussions and brainstorming sessions at both the Steering Committee and General Meetings. On March 21, 2018, the larger group broke out into three work groups: (1) What should we name the Sonoma County ACEs Connection? (2) Should our meetings have designated roles such as a host or safety monitor? What roles do you suggest? What might that look like? (3) What should our meeting structure look like? Presentations or experiences? Should we...

[READ STORY](#)

0 COMMENTS

WHO'S BECOME/BECOMING TRAUMA-INFORMED?



Petaluma Health Care District trains local care providers on trauma response [North Bay Business Journal]

Post

Fire Resiliency Resources

[Coping](#)
[Mind-body care](#)
[Tips for Talking to Kids](#)
[Fire Recovery Resources](#)

Sonoma County ACN Community Tracker



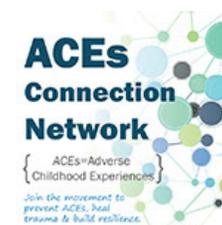
Sonoma County ACN Community Tracker

Get a bird's-eye view of ACEs science presentations made in Sonoma County. The tracker also shows which 11 milestones organizations have completed in their journey to incorporate trauma-informed and resilience building practices based on ACEs science. Add your agency by filling out [this google form](#).

Request an ACEs presentation:

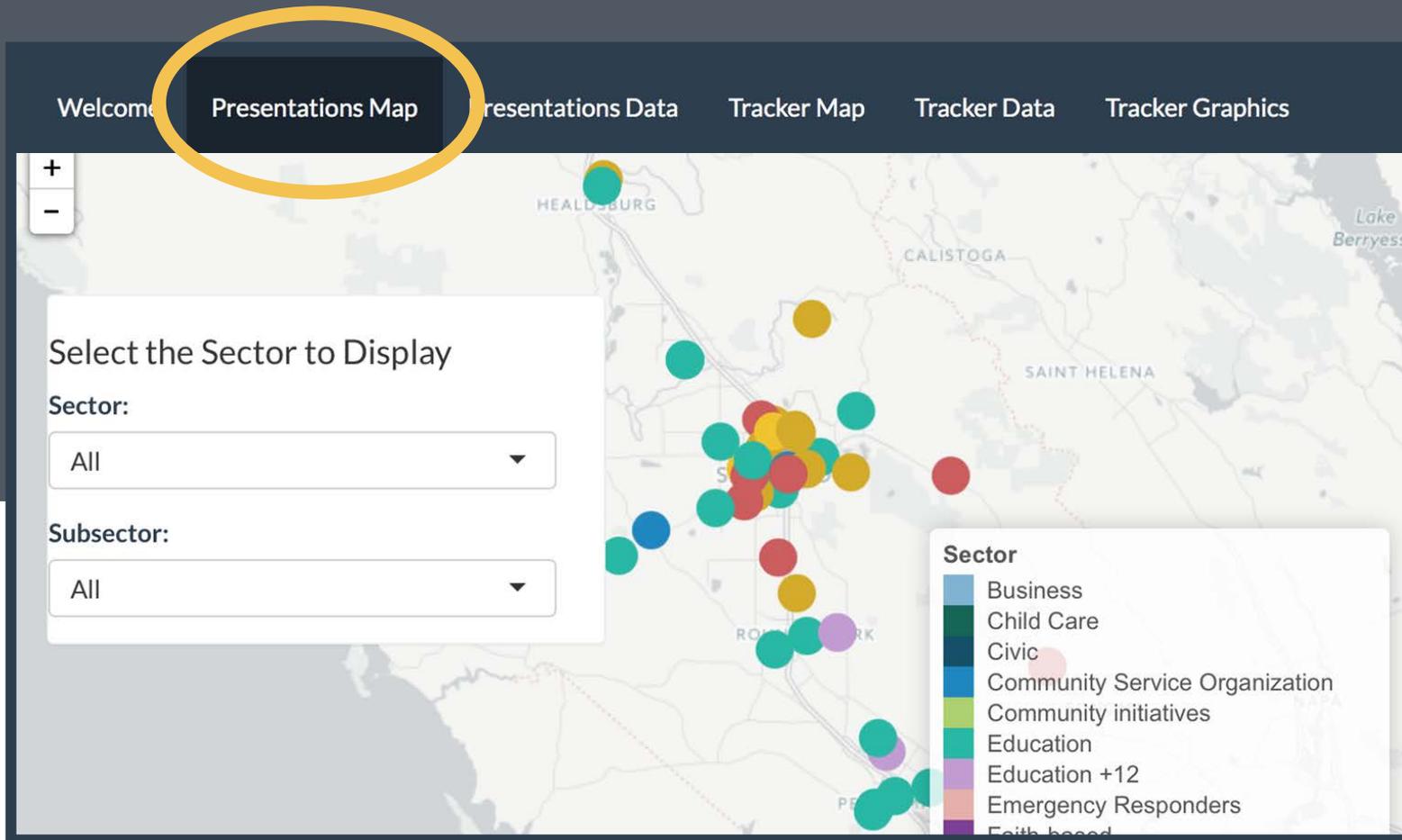
[Click here](#) to fill out our online request form.

Sonoma County Board of Supervisors members, Shirlee Zane and Lynda Hopkins, with special guest Congressman Mike Thompson, invite all community members to attend the Mental Health Resiliency Forum on Thursday, February 22nd. The Forum will feature a Resources and Services Fair starting at 6:00 p.m.



Organizations that Have Received an ACEs Science Presentation

Community member's response to starting a new community on ACEs Connection and learning about the tools:



Can we put data into the ACEs presentation tracker? I've been playing around with the [ACEs Connection] site. It is awesome! How soon can we go live with it?



Starting/ Growing an ACEs Initiative

ACEs Connection California Contacts



Karen Clemmer
Northern CA and Northwest
kclemmer@acesconnection.com



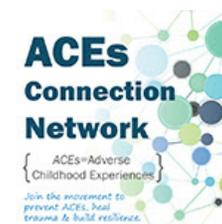
Donielle Prince
San Francisco Bay Area, CA
dprince@acesconnection.com



Gail Kennedy
Central California
gkennedy@acesconnection.com



Dana Brown
Southern California
dbrown@acesconnection.com





ACEs CONNECTION LIVE DEMO

<http://www.acesconnection.com/>



KIDSDATA.ORG RESOURCES

PRESENTED BY: NATHAN PORTER

The screenshot shows the homepage of kidsdata.org. At the top left is the logo "kidsdata.org" with the tagline "A Program of Lucile Packard Foundation for Children's Health". To the right are links for "Email Subscriptions", "A-Z Index", and "Help". Below the logo is a navigation menu with "Home", "Data by Topic", "Data by Region", "Data by Demographic", "Data in Action", and "Blog". The main content area features a search prompt: "Find data about the health and well being of children in communities across California:" followed by a search input field with the placeholder text "Enter a location and/or a topic, e.g. 'Los Angeles foster care'". Below the search field are links for "A-Z Index" and "PDF Fact Sheets". A section titled "Our Best Advocates for Children's Health" includes a colorful icon of a person with arms raised and a paragraph of text: "Youth across the country are speaking up because they implicitly understand that health and well being can only be achieved when their communities are safe and when they have ready access to physical and emotional supports. We are inspired to watch this generation of advocates work to improve society and protect their health." Below this text is a pagination indicator with a play button icon and numbers 1 through 5. At the bottom, there is a "Receive Kidsdata News" section with an email input field and a "SIGN UP" button. A footer note states: "Regular emails featuring notable data findings and new features. Visit our Kidsdata News archive for examples."



Introduction to LPFCH and kidsdata.org



Local data on childhood adversity and county data dashboards



Kidsdata.org - How-To

Find data about the health and well being of children
in communities across California:

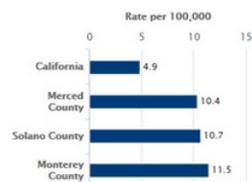


Enter a location and/or a topic, e.g. "Los Angeles foster care"



[A-Z Index](#) | [PDF Fact Sheets](#)

Data on Firearm Deaths Now Available



Firearm-related injuries claimed the lives of 1,918 California children and young adults between 2013 and 2015. Check out newly added data on the number and rate of both fatal and non-fatal firearms injuries, by cause, age, gender, and race/ethnicity.



Receive Kidsdata News

Your email address

[SIGN UP](#)

Regular emails featuring notable data findings and new features. Visit our [Kidsdata News archive](#) for examples.





Adult Retrospective

Behavioral Risk Factor Surveillance System ACEs Module



Maternal Retrospective

California Maternal and Infant Health Assessment



Parent Perspective

National Survey of Children's Health





KIDSDATA.ORG HOW-TO

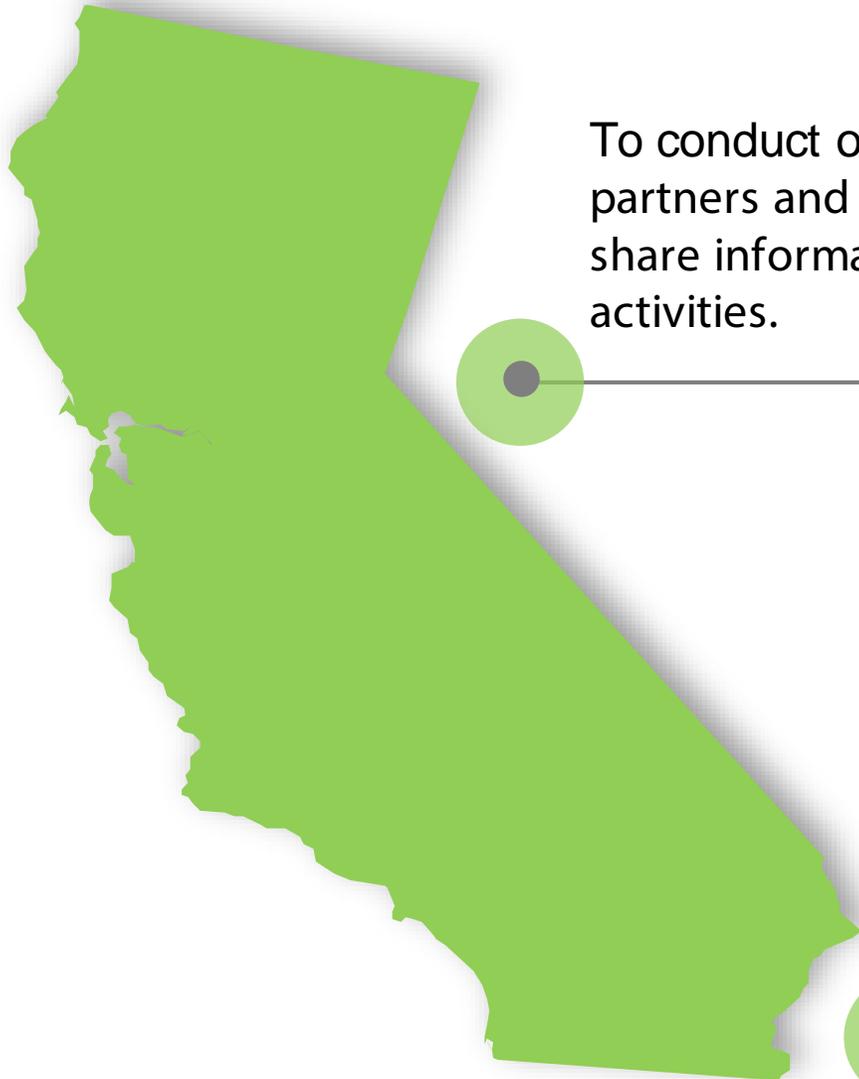
PRESENTED BY: NATHAN PORTER



INITIATIVE TO MAKE CA A TRAUMA-INFORMED STATE

PRESENTED BY: STEVE WIRTZ

Initiative to Make California a Trauma-Informed (TI) State



To conduct outreach to existing (known) partners and survey them to collect and share information on their current TI activities.

To promote the multiple existing efforts and guide the development of trauma-informed policies and practices that incorporate an asset-based (i.e., strength/resiliency) approach within and across California communities, systems, organizations and workforces.

Trauma-Informed Approach



- ▶ Engages communities, systems and organizations in a culture change, emphasizing core values of safety, trustworthiness, choice, collaboration, and empowerment in every facet of the environmental and policy context, program activities, physical settings, and relationships.



- ▶ Requires a multi-pronged, multi-system, multi-agency approach
 - Public education and awareness
 - Community engagement and social norms change
 - Systems and policy change
 - Prevention and early identification
 - Effective trauma-specific assessment and treatment



- ▶ An organizational or community systemic approach includes a “trauma-informed” environment capable of sustaining trauma-specific services and supporting the positive outcomes to clients who receive these services.

W eblinks

CDPH W ebpge:

<https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/SACB/Pages/ChildMaltreatmentandChildAbusePrevention.aspx#>

CDSS/OCAP:

<http://www.cdss.ca.gov/inforesources/OCAP>

ACES Connection:

<http://www.acesconnection.com/g/california-essentials-for-childhood-initiative>

Kidsdata.org:

www.kidsdata.org





QUESTIONS AND ANSWERS

PRESENTED BY: ANGELA PONIVAS