

Childhood Trauma

Impact on
Children's Health
and Opportunities
for Progress
in CA

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PRO-KID 

Key concepts

Childhood trauma

Adverse Childhood Experiences (ACEs)

Toxic stress

Resilience



Key concepts

Childhood trauma

Results from events or circumstances experienced by a child as physically or emotionally harmful or threatening and that has lasting effects on functioning and well-being

Adverse Childhood Experiences (ACEs)

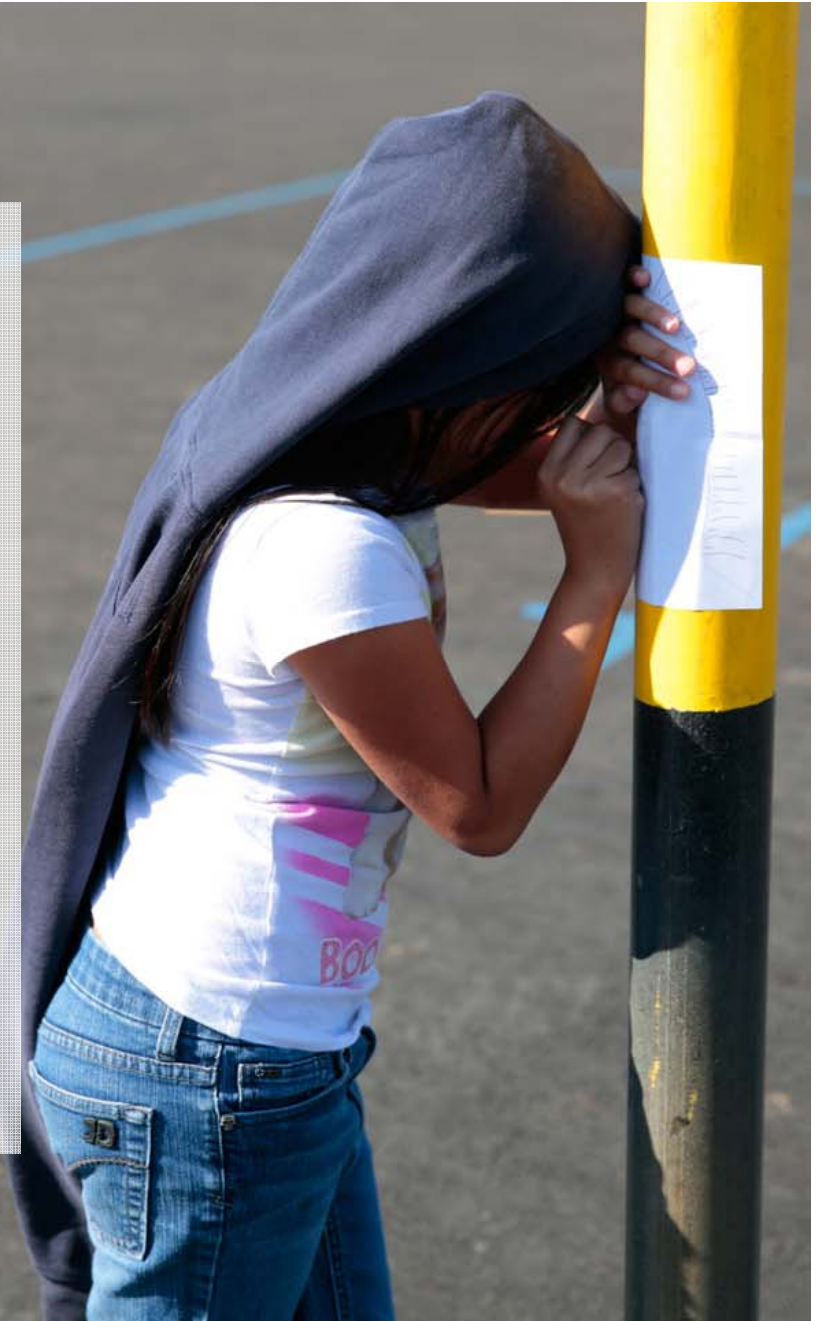
Traumatic stressors such as abuse, neglect, or household dysfunction that occur during childhood

Toxic stress

Characterized by the prolonged activation of stress response systems in the absence of protective relationships

Resilience

Ability to adapt well to stress, adversity, trauma, and tragedy



3 types of stress

Positive stress

Brief increases in heart rate

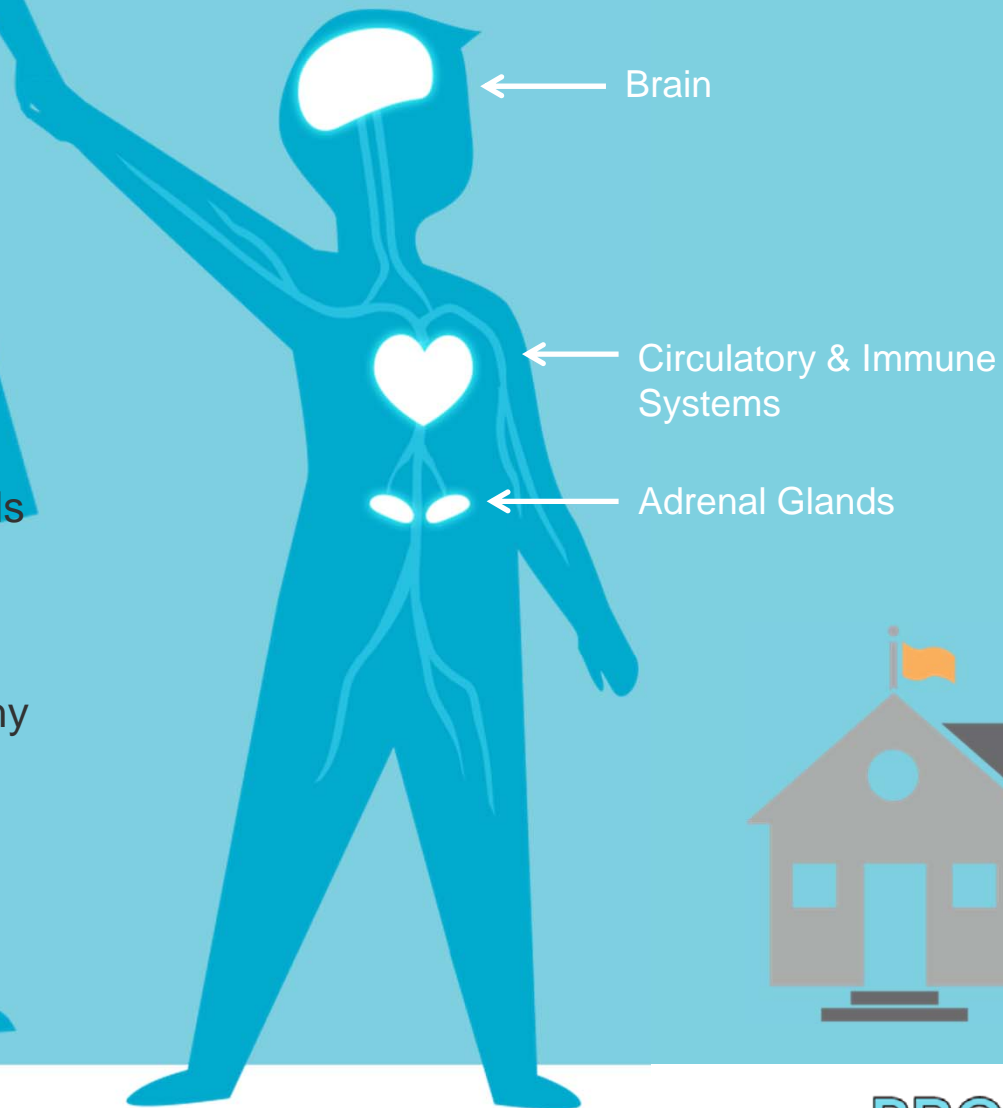
Mild elevations of stress hormones

Examples:

- Dropping off at pre-school
- Losing a soccer game
- Receiving an immunization
- Overcoming a fear of animals

Possible consequences:

Development of a sense of mastery that is critical for healthy development



3 types of stress

Tolerable stress

More prolonged increases in heart rate

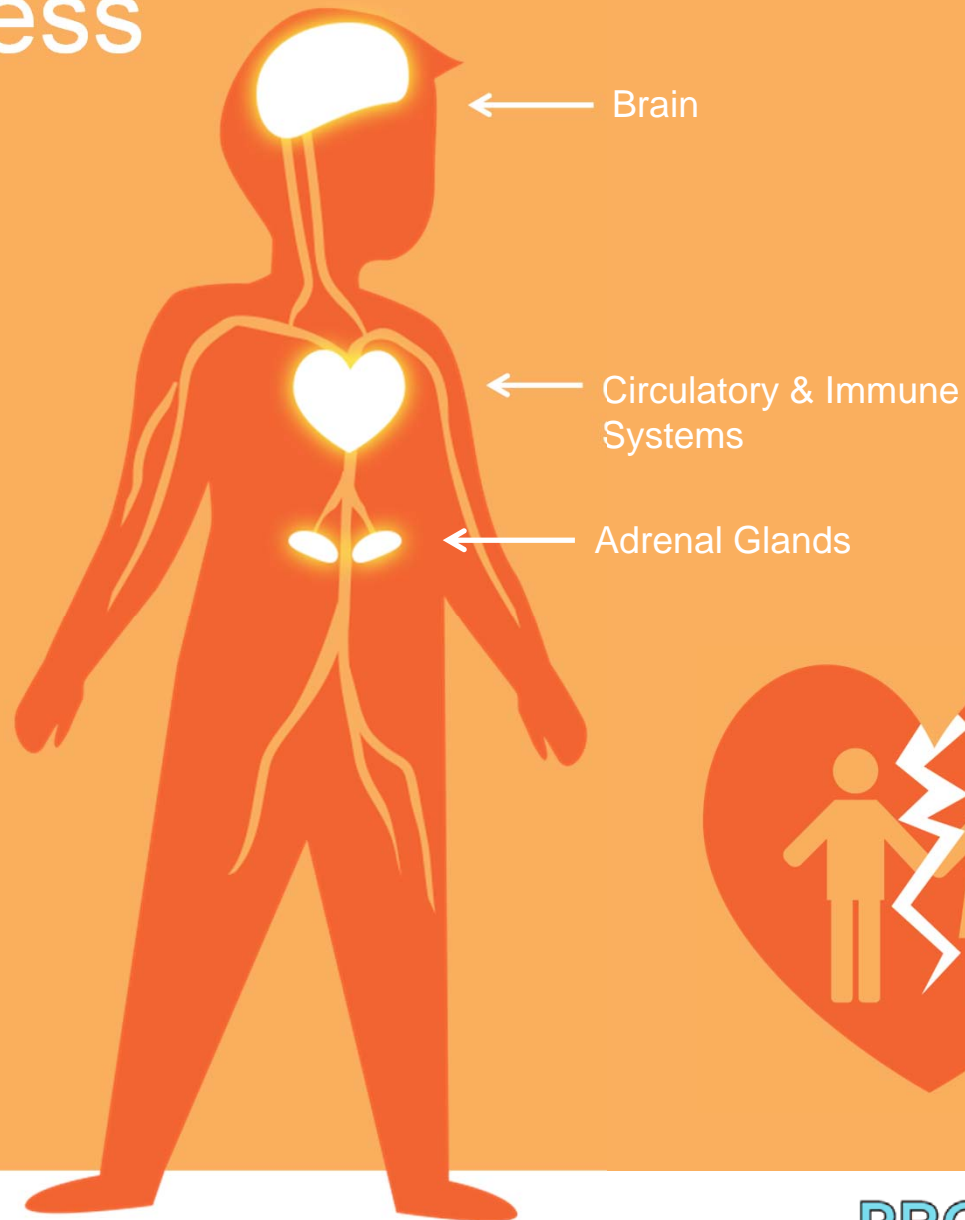
More prolonged elevations of stress hormones

Example:

- Acrimonious parental separation or divorce
- Death of a loved one
- Persistent discrimination
- Frightening accident

Possible consequences:

Range from positive to toxic depending on relationships, the environment, prior experiences, and innate factors



3 types of stress

Toxic stress

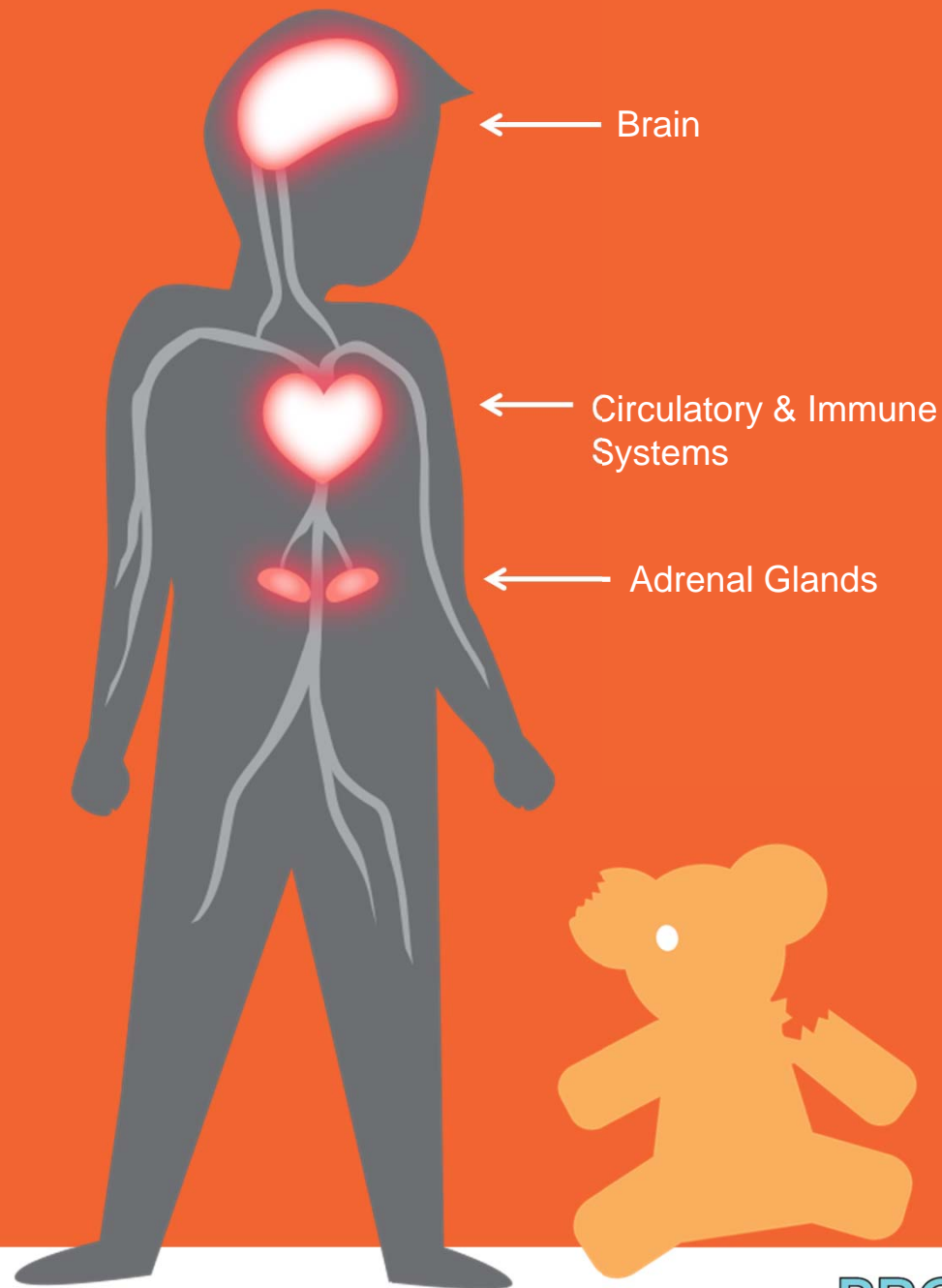
Prolonged activation of stress response systems

Examples:

- Physical or emotional abuse
- Chronic neglect
- Exposure to violence
- Extreme poverty

Possible consequences:

Lifelong impacts on brain architecture and other parts of the body's stress response system that increase the risk of stress-related physical and mental illness later in life



Adverse Childhood Experiences (ACEs) in California

The three types of ACEs include

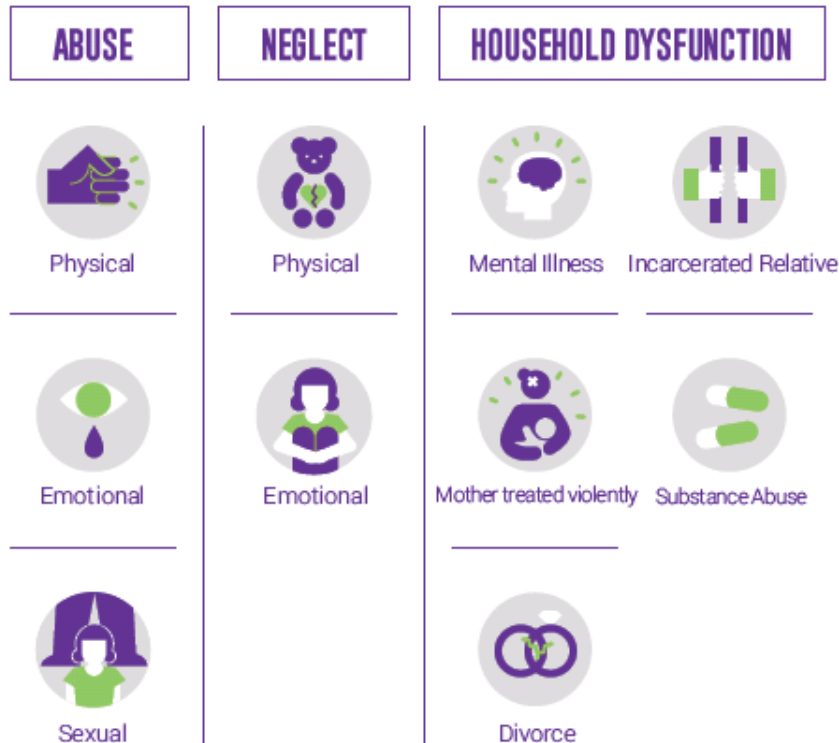


FIGURE 1: Types of Adverse Childhood Experiences
Image courtesy of the Robert Wood Johnson Foundation

SOURCE: Center for Youth Wellness, A Hidden Crisis: Findings on Adverse Childhood Experiences in California

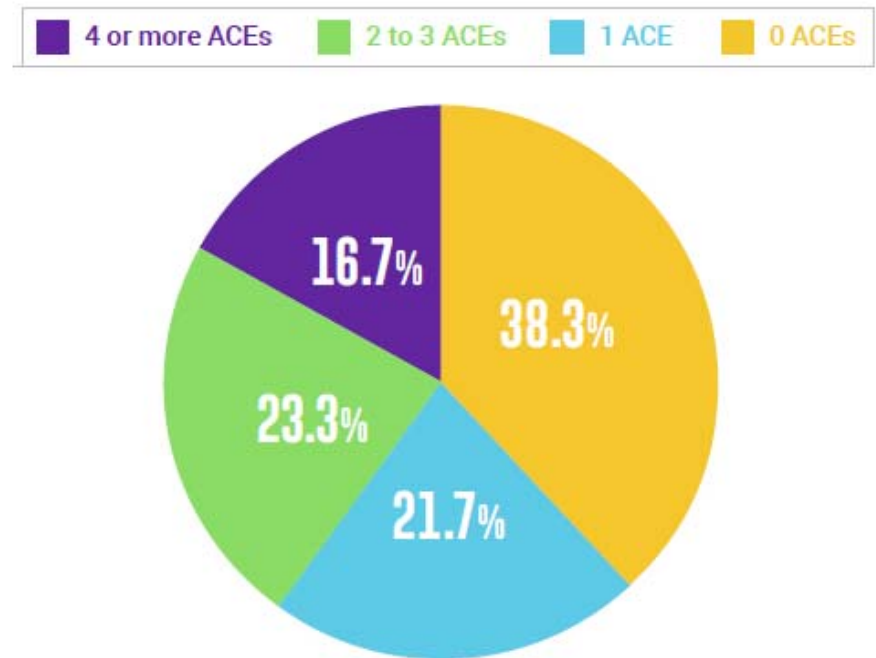


Figure 3: Prevalence of number of ACEs among California adults

Adverse Childhood Experiences (ACEs) in California

The three types of ACEs include

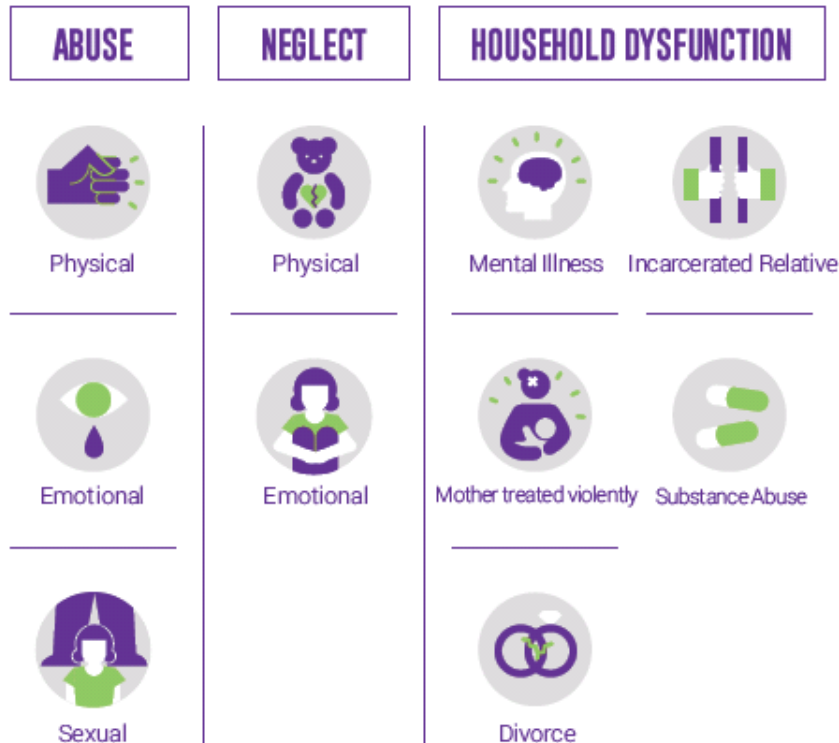


FIGURE 1: Types of Adverse Childhood Experiences
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SOURCE: Center for Youth Wellness, A Hidden Crisis: Findings on Adverse Childhood Experiences in California

ACEs lead to increased risk for negative health behaviors.

A PERSON WITH 4 OR MORE ACEs IS:

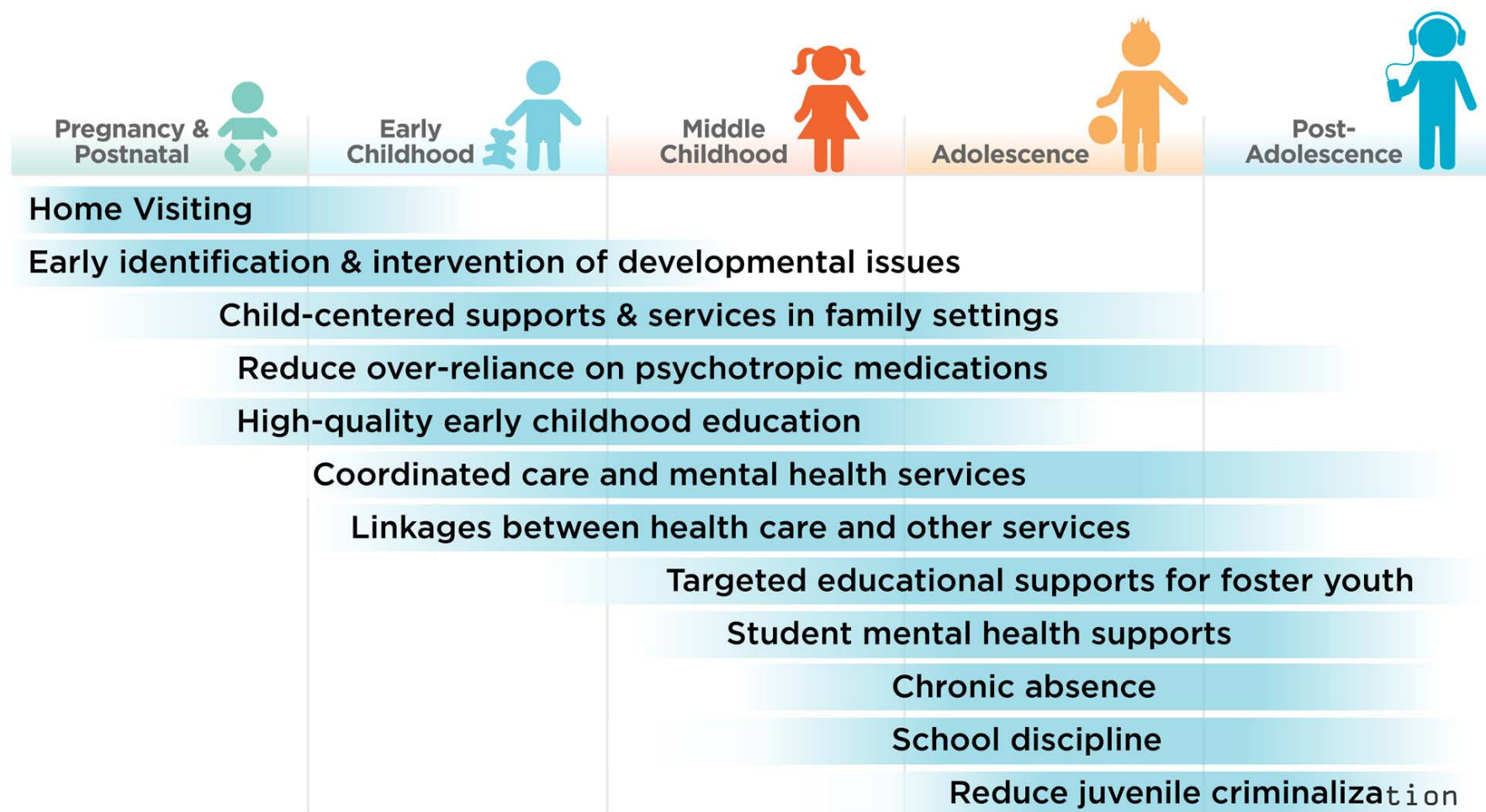
- 12.2 times as likely to attempt suicide
- 10.3 times as likely to use injection drugs
- 7.4 times as likely to be an alcoholic

ACEs lead to increased risk for serious health conditions.

A PERSON WITH 4 OR MORE ACEs IS:

- 2.2 times as likely to have ischemic heart disease
- 2.4 times as likely to have a stroke
- 1.9 times as likely to have cancer
- 1.6 times as likely to have diabetes

Policies to build resilience and address trauma across the life course



Legislation addressing childhood trauma in California: 1999-2012

AB 1852 (Campos): Increase city/county fees for vital records relating to child abuse
“Studies have also shown that individuals with [adverse childhood experiences](#) may demonstrate higher rates of health problems...as adults”

Legislation addressing childhood trauma in California: 2013-2014

ACR 155 (Bocanegra): Urge Governor to address ACEs, toxic stress

“The emerging science and research on **toxic stress** and **adverse childhood experiences** evidence a growing public health crisis...”

AB 271 (Mitchell), SB 899 (Mitchell): Get rid of the Maximum Family Grant rule

“This act is necessary to protect infants born to families receiving CalWORKs from experiencing lifelong cognitive impairments due to the **toxic stress** of deep poverty...”

AB 1955 (Pan): Establish the Healthy Kids, Healthy Minds Demonstration

“**Adverse childhood experiences**, ..., impact school readiness, classroom behavior, and absentee rates”

Legislation addressing childhood trauma in California: 2015-2016

SB 382 (Lara): Create criteria for juvenile sentencing

“The person’s previous delinquent history...may include...the effect of the person’s family and community environment and **childhood trauma** on the person’s previous delinquent history.”

AB 50 (Mullin): Develop plan to offer home visiting services to Medi-Cal enrollees

“The [Let’s Get Healthy California] task force identified several priorities, including...reducing infant deaths, increasing vaccination rates, reducing **childhood trauma**...”

AB 519 (McCarty), AB 919 (Dababneh), AB 1879 (McCarty): Foster youth permanency plans

“Families committing to adoption or guardianship of children in foster care may face challenges...that result from the trauma of the child’s **adverse childhood experiences**.”

AB 1133 (Bonta), AB 1644 (Bonta): Increase school-based mental health services

“In selecting schoolsites and providing support, the department shall prioritize...schoolsites that prioritize for receipt of services children who have been exposed to **childhood trauma**”

SB 23 (Mitchell): Get rid of the Maximum Family Grant rule

“This act is necessary to protect infants born to families receiving CalWORKs from experiencing lifelong cognitive impairments due to the **toxic stress** of deep poverty...”

SB 1466 (Mitchell)*: Require Medi-Cal to provide trauma screening

“...screening services provided under the Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) benefit...shall include screening for **trauma**...”

Legislation addressing childhood trauma in California: 2017-2018

AB 11 (McCarty): Establish Early Head Start-Child Care-Early Intervention Partnership

“Provide funding to establish classroom-based early intervention services to existing and new Early Head Start-Child Care programs for children suffering from [toxic stress](#)...”

Statewide Efforts to Address Childhood Trauma in California

ACEs Connection Network

A social network that creates a safe space and a trusted source where **members share information, explore resources, and access tools that help them work together to create resilient families, systems, and communities.**

California Campaign to Counter Childhood Adversity (4CA)

Goal is to **raise awareness of the impact of childhood adversity**, such as Adverse Childhood Experiences and childhood trauma, on children, youth, families, and communities, **and address gaps and structural inequities in systems to prevent and appropriately respond to childhood adversity** and build protective factors and resilience.

California Defending Childhood Initiative (DCI)

Through the initiative, California will work to **improve outcomes for children exposed to trauma by ensuring that at-risk children are screened for exposure to violence** at school, when they visit a pediatrician, or when they become involved with child welfare and juvenile justice systems.

California Essentials for Childhood Initiative (EfC)

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.

Trauma-Informed Community Building Efforts in California

ACEsConnection Communities

California
Butte County
City Heights (San Diego) Neighborhood
El Dorado County
Los Angeles County
Napa County
Northern California
North Coast
Orange County
Sacramento County
San Diego State University
San Francisco County
Sonoma County
Southern California
Ventura County
Yolo County

Selected Communities with Work Plans

Bay Area (Alameda, Contra Costa, Marin, Santa Clara, Santa Cruz, San Mateo, San Francisco Counties)
Long Beach
Napa County
Oxnard
Salinas
San Diego
San Jose
Santa Rosa

ACH Communities

Imperial County
Merced County
San Diego County
San Joaquin County
Santa Clara County
Sonoma County

BHC Communities

Boyle Heights (Los Angeles)
Central Santa Ana
Central/Southeast/Southwest Fresno
City Heights (San Diego)
Del Norte County Adjacent Tribal Lands
Eastern Coachella Valley
East Oakland
East Salinas (Alisal)
Long Beach
Richmond
Sacramento
South Los Angeles
South Kern
Southwest Merced/East Merced County

MARC Communities

San Diego
Sonoma County



ABOUT KIDSDATA.ORG

Actionable, Accurate, Accessible Information

Over 50 Data Sources

Over 55 Topics

Over 550 Indicators

REGIONS:

National
State
County
City
School District
Leg District

DEMOG:

Race/Ethnicity
Gender
Income Level
Age

CONTEXT:

Why Important
How Faring
Policy Implications
Research
Links

WHAT ARE THE DATA SOURCES?

- Kidsdata has three new sources that show the prevalence of childhood adversity.

**National Survey of
Children's Health
(NSCH)**

Family, economic, and
community measures

Parents reported on
child's experiences

**Maternal and Infant
Health Assessment
(MIHA)**

Family, economic, and
community measures

Post-partum mothers
reported on own
childhood experiences

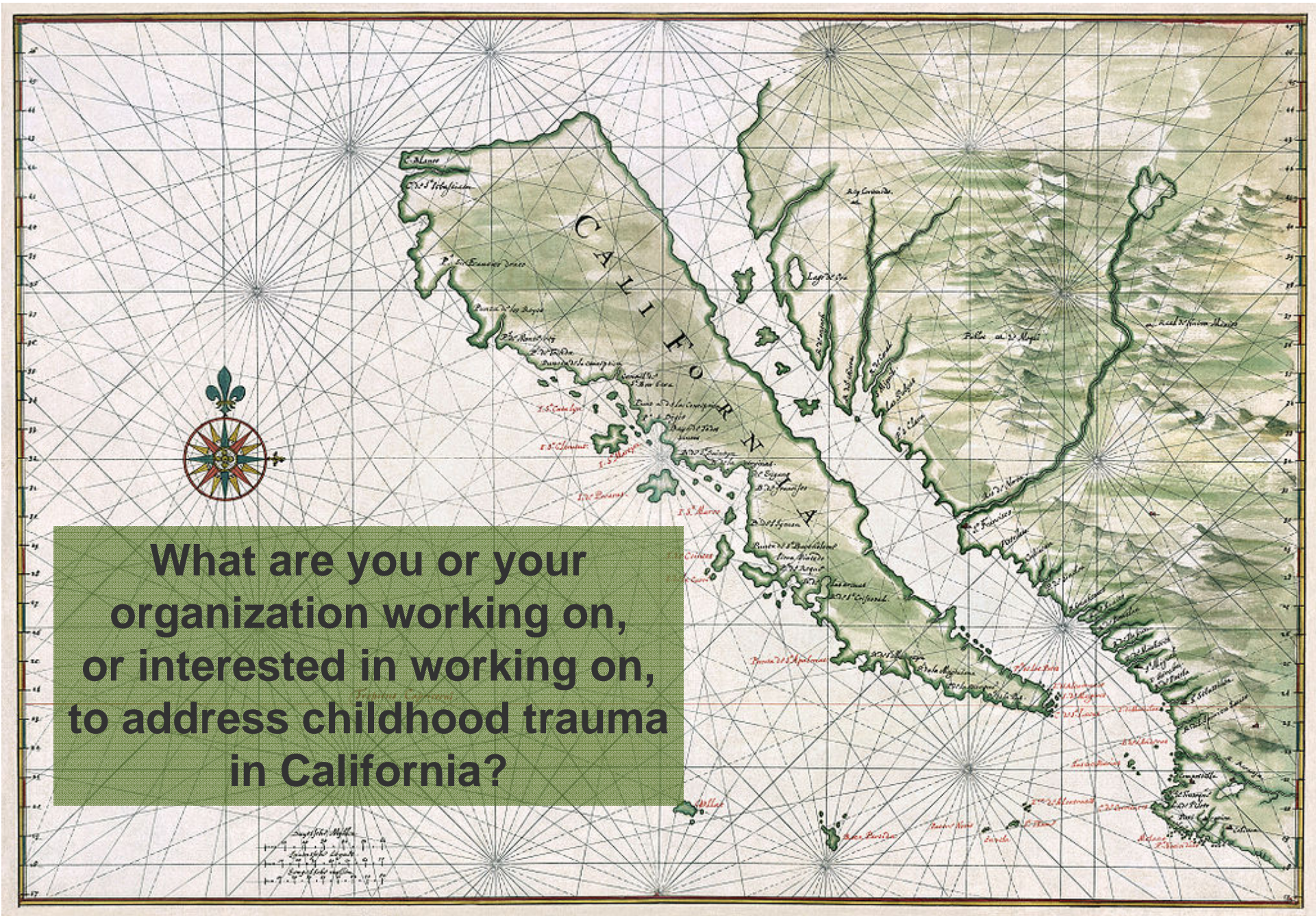
**Behavioral Risk Factor
Surveillance System
(BRFSS)**

Family measures

Adults reflected on own
childhood experiences

Data Source Comparison

| ACEs Measured By: | BRFSS | MIHA | NSCH |
|-------------------------------------------------------------------------|--------------|-------------|-------------|
| Physical abuse | X | | |
| Sexual abuse | X | | |
| Verbal abuse | X | | |
| Physical neglect | X | | |
| Emotional neglect | X | | |
| Family member with mental illness/depression | X | | X |
| Family member with alcohol/substance abuse issues | X | X | X |
| Family member/parent in prison | X | X | X |
| Witnessing mother being abused | X | | X |
| Loss of parent due to separation/divorce | X | X | X |
| Death of parent | | | X |
| Extreme economic hardship | | X | X |
| Witness of neighborhood violence | | | X |
| Treated unfairly due to race/ethnicity | | | X |
| Removed from the home by the court or child welfare agency | | X | |
| Didn't have an adult who believed in her and she could count on to help | | X | |



Thank You!



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