

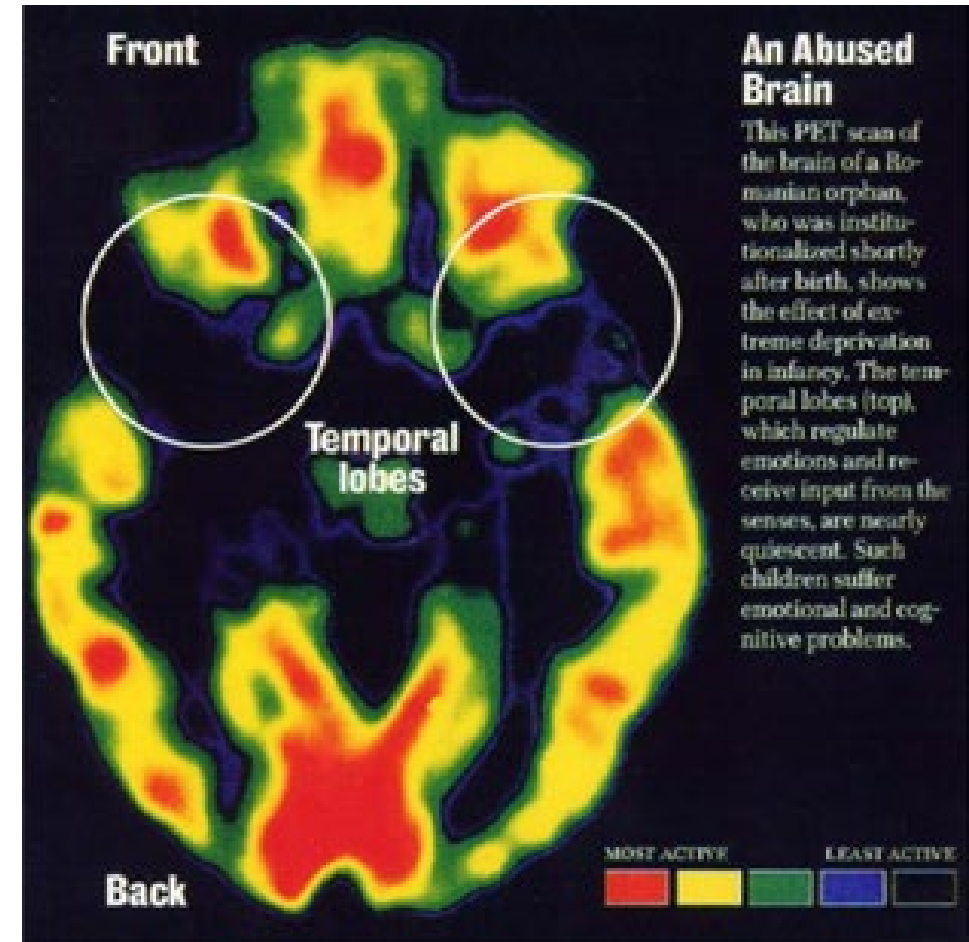
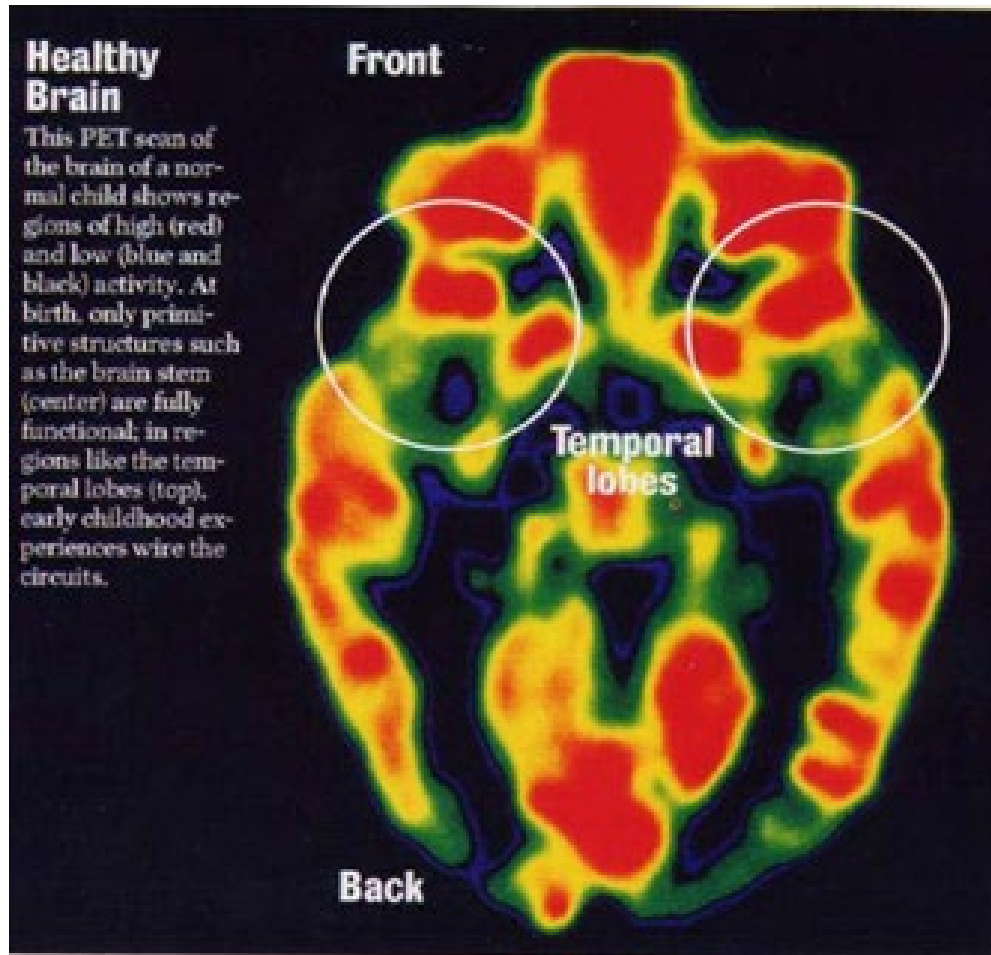
# Critical Periods

Birth – 2 years; critical window for hardwiring the brain for social-emotional development.

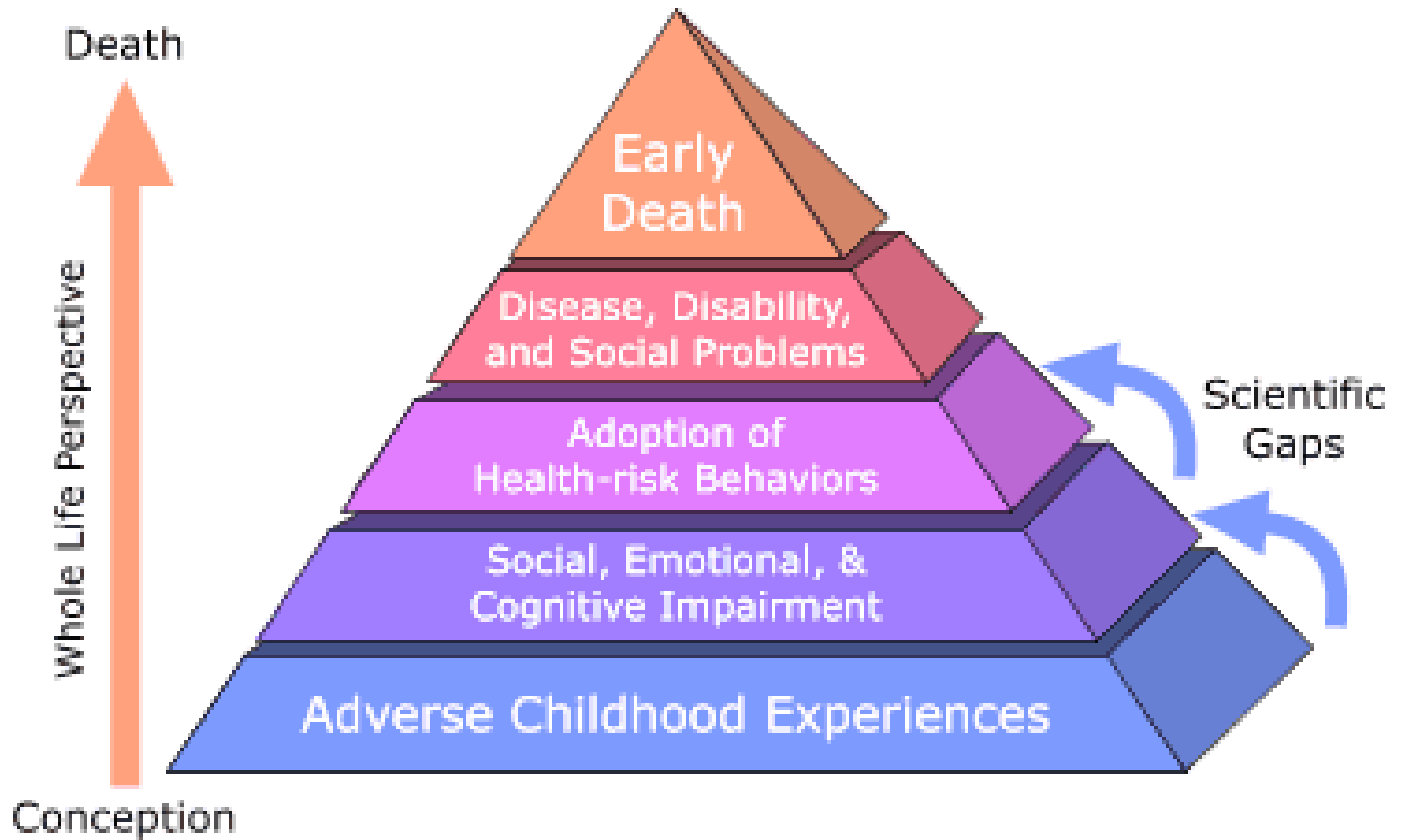


- Social-Emotional development is based on **secure attachment** and becomes the foundation for cognitive development and sense of self-identity.
- Attachment comes from a **nurturing relationship** with a caregiver that is consistent and caring.

# Critical Periods



The Two Year window – results of extreme deprivation of stimulation



# Kentucky Behavioral Risk Factor Survey (KyBRFS)

Eleven questions about adverse childhood experiences (ACEs) were added in the 2015 Kentucky Behavioral Risk Factor Survey (KyBRFS) and then in 2018.

# ACE Module

Comprised of 11 questions that assess the following eight categories of ACE:

- Childhood Abuse
  1. Physical abuse
  2. Sexual Abuse
  3. Emotional Abuse
- Household Dysfunction
  4. Presence of a mentally ill household member
  5. Alcohol or drug abuse in the household
  6. Incarcerated household member
  7. Violence between adults in the household
  8. Parental divorce or separation

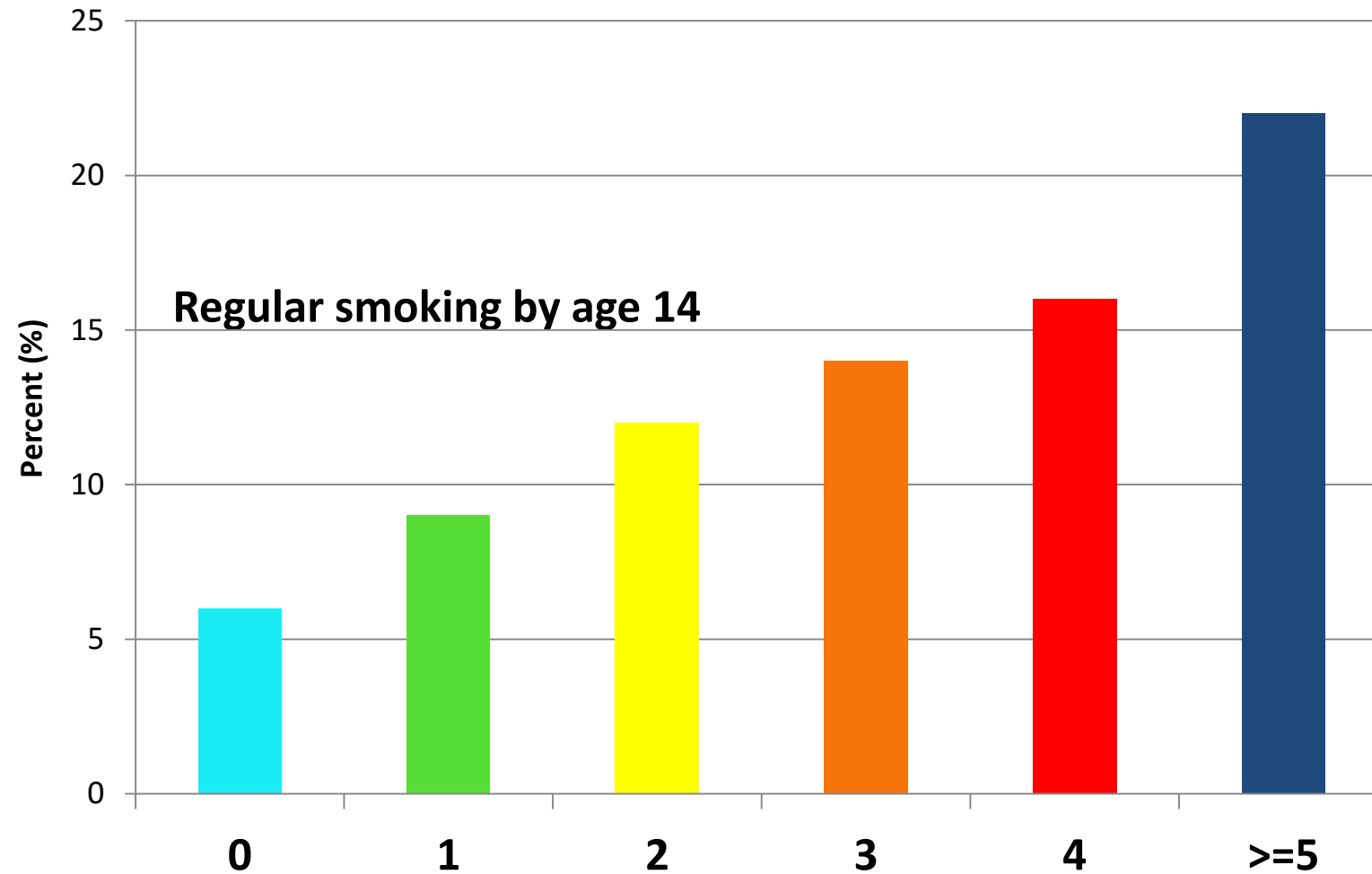
# Questions-before you were 18...

- Did you live with anyone who was depressed, mentally ill, or suicidal?
- Did you live with anyone who was a problem drinker or alcoholic?
- Did you live with anyone who used illegal street drugs or who abused prescription medications?
- Did you live with anyone who served time or was sentenced to serve time in a prison, jail, or other correctional facility?
- Were your parents separated or divorced?
- Did your parents or adults in your home ever slap, hit, kick, punch, or beat each other up?

# Questions-before you were 18...

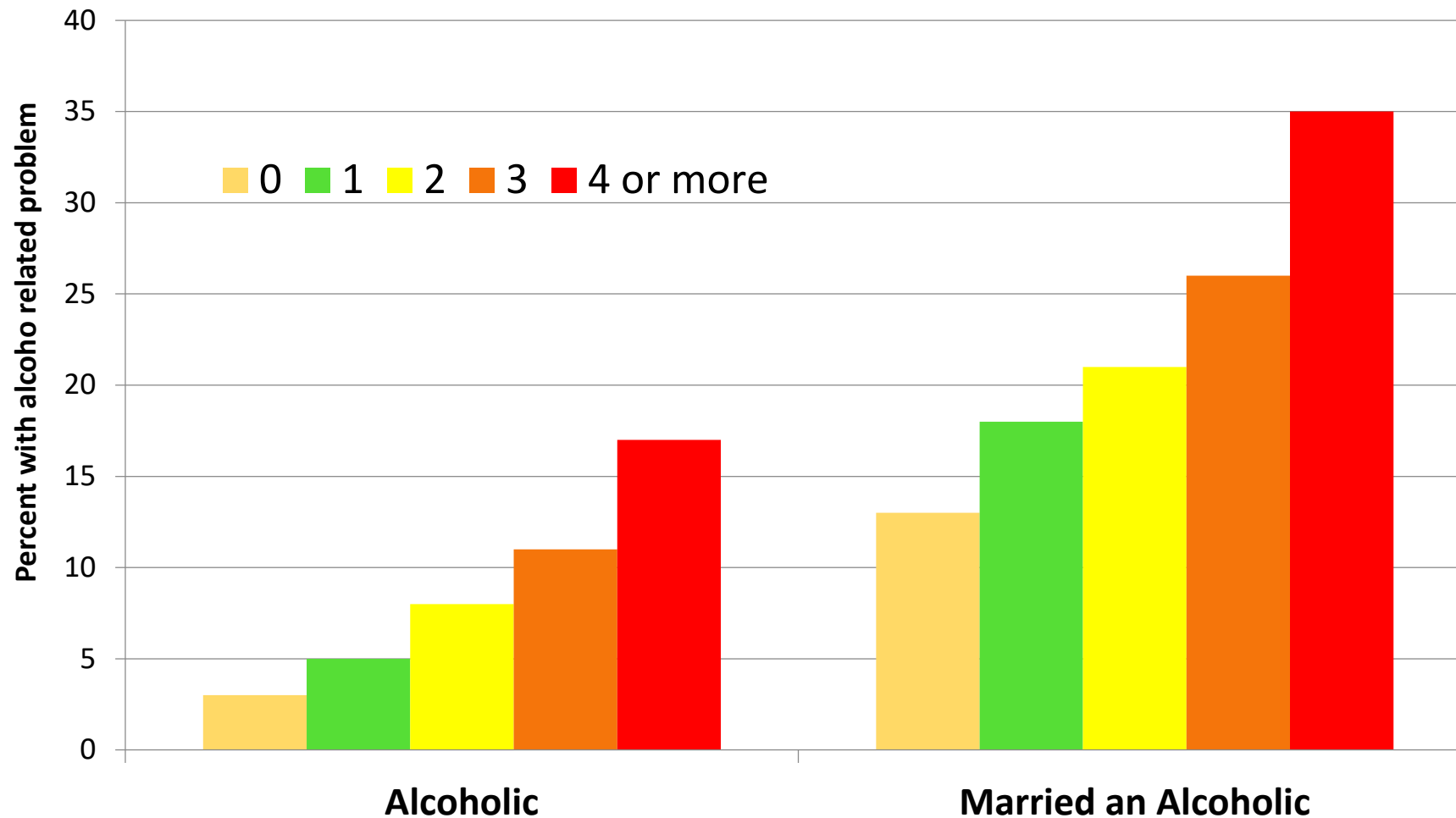
- Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way? Do not include spanking.
- Did a parent or adult in your home ever swear at you, insult you, or put you down?
- Did anyone at least 5 years older than you or an adult, ever touch you sexually?
- Did anyone at least 5 years older than you or an adult try to make you touch them sexually?
- Did anyone at least 5 years older than you or an adult force you to have sex?

# Relationship Between ACE Score and Early Initiation of Smoking Cigarettes

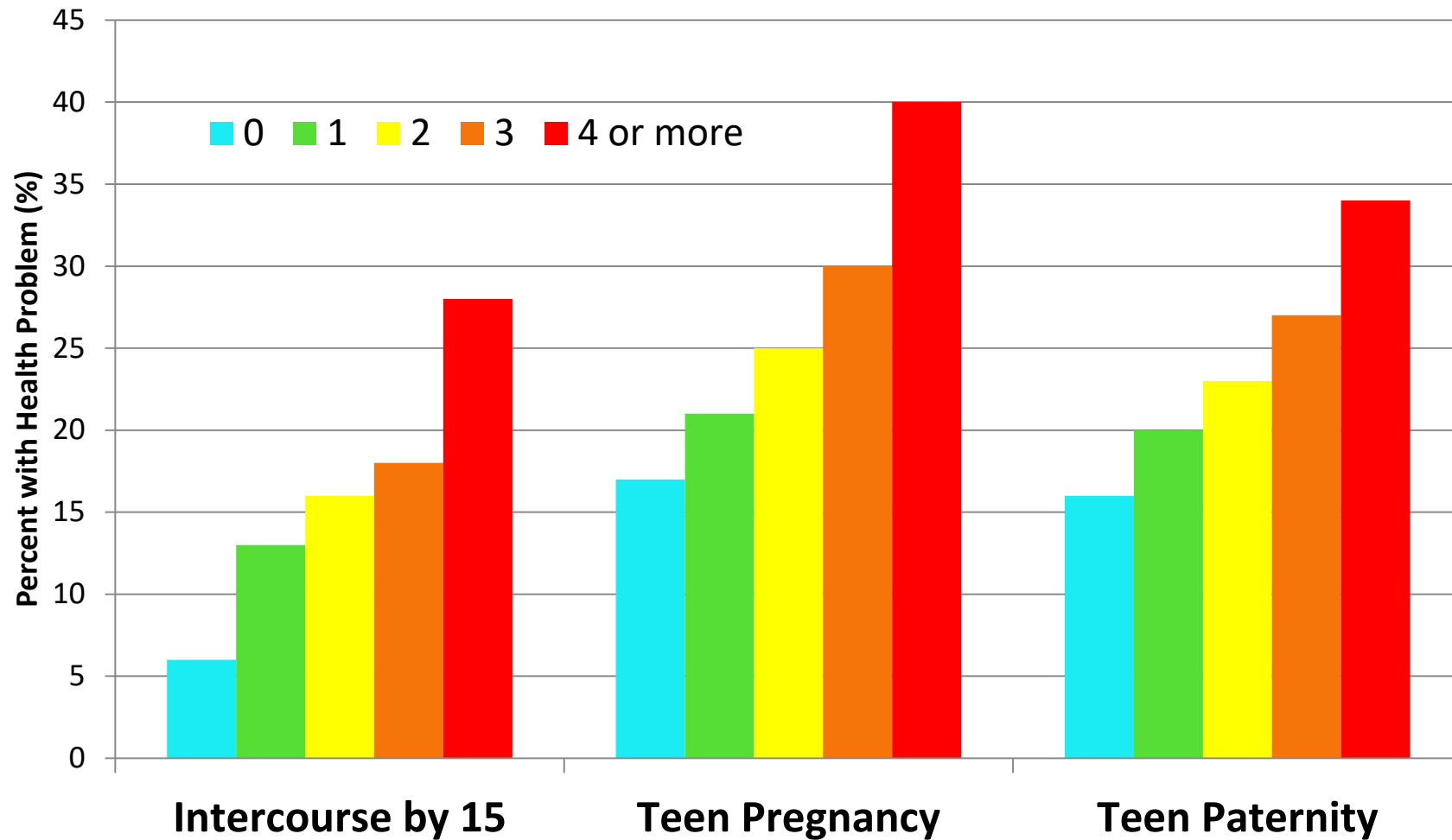




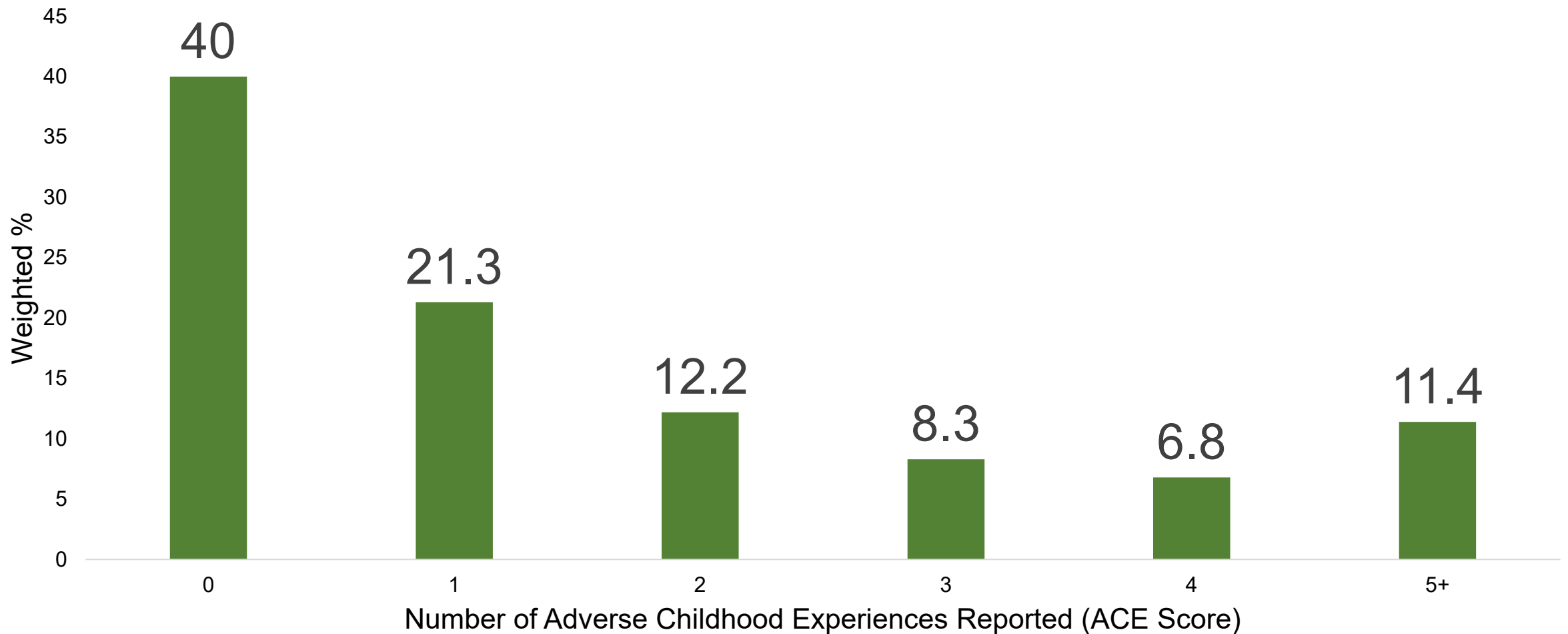
# The ACE Score and Alcohol Use and Abuse



# ACE Score and Teen Sexual Behaviors



# Prevalence of Adverse Childhood Experiences (ACE) among Kentucky adults ages 18 and older by ACE Score, KyBRFS 2018



# Seeking to Cope

- The risk factors/behaviors underlying these adult diseases are actually coping mechanisms.
- **What is viewed as a problem by the health care provider is actually a solution to bad experiences for the patient.**
- Dismissing these coping mechanisms as “bad habits” or “self destructive behavior” misses their source of origin.

# Resilience

- Resilience is the ability to overcome serious hardship
- The foundation of resilience is the combination of
  - ***Supportive relationships***
  - *Adaptive skill building*
  - *Positive experiences that re-inforce self-efficacy, perceived control, and belonging*
- Resilience Requires **Relationships**
- *The capabilities that underlie resilience can be strengthened at any age*

# Take Home Messages

- **Exposure to violence/trauma is the single most prevalent risk factor for children today.**
- Adversity is necessary for life and learning; toxic stress disrupts life and learning
- **Relationships are necessary for resilience.**
- The lifelong toll of unaddressed Adverse Childhood Experiences is a [perhaps THE] major cause of death and disability in adults
- **Knowing what we know, we can do better in preventing, mitigating, and treating toxic stress.**

**It is easier to build strong  
children than to repair  
broken men (and women).**

*Frederick Douglass*