We’re All About

The Magnitude of the Solution
Beyond Resilience... Flourish

To Flourish: “To Prosper with Sustained, Continuous, Steady, Strong Growing Well”
Memory of our experiences is stored in our body.
ACEs Influence Gene Expression

Epigenetics

Chromosomes

DNA

Histones

Gene

Chromosomes tightly packed DNA
“Our results allow us to appreciate how the experiences of a parent, before even conceiving offspring, markedly influence both structure and function in the nervous system of subsequent generations.”

Dr Brian Dias, Emory University, 2014
Right Fit:
- Biological & Genetic Adaptations
- Societal Expectations
- Core Gifts
It’s about you and me
CHANGING the future of PUBLIC HEALTH
DISCOVERY
“For an epidemic of influenza, a hurricane, earthquake, or tornado the worst is quickly over; treatment and recovery efforts can begin.

In contrast, the chronic disaster that results from ACEs is insidious, constantly rolling out from generation to generation.”

Dr. Robert Anda, 2009
Parenting Adults

Have the most power for preventing ACEs in the next generation.

And... Parenting can feel harder for people with ACE-attributable problems because it IS harder – biologically.
## Outcomes Attributable to ACEs

### Risk
- Smoking
- Heavy drinking
- Obesity
- Risk of AIDS
- Taking painkillers to get high
- Obesity

### Prevalent Disease
- Cardiovascular
- Cancer
- Asthma
- Diabetes
- Auto immune
- COPD
- Ischemic heart disease
- Liver disease

### Poor Mental Health
- Frequent mental distress
- Sleep disturbances
- Nervousness
- MH problem requiring medication
- Emotional problems restrict activities
- Serious & persistent mental illness

### Health & Social Problems
- Fair or poor health
- Life dissatisfaction
- Health-related limits to quality of life
- Disability that impedes daily functioning
- Don’t complete secondary education
- Unemployment
- History of adult homelessness

### Intergenerational ACE Transmission
- Mental Illness
- Drugs or Alcohol Problem
- Multiple divorces, separations
- Victim of family violence
- Adult incarceration
Population Attributable Risk

Behavioral Health

- Life Dissatisfaction
- IV drug use
- Suicide attempt
- Serious/persistent mental illness
- Drinking & driving (30 days)
- Alcoholism
- Anxiety
- Chronic depression
- Promiscuity
- Incarceration as adult
- Receive med treatment for mental illness
- Painkillers to get high
- ≥ 15 of 30 days emotional problem interrupted work

ACEs

Controls: gender, age, income, education, race-ethnicity
We have the power to shift the dynamics that lead to high ACE scores.
Promote Virtuous Cycle of Health

Moderate ACE Effects,
Improve Wellbeing
Among Parenting Adults

Prevent High ACE Scores
among Children

Mutually Reinforcing
“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

*Ann Masten, 2009*
“There is nothing more dangerous than to build a society with a segment of society with no stake in society.”

Martin Luther King, 1964
Building Self-Healing Communities

Population
Affected by ACEs

Community Services

Other Special Services

Education System

Justice System

© 2013 ACE Interface
Help that Helps

1. Support: Feeling socially and emotionally supported and hopeful

2. Help: Having two or more people who give concrete help when needed

3. Community Reciprocity: watching out for children, intervening when they are in trouble, and doing favors for one another

4. Social Bridging: reaching outside one’s immediate circle of friends to recruit help for someone inside that circle
Support

Feeling socially and emotionally supported and hopeful

... Always or Usually (vs Rarely or Never)
ACEs & Activity Limitations

Activity Limited Due to Health Problems With Support & Hope

% of Population

0 ACE 1-3 ACEs 4-8 ACEs

Low Support & Hope  High Support & Hope
Activity Limitations & Support

Activity Limited Due to Health Problems With Support & Hope

% of Population

- 0 ACE
- 1-3 ACEs
- 4-8 ACEs

Low Support & Hope  High Support & Hope

Foundation for Healthy Generations 2014
ACEs & Smoking

Smoker With Low Support & Hope

% of Population

0 ACE  1-3 ACEs  4-8 ACEs

Low Support & Hope  High Support & Hope

ACE Interface
ACEs & Sleep

Not Enough Sleep 7 or more Days Past Month With Support & Hope

% of Population

0 ACE 1-3 ACEs 4-8 ACEs

Low Support & Hope High Support & Hope

Foundation for Healthy Generations 2014

ACE Interface
Sleep & Support

Not Enough Sleep 7 or more Days Past Month With Support & Hope

% of Population

0 ACE 1-3 ACEs 4-8 ACEs

Low Support & Hope High Support & Hope
ACEs & Poor Mental Health

Poor Mental Health More Than Half Last Month With Support & Hope

% of Population

0 ACE 1-3 ACEs 4-8 ACEs

Low Support & Hope High Support & Hope
Mental Health & Support

Poor Mental Health More Than Half Last Month With Support & Hope

% of Population

0 ACE 1-3 ACEs 4-8 ACEs

Low Support & Hope  High Support & Hope

Foundation for Healthy Generations 2014
ACEs & Poor Health

Poor Physical Health More Than Half Last Month With Support & Hope

% of Population

0 ACE 1-3 ACEs 4-8 ACEs

Low Support & Hope  High Support & Hope
Poor Health & Support

Poor Physical Health More Than Half Last Month With Support & Hope

% of Population

0 \( \pm \) 0
15 \( \pm \) 0
25 \( \pm \) 0
30 \( \pm \) 0

0 ACE
1-3 ACEs
4-8 ACEs

Low Support & Hope
High Support & Hope

Foundation for Healthy Generations 2014
ACE Interface
Population Attributable Risk

Employers

- No satisfaction with job or work (25%)
- Workplace injury (43%)
- Interrupted Work: Ill-health ≥ 15 of 30 days (22%)
- ≥ 3 falls require treatment in 90 days (14%)
- Insufficient sleep (65%)
- Binge drinking (30%)
- Alcoholism (54%)
- Painkillers to get high (33%)
- No grad from college or tech (28%)
- Out of work more than an year (20%)

Controls: gender, age, income, education, race-ethnicity
ACEs & Ability to Work

Unable to Work With Support & Hope

% of Population

0 ACE  1-3 ACEs  4-8 ACEs

Low Support & Hope  High Support & Hope

Foundation for Healthy Generations 2014
Ability to Work & Support

Unable to Work With Support & Hope

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<th>% of Population</th>
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Help

Having two or more people who give concrete help when needed
Children Who Prosper in Unfavorable Environments: The Relationship to Social Capital

Desmond K. Runyan, MD, DrPH*; Wanda M. Hunter, MPH*; Rebecca R. S. Socolar, MD‡; Lisa Amaya-Jackson, MD, MPH§; Diana English, MSW, PhD‖; John Landsverk, PhD¶; Howard Dubowitz, MD#; Dorothy H. Browne, MSW, DrPH**; Shrikant I. Bangdiwala, PhD††; and Ravi M. Mathew, MS‡‡

&

Strengthening Families Framework; Center for the Study of Social Policy
Hunger & Help

Hungry: Not Enough Money With Help

% of Population

Low Help  High Help

0 ACE  1-3 ACEs  4-8 ACEs

Foundation for Healthy Generations 2014
ACEs & Diabetes

Diabetes With Help

% of Population

0 ACE  1-3 ACEs  4-8 ACEs

Low Help  High Help
ACEs & Depression

Depressed All or Most of Last Month With Help

% of Population

0 ACE 1-3 ACEs 4-8 ACEs

Low Help  High Help

Foundation for Healthy Generations 2014
Depression & Help

Depressed All or Most of Last Month With Help

% of Population

Low Help  High Help

0 ACE  1-3 ACEs  4-8 ACEs
ACEs & Mental Illness Symptoms

Moderate-Serious Mental Illness With Help

% of Population

0 ACE  1-3 ACEs  4-8 ACEs

Low Help  High Help

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Mental Illness Symptoms & Help

Moderate-Serious Mental Illness With Help

% of Population

0 ACE 1-3 ACEs 4-8 ACEs

Low Help High Help

Foundation for Healthy Generations 2014
ACEs & Poor Health

Fair or Poor Health With Help

% of Population

0 ACE 1-3 ACEs 4-8 ACEs

Low Help  High Help

Foundation for Healthy Generations 2014
Poor Health & Help

Fair or Poor Health With Help

% of Population

- 0 ACE
- 1-3 ACEs
- 4-8 ACEs

Low Help
High Help

Foundation for Healthy Generations 2014
Community Engagement

Population Attributable Risk

- Inured on the job/medical treatment: 25%
- Incarceration: 61%
- Current smoking: 31%
- Serious persistent mental illness: 69%
- Intimate partner violence victim: 52%
- >15 of 30 days disturbed work due to emotional: 59%
- Depression (leading disability): 41%
- Homeless as adult: 62%
- Drinking & driving past 30 days: 45%
- High risk for HIV: 51%
- Out of work >year: 20%

Controls: gender, age, income, education, race-ethnicity
Community Resilience

Community Reciprocity: watching out for children, intervening when they are in trouble, and doing favors for one another

Social Bridging: reaching outside one’s immediate circle of friends to recruit help for someone inside that circle.
Reciprocity & Bridging

Better Rates:

- Obesity
- Mental Illness Symptoms
- Alcohol Consumption among Women
- Physical Activity
- Happiness
- Worry about Money for Rent
- Having A Primary Care Physician
- Experiencing Housing Instability
- Being Hungry Because of No Money
Trauma Informed Approach

Improve Systems & Community Context

- **Realizing the prevalence** of trauma
- **Recognizing** how it affects all individuals involved with the program, organization or system, including its own workforce
- **Resisting re-traumatization**
- **Responding** by putting this knowledge into practice
Core Principles of Trauma-Informed Systems of Care

- **Safety** – ensuring physical and emotional safety
- **Trustworthiness** – maintaining appropriate boundaries and making tasks clear
- **Choice** – prioritizing (staff) consumer choice and control (people want choices and options; for people who have had control taken away, having small choices makes a big difference)
- **Collaboration** – maximizing collaboration
- **Empowerment** - prioritizing (staff) consumer empowerment and skill-building
Thank You
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