Agenda

- Introduction
- Realizing
- Recognizing
- Responding & Resisting Re-Traumatization
- Questions
PSYCHIATRIC HELP 5¢

THE DOCTOR IS IN
Trauma-Specific
Trauma-Informed
4.5 Rs

- Realize
- Recognize
- Respond
- Resist re-traumatization
Trauma
Event + Experience + Effect
Adverse Childhood Experiences
ACEs

- Living with someone who is mentally ill or suicidal
- Experiencing divorce or parental separation
- Living with someone who has an alcohol or drug problem
- Being a victim or witness of neighborhood violence
- Experiencing socioeconomic hardship
- Witnessing domestic violence
- Having a parent in jail
- Being treated or judged unfairly due to race/ethnicity
- Experiencing the death of parent
## Measuring ACEs

<table>
<thead>
<tr>
<th>Survey</th>
<th>Methodology</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Survey of Children's Health (NSCH)</td>
<td>Mail survey with web and telephone options</td>
<td>Asks parent respondents about one of their children, Does NOT address physical abuse or sexual abuse, Data from 2016</td>
</tr>
<tr>
<td>Behavioral Risk Factor Surveillance System (BRFSS)</td>
<td>Telephone survey</td>
<td>Asks adults about their own childhoods, Does NOT address societal ACEs or death of a parent, Data from 2016</td>
</tr>
<tr>
<td>Arizona Youth Survey (AYS)</td>
<td>Paper and web survey</td>
<td>Asks 8th, 10th, and 12th grade students about their own experiences, Does NOT address physical abuse or sexual abuse, Data from 2016</td>
</tr>
</tbody>
</table>
ACEs in Arizona
Arizonans with 2 or More ACEs, 2016 Data

- NSCH: 31%
- BRFSS: 31%
- AYS: 44%

Graph showing the percentage of Arizonans with 2 or More ACEs in 2016.
ACEs & Odds of Academic Failure

The association between adverse childhood experience (ACE) and school success in elementary school children.
Blodgett, Christopher, Lanigan, Jane D. School Psychology Quarterly, Mar 2018
The association between adverse childhood experience (ACE) and school success in elementary school children. Blodgett, Christopher, Lanigan, Jane D. School Psychology Quarterly, Mar 2018
The association between adverse childhood experience (ACE) and school success in elementary school children. Blodgett, Christopher, Lanigan, Jane D. School Psychology Quarterly, Mar 2018
Resilience
Resilience

- Positive parenting
- Strong cultural, moral, or religious beliefs
- Intellectual, social, and emotional competence
- Social connections
- Concrete support in times of need
Indicators of Trauma
Student Indicators

- Social isolation
- Memory loss
- Anger
- Irritability or edginess
- Disorganization
- Somatic illnesses
- Overly controlling
- Confusion
- Suspicion or disbelief
Personal Indicators

- Anxiety
- Sense of dread
- Numbness
- Sleeplessness
- Depression
- Aches and pains
- Restlessness
- Intrusive thoughts
- Fatigue
- Avoiding relationships, activities, locations, or situations
RESPONDING AND RESISTING RE-TRAUMATIZATION
Helping Students
For a Student in Crisis

- Ensure safety
- Establish trustworthiness
- Offer choices
- Collaborate
- Empower
Helping Educators
Dealing with a Student in Crisis

- Be mindful
- Trigger your relaxation response
- Move
- Access social supports
Helping a Community
Adverse Childhood Experiences
Can last a lifetime, but they don’t have to...

strong communities raise strong kids

Arizona Adverse Childhood Experiences Consortium
AZ ACEs Consortium

- Education
- Historic Trauma
- Training
- Disabilities
- Courts
- Communication
- Clinical Practice
- Cities
- Faith
Understanding Today's Students: Demographic Issues, Aces And More

Wednesday, December 12
8:00 A.M.-4:00 P.M.
QUESTIONS?