



Painful Past

**Medical effects, Eternal
opportunities**

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Adverse Childhood Experiences

Kaiser Study on ACEs

- **“Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study,”** Felitti, VJ, et al., *American Journal of Preventative Medicine*, May 1998;14(4):245-58:
- Conducted at Kaiser Permanente from 1995 to 1997
- >17,300 participants completed confidential surveys regarding their childhood experiences & current health status & behaviors

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse

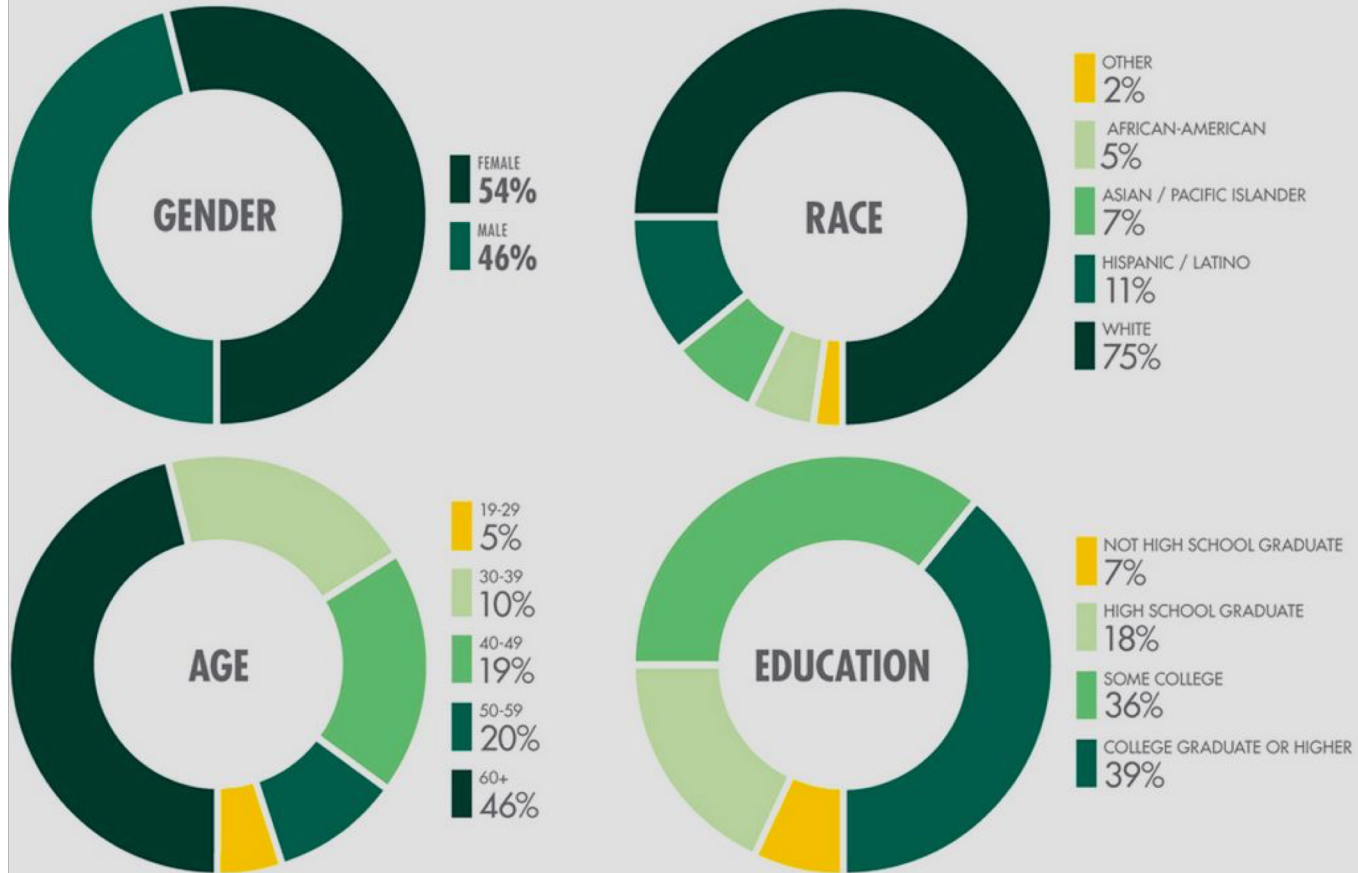


Divorce

Objectives

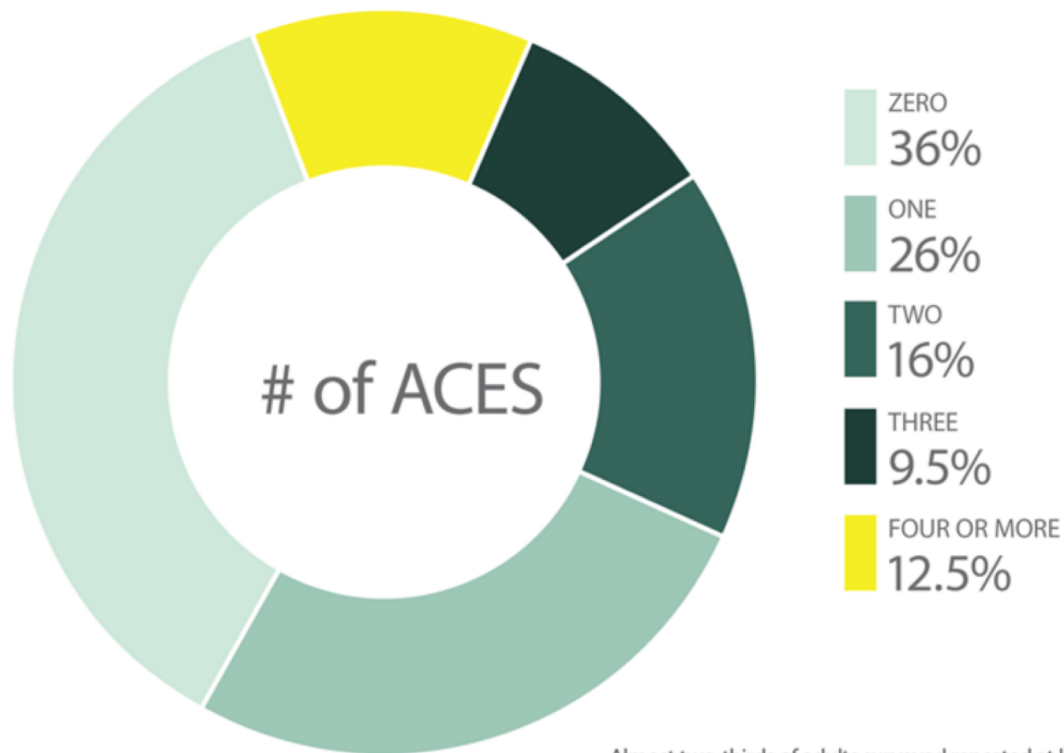
- What are Adverse Childhood Experiences (ACEs)?
- What is the impact of ACEs on physical health in adulthood?
- How can we facilitate communication with patients about ACEs?
- Why should we have conversations about ACEs?
- What practical methods of processing trauma can we offer to encourage spiritual healing?

Who participated in the ACE Study?



*Participants in this study reflected a cross-section of middle-class American adults.

HOW COMMON ARE ACES?



Almost two-thirds of adults surveyed reported at least one Adverse Childhood Experience – and the majority of respondents who reported at least one ACE reported more than one.

#1. ACEs are common

- 64% have at least one ACE
- 28% reported physical abuse
- 21% reported sexual abuse

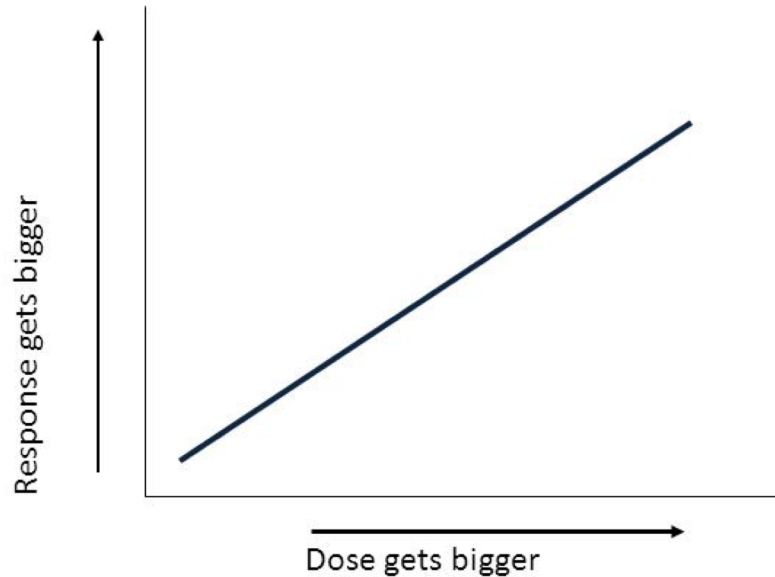
#2. ACEs cluster

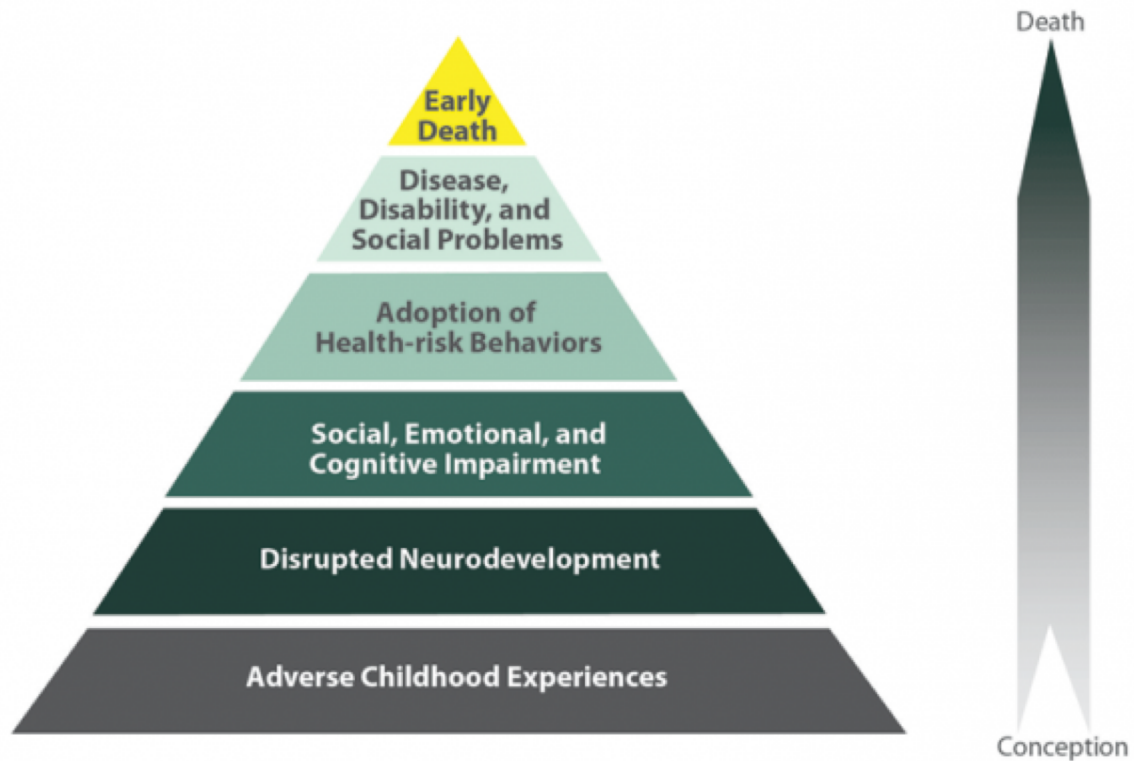
→ Almost 40% reported 2 or more ACEs

→ 12.5%, or 1 in 8 people had 4 or more ACEs

#3 ACEs have a Dose Response to Disease

More ACEs = More Disease

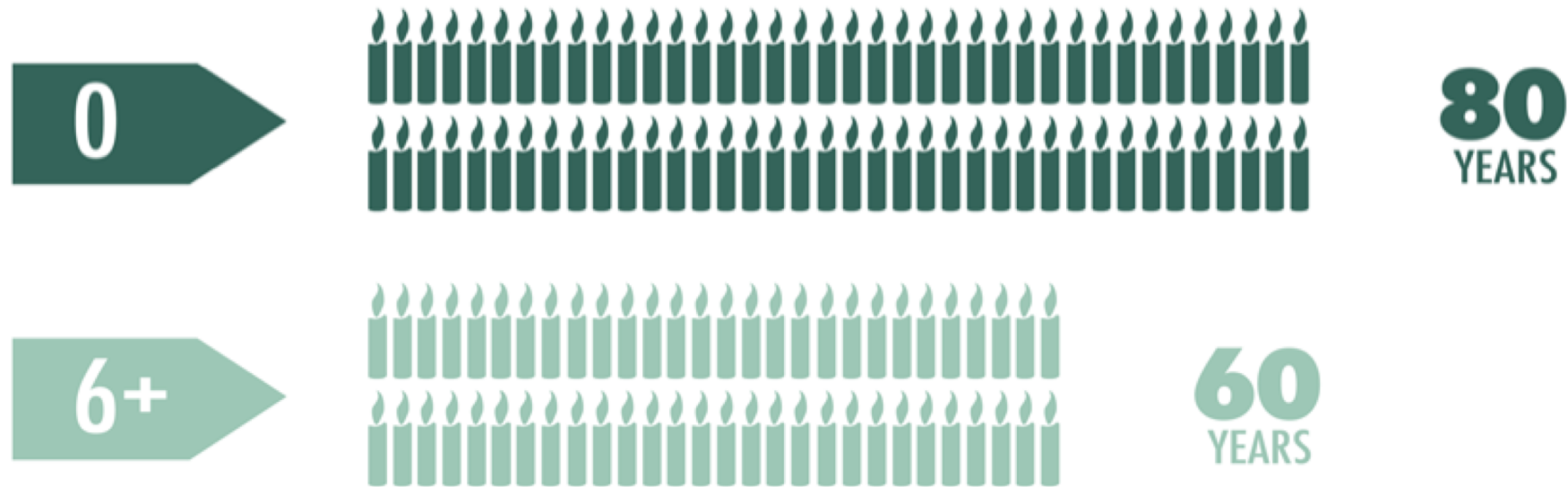




Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



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Case 1 Harry (by Dr. Allison Jackson)

Age 6 weeks neighborhood watch volunteers hear screaming from a drunk dad, Harry squalling, too.

Age 2 pre-school teacher notes that Harry's Mom has black eye, maybe bruises on Harry

Age 5 EVENT Harry taken into the foster care system

Age 6-14 Harry does poorly in school and in his 12 foster homes, no one wants to adopt this difficult youth

Age 14 Harry strikes his foster Dad and is taken to juvenile detention

Harry in Adulthood

HTN, Morbid Obesity, Alcohol Use Disorder, Tobacco Use Disorder, COPD.

Age 42 T2DM

Age 53 STEMI

Age 62 CVA

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



Broken bones

Alcohol

- First alcohol use by age 14 years was increased 2-3x
- ACEs accounted for a 20% to 70% increased likelihood of alcohol use initiated during mid adolescence (15-17 years)
- Total number of ACEs had a very strong graded relationship to initiating alcohol use during early adolescence



Drug Use

- Each ACE increased likelihood of *early* drug use by 2-4x
- Compared with people with 0 ACEs, people with ≥ 5 ACEs were 7 to 10 fold more likely to report illicit drug use problems



Obesity

- Physical abuse and verbal abuse were most strongly associated with body weight and obesity
- Compared with no physical abuse, those who reported being 'often hit and injured' had 4kg higher weight and a 1.4 relative risk of having a BMI of >30



Sexual Risk Behavior

- ACEs related to subsequent unintended pregnancies
- Infection with sexually transmitted diseases
- Increased chance of a girl having sex by age 15



Autoimmune diseases



- Compared to people with no ACEs, persons with 2 or greater had:
 - 70% increased chance of T1 mediated autoimmune disease (ie, myocarditis)
 - 80% increased chance of T2 mediated (ie, myasthenia gravis)
 - 100% increased rates of rheumatic diseases

Cardiac Disease

- 9 of 10 categories of ACEs significantly increased the risk of heart disease by 1.3 to 1.7x
- ACE and ischemic heart disease (IHD) relation was mediated more strongly by individual psychological risk factors (ACEs) than by traditional IHD risk factors



Chronic Health Diseases

- Higher rates of:
 - Liver disease
 - Chronic headaches
 - Cancer
 - COPD
 - Diabetes



Mental Health

- Higher rates of:
 - Smoking
 - Depression
 - Mental illness
 - Suicidality
 - PTSD



Increased Suicidality



1 of 100 people with 0 ACEs attempt suicide



10 of 100 people with 3 ACEs attempt suicide



20 of 100 people with 7 ACEs attempt suicide

Why Have Conversations About ACEs?

It cuts symptom scores by 30%

It opens up the door for the patient to see the real question. NOT “What’s wrong with you?” but “What have you suffered and survived (that has made you a more compassionate and strong and wise person)?”

An opportunity for patients to share stories

An opening for spiritual care and better health choices

How To Do ACES Quiz In The Office

- Would you be interested in taking a quiz which could cut your symptom scores by 30%?
- Just taking this quiz and commenting to your PCP about how you think these things are affecting your health can cut your symptom scores by 30%

Resiliency

- ACESTOOHIGH.ORG and resiliencyquiz.com
- Elizabeth Smart – abducted age 14, June 2002
- “They don’t deserve a single second more of your life.”
- Smart said she lives by her mom’s advice to move on and find happiness. . . . she’s making the conscious CHOICE to DEFINE HERSELF by WHO SHE’S BECOME rather than by what happened to her. “. . . it’s not what happens to us that defines us.”

Resiliency Choices

Events happen – they are transient/temporal
But the meaning of those events can last a lifetime.

Post-it Notes

Who will choose our meaning? Devil or God?

We get to choose whether we believe Rom 8:28 (We KNOW that God causes ALL THINGS to work together for good to those who love Him and are called according to His purpose.)

Coping

- Substitute negative coping strategies with positive ones



Spiritual Care

- Listen to stories
- Questions “What give you hope? (meaning, comfort, strength, peace, love, connection) “What helps you when you are stressed?” “What or who do you turn to when life is difficult?”
- Tear Bottles Psalm 56:8
- Scripture therapy - read it, memorize it, listen to it.
- Women’s group – Treasures Out of Trauma

2 Corinthians 4:16-18

So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look, NOT TO THE THINGS THAT ARE SEEN BUT to the things that are UNSEEN. For the things that are seen are TRANSIENT, but the things that are unseen are ETERNAL.

James 1:2-4

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result so that you may be perfect and lacking in nothing.

1 Peter 4:12

Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you:

But rejoice, inasmuch as ye are partaker of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.

Romans 8:14-18

Sons (daughters) of God

We have not received a spirit of slavery leading to fear

Adopted by God, Fellow heirs with Christ,

If indeed we suffer with Him so that we may also be glorified with Him.

For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

Romans 5:1-5

- Peace with God
- Grace in which we stand
- We exult in hope of the glory of God
- Also, EXULT in our TRIBULATIONS,
KNOWING that tribulations → Perseverance
-> Proven Character-> Hope

And hope does not SHAME down or disappoint because the love of God is poured out within our hearts by HS.

Isaiah 61

- The Lord has anointed us to bring good news to the poor
- He has sent me to bind up the brokenhearted,
- To proclaim liberty to the captives,
- Beauty for ashes, oil of gladness for mourning
- The planting of the Lord to glorify Him
- Raise up the devastations of many generations
- Instead of shame a double portion of joy

Psalms 34:17-20

- When the righteous cry for help, the Lord hears and delivers them out of all their troubles (H6869 tsaw-raw' (tight places)).
- Many are the afflictions of the righteous, but the Lord delivers them out of them all. He keeps all his bones; not one of them is broken.

Case 2

TIM a 64 year old white male with T2DM, HTN, Obesity, Neck pain, MDD, Insomnia

Meds: Norco, Diazepam, Phentermine, Insulin, Statin, ASA
Antidepressant

Social Hx: Retired Hell's Angel, Barbecue Chef, Competition Fisherman

Chief complaint: Binge eating over Thanksgiving Holiday:

Primary ACE hit: loss of 3 relatives near the holidays

Spiritual Care - Questions

- Do you have any spiritual support system?
- (if no) Has that ever been a part of your life?
- Were you ever part of a spiritual community?
- How was that for you?
- Do you pray? Does prayer help you? Would you like me to pray with you now?

Case 2 Kay

31 y/o G1 P0 admitted at 38 weeks with Headache and BP 169/110, no proteinuria. She was txd with bedrest in left lateral position and delivery. Mother and baby did well.

PMH: 70 lb weight gain in pregnancy

Fam Hx: Father Htn, 4x MI by age 69, Paternal Gma with T2DM, Mother depression

CASE 3 Kay ACES

- **ACE Hx: Parents divorced age 4, childhood sexual abuse, attempted gang rape age 6, alcoholic father attempted suicide when she was 11, attempted rape age 17, mother who had depression and eating disorder and committed suicide the day before the patient's 18th birthday. Pt ACE score 4**
- Clinical possible explanation: patient was experiencing, not pre-eclampsia, but fear of re-traumatization.

What happened to Kay?

Diet Center

Entered group and private counseling

Read Door of Hope by Jan Frank, Disappointment with God by Philip Yancey, Freeing Your Mind from Memories That Bind by Fred and Florence Littauer and Healing for Damaged Emotions by David Seamands

Healing

Used Journaling, Prayer, Scripture Memorization, Exercise, Healthy eating.

Chose to base her identity, NOT on the things that happened to her but on the person God says she is!

Treasures Out of Trauma by Arlene Hendriks

Spiritual Care - Tear Bottles

- “God saves our tears in His bottle and writes them in His book. He records our wanderings.”

Psalms 56:8



Psalm 27:5

- For in the day of trouble,
 - He will conceal me in His tabernacle;
 - In the secret place of His tent He will hide me;
 - He will lift me up on a rock.
-
- No Pain! Scientists call this dissociation. But God says, "I put you to sleep just like I did with Adam."

God says:

We are His children John 1:12, Eph 1:5, Rom 8:16-18

We are Christ's friend John 15:15

We are bought with a price, belong to God 1 Cor 6:17-20

We are redeemed and forgiven of all our sins Col 1:14

We are complete in Christ Col 2:10

We are precious in God's sight Is 43:4

We are God's workmanship, created in Christ Eph 2:10

God says:

We have been established, anointed and sealed by God 2 Cor 1:21-22

We have not been given a spirit of fear but of Love, Power and a Sound Mind. 2 Tim 1:7

We are born of God and the evil one cannot touch us 1 John 5:18

We are seated with Christ in the heavenly realm Eph 2:6

Isaiah 43:2

When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk in the fire, you shall not be burned, nor shall the flame kindle on you.

References

- **“Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study,”** Felitti, VJ, et al., *American Journal of Preventative Medicine*, May 1998;14(4):245-58:
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- Dr. Allison Jackson, Ted Talk

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HOW TO BUILD RESILIENCY

- Make Connections
- Avoid seeing crises as insurmountable problems.
- Accept that change is a part of living
- Move toward your goals
- Take decisive actions

HOW TO BUILD RESILIENCY

- Look for opportunities for self-discovery
- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself
- Journal, pray, memorize scripture