



Adverse Childhood Experiences and Toxic Stress Among Agricultural Worker Families: The Role of Primary Care & Promotores(as)

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The National Child
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Objectives

1. Define Toxic Stress
2. Recognize the impact of Toxic Stress on health
3. Raise awareness of your own past may be impacted by Toxic Stress and its impact on your work
4. Identify current recommendations for screening for primary care
5. Recognize the signs of Toxic Stress
6. Review available resources



Adverse Childhood Experiences (ACE) Study

(Kaiser Permanente & CDC 1998 – ongoing)

>17,000 primary care adults retrospectively reported on adverse events prior to age 18

Childhood Adverse Experiences

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

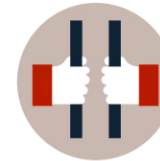


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Adverse Childhood Experiences

ACES can have lasting effects on....



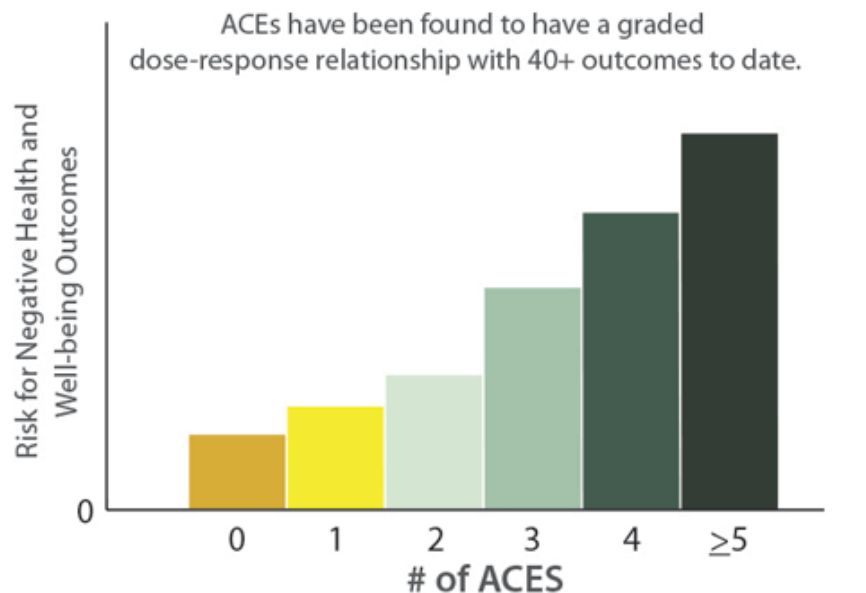
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



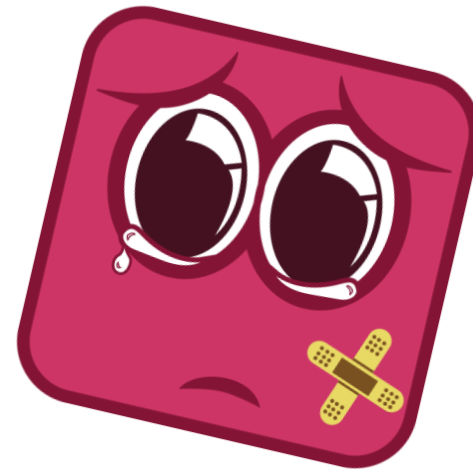
*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

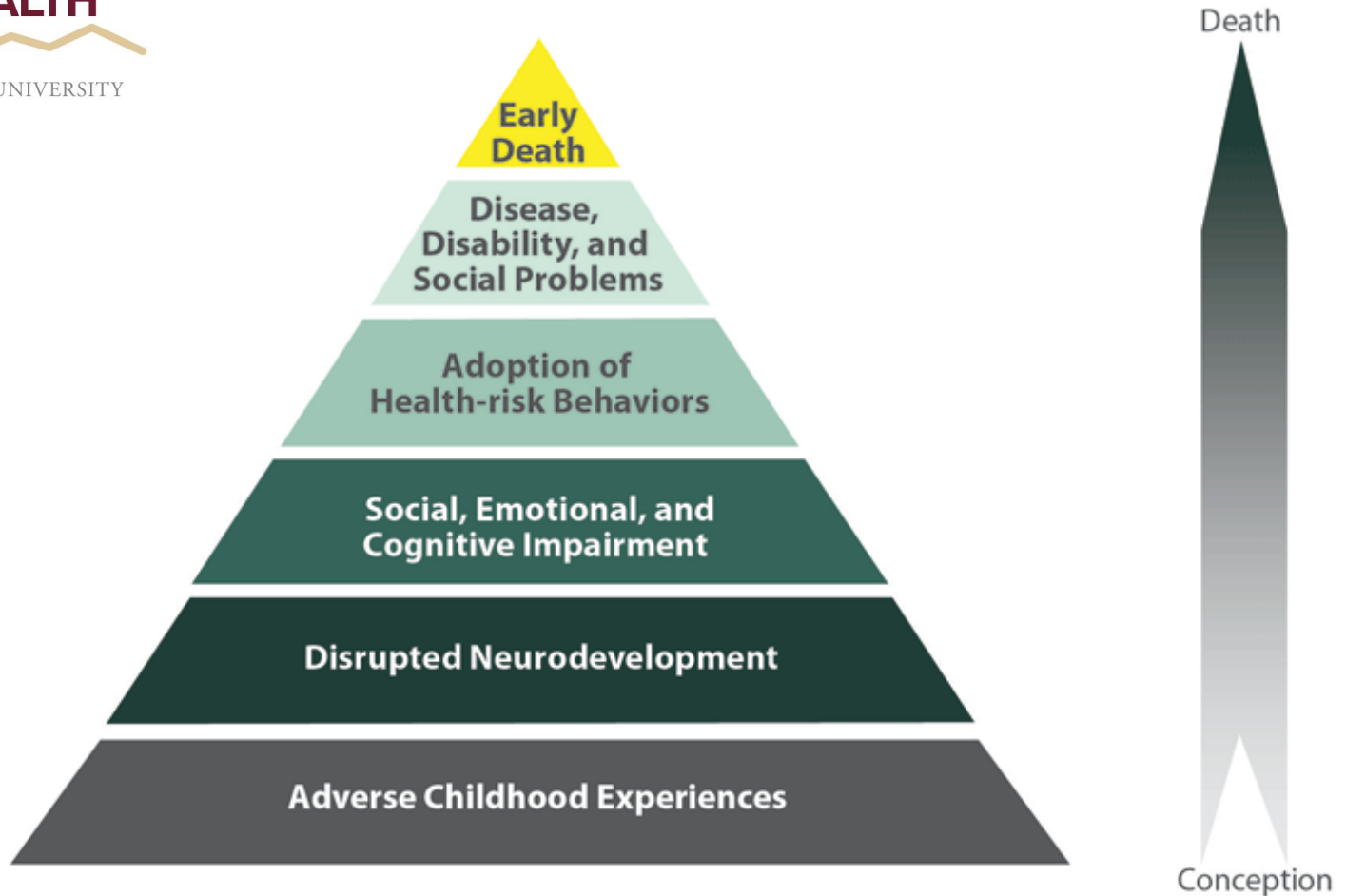


ACE Study Findings –dose-response relationship between ACEs and negative health and well-being outcomes across the life course

-
- | | |
|--|--|
| Alcoholism and alcohol abuse ** | Multiple sexual partners ** |
| Chronic obstructive pulmonary disease ** | Sexually transmitted diseases ** |
| Depression ** | Smoking ** |
| Fetal death | Suicide attempts ** |
| Health-related quality of life ** | Unintended pregnancies ** |
| Illicit drug use ** | Early initiation of smoking ** |
| Ischemic heart disease ** | Early initiation of sexual ** activity |
| Liver disease ** | Adolescent pregnancy ** |
| Poor work performance ** | Risk for sexual violence ** |
| Financial stress ** | Poor academic achievement ** |
| Risk for intimate partner violence ** | |

*How do we get from adverse events
in childhood to poor health outcomes
in adults??*

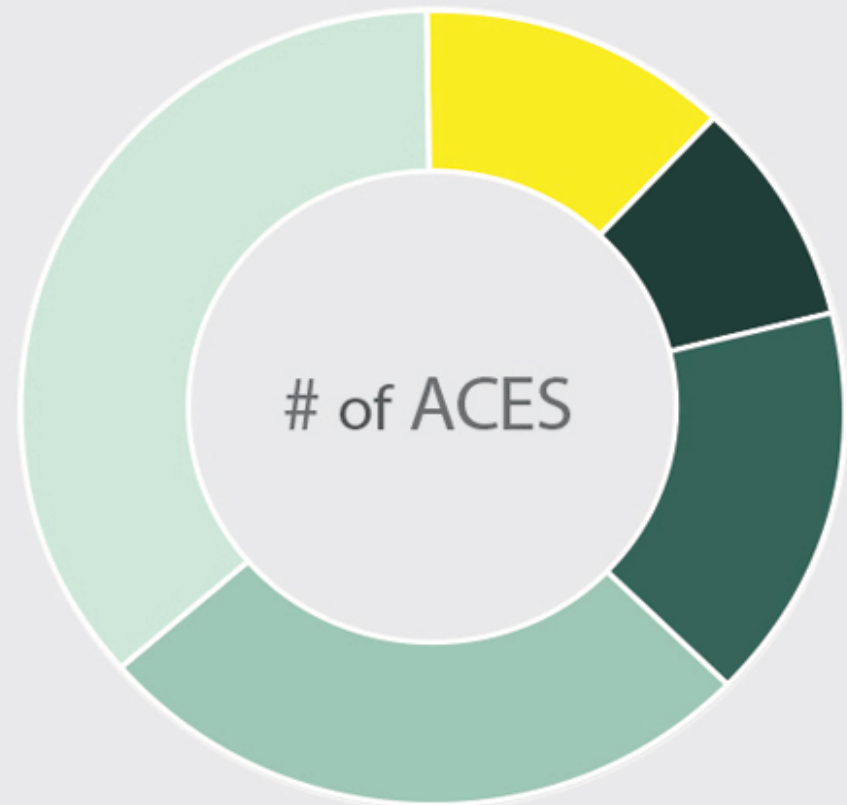
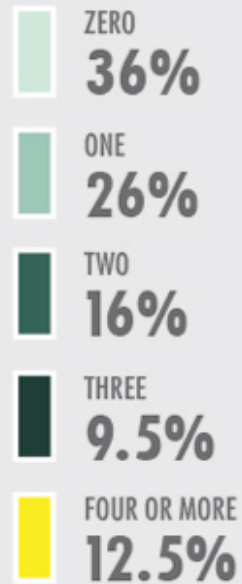




Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

How Common are ACEs?

ACE Study



What is your ACE's score?



While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...

Swear at you, insult you, put you down, or humiliate you?

or

Act in a way that made you afraid that you might be physically hurt?

Yes No

If yes enter 1 _____

2. Did a parent or other adult in the household **often** ...

Push, grab, slap, or throw something at you?

or

Ever hit you so hard that you had marks or were injured?

Yes No

If yes enter 1 _____

3. Did an adult or person at least 5 years older than you **ever**...

Touch or fondle you or have you touch their body in a sexual way?

or

Try to or actually have oral, anal, or vaginal sex with you?

Yes No

If yes enter 1 _____

4. Did you **often** feel that ...

No one in your family loved you or thought you were important or special?

or

Your family didn't look out for each other, feel close to each other, or support each other?

Yes No

If yes enter 1 _____

5. Did you **often** feel that ...

You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?

or

Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

Yes No

If yes enter 1 _____

While you were growing up, during your first 18 years of life:

6. Were your parents **ever** separated or divorced?

Yes No

If yes enter 1 _____

7. Was your mother or stepmother:

Often pushed, grabbed, slapped, or had something thrown at her?

or

Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?

or

Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

Yes No

If yes enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes No

If yes enter 1 _____

9. Was a household member depressed or mentally ill or did a household member attempt suicide?

Yes No

If yes enter 1 _____

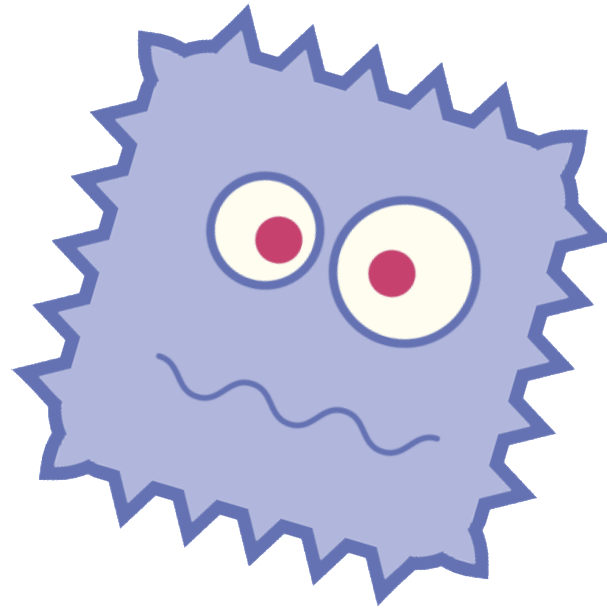
10. Did a household member go to prison?

Yes No

If yes enter 1 _____

Now add up your “Yes” answers: _____ This is your ACE Score

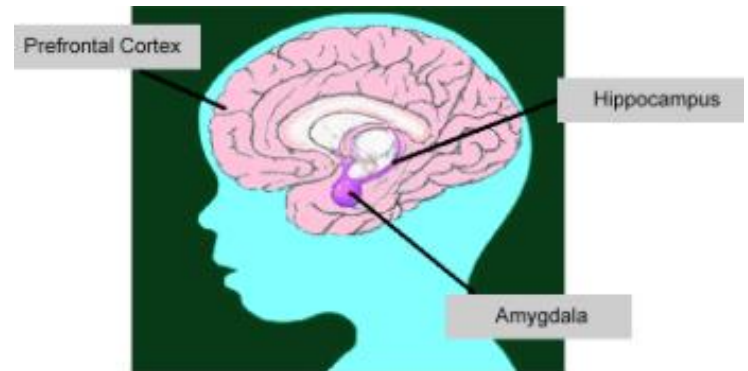
What do ACE's have to do with Toxic Stress?



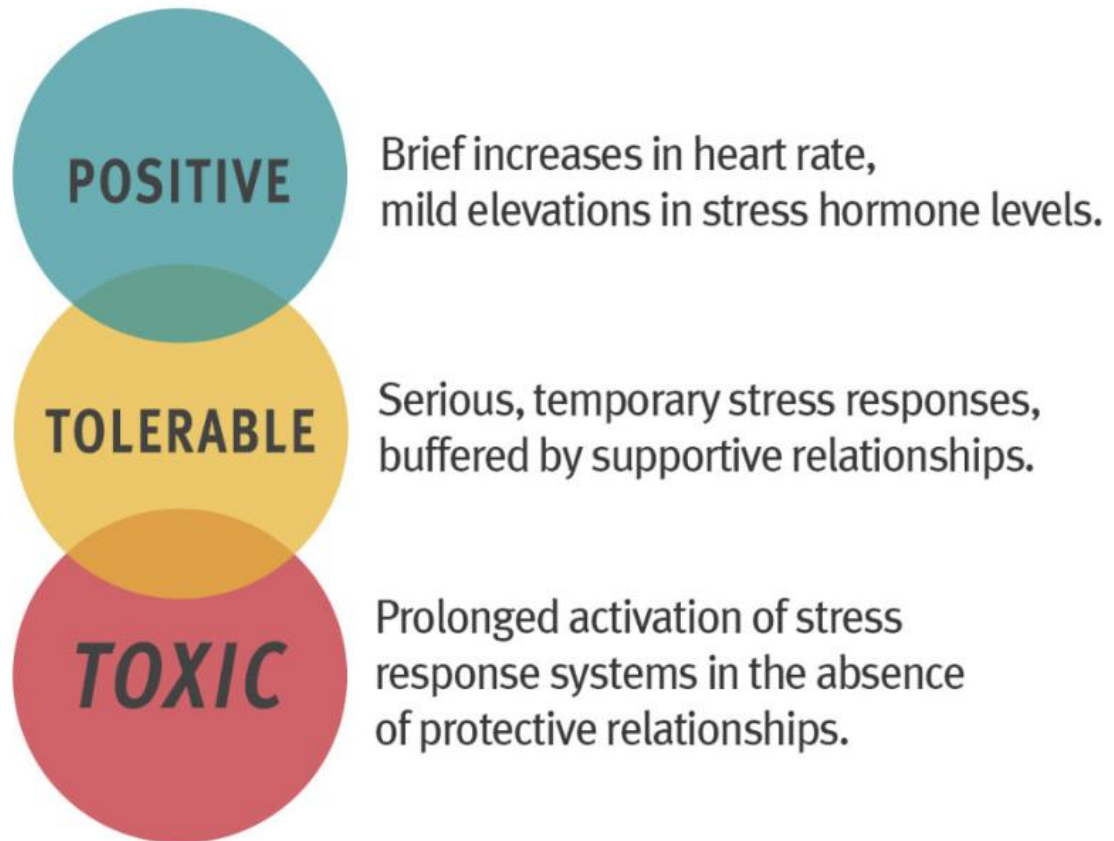
Toxic Stress

the extreme, frequent, or extended activation of the stress response that causes distress for the child and may lead to negative psychological and physical health outcomes

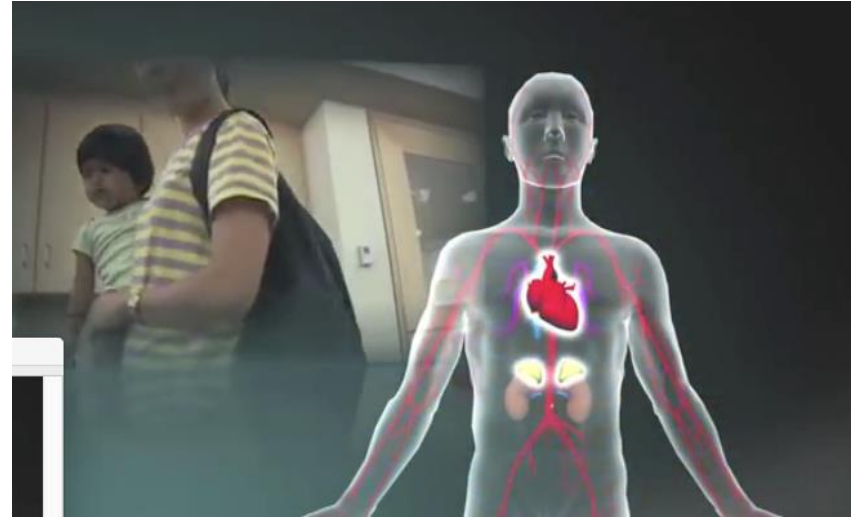
(Johnson, Riley, Granger, & Riis, 2013)



Stress: levels of severity

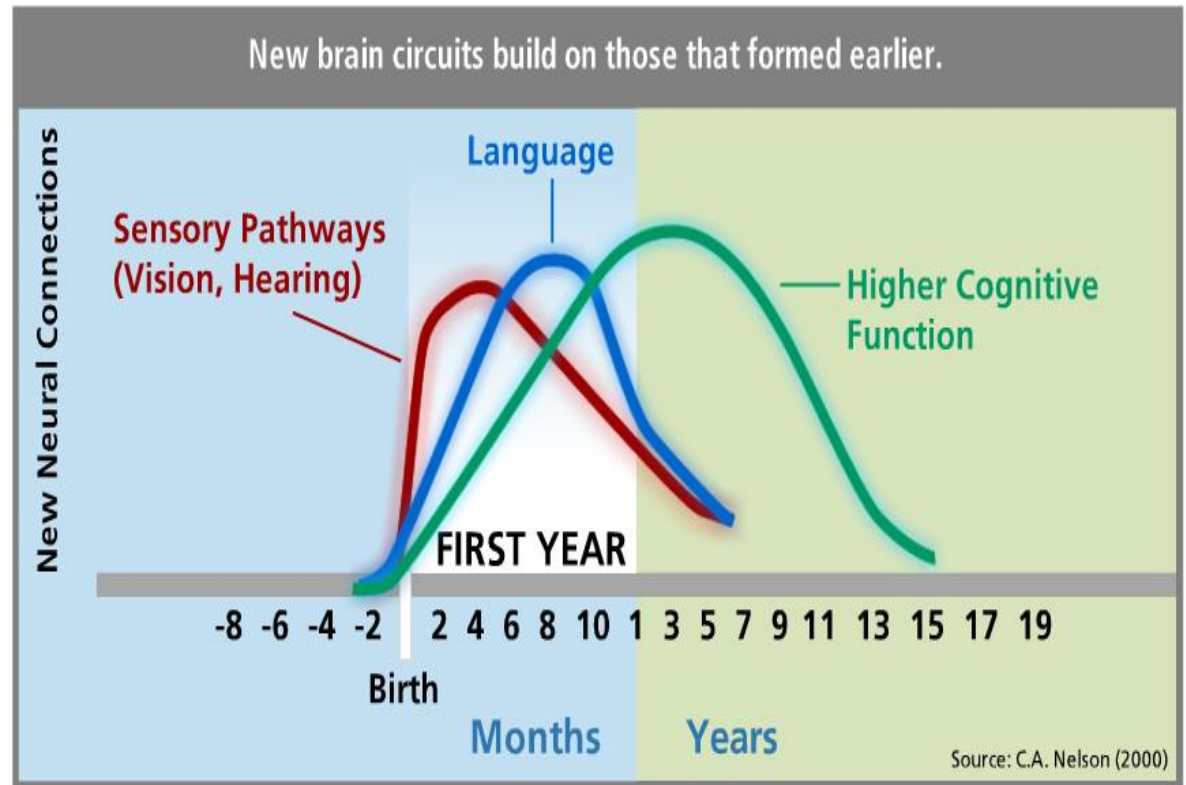


Reaction to Stress

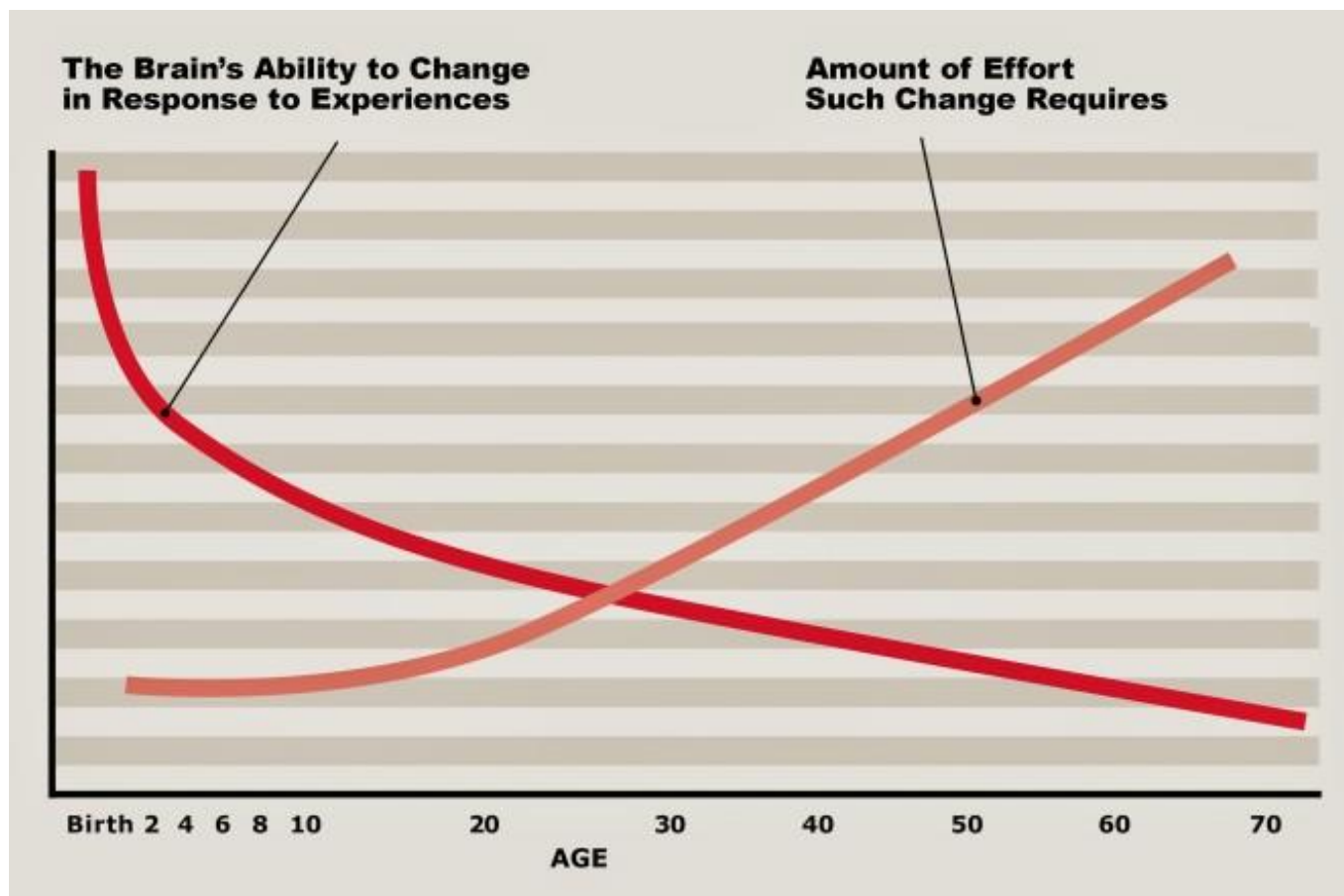


Center for the Developing Child Harvard University
<http://developingchild.harvard.edu>

Toxic stress interferes with development of language, sensory pathways and higher order cognitive functioning including emotional regulation.



Why Screen for Stress when Assessing a Child's Development?



Graph Source: Pat Levitt (2009).



Committee on Psychosocial Aspects of Child and Family Health recommends **screening for children and families at risk for toxic stress.**

ASSUMPTIONS:

- Identify origins of adult disease → address early in life → transform system from “sick-care” to well-care model”
- Primary care setting is main gateway to access care for children and youth. *Therefore* important to address mental health needs in primary care.



- ✓ Today's healthcare system is realizing that medical and behavioral health do not occur in two different domains, rather than same person.
- ✓ Mental illness often goes undetected and undertreated by healthcare providers.
- ✓ Physical illness often goes unmanaged due to failure to recognize underlying psychological distress.
- ✓ Integrated care has the potential for decreasing significantly healthcare spending.
 - **Essential element of integrated primary care is screening**



Importance of Screening

- Behavioral health **IS** part of basic general health (biopsychosocial model)
- Primary care is the de facto mental health system in the U.S.
 - Up to 70% of primary care medical appointments are for problems stemming from psychosocial issues
 - More than 50% of psychotropic medications are prescribed by PCPs (compared to 12% by Psychiatrists)
- Cost of non-adherence to treatment needs to take into consideration underlying trauma experience.
- Treatment of behavioral issues associated with chronic diseases can reduce the effects of both and support better outcomes

Common Causes of Toxic Stress in Children in US

Economic Problems	26%
Divorce /Separation	20%
Family Member who abuses drugs/alcohol	11%
Mental illness	9%
Neighborhood Violence	9%
Family member in prison	7%
Domestic Violence	7%
Death of parent/guardian	3%

Signs of Toxic Stress in Children

- Problems in school
- Becoming easily irritated
- Becoming easily distracted
- Being hyperactive and impulsive
- Difficulty relaxing
- Difficulty concentrating
- Becoming withdrawn
- Dazed/forgetful
- Shutting down emotionally
- Headaches
- Stomachaches



Tiered System of Interventions for Toxic Stress

Universal Preventive Interventions

- ✓ General Parent education targeting health literacy
 - ✓ **PROMOTORAS**
- ✓ Universal Screening during well-child visits
 - ✓ **PRIMARY CARE PROVIDERS**

Selective Preventive Interventions

- ✓ Targeted interventions for developmentally appropriate areas
- ✓ Parent Guidance
- ✓ Parent training

Indicated Preventive Interventions

- ✓ Evidence based interventions for identified physical / behavioral problems

Goal: Healthy Child and Healthy Future Adult

We need:

- ✓ Early identification of problems
- ✓ Emotionally healthy parents
- ✓ Parents with good parenting skills
- ✓ Child with coping skills and good emotional regulation



Post-screening Options

Referral to Primary Care Provider

Behavioral
Health Provider /
School Counselor/
Nurse



Referral to community
resources

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Factors that predispose children to positive outcomes in face of adversity (and *what the Promotoras can do*)



- facilitating supportive adult-child relationships;
- building a sense of self-efficacy and perceived control;
- providing opportunities to strengthen adaptive skills and self-regulatory capacities;
- mobilizing sources of faith, hope, and cultural traditions.
- Teach positive parent-child interaction
- Address maternal mental health: anxiety, depression, own experience of maltreatment



Be **COOL**
like **Carl**

Put a **STOP** to
toxic stress.

Which
best
describes
you?



I'm a **YOUTH** *(click below)*

Youth

I'm a **PARENT** *(choose your language)*

English

Español

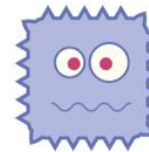
Kreyól



Put a **STOP** to harmful stress

Caring and supportive relationships is **KEY**. If you are a parent, spend time engaging in activities with your child and family. Play sports, play board games, dance, sing and look for other ways to have positive interactions with your child.

[learn more](#)



Did you know?

If you are having a lot of problems, don't try to deal with them on your own – ask for help! Talking with a parent, a family member, or to a friend might help. Letting someone know about your problems may not make them go away, but it will help you feel more calm, cool and relaxed while you deal with something that is not easy.

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Social Media



Posters



Text Messaging



A photograph of a man in a plaid shirt hugging a young boy from behind. The man has his eyes closed and a gentle smile, conveying a sense of love and support. The boy is wearing a light blue striped shirt. The background shows a white door and some greenery.



A cartoon character that is orange and square-shaped with rounded corners. It has large, white, circular eyes with black pupils and a simple, curved smile. On top of its head is a small yellow crown with three points.

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A close-up photograph of an adult's hand gently holding a child's hand. The child is wearing a dark blue jacket with a green lining. The background is a wooden surface.



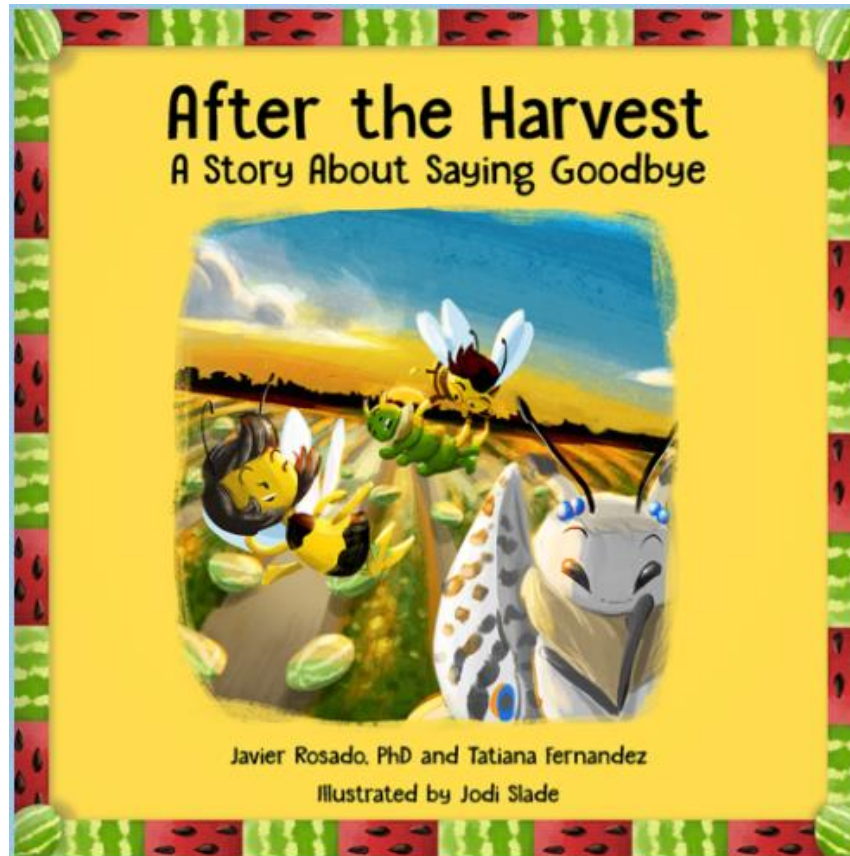
A cartoon character that is blue and square-shaped with rounded corners. It has large, white, circular eyes with black pupils and a simple, curved smile. A red cape is attached to its back.

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Center E-book



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