

ADVERSE CHILDHOOD EXPERIENCES AND TOXIC STRESS AMONG AGRICULTURAL WORKER FAMILIES



The Role of Community Health Workers & Promotores(as)

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NCTSN

The National Child
Traumatic Stress Network

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About CCSH

A PARTNER IN
NCTSN

The National Child
Traumatic Stress Network

Mission

- The Center for Child Stress and Health will serve as an integrated primary care resource center for patients, families, and healthcare providers of children exposed to toxic stress, especially children living in rural, minority, and underserved communities.

VISION

- To be a leader in research and training of best practices in integrated primary care for the prevention, screening, and treatment of toxic stress in children from underserved communities.





Learning Objectives

- Define toxic stress and list its childhood and adult health consequences as they apply to agricultural worker families.
- Understand the role of promotores(as) and community health workers in addressing Toxic Stress.
- Access electronic resources on the education, prevention and treatment of toxic stress.

Stress Severity

Stress: Levels of Severity



Brief increases in heart rate,
mild elevations in stress hormone levels.



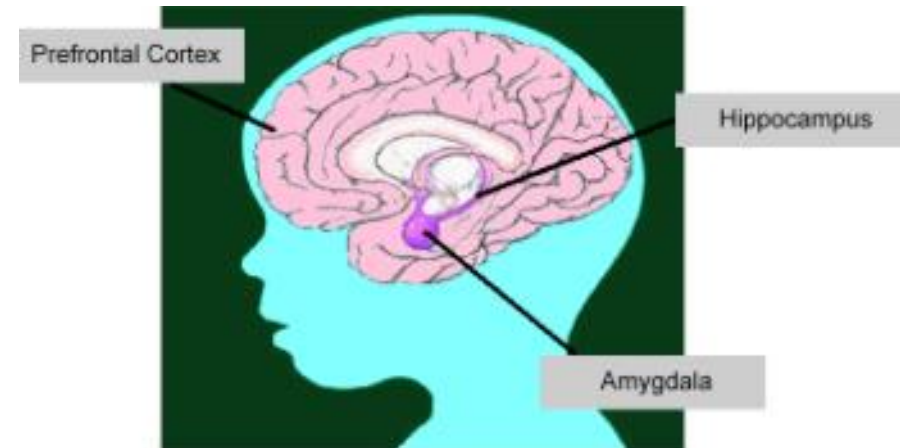
Serious, temporary stress responses,
buffered by supportive relationships.



Prolonged activation of stress
response systems in the absence
of protective relationships.

Defining 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).





Understanding Toxic Stress & Development

Three Core Concepts in Early Development

3 Toxic Stress Derails Healthy Development

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD

Center on the Developing Child  HARVARD UNIVERSITY



Activation of Stress Response System

- Examples of experiences that can activate a child's stress response system:
 - Divorce/Separation
 - Death of a Loved One
 - Exposure to Domestic Violence
 - Parent or Family Member in Prison
 - Neighborhood Violence
 - Extreme Poverty
 - Parent or Family Member who Abuses Drugs/Alcohol

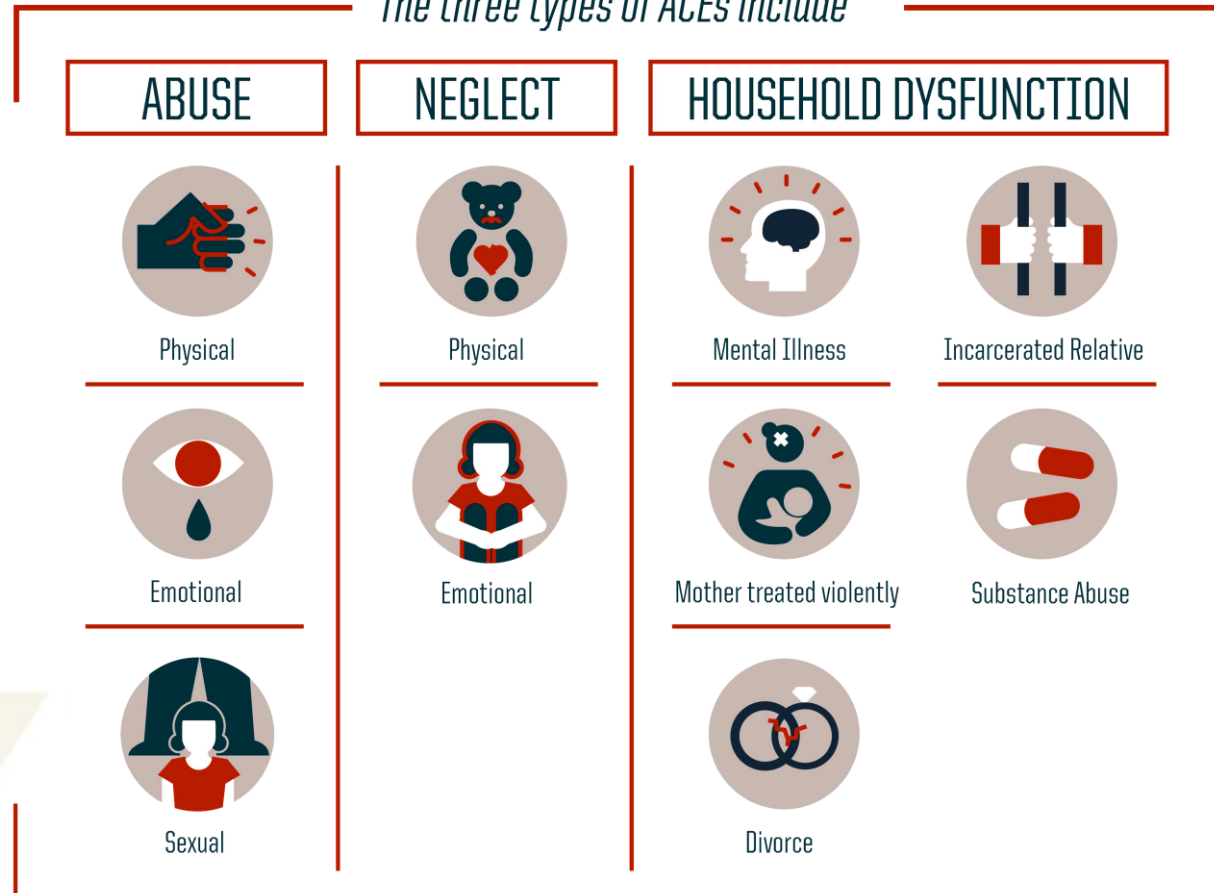


Case: Maria

What were the examples of Toxic stress in Maria's childhood?

Adverse Childhood Experiences (ACEs)

The three types of ACEs include



Other Adverse Events Impacting Agricultural Families

-  Deportation Fears
-  Family Separations
-  Transient Lifestyle
-  Discrimination
-  Historical Trauma
-  Inadequate Housing




Do you know your ACE Score?

Take the ACE Questionnaire

CENTER for CHILD STRESS & HEALTH
FLORIDA STATE UNIVERSITY
COLLEGE OF MEDICINE

CCSH Adverse Childhood Experiences (ACE) Questionnaire
Parent Report - English

Today's Date: _____ Date of Birth: _____
Child's Name: _____ Relationship to Child: _____
Your Name: _____

 Below you will be asked to answer several questions about any family problems that are troubling your child. You will also be asked about any difficult situations your child has faced in the past. Some of these questions ask about very personal things. Please know that the provider would like to know about these experiences because they can affect the health and wellbeing of children. Organizations like the American Academy of Pediatrics recommend that these questions be asked as part of a child's annual physical exam, even though not all questions will apply to everyone. All your answers are private and will only be seen by a provider.

Please mark YES or NO to each of the item below:

	YES <input checked="" type="checkbox"/>	NO <input checked="" type="checkbox"/>
SECTION A		
1. An adult who lives with the child says bad words to him/her.		
2. An adult who lives with the child insults him/her.		
3. An adult who lives with the child puts him/her down.		
4. An adult who lives with the child tries to make him/her feel very badly about himself/herself.		
5. I am scared that an adult who lives with the child will harm him/her.		
Total 'Yes'		
SECTION B		
6. Does the child frequently complain that they are not an important part of the family?		
Total 'Yes'		
SECTION C		
7. Does the child live with someone who is depressed or suffers from mental illness or is very sad?		
8. Does the child live with someone who tried to kill himself/herself?		
Total 'Yes'		
SECTION D		
9. Does someone in the child's house cause problems when they drink alcohol?		
10. Does the child live with someone who does drugs?		
Total 'Yes'		
SECTION E		
11. Has anyone ever touched the child in an inappropriate or sexual manner?		
Total 'Yes'		

CCSH ACE Questionnaire - Parent Report - English www.FSUSTRESS.org



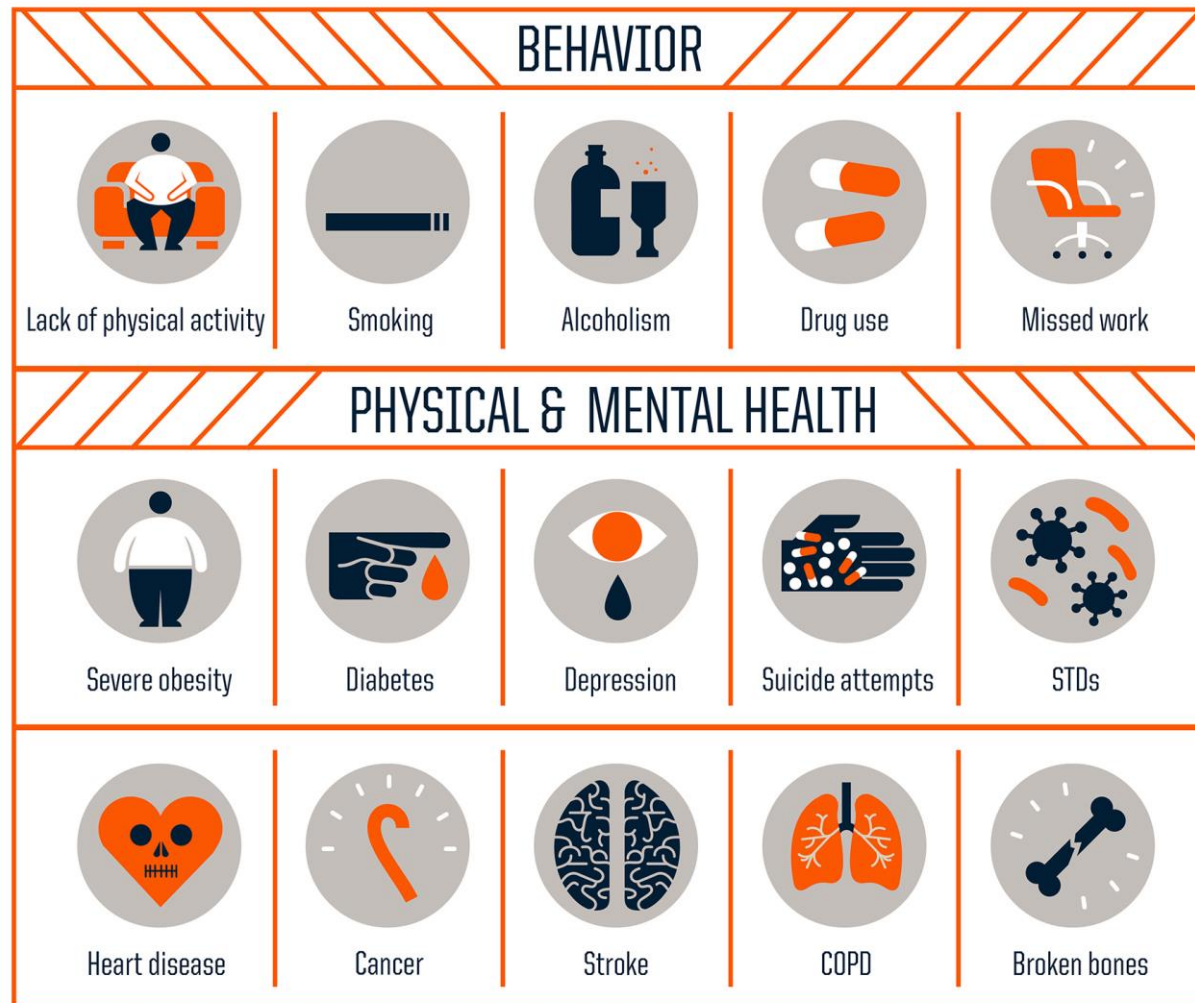
Group ACE Results



Case: Maria as an Adult

Now, Maria is 54 years old. She has been experiencing mental health problems, such as depression, and anxiety. She suffers from heart disease, high blood pressure, asthma, and diabetes.

ACEs Increases Health Risks



Impact During Childhood

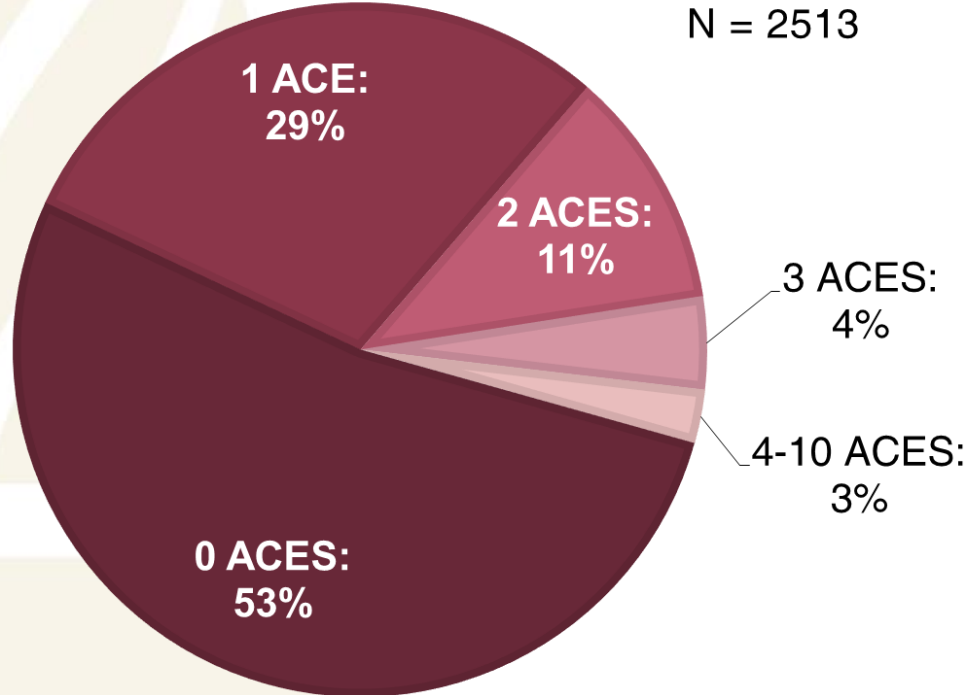
- Developmental Delays
- Attention Problems
- Difficulty with problem solving
- Difficulty with regulating emotion

Mechanisms Underlying Relationship between ACEs, Diabetes & Depression



How Common are ACEs?

Child ACE Screening Results from a Migrant Health Center



of ACEs Endorsed

	Mother N=1009	≥ 12 yo N=1009
Household Dysfunction	43.4	56.6
Divorce/Separation	38	41.9
Domestic Violence	2.6	3.4
Alcohol Abuse	2.6	9.7
Parental Depression	4.5	8.8
Incarceration	10.8	28.0
Abuse	11.2	15.0
Verbal/Emotional	9	10.0
Physical	2.3	7.2
Sexual	2.7	4.0
Neglect	16.2	25.1
Emotional	14.5	22.0
Physical (lack of resources)	5.2	10.5

Types of ACEs

Application of promotores(as) & CHW Skills to Toxic Stress Education & Prevention

Job Component	Competencies
Interpret	Explain the meaning of medical information important to the well-being of people
Explain	Clarify difficult behavioral health concepts. Behavioral health is mental/emotional well-being and choices/actions that affect wellness
Educate	Impart knowledge on topics that impact community health
Inform	Disseminate health information that impacts the community
Bolster	Provide support to community members
Advocate	Argue for or provide support for community structural or policy change
Outreach	Reach community members in different ways than those customarily used
Organize	Arrange beneficial activities for the community
Find & Link	Locate resources for community members & link individuals with identified resources

Application of promotores(as) & CHW Skills to Toxic Stress Education & Prevention

Job Component	Competencies
Advocate	Argue for or provide support for community structural or policy change

American Academy of Pediatrics

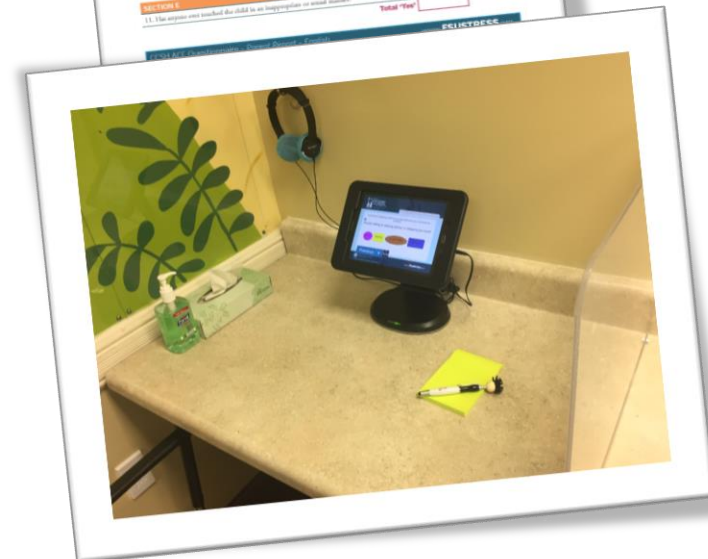
DEDICATED TO THE HEALTH OF ALL CHILDREN



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

- **Primary care setting** is main gateway to access care for children and youth. *Therefore* important to address mental health needs in primary care.
- **New role** for pediatricians – promote development and implementation of science-based strategies to reduce toxic stress

The image shows a printed form titled "CENTER for CHILD STRESS HEALTH Adverse Childhood Experiences (ACE) Questionnaire Parent Report - English". It includes fields for "Today's Date", "Child's Name", "Date of Birth", and "Relationship to Child". Below these are instructions and a series of questions with checkboxes for "YES" and "NO". The form is divided into sections: SECTION A (5 questions), SECTION B (1 question), SECTION C (2 questions), SECTION D (2 questions), and SECTION E (1 question). Each section has a "Total 'Yes'" field.



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Utilizing analogies to explain the importance of a child's environment on their developing brain



• Image 1



• Image 2

Application of promotores(as) & CHW Skills to Toxic Stress Education & Prevention

Job Component	Competencies
Interpret	Explain the meaning of medical information important to the well-being of people
Explain	Clarify difficult behavioral health concepts. Behavioral health is mental/emotional well-being and choices/actions that affect wellness

Utilizing analogies to explain the importance of a resiliency



• Image 1



• Image 2

Application of promotores(as) & CHW Skills to Toxic Stress Education & Prevention

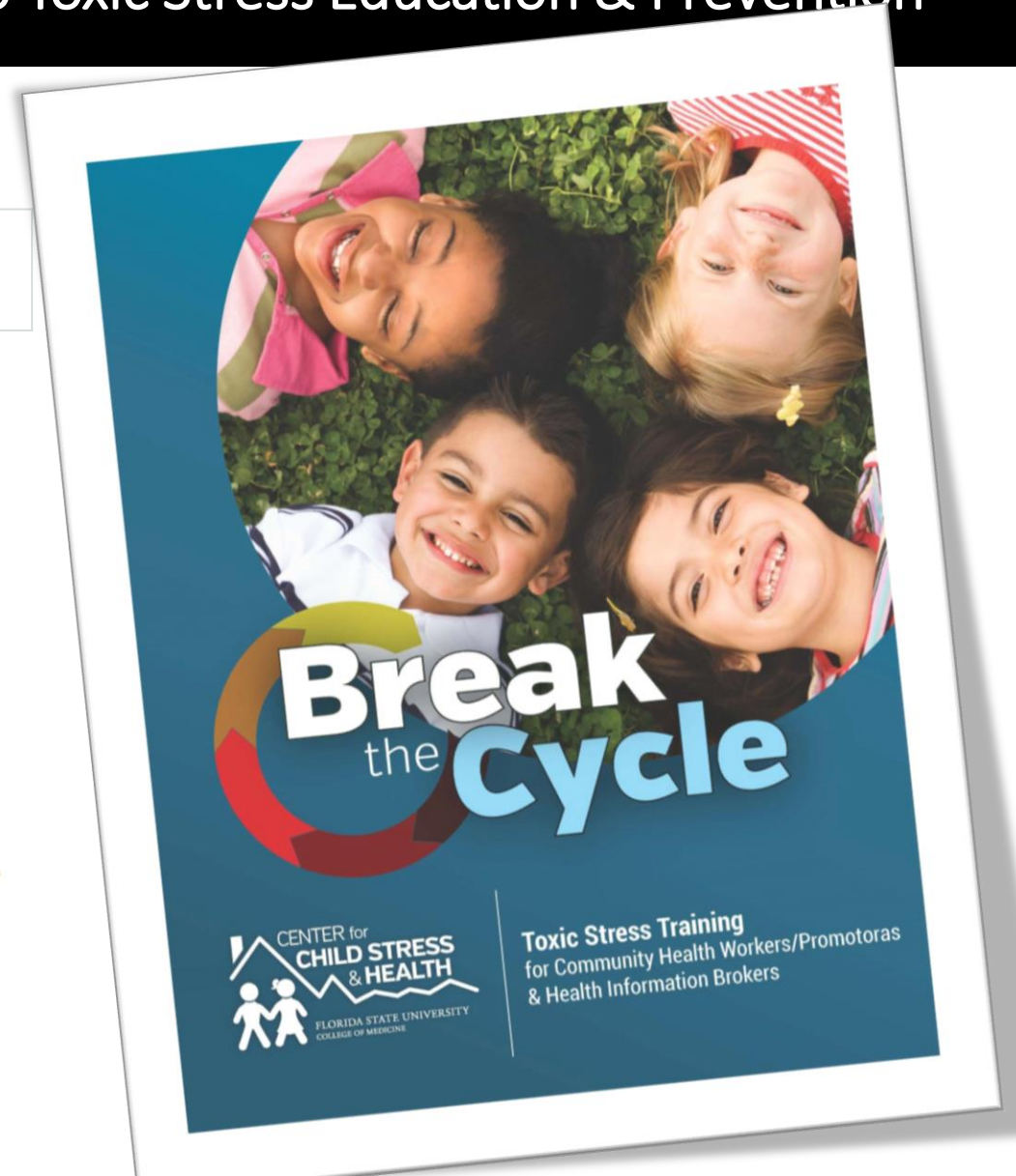
Job Component	Competencies
Inform	Disseminate health information that impacts the community

Ways to Inform the Community:

- Educational Groups
- School/Parent Group Presentations

Available Resources:

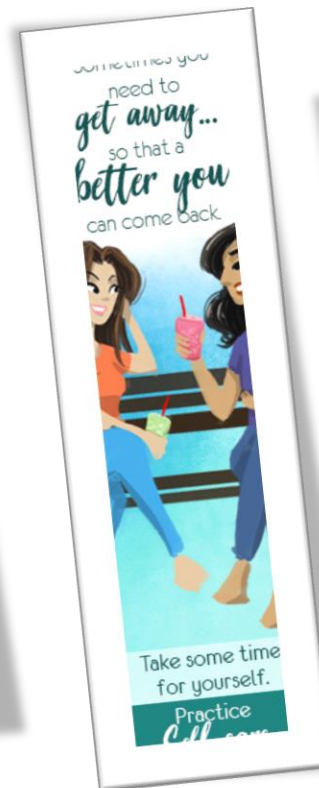
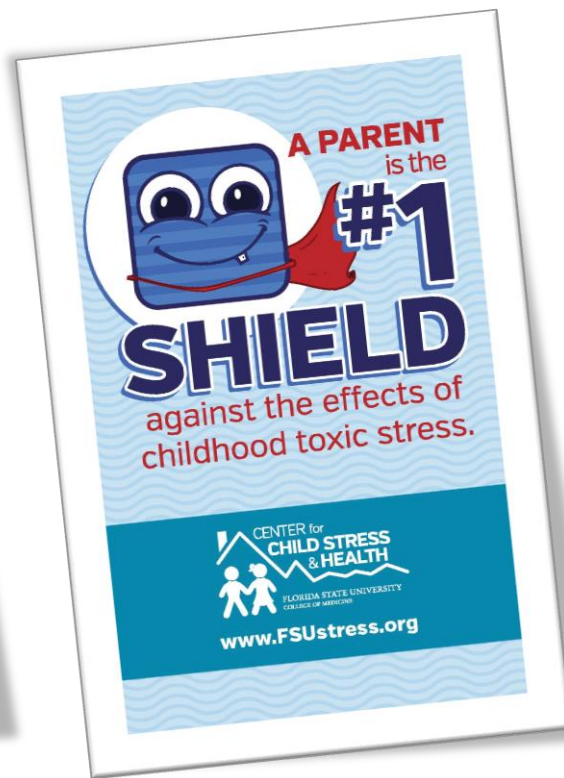
- Break the Cycle Curriculum
- Toxic Stress Online Module



Application of promotores(as) & CHW Skills to Toxic Stress Education & Prevention

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Inform	Disseminate health information that impacts the community
Outreach	Reach community members in different ways than those customarily used

Available Resources:

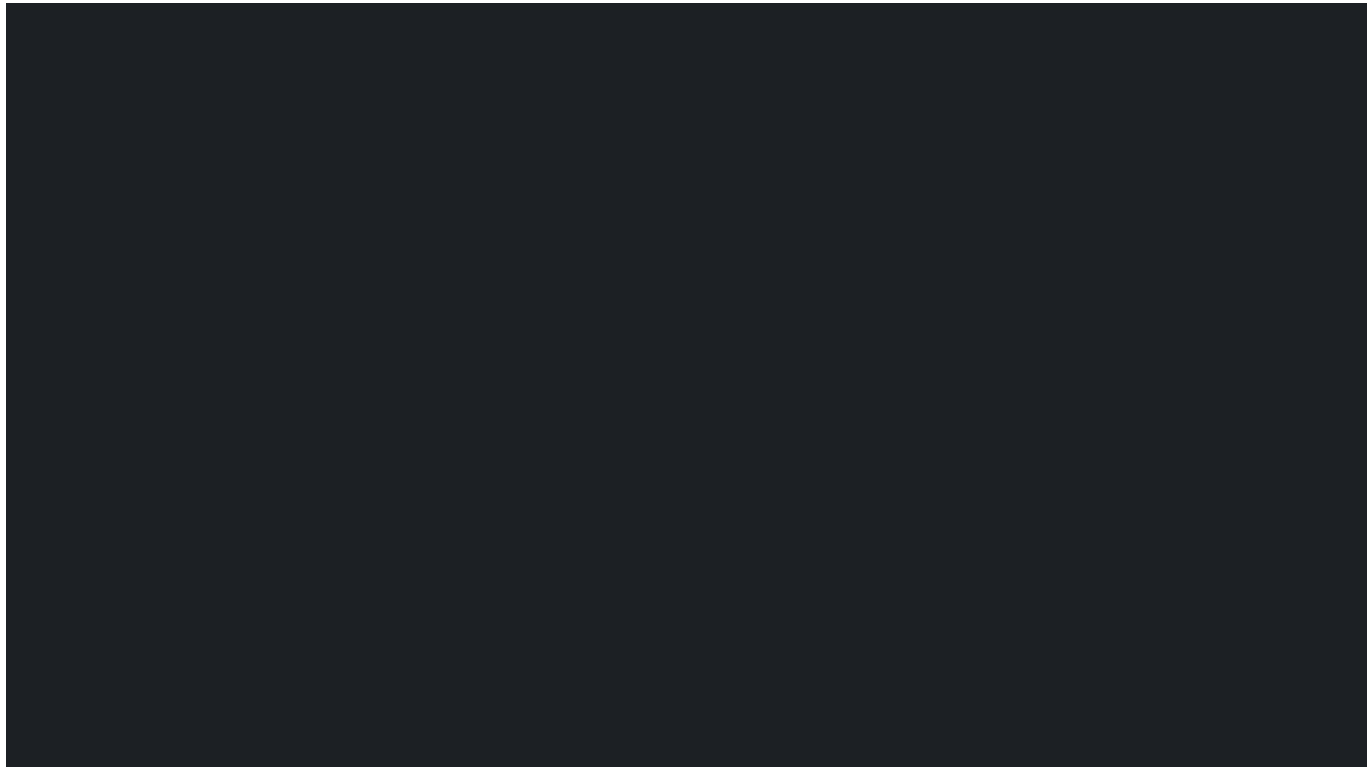


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Available Resources:

Parents as Protectors Campaign
(Video)

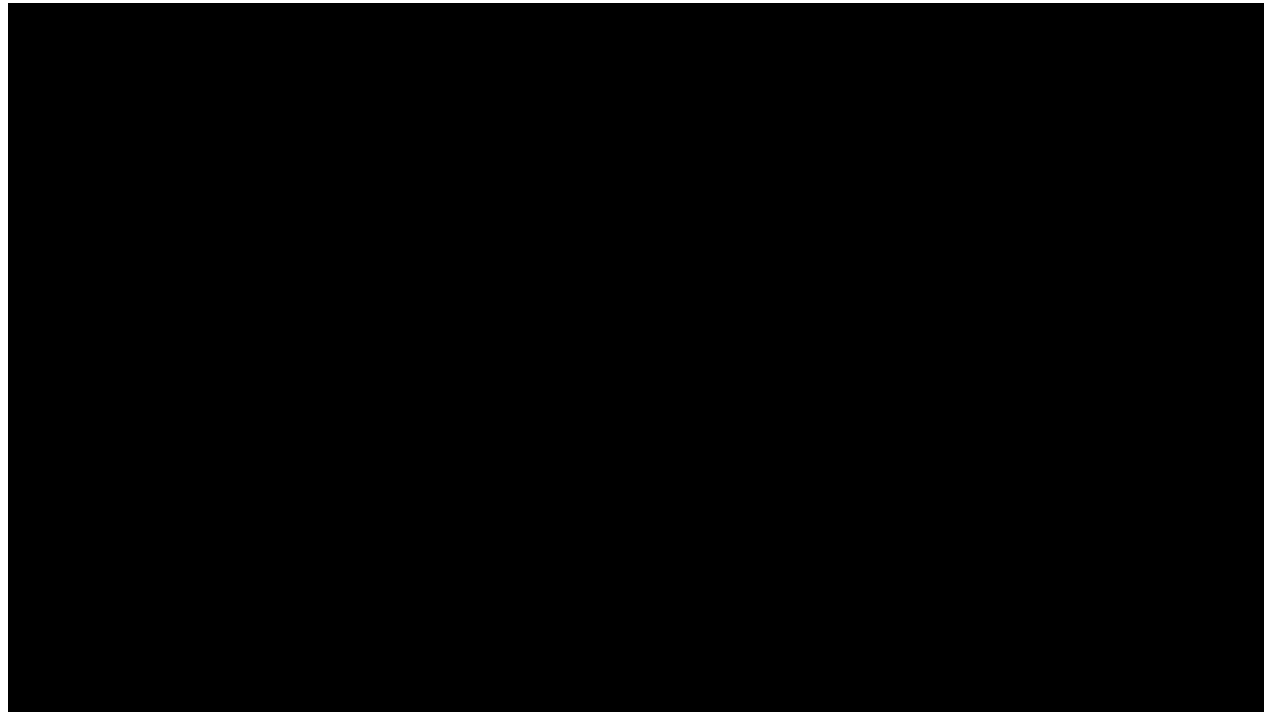


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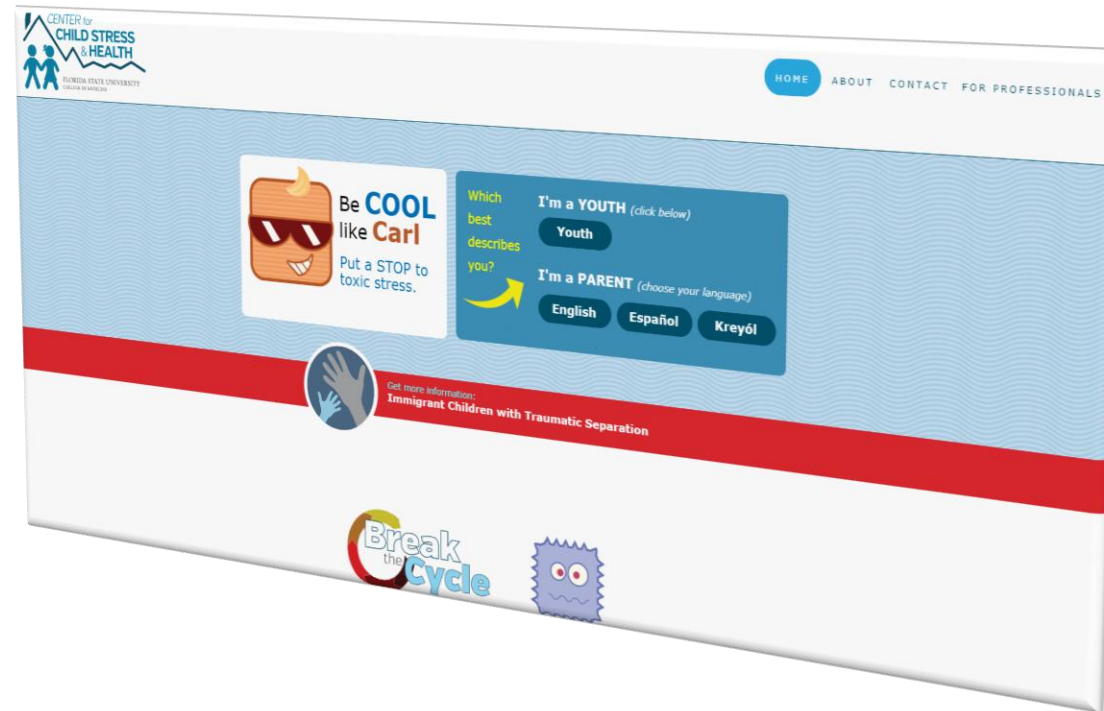
Self-Care for Mothers Campaign
(Video)



Accessing Electronic Resources

Virtual Tour of the FSU Center for Child Stress & Health Website

www.fsustress.org





Role Play

Role Play of Dialogue with Parent about Toxic Stress



Questions/Comments?

Contact Information:

FSU Center for Child Stress & Health

www.fsustress.org

239-658-3123

fsustress@med.fsu.edu