

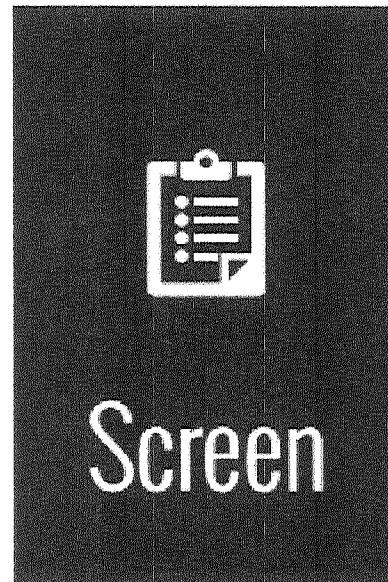
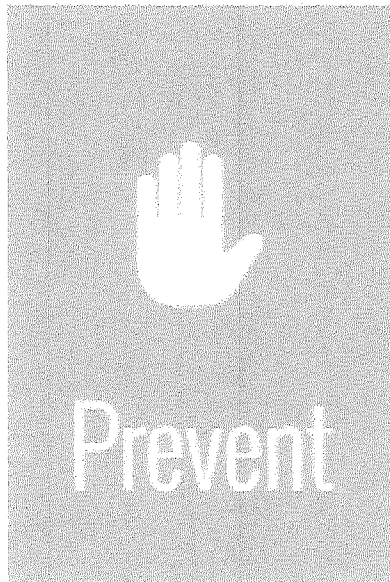
CENTER FOR
YOUTH  **WELLNESS**

health begins with hope

Item # 4 - 140298 Rec'd in committee. NSS 6/19/14

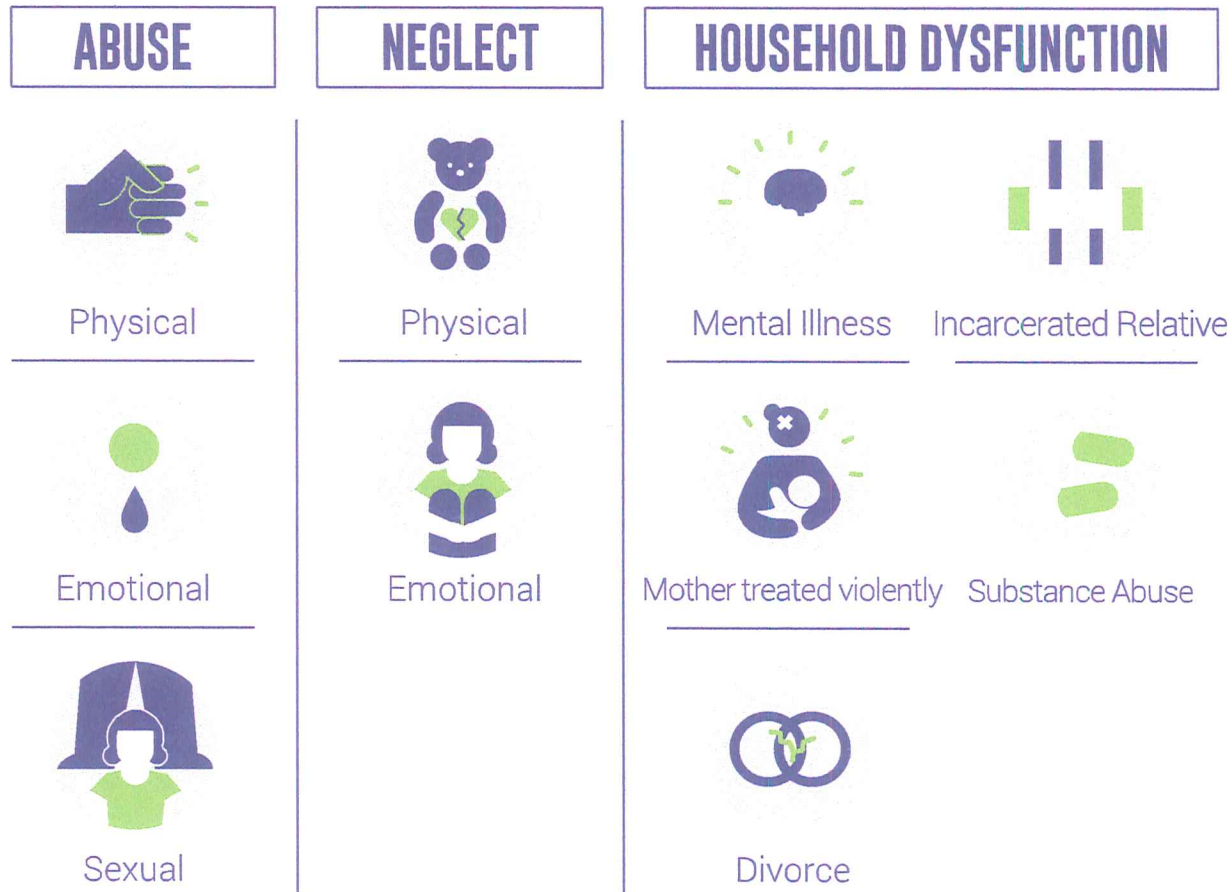
About the CYW

Our mission is to improve the health of children and adolescents exposed to Adverse Childhood Experiences (ACEs)



What are ACEs?

The three types of ACEs include



The ACEs Study



- 2 doctors – Vincent Felitti and Robert Anda
- Asked 26,000 Kaiser Permanente adult patients in San Diego
- 17,000+ participated in the study
- Participants completed a questionnaire asking about specific experiences in childhood (ACEs)
- Participants' responses were compared to their medical history

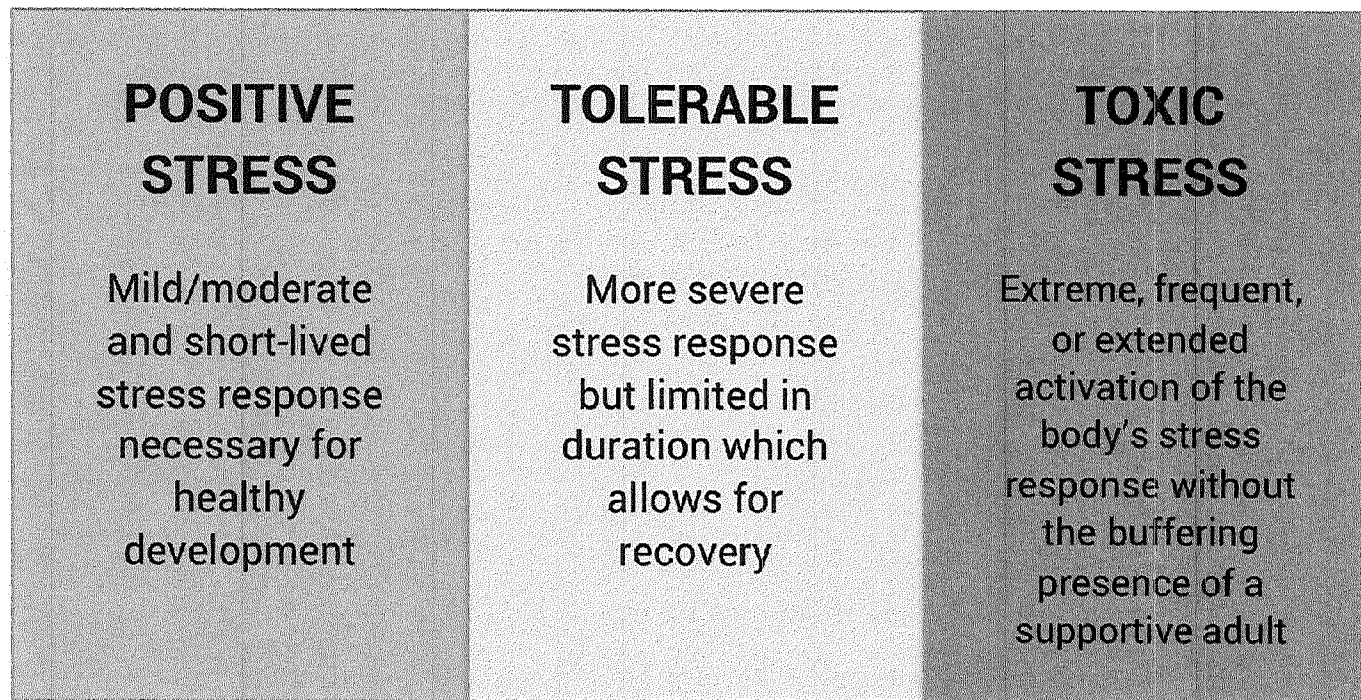


Key Findings from the ACEs Study

- Over 2/3 of participants reported at least 1 ACE
- 12.6% of participants reported an ACE score ≥ 4
- Strong correlation between high ACEs scores and poor health outcomes
 - 2.2 times as likely to have ischemic heart disease
 - 2.4 times as likely to have a stroke
 - 1.9 times as likely to have cancer
 - 1.6 times as likely to have diabetes



What is toxic stress?



Intense, prolonged, repeated and unaddressed

Social-emotional buffering, parental resilience, early detection, and/or effective intervention





Wellness



California Dept. of Public Health Data

- Recent data from the California Department of Public Health found that people who reported growing up with an incarcerated household member were on average likely to have a total of 4.6 ACEs
 - This means that a person with an incarcerated household member is likely to have at least 3 additional ACEs



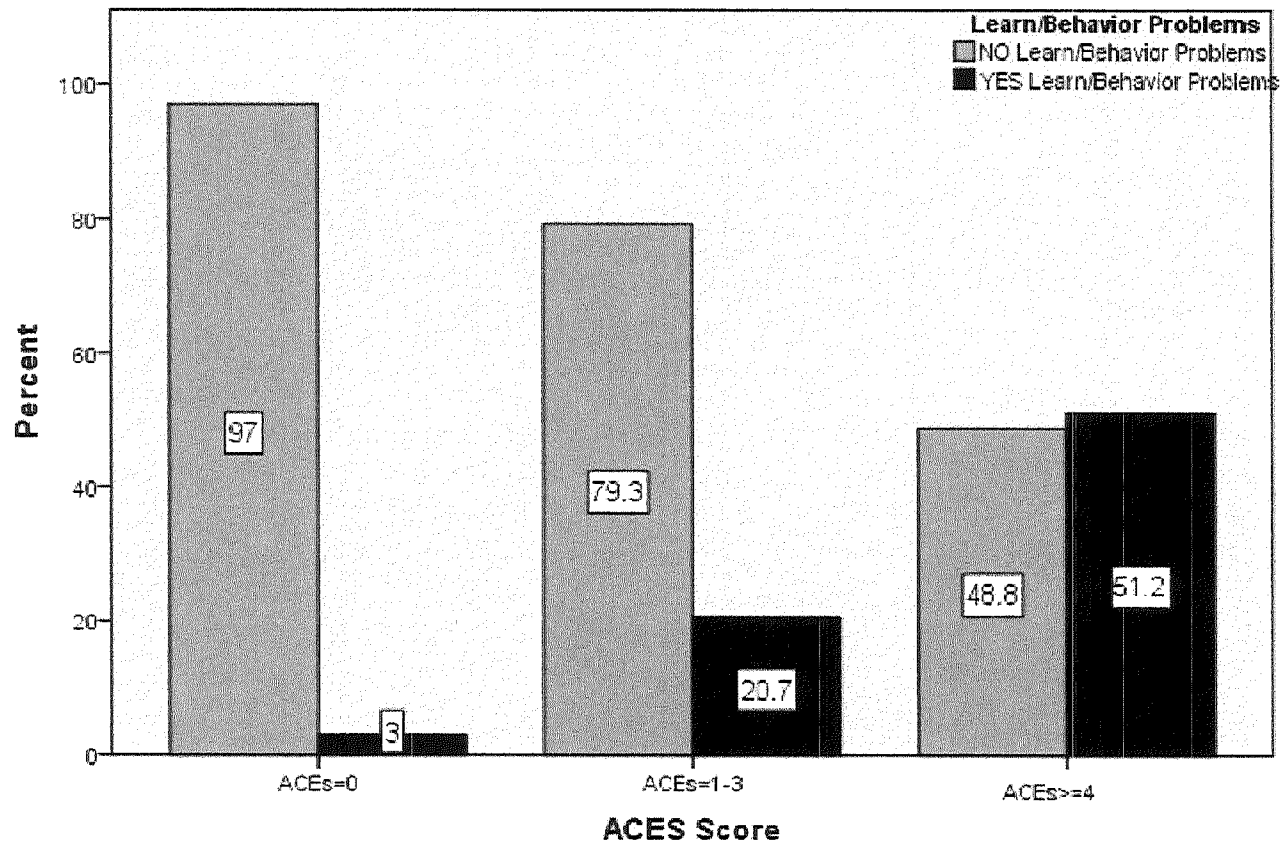
Remember: If you have 4 or more ACEs...

- We know that a person with 4 or more ACEs is:
 - 2.2 times as likely to have ischemic heart disease
 - 2.4 times as likely to have a stroke
 - 1.9 times as likely to have cancer
 - 1.6 times as likely to have diabetes
- We also know that a person with 4 or more ACEs:
 - 12.2 times as likely to attempt suicide
 - 10.3 times as likely to use injection drugs
 - 7.4 times as likely to be an alcoholic



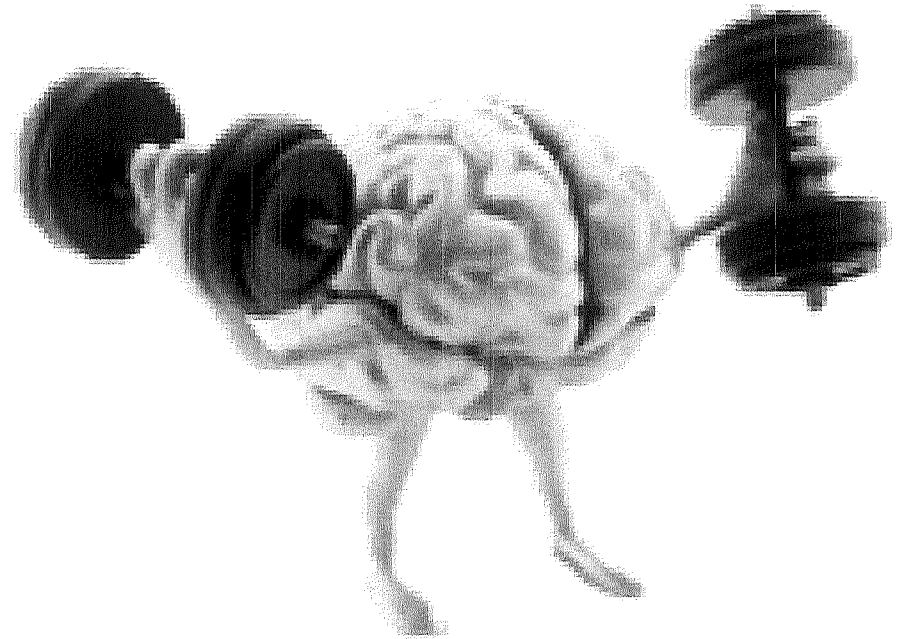
Effect of ACEs on Educational Outcomes

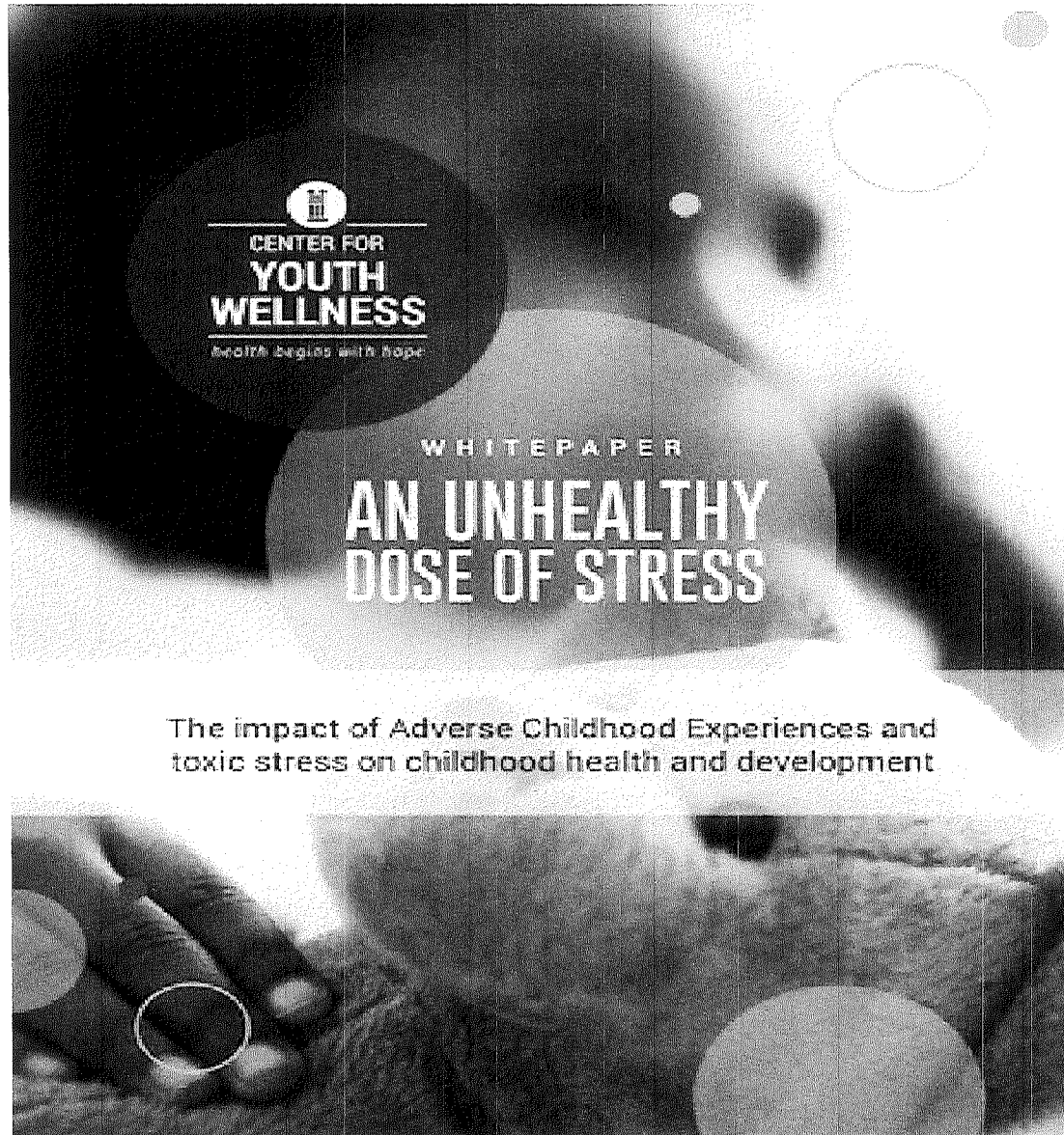
Figure 2: Learning/Behavior Problems by ACEs Score



Good news: Neuroplasticity!

- Brain architecture is **experience dependent**
- Social-emotional buffering makes a big difference
 - ▣ Positive parenting
 - ▣ Trusted mentor
 - ▣ Healthy attachment
 - ▣ Social-emotional skills







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Thank you!