

The Long-Term Health Effects of Violence, Abuse and Trauma: *Implications of the ACE Study for Healthcare Practice and Public Policy*

Trauma-informed care across the lifespan
and across community systems

The Adverse Childhood Experience (ACE) Study and the ongoing analysis of its wealth of data is the focus of this Regional Academy event in Ashland, Ohio.

Learn how the ACE Study will

- Inform and improve health policy and practice in your healthcare organization and community
- Inspire collaboration among systems of care and integration of services for adults, children, and families (e.g., health, mental health, substance abuse, child welfare, education, criminal justice, among others)

THE ACE STUDY

The ACE Study is an ongoing collaboration between Kaiser Permanente of San Diego and the U.S. Center for Disease Control. The study began in 1995-1997 as a retrospective analysis of the health status of 17,337 middle-class adult men and women. These individuals are now being followed prospectively in their eighteenth year. The ACE Study is currently being replicated by health departments in 21 states and by the World Health Organization in 14 countries.

Structure

The original ACE Study included a standardized but unusually comprehensive medical questionnaire, detailed physical examination, and extensive laboratory testing with biomedical measurements. Ten categories of adverse childhood experience (ACE) were included in a separate four-page questionnaire. These categories included physical, emotional, and contact sexual abuse; emotional and physical neglect; growing up in a household without both biological parents; growing up in a household where mother was treated violently, where one member of the household was alcoholic or a drug user, where one member was chronically depressed or mentally ill, where one member was imprisoned.

Results

The ACE Study is the largest epidemiological analysis of its kind ever conducted, having examined and correlated multiple risk factors and various outcomes. The first results of the ACE Study were published in 1998. Ongoing analysis has produced over 80 publications thus far. A few examples of the original findings include the following:

- Over 60 percent of patients had experienced one or more of the 10 adverse childhood experiences (ACEs)
- Of those who experienced at least one ACE, 87 percent reported at least one other ACE and 70 percent reported two or more ACEs
- A strong and direct correlation among one's ACE Score (number of ACE categories reported) and biomedical health, mental health, and substance abuse problems in adulthood, including chronic health conditions, such as obesity, diabetes, heart disease, hepatitis, and cancer, among others.

Implications of ACE Study

- Adverse experiences are *risk factors* for chronic health, mental health, and other conditions
- Health data for trauma-informed care
- Health data for integrated primary healthcare and behavioral healthcare
- Health data to inform public policy and prevention practices

Assault
Abuse
Neglect
Abandonment

*The body records
and remembers. The
mind tries to cope.
It creates rituals,
routines, and habits
that may feel like
protective solutions
but often result in
poor health outcomes
and chronic health
conditions.*

Reduce
intergenerational
transmission of adverse
experiences

Sponsors

- Mental Health and Recovery Board of Ashland County
- Samaritan Regional Health System
- Margaret Clark Morgan Foundation

Partners

- Wayne-Holmes Mental Health & Recovery Board
- Appleseed Community Mental Health Center
- Visiting Nurse Association of Ohio

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“The ACE Study reveals a powerful relationship between our emotional experiences as children and our physical and mental health as adults, as well as the major causes of adult mortality in the United States. It documents the conversion of traumatic emotional experiences in childhood into organic disease later in life.”

—Vincent J. Felitti, MD,
co-principal investigator of the
Adverse Childhood Experiences
(ACE) Study

*Trauma-Informed
Healthcare*

*Trauma-Informed
Behavioral
Healthcare*

*Integrated Primary
& Behavioral
Healthcare*

ver. 2014.1.24

DATE & TIME

- April 16, 2014, 7 am to 4:30 pm

LEARNING OBJECTIVES

Participants in this event will

- Identify information and resources about the prevalence and long-term health effects of childhood trauma, abuse, violence, and neglect
- Recognize how the ACE Study can inform public policy and healthcare practice and promote integrated and trauma-informed healthcare and behavioral healthcare

WHO SHOULD ATTEND

The primary audience of this Regional Academy includes professionals and policymakers from primary healthcare in Ashland, Richland, Wayne, and Holmes Counties, Ohio. The event will also be open to professionals from multiple disciplines in these counties who are interested in exploring the integration of systems, such as primary healthcare, behavioral healthcare, education, and criminal justice, among others. Examples of those invited to attend include the following:

- Physicians
- Nurses
- Social Workers
- Administrators
- Policymakers
- Chemical Dependency Counselors
- Elected Officials
- Educators
- Early Childhood Educators/Workers
- Police Officers
- Judges & Magistrates
- Parole Officers
- Probation Officers

CEUs

Applications for continuing education credits are being made for the following:

- Physicians
- Social workers
- Counselors
- Chemical Dependency Counselors
- Psychologists

7.75 Contact Hours for Nurses

- A criterion for successful completion includes an attendance for at least 80% of the entire event and completion of an evaluation form.
- The presenters, planner, and content reviewer have no real or perceived conflicts of interest relating to this event.

- Samaritan Regional Health System (OH-146, 3/1/15), is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

AGENDA

- 7:00 to 7:45 am
Registration
- 7:45 am to 12 pm
Keynote Plenary Sessions: A Focus on Research
- 1:00 to 4:15 pm
Afternoon Plenary Sessions & Discussions: A Focus on Translating Research into Practice
- 4:15 to 4:30 pm
Wrap up and Evaluation

Get complete agenda details online:
www.ashlandmhrb.org

COST

- No cost to participants
- Registration is limited
- Complimentary registrations are available from the Mental Health and Recovery Board of Ashland County & event sponsors and partners

LOCATION

Ashland University's John C. Meyer's Convocation Center
Ashland University
401 College Avenue
Ashland, Ohio 44805

MORE INFORMATION & REGISTRATION

- Deadline to register is March 14, 2014.
- Registration is being managed by the Mental Health and Recovery Board (MHRB) of Ashland County, Ohio
- Contact: Kelly Daniels
419-281-3139
kdaniels@ashlandmhrb.org
- www.ashlandmhrb.org

KEYNOTE SPEAKERS & PRESENTERS

- **Vincent J. Felitti, MD**, co-principal investigator of the internationally recognized Adverse Childhood Experiences (ACE) Study and founder of the Department of Preventive Medicine at Kaiser Permanente in San Diego, California.
- **David L. Corwin, MD**, president of the Academy on Violence and Abuse (AVA) and professor of pediatrics at the University of Utah School of Medicine in Salt Lake City, Utah.
- **Robert W. Block, MD, FAAP**, immediate past president of the American Academy of Pediatrics (AAP) and past president of the Academy on Violence and Abuse (AVA).
- **David Schneider, MD, MSPH**, chair and professor in the Department of Family and Community Medicine at Saint Louis University and former (first) president of the Academy of Violence and Abuse (AVA).
- **Mark Hurst, MD**, medical director of the Ohio Department of Mental Health and Addiction Services (OhioMHAS).
- **Steven Stone**, director of the Mental Health and Recovery Board of Ashland County, Ohio and facilitator of the Ashland Regional Academy.
- **Policy Makers and Practitioners from**
 - Summa Health System - St. Thomas Hospital (Akron)
 - Akron Children's Hospital
 - Visiting Nurse Association of Ohio
 - Appleseed Community Mental Health Center
 - Ashland Center for Nonviolence
 - Early Childhood Experts
- **Panel of Consumers**

Get more detailed information about speakers and presenters online.