Building Resilience in Clark County

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ACE study factors

ACE Score = Number of categories to which a person is exposed

**ABUSE**
- Physical
- Emotional
- Sexual

**NEGLECT**
- Physical
- Emotional

**FAMILY DYSFUNCTION**
- Mental illness, depression, suicide
- Substance abuse/addiction
- Parental discord – divorce, separation, abandonment
- Observing domestic violence
- Incarceration of any family member

**Poverty, Homelessness, Racism**

ACEs are common

ACE Score Prevalence for Participants Completing the ACE Module from the 2011-2014 BRFSS

# of ACEs

BRFSS

- Zero: 38%
- One: 24%
- Two: 13%
- Three: 9%
- Four or More: 16%
Early adversity has lasting impacts
Increased risk of alcohol use among Clark County 10th Graders reporting adversity
The ACE paradigm

Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan
The brain under stress
What does fight, freeze or flight look like?
Neuroplasticity: Use strengthens connections
Epigenetics: Inheritable consequences

- Methylation Model of Heritability (on/off switch)
- Histone Modification Model
- Telomere Shortening Model
Childhood adversity impacts:

**FAMILIES**
- Generational trauma, divorce, abuse; neglect, abandonment
- More children homeless and in foster care

**SCHOOLS**
- Behavior problems, truancy, failure to advance
- Learning difficulties, less time teaching, “burned out” staff/faculty

**WORKSITES**
- Rapid turnover, lost time due to poor health, increased accidents
- Increased medical & workers’ comp costs, aggression & violence

**COMMUNITIES**
- Rising unemployment, homelessness, poverty
- Increased vagrancy, crime, violence, substance abuse, disintegration of trust

**SYSTEMS**
- Increased costs and strains on public assistance and safety, medical, mental and behavioral health services, law/justice, emergency response, schools
Keys to resilience

**Attachment and Belonging**
- Relationships
- Family bonds
- Caring adults
- Inclusion
- Intrinsic and extrinsic value

**Capability**
- Skills
- Knowledge
- Self-regulation
- Mindfulness
- Focus
- Discipline
- Employment

**Community Culture Faith**
- Faith
- Hope
- Meaning
- Traditions
- Network of services
- Belonging

**Intrinsic and Extrinsic Value**
- Intrinsic and extrinsic value

**Connection**
- Competence
- Confidence
- Character

**Confidence**
- Competence
- Control

**Coping**
- Character
- Contribution
### Becoming a trauma-informed organization

| **Realize** | • **Realize** the widespread impact of trauma and understand potential paths for healing/recovery. |
| **Recognize** | • **Recognize** the signs and symptoms of trauma in children, families, employees, and others. |
| **Respond** | • **Respond** by fully integrating knowledge about trauma into policies, procedures, and practices. |
| **Resist** | • Actively **resist** re-traumatization of self and others. |
| **Resilience** | • Actively contribute to the **resilience** of self and others. |

**SAMHSA: Concept of Trauma and Guidance for a Trauma-Informed Approach, July 2104**
• Equity & Inclusion
  • Support for early learning, quality child care, home visits
  • Affordable housing
  • Trauma-informed organizations
  • System integration (i.e., Bridgeview)
  • Adequate mental health supports
  • Living wages
  • Family-friendly policies at work
  • Skills training

• Trauma-informed schools
  • Resilience building through after-school & mentoring
  • Trauma training
  • Teaching children self-regulation, mindfulness
  • S/E focus
  • Restorative practice
  • School-based health centers
  • Faith-school partnerships

• Re-entry program
  • Youth diversion programs
  • Handle with Care
  • Restorative practices
  • Gang and violence prevention
  • Reduced stigma re: addiction and greater access to recovery
  • Support for foster care and youth aging out
  • Supports post-incarceration
  • Compliance with mandatory reporting
ACEs Action Alliance & Faith Based Coffee
The solution to all adult problems tomorrow depends in large measure upon the way our children grow up today.
– Margaret Mead

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