Adverse Childhood Experiences and Healing
A Public Health Approach

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Public Health

The science of protecting and improving the health of families and communities through promotion of healthy lifestyles, research for disease and injury prevention and detection and control of infectious diseases.

Centers for Disease Control and Prevention

Public Health Approach

Public Health

Populations
Health promotion
Prevention

Medical

Individual
Disease
Diagnosis and treatment

Public Health Models(PHM)

➢ Comprehensive address health or social problems.

➢ Considers human factors, characteristics of source of harm, environments, identifies causes and points of interventions.
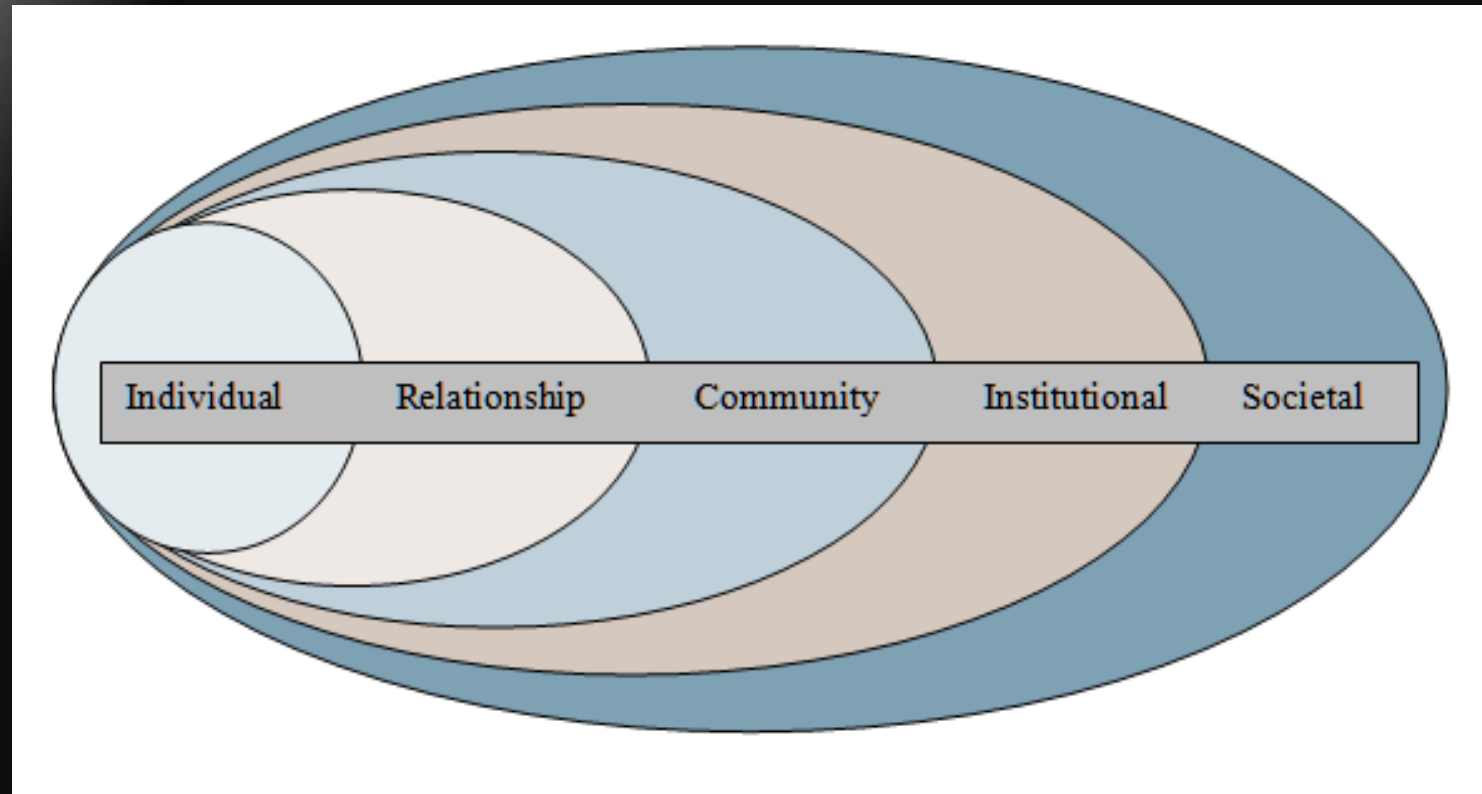
Public Health Models
Focuses

➢ epidemiologic surveillance

➢ health promotion

➢ Disease prevention

➢ Access to and evaluation of services

Public health models
Types

➢ Health belief model

➢ Trans-theoretical model /Model of change

➢ Socio-ecological model

➢ PATCH model

➢ PERI model

➢ PRECEDE-PROCEED model

Social Ecological Model

Designing a Public Health Model

Define the problem

Identify risk and protective factors

Develop and test intervention strategies

Assure widespread adoption and evaluation

PHM for Violence Prevention

| Define the Problem	Identify Risk and Protective Factors	Develop and Test Prevention Strategies	Assure Widespread Adoption
"who", "what, "when"' Where" and "how" associated with it. Magnitude of the problem by analyzing data like the number of violence-related behaviors, trends, and the perpetrators	Risk factor-Characteristic that increases the likelihood of becoming a victim or perpetrator of violence. Protective Factor – that decreases the likelihood of becoming a victim of perpetrator of violence	Research data and findings from needs assessments, community surveys for designing prevention programs. Once programs are implemented, evaluate to determine effectiveness.	Programs proved effective, must be implemented and adopted broadly. Communities are encouraged to implement and evaluate for success. Disseminate techniques to promote Success.
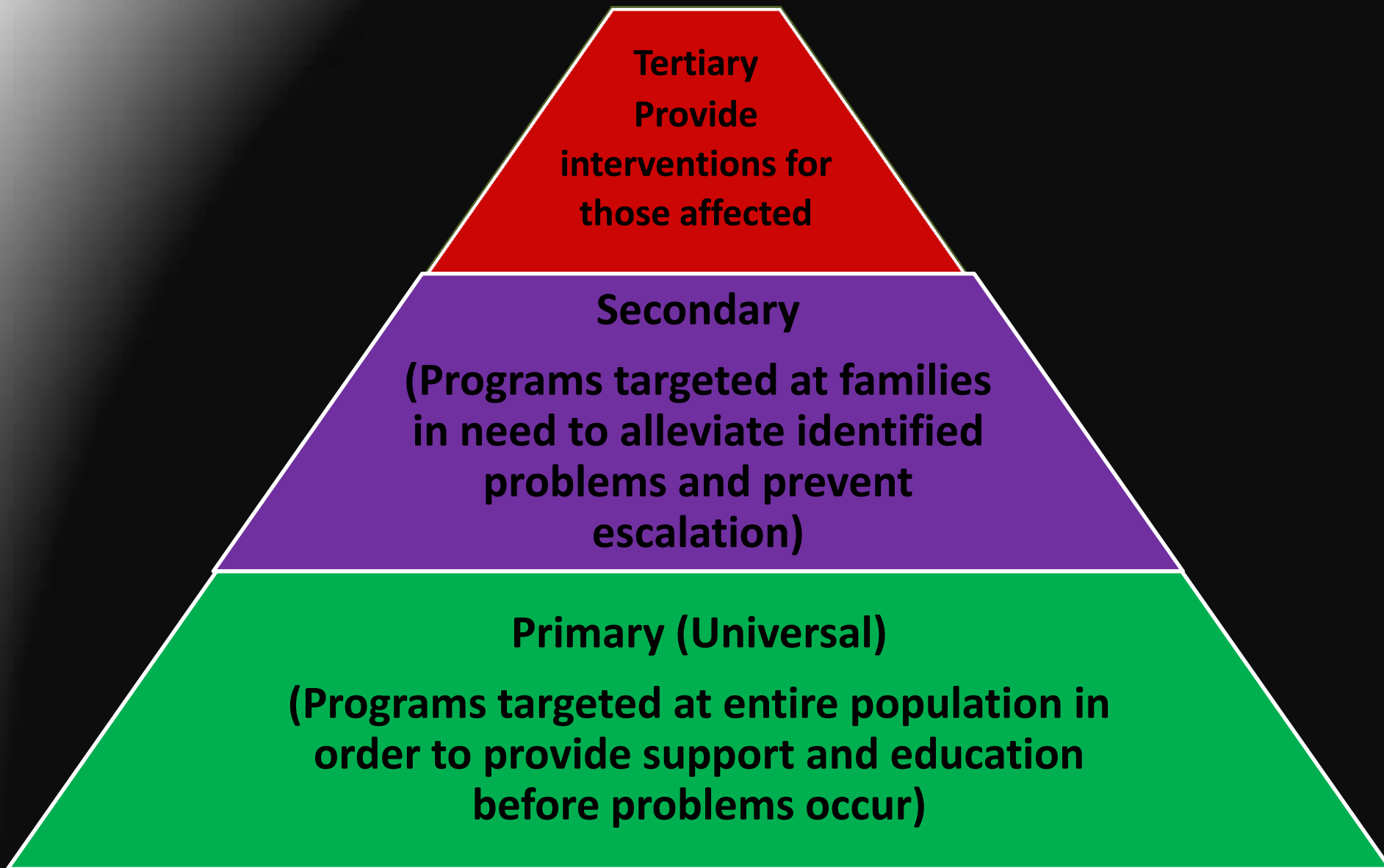
Tertiary
Provide interventions for those affected

Secondary

(Programs targeted at families in need to alleviate identified problems and prevent escalation)

Primary (Universal)

(Programs targeted at entire population in order to provide support and education before problems occur)

Levels of Interventions

➢ Individuals and Families Individuals and families at-risk

➢ Community

Involves entire community

or subgroups at-risk

➢ Systems

➢ Formal and informal rules that guide activities of organizations and government

Population-Based Interventions

➤ Aimed at disease prevention and health promotion

➤ Affects an entire population or populations at risk

➤ Targets underlying risks and environmental factors

Community Level Intervention

➢ Focus on entire community

➢ Forms partnerships within community organizations and groups

➢ Changes community norms,
➢ Attitudes, awareness

Trauma Primary Prevention
Public Health

➢ Preventing exposure is primary focus

➢ Targeted from individual to societal levels

  ➢ Individual: Alcohol education programs on college campuses.

  ➢ Relationship: Programs to prevent school bullying.

  ➢ Community: Crime prevention; community policing.

Secondary Prevention
Public Health

➢ May begin at various levels

➢ Individual level: Minimization of traumatic and non-traumatic stressors. (i.e. Katrina).

➢ Relationship level: Counseling and shelters for domestic violence victims, foster care.

➢ Community level: Policies that promote early intervention.

Tertiary Prevention
Public Health

- **Individual:** Prevents the progression and minimizes/eliminates symptoms entirely.

- **Relationship:** Trauma informed training for staff, counselors, physicians, foster parents.

- **Community:** Establish services and promote use of services to reduce stigma.

Level of Intervention: Systems

➢ Requires large scale actions

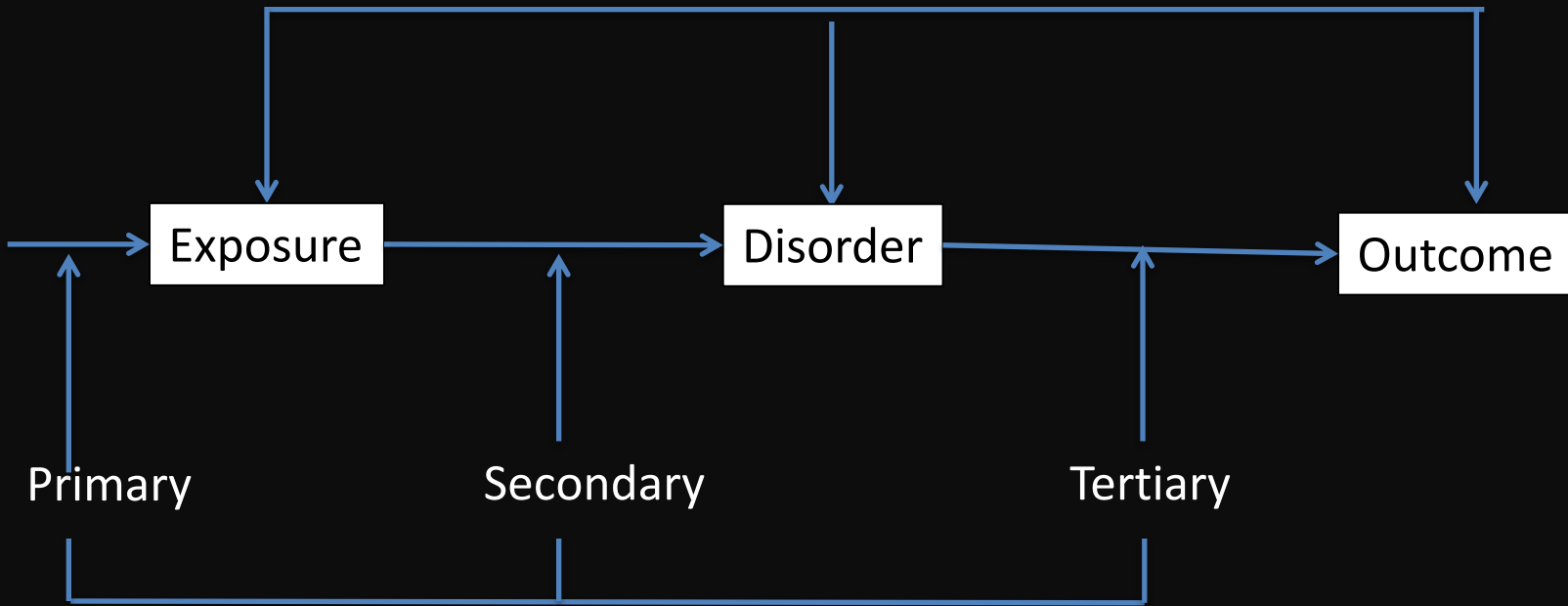➢ Creates change in organizations, policies, laws

➢ Long-lasting

Population-Based Interventions

➤   Evidence-based

➤   Best Practices

➤   Promising practices

"What Works? Policies and Programs to Improve Wisconsin's Health"

Targets of Prevention Interventions

Public Health and Adverse Child Experiences
Elevated Health Risks

- Alcoholism
- Drug abuse
- Depression
- Suicide attempts,
- Smoking

- Obesity
- Heart disease
- Cancer
- Skeletal fractures
- Liver disease
- Chronic pulmonary disease

What's Known
Agree or Disagree

There are numerous opportunities at the individual and community levels for primary prevention of childhood injury, of children's direct and indirect exposure to violence, of sexual and physical abuse of children, and of disasters caused by humans.

Mental Health Service
Challenges

➢ Non-existent or over-burdened.

➢ Mental health workforce is not trained to provide trauma-focused services for children and families.

➢ Stigma

What's Known
Agree or Disagree

In terms of tertiary prevention of long-term consequences of childhood trauma, there are a number of evidenced-based treatments for posttraumatic stress and related mental health challenges.
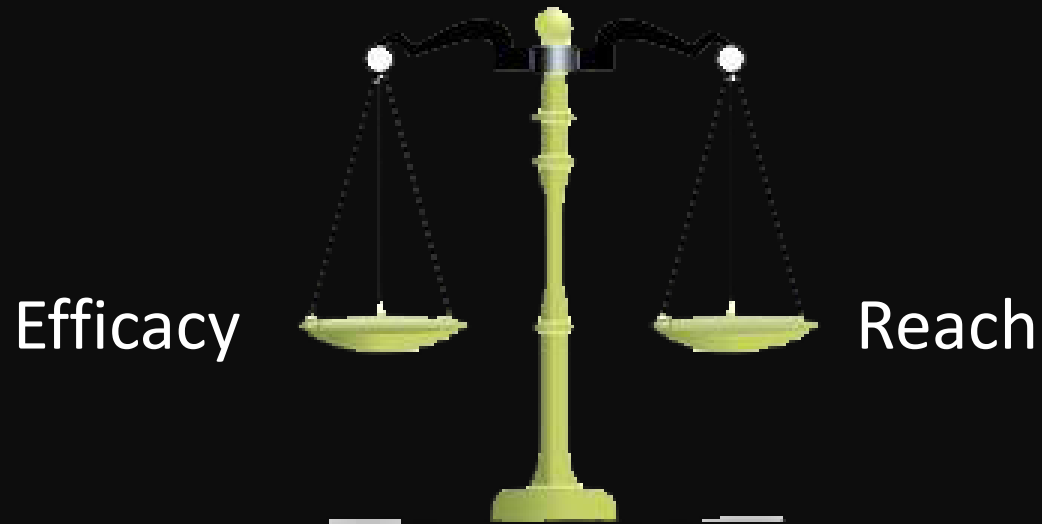
Public Health Approach
Rationale

➢ Looks beyond the individual level to population level.

➢ Identify broad range of models beyond individual interventions.

Population-Level Burden
Developing Balance

Efficacy

Reach

Text4baby
Electronic Prevention and Intervention

A free cell phone text messaging service for pregnant women and new moms.

Having a new baby means there's so much to do and learn!

Get help with Text4baby

Health information and support for you and your baby

Text4baby brings you helpful reminders and information on your cell phone — and it's a FREE* service

Text4baby

➢ Text messages timed to pregnancy due date or the baby's date of birth are sent three times a week.

➢ The free text messages provided include:

- Prenatal care
- Emotional well-being,
- Nutrition
- Labor and delivery,
- Emotional well-being
- Safe sleep
- Smoking
- developmental milestones, exercise and fitness, immunizations, 1-800 numbers and other resources to learn more.

➢ four critical topics – safe sleep, infant feeding, best time to deliver in a healthy pregnancy, and the meaning of full-term

➢ 65% talked to their doctor about a topic they read on a Text4baby message.

➢ 47% connected to health services for them and/or their baby, 60% reported Text4baby helped them access health services.

➢ 77% utilized hotlines reported no alcohol consumption..

[Text4baby] "has brought tears to my eyes because you may not hear from close friends or family until the day baby is born, but Text4baby messages let me know that someone cares. What I've gained through Text4Baby is a friend, an adviser and a service that is so priceless."

Adverse Child Experiences and Public Health

Elevated Health Risks

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Primary Prevention
Georges' Story

➤ Mom:
  - Prenatal education,
  - Therapy to help with her postpartum depression and her abusive relationship
  - Trauma-informed parenting support.
➤ Father:
  - father-to-father program
  - Domestic violence intervention.

➤ Father's parents had received these interventions, his chances of growing up in a safe environment would have greatly increased.

➤ Teachers: Trauma-informed training to identify interventions to help George recognize he was not a "bad" child but rather one who had suffered trauma and interventions to help him learn to regulate his emotions and to heal.

Childhood Trauma Secondary Prevention
Public Health Approach

1. Who are the children who need help to address the impact of trauma exposure to prevent the traumatic stress and long-range consequences?

2. How and where might those children be found and provided services in ways to help to reduce trauma's impact?

Coping Coach

An interactive developmentally appropriate web-based game to provide practical information and teach children adaptive coping strategies.

Coping Coach

➢ Three 20-30 minute Modules
  - Feelings identification
  - Appraisals
  - Avoidance

Identifying social support is included throughout each module.

European Journal of Psychotraumatology

Coping Coach

➤ Feelings Module

- Targets recognition and communications after trauma,

➤ Appraisals/Identification Module

- Teaches the cognitive triad including the relationship of helpful or unhelpful thoughts.

➤ Avoidance Module

- Reduces reliance on avoidance as a coping response.

Coping Coach
Child and Adult Interaction

➢ Encourages child interaction and learning from experience
➢ Adults are encouraged to support child's engagement.
➢ The game website provides information for adults when and how to seek professional help

European Journal of Psychotraumatology

Coping Coach
Identified Benefits

➢ Prevents trauma emotional consequences.

➢ Improve child health outcomes.

➢ Provides widely accessible tools

➢ Provides a resource for physicians, mental health, social workers and teachers.

Coping Coach
Identified Limitations

➢ Technical difficulties

➢ Incomplete modules

➢ Recruitment and biases

Recommendations

➢ Promote trauma in the public health agenda.
➢ Include public health activities in programs.
➢ Provide data to help develop policies to prevent or mitigate adverse effect of trauma.
➢ Promote the need for a trauma informed workplace and workforce.
➢ Improve equitable and improved access to mental health care.