



Mental Health and Substance Abuse: **How Adverse Childhood Experiences impact the risk of addictive behaviors in youth and adults**

Presented By:

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PREVENT

**INTER
VENE**

**PROMOTE
RECOVERY**

OVERVIEW

- ACE Study
- Trauma and Addiction
- What Do the Numbers Say?
- What We Can Do



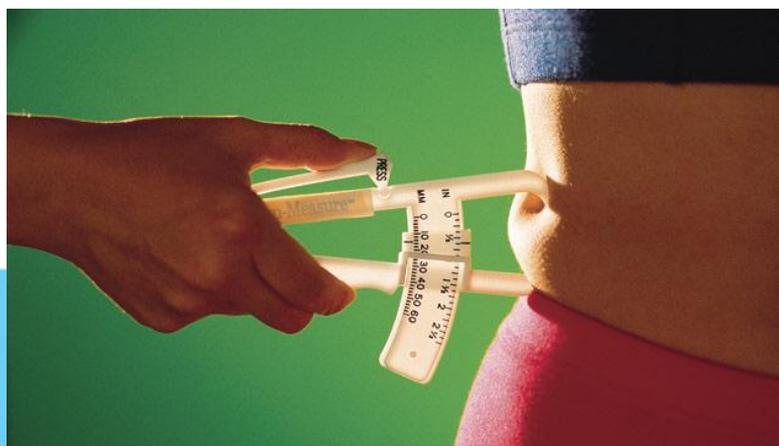
What is the ACE study?

- The Adverse Childhood Experiences (ACE) Study is a landmark study that linked childhood trauma with diseases, disorders, and early death.
- Public/Private Partnership in 1995 between Kaiser Permanente and the Centers for Disease Control and Prevention
- 17,000 participants: Middle- and upper-middle class, college-educated San Diegans with good jobs and with Kaiser Permanente insurance
- Was the beginning of the “Child Traumatic Stress” Field

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Prior to the ACE study, researchers were conducting a weight loss study that resulted in both positive and negative outcomes:

- **Positive:** people who completed the study lost a significant amount of weight!
 - **Negative:** many people dropped out
- Researchers wanted to know - why did so many people drop out?



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They discovered that most of the dropouts had reasons *NOT* to lose weight, such as the ***fear of sexual abuse or other physical abuse*** experienced in ***childhood*** when they had a lower weight.

Could these traumatic childhood experiences cause other adverse outcomes besides just weight gain and obesity?



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- The ACE Study is one of the largest studies ever conducted to measure the gap between childhood and adulthood.
- Over 17,000 Kaiser Permanente members have participated.
- More than 100 research articles have been published.



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Study Questions

- Over 150 questions on two questionnaires
 - Current health status
 - Health history of self and family
 - Childhood experiences
 - Adult behaviors
- Completed at home for privacy
- Shorter questionnaire can also be used



The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

ACE Score Results

Research Findings:

1. ACEs are common
2. Two-thirds of participants reported at least one ACE
3. ACEs tend to occur in groups
4. Of persons who reported at least one ACE, 87% reported at least one other ACE. 70% reported 3 or more others, which means that half of the participants had 3 or more.
5. ACEs are also associated with an increased risk of premature death. On average, people with 6 or more ACEs died nearly 20 years earlier than those without ACEs.

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Overall findings show participants had:

- 11% experienced emotional abuse
- 28% experienced physical abuse
- 21% experienced sexual abuse
- 10% experienced physical neglect
- 13% witnessed their mother being treated violently
- 27% grew up with someone in the household using alcohol and/or drugs
- 19% grew up with a mentally ill person in the household
- 23% lost a parent due to separation or divorce
- 5% grew up with a household member in jail or prison or had severe obesity

Additional findings show that ACE Score is associated with:

- likelihood of attempted suicide across the lifespan
- increased risk for broken bones
- multiple types of cancer
- heart disease
- lung disease
- liver disease



Findings showed that people who experienced four or more adverse childhood events had:

- Increased risk for smoking, alcoholism and drug abuse
- Increased risk for depression and suicide attempts
- Poor self-rated health
- 50 or more sexual partners
- Greater likelihood of sexually transmitted disease
- Challenges with physical inactivity, and severe obesity

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Findings showed that people who experienced four or more adverse childhood events had:

- ACEs account for half to two-thirds of serious problems with drug use.
- ACEs increase the likelihood that girls will have sex before reaching 15
- ACEs increase likelihood that boys or young men will impregnate a teenage girl.
- ACEs increase likelihood of mental health issues such as depression, hallucinations, and PTSD



Photo by Craig Sunter

“What are conventionally viewed as public health problems are often personal solutions to long-concealed adverse childhood experiences.”

-Vince Felitti, MD

Coping Mechanisms:

- Food
- Sex
- Alcohol
- Street Drugs
- Prescription Drugs



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Photo credit: Ed Yourdon (flickr)

Adverse childhood experiences may result in many short-term and/or long-term consequences:

Short term = risky behaviors and health issues in youth

Long term = onset or recognition of addiction; chronic or life-threatening health issues

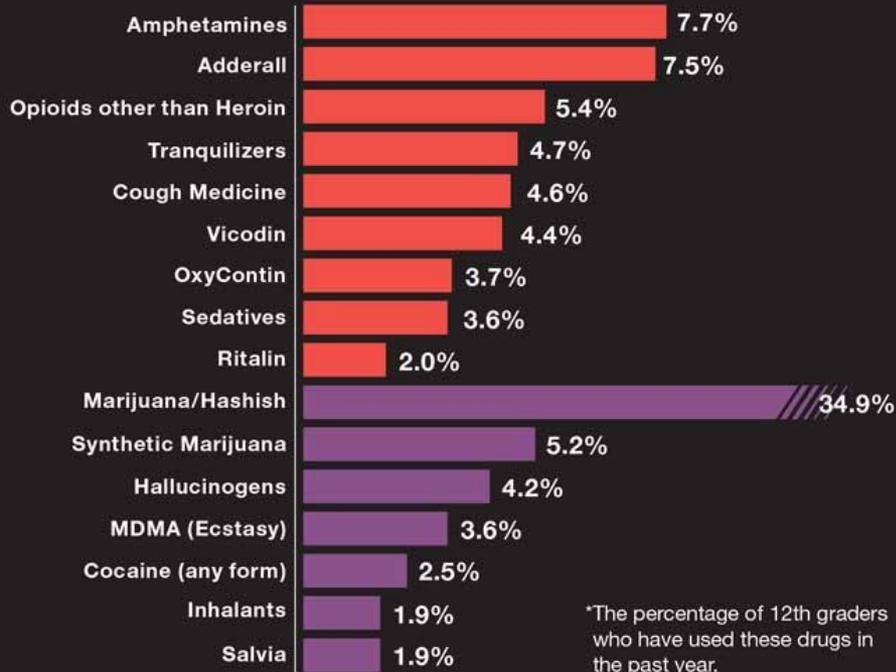
ALCOHOL



- Alcohol use starts as early as age 12 in some states with the national average at age 14.
- People ages 12-20 drink 11 percent of all alcohol consumed in U.S.
- Almost half of teens (44 percent) do not see anything wrong with drinking 5 or more drinks nearly every day.
- Among 12th graders, 64 percent have used alcohol and more than 35 percent have had alcohol during the past month.

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PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS*



*The percentage of 12th graders who have used these drugs in the past year.

 PRESCRIPTION/OTC

 ILLICIT DRUGS

Drug Abuse



Most Commonly Abused Prescription Drugs

1. Pain relievers (Vicodin, OxyContin, Hydrocodone)
2. Stimulants (Adderall, Ritalin)
3. Depressants (tranquilizers/sedatives - Xanax)
4. OTC cough/cold



What does this mean for you?

ACE's shouldn't be 'excuses' but opportunities...

- for understanding
- for getting help
- for developing alternative coping skills
- for finding “natural highs”
- for recovery and reconciliation

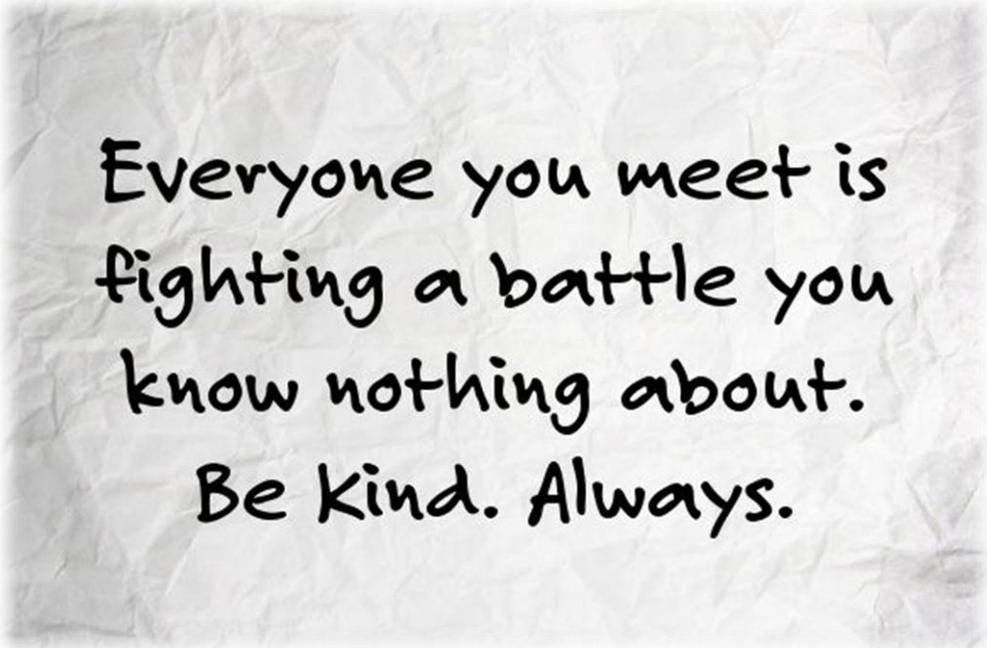
Breaking the Negative Outcomes

Resilience builds throughout life, and close relationships are key. Recent research also suggests that for adults, "trauma informed" therapy — which can center on art, yoga or mindfulness training — can help.



<http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

What does that mean for your community?



Everyone you meet is
fighting a battle you
know nothing about.
Be kind. Always.

What can you do?

Start the Conversation



Helpful Tips

- TALK TO THEM WHEN THEY ARE SOBER!
- Show empathy and stay calm.
- Watch for negative phrasing:
 - I noticed you didn't show up last Friday night.
 - You never show up when we make plans.
- Remind them why you're bringing it up.
 - I really care about you, and I'm worried.

Helpful Tips

Talk about how their behavior is affecting what matters in their life.

- I know you want the best relationship with your children.
- I'm worried about your grades (job, marriage, etc.) You've worked so hard to get where you are.

Helping a coworker

"Barb, you're one of the brightest people I know. But recently, you've been missing a lot of work and coming in late. And this week, my report got held up because I didn't have your input. You don't seem to be yourself. I know you've been drinking (or using drugs) a lot. If you're having a problem with alcohol, drugs, or anything else, I'd be happy to help you get the assistance you need. I'd hate to see you lose your job."

If Barb says: "Hey, I know I've been a little out of control recently, and I have been partying more than usual, but don't worry. I'm working on getting my act together."

You can say: "Well, I hope you do. But sometimes it's hard to get your act together by yourself. So if you need any help, I just want you to know that I'm here and I'll listen. I value your friendship and will do anything I can."

**QUESTIONS
&
DISCUSSION**

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If you are a Cigna customer and have questions about Substance Abuse treatment, or about your benefits and how to use them, please contact me:

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