



[ACES](#) [PREVENTION](#) [IRP NEWS](#) [CONTACT](#)

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SHAPING HEALTHY AND RESILIENT COMMUNITIES ACROSS IDAHO



The Things We Carry



https://www.adsoftheworld.com/media/film/center_for_youth_wellness_and_evolution_bureau_the_things_we_carry

Adverse Childhood Experiences (ACE) Study



- Collective effort of Kaiser Permanente and Centers for Disease Control and Prevention (CDC)
- The largest study of its kind to examine the health, social and economic effects of ACEs over the lifespan (over 17,000 participants)
- Examined past history of abuse, family dysfunction and current health status
- Retrospective cohort study of an HMO population with average of 57 years



Adverse childhood experiences

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother Treated
Violently



Divorce



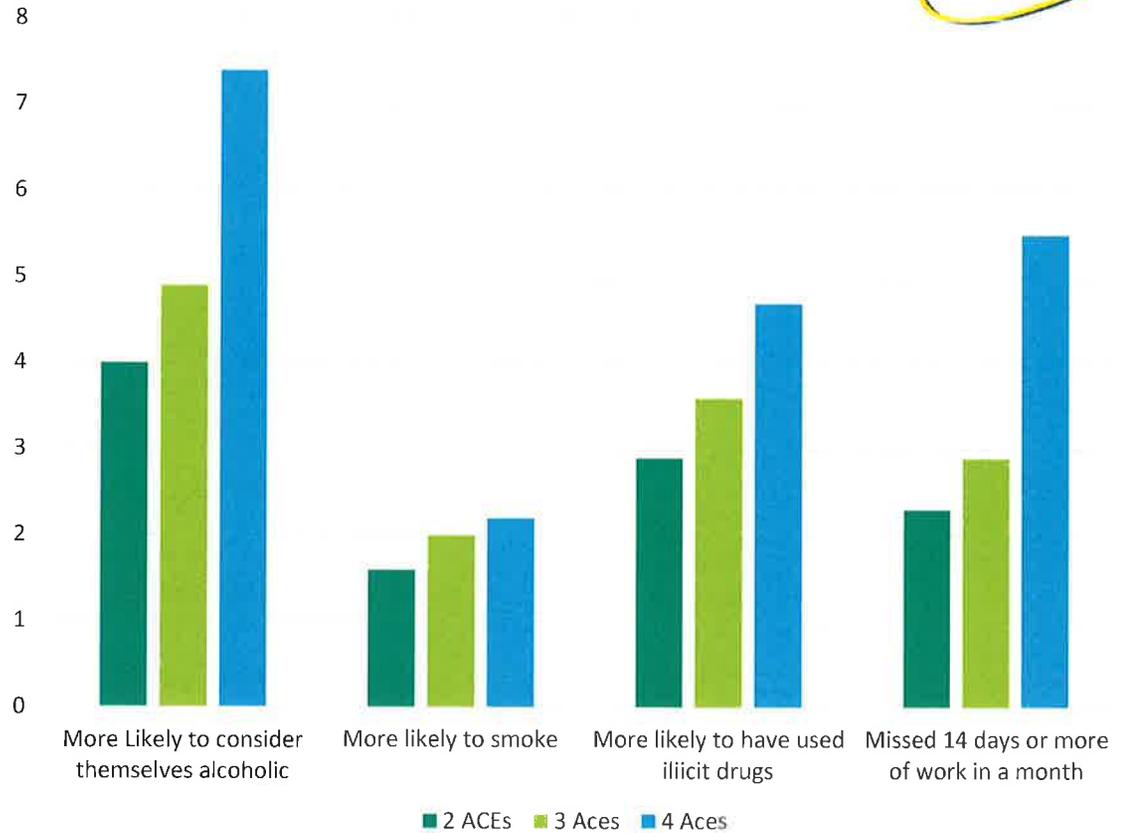
Incarcerated
Relative



Substance Abuse

BEHAVIORAL IMPACT OF ACES

Increased likelihood (x times more likely)



HOW IT AFFECTS US

According to a study by Vincent Felitti, a person with 4 or more ACEs is:

4.6x more likely to report feeling **depressed** for 2 weeks or more in a year

2.2x more likely to develop **heart disease**

12.2x more likely to attempt **suicide**

2.4x more likely to have a **stroke**

1.9x more likely to have **cancer**

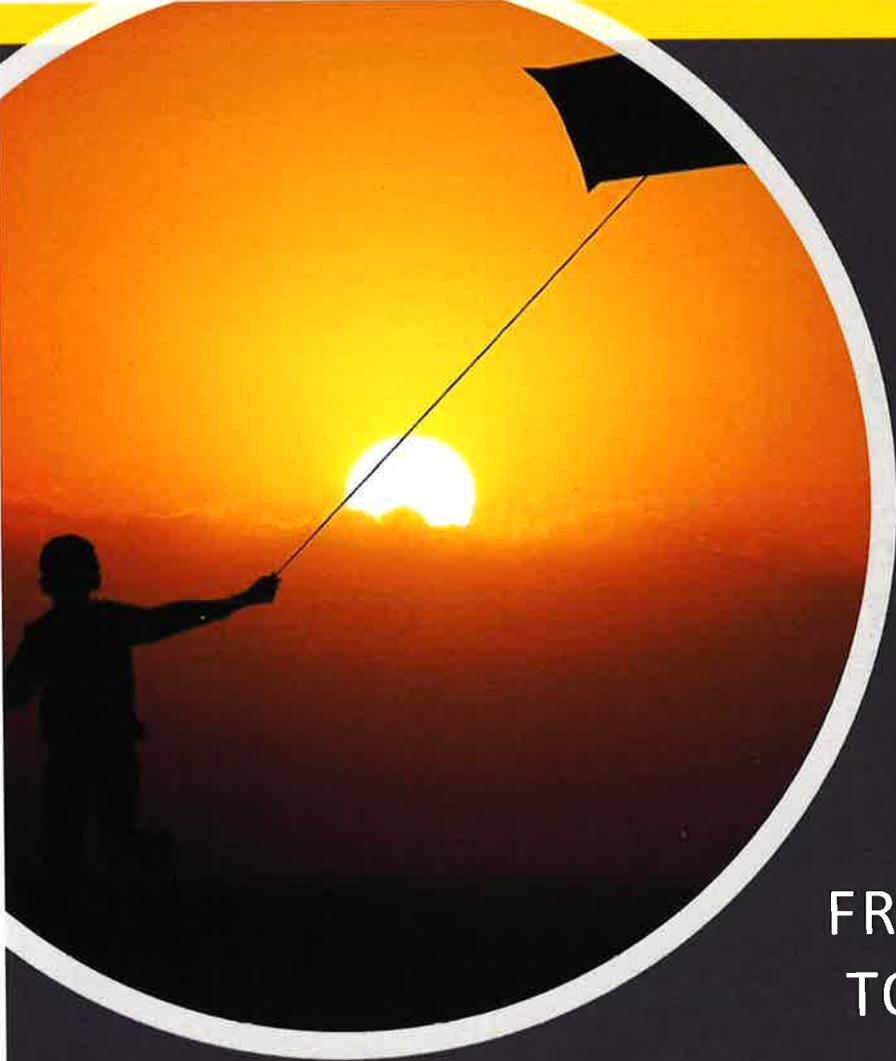
1.6x more likely to have **diabetes**

7.4x more likely to be an **alcoholic**

3.9x more likely to have **chronic bronchitis or emphysema**

Health Impact > Behavioral

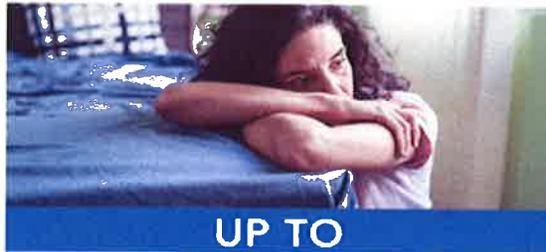
- “When you look at ACEs they’re actually a stronger predictor of heart disease than any of the traditional risk factors...and yet I was never trained on this in one day in Medical School.” - Dr. Nadine Burke Harris, Center on Youth Wellness
- People with an ACE score of 7 who: don’t drink, don’t smoke, are not diabetic, do not have high cholesterol, still have a 360% greater risk of heart disease



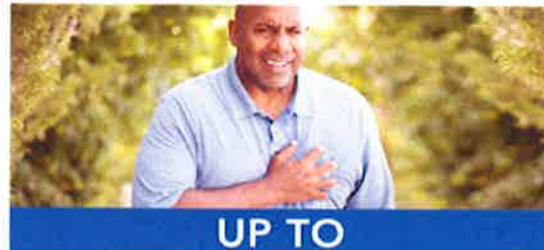
ACE STUDY PROVIDES A PARADIGM SHIFT

FROM 'WHAT'S WRONG WITH YOU'
TO 'WHAT HAPPENED TO YOU'

The CDC's Vital Signs report key takeaways



21 MILLION
CASES OF
DEPRESSION



1.9 MILLION
CASES OF
HEART DISEASE



2.5 MILLION
CASES OF
OVERWEIGHT/OBESITY

- At least 5 of the top ten leading causes of death are associated with ACEs
- Preventing ACEs could help prevent poor health and life outcomes.
- **ACEs are preventable & treatable**

ACEs In Idaho & Local Impact



Preventing ACEs in Idaho could result in*:

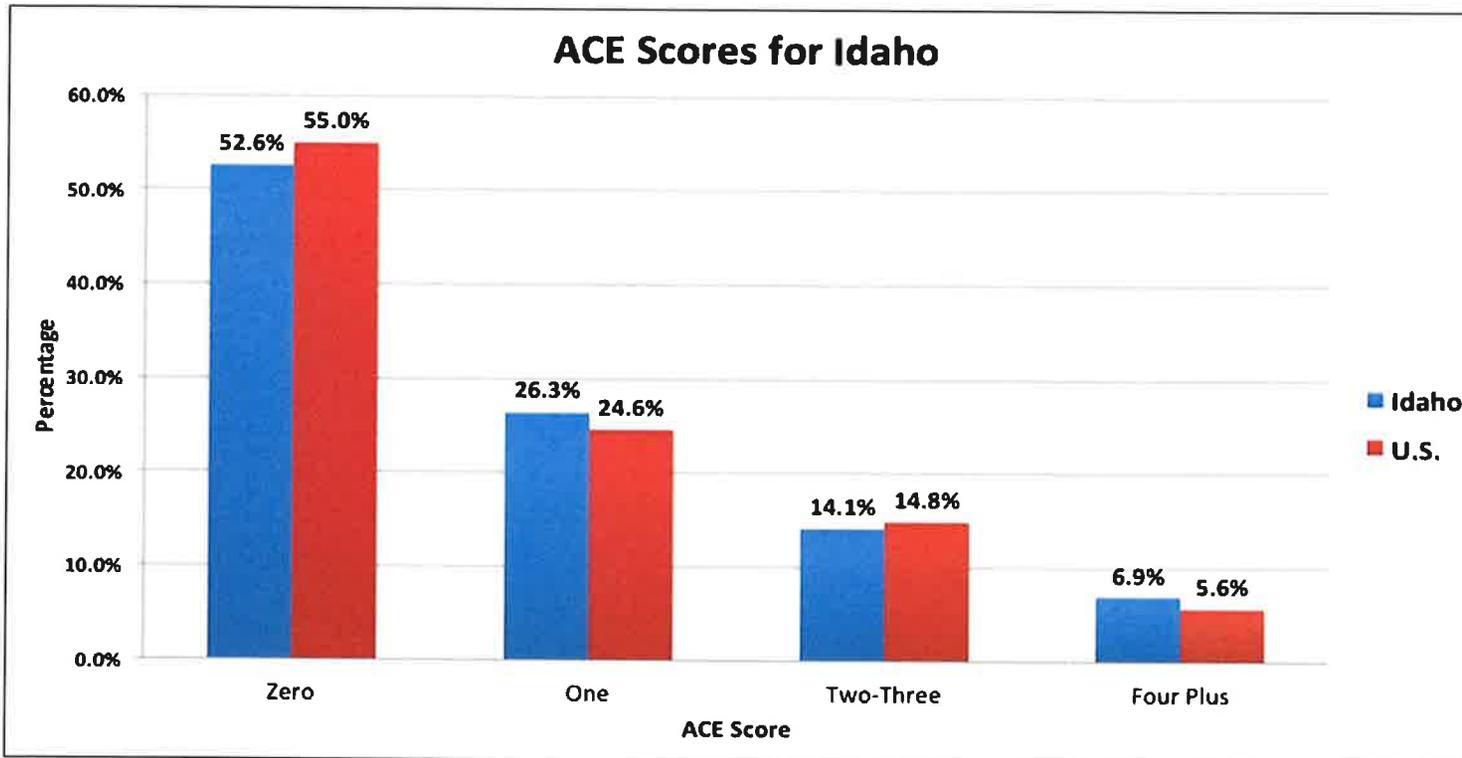
- Over 30,000 fewer people experiencing depression
- Keeping 60,000 people from smoking
- Preventing nearly 30,000 cases of Asthma
- Even reducing unemployment by nearly 15%

*Extrapolated from CDC Vital Signs report, November 2019

ACES in Idaho

- Most commonly reported ACEs are poverty, divorce and broken homes, substance use and mental illness
- Only four states have a higher prevalence of children with three or more ACEs than Idaho
- US data for kids with a score of 3 or more is 11%; Idaho is 15%
- Idaho is in the early process of collecting more broad ACEs data

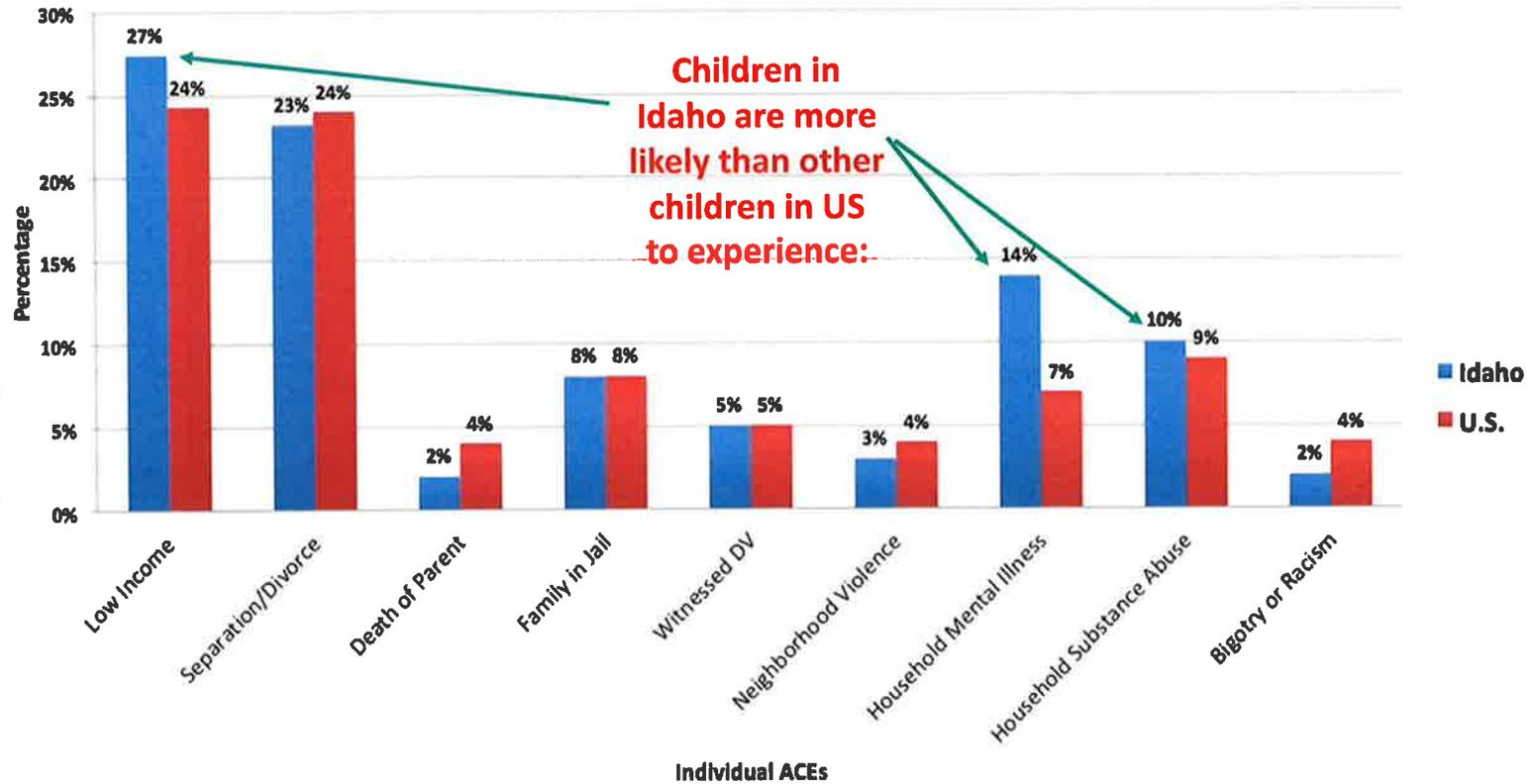




Only four states have a higher prevalence of children with three or more ACEs than Idaho

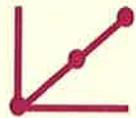
Source: 2016-2017 National Survey of Children’s Health, Department of Health and Human Services, Health Resources and Human Services Administration’s Maternal and Child Health Bureau, Analysis done by Alaska Association of School Boards Staff, October 2019.

ACEs for Idaho



Source: 2016-2017 National Survey of Children's Health, Department of Health and Human Services, Health Resources and Human Services Administration's Maternal and Child Health Bureau, Analysis done by Alaska Association of School Boards Staff, October 2019.

Economic Impact is Significant



Each ACE a child experiences increases their score. Higher score=greater risk.



People with a high ACE score can die 20 years younger than average.



1 in 5 children live in poverty in Canyon County.



ACEs contribute to 200 million lost work days each year



Children with an ACE score over 4 are 10x more likely to abuse drugs as adults.



Each year, ACEs cost US employers \$17 to \$44 billion in lost work days.

30.1

Risk of death by suicide among people experiencing 4 or more ACEs.

\$124 Billion

The annual cost of ACEs in the US (CDC estimate)

7:1

Return on Investment For every \$1 spent on preventing ACEs, society receives a \$7 ROI over a person's lifetime

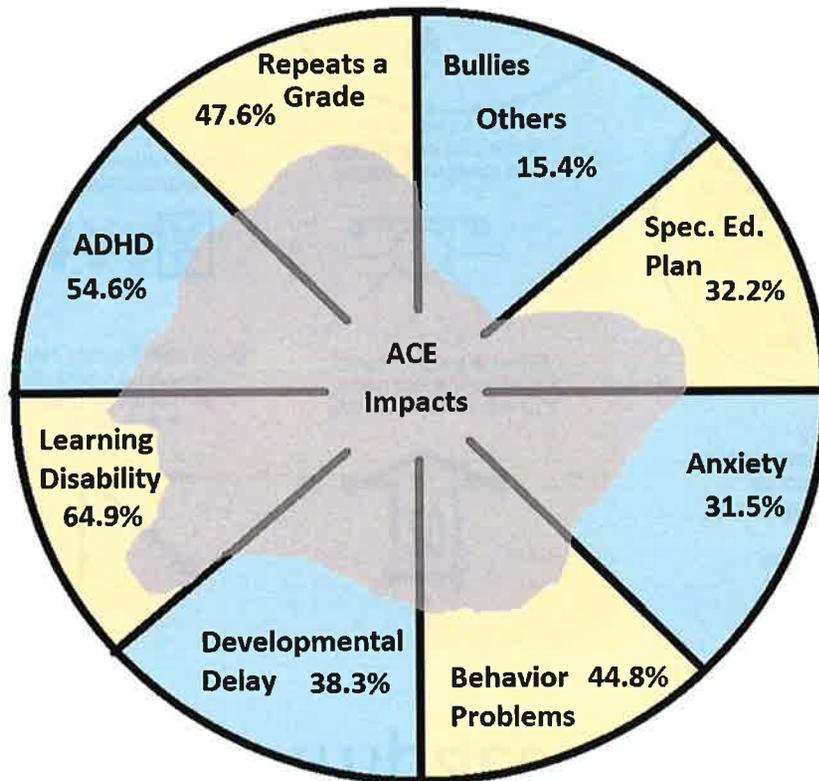
\$100,000 + More in Lifetime Earning

\$15,000 + More in Taxes Paid

\$20,000 + Healthcare Savings

\$7,000 + Public Services Savings

Education Is Focus In Idaho – Consider



How ACEs impact school performance in Idaho

Source: 2016-2017 National Survey of Children's Health, Department of Health and Human Services, Health Resources and Human Services Administration's Maternal and Child Health Bureau, Analysis done by Alaska Association of School Boards Staff, October 2019.

Population Attributable Fraction: In epidemiology, attributable fraction for the population is the proportion of incidents in the population that are attributable to the risk factor.

ACEs are a Pipeline to Prison

- In a study of 64,329 juvenile offenders in Florida: (Epps, 2014)
- Juvenile offenders are 13 times less likely to report zero ACEs
- Juvenile offenders are four times more likely to report four or more ACEs
- ACEs not only increase the chances of involvement in the juvenile justice system, but increase the risk of re-offense.



ACEs among Idaho Youth in Juvenile Detention versus General Population

Number of Aces	% in Justice Involved Sample	% in Adolescents Ages 12-17
None	7.8	45.8
One	15.7	26
Two	13.3	12.8
Three	12.5	6.6
Four	12.7	4.1
Five or more	38	4.7

Mean ACE Score by Juvenile Detention Center

- Ada = 3.82
- Bannock = 3.95
- Bonneville/3B = 3.41
- **Canyon = 4.21**
- Fremont/5C = **3.28**
- Kootenai = 4.12
- Nez Perce = 3.57
- Twin Falls = 3.65

=highest =lowest

Source: The Center for Health Policy, Boise State University

Aces In Juvenile Detention

- Juveniles in Idaho's JDCs have had a **much higher level of trauma exposure** than similarly aged juveniles in the general population across the nation.
- Most juveniles entering detention in JDCs in Idaho have been exposed to multiple forms of trauma and should be treated accordingly
- If the State of Idaho is to make substantial progress in reducing trauma exposure in juveniles, and preventing or reducing mental health and substance abuse problems in them as well, dedicated efforts need to be made much further **'upstream'** than in the juvenile justice system.
- **Dr. Theodore MacDonald, BSU, Year Eleven Assessment of the Idaho Department of Juvenile Corrections' Clinical Services Program**

Aces In Juvenile Justice

- IDJC reports average ACE score is 4.2
 - Of those – 62% 4 or greater, 16% over 7
- 25 years ago a paradigm shift to Balanced and Restorative Justice
- Perhaps time for another paradigm shift to Restorative and Resilience Based Justice.
- ACEs has real world consequences and healing trauma takes a different approach then current programing.

FROM *'WHAT'S WRONG WITH YOU'*
TO *'WHAT HAPPENED TO YOU'*

- Implications for ACEs Juv Justice etc. goes here...
-



Idaho Resilience Project



To shape and create an environment in Idaho that allows all to thrive and be resilient in the face of adversity; engage individuals, organizations, leaders, and communities.

What must we do to create a resilient Idaho?

OUR FOCUS AREAS:

- 1
AWARENESS &
EDUCATION
- 2
PREVENTION AND
RESILIENCY-FOCUSED
STRATEGIES
- 3
HEALING AND
COPING STRATEGIES
- 4
COMMUNITY
SUPPORT



BUILDING RESILIENCE

Resilience can be the antidote to ACEs. Through positive relationships and appropriate support, adversity can be conquered, crucial coping skills can be developed and healing can take place.

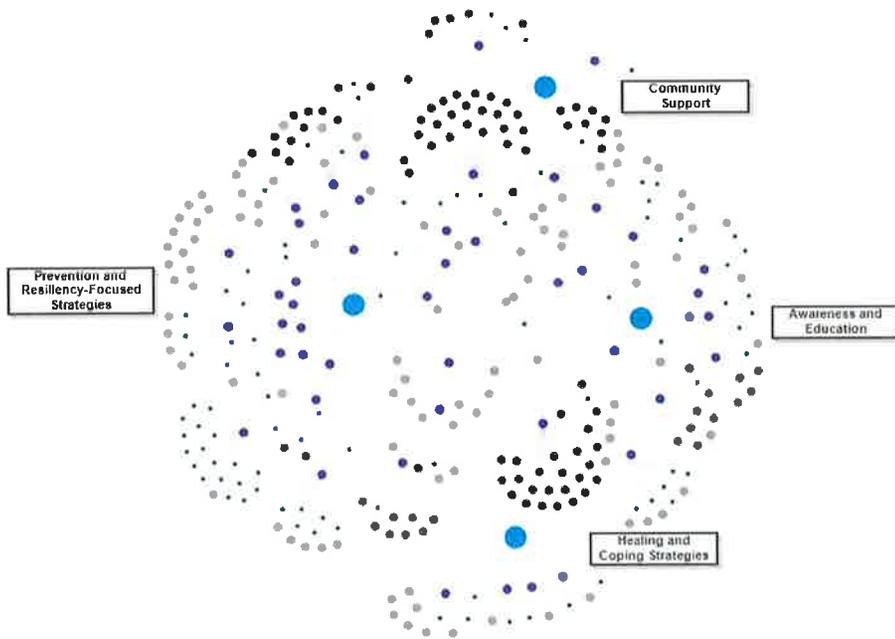
Note typo in text should be antidote not anecdote

KEY INGREDIENTS		
 The relationships children have with others who care about them	 Social connections	 Knowledge of adolescent development
 Concrete support in times of need	 Cognitive and social-emotional competence	 Reduce stressors



Safe, stable and nurturing environments

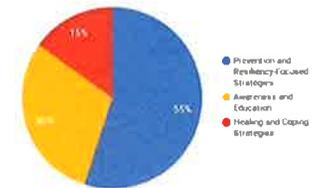
The Growing Idaho Network, Focus Areas and Score Card



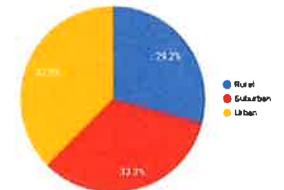
Idaho Resiliency Network

Program/Policy/Project	Organization	Lead(s)
1. 8th Judicial District CASA	8th Judicial District CASA	Lesli Schen
2. Advisee Childhood Experiences and Resiliency Learning Collaborative	GRW Maternal and Child Health and St. Luke's Children's Collaborative	Rosal McKinney, Dr. Tami Patterson, Sherry Johnson, Jessica Warner
3. Canyon County Community Clinic	Canyon County Community Clinic	Carolyn Rees
4. Continuum of Care	City of Boise	Muzreen Brown
5. DEWV, Division of Public Health, Center for Drug Overdose and Suicide Prevention	Department of Health and Welfare, Division of Public Health	Dennis Jensen
6. Emergency Rental Assistance Program	Jesse Tree	Ali Rabe
7. Family Strengthening	Family Advocates	Barah Lewis, Jamie Hansen
8. Idaho Federation of Families (IdaFam)	Idaho Federation of Families	Youth MOVE, Ruth York
9. Idaho Resilience Project	IBO	Jean Murchie
10. Infant and Early Childhood Mental Health	Central District Health Department	Jessie Larson
11. Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program	Idaho MIECHV Program	Kristey J. Infance, Jackie Watson
12. Our Path Home/Rapid Rehousing	CATCH	Stephanie Day
13. Safe & Healthy Communities Program	Idaho Dept of Health & Welfare	Kara Lemonsky
14. School of Nursing, Boise State University (BoiseNU)	School of Nursing, Boise State University	Karen Oatford
15. Sexual Violence Prevention Program	Idaho Department of Health and Welfare	Kathleen Palfrey
16. St. Luke's Home and Behavioral Outpatient Clinic	Idaho Anti-Trafficking Coalition	Jennifer Jennifer
17. St. Luke's Treasure Valley and Elmore Community Health	St. Luke's Health System	Anne Grable
18. The Mahoney House	The Mahoney House	Jo Plattner, Scott Brand
19. The 3PM Play and Learn Group	The Image Center	Wendy Arkusson, Michelle Batten
20. Twinize Treasure Valley/Orchestral Learning	Twinize Treasure Valley/Orchestral Learning	Jack Varn

Focus Area Breakdown



Focus Region Breakdown



Geography	Total
1. Statewide	5
2. Central Idaho Region	7
3. Southwest Idaho Region	4
4. East Idaho Region	1
5. Southeast Idaho Region	1

Regionalizing Efforts



2
C **kiDs**
succeed

A Canyon County wide initiative committed to building healthy, resilient communities.

idahoanpress.com

IDAHO PRESS

Local leaders launch 2C Kids Succeed, a push to help children build resiliency against adverse experiences

By EMILY LOWE elowe@idahopress.com
Nov 20, 2019



A panel held at the Nampa Civic Center Tuesday focuses on the 2C Kids Succeed initiative, focused on building resiliency among youth against adverse childhood experiences



Commitment Themes

- Advocacy
- Awareness and education
- Continued learning
- Engaging youth
- Mentorship
- Partnership and collaboration



Local Idea in Progress



SET YOUR CHILD UP FOR SUCCESS



Adverse Childhood Experiences (ACEs) have a tremendous impact on lifelong health, well-being and opportunity. Working together, we can help create neighborhoods, communities, and a world in which every child thrives. The work starts at home.

10 Ways to Help a Child Feel Secure:

1. Dedicate time
2. Give affection
3. Praise them
4. Consistently hold boundaries
5. Listen to them
6. Laugh with them
7. Honor and hone their talents
8. Provide balance
9. Give unconditional love
10. Feed their souls

3 Keys to Success:

- 1 Safety:** It's important children feel secure and do not fear physical or psychological harm within their social, physical, and work environments.
- 2 Stability:** Predictability and consistency are important for children. This includes their social, emotional, and physical environments.
- 3 Nurturing:** Parents and children need to have access to individuals who are able to sensitively and consistently respond to and meet their needs.

RESOURCES FOR PARENTS:

You may still be dealing with your own Adverse Childhood Experiences. Visit 2cKidsSucceed.org for more information or call the Idaho Careline at 2-1-1.



**‘Rebellions are built on hope.
Maybe Canyon County is ripe for
a rebellion to eliminate adverse
childhood experiences.’**

-Bryan Taylor, Canyon County Prosecuting Attorney

What Can Be Done About Adverse Childhood Experiences?



Parent support programs for teens and teen pregnancy prevention programs



Mental illness and substance abuse treatment



High quality child care



Sufficient economic supports for families with lower incomes.



Home visiting to pregnant women and families with newborns



Parenting training programs



Intimate partner violence prevention



Family-friendly work

Survival Services



Food



Housing



Medical/Dental Care



Behavioral Health Care



Transportation



Thriving Services



Parent Supports



Early Childhood Learning



Community Schools



Youth Mentors



Job Training

There Are Many Different Models – But They All Start With Our Kids In The Middle Surrounded With Support

Four Thoughts To Takeaway

1. Adverse Childhood Experiences are common & the resulting trauma impacts everyday Idahoans
2. Awareness of the impacts can inform legislative decisions on family support, foster care, education, health care, corrections, etc.
3. This is an approach not a program. The Legislature can provide support to communities to develop programs that strengthen families.
4. There are a variety of public policy decisions that can strengthen Idaho families, build resilience and mitigate the impact of childhood adversity.



