

# BUILDING RESILIENCY

A PEDIATRIC  
MENTAL HEALTH SUMMIT



**#BuildingResiliency19**



**MIKE DEWINE**  
GOVERNOR OF OHIO

# Reducing Risk and Building Resilience by Utilizing Trauma-Informed Health Care: The UH Rainbow Women and Children's Center Trauma-Informed Care Initiative



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Presented at the Pediatric Mental Health Summit, September 26, 2019

# Traumatic Stress and Childhood Adversity in Ohio Communities



ACE	United States (%)	Ohio (%)	Ohio Medicaid or Uninsured (%)
Housing Instability	25.5	31.1	57.9
Divorced parents	24.1	27.7	47
Death of a parent	3.2	4.4	6.4
Incarcerated parent	7.8	11.1	27.9
Witnessed violence	5.5	8.1	16.7
Victim of violence	3.7	5.3	12.1
Lived with someone w/ serious mental illness	7.5	9.3	17.9
Lived with someone w/ substance use	8.7	10.7	25
Racial discrimination	3.6	2.1	4.1
% with 0 ACEs	54	51	17.5
Average Child Age	8.6 yrs.	8.9 yrs.	9.0 yrs.

# Trauma-Informed Care is a Necessity

## NCTSN DEFINITION

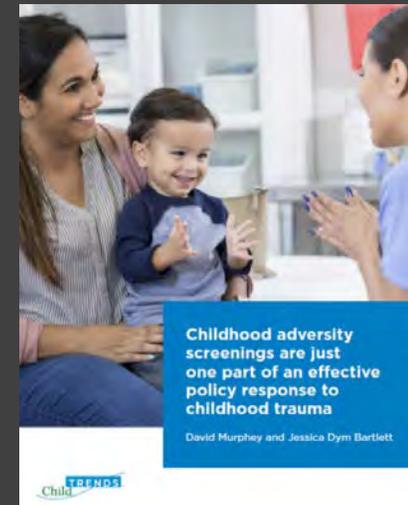


“A trauma-informed child and family service system is one in which all parties involved **recognize** and **respond** to the impact of traumatic stress on those who have contact with the system including **children, caregivers, and service providers**. Programs and agencies within such a system infuse and sustain trauma **awareness, knowledge, and skills** into their organizational cultures, practices, and policies. They act in collaboration with all those who are involved with the child, using the best available science, to **maximize physical and psychological safety, facilitate the recovery** of the child and family, and support their **ability to thrive**”

# Essential Elements of Trauma Informed Care

## ➤ Comprehensive Model

- ✓ Organizational Assessment of Needs and Readiness
- ✓ Staff Training and Education
- ✓ Universal Screening for Adversity and Reactions\*
- ✓ Universal Screening for Strengths/Assets/Protective Factors
- ✓ Use Evidence-Based, Culturally-Sensitive Screeners
- ✓ In the Context of Other Social Determinants of Health
- ✓ Implement *Universal Prevention Strategies* to Promote Positive Parenting and Secure Attachments
- ✓ Make Available and Expand *Evidence-Based, Trauma-Specific Therapies*
- ✓ Provide Ongoing Support to Providers to Prevent Burn-Out, Secondary Trauma





## UH Rainbow Center for Women and Children Trauma Informed Care Initiative

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## Developmental Science

### Childhood Adversity

“threatens a child’s sense of safety and disrupts their developing brain, physical and mental health, and behavior”

## Social Determinants of Health

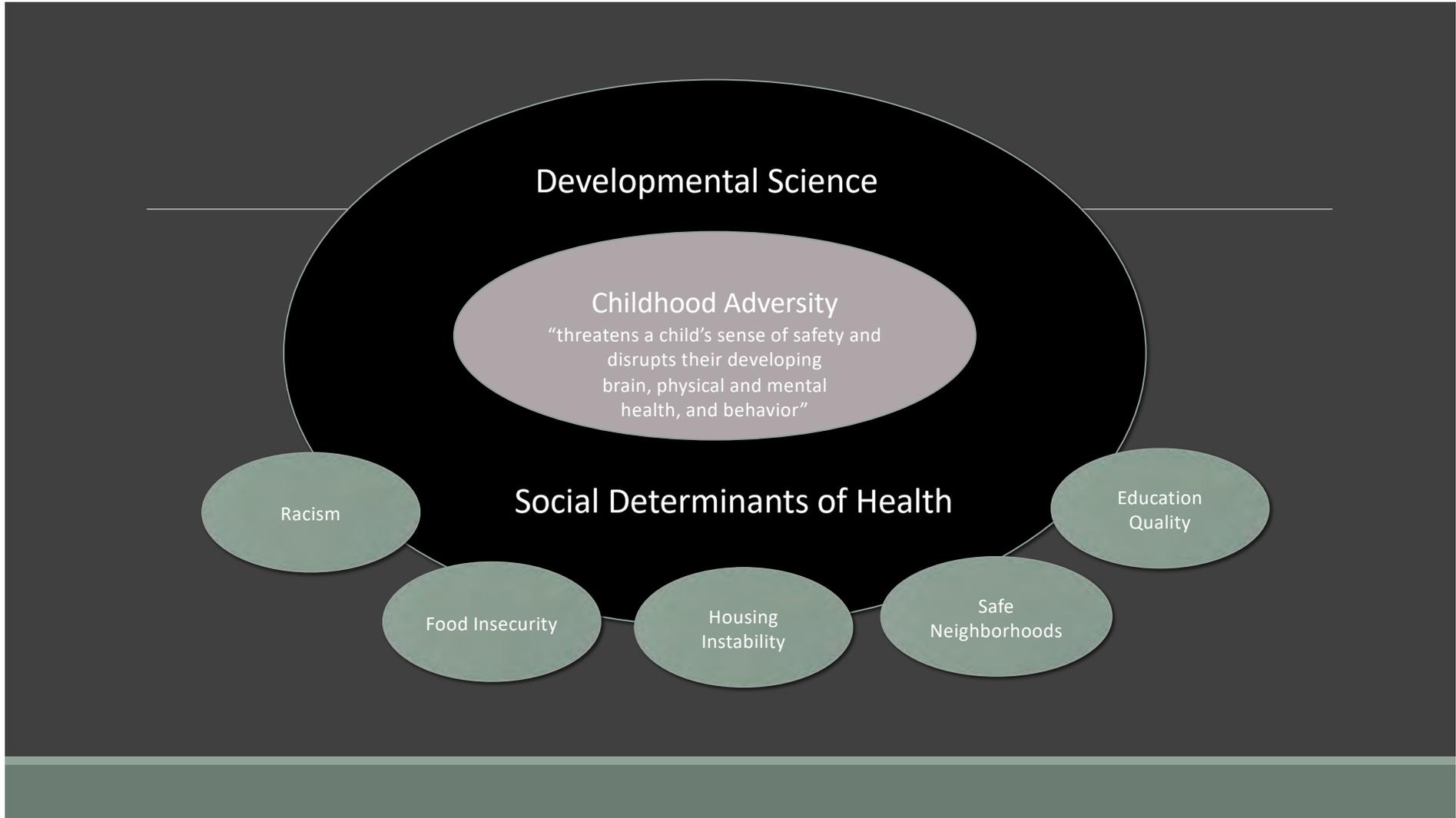
Racism

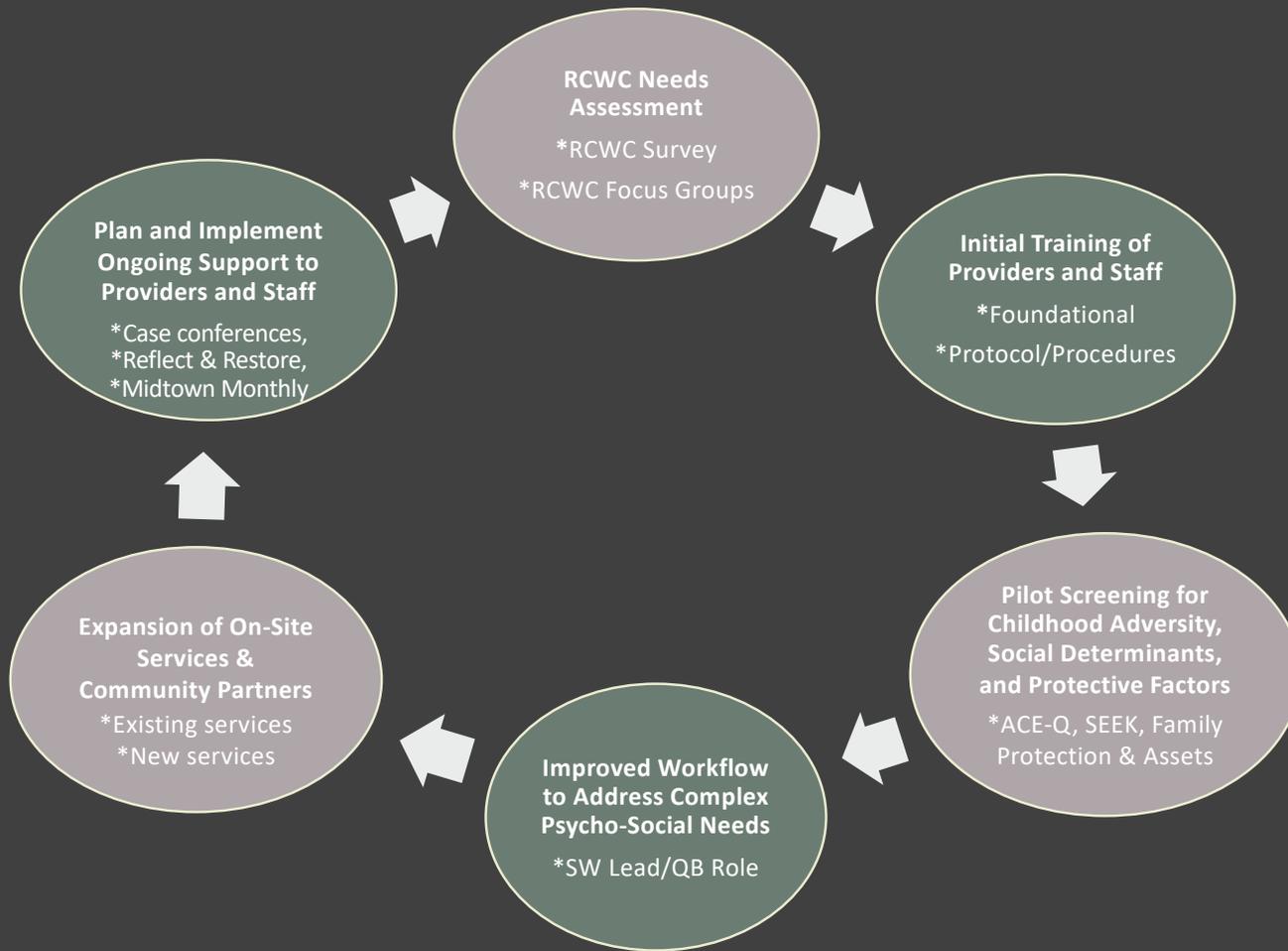
Education  
Quality

Food Insecurity

Housing  
Instability

Safe  
Neighborhoods





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# Thank you!

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FEEL FREE TO CONTACT WITH QUESTIONS OR FOR MORE INFORMATION

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# ADOLESCENT INTERSECTIONS

EXTERNALIZING DISORDERS, DEVELOPMENTAL TRAUMA, & SUBSTANCE USE

## RECOMMENDATIONS

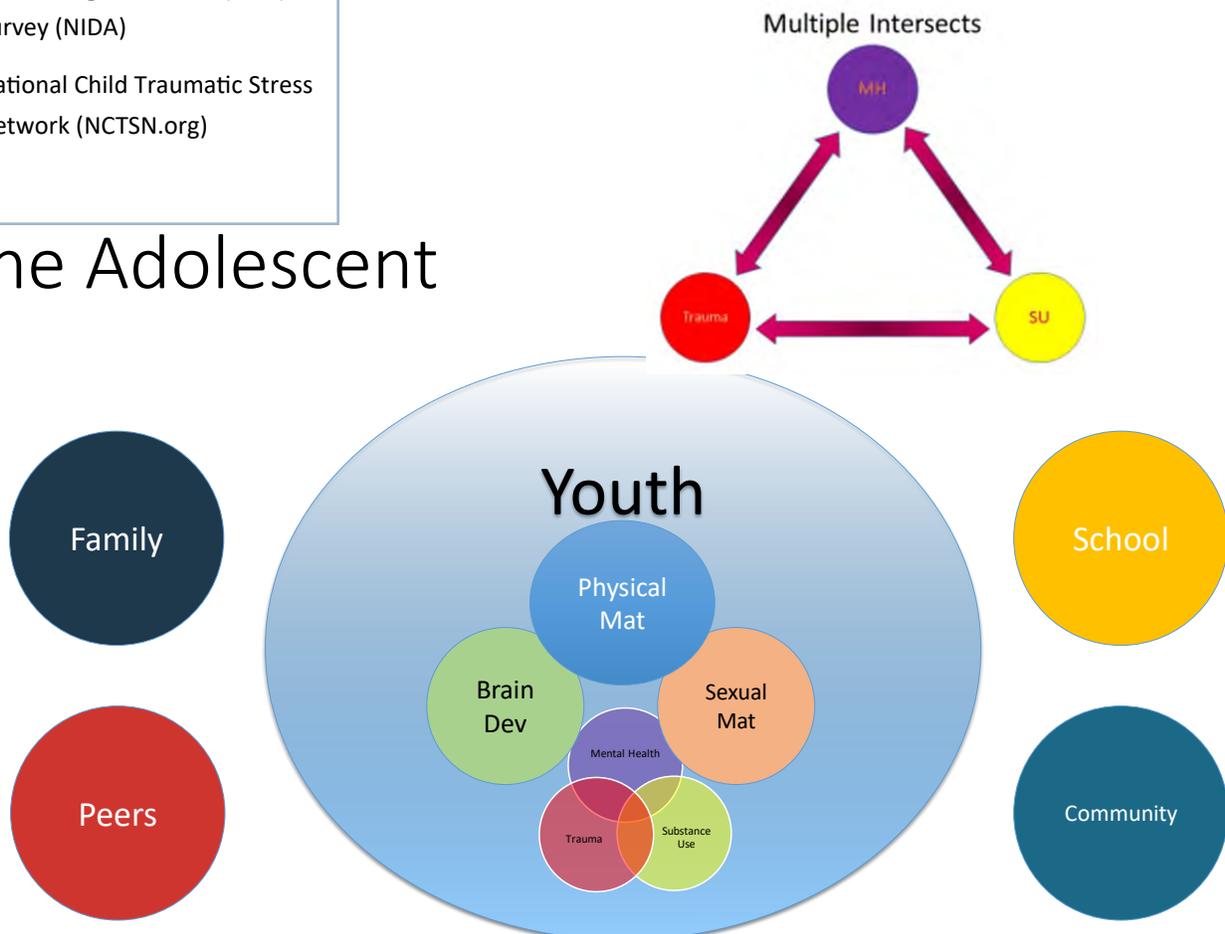
- From the National Academies of Sciences-Engineering-Medicine: The Promise of Adolescence, Realizing Opportunity for All Youth
- By Dr. van der Kolk: The Body Keeps the Score
- Monitoring the Future (MTF) Survey (NIDA)
- National Child Traumatic Stress Network (NCTSN.org)

## Adolescence: Developmental Expected Developmental Courses

- Brain
  - Extremely active period of brain development: growth of a large number of synapses and increased sensitivity to dopamine, followed by a later 'pruning' of connections toward a more efficient organization
  - Neuroplasticity of the adolescent brain increases the foundational impacts of trauma and substance use exposures: explaining how addictive behaviors can advance so rapidly in teens and young adults. *This neuroplasticity is also quite positive for the possibilities toward healthy (ier) alterations*
  - Cognitively: 'think' Piaget



## The Adolescent



# Intersecting Areas

Half of all lifetime experiences of mental illness start by the age of 14

(Kessler et al., 2005)

Mental Health

Per the NCS-A: Symptoms of externalizing disorders are common for youth – ODD @ 13%; CD @ 7%; AoD @ 11%; ADHD @ 9%  
(Merikangas et al., 2010)

Trauma

Substance Use

8-12% of American youth have experienced at least one sexual assault, and 9-19% have experienced physical abuse by a caregiver

(Saunders & Adams, 2015)

Alcohol is the most commonly used substance: 1 in 10 youth report binge drinking in last month. Vaping is a growing concern (12% current use)

(Johnston et al., 2018)



TA Network: System of Care Learning Communities

YouTube Channel:

[https://www.youtube.com/channel/UChv\\_Uxx6voAxByMxLQR5Atg](https://www.youtube.com/channel/UChv_Uxx6voAxByMxLQR5Atg)

Series devoted to Youth with Co-Occurring MH and SU

Michael Fox  
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