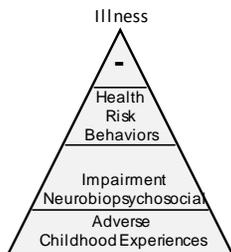


Better Health: Trauma-Informed

How do adverse experiences lead to illness?

Trauma-Informed

- Adverse experiences can lead to neuro-bio-psycho-social impairment which may also be managed with unhealthy coping, leading to negative behavioral and health outcomes (illness).
- When focusing on upper levels, consider screening the lower



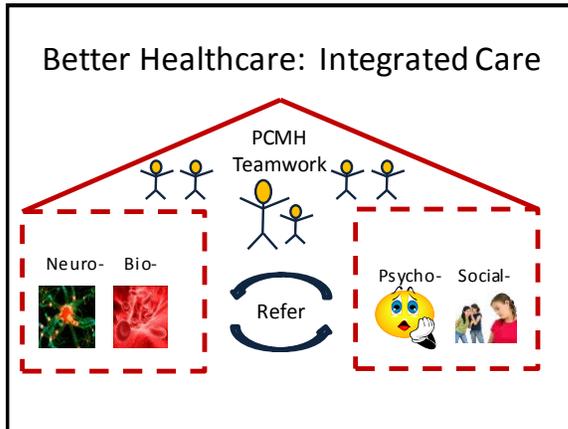
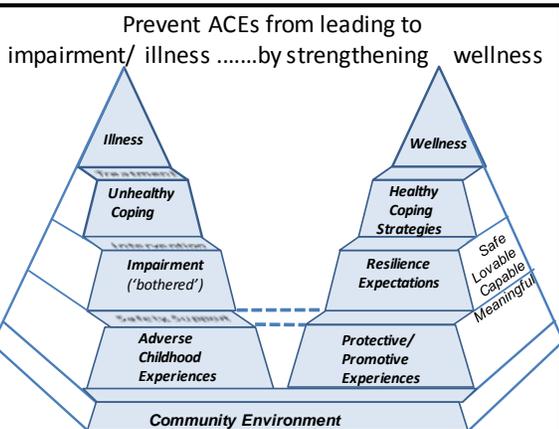
Better Health: Resilience-Informed

Why do most people with ≥ 4 ACEs *not* develop negative outcomes?

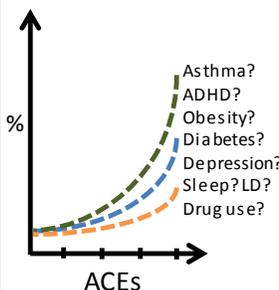


- Family and community Protective/Promotive experiences provide a foundation for...
- Resilience expectations (safe, lovable, capable, meaningful) which support learning & using...
- Healthy Coping Strategies, which can result in...
- Wellness

This thrives in context of safety, trust, personal goals, choices, and teamwork—which may be undermined by trauma (Harris & Fallot)



Better Cost: Integrated Care for chronic conditions in children



AD/HD	\$ 5 billion
Asthma	\$10 billion
Sleep	\$16 billion
Depression	\$34 billion
Diabetes	\$245 billion
Psych (youth)	\$247 billion

How much savings if ACEs prevented or not bothering?
Apply Population Attributable Fraction to above

Key Questions for Integrated Care to achieve "Triple Aim" of Better Health, Better Healthcare, at Better Cost

- How can medical services be better trauma-/resilience-informed?
- How can child traumatic stress (ACE) services be better health-informed?
- How can both services be better relationship-informed?
- How would children's health benefit from the above?
- How much money could be saved with how much investment in above?

