

Pediatric Resource on ACES for Families



Linda Chamberlain PhD MPH
Scattergood Foundation Scholar, 2012-13

Reviewers and Contributors

Editor

• **Martha Davis, MSS**

- Executive Director, Institute for Safe Families

•

• Reviewers:

• **Megan H Bair-Merritt, MD, MSCE**

- Associate Professor of Pediatrics
- Co-Director, Academic General Pediatrics Fellowship
- Johns Hopkins Children's Center

•

• **Julie Campbell, LCSW**

- Coordinator of Trauma Focused Projects
- Children's Crisis Treatment Center

•

• **Lonna Davis**

- Director of Children and Youth Program
- Futures without Violence

•

• **M. Denise Dowd, MD, MPH, FAAP**

- University of Missouri at Kansas City School of Medicine
- Division of Emergency Medicine
- AAP Chairperson, Medical Home for Children Exposed to Violence Project Advisory Committee

•

• **Joel Fein, MD, MPH**

- Professor, Pediatrics and Emergency Medicine
- The University of Pennsylvania Perelman School of Medicine
- Attending Physician, Division of Emergency Medicine
- The Children's Hospital of Philadelphia
- Director, The Philadelphia Collaborative Violence Prevention Center

•

• **Andrew Garner, MD, PhD, FAAP**

- University Hospitals Medical Practice
- Associate Clinical Professor of Pediatrics, Case Western Reserve University
- Chair, AAP Leadership Workgroup on Early Brain and Child Development

• **Christopher Greeley, MD, FAAP**

- AAP Member, Section on Child Abuse and Neglect Executive Committee

•

• **Rebecca Levenson**

- Senior Policy Analyst
- Futures without Violence

•

• **Leslie Lieberman, MSW**

- Director, Multiplying Connections
- The Health Federation of Philadelphia

•

• **Maria McColgan, MD, MEd**

- Assistant Professor of Pediatrics & Emergency Medicine
- Director, Child Protection Program
- St. Christopher's Hospital for Children
- Pediatric Advisor, Prevent Child Abuse PA

•

• **Teresa Olsen, MEd**

- Program Director, SCAN
- PA Chapter, American Academy of Pediatrics

•

• **Lee Pachter, DO**

- Chief, Section of General Pediatrics, Associate Chair for Community Pediatrics
- St. Christopher's Hospital for Children
- Professor, Pediatrics, Drexel University College of Medicine

•

Reviewers and Contributors

Janet F. Rosenzweig MS, PhD, MPA

- Prevent Child Abuse America
- Author of The Sex-Wise Parent

David Schonfeld, MD, FAAP

- Chair of Pediatrics and Professor of Pediatrics
- Drexel University College of Medicine
- Pediatrician in Chief, St. Christopher's Hospital for Children

Robert Sege, MD, PhD, FAAP

- AAP Member, Committee and Section on Child Abuse and Neglect

Patricia Sprague, MS

- Executive Director, Prevent Child Abuse Pennsylvania
- PA Chapter, American Academy of Pediatrics

Moira Szilagyi, MD, PhD, FAAP

- AAP Chairperson, Council on Foster Care, Adoption, and Kinship Care

Diane Wagenhals, MEd

- Institute for Family Professionals

Marcy Witherspoon, MSW, LSW – Philadelphia, PA

Special Consultant, Institute for Safe Families

Suzanne Yunghans

Executive Director, American Academy of Pediatrics PA Chapter

Focus groups with 15 African American parents (ages 19-63 years old) from Philadelphia Community College behavioral health class (high ACEs) who reviewed and provided invaluable feedback.

Why an Educational Resource on ACEs for Parents?

- Builds on ISF Partnering with Parents (PWP) platform
 - Help service providers and caregivers to understand how exposure to violence, including physical punishment, affects children
- Trauma-informed approach to meet parents where they are at in terms of their own life experiences
- Increase awareness, self-understanding and **hope**
- Effective prevention strategies are multi-contextual and multi-modal

Key Characteristics

- **Research- and practice-informed**
 - ACE Study, developmental neuroscience and biology of toxic stress
 - Resiliency
 - Social-emotional learning, attachment theory, and self-regulation skills
 - Parenting principles to minimize toxic stress and promote healthy brain development
- **Simple language to convey core concepts**
 - Avoid use of words that may be stigmatizing or unfamiliar (toxic stress, resiliency, “ACEs” etc.)

Key Characteristics

- Designed to look like an “App” with resources integrated throughout booklet
 - QR Codes for quick, electronic access
 - Everyday, practical strategies
- Positive approach to support parents and encourage skill-building for parents and children
- Emphasize practical strategies to reduce stress and promote resiliency for parents and children → “Dual Generation Approach”

Self-Assessment vs. Clinical Screening Tool

- Universal education with embedded self-assessment
 - As dialogue continues re: pediatric screening for ACEs, different approaches evolving
 - Informed by lessons learned with self-assessment for sensitive issues like domestic violence (DV)
 - USPSTF Systematic Evidence Review
 - Futures Without Violence Safety Card Approach
- Child abuse, neglect and exposure to DV discussed but lifted out of self-assessment
- Additional “emerging” ACEs added

Self-Assessment

Did you (before you were 18 years old) or your child live with someone wh

- -Was depressed, mentally ill or suicidal? (ACE Study)
- -Served time in jail or prison? (ACE Study)
- -Was a problem drinker or an alcoholic? (ACE Study)
- -Used illegal street drugs or abused prescription medications? (ACE Study)

•

Did you (before you were 18 years old) or has your child had any of these things happen:

- -Had a parent or guardian who died? (ACE Study; WHO ACE-IQ)
- -Heard or saw someone being stabbed or shot? (WHO ACE-IQ; Philadelphia Urban ACEs)
- -Placed in foster care? (Philadelphia Urban ACEs)
- -Bullied by other children? (WHO ACE-IQ; Philadelphia Urban ACEs)
- -Were you treated badly or unfairly because of something about you such as your race, sexual orientation, place of birth, disability, etc. (NSCH; Philadelphia Urban ACEs)
- -Punished or disciplined by being slapped, hit or spanked (PWP)
- -Punished or disciplined by being hit with a belt, paddle, brush or other object (PWP)

Building Blocks for Resiliency

- Questions about protective factors that parents may have experienced as children
- Incorporates content about resiliency and hope for adult survivors
- Focus on essential skills to promote resiliency with concrete examples for younger children and teens
 - Building healthy relationships
 - Empathy skills
 - Self-regulation
 - Self-esteem

Next Steps...

- Pilot use in variety of children-serving settings including pediatrics, early education, and child mental/behavioral health and adapt resource based on feedback
 - Shorter, 1st grade reading level version
 - Translate into an App?
 - Develop training module around resource for Alaska Department of Corrections inmate parenting programs
- Develop a companion amazing brain booklet that describes the capacity of the adult brain to change (It's Never Too Late)

IT'S ALL ABOUT TEAMWORK



You can go much further with a team than you can go alone (www.leaddoglessons.com)