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PANO Advancing Healthy Lifestyles

**Are SDOHs
Determinative?**

Implementing
Trauma-Responsive
Interventions for
Essential Health
Outcomes

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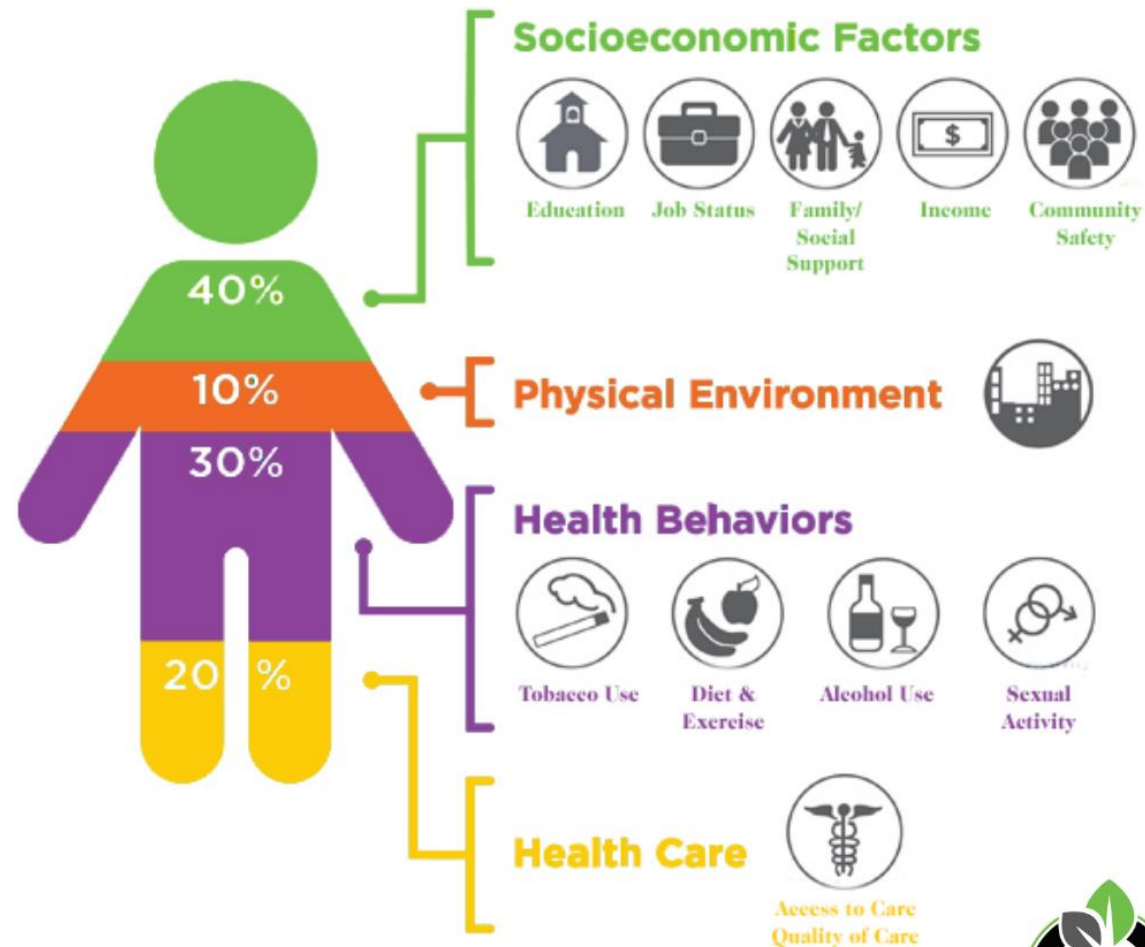
www.arttherapyway.com



Empowering Human Rights
in Healthcare Access,
Quality & Treatment

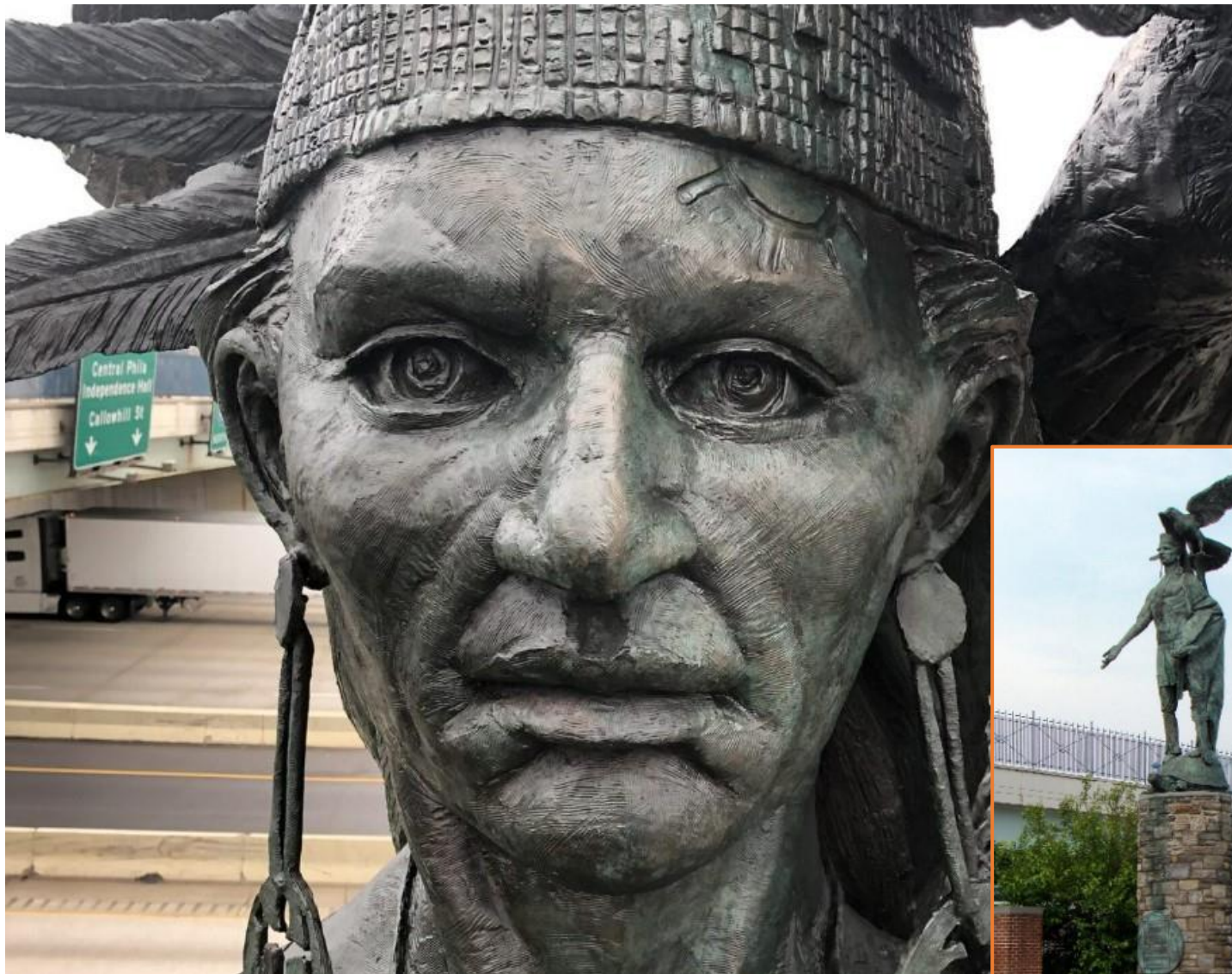
Equality
is a human right
and a powerful
healthcare
protective factor

What Goes Into Your Health?



Source: Institute for Clinical Systems Improvement, *Going Beyond Clinical Walls: Solving Complex Problems* (October 2014)





Lenni-Lenape Chief Tamanend

“Chief of the Chiefs,” “Tammany,”

(1628-1701)



Front & Market, Philadelphia
Artist: Raymond Sandoval
Installed: 1995

Tamanend is recorded as having said that the Lenni-Lenape and the English colonists would
**"live in peace as long as the waters run in the rivers and creeks
and as long as the stars and moon endure."**

IN CONGRESS, JULY 4, 1776.
A DECLARATION
BY THE REPRESENTATIVES OF THE
UNITED STATES OF AMERICA,
IN GENERAL CONGRESS ASSEMBLED.

WHEN in the Course of human Events, it becomes necessary for one People to dissolve the Political Bands which have connected them with another, and to assume among the Powers of the Earth, the separate and equal Station to which the Laws of Nature and of Nature's God entitle them, a decent Respect to the Opinions of Mankind requires that they should declare the causes which impel them to the Separation.

We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness—That to secure these Rights, Governments are instituted among Men, deriving their just Powers from the Consent of the Governed, that whenever any Form of Government becomes destructive of these

**“We hold these truths to be self-evident,
that all men are created equal”**

1776 Declaration of Independence, final wordage by Benjamin Franklin and Thomas Jefferson.

Did not include **women, slaves, or immigrants**



13 Million African people were kidnapped and trafficked to America

2 million died during
“The Middle Passage” (forced voyage, as “cargo”)

1780 London Coffee Shop Slave Auction Block
Front and Market Street, Philadelphia













Ebony magazine

*“I believe there is only one race
– the human race*

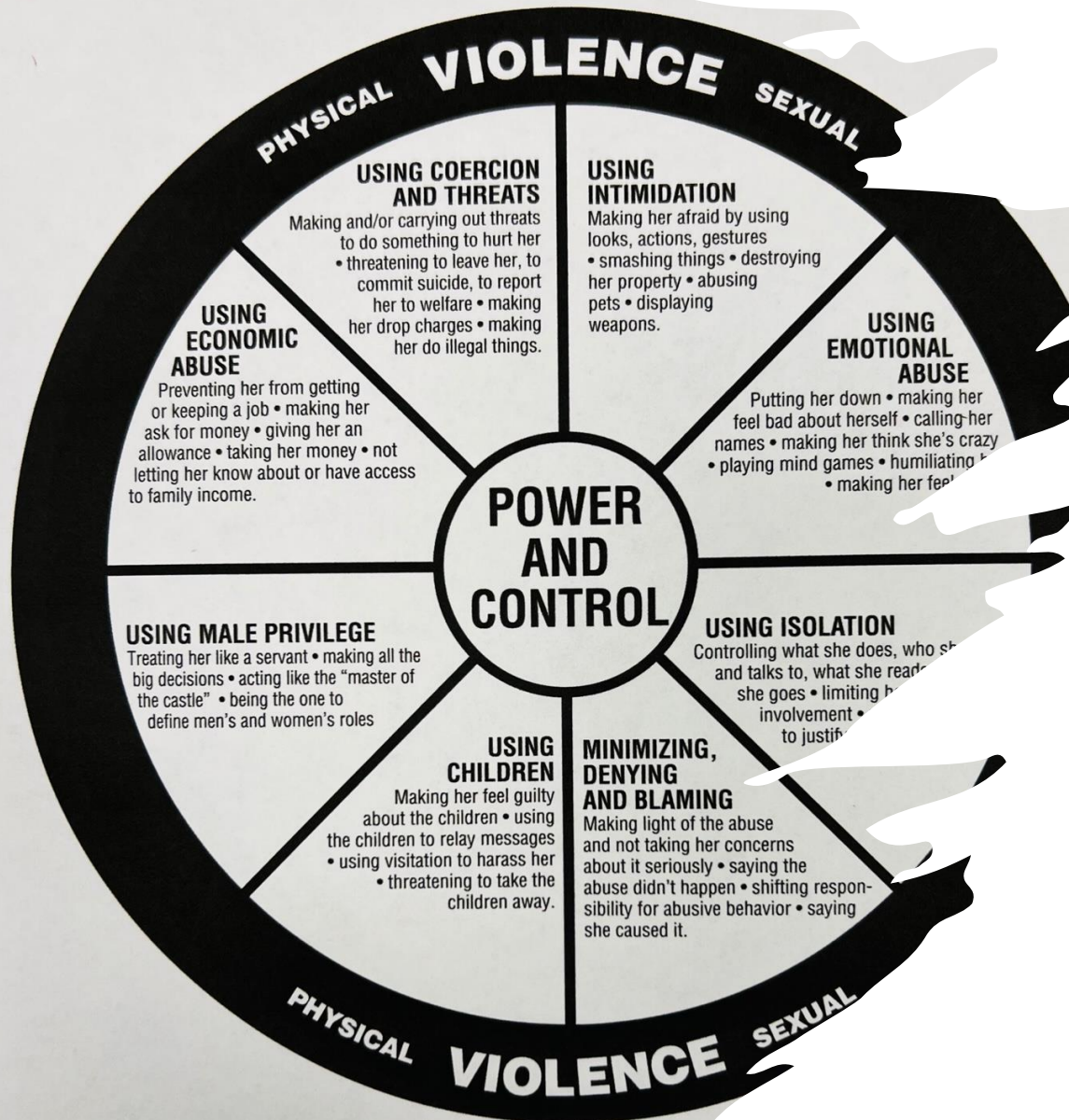
Rosa Parks

Year when whites become minority by age group:



Source: William H Frey analysis of U.S. Census population projections released March 13, 2018 and revised September 6, 2018

B Metropolitan Policy Program
at BROOKINGS



- Domestic Violence Intervention Programs
- The Duluth Model

WHAT DOES POWER AND CONTROL LOOK LIKE, SYSTEMICALLY & SYMPTOMATICALLY EXPRESSED?

IN POLICY AND PRACTICE, WHAT IS IN OUR POWER AND CONTROL AS HEALTHCARE PROVIDERS TO HEAL AND PREVENT INEQUALITY AS AN ETHICAL HEALTHCARE IMPERATIVE?

Plantation Rd

END



STATE OF DELAWARE



EXECUTIVE DEPARTMENT
DOVER

EXECUTIVE ORDER NUMBER TWENTY-FOUR

TO: HEADS OF ALL STATE DEPARTMENTS AND AGENCIES

RE: MAKING DELAWARE A TRAUMA-INFORMED STATE

WHEREAS, the Kaiser Permanente Adverse Childhood Experiences (ACEs) Study identified that childhood exposure to traumatic experiences increases the likelihood of physical and psychological illness later in life. Those childhood experiences are: physical, emotional, or sexual abuse; physical or emotional neglect; household dysfunction, including substance abuse, untreated mental illness, or incarceration of a household member; domestic violence; and separation/divorce involving household members; and

WHEREAS, a study published in September 2018 in the Journal of the American Medical Association Pediatrics – the largest ACEs study ever conducted, sampling over 200,000 adults across 23 states – documented that 25% of the respondents reported exposure to 3 or more ACEs and 16% were exposed to 4 or more ACEs, with higher exposures noted among: people of color; those who identified as gay, lesbian, or bisexual; those of lower economic means; and those with less than a high school education; and

WHEREAS, a 2015 survey of Delaware adults indicated that 14% were exposed to 4 or more ACEs and were: 8 times more likely to have been diagnosed with a mental health condition; nearly 7 times more likely to have been diagnosed with a substance abuse problem; and 4.6 times more likely to be in fair or poor health; and

WHEREAS, Delaware's ACEs data indicated that 23% of children from birth to age 18 were exposed to 2 or more ACEs, and that those children were 5 times more likely to be reported in fair or poor health; and

WHEREAS, a recent study by the Centers for Disease Control and Prevention found that the average lifetime cost for each victim of abuse and neglect was \$210,012, including child and adult healthcare costs, and productivity losses. The lifetime costs associated with just one year of confirmed cases of child maltreatment was approximately \$124 billion; and

WHEREAS, research has shown that prevention of prolonged exposure to toxic stress, early intervention, trauma-specific treatment, and building resilience of children and families –

WHAT ARE ACES?

Adverse Childhood Experiences

physical, emotional and sexual abuse; physical and emotional neglect; living with a family member who's addicted to alcohol or other substances, or who's depressed or has other mental illnesses; experiencing parental divorce or separation; having a family member who's incarcerated, and witnessing a mother being abused

**14-16% of
Delawareans
have 4 or more
ACES**

**1 in 5, that's 20% of
Delaware's school
children struggle with
mental health issues.**

Other Trauma Includes:

racism, witnessing violence outside the home, bullying, homelessness, living in an unsafe neighborhood, and involvement with the foster care system. (Former foster youth suffer from PTSD at double the rate of combat veterans, where 1 in 5 suicides is a Veteran).

Communities can prevent and heal these negative exposures!

4 or More ACEs Increase
the Development of

Depression

by 4x

4 or More ACEs Increase
the Development of
4 or More ACEs Increase
the Chance of a

Suicide
Attempt by
1200%

4 or More ACEs Increase
the Development of

Alcoholism

by

740%

4 or More ACEs Increase
the Development of

Drug
Abuse by
1000%

**The lifetime
cost of 1 type
of trauma, is
\$210,000 over the
victim's lifetime**

in health care costs,
child Welfare costs,
special education,
lost productivity,
criminal justice costs

1 in 3 girls &

1 in 5 boys

will be sexually abused
before the age of 18.

95% of sexual

abuse is

preventable!

Subsequent ACE Studies included:

Racism, gender discrimination,
witnessing a sibling being abused,
community violence, domestic violence,
bullying, foster care, living in a war zone,
losing a family member to deportation

3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



Acestoohigh.com

PACEs Connection thanks **Building Community Resilience Collaborative and Networks** and the **International Transformational Resilience Coalition** for inspiration and guidance. Please visit PACEsConnection.com to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

PACEs
Connection



[Marc.healthfederation.org](https://marc.healthfederation.org)

[Tools & Inspiration](#)

[Communities](#)

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MOBILIZING ACTION FOR RESILIENT COMMUNITIES

Across the United States, cross-sector networks are using the science of adverse childhood experiences (ACEs), trauma, and resilience—collectively called “ATR”—to build thriving and equitable communities.

These ATR networks are making a difference.
Yours can too.

Discerning Overlapping 'Physical' and 'Mental Health' Diagnoses in ICD-10 and DSM-V

Situational, Progressive, Determinative?

ACE Protective Factors We Can Build

1. I believe that my mother loved me when I was little.

Definitely true Probably true Not sure Probably Not True Definitely Not True

2. I believe that my father loved me when I was little.

3. When I was little, other people helped my mother and father take care of me and they seemed to love me.

4. I've heard that when I was an infant someone in my family enjoyed playing with me, and I enjoyed it, too.

5. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.

6. When I was a child, neighbors or my friends' parents seemed to like me.

7. When I was a child, teachers, coaches, youth leaders or ministers were there to help me.

8. Someone in my family cared about how I was doing in school.

9. My family, neighbors and friends talked often about making our lives better.

10. We had rules in our house and were expected to keep them.

11. When I felt really bad, I could almost always find someone I trusted to talk to.

12. As a youth, people noticed that I was capable and could get things done.

13. I was independent and a go-getter.

14. I believed that life is what you make it.

The Resilience Questionnaire for Individuals:

www.traumainformedcareproject.org

1. I believe that my mother loved me

Definitely true

Probably true

Not sure

Probably not

2. I believe that my father loved me w



PROTECTIVE FACTORS SURVEY

Page 1

Part I. Please *circle* the number that describes how often the statements are true for you or your family. The numbers represent a scale from 1 to 7 where each of the numbers represents a different amount of time. The number 4 means that the statement is true about half the time.

	Never	Very Rarely	Rarely	About Half the Time	Frequently	Very Frequently	Always
1. In my family, we talk about problems.	1	2	3	4	5	6	7
2. When we argue, my family listens to "both sides of the story."	1	2	3	4	5	6	7
3. In my family, we take time to listen to each other.	1	2	3	4	5	6	7
4. My family pulls together when things are stressful.	1	2	3	4	5	6	7
5. My family is able to solve our problems.	1	2	3	4	5	6	7

Part II. Please *circle* the number that best describes how much you agree or disagree with the statement.

	Strongly Disagree	Mostly Disagree	Slightly Disagree	Neutral	Slightly Agree	Mostly Agree	Strongly Agree
6. I have others who will listen when I need to talk about my problems.	1	2	3	4	5	6	7
7. When I am lonely, there are several people I can talk to.	1	2	3	4	5	6	7

Caregivers'
Protective Factors Survey:

www.friendsnrc.org

PCL-5

Over the past month, how much were you bothered by:	Not at all	A little bit	Moderately	Quite a bit	Extremely
1. Thinking about, remembering, or reliving disturbing, and unwanted memories of the stressful experience?	0	1	2	3	4
2. Having frightening, upsetting, or disturbing dreams of the stressful experience?	0	1	2	3	4
3. Feeling or acting as if the stressful experience were actually happening again (as if you were actually back there reliving it)?	0	1	2	3	4
4. Feeling very upset when something reminded you of the stressful experience?	0	1	2	3	4
5. Having strong physical reactions when something reminded you of the stressful experience (for example, heart pounding, trouble breathing, sweating)?	0	1	2	3	4
6. Avoiding memories, thoughts, or feelings related to the stressful experience?	0	1	2	3	4
7. Avoiding external reminders of the stressful experience (for example, people, places, conversations, activities, objects, or situations)?	0	1	2	3	4
8. Trouble remembering important parts of the stressful experience?	0	1	2	3	4
9. Having strong negative beliefs about yourself, other people, or the world (for example, having thoughts such as: I am bad, there is something seriously wrong with me, no one can be trusted, the world is completely dangerous)?	0	1	2	3	4
10. Blaming yourself or someone else for the stressful experience or what happened after it?	0	1	2	3	4
11. Having strong negative feelings such as fear, horror, anger, guilt, or shame?	0	1	2	3	4
12. Loss of interest in activities that you used to enjoy?	0	1	2	3	4
13. Feeling distant or cut off from other people?	0	1	2	3	4
14. Trouble experiencing positive feelings (for example, being unable to feel happiness or have loving feelings for people close to you)?	0	1	2	3	4
15. Irritable behavior, angry outbursts, or acting aggressively?	0	1	2	3	4
16. Taking too many risks or doing things that could cause you harm?	0	1	2	3	4
17. Being "superalert" or watchful or on guard?	0	1	2	3	4
18. Feeling jumpy or easily startled?	0	1	2	3	4
19. Having difficulty concentrating?	0	1	2	3	4

PROTECTIVE COMMITMENTS in PRACTICE

Objectively Meet Patients Where they Are & Empower Their Right to Self-determination

Do Not Make Assumptions about The Impact of Trauma (Iatrogenic Harm)

Teach Metrics (Psychoeducation) about Symptoms, Healing Process, and Preventive and Protective Factors, so patients know they are alone, and intentional ways forward

Deeply Care. Show your patients they truly matter, their circumstances and health matter.



“One person can change the world.”

The United States Congress honored her as "the first lady of civil rights" and "the mother of the freedom movement."

Rosa Parks



**“as long as
the waters
run in the
rivers and
creeks
and as long
as the stars
and moon
endure.”**