

WELCOME TO



## **Adverse Childhood Experiences 101**

March 16, 2021

2:30pm

# ABOUT THE PRESENTER



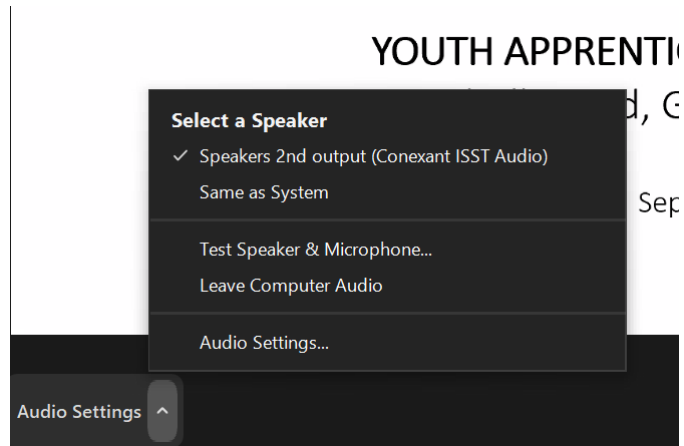
**Michael Shirley**

Director of Community & Workforce Development  
Children's Trust of South Carolina

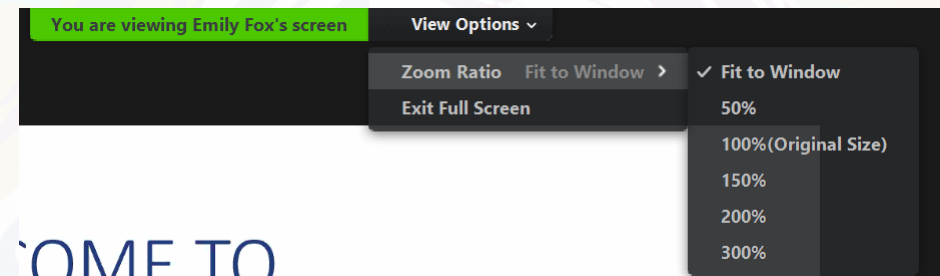


# ZOOM WEBINAR

## Audio

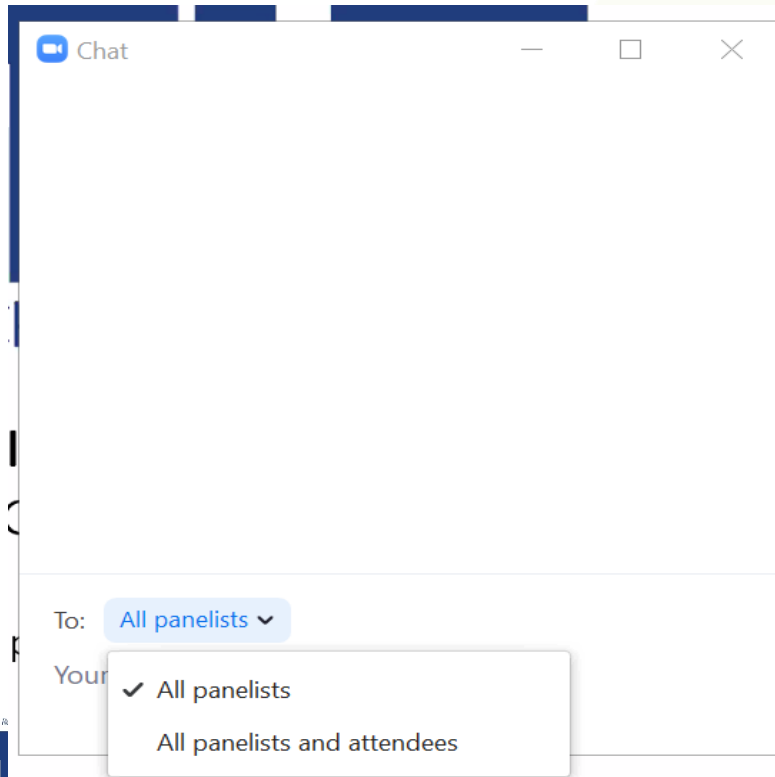


## Video

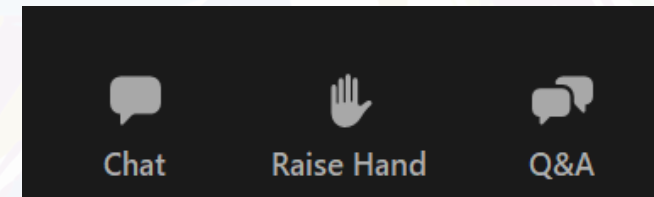


# ZOOM WEBINAR

## Chat



## Raise Hand and Q&A



# Adverse Childhood Experiences 101

South Carolina's plan to reduce ACEs and build positive childhood experiences.

**Michael Shirley**

*Director of Community and Workforce Development*

Children's Trust of South Carolina



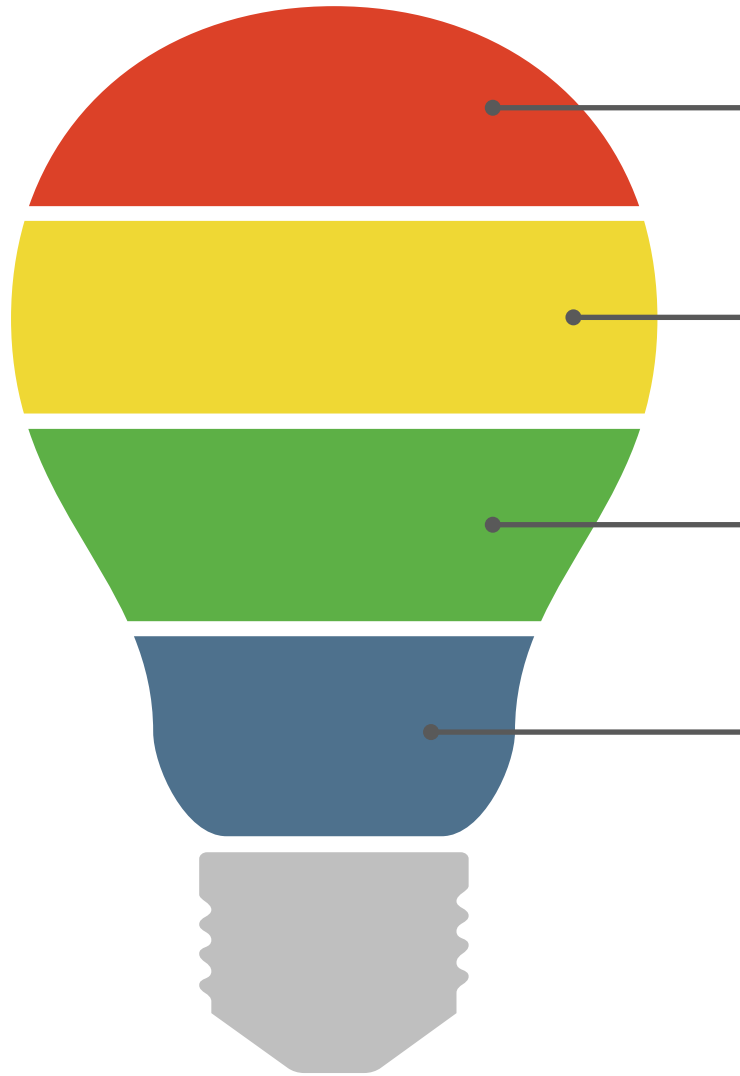
# Today's Agenda

---

- 1 **Brief Children's Trust Overview**
- 2 **Neuroscience and Epigenetics**
- 3 **South Carolina ACE Data**
- 4 **Building Resilience**



# Status Check



## Red

Feeling totally overloaded, stressed. Need support to change status.

## Yellow

Juggling many things. Difficult to focus beyond main priorities but managing.

## Green

Feeling positive and balanced. Have mental space to reflect and assess.

## Blue

Feeling sad, depressed, grief, fear or loss of control.





# About Children's Trust

---

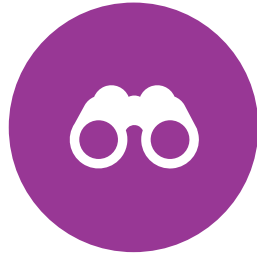
Children's Trust of South Carolina is the statewide organization focused on the prevention of child abuse and neglect. We provide funding, resources and training to help local program partners build strong families and positive childhoods.

# Building a Better South Carolina



## Our Mission

Strengthening families, organizations and communities to prevent child abuse and neglect.



## Our Vision

A South Carolina where every child thrives.





# How We Prevent Abuse and Neglect

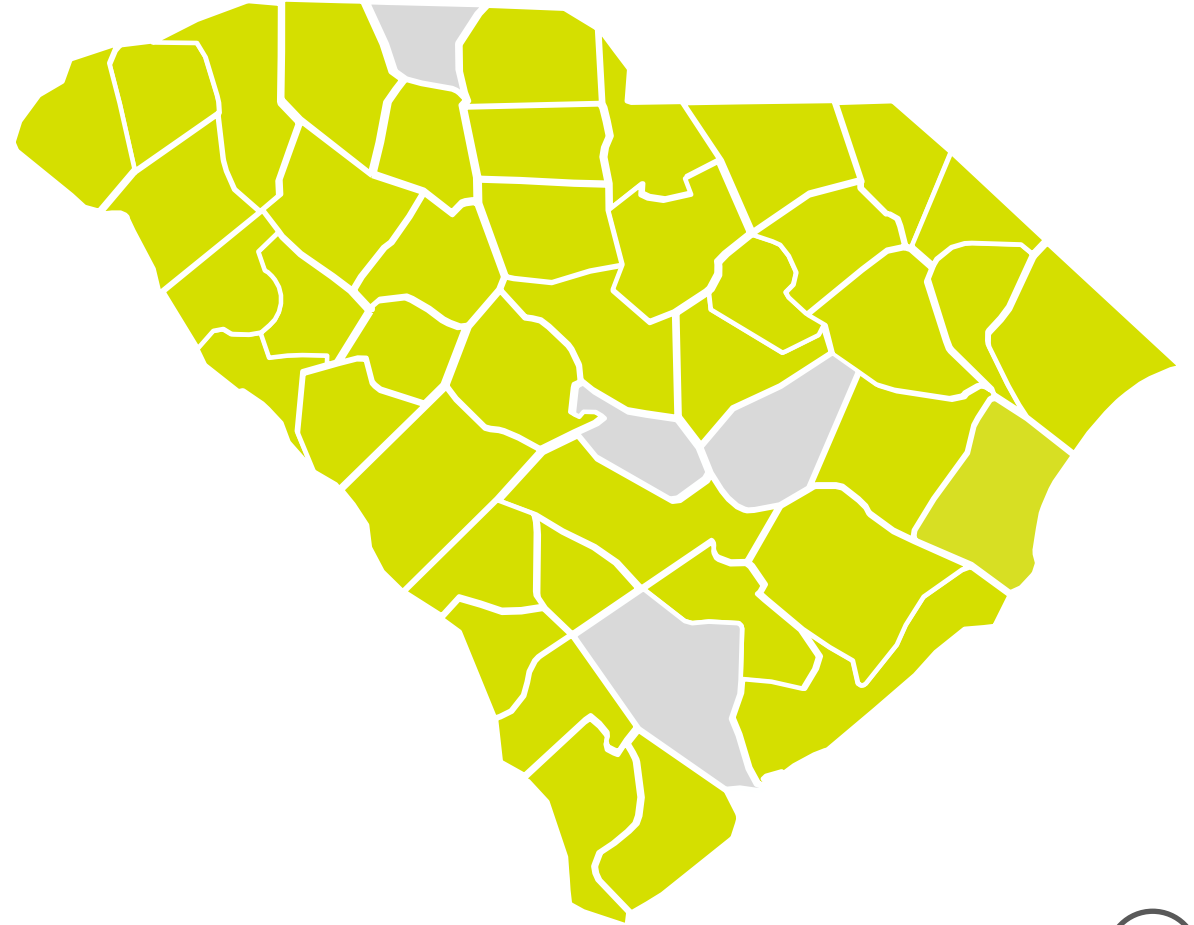
---



# Proven Prevention Programs at Work

## Serving 42 of 46 Counties

- **Home Visiting:** Early intervention programs that work with young children and their families
- **Strengthening Families Program:** Helps parents and children work better together with practical tools for reducing conflict
- **Triple P (Positive Parenting Program)** managed through local coordinating agencies, it offers strategies and interventions for parenting to help their children's behavior





# Child Abuse Prevention Month

---

Help every April,  
Children's Trust shares  
Pinwheels for Prevention,  
the national symbol of  
child abuse prevention







CHILDREN'S TRUST OF SOUTH CAROLINA  
**BUILDING HOPE  
FOR CHILDREN**  
CONFERENCE 2021

# A New Way Forward

Thriving Families and Communities

## Keynote Speakers



**Anton Gunn,  
MSW**

*Author, Health Care Expert  
and Leadership Speaker*



**Linda Chamberlain,  
Ph.D., MPH**

*Epidemiologist, Author,  
Professor and Dog Musher*



**Angela Davis,  
Ph.D., MA**

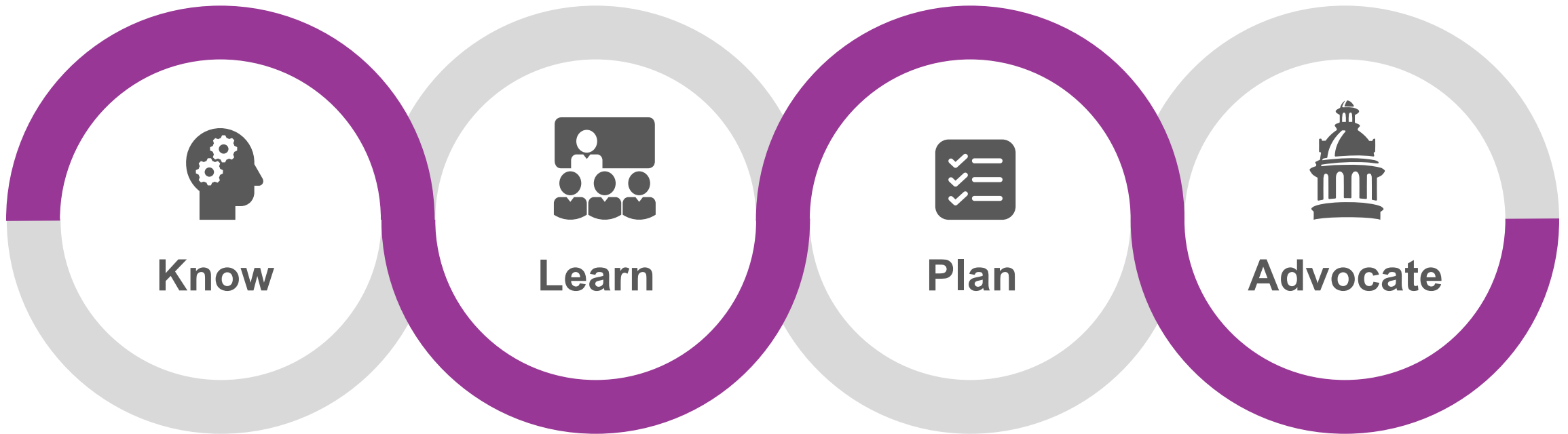
*Feminist, Social Activist,  
Professor, and Writer*

Virtual Conference

## March 23-25

[fbcinc.com/bhcc](https://fbcinc.com/bhcc)

# S.C. Adverse Childhood Experiences (ACEs) Initiative



# Understanding N.E.A.R.







# Brain architecture depends on three mutual influences



## **Genetics**

Inherited but not  
destiny



## **Environments**

Our  
surroundings



## **Experiences**

Interactions with  
others

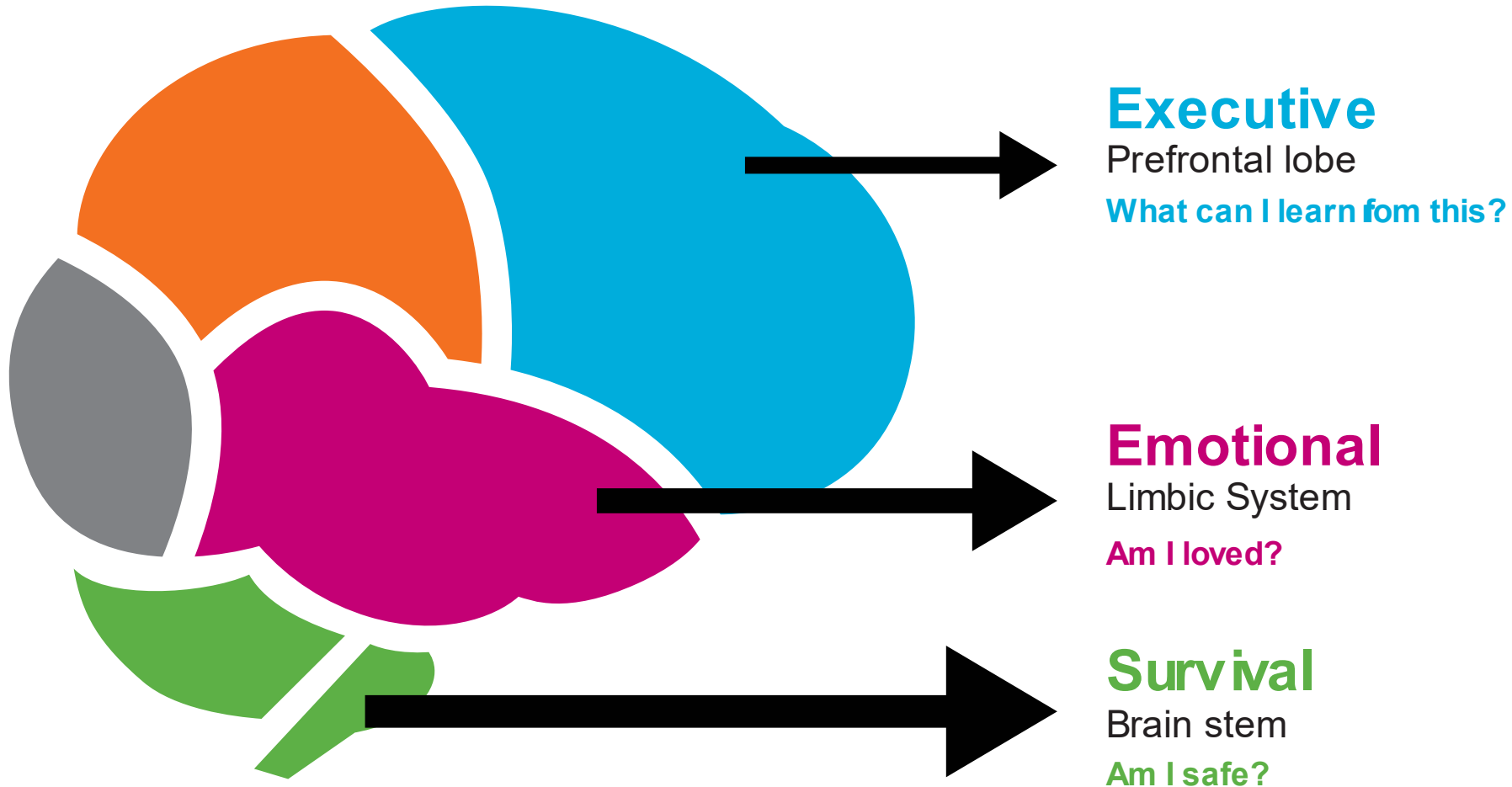


## Brains are built in stages

- Simple circuits -> more complex
- It's crucial to build a strong foundation throughout early childhood, starting prenatally
- Kids can't build strong brain architecture on their own



# Basic Brain Functions



# The Role of Toxic Stress



**Positive**

Brief increases in heart rate, mild elevations in stress hormone levels. Examples: Meeting new people, first day of school.

**Tolerable**

Serious, temporary stress responses, buffered by supportive relationships. Examples: Death in the family, surviving a natural disaster.

**Toxic**

Prolonged activation of stress response systems in the absence of protective relationships. Examples: Neglect, abuse, violence.



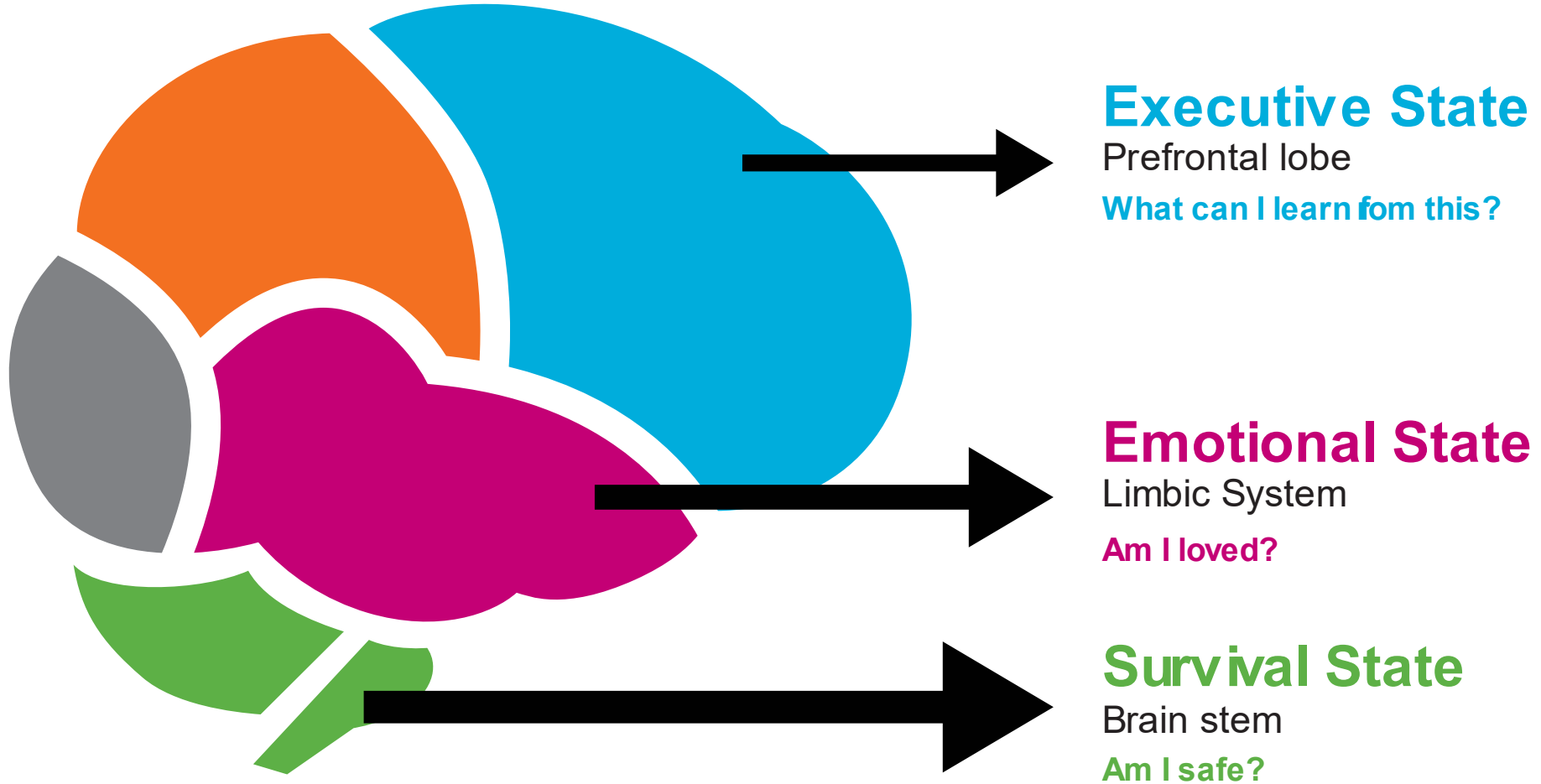


## Typical Response to Stress

- Body
- Mind
- Emotions



# Brain States







**“When biology collides  
with social expectations  
we run into trouble.”**

**– Dr. Martin Teicher**

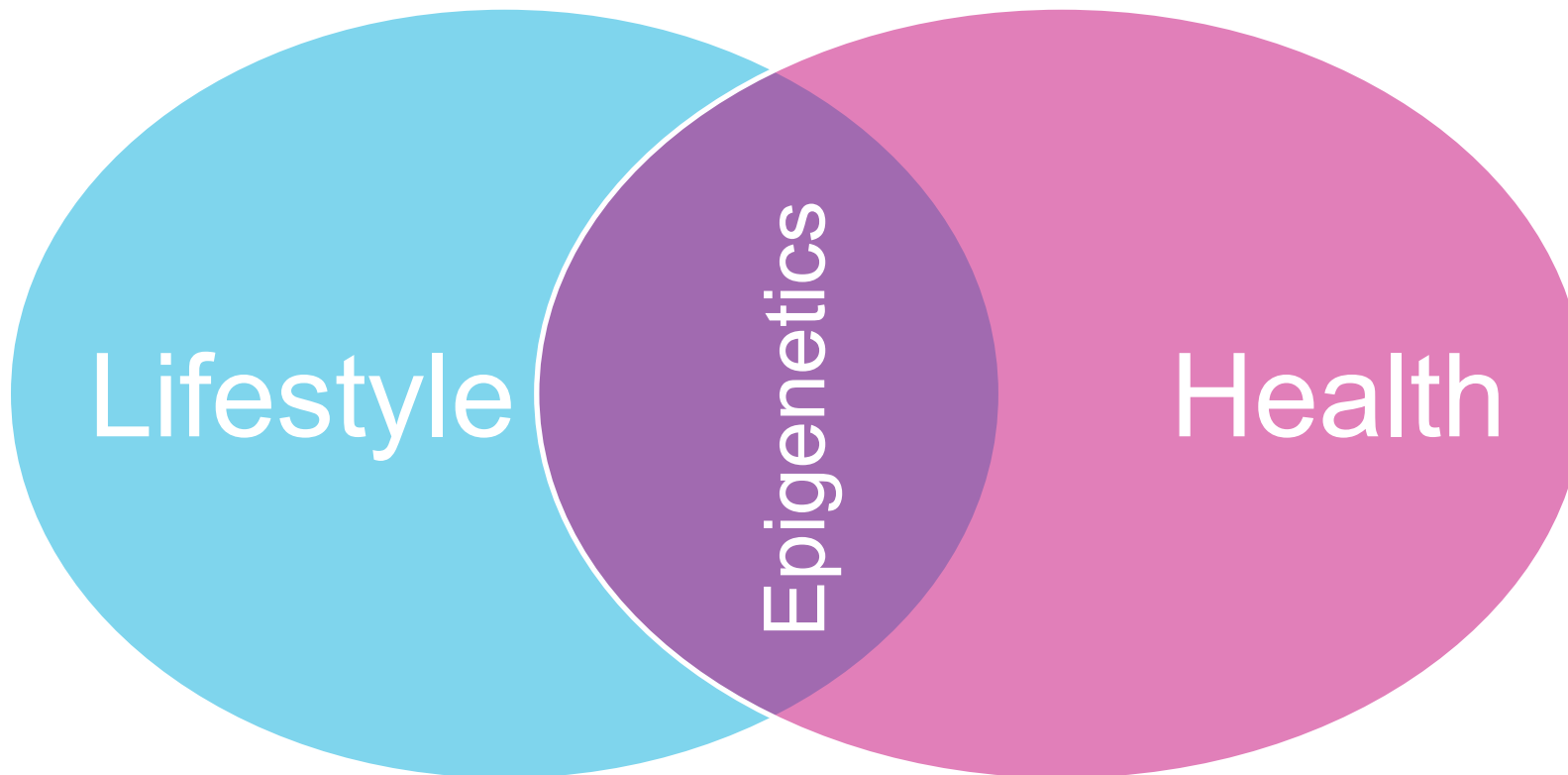




*"epi-what?"*

# EPI-GENETICS!

A relatively new field, that's causing quite the buzz in the scientific community



# The Power of Brain Science



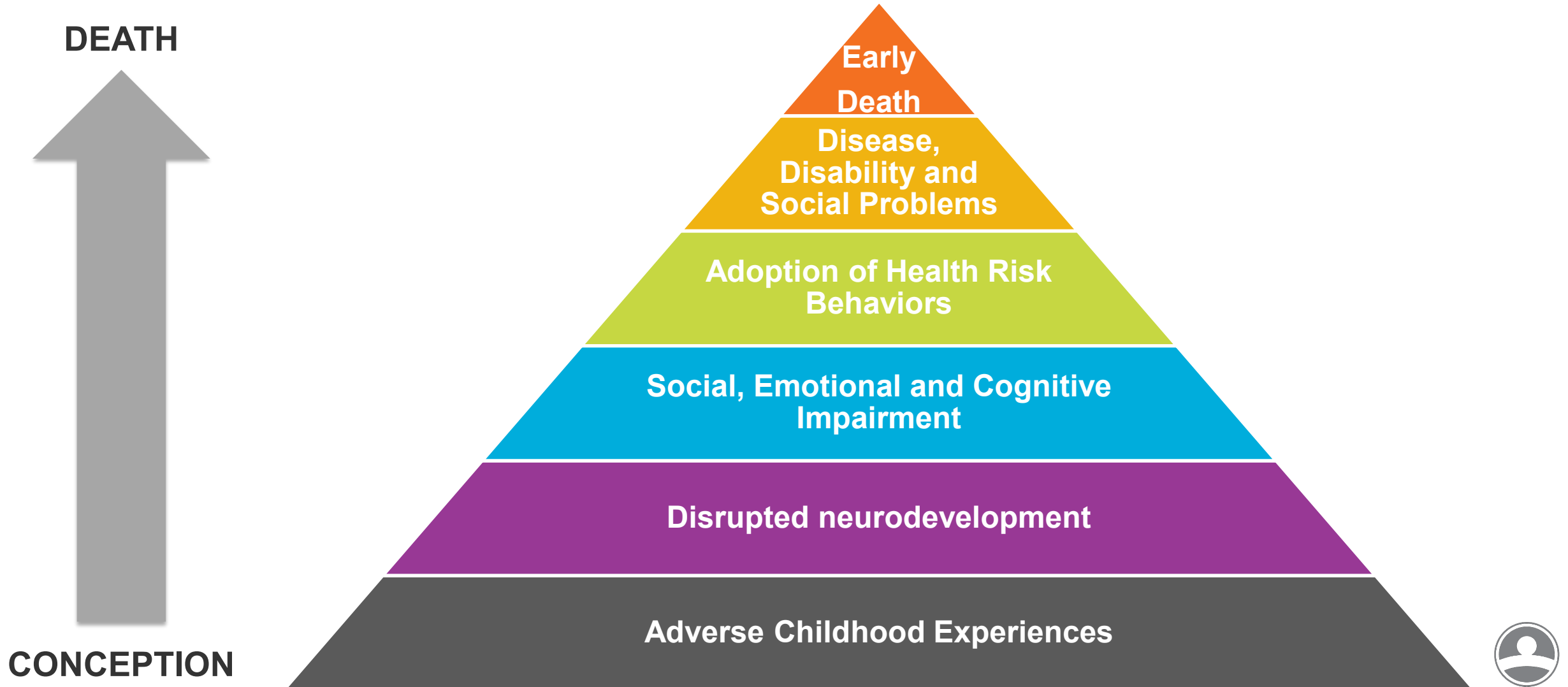
**“The beauty of epigenetics is that it’s reversible, and the beauty of the brain is that it’s plastic.”**

# Dr. Margaret McCarthy





# The ACE Study



# ACE Survey Items

Household Dysfunction	Abuse	Neglect
Substance Use	Physical	Physical Emotional
Mental Illness	Emotional	
Domestic Violence	Sexual	
Separation/Divorce		
Incarceration		



# Key Findings of CDC – Kaiser ACE Study

**Common**

63%

**Interrelated**

87%

**Powerful**

Dose-response



# ACEs Root Cause of Health Outcomes





# Resilience Survey Activity



A dark gray rectangular box containing four white checkmarks, each followed by two horizontal lines, representing a checklist or survey form.



# South Carolina ACE Data



Three in five  
South Carolinians  
report ACEs

60%



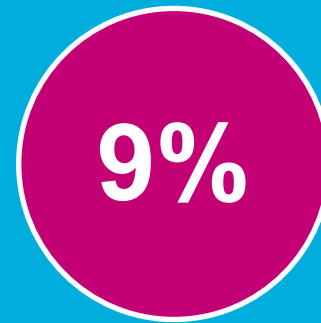
# Of those South Carolinians who report ACEs



Report one ACE



Report two ACEs



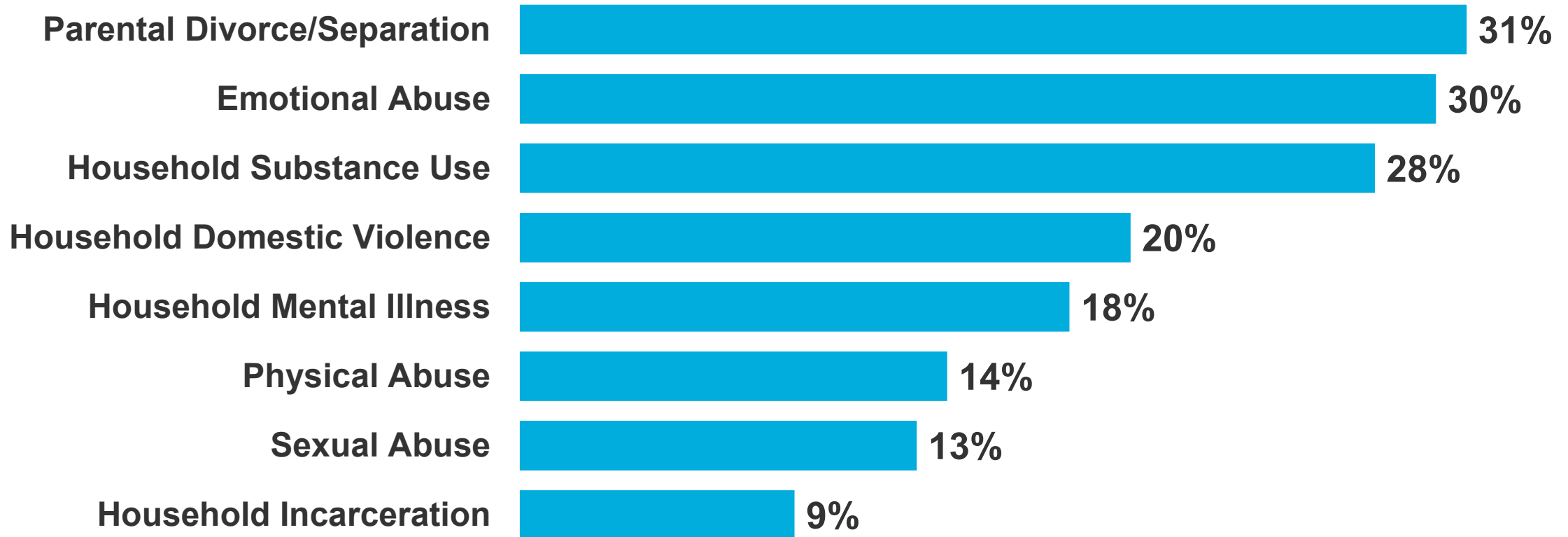
Report three ACEs



Report four or more ACEs



# ACEs are common in South Carolina



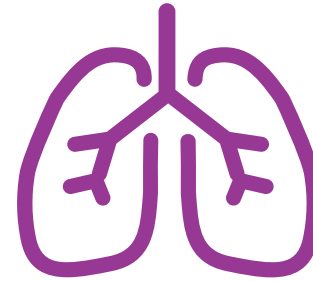
# To understand the impact of ACEs, we can examine their links to:



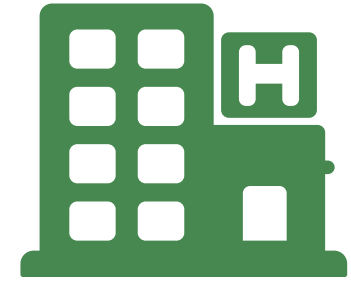
Risk  
Behaviors



Mental  
Health



Chronic  
Disease



Healthcare  
Access





## Risk Behavior Context

- ACEs are strongly linked to engagement in healthy behaviors
- Highlights the role of risk behaviors as a way of coping from adversity
- May provide insight on early intervention opportunities as risk behavior adoption most commonly occurs in young adulthood



# South Carolinians who engage in risky behaviors also report high rates of ACEs





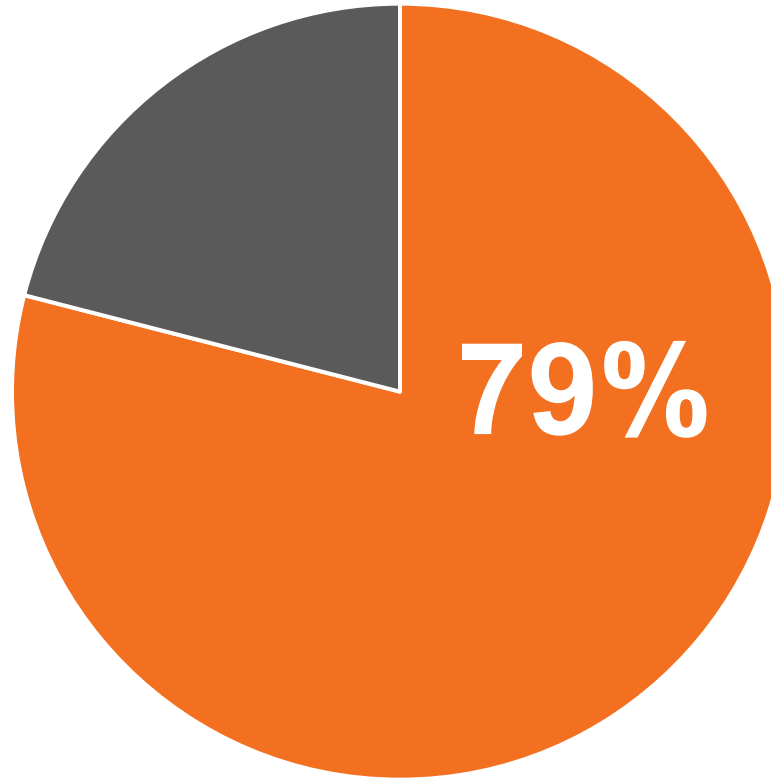


## Mental Health Context

- ACEs are linked to disrupted neurodevelopment, which increases risk for mental health problems
- Depression causes poor physical, social, and role functioning
- Individuals have worse perceived health and more severe physical pain
- Linked to chronic health conditions and early death



More than a majority of South Carolinians who report **depressive disorder** also report ACEs.



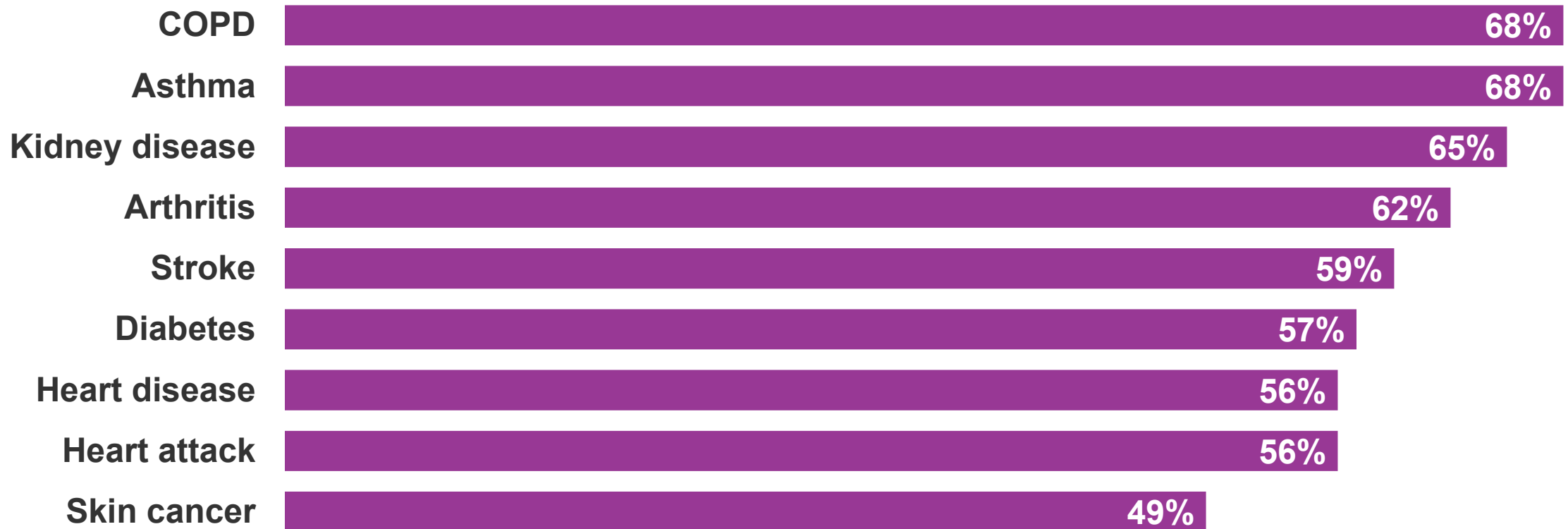


## Chronic Disease Context

- Strong research linking ACEs to health outcomes
- \$1.3 trillion annually lost in productivity and healthcare costs
- 2/3 of deaths in the U.S. is caused by chronic disease such as: Heart disease, stroke, cancer, kidney disease, pulmonary conditions
- ACEs prevention → prevention of chronic diseases



# South Carolinians who report **chronic physical health conditions** also report high rates of ACEs





## Healthcare Access Context

- ACEs is linked to less health care coverage
- Less is known about health care access and ACEs
- Understanding health care access among those who have experienced ACEs can assist in early intervention and prevention opportunities (e.g. screenings, supports for caregivers, mental health treatment)



South Carolinians who report **lack of access to healthcare** also report high rates of ACEs.





## Interrelatedness gives us more insight on prevention

- Interrelated means “to occur together”
- Interrelated is measured by looking at prevalence of additional ACEs and odds ratios
- Odds ratios are the probability that one type of ACE will occur given exposure to another





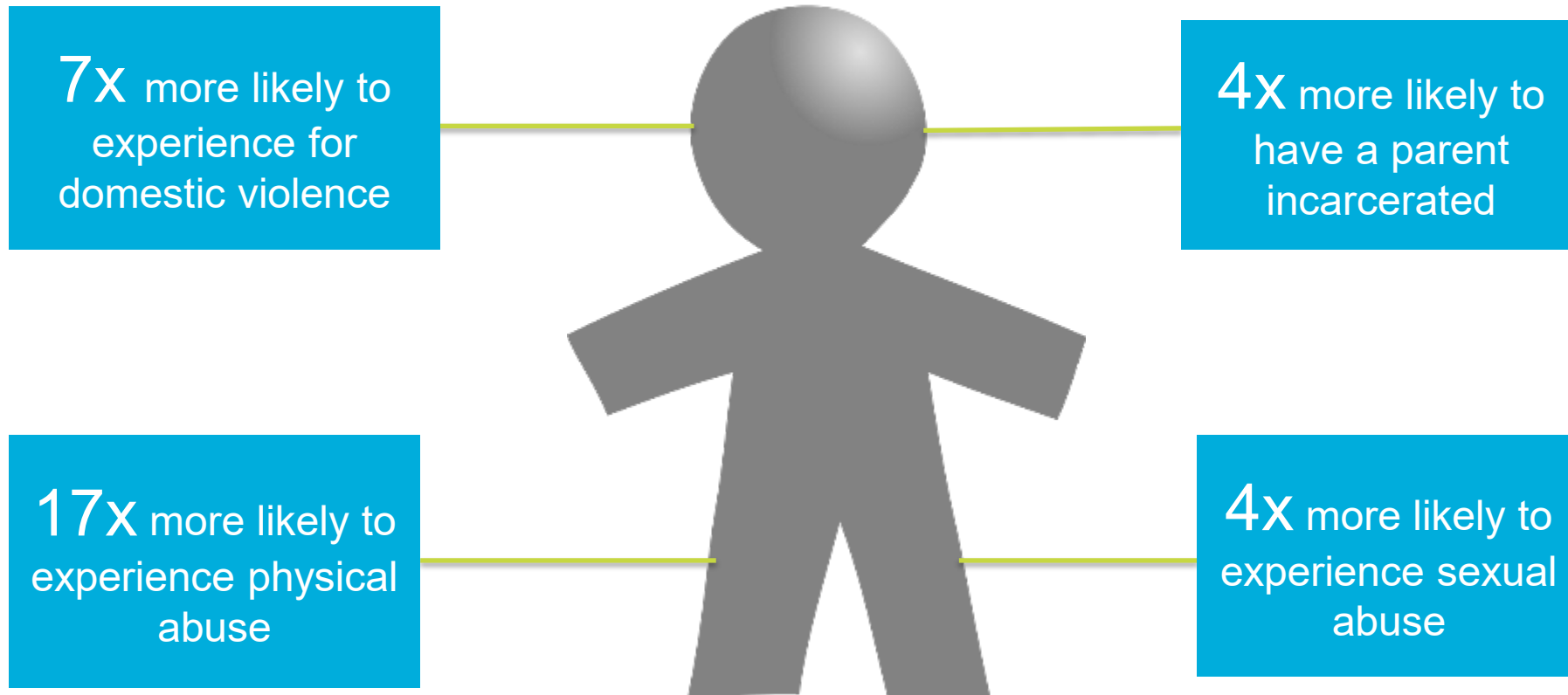
88%

Of the South Carolinians  
who reported ACEs, 88%  
reported more than one  
ACE.

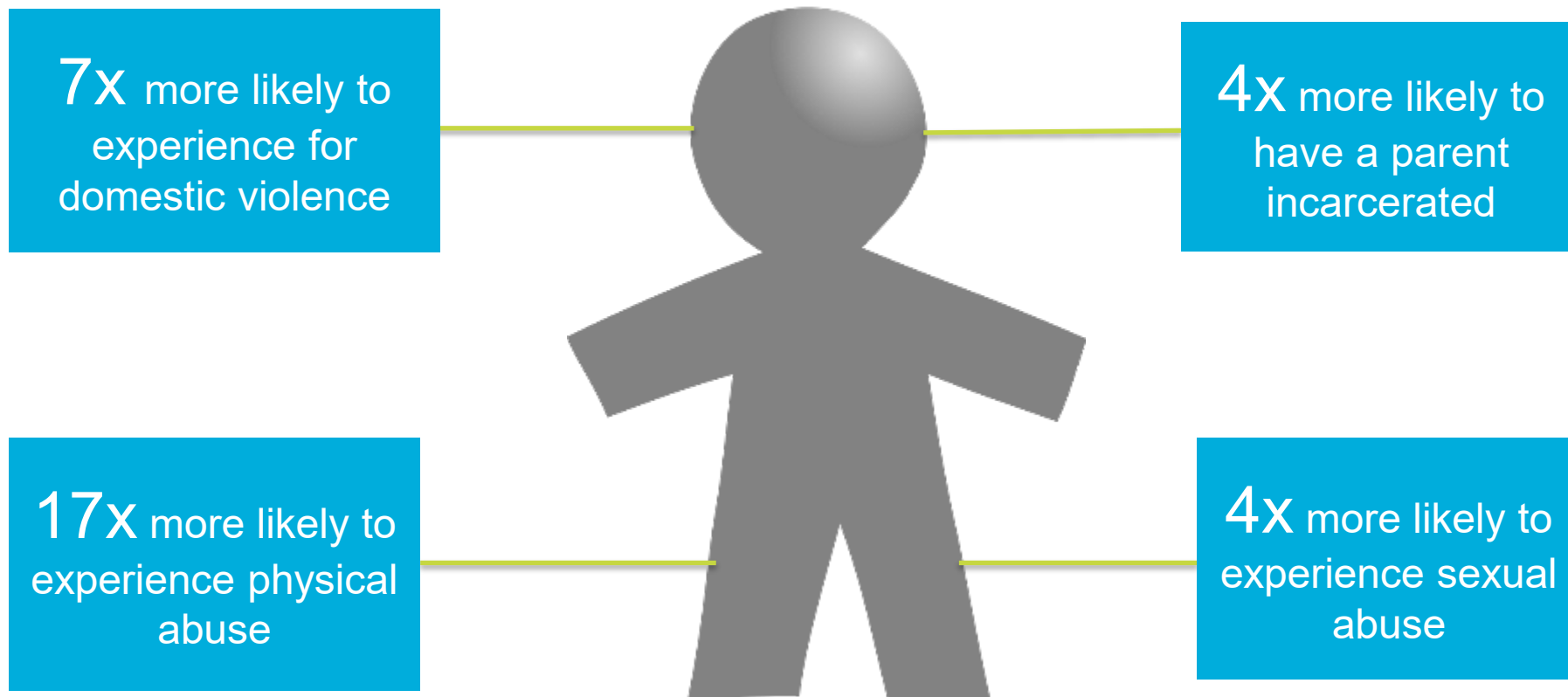




# When a person reports substance use in their household during childhood, they are



# When a person reports emotional abuse in their childhood, they are



# South Carolina Data Resources



# ACEs are common, interrelated, powerful



**High ACE scores  
in population**



**Increased risk of  
multiple health and  
social problems**



**Opportunity for  
prevention**



# **Building Resilience in South Carolina**



# Resilience

Defined as the “ability to overcome the effects of ACEs through effective stress responses ”

A light blue downward-pointing arrow with a white outline, indicating a flow from the definition to the next point.

Presence of resilience reverses the negative effects of toxic stress has on brain development

A light blue downward-pointing arrow with a white outline, indicating a flow from the previous point to the next.

Built through positive experiences in childhood or protective factors





# Three Keys to Resilience



**Positive  
Self-view**



**Safe, stable  
Relationships**



**Supportive  
Community**



# Protective factors build resilience



**Share** resources that allow families to meet their basic needs



**Build** resilience through learning skills needed to manage stress and nurture children



**Grow** positive outcomes by knowing the importance of individual development



**Support** children and families through positive relationships



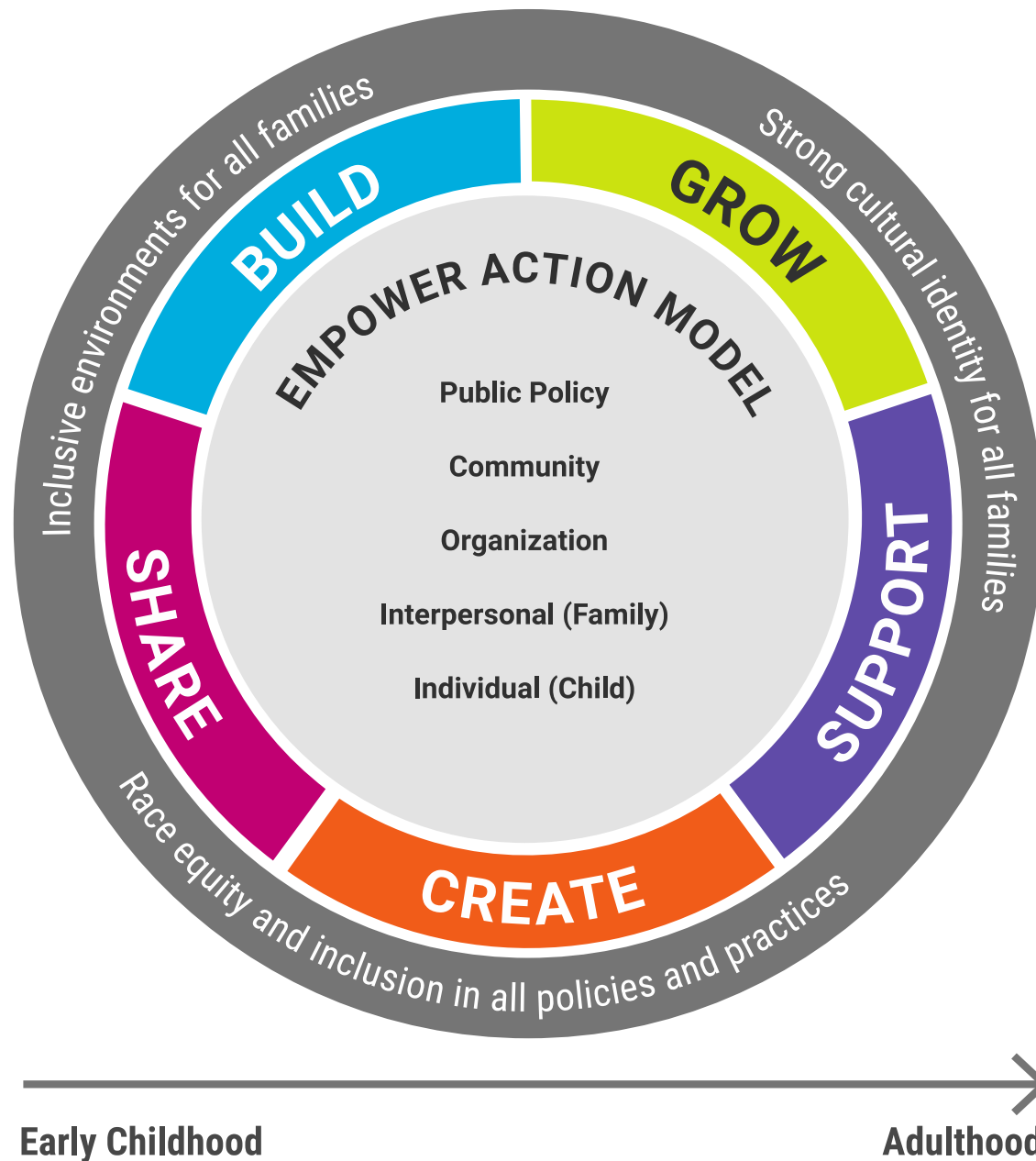
**Create** positive environments for social-emotional well-being





**How can you apply these  
protective factors in your  
own life?**





# Empower Action Model™







**The greatness of a community is most accurately measured by the compassionate actions of its members.**

**– Coretta Scott King**

# Thank you

**Michael Shirley**

[mshirley@scchildren.org](mailto:mshirley@scchildren.org)

# 2021 TLT SPRING SESSIONS

April	Student Career Services; Dr. Aimee' Carter
May	Leadership in the Community College
June	Federal Student Aid; US Department of Education

**Want to showcase your expertise? Is there a teaching technique that has been effective in the classroom? Apply to be a TLT presenter! For more information and full schedule: [www.sctechsystem.edu/tlt](http://www.sctechsystem.edu/tlt)**





# GIVE US YOUR FEEDBACK

<https://www.surveymonkey.com/r/March2021TLT>