Impact of Childhood Trauma on Health

Allison Jackson, Ph.D., LCSW
Trauma Informed Care
Operations Manager
Richmond Department of Social Services

Healthy Living/Health Services Subcommittee  September 9, 2015
Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan
A large portion of many health, safety and prosperity conditions is attributable to Adverse Childhood Experience. ACE reduction reliably predicts a decrease in all of these conditions simultaneously.

ACEs INFLUENCE VIA BIOLOGIC IMPACT ON NEURODEVELOPMENT

**BRAIN**
- Hormones, chemicals & cellular systems prepare for a tough life in an evil world
- Hormones, chemicals & cellular systems prepare for life in a benevolent world

**NEUTRAL START**

**TRAUMATIC STRESS**

**INDIVIDUAL**
- Edgy
- Hot temper
- Impulsive
- Hyper vigilant
- "Brawn over brains"

**OUTCOME**
- Individual & species survive the worst conditions.
- Individual & species live peacefully in good times; vulnerable in poor conditions.
SOLUTIONS ACROSS THE CONTINUUM

Add CDC’s ACE optional module to Virginia’s Health Indicator Data Behavioral Risk Factor Surveillance System (BRFSS)
Early Screening and Intervention in Schools and Primary Care

- Reaching youth and families on the early end of the continuum provides better quality of life and lowers healthcare costs

**Schools** – Cognitive Behavioral Intervention for Trauma in Schools (screening and 10 week group, parent involvement, teacher involvement)

**Primary Care** - Pediatric Symptom Checklist completed by parents to assess child functioning
TennCare Focus

FOCUS AREA: Assuring that youth who could be treated in the community for behavioral health needs had access to high quality behavioral health services in the community

• Improve behavioral health of youth served
• Reduce reimbursement rates across the state

TennCare Project

• Determine youth who could be served in
  – Home Based Treatment (HBT)
  – Mental Health Care Coordination
    Instead of RTC placement

• Work with MCOs to define terms, policies, and reimbursement rates

• Put out RFP to behavioral health providers to participate