From ACEs to Assets:
Activating Community Approaches to Grow Resilience
About CCSI's Consulting Services

**VALUE-BASED PAYMENT SUCCESS**
Be ready to successfully meet the requirements of a value-based payment environment. We partner with you to assess and elevate your current practices, to understand and improve your fiscal models, and help you define and demonstrate your impact to your stakeholders.

**STRATEGIC ANALYSIS & QUALITY IMPROVEMENT**
Measure your results. Demonstrate your effectiveness. Learn from your experience. Our consulting staff bring the technical expertise, coupled with the “real world” community experience needed to help you to “measure what matters” and put your data to use to understand performance, drive improvement, and maximize your impact.

**STRATEGIC PLANNING**
Set your organization’s course for the future. Our experienced consultants partner with you to develop a roadmap to support capacity building within your organization. We help you to assess and understand changes in the external environment as well as your current infrastructure, workforce, and internal processes so that you can develop your strategy for continued successful growth and development.

**PRACTICE TRANSFORMATION**
Transform the way you deliver services. Successful programs and services rely heavily on ensuring that staff at all levels have the skills and expertise needed for their increasingly complex and demanding work. CCSI’s expert staff work with you to clarify your priorities, deliver training in key areas, such as trauma-responsive practice, motivational interviewing, cultural competence, health equity – and to help you implement, sustain and spread these practices throughout your organization, building your capacity and helping to ensure lasting results.
Today’s Presenters

Elizabeth Meeker, PsyD
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Senior Consultant
Ascheel-jones@ccsi.org
Learning Objectives

Through our conversation today participants can expect to:

1. Understand the correlation of childhood adversity with increased risk of poor health, academic, and behavioral outcomes in youth

2. Define three areas of asset development that demonstrably reduce risk for vulnerable youth

3. Identify at least one action to take as an individual to support resilience development in your own community
Community Question:

How do we move from being reactive in response to the impact of trauma to being proactive in developing resilience for all youth?
The Initial Framework

Stakeholder Engagement

Youth Risk Behavior Survey
2015
2017
2019

Enhanced Analysis
Risks
Assets

Community Engagement
Understanding Risk

Key Findings to Help Define the Challenge
## Prevalence in Monroe County

### Distribution of ACES Score Category for Each ACES Question

<table>
<thead>
<tr>
<th>ACES Question</th>
<th>0%</th>
<th>20%</th>
<th>40%</th>
<th>60%</th>
<th>80%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACES - Not Living with Both Parents</td>
<td>33%</td>
<td>24%</td>
<td>19%</td>
<td>25%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACES - Mental Health Problems in Home</td>
<td>21%</td>
<td>22%</td>
<td>24%</td>
<td>34%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACES - Substance Use or Gambling Problems in Home</td>
<td>19%</td>
<td>19%</td>
<td>24%</td>
<td>47%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACES - Household Member History of Jail or Prison</td>
<td>21%</td>
<td>26%</td>
<td>48%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACES - Has Seen Violence in Neighborhood</td>
<td>9%</td>
<td>24%</td>
<td>24%</td>
<td>44%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACES - Experienced Verbal Abuse</td>
<td>11%</td>
<td>15%</td>
<td>18%</td>
<td>56%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACES - Experienced Sexual Abuse</td>
<td>12%</td>
<td>20%</td>
<td>17%</td>
<td>51%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACES - Not Getting Family Help or Support</td>
<td>8%</td>
<td>18%</td>
<td>17%</td>
<td>57%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACES - History of Not Enough Money in Family</td>
<td>7%</td>
<td>22%</td>
<td>66%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACES - Experienced Physical Abuse</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ACES - History of Adult Physical Altercations</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

### ACES Score Category
- **4 or More ACES Flags**
- **3 ACES Flags**
- **2 ACES Flags**
- **1 ACES Flag**
- **No ACES Flags**

Total: n=1720

Monroe County Office of Mental Health YRBS/ACEs Analysis 2019
**Mental Health**

**Compared to youth with 0 or 1 ACE**

Youth with 2 or More ACEs are:
- **4x** more likely to experience emotional difficulties
  - Nearly **6x** for 4 or more ACEs
- **5x** more likely to have experienced symptoms of depression within the last year
  - Over **12x** for 4 or more ACEs

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**General Mental Health Indicators by ACES Score**

<table>
<thead>
<tr>
<th>1 ACES Flag</th>
<th>2 ACES Flags</th>
<th>3 ACES Flags</th>
<th>4 or More ACES Flags</th>
<th>No ACES Flags</th>
</tr>
</thead>
<tbody>
<tr>
<td>25%</td>
<td>33%</td>
<td>40%</td>
<td>46%</td>
<td>52%</td>
</tr>
<tr>
<td>62%</td>
<td>67%</td>
<td>73%</td>
<td>67%</td>
<td>67%</td>
</tr>
</tbody>
</table>

- % total felt sad 2+ weeks in past year
- % total for emotional problems

Monroe County Office of Mental Health YRBS/ACES Analysis 2019
Youth with 2 or more ACEs

- 5 times more likely to feeling sad almost everyday for 2 weeks in a row.
- 5 times more likely to consider suicide and 9 times to attempt suicide
- 4 times more likely to be under the influence at school
- 4 times more likely to engage in a fight and 4 times to carry a weapon

Youth with 4 or more ACEs

- 10 times more likely to feeling sad almost everyday for 2 weeks in a row
- 9 times more likely to consider suicide and 20 times to attempt suicide
- 8 times more likely to be under the influence at school
- 8 times more likely to engage in a fight and 8 times to carry a weapon
ACEs and Academics

Distribution of ACES Score by Academic Grades

- Mostly A's: 49% (6% 4 or More ACES Flags, 26% 3 ACES Flags, 28% 2 ACES Flags, 16% 1 ACES Flag, 20% No ACES Flags)
- Mostly B's: 30% (14% 4 or More ACES Flags, 16% 3 ACES Flags, 28% 2 ACES Flags, 14% 1 ACES Flag, 24% No ACES Flags)
- Mostly C's: 23% (15% 4 or More ACES Flags, 14% 3 ACES Flags, 16% 2 ACES Flags, 14% 1 ACES Flag, 24% No ACES Flags)
- Mostly D's: 14% (15% 4 or More ACES Flags, 16% 3 ACES Flags, 27% 2 ACES Flags, 16% 1 ACES Flag, 11% No ACES Flags)
- Mostly F's: 7% (27% 4 or More ACES Flags, 16% 3 ACES Flags, 16% 2 ACES Flags, 11% 1 ACES Flag, 22% No ACES Flags)
- None of These Grades, Not Sure, Unknown: 19% (15% 4 or More ACES Flags, 22% 3 ACES Flags, 22% 2 ACES Flags, 22% 1 ACES Flag, 15% No ACES Flags)
Assets Matter
Increasing our Understanding of the Impact of Resilience
Three Core Assets

<table>
<thead>
<tr>
<th>Do youth...</th>
<th>Have at least one positive, caring consistent adult outside of family?</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Receive encouragement at school?</td>
</tr>
<tr>
<td></td>
<td>Feel they matter in their community?</td>
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</tbody>
</table>
One Positive Adult

School Encouragement

Matter to Community

Legend:
- No ACES Flags
- 2 ACES Flags
- 4 or More ACES
- 1 ACES Flag
- 3 ACES Flags
What Works

When youth …
Have at least 1 non-parental adult and/or
Feel encouraged at school and/or
Feel they matter to their community

Risk for being under the influence at school, suicide ideation and depression all decline
Driving Change
A Community Response to Promoting Resilience
Community Implications

• Who are we reaching? Who are we NOT reaching?
• What questions are we asking? What questions are we NOT asking?
• How does our interpretation drive intervention?
  ➢ Responding vs. reacting to behavior
• Community resources – does array match needs?
  ➢ Trauma specific treatment vs. trauma responsive
• Workforce development needs
  ➢ Foundational knowledge: What does everyone need to know?
  ➢ Intervention/approaches: What specialized skills are required?
  ➢ Vicarious trauma: How do we care for the workforce?
The Framework

Assess
Locally Determined Questions
11 ACEs Assessed

Collect
County Sample
MCDPH

Analyze
Risk-ACEs-Assets
MCOMH
CCSI

Communicate
Cross-Sector
Strategic
Drive Change

Act
Determine Priorities
Create Partnerships
Challenge Status
Quo
The local adversity data source was a modified version of the Youth Risk Behavior Survey (YRBS), designed and validated by the US Centers for Disease Control and Prevention (CDC). This version was modified to include questions about Adverse Childhood Experiences (ACEs).
Action to Take Today

- Assess your organization’s own implementation of trauma-responsive practices through the TRUST | TRUST-S.
- Bring The Consortium on Trauma, Illness and Grief in Schools (TIG) to your region to increase trauma-responsiveness and infrastructure development in K-12 settings.
- Use your personal circle of influence. Share the information you’ve learned with others. Raise at tables/committees.
- Invest in resources that support youth like safe places to play, school budgets, recreational options.
- Volunteer to be a mentor or simply to help at a school or community event.
- Say hello to youth in your neighborhood. Yes, it is that easy! Get to know their names and their families.
One Small Change...
Q & A
Our Next Webinar…

Understanding Stigma: Motivational Interviewing as a “Way of Being” and Skill that Embraces the People We Support

This presentation will explore the drivers and facilitators of stigma and how stigma manifests in the people we serve, especially their health outcomes. Motivational interviewing will be offered as a “way of being” with others that can decrease the impact of stigma and build the self-efficacy of those we care about and support.

Register at:
https://ccsi.zoom.us/webinar/register/WN_nOgelN0YSBS0Bix9ZxAXZw

Presenter: Cheryl Martin, MA, RN, Master CASAC
Integrated Health Trainer and Clinical Consultant
Date: April 29, 2020
Time: 12:00 – 1:00pm
Please feel free to email us with any specific questions you may have.

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Thank you for joining us!