



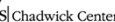



POSITIVE ACE SCREEN, NOW WHAT?


Wendy Pavlovich, MD, MHS
Family Health Centers of San Diego
Maggie Knight, LMFT
Rady Children's Hospital, KidSTART Clinic





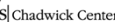
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DISCLOSURES

- Wendy Pavlovich, MD, MHS
I am a consultant for the AAP-CA3 ACEs Aware Grant
- Maggie Knight, LMFT 
I have no relevant financial relationships to disclose




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OBJECTIVES


- Identify symptoms that should prompt ACE screening
- Discuss with families the impact of ACEs
- Understand principles of dyadic treatment and appropriate referrals to communicate with families
- Demonstrate how pediatricians and mental health clinicians can best partner to keep families engaged in trauma treatment

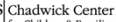


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CASE PRESENTATION





- 18 m/o, here with mother
- Concern: decreased appetite
- Weight for length- 10th percentile, down from 25th percentile
- Exam within normal limits
- Social history:
 - Lives with mother (23 y/o), 5 m/o and 3 y/o sibling
 - Supports: grandmother

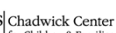


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ADVERSE CHILDHOOD EXPERIENCES

10 Categories of Adverse Childhood Experiences

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 Physical	 Physical	 Mental Illness	 Incarcerated Relative
 Emotional	 Emotional	 Mother treated violently	 Substance Abuse
 Sexual		 Divorce	


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Source: AcesAware.org







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THE ACE PYRAMID



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

<https://www.cdc.gov/violenceprevention/acestudy/about.html>



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CASE PRESENTATION: WHAT NOW?



- ACE score: 4
- + health condition: appetite and weight
- Strength:
 - engagement with medical care, engagement with IPV shelter



- Affirm
- Educate
- Assess
- Validate, Empower
- Refer



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ACES AND TRAUMA: RESPONSE

- SAFETY assessment and planning
- Trauma Sensitive Guidance
 - Routines
 - Nutrition
 - Exercise
 - Sleep
 - Positive relationships
 - Developmentally appropriate coping skills
- Referrals
 - Medical
 - Mental health
 - Developmental services
 - Community supports
 - Financial resources



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INFANT AND EARLY CHILDHOOD MENTAL HEALTH

- Mental health disorders in young children can present as:
 - Physical issues (FTT, GI problems,)
 - Developmental delays (speech, motor skills)
 - Sleep issues
 - Problematic behaviors
- Treatment for these young children is critical for brain development, attachment relationships, and social emotional functioning



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DO BABIES REMEMBER?

- Highlight research
- Body based memory
- Sensory components



Photo: Reuters



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DYADIC THERAPY

- Parent Child Interaction Therapy (PCIT)
- Theraplay
- Circle of Security
- Play therapy using neurodevelopmental lens
- Child Parent Psychotherapy (CPP)



Photo credit: www.medicalxpress.com



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CHILD PARENT PSYCHOTHERAPY

- Is an evidenced based model for children birth-5
- Uses a dyadic approach
- Helps children and families heal from traumatic experiences
- Supports children and parents in learning new ways to respond to stress or difficult feelings



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HOW TO TALK TO FAMILIES

- Assessing readiness
- Are they safe?
- What to expect:
 - Intergenerational approach
 - CPP holds the caregiver and the child
 - CPP helps the child make meaning of their experiences through play



Photo credit: www.post-gazette.com



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KEY TAKEAWAYS

- Many medical and behavior health concerns are associated with ACEs and trauma
- Infants and young children remember traumatic events
- Treatment is critical for brain development, attachment relationships, and social emotional functioning
- Family support and engagement is critical to access and sustaining treatment
- Partnership between medical and behavioral health providers is fundamental



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RESOURCES

- ACEs Aware
 - Initiative led by the Office of the California Surgeon General and the Department of Health Care Services to give Medi-Cal providers training, clinical protocols, and payment for screening children and adults for ACEs.
- American Academic of Pediatrics Trauma Guide – Trauma Toolbox for Primary Care
- <https://childparentpsychotherapy.com/>
 - For information on the model, to find a rostered clinician and find brochures
- www.PCIT.org
 - For information on the model, videos and brochures for parents



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