

## POSITIVE ACE SCREEN, NOW WHAT?

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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

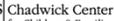


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## CASE PRESENTATION



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

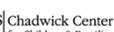


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## ADVERSE CHILDHOOD EXPERIENCES

### 10 Categories of Adverse Childhood Experiences

**ABUSE**



Physical



Emotional



Sexual

**NEGLECT**



Physical



Emotional

**HOUSEHOLD DYSFUNCTION**



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



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)



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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](http://www.PCIT.org)
  - For information on the model, videos and brochures for parents



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