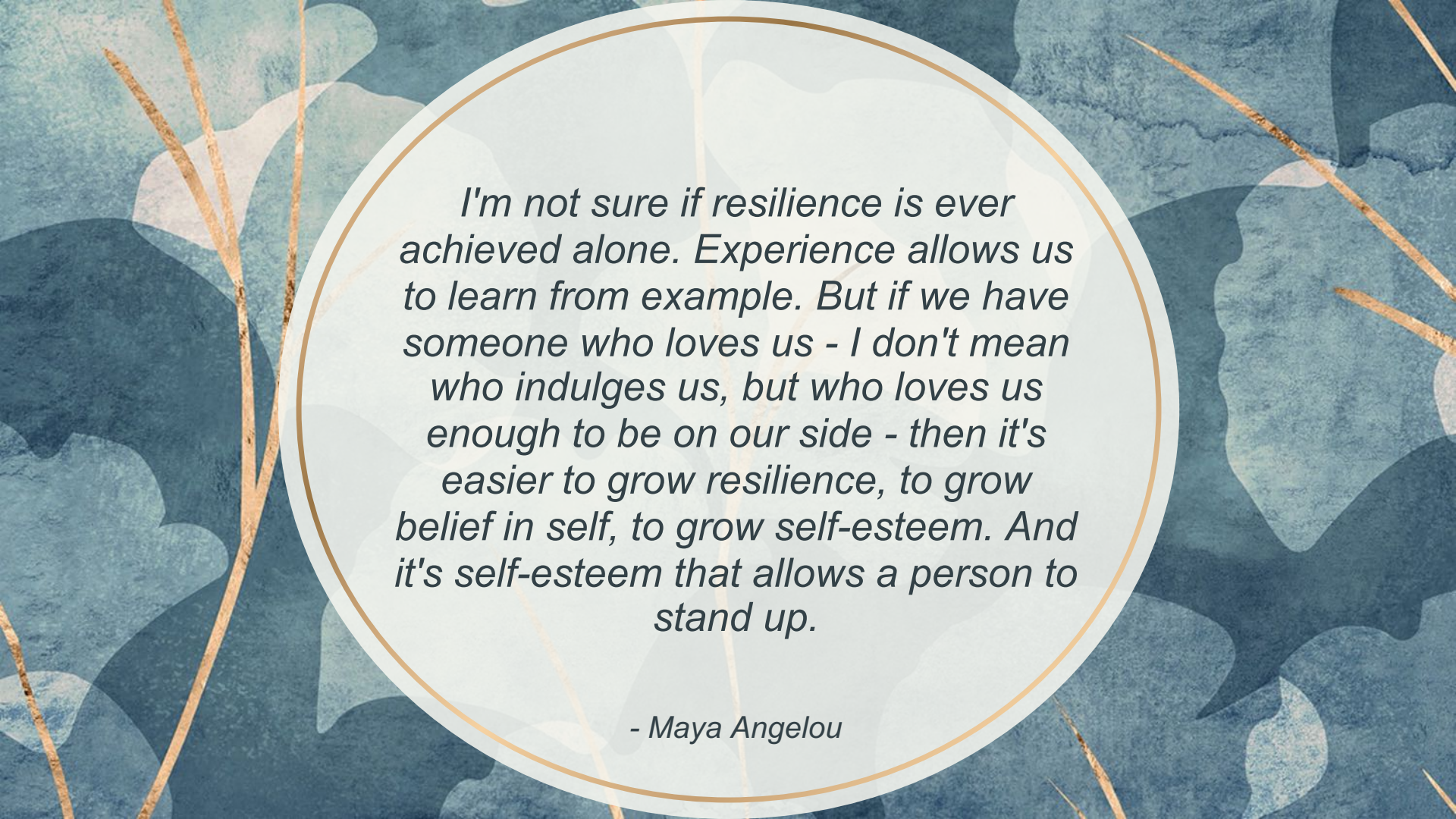# Discovering Strength

Application of Resiliency to Mitigate the Impact of

Adverse Childhood Experience in Adolescents

Introduction

Dr. Melody M. Avila, DNP, RN, FNP-C
No disclosures

Dr. Tamara J. Shannon DNP, RN, CPNP-PC
No disclosures

I'm not sure if resilience is ever achieved alone. Experience allows us to learn from example. But if we have someone who loves us - I don't mean who indulges us, but who loves us enough to be on our side - then it's easier to grow resilience, to grow belief in self, to grow self-esteem. And it's self-esteem that allows a person to stand up.

- Maya Angelou

Adolescence

Belonging & Identity
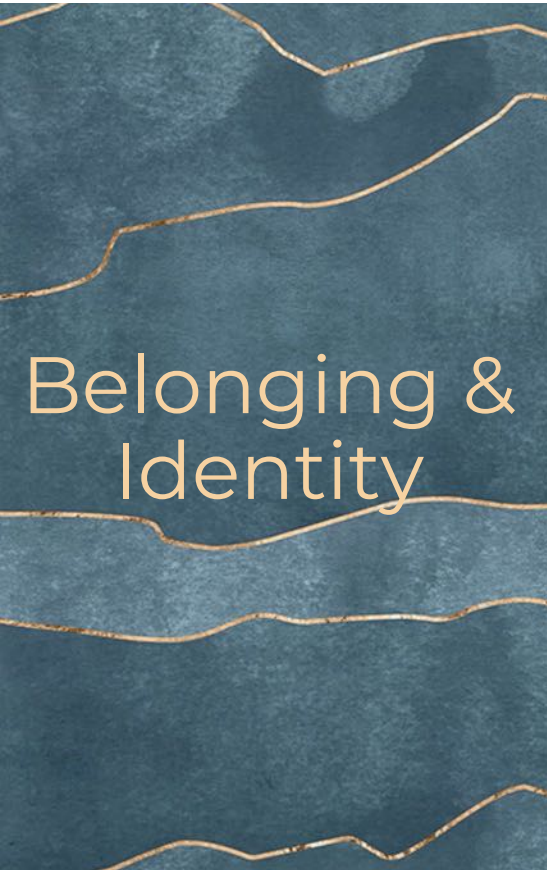
- Social Cognition
- Acceptance
- Curiosity
- Belonging
- Attachment

Resilience

Adverse Childhood Experiences
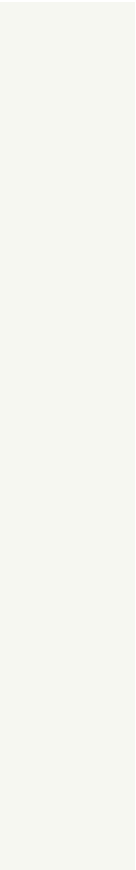
- Abuse
  - Physical, Emotional, Sexually
- Neglect
  - Physical, Emotional
- Household Dysfunction
  - Untreated mental illness
  - Mother treated violently
  - Divorce
  - Incarceration
  - Untreated substance abuse

(Robles et al. 2019)

Adverse Childhood Experiences

- Multiple definitions

- Missing pieces
  - Racism
  - Bullying
  - Discrimination
  - Forms of discipline

(Robles et al. 2019)

MENTAL ILLNESS • INCARCERATION • HOMELESSNESS
MATERNAL DEPRESSION • PHYSICAL + EMOTIONAL NEGLECT • DIVORCE
DOMESTIC VIOLENCE • SUBSTANCE ABUSE • EMOTIONAL + SEXUAL ABUSE
ADVERSE CHILDHOOD EXPERIENCES

THE PAIR OF ACES

ADVERSE COMMUNITY ENVIRONMENTS
LACK OF OPPORTUNITY, ECONOMIC MOBILITY, + SOCIAL CAPITAL
POVERTY • DISCRIMINATION • COMMUNITY DISRUPTION • VIOLENCE
POOR HOUSING QUALITY + AFFORDABILITY

(Ellis & Dietz, 2017)

Impact of ACEs

(Russell, 2020)

(CDC, 2020)

Pyramid tiers from top to bottom:
- Early Death
- Disease, disability, & social problems
- Adoption of Health Risk Behavior
- Social, Emotional, & Cognitive Impairment
- Disrupted Neurodevelopment
- Adverse Childhood Experience
- Social Conditions / Local Context
- Generational Embodiment / Historical Trauma

(CDC, 2021)

Left pyramid (top to bottom):

Early Death

Disease, disability, & social problems

Adoption of Health Risk Behavior

Social, Emotional, & Cognitive Impairment

Disrupted Neurodevelopment

Adverse Childhood Experience

Right pyramid (top to bottom):

Overdose

Incarceration, unstable finances, unreliable access

Depression, PTSD, self-medicating with substance use disorder, stealing, impaired learning

Impaired regulation serotonin, noradrenalin, dopamine, and cortisol hormones.

Chronic activation of sympathetic nervous system & reduction in total dendritic length in prefrontal cortex

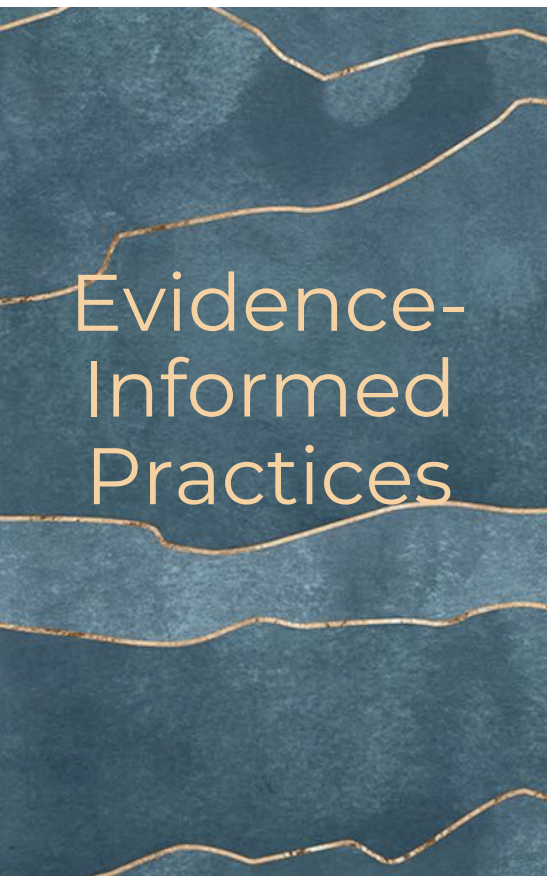Parents with untreated opioid use disorder & physical abuse

Generational Impact

(Haomiao & Lubekin, 2020; Fekadu et al,. 2019)

New Mexico Juvenile Justice System

(Graf et al, 2021; Cannon et al, 2019)

Evidence-Informed Practices

- Developing resilience
- School / community engagement
- Primary medical care and mental health for families
- Community navigators
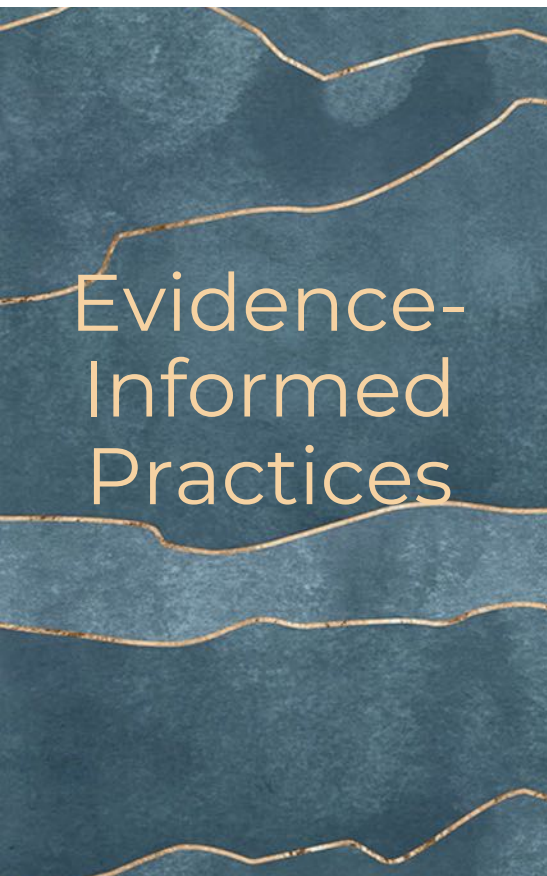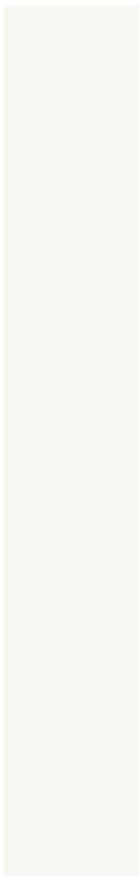- Telehealth services
- Harm reduction approach

Spanking

(Ma et al, 2021)

Attachment

- Parental attachment

- Belonging

- Community

- Acceptance

(Horner, 2020; Choi et al., 2020)
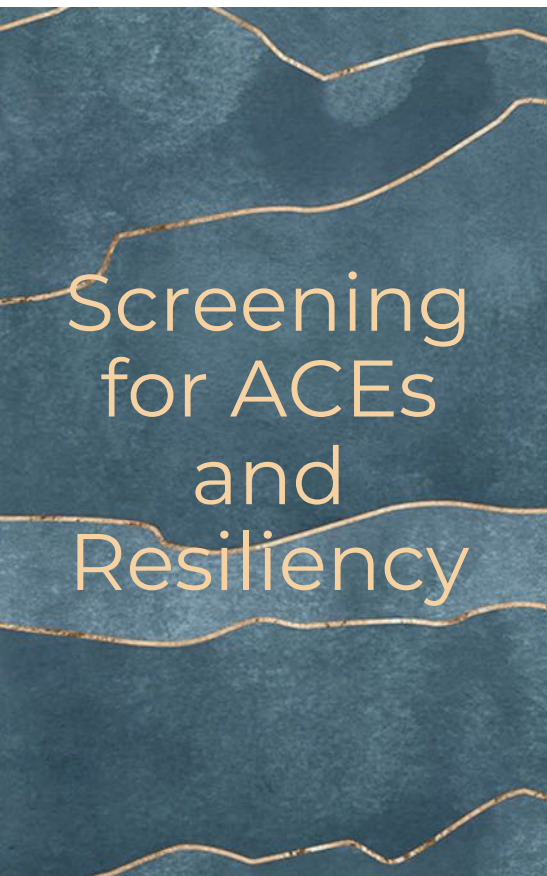
Evidence-Informed Practices

- Developing resilience
- School / community engagement
- Whole - family approach
- Community navigators
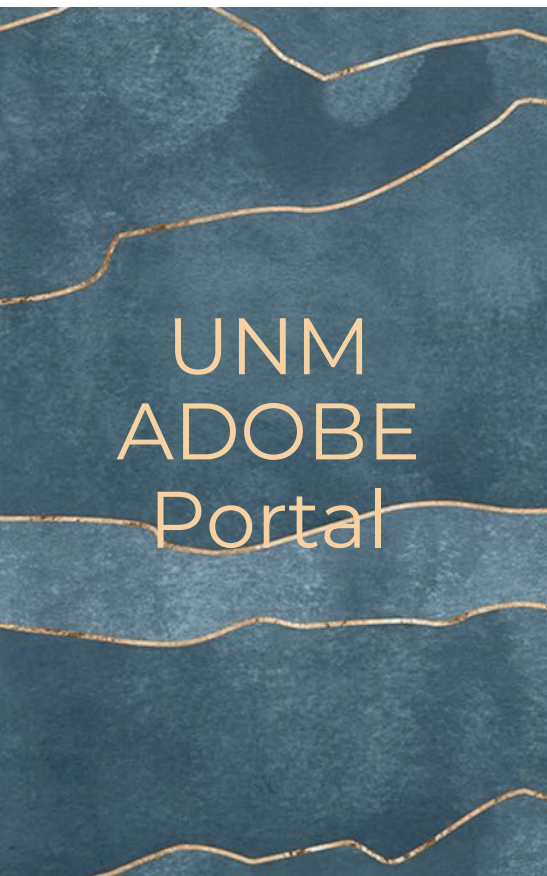- Telehealth services
- Harm reduction approach

Empowerment

- Reproductive health

- Inclusive LGBTQ health

- Mental health

- Substance use disorders

Screening for ACEs and Resiliency

- Evaluating how practices use ACE screening tools

  - Controversies

  - When is it appropriate?

- Integrated screening instruments

  - Development

  - Child behavior

  - Social determinants

(Bryant & VanGraafeiland, 2020; Berger-Jenkins et al., 2019; Kia-Keating et al, 2019)

UNM ADOBE Portal

- Home/ Community Based Navigators
- Educational Navigators
- Primary Medical Care
- Psychiatric /Mental Health Care
- Legal referrals to the UNM Law Clinic
- Behavioral health services

Barnett ML, Gonzalez A, Miranda J, Chavira DA, Lau AS. Mobilizing Community Health Workers to Address Mental Health Disparities for Underserved Populations: A Systematic Review. 2018. Accessed December 9, 2020. https://search-ebscohost-com.libproxy.unm.edu/login.aspx?direct=true&db=edssch&AN=edssch.oai%3aescholarship.org%2fark%3a%2f13030%2fqt6nw3w5zf&site=eds-live&scope=site

Berger-Jenkins, E., Monk, C., D'Onfro, K., Sultana, M., Brandt, L., Ankam, J., Vazquez, N., & Meyer, D. (2019). Screening for both child behavior and social determinants of health in pediatric primary care. *Journal of Developmental and Behavioral Pediatrics : Jdbp*, *40*(6), 415–424. https://doi-org.libproxy.unm.edu/10.1097/DBP.0000000000000676

Bryant, C., & VanGraafeiland, B. (2020). Screening for adverse childhood experiences in primary care: a quality improvement project.

Butler AM, Rodgers CRR. Developing a Policy Brief on Child Mental Health Disparities to Promote Strategies for Advancing Equity among Racial/Ethnic Minority Youth. Ethn Dis. 2019;29(Suppl 2):421-426. Published 2019 Jun 13. doi:10.18865/ed.29.S2.421

Cannon Y, Davis G, Hsi A, Bochte A. Adverse Childhood Experiences in the New Mexico Juvenile Justice Population. New Mexico Sentencing Commission. 2019.

Centers for Disease Control and Prevention. (202) Adverse Childhood Experiences Prevention Strategy. National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Choi, K. R., Stewart, T., Fein, E., McCreary, M., Kenan, K. N., Davies, J. D., Naureckas, S., & Zima, B. T. (2020). The impact of attachment-disrupting adverse childhood experiences on child behavioral health. *The Journal of Pediatrics*, *221*, 224–229. https://doi-org.libproxy.unm.edu/10.1016/j.jpeds.2020.03.006

Ellis WR, Dietz WH. A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience Model. Academic Pediatrics. 2017;17:S86-S93. doi:10.1016/j.acap.2016.12.011

Fekadu W, Mihiretu A, Craig TKJ, Fekadu A. Multidimensional impact of severe mental illness on family members: systematic review. BMJ open. 2019;9(12):e032391. doi:10.1136/bmjopen-2019-032391

Garrido, M., et al. (2018). Where Youth Live, Learn, and Play Matters: Tackling the Social Determinants of Health in Adolescent Sexual and Reproductive Health. American Journal of Sexuality Education, 13(3): 269-282. https://doi-org.libproxy.unm.edu/10.1080/15546128.2018.1458264

Godoy L, Hodgkinson S, Robertson HA, et al. Increasing mental health engagement from primary care: The potential role of family navigation. Pediatrics. 2019;143(4). doi:10.1542/peds.2018-241

Graf, G.H., Chihuri, S., Blow, M., Guohua, L. (2021). Justice system contact: A systematic review. Pediatrics, 147(1). doi:10.1542

Haomiao, J., and Lubekin, E. (2020). Impact of adverse childhood experiences on quality-adjusted life expectancy in the U.S. population. Child Abuse & Neglect. 102. https://www-sciencedirect-com.libproxy.unm.edu/science/article/pii/S0145213420300739?

Hill, P. L., Edmonds, G. W., Peterson, M., Luyckx, K., & Andrews, J. A. (2016). Purpose in life in emerging adulthood: Development and validation of a new brief measure. Journal Of Positive Psychology, 11(3), 237-245. doi:10.1080/17439760.2015.1048817

Horner, G. (2020) Attachment disorders. *Journal of Pediatric Health Care*, *33*(5), 612–622. https://doi-org.libproxy.unm.edu/10.1016/j.pedhc.2019.09.005

Jichlinski, A. (2017). Defang aces: End toxic stress by developing resilience through physician-community partnerships. Pediatrics, 140(6). doi: 10. 1542

Kassis, W., Artz, S., & White, J. (2017). Understanding Depression in Adolescents: A Dynamic Psychosocial Web of Risk and Protective Factors. Child & Youth Care Forum, 46(5), 721-743. doi:10.1007/s10566-017-9404-3

Kia-Keating, M., Barnett, M. L., Liu, S. R., Sims, G. M., & Ruth, A. B. (2019). Trauma-responsive care in a pediatric setting: feasibility and acceptability of screening for adverse childhood experiences. *American Journal of Community Psychology*, *64*(3-4), 286–297. https://doi-org.libproxy.unm.edu/10.1002/ajcp.12366

Lawes-Wickwar S, McBain H, Mulligan K. Application and Effectiveness of Telehealth to Support Severe Mental Illness Management: Systematic Review. JMIR MENTAL HEALTH. 5(4). doi:10.2196/mental.8816

Lucassen, P., Pruessner, J., Sousa, N., Almeida, O., Van Dam, A., Rajkoqska, G., Swaab, D., and Czeh, B. (2014). Neuropathology of stress. Acta Neuropathol. 127 (1): 109-135

Ma, J., Lee, S., and Grogan-Kaylor, A. (2021). Adverse Childhood Experiences and Spanking Have Similar Associations with Early Behavior Problems. The Journal of Pediatrics.

Mojtabai, R., Olfson, M. (2020). National trends in mental health care for US adolescents. JAMA Psychiatry, 77(7), 703-714. doi:10.1001

Ozer, E. J. (2017). Youth-Led Participatory Action Research: Overview and Potential for Enhancing Adolescent Development. Child Development Perspectives 11(3): 173-177. doi: 10.1111/cdep.12228

Robles, A., Gjelsvik, A., Hirway, P., Vivier, P., High, P. (2019). Adverse Childhood Experiences and Protective Factors with School Engagement. Pediatrics, 144(2). doi: 10.1542

Russell, R. (2020). The impact of stress on the structure of the adolescent brain: Implications for adolescent mental health. Brain Research. 1654 (1) 185 – 191

Schickedanz, A., Halfon, N., Sastry, N., Chung, P. (2018). Parents' adverse childhood experiences and their children's behavioral health problems. Pediatrics, 142(2). doi: 10. 1542

Sebastian, C., Viding, E., Williams, K., & Blakemore, S-J. (2010). Social brain development and the affective consequences of ostracism in adolescence. Brain and Cognition. 72, 134-145.