

# ACES and Trauma- Informed Care

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AUGUST 17, 2021

# Adverse Childhood Experiences (ACES)

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## Abuse

## Neglect



Physical Abuse



Sexual Abuse



Verbal Abuse



Emotional Neglect



Physical Neglect

## Growing up in a household where:



There are adults with alcohol and drug use problems



There are adults with mental health problems



There is domestic violence



There are adults who have spent time in prison



Parents have separated

# Alternative Markers of ACES

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**Bullying**



**Poverty**



**Peer rejection and having no friends**



**Experience of racism**



**Death, multiple and traumatic loss**



**Community violence**



**Food scarcity**



**Experience of the care system**



**Poor academic performance**



**Living in an unsafe environment**

## How common are ACEs?

Number of ACEs



## ACE's can have lasting effects on:



### Health

Obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones.



### Behaviours

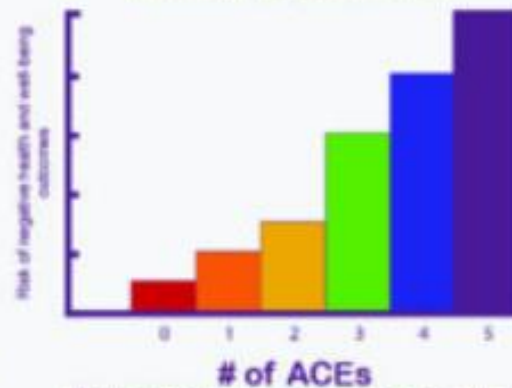
Smoking, alcoholism and drug abuse.



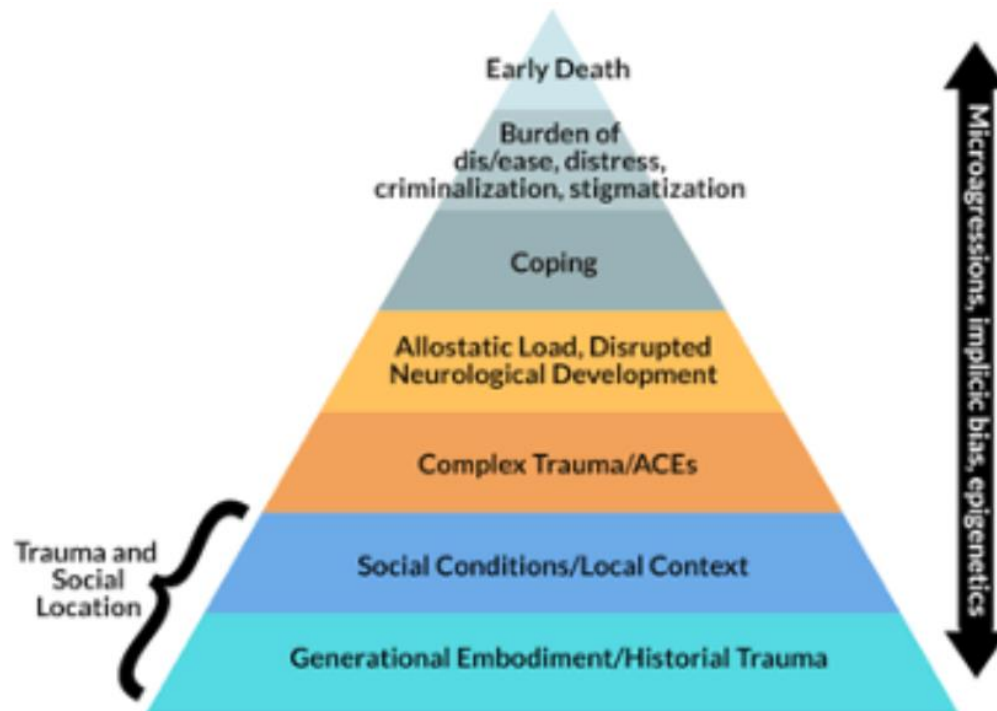
### Life Potential

Graduation rates, academic achievement, lost time from work.

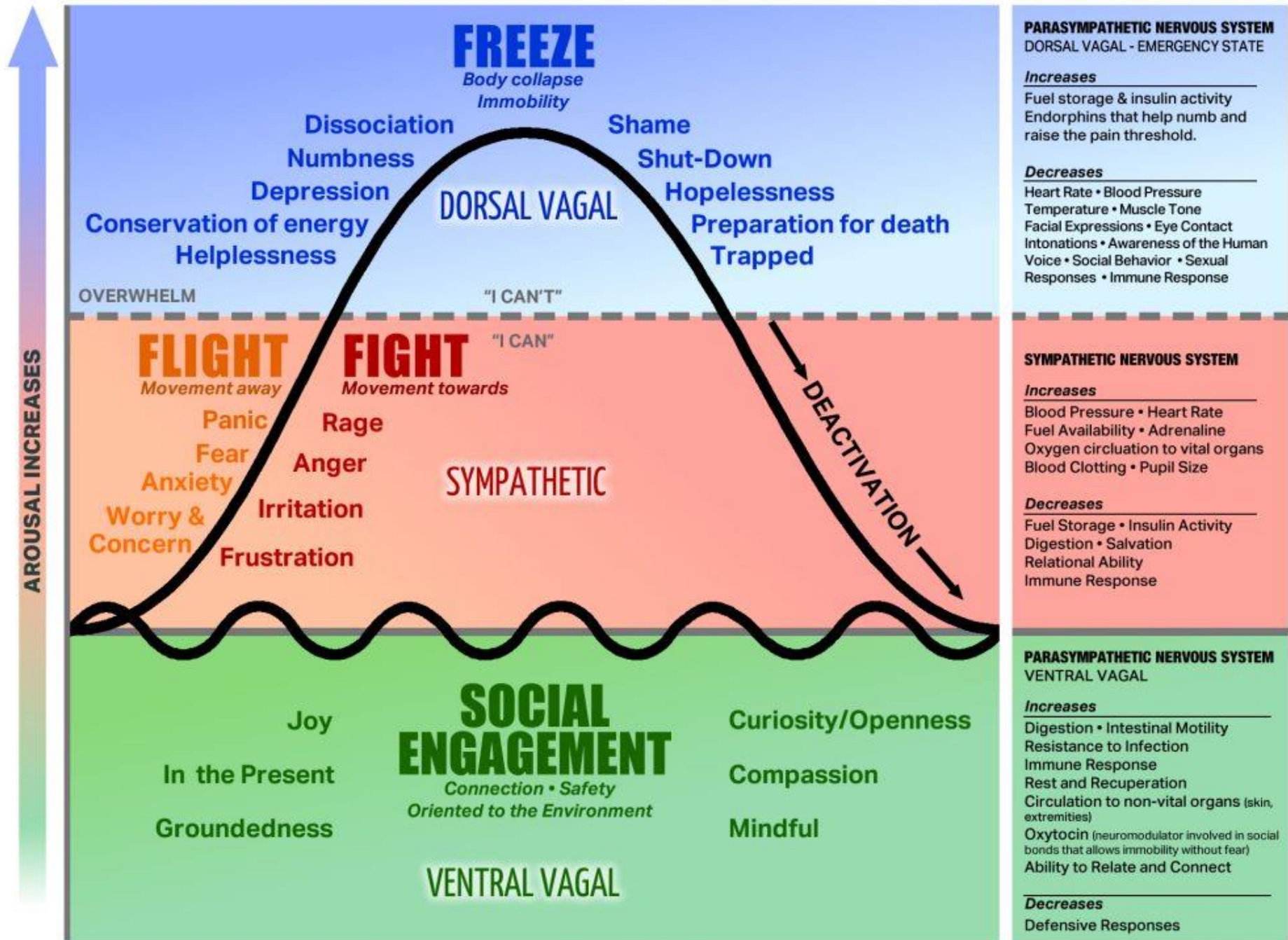
ACEs have been found to have a graded dose-response relationship with 40+ outcomes to date.



\*This pattern holds the 40+ outcomes, but the exact risk values vary depending on the outcome.



Adapted from the 



**PARASYMPATHETIC NERVOUS SYSTEM**  
DORSAL VAGAL - EMERGENCY STATE

**Increases**  
Fuel storage & insulin activity  
Endorphins that help numb and raise the pain threshold.

**Decreases**  
Heart Rate • Blood Pressure  
Temperature • Muscle Tone  
Facial Expressions • Eye Contact  
Intonations • Awareness of the Human Voice • Social Behavior • Sexual Responses • Immune Response

**SYMPATHETIC NERVOUS SYSTEM**

**Increases**  
Blood Pressure • Heart Rate  
Fuel Availability • Adrenaline  
Oxygen circulation to vital organs  
Blood Clotting • Pupil Size

**Decreases**  
Fuel Storage • Insulin Activity  
Digestion • Salvation  
Relational Ability  
Immune Response

**PARASYMPATHETIC NERVOUS SYSTEM**  
VENTRAL VAGAL

**Increases**  
Digestion • Intestinal Motility  
Resistance to Infection  
Immune Response  
Rest and Recuperation  
Circulation to non-vital organs (skin, extremities)  
Oxytocin (neuromodulator involved in social bonds that allows immobility without fear)  
Ability to Relate and Connect

**Decreases**  
Defensive Responses

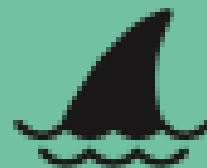
# Flood, fawn or fatigue?

US psychologist Curtis Reisinger reckons we have three more responses



## **FLOODING**

Being flooded with sudden emotion



## **FAWNING**

Submitting to a large threat or a captor



## **FATIGUE**

Sleeping so as to manage the crisis situation



# Executive Functioning Skills



**Planning** is the ability to figure out how to accomplish our goals.



**Organization** is the ability to develop and maintain a system that keeps materials and plans orderly.

**Time Management** is having an accurate understanding of how long tasks will take and using time wisely and effectively to accomplish tasks.



**Task Initiation** is the ability to independently start tasks when needed. It is the process that allows you to just begin something even when you don't really want to.



**Working Memory** is the mental processes that allow us to hold information in our minds while working with it.



**Metacognition** is being aware of what you know and using that information to help you learn.

Pathway  
2 SUCCESS

**Self-Control** is the ability to regulate yourself, including your thoughts, actions, and emotions.



**Attention** is being able to focus on a person or task for a period of time and shifting that attention when needed.



**Perseverance** is the ability to stick with a task and not give up, even when it becomes challenging.



**Flexibility** is the ability to adapt to new situations and deal with change.

[www.thepathway2success.com](http://www.thepathway2success.com)

# SAMHSA'S 6 PRINCIPLES

*of a*

## TRAUMA-INFORMED APPROACH



### SAFETY

Prevents violence across the lifespan and creates safe physical environments.

### TRUSTWORTHINESS

Fosters positive relationships among residents, City Hall, police, schools and others.

### EMPOWERMENT

Ensures opportunities for growth are available for all.

### COLLABORATION

Promotes involvement of residents and partnership among agencies.

### PEER SUPPORT

Engages residents to work together on issues of common concern.

### HISTORY, GENDER, CULTURE

Values and supports history, culture and diversity.



# Retraumatization



## WHAT HURTS?

### SYSTEM

(POLICIES, PROCEDURES, "THE WAY THINGS ARE DONE")



HAVING TO CONTINUALLY RETELL THEIR STORY



BEING TREATED AS A NUMBER



PROCEDURES THAT REQUIRE DISROBING



BEING SEEN AS THEIR LABEL  
(I.E. ADDICT, SCHIZOPHRENIC)



NO CHOICE IN SERVICE OR TREATMENT



NO OPPORTUNITY TO GIVE FEEDBACK ABOUT  
THEIR EXPERIENCE WITH THE SERVICE DELIVERY

### RELATIONSHIP

(POWER, CONTROL, SUBVERSIVENESS)



NOT BEING SEEN / HEARD



VIOLATING TRUST



FAILURE TO ENSURE EMOTIONAL SAFETY



NON-COLLABORATIVE

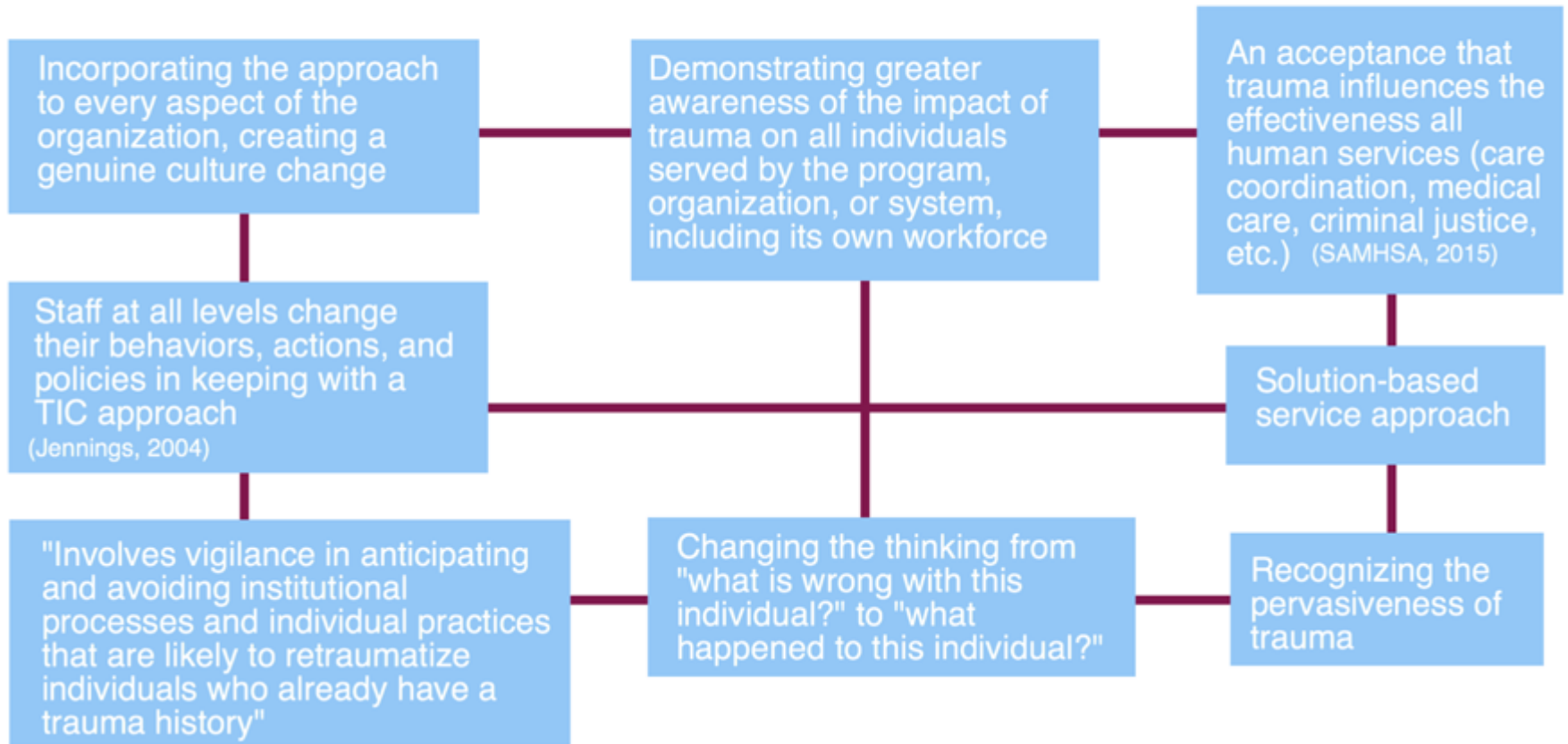


DOES THINGS FOR RATHER THAN WITH



USE OF PUNITIVE TREATMENT, COERCIVE  
PRACTICES AND OPPRESSIVE LANGUAGE

## Key Components of TIC



# Psychological FIRST AID



LOOK

LISTEN

LINK

Psychological First Aid:

Supporting Yourself And Others During COVID-19

<https://tinyurl.com/redcrosspsychfirstaid>

## Take the ACES Quiz

- <https://americanspcc.org/take-the-aces-quiz/>
- You may want to wait until you are in a safe space – the questions could be triggering.

Questions?