ACEs and Trauma-Informed Ministry
Adolescent Response

- Survival Mindset vs Thriving Mindset
- World Beneath vs. Community Integration
- Surrogate Family vs. Familial Belonging
- Incongruent Identity vs. Congruent Identity
- Moral Disengagement vs. Engaged Morality
Conversations on the Fringe (CotF) is an organization seeking creative and innovative ways to bridge the gap between marginalized youth and those entities (particularly families, schools and churches) that serve youth in contemporary society.
Social Media <3

Twitter Hashtags

#UYWI
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#UYWI
Overview
Definitions
Attachment Theory
Prevalence
Impact of Trauma
Trauma-Informed Systems
Resiliency
A Prayer for Children

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PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:

- 4 Times More Likely To Become An Alcoholic
- 4 Times More Likely To Develop A Sexually Transmitted Disease
- 4 Times More Likely To Inject Drugs
- 15 Times More Likely To Commit Suicide
- 2.5 Times More Likely To Smoke Tobacco
- 3 Times More Likely To Use Antidepressant Medication
- 3 Times More Likely To Have Serious Job Problems
- 3 Times More Likely To Be Absent From Work
- 3 Times More Likely To Experience Depression
What Is Trauma?

A traumatic event is one in which a person experiences (witnesses or is confronted with):

- Actual or threatened death
- Serious injury
- Threat to the physical integrity of self or another
What Is Trauma?

Responses to a traumatic event may include:

- Intense fear
- Helplessness
- Horror
- Attachment
What Is Trauma?

“Prolonged exposure to repetitive or severe events such as child abuse, is likely to cause the most severe and lasting effects.”

“Traumatization can also occur from neglect, which is the absence of essential physical or emotional care, soothing and restorative experiences from significant others, particularly in children.”
What Is Trauma?

Interpersonal violence tends to be more traumatic than natural disasters because it is more disruptive to our fundamental sense of trust and attachment, and is typically experienced as intentional rather than as “an accident of nature.”
What Is Trauma?

Trauma and traumatic events include personal and private experiences and public experiences.

Examples of personal and private events:

- Sexual assault/abuse
- Domestic violence/Interpersonal violence
- Witnessing domestic violence
- Serious illness
- Forced displacement
- Traumatic separation

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What Is Trauma?

Trauma and traumatic events include personal and private experiences and public experiences.

Examples of public trauma/traumatic events:

- Natural disasters
- War/Terrorism/Political violence
- Community violence/School violence
- Historical trauma
- System-induced trauma and retraumatization
What Is Trauma?

Perception of trauma varies vastly among individuals.

Trauma is something that overwhelms our coping capacity.

Affects the whole self:

- Physical
- Emotional
- Intellectual
- Spiritual

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Attachment Theory
Attachment theory
Attachment Theory

Attachment Styles

Secure Attachment
- Believes and trusts that his needs will be met
- MOTHER: Distant, Disengaged
  - Quick, Sensitive, Consistant
- CHILD: Secure, Exploring, Happy
  - Not very explorative, Emotionally distant

Avoidant Attachment
- Subconsciously believes that his needs probably won't be met
- MOTHER: Not interested
  - Inconsistent, Sometimes sensitive, Sometimes neglectful
- CHILD: Anxious, Insecure, Angry
  - Extreme, Frightened, Frightening, Passive

Ambivalent Attachment
- Cannot rely on his needs to be met
- MOTHER: Depressed, Passive
  - Depressed, Passive
- CHILD: Anxious, Insecure, Angry
  - Anxious, Insecure, Angry

Disorganized Attachment
- Severe confusion with no strategy to have his needs met
- MOTHER: Non-responsive
  - Non-responsive
- CHILD: Depressed, passive
  - Depressed, passive

www.AttachFromScratch.com
Prevalence
Prevalence

A report of child abuse is made every ten seconds in the United States. (Childhelp, 2013)

Children who experience child abuse and neglect are 59% more likely to be arrested as a juvenile, 28% more likely to be arrested as an adult, and 30% more likely to commit violent crime. (Child Welfare Information Gateway, 2006)

Trauma histories are pervasive among youth in America (especially youth from diverse cultural backgrounds). (Marcenich, 2009)

Children with disabilities are more likely to experience neglect than children without disabilities. (Child Welfare Information Gateway, 2006)
Prevalence

More than 1 in 3 women (35.6%) and more than 1 in 4 men (28.5%) in the United States have experienced rape, physical violence, and/or stalking by an intimate partner. (CDC, 2013)

Nearly 80% of female offenders with a mental illness report having been physically and/or sexually abused. (Marcenich, 2009)

The majority of clients served by public mental health and substance abuse service systems are survivors of trauma. (Mueser et al, 1998)

Seventy-five percent (75%) of women and men in treatment for substance abuse report trauma histories. (SAMSHA/CSAT, 2000)
Prevalence

ACEs Study

Kaiser Permanente research study of 17,000 participants.

Adverse Childhood Experiences (ACEs) can affect an individual’s physical and emotional health throughout the lifespan.

Trauma/traumatic experiences are far more prevalent than previously recognized.
Prevalence

**ABUSE**
- Physical
- Emotional
- Sexual

**NEGLECT**
- Physical
- Emotional

**HOUSEHOLD DYSFUNCTION**
- Mental Illness
- Incarcerated Relative
- Mother treated violently
- Substance Abuse
- Divorce
Adverse Childhood Experience (ACE) Questionnaire
Finding your ACE Score (March 1998)

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often …
   Swear at you, insult you, put you down, or humiliate you?
   Yes  No
   or
   Act in a way that made you afraid that you might be physically hurt?
   Yes  No
   If yes enter _______

2. Did a parent or other adult in the household often …
   Push, grab, slap, or throw something at you?
   Yes  No
   Ever hit you so hard that you had marks or were injured?
   Yes  No
   If yes enter _______

3. Did an adult or person at least 5 years older than you ever …
   Touch or fondle you or have you touch their body in a sexual way?
   Yes  No
   or
   Try to or actually have oral, anal, or vaginal sex with you?
   Yes  No
   If yes enter _______

4. Did you often feel that …
   No one in your family loved you or thought you were important or special?
   No
   Your family didn’t look out for each other, feel close to each other, or support each other?
   Yes  No
   If yes enter _______

5. Did you often feel that …
   You didn’t have enough to eat, had to wear dirty clothes, and had no one to protect you?
   Yes  No
   Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
   Yes  No
   If yes enter _______

6. Were your parents ever separated or divorced?
   Yes  No
   If yes enter _______

7. Was your mother or stepmother:
   Often pushed, grabbed, slapped, or had something thrown at her?
   Yes  No
   or
   Sometimes or often kicked, bitten, hit with a belt, or hit with something hard?
   Yes  No
   or
   Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
   Yes  No
   If yes enter _______

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
   Yes  No
   If yes enter _______

9. Was a household member depressed or mentally ill or did a household member attempt suicide?
   Yes  No
   If yes enter _______

10. Did a household member go to prison?
    Yes  No
    If yes enter _______

Now add up your “Yes” answers: _______ This is your ACE Score
Prevalence

ACEs Conceptual Framework

Early Death

Disease, Disability, & Social Problems

Adoption of Health-Risk Behaviors

Social, Emotional, & Cognitive Impairment

Disrupted Neurodevelopment

Adverse Childhood Experience
Impact of Trauma
Impact Of Trauma

Activation of survival responses:

- Fight
- Flight
- Freeze
- Submit
- Shutting down of non-essential tasks
- Rational thought is less possible at this time
- Increase Cortisol output (stress hormone)
Impact Of Trauma

Prolonged exposure to trauma and/or repetitive traumatic events MAY:

- Cause an individual’s natural alarm system to no longer function as it should.
- Create emotional and physical responses to stress.
- Result in emotional numbing and psychological avoidance.
- Affect an individual’s sense of safety.
- Diminish an individual’s capacity to trust others.
Trauma-Informed Systems
Trauma-Informed Systems
Realize
Recognize
Respond
Resist Re-traumatization
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Trauma-Informed Systems

Safety

Trustworthiness and Transparency

Peer Support

Collaboration and Mutuality

Empowerment, Voice and Choice

Cultural, Historical, and Gender Issues

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Resiliency
Building Resiliency

For Student/Youth (The 7 Cs)

- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control

For Yourself/Other Adults

- Work on yourself (ego)
- Don't take it personally
- Learn about trauma
- Rest
- Set boundaries
- Monitor the following:
  - Burnout
  - Compassion fatigue
  - Vicarious trauma

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A Trauma Exposure Response

Grandiosity: An Inflated Sense of Importance Related to One's Work
Addictions
Inability to Empathize/Numbing
Anger and Cynicism
Fear
Guilt
Sense of Persecution
Dissociative Moments

Feeling Helpless and Hopeless
A Sense That One Can Never Do Enough
Hypervigilance
Diminished Creativity
Inability to Embrace Complexity
Minimizing
Chronic Exhaustion/Physical Ailments

Inability to Listen/Deliberate Avoidance

A Prayer for the Children
A PRAYER FOR CHILDREN

We pray for young people
Who put chocolate fingers everywhere,
Who like to be tickled,
Who stomp in puddles and ruin their new pants,
Who ask for $20 before they leave with their friends,
Who erase holes in math workbooks,
Who never put away their shoes.

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And we pray for those
Who dodge bullets on their way home from school,
Who can’t bound down the street in new sneakers,
Who choose to carry a gun as their only means of security,
Who are born in places we wouldn’t be caught dead in,
Who are afraid to shop or drive because of the color of their skin,
For young bodies which are assaulted by those sworn to protect them,
Who live in an X-rated world.
A PRAYER FOR CHILDREN

We pray for young people
Who bring us sticky kisses and fistfuls of dandelions,
Who sleep with the cat and bury goldfish,
Who hug us in a hurry and forget their lunch money,
Who leave make-up all over the sink,
Who slurp their soup.
A PRAYER FOR CHILDREN

And we pray for those
Who never get dessert,
Who never had a safe blanket to drag behind them,
Who can’t find any bread to steal,
Who don’t have any rooms or lockers to clean up,
Whose pictures aren’t on anybody’s phones,
Whose monsters are real.
A PRAYER FOR CHILDREN

We pray for young people
Who spend all their money before Tuesday,
Who throw tantrums in the grocery store and pick at their food,
Who like ghost stories,
Who stay out past curfew while their parents wait for them,
Who get visits from the tooth fairy,
Who think they’re far too old to be hugged good-bye,
Who squirm in church and scream on the phone,
Whose tears we sometimes laugh at and whose smiles can make us cry.

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A PRAYER FOR CHILDREN

And we pray for those
Whose nightmares come in the daytime,
Who will eat anything,
Who have never seen a dentist,
Who are never spoiled by anyone,
Who don’t have anyone they feel safe enough to come out to,
Who have called 9-1-1 for an overdosing parent,
Who go to bed hungry and cry themselves to sleep,
Who live and move, but have no being.
A PRAYER FOR CHILDREN

We pray for young people
Who want to be carried
And for those who must,
For those we never give up on
And for those who never get a second chance,
For those we smother,
And for those who will grab the hand of anybody kind enough to offer it.
We pray for young people.

Amen.
Fringe Resources/Training
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