

Childhood Trauma: Essential Information for Attorneys

2014 SPD CONFERENCE
November 21st, MILWAUKEE, WI
Judge Mary Triggiano
Tim Grove, Chief Clinical Officer, SaintA

WHY TRAUMA?

- ▶ Child's Psychological evaluation: "this young girl is truly trying to struggle her way out of a series of painful, emotionally debilitating circumstances that were not her choice."
- ▶ Victim impact statement: "He would get mad, choke me up, drug me down stairs, bite me...My daughter saw it all. We don't sleep at night...When we hear noises, we jump..."
- ▶ Presentence Investigation report: "It appears that Mr. K is suffering from PTSD from being sexually assaulted at a young age."
- ▶ Divorce: "There is domestic violence in this relationship and the child's emotional well-being has been greatly impacted because of it. Dad is the primary aggressor sufficient to trigger the presumption against joint custody."
- ▶ Expert witness: "This child's behavior is the culmination of untreated trauma....."
- ▶ Judge: "Sometimes it seems that we are raising a generation of children with no conscience."

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UW researchers show how early stress hurts brain development

By *Karen Herzog of the Journal Sentinel*

July 4, 2014

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A team of [University of Wisconsin-Madison](#) researchers has shown that chronic stress of poverty, neglect and physical abuse in early life may shrink the parts of a child's developing brain responsible for memory, learning and processing emotion.

While early-life stress already has been linked to depression, anxiety, heart disease, cancer and a lack of educational and employment success, researchers have long been seeking to understand what part of the brain is affected by stress to help guide interventions.

The UW research [recently published in the journal Biological Psychiatry](#) adds to a growing body of research linking chronic stress early in life to brain development. The research focused on two brain regions — the hippocampus and amygdala — that are involved in memory, learning and processing emotion.

Findings from other researchers have been mixed, which the UW researchers believe may be attributed to automated software being used for brain measurements. The automated software may be prone to error because the brain regions are so small, according to the UW researchers.

[Seth Pollak](#), co-leader of the study and a UW professor of psychology, identifies families from all over

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Study links honesty to prefrontal region of the brain

By [Kathleen Maclay](#), Media Relations | September 8, 2014

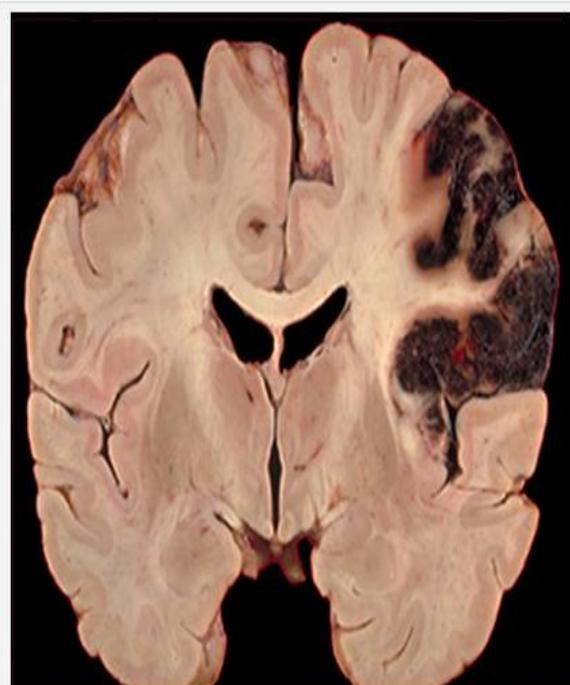
BERKELEY — Are humans programmed to tell the truth? Not when lying is advantageous, says a new study led by Assistant Professor [Ming Hsu](#) at UC Berkeley's Haas School of Business. The report ties honesty to a region of the brain that exerts control over automatic impulses.

Hsu, who heads the [Neuroeconomics Laboratory](#) at the [Haas School of Business](#) and holds a joint appointment with the [Helen Wills Neuroscience Institute](#), said the results, just published in the journal *Nature Neuroscience*, indicate that willpower is necessary for honesty when it is personally advantageous to lie.

It is well-established that the brain's dorsolateral prefrontal cortex is important for exerting control over impulses, but the role of this region in honesty and deception has been a matter of debate.

"So far, studies investigating the role of the dorsolateral prefrontal cortex in honesty have primarily used correlational methods, like neuroimaging," said study co-author Adrianna Jenkins of the Neuroeconomics Laboratory. "So it hasn't been clear whether this region is involved in curbing honesty or enabling it."

Hsu and his research team explored this question by studying three groups of patients:



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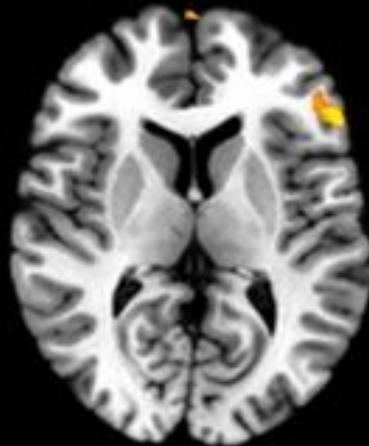
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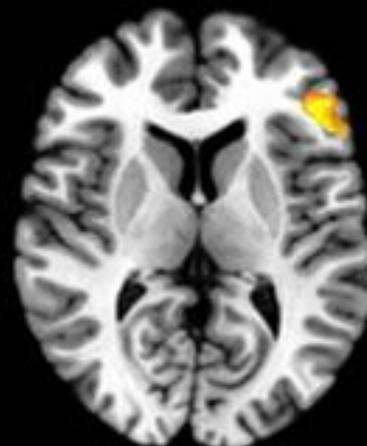
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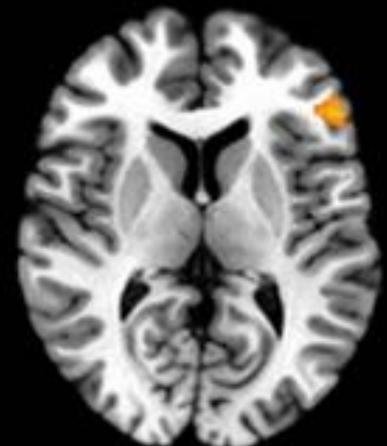
Control Group
(n=14)



Baseline



After 1st Week

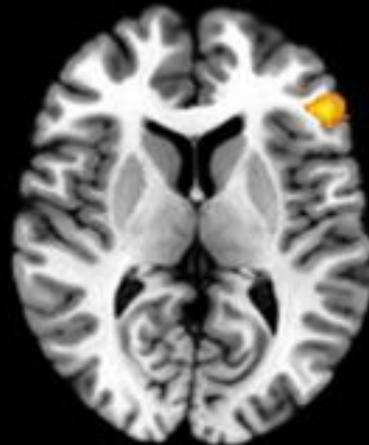


After 2nd Week

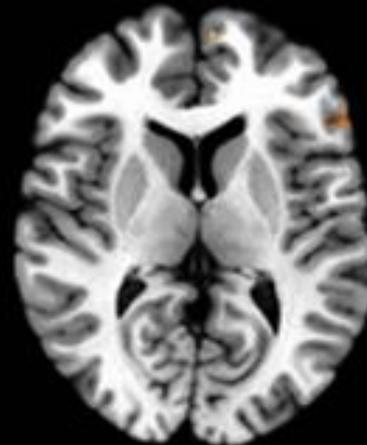
Time



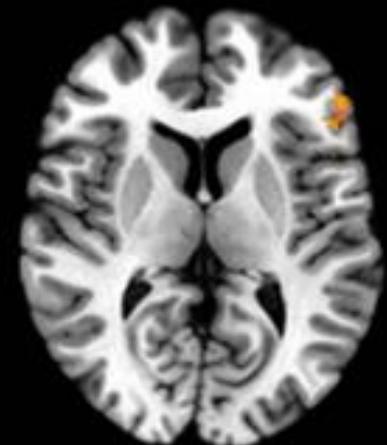
Video Game
Group (n=14)



Baseline



After 1st Week of
violent video
game play



After 2nd Week
without video
game play

Matthews, 2011

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PROTECT YOUR PASSION

OP-ED COLUMNIST

A Poverty Solution That Starts With a Hug

By NICHOLAS D. KRISTOF
Published: January 7, 2012

PERHAPS the most widespread peril children face isn't guns, swimming pools or speeding cars. Rather, scientists are suggesting that it may be "toxic stress" early in life, or even before birth.



This month, the American Academy of Pediatrics is issuing a landmark warning that this toxic stress can harm children for life. I'm as skeptical as anyone of headlines from new medical studies (Coffee is good for you! Coffee is bad for you!), but that's not what this is.

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OP-ED COLUMNIST

The Psych Approach

By DAVID BROOKS

Published: September 27, 2012 | 399 Comments

In the 1990s, Vincent Felitti and Robert Anda conducted a study on adverse childhood experiences. They asked 17,000 mostly white, mostly upscale patients enrolled in a Kaiser H.M.O. to describe whether they had experienced any of 10 categories of childhood trauma. They asked them if they had been abused, if their parents had divorced, if family members had been incarcerated or declared mentally ill. Then they gave them what came to be known as ACE scores, depending on how many of the 10 experiences they had endured.

[Enlarge This Image](#) The link between childhood trauma and adult outcomes was striking. People with an ACE score of 4 were

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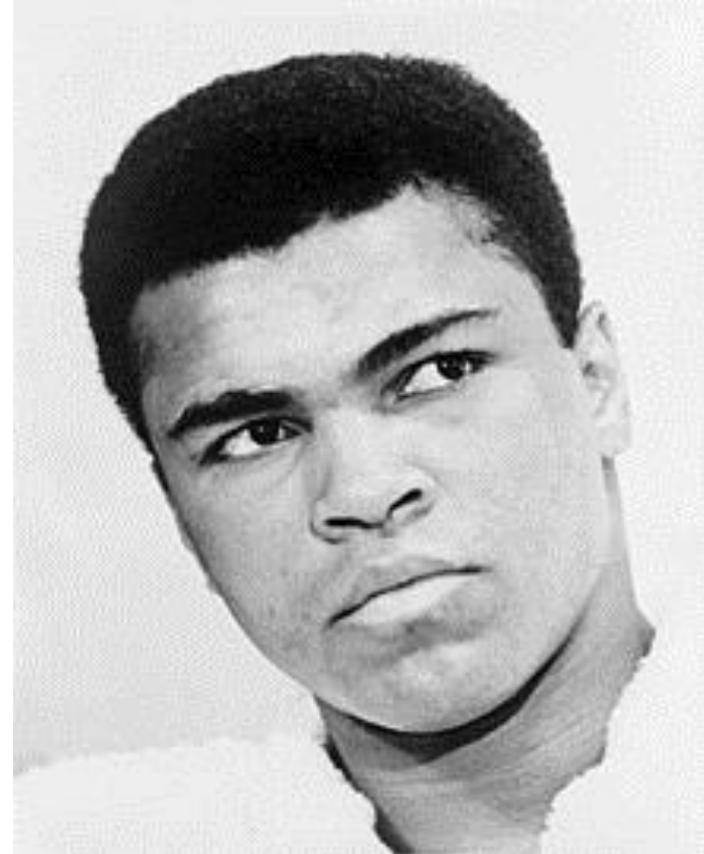
**“Trauma is to mental health as
smoking is to cancer”**

-Dr Steven Sharfstein
Former President,
American Psychiatric
Association



1964

- ▶ Civil Rights act signed
- ▶ The Beatles
- ▶ Cassius Clay
- ▶ Cost of a house – 13k
- ▶ 42% smokers*



*CDC, 2014

2012

- ▶ President Obama re-elected
- ▶ Maroon 5
- ▶ London Olympics
- ▶ Cost of a house – 146k
- ▶ 18% smokers*



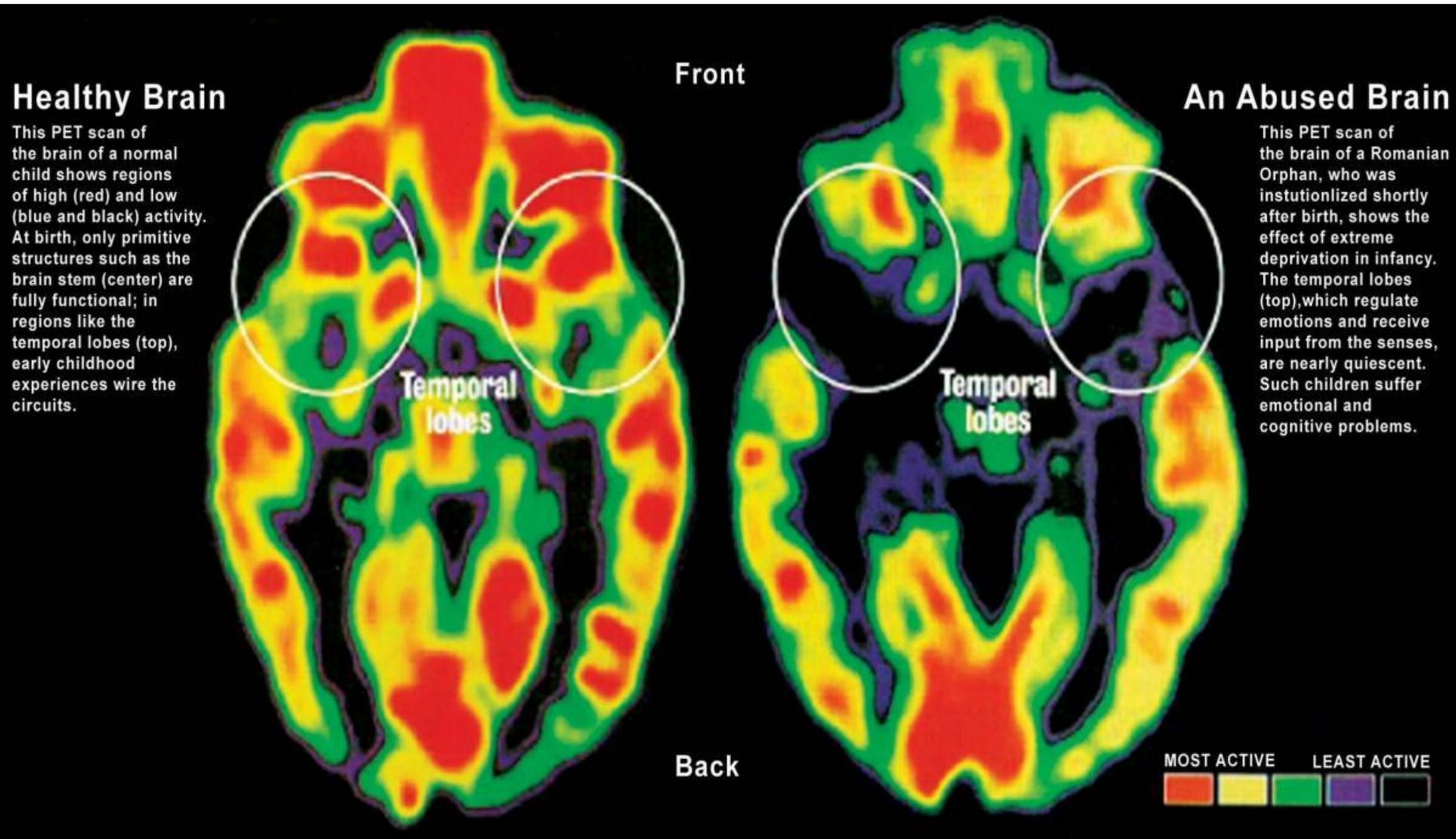
*CDC, 2014

42% to 18% = 8,000,000 Lives*



*JAMA, 2014

The Next Big Thing..



ORIGINAL ACE STUDY

Conducted in 1995 through 1998 and was led by Dr. Vincent Felitti at Kaiser Permanente San Diego and Dr. Robert Anda at Centers for Disease Control and Prevention (CDC).



More than 17,000 participants:
75% white; 36% college educated;
and 39% college graduates.

The ACE Study was originally designed to identify factors that predispose individuals to adopt risky behaviors or develop conditions that put them at risk for health problems.

CDC, 1995–1997

WHAT IS AN ACE?

An ACE is exposure to any of the following before the age of 18:

- ▶ 1. Recurrent physical abuse
- ▶ 2. Recurrent emotional abuse
- ▶ 3. Sexual abuse
- ▶ 4. Physical neglect
- ▶ 5. Emotional neglect
- ▶ 6. An alcohol or other drug abuser in the household
- ▶ 7. An incarcerated family member
- ▶ 8. A household member who was chronically depressed, mentally ill, institutionalized or suicidal
- ▶ 9. Violence between adults in the home
- ▶ 10. Parental separation or divorce



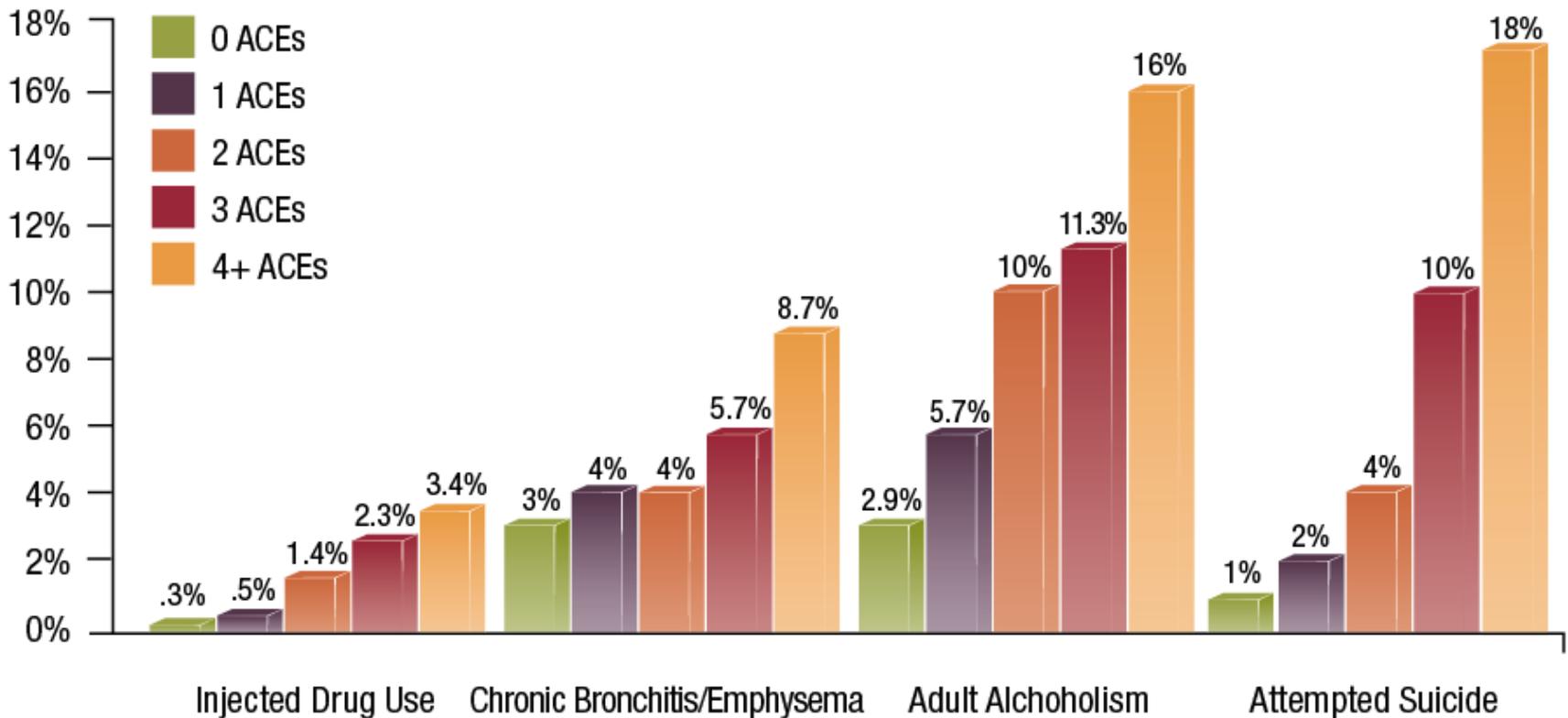
ORIGINAL ACE STUDY –GENERAL FINDINGS

- ▶ ACEs:
- ▶ –are common
- ▶ –have long-term, damaging consequences
- ▶ –can happen in any family
- ▶ –have a cumulative effect—the higher the score, the higher the likelihood of health risk behaviors and poor health outcomes
- ▶ –are a leading determinant of public health spending



CDC, 1995–1997

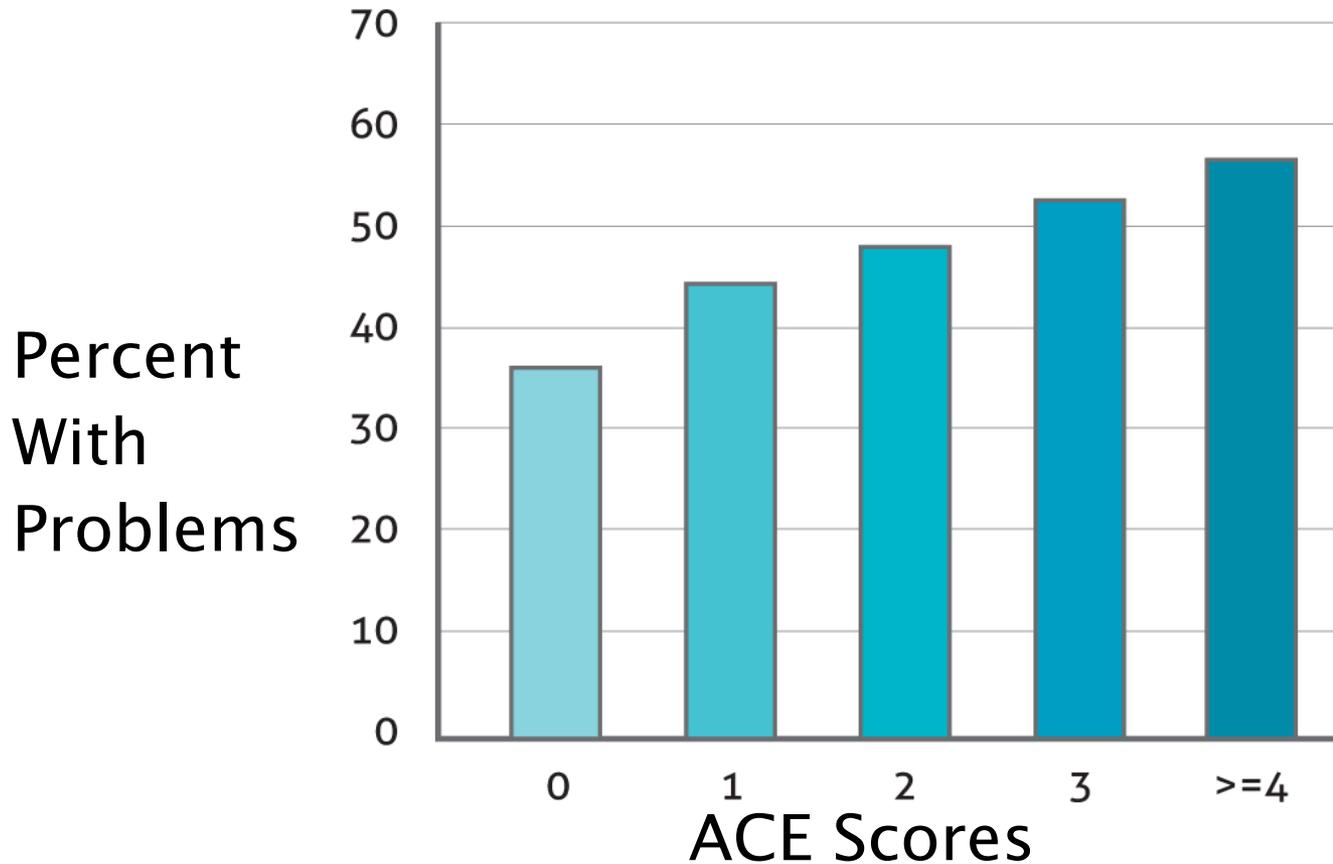
ORIGINAL ACE FINDINGS



ACE Attributable Problems

- ▶ Alcoholism and alcohol abuse
- ▶ Chronic obstructive pulmonary disease (COPD)
- ▶ Depression
- ▶ Fetal death
- ▶ Health-related quality of life
- ▶ Illicit drug use
- ▶ Ischemic heart disease (IHD)
- ▶ Liver disease
- ▶ Risk for intimate partner violence
- ▶ Multiple sexual partners
- ▶ Sexually transmitted diseases (STDs)
- ▶ Smoking
- ▶ Suicide attempts
- ▶ Unintended pregnancies
- ▶ Early initiation of smoking
- ▶ Early initiation of sexual activity
- ▶ Adolescent pregnancy

ACEs and Relationships Problems (Divorce, Family Problems, Sexual Dissatisfaction)



WI CTF, 2012-2014

Adverse Childhood Experiences (ACE) Study

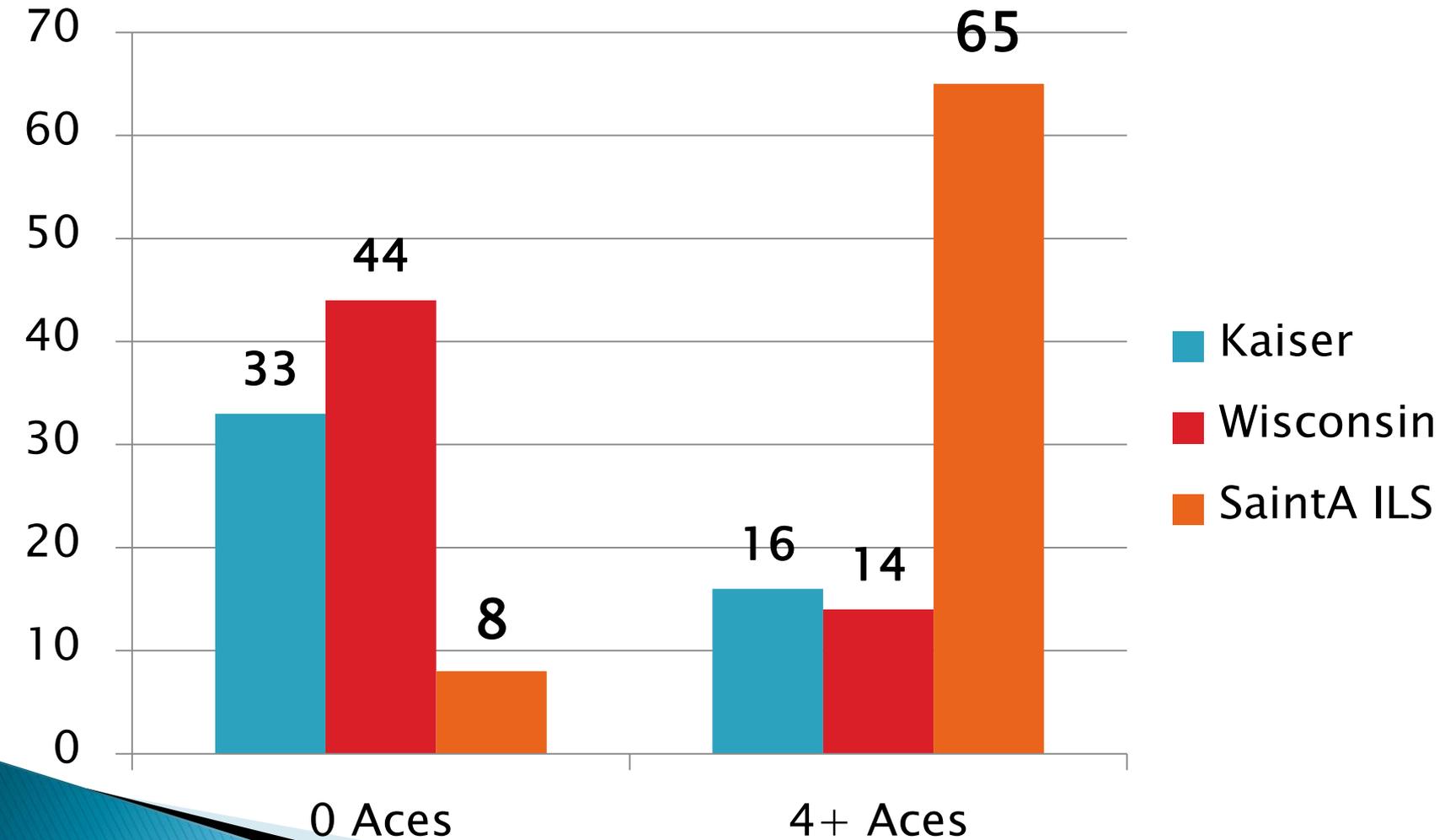
	<u>Kaiser*</u>	<u>WI**</u>	<u>ILS Cohort***</u>
Household dysfunction			
• Substance abuse	27%	27%	62%
• Parental separation/divorce	23%	21%	62%
• Mental illness	19%	16%	42%
• Violence between adults	13%	16%	31%
• Incarcerated household member	5%	6%	50%
Abuse			
• Psychological /Emotional	11%	29%	54%
• Physical	28%	17%	42%
• Sexual	21%	11%	27%
Neglect			
• Emotional	15%		54%
• Physical	10%		42%

* Center for Disease Control and Prevention 1995-97

** WI CTF, 2012-2014

***SaintA, 2014

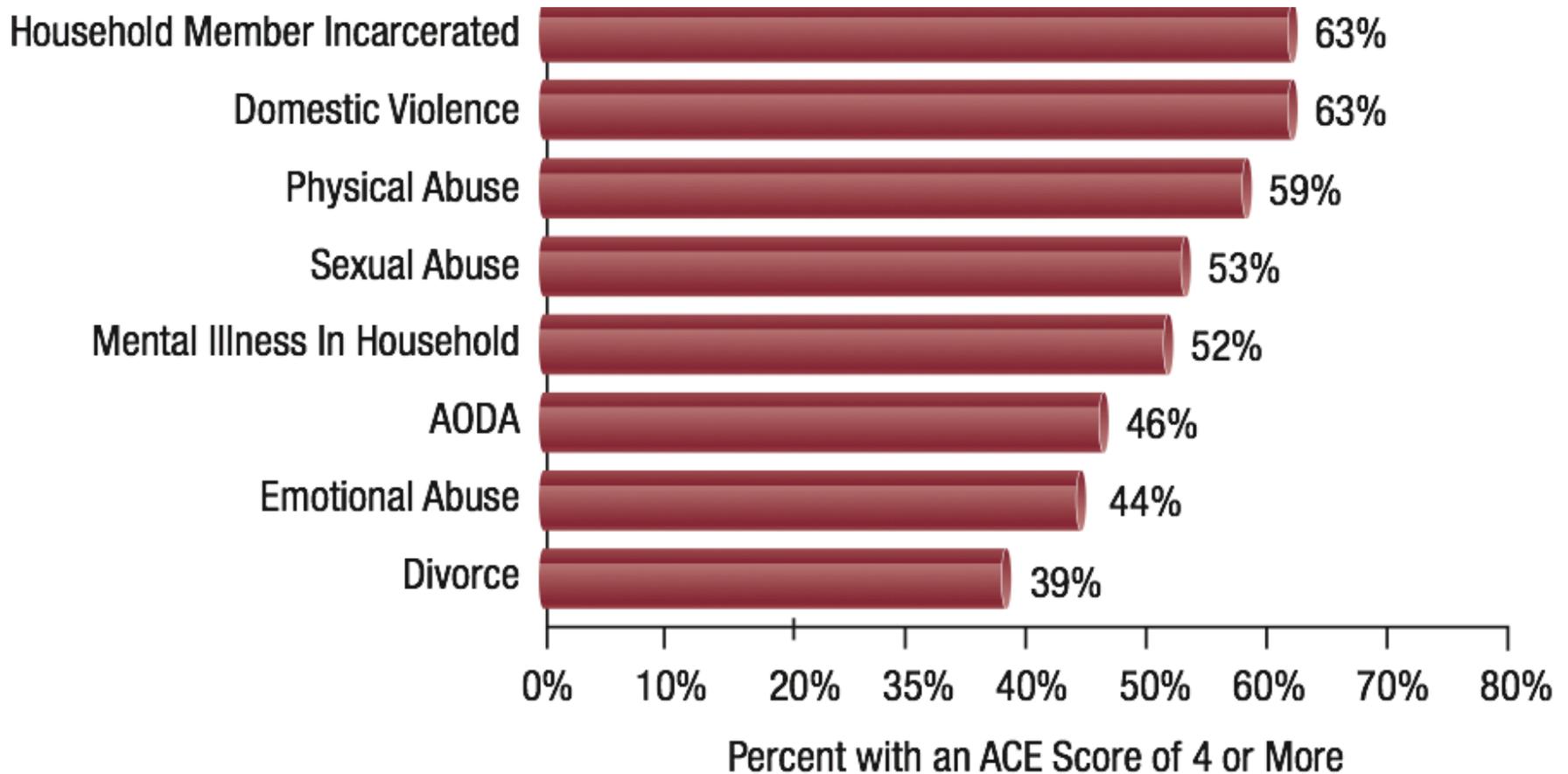
ACE Study – A Comparison



WISCONSIN ACE STUDY FINDINGS

- ▶ **WI ACES ARE COMMON**
 - 56% reported growing up experiencing at least one ACE
 - 14% reported 4 or more ACEs
- ▶ **WI ACES ALSO TEND TO CLUSTER**
 - Among those with any ACE, 61% have 2 or more &
 - 25% have 4 or more
- ▶ **WI ACES ALSO HAVE A SERIOUS IMPACT ON WI ADULTS**
 - Those with higher ACE scores show poorer outcomes

WISCONSIN ACE STUDY FINDINGS

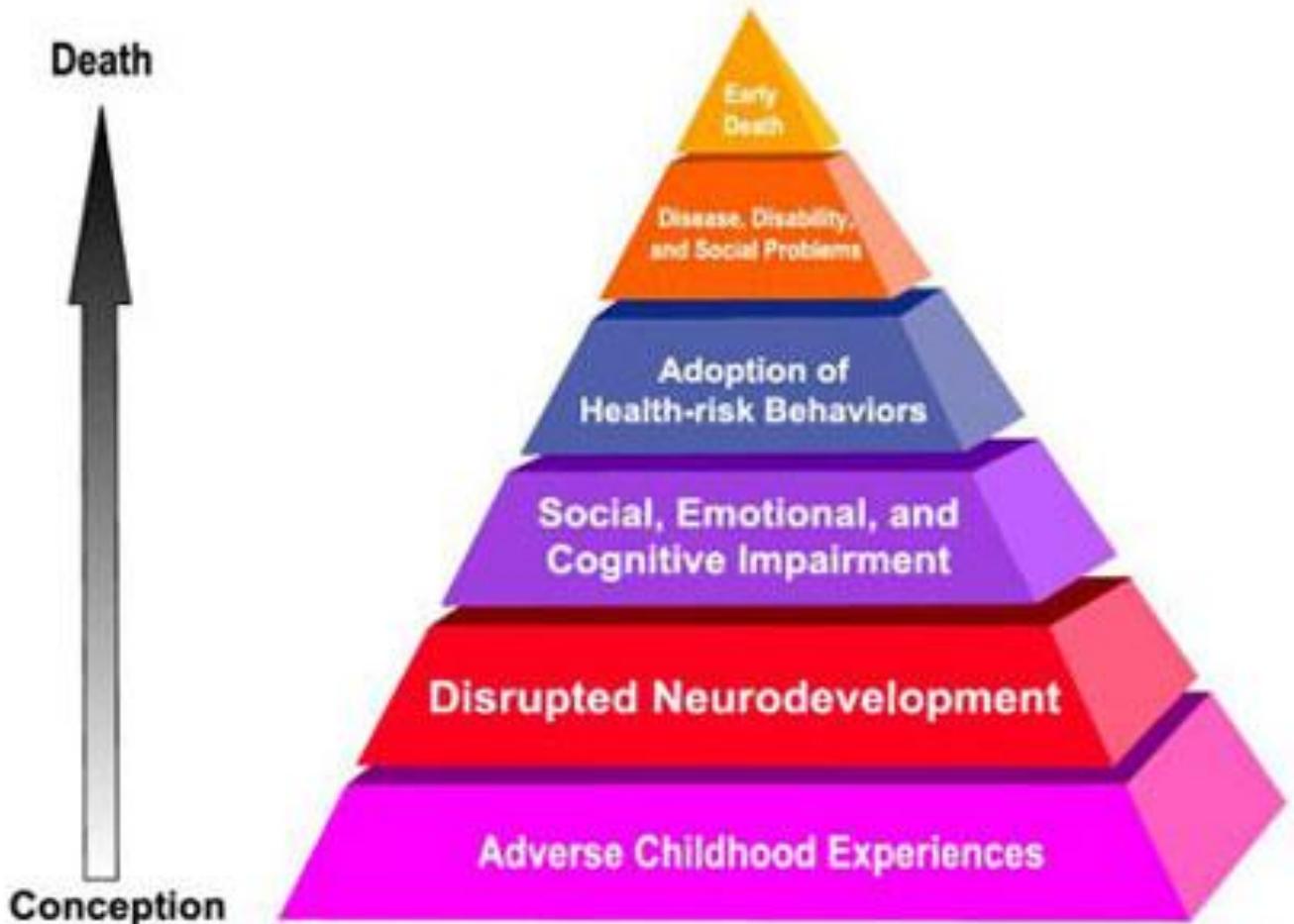


“ACEs may be the single leading determinant of the health and well being of our country”

–Dr Rob Anda



How Does This Happen?



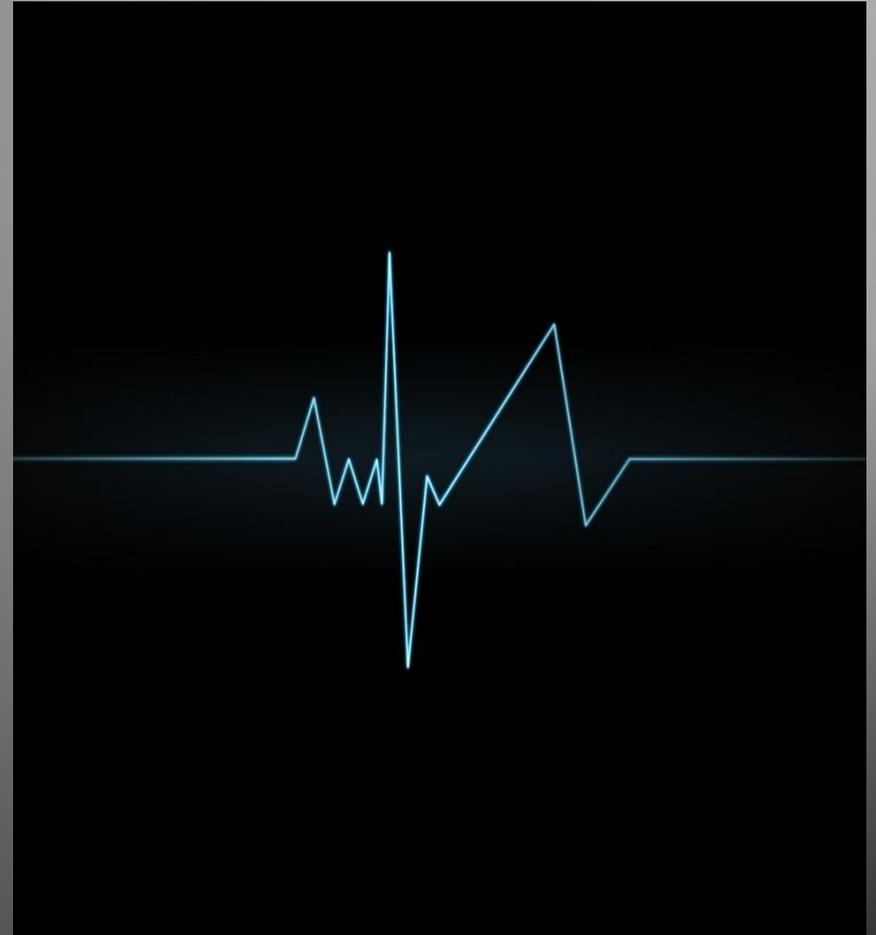
Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan

CDC 1995-1997

Evident in Heart Rate?

▶ 12 yr old Boy

<u>HR</u>	<u>BP</u>	<u>Resp</u>
82	99/60	20
78	102/73	27
103	98/56	24
65	102/83	12
90	118/64	20
68	92/69	24



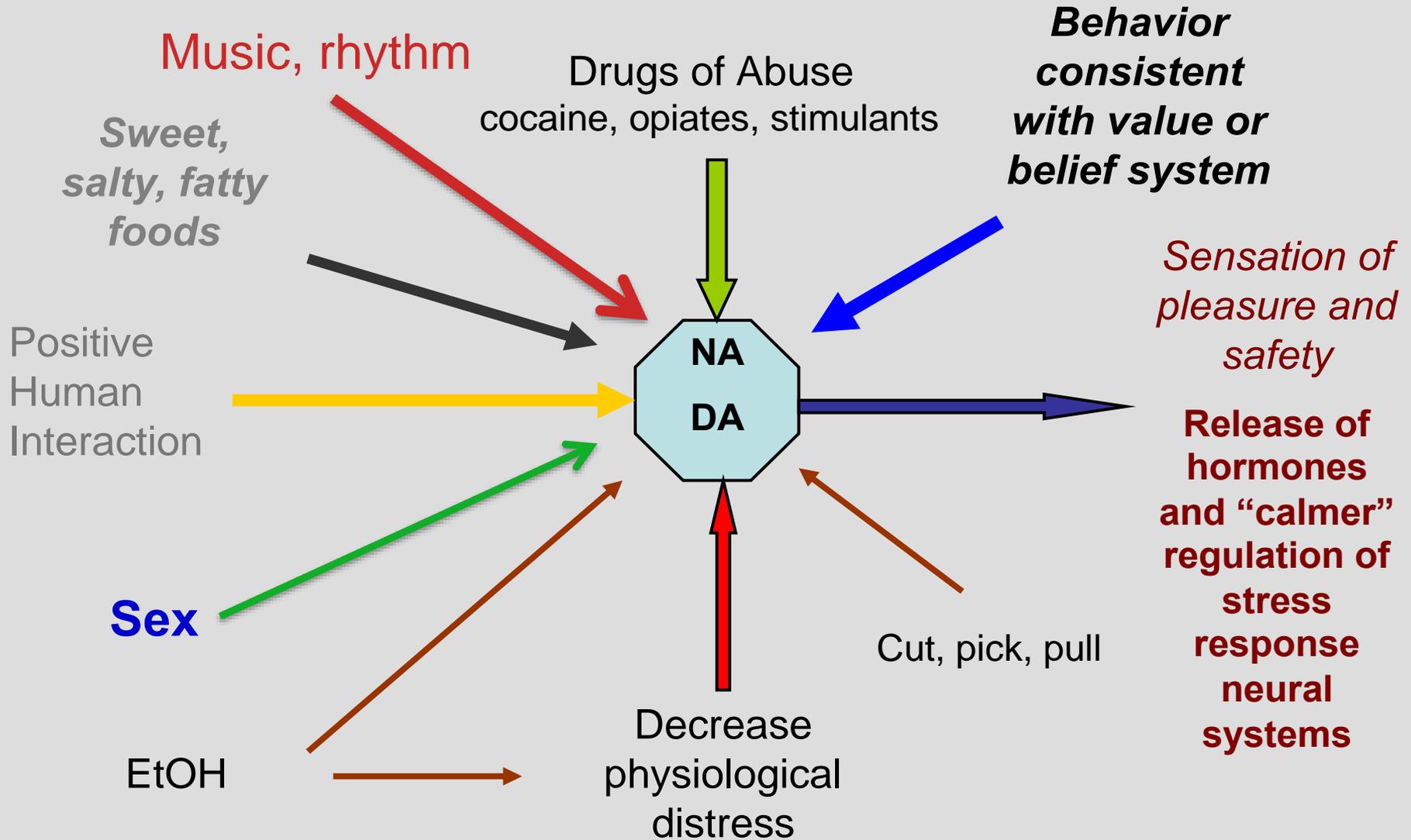
Other Indicators

- ▶ Memory Issues – especially with recall
 - ▶ Re-experiencing (flashbacks, nightmares, intrusions)
 - ▶ Anxiety related symptoms (sleep, concentration, attention)
 - ▶ Somatic complaints (constipation)
 - ▶ World View
- 

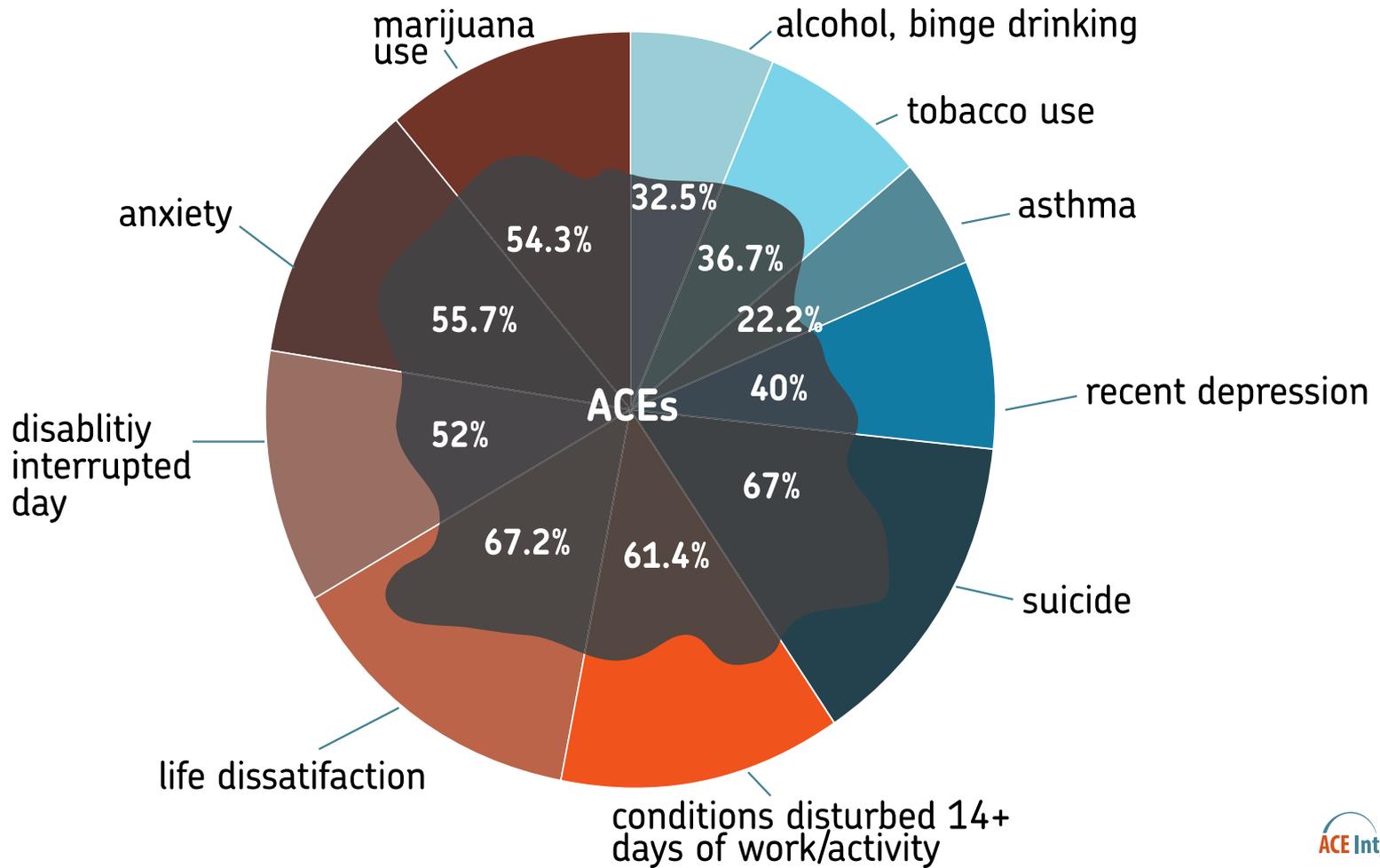
Link to Adult Functioning



Stimulation of “Reward” Neural Systems in the Human Brain: *Multiple Mediators*



Population Attributable Risk



What Wisconsin is Doing

- ▶ 2015 Conference on Child Welfare and the Courts: Moving Toward a Trauma-Informed Wisconsin, 9/30–10/2.
- ▶ Fostering Futures
- ▶ ACE Project – CTF
- ▶ Trauma Informed Care
 - DCF
 - DHS
 - Office of Children’s Mental Health
 - CCIP
 - DOC
 - Police Depts. (Milwaukee)
 - Providers
- ▶ Wisconsin Alliance for Infant Mental Health
- ▶ NCJFCJ – trauma audits

ALIGNING WHAT WE KNOW WITH WHAT WE DO

▶ **Trauma–Awareness:**

- Many legal parties have come to recognize, acknowledge, and understand that the impact of trauma on court participants may lead to more successful interactions and outcomes.
 - Courts that do not practice trauma–informed decision making may inadvertently increase the level of trauma that families experience
 - Every interaction is an opportunity
- 

Tools/Resources for Legal Parties

- ▶ **NCTSN BENCH CARD for the Trauma-Informed Judge.** The National Child Traumatic Stress Network and the National Council on Juvenile & Family Court Judge.
(http://www.courts.ca.gov/documents/JudgeBenchCards_final.pdf)
- ▶ **HEALING INVISIBLE WOUNDS: Why Investing in Trauma-Informed Care for Children Makes Sense** , July 2010. Justice Policy Institute.
(http://www.justicepolicy.org/images/upload/10-07_REP_HealingInvisibleWounds_JJ-PS.pdf)
- ▶ SAMSHA's National Center on Trauma-Informed Care & SAMSHA's National GAINS Center for Behavioral Health and Justice: Essential Components of Trauma-Informed Judicial Practice (Draft), 2013.
- ▶ Ten Things Every Juvenile Court Judge Should Know About Trauma and Delinquency, www.ncjfcj.org.

Additional Resources

- ▶ ACEs in Wisconsin
 - <http://wichildrenstrustfund.org/>
- ▶ ACEs Connection
 - <http://acesconnection.com/>
- ▶ ACE Study web page
 - <http://www.cestudy.org/>
- ▶ Center for Disease Control
 - <http://www.cdc.gov/ace/>
- ▶ Center on the Developing Child at Harvard University
 - <http://developingchild.harvard.edu>
- ▶ Child Emotion Lab at University of Wisconsin–Madison
 - <http://www.waisman.wisc.edu/childemotion/seth.html>
- ▶ Child Trauma Academy
 - <http://www.childtrauma.org>

Credits

- ▶ V Matthews et al, Indiana University, 2011
- ▶ Centers for Disease Control and Prevention, 2014
- ▶ Centers for Disease Control and Prevention, The ACE Study, 1995–1997
- ▶ Holford et al, Journal of the American Medical Association, 311, 164–171 (2014)
- ▶ O'Connor, C., Finkbiner, C., & Watson, L. (2012). Adverse Childhood Experiences in Wisconsin: Findings from the 2010 Behavioral Risk Factor Survey. Madison, WI: Wisconsin Children's Trust Fund and Child Abuse Prevention Fund of Children's Hospital & Health System
- ▶ Bruce D Perry, Child Trauma Academy, 2006–2014
- ▶ Rob Anda & Laura Porter, Ace Interface, 2014

Questions?

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