

# Academy on Violence and Abuse – 11 Years of Work to Improve Health and Wellness by Educating the Healthcare Professions and Communities

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**Tulsa, Oklahoma**

May 20, 2015



ADVANCING HEALTH EDUCATION & RESEARCH



# AVA's First 10 years

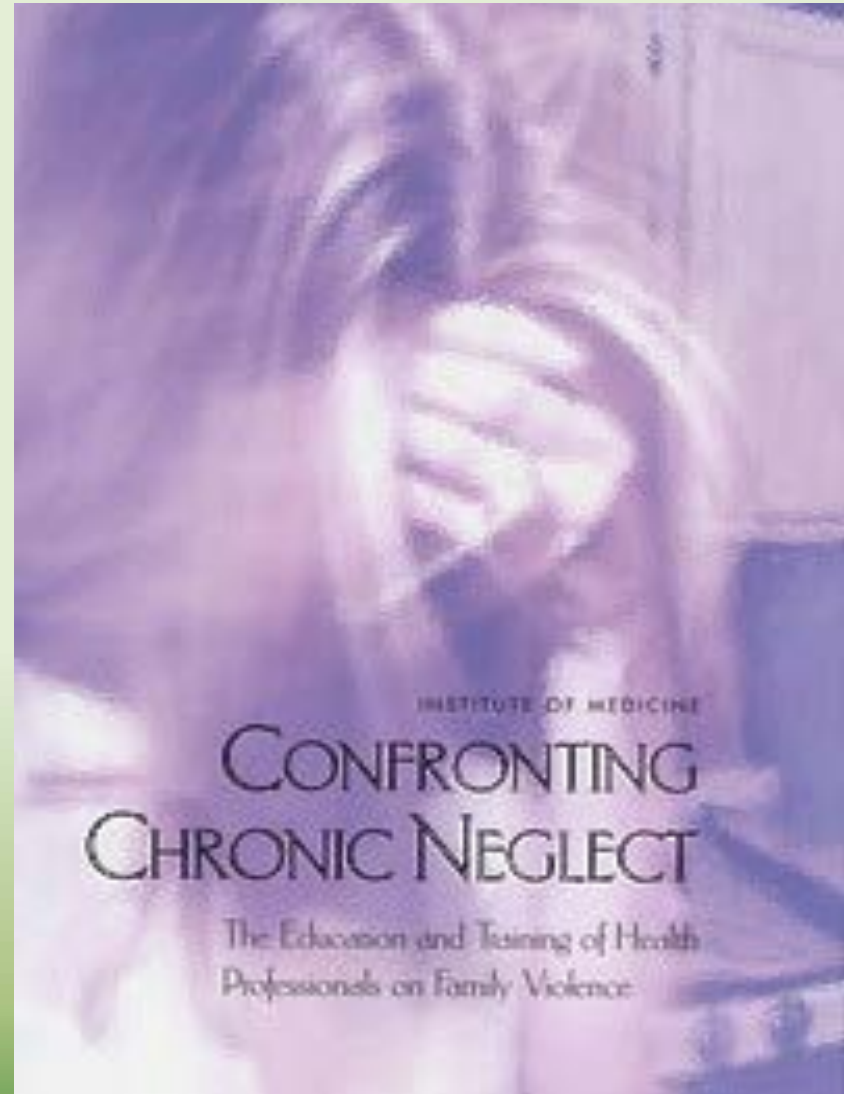
- Policy
- Partners
- People
- Publications
- Products
- Mission & Vision
- Initiatives
- Research

# Policy Impetus for AVA Founding

Institute Of Medicine Report  
Released Sept 10, 2001

Called for:

- Multidisciplinary Centers for Education and Research
- Organizational guidance
- Innovative training models
- Federal funding



# Partnership between AMA Violence & Abuse Council and Family Violence Prevention Fund



# Other Key Partnerships

- AMA National Advisory Council on Violence and Abuse/National Health Collaborative on Violence and Abuse
- American Medical Association
- Family Violence Prevention Fund/Futures Without Violence
- T. Boone Pickens Foundation
- AHRQ
- Trauma Violence and Abuse
- National Child Traumatic Stress Network (NCTSN)
- Chadwick Center for Children and Families/San Diego International Conference on Child and Family Maltreatment
- IVAT (Institute for Violence, Abuse and Trauma)

# People

**Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has.**

Margaret Meade



# AVA's Inaugural Event - Sept. 2005



# AVA Board – April 10, 2015



AVA's current small group of  
“thoughtful, committed citizens”

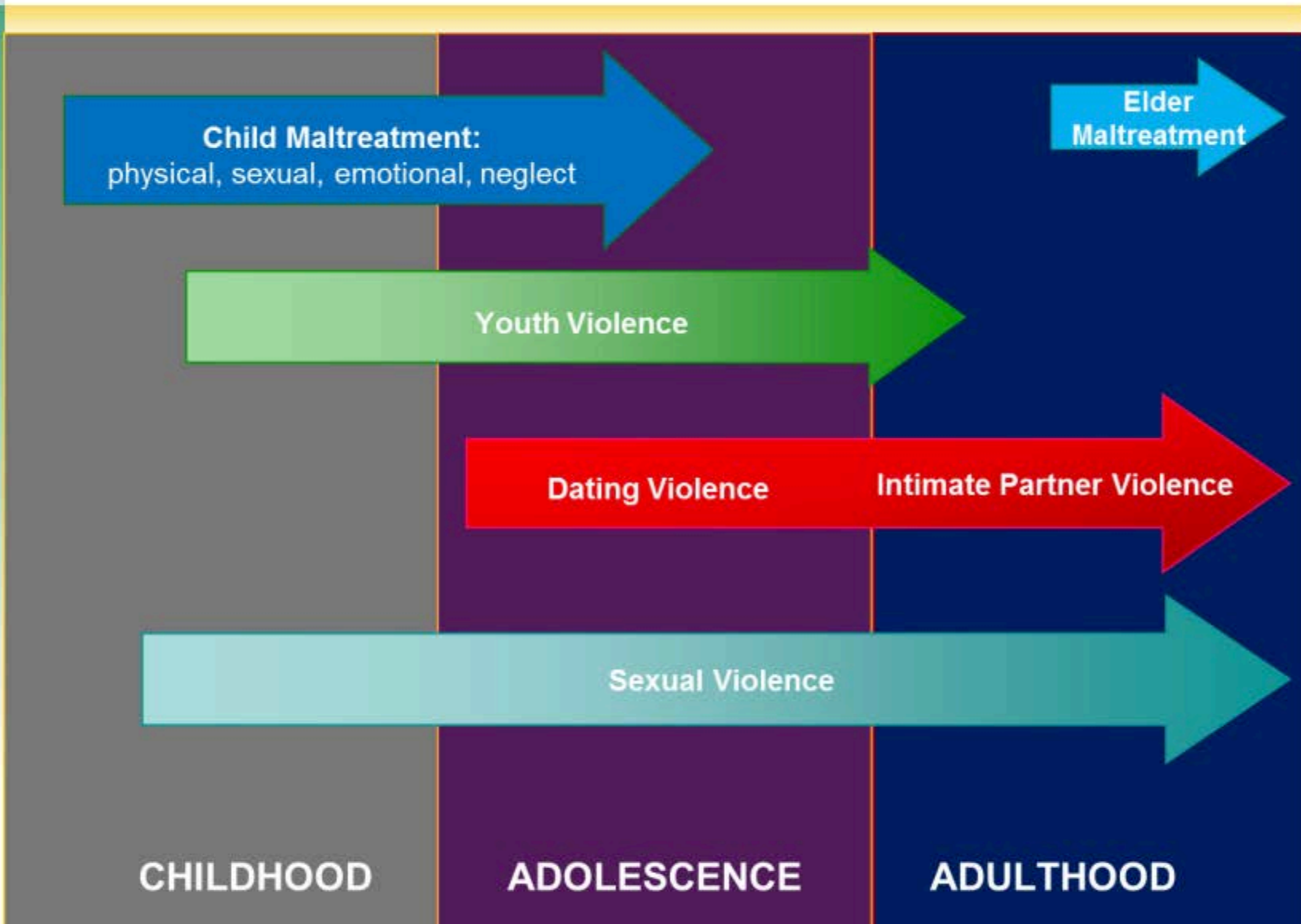


# Academy on Violence and Abuse (AVA)

A Global Interprofessional Society  
focused on the Health Impacts of  
Violence and Abuse across the  
Lifespan



# Violence Across the Lifespan



# AVA Mission

To advance health education and research on the recognition, treatment, of the health effects of violence and abuse across the lifespan.

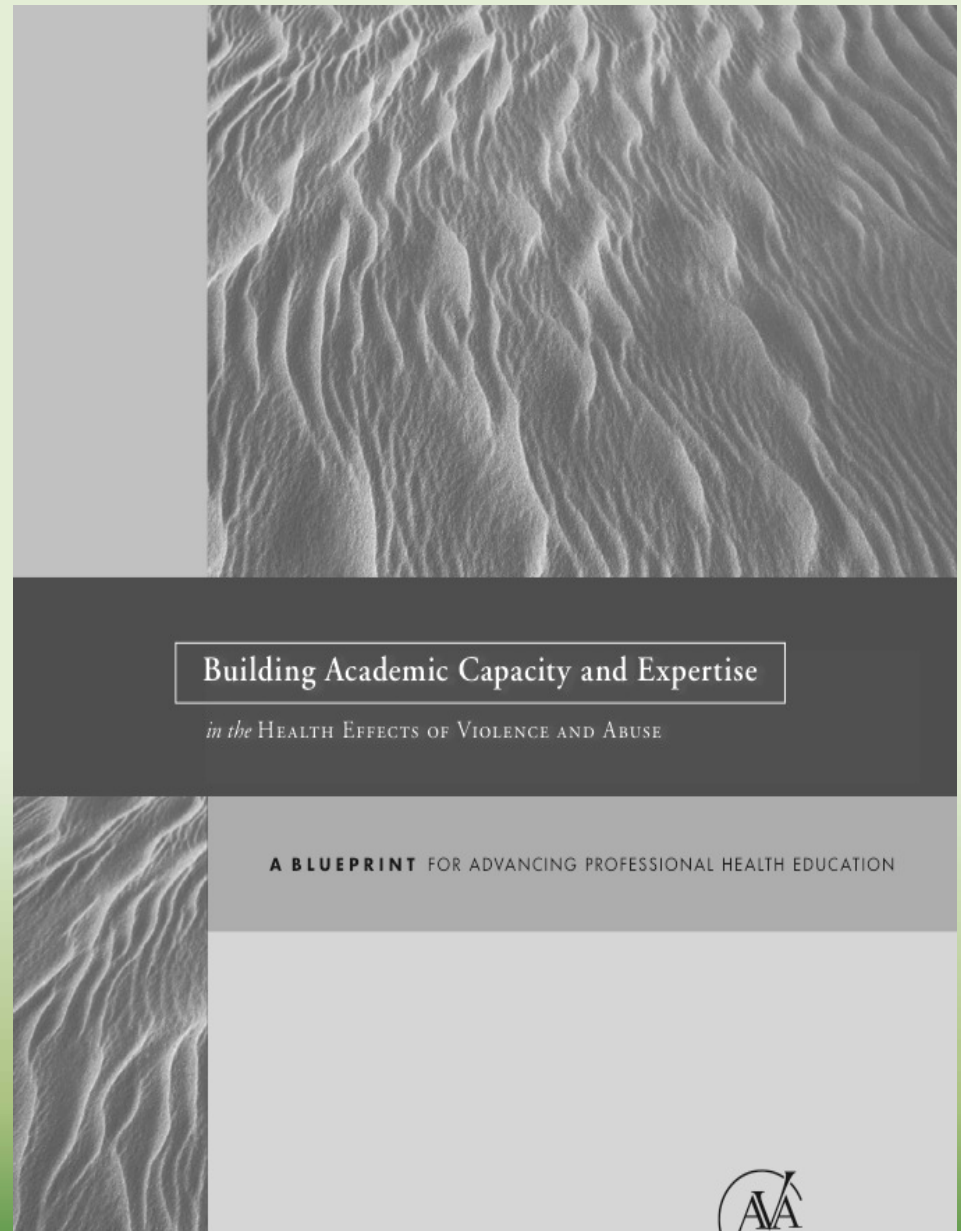
# AVA Vision

The recognition, treatment, and prevention of the health effects of violence and abuse are fully integrated into healthcare and society so that people of all ages are safer and healthier.



# Publications

- Building Academic Capacity and Expertise in the Health Effects of Violence and Abuse



# Publications

- Competencies Needed by Health Professionals for Addressing Exposure to Violence and Abuse in Patient Care

COMPETENCIES NEEDED BY HEALTH  
PROFESSIONALS FOR ADDRESSING  
EXPOSURE TO VIOLENCE AND ABUSE  
IN PATIENT CARE



# AVA's 1<sup>st</sup> Product - 2012

## ACE Study DVD/Online Videos

**ACE Study**

The Adverse Childhood Experiences Study:  
Background, Findings, and Paradigm Shift

Robert F. Anda, MD, MS, Co-Principal Investigator  
Vincent J. Felitti, MD, Co-Principal Investigator  
Frank W. Putnam, MD, Discussant

The ACE Study has made that which was known to the few, credible to the many

Biopsychosocial

Biological

Death

Illness, Disability, & Social Problems

Adoption of Health-Risk Behaviors

Social, Emotional, and Cognitive Impairment

Disrupted Neurodevelopment

Adverse Childhood Experiences

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

ACADEMY ON VIOLENCE & ABUSE

[www.avahealth.org](http://www.avahealth.org)

- Felitti & Anda ACE Study Plenaries
- Putnam – “ACEs Changed the Landscape”
- Individual Interviews with Vincent Felitti, Rob Anda, and David Williamson
- 4.5 hours of video
- PPTs, ACE Questionnaires

# AVA ACEs Study DVD/Videos

## 8 Minute Policy Maker Summary



# 2009 – 2014 AVA Initiatives

2009 – Began posting AVA videos on website

2012 – Scholars Program initiated (AVA now has six AVA scholars)

2013 – United States Medical Licensure Examination (USMLE) Site Visit

## **1<sup>st</sup> Regional Academies & Symposia**

2014 – April - Ashland and Akron, Ohio

October - Salt Lake City, Utah



# Building Trauma-Informed and Resilient Communities

AVA MEMBERSHIP MEETING  
NOVEMBER 2015

# Ashland OH

- ▶ Population 54,000
- ▶ Conservative Christian Community
  - ▶ Brethren and Amish
- ▶ Agriculture and Manufacturing
- ▶ Samaritan Regional Health System
- ▶ Ashland University
- ▶ Ashland Theological Seminary





# Mental Health and Recovery Board

- ▶ Branch of local (county) Government
- ▶ 18 Member Citizen Governing Board
- ▶ Plan, fund, monitor and evaluate
- ▶ Contract provider network
  - ▶ Clinical and Support Services
- ▶ Community Education
- ▶ Professional and Workforce Development
- ▶ Advocacy



# Three Legs of the Stool

- ▶ Recovery
- ▶ Trauma-Informed Care
- ▶ Medication Optimization

# How the AVA Supports Local Efforts

- ▶ ACEs DVD
- ▶ Experts and Collaboration
  - ▶ Regional Academy: April 2014 (Fellitti, Corwin, Ismailji, Alexander)
  - ▶ Barbara Boat (April 2015)
  - ▶ Victor Vieth (March 2016)
- ▶ Affinity Groups
- ▶ Website Resources



# Laying the Groundwork



- ▶ Staff and Board Members
- ▶ Network Providers
- ▶ Public and Private Social Service Agencies
- ▶ Community at Large

# Pre-Conference Preparation

- ▶ Lunch and Learn Series (AVA ACEs DVD)
  - ▶ Mental Health and Addiction Providers
  - ▶ Social Service Agencies
  - ▶ Faith Community
  - ▶ Hospital
  - ▶ Educators



# Recruit Partners

- ▶ Margaret Clark Morgan Foundation
- ▶ Samaritan Regional Health System
- ▶ Northeast Ohio Medical University (CMEs)
- ▶ Visiting Nurse Association of Ohio
- ▶ Mental Health Agencies
- ▶ Ashland University's Center for Nonviolence
- ▶ Akron Partners Summa, Akron Children's Hospital, others)



# Regional Academy: April 2014



- ▶ Providing exposure to a wide body of knowledge, research and practice by subject experts
- ▶ Creating networking opportunity and helps to build a local learning community
- ▶ Promoting local leaders (individuals and organizations) who are seeking to address the impact of violence and abuse as well as to prevent its occurrence





# Using the Media

- ▶ Local Newspaper
- ▶ Local TV

confirmed dead. Early today, divers, helicopters  
tourist island of Jeju. About 9 a.m. Wednesday, when  
from reaching the exits. Turn to **SINKS**, Page A6

■ Marc Kovac is the Dix capital bureau chief. Email him at [mkovac@dixcom.com](mailto:mkovac@dixcom.com) or on Twitter at [OhioCapitalBlog](https://twitter.com/OhioCapitalBlog).

## Conference breaks down lasting effects of traumatic childhood experiences

By **DAN KUBACKI**  
T-G Staff Writer

Wednesday was a day of eye-opening revelations about the impact of violence, abuse and neglect against children, and their long-term effects on those children's adult lives.

The Mental Health and Recovery Board of Ashland County played host to the inaugural Regional Academy on Violence and Abuse at Ashland University. The conference lasted throughout the day, drawing hundreds of medical professionals and community outreach leaders to listen to presentations and panels on the effects of traumatic life experi-

ences on children and adolescents.

At the core of the conference was discussion of the Adverse Childhood Experiences study. The study's co-principal investigator, Dr. Vincent Felitti, began the proceedings Wednesday morning by presenting the study's findings. Felitti, who has spent much of his medical career at Kaiser Permanente of San Diego, collaborated on the ACE study with the U.S. Center for Disease Control to survey more than 17,000 middle-class adults in the mid-1990s, and the participants still are being studied today.

Turn to **TRAUMATIC**, Page A6



**Dr. Vincent Felitti** talks about the Adverse Childhood Experiences study Wednesday at the Regional Academy on Violence and Abuse conference at Ashland University's John C. Myers Convocation Center.

Times-Gazette photo/  
**Tom E. Puskar**

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**TODAY:**  
Mostly  
sunny.  
High near  
57. **A6**



Classifieds..... C1-4  
Business..... C5  
Comics..... C6  
Kids..... B1  
Lottery numbers... A2

Obituaries ..... A2  
Opinion ..... A4  
Scrapbook ..... B3-4  
Sports..... D1-4  
Tell-n-Sell..... C1

**OBITUARIES**  
Page A2  
Russell A. Berry  
Margaret E. Boyd  
Michael B. Hammond

Everett T. Jones  
Doris J. Paullin  
Robert D. Plice  
Goldie R. Williams



# Next Steps



- ▶ Faith Leaders Conference (March 2016)
- ▶ Community Health Assessment TAGs
  - ▶ Health and Wellness
  - ▶ Opiate Addiction
  - ▶ Poverty
  - ▶ Violence Across the Lifespan
- ▶ Considering a Second Regional Academy



# Resources

- ▶ AVA Resources
- ▶ ACEs DVD:
  - ▶ [https://avahealthorg.presencehost.net/ace\\_study/order\\_ace\\_dvd/](https://avahealthorg.presencehost.net/ace_study/order_ace_dvd/)
- ▶ Regional Academy Planning Guide and Related Resources:
  - ▶ [http://www.avahealth.org/events/regional\\_academies/endorsements.html](http://www.avahealth.org/events/regional_academies/endorsements.html)
- ▶ Health Federation of Philadelphia
- ▶ Community Resiliency Cookbook:
  - ▶ <http://communityresiliencycookbook.org/>
- ▶ ACEs Connection Network Resources:
- ▶ Infographic:
  - ▶ <http://www.acesconnection.com/blog/roadmap-to-resilience-infographic>
- ▶ Roadmap to Resilience Toolkit:
  - ▶ <http://www.acesconnection.com/blog/roadmap-to-resilience-toolkit-v-1-0-1>

# ACEs: Informing Best Practices

## Online Collaborative Learning living Document



ADVANCING HEALTH EDUCATION & RESEARCH



HOME WHO WE ARE SCHOLARS EVENTS MEMBERS RESOURCES SHOP ACEs: BEST PRACTICES ACE STUDY VIDEOS JOIN AVA

### IN THIS SECTION

ACEs: Best Practices

Authors

Introduction

ACEs and Long-Term Health

Biological Effects of ACEs

Increasing Resilience

Partnering with Parents

Evidence-Based Child and Adolescent Treatment

Trauma-Informed Child and Family Programs

## ACEs: Best Practices

### Adverse Childhood Experiences: Informing Best Practices

*Online Collaborative Living Document - Version 1.0 (3/14/2015)*

This document is the product of an ongoing collaboration between the Academy on Violence and Abuse (AVA) and the National Health Collaborative on Violence and Abuse (NHCVA). It is intended to assist healthcare professionals and others who wish to integrate knowledge of adverse childhood experiences into patient care and other activities (e.g., education, human services, and justice). **A downloadable PDF including links of ACEs: Informing Best Practices, is available in the [appendix](#).**

#### Steering Committee

David L. Corwin, MD, Editor-in-Chief

Randell Alexander, MD, PhD

Megan Bair-Merritt, MD, MSCE

Robert Block, MD

Marilyn Davis, MSCE

# **2015 AVA Initiatives**

## **Regional Academies and Symposia – USA**

May – Ft. Peck Health & Resilience Symposium  
co-sponsor and one AVA speaker

October – Rochester, NY

November – Tampa, FL

## **Global Partnerships**


July – Trauma Awareness & School Mental  
Health Symposium – Seoul, Korea

October – Hong Kong/AVA Regional Academy

**AVA Global Summit** – November 5-7 Jacksonville, FL



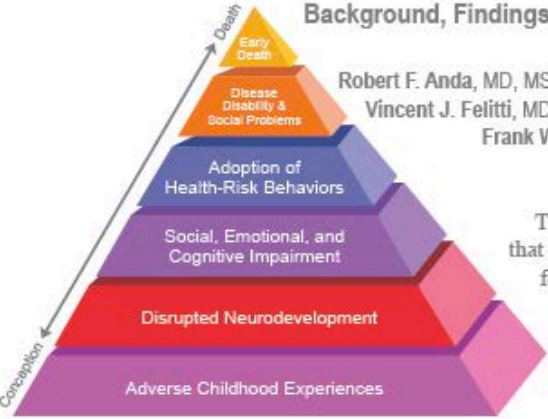
# AVA's Educational Tools Go Global



## ACE Study



The Adverse Childhood Experiences Study:  
Background, Findings, and Paradigm Shift

Robert F. Anda, MD, MS, Co-Principal Investigator  
Vincent J. Felitti, MD, Co-Principal Investigator  
Frank W. Putnam MD, Discussant




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

**NEW - INSTITUTIONAL LICENSE**




## *ACEs: Informing Best Practices*

Online Collaborative Living Learning Document



For more information about the AVA, becoming a member and to order a copy of the ACE Study DVD, Institutional License or to view the *ACEs: Informing Best Practices*, visit [avahealth.org](http://avahealth.org) or call 952.973.3270.



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# Paradigm Shifts



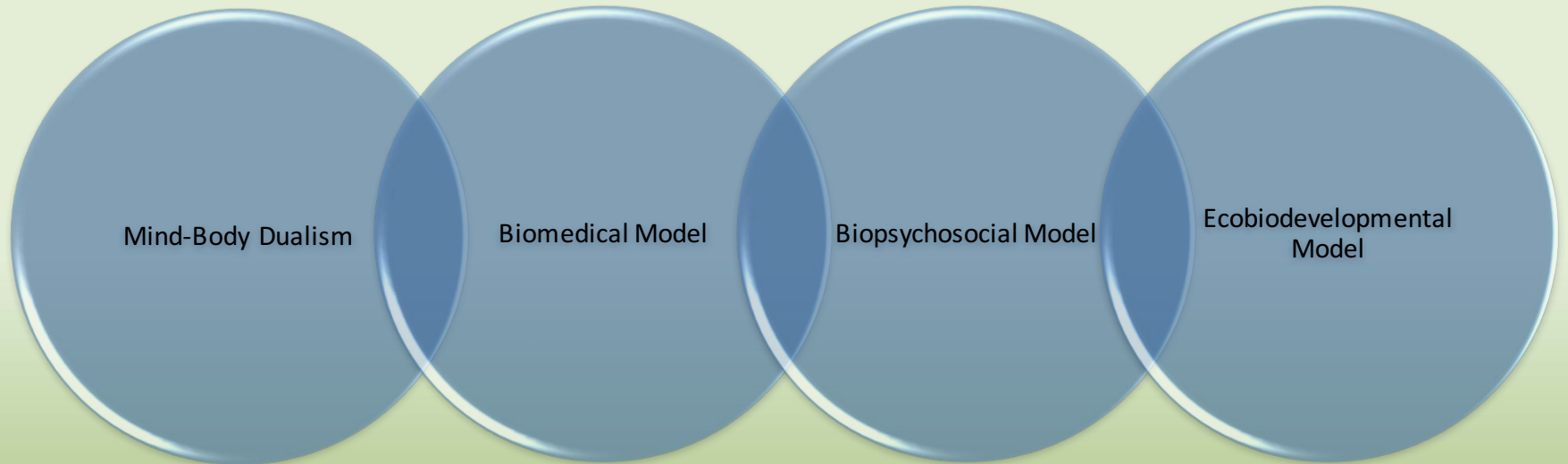
Descartes (1596 – 1650)



Robert Anda, MD, MS



Vincent Felitti, MD



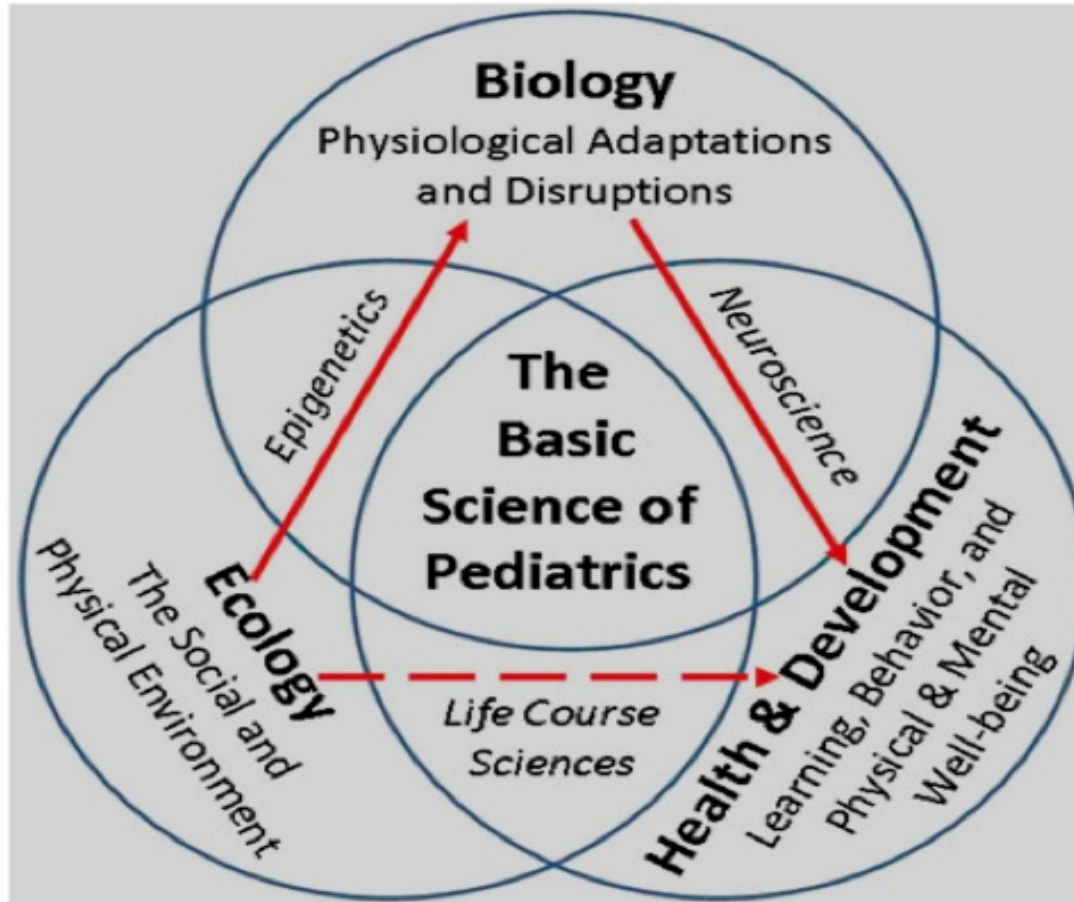
George Engel, MD  
(1913 – 1999)



Slide by Tasneem Ismailji,  
MD, MPH  
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# ECOBIODEVELOPMENTAL FRAMEWORK



Schonkoff JP, Garner AS 2012 Pediatrics129;e232

Slide by Tasneem Ismailji, MD, MPH  
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# Adverse Childhood Experiences (ACEs) & Relationship to Adult Health Status and Well-Being

A collaborative effort of Kaiser Permanente and The Centers for Disease  
Control and Prevention

[www.cestudy.org](http://www.cestudy.org)

Vincent J. Felitti, M.D.  
Robert F. Anda, M.D.

slide from Randell Alexander, MD, PhD and Vincent Felitti, MD used with permission

# The Adverse Childhood Experiences Study

- The largest study of its kind ever done to examine the health, social, and economic effects of adverse childhood experiences over the lifespan (17,337 participants)
- Average age = 57 years old

# ACE Study Design

Survey Wave 1

71% response (9,508/13,454)

n=13,000

*All medical evaluations  
abstracted*

Survey Wave II

n=13,000

*All medical evaluations  
abstracted*

vs.

*Present  
Health Status*

17,337  
adults

**Mortality**

National Death Index

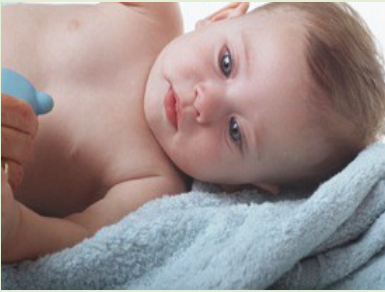
**Morbidity**

Hospitalization

Doctor Office Visits

Emergency Room Visits

Pharmacy Utilization



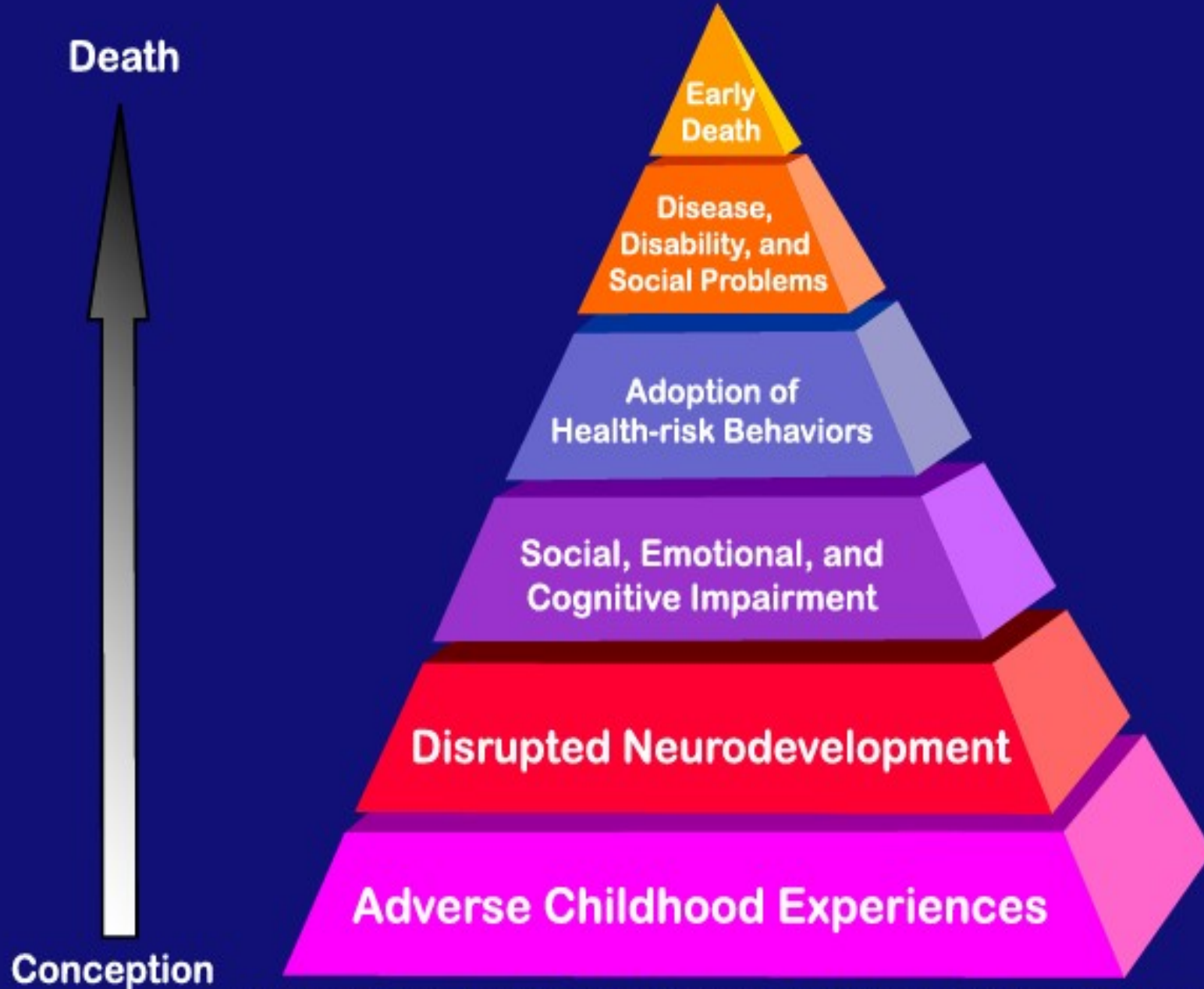
## What are Adverse Childhood Experiences?

Experiences that represent medical and social problems of national importance:

- childhood abuse and neglect
- growing up with domestic violence
- substance abuse or mental illness in home
- parental loss or incarceration



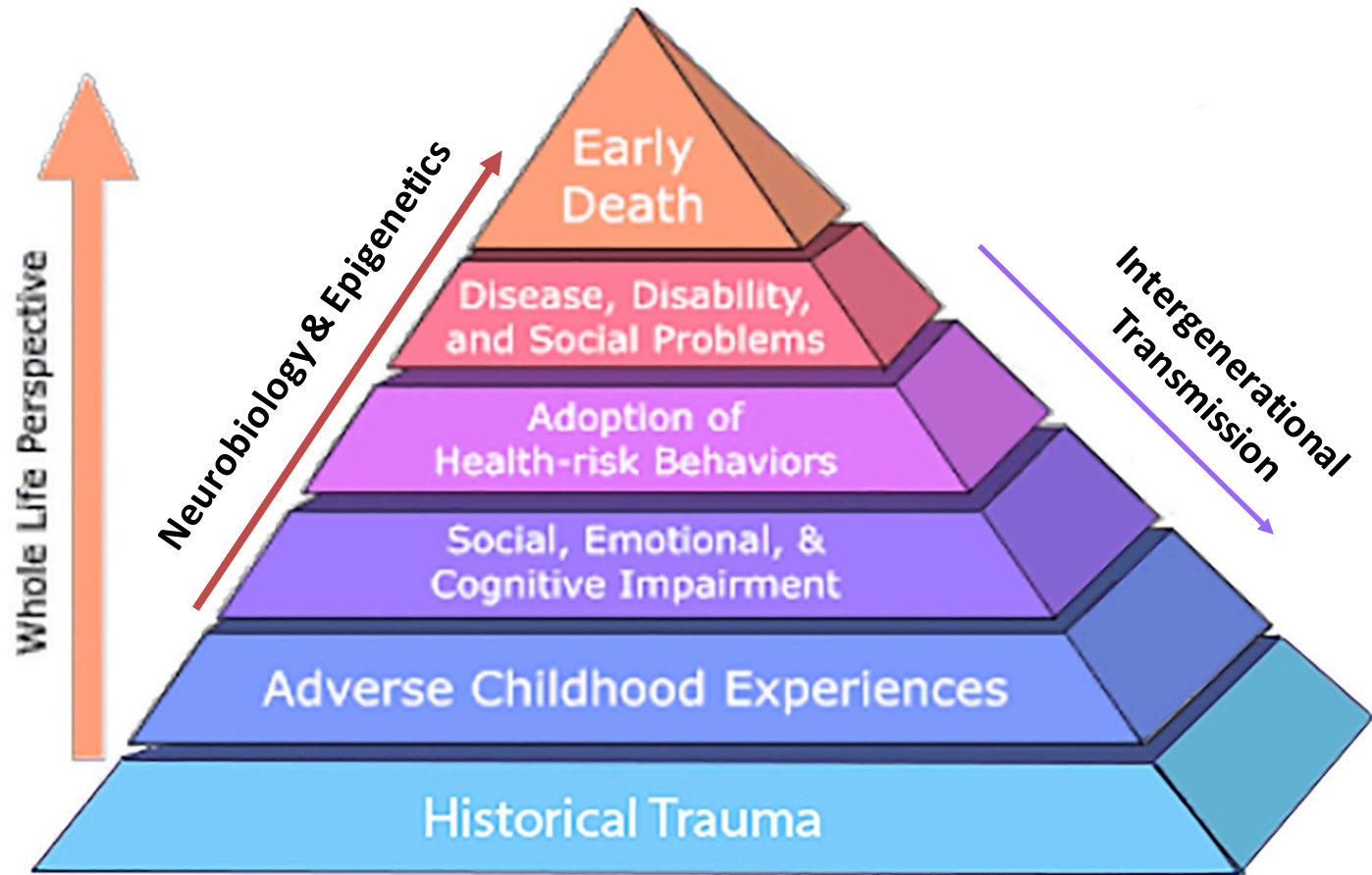




**Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan**

slide from Vincent Felitti, MD, used with permission

# Historical Trauma and ACEs



From Rob Anda's, MD, MS presentation at Ft. Peck Indian Reservation  
May 27, 2015 - used with permission

# Prevalence of Adverse Childhood Experiences

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Prevalence (%)

## **Abuse, by Category**

Psychological (by parents)	11%
Physical (by parents)	28%
Sexual (anyone)	22%

## **Neglect, by Category**

Emotional	15%
Physical	10%

## **Household Dysfunction, by Category**

Alcoholism or drug use in home	27%
Loss of biological parent < age 18	23%
Depression or mental illness in home	17%
Mother treated violently	13%
Imprisoned household member	5%

# Adverse Childhood Experiences Score

Number of categories of adverse childhood experiences are summed ...

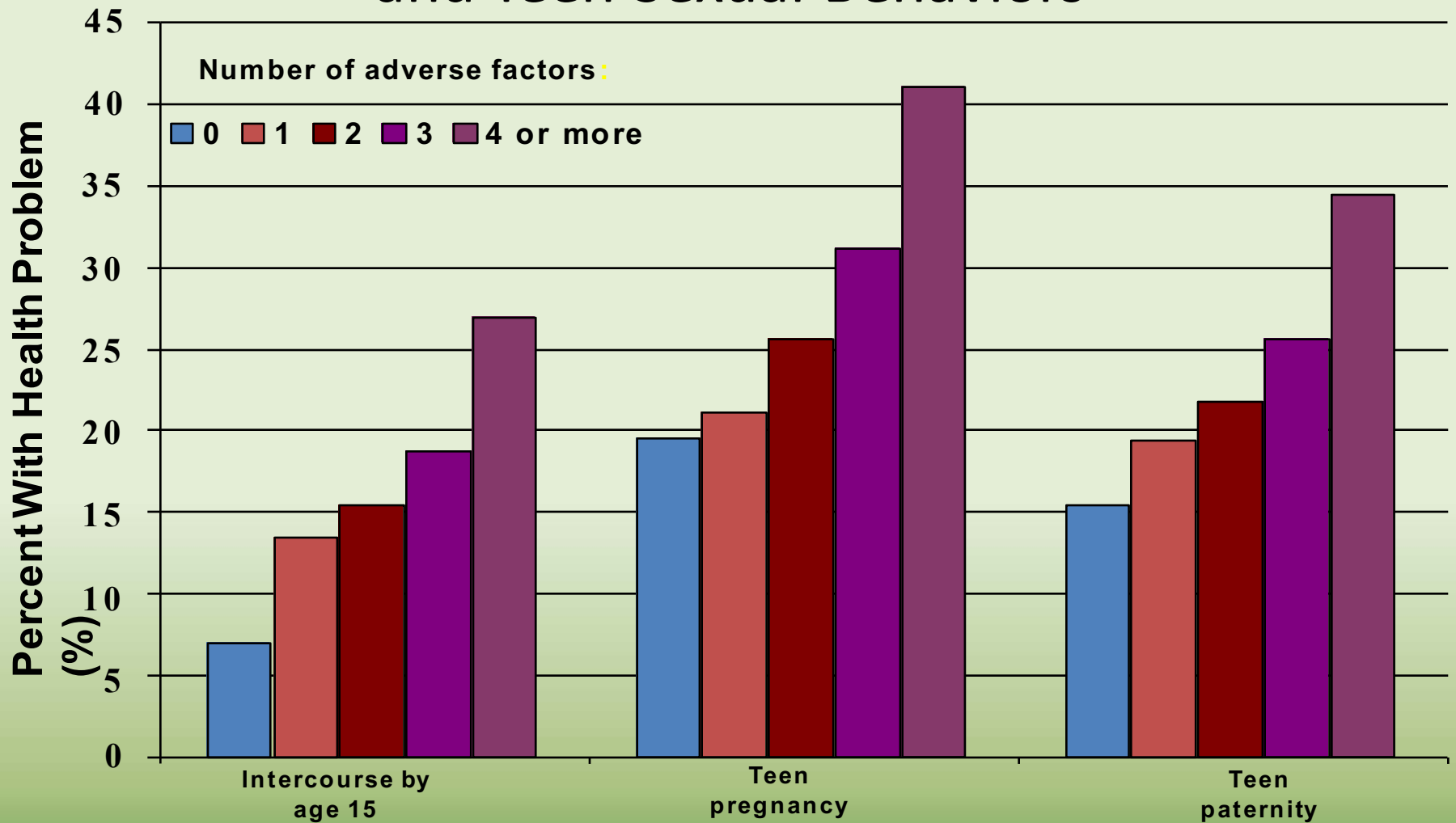
<i>ACE score</i>	<i>Prevalence</i>
0	48%
1	25%
2	13%
3	7%
4 or more	7%



- More than *half have at least one ACE*
- If one category of ACE is present, there is an 84% likelihood of additional categories being present.

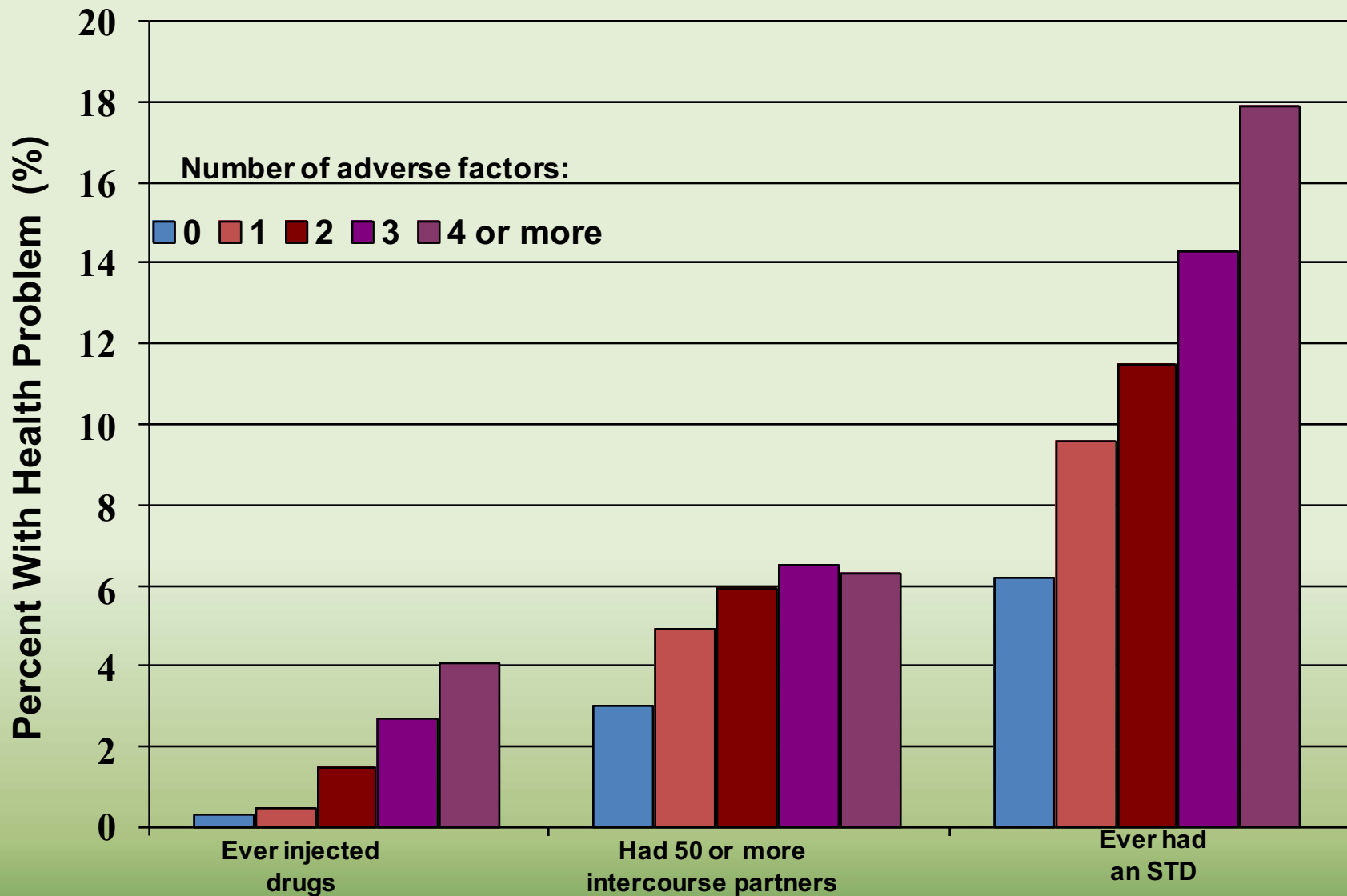


# Number of Adverse Childhood Experiences and Teen Sexual Behaviors



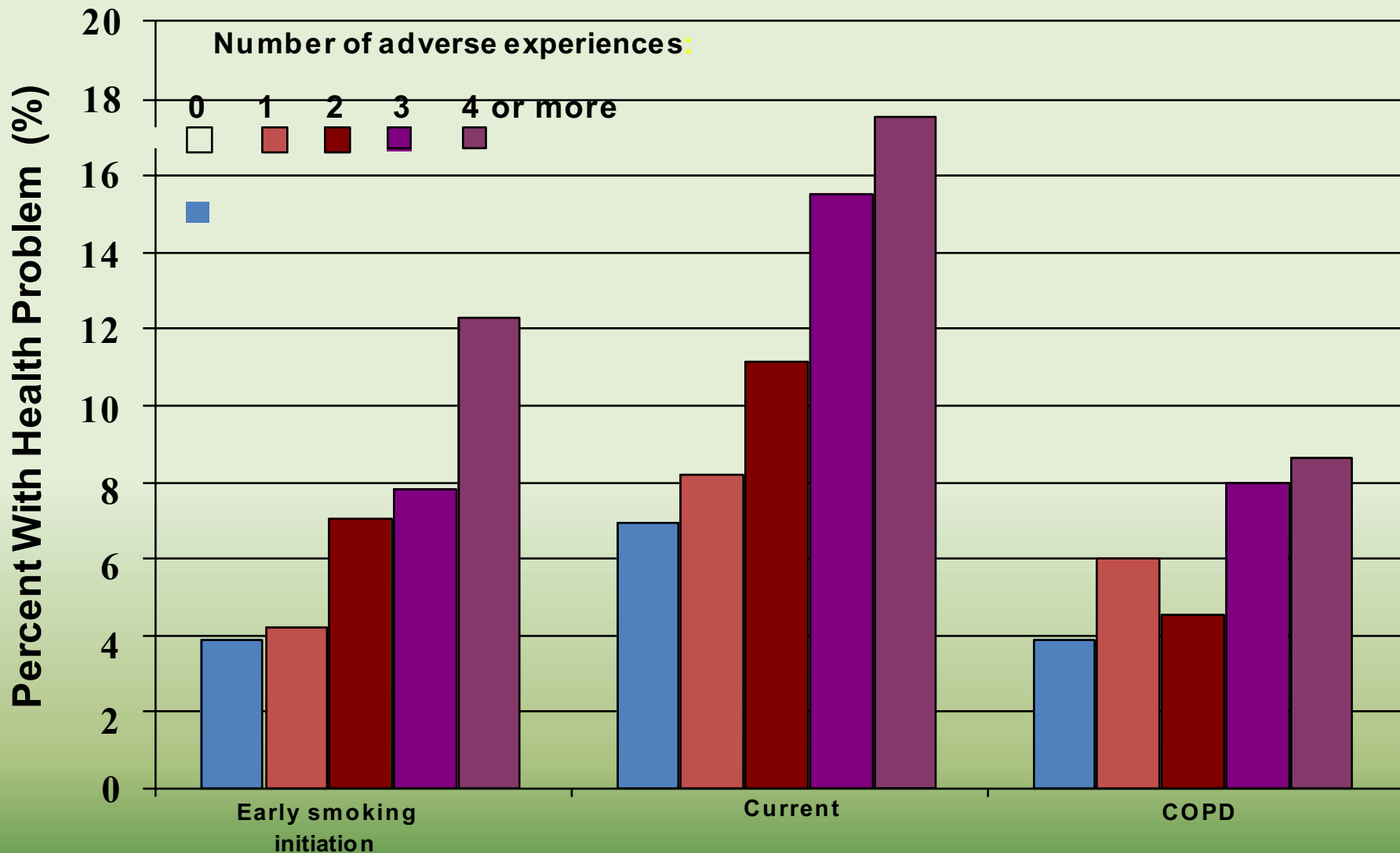
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# ACE Score and HIV Risks

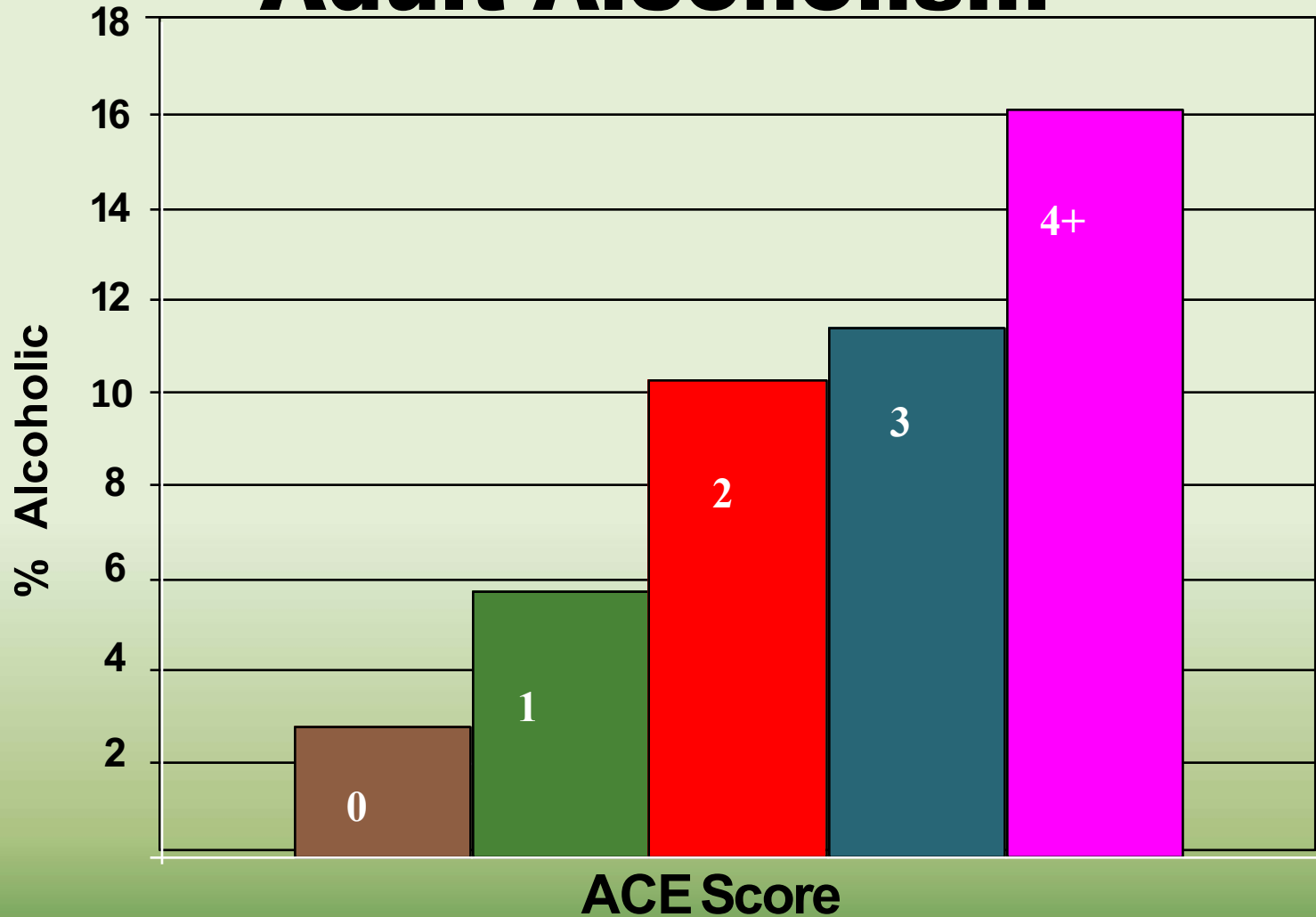


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# Relationship Between Number of Adverse Childhood Experiences and Smoking Behaviors and Smoking-Related Lung Disease



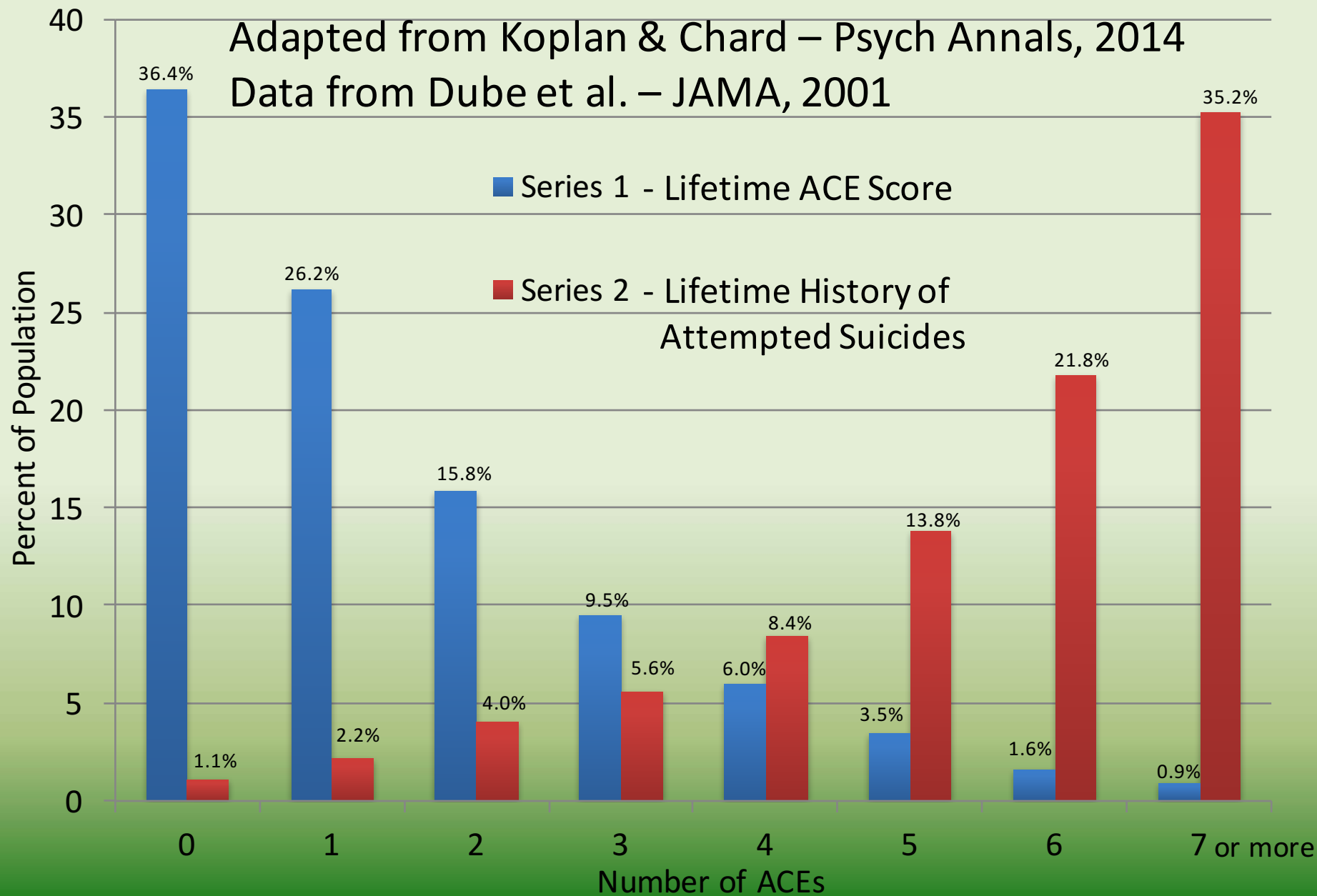
# Childhood Experiences vs. Adult Alcoholism



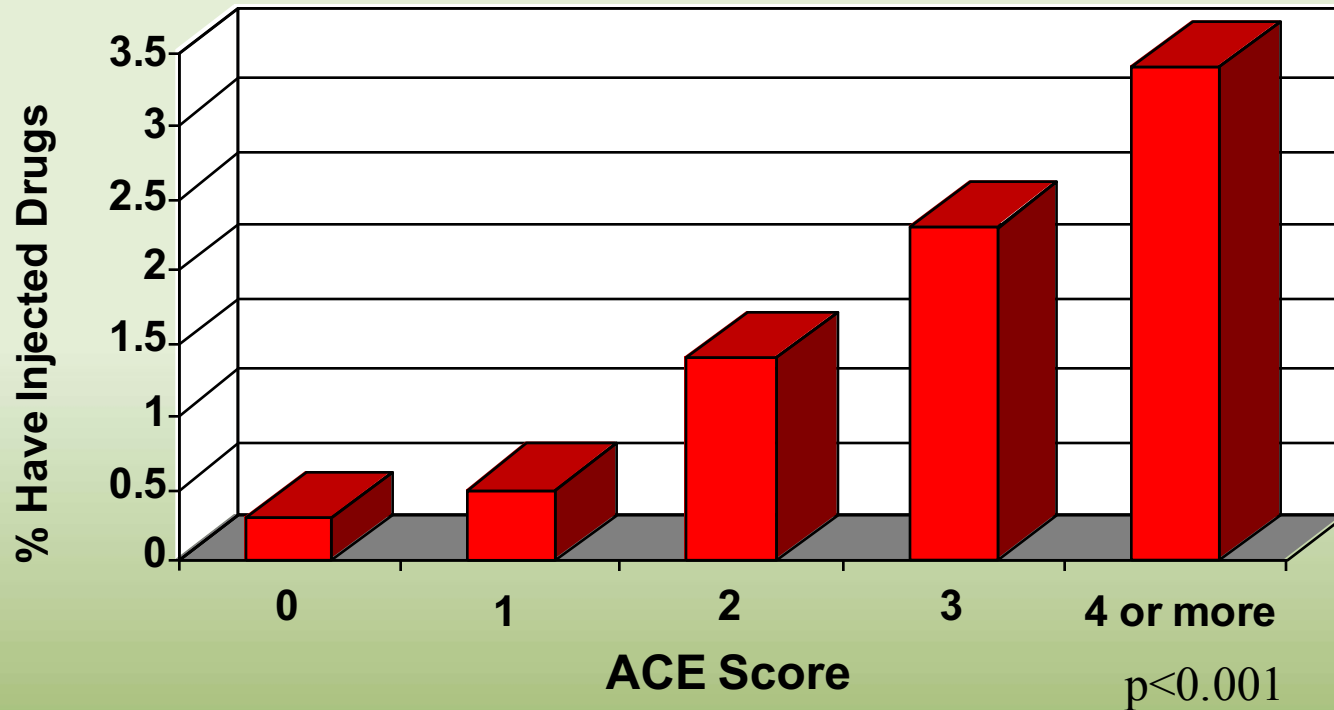


# Lifetime ACEs & Suicide Attempts

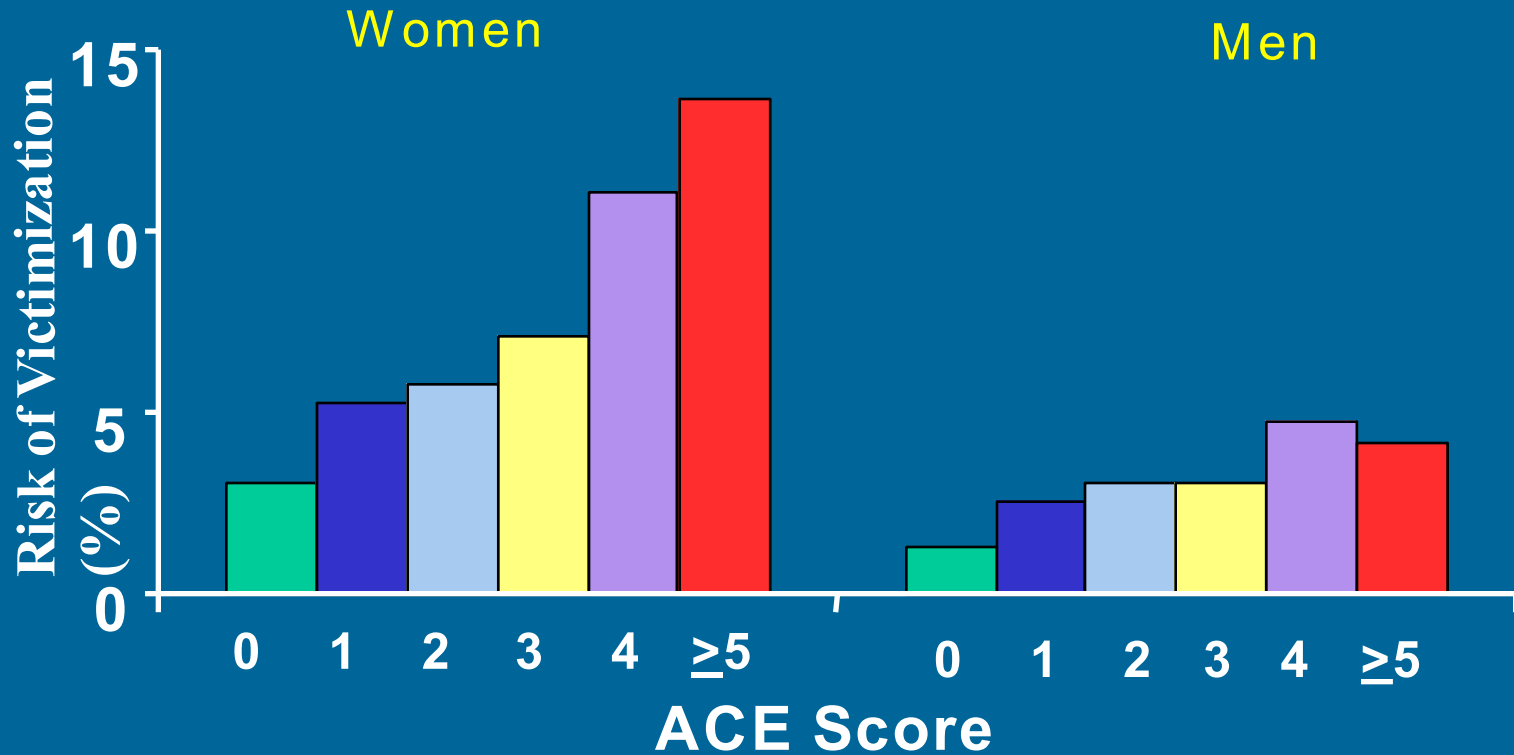
Adapted from Koplan & Chard – Psych Annals, 2014  
Data from Dube et al. – JAMA, 2001



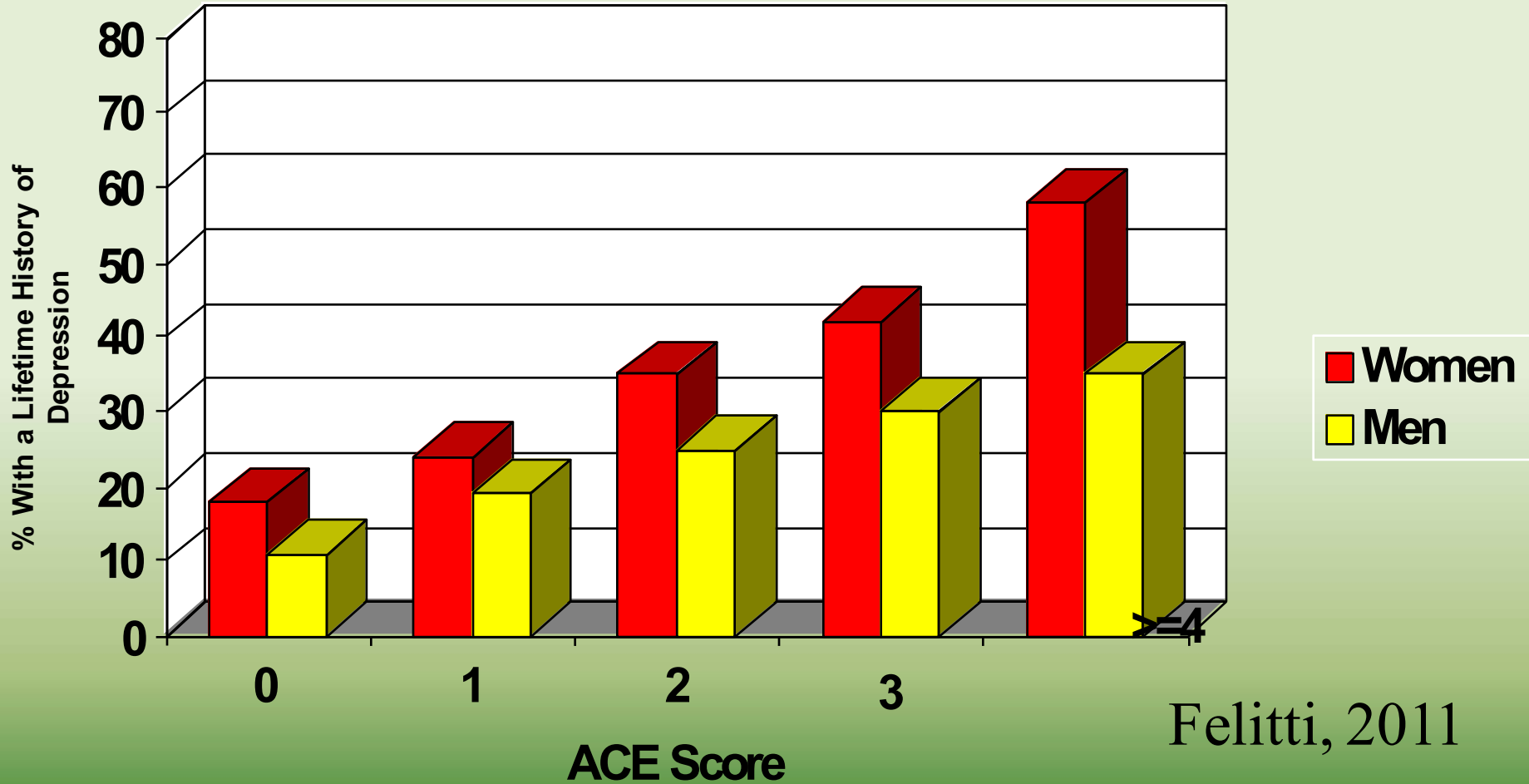
# ACE Score vs Injection Drug Use



## ACE Score and the Risk of Being a Victim of Domestic Violence



# Childhood Experiences Underlie Chronic Depression



Felitti, 2011

slide from Vincent Felitti, MD used with permission




# ACEs Increase Likelihood of Heart Disease\*

- Emotional abuse 1.7x
- Physical abuse 1.5x
- Sexual abuse 1.4x
- Domestic violence 1.4x
- Mental illness 1.4x
- Substance abuse 1.3x
- Household criminal 1.7x
- Emotional neglect 1.3x
- Physical neglect 1.4x



\*After correction for age, race, education, and conventional risk factors like smoking and diabetes. *Circulation*, Sept 2004.

Slide from Vincent Felitti, MD used with permission

A hand holding a green beer bottle with a yellow label. The background is blurred, showing a person's face.

## Population attributable risk associated with early adversity:

- 50% for drug abuse
- 54% for current depression
- 65% for alcoholism
- 67% for suicide attempts
- 78% for iv drug use

Dube, S. R., et al. (2003). "Childhood abuse, neglect, and household dysfunction and the risk of illicit drug use: the adverse childhood experiences study." *Pediatrics* 111(3): 564-572

Chapman, D. P., et al. (2004). "Adverse childhood experiences and the risk of depressive disorders in adulthood." *J Affect Disord* 82(2): 217-225.

# ACE STUDY FINDINGS

- As ACE score goes up, so does risk for:
  - Smoking
  - Organic disease
  - Adult alcoholism
  - Depression and suicide attempts
  - Having 50+ lifetime sexual partners
  - STD's and Rape (from 5% to 33%)
  - Hallucinations
  - Domestic Violence
  - Addictions
  - Dying early
  - Job problems and lost time from work

Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MP, et al JS. The relationship of adult health status to childhood abuse and household dysfunction.

American Journal of Preventive Medicine. 1998;14:245-258

# ACEs Data from Three Studies

Adapted from Koplan & Chard – Psychiatric Annals, 2014

	<b>ACE Study</b>	<b>CDC Five State BRFSS Study</b>	<b>CDC Ten State BRFSS Study</b>
Year(s)	1995-1997	2009	2010
Sample size	17,337	26,229	53,998
Study Site	San Diego, CA	AR,LA,NM,TN,WA	DC,HI,ME,NE,NV,OH,PA,UT, VT, WA,WI
Physical Abuse	28.3 %	14.8 %	16.0 %
Sexual Abuse	20.7 %	12.2 %	10.9 %
Emotional Abuse	10.6 %	25.9 %	35.1 %
Parents Sep./Div.	23.3 %	26.6 %	28.1 %
HM with alcohol or drug problem	26.9 %	29.1 %	21.7 % (alcohol) 9.4 % (drug)
HM with Mental Illness	19.4 %	19.4 %	16.4 %
HM Incarceration	4.7 %	7.2%	5.9%
HM Domestic Violence (IPV)	12.7 % (Mothers only)	16.3 %	15.0%



# Disease Burden of Childhood Adversities Greater than all Mental Disorders

	<b>Years Lived with Disability</b>
All Childhood Adversity	20.7
Abuse and Neglect	15.8
All Mental Disorders	12.9

The Disease Burden of Childhood Adversity in Adults: A Populations-Based Study - Pim Cuijpers, Filip Smit, Froukje Unger, Yvonne Stikkelbroek, Margreet ten Have, Ron de Graaf, *Child Abuse & Neglect*, 35(2011)937-945.

# Utah Workforce Services Department

- Commitment to train all employees to be trauma-resiliency informed
- Three Tiers
- Tier One
  - Trauma – Health & Function
  - Resiliency
  - Role Playing
  - Protocols and next steps