

Cultivating Resilience: Maternity Care Providers Mitigate Intergenerational Impacts of ACEs

Healthy Mothers & Healthy Babies Conference
March 1, 2018



Every single human encounter is an opportunity to create a template of positive human interaction

Panel:

- ❖ Dr. Teresa Killam, MD
- ❖ Jan Ference Director Pathways to Healing
- ❖ Alison Maclean, Pathways to Healing

Moderator:

- ❖ Roxanne Blemings, Director Ministry of Health Mental Health Substance Use Branch
 - ❖ CYMHSU Collaborative Regional Initiative Lead Doctors of BC/Shared Care

Objectives

- ❖ Recognize how attention to ACEs in maternity care strengthens health outcomes for multiple generations
- ❖ Reflect on the practical application of ACEs history taking through case examples and dialogue with peers
- ❖ Have tools to devise an action plan

ACE Study: Why it is relevant **now**?

- ❖ ACEs Summit Consensus Statement
- ❖ Increased application occurring provincially
maternity care providers; midwives, physicians
- ❖ Field added to recent update of antenatal
form
- ❖ Increased commitments to trauma informed
practice

Categories of “Adverse Childhood Experience” (ACEs)

- ❖ Emotional Abuse
- ❖ Physical Abuse
- ❖ Sexual Abuse
- ❖ **Emotional Neglect**
- ❖ **Physical Neglect**
- ❖ **Family Violence**
- ❖ Household Substance Abuse
- ❖ Household Mental Illness
- ❖ Parental Separation or Divorce
- ❖ Household Member Incarceration

Pathways to Healing Partnership: Preventing Transmission of Intergenerational Trauma through Attachment

Jan Ference and Alison McLean

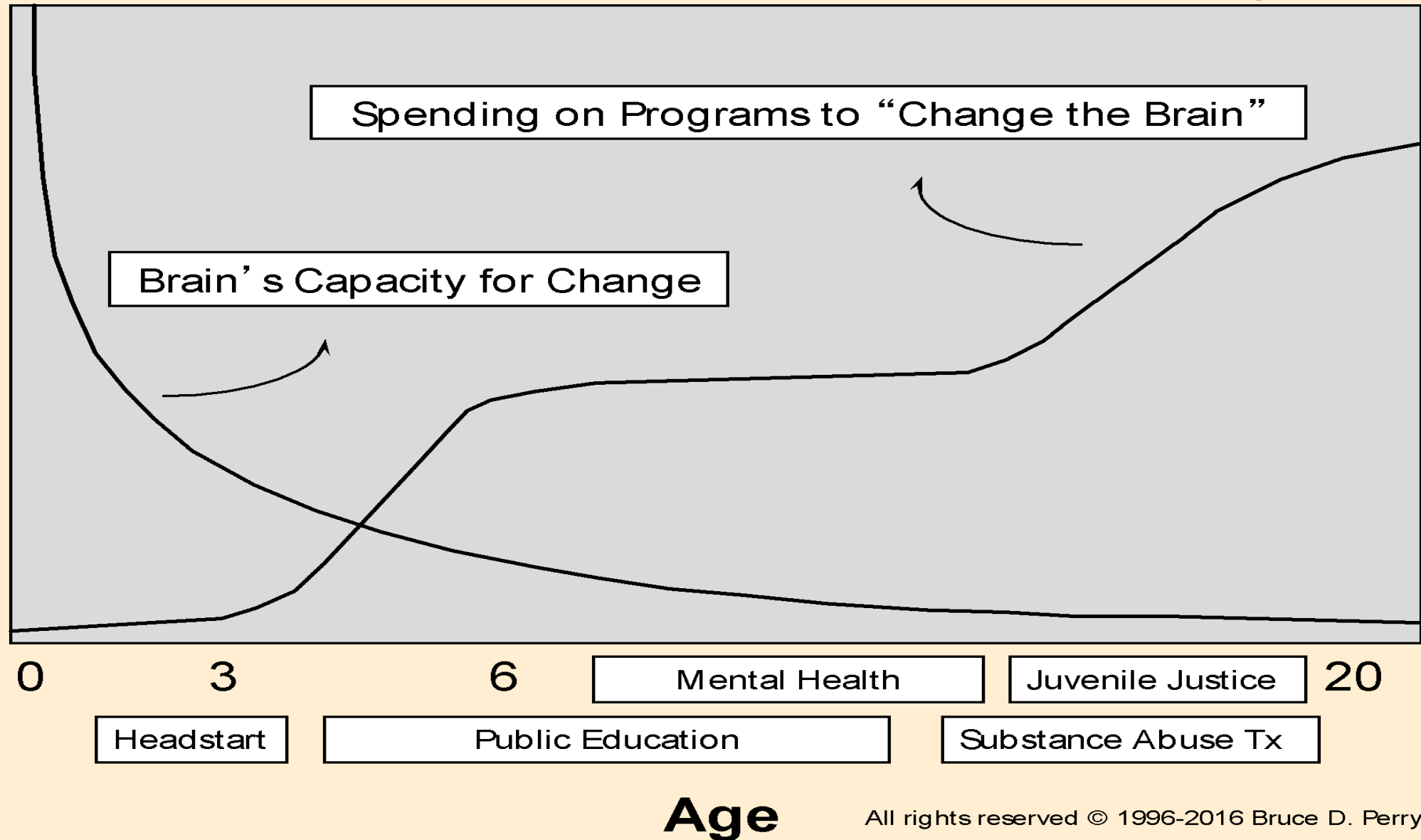
**HOW WONDERFUL IT IS THAT
WE NEED NOT WAIT A SINGLE
MOMENT BEFORE STARTING
TO CHANGE THE WORLD.**

— ANNE FRANK

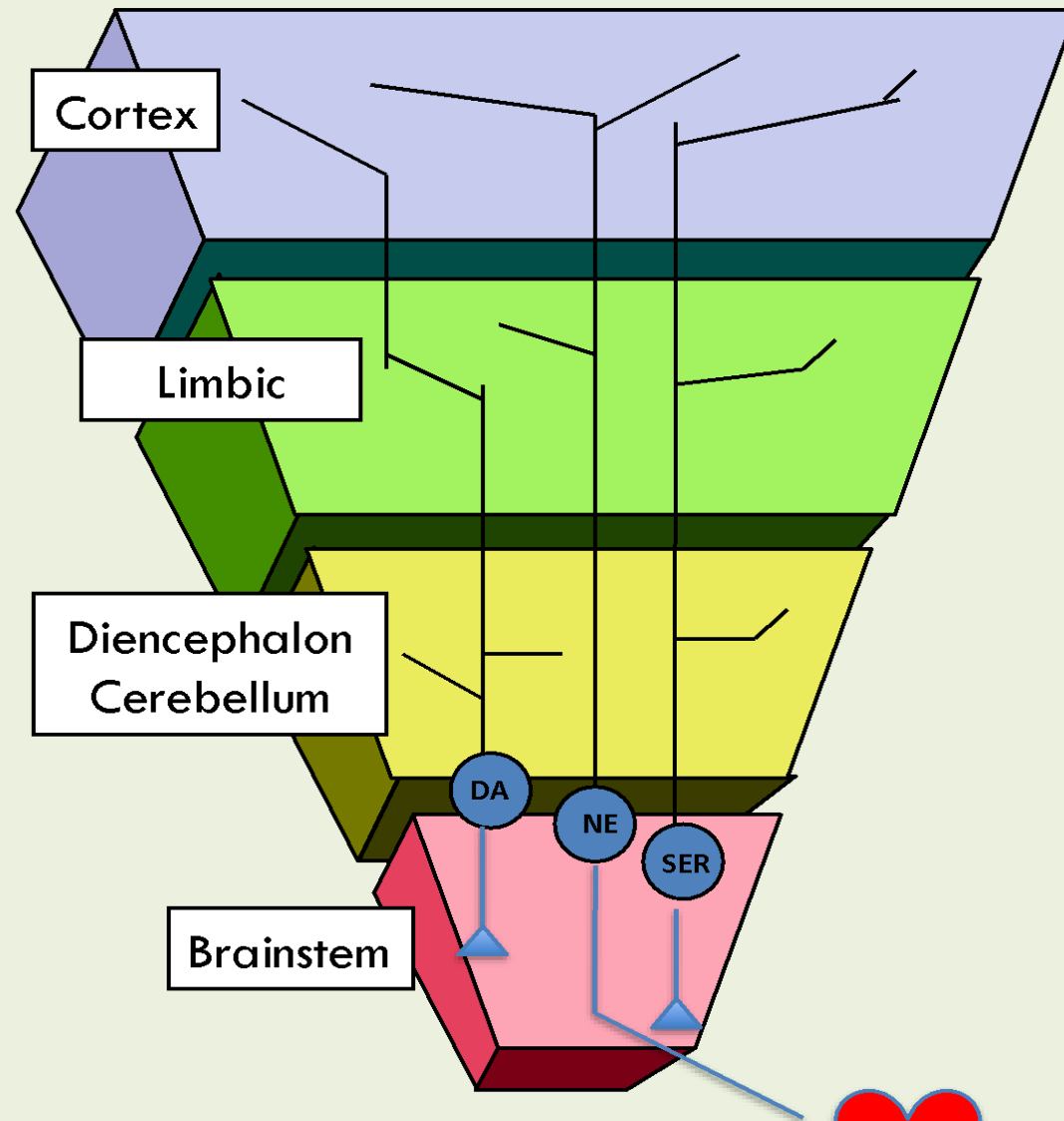
Pathways to Healing Partnership; Vancouver Island Demonstration Project

- ❖ Funded by the Children's Health Foundation of Vancouver Island, Island Health and MCFD
- ❖ Small caseload of complex families
- ❖ Grounded in Dr. Bruce Perry's Neurosequential Model of Therapeutics and Touchpoints
- ❖ Facilitate system change through the experiences of our clients
- ❖ Working intensely, sometimes daily, with each family, building a therapeutic web of care.
- ❖ Reduce stress, increase supports to expose caregiver strengths.
- ❖ Maintain and support healthy dyads.
- ❖ Educate community partners who are supporting family.

Mismatch between Investment and Opportunity



Efferent Distribution of Primary Regulatory Networks



Abstract & Reflective Cognition

Concrete Cognition

Affiliation

Attachment/Reward

Sexual Behavior

Emotional Reactivity

Motor Regulation

Arousal

Appetite/Satiety

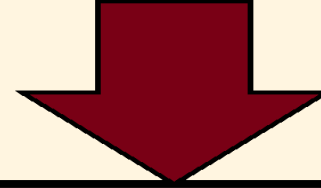
Sleep

Blood Pressure

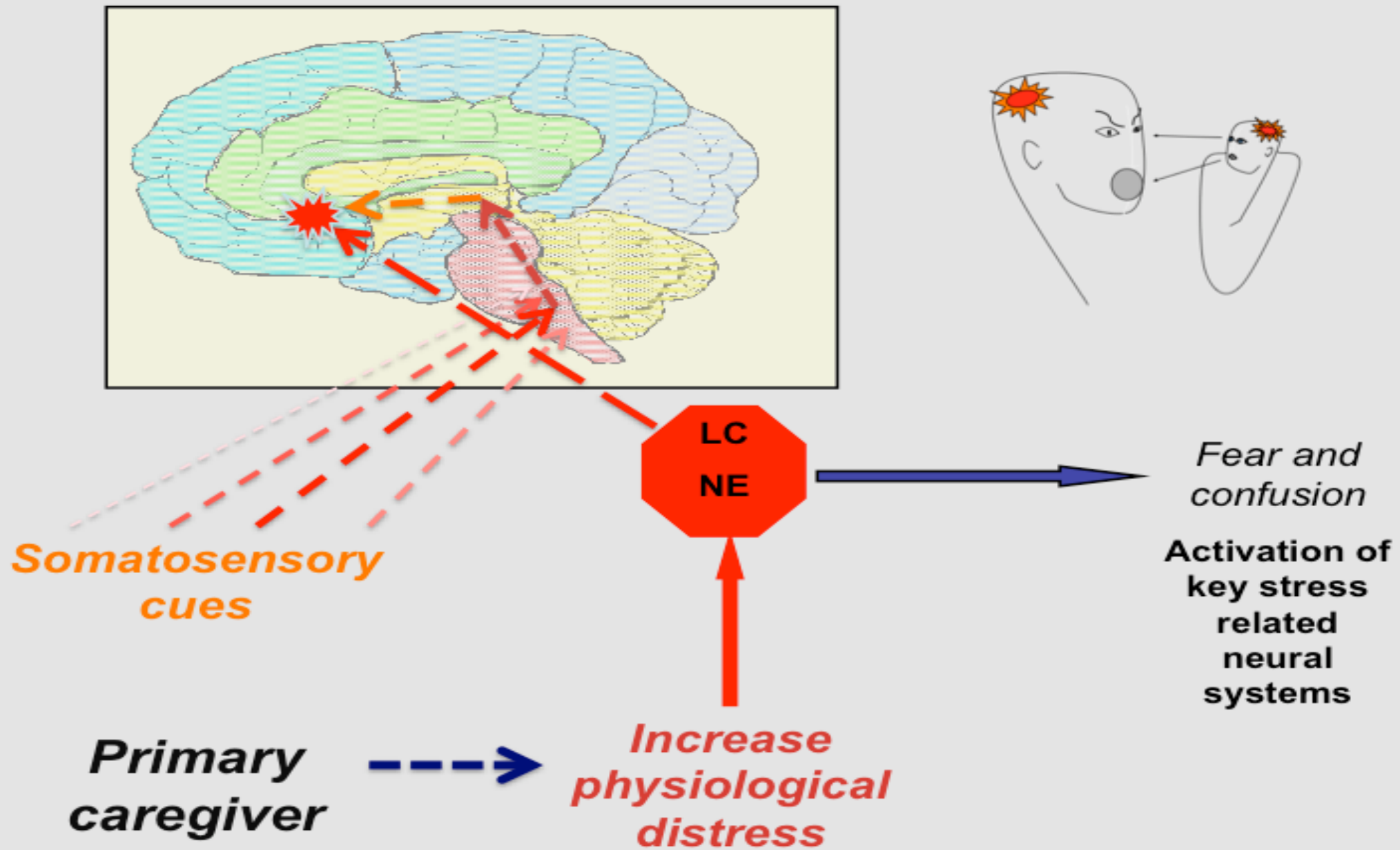
Heart Rate

Body Temperature



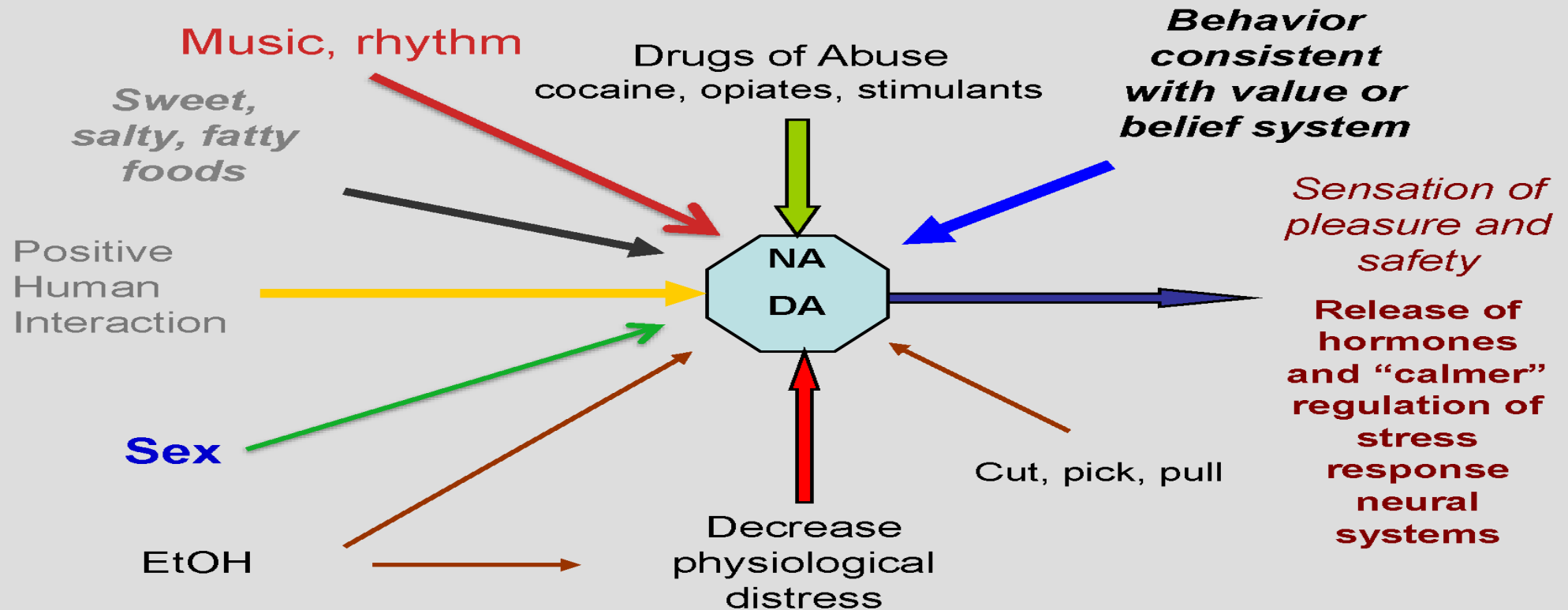


Ages	30 ← 15	15 ← 8	8 ← 3	3 ← 1	1 ← 0
Developmental Stage	Adult Adolescent	Adolescent Child	Child Toddler	Toddler Infant	Infant Newborn
Primary secondary Brain Areas	NEOCORTEX Subcortex	SUBCORTEX Limbic	LIMBIC Midbrain	MIDBRAIN Brainstem	BRAINSTEM Autonomic
Cognition	Abstract	Concrete	Emotional	Reactive	Reflexive
Mental State	CALM	ALERT	ALARM	FEAR	TERROR



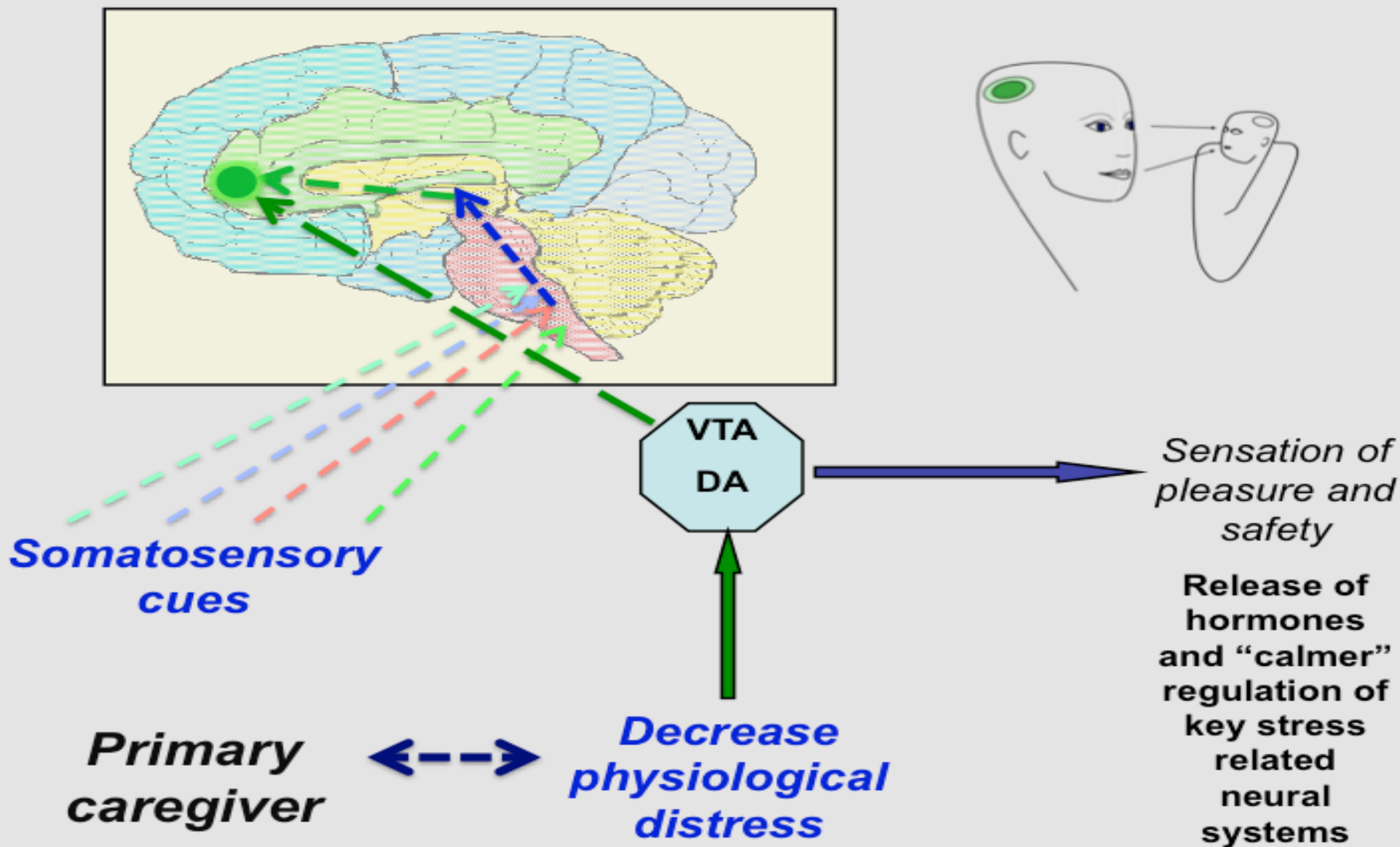
Neurobiology of reward

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



Bonding Behaviors Decrease when the Caregiver is Overwhelmed or in Distress

With increasing threat and distress,
an individual's capacity to “give” to
others is diminished.



I may be
small
but I feel it
all...



ACE Score History Taking and Trauma Informed Care



at the
Riley Park Maternity Clinic

RPMC QI Pilot Project: Application of ACE Score History Taking

Outline

- ACE questionnaire is a tool to facilitate history taking
- The intervention is a Trauma-Informed Care response
- Preliminary Patient Feedback is Compelling

RPMC QI Pilot Project: Application of ACE Score History Taking

Clinical Application Process

- Phase I: Small Pilot Project with 30 patients
 - Explore Barriers, Patient Feedback
- Phase II: Expansion throughout all 4 Pods at RPMC
 - Awareness and Education, Collaboration with MHC
 - Development of Clinical Tools and Resources, Including Scripts
 - Clinical Process
 - Patient and Physician Feedback

**“Talking to patients about their adverse
childhood experiences is like *opening
Pandora’s Box!*”**

Adverse Childhood Events



TRAUMA INFORMED CARE LEARNING
MODULE (1 HOUR)

ALBERTA FAMILY WELLNESS INSTITUTE
WEBSITE

BUILDING BRAINS VIDEO (4 MINUTES):
ALBERTA FAMILY WELLNESS

CENTRES FOR DISEASE CONTROL AND
PREVENTION (CDC)

READY TO GET PREGNANT?

PEDIATRICIAN NADINE BURKE HARRIS
TED TALK (15 MINUTES)

Trauma Informed Care

The intervention is a caring and curious response

- Trauma informed practice skills build naturally on skills we already have as physicians: listening, compassion, empathy and validation.
- Rather than “Something is **wrong** with you,” use a lens to see “Something has **happened** to you.”

How do I take an ACE Score in the Clinic?

Introduce the ACE Score and why it matters

- *"Your emotional health is as important as your physical health. We are asking all of our patients these questions as they can be important pieces of the the overall puzzle that is your health."*

Respond to the ACE Score Using a Trauma-Informed Care Perspective

- *"I see that you have an ACE score of X. You have been through some tough stuff and I am very sorry that happened to you as a child. How has this impacted you?"*

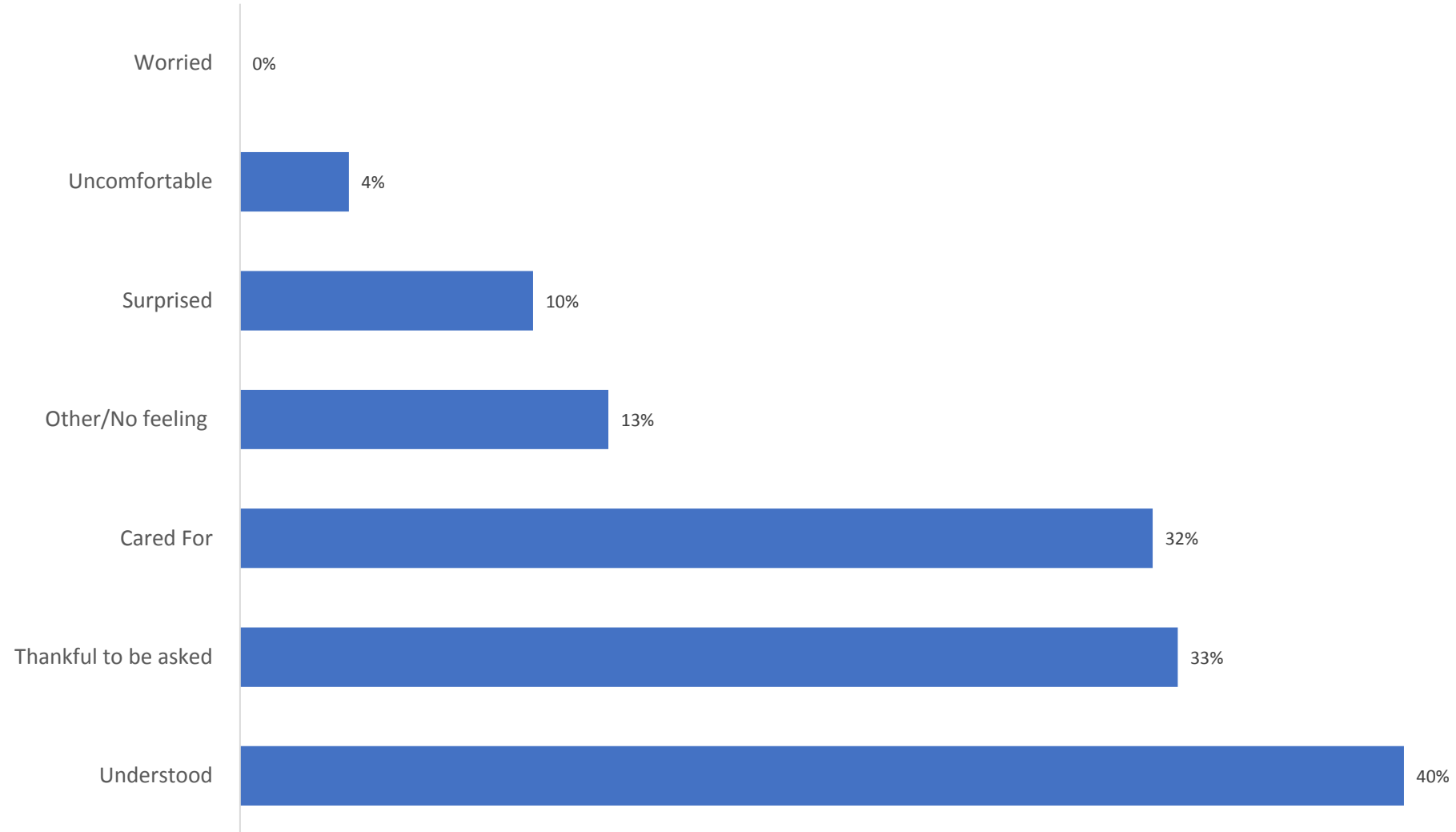
Manage the ACE Score Using a Trauma-Informed Care Perspective

- *"Your brain and immune system were busy navigating a challenging environment when you were growing up so we know that you have a lot of resiliency; there may be some additional alternative strategies that might be helpful to also learn now."*

**“I see that you have an ACE score of X.
You survived some tough stuff growing up.
How has that impacted you?”**

Patient Questionnaire Results

When the Doctor discussed your Adverse Childhood Experiences History, How did it make you feel? (n=343)



Patient Comments on Anonymous Follow Up Survey

“I spent time thinking of ways to help myself mentally and provide more happy experiences.”

“It made me think about how I wish to parent my child.”

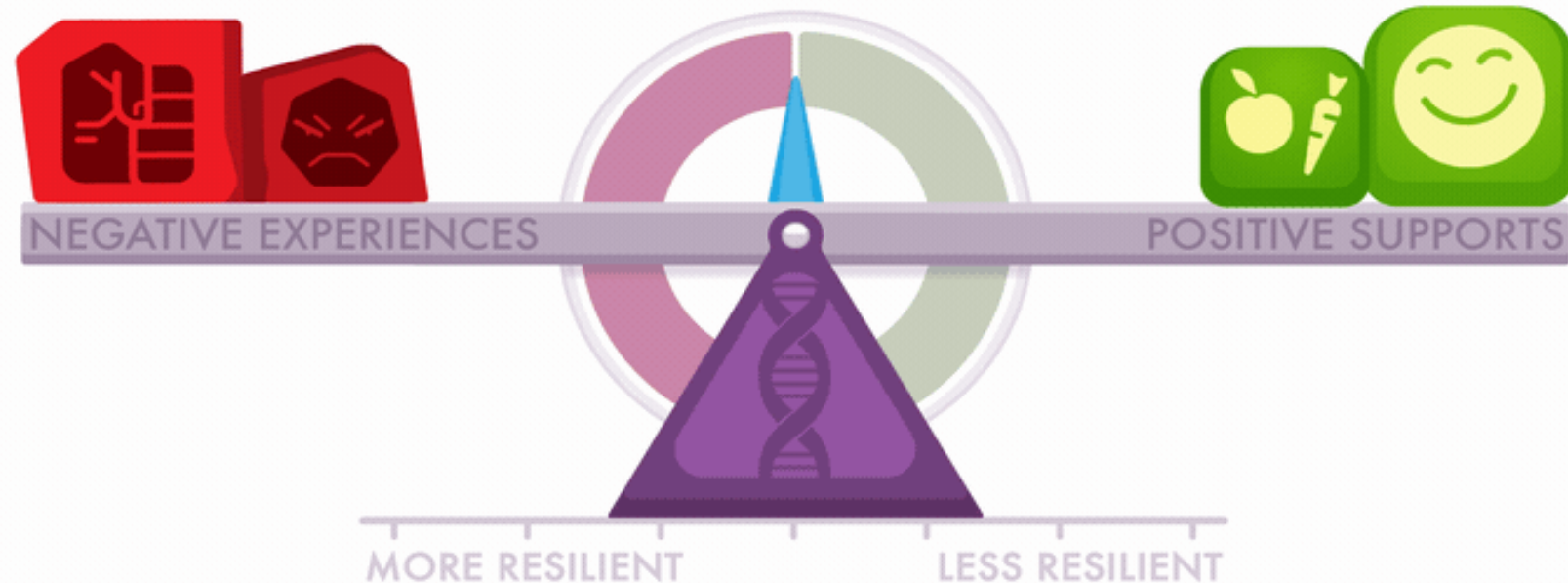
“I liked the fact that I could take this home and discuss this with my partner.”

“I was thankful I haven’t experienced any of these and appreciative of a system that asks regardless.”

“Curious, interested, thoughtful; it sparked discussion.”

ACES are not Destiny

A history of Adverse Experiences does not mean that person is broken.
Healing from Adverse Experiences is very possible and desirable.



RPMC QI Pilot Project: Application of ACE Score History Taking

Take Home Messages

- ACE questionnaire is a tool to facilitate history taking
- The intervention is a Trauma-Informed Care response
- Preliminary Patient Feedback is Compelling

Questions & Interactive Panel Discussion

