Wisconsin Public Psychiatry Network Teleconference (WPPNT)

- This teleconference is brought to you by the Wisconsin Department of Health Services (DHS) Bureau of Prevention Treatment and Recovery and the University of Wisconsin-Madison, Department of Psychiatry.

- The DHS makes no representations or warranty as to the accuracy, reliability, timeliness, quality, suitability, completeness, or results of the materials in this presentation.

- Use of information contained in this presentation may require express authority from a third party.
WPPNT Reminders

• Call 877-820-7831 before 11:00 a.m.

• Enter passcode 107633#, when prompted.

• There are 200-600 participants. Please allow others a chance to ask questions.

• Questions may be asked, if time allows.

• To ask a question, press *6 on your phone to unmute yourself. *6 to remote.
Adversity in Childhood

**Abuse**
- Child physical abuse
- Child sexual abuse
- Child emotional abuse

**Neglect**
- Physical Neglect
- Emotional Neglect

**Exposure to other traumatic stressors**
- Mentally ill, depressed or suicidal person in the home
- Drug addicted or alcoholic family member
- Witnessing domestic violence against the mother
- Divorce of parents
- Incarceration of any family member
Adaptation

Toxic Stress

Assuming a neutral start: All brains will adapt to survive

Safety and Stability

DEVELOPMENT for a tough life:
• Emotion processing regions smaller, less efficient
• Efficient production of stress-related chemicals
• Dysregulated happy hormones
• Fewer receptors for calming
• Less white matter

DEVELOPMENT for a good life:
• Emotion processing regions robust and efficient
• Abundant happy hormones
• High density white matter, especially in midbrain

INDIVIDUAL characteristics & traits
• Competitive
• Hot tempered
• Impulsive
• Hyper vigilant
• “Brawn over brains” or
• Withdrawn
• Emotionally detached
• Numb

WHY IT WORKS
Under the worst conditions, such as war & famine, both the individual & the species survive.

WHY IT WORKS
By striving for cooperative relationships, individual & species live peacefully.
Response to Challenges
When a brain is built in toxic stress:
Recommended Reading

1. *Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart* by James R. Doty, MD
2. *Healing Neen: One Woman's Path to Salvation from Trauma and Addiction* by Tonier Cain
3. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk, MD
“Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress”

Characteristics of Resilient People

- Healthy, supportive, caring relationships
- The capacity to make realistic plans and take steps to carry them out.
- A positive view of yourself and confidence in your strengths and abilities.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.
“Resilience is not an innate characteristic, it is a skill to be taught, learned, and practiced.”

-Jack Shonkoff, MD Harvard University
Resilience is much more than “Bouncing Back” from challenges and adversity. In describing findings from the ACEs study, Felitti (2002b) acknowledged:

“...One does not just ‘get over’ some things, not even fifty years later.”

Building resilience is helping people to

- Successfully adapt despite current or past trauma and
- Achieve personal growth and positive change

Intentional, and sometimes intensive, interventions are needed to help people learn to develop resilience

Source: Mary Sciaraffa, Ph.D. CFLE, Eastern Kentucky University
Building the Skill of Resilience

- Create opportunities for parents to create and maintain positive relationships.
- Support parents as they build their problem-solving and planning skills.
- Remind parents that they are the first and best person to buffer their child from stress.
- Support parents as they build their stress management skills.
Resilience is important to all families. Vulnerable audiences have special concerns.

California Health Report: Pipeline to Prison May Start with Childhood Trauma. 
https://www.calhealthreport.org/2016/01/06/pipeline-to-prison-may-start-with-childhood-trauma/

PBS Newshour How does the “toxic stress” of poverty hurt the developing brain? 
https://www.pbs.org/newshour/show/toxic-stress-poverty-hurt-developing-brain
Vulnerable Audiences: A cycle of trauma

This recent article in the NY Times offers a sobering example of the cycle of trauma for incarcerated parents and their children.

--Source: NY Times Oct 15, 2017
Interrupting a cycle of adversity & building a cycle of resilience.
The Role of Relationships...

“Efforts focused on enhancing safe, stable, nurturing relationships not only between parents and children, but also between parents and other adults, may be a helpful prevention strategy for breaking the cycle of child maltreatment.” CDC
What we know about relationships & resilience

An environment of Safe, Stable, Nurturing Relationships (SSNR’s)
  • Helps prevent many forms of adversity
  • Buffers individuals from the damaging impact of toxic stress

Healthy relationships increase positive outcomes!

Sources:
Essentials for Childhood Framework: Stepping to Create Safe, Stable, Nurturing Relationships and Environments for All Children. Centers for Disease Control and Prevention, retrieved 4/18/2018

Toxic Stress: Center on the Developing Child, Harvard University. Retrieved 4/18/2018
Building Social Emotional Skills

- Executive functioning, self-calming, self-control, stress management
- Pro-social cognition, communication and behavior
- Self awareness & understanding of individual and family strengths
Sample Resilience Building Tools and Programs

**Relationships Matter:**

**Within My Reach**

Series focuses on

- Identifying healthy relationships
- Social emotional skills
- Uses material from PREP, Inc

---

**Raising a Thinking Child**

- Helps parents build social emotional skills in young children
- Based on work by Myrna Shure

---

**Co-Parenting Education**

- Focuses on keeping kids out of the middle of family conflict, a major source of toxic stress
- Teaches parents to use emotion coaching with children,
- Tools for effective communication skills for adults
Sample: Resilience-Building Tools & Programs

What Can We Do about ACEs?

Brief workshops for parents. Focus on
- Ways toxic stress can impact brain, behavior and health outcomes
- Steps to protect family from toxic stress and its damaging impacts based on protective factors
- Uses material from Resilience Trumps ACEs

Stress & Relationships

Focus on calming and self-control. Participants report better understanding of
- Impact of stress on relationships
- healthy options for responding to stress including time-outs, breathing exercises, meditation.
- Material from PREPInc, Stop Breathe & Think
  Just Breathe

Building Strong Families: Strength in Times of Stress

Family Resilience program for jail inmates. Includes family newsletter. Focus on
- Identifying existing family strengths.
- Concrete ways to build resilience
- Finding sources of concrete support.
- Communication skills
Online Trainings for Building Resilience

http://www.stepfamilies.info/stepfamilyprogram/

http://www.stepfamilies.info/

http://www.fcs.uga.edu/nermen

Center for the Study of Social Policy Protective Factors Framework
https://www.cssp.org/young-children-their-families/strengtheningfamilies/about/protective-factors-framework

NATIONAL ALLIANCE
- of -
CHILDREN’S TRUST & PREVENTION
FUNDS

National Alliance of Children’s Trust and Prevention Funds’ Strengthening Families Protective Factors Framework Online Training Course
http://www.ctfalliance.org/onlinetraining.htm
Positive Communication Supports Healthy Relationships

Two Destructive Patterns

A build-up of negative communication interactions and patterns: Criticism, Contempt, Defensiveness, Negative Interpretation, Withdrawal and Avoidance

A failure to nurture the positives: Appreciation, Fun, Affection and Friendship

Gottman, 2014
New Research Causes us to Rethink Beliefs About Stress, Showing the Importance of Relationships for Resilience, Health and Longevity

“Can changing how you think about stress make you healthier? Science says yes!”

-Kelly McGonigal

https://www.ted.com/talks/kelly_mgonigal_how_to_make_stress_your_friend
“If a community values its children, It must cherish their parents.”

~ John Bowlby, 1907–1990
Pioneering child development and parent–child attachment practitioner, researcher and theorist

Questions?
**Adverse Childhood Experiences (ACEs)**, Centers for Disease Control and Prevention [https://www.cdc.gov/violenceprevention/acestudy/index.html](https://www.cdc.gov/violenceprevention/acestudy/index.html) (see Consequences for outcome related to Corrections System [https://www.cdc.gov/violenceprevention/childmaltreatment/consequences.html](https://www.cdc.gov/violenceprevention/childmaltreatment/consequences.html))


**ACEs Connection: A community-of-Practice Social Network** [http://www.acesconnection.com/](http://www.acesconnection.com/)


**Be Strong Families** (Resources for parents and educators related to Protective Factors) [http://www.bestrongfamilies.net/](http://www.bestrongfamilies.net/)

**Center for Social and Emotional Foundations for Early Learning** [http://csefel.vanderbilt.edu/](http://csefel.vanderbilt.edu/)


**Center for Youth Wellness: ACEs and Toxic Stress** [http://www.centerforyouthwellness.org/](http://www.centerforyouthwellness.org/)

**Community Resilience Initiative /Resilience Trumps ACEs** [https://resiliencetrumpsaces.org/](https://resiliencetrumpsaces.org/)


**Gottman Institute - Relationship Research and Resources** [https://www.gottman.com/](https://www.gottman.com/)


“How to Make Stress Your Friend”, Kelly McGonigal, TED Talk (on finding strength in times of stress and understanding the role of Oxytocin as a stress hormone) [https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

“**Just Breathe**“ - Children discuss and demonstrate calming skills from Mindful Schools [https://www.youtube.com/watch?v=RVA2N6tX2cg&t=2s](https://www.youtube.com/watch?v=RVA2N6tX2cg&t=2s)

**Letting Flo Drive**, PREP Inc. (Brief Lesson about the physiology of Anger and Stress) [https://www.prepinc.com/Content/CURRICULA/Letting-Flo-Drive.htm](https://www.prepinc.com/Content/CURRICULA/Letting-Flo-Drive.htm)

**National Alliance of Children’s Trust and Prevention Funds’ Strengthening Families Protective Factors Framework Online Training Course** [http://www.ctf alliance.org/onlinetraining.htm](http://www.ctf alliance.org/onlinetraining.htm)

(resources continued on next slide)
National Alliance of Children’s Trust and Prevention Funds’ Strengthening Families Protective Factors Framework Online Training Course
http://www.ctfalliance.org/onlinetraining.htm

National Pediatric Practice Community on Adverse Childhood Experiences http://nppcaces.org/adverse-childhood-experiences/ (see Nadine Burke TED Talk)

National Child Traumatic Stress Network https://wwwnctsn.org

National Extension Relationship & Marriage Education Network (NERMEN) a wealth of resources for youth and adult relationship education and enrichment.
http://www.fcs.uga.edu/nermen

“Pipeline to Prison May Start with Childhood Trauma” California Health Report, Jan 1, 2006.
https://www.calhealthreport.org/2016/01/06/pipeline-to-prison-may-start-with-childhood-trauma/

“Resilient Communities”: George Washington University’s Milken Institute School of Public Health, Sumner M. Redstone Global Center for Prevention and Wellness
https://publichealth.gwu.edu/departments/redstone-center/resilient-communities

Sesame Street Resources For Young Children & Their Caregivers:
Resilience from Traumatic Experiences https://sesamestreetincommunities.org/topics/traumatic-experiences/
Resilience Toolkit https://www.sesamestreet.org/toolkits/challenges
Incarceration Toolkit https://www.sesamestreet.org/toolkits/incarceration

“The Deepest Well – Addressing the Effects of Childhood Adversity”: Nadine Burke Harris, WPR Interview
https://www.wpr.org/addressing-effects-childhood-adversity

The Raising of America, Award Winning Documentary http://www.raisingofamerica.org/
for free, unlimited access to the documentary materials: https://uwex.kanopystreaming.com/node/164814 Username: uwex Password: access917

The Vera Institute for Justice https://www.vera.org/strengthening-families-communities

UW-Extension - Family Support during Incarceration & Reentry: A compendium of resources
https://parenting.uwex.edu/files/2016/10/ReentryCompendiumONLINEVersion.pdf

UW-Extension – Parenting & Family Relationships resources for parenting, family resilience, and healthy relationships https://parenting.uwex.edu/

“What Do Asthma, Heart Disease and Cancer Have in Common? Maybe Childhood Trauma”: Nadine Burke Harris, NPR TED Radio Hour