

Respond to the questions below based on your review of the video: How childhood trauma affects health across a lifetime by Nadine Burke Harris

1) Describe some of the ways that Adverse Childhood Experiences (ACE) impact health across a lifetime.

Adverse Childhood Experiences can impact our well being. According to the Ted talk, if you have a high level of ACE then you are most likely to experience pulmonary disease, hepatitis, lung cancer, depression and suicidal thoughts.

2a) What percentage of the population has experienced at least 1 ACE? 2b) What percentage experienced at least 4 or more ACES?

- 67% have at least 1 ACE
- 12.6% have 4 or more ACES.

3a) How might childhood trauma impact brain development? 3b) How might that impact shape human behavior?

When experiencing ACES and trauma it ends up affecting the pleasure and rewards part of the brain known as the nucleus succubus, it also affects the prefrontal cortex which is important when learning, and the amygdala which is the fear response center. When these parts of the brain are affected then it is

extremely difficult for a child to thrive. ACEs affect brain systems, hormonal systems, and the way DNA is read and transcribed.

These effects could impact human behavior in that they are not able to respond to everyday scenarios in a normal manner. If they receive pleasure, learn new information and have a hard(er) time with fear then it makes them more vulnerable and sensitive compared to someone who does not have childhood trauma.

4) What were some of the best practices mentioned to intervene with children and families impacted by adversity and toxic stress?

- Home visits
- Care coordination
- Nutritional care
- Holistic interventions
- Medication
- Providing Education to parents