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SWK354

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Reflection #5 (Early childhood-childhood trauma-Nadine Burke Harris)

- 1) Describe some of the ways that Adverse Childhood Experiences (ACE) impact health across a lifetime.
- 2) 2a) What percentage of the population has experienced at least 1 ACE? 2b) What percentage experienced at least 4 or more ACEs?
- 3) 3a) How might childhood trauma impact brain development? 3b) How might that impact shape human behavior?
- 4) 4) What were some of the best practices mentioned to intervene with children and families impacted by adversity and toxic stress?

1. Adverse Childhood Experiences (ACE) has been reported to impact health throughout the life span of an individual. Some of these findings include their brain development, immune system, hormonal systems, and their entire DNA structure may be jeopardized. People who are exposed to ACE are likely to triple the chances of heart disease (and even reduce up to 20 years of their life expectancy) than those are not exposed.

2. 2a) According to the research study held by Dr. Vince Felitti at Kaiser and Dr. Bob Anda at the CDC, they discovered that 67 percent of the entire population has experienced at least one ACE.

2b) 12.6 percent has experienced at least 4 or more ACEs.

3. 3a) Researchers have revealed that higher dosage of ACEs is associated to problematic health outcomes and severe problems for brain development. The higher your ACE score, the worse your conditions are. People who have experienced more than 4 ACEs are much more likely to experience chronic obstructive pulmonary disease, hepatitis, depression and suicidal contemplation.

3b) This may impact/shape human behavior by encouraging individuals with higher scores of ACEs to depend on harmful substances such as alcohol and drugs to tend to their emotional scars. This is due to the hypothalamic-pituitary-adrenal axis (the brain and body's stress response system). Children are especially sensitive to this as they are

still in the developmental stage and can be severely harmful as they are constantly on guard and can lead to potential heart complications and other diseases.

4. Some of the best practices mentioned to intervene with children and families impacted by adversity and toxic stress, are creating facilities specifically designed to assist people who are experiencing these problems. One example is the “Center for Youth Wellness”. The objective of this organization is to prevent, screen, and heal the impacts of ACEs and toxic stress. Other treatment methods conducted by specialized multidisciplinary treatment teams include home visits (for establishing deeper relationships), care coordination, mental health care, proper nutrition, holistic interventions and proper prescribed medication. They also provide seminars for parents to be aware of the signs and dangers of toxic stress and ACEs.