

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

Adverse Childhood experiences can lead to these people having an extreme increase in the likelihood of developing lung, heart and nervous system disorders. Although this can be linked through the coping mechanisms of clients, science can prove that ACES impact the pleasure and reward system, damages impulse control and the ability to learn as well as in the amygdala, the brain's fear control center.

2a) What percentage of the population has experienced at least 1 ACE?

67% of the population tested

2b) What percentage experienced at least 4 or more ACES?

12.6% of the population tested

3a) How might childhood trauma impact brain development?

The fight or flight response is constantly being activated when you are supposed to feel safe at home, once this happens on a daily basis, the response will become maladaptive and health damaging. ACES can lead to differences in the brain structure, health damaging changes in the immune system, as well as hormonal systems.

3b) How might that impact shape human behavior?

By understanding the underlying problem, we can treat the problem rather than just focus on the solution. The speaker told an analogy that really stuck with me. When there is a well that children are drinking from and 98% of them get sick, we can write prescriptions and treat the sickness. However, if we shift our focus to the well itself and change the well, the sickness can be changed. This will change how we look at human behavior by understanding that this can be screened for with a simple test to predict extreme health disparities.

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

This can change our practice by administering ACE tests in check-ups as well as implementing multidisciplinary teams including home-visits, nutrition, home health care and at times medication. We can also start educating new parents to the adverse outcome that can come from ACES.