Awareness to Action: Frederick County on ACEs

Presentation to State ECAC
March 15, 2018
Adverse Childhood Experiences (ACEs)

Serious childhood traumas result in toxic stress

Toxic stress puts the thinking brain off line

Reduces overall brain volume

Produce changes in the brain which result in worse health outcomes -- years even decades later

Can affect epigenetics - intergenerational health problems

Awareness to Action: Frederick County on ACEs
Frederick County’s Awareness & Outreach Campaign

• 2000 individuals over 2 years
• Presentations—adaptable to audiences
  • Research
  • Neuroscience
  • Sensitivity of the brain at different times
  • Health impacts
  • Societal costs
What made it possible?

• Interagency Early Childhood Committee
• Passionate advocates
• Strong organizations with resources
Key Stakeholders

Parents, Schools & Child Care

Business

Health Care & Mental Health

Law Enforcement, First Responders & Legal

Community & Child Well-being

Children & Families

Awareness to Action: Frederick County on ACEs
Parents, Schools & Child Care

• Incarcerated mothers
• Parent Groups at 2 Title I Schools
• Service Providers to Children and Families
  • Licensed family child care providers
  • Child care programs
  • HeadStart teachers
  • Family Partnership
• Frederick County Public Schools
  • Public Pre-K educators
  • Public kindergarten teachers, including special education
  • Public schools
  • School Health Council
  • Speech and language pathologists
  • FCPS Family Life Advisory Committee
  • School therapists, counselors, psychologists, community liaisons
  • Board of Education

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Health Care & Mental Health Care

• Frederick Memorial Hospital
  • General staff
  • Women and Children Leadership Team
  • Family Center (birthing) staff
  • Pediatric Department

• Frederick County Health Department
  • Program staff for Maternal Child Health, Behavioral Health Services, Women, Infants & Children
  • School nurses
  • Advisory Board

• Department of Aging
• NAMI of Frederick and On Our Own participants
• Mental Health Management Agency staff and board
• MSDE Suicide Prevention Coordinators meeting
• Health Care Coalition

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Law Enforcement, First Responders & Legal

• Multi-disciplinary Team--law enforcement, Child Protective Services, State’s Attorney Office
• Frederick County Bar Family Lawyers (2 sessions)
• Forensic nurse examiners in training
• Child Fatality Review Board
Community & Child Well-being

- Frederick County Commission for Women
- United Way of Frederick County Board and staff
- Advocates for Homeless Families
- Literacy Council of Frederick County
- Frederick County Coalition of the Homeless
- Frederick Women’s Civic Club
- Frederick County Public Libraries - children’s librarians
Business

• Chamber of Commerce
  • Leadership Frederick Program (2 sessions)
  • Wellness Committee

• Leaders on Loan --
  https://www.unitedwayfrederick.org/ACE?q=ACE

• Rotary Clubs (4)

• Walkersville Lions Club & Business Association
Estimated Annual Impacts of ACEs in Frederick County

- Productivity Loss: $26.6 Million
- Child Welfare Costs: $1.5 Million
- Criminal Justice Costs: $1.5 Million
- Adult Medical Costs: $2.1 Million
- Special Education Costs: $1.6 Million
- Childhood Health Care Costs: $6.5 Million

Total costs for Frederick County of fatal & non-fatal child abuse: $45.4 Million

Benefits of Early Childhood Support

- Increased Life Expectancy
- Increased Work Attendance & Productivity
- Reduction in Health Costs
- Less Likely to Use Illegal Drugs

ACE Events

- Physical Abuse/Neglect
- Emotional Abuse/Neglect
- Sexual Abuse
- Household Violence
- Substance Abuse
- Someone Being Incarcerated
- Living in a Single Parent Household
- Mental Illness

Solutions

- High quality child care
- Early childhood home visitation
- Teach parenting skills to new parents
- Offer evidence-based treatment
- Income support for families
Frederick County IECC Raised Visibility of ACEs—More than Awareness
Community Conversations

• Monthly column in Frederick’s Child magazine: It’s a Brain Thing
• Infographic created by Leaders on Loan from Leadership Frederick
• Hillbilly Elegy community-wide book club discussions
• Screening of Raising of America trailer and community discussion
• Screening of the movie Resiliency
• Frederick Community College—Day of Human Understanding on April 26 to focus on oppression and marginalization
Education on ACEs

- Mount St. Mary’s University Course
- Hood College Nursing Program
- Local Symposia for Educators and Service Providers
  - Frederick CARES
  - Summit of Intersections (Mental & Behavioral Health, Substance Abuse, Intimate Partner Violence and ACEs)
Awareness and Education to Action

Local Health Improvement Plan
New Programs
Changes in Workplaces and Schools
Expanded Treatment Resources
Local Funding

Awareness to Action: Frederick County on ACEs
Structured Collaboration--IECC and Local Health Improvement Plan

- Awareness—with IECC
- Prevention
- Intervention & Treatment

Awareness to Action: Frederick County on ACEs
New Programs

- Frederick County Master Trainer in ACE Interface with Maryland Essentials for Childhood
- Handle with Care
- Ready Rosie
Changes in Workplace and Schools

• Trauma-Informed Workplaces
  • Frederick County Health Department
  • Mental Health Association
  • Child Advocacy Center

• Workplace Recognition Awards
• Trauma-Informed Schools
Expanded Treatment Resources

• Neurofeedback
• Eye Movement Desensitization and Reprocessing (EMDR)
• Trauma-informed Yoga
Local Funding

- Governor’s Office of Crime Control and Prevention
- United Way of Frederick County 3-year grant program
  - 1 of 2 goals for health care programs
- The Community Foundation of Frederick County
“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

Margaret Mead
Presenters

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