



# Atrium Health

## Helping Families Grow Resilient Kids

Endowing Parents with Super Powers



# I got this!

- asthma
- strep throat
- ear infections
- viral respiratory infections
- well child visits
- constipation
- constipation
- constipation





# the Chair Throwers



Pediatric Psychiatrists:  
“rarer than hen’s teeth”



# Original ACEs Study



- Drs. Felitti and Anda
- 17,000 participants in San Diego
- Mostly upper middle class White males
- Partnership with Kaiser Permanente and CDC
- Groundbreaking

# ABUSE



Physical



Emotional



Sexual

# NEGLECT



Physical



Emotional

# HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently

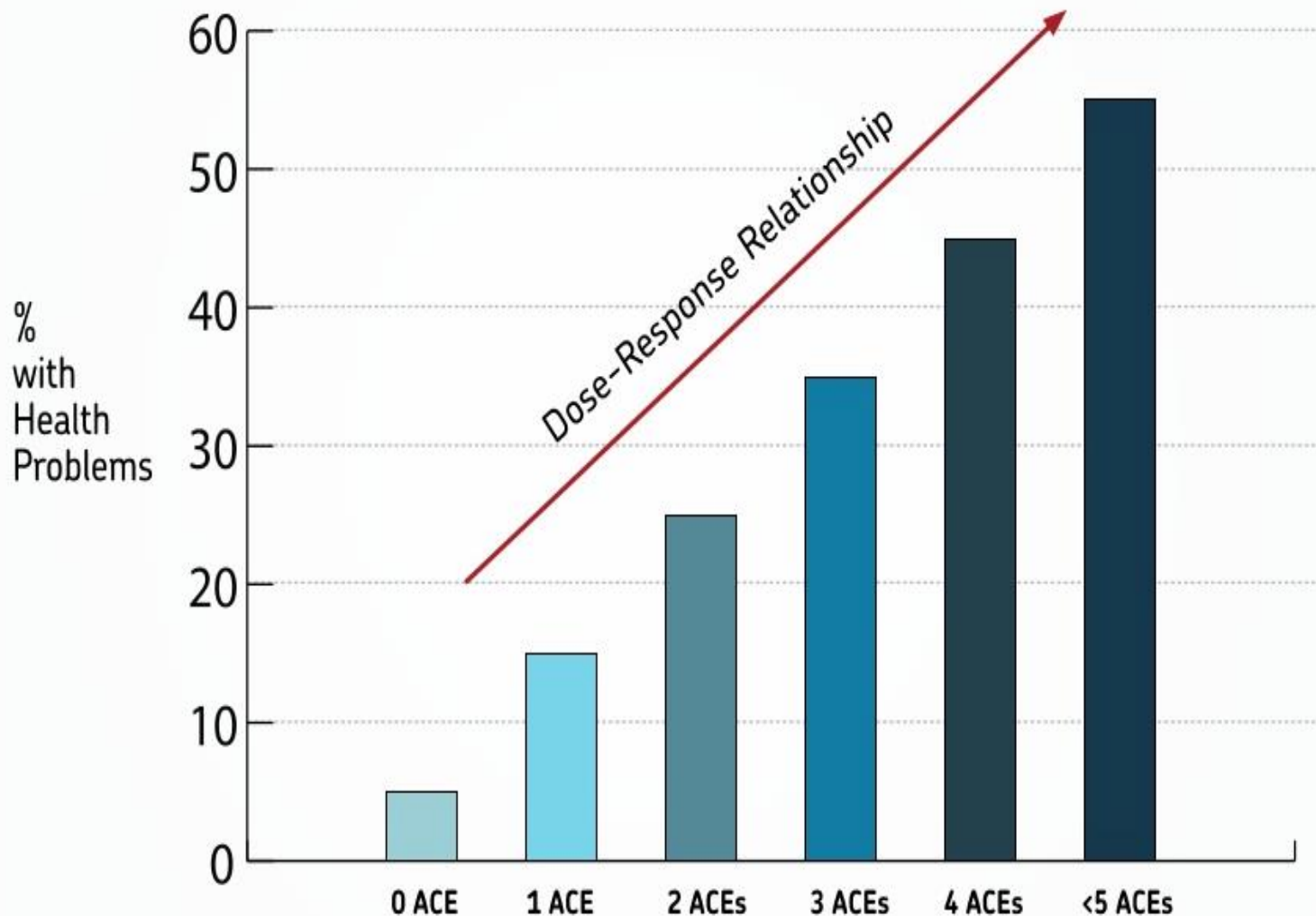


Substance Abuse

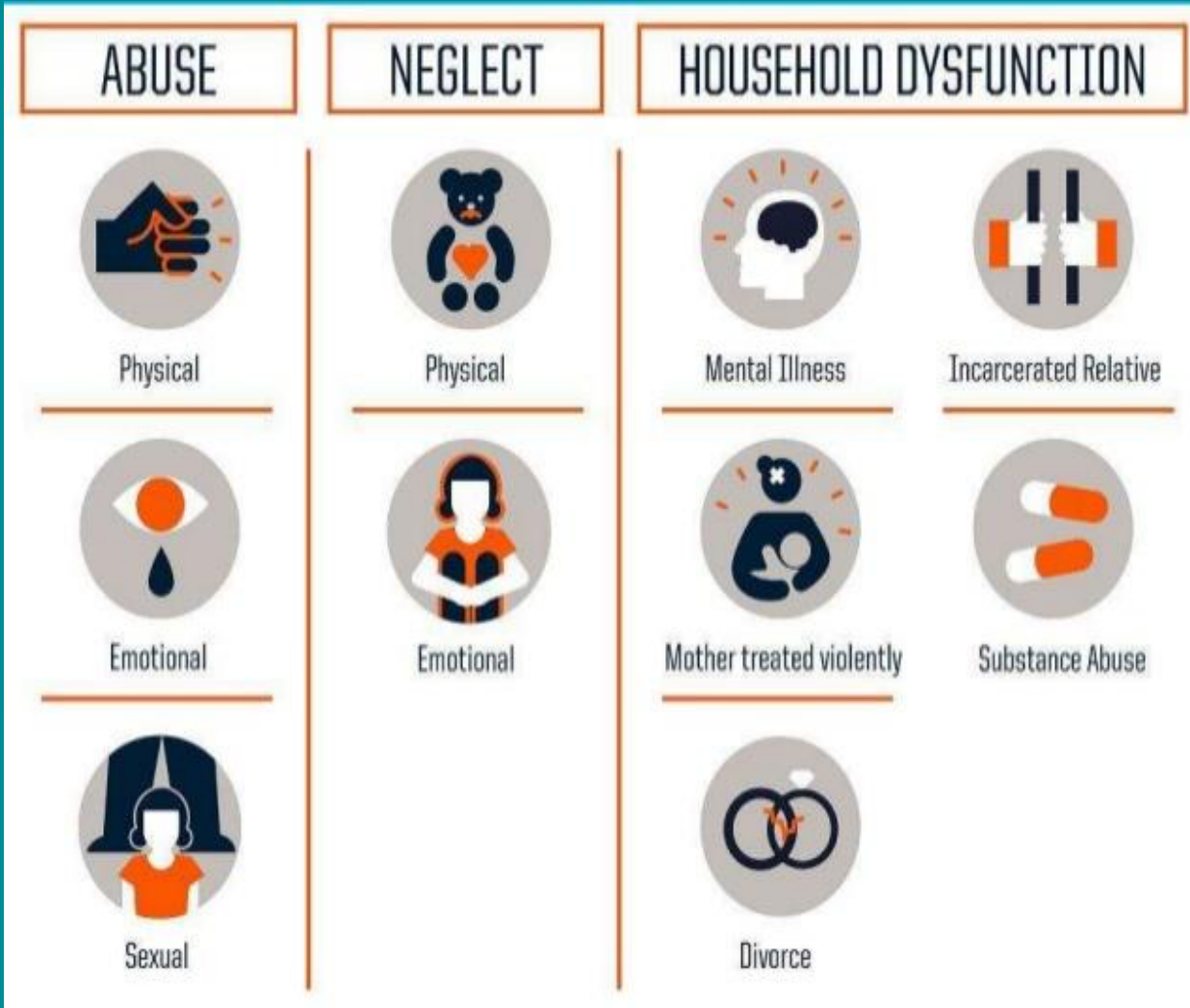


Divorce

## ACE Score and Health Problems







**PLUS:**

**\*Racism**

**\*Bullying**

**\*Witnessing violence**

**\*Parental Separation**

**\*Homelessness**

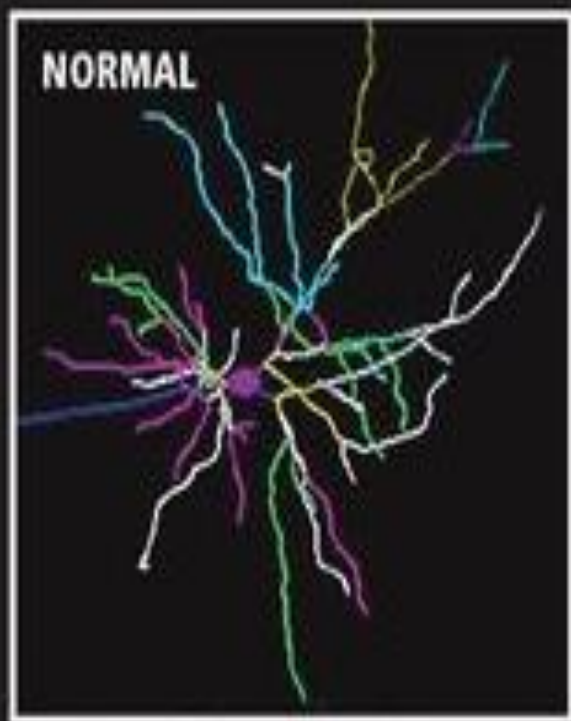
**\*Food Insecurity**

# 4 or more ACEs: Doubles risk of:

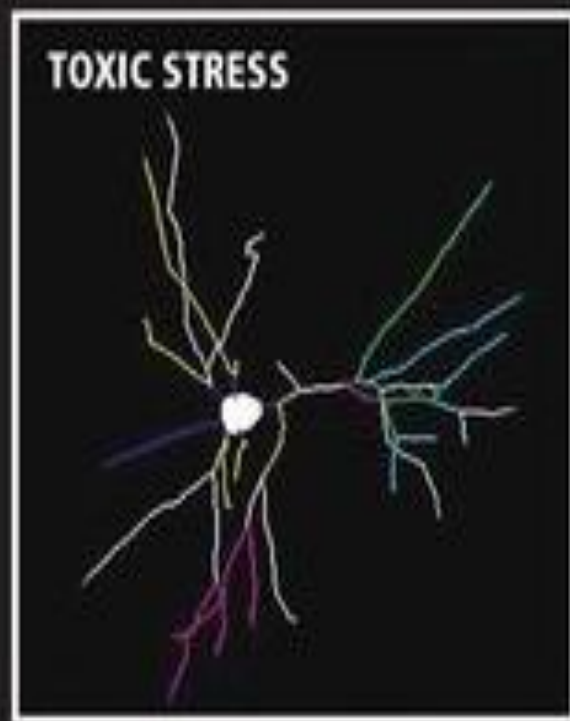
- ischemic heart disease
- stroke
- cancer
- diabetes

# HOW TOXIC STRESS IN CHILDHOOD ALTERS THE BRAIN

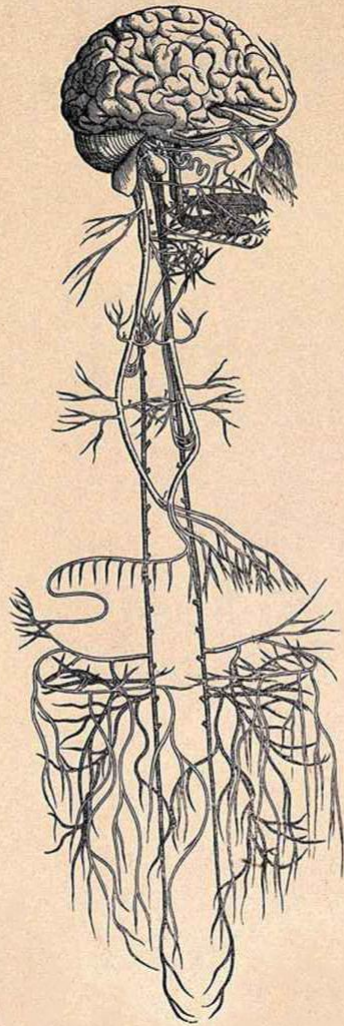
Exposure to major adversity in early childhood can weaken brain development. This can permanently set the body's stress response system on high alert. A stable, nurturing environment can prevent these responses and outcomes for learning, behavior and health.



A typical neuron with many connections looks like this.



A neuron damaged by toxic stress has fewer connections.



## **Vagus Nerve:**

**\*visceral sensation to larynx, esophagus, lungs, heart, digestive tract**

**\*motor functions: involuntary contractions of esophagus, stomach, intestines**

**\*lowers resting heart rate**



# ACE score of 4 or more

**More hospitalizations due to autoimmune diseases (fibromyalgia, lupus, arthritis)**

**460 percent more likely to suffer from depression**

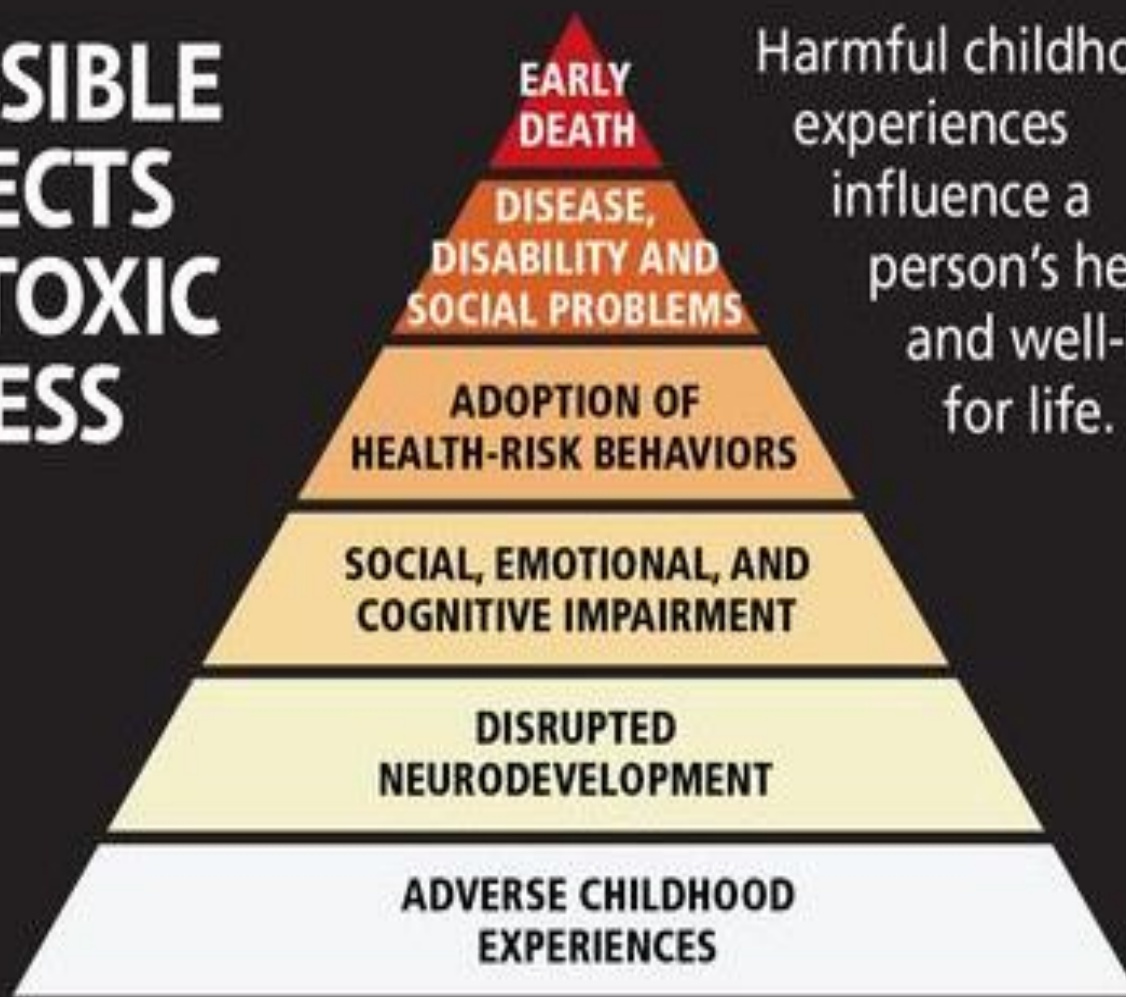
**ACE score of 6 or more**

**Lifespan shortened by 20  
years**

**4 or more ACEs:**

**7 times more likely to go to  
prison**

# POSSIBLE EFFECTS OF TOXIC STRESS



Harmful childhood experiences influence a person's health and well-being for life.





How can we vaccinate children against ACEs?

Are there treatments?

# Screening for adversity

## Center for Youth Wellness ACES Questionnaire

**SCORE:**  
**PART 1:**  
**Part 2:**

### CYW Adverse Childhood Experiences Questionnaire (ACE-Q) Child

To be completed by Parent/ Caregiver

Today's Date: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Your Name: \_\_\_\_\_ Relationship to Child: \_\_\_\_\_

**Many children experience stressful life events that can affect their health and wellbeing. The results from this questionnaire will assist your child's doctor in assessing their health and determining guidance. Please read the statements below. Count the number of statements that apply to your child and write the total number in the box provided.**

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- A household member swore at, insulted, humiliated, or put down your child in a way that scared your child OR a household member acted in a way that made your child afraid that s/ he might be physically hurt
- Someone touched your child's private parts or asked your child to touch their private parts in a sexual way
- More than once, your child went without food, clothing, a place to live, or had no one to protect her/ him
- Someone pushed, grabbed, slapped or threw something at your child OR your child was hit so hard that your child was injured or had marks
- Your child lived with someone who had a problem with drinking or using drugs
- Your child often felt unsupported, unloved and/ or unprotected

**2) Of the statements in Section 2, HOW MANY apply to your child? Write the total number in the box.**



#### Section 2. At any point since your child was born...

- Your child was in foster care
- Your child experienced harassment or bullying at school
- Your child lived with a parent or guardian who died
- Your child was separated from her/ his primary caregiver through deportation or immigration
- Your child had a serious medical procedure or life threatening illness
- Your child often saw or heard violence in the neighborhood or in her/ his school neighborhood
- Your child was often treated badly because of race, sexual orientation, place of birth, disability or religion

# Screening for adversity

Center for Youth Wellness  
ACES Questionnaire

**SCORE:**  
**PART 1:**  
**Part 2:**

**WHOA**

To be completed by Parent/ Caregiver

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# Screen early and often (Bright Futures Guidelines)

- **Developmental Screen** (96110)  
(PEDS, ASQ, SWYC at 9, 18, 30 months)
- **Autism Screen** (96110)  
(MCHAT 18 and 24 months)
- **Developmental Surveillance**  
("spidey sense"—all visits)
- **Psychosocial/ Behavioral Assessment** (96127)  
(SWYC 0-5, PSC 17 5-11, PHQ 9--12 and up)



# Bright Futures Guidelines

- **Substance Use**

(CRAFFT 12 and up)

- **Depression Screening** (96127)

(PHQ 9: 12 and up)

- **Maternal Depression Screening** (96161)

(SWYC, Edinburgh, or PHQ 9 1,2,4 months)

(SWYC screens parental depression every. single. visit).



## Q: What is herd immunity?

#immunityforcommunity

A: When enough people are **immunised** against a disease to protect those who **can't be immunised**.



- \*screen for parental depression
- \*screen for environmental factors

# HOW: share resources:

## Mental Health Resources

### Need Psychiatrist? Medicaid?

Catawba Family Center 329-3177  
York Place 803-684-4011 ext 1000 (Dr. Shannon Mon pm, Dr  
Sutherland Thursdays)  
USC Psychiatry: Dr. Charlie Stuck (may need to refer to residents)  
Dwividi 329-7778  
Dr. Vik Shukla (Gastonia) 704-868-8888

### Private Insurance or self pay?

NC Neuropsychiatry (multiple providers) 704-529-4101  
Eastover Psychiatry (NP's have excellent reputation) 704-362-2663  
Joy Ross, DO (self pay only 704- 295-1800)  
York Place will take BCBS 803-684-4911 ext 1000  
Dr. Shukla (Gastonia) 704-868-8888  
Saluda Center 327-6103

### Psychoeducational testing/Neuropsych testing

Encourage parents to make request **in writing** from schools. Schools are supposed to document various interventions before testing, but this is not a requirement, and parents can push to have kids tested if they feel child is not progressing after reasonable accommodations have been made. If schools are reluctant to test:

Child and Family Development 704-541-9080 (Pineville)  
NC Neuropsychiatric Services 704-529-4101  
Carl Carlson (FM) 704-641-8902 ctcinquire@yahoo.com  
Youth Transitional Services 803-675-5233  
Victoria Evans (RH-Wellstone Center)) 803-328-2210

**Substance Abuse:** Keystone 324-1800

### Family Support Services:

NAMI 1-803-610-8174 or [www.namisc.org](http://www.namisc.org)  
Federation of Families 1-866-779-0402 or [www.fedfamsc.org](http://www.fedfamsc.org)  
Family Connection/Pro-Parents 1-800-578-8750 or [www.familyconnections.org](http://www.familyconnections.org)

### Parenting Education:

ParentSmart (Rock Hill) 981-1557  
LEAP ahead (Ft Mill) 548-11754  
Bright Beginnings (Clover) 222-8050  
Parenting Partnerships (York) 684-1504

**Autism Referrals:** Call Yolanda Gordon 803-389-2002 (GREAT RESOURCE)

[Yolandagordon@me.com](mailto:Yolandagordon@me.com)

If under 3, refer BabyNet and CALL EI to ask that they refer to CARES and DDSN

**Randolph Pyschiatric ER 704-358-2800** (can see SC Medicaid, but usually can't find beds for them so if they will need admission, this may not be best place to go).

Suicide hotline: 1-800-273-8255

## Counseling:

### Medicaid?

Catawba Family Center (in school or office, at home) 329-3177  
York Place (office based, in home, may go to schools) 803-684-4011 ext 1000  
Mae Aldrich 324-9808  
Jan Olson 448-7079  
Aliceson McCormick (Rock Hill) 803-8177-7837 (Stepping Stones—  
Also with Tracy Reyes, Melanie Grantham  
Amy Trader (RH on Ebenezer) 517-2323

### Private insurance or self-pay?

Families should check with **human resources** at work:  
They may have **Employee Assistance Plan ("EAP")** which allows  
2-12 counseling sessions with counselor free of charge- generally, anyone living in  
home is eligible, whether or not they have health insurance through the employer  
(the EAP is a completely separate benefit, pays for many counselors listed)

Saluda Center- insurance 327-6103  
Kim Engel-Hughes- self pay for now (BCBS pending) 371-3663  
Tipp Frank 325-2255- self pay  
Diane O'Neill- insurance (Fort Mill) 803-619-9103  
Katherine Jones-(play therapy- Charlotte and Rock Hill) 704-365-7777 ext 320  
Christine Zimmerman (Rock Hill) 487-3065  
Craig Butler 366-5445 (on most EAP lists, insurance, sliding scale, RH)  
(Mae, Aliceson, and Donita also take private insurance)  
Christine Zimmerman (RH) 372-7222  
Skip Myer (RH—shares space with Christine) 366-7404

Lois Veronen (RH "Wellstone Center") and Harriet Sample 327-9449  
Lisa Bridgewater 803-517-0322  
Amy Trader (RH) 517-2323  
Jan Olson 448-7079

Carl Carlson (FM) 704-641-8902 CBT for anxiety, anger, aggression and  
Group therapy sessions for social skills training.

### Post Partum Depression Resources

\*check with employer to see whether employer offers an employee assistance plan  
for counseling services.

Judith M. Thorne, MA, MS PsyD 704-607-7742  
The Prenatal and Postpartum Center of the Carolinas  
8832 Blakeney Professional Dr. Ste. 105, Charlotte NC 28227

If Medicaid: Catawba Mental Health 166 Dotson St. 327-2012  
There is always a crisis counselor to see walk-in patients in crisis.

# www.findhelp.org

## (Type in zip to get local resources)

Aunt Bertha's free search tool is now called **findhelp.org**. findhelp.org will continue to connect all people in need to the programs that serve them (with dignity and ease) - [Learn more](#).



ZIP or keyword or program name



Find food assistance, help paying bills, and other free or reduced cost programs in Rock Hill, SC 29732 , including new programs for the COVID-19 pandemic:

Select Language ▾



FOOD



HOUSING



GOODS



TRANSIT



HEALTH



MONEY



CARE



EDUCATION



WORK



LEGAL



# 1,623 programs

serve people in Rock Hill, SC 29732

Type a search term, or pick a category

# The brain is most vulnerable early

A child who suffers toxic stress (due to neglect, abuse, domestic violence) in the first two months of life, then has a great environment for the next ten years has similar outcomes to a child who has excellent care the first two months, then experiences neglect and abuse for the next ten years.



# COLLABORATE, COMMUNICATE, CONNECT WITH LOCAL RESOURCES

High risk moms who get great intervention through home visits and improve **RELATIONAL DENSITY** in the first two months have same outcomes as for low risk kids.

# But what do you do with the positives?

- **EDUCATE**
- **REFER**
- **FOSTER CONNECTIONS**
  - **Between parent and child**
  - **Between parent and community resources**
  - **Between family and community**

# Preventive mental health vaccine must contain:

- 1) **SSNR's** (safe, stable, nurturing relationships)
- 2) **SSNE's** (safe, stable, nurturing environments)

**But what if we're seeing an older child who has already encountered a stressful environment?**

***IS IT TOO LATE?***

# Introducing RELATIONAL WEALTH

- Independent of socioeconomic status
- A child with relational wealth may have a lot of ACEs, but stands a good chance of demonstrating RESILIENCE.
- A child with relational poverty may have just a few ACEs, but will suffer worse outcomes than one raised with strong, stable nurturing relationships.

"Children don't get  
traumatised because  
**they get hurt;**  
they get traumatised  
because **they're alone**  
with the hurt."

DR. GABOR MATÉ



# Definition of resiliency according to Dr. Bruce Perry:

“capable of tolerating novelty and difficulties and threat.”

-if stress is unpredictable, severe, and prolonged, child becomes quite vulnerable to ACES.

-if stress is more predictable, moderate, controlled, child is more likely to become resilient.

# Two ways to promote healthier parent-child relationships:

- **1) adjust expectations (appropriate understanding of development)**
- **2) Provide parenting strategies and resources for best parenting practices.**

**Parenting strategies for newborns:**

**It is impossible to spoil a baby in the first few months of life with too much love and attention!**

# Parenting strategies for 15month to 4 year olds:

- **REGULATE**

- **RELATE**

- **REASON**

When little people  
are overwhelmed  
by big emotions,  
it's our job to share  
our calm, not join  
their chaos.

L. R. Knost



# Encourage parents: **START WITH YOURSELF.** (and remember to do this yourself)

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- Your child lived with someone who had a problem with drinking or using drugs
- Your child often felt unsupported, unloved and/ or unprotected

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?

#### Section 2. At any point since your child was born...

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# Symptoms of Trauma or toxic stress can look like behavior problems

- **FIGHT**
- **FLIGHT**
- **FREEZE**
- **SUBMIT**
- **COLLAPSE**



Look what's happened to you, and look where you are. You are:

**AMAZING, RESILIENT, STRONG**

**PLUS:**

\*Racism

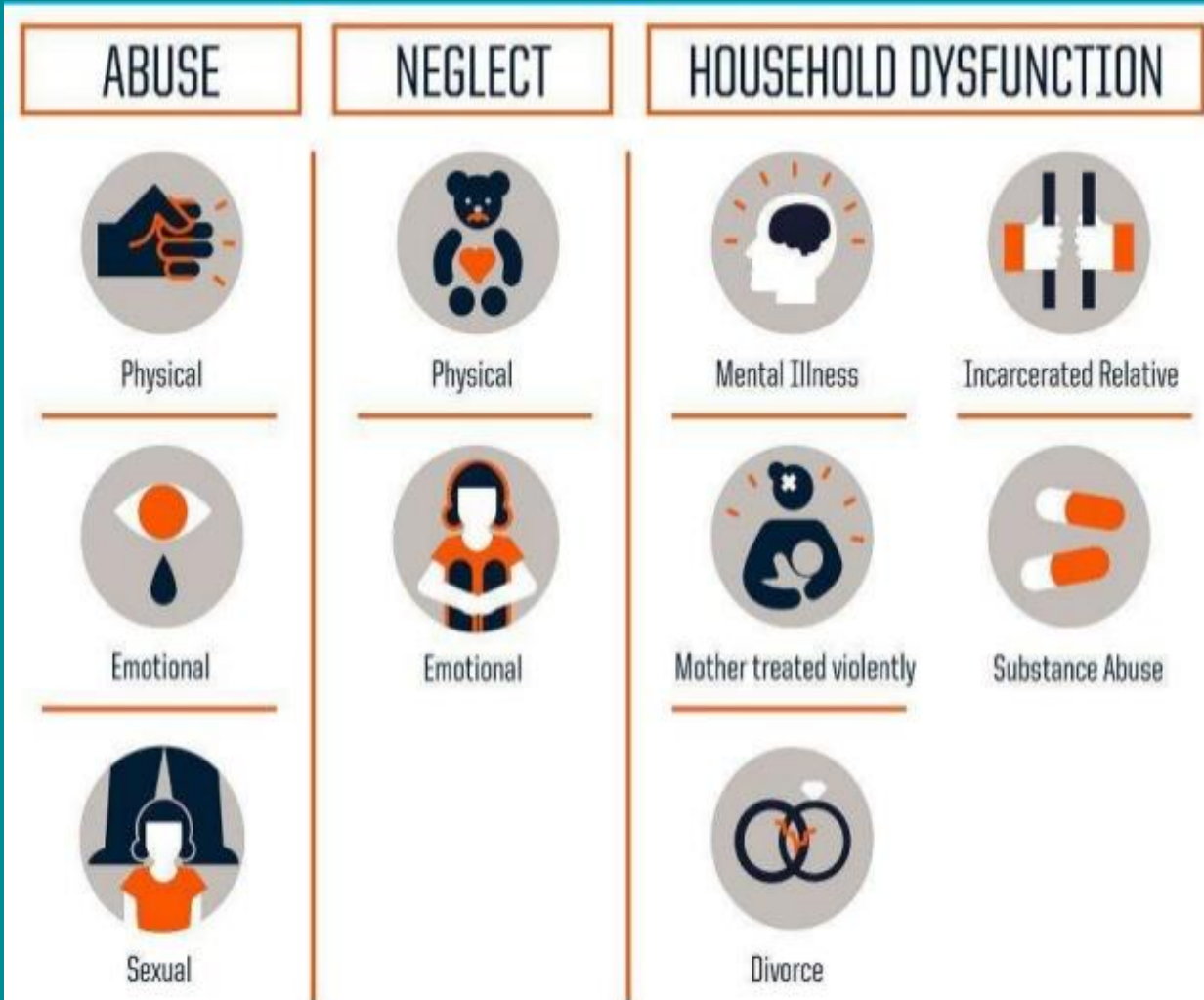
\*Bullying

\*Witnessing violence

\*Parental Separation

\*Homelessness

\*Food Insecurity



# Preventive mental health vaccine: ATTENUATION

- **1) SSNR's** (safe, stable, nurturing relationships)
- **2) SSNE's** (safe, stable, nurturing environments)

Safe stable nurturing relationships and safe stable nurturing environments can help to **ATTENUATE** stress and make it tolerable, not toxic.


# RELATIONAL DENSITY:



“

EVERY KID IS ONE  
CARING ADULT AWAY  
FROM BEING A  
SUCCESS STORY.

...JOSH SHIPP

 **BrainPower**  
Neurodevelopmental Center LLC

# Ways to introduce “tolerable stress” to a child: a tincture of adversity

- Reading together
- Sports/ exercise
- Going outside
- Chores
- Gardening
- Screen time TOGETHER
- Family adventures
- Solving puzzles
- Learning an instrument
- Caring for a pet
- Curriculum that is challenging  
(but not too challenging)







# Reading and Resiliency



It  
Matters

Child **TRENDS**

# FAMILY MEALS

Teens who eat regularly with their families are:

## LESS LIKELY TO

- Smoke, drink, and use drugs
- Get into fights
- Feel depressed
- Think about suicide

## MORE LIKELY TO

- Do better in school
- Delay sexual activity

Learn more: [childtrends.org](http://childtrends.org)

<http://www.childtrends.org/indicators/family-meals/>



# PLAY!



# Promote RELATIONAL CONNECTIVITY

“Your history of connectedness is a better predictor of your health than your history of adversity.” (Perry)

Children’s early development depends on the health and well-being of those who surround them.

Connect. Connect. Connect.



# Bruce Perry MD/PhD

“relationships are the agents of change, and the most powerful therapy is human love.”

# WHAT CAN WE DO??

- **Help the families you see understand Neurosequential development/adjust expectations:**
  - What can they reasonably expect from their child's growing brain and when can they expect it?
- **Know local resources and connect families to them.**
- **USE REACH OUT AND READ to promote connection, not just literacy.**

# Some great social media accounts:

- @BigLittleFeelings
- @MrChazz
- @SolidStarts
- @LRKnost

# Best Brain Podcasts

- **The Brain Architects (Dr. Jack Shonkoff, Center for Developing Mind)**
- **Brené Brown (Unlocking Us)**
- **Reach Out and Read Podcast**

# The Best Brain Books!

- **Boy Who Was Raised As a Dog** by Bruce Perry, MD, PhD
- **The Deepest Well** by Nadine Burke Harris, MD
- **The Whole Brain Child** by Dan Siegel, MD and Tina Bryson, PhD
- **Childhood Disrupted** by Donna Jackson Nakazawa
- **The Body Keeps Score** by Bessel Van der Kolk, MD
- **What happened to You?** by Bruce Perry and Oprah Winfrey

# IN THIS CIRCLE

WE ARE TRAUMA-INFORMED

WE CONNECT BEFORE WE CORRECT

WE STAY CURIOUS NOT FURIOUS

WE UNDERSTAND BEHAVIOR IS

**COMMUNICATION**

WE BELIEVE IN CO-REGULATION,

**THAT KIDS REGULATE**

OFF THE ADULTS IN THEIR LIVES

WE THINK CAN'T-NOT WON'T

WE EMPATHIZE WHEN SOMEONE

**IS FLIPPING THEIR LID**

WE BELIEVE IN RESTORATION-NOT PUNISHMENT

WE BELIEVE THAT RELATIONSHIPS BUFFER STRESS

**AND BUILD RESILIENCE**

ALL OF US NEED ONE ANOTHER, ALWAYS.

RESILIENCE MEANS, WE SEE YOU, WE

HEAR YOU, WE ARE WITH YOU...