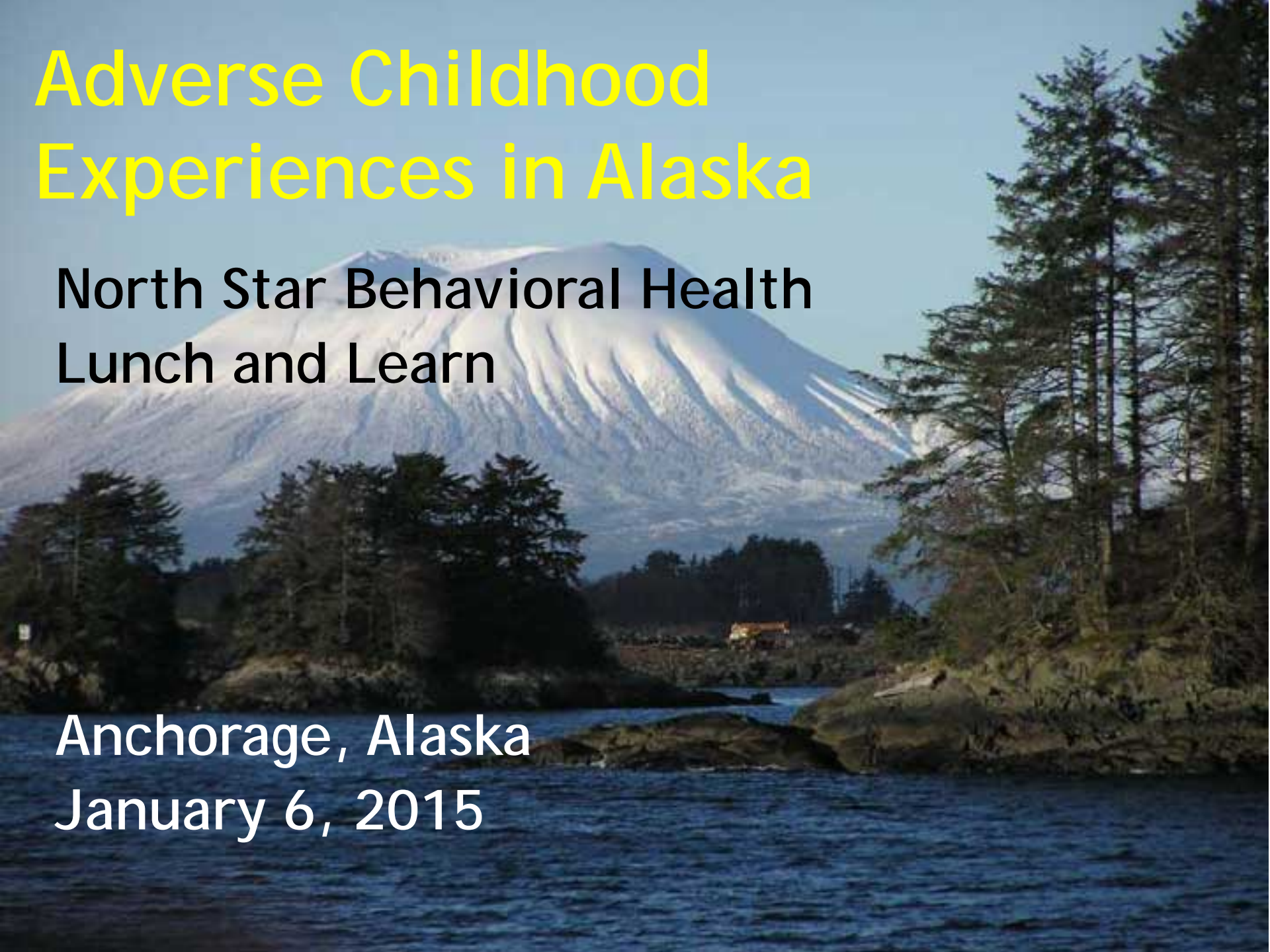


# Adverse Childhood Experiences in Alaska

North Star Behavioral Health  
Lunch and Learn

Anchorage, Alaska  
January 6, 2015



## Disclosure to Audience

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No one involved in the planning or presentation of this activity has any relevant financial relationships with a commercial interest to disclose

### **The following are North Star Behavioral Health's Content Controllers:**

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Becky Bitzer, Clinical Community Liaison

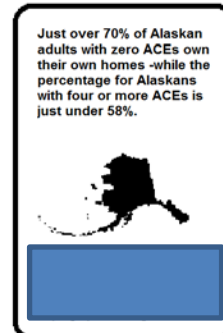
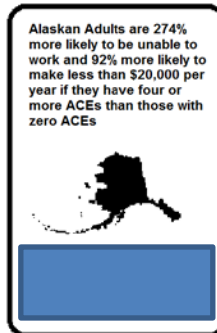
Sarah Twaddle, Clinical Community Liaison

Wayne Jackson, Clinical Community Liaison

## From 11:30- Noon

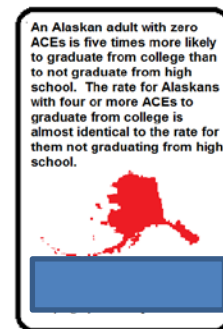
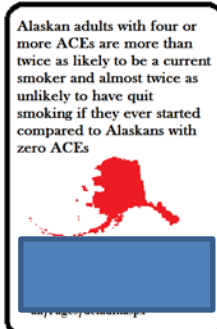
While attendees in person are starting their lunches at 11:30 – ACE cards will be at their tables available for review and discussion. For those of you on the phone the next slide has some cards for your review – so that you are not left out.

## The Costs



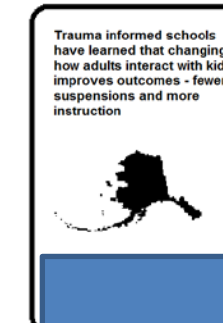
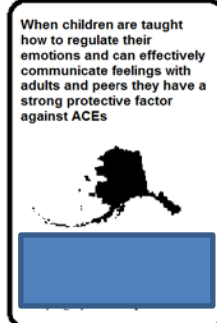
ACE cards help explain the reality of ACEs in Alaska and promote ways to mitigate and prevent them.

## The Data



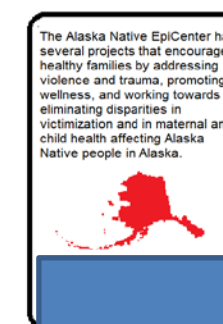
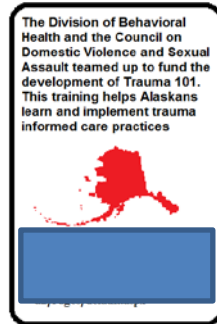
It's important to remember that ACE data is about a population and for individuals is not Predictive.

## Resiliency



A website will be listed on the cards and will be ready to go on January 28, 2015. This site will allow for further exploration of the cards' information

## The Work



# Some of the Organizations Supporting the ACE Study in Alaska



Alaska  
Family Violence  
Prevention Project

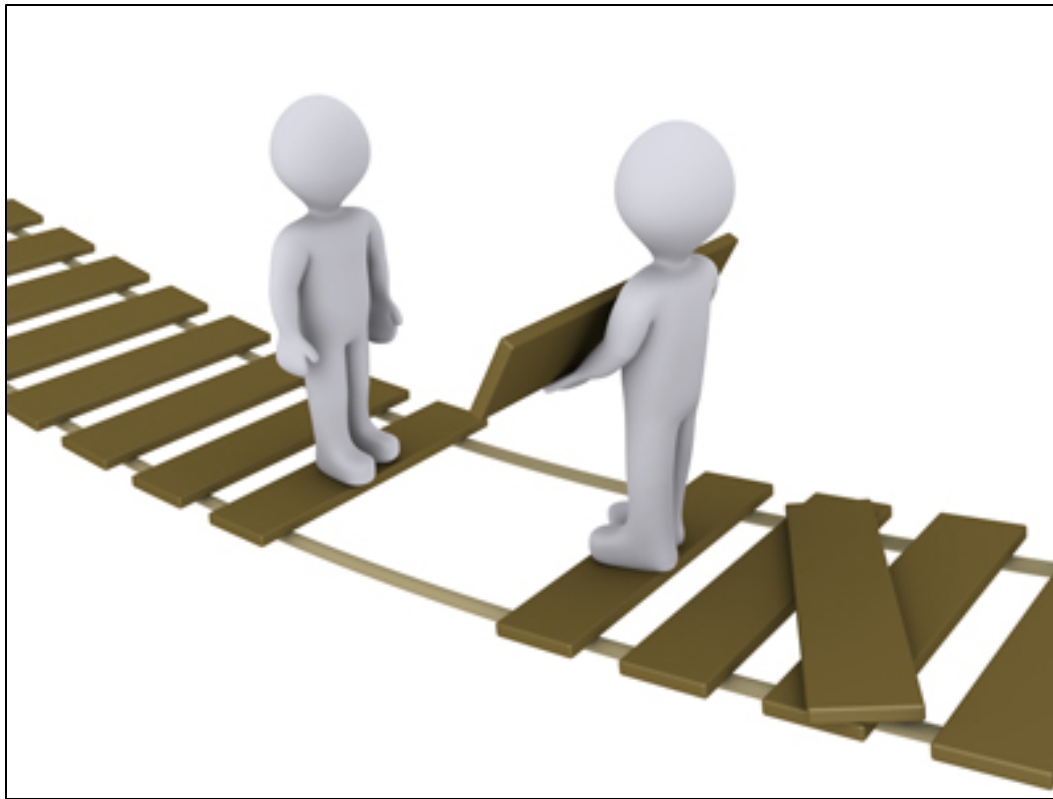


ALASKA NATIVE TRIBAL HEALTH CONSORTIUM





How did we get all these various groups to support the ACE study in Alaska?



# Of the 42 Topic Areas cited in Healthy People 2020.....

1. Access to Health Services
2. Adolescent Health
3. Arthritis, Osteoporosis, and Chronic Back Conditions
4. Blood Disorders and Blood Safety
5. Cancer
6. Chronic Kidney Disease
7. Dementias, Including Alzheimer's disease
8. Diabetes
9. Disability and Health
10. Early and Middle Childhood
11. Educational and Community Programs
12. Environmental Health
13. Family Planning
14. Food Safety
15. Genomics
16. Global Health
17. Healthcare-Associated Infections
18. Health Communication and Health Information Technology
19. Health-Related Quality of Life and Well-Being
20. Hearing and Sensory or Communication
21. Heart Disease and Stroke
22. HIV
23. Immunization and Infectious Diseases
24. Injury and Violence Prevention
25. Lesbian, Gay, Bisexual, and Transgender Health
26. Maternal, Infant, and Child Health
27. Medical Product Safety
28. Mental Health and Mental Disorders
29. Nutrition and Weight Status
30. Occupational Safety and Health
31. Older Adults
32. Oral Health
33. Physical Activity
34. Preparedness
35. Public Health Infrastructure
36. Respiratory Diseases
37. Sexually Transmitted Diseases
38. Sleep Health
39. Social Determinants of Health
40. Substance Abuse
41. Tobacco Use
42. Vision

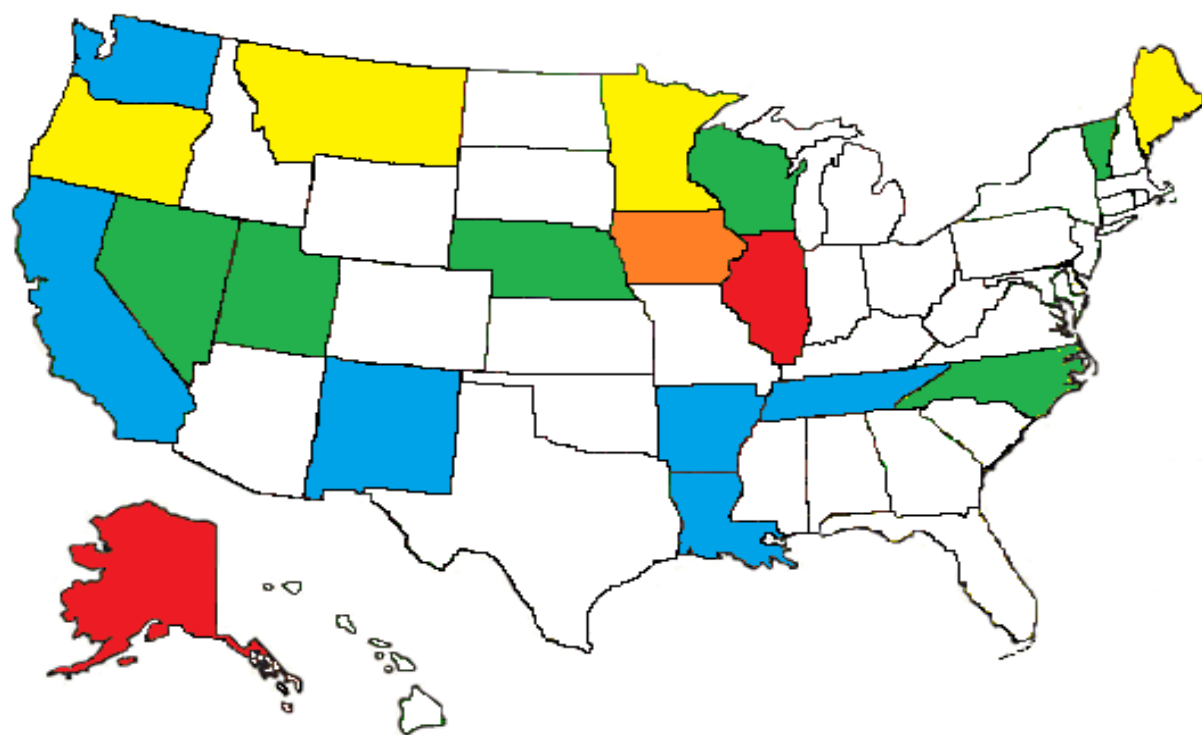
28 linked to ACES

# What is the BRFSS

- The Behavioral Risk Factor Surveillance System marks its 30<sup>th</sup> year in 2013 and remains the gold standard of behavioral surveillance. Currently data are collected monthly in all 50 states, the District of Columbia, American Samoa, Palau, Puerto Rico, the U.S. Virgin Islands, and Guam.
- More than 500,000 interviews were conducted in 2011, making the BRFSS the largest telephone survey in the world.

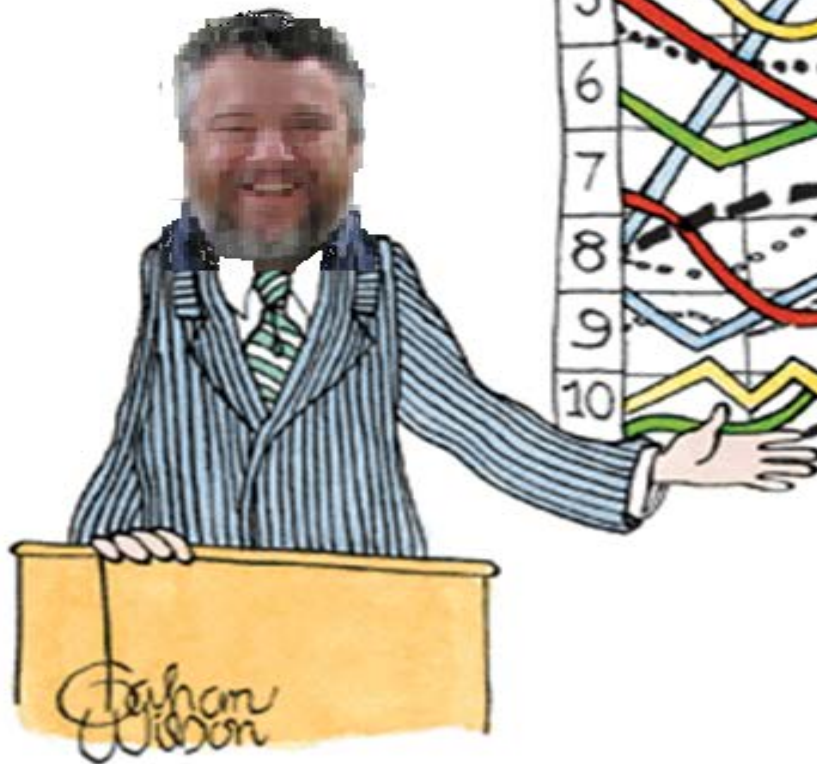


## States with ACE Studies Through the BRFSS



2009 2010 2011 2012 2013

I can be this guy.....  
so stop me if I go  
too fast!



I'll pause for a moment so you can let this information sink in.

# What do we mean by Adverse Childhood Experiences?

## Abuse

1. Physical
2. Sexual
3. Verbal/Emotional

## Household Dysfunction

4. Mental Illness in the Household
5. Substance Abuse in the Household
6. Witnessing Domestic Violence
7. Separation/Divorce
8. Household Member in Prison

# Percentage of Alaskan Adults who Reported Adverse Childhood Experiences - 2013

0.0% 10.0% 20.0% 30.0% 40.0%

## Abuse

Emotional/Verbal

31.0%

Physical

19.1%

Sexual

14.8%

## Household Dysfunction

Mental Illness in the Household

21.9%

Substance Abuse in the Household

33.8%

Incarcerated Family Member

11.5%

Separation/Divorce

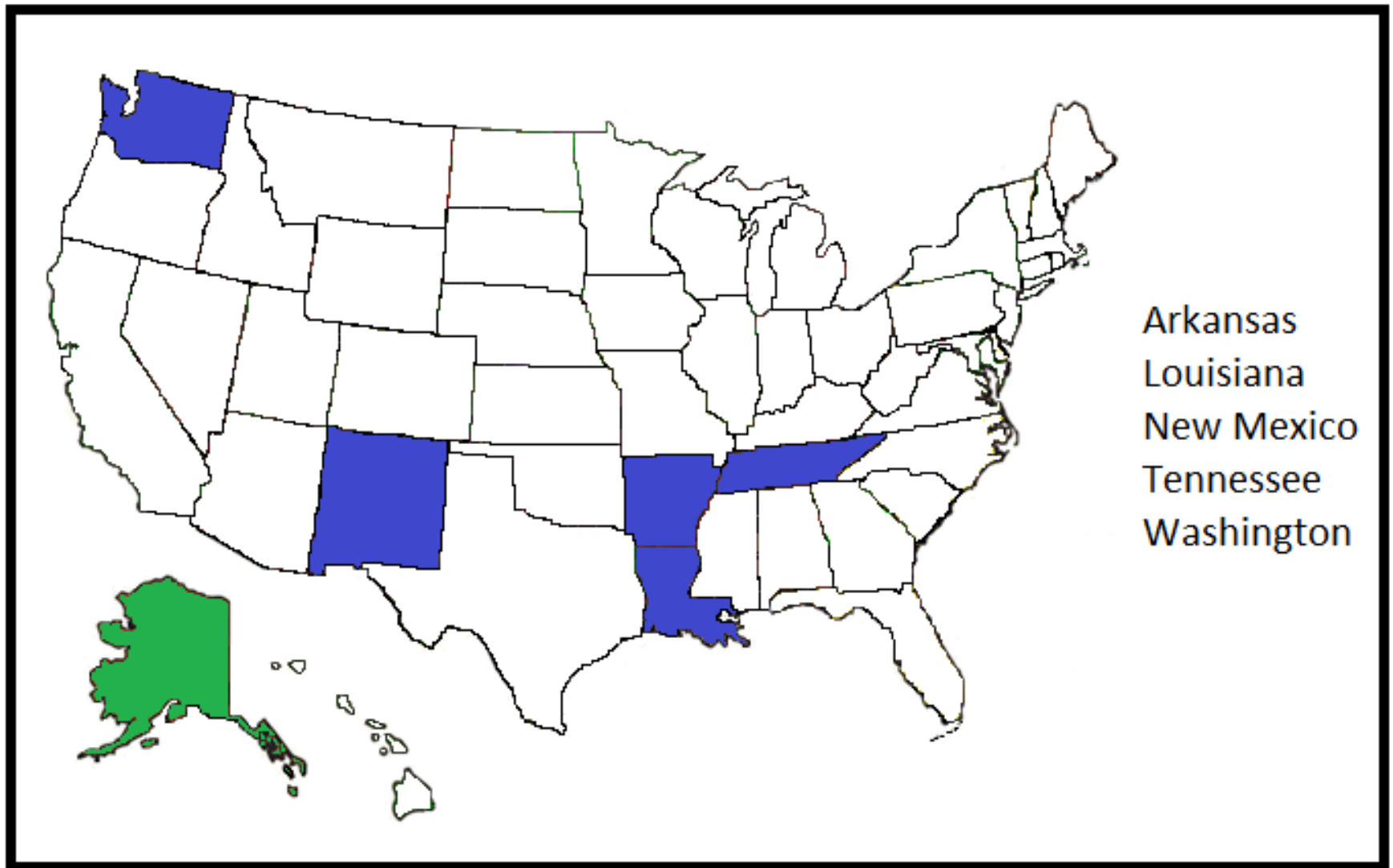
31.7%

Witnessed Domestic Violence

18.7%

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

# Alaska and Five States' Combined ACE Data



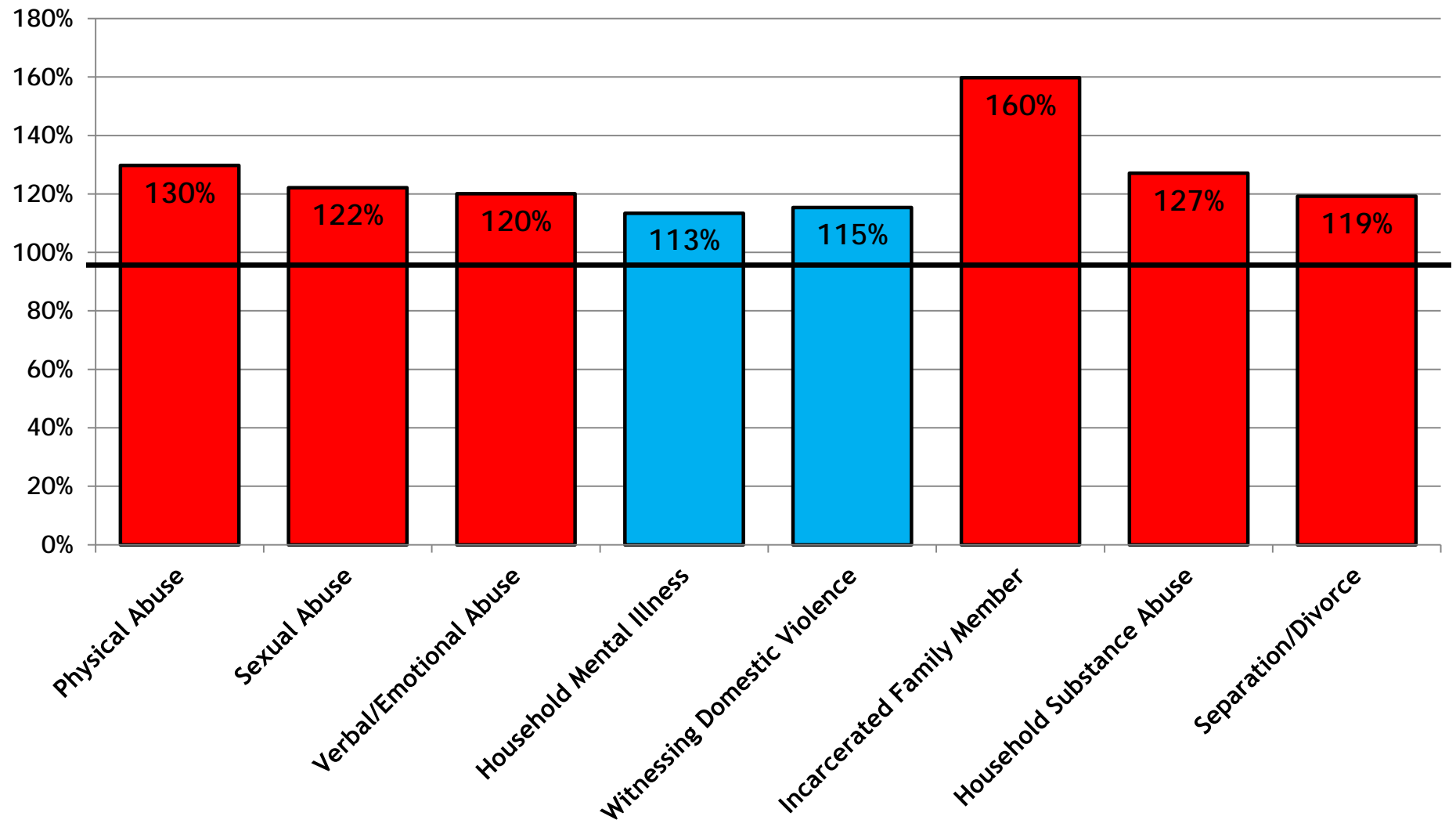
<b>Adverse Childhood Experience*</b>	<b>Alaska</b>	<b>Arkansas</b>	<b>Louisiana</b>	<b>New Mexico</b>	<b>Tennessee</b>	<b>Washington</b>
<b><u>Abuse Percentages</u></b>						
Emotional/Verbal	31.0	24.3	21.1	28.1	19.2	34.9
Physical	19.1	14.1	10.5	19.5	12.9	18.1
Sexual	14.8	10.9	9.9	12.9	12.7	13.5
<b><u>Household Dysfunction Percentages</u></b>						
Mental Illness in the Home	21.9	17.0	16.6	19.4	17.1	24.3
Incarcerated Family Member	11.5	5.5	7.2	7.1	8.6	6.6
Substance Abuse in Home	33.8	25.5	26.6	29.9	28.3	32.7
Separation or Divorce	31.7	23.3	27.1	24.4	29.1	26.0
Witnessed Domestic Violence	18.7	15.1	14.5	18.9	17.1	16.6

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>



## Alaska ACE Scores as a Percentage of the Five State Study\*

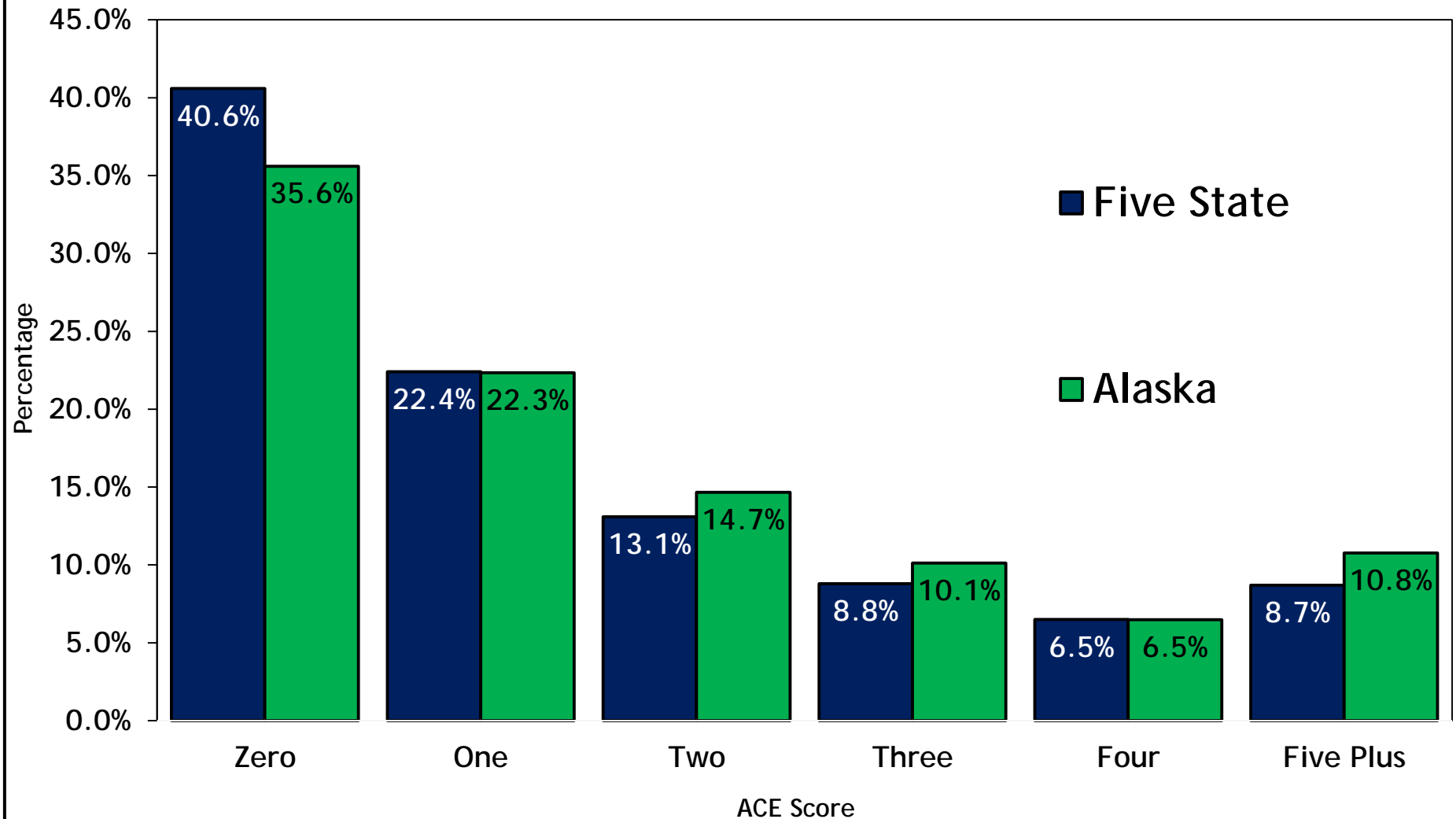


\* Columns in red are different in a statistically significant way between the two studies.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>

# Adverse Childhood Experiences Scores for Alaskan Adults and Their Five State ACE Study Peers



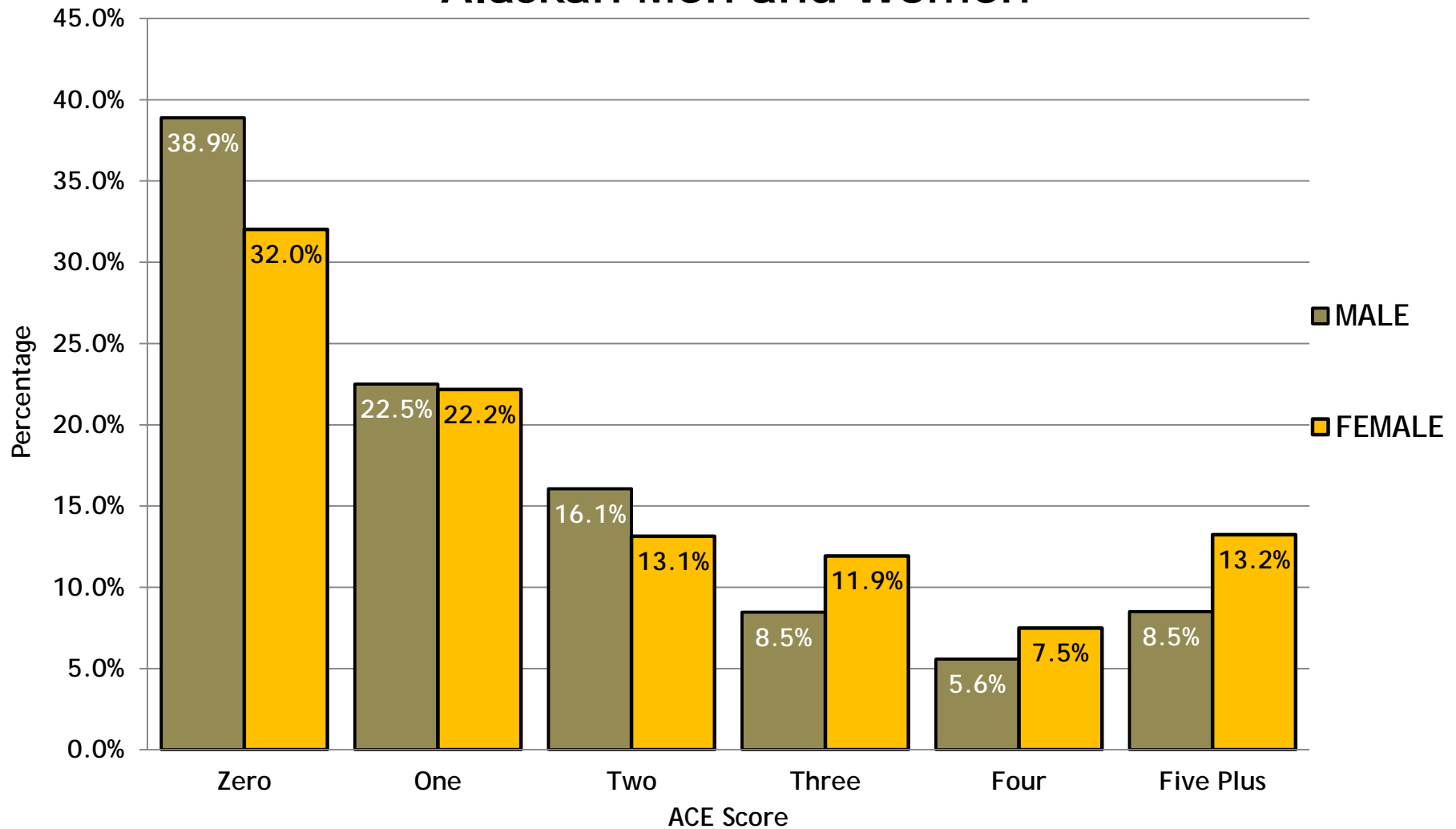
Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>

# 100 Alaskans Adults by ACE Score

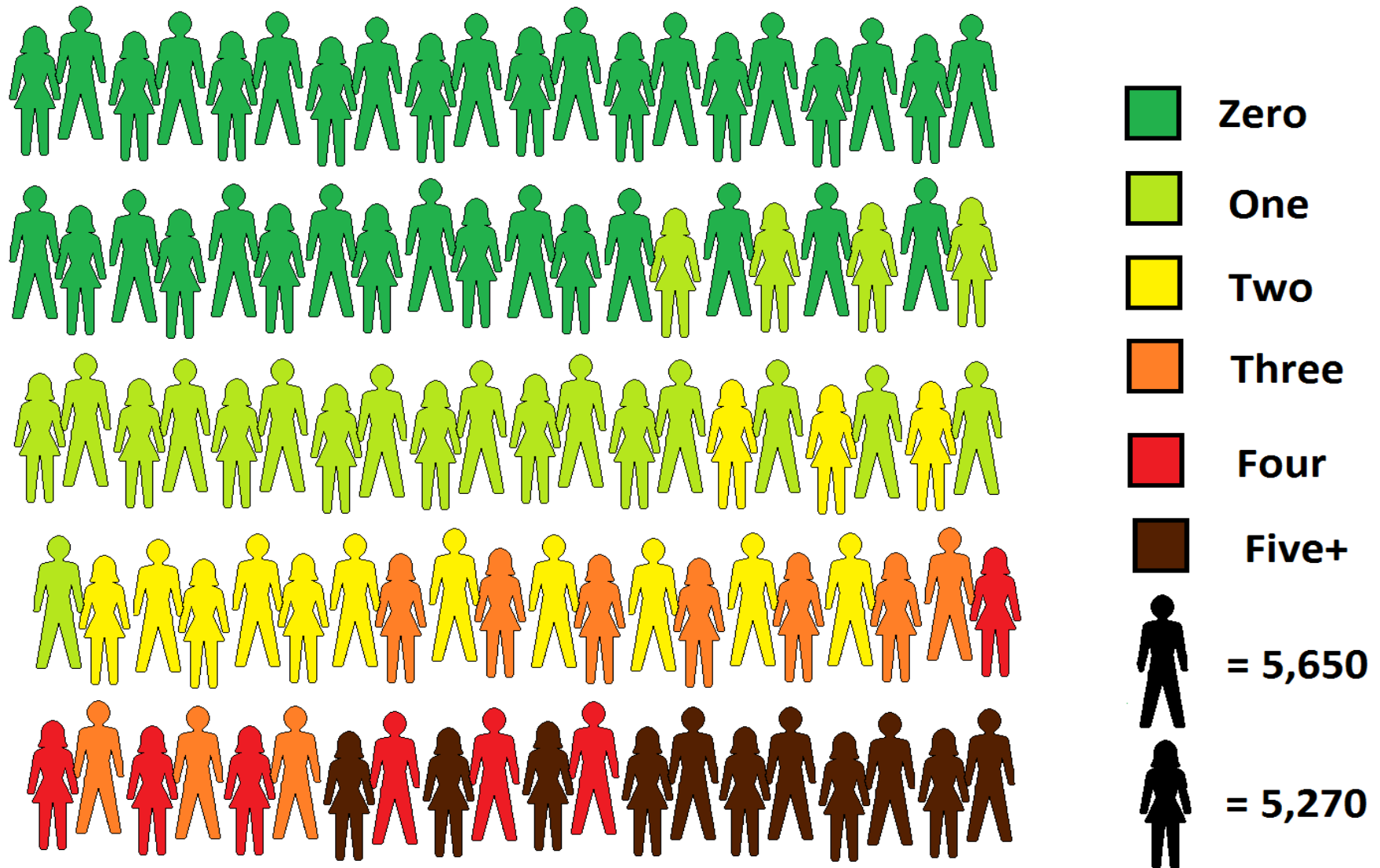


# Adverse Childhood Experiences Scores for Alaskan Men and Women



Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

# 50 Alaskans Men and 50 Alaskan Women by ACE Score



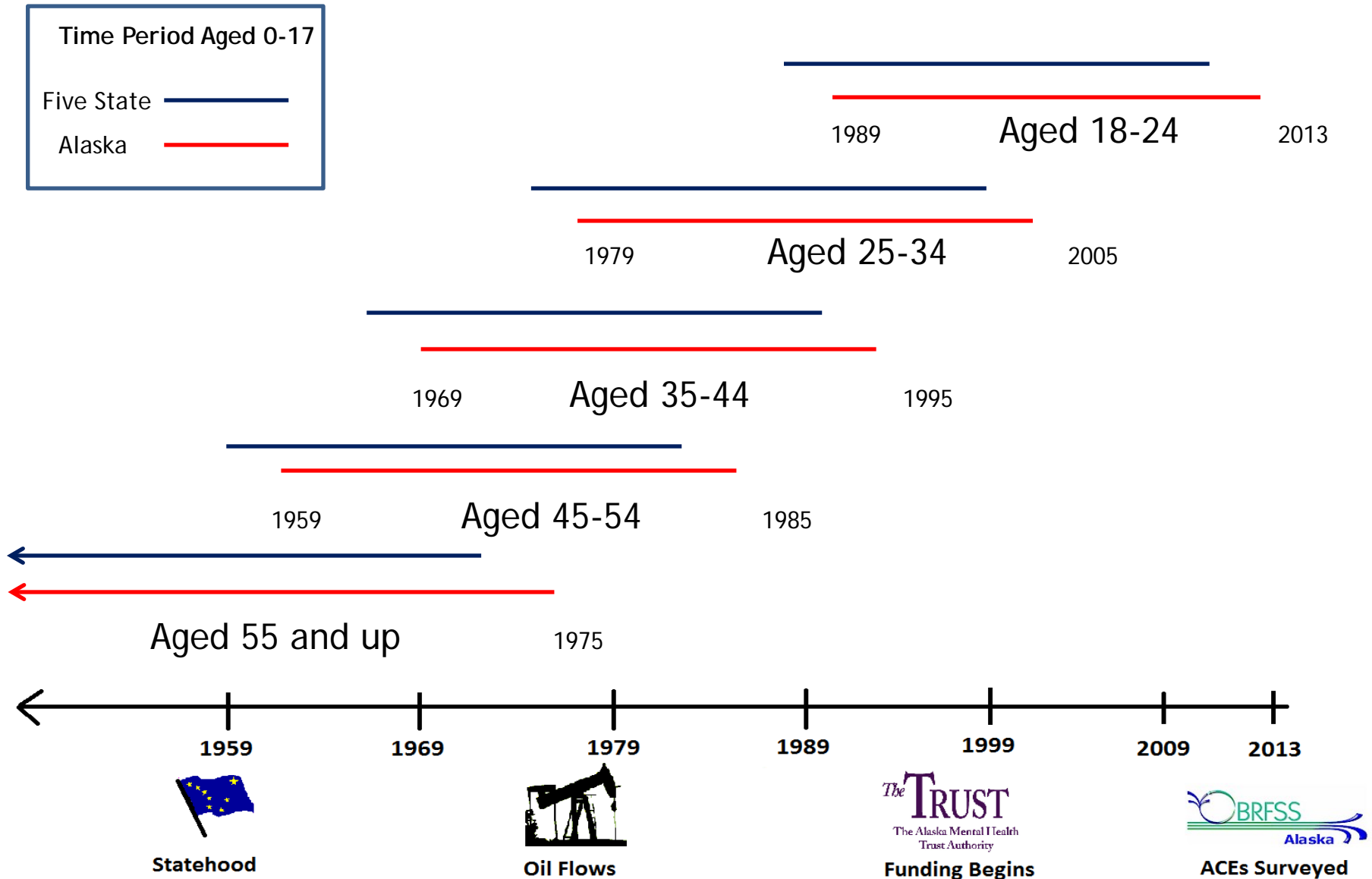
<b>Adverse Childhood Experience Score</b>	<b>Alaska</b>	<b>Arkansas</b>	<b>Louisiana</b>	<b>New Mexico</b>	<b>Tennessee</b>	<b>Washington</b>
<b>Zero</b>	<b>35.6%</b>	<b>46.9%</b>	<b>42.6%</b>	<b>39.0%</b>	<b>43.5%</b>	<b>34.6%</b>
<b>One</b>	<b>22.3%</b>	<b>21.0%</b>	<b>24.7%</b>	<b>21.8%</b>	<b>20.8%</b>	<b>23.0%</b>
<b>Two</b>	<b>14.7%</b>	<b>11.2%</b>	<b>12.9%</b>	<b>12.6%</b>	<b>12.6%</b>	<b>14.6%</b>
<b>Three</b>	<b>10.1%</b>	<b>7.1%</b>	<b>7.7%</b>	<b>10.1%</b>	<b>8.3%</b>	<b>10.3%</b>
<b>Four</b>	<b>6.5%</b>	<b>5.9%</b>	<b>5.5%</b>	<b>7.1%</b>	<b>6.2%</b>	<b>7.5%</b>
<b>Five Plus</b>	<b>10.8%</b>	<b>8.0%</b>	<b>6.6%</b>	<b>9.5%</b>	<b>8.7%</b>	<b>10.1%</b>

**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

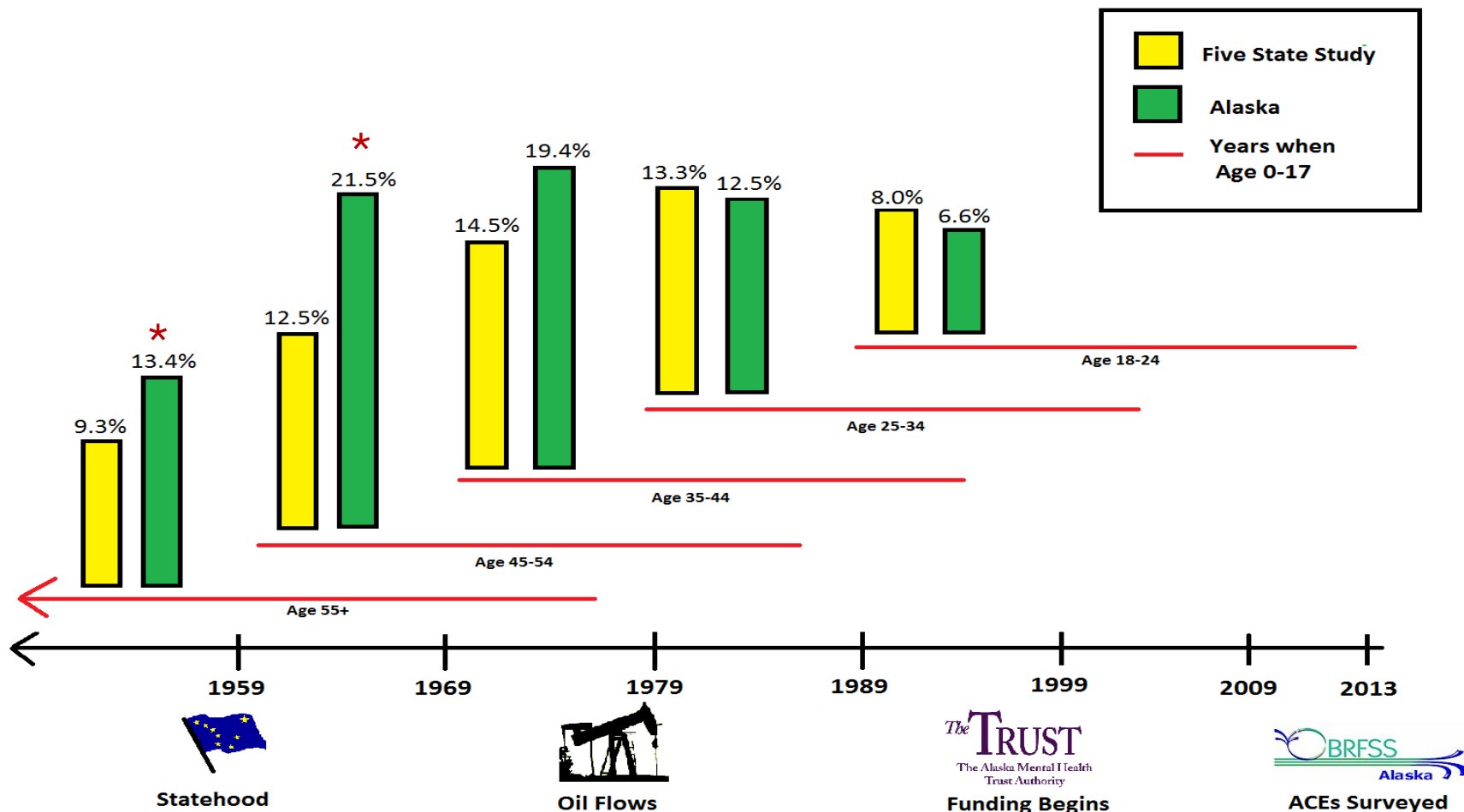
**Source:** Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults -- Five States, 2009*, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>



# Generations on an Alaskan Timeline



# Sexual Abuse Prior to Age 18 as Reported by Alaskan Adults and Their Peers in a Five State Study by Age Group\*

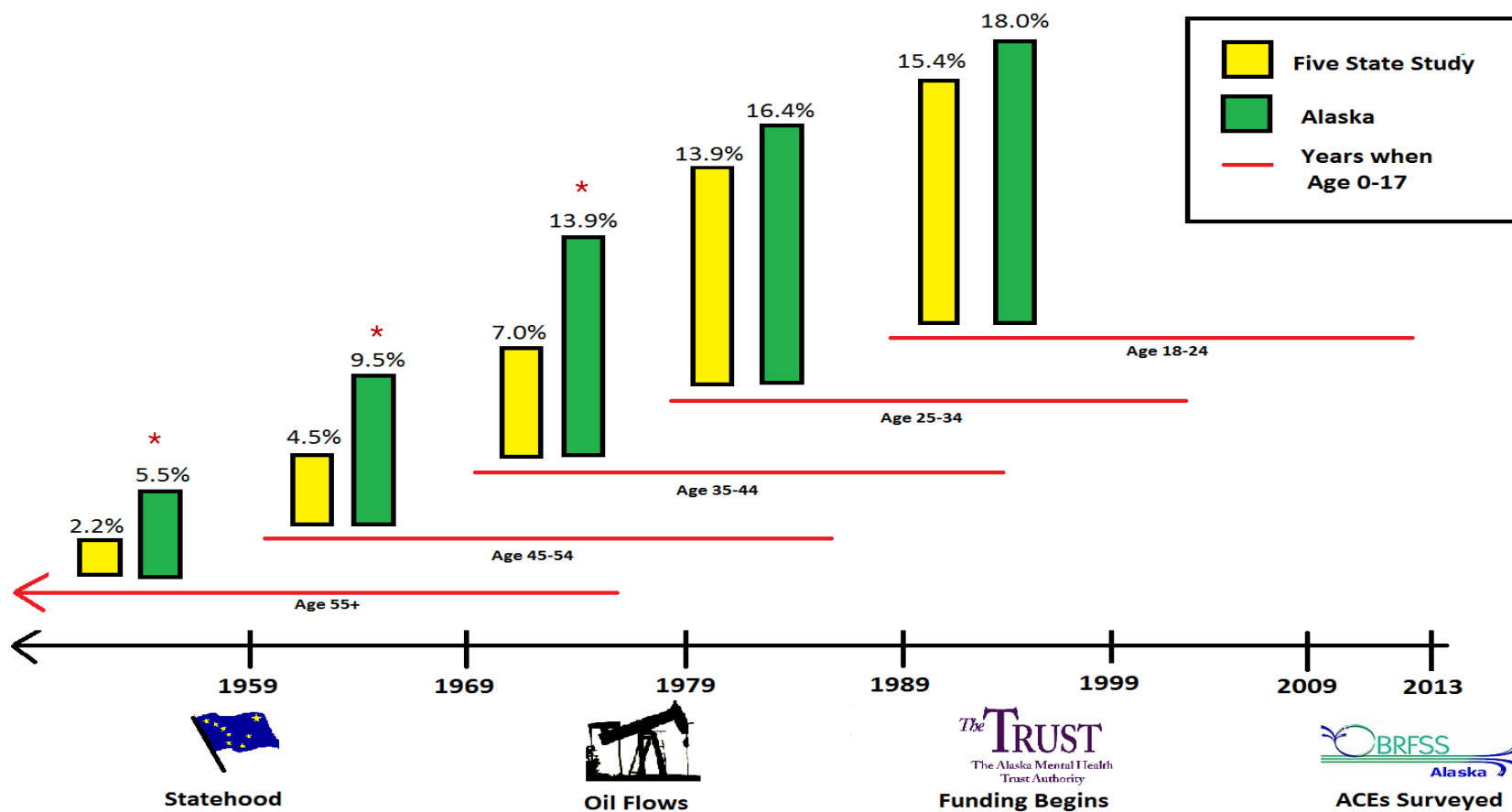


**The difference in age groups 45-54, 55+ are statistically significant**

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults* --- Five States, 2009, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>

# Exposed to an Incarcerated Household Member Prior to age 18 as Reported by Adults in Alaska and In a Five State Study by Age Group\*

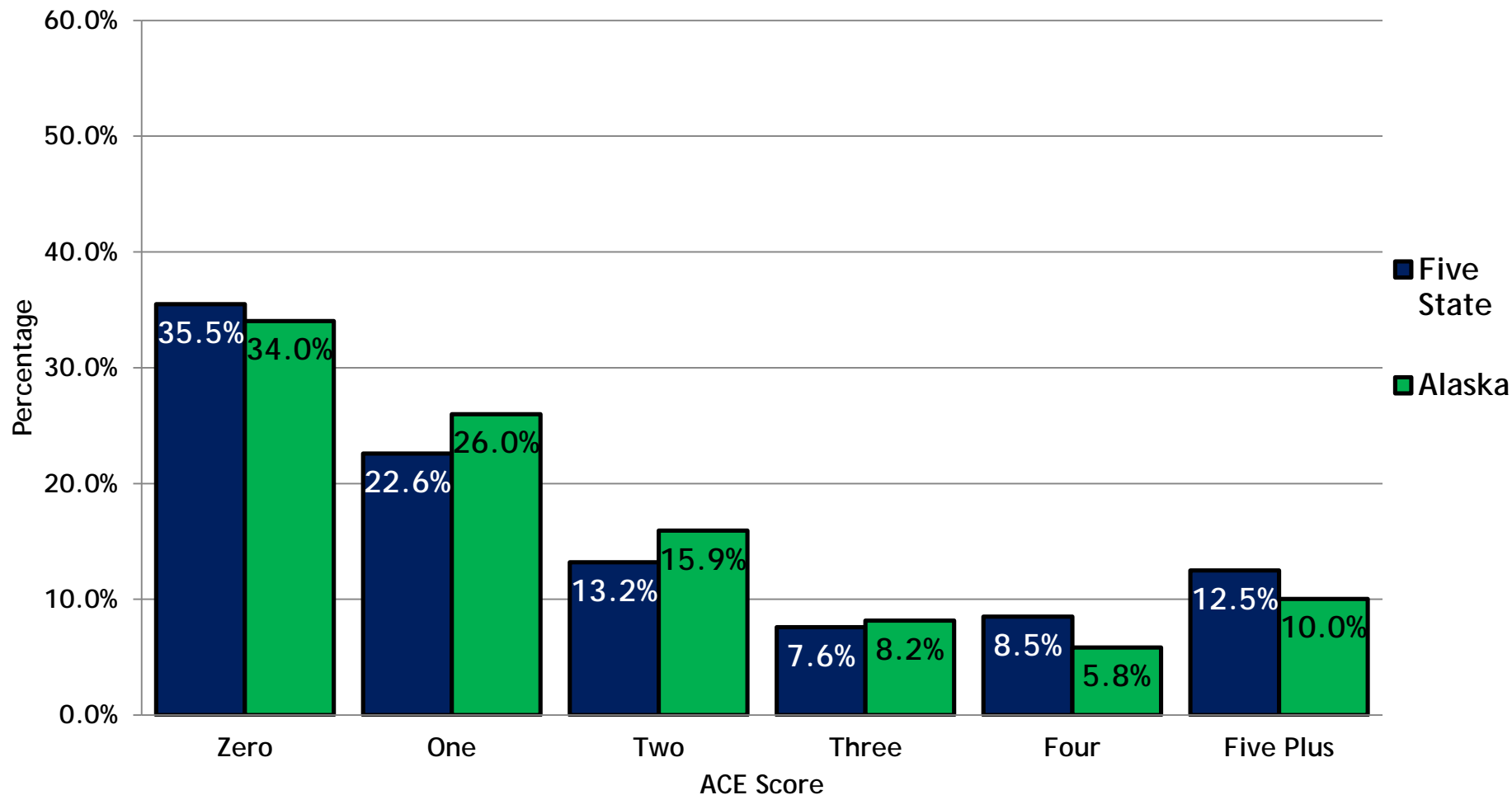


\* The difference in age groups 35-44, 45-54, 55+ as well as the total are statistically significant

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>

## Alaskan Adults Aged 18-24 and Their Five State Peers by ACE Scores\*



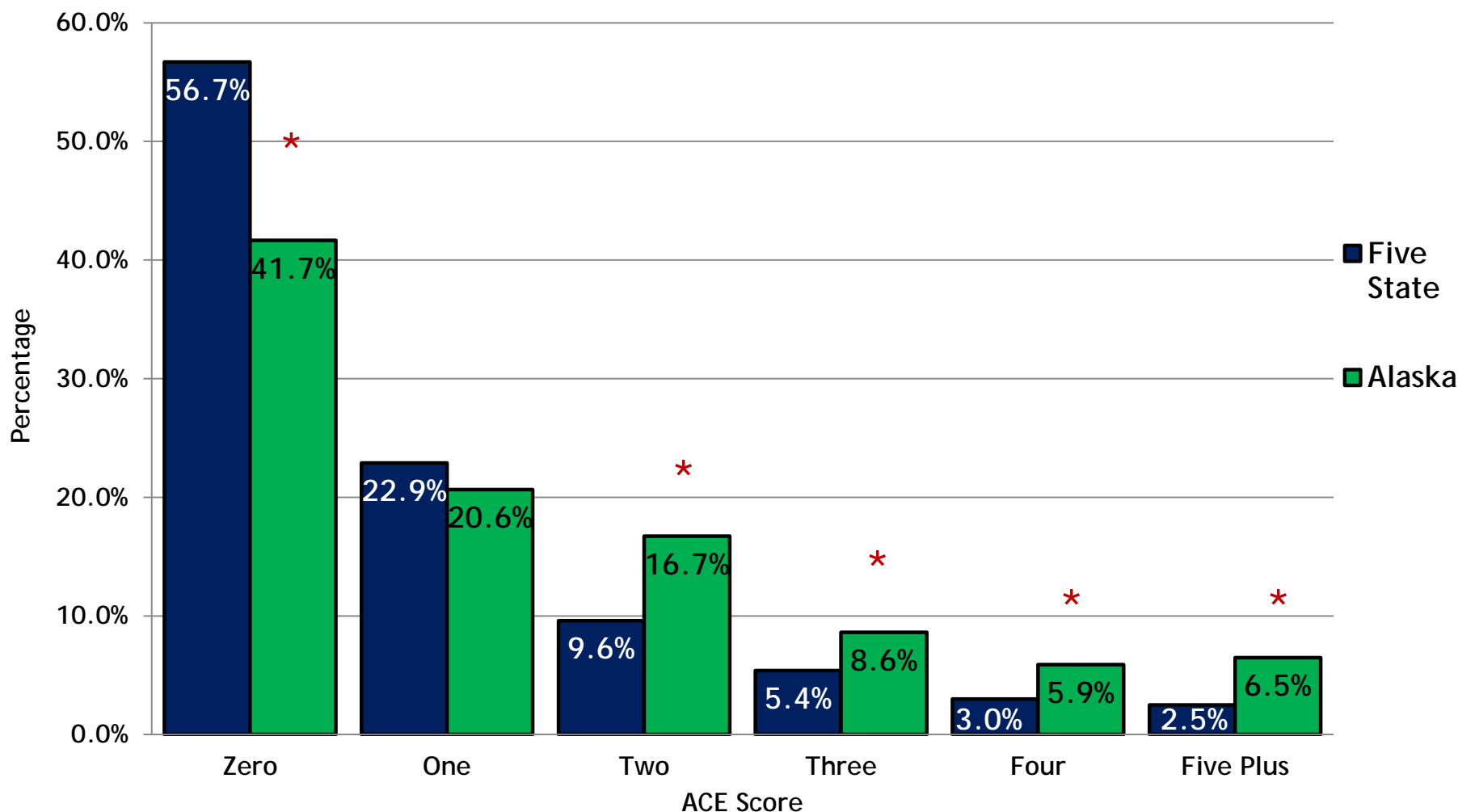
**\*There is no statistical difference between these ACE Scores.**

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>

Notes: Sum may not equal 100% due to rounding.

## Alaskan Adults Aged 55 Plus and Their Five State Peers by ACE Scores\*



\*There is a statistical difference between all the ACE Scores but the score of "one".

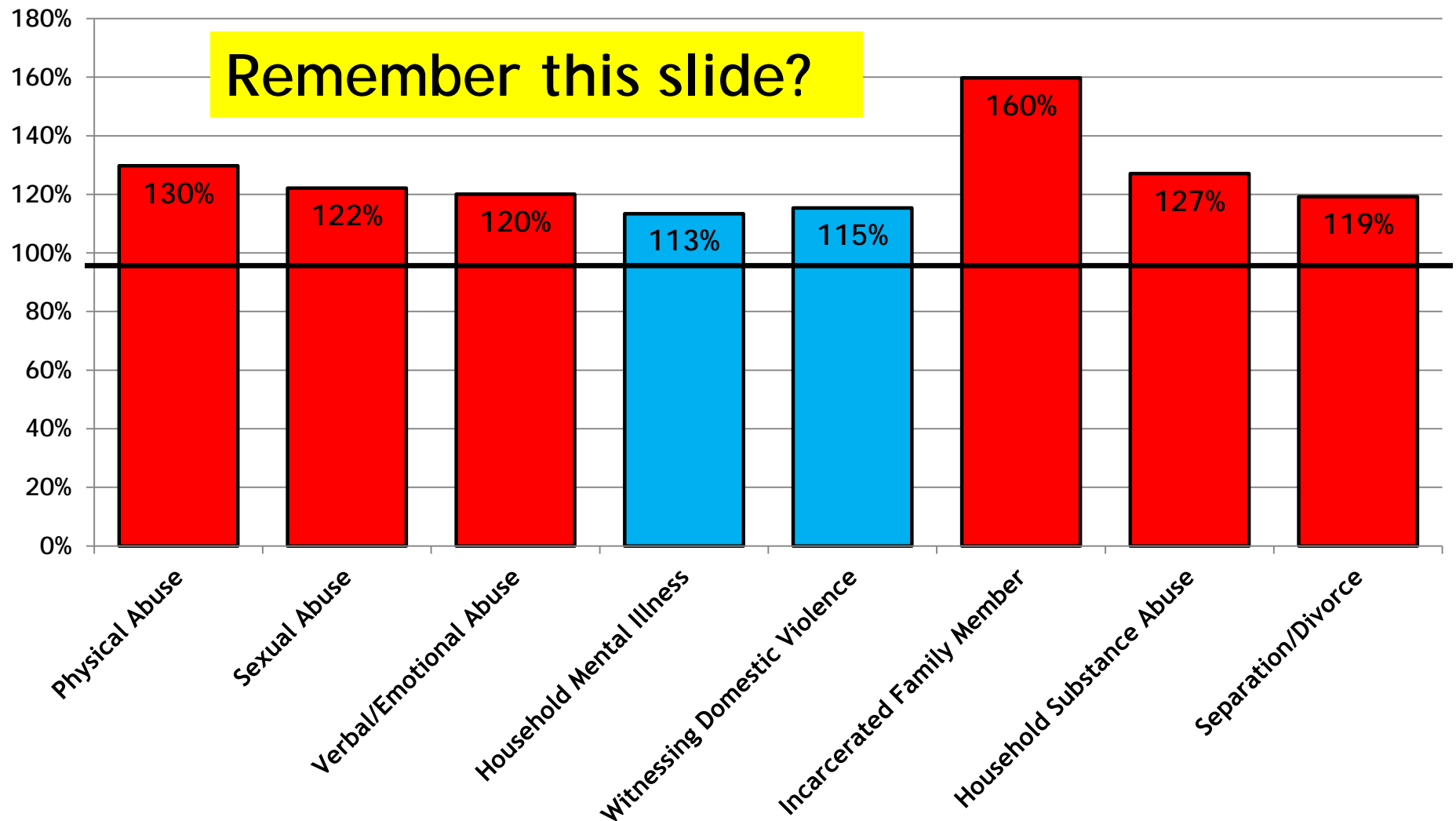
Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>

Notes: Sum may not equal 100% due to rounding.

## Alaska ACE Scores as a Percentage of the Five State Study\*

Remember this slide?



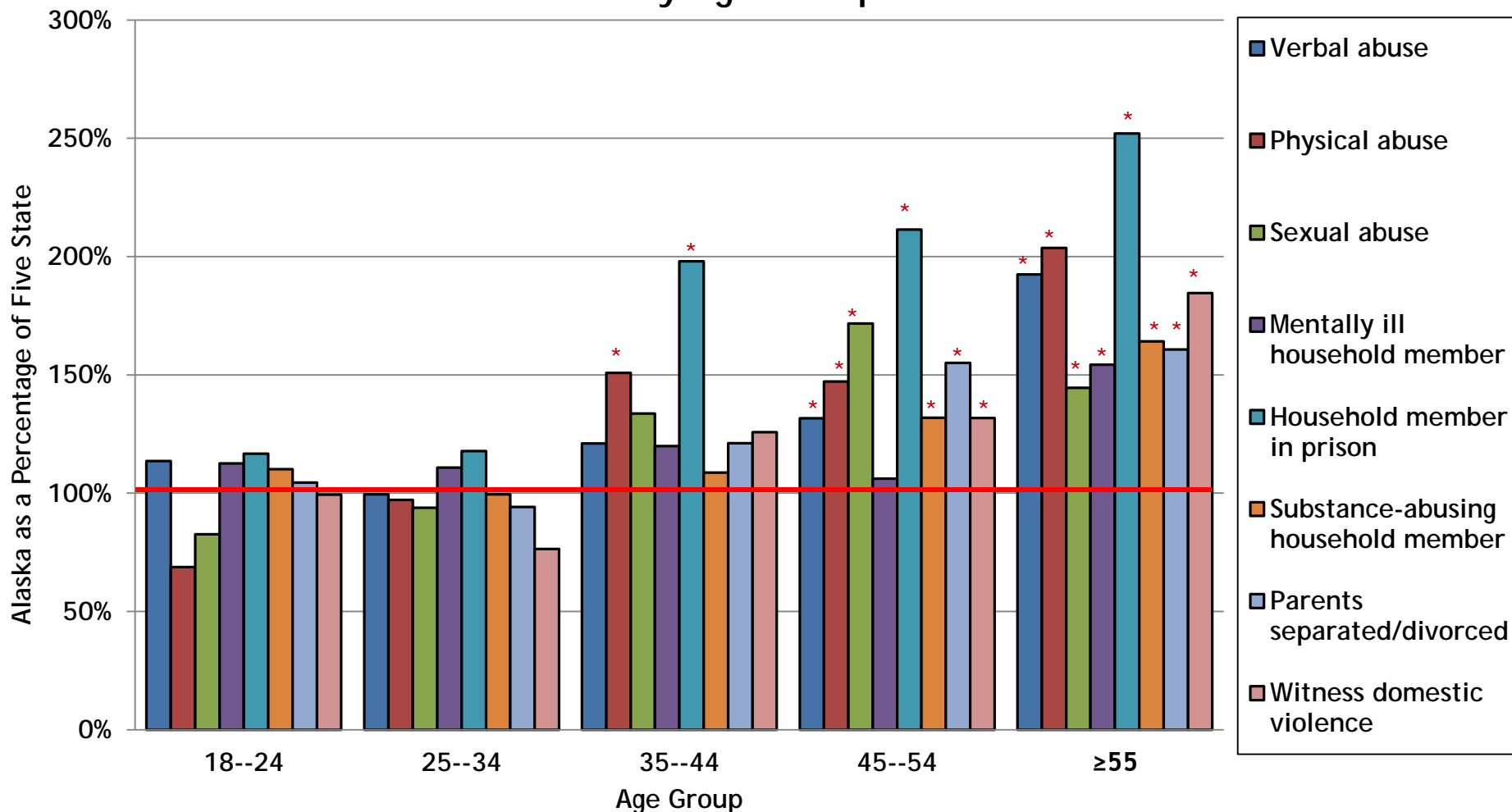
\* Columns in red are different in a statistically significant way between the two studies.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults --- Five States, 2009*, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>



# Alaska's ACE Rate as a Percentage of the Five State ACE Study by Age Group\*



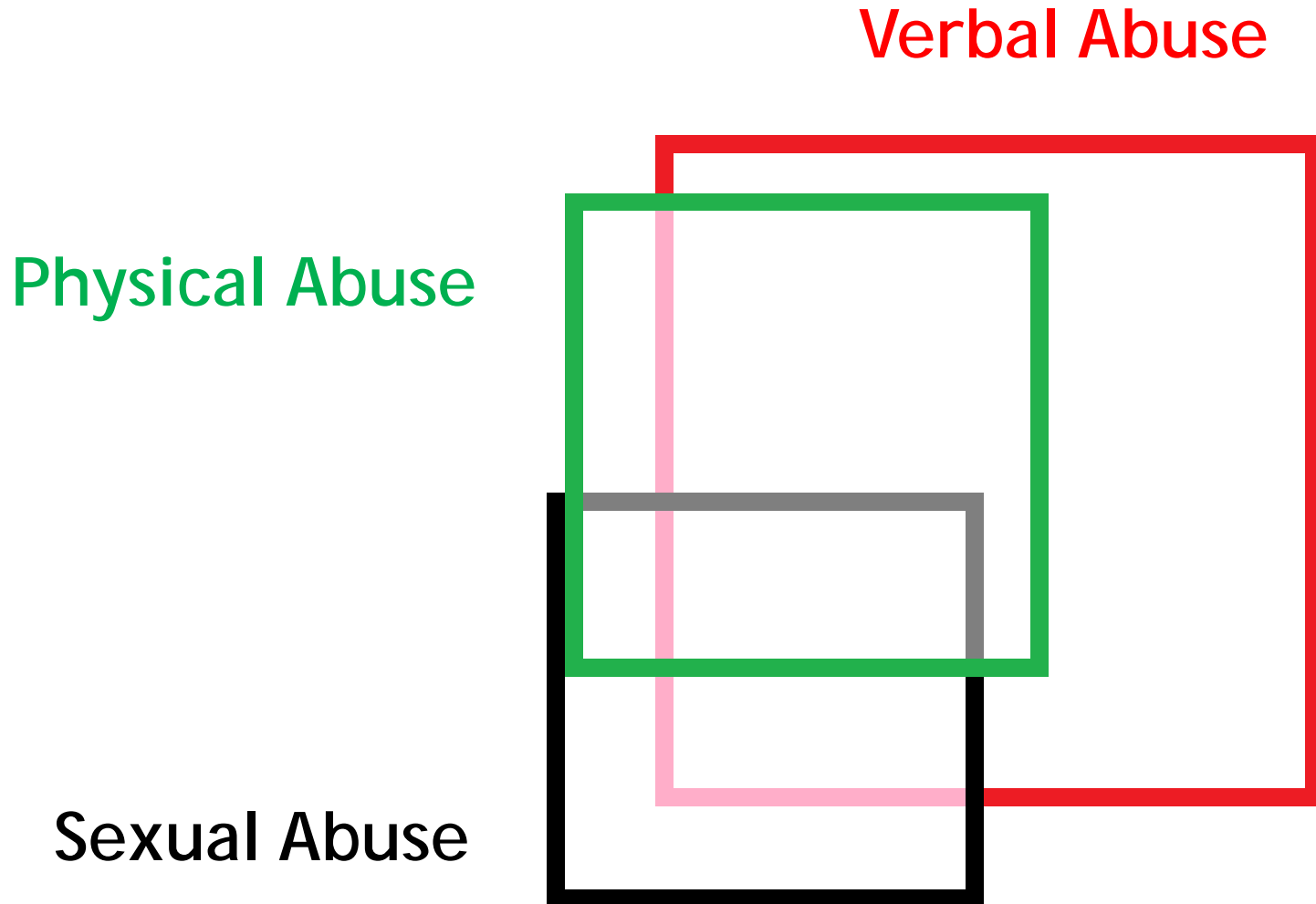
\* Columns with asterisks are different in a statistically significant way between the two studies.

Note: The red line indicates 100% or comparable rates between the two studies. If no asterisk is above the line the numbers are statistically similar.

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

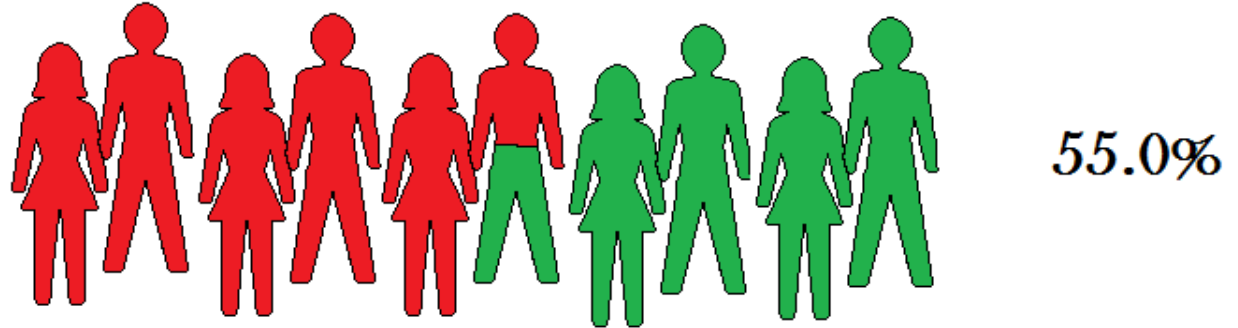
Source: Five States Study data from the Centers for Disease Control and Prevention, *Adverse Childhood Experiences Reported by Adults -- Five States, 2009*, <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5949a1.htm>

# ACEs Overlap - Abuse for Example



# Chance of Having Experienced Physical Abuse While Under Age 18

Alaskan Adult's  
who Witnessed  
Domestic Violence  
Under Age 18



Alaskan Adult's  
who Did Not  
Witnessed  
Domestic Violence  
Under Age 18



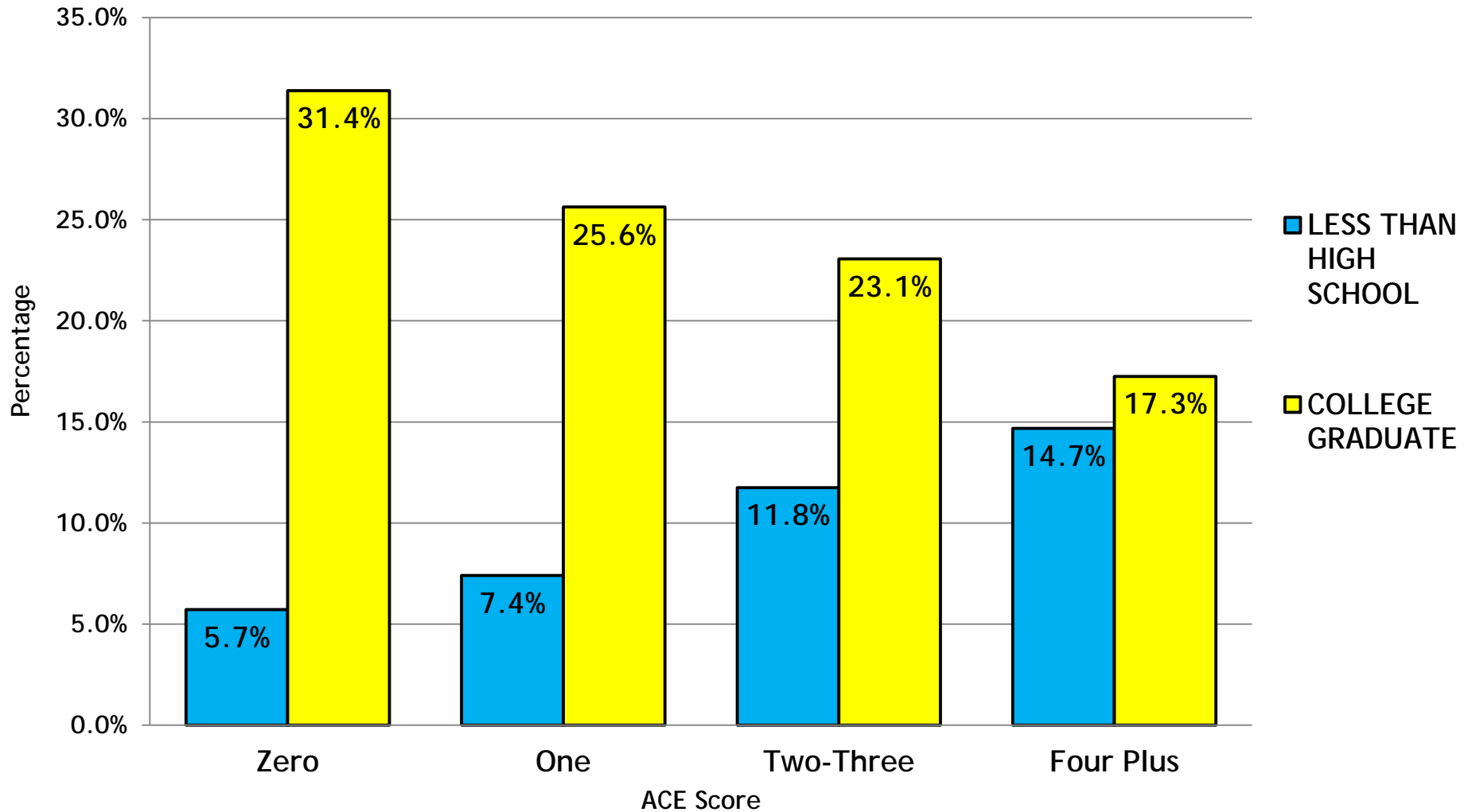
Rows indicate exposure to this form of adverse childhood experience. Columns indicate co-occurrence with other exposures.		Physical Abuse	Sexual Abuse	Verbal/Emotional Abuse	Mental Illness	Substance Abuse	Domestic Violence	Separation Divorce	Household Member in Prison
Abuse	Physical Abuse		35.9%	78.4%	42.6%	60.4%	53.6%	47.2%	21.6%
	Sexual Abuse	43.7%		57.2%	44.4%	56.5%	35.9%	43.0%	18.5%
	Verbal/Emotional Abuse	47.5%	28.4%		42.7%	58.0%	40.8%	44.8%	19.1%
Household Dysfunction	Mental Illness	36.7%	31.4%	60.8%		61.3%	36.3%	43.5%	22.6%
	Substance Abuse	33.2%	25.5%	52.7%	39.1%		37.4%	49.1%	25.8%
	Domestic Violence	55.0%	30.2%	69.1%	43.3%	69.7%		56.9%	25.0%
	Separation/Divorce	27.5%	20.6%	43.1%	29.4%	52.0%	32.3%		20.8%
	Household Member in Prison	36.9%	25.9%	53.7%	44.7%	79.9%	41.5%	60.8%	

Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

Blue cells are a referent for the Alaskan population's rate of experiencing an ACE. Grey cells are the odds greater than the population rate when one ACE is present		Physical Abuse	Sexual Abuse	Verbal/Emotional Abuse	Mental Illness	Substance Abuse	Domestic Violence	Separation Divorce	Household Member in Prison	Average
Abuse	Physical Abuse	1.00	2.48	2.68	2.08	1.88	3.12	1.56	2.08	2.27
	Sexual Abuse	2.47	1.00	1.96	2.17	1.76	2.09	1.42	1.78	1.95
	Verbal/Emotional Abuse	2.68	1.96	1.00	2.08	1.81	2.37	1.48	1.84	2.03
Household Dysfunction	Mental Illness	2.07	2.17	2.08	1.00	1.91	2.11	1.44	2.17	1.99
	Substance Abuse	1.88	1.76	1.80	1.91	1.00	2.17	1.62	2.48	1.95
	Domestic Violence	3.11	2.08	2.37	2.11	2.17	1.00	1.88	2.40	2.30
	Separation/Divorce	1.55	1.42	1.48	1.43	1.62	1.88	1.00	2.00	1.63
	Household Member in Prison	2.08	1.79	1.84	2.18	2.49	2.41	2.01	1.00	2.11
Average		2.26	1.95	2.03	1.99	1.95	2.31	1.63	2.11	2.18

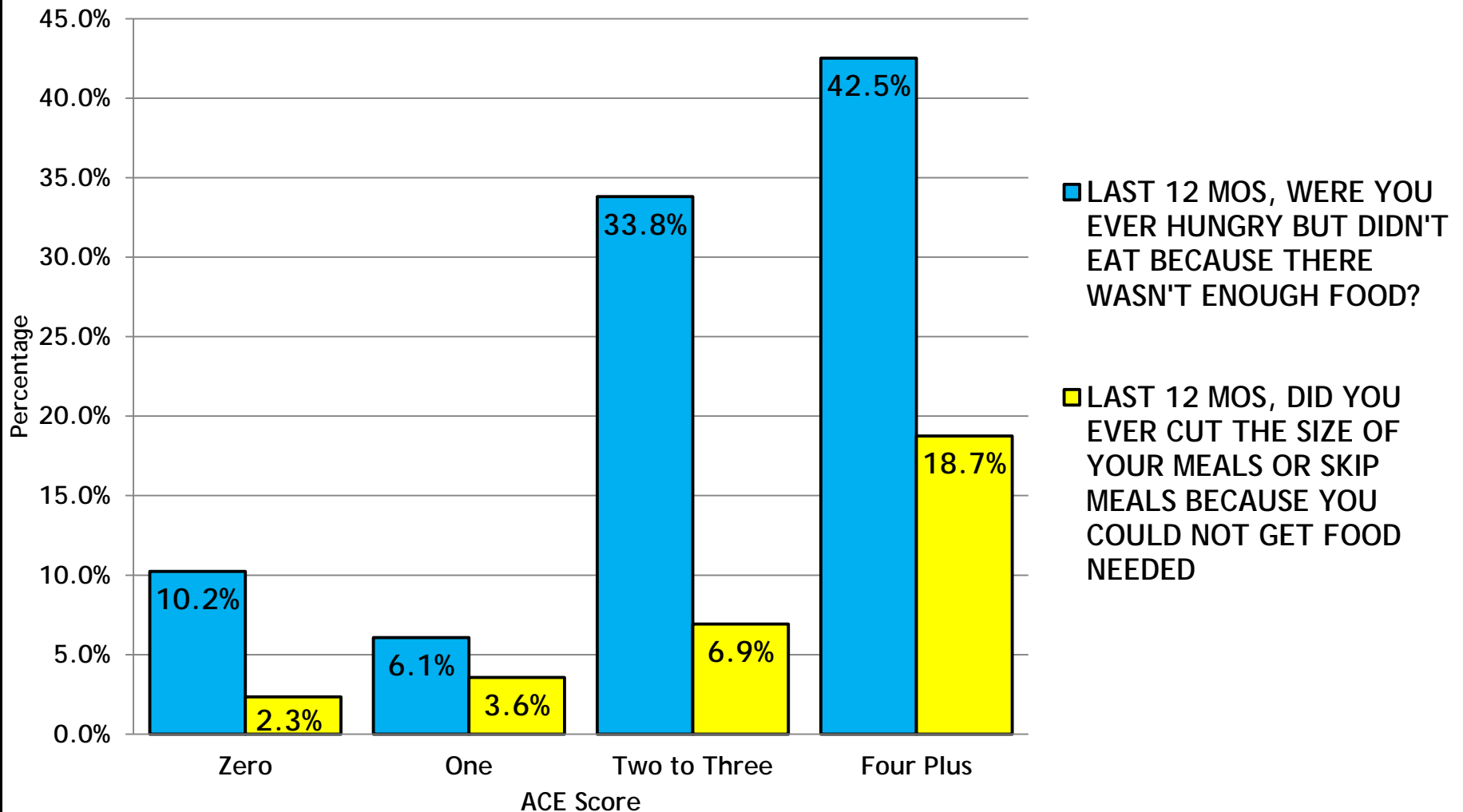
Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion, Graphic: AMHB/ABADA

## Percentage of Alaskan Adults who Report Graduating from College or Not Graduating from High School by ACE Score



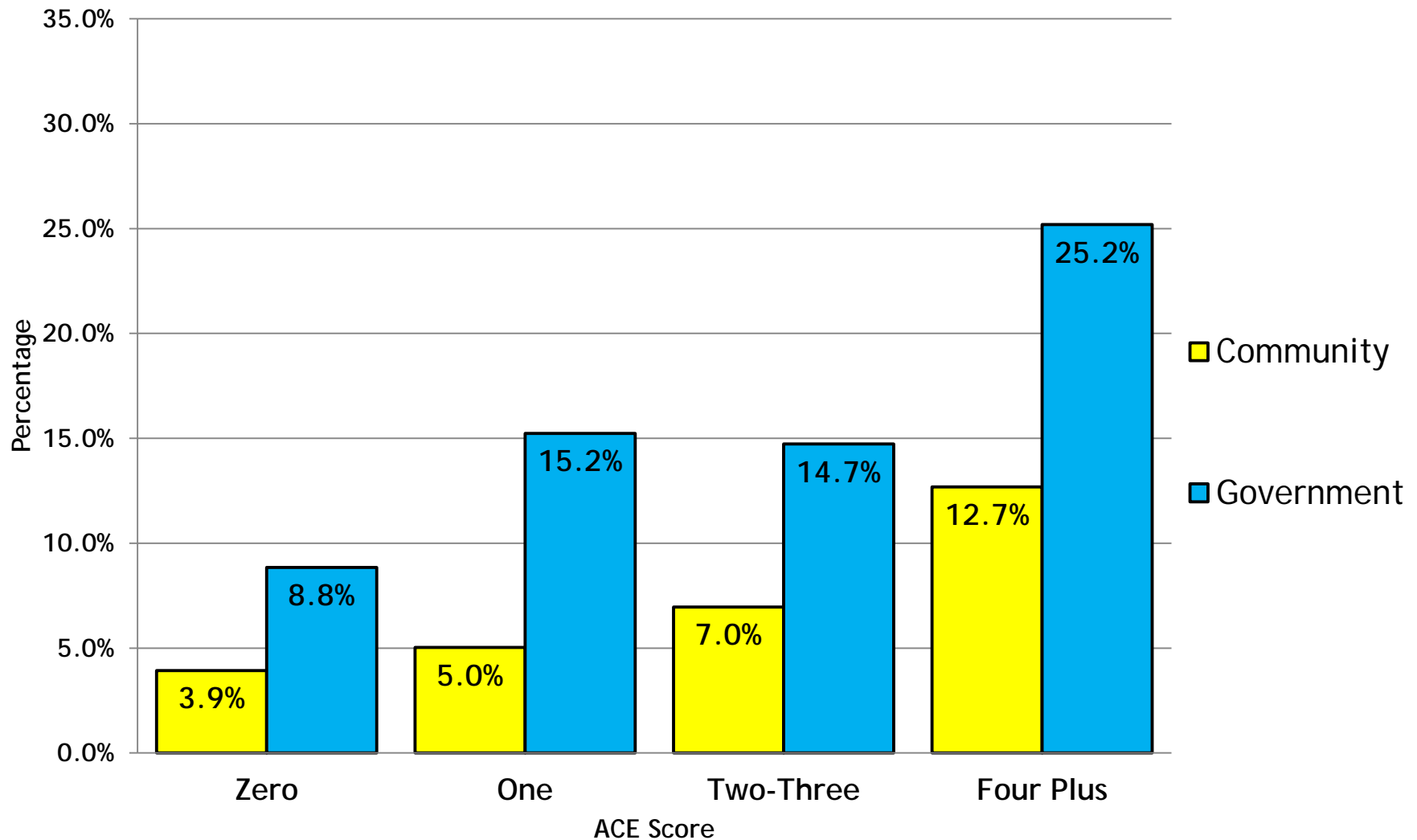
Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

## Food Security and ACEs for Alaska Adults



Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

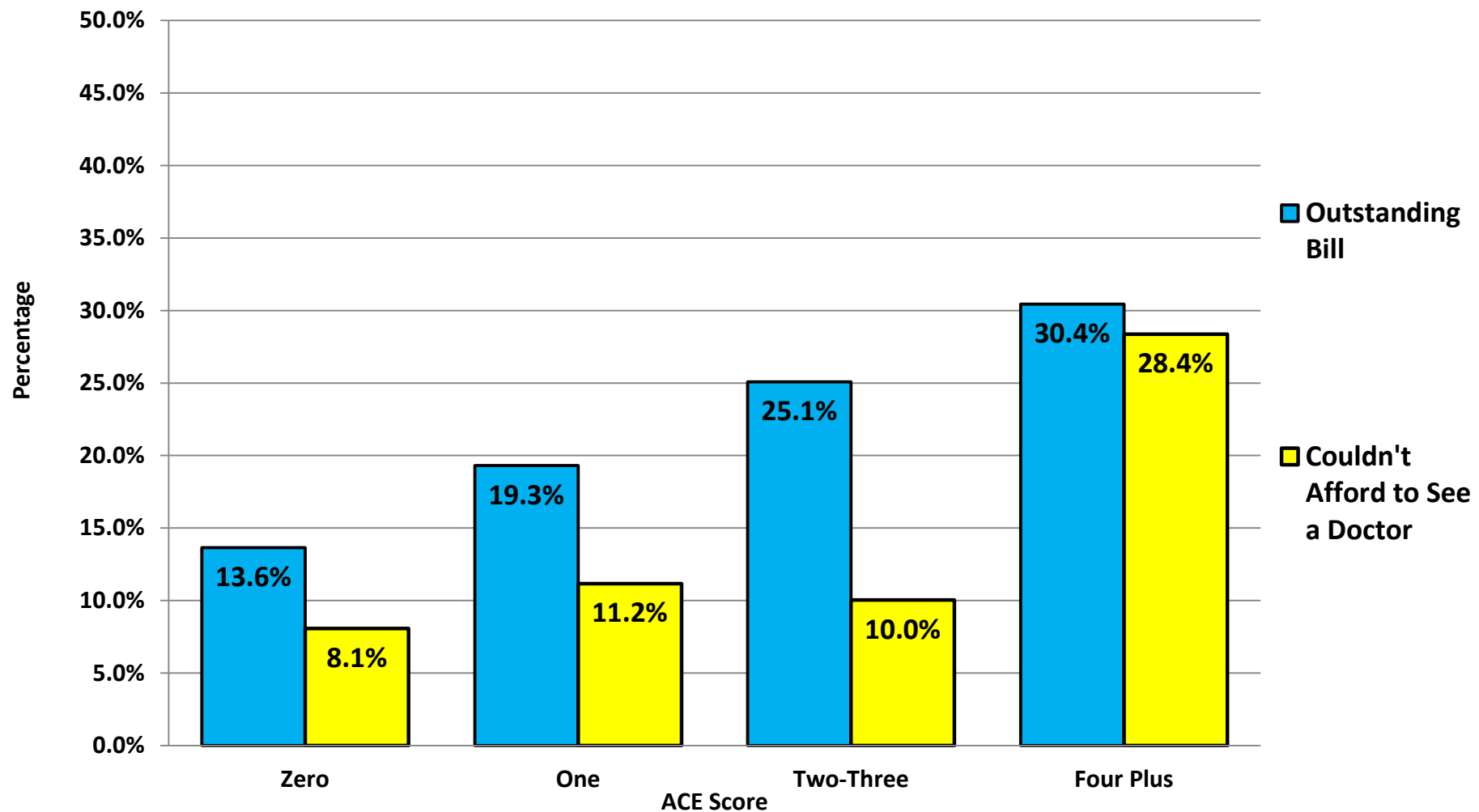
## Alaskan Adults who Reported Receiving Food Assistance from Community or Government Programs by ACE Score



Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

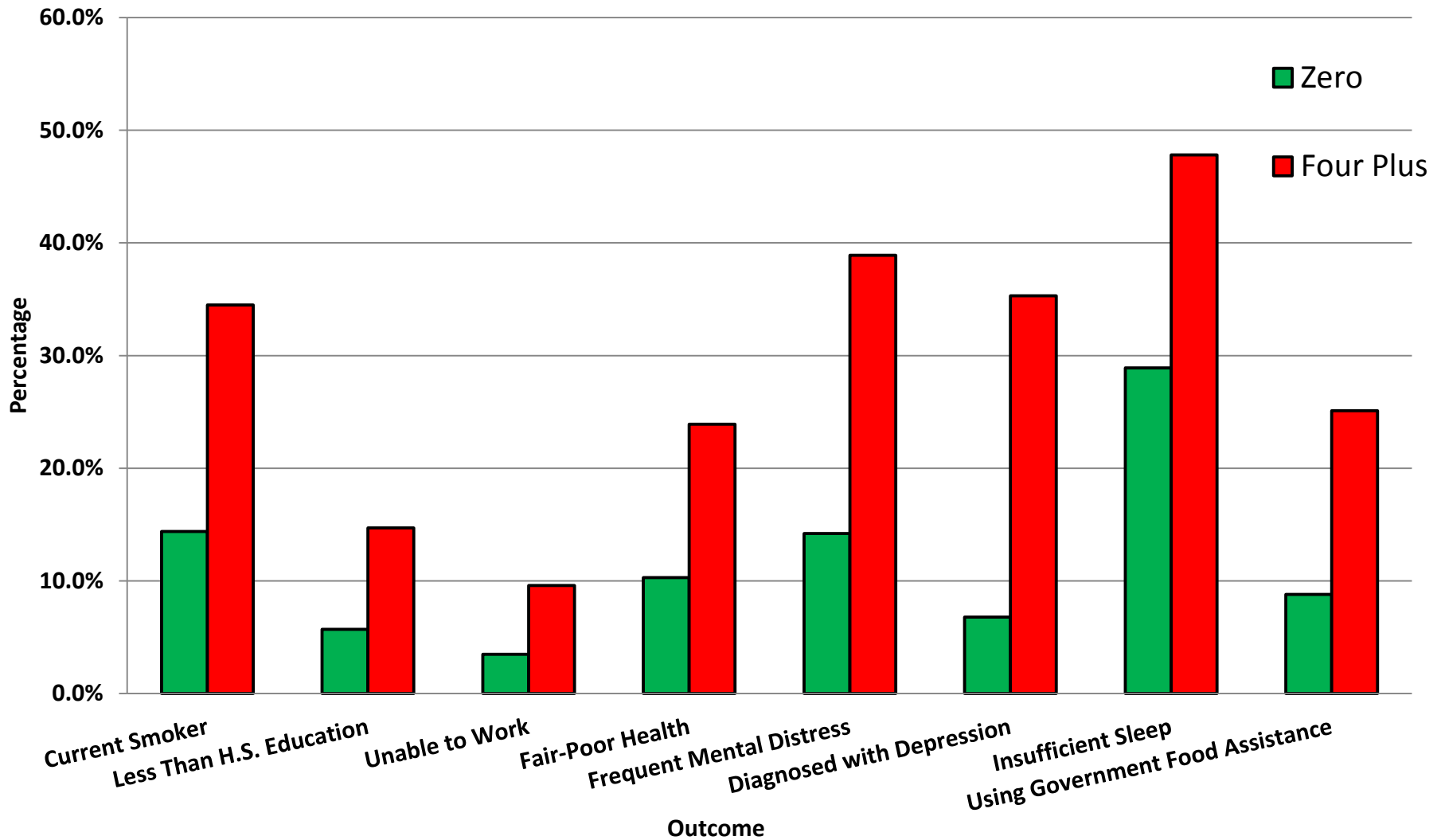


## Alaskan Adults who Report Having Current Outstanding Medical Bills or a Time When the Couldn't Afford to See a Doctor - by ACE Score



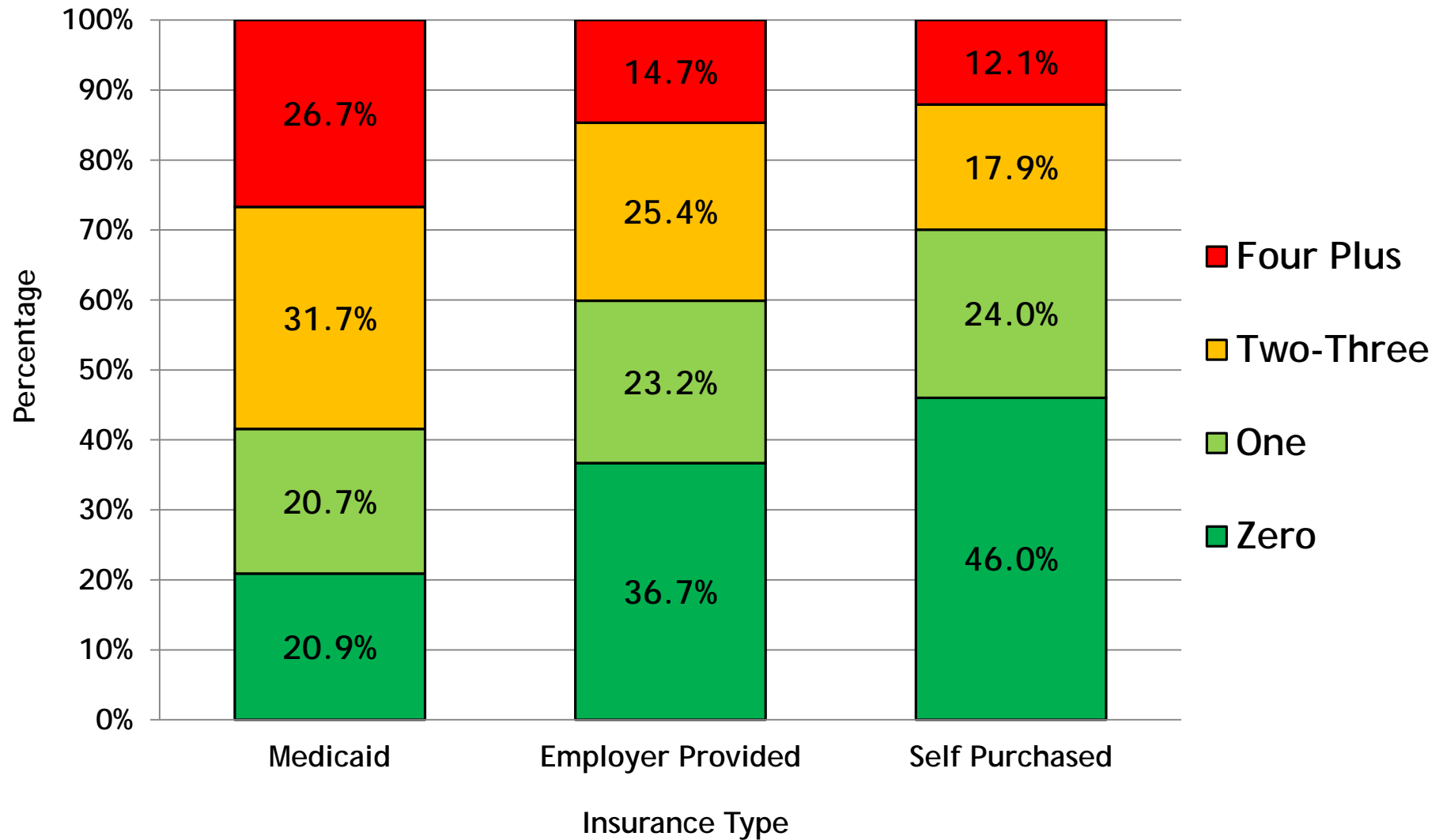
Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

## Alaskan Adult's Specific Outcomes by Zero and Four or More Adverse Childhood Experiences



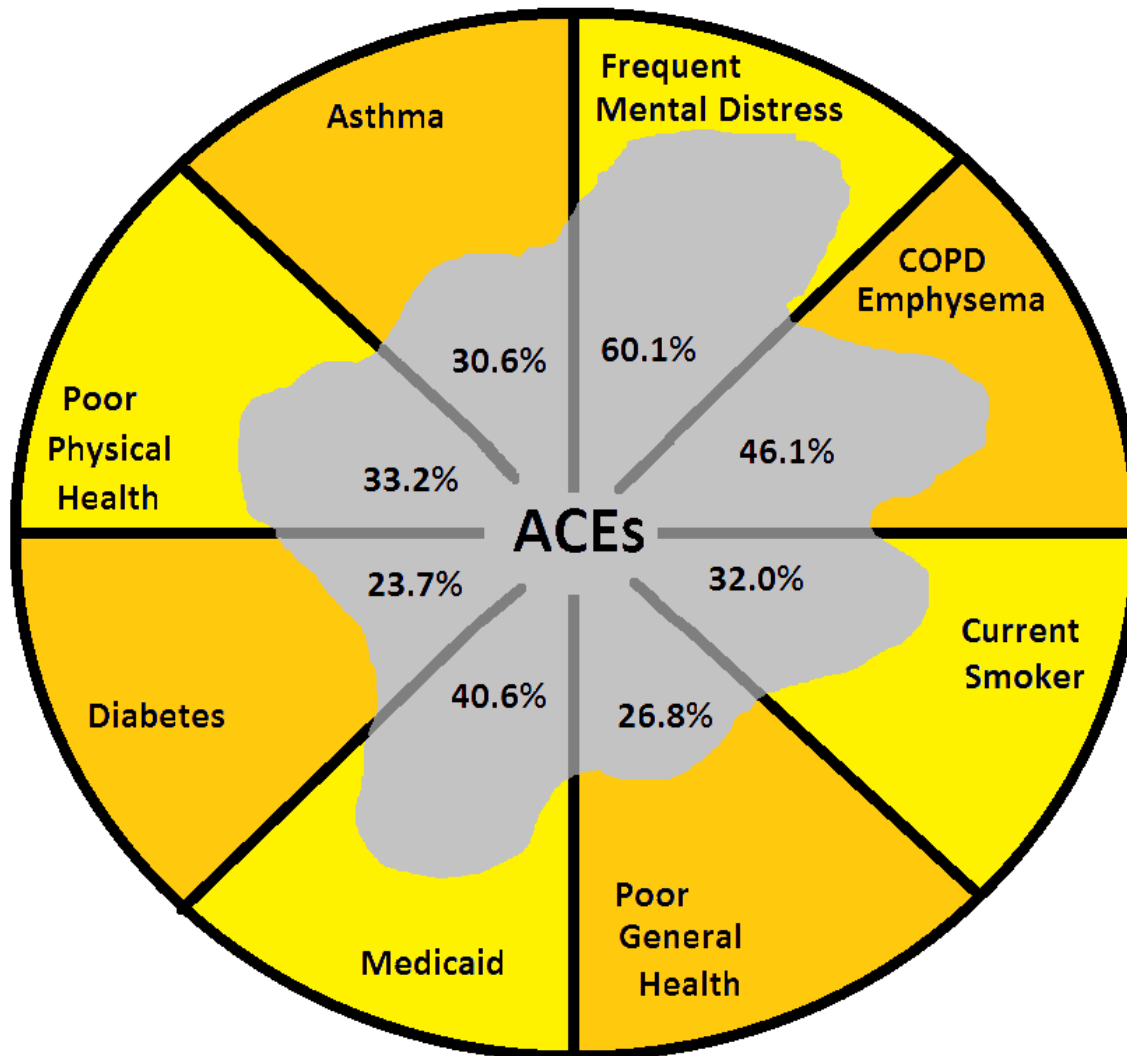
Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

# ACE Scores by Insurance Type for Alaskan Adults



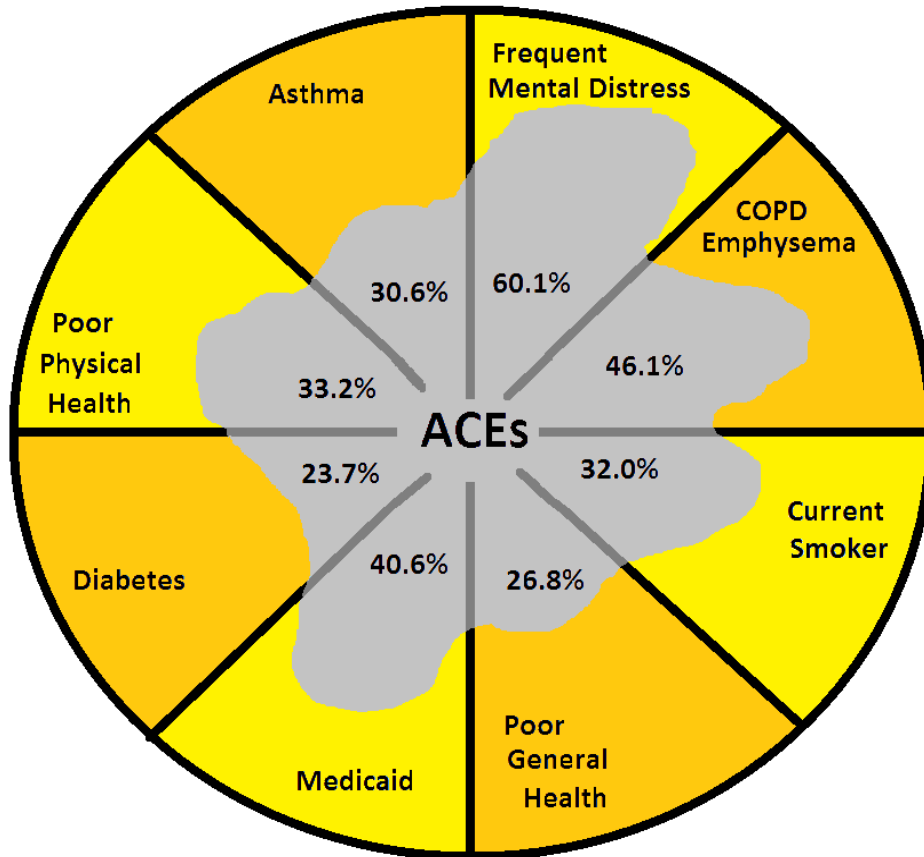
Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

# ACEs Impact - Alaska

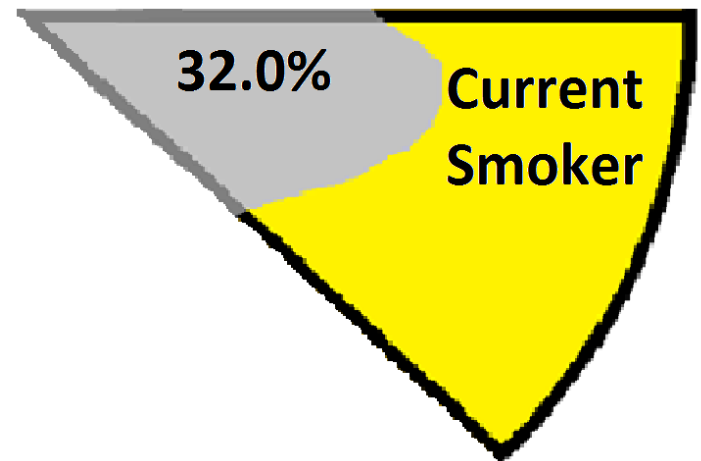


**Source:** Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion

# Population Attributable Risks in Alaska



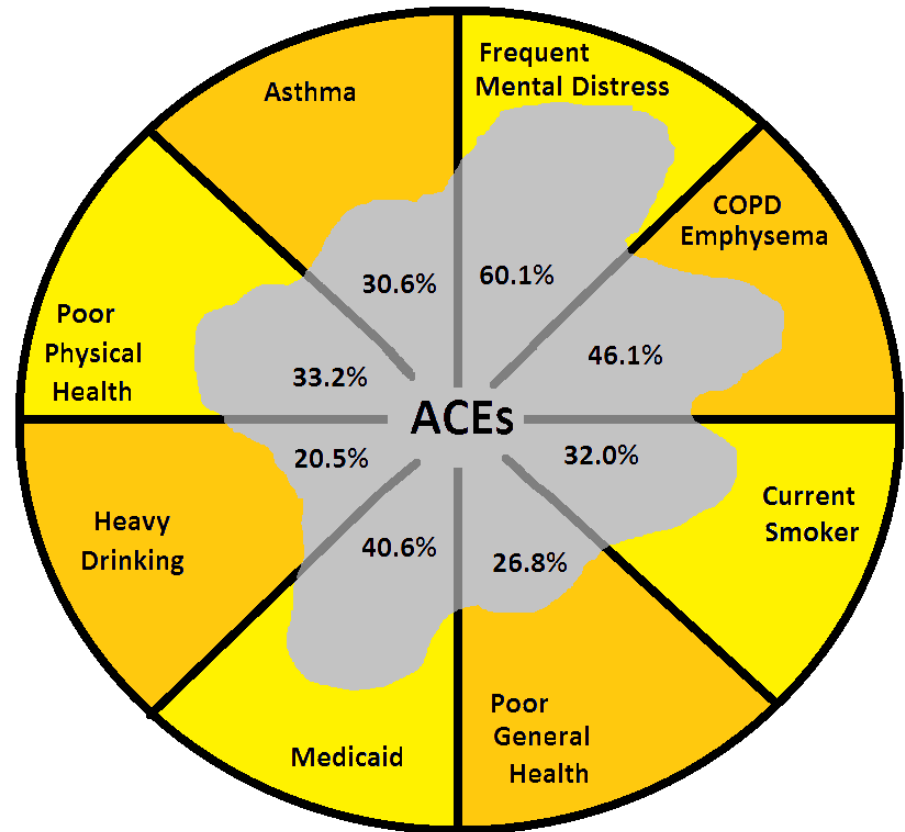
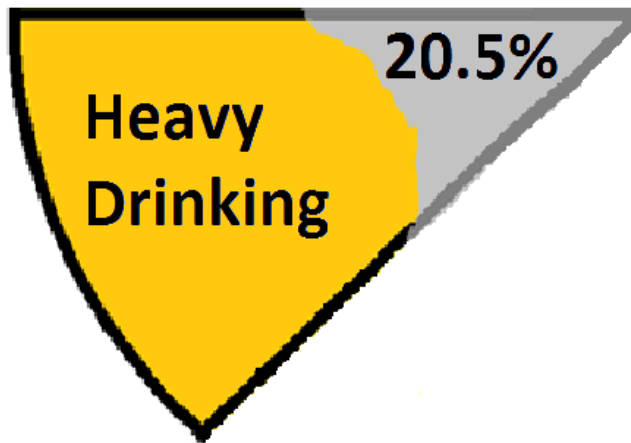
In 2012 it was estimated that Alaska Spent \$579 Million on Smoking- 32.0% of that is \$185 Million



Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion, Graphic: AMHB/ABADA  
Source for Costs: <http://therealcost.org/>

# Population Attributable Risks in Alaska

In 2010 Substance Abuse Cost In Alaska were estimated at \$1.2 Billion. 20.5% of 1.2 Billion Is \$246 Million Related to ACEs



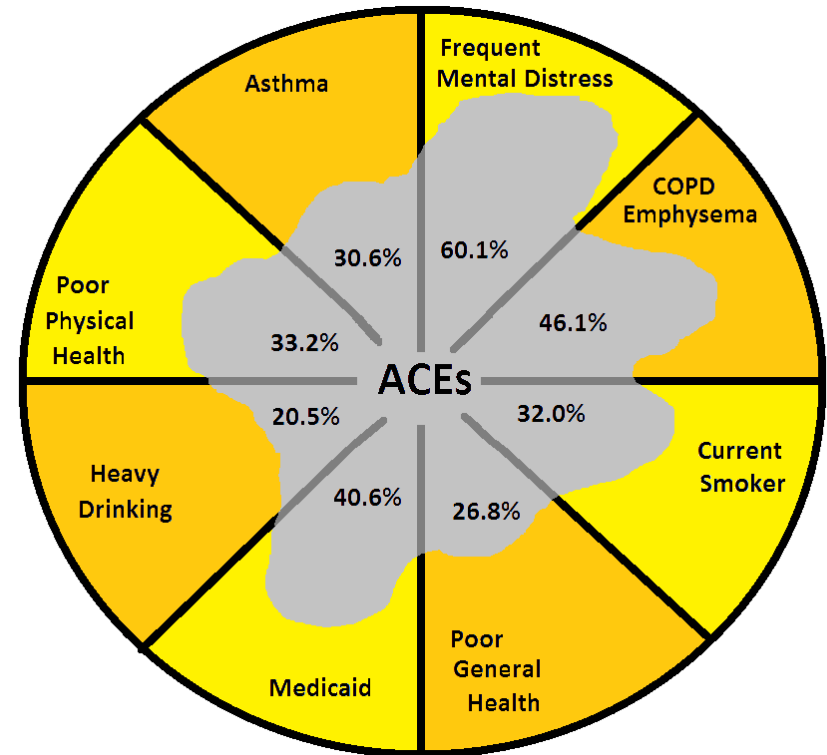
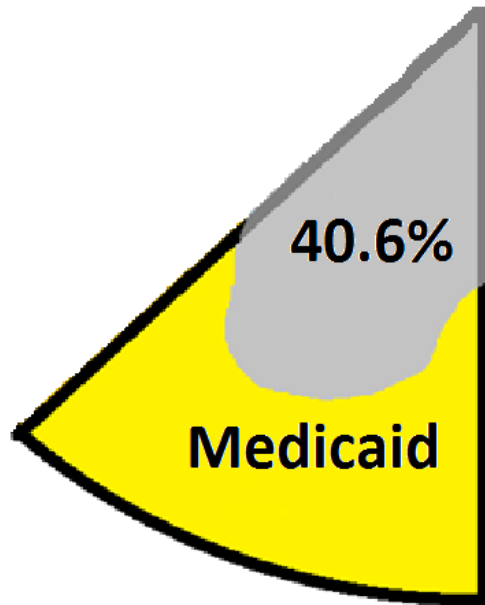
Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion, Graphic: AMHB/ABADA

Source for Costs: The McDowell Report - See ABADA website

<http://dhss.alaska.gov/abada/Documents/pdf/EconomicCostofAlcoholandDrugAbuse2012.pdf>

# Population Attributable Risks in Alaska

In 2012 Adults Age 20+  
Cost \$860 Million in  
Medicaid Costs 40.6%  
of that is \$349 Million



Source: Alaska data from the 2013 Alaska Behavioral Risk Factor Surveillance System, Alaska Department of Health and Social Services, Division of Public Health, Section of Chronic Disease Prevention and Health Promotion, Graphic: AMHB/ABADA  
Source for costs: See DHSS Website [http://dhss.alaska.gov/fms/Documents/MESA/MESA\\_2012-32.pdf](http://dhss.alaska.gov/fms/Documents/MESA/MESA_2012-32.pdf)

# National Survey of Children's Health 2011/2012

- (1) socioeconomic hardship,
- (2) divorce/separation of parent,
- (3) death of parent,
- (4) parent served time in jail,
- (5) witness to domestic violence,
- (6) victim of neighborhood violence,
- (7) lived with someone who was mentally ill or suicidal,
- (8) lived with someone with alcohol/drug problem,
- (9) treated or judged unfairly due to race/ethnicity.

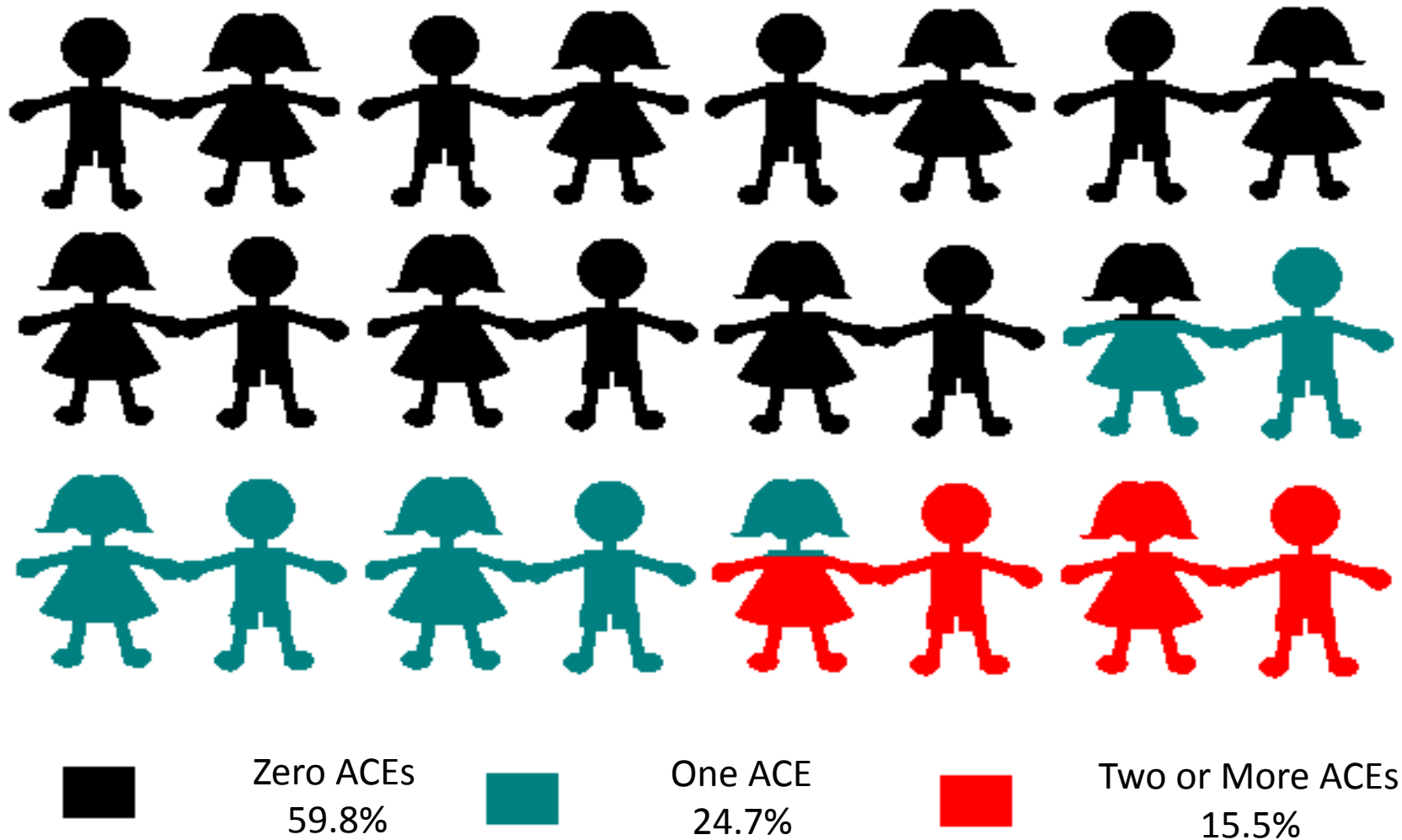
Does not include Physical, Sexual and Emotional abuse.



# National Survey of Children's Health 2011/2012

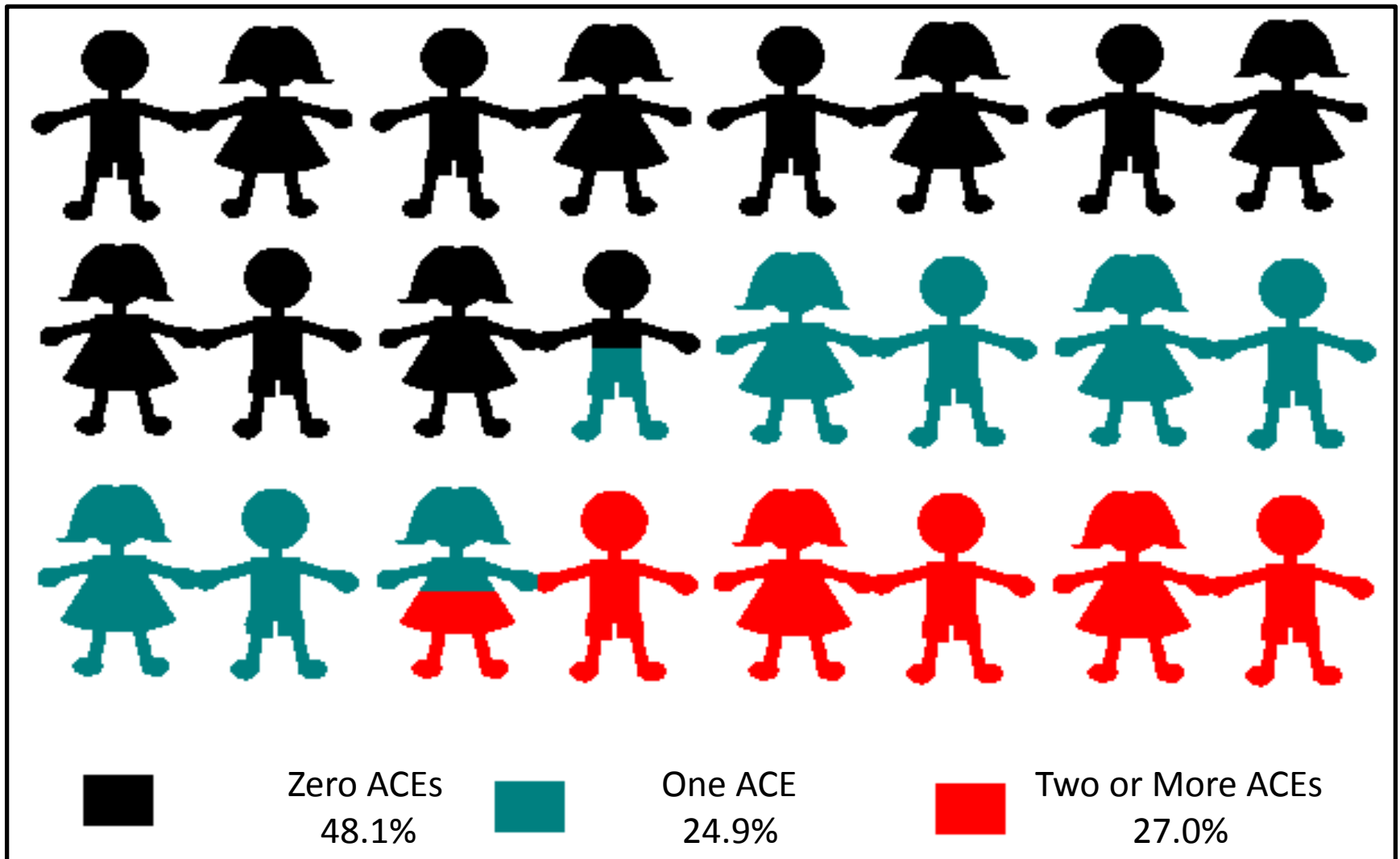
Ace Question	U.S.	Alaska	Statistically Significant
Family's income hard to cover the basics like food or housing? Very often or Somewhat often.	25.7%	25.0%	No
Did child ever live with a parent or guardian who got divorced or separated after he or she was born?	20.1%	23.8%	Yes
Did the child ever live with a parent or guardian who died?	3.1%	3.1%	NA
Did ever live with a parent or guardian who served time in jail or prison after he/she was born?	6.9%	9.6%	Yes
Did the child ever see or hear any parents, guardians, or any other adults in his/her home slap, hit, kick, punch, or beat each other up?	7.3%	8.6%	No
Was the child ever the victim of violence or witness any violence in his/her neighborhood?	8.6%	10.5%	No
Did the child ever live with anyone who was mentally ill or suicidal, or severely depressed for more than a couple of weeks?	8.6%	11.0%	No
Did the child ever live with anyone who had a problem with alcohol or drugs?	10.7%	14.5%	Yes
Was the child ever treated or judged unfairly because of his/her race or ethnic group?	4.1%	4.9%	No

# Age 0-5 by Number of ACEs in Alaska



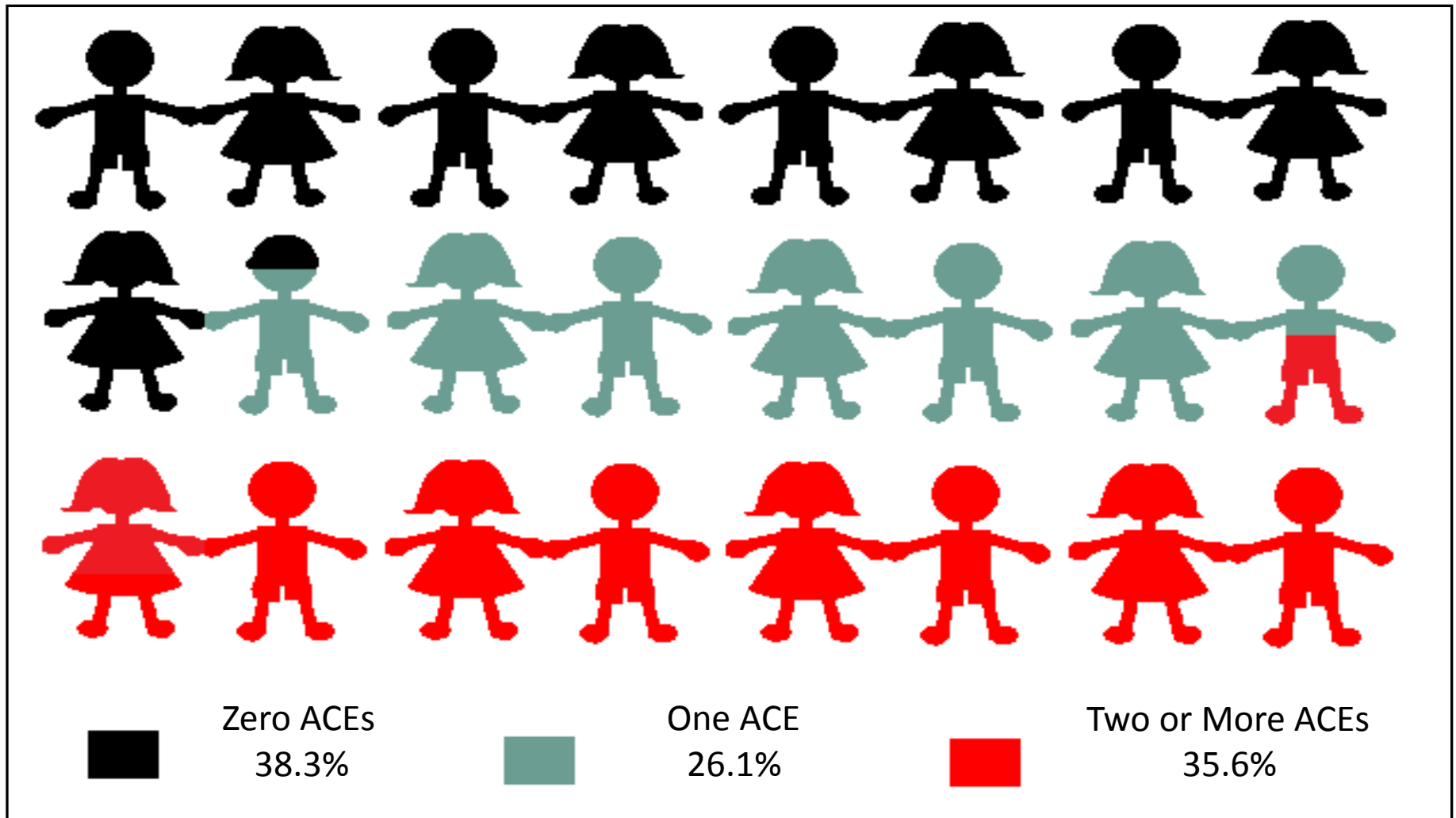
**Source:** National Survey of Children's Health 2011/2012, Graphic created by the Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse Staff.

# Age 6-11 by Number of ACEs in Alaska



**Source:** National Survey of Children's Health 2011/2012, Graphic created by the Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse Staff.

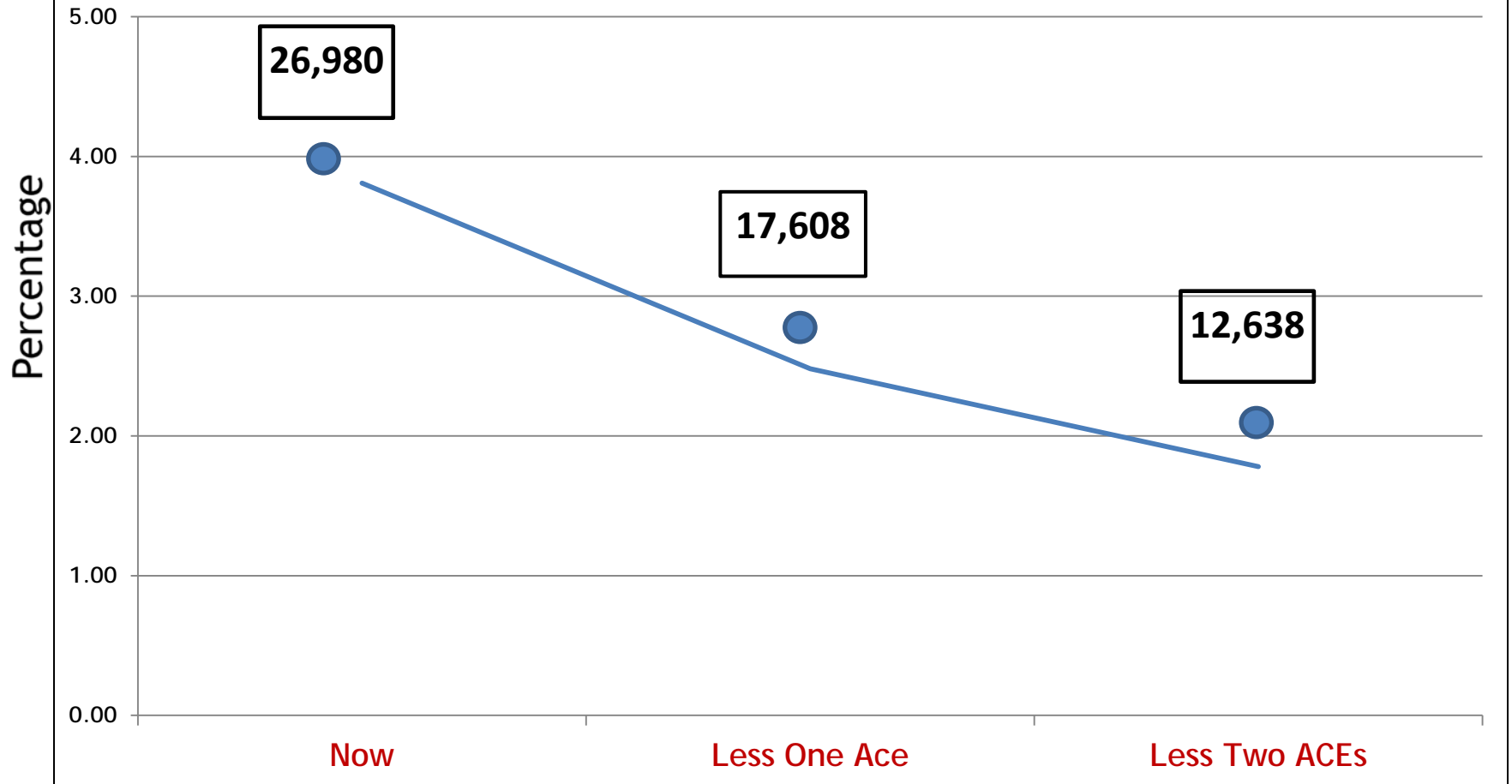
# Age 12-17 by Number of ACEs in Alaska



**Source:** National Survey of Children's Health 2011/2012, Graphic created by the Alaska Mental Health Board/Advisory Board on Alcoholism and Drug Abuse Staff.

# We don't have to be perfect!

Estimated Percentage Alaskan Adult Population who Will Attempted Suicide in Their Lifetime - Given our Current ACE Scores



Source of estimation the staff of the Alaska Mental Health Board

# Contact Information

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(907) 465-3072



# North Star BHS – CME Activity Course Evaluation Form

Date: 01/06/2015

Starting Time: 12:00 pm

Ending Time: 1:00 pm

Topic: **Adverse Childhood Experiences in Alaska**

Presenter(s): Pat Sidmore, MSW

At the conclusion of this activity, participants should be able to:	Not at All	Slightly	Moderately	Mostly	Completely
Comprehensively understand the population based rate of adverse childhood experiences specific to Alaska, as well as outcomes which can be used to enhance practice.					
Explain the pervasiveness of ACEs to clients, and use the information to normalize outcomes for which patients may blame herself/himself.					
Identify the link between clients' early trauma and potential poor health, social and economic outcomes.					

Was the presentation commercially biased in any manner?

Yes ☐ No ☐

Based on this activity, what will you do differently in your practice? \_\_\_\_\_

Topics of Interest for future Seminars: \_\_\_\_\_

Printed Name of CME participant: \_\_\_\_\_ Physician Yes ☐ No ☐

Signature of CME participant: \_\_\_\_\_

Agency/Organization: \_\_\_\_\_

Email: \_\_\_\_\_

Are you on our email distribution list? Yes ☐ No ☐

If not – do you wish to be added for future CME events? Yes ☐ No ☐