

Anxiety, Depression and Stress Management

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Addressing adverse childhood experiences with a unique approach

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Statement of Problem: Children pass through developmental periods on their journey from infancy to adulthood. During these stages, huge changes physically and neurologically occur within their brains'. Admittedly, environmental-relational circumstances and interactions have a deep influence on how children (all of us) development through these phases.

The immediate and long-term effects of children's exposure to maltreatment, inept parenting strategies, anxiety and chronic stress during the pregnancy, traumatic experiences of parent as well as child's during the delivery are multifaceted.

Emotional abuse and neglect, and physical abuse, as well as erratic and unpredictable behavior of parent(s) can interfere with the development of a secure attachment to caregiver(s). This affects the child's regulation, the child's health.

Complex trauma exposure regularly results in a loss of capacities for interpersonal relatedness. Children exposed to complex trauma often experience lifelong problems placing them at risk for additional trauma exposure and cumulative impairment (e.g., psychiatric and addictive disorders; chronic medical

illness; legal, and family problems). These problems may extend from childhood through adolescence and into adulthood (van der Kolk,).

In the Adverse Childhood Experiences (ACE) study by Kaiser Permanente and the Centers for Disease Control and Prevention it was demonstrated that adverse childhood experiences are more common than believed. The ACE's impact adult health. The study found a highly significant relationship between adverse childhood experiences and depression, suicide attempts, alcoholism, drug abuse, sexual promiscuity, domestic violence, cigarette smoking, obesity, physical inactivity, sexually transmitted diseases. In effect, every medical problem seen in adults.

This presentation will discuss strategies and review protocols to address the (ACEs) adverse childhood experiences. The program developed and used over the past 7 years has shown marked improvement in the children and families medical, social and emotional well-being.

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