Governor’s Office of Youth, Faith & Family

**VISION:** Strengthen the health and safety of Arizona’s communities through collaboration and capacity building across the state.

**MISSION:** Develop and implement programs, strategies, and initiatives to strengthen the continuum of services in communities through partnerships with community, faith, private, public, and tribal partners.
Governor’s Office of Youth, Faith & Family

GOYFF supports Governor Ducey’s priorities related to:

- Substance abuse
- Human Trafficking
- Sexual & Domestic Violence
- Child Well-Being
- Juvenile Justice
The CDC – Kaiser ACE Study
One of the largest investigations of childhood abuse and neglect, and later-life health and well-being

As the number of ACEs increases so does the risk for the following*:

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease
- Liver disease
- Poor work performance
- Financial stress
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy
- Risk for sexual violence
- Poor academic achievement
# ACE Study Results

**CDC – Kaiser ACE Study**

<table>
<thead>
<tr>
<th></th>
<th>With 0 ACEs:</th>
<th>With 3 ACEs</th>
<th>With 7+ ACEs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Smokes</strong></td>
<td>1 in 16</td>
<td>1 in 9</td>
<td>1 in 6</td>
</tr>
<tr>
<td><strong>Alcoholic</strong></td>
<td>1 in 69</td>
<td>1 in 9</td>
<td>1 in 6</td>
</tr>
<tr>
<td><strong>IV Drugs</strong></td>
<td>1 in 480</td>
<td>1 in 43</td>
<td>1 in 30</td>
</tr>
<tr>
<td><strong>Heart Disease</strong></td>
<td>1 in 14</td>
<td>1 in 7</td>
<td>1 in 6</td>
</tr>
<tr>
<td><strong>Attempts Suicide</strong></td>
<td>1 in 96</td>
<td>1 in 10</td>
<td>1 in 5</td>
</tr>
</tbody>
</table>

| **Report No ACEs**   | **33%**     | **51%**     | **16%**      |
| **Report 1-3 ACEs**  |             |             |              |
| **Report 4-10 ACEs** |             |             |              |

Source: [https://www.cdc.gov/violenceprevention/acestudy/about.html](https://www.cdc.gov/violenceprevention/acestudy/about.html)
Impact of ACEs in Arizona

Arizona kids with 5+ ACEs would fill University of Phoenix Stadium

According to the 2018 Health of Women and Children Report:

- 30.6% of Arizona youth have two or more ACEs
- 21.7% of children nationally have two or more ACEs

Trauma-Informed Care

**SAMHSA’s Trauma-Informed Approach**

**Realizes** the widespread impact of trauma and understands potential paths for recovery

**Recognizes** the signs and symptoms of trauma

**Responds** by fully integrating knowledge about trauma into policies, procedures, and practices

Seeks to actively resist re-traumatization

Source: [https://www.samhsa.gov/nctic/trauma-interventions](https://www.samhsa.gov/nctic/trauma-interventions)
Sources of Trauma

- Abuse or neglect (physical, emotional, sexual)
- Household dysfunction (substance abuse, incarceration, depression, suicide, mental illness)
- Bullying
- Homelessness
- Growing up in foster care
- Extreme illness or injury
- Historical trauma
- Community violence
Historical Trauma

• “Cumulative emotional and psychological wounding across generations, including the lifespan, which emanates from massive group trauma.” - Maria Yellow Horse Brave Heart, PhD
• Communal perspective
• Disruption of relationships, loss of identity and culture, long term health problems across communities
Trauma Informed Care

Trauma Informed Care (TIC) involves understanding, recognizing, and responding to the effects of trauma on an individual throughout their lifespan. TIC emphasizes physical, psychological and emotional support for individuals and works to help trauma survivors rebuild a sense of control and empowerment.
Trauma Informed Care (TIC)

GOYFF is working to implement trauma informed approaches that ultimately strengthen Arizona children and families through programming, grants, councils and commissions across key focus areas.

Externally, GOYFF is partnering with Arizona state agencies and other stakeholders to promote a trauma-informed and family-focused service delivery system. GOYFF will support partners in the development of action plans to decrease incidents of Adverse Childhood Experiences (ACEs) and increase trauma informed services.
By adolescence, children seek relief:
- Drinking alcohol
- Smoking tobacco
- Sexual promiscuity
- Using drugs
- Overeating/eating disorders
- Delinquent behavior, violence
- High-risk sports, etc.

Understanding the Connection
Public health problems are often personal solutions to long concealed, embarrassing, and shame-filled adverse childhood experiences.
ACEs and Substance Use Disorder

Findings suggest a major factor, if not the main factor, underlying substance use disorder, is **ACEs that have not healed and are concealed from awareness by shame, secrecy, and social taboo.**
Understanding the Connection

ACEs connection to Substance Abuse

ACEs study results demonstrate a strong, graded relationship between ACEs and a variety of substance-related behaviors, including:

- Early initiation of alcohol use. Higher ACEs are potentially correlated with earlier age of drinking onset.

- Higher risk of mental and substance use disorders as an older adult (50+ years). ACEs, such as childhood abuse (physical, sexual, psychological) and parental substance abuse, are associated with a higher risk of developing a mental and/or substance use disorder later in life. (Choi, DiNitto, Marti, & Choi, 2017).
ACEs in Arizona Teens & Adults

8th, 10th & 12th Graders in AZ

53% Adults Insulted Them
47% Parents Separated or Divorced
25% Lived with someone with alcohol use disorder
23% Incarcerated Household Member
23% Lived with Adults Who Fought
17% Lived with someone who used drugs

ACEs in AZ Adults

32% Verbal Abuse
26% Parents Separated or Divorced
22% Drinking Problem in Household
9% Incarcerated Household Member
16% Violence Between Adults
12% Drug Use in Household
How do we counterbalance adversity?

Trauma-Informed Approach recognizes trauma and facilitates healing.

- Tipping the scale towards resilience.
- At least 1 permanent, safe, caring relationship.
- Strong Executive Function & self-regulation skills.
- Affirming faith or cultural traditions.

“The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive.”

-Bruce D. Perry, *The Boy Who Was Raised as a Dog: And Other Stories from A Child Psychiatrist’s Notebook*

Source: Phoenix Children’s Hospital
Prevention
Single most effective long-term solution

- Cultural change in **business model**
- **Parenting** training programs
- **Intimate partner** violence prevention
- **Treatment** for mental illness & substance abuse
- High quality **affordable child care**

State Targeted Response Grant

In partnership with Prevent Child Abuse Arizona and the ACE Consortium, this fall GOYFF will be conducting regional trainings covering 6 modules to better educate individuals about how trauma impacts the brain and help mitigate the lifelong, devastating impacts. These modules cover:

- Childhood trauma & ACEs
- The link between childhood trauma/ACEs & Opioid addiction
- Substance abuse prevention media campaigns
- The role of schools in treating and preventing opioid addiction
- The role of faith-based communities in treating and preventing opioid addiction
- The role of direct service providers in treating and preventing opioid addiction
5th Annual ACEs Summit:
Becoming a Trauma Informed State
Overcoming Adverse Childhood Experiences to Create a Healthier Arizona
Governor’s Office of Youth, Faith and Family

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