


PACEs: How Protective and Compensatory Experiences Influence ACEs

Valerie Cannon B.S. & Desiree Dixon B.S.



Disclaimer

This presentation includes discussion of sensitive topics relating to
child abuse and childhood trauma

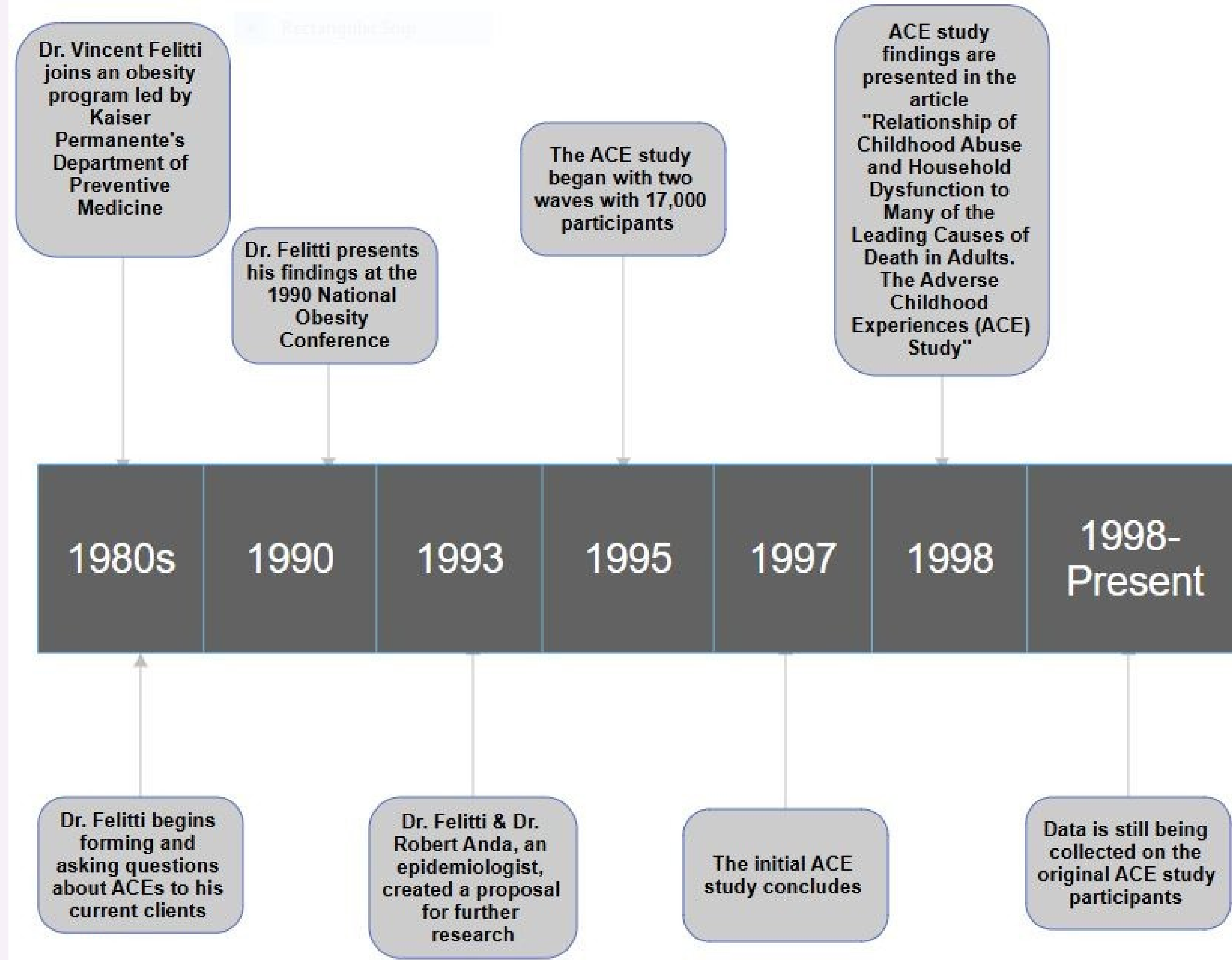




Learning Objectives

- How to Define ACEs
- Describe the Concept of Resilience
- Learn How to Promote Resilience Through PACEs
- Identify How to Apply PACEs on a Practical Level

ACEs Timeline



ACE Questionnaire Pt. 1



- Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?
- Did you lose a parent through divorce, abandonment, death, or other reason?
- Did anyone live with you who was depressed, mentally ill, or attempted suicide?
- Did you live with anyone who had a problem with drinking, or using drugs, including prescription drugs?
- Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?

ACE Questionnaire Pt. 2



- Did you live with anyone who went to jail or prison?
- Did a parent or adult in your home ever swear at you, insult you, or put you down?
- Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?
- Did you feel that no one in your family loved you or thought you were special?
- Did you ever experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?

Initial Findings of the ACE Study



Individuals who experienced 4 or more ACEs compared to none had:

01

4-fold to 12-fold increased health risks for alcoholism, drug abuse, depression, and suicide attempts

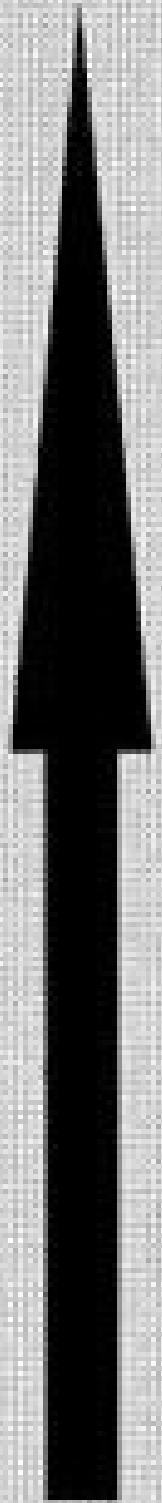
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2-to4-fold increase in smoking, poor, self-rated health

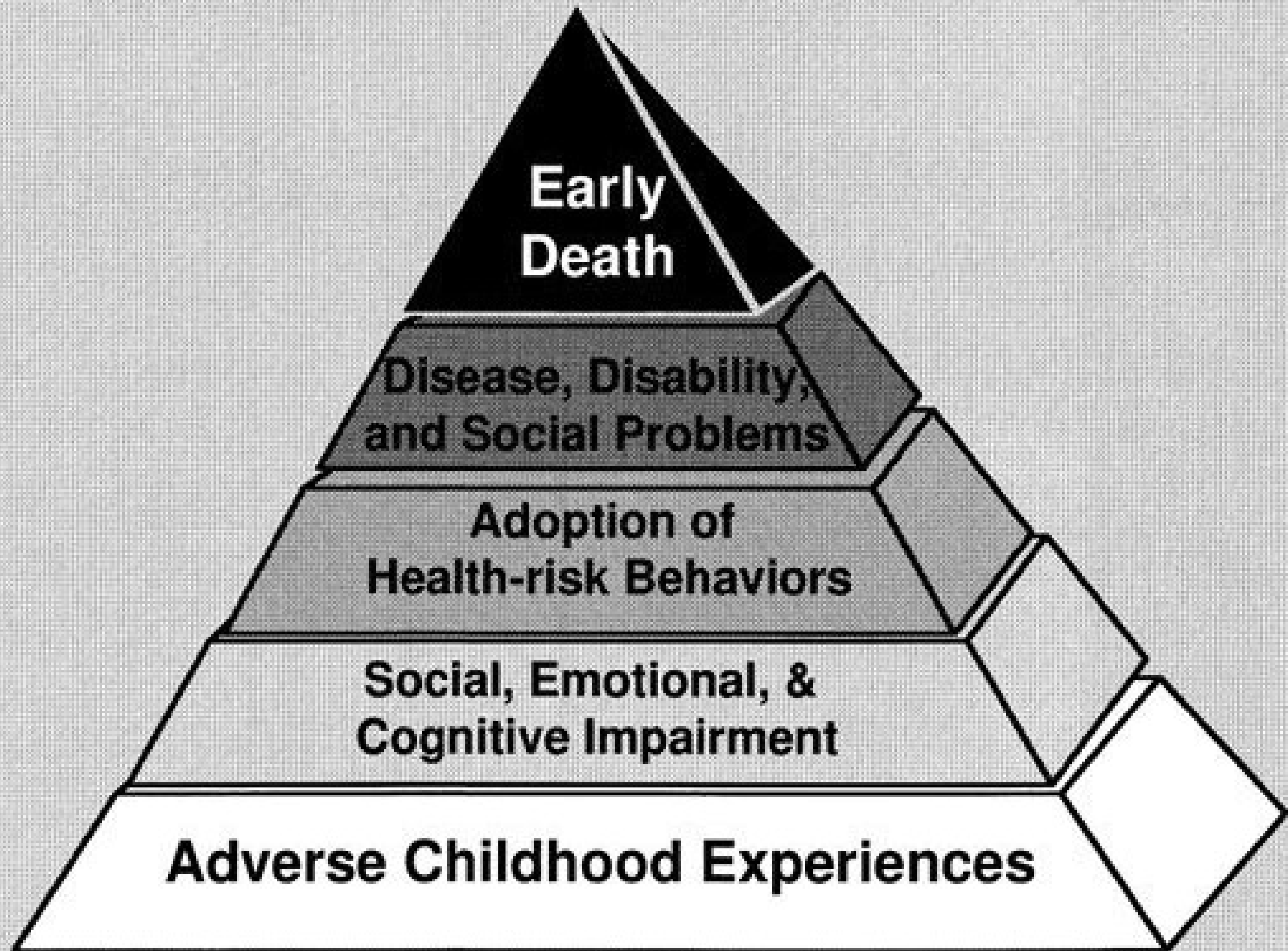
03

1.4-to 1.6-fold increase in physical inactivity and severe obesity

Death



Birth



**Early
Death**

**Disease, Disability,
and Social Problems**

**Adoption of
Health-risk Behaviors**

**Social, Emotional, &
Cognitive Impairment**

Adverse Childhood Experiences

Current ACE Statistics

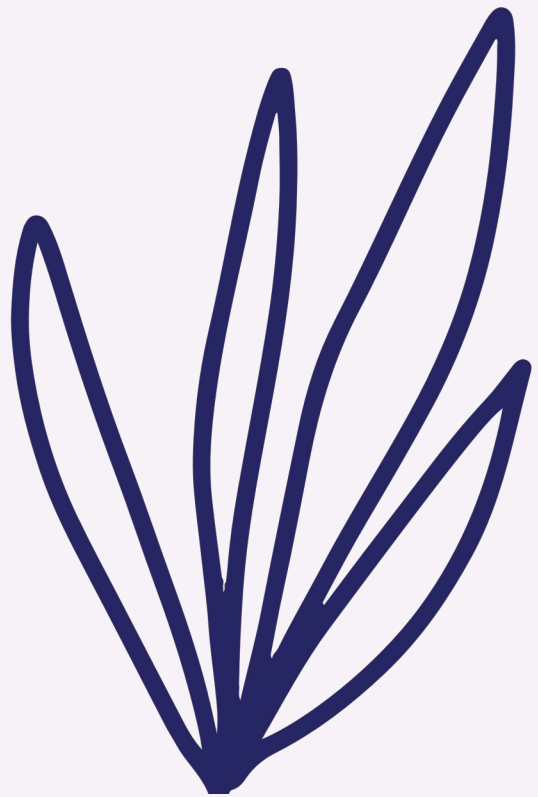
Roughly 64% of adults in the United States Reported they had experienced at least one time of ACE before the age of 18

Nearly one in six (17.3%) adults reported they had experienced four or more types of ACEs



3 in 4 high school students reported experiencing one or more ACEs

1 in 5 high School students experienced four or more ACEs



Applied to national estimates:



2.5 million cases of overweight or obesity

1.5 million cases of high school non-completion

1.9 million cases of coronary heart disease

21 million cases of depression



Implications of ACEs



Cost Implications of ACEs

Total annual cost attributable to ACEs:

United States \$581 billion

Europe \$748 billion

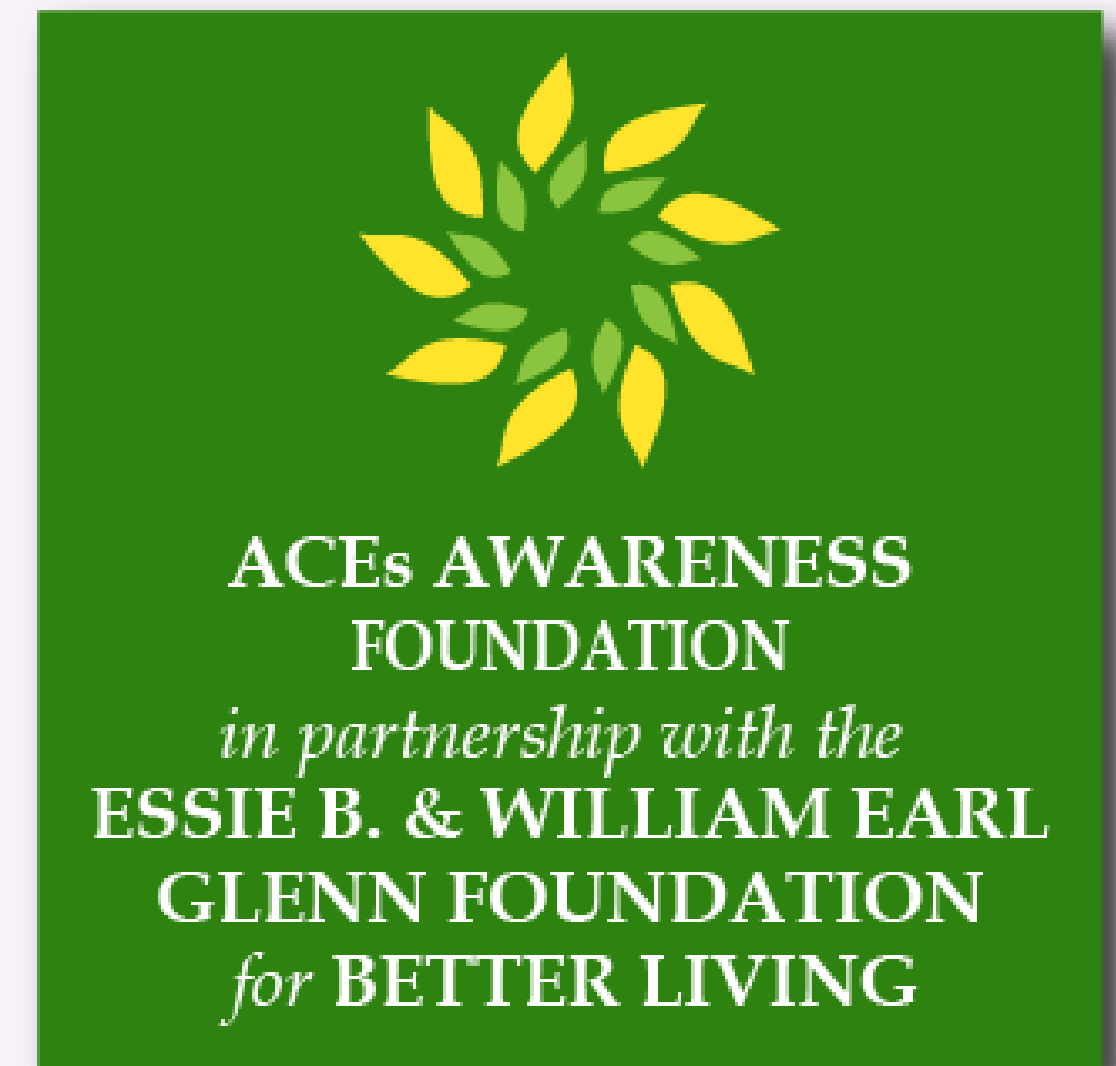
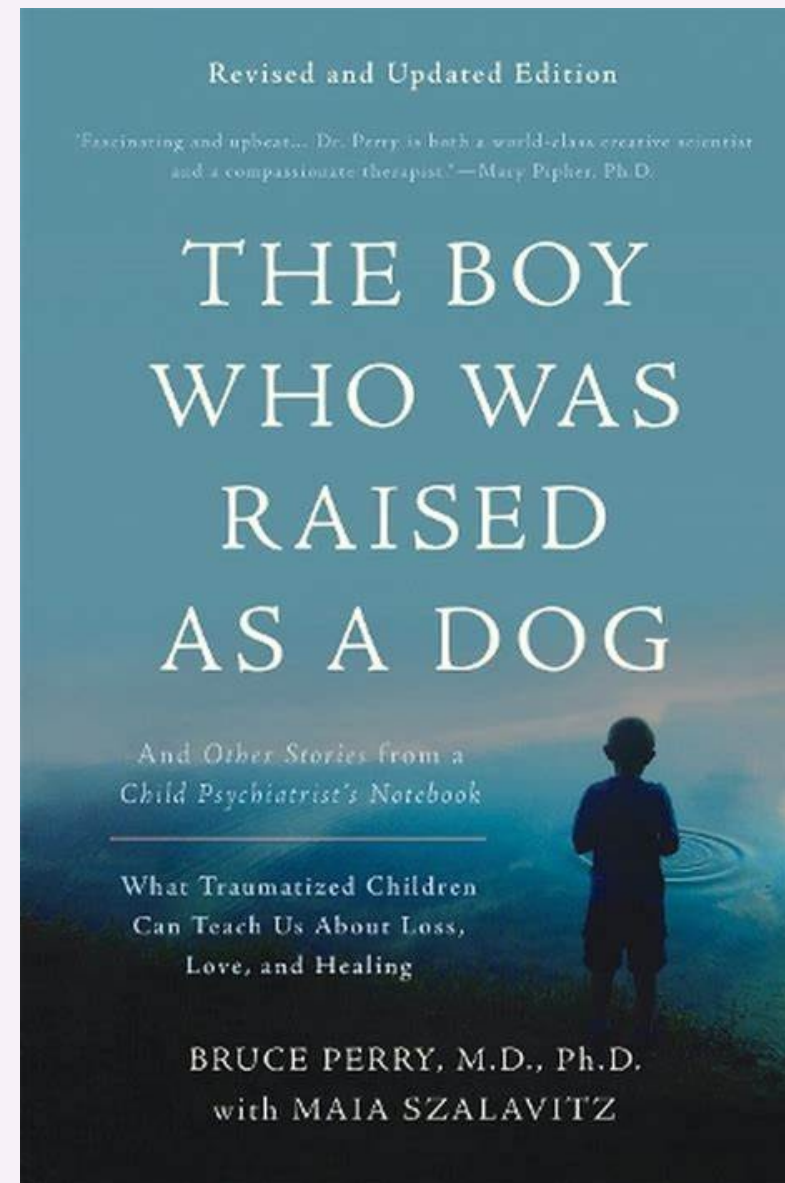
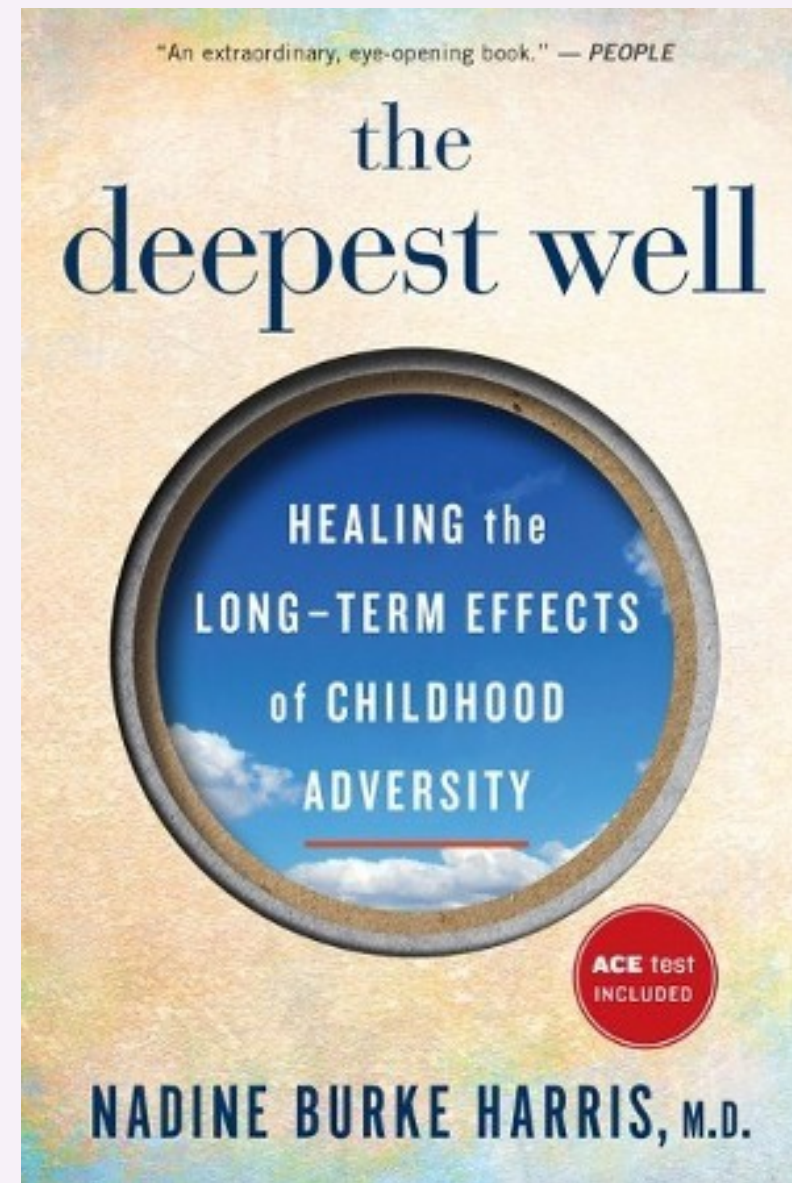
More than **75%** of these costs arose in individuals with two or more ACEs

ACEs Today

Potential ACE Categories:

- Family financial problems
- Food insecurity
- Homelessness
- Parental absence
- Parent/sibling death
- Bullying
- Violent crime
- Adversities outside the home
- Those who are ethnic/racial minorities.

ACEs Resources





Questions

Why do you think ACEs are gaining popularity across disciplines?

What are some strategies you currently use when interacting with clients who have ACEs?

Interventions & Support



Emotional
support

Relationships with
peers
and adults

Practical support
for social
challenges

Respite/group
activities

Information
about key
services and
issues

For young adults:

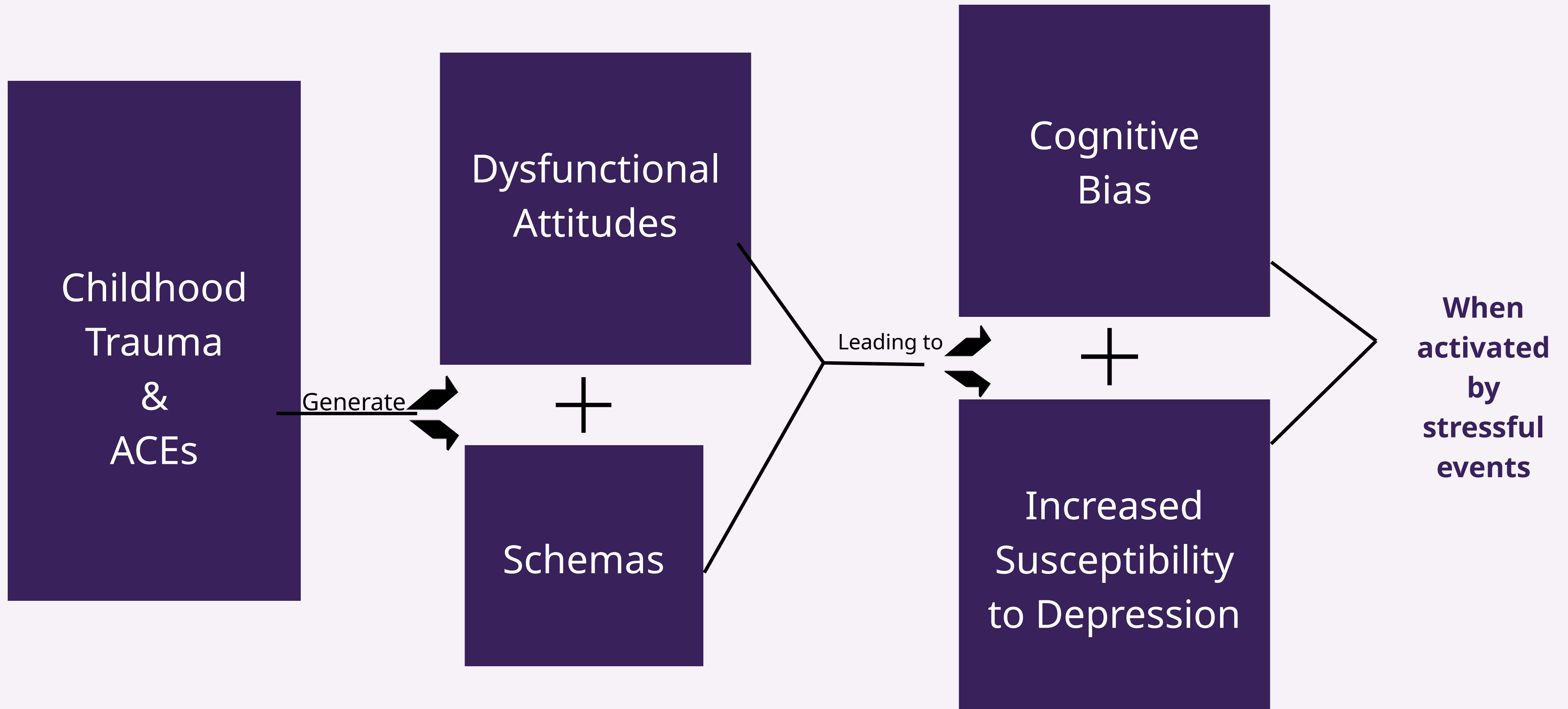
Childhood Trauma and Resilience

There is a large weighted correlation between depression and resilience in people who have experienced childhood trauma

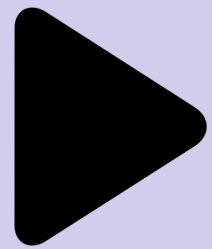
Resilience levels
can affect
how much depression
symptoms
caused by childhood
trauma affect us

Those with higher trait
resilience have
decreased
symptoms of depression

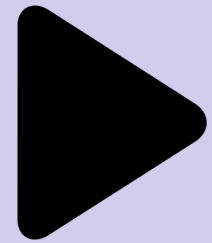
Childhood Trauma & ACEs



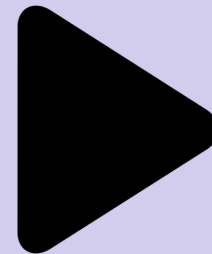
Impacts of Resilience on Childhood Trauma



Increased levels of optimism



More effective coping skills



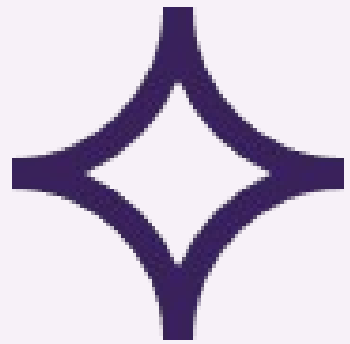
Higher levels of hardiness



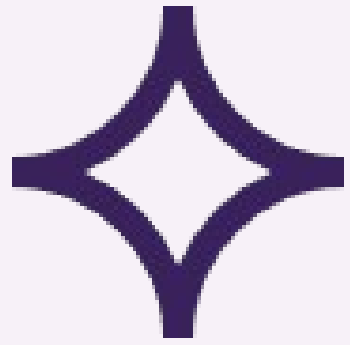
Fewer behavioral problems

Fewer psychological problems

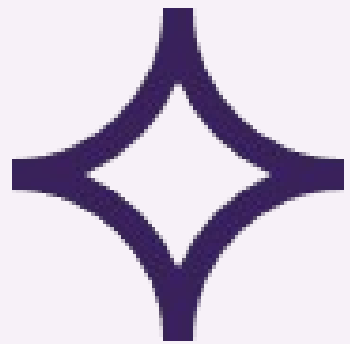
Childhood Trauma, Resilience & The Family



Childhood trauma and family resilience were associated with psychological resilience



Strong family resilience facilitates the development of individual psychological resilience



Certain family intervention protocols may aid the individual in developing stronger psychological resilience

Resilience and Gender

Rate of depression in adolescence increases
more in girls than in boys
who have experienced trauma



Resilience and PACEs
may be uniquely
important for treating
negative psychological
symptoms in young females



More likely
to have
traumatic
experiences



More cognitively
vulnerable to
depression

Promoting Increased Resilience



Theurapeutic
interventions

Mentoring
programs

School-based
programs

Parenting
and family
life
education



Questions

How do you think resilience changes shape over time?

What protective factors do you think build resilience in particular?

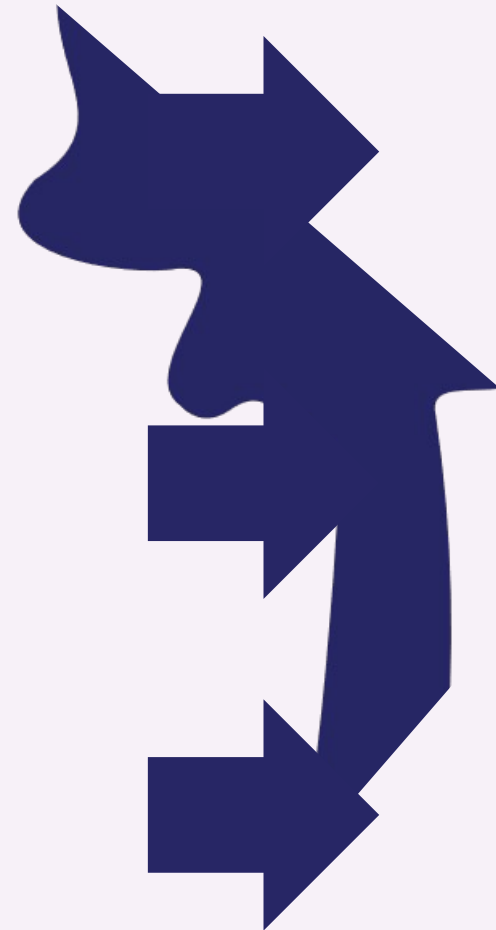
What are PACEs?

PACES are protective and compensatory experiences that typically occur prior to age 18

PACES were created to address adverse childhood experiences by looking at empirical research on the effects of protective factors on resilience

PACES is a fairly new concept and Integrates developmental science, clinical psychology, and mental and physical health research

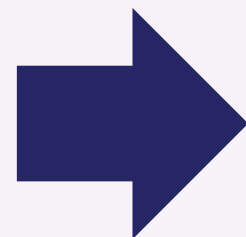
More About PACEs



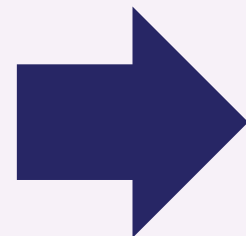
Ten PACEs

Two domains: supportive relationships and enriching resources

Promote positive outcomes in the face of adversity



Adults who report PACEs typically experience less ACEs on average




Influence development and provide relationships and resources needed to promote healthy development

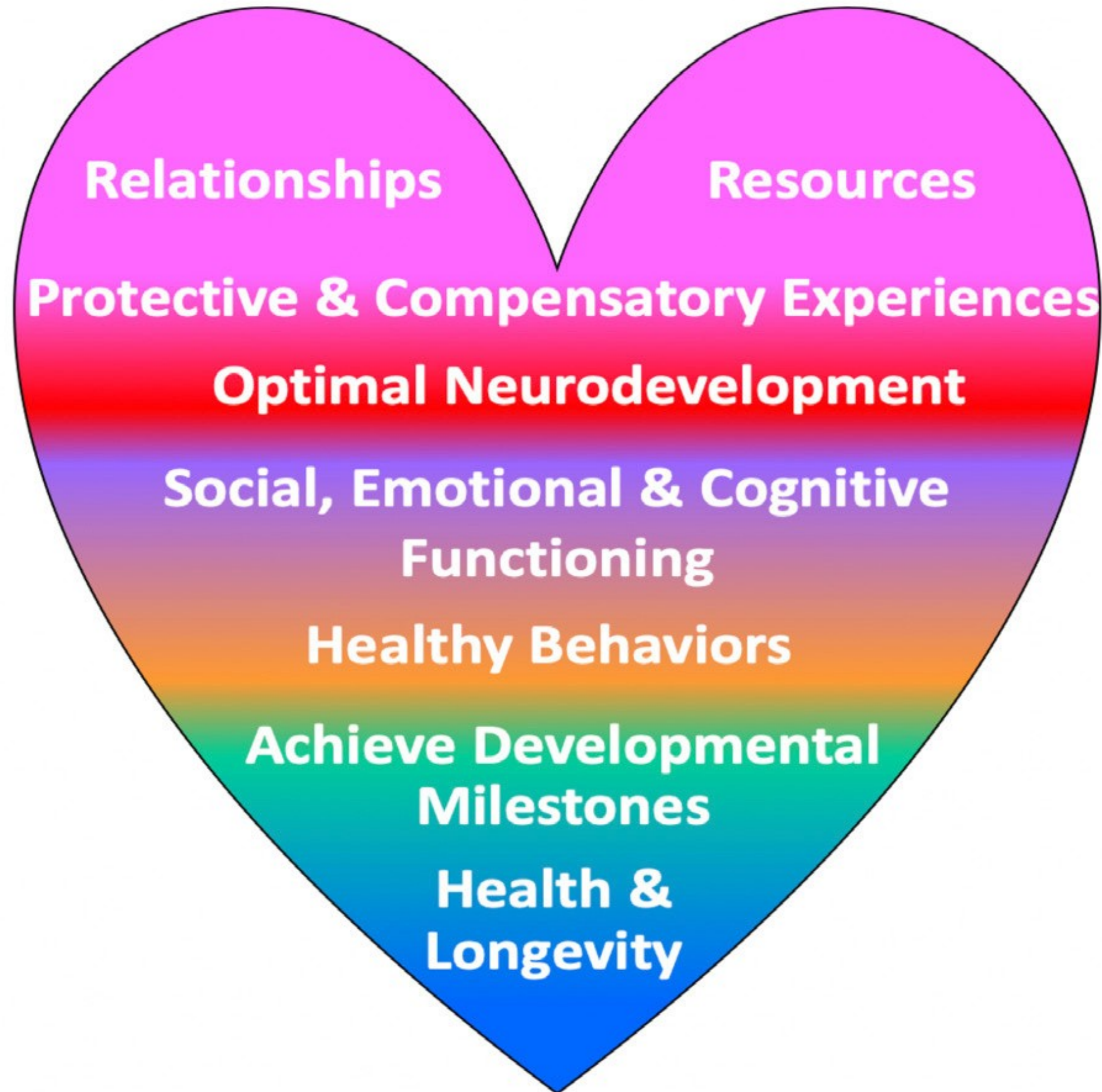
PACEs Pt. 1



- Parent/caregiver unconditional love
- Spending time with a best friend
- Volunteering or helping others
- Being active in a support group
- Having a mentor outside of the family

PACEs Pt. 2

- 
- Living in a clean, safe home with enough food
 - Having opportunities to learn
 - Having a hobby
 - Being active or playing sports
 - Having routines and fair house rules



How PACEs Help

PACEs weaken the link between ACEs and depression → creating a protective factor that lasts into adulthood

PACEs can help to buffer the effects of adverse childhood experiences and children with higher PACEs have less ACEs overall

- PACEs act as a buffer between negative parenting attitudes and ACEs- affecting parenting attitudes and behaviors
- PACEs are associated with greater resilience and less stress during pregnancy
- PACEs have been related to greater mental well-being and higher income and education

PACEs Applied: Infants

- Utilize nurturing parenting
- Give emotional guidance
- Opportunities for safe play and exploration
- Provide for daily learning

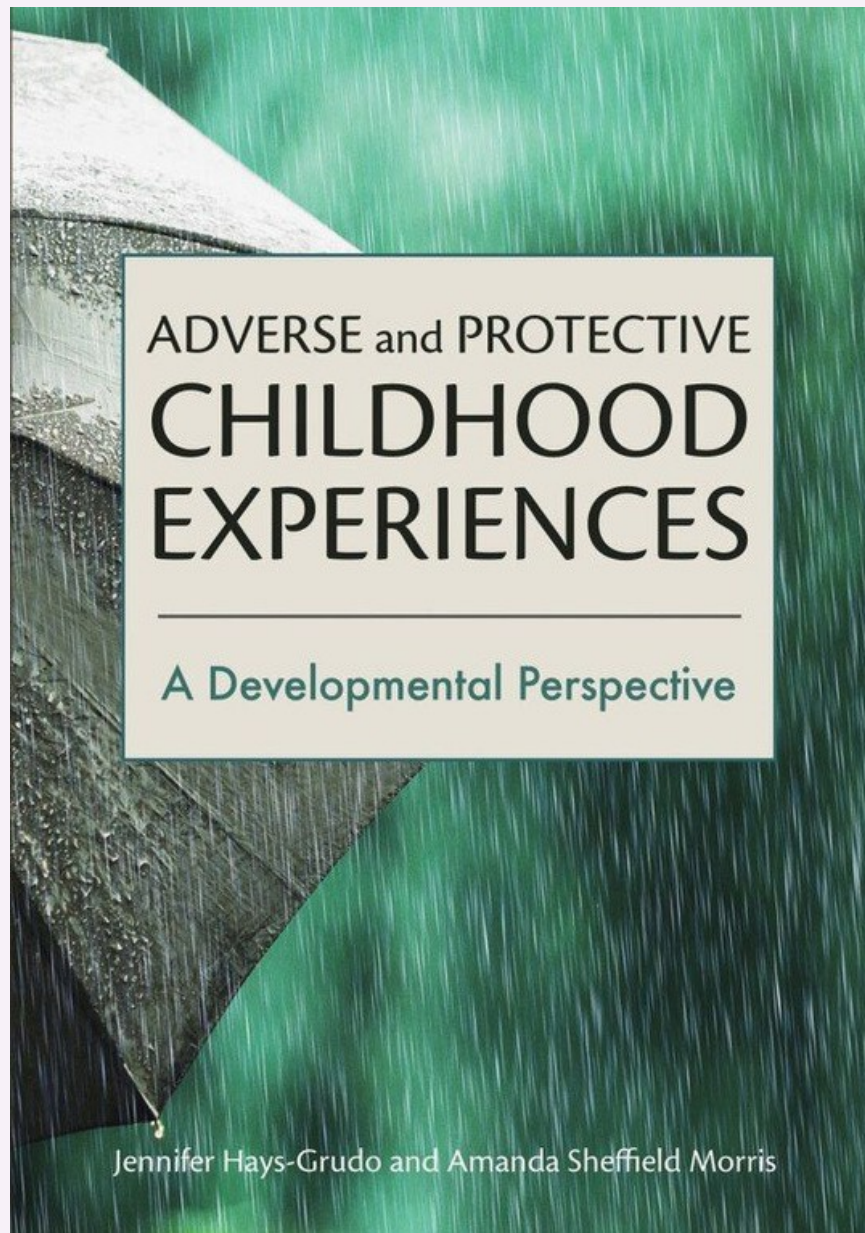
PACEs Applied: Children

- Foster high quality parent-child relationships
- Use “I” messages
- Emotion coaching
- Use discipline, not punishment
- Enact regular, healthy routines
- Promote supportive relationships

PACEs Applied: Adults

- Encourage adults to work on PACEs in their daily lives
- Actively find local, low-cost resources that have elements of PACEs within them
- The **Adult PACEs Plan** is a plan developed for individuals to work on 1-2 PACEs per month with a group of adults to help build better resilience

PACeS Resources



Raising a Resilient Child in a World of Adversity

Effective Parenting for
Every Family



Amanda Sheffield Morris PhD
& Jennifer Hays-Grudo PhD

PACeS Lab



Questions

Which of the PACEs do you think are most effective?

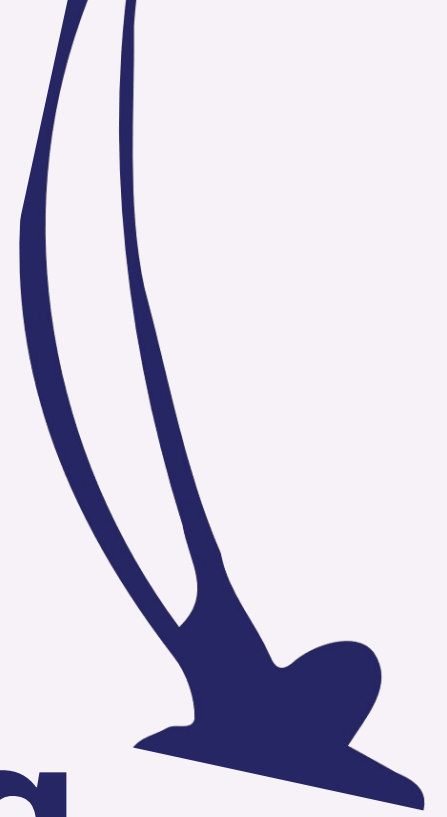
What protective factors do you think are missing from the list of PACEs?

Summary

Adverse childhood experiences (ACEs) are extremely prevalent today, with 40% of the population experiencing at least one ACE.

- Resilience statistically helps to buffer the effects of ACEs and in turn causes fewer behavioral/psychological problems
- PACEs are protective and compensatory experiences that also can help to lessen the impact of ACEs
- PACEs can be transformative on all ages, ranging from birth to adulthood, making it the perfect tool when interacting with a variety of clientele

**Thank you for listening
to our presentation on
PACEs!**



QR Code for References:



Contact Information

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Desiree Dixon: dldixon178@ucmo.edu

Valerie Cannon: vxw96070@ucmo.edu