

Expansion and Implementation ACEs Plan of Care

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Agenda



Background



Preventing Adverse Childhood Experiences (PACE) MIHP Pilot



2023-2024 MIHP ACEs POC2 Rollout and Expansion



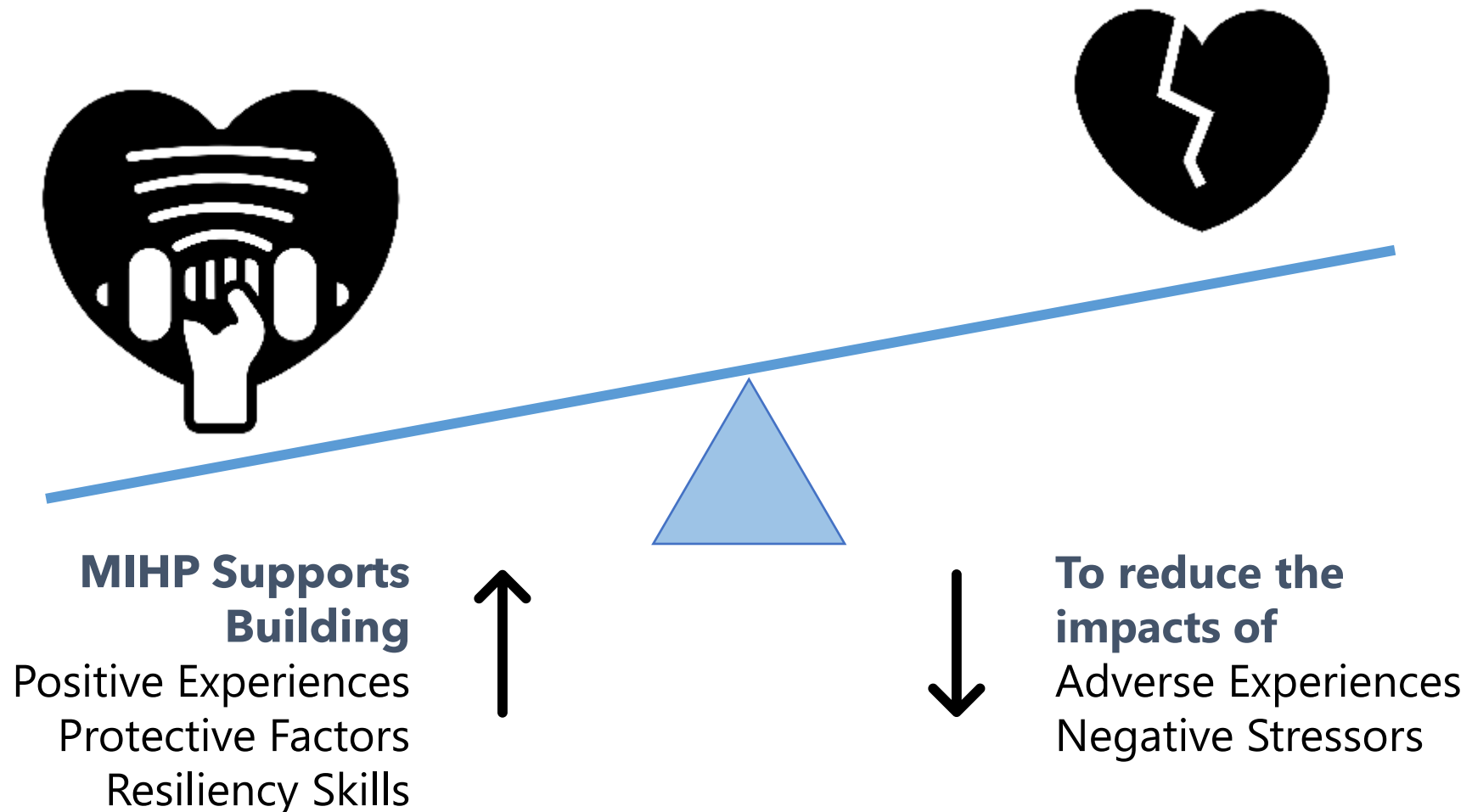
MIHP Preventing ACEs POC2 Packet



Background



Home Visitors are Key Partners in Ensuring a Strong Start for Children



Filling the Gap-ACE Preventative Strategies for Families

Healthy Outcomes from Positive Experiences (HOPE)



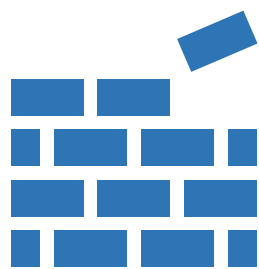
- Study published in JAMA Pediatrics in 2019 of the 2015 Wisconsin Behavioral Risk Factor Survey questions from Childhood and Youth Resilience Measure Bethel & Sege Protective Factors.
- Confirmed relationship with seven positive childhood experience factors.

positiveexperience.org

Benevolent Childhood Experiences

- Study published in Child Abuse & Neglect in 2018 of 10 childhood experiences scale with pregnant women.
- Intended to be more inclusive of multicultural experiences.

Preventing Adverse Childhood Experiences: Data to Action Grant*



- **Build** a state-level surveillance infrastructure that ensures the capacity to collect, analyze, and use ACE data to inform statewide ACE prevention activities

<https://www.miacedata.org/>



- **Support** the implementation of data-driven, comprehensive, evidence-based ACE primary prevention strategies in alignment with Michigan's Statewide Action Plan to address ACEs

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Pilot Design & Results





Why an ACEs Prevention Plan of Care?

- Previous ACEs projects in MI
- MI Preventing Adverse Childhood Experiences: Data to Action (PACE:D2A) project through CDC
- Partners: MIHP and Michigan Public Health Institute (MPHI)
- **Plan of Care (POC)** developed specific to ACEs prevention
- **Companion Guide** includes additional resources for providers to share with families as well as resources for providers
- **Childhood Experiences Worksheet** to assist MIHP staff in discussing ACEs as well as positive experiences along with current protective and positive actions caregivers are already taking for their child.

Implementing the ACEs Prevention Plan of Care 2

TRAIN & ORIENT	On ACEs in home visiting context, the POC Package, and pilot structure
ASSESS	for ACEs risk using the Decision Guide
IMPLEMENT	ACEs Prevention POC2 with at-risk families
TRACK	assessment and implementation
REPORT	data to MPHl each month and attend TA calls
FOCUS GROUP	Post pilot to learn more about each site's individual experience

Special Thanks to Our Pilot Sites

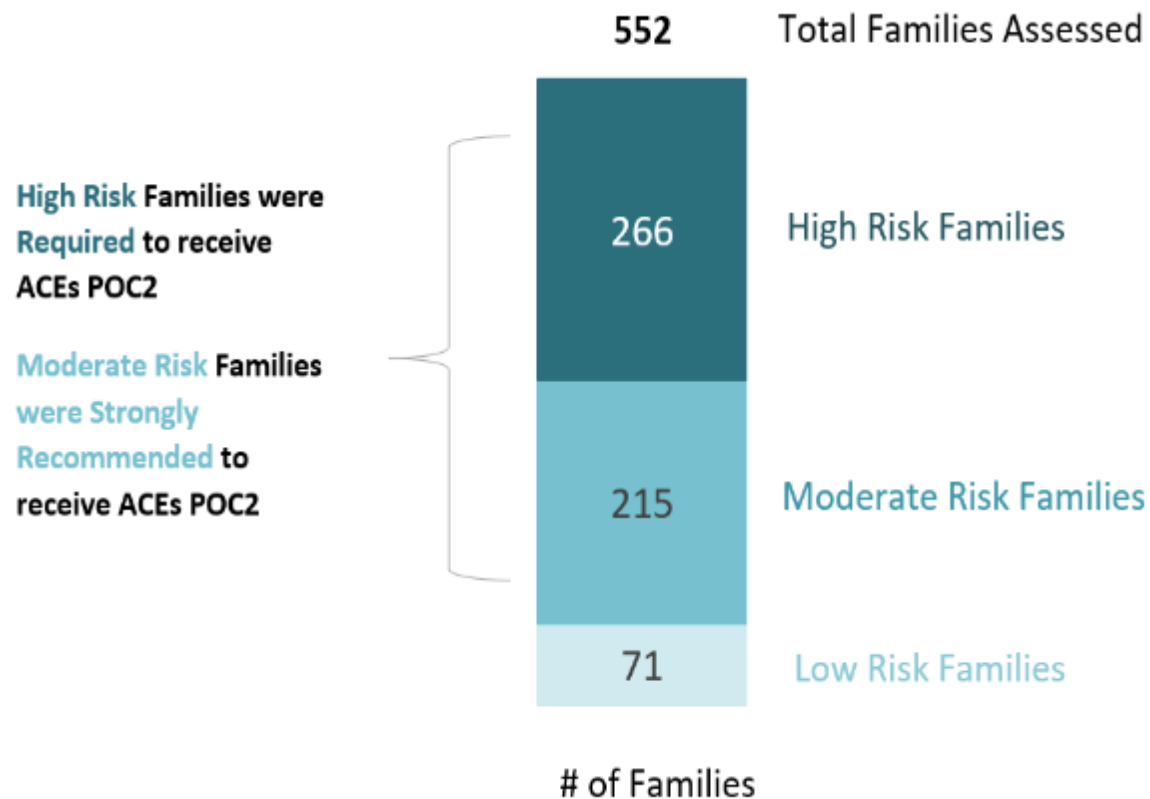
- American Indian Health and Family Services
- Caring and Sharing Family Life Services
- Grand Traverse Health Department
- Kent County Health Department
- Marquette County Health Department
- MOST MIHP
- Ottawa MIHP
- St. Clair Health Department
- Tuscola County Health Department





THE ACEs PREVENTION POC2 WAS SUCCESSFULLY IMPLEMENTED ACROSS DIFFERENT COMMUNITIES IN THE STATE

Of all families assessed for ACEs risk, 48% were High Risk

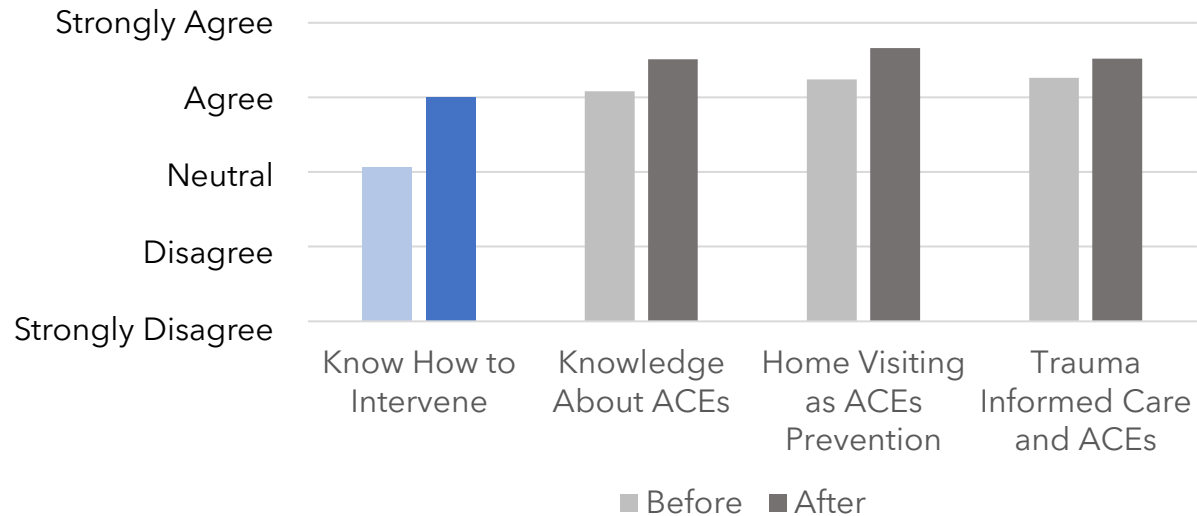


“Once you have that rapport and trust built, it’s just a big learning conversation. So, you could pull any type of plan of care out and they’ll be ready for it.”



HOME VISITORS BENEFITED FROM ENHANCED SUPPORT IMPLEMENTING THE ACEs PREVENTION POC2

The ACEs Prevention POC2 Training had greatest impact on MIHP professionals' reported knowledge of how to INTERVENE with ACEs



Home visitors **liked**

- Power of positive experiences & hope
- Role of home visitors empowering
- Ongoing Technical Assistance with peers

Home visitors **wanted more training** on

- Race and culture related to ACEs
- Positive parenting
- Conversational skills

Home visitors **grew**

- More comfortable as they found voice
- Personally, as they reflected on own family histories



MOST FAMILIES REACT POSITIVELY TO ACEs INTERVENTIONS

Families who reacted positively...

- Were curious to learn about ACEs & inter-generational patterns
- Liked that they could change patterns for their children
- Had already connected the dots
- Reacted with openness due to trauma-informed approach
- Engaged other family members

Some families...

- Felt judged
- Did not relate





2023-2024
MIHP Rollout
and
Expansion



Current and Coming Steps

Expanding ACEs Informed Care in Michigan's Home Visiting System Project*



MIHP Rollout of Preventing ACEs POC2



**funded by the Michigan Health Endowment Fund*

Expansion Phase 2 Study Sites

- Corewell Health
- Corner Health Center's Sweet Pea MIHP
- Cradle Me Care
- Keweenaw Bay Indian Community
- Marquette County Health Department*
- MOST MIHP*
- Ottawa County MIHP*
- St. Clair County Health Department*



**Original pilot study site*

Timeline Update

Study Sites



Work Group Sessions
July and August 2023



Journey Mapping Evaluation
Begins October 2023

All MIHP Sites



Updated POC2
Materials
September 2023



Orientation Training
Available
September 2023



Monthly PACE POC2
Implementation Support
Sessions
October 2023-December
2024

What does this mean for MIHP Network



- ❑ Incorporate feedback from Family and Staff Resource Review Sessions
- ❑ Finalize Packet: Preventing ACEs POC2, Companion Guide, and Childhood Experiences Worksheet (ChEW). Documents available on MIHP website.
- ❑ Record Training for MIHP Providers on implementation and use of the new POC available on MIHP website.
- ❑ Monthly PACE POC2 Implementation Support Calls available to all MIHP Providers.

Final ACEs Prevention POC2 Packet

PACE POC2

List of 10
interventions
for families

Childhood Experiences Worksheet

First intervention
of the POC2

Caregiver
History

Child Positive
Experiences

PACE POC2 Companion Guide

Conversation
Starters

Resources for
families

Resources for
home visitors

Who gets the PACE POC2?

We are in transition...



Pilot Process

- MRI & IRI topics
- Additional ACE factors

Interim Process

- MRI & IRI topics
- At any point in time that the professional has determined that it is appropriate to use with a family

New Health Assessment Process

- Adversity question score out as an “opportunity for care” for PACE POC2
- **Sometimes people grow up experiencing verbal, physical or emotional abuse and/or neglect, household challenges (i.e., loss of caregiver due to death, divorce, or incarceration, etc.) and/or other traumatic events (i.e., war, natural disaster, etc.). Have any of these or similar circumstances happened to you?** Yes No
- Can still use professional judgment

Intervention

PACE POC2 & Companion Guide

**ADVERSE CHILDHOOD
EXPERIENCES
PLAN OF CARE 2
COMPANION
GUIDANCE**

Reflection

- Complete Childhood Experiences Worksheet (ChEW)

Reflection

Childhood Experiences
Worksheet




Caregiver Histories

- Positive Experiences
 - Adverse Experiences
-



Your Baby's Experience

- Positive Experiences for your baby
- Opportunity to link with the required MIHP action plan
- Always at discretion of home visitor



General Knowledge Interventions all families can use

Some interventions focus on understanding background knowledge of ACEs, protective factors, and resilience

- What ACEs and protective factors are & their impact
- The role of parenting to prevent and heal ACEs
- Building blocks of HOPE
- Protective factors
- Stress reduction and self-care

ACEs and Parenting

Attachment C: Parenting to Prevent and Heal ACEs (Available in English, Spanish, and Dari)

Starting the Conversation

“

“We know strong relationships are very important for raising healthy children and we now know that some things can get in the way of strong relationships.”

“

“From what you have shared before, I see that there are some tough things that have happened in the past to you. What would you like to see be different for your baby?”

“

“I appreciate how hard it is to think about these difficult experiences. How do you think these experiences affect your parenting now?”

“

“How do you want it to be different for your child?”

KEY POINTS

1

ACEs can impact our parenting without us knowing

2

Caregivers want better things for their own children

3

ACEs history can build resilience in caregivers

Resources for Families

Understanding ACEs

ACEs (Adverse Childhood Experiences) are serious childhood traumas that can result in toxic stress. Prolonged exposure to ACEs can create toxic stress, which can damage the developing brain and body of children and affect overall health. Toxic stress may prevent a child from learning or playing in a healthy way with other children, and can cause long-term health problems.

Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcohol and drug abuse
- Asthma
- Depression
- Heart disease
- Intimate partner violence
- Liver disease
- Sexually-transmitted disease
- Smoking
- Suicide

Effects on the child:

- Lowers tolerance for stress, which can result in behaviors such as fighting, checking out or defiance.
- Increases difficulty in making friends and maintaining relationships.
- Increases stress hormones which affect the body's ability to fight infection.
- May cause lasting health problems.
- Increases problems with learning and memory.
- Reduces the ability to respond, learn, or figure things out, which can result in problems in school.

Child's perspective:

*I can't hear you!
I can't respond to you!
I am just trying to be safe!*

<p>NURTURE & PROTECT KIDS AS MUCH AS POSSIBLE</p>  <p>Be a source of safety and support.</p>	<p>MAKE EYE CONTACT</p> <p>Look at kids (babies, too). It says, "I see you. I value you. You matter. You're not alone."</p>	<p>GIVE 20-SECOND HUGS</p> <p>There's a reason we hug when things are hard. Safe touch is healing. Longer hugs are most helpful.</p>	<p>HUNT FOR THE GOOD</p>  <p>When there's pain or trauma, we look for danger. We can practice looking for joy and good stuff, too.</p>	<p>HELP KIDS TO EXPRESS MAD, SAD & HARD FEELINGS</p> <p>Hard stuff happens. But helping kids find ways to share, talk, and process helps. Our kids learn from us.</p>
<p>MOVE AND PLAY</p> <p>Drum. Stretch. Throw a ball. Dance. Move inside or outside for fun, togetherness and to ease stress.</p>	<p>SAY, "SORRY"</p> <p>We all lose our patience and make mistakes. Acknowledge it, apologize, and repair relationships. It's up to us to show kids we're responsible for our moods and mistakes.</p>		<p>BE THERE FOR KIDS</p> <p>It's hard to see our kids in pain. We can feel helpless. Simply being present with our kids is doing something. It shows them we are in their corner.</p>	 <p>KEEP LEARNING</p> <p>Understand how ACEs impact you and your parenting.</p>
<p>More tips & resources for parents on back.</p>				

Resources for Providers

Trainings



ACEs 101: Impact and Our Opportunity

Source: Institute for the Advancement of Family Support Professionals
<https://institutefsp.org/modules/aces-101-impact-and-our-opportunity>



H.O.P.E. (Healthy Outcomes from Positive Experiences)

Source: Tufts Clinical and Translational Science Institute
https://ilearn.tuftsctsi.org/product?catalog=SCE2021_03_Online



Preventing Adverse Childhood Experiences

Source: Centers for Disease Control and Prevention
<https://vetoviolenecdc.gov/apps/aces-training/#/#training-top>

Resources for Programs



PACEs Science 101

Source: ACEs Too High
<https://acestoohigh.com/aces-101/>



Near@Home Toolkit

Source: Start Early
<https://www.startearly.org/where-we-work/washington/nearathome/>

Sample Issue-specific resources

Cultural Connection

CHILDHOOD IS SACRED

When Life is Hard Connect to Heal & Grow

Connect to Others

- Everyone needs help sometimes
- Reach out to family, friends, or another trusted adult
- Text "Native" to 741741 for free counseling support or call

Connect to Nature

- Pet your furry friend
- Walk outside
- Sit under a tree
- Put your feet in the sand or water
- Find a special rock to keep with you

Connect to Culture

- Sing like no one is listening
- Listen to your favorite music
- Dance your way
- Play a game or sport
- Smudge or pray
- Listen to an elder tell stories

If you or a friend are in crisis, we've got your back!

Scan the QR code using your phone for Native Youth Support Resources

For more information, go to:
<https://nycoc.org/en>
<https://nycoc.org/childhoodissacred>

When a Caregiver is Incarcerated



Stress from Traumatic Events

TIPS FOR SURVIVORS OF A DISASTER OR OTHER TRAUMATIC EVENT
MANAGING STRESS

After the Event Managing Your Tasks

If you've been involved in a disaster or other traumatic event, a number of tasks likely require your attention fairly urgently. First, make sure you are not injured, as sometimes survivors don't realize they've been physically hurt until many hours later. If you realize you've been injured, seek medical treatment before you do anything else. If you need to find a safe place to stay, work on that task next. Make sure to let a family member or friend know where you are and how to reach you. Secure your identification and any other papers you may need, such as insurance, bank, property, and medical records. Completing one task at a time may help you feel like you are gaining back some control, so make a list of the most important things you need to do. Remember to be patient with yourself. Take deep breaths or gently stretch to calm yourself before you tackle each task. Plan to do something relaxing after working for a while.

What you can expect this fall:

PACE POC Packet Available on MIHP Provider Site

- Childhood Experiences Worksheet Document
- PACE POC2 Document
- PACE POC2 Companion Guide with resource materials
- Link to Orientation Training

Support from MPHI

- Monthly PACE POC2 Implementation Support calls.
- Additional resources as identified during calls.

Guidance from MIHP

- Announcements of packet and training availability.
- Continued guidance on how to implement during the transition to new Health Assessment.
- Guidance on PACE POC2 going forward.

Thank you!



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