

## Diabetes Education Services Presents:

### The Impact of Adverse Childhood Experiences on Health

Advanced Level & Specialty Topics | Level 4 | Class 9 | 2024

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Pronouns: She, her, hers  
[www.DiabetesEd.net](http://www.DiabetesEd.net)

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### Land Acknowledgment

- ▶ We acknowledge and are mindful that Diabetes Education Services stands on lands that were originally occupied by the first people of this area, the Mechoopda, and we recognize their distinctive spiritual relationship with this land, the flora, the fauna, and the waters that run through this area.

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### We are Here to Help!



Bryanna Sabourin  
Director of Operations  
Certification Pathway Coach &  
Customer Happiness Expert



Tiffany Bergeron  
Customer Advocate &  
Customer Happiness Expert

If you have questions, you can chat with us at [www.DiabetesEd.net](http://www.DiabetesEd.net)  
or call 530 / 893-8635 or email at [info@diabetesed.net](mailto:info@diabetesed.net)

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## Diabetes Education Services Inclusion Statement

Based on the IDEA Initiative inspired by CDR

- ▶ Inclusion
- ▶ Diversity
- ▶ Equity
- ▶ Access



- ▶ We are committed to promoting diversity and inclusion in our educational offerings.
- ▶ We recognize, respect, and include differences in ability, age, culture, ethnicity, gender, gender identity, sexual orientation, size, and socioeconomic characteristics.
- ▶ Our goal is to promote equity and access, acknowledging historical and institutional inequities.
- ▶ We are committed to practicing cultural humility and cultivating our cultural competence.
- ▶ We wish to create a safe space within our community where one's beliefs, experiences, identity, and differences in ability, age, size, socio-cultural/socioeconomic characteristics, and political affiliations are considered and respected.

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## Coach Bev has no Conflict of Interest

- ▶ She's not on any speaker's bureau
- ▶ Does not invest or have any financial relationships with diabetes related companies.
- ▶ Gathers information from reading package inserts, research and articles
- ▶ The ADA Standards of Medical Care is main resource for course content

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## Objectives:

- ▶ Discuss the benefits of assessing Adverse Childhood Experiences (ACE) in individuals with diabetes.
- ▶ State the relationship between ACE Scores and risk of future health complications.
- ▶ Describe a person-centered approach to fostering resilience and self-care for individuals with toxic stress.
- ▶ Identify two strategies to provide trauma informed care in your work setting.

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## Diabetes is Complex

- ▶ Goal – achieve well being and satisfactory medical outcomes
- ▶ Psychological factors:
  - ▶ Environmental
  - ▶ Social
  - ▶ Behavioral
  - ▶ Emotional
- ▶ Keep it person centered while integrating care into daily life
  - ▶ Consider the individual




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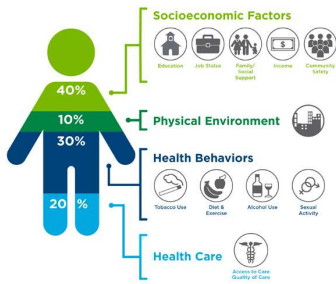
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## Address Barriers to Self Management

- ▶ Barriers exist within health system, payer, health care professional & individual.
- ▶ Address barriers through innovation, including community health workers, telehealth, other digital health solutions.
- ▶ Consider social determinants of health in the target population when designing care.

### What Goes Into Your Health?



<https://coveragetoolkit.org/health-equity/defining-health-equity/>

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## Tailoring Treatment for Social Context

- ▶ “Social determinants of health (SDOH)—often out of direct control of the individual and potentially representing lifelong risk—contribute to health care and psychosocial outcomes and must be addressed to improve all health outcomes”



The ADA recognizes this relationship and is taking action.

1. Improving Care and Promoting Health in Populations. Standards of Care in Diabetes—2019

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## Individualized Care Strategies

- ▶ Consider individualized care and create environmental structures to support people with:
  - ▶ Food insecurity
  - ▶ Cognitive dysfunction
  - ▶ Mental illness (2-3 x's higher rates of diabetes in schizophrenia, bipolar)
  - ▶ HIV (meds can cause pancreatic dysfunction)
  - ▶ History of trauma
- ▶ Health disparities related to:
  - ▶ Ethnicity, racism, culture, sex, socioeconomic status, LGBTQ



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## Look Beyond Diabetes

- ▶ ACE – Adverse Childhood Experiences
- ▶ Diabetes Distress
- ▶ Cultural traditions, family system.
- ▶ Social, religious and employment influences
- ▶ Personal factors: attitudes, cognitive factors, literacy, learning styles, health beliefs
- ▶ Depression, anxiety
- ▶ Mental illness
- ▶ Addiction issues



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## Question - What is ACE?

- ▶ ACE =
  - ▶ Adverse
  - ▶ Childhood
  - ▶ Experiences
    - ▶ (before 18 yrs)
- ▶ What is the relationship between childhood trauma and health?



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## CDC-Kaiser Study 1997

- ▶ Mailed out over 17,000 questionnaires asking KP participants in CA, asking about specific early childhood adverse experiences.
- ▶ More than 60% had 1 or more
- ▶ 18% had 4 or more




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## 10 Assessment Areas for ACE – Use 10 Question Screening Tool to Assess

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 Physical	 Physical	 Mental Illness	 Incarcerated Relative
 Emotional	 Emotional	 Mother treated violently	 Substance Abuse
 Sexual		 Divorce	

<https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

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### Adverse Childhood Experience Questionnaire for Adults

California Surgeon General's Clinical Advisory Committee

Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

**Instructions:** Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please add up the number of categories of ACEs you experienced prior to your 18th birthday and put the total number at the bottom. (You do not need to indicate which categories apply to you, only the total number of categories that apply.)

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 you live with anyone 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?

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 experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?

Your ACE score is the total number of yes responses.

Do you believe that these experiences have affected your health?  Not Much  Some  A Lot

Experiences in childhood are just one part of a person's life story. There are many ways to heal throughout one's life.

### Adult ACE Questionnaire

<https://www.acesaware.org/learn-about-screening/screening-tools/>

<https://acesourcenetwork.com/>

<https://www.cdc.gov/violenceprevention/aces/about.html>

<https://numberstory.org/>




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## A Note to My Colleagues

- ▶ Many of us have experienced childhood trauma
- ▶ This information may evoke strong feelings or difficult memories
- ▶ You may want to share your story or maybe you're not ready.
- ▶ We will discuss coping and healing strategies.
- ▶ Counseling can help



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## ACE Screening Tool – Multiple Languages Available

Screening tools are available in:

- Arabic
- Armenian
- Cambodian
- Chinese
- English
- Farsi
- Hindi
- Hmong
- Japanese
- Korean
- Laotian
- Punjabi
- Russian
- Spanish
- Tagalog
- Thai
- Vietnamese

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## Adverse Childhood Experience (ACE) is Common

About **1 in 7** children experienced child abuse and neglect in the last year.



**Estimated Cost of Child Abuse and Neglect**



See [Child Abuse and Neglect Resources](#) for more resources about child abuse and neglect.

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## The impact of childhood trauma and Toxic Stress?

- ▶ Leads to:
  - ▶ Neuroendocrine dysregulation
  - ▶ Altered immune response
  - ▶ Disrupts DNA packaging
  - ▶ Epigenetic tags can alter genetic makeup




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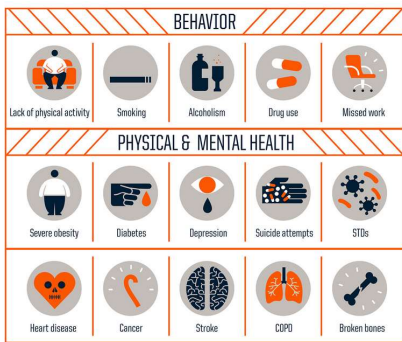
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## Impact of Childhood Trauma on Adults




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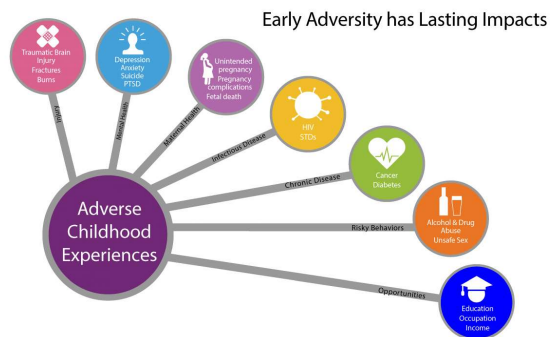
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## Early Adversity – Lasting Impact




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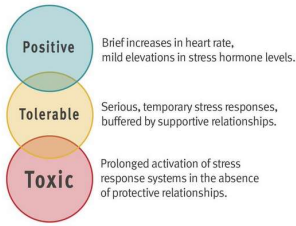
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## Toxic Stress (ACEs) in Childhood

### Three Types of Stress



- ▶ As Adults
  - ▶ Manifests as psychological issues (depression and anxiety)
  - ▶ But also manifests as diseases like diabetes (regardless of lifestyle factors)

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## ACE increases risk for 9 out of 10 leading causes of death in US

Leading Cause of Death	Odds Ratio with $\geq 4$ ACEs
▶ Heart Disease	▶ 2.1
▶ Stroke	▶ 2.0
▶ Diabetes	▶ 1.4
▶ Kidney Disease	▶ 1.7
▶ Cancer	▶ 2.3
▶ Alzheimer's	▶ 4.2
▶ Suicide(attempts)	▶ 37.5

<https://www.cdc.gov/vitalsigns/aces/index.html>

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## It's Worth Preventing ACEs

Morbidity and Mortality Weekly Report  
Early Release / Vol. 68 November 3, 2019

Preventing ACEs could reduce a large number of health conditions.

UP TO <b>21 MILLION</b> CASES OF DEPRESSION	UP TO <b>1.9 MILLION</b> CASES OF HEART DISEASE	UP TO <b>2.5 MILLION</b> CASES OF OVERWEIGHT/OBESITY

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## Poll Question

JR is 26 years old with newly diagnosed diabetes. JR keeps missing appointments and when you finally get a hold of them on the phone, they start crying and say “my life is a mess”. JR is struggling with addiction periods of houselessness and extra weight in addition to diabetes. Based on this information, what is the most likely barrier to JR engaging in self-care?

- A. JR is struggling with depression
- B. Diabetes distress is at the core of the listed behaviors
- C. Grieving and denial of diabetes diagnosis
- D. Adverse Childhood experiences (ACEs)

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## Pediatric ACEs and Related Life-events – PEARLS for Peds

Pediatric ACEs and Related Life Events Screener

CHILD

Many families experience stressful life events. Over time these experiences can affect your child's health and wellbeing. We would like to ask you questions about your child so we can help them be as healthy as possible.

The Pediatric ACEs and Related Life-events Screener (PEARLS) is used to screen children and adolescents ages 0-19 for ACEs

PEARLS in English

- Child (Parent Caregiver Report) - De-identified (English)
- Child (Parent Caregiver Report) - Identified (English)
- Child (Parent Caregiver Report) - Part 1 De-identified, Part 2 Identified (English)
- Teen (Parent Caregiver Report) - De-identified (English)
- Teen (Parent Caregiver Report) - Identified (English)
- Teen (Parent Caregiver Report) - Part 1 De-identified, Part 2 Identified (English)
- Teen (Self Report) - De-identified (English)
- Teen (Self Report) - Identified (English)
- Teen (Self Report) - Part 1 De-identified, Part 2 Identified (English)

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Pediatric ACEs and Related Life Events Screener (PEARLS)

CHILD - To be completed by Caregiver

At any point in time since your child was born, has your child seen or been present when the following experiences happened? Please include past and present experiences.

Please note, some questions have more than one part separated by "OR." If any part of the question is answered "Yes," then the answer to the entire question is "Yes."

### PART 1:

1. Has your child ever lived with a parent/caregiver who went to jail/prison?
2. Do you think your child ever felt unsupported, unloved and/or unprotected?
3. Has your child ever lived with a parent/caregiver who had mental health issues? (for example, depression, schizophrenia, bipolar disorder, PTSD, or an anxiety disorder)
4. Has a parent/caregiver ever insulted, humiliated, or put down your child?
5. Has the child's biological parent or any caregiver ever had, or currently has a problem with too much alcohol, street drugs or prescription medications use?
6. Has your child ever lacked appropriate care by any caregiver? (for example, not being protected from unsafe situations, or not cared for when sick or injured even when the resources were available)
7. Has your child ever seen or heard a parent/caregiver being screamed at, sworn at, insulted or humiliated by another adult?  
OR has your child ever seen or heard a parent/caregiver being slapped, kicked, punched, beaten up or hurt with a weapon?
8. Has any adult in the household often or very often pushed, grabbed, slapped or thrown something at your child?  
OR has any adult in the household ever hit your child so hard that your child had marks or was injured?  
OR has any adult in the household ever threatened your child or acted in a way that made your child afraid that they might be hurt?
9. Has your child ever experienced sexual abuse? (for example, anyone touched your child or asked your child to touch that person in a way that was unwanted, or made your child feel uncomfortable, or anyone ever attempted or actually had oral, anal, or vaginal sex with your child)
10. Have there ever been significant changes in the relationship status of the child's caregivers? (for example, a parent/caregiver got a divorce or separated, or a romantic partner moved in or out)

### PEARLS Part 1 – Directed to Caregiver

<https://www.acesaware.org/learn-about-screening/screening-tools/>

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## PEARLS Part 2

### PART 2:

1. Has your child ever seen, heard, or been a victim of violence in your neighborhood, community or school?  
*(for example, targeted bullying, assault or other violent actions, war or terrorism)*
2. Has your child experienced discrimination?  
*(for example, being hassled or made to feel inferior or excluded because of their race, ethnicity, gender identity, sexual orientation, religion, learning differences, or disabilities)*
3. Has your child ever had problems with housing?  
*(for example, being homeless, not having a stable place to live, moved more than two times in a six-month period, faced eviction or foreclosure, or had to live with multiple families or family members)*
4. Have you ever worried that your child did not have enough food to eat or that the food for your child would run out before you could buy more?
5. Has your child ever been separated from their parent or caregiver due to foster care, or immigration?
6. Has your child ever lived with a parent/caregiver who had a serious physical illness or disability?
7. Has your child ever lived with a parent or caregiver who died?

Add up the "yes" answers for the second section:

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## The Act of Recognition is Healing



**When we provide  
trauma informed  
care, we give voice  
to the unheard.**

**There is hope for  
healing.**

**We are part of  
breaking the cycle.**

~ Coach Beverly

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## Awareness >> to Healing

Yet many people, parents, health professionals, and educators don't know about ACEs. This lack of knowledge leads to significant illness and unimaginable expense – much of which could be averted through awareness, education, and action.



<https://aceresourcenetwork.com/>  
**You can heal from ACEs.**

ACEs have affected all of us in one way or another. ACEs are what happened to us. They are not who we are. They are part of our story and they shape it. If our well-being has been affected, change is possible and there is hope.

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## What can Diabetes Specialists do?

► We can identify people who experienced toxic stress and take action.

Provide	Provide ACE screening tool as part of intake process.
Acknowledge	Acknowledge Results.
Provide	Provide trauma informed care.

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## How to Ask questions about trauma



In addition to the stresses of daily life, sometimes people with diabetes might have experienced something particularly difficult or traumatic.



We also know that experiencing violence is very common in many people's lives.



I'm just wondering if there's anything like this you might want to talk about?

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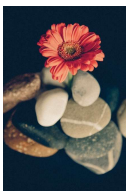
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## ACEs are Not Destiny

Diabetes Care Specialists can help interrupt intergenerational transmission of toxic stress



► 'With early detection and evidence-based intervention, we can transform health outcomes'

Nadine Burke Harris, MD  
1<sup>st</sup> Surgeon General of California  
Pediatrician, Activist, Role Model

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## Supporting Resilience




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The clinical response to identification of toxic stress should include:

1. Applying principles of trauma-informed care, including establishing trust, safety, and collaborative decision-making.

2. Supplementing usual care for ACE-Associated Health Conditions with patient education on toxic stress and discussing strategies that can help regulate the stress response, including:

- Supportive relationships, including with caregivers (for children), other family members, and peers
- High-quality, sufficient sleep
- Balanced nutrition
- Regular physical activity
- Mindfulness and meditation
- Experiencing nature
- Mental health care, including psychotherapy or psychiatric care, and substance use disorder treatment, when indicated



3. Validating existing strengths and protective factors.

4. Referrals to patient resources or interventions, such as educational materials, social workers, school agencies, care coordination or patient navigation, and community health workers.

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## Actions We Can Encourage That Help Buffer Toxic Stress Response




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# Breath Break




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Diabetes distress (also known as “diabetes-specific distress” or “diabetes-related distress”) is the emotional response to living with diabetes, the burden of relentless, daily self-management, and (the prospect of) its long-term complications.



The ADA created a wonderful resource, [the ADA Guide to Living Well](#), which houses diabetes distress and other screening tools for easy reference.

## Address and Assess for Diabetes Distress

- Emotional Burden
- Practitioner Distress
- Regimen Distress
- Interpersonal Distress




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# Diabetes Distress – Assess Annually

**Type 1 Diabetes Distress Scale (T1-DDS)**

Remember to bring your T1D diagnosis on an appointment. Please follow the order of screening things that many people with type 1 diabetes experience. Thinking back over the past month, please indicate the degree to which each of the following may have been a problem for you by circling the appropriate number. For example, if you had had a particular item was not a problem for you over the past month, you would circle 1. If it was very tough for you over the past month, you would circle 4.

Item	Not at all	Slightly	Moderately	Quite a bit	Very much
1. Feeling that I am not as skilled at managing diabetes as I should be.	1	2	3	4	5
2. Feeling that I don't eat as carefully as I probably should.	1	2	3	4	5
3. Feeling that I don't notice the warning signs of hypoglycemia as well as I should.	1	2	3	4	5
4. Feeling that people treat me differently when they find out I have diabetes.	1	2	3	4	5
5. Feeling discouraged when I see high blood glucose numbers that I can't explain.	1	2	3	4	5
6. Feeling that my family and friends make a bigger deal out of diabetes than I feel about it.	1	2	3	4	5
7. Feeling that I can't tell my diabetes doctor what is really on my mind.	1	2	3	4	5
8. Feeling that I am not taking as much insulin as I should.	1	2	3	4	5
9. Feeling that I have to hide my diabetes from other people.	1	2	3	4	5
10. Feeling that my friends and family worry more about hypoglycemia than I want them to.	1	2	3	4	5
11. Feeling that I don't know my blood glucose level as often as I probably should.	1	2	3	4	5
12. Feeling nervous that I will develop serious long-term complications, no matter how hard I try.	1	2	3	4	5
13. Feeling that I don't get help I really need from my diabetes doctor about managing diabetes.	1	2	3	4	5
14. Feeling embarrassed that I could have a serious hypoglycemic event when I'm alone.	1	2	3	4	5
15. Feeling that thoughts about food and eating control my life.	1	2	3	4	5
16. Feeling that my friends or family treat me as if I were more fragile or sick than I really am.	1	2	3	4	5
17. Feeling that my diabetes doctor doesn't really understand what it's like to have diabetes.	1	2	3	4	5
18. Feeling concerned that diabetes may make me less attractive to my partner.	1	2	3	4	5
19. Feeling that my friends or family act like "diabetes police" (rather than just being supportive).	1	2	3	4	5

www.behavioraldiabetes.org

[https://professional.diabetes.org/sites/default/files/media/ada\\_mental\\_health\\_toolkit\\_questionnaire.pdf](https://professional.diabetes.org/sites/default/files/media/ada_mental_health_toolkit_questionnaire.pdf)

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## Having the Conversation

- Elicit diabetes story
- Listening for the major diabetes distress themes
- Communication Approaches
  - Open ended questions (O) -What, How, Why
  - Reflect feelings words (R) – Sad, upset, worried, hopeful, angry, happy, scared etc.
  - Summarize (S) – So what your saying is... Did I get that right?
  - Normalize (N) – A lot of people with diabetes feel that same way.
  - Active listening with empathy (E) – I hear you. That sounds really tough

Used with permission from ReVive 5 Program; Larry Fisher, PhD & Susan Guzman, PhD

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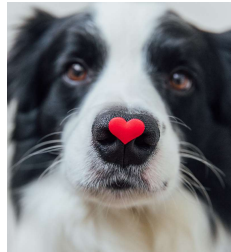
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## Embark Trial – Emotions as Priority

- ▶ I have finally given myself permission to make addressing the emotional aspects of diabetes a priority.



- ▶ ~Coach Beverly

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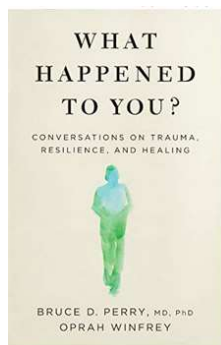
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## Quotes from “What Happened to You?”

- ▶ The lesson is that no matter what has happened, you get a chance to rewrite the script. (You are not your number.)
- ▶ I wouldn't be who I am without my trauma, so I own it.
- ▶ I use my trauma in service to others - empathy, compassion and forgiveness.



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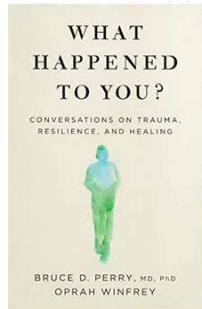
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## Quotes from "What Happened to You?"

Trauma and adversity, in a way, are gifts.

All of us who have been broken and scarred by trauma have the chance to turn those experiences into post-traumatic wisdom.

Forgive yourself, forgive them. Step out of your history and into the path of your future.



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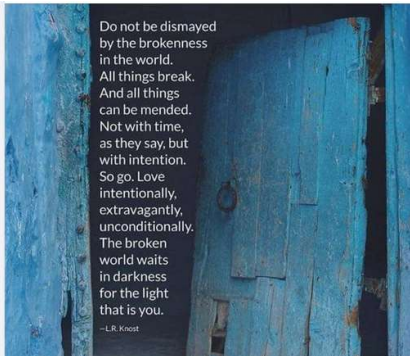
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## Being Trauma Aware Saves Lives



*I finally feel like someone actually cares what happened to me and is providing me with help and support!*

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## Thank You



- ▶ Questions? We are here to help!
- ▶ Email [info@diabetesed.net](mailto:info@diabetesed.net)
- ▶ Call 530/ 893-8635
- ▶ [www.diabetesed.net](http://www.diabetesed.net)

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