

Indigenous Approach to Trauma Informed Care – ACEs

the Engine Behind Intergenerational Trauma

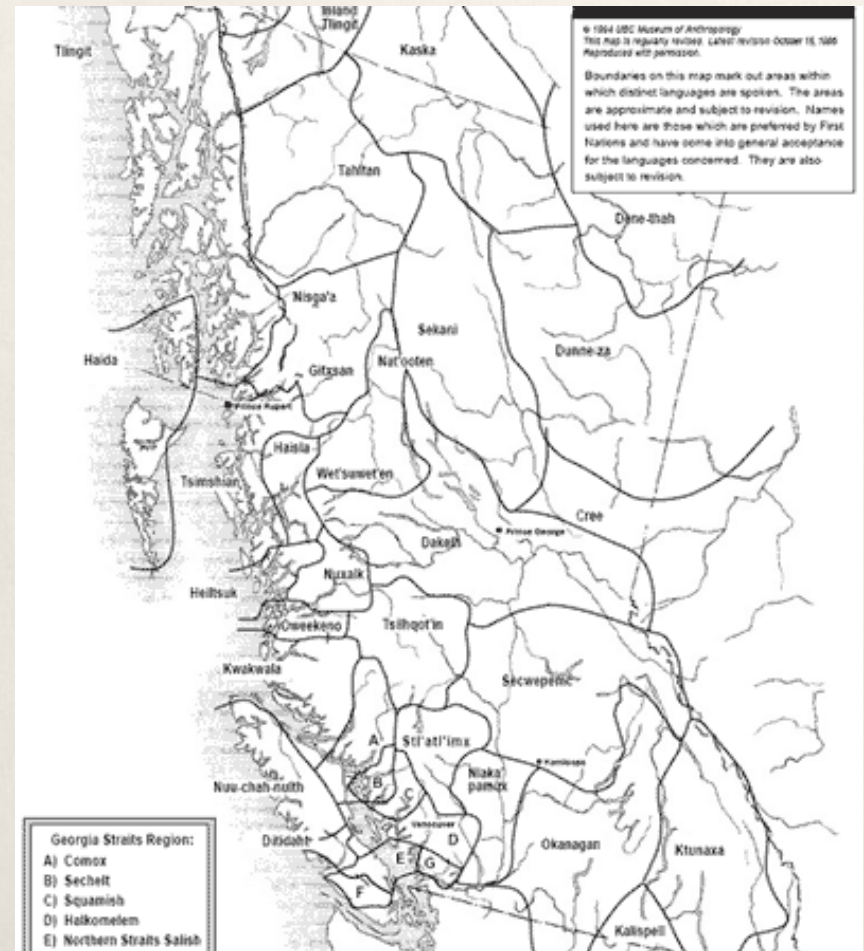
SRPC Webinar November 28th, 2023

Land Acknowledgement

Traditionally we would always ask permission before we entered another's territory.

Recognizing that this land was occupied before settlers arrived.

<https://native-land.ca/>



Objectives:

1. Review of adverse childhood events (ACEs) and the pathophysiology of trauma and its impacts on health
2. Discuss how colonialism, culturally unsafe care, and bias has contributed to an overburden of trauma in Indigenous communities.
3. Share a two-eyed seeing approach to supporting trauma informed care with Indigenous people.

Summary from Last Webinar:

Health disparities are due to colonialism and racism and NOT due to Indigeneity.

Cultural Safety and Humility requires addressing ethical space considerations and practicing active reflection both personally and as a group.

Racism is NOT a moral issue. It is a socio-political construct designed to give one set of people power and privilege over another group of people AND generations of trauma as a result of this construct.

Speak out culture = Feedback Culture

“Learn about Indigenous brilliance
and success as much as you learn
about Indigenous suffering and
trauma.”

-Len Pierre



- * ACE > 4 and Positive Poverty screen identifies people who are at significantly higher risk for developing physical and mental illnesses

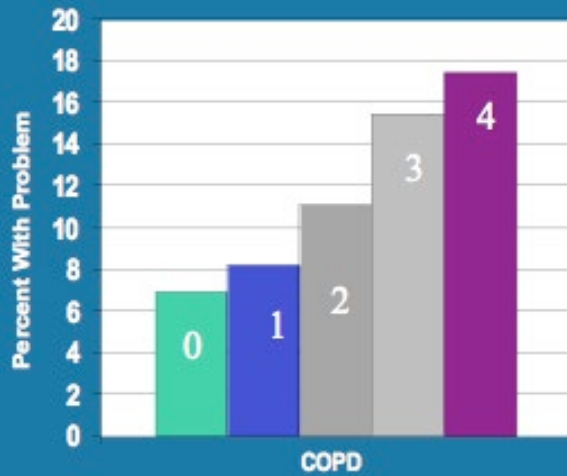
The Story of ACEs

Changing the Conversation from “What’s Wrong with You?” to
“What Happened to you?”

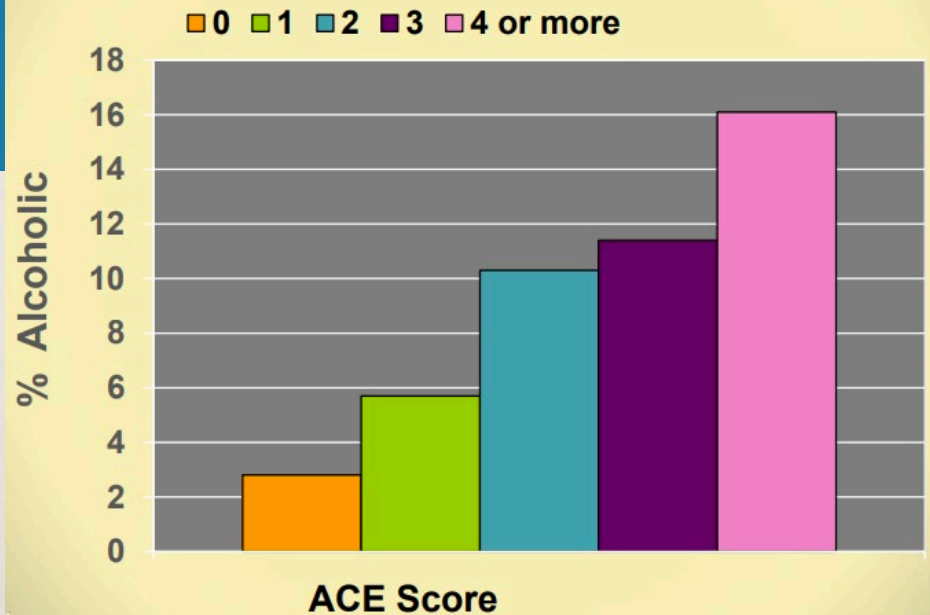
Adverse Childhood Experiences (ACEs)

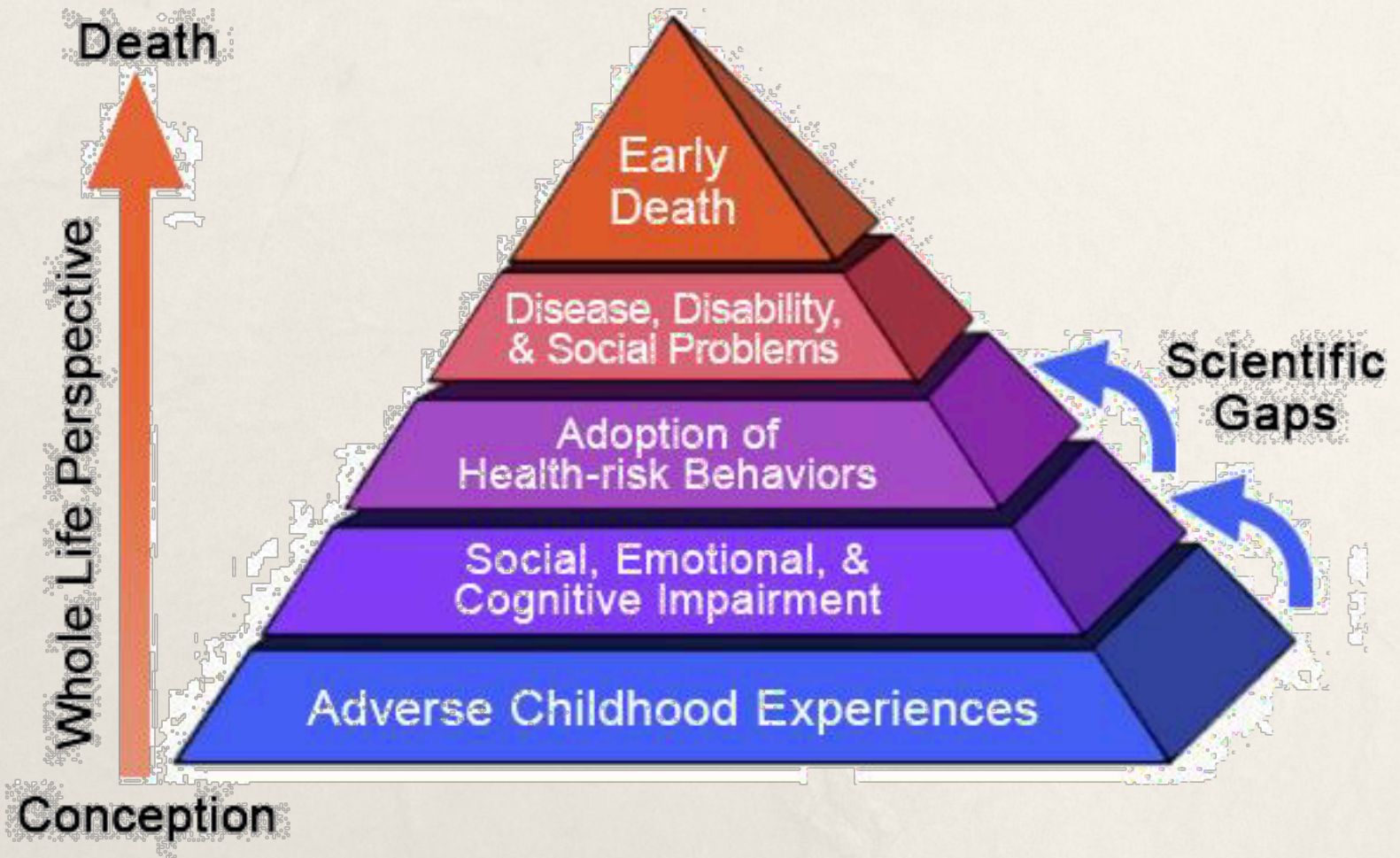
- ★ The engine that perpetuates intergenerational trauma
- × ACE Questionnaire asks 10 questions related to negative, stressful and traumatizing events in childhood (covering abuse, neglect, household dysfunction) - assigns score out of 10
- × ACE score strongly correlates with future health risks[8]
 - + Substance Use Disorders
 - + Mental Illness
 - + Cancer (when viewed collectively)
 - + Ischemic Heart Disease
 - + Diabetes
 - + COPD
 - + Interpersonal and Self-Directed Violence

ACE Score vs. COPD



ACE vs Adult Alcoholism





Adverse Childhood Experiences & IM/IT

W.L. Clifford, OBC, MD, FCFP, BSc, BMedSci, MScF

October 26th, 2017

And these are common experiences:

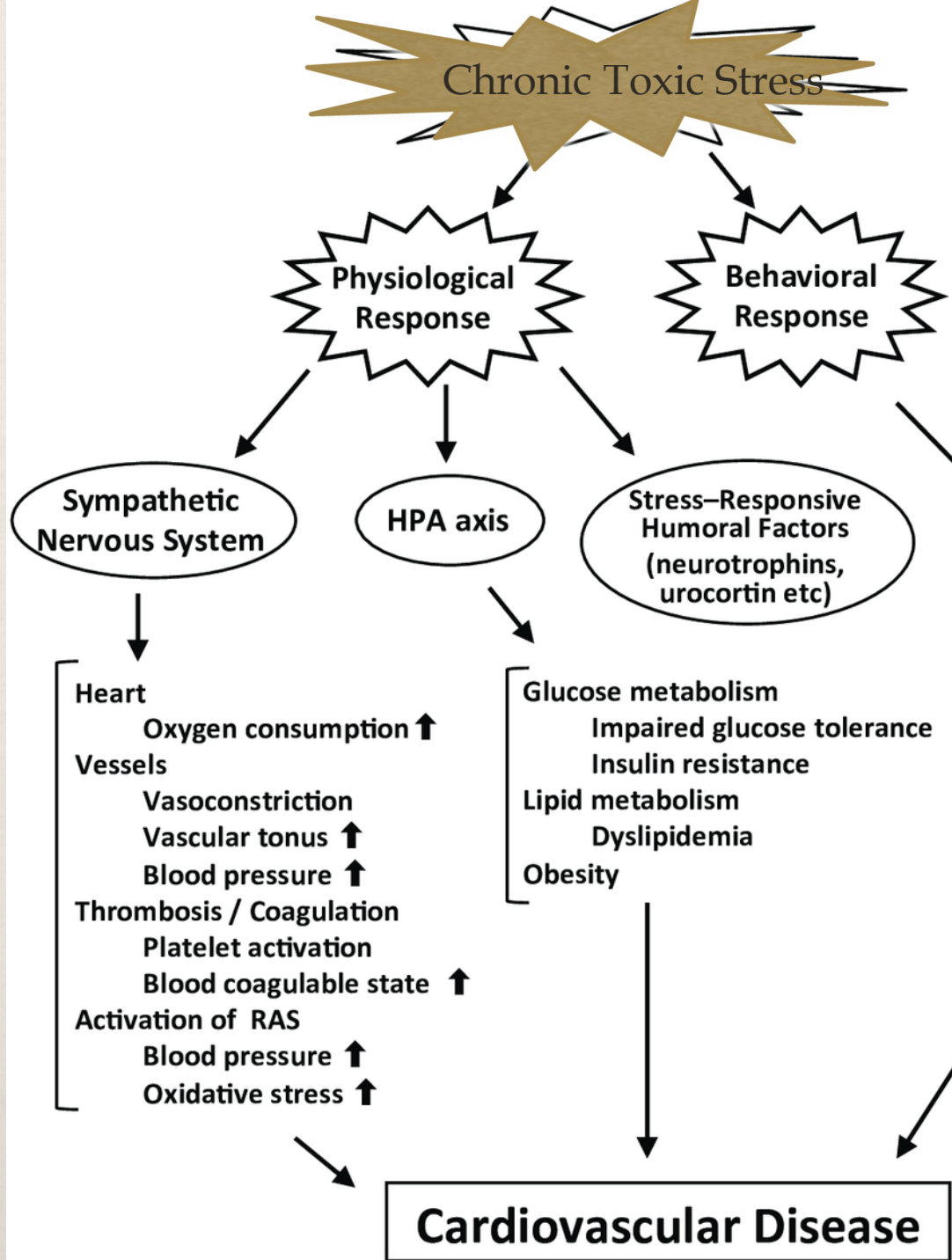
Number of Adverse Childhood Experiences (ACE Score)	Women	Men	Total
0	34.5	38.0	36.1
1	24.5	27.9	26.0
2	15.5	16.4	15.9
3	10.3	8.6	9.5
4 or more	15.2	9.2	12.5

- * Hypothalamic-pituitary-adrenal axis dysfunction as a result of changes to the hippocampus, reward centers, prefrontal cortex, language centers that result in individuals who are impulsive, have maladaptive stress response, impaired rational thinking and difficulty verbalizing what is going on internally.
- * Field of Epigenetics has proven trauma is passed down at least four generations
 - * I know from my traditions eventually this will be proved to 7 generation
- * Symptoms of Hypoarousal and Hypervigilence
 - * Otherwise known as flight/fight/freeze
 - * Commonly misdiagnosed as anxiety, ADHD, depression
- * Report Showed that history of childhood abuse increases physiological stress reactivity for a lifetime, a reactivity which is further enhanced when additional trauma is experienced in adulthood.

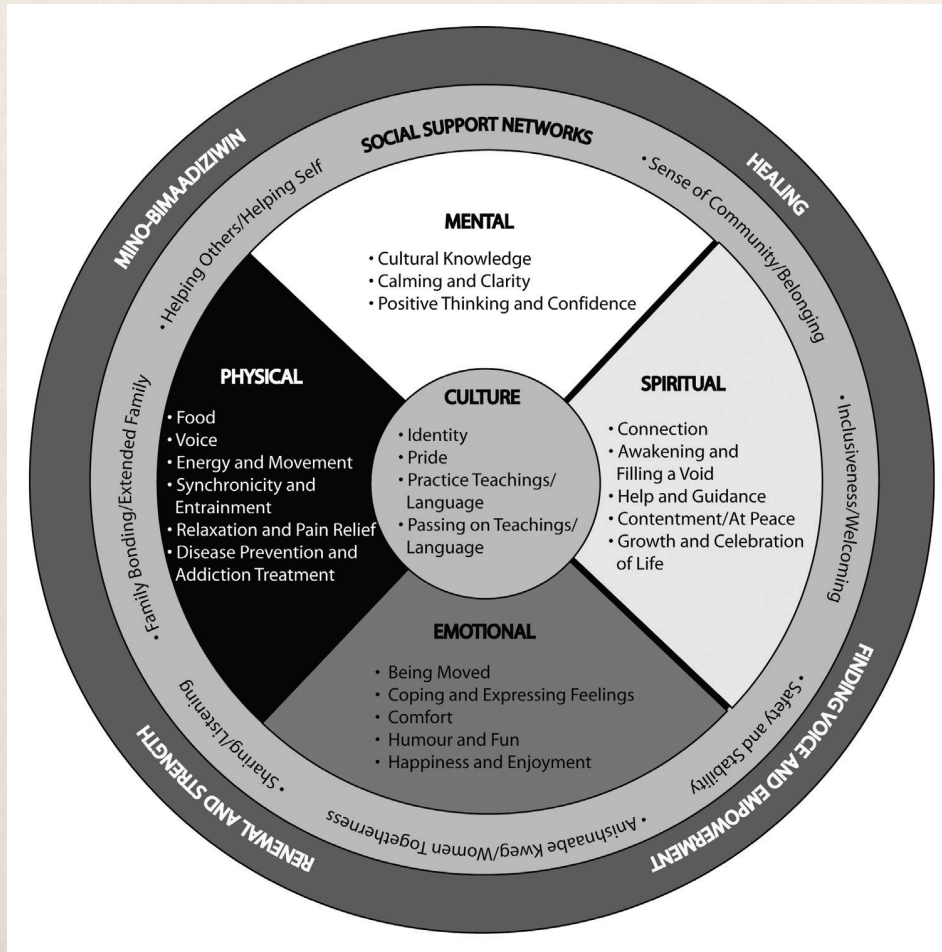
Quoted from Hungry Ghosts, report published in The Journal of the American Medical Association

(Chronic Toxic) Stress: Curse of the HPA

- * Glucocorticoid resistance
- * Increase in inflammation (allopathic change)
- * Depression, decrease in engagement (positive feedbacks to point 1&2)
- * Allopathic Change:
 - * Increase in BP, Vigilance, blood sugar
 - * Decrease in pleasurable stimuli
- * Allopathic Load:
 - * HTN, Anxiety, Type 2 DM



Pre-Contact



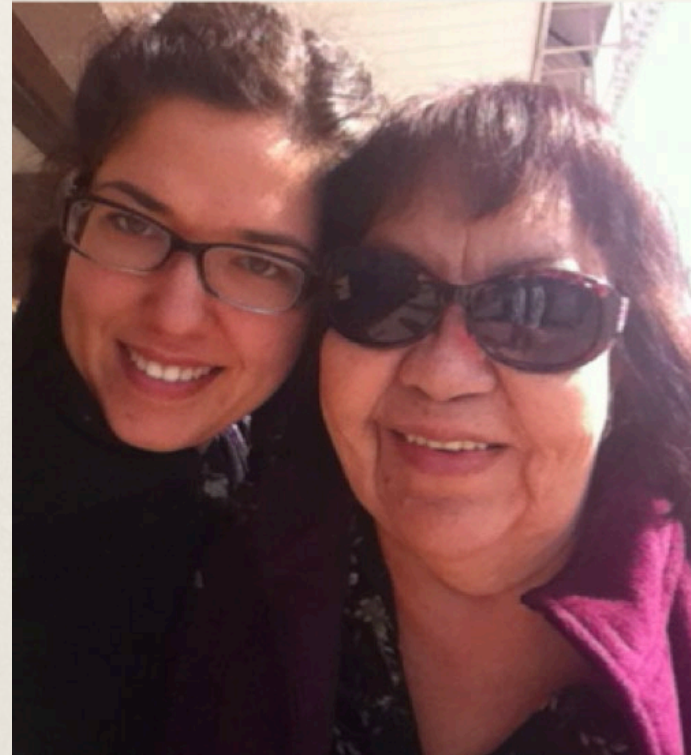
Early Contact

- * Shared trade, Alliances
 - * Royal Proclamation of 1763 (King George III) - recognized Indigenous land rights
 - * “Any future transfer of ‘Indian’ land would take the form of a Treaty between sovereigns”
 - * Military Alliances (e.g. War of 1812)
 - * Trading Partnerships (fur trade)
 - * Significant intermarriage - the start of the Metis Nation

- * Infectious Disease
 - * Smallpox - major outbreak across North America
 - * Tuberculosis - a second, later outbreak followed, as Indigenous people forced into smaller and more crowded living conditions

Colonization:

- * Indian Act 1876
- * Residential School 1820 to 1996
 - *150 000 children attended
- * The 60's scoop 1960-1980
 - *~11131 children apprehended
 - *"Millenium Scoop" - Statistics Canada
- * Indian Hospitals 1945-1981
 - *29 racially segregated hospitals
- * Forced Sterilization
- * Institutional Racism
 - *First Peoples, Second Class Treatment
 - *Where our people go to die
 - *Current Investigation into Racism in BC



“To take the Indian out of the Child”
John A. McDonald



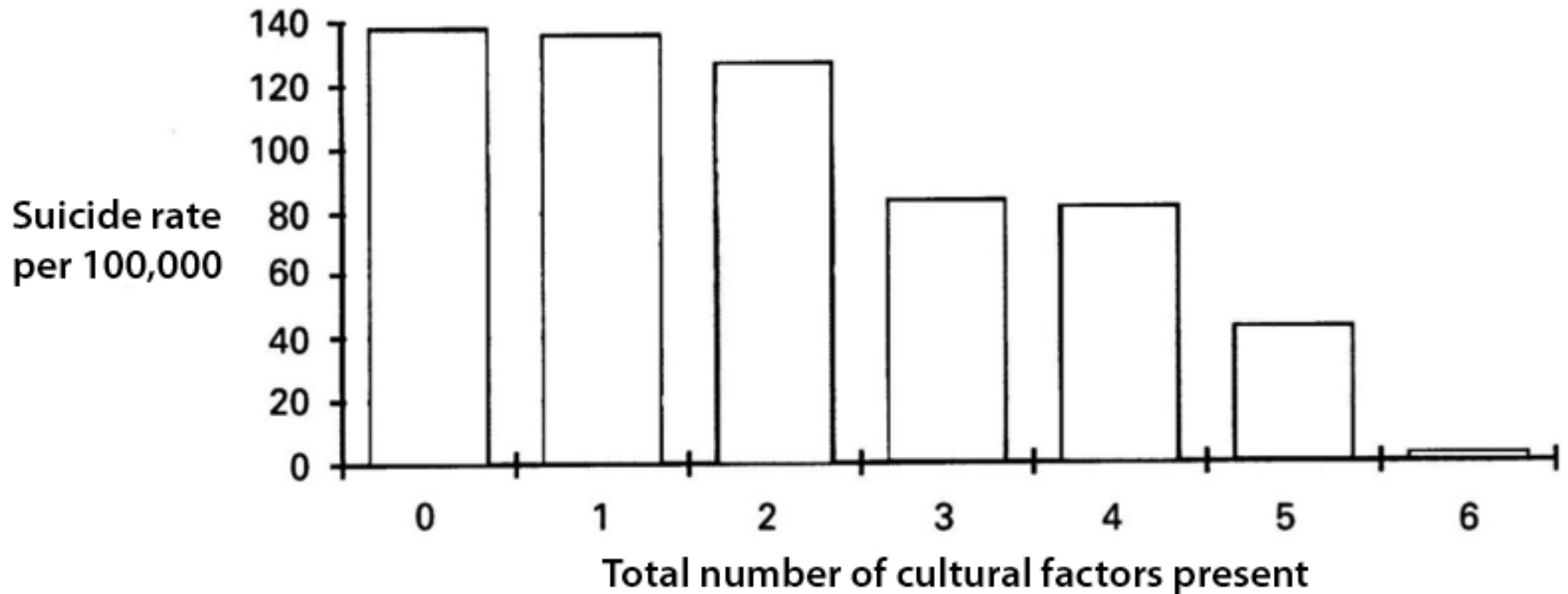
Thomas Moore before and after his entrance into the Regina Indian Residential School in Saskatchewan in 1874.

Library and Archives Canada / NL-022474

Intergenerational Trauma

- * Social Determinants of Health
 - *Poverty and it's impact on health
 - *Homelessness / unstable housing
 - *Food insecurity and decreased access to safe drinking water
- * Intergenerational Trauma and High ACEs
- * Systemic Racism:
 - *Gaps in research
 - *Challenges with access
 - *Culturally unsafe care
- * Implicit Bias
 - *Medical Decision Making
 - *Communication

Culture is Protective



ACE & Indigenous People

Gaps in Knowledge

- * Indigenous specific ACEs like Historical Trauma, Loss, and Discrimination are minimal in the literature
- * More culturally competent research is needed to help inform Indigenous specific guidelines trauma informed guidelines

Recommendations

- * Focus on prevention programs
- * Two pronged approach to help parents and children
- * Interventions should be individual and community specific
- * Evaluations and studies should focus on Indigenous definitions of wellness

Ways to Address Trauma

- * Prevention
 - * Early childhood program
 - * Parenting programs
 - * Women's Health
- * Resilience and Protective Factors
- * Various Evidence Based Modalities:
 - * EDMR, OAI, Somatic Experiencing

Incorporating ACEs:

Trauma-Informed Practice Guide

May 2013



BCGuidelines.ca
Guidelines & Protocols Advisory Committee

Adverse Childhood Experiences and Trauma-Informed Practice: Resource Guide for Practitioners

THE BASICS

- ▶ ACEs are Adverse Childhood Experiences and 64% of adults have at least one. ACEs harm a child's developing brain, and lead to the adult-onset of chronic diseases, depression and other mental illness, and violence. Healthcare providers are using trauma-informed practice based on ACEs research and interventions can improve the lives of families and children.
- ▶ ACEs Made Visible www.ACEsMadeVisible.com
Website on ACEs geared towards students of healthcare professions that provides an accessible overview of the statistics, evidence and interventions around ACEs through engaging infographics and interactive materials.

THE SCIENCE

- ▶ CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study: www.cdc.gov
One of the largest investigations of childhood abuse and neglect and later-life health and well-being was conducted at Kaiser Permanente from 1995 to 1997. Over 17,000 participants completed surveys regarding their childhood experiences and current health status and behaviours. More detailed information about the study, "[Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults](#)" in the American Journal of Preventive Medicine in 1998, Volume 14, pages 245–258.
- ▶ US Centers for Disease Control and Prevention: www.cdc.gov/ACEs/JournalArticlesByTopicArea
The ACE study has led to dozens of important follow-up studies on the impact of ACEs on a range of health conditions and populations. A list of many of these articles by topic area can be access through the CDC website.

THE QUESTIONNAIRE

- ▶ The Questionnaire: <https://acestoohigh.com/got-your-ace-score/>
The Questionnaire is used to identify ACEs and focuses on 3 categories: childhood abuse, neglect and household challenges. The ACE score, a total sum of the different categories of ACEs reported by participants, is used to assess cumulative childhood stress. Study findings repeatedly reveal a graded dose-response relationship between ACEs and negative health and well-being outcomes across the life course. Almost two-thirds of study participants reported at least one ACE, and more than one in five reported three or more ACEs.

As the number of ACEs increases, so does the risk for negative health outcomes

0 ACEs 1 ACE 2 ACEs 3 ACEs 4+ ACEs

The Truth about ACEs infographic:
www.collaborativetoolbox.ca/file/532/download?token=NfFYxlet