



Regulating the Stress Response for Kids: Practical Tips for Primary Care Providers

California ACEs Aware Initiative

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ACEs Aware Mission



To change and save lives by helping providers understand the importance of screening for Adverse Childhood Experiences and training providers to respond with trauma-informed care to mitigate the health impacts of toxic stress.

Presenters

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Agenda



1. Provide definitions, research, and resources on the clinical response to address toxic stress
2. Share Stress Regulation Strategies for Pediatric Patients
3. Answer Audience Questions
4. Provide Additional ACEs Aware Tools



Regulating the Stress Response in Kids: Definitions, Research, and Resources

Dayna Long, MD, FAAP

10 Categories of Adverse Childhood Experiences

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

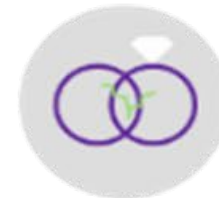
HOUSEHOLD



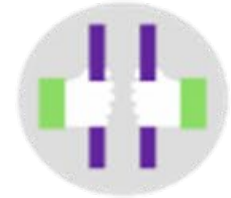
Mental Illness



Mother treated
violently



Divorce



Incarcerated Relative



Substance Abuse

Toxic Stress Response Definition

Repeated or prolonged activation of a child's stress response, without the buffering protections of trusted, nurturing caregivers and safe, stable environments, leads to long-term changes in the structure and functioning of the developing brain, metabolic, immune, and neuroendocrine responses, and even the way DNA is read and transcribed.

For information on the clinical response to ACEs and toxic stress, visit [ACEsAware.org/provider-toolkit](https://www.aceaware.org/provider-toolkit)

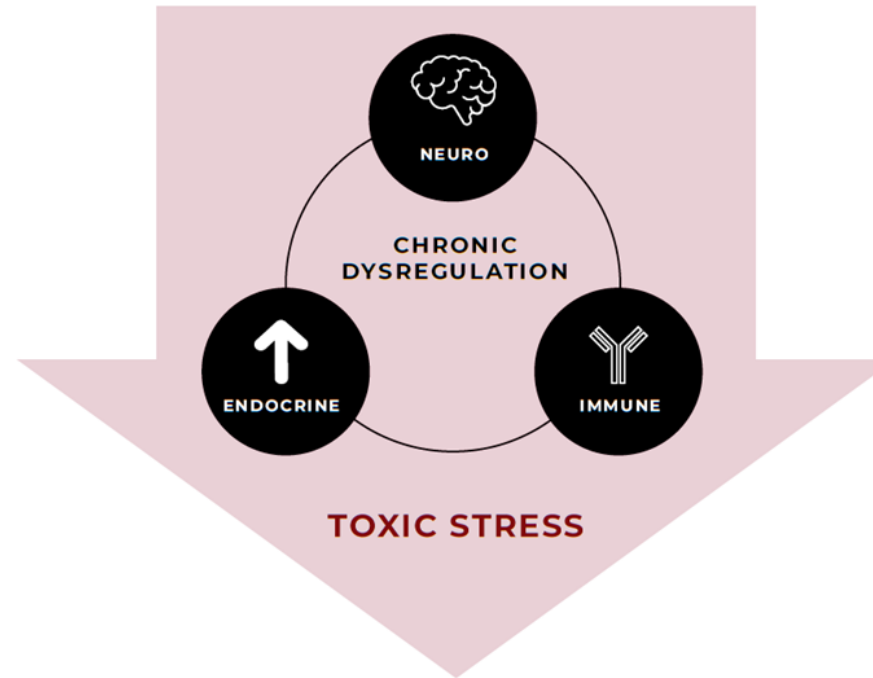


EARLY LIFE ADVERSITY

Protective
Factors



Predisposing
Vulnerability



CLINICAL IMPLICATIONS

Epigenetic		
Endocrine Metabolic Reproductive	Neurological Psychiatric Behavioral	Immune Inflammatory Cardiovascular



Positive stress

*Brief increases in heart rate
Mild elevations in stress hormones*

Tolerable stress

*Serious, temporary stress responses
Buffered by supportive relationships*

Toxic stress

*Prolonged stress response activation
Absence of protective relationships*

Source: J Shonkoff Harvard University Center on the Developing Child

Overview of Clinical Response

Clinical response to identification of ACEs and increased risk of toxic stress should include:

1. **Applying principles of trauma-informed care.**
2. **Identification and treatment of ACE-Associated Health Conditions** by supplementing usual care with **patient education** on toxic stress and strategies to regulate the stress response including the **Six Stress-Busting Strategies**.
3. **Validation of existing strengths and protective factors**
4. **Referral to needed patient resources or interventions**, such as educational materials, social work, care coordination or patient navigation, community health workers, as well as the six pillars listed earlier
5. **Follow up** as necessary, using the presenting ACE-Associated Health Condition(s) as indicators of treatment progress

For information on the clinical response to ACEs and toxic stress, visit ACEsAware.org/provider-toolkit

Six Stress Busting Strategies



From the California Surgeon
General's Playbook at
COVID19.CA.gov



Resources By Topic

The ACE resources below are organized by topic to help you find a resource more quickly. Select a topic to view corresponding resources.

Visit [Advanced Search](#) to filter the resources and search by keyword.

COVID-19 & Stress

Educational Events

Provider Toolkit

ACEs Aware Grants

ACE Resources

right

Resources by Type

Clinical Resources for Adult Providers

Clinical Resources for Pediatric Providers

Organizational Toolkits

Patient/Family Education Handouts

Policy, Research and Advocacy Briefs

Resources by Topic

Resilience-Building Interventions

Science of Toxic Stress

Screening & Clinical Response

Self-Care Tools

Trauma-Informed Systems

Self-Care Tool for Pediatrics

The full version of the ACEs Aware Self-Care Tool for Pediatrics is available at:

ACEsAware.org/heal/resources/resources-by-topic/self-care-tools/



ACEs Aware Self-Care Tool for Pediatrics

When a child or teen has experienced significant Adverse Childhood Experiences (ACEs), their body may make more or less hormones than is healthy. This can lead to problems with a child's physical and/or mental health, such as asthma, poor growth, depression, or behavior problems. Safe, stable, and nurturing relationships and environments where children feel safe emotionally and physically can protect children's brains and bodies from the harmful effects of stress. You can help your child be healthier by managing your own stress response and helping your child do the same. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, building social connections, and getting mental health support can help to decrease stress hormones and prevent health problems. Here are some goals your family can set together to support your child's health. *[Check the goals that you are picking for yourself and your family!]*

- ☐ **Healthy relationships.** We've set a goal of...
 - ☐ Using respectful communication even when we are upset or angry
 - ☐ Spending more high-quality time together as a family, such as:
 - ☐ Having regular family meals together
 - ☐ Having regular "no electronics" time for us to talk and/or play together
 - ☐ Talking, reading, and/or singing together every day
 - ☐ Making time to see friends to create a healthy support system for myself and our family
 - ☐ Connecting regularly with members of our community to build social connections
 - ☐ Asking for help if a relationship or environment feels physically or emotionally unsafe

☐ The National Domestic Violence Hotline is 800-799-4889 (7000)



Communicating Stress Regulation Strategies

Hilary M. Bowers, MD, FAAP



Communicating Stress Regulation Strategies

Pradeep Gidwani, MD, MPH, FAAP



Questions & Answers

ACEs Aware Provider Training

1. Get trained at www.ACEsAware.org/training

- Free, 2-hour online course that offers CME and MOC credits
- Includes information on:
 - Medi-Cal policies and requirements
 - Science of ACEs and toxic stress
 - How to screen for ACEs
 - How to implement trauma-informed care

2. Fill out a form to self-attest to completing the training at www.Medi-Cal.ca.gov/TSTA/TSTAattest.aspx

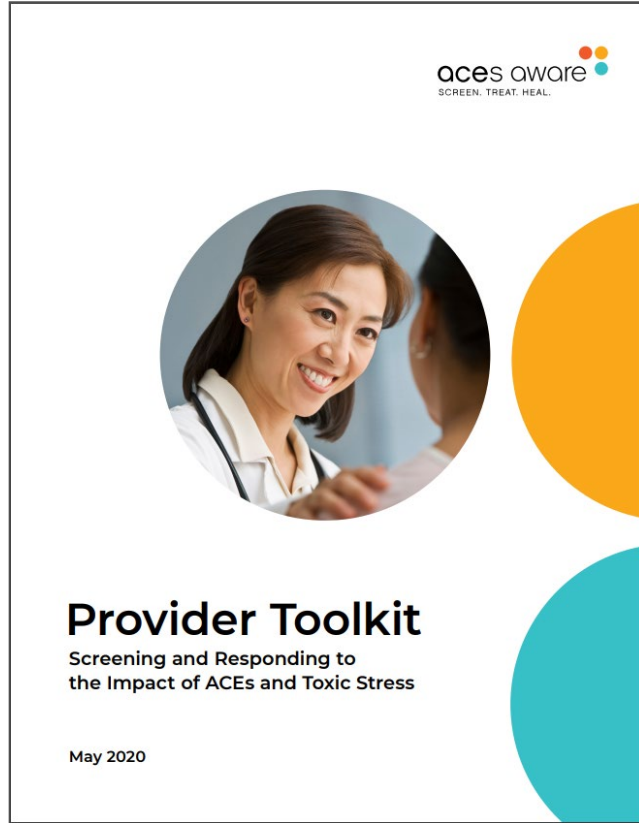
- List of Medi-Cal provider types eligible to receive payment at www.ACEsAware.org/eligible-providers/



GET TRAINED



ACEs Aware Provider Toolkit



The [Provider Toolkit](#) provides comprehensive information on the ACEs Aware initiative

ACEsAware.org/provider-toolkit

ACEs Aware Initiative

[Cover Letter from Dr. Nadine Burke Harris & Dr. Karen Mark](#)

[ACEs Aware Initiative: Overview](#)

[The Science of ACEs & Toxic Stress](#)

Screen: Training and Payment

[Screening Tools Overview](#)

[Suggested Clinical Workflows for Screening](#)

[Medi-Cal Certification & Payment](#)

Treat: Clinical Practice

[Trauma-Informed Care Overview](#)

[Clinical Response to ACEs & Toxic Stress](#)

Heal: Resources and Support

[Patient Tools & Informational Handouts](#)

[References](#)



Upcoming Webinars



Register for Webinars and Find Webinar Recordings at:

www.ACEsAware.org/educational-events



Questions?

Contact Us



Info@ACEsAware.org



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