About ZERO TO THREE

- We help babies and toddlers benefit from the family and community connections that are critical to their well-being and development.

- Our mission is to ensure that all babies have a strong start in life.

- We envision a society with the knowledge and will to support all infants and toddlers in reaching their full potential.

Our Future Depends on How We Nurture Our Babies Now....
Early Relationships Shape Brain Development

• Teach us how the world works and how we are valued

• Provide the context in which the experiences shaping brain development unfold

• Create the bedrock for learning and school readiness and for all later relationships

What is Think Babies™?

• ZERO TO THREE created the Think Babies™ campaign to bring nationwide attention to what babies and families need to thrive.

• Think Babies™ builds awareness and will at the state and federal levels to advance infant-toddler policy priorities:
  • Quality, affordable child care
  • Time for parents to bond with their babies
  • Healthy emotional development
  • Strong physical health and nutrition
# Think Babies™ State Partnerships

<table>
<thead>
<tr>
<th>STATE PARTNERS</th>
<th>SUPPORT FOR STATE PARTNERS</th>
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<tr>
<td><strong>Colorado</strong> – Colorado Children’s Campaign and Clayton Early Learning</td>
<td>• Funding</td>
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<td><strong>Georgia</strong> – Georgia Early Education Alliance for Ready Students</td>
<td>• Technical assistance</td>
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<td><strong>New Jersey</strong> – Advocates for Children of New Jersey, in partnership with Right from the Start NJ</td>
<td>• Communications assets</td>
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<td><strong>North Carolina</strong> – Child Care Services Association, in partnership with North Carolina Early Education Coalition</td>
<td>• Peer learning opportunities</td>
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<td><strong>Rhode Island</strong> – Rhode Island Kids Count</td>
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<td><strong>Washington</strong> – Children’s Alliance</td>
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# More Information

**ZERO TO THREE:** [www.zerotothree.org](http://www.zerotothree.org)

**Think Babies:** [www.thinkbabies.org](http://www.thinkbabies.org)

**ZTT Safe Baby Court Teams:** [https://www.zerotothree.org/our-work/safe-babies-court-teams](https://www.zerotothree.org/our-work/safe-babies-court-teams)

• **Sign up** to receive *Think Babies™* campaign updates and action alerts from ZERO TO THREE

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Adverse Childhood Experiences (ACEs) Overview

In a nutshell...

Things that happen to us as children can have a big impact on our health and well-being later in life.
**Original ACE study**

- Conducted by Kaiser Permanente’s Health Appraisal Clinic and the Centers for Disease Control and Prevention from 1995 – 1997
- Asked adults about their childhood experiences
- Looked at the relationship between childhood experiences and adult outcomes

**Key findings from original ACE study**

1. ACEs are common! Almost 2/3 reported at least 1 ACE. More than 1/5 reported 3+ ACEs
2. ACEs can have a lasting impact on behavior and health
3. More ACEs means a greater risk
Lasting effects of ACEs: Original study findings

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease
- Depression
- Fetal death
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease
- Liver disease
- Poor work performance
- Financial stress
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy
- Risk for sexual violence
- Poor academic achievement

Where are we now?
Expanding our understanding of ACEs

**Data:** National Survey of Children’s Health (NSCH), state/local data

**List of ACEs:** Broadened to include a more diverse set of experiences

**Studying solutions:** Resilience, trauma-informed care, policy opportunities

Key findings from 2016 data

- **45% of children** have experienced at least one ACE
- **One in ten children** have experienced three or more ACEs

Prevalence varies by state. For 3+ ACEs, **five states** (AZ, AR, MT, NM, OH) have statistically significant higher numbers. **Two states** have statistically significant lower numbers (MD, NY)
Activity: ACE Score

- Text “NCSLHealth” to 22333 to join the poll

From the list of experiences below, how many you may have experienced:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Mental illness in household
- Parental separation or divorce
- Incarcerated household member
Adverse Childhood Experiences: Impacts

Implications of ACEs

- Immediate implications for children
- Implications for families and people who work with children
- Implications later in life
- Implications for policy and social systems
Immediate impact on children, families, service providers

- Brain development
- Cognitive development and learning
- Social emotional development
- Attachment
- Physical health and development
- Families who care for children experiencing these symptoms
- Service providers working with children and families

Implications of ACEs into adulthood

- Health risk behaviors (substance abuse, tobacco use, unintended pregnancy)
- Disease (heart disease, stroke, liver disease, obesity, cancer)
- Mental health (anxiety, depression suicide attempts)
- Early sexual activity and teen pregnancy
- Lower sense of well-being, less satisfied with life
- Work-related problems/unemployment
More ACEs means more risk

One ACE

Source: CDC infographic on Adverse Childhood Experiences

More ACEs means more risk

Four ACEs

Source: CDC infographic on Adverse Childhood Experiences
## Implications for society

<table>
<thead>
<tr>
<th>Impact on child/adult</th>
<th>Social system</th>
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</thead>
<tbody>
<tr>
<td>Child abuse and neglect</td>
<td>Child welfare</td>
</tr>
<tr>
<td>Developmental challenges for children</td>
<td>Early childhood programs, education</td>
</tr>
<tr>
<td>Struggling parents</td>
<td>Child welfare, workforce</td>
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<tr>
<td>Disease</td>
<td>Health</td>
</tr>
<tr>
<td>Substance abuse</td>
<td>Health, workforce, child welfare</td>
</tr>
<tr>
<td>Unemployment</td>
<td>Workforce</td>
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### Areas of opportunity

- Resilience
- Protective factors
- Evidence-based, trauma-informed therapies
Thank you!

- www.childtrends.org
- ejordan@childtrends.org

Questions for Beth?
Activity: Case Study Discussion

1. Take a few minutes to read and discuss the case study that is at your table
2. Brainstorm policy options for preventing, addressing, and mitigating the effects of the adverse experiences in your case study
3. Report Out

Adverse Childhood Experiences

Did You Know?

Adverse Childhood Experiences Include:

- Emotional abuse
- Physical abuse
- Sexual abuse
- Emotional neglect
- Physical neglect
- Mother treated violently
- Household substance abuse
- Mental illness in household
- Parental separation or divorce
- Incarcerated household member
Adverse Childhood Experiences

Did You Know?

Children with four or more ACEs are also 32 times more likely to have a learning or behavioral issue when compared to children with no adverse childhood experiences.


Individuals with four or more ACEs are about four times more likely to develop depression and 12 times more likely to attempt suicide.


1 in 14 U.S. children experience parental incarceration.
Source: Annie E. Casey Foundation

The number of kids who’ve had a parent in jail or prison at some point during their childhood.

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In our first 3 Years of life, we create one million brain connections every second. However, the accumulation of excessive stress in the body (a result of ACEs) can interfere with this development.

Case Study 1: Phoebe

- Phoebe, 7, is about to finish second grade and isn’t yet reading.
- Her teachers are concerned about her development but have not been able to get Phoebe’s grandmother, her guardian, to respond to their requests for a meeting.
- They are also concerned Phoebe may be being abused at home. Phoebe’s grandmother does not speak English and works very long hours.
- Phoebe is often left at home in the evenings by herself or with her uncle who recently started staying with her and her grandmother.
- Phoebe often comes to school hungry.
Case Study 2: Rachel

- Rachel, 15, tells her high school guidance counselor that she is worried she may be pregnant.
- She has been feeling more depressed than usual lately and so self-medicates with alcohol and drugs with her friends.
- Her counselor suggests they call her parents but Rachel doesn’t know how to reach them. It has been years since she’s seen her father.
- Her mother suffers from mental illness, uses drugs, and often doesn’t return home for several days.
- When she is home, Rachel’s mother is verbally abusive towards her.

Case Study 3: Monica

- Monica, 24, recently left her physically abusive partner and is now living on her own with her 2-year-old son, Joey.
- She makes minimum wage and struggles to pay her bills.
- She has lost two jobs in the last year for failing to show up to work when she couldn’t find someone to care for her son after he was expelled from child care for his “out of control” behavior.
- Monica often feels stressed and doesn’t know how to handle Joey’s tantrums.
Case Study 4: Michael

- Michael was 9 years old when the police broke down the door of his apartment and arrested his father in front of him.

- After his dad went to prison, Michael’s mom worked two jobs to make up for the loss of income.

- Michael remained at his same school, but his grades started slipping and he began getting in trouble for starting fights with other kids. After several trips to the school counselor’s office, Michael confided that kids were bullying him because his dad is in prison.

- Although he was mad at his dad, Michael missed him and wanted to visit him in prison. His dad tried to call Michael from prison, but his mom couldn’t afford the phone charges.

- His mom also couldn’t afford to take a day off from work to make the 3-hour drive to the prison. Michael doesn’t know to whom to turn—his mom works all the time and his friends don’t want to be associated with him anymore.

Everyone Makes Mistakes: Living With my Daddy in Jail
Everyone Makes Mistakes: Living With my Daddy in Jail

Policy Overview

- Child-Focused
- Parent-Focused
- Family-Focused
- System-Focused
**Child-Focused Policies**

- Infant and early childhood mental health consultation
- High quality, affordable, child care and early education
- Mentoring services provided to children
- Suspension/Expulsion

**Parent-Focused Policies**

- Home visiting
- Positive parenting and life skills classes in detention
- Incarceration alternatives
- Safe Baby Court Teams
Family-Focused Policies

- Home Visiting
- Family friendly jail and prison visitation policies
- Family economic stability

System-Focused Policies

- Employee training (teachers, law enforcement, doctors, social workers)
- Work groups/task forces
- Trauma-informed approaches in schools, arrests and health care
ACE’s Legislation In Action

New Mexico
- Charles Sallee, Director, New Mexico Legislative Finance Committee

Alaska
- Representative Ivy Spohnholz

Adverse Childhood Experiences
Did You Know?

ECONOMIC TOLL
The Centers for Disease Control and Prevention (CDC) estimates the lifetime costs associated with child maltreatment at $124 billion.

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Adverse Childhood Experiences

Did You Know?

LIFE EXPECTANCY

People with six or more ACEs died nearly 20 years earlier on average than those without ACEs.

0
80 YEARS

6+
60 YEARS

Source: Center for Disease Control and Prevention

More Than A Bird

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Thank You!

NCSL Experts Are Here to Answer Your Questions!

- Health Program
  - health-info@ncsl.org
- Children and Families Program
  - cyf-info@ncsl.org
- Criminal Justice Program
  - Cj-info@ncsl.org
- Education Program
  - Education.info@ncsl.org

Book Sales and Signing After This Session

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