

EFFECTS AND IMPACTS OF CHILD ABUSE ON CHILDREN



Course Overview

- x Children experience varied responses to child abuse that affect them while coercive control is on-going and after it stops. This course addresses the types of child abuse, effects on children and adults on multiple levels, and short and long-term impacts from initiation of abuse throughout the lifespan.



Child Abuse Definitions

According to the World Health Organization (WHO, 2002), **child maltreatment:**

- is a global problem with serious life-long consequences.
- is the **abuse and neglect** that occurs to children under 18 years of age.
- includes all types of **physical and/or emotional ill-treatment, sexual abuse, neglect, negligence and commercial or other exploitation,**
- results in **actual or potential harm to the child's health, survival, development or dignity** in the context of a relationship of responsibility, trust or power.

Child Abuse Definitions

Child abuse and neglect are defined by federal and state laws.



The Federal Child Abuse Prevention and Treatment Act (CAPTA) defines child abuse and neglect as:

CAPTA Reauthorization Act of 2010 (P.L. 111-320), 42 U.S.C. § 5101, Note (§ 3)

“Any recent act or failure to act on the part of a parent or caregiver that results in death, serious physical or emotional harm, sexual abuse, or exploitation,” or

“An act or failure to act that presents an imminent risk of serious harm.”

Physical Abuse

“Any nonaccidental physical injury to the child,” and can include:

Striking

Kicking

Burning

Biting

any action that results in a physical impairment of the child

<https://www.childwelfare.gov/topics/systemwide/laws-policies/statutes/define/>



Physical Abuse

- x **~44 states**- the definition also includes acts or circumstances that threaten the child with harm or create a substantial risk of harm to the child's health or welfare
- x **18 states**- includes human trafficking (including labor trafficking, involuntary servitude, or trafficking of minors)
- x **9 states**- includes female genital mutilation

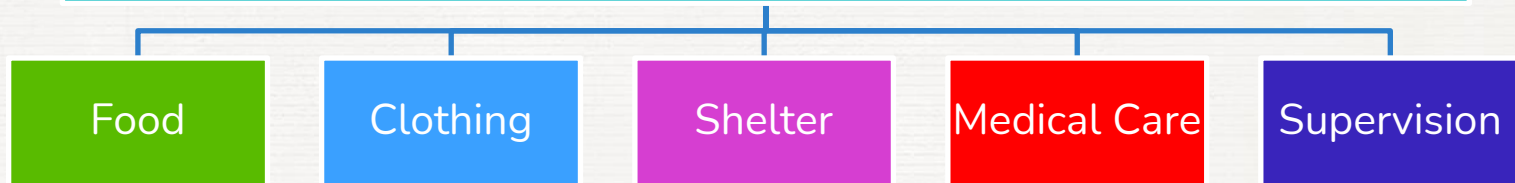
<https://www.childwelfare.gov/topics/systemwide/laws-policies/statutes/define/>



Neglect



The failure of a parent or other person with responsibility for the child to provide the following, to the degree that the child's health, safety, and well-being are threatened with harm:



Neglect

- x **~27 states**- includes failure to educate the child
- x **12 states**- define medical neglect as failing to provide any special medical treatment or mental health care needed
- x **8 states**- define medical neglect as withholding of medical treatment or nutrition from disabled children with life-threatening conditions
- x **Abandonment**- when the parent's identity or whereabouts are unknown, the child has been left by the parent in circumstances in which the child suffers serious harm, or the parent has failed to maintain contact with the child or to provide reasonable support for a specified period of time.

Sexual Abuse/Exploitation

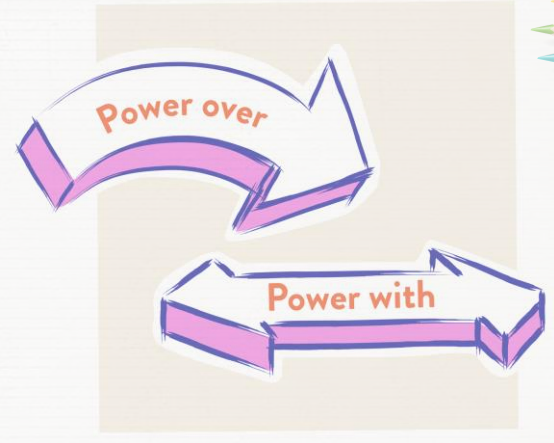
According to the **World Health Organization (WHO)**:

X Sexual abuse- the involvement of a child in sexual activity that he or she:

- does not fully comprehend
- is unable to give informed consent to, or
- for which the child is not developmentally prepared
- or else that violates the laws or social taboos of society

X Children can be sexually abused by both adults and other children who are – by virtue of their age or stage of development – in a position of responsibility, trust or **power over the victim.**

- Ritual Abuse



<https://www.childwelfare.gov/topics/systemwide/laws-policies/statutes/define/>

Sexual Abuse/Exploitation

- X **All states-** include **sexual abuse** in their definitions of child abuse.
- X **Some states-** refer in general terms to sexual abuse, while others specify various acts as sexual abuse.
- X **In most jurisdictions-** **sexual exploitation** is an element of the definition of sexual abuse in most jurisdictions.
 - includes allowing the child to engage in prostitution or in the production of child pornography
- X **36 states-** include **human trafficking, including sex trafficking** or trafficking of children for sexual purposes.

<https://www.childwelfare.gov/topics/systemwide/laws-policies/statutes/define/>



Emotional Abuse

- ✗ Almost all states- include **emotional maltreatment** as part of their definitions of abuse or neglect.
- ✗ Typical language used includes:

“Injury to the psychological capacity or emotional stability of the child as evidenced by an observable or substantial change”
in:

Behavior

Emotional
response

Cognition

and

Injury
as evidenced by:

Anxiety

Depression

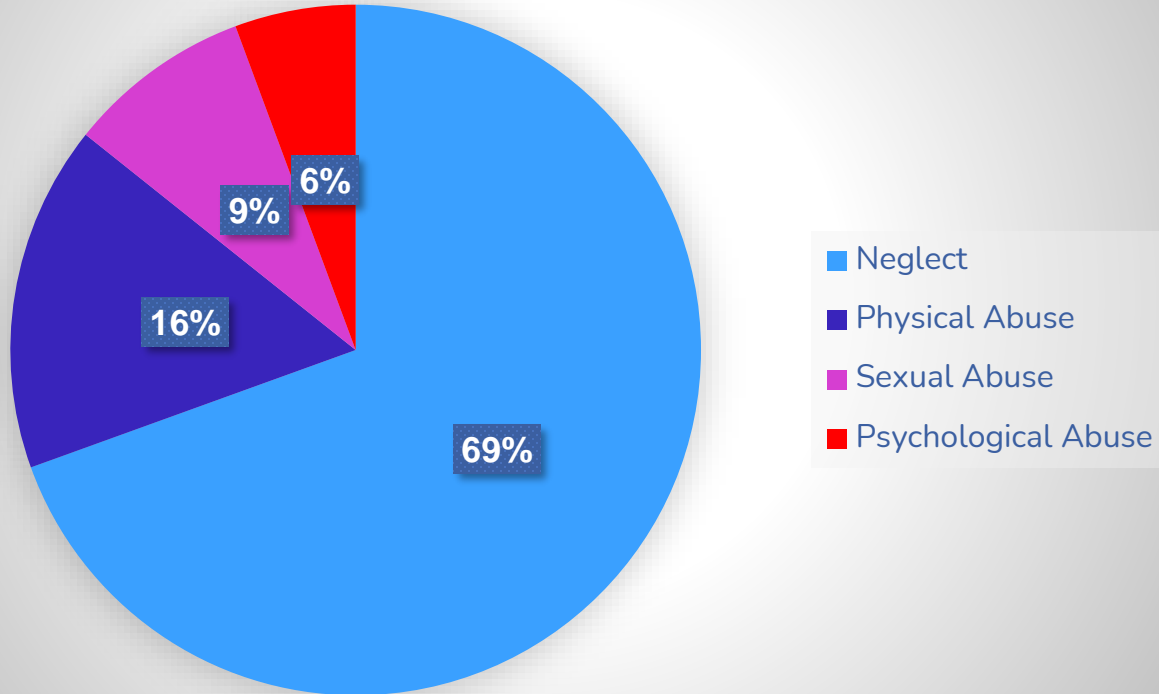
Withdrawal

Aggressive
behavior

<https://www.childwelfare.gov/topics/systemwide/laws-policies/statutes/define/>

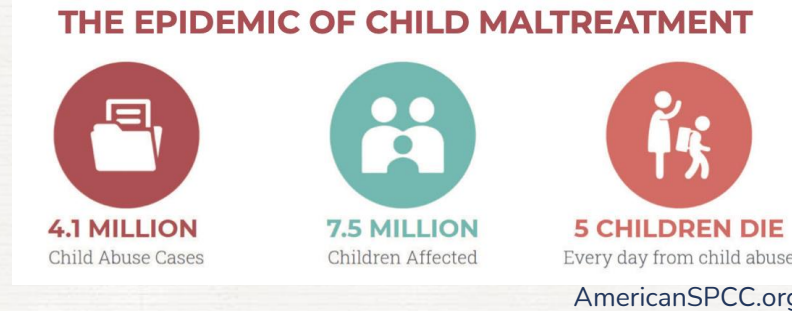
Types of Child Abuse/Maltreatment

AmericanSPCC.org American Society for the Positive Care of Children





Child Maltreatment Statistics- U.S.



- x A report of child abuse is made **every 10 seconds**.
- x **66.2% of all child fatalities** were under the **age of 3**.
- x **Between 50-60% of child fatalities due to maltreatment** are not recorded as such on death certificates.



Child Maltreatment Statistics- U.S.

- x **More than 90% of juvenile sexual abuse victims** know their perpetrator in some way.
- x **About 30% of abused and neglected children** will later abuse their own children, continuing the horrible cycle of abuse.
- x **About 80% of 21 year olds that were abused as children** met criteria for at least **one psychological disorder**.

Child abuse crosses all socioeconomic and educational levels, religions, and ethnic and cultural groups.

AmericanSPCC.org

Child Maltreatment Statistics- U.S.

X National CPS data for 2021:

of total
screened-
in
referrals

- 2021:
screened in
2,045,000
referrals
(27.6 per
1,000
children in
population)

of
children
who
were
subjects
of a CPS
response

- 2021:
3,016,000
children
received
investigation
or alternative
response (40.7
children per
1,000 in
population)

of
victims

- 2021:
600,000
victims of
child abuse
and neglect
(8.1 victims
per 1,000
children in
population)

Child Maltreatment Report 2021
U.S. Department of HHS
Administration for Children and
Families, Children's Bureau

X <https://www.acf.hhs.gov/media/press/2023/new-child-maltreatment-report-finds-child-abuse-and-neglect-decreased-five-year>

Child Abuse Statistics- Different Countries

<https://www.childhelp.org/child-abuse-statistics/>



<https://www.childstats.gov/americaschildren/>



<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/childrenswellbeingindicatorreviewuk2020/2020-09-02>



<https://www.aihw.gov.au/reports/children-youth/australias-children/contents/health/social-emotional-wellbeing>



<https://www.unicef.ca/en/what-canadian-index-child-and-youth-well-being>

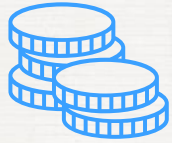


<https://resourcecentre.savethechildren.net/node/6046/pdf/6046.pdf>



<https://endviolencein africa.org/site/index.php/resources/documents/apevac-publications>

Costs of Child Abuse: USA



1

\$592 billion

estimated lifetime economic burden

2

Additional \$70.7 billion

spent for indirect costs including special education, mental and physical health care, and juvenile delinquency

3

\$210,012

lifetime cost for each victim of child maltreatment



How Child Abuse Impacts Children

**SOCIALLY/
BEHAVIORALLY**



MEDICALLY



EMOTIONALLY



COGNITIVELY



Grounding & Reminder

There is hope. Healing is possible!



The Adverse Childhood Experiences (ACE) Study

The largest study of its kind ever done to examine the health and social effects of these childhood experiences throughout the lifespan (17,421 participants)

What do we mean by **Adverse Childhood Experiences**?

- ✗ Experiences that represent physical & mental health or social problems of national importance
 - childhood abuse and neglect
 - growing up with domestic violence, substance abuse or mental illness in the home, parental discord, crime





ACE Study: Key Findings

<https://www.cdc.gov/violenceprevention/acestudy/>

Key finding 1:

- Expanding definition of childhood “maltreatment” had real life significance: Each of the 10 types of adverse childhood experiences influence adult health.

Key Finding 2:

- Adverse childhood experiences can have an astonishingly broad based, harmful influence on adult health

Key finding 3:

- The health effects of adverse childhood experiences may not manifest for decades.

Key Finding 4:

- The more kinds of adverse childhood experiences a participant reported the greater the risk for a given health problem (trauma-dose relationship).

Key Finding 5:

- The more kinds of adverse childhood experiences a participant reported the greater the risk for more health problems (co-morbidity)

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

How Common Are ACEs?

- **2 out of 3 people (67%)** of the study population had at least one ACE
- **More than 1 in 5 (20%)** reported 3 or more ACEs
- **1 out of 8 people (13%)** of the population had 4 or more ACEs

<https://www.osymigrant.org/Newsite/educat/ACES.html>

Types of Stress

Positive Stress

- Characterized by a **mild** stress response, including **brief** increases in heart rate and mild elevations in stress hormone levels. This type of stress alerts and prepares us– it can benefit us in situations where we need to be focused and energized.
- This type of stress actually **builds healthy response systems to cope with future stress**



Tolerable Stress

- Characterized by a more **serious but temporary** physical stress response
- Consistently buffered by supportive relationships. These experiences would have the potential to negatively affect development, but **with support from trusting relationships, they do not have long-term impact on the brain and body.**



Toxic Stress

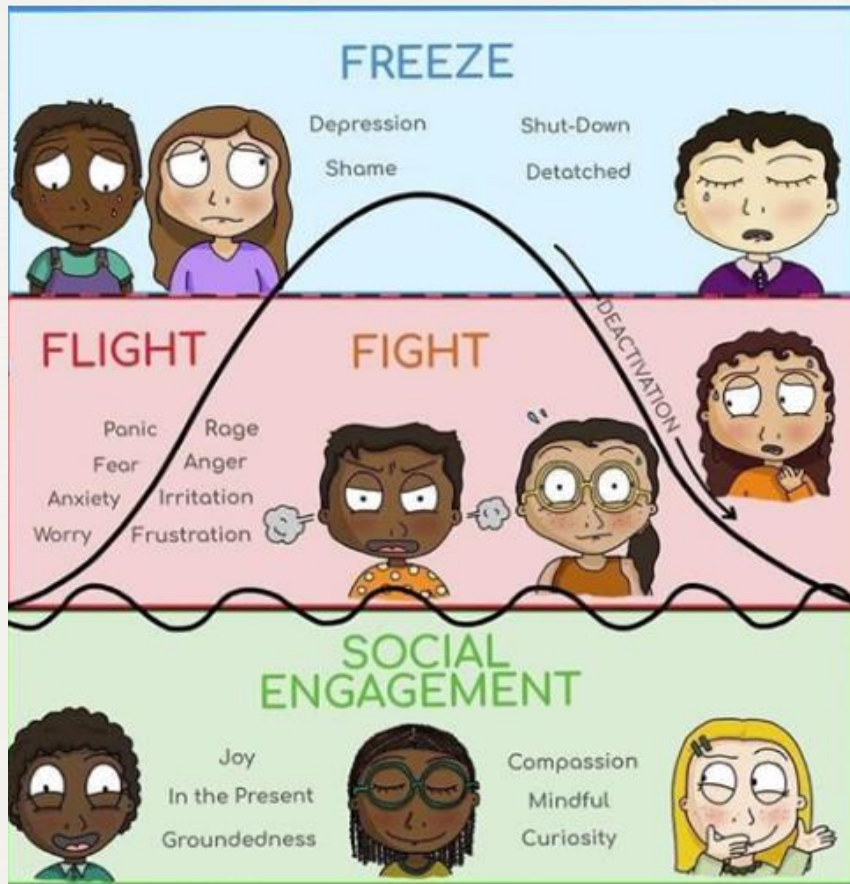
- Characterized by an **intense, frequent, or chronic** activation of the stress response system
- In the absence of protective relationships.
- It is this type of stress that **can change the way a child's brain and body develops.**



The Fight- Flight-Stress Response System

<https://www.acesconnection.com/blog/fight-or-flight-infographic>



Fight

Kicking
Screaming
Spitting
Pushing
Throwing
Hands in fists
Glaring
Gasping for
breath

Flight

Darting eyes
Restlessness
Excessive
Fidgeting
Doing anything to
get away
Running without
concern for safety

Fawn

People-pleasing to
point of
disconnecting from
own emotions,
sensations, and
needs;
Self-criticism, self-
loathing, or self-
harming behaviors

Freeze

Holding breath
Heart pounding and/or
decreasing heart rate
Shutting down
Feeling unable to
move
Escaping into their
mind
Feeling numb
Daydreaming

Flop

Muscles loosen
Total bodily collapse
Disorientation
Flat affect
Appearing disengaged
Physically or mentally
unresponsive
Loss of control over bodily
functions
Fainting or unconsciousness

TOXIC STRESS EXPLAINS HOW ACEs "GET UNDER THE SKIN."

Experiencing many ACEs, as well as things like racism and community violence, without supportive adults, can cause what's known as **toxic stress**. This excessive activation of the stress-response system can lead to long-lasting wear-and-tear on the body and brain.



The effect would be similar to revving a car engine for days or weeks at a time.

<https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions>

Instructions for Parents



- X “Train up a child in the way he should go, even when he is old he will not depart from it.” (Proverbs 22:6)
- X “We will not hide them from our descendants; we will tell the next generation the praiseworthy deeds of the LORD, his power, and the wonders he has done.” (Psalm 78:4)
- X “Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.” (Ephesians 6:4)
- X “**Discipline** your son while there is hope, and do not desire his death.” (Proverbs 19:18) (properly, chastisement; figuratively, reproof, warning or **instruction**; also restraint:—bond, chastisement, check, correction, discipline, doctrine, instruction, rebuke.)

Spiritual Impacts

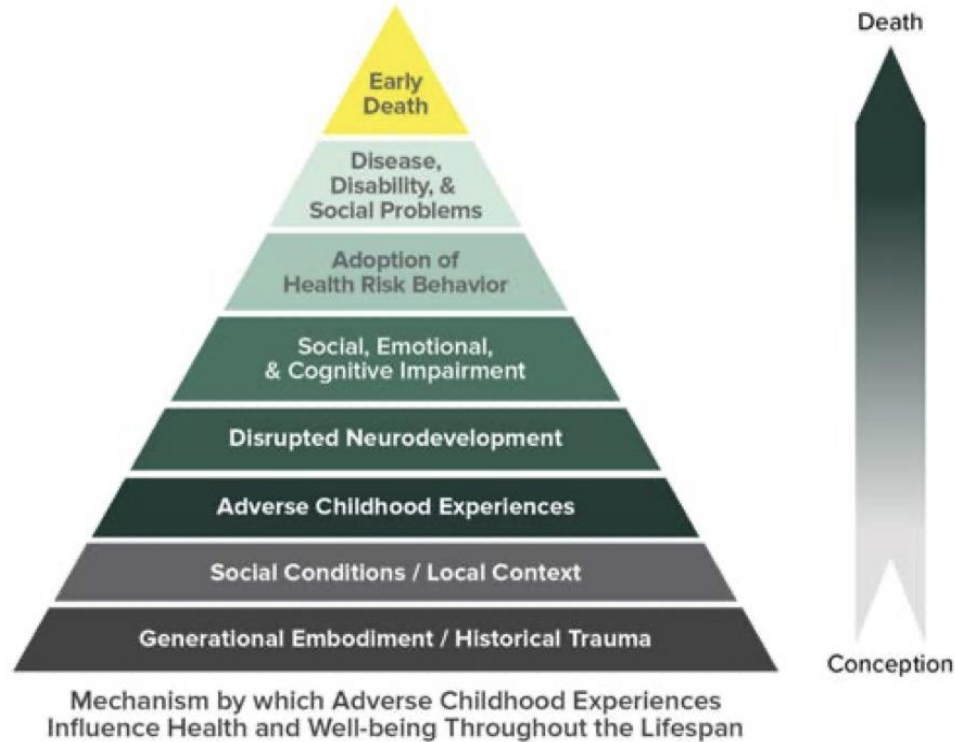


- X In her groundbreaking book, *Trauma and Recovery*, Judith Herman, M.D. addresses the issue of faith. She states "(Traumatic events)...violate the victim's faith in a natural or divine order and cast the victim into a state of existential crisis."
- X "With his mouth the godless man would destroy his neighbor [or child]..." (Proverbs 11:9)
- X "They sharpen their tongues like swords and aim their bitter words like arrows." (Psalm 64:3)
- X "[By] sorrow of heart the spirit is crushed." (Proverbs 15:13)
- X "The human spirit can endure in sickness, but a crushed spirit who can bear?" (Proverbs 18:14)



Long-term Impacts From Initiation Of Abuse Throughout The Lifespan

Figure 1. ACEs Pyramid



Source: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. (n.d.). *Adverse childhood experiences presentation graphics: The ACE pyramid*. Retrieved from https://www.cdc.gov/violenceprevention/acestudy/ACE_graphics.html

Adverse Childhood Experiences Are Common

X Household Dysfunction

Substance abuse	27%
Parental sep./divorce	23%
Mental illness	17%
Abused mother	13%
Criminal behavior	6%

X Abuse

Physical	28%
Sexual	21%
Psychological	11%

X Neglect

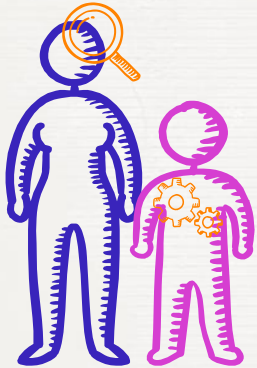
Emotional	15%
Physical	10%



Health Elements Influenced by ACE

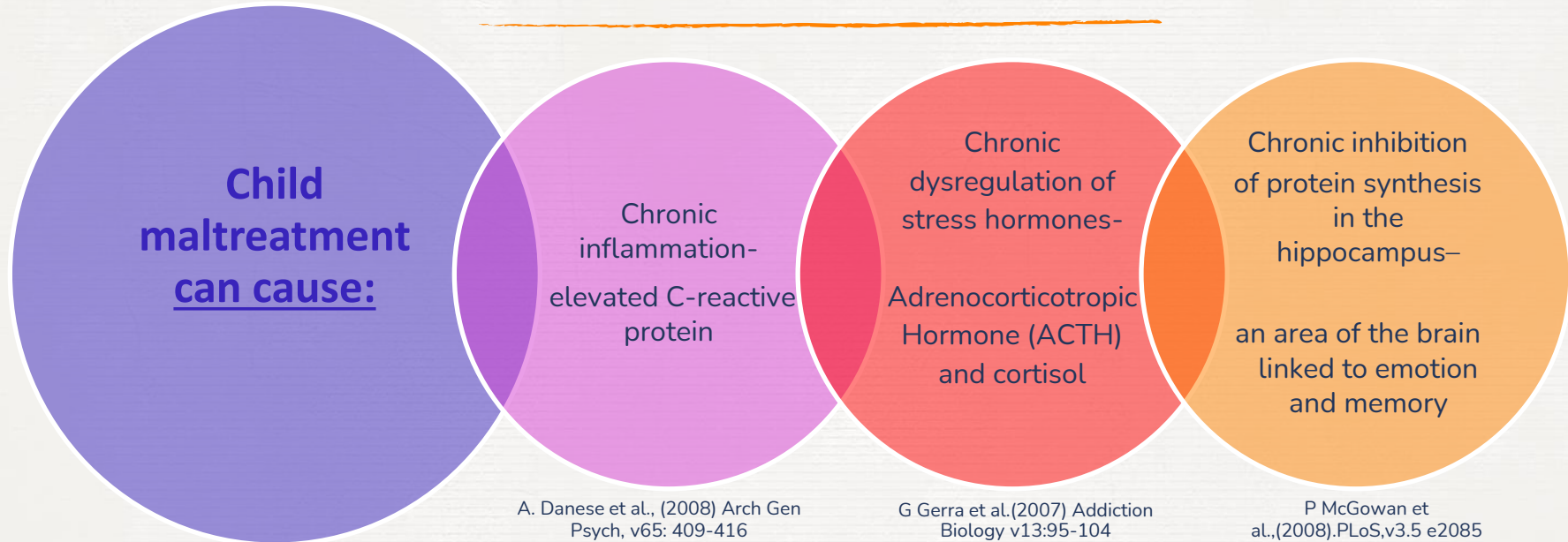
(Broad Based & Life Long)

- X Heart disease
- X Teen pregnancy
- X Cancer
- X COPD
- X STDs
- X Liver dis.
- X Smoking
- X Alcohol abuse
- X Promiscuity
- X Obesity
- X Drug dependence
- X IV drug use
- X Depression
- X Anxiety disorders
- X Somatization
- X Hallucinations
- X Sleep disturbances
- X Memory disturbances
- X Anger problems
- X Domestic violence risk
- X Early intercourse
- X Job problems
- X Relationship problems
- X Skeletal fractures and TBI



Anda et al. (2008) BMC Public Health 8, doi:10.1186/1471-2458/8/198

Why Do Adverse Childhood Experiences, Alone, Increase the Risk for Diseases, Such as Cancer, Decades Later?



ACE Study: Implications



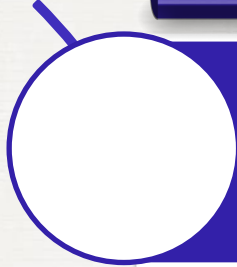
STOP ABUSE

The long-term impact of abuse and coercive control cannot be overstated.

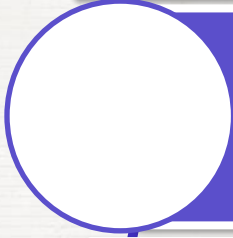
- Child abuse and neglect is **15 times** more likely to occur in homes where domestic abuse and coercive control takes place.
- Boys from homes where domestic abuse is present are **25 times** more likely to commit rape as an adult and **6 times** more likely to commit suicide.
- **¼ - ½** of men who commit acts of domestic abuse also have substance abuse problems, and a sizable percentage of convicted abusers were raised by parents who abused drugs or alcohol.

Exposure to domestic abuse has varying effects depending upon the age of the child.

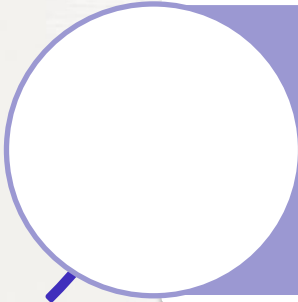
ACE Study: Implications



Pregnant women who are subject to domestic abuse have high levels of the stress hormone cortisol, which can result in poor fetal growth and a reduction in early brain development.



Infants are often directly involved in domestic abuse incidents.



Even when they are lying passively in their cribs, infants are exquisitely sensitive to their surroundings.

ACE Study: Implications



Disruption in the **infant/caregiver attachment process** can have long-term effects on a child's ability to form relationships throughout life.

Older children exposed to domestic abuse often exhibit signs of PTSD, including anger or **depression**, illnesses and absences from school, and a high likelihood of involvement in **extreme risk-taking behaviors—including suicide attempts**, substance abuse and criminal activity.

Exposure to trauma and threatening events at any age demands extraordinary coping efforts. The ACE researchers stress that recognizing the overlap of multiple types of abuse is important to understanding the true burden of **cumulative stressors on later-life adjustment**.

http://www.oica.org/ace_study/Issue%20Brief%203%20%28tri-fold%29%20fp.pdf

Conclusions

- x Intimate partner violence (Coercive Control) is not just a violent act against a caregiver – it should be considered a **direct risk to a child's health**
 - High risk of violence
 - Effects of exposure

- x Intimate partner violence (Coercive Control) often precedes child maltreatment and identification of the former may prevent the latter



Positive Childhood Experiences (PCEs)

Positive experiences mitigate the impact of adverse or negative childhood experiences (ACEs).

Experiences or relationships that foster a safe, supportive environment for children to develop.

Research shows that these experiences:

- Promote children's long-term health and wellbeing
- Enable children to form strong relationships and meaningful connections
- Cultivate positive self-image and self-worth
- Provide a sense of belonging
- Build skills to cope with stress in healthy ways

Protective Factors

Individual level

- Sense of purpose
- Agency (self-efficacy)
- Self-regulation skills
- Relational skills
- Problem-solving skills
- Involvement in positive activities

Relationship level

- Parenting competencies
- Positive peers
- Parent or caregiver well-being

Community level

- Positive school environment
- Stable living situation
- Positive community environment



Grounding & Reminder

There is hope. Healing is possible!



Developmental Neuroscience and Economics of Child Development



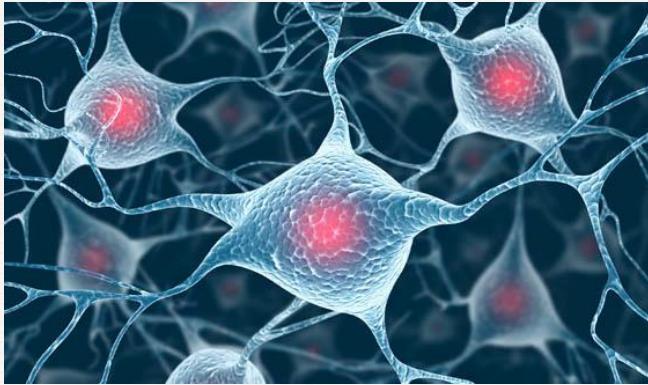
The economics of human capital formation are yielding a common focus on development in the early years.





Brain Architecture

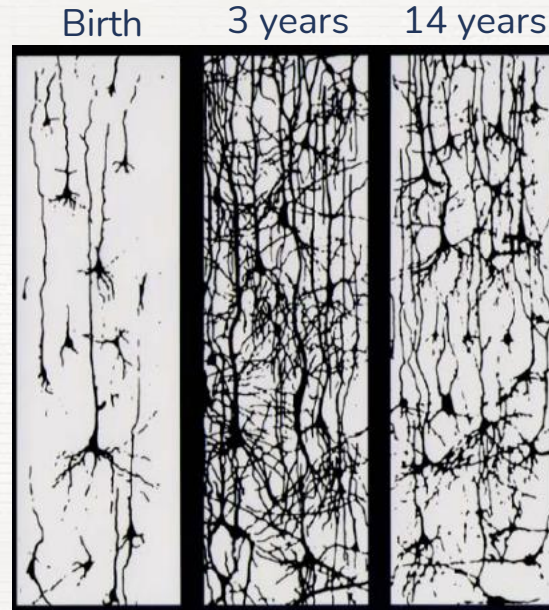
Key to Healthy Development



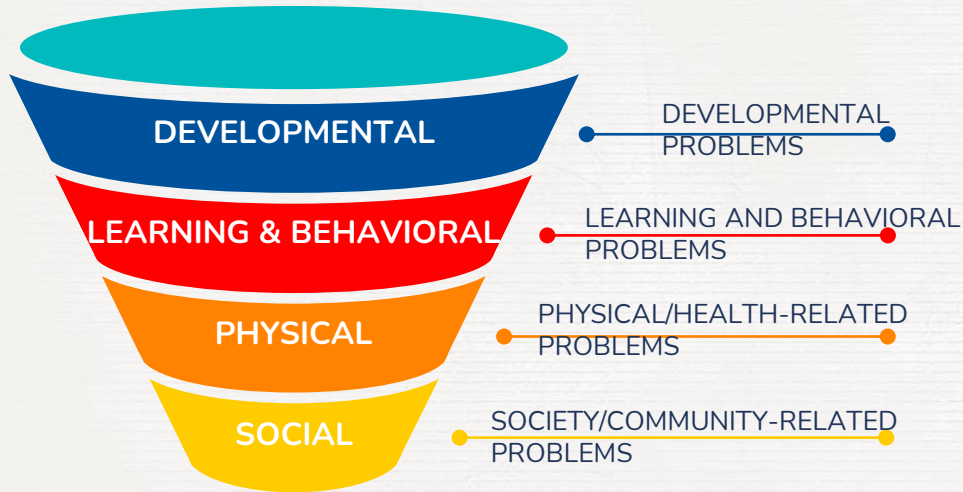
Constructed through an ongoing process that begins before birth and continues into adulthood



Experience Shapes Brain Architecture by Over-Production of Connections Followed by Pruning

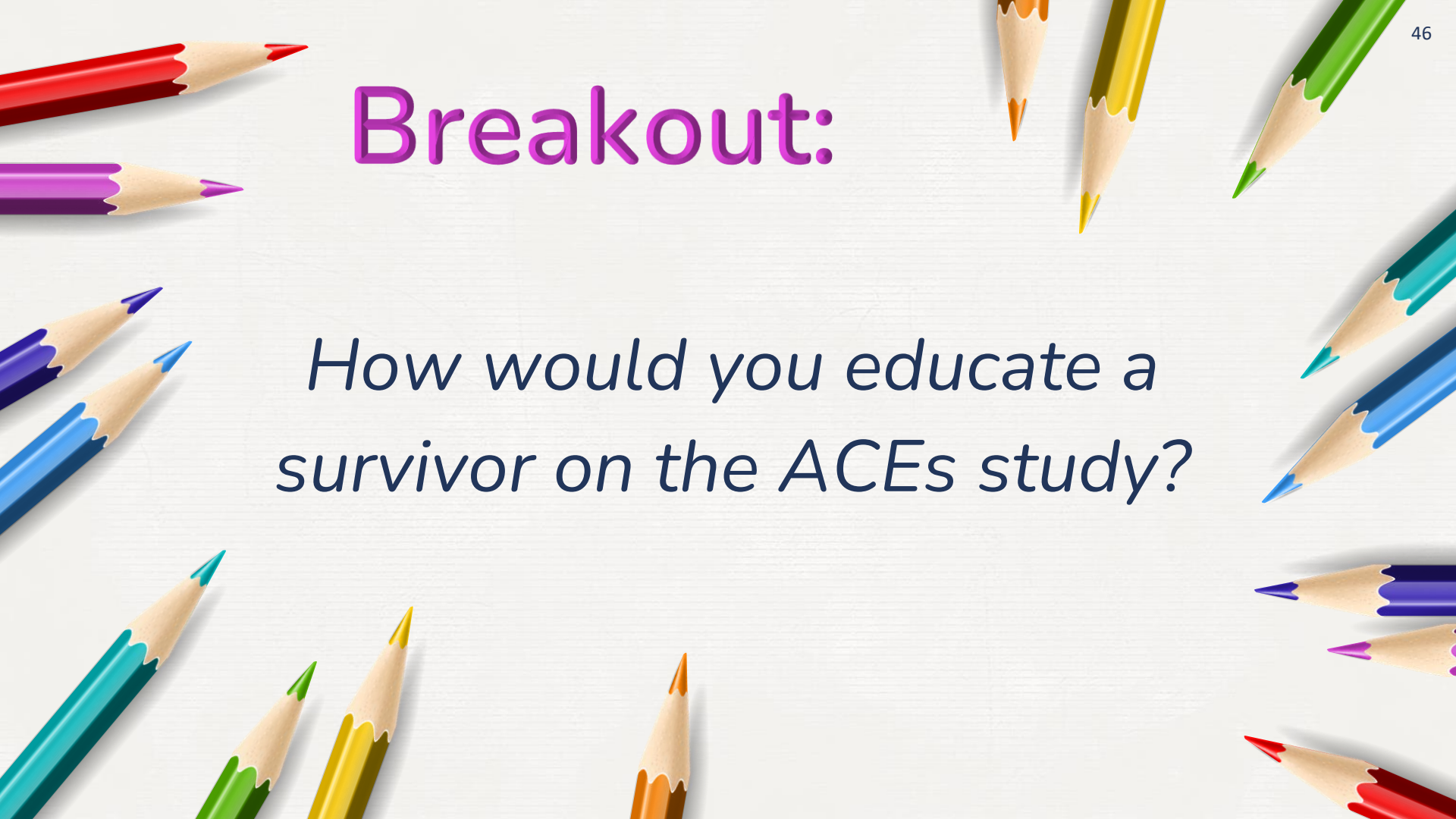


Effects On Children On Multiple Levels



Breakout:

How would you educate a survivor on the ACEs study?



Our Example

- X “Just as a father has compassion on his children, so the Lord has compassion on those who fear Him.” (Psalm 103:13)
- X “Then some children were brought to Him so that He might lay His hands on them and pray; and the disciples rebuked them. But Jesus said, ‘Let the children alone, and do not hinder them from coming to Me; for the kingdom of heaven belongs to such as these.’” (Matthew 19:13-14)
- X “As one whom his mother comforts, so I will comfort you; you shall be comforted in Jerusalem.” (Isaiah 66:13)
- X “Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may forget, yet I will not forget you.” (Isaiah 49:15)
- X “Like a shepherd He will tend His flock, In His arm He will gather the lambs And carry them in the fold of His robe; He will gently lead the nursing ewes.” (Isaiah 40:11)

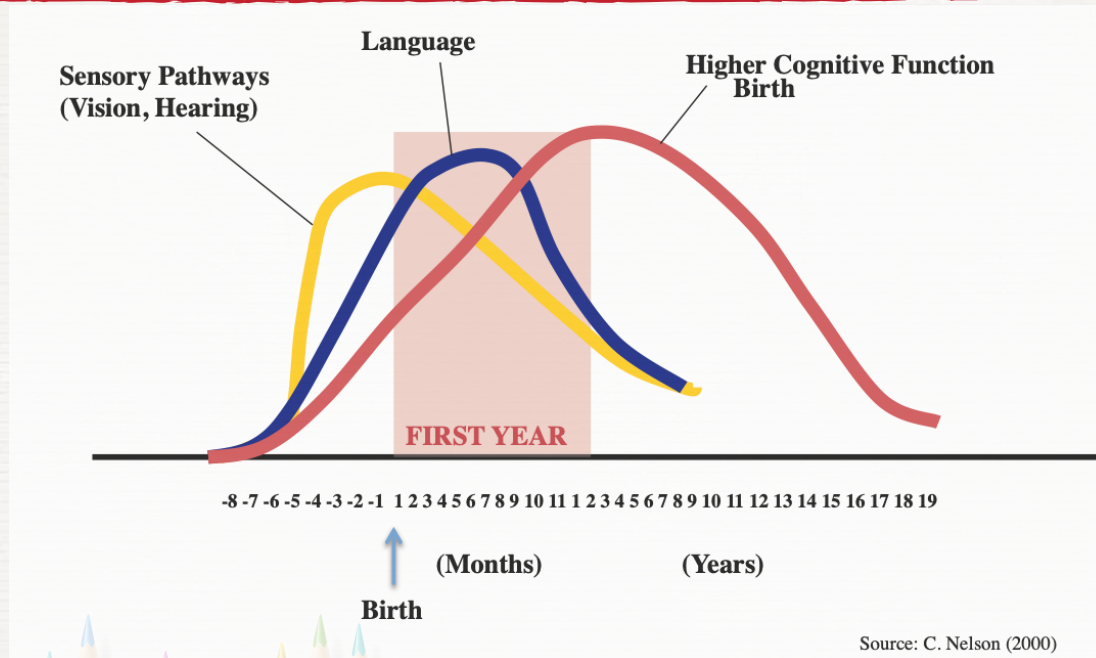


Warning



- X “Woe to you shepherds of Israel who only take care of yourselves! Should not shepherds take care of the flock? You have not strengthened the weak or healed the sick or bound up the injured. You have not brought back the strays or searched for the lost. You have ruled them harshly and brutally. As surely as I live, declares the Sovereign LORD, because my flock lacks a shepherd and so has been plundered and has become food for all the wild animals, and because my shepherds did not search for my flock but cared for themselves rather than for my flock; therefore, you shepherds, hear the word of the LORD: This is what the Sovereign LORD says: I am against the shepherds and will hold them accountable for my flock.” (Ezekiel 34:2-10; selected verses)

Brains Are Built from the Bottom Up: Skills Beget Skills





5 Numbers to Remember About Early Child Development

700 New neural connections per second

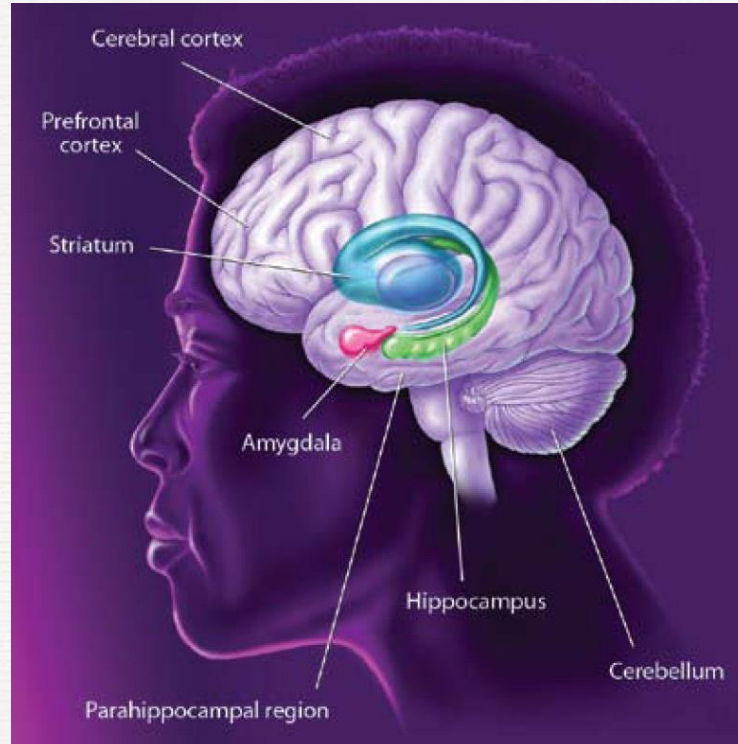
18 Months: Age at which disparities in vocabulary begin to appear

90-100% Chance of developmental delays when children experience 6-7 risk factors

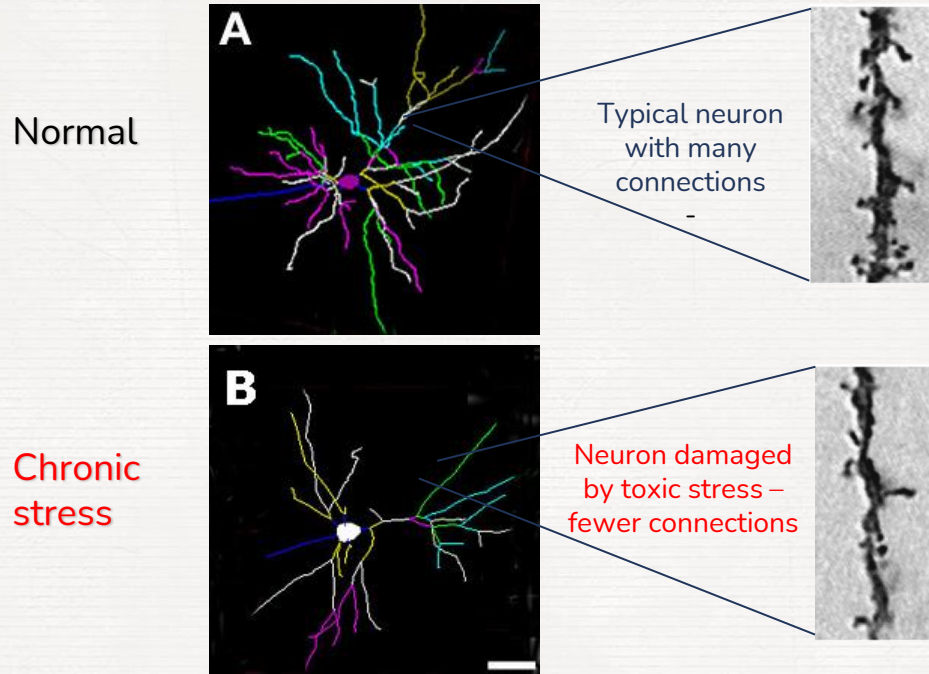
3:1 Odds of adult heart disease after 7-8 ACEs

60-80% Of financial benefits from investments in early childhood programs accrue to society

The Brain Architecture of Anxiety and Fear



Persistent Stress Changes Brain Architecture

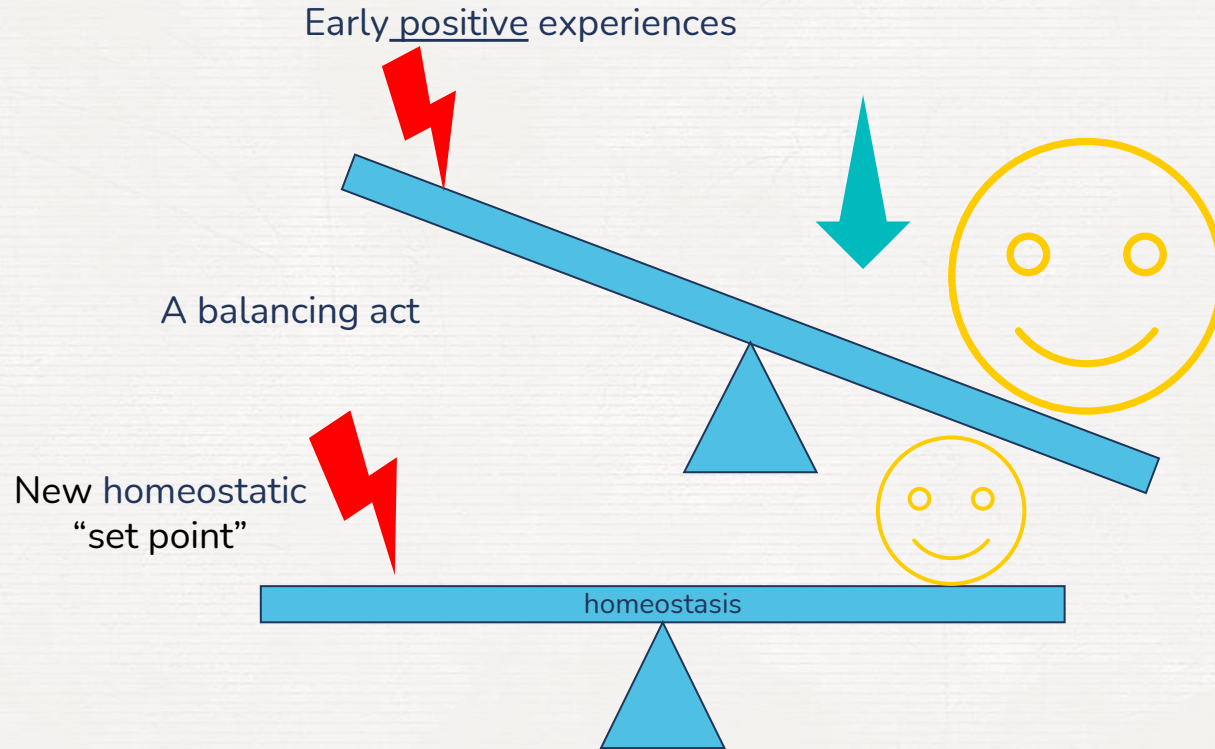


Prefrontal Cortex and
Hippocampus

Source: C. Nelson (2008)
Bock et al Cer Cort 15:802 (2005)



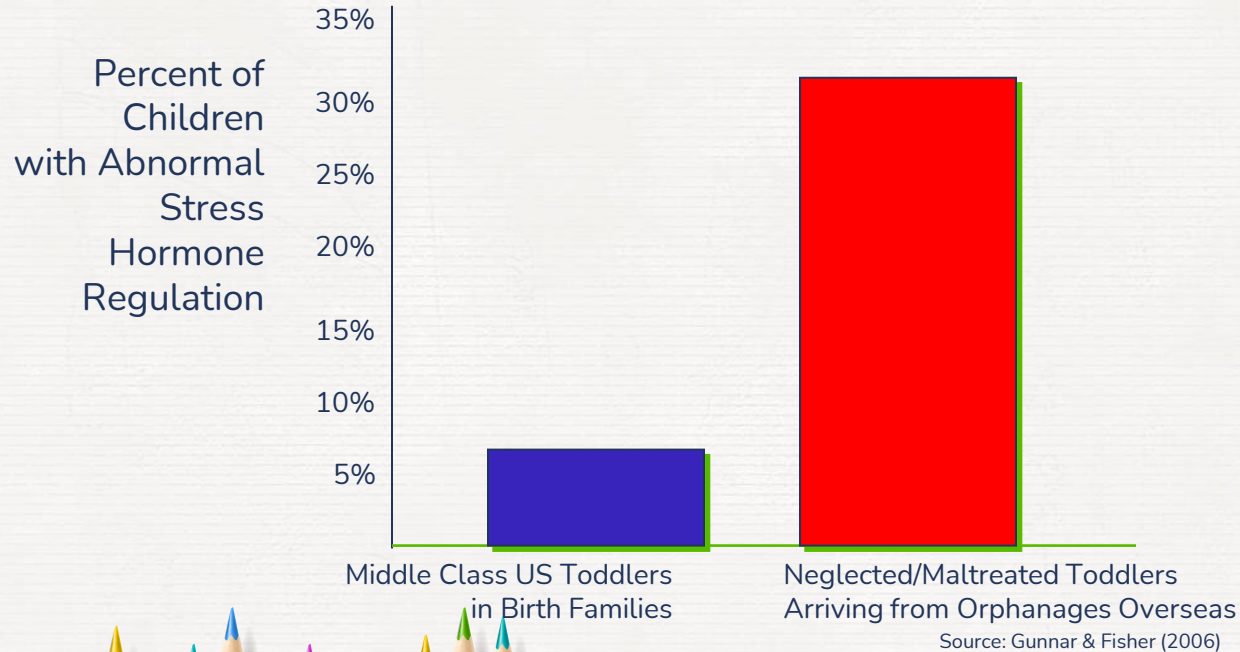
Experiences in childhood have a lasting impact on how our fear and anxiety systems work



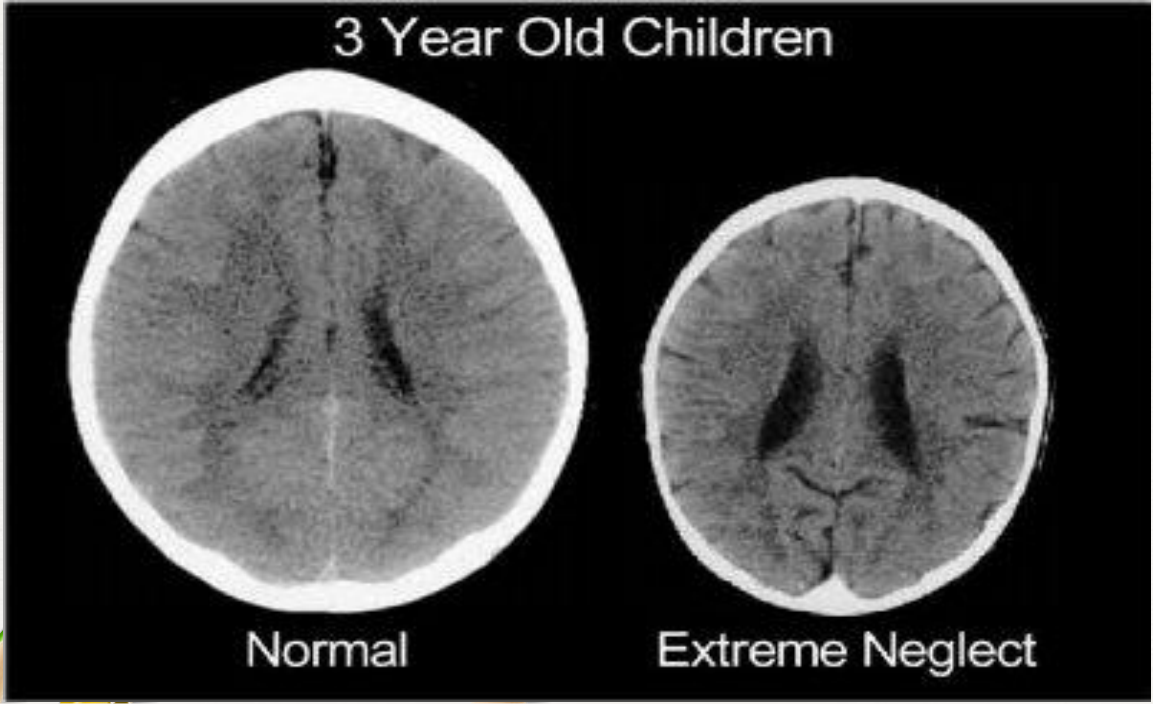
Early childhood adversity can influence a range of lifelong outcomes.

- Research on the biology of stress helps explain some of the underlying reasons for differences in learning, behavior, and high risk for physical (cancer, cardio, diabetes), and mental health disorders.

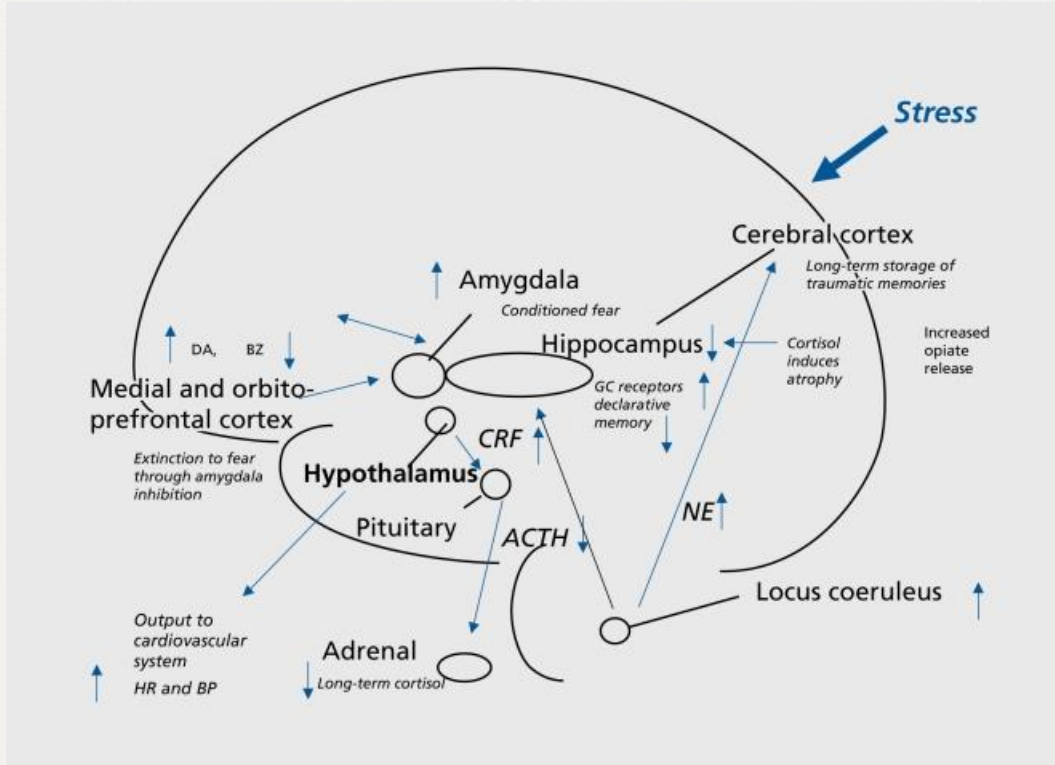
Institutionalization and Neglect of Young Children Disrupts Body Chemistry



Brain Development



Effects of Trauma on the Brain



Lasting effects of trauma on the brain, showing long-term dysregulation of norepinephrine and cortisol systems, and vulnerable areas of hippocampus, amygdala, and medial prefrontal cortex that are affected by trauma. GC, glucocorticoid; CRF, corticotropin-releasing factor; ACTH, adrenocorticotropic hormone; NE, norepinephrine; HR, heart rate; BP, blood pressure; DA, dopamine; BZ, benzodiazapine; GC, glucocorticoid

Bremner (2006)

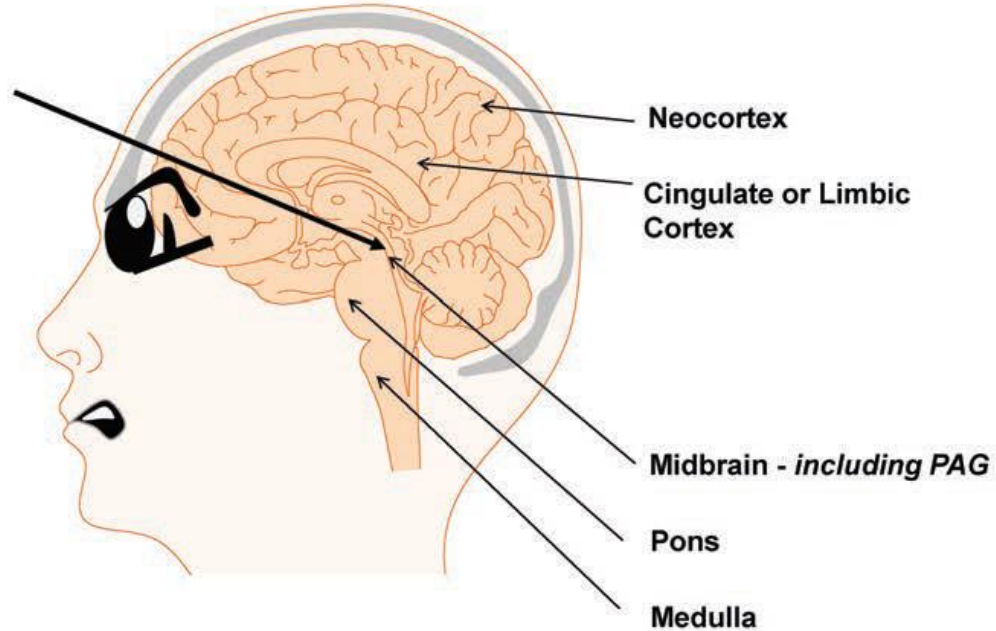
The multi-level brain in Complex PTSD

Midbrain Periaqueductal Gray (PAG):

FEAR – Flight/Freeze

RAGE - Fight

GRIEF – Panic/Sadness



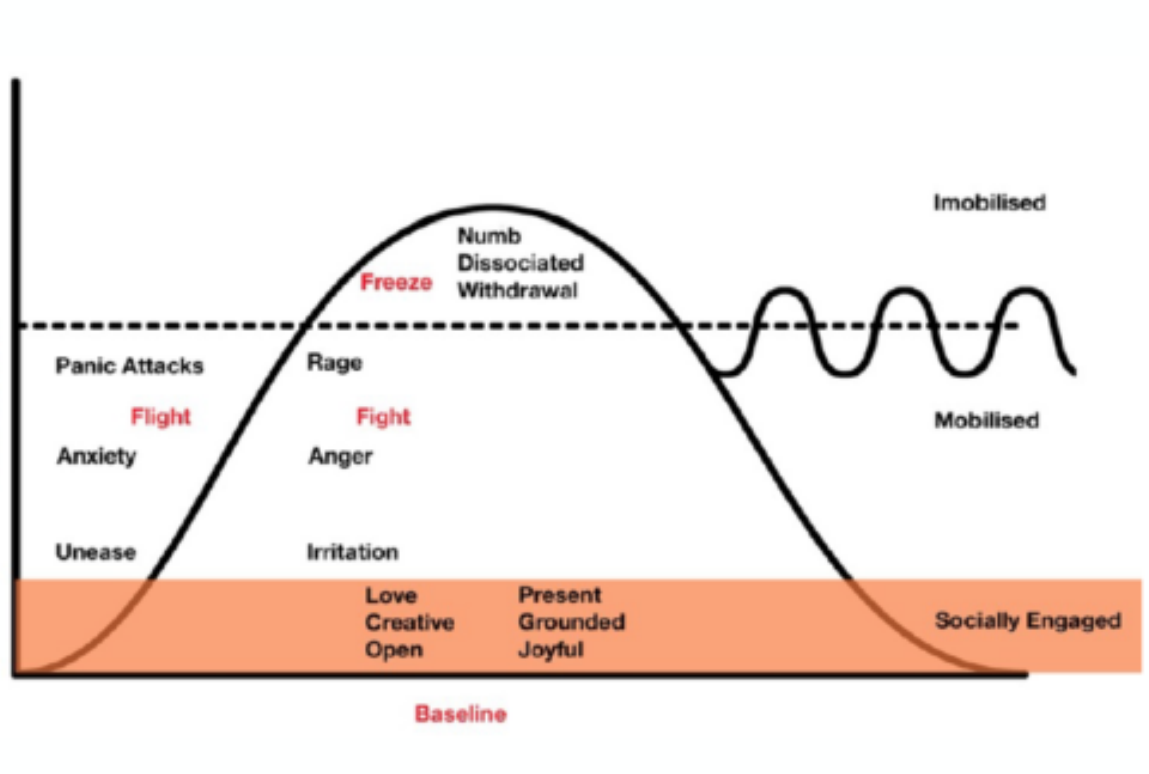
“Reptilian” Brainstem = Midbrain + Pons + Medulla

Grounding & Reminder

There is hope. Healing is possible!

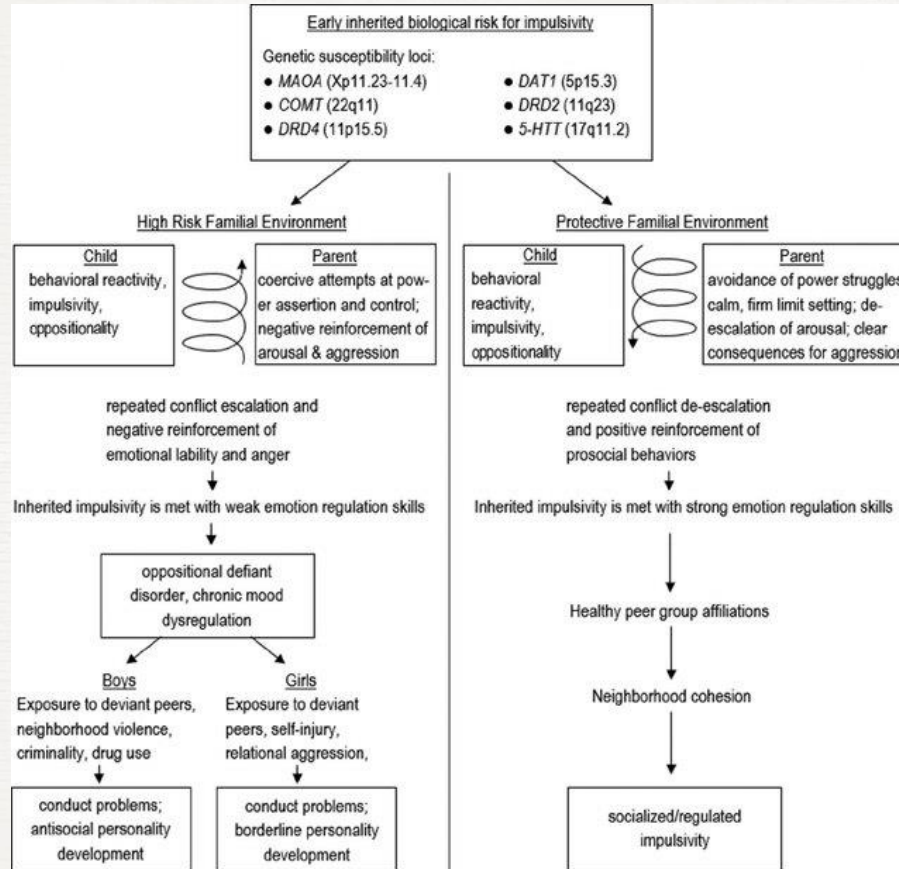


Disruptive Mood Dysregulation Disorder (DMDD)

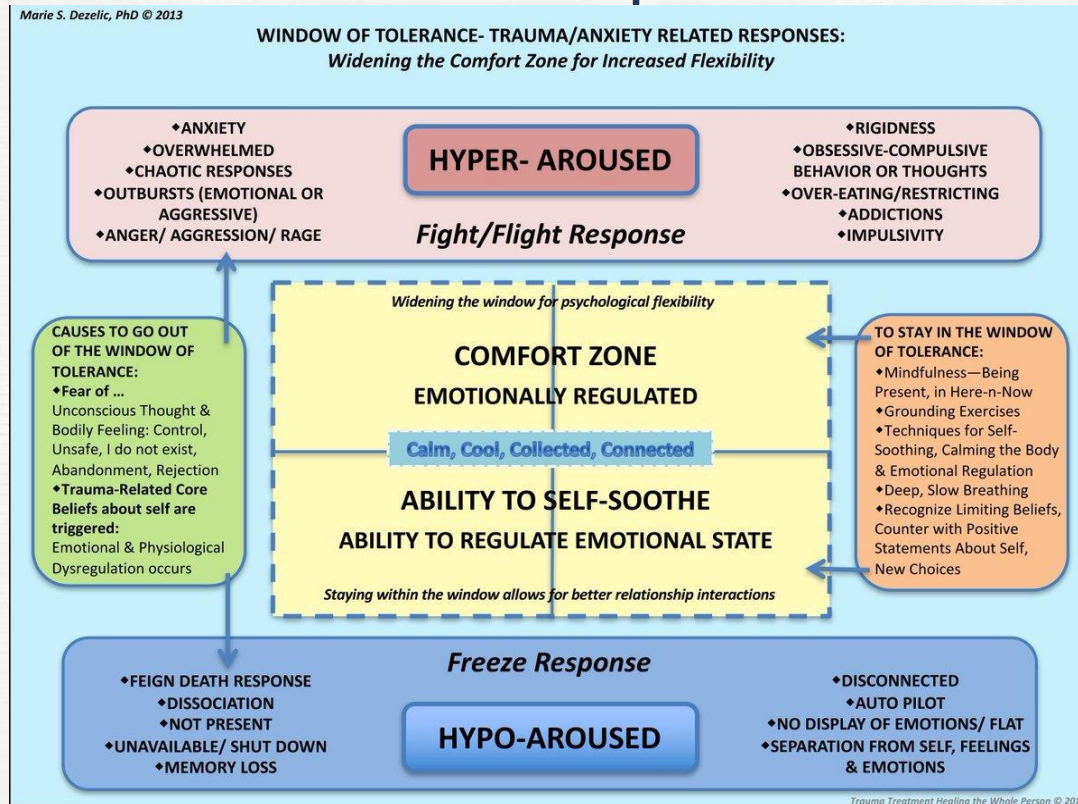


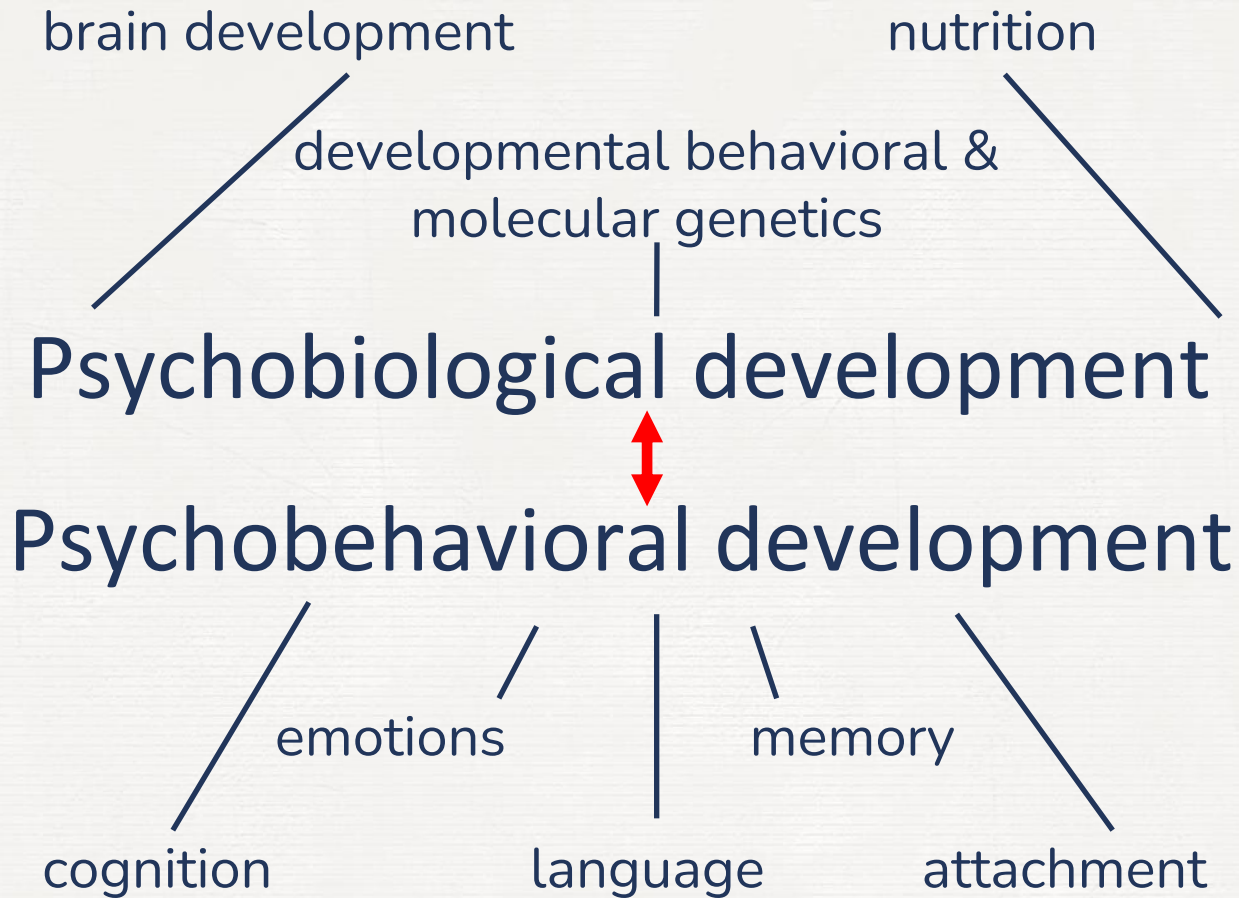
DMDD is diagnosed when a child has temper tantrums that happen 3+ times a week on average, along with an angry mood between tantrums. These symptoms last at least a year, and any break in the symptoms lasts less than 3 months.

Emotional Dysregulation



Window of Tolerance- Trauma/Anxiety Related Responses





Neurobiological Impacts of Trauma

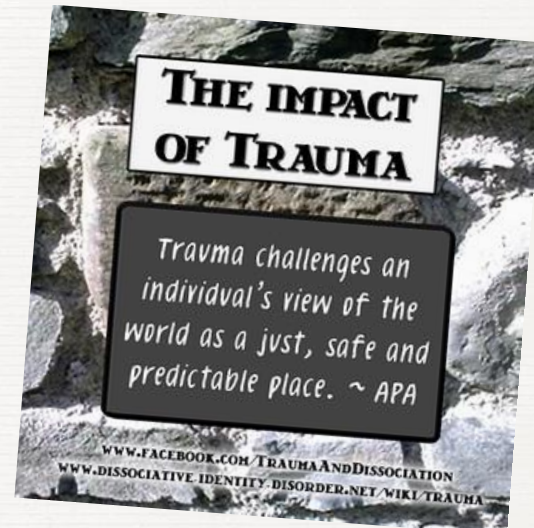


Especially when experienced in childhood, trauma produces neurobiological impacts on the brain, causing dysfunction in the hippocampus, amygdala, medial prefrontal cortex, and other limbic structures.

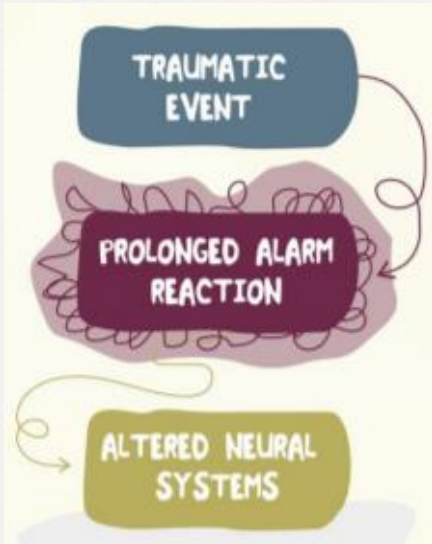
When confronted with danger, the brain moves from a normal “information-processing” state to a survival-oriented, reactive “alarm state.”



Trauma causes the body’s nervous system to experience an extreme adrenaline rush, intense fear, problems processing information, and a severe reduction or shutdown of cognitive capacities, leading to confusion and a sense of defeat.




Neurobiological Impacts of Trauma



- X If there are insufficient biological or social resources to assist in coping, the “alarm state” may persist even when the immediate danger has passed, and this can lead to PTSD.
- X Excessive and repeated stress causes the release of chemicals that disrupt brain architecture by impairing cell growth and interfering with the formation of healthy neural circuits.
- X When trauma occurs repeatedly, permanent changes in the brain can occur, compromising core mental, emotional, and social functioning – and resulting in a brain that is focused on simply surviving trauma.

Neurobiological Impacts of Trauma

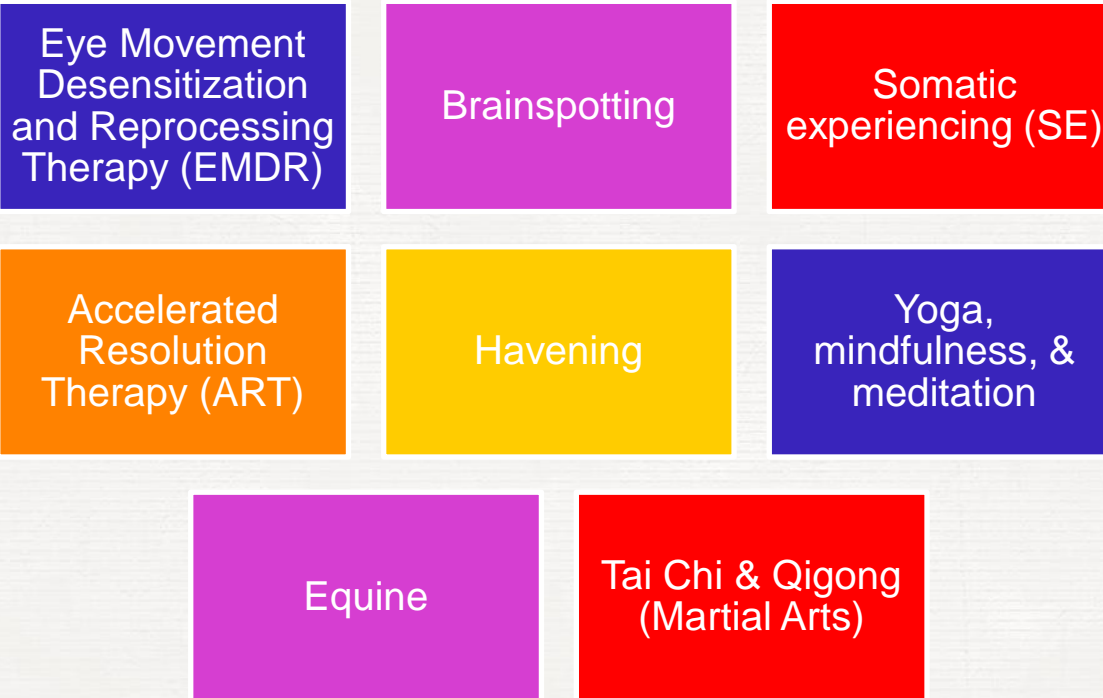


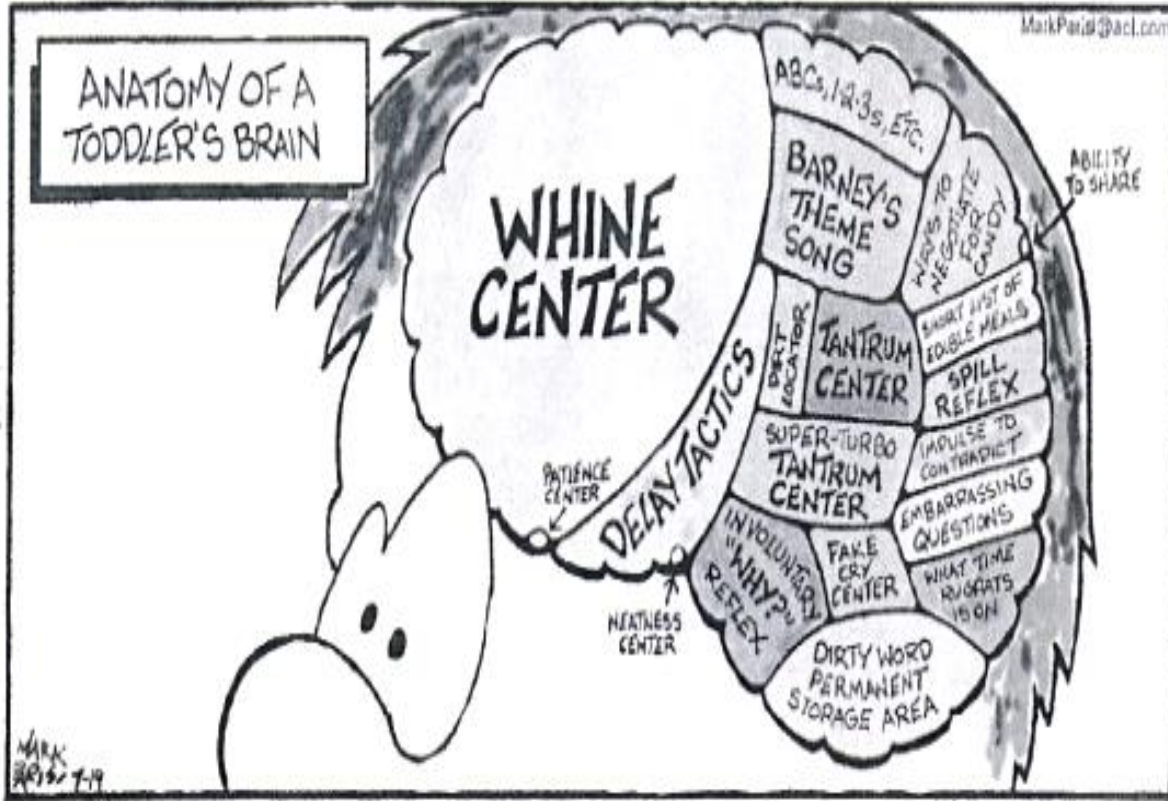
- Research suggests post-traumatic stress is not a permanent neuropsychological condition, but rather a functional and largely reversible distortion in the multi-dimensional pathways that meld the mind and body.

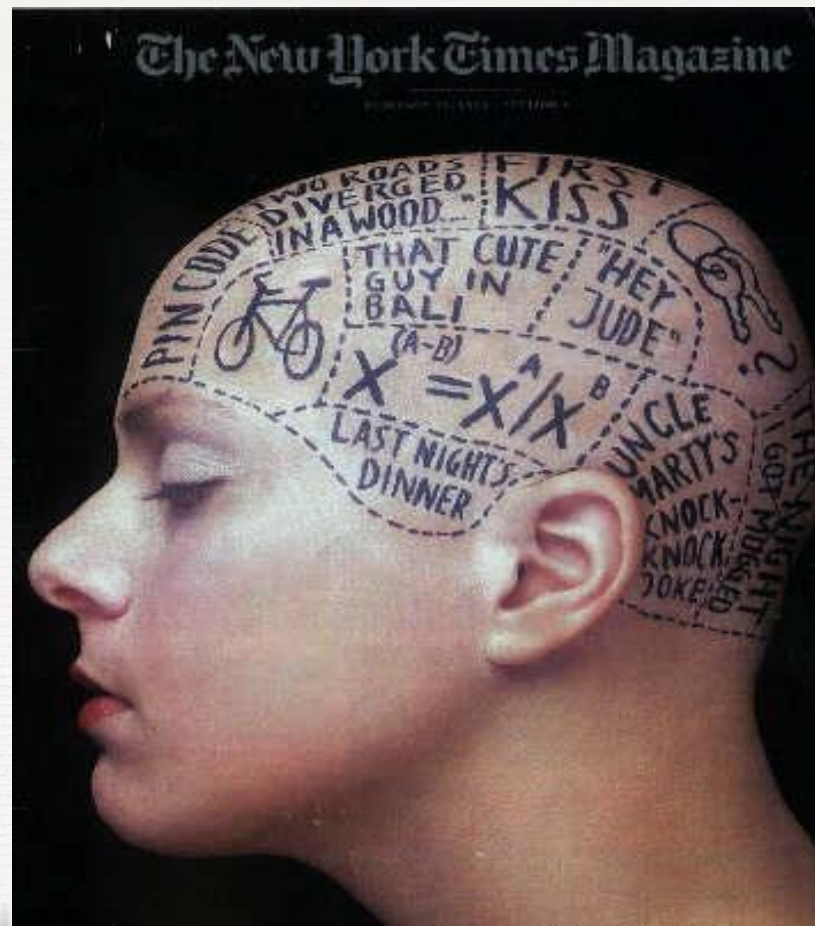
- These discoveries, together with a range of new therapy approaches, are opening new perspectives on healing, and new treatments are being explored within this context.



Holistic Approaches/Options for Trauma







Breakout:

How would you help a survivor regulate her children after they come home from a visit with the unsafe parent?



God's Heart for the Oppressed and Vulnerable



- X “Defend the weak and the fatherless; uphold the cause of the poor and the oppressed.” (Psalm 82:3)
- X “Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute. Rescue the weak and the needy; deliver them from the hand of the wicked.” (Psalm 82:3-4)
- X “Open your mouth for the mute, for the rights of all who are destitute. Open your mouth, judge righteously, defend the rights of the poor and needy.” (Proverbs 31:8-9)
- X “Whoever mocks the poor insults his Maker; he who is glad at calamity will not go unpunished.” (Proverbs 17:5)
- X “I know that the LORD will maintain the cause of the afflicted, and will execute justice for the needy.” (Psalm 140:12)





God's Heart for the Oppressed and Vulnerable



- x “Learn to do good; seek justice, correct oppression; bring justice to the fatherless, plead the widow’s cause.” (Isaiah 1:17)
- x “Do not oppress the widow, the fatherless, the sojourner, or the poor, and let none of you devise evil against another in your heart.” (Zechariah 7:10)
- x “Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?” (Isaiah 58:6-7)



The Child as a Victim of IPV/Coercive Control

- x IPV/Coercive Control often *precedes* child maltreatment!
- x Co-occurrence of child abuse and IPV/Coercive Control has been established in the literature-
 - https://calio.org/wp-content/uploads/2021/10/Co-Occurrence-of-Intimate-Partner-Violence-with-Child-Maltreatment-10.12.21.FINAL_.pdf

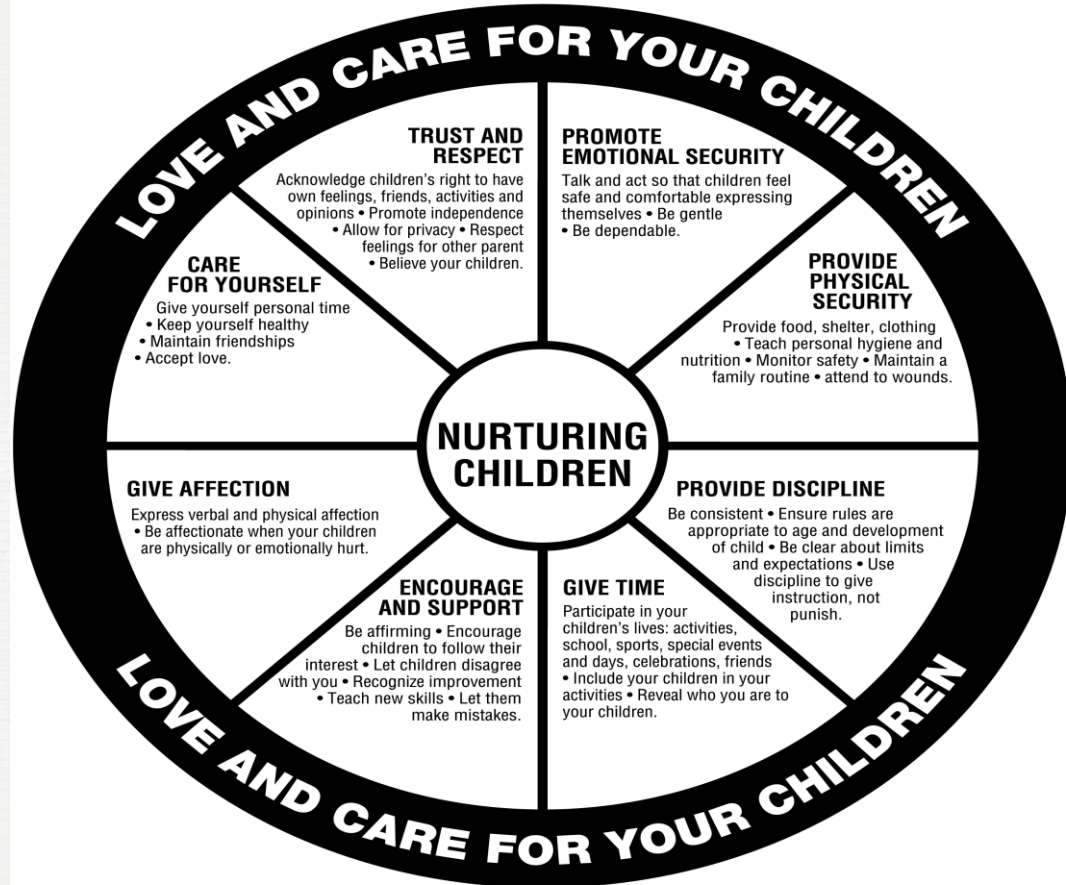


- x Children often need physical and emotional nurturing to regulate their nervous system

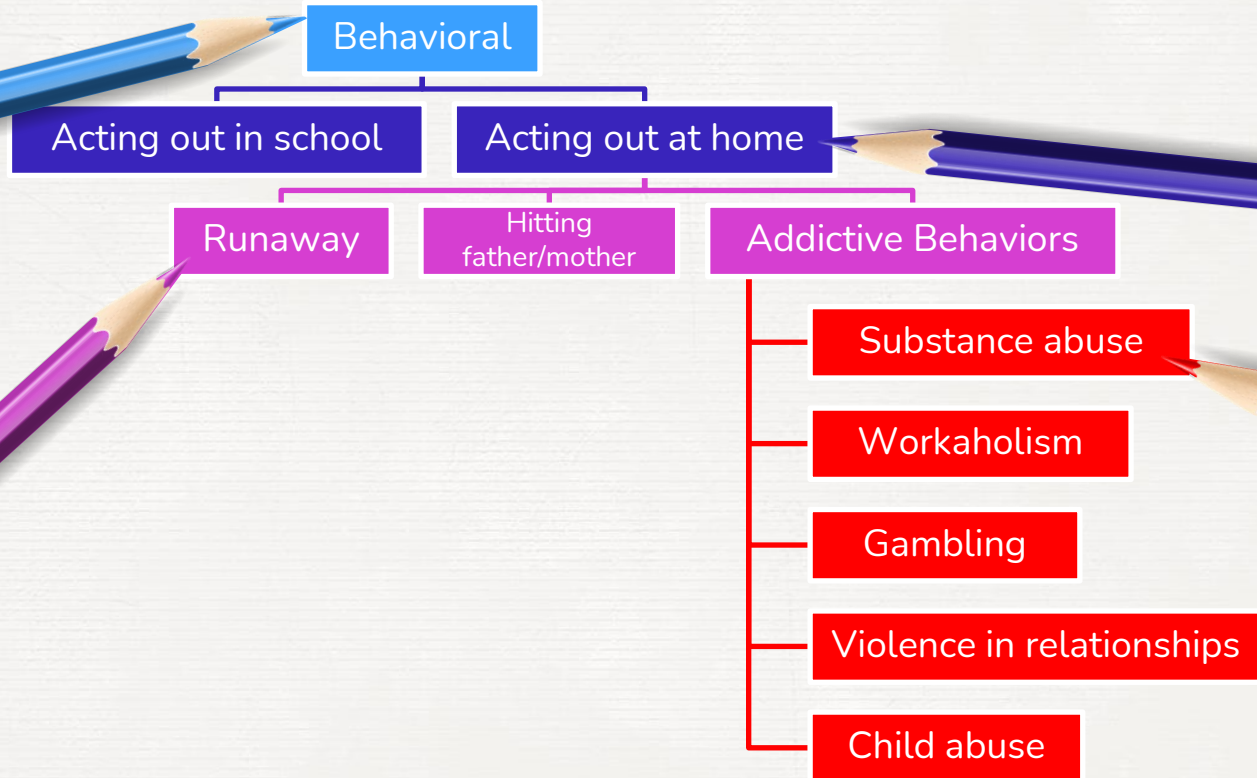
Abuse of Children Wheel




Nurturing Children Wheel



Effects on Children



Long-term Effects on Children



x Teen related behaviors

- Pregnancy
- Juvenile Delinquency
- Substance abuse
- High-school drop-outs
- Early sexual behavior



x Psychological

- Delayed impact
 - ADHD--Attention Deficit Hyperactivity Disorder
 - Depressive symptoms
 - **Suicidal thoughts**
 - Externalizing or Internalizing distress
 - Difficulty with adult relationships
 - Divorce/custody issues

Healthy Development Pre-natal – Age 6 Leads to Education and Job Readiness



Future Prosperity

Brain Architecture

Toxic Stress

Can't Do One Without the
Other

Serve and Return

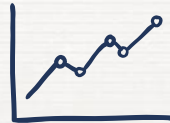
Pay Now or Pay Later

Return on Investment



Future Prosperity

- Today's children will become tomorrow's citizens, workers, and parents
- Ingenuity and Innovation
- Increased job productivity
- Future prosperity-society, community, family
- Right balance between individual and shared responsibility for a strong foundation



Can't Do One Without The Others

Social , Emotional, and Cognitive Development Are Connected: You Can't Do One Without the Other



X Serve and Return Interaction Builds Healthy Brain Architecture



Safe, Stable, Nurturing Relationships

Prevent Child Abuse & Neglect:
When we make **relationships and environments safe, stable, and nurturing**, we help all kids and families thrive.



There are four types of child abuse and neglect:

Physical Abuse	Sexual Abuse
Emotional Abuse	Neglect

About **1 in 7**

- X About **1 in 7** children experienced child abuse and neglect in the last year. That is millions of kids (self-report data).
- X The prevention of child abuse and neglect is a CDC priority. They're not inevitable.
- X **Safe, stable, nurturing relationships and environments** are essential to prevent child abuse and neglect and to assure all children reach their full potential.

SURVIVOR EMPOWERMENT

STARTS WHEN WE LEARN:

or
Agency

How trauma has impacted our brain and nervous system and how to reverse those changes

The quirks and tics in our behavior are not because we are crazy, broken, or irreconcilably different but that these are normal responses to abnormal circumstances

What is abnormal about the pain, betrayal, and shame of abuse

There is hope presented by neuroplasticity, the ability to regulate our emotions, form new mental habits and release trauma stored in our bodies, and when we rediscover trust through safe, stable, nurturing relationships

How purpose and meaning contributes to post-traumatic growth

Advocating for ourselves releases us from silence, shame, and the lack of power and control we experienced during the trauma that continues to cast us as victims

STEP INTO YOUR POWER!
STEP INTO YOUR VOICE!



BE OK NOT BEING OK

"I'm fine!" Maybe you don't notice the stress is getting to you but pay attention to the clues. Is your hair is falling out, do you feel tired all the time, suffer digestive problems, get irritable, feel a sudden lack of interest in the things that used to give you joy or motivation? If so, talk to yourself as you would to your best friend, with compassion and lack of judgement.

ROAD TEST YOURSELF

Check in with your body to feel where it is tight, where you can release. Track your thoughts as if they were clouds in the sky - let them drift in and let them drift out. Whenever you experience a whoosh of strong emotion tell yourself, "It's just a feeling, it's just a feeling." Learning how to notice (or "mindfulness") is a practice.

SELF SOOTHE

Our parents and caregivers are supposed to teach us how to self-soothe - babies are not born with that capacity. Some of us got lucky: We were wrapped in a warm blanket, we were rocked, we were stroked, someone tapped gently on our back, or we were sung to. These are still good strategies for calming the nervous system. Think about what has helped you in the past. You are the expert at regulating your own nervous system.

HOW TO SURVIVE TRAUMA REMINDERS

GET ACTIVE

Powerlessness reminds us of the lack of power and control experienced during the traumatic event. It is a huge trigger for trauma survivors. It's time for us to get active, take to the streets, petition our lawmakers, educate our sons, and challenge social norms. It is a lie that we are powerless. We are mighty and we will prevail.

CELEBRATE RESILIENCE

It's good to recognize and celebrate our adaptations to toxic stress and trauma that have kept us alive. We should also recognize that these adaptations have the potential to derail us and no longer be life-serving once the danger is passed. For example, a biting wit can deflect verbal abuse but also destroy current supportive relationships. .

SEEK COMMUNITY

That can be harder than it sounds - particularly if life has taught you that other human beings may not trustworthy - but human beings are wired for cooperation and connection; it is how we've survived as a species. Safe, stable, nurturing relationships are the key - and they don't have to be with a romantic partner or family member who has lost the right to your trust.

Breakout:

*How would you help a survivor
build agency in herself and her
children ?*

Trauma Informed Support



1. Create Safety (2 Cor. 5:9)

- Attunement (Gen. 16:3)
- Requires addressing the environment and schedule (Phil. 2:3)
- Requires Self-Awareness (Jer. 17:9)

2. Regulate the nervous system (Ps. 139:14)

- Stress brings pattern of physiological responses
- Hyperarousal /Hypoarousal
- Strategies to reduce stress become a conscious choice of the survivor

Trauma Informed Support



3. Relationship (Rom. 5:8; Zeph. 3:17; Jn. 15:13)

- Building Connectedness (Gal. 6:2; Rom. 12:10; 1 Thess. 5:14)
- Making a point to connect and hear children's voices (Prov. 20:5)
- Value relationships over rules, routines, ebbs and flows (Lk. 10:38-42; Jn. 12)

4. Support development of coherent narrative

- Predictability

5. Practice 'power-with' strategies

- Giving options and offering choices
- Shifting our focus from "what's wrong with you?" To, "What do you need?" of "What happened to you?"
- Encouraging children to communicate if something makes them feel uncomfortable.
- Using "open-ended" questions.

Trauma Informed Support



6. Build Social, Emotional & Resiliency Skills

- Learning to care for one another is the most important job for a child
- Mutuality, Reciprocity, and Freedom

7. Foster post-traumatic growth

- Problem Solving (Phil. 4:6,13; Prov. 3:5)
- Planning (Heb. 12:1)
- Maintaining focus despite discomfort (1 Cor. 10:13, Heb. 12:1)
- Self-Control (Gal. 5:22-23; 1 Cor. 9:25)
- Seeking Support (Rom. 12: 4-5; Psalm 133:1; Heb. 10:24)



Resources

- X Web Site Supports Pediatricians' Efforts To Assist Children Exposed to Violence [AAP children exposed website](#)
- X Jack Shonkoff <https://www.hsph.harvard.edu/jack-shonkoff/>
- X *The Science of Early Childhood Development*. (2007) National Scientific Council on the Developing Child. <http://www.developingchild.net>
- X <http://www.developingchild.harvard.edu>
- X <https://developingchild.harvard.edu/science/key-concepts/serve-and-return/>
- X https://www.childwelfare.gov/pubpdfs/brain_development.pdf
- X National Symposium on Early Childhood Science and Policy June 27, 2008
Pat Levitt, Ph.D. <https://developingchild.harvard.edu/people/pat-levitt/>
- X Prevent Child Abuse America <https://preventchildabuse.org/>
- X Frameworks Institute <http://www.frameworksinstitute.org/children.html>
- X <http://www.childhelp.org/>
- X <http://www.cdc.gov/ace/>
- X <https://stopabusecampaign.org/>
- X <https://www.ascd.org/el/articles/nine-competencies-for-teaching-empathy>
- X <https://www.thechaosandthelutter.com/archives/helping-child-fight-flight-freeze-mode>
- X <https://www.childwelfare.gov/topics/responding/trauma>

Resources (continued)

- X <https://www.strongnation.org/readynation>
- X <https://www.readynationinternational.org>
- X <https://www.childwelfare.gov/topics/systemwide/laws-policies/statutes/define/>
- X Fact Sheet (2019). Long-Term Consequences of Child Abuse and Neglect. Children's Bureau/ACYF/ACF/HHS., Child Welfare Information Gateway- https://www.childwelfare.gov/pubpdfs/long_term_consequences.pdf
- X https://calio.org/wp-content/uploads/2021/10/Co-Occurrence-of-Intimate-Partner-Violence-with-Child-Maltreatment-10.12.21.FINAL_.pdf
- X <https://www.state.gov/navigating-the-unique-complexities-in-familial-trafficking/>
- X <https://www.who.int/news-room/fact-sheets/detail/child-maltreatment>
- X <https://www.acf.hhs.gov/media/press/2023/new-child-maltreatment-report-finds-child-abuse-and-neglect-decreased-five-year>
- X American Society for the Positive Care of Children- [AmericanSPCC.org](https://www.AmericanSPCC.org)
- X <https://www.echotraining.org>

Resources (continued)

Positive Childhood Experiences

- X <https://childwellbeingandtrauma.org/healing-and-prevention/positive-childhood-experiences/>
- X <https://www.in.gov/localhealth/stjosephcounty/files/Positive-Childhood-Experiences-PCE-Guide.pdf>
- X https://www.childwelfare.gov/pubpdfs/long_term_consequences.pdf

Economic and Societal Costs of Child Abuse and Neglect

- X Cost-of-Injury Analysis- <https://www.childwelfare.gov/topics/preventing/developing/economic/cost-injury/>
- X Social and Economic Consequences of Child Abuse and Neglect- <https://www.childwelfare.gov/topics/can/impact/consequences/>
- X <https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html>
- X <https://www.accesscontinuingeducation.com/ACE8000-11/c8/index.htm>
- X <https://www.cdc.gov/violenceprevention/childabuseandneglect/EconomicCost.html>

Toxic Stress

- X Center on the Developing Child at Harvard University- <https://developingchild.harvard.edu/guide/a-guide-to-toxic-stress/>

Resources- ACEs

Aces too High. Got your Aces score. Retrieved from <https://acestoohigh.com/got-your-ace-score/>

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The Center for the Developing Child, Harvard University. (2021). ACEs and toxic stress: Frequently asked questions <https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/>

Resources- ACEs (continued)

<https://www.cdc.gov/violenceprevention/acestudy/>

<https://www.osymigrant.org/Newsite/educat/ACES.html>

<https://www.acesconnection.com/blog/fight-or-flight-infographic>

http://www.oica.org/ace_study/Issue%20Brief%203%20%28tri-fold%29%20fp.pdf

ACEs Connection- <https://www.acesconnection.com/>

ACEs Resource Packet: Adverse Childhood Experiences (ACEs) Basics- http://childhealthdata.org/docs/default-source/cahmi/aces-resource-packet_all-pages_12_06-16112336f3c0266255aab2ff00001023b1.pdf?sfvrsn=2

Adverse Childhood Experiences- <https://www.cdc.gov/violenceprevention/acestudy/index.html>

Childhood Trauma and Positive Health- <http://www.cahmi.org/projects/adverse-childhood-experiences-aces/>

A National and Across-State Profile on Adverse Childhood Experiences Among U.S. Children and Possibilities to Heal and Thrive- http://www.cahmi.org/wp-content/uploads/2018/05/aces_brief_final.pdf

The Prevalence of Adverse Childhood Experiences, Nationally, by State, and by Race or Ethnicity- <https://www.childtrends.org/publications/prevalence-adverse-childhood-experiences-nationally-state-race-ethnicity>

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