For the trainer:

Please note this slide deck is not a train the trainer presentation with fully developed scripts and exercises. These slides and accompanying notes are offered as suggestions. Slides may be used separate from the slide deck and in a different order than how they are currently presented.

If slides are used, please use the citation below and maintain all original citations found on the slides.

The Adverse Childhood Experience Study-
Behavioral Health at the Foundation of all Health

- Over 17,000 adults studied from 1995-1997
- Almost 2/3 of participants reported at least one ACE
- Over 1/5 reported three or more ACEs, including abuse, neglect, and other types of childhood trauma
- Major links identified between early childhood trauma and long-term health outcomes,
  - Including increased risk of many chronic illnesses and early death

"Major Findings," Centers for Disease Control and Prevention (CDC)
Dose-Response Relationship: More ACEs = More Disease

Higher ACE Score Increases Smoking

- 6 of 100 people with 0 ACEs smoke
- 11 of 100 people with 3 ACEs smoke
- 17 of 100 people with 7 ACEs smoke
Life-Long Health Outcomes Linked to ACEs

- Alcohol, tobacco & other drug addiction
- Auto-immune disease
- Chronic obstructive pulmonary disease & ischemic heart disease
- Depression, anxiety & other mental illness
- Diabetes
- Multiple divorces
- Fetal death
- High risk sexual activity, STDs & unintended pregnancy
- Intimate partner violence—perpetration & victimization
- Liver disease
- Lung cancer
- Obesity
- Self-regulation & anger management problems
- Skeletal fractures
- Suicide attempts
- Work problems—including absenteeism, productivity & on-the-job injury


Adverse Childhood Experiences

The #1 Chronic Health Epidemic in the United States

“The impact of ACEs can now only be ignored as a matter of conscious choice. With this information comes the responsibility to use it.”

- Anda and Brown, CDC

“If you knew how excruciatingly uncomfortable it is to live in my own skin, you would understand why I do not want to be present in my body and in this world.”

- Anonymous
**Gabor Mate’s Definition of Addiction**

Any behavior that is associated with:
- Craving and temporary relief
- Long-term negative consequences

That a person is unable to give up

Early emotional loss is the template for all addictions
Addiction and the Brain

As Gabor Mate notes in his book, *In the Realm of Hungry Ghosts*, those with substance use disorder "self-medicate to soothe their emotional pain — but more than that, their brain development was sabotaged by their traumatic experiences."


Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging — something we’ve experienced, done, or failed to do makes us unworthy of connection.

-Brene Brown
“An addict needs shame like a man dying of thirst needs salt water.”
- Terrence Real

What can we do?
• Medications
• Recovery coaches
• Technology
• Prioritize the relationship
• Seek ways to build connection
• Embrace compassion instead of punishment
Trauma-Informed Primary Care: Fostering Resilience and Recovery

https://www.youtube.com/watch?v=PY9DcIMGxMs