

Revisiting ACEs: The Roots of Wellness and Building Our Collective Resilience



September 20, 2022

DISCLOSURE:

The speaker for this session, Alison Arnold, Ed.D. discloses no relevant financial relationships with commercial interests.



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Revisiting ACEs: The Roots of Wellness and Building Our Collective Resilience

- Review the discoveries of the Adverse Childhood Experiences study and the significant life-long health impacts of early trauma and toxic stress
- Understand why children exposed to ACEs are at elevated risk for chronic disease and risky behavior
- Increase awareness of trauma-responsive practice and the ripple effects of secondary traumatic stress
- Discuss strategies for protecting and building strong brains and bodies and responding to children who present with trauma symptoms
- Increase awareness and sharing of local, regional, and statewide resources, including the Prevention of ACEs Data to Action Project and the Michigan ACEs Initiative





**Put on Your Trauma Lens:
Revisit What You Know
Gain New Perspectives**



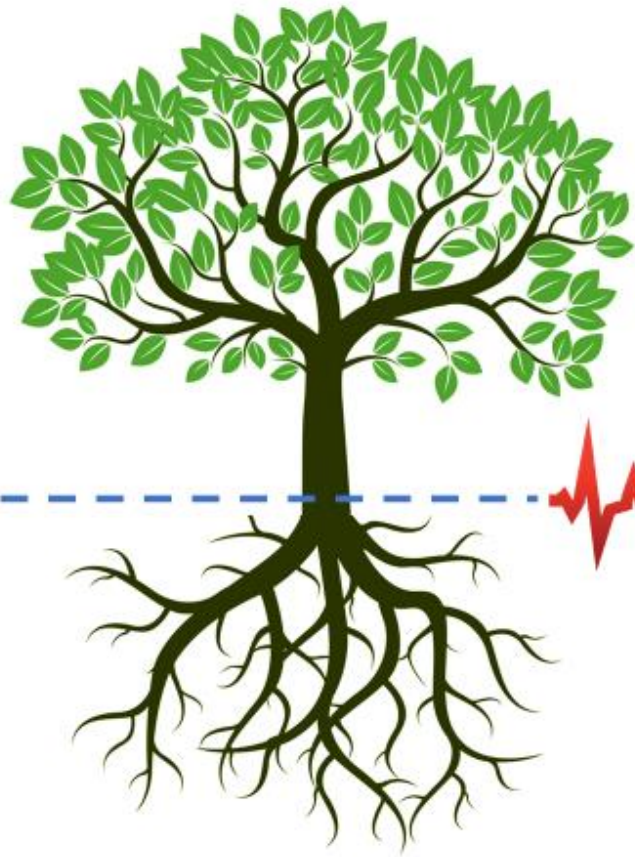
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Brief Poll: Today's Discussion

What is current level of awareness and understanding about ACEs?

- A. Just hearing about ACEs today or recently
- B. Have a basic understanding that ACEs, Trauma, and Toxic Stress can lead to poor health and life-long challenges
- C. Have known about ACEs and understand some of the neuro-physiological and epigenetic aspects of ACEs
- D. Working to apply new approaches in my work, practice, to prevent and/or heal ACEs, trauma, toxic stress





EXPERIENCE



RELATIONSHIPS

ENVIRONMENT



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Memory of our experiences IS STORED IN OUR BODY

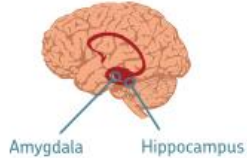
<https://www.youtube.com/watch?v=ngYnzNArGyo>



Early Neurodevelopment and Stress

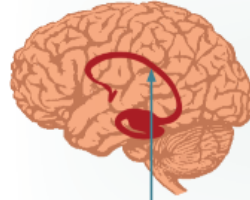
MALTREATMENT
0-3

SEXUAL ABUSE
Age 0-5



ACE Interface © 2015

THE LIMBIC SYSTEM



LIMBIC SYSTEM

FIGHT
OR
FLIGHT

vital for
LEARNING
MEMORY
REWARD
REINFORCEMENT

regulates
HORMONES
MOOD
HEARTBEAT
SEXUAL BEHAVIOR

STRESS

Interpretations Can Differ

set points in place by
EARLY ADULTHOOD



At Birth



SYNAPTIC DENSITY



Elementary Age



ACE Interface © 2015

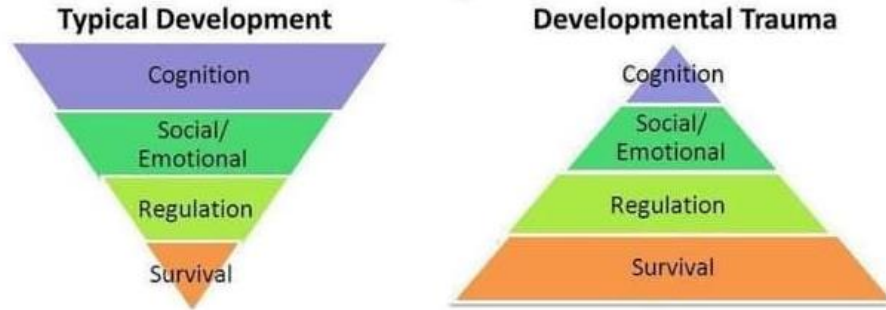
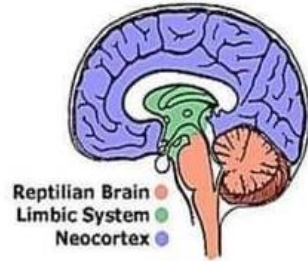


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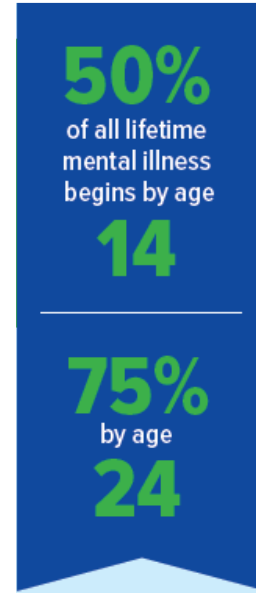
The Formative Years Matter!

2019 NCHS

- 13.6% of U.S. children between the ages of 5 and 17 years had received mental health treatment in the past 12 months.
- 10.0% of children had received counseling or therapy from a mental health professional
- 8.4% had taken prescription medication for their mental health.



Adapted from Holt & Jordan, Ohio Dept. of Education



NAMI

Zablotsky B, Terlizzi EP. Mental health treatment among children aged 5–17 years: United States, 2019. NCHS Data Brief, no 381. Hyattsville, MD: National Center for Health Statistics. 2020.

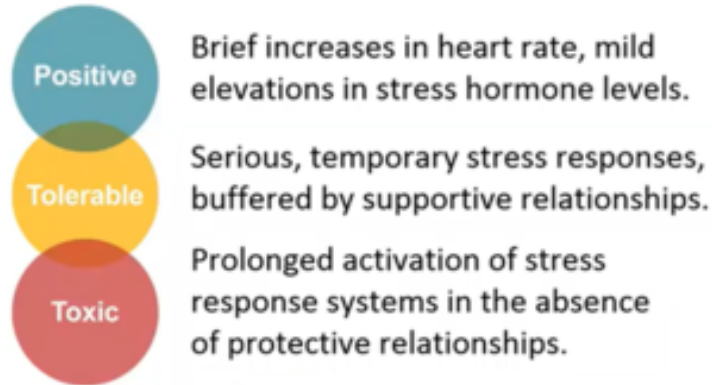


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Toxic Stress & Chronic Overstimulation of HPA Axis

Definition of Toxic Stress

Excessive or prolonged activation of stress response systems in the absence of buffering protection from adult caregivers



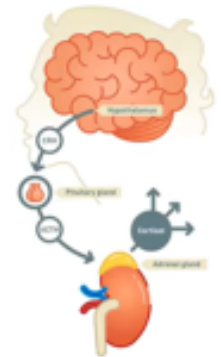
Source: Permission granted by center on the Developing Child at Harvard University. <https://developingchild.harvard.edu/>

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Neurobiology of Trauma

Hypothalamic-Pituitary-Adrenal Axis (HPA)

- Stress activates axis
- Peripheral release of cortisol
- Stimulates multiple areas of body and immune system



Source: Johnson SL, Riley AW, Granger DA, Kitz J. The science of early life toxic stress for pediatric practice and advocacy. *Pediatrics*. Feb 2013;131(2):E29-E37.

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Adverse Childhood Experiences can include:

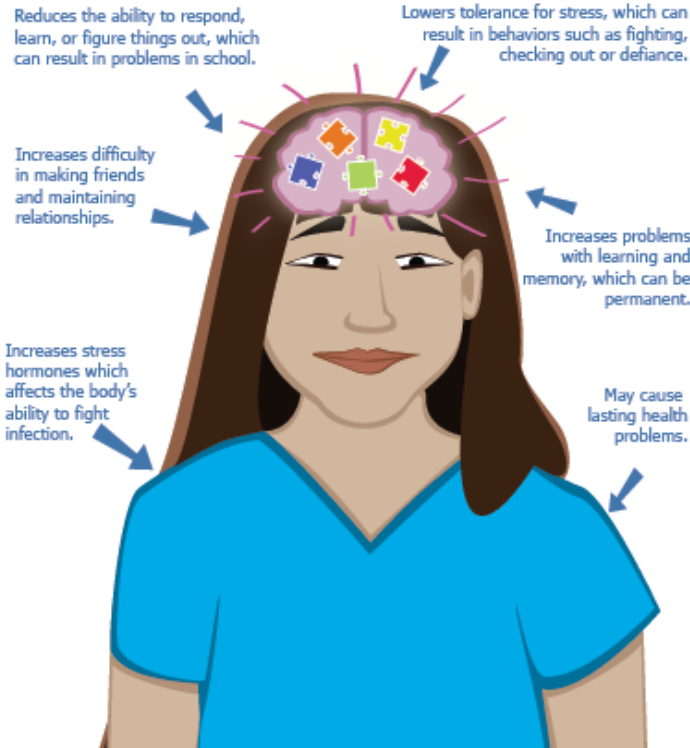
1. Emotional abuse
2. Physical abuse
3. Sexual abuse
4. Emotional neglect
5. Physical neglect
6. Mother treated violently
7. Household substance abuse
8. Household mental illness
9. Parental separation or divorce
10. Incarcerated household member
11. Bullying (by another child or adult)
12. Witnessing violence outside the home
13. Witness a brother or sister being abused
14. Racism, sexism, or any other form of discrimination
15. Being homeless
16. Natural disasters and war

Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcoholism and alcohol abuse
- Depression
- Illicit drug use
- Heart disease
- Liver disease
- Multiple sexual partners
- Intimate partner violence
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies

How do ACEs affect health?

Through stress. Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health.



A **Survival Mode Response** to toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority. In other words:
"I can't hear you! I can't respond to you! I am just trying to be safe!"

Early Traumatic Stress Disrupts Healthy Child Development



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Shift our Thinking about Traumatic Stress

This Helps to Change our Thinking



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Adverse Childhood Experiences ARE COMMON

HOUSEHOLD DYSFUNCTION

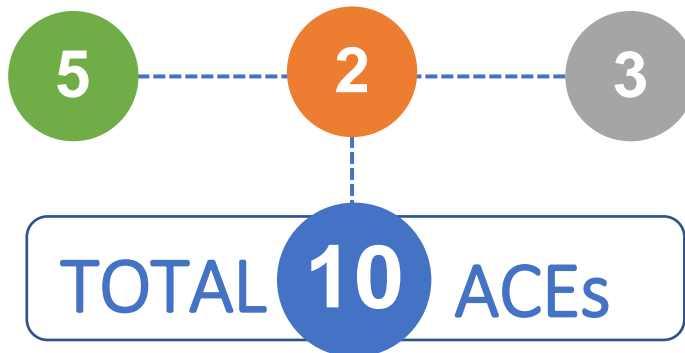
Substance Abuse: 27%
Parental Sep/Divorce: 23%
Mental Illness: 17%
Domestic Violence: 13%
Criminal Behavior: 6%

NEGLECT

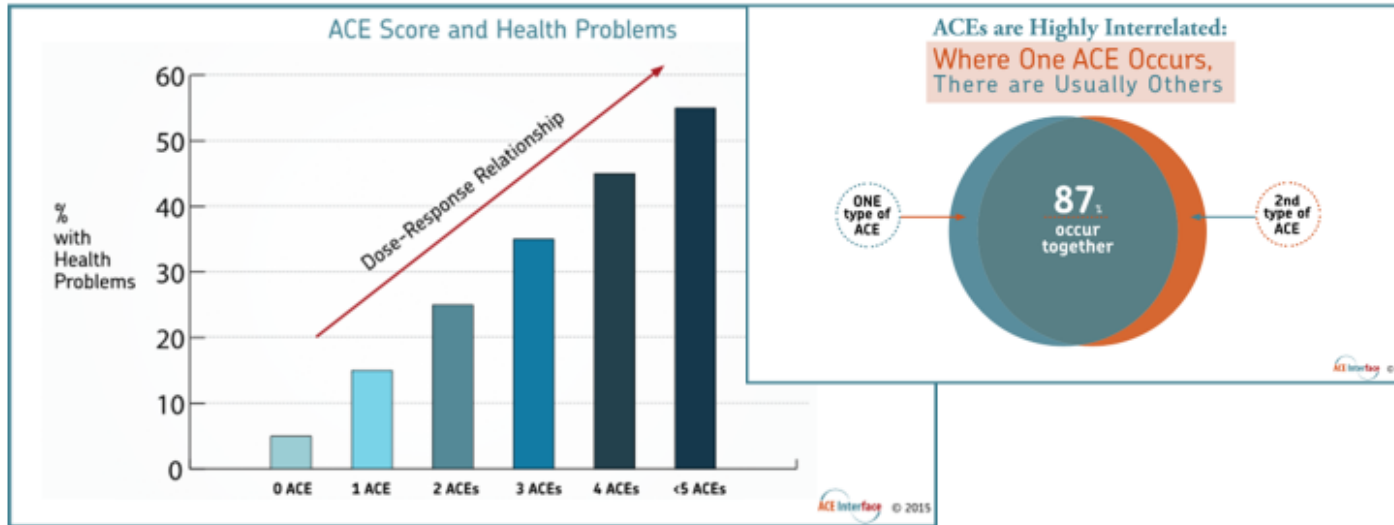
Emotional: 15%
Physical: 10%

ABUSE

Emotional: 11%
Physical: 28%
Sexual: 21%

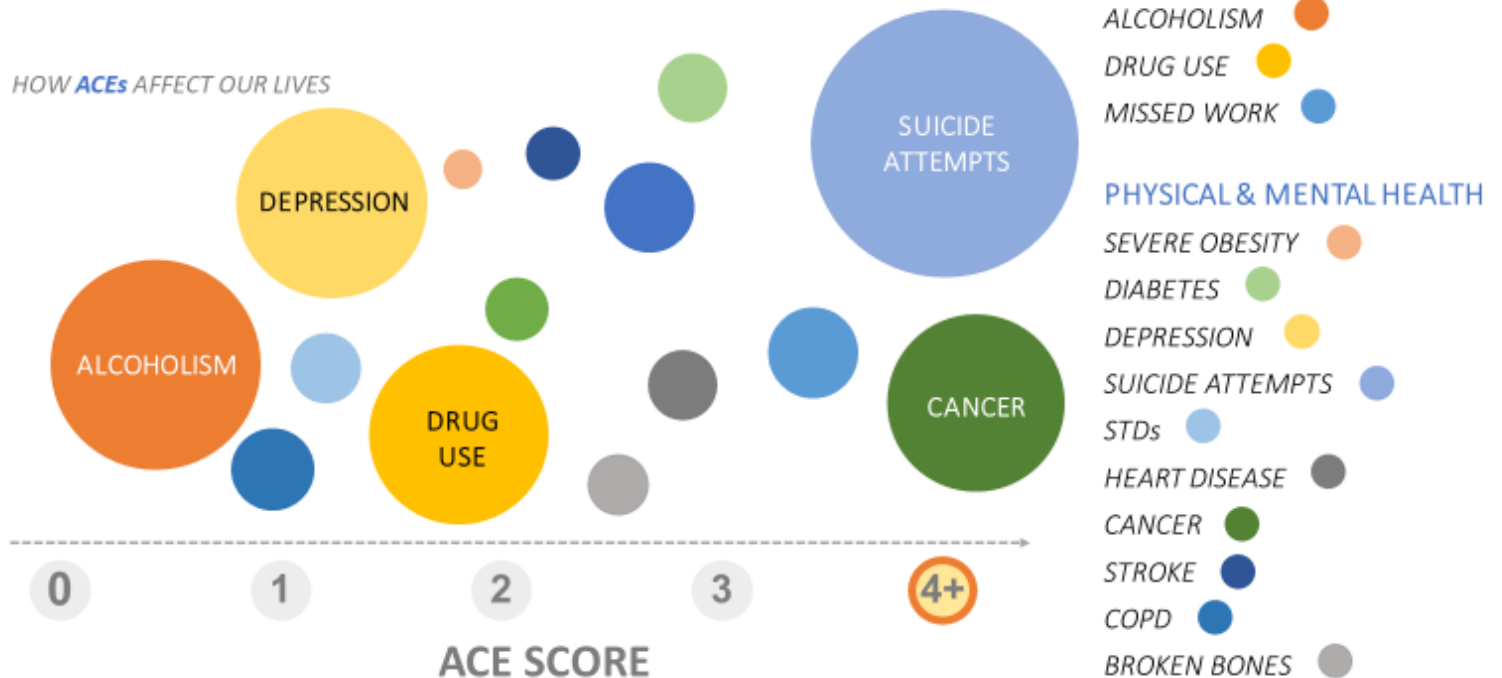


ACEs are Highly Interrelated and More ACEs Predict More Health Problems



ACEs CAN HAVE LASTING EFFECTS ON BEHAVIOR & HEALTH

HOW ACEs AFFECT OUR LIVES



A Comparison of Trauma Profiles Among Individuals with Prescription Opioid, Nicotine or Cocaine Dependence

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3681508/>

	Nicotine	Cocaine	Rx Opiates
Experienced Trauma	95%	96%	100%
Childhood Trauma	71%	60%	90%
Sexual Trauma	16%	22%	34%
Age of First Trauma	13.3	16.4	9.5
# of Traumatic Events	5.5	6.6	7.73



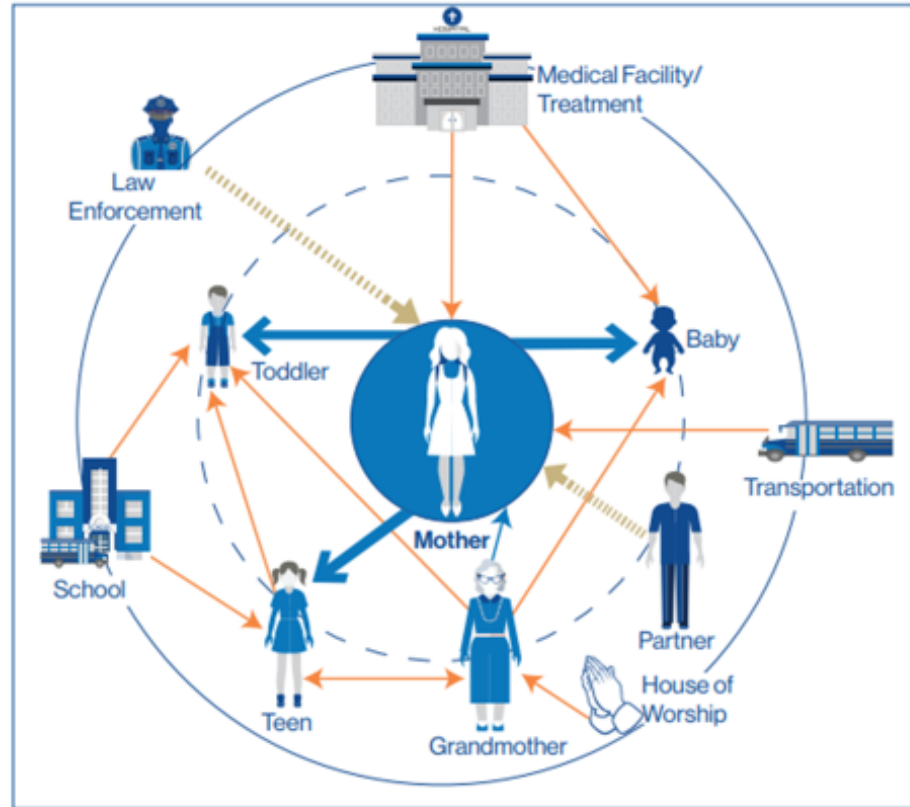
Ripple Effect of Opioid Epidemic ACEs and Trauma

- Magnitude of ripple effect of this epidemic on children, families, communities and society is devastating:
- 8 million children live in a household where at least one parent has a substance use disorder
- 49 percent of all US opioids overdose deaths in 2015 were young adults from the ages of 25-44 in the prime of adulthood (parents / workers).
- Triple the rate of babies born with Neo-Abstinence-System

Source: United Hospital Fund

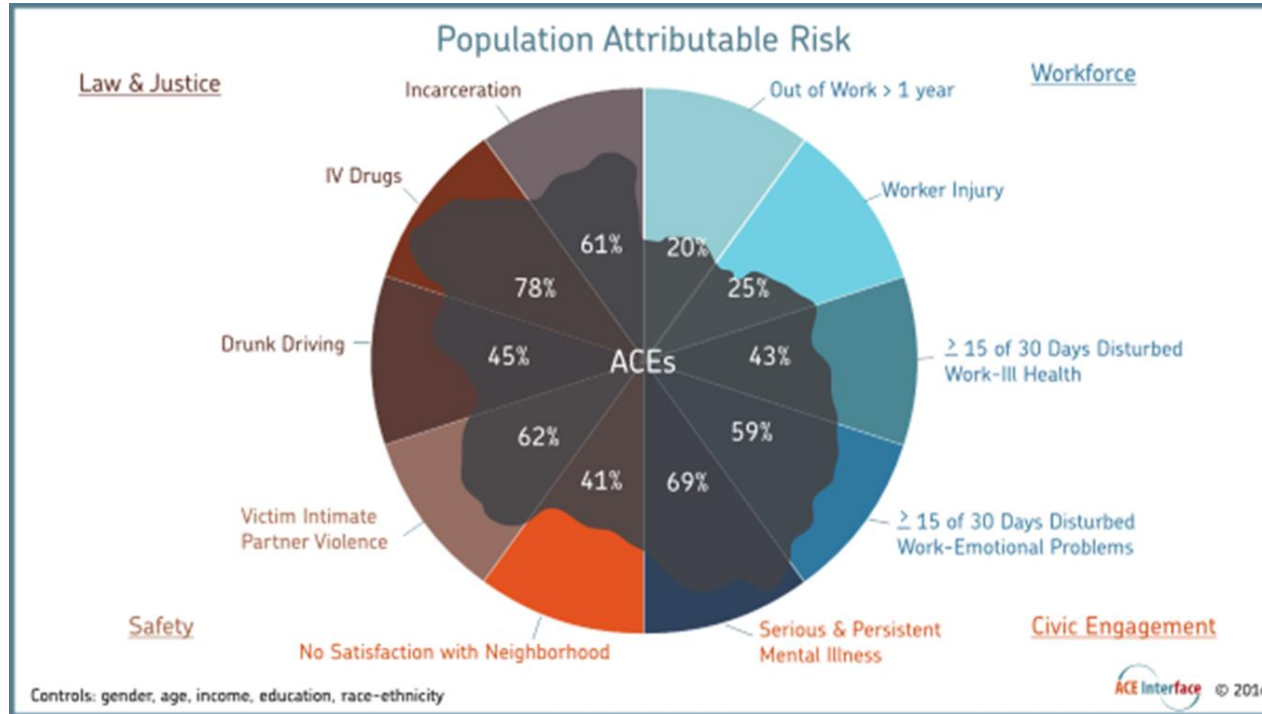
Brundage & Levine (2019)

<https://uhfnyc.org/publications/publication/ripple-effect-opioid-epidemic-children-and-families/>

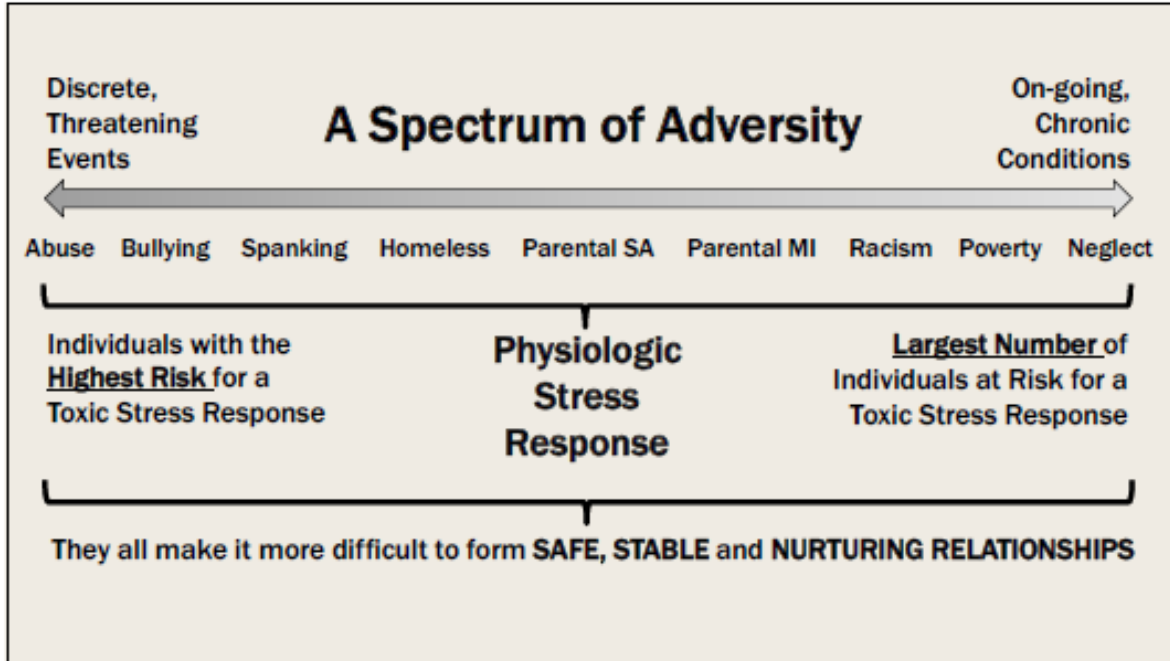


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ACEs Impacts on Communities



ACEs and Trauma Are Not The Same Thing



Source:

Garner (March 2019) AAP Course:
Trauma-Informed Pediatric Practice

Garner & Saul (2018). Thinking
Developmentally: Nurturing
Wellness in Childhood to Promote
Lifelong Health



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The Pair of ACEs

Adverse Childhood Experiences

Maternal
Depression

Physical &
Emotional Neglect

Emotional &
Sexual Abuse

Divorce

Substance
Abuse

Mental Illness

Domestic Violence

Homelessness

Incarceration

Adverse Community Environments

Poverty

Discrimination

Community
Disruption

Lack of Opportunity, Economic
Mobility & Social Capital

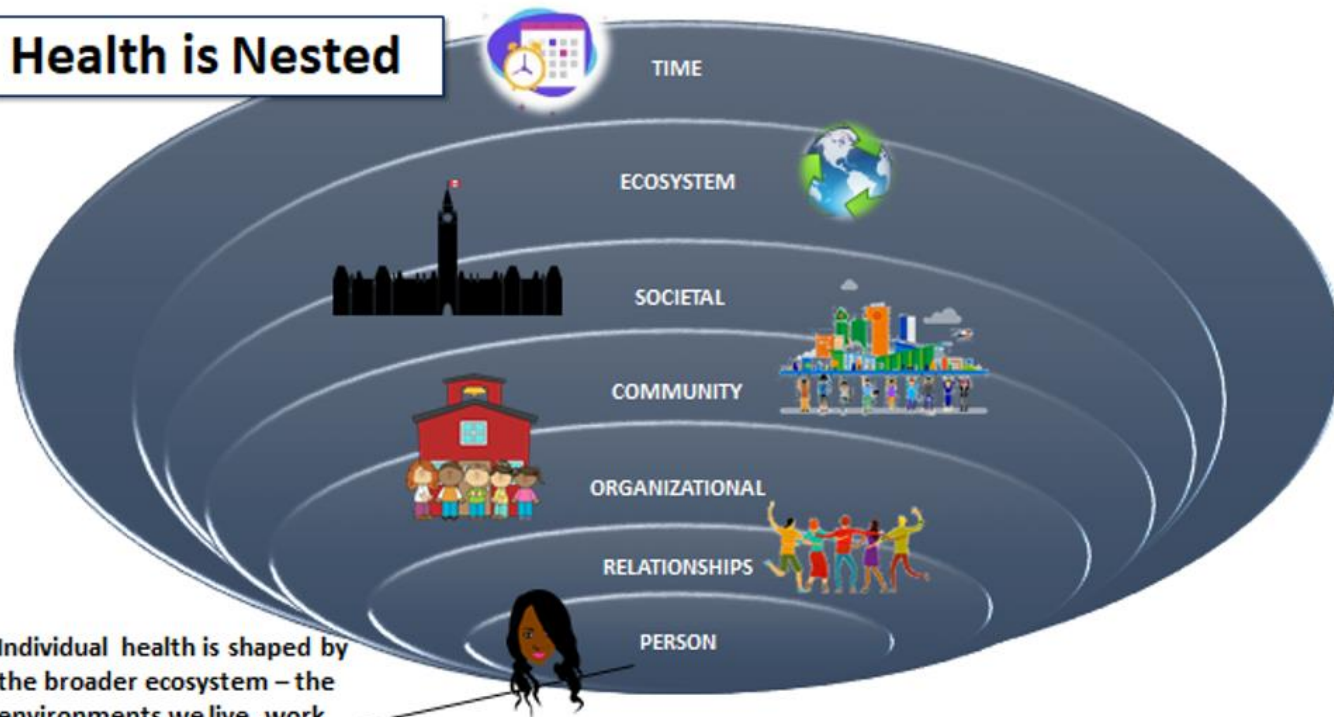
Poor Housing
Quality &
Affordability

Violence

Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011



Health is Nested



Individual health is shaped by the broader ecosystem – the environments we live, work and play in.



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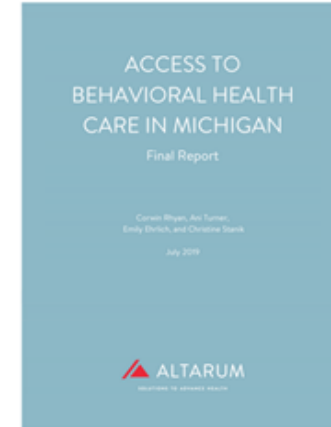
Significant Challenges Pre-Pandemic (2019)



Hundreds of thousands of Michigan residents lack behavioral health treatment

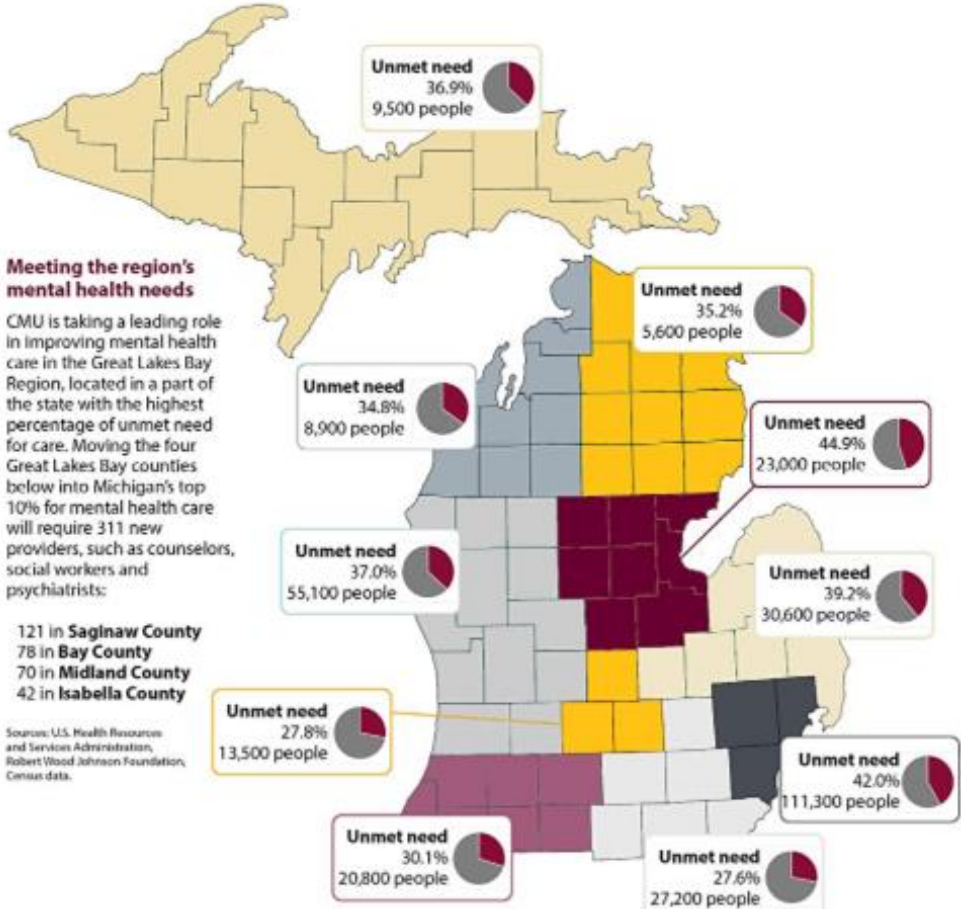
- More than 650,000 Michigan residents with a mental illness and more than 500,000 with a substance use disorder aren't receiving treatment
- 46% of people with anxiety disorders, 53% of people with depressive episodes, and 85% of people with alcohol use disorders are not receiving treatment for their conditions
- 25 counties in Michigan with no psychiatrist; Ten with neither a psychiatrist nor psychologist
- Severe shortage of child and adolescent psychiatrists

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Pressing Need for Collaborations and tools that improve access to and delivery of critical mental health services!



Meeting the region's mental health needs

CMU is taking a leading role in improving mental health care in the Great Lakes Bay Region, located in a part of the state with the highest percentage of unmet need for care. Moving the four Great Lakes Bay counties below into Michigan's top 10% for mental health care will require 311 new providers, such as counselors, social workers and psychiatrists:

- 121 in Saginaw County
- 78 in Bay County
- 70 in Midland County
- 42 in Isabella County

Source: U.S. Health Resources and Services Administration, Robert Wood Johnson Foundation, Census data.



**New
Communication
Tools:
ACEs Across
Michigan
Data Source:
Michigan
Behavioral Risk
Surveillance
Survey**

ADVERSE CHILDHOOD EXPERIENCES AMONG ADULTS IN MICHIGAN

WHAT ARE ADVERSE CHILDHOOD EXPERIENCES?



Adverse Childhood Experiences (ACEs) are potentially traumatic experiences that occur before the age of 18.

ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems.

ACEs ARE COMMON AMONG ADULTS IN MICHIGAN

Eight specific ACEs are tracked through the Michigan Behavioral Risk Factor Survey. These ACEs are highlighted in the charts at the bottom of the page. According to 2019 data, 68% or nearly

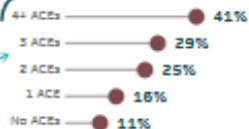
7 out of 10 adults (4.4 million*) reported having one or more ACEs.

adults (4.4 million*) reported having one or more ACEs.

WHY DO ACEs MATTER?

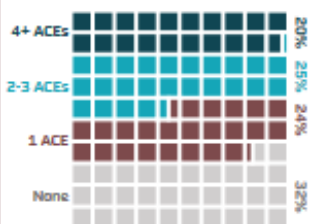
Research shows that the higher a person's ACE score (the number of ACEs they have experienced), the more likely they are to take part in risky health behaviors and experience chronic diseases like cancer, diabetes, stroke, heart disease, and depression. For example, **data shows that as ACE scores increase, so does the rate of depression among Michigan adults.** Why? When a child experiences severe ongoing stress, it can cause their body's stress response systems to get stuck "on" and disrupt their brains, their bodies, and their genes. These disruptions can affect them in childhood and have ripple effects throughout their lives.

DEPRESSION IN ADULTS % ever diagnosed with depression



MANY ADULTS IN MICHIGAN HAVE LIVED THROUGH ONE OR MORE OF THESE POTENTIALLY TRAUMATIC CHILDHOOD EXPERIENCES

AMONG ALL MICHIGAN ADULTS...



Since 2013, the number of adults who have experienced ACEs and the impact of those ACEs remains about the same. Over time and as the surveyed population includes younger generations aging, we hope to see fewer adults reporting ACEs.

HOUSEHOLD DYSFUNCTION

% of Michigan adults that experienced this in their childhood



ABUSE

% of Michigan adults that experienced this in their childhood



*4.4 million adults reported experiencing at least one ACE among 6.5 million Michigan respondents who answered the ACE questions.



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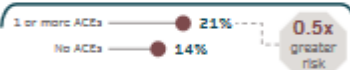
**New
Communication
Tools:
ACEs Across
Michigan
Data Source:
Michigan
Behavioral Risk
Surveillance
Survey**

THE HIGHER THE ACE SCORE, THE GREATER THE HEALTH RISK

Digging deeper into the relationship between the ACE score and negative health outcomes (including risky health behaviors), we can identify many areas where those with one or more ACEs are at greater risk than those with no ACEs for taking part in that risky health behavior or experiencing that negative health outcome.

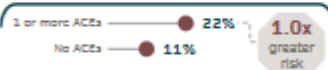
POOR GENERAL HEALTH

% with poor general health in the last month, by ACE score



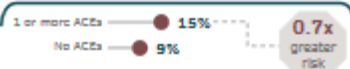
SMOKING

% who are current smokers, by ACE score



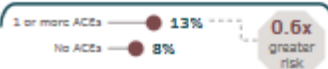
POOR PHYSICAL HEALTH

% with poor physical health in the last month, by ACE score



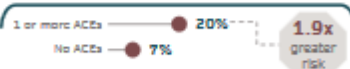
CURRENT ASTHMA

% who currently have asthma, by ACE score



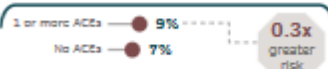
POOR MENTAL HEALTH

% with poor mental health in the last month, by ACE score



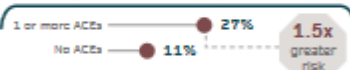
COPD

% diagnosed with COPD, by ACE score



DEPRESSION

% ever diagnosed with depression, by ACE score



BINGE DRINKING

% who binge drink, by ACE score



HOW CAN WE WORK TOGETHER TO ADDRESS ACEs IN MICHIGAN?

ACEs are not destiny. ACEs and their associated harms are preventable. Creating and sustaining safe, stable, nurturing relationships and environments for all children and families can help prevent ACEs and buffer their negative impacts. If we all work together, we can make a difference!

Increase awareness about ACEs. When individuals and communities understand the impact of ACEs, they can work together to create solutions. Visit the [Michigan ACE Initiative](#) for information and resources.

Honor the value of positive childhood experiences. New research shows that positive childhood experiences promote long-term health and well-being for children and buffer the negative effects of ACEs. Learn more at [HOPE: Healthy Outcomes from Positive Experiences](#).

Foster supportive, thriving, and resilient communities. People do best when they live in thriving families and communities. What we do matters! In Michigan, adults with more than four ACEs and high levels of social support are less likely to report negative health outcomes compared to those with low social support. Visit [www.Michigan.gov/TraumaToxicStress](#) for more information and resources.

References:
Centers for Disease Control and Prevention. April 8, 2010. "Adverse Childhood Experiences." Centers for Disease Control and Prevention. Accessed July 30, 2021. <https://www.cdc.gov/disease/prevention/childhood-prevention/aces/>
Topik Y, and Mchale P. 2021. Health Risk Behaviors within the State of Michigan: 2019 Behavioral Risk Factor Survey. 2021 Annual Report. Lansing, MI: Michigan Department of Health and Human Services, Lifescore Epidemiology and Genomics Division.
Infographic design by Michigan Public Health Institute based on original prevalence estimates among Michigan's adult population provided by the Michigan Department of Health and Human Services, Lifescore Epidemiology and Genomics Division. For more information about the data source, please visit the Michigan.gov/ACEs page. This publication was supported by funding made available from the Centers for Disease Control and Prevention, Center for Disease, Title: Social and Territorial Equity, under Grant Number 2U49CE001232. The names of this publication are those of the authors and do not necessarily represent the official position or endorsements by the Centers for Disease Control and Prevention.
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**Source MDHHS
Link:**

https://www.michigan.gov/documents/mdhhs/ACEs_Michigan_Adult_Infographic_2019_APPROVED_733133_7.pdf



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The Impact of ACEs in Michigan

Dataset Descriptions

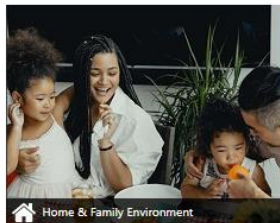
Background information and context for the selected dataset

[Return to Data Homepage](#)

Data Tell The Story

Click a card to view data based on that category

Adverse experiences are events or risk factors that occur through many areas of a child's life. Within each area there are also many protective factors that support children and families.



Experiencing ACEs can lead to toxic stress – a physiological state of prolonged or excessive stress or arousal. Toxic stress can show up as a wide range of social, behavioral and psychosocial health problems.



Michigan ACEs Data Dashboard

Launched
June 2022

*Expanding access to
surveillance data of youth
ACEs*

*Plans for addition of
syndromic surveillance data*

miacedata.org



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Understanding Trauma (in context of the last 3 years)

What Makes an Event Traumatic?

- It involves a threat—real or perceived—to one's physical or emotional well-being.
- It is overwhelming.
- It results in intense feelings of fear and lack of control.
- It leaves one feeling helpless.
- It changes the way a person understands the world, themselves, and others.

(American Psychiatric Association, 2000)



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2020: Pandemic & Multiple Health Crises

Transcending “For Now” Normal to
“Different Than Before Normal”



Health begins where we live,
work, eat, sleep, learn, and play.



—Rishi Manchanda, MD

LIVING & WORKING CONDITIONS ACCOUNT FOR:



CRUEL COVID-19 REALITIES:

COMMUNITY ENVIRONMENTS POSE UNDERLYING HEALTH RISKS
DISPROPORTIONATELY:

- Poverty - Now 150 million categorized as Poor (low income/ low wealth) in U.S.
- Black, Latinx households disproportionately experiencing high rates of material hardships (service industries, essential workers)
- Michigan African Americans account for 40% of COVID-19 deaths, but comprise 14% of total population
- Rural COVID-19 cases and death rates (outside of metropolitan areas) now outpace rural share of population

The Pair of ACEs



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. Academic Pediatrics. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011



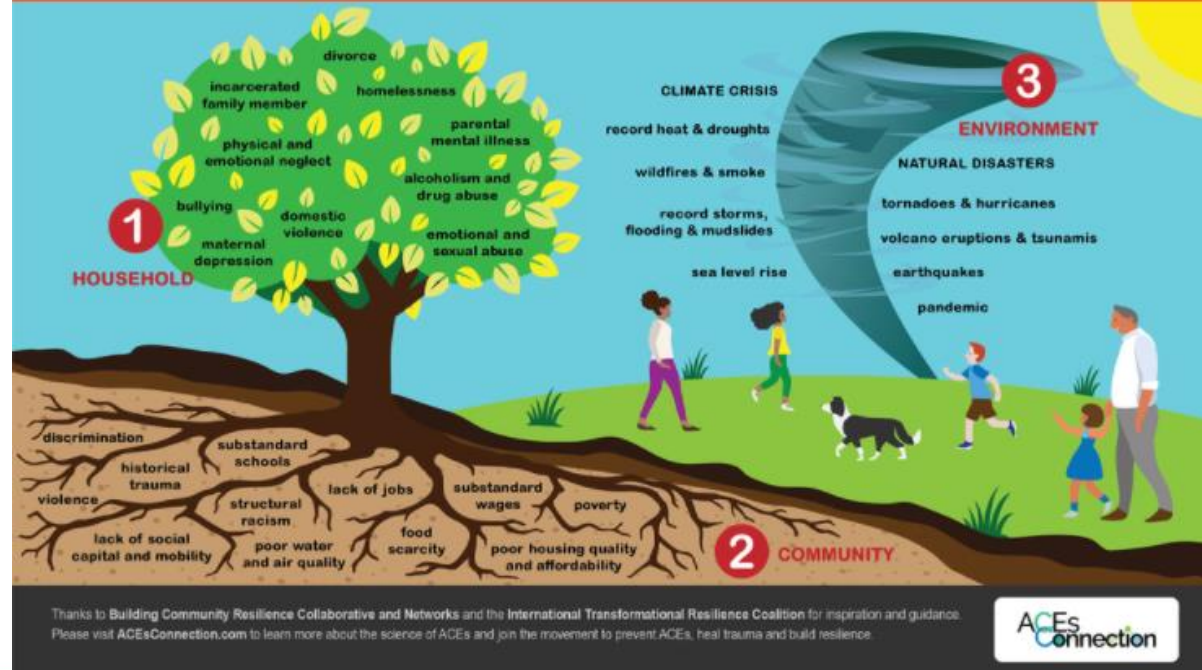
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Health is Nested: Household Community Environment

<https://acestoohigh.com/aces-101/>

3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.

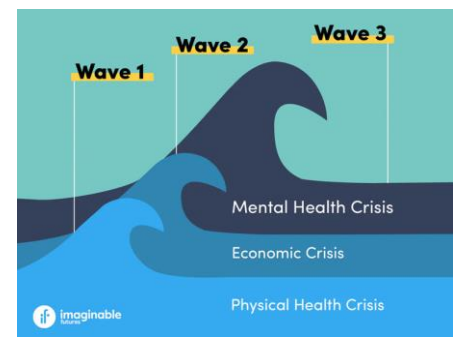


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Pandemic Impacts: Prolonged and Mounting Mental Health Crisis

First responder data; National EMS Information System (NEMSIS):

- Mental health and overdose calls doubled in 2020 compared 2018/2019
- Suicides increased



Health Inequities (SDOH, Structural Racism) Disproportionately Causing Severe Trauma and Consequences for Populations of Color

- Cumulative COVID-19 case rate in Black and African American populations has been over 40% higher than the rate in White populations
- Cumulative COVID-19 death rate in Black and African American populations has been over three times the rate in White populations
- Cumulative COVID-19 case rate per million population among Hispanic and Latino persons in Michigan has been over 70% higher than the rate in White populations

(Michigan Coronavirus Taskforce Report)



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Waves of Population Health Challenges: Unique and Severe Traumatizing Multipliers

- **Bereavement and Grief: COVID-19 Kin Loss**

- Every death will leave approximately nine others bereaved

(Source: Verdery, Smith-Greenery, Margolis, Daw. Tracking the Reach of COVID-19 Kin Loss with a bereavement multiplier, PNAS, July 2020)

- As of Feb 2021, 40,000 children lost a parent

(Source: Kidman & Margolis. Estimates and projections of COVID-19 Parental Death JAMA Ped. April 2021)

- **Economic Factors and Child Abuse**

- Risk of Child Abuse and Neglect increase 4.3% with each 1% increase in parental unemployment
- Based on rate of unemployment in Michigan (2020), child abuse and neglect risk can be expected to increase by 78%

(Source: Edwards, Janney Mancuso, Rollings, VandernToom, DeYoung Halstead, Eastburg. Preparing for the Behavioral Health Impact of COVID-19 in Michigan, Current Psychiatry Reports, Oct 2020)





“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”

(Remen, 2006)



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Compassion Fatigue



“A combination of physical, emotional, and spiritual depletion associated with caring for patients in significant emotional pain and physical distress.”

(Anewalt, 2009; Figley, 1995)



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Addressing ACEs: An Upstream Approach

There is a shared commitment to focus on upstream factors that impact shared risk factors.

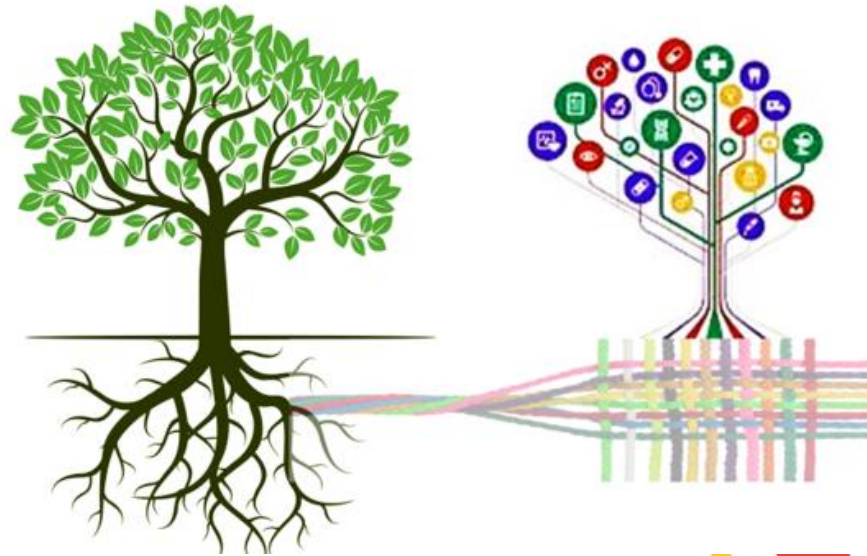


Taking a Closer Look – Zoom in

- Resilience Force Multipliers!
- Resourceful, Innovative Strategies for Prevention of ACEs



We Are Connecting and Strengthening the Roots of Well-being in Communities!



Six Strategies for Preventing Adverse Childhood Experiences



Strengthen economic supports for families



Promote social norms that protect against violence and adversity



Ensure a strong start for children



Enhance skills to help parents and youths handle stress, manage emotions, and tackle everyday challenges



Connect youths to caring adults and activities



Intervene to lessen immediate and long-term harms

Table Talk:

**Share examples
of these strategies
in our communities**



Preventing ACEs

Strategy	Approach
Strengthen economic supports to families	<ul style="list-style-type: none"> Strengthening household financial security Family-friendly work policies
Promote social norms that protect against violence and adversity	<ul style="list-style-type: none"> Public education campaigns Legislative approaches to reduce corporal punishment Bystander approaches Men and boys as allies in prevention
Ensure a strong start for children	<ul style="list-style-type: none"> Early childhood home visitation High-quality child care Preschool enrichment with family engagement
Teach skills	<ul style="list-style-type: none"> Social-emotional learning Safe dating and healthy relationship skill programs Parenting skills and family relationship approaches
Connect youth to caring adults and activities	<ul style="list-style-type: none"> Mentoring programs After-school programs
Intervene to lessen immediate and long-term harms	<ul style="list-style-type: none"> Enhanced primary care Victim-centered services Treatment to lessen the harms of ACEs Treatment to prevent problem behavior and future involvement in violence Family-centered treatment for substance use disorders

Great Lakes Bay Health Centers

MOBILE MEDICAL OUTREACH

Primary Health Care Services

- Physical Health Checks
- Acute Visits (cough, cold, sore throat, ear ache, etc.)
- Chronic Care (Diabetes, Hypertension, Asthma, etc.)
- STD screening/testing
- HIV screening/testing
- COVID-19 testing

Behavioral Health Care Services

- Psychiatric Evaluations and medication reviews
- Brief behavioral health interventions (Anxiety, Depression, PTSD, coping skills, etc.)

Medication Assisted Treatment for Substance Use Disorders

- Vivitrol® / Oral Naltrexone



If you are interested in scheduling an appointment call **989-907-2761**

Most insurances accepted for services and Sliding fee scale is available if uninsured

*Proof of participation in individual therapy sessions required for Vivitrol Program. Participants of substance abuse services have rights protected by state and federal law and promulgated rules. For information contact the Center for Substance Abuse Services, Recipient Rights Coordinator, P.O. Box 30003, 3000 North Haven Luther King Jr. Blvd., Lansing, MI 48909.

Engaging Across the Community

BWELL  *Saginaw*

Come And Join Us For The

LOCAL PUBLIC HEALTH SYSTEMS ASSESSMENT

- Discuss the components, activities, competencies, and capacities of our public health system.
- Determine how well the 10 Essential Public Health Services are being provided to our community.
- Help to identify strengths and weaknesses and determine opportunities for improvement.

Friday, September 16, 2022
Saginaw ISD Transition Center
8:30am-1:00pm
Register [here](#) by September 12th

BHeard
Saginaw

Our Community **LISTENS** Community Classes are Back!



October 4-6, 2022

810 Cinema Dr.
Midland MI, 48642

8:30AM - 4:30PM EDT

November 15-17, 2022

810 Cinema Dr.
Midland MI, 48642

8:30AM - 4:30PM EST



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Saginaw County Behavioral Health Services Access

- Purpose
- Data Quality
- Indicators of Need**
- Factors Related to Access
- Appendix
- References



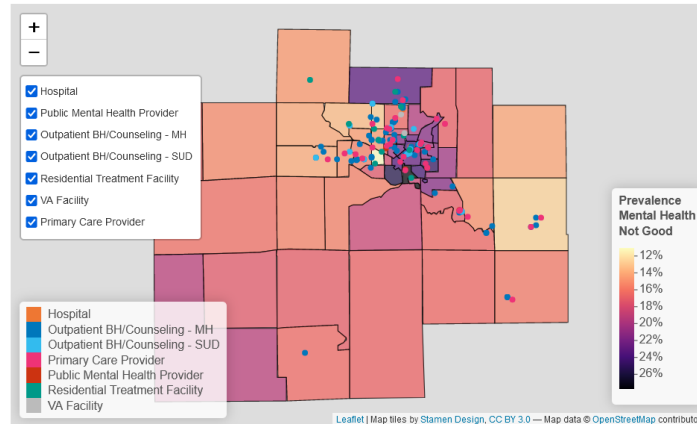
Indicators of Need

The maps below display various indicators of behavioral health need, overlaid with the location of behavioral health providers.

Note: workforce shortages and other provider-specific factors are not considered here and may impact whether a provider is truly accessible to the neighborhoods surrounding it. Additionally, only providers located within Saginaw County's borders are considered in this report.

- Population Density
- Binge Drinking
- Depression
- Mental Health Not Good

Estimated Prevalence of Reported Mental Health as "Not Good" for 14 Days or More Among Adults Aged 18 Years and Older, 2019

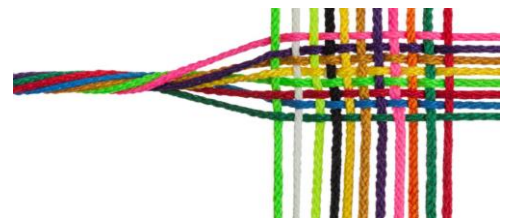


[Source: TBD Solutions](#)



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Many Active Threads!



- **Local Communities and State ACEs & Resilience Initiatives**
 - **School districts:** Great Start, TSS, Handle With Care, 31N-O-P Resources
 - **Community-based Service Providers & Coalitions:** Suicide Prevention, Opioids Response, Homeless Services, FAN, Hope Not Handcuffs
 - **Hospitals, Community Health Outreach:** Staff training, Patient Navigators, Maternal Health
 - **Behavioral Health:** Treatment, Counseling, Integrated Offerings
 - **Law Enforcement, Child Welfare, Courts:** Restorative Justice, Healing to Wellness, Peer Recovery Coaches, Court Mentors, Health Services
 - **Higher Education:** Professional Education, Workforce Development



Workforce Wellness and Education

STRATEGIES



Advance Anti-Stigma and Community Culture:

There are deep-rooted stigmas associated with mental health. Patients and family members sometimes avoid getting help because of misconceptions about mental health care. The iMatter Anti-Stigma Campaign and Mental Health First Aid courses aim to decrease stigmas and open up the conversation that everyone deals with mental health from a variety of different perspectives regardless of demographics, environments or experiences.



Expand Workplace Mental Health:

Employers are in a unique position to educate & support employee mental health regardless of demographics, environments or experiences. Mental illness costs employers thru costs such as loss of productivity, absenteeism and disability costs. We engage with business groups and employers to support employees and those who are more at-risk for mental illness so individuals can access quality care.



Enhance Mental Health Provider Education, Wellness and Talent Development:

Mental health providers are seeking collaborative educational, networking and resource sharing opportunities, experiencing negative effects on their mental health, and are asking for support to address the provider shortage regardless of demographics, environments or experiences. We engage with traditional and non-traditional mental health provider organizations, providers themselves and higher education to improve attraction, retention and talent development to enhance access to quality care.



Stigma | Workplace | Access



Pandemic to Emergency: New Challenges in Childhood & Adolescent Mental Health

Thursday, October 27, at 6:30 p.m.
Saginaw Valley State University - Ott Auditorium, Gilbertson Hall
7400 Bay St., Saginaw

Join Heidi Rollings, MD, and Bradley Demijohn, MD, for an informative conversation about childhood and adolescent mental health. You'll learn about:

- Developmental concepts and the impact of disruptions caused by the pandemic.
- Common behavioral health symptoms in children and adolescents.
- Stressors and support for students in school.



This lecture will be offered in-person and virtually.

Your Health Lecture Series Sponsors:



RSVP for this free community event at MSUYourHealthLecture.com



New Telehealth Suicide Prevention Toolkit Resource!

Preview the telehealth toolkit, developed by Central Michigan University. Your input will enhance and build the resource for service providers in Michigan.

Preventing Suicide in Michigan Men is a Research Centers for Disease Control grant-funded program aimed at reducing suicide in men ages 25 and older. To achieve this goal, the Michigan Department of Health and Human Services has implemented a comprehensive, multi-sector partnership and action plan that targets the male population in the state.

The Michigan PRISM project is being led by the MDHHS. By 2024, the statewide PRISM initiative will work to reduce the number of suicide deaths and attempts among men ages 25 and older by at least 10 percent. From 2014-2018, more than 6,700 Michiganders lost their lives to suicide. Two-thirds of the suicide deaths in Michigan are adult men.

CMU's partnership with the PRISM initiative is to create and disseminate the toolkit and, in the process, cultivate a statewide training network for suicide prevention and support.

For more information, sign up for an overview, or to give us feedback on the toolkit, please contact the CMU Interdisciplinary Center for Community Health and Wellness at ic@chcmich.edu.

Preview the PRISM Telehealth SP Toolkit:
med.cmich.edu/prismtoolkit
or Scan QR Code



Suicide Rate in Michigan by Age Group, 2019



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Community Education & Asset Building

Wednesday, October 19, 2022
Virtual Tuuri Day
 Mott Children's Health Center

TUURI DAY
 2022
 • VIRTUAL •

Virtual Conference
 Cost: \$20.00 (free for undergraduate students)
 Tickets available at: www.mottchc.org

Stella Safo, MD MPH



Dr. Stella Safo, MD MPH is a board-certified HIV primary care physician and public health practitioner. Dr. Safo is dedicated to ensuring everyone has access to the best healthcare. Dr. Safo trained at Harvard for her B.A., M.D. and M.P.H. She is the former Senior Medical Director for Clinical Transformation at Mount Sinai Health System. Currently, she is an Assistant Professor of Medicine at Mount Sinai where she holds dual appointments in Medicine and Medical Education. Dr. Safo will discuss how we can ensure good health for everyone by addressing health equity.

Rosalind Wiseman



Rosalind Wiseman is a multiple *New York Times* bestselling author whose publications include *Queen Bees and Wannabes*, which was the basis for the movie *Mean Girls*, and *Masterminds & Wingmen*, which was awarded Best Parenting Book by Books for a Better Life. Rosalind is the co-founder of Cultures of Dignity, an organization that partners with communities throughout the world to reimagine how to bring dignity and social and emotional learning for all. Rosalind will present us on the current state of children/teen mental health in light of COVID, distance learning and social isolation, and political, social and world events.

Robert Sege, MD, PhD



Robert Sege, MD, PhD is a pediatrician at the Floating Hospital for Children at Tufts Medical Center and a Professor of Medicine at Tufts University School of Medicine, where he directs the Center for Community-Engaged Medicine. Dr. Sege is nationally known for his research on effective health systems approaches that directly address the social determinants of health. Dr. Sege will speak to us about Positive Childhood Experiences (PCEs).

Program Agenda

All Times Eastern Time Zone

- 8:45 Welcome and Logistics
- 9:00-10:00 "Health Equity: Giving Everyone the Opportunity for Good Health"
Stella Safo, MD MPH
- 10:00-11:00 "Current State of Children/Teen Mental Health"
Rosalind Wiseman
- 11:00-11:15 Virtual Break
- 11:15-12:15 "Healthy Outcomes from Positive Childhood Experiences (PCEs)"
Robert Sege, MD, PhD
- 12:15 Closing Remarks

Note: Throughout the morning, Canisha Norris from The CRIM Fitness Foundation will join us to lead us in mindful moments.

There will be a Q&A session with each speaker after their prepared remarks.



Discover You™

Michigan State Educators Training R

Youth embracing their future.
 Courage. Confidence. Connection.

Train-and-impact programs equipping middle school through early post-secondary students with youth development skills.

Registration and Ticketing now OPEN!

Go to www.mottchc.org today!



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Tune in Today!

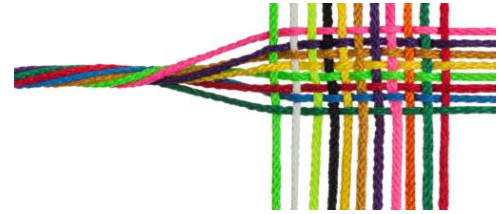
- Responding to ACEs: Resources for Resilience
Available for continuing education credit and for listening public
- Effects of COVID-19 on Children, Caregivers, and Health Providers

Listen & Learn:
med.cmich.edu/shiftingmindsets



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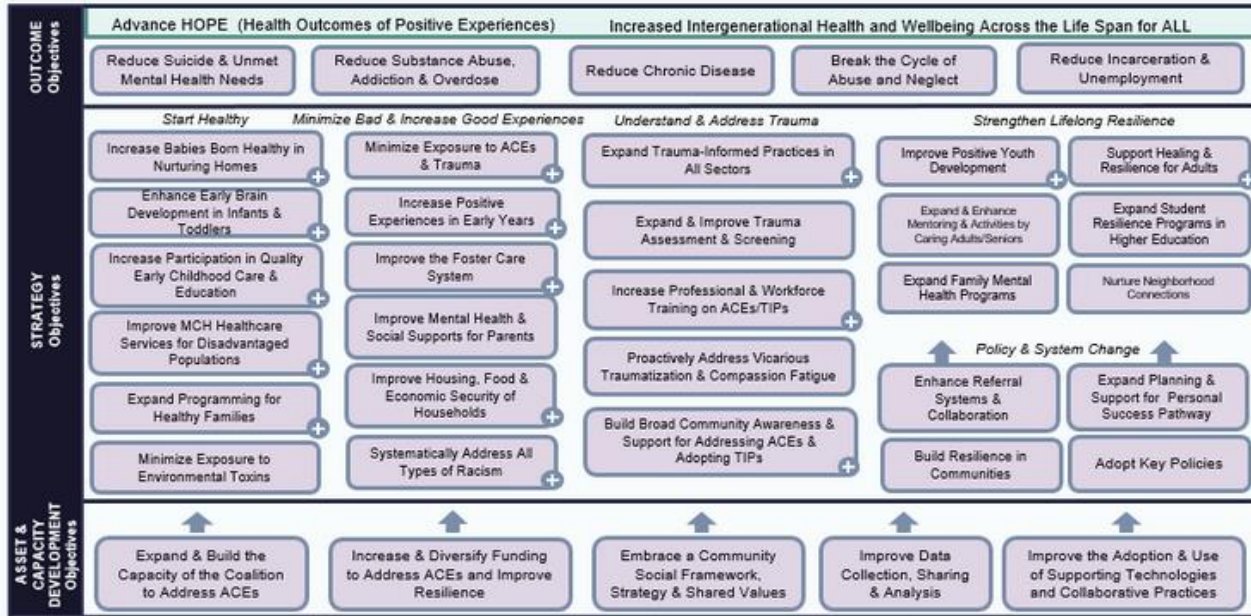
Some CMU Threads!



- Medical and Health Resources
 - Pediatric Specialty and Residency
 - Centering Pregnancy and Centering Parenting
 - Family Medicine and PA
 - Child and Adolescent Psychiatric Residency and Fellowship
 - CMU Center for Children Families and Communities
 - Parent-Child-Interaction Therapy Services



ACEs and Resilience Strategy Map



Draft 3, March 2020

MCH = Maternal & Child Health

TIPs = Trauma-Informed Practices

Learn more at www.insightformation.com

Regional Building Resilience Initiatives:

Michigan Health Improvement Alliance (MIHA)

http://dashboard.mihia.org/tiles/index/display?alias=Building_Resilience

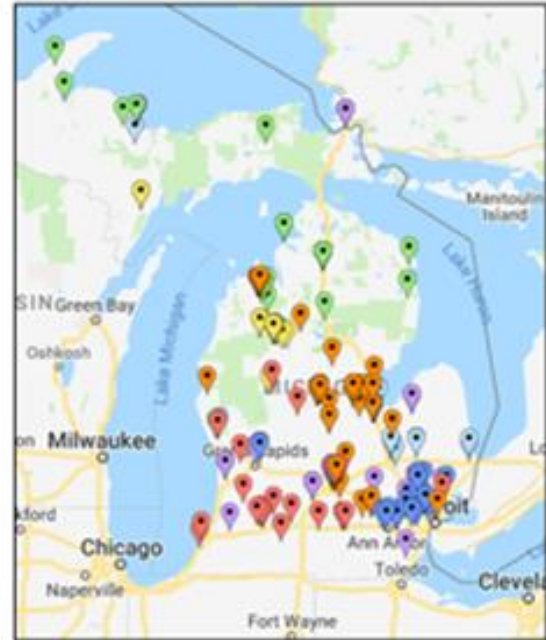


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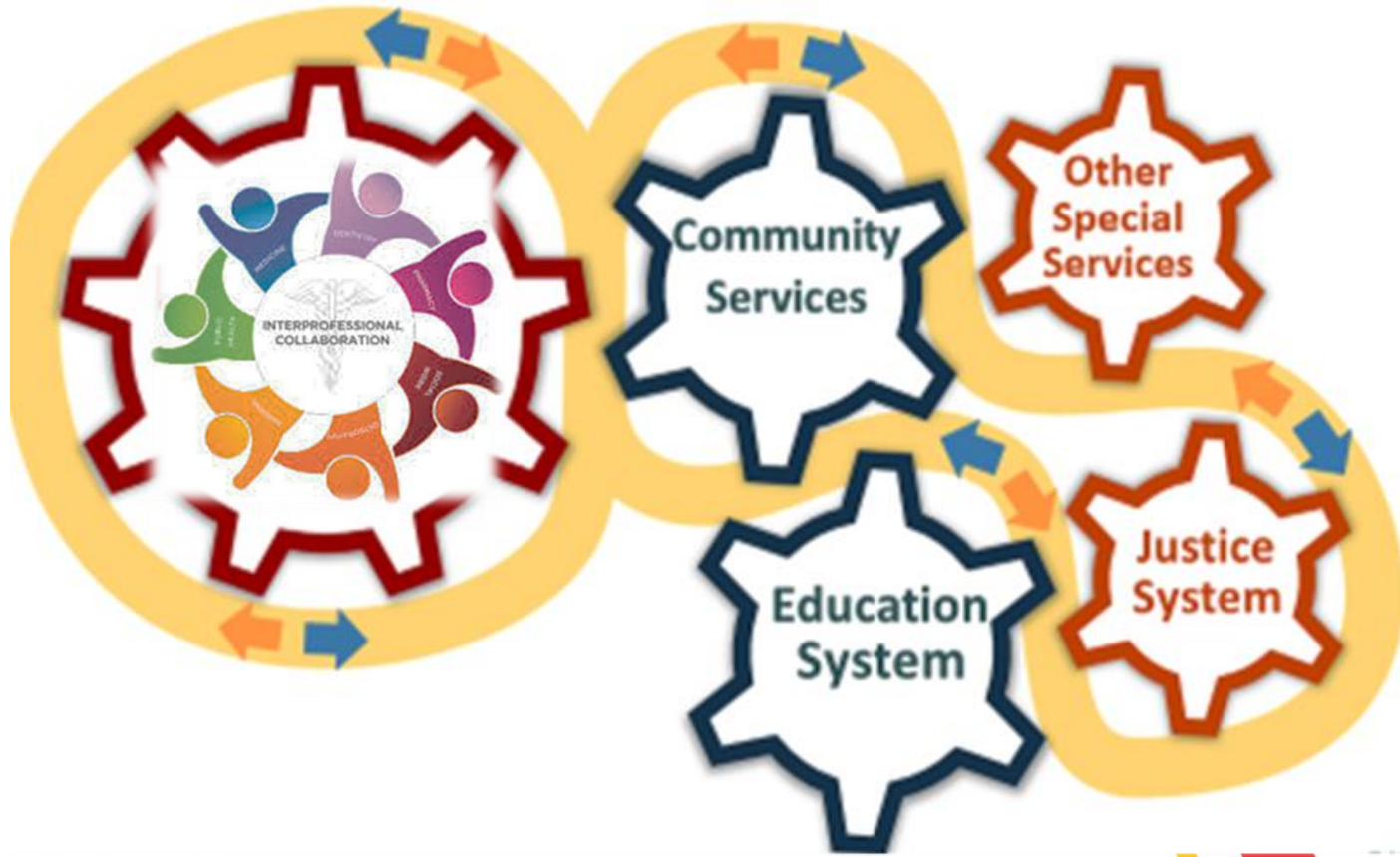


Michigan ACE Initiative

For more information, visit www.miace.org



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Working Together
across systems
and sectors...

WE are providing
a powerful and
transformative
medicine,

To move
individuals and
communities from
ILLNESS to
WELLNESS

Thank you for the important work you are leading!



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Trauma-Informed Communities

SAMHSA'S 6 PRINCIPLES

of a

TRAUMA-INFORMED APPROACH



SAFETY

Prevents violence across the lifespan and creates safe physical environments.

TRUSTWORTHINESS

Fosters positive relationships among residents, City Hall, police, schools and others.

EMPOWERMENT

Ensures opportunities for growth are available for all.

COLLABORATION

Promotes involvement of residents and partnership among agencies.

PEER SUPPORT

Engages residents to work together on issues of common concern.

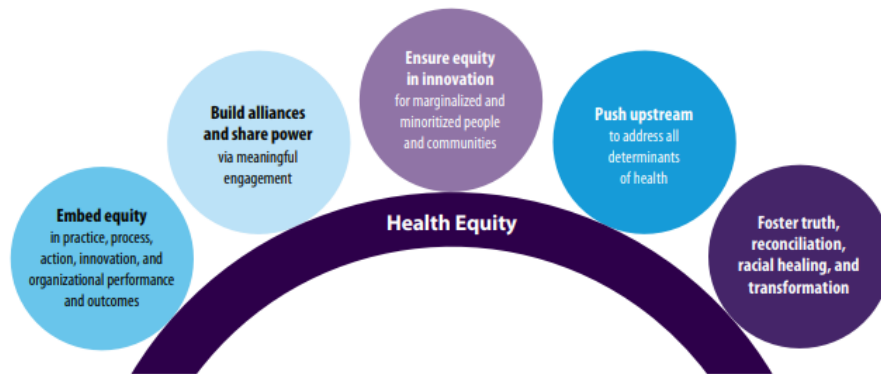
HISTORY, GENDER, CULTURE

Values and supports history, culture and diversity.



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AMA Strategic Plan to Embed Racial Justice and Advance Health Equity, 2021-2023



*“We must be intentional to build institutional structures that **automatically consider and activate trauma-informed responses, resources, resilience and healing**, to more effectively achieve our transformational goals.”*



We are Engaging Each & ALL To Envision the Future of Healing

....Thinking beyond ACEs, Trauma

Consider assets, strengths, aspirations, and engagement of individuals and healing-centered approaches.

Shifting to:

“What’s right with you!”

“I am more than what happened to me, I’m not just my trauma”

- Dr. Shawn Ginwright (2018)

This Helps to Change our Thinking



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WE Medicine for our Time!

Working Together to Build Resilience

If WE want to produce dramatic impacts on the outcomes for those experiencing toxic stress, WE must transform the lives of all in the community who are taking care of them.

–Jack Shonkoff, MD, Center on the Developing Child

More Resource Connections

Alison.Arnold@cmich.edu / Web: med.cmich.edu/icchw



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lifting all beings



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