DISCLOSURES

- 0.75 NCPD Contact Hours and up to 0.75 CPH Recertification Credits may be earned upon successful completion.
- For successful completion, participants must attend 100% of the educational activity and complete the online course evaluation. There will be no partial credit awarded.
- The educational activity evaluation will be open at 12:00 P.M. on **September 16, 2022**, and close on **October 2, 2022.**
- No commercial support has been received for this activity.
- This educational activity is being jointly provided by the Public Health Nursing Institute for Continuing Excellence and the North Carolina Public Health Association.
- The Public Health Nursing Institute for Continuing Excellence is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

RELATIONAL HEALTH: A ROADMAP TO EQUITY AND RESILIENCE

- North Carolina Public Health Association Fall Educational Conference
- Khadijia Tribié Reid, MD, MPH, FAAP
- September 24, 2022

OBJECTIVES

- Define Adverse Childhood Experiences (ACEs).
- Understand the impact of ACEs on adult health and child development.
- Understand the role of relational health in preventing toxic stress and promoting resilience.
- Understand how public health advocates can increase relational health through systems change.

WordPress.org

MY WHY

PREVALENCE OF AUTISM AND INTELLECTUAL AND DEVELOPMENTAL DELAY AT NEW HANOVER COUNTY'S COMMUNITY HEALTH CENTER

Our Pediatric Patient Population
Total = 1197

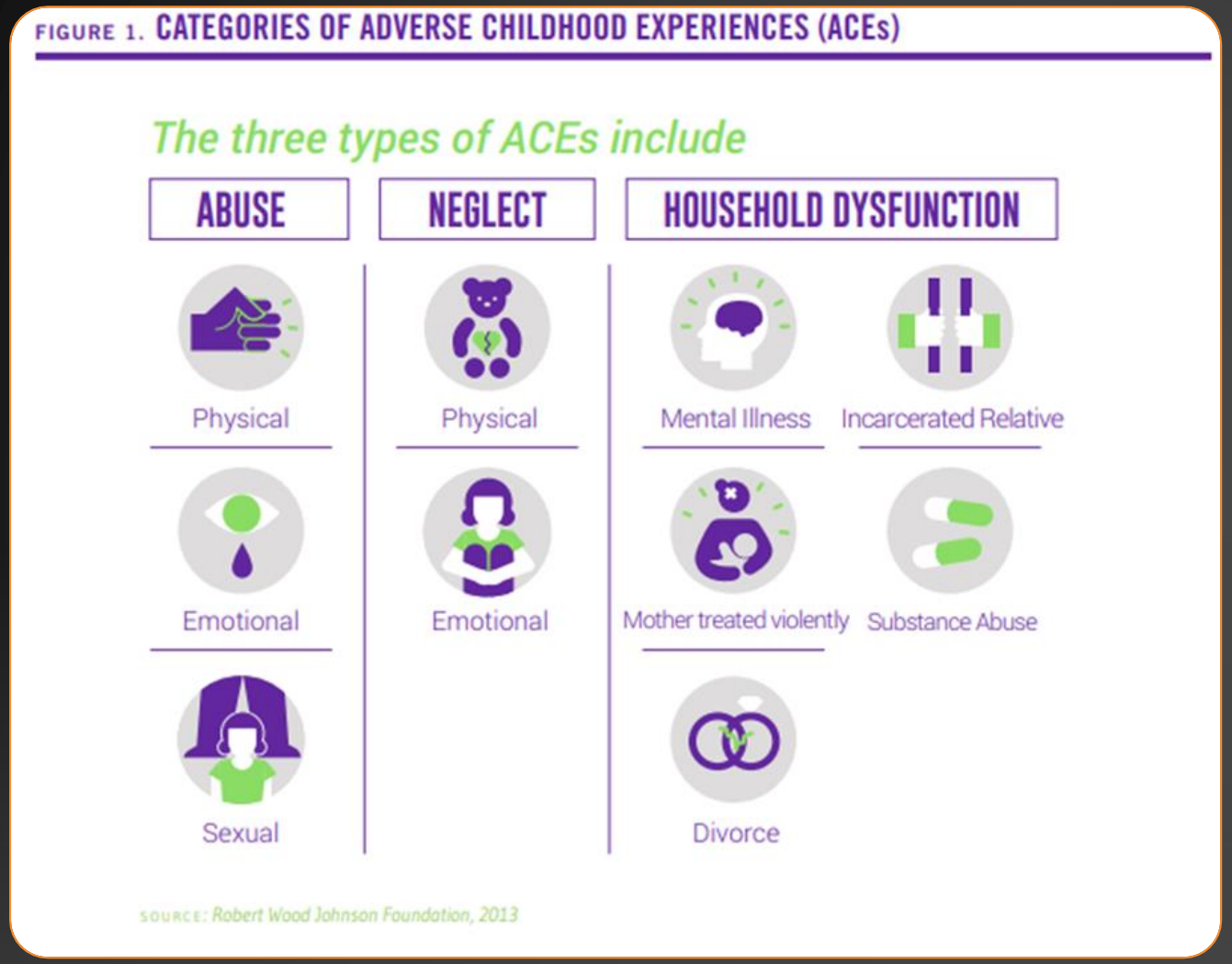
Autism (67 patients)

- Prevalence of Autism among MedNorth Pediatric patients is 5.6%
- Prevalence of Autism in USA is 2.3%

Intellectual and Developmental Delay (IDD) (52 patients)

- Prevalence of IDD among MedNorth Pediatric patients is 4.3%
- Prevalence of IDD in the USA is 4.55%

ACEs and IDD. MedNorth Presentation.2.10.22.



WHAT ARE ADVERSE CHILDHOOD EXPERIENCES (ACE'S)?

ADDITIONAL ACE'S…

- Racism
- Being bullied
- Food Insecurity
- Refugee Status
- Immigrant Status
- Exposure to neighborhood violence
- Foster Care Placement

Istockphoto.com

Garner and Yogman, 2021

ACE'S CAN CREATE TOXIC STRESS

- Toxic stress refers to a wide array of biological changes that result from prolonged or significant adversity in the absence of mitigating social-emotional buffers. Chronic stress changes a person's biology.
  - The body responds to stress with the release of catecholamines which constrict blood vessels, increase blood pressure, and increased respiratory rate. This resolves with non-toxic stress.
  - These catecholamines activate the hypothalamic pituitary axis which is responsible for cortisol release.
  - With chronic stress, cortisol's continued release increases the body's inflammatory response.
  - Toxic stress causes the disruption of the brain architecture and other organ systems leading to an increased risk of stress related disease and cognitive impairment.

Center for the Developing Child, 2021

TABLE 1. ACE STUDY FINDINGS

In the ACE Study, in comparisonto those reporting no ACEs, individuals with 4+ ACEs had significantly greater odds of reporting...

Ischemic heart disease	2.2
Any Cancer	1.9
Chronic Bronchitis or emphysema (COPD)	3.9
Stroke	2.4
Diabetes	1.6
Ever attempted suicide	12.2
Severe obesisty	1.6
Two or more weeks of depressed mood in the past year	4.6
Ever used illicit drugs	4.7
Ever injected drugs	10.3
Current smoker	2.2
Ever had a sexually transmitted disease	2.5

SOURCE: *Felitti, 1998*

WHAT IS THE IMPACT OF ADVERSE CHILDHOOD EXPERIENCES IN ADULTHOOD?

HOW DOES PUBLIC HEALTH MEET THE NEEDS OF FAMILIES FACING ADVERSITY?

istockphoti.com

RELATIONAL HEALTH

- Safe Stable Nurturing Relationships (SSNR's) can buffer adversity and build resilience.
  - Relational Health is the ability to form and maintain SSNRs

Garner and Yogman, 2021

Istockphoto.com

INTERPERSONAL RELATIONAL HEALTH

The consistent presence of a nurturing caretaker

Responsive interactions between children and engaged, attuned adults

An infant is dependent on the parent child biobehavioral synchrony for survival and for laying the foundation for self regulation and social-emotional skills.

Early relational experiences with engaged and attuned adults have profound influence on early brain and child development

Early supports that give moms opportunities to bond with children foster SSNRs

Even in the face of significant adversity, higher family connectedness allows children to flourish

Garner and Yogman, 2021
Iphotostock.com

HANDS ON ACTIVITY

THE TO DO LIST…

- Nurture
- Be Consistent
- Capable of scheduling appointments
- Secure transportation
- Provide meals
- Secure financial resources
- Pay bills
- Balance budget
- Manage relationships
- House family
- Ensure safety
- Ensure safe supervision
- Educate family
- Be mentally stable
- Be physically Capable
- Be intellectually capable
- Advocate educationally
- Ensure provision of medical care
- Be literate
- Be computer literate
- Be able to understand and complete forms
- Be able to communicate with teachers and medical providers
- Be sober
- Understand normal development
- Manage school communications
- Sleep
- Eat
- Secure groceries
- Secure clothing
- Make family presentable
- Discipline
- Maintain hygienic practices
- Maintain sanitary conditions in home

BARRIERS TO CARE

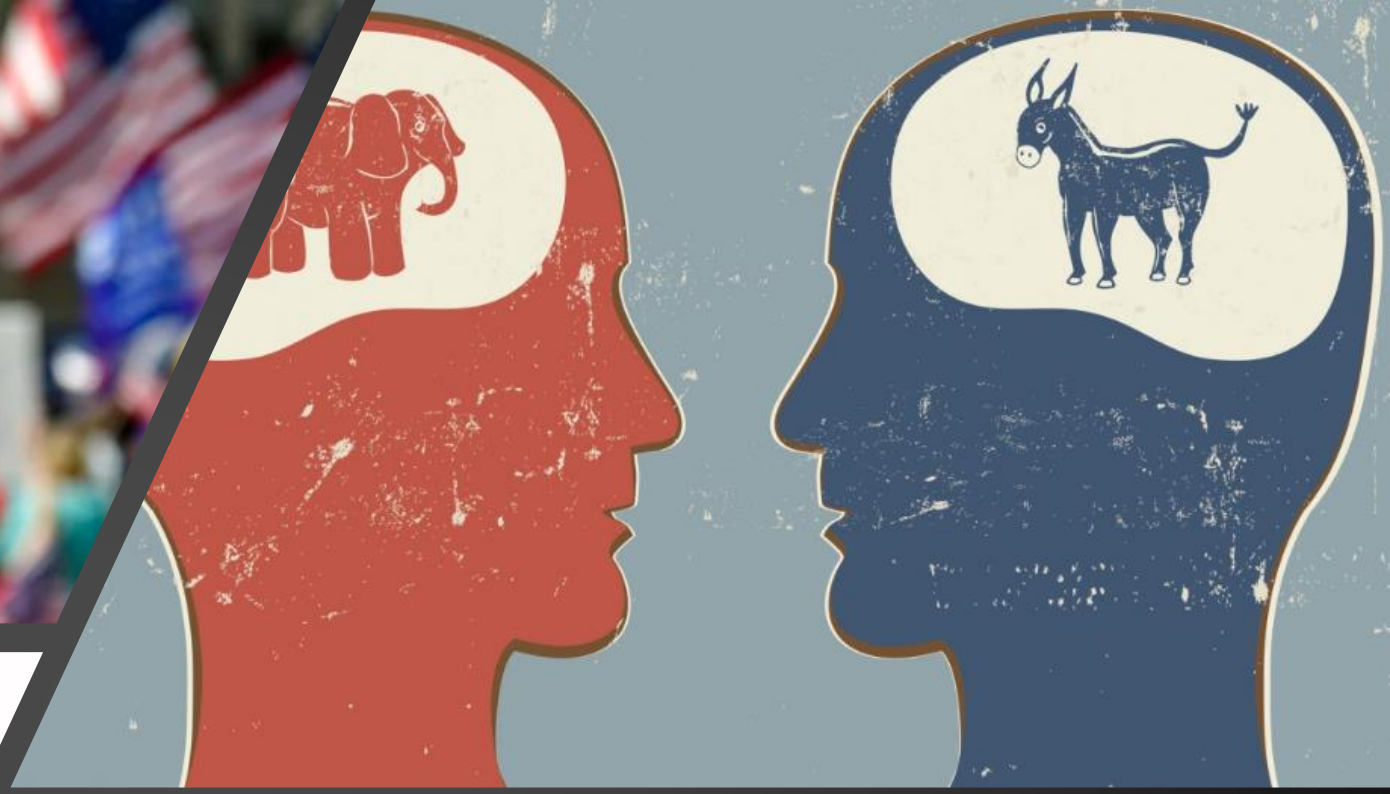
TANGIBLE

- Housing
- Transportation
- Food Insecurity
- Language
- Illiteracy
- Low educational status

ABSTRACT

- Mistrust
- Fear
- Shame
- Lack of Belonging
- Lack of Access to Information

THE NEW
SYMBOL OF
TYRANNY



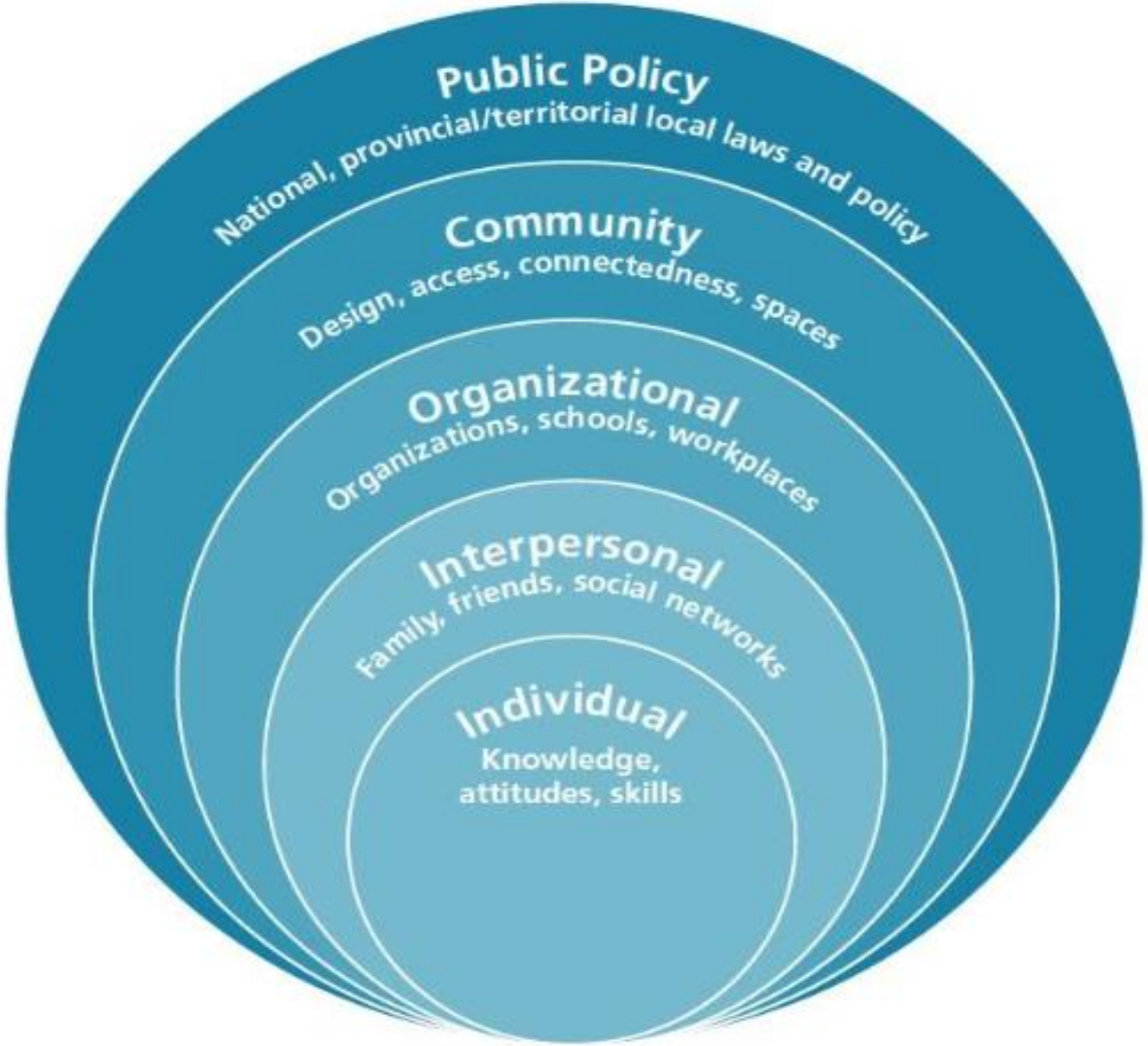
Fake News

PUBLIC HEALTH ABUSES

- Tuskegee Experiment – From 1932 -1972. US Public Health Service and the CDC observed 400 African Americans to study the effects of untreated syphilis

- NC Eugenics Board – from 1933 – 1977. Created by NC legislature to oversee sterilization of "mentally defective" individuals

THE SOCIOECOLOGICAL FRAMEWORK



A Social-Ecological Model for Physical Activity - Adapted from Heise, L., Ellsberg, M., & Gottemoeller, M. (1999)

University of Washington, n.d.

RELATIONAL HEALTH IN INSTITUTIONS

istockphoto.com

Screening parents for post partum depression and social determinants of health. Creating an infrastructure that can address abnormal screens.

Enrolling in programs such as Reach Out and Read or Dolly Parton Imagination Library to promote parent-child bonding with books.

Home Visiting Programs

Collaborating with therapists to address mental health needs for symptomatic patients (Parent Child Interaction Training, Triple P, Trauma focused Cognitive Behavioral Therapy)

Garner and Yogman, 2021

LEVERAGING RELATIONSHIPS TO IMPROVE METRICS

GOAL: To reduce inappropriate utilization of the emergency department for MedNorth's managed Medicaid pediatric patients

PROCESS: By contacting families after ED use and connecting frequent users with a MedNorth buddy'

RESULTS:

- October: 43
- November: 46
- December: 54 (eight patient repeaters)
- January: 26 (two patient repeaters)
- February: 18 (zero patient repeaters; ten considered appropriate visits)
- March: 6 (no repeats as of 3/14/22)

Care Management began ED contacts on 11/29/21.

Med North specific process was put in place beginning January 2022.

RELATIONAL HEALTH IN POLICY

- Federal, state, and local policy that promotes safe, stable, and nurturing communities
  - Paid parental leave
  - Income support
  - Restorative justice
  - Identify and address sources of inequity, isolation, and social discord (poverty and racism)
  - Family First Prevention Services Act (Keeping children safely at home)
  - Medical payment reforms
  - Enhanced medical student training
  - Increased diversity in professional helper teams
  - Enhanced access to interpreter services
  - Built environment with enhancement of parks and green spaces

Garner and Yogman, 2021

SUMMARY

- Adverse Childhood Experiences (ACEs) can negatively impact child development and adult health by creating toxic stress.
- Safe Stable Nurturing Relationships (SSNRs) buffer childhood adversity and promote resilience.
- Interpersonal SSNR's promote healthy baby development and allow children to flourish.
- Institutions can foster SSNRs for individuals by creating trauma informed environments through multidisciplinary and interagency collaboration.
- Institutions and governmental entities can foster SSNRs through policy action.

STONE SOUP

REFERENCES

- 1. Tribie Reid, K. 2.10.2022. ACES and IDD. MedNorth Health Center Presentation.
- 2. Robert Wood Johnson Foundation. The Truth about ACEs. May 2013. http://www.rwjf.org/en/library/infograohics/the-truth-aboutaces.html.
- 3. Garner, A. and Yogman, M. Committee on Psychosocial Aspects of Child and Family Health, Section on Developmental and Behavioral Pediatrics, Council on Early Childhood. "Preventing Childhood Toxic Stress: Partnering With Families and Communities to Promote Relational Health." Pediatrics. 2021;148(2):e2021052582
- 4. Center for the Developing Child. Toxic Stress Derails Healthy Development. Retrieved on 10.3.2021. https://developingchild.harvard.edu/resources/toxic-stress-derails-healthy-development/
- 5. Felitti, V., Anda, R, Nordenberg, D, et. Al., (1998, May1). The Relationship of Childhood Abuse and Household Dysfunction to Many Leading Causes of Death in Adults. American Journal of Preventive Medicine. May 1, 1998. Found at https://www.ajpmonline.org/article/S0749-3797(98)00017-8/fulltext on date 10.3.2021
- 6. Cleveland Clinic. n.d., https://my.clevelandclinic.org/health/diseases/17904-reactive-attachment-disorder#:~:text=What%20is%20reactive%20attachment%20disorder,have%20trouble%20managing%2eir%20emotions.
- 7. University of Washington. n.d, https://blogs.uw.edu/somehm/2017/08/12/social-ecological-model/

EARN PROFESSIONAL DEVELOPMENT HOURS

You may earn continuing education hours for your professional discipline by completing the evaluation for this activity. Your thoughtful responses provide important information that allows the PHNICE to continue its mission of providing quality professional development opportunities at free or reduced cost.

You must complete the activity evaluation to receive a certificate of completion. Everyone should save/print a completion certificate for their records.

The educational activity evaluation will be open at 12:00 P.M. on **September 16, 2022**, and close on **October 2, 2022.**

A professional development certificate will be provided to all individuals that complete the evaluation by the deadline. **Please Note:** This will be your only option to receive evidence of the professional development contact hours and/or CPH Recertification Credits. You will need to save this certificate.

To complete the evaluation, scan the QR code or go to:

https://www.surveymonkey.com/r/0208ABCDEF