Adverse Childhood Experiences and the Impact on College Retention

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Objectives:

• Define Adverse Childhood Experiences (ACEs)

• Recognize the Signs & Symptoms of ACEs

• Understand the Impact of ACEs on Student Retention

• Explore Ways to Create Resiliency and Support College Success
For Today, we will have:

• ACEs Assessment (small group discussions)
• Short Ted Talk with Dr. Nadine Burke Harris
• and, Q & A
• The ACEs instrument was a way to find out what influences childhood and adult behaviors.

• The Adverse Childhood Experiences Study, completed at Kaiser Permanente in California, revealed that depression and suicidal tendencies are a result of some ACEs.

• Childhood trauma can strongly impact student success and college completion.

• Other studies suggest ways to have a positive impact on student retention, i.e. teacher preparation and student loan forgiveness programs.

• ..........and this is where we come in as higher education professionals!!!
My Intriguing Moments...from Homelessness to Academia

• Why am I sharing this information with you?

• What is your story?
What is ACEs?

• Adverse Childhood Experiences (ACEs) are stressful or traumatic events, including abuse and neglect. They might also include household dysfunction as well as:
  • Physical abuse
  • Sexual abuse
  • Emotional abuse
  • Intimate partner violence

• Mother treated violently
• Substance misuse within household
• Household mental illness
• Parental separation or divorce
• Incarcerated household member

…….According to SAMHSA
Development of ACEs Study

Adverse Childhood Experiences

Social, Emotional, and Cognitive Impairment

Adoption of Health-risk Behaviors

Disease, Disability, and Social Problems

Early Death
Resources for Educators

**ACEs in Education ACEs Connection Group** - Join this growing online social networking group of ACE advocates coming together from far and wide to learn and share ways of addressing ACEs in education.

**Child Trauma Toolkit for Educators** - Learn what the common signs of traumatic stress look like at different ages and what you can do to help by reviewing this toolkit developed by the National Child Traumatic Stress Network (NCTSN). The toolkit also offers helpful self-care tips for educators.

**Inside the Collaborative Classroom** - Academic success goes hand in hand with social and emotional learning. Such is the main philosophy driving the Center for the Collaborative Classroom, creator of this handy site, which contains a multitude of tools and resources designed to help teachers build their students’ strengths in the classroom.

**Notes on a Holistic Framework for Teaching, Learning, Agency, Healthy Development & School Success** - This PowerPoint presentation, compiled by Hal A. Lawson, PhD, overviews a holistic framework for healthy youth development, learning, and educational success. Key factors leading to young adult success are highlighted. The presentation also offers key questions for youth, educators, parents, and youth service providers to ask about how the biopsychosocial needs of young people are being addressed in their communities.

**Trauma and Learning Policy Initiative (TLPI)** - Visit the TLPI website for additional resources and information related to trauma in schools. TLPI is a collaboration of Massachusetts Advocates for Children and Harvard Law School. The collaborative engages in a number of activities aiming to promote the academic success and well-being of students who have been exposed to ACEs.

**Webinar: Trauma Sensitive Schools** - This 1-hour webinar produced by NYSUT looks at the latest research on trauma among school children, exploring trauma’s prevalence and impact on children’s behavior, relationships, and learning. Elements of a trauma sensitive school approach are offered along with resources for implementation. Scroll down the linked page to find additional NYSUT webinars pertaining to health and safety in schools.
Exercise

What’s Your ACEs?

***** Handout *****
The most important thing to remember is that the ACE score is meant as a guideline: If you experienced other types of toxic stress over months or years, then those would likely increase your risk of health consequences.

Now add up your “Yes” answers: _ This is your ACE Score
## ACEs Prevalence study CDC-Kaiser Study

The prevalence estimates reported below are from the entire ACE Study sample (n=17,337).

### Prevalence of ACEs by Category for CDC-Kaiser ACE Study Participants by Sex, Waves 1 and 2.

<table>
<thead>
<tr>
<th>ACE Category</th>
<th>Women Percent (N = 9,367)</th>
<th>Men Percent (N = 7,970)</th>
<th>Total Percent (N = 17,337)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ABUSE</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional Abuse</td>
<td>13.1%</td>
<td>7.6%</td>
<td>10.6%</td>
</tr>
<tr>
<td>Physical Abuse</td>
<td>27%</td>
<td>29.9%</td>
<td>28.3%</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>24.7%</td>
<td>16%</td>
<td>20.7%</td>
</tr>
<tr>
<td><strong>HOUSEHOLD CHALLENGES</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mother Treated Violently</td>
<td>13.7%</td>
<td>11.5%</td>
<td>12.7%</td>
</tr>
<tr>
<td>Household Substance Abuse</td>
<td>29.5%</td>
<td>23.8%</td>
<td>26.9%</td>
</tr>
<tr>
<td>Household Mental Illness</td>
<td>23.3%</td>
<td>14.8%</td>
<td>19.4%</td>
</tr>
<tr>
<td>Parental Separation or Divorce</td>
<td>24.5%</td>
<td>21.8%</td>
<td>23.3%</td>
</tr>
<tr>
<td>Incarcerated Household Member</td>
<td>5.2%</td>
<td>4.1%</td>
<td>4.7%</td>
</tr>
<tr>
<td><strong>NEGLECT</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional Neglect³</td>
<td>16.7%</td>
<td>12.4%</td>
<td>14.8%</td>
</tr>
<tr>
<td>Physical Neglect³</td>
<td>9.2%</td>
<td>10.7%</td>
<td>9.9%</td>
</tr>
</tbody>
</table>

Note: ³Collected during Wave 2 only (N=8,629). Research papers that use Wave 1 and/or Wave 2 data may contain slightly different prevalence estimates.
Health Risk Behaviors

ACEs has been found to be related to several health risk behaviors:

- Substance abuse
- Tobacco use
- Behaviors that contribute to unintended pregnancy
- Sexually transmitted diseases
- and, Obesity

These behaviors have been referred to as a “trauma organized” lifestyle and can predispose individuals to mental and physical illnesses throughout life.
What is Trauma?

• A deeply distressing or disturbing experience

"It shouldn't hurt to be a child."
Three categories of trauma symptoms:

- Cognitive
- Behavioral
- Physiological
Three cognitive symptoms associated with exposure to trauma:

- Memory problems
- Poor development skills
- Learning disability
Three behavioral symptoms associated with exposure to trauma:

• Excessive temper
• Unable to trust or make friends
• Anxious, fearful, avoidant
Physiological symptoms associated with exposure to trauma:

• The ongoing longitudinal Adverse Childhood Experiences Study of adults has found significant associations between chronic conditions; quality of life and life expectancy in adulthood; and the trauma and stress associated with adverse childhood experiences, including physical or emotional abuse or neglect, deprivation, or exposure to violence.
What is resilience?

• The capacity to recover quickly from difficulties
Charles Hunt

https://www.youtube.com/watch?v=3qELiw_1Ddg
Discussion time or reflection time

• What will I take from this session on ACEs and student retention?
• What can I do differently that will support students dealing with trauma?
• How can I be more sensitive in my interactions to convey to students that the classroom is an emotionally safe environment?
• How can I be more sensitive, while holding students who have experienced ACEs to a higher expectation of excellence?
References

• Hinojosa et. al. (2018). Barriers to college success among students that experienced adverse childhood events


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• https://www.sciencedirect.com/science/article/pii/S0190740916303449
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Thank You!