



CHILDWISE INSTITUTE

PRESENTS

ELEVATE MONTANA

Elevating the wellbeing and future of Montana's children

The ACE Study Summit

Adverse Childhood Experiences

PREMIER SPONSOR



**BlueCross BlueShield
of Montana**

September 26th & 27th – 2013

Great Northern Hotel

Helena, MT

ChildWise.org
406-513-1177

Speaker Biographies



Dr. Robert Anda earned his M.D. from Chicago's Rush Medical College in 1979, and is Board Certified in Internal Medicine. After earning an M.S. in Epidemiology from the University of Wisconsin School of Medicine in 1984, he served for 2 years as an Epidemic Intelligence Service Officer for the Centers for Disease Control and Prevention (CDC). At the CDC, Dr. Anda has served as an Epidemiologist in the Nutrition Division, the Behavioral Risk Factor Surveillance Branch, the Cardiovascular Health Studies Branch, and on the Task Force on Genetics in Public Health. From 1992 to 1994, he was the Chief of Epidemiology and the Surveillance Section in Cardiovascular Health. Since 1993, Dr. Anda has been a Co-Principal Investigator of the ACE Study. He has authored and coauthored numerous publications on the health and social implications of adverse childhood experiences.



Christopher Blodgett, Ph.D. Licensed Psychologist Dr. Blodgett received his Ph.D. from the University of Manitoba and a Postdoctoral Fellowship from the University of Kansas. In addition to his work at Neuro-education he's a Senior Research Associate and tenured Associate Professor of Human Development at Washington State University. Dr. Blodgett specializes in helping children, adolescents and families overcome challenges with emotional and behavioral problems. In addition to working with children and families, Dr. Blodgett has extensive experience helping adults with depression, anxiety, chronic illness adjustment, eating disorders, and marital problems.



Laura Porter currently serves as the Director of ACE Partnerships for Washington State's largest agency: the Department of Social and Health Services. She works with state managers and community leaders to embed ACE study findings and related neuroscience and resilience findings into policy, practice and community norms.

For seventeen years, Laura was Staff Director for the Washington State Family Policy Council. She worked with an extensive set of partners from seven state agencies, fifty three community collaboratives and thousands of residents to develop a unique model for improving the capacity of communities to improve child, family and community life. Using this model, communities align and leverage resources and generate more impactful strategies. Communities using the model have documented reductions in the rates of seven major social problems and adverse childhood experience prevalence among young adults. Cost savings from caseload reductions attributable to the Family Policy Council in child welfare, juvenile justice and public medical costs associated with births to teen mothers alone exceed \$55m/biennium.

For managing a complex system that delivers stunning results for a small investment, Laura won the Governor's Award for Leadership in Management in 2011.

“Elevate Montana” – The ACE Study Summit

**Thursday Sept. 26th, Friday September 27th, 2013
Helena, MT
Great Northern Hotel**

Course Description:

This conference is designed to expand understanding and awareness of Adverse Childhood Experiences (ACEs) and their cumulative effects on health, justice, productivity and wellbeing, and to promote competencies for professionals and lay persons to develop and implement public health strategies to prevent and mitigate the effects of ACEs. Participants will be able to better understand the origins of major causes of disease, disability and early death in Montana and the United States. The progressive nature of childhood adversity and trauma will be explored and how trauma-informed, community-based helping systems improve population-level outcomes.

Course Objectives:

1. Understand the ACE study and its implications for improving population health, safety, & productivity in Montana.
2. Identify and discuss attachment and the core role of relationships across the life span, including complex trauma and its implications for brain development, relationships and systems success.
3. Introduce and discuss a practical conceptual framework for understanding trauma behaviors that informs effective responses for trauma recovery and resilience.
4. Provide practical guidance and lessons learned from efforts to create universal trauma-informed systems.
5. Explore how findings from the ACE study invite new ways of thinking, structuring services, and empowering families and communities.
6. Introduce basic tenants of systems thinking and network theory and discuss implications for generating high leverage transformational strategy.
7. Generate and develop ideas to inform a set of mutually reinforcing actions for system and service innovation and mobilization of public will and action to prevent ACEs and moderate their cumulative effects in Montana.

Who should attend?

Corporate and Small Business Executives, HR Directors, Workforce Development Professionals, Educators, Mental Health Professionals, Healthcare Providers, Health Reform Administrators, Juvenile Justice Professionals and Officers of the Court, Chemical Dependency Professionals, Policy Makers, Parents, Foster Parents, Early Care and Education Professionals, Leaders of Philanthropy and the Non-profit sectors.

Continuing Education:

Up to 11 CEU credits, OPI renewals, Nursing contact hours and POST credits are available for social workers, therapists, psychologists, educators, law enforcement officials and healthcare providers. (pending approval)

About the Speakers: (Thursday September 26th, 2013)

Speaker: Dr. Robert Anda,

**Presentation title: “A General Overview of Adverse Childhood Experiences” (ACEs),
“New thoughts About What the ACE Study Means”**

Course Description:

An overview of the ACE Study which was initiated at Kaiser Permanente from 1995 to 1997 comprised of 17,000 members who were undergoing a standardized physical examination. Each study participant completed a confidential survey that contained questions about childhood maltreatment and family dysfunctions, as well as items detailing their current health status and behaviors. This information was combined with the results of their physical examination to form the baseline data for the study. Major findings from the study were childhood abuse, neglect and exposure to other traumatic stressors which we term adverse childhood experiences (ACEs) are common. Almost two-thirds of the study participants reported at least one ACE, and more than one in five reported three or more ACEs. The short and long-term outcomes of these childhood exposures include a multitude of health and social problems. The ACE Study uses the ACE Score, which is a count of the total number of ACEs respondents reported. The ACE Score is used to assess the total amount of stress during childhood and has determined as the number of ACEs increase, the risk for the following health problems increases in a strong and graded fashion: obesity; chronic obstructive pulmonary disease (COPD); depression; fetal death; health-related quality of life; illicit drug use; ischemic heart disease (IHD); liver disease; risk for intimate partner violence; multiple sexual partners; sexually transmitted diseases (STDs); smoking; suicide attempts; unintended pregnancies; alcoholism and alcohol abuse.

Objectives (as above)

1. Introduce the ACE Study, how the ACE Score is used, examples of how it has been applied elsewhere; new thoughts about what the ACE Study means
2. Identify major public health problems: addiction, mental health, violence, chronic disease, comorbidity to the ACE Score.
3. Discuss the concept of self-healing communities by engaging ACE affected individuals in the healing and community well-being process.

Speaker Biography:

Dr. Robert Anda earned his M.D. from Chicago's Rush Medical College in 1979, and is Board Certified in Internal Medicine. After earning an M.S. in Epidemiology from the University of Wisconsin School of Medicine in 1984, he served for 2 years as an Epidemic Intelligence Service Officer for the Centers for Disease Control and Prevention (CDC). At the CDC, Dr. Anda has served as an Epidemiologist in the Nutrition Division, the Behavioral Risk Factor Surveillance Branch, the Cardiovascular Health Studies Branch, and on the Task Force on Genetics in Public Health. From 1992 to 1994, he was the Chief of Epidemiology and the Surveillance Section in Cardiovascular Health. Since 1993, Dr. Anda has been a Co-Principal Investigator of the ACE Study. He has authored and coauthored numerous publications on the health and social implications of adverse childhood experiences.

Speaker: Christopher Blodgett, Ph.D

Director, Area Health Education Center of Eastern Washington/CLEAR Trauma Center
blodgett@wsu.edu

Presentation title: “Rising Out of Risk: How to Address ACEs in Real Time”

This presentation will cover the implications of brain development for understanding traumatic responses to ACEs and will introduce a conceptual framework (the ARC framework) for understanding trauma behaviors and how to organize our responses for trauma recovery and resilience. Attachment and the core role of relationships across the life span will be discussed as well as implications for actions. Discussion will occur on the lessons learned from working on P-12 education as a complex non-clinical system that become trauma-informed.

Course Objectives:

- Introduce the concept of complex trauma from ACEs and its implications for brain development, relationships, and systems success.
- Introduce a practical conceptual framework for helping traumatized children.
- Provide practical guidance and lessons learned from current efforts in Washington State to create universal trauma-informed systems.

Speaker Biography:

Christopher Blodgett, Ph.D. Licensed Psychologist Dr. Blodgett received his Ph.D. from the University of Manitoba and a Postdoctoral Fellowship from the University of Kansas. In addition to his work at Neuro-education he's a Senior Research Associate and tenured Associate Professor of Human Development at Washington State University. Dr. Blodgett specializes in helping children, adolescents and families overcome challenges with emotional and behavioral problems. In addition to working with children and families, Dr. Blodgett has extensive experience helping adults with depression, anxiety, chronic illness adjustment, eating disorders, and marital problems.

Speaker: Dr. Robert Anda,

Speaker: Laura Porter

Director of ACE Partnerships for Washington State Department of Social & Health Services
lauraportergarden@gmail.com

Presentation title: “ACE-informed Leadership – The Magnitude of the Solution”**Course Description:**

The Adverse Childhood Experiences (ACEs) Study findings are the largest public health discovery of our time – some argue the largest public health discovery of all times. This course draws from the fields of neurobiology, systems thinking, anthropology, and community psychology to explain why ACEs have such a powerful effect and to describe how residents and professionals can work in concert to interrupt dynamic conditions that produce high ACE prevalence. Participants will learn about the progressive nature of adversity – from historical trauma and ACEs to peer and adult trauma and suffering – and about three systems for promoting resilience. Basic tools from the field of

systems thinking, including the Systems Thinking Iceberg, Causal Loop Diagrams, and Pro-Action Café will provide a foundation and forum for participants to generate high leverage ideas for improving child and family wellbeing in Montana. Participants will improve those ideas through peer consultation.

Objectives (as above)

1. Discuss and illustrate the progressive nature of adversity and trauma
2. Identify three systems for improving resilience in the population; provide examples of strengthening these systems through policy, programming, peer helping, and community capacity development.
3. Introduce basic tenants of systems thinking and network theory and discuss implications for generating high leverage transformational strategy.
4. Explore how findings from the ACE Study and related developmental neuroscience and resilience research invite new ways of thinking, structuring services, and empowering families and communities.
5. Generate and develop ideas to inform a set of mutually reinforcing actions for systems and service innovation combined with mobilization of public will to prevent ACEs and moderate their cumulative effects in Montana.

Speaker Biography:

Laura Porter is Co-Founder of ACE Interface, LLC – an interdisciplinary group that accelerates the intergenerational changes necessary to improve health and quality of life. With Co-Founder Dr. Robert Anda, Ms. Porter develops and disseminates educational products and empowerment strategies focused on common origins of a wide variety of health and socio-economic problems. Ms. Porter concurrently serves as the Director of ACE Partnerships for Washington State’s largest agency: the Department of Social and Health Services. She works with state officials and community leaders to embed ACE Study and related neuroscience and resilience findings into policy, practice and community norms.

For over fifteen years, Ms. Porter has directed systemic improvements to the child and family serving system in Washington, coordinating and supporting partners from seven state agencies, fifty three community-based collaborative organizations and thousands of residents. While Staff Director for the Washington State Family Policy Council, she developed a unique model for improving the capacity of communities to deliver stunning results. Communities using the model have documented reductions in the rates of seven major social problems and adverse childhood experience prevalence among young adults. Cost savings from caseload reductions attributable to the Family Policy Council in child welfare, juvenile justice and public medical costs associated with births to teen mothers alone exceed \$55m/biennium.

The ACE Study Summit Agenda

Thursday, September 26

7:30 a.m. – 8:30 a.m. Registration

8:30 a.m. – 10:30 a.m. Dr. Robert Anda – Keynote Address

(General Overview of ACEs)

10:30 a.m. – 10:45 a.m. Break

10:45 a.m. – 11:30 p.m. Dr. Robert Anda – Keynote Address

(New Thoughts About What the ACE Study Means)

11:30 p.m. – 12:15 p.m. Chris Blodgett – Keynote Address

(Rising Out of Risk: How to Address ACEs in Real Time)

12:15 p.m. – 1:15 p.m. Lunch (on your own)

1:15 p.m. – 2:45 p.m. Chris Blodgett – Keynote Address (cont.)

2:45 p.m. – 3:00 p.m. Break

3:00 p.m. – 5:00 p.m. Chris Blodgett – Keynote Address (cont.)

Friday, September 27

8:30 a.m. – 10:00 a.m. Laura Porter – Keynote address

(“ACE-informed Leadership – The Magnitude of the Solution”)

10:00 a.m. – 10:15 a.m. Break

10:15 a.m. – 12:00 p.m. Laura Porter – Keynote address (cont.)

(“ACE-informed Leadership – The Magnitude of the Solution”)

12:00 p.m. – 12:15 p.m. Break

12:15 p.m. – 1:00 p.m. Lunch presentation (video & Pro-Action Café workshop – Dr. Robert Anda & Laura Porter)

1:00 p.m. – 2:00 p.m. Closing Remarks/Action Plan – Laura Porter & Dr. Robert Anda