

RISING TO THE CHALLENGE:



ACES AND THE INTERSECTION WITH MENTAL HEALTH

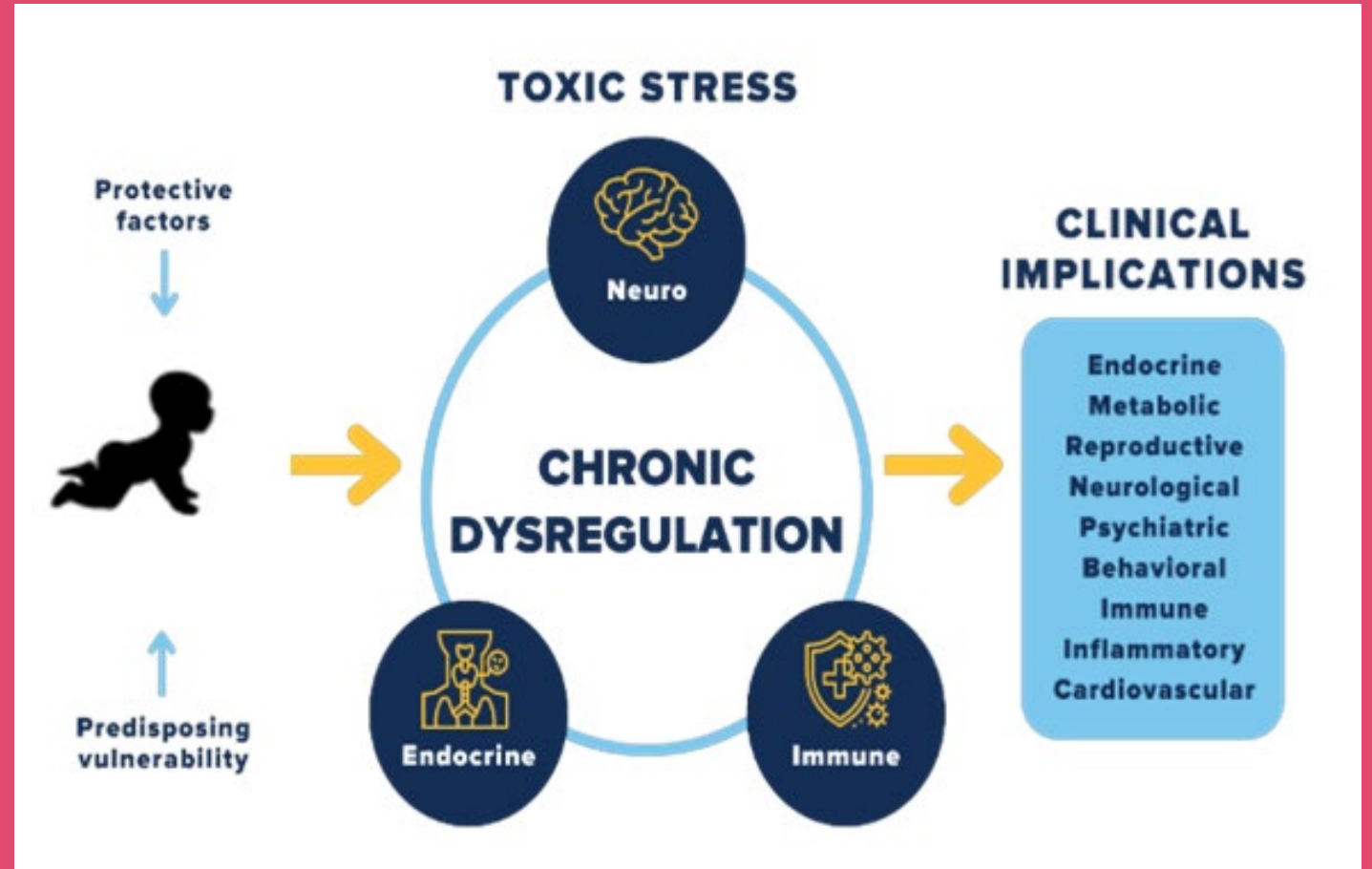
Diana E. Ramos, MD, MPH, MBA
California Surgeon General

California Department of Food &
Agriculture Disability Advisory Committee
Mental Health Awareness Month Webinar
May 8, 2024



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ACES CAN LEAD TO TOXIC STRESS



UNDERSTANDING ACES

WHAT ARE ACES?

WATCH NOW



OFFICE OF THE
CALIFORNIA
SURGEON GENERAL



[Understanding ACEs: What are Adverse Childhood Experiences \(ACEs\)?](#)
(youtube.com)



Adverse Childhood Experiences (ACEs)

Preventing early trauma to improve adult health

1 in 6

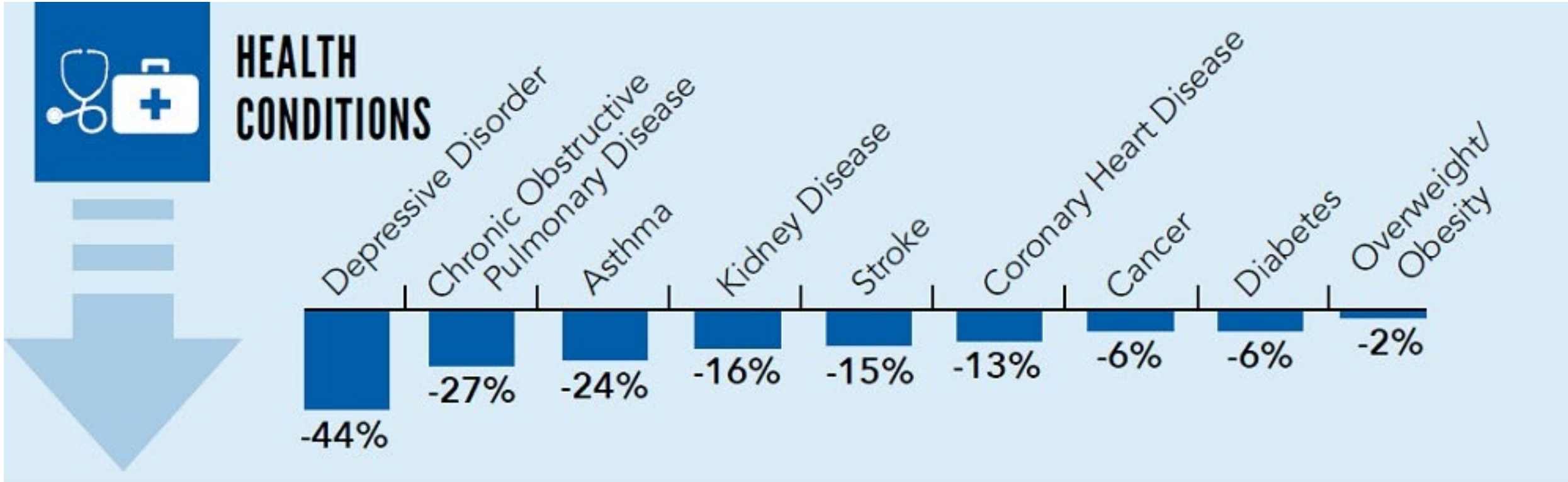
1 in 6 adults experienced four or more types of ACEs.

<https://www.cdc.gov/vitalsigns/aces/index.html>

5 of 10

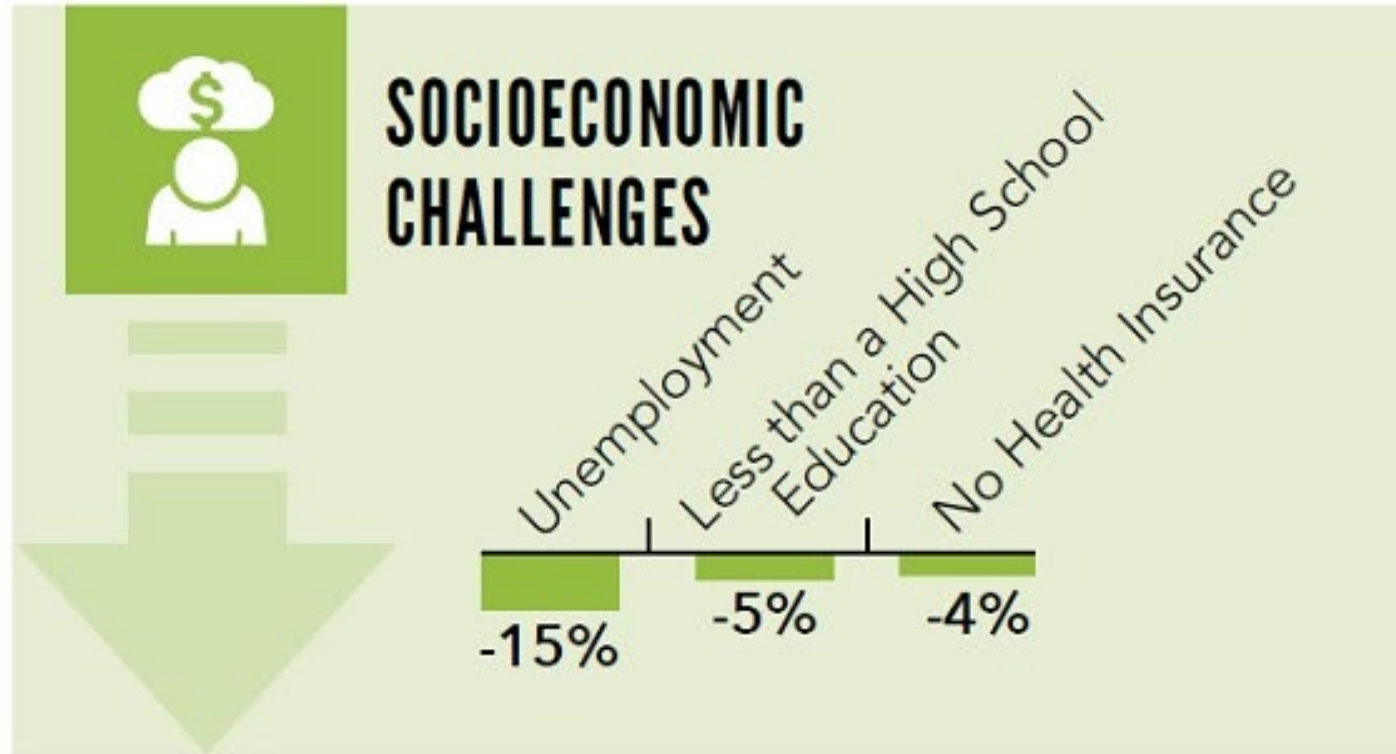
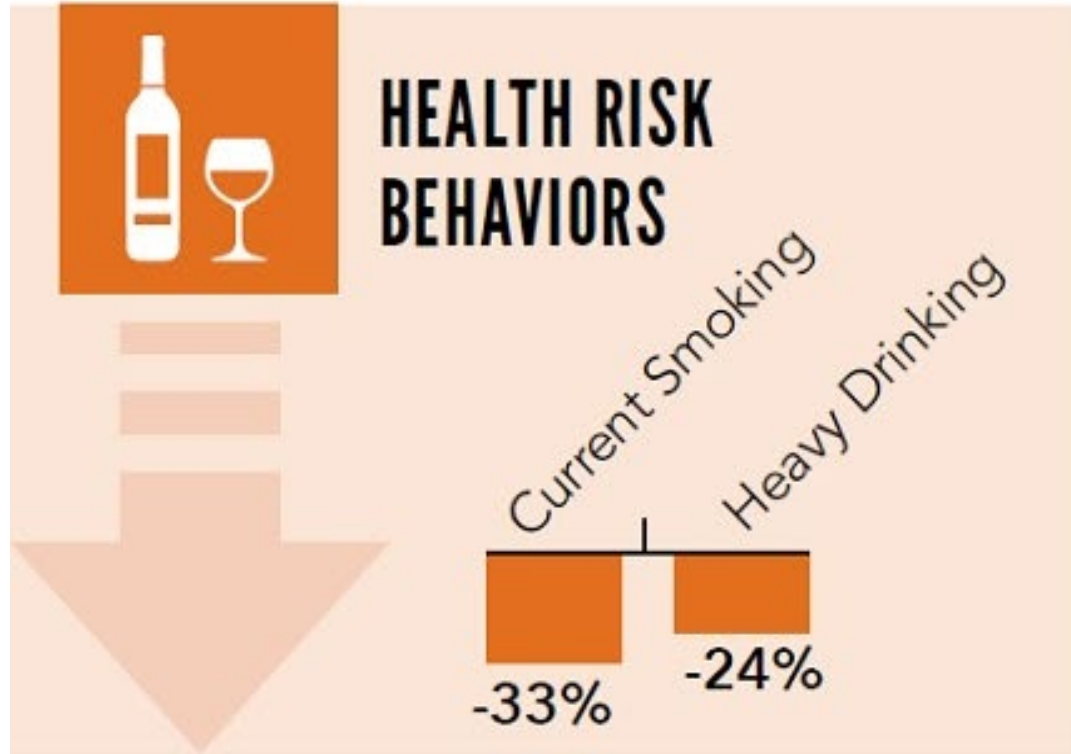
At least 5 of the top 10 leading causes of death are associated with ACEs.

ADDRESSING ACES IN CHILDHOOD CAN POTENTIALLY DECREASE



BRFSS 2015-2017, 25 states, CDC Vital Signs, November 2019.

ADDRESSING ACES IN CHILDHOOD CAN POTENTIALLY DECREASE



ACEs and Health Disparities

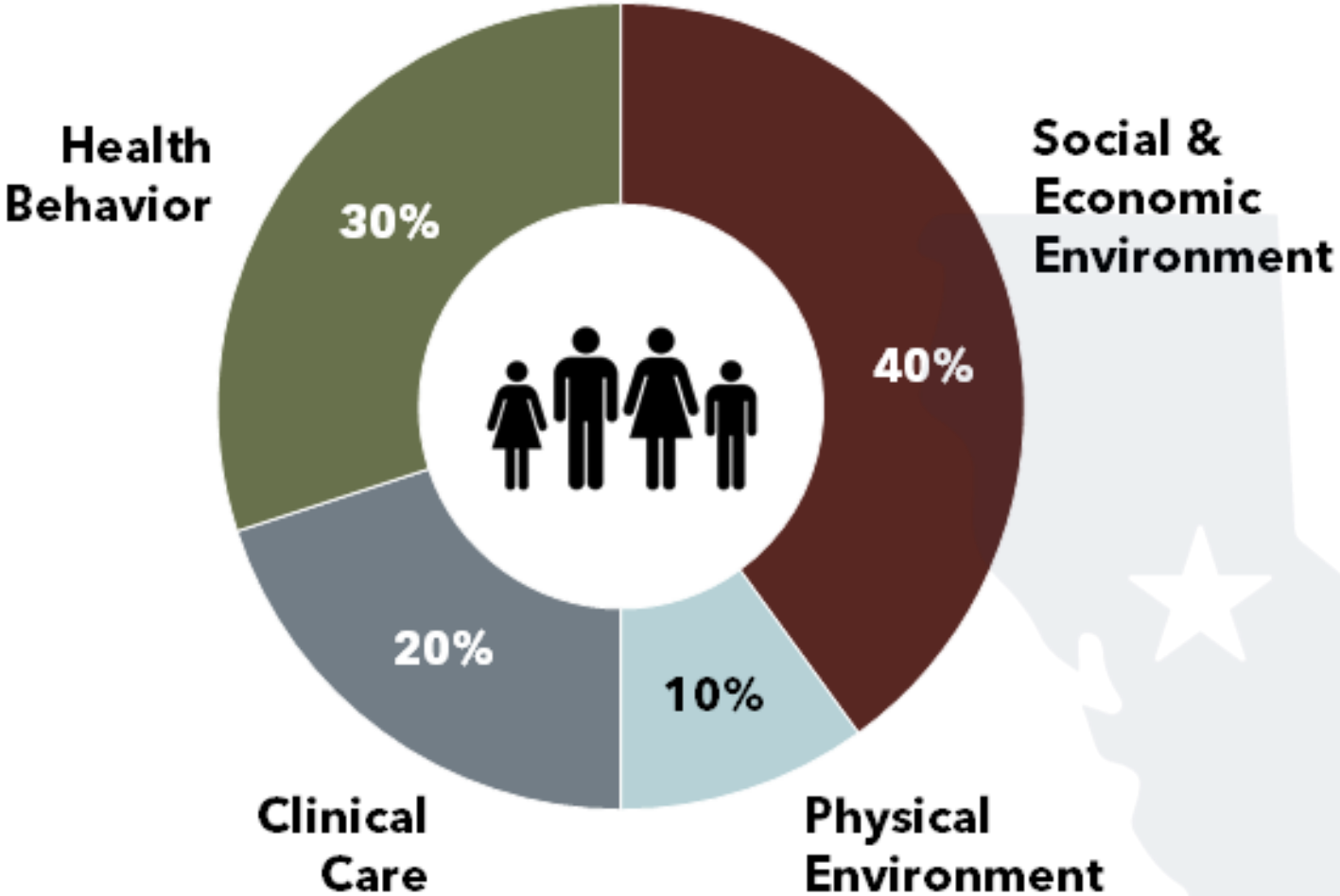
- ACEs do not impact all sociodemographic subgroups equally
- Women, low-income, LGBTQ, Black, Latinx, indigenous, and other people of color
- Discrimination experienced by these same groups, including racism, is also a risk factor for toxic stress

ACEs



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

THE DRIVERS OF HEALTH



80% of Health Happens Outside the Healthcare Setting

Source: McGovern, Laura, Miller, George and Hughes-Cromwick, Paul. Health Policy Brief: The Relative Contributions of Multiple Determinants to Health Outcomes. *Health Affairs*. August 21, 2014.

Types of ACEs



ABUSE

- Emotional
- Physical
- Sexual



NEGLECT

- Emotional
- Physical



HOUSEHOLD CHALLENGES*

- Substance misuse
- **Mental illness**
- Suicidal thoughts and behavior
- Divorce or separation
- Incarceration
- Intimate partner violence or domestic violence

Adverse Effects of Maternal Mental Health Conditions



Pregnant people with depression:

1.46 increased risk for **preterm delivery**

1.9 increased risk for **low birth-weight baby**

Pregnant Black people with depression:

2.33 increased risk for **preterm delivery**

2.47 increased risk **low birth-weight delivery**

*A meta-analysis study of pre-pregnancy depression and birth outcomes from 2010-2020

Poor
Mental
Health

The implications of perinatal mental health on women's outcomes and children's outcomes.



- Adolescents:**
- High rates of suicide
 - Increased risk of mental illness during puberty



- Pregnancy:**
- Disruptions in maternal-infant bonding and attachment
 - Reduced ANC / PNC Attendance
 - Inadequate nutritional intake
 - Increased risk of preterm birth
 - Increased risk of preeclampsia



- Children:**
- Increased risk of stunting and underweight
 - Increased risk of poor cognitive development
 - Increased episodes of diarrhea and childhood illnesses
 - Lower immunization rates



- Postpartum:**
- Increased risk of difficulty breastfeeding
 - Poorer nurturing care practices



- Infancy:**
- Increased risk of mortality
 - Increased risk of LBW
 - Lower rates of exclusive breastfeeding

Impact of Depression, Anxiety and Somatic Disorders on Women and Children Outcomes

RESEARCH ARTICLE | MATERNAL HEALTH

[HEALTH AFFAIRS](#) > [VOL. 43, NO. 4](#): PERINATAL MENTAL HEALTH & WELL-BEING

Perinatal Depression Associated With Increased Pediatric Emergency Department Use And Charges In The First Year Of Life

ACE'S Questionnaire in Prenatal Care Kaiser Permanente

Women's Health Screening Questionnaire

Thank you for completing this questionnaire. Your answers will help us provide you with excellent care.

Prior to your 18th birthday:	
Did a parent or adult in your home ever swear at you, insult you, or put you down?	1 <input type="checkbox"/> Yes 0 <input type="checkbox"/> No
Not including spanking, did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	1 <input type="checkbox"/> Yes 0 <input type="checkbox"/> No
Did you experience sexual abuse by an adult or person at least 5 years older?	1 <input type="checkbox"/> Yes 0 <input type="checkbox"/> No
Did you lose a parent through divorce, abandonment, death, or other reason?	1 <input type="checkbox"/> Yes 0 <input type="checkbox"/> No
Did your parents or adults in your home ever hit, punch, or beat each other up?	1 <input type="checkbox"/> Yes 0 <input type="checkbox"/> No
Did you live with anyone who was a problem drinker, alcoholic, or who used street drugs?	1 <input type="checkbox"/> Yes 0 <input type="checkbox"/> No
Did you have someone in your household who was depressed, mentally ill, or attempted suicide?	1 <input type="checkbox"/> Yes 0 <input type="checkbox"/> No
Did you have a member of your household who went to prison?	1 <input type="checkbox"/> Yes 0 <input type="checkbox"/> No
Total Yes responses _____	

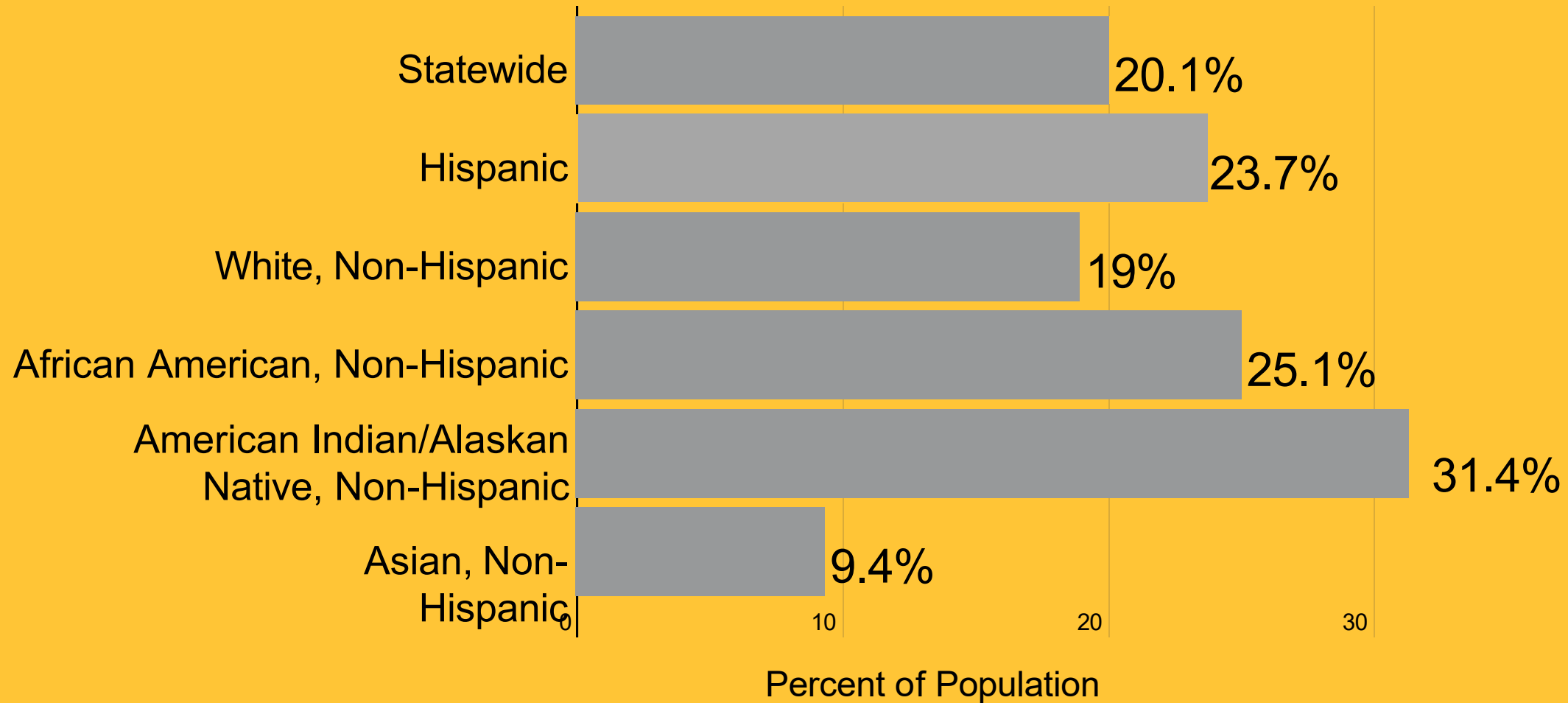
California ACEs Aware Provider Training



**2.0 Continuing
Medical Education**
credits or **2.0**

**Maintenance
of Certification** credits
upon completion

Percentage of Adults in California with 4+ Adverse Childhood Experiences (ACEs), by Race/Ethnicity



Source: UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2021



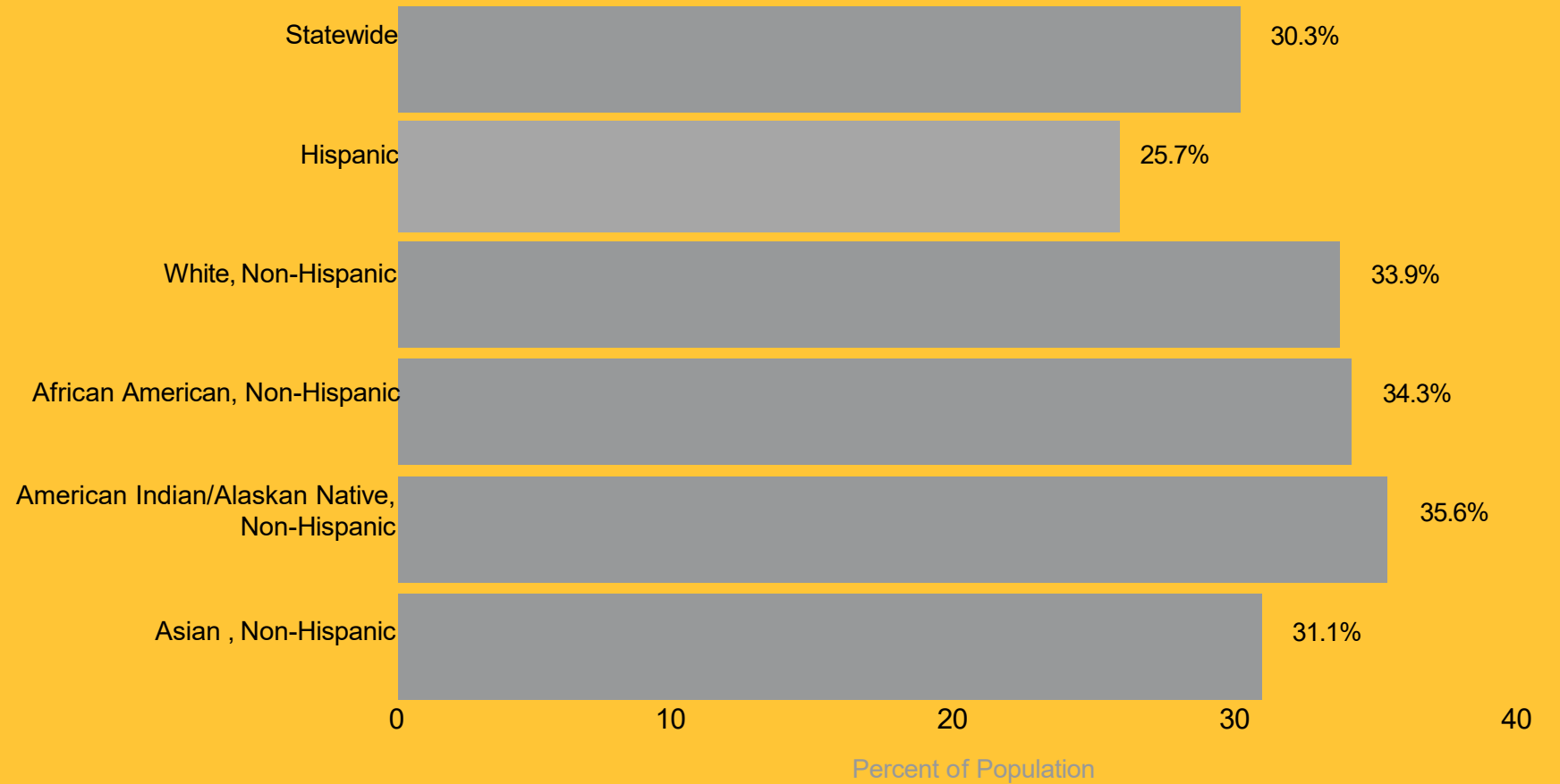
Positive Childhood Experiences Can Buffer Adversity

The more PCEs a
child gets, the
better their adult
mental health.

1. Ability to talk with family about feelings
2. Sense that family is supportive during difficult times
3. Enjoyment of participation in community traditions
4. Feeling of belonging in high school
5. Feeling support by friends
6. Having at least 1 non-parent adults who genuinely cared
7. Feeling safe and protected by an adult in the home

Percentage of Adults in California with 6-7 Positive Childhood Experiences (PCEs), by Race/Ethnicity

Hispanic adults have the lowest prevalence of six to seven PCEs among all racial/ethnic groups.

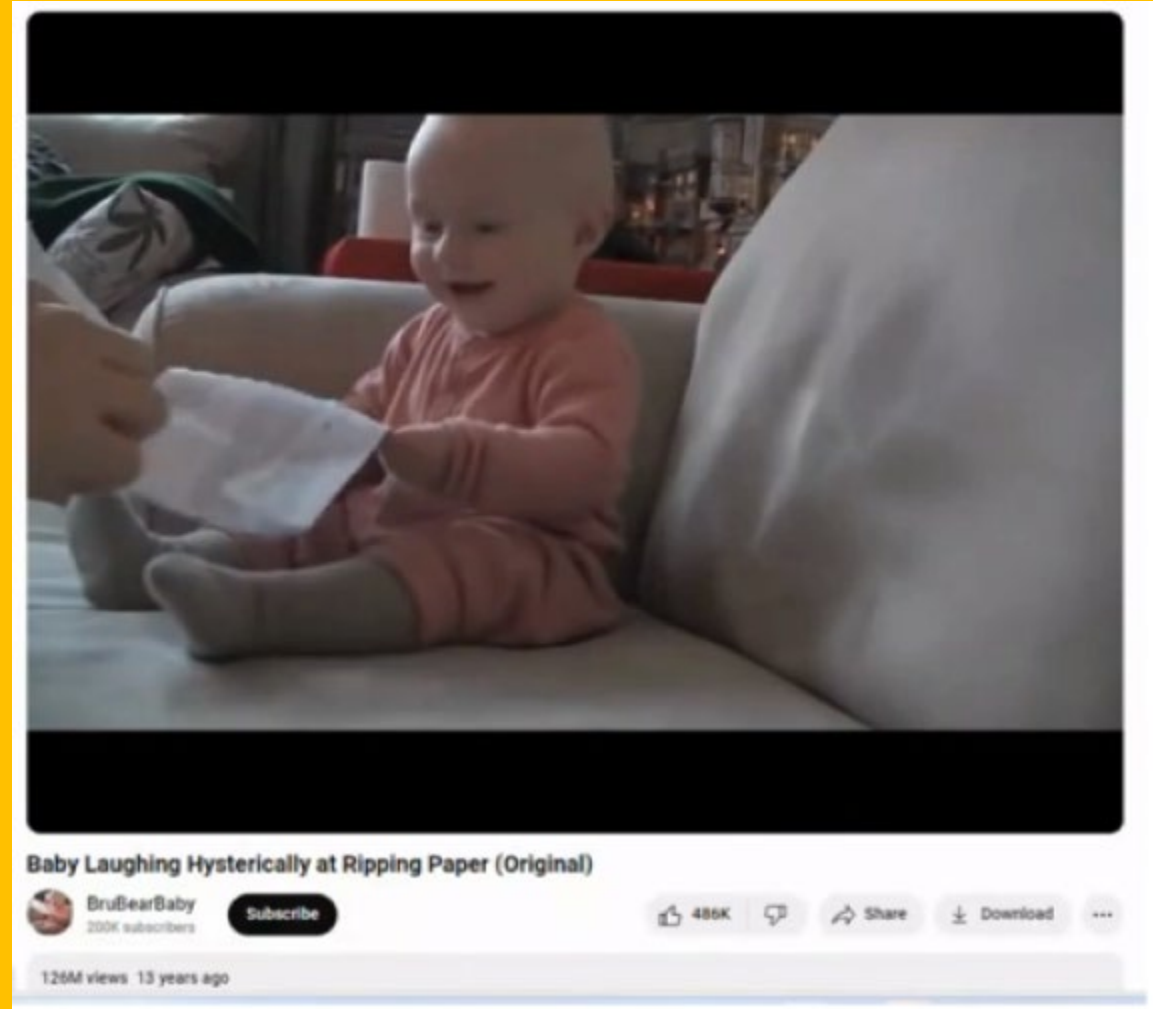


Dear Stress, I'm over you.

Simple ways to reduce stress levels



Learn how to give stress the boot:
www.osg.ca.gov/resources



[Baby Laughing Hysterically at Ripping Paper \(Original\) \(youtube.com\)](https://www.youtube.com/watch?v=...)

WHAT ARE ACES

EFFECTS OF ACES

START HEALING

STORIES

GET HELP NOW

We Can Live Beyond ACEs And Toxic Stress

Let's talk about ACEs.

Adverse Childhood Experiences (ACEs) are traumatic events that happen before age 18.



livebeyondCA.org

live
beyond



OFFICE OF THE
CALIFORNIA
SURGEON GENERAL

GOALS

- Public awareness of ACEs and toxic stress
- Support prevention and mitigation of ACEs, toxic stress, and their effects

AUDIENCE

Youth and young adults (ages 16-25)
Parents and caregivers of youth

With a focus on BIPOC, economically disadvantaged, system-impacted, rural, Tribal/Indigenous, LGBTGQIA+



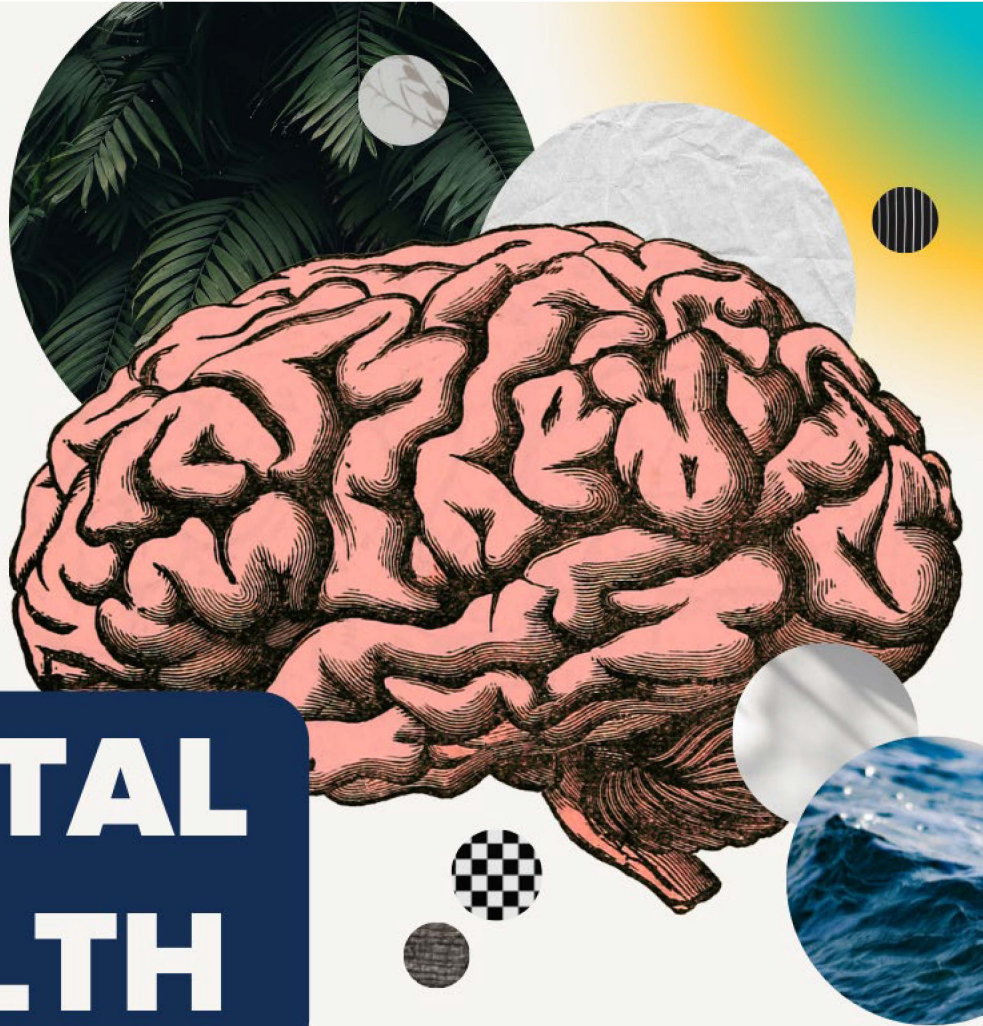
Live Beyond: The Office of the California Surgeon General's Newly Launched ACEs and Toxic Stress Campaign Overview

Date & Time

May 22, 2024 12:00 PM



OFFICE OF THE
CALIFORNIA
SURGEON GENERAL



MENTAL HEALTH

1 in 5

U.S. adults experience mental illness each year

1 in 25

U.S. adults experience serious mental illness each year

1 in 6

U.S. youth aged 6-17 experience a mental health disorder each year

50%

of all lifetime mental illness begins by age 14, and 75% by age 24



Suicide is the

2nd

**leading cause of death
among people aged 10-34**

Launching January 2024

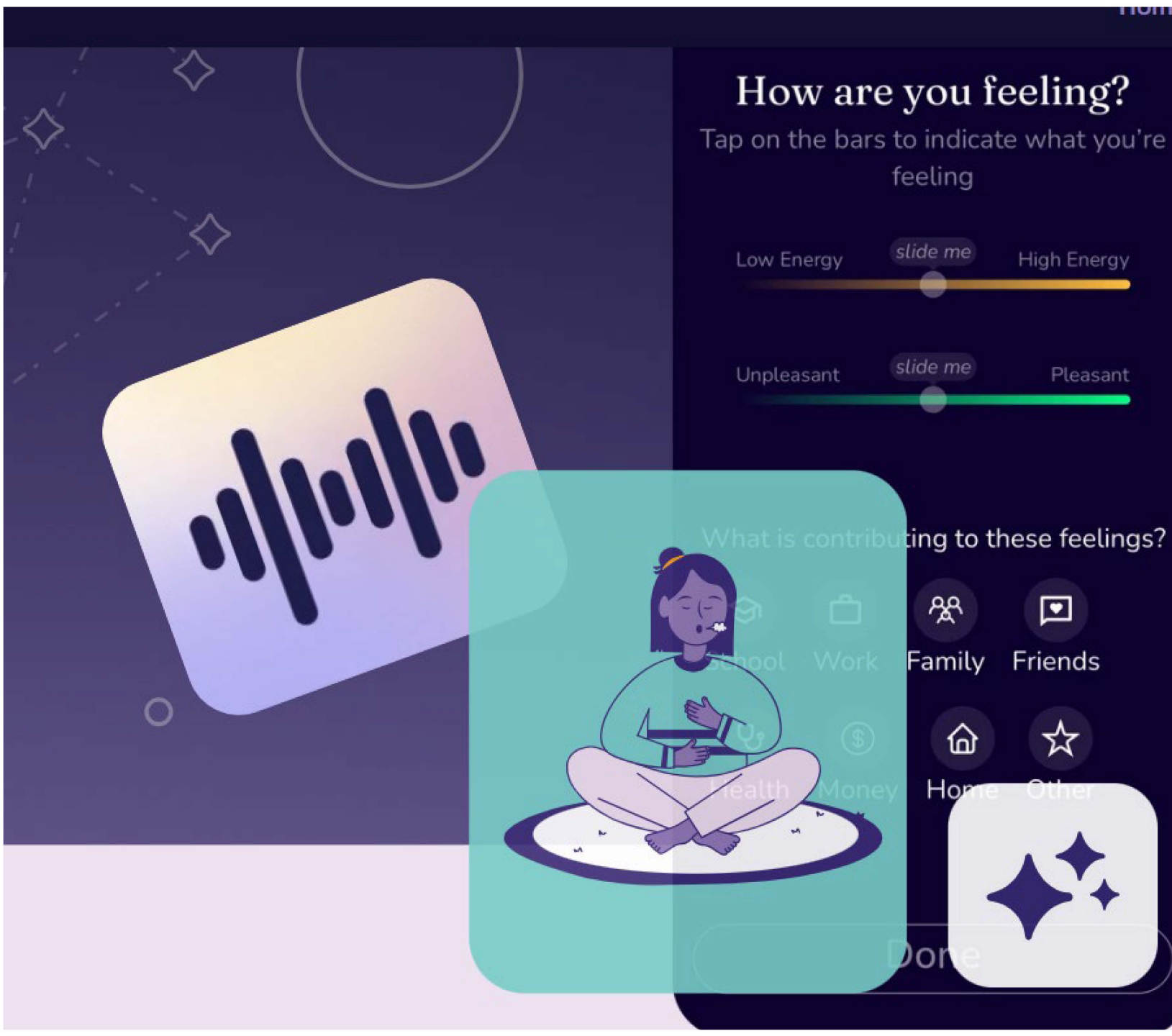
Digital mental health support for youth, young adults and families

A groundbreaking new program providing free, safe and confidential mental health support for young people and families across the State



Mental health coaching and resources for teens and young adults ages 13-25

Learn more



How are you feeling?

Tap on the bars to indicate what you're feeling

Low Energy *slide me* High Energy

Unpleasant *slide me* Pleasant

What is contributing to these feelings?

- School
- Work
- Family
- Friends
- Health
- Money
- Home
- Other

Done



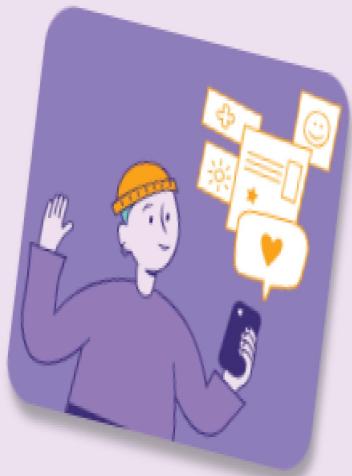
Free write your feelings

Vent honestly and openly, jot down ideas, or draft big dreams, all in your own digital journal. This is your space, away from the noise, right in the app.



Chat 1:1 with a coach

Feeling stuck? Soluna's professional coaches would love to chat. Use the app to schedule a session or simply drop in. No strings or cost attached.



Destress and reset

Soluna's interactive tools, like Thought Shaker, Starboard, Mood Log, and more, are research-backed and designed to bring calm, confidence, and focus.



Join our journeys

In our Soluna forums, one alone. Post a question, get about whatever's on your r connecting with others on journeys.






BrightLife Kids
Mental health coaching and resources for parents with kids ages 0-12
[Learn more](#)




There are no costs attached. No insurance is required. And no referrals are needed.


BrightLife Kids is 100% paid for by the State of California and offers:




Dedicated coaches
Live, 1:1 video coaching sessions and the ability to send secure chats with a dedicated coach



Easy access
Simple sign up, virtual coaching (until 8pm!), and on-demand digital tools like articles and videos



Care Guides
Guidance to community resources for families who may need help outside of BrightLife Kids



Privacy
Your family's information will always be kept confidential

LEADING UNDERLYING CAUSES OF PREGNANCY-RELATED DEATH INCLUDE (UP TO 1 YEAR POST-PARTUM)

23%

Mental health conditions
(including suicide and overdose)

14%

Hemorrhage

13%

Cardiac and coronary conditions

The New York Times

Depression During and After Pregnancy Can Be Prevented, National Panel Says. Here's How.

The task force of experts recommended at-risk women seek certain types of counseling, and it cited two specific programs that have been particularly effective.



(Reach Out, Stay Strong, Essentials for mothers of newborns)

- **50% reduction of depression**
- 4 or 5 prenatal group sessions lasting 60 to 90 minutes and 1 individual 50-minute postpartum session
- Education on the “baby blues” and postpartum depression, stress management, development of a social support system

PERINATAL ROUNDTABLE RECOMMENDATIONS

Patients

- Build Trust
- Active Participants in their health



Health Providers

- Identify risk early
- Incorporate technology and artificial intelligence (AI)
- Improve diverse representation of community health workers ie doulas, build, support and advocate



STRONG START & BEYOND





THANK YOU

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 @CASurgeonGeneral

 @CA_OSG

