



# Toxic Stress Screenings in Primary Care

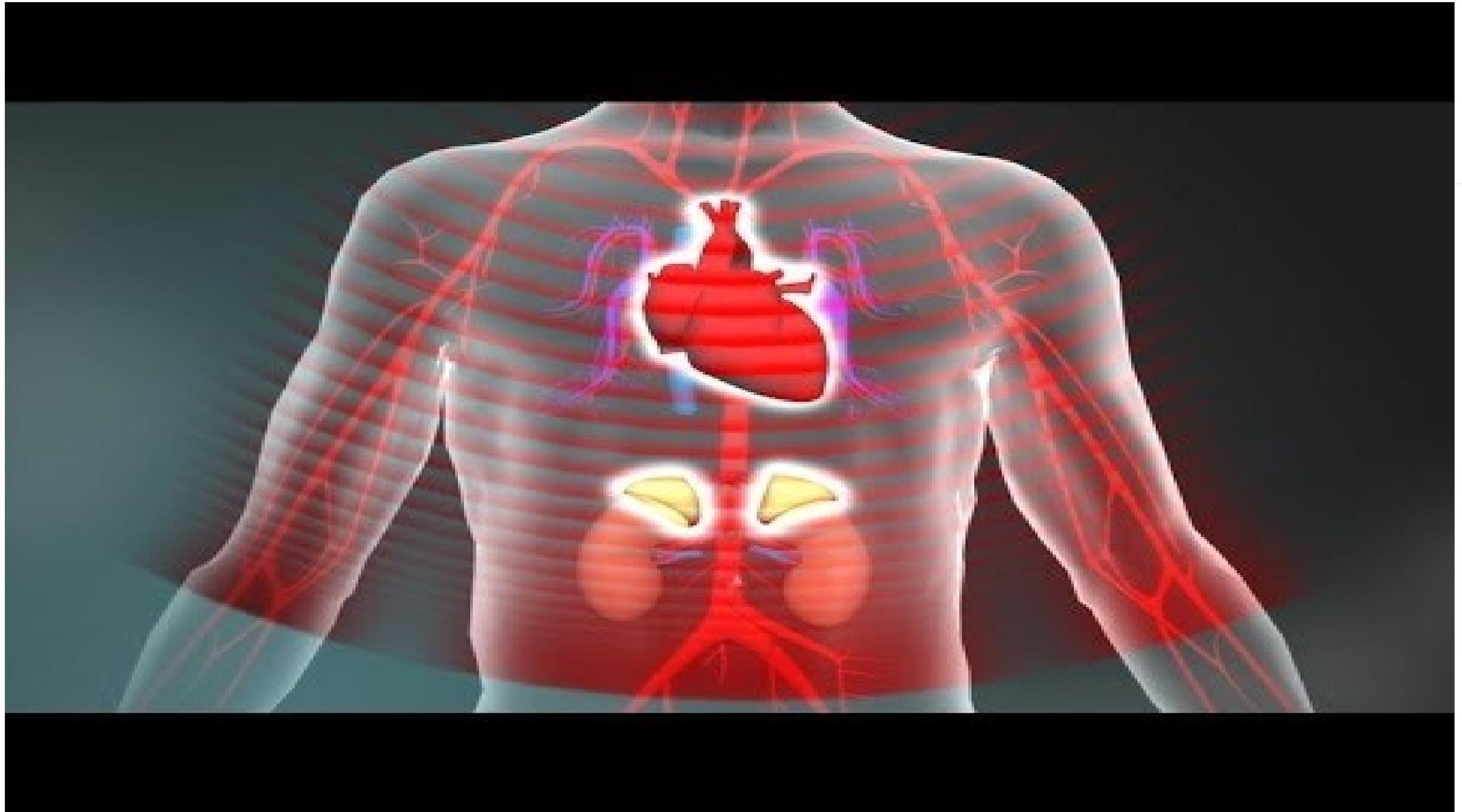
---

Curriculum for Health Psychologists

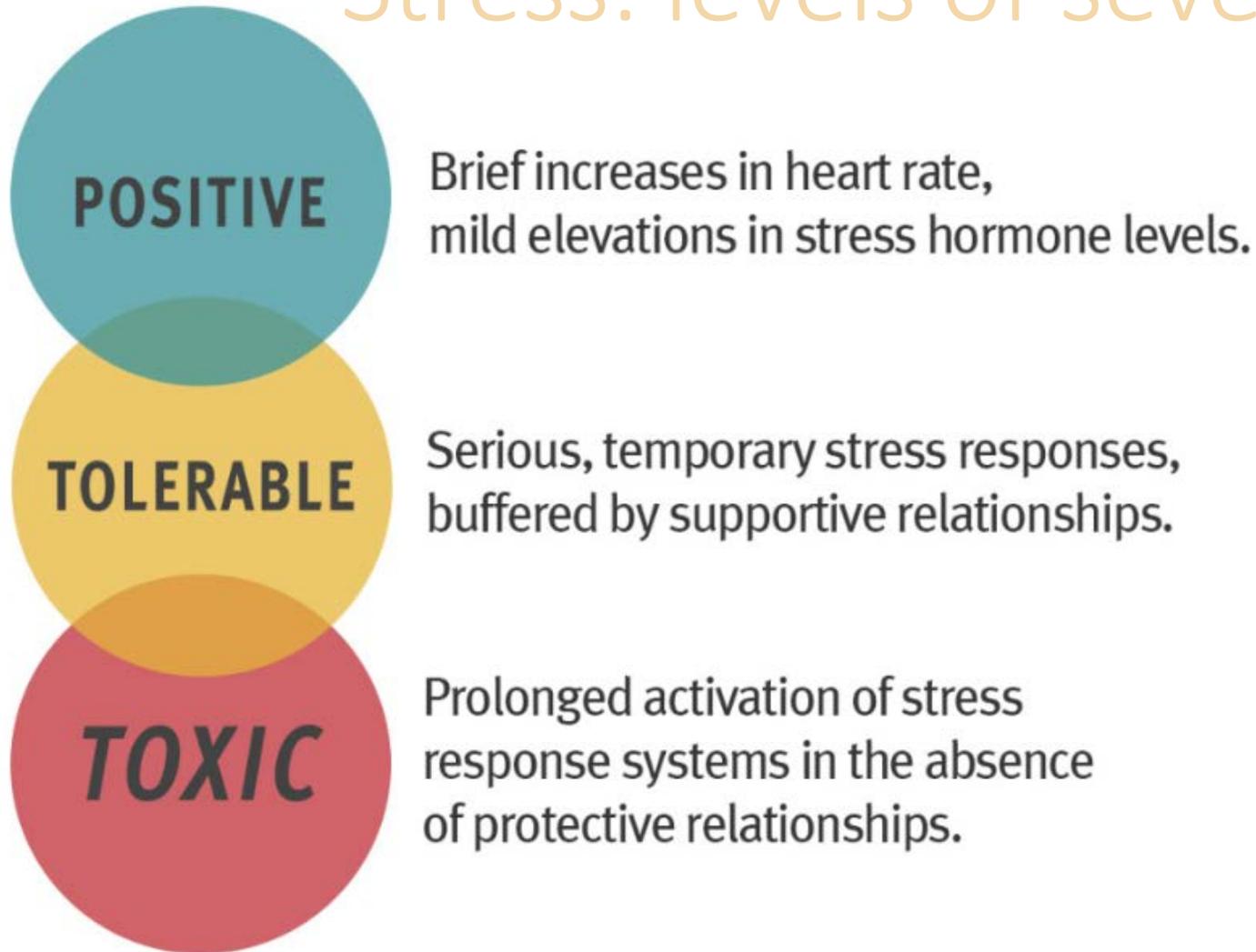
# Toxic Stress

---





# Stress: levels of severity



# Types of Stress

It's helpful to understand how three commonly used terms about early adversity relate to each other.



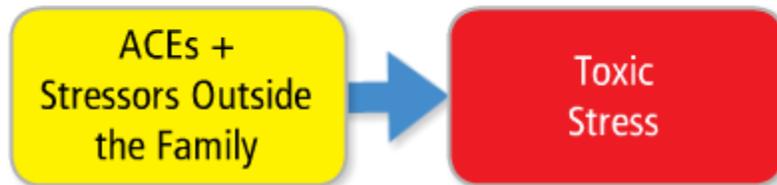
## ACES: Negative Experiences

- Physical, sexual, or emotional abuse and neglect
- Mental illness or drug or alcohol abuse
- Witnessing domestic violence or loss of a parent

## Poor Life Course Outcomes:

- Poor school achievement
- Substance abuse
- Physical and mental health issues
- Chronic disease, disability
- Can lead to early death

# Types of Stress



Toxic stress is the body's biological response to ACEs, as well as other stress-causing situations outside the family.

Toxic stress explains WHY ACEs can be so bad for long-term outcomes.

# AAP Policy

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN

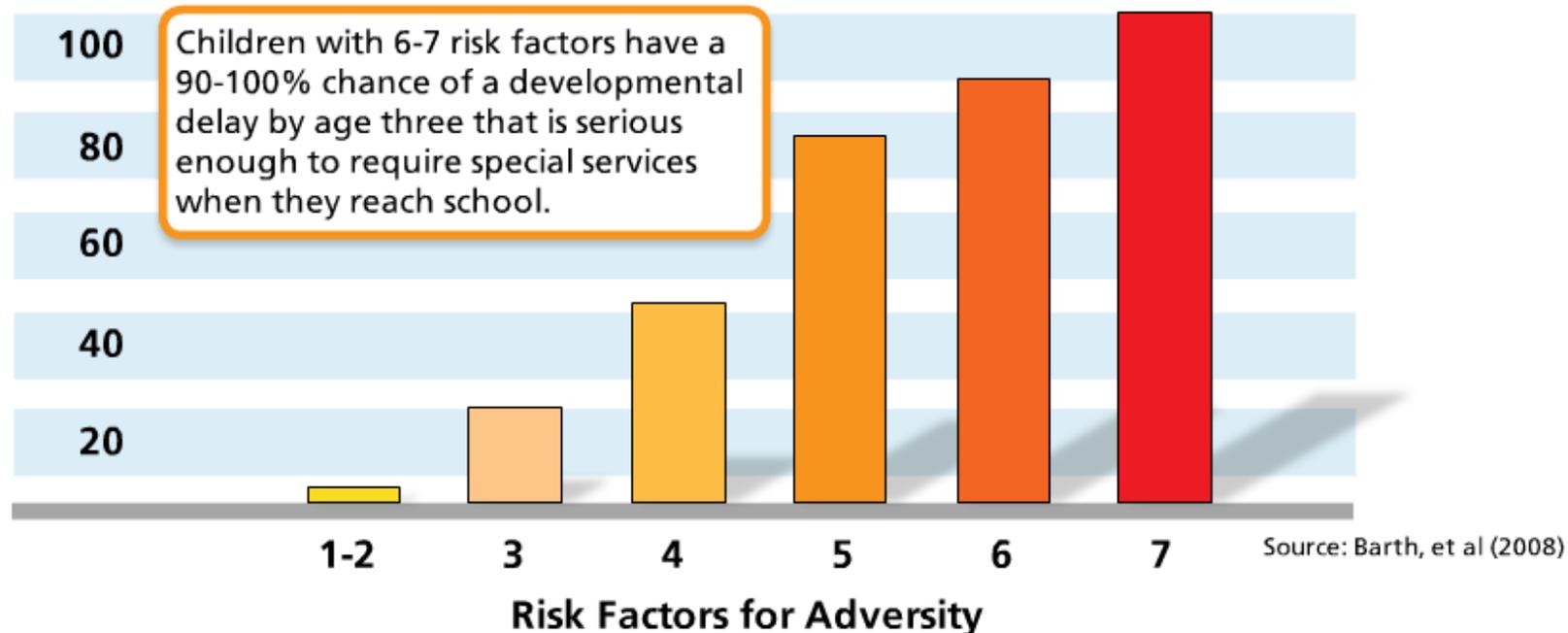


Committee on Psychosocial Aspects of Child and Family Health  
recommends screening for children and families at risk for toxic stress.

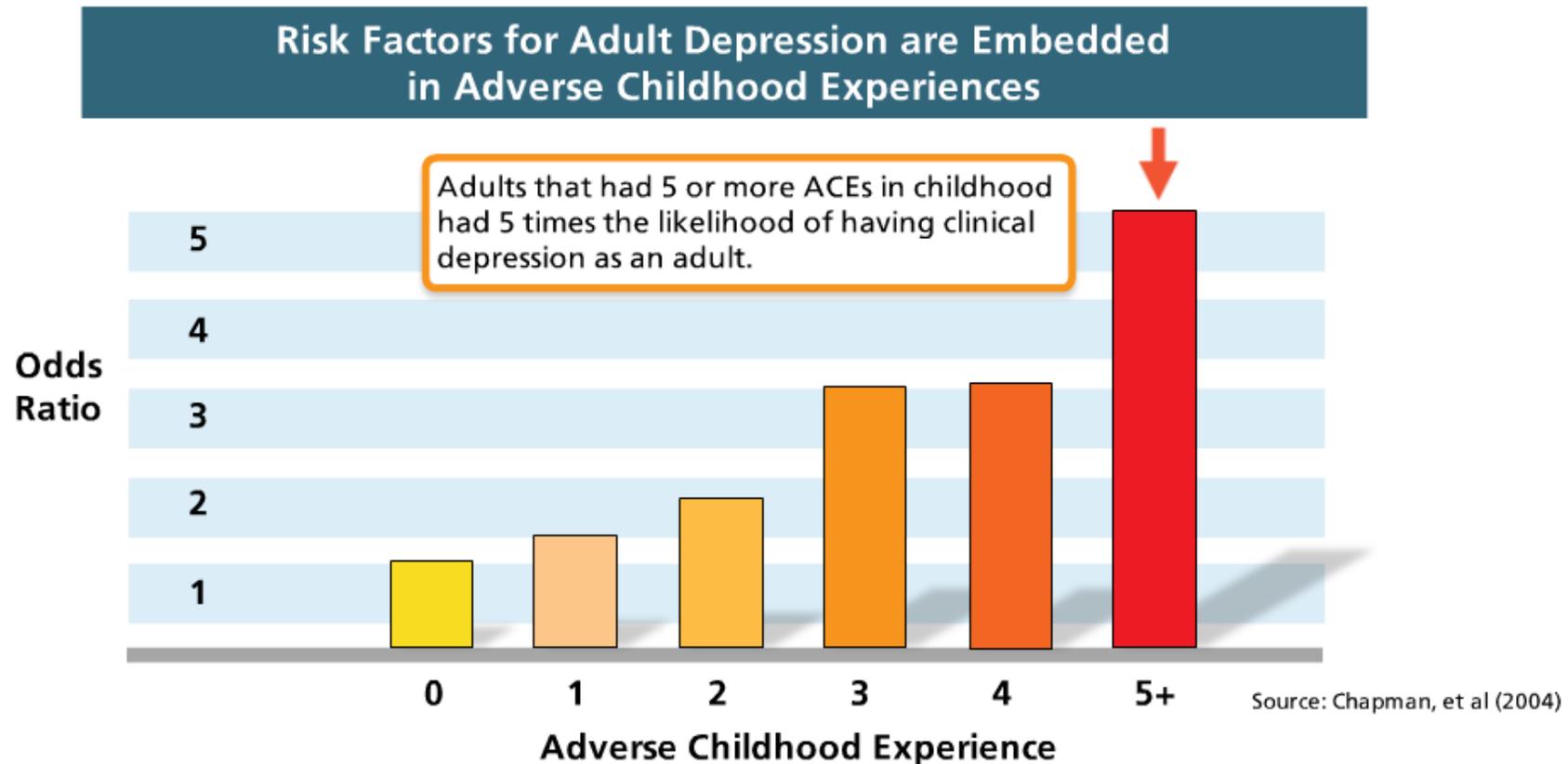
# Why Screen for Stress when Assessing a Child's Development?

## Significant Adversity Impairs Development in the First Three Years

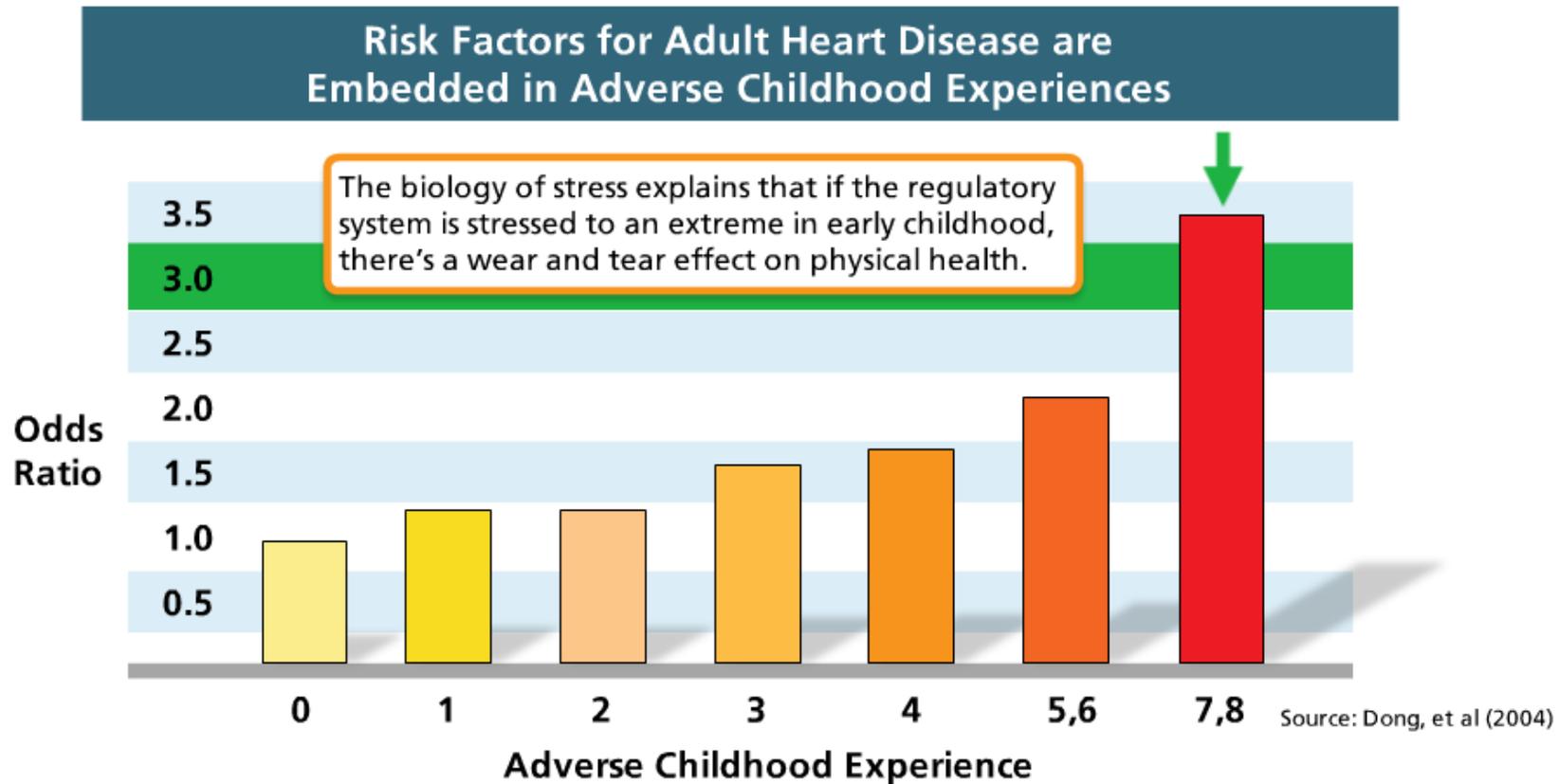
Children with Developmental Delays, percent



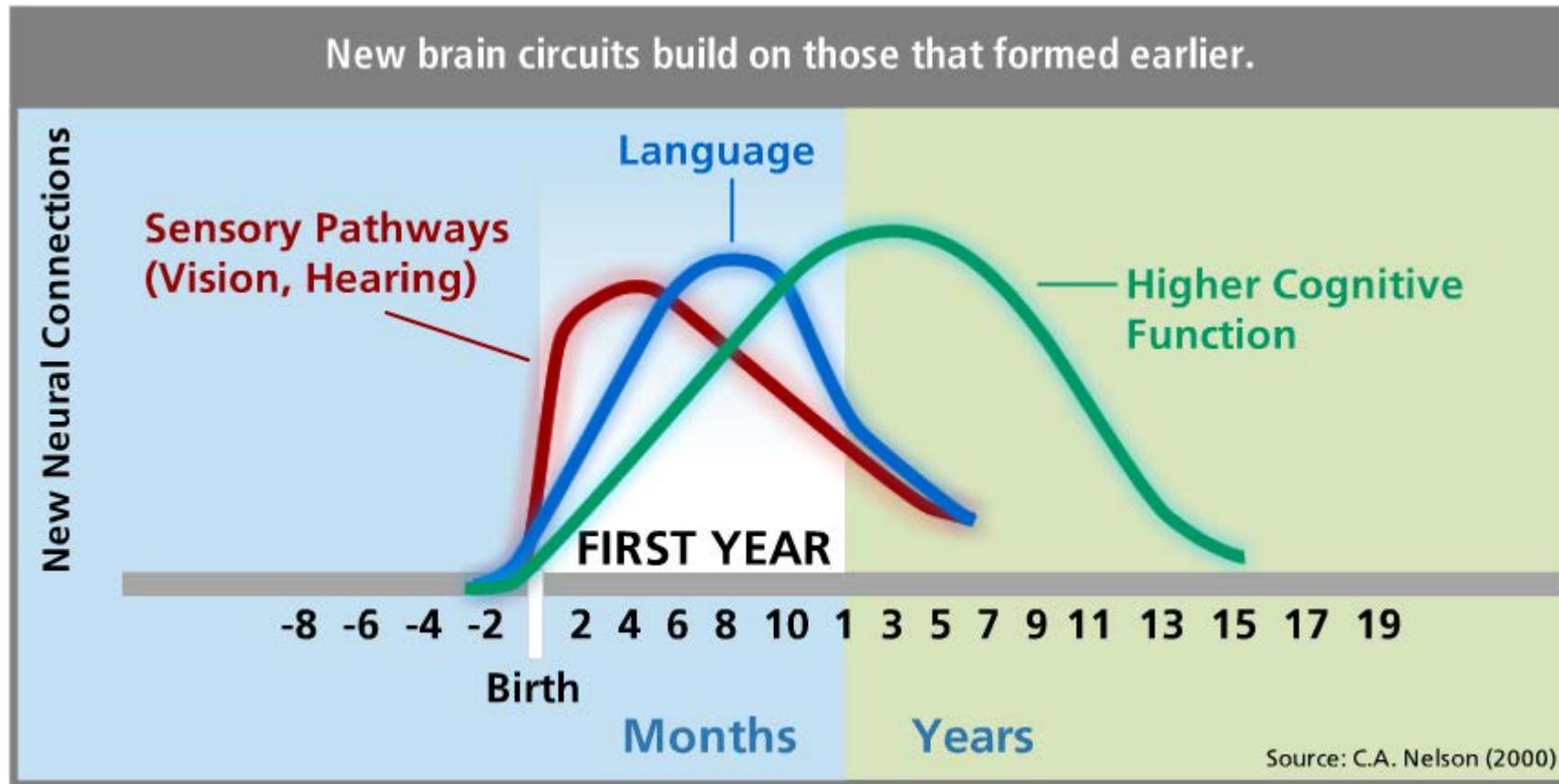
# Why Screen for Stress when Assessing a Child's Development?



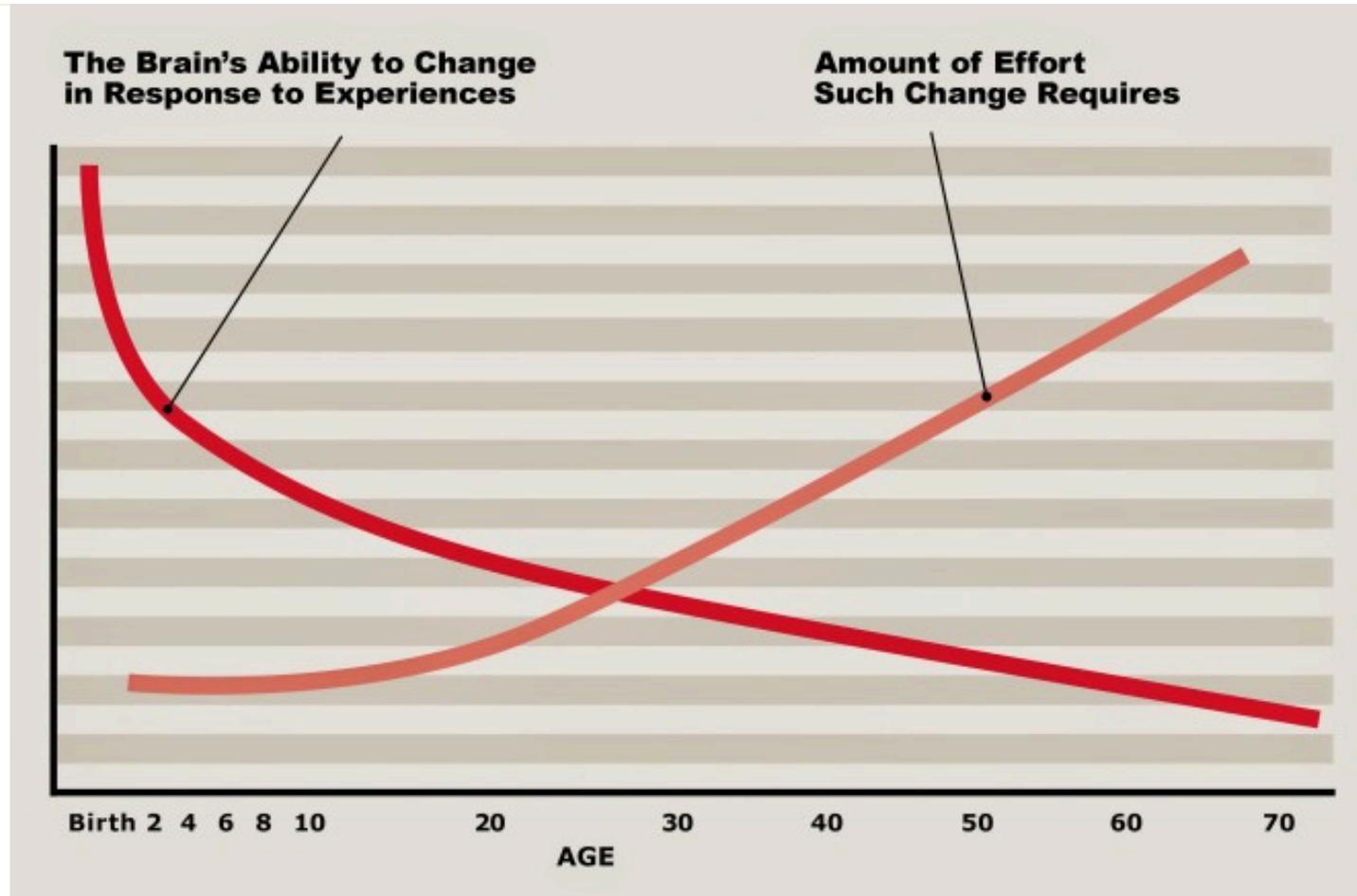
# Why Screen for Stress when Assessing a Child's Development?



# Why Screen for Stress when Assessing a Child's Development?



# Why Screen for Stress when Assessing a Child's Development?



Graph Source: Pat Levitt (2009).

# Buffering children from toxic stress

## Screen!

Detection rates, an example of children with existing delays:

	Without Screening Tools	With Screening Tools
Developmental Disabilities	14-54% Identified	70-80% Identified
Mental Health Problems	20% Identified	80-90% Identified

# Toxic Stress in Immokalee

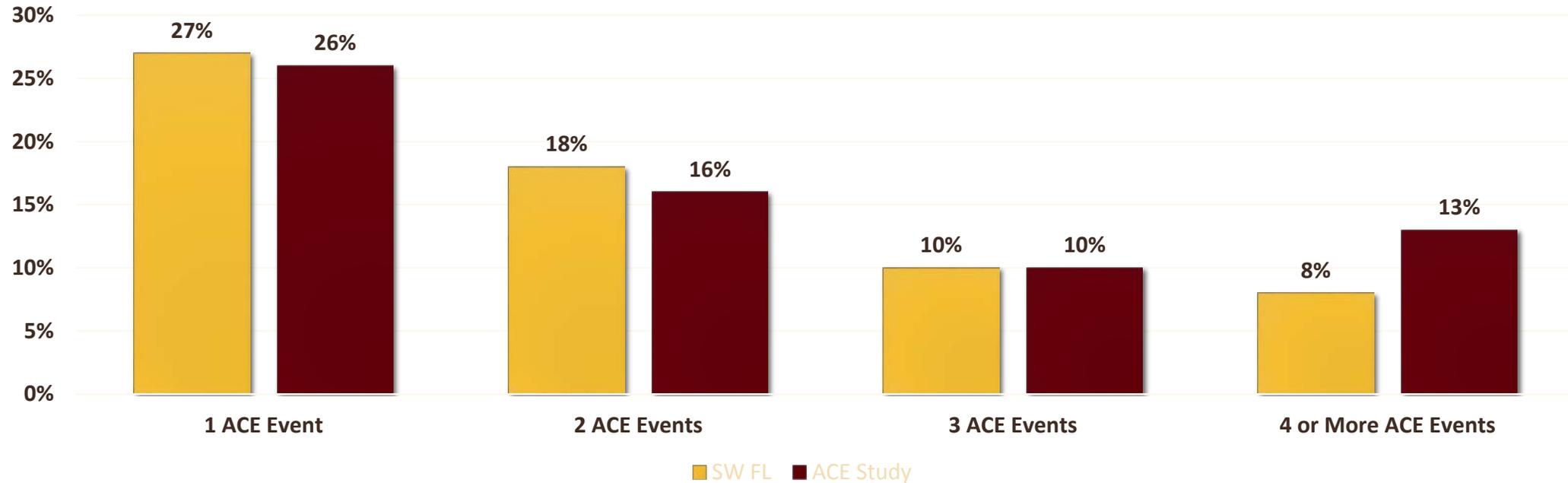
---

PRELIMINARY DATA



# Toxic Stress in Southwest Florida

**Number ACE Events**  
**Children from SW FL Sample in Comparison to U.S. Adults**



# Toxic Stress in SW FL

---

## **Top 4 ACE Events reported:**

- 1) Having a family member in jail/prison or taken away by the police:**
- 2) Having painful or “scary” medical treatment:**
- 3) Having a close family member pass away unexpectedly:**
- 4) Being threatened or picked on/bullied:**

# New FSU Center in Immokalee

---



## Center is consistent with FSUCOM Mission

- ◆ training medical professionals to meet the primary health care needs of the state, especially the needs of the state's elderly, rural, minority, and other underserved citizens.
- ◆ training of students, in a humane environment, in the scientific, clinical, and behavioral practices required to deliver patient-centered health care.
- ◆ Goal is to reach beyond Immokalee...across the country...where our patients go



## Center Activities

---

- Develop research on impact of toxic stress in children from rural backgrounds.
- Translate evidenced based prevention strategies and treatments for use with rural and minority children.
- Provide education and resources on toxic stress and its impact on physical and mental health through a website and professional education.
- Train health care providers in the use of integrated primary care for children with physical and behavioral healthcare needs.
- Develop health information technology applications to improve access to care.
- Provide a telemedicine consultation service which will make integrated behavioral health expertise available to physicians around the state.

## What Can You Do to Help Your Child?

Provide good social support

Positive parent-child interactions

Talk to your doctor or healthcare provider

Join a parent group to learn effective parenting techniques/skills

## Good Social Support

*Encourage your child to...*

Join a church group

Participate in sports

Join a club in school

Participate in community activities

## Where Can You Find Help?

[www.fsustress.org](http://www.fsustress.org)

### Center for Child Stress & Health

Florida State University College of Medicine

Immokalee Health Education Site

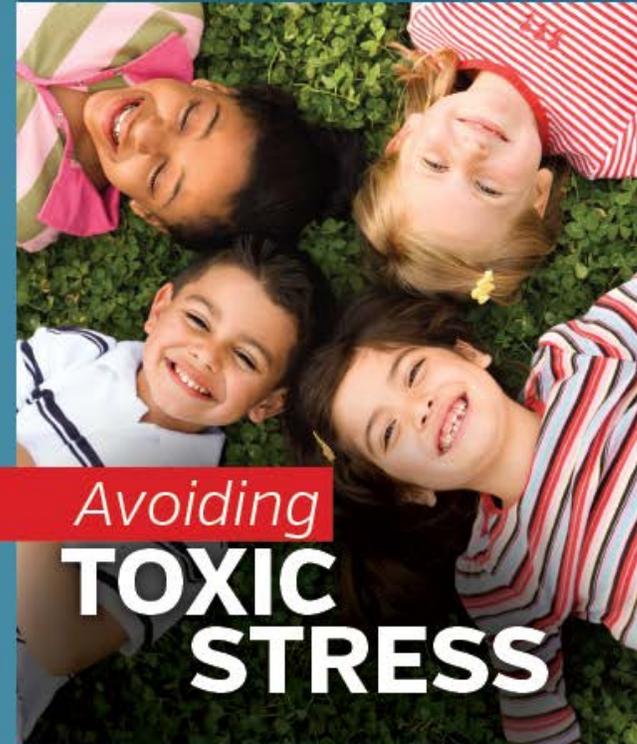
1441 Heritage Boulevard

Immokalee, Florida 34142

1-239-658-3123



FLORIDA STATE UNIVERSITY  
COLLEGE OF MEDICINE



Avoiding  
**TOXIC  
STRESS**

Learn about how toxic stress impacts the health of your child.

# Goal: Healthy Child and Healthy Future Adult

---

## We need:

- Early identification of problems within the primary care setting
- Emotionally healthy parents
- Parents with good parenting skills
- Child with coping skills and good emotional regulation

# Tiered system of interventions

---

## ***Universal Preventive Interventions***

- ✓ General Parent education targeting health literacy
- ✓ Universal Screening during well-child visits

## ***Selective Preventive Interventions***

- ✓ Targeted interventions for developmentally appropriate areas
- ✓ Parent Guidance
- ✓ Parent training

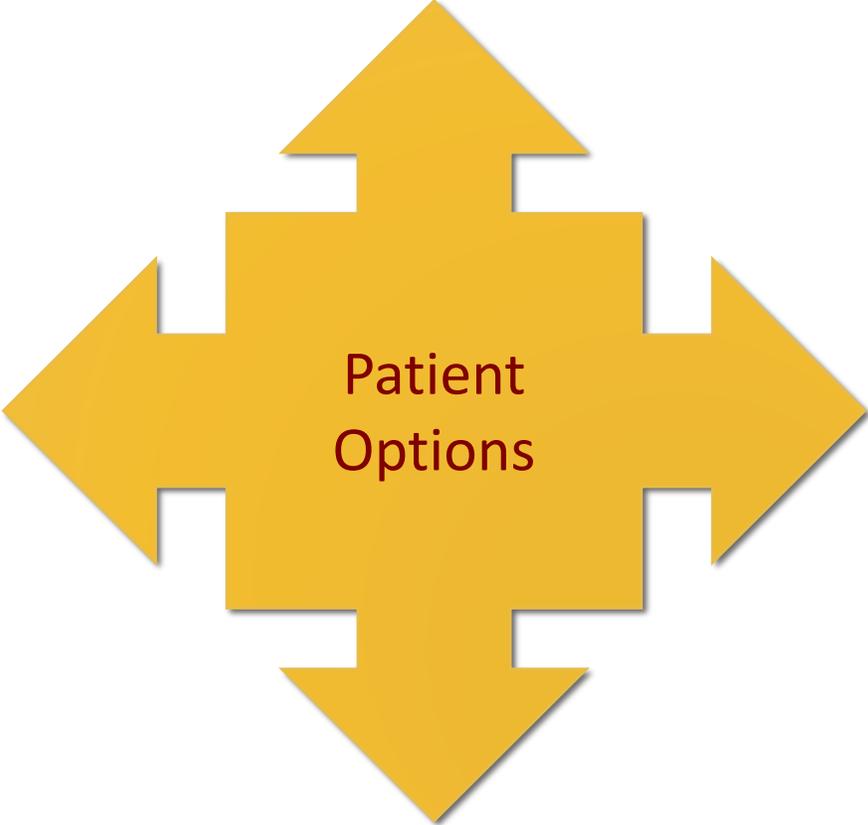
## ***Indicated Preventive Interventions***

- ✓ Evidence based interventions for identified physical / behavioral problems

- ✓ Screen all children / youth 5-17 once a year during well-child visits
  - ✓ ACE (Adverse Childhood Events)
  - ✓ Pediatric Symptom Checklist (emotional and behavioral difficulties)
  - ✓ PHQ 9: for mothers of children 5-11 and patients 12-17

Physician Guidance

Behavioral  
Health Provider



Referral to resources  
by Promotora

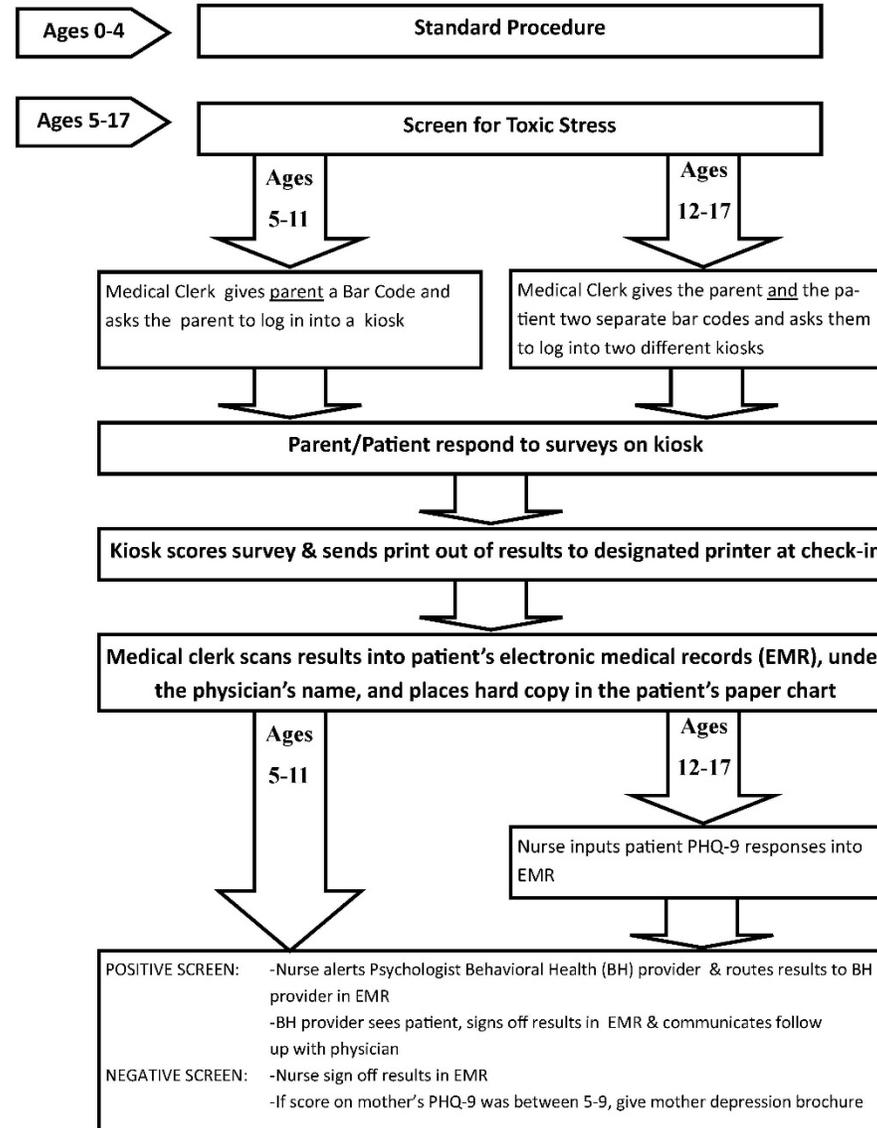
[fsustress.org](http://fsustress.org)

# Pilot Procedure

---



**Toxic Stress Screenings:  
Procedure for Pediatrics**



# How BH addresses Toxic Stress

---



# Buffering children from toxic stress

- ❑ Teach positive parent-child interaction
  - ❑ Moment to moment interactions (parent/child) have the potential to change structure and process of brain development
- ❑ Recommend quality early care and education
- ❑ Address maternal mental health: anxiety, depression, own experience of maltreatment

# Buffering children from toxic stress

□ Teach positive parent-child interaction

Application: “immunizing” through positive parenting

The 7 Cs: The Essential Building Blocks of Resilience

Competence

Confidence

Connection

Character

Contribution

Coping

Control

# Buffering children from toxic stress

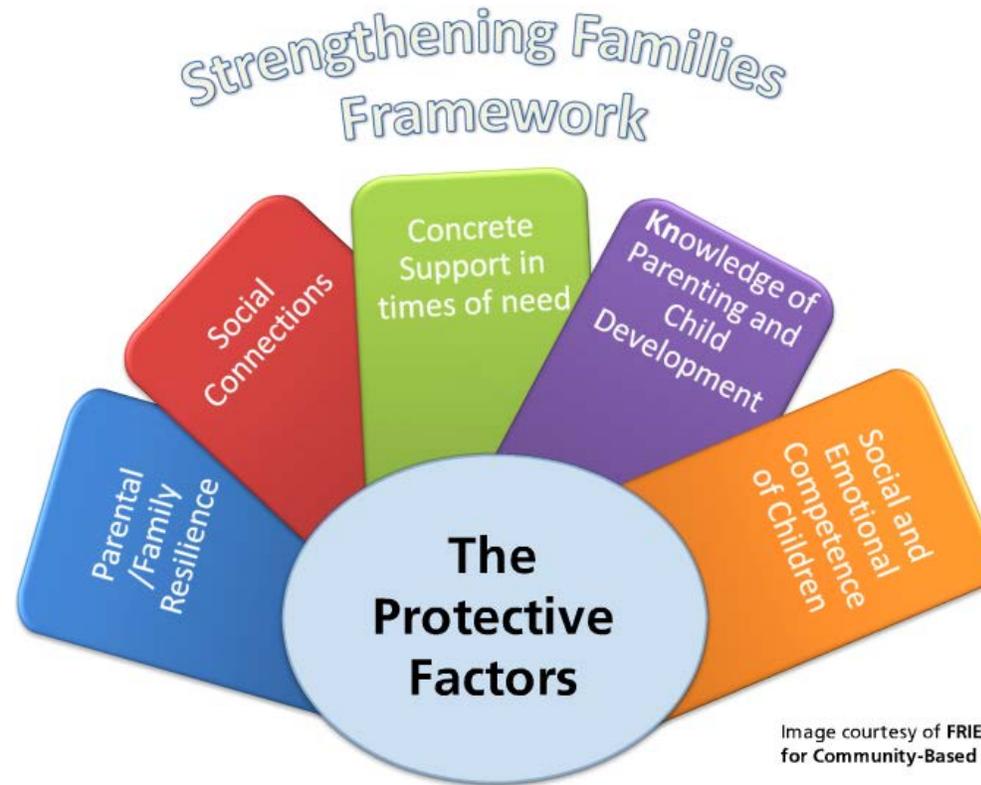


Image courtesy of FRIENDS National Resource Center for Community-Based Child Abuse Prevention

# FEEDBACK?

WE WANT TO HEAR FROM YOU!

TELL US YOUR THOUGHTS:

NOW & LATER



# References & Resources

---

Center on the Developing Child - <http://developingchild.harvard.edu/about/>

Chapman, D. P., Dube, S. R., & Anda, R. F. (2007). Adverse childhood events as risk factors for negative mental health outcomes. *Psychiatric Annals*, 37(5), 359–364.

Dong M, Giles WH, Felitti VJ, Dube SR, Williams JE, Chapman DP, Anda RF. (2004). Insights into causal pathways for ischemic heart disease: adverse childhood experiences study. *Circulation*, 110(13).

Felitti, V. (2009). Adverse childhood experiences and adult health. *Academic Pediatrics*, 9, 131-132.

Ginsburg KR, Jablow MM. Building Resilience in Children and Teens: Giving Kids Roots and Wings. 2nd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2011