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- This program is funded by a grant from the New York State Department of Health.
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Welcome to the American Indian Structural Competency Series

- This webinar is being presented live on May 19, 2015, and is being recorded and archived for future viewing.
- You can find Frequently Asked Questions on structural competency and additional readings and resources at: www.advancingpc.org

What is structural competency?

Structural competency refers to the capacity of practitioners to take account of social factors and structural forces, such as housing, education, economic, environmental and other public policies, that contribute to the ill health of clients.

Simply put, structural competency teaches that people's rates of sickness and death are as connected to their zip code as they are to their genetic code and their culture.

The Four “Beats” of this Structural Competency Series

1. Historical frames of oppression
2. Present day sociopolitical barriers and challenges to health
3. Activism and advocacy within the community around health
4. Clinical cases

American Indian Series Presenters and Topics

1. Dr. Lori Quigley – Multigenerational Trauma: Effects of the Boarding School Period
2. Katsi Cook – Woman as the First Environment – Bodies Telling Her/stories
3. Chief Beverly Cook – Resilience from Our Roots
4. Shavlynn Raphaelito and Michael Martin - Structural Competence for Urban American Indians in Buffalo and New York City
Evaluation

Please complete the evaluation here. Even if you do not plan on applying for Continuing Education credits, we value your feedback and are using it to develop the rest of the series: http://www.ualbancphp.org/eval/sphEval.cfm?ID=241

Learning Objectives

1. Understand how Adverse Childhood Experiences affect our health through the lifespan
2. Understand the concept of trans-generational trauma and its impacts on Native people.
3. Identify ways in which some tribal communities are addressing these issues

Today's Presenter

Beverly Kiohawiton Cook (Chief, St. Regis Mohawk Tribe) is an elected Chief on the Saint Regis Mohawk Tribal Council. For 35 years, Beverly has advocated for the rights of Native people in her community of Akwesasne. Chief Cook, a Family Nurse Practitioner, is a prominent voice in the mind-body medicine approach to restoring wellness, reproductive health and environmental justice for Mohawk people, and is often invited to present her signature lecture, "Resilience from our Roots: You are Creation," to national and international audiences. Leading the Saint Regis Mohawk Tribe's Health Services systems redesign, her innovative approach as Clinic Coordinator and Sexual Assault Nurse Examiner led her to advocate for the successful implementation of Trauma Incident Reduction (TIR) and ACE Predictive Consequences, the foundation of how health care workers encounter personal interactions when TIR is effectively applied.
ACE Study:

- The Relationship of Adverse Childhood Experiences and Adult Health


Adverse Childhood Experience ACE Study

- Collaboration - Dr. Vincent Felitti & Dr. Robert Anda
- 17,334 adult participants of Kaiser Permanente HMO
Participants

- 49% male
- 51% female
- Average age 57
- 80% white
- 10% black
- 10% asian
- 74% some college
- 46% graduate college

Adverse Childhood Experiences

- Of 17,000 respondents, two-thirds had at least one adverse childhood event
  - Physical, emotional or sexual abuse
  - Emotional or physical neglect
  - Growing up with family members with mental illness, alcoholism or drug problems
  - Family violence
  - Incarcerated family member
  - Parental loss


Prevalence of ACEs

**Abuse**

- Psychosocial (by parents) 11%
- Physical (by parents) 28%
- Sexual (by anyone) 22%

**Neglect**

- Emotional 15%
- Physical 10%

**Household Dysfunction**

- Alcoholism or drug use in home 27%
- Loss of biological parent < age 18 23%
- Depression or mental illness in home 17%
- Mother treated violently 13%
- Household member imprisoned 5%
The ACE Study Indicates:

Adverse childhood experiences are the most basic and long-lasting cause of health risk behaviors, mental illness, social malfunction, disease, disability, death, and healthcare costs.

Anda & Felitti, 2011

How ACEs influence health and social well-being throughout the lifespan

Finding Your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often or very often:
   - Scream at you, tell you that you were stupid or unlovable?
   - Threaten to hurt you?
   - Act in a way that made you afraid that you might be physically hurt?
   - Act in a way that made you afraid that you might be physically hurt?
   - Yes or No

2. Did a parent or other adult in the household often or very often:
   - Push, grab, slap, or throw something at you?
   - Ever hit you so hard that you had bruises or were injured?
   - Yes or No

3. Did an adult or person at least 5 years older than you ever:
   - Touch or fondle you or have you touch their body in a sexual way?
   - Attempt or actually have oral, anal, or vaginal intercourse with you?
   - Yes or No

4. Did you often or very often feel that:
   - No one in your family loved you or thought you were important or special?
   - Yes or No

If you answer yes to any of these questions, please consider consulting a mental health professional.
Adverse Childhood Experiences Score

Number of categories (not events) is summed...

ACE Score
Prevalence

0  33%
1  25%
2  15%
3  10%
4  6%
5 or more  11%*

- Two out of three experienced at least one category of ACE.
- If any one ACE is present, there is an 87% chance at least one other category of ACE is present, and 50% chance of 3 or >.
- *Women are 50% more likely than men to have a Score >5.

Clear dose-response relationship

- Compared with people with no ACEs, those with 4 or more ACEs were:
  - 1.4-1.6 x risk for severe obesity
  - 2x as likely to smoke
  - 7x as likely to be alcoholics
  - 6x as likely to have had sex before age 15
  - 12x more likely to have attempted suicide
ACE STUDY

"Male child with an ACE score of 6 has a 46% increase in likelihood of later becoming an IV drug user when compared to a male child with an ACE score of 0." \textit{(Felitti et al., 1998)}

51% of children with 4+ ACE scores had learning and behavior problems in school

Compared with only 3% of children with NO ACE score


Impacts of Childhood Trauma and Adoption of Health Risks to Ease Pain

- **Neurobiological Impacts**
  - Disrupted development
  - Anger–rage
  - Hallucinations
  - Depression/other mental health challenges
  - Panic reactions
  - Anxiety
  - Somatic problems
  - Impaired memory
  - Flashbacks
  - Dissociation

- **Health Risks**
  - Smoking
  - Over eating
  - Physical inactivity
  - Suicide attempts
  - Alcohol and/or drug abuse
  - 50+ sex partners
  - Repetition of trauma
  - Self injury
  - Eating disorders
  - Violent, aggressive behavior
Long-Term Consequences of Unaddressed Childhood Trauma

Disease and Disability
- Ischemic heart disease
- Autoimmune diseases
- Lung cancer
- Chronic obstructive pulmonary disease
- Asthma
- Liver disease
- Skeletal fractures
- Poor self-rated health
- Sexually transmitted infections

Social Problems
- Homelessness
- Prostitution
- Delinquency, criminal behavior
- Inability to sustain employment
- Re-victimization
- Less ability to parent
- Teen and unwanted pregnancy
- Negative self-and other perception and loss of meaning
- Intergenerational abuse
- Involvement in MANY services
- HIV/AIDS

ACEs passed on to the next generation

Seeing the Pain
America's physicians confront family violence
Epigenetics

- No longer “nature vs. nurture”—nurture affects nature
- Rat pups raised by nurturing mothers
  - Gene which affects stress hormone receptors “turned on”
  - Grow up to be stress resilient
- Rat pups raised by neglectful mothers
  - Gene which affects stress hormone receptors “turned off”
  - Grow up to be very stress reactive
- Same process has now been shown in humans
- Rat pups - odor - shock - fear response -> generations

Nature Neuroscience 2014;17:89-96
“...there is no change in gene sequence; the changes are only in...gene expression. Hence, these kinds of effects are called epigenetic. Epigenetic mechanisms can provide a potential pathway by which early experience can have lasting effects on behavior.”  
JAMA 2005;294(17):2221-4

“Confronting the origins of disparities in physical and mental health early in life may produce greater effects than attempting to modify health-related behaviors or improve access to health care in adulthood.”

Washington School Classroom (30 Students) Adult Childhood Experiences (ACEs)
6 students with no ACE  
5 students with 1 ACE  
4 students with 2 ACEs  
3 students with 3 ACEs  
2 students with 4 or 5 ACEs  
3 students with 6 or more ACEs
58% (17) students with no exposure to physical abuse or adult to adult violence  
29% (9) of students exposed to physical abuse or adult to adult violence  
13% (4) of students exposed to physical abuse and adult to adult violence
5/26/2015

What are Haudenosaunee Adverse Experiences?

- 1492 beginning of colonization & introduction of disease
- 1601 epidemics of smallpox
- 1689 King William's war
- 1702 Queen Anne's war
- 1754 French and Indian war
- 1772 Tuscarora join confederacy (flee homeland)

- 1776 Revolutionary war
- 1812 War of 1812
- 1824 Office of Indian affairs under U.S. war department
- 1830 Indian Removal Act under President Andrew Jackson
- 1838 Trail of Tears
- 1924 Indian Citizenship Act
Residential Boarding Schools

• An Army officer, Richard Pratt, founded the first of these schools. He based it on an education program he had developed in an Indian prison.

“A great general has said that the only good Indian is a dead one. In a sense, I agree with the sentiment, but only in this: that all the Indian there is in the race should be dead. Kill the Indian in him, and save the man.”
- 1940-1960 Indian termination policy: 109 tribes terminated
- 1941-1967 1/3 of Indian children separated from their families
- 1958-1967 Indian adoption project is a federal program that gave Indian children to white families
- 1978 NICWA National Indian Child Welfare Act
- 1980 Mohawk fish ban for women and children at Akwesasne
- 2011 80 deaths in Akwesasne
What Can We Do Today?

- Routinely seek a history of ACEs from all patients by questionnaire
- Acknowledge their reality by asking, “How has this affected you?”
- Arrange f/u visit to discuss possibilities for helping them
- Use existing systems to help with current problems
- Develop systems for primary prevention

Anda & Felitti, 2011

What happened to you? Not, what's wrong with you?

Resilience/Stress Questionnaire

Please circle the most accurate answer under each statement:

1. I believe that my mother or father when I was 8 years old,
   - Unhappy
   - Happy

2. I feared that my father beat me when I was 10.
   - Unhappy
   - Happy

3. When I was 10, other people helped me when I needed help.
   - Unhappy
   - Happy

4. I feared that when I was 10, my family was fighting.
   - Unhappy
   - Happy

5. When I was a child, there was violence in my family.
   - Unhappy
   - Happy

6. When I was a child, my friends helped me.
   - Unhappy
   - Happy

7. When I was a child, teachers, counselors, and others helped me.
   - Unhappy
   - Happy
“We cannot heal only the physical. We must remember our Spirit. If we focus only on food and exercising and forget our emotions, then we become out of balance. I tell myself to listen to my Spirit. But sometimes I become spiritually bankrupt. I feel alone and empty. When I don’t listen to my Spirit, I may feed my physical body with too much food. But it is not my physical body that needs nourishment. It is my Spirit that is hungry.

...The death of my mother was piled high on top of other losses—failed relationships, lost children and loved ones. Like many of our Native people, I carry the burden of the injustices of boarding schools and loss of land.

...I think I understand my people, and why we are sometimes called ‘noncompliant.’ When the Spirit is in pain, what does it matter if you take your medication or take a walk? Look within and see where you are with grief. Reach out to someone.

...Let the healing begin.”

Jacquie Arpan, Health for Native Life 2002(4) : 39-41

Condolence

- Acknowledge trauma
- Use of our medicine ways
- Intergenerational activities
- Integration of traditional ways and ceremonies
- Use of our languages

We use this great eagle feather to blow the dust from your ears so you may hear and understand all that is being said to you and be able to recognize the truth.

We use the softest deer hide to wipe the dust and tears from your eyes allowing you to have a clear vision of what is presented to you, to see the goodness that is in you and around you, to see the possibility of a good life.

We use this water to clear away the dust from your throat so you may express clearly and honestly what is in your heart.
Unresolved Grandmothers

References

- The Trauma Resolution Center, Miami, FL. Information at: www.thetr.org

Niawen:kowa