

#### Improving child health and well-being Creating opportunities for all Ohio children to thrive

Sept. 29, 2020



## Vision

## Ohio is a model of health, well-being and economic vitality.

## Mission

To provide the independent and nonpartisan analysis needed to create evidence-informed state health policy that improves health value.



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#### Improving child health and well-being Creating opportunities for all Ohio children to thrive

Sept. 29, 2020



#### Download slides and resources from today's forum on the event page at

## http://bit.ly/HPIOevents

## **LeeAnne Cornyn** Director of Children's Initiatives Office of Ohio Governor Mike DeWine



### Preventing ACEs: Ohio's Response to COVID-19

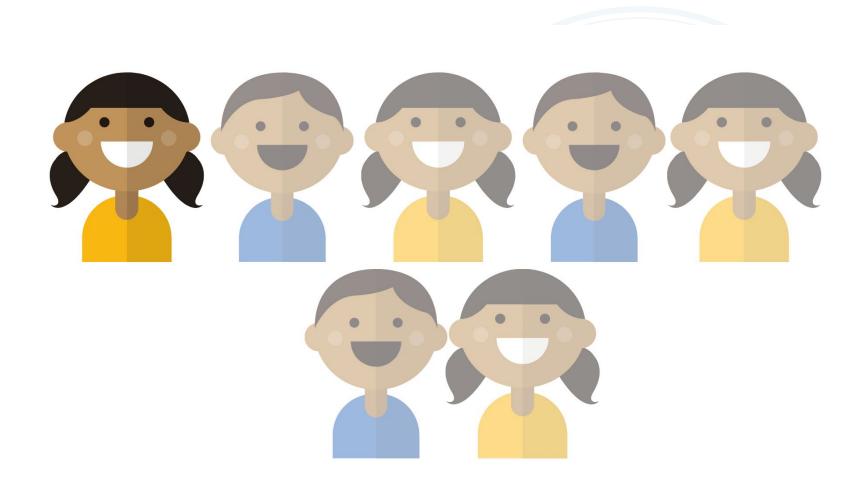
Jon Husted, Lt. Governor





Nearly half of all Ohio children have experienced one or more ACEs.





One in seven **Ohio children** have experienced three or more ACEs.



















#### Food Assistance

- 13 administrative waivers
- More than \$480 million in emergency supplemental food benefits
- P-EBT
  - Round 1: \$261 million in benefits for 872,714 children
  - Round 2: \$86 million in benefits for 490,000 children
- Disaster Household Distribution Program for families up to 230% FPL statewide



#### Child Care

- Child Care programs closed on March 25<sup>th</sup> except for Temporary Pandemic Child Care Programs.
  - Provided \$131 million in closure payments to PFCC providers
  - Licensed 1,915 TPCC programs
  - Provided nearly \$36 million for child care for low-wage, essential employees
- Child Care reopened on May 31st at reduced ratios
  - Nearly \$50 million in COVID and ratio-support payments provided
- Child Care returned to normal ratios on August 9th
  - Up to \$30 million in incentive payments to maintain reduced ratios
  - 1,400 providers currently participating



#### Child Care

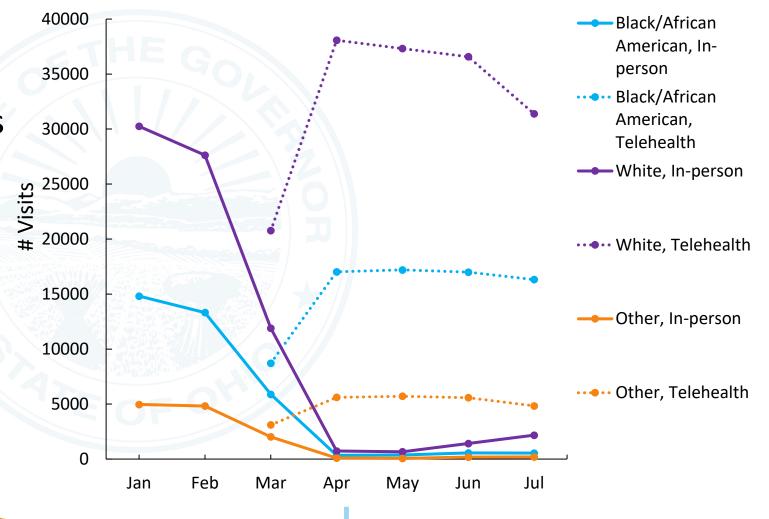
- Temporary Pandemic School Age Child Care Program created on August 25<sup>th</sup>
  - \$9 million to provide child care for low-income children learning remotely
  - Working with nearly 30 providers and applicants





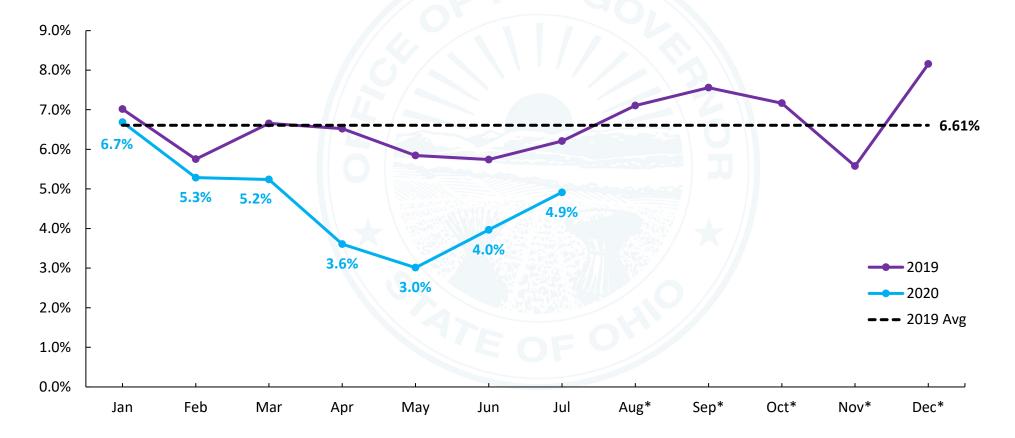
#### Home Visiting

- Telehealth visits
- Family Retention Supports
  - Phone & Data Cards
  - Diapers
  - Wipes
  - Cleaning Supplies
  - Safety Items
  - Educational Materials
  - Facial coverings





#### Home Visiting Program Exits 2019 v. 2020





#### Housing

- Two grants totaling \$16 million to the Coalition on Homelessness and Housing in Ohio (COHHIO) to support:
  - Rapid rehousing
  - Transition housing
  - Eviction support



#### Foster Care

- No aging out policy
  - Five-month extension for children aging out of Bridges
  - Ongoing extension for children aging out of foster care
- Ensuring visitation
  - Virtual visitation option
  - Micro-grants to counties to support virtual visitation





#### COVID-19 OHIO MINORITY HEALTH STRIKE FORCE BLUEPRINT



### Pop-Up Testing Sites

OHIO

#### WANT TO GET COVID-19? TESTED FOR

**ANYONE CAN GET A NO-COST TEST AT THESE LOCATIONS** 



**Dr. Kenneth Yeager** Associate Professor, Department of Psychiatry and Behavioral Health Ohio State University



Improving People's Lives Through Innovations in Personalized Health Care

#### The Biology of Toxic Stress and Responding to Adversity

Kenneth R. Yeager PhD



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#### **Disclosures and Conflicts of Interest**

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- IRB Approvals #2016287 & #2017154

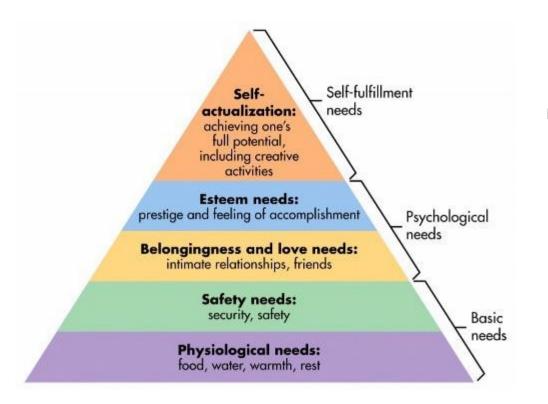


#### Adverse Childhood Experiences Science

- ACEs Science refers to the research on the prevalence and consequences of adverse childhood events across the lifespan.
- Conducted by the CDC and Kaiser Permanente the ACE Study focuses on mostly, middle to upper middle class, college-educated families that are employed and can afford Kaiser Permanente insurance!
- A large scale, multi-site study with over 70 research papers/replications showing statistically significant outcomes and power; the initial study (N=17,000).



#### Psychology 101 Maslow's Hierarchy of Needs



 Children are unable to focus when their "immediate" basic needs for safety are not being met as a result of toxic stress

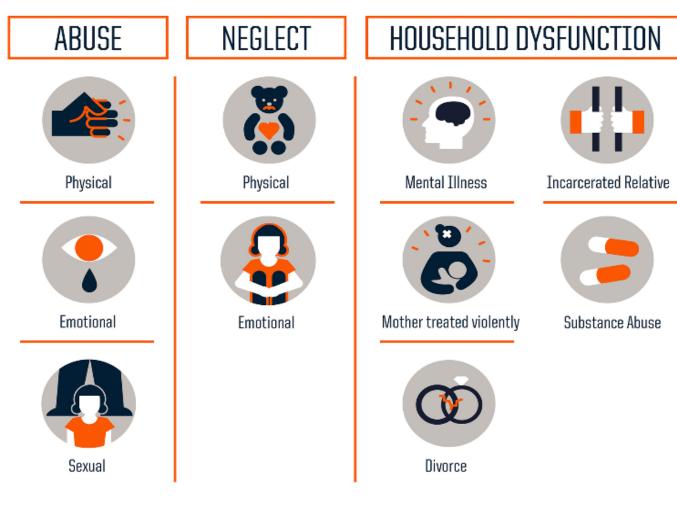




- Trauma is:
  - an EVENT, series of events, or set of circumstances that;
  - is EXPERIENCED by an individual as physically or emotionally harmful or life threatening;
  - and has lasting adverse EFFECTS on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.



Three Types of ACEs



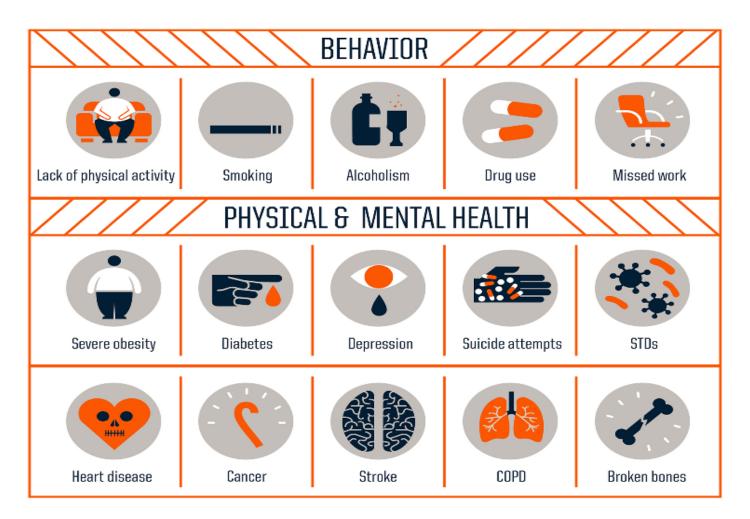
Source: Centers for Disease Control and Prevention Credit: Robert Wood Johnson Foundation





#### ACEs Increase Health Risks

According to the Adverse Childhood Experiences study, the rougher your childhood, the higher your score is likely to be and the higher your risk for various health problems later.



Source: Centers for Disease Control and Prevention



#### Why ACE's Are Significant

# ACEs are common...nearly two-thirds

of adults have at least one.





ACEs don't occur alone....if you have one, there's an



two or more.

Anda, R. F., Croft, J. B., Felitti, V. J., Nordenberg, D., Giles, W. H., Williamson, D. F., & Giovino, G. A. (January 01, 1999). Adverse childhood experiences and smoking during adolescence and adulthood. *Jama, 282,* 17, 1652-8.





## People with an ACE score of 4 are two is as likely to be

## smokers and Seven times more likely to be alcoholic.

Pilowsky, D. J., Keyes, K. M., & Hasin, D. S. (January 01, 2009). Adverse childhood events and lifetime alcohol dependence. *American Journal of Public Health*, *99*, 2, 258-63.



#### Why ACE's Are Significant

#### Having an ACE score of 4 increases the risk of suicide by

## $1200/{0}$

Perez, N. M., Jennings, W. G., Piquero, A. R., & Baglivio, M. T. (August 01, 2016). Adverse Childhood Experiences and Suicide Attempts: The Mediating Influence of Personality Development and Problem Behaviors. *Journal of Youth and Adolescence : a Multidisciplinary Research Publication, 45,* 8, 1527-1545.



#### How the ACES Work

#### **Adverse Childhood Experiences**

Abuse and Neglect (e.g., psychological, physical, sexual)
Household Dysfunction (e.g., domestic violence, substance abuse, mental illness)



#### Impact on Child Development

Neurobiologic Effects (e.g., brain abnormalities, stress hormone dysregulation)
Psychosocial Effects (e.g., poor attachment, poor socialization, poor self-efficacy)
Health Risk Behaviors (e.g., smoking, obesity, substance abuse, promiscuity)



#### Long-Term Consequences

#### Disease and Disability

Major Depression, Suicide, PTSD
Drug and Alcohol Abuse
Heart Disease
Cancer
Chronic Lung Disease
Sexually Transmitted Diseases

Intergenerational transmission of abuse

#### Social Problems

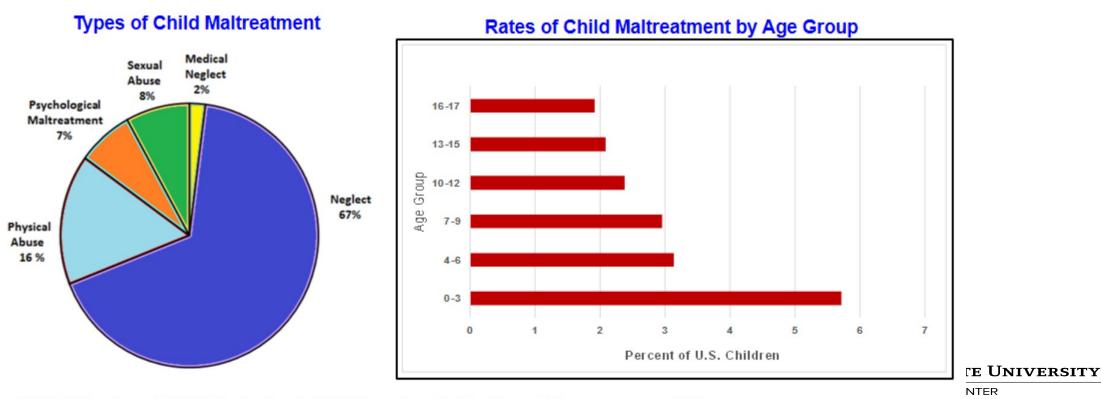
- Homelessness
- Prostitution
- Criminal Behavior
- Unemployment
- Parenting problems

High utilization of health and social services
Shortened Lifespan

CANarratives.org

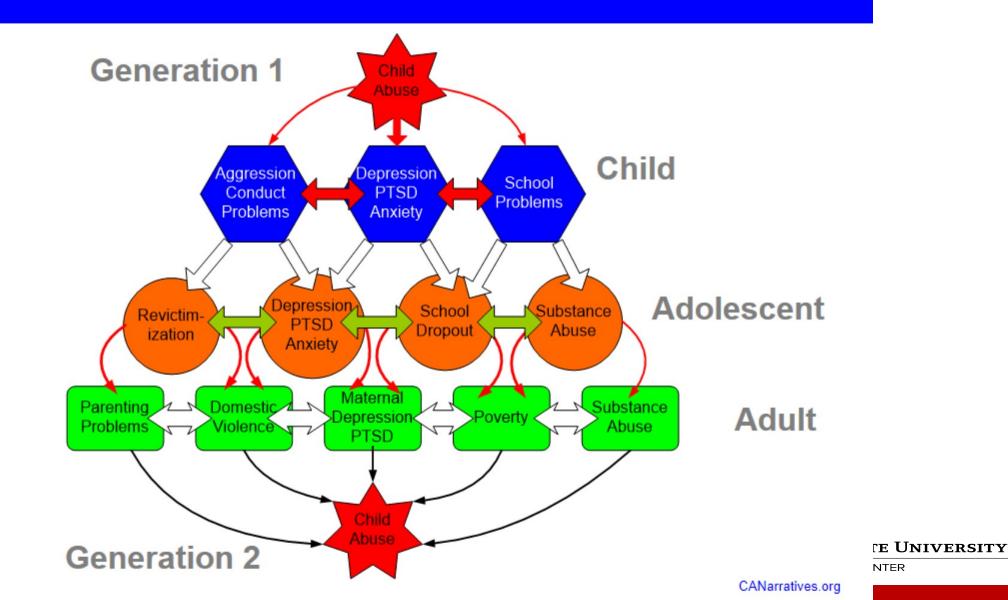
#### Rates of Maltreatment by Age<sup>1</sup>

- Most maltreatment happens to younger children.
- Maltreatment has greater negative effects at younger ages.

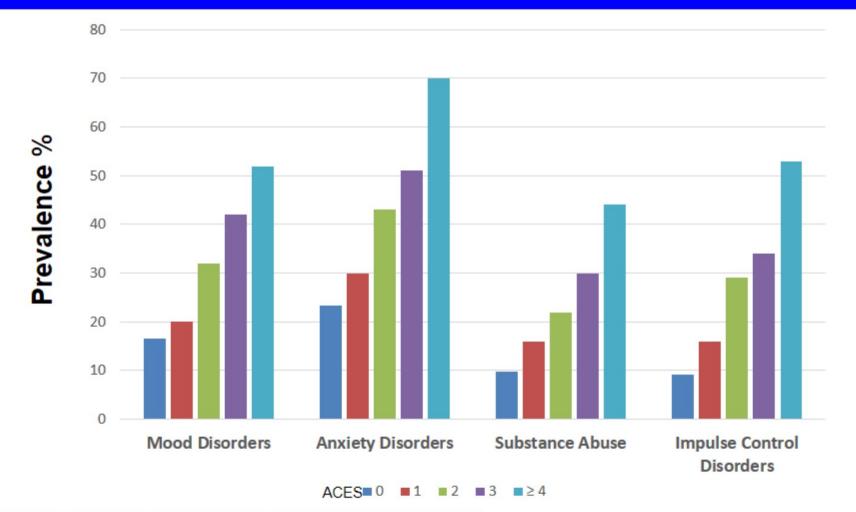


<sup>1</sup>Child Maltreatment 2012. Washington, DC: US Department of Health and Human Services; 2014.

#### How ACES Cross Generations

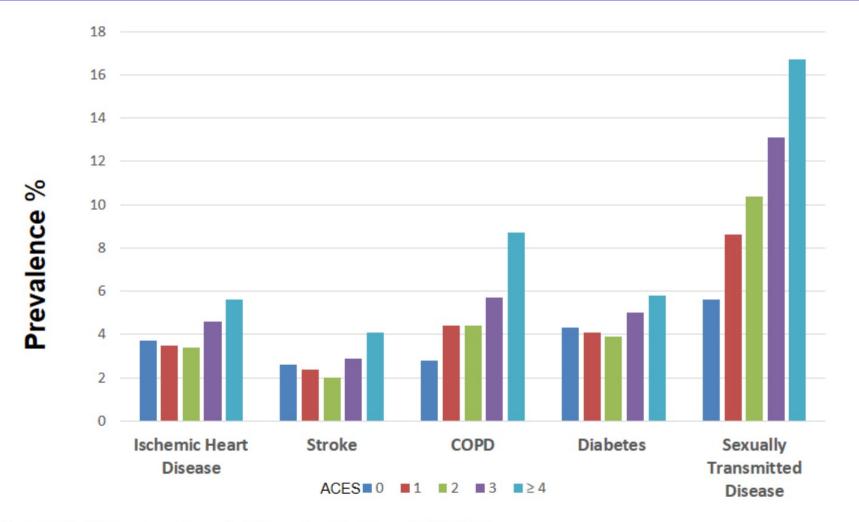


#### Cumulative ACES & Mental Health<sup>1,2</sup>



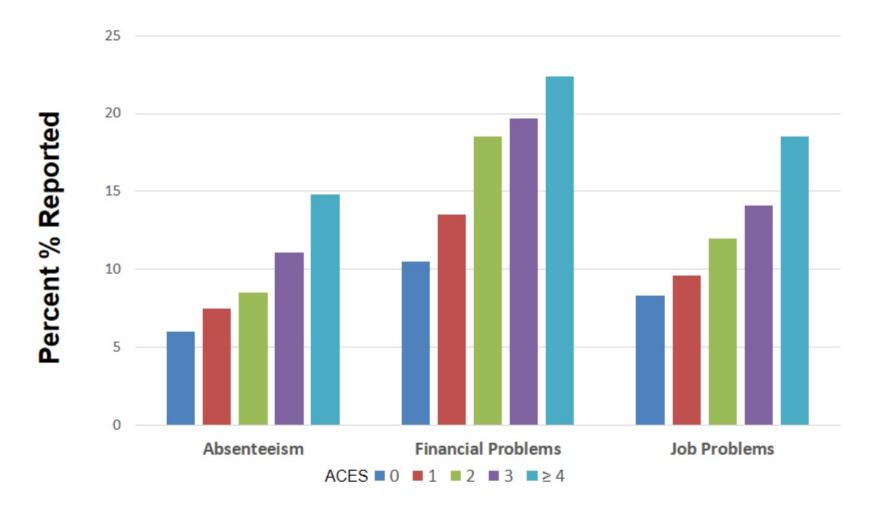
<sup>1</sup>Data from the National Comorbidity Survey-Replication Sample (NCS-R). <sup>2</sup>Putnam, Harris, Putnam, J Traumatic Stress, 26:435-442, 2013.

#### Cumulative ACES & Chronic Disease<sup>1</sup>



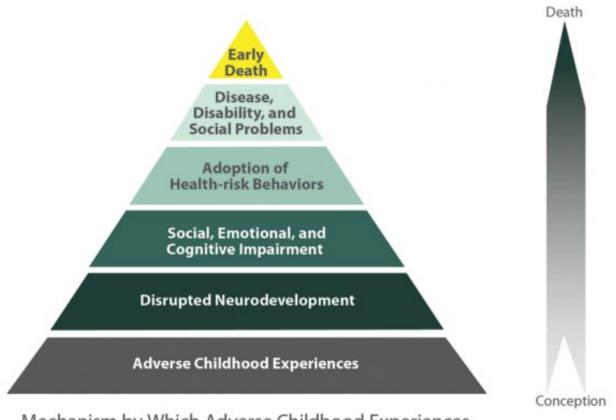
<sup>1</sup>Felitti et al., (1998) American Journal of Preventive Medicine, 14:245-258.

#### Cumulative ACES & Impaired Worker Performance<sup>1</sup>



<sup>&</sup>lt;sup>1</sup>Anda et al., (2004) The Permanente Journal/Winter 8:30-38.

#### In Summary...The ACE Pyramid



Mechanism by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



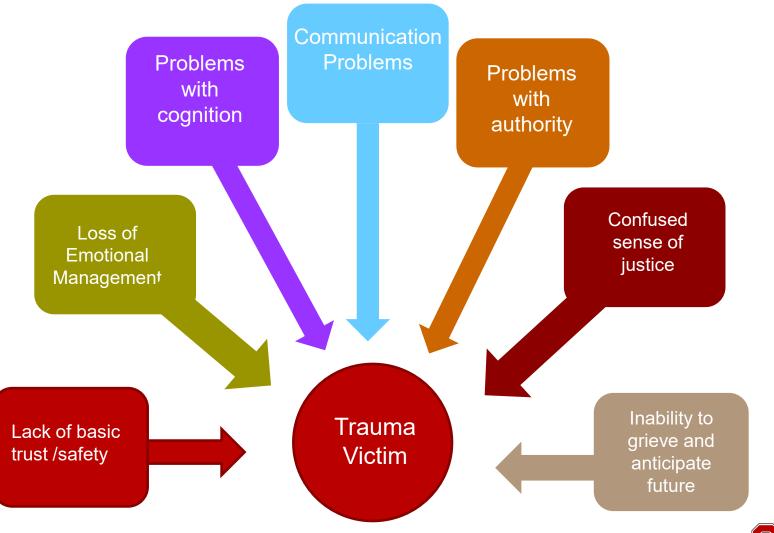
Felitti et al., (1998) American Journal of Preventive Medicine, 14: 245-258.

#### So What is Next?

- Training: designed to understand the extent of ACE's and to ask the question what has happened opposed to what is wrong with...
- Treatment: working with healthcare providers, often is important in understanding individual needs of trauma victims.
- Prevention: Keeping in mind that trauma can happen in multiple ways in multiple settings. It's important to be aware of potential trauma experiences, that could be contributing to emerging trauma responses.



#### Trauma – Organized Person



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# Thank you!

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# **Reem Aly** Vice President Health Policy Institute of Ohio



# Adverse Childhood Experiences (ACEs) in Ohio September 29, 2020

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# **Ohio ranks**



Percent of children who have been exposed to two or more ACEs

**Source:** National Survey of Children's Health, Health Resources and Services Administration, Maternal and Child Health Bureau (2017-2018)

# HPIO Ohio ACEs Impact Project



Brief 1 Health impact of ACEs in Ohio (August 2020)



Brief 2 Economic impact of ACEs in Ohio (September - December 2020)



Brief 3 How can we improve? (January-March 2021)

Resource page

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#### health policy institute Health Policy Brief Adverse Childhood Experiences (ACEs) Health impact of ACEs in Ohio

#### **Overview**

There are many organizations working to improve child well-being in Ohio at the state and local levels. Across these entities, the impact of adverse childhood experiences (ACEs) has surfaced as a common challenge that must be addressed.

Exposure to ACEs is a pervasive problem affecting many children in Ohio and across the country. National data and analysis provide clear evidence that ACEs exposure is linked to poor health and well-being through adulthood, including disrupted neurodevelopment, social problems, disease, disability and premature death.<sup>1</sup> In addition. ACEs exposure has severe long-term cost implications at the individual and societal levels, including increased medical, child welfare, criminal justice and special education expenditures, as well as productivity losses.<sup>2</sup>

#### This brief:

- Summarizes current research on how ACEs impact health and well-being
- Provides new data and analysis on the prevalence of ACEs in Ohio and the impact of ACEs on the health of Ohioans

More specifically, this brief expands on what we know from national research by exploring these questions:

- To what extent could Ohio's health outcomes be improved by preventing ACEs?
- Which ACEs have the most significant impact on the health of Ohioans?

#### 3 key findings for policymakers

#### • Exposure to ACEs is a pervasive

problem. Nearly two-thirds of Ohioans have been exposed to ACEs. Ohioans of color and Ohioans with low incomes, disabilities and/ or who are residents of urban and Appalachian counties are more likely to experience multiple ACEs. Preventing ACEs can improve health. For example, if exposure to ACEs were eliminated in Ohio, an estimated 36% of depression diagnoses could be prevented. • Focusing action on specific ACEs may yield more significant health impacts. Data analysis suggests that reducing exposure to emotional and sexual abuse, providing adequate supports to prevent or treat parents struggling with addiction and mental health problems, and preventing parents from being incarcerated are likely to have the largest effects on health outcomes.

#### Ohio ACEs Impact project

Led by the Health Policy Institute of Ohio, this project will include a series of three policy briefs and a resource page to build on and amplify current efforts to address ACEs.

This brief focuses on the health impact of ACEs on Ohioans. The remaining two briefs will provide information on:

- The economic impact of ACEs in Ohio
- Evidence-informed and cost-effective strategies to prevent, screen and treat for ACEs exposure

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Voinovich School of Leadership and Public Affairs

# What are included as Adverse Childhood Experiences?

Abuse	Household challenges	Neglect
<ul> <li>Emotional abuse</li> <li>Physical abuse</li> <li>Sexual abuse</li> </ul>	<ul> <li>Intimate partner violence</li> <li>Substance use in the household</li> <li>Mental illness in the household</li> <li>Parental separation or divorce</li> <li>Incarcerated member of the household</li> </ul>	<ul> <li>Emotional neglect</li> <li>Physical neglect</li> </ul>

**Source:** Health Policy Institute of Ohio, "Adverse Childhood Experiences (ACEs) Health impact of ACEs in Ohio." Information from Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention

# 3 Key findings for policymakers

- Exposure to ACEs is a pervasive problem.
- Preventing ACEs can improve health.
- Focusing action on specific ACEs may yield more significant health impacts.



# Exposure to ACEs is a pervasive problem.

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# Prevalence of ACEs

by number of ACEs, Ohio, 2015

**36%** Two or more ACEs



**25%** One ACE

**Source**: Health Policy Institute of Ohio, "Adverse Childhood Experiences (ACEs) Health impact of ACEs in Ohio." Data from the 2015 Behavioral Risk Factor Surveillance System was provided by the Ohio Department of Health's Division of Health Improvement and Wellness. Analysis by Ohio University, Voinovich School of Leadership and Public Affairs.

# Prevalence of specific ACEs among adults who report at least one ACE

by type, Ohio, 2015

Abuse

Emotional abuse	57%
Physical abuse	26%
Sexual abuse	18%

#### Household problems

Substance abuse by a household member	41%
Divorce/separation of parents	36%
Domestic violence	26%
Mental illness of a household member	25%
Incarcerated household member	14%

**Source**: Health Policy Institute of Ohio, "Adverse Childhood Experiences (ACEs) Health impact of ACEs in Ohio." Data from the 2015 Behavioral Risk Factor Surveillance System was provided by the Ohio Department of Health's Division of Health Improvement and Wellness. Analysis by Ohio University, Voinovich School of Leadership and Public Affairs.

# Prevalence of two or more ACEs

by race and ethnicity, Ohio, 2015

34%

non-Hispanic

White

44%

non-Hispanic

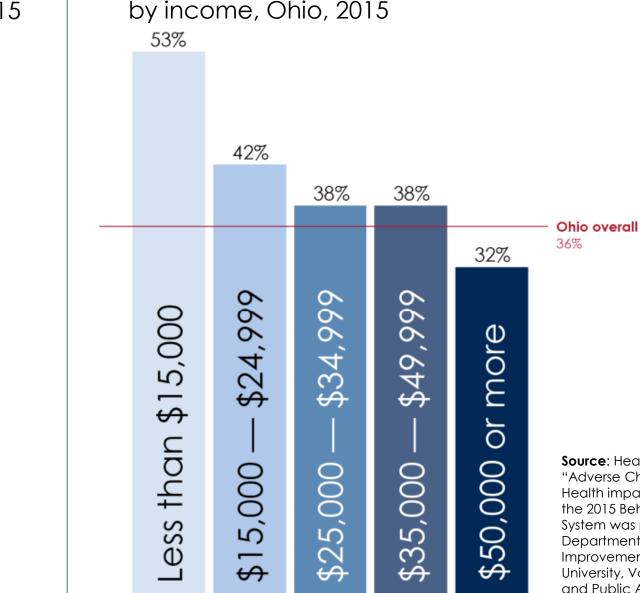
Black

48%

Other race/ethnicity

**Ohio overall** 

36%



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**Source**: Health Policy Institute of Ohio, "Adverse Childhood Experiences (ACEs) Health impact of ACEs in Ohio." Data from the 2015 Behavioral Risk Factor Surveillance System was provided by the Ohio Department of Health's Division of Health Improvement and Wellness. Analysis by Ohio University, Voinovich School of Leadership and Public Affairs.



# Preventing ACEs can improve health.

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# Prevalence of negative health outcomes

Percent of adults with depression (ever)

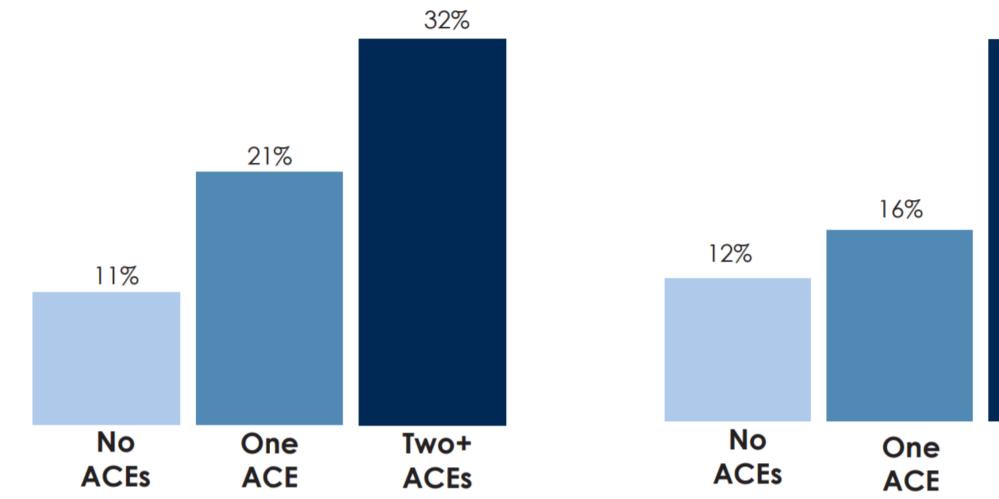
32%

Two+

ACEs

by number of ACEs, Ohio, 2015

Percent of adults who are current smokers



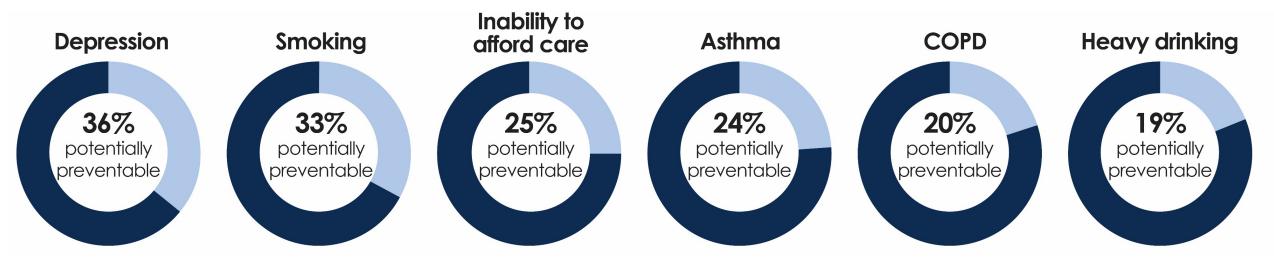
Source: Health Policy Institute of Ohio, "Adverse Childhood Experiences (ACEs) Health impact of ACEs in Ohio." Data from the 2015 Behavioral Risk Factor Surveillance System was provided by the Ohio Department of Health's Division of Health Improvement and Wellness. Analysis by Ohio University, Voinovich School of Leadership and Public Affairs.

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# Population attributable risk (PAR) analysis

PAR provides an estimate of the percentage of negative health-related outcomes in Ohio's entire adult population that can be attributed to Ohioans who have experienced two or more ACEs.

# Potential impact of preventing exposure to ACEs on six health outcomes in Ohio



**Source**: Health Policy Institute of Ohio, "Adverse Childhood Experiences (ACEs) Health impact of ACEs in Ohio." Data from the 2015 Behavioral Risk Factor Surveillance System was provided by the Ohio Department of Health's Division of Health Improvement and Wellness. Analysis by Ohio University, Voinovich School of Leadership and Public Affairs.



# Focusing action on specific ACEs may yield more significant health impacts.

# Population attributable risk (PAR) for specific **ACEs** Ohio, 2015

PAR Outcome Depression 16% Current smoking 12% Living in a household with a person with substance use problems Outcome PAR Current smoking 14% Living in a household with a person with a mental illness Outcome PAR 20% Depression 13% Asthma Inability to afford health care 14% Sexual abuse Outcome PAR Depression 15% Living in household with a person who was incarcerated Outcome PAR 7% Current smoking 12% Inability to afford care

**Source**: Health Policy Institute of Ohio, "Adverse Childhood Experiences (ACEs) Health impact of ACEs in Ohio." Data from the 2015 Behavioral Risk Factor Surveillance System was provided by the Ohio Department of Health's Division of Health Improvement and Wellness. Analysis by Ohio University, Voinovich School of Leadership and Public Affairs.

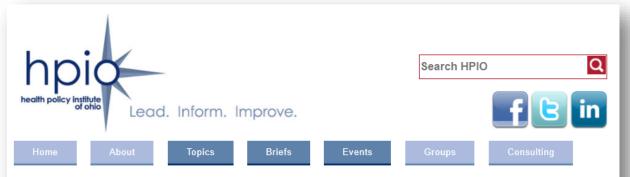
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**Emotional abuse** 

# Improvement is possible

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# **Resource** page



Health Policy Institute of Ohio > Resource page: Ohio Adverse Childhood Experiences (ACEs) Impact Project

#### Resource page: Ohio Adverse Childhood Experiences (ACEs) Impact Project

Exposure to Adverse Childhood Experiences (ACEs) is a pervasive problem affecting many children in Ohio and across the country. The evidence is clear that ACEs exposure is linked to poor health and wellbeing through adulthood, including disrupted neurodevelopment, social problems, disease, disability and premature death.

ACEs are "potentially traumatic events" that occur during childhood (ages 0-17). There is variation among researchers in what is considered an ACE. However, ACEs can generally be grouped into three categories: abuse, household challenges and neglect.

#### Ohio ACEs Impact project

Led by the Health Policy Institute of Ohio, this project includes development of a series of three policy briefs and this resource page to build on and amplify current efforts to understand and address ACEs in Ohio. The conceptual framework below illustrates the expected outcomes of the project.

Policy brief 1: Adverse Childhood Experiences (ACEs): Health Impact of ACEs in Ohio, summarizes the current research on ACEs and provides new analysis on the impact of ACEs on the health and well-being of Ohioans.

The remaining two briefs to be developed are:

- Policy brief 2: The economic impact of ACEs in Ohio
- Policy brief 3: Evidence-informed and cost-effective strategies to prevent, screen and treat for ACEs exposure

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#### Reem Aly, Vice President raly@hpio.net

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Dr. Sara Johnson Director, General Academic Pediatrics Fellowship, Associate Professor of Pediatrics Johns Hopkins University School of Medicine

HEALTH POLICY INSTITUTE OF OHIO SEPTEMBER 29,2020



# COVID-19 and ACES

The pandemic in the lives of children and families



Sara Johnson, PhD, MPH Johns Hopkins School of Medicine

Nicole Xu for NPR

### Disclosures

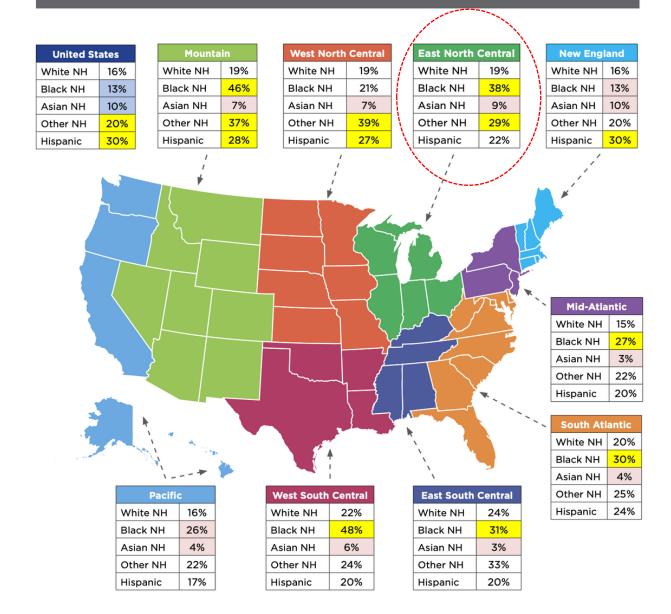
I do not have any conflicts of interest to disclose

# Unequal burden of ACEs before the pandemic



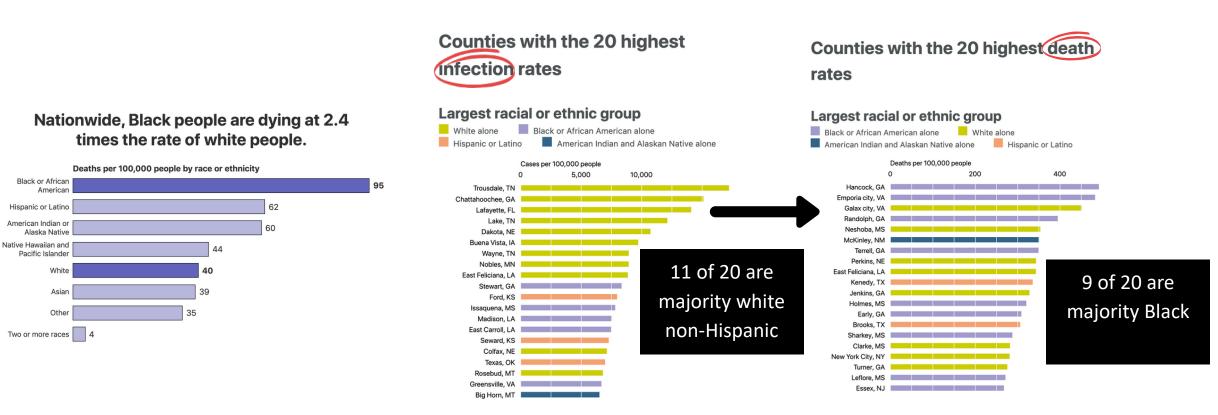
Source: Giano et al. BMC Public Health 20, 1327 (2020). https://doi.org/10.1186/s12889-020-09411-z

#### Percentage of children with 2 or more ACEs



Source: Sacks, V., & Murphey, D. (2018). The prevalence of adverse childhood experiences, nationally, by state, and by race or ethnicity. Bethesda, MD: Child Trends.

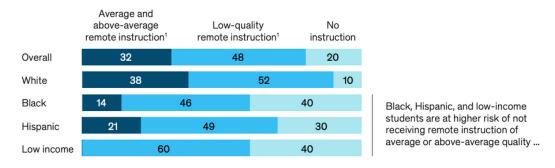
# Burden of COVID-19 is falling on those with higher ACE risk



## COVID-19 is exacerbating existing inequalities

#### Learning loss will probably be greater for low-income, black, and Hispanic students.

#### Quality level of remote instruction, % of K-12 students



Average months of learning lost in scenario 2 compared with typical in-classroom learning<sup>2</sup>

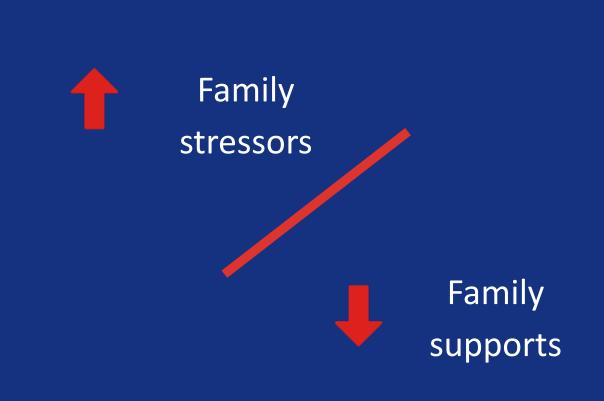


<sup>1</sup>Estimates based on income quintiles, with assumption that top 2 income quintiles receive high-quality instruction. <sup>2</sup>Includes 0.05 standard deviation reduction for black, Hispanic, and low-income students to account for recession impacts (~1 month of additional lost learning).

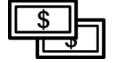
Source: US Census 2018

Source: McKinsey & Co. <u>Covid-19 and student learning. The hurt could last a lifetime</u>.

How is COVID-19 increasing risk of ACES?







#### **Economic Stability**

Caregiver job loss or reduced income Housing instability/ homelessness

Food insecurity



**9 9** 

#### Connection

Social isolation Disrupted peer relationships Home confinement Parental separation Decreased access to mandatory reporters



#### Routines

Lack of structure

School closures

Lack of supervision for children of essential workers



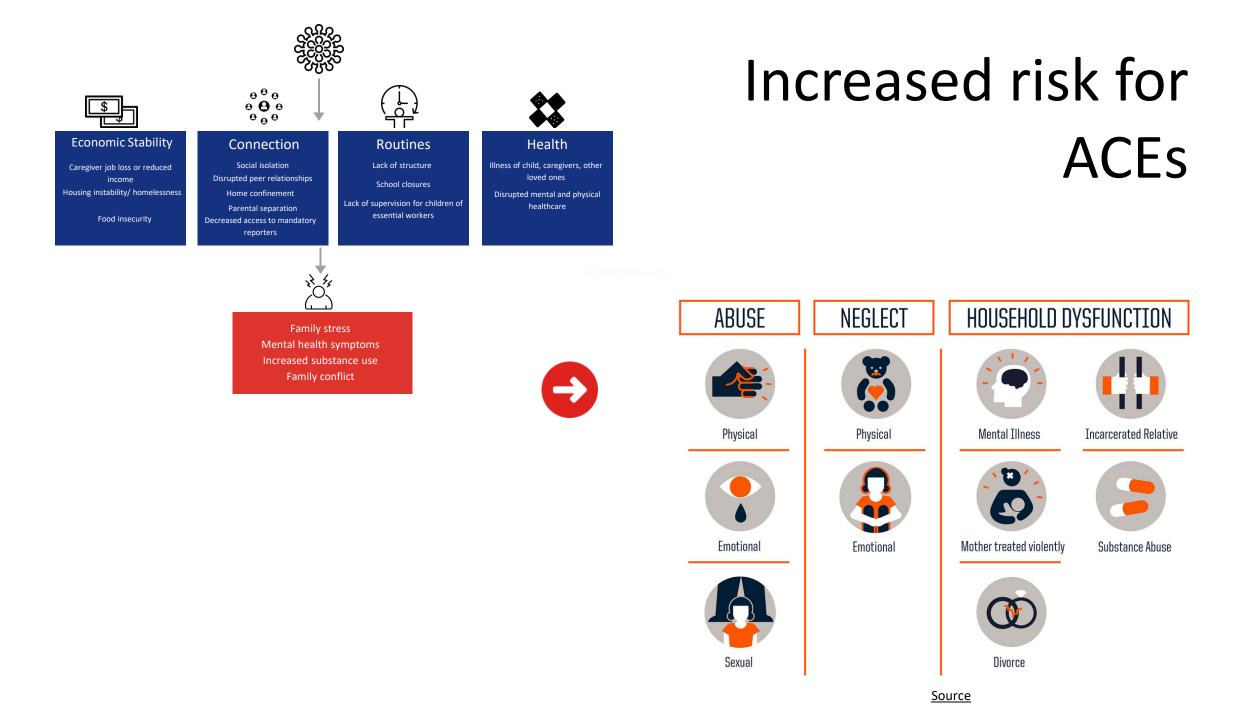
#### Health

Illness of child, caregivers, other loved ones

Disrupted mental and physical healthcare



Family stress Mental health symptoms Increased substance use Family conflict



#### A New Covid-19 Crisis: Domestic Abuse Rises Worldwide

Movement restrictions aimed to stop the spread of the coronavirus may be making violence in homes more frequent, more severe and more dangerous. International Journal of Mental Health Nursing

International Journal of Mental Health Nursing (2020) 29, 549-552

doi: 10.1111/inm.12735

Editorial

Family violence and COVID-19: Increased vulnerability and reduced options for support

Forensic Science International: Reports 2 (2020) 100089



An increasing risk of family violence during the Covid-19 pandemic: Strengthening community collaborations to save lives

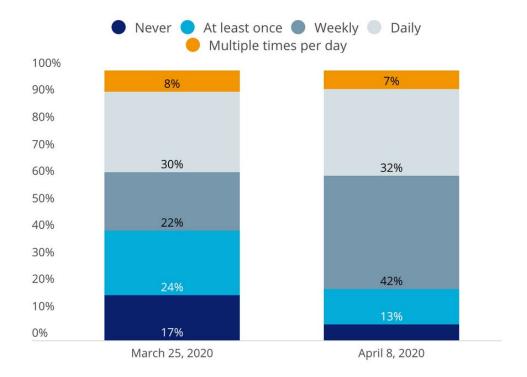


Andrew M. Campbell

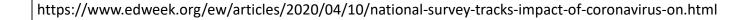
Campbell Research & Consulting, Indianapolis, Indiana, United States of America

## Loss of contact with teachers

Since your school closed due to Coronavirus, how often have you interacted with the majority of your students?



Teachers are leading reporters of suspected abuse



# Loss of contact with school mental health services

#### **Districts Becoming the First Point of Care**

But Reactive, Uncoordinated Care Overwhelms Teachers and Staff

**Districts are the adolescent mental health providers of necessity and choice.** Students often have nowhere else to go for mental health care. Even when external care is an option, data shows that students are far more likely to utilize school-based mental health services.

75%

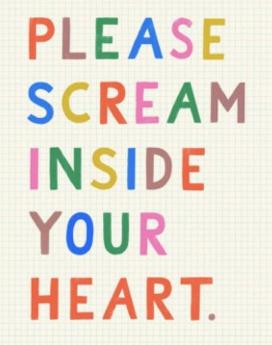
of children receiving mental health care **received that care in a school setting**<sup>8</sup>

#### 21x

Youth are 21 times **more likely to visit a school-based health clinic** for their mental health care than a community-based clinic<sup>9</sup>



higher rate of emergency psychiatric visits during school weeks than nonschool weeks<sup>11</sup>



Source: Tigersheepfriends

## Less care, fewer touchpoints

## ₭ CMS.gov

CMS Issues Urgent Call to Action Following Drastic Decline in Care for Children in Medicaid and Children's Health Insurance Program Due to COVID-19 Pandemic

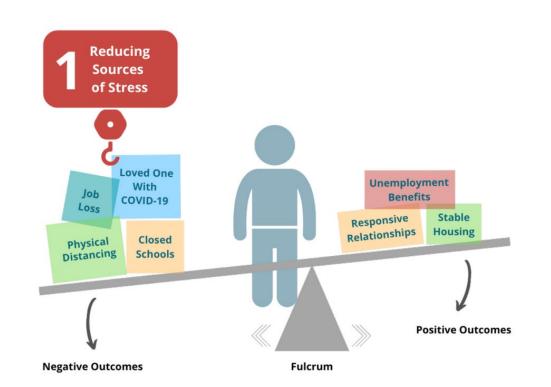
Sep 23, 2020 | Medicaid & CHIP

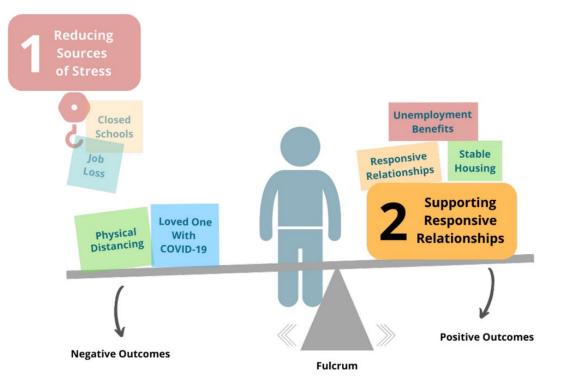
https://www.medicaid.gov/resources-for-states/downloads/medicaid-chip-beneficiaries-18-under-COVID-19-snapshot-data.pdf

# Protecting children and families: What should we do?



## Supporting resilience







Source: <u>https://developingchild.harvard.edu/resources/how-to-help-families-and-staff-build-resilience-during-the-covid-19-outbreak/</u>

Source: Prime H, Wade M, Browne DT. Risk and resilience in family well-being during the COVID-19 pandemic. Am Psychol. 2020;75:631-643.

## Thank you

Contact me: sjohnson@jhu.edu



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Dr. Deend Chisolm Nationwide Foundation Endowed Chair in Health Equity Research, Vice President of Health Services Research, Director, Center for Innovation in Pediatric Practice Abigail Wexner Research Institute at Nationwide Children's Hospital Professor of Pediatrics Ohio State University College of Medicine



#### **Mitigating the impact of ACEs in the face of COVID-19** Ohio's strengths, gaps and opportunities for improvement

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# Questions

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# Poll Question

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