



UCSF Benioff Children's Hospital Oakland

Your RBC Journey: *Where did you start, and where are you now?*



Oe

Office Environment

1. Develop and Foster a Trauma and Resilience-Informed Environment

- We had a **series of trainings** for our staff on trauma informed care/screening and put up **ACES Connection posters** in our exam rooms. This increased staff awareness towards the purpose of the PEARLS screen.

As

Assess Health

4. Assess Whole Family Health and Resilience

-We began the clinic-wide integration of trauma screening using the **PEARLS tool**. This gave us our standard assessment tool.



PEARLS

Pediatric ACEs and Related Life Events Screener

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STRESS & EARLY BRAIN GROWTH

Understanding Adverse Childhood Experiences (ACEs)

What are ACEs?

ACEs are serious childhood traumas -- a list is shown below -- that result in toxic stress that can harm a child's brain. This toxic stress may prevent a child from learning, from playing in a healthy way with other children, and can result in long-term health problems.

Adverse Childhood Experiences can include:

1. Emotional abuse
2. Physical abuse
3. Sexual abuse
4. Emotional neglect
5. Physical neglect
6. Mother treated violently
7. Household substance abuse
8. Household mental illness
9. Parental separation or divorce
10. Incorporated household member
11. Bullying (by another child or adult)
12. Witnessing violence outside the home
13. Witness a brother or sister being abused
14. Racism, sexism, or any other form of discrimination
15. Being homeless
16. Natural disasters and war

Exposure to childhood ACEs can increase the risk of:

- Adolescent pregnancy
- Alcoholism and alcohol abuse
- Depression
- Illicit drug use
- Heart disease
- Liver disease
- Multiple sexual partners
- Intimate partner violence
- Sexually transmitted diseases (STDs)
- Smoking
- Suicide attempts
- Unintended pregnancies

How do ACEs affect health?

Through stress. Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health.

Reduces the ability to respond, learn, or figure things out, which can result in problems in school.

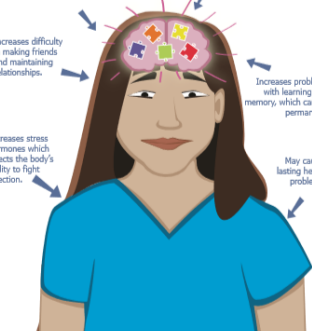
Lowers tolerance for stress, which can result in behaviors such as fighting, checking out or defiance.

Increases difficulty in making friends and maintaining relationships.

Increases problems with learning and memory, which can be permanent.

Increases stress hormones which affects the body's ability to fight infection.

May cause lasting health problems.



A Survival Mode Response to toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority. In other words:

"I can't hear you! I can't respond to you! I am just trying to be safe!"

Ad

Address Health

5. Address Whole Family Health and Resilience

- In combination with trauma screening, providers follow up with anticipatory guidance. This has become our clinic's standardized workflow following a trauma screen.

Co

Coordinate

6. Coordinate Services and Supports for Families

- Our **FINDConnect Navigators** have currently been designated for the screening. This helps us expedite the coordination of community-based services for our families in response to their trauma screens.

Key Supports



Ken Epstein – our RBC advisor helped us understand the outcomes of our work and brainstorm ideas on where we can improve



FINDConnect desk – in clinic referral providers use following a positive trauma screening. FINDConnect assists in connecting families to community-based resources



Montefiore Site Visit – inspired many trauma informed care practices and staff trainings for BCHO



Impact on our patients, staff, or organization



Top 3 Takeaways:

What were your top three lessons learned in RBC?

1

Trauma screening integration will take longer than we predicted and that's okay because each step of the journey is critical

2

The most important lesson came from our families and their acceptance of change and willingness to trust

3

Buy in from leadership is crucial in moving forward with the work on a clinic wide level

Future: What's Next?



Spreading

- Expansion of trauma informed systems across BCHO Primary Care (including adolescent medicine and our school-based clinics), including annual training requirements
- Scaling trauma screens on a country-wide level
- Screen for trauma and unmet needs AS the standard of care in our clinic
- Trauma informed principles embedded system-wide into policies, practices, and evaluation
- We hope to transition to nursing staff being the primary screeners in the future.

Sustaining

- Hire additional navigators to assist families and providers promote resiliency and connect to resources that address/reduce trauma and unmet needs
- Establish reimbursement protocols for trauma screening
- Additional trainings for staff through Dovetail Learning.