

LCC Session: Impact of trauma on childhood health

CanMEDS Competency: Professional

Dr. S. Marjerrison

GOAL: *The purpose of this session is to consider the impact of a childhood trauma on health, growth and development. We will review the ACE score, intergenerational trauma, trauma experienced in a war-zone, as well as protective factors. We will consider how, as a health professional, you can recognize and help families optimize the environment for children. Another session later in the year will focus on trauma-informed care.*

PRE-SESSION MATERIALS

1. Required materials:

- ACE Score: Please review these quizzes with scoring algorithms for both the ACE score as well as the resiliency score (it is at the bottom).
Please note that they ask about difficult home situations that may be triggering for those who have experienced trauma in childhood. If you find this difficult and want to talk about it individually, the social workers in your group may be a good resource.
 - <https://acestoohigh.com/?s=got+your+ace+score%3F&submit=Search>
- VIDEO – please watch this whole video re: ACE score
https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_a_cross_a_lifetime
- NEWS ARTICLE – Trauma experienced by children in war zones:
<https://www.ft.com/content/ed1e7058-f146-11e7-bb7d-c3edfe974e9f>
- JOURNAL ARTICLE – The intergenerational trauma of Indian Residential Schools:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4232330/>

2. Recommended reading – things to consider if you are interested:

- CDC ACE website – please explore, especially the ‘prevention’ section:
<https://www.cdc.gov/violenceprevention/acestudy/index.html>
- Caring for kids new to Canada Website (PTSD section):
<https://www.kidsnewtocanada.ca/mental-health/ptsd>
- Epigenetics of Intergenerational trauma – study:
<https://www.cbc.ca/radio/day6/episode-236-transgender-parenting-trauma-and-genetics-bobby-baun-gun-lobbyists-vs-bill-c-51-more-1.3098757/can-trauma-have-genetic-effects-across-generations-1.3098819>
- Reversing epigenetics: <https://www.whatisepigenetics.com/inherited-epigenetic-and-behavioral-consequences-of-trauma-could-be-reversed/>