

The Impact of Adverse Childhood Experiences and Trauma on Fathers

Presented by Fathers Support Center

Workshop Objective

The purpose of this workshop is to examine if and to what extent trauma and adverse childhood experiences impact the lives of fathers who have experienced trauma or one of the ten indicators of adverse childhood experiences.

The Impact of Trauma and ACE on Males

- **males who are exposed to adverse childhood experiences before age eighteen may be at a higher risk for depressive disorders as adults. It is not known if, or to what extent, there is a difference in mean depression scores for males who have experienced one of the ten indicators of adverse childhood experiences. Childhood adversities that occur before the age of eighteen have shown to have severe negative impact in their lives as children as well as poor outcomes in their adult lives (Salinas-Miranda et al., 2015). The victim may be at increased risk of experiencing homelessness, drug misuse, suicide, and mental health issues such as post-traumatic stress, depression, and anxiety at a higher rate than the regular population (Al-Shawi & Lafta, 2015).**

What is Trauma

- **Trauma is a traumatic event that the person may experience as distressing or frightening such as an accident, rape or natural disaster. Symptoms may include shock, denial, depression, post traumatic stress disorder, anxiety, stress, unpredictable emotions, flashbacks, strained relationships and physical symptoms like headaches or nausea. While these feelings are normal, some people have difficulty moving on with their lives (APA, 2015).**

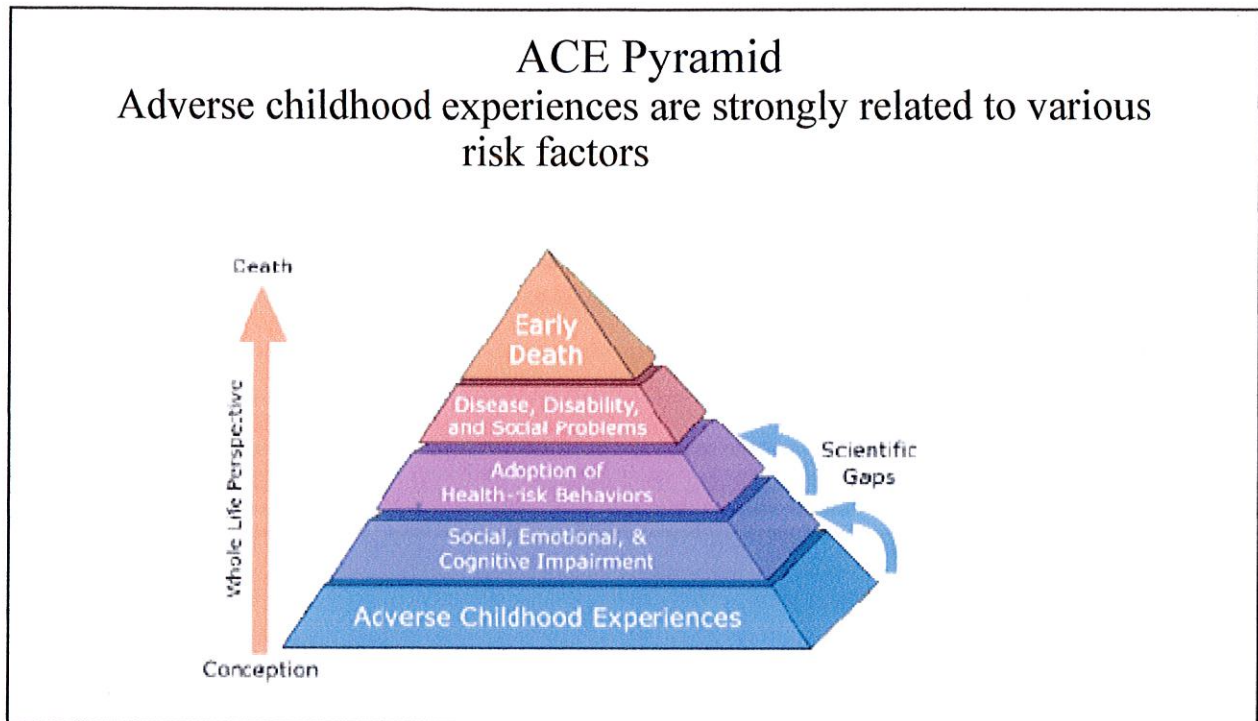
The Ten Indicators of Adverse Childhood Experiences

Felitti (2002) identified the ten indicators in groundbreaking Kaiser Research Study as:

- 1. Physical neglect**
- 2. Emotional neglect**
- 3. Physical abuse**
- 4. Emotional abuse**
- 5. Sexual Assault**
- 6. Substance abuse in the home**
- 7. Mental illness in the home**
- 8. Parental separation or divorce**
- 9. Parent treated violently**
- 10. Member in the household that is incarcerated**

Background

- Adverse childhood experiences were initially identified in the groundbreaking research conducted at Kaiser Permanente from 1995 to 1997 by Felitti et al., (1998). Data were collected from 17,000 patients from 1995 to 1997. Felitti found that most patients who were experiencing health concerns and related problems had also experienced a minimum of one of the ten indicators of adverse childhood experiences.**



Impact of Trauma and ACE

- **Depression**
- **Risky Sexual Behavior**
- **Substance Misuse**
- **Homelessness**
- **Employment**
- **intimate partner aggression**
- **Low Self Esteem**
- **Poor Relationship Skills**

Theoretical foundations

- **The theoretical foundation of trauma and adverse childhood experience may be explained based on Alfred Bandura's Social Cognitive Theory (Bandura, 1986). Social Cognitive Theory is used to explain the behaviors of humans. Social Cognitive Theory states the behavior of humans is impacted by their environment and personal experiences.**
- **The individual is impacted biologically, affectively, and in the areas of cognition (Bandura, 1986). Individuals do not operate in a vacuum and their behavior is reciprocal and based on their interaction with their environment. The environmental factors will affect the individual's behavior and their manner of thinking (Bandura, 1986).**

Gap in the Research and recommendation for further Study on Black Males

Reiser, McMillan, Wright and Asmundson (2014) and Plowden, Adams and Wiley (2016) recommended future adverse childhood experiences studies should utilize more diverse adult samples.

Mersky and Janczewski (2018) concluded there was a lack of research regarding the impact of adverse childhood experiences on racial and ethnic differences

Adverse Childhood Experiences Research Background

- **Adverse childhood experiences may have an enduring impact in the lives of adults. The impact may be in the form of risky health behaviors, inappropriate alcohol and drug usage, homelessness, post traumatic stress, depression, anxiety, and other emotional and psychological concerns (Jenna & Vinay, 2017).**
- **Crouch, Strompolis, Bennett, Morse, and Radcliff (2017) found individuals who were exposed to adverse childhood experiences at an elevated rate to have a greater risk for poor health as adults. For example, experiencing abuse or witnessing domestic violence in childhood may have negative effects on the health of those individuals as adults.**

Areas of Concerns when the Client Enters the Fathers' Support Program

- **Depressed and feeling hopeless**
- **High levels of anxiety, stress, and other mental health concerns.**
- **High incidence of adverse childhood experiences & trauma**
- **Poor relationships combined with high levels of failed relationships**
- **Self-medicating behavior such as using drugs and alcohol.**
- **Low self esteem, poor self-concept, and poor coping skills**
- **Lack of family support**
- **Unemployed**
- **Legal concerns or history of incarceration**
- **Poor or lack of relationships with their children**

Assessment and Screening Tools

- **PHQ-9-Patient Health Questionnaire (depression)**
- **GAD-7-Generalize Anxiety Disorder Scale (Anxiety)**
- **Holmes-Rahe Life Stress Inventory (stress)**
- **ACE-10-Adverse Childhood Questionnaire (childhood adversity)**
- **BTQ-10-Brief Trauma Questionnaire (trauma)**
- **DAST-10 Drug Abuse Screening Tool (drugs usage)**
- **Audit Screening Tool (alcohol usage)**
- **MMSE-Mini Mental Status Examination**

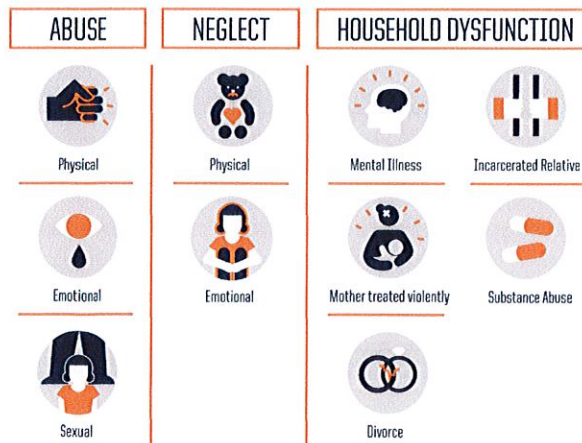
Therapeutic Intervention Approaches

- **Cognitive Behavioral Therapy;** the goal is to reframe the client's faulty thinking and to let go of the past and focus on the present.
- **Reality Therapy;** Assist the clients to regain control of their lives and environment and to take the steps to initiate change and growth.
- **Daily Groups (What's Up);** the client talk about their progress on a daily basis with the focus on learning and practicing productive choices. The therapeutic goal of the group is to build a bond with group members and a support system. The FSC client learn how to choose effective behaviors to verbalize their interpersonal needs and to be empowered with interpersonal social skills to build healthy relationships. The focus is to assist the clients to concentrate on the things they can control in their relationships and realize what they cannot control.
- **What's it been like for you as a father;** the FSC client in the 3rd week of the program tells his life story to the class and what's it been like for him as a father. This exercise usually assist the clients to become unstuck emotionally and psychologically and to move their lives forward in a positive manner.

Additional Services offered by FSC

- **Parenting**
- **Legal Services**
- **Employment, Job Development and Job Readiness**
- **Case Management**
- **Drug Prevention and Drug Support Groups**
- **Financial Literacy**
- **Nutrition classes**
- **High set (GED)**
- **Computer Classes**
- **Aftercare Support Services**
- **The above additional services work in conjunction with the mental health counseling to stabilize the client in the 8 dimensions of wellness.**

Adverse Childhood Experiences



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