



TENNESSEE COMMISSION ON
CHILDREN & YOUTH

Child Well-Being: Addressing Trauma and Resilience

Tennessee Commission on Children and Youth

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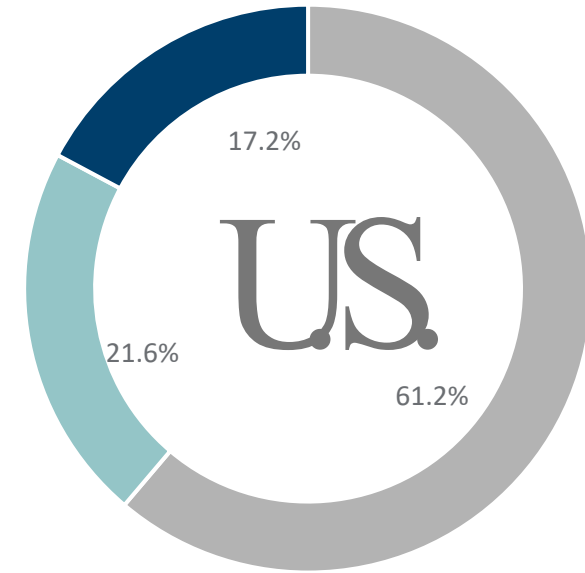
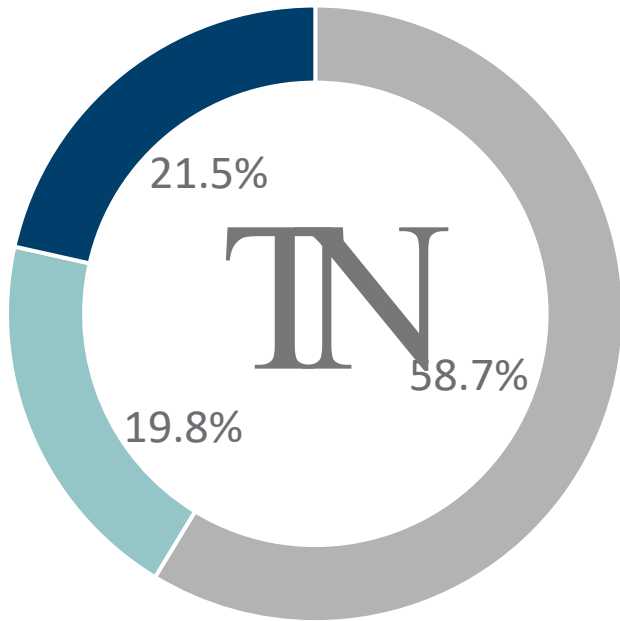


Overview

- Indicators of Child Well-Being
- Impact of adversity and trauma
- Building resilience in children

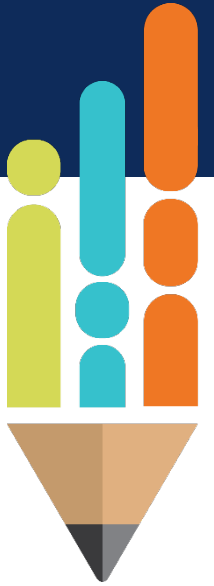


Childhood Adverse Experiences



- No adverse childhood experiences
- One adverse childhood experience
- Two or more adverse childhood experiences

Children in Tennessee report higher level of adversity than their counterparts across the country, with 41 percent of Tennessee children having at least one adverse experience.



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Resilient Communities



Does this child live in a neighborhood that contains certain amenities - parks, recreation centers, sidewalks or libraries?



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Supplemental Poverty Measure

Across the nation, the number of children living below the Supplemental Poverty Measure dropped from

One in eight in 2019 to



One in 20 in 2021



Number of children lifted out of poverty in 2021 by support program

Refundable Tax Credits: **4.89 Million**

Child Tax Credit: **2.91 Million**

3rd Stimulus Payment: **2.27 Million**

SNAP: **891,000**

Housing Subsidies: **595,000**

Unemployment Insurance: **525,000**

School Lunch: **271,000**

TANF: **109,000**

WIC: **39,000**



Brain Architecture Supports Lifelong Learning, Behavior and Health

- Brains are built over time, starting in the earliest years of life. Simple skills come first; more complex skills build on top of them.
- Cognitive, emotional and social capabilities are inextricably intertwined throughout the life course.
- A strong foundation in the early years improves the odds for positive outcomes and a weak foundation increases the odds of later difficulties.



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Body's Response to Different Types of Stress

POSITIVE



A normal and essential part of healthy development

EXAMPLES

*getting a vaccine,
first day of school*

TOLERABLE



Response to a more severe stressor, limited in duration

EXAMPLES

*loss of a loved one,
a broken bone*

TOXIC



Experiencing strong, frequent, and/or prolonged adversity

EXAMPLES

*physical or emotional abuse,
exposure to violence*



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Expanded Adverse Childhood Experiences



Conventional ACEs	Expanded ACEs
Physical Abuse	Witnessing Violence
Emotional Abuse	Living in Unsafe Neighborhoods
Sexual Abuse	Experiencing Racism
Emotional Neglect	Living in Foster Care
Physical Neglect	Experiencing Bullying
Domestic Violence	
Household Substance Abuse	
Incarcerated Care Provider	
Mental Illness in the Home	



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Expanded Adverse Childhood Experiences



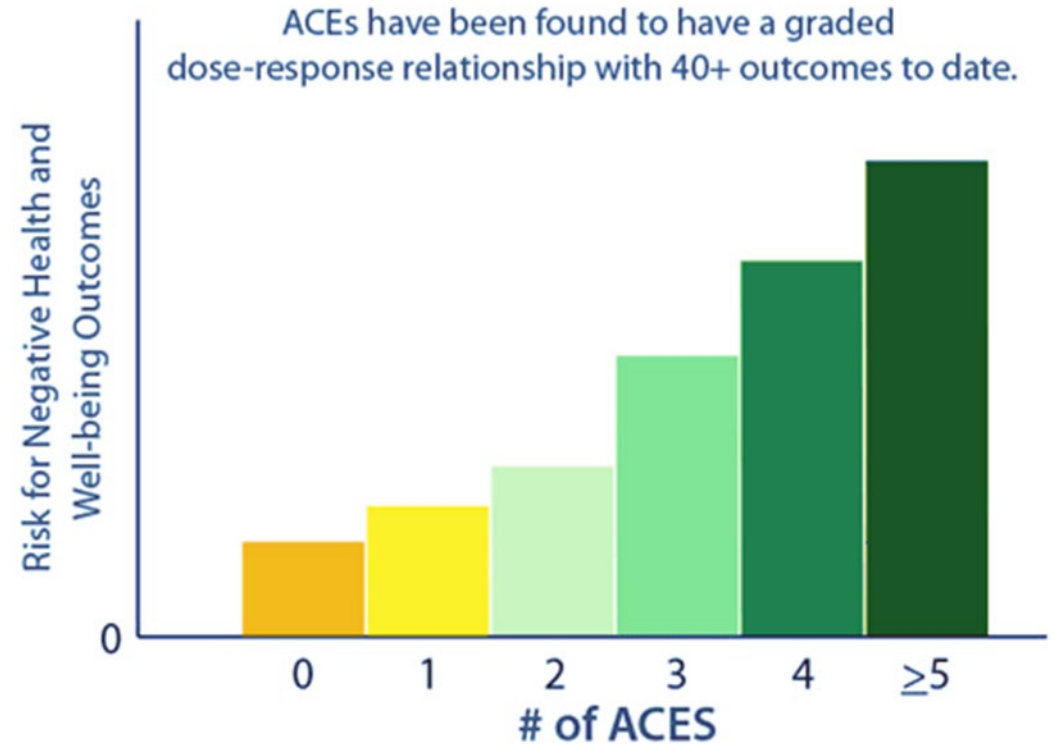
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.



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Keys to Healthy Development

- Early support for emotional, social, cognitive and language development
- Supportive relationships with adults and caregivers and opportunities to learn from infancy to young adulthood
- Highly specialized early interventions for children and families experiencing significant adversity
- Opportunities to build executive functioning skills across childhood and adolescence



Positive Childhood Experiences (PCEs) Buffer ACEs and Promote Adult Health

6-7 vs. 0-2 PCEs: Adults reporting 6-7 PCEs have **72% lower odds** of having depression or poor mental health compared to those reporting 0-2 PCEs.

48% v. 12.6%, OR 0.28; 95% CI 0.21-0.39. 3.8x higher rate for 0-2 vs. 6-7 PCEs.



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Positive Childhood Experiences (PCEs) Buffer ACEs and Promote Adult Health

6-7 vs 3-5 PCEs: Adults with 6-7 PCEs have **50% lower odds** of adult depression or poor mental health compared to those with 3-5 PCEs

25% v. 12.6%, OR 0.50; 95% CI 0.36-0.69. 1.98x higher rate for 3-5 vs. 6-7 PCEs.



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Using a Trauma-Informed Approach in Your Organization and Community

SAMHSA'S 6 PRINCIPLES *of a*

TRAUMA-INFORMED APPROACH



SAFETY

Prevents violence across the lifespan and creates safe physical environments.

TRUSTWORTHINESS

Fosters positive relationships among residents, City Hall, police, schools and others.

EMPOWERMENT

Ensures opportunities for growth are available for all.

COLLABORATION

Promotes involvement of residents and partnership among agencies.

PEER SUPPORT

Engages residents to work together on issues of common concern.

HISTORY, GENDER, CULTURE

Values and supports history, culture and diversity.



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Thank You!

- Questions?

Kylie Graves

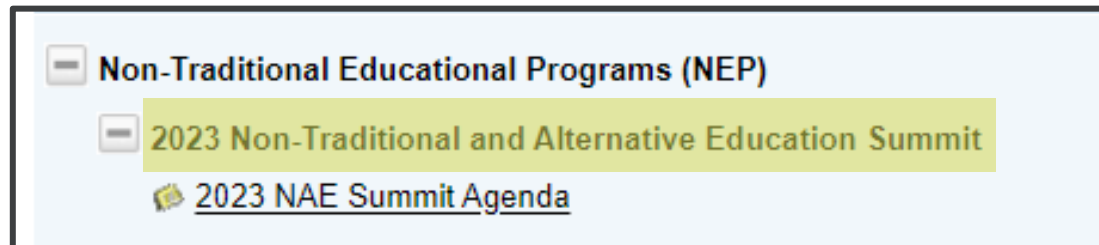
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