



Wednesday, 16 September 2020  
12:00-1:00 pm

A Zoom Webinar: <https://us02web.zoom.us/j/86828545236> Passcode: 439854

*A John F. Anderson Memorial Lecture*

## SHOULD A TRAUMA-INFORMED APPROACH TO CARE BE OUR STANDARD OF CARE?

Sara Robinson LPC, Director, Child and Family Outpatient and Crisis Services,  
Region Ten Community Services Board, Charlottesville VA

Paige Perriello MD FAAP, Pediatric Associates of Charlottesville, Charlottesville VA

Abby E. Halm, Medical Student and Generalist Scholar, SMD 2023, UVA

Marcia Day Childress PhD, moderator

Since Kaiser Permanente and CDC's joint publication in 1998 of a landmark study, we've known that adverse childhood experiences (ACEs)—among them, abuse, trauma, and domestic insecurities—are associated with heightened risks to health and well-being across the lifespan. Toxic stress due to ACEs contributes to chronic disease and increases morbidity and mortality. While ACE prevention is a societal, community-based challenge, clinicians and healthcare organizations can adopt a trauma-informed approach that screens for ACEs and helps to prevent and mitigate their harms. This Medical Center Hour explores trauma-informed care, including practical strategies that clinicians can use with patients, families, and communities.

*Co-presented with the School of Medicine's Generalist Scholars Program in observance of Primary Care Week at UVA and Welcoming Greater Charlottesville 2020*

Suggested resources:

1. ACE Interface: Building Self-Healing Communities: <https://www.aceinterface.com/>
2. Community Resilience Initiative: <https://ciresilient.org/>
3. National Child Traumatic Stress Network <https://www.nctsn.org/>
4. Center for Youth Wellness: <https://centerforyouthwellness.org>
5. American Academy of Pediatrics. The Resilience Project: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/resilience/Pages/ACEs-and-Toxic-Stress.aspx>
6. AAMC, MedEd Portal. Anti-racism in medicine collection: <https://mededportal.org/anti-racism>
7. Burke Harris N. *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*, Mariner Books, 2018
8. Van Der Kolk B. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, Penguin, 2014
9. Washington H. *Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present*, Anchor 2008
10. Barrett LF. *How Emotions Are Made: The Secret Life of the Brain*, Mariner Books, 2018

11. McEwen CA, Gregerson SF. A critical assessment of the adverse childhood experiences study at 20 years. *Am J Prev Med* 2019; 56(6):790-794
12. Porter L, Martin K, Anda R. *Self-Healing Communities*. Robert Wood Johnson Fdtn, 2016: <https://www.rwjf.org/en/library/research/2016/06/self-healing-communities.html>
13. Jones CM, Merrick MT, Houry DE. Identifying and preventing adverse childhood experiences: implications for clinical practice. *JAMA* 2020 (7 Jan); 323(1):25-26
14. Hardeman RR, Medina E, Boyd R. Stolen breaths. *N Engl J Med* 2020 (16 July); 383(3): 197-199

**Sara Robinson LPC** is a Licensed Professional Counselor who earned her MEd and EdS in Counselor Education from the University of Virginia. She worked as a family and individual therapist at an alternative-to-incarceration program in the Bronx NY before returning to Virginia to provide intensive in-home therapy at Region Ten Community Services Board, and later outpatient therapy at Charlottesville High School. Ms. Robinson is currently Director of Child & Family Outpatient and Crisis Services for Region Ten. She is on the steering and training committees of The Greater Charlottesville Trauma-Informed Community Network and the leadership board of the Virginia Trauma Recovery Network. She is a trainer for ACE Interface and the Community Resilience Initiative, and utilizes EMDR and TF-CBT in her private clinical practice.

**Paige Perriello MD** is a Charlottesville native and a graduate of Princeton University with a degree in Religion. She went to medical school at George Washington University and did her pediatric residency at Children's National Medical Center, Washington DC. She was a staff physician at Children's Hospital of Boston before moving home in 2008 to join Pediatric Associates of Charlottesville. In her practice, Dr. Perriello focuses on health inequities as well as on mitigating the impact of childhood trauma. She serves on the board of the Virginia Chapter of the American Academy of Pediatrics, leads the Trauma-Informed Leadership Team at Pediatric Associates, and recently joined the steering committee of the Greater Charlottesville Trauma-Informed Community Network. Additionally, Dr. Perriello is on the board of the local Community Climate Collaborative.

**Abby E. Halm BA**, a Virginia native, is a graduate of Rice University, where she earned a degree in mathematical economic analysis. A senior-year internship at Baylor College of Medicine's Center for Humanities, and Health Policy placed her at the intersection of the humanities, social sciences, and medicine, and this sparked her interest in medicine. Ms. Halm completed Goucher College's post-bacc premed program and worked in the Social Networks in Neurology lab at Brigham and Women's Hospital, Boston, before matriculating at UVA to study medicine. A member of the class of 2023 and the Generalist Scholars Program, Ms. Halm actively seeks out opportunities to understand better how every person's experiences and "world" impact their health and healthcare.

Ms. Robinson, Dr. Perriello, and Ms. Halm declared no personal/professional relationships with commercial entities producing healthcare goods and/or services. Medical Center Hour planning group members M.D. Childress PhD; R.J. Bonnie LLB; R. Carpenter DrNP; J.F. Childress PhD; M.F. Marshall PhD; J. Mutter MD MA; K. Reid PhD RN FNP-C CNL; L. Shepherd JD have no personal/professional relationships with commercial entities producing healthcare goods and/or services, while R. Dillingham MD MPH reports interests with Gilead and Warm Health Technology Inc. UVA Office of Continuing Medical Education faculty and staff have no personal/professional financial relationships with commercial entities producing healthcare goods and/or services.

---

ACCESS this Zoom webinar at <https://us02web.zoom.us/j/86828545236> Passcode: 439854  
 Or by telephone: Dial (for higher quality, dial a number based on your current location): US: +1 301 715 8592 or +1 312 626 6799 or +1 646 558 8656 or +1 253 215 8782 or +1 346 248 7799 or +1 669 900 9128. International numbers: <https://us02web.zoom.us/j/kdP7w9Xnrx> Webinar ID: 868 2854 5236; passcode: 439854

Medical Center Hour programs are free of charge and open to the public. For more information, see Center for Health Humanities and Ethics: <https://med.virginia.edu/biomedical-ethics/medical-center-hour/> Watch Medical Center Hour recordings at <http://www.youtube.com/uvamch>

**The John F. Anderson Memorial Lectureship** was established in 1955 by John F. Anderson MD, an 1895 alumnus of the UVA School of Medicine and a leader in infectious disease, public health, and pharmaceutical research. His gift makes possible a lectureship in medical science and public health that brings to this community new developments in these fields and many others. We are grateful for the John F. Anderson Memorial Lectureship Trust's support for all Medical Center Hours in this 2020-2021 year except those otherwise designated.

**How to Claim Continuing Education (CE) Credit for Medical Center Hour:**

Using the Google Chrome or Firefox browser on a phone, tablet, or computer, go to <https://cmetracker.net/UVA> and log into your CE account with your email and password. Choose 'CE Certificate-Eval for Credit,' enter Activity Code **139088**, then complete and submit your evaluation. You have 30 days from the program date to evaluate and obtain credit for this program. This is the only way you can receive credit for this Medical Center Hour.

The University of Virginia School of Medicine (UVA SOM) is accredited by the ACCME to provide continuing medical education for physicians. UVA SOM designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit. Physicians should claim only the credit commensurate with the extent of their participation in the activity. UVA School of Nursing (SON) Continuing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. UVA SON Continuing Education awards 1.0 contact hour to a nurse who participates in this educational activity and completes the post-activity evaluation. UVA SOM and/or UVA SON, as accredited provider(s), awards 1.0 Hour of Participation (consistent with the designated number of AMA PRA Category 1 Credit or ANCC contact hours) to a participant who successfully completes this educational activity. UVA SOM and/or UVA SON Continuing Education maintains a record of participation for six (6) years.

Learning objectives for this program:

1. Appreciate research findings about the mechanisms and impact of adverse childhood experiences (ACEs) and toxic stress on persons' health and well-being across the lifespan.
2. Understand a trauma-informed approach to patient care that screens for ACEs in order to prevent or reduce their harms.