A John F. Anderson Memorial Lecture

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

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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://criresilient.org/
4. Center for Youth Wellness: https://centerforyouthwellness.org
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

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 DNP; 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.

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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.