

# Changing the Destinies of Survivors with High Adverse Childhood Experiences (ACE) Scores

Casey Gwinn, Esq., President  
Alliance for HOPE International  
May 24, 2017 (8-9:30 AM)

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CREATING PATHWAYS TO HOPE

## In Memory...

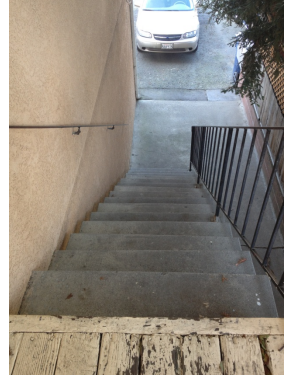
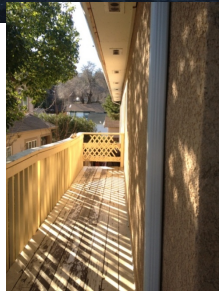


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## Martinez, California Homicide Scene



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## And we honor so many...



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## We know officers are killed in the line of duty...

But we rarely investigate the relationship history of the killer...

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## 2013 Treasure Valley (ID) Study

- Evaluated ten officer-involved critical incidents where officer shot a suspect or suspect shot an officer
- 80% of suspects with domestic violence history
- Non-fatal strangulation history in 30%
- Based only on public records history
- More research needed
- We all should be looking for it/tracking it

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Riverside County  
District Attorney's Office 2013 Study  
Gerald Fineman, J.D.

- Law enforcement officers killed in the line of duty
- 1993-2013
- 50% of officers were killed by a criminal suspect with a public records act history of strangulation assault against a woman in a prior relationship

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And we remember...



Rose Jovero

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And we don't forget the children...



The Dumas Children

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Our mass murderers, mass shooters, and terrorists are intricately linked to intimate partner violence and misogyny...

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Everything we are missing is  
hidden in plain sight...

First, we must SEE it and then we  
can address it...

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"He was a perfectly normal young man. He was very happy with this job. He was satisfied and happy. He had achieved his dream: from an amateur pilot, he became a professional. He had no problems. I don't believe him capable of such a thing."

"He was 100% fit to fly."

"He was very happy. He gave off a good feeling."

"He was 100% flight worthy without any limitations."

"He was a quiet, friendly man"

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"He struggled with depression."

"He was being treated by a psychotherapist, for what is documented as being suicidal tendencies at that time."

"He was in the midst of a heartbreak with the mother of his unborn child".

"He suffered from suicidal tendencies."

"He tried to tell her (his girlfriend) what to wear and who to speak with."

"He was a control freak of the highest order."

"She became more fearful over time."

"She was looking for another place to live at the time of the crash."

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## Omar Mateen – DV/Strangler



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## Cedric Ford– DV Strangler



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## Esteban Santiago – DV Strangler



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Mohamed  
Lahouaiej Bouhlel  
– July 2016 – Nice,  
France – Killed  
more than 80  
including 10  
children



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## We Know What Grows in Our Communities



Ronald Wayne Frye, age 31, killed his landlord over a rent dispute...in North Carolina in 1993

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## Ronald Wayne Frye, Age 9 October 1968



Executed in North Carolina on August 31, 2001

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It is all connected...



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## Agenda This Morning

- Cheering for the Children
- Understanding the ACE Study
- The Approach: Trauma-Informed and HOPE Centered
- Understanding Hope Theory
- Measuring Hope
- Identifying and Evaluating Hope Indexes and Survivor Defined Success Outcome Measurements

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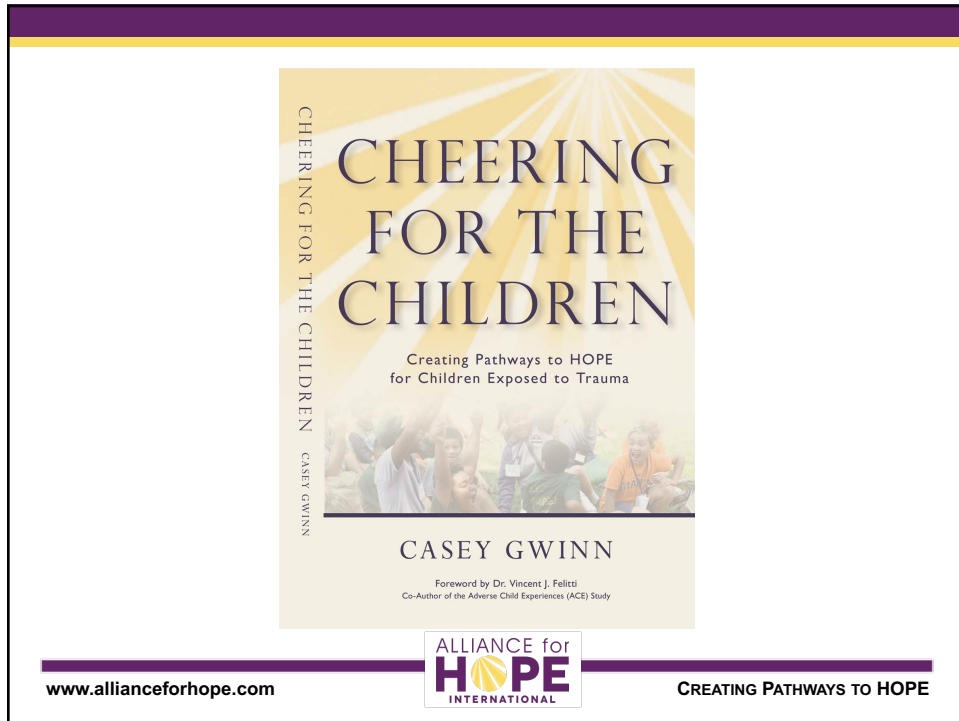
## The Journey to Become Alliance for HOPE International...

The transformative power of Hope Theory...

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## Kayden, Evan, and Claire



“In America, we raise our  
criminals at home”

Casey Gwinn, Esq.

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”And in America, we raise many  
of our victims at home too.”

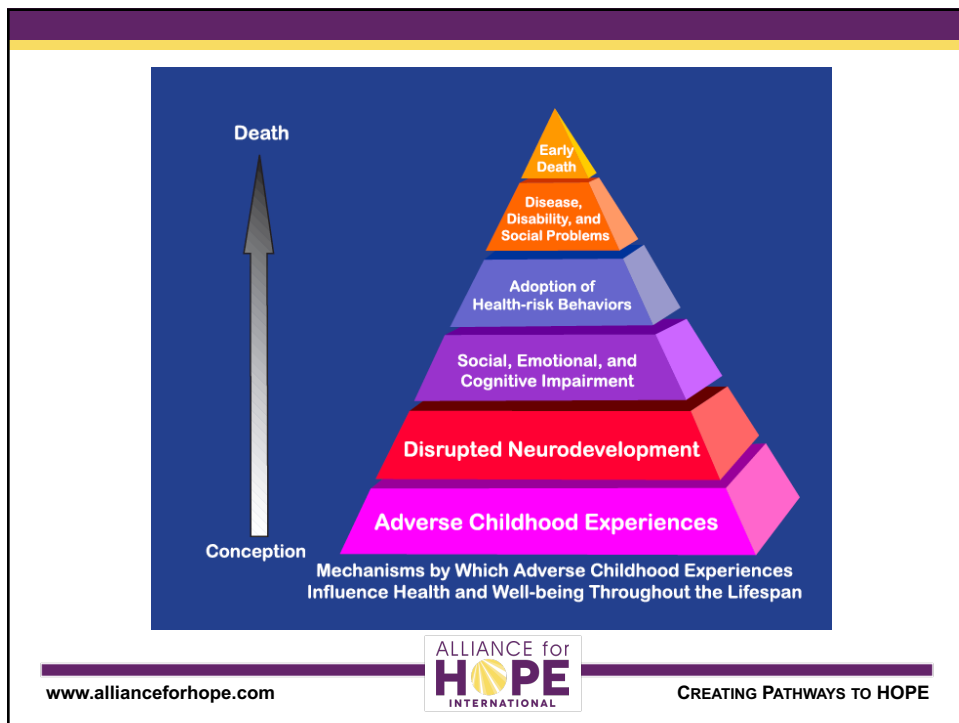
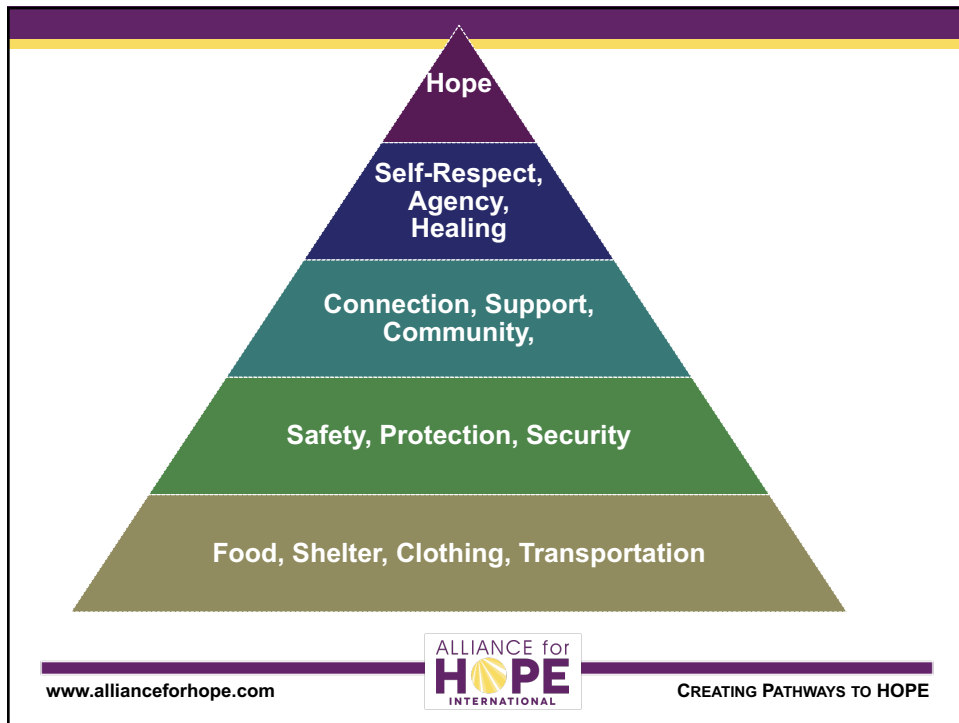
Casey Gwinn, Esq.

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## Adverse Childhood Experience Study (ACE)

- Ten questions/ten trauma experiences
- Predictive of adult illness, disease, and criminality
- [www.cestudy.org](http://www.cestudy.org)
- [www.cestoohigh.org](http://www.cestoohigh.org)

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## ACE Questionnaire Categories

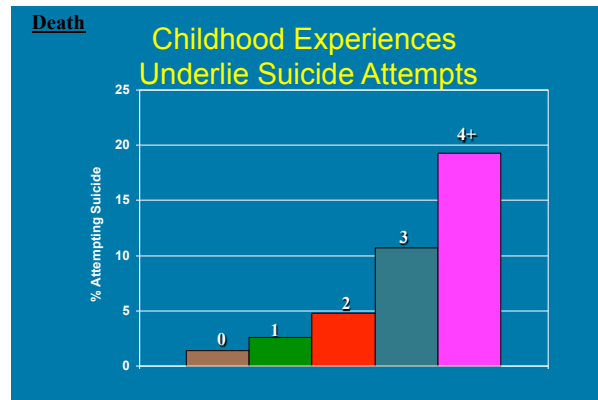
- Physical Abuse
- Sexual Abuse
- Verbal/Emotional Abuse
- Neglect
- Witnessing Domestic Violence
- Drug or Alcoholic Abuse By Parent
- Absent/Divorced/Separated Parent
- Mental Health Issues
- Incarcerated Parent

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1200% more likely to attempt suicide

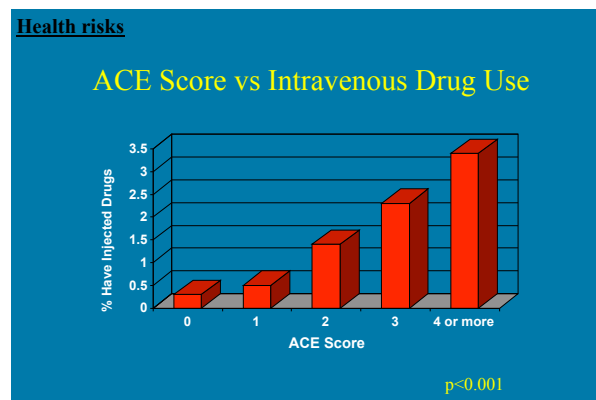


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ACE Score of 6: 4600% more likely to be IV drug user



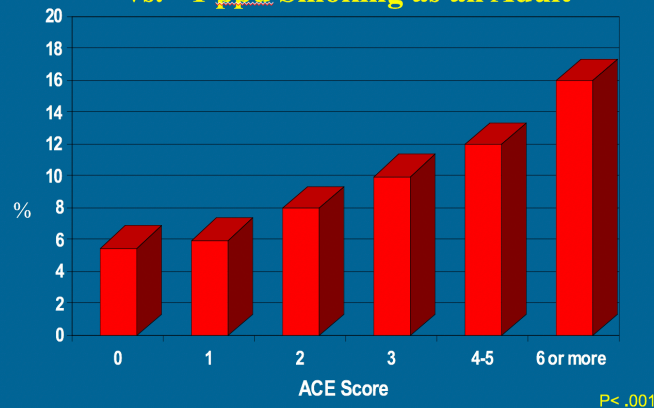
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Health Risks

## Adverse Childhood Experiences vs. >1 ppd Smoking as an Adult



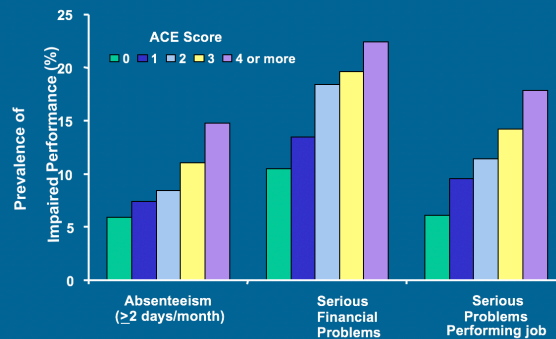
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Social malfunction:

## ACE Score and Indicators of Impaired Worker Performance



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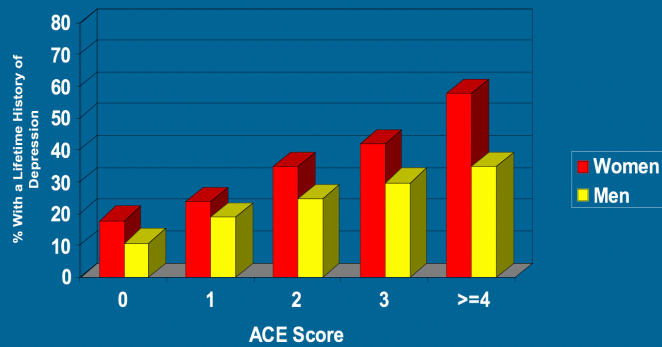


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Well-being

## Childhood Experiences Underlie Chronic Depression



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Biomedical disease

## ACEs Increase Likelihood of Heart Disease\*

- Emotional abuse 1.7x
- Physical abuse 1.5x
- Sexual abuse 1.4x
- Domestic violence 1.4x
- Mental illness 1.4x
- Substance abuse 1.3x
- Household criminal 1.7x
- Emotional neglect 1.3x
- Physical neglect 1.4x



\*After correction for age, race, education, and conventional risk factors like smoking and diabetes. *Circulation*, Sept 2004

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# ACE-Related Correlations

- Alcoholism and alcohol abuse
- Chronic obstructive pulmonary disease (COPD)
- Depression
- Fetal death (miscarriage or pregnancy)
- Health-related quality of life
- Illicit drug use
- Ischemic heart disease (IHD)
- Liver disease
- Risk for intimate partner violence
- Multiple sexual partners
- Sexually transmitted diseases (STDs)
- Autoimmune disease
- Smoking
- Suicide attempts
- Unintended pregnancies
- Early initiation of smoking
- Early initiation of sexual activity
- Adolescent pregnancy
- Criminality
- Centers for Disease Control and Prevention. (n.d.) About ACE. Retrieved October 20, 2013 from <http://www.cdc.gov/ace/findings.htm>.

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# ACE Scores with Child Abuse, Domestic Violence, and Sexual Assault Offenders

Average ACE Score:  
5.5

ACE score	Current sample (N = 151), %	Normative sample* (N = 7970), %	t
0	9.3	38.0	7.22*
1	13.2	26.0	3.56*
2	13.9	15.9	0.67
3	15.2	9.5	2.39*
4 +	48.3	12.5	10.89*

\*Normative sample from the Centers for Disease Control and Prevention\* based on 1998 male data from Felitti et al.  
\*p < 0.0001.

Number of ACE	Offense category, no. (%)			
	Child abusers	Domestic violence offenders	Sexual offenders	Stalkers
0	4 (11.4)	8 (17.8)	2 (3.3)	0 (0)
1	7 (20.9)	5 (11.1)	7 (11.5)	1 (10.0)
2	7 (20.9)	7 (15.6)	5 (8.2)	2 (20.0)
3	9 (25.7)	7 (15.6)	5 (8.2)	2 (20.0)
4	8 (22.9)	18 (40.0)	42 (68.9)	5 (50.0)
Total	35 (23.2)	45 (29.8)	61 (40.4)	10 (8.6)

results of meta-analytic research, which found that adult male sexual offenders were more than 3 times as likely to have had histories of sexual abuse in their childhoods, compared with a nonsexual (but criminal) comparison group.<sup>6</sup>

## Methods

The sample was composed of 151 adult

measured by the ACE Questionnaire, can be linked to antisocial behavior in a criminal population.

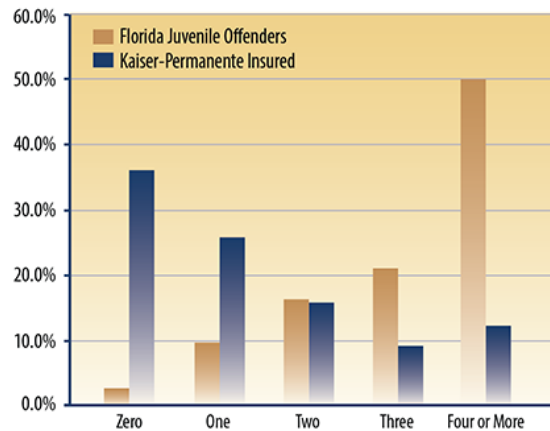
James A Reavis, PsyD; Jan Looman, PhD; Kristina A Franco, Brian Roise Perm J 2013 Spring;17(2):44-48

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## Juvenile Offenders in Florida



<http://www.journalofjuvjustice.org/JOJJ0302/article01.htm>

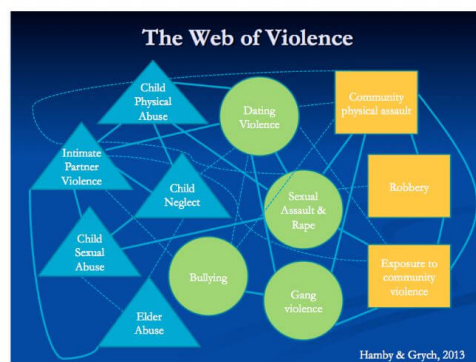
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## The Complexity of Polyvictimization

Understanding Polyvictimization in the work of Camp HOPE America



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## Our Language – Childhood Trauma (ACES) + Polyvictimization + Force Multipliers = Complex Trauma

Force Multipliers: Historic Oppression; Poverty; Racism; Pornography; Community Violence; Bullying; etc.

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## So, we advocate for Family Justice Centers across the country...

First, Child Advocacy Centers;  
Then, Rape Crisis Centers; Now,  
Family Justice Centers...

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## Family Justice Center Vision



## FJC Movement

- 110 Operating FJCs/Other Multi-Agency Models
- ½ coordinated by shelters/community-based DV/SA agencies or new 501c3s
- ½ coordinated by District Attorney's Offices or Police Departments or public agencies
- 50+ Communities in active planning efforts
- First statewide initiative in California (17 open, 10 more about to open)
- Centers in 15 countries
- Rural
- Suburban
- Urban
- Tribal
- Regional Training Centers
- FJCs in VAWA (Title I)
- Model State level legislation
- Largest International FJC Initiative – Mexico (20+ Centers)

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## FJC Services Evolving...

- Easily accessible county wide resource network/locations
- Economic/financial assessments
- Financial literacy
- Credit repair
- Long-term spiritual care/connection to community
- Asset Development
- Education/Computer Training
- Personal Coaching
- Job Training/Job Placement
- Housing/Services Coordination – Emergency, Transitional, and Affordable
- Campus approaches...

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## DV Collaboratives/FJCs/MA Models Should Be Experts in...

- Collaborative, Integrated Approaches to Addressing Family Violence and Related Sexual Assault, Child Abuse, Elder Abuse, and Human Trafficking
- Community Engagement and Outreach
- Homicide Prevention
- Handling Strangulation Assaults
- Addressing the Health Needs of Victims and Their Children
- Addressing Childhood Trauma in Children and Adults – The Best Trauma-Informed Care Models in America
- Hope, Healing, and Providing Community for Survivors and Their Children

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## One Safe Place (Fort Worth, Texas)



[www.onesafeplace.org](http://www.onesafeplace.org)

[www.allianceforhope.com](http://www.allianceforhope.com)



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## One Safe Place



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## Opened in Fall 2016!



Emergency Shelter, Milwaukee PD  
Sensitive Crimes Unit, Child  
Advocacy Center, Civil Legal  
Services, Advocacy, Counseling, Job  
Training, Health Services, and much  
more



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PROPOSED VIEW OF CENTER FROM NORTHEAST





We must act based on what we believe...

## Guiding Principles



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# Trauma Informed and Hope Centered

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# The Intersections of Hope and Healing

Willpower, Waypower, Pathways,  
Resiliency, and Competency

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## What are the force multipliers with hope and healing?

- Community support for survivors and accountability for aggressors
- Mentors, Advocates, and Cheerleaders
- Trauma-Informed Care Practices/Pathways
- Pathways to the Five Domains of Social Wellbeing: Safety, Stability, Mastery; Social Connectedness; and Meaningful Access to Relevant Resources
- Collaborative approaches among those seeking to help survivors and their children like Family Justice Centers working with Child Advocacy Centers

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## Alliance for HOPE Team



Lead  
Researcher



Chan Hellman, Ph.D.

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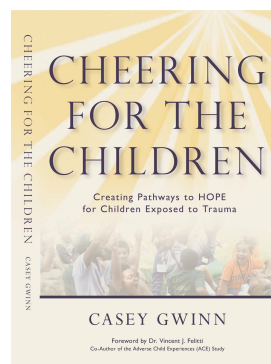
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# Average ACE Score of our Alliance Team: 4.0

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# Camp HOPE America

Giving Children Their Childhood  
Back



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# Camp HOPE America 2015

Average ACE Score  
5.5

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## Camp HOPE America



[www.camphopeamerica.com](http://www.camphopeamerica.com)

[www.allianceforhope.com](http://www.allianceforhope.com)



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## The Verizon-funded Pathways to HOPE Project



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## Proyecto Esperanza

Average ACE Score of Adult  
Survivors in the Project: 4.46

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## Proyecto Esperanza – Support after the Crisis for Latina Survivors and Their Children

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“In all my years as a District Attorney, I never prosecuted a capital murder case where the defendant did not have a serious history of child abuse.”

Mike Green  
New York State Vision of Criminal Justice Services  
Former Monroe County District Attorney (Rochester,  
New York)

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The impacts of ACES can be profound and lifelong, but...

Not all people are negatively impacted by trauma nor do they suffer long-term negative consequences...

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For example, everyone who has lived through four ACEs does not attempt—let alone commit—suicide. In fact, 5,000 out of every 100,000 people attempt suicide in their lifetime, but annually only 11 out of 100,000 commit suicide.

What is the difference?

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Attachment Disorder	Verbal Abuse
Emotional Abuse	Physical Abuse
Witnessing Domestic Violence	Sexual Abuse
Divorce	Neglect
Mental Illness of a Parent	Drug and Alcohol Abuse
Incarcerated Family Member	Acute Stress
Neurological Changes	Chronic Stress
Alcohol and Drug Abuse	ADHD
Risky sexual behavior	ADD
Sexual Assault	PTSD
Depression	Smoking
COPD	Adolescent Pregnancy
Suicidality	Criminal Behavior
	Violence Against Women
	Liver Disease
	Diabetes
	Shortened Life Span

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KINDNESSLISTENINGACCEPTANCE

LONG-TERM COMMITMENTAFFECTION

UNCONDITIONAL LOVEENCOURAGEMENT

AFFIRMATIONPRAISE FOR WHO YOU ARE

LOGICAL CONSEQUENCES EXPRESSIONS OF HIGH VALUE

PICTURING SPECIAL FUTURE OPPORTUNITIES TO OVERCOME FEAR

OPPORTUNITIES TO OVERCOME ALL POSITIVE SELF TALK

BELIEF IN OTHERS BELIEF IN YOURSELF BELIEF IN YOUR DREAMS

SENSE OF CONTROL SELF-EXPRESSION SENSE OF CHOICE

PHYSICAL COMPETENCE MENTAL COMPETENCE

ABILITY TO WORK IN A TEAM COMMUNICATION SKILLS

ABILITY TO RESOLVE CONFLICT ABILITY TO BE A LEADER

APPROPRIATE TOUCH APPRECIATION OF NATURE

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ALLIANCE for

HOPE

INTERNATIONAL

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## How do you mitigate trauma?

Trauma itself often does not cause damage. Rather, damage occurs when someone feels helpless (apathetic) in the face of trauma. Helping those experiencing trauma to develop the ability (will power and way power) to take action makes them feel empowered and reduces the impact of the trauma.



## How do you mitigate high ACE Scores?

High ACE Scores can be mitigated with trauma-informed, Hope-centered efforts to increase Hope, Resiliency, Self-Efficacy, and Protective Factors...

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Rising HOPE turns the pain of our ACES into power – power that helps us overcome, move forward, and help others...

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# HOPE AS A COPING RESOURCE

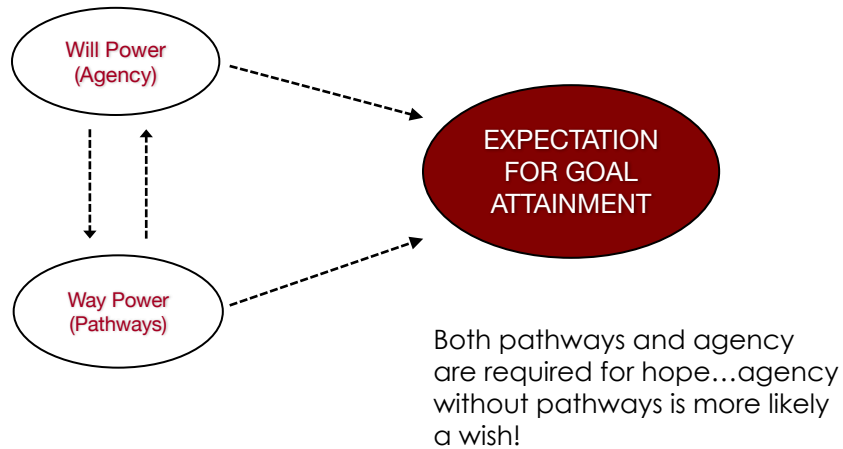
*Chan M. Hellman – ASSOCIATE DEAN  
COLLEGE OF ARTS & SCIENCES*



## Hope Defined

- ☉ Hope is a **motivational force** centered on the future orientation we have toward the expectation for goal attainment.
- ☉ The hopeful survivor is able to identify one or more viable **pathways** toward their goal; and dedicate **agency** (mental energy) toward the pathway pursuits.

## HOPE THEORY



## Hope As A Coping Resource

- ⦿ Does hope buffer adversity and stress?
- ⦿ Do hopeful individuals engage in adaptive behaviors?
- ⦿ Can hope be increased and sustained through hope centered programs?

## Measuring Hope:

### ● Adult Hope Scale

- 8 item self-report measure.
- Good psychometric properties.

### ● Children's Hope Scale

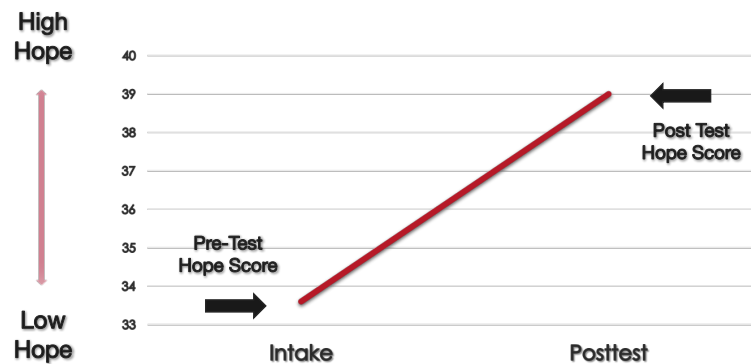
- 6 item self-report measure.
- Adult observation measure.
- Good psychometric properties.

Hellman, C. M., Pittman, M. K., & Munoz, R. T. (2013). The first twenty years of the will and the ways: An examination of score reliability distribution on Snyder's Dispositional Hope Scale. *Journal of Happiness Studies, 14*, 723-729

Hellman, C. M., Munoz, R. T., Worley, J. A., Feeley, J. A., & Gillert, J. E. (In Press). A reliability generalization on the Children's Hope Scale. *Child Indicators Research*.

## HOPE AMONG IPV SURVIVORS

Munoz, R. T., Hellman, C. M., & Brunk, K. L. (in press) The relationship between hope and life satisfaction among survivors of intimate partner violence: The enhancing effect of self-efficacy. *Applied Research in Quality of Life*.



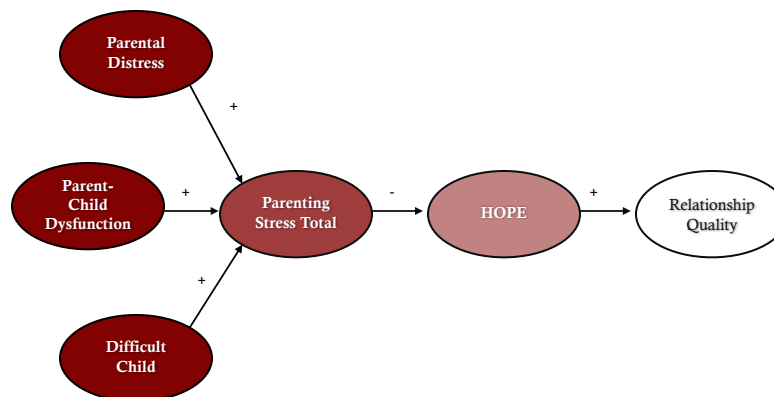
## THE POWER OF HOPE

- The Parent Child Center of Tulsa
  - To prevent child abuse and neglect through education, treatment and advocacy.
- Approximately 400 clients at time of study.
  - Stratified Sampling across programs (N=200).
  - 156 completed surveys (56% Participation Rate).



Hellman, C. M., Robinson-Keilig, R. A., Dubriwny, N. M., Hamill, C., & Kraft, A. (In Review). Hope as a coping resource among parents at-risk for child maltreatment. *Journal of Family Social Work*.

## HOPE AS A COPING RESOURCE FOR PARENTS AT-RISK FOR CHILD MALTREATMENT



## HOPE AS A COPING RESOURCE

- PCCT clinicians **INDEPENDENTLY RATED CLIENT PROGRESS.**
  - Of those identified as making **POSITIVE** progress: **90%** were *high hope*.
- PCCT clinicians **INDEPENDENTLY RATED CLIENT READINESS TO CHANGE.**
  - Of those identified in the **ACTION STAGE**: **91%** were *high hope*.

## Children Exposed to Domestic Violence

Meta-analytic studies find these children are at increased risk for emotional, social, and behavior difficulties.

Additional stress associated with trauma of repeated separations, child custody battles, and family isolation.

These children experience:

- ☞ *Increased anxiety and depression.*
- ☞ *Increased aggression and violence.*
- ☞ *Increased criminal behavior.*

## CAMP HOPE CALIFORNIA

Table 3.

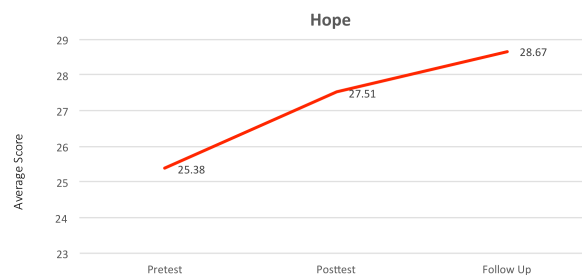
Prevalence of Adverse Childhood Experiences.

ACE Score	CDC Study (N=17,337)	Camp HOPE Children (N=64)
0	36.1%	0.0%
1	26.0%	4.8%
2	15.9%	4.8%
3	9.5%	11.1%
4+	12.5%	79.4%

The Average Number of ACE = 5.51

## THE POWER OF HOPE

FIGURE 1. Children's Hope Index.



## Children Exposed to Domestic Violence

Increase in child's hope was associated with adult observations.

- ⊙ Higher energy level (zest).
- ⊙ Perseverance toward goals (grit).
- ⊙ Ability to self-regulate emotions and behaviors (self-control).
- ⊙ Expecting the future to hold positive possibilities (optimism).
- ⊙ Appreciation toward others (gratitude).
- ⊙ Motivation to seek out new potentials (curiosity).
- ⊙ Awareness of the feelings/motivations of others (social intelligence).

**Increases in a child's hope were associated with adult observations of behaviors associated with positive character development.**

Hellman, C. M., & Gwinn, C. (in press) Camp HOPE as an intervention for children exposed to domestic violence: A program evaluation of hope and strength of character. *Child and Adolescent Social Work Journal*.

## Survivor Outcomes

- After Implementation of HOPE Survey in California Family Justice Centers



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## BLUE SHIELD CALIFORNIA FJC

- 🕒 7 California FJC sites agreed to pilot a pretest posttest assessment.
  - 🕒 Measures included: ACE, Hope, Emotional Wellbeing, Subjective Wellbeing, and Survivor Defined Success.
- 🕒 90.1% Female. 16.1% had previously received FJC services.
- 🕒 Hispanic (47.3%), Caucasian, 28.1%, African American (12.6%), Asian American (3.6%).
- 🕒 57% living in own home/apt. 31% living in another's home/apt.

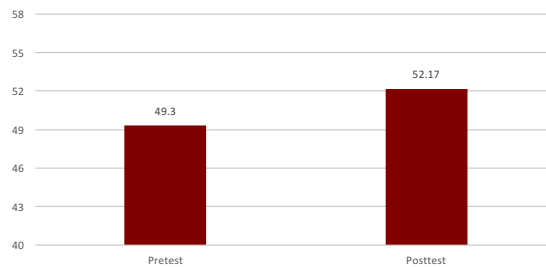
## BLUE SHIELD CALIFORNIA FJC

- 🕒 Adverse Child Experiences of Participants:
  - 🕒 79.6% report a score of 1+.
- 🕒 Average ACE = 3.30 (significantly higher than national average).

ACE Score	CDC Study (N=17,337)	2016 IFJC Conference (N=234)	Blue Shield FJC Study (N=181)
0	36.1%	25.9%	20.4%
1	26.0%	22.4%	10.5%
2	15.9%	14.9%	11.6%
3	9.5%	13.6%	12.2%
4+	12.5%	23.3%	45.3%

## BLUE SHIELD CALIFORNIA FJC

Increase in Hope is Statistically Significant



## BLUE SHIELD CALIFORNIA FJC

- Statistically significant Increase:
  - Emotional wellbeing
  - Subjective wellbeing
  - Flourishing
- Higher scores in hope:
  - Associated with **improved wellbeing** indicators.
  - Associated with higher success in **survivor defined goal** attainment.
- Family Justice Centers are providing pathways to goal attainment and changing the future expectations of survivors.

## Other Hope Based Projects:

- Hope as a buffer to secondary trauma and burnout among child abuse pediatricians.
- Hope and locus of control among domestic violence survivors.
- Impact of mindfulness on hope and stress.
- Hope as a mediator between PTSD and Anxiety.
- Collective hope, goal attainment, and flourishing.



Trauma Informed and  
Hope Centered

## Questions or Comments?

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## Thank You!

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