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Examining the Relationship between Adverse Childhood Experiences and Substance Use among Tribal Populations

January 6, 2021

Presented by: Dr. Anjali Nandi, PhD, MAC, LAC

Facilitated by: Greg Brown





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Comprehensive

Opioid, Stimulant,
and Substance Abuse

Program



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Webinar Information

This project was supported by Grant No. 2019-MU-BX-K031 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

Pre-Webinar Information



Participants will be muted for the duration of the webinar.

Questions and comments can be asked using the question box in the control panel.



Presentation slides, instructor bios, and corresponding resources can be found in the Handouts section of the control panel.

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Post-Webinar Information

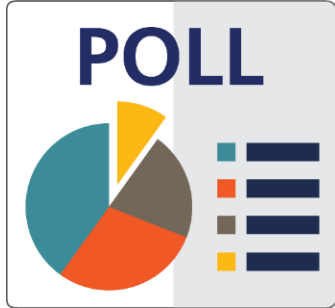
- At the end of the webinar, a short evaluation will appear (pop-up blocker must be turned off).
- A recording of this webinar will be available in approximately 2 weeks at www.ncjtc.org.
- A certificate of attendance will be sent within 2 weeks to participants who:
 - ✓ Attend the entire live webinar
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Note: Certificates will not be provided for viewing the recorded webinar.

Poll Questions

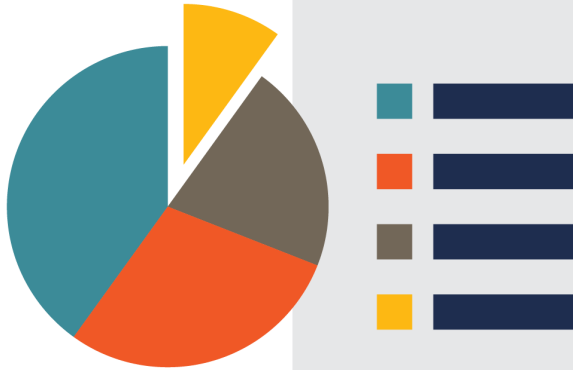
Poll questions may be asked during the webinar.

This is your time to weigh in with your thoughts.



Please respond promptly;
polls are open for a short
period of time.

POLL



Which of the following best describes your role?

- Victim Services / Victim Advocate
- Probation / Community Corrections
- Law Enforcement
- CAC Worker, Social Worker, Mental Health Worker
- Other

Learning Objectives

- ① Understand the impact of adverse childhood experiences.
- ② Examine the connection between adverse childhood experiences and substance use.
- ③ Explore how to mitigate the impact of adverse childhood experiences.



Dr. Anjali Nandi, PhD, MAC, LAC
Associate, NCJTC
Presenter



Kevin Mariano
Project Coordinator, NCJTC
Panelist



Justine Souto
Program Manager, NCJTC
Panelist



Greg Brown
Program Manager, NCJTC
Moderator

What Are Adverse Childhood Experiences (ACEs)?

- Negative experiences
- Potentially traumatic or stressful
- Include abuse or neglect
- Can be more subtle
- Before the age of 18

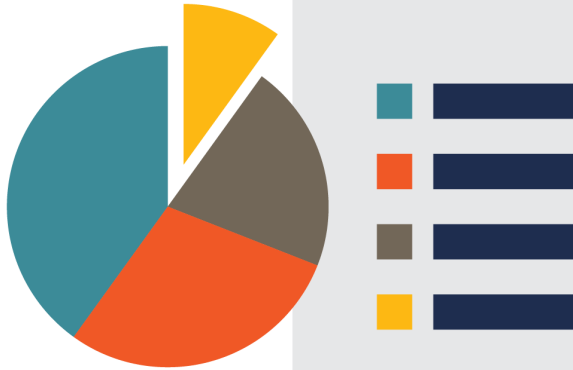




Examples of Negative Experiences

- Emotional, physical, and sexual abuse
- Emotional and physical neglect
- Witnessing domestic violence
- Parental separation or divorce
- Living with someone who was misusing substances
- Living with someone who had a mental health disorder
- Living with someone who had gone to prison

POLL

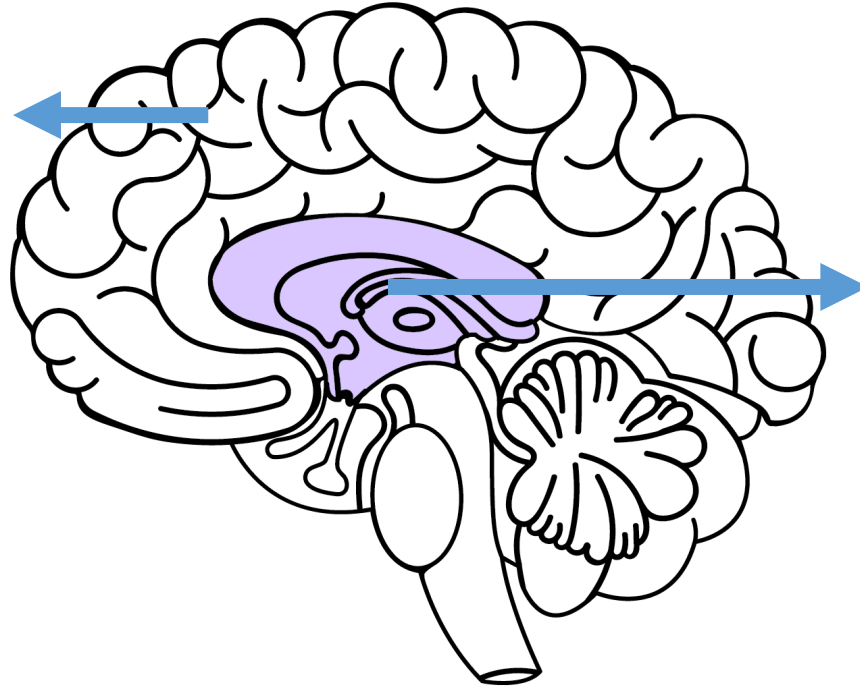


In your experience, what is the most common adverse childhood experience you see among your clients?

- Chaotic household
- Emotional, physical, and sexual abuse/neglect
- Witnessing violence
- Parental separation or divorce
- Living with someone who was misusing substances

Intellectual (Logical) Brain

Forward looking – future & solution focused



Emotional Brain

Non-intellectual/non-logical
– past focused

<https://youuniquefoundation.org/an-interactive-infographic/trauma-brain-limbic-system/>

American Indian/ Alaska Native (AI/AN)-Specific Impacts

- Higher rates of post-traumatic stress disorder (PTSD), depression, poly-drug use, and suicide attempts found in reservation-based Native American adolescents and young adults.
- AI/ANs displayed higher prevalence of ACEs, including abuse, neglect, and household dysfunction, and had a higher total number of ACEs.
- Having six or more ACEs significantly increased the odds for depression, anxiety, PTSD, severe alcohol misuse, and smoking compared with individuals with no ACEs.



American Indian/ Alaska Native-Specific Impacts

- ACEs impact the developing brain in a way that increases risk-taking, susceptibility to initiating substance use, likelihood of addiction, and vulnerability to relapse.
- Native American women are at an especially high risk of lifetime violence, including childhood abuse, intimate partner violence (IPV), and sexual assault, and are overrepresented in the criminal justice system.



Consequences

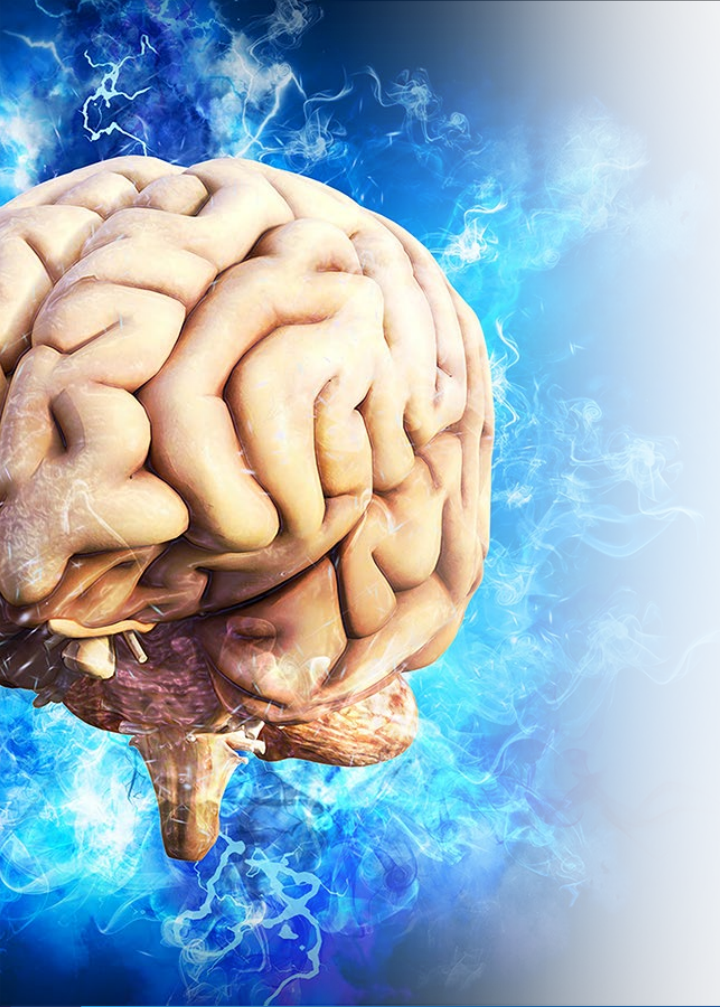
Short-Term Consequences

- Physical
- Social
- Emotional
- Mental

Long-Term Consequences

- Health outcomes
- Risky behaviors
- Academic achievement
- Potential





Underage Substance Use

- Disproportionate harm.
- Significant and long-lasting impact on the brain.
- Greater likelihood of several negative consequences including:
 - legal issues.
 - physical and sexual assault.
 - memory issues.
 - teenage pregnancy.
 - sexually transmitted diseases.
 - fatal accidents including fatal car crashes.

Protective Factors that Reduce Underage Substance Abuse


- Healthy and secure relationship between parent and child
- Perceived parental disapproval of substance use
- Parental monitoring and encouragement
- Adult mentor
- Social norms that support delaying use



Protective Factors that Reduce Underage Substance Abuse

- Culturally congruent services
- Higher levels of engagement in school
- Participation in hobbies/activities
- Ability to handle oneself effectively in social situations
- Access to good health care



A photograph of four children sitting on a stone wall, looking out over a valley. From left to right: a girl in a red jacket, a child in a striped shirt, a girl in an orange sweater with a blue flower in her hair, and a boy in a blue sweater. They are all seen from behind. The background shows a small village with colorful houses and a church steeple, nestled in a valley between dry, hilly mountains under a clear sky.

**What are protective or
buffering strategies to
reduce the impact of ACEs?**

Preventing ACEs

- Safe, stable, nurturing relationships and environments
 - Growth
 - Vulnerability
 - Predictability
- Social and emotional skill development



Safe, Stable, and Nurturing Environments

- Predictable environments
- Consistency
- Safe ways for kids to try new things
- Encouraging growth
- Ability to engage in vulnerable conversations

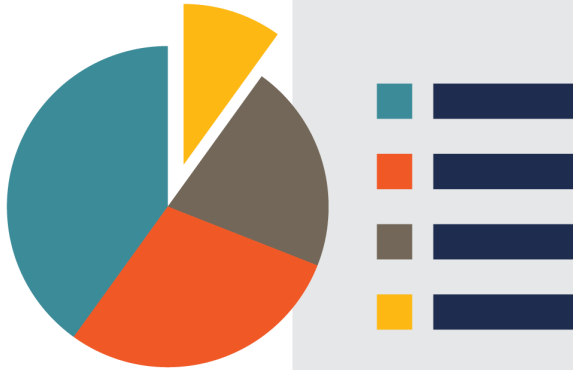




ACEs Screening or Violence Screening in Medical Settings

- Include ACEs or violence screening for those seeking care at medical settings.
- Screen for substance use.
- Supportive conversations with their patients.
- Therapists, social workers, tribal leaders, parenting skill classes, social groups, or support groups.

POLL



**Which one of the following are strengths in your community?
Choose all that apply.**

- Trauma-Informed Services
- Primary Prevention Programs
- Spiritual Practices and Cultural Involvement
- Parent Emotional Availability



- Trauma-Informed Services
- Primary Prevention Programs
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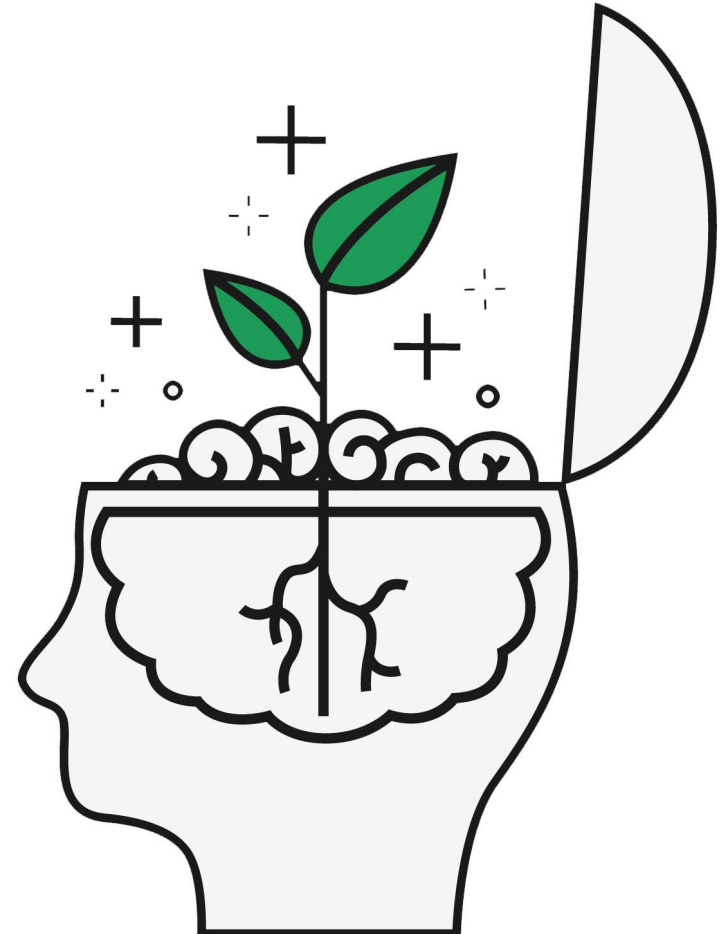


Social Support and Connectedness

- Having people to turn to
- Knowing you are cared for
- Connections
- Sense of belonging

Skills Regarding Self

- ✓ Increasing Self-Awareness
- ✓ Identifying Thoughts and Emotions
- ✓ Developing Skills to Manage Ourselves
- ✓ Growth Mindset



Social Skills

Relational Awareness

- Cognitive empathy
- Affective empathy
- Appreciating difference

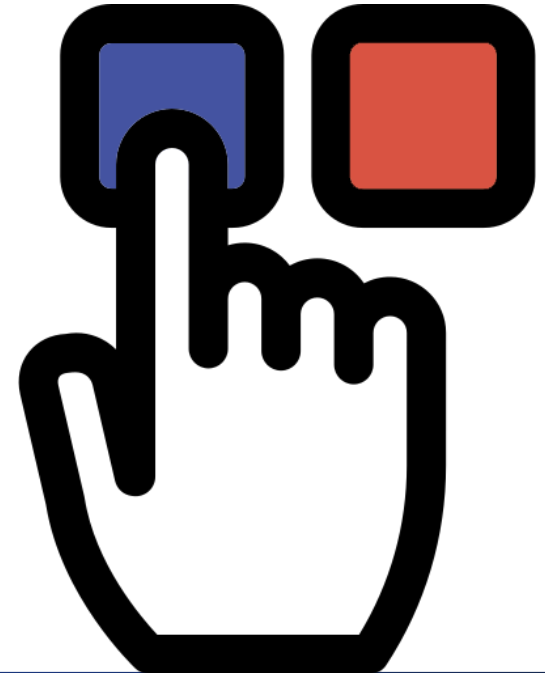
Relational Management

- Conversation skills
- Conflict resolution
- Giving and receiving feedback
- Need versus position
- Boundaries
- Managing social pressure



Skills Regarding Decision-Making

- ✓ Social norms
- ✓ Identify and resolve problems
- ✓ Consequences of our actions
- ✓ Impact versus intention



Development Outcomes

Short-term

- Fewer conduct problems
- Lower levels of emotional distress
- Positive well-being
- Improved academic outcomes
- Lower substance use and misuse
- Reduced legal involvement
- Improved family relationships

Long-term

- Stable employment and being employed full time
- Lower incidents of being arrested by police
- Reduced need for public assistance
- Lower addiction rates
- Higher pay and success at work
- Improved health, ability to manage stress
- Higher rates of relationship satisfaction

Anjali Nandi, PhD, MAC, LAC,
Associate
National Criminal Justice Training Center

anjalinandi@hotmail.com



General Inquiries

info@ncjtc.org | www.ncjtc.org | (855) 866-2582

Training & Technical Assistance

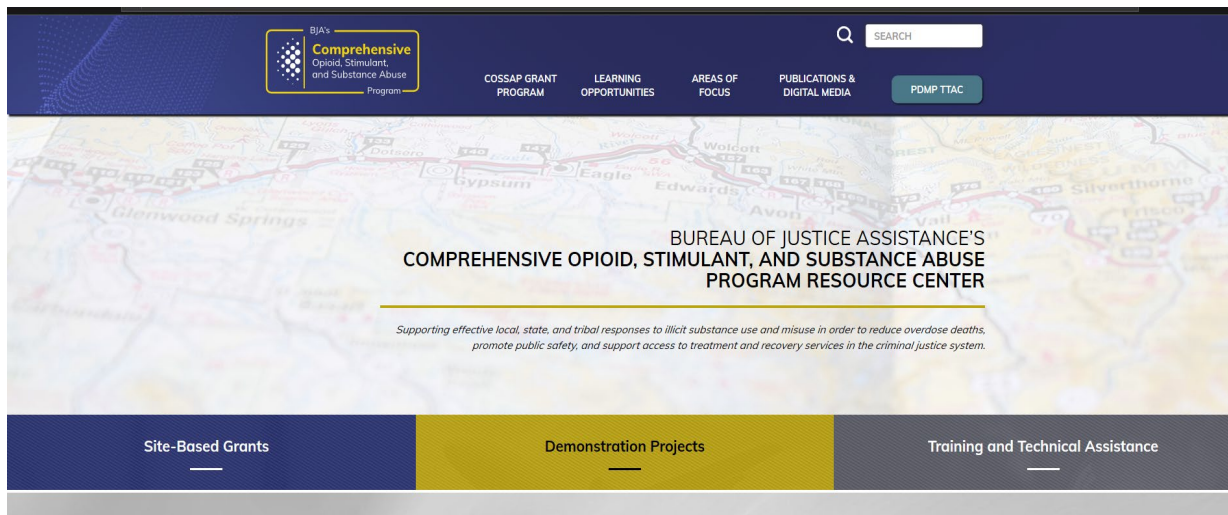
View upcoming and requestable trainings, upcoming program webinars, resources, and more:

ncjtc.org/iasaptraining

Visit our robust on-demand library to view scheduled webinars, webinar recordings, self-paced online course opportunities:

ncjtc.org/ondemand

Bureau of Justice Assistance's Comprehensive Opioid, Stimulant, and Substance Abuse Program (COSSAP) Resource Center



www.cossapresources.org

COSSAP Resources

Tailored Assistance — The COSSAP training and technical assistance (TTA) program offers a variety of learning opportunities and assistance to support local, tribal, and state organizations, stakeholders, and projects in building and sustaining multidisciplinary responses to the nation's substance abuse crisis. ***You do not need to be a COSSAP grantee to request support.*** TTAs are provided in a variety of formats, including virtual and in-person training events, workshop and meeting presentations, and online resources. Request TTA to support your activities at <https://cossapresources.org/Program/TTA/Request>.

Funding Opportunities — Current COSSAP and complementary funding opportunities are shared at <https://www.cossapresources.org/Program/Applying>.

COSSAP Webinars — All COSSAP webinars are recorded and made available online at <https://www.cossapresources.org/Media>.

Join the COSSAP community! Send a note to COSSAP@iir.com with the subject line “Add Me” and include your contact information. We'll be happy to ensure you receive the latest-and-greatest COSSAP opportunities, resources, and updates.

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To receive a certificate, you must:

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