

Trauma and ACEs in SUD

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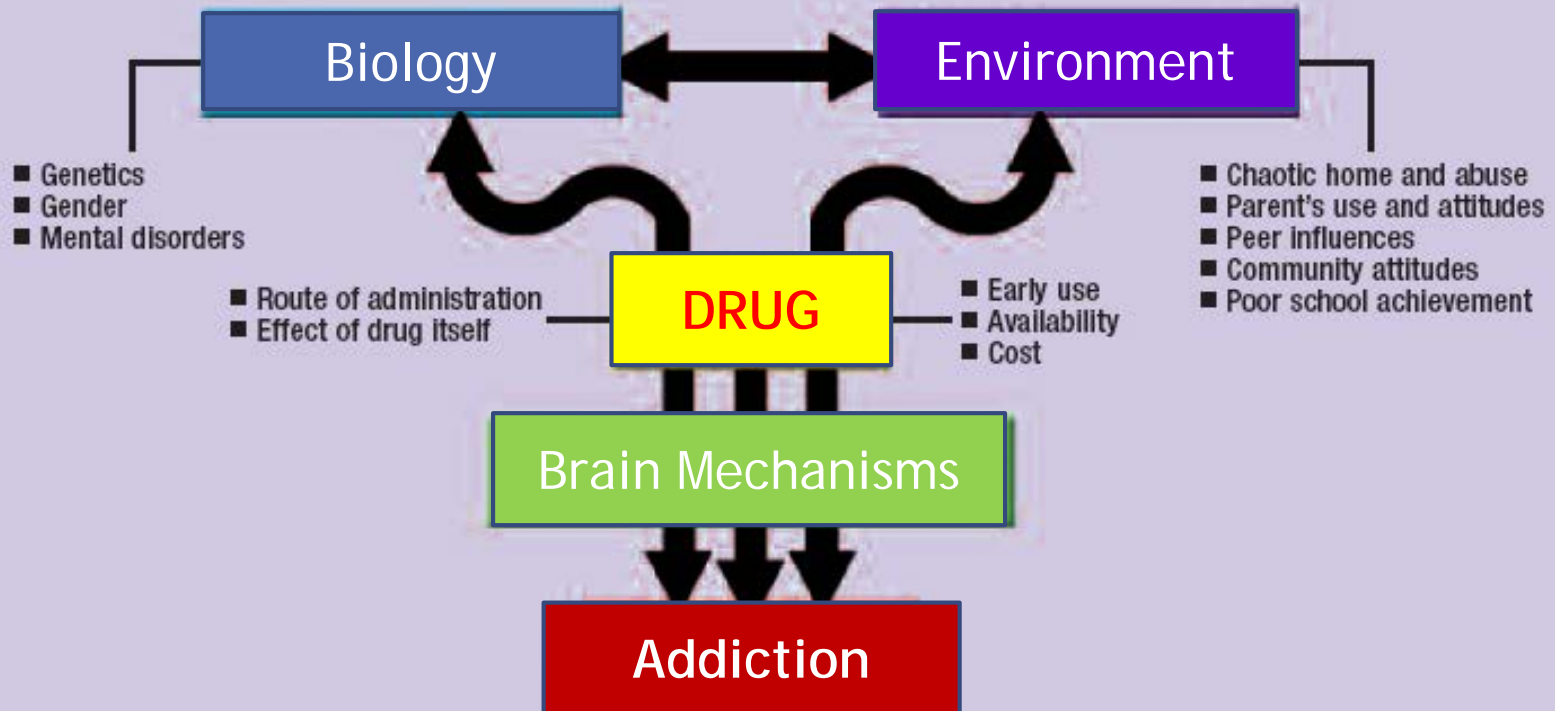
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Disclosures

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RISK FACTORS



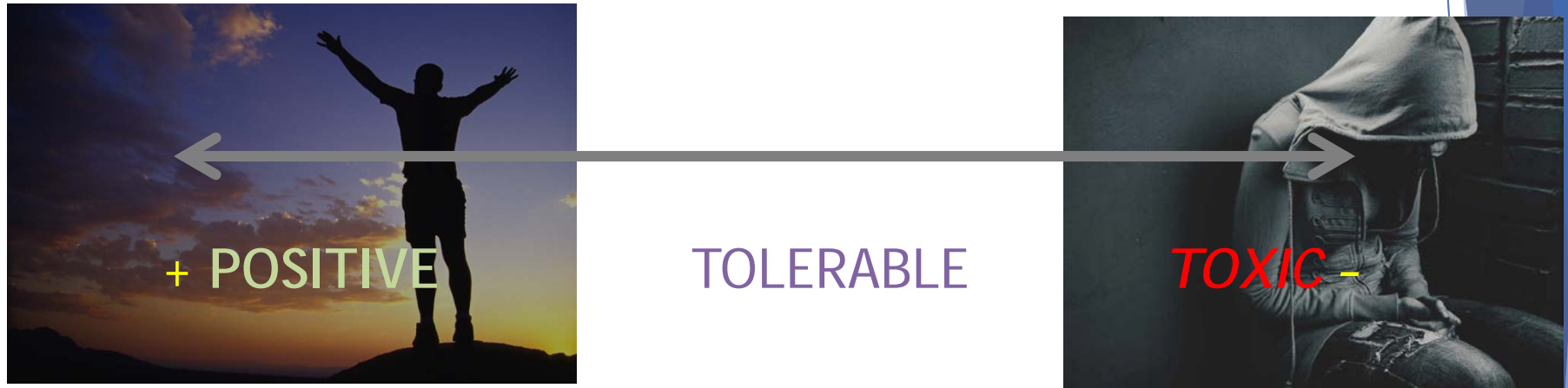
PTSD and SUD

- ▶ Often co-occur
- ▶ Approximately 46.4% of individuals with PTSD have co-occurring SUD
- ▶ One study found that 36.6% of individuals with SUD have PTSD
- ▶ 97.4% of individuals with SUD have experienced a traumatic event

SOURCE: Back, S.E., Waldrop A.E., & Brady, K.T., 2009;
Gielen, N., Havermans, R.C., Tekelenburg, M., & Jansen, A., 2012



Review of Stressors



- ▶ 3 types of stressors
 - ▶ Positive → helping to guide growth
 - ▶ Tolerable → not helpful, but not causing lasting harm
 - ▶ Toxic → sufficient to overcome one's coping mechanisms and lead to long-term impairment

Review of Trauma

BIG T

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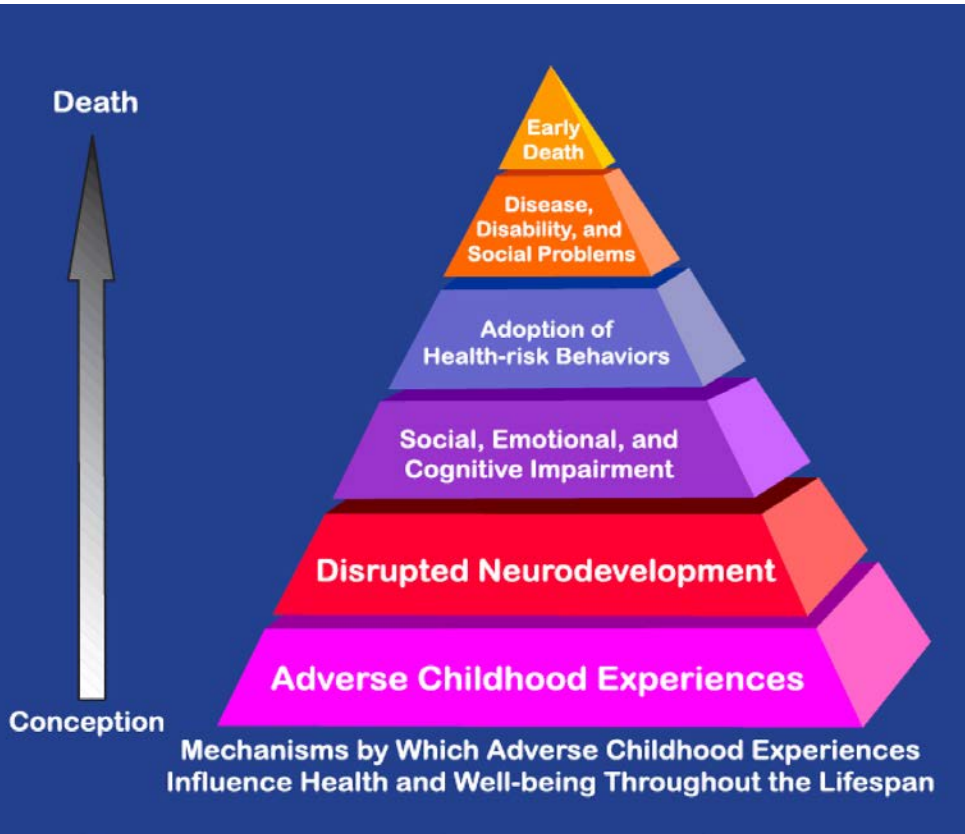
-
- War
 - Disasters
 - Childhood sexual abuse
 - Physical abuse
 - Car wreck
 - Crime victimization
 - Witnessing death
 - Domestic violence
 - Emotional abuse
 - Neglect
 - Failure experiences
 - Phobia related experiences
 - Losses
 - Stress at work or school
 - Bullying
 - Domestic violence



The ACE Study



Adverse Childhood Experiences Study (ACE)



- ▶ Ongoing collaborative research between the CDC and Kaiser Permanente
- ▶ Over 17,000 Kaiser patients participating in routine health screening volunteered to participate in the study
- ▶ Examined data from over 17,000 participants
 - ▶ 50% men, 50% women
 - ▶ 80% White, 10% Black, 10% Asian
 - ▶ 74% had been to college

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____



While you were growing up, during your first 18 years of life:

6. Were your parents **ever** separated or divorced?

Yes No

If yes enter 1 _____

7. Was your mother or stepmother:

Often pushed, grabbed, slapped, or had something thrown at her?

or

Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?

or

Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?

Yes No

If yes enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes No

If yes enter 1 _____

9. Was a household member depressed or mentally ill or did a household member attempt suicide?

Yes No

If yes enter 1 _____

10. Did a household member go to prison?

Yes No

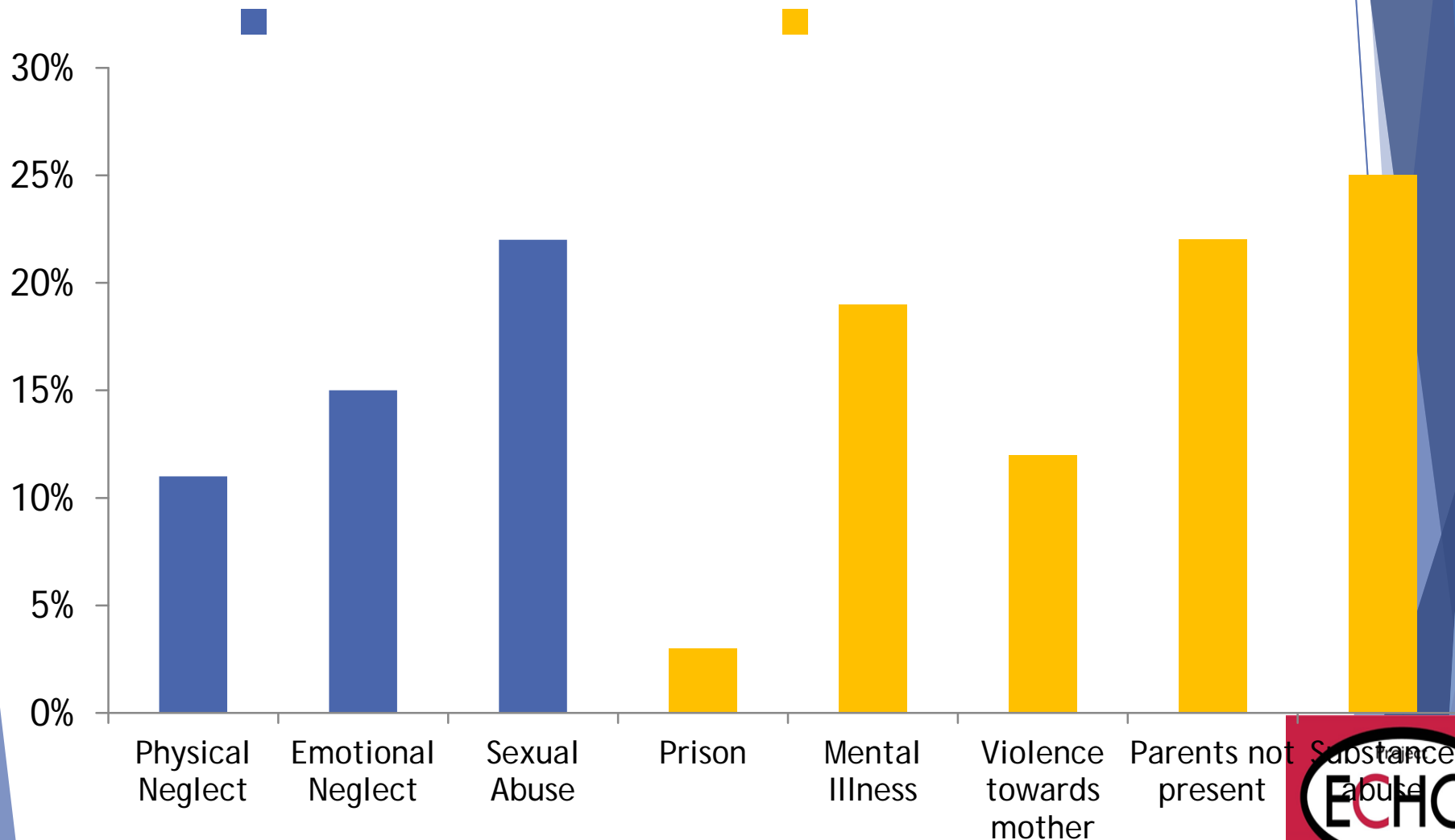
If yes enter 1 _____

Major Findings of the ACE Study

- ▶ ACEs such as childhood abuse, neglect, and exposure to other traumatic stressors **are common**
- ▶ Almost **two-thirds** of the ACE Study participants reported **at least one ACE**, and **more than one of five** reported **three or more ACE**
- ▶ The short- and long-term outcomes of these childhood exposures include a **multitude of health and social problems**



Results of the ACE Study

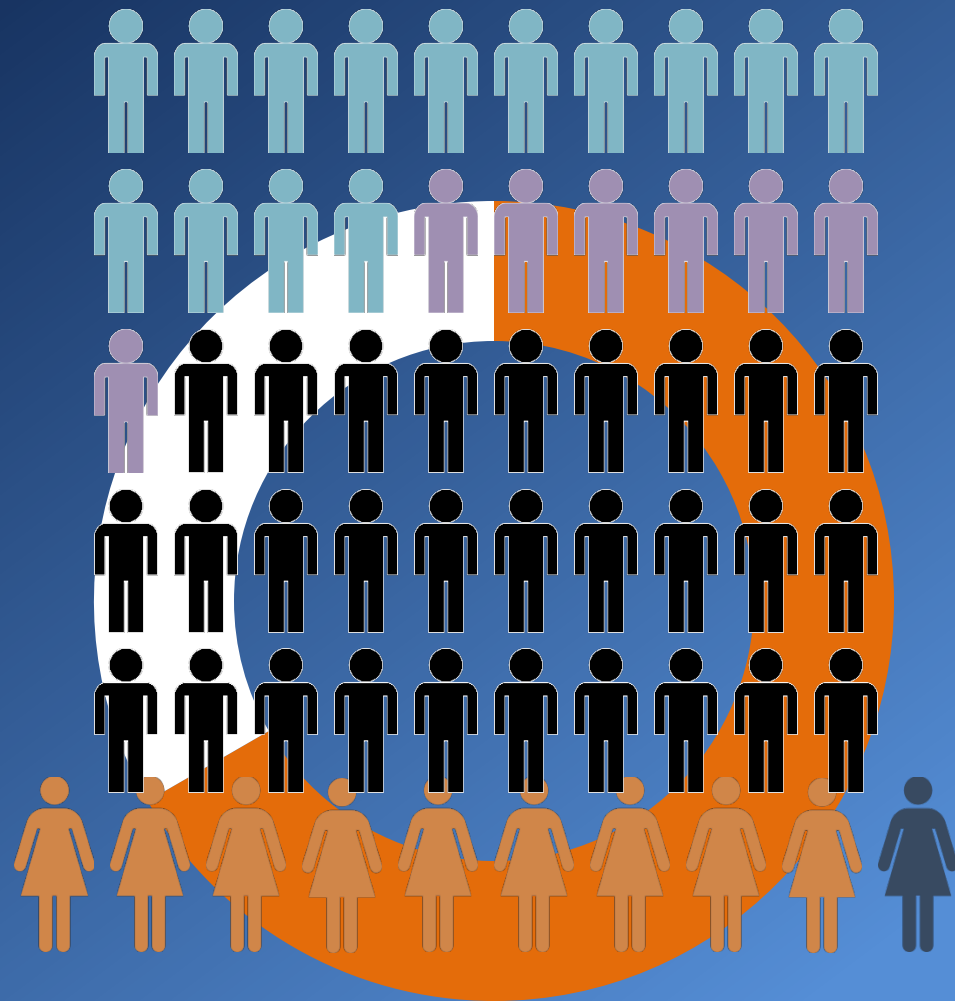


The ACE Study

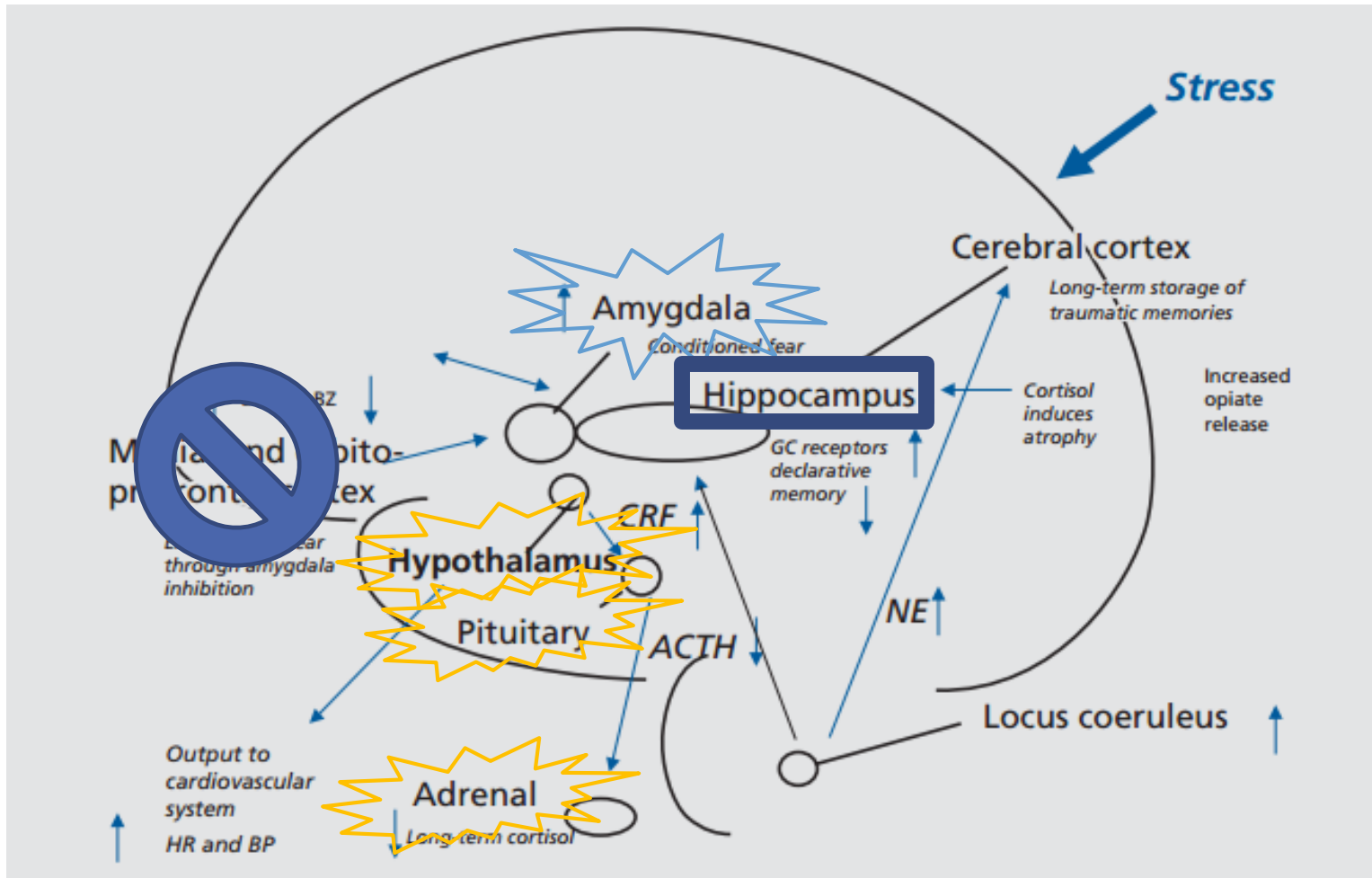
28% of women and **16% of men**
report having experienced
childhood sexual abuse

66% of people in substance abuse
treatment report childhood abuse
or neglect

90% of women with alcohol
dependence reported childhood
sexual abuse or severe physical
abuse



Trauma and the Brain



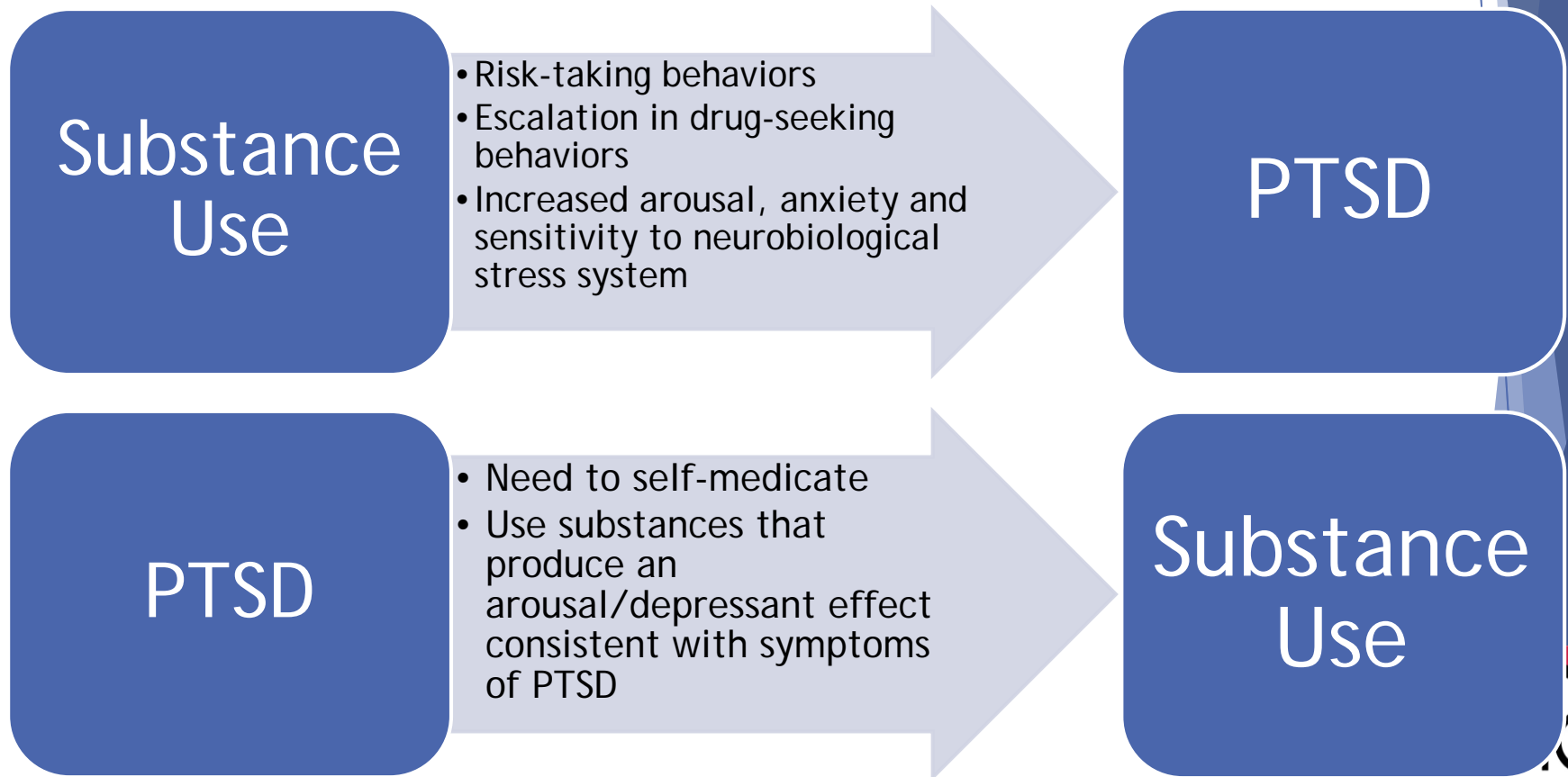
ACEs and Opioid Use Disorders

- ▶ Individuals who reported 5 or more ACEs were 3x more likely to misuse prescription pain medicines
- ▶ Among individuals seeking treatment for opioid use issues, nearly half reported 4 or more ACEs (compared to 15% of the general population)
- ▶ Age of initiation, ongoing intravenous drug use, and lifetime experience of overdose were all associated with ACEs in a graded, dose-response relationship

SOURCE: Stein, MD et al (2017)



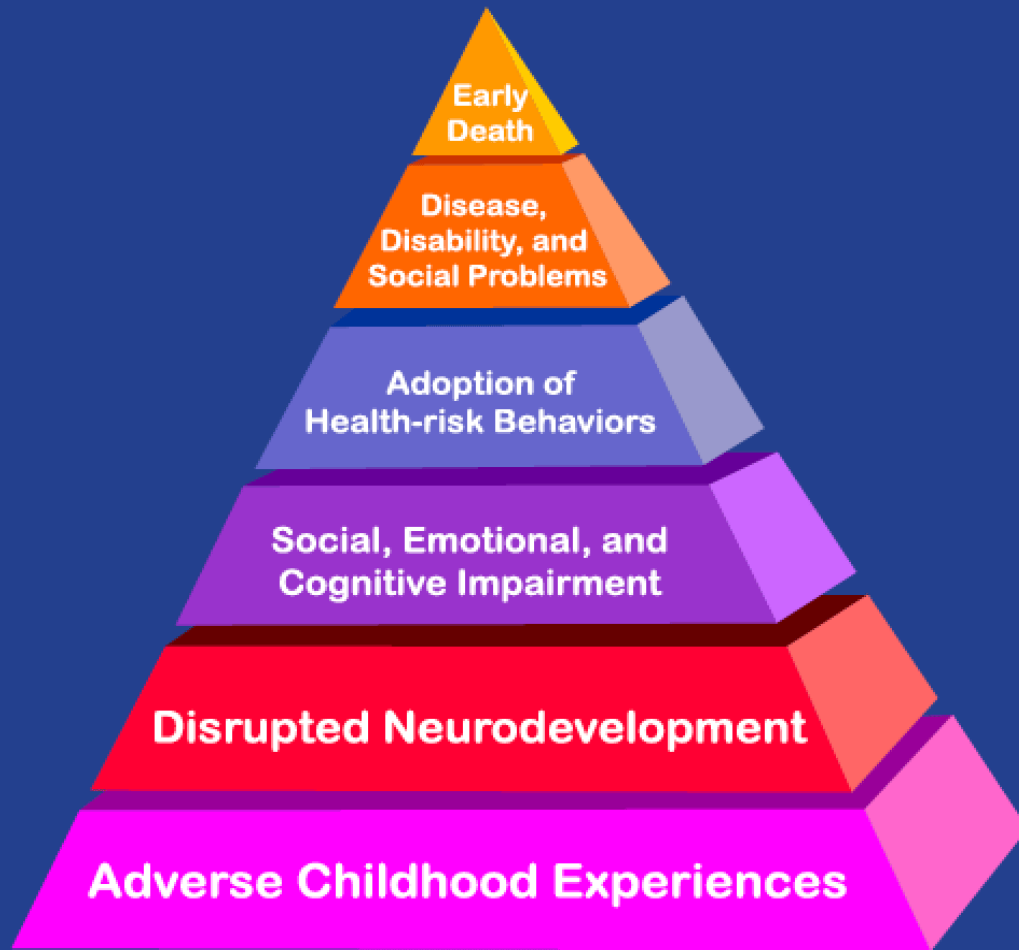
High Rates of Comorbid PTSD and SUD Indicate Two Common Development Pathways



Death



Conception



Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



The ACE Score - Risk for Health Problems

- ▶ Alcoholism and alcohol abuse
- ▶ Chronic obstructive pulmonary disease (COPD)
- ▶ Depression
- ▶ Fetal death
- ▶ 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)
- ▶ Smoking
- ▶ Suicide attempts
- ▶ Unintended pregnancies
- ▶ Early initiation of smoking
- ▶ Early initiation of sexual activity
- ▶ Adolescent pregnancy

Thank You!!

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