

Focusing on Resiliency, Flourishing & Relational Health: ACEs vs PCEs in Pediatric Primary Care

Christine A Loock MD FRCPC DABP

RICHER Social Pediatrics Program

University of British Columbia & BC Children's Hospital

In partnership with the DoBC ACEs Working Group

Special thanks to Drs Will Lau, Eva Moore, Emily Fisher, and Alison Faber and many many more



THE UNIVERSITY
OF BRITISH COLUMBIA



Acknowledgements



We would like to acknowledge that we work, live and play on the traditional, ancestral and unceded territory of the Coast Salish peoples – Sk̓wx̓wú7mesh (Squamish), Stó:lō and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) and x̓w̓məθk̓wəy̓əm (Musqueam) Nations.

We celebrate the many Knowledge Keepers & Key Workers who have walked among us and will continue to guide us.



MEDICAL STAFF ASSOCIATION OF CHILDREN'S AND WOMEN'S HOSPITAL



BC WOMEN'S HOSPITAL+ HEALTH CENTRE



Objectives & Key Questions

Define Resilience, Relational Health (SSNRs) & PCE's & where these terms came from. (Blame Canada!)

How can you ask about ACEs & PCEs in pediatric [child & youth focused] Primary Care Practice?

How can you partner with us to enhance flourishing & social capital for children, youth & families?

Who is in *your* waiting room?

Reflect on your personal ACEs & PCEs and your social capital [who was "crazy about you"]?

Take Home Messages:

The Importance of the Non-Parent Other

“ties to kin and community”
Emmy Werner’s Kauai 40 year Longitudinal Study 1955

“In order to develop normally, a child requires progressively more complex joint activity with one or more adults who have an irrational emotional relationship with the child.

Someone’s got to be crazy about that kid.
That’s number one. First, last and always.”

-Urie Bronfenbrenner

The Seven Childhood Experiences: PCEs

Positive Childhood Experiences questions asked how often the respondent:

1. Felt able to talk to their family about feelings
2. Felt their family stood by them during difficult times
3. Enjoyed participating in community traditions
4. Felt a sense of belonging in high school
5. Felt supported by friends
6. Had at least two non-parent adults who took genuine interest in them
7. Felt safe and protected by an adult in their home



Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. JAMA Pediatr. 2019:e193007.

<https://positiveexperience.org/wp-content/uploads/2020/03/BRFShandout2-18.pdf>

Defining Resilience: Blame [Atlantic] Canada Child & Youth Resilience Measures (CRYM)



2024-05-30

- Ungar, M., Liebenberg, L., Boothroyd, R., Kwong, W. M., Lee, T. Y., Leblanc, J., ... Makhnach, A. The Study of Youth Resilience Across Cultures: Lessons from a Pilot Study of Measurement Development. *Research in Human Development*, 2008. 5(3), 166–180. <https://doi.org/10.1080/15427600802274019>
- Liebenberg, Ungar, LeBlanc, The CYRM-12: A Brief Measure of Resilience, *Can J Public Health* 2013;104(2):e131-e135.(includes CYRM-28) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6974279/pdf/41997_2013_Article_BF03405676.pdf

Loock 2024 CHBC

*Dalhousie University, Halifax, Nova Scotia



OPINION ILLUSTRATION BY XULIN WANG

Put down the self-help books. Resilience is not a DIY endeavour

MICHAEL UNGAR

CONTRIBUTED TO THE GLOBE AND MAIL
2024-05-30
PUBLISHED MAY 25, 2019

We have been giving people the wrong message. Resilience is not a DIY endeavour. Self-help fails because the stresses that put our lives in jeopardy in the first place remain in the world around us even after we've taken the "cures."

Our research shows that even the worst problems are not beyond the control of individuals if we think about changing environments more than changing ourselves.

In all aspects of life, social justice is important to resilience, too. Decades of research have shown that people who are treated justly do better physically and mentally than those who are not..



The science of resilience is clear: The social, political and natural environments in which we live are far more important to our health, fitness, finances and time management than our individual thoughts, feelings or behaviours.

Change your world first by finding the relationships that nurture you, the opportunities to use your talents and the places where you experience community and governmental support and social justice.

Once you have these, your world will help you succeed more than you could ever help yourself.

ILLUSTRATION BY XULIN WANG

Put down the self-help books. **Resilience is not a DIY endeavour**

MICHAEL UNGAR

CONTRIBUTED TO THE GLOBE AND MAIL
2024-05-30
PUBLISHED MAY 25, 2019

Loock 2024 CHBC

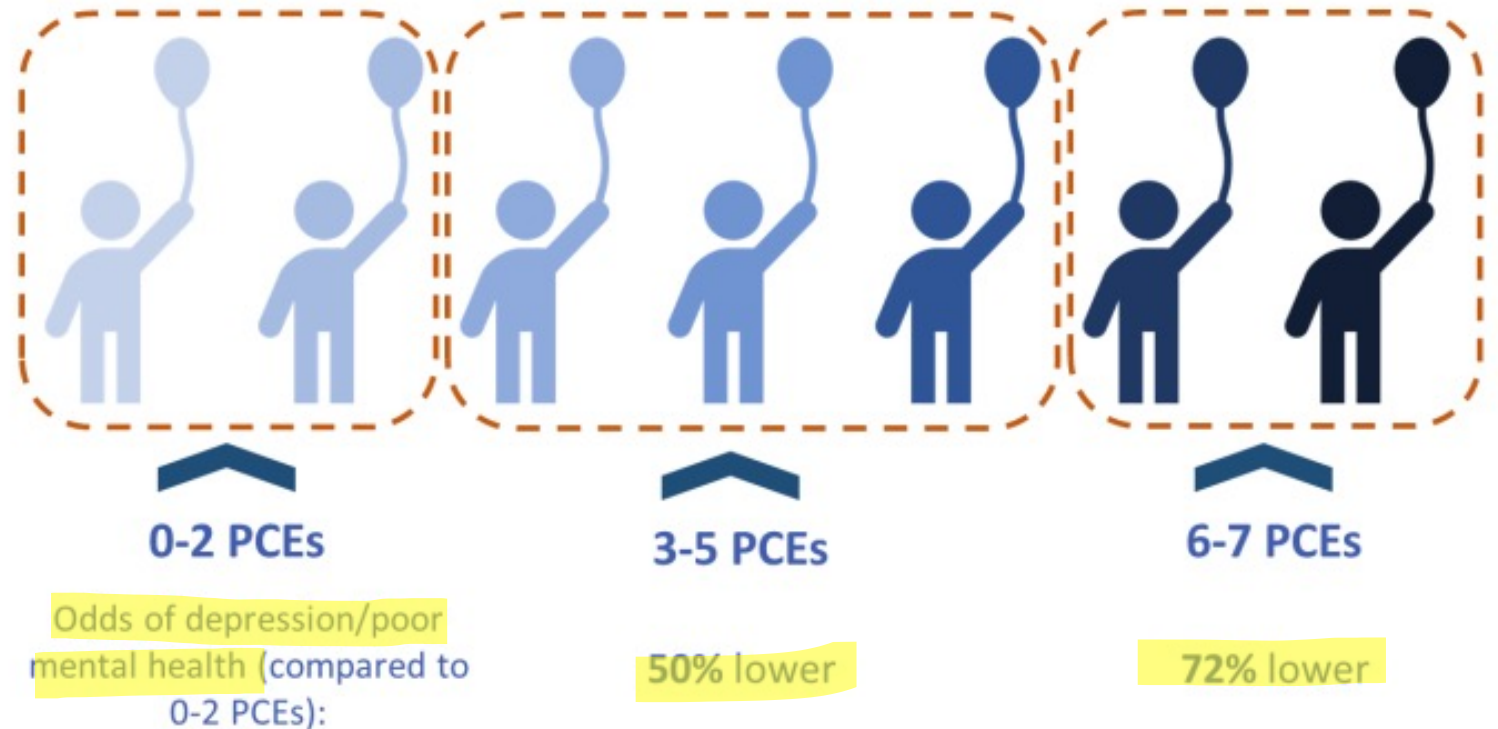
Positive Childhood Experiences (PCEs) & Adult Mental and Relational Health (ARSES)

Child & Youth Resilience Measure (CRYM-28)

Bethel et al, 2019. JAMA Pediatrics

2015 Wisconsin Behavioral Risk Factor Survey of adults; N=6188

(adapted from **Child & Youth Resilience Measures (CRYM-28)** (Atlantic Canadian Youth- n=1494 + 122 Can J Public Health 2013;104(2):e131-e135.)



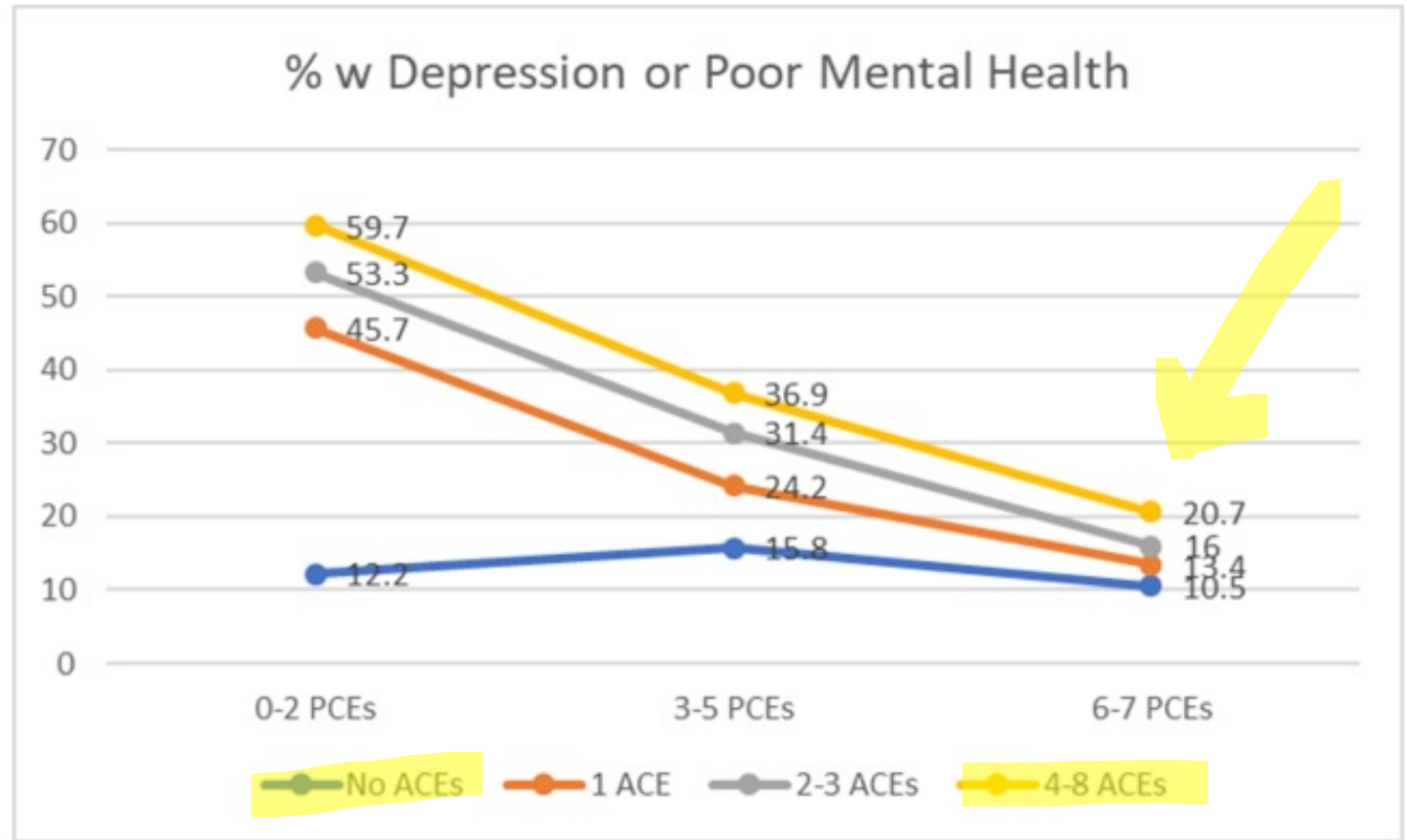
Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R. Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. JAMA Pediatr. 2019 Nov 1;173(11):e193007.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6735495/#poi190057r60>

PCEs & Adult Mental Health & ACEs Scores-

A dose-response relationship

Bethel et al, 2019. JAMA Pediatrics
2015 Wisconsin Behavioral Risk Factor Survey of adults; N=6188
[adapted from Canadian Child & Youth Resilience Measure (CRYM-28)]



We must promote PCEs, particularly for those already dealing with adversity!

<https://positiveexperience.org/wp-content/uploads/2020/03/BRFShandout2-18.pdf>

Resilience & Flourishing: We need both.



Resilience is the ability to adapt and recover from adversity...

... flourishing is a broader concept that encompasses positive emotions and personal development... meaning, engagement, positive relationships, competence, positive emotion, and self-esteem...

“A fairer society is one that is flourishing.”

Dr. Wendy M. Purcell PhD FRSA, Harvard T.H. Chan School of Public Health

Zhang et al, 2024: Preventive Medicine <https://pubmed.ncbi.nlm.nih.gov/38159814/>

Association of PCEs with Flourishing in Children with ADHD

- Positive childhood experiences and childhood flourishing association were studied.
- The associations between PCEs and flourishing [with ADHD] were consistent regardless of the level of ACEs.
- Having a “connected caregiver” was the PCE most closely related to flourishing.

National Survey of Children’s Health, 2021, n=3727

Zhang et al, 2024: Preventive Medicine <https://pubmed.ncbi.nlm.nih.gov/38159814/>

Relational Health: SSNRs [Social Capital]

- Refers to the ability to develop **safe, stable and nurturing relationships** (SSNRs) and environments
 - Dyadic level → parent/caregiver & child
 - Familial level → intra-familial interactions
 - Community level → social interactions
 - Provider level → Primary Care/Specialists with Patient/Family members
- Strengths-based relational health framework → leverages SSNRs to proactively promote skills needed to respond to FUTURE adversity

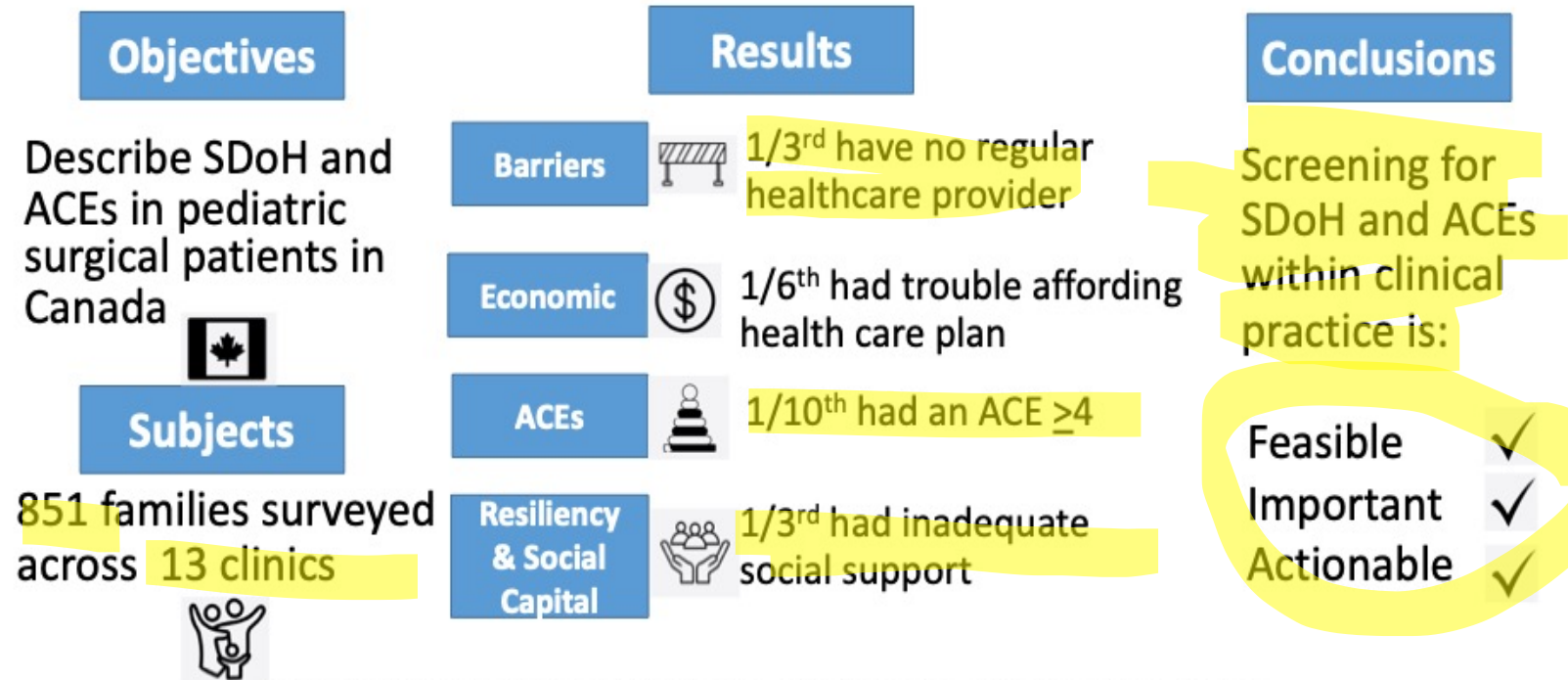
Garner, A., Yogman, M., Child, C. on P. A. of, & Health, F. (2021). Preventing childhood toxic stress: Partnering with families and communities to promote relational health. *Pediatrics*, 148(2). <https://publications.aap.org/pediatrics/article-abstract/148/2/e2021052582/179805>, adapted with permission

Robin C. Williams MD, POSITION STATEMENT APRIL 2023: Canadian Paediatric Society Early Years Task Force. ACEs to early Relational Health: Implications for Clinical Practice, *Paediatrics and Child Health*, 2023 28(6); 377-384 <https://cps.ca/en/documents/position/from-aces-to-early-relational-health#ref48>

Closer to Home: ACEs & PCEs in BCCH Ambulatory Clinics

J. Pediatric Surgery
2024 Apr 10

Who is in Your Waiting Room? Social Determinants of Health and Adverse Childhood Experiences in Pediatric Surgery Clinics



SDoH: Social Determinant of Health, ACE: Adverse Childhood Experience

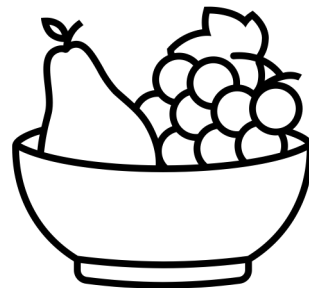
<https://pubmed.ncbi.nlm.nih.gov/38744639/>

Who is in our waiting room: ACEs and SDoH

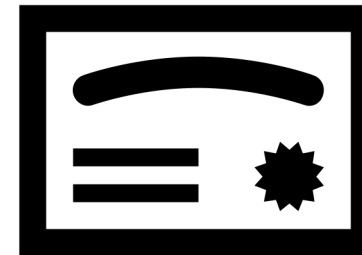
- 12% of patients had an ACEs score ≥ 4
- Three questions emerged as being associated with an ACEs score ≥ 4 (logistic regression)



Difficulty making
ends meet
OR 2.41 $p=0.024$



Food insecurity
OR 2.22 $p=0.030$



Parental education level
OR 1.62, $p=0.006$

N= 515

Loock 2024 CHBC

2 days ago: 21 y.o female Cleft Palate -Transition Visit

PCEs 7/7

PCE's in
Action-
Revisiting
BEAR-Youth
May-Aug
2024

Childhood Experiences

I talk to my family about how I feel	<input checked="" type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
My family stand by me during difficult times	<input checked="" type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I feel safe and protected by the adult(s) at home	<input checked="" type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I have 2 (or more) supportive adults, outside of family, who take genuine interest in me	<input checked="" type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I feel supported by my friends	<input type="checkbox"/> Always	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I feel I belong at my school	<input type="checkbox"/> Always	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I enjoy participating in community traditions	<input type="checkbox"/> Always	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I push myself to achieve my goals even when things go wrong	<input checked="" type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
My activities are meaningful to me	<input checked="" type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
People listen to my ideas	<input type="checkbox"/> Always	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Never

7| Where do you see yourself in 5 years? There is more space at the end of the survey

~~I see myself as a professional dancer in disneyland. Engaged or married, ready to start a family.~~

Feedback

I liked this survey	<input checked="" type="checkbox"/> Agree	<input type="checkbox"/> Disagree
It is important my care provider know this	<input checked="" type="checkbox"/> Agree	<input type="checkbox"/> Disagree
This survey is too personal	<input type="checkbox"/> Agree	<input checked="" type="checkbox"/> Disagree
This survey is too long	<input type="checkbox"/> Agree	<input checked="" type="checkbox"/> Disagree
This survey was triggering (for example: made me very emotional or upset) and I want to talk to someone soon	<input type="checkbox"/> Agree	<input checked="" type="checkbox"/> Disagree

How did this survey make you feel?

Made me feel good that my opinion and experience was important to be heard

Loock 2024 CHBC



Sanya Grover,
BCCHR SSRP UBC
Med 2026, with
Fisher, Faber,
Moore, Lau,
Loock et al

2024-05-30

2 days ago: 21 y.o female Cleft Palate -Transition Visit

PCEs 7/7

PCE's in
Action-
Revisiting
BEAR-Youth
May-Aug
2024

Sanya Grover,
BCCHR SSRP UBC
Med 2026, with
Fisher, Faber,
Moore, Lau,
Loock et al

2024-05-30

If you have any questions or feedback, please contact Will Lau in person or by email wlau@alumni.ubc.ca.

BARRIERS TO CARE

1| Where do you go for health care? (check all that apply)

- Family Doctor
- Nurse Practitioner/Outreach Nurse
- Emergency room
- Counsellor/psychologist
- Walk-in clinic
- Youth clinic
- After hours clinic
- School student health/wellness services
- Traditional/alternative health or healer
- I have regular scheduled appointments/clinics
- I do not get health care
- Other: I don't have a family doctor

2| What could health providers do to help you attend your appointments? (check all that apply)

- Transportation support: parking help, bus pass, ferry voucher, etc.
- Reminders: email, text, phone, etc.
- Language/cultural support
- Emotional support
- Family support: letter for time off, sibling/childcare, etc.
- Companion to take me/ someone to keep me company
- Youth-friendly care: age appropriate, training/experience working with youth, ask me what matters to me, etc.
- To treat me as an equal and included in decisions about my care
- Other (there is more space at the end on page 8)



Loock 2024 CHBC

2 days ago: 21 y.o female Cleft Palate -Transition Visit

PCEs 7/ 7

PCE's in
Action-
Revisiting
BEAR-Youth
May-Aug
2024

4| In times of stress, how many adults can you turn to for support? (for example, friends, partner, parents, siblings, neighbors, elders, spiritual/religious guide, teacher, coach, health nurse, doctor, co-worker, social worker etc.)?

- No one
- 1
- 2
- 3
- 4
- More than 4

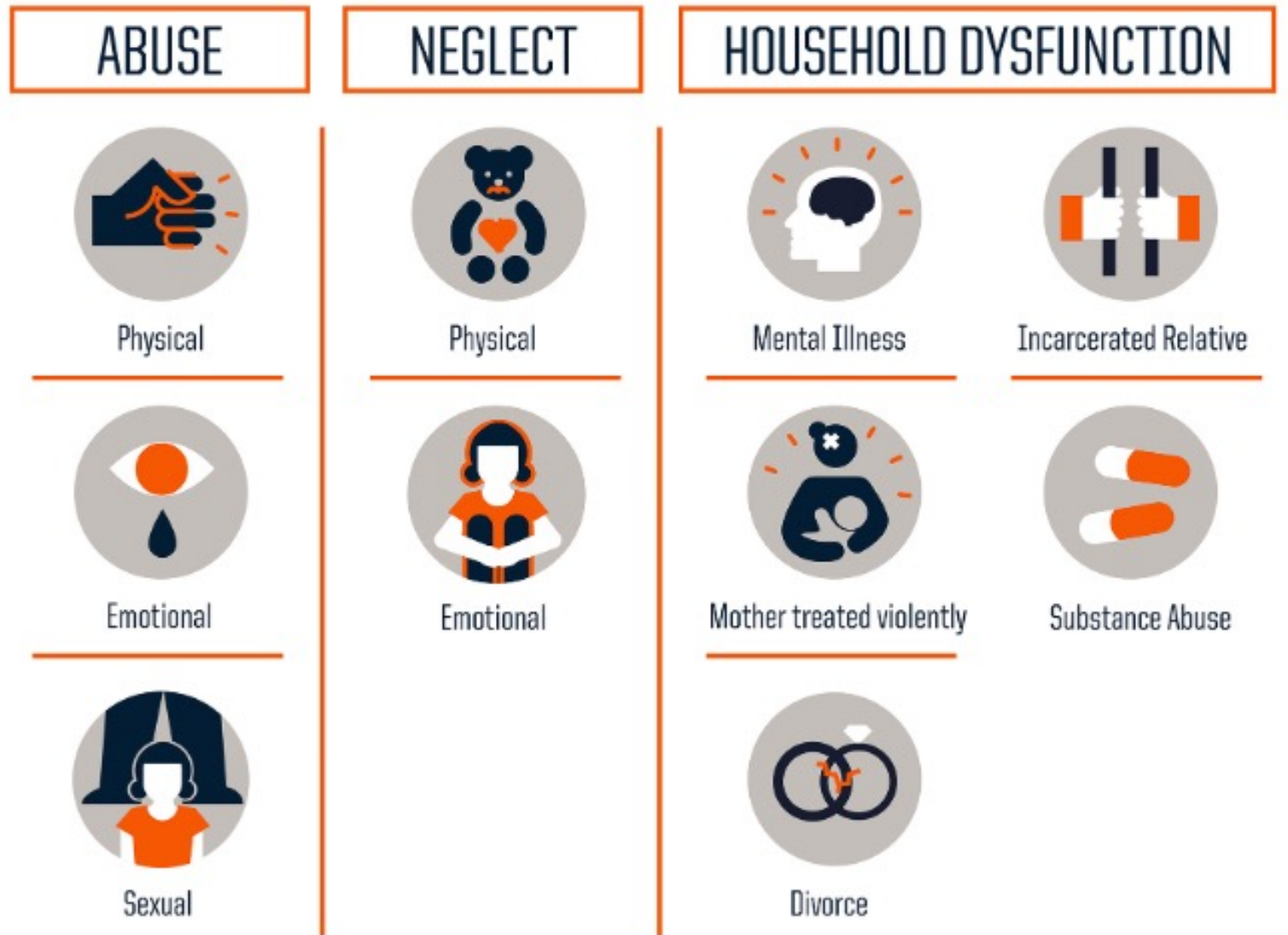
5| Do you have someone you could call if you needed help at any time (for example, at 4am)?

- Yes
- No



Sanya Grover,
BCCHR SSRP UBC
Med 2026, with
Fisher, Faber,
Moore, Lau,
Loock et al

Q1. What is your total ACE score?



Source: Centers for Disease Control and Prevention
Credit: Robert Wood Johnson Foundation

Q2. How many PCE's did you have?

**IDENTIFYING
POSITIVE**
CHILDHOOD EXPERIENCES
that shape mental
health in adults

① Ability to talk
with family
about feelings



② Felt Experience
that family is
supportive in
difficult times



③ enjoyment in
participation in
community traditions



④ Feeling of belonging
in high school.



Feeling of being
supported by friends



⑥ having at least
two non-parent adults
who genuinely care.



⑦ feeling safe and
protected by an
adult at home



LEAD RESEARCHER: CHRISTINA BETHELL @ JOHNS HOPKINS UNIVERSITY
JOURNAL OF AMERICAN MEDICAL ASSOCIATION ARTICLE 2749336
VISUALLY TRANSLATED BY @LINDSAYBRAMAN

Self-Quiz: What are your ACEs & PCEs Scores? _____

6 | Childhood Experiences

I talk to my family about how I feel	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
My family stand by me during difficult times	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I feel safe and protected by the adult(s) at home	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I have 2 (or more) supportive adults, outside of family, who take genuine interest in me	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I feel supported by my friends	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I feel I belong at my school	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never
I enjoy participating in community traditions	<input type="checkbox"/> Always	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never

<https://www.bcchr.ca/sites/default/files/group-opsei/bears-y.pdf>



Special Thanks to All our ACEs to PCEs Team



Principal Investigators:

Dr. Christine A. Looch
Dr. Douglas Courtemanche

Co-Investigators

Mr. Damian Duffy
Dr. Jane Gardiner
Dr. Robert Baird
Ms. Rebecca Courtemanche
Dr. Matthew Carwana
Dr. Eva Moore
Dr. Tanjot Singh
Mr. Ethan Ponton
Ms. Bonnie He
Mr. Will Lau
Ms. Alesia Diccico
Ms. Taylor Ricci
Ms. Amy Beevor-Potts
Ms. Melody Tsai
Ms. Lisa Szostek
Dr Emily Fisher
Dr Alison Faber

Collaborators

Dr Judith Lynam- RICHER TEAM
Dr. Andrew MacNeily
Dr Shirley Tze
Dr Linda Uyeda
Dr Jiwei Li

UBC co-op students:

Haley Eng
Mathilda Silk
Tongtong Zhai
Cyrus Biladvala
Tisha Dasgupta
Beenu Bajwa

THANK YOU (TMTC):

BCCH Social Work
UBC Faculty of Medicine
Department of Pediatrics
Department of Surgery
MASES Engagement Fund
RICHER Community partners
BC Children's Youth Advisory Council
BC Women's Indigenous Health
UBC CUES Fund
BC Divisions of Family Practice
DoBC including SSP, CoP, CYMHC,
ACES Working Group,
Mediate BC A2J TFJSC....



2024-05-30



Loock 2024 CHBC

