



Panel Discussion with Dr. Nadine Burke Harris

Q&A - March 21, 2019

Panelists:

MODERATOR: Dan Cohn, VP Strategy for Mt. Sinai Health Care Foundation

Heidi Gullett, MD, MPH, Medical Director, Cuyahoga County Board of Health, Co-Chair of the HIP-Cuyahoga, and sees patients at Neighborhood Family Practice.

Holli Ritzenthaler, MSSA, LISW-S, Assistant Vice President of Community Counseling, OhioGuidestone

Margaret Mitchell, President and CEO of the YWCA of Greater Cleveland.

Ed Barksdale Jr., MD, Professor of Surgery and Pediatrics at Case Western Reserve School of Medicine & Surgeon-in-Chief at Rainbow Babies & Children's

Hospital **Nadine Burke Harris, MD**, Surgeon General, State of California, and Founder and CEO, Center for Youth Wellness

How do ACEs affect early childhood development and what is needed to ensure a healthy start for our youngest generation?

[The Center on the Developing Child at Harvard](#) and [Zero to Three](#) are excellent resources to further explain the impact of ACEs on development.

Can any of you speak about what we know about the importance of quality play experiences for young children's healthy development and if and how it might act as a buffer?

[Zero to Three](#) is a great starting resource to further explain the value of play.



As a school, we have been learning about ACEs and begun implementing trauma-informed practices. We want to do more starting with our youngest students (age 3) and their families with regard to build buffering relationships/skills. With all the different programs, how do we find partners to help us?

Starting Point and Invest In Children fund a network of providers in Classroom Intervention and Early Childhood Mental Health that could be useful partners for your school. OhioGuidestone is also seeking preschool partnerships to implement [Joyful Together](#), an innovative approach to building relationships and resiliency.

Are there ACEs that you feel are not being measured that should be?

The Urban ACEs, along with Dr. Burke-Harris' ACE-Q are an examples of research and evaluation being conducted on additional measurements for trauma and toxic stress.

Should the ACEs screening be conducted: once or twice (pre and post)?

Only once for Adults over the age of 18 and ongoing for children as they can continue to have these experience until they reach adulthood.

After watching the video it appears that families exposed to trauma develop illness that appears to be connected to genetics. Has a study been conducted to show parallel between trauma induced illnesses over genetics?

The [Center on the Developing Child at Harvard](#) has useful information on Epigenetics.



How can physicians who feel pressured during 15-minute office visits include the ACE screening tool?

Establishing collaborative relationships are key to implementing an ACE screening protocol. A strong network of skilled physicians, behavioral health and case management providers need to work together for successful outcomes and sustainability. OhioGuidestone has been working with NEON and UH with funding from the Mt Sinai Health Care Foundation and St. Lukes to implement screening and would be happy to answer further questions about what we have learned in our work. Send inquiries to research@ohioguidestone.org.

How can these same physicians make time to treat patients with 4 or more ACEs?

Establishing collaborative relationships are key to treatment post screening. A strong network of skilled physicians, behavioral health and case management providers need to work together to treat ACEs. OhioGuidestone has been working with NEON and UH with funding from the Mt Sinai Health Care Foundation and St. Lukes to implement screening and would be happy to answer further questions about what we have learned in our work. Send inquiries to research@ohioguidestone.org.