



JOINT MEETING HEALTH AND HUMAN SERVICES COMMITTEE and PUBLIC SAFETY

MEETING AGENDA

Date & Time of Meeting: **Monday, February 25, 2019, 3:00 p.m.**

Meeting Location: **Employee Resources Conference Room, Courthouse (C-149), 500 Forest Street**

Health & Human Services Committee Members: Matt Bootz, Chair; Tim Buttke, Vice-chair, Bill Miller; Donna Krause, Mary Ann Crosby, Maynard Tremelling, Katie Rosenberg

Public Safety Committee Members: Craig McEwen, Chair, Jim Schaefer, Vice-Chair, Shawn Black, Karen Kellbach, David Nutting, Arnold Schlei, Chris Voll

Marathon County Mission Statement: *Marathon County Government serves people by leading, coordinating, and providing county, regional, and statewide initiatives. It directly or in cooperation with other public and private partners provides services and creates opportunities that make Marathon County and the surrounding area a preferred place to live, work, visit, and do business. (Last updated: 12-20-05)*

Health & Human Services Committee Mission Statement: *Provide leadership for the implementation of the strategic plan, monitoring outcomes, reviewing and recommending to the County Board policies related to health and human services initiatives of Marathon County.*

Public Safety Committee Mission Statement: *Provide leadership for the implementation of the Strategic Plan, monitoring outcomes, reviewing and recommending to the County Board policies related to public safety initiatives of Marathon County.*

A QUORUM OF THE MARATHON COUNTY BOARD OF SUPERVISORS AND/OR ITS VARIOUS COMMITTEES MAY BE IN ATTENDANCE AT THE JOINT MEETING OF THE HEALTH AND HUMAN SERVICES COMMITTEE AND PUBLIC SAFETY COMMITTEE TO OBSERVE THE EDUCATIONAL PRESENTATION ON ADVERSE CHILDHOOD EXPERIENCES; HOWEVER, NO VOTE OR ACTION WILL BE TAKEN BY ANY OTHER COMMITTEE OR BY THE FULL COUNTY BOARD.

1. Call Meetings to Order
2. Public Comment (15 minute limit)
3. Policy Issues for Discussion and Possible Action: None
4. Operational Functions required by Statute, Ordinance, or Resolution: None
5. Educational Presentations and Committee Discussion
 - A. Presentation on Adverse Childhood Experience (ACE's)
6. Next Meeting Logistics and Topics:
 - A. Committee members are asked to bring ideas for future discussion
 - B. Next Scheduled Meeting: Health & Human Services - Monday, March 25, 2019 at 4:00 p.m.
Public Safety – Wednesday, March 13, 2019 at Noon – both in the Courthouse Assembly Room
7. Announcements
8. Adjournment

"Any person planning to attend this meeting who needs some type of special accommodation in order to participate should call the County Clerk's Office at 715-261-1500 or e-mail infomarathon@mail.co.marathon.wi.us one business day before the meeting.

SIGNED /s/ Matt Bootz
Presiding Officer or Designee
NOTICE POSTED AT COURTHOUSE

FAXED TO: Wausau Daily Herald, City Pages, and
FAXED TO: Other Media Groups
FAXED BY: M. Palmer
FAXED DATE: _____
FAXED TIME: _____


BY: M..Palmer
DATE: _____
TIME: _____

UNDERSTANDING
Adverse Childhood Experiences
Building Self-Healing Communities




© 2014



Memory of our experiences
IS STORED IN OUR BODY



ACE Interface © 2015

01/12/14 NEWS

Early Adversity Increases Physical, Mental, Behavioral Problems, Scientists Report

Dr. Robert Anda & Dr. Vincent Felitti
Investigators

Centers for Disease Control & Prevention,
Kaiser Permanente Study

Over 17,000 study participants

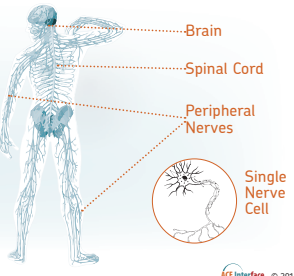
The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.

ACE Interface © 2014

HUMAN NERVOUS SYSTEM

Nervous system
ORCHESTRATES BODY
FUNCTIONS & PERCEPTIONS

Neuroscience
HELPS US UNDERSTAND WHY
ACEs
ARE SO POWERFUL

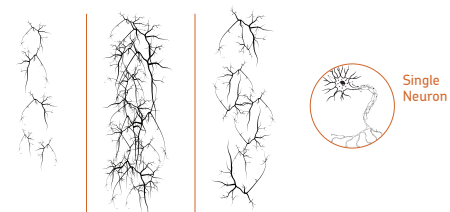


ACE InterTag © 2014

Brain Builders Video –

<https://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-of-brain-development>

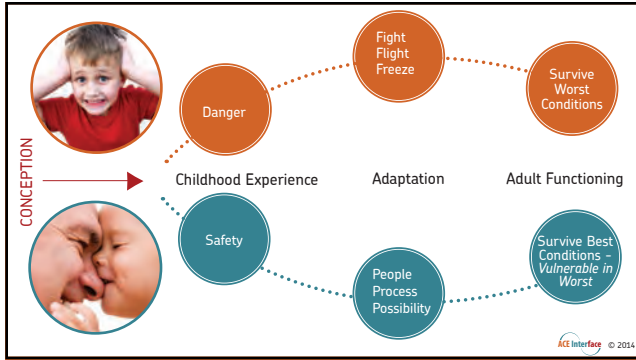
SYNAPTIC DENSITY



At Birth Elementary Age Puberty

Single Neuron

ACE InterTag © 2014





ADAPTATIONS VS EXPECTATIONS

WHEN BIOLOGY collides WITH SOCIAL EXPECTATIONS we run into **TROUBLE**

ACE Interlagos © 2014

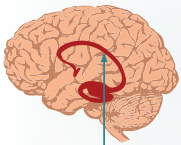
EFFECTS OF MALTREATMENT



type of maltreatment
GENDER
A G E

ACE Interlagos © 2015

THE LIMBIC SYSTEM



LIMBIC SYSTEM

FIGHT
or
FLIGHT

vital for
LEARNING
MEMORY
REWARD
REINFORCEMENT

regulates
HORMONES
MOOD
HEARTBEAT
SEXUAL BEHAVIOR

ACE Interlagos © 2015

THE HIPPOCAMPUS AND AMYGDALA



Amygdala Hippocampus

VITAL
for
RELATIONSHIPS


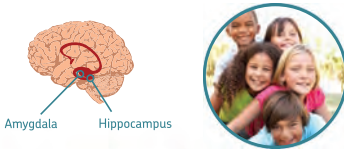


Panic & Fear | Attention | Memory | Social Cues

ACE Interlagos © 2015




MALTREATMENT
0-3

SEXUAL ABUSE
Age 0-5



ACE Interlagos © 2015

STRESS
Interpretations Can Differ
set points in place by
EARLY ADULTHOOD



At Birth

SYNAPTIC DENSITY

Elementary Age

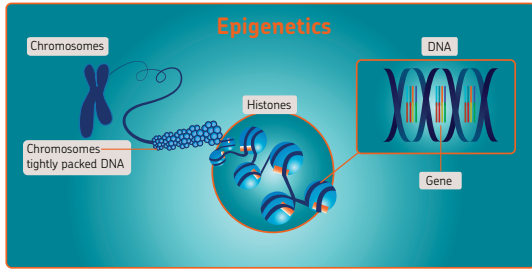
ACE Interlagos © 2014

We have a collective **CHOICE**



ACE Interlagos © 2014

ACEs Influence Gene Expression



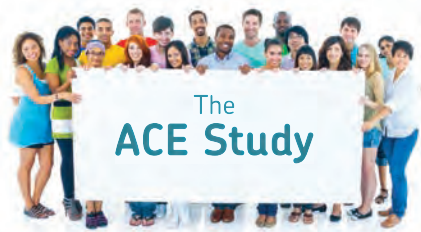
ACE InterFace © 2015

Epigenetics & Enduring Health



ACE InterFace © 2015

The ACE Study

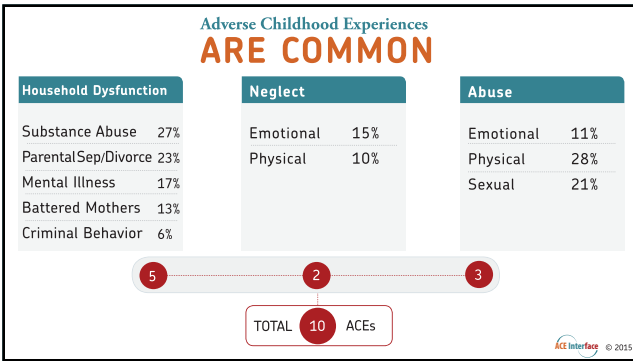


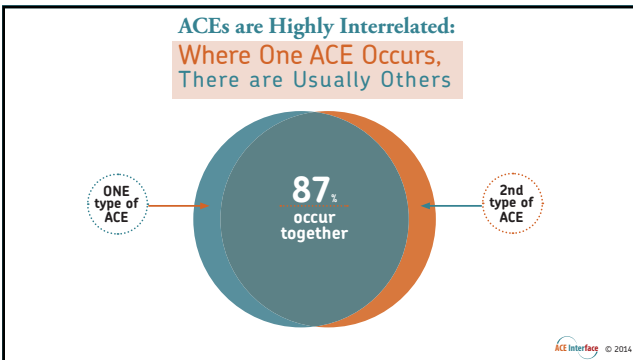
ACE InterFace © 2014

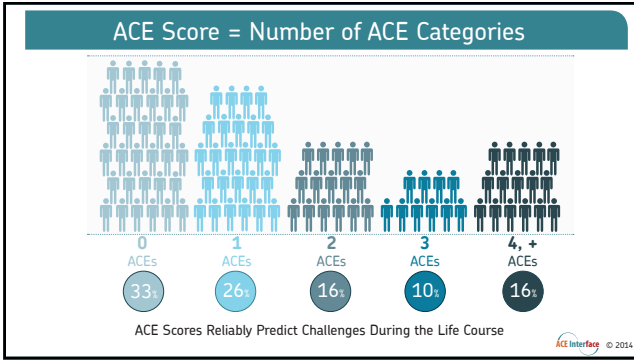
FINDING MORE CONNECTIONS

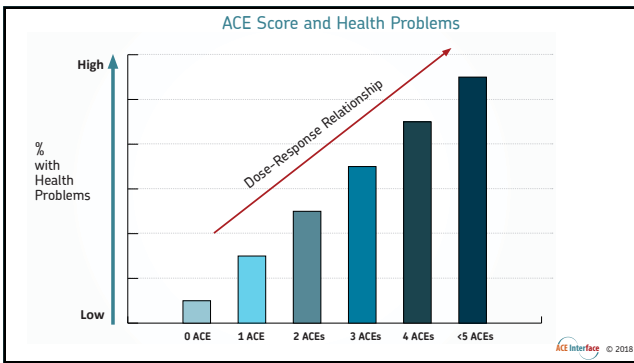
how multiple forms of **childhood adversity** can affect many important **PUBLIC HEALTH PROBLEMS**

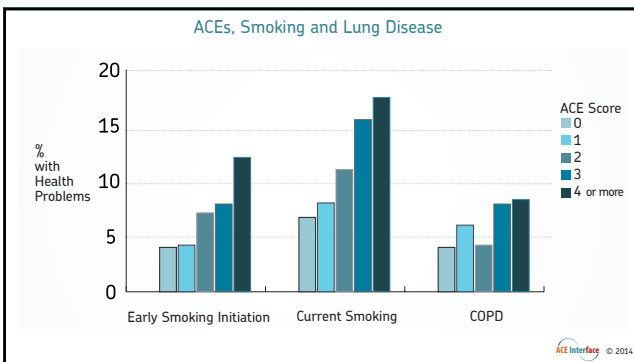
ACE InterTag © 2014



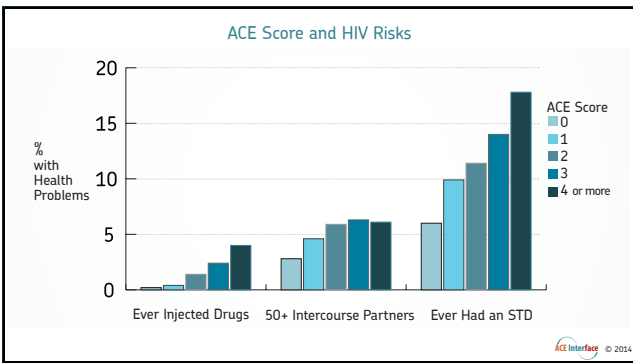


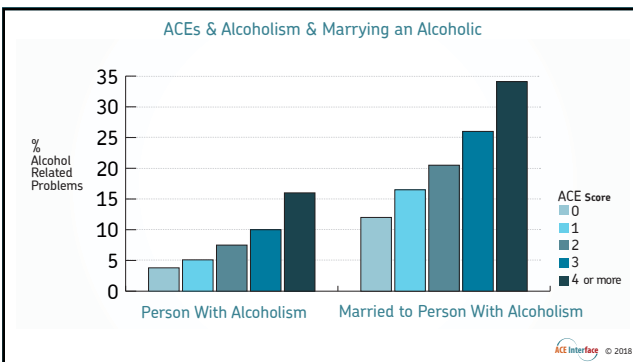


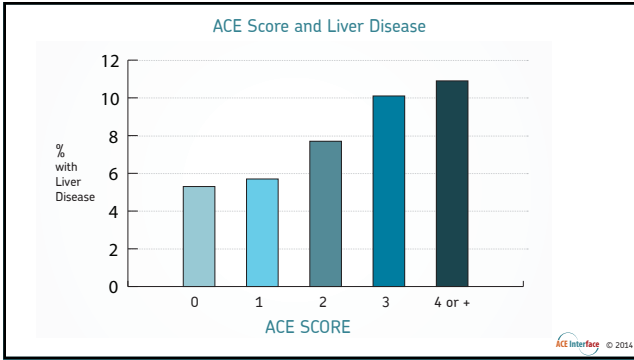


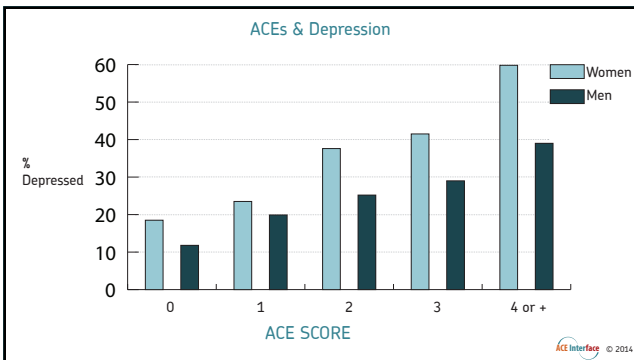


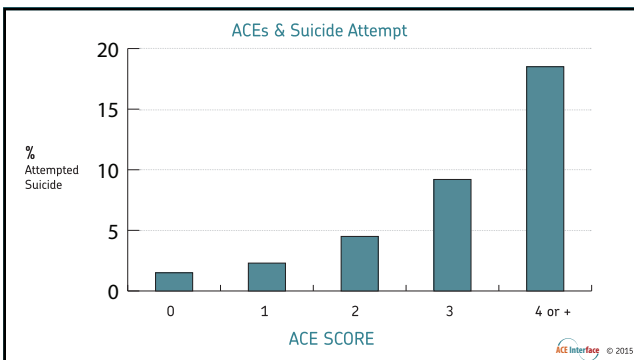


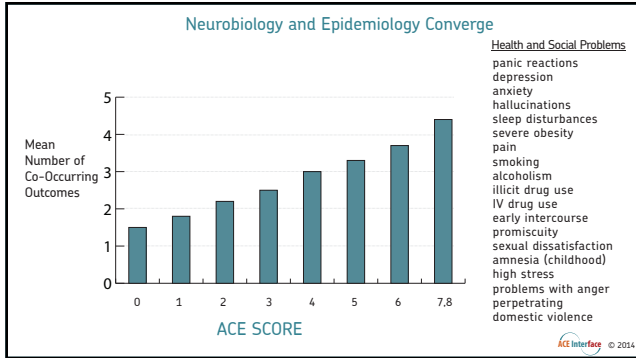












EXAMPLES OF ACE-ATTRIBUTABLE PROBLEMS

Alcoholism & Alcohol Abuse Chronic Obstructive Pulmonary Disease Coronary Heart Disease Depression Drug Abuse & Illicit Drug Use Fetal Death Intimate Partner Violence	Liver Disease Mental Health Problems Obesity Sexual Behavior Problems Smoking Unintended Pregnancy Violence Workplace Problems
--	---

ACE InterFace © 2015

the WAY you spend YOUR day?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

ACE InterFace © 2015

the WAY you spend YOUR day?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	X	3	4	5	6	7
8						
9		10	11	12	13	14
15					X	
16		17	18	19	20	21
22						X
23		24	25	26	27	28
29			X			
30	X	31				

ACE Interfax © 2015

the WAY you spend YOUR day?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
X	X	3	4	X	6	7
8						X
9		10	11	12	13	14
15		X		X	X	
16	X	17	18	19	20	21
22		X	X			X
23	X	24	25	26	27	28
29	X		X		X	X
30	X	31				

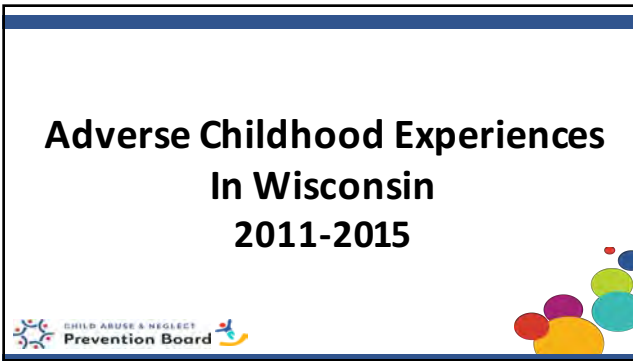
ACE Interfax © 2015

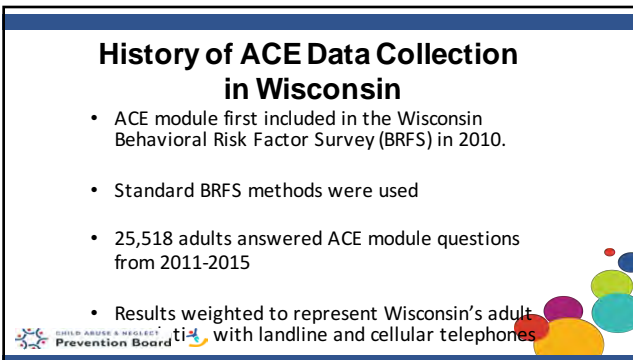
the WAY you spend YOUR day?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						X
X	X	X	X	X	X	X
8						
9	X	10	11	12	13	14
15		X	X	X	X	X
16	X	17	18	19	20	21
22	X	X	X	X	X	X
23	X	24	25	26	27	28
29	X	X	X	X	X	X
30	X	31				

ACE Interfax © 2015







Characteristics of 2011-2015 ACE Survey Respondents

Sample Size	25,518 Wisconsin adults answered the BRFS ACE module	
Average Age	48.2 years	
Education	57.1% some college	9.7% didn't complete high school
Marital Status	55.4% married	44.6% unmarried
Income	53.8% less than \$50,000	46.2% greater than \$50,000
Race/Ethnicity*	87.3% White 4.8% Black 3.7% Hispanic	3.0% Asian 1.0% American Indian

*.05% of participants identified as other



Overview of Wisconsin Findings

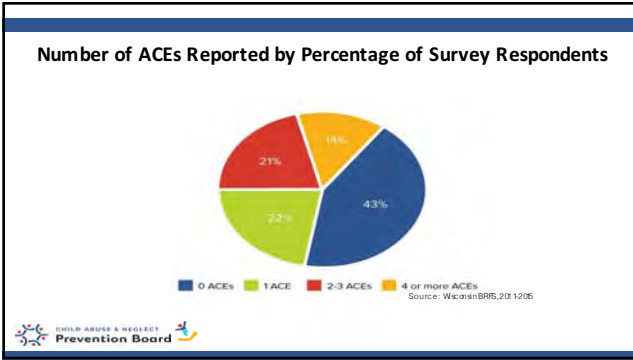
- ACEs are common
- ACEs are interrelated
- ACEs are associated with:
 - Mental Health Outcomes
 - Health Risk Behaviors
 - Physical Health Outcomes
 - Socioeconomic Status
 - Medicaid/Badger Care Enrollment
 - Quality of Life

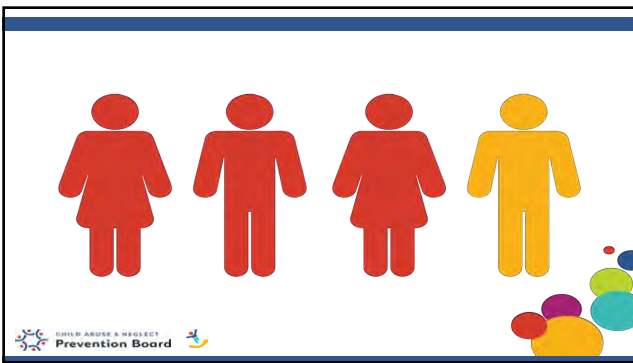


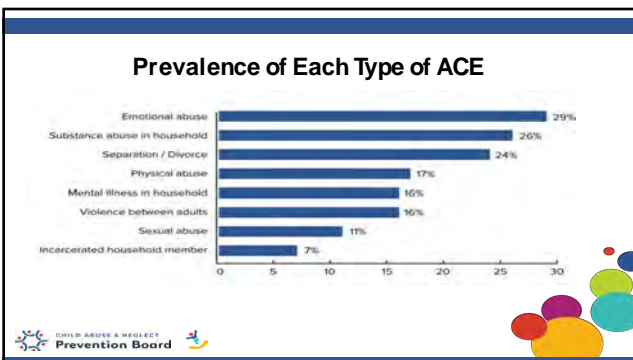
Considerations

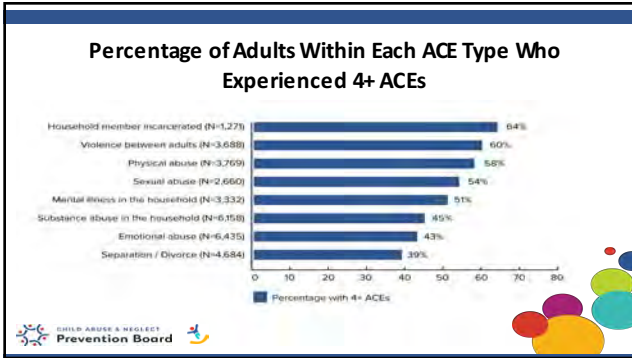
- Population Based Research
- Individual Factors
- Indicators of risk vs. legal definitions of maltreatment
- Retrospective

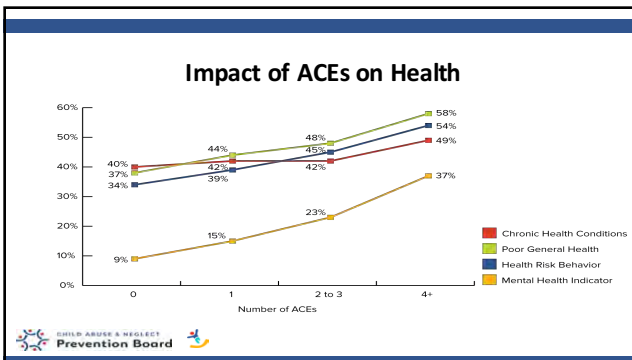










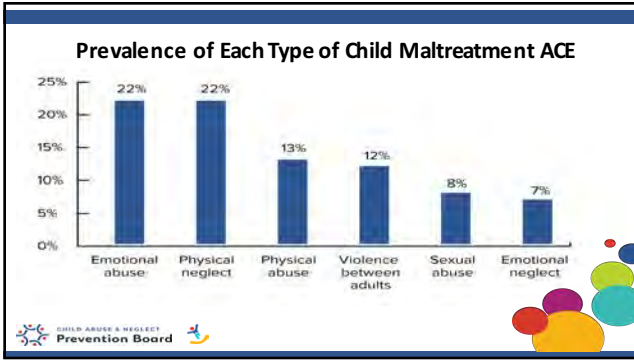


Relationship Between Higher ACE Score and Well-Being in Adulthood

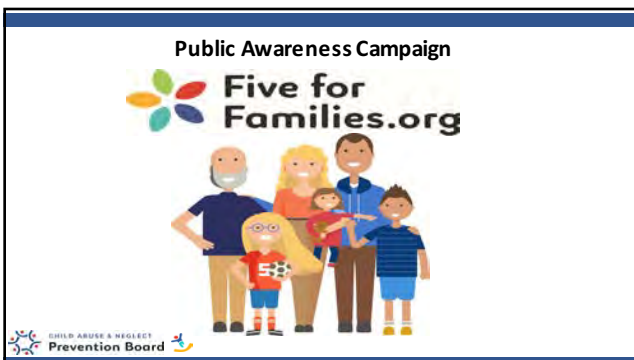
Increased likelihood of ...

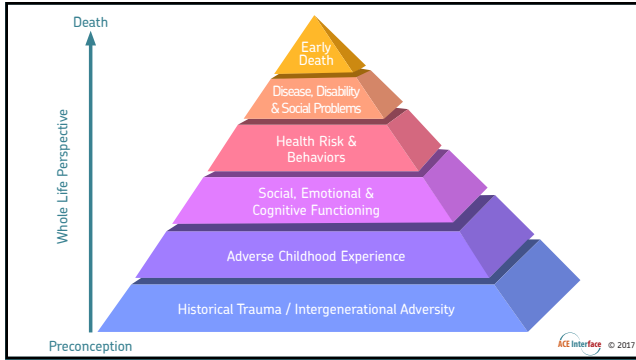
- Less education
- Unemployment
- Lower Income

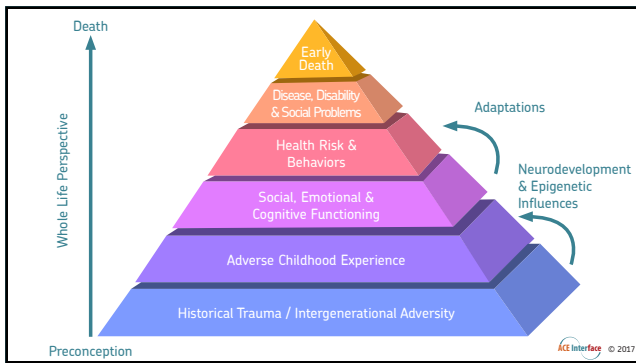
CHILD ABUSE & NEGLECT
Prevention Board











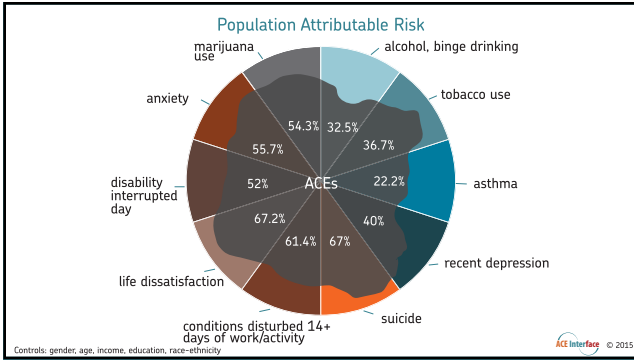
ACEs are Common, Interrelated, Powerful

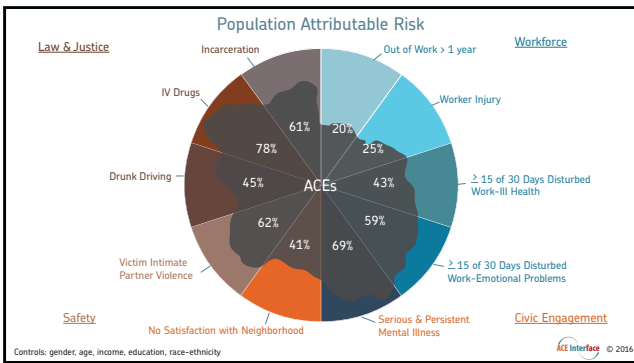
High ACE Scores in Population

Increased Risk of Multiple Health and Social Problems

Intergenerational Transmission of ACEs

ACE InterFace © 2014







Journey to Resilience Video:

<https://www.albertafamilywellness.org/resources/video/brains-journey-to-resilience>

Core Protective Systems

Capabilities

Attachment & Belonging

Community Culture Spirituality

“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

Ann Masten, 2009

ACE Interlag © 2014

Individual Capabilities



Positive

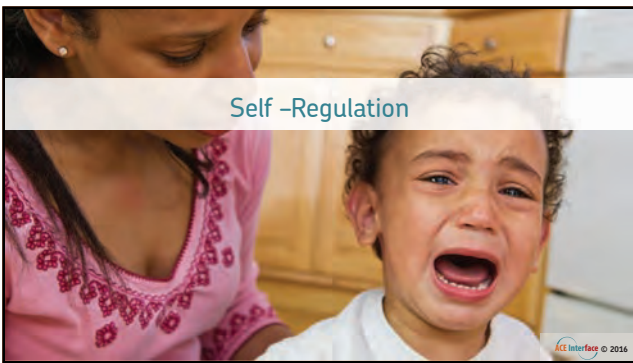
view lets me know I am important and valuable

ACE Interlag © 2015

Self-Efficacy



Self-Regulation



Psychological Safety & Self-regulation

Activate Social Engagement:

- 1. Healing Power of Community Expression in Music, Rhythm, Theatre
- 2. Exercise & Play
- 3. Practicing Connection

Calm Physical Tensions in Body:

- 1. Belly Breathing, Laughter
- 2. Massage, Movement, Yoga
- 3. Mindfulness, Reflection
- 4. Tapping Acupressure Points
- 5. Biofeedback, Neurofeedback
- 6. EMDR



“Establishing Safety First is Paramount”

Dr. Kate McLaughlin

CAPABILITIES

- Self Efficacy
- Ability to Direct Attention
- Positive View
- Executive Skills
- Hope
- Self Regulation

Attachment & Belonging

RELATIONSHIPS
with caring and competent
people are
—VITAL—
contributors to
resilience & recovery



Community, Faith & Cultural Processes

WE
foster
thriving
communities



ACE Interlag © 2014

Cultural Respect and Continuity is Vital

Reclaiming cultural ways after a time of loss is a powerful driver of well-being. "One of the first things that has to be done is to ask the community what is important to the community."

Duran & Duran, 1995



ACE InterFace © 2015

Community Capacity Development

- Leadership Expansion
- Coming Together
- Shared Learning
- Results-Oriented Decisions
- Leadership Expansion
- Coming Together
- Shared Learning
- Results-Oriented Decisions



ACE InterFace © 2015

Leadership Expansion

Where will **YOU** lead us



ACE InterFace © 2015

Coming Together

coming together around issues that matter



Shared Learning

give & receive



Decision Making

WE ARE DECIDING
to build on past successes
and engage more people
to help our communities
to THRIVE

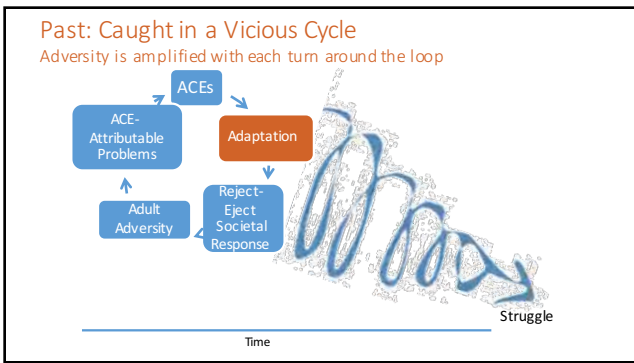


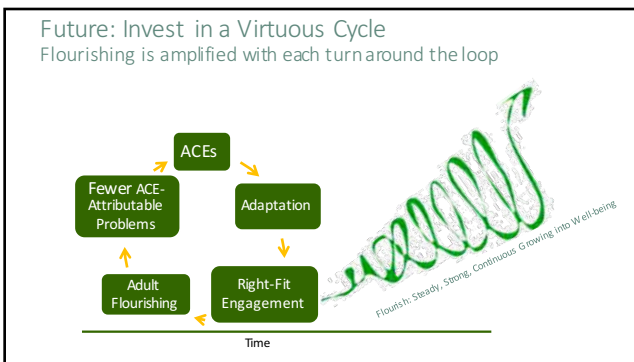
Results Oriented Decision Making: Data

Not Safe at Home Not Welcome at School

Among Adjudicated Youth with High ACE Scores, 85% were first suspended from school in second grade

ACE Interlagos © 2015





CHANGE is up to US




It is shaped by our thoughts, our conversations, the way we relate with one another in relationships, in families, and in communities.

ACE InterTag © 2014

ACEs Are Not Destiny

People affected by ACEs are becoming the leaders of **Self-Healing Communities**



Healthy Lifestyles ACE InterTag © 2015



Help that Helps

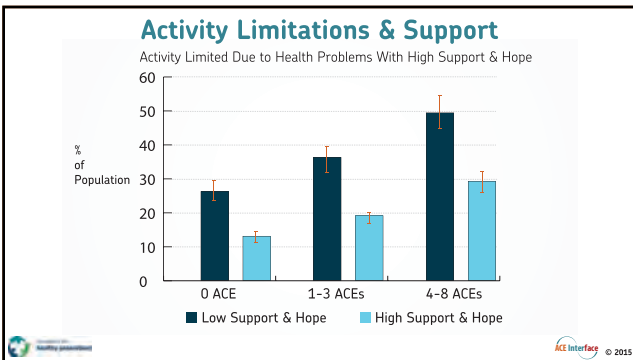
Four Resilience Factors that Make a Difference
They are even more powerful when we Layer Up...

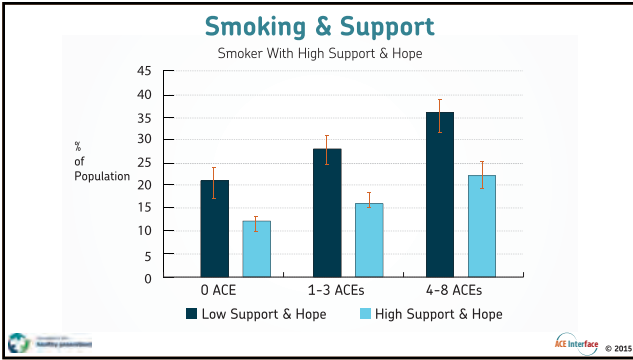
1. Feeling social/emotional support and hope
2. Having 2 or More People Who Help (two or more people who give concrete help when needed)
3. Community reciprocity in watching out for children, intervening when they are in trouble, doing favors for one another
4. Social Bridging – People reach outside their social circle to get help for their family and friends

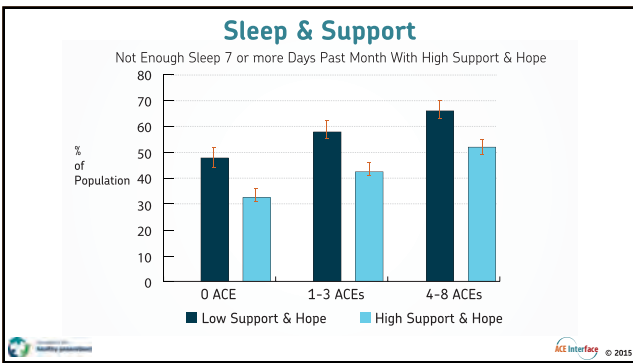
ACE InterTag © 2015

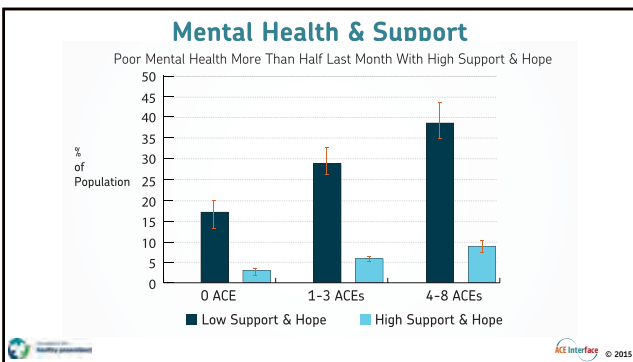


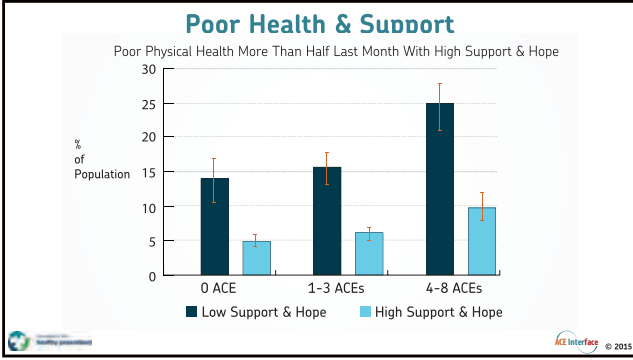


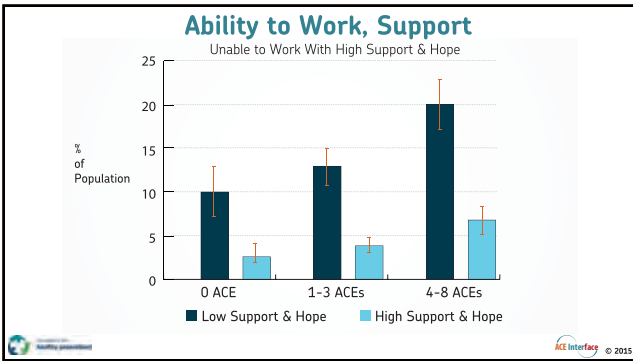


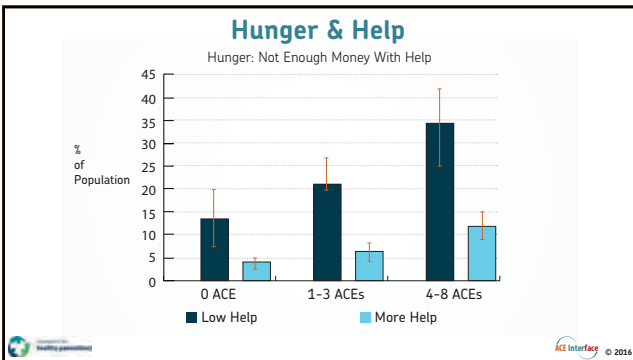


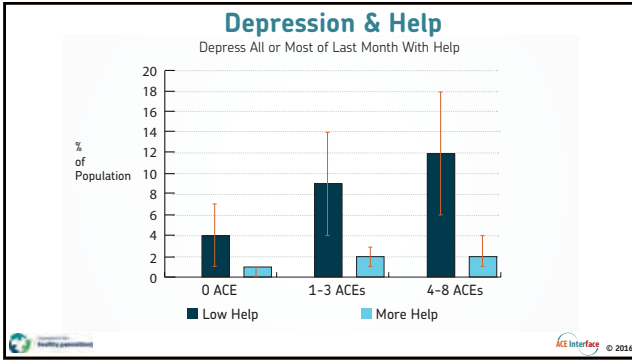


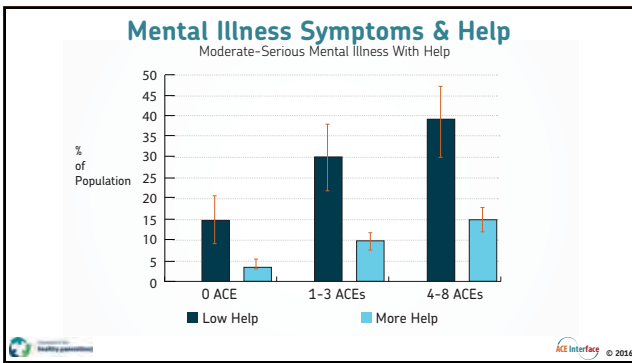












Community Resilience

Community Reciprocity

watching out for children, intervening when they are in trouble, and doing favors for one another



Social Bridging

reaching outside one's immediate circle of friends to recruit help for someone inside that circle.

ACE InterFace © 2015

Reciprocity & Bridging

Better Rates:



- Obesity
- Mental Illness Symptoms
- Alcohol Consumption among Women
- Physical Activity
- Happiness
- Worry about Money for Rent
- Having A Primary Care Physician
- Experiencing Housing Instability
- Being Hungry Because of No Money





How are you feeling about information shared related to the ACE study?



What's going on?







What's next for us?

- How does what we learned about ACEs affect our community?
- What is one thing we can do to create high capacity communities though:
 - Enhanced leadership
 - Coming together
 - Shared learning
 - Results-oriented decision making
- My personal commitment







