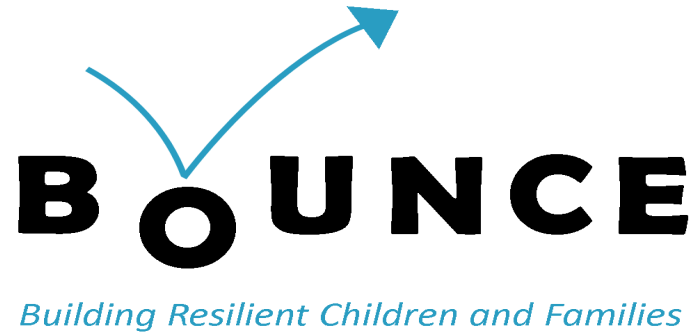


# **BOUNCE**

*Building Resilient Children and Families*



**Tracy Monks, M.Ed., Project Manager, Bounce**

**Betty J. Adkins, M.Ed., Resource Development  
Manager, Louisville Metro Department of  
Public Health and Wellness**

**David L. Finke, Ph.D., Division Director,  
Seven Counties Services**

**Beverly Winsch, Ph.D., Program Evaluator,  
Jefferson County Public Schools**

*Infusing trauma awareness, knowledge, and skills into the cultures, practices, and policies of Jefferson County Public Schools and out-of-school-time provider agencies to foster the resiliency of vulnerable children and families.*

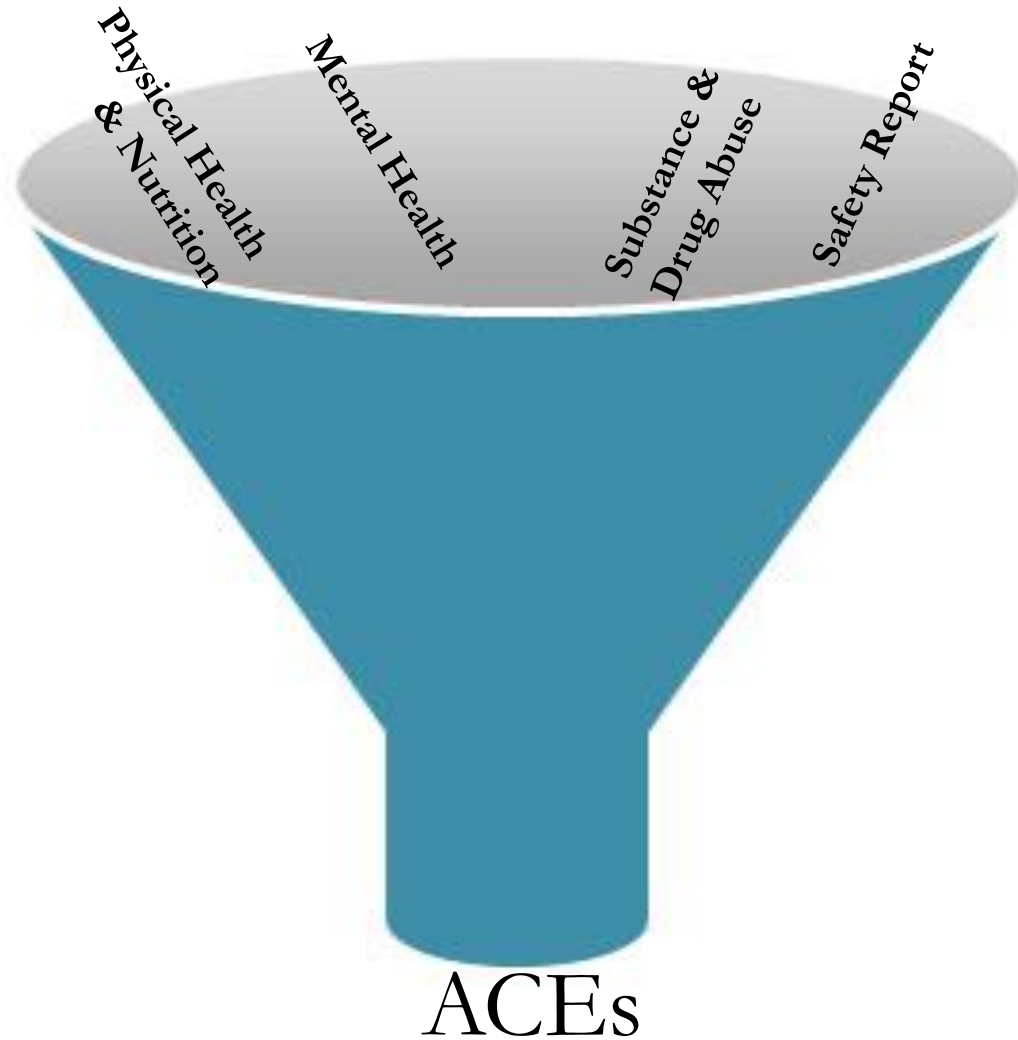


## AN EVOLVING COALITION

Association of Community Ministries  
Center for Women and Families  
Community Foundation of Louisville  
Family & Children's Place  
Family Health Center, Inc.  
Jefferson County Public Schools  
Kentucky Youth Advocates  
KentuckyOne Health  
Louisville Metro Council  
Louisville Metro Department of Public Health and Wellness  
Louisville Metro Government - Mayor's Office  
Louisville Metro Office for Safe and Healthy Neighborhoods  
Louisville Metro Office of Youth Development  
Metro United Way  
Metro Youth Advocate & Other Teens  
Norton Healthcare, Inc.  
Nucleus  
Seven Counties Services  
University of Louisville School of Public Health & Information Sciences  
YMCA of Greater Louisville



## DISTILLING DATA



ADVERSE CHILDHOOD EXPERIENCES

### MENTAL HEALTH

- Anxiety & Depression
- Youth In Treatment
- Adjustment Reaction Disorder in Acute Care Settings
- Conduct Disorder Acute Care Settings

### PHYSICAL HEALTH & NUTRITION

- Nutritional Deficiencies
- Overweight or Obese
- Physical Activity
- Asthma

### SUBSTANCE & DRUG ABUSE

- Prescription Drug Use
- Alcoholic Beverage Use
- Cigarette Use
- Youth Utilizing Inpatient/Outpatient Services for Drug Use

### SAFETY REPORT

- Substantiated Cases of Child Abuse/Neglect
- Homelessness
- Teen Births
- Out of School Suspensions

War and other forms of violence

Witnessing acts of violence

Childhood abuse and neglect

Accidents and  
natural disasters

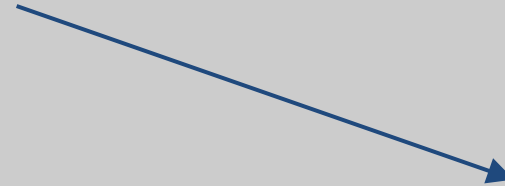
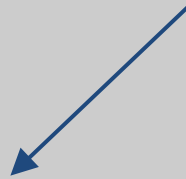
Traumatic grief  
and loss

Medical interventions

# Impacts of trauma

## Brain Development

- Learning
- Emotions
- Memory



Appearance & Hygiene



Relationships &  
Behavior



Sense of Self



# Adverse Childhood Experiences (ACEs)

Largest study ever done to look at the health and social effects of adverse childhood experiences over the course of one's childhood.





# THE TRUTH ABOUT ACEs

## WHAT ARE THEY?

ACEs are  
ADVERSE  
CHILDHOOD  
EXPERIENCES

## HOW PREVALENT ARE ACEs?

*The three types of ACEs include*

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

## WHAT IMPACT DO ACEs HAVE?

## BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

## PHYSICAL & MENTAL HEALTH



Severe obesity



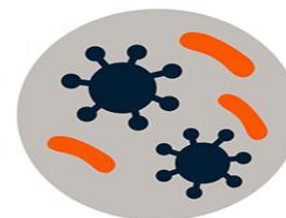
Diabetes



Depression



Suicide attempts



STDs



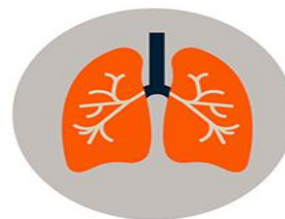
Heart disease



Cancer



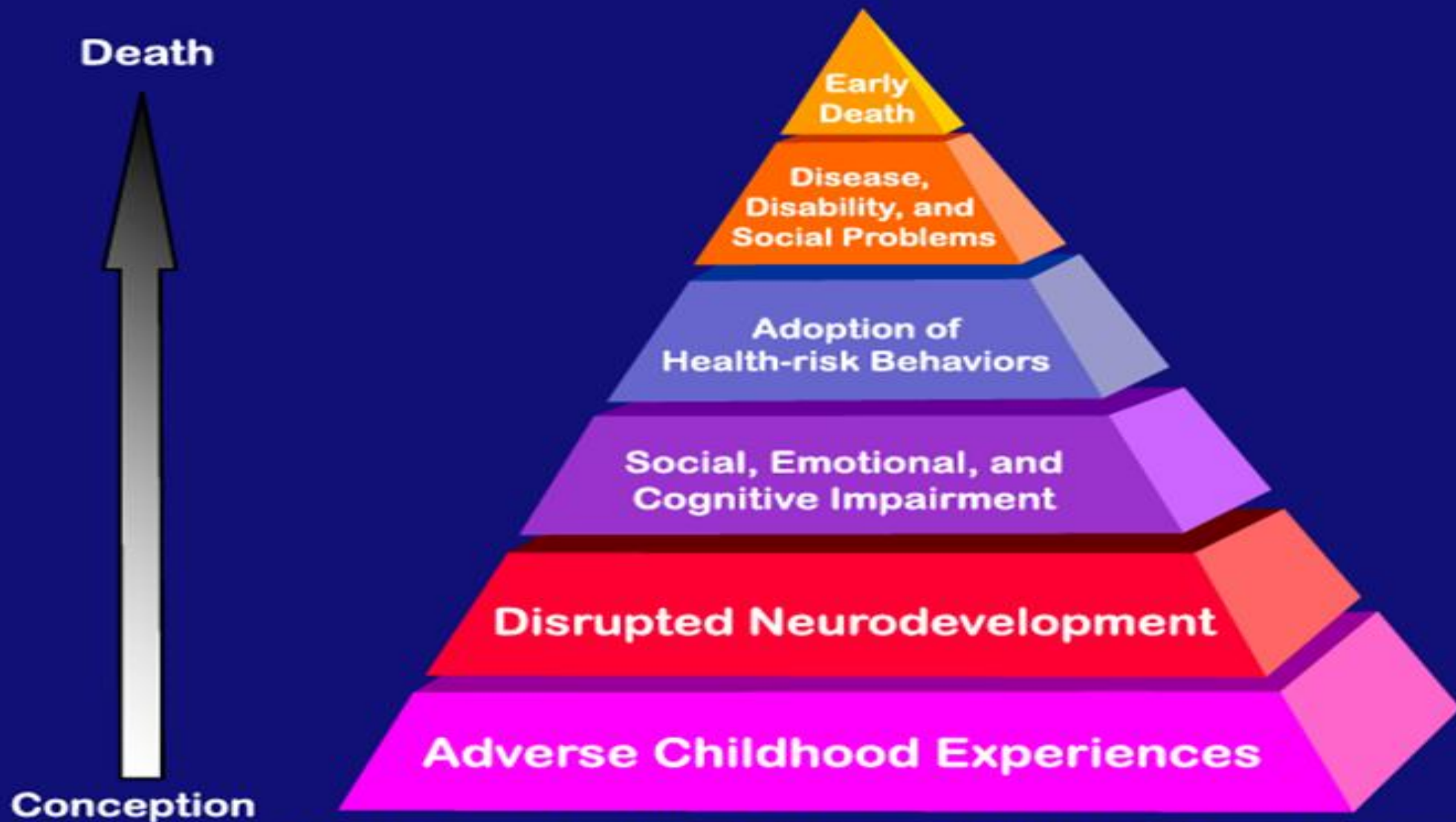
Stroke



COPD



Broken bones



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

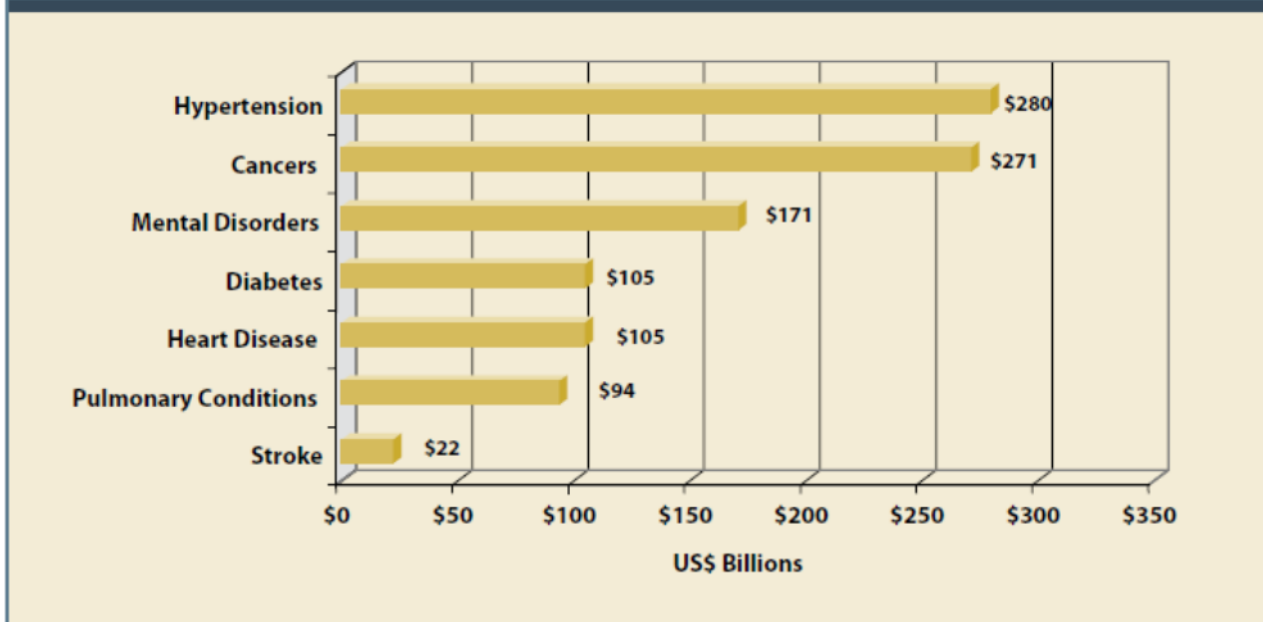


# The Cost of Chronic Health Disease

Excessive  
Drinking U.S.  
\$223.5 Billion  
(CDC, 2014)



Figure 4 :: Lost Productivity by Chronic Disease, 2003



Sources: NHIS, Milken Institute

Obesity U.S.  
Up to \$210 Billion per  
Year (<http://stateofobesity.org/facts-economic-costs-of-obesity>)

Childhood Obesity  
\$14.1 Billion

(Trasande L. and Chatterjee S. The Impact of Obesity on Health Service Utilization and Costs in Childhood. *Obesity*, 17(9):1749-54, 2009. )

Kentucky high school  
students have the worst  
obesity rate in US at  
18%. (<http://stateofobesity.org/facts-economic-costs-of-obesity>)

Heart Disease  
\$1.8 Billion Kentucky In-patient  
Hospitalizations. 27% of all deaths

([http://chfs.ky.gov/NR/rdonlyres/A268A75B-3F85-4BD4-9960-943ADC9CF439/0/KyHeartDiseaseFactSheet\\_Oc](http://chfs.ky.gov/NR/rdonlyres/A268A75B-3F85-4BD4-9960-943ADC9CF439/0/KyHeartDiseaseFactSheet_Oc))

Percentage of Population Who Smoke, 2003

Top Five States	Percent	Bottom Five States	Percent
Kentucky	30.8	Utah	11.9
West Virginia	27.3	California	16.8
Missouri	27.2	Colorado	18.6
Louisiana	26.5	Connecticut	18.6
Alaska	26.2	Idaho	19.0

Source: Behavioral Risk Factor Surveillance System (CDC)

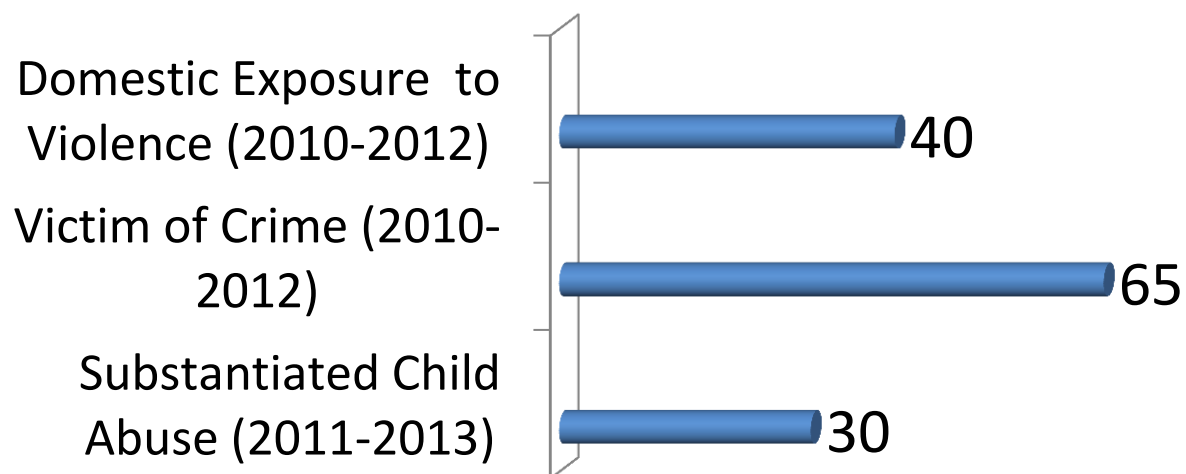
## ADVERSE CHILDHOOD EXPERIENCES STUDY (N=17,000)



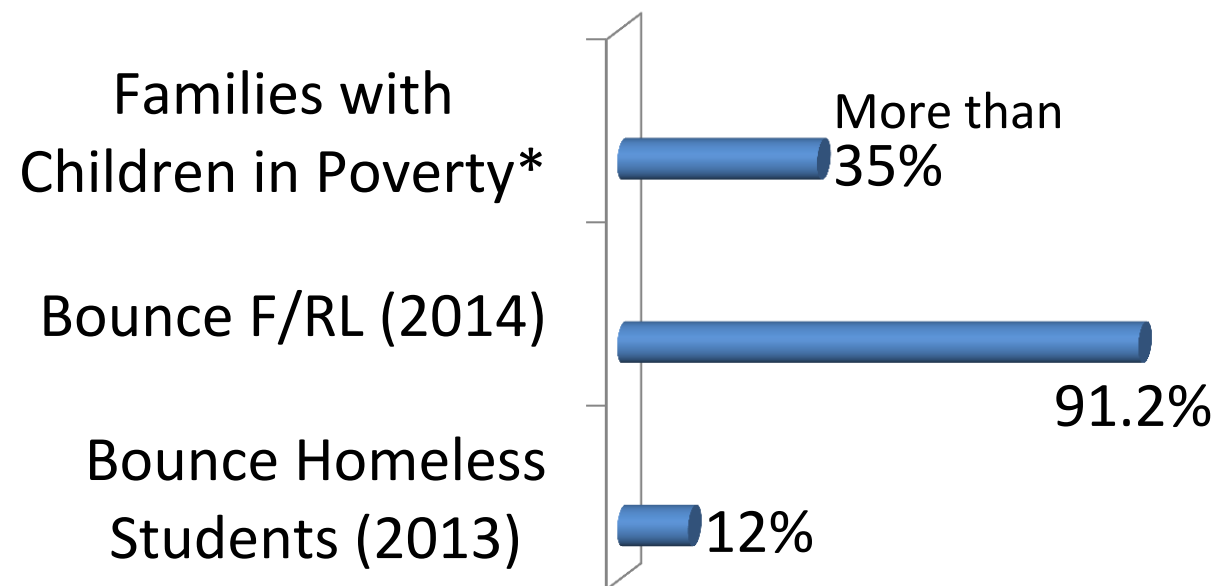
National Survey of Children's Health (2012)	Two or More Adverse Family Experiences
Nationwide (N=94,520)	23%
Kentucky (N=1841)	30%
Low Income Metropolitan KY Areas >500,000 (N=1,068)	45%

## JEFFERSON COUNTY DATA EXAMPLES – IROQUOIS NEIGHBORHOODS

### Violence\*



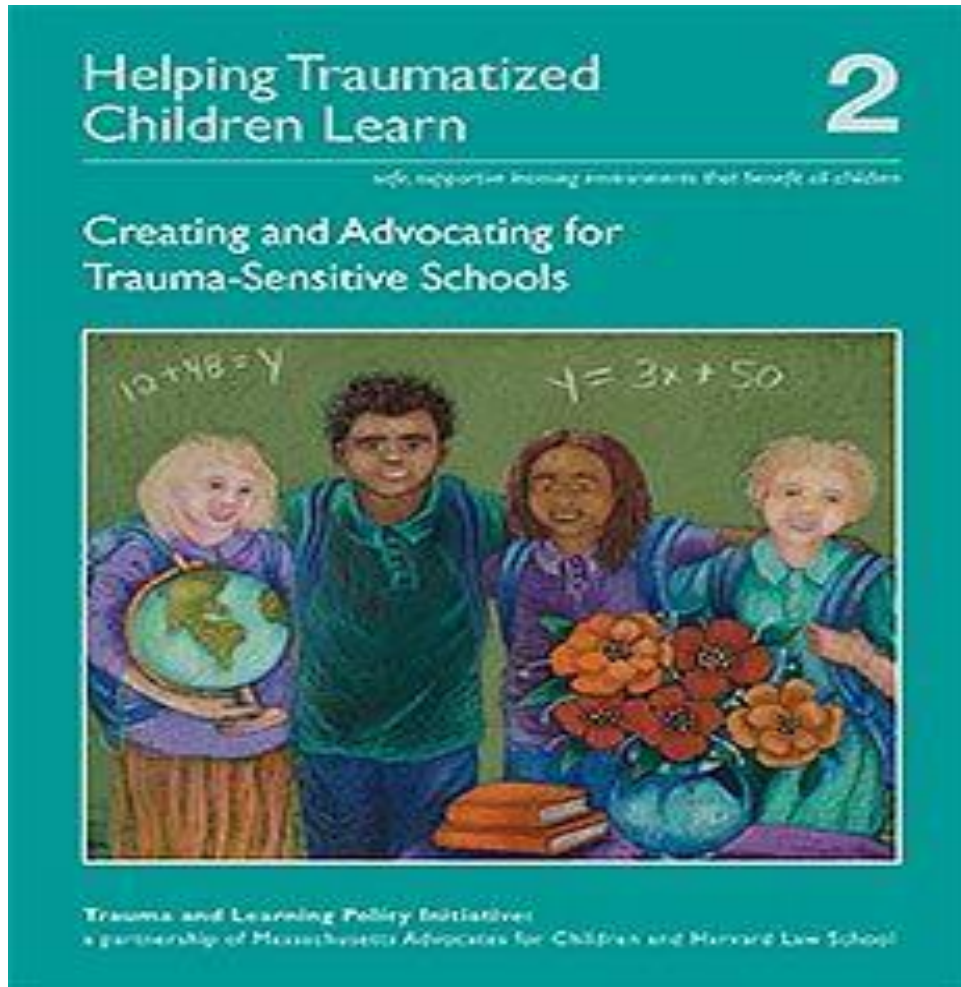
### Poverty



\*County data prepared by Kentucky Data Center and provided by Kentucky Youth Advocates. Full references available from Dr. Beverly Winsch @beverly.winsch@jefferson.kyschools.us

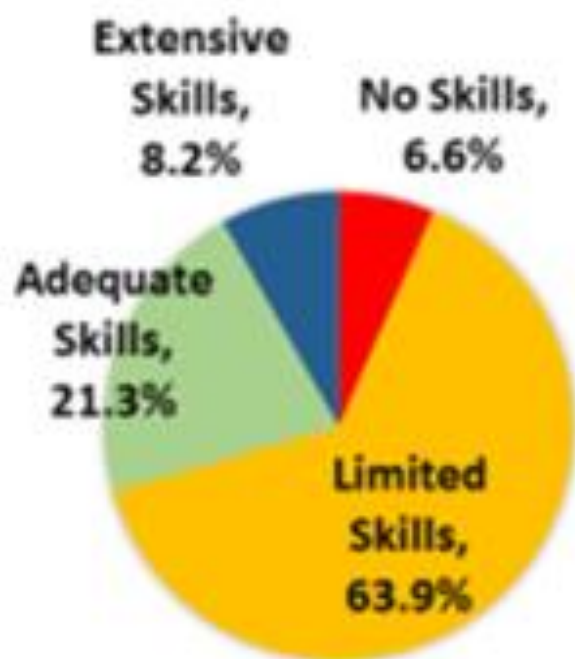


# Implementation



- Creating a Trauma-Resilient school in the Iroquois neighborhood  
(2014-2015 school year)
- Building Resiliency and Trauma Sensitivity Among OST Providers  
(500 each of the next 3 years)

## How Would You Describe Your Skill Level in Providing Effective Support to Students Experiencing Traumatic Events?



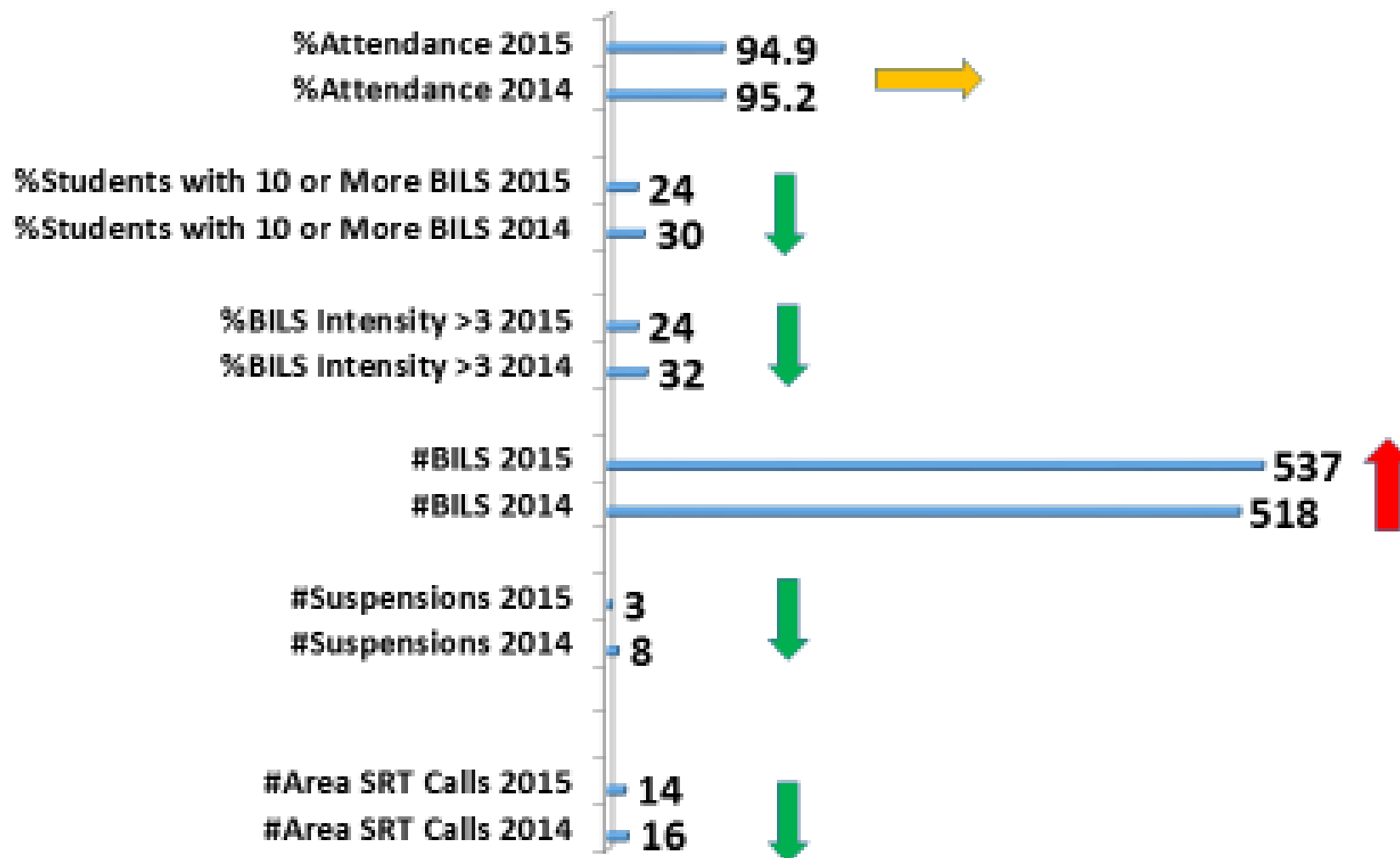
**FALL 2014 (N=61 Bounce School Staff)**



**PENDING SPRING 2015 (N=49 Bounce School Staff)**

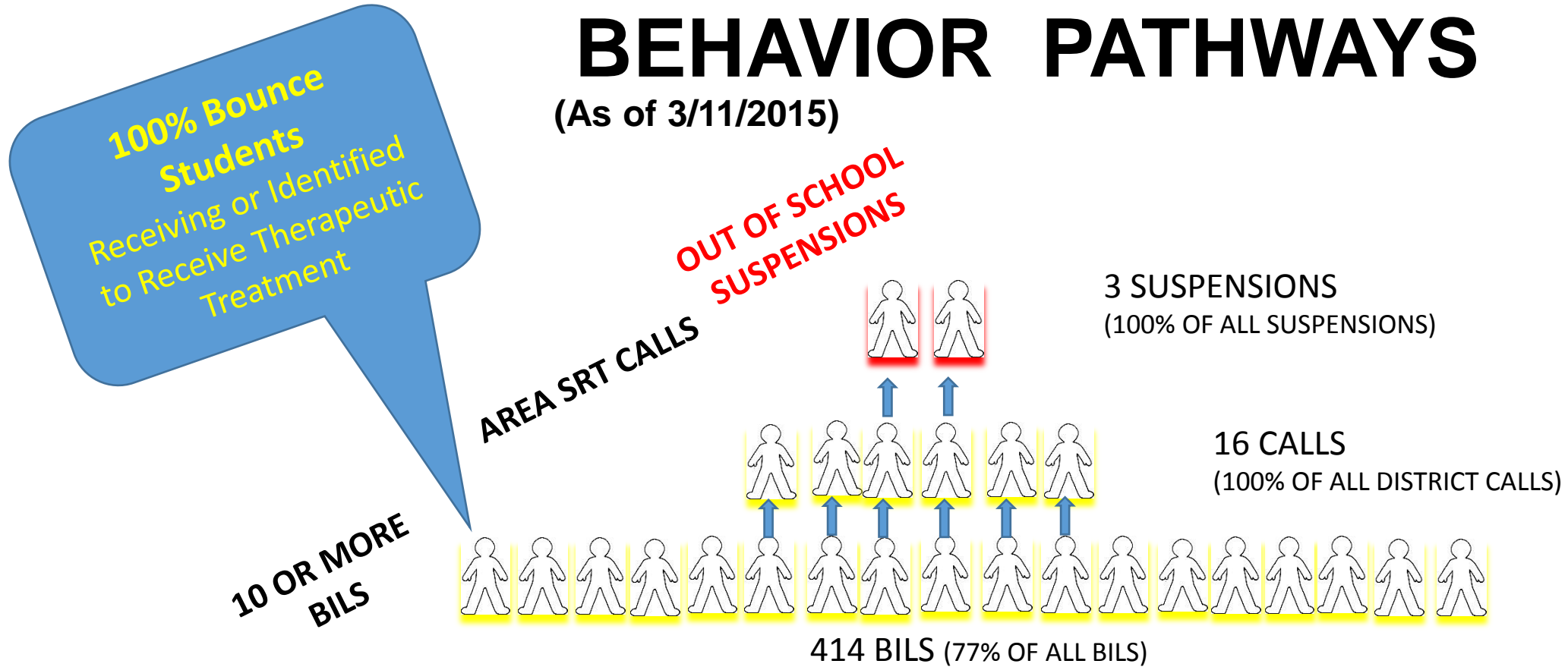
## BEHAVIOR INDICATORS (As of 3/11/2015)

### Non-Cognitive Indicators



# BEHAVIOR PATHWAYS

(As of 3/11/2015)



# NEXT STEPS

- SCHOOL BASED
- OUT OF SCHOOL TIME
- IDENTIFY ADDITIONAL FUNDING SOURCES
- OPPORTUNITIES TO EXPAND COALITION

# Follow up Contact

- Tracy Monks, [bounce.louisville@aol.com](mailto:bounce.louisville@aol.com)



