



The Importance of Considering Childhood Adversity Patterns When Working with Youth in Residential Care

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What is Childhood Adversity (CA)?

“Experiences that are likely to require significant adaptation by an average child and that represent a deviation from the expectable environment (p. 363, McLaughlin et al. 2016)”

This can include:

- Maltreatment (e.g., abuse and neglect)
- Exposure to violence
- Negative familial or socio-ecological circumstances (e.g., parental separation or loss, poverty, racism)

Childhood Adversity & Youth in Residential Programs

Youth in residential programs have high rates of traumatic experiences that include abuse and neglect.

It is estimated that up to two-thirds of youth have experienced at least one-type of maltreatment and they are more prone to CA than their peers.

(Briggs et al., 2012; Pane et al., 2015).



Childhood Adversity & Youth in Residential Programs

	<u>Total</u>	<u>Girls</u>	<u>Boys</u>	<u>p</u>
Poor Parental Anger	61%	66%	59%	*
Physical Abuse	28%	35%	25%	**
Sexual Abuse	18%	38%	8%	***
Neglect	58%	64%	55%	***
Parent Partner Violence	24%	27%	22%	>.05
Parental Marital Discord	58%	60%	57%	>.05
Mental Illness in Family	35%	45%	31%	***
Substance Abuse in Family	59%	62%	57%	>.05
Criminal Parent	39%	46%	36%	***

$p < .05$, ** $p < .01$, *** $p < .001$

(Tyler, Patwardhan et al., 2019)



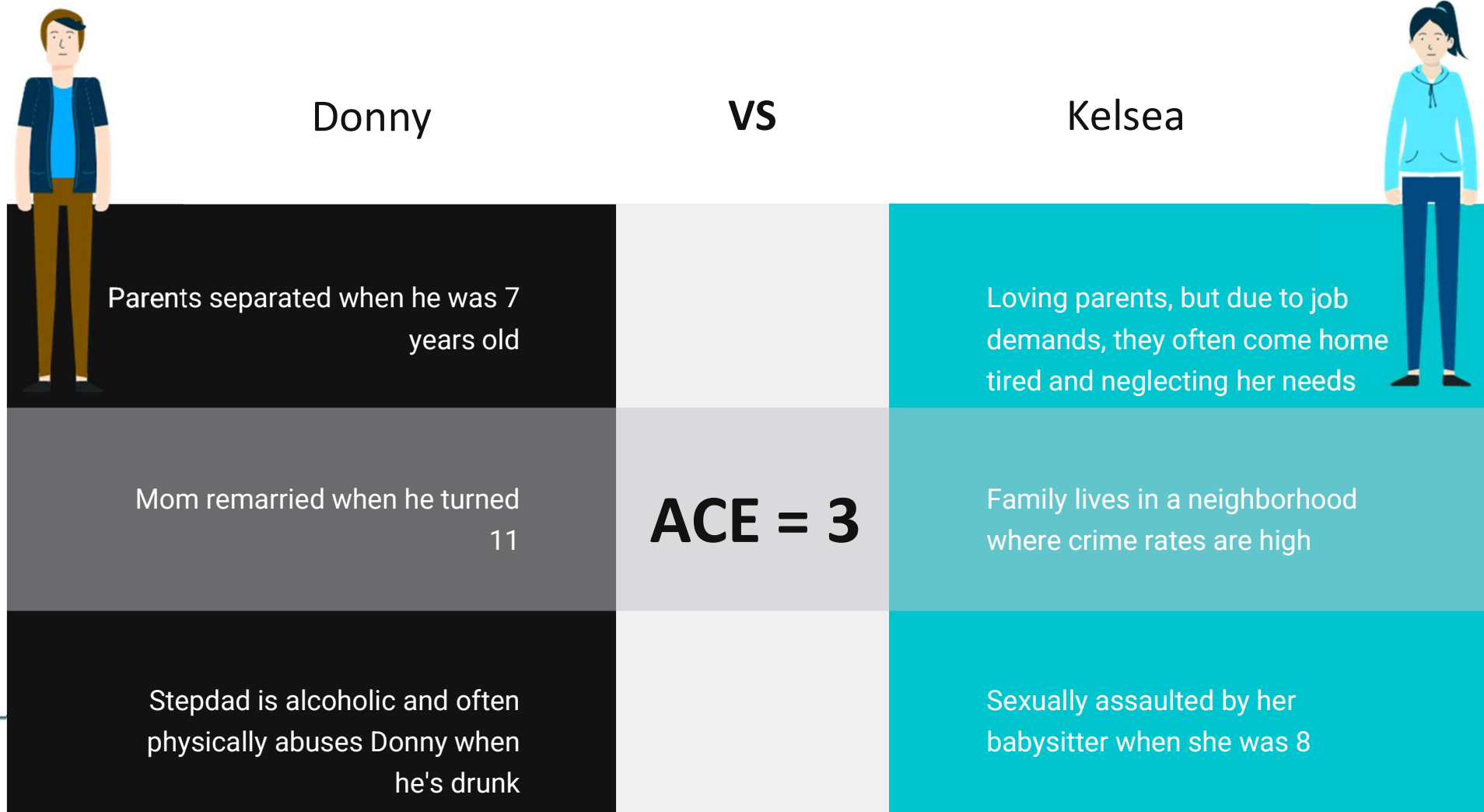
Childhood Adversity & Youth in Residential Programs

The traumatic stress that often results from CA is related to other psychiatric conditions and self-injurious behavior (Harr et al., 2013).

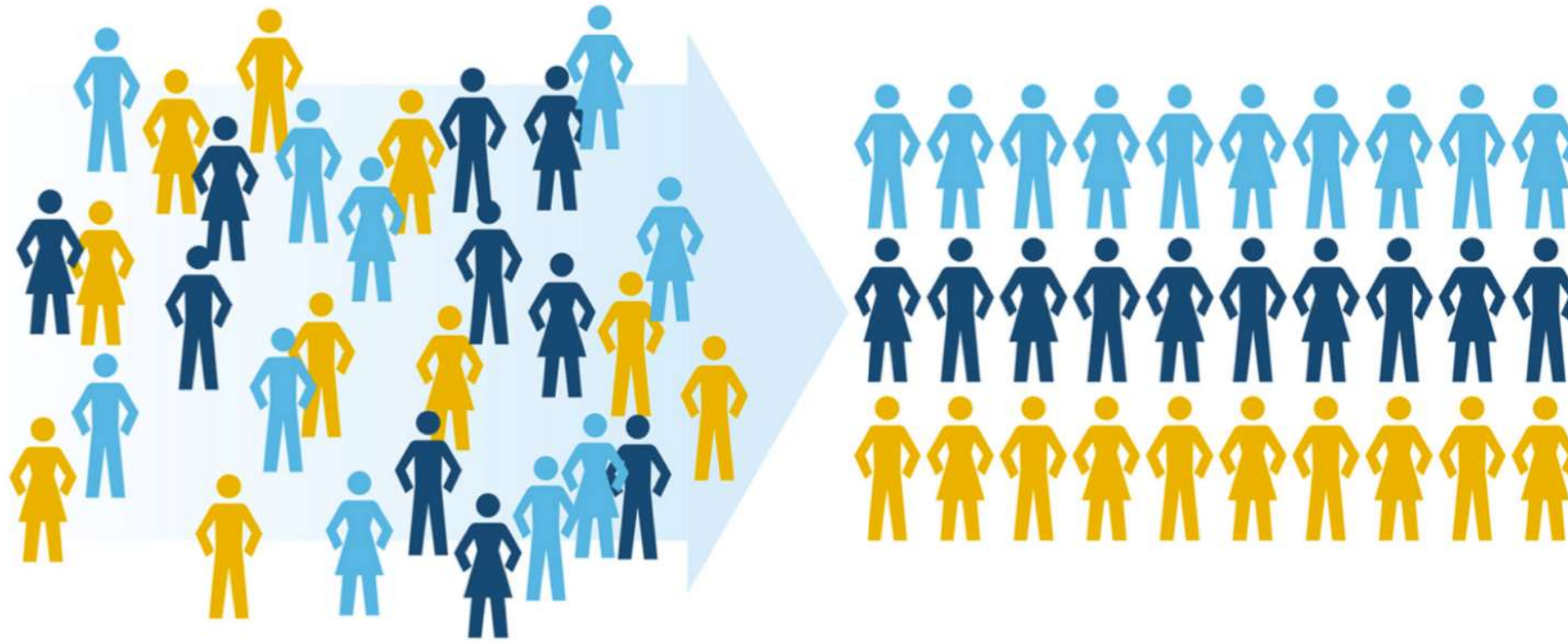
There is evidence of a dose-response between CA and functioning, and exposure to CA can hamper the effectiveness of the mental health services youth receive (Boyer, 2009).

How Childhood Adversity is Studied

The cumulative risk method is a common approach, but it has some disadvantages



Latent Class Analysis offers a more person-centered approach



LCA = A measurement model that classifies individuals into types, or latent classes, based on their response pattern on a set of variables (e.g., ACEs items)

Profiles of Childhood Adversity and Associated Psychopathology in Youth Entering Residential Care

Youth at intake...

Latent Class Analysis identified 5 profiles of childhood adversity from ACEs:

- 35% - Low Exposure
- 25% - Family Dysfunction (e.g., alcoholism/substance use, parental discord)
- 15% - Neglect/Emotional Abuse
- 16% - High Exposure without Sexual Abuse
- 10% - High Exposure with Sexual Abuse

Odds based on sex:

- Girls were 2 times more likely for neglect and 8.6 times more likely for High Exposure with Sexual Abuse

Gordon, Nguyen,
Mitchell, & Tyler (2022)

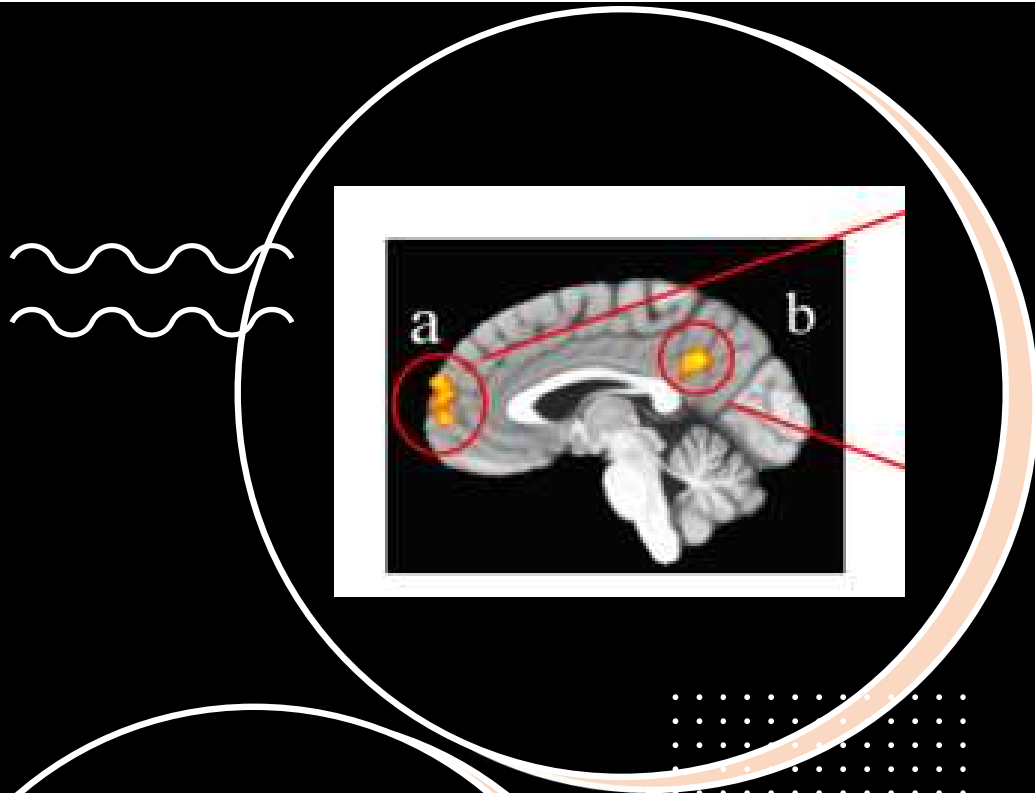
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Youth at intake...

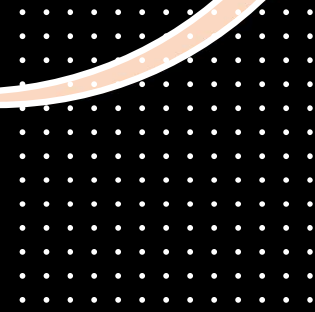
Associations with Clinical Functioning Compared to Low Exposure

- Family Dysfunction was more associated with increased hyperactivity/inattention problems ($p < .05$).
- Neglect was more associated with increased hyperactivity/inattention ($p < .01$), increased conduct problems ($p < .01$), and less prosocial behaviors ($p < .01$).
- High Exposure with Sexual Abuse were more associated with trauma symptoms ($p < .001$) and emotional problems ($p < .05$).
- No significant difference for High Exposure without Sexual Abuse.



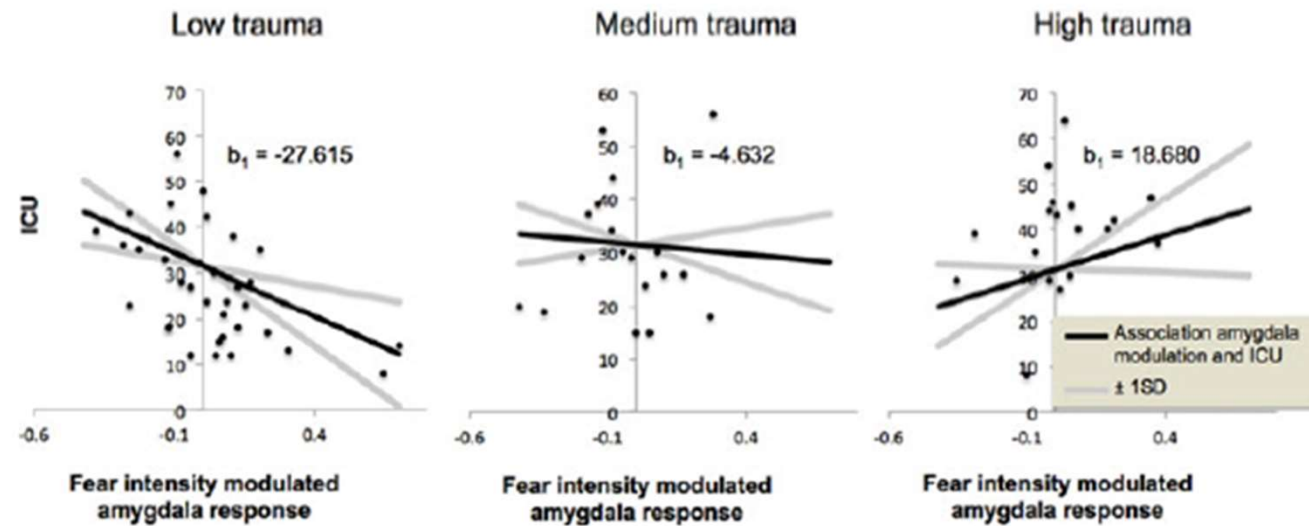
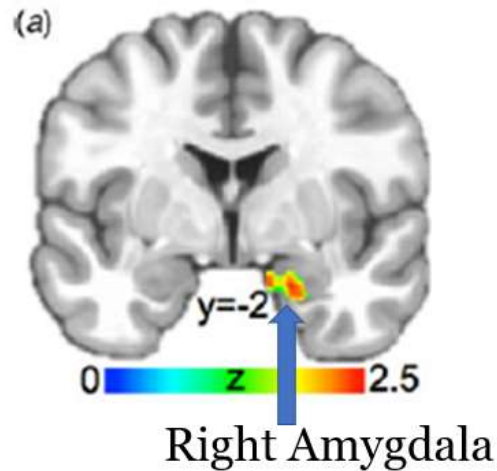
Sexual abuse was associated with heightened responses to threats in regions associated with emotional maintenance (rostral medial prefrontal cortex and posterior cingulate cortex) (K. Blair et al., 2019; 2020).

Differential brain responses based on types of maltreatment.



Neglect was negatively associated with differential BOLD response to reward-punishment in the striatum and medial frontal cortex (K. Blair et al., 2022).

Maltreatment & Callous Unemotional Traits (Meffert et al., 2018)



Low Trauma/High CU Traits
decreased amygdala response.

High Trauma/High CU Traits
Increased amygdala response

Racial/Ethnic Differences in Childhood Adversity in Youth Entering Residential Care

Gordon, Nguyen, Stephenson, & Tyler (in preparation)

Black Youth at intake...

Five Patterns of Childhood Adversity from ACEs Identified in Black Youth

- 33% - Low Exposure
- 31% - Family Dysfunction
- 9% - Familial Dysfunction with Sexual Abuse
- 14% - High Exposure
- 14% - Maltreatment

Associations with Clinical Functioning

Compared to the Low Exposure group:

- Familial Dys with Sexual Abuse was associated with higher trauma symptoms ($p < .01$)
- All exposure groups were associated with higher emotional ($ps < .05$) and conduct problems ($ps < .01$).
- Familial Dys with Sexual Abuse, High Exposure, and Maltreatment were associated with higher peer ($ps < .05$) and prosocial problems ($ps < .05$).

Racial/Ethnic Differences in Childhood Adversity in Youth Entering Residential Care

Gordon, Nguyen, Stephenson, & Tyler (in preparation)

Hispanic Youth at intake...

Four Patterns of Childhood Adversity From ACEs Identified in Hispanic Youth

- 42% Low Exposure
- 25% Familial Dysfunction
- 17% Maltreatment
- 16% High Risk

Associations with Clinical Functioning

Compared to the Low Exposure group:

- Maltreatment and High Risk were associated with higher trauma ($p < .05$) symptoms and emotional problems ($p < .05$).
- Maltreatment was associated with higher conduct ($p < .05$), hyperactivity/inattention ($p < .05$), and prosocial problems ($p < .01$).

Racial/Ethnic Differences in Childhood Adversity in Youth Entering Residential Care

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Main takeaways for Black and Hispanic Youth at intake...

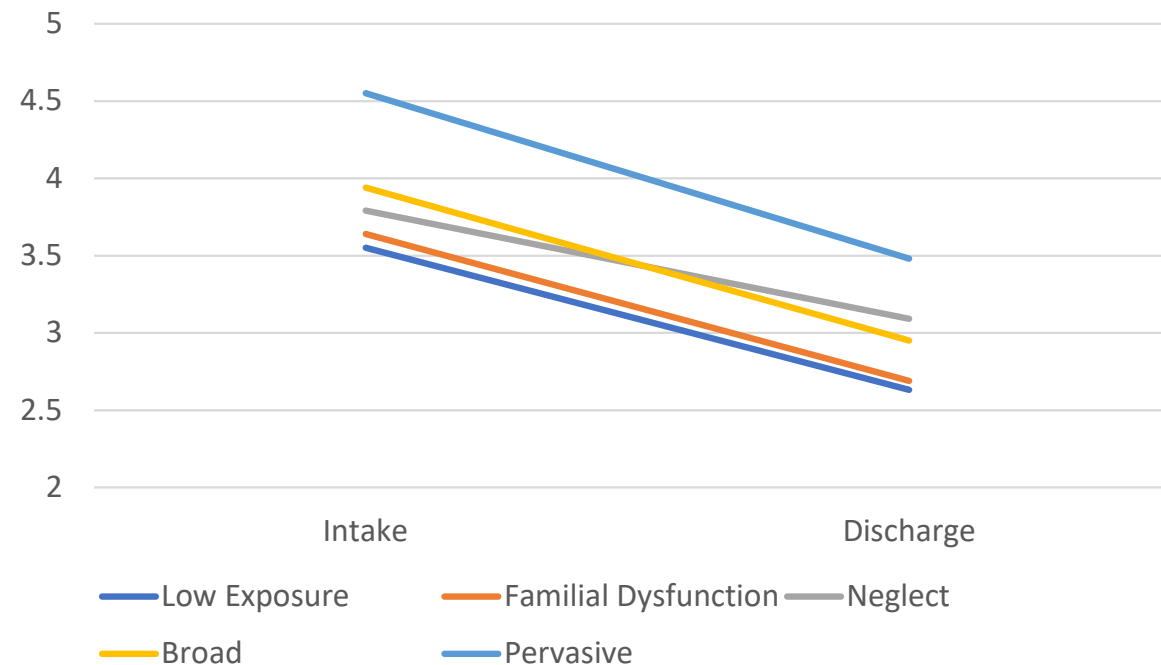
- CA Patterns appear to be different for Black and Hispanic youth.
- The associations between these patterns and clinical functioning are also different depending on a youth's racial/ethnic identity.

The Moderating Roles of Childhood Adversity on Program Outcomes in Residential Care in a Diverse Sample

Tampke, Gordon, Ringle, Nguyen, Ende, & Tyler (in review)

Youth during care...

No differences in emotional problems were found for CA patterns across intake to discharge. Everyone experienced parallel decreases.



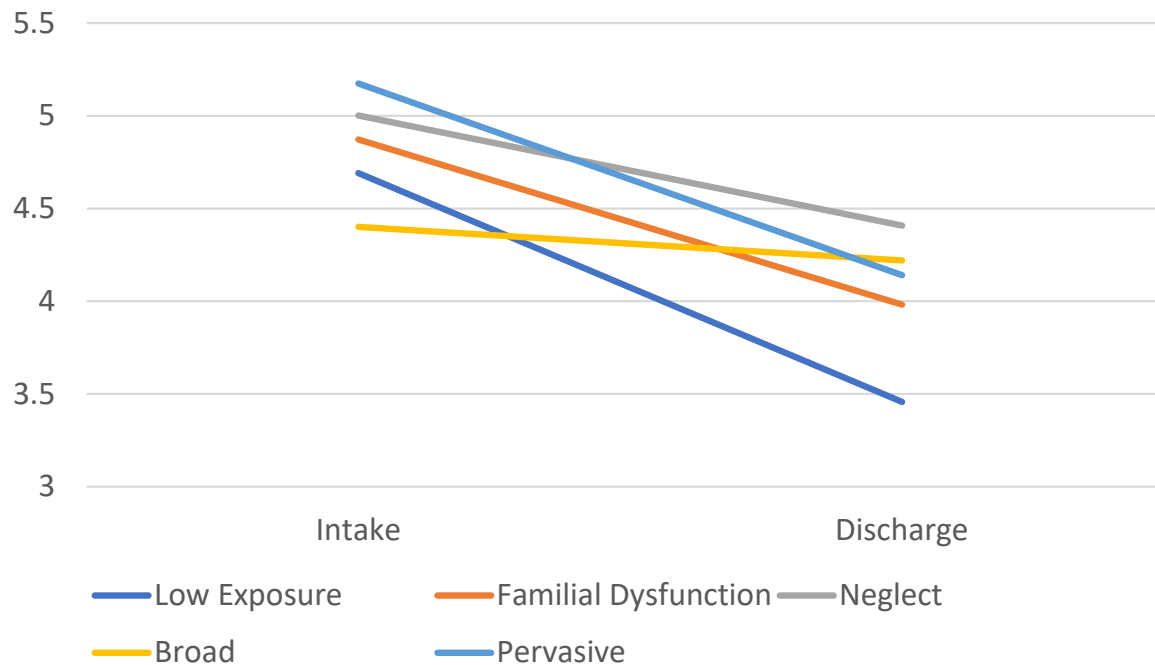
Note: there were slight changes in the CA patterns due to small size in this follow-up study

The Moderating Roles of Childhood Adversity on Program Outcomes in Residential Care in a Diverse Sample

Tampke, Gordon, Ringle, Nguyen, Ende, & Tyler (in review)

Youth during care...

Differences in conduct problems for CA patterns from intake to discharge



Note: there were slight changes in the CA patterns due to small size in this follow-up study

The Moderating Roles of Childhood Adversity on Program Outcomes in Residential Care in a Diverse Sample

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Youth during care...

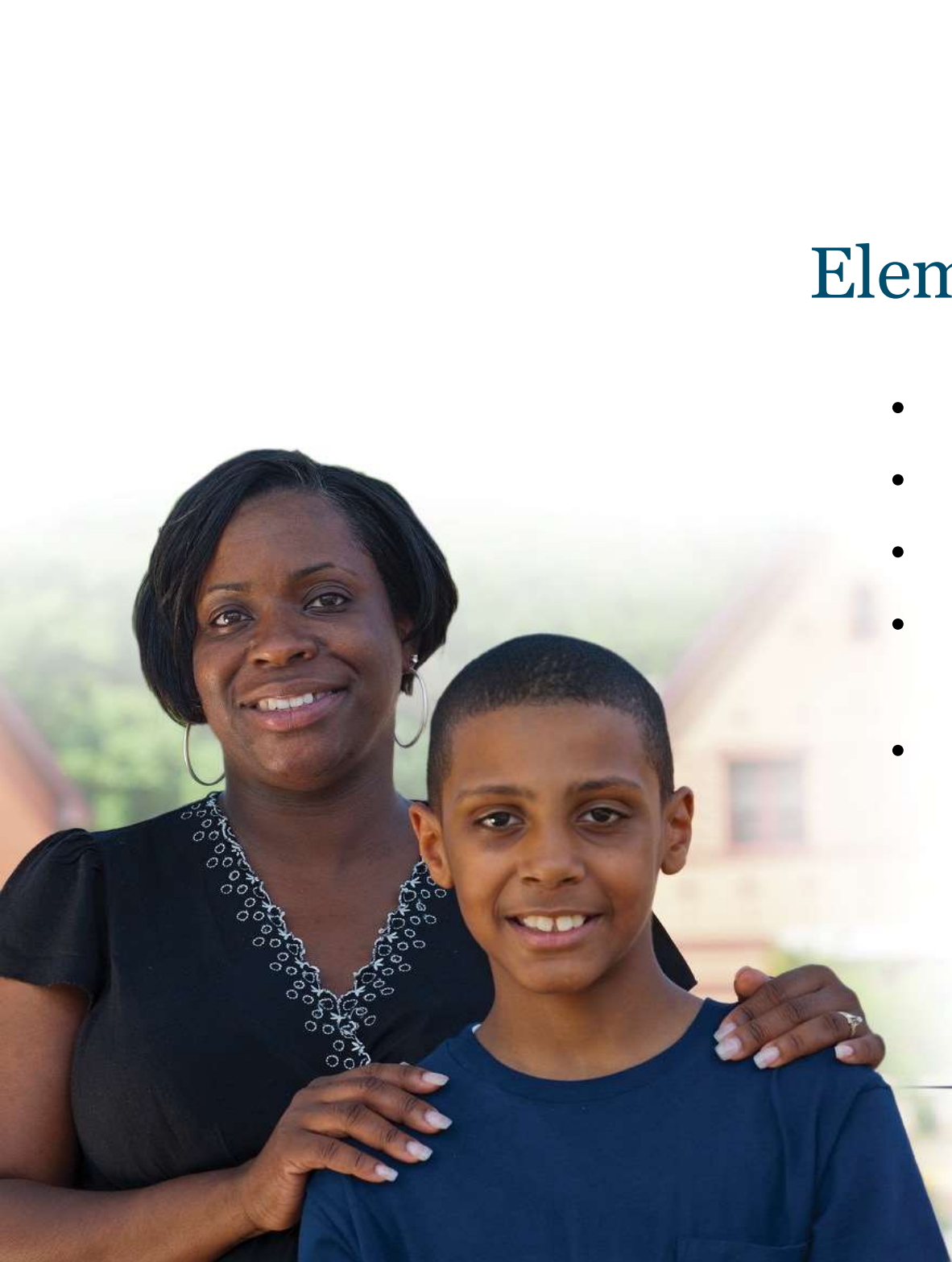
Change in Lethality Behaviors Across First 12 Months

- Compared to low exposure youth, youth with the neglect CA pattern ($p < .01$) and youth with the pervasive CA pattern ($p < .01$) engage in more lethality behavior

Change in Aggressive Behaviors Across First 12 Months

- Compared to low exposure youth, youth with the neglect CA pattern ($p < .01$) and youth with the broad CA pattern ($p < .05$) engage in more aggressive behavior

This suggests that those with a neglect CA Pattern may be particularly vulnerable. Research indicates that additional behavioral intervention and support focused on improving prosocial behavior may be beneficial for these youth (McLaughlin & Lambert, 2017)

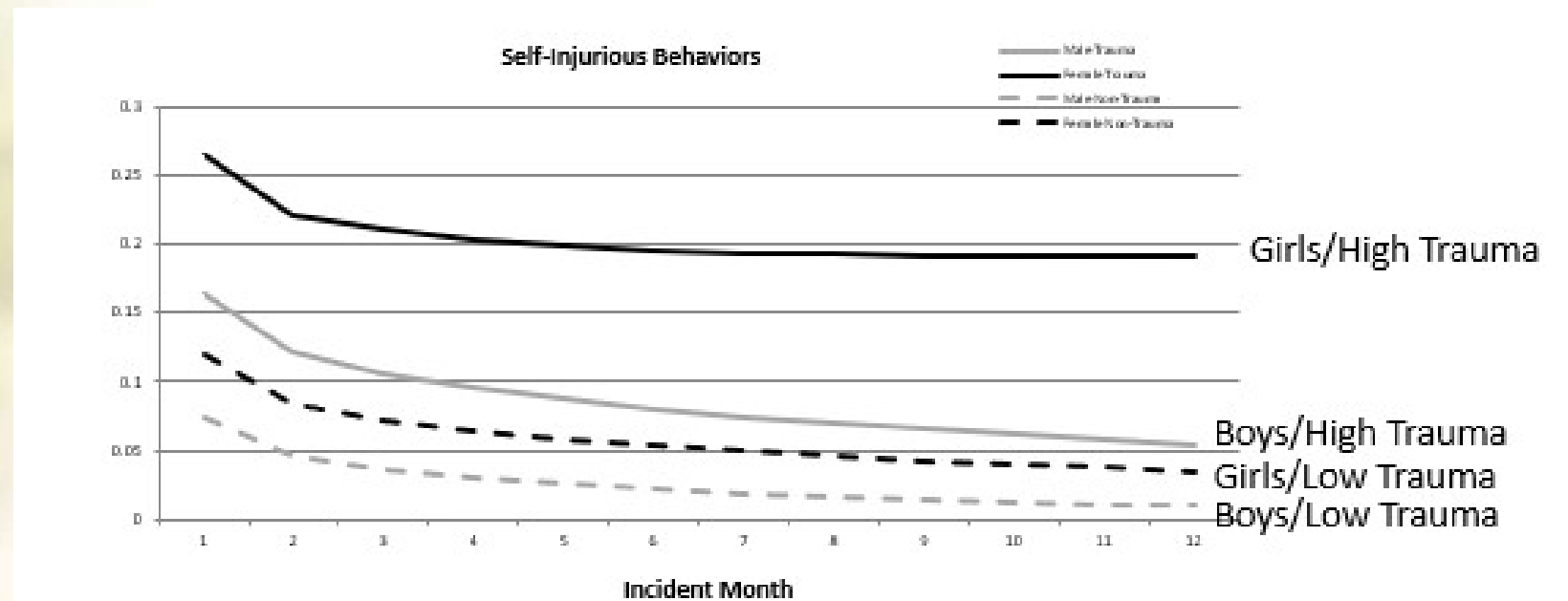


Elements of Trauma-Informed Care

- Staff training on types & effects of trauma.
- Create safe & nurturing environments.
- Screen & assess for trauma exposure & symptoms.
- Teach & reinforce prosocial skills increase protective factors and reduce risk factors.
- Empower youth & families & promote self-efficacy.

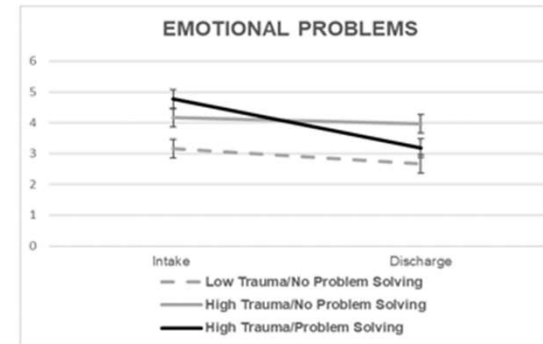
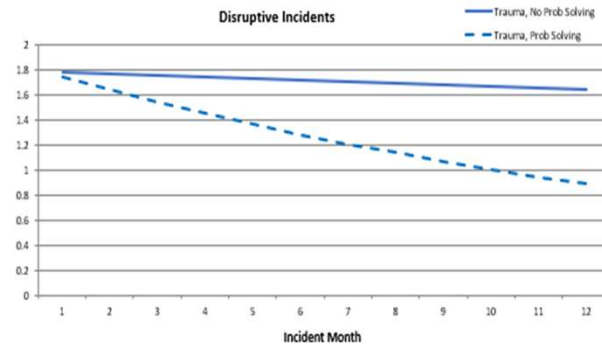
(Branson et al., 2017; U.S. DHHS, 2014; Ford et al., 2008; Tyler et al., 2019, 2021)

Youth Needs and Response to Trauma-Informed Group Homes (Tyler, Patwardhan et al., 2019) $N = 1096$

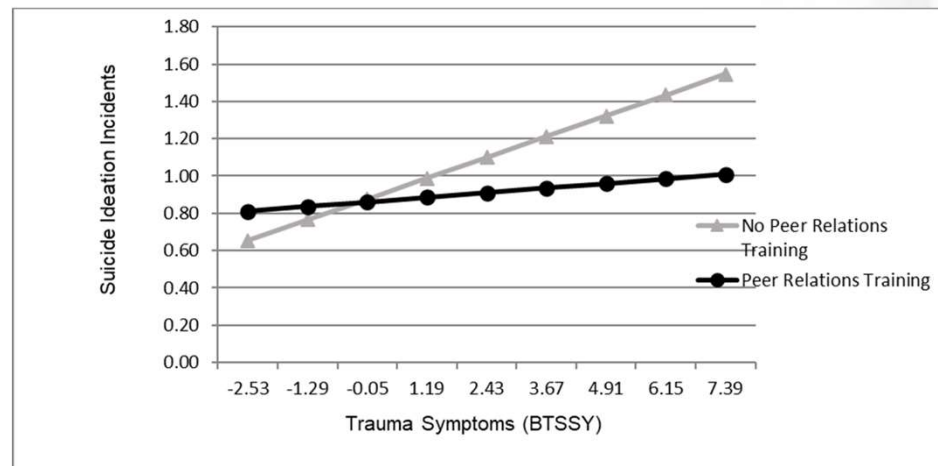


Teaching Prosocial Skills

Problem-Solving
(Tyler et al., 2021)



Peer Relations
(Tyler et al., 2022)



Current Studies on Resilience & Protective Factors

- Resilience = ability to adapt to difficult circumstances
- Mixed-Methods Study of 32 youth of different races/ethnicities in a residential program.
 - Results were used to develop a brief measure of healthy activities to promote resilience in youth in residential programs.
- Pilot study using “1001 Nights” animation curriculum by Big Bad Boo Studios to enhance social skills training.
- Examining Protective factors that mediate and moderate Trauma Symptoms and Outcomes.

Summary

- Different CA patterns are associated with distinct clinical functioning at intake and during residential care in youth.
- CA patterns and their associations can differ for minority youth.
- The distinctions we found emphasize the importance of screening for CA exposure at intake to a residential program and considering a youth's pattern of CA exposure in the development of their treatment plan.
- Trauma-informed care that emphasizes the development of prosocial skills and self-efficacy in youth may help reduce the links between CA and poor clinical functioning.

Discussion and Questions

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