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Court Appointed Special Advocates of Mendocino & Lake Counties



Article Highlights Challenges and Opportunities of Caring for California's Foster Children

The latest [newsletter](#) of the the California Child Welfare Co-Investment Partnership ([CCWCOIP](#)) highlights the challenges of placing and caring for the 63,000 children in California's foster care system. According to the article, 33% are placed in relative or kinship care, 32% were placed with foster families, whereas, 10% were placed in guardianships, 9% were placed in congregate care, and 16% were in THP/SILP transitional housing or other situations.



Did you know that unhealed emotions can take a serious toll on your health?

Have you ever heard of an ACE score? ACE stands for Adverse Childhood Experiences and has captured national attention. ACEs are traumatic experiences that can have a profound effect on a child's developing brain and body with lasting impacts on a person's health throughout their lifespan. There are 10 recognized ACEs, which fall into three types – abuse, neglect, and household dysfunction.

The ACE research study poses the question of how childhood experiences may affect adult health. The research study was prompted when physicians at Kaiser Permanente in San Diego were conducting a special weight loss program for women whose weight was life-threatening. They noticed that several of the women were making excellent progress in substantially reducing their weight and were feeling much better. Strangely, despite their success, they began to put the weight back on. When the primary physician working in the program started asking questions about the weight gain, the women offered various explanations that related to feeling safer at a heavier weight. This led to more questions and the discovery that nearly all the women had suffered some sort of child abuse. The physicians, Dr. Vincent J. Felitti and Dr. Robert F. Anda, who have since dug more deeply into the effects of early adverse experiences, have learned of the powerful impact that unhealed early emotions have on the development of a number of chronic adult health conditions as well as on the choice to use illegal or legal drugs to self-medicate. The ACE study is landmark research regarding the origins of disease.

The ACE score is based on eight different categories of adverse experiences that an individual may have experienced as a child. Among these categories are questions related to drug use, alcoholism, and depression in the home environment, as well as various types of child abuse and neglect. The higher one's ACE score, the more likely it is that the individual may develop addictive behaviors, as well as certain chronic health conditions. A person with 4 or more ACEs is 2.2 times as likely to have ischemic heart disease; 204 times as likely to have a stroke; 1.9 times as likely to have cancer; and, 1.6 times as likely to have diabetes.

We invite Mendocino County residents to participate in completing the anonymous ACE survey at <https://www.surveymonkey.com/s/DK8C7QB> or visit your local Family Resource Center. Simply answering the questions can be insightful. To discuss this further,

you may wish to follow-up with a trusted physician, clergy, counselor, or connect to a family support program via the Mendocino County Family Resource Center Network by calling **707-272-1009**. Survey results will be tabulated by the survey monkey and tallied without any reference to specific individuals. The results will assist service providers in learning more about the prevalence of ACE in our community and what kind of services and programs will be most useful in addressing these issues.

Child Physical Abuse
✓ MOST Common ACE
✓ 2X Frequency of Spousal Abuse

Adverse Childhood Experiences

11% Emotional Abuse	15% Emotional Neglect
29% Physical Abuse	10% Neglect
21% Sexual Abuse	23% Separation/Divorce
	27% Substance Abuse
	19% Mental Illness
	13% Spousal Abuse
	5% Family in Prison

California **Assembly** voted on diminished bill package to curb psychotropic drug use on foster children

With less than a week left before the end of the legislative session, intensive lobbying by physicians groups and cost concerns have undermined progress on the centerpiece of [Senate Bill 253](#) designed to end the excessive use of psychotropic drugs on California's foster youth. The bill, scheduled for the Assembly floor as early as yesterday, has already been whittled down through amendments and the sting of budget realities.

Medical communities charge the bill would hamstring doctors by requiring proof to the juvenile court that they had reviewed foster children's medical records, obtained lab results, and confirmed there were no "less invasive" treatments available. The physicians also balk at being subject to second medical opinions, which under Monning's bill would be triggered by requests for multiple medications or prescriptions for kids ages 5 and younger.

Sips, Eats & Sweets

CASA OF MENDOCINO & LAKE COUNTIES



Sunday, November 8, 2015

4:00 p.m. - 6:30 p.m.



Barra of Mendocino Winery
7051 N. State St. Redwood Valley

Sips, Eats, & Sweets:
\$15 in advance/\$20 at the door

♥ Sips wine tickets sold separately at event only
\$5/each or 5/\$20

♥ Mendocino Book Co. in Ukiah

♥ CASA of Mendocino & Lake Counties by
calling 707-463-6503

MUST BE 21 OR OLDER TO ATTEND.

A benefit in support of the abused children served by
the Court Appointed Special Advocates of
Mendocino & Lake Counties.

"AS A CASA VOLUNTEER
I AM THE LEAP FROM
WHERE THAT CHILD IS
AND WHERE THAT CHILD
WANTS TO BE."

Darryl, CASA volunteer

