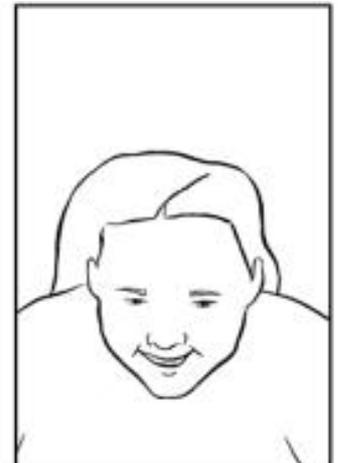


# **GHFF 17:** **thinking ahead in the early years**

Dr Michael Smith,  
Associate Medical Director,  
Mental Health & Addictions,  
NHS Greater Glasgow & Clyde

“There's got to be a reason why it takes us  
so long to grow up”

*Dr Nim Tottenham, 2015*

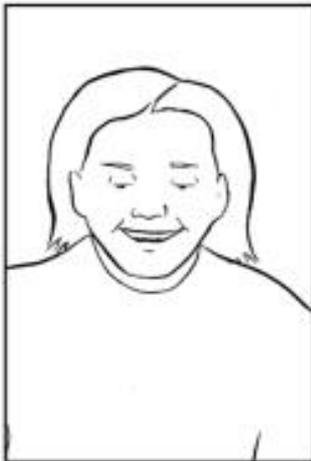


(1) I positive

M high positive

(2) I arms & head back

M leans in sobering

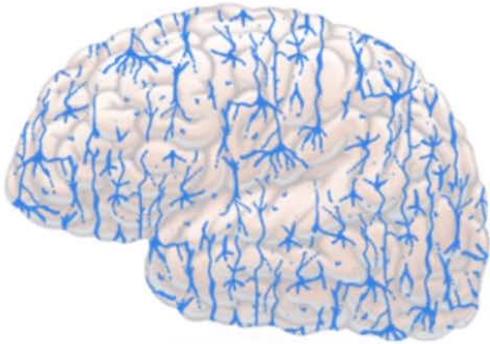


(3) I looks away, neg. face

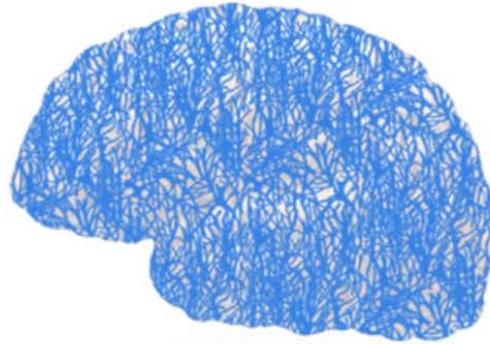
M moves back

(4) I reorients, lower lip in

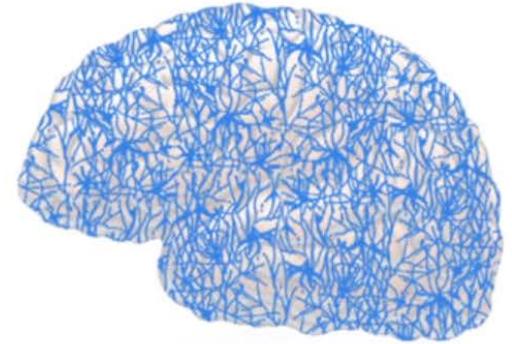
M matches lower lip in



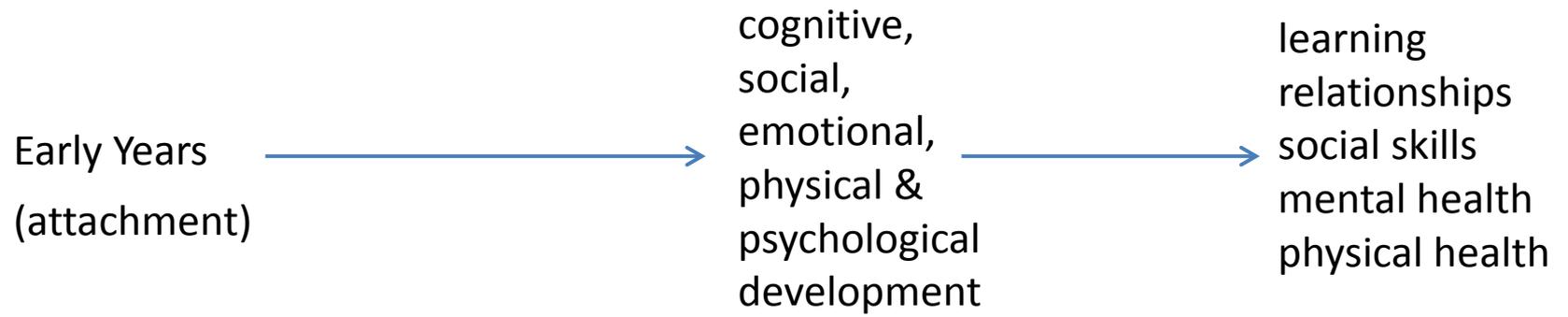
**Birth**



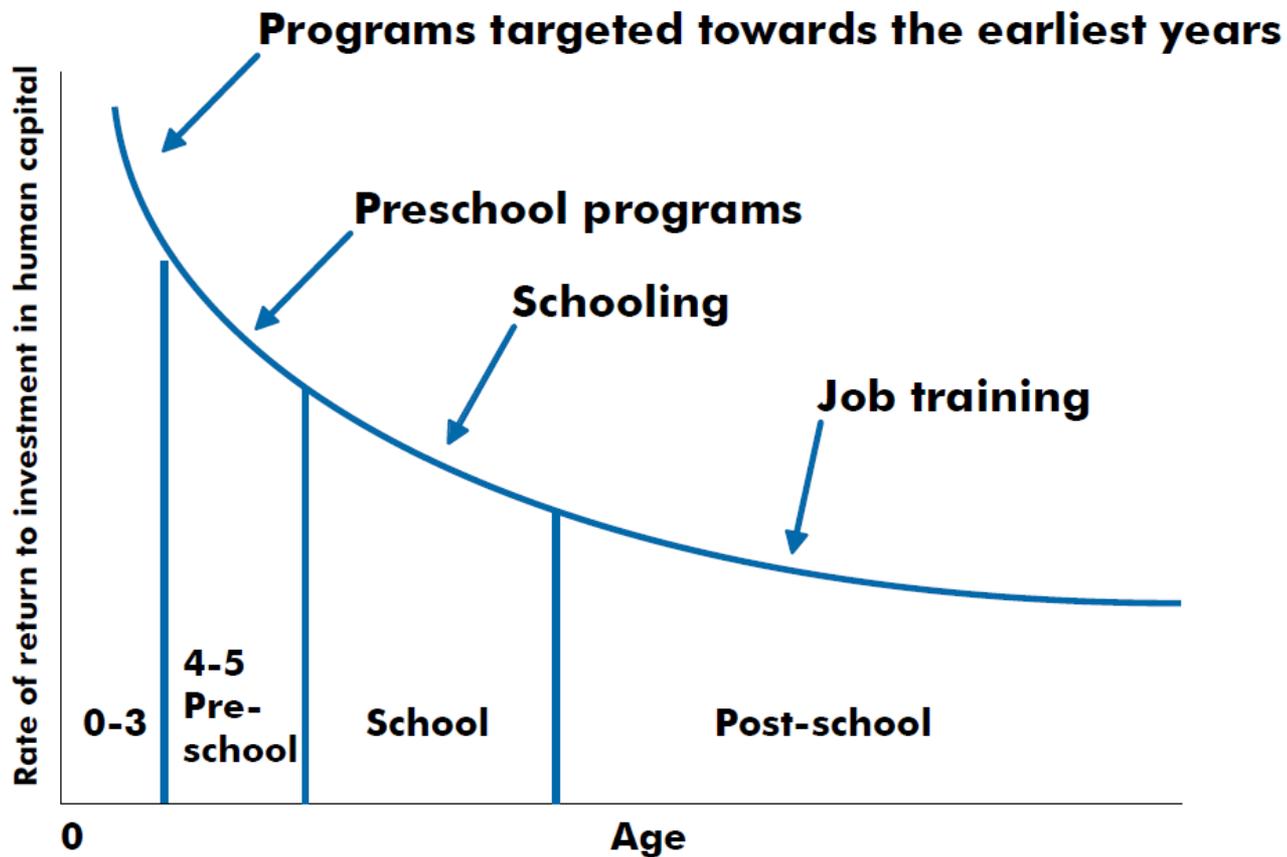
**3 Years**



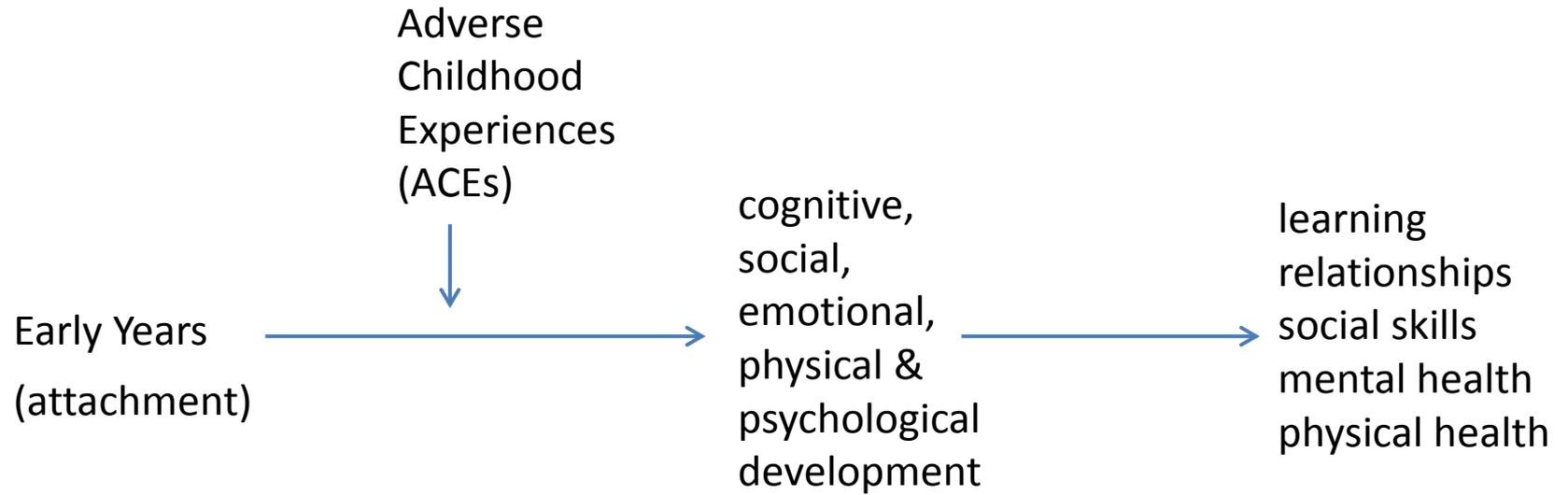
**15 Years**



# Returns to a Unit Dollar Invested



“Saying the same thing over and over again but expecting different results is called parenting.”



## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



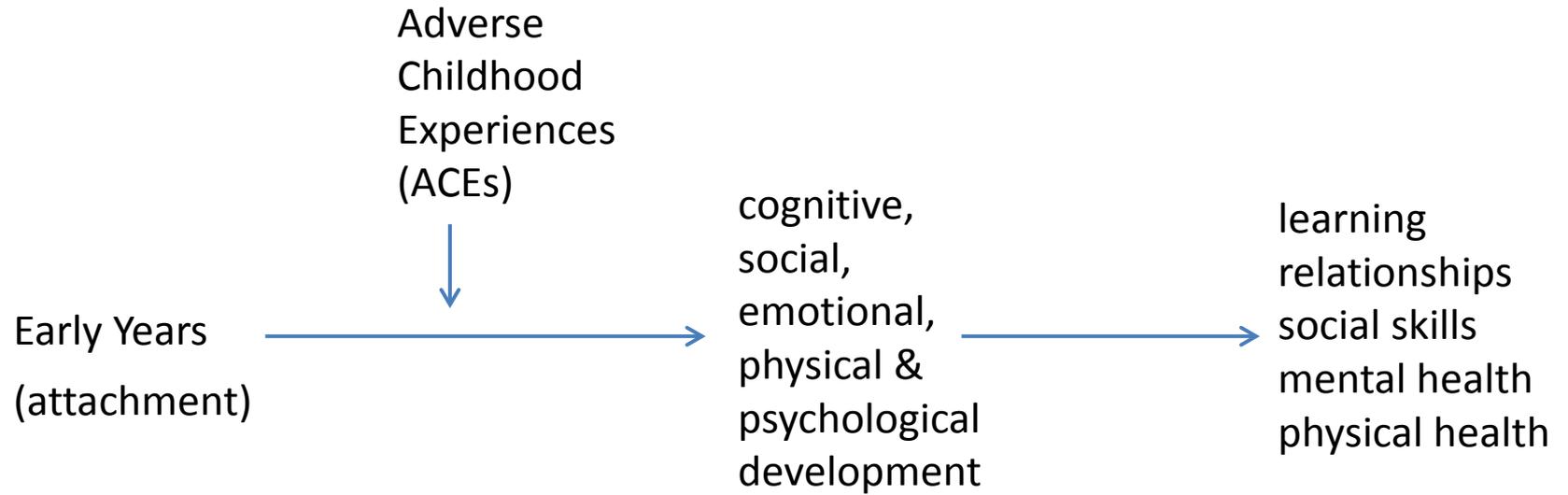
Mother treated violently



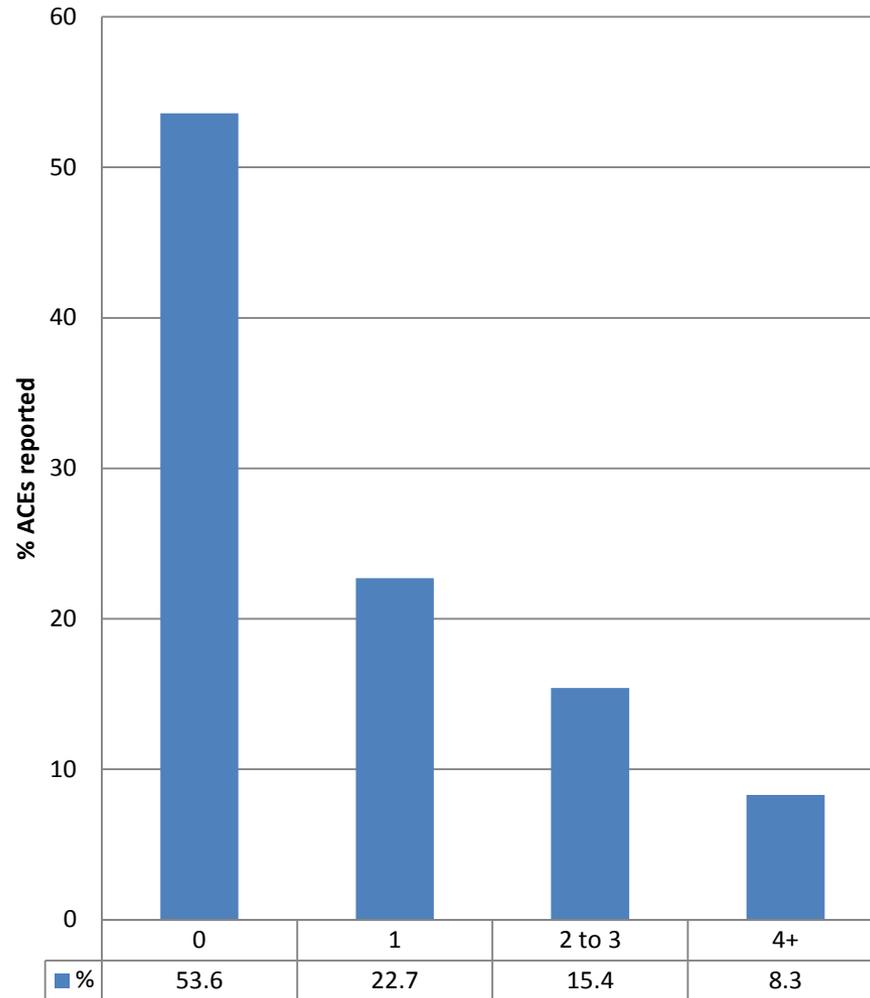
Substance Abuse



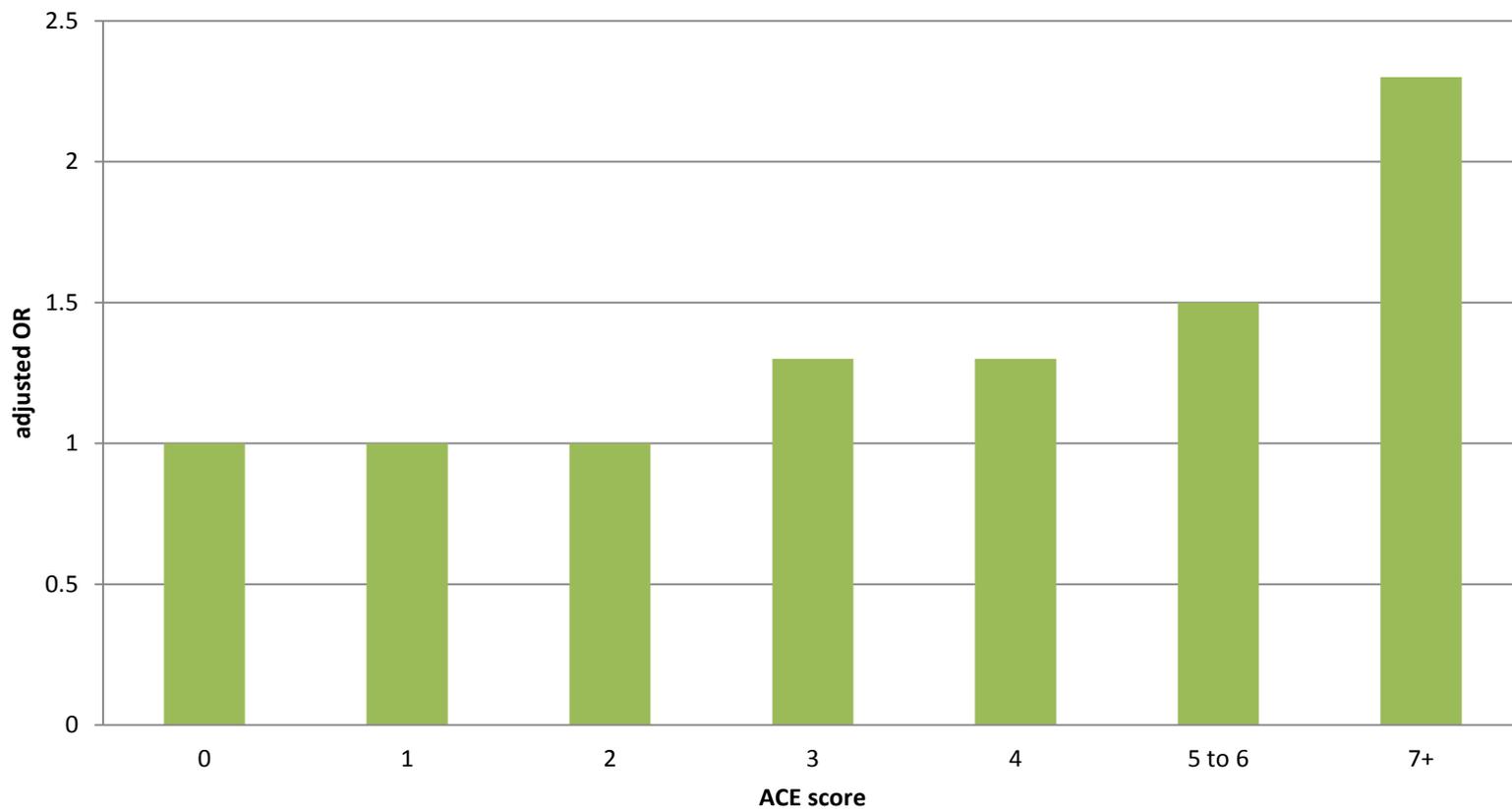
Divorce



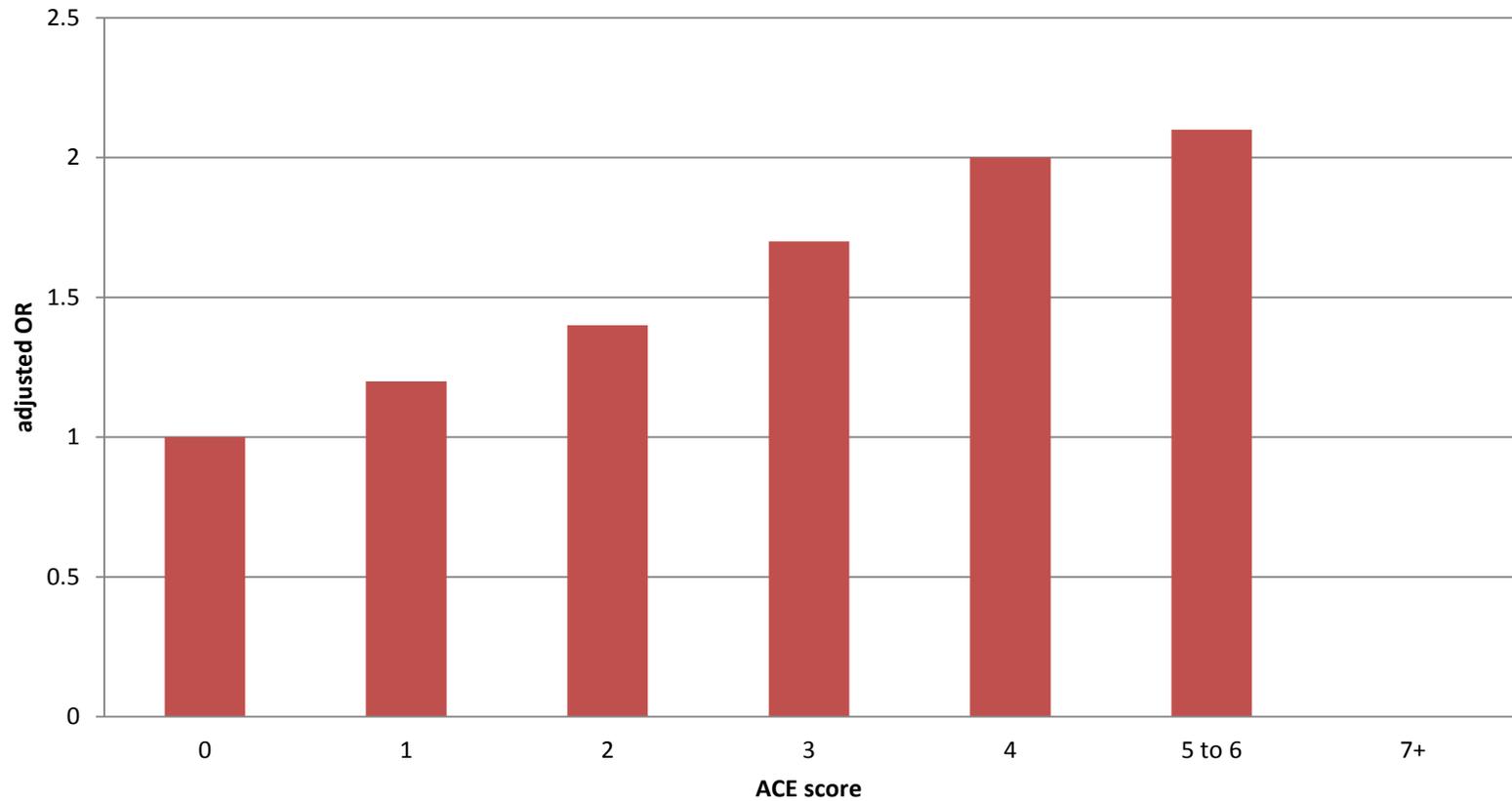
## ACES in England, 2013 (n=3885)



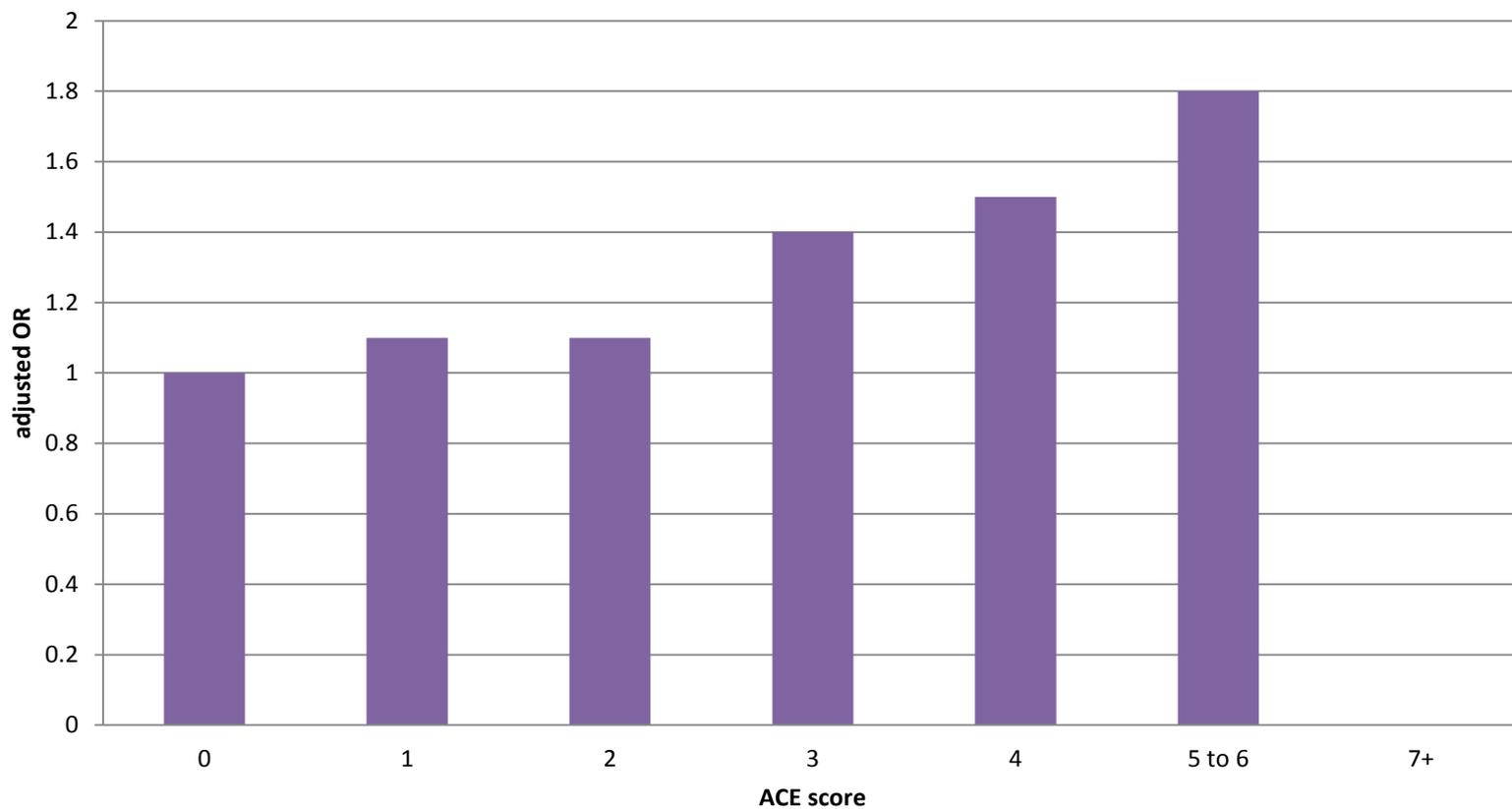
## heart disease



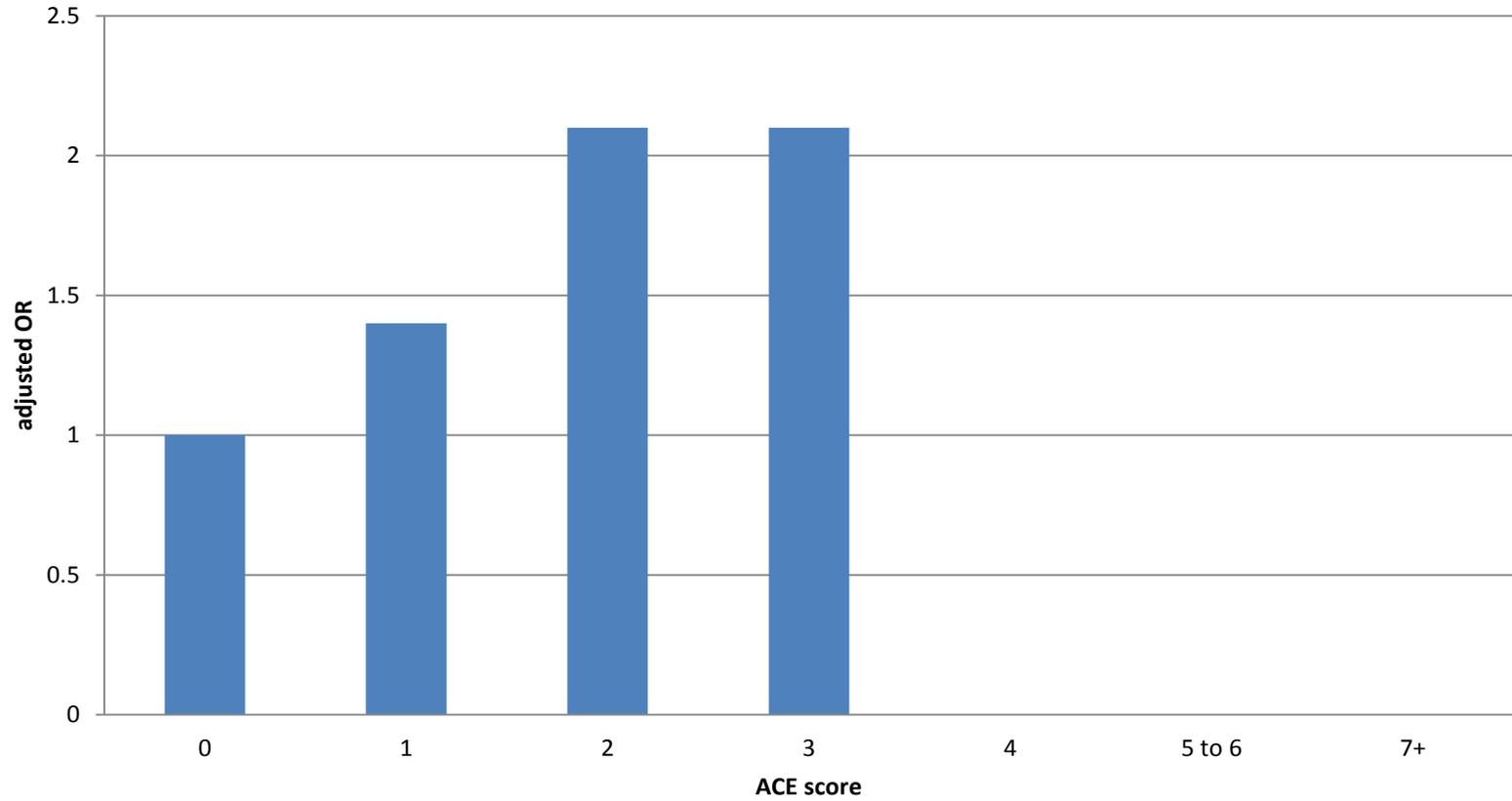
## headaches



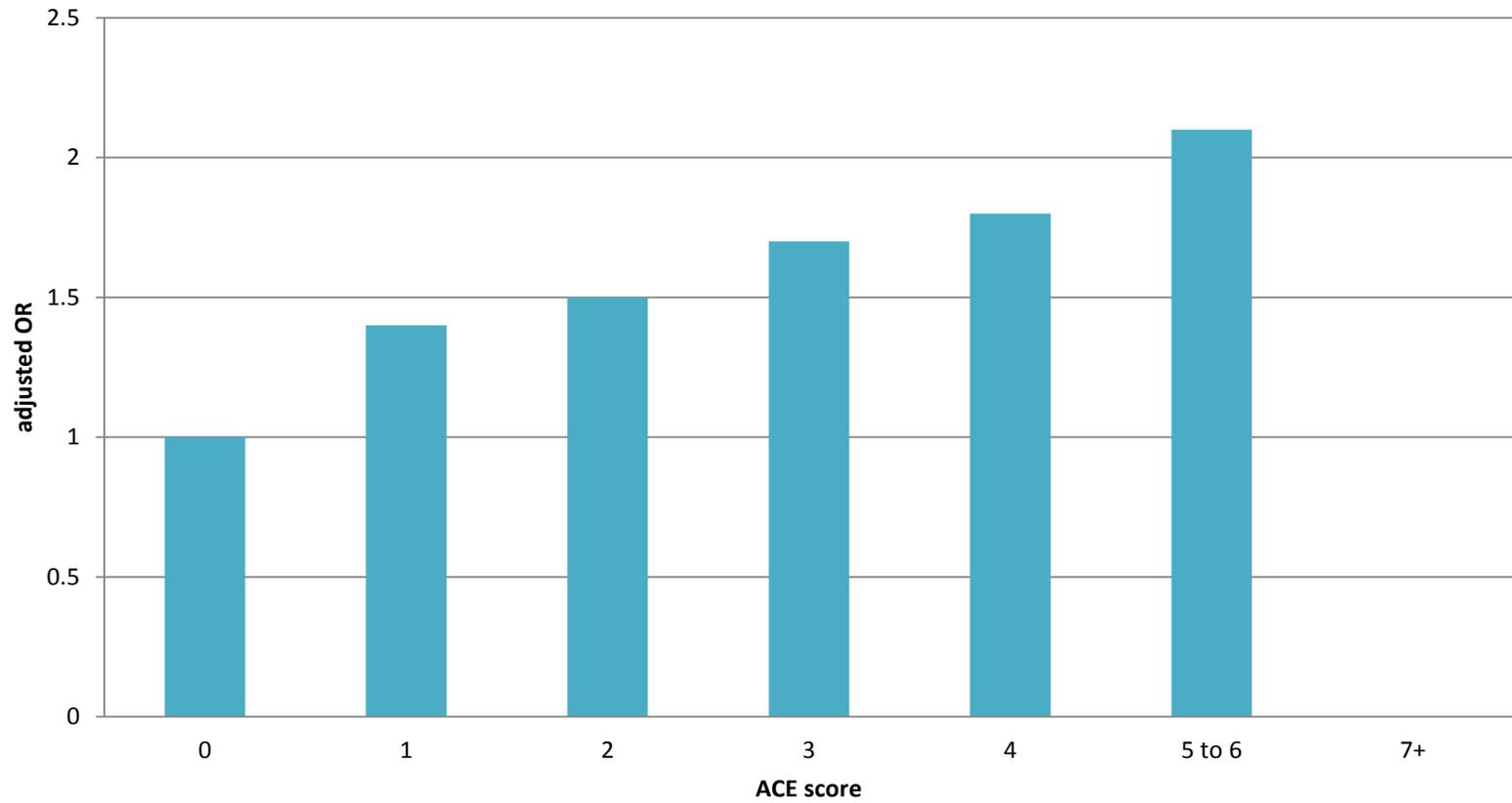
## liver disease



## autoimmune disease

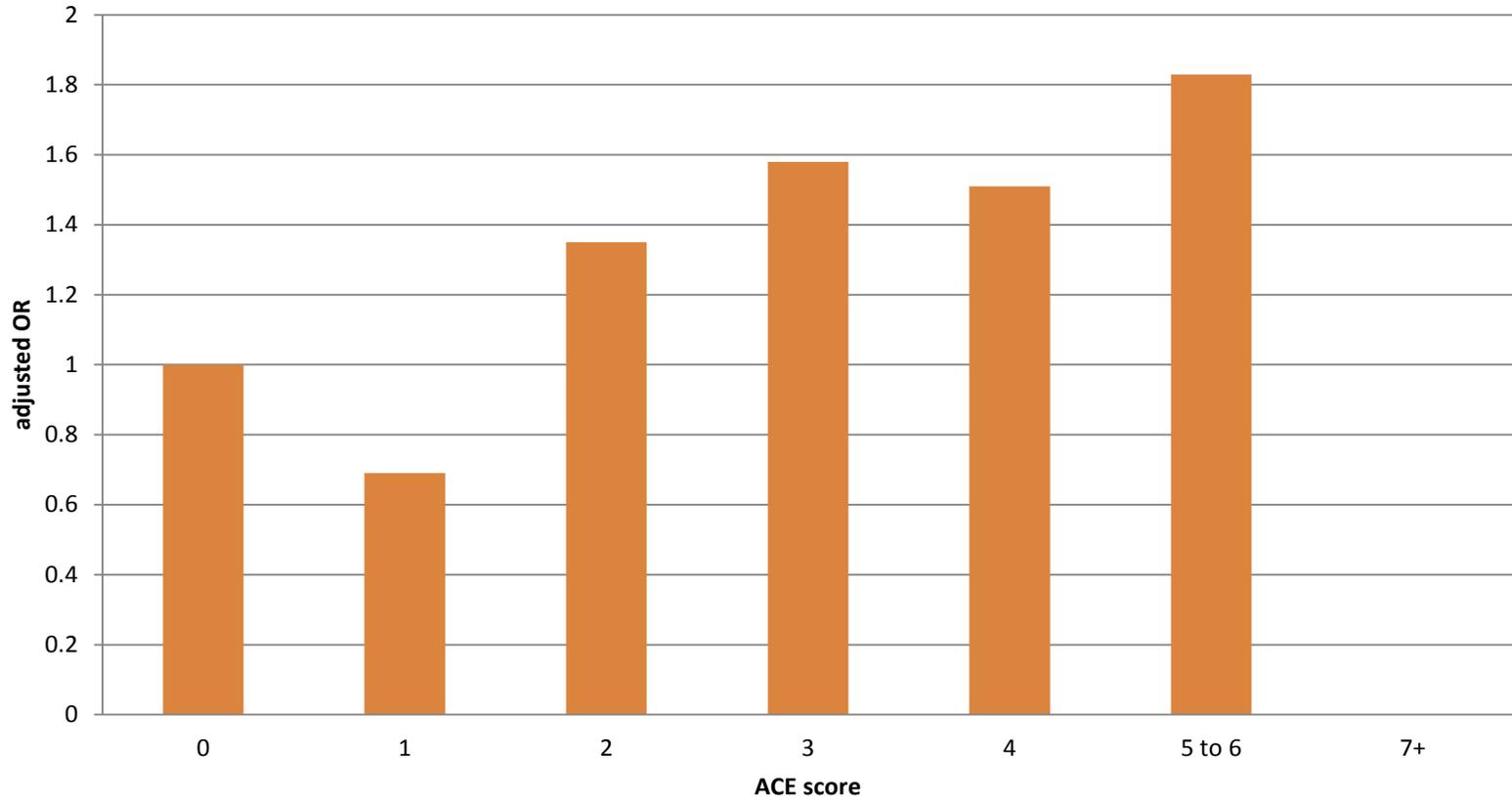


## COPD



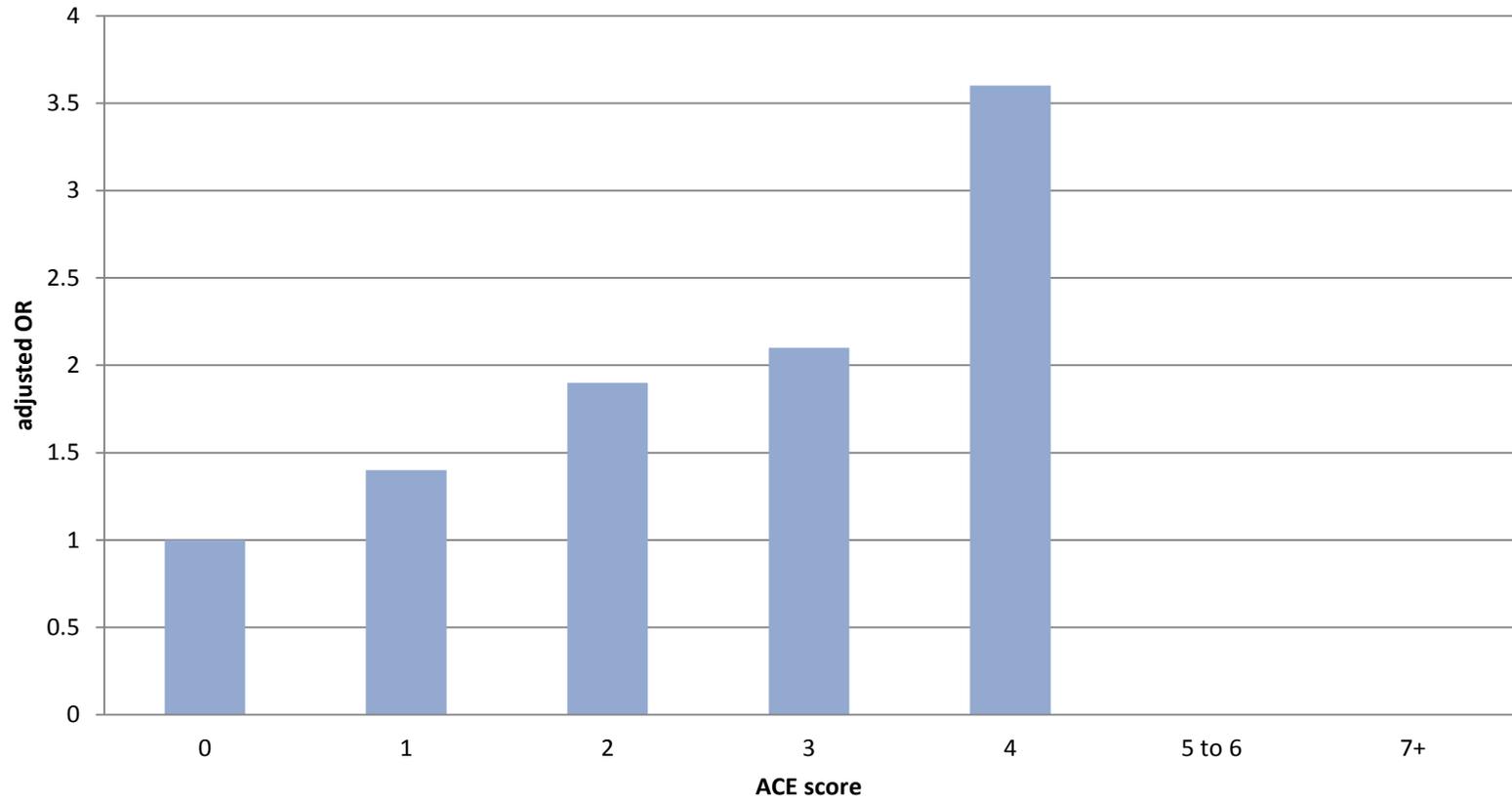
Anda, R.F., Brown, D.W., Dube, S.R., Bremner, J.D., Felitti, V.J., Giles, W.H., 2008. Adverse childhood experiences and chronic obstructive pulmonary disease in adults. *Am. J. Prev. Med.* 34, 396–403.

## lung cancer

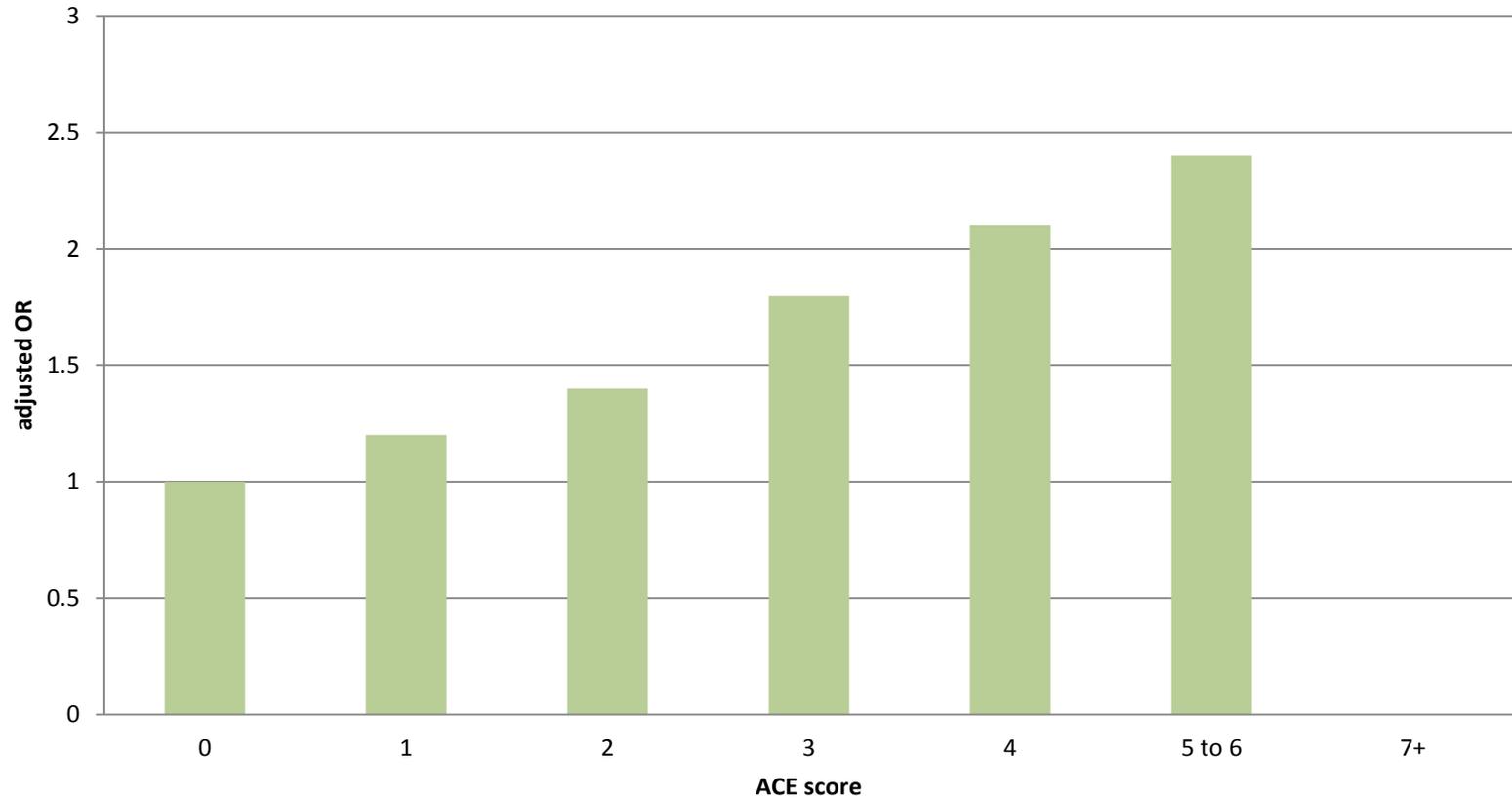


Brown, D.W., Anda, R.F., Felitti, V.J., Edwards, V.J., Malarcher, A.M., Croft, J.B., Giles, W.H., 2010. Adverse childhood experiences are associated with the risk of lung cancer: a prospective cohort study. BMC Public Health 10, 20.

## self-report alcohol problems

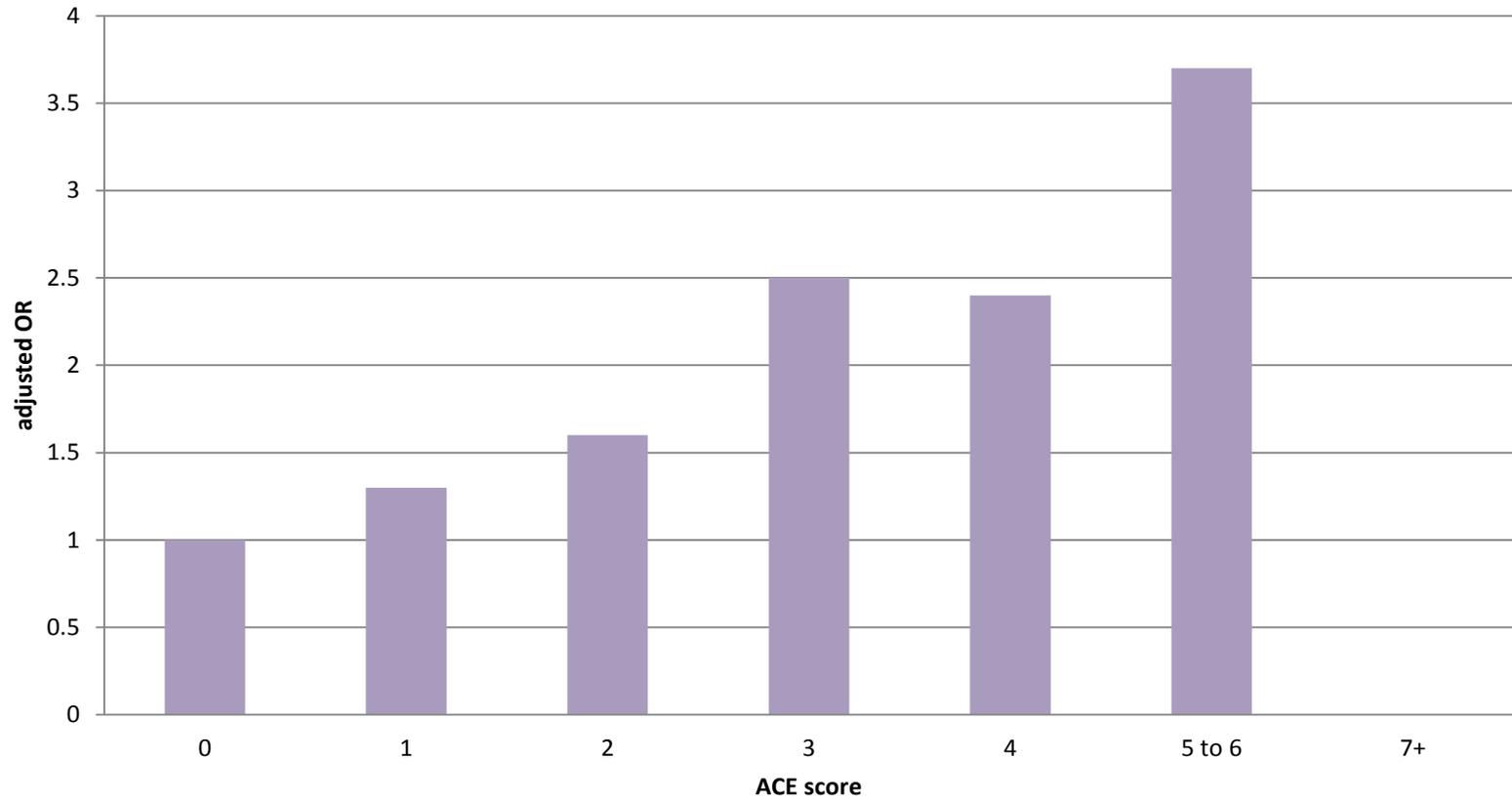


## psychotropic medicine use



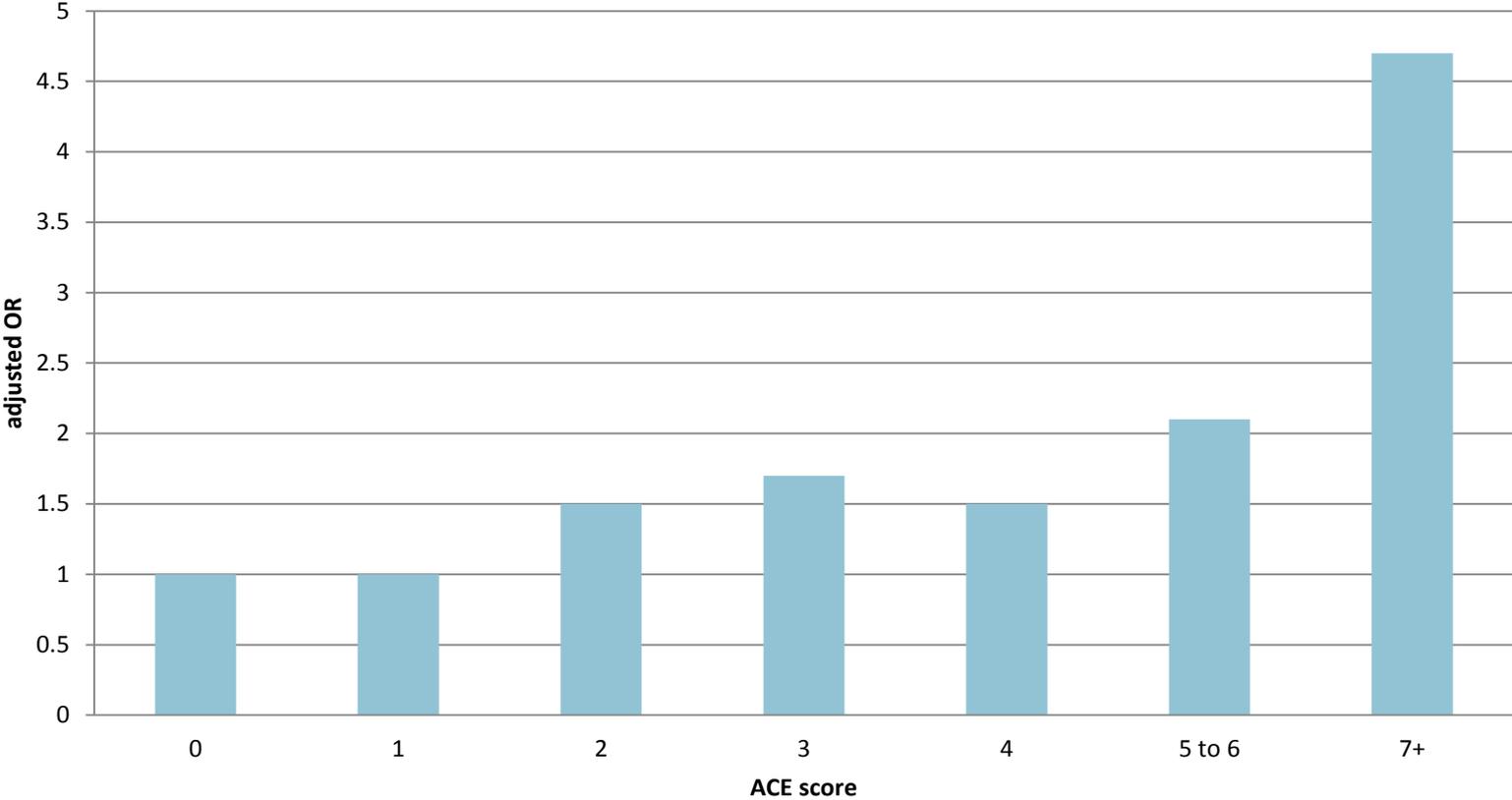
Anda, R.F., Brown, D.W., Felitti, V.J., Bremner, J.D., Dube, S.R., Giles, W.H., 2007. Adverse childhood experiences and prescribed psychotropic medications in adults. *Am. J. Prev. Med.* 32, 389–94.

## lifetime depression in women



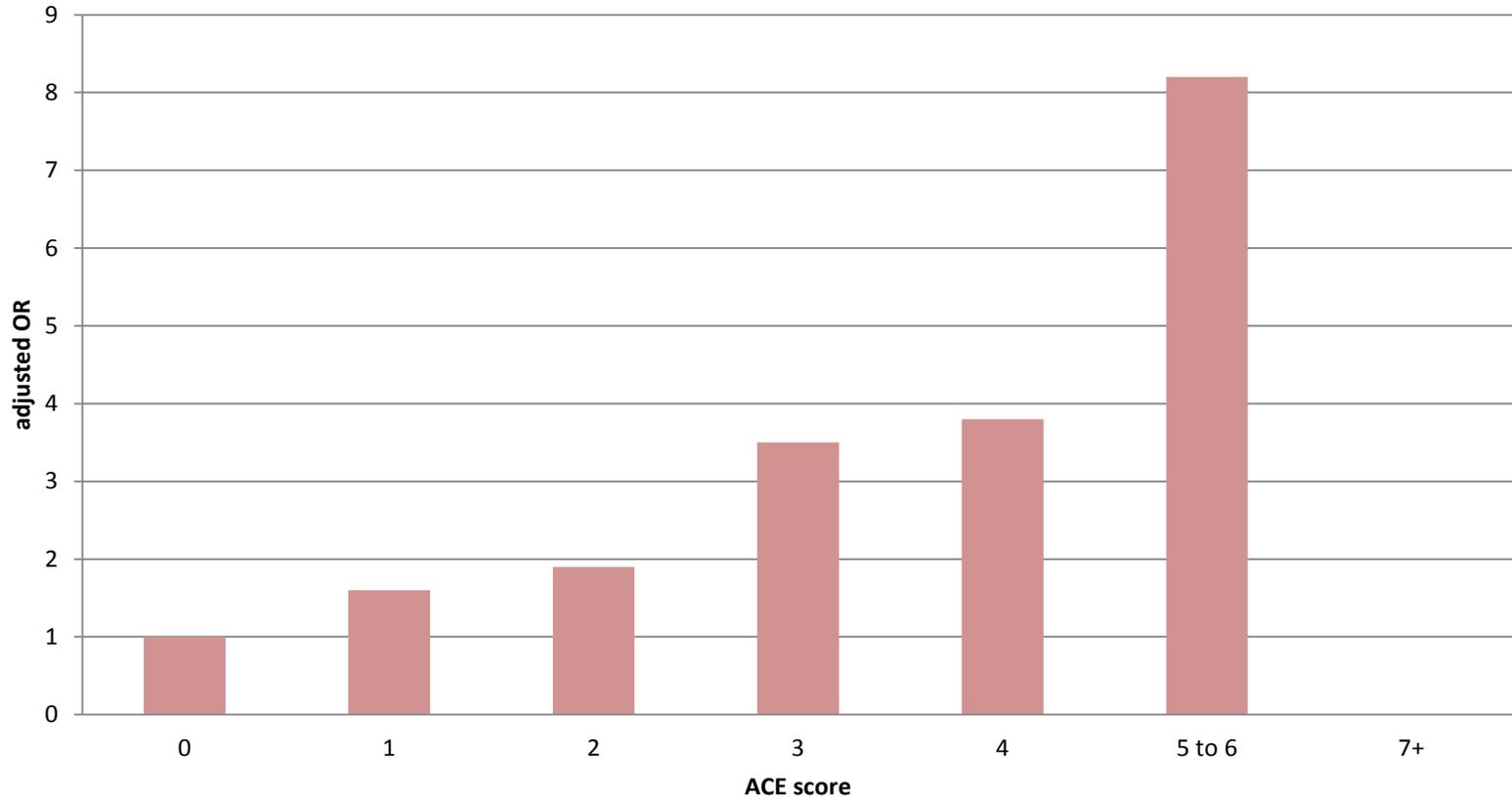
Chapman, D.P., Whitfield, C.L., Felitti, V.J., Dube, S.R., Edwards, V.J., Anda, R.F., 2004. Adverse childhood experiences and the risk of depressive disorders in adulthood. *J. Affect. Disord.* 82, 217–25.

# lifetime hallucinations

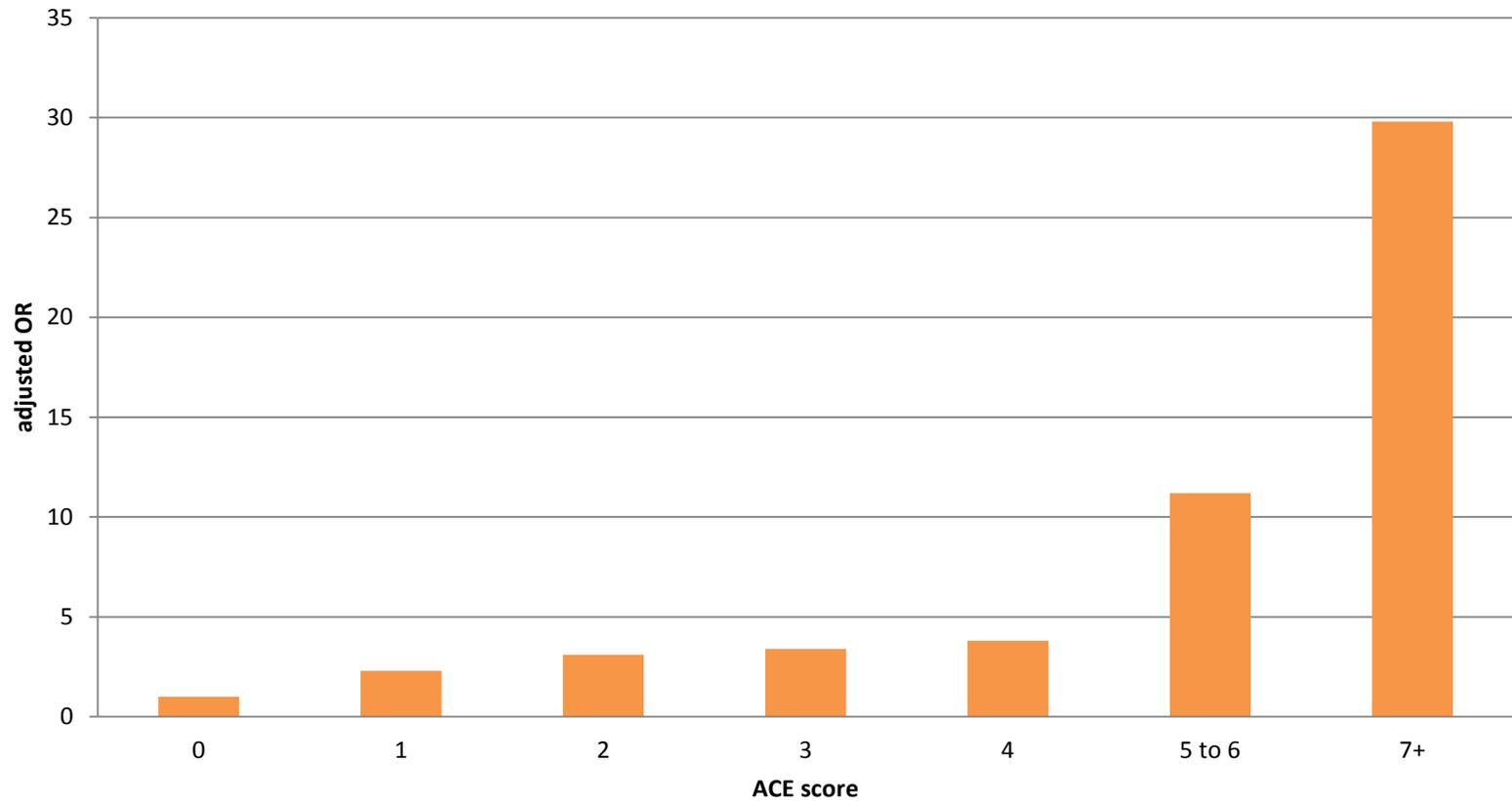


Whitfield, C.L., Dube, S.R., Felitti, V.J., Anda, R.F., 2005. Adverse childhood experiences and hallucinations. Child Abuse Negl. 29, 797–810.

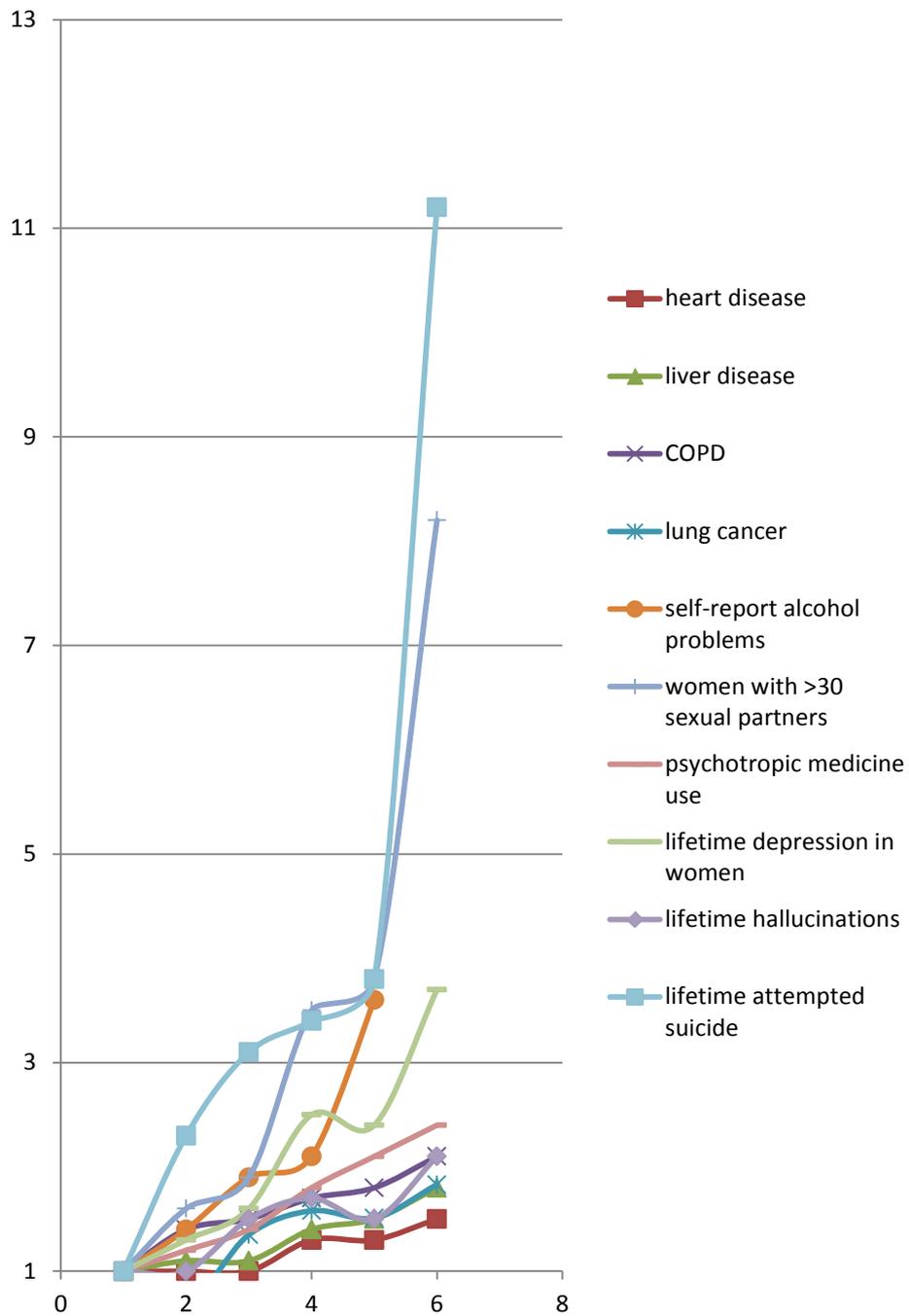
## women with >30 sexual partners



## lifetime attempted suicide

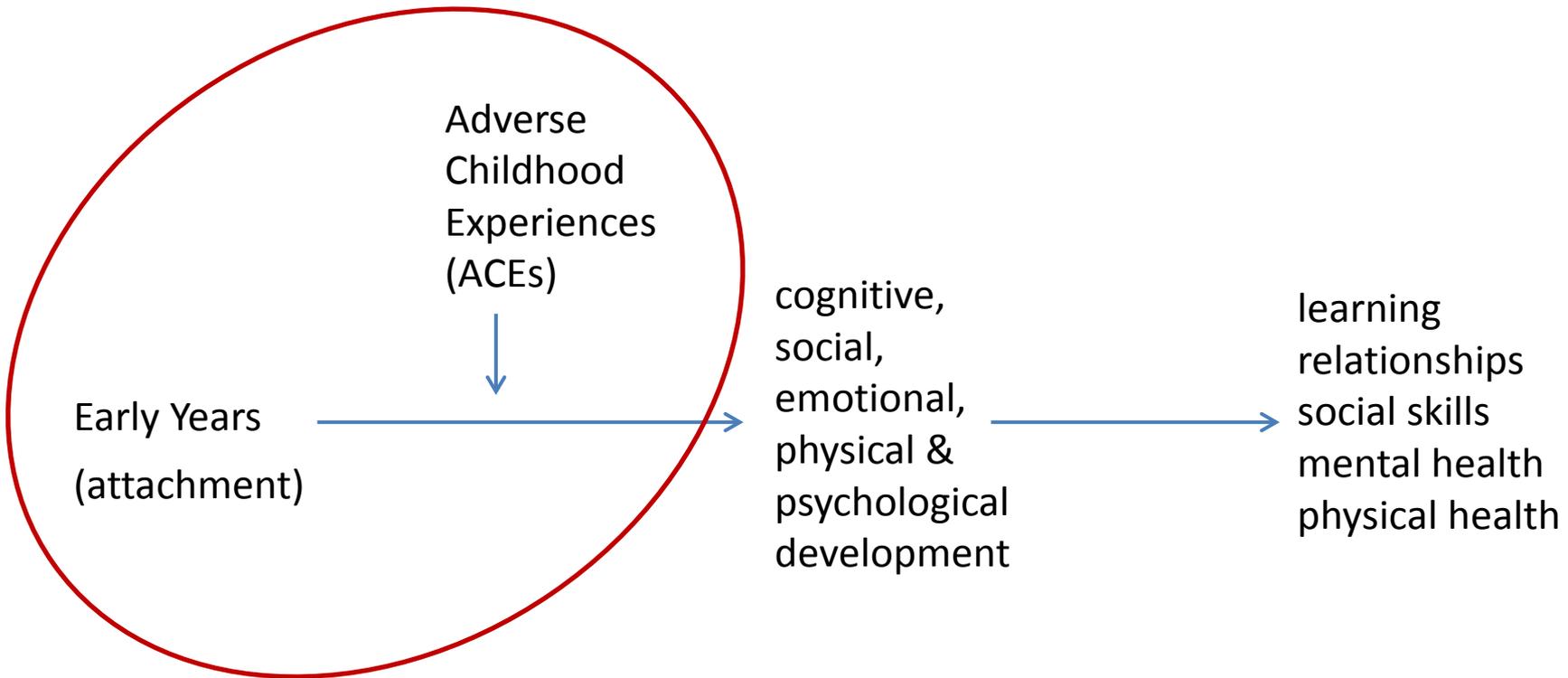


Dube, S.R., Anda, R.F., Felitti, V.J., Chapman, D.P., Williamson, D.F., Giles, W.H., 2001. Childhood Abuse, Household Dysfunction, and the Risk of Attempted Suicide Throughout the Life Span. JAMA 286, 3089.



ACEs are...

- common
- “survivable” for most people
- not the sole cause of our problems...
- ... but a useful indicator of “toxic stress”
  
- cannot be undone, so must be prevented
- transmissible from parents to children



Early Years  
(attachment)

Adverse  
Childhood  
Experiences  
(ACEs)

cognitive,  
social,  
emotional,  
physical &  
psychological  
development

learning  
relationships  
social skills  
mental health  
physical health

# HISTORIC CLAIMS

YOU are going to make a lot of bad choices in your life - choosing the wrong parents, the wrong socio-economic group, and the wrong social welfare home, where you are going to get yourself abused. After that you are just going to carry on making bad choices till you end up in prison. Or a psych ward.



When are you going to take some responsibility for yourself?

**PEOPLE  
MAKE  
GLASGOW**

**GLASGOW  
MAKES  
PEOPLE**

**low ACEs,  
secure attachment**