

Submission to the Seanad Public Consultation Committee on Children's Mental Health Services in Ireland – May 2017

“.....to provide a forum where Child and Adolescent Mental Health service users (including children and their parents), key civil society activists, and service providers.....to highlight the mental health issues experienced by the most vulnerable people in this country – our Nation's children.

.....to end the practice of admitting children to adult psychiatric units.....to robustly examine the reality of current practice.....to benchmark ourselves against best practice.”

.....Evidence, including that of the Mental Health Commission, indicates that there is much room for improvement in how we look after those that need it the most...” (Senator Joan Freeman)

APPLICANT : RAYMOND LAMBERT

The Old Chocolate Factory - 129 Kilmainham Square - Dublin 8

email address : raymond Lambert@eircom.net Telephone : 085 104 96 46

INTRODUCTION :

I am a Trauma therapist, a body-worker, a parent to 3 children and retired Master Mariner.

I am a practitioner of < Trauma - Tension Releasing Exercises - TRE® > as well as a craniosacral reflexologist.

I present full-day workshops. I hold talks on various related subjects. I have shown films on their world-release-day (I alone in Ireland) such as *MicroBirth* and more recently *CareGivers*.

I also see people privately.

I am passionate about all the above, consider myself an advocate for Children's Rights and Welfare, as well as Women's Rights and Welfare. You can see my LinkedIn profile at this link

<https://www.linkedin.com/in/raymond-lambert-52138340/>

I am the sole owner of the webpage www.treireland.ie (see videos, testimonials and much more)

I also run the current Facebook page < TREIreland2 > with earlier records at FB < TREIreland >

SUBMISSION / PRESENTATION

It is my honour and privilege to introduce you to the **ACEs** especially if you hear this for the first time today. The **ACE Study** has led to the term < Trauma-Informed-Care > or TIC.

ACEs stands for < Adverse Childhood Experiences >

The ACE Study is one of the largest **scientific** research studies of its kind, with over 17,000 mostly middle income Americans participating. The focus was to analyse the relationship between childhood trauma and the risk for physical and mental illness in adulthood. Over the course of a decade (started in 1985 and published in 1997) the results demonstrated a strong, graded relationship between the level of traumatic stress in childhood and poor physical, mental and behavioural outcomes later in life (a predictive health outcome). [*The ACE Study is an ongoing collaboration between the Centres for Disease Control and Prevention and Kaiser Permanente. Co-principal Investigators : Robert F. Anda, MD, MS, Centres for Disease Control and Prevention; Vincent J. Felitti, MD, Kaiser Permanente, San Diego.]*

The ACE Study can be used both as an essential tool to detect, understand, treat and heal physical and psychological conditions, as well as a road map to effect changes in our society, communities and our homes.

The ACEs is a movement gathering momentum and achieving tremendous results, in all layers of society : in hospitals, clinics and private practice, schools, in health education, courts, prisons, and of course, in families and with individuals.

It is producing huge savings in cities, counties and national budgets. It would be particularly helpful when money is scarce and finances are at a minimum such as in Ireland.

Although the study was carried out in America, it is universally applicable. It is hopefully accepted that the data and figures for Ireland are at least as damning, as indeed we often lead the world with our statistics.

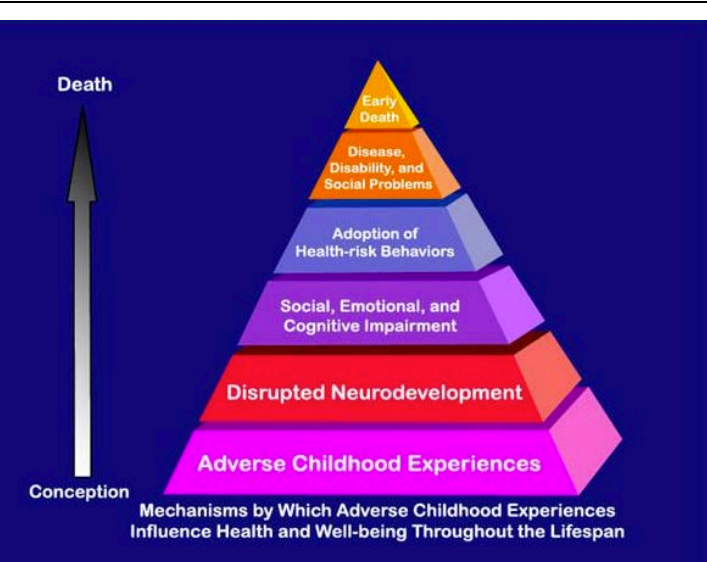
This submission concerns the mental health of children, and their admission to adult psychiatric units. These are the children whom we have produced and brought to the point of mental struggle, just as these children are the ones who will go on to become the adults - victims and offenders - of tomorrow. It is therefore a paradigm shift in our approach and thinking which is required. Embracing the principles of the ACEs Study will lead to the elusive wake-up call Ireland needs, both as a Nation and as a People, and each and everyone of us.

The figures speak for themselves. The research HAS been done. The proof is irrefutable. There is therefore no room for any further excuse, debate or explanation.

10 simple questions is all it takes (see the questionnaire at the end). The WHO is using this model, and has adapted it to specific zones and types of circumstances.

This introduction to the ACE Study **may seem** to be more relevant to adults and their physical or health problems further down the line in their life, but in fact the **ACEs apply at any stage of life**. You don't have to wait till your 18 to start asking these questions.

On the next page, you will see the results in pictorial form. Please bear in mind that the figures for Ireland are generally higher.



Adverse Childhood Experiences Are Common

<u>Household dysfunction:</u>	
Substance abuse	27%
Parental sep/divorce	23%
Mental illness	17%
Battered mother	13%
Criminal behavior	6%
<u>Abuse:</u>	
Psychological	11%
Physical	28%
Sexual	21%
<u>Neglect:</u>	
Emotional	15%
Physical	10%

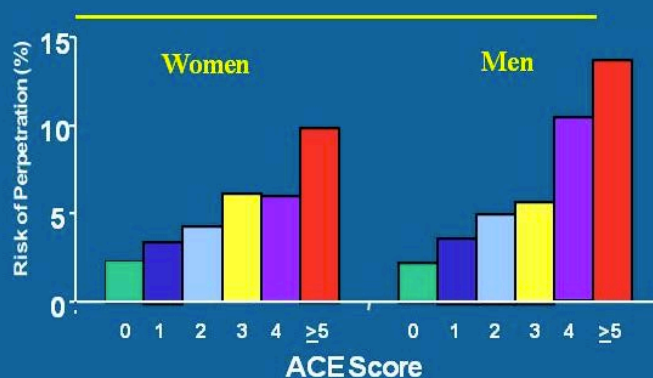
Health Risks

Childhood Experiences vs. Adult Alcoholism



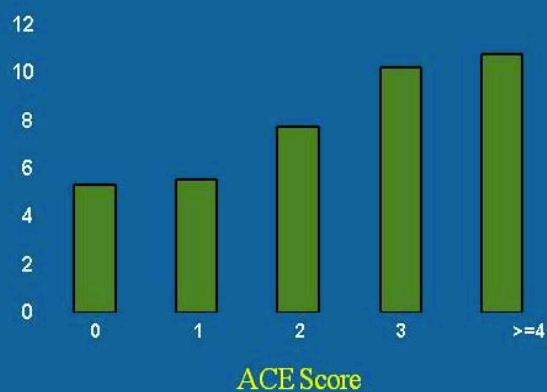
Social Function

ACE Score and the Risk of Perpetrating Domestic Violence



Medical Disease

The ACE Score and the Prevalence of Liver Disease (Hepatitis/Jaundice)



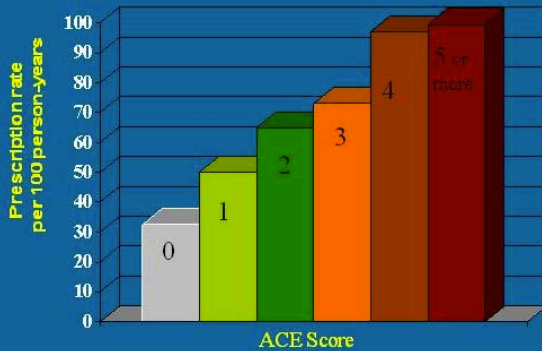
Well-being

Childhood Experiences Underlie Later Being Raped

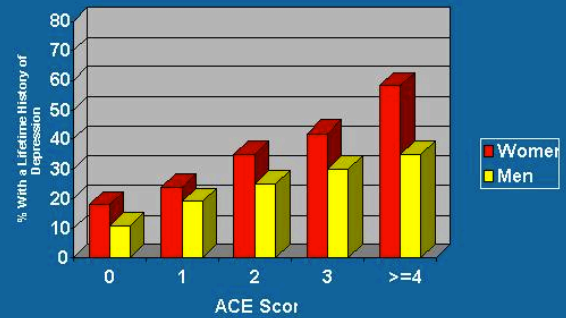


ACE Score and Rates of Antidepressant Prescriptions

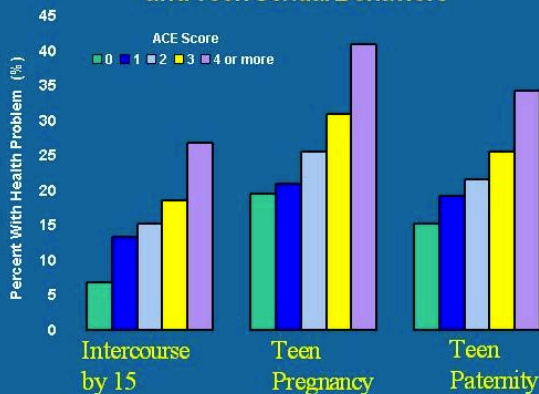
approximately 50 years later



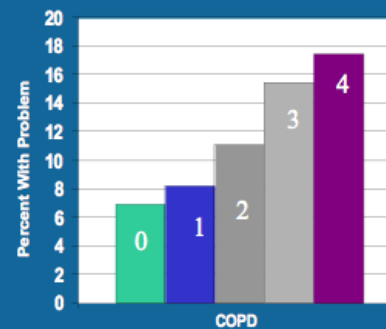
Childhood Experiences Underlie Chronic Depression



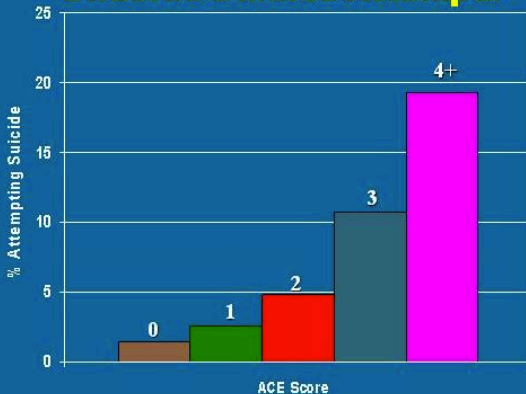
ACE Score and Teen Sexual Behaviors



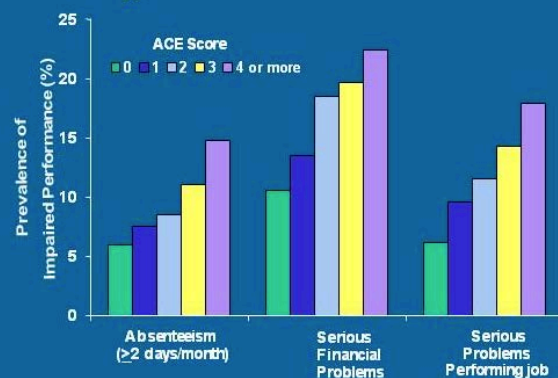
ACE Score vs. COPD



Childhood Experiences Underlie Suicide Attempts



ACE Score and Indicators of Impaired Worker Performance



Please note that in the above, the statistics show up to an ACE Score of 4, sometimes 5. I leave to your imagination the prognosis for a higher score. I regularly meet people with scores of 6 to 8, sometimes 9, even 10. According to the ACE Study, a score of 6 or more will result in a 20-years reduction of life expectancy : FACT

Another important point is this : **people always respond favourably to 'being asked'** and very often, the healing begins right there. And **CHILDREN** are absolutely the same - young adults to an extent too - except they are not aware of anything : they just respond well to anyone, anywhere, who shows them care, kindness, understanding and sympathy. Quite the opposite effect of being placed in an adult psychiatric unit.

The purpose of this presentation is to show that every child or young adult presenting with symptoms or behaviour which may have led to being placed in an adult psychiatric unit, is the sum of environmental factors experienced in his/her childhood. The remedy to his/her situation must take account of these facts. ANY psychiatric unit is not the best place to be in.

A Trauma-Informed Approach will be beneficial at any stage of life, including with children and adolescents, as will the application of the ACEs principles.

Since the publication of the ACE Study in 1997, **every single aspect, fact and figure of the ACE Study has been proved**, supported and magnified by numerous scientific studies and peer-reviewed articles, especially from the fields of Neuroscience, Gastroenterology and Immunology. Of special interest to the Consultation Committee might be the above image and graph for Suicide Attempts. Again : FACT and verified Science.

I am quite familiar with the ACEs and all the information available on the subject. I also have access to some important members of the 'movement' in case help was needed. I would be very happy to answer any questions, and prepared to give you a presentation on the ACEs.

It is wonderful to have the possibility to change existing practices regarding Children and Adolescents with behavioural problems. With the ACEs, we hold the key to change our entire Irish society, regardless of age, gender, track-record or problem, physical or mental.

Ireland needs a change : this can be a turning point. Let's do it, not because we are broke, but because it is right, and has been proved right for 20 years already.

Finally, here are the famous 10 questions of the ACEs questionnaire :

>>> PRIOR TO YOUR 18TH BIRTHDAY <<<

Adverse Childhood Experience Survey		
QUESTION	Yes	No
Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?		
Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?		
Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?		
Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?		
Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?		
Were your parents ever separated or divorced?		
Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?		
Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?		
Was a household member depressed or mentally ill, or did a household member attempt suicide?		
Did a household member go to prison?		
Add up your "yes" answers – that's your ACES score		

REFERENCE : <https://acestoohigh.com/got-your-ace-score/> + 55 million Google results for < ACEs Study > in 0.5 second

Thank you for your time and patience. Respectfully and at your service. Raymond Lambert. Dublin