

WEBVTT

1 "" (0)

00:00:00.000 --> 00:00:04.344

Okay, Hello.

2 "Moreau, Lisa" (535975680)

00:00:04.344 --> 00:00:23.959

Oh and welcome for call welcome for calling in to Cigna's 2024 children and family awareness series. My name is Lisa Moro, and I am a coaching and support case manager at evannorth/Cigna. Due to the format of this call, you will not be able to ask questions during the teleconference. The conference will be opened up for questions and answers at the.

3 "Moreau, Lisa" (535975680)

00:00:23.959 --> 00:00:51.110

Completion of the presentation. A handover for today's seminar is available online@Cigna.com forward slash children's families. Also, please log into Slido for the Q and A to participate in any of the moment in the moment questions, which again will most likely be answered at the end of the presentation. Please note that not all policies covered today's topic for more specific information if your policy.

4 "Moreau, Lisa" (535975680)

00:00:51.110 --> 00:01:17.210

Covers topics discussed in today's seminar. Please contact the number on the back of your insurance card. So today I have the pleasure of introducing Lisa Cunningham. A little bit about Lisa. She's an LCSW, Autism Behavior Case Manager for 14 years with Cigna Evernorth. Eight years specializing in coaching prior to IPHT case manager six years. Try care for UN for four years.

5 "Moreau, Lisa" (535975680)

00:01:17.210 --> 00:01:43.760

Supervision of CPS youth for tomorrow's consultant seven years, Senior Day Texas Health, sorry TX Health based one year, state hospital acute unit and take care manager for six years, research assistant at UCLA, neuropsychiatric department for three years, internships and county service and youth authority California state jail, also a mother of three.

6 "Moreau, Lisa" (535975680)

00:01:43.760 --> 00:02:03.760

Boys, six children in a blended family, and Hawaii raise but Texas face. Lisa has a wealth of knowledge obviously to share today. Now a little bit of about the seminar description. This presentation notes the impact of childhood trauma and adult development, health and mental health risk for care providers to be aware.

7 "Moreau, Lisa" (535975680)

00:02:03.760 --> 00:02:27.269

Of and how treatment can improve outcomes. The risk and concerns areas are highlighted for the education of the staff and a research based assessment tool is explored for the potential use in care. Now with that being said, we would like to thank you for being here today. You're welcome to start your presentation Lisa, so you can go on and take it away. Thank you.

8 "Cunningham, Lisa" (804439040)

00:02:27.269 --> 00:02:57.400

Thank you so much. I appreciate the introduction and the kind words. We can obviously jump off of that 1st slide that says adverse childhood experiences since you've introduced that so well. So next slide please. That one actually is a summary of what you just stated for my introduction of staff. I do want to note, however, besides myself, I would be remiss if I didn't note that in my prayer work with Cigna Medical Director, dr. Craig Martin, we had generated the bulk of this research that's being presented today, today's together. So I want to take a moment to.

9 "Cunningham, Lisa" (804439040)

00:02:57.400 --> 00:03:17.400

Thank dr. Martin for his contributions and work in his absence today. If we can jump on to the next slide. So we've got some goals for today as we do for all presentations. We obviously want to share that ACE development and concepts. We want to provide an opportunity for people to self score on the ACE assessment themselves to see what that.

10 "Cunningham, Lisa" (804439040)

00:03:17.400 --> 00:03:42.560

Might look like. We're going to review what ACE impacts can look at over time. We also want to discuss strategies to prevent and mitigate adverse childhood experiences or aces. I'm gonna provide a case example of what a, a difficult family scenario might look like, and then of course review any questions there at the end. I'll try to go over the materials fairly purpose.

11 "Cunningham, Lisa" (804439040)

00:03:42.560 --> 00:04:09.470

So that people get a chance to review the concepts and kind of formulate those questions if there are some at the end. Next slide please. So what are adverse childhood experiences? This kind of describes obviously those potentially traumatic events. Childhood were being really distinct and saying that's zero to 17 years. That doesn't mean of course that adults can't be traumatized, we're all very well aware of PTSD and adult states obviously having impact.

12 "Cunningham, Lisa" (804439040)

00:04:09.470 --> 00:04:27.569

But the neurology of these impacts on children is quite different. So neglect violence, those impacts, there's a vessel slide there showing kind of cradle to adulthood, how that affects the emotional and the mental and the behavioral development of children is quite different than adults, so we want to call that out.

13 "Cunningham, Lisa" (804439040)

00:04:27.569 --> 00:04:47.569

Next slide, please. So another thing that is really important to be cognitive of is that some groups are much more likely to have experienced these adverse childhood events. It doesn't mean that someone in a privileged background can't have these. It doesn't mean that somebody who's in a difficult.

14 "Cunningham, Lisa" (804439040)

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Scenario or unusual or poverty strike scenario is going to experience these, but we do want to note that sensitivity as we're working with people, we're learning about their backgrounds or pronouncing some of these events that may make it more likely that they experienced some traumatic events in childhood. We want to be sensitive to that and address that if needed.

15 "Cunningham, Lisa" (804439040)

00:05:07.569 --> 00:05:36.749

On the graphic it obviously shows people of color, people with lower education, people of course with less resources have less resiliency because they can purchase less services. People who are unemployed or unable to work, and of course our families in the Lesbian gave bisexual or transgender format. We know that they experience significant discrimination and difficulties, even with some awareness growing over time. So we want to make sure that folks are aware of these areas of concern.

16 "Cunningham, Lisa" (804439040)

00:05:36.749 --> 00:05:57.979

And then next slide, please. Yes. And we're gonna spend a little time on this graphic. It's from the Institute for Community and family resilience. It's a great resource that people want to look at that later on in their own time. There are gonna be multiple resources I call out today, a little later on. We've even got some links to some youtube videos that can be really illuminary. Nice.

17 "Cunningham, Lisa" (804439040)

00:05:57.979 --> 00:06:29.659

Demonstrations in different scenarios and different impacts. So I'm definitely not the end all and be all, but I want to make sure people see these resources. Now, when we talk about childhood trauma, people often kind of rattle off what that looks like. Oh, it could be brain

or cognition or health or emotional relationship development, but what does that mean and what does that look like? I think it's really important for both clinicians and lay people to be sensitive to what that might look like so that we're able to, notice these things and call an extra.

18 "Cunningham, Lisa" (804439040)

00:06:29.659 --> 00:07:01.069

The Resources when it's appropriate. I love this graphic because it has a lot of details. I like to start with the one kind of just to the left of clock twelve where it says brain development. Obviously, infants exposed to traumatic events, and we'll, we'll talk more about what those are in a moment. Actually have physiological changes. Infants that are in a traumatic or neglectful environment have smaller brain size. They have less efficient processing when neurologically tested. They have an impaired stress response, sometimes.

19 "Cunningham, Lisa" (804439040)

00:07:01.069 --> 00:07:21.069

Over or under reactive adrenal glands. They have changes in their gene expression, which could be really surprising when you think about kind of emotional events that they could have that much of an impact on physiology, but they do. Now, obviously, if brain development's effective, we jump over to the next one cognition. Well, what does that mean? Well, that's impaired ready.

20 "Cunningham, Lisa" (804439040)

00:07:21.069 --> 00:07:47.119

Just to learn. Kids don't do as well in preschool or kindergarten. They have difficulty with problem solving. Language delays, problems with concentration and poor academic achievements, not necessarily because they are not clever children, but because their brain development and their hardwiring has been impacted by trauma. And when the trauma is addressed, maybe somewhat resolved through care, some of these areas.

21 "Cunningham, Lisa" (804439040)

00:07:47.119 --> 00:08:09.679

May rise in a way we wouldn't expect. Next area talks about physical health, people who are undergoing traumas children often have sleep disorders, eating disorders, poor immune systems, stress as we know suppresses immune system response. So functioning there is impacted. Later in life cardiovascular disease is greatly impacted in adults that experience trauma.

22 "Cunningham, Lisa" (804439040)

00:08:09.679 --> 00:08:35.449

As infants, so we'll look at those statistics shortly, a shorter lifespan is well known as well. Next area talks about emotions, so difficulty controlling emotions, recognizing emotions, not great

coping skills, shame, guilt, worry, a helplessness or a lack of self efficiency or efficacy. Those are all things that fall into that emotional zone also impacted in these children and adults. Next area.

23 "Cunningham, Lisa" (804439040)

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It goes into relationships over we have all those deficiencies, obviously our relationships maybe affected. So problems with attachment, problems with understanding social interactions, not forming relationships in lasting or healthy ways. Problems with romantic relationships, obviously, as we in our adulthood.

24 "Cunningham, Lisa" (804439040)

00:08:51.959 --> 00:09:11.959

And then intergenerational cycles of abuse and neglect, really critical for this because we don't want that replication to continue. We want to break the line on that intergenerational cycle. Next area talks about mental health, so obviously if someone's got challenges in brain development, cognition, physical, emotional relationship.

25 "Cunningham, Lisa" (804439040)

00:09:11.959 --> 00:09:38.329

Health they may end up with a mental health diagnosis, which will call things like depression anxiety, low self image or negative self esteem PTSD for more severe presentations, and suicidality can obviously be part of that presentation. Last area there is behavior, where again, as children are adults, we talk about people having difficulties with regulation, withdrawal aggression, impulse control.

26 "Cunningham, Lisa" (804439040)

00:09:38.329 --> 00:10:12.829

Role that risk taking for legal activity, whether it's drugs sexual acting out, adolescent pregnancies, greatly elevated in this group, and drug and alcohol misuse is greatly elevated in this group, even outside of other measures. So I appreciate your patience while we looked at those different areas, but I think it's really important to call those out for what they might look like. Next slide please. So types of aces are adverse events. Obviously there's the abuse, so emotional physical sexual abuse I think most people have an idea of what that might look like and understand that.

27 "Cunningham, Lisa" (804439040)

00:10:12.829 --> 00:10:32.829

Category, obviously neglect, emotional or physical, under stimulation, people who are neglected in food or housing or care taking events. That's kind of well known. Now it's important to frame these. These are typically again when we talk about substance misuse in that next area of mental illness, that's the adults, so child's exposed to an adult.

28 "Cunningham, Lisa" (804439040)

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Parent grandparent, whoever the supervising adults are in their environment. If that adult is struggling with substance misuse, middle illness suicidal thoughts and behaviors of their own, they're going through divorce separation if a family member is incarcerated. So, if a family member is just not available, that's one impact. If they're incarcerated.

29 "Cunningham, Lisa" (804439040)

00:10:52.829 --> 00:11:11.489

In in and out of jail, that's another impact. And then of course, partner violence or domestic violence is a hugely impactful to children, infants or older children that are in that household because those are their primary, people and their primary safety net and it's being violated with violence.

30 "Cunningham, Lisa" (804439040)

00:11:11.489 --> 00:11:31.489

No other adversities that could happen may have a fairly intact household, but if we're in a stressed environment or a stressed demographic, we maybe exposed to bullying, community violence, natural disasters, obviously people in refugee are wartime experiences. Enormous stress is there.

31 "Cunningham, Lisa" (804439040)

00:11:31.489 --> 00:11:47.039

And witnessing or experiencing acts of terrorism. I do want to call out that some of these things can also happen also on kind of the meta level. These things might be experienced personally, but they also maybe something that is kind of inundated in a household with a lot of.

32 "Cunningham, Lisa" (804439040)

00:11:47.039 --> 00:12:02.999

Video or news or family talk about these events being, you know, detrimental for their social group, so we can have some secondary traumas there even if they haven't had a direct trauma. Next slide please.

33 "Cunningham, Lisa" (804439040)

00:12:02.999 --> 00:12:22.999

So we're gonna go ahead and get into the assessment here pretty shortly cause I want people to be aware of this. It maybe something you would give clinically, it also might be something you're just aware of to know that when you see someone who answers some of these positively, you want to be extra sensitive in providing care, getting them resources, looking for therapeutic environment.

34 "Cunningham, Lisa" (804439040)

00:12:22.999 --> 00:12:39.359

For them, but there's a disclaimer on this that I want to call out, you know, taking care of yourself and your customer, doing this purposely, and sometimes maybe not using this tool as obviously asking direct questions about trauma can trigger a trauma reaction if it's not structured.

35 "Cunningham, Lisa" (804439040)

00:12:39.359 --> 00:12:59.359

If you're going to do this assessment, you want to do it privately, obviously public settings, you know, telephonically with somebody if they're out and about in a coaching type scenario might not be the best. If it's a child you're speaking with, having parental releases or permission to administer a clinical tool can have some legal constraints and obviously.

36 "Cunningham, Lisa" (804439040)

00:12:59.359 --> 00:13:25.889

Doing, assessment in this area if you're not able then to get that person to care or offer them services in any way, it's probably not a great idea to uncover trauma when we're not able and willing to give it enough time and enough resources to address. So, you know, if we need to kind of have a suspicion there, we might want to try to get someone to resources 1st before we dig in, so the tool can be used in a couple of different ways.

37 "Cunningham, Lisa" (804439040)

00:13:25.889 --> 00:13:45.889

Okay, next slide please. So the ACE evaluation is actually just a very straightforward group of questions. We get yes or NO answers and we score it accordingly. So 1st question, the assessment for those that are waiting, they're gonna go through it word on word for yourself.

38 "Cunningham, Lisa" (804439040)

00:13:45.889 --> 00:14:13.349

For someone else, we're asking did a parent or other adult in your household often or very often? Swear at you, insult you, put you down or humiliate you. Or act in ways that made you afraid you might be physically hurt. That's a yes or NO question. A yes is a10 is a, is for NO. So question number two is did a parent or other adult in the household hold often or very often?

39 "Cunningham, Lisa" (804439040)

00:14:13.349 --> 00:14:28.589

Push grab slap or throw something at you or ever hit you so hard that you had marks or were injured. Again, this is a yes or NO response, a yes gets you a one. So on the 1st group, possibility of two.

40 "Cunningham, Lisa" (804439040)

00:14:28.589 --> 00:14:48.329

One or zero. Next slide please. The 3rd question is, did an adult or person at least five 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 a vaginal inner course with you?

41 "Cunningham, Lisa" (804439040)

00:14:48.329 --> 00:15:08.329

And again yes or NO answer. Number four is 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 as the general family.

42 "Cunningham, Lisa" (804439040)

00:15:08.329 --> 00:15:26.489

Dynamic. Again, one is for yes, and NO is a zero. Next slide please. Five is did you very often, pardon me often or very often felt that you didn't have enough to eat. You had to wear dirty clothes.

43 "Cunningham, Lisa" (804439040)

00:15:26.489 --> 00:15:41.699

You had NO one to protect you. Or, your parents were too drunk or high to take care of you or take you to the dr. if you needed it. Again yes is one, NO is zero. Six.

44 "Cunningham, Lisa" (804439040)

00:15:41.699 --> 00:16:00.929

Is were your parents ever separated or divorced? Yes is one? No is zero. And next slide please. Seven is was your mother or stepmother? Often or very often pushed, grabbed slapped or had something thrown at her.

45 "Cunningham, Lisa" (804439040)

00:16:00.929 --> 00:16:18.779

Or, sometimes offended or very often kicked, bitten, hit with a fist or hit with something hard. Or ever repeatedly hit at least a few minutes or threatened with a gun or knife. Yes is one, NO is zero.

46 "Cunningham, Lisa" (804439040)

00:16:18.779 --> 00:16:39.509

Eight is Did you live with anyone who was a problem drinker or alcoholic or who used street drugs? Yes, again, one, NO is zero. Next slide, please. Nine.

47 "Cunningham, Lisa" (804439040)

00:16:39.509 --> 00:16:55.289

Is was a household member depressed or mentally ill or did a household member attempt to suicide? Yes, for one, NO for 00:10 and last, is that a household member go to prison?

48 "Cunningham, Lisa" (804439040)

00:16:55.289 --> 00:17:11.189

Yes is one, NO is zero. And then simply adding up those ten questions, that's your A score, so obviously it's going to be a zero to ten answer. There's a little link there with a calculator and also to the test itself if anybody needs a hard copy of it.

49 "Cunningham, Lisa" (804439040)

00:17:11.189 --> 00:17:31.189

Let's jump on to our next slide. So, based on those questions, many people may already say, well, almost everyone's gonna score at least one, and that's correct. So many people have aces. Data crossed and it's a large sample there into the green it's a little.

50 "Cunningham, Lisa" (804439040)

00:17:31.189 --> 00:17:47.699

Hard to read, but it's a hundred and 44000 adults across 25 states over a two year period, they gave us assessment out and 61 % had at least one type of ace. So some maybe more innocuous ones, divorced or separation of the family.

51 "Cunningham, Lisa" (804439040)

00:17:47.699 --> 00:18:07.699

Maybe common, may not be traumatizing particularly, but that's at least a one. And then four or more is 16 % of that population. Again, that was across a wide range of adults with different ethnic socioeconomic backgrounds. There's a whole publication there for the center's disease control, if somebody wants to dig into the.

52 "Cunningham, Lisa" (804439040)

00:18:07.699 --> 00:18:28.019

Research, so the one or two score may not be as consequential, but four more tends to trigger a higher level of concern. We'll take a look at that next slide. So the study that that was based on, I'd like to give a little background.

53 "Cunningham, Lisa" (804439040)

00:18:28.019 --> 00:18:48.019

Large, obviously, Kaiser Permanente is an enormous healthcare provider, mostly based in the west, area and central areas of the country, but they have some places in different areas of the country as well. They had a really large participation turnout, lots of confidential surveys distributed returns, so we.

54 "Cunningham, Lisa" (804439040)

00:18:48.019 --> 00:19:11.569

Feel like the data there is really helpful because it's a large study. Let's jump on to the next slide. So that's a little definition again about what adverse childhood experiences are, that violence, abuse or neglect witnessing violence in the home community, having family members attempt or die by suicide. Those are all things that trigger

lifetime health.

55 "Cunningham, Lisa" (804439040)

00:19:11.569 --> 00:19:30.119

Effects on every family member. So that's just a call out there. Let's jump to the next slide. That's that next range of sense of safety, stability bonding that can be destabilizing and caused a dysfunctional.

56 "Cunningham, Lisa" (804439040)

00:19:30.119 --> 00:19:47.549

Health progression in children, substance abuse problems, mental health problems, and parental figures, instability due to parental separation, household numbers beating jail or prison. Those are all things that are very consequential to childhood brain development. Next slide.

57 "Cunningham, Lisa" (804439040)

00:19:47.549 --> 00:20:10.159

It's a general statement kind of noting that the chronic health problems, mental illness and substance use problems can negatively impact obviously teenagers and adulthoods, but it has impacts across education, job earning opportunities earning potential, nationwide, so these don't just affect the individuals, they infect and.

58 "Cunningham, Lisa" (804439040)

00:20:10.159 --> 00:20:40.169

Stress the entire education and working programs of our country because people who are impaired in these areas continue to maintain that impairment and sometimes even accelerate that impairment as they go through their life stages. So we want to really look at that focus on prevention and focus on caring. So ages are common. We noted again, 61 % of adults surveyed across 25 states, had at least one and nearly one in six had that said they had four or more.

59 "Cunningham, Lisa" (804439040)

00:20:40.169 --> 00:20:55.859

So this is something that if you've got a room full of people and looked around, you know you're going to have most people in the room having some events they might need to process or take care of, and a good number of adults are going to need more care than they might expect. Next slide, please.

60 "Cunningham, Lisa" (804439040)

00:20:55.859 --> 00:21:19.879

So, some statistics that are coming back from the diseases center for disease control is that if we could prevent aces, breed those scores down by one or two or three in some areas, they believe that up to 1.9 million heart disease cases and 21 million depression cases

could be potentially avoided. So Karen earlier midchildhood.

61 "Cunningham, Lisa" (804439040)

00:21:19.879 --> 00:21:36.989

Hood or even young adulthood can remove some of those long standing heart disease cases. We know that's the number one killer across our nation to be able to prevent nearly 2 million cases by addressing emotional progression, was astounding to me, but really good for us to know as healthcare providers.

62 "Cunningham, Lisa" (804439040)

00:21:36.989 --> 00:21:56.989

Next slide, please. Calling that again that some children are at greater risk. Women and ethnic minority groups, greater risks for experiencing four more types of aces. Obviously people who have multiple types or designations, if we have a lower associate economic demo.

63 "Cunningham, Lisa" (804439040)

00:21:56.989 --> 00:22:26.209

Graphic plus we're racially mixed plus we're female plus some of those other features, we just accelerate people's risks for these levels of of aces. Next slide please. This is addressing some of the costs that they believe the event of aces across North America is. When you look down that, obviously, it says hundreds of billions of dollars per year when you think about care, job loss, interventions.

64 "Cunningham, Lisa" (804439040)

00:22:26.209 --> 00:22:47.269

Use hospitalizations for mental health problems, police involvement and emergency care for domestic violence, all of those things added together, I think obviously do reflect those billions of dollars of loss per year across the country. A 10 % reduction they've thought would be an annual savings of \$56 billion. So this is not an.

65 "Cunningham, Lisa" (804439040)

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End all fix all care all, reduction in any area, treatment in any, any area would recapture both functioning for people affected as well as dollars spent on health and mental health care.

66 "Cunningham, Lisa" (804439040)

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Next slide, please. So talking about the lasting effects of ACES, the health, the wellbeing, the life opportunities, when you're talking about increases in risks of injury, sexually transmitted infections, maternal and childhold problems.

67 "Cunningham, Lisa" (804439040)

00:23:18.839 --> 00:23:38.839

Many problems which we're trying to address as a nation for team pregnancy, complications, fetal death, sex trafficking, a wide range of chronic diseases and leaning cause addresss such as cancer, diabetes, heart disease, suicide. All of these are tied into those early childhood events and adverse brain dysfunction results.

68 "Cunningham, Lisa" (804439040)

00:23:38.839 --> 00:23:50.279

In ways that I think we had only begun to appreciate the complexity there. You know, people are wanting to treat cancer, oftentime aren't looking at early childhood events and they should be.

69 "Cunningham, Lisa" (804439040)

00:23:50.279 --> 00:24:06.299

Next slide, please. So Aces in the associated detriments of health, so under resourced, segregated neighborhoods, food insecurity, toxic stress, there's many areas here that are affecting people's development.

70 "Cunningham, Lisa" (804439040)

00:24:06.299 --> 00:24:22.379

And many areas that we could do interventions that would help with this attention decision making, learning issues that are causing so much stress and dysfunction. Next slide please.

71 "Cunningham, Lisa" (804439040)

00:24:22.379 --> 00:24:42.379

So this one's noting that children with toxic stress can have difficulty with those healthy stable relationships, which we know lead to things like finances, jobs, depression issues, health issues throughout life. Many times aces are tied intergenerationally, so unfortunately children that are raised in chronically battering or.

72 "Cunningham, Lisa" (804439040)

00:24:42.379 --> 00:25:05.449

For food insecure or, you know, resource desert type environments or homes tend to have children in that same circumstance. So the toxic stress from historical or ongoing traumas tends to continue to play out with that limited educational, limited economic opportunities, all the things that continue to amplify ACE.

73 "Cunningham, Lisa" (804439040)

00:25:05.449 --> 00:25:09.959

Is in their effects on our society as a whole.

74 "Cunningham, Lisa" (804439040)

00:25:09.959 --> 00:25:29.959

Next slide, please. So preventing a vases. Next slide, please. So this is a nice pyramid that I like cause I'm a visual person. It helps me to kind of conceptualize things in this way. So.

75 "Cunningham, Lisa" (804439040)

00:25:29.959 --> 00:25:56.689

When you start looking at that influence throughout lifetime, from conception to death as that slide on the right, generational embodiment, that historical trauma, that's a base that unfortunately many people are born into. Some people are born into privilege and wealth, some people are born into generational or historical trauma. So that's a base that we start with. Addressing that, trying to mitigate that. Being aware of that is really important, because that's.

76 "Cunningham, Lisa" (804439040)

00:25:56.689 --> 00:26:16.689

What we have an infant starting off their lifelihood with. So wanting to make sure we're sensitive to that to guide next steps is, is important. The next building on that pyramid is the social conditions, the local context, someone's in a city that's poverty strict and if somebody's in a less ideal environment, if someone's in an environment with poor.

77 "Cunningham, Lisa" (804439040)

00:26:16.689 --> 00:26:36.689

Educational opportunities that's going to impact their opportunity to grow and to thrive. The next level on that pyramid is the adverse childhood experiences themselves. Someone that has one or two is going to have some impacts, someone that's in the 4568 category is going to be much more heavily loaded there.

78 "Cunningham, Lisa" (804439040)

00:26:36.689 --> 00:26:57.109

And as they stepped in into the next one about disrupted neural development, all of those effects below them are gonna cascade. So if someone has a fairly good base for that generational body amendment, their social conditions are good, they may have some adverse childhood experiences, but they may have some resiliency. Someone already has a loss at the base.

79 "Cunningham, Lisa" (804439040)

00:26:57.109 --> 00:27:20.479

And that disruptive neuro development is only going to escalate. Next step up is that social emotional and cognitive impairment that may start to show in children, particularly at the school age entering in with their peers group. Next stages is that adoption of health risk behavior. That's a fancy way of saying mirroring the trauma that they've experienced. People who raised the substance of.

80 "Cunningham, Lisa" (804439040)

00:27:20.479 --> 00:27:51.809

Used households, often abuse substances, people raised in a violent

household, often become very violent. People who are, are raised in a household that's got a lot of health challenges tend to mirror those as well. So that leads us up to the next levels of disease disability, and social problems where we start seeing a very divergent path for life in 2030 and 40 year olds because of the base of their childhood, and then obviously early death. There's some known issues there that we'll have some statistics on here in just a moment.

81 "Cunningham, Lisa" (804439040)

00:27:51.809 --> 00:28:08.099

Next slide, please. So strategies for care, strengthening economic supports to the families, that's easy to say, but what does that mean? Household financial security, family friendly work policies.

82 "Cunningham, Lisa" (804439040)

00:28:08.099 --> 00:28:28.099

Think our country has some progress in that and is focusing on that, but those social issues continue to need to be addressed because it's not universal by any means and there are many families falling outside of care policies. Social norms against violence and adversity, there's public education campaigns in place, some with success, some with more.

83 "Cunningham, Lisa" (804439040)

00:28:28.099 --> 00:28:48.099

Limited success, some of the legislative approaches to reduce corporal punishment, bystander approaches, men and boys at all ages this prevention for violence. A lot of schools are doing a wonderful job of bringing in kind of dad's day. Men as protectors, older brothers or sisters or whomever it might be in that protector position taking care.

84 "Cunningham, Lisa" (804439040)

00:28:48.099 --> 00:29:16.909

Where their families and themselves, the more we see of that, the more of a chance we have to bring in some of that resiliency and mitigate some of the effects. Next slide please. Ensuring strong supports for children teaching skills, so early childhood home visitation and intervention programs. Many states in the last 20 years have really initiated and filled those early childhood programs where children are showing issues with behaviors, speech delays.

85 "Cunningham, Lisa" (804439040)

00:29:16.909 --> 00:29:36.909

Is, maybe some slow in growth or not meeting milestones are being addressed and cared for. Those are critical because we know that by the time a child gets to school, they've already completed a good amount of their development, so trying to mitigate effects when a child's already in school is already being a bit late to the game. We really want that.

86 "Cunningham, Lisa" (804439040)

00:29:36.909 --> 00:30:00.259

High quality childcare, preschool and enrichment, opportunities for the social emotional learning, opportunities for safe relationships and skills, and that parenting skills and family relationship approaches. We know that parents are typically wanting to do their very best they can for their children. Most parents adore their children, their children love them. They may just lack skills. So the chance to be exposed and being able to marriage.

87 "Cunningham, Lisa" (804439040)

00:30:00.259 --> 00:30:09.389

See someone teaching, interacting, caring with a child appropriately is a really powerful learning opportunity for our parents in need.

88 "Cunningham, Lisa" (804439040)

00:30:09.389 --> 00:30:25.739

Next slide please. Connecting youth to caring adults, so mentoring programs after school programs, many times in the past those were used as kind of housing programs, and I think the awareness that those can really be programs to enhance.

89 "Cunningham, Lisa" (804439040)

00:30:25.739 --> 00:30:45.739

Care enhance health. Teach healthful eating, teach better behaviors, teach interventions, bringing parents into a more positive environment as well as the children. That's really something that has been begun to bloom and I think has a long way to go still. Treating the victim centered services, primary care.

90 "Cunningham, Lisa" (804439040)

00:30:45.739 --> 00:31:15.149

Making sure that physicians are looking out for episodes of abuse, not so much to get parents in trouble, but to provide resources and support to family, that family centered treatment, both for violence, growth, and substance abuse disorders, really important, you know, getting references out to things like Alanon and Ellatine for our families to make sure that not just the person with a substance problem is being treated, but the people in their environment are getting some care and support, really important for us to offer those resources.

91 "Cunningham, Lisa" (804439040)

00:31:15.149 --> 00:31:32.549

Next slide, please. So raising awareness, the causes of ACES and how to prevent them, we want that shift from individual responsibility to community solutions. If we see someone struggling, having negative events.

92 "Cunningham, Lisa" (804439040)

00:31:32.549 --> 00:31:52.549

Substance misuse, acting out behaviors, depressions suicide. We don't want to target that person as being a negative person so much as making sure that that means as a community, we need to be more resilient. We want to have access to safe and stable environments and places for people to get information, learn and play. Community.

93 "Cunningham, Lisa" (804439040)

00:31:52.549 --> 00:31:58.889

Winners are great for that. Community education is great for that, but we still have a long way to go.

94 "Cunningham, Lisa" (804439040)

00:31:58.889 --> 00:32:16.619

Next question, please. Pardony slide. So there was a pilot study done. There's some links to that later in the presentation across several different states in 2020. I'm gonna go ahead and jump to the next slide.

95 "Cunningham, Lisa" (804439040)

00:32:16.619 --> 00:32:33.779

This is something for people to do a little review on their own, so some of the sellers we've used today, the vital fact sheet, the adverse childhood experiences, prevention strategy, preventing adverse experiences and available evidence. All these are great resources. There's one at the bottom that's in Spanish.

96 "Cunningham, Lisa" (804439040)

00:32:33.779 --> 00:32:53.779

It could be reviewed, used or passed on to people, particularly people in care taking settings maybe really in a turnkey position to do well. Parents, of course, great teachers, of course, great healthcare providers of all descriptions for people to be more informed and more sensitive to these behaviors and needs could be really.

97 "Cunningham, Lisa" (804439040)

00:32:53.779 --> 00:33:12.839

Be helpful. Next slide, please. So I'm gonna do a quick case e.g., I know we're coming up fairly close to our questions time, so I'll go through this with some speed, but I wanted to give an example of what a a family and stress might look like and what interventions might be helpful. So next slide, please.

98 "Cunningham, Lisa" (804439040)

00:33:12.839 --> 00:33:40.039

So quick review of why we want to screen. We want to find those critical opportunities for prevention, the early detection and intervention prior to a person becoming an acting out team or an adult who's already in job loss or incarcerated scenarios. We really want to

catch these as early as possible.

99 "Cunningham, Lisa" (804439040)

00:33:40.039 --> 00:34:05.269

The children and the family members help break those generational links. So screening, treating, we were looking for the child's care, we're looking for the adults care. We really wanna make this associateconomic circle where the community's looking out for each other. Next slide please. And why treat adults? Obviously, we're a child facing society and socio.

100 "Cunningham, Lisa" (804439040)

00:34:05.269 --> 00:34:25.269

Some ways we want to obviously take care of our children, but looking for those adults, knowing that they may have children in their, in their, you know, scenario or that they might one day, we want to get that clinical assessment, education, treatment planning in so that people can be treated and assessed prior to their beginning of crisis. Once we have the police and the.

101 "Cunningham, Lisa" (804439040)

00:34:25.269 --> 00:34:40.499

Emergency services involved. We've messed so many opportunities that it's really quite tragic. We really want health providers and community providers, to be looking for these, to validate, to empower, to bring people into care before there's a crisis.

102 "Cunningham, Lisa" (804439040)

00:34:40.499 --> 00:34:56.189

Next slide, please. So this talks a little bit about using this assessment in reproductive health, whether we're looking at somebody who's planning for children, already is in the process of having children.

103 "Cunningham, Lisa" (804439040)

00:34:56.189 --> 00:35:12.989

Or maybe has young children men maybe adding to that family. These are all opportunities to look for scenarios where we could help, both mothers and fathers, the children they are going to have, the children they do have. We really want to introduce a conversation.

104 "Cunningham, Lisa" (804439040)

00:35:12.989 --> 00:35:28.379

At this point, if at all possible, again, before we have a family in crisis. So reviewing those adults, finding out what their background is, seeing where they could be supported or educated is a powerful opportunity to intervene. Next slide, please.

105 "Cunningham, Lisa" (804439040)

00:35:28.379 --> 00:35:50.839

So these are the links I was talking about earlier. I'm not gonna try to play them today. As you go down through, through these, these are several different kind of conversations from different groups. There's a little timeline there. The 1st one's only 2 min and a half long, then there's an 8 min one and a 13 min one. People are interested in viewing what it can look like to identify aces. However.

106 "Cunningham, Lisa" (804439040)

00:35:50.839 --> 00:36:10.839

Can affect families. What it looks like when that's happening in this scenario, these are really helpful videos that have some information about what to look for, what could be helpful, and where there's resources to get people to if we do discover that there's some needs in that area. I particularly like the clarity child Guidance Center one at the bottom, but I'll honor that 13.

107 "Cunningham, Lisa" (804439040)

00:36:10.839 --> 00:36:34.589

Few minutes might be long for some people, so the other ones are also excellent. I'll appreciate people just viewing these at their own best timing. And next slide please. So here's the breakdown. We did that test earlier and I wanted to give people a chance to kind of chew on those a little bit to see what that might look like for someone they care about it themselves. So.

108 "Cunningham, Lisa" (804439040)

00:36:34.589 --> 00:36:49.799

Across just a hundred american adults for zero aces for the folks that managed to get into that category, about one in 16 smokes, one in 69 are alcoholic. One in 48 use IV drugs, one in 14.

109 "Cunningham, Lisa" (804439040)

00:36:49.799 --> 00:37:09.799

Of all a hundred adults with zero have heart disease and one in 96 attempts suicide. Now, when you jump over the next category, where we've got 51 of those hundred, so the 33 had 00:51 has just one to three, not a high score, but scoring some positives. The shift of the statistics there were shocked.

110 "Cunningham, Lisa" (804439040)

00:37:09.799 --> 00:37:33.859

Talking to me. We go from one to 16 to one in nine at smoke. From one in 69 to one in nine that are alcoholic, a shift from one in 48 to one in 43 for IV drug use, one in 14 for heart disease doubles, so now it's one in seven for heart disease, and an enormous shift from one in 96 to one in ten attempt suicide. So squaring one to three aces.

111 "Cunningham, Lisa" (804439040)

00:37:33.859 --> 00:37:49.829

Brings you into a risk category that most people would find

intolerable. So I thought that was extremely informative. And then if we jump over to that last category, the 16 of those standard hundred adults that are gonna score between one and eight.

112 "Cunningham, Lisa" (804439040)

00:37:49.829 --> 00:38:08.369

One in six now smokes, one in six are now alcoholics. One in 30 use IV drugs, one in six has heart disease, and we double yet again to one in five attempts suicide. So obviously scoring in those higher ranges for these traumatic events.

113 "Cunningham, Lisa" (804439040)

00:38:08.369 --> 00:38:31.496

Has an enormous impact on what many times we would think of as just health categories, not necessarily mental health, you know, we'll, we'll maybe put suicide or drug use into a mental health category, but heart disease and smoking use, alcohol misuse, enormous jumps there. So I wanted to make sure that everyone was aware of those categories. Next slide please.

114 "Moreau, Lisa" (535975680)

00:38:31.496 --> 00:38:53.559

Please. Hey Lisa? I'm gonna jump in here just for a moment. I realize you are definitely paying attention to time, but this is just a 5 min warning, but also a reminder to those who do have questions, you can definitely enter them in at the Slido so we'll have time to answer those at the end. But Lisa I just want to let you know we've only had one thing come in so far, so you certainly do have some, give there, ok?

115 "Cunningham, Lisa" (804439040)

00:38:53.559 --> 00:39:14.270

I appreciate that so much. Thank you. Yeah, and again I'm gonna go fairly quickly through this next and well nearly the last bit of the presentation. It's a case example just for people to see what that might look like in real time. So we have a 14 year old child. We're gonna just call B This child was adopted from a CPS origin, which means removal typically for.

116 "Cunningham, Lisa" (804439040)

00:39:14.270 --> 00:39:40.550

Abuse or neglect scenarios. He was the oldest to five siblings, otherwise aged from nine to four. This person came into contact with Signant Evernorth due to an eye injury in 2020. The younger sibling also had a diagnosis of autism spectrum disorder with a case manager and authorizations for care. The seven year old sibling in that family also had autism spectrum disorder where the case.

117 "Cunningham, Lisa" (804439040)

00:39:40.550 --> 00:40:00.550

Manager and authorizations for care. The four year old of the family also triggered for care for EAP, or employee assistance program, that's some counseling services that are typically covered for free, also needed some speech and feeding therapy and other authorizations for care. So f so far all the kids in the.

118 "Cunningham, Lisa" (804439040)

00:40:00.550 --> 00:40:11.940

Family, lots of needs and lots of care. Next slide, please.

119 "Cunningham, Lisa" (804439040)

00:40:11.940 --> 00:40:31.940

So the eldest child did have early intervention to the school district and county in which he resides, had applied behavioral analysis was recommended for, services. Unfortunately as we know in the 2020a lot of services for children were lost due to the pandemic, so this child had quite a few services, but then it was more isolated at home. The family.

120 "Cunningham, Lisa" (804439040)

00:40:31.940 --> 00:40:57.920

Did maintain their treatment through the county and home school, had medications on board for the child's care. The very 1st contact for crisis was back in March of 2020. There were a rounds of what we call employee assistance program again that general counseling and care authorizations, the child was diagnosed with autism at that point as well as obsessive compulsive disorder, depression, ADHG, the child.

121 "Cunningham, Lisa" (804439040)

00:40:57.920 --> 00:41:17.920

Was noted to be verbal, but had some functional impacts moderate level two, which is fairly significant, some stereotypical and inappropriately behavior and needed more care. He'd also been in the juvenile, justice department care and had been sent to a wilderness camp due to behavioral disruptions at school. So child was heavily impacted.

122 "Cunningham, Lisa" (804439040)

00:41:17.920 --> 00:41:42.590

That at this point multiple diagnosis is obviously a very difficult background. Next slide please. So the child was admitted to an acute inpatient stay. The family began seeking longer term residential placements. Typically children below the ages of ten or eleven don't qualify for that care because providers want the children to be at least twelve or 13.

123 "Cunningham, Lisa" (804439040)

00:41:42.590 --> 00:42:05.090

Before they will offer that level of care. There was difficulty in placing, particularly at that time with a pandemic, there were NO

beds, the customer was too young or too old, some neural behavioral issues were also precluding to admit. The child while waiting for hospital care was unfortunately reviolated on their probation and taken into juvenal justice placements, in September of 20.

124 "Cunningham, Lisa" (804439040)

00:42:05.090 --> 00:42:25.090

22, was in a private treatment facility, was accepted, but then right before moving to care, the placement was declined by the court as the child was continuing to act out in the juvenile justice setting and was remanded to the juvenile justice system in a placement, currently set to stay there till 8th.

125 "Cunningham, Lisa" (804439040)

00:42:25.090 --> 00:42:46.250

And on a wait list for treatment facility at that point that could take up to a year. We're hoping that that child while they've been kind of enveloped in the justice system will obviously get mental health care and treatment and hopefully be able to minimize some of the behaviors we're already seeing with acting out and, kind of reimaging and marrying some of the abuse.

126 "Cunningham, Lisa" (804439040)

00:42:46.250 --> 00:43:03.690

The behaviors she was raised with. Next slide please. So when we review the general structure of that ASIS evaluation, that child would be at least a seven out of the possible ten scores. We know on that slide that that moves them into the highest risk category.

127 "Cunningham, Lisa" (804439040)

00:43:03.690 --> 00:43:23.690

And maybe that some positives we didn't know because of some of the sealed records for CPS would actually raise them to attend. We could suspect some of the drug use or abuse issues to also be positive that we couldn't definitively score. So this high risks are on all areas really the care is currently containment.

128 "Cunningham, Lisa" (804439040)

00:43:23.690 --> 00:43:54.680

As I note there hopes for a better fit for mental health and obviously providers and care as he ages into his later childhood years to be sensitive and focus more on care than containment. Next slide please. So quick just to recall in the case regarding the pre review of aces compared to children with NO aces, children's three to five years a little bit two or more are four times more likely to have three or more of those six social and emotional challenges that can affect your learning. So again.

129 "Cunningham, Lisa" (804439040)

00:43:54.680 --> 00:44:12.630

A fairly low score. 234, is very impactful. The higher score is of course important, but even a low score is quite impactful. Two thirds of children ages six to 17 year olds who bully pick on or exclude other children, are themselves also bullied picked on or excluded.

130 "Cunningham, Lisa" (804439040)

00:44:12.630 --> 00:44:27.960

And they have aces. So we sometimes divide people's behavior into victim or perpetrators. Aces typically are balanced in both of those areas, so we don't want to neglect the people who are acting out perhaps making difficult choices.

131 "Cunningham, Lisa" (804439040)

00:44:27.960 --> 00:44:47.960

Maybe motivated because they themselves are race positive and need more support in care in that area. Next slide, please. Resources listed below, so some best practices for trauma care. I'm gonna let people look at that as they might care to, and if we want any more resources for ourselves.

132 "Cunningham, Lisa" (804439040)

00:44:47.960 --> 00:44:55.110

For our families, for our caregivers, these are places we can go. Next slide, please.

133 "Cunningham, Lisa" (804439040)

00:44:55.110 --> 00:45:18.410

Additional resources there. Those are all hot links that can take people to, more information about resources, assessments, screenings, and what would be helpful in cases of positives, and then next slide please. And here we are to questions and needs. I see a quick survey popping up that people might want to take, and then I believe there was at least one question.

134 "Moreau, Lisa" (535975680)

00:45:18.410 --> 00:45:38.870

That is correct Lisa. So the one thing that was mentioned here was one thing I see that is not addressed here is children with disabilities who usually experience bullying are more difficult to parent and teach. Do you have any research on this? Especially neurodivergent individuals who have autism ADHD dyslexia, ODD?

135 "Moreau, Lisa" (535975680)

00:45:38.870 --> 00:45:48.072

And things like that. So essentially, wondering if whether there's any further research that could be shared.

136 "Cunningham, Lisa" (804439040)

00:45:48.072 --> 00:46:22.360

So certainly there is research drilled down in those areas. We know

that the description you've just given is gonna automatically move those children into some of the groups that experience more aces when you're in that developmental delay group, special needs group, someone who's maybe not employable due to a health concern, maybe not able to interact with their peers due to a health concern, it targets them for all of these things. So we know that they've already got a base of brain, cognition, physical health, maybe emotional and relationship impairment. So the.

137 "Cunningham, Lisa" (804439040)

00:46:22.360 --> 00:46:54.350

There's high risk needs for all of those children. We know that special needs children are unfortunately much more likely to, for instance, be physically or verbally abused by caregivers and teachers and people who interact with them even outside of the family. That's the number one, call out for possible child abuse as any child with special needs because they're more difficult to care for, they're more frequently abused unfortunately. So there's realms of resources kind of regarding, special needs kids. Now it overlapping with aces.

138 "Cunningham, Lisa" (804439040)

00:46:54.350 --> 00:47:19.848

I don't think the two research groups have unfortunately joined very significantly yet, but certainly we can make kind of the judge to position, we can leap a little bit from one research base to this one, noting that the impacts on special needs groups of any kind to include racial or social economically disenfranchised, all of that puts people at risk. I hope that answers the question at least a little bit.

139 "Moreau, Lisa" (535975680)

00:47:19.848 --> 00:47:31.650

Yeah, thank you Lisa. We could certainly give it a moment if anybody would like to take some time to enter into the Slido.

140 "Moreau, Lisa" (535975680)

00:47:31.650 --> 00:47:51.650

But certainly, you know, as we're near the ending of this presentation, I do just want to mention thank you so much Lisa for the wealth of knowledge, the great presentation, certainly it was wonderful insight. If you have any specific questions about any of the topics discussed today, anyone can certainly contact.

141 "Moreau, Lisa" (535975680)

00:47:51.650 --> 00:48:19.557

Back Cigna by calling the number on the back of your insurance card. Our webinar will take place on September the 19th with our presenter being Sonia Parker. Good, discussing stress and anxiety and management supporting youth. So that'll be next month. So certainly if you have any questions, definitely call Cigna. I don't see that anything has come in. So, you know, certainly with that being said, is there

anything in addition that you'd like to add Lisa?

142 "Cunningham, Lisa" (804439040)

00:48:19.557 --> 00:48:40.010

Again, just really appreciate everyone's time and attention and certainly pointing out to resources beyond us. We know Cigna is a great resource. We're happy to help people link with any type of care facilitation that we can, but things like the National Hopeline Network or Nami, the National Association for Mental Health, are terrific resources for people wanting to get some.

143 "Cunningham, Lisa" (804439040)

00:48:40.010 --> 00:48:46.401

More information and find resources in and about and above what maybe their health insurance might do.

144 "Moreau, Lisa" (535975680)

00:48:46.401 --> 00:49:14.923

Excellent. Yeah. No, definitely love that Lisa, and for those who do not know Nammy, you can certainly Google that at N A M I, so you can find that and certainly, yeah, get some more resources within your area, but certainly with that being said, nothing has come in. Lisa, thank you so much. Thank you for everyone who has jumped on this webinar. We appreciate you and certainly do not forget that next month's September the 19th, we have another presentation. So on that note, I think we are good to conclude here. Thank you.

145 "Cunningham, Lisa" (804439040)

00:49:14.923 --> 00:49:18.400

Thank you so much for the time today. Appreciate everyone's.

146 "Molloy, Donna" (579109120)

00:49:18.400 --> 00:49:34.501

Actually Lisa, we do have one question that came through privately in the chat, if you wanted to, in the chat. Yeah, let me send it to you really quick.

147 "Cunningham, Lisa" (804439040)

00:49:34.501 --> 00:49:37.257

Let me see if I can see it.

148 "Molloy, Donna" (579109120)

00:49:37.257 --> 00:49:42.240

Yeah. No, NO one's able to Yeah unfortunately NO one's able to see it, but me.

149 "Cunningham, Lisa" (804439040)

00:49:42.240 --> 00:49:46.861

I'm feel free to read aloud if you want to be bold.

150 "Molloy, Donna" (579109120)

00:49:46.861 --> 00:49:53.538

Yeah. Well, you know, probably so just in case it's not a question that we should read.

151 "Moreau, Lisa" (535975680)

00:49:53.538 --> 00:50:13.910

Alright, did you, it looks like I see that you sent it over, ok? Yeah, NO, I think that's that's, certainly helpful. I'm reading it through a very small box here. So, are there any resources for women considering children?

152 "Moreau, Lisa" (535975680)

00:50:13.910 --> 00:50:22.123

That are hesitant because of the genetic component of mental illness as well as a medication management during pregnancy.

153 "Cunningham, Lisa" (804439040)

00:50:22.123 --> 00:50:41.030

Absolutely. Yeah, that's that's a really good question and I would address that immediately by saying definitely Nammy that you've already described has a wealth of resources there. There's some great local, and county programs for anyone who's wanting to kind of find medical care for a pregnancy. Genetic counseling can be extremely helpful.

154 "Cunningham, Lisa" (804439040)

00:50:41.030 --> 00:51:01.030

In this area and certainly calling out any concerns to physicians that might be prescribing. Obviously we know the bulk of our mental health medications come from general practitioners, our family doctors are prescribing probably 80 % of things like antidepressants, anxiety, antipsychotic medication, wanting to make sure that that's taken on by a maternal.

155 "Cunningham, Lisa" (804439040)

00:51:01.030 --> 00:51:21.030

Specialist, for higher risk pregnancy might really be a nice way to make sure that those considerations are taken into place. So making sure that that excellent maternal care for medications is considering any effects for medications on a fetus would be really important to get in place hopefully prior to child, on board.

156 "Cunningham, Lisa" (804439040)

00:51:21.030 --> 00:51:28.258

But certainly a high risk pregnancy can be referred if that's already occurred. I hope that's helpful.

157 "Moreau, Lisa" (535975680)

00:51:28.258 --> 00:51:44.870

Yeah, that's great Lisa, thank you. I did see that there was a question that came in. Will the slides be available after and I know that's kind of per the presenter, other than what we have.

158 "Moreau, Lisa" (535975680)

00:51:44.870 --> 00:51:57.983

Usually right now, I don't believe that's something that our viewers have access to. Is that correct, Lisa? I believe that they're all on the website.

159 "Cunningham, Lisa" (804439040)

00:51:57.983 --> 00:52:07.596

I thought I had seen links both to the video as a representation as well as the slide deck on the red site. Is that perhaps correct?

160 "Moreau, Lisa" (535975680)

00:52:07.596 --> 00:52:18.116

Okay, yeah. So I suppose it would be under handouts assuming I have not looked, so it sounds like it would be within our website under the handouts with awareness seri.

161 "Cunningham, Lisa" (804439040)

00:52:18.116 --> 00:52:24.273

Yes, I've actually seen as I look, yeah, on the awareness mental health seminars.

162 "Moreau, Lisa" (535975680)

00:52:24.273 --> 00:52:52.718

Looks like it's there. Okay, fantastic. Yep, so it looks like it can be found there. Thank you. Other than that, I don't believe I mean this is the last moment here. If anybody has any pressing questions, certainly, you could put it in the chat as well. Otherwise, I think we can wrap it up here. So, yeah, again, once again, thank you so much Lisa, and i'm glad that we had a little bit of a participation as well.

163 "Cunningham, Lisa" (804439040)

00:52:52.718 --> 00:53:04.515

Super welcome. And again, if anyone should hear any links or questions from anyone, please don't hesitate to reach out to me. I'd be happy to have, a private link conversation or get people resources anytime.

164 "Moreau, Lisa" (535975680)

00:53:04.515 --> 00:53:11.595

Wonderful. All right. Well, thank you so much Lisa and yeah, I think we are squared away, so everybody happy Thursday.

165 "Cunningham, Lisa" (804439040)

00:53:11.595 --> 00:53:19.140

Thank you. Thank you. Bye bye. Bye bye.