

Exploring the Role of ACEs and Trauma in SUD



Course Overview

The purpose of this course is to convey a working understanding of Adverse Childhood Experiences (ACEs), trauma and post-traumatic stress disorder (PTSD), and how these are both related to general health outcomes, but particularly Substance Use Disorder.

ACEs and trauma play a large role in substance use disorder. Viewing individuals within the context of their life experiences provides an important lens for recovery. Trauma informed care and resilience building are key components to recovery that emphasize prevention and rehabilitation.

What People Are Saying

"I think one of the most important takeaways from this course is that as health care providers we need to increase our awareness of ACE's and then be able to respond to that when we identify them in our patients. This changed my perspective and will impact my clinical practice."

- Describe an Adverse Childhood Experience (ACE) and the study of ACEs.
- Explain the connection between trauma, ACEs, and existing social conditions.
- Identify experiences that are classified as ACEs and general trauma.
- Identify the relationship between trauma, ACEs, PTSD, & general health outcomes, particularly in relation to SUD.
- Identify practices/next steps helpful for individuals dealing with ACEs, SUD, or trauma including a trauma informed care approach and building resilience.

"This was a very eye opening course as to how childhood trauma not only affects our behavior but our health outcomes and chronic conditions directly. This is a true public health threat that needs to be addressed with education and concern placed on early intervention."

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Online Course Meets DEA MATE Act Training Requirements

Course Outline

- I. Adverse Childhood Experiences (ACEs)
 - A. Definition and classifications
 - B. The original ACE study
 - C. Evolution of original research
 - D. ACEs and Health Outcomes
- II. Toxic Stress, Trauma and PTSD
 - A. Definition of toxic stress
 - B. Stress related diseases and cognitive impairment
 - C. Definition of trauma and explanation of impact
 - D. Fight, Flight, Freeze, Fawn Defense Mechanisms
 - E. What is PTSD
- III. ACEs, Trauma and Substance Use
 - A. Trauma/ACEs and SUD Comorbidity
 - B. Impact on the brain
- IV. Prevention and Screening
 - A. Prevention Techniques
 - B. Family based prevention techniques
 - C. Positive Childhood Experiences (PCEs)
- V. Obstacles in Eradicating ACEs/Toxic Stress/Trauma
 - A. Widespread prevalence of ACEs
 - B. Importance of continued research
 - C. Solutions for society
 - D. Benefits of enacting change
- VI. Proven Therapeutic Techniques to Combat ACEs/PTSD/Trauma
 - A. Continued evolution of research
 - B. Ways to support children
 - C. Principles of trauma informed care
 - D. Types of resilience
 - E. 5 pillars of resilience
 - F. Benefits of a resilient lifestyle
- VII. Treating SUD Within its Context
 - A. Explanation of integrated treatment
 - B. Treating SUD in adolescents

Online Course 1.5 CE Credits

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CE Credit and Certificate Program

In partnership with Purdue University College of Pharmacy, Office of Continuing Education, Overdose Lifeline offers continuing education online courses for clinicians and professionals and a 20 credit professional certificate program on Addiction / Substance Use Disorder with an Opioid Specialization.

The course meets the following CE accreditations: Accreditation Council for Pharmacy Education (ACPE), Accreditation Council for Continuing Medical Education (ACCME), American Nurses Credentialing Center (ANCC), and Other, *AMA PRA Category 1 Credit(s)™* (ACCME) which will service all other clinical, professional, and layperson credits.

Law Enforcement: As an approved Law Enforcement Training Board training provider (#47-1333720), Overdose Lifeline online training courses meet annual in-service training requirements for Indiana Law Enforcement officers and support personnel.



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