

Types of Stress:

- Normal Stress
- Relentless Stress
- Toxic Stress



Impact on Women and Families

Relentless Stress

- Poverty
- Hunger
- Racism, sexism
- Parenting alone
- Multigenerational caregiving
- Children with multiple challenges
- Severe injury/illness in close family



Poll:

- % of women who experienced relentless stress in childhood
- % of families experiencing relentless stress now



Toxic Stress, Trauma, and Children

- Stress of adversity is toxic to the development of the brain
- Important consideration with children

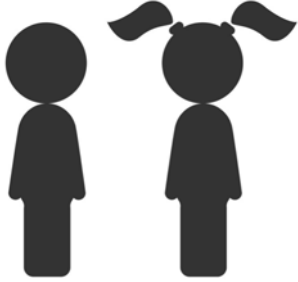


- Emotions – dysregulation
- Behavior – unmanageable
- Relationships – lack of connection, trust

Traumatic Stress and Substance Use

	Percentage of Women who Misuse Substances	
	Women Who HAVE Experienced Abuse	Women Who HAVE NOT Experienced Abuse
Physical Abuse	75%	25%
Emotional Abuse	95%	5%
Sexual Abuse	65%	35%

Gender and Abuse



Childhood

- Girls and boys at equal risk from family members and people they know



Adolescence

- Young men at risk from people who dislike or hate them. Boys at greater risk if they are gay, young men of color, gang members, or transitioning.
- Young women at risk from lovers or partners – people to whom they are saying, “I love you.”

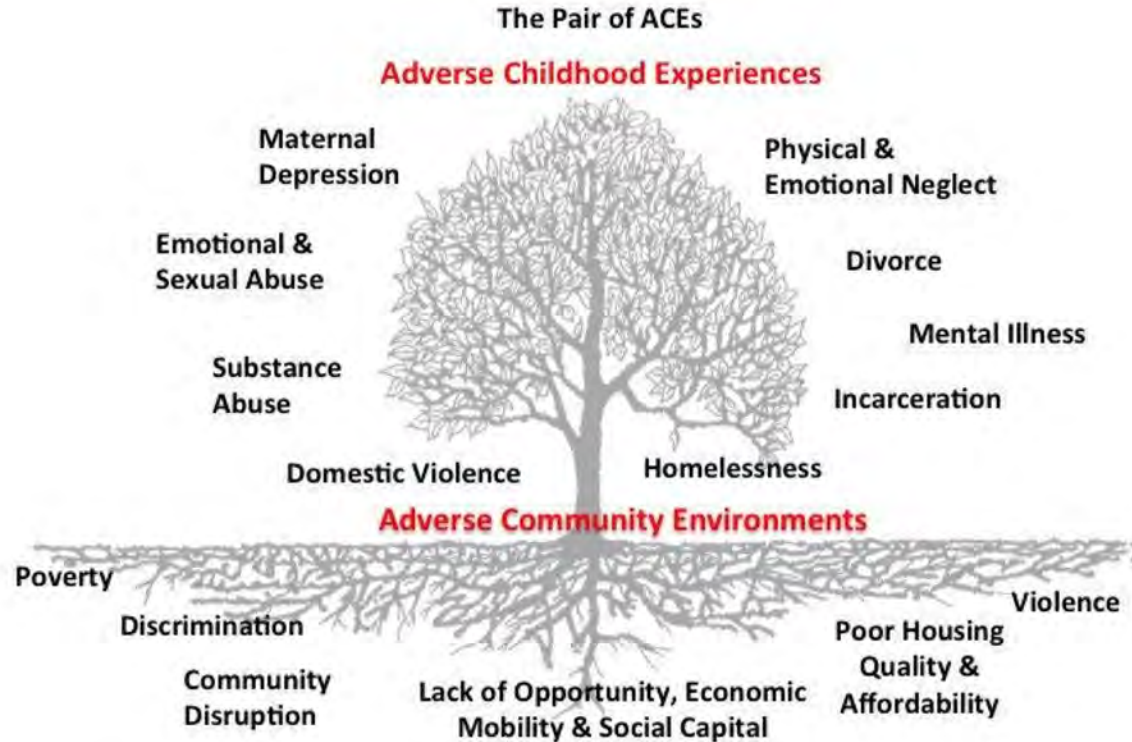


Adulthood

- Men at risk from combat or being victims of crime
- Women at risk from those they love
- Transgender – highest risk

Two ACEs

Adverse Childhood Experiences

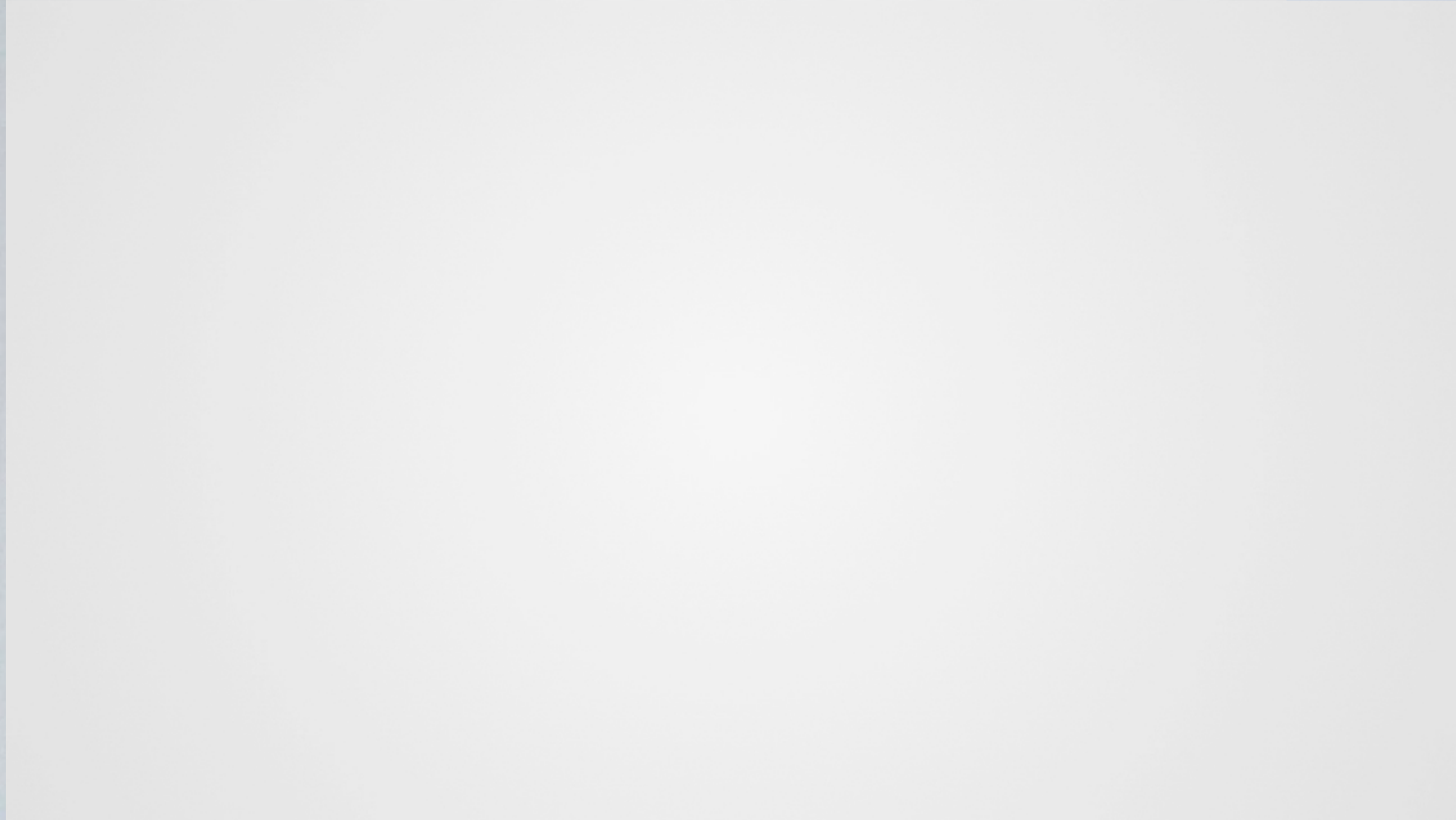


(Ellis, W. and Dietz, W. (2017). A new framework for addressing adverse childhood and community experiences: The building community resilience (BCR) model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.001)


Trauma Impact on Families

- Historical, cultural trauma
- Community trauma
- Generational
- Parenting
 - “Over-protective”
 - “Neglectful”

Resilience Scale by Frameworks



Risk Factors for Addiction

- Abuse and trauma in childhood
 - Early use
 - Environment with high use (family and friends)
 - Depression, anxiety, PTSD, etc.
 - Genetic predisposition
- 



Prescription Drugs

- Historically, a greater risk for women
 - Use more healthcare
 - Prescribed drugs vs. other services

Opioids and Women

- Women have been disproportionately affected by the “opioid epidemic”; they represent a 400% increase in prescription opioid-related deaths compared to a 237% increase for men. (Hedegaard, Warner, & Miniño, 2017)
- For women, childhood sexual abuse and parental separation are highly correlated with opioid use. (Conroy, Degenhardt, Mattick, & Nelson, 2009)

