

***BI-BINATIONAL POLICY
FORUM ON MIGRATION AND
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**The Cumulative Health Burden of
Childhood Adverse Experiences
(CAE) on Latino Immigrants**

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What I See in my Clinic

- Ramón is a 28 year-old man, living for several years with common-law wife and his 4 year-old son
- Felipe is taking mood-stabilizing and anti-anxiety medication, and is working hard at not abusing drugs and alcohol, find a job, and be the best father he can be
- He experienced severe emotional and a great deal of physical abuse as a child from his father

What I See in my Clinic

- Rosa is a 48 year-old woman, separated, mother of 3 children, on permanent disability, raising two of her grandchildren as her daughter is addicted to drugs and their father is in prison
- She has panic attacks and depression, and, more recently, fibromyalgia
- She grew up in poverty in a ranch in Mexico, the oldest of 12 children, and was molested by a cousin at age 8

What I See in my Clinic

- Sandra is a 19 year-old woman who suffers from chronic feelings of emptiness, hopelessness, self-cutting, bingeing and purging, thoughts of death, as she tries to stay in a community college to become a certified nursing assistant
- She was emotionally neglected as a child and was raped at age 14, date-raped at age 16 and is currently in an emotionally and physically abusive relationship

What I See in my Clinic

- Abel is a 59 year-old man who has been clean from heroin for over 10 years
- He's struggling with obesity, diabetes, high cholesterol and high blood pressure, in addition to depression and insomnia only partly alleviated by medication
- He was physically abused by his mother, witnessed domestic and neighborhood violence in childhood, and has been involved in gang-related violence

CAE at the Border

	California Primary Care Clinics	California Mental Health Clinics	Mexico Primary Care Clinics	Mexico Mental Health Clinics
N	214	155	114	19
Age (Years)	46.9	32.6	31.1	36.0
Sex (Percent Female)	66%	84%	61%	79%
Education (Years)	9.4	9.7	12.8	11.1

CAE at the Border

	California Primary Care Clinics	California Mental Health Clinics	Mexico Primary Care Clinics	Mexico Mental Health Clinics
Emotional Neglect	47.93%	74.3%	42.98%	73.68%
Physical Neglect	48.52%	65.42%	38.6%	57.89%
Emotional Abuse	36.69%	66.36%	36.84%	63.16%
Physical Abuse	31.95%	53.74%	31.58%	21.93%
Sexual Abuse	27.81%	41.59%	17.54%	63.16%

CAE at the Border

- Did you tell anybody about your maltreatment/neglect/ abuse while it was going on?
 - 40.1% said yes
- What was that person(s) response to your disclosure?
 - Did nothing 40%
 - Expressed concern but the abuse/neglect didn't stop 36%
 - Made the abuse/neglect stop 24%

Studies of CAE among Latinos

- Questionnaires mailed to the general population in Texas (Latinos 11.2%)
 - Overall rate of CSA 7.4%
 - 21.7% of Latinas reported CSA versus 9.8% White females
 - 1.6% Latinos versus 3.4% White males

Studies of CAE among Latinos

- The Los Angeles Epidemiologic Catchment Area Project (3,132 adults)
- First community-based population study of CSA that included Latinos (46%)
 - Assaultive CSA in Whites > Latinos (8.7% versus 3%)
 - More Latinos interviewed in English reported CSA than those interviewed in Spanish (5% versus 1%).

Studies of CAE among Latinos

- First study in outpatient psychiatric population, inner-city, mostly Caribbean Latinos (n=70)
 - 57% reported CSA, CPA or substance-abusing caretaker
 - 63% of patients with *ataque de nervios* reported childhood trauma, compared to 39% of patients without *ataques*

Studies of CAE among Latinos

- A sample of adult Latinas (n=69) and White women (n=19) from a family medicine clinic
 - Latinas were more likely to report a family member as perpetrator
 - Latinas experienced more self-blame
 - More acculturated Latinas more likely to report that actions were taken in response to the abuse

Why CAE Matter

- Adult survivors of childhood trauma are at increased risk for medical illnesses and mental disorders (including substance use)
- Adults with histories of childhood trauma have worse outcomes in mental and physical conditions, as compared to those without trauma histories

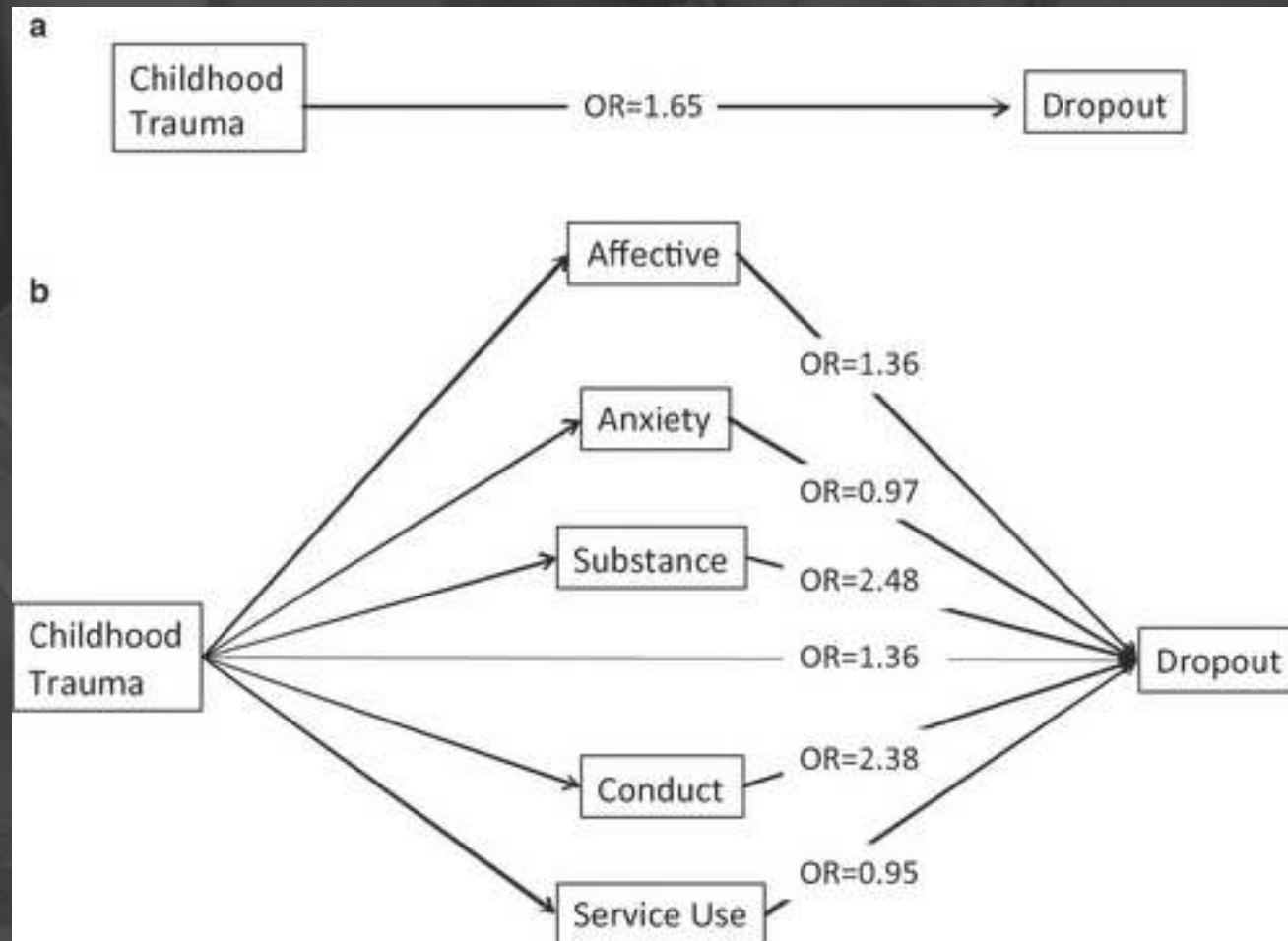
Why CAE Matter

- Adults with histories of childhood trauma incur in higher healthcare costs
 - Total annual health care costs were 36% higher for women with both CSA and CPA
 - Women who reported any abuse or neglect had median annual health care costs that were \$97 greater
 - Women with CSA had median annual health care costs that were \$245 greater

Bonomi AE et al. J Gen Intern Med. 2008 Mar;23(3):294-9.

Walker EA et al. Arch Gen Psychiatry. 1999 Jul;56(7):609-13.

Childhood Trauma and Psychiatric Disorders as Correlates of School Dropout in a National Sample of Young Adults



Porche MV et al. *Child Dev.* 2011 May-Jun;82(3):982-98.

Resources & Programs

- Substance Abuse and Mental Health Services Administration – National Center for Trauma-Informed Care
- International Society for Traumatic Stress Studies – For the Public
- National Center for PTSD – Department of Veterans Affairs
- Spanish-Speaking Older Adult Trauma Survivor Stress Reduction Study – Rush University

Resources & Programs

- Trauma Support Services of North Texas, Inc
- Rape, Abuse and Incest National Network, RAINN
- Clinical Trials for PTSD – CenterWatch
- National Alliance on Mental Illness Helpline – 800-950-NAMI, available in Spanish
- San Francisco Women against Rape

Resources & Programs

- The Institute on Violence, Abuse and Trauma
- Chadwick Center for Children and Families
- Rady Children's Institute of Behavioral Health

Discussion





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Gracias!

Thank you!