

MPHA 2015-2016 Policy Forum Series
May 13, 2016 Healthy..... Right from the Start
Safety and Well Being

Panelists:

Nancy Nord Bence (NB) Executive Director of Protect MN

Julie Philbrook (JP), RN HCMC Trauma Prevention

Jane Straub (JS) Victim Assistance Specialist, Jacob Wetterling Resource Center

Forum Moderator: Jean Streetar

Welcome: Aggie Leitheiser Cook, President MPHA

- Be sure to register for our Annual Conference and Meeting May 25-26
- Thank you to the Forum Planning Committee for all your work on the great series

Moderator Intro:

- Please give some suggestions for topics/themes for next year's forum series
- Friday the 13th – Finland dedicates one Friday the 13th to accident and injury prevention
 - Home injuries – poisoning and falls make up largest % of home injuries
 - Injuries related to social determinants of health
 - Injury and violence prevention – injury data access center at MDH
- Focus today is injury – both accidental and result of violence

NB:

- Our mission is prevention of gun violence
- Gun violence #1 killer of af am males age 15-18 and goes to age 34
- Suicide significant risk also, 82% of all gun deaths in MN are suicide
- Gun suicide is disproportionately suburban and rural
- 3-5x greater risk of suicide if have gun in the home
- Presence of a gun makes domestic murders 5x more likely
- Most of those homicides are committed with guns obtained illegally – we need to close background check loophole
- Young children are disproportionately affected by these incidents
- 23 toddlers have shot themselves or other people already this year
- 1/3 of gun deaths years were children 5 and younger
- state law prohibits gun data collection even by MDH
- these injuries are largely preventable: educational solutions, technological
- Physicians can play a role in education
- Public health can educate on safe gun storage, health systems can do gun safe giveaways like they do car seats

JP:

- 5 M children seen in ERs for unintentional injuries every year, 5K of them die
- #1 cause for all ages is falls – a lot of children fall out of windows
- Let a child do when you're with them what you want them to do when you're not there
- Motor vehicle accidents a major injury – took 10 years to change seat belt law
- Have Level 1 burn center – 30 kids per year seen there
- Suffocation – very little or nothing in the bed. ABC – always on your back and keep clear
- Lots of injuries by furniture/TV falling on kids
- Lots of gag laws preventing physicians from discussing gun safety
- Traumatic brain injury session – if you're going faster than your feet can carry you must protect your head/spinal cord.

JS:

- Intentional death and injury – ACES study has linked brain science to behavior – “what fires together wires together”
- Trauma informed care – not what is *wrong* with you, what has *happened* to you? Focus on cause of coping mechanisms (trauma)
- Experiences matter
- Plasticity of brain – has power to heal itself but the earlier the intervention the better
- MDH has it’s own ACE study. All races, ethnicities, income experience ACES.
- 10 categories in original ACE study – 1 is abuse, 2 neglect, 5 within household dysfunction (domestic violence, substance abuse, mental illness, divorce, incarcerated parent)
- Experience on ACE have 82% chance of experiencing another, esp domestic violence
- High cortisol levels effect the body, brain, and perception of the world – I am not somebody that can be or will be protected.
- Traumatic memories don’t come out sequentially – stored in the senses
- Kids respond by fight, flight, or freeze. Freeze are the super compliant girls – often don’t recognize this child with trauma, but tend to get re-victimized.

Q&A with panel:

- Effective messaging/education for parents: look for moments to teach, not be on the phone, point out dangerous drivers on their phone to drive home the point.
- Distracted parenting – designate one parent to watch children swimming, don’t use phone as pedestrian
- Legislative session – what are hopeful signs on horizon?

JS: hopeful we can get better support for child protective workers

JP: have to continually monitor booster seat legislation – legislators believed in safety, but are hesitant to direct parents. Julie has to ask legislators to help educate parents.

NB: nothing will happen this session, but good legislation esp Schoen background check legislation, very good narrow bill. Latz has wonderful gun violence prevention order – family can petition court to remove weapons from house in domestic violence and suicide risk

Qs from audience:

- How to identify children that “freeze” in response to trauma? Girls are more likely to freeze, and stay under the radar, but will break down and be unable to act. Appeasement or anger/aggression is typical conflict resolution response. Need to teach emotion management, calming techniques, and conflict resolution techniques.
- Conflict resolution methods to prevent violence: (first of all, can only have conflict resolution among two equally powerful parties)
 - NB: have to make it socially unacceptable to threaten each other with guns, if you’re going to allow open carry, also allow at the Capitol so legislators can
- How bad is gun violence in US? 25x worse than other developed nations. Think only Somalia is worse. So off the charts, almost have to compare us to places with no functioning government.
- More info on background check proposal in MN: NNB – prohibited buyers (felons, active restraining orders, domestic abuse misdemeanor, undocumented aliens) are not currently stopped from buying guns if buy guns at unlicensed dealer, gun show, or online. Think 40% of gun sales in MN happen in these venues. Naturally most prohibited buyers will go to the sellers that don’t require background checks.
- Are first time parents more aware of injury prevention? JP: yes, first time tend to be more aware, and the danger is more grandparents or caregivers not used to new guidelines like sleeping on the back and use of car seats.
- Knowledge of ACES being incorporated into county child protection work? JS: not a mandated training topic yet.
- Public health and social workers often not allowed in homes due to parents paranoia, or concern over losing child, what can be done?: One pediatrician sends a letter to parents about triggers for

parents if they've experienced trauma, normalizes trauma and opens up the opportunity for conversation, reduces feelings of isolation.

- NNB: make talking about guns and safe storage of guns a normal part of conversations. Drs feel like they can't bring it up. PH can help with this with an educational campaign!
- HCMC Trauma Prevention Facebook page for resources, JP will be on Sunday Live! Call-in show this Sunday.
- May 25th is National Missing Children's Day – Granite City is doing a dine to donate for the Wetterling Center

Closing: Aggie – video will be up on the website, MPHA.net, can share with colleagues, parents, etc.