

High ACEs in individuals with early psychosis associated with housing instability and suicidal ideation: Preliminary data from the California EPI-CAL Project

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BACKGROUND:

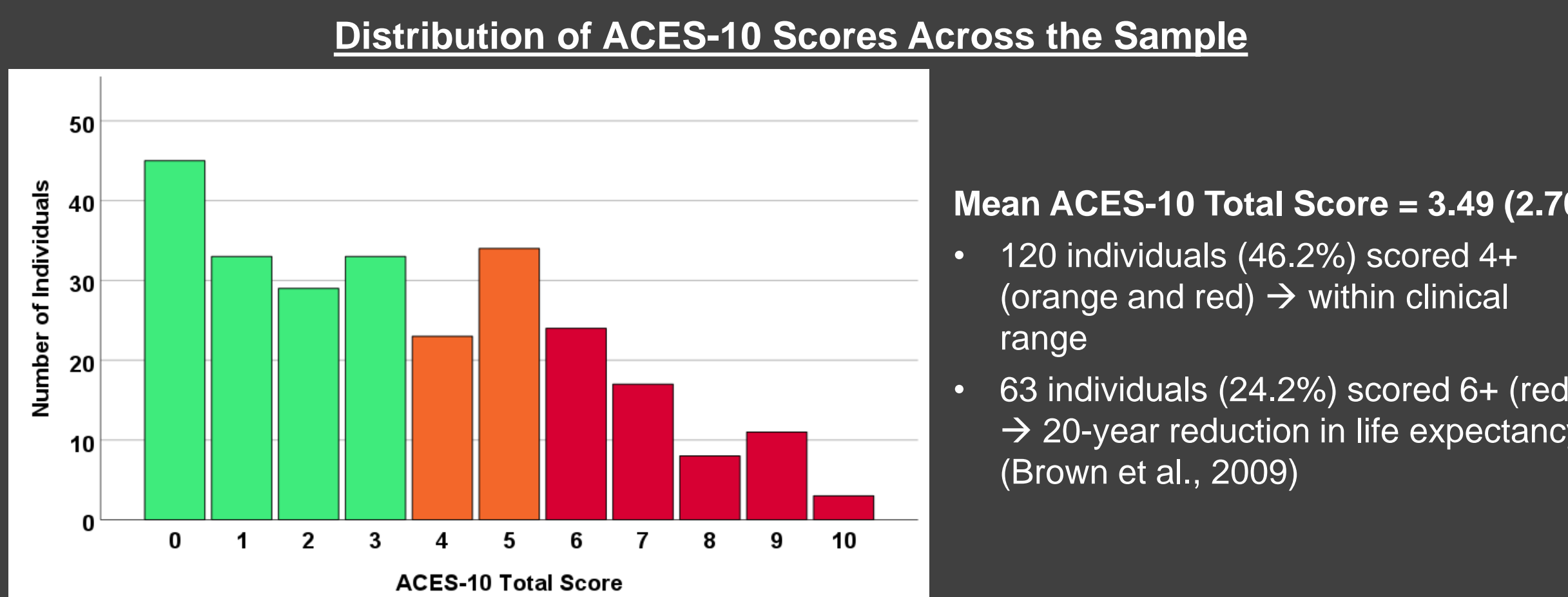
California's EPI-CAL project (<https://epical.ucdavis.edu>) joined 5 university- and 13 county-based early psychosis (EP) programs to create a sustainable learning health care network as part of the NIMH EPINET project. **This analysis examines the self-reported prevalence and clinical correlates of ACEs in the EPI-CAL EP sample.**

- Research shows individuals with psychosis often have a history of trauma that contributes to poor outcomes across multiple domains.
- Trauma is common (Neria et al., 2002; Varese et al., 2012): 6.8% with PTSD in general population vs 23% in first episode psychosis; Up to 80% of youth a clinical high risk for psychosis endorse a lifetime history of traumatic events and victimization during childhood.
- Trauma is poorly diagnosed in individuals with serious mental illness (Grubaugh et al., 2011)
- History of trauma exposure in psychosis → more severe symptoms, worse social functioning, increased substance use, hospitalization, homelessness and risk for suicide. (e.g. Grattan et al., 2019)
- Focus groups with EPI-CAL community partners highlighted how adverse childhood experiences (ACEs) impact the lives of individuals experiencing psychosis; **however, few EP programs currently evaluate or treat trauma using empirically supported approaches.**

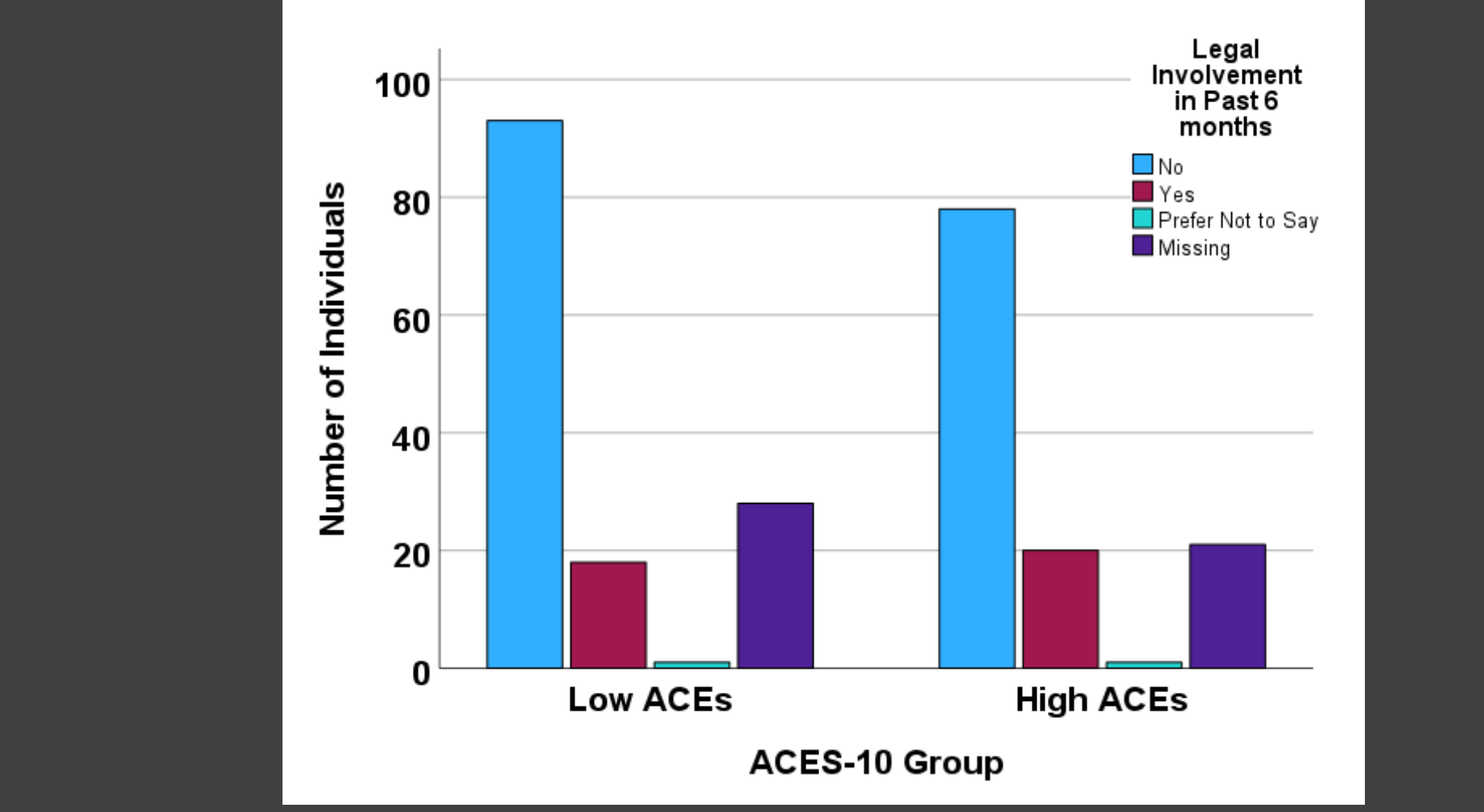
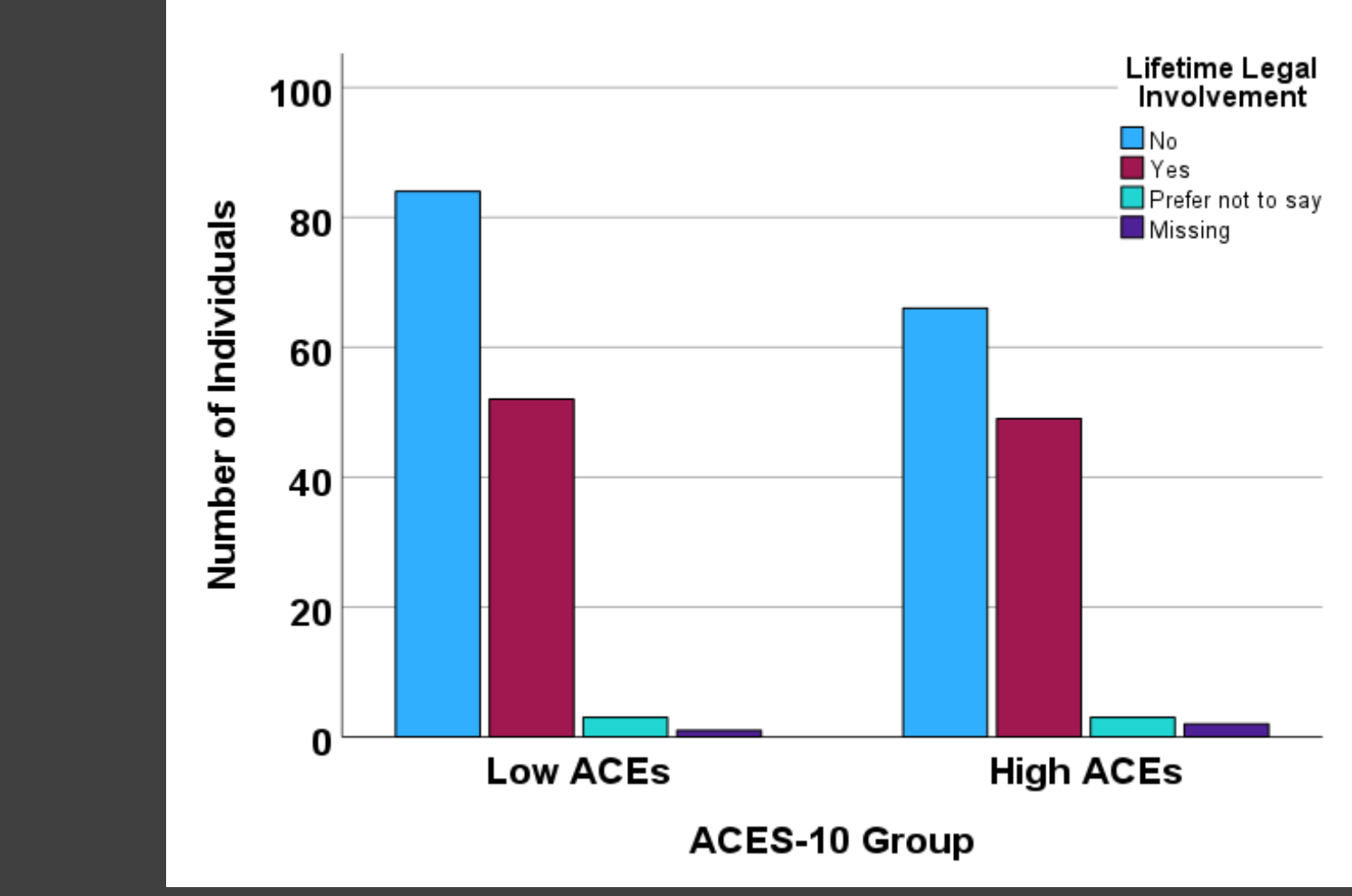
Adverse childhood experiences (ACEs) are common for individuals with early psychosis and associated with poor outcomes. EP programs should identify and treat trauma.

Sample Demographics			
	TOTAL SAMPLE (n=260)	HIGH ACEs (n=120)	LOW ACEs (n=140)
* p<.05; ** p<.01; *** p<.001			
Display Language, N (%)			
English	233 (89.6%)	103 (85.8%)	130 (92.9%)
Spanish	<5 (<5%)	<5 (<5%)	<5 (<5%)
Missing	23 (8.8%)	14 (11.7%)	9 (6.4%)
Diagnosis, N (%)			
Clinical High Risk (CHR)	53 (20.4%)	31 (25.8%)	22 (15.7%)
First-Episode Psychosis (FEP)	174 (66.9%)	74 (61.7%)	100 (71.4%)
CHR/FEP Not confirmed	33 (12.7%)	15 (12.5%)	18 (12.9%)
Age, Mean (SD)	19.11 (4.48)	18.70 (3.97)	19.46 (4.87)
Sex at Birth, N (%)			
Female	134 (51.5%)	72 (60%)*	62 (44.2%)
Male	123 (47.3%)	47 (39.2%)	76 (54.2%)
Prefer not to say/Missing	<5 (<5%)	<5 (<5%)	<5 (<5%)
Gender Identity, N (%)			
Female	113 (43.5%)	56 (46.7%)**	57 (40.7%)
Male	117 (45%)	44 (36.7%)	73 (52.1%)
Non-binary	8 (3.1%)	7 (5.8%)	<5 (<5%)
Genderqueer/Questioning/Other	6 (2.3%)	<5 (<5%)	<5 (<5%)
Do not identify as Cisgender	8 (3.1%)	7 (5.8%)	<5 (<5%)
Prefer not to say	8 (3.1%)	<5 (<5%)	5 (3.6%)
Sexual Identity, N (%)			
Heterosexual	114 (43.8%)	35 (29.2%***)	79 (56.4%)
Bisexual	36 (13.8%)	25 (20.8%)	11 (7.9%)
Questioning or Unsure	17 (6.5%)	11 (9.2%)	6 (4.3%)
Queer	8 (3.1%)	6 (5%)	<5 (<5%)
Gay/Lesbian/Other	8 (3.1%)	6 (5%)	<5 (<5%)
Prefer not to say/Missing	77 (29.6%)	<5 (<5%)	8 (5.7%)
Race, N (%)			
African/African American/Black	27 (10.4%)	13 (10.8%)	14 (10%)
Asian	28 (10.8%)	7 (5.8%)	21 (15%)
American Indian/Alaskan Native or Pacific Islander	5 (1.9%)	<5 (<5%)	<5 (<5%)
Hispanic/Latinx Only	96 (36.9%)	44 (36.7%)	52 (37.1%)
White/Caucasian	73 (28.1%)	38 (31.7%)	35 (25%)
More than one race	23 (8.8%)	12 (10%)	11 (7.9%)
Prefer not to say or Unsure	7 (2.7%)	<5 (<5%)	<5 (<5%)
Ethnicity, N (%)			
No - I do not identify as Hispanic/Latinx	120 (46.2%)	50 (41.7%)	70
Yes - I identify as Hispanic/Latinx	100 (38.5%)	50 (41.7%)	50
Prefer not to say	10 (3.8%)	6 (5%)	<5 (<5%)
Unsure/Don't know	29 (11.2%)	14 (11.7%)	15
"Possible PTSD" on CATS/PCL-5, N (%)			
Subclinical range	27 (10.4%)	9 (7.5%)	18 (12.9%)
Clinical Range	50 (19.2%)	31 (25.8%)**	19 (13.6%)
Missing	183 (70.4%)	80 (66.7%)	103 (73.6%)

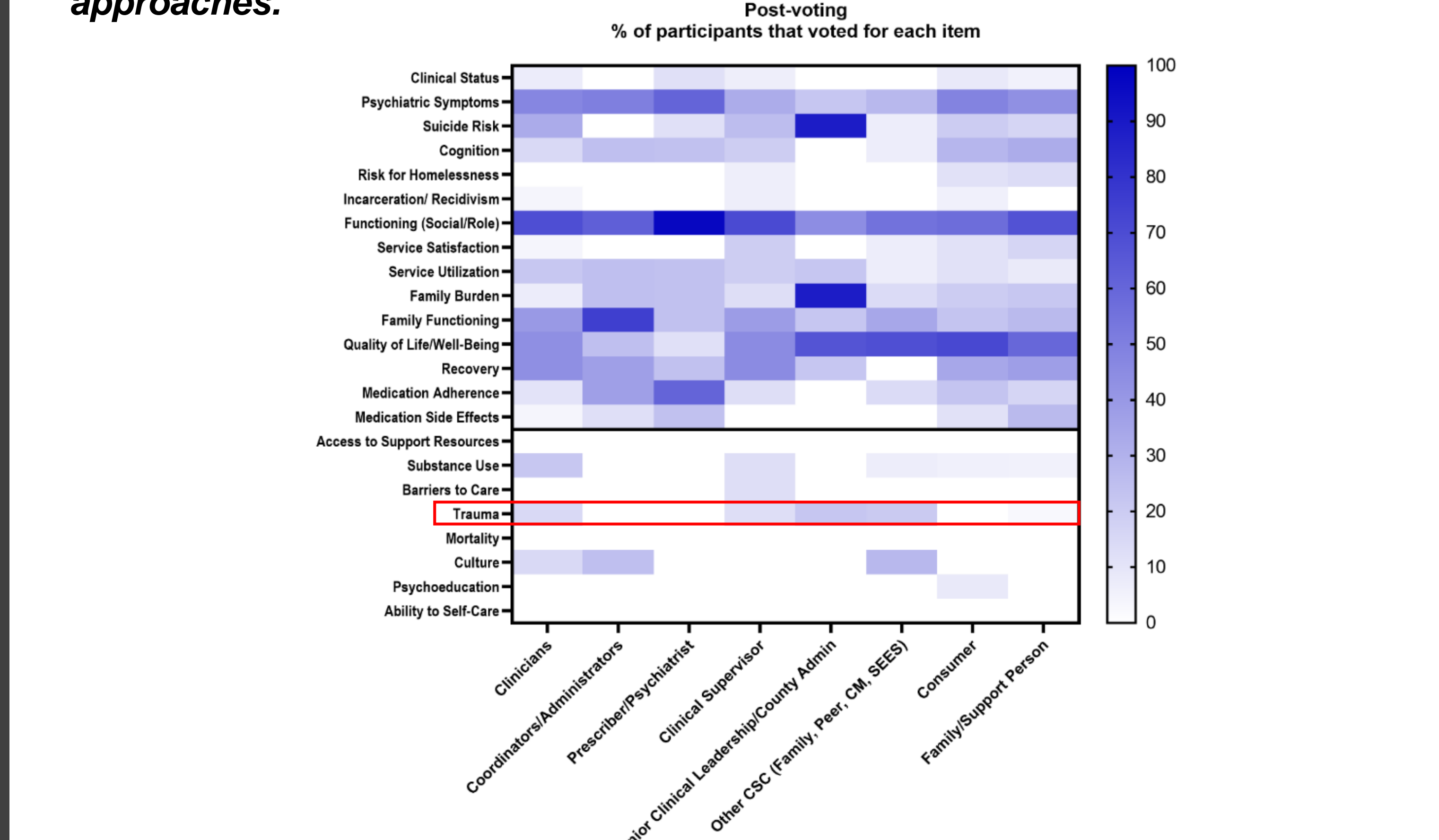
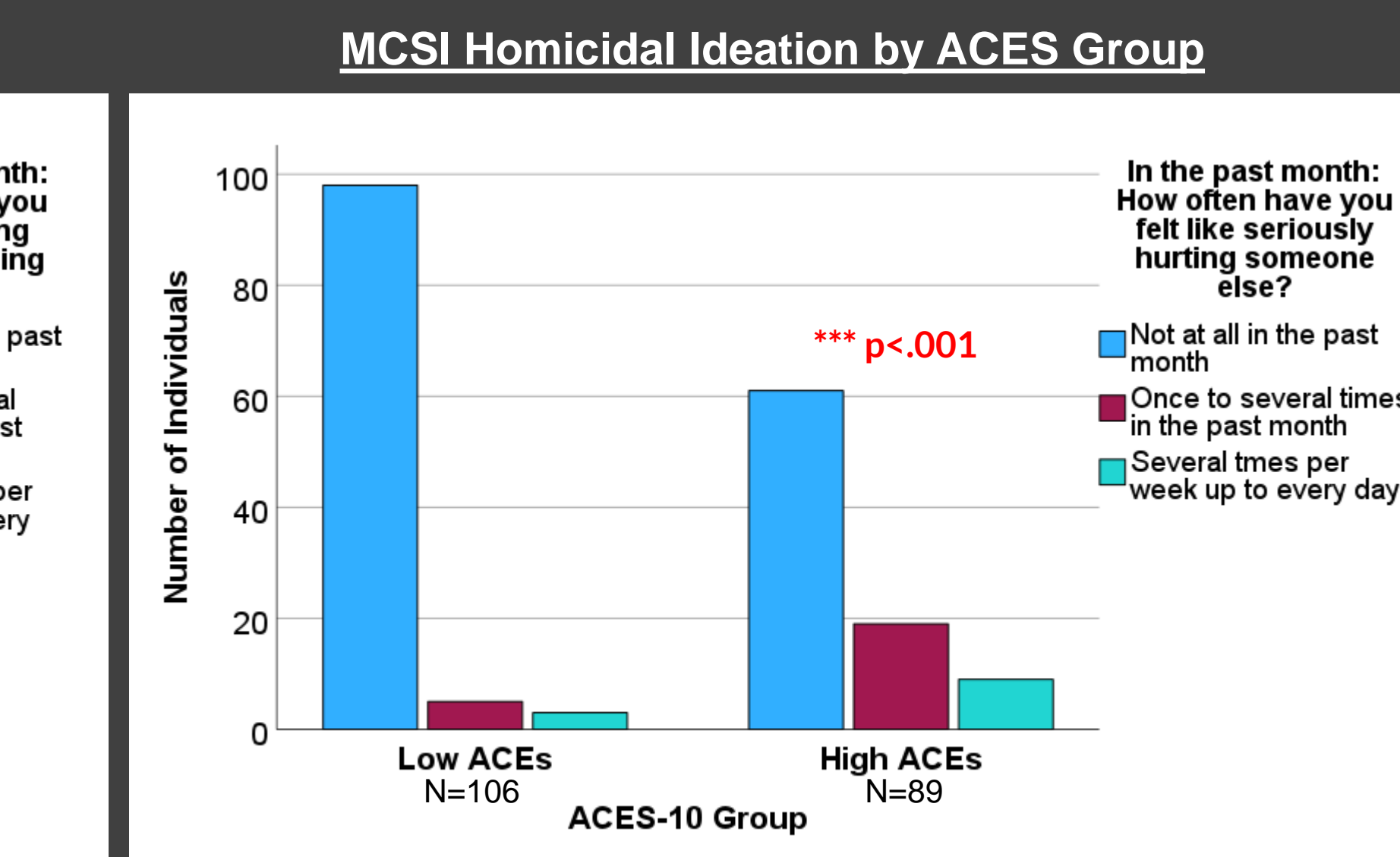
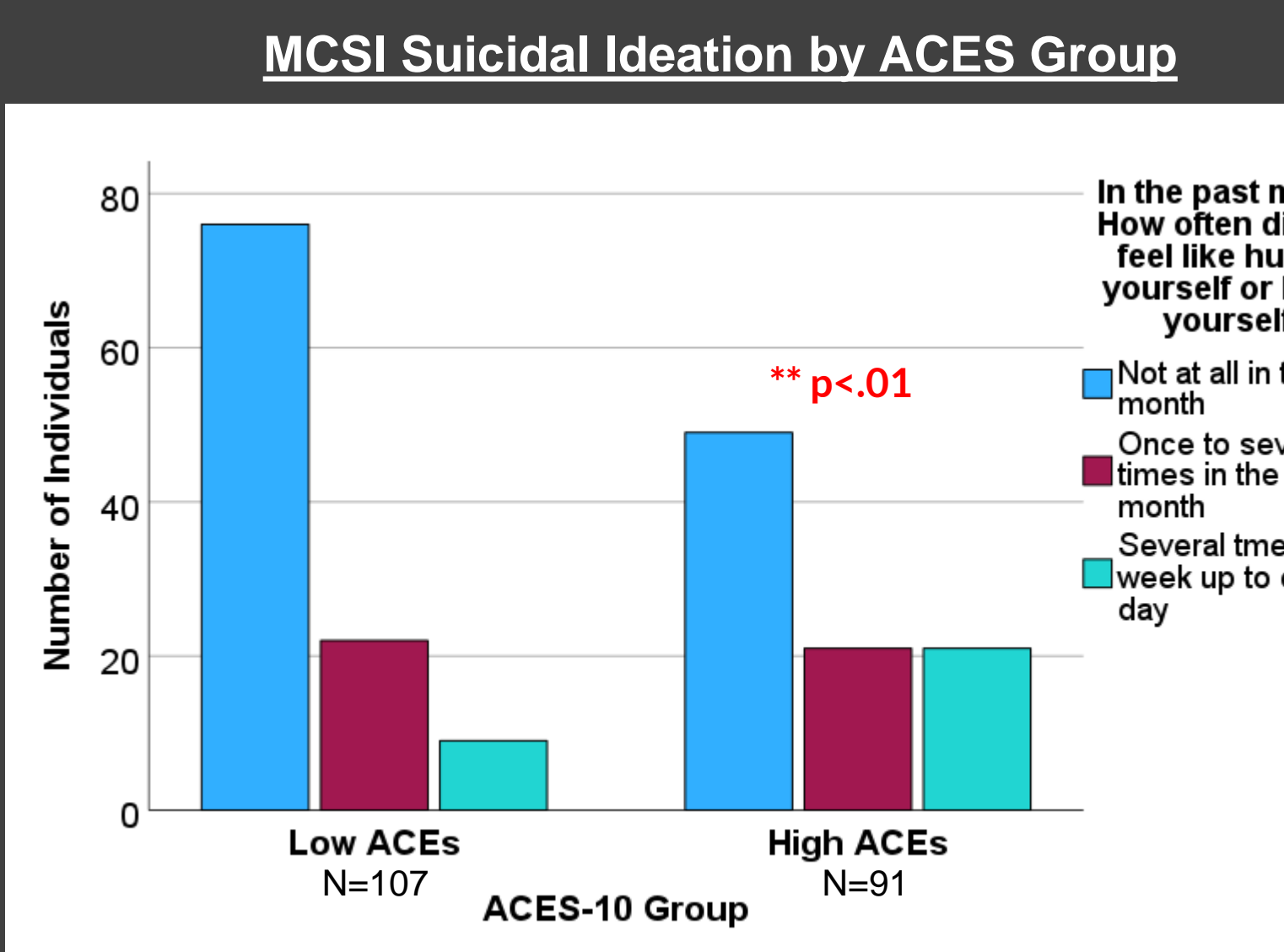
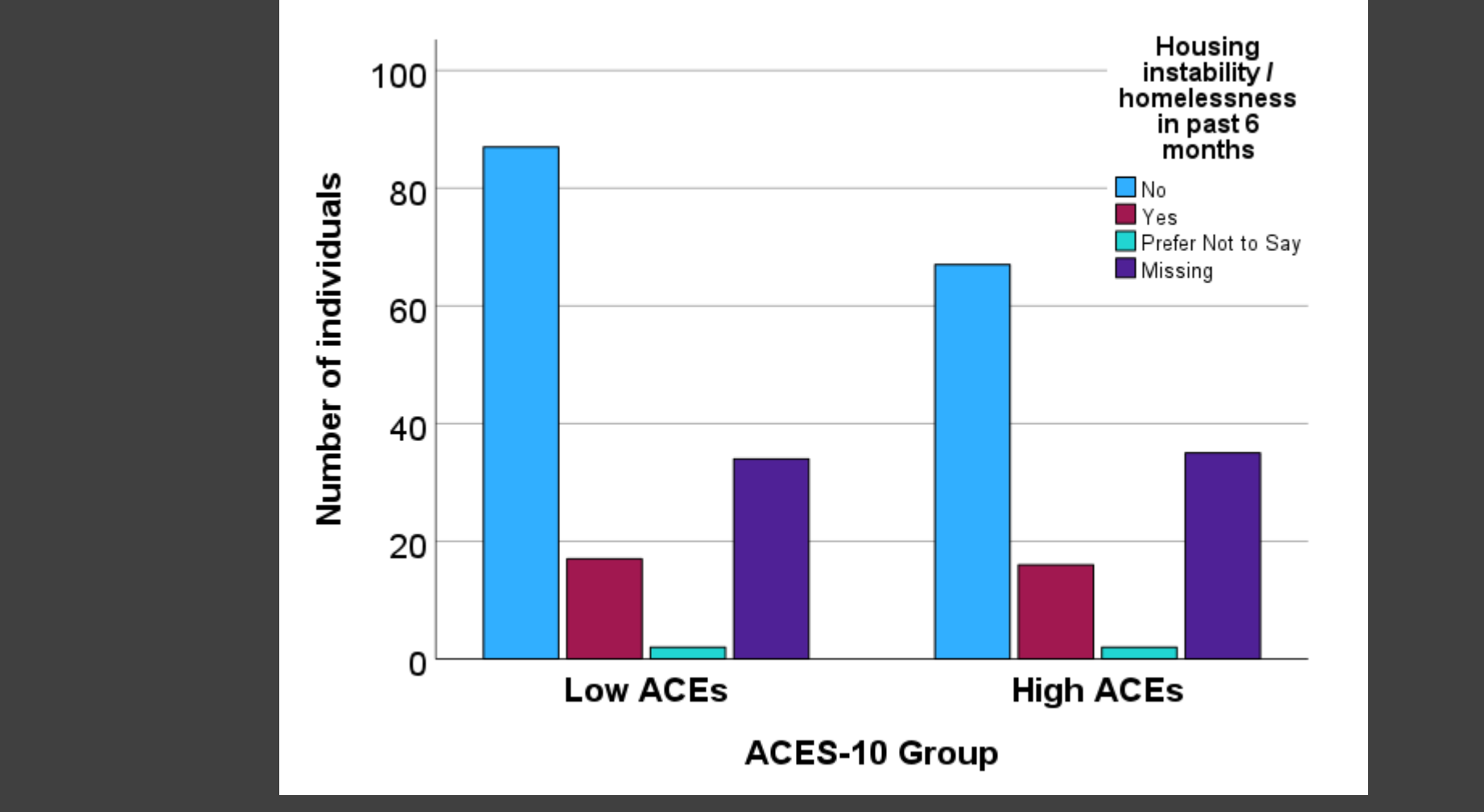
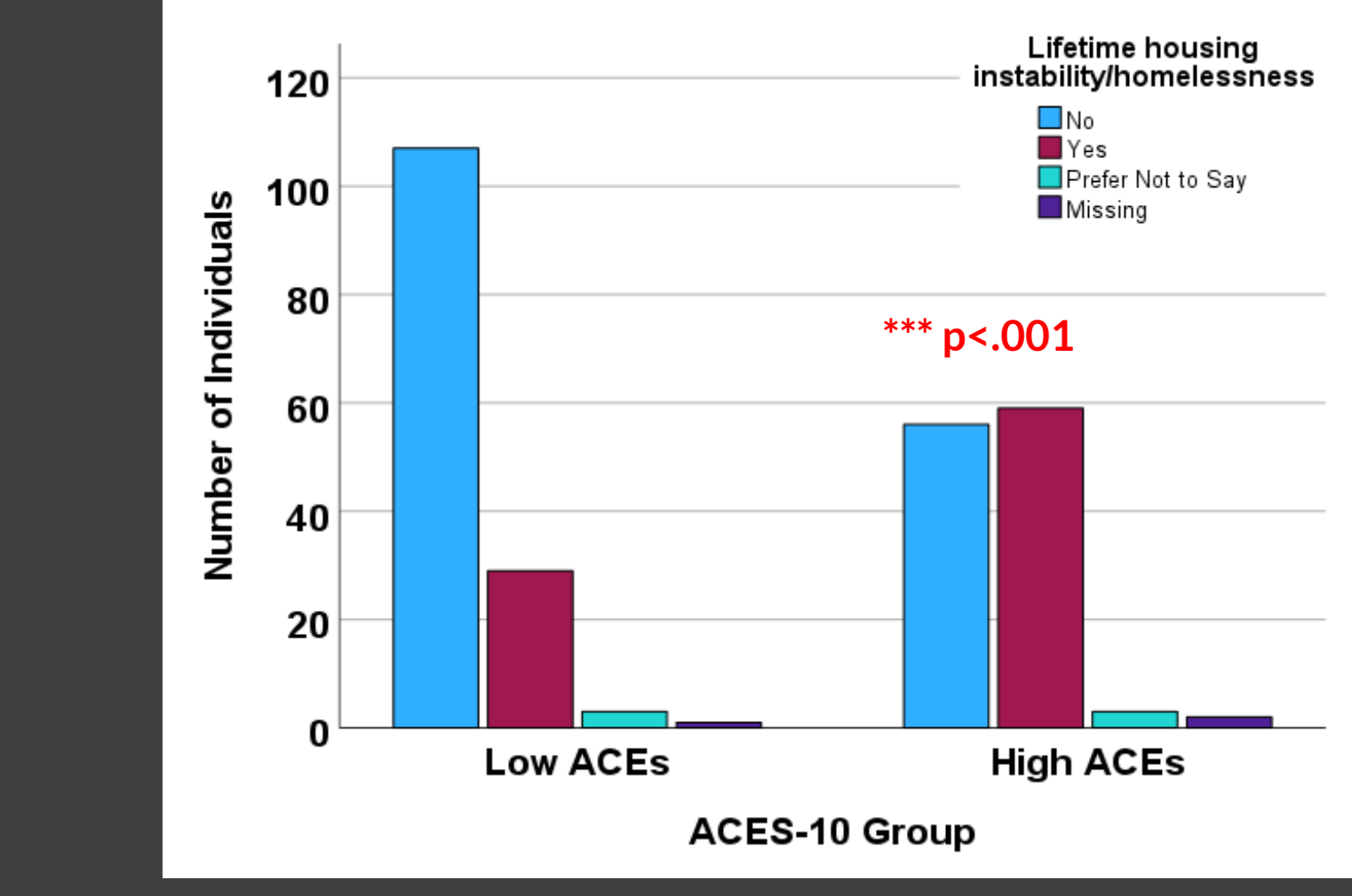
PEARLS ACEs 10 Prompts	Endorsed, N (%)
ACEs 4: Have you ever felt unsupported, unloved and/or unprotected?	133 (51.2%)
ACEs 7: Have you ever seen or heard a parent/caregiver being screamed at, sworn at, insulted or humiliated by another adult? Or have you ever seen or heard a parent/caregiver being slapped, kicked, punched beaten up or hurt with a weapon?	127 (48.8%)
ACEs 1: Has a parent/caregiver ever insulted, humiliated, or put you down?	125 (48.1%)
ACEs 9: Have you ever lived with a parent/caregiver who had mental health issues? (For example, depression, schizophrenia, bipolar disorder, PTSD, or an anxiety disorder)	119 (45.8%)
ACEs 6: Have there ever been significant changes in the relationship status of your caregiver(s)? (For example, a parent/caregiver got a divorce or separated, or a romantic partner moved in or out)	107 (41.2%)
ACEs 2: Has any adult in the household often or very often pushed, grabbed, slapped or thrown something at you? Or has any adult in the household ever hit you so hard that you had marks or were injured? Or has any adult in the household ever threatened you or acted in a way that made you afraid that you might be hurt?	70 (26.9%)
ACEs 3: Have you ever experienced sexual abuse? (For example, has anyone touched you or asked you to touch that person in a way that was unwanted, or made you feel uncomfortable, or anyone ever attempted or actually had oral, anal, or vaginal sex with you)	67 (25.8%)
ACEs 8: Has your biological parent or any caregiver ever had, or currently has a problem with too much alcohol, street drugs or prescription medications use?	67 (25.8%)
ACEs 10: Have you ever lived with a parent/caregiver who went to jail/prison?	55 (21.2%)
ACEs 5: Have you ever lacked appropriate care by any caregiver? (For example, not being protected from unsafe situations, or not being cared for when sick or injured even when the resources were available)	38 (14.6%)
PEARLS Social Determinants of Health Prompts	
SDOH 2: Have you experienced discrimination? (For example, being hassled or made to feel inferior or excluded because of their race, ethnicity, gender identity, sexual orientation, religion, learning differences, or disabilities)	110 (42.3%)
SDOH 1: Have you ever seen, heard or been a victim of violence in your neighborhood, community, or school? (For example, targeted bullying, assault or other violent actions, war or terrorism)	99 (38.1%)
SDOH 3: Have you ever worried that you did not have enough food to eat or that food would run out before you or a parent/caregiver could buy more?	54 (20.8%)
SDOH 6: Have you ever experienced verbal or physical abuse or threats from a romantic partner? (For example, a boyfriend or girlfriend)	47 (18.1%)
SDOH 5: Have you ever lived with a parent/caregiver who had a serious physical illness or disability?	43 (16.5%)
SDOH 4: Have you ever been separated from your parent or caregiver due to foster care, or immigration?	25 (9.6%)



History of Legal Involvement – Lifetime and Past 6 Months		
Legal Involvement (Multiple selections allowed)	Lifetime (n=257)	Past 6 Months (n=211)
Any legal involvement (from items endorsed below)	107 (41.6%)	40 (18.96%)
No items below reported	150 (58.4%)	171 (81%)
Interactions with the police in the community or at school	67 (26.1%)	21 (10%)
Police were called on you to respond to domestic dispute or mental health crisis	58 (22.6)	17 (8.1%)
Street stop or stop-and-frisk	10 (3.9%)	<5 (<5%)
Spent at least one night in any kind of prison or jail	9 (3.5%)	<5 (<5%)
Not counting minor traffic violations been arrested and booked for breaking the law	7 (2.7%)	<5 (<5%)
Been convicted of a misdemeanor or DUI	7 (2.7%)	<5 (<5%)
Been on probation	6 (2.3%)	<5 (<5%)
Been part of "voluntary" or "informal" probation (i.e. pre-probation probation lite)	5 (1.9%)	<5 (<5%)
Spent at least one night in any kind of juvenile detention center ("juvie")	5 (1.9%)	<5 (<5%)
Been part of a community-based diversion program	<5 (<5%)	<5 (<5%)
Prefer not to say/Missing	9 (3.5%)	51 (24.2%)

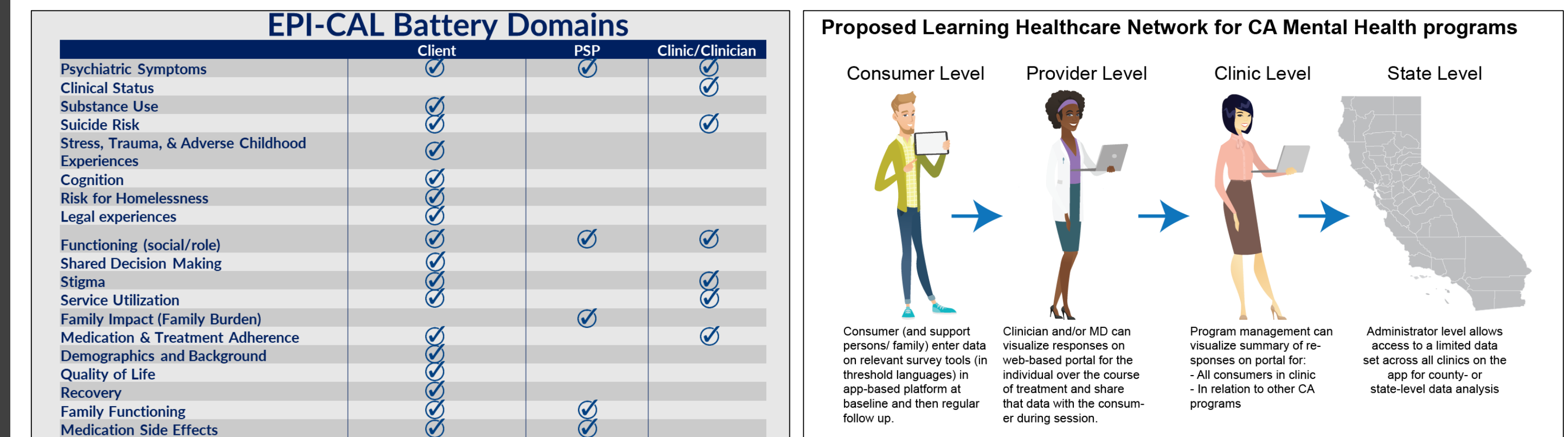


History of Housing Instability/Associated Risk Factors & Homelessness – Lifetime and Past 6 Months		
Housing Instability/Homelessness (Multiple selections allowed)	Lifetime (n=257)	Past 6 Months (n=191)
Any Housing Instability (from items endorsed below)	94 (36.6%)	33 (17.3%)
No items below reported	163 (64.2%)	154 (80.6%)
Couch surfed temporarily lived with family or friends temporarily lived in a motel with a voucher because you did not have a permanent residence	50 (19.5%)	11 (5.7%)
Been evicted or kicked out of your home	13 (5.1%)	10 (5.2%)
Fled/attempted to flee domestic violence	12 (4.7%)	10 (5.2%)
Lived outside of your home because you had run away	8 (3.1%)	--
Other temporary home situation that you consider less than ideal	28 (10.9%)	--
Been in jail/prison/juvenile detention center/etc.	9 (3.5%)	--
Become unemployed / Experienced another interruption in your employment	--	23 (12%)
Lived in a group home board and care or facility with daily supervision by staff	6 (2.3%)	--
Lived on street in shelter in car or outdoors on your own	10 (3.9%)	<5 (<5%)
Lived on the street in a shelter in a car or outdoors with your family or other relatives	24 (9.3%)	<5 (<5%)
Prefer not to say	6 (2.3%)	<5 (<5%)
Other	5 (2%)	--
Missing	<5 (<5%)	96 (50.2%)



METHODS:

- Individuals with first episode affective or nonaffective psychosis (FEP) or at clinical high risk for psychosis (CHR), ages 12-35, completed self-report surveys at enrollment in EPI-CAL via Beehive.
- To capture both ACEs and social determinants of health, participants completed the Pediatric ACEs Screening and Related Life-events Screener (PEARLS; adolescent version). Adults are asked to rate experiences prior to age 18. ACEs scores of 4 or higher are considered high risk for poor outcomes.
- Descriptive analyses summarize the demographic, ACEs, and outcomes data collected to date; chi-square analyses examine relationships between low (3 or fewer) versus high (4+) ACEs and participants' experience of suicidal ideation, homicidal and Total Symptoms on the Modified Colorado Symptom Index (MCSI); Overall Life Satisfaction Personal Wellbeing Index (PWI-A); number of individuals meeting the clinical cutoff on the Child and Adolescent Trauma Screen (CATS) or PTSD Checklist for DSM-5 (PCL-5); lifetime housing instability, and lifetime justice contact.



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