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2018 Statewide Conference | Legal Service Providers of Arkansas
Adverse Childhood Experiences

Alan D. Mease MD, FAAP

Medical Director – Child Health,
AR Department of Health

Email: Alan.Mease@arkansas.gov
Phone: (501) 280-4761
Website: www.healthy.arkansas.gov



Alan Mease is a pediatrician with a strong developmental and public health perspective. He received his MD cum laude from the University Of Missouri School Of Medicine (Columbia) and completed his Pediatric Residency and Pediatric Hematology Oncology Fellowship in the Army. He has practiced in numerous environments since 1977 including academic military medicine, private practice (US) and international practices (Abu Dhabi, Bahrain, Russia and China). He retired from the Army medical corps in 2000 at the rank of full Colonel. Dr. Mease is an experienced physician executive who has functioned in key leadership positions as Commander and Deputy Commander of military hospitals, Director of Telemedicine and Advanced Technology Research Center South (Ft. Gordon, Georgia), Chairman of an international Department of Pediatrics and Chief Medical Officer (Beijing United Family Hospital, China, 2001 to 2013). His most recent clinical focus in Beijing was as the founding developmental behavioral pediatrician of an innovative interdisciplinary center for Chinese and foreign children with special healthcare needs.

Currently he is focused on the Adverse Childhood Experience/Resilience initiative and developing agency and community awareness. As the Medical Director of Arkansas WIC he is developing innovative parent support initiatives at the local health unit WIC clinics.

Session: Adverse Childhood Experiences

This session will discuss this quote: “Current practices of medicine and public health are fragmented by categorical funding, organizational boundaries, and symptom-based system of medical care. Prevention and remediation of our nation’s leading health and social problems is likely to benefit from understanding that many of the problems tend to be co-morbid and may have common origins in the enduring neurodevelopmental consequences of abuse and related adverse experiences during childhood.” Anda et al

Learning Objectives:

- Understand basics of early brain development
- Understand how adverse childhood experiences affect early brain development and
- Understand how these change in brain development are associated with life long health problems including life long health disparities
- Define toxic stress and distinguish toxic stress from other forms of stress
- Identify toxic stressors of pregnancy and early childhood
- Discuss toxic stress prevention and resilience promotion
- Review some evidence based interventions and the obstacles for their implementation

Pre-conference Materials: [ACEs Science 101](#)

[Outsmart ACEs](#)

[The Boy Who Was Raised as a Dog](#)

[The Deepest Well](#)

[The Science of ACEs, Toxic Stress and Resilience](#)

[Addressing ACEs in Arkansas \(Technical Paper\)](#)