

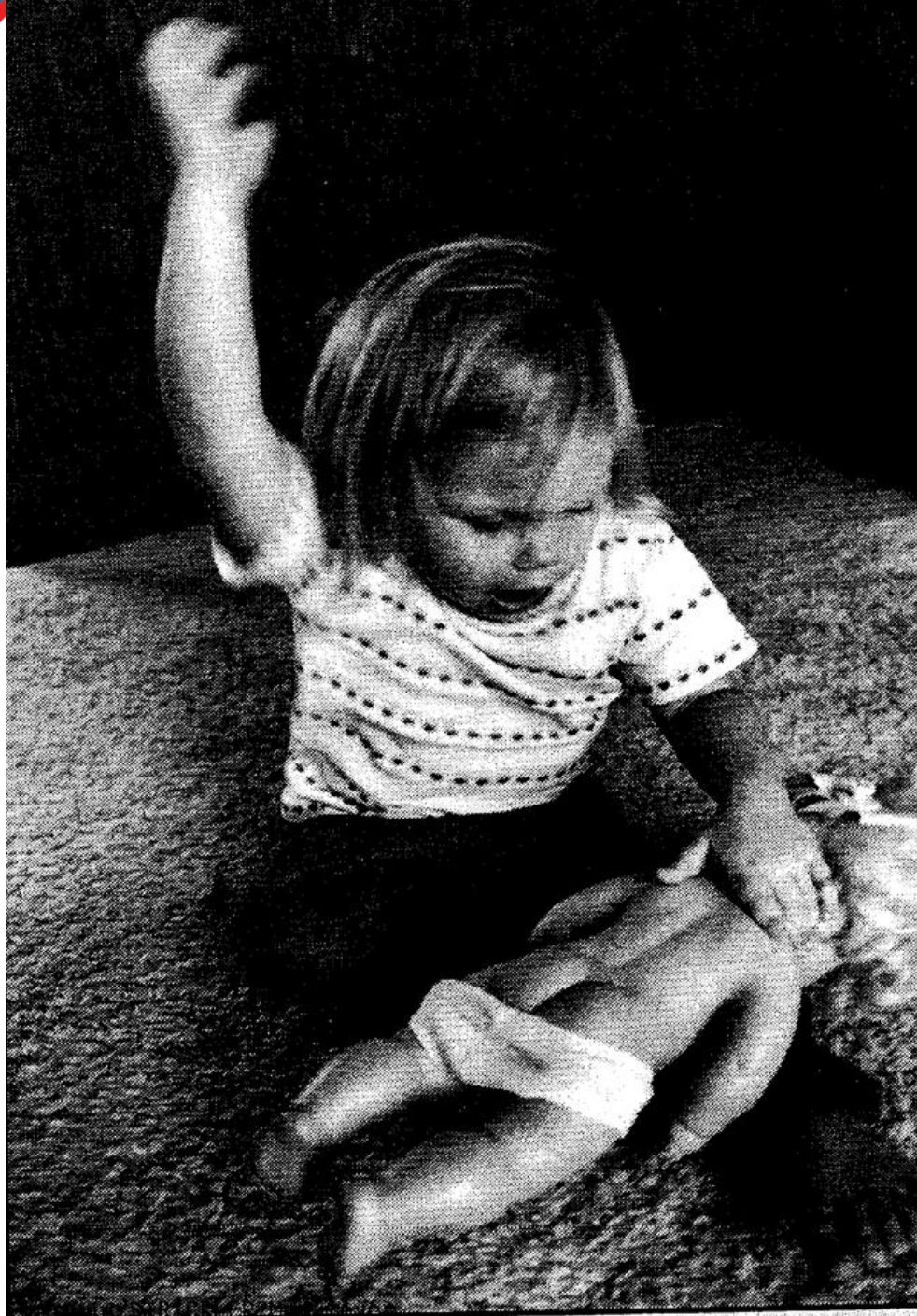
# **How the 70/30 Campaign would transform life for animals**

George Hosking, WAVE Trust

**The Links between Animal Cruelty, Adverse Childhood Experiences and Human Violence**

**Scottish SPCA Conference, Edinburgh**

**Monday 9th September 2019**

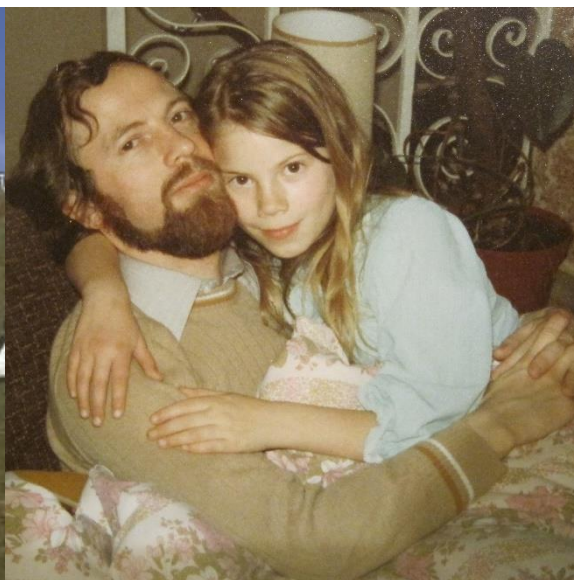


# The story of Isla and her favourite doll

**Niall**



**Iona**



**Isla**



# Hawkins, Hawkins and Williams

## Edinburgh University Study, 2017

Research questions:

- What are the psychological risk factors for childhood animal cruelty?
- Are there age and gender differences in childhood animal cruelty?



# Hawkins, Hawkins and Williams

## Edinburgh University Study, 2017

- **What are the psychological risk factors for childhood animal cruelty?**
  - Behavioural problems (19 studies)
  - Child abuse and neglect (14)
  - Domestic abuse (10)
  - Witnessing animal abuse (8)
  - Bullying and victimisation (8)
  - Personality (8)
  - Mental illness / psychiatric problems (8)
  - Family functioning (7)
  - Sexual abuse (6)

# Hawkins, Hawkins and Williams

## Edinburgh University Study, 2017

- **What are the psychological risk factors for childhood animal cruelty?**
  - **ANGER** a common feature
- Overton (2011)
  - One quarter of 182 prison inmates had been cruel to animals as a child, motivated by anger
- Dadds, Whiting and Hawes (2006) - Animal cruelty in boys associated with
  - **Callous and unemotional traits**
  - Disregard and callous lack of empathy for others
- Henry (2006); Lucia (2011); Thompson & Gullone (2008) – Lack of empathy
  - **Empathy** negatively associated with animal cruelty
  - Positively associated with humane treatment of animals
  - Weaker, but similar, relationship with attachment to parents and peers

# Hawkins, Hawkins and Williams

## Edinburgh University Study, 2017

- **Are there age and gender differences in childhood animal cruelty?**
- Conflicting reports, partly because of different study focus or methodology, but can occur from 3 years of age
- Hensley and Tallichet (2005b) – those who engage when younger more likely to have committed multiple acts

# The Scotsman, 4 September 2018

## KITTY CRUELTY

- **Child aged FOUR reported for specialist animal cruelty unit after killing TWO KITTENS in Edinburgh**
- Referred to the newly formed Scottish Animal Guardians programme after causing the death of the two kittys
- Details emerged at Scotland's first ever human-animal interaction conference by the Scottish SPCA and the University of Edinburgh



The WAVE Report 2005  
Violence and what to do about it



Authors: George Hosking  
Ita Walsh



Conception to age 2  
– the age of opportunity

Addendum to the Government's vision for the Foundation Years:  
'Supporting Families in the Foundation Years'

# Understand causes of violence

- Key Finding: Two components to Violence
  1. The propensity to be violent (personal factors)
  2. The triggers of violence (social factors)
    - longer period between puberty and beginning work
    - teenage alcohol consumption
    - growth of TV viewing, modelling violent behaviour
    - reduction in stable marital relationships to provide consistent parenting
    - and many others ...

**Social factors lead to violence ONLY when propensity is present**

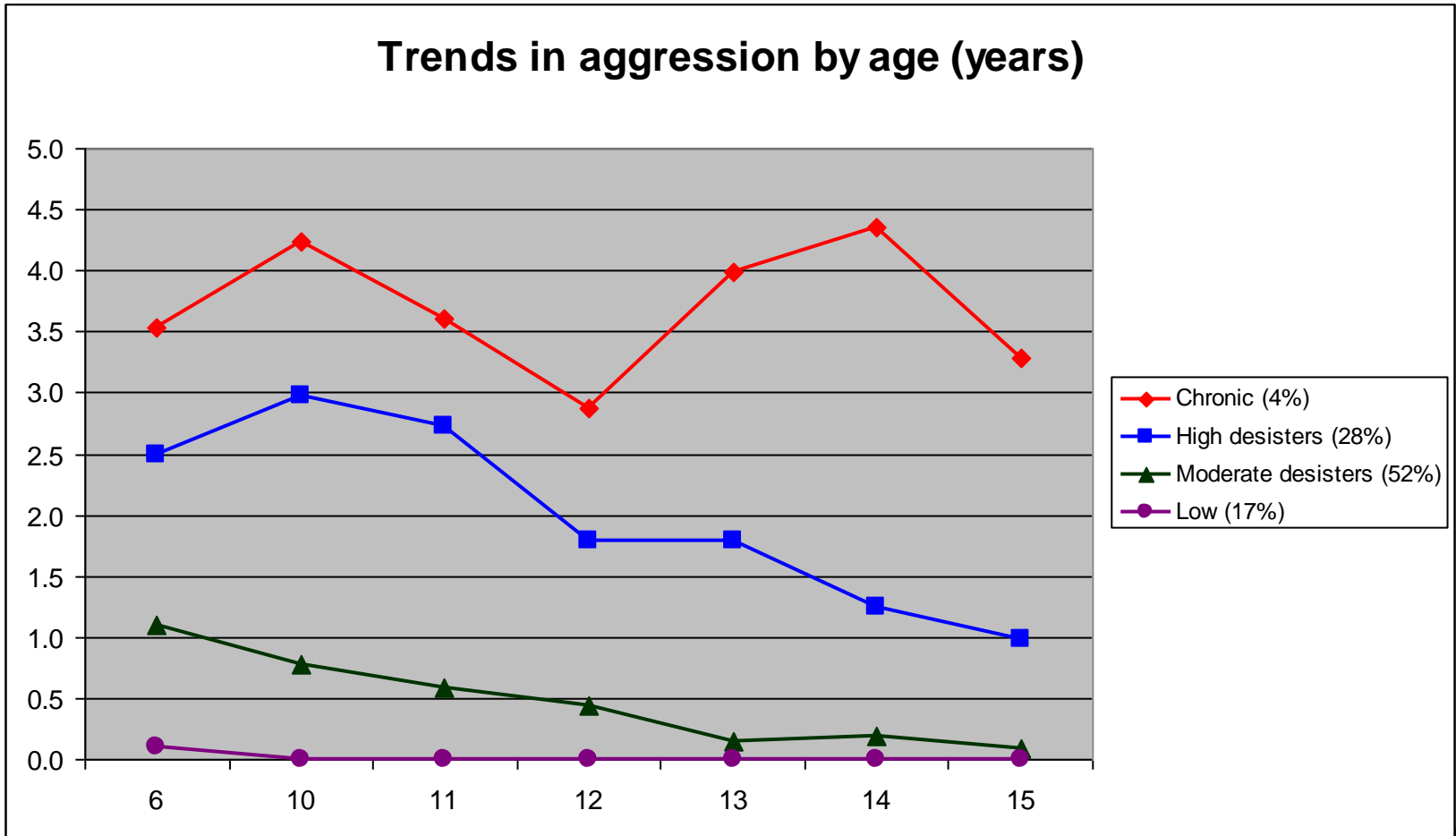
# Pathways to crime -laid down by age 3?

## Dunedin study of all children born in 1972

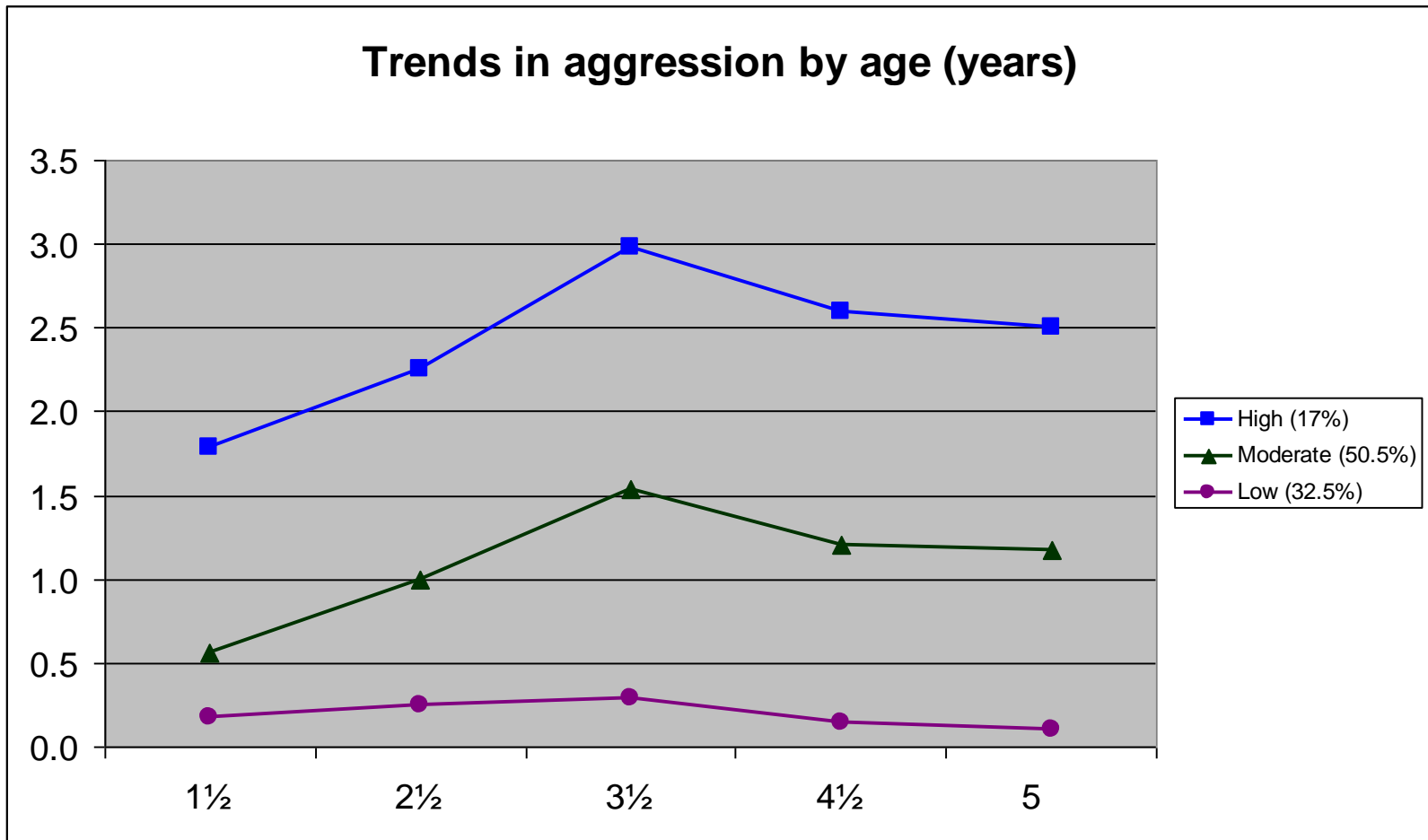
At age 3, an 'at risk' group identified by nurses

- At age 21, 'at risk' males, compared with others:
  - 2.5 times as many with 2+ criminal convictions
  - 55% of their offences violent (18% others)
  - 47% abused their partners (9.5%)
- Fewer females conduct disordered, but those who were:
  - 30% of 'at risk' group had teenage births (vs. 0%)
  - 43% were in violent, abusive relationships
- “Immature mothers, with no strong parenting skills and violent partners have already borne the next generation of 'at risk' children”

# Pathways to violence by age 3



# Pathways to violence by age 3



# Understanding the infant brain



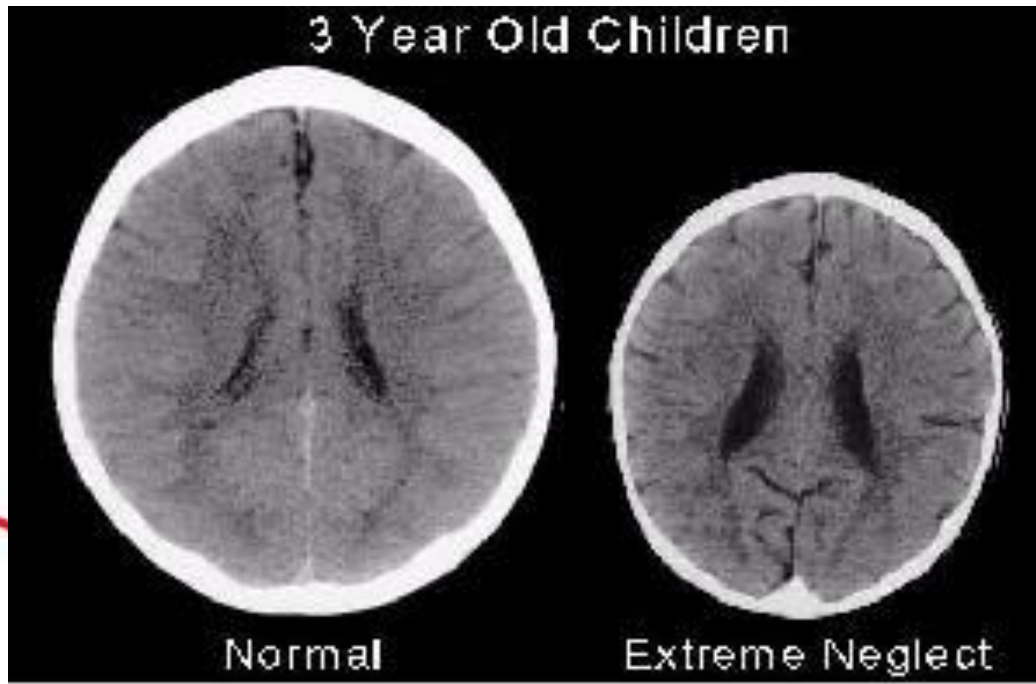
- Works via neurons (brain cells) & synapses (connections)
- At birth: 10 trillion synapses - 200 trillion by age 3
- Sculpted: Repeated use hard-wired; superfluous eliminated
- Implies very rapid learning via early life experience –
  - more than **1 million new connections per second**
- Critical windows of time during which brain hones particular skills or functions; emotional brain in first 18 months



# Understanding the infant brain



- Infant brain acutely vulnerable to trauma
- Brains of abused children significantly smaller
  - many areas dark on CAT scans (“black hole”)
  - limbic system (emotions), hippocampus (memory) smaller



# Shaped by the carer's interaction style

- Alan Schore - 10-year immersion in thousands of scientific papers in neurobiology, psychology, infant development

*“The child’s first relationship, the one with the mother, acts as a template ... permanently moulds the individual’s capacity to enter into all later emotional relationships”*

# Shaped by the carer's interaction style

- Infant brain needs time to mature, so ...
- Baby regulates inner world by aligning emotional state of mind with caregiver
- Empathic attunement acts like emotional umbilical chord
- Methods: Eye gaze, facial expressions, nonverbal signals



# Keys: Attunement and Empathy

- Lack of attunement means empathy does not develop
- Low maternal responsiveness at 10-12 months predicted:
  - at 1.5 years: aggression, non-compliance, temper tantrums
  - at 2 years : lower compliance, attention getting, hitting
  - at 3 years : problems with other children
  - at 3.5 years: higher coercive behaviour
  - at 6 years : fighting, stealing

# Keys: Attunement and Empathy

- Empathy the single greatest inhibitor of propensity to violence
- Established early by observation of parental reaction to suffering
- Babies show empathy by one year old. Not all develop this
- Abused toddlers react negatively or aggressively to signs of distress
- Absence of empathy characteristic of violent criminals
  - worst psychopaths no emotion at all



# Benefits of secure attachment

When secure attachments not established early in life children at greater risk of detrimental outcomes, including:

- poor physical and mental health
- relationship problems
- low educational attainment
- emotional difficulties and conduct disorders.

Large body of evidence demonstrates harm from pronounced adverse experiences in infancy, including repeated neglect, chronic stress and abuse.

# Disorganised Attachment

- Disorganised Attachment
  - 15% in population sample
  - 40% in disadvantaged sample
  - 80% in maltreated sample

The overlap between maltreatment and DA is so significant that together with certain other ‘caregiver characteristics’ — namely, unresolved loss, disconnected/extremely insensitive or dissociative caregiving and low reflective function — DA is the most reliable indicator of child maltreatment currently available  
*(Shemmings & Shemmings, 2011b)*

# Disorganised Attachment

15% of all children  
80% of seriously  
maltreated children

**Disorganised  
Attachment**



**Mental Illness**

**Children into Care**

**Poor Relationships**

**Disruptive Behaviour  
in Pre-School**

**Aggression**

**Violence**

# Impact of ACEs on Children's Mental Health - I

- ADHD diagnosis in middle childhood
- Anxiety disorders
- Attempted suicide during childhood/adolescence and adulthood
- Behavioural problems
- Bipolar disorder
- Childhood autobiographical memory disturbance (CAMD)
- Chronic mental health problems
- Depression
- Dissociative amnesia
- Eating disorders
- Externalising and internalising behaviours
- Hallucinations
- High stress

# Impact of ACEs on Children's Mental Health - 2

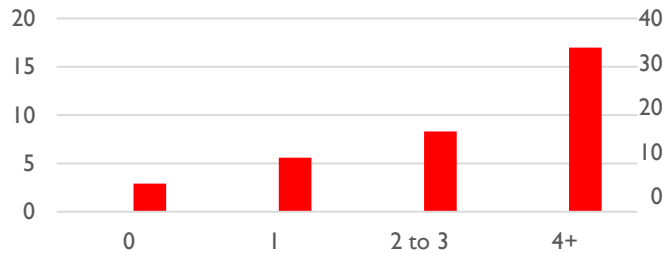
- Lifetime depressive disorders
- Mood-stabilising/bipolar medications
- Panic reactions, anxiety and hallucinations
- Personality disorders
- Poor psychiatric outcomes in adulthood
- Post-traumatic stress disorder
- Psychoses
- Rates of prescriptions
- Rates of psychotropic prescriptions
- Self-harm
- Suicide attempts
- Uncontrollable anger

Disorders emerge earlier in maltreated individuals, with greater severity, more comorbidity, and a less favourable response to treatment

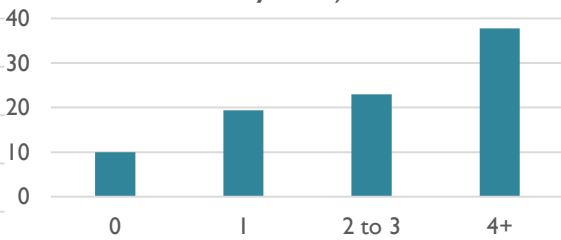
(Teicher and Samson, 2013)

# Impact of ACEs (English ACE study)

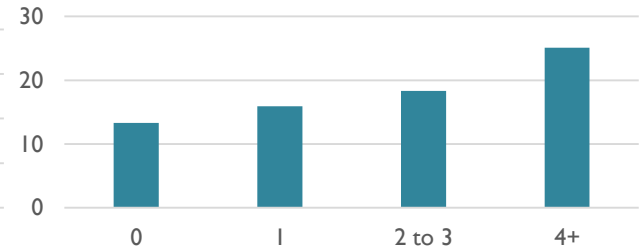
Unintended teenage pregnancy (<18 years)



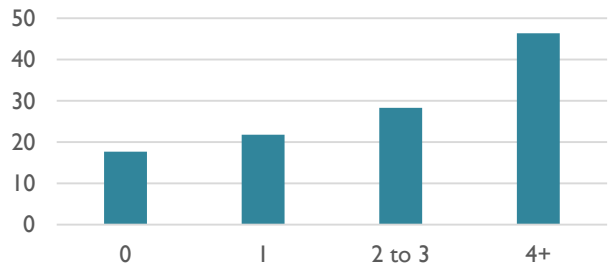
Early sexual initiation (<16 years)



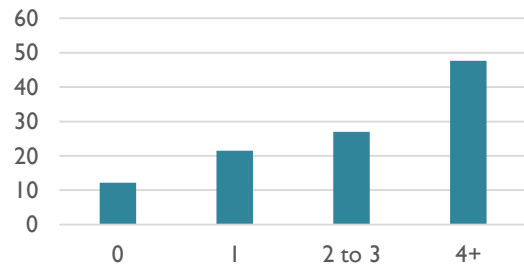
Poor diet (current)



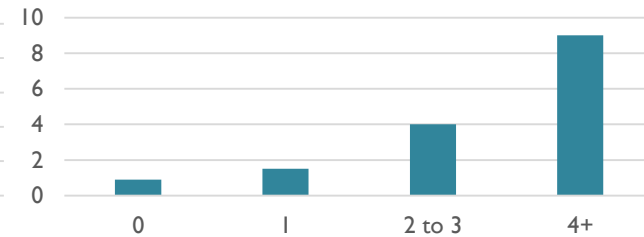
Smoking (current)



Cannabis use (lifetime)



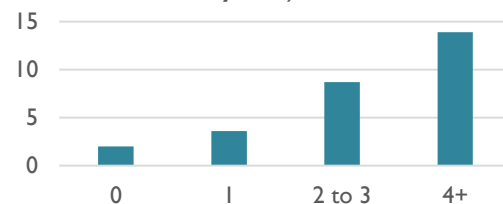
Heroin or crack cocaine use (lifetime)



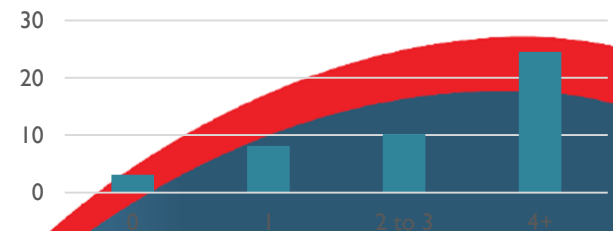
Violence victimization (past year)



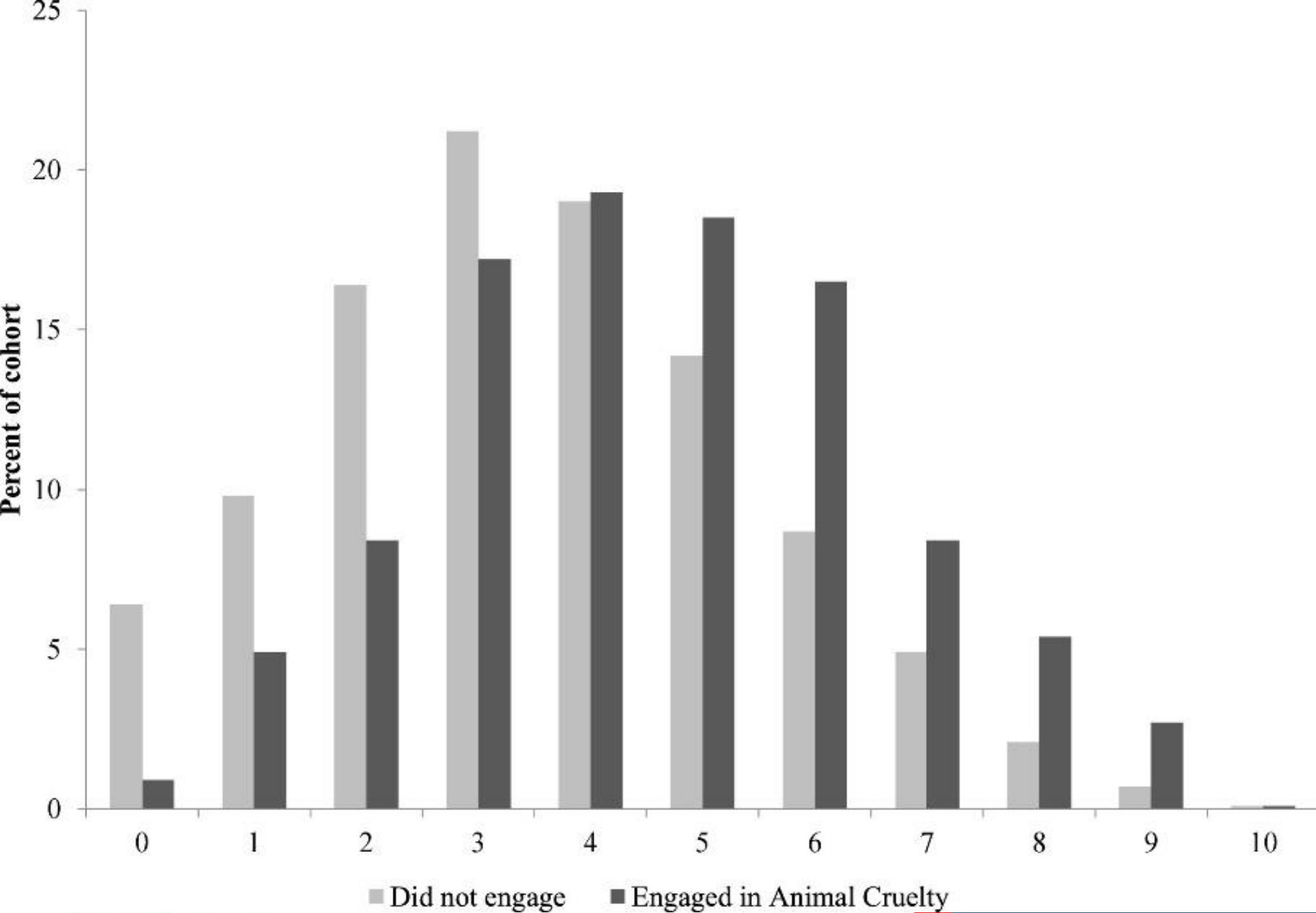
Violence perpetration (past year)



Incarceration (lifetime)







T R U S T

Bright, Huq et al (2018)

# Bright, Huq et al (2018): Animal cruelty as an indicator of family trauma

## Study of 81,000 juvenile offenders (466 self-reported animal cruelty)

- Compared to larger group, those cruel to animals were:
  - Younger at time of first arrest
  - More likely to be male, and to be white
- More likely to have 4 or more ACEs
- Animal cruelty one of earliest symptoms of conduct disorder (Frick et al, 1993); often precursor to later crimes (Becker & French, 2004; Degue & Dilillo (2009)
- Conclusion – **intervene early**

# Early Prevention works

- MacLeod and Nelson studied 56 programmes designed to promote family wellness and prevent child maltreatment
  - Most interventions are successful
  - **The earlier the intervention the better**
  - **Prevention** (proactive) had greater effect sizes at follow-up
  - Reactive interventions tend to fade over time, relapse common

# Early Prevention saves public money

## Expert opinion:

- Dr Bruce **Perry**; James **Heckman** (Nobel Prize winning economist); **RAND** Research Institute; **Karoly**, Kilburn, and Cannon (2005); Washington State Institute for Public Policy (**WSIPP**)
- **WAVE Trust**, **Local authorities** (Croydon Total Place, Essex, Gloucestershire, Staffordshire) **Government** Office for Science, London School of Economics (**LSE**), Action for Children / **New Economics Foundation**, **SROI** studies

# What kind of parenting is needed?

Warm, consistent, positive engaged parenting in a secure environment enables infant to grow into a child and adult more likely to have:

- high self-esteem
- strong psychological resilience
- empathy
- trust
- the ability to learn
- reduced risk of unhealthy lifestyles.

# Lifelong skills created very early

- Skills needed for success in life multiple in nature
- Soft skills very important
  - conscientiousness
  - sociability
  - sociability (the ability to work with and cooperate with others)
  - attention
  - self-esteem
  - perseverance
  - motivation
  - self-regulation
  - ability to defer gratification
- These crucial skills mostly created in early years
- Largely neglected in devising policies to reduce inequality



# Lifelong skills created very early

- Families play essential role in shaping skills of their children:
- Large gaps in abilities between advantaged and disadvantaged open up early before children enter school, and persist
- Skill formation a dynamic process: skills beget skills
- A child who perseveres and is open to experience learns more

# Lifelong skills created very early

## Oxbridge study of children aged 1 to 12, Andhra Pradesh

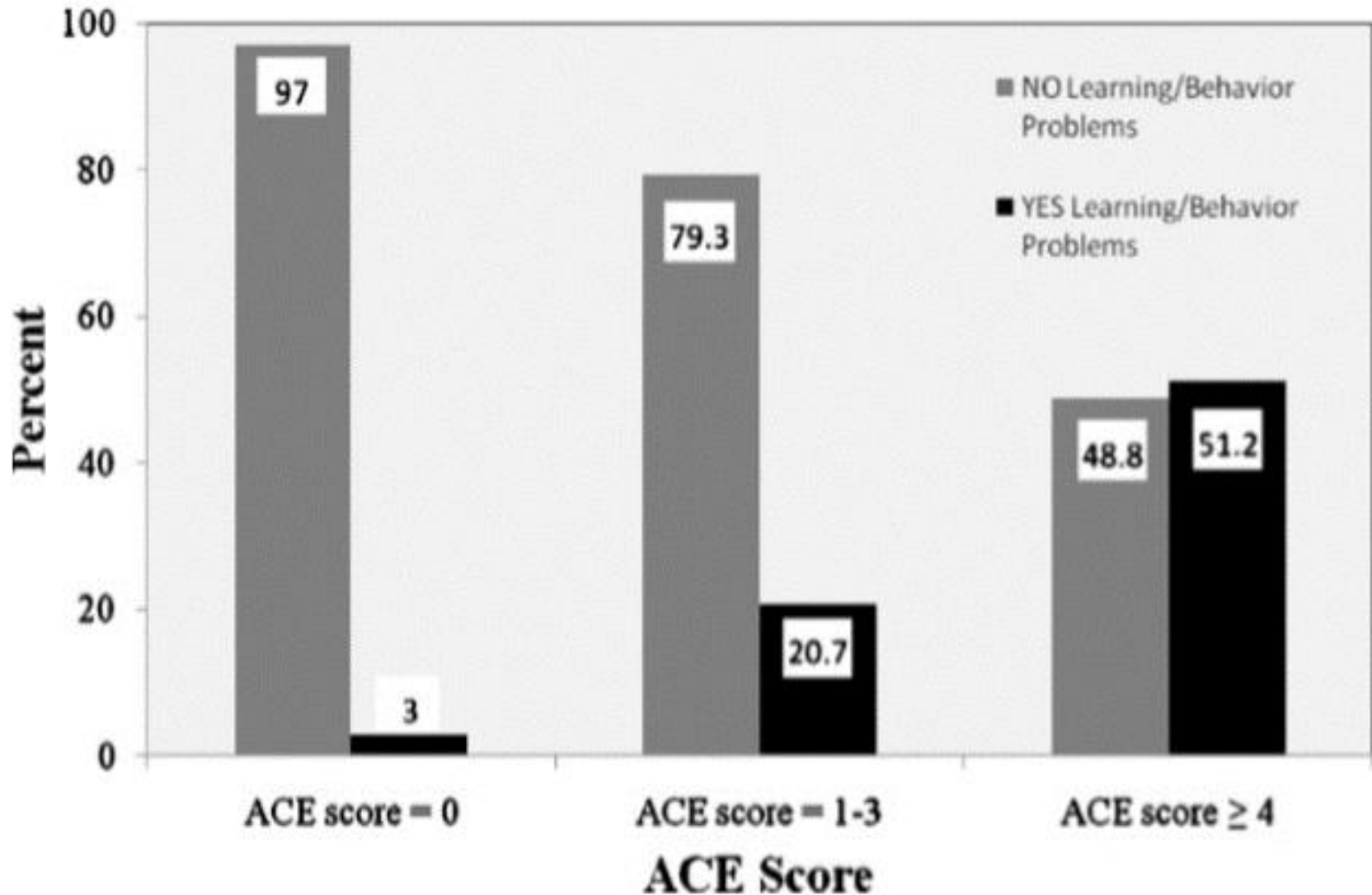
- Investigated determinants of children's cognitive and non-cognitive skills
- Parental investment positive effect on skill levels for all ages
- Child health at age 1 influenced by parental care from pregnancy to age 1
- Child health at age 1 influenced cognitive abilities at age 5

# Lifelong skills created very early

## Mannheim Study of Children at Risk (MARS)

- Individual differences in basic abilities amplify between 3 months and 11 years
- Adverse consequences of initial risks cumulate and persist until adolescence
- Basic abilities at preschool age significantly predict social competencies and school grades at age 8

# ACE score: learning and behaviour problems at school



# 70/30 Campaign

It's possible to reduce child maltreatment in the UK by at least 70% by 2030. We have developed a strategy to make this a reality, we call it 70/30.



# 70/30 Campaign

***"I do not view 70/30 as either wishful thinking or an unachievable goal. On the contrary, reducing child maltreatment by 70% in the next fifteen years is the minimum acceptable outcome in responding to this unacceptable (and profoundly costly) harm to our youngest children."***

Sir Harry Burns (Former Chief Medical Officer, Scotland)

# 70/30 Campaign

Key to the success of the campaign is **implementation of primary prevention – preventing harm to children before it happens**

The UK and Scotland are committed to this through signing the United Nations Convention on the Rights of the Child

**- 70/30 enables us to deliver on our commitment**

At end August 2018 - Campaign supported by 306 MPs in the Westminster Parliament (45%), and 73 MSPs (57%) in the Scottish Parliament

Also by DUP, Sinn Fein & SDLP MLAs and MPs in N. Ireland, and over 90% of backbenchers in Welsh Assembly

# Child Maltreatment

## Causes

Maternal mental and physical health

Drug and alcohol use in families (1m)

Physical neglect (+1m children)

Parental experience of maltreatment

Witnessing Domestic Violence (.75m)



**1 in 5**  
**Children severely maltreated**

## Short to long term effects

Mental illness / depression

Poor physical health – heart / lung disease

Alcoholism / drug addiction

Poor work prospects

Violence / aggression

## Cost to the UK

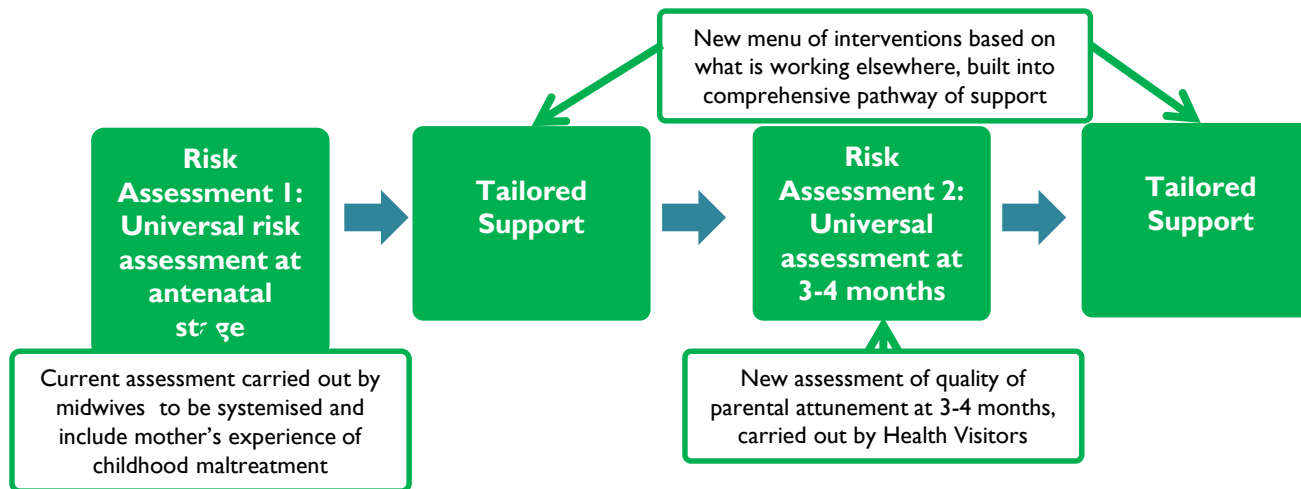
**Child maltreatment**  
**...£15bn pa**





# Proposed approach: Primary Prevention

- Primary Prevention Pathway: tackling the root causes of childhood maltreatment before it occurs
- Based on existing practice and systems – cost effective and simple to implement
- Evidence based interventions that have been proven to work



# Examples of Tailored Support

- Tailored interventions to suit needs of parent and child
- Clear evidence base for effectiveness

## Mental Health & Attunement

Brazelton NBO

Parent Child Psychological Support (PCPS)

Perinatal Mental Health Service

Watch Wait & Wonder

## Substance Abuse

Parents Under Pressure

## Parents Maltreated in Childhood

Solihull Approach

Parent-Infant Psychotherapy

Circle of Security

## Other support programmes

Minding the baby

Baby Steps

Video Interaction Guidance

Mellow Programmes

## Domestic Violence Risk

Family Foundations

Healthy Relationships, Healthy Babies

# Pioneer Community Approach

- Population level, preventive approach
- Mix of universal and targeted
  - Focussing on conception to age 2
- 3 components



# Support Component

## Assessment of Risk

- Universal, identifying families most in need of support
- Risk factors: parental maltreatment as a child, domestic violence, substance abuse, mental health, attitude to unborn child

## Targeted Support

- Range of programmes which address key risk factors
  - Prevent problems before they develop
  - Address issues before harm done to child
- Local alternatives possible, if research approved

## Monitoring outcomes

- Many existing measures will provide feedback (e.g. health visitor assessments)
- Additional measures will include Disorganised Attachment, Parental Sensitivity, possibly disconnected parenting, aggression

# Assessment of Risk

- Universal risk assessment at ante-natal stage
  - Carried out by trained midwives or health visitors (potential GP support)
  - Parental experience of child maltreatment: measure developed at Kings College London
  - Other screening tools already available but need for special training and adequate resource
- Universal assessment at 3 – 4 months
  - Quality of interaction between mother and baby
  - Using Video Interaction Guidance/Parent Infant Interaction Observation Scale;
  - or Spanish PCPS (Parent Child Psychological Support) model

# Targeted Support

- Range of programmes recommended
  - For **parents maltreated in childhood**, increased provision of psychological therapies and mental health support
  - For **domestic violence** risk, approaches such as Family Foundations, IRIS, Healthy Relationships, Healthy Babies
  - For **substance abuse**, approaches such as Parents Under Pressure
  - For **mental health issues and poor attunement**, PCPS, Video Interaction Guidance, Parent-Infant Psychotherapy, Specialist Perinatal Mental Health Support,
  - Other support programmes include Baby Steps, Minding the Baby, Solihull Approach, Mellow Bumps, Babies, and Parenting
- However choice of programmes must be made locally

# Monitoring Outcomes

- Key measure Disorganised Attachment at 15 – 18 months (surrogate for maltreatment as heavy overlap)
- Additional measures likely to be
  - Parental Sensitivity
  - Disconnected Parenting
  - Child Aggression
- Use of existing local data
  - 6 – 8 week, 1 year and 2 – 2.5 year assessment
  - Data from child health profiles
  - Other local data where relevant

# Community Component

- The goal: community engagement and ownership of commitment to creating healthy, successful lives for children, happy relationships in families
- Reducing maltreatment a necessary but not focal part of the positive community goals
- Proposed approach – Trauma-informed Communities – schools, police, health services, probation, prisons, social services
- plus Asset Based Community Development – both have proven results
  - Training ‘Community Builders’
  - Local assets primary building blocks of sustainable community development
  - Communities active co-producers in design, planning and implementation
  - Work done *with* communities not *to* them



# Potential Outcomes

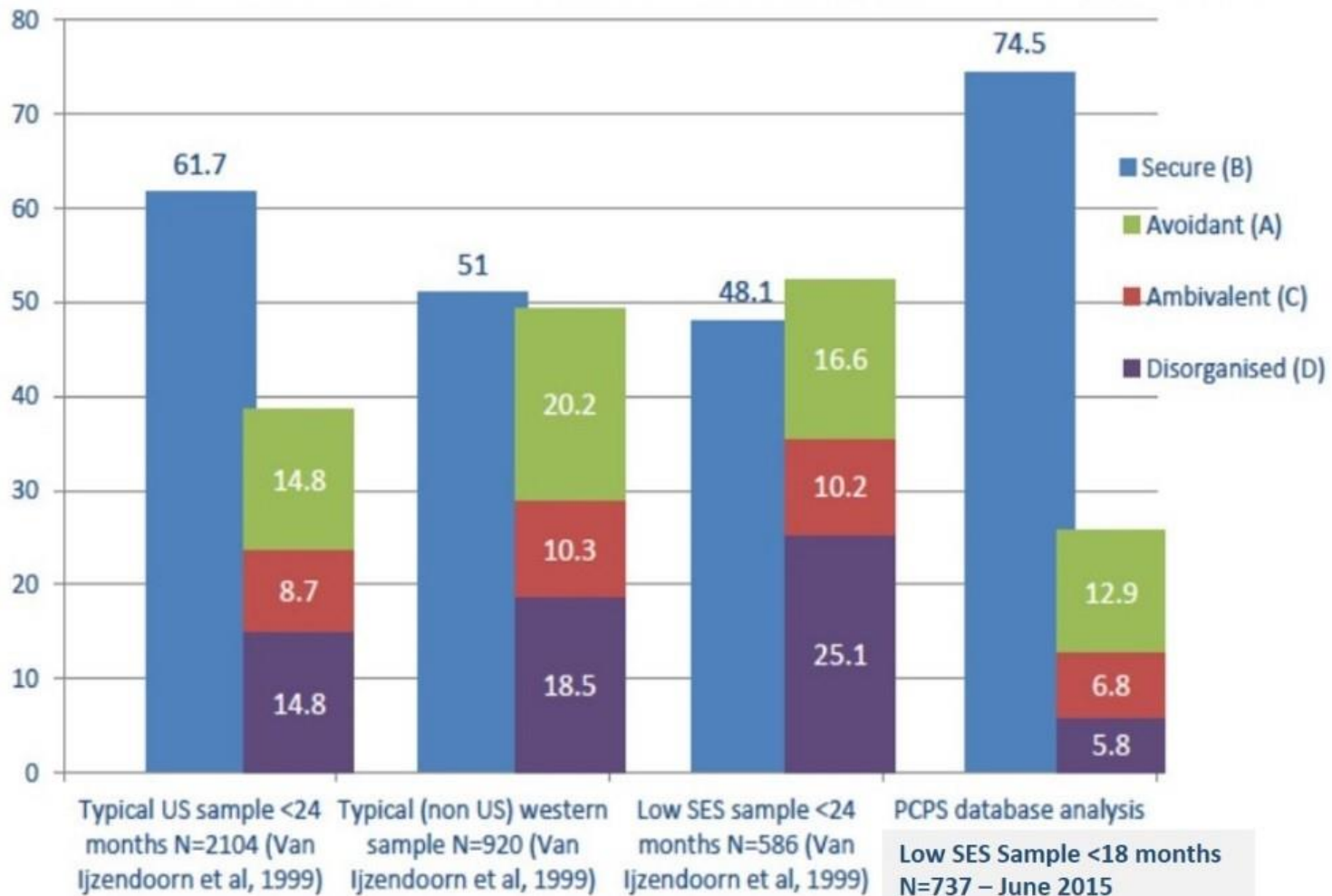
- Major reduction in child maltreatment for 0 – 2 years olds (the peak age) in the Pioneer Communities – **in just 5 years**
- Thousands of children rescued from severely damaged lives
- Widespread community improvement in child outcomes, health, wellbeing, school readiness
- **Major reductions in animal cruelty**
- Fewer children in care or needing special support
- Reduced inequalities

**These are not ‘one-off’ benefits**

**They break the intergenerational cycle of violence and abuse**

# Potential Outcomes: PCPS

## Comparative context for interpreting attachment data from Parent-Child Psychological Support Programme



# Become an Ambassador for WAVE's Grass Roots 70/30 Campaign

- Commitment
  - 1 hour per month participating in a group conference call
  - Working in your local community to promote prevention
  - Speaking with or writing to your local elected representatives to press for priority to be given to policies of prevention
- Guidance and training provided by WAVE
- Become part of a movement to transform childhood – and the roots of good animal care - in the UK
- Contact Sam Lawes - [slawes@wavetrust.org](mailto:slawes@wavetrust.org)