

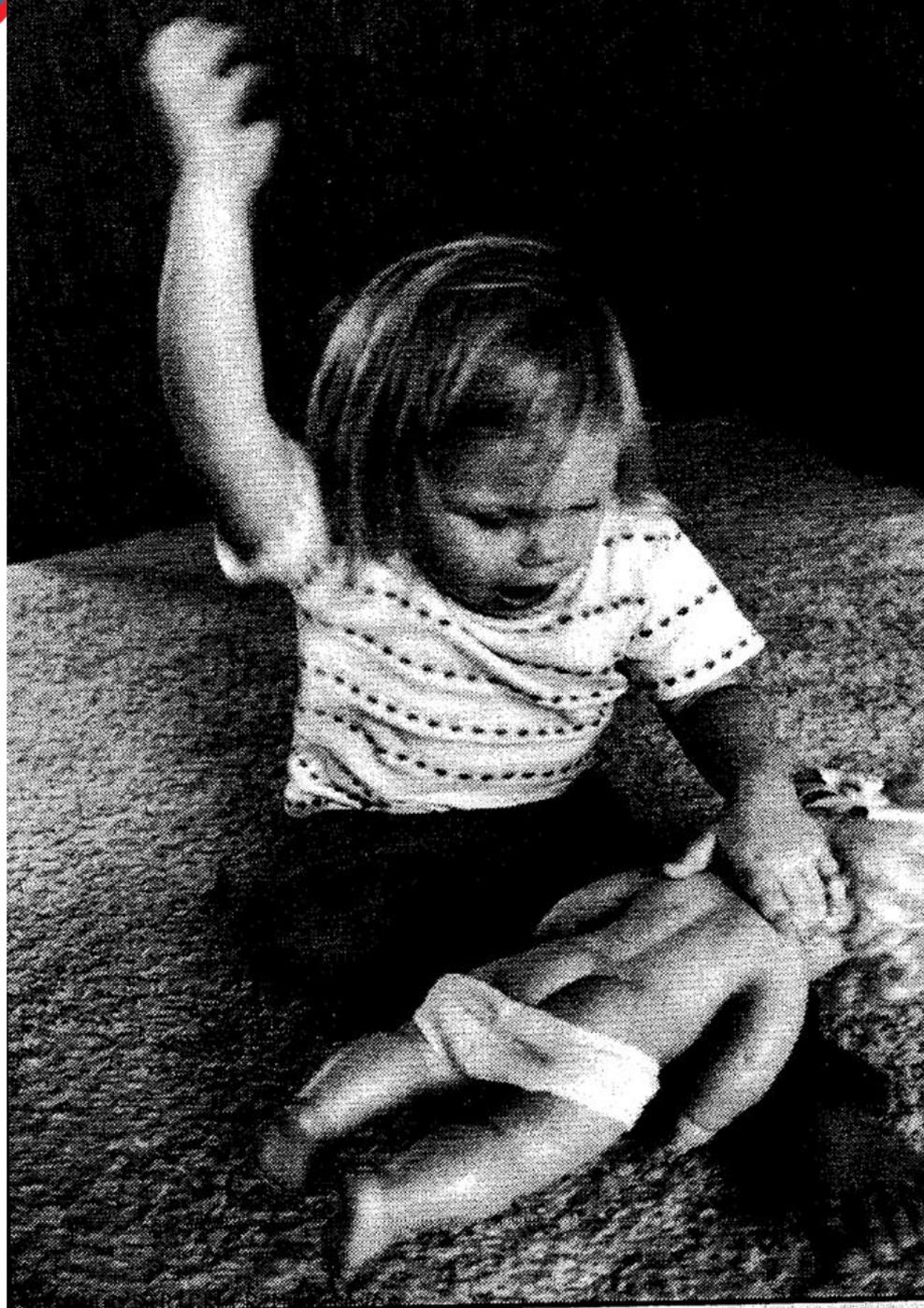
How the 70/30 Campaign would transform life for animals

George Hosking, WAVE Trust

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

Scottish SPCA Conference, Edinburgh

Monday 9th September 2019

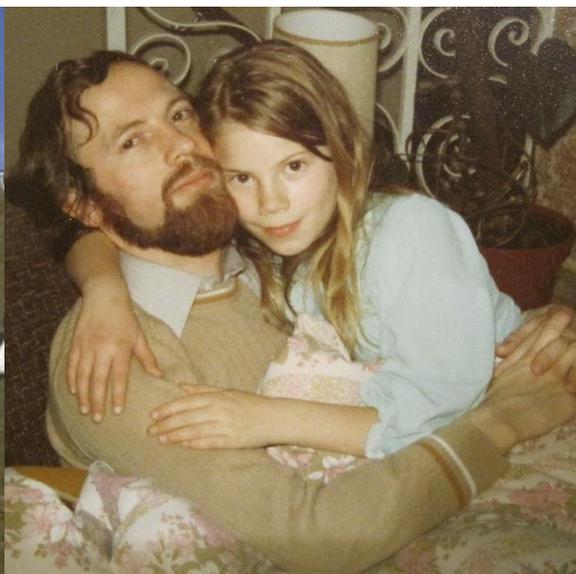


The story of Isla and her favourite doll

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

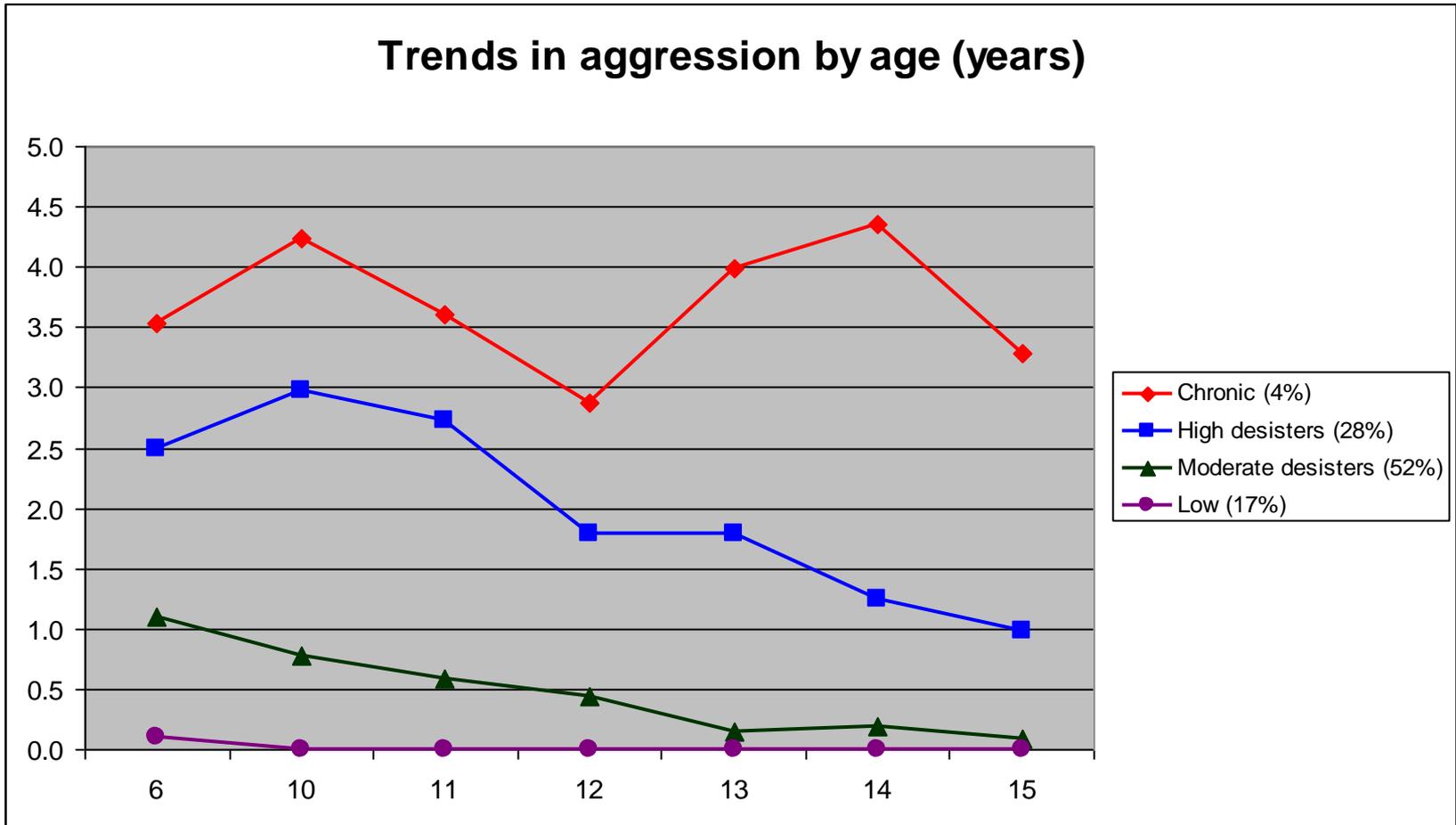
Pathways to crime -laid down by age 3?

Dunedin study of all children born in 1972

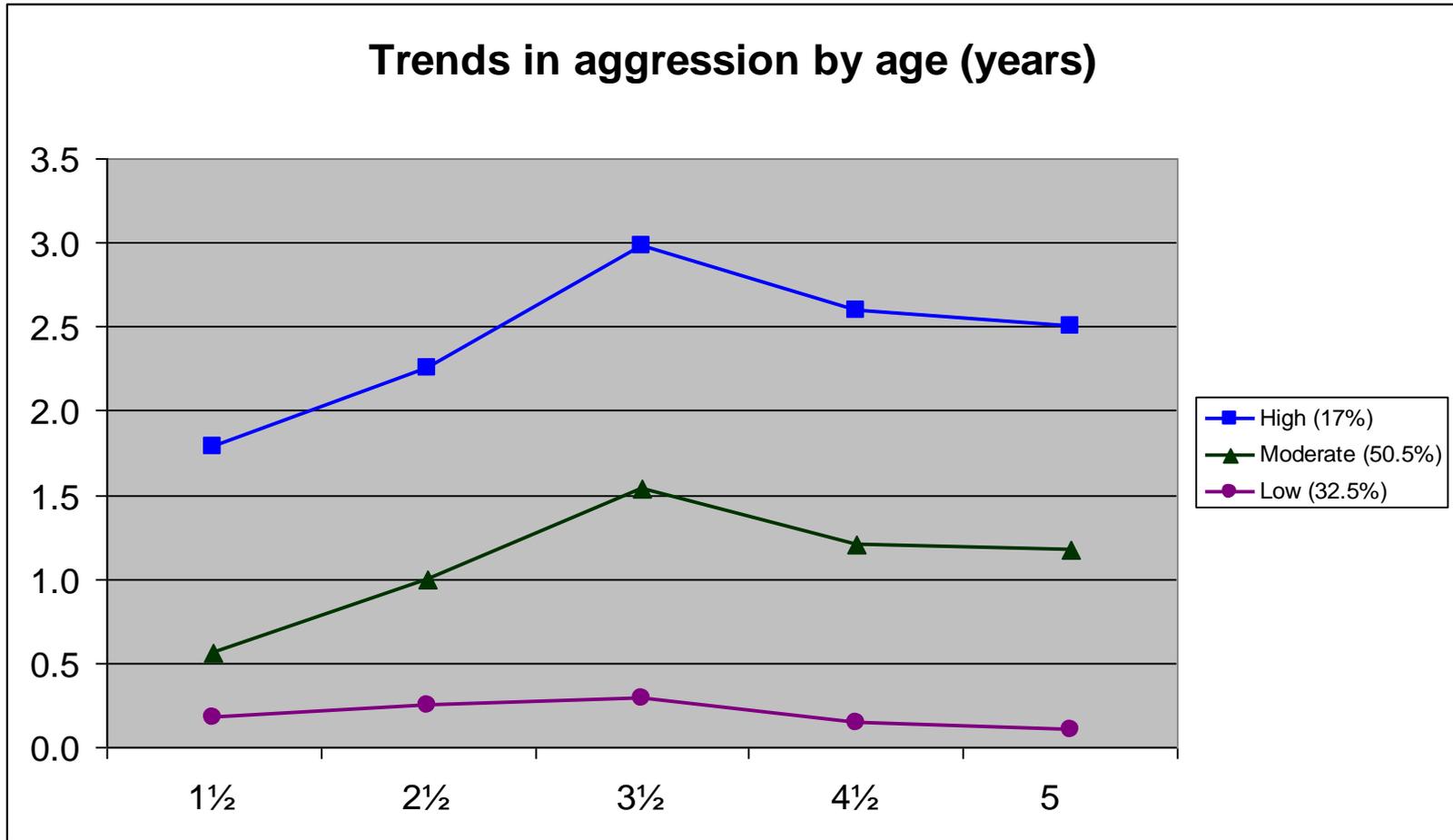
At age 3, an 'at risk' group identified by nurses

- 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

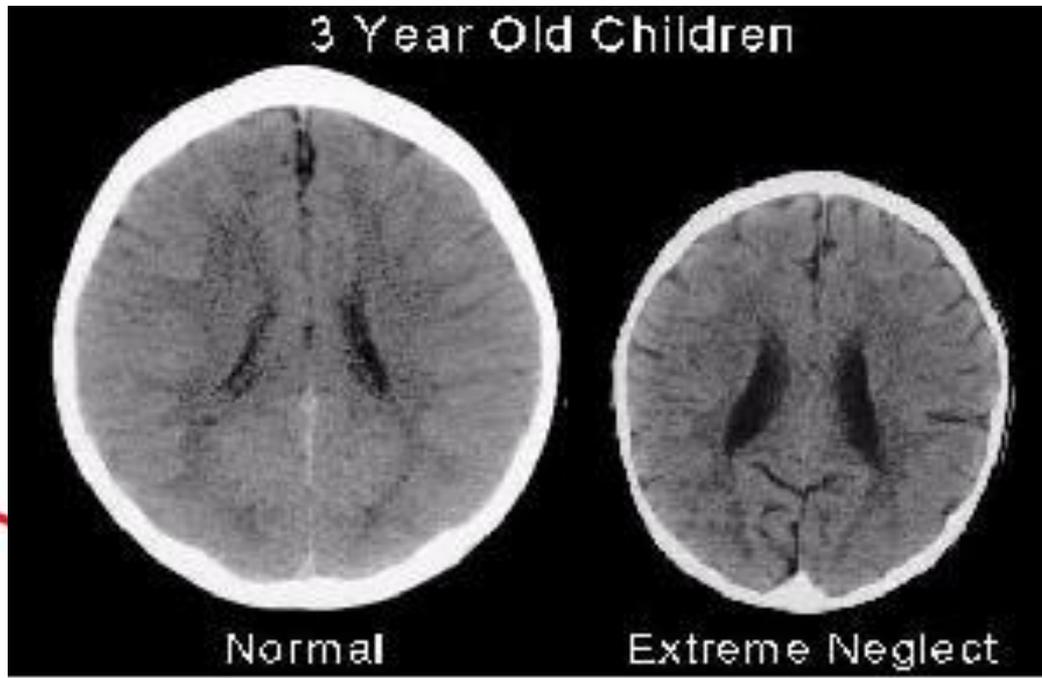


- Works via neurons (brain cells) & synapses (connections)
- At birth: 10 trillion synapses - 200 trillion by age 3
- Sculpted: Repeated use hard-wired; superfluous eliminated
- Implies very rapid learning via early life experience –
 - more than ***1 million new connections per second***
- Critical 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

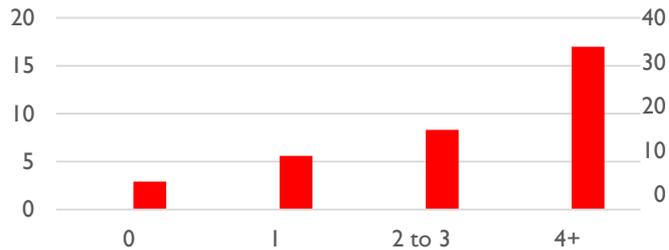
- Lifetime depressive disorders
- Mood-stabilising/bipolar medications
- Panic reactions, anxiety and hallucinations
- Personality disorders
- Poor psychiatric outcomes in adulthood
- Post-traumatic stress disorder
- Psychoses
- Rates of prescriptions
- Rates of psychotropic prescriptions
- Self-harm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

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

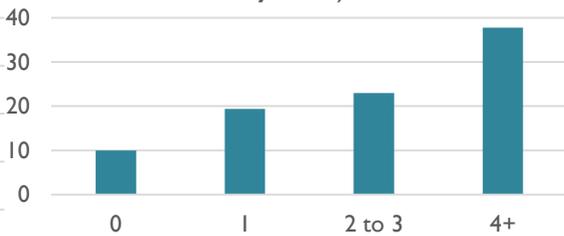
(Teicher and Samson, 2013)

Impact of ACEs (English ACE study)

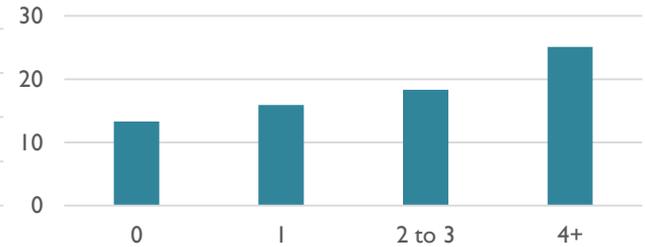
Unintended teenage pregnancy (<18 years)



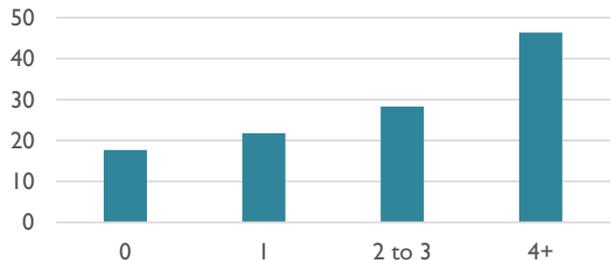
Early sexual initiation (<16 years)



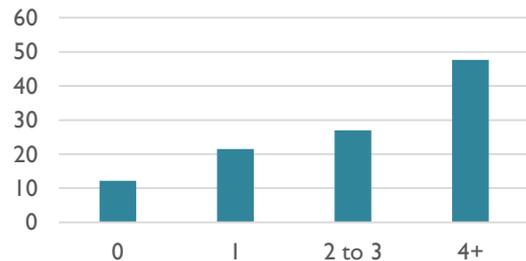
Poor diet (current)



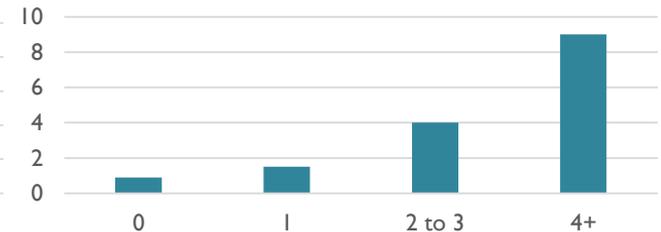
Smoking (current)



Cannabis use (lifetime)



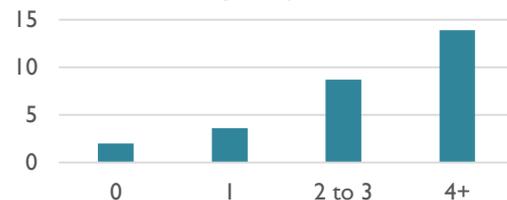
Heroin or crack cocaine use (lifetime)



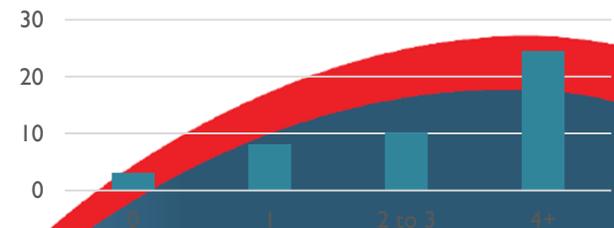
Violence victimization (past year)

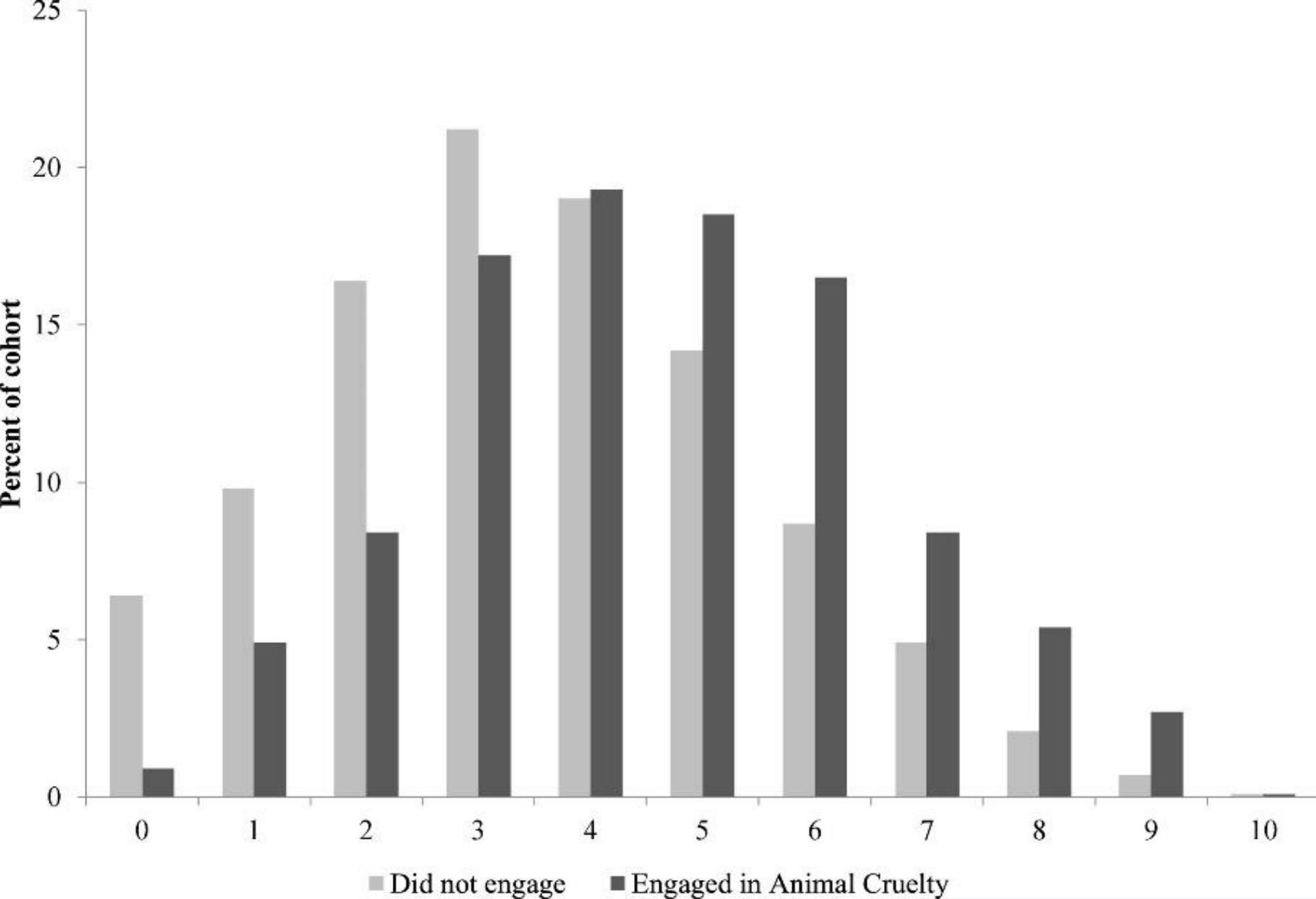


Violence perpetration (past year)



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

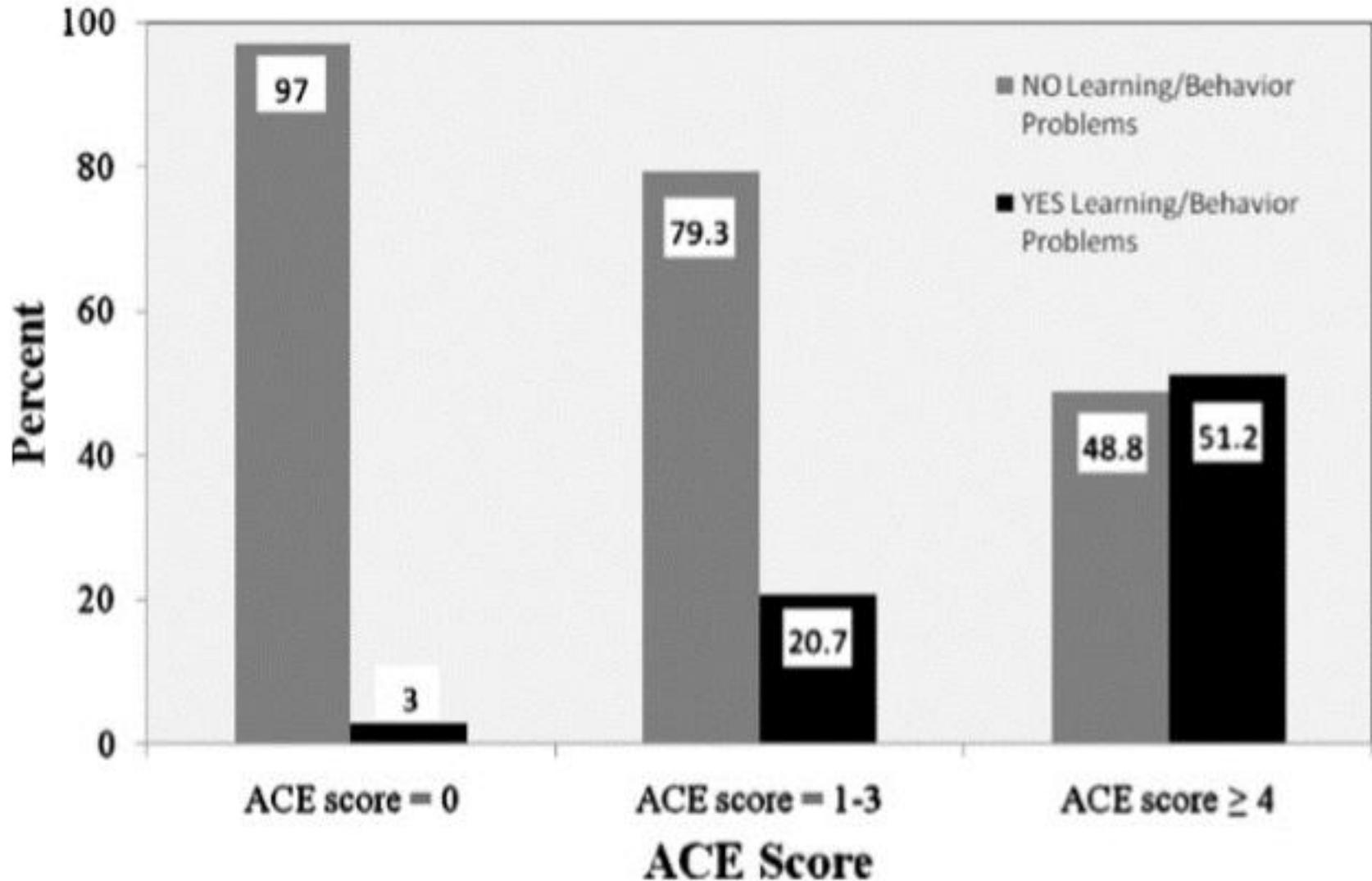
- Investigated determinants of children's cognitive and non-cognitive skills
- Parental investment positive effect on skill levels for all ages
- Child health at age 1 influenced by parental care from pregnancy to age 1
- Child health at age 1 influenced cognitive abilities at age 5

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

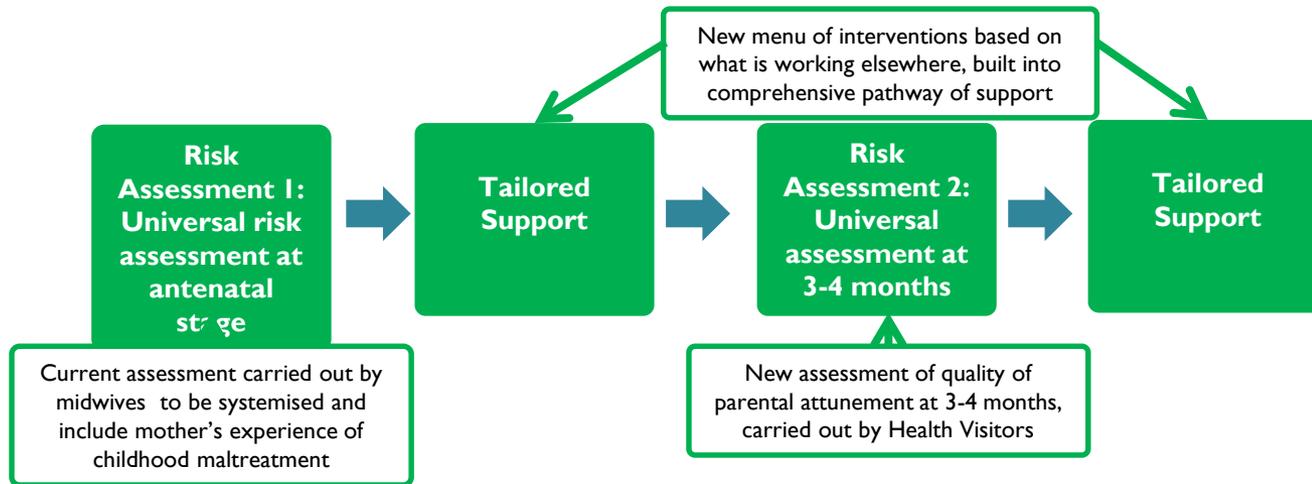
Cost to the UK

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

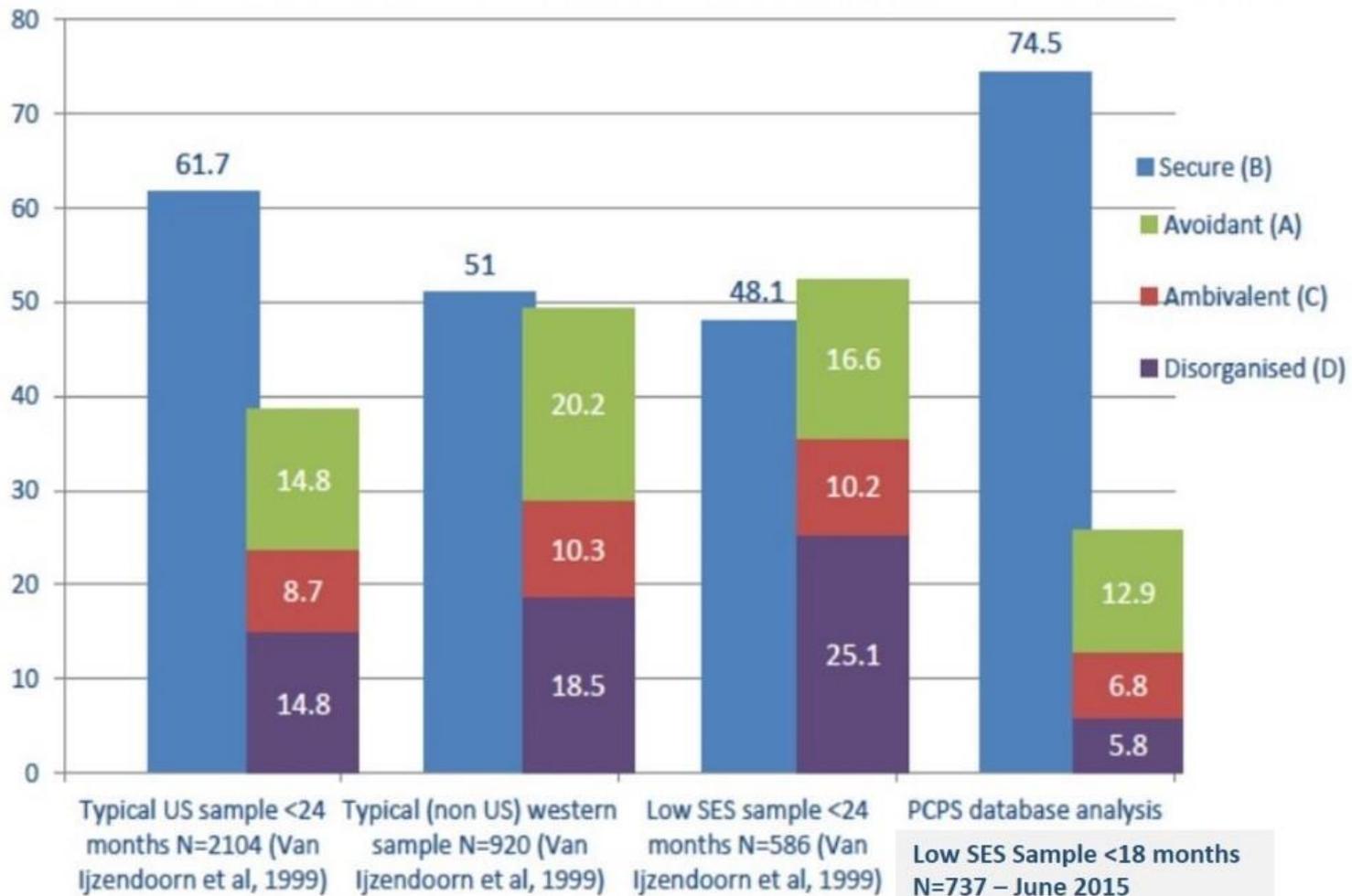
- Major reduction in child maltreatment for 0 – 2 years olds (the peak age) in the Pioneer Communities – **in just 5 years**
- Thousands of children rescued from severely damaged lives
- Widespread community improvement in child outcomes, health, wellbeing, school readiness
- **Major reductions in animal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