

March 13, 2016

Dear Representative Geran Tarr,

My name is Matt Hirschfeld MD/PhD, and I've been a pediatrician in Alaska for over 10 years. By writing this letter, I'm showing my support for HCR 21.

HCR 21 urges Governor Walker to establish policy and programs to address the public and behavioral health epidemic of adverse childhood experiences (ACEs). Adverse childhood experiences (ACEs) are traumatic experiences that occur during childhood and have a lasting, negative effect on a child's developing brain and body. The long-term effects of ACEs in Alaska are costly. High ACE score are linked to social, emotional and cognitive impairment; adoption of health-risk behaviors; disease; disability and social problems; and early death. More than 75% of Alaskans have experienced adverse childhood experiences. Alaska has some of the highest ACE rates among the five other states surveyed (Washington, Louisiana, Tennessee, Arkansas, and New Mexico).

Preventing ACEs and supporting those who have experienced childhood trauma will save the State of Alaska significant health care costs. According to a recent report by the Centers for Disease Control and Prevention, the average lifetime cost per victim of nonfatal child maltreatment is over \$48,000 per child. There are thousands of reports of child maltreatment every year in Alaska, meaning we are spending tens of millions of dollars every year for costs related to child abuse. Alaska also spends millions of dollars annually on corrections, substance abuse, chronic health conditions, and other issues related to ACEs. For example, 40% of current Medicaid use can be attributed to ACEs. A recent report by the Advisory Board on Alcoholism and Drug Abuse found that with a modest reduction in the ACEs scores of Alaskans who use Medicaid, we could see annual savings of \$39 million in Medicaid spending.

Left unacknowledged and untreated, ACEs can lead to poor health and risky behaviors during adulthood. This includes, but is not limited to, physical, emotional, and sexual abuse; physical and emotional neglect; and household dysfunction, such as domestic violence, separation or divorce, and substance abuse, untreated mental illness, or incarceration of a household member

In short, supporting HCR 21 is a vital step to reducing ACEs in Alaska, and I wholeheartedly endorse the resolution. Please don't hesitate to contact me with any questions or clarifications regarding this letter.

Sincerely,

A handwritten signature in black ink, appearing to read "Matt Hirschfeld", is written over a light blue rectangular background.

Matt Hirschfeld, MD/PhD