



welcome

we're glad you're here!

Please complete the “ACE Score Calculator”.
The results are just for you.
Please respect the privacy of others.

A circular inset image with a red border showing several hands of different skin tones cupped together, holding a pile of fine sand. The hands are positioned in a way that suggests they are carefully holding or nurturing something.

**Building Self-Healing
Communities**

UNDERSTANDING
Adverse Childhood Experiences



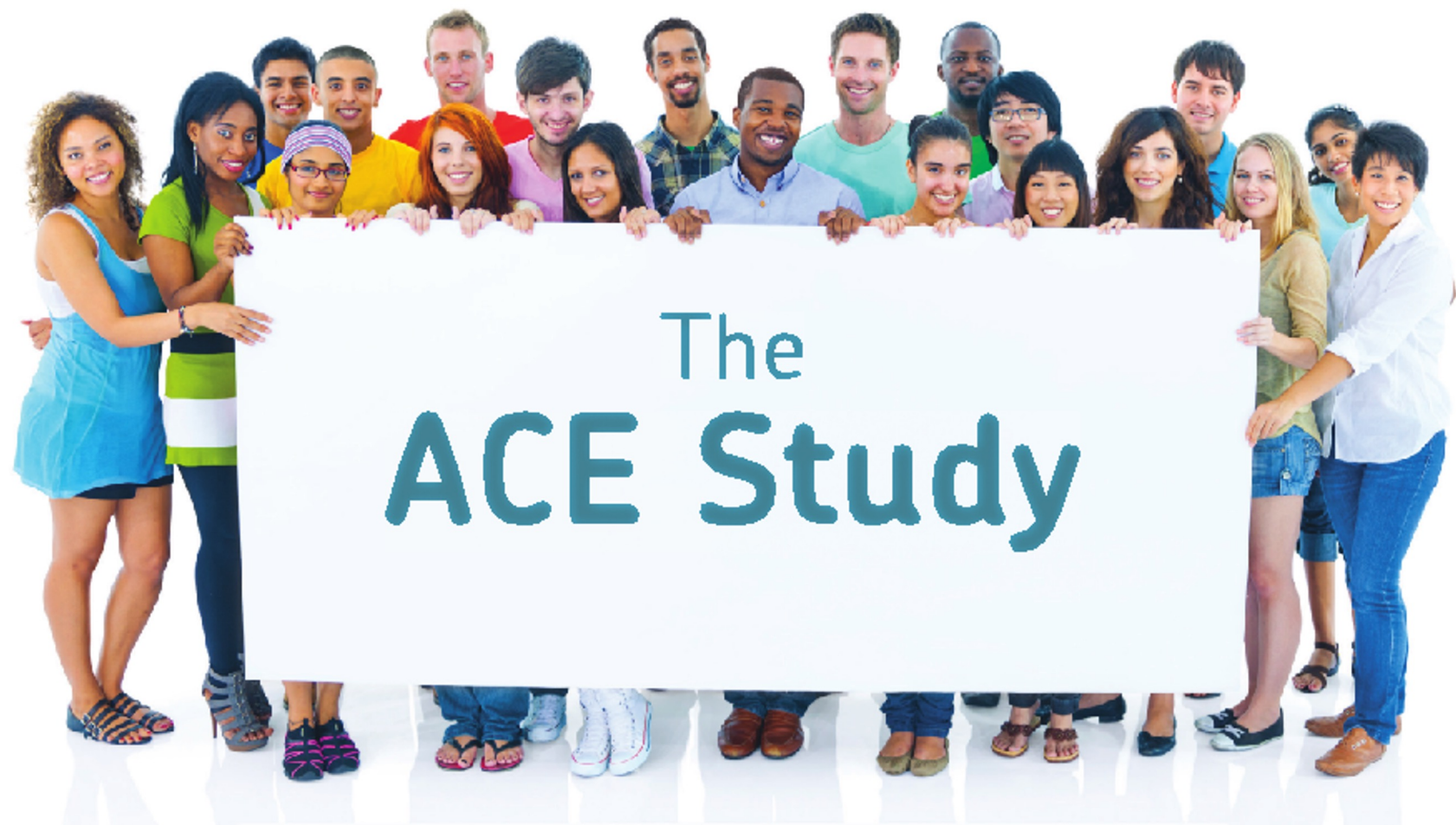
1. ACEs



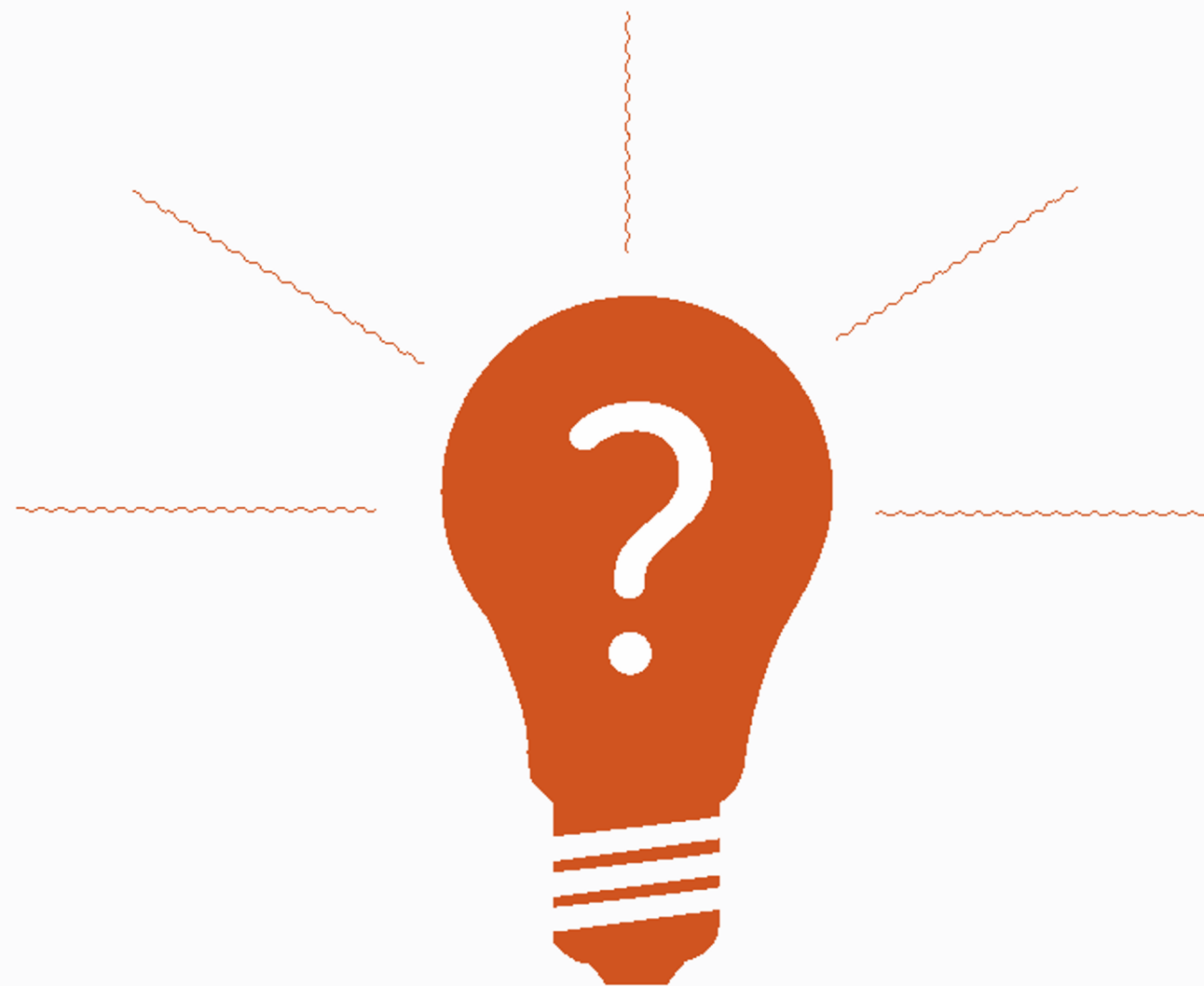
2. Brain Science

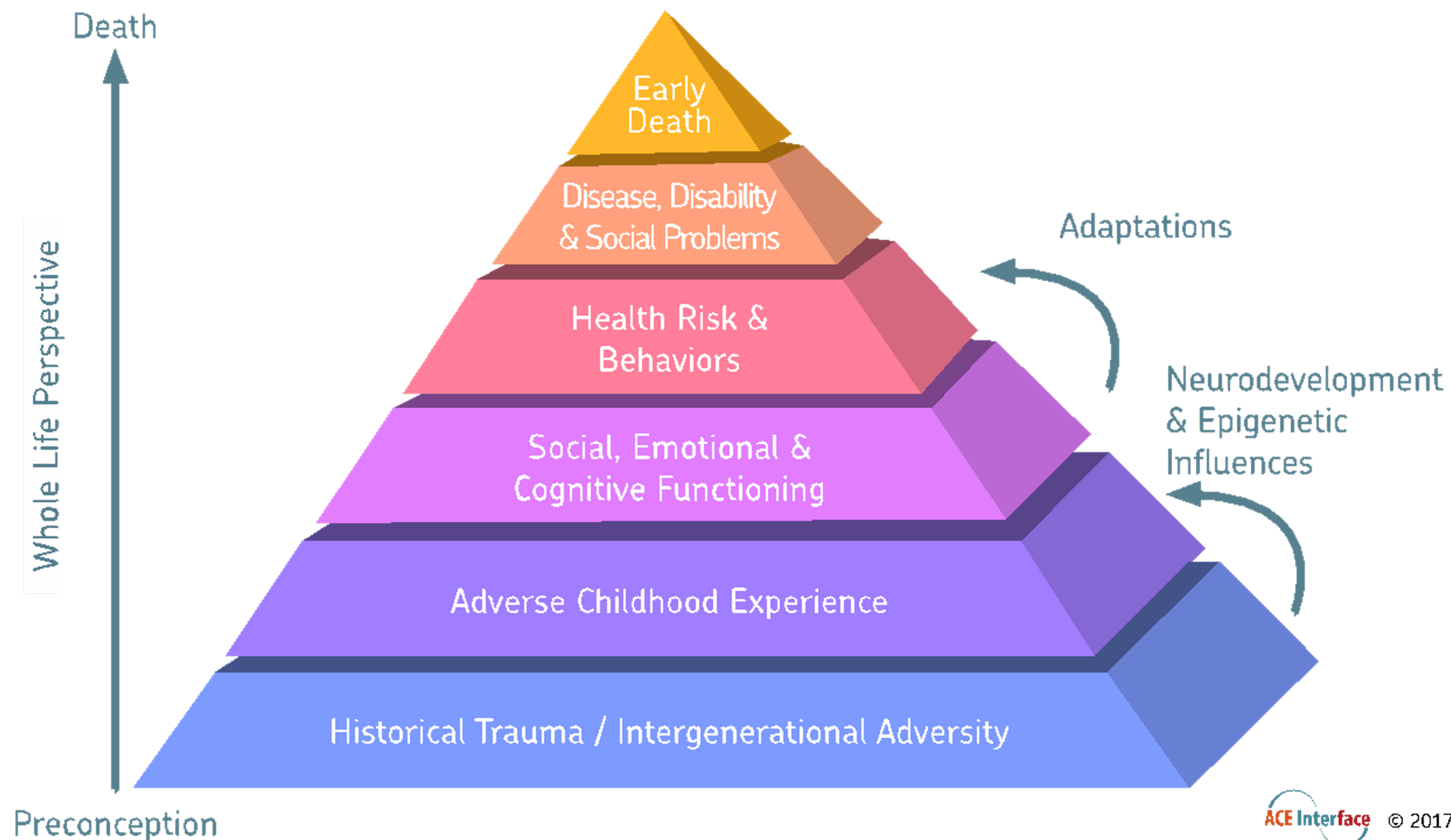


3. Resiliency



Does the Risk for Chronic Health Problems Originate in Childhood?





Memory of our experiences
IS STORED IN OUR BODY



The truth about childhood is stored up in our bodies and lives in the depths of our souls. Our intellect can be deceived, our feelings manipulated, our perception shamed and confused, our bodies tricked with medication, but our soul never forgets. And because we are one, one whole soul in one body, someday our body will present its bill.

Alice Miller

Adverse Childhood Experiences **ARE COMMON**

Household Dysfunction

Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect

Emotional	15%
Physical	10%

Abuse

Emotional	11%
Physical	28%
Sexual	21%

5

2

3

TOTAL 10 ACEs

ACEs are Highly Interrelated:

Where One ACE Occurs,
There are Usually Others



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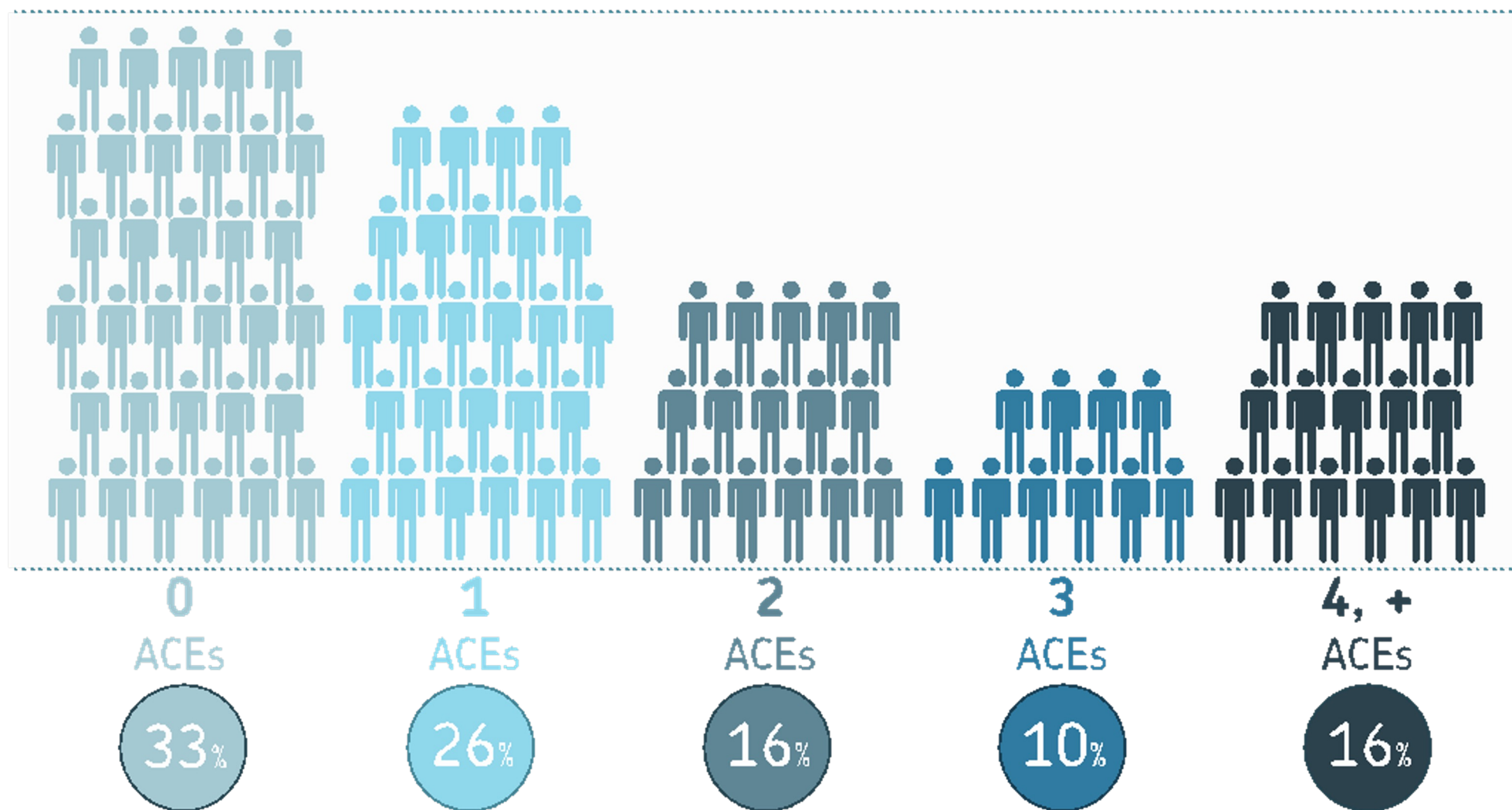
5

2

3

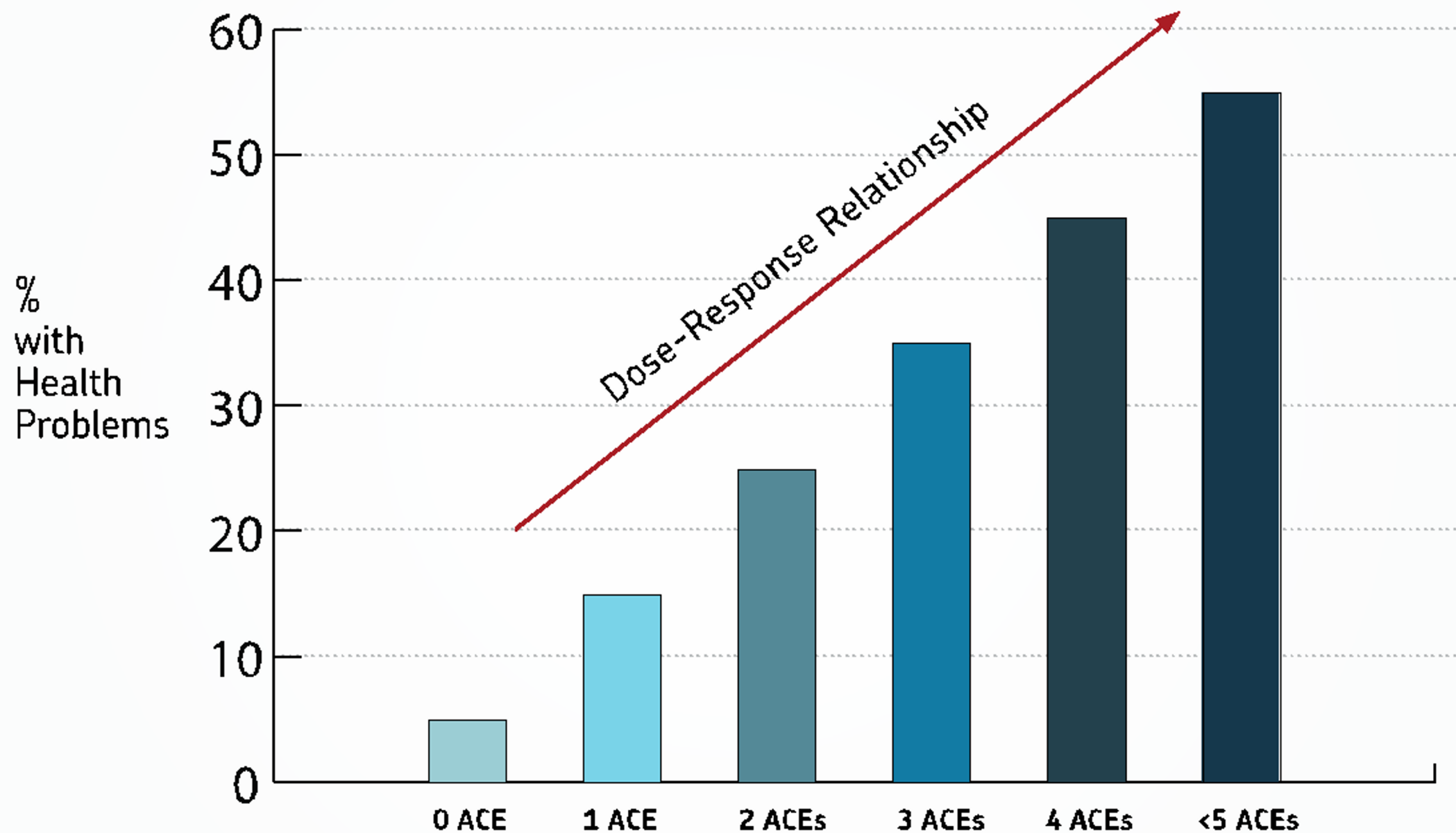
TOTAL 10 ACEs

ACE Score = Number of ACE Categories



ACE Scores Reliably Predict Challenges During the Life Course

ACE Score and Health Problems



EXAMPLES OF ACE-ATTRIBUTABLE PROBLEMS

Alcoholism & Alcohol Abuse

Chronic Obstructive

Lung Disease

Coronary Heart Disease

Depression

Drug Abuse & Illicit Drug Use

Fetal Death

Intimate Partner Violence

Liver Disease

Mental Health Problems

Obesity

Sexual Behavior Problems

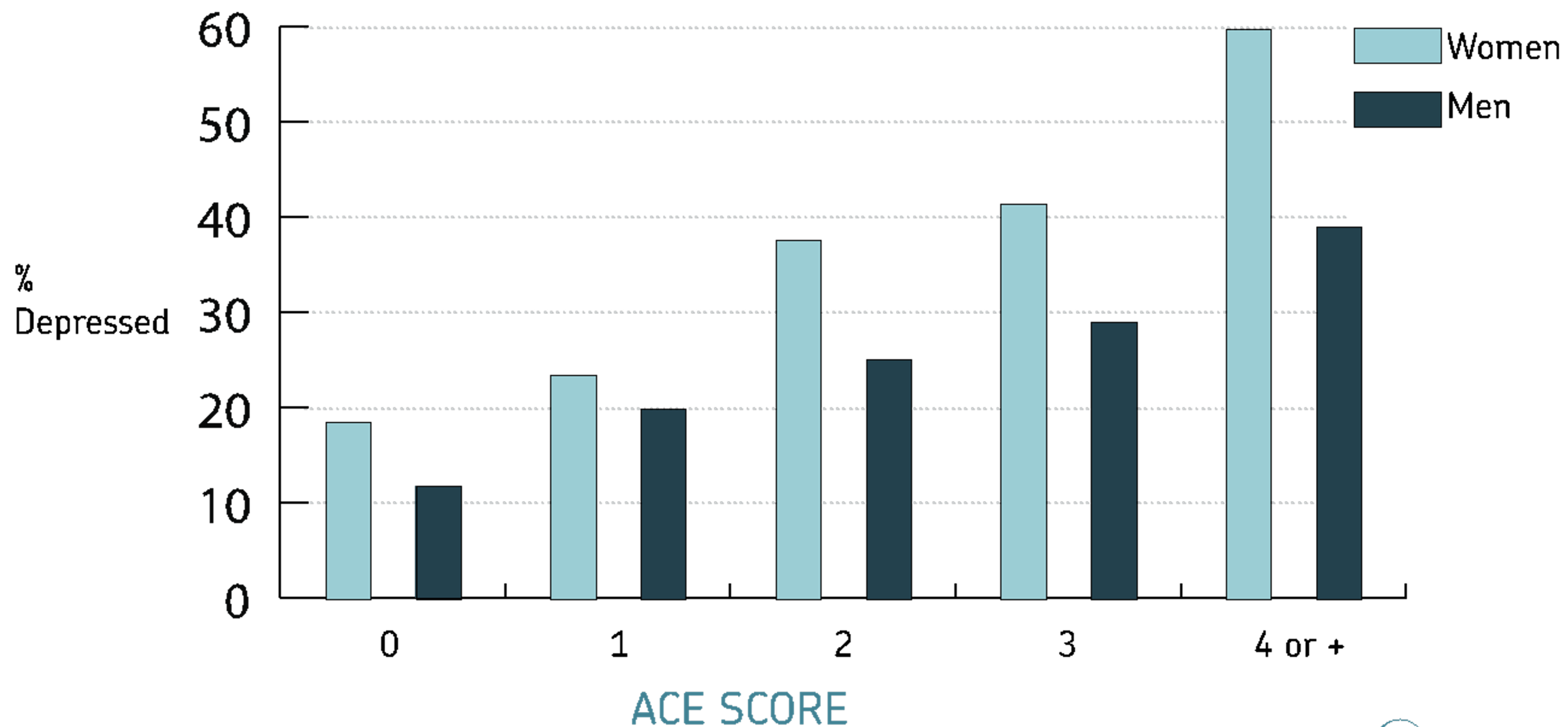
Smoking

Unintended Pregnancy

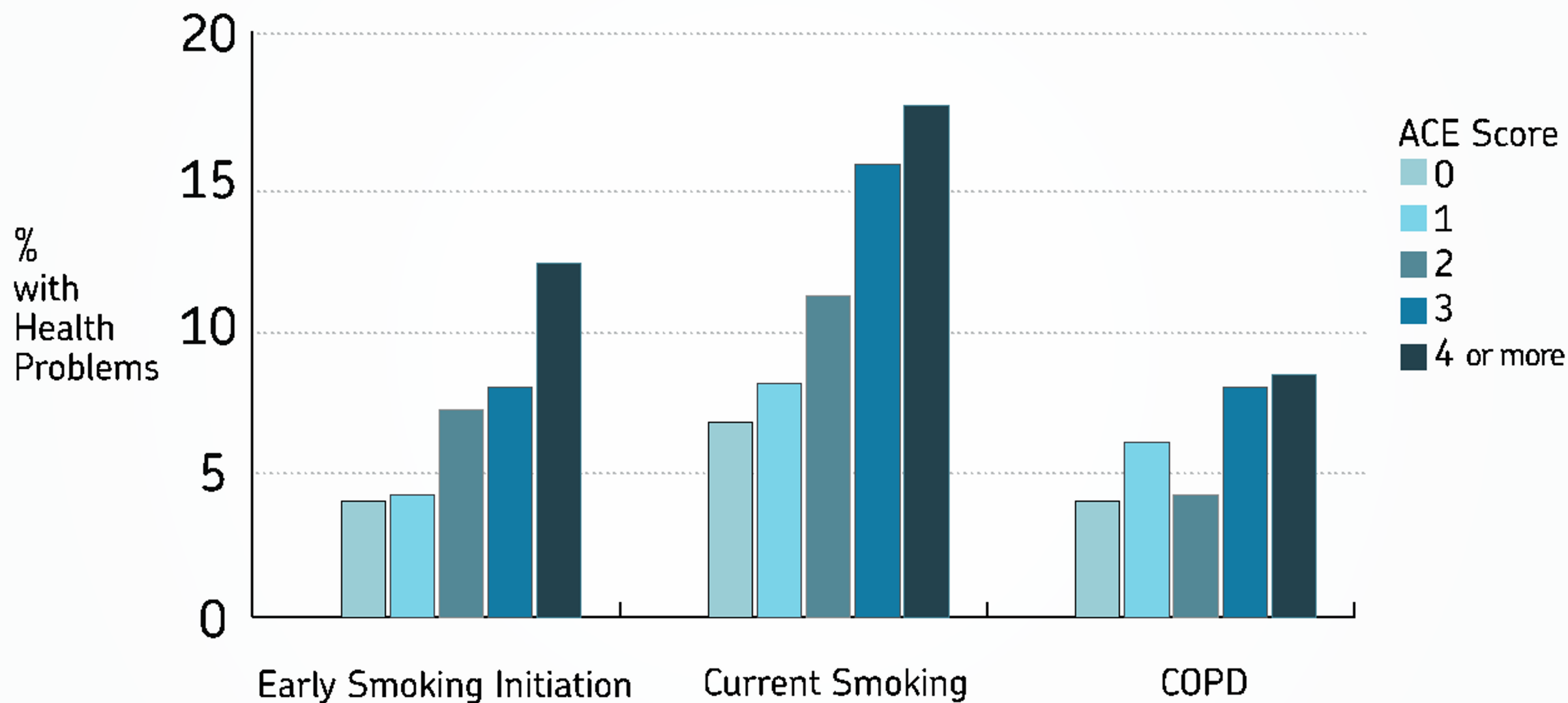
Violence

Workplace Problems

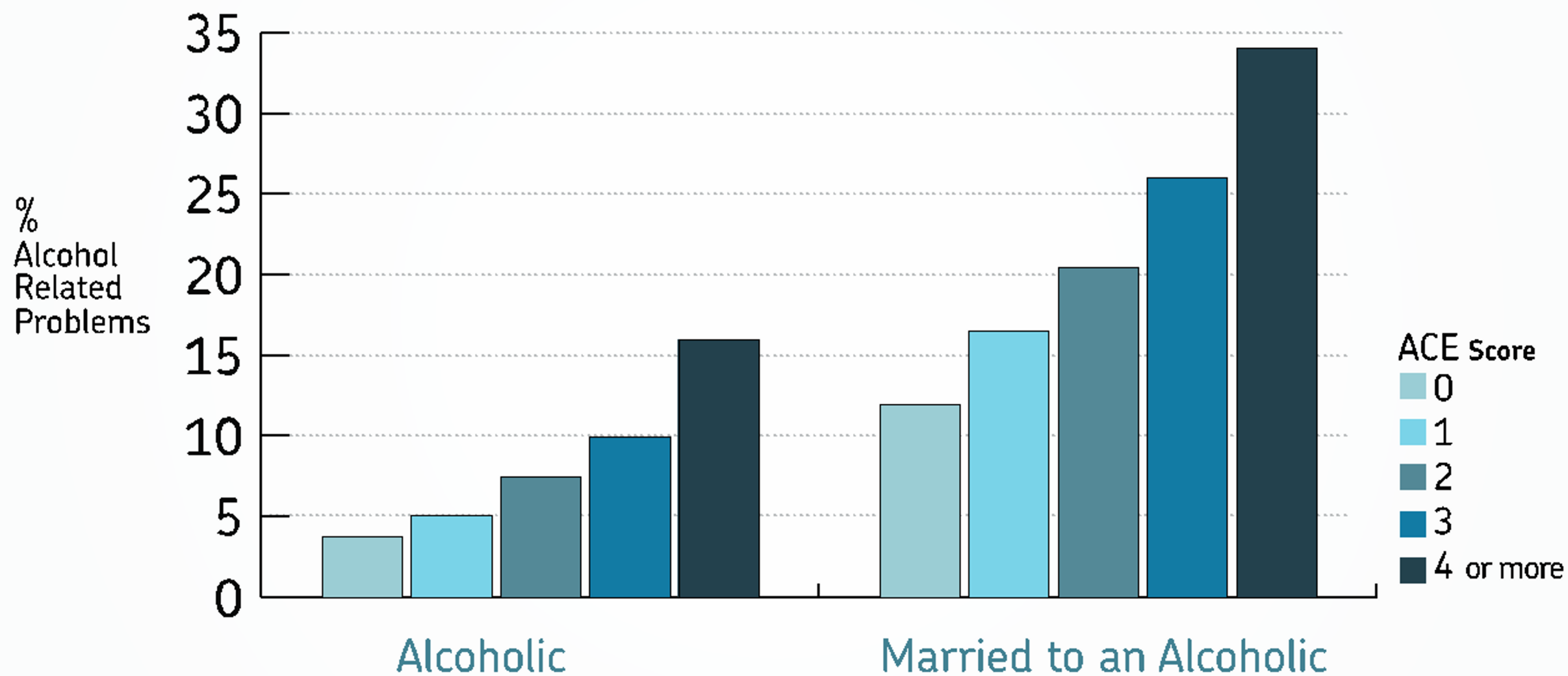
ACEs & Depression



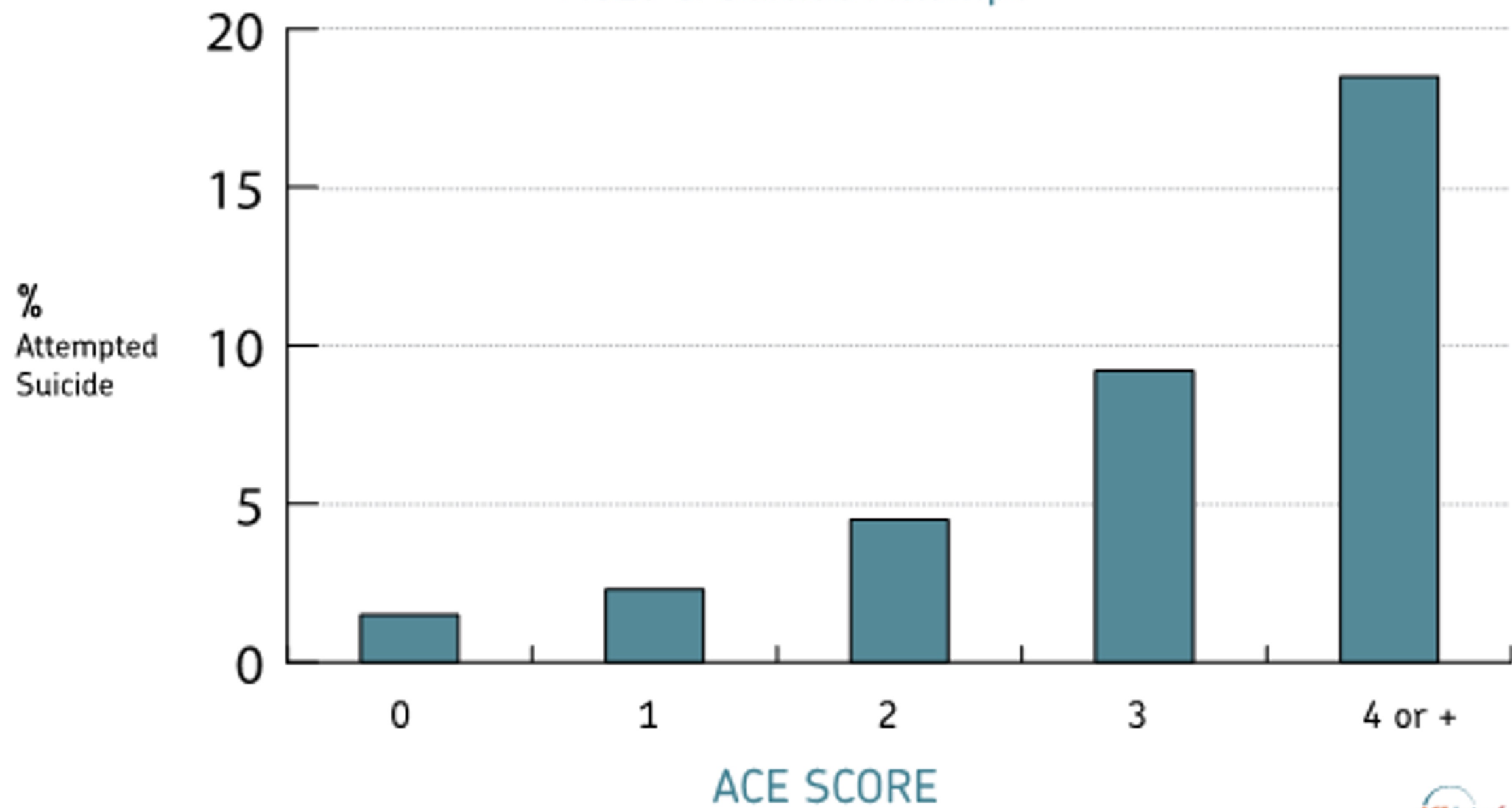
ACEs, Smoking and Lung Disease



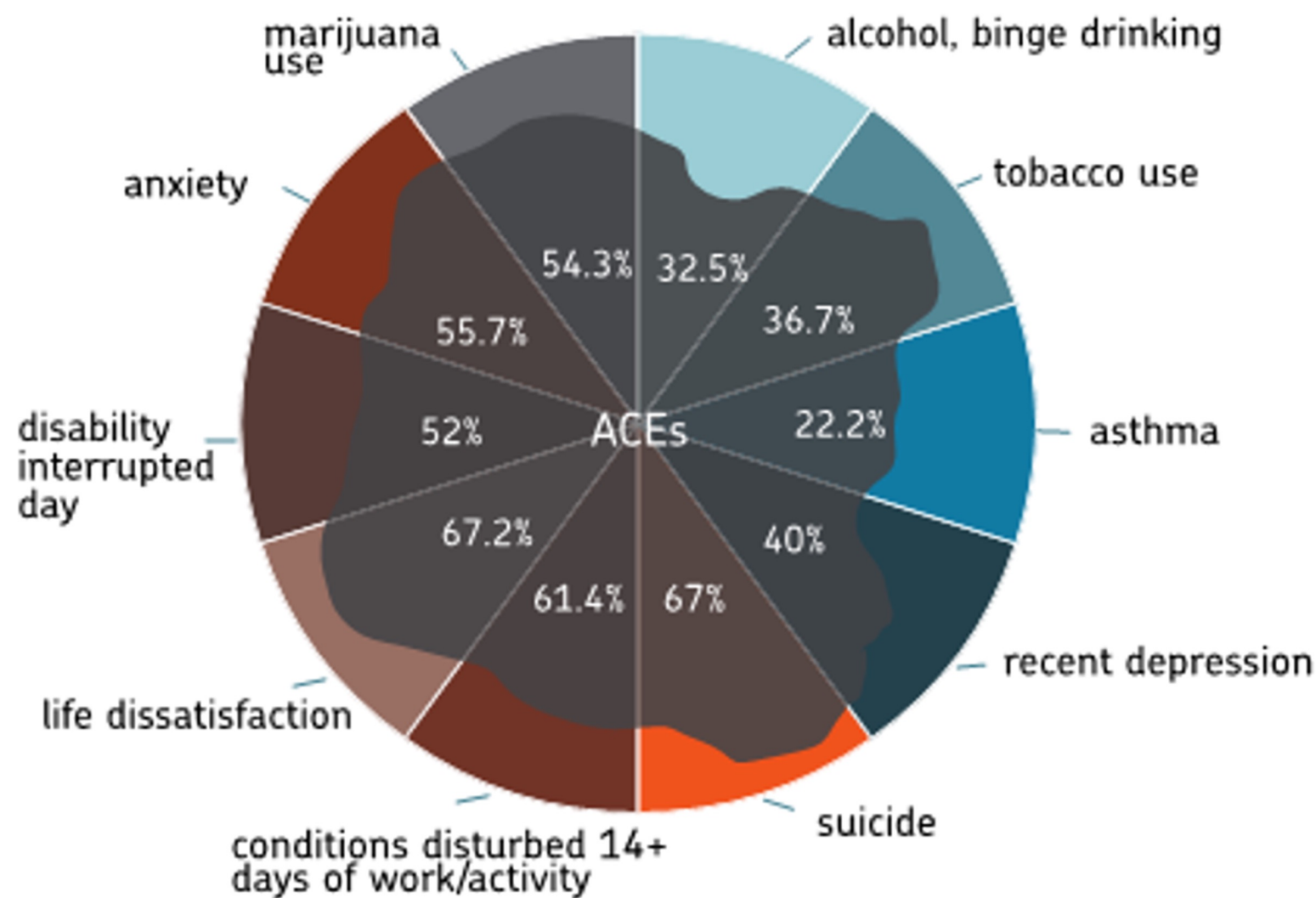
ACEs & Alcoholism & Marrying an Alcoholic



ACEs & Suicide Attempt

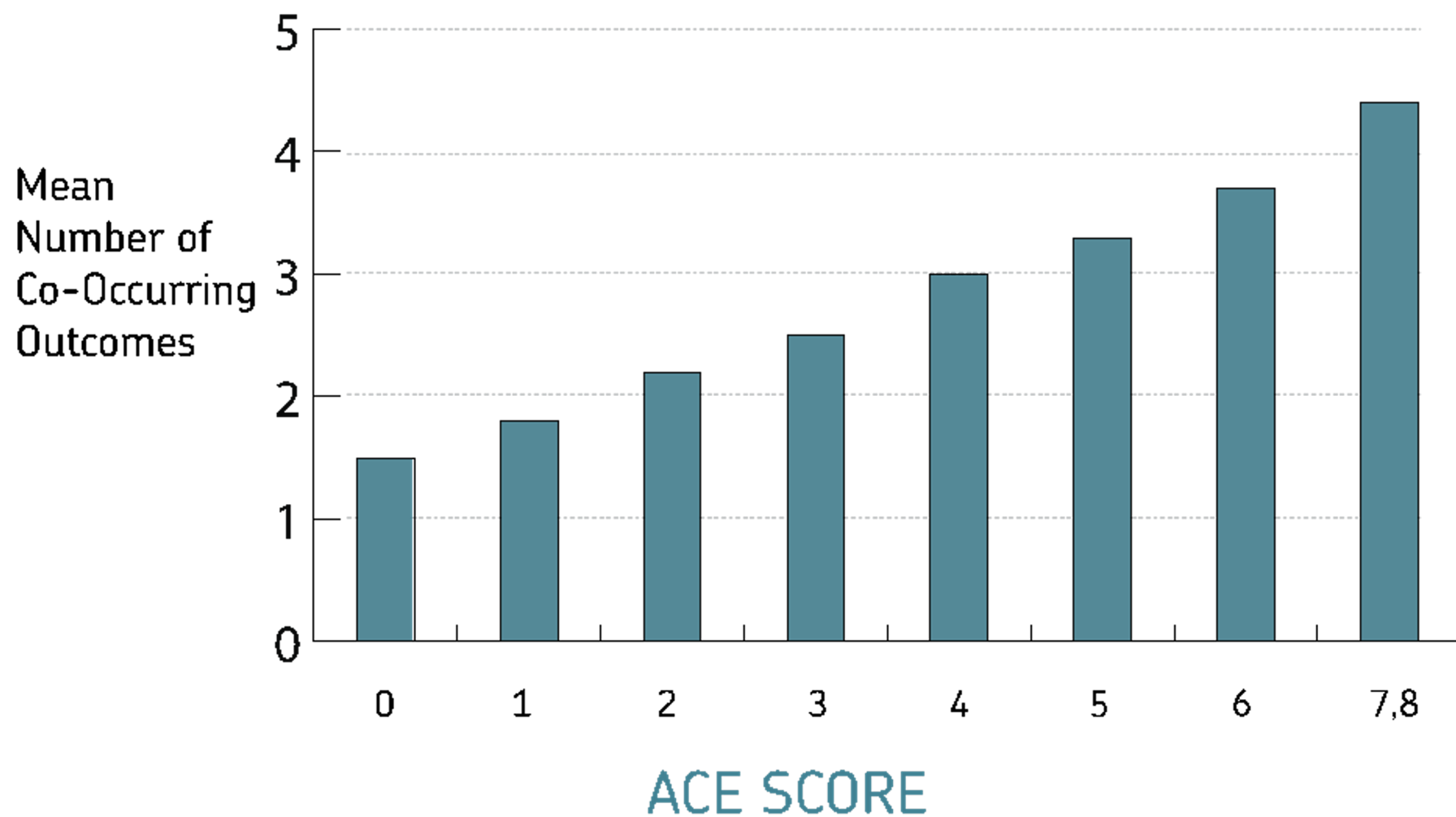


Population Attributable Risk



Controls: gender, age, income, education, race-ethnicity

Neurobiology and Epidemiology Converge



Health and Social Problems

panic reactions
depression
anxiety
hallucinations
sleep disturbances
severe obesity
pain
smoking
alcoholism
illicit drug use
IV drug use
early intercourse
promiscuity
sexual dissatisfaction
amnesia (childhood)
high stress
problems with anger
perpetrating
domestic violence



How are you feeling
about information
shared related to the
ACE study?



1. ACEs



2.

Brain Science

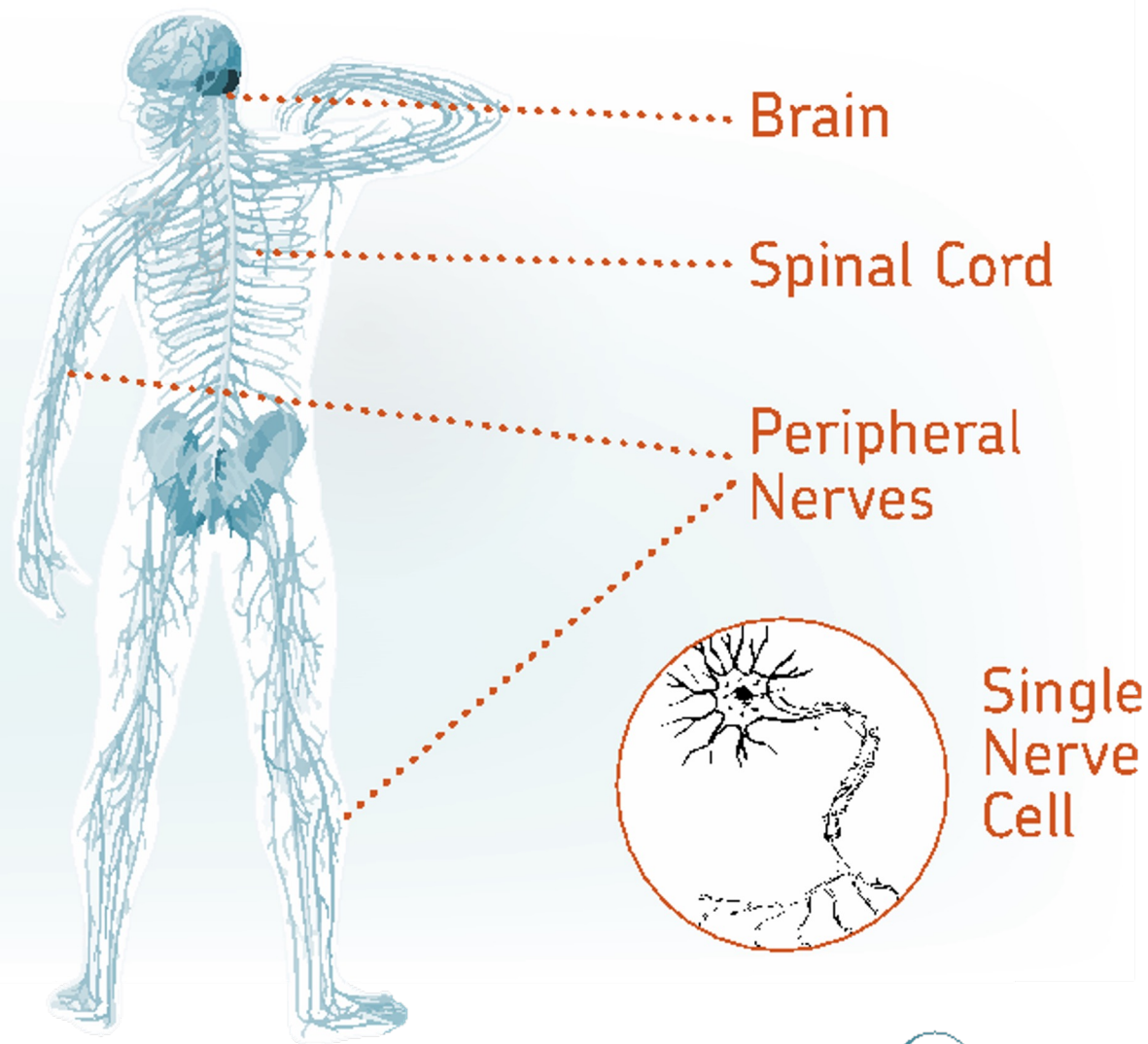


3. Resiliency

HUMAN NERVOUS SYSTEM

Nervous system
ORCHESTRATES BODY
FUNCTIONS & PERCEPTIONS

Neuroscience
HELPS US UNDERSTAND WHY
A C E s
ARE SO POWERFUL



SYNAPTIC DENSITY



At Birth



Elementary Age

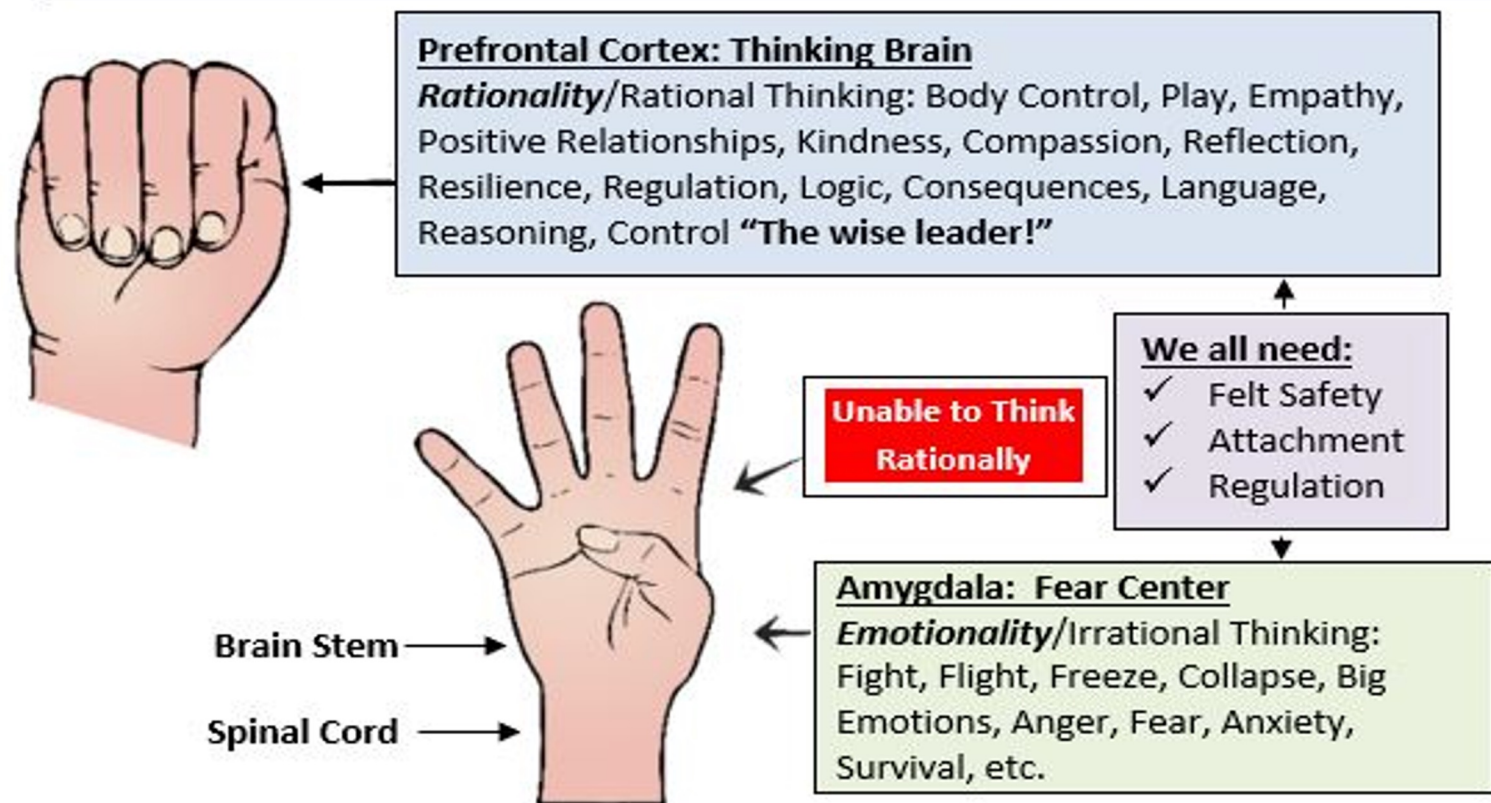


Puberty



Single
Neuron

Dan Siegel's Hand Brain Model



Credit: Daniel Siegel, M.D. is the creator of this metaphor and expression "Finger 1 up" Copyright © 2014 www.streemalby.com

The Amygdala sends waves to the Hypothalamus (command center) which activates the Autonomic Nervous System:

- ✓ Sympathetic (fight, flight, freeze, collapse)
- ✓ Parasympathetic (rest & digest)

Types of stress responses

POSITIVE



A normal and essential part of healthy development

EXAMPLES

*getting a vaccine,
first day of school*

TOLERABLE



Response to a more severe stressor, limited in duration

EXAMPLES

*loss of a loved one,
a broken bone*

TOXIC



Experiencing strong, frequent, and/or prolonged adversity

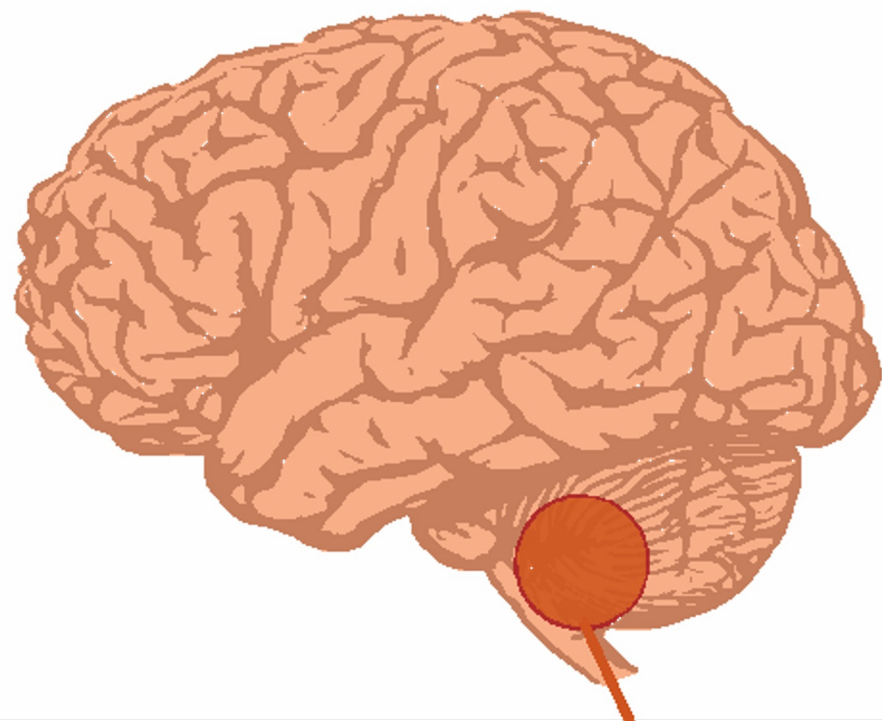
EXAMPLES

*physical or emotional abuse,
exposure to violence*

POSITIVE FEELINGS

Perception

Attention



ADDICTION

Attention Problems

Mental Illness

Cerebellar Vermis

CONCEPTION



Danger

Fight
Flight
Freeze

Survive
Worst
Conditions

Childhood Experience

Adaptation

Adult Functioning

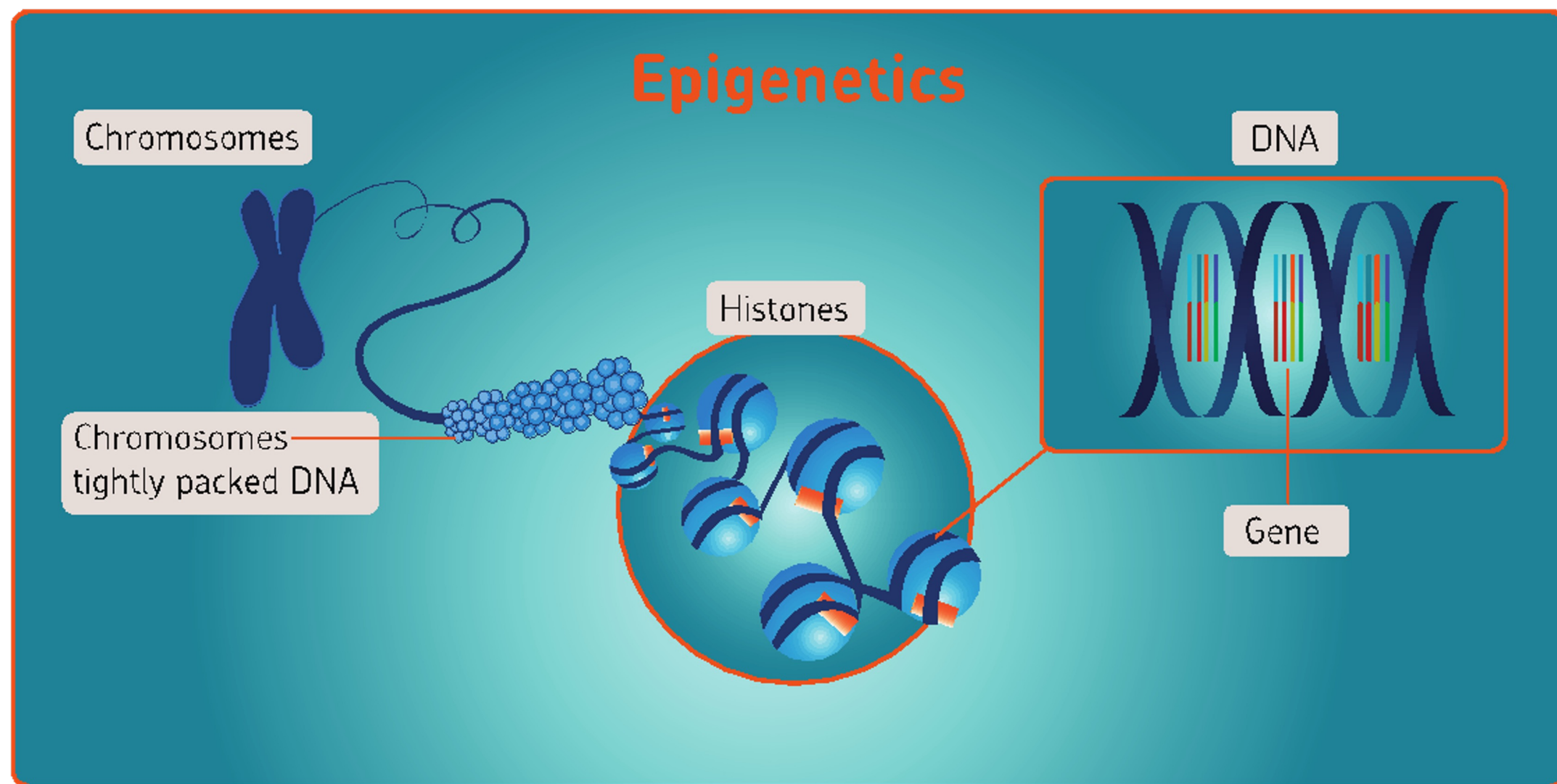
Safety

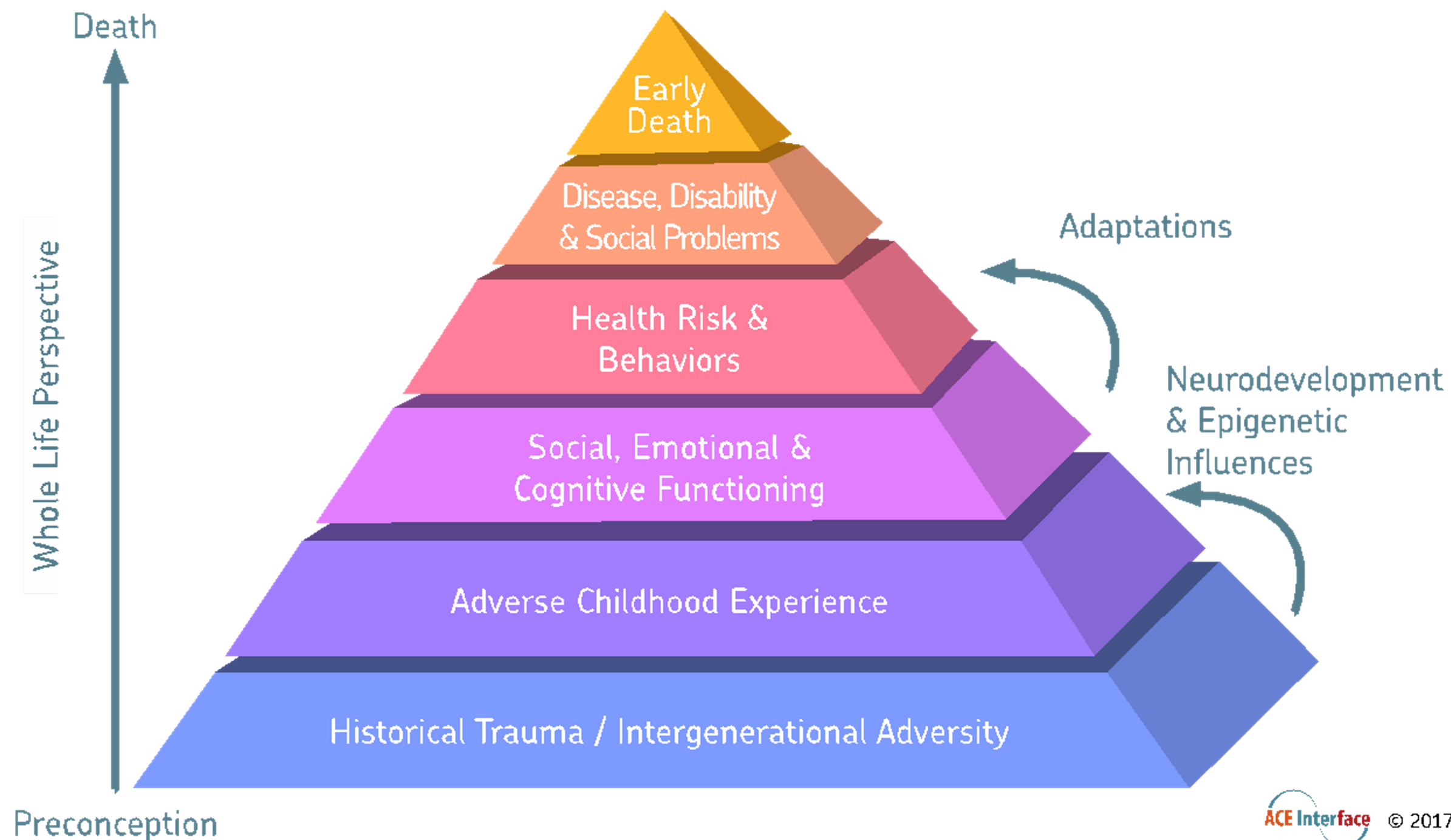
People
Process
Possibility

Survive Best
Conditions -
*Vulnerable in
Worst*



ACEs Influence Gene Expression







1. ACEs



2. Brain Science



3. Resiliency

We

have the power to
shift the dynamics
that lead to
high ACE scores.



Building Self-Healing Communities



Core Protective Systems

Capabilities

Attachment
&
Belonging

Community
Culture
Spirituality

“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

Ann Masten, 2009

Individual Capabilities



Positive

view lets me know I am
important and valuable



3 good things



3 GOOD THINGS

EVERY DAY:

- Think back to **3 good things** that happened to you today or **3 things you are grateful for**.
- Write them down in your journal.
- Repeat this exercise for at least 7 days, and benefits last longer if you continue for 2 weeks or more!

POSSIBLE BENEFITS INCLUDE:

- LOWER burn-out and depression
- IMPROVED sleep quality
- LESS conflict at work
- HIGHER levels of happiness
- BETTER work-life balance

Self-Efficacy



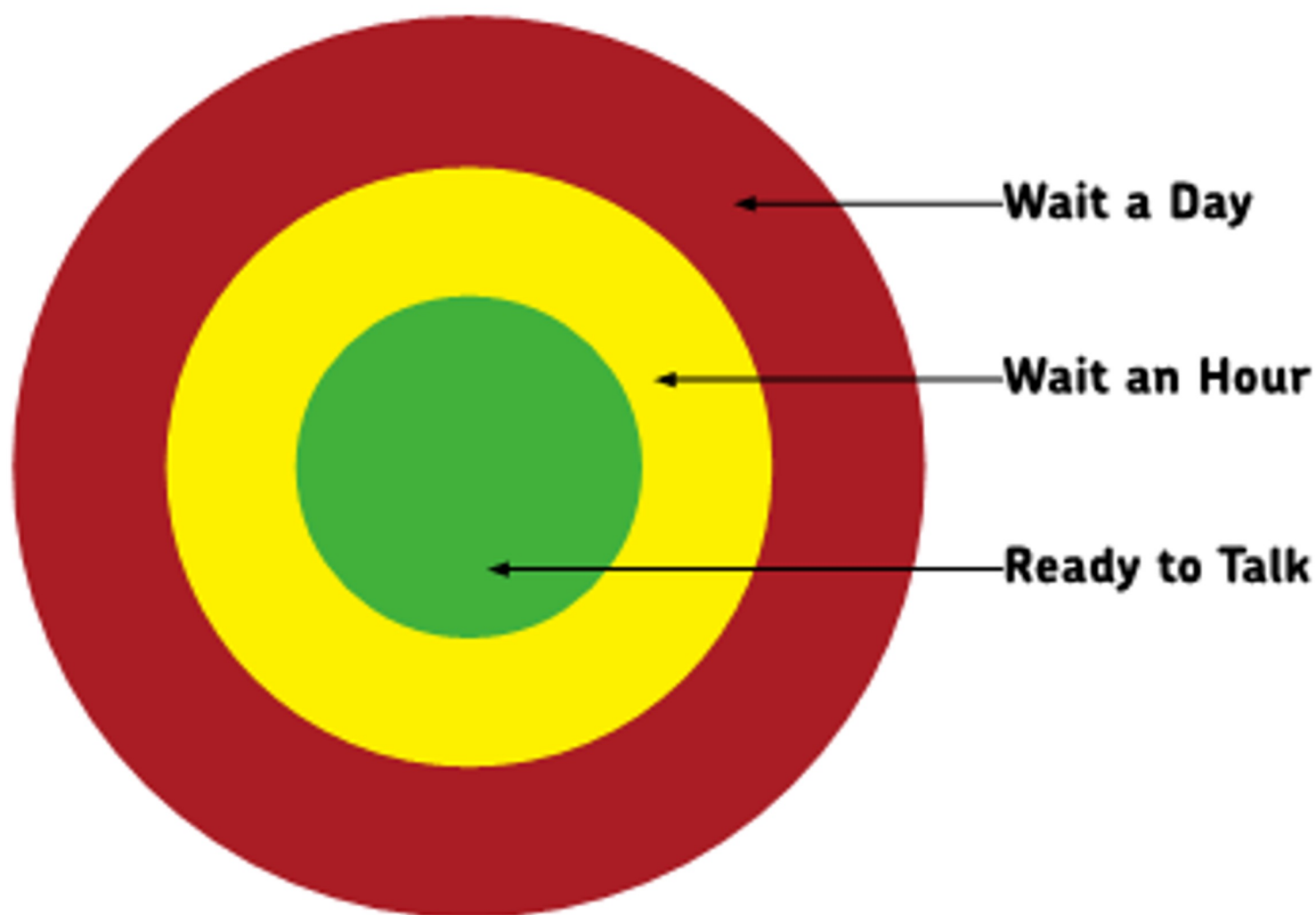
A close-up photograph of a woman with dark skin and hair, wearing a pink top with a floral pattern, gently holding a young child. The child, who has curly hair and is wearing a white shirt, is crying with their mouth wide open. The background shows wooden kitchen cabinets. A semi-transparent white banner with the text "Self -Regulation" is overlaid across the middle of the image.

Self -Regulation

SELF REGULATION



Trauma-Informed School Discipline



Attachment & Belonging

RELATIONSHIPS

with caring and competent

people are

—VITAL—

contributors to
resilience & recovery





COMMON CAUSE

everyone can contribute
prevent accumulation
of ACEs

Community Capacity Development

Leadership Expansion

Coming Together

Shared Learning

Results-Oriented Decisions

Leadership Expansion

Coming Together

Shared Learning

Results-Oriented Decisions





Preventing ACEs

Strategy	Approach
Strengthen economic supports to families	<ul style="list-style-type: none">• Strengthening household financial security• Family-friendly work policies
Promote social norms that protect against violence and adversity	<ul style="list-style-type: none">• Public education campaigns• Legislative approaches to reduce corporal punishment• Bystander approaches• Men and boys as allies in prevention
Ensure a strong start for children	<ul style="list-style-type: none">• Early childhood home visitation• High-quality child care• Preschool enrichment with family engagement
Teach skills	<ul style="list-style-type: none">• Social-emotional learning• Safe dating and healthy relationship skill programs• Parenting skills and family relationship approaches
Connect youth to caring adults and activities	<ul style="list-style-type: none">• Mentoring programs• After-school programs
Intervene to lessen immediate and long-term harms	<ul style="list-style-type: none">• Enhanced primary care• Victim-centered services• Treatment to lessen the harms of ACEs• Treatment to prevent problem behavior and future involvement in violence• Family-centered treatment for substance use disorders

CHANGE is up to US



It is shaped by our thoughts, our conversations, the way we relate with one another in relationships, in families, and in communities.



Leadership Expansion

Where will **YOU** lead us



Caring and Competent

The Six Principles

1.
**Always
Empower. Never
Disempower.**

2.
**Provide
Unconditional
Positive Regard.**

3.
**Maintain High
Expectations.**

4.
**Check
Assumptions.
Observe.
Question.**

5.
**Be a
Relationship
Coach.**

6.
**Provide Guided
Opportunities
for Helpful
Participation.**

**Please complete the evaluations.
Thank you for coming!**

[Understanding ACEs: Building Self-Healing Communities Survey \(surveymonkey.com\)](https://www.surveymonkey.com/r/acemn)

<https://www.surveymonkey.com/r/acemn>



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Resources

The Body Keeps the Score by Bessel van der Kolk

What Happened to You? by Bruce Perry

<https://www.cdc.gov/violenceprevention/aces/index.html>

<https://familywiseservices.org/>

A woman who has been violated only wants to withdraw to a safe place in hope of recovering her dignity. But, memory only withdraws with her, smothering her with every detail.

Ted Dekker