



Adverse Childhood Experiences

AWARENESS & A CALL TO ACTION

Two Day Conference Storyboard Pictures

October 11th and 12th, 2018



we need consenters, respect of privacy, well equipped systems of care, T+E shared decision making advocacy

LET'S WORK TO AGREE ON GOALS + METRICS

TRUST & humility

TARA HINES

DAYLA BURGESS

MARATHA DISMONT

DR. RICHARD HONIGSMAN

SAM VEDAM RANDELS

DR. CHRISTIANA AWOSAN

DR. DAWNELLE WALKER

PRESTON EPHRAIM II

DR. WILLIAM DIETZ

APAIR OF ACEs

resilience declines with increase of ACEs

so... how can we detect this early on?

- Home visits
- parental training
- social support

what's wrong with you or with my community?

what's happened to you? To my community?

Building buffers requires multi-sector collaboration

improve social + economic resources

EQUITABLE OPPORTUNITIES ARE REQUIRED. engagement, healthy behaviours; connectedness; change the narrative; safe public spaces

we all have SOMETHING TO GIVE, TO SHARE!

OUR NATURAL STATE OF BEING IS JOY! LET'S FIND RESILIENCE TOGETHER.

CHANGE MOVES AT THE SPEED OF TRUST, TRUST MOVES AT THE SPEED OF RELATIONSHIPS - DR. DIETZ

LET'S TAKE OUR LEARNING BEYOND THESE TWO DAYS

WE ALL HAVE SOMETHING TO GIVE, TO SHARE!

TO OUR SPONSORS, OUR VOLUNTEERS, TO OUR FAMILY CENTRE TEAM, OUR ART OF HOSTING TEAM

THANK YOU!

WELCOME TO OUR FIRST CONFERENCE

GOOD MORNING!

AGES AFFECT PEOPLE FROM ALL WALKS OF LIFE. TO DO OUR BEST WE NEED HEALING! WE WILL COLLABORATE, PARTNER, HELP EACH TO LEARN + TACKLE THIS CHALLENGE

a child requires a resilient adult. an adult requires a resilient community

on an island we have the unique opportunity to do something about ACEs. significant change can happen here!

The list is long...

Verbal abuse
Sexual abuse
physical abuse
incarceration
homelessness
household instability
mental illness
substance abuse (poverty) (racism)

research suggests ACEs are fairly universal among racial groups BUT...

The formation of resilience may not be universal

41% of people have no exposure to ACEs but the focus is 23% of people who have had >3 exposures

Frequency of ACEs in men and women equal but > sexual abuse in women compared to men

early death

traumatic experiences

smoking
illicit drug use
alcohol abuse
unintended pregnancy
school dropout
incarceration
attempted suicide
depression
chronic disease

It's easier to grow strong children than to heal broken men

- Fredrick Douglas

SHARED UNDERSTANDING

STATE OF READINESS

ENGAGE FAMILIES + COMMUNITIES

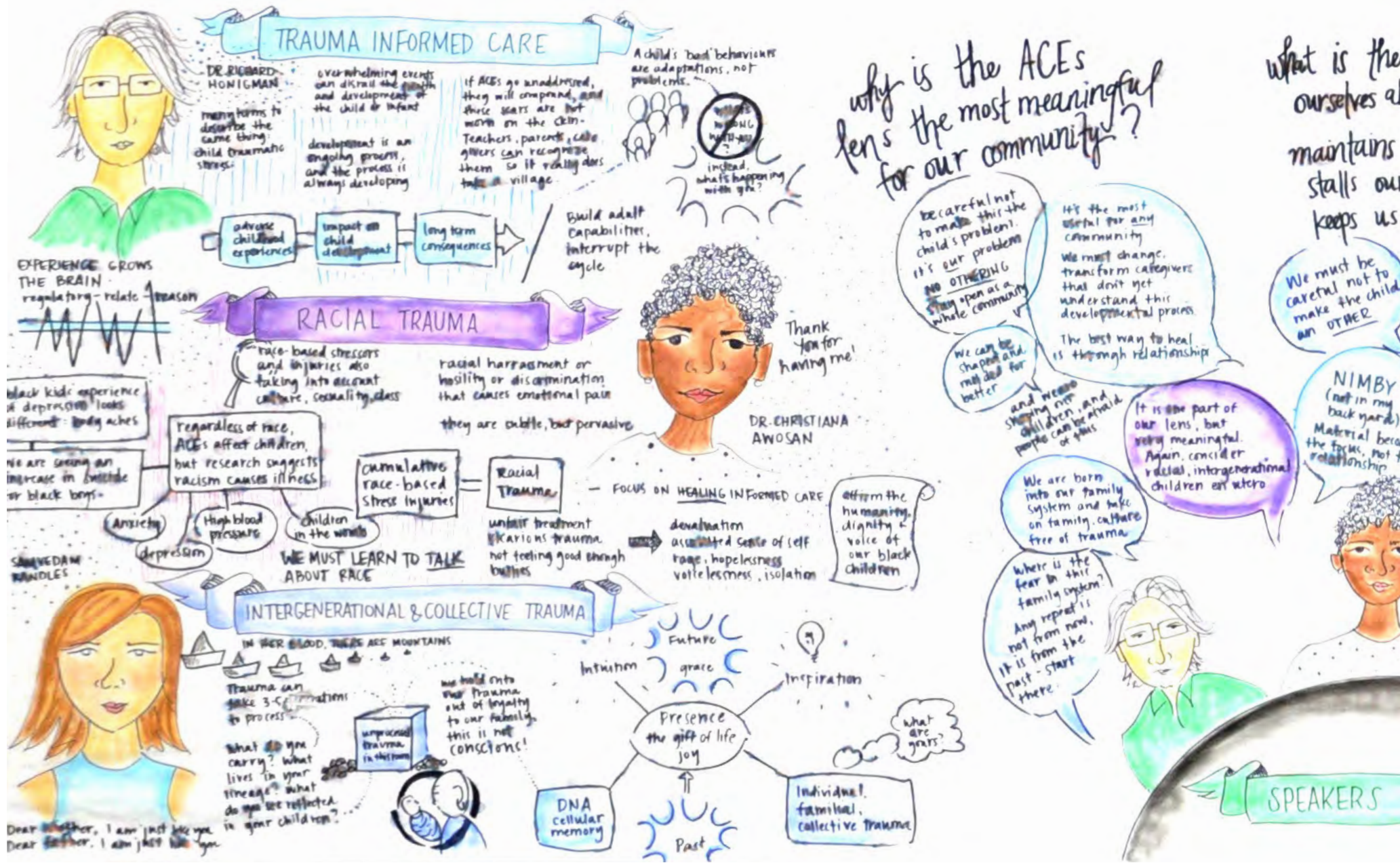
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HAMILTON PRINCESS & BEACH CLUB

OCTOBER 11, 2018

9:00AM - 4:30 PM



story we tell about ACEs that: the status quo? healing? static?

we must stay open as a community

what story could we tell if we got it right?

how can we change the narrative, focus in on the child's strength?

we must focus on the healing part of informed care and not get stuck in the trauma part.

we throw money at drug addiction instead of their true guilt, fear

we must recognize our own reactions, blocks, lack of awareness

we don't arm ourselves with enough tools to handle this

racial trauma is real

"we include everything: the perpetrators, the victims; anything we leave out will come back around. This is a cycle after all"

"racial trauma is real, and white supremacy is dead. Then we can truly acknowledge colonialism, trauma"

Trauma Informed Care works: children thrive, adults thrive

indigenous people have been through so much, white people have trauma for what they have inflicted on others.

change happens slowly, but that's no reason to not try

"government supports early intervention"

duality of perpetrator-victim, victim-perpetrator

risk-taking behaviors would improve.

Major decrease in stress-related health problems, in promiscuity, addiction

HOW DO WE INCORPORATE RACIAL TRAUMA, UNLEARN + THEN RELEARN USING THIS INFORMATION?

only 15% of therapists therapy has training or even discussion about racial trauma, but graduate schools need work!

HOW DO WHITE PEOPLE FEEL AS THEY HEAR THESE EXPLANATIONS OF RACIAL TRAUMA?

it's not easy to identify and to move. Not about white or black, what is our collective trauma as an island? what are we swimming in?

QUESTION & ANSWER

WHAT RESOURCES DO WE HAVE FOR MOVING FROM TRAUMA-INFORMED CARE TO HEALING INFORMED CARE?

we still need to sit with trauma; identify the solution and strengths even, the strength of our ancestors. We validate our clients, give them empowering assignments

HOW DO PEOPLE THAT HAVE BEEN OPPRESSED, OPPRESS OTHERS WITHOUT HAVING REAL POWER?

They turn from being oppressed and as that rises, rage, fear gets acted out. It is learning that happens within us. Again, it is a cycle, it will repeat itself

there is a continuum between the two terms, create a system to support the person, so they can focus on healing

remember tools meant to help with self-mastery, they are building blocks, not meant to replace

PANEL

A LOCAL LENS

We've had difficult conversations today, tears, disagreement, does that not make us family?

Sara, her journey began with an adult in her home, sexually abused. Fear, confusion. Her mother is physically abused.

Sara's stress hormones are constantly activated, she's being impaired, cannot focus.

Her silence was broken at 21 years old, as an addict, repeating relationship dynamics, and isolation...

I eat, sleep, and breathe case studies

I don't walk in my adversity, I walk in my resilience

I'll take a moment to be vulnerable, this makes us family

RESILIENCE is possible

The Hero's Journey

As we move through, we encounter adversity. No matter your financial means, there is a start at the back of the room. Coaches, children, waking up, are all signals... what will you create?

what would you change to make things okay? what if things are already okay?

Are you the hero of your life or the victim? Find yourself in this moment. I can leave those bags, drop them.

WHAT IF YOU ARE WHOLE, PERFECT & COMPLETE?

I grew up in the murder capital of the U.S. but I chose to make it. My heart is beating, things are okay, I have choice-responsibility

Place your hands over your heart...

INSPIRATIONAL STORY: DR. DAWNELLE WALKER

INSPIRATIONAL STORY: DAYLA BURGESS

INSPIRATIONAL STORY: PRESTON EPHRAIM II

BERMUDA ACES RESEARCH & DATA

2.5 million

1 in 3 adults in Bermuda experienced sexual abuse

100% of survey participants had experienced trauma

10 QUESTIONS

Think about unique trauma, specific to Bermuda

The smarter you are... does not mean you can avoid trauma

The richer you are... does not mean you can avoid trauma

disease recognition is difficult, regardless of education...

EVERY respondent had a traumatic experience.

TAKE THE SURVEY! It has been designed for us, by us.

TRAGEDY TRIUMPH

ADVERSITY ABANDONMENT ABUSE

There is hope, There is healing, There is harmony

forgiveness, acceptance, resilience, value in staying focused, adversity transformed

Life is 10% what happens to you and 90% how you react to it.

Through the sadness + pain, sometimes remarkable individuals emerge to be role models

remember your past, but don't live there. Use what you learned.

Find harmony

ACEs do not have to define you

I would prefer if we lived in a world without ACEs, but we sadly do not.

There are many children that suffered ACEs, but go on to be very successful adults.



MINKSTER KIM WILSON

Thank you to the Family Centre for embracing this conversation about ACEs, and their impact on our health and quality of our lives

\$78 million dollars on diabetes care
\$24 million dialysis
our health and economics systems are deeply impacted

Raise awareness
Research
May your conference continue to serve collaborative efforts

"I double dare you, to dream again"

TIFFANY PAYNTER
Hosting Team

DR. WILLIAM DIETZ

DR. HENRY DOWLING

DR. BRUCE FERRY

DR. WENDY ELLIS

CHARLES HUNT

DR. CHRISTIANA AWOSAN

DR. RICHARD HONIGMAN

MARTHA DASMONT

GAIL IN YOUNG

DR. CINDY LIU

DR. STEPHANIE GUTHMAN
Hosting Team

welcome to
day 2 of the
**ADVERSE
CHILDHOOD
EXPERIENCES**

(ACEs) AWARENESS & A CALL TO ACTION

HAMILTON PRINCESS & BEACH CLUB
OCTOBER 12, 2018
9:00 AM - 4:30 PM



Today I heard about ethics + values. Needing more empathy, more working together being non judgemental. Think about the courage it takes to be your authentic selves.

Fashion your towels into capes, steady your feet on those cumulous clouds, dream again.



This held about 500 marbles, each a ... of our ACEs.

Why does this work matter to you?

Because prevention is most important. Let's demystify RESILIENCE. Let's create better connections. We need conversations. We need to let go of shame.

This is very personal for us. 60% of U.S. have 2 or more ACEs.

UNSPOKEN TRUTH

I have an ACE score of 8. We cannot prescribe a destiny based on a score.

"There's a science that talks about people like me"

Having employment, or education is a metric not an indicator that all is well.

If you just allow a person to speak, you'd be surprised what you hear.

"I don't think you can do meaningful work with any human being without listening to their story - struggles, triumphs. Physicians, teachers, officers - know the people you're with, connect."

ACEs have such an impact on all parts of life.

The untold stories of immigrants. Their experiences are common but that doesn't mean they shouldn't be told. Asian-American suicidality is high and families don't know it.

My calling is to help, to heal. I am a survivor myself. If you want to change a system, you need to be in the system.

Suffering is pervasive, healing is possible.

We keep missing out on family, community, and instead we look to pills and technology. We cannot continue to kick the can down the road. We are connected.

Your children are reflections of you. I haven't nothing wrong with you, but let's go toward healing.

Research = Me search. It takes a village to raise a child, but what if the whole village is traumatized?

How do you meet the person, where they are?

Spend time with people, with an open mind, with presence.

Our brains often categorize people in an inaccurate way. And your interactions and expectations are not useful, they do not serve the person. We pathologise them, instead be curious.

You grow up in the right way, for the world you grow up in.

respectful, patient mindset

We need a broad cultural shift in how we value our work as teachers, doctors and caretakers.

remember our children's inner wisdom, honor them! don't jail them!

Barriers to access to healthcare and mental health care. No transportation or parents working long hrs? In-school care Home visits We began literally meeting them where they are.

Secure your mask before helping those around you. Let's also strive to practice this so we can meet people from a better place within ourselves.

Isolation after wealth is not serving our communities our black families. connection was how adversity was handled.

Humble yourself in front of others. Understand we are relying on the wisdom and will of our community.

Immigrant pretty proud from what islanders unpacking doesn't feel

Connectedness trumps adversity

our finances and systems often keep us from really meeting patients in safe space.

CHILD PSYCHOLOGIST & DEVELOPMENTAL ADVERSITY DR. BRUCE PERRY



FAMILY PRACTITIONER DR. HENRY DAWLING



BUILDING COMMUNITY RESILIENCE PUBLIC HEALTH RESEARCHER DR. WENDY ELLIS



LICENCED MARRIAGE & FAMILY THERAPIST ACES & SCHOOLS CAITLIN YOUNG

PANEL DISCUSSION

UNDERSTANDING MULTIPLE L...

At the onset, ask what their goals are and work backwards

We must have trust. As a community we need to establish trust, leave judgement behind.

ACTUAL time + space Really give it, don't just appear to give it!

They want to get better, but they also want to get on with life.

They are practical, I know are too trauma practical

HEALER vs JAILOR... otherwise, we risk projection, further injury

How do you engage with a person with multiple ACEs?

First asking, do you see this as a problem? Identify their priority and will.

Open the door, and see, will they walk through it?

what is the difference between thriving & surviving?

REALISE ACEs are pervasive

RECOGNISE signs of trauma in each other and ourselves

RESPOND

RESIST RETRAUMATIZATION lobby, work together have difficult conversations

PACING & VALIDATION They will talk about every thing but that trauma. But to put SEE them, notice it. Even with all this trauma you've made it here! You are strong, smart.

The power of curiosity is life changing. Assumptions are dangerous and do not serve them.

After trauma, often our habit are for survival:

- ... eating
- ... excessive sexual activity
- ... drinking

Coping mechanisms are NOT serving us unless we understand why we do this.

Surviving is after acute shock thriving needs buffers to maintain and grow.

Commit to time with that person

See their capacity to care, to heal

risk ≠ poor outcome

How do we engage with individuals first and THEN their ACEs. See everyone as people, not as their ACEs

It is always time to do everything that really matters

- Peter Block

Surviving is defending yourself

Thriving is defining yourself

A commitment to ongoing learning To added tool to your toolbox

MARRIAGE & FAMILY THERAPIST

SOCIAL JUSTICE

DR. CHRISTIANA ANWAN

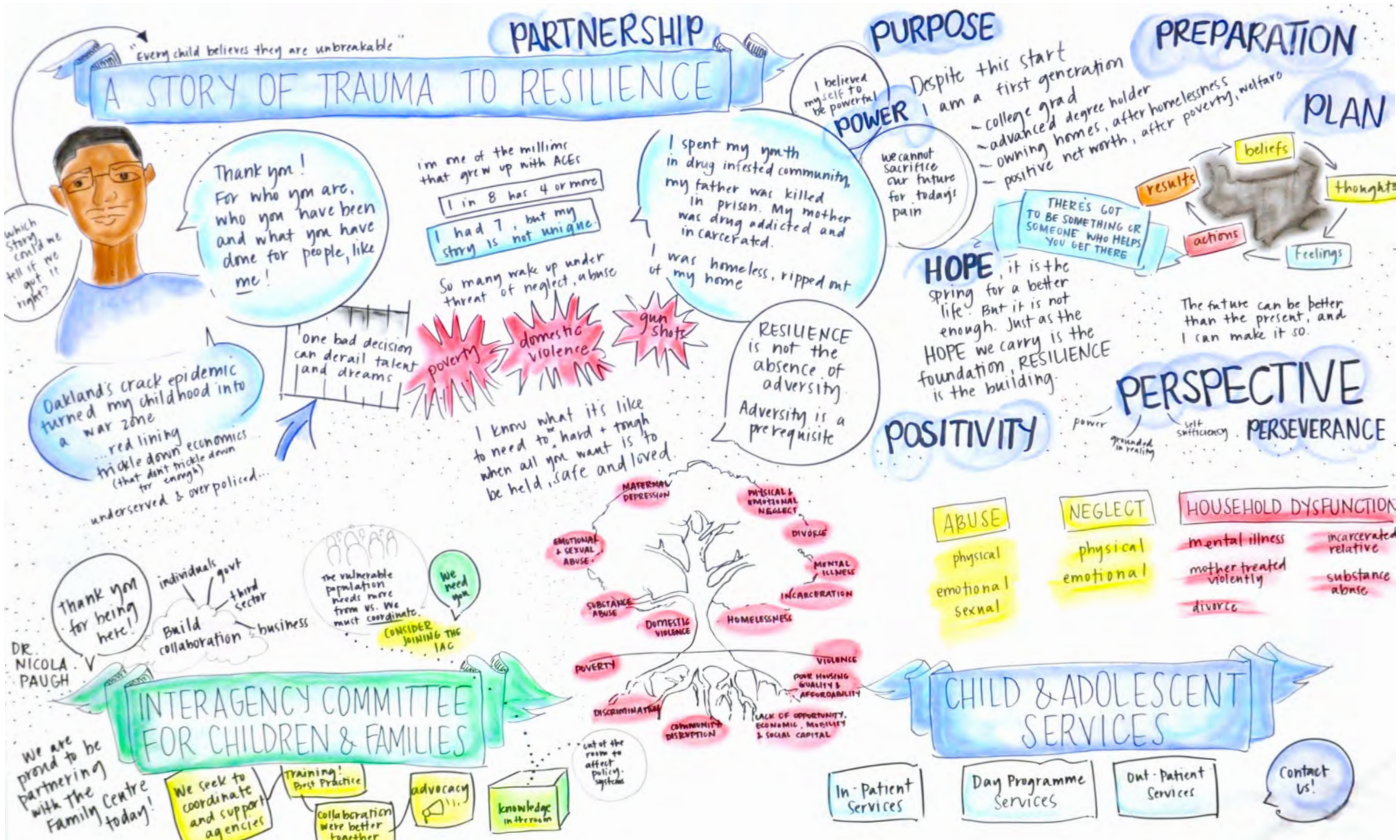
CLINICAL PSYCHOLOGIST

MUMS & BABIES

DR. CINDY LIU

DISCUSSION

ENGAGING ACEs THROUGH COMMUNITIES







Adverse Childhood Experiences

AWARENESS & A CALL TO ACTION

*Thank you for caring
about ACEs*

FOR MORE INFORMATION PLEASE CONTACT:

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