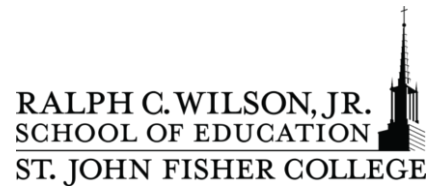


A grayscale photograph of a city skyline, likely New York City, featuring several prominent skyscrapers and a large bridge spanning a body of water in the foreground. The image is dimmed to serve as a background for the text.

Taking Action: Building Resilience



The Greater Rochester Initiative for Children's Social and Emotional Health



The Greater Rochester Initiative for Children's Social and Emotional Health





The Greater Rochester Initiative for Children's Social and Emotional Health

Mission

Challenge the status quo and inspire action that will significantly improve the social and emotional health of children throughout the Greater Rochester Region.

Learning and Action Agenda

- Why Are We Here Today?
- Defining Terms
 - Trauma
 - Adverse Childhood Experiences (ACEs)
 - Toxic Stress
 - Trauma Informed Care
- The Prevalence of ACEs
- The Impact of ACEs on Health and Development
- Resilience
- The Importance of Organizational Response
- Taking Action: Building Resilience



Why We Are Here Today

School
Attendance



Why We Are Here Today

School
Attendance

At-Risk
Behaviors

Why We Are Here Today



School
Attendance

Mental Health
Issues

At-Risk
Behaviors



Why We Are Here Today



**Academic
Performance**



**School
Attendance**



**Mental Health
Issues**



**At-Risk
Behaviors**

Why We Are Here Today

**Academic
Performance**

**School
Attendance**

**Graduation
Rates**

**Mental Health
Issues**

**At-Risk
Behaviors**



Why We Are Here Today

Academic
Performance

School
Attendance

Graduation
Rates

Mental Health
Issues

At-Risk
Behaviors



Why We Are Here Today

TRAUMA

● Why We Are Here Today



“Reducing the effects of significant adversity on children’s healthy development is essential to the progress and prosperity of any society”

Center on the Developing Child, Harvard University



Defining Terms





Trauma

“Individual trauma results from an **event**, series of events, or set of circumstances that is **experienced** by an individual as physically or emotionally harmful or life threatening and that has lasting adverse **effects** on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being”

SAMHSA



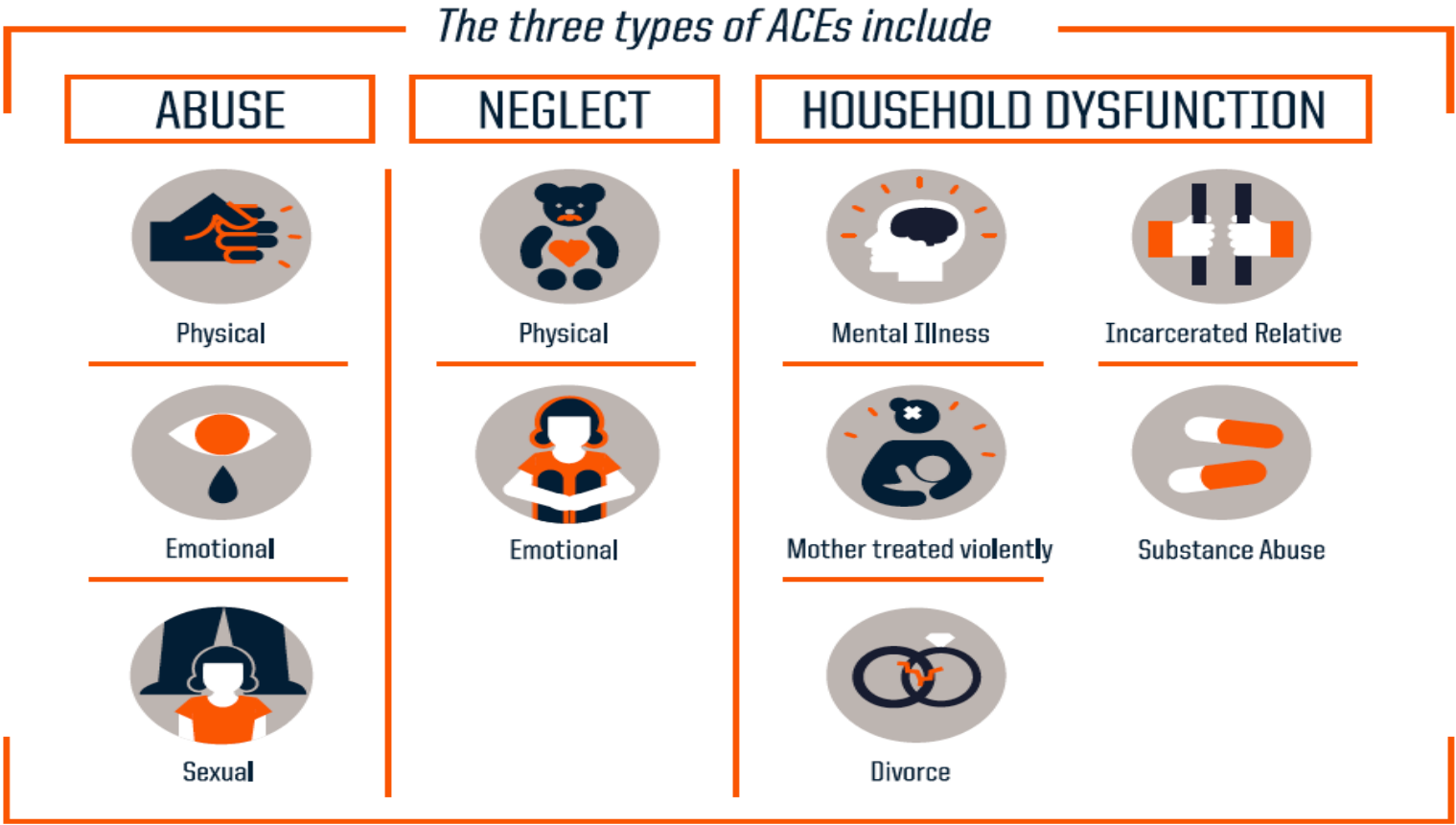
Trauma Informed Care Approach



“Trauma-informed care has emerged as a ‘strengths-based framework grounded in an understanding of and responsiveness to the impact of trauma’ (Hopper et al., 2010). Trauma-informed care is promoted when organizations and providers integrate a knowledge and understanding of trauma into their everyday practices to strengthen capacity to respond to the needs of trauma survivors.” *Think3*

Trauma And ACEs

Adverse Childhood Experiences



Trauma And ACEs

Examples of Additional Types of Trauma

- Bullying (by another child or adult)
- Witness of a brother or sister being abused
- Racism, sexism, or other forms of discrimination
- Community violence - neighborhood violence/safety
- Lack of nutritious food
- Homelessness
- Natural disasters and war

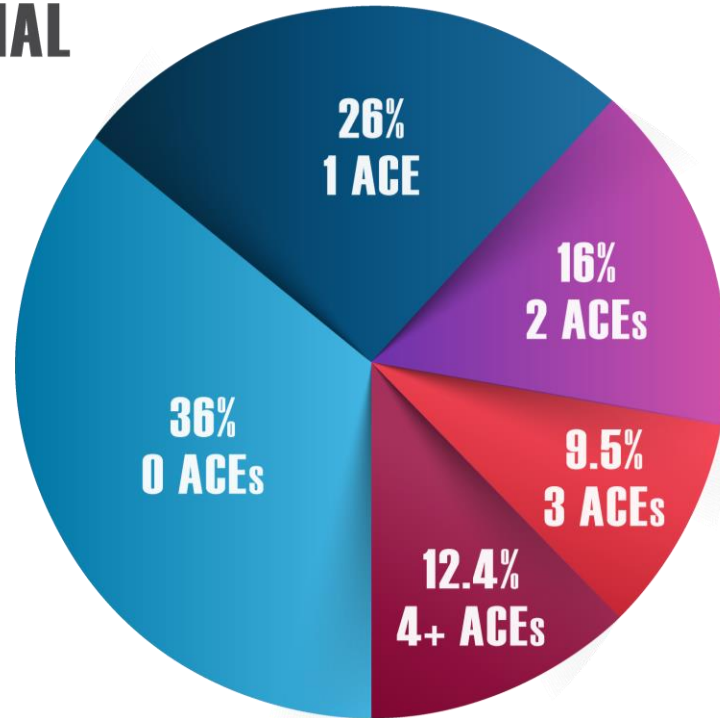


What is the Prevalence of ACEs?



● ACEs – How Prevalent Are They?

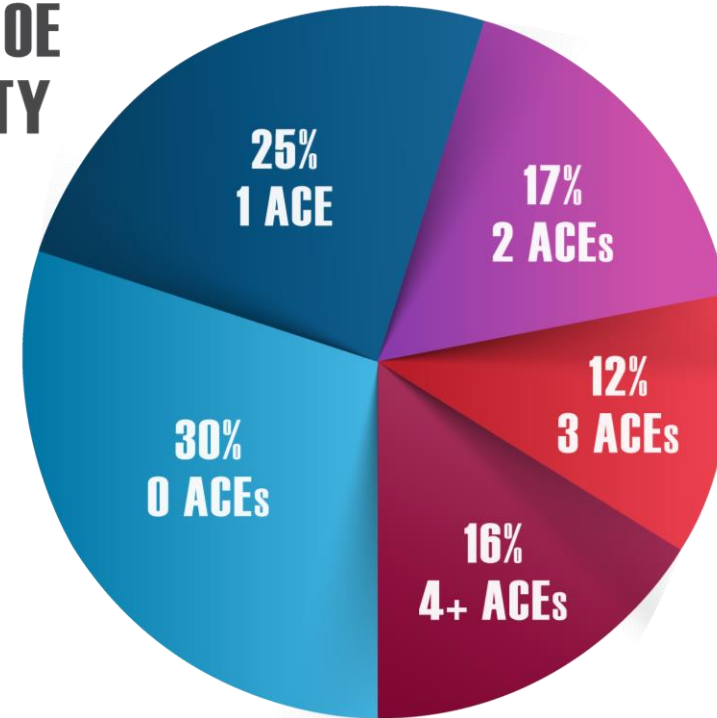
NATIONAL



17,000 ACE STUDY PARTICIPANTS

Percentage of participants that experienced a specific ACE
Source: ACE Study; www.cdc.gov/ace/prevalence.htm

MONROE COUNTY



1,464 ACE STUDY PARTICIPANTS

Monroe County YRBS 2015
Office of Mental Health & Dept. of Public Health



● ACEs In Our Community

Monroe County

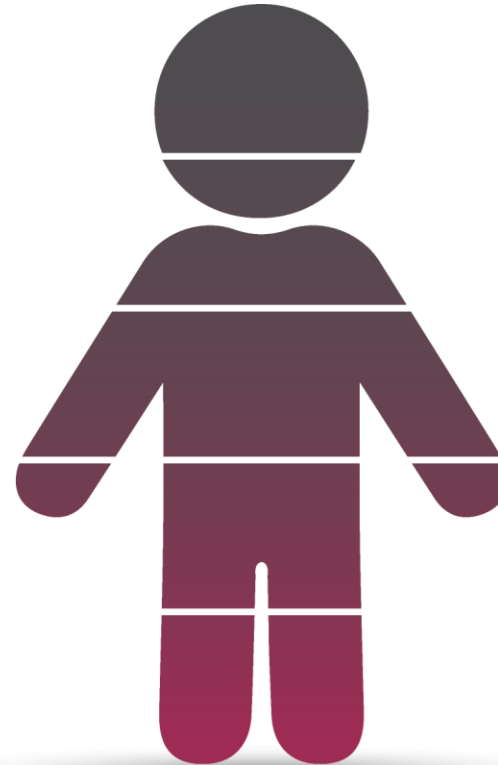


● Impact Of ACEs On Health And Development

Youth Risk Behaviors

As the number of ACEs increases, so does the risk for negative health outcomes

RISK ↑



4+ ACEs

3 ACEs

2 ACEs

1 ACE

0 ACEs



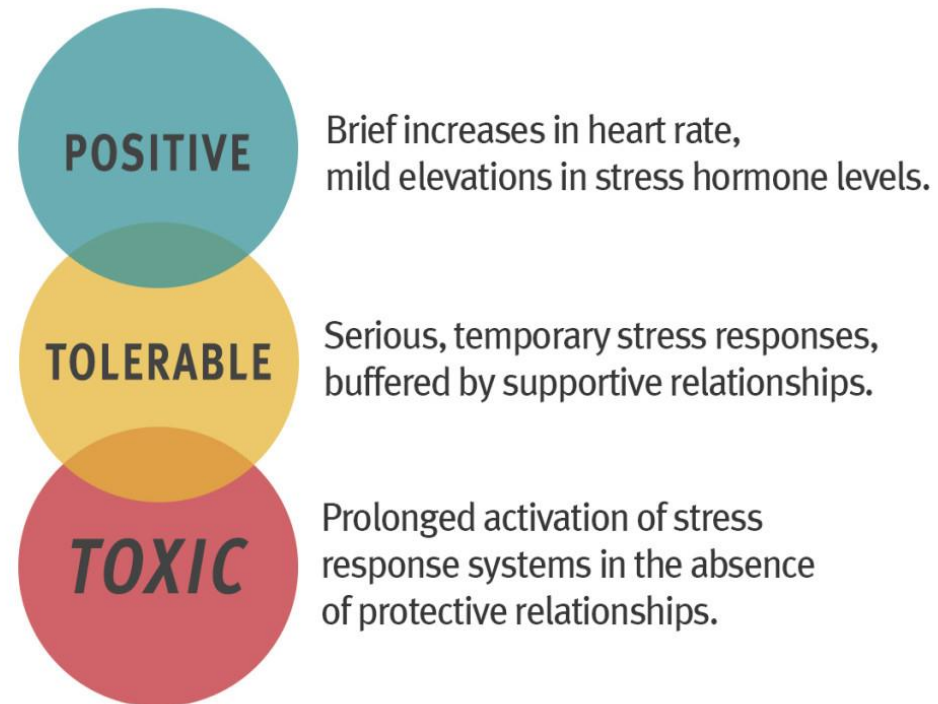


The Impact of ACEs on Health and Development

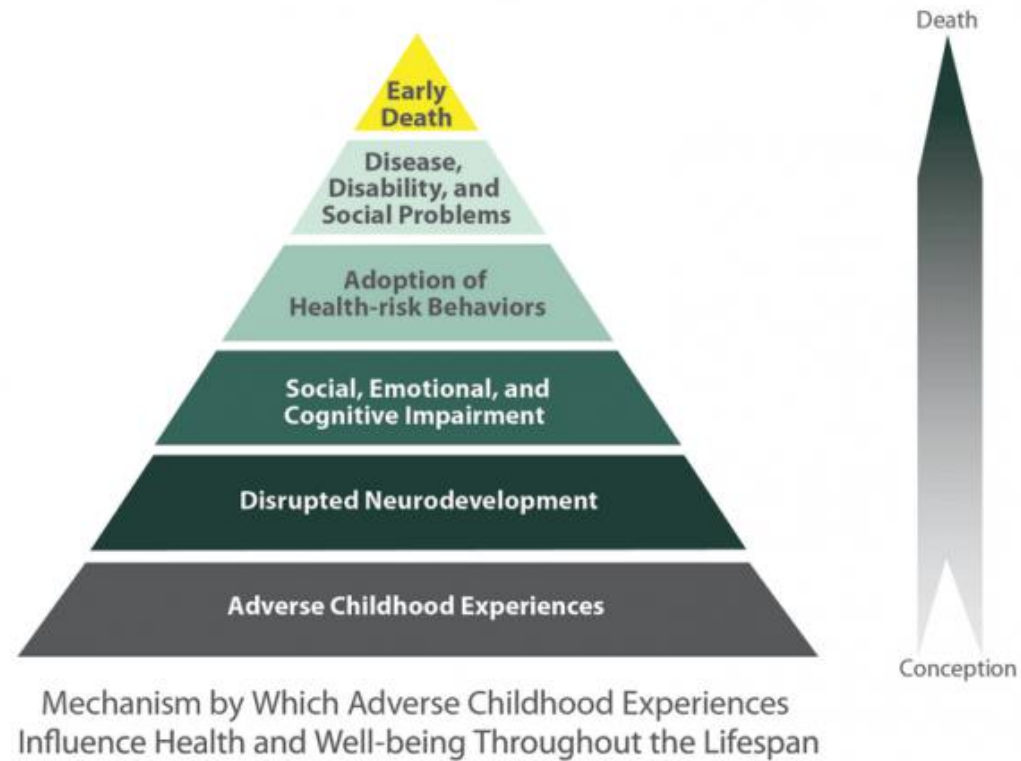




Toxic Stress



Impact Of ACEs On Health And Development



● Impact Of ACEs On Health And Development

Trauma Changes The Brain

- Prefrontal Cortex shuts down
 - Poor concentration
 - Difficulty paying attention
 - Inability to think clearly
- Limbic System shuts down
 - Difficulty managing emotions
 - Hard time letting go of minor annoyances
- Amygadala strengthens
 - Fight, Flight, Freeze response



● Impact Of ACEs On Health And Development

Trauma Changes The Body



- Obesity
- Coronary artery disease
- Nightmares/insomnia
- High blood pressure
- Panic attacks
- Increased drug use
- Premature aging
- Worsening of infertility

A city skyline featuring a river in the foreground, a bridge with a distinctive white, angular roof structure, and several tall skyscrapers in the background. The image is overlaid with a dark grey semi-transparent rectangle.

The Importance of Organizational Response



Impact Of ACEs Is Costly

LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.

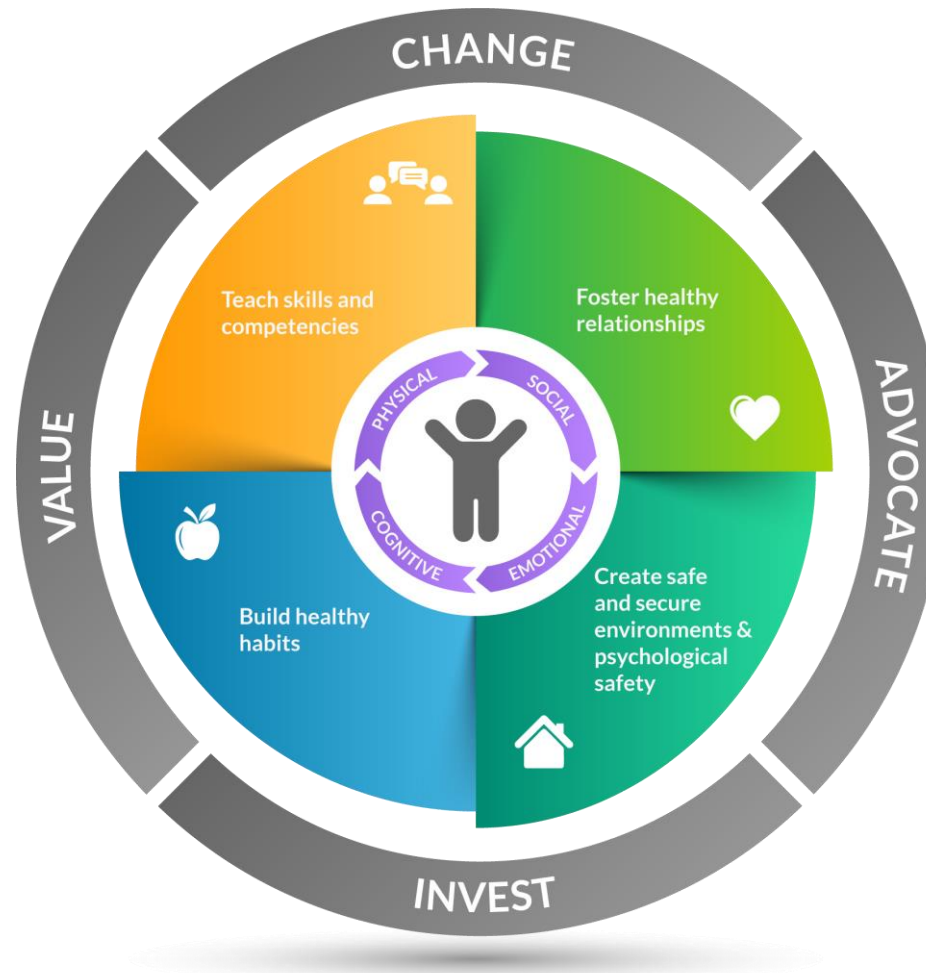


ECONOMIC TOLL

The Centers for Disease Control and Prevention (CDC) estimates the lifetime costs associated with child maltreatment at **\$124 billion**.



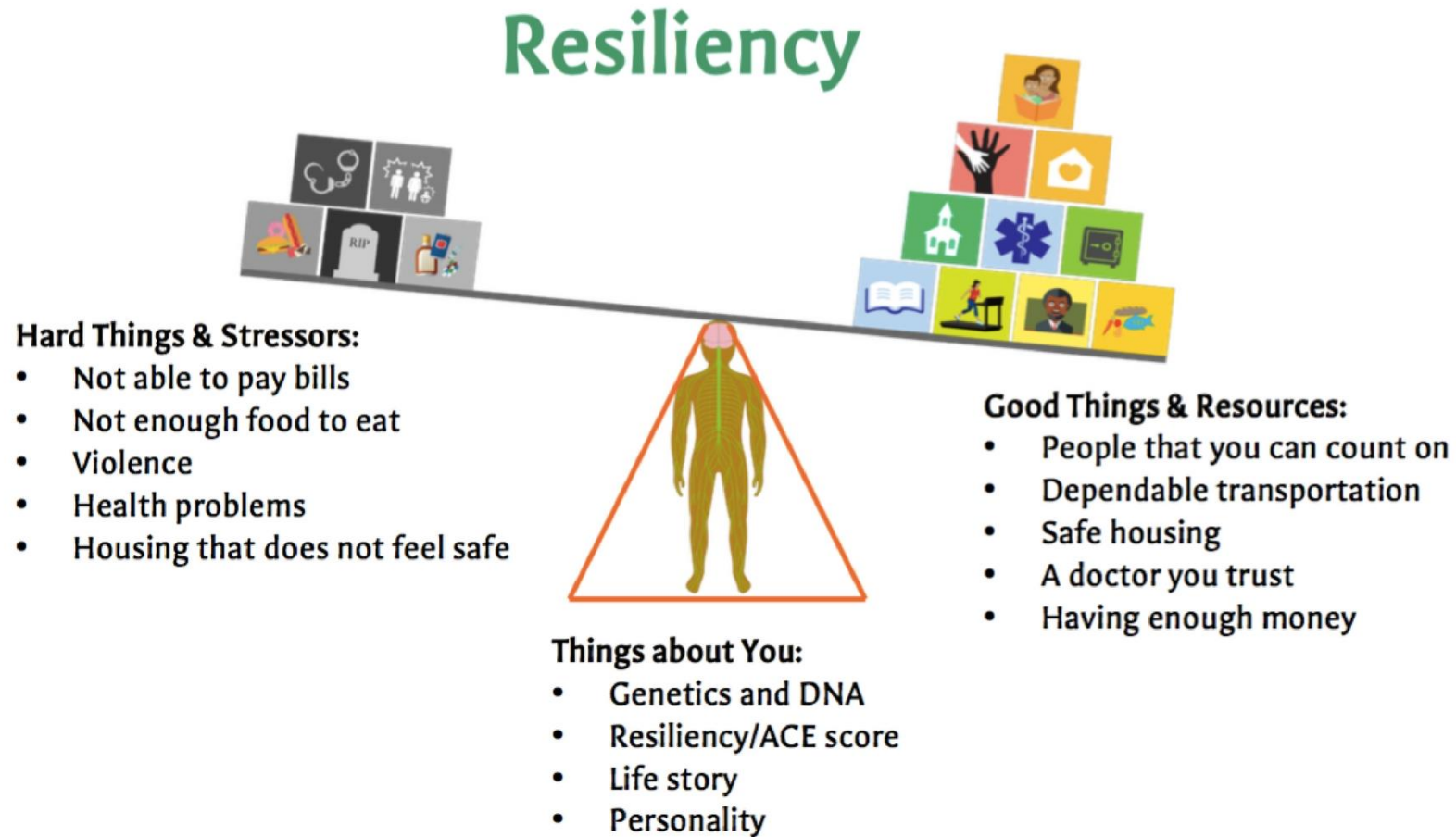
Unique Opportunity For Organizational Impact



Key Principles Of Trauma Informed Care Approach



Resilience



Resiliency is when the scale tips toward the good even when there are stressors and hard things.



Committing to Action



Commit To Action

DATA



KNOWLEDGE



ACTION




Trauma Response Actions For Organizations



Cultural humility model

- **Humility:** "Having a sense that one's own knowledge is **limited** as to what truly is another's culture." (Hook et al. 2013)
 - Other-oriented rather than self-focused
 - Respect for others
 - Lack of superiority
 - Entertaining hypotheses rather than drawing conclusions



What is Your Next Step?

The impact of trauma is real. We can make a difference together.



Finger Lakes ACEs
Connection
Website

Raising Resilience
Summit
January 9th, 2018

Spring 2018 Forum



Contact Us

For more information contact Anita Black at the Greater Rochester Health Foundation ablack@thegrhf.org



Questions?





Thank you

