



From ACEs to Assets

Fostering Resilience in Monroe County

Resource Guide

“I believe we all have the capacity to become resilient. But our parents, siblings, extended family & community can either give us resilience or reduce our resilience. I also believe that resilience is like a muscle. You can strengthen your resilience just as you strengthen a muscle. “

~ Tina Marie Hahn, MD



I want to know more...

About Adverse Childhood Experiences (ACEs):

The following links provide brief overviews of the history and background of the ACE study:

ACES Too High

- A website devoted to ongoing research and capacity building for working with and through trauma

ACES Connection

- Connect with people using trauma-informed/resilience-building practices. Stay current with news, research, events

Center for Disease Control

- The Center for Disease Control's overview of the ACE Study

The Philadelphia ACE Project

- The Philadelphia ACE Project was created in 2012 by the Health Federation of Philadelphia to further research and prevention of childhood traumas. The group produced another version of the ACE study that captures adverse events not listed in the original ACE study

5 Minute ACEs Video

- ACEs primer -- great five-minute video that explains ACE Study

Paper Tigers Documentary

- In this documentary by KPJR Films, follow six students over the course of a school year as a new trauma-sensitive program is implemented

Resilience Documentary

- A new documentary that delves into the science of Adverse Childhood Experiences (ACEs) and a new movement to treat and prevent toxic stress

I want to know more...

About fostering Resiliency:

The statistics around the ACE study can be overwhelming; however, we know that resiliency “trumps ACEs”. Below are several links with additional information on resiliency:

Community Resilience Initiative

- The Community Resilience Initiative is working to increase the positive, resilience-building experiences in the lives of the children, parents and families in our community

Community Resilience Cookbook

- Resources from other communities in the United States and Canada putting the theories of ACEs and resilience into practice

Road to Resilience

- Building Stronger, More Sustainable Communities

Asset Development

- Search Institute’s research-based framework of Developmental Assets® is one of the foundational frameworks in positive youth development

Building Resilience in Children & Teens

- Dr. Kenneth Ginsburg's essential tips on fostering resilience, including the 7 Crucial C's

I want to know more...

About [Organizational Approaches](#):

Additional links to resources, information and examples of trauma-sensitive school approaches:

Trauma-Informed Organizations Self Assessment Tool	<ul style="list-style-type: none">• A strengths-based organizational self-assessment tool that provides organizations with a point in time “snapshot” of where they are in their journey towards becoming trauma-informed
Reaching and Teaching Children Who Hurt Susan Craig	<ul style="list-style-type: none">• Comprehensive overview of the effects of trauma and violence on the brain and their impact on cognitive, social, and emotional development, especially in school settings
National Center for Trauma-Informed Care	<ul style="list-style-type: none">• Trauma-Informed Approach and Trauma-Specific Interventions
Trauma Informed Care and Positive Behavioral Intervention & Supports	<ul style="list-style-type: none">• Crosswalk between PBIS and TIC developed by the Wisconsin Dept. of Public Instruction
Helping Traumatized Children Learn	<ul style="list-style-type: none">• Creating and advocating for trauma-sensitive schools developed by Massachusetts Advocates for Children
Trauma-Informed Approaches Learning Communities	<ul style="list-style-type: none">• Make your school a place all children can learn and thrive with the skills you develop through the Trauma-Sensitive Schools Learning Community from the National Council for Behavioral Health
Online Trauma Training for Educators	<ul style="list-style-type: none">• free training resource designed to give anyone who works with children important trauma-focused information about how student learning and behavior is impacted by trauma and how educators and support staff can help students develop a greater sense of safety at school and begin to build new emotional regulation skills
Dr. Nadine Burke Harris Book	<ul style="list-style-type: none">• <i>The Deepest Well: Healing the Long-Term Effects of Childhood Adversity</i>

I want to know more...

About **Local Resources** for More Information and Training:

Interested in more education on trauma and trauma-informed care? Below are links to several local resources committed to trauma response in the Rochester area:

Coordinated Care Services, Inc.

- Trauma-Informed Care training and consultation services

The Consortium on Trauma, Illness, and Grief in Schools

- School-based training, consultation & support related to trauma, illness, grief & more

Finger Lakes ACES Connection

- The Finger Lakes ACES Connection promotes a collaborative approach to raise awareness of adverse childhood experiences and drive sustainable systems change to impact community resiliency

State University at Buffalo

- The Institute on Trauma and Trauma Informed Care has provided training and consultation within the systems of child welfare, adult mental health, developmental disabilities, education, criminal justice and the court system

Mt. Hope Family Center

- A team of psychologists, researchers and clinicians helping to improve the lives of children and families who have experienced violence, abuse, neglect or trauma

The Monroe County Youth Risk Behavior Survey Report

- Access the survey and report for the community

Trauma-Informed Care Network

- A small group comprised of providers, researchers, and advocates to raise awareness and provide support for agencies working to reduce the stresses of traumatic experiences in the community.

Rochester-Monroe Anti-Poverty Initiative

- The Rochester-Monroe Anti-Poverty Initiative is a community-wide effort to reduce poverty in the Rochester and Monroe County region by 50 percent over the next 15 years, with a guiding principle to address trauma.

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

- The mission of the Implementation Task Force is to challenge the status quo and inspire action that will significantly improve the social and emotional health of children throughout the Greater Rochester Area.

As a caring adult I can make a difference today...

- I can connect with youth in my neighborhood and community
- I can volunteer at a mentorship program, in a school or in youth activities
- I can offer targeted feedback to the youth I work with about their strengths and value
- I can understand there may be underlying causes to what is showing up as “big behaviors” and begin to ask questions that matter
- Make sure that the youth I know or work with know I care about them No Matter What
- I can be one positive, caring, consistent adult in the life of even one youth
- Share & apply what I’ve learned today in my day to day life & work
- Listen & pay attention