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# **Resilience, Part II – Who's using resilience and how**

Jane Stevens, ACEs Connection Network

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# The five parts of ACEs science

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ACE surveys – who, how many, with what consequences.

Toxic stress effects on the brain.

Toxic stress effects on the body.

Toxic stress passed from generation to generation.

**Resilience** research.

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# Violence is just one type of trauma

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- Long-term, violence is not more – or less – damaging than divorce, living with an alcoholic, or being humiliated or verbally abused.
  - New ACE surveys add other types of trauma, including systems trauma.
  - Taking a Whac-a-Mole approach to individual types of trauma doesn't eliminate trauma.
-



# ACES Too High!

## NEWS

ACEs = Adverse Childhood Experiences

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### Children's Resilience Initiative in Walla Walla, WA, draws spotlight to trauma-sensitive school

October 7, 2014

By Jane Ellen Stevens

in [ACE Study](#), [Adverse childhood experiences](#), [Child trauma](#), [Community prevention programs](#), [Resilience](#), [Solutions](#), [Washington State](#)

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### The Camden story: A physician and a priest plant seeds of repair

September 30, 2014

By Anndee Hochman

in [ACE Study](#), [Adverse childhood experiences](#), [Community prevention programs](#), [Resilience](#), [Solutions](#)

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Simultaneously making changes at the organizational level and building alliances across sectors for larger system change, Father Jeff Putthoff, SJ, and Dr. Jeffrey Brenner realized they had to dig deeper — beyond symptoms to root causes — to understand the struggles they were witnessing in Camden, NJ. What they found were ACEs.

Putthoff, a Jesuit priest known locally as

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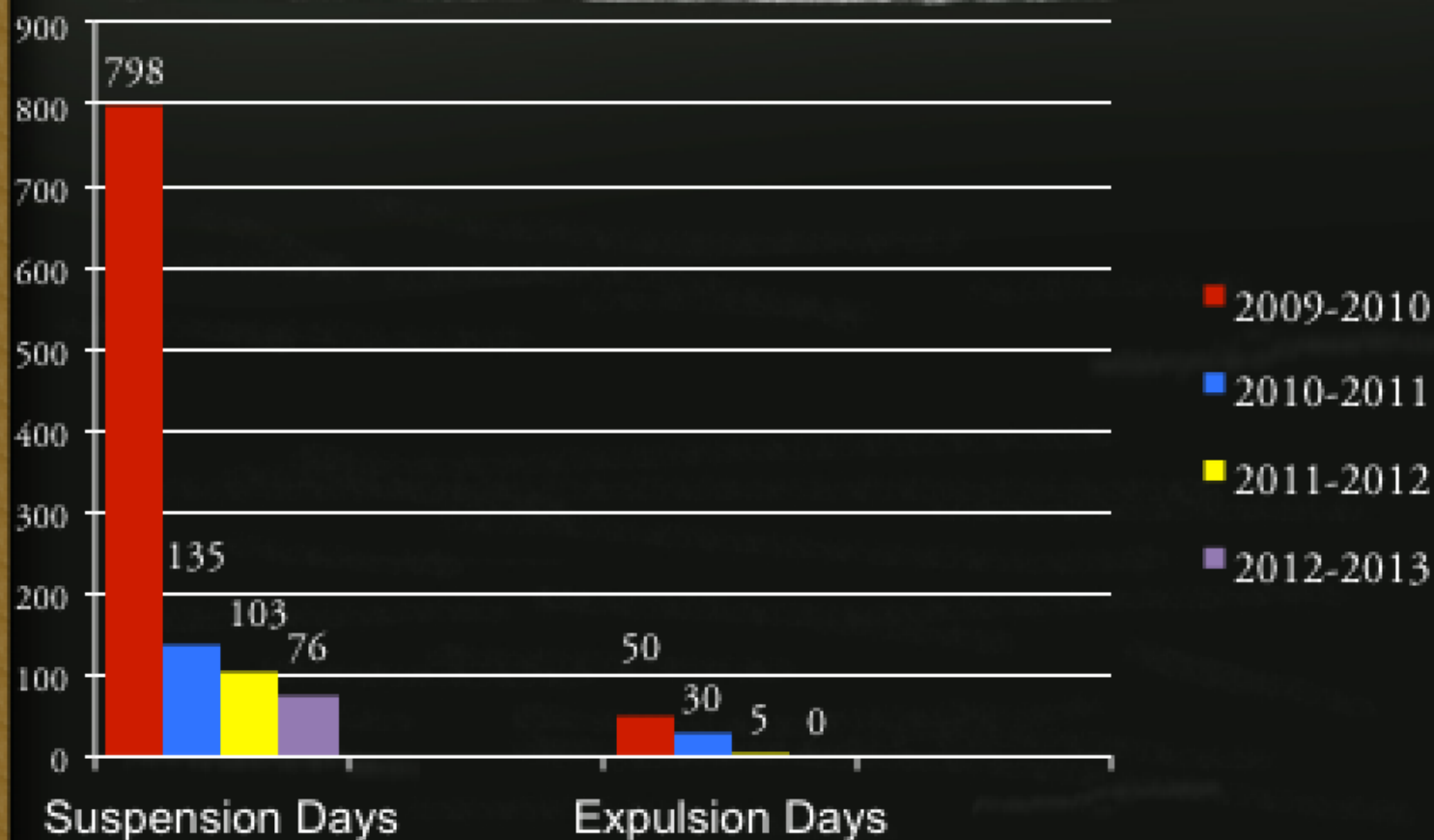
# *Lincoln High School in Walla Walla, WA, tries new approach to school discipline — suspensions drop 85%*



Jim Sporleder, principal of Lincoln High School

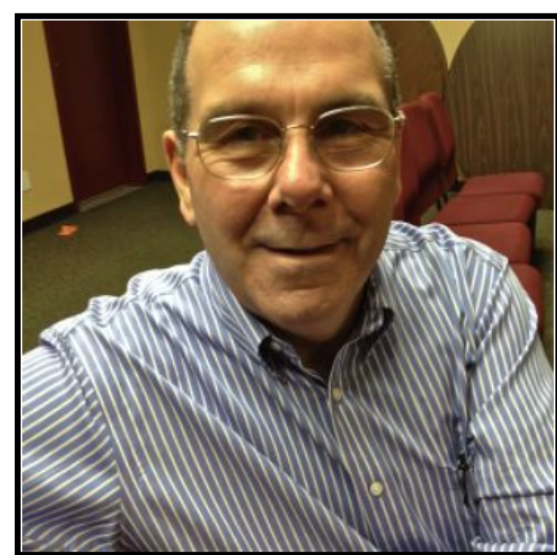
THE FIRST TIME THAT principal Jim Sporleder tried the New Approach to Student Discipline at Lincoln High School in Walla Walla, WA, he was blown away. Because it worked. In fact, it worked so well that he never went back to the Old Approach to

# Number of days students were out of school





# *Ex-pastor marries science, Bible studies to heal wounds of childhood trauma*



It wasn't your everyday experience, hearing Bible verses mixed with particulars from epidemiology and neurobiology in the same breath. But that's what Dave Lockridge was doing as the 20 people in his Monday night ACE Overcomers class at Gateway Community Church in Merced, CA, busily scribbled in their workbooks.

Lockridge – a grandfather, former pastor and businessman – is executive director of ACE Overcomers, an organization he created to provide programs to “overcome addiction, depression, anxiety, and anger caused by a childhood filled with abuse, neglect and household dysfunction.”

He was pastor of a small church in nearby Atwater, CA, when his wife, Susan, director of medical staff

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# Knowing about ACEs changes what people believe about themselves

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- They weren't born bad.
  - They weren't responsible for the things that happened to them when they were children.
  - They coped appropriately, given that they were offered no other ways – it kept them alive.
  - They can change.
-



# *Trauma-informed judges take gentler approach, administer problem-solving justice to stop cycle of ACEs*



Judge Lynn Tepper hugs Taylor, 11, at his final adoption hearing. Before finding his permanent home, he'd been returned by three



# ACES Too High!

## NEWS

ACES = Adverse Childhood Experiences



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AUGUST 3, 2015

By Jane Ellen

Stevens

in [ACE STUDY](#),

[ADVERSE](#)

[CHILDHOOD](#)

[EXPERIENCES](#),

[CHILD TRAUMA](#),

[CHRONIC](#)

[DISEASE](#),

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## *Pediatricians screen parents for ACEs to improve health of babies*



Pediatricians Teri Petterson (l) and RJ Gillespie (r)

The [Children's Clinic](#), tucked in a busy office park five miles outside downtown Portland, OR, and bustling with noisy babies, boisterous kids and energetic pediatricians, seems ordinary enough. But, for the last two years, a quiet revolution has been brewing in its exam rooms: When parents bring their four-month-old babies in for well-baby checkups, they talk about their own childhood trauma with their kid's pediatrician.

Wait. What's Mom or Dad's childhood got to do with the health of their baby? And aren't pediatricians supposed to take care of kids? Not kids' parents?

It turns out that just 14 questions about the childhood experiences of parents provide information critical to the future health of their baby, say Children's Clinic pediatricians Teri Petterson and RJ Gillespie. The answer to the questions can help determine not only if the child will succeed in school, but when the child becomes an adult, whether she or

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What we do is empower  
parents to raise happy,  
healthy children

# Results of ACEs Data Collection at The Family Center

71%

- Have 4 or more ACEs

- Results in 5 – 10 years earlier death
- Compare to 13% from original ACE study

51%

- Have 6 or more ACEs

- Results in 20 years earlier death

Understanding a parent's adverse childhood experience takes nothing away from understanding her resilience

It puts into perspective how spectacularly resilient she may be, the strengths she is building on for the next phase of her life, and opens the space to talk about the life she wants for her family and her new baby

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The background of the entire image is a photograph of a dense forest. A dirt path winds through the trees, leading from the bottom left towards the center. The trees are tall and have vibrant green leaves, with sunlight filtering through the canopy. A large tree trunk is prominent in the foreground on the right side. The overall atmosphere is peaceful and natural.

# **Another Way... Choosing to Change Participant's Handbook**

Nada Yorke










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Daniel Sumrok, MD, FAFAP  
Family Medicine  
Addiction Medicine

Thrive Washington / Thrive Blog  
/ NEAR@Home Toolkit: A Guided Process to Talk about Trauma and Resilience in Home Visiting

# NEAR@Home Toolkit: A Guided Process to Talk about Trauma and Resilience in Home Visiting

 Quen Zorrah

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*For the past year, a small facilitating workgroup and a large planning committee from federal Health Resources and Services Administration Region X (Alaska, Idaho, Oregon and Washington) have come together virtually and by phone to create NEAR@Home, a toolkit for addressing Adverse Childhood Experiences (ACEs) in home visiting. The group agrees that the ACEs framework and the NEAR science has the ability to strengthen the work in home visiting and improve outcomes for children and families. Thank you to all who contributed to this process.*

Home visitors knowledgeable about ACEs research are interested in bringing this information to families but worry about causing harm. The NEAR@Home toolkit addresses these concerns and provide strategies for engaging parents in discussing and using the ACEs questionnaire in a safe, respectful, and effective way for both home visitor and family.

We now understand how adversity becomes embedded into biology, behavior, and risk and

## AUTHOR

### Quen Zorrah

Nurse-Family Partnership State Nurse Consultant

I have 23 years home visiting experience with families with young children, pregnant women, grandparents, foster parents, and fathers as primary caregivers. I have integrated infant mental health and Adverse Childhood Experiences (ACEs) into home visiting.



As a member of Thrive's home visiting team, I am the lead nurse consultant for the Nurse-Family Partnership program in Washington state.

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# Educating people about ACEs science....

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- Engages the people you serve by helping them understand their own lives and behavior.
  - Empowers people.
  - Changes their understanding of others' behavior.
  - Opens a channel for them to tell you what they need.
-

# **We all swim in the same ACEs ocean**

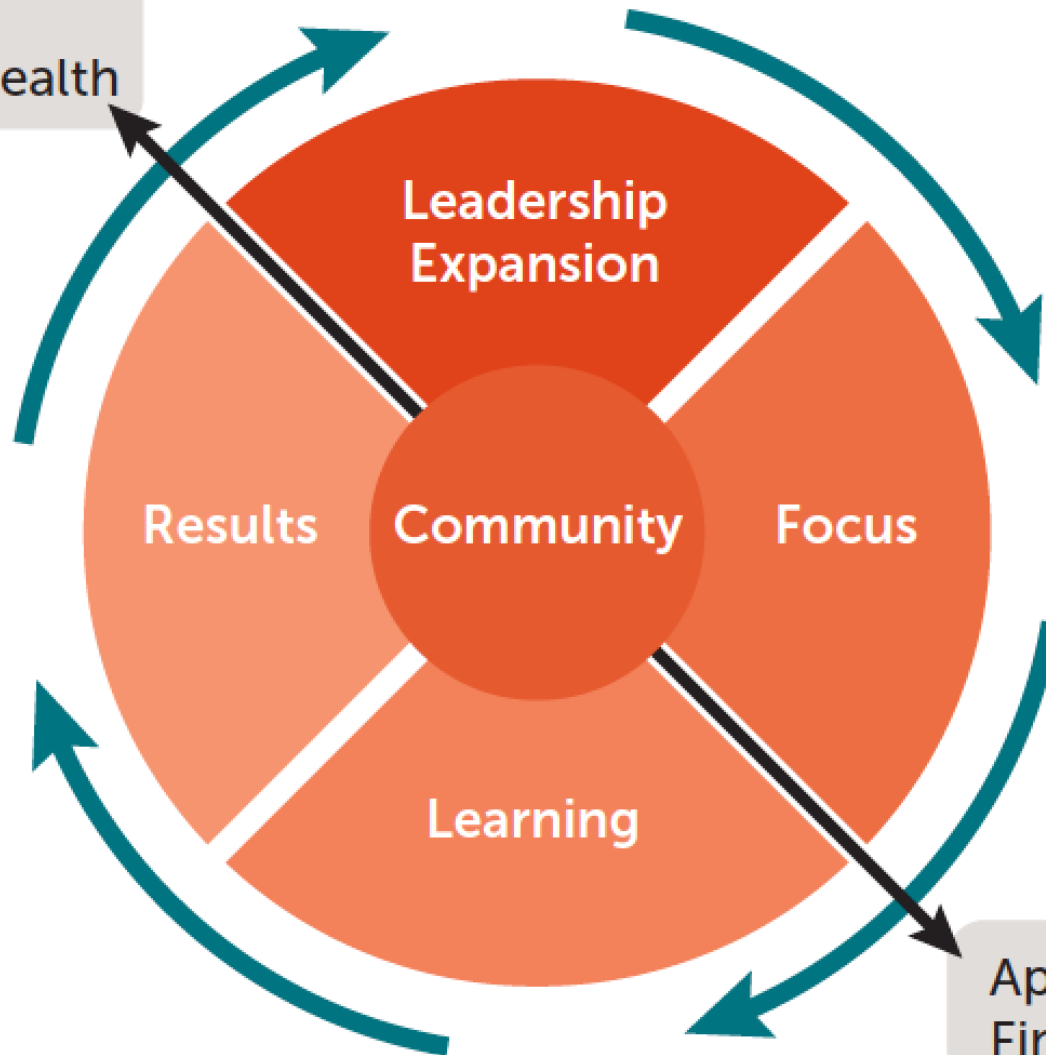
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- All organizations must implement trauma-informed, resilience-building practices for themselves...

...especially the organizations that are caring for people or directing other people-caring organizations.

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Emergence:  
Culture of Health



Appreciative Action:  
Finds Strengths;  
Acts Upon Them



# ACEs Connection

A Community-of-Practice Social Network

Join the movement to prevent ACEs, heal trauma & build resilience.



HOME

## Blog Entries



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PRITPAL TAMBER · 15 HOURS AGO

By focusing on strengthening the agency of communities - their ability to make

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...the most active, influential ACEs community in the world. Connect with people using trauma-informed/resilience-building practices. Stay current with news, research, events.



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[School for New Orleans Juveniles Evolves \[JJIE.org\]](#)

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### Have Questions?

**Do you have questions? Need Help?  
Too many emails?**



Please contact our  
community editor:  
[Cissy White](#)

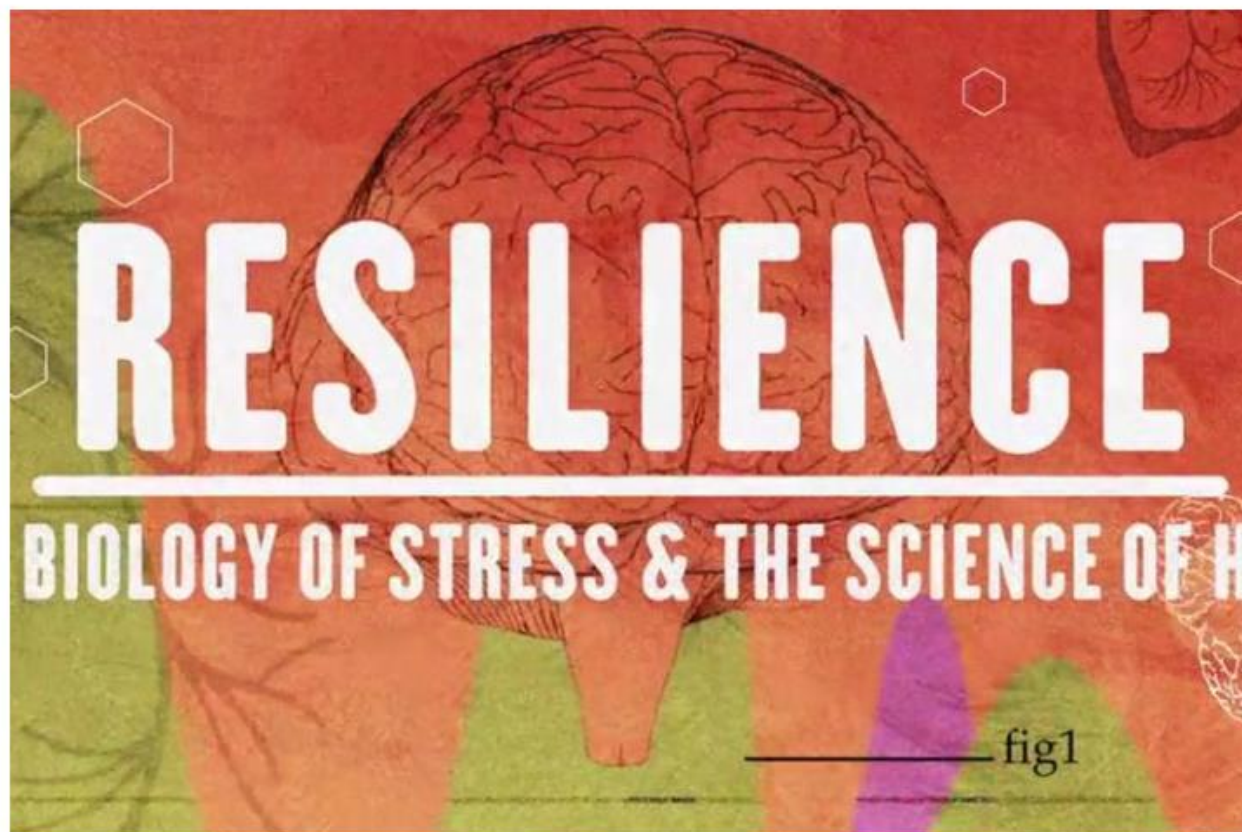




# Sonoma County ACEs Connection

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## Recent Blog Posts



**Free screenings of Resilience, Paper Tigers April 13, 27 in San Rafael, CA**

JANE STEVENS · 3/11/17 @ 3:32 PM

Post

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### About This Group

We bring the community together to prevent, heal, and treat ACEs while promoting resiliency.

[INVITE OTHERS TO THIS GROUP](#)



### Blog Directory

- [> ACEs Connection Info](#)
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# Distributed Network



# The good news is resilience can bring back health and hope!

## What is Resilience?

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of ACEs.

## Resilience trumps ACEs!

**Parents, teachers and caregivers can help children by:**

- Gaining an understanding of ACEs
- Helping children identify feelings and manage emotions
- Creating safe physical and emotional environments at home, in school, and in neighborhoods

## What does resilience look like?

### 1. Having resilient parents

Parents who know how to solve problems, who have healthy relationships with other adults, and who build healthy relationships with their children.

### 2. Building attachment and nurturing relationships

Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.

### 3. Building social connections

Having family, friends and/or neighbors who support, help and listen to children.

## Resources:

### ACES 101

<http://acestoohigh.com/aces-101/>



# The goal.....

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The entire community...

...integrates trauma-informed/resilience-  
building practices...

...based on ACEs science.

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# The process...

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Educate....

Engage.....

Activate.....

Celebrate!

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Blame. Shame. Punishment.

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# Understanding....

nurturing....

healing....

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# Resources

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- [ACEs 101](#) – FAQs about adverse childhood experiences research with links to reports, stories and videos.
  - [Got Your ACE Score?](#) – Do your ACE score and your resilience score, and find out more about the consequences of each.
  - [ACEsTooHigh.com](#) – A news site for the general public. It covers research about ACEs and how people, organizations, agencies and communities are implementing trauma-informed, resilience-building practices based on ACEs research.
  - [ACEsConnection.com](#) – A social network for people who are implementing – or thinking about implementing – trauma-informed and resilience-building practices based on ACEs research.
  - [The CDC-Kaiser Permanente ACE Study](#) – The official ACE Study site, provided by the CDC.
  - [The Center on the Developing Child at Harvard University](#) – Here, take a deep dive into a site rich with reports, tools and videos about the neurobiology of toxic stress and resilience.
  - [SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#) -- Introduces a concept of trauma and offers a framework for how an organization, system, or service sector can become trauma-informed. Includes a definition of trauma (the three "E's"), a definition of a trauma-informed approach (the four "R's"), 6 key principles, and 10 implementation domains.
-