

Positive and Adverse Childhood Experiences: Resilience, Healing and Recovery



Presented by
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Let's Learn Together

What's on the agenda:

What are Adverse Childhood Experiences (ACEs)?

How do ACEs impact us?

What are Positive Childhood Experiences (PCEs)?

How do PCEs impact us?

**PACEs, and resilience and recovery knowledge to
prevent ACEs and promote holistic well-being**



**Keep these things in mind as we learn.
We are in this together.**



The majority of us, about 2/3, had at least one adverse childhood experience (ACE).



The majority of us, about 8/10, experienced 3+ positive childhood experiences (PCE).



**Keep these things in mind as we learn.
We are in this together.**



ACEs are preventable.



ACEs are treatable.



We all can help with preventing ACEs, promoting positive childhood experiences, and helping people develop resilience, heal and recover.



Defining Terms



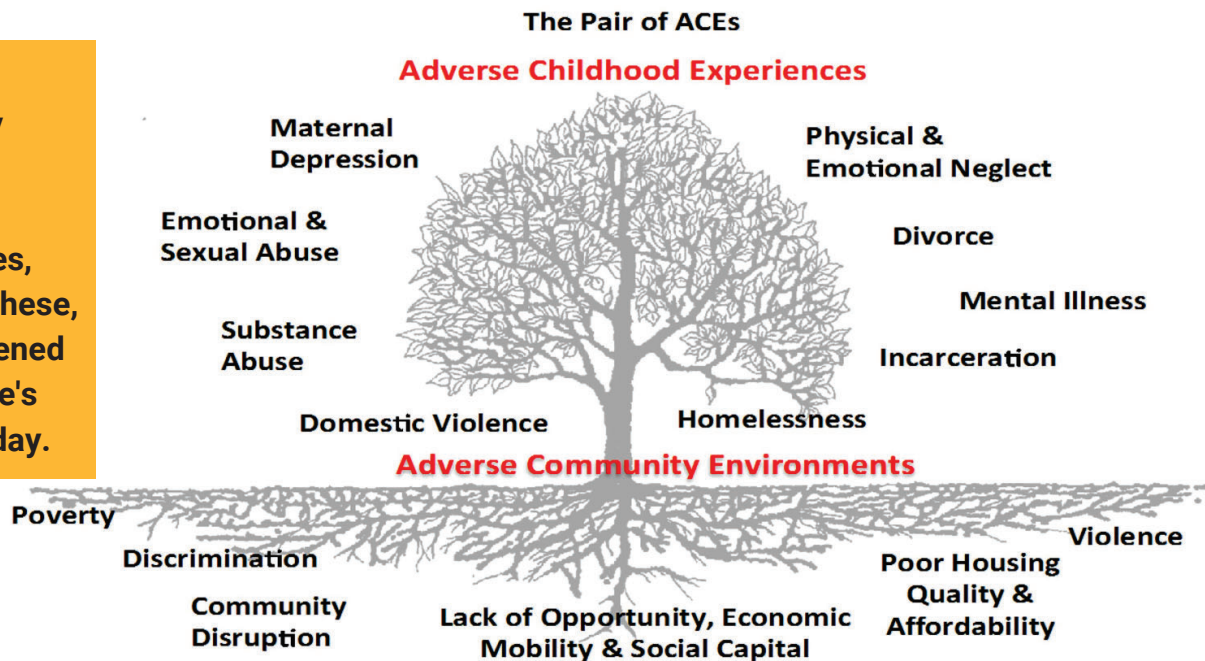
Adversity: a state or instance of serious or continued difficulty or misfortune that can be potentially traumatic (Mirriam-Webster Dictionary, 2023)

Trauma: SAMHSA (2014) explains “trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional, or spiritual well-being.”

"A basic rupture-loss of connection to ourselves, our families, and the world." ~Peter Levine, 1999

Resilience: Resilience is defined by Edith Grotberg as “the human capacity to deal with, overcome, learn from, or even be transformed by the inevitable adversities of life” (2003 as cited in Wicks, 2010, p. 4)

ACEs:
Potentially traumatic events/ experiences, including these, that happened prior to one's 18th birthday.



Ellis, W., Dietz, W.H., Chen, K.D. (2022). Community Resilience: A Dynamic Model for Public Health 3.0. Journal of Public Health Management and Practice, (28)1, S18-S26. doi: 10.1097/PHH.0000000000001413

3 REALMS OF ACES

When looking at this image, what are the ACEs you see in your community and links between them?



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

ACES Connection

Impact of ACEs



United Way
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THERE IS HOPE



Positive Childhood Experiences (PCEs)

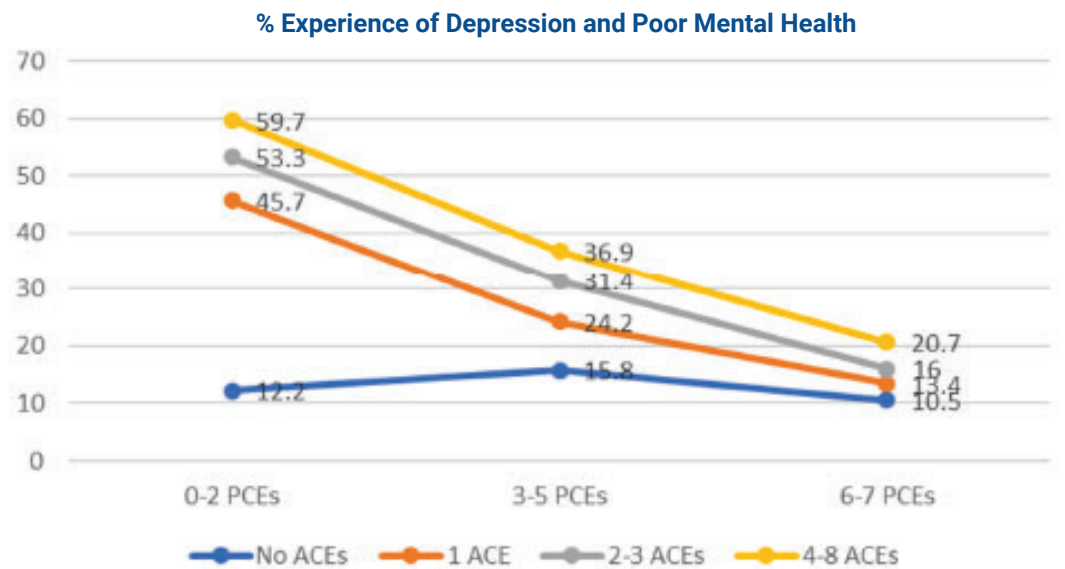
(Bethell, Jones, Gombojav,
Linkenbach, & Sege, 2019)

These are the 7 identified PCEs in research. Adults are asked if in childhood (prior to their 18th birthday) they:

- Felt able to talk to your family about feelings.
- Felt your family stood by you during difficult times.
- Felt safe and protected by an adult in your home.
- Had at least 2 non-parent adults who took a genuine interest in you.
- Felt supported by friends.
- Felt a sense of belonging at high school.
- Enjoyed participating in community traditions.

Positive Childhood Experiences (PCEs) Research

(Graph and summary from Bethell, Jones, Gombojav, Linkenbach, & Sege, 2019, p. 3)



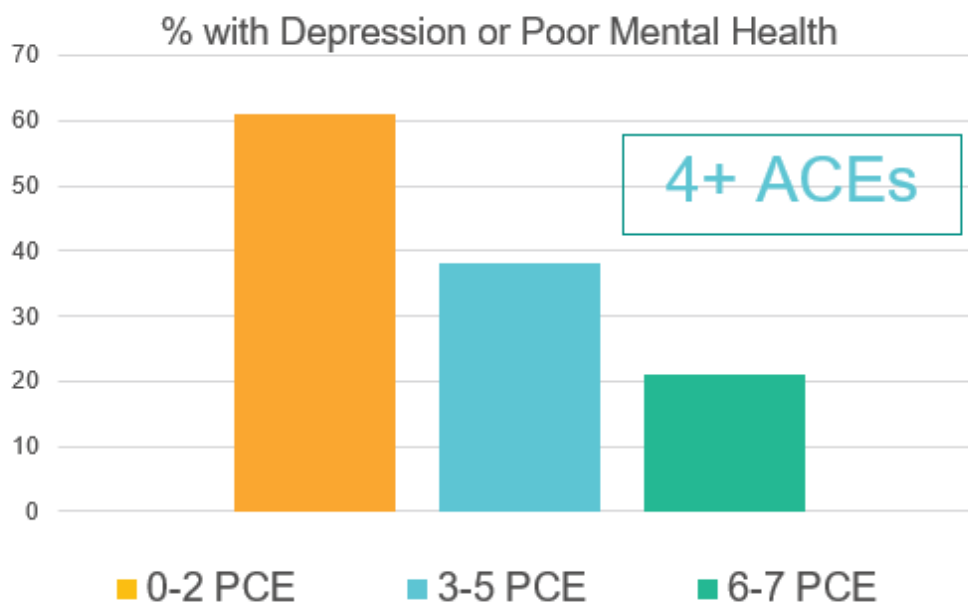
Summary

Even when controlling for ACEs:

Positive childhood experiences mitigate the effects of ACEs and buffer against toxic stress.

Positive childhood experiences promote healing and recovery.

Positive Childhood Experiences Mitigate ACEs Effects



Bethell C., Jones J., Gombojav N., Linkenbach J., Sege R., Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels. JAMA Pediatr. 2019 Sep 9; e193007.



We Can Prevent ACEs



ACEs Prevention Strategies

(Fortson, Klevens, Merrick, Gilbert, & Alexander, 2016).



Strengthen Economic Supports to Families



Change social norms to support parents and positive parenting



Provide quality care and education early in life



Enhance parenting skills to promote healthy child development



Intervene to lessen harms and prevent future risk



Approaches to Healing and Recovery from ACEs and Trauma

- SUPPORTIVE RELATIONSHIPS
- MENTAL HEALTH
- MINDFULNESS
- NUTRITION
- SLEEP
- EXERCISE AND BODY MOVEMENT
- SELF-COMPASSION



Heart of Indiana
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(Burke Harris, 2018; Nagoski & Nagoski, 2019; Neff, 2021)

What's in the soil and the roots?

**Positive, Safe, Supportive,
and Equitable
Community Environments**

- Equity in policies, procedures and programming
- Strong economic supports for families
- Social norms that support positive parenting approaches

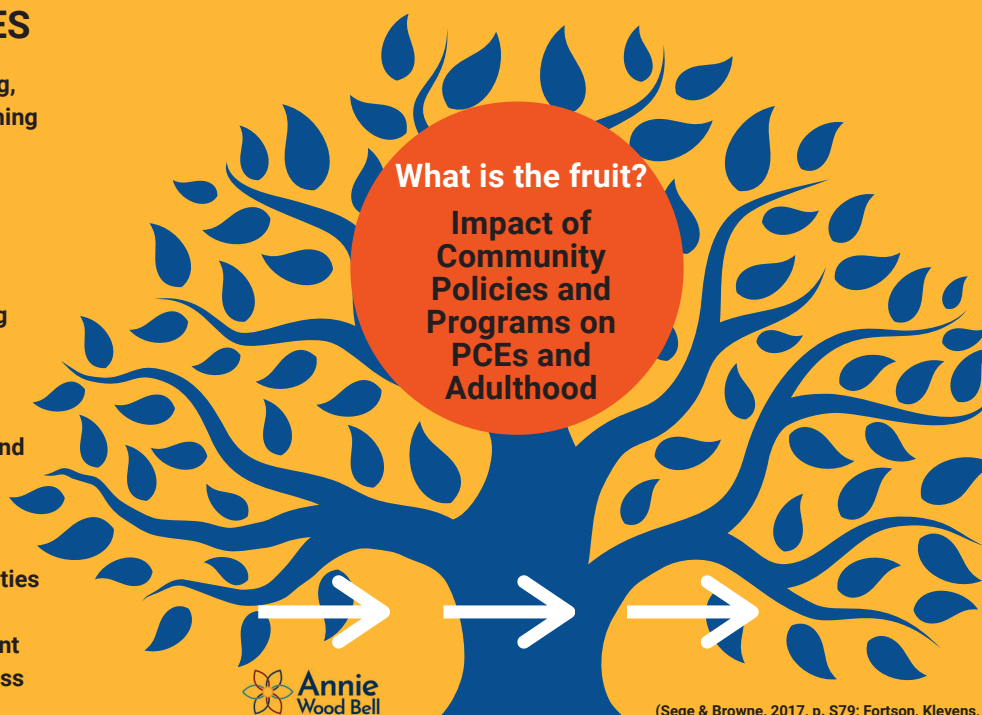
- Parenting education and skill building
- Early intervention when ACEs occur
- Quality childcare & early childhood programming



(Sege & Browne, 2017, p. S79; Fortson, Klevens, Merrick, Gilbert, & Alexander, 2016)

CHILDHOOD OUTCOMES

- Living, developing, playing, and learning in safe, stable, protective, and equitable environments
- Being in nurturing and supportive relationships
- Learning social and emotional competencies
- Having opportunities for constructive social engagement and connectedness



ADULTHOOD OUTCOMES

- Mental health well-being
- Greater likelihood to be employed
- Community connections and involvement
- More educational and training experience
- Physical health well-being, positive habits
- Involvement in safe, stable and supportive relationships

(Sege & Browne, 2017, p. S79; Fortson, Klevens, Merrick, Gilbert, & Alexander, 2016)

CHILDHOOD OUTCOMES

Living, developing, playing, building relationships, and learning in safe, stable, protective, equitable, and emotionally supportive environments.



ADULTHOOD OUTCOMES

Holistic well-being in the community, mental health, physical health, skill development, education, employment, and relationships.

- Equity in policies, procedures and programming
- Strong economic supports for families
- Social norms that support positive parenting approaches



Positive, Safe, Supportive, and Equitable Community Environments

- Parenting education and skill building
- Early intervention when ACEs occur
- Quality childcare & early childhood programming

(Sege & Browne, 2017, p. S79; Fortson, Klevens, Merrick, Gilbert, & Alexander, 2016)

Group Questions

- Where do you fit into this work of prevention, healing and recovery from ACEs? What about promotion of PCEs?
- What is one way you can strengthen your:
 - 1) prevention approaches?
 - 2) healing and recovery?



Resources

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Resources

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Additional Resources

Child Mind Institute- <https://childmind.org/>

Understanding Childhood Trauma

https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4923_0.pdf

The Whole Brain Child by Daniel Siegel and Tina Payne Bryson



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