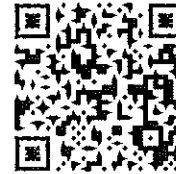


Adverse Childhood Experiences: Looking at how ACEs affect our lives & society
vetoviolence.cdc.gov



Helpful ACEs Resources

Bethany Mallino's YouTube Video: Brain Works: Bottom Up



CDC about ACEs

ACEs can be Prevented

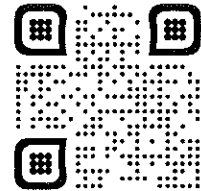
Safe, stable, and nurturing relationships and environments can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential.



The National Child Traumatic Stress Network

Overlap between Trauma and ADHD:

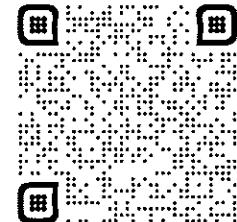
- Difficulty concentrating and learning in school
- Often doesn't seem to listen
- Easily distracted
- Disorganization
- Hyperactive
- Restless
- Difficulty Sleeping



Dr. Nadine Burke Harris

"The Deepest Well" on Amazon
Adverse Childhood Experiences (ACEs)

- 1) Emotional abuse (recurrent)
- 2) Physical abuse (recurrent)
- 3) Sexual abuse (contact)
- 4) Physical neglect
- 5) Emotional neglect
- 6) Substance abuse in the household (e.g., living with an alcoholic or a person with a substance-abuse problem)
- 7) Mental illness in the household (e.g., living with someone who suffered from depression or mental illness or who had attempted suicide)
- 8) Mother treated violently
- 9) Divorce or parental separation
- 10) Criminal behavior in household (e.g., a household member going to prison)



Harvard University Center on the Developing Child Toxic Stress

Types of Stress:

Positive- Brief increases in heart rate, mild elevations in stress hormone levels.

Tolerable- Serious, temporary stress responses, buffered by supportive relationships.

Toxic- Prolonged activation of stress response systems in the absence of protective relationships.



TEDMED 2014:
How childhood trauma affects health across a lifetime



Find more information and resources on

Twitter:

The Wellbeing Project
@TheWellbeingP

Ace Aware
Worcestershire
@ACEawareWorcs

The Leader in Me
@TheLeaderinMe

Wrestling Ghosts
@WrestlingGhosts

Action for Happiness
@actionhappiness

Vakids
@vakids

NVRnorthampton
@NVRnorthampton

ClacksEPS
@ClacksEPS

Research in Practice
@researchIP

RE ATTACHMENT
@Reattachparent

Trauma Informed
Schools UK
@TISUK_

TouchBase
@TouchBase_UK

ActionTrauma
@actiontrauma

Beacon House
@BeaconHouseTeam

Forged In Fire Trauma
Education Programs
@FIFPATRAUMAED

Fairfax Youth Thrive
@ffxyouththrive

Far From The Tree
@FFTTdoc

Inner World Work
@InnerWorldWork

**Equity and Cultural
Responsiveness**
@FCPSEquity

KIDS COUNT
@aecfkidscount

Ana Grace Project
@anagrangeproject

SaintA
@SaintAorg

CCRTL
@validateaffirm

Inspired Forward
@inspiredforward

NMT/NME Network
@NeuroSequential

NAMI Virginia
@NamiVirginia

ISSTD (The
International Society for
the Study of Trauma
and Dissociation)
@ISSTD

ChildTrauma Academy
@ChildTraumaAcad

Trauma Aware Schools
@TraumaAware

Dr. Bruce Perry

The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychologist's Notebook- What Traumatized Children Can Teach Us About Loss, Love, and Healing on Amazon

Excerpts from the Introduction:

It is rare for a child to escape trauma entirely. About 40% of American children will have at least one potentially traumatizing experiences by age 18.

Ultimately, what determines how children survive trauma, physically, emotionally, or psychologically, is whether the people around them- particularly the adults they should be able to trust and rely upon- stand by them with love, support, and encouragement.

Fire can warm or consume, water can quench or drown, wind can caress or cut. And so it is with human relationships: we can both create and destroy, nurture and terrorize, traumatize and heal each other.



Bruce D. Perry
@BDPerry

ACEsTooHigh
@acestoohigh

National Child
Traumatic Stress
Network
@nctsn

Nadine Burke Harris
@DrBurkeHarris

Resilience Doc
@DocResilience

Think:Kids
@ThinkKids

**Bessel van der
Kolk M.D.**
**The Body Keeps
the Score: Brain,
Mind, and Body in
the Healing of
Trauma on
Amazon**

