

**UNDERSTANDING**  
Adverse Childhood Experiences  
Building Self-Healing Communities



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**Memory of our experiences**  
IS STORED IN OUR BODY



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01/12/14 **NEWS**

**Early Adversity Increases Physical, Mental, Behavioral Problems, Scientists Report**



Dr. Robert Anda & Dr. Vincent Felitti  
Investigators

Centers for Disease Control & Prevention,  
Kaiser Permanente Study  
Over 17,000 study participants

The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.

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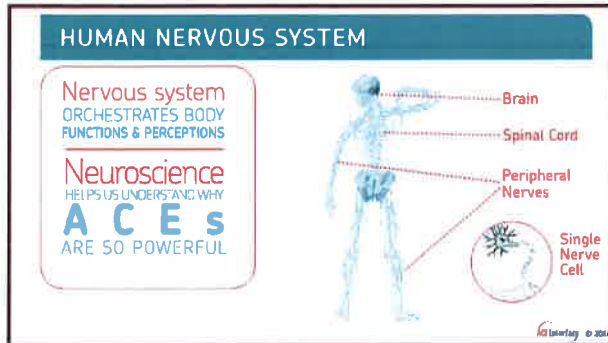
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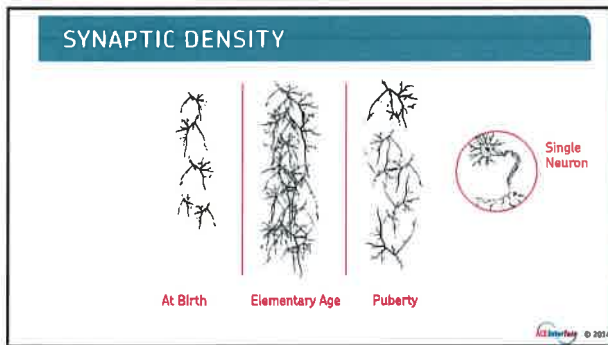
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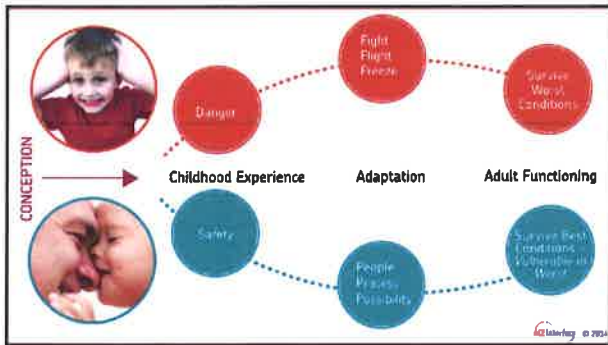
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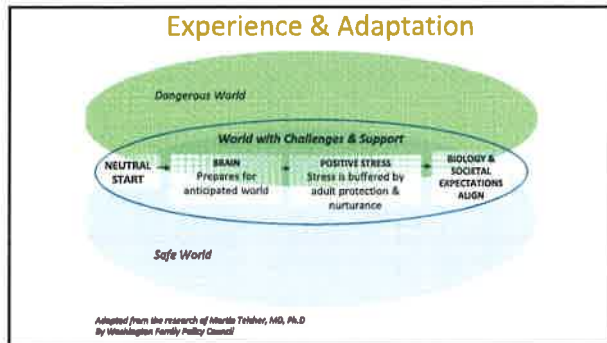
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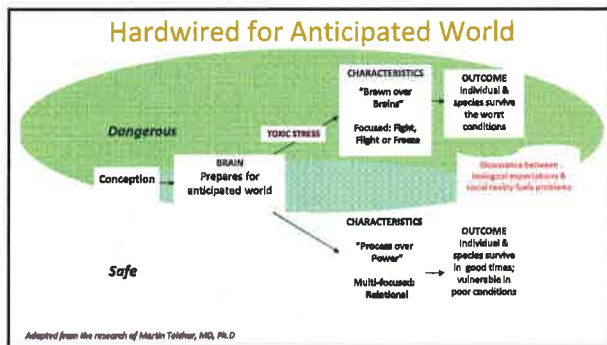
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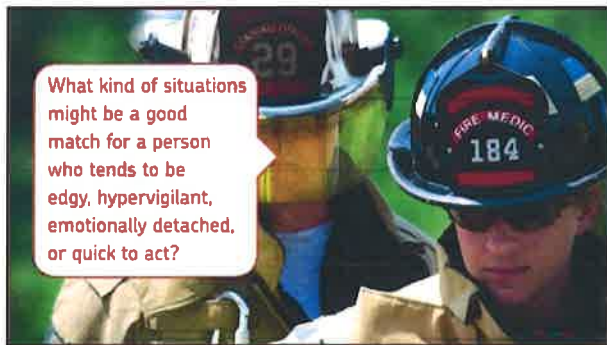
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**ADAPTATIONS VS EXPECTATIONS**

WHEN BIOLOGY  
**collides**  
WITH SOCIAL  
EXPECTATIONS  
we run into  
**TROUBLE**



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EXPERIENCE & ADAPTATION  
sensitive periods  
**Cause-Effect**



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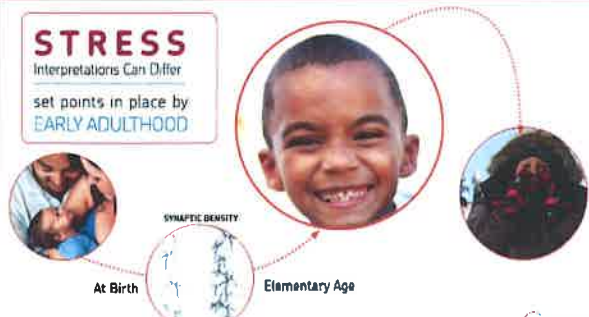
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**STRESS**  
Interpretations Can Differ  
set points in place by  
EARLY ADULTHOOD



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### Key Variables In Brain Outcomes

**CRITICAL & SENSITIVE TIMES:**  
AGE AT TIME OF TOXIC STRESS  
The brain develops over time. The effects of maltreatment correspond to the region and/or function that is developing at the time of maltreatment.



**TYPE OF EXPERIENCE**  
Different types of maltreatment activate different processes that shape the brain, such as chemicals & hormones, electrical activity, cell growth, & specialization of cells.

**GENDER**  
Although both boys & girls are affected by maltreatment the effects of sexual abuse are more profound in girls while the effects of neglect are more profound in boys.

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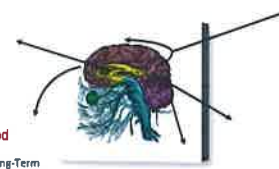
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### Sequential Development

**Early**  
Hippocampus & Amygdala  
Memory, Learning, Response to Danger, Self monitoring  
Delayed Effects



**Early & Middle**  
Corpus Collosum  
Language, Math  
Integration of Creative & Analytical Thought  
Infant Neglect, Sexual Abuse 9-10

**Into Adulthood**  
Cortex  
Thinking, Judgment, Long-Term Memory, Executive Function, Hope  
Multiple Sensitive Periods  
All, Family Violence 8-10, Sexual Abuse pre 12 & 15-16

**Pre-Puberty**  
Cerebellar Vermis  
Affect, Attention, Movement, Substance Abuse & Mental Health  
Delayed Effects

**Middle**  
R. Temporal Gyrus  
Spoken Language  
Social Cognition  
Profound Depression  
Suicidality  
Emotional Abuse, Including Bullying

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### Bullying



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**Trauma-Informed School Discipline**



Wait a Day  
Wait an Hour  
Ready to Talk

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**Epigenetics & Enduring Health**



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**We** have a collective **CHOICE**



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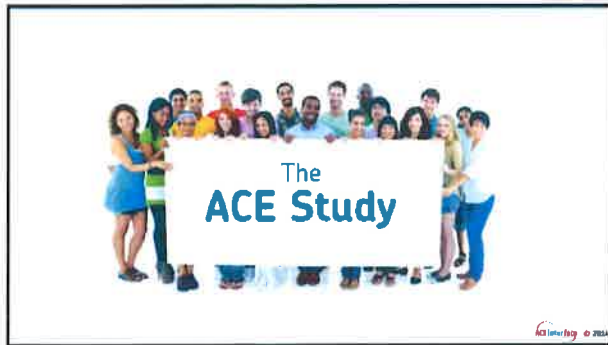
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# ACE Interface




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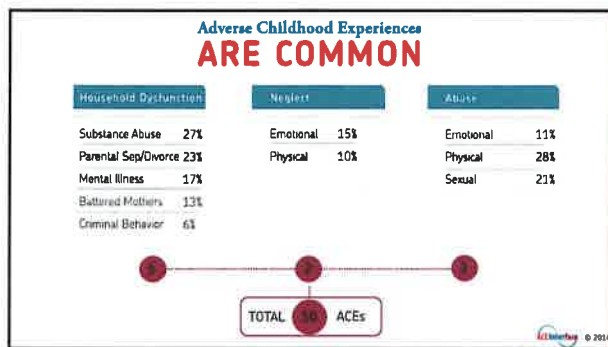
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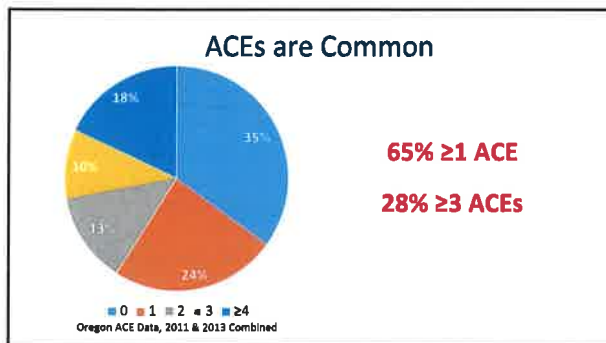
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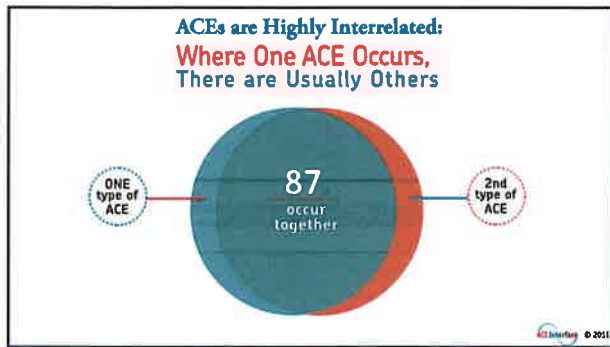
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# ACE Interface



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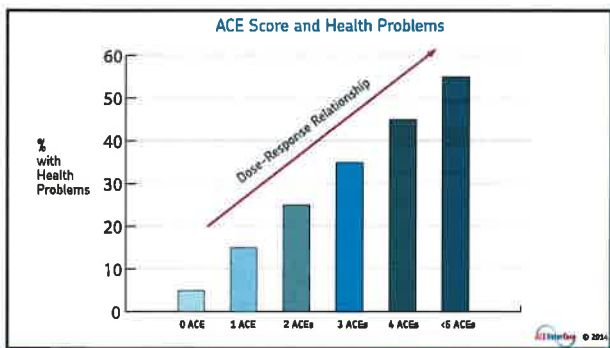
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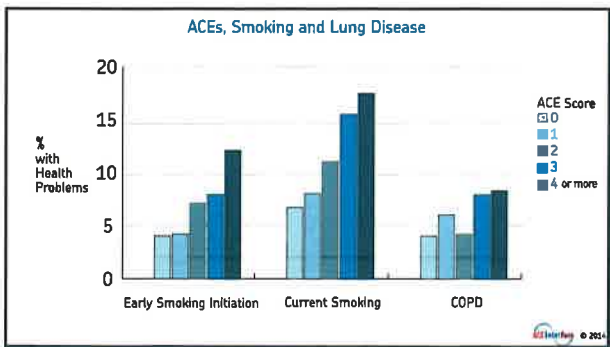
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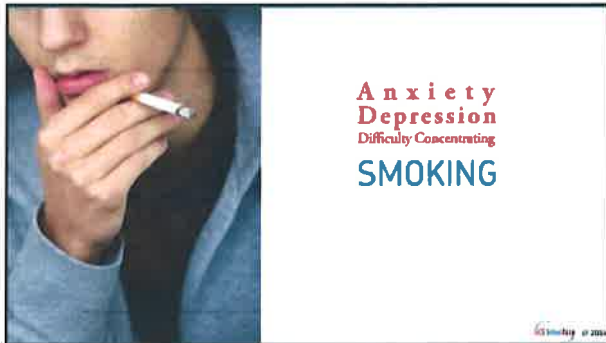
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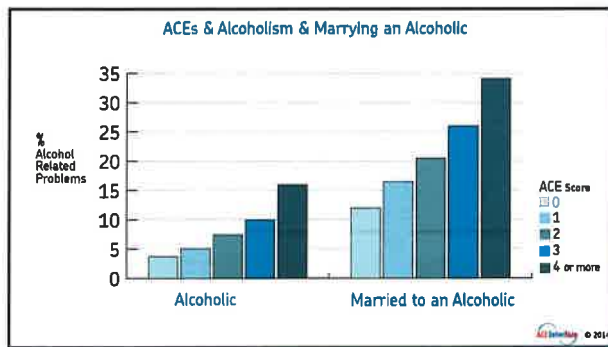
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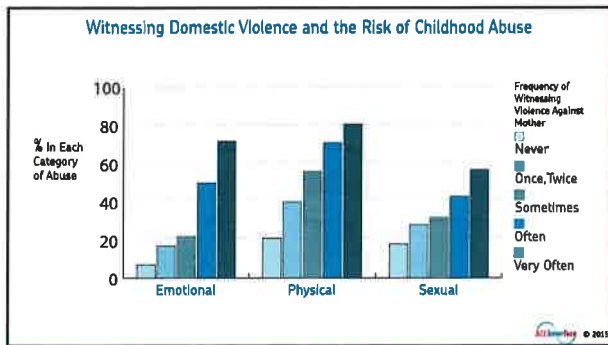
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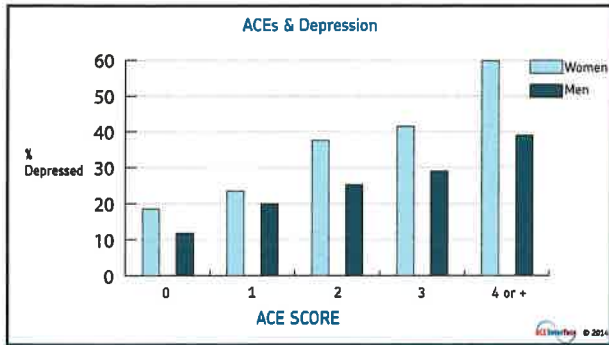
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# ACE Interface




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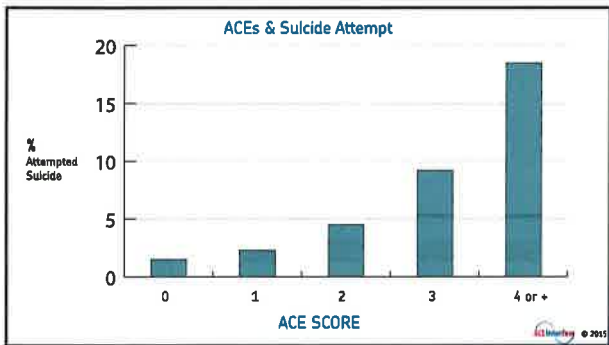
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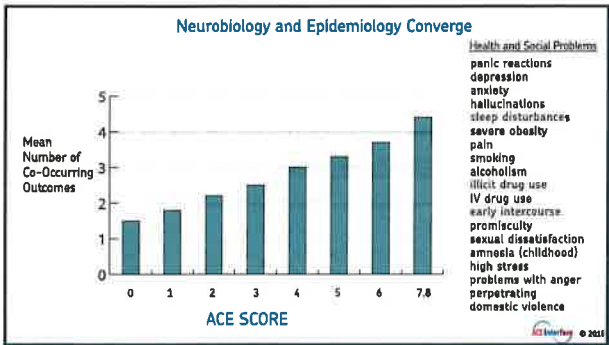
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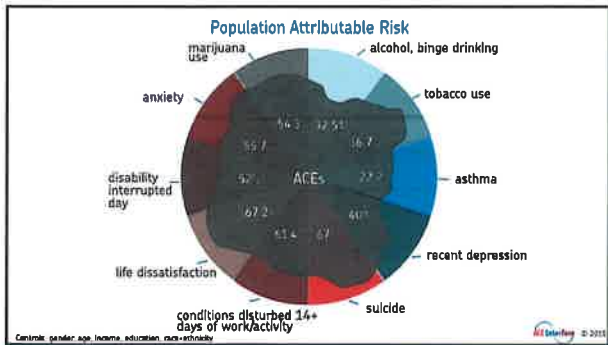
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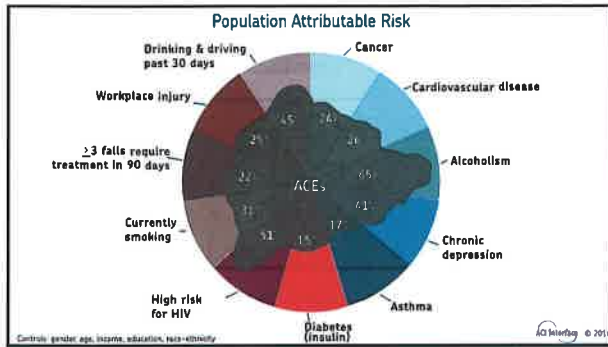
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**Core Protective Systems**

- Capabilities
- Attachment & Belonging
- Community Culture Spirituality

*"Nurturing the healthy development of these protective systems affords the most important preparation or 'inoculation' for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals."*

*Ann Masten, 2009*

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Individual Capabilities



**Positive**  
view lets me know I am  
important and valuable

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Attachment & Belonging

**RELATIONSHIPS**  
with caring and competent  
**people are**  
**-VITAL-**  
contributors to  
resilience & recovery



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Community, Faith &  
Cultural Processes

**WE**  
**foster**  
**thriving**  
**communities**

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**Community Capacity Development**

- Leadership Expansion
- Coming Together
- Shared Learning
- Results-Oriented Decisions



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**Core Principles of a Trauma-Informed System of Care**

- **Safety** – ensuring physical and emotional safety
- **Trustworthiness** – maintaining appropriate boundaries and making tasks clear
- **Choice** – prioritizing choice and control (for people who have had control taken away, having small choices makes a big difference)
- **Collaboration** – maximizing collaboration
- **Empowerment** - prioritizing empowerment and skill-building



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*lifting all beings*



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