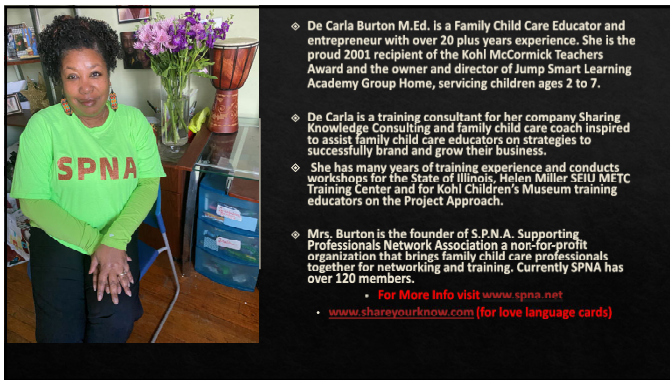
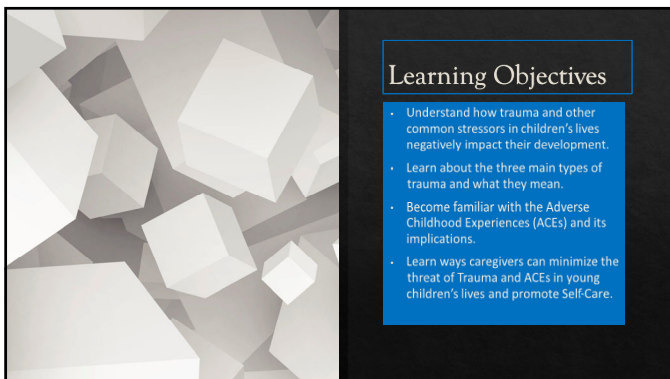




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What Is Adverse Childhood Experience?

ACEs are traumatic experiences that children experience that can then go on to effect their mental health and their future prospects in life.

It is vital that we understand not just what they are, but how they affect the child and the impact they can have on their behavior.


Let's watch the clip below to find out more:



4

Adverse Childhood Effect Study with Dr. Vincent Felitti

- ◊ The largest study of its kind ever done to examine the health and social effects of adverse childhood experiences over the lifespan
- ◊ Experiences while growing up that deeply impact a young person and profoundly affect emotional and physical health later in life.
- ◊ **Check out the study**
- ◊ <https://www.youtube.com/watch?v=KEFTthAYnQ>



5

Understanding Adverse Childhood Experiences as it relates to Trauma.

A term coined by researchers Vincent Felitti, Robert Anda, and their colleagues in their seminal study conducted from 1995 to 1997—are a subset of childhood adversities.

The term ACEs has since been adopted to describe varying lists of adversities.

6

Adverse Childhood Experience Study

- ACEs is Pretty Common.
- Study found that 77% of population has at least 1 ACE
- 1 in 8 people had 4 or more ACEs

7

Adverse Childhood Experience Study

- There is a dose response relationship between ACEs and health outcomes.
- Higher your ACEs scores the worse your health outcomes.
- Science help us understand how Adverse Childhood Experiences affect brain and body development in children.

8

Adverse childhood experiences are different than child trauma, and it's critical to understand why...

- Legislators, caregivers, and the media increasingly recognize that childhood adversity poses risks to individual health and well-being. The original Adverse Childhood Experiences (ACEs) Study has helped raise public awareness about this critical public health issue. However, as the use of ACEs questionnaires for identifying potentially harmful childhood experiences has gained popularity, it is important to understand how ACEs differ from other commonly used terms, including childhood adversity, trauma, and toxic stress.

9

Trauma

Trauma	Childhood Adversity
<ul style="list-style-type: none"> • Trauma occurs when a person perceives an event or set of circumstances as extremely frightening, harmful, or threatening—either emotionally, physically, or both. 	<ul style="list-style-type: none"> • Childhood adversity is a broad term that refers to a wide range of circumstances or events that pose a serious threat to a child's physical or psychological well-being.

Why do you think the consequences of trauma is so much more serious when caused early in life?

10

Three Main Types of Trauma: Acute, Chronic, or Complex

- Acute trauma results from a single incident.
- Chronic trauma is repeated and prolonged such as domestic violence or abuse.
- Complex trauma is exposure to varied and multiple traumatic events, that occur during interpersonal relationships.

11

Amygdala

- Brain fear and response center
- Real neurological reasons
- Exposed to high doses of adversity
- More likely to engage in high-risk behavior

12

Discussion

Thinking about the 3 main types of trauma, let's revisit the previous question. Why do you think trauma is so detrimental the younger a child is?

Can you think of any stressing or disturbing events that you have witnessed that can affect children's ability to be at their best?

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Types of Traumatic Events

- Neglect and psychological, physical, or sexual abuse
- Natural disasters, terrorism, and community and school violence
- Witnessing or experiencing domestic violence
- Sexual exploitation

14

Types Of Trauma

- Serious accidents, life-threatening illness, sudden or violent loss of a loved one
- Refugee and war experiences
- Military family-related stressors, such as parental deployment, loss, or injury

15

IMPORTANT MESSAGE

It is important to learn how traumatic events affect children. The more you know, the more you will understand the reasons for certain behaviors and emotions and be better prepared to help children and their families cope. Learn more about the types of trauma and violence and types of disasters.

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Trauma, Attachment and the Developing Brain

DID YOU KNOW??

- Trauma can affect children's behavior.
- Trauma impacts brain development.

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Signs of Child Traumatic Stress – Preschool Children

- Fearing separation from parents or caregivers
- Crying and - or screaming a lot
- Eating poorly and losing weight
- Having nightmares

18

Signs of Child Traumatic Stress – Elementary School Children

Becoming	Becoming anxious or fearful
Feeling	Feeling guilt or shame
Having	Having a hard time concentrating
Having	Having difficulty sleeping

19

Traumatic Experiences AKA ACEs

◆ Traumatic experiences in early childhood and the teenage years may put children at risk for violence, chronic health problems, mental illness, and substance abuse in adulthood. As a reminder these traumatic experiences are known as Adverse Childhood Experiences (ACEs). These experiences can affect children for years and impact their potential in life.

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Looking Deeper Into ACEs

ACEs may take many forms, including:

- Experiencing violence, abuse, or neglect
- Witnessing violence in the home or community
- Having a family member attempt or die by suicide

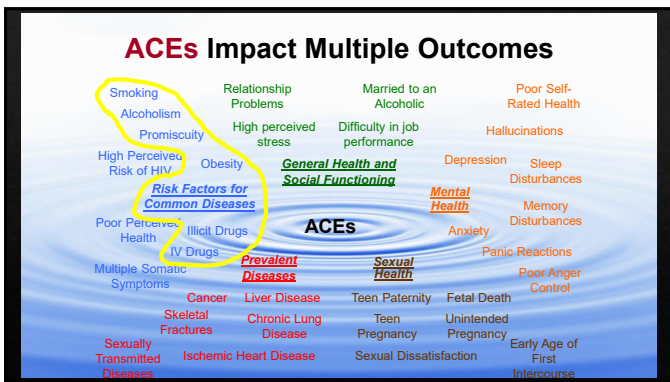
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ACEs in the Environment

Also included are aspects of the child's environment that can undermine their sense of safety, stability, and bonding such as growing up in a household with:

- Substance use problems
- Mental health problems
- Instability due to parental separation
- Instability due to incarceration of a parent, sibling, or other members of the household

22




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24

Raising Awareness of ACEs

- ◆ Bringing awareness connects community resources to fight ACEs.



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Let's Review

How Can We Help To Reduce ACEs

- Educate ourselves, and parents about the impact of ACEs and toxic stress.
- Share the science because it affect all of us.

26

ACEs Community Support

- ◆ Youth-serving and faith-based organizations, coaches, and caregivers can help prevent adverse childhood experiences (ACEs). Raising awareness of ACEs in communities about how to prevent these experiences can help children and youth grow up and thrive in a safe and stable environment.
- ◆ Discussion Questions - Can you think of other organizations to support Youth that we haven't mentioned?

27

Help Kids Have A Good Start

- ENROLLING CHILDREN IN SCHOOL OR COMMUNITY MENTORING PROGRAMS
- GETTING CHILDREN INVOLVED IN AFTER-SCHOOL ACTIVITIES
- GIVING CHILDREN OPPORTUNITIES TO BUILD CONFIDENCE AND PRACTICE LEADERSHIP SKILLS
- OFFERING A TRAINING OPPORTUNITY IN THE ARTS, SPORTS, SCIENCE, OR TECHNOLOGY

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Strengthen Families Financial Stability

- Policies that support employers offering paid time off to care for a newborn or family member
- Policies that provide families assistance with childcare costs and healthy nutrition
- Providing income or child tax credits for working families
- Offering flexible and consistent work schedules

29

Promote Social Norms That Protect Against Violence

- Supporting parents and positive parenting practices.
- Encouraging people to speak up when they see violence.
- Involving men and boys in prevention efforts.
- Educating parents that it's okay to ask for help.

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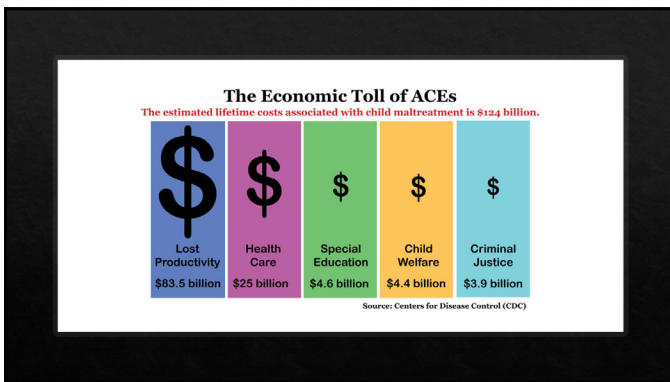
Remember
We Can
Make A
Difference
To Help
Prevent
ACEs

The good news is that we can help combat ACEs. There are a number of strategies that involve people from all sectors of society that can prevent ACEs from happening and lessen the harmful effects.

The harmful effects of ACEs can affect everyone in our communities.

Everyone can be helpful in preventing them. By taking quick action when an ACEs happens, communities can help all children and youth reach their full potential.

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Promoting Positive Strategies to Combat ACEs

What changes will you implement?

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Building Leadership and Self-Confidence

- ◆ While some children are good leaders by nature, other students need to be encouraged, role modeled, and nurtured to develop leadership and self-confidence skills.
- ◆ By being a leader, a child will develop qualities such as honesty, belief in self, dedication towards the task, being a good listener and develop a positive attitude. Teachers, caregivers, parents and other family members can encourage the development of these qualities in early life.

THE GREATEST THING
YOU CAN GIVE A CHILD
IS CONFIDENCE

GALE PORTER
PICTUREQUOTES.COM

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Leadership Activities Promote Self-Esteem...

1. Check the positive as well as negative aspects of their behavior
2. Identify areas where they lack courage and improve
3. Boost self-confidence
4. Express themselves to others correctly
5. Develop organizational skills

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Leadership Activities

Volunteer Roles

Volunteering is a key on leadership roles. Talk to children about how they would like to be a helper in the classroom and assign jobs.

Family child care educators (FCCE) should make sure to choose volunteer opportunities that give every child a chance to lead and work with others.

What are some examples you can think of to help children develop leadership skills?

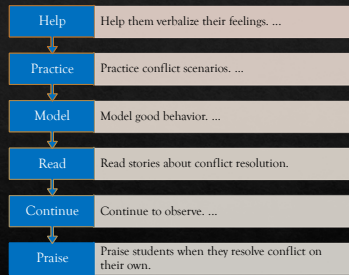
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Teach Healthy Relationship Building Skills

- Teaching children and youth how to handle conflict(s), negative feelings, and pressures from peers.
- Offering programs that teach skills for developing healthy, non-violent dating and peer relationships.
- Sharing healthy childrearing skills and resources for parents.

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Conflict Resolution Strategies.



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Conflict Resolutions

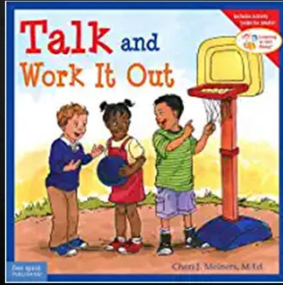
<https://youtu.be/Fbawu6taGj4>

What are some of the strategies you noticed the teacher used to resolve conflict?

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Adding Books as Resources.

This book offers clear, simple language and supporting illustrations. Children learn to calm themselves, state the problem, listen, think of solutions, try one, evaluate results, and even agree to disagree when a solution isn't possible. Includes skillbuilding games and role plays for adults to use with children.



40

Let's Review Remember Strategies to Help Combat ACEs .

- Enroll children in school or community mentoring programs.
- Involve children in after-school activities.
- Provide opportunities to build confidence and practice leadership skills.
- Provide diverse training opportunities to appeal to different learning styles and interests of children. Some suggestions are in the arts, media, sports, science, or technology.

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Intervention & Resources To Combat ACEs



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Intervene to Lessen Immediate and Long-Term Harms.

- Learning more about ACEs and what kinds of support are available for kids, teens, and adults.
- Offering access to information on medical, legal, housing, and other crisis intervention services as needed.
- Providing therapy to reduce symptoms of depression, fear or anxiety, and behavior problems.
- Providing resources of family-centered treatment facilities for substance misuse.

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Strategies That Support Children Experiencing ACEs

- Assure the child is safe.
- Explain to the child that they are not responsible for what happened.
- Be patient, there is no correct timetable for healing.
- Try to be supportive and reassure the child that they should not feel guilty about any feelings or thoughts.

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Treatment for Child Traumatic Stress

- Even with the support of family members and others, some children do not recover on their own.
- When needed, a mental health professional trained in evidence-based trauma treatment can help children and families cope with the impact of traumatic events and move toward recovery.
- Effective treatments like trauma-focused cognitive behavioral therapies are available.

45

Treatment for Child Traumatic Stress Continues...

1

There are several evidence-based and promising practices to address child traumatic stress.

2

Each child's treatment depends on the nature, timing, and amount of exposure to a trauma.

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Government Websites

- [Division of Violence Prevention and Adverse Childhood Experiences \(ACE\) Study at CDC](#)
- [Office for Victims of Crime at the Department of Justice](#)
- [National Center for PTSD at the Department of Veterans Affairs](#)
- [Pediatric Trauma and Critical Illness Branch at the National Institute of Child Health and Human Development](#)
- [Coping With Traumatic Events at the National Institute of Mental Health](#)

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Other Organizations

- [American Professional Society on the Abuse of Children](#)
- [Children's Mental Health Report at the Child Mind Institute](#)
- [HealTorture.org](#)
- [International Society for Traumatic Stress Studies](#)
- [National Children's Advocacy Center](#)
- [Sidran Institute](#)

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Benefits of Preventing ACEs

- Healthier relationships.
- Better performance in school.
- Higher graduation rates.
- Fewer mental health problems.
- Less substance use.

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Everyone Plays A Role In Preventing ACEs.

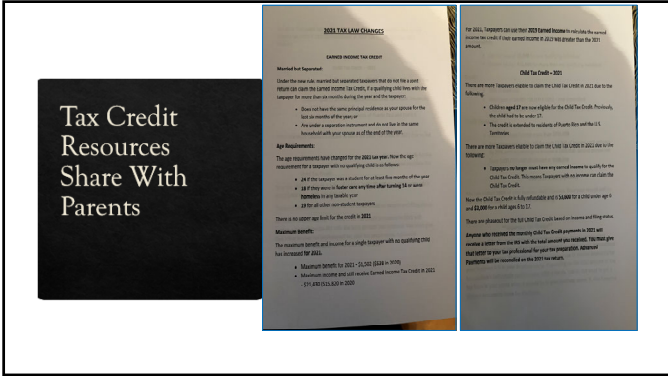
- Fewer behavior problems and less violence.
- Fewer arrests for violent crimes.
- Less burden and cost from violence for everyone.

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Other Resources

- ◆ Professional Child Care Association – Supporting Professionals Network Assoc. www.spna.net
- ◆ Join committee to gather resources to combat ACEs – contact Dee Burton – deejumpsmart@gmail.com
- ◆ Purchase Love Language Cards (Affirmations) www.shareyourknow.com
- ◆ Clean Robot video - <https://youtu.be/q4uMyH0KsMk>

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Coping With Stress
 The outbreak of coronavirus disease 2019 was stressful for people and communities.

- Disbelief.
- Feelings of fear, shock, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, and interests.
- Difficulty sleeping or nightmares, concentrating, and making decisions.

55

Nature Public Health Emergency Collection
 Public Health Emergency COVID-19 Initiative

COVID Stress Syndrome:

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Five Elements of COVID Stress Syndrome

- ◆ (1) Fear of SARSCoV2 infection and fear of coming into contact with objects or surfaces contaminated with the coronavirus.
- ◆ (2) Fear of socio-economic impacts of the pandemic.
- ◆ (3) fear of foreigners for fear that they are infected.
- ◆ (4) Pandemic-related compulsive checking and reassurance-seeking
- ◆ (5) Pandemic-related traumatic stress symptoms.

◆ A severe form of the syndrome, characterized by clinically significant distress and impairment in functioning, is the COVID Stress Disorder, which is regarded as a pandemic-related adjustment disorder. Several treatment options exist but further research is needed.

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Healthy Ways to Cope with Stress

Take	Take breaks from watching, reading, or listening to news stories.
Take	Take care of yourself, exercise, eat healthy, rest
Stress Relief	Imagery/Visualization
Connection	Prayer/Practice.
Try	Relaxation.
Get Away	Vacation.
Get	Encouragement/Support

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Self-Care


- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.
- **Make time to unwind.** Try to do some other activities you enjoy.

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Remember.....

- Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family.
- Helping those you care about cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

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Special Thank You to all our Child Care Educators for all you do as you continue to make a positive impact in the lives of children and families.

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