




Help *that* Helps



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We:
Provide education and opportunity for dialogue to a broad cross-section of residents and professionals to build common language and common understanding about how experience affects wellbeing.

So that: Community residents and professionals are surrounded by people who are knowledgeable about ACE concepts and have skills for recognizing what's helping or hurting, and for engaging people most affected by ACEs in hope-filled action.

So that:
We reach a tipping point in communities where it is usual for people to:

1. Have opportunity for a change moment: feel seen, understood, and accepted.
2. Develop compassion for self, make meaning from experiences, and build on core gifts.
3. Know the most powerful determinant of health: ACEs.
4. Make decisions and take actions to build adults' capacities to protect and respond to child needs.

So that:
Children reach their full potential by growing and developing in relationships that are healthy and protective.
&
ACE Scores are reduced in the next generations.

The Issues are Complex



Historical Trauma
Intergenerational Adversity
Sensitive Developmental Periods
ACE Accumulation
Progressive Nature of Adversity
Public and Private Costs
Community Variation

Resources are Finite

We need low-cost solutions that address the complexity of problems and foster big improvements in varied community environments.





Communities are Powerful

“Community is a living,
spiritual entity,
supported by every
responsible adult.”

Gregory Cajete

It's about you and me
CHANGING
the future of
PUBLIC HEALTH

DISCOVERY



CONCEPTION



Childhood Experience

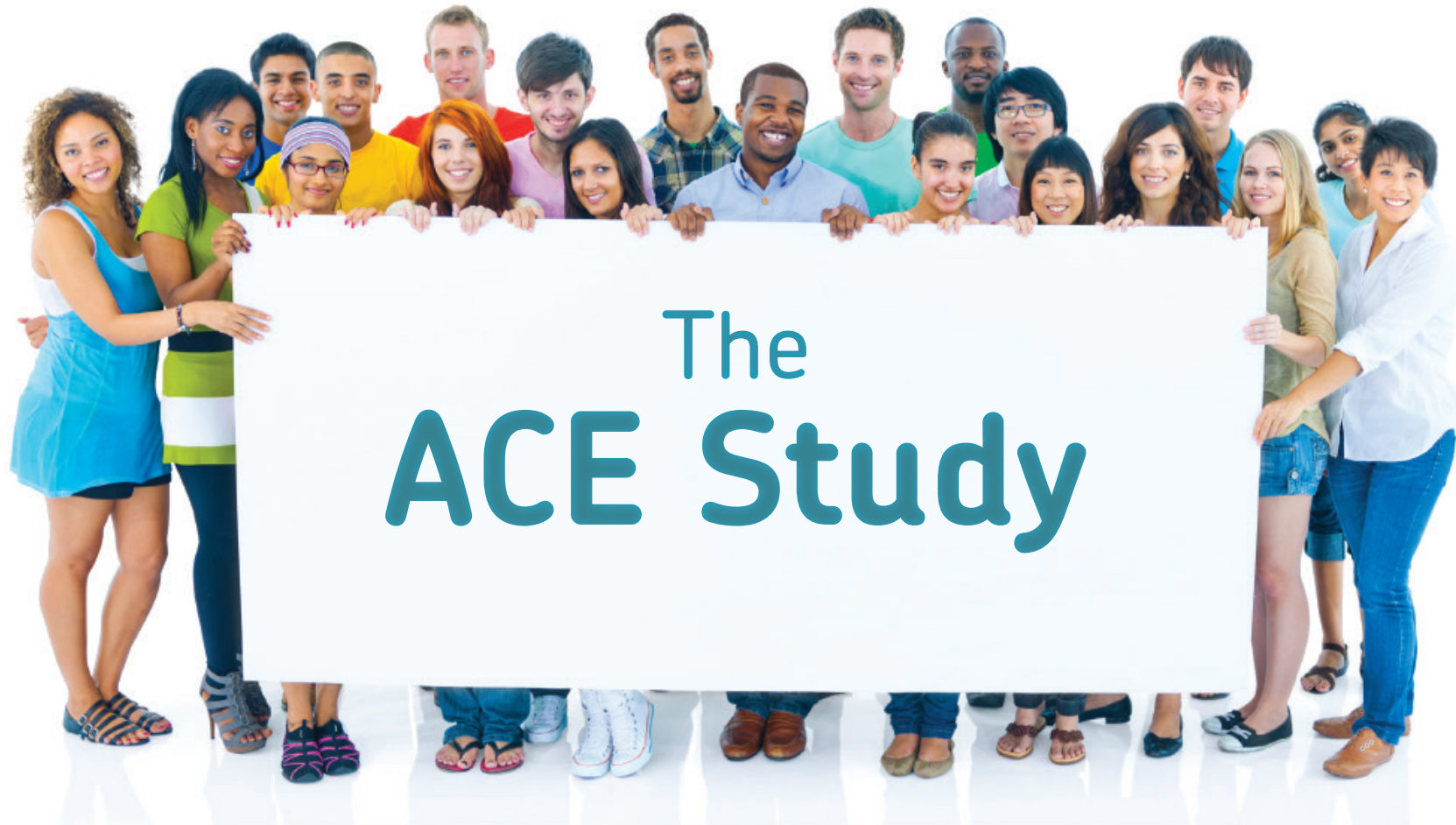


Adaptation



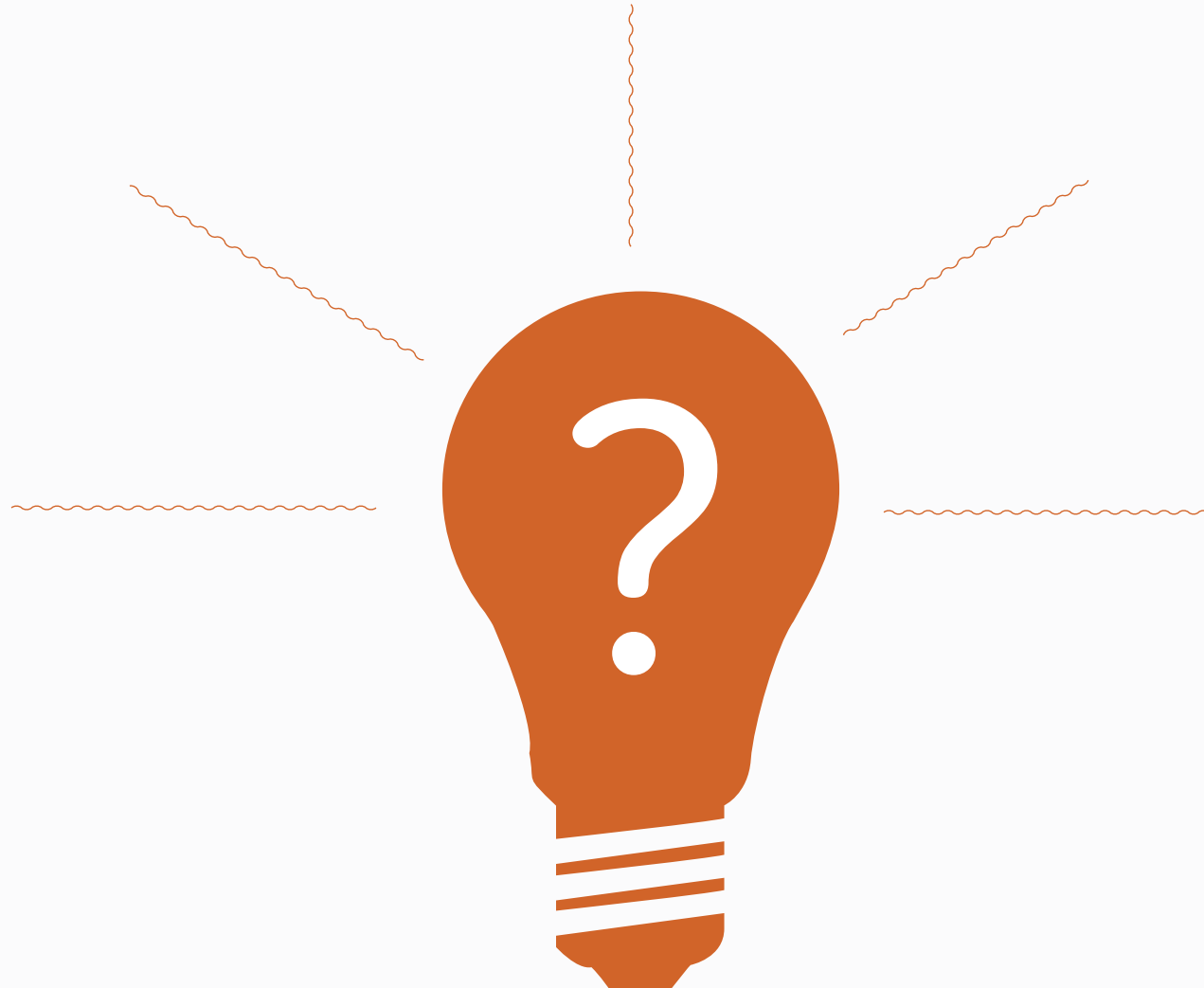
Adult Functioning

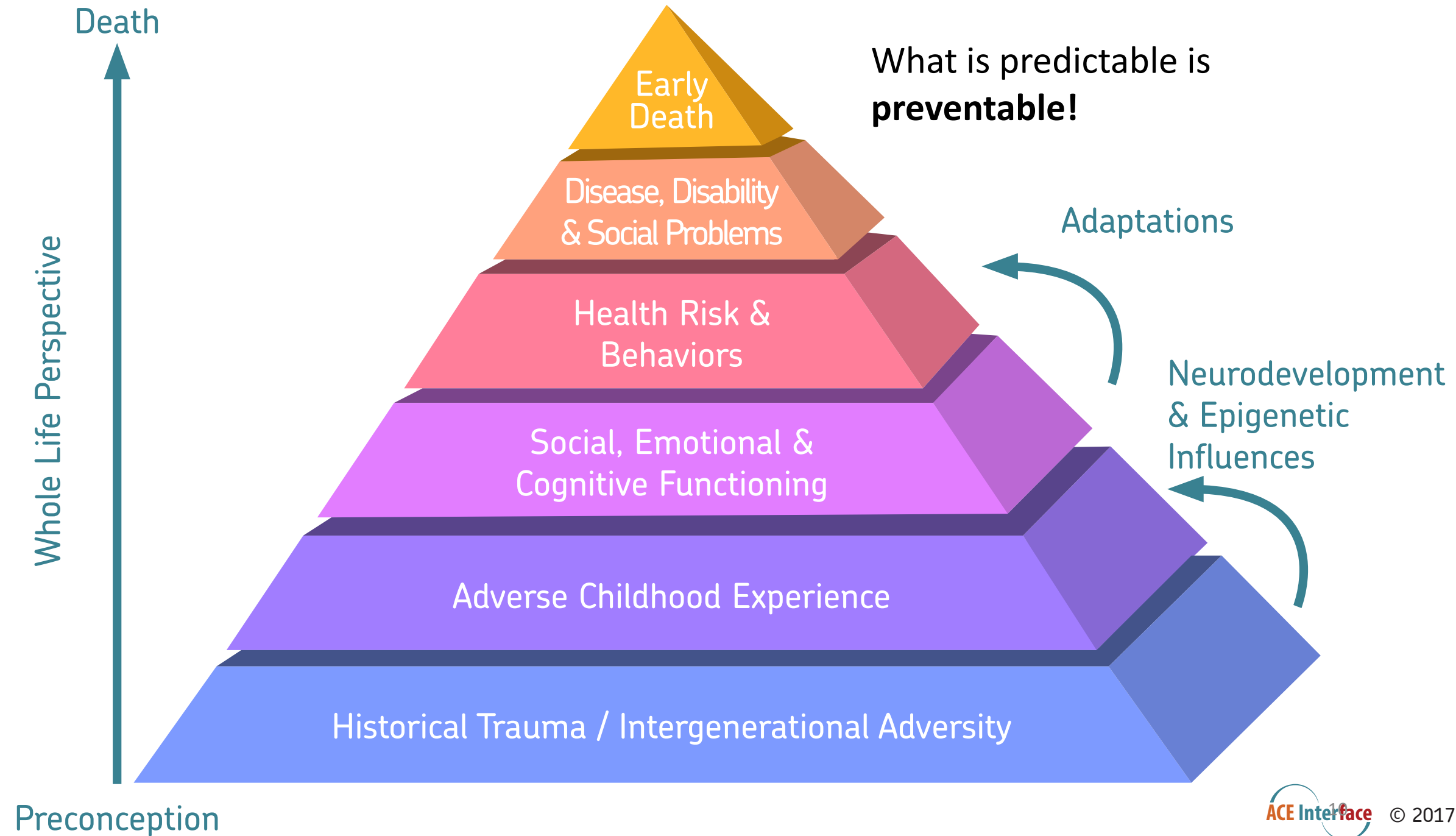




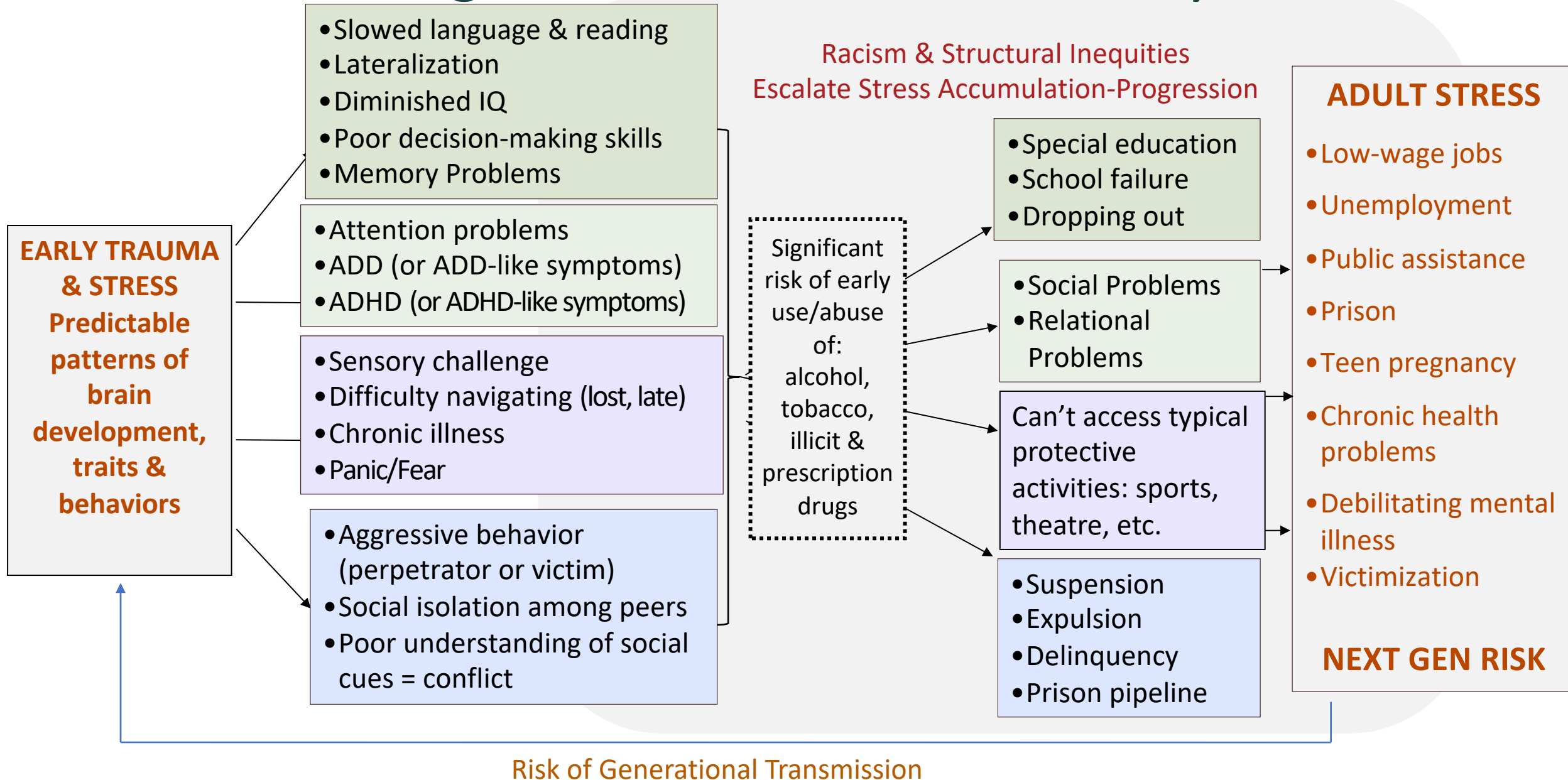
Epidemiology = how the population as a whole is affected by a disease agent (not for Dx individual)

Does the Risk for Chronic Health Problems Originate in Childhood?





Progressive Nature of Adversity



Adverse Childhood Experiences **ARE COMMON**

Household Dysfunction

Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect

Emotional	15%
Physical	10%

Abuse

Emotional	11%
Physical	28%
Sexual	21%

5

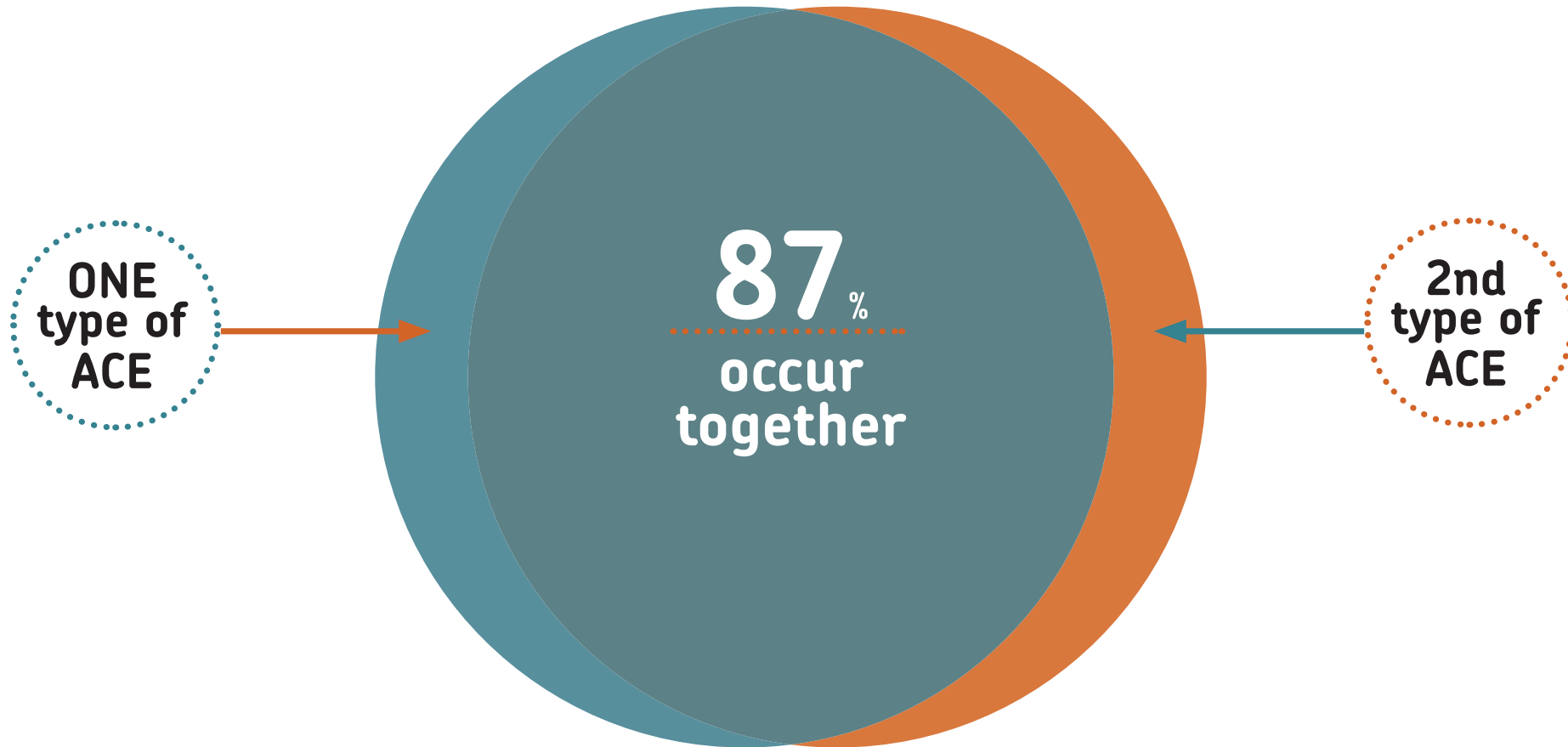
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3

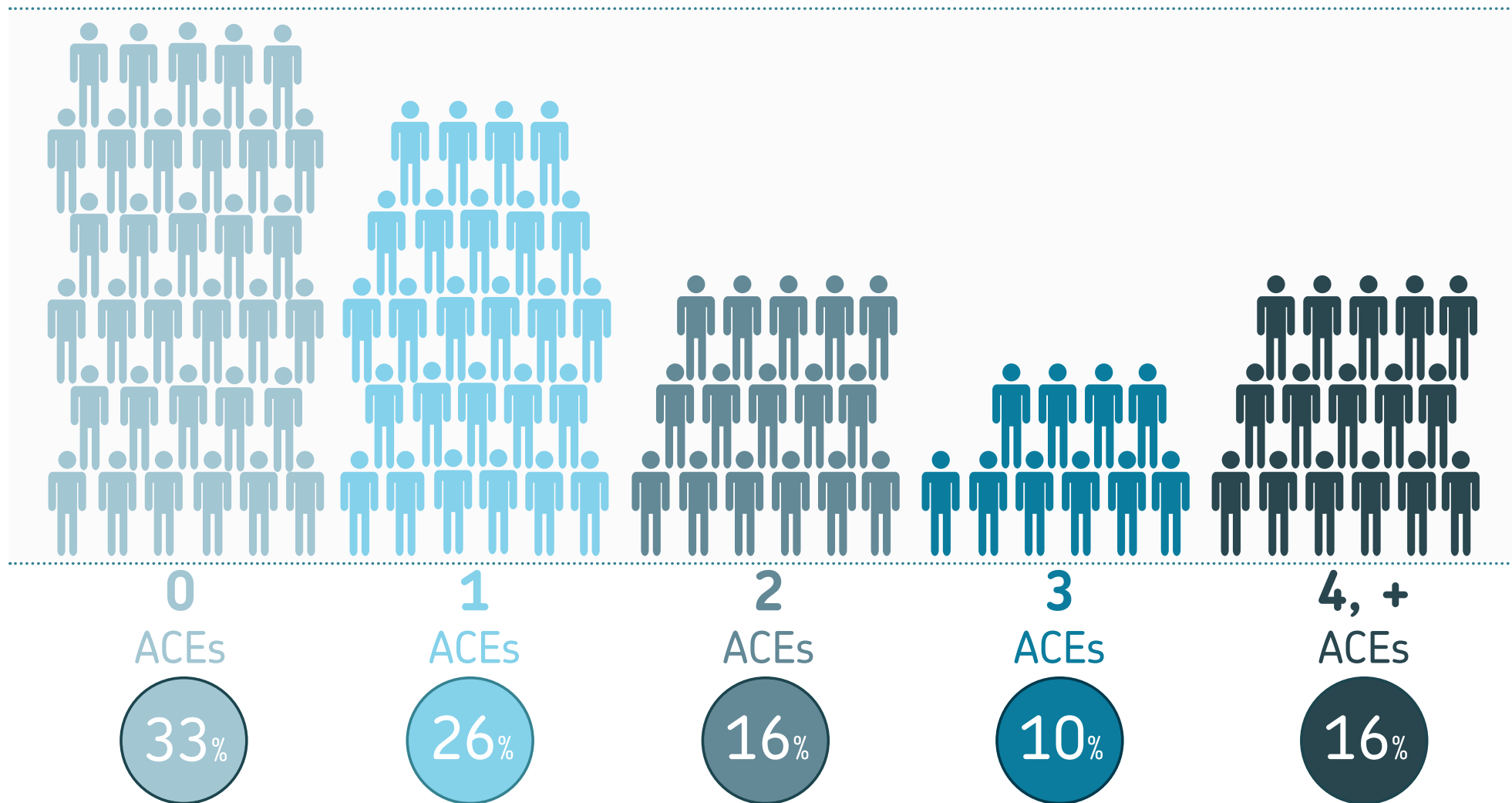
TOTAL 10 ACEs

ACEs are Highly Interrelated:

Where One ACE Occurs,
There are Usually Others



ACE Score = Number of ACE Categories



ACE Scores Reliably Predict Challenges During the Life Course

EXAMPLES OF ACE-ATTRIBUTABLE PROBLEMS

Alcoholism & Alcohol Abuse

Chronic Obstructive
Pulmonary Disease

Coronary Heart Disease

Depression

Drug Abuse & Illicit Drug Use

Fetal Death

Intimate Partner Violence

Liver Disease

Mental Health Problems

Obesity

Sexual Behavior Problems

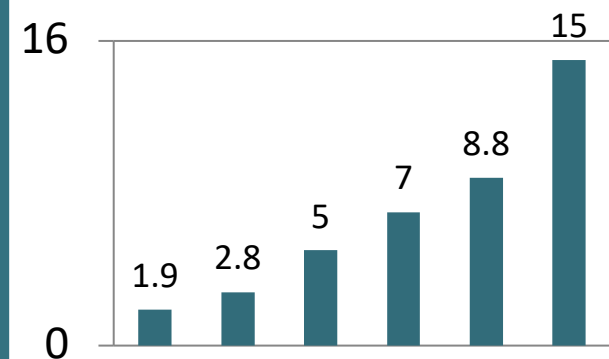
Smoking

Unintended Pregnancy

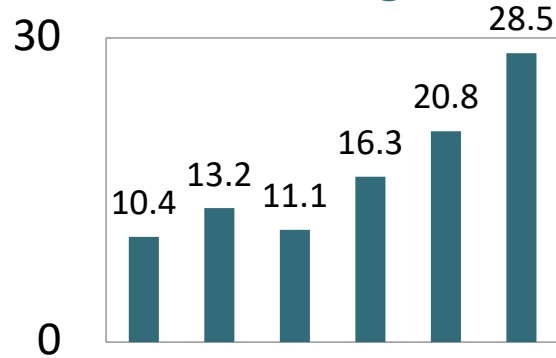
Violence

Workplace Problems

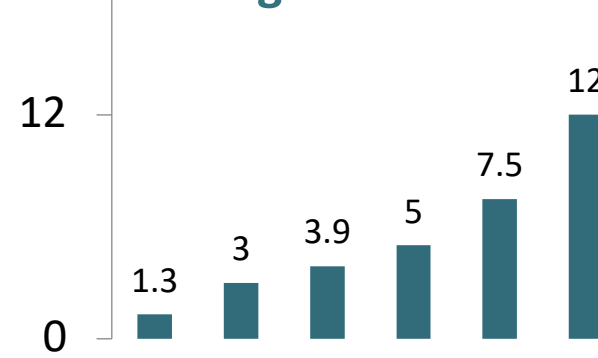
Anxiety



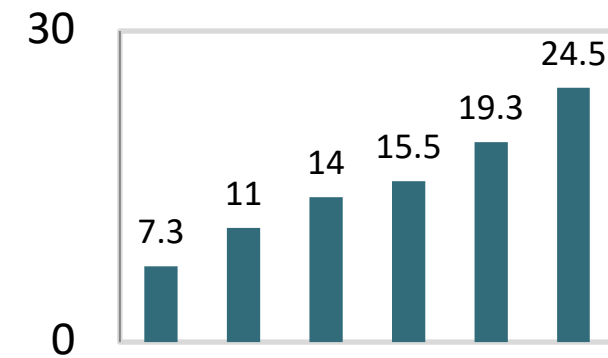
Smoking



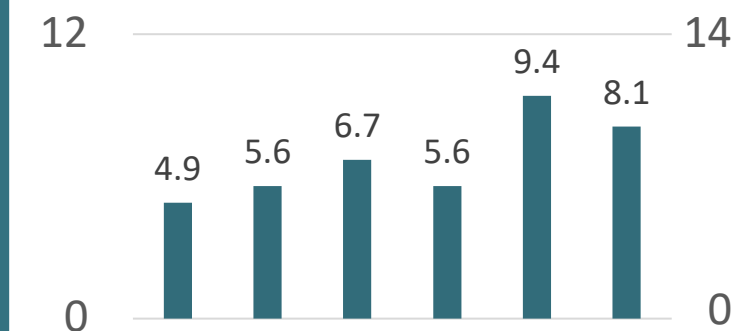
Drug Problem



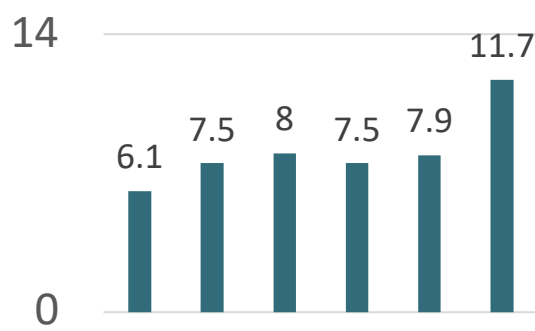
MH Treatment



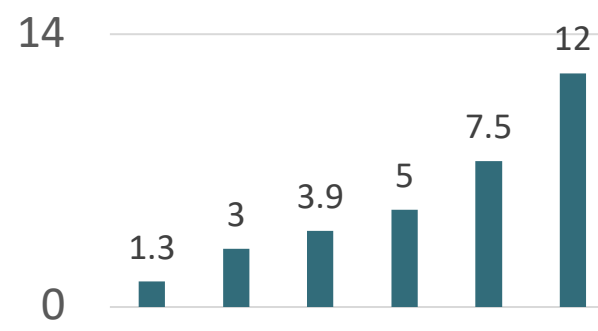
Cardio Vascular Disease



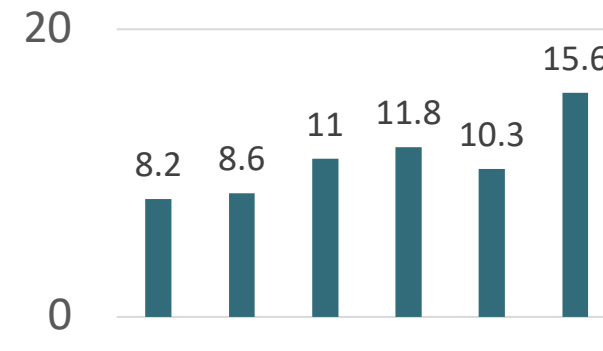
Diabetes



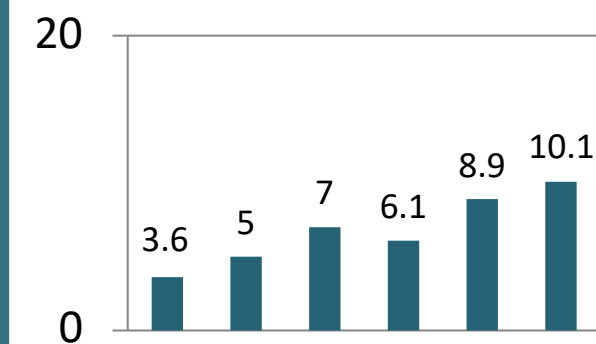
Asthma



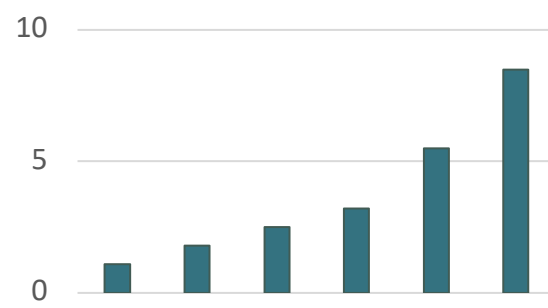
Cancer



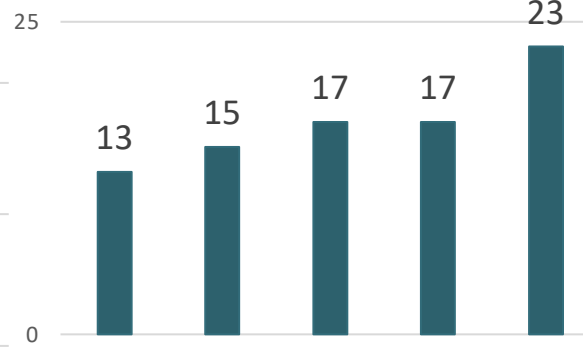
Work Injury/Illness



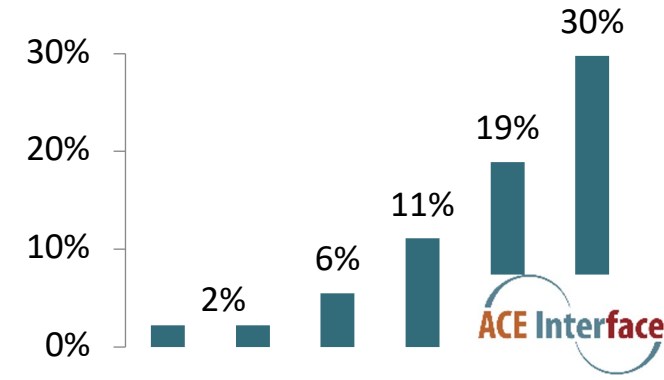
Missed 15 of 30 Work Days (MH)



Unemployed



Homeless



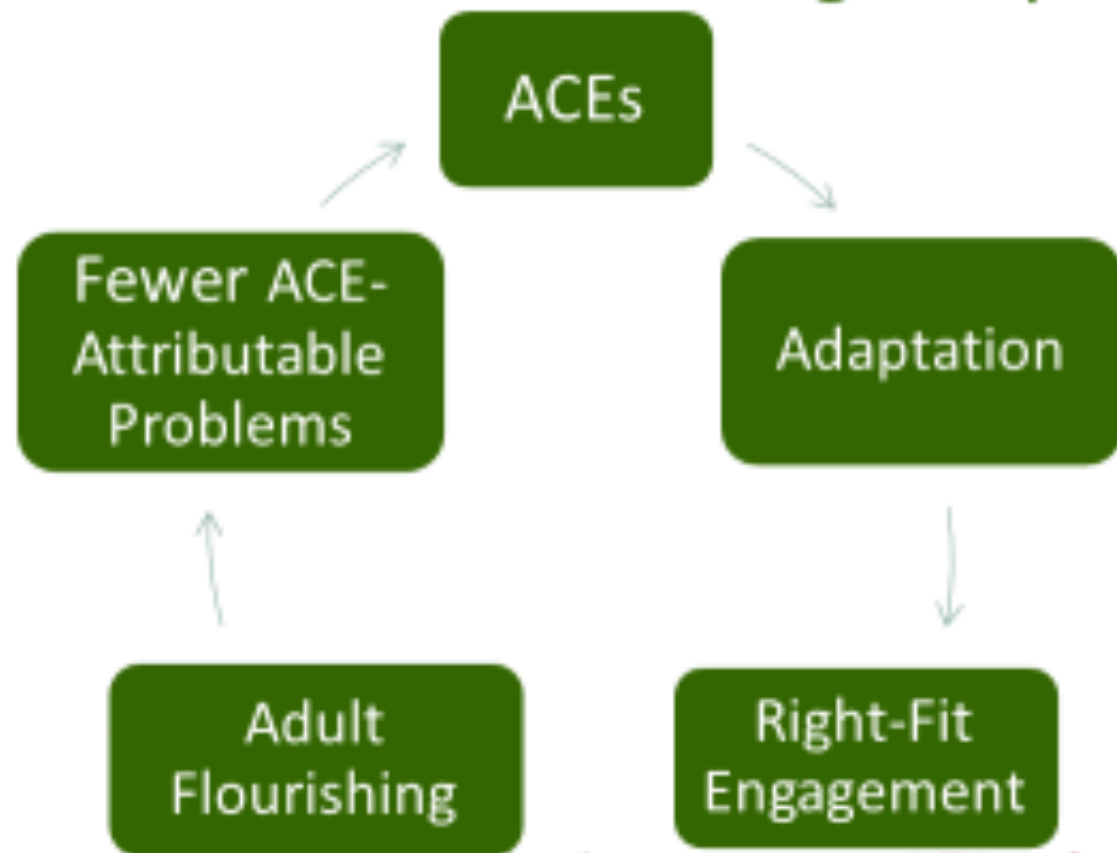
Reinforcing Loops

A dynamic that is amplified with each turn around the loop.

Vicious Reinforcing Loop



Virtuous Reinforcing Loop



ACEs Are Not Destiny

People affected by ACEs are becoming the leaders of
S e l f - H e a l i n g C o m m u n i t i e s





Four Resilience Factors that Make a Difference They are even more powerful when we Layer Up...

1. Feeling social/emotional support and hope
2. Having 2 or More People Who Help (two or more people who give concrete help when needed)
3. Community reciprocity in watching out for children, intervening when they are in trouble, doing favors for one another
4. Social Bridging – People reach outside their social circle to get help for their family and friends

Core Protective Systems

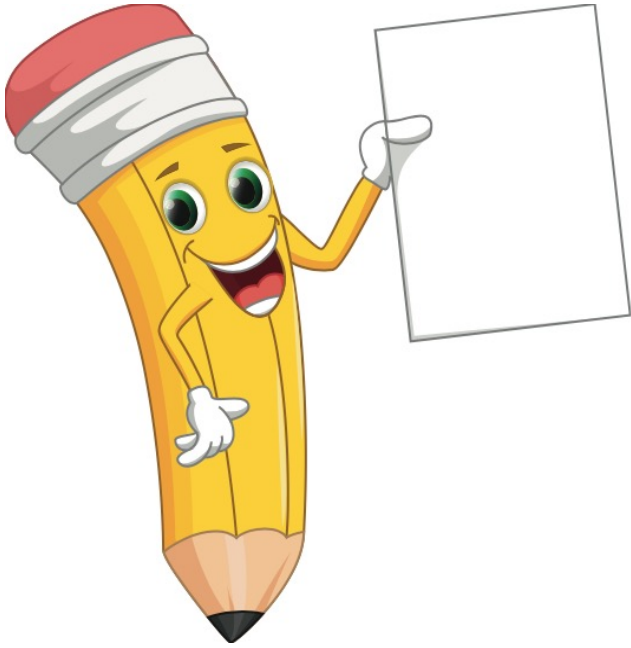
Capabilities

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



3 Core Protective Systems

1. Capabilities
2. Attachment & Belonging
3. Community, culture, Spirituality

Think of a time ... what helped you get through?

Write On Sticky Note ..

then one-at-a-time:

Name, What helped, Post in Category

(capabilities, belonging, community/culture)



Support

FEELING
socially & emotionally
SUPPORTED
&
HOPEFUL

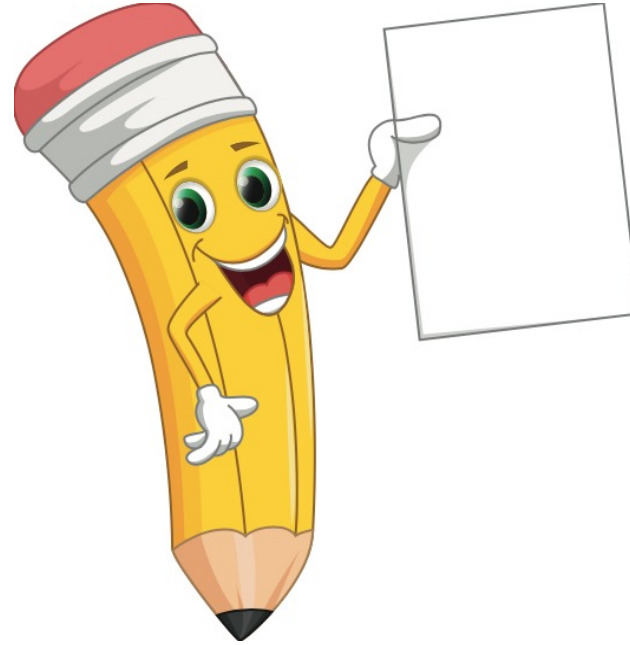
... Always or Usually
(vs Rarely or Never)

HELP

Having two
or more
people who
give concrete
help when
needed



Calendar Exercise



Process for Supporting Self-Healing

Expand Leadership: engage people affected by ACEs

Focus: common language & common understanding

Learning: use learning communities to fuel innovation

Results: given all we know now, what legacy will we create?

Core Principles of Trauma-Informed Systems of Care

Safety

Trustworthiness

Choice – prioritizing choice and control

(people want choices and options; for people who have had control taken away, having choices makes a big difference)

Collaboration

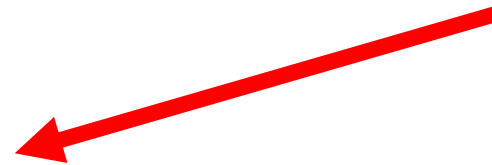
Empowerment – prioritizing empowerment and skill-building



Building Self-Healing Communities

Thank YOU!

www.aceinterface.com



Take the survey-
Please!