

Building Resilience by Addressing Root Causes of Complex Problems

ROCK | RESULTS

A presentation for The Resiliency Summit
April 28, 2020

Adverse Childhood Experiences (ACEs)

1998 CDC-Kaiser Study

Found correlation between 10
childhood experiences and specific
health outcomes

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative

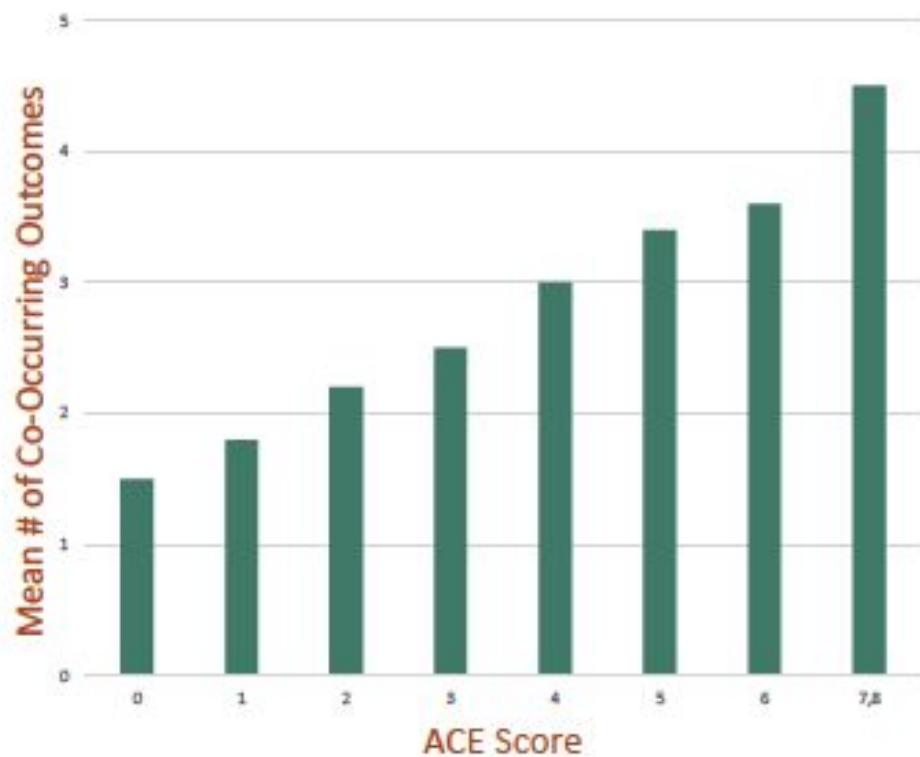


Substance Abuse

Some Key findings of the ACEs Research

- **ACEs** significantly increase risk of serious health consequences, including 9 of the 10 leading causes of death.
- **ACEs** are highly prevalent. 61.7% of adults have experienced at least one **ACE** and one in six, or 16.7%, have experienced four or more **ACEs**.
- There are many individual **ACEs**, as well as **Adverse Community Experiences** like violence, bullying, racism and other systemic and historic trauma
- **ACEs** affect all communities.

ACEs and Co-Occurring Problems



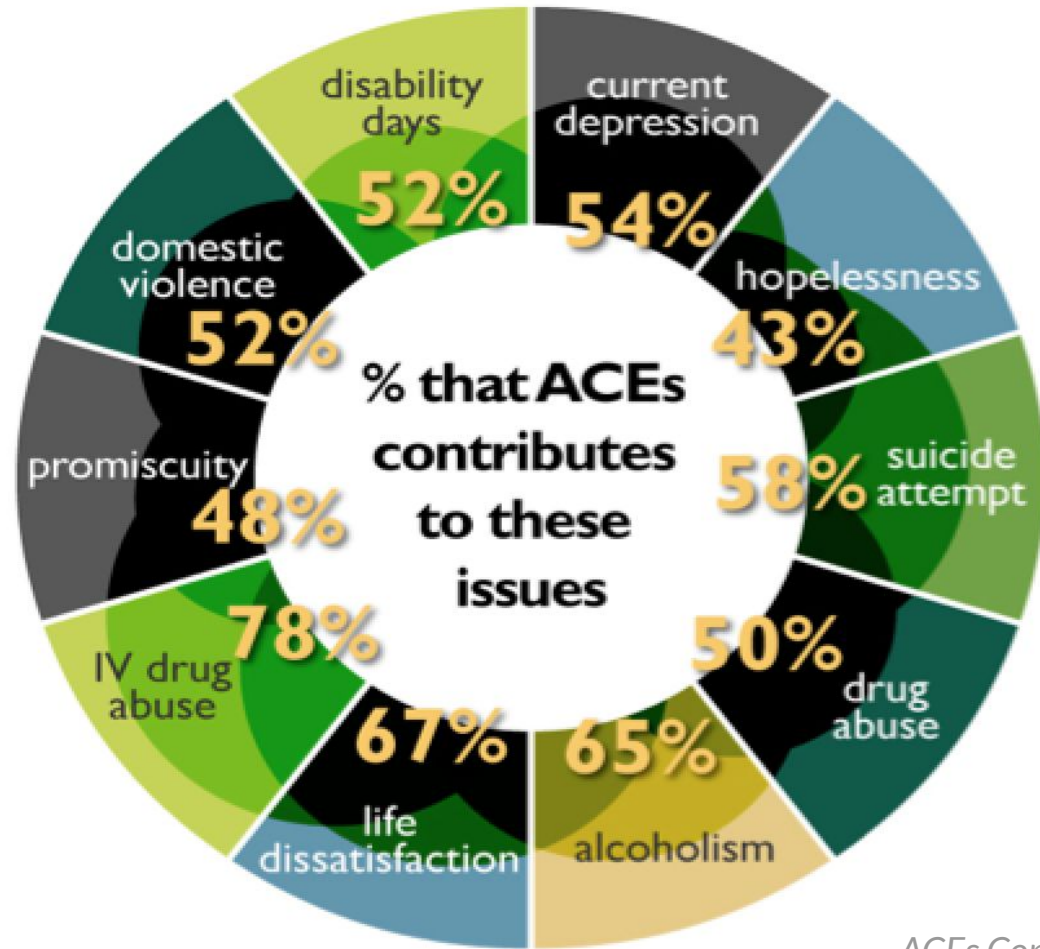
Health & Social Problems

- Panic Reactions
 - Depression
 - Anxiety
 - Hallucinations
 - Sleep Disturbances
 - Severe Obesity
 - Pain
 - Smoking
 - Alcoholism
 - Illicit Drug Use
 - IV Drug Use
 - Early Intercourse
 - Promiscuity
 - Sexual Dissatisfaction
 - Amnesia (Childhood)
 - Problems with Anger
 - Perpetration of Family Violence
- Affect Regulation
- Somatic Issues
- Substance Use
- Sexuality
- Memory
- Arousal

Impact of ACEs on Adult Health

People with **4 or more ACEs** are:

- 3 x as likely to have chronic lower respiratory disease
- 2 to 2 ½ x as likely to have a stroke, cancer, or heart disease
- 1 ½ x as likely to have diabetes
- 11 x as likely to have Alzheimer's disease
- Live less long: People with 6 or more ACEs have a life expectancy that is 19 years shorter than individuals with none.



What adversity does to the brain and body

- Stress response
- Chronic, unmitigated, duration
- Changes the brain and body
- Adaptations in behaviors
- Disease

Different Types of Stress

POSITIVE STRESS

Mild/moderate and short-lived stress response necessary for healthy development

TOLERABLE STRESS

More severe stress response but limited in duration which allows for recovery

TOXIC STRESS

Extreme, frequent, or extended activation of the body's stress response without the buffering presence of a supportive adult



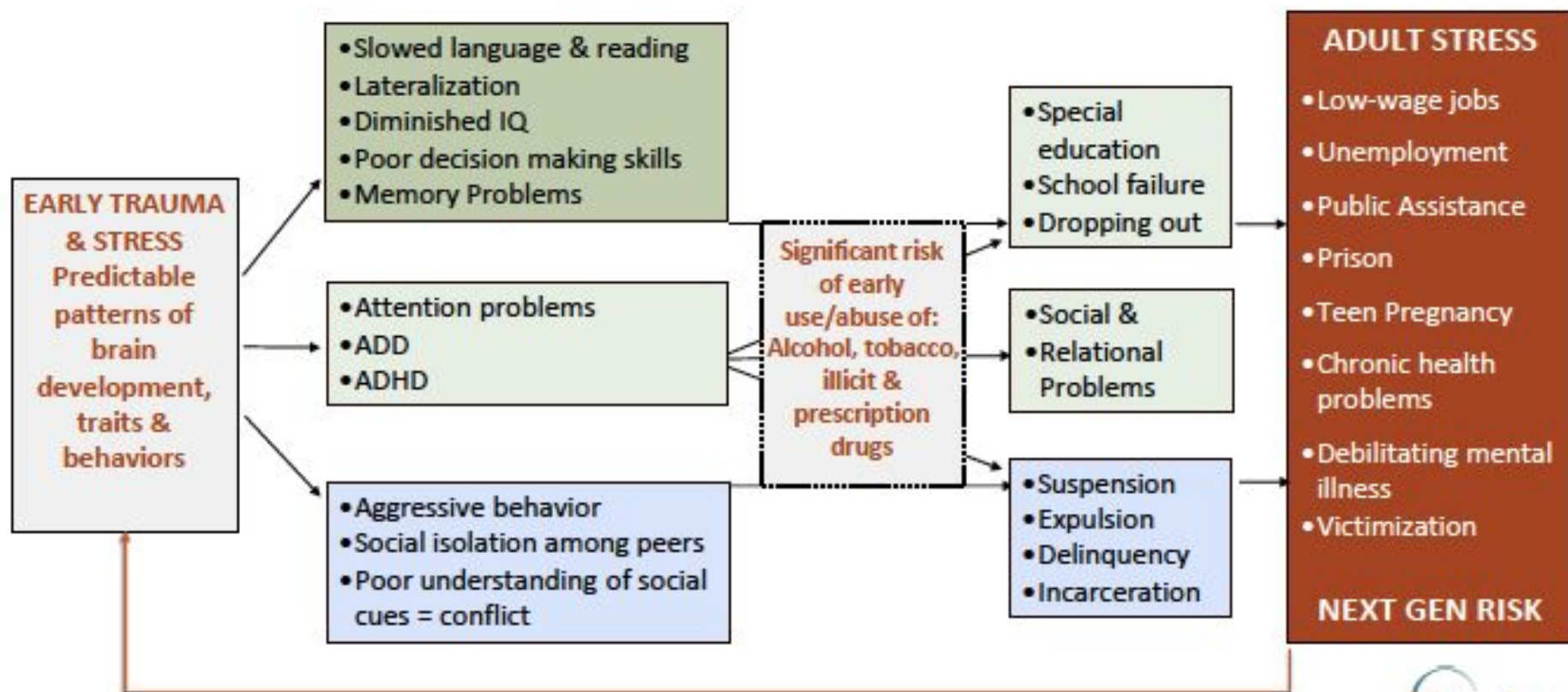
Intense, prolonged, repeated and unaddressed



Social-emotional buffering, parental resilience, early detection, and/or effective intervention

Credit unknown

Prevent the Progression of Adversity



ACEs across the lifespan



But ACEs aren't our destiny!

Resilience is the ability of a person to adapt to adversity.

The body can heal.
The brain is plastic.

Increasing Your Resilience

Resilience can protect and rebuild the brain. You're not born with it but can always grow it.

Changing the narrative about yourself

Move from blame, shame and punishment,
to compassion, support and understanding.

Ask “What happened to you?” rather than
“What’s wrong with you?”

Pillars of Resilience

- Relationships, connections
- Identity and the connections those bring
- A perceived sense of control and ability to make choices
- Self-regulation
- Spirituality

Self-care isn't just a buzzword

- Exercise
- Sleep
- Nutrition
- Mindfulness improves health outcomes, regardless of your ACE score.

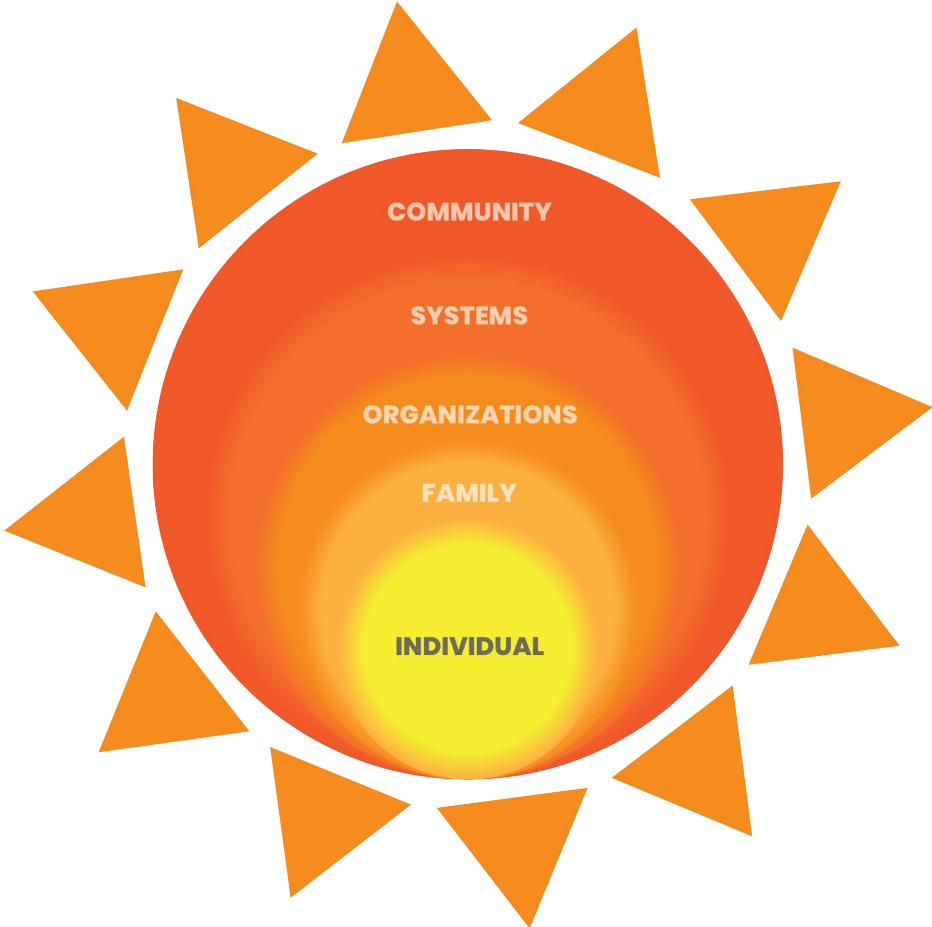
New science supports transformation

Understand.

Heal.

Prevent.

Radiating Positive Effect of Understanding of ACEs



What Can You Do About It

- Learn more about ACEs
- Join a community, locally or online, that will let you connect with others to have conversations about ACEs and their stories
- Do ONE THING today or tomorrow that lets you practice this new way of thinking. Doing so will help you build resilience, and might also help whoever you are interacting with.