

# 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

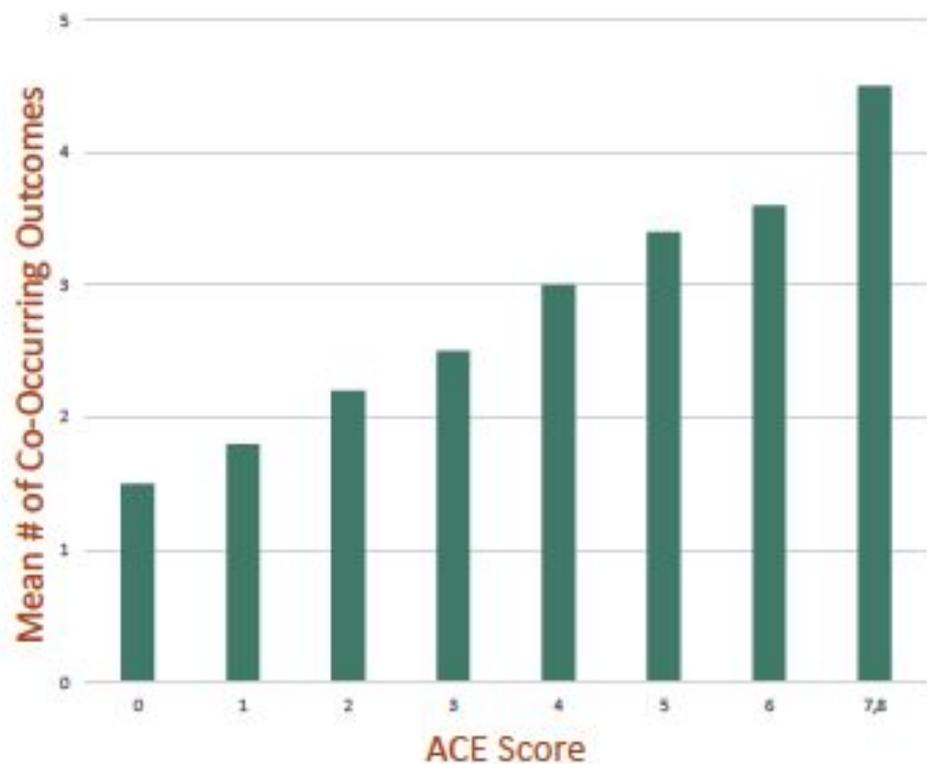


Substance Abuse

# 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



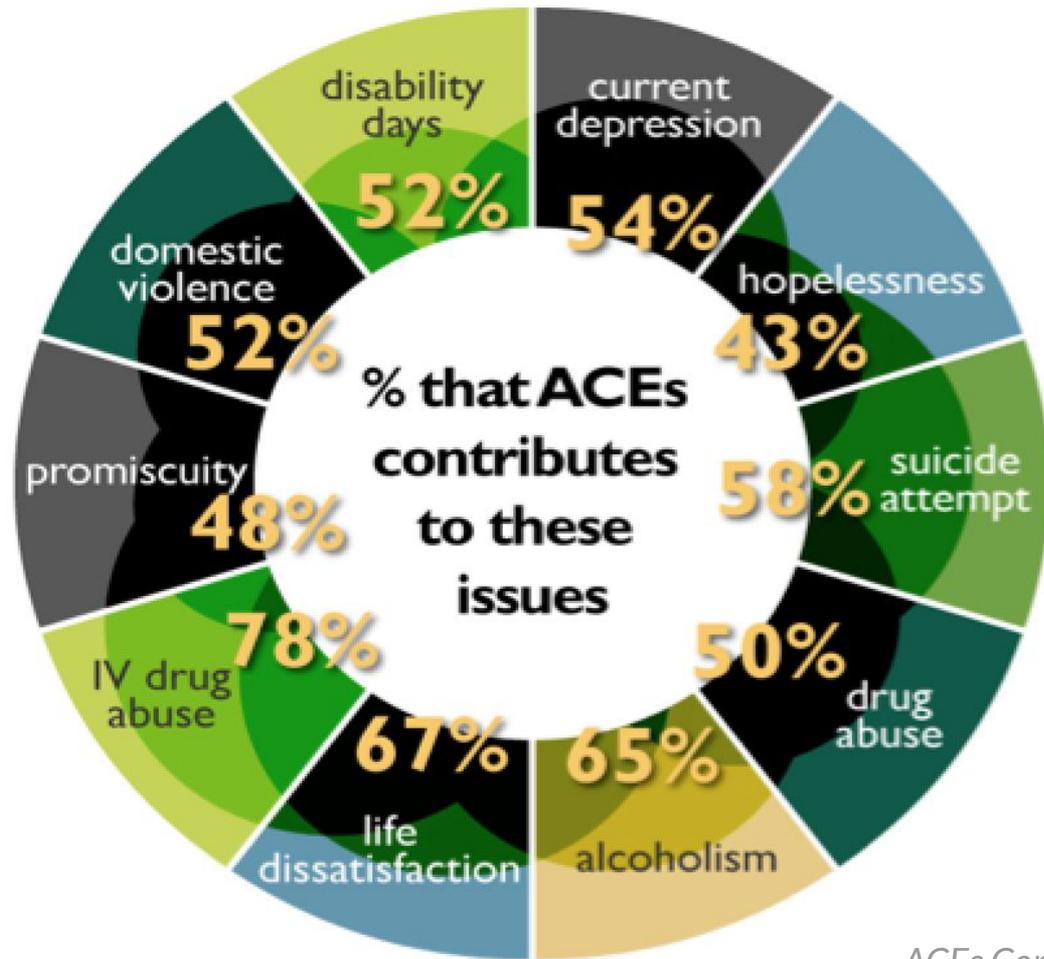
## Health & Social Problems

- 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

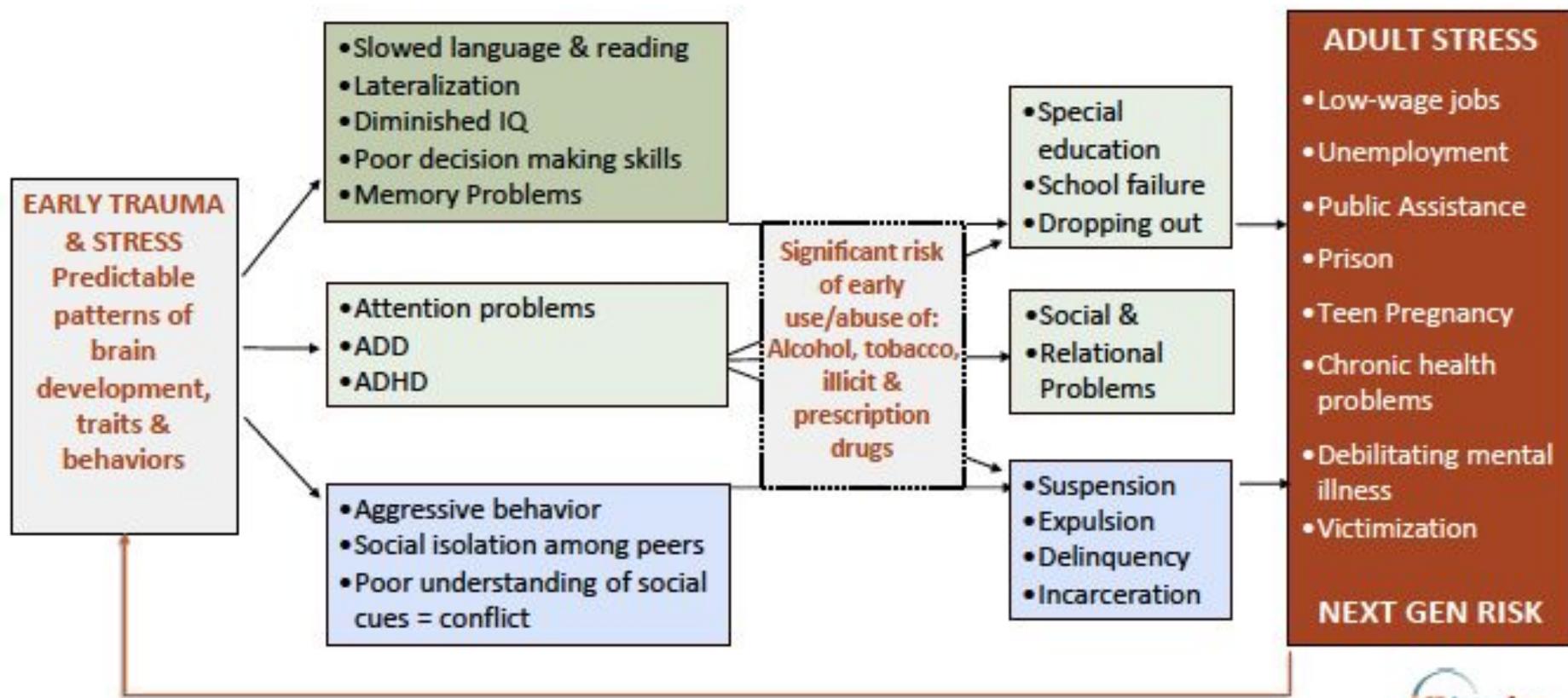
Extreme, frequent, or extended activation of the body's stress response without the buffering presence of a supportive adult

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.

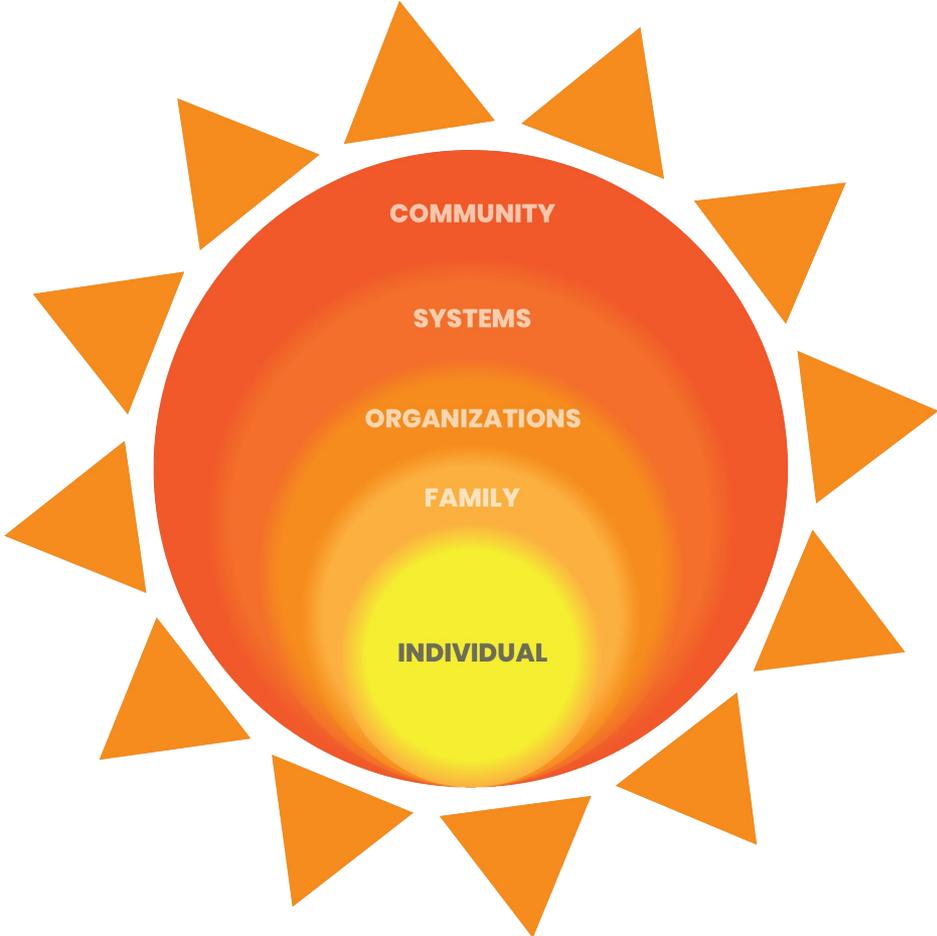
# New science supports transformation

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.