

### **Resources for Professionals**

- PACEs Science 101 Positive and Adverse Childhood Experiences, PACEs Connection (Formerly ACEs Connection) <u>Website</u>
  - What ACEs/PCEs do you have? ACEs Too High Webpage
- NEAR@Home, A resource for home visitors to respectfully and effectively address adverse childhood experiences (ACEs) with families <u>Website</u> and <u>Toolkit</u>
- Neuroscience
  - In Brief: The Science of Early Childhood Development, Center on the Developing Child, Harvard University - <u>Video and PDF</u>
- Epigenetics
  - What is Epigenetics? Carlos Guerrero-Bosagna, TED-Ed Video
- ACEs
  - o ACEs, Centers for Disease Control and Prevention Website
  - Toxic Stress Derails Healthy Development, Center on the Developing Child, Harvard University - <u>Video</u>
  - In Brief: Five Facts About Health That are Often Misunderstood, Center on the Developing Child, Harvard University - PDE
  - How childhood trauma affects health across the lifespan, Nadine Harris Burke, TED MED - <u>Video</u>
- Adult Trauma
  - o 10 Signs a Person May be Experiencing Trauma. Mental Health First Aid PDE
  - o 10 Tips to Help Someone Experiencing Trauma, Mental Health First Aid PDE
  - o The Healing Power of Telling Your Trauma Story, Psychology Today Webpage
  - Why Your Story Matters: The Healing Power of Personal Narrative, Psychology Today -Webpage
- Resilience
  - o Resilience, Key Concept, Center on the Developing Child, Harvard University Video
  - Building Your Resilience, American Psychological Association Webpage
  - Community Resilience Initiative: Inspiring healthier communities with science-based insights in order to promote and cultivate resilience - <u>Website</u>
    - Resources Webpage
- Compassion Fatigue and Vicarious Trauma
  - Are You Experiencing Compassion Fatigue? American Psychological Association -<u>Webpage</u>
  - What is Vicarious Trauma? Office for Victims of Crime Webpage



Developed in Partnership by





### Institute for the Advancement of Family Support Professionals – Related Modules for FSPs

- ACEs 101: Impact and Our Opportunity Institute Module
- Historical Trauma Institute Module
- Understanding Hope as an Intervention Strategy Institute Module

### **Resources for Families**

- Understanding ACEs, PACEs Connection English, Dari and Spanish
- Parenting to Prevent and Heal ACEs, PACEs Connection English, Dari and Spanish
- Additional Parent Handouts, Parenting with PACEs Webpage

### **Mindfulness Resources for Everyone**

- Free Guided Meditations in Many Languages, UCLA Mindfulness Awareness Research Center <u>Website</u>
- Mindfulness for Early Childhood Professionals, Zero to Three Website









### **Module References**

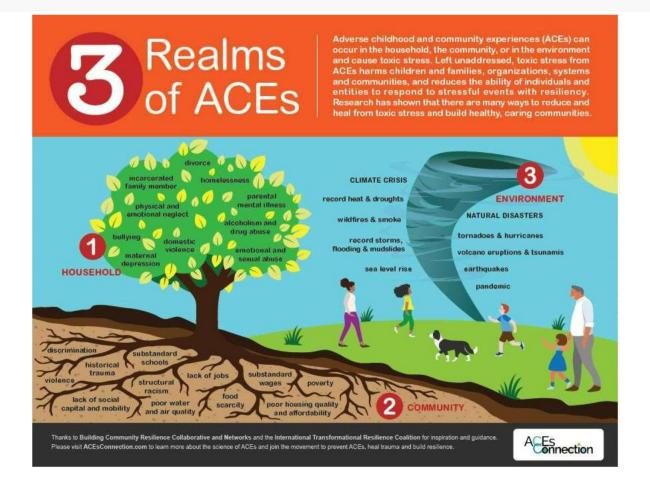
- Alberta Family Wellness Initiative (Producers). (2017). *Brains: Journey to Resilience*. [Video]. Palix Foundation. <u>https://www.albertafamilywellness.org/resources/video/brains-journey-to-</u><u>resilience</u>
- Anda, R. F., Porter, L. E., & Brown, D. W. (2019). Inside the Adverse Childhood Experience Score: Strengths, Limitations, and Misapplications. *American Journal of Preventive Medicine*,
- Barrett, L. F. (2020). Seven and a half lessons about the brain. Boston: Houghton Mifflin Harcourt.
- Cohen, S., Gianaros, P. J., & Manuck, S. B. (2016). A stage model of stress and disease. *Perspectives on Psychological Science*, 11(4), 456-463. doi:10.1177/1745691616646305
- Doppelt, B. (2017). *Transformational resilience: How building human resilience to climate disruption can safeguard society and increase wellbeing*. Abingdon: Routledge.
- Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Koss, M. P., & Marks, J. S. (2019). REPRINT OF: Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults: The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventive Medicine*, *56*(6), 774-786. 10.1016/j.amepre.2019.04.001 dysfunction during childhood and multiple risk factors for several of the leading causes of death in adults.
- Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., Koss, M. P., & Marks, J. S. (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventive Medicine*, 14(4), 245–258. <u>https://doi.org/10.1016/S0749-3797(98)00017-8</u>
- Harkness, K. L., & Monroe, S. M. (2016). The assessment and measurement of adult life stress: Basic premises, operational principles, and design requirements. *Journal of Abnormal Psychology*, 125(5), 727-745. doi:10.1037/abn0000178
- SAMHSA. (2014b). *Trauma-informed care in behavioral health services. Treatment improvement protocol (TIP) series 57* (HHS Publication No. SMA 13-4801). Rockville, MD: Author. Retrieved from https://store.samhsa.gov/shin/content/SMA14-4816/SMA14-4816.pdf



Developed in Partnership by







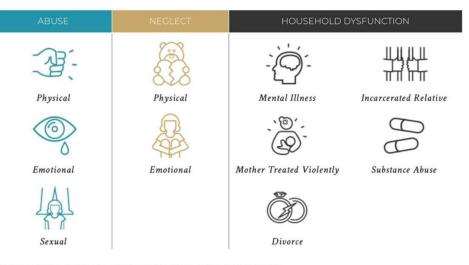








#### 10 ACEs, as identified by the CDC-Kaiser study:



Graphic used with permission from The Robert Wood Johnson Foundation. See it here.



DOMESTIC ABUSE INTERVENTION PROJECT 202 East Superior Street Dutath, Minnesota 55802 218-722-2761 www.duth-reddel.org



