

Trauma & Resilience Resource & Reference Guide

Resources for Professionals

- PACEs Science 101 – Positive and Adverse Childhood Experiences, PACEs Connection (Formerly ACEs Connection) - [Website](#)
 - 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 – [Website](#) and [Toolkit](#)
- Neuroscience
 - In Brief: The Science of Early Childhood Development, Center on the Developing Child, Harvard University - [Video and PDF](#)
- Epigenetics
 - What is Epigenetics? Carlos Guerrero-Bosagna, TED-Ed - [Video](#)
- ACEs
 - ACEs, Centers for Disease Control and Prevention - [Website](#)
 - Toxic Stress Derails Healthy Development, Center on the Developing Child, Harvard University - [Video](#)
 - In Brief: Five Facts About Health That are Often Misunderstood, Center on the Developing Child, Harvard University - [PDF](#)
 - How childhood trauma affects health across the lifespan, Nadine Harris Burke, TED MED - [Video](#)
- Adult Trauma
 - 10 Signs a Person May be Experiencing Trauma. Mental Health First Aid - [PDF](#)
 - 10 Tips to Help Someone Experiencing Trauma, Mental Health First Aid - [PDF](#)
 - 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
 - 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 - [Website](#)
 - Resources - [Webpage](#)
- Compassion Fatigue and Vicarious Trauma
 - Are You Experiencing Compassion Fatigue? American Psychological Association - [Webpage](#)
 - What is Vicarious Trauma? Office for Victims of Crime - [Webpage](#)

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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 – [Website](#)
- Mindfulness for Early Childhood Professionals, Zero to Three - [Website](#)

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Module References

- Alberta Family Wellness Initiative (Producers). (2017). *Brains: Journey to Resilience*. [Video]. Palix Foundation. <https://www.albertafamilywellness.org/resources/video/brains-journey-to-resilience>
- 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.
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- 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
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3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.

1 HOUSEHOLD

- divorce
- incarcerated family member
- homelessness
- parental mental illness
- physical and emotional neglect
- alcoholism and drug abuse
- bullying
- domestic violence
- emotional and sexual abuse
- maternal depression

2 COMMUNITY

- discrimination
- historical trauma
- substandard schools
- lack of jobs
- substandard wages
- poverty
- violence
- structural racism
- lack of social capital and mobility
- poor water and air quality
- food scarcity
- poor housing quality and affordability

3 ENVIRONMENT











- CLIMATE CRISIS
- record heat & droughts
- wildfires & smoke
- record storms, flooding & mudslides
- sea level rise
- NATURAL DISASTERS
- tornadoes & hurricanes
- volcano eruptions & tsunamis
- earthquakes
- pandemic

Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

ACES Connection

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

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
 Physical	 Physical	 Mental Illness	 Incarcerated Relative
 Emotional	 Emotional	 Mother Treated Violently	 Substance Abuse
 Sexual		 Divorce	

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