


RESILIENCE TRUMPS ACES

Helping one person might not change the whole world, but it could change the world for one person.



KEY LEARNING GOALS

- ▶ How early stress in childhood can affect our brains and life
 - ▶ What the **A**dverse **C**hildhood **E**xperiences (**ACE**) Study tells us
 - ▶ How to build Resilience into our Lives
- 



OUR EXPERIENCES SHAPE OUR
WORLD VIEW

$$1 \times 9 = 9$$

$$2 \times 9 = 18$$

$$3 \times 9 = 27$$

$$4 \times 9 = 36$$

$$5 \times 9 = 45$$

$$6 \times 9 = 54$$

$$7 \times 9 = 63$$

$$8 \times 9 = 72$$

$$9 \times 9 = 81$$

WHAT DO YOU SEE?



WHAT DO YOU SEE?



AM I SOMEONE
ELSE'S "CALM"

OR

SOMEONE ELSE'S
"CHAOS"?



Adverse Childhood Experiences Study

<http://www.cdc.gov/violenceprevention/acestudy/index.html>

17,300 adults in 1995-97 study; association between childhood & later life health



“One does not ‘just get over some things, not even fifty years later.’” Felitti 2002

A hand no one should have to hold!



Dr. Rob Anda
Centers for Disease Control

Dr. Vincent Felitti
Kaiser Permanente

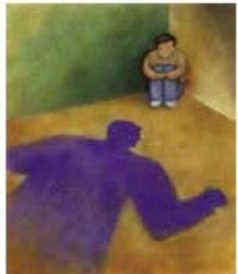


A Adverse Childhood Experience
CHILD SEXUAL ABUSE




A

A Adverse Childhood Experience
CHILD PHYSICAL ABUSE




A

A Adverse Childhood Experience
CHILD EMOTIONAL ABUSE




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A Adverse Childhood Experience
PHYSICAL NEGLECT



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A Adverse Childhood Experience
EMOTIONAL NEGLECT




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A Adverse Childhood Experience
LOSS OF A PARENT TO DEATH OR ABANDONMENT



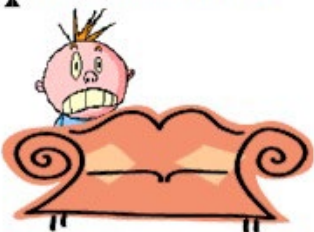
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A Adverse Childhood Experience
MENTALLY ILL, DEPRESSED OR SUICIDAL FAMILY MEMBER




A

A Adverse Childhood Experience
WITNESSING DOMESTIC VIOLENCE AGAINST MOTHER



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A Adverse Childhood Experience
INCARCERATION OF A FAMILY MEMBER



A

A Adverse Childhood Experience
DRUG ADDICTED OR ALCOHOLIC FAMILY MEMBER



A

Poverty, race, community violence, class inequities, power, privilege

- ▶ Trauma is more than the event, affected by care giver response & our interpretation

High ACE with support
can be less risk than low
ACE with no support



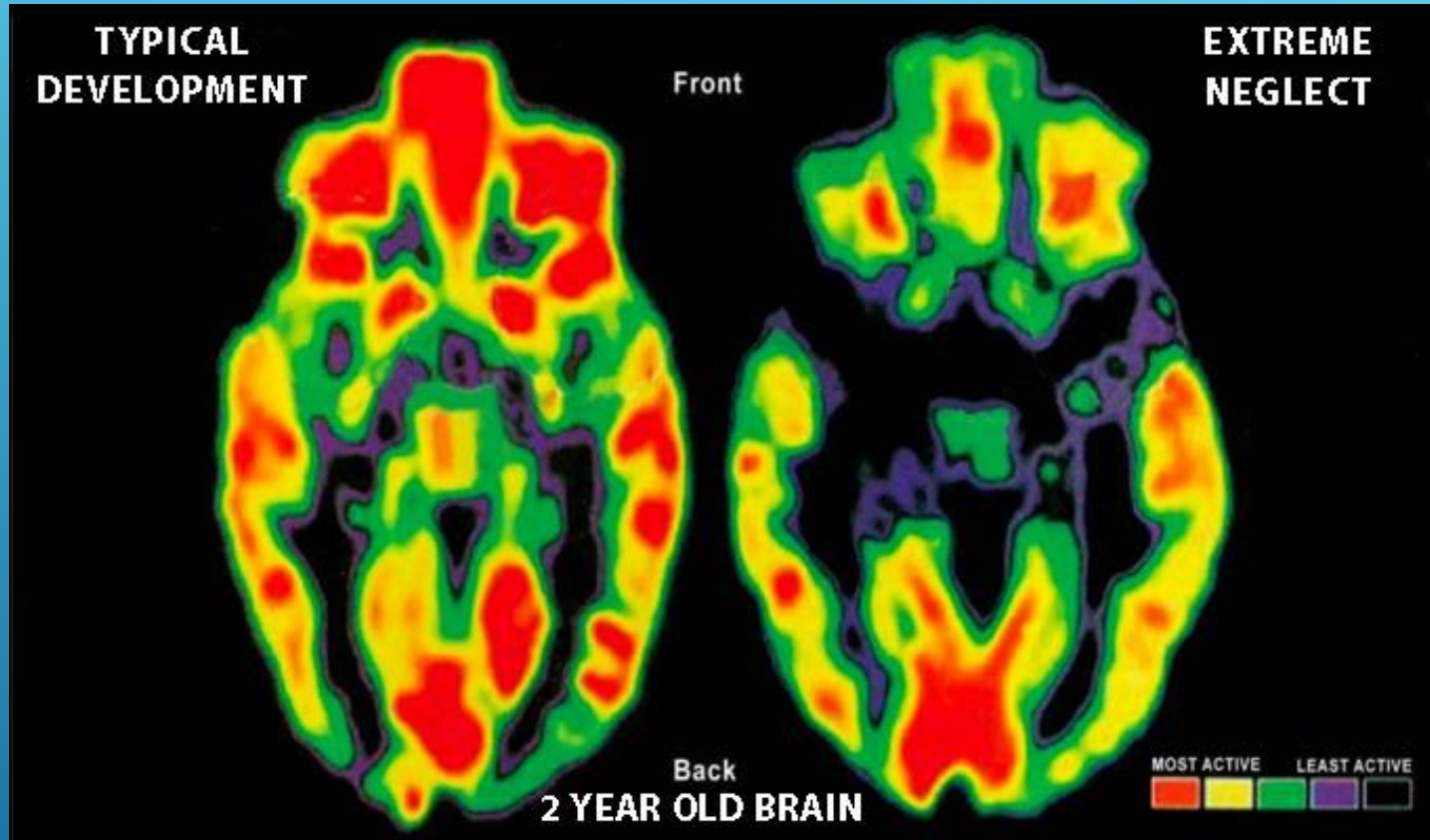
“How has this affected you as an adult?”

NOT THE ACE OR ACE SCORE¹

Never use as a diagnostic tool

Brain Architecture

How Quickly It Is Set



Typical development vs. extreme neglect in 2 yr old brains

Harry Chugani, MD, Detroit Children's Hospital & CDC

BRAIN STATES DRIVE BEHAVIOR

The threat arousal alarm system activates a predictable response pattern:

- * Alarm

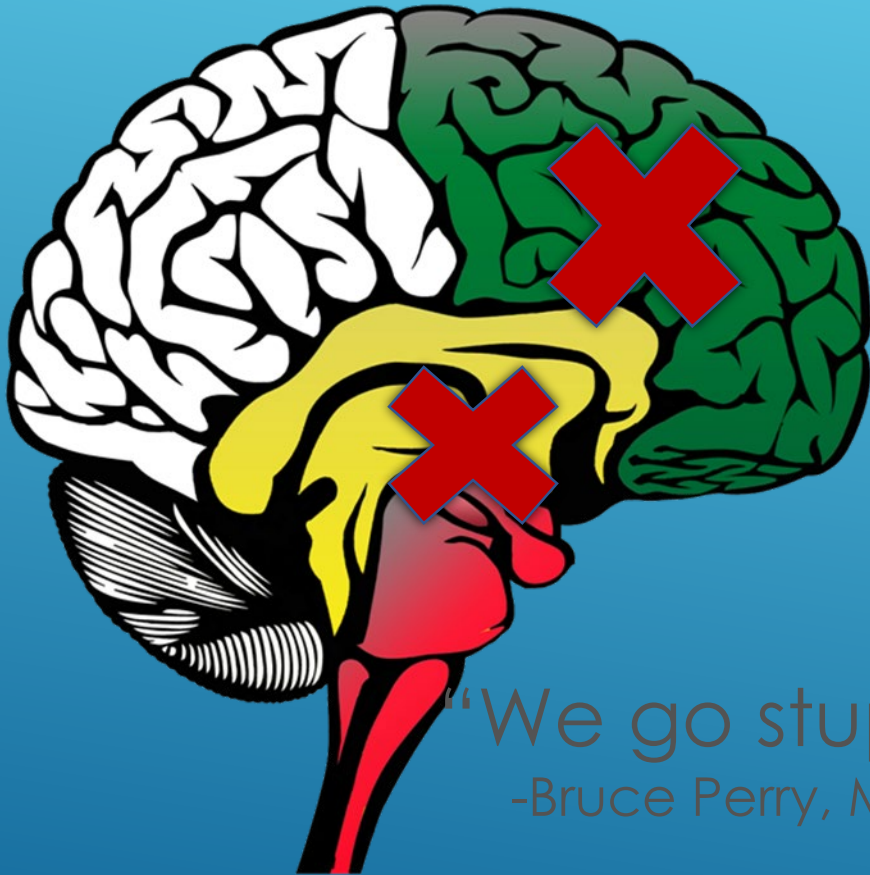


- * Resistance

- * Exhaustion

Behavior as “communication” is not mal-intent.

DISCONNECTED!



“We go stupid” when in brainstem

-Bruce Perry, MD, PhD

“I didn't know the science”

- principal

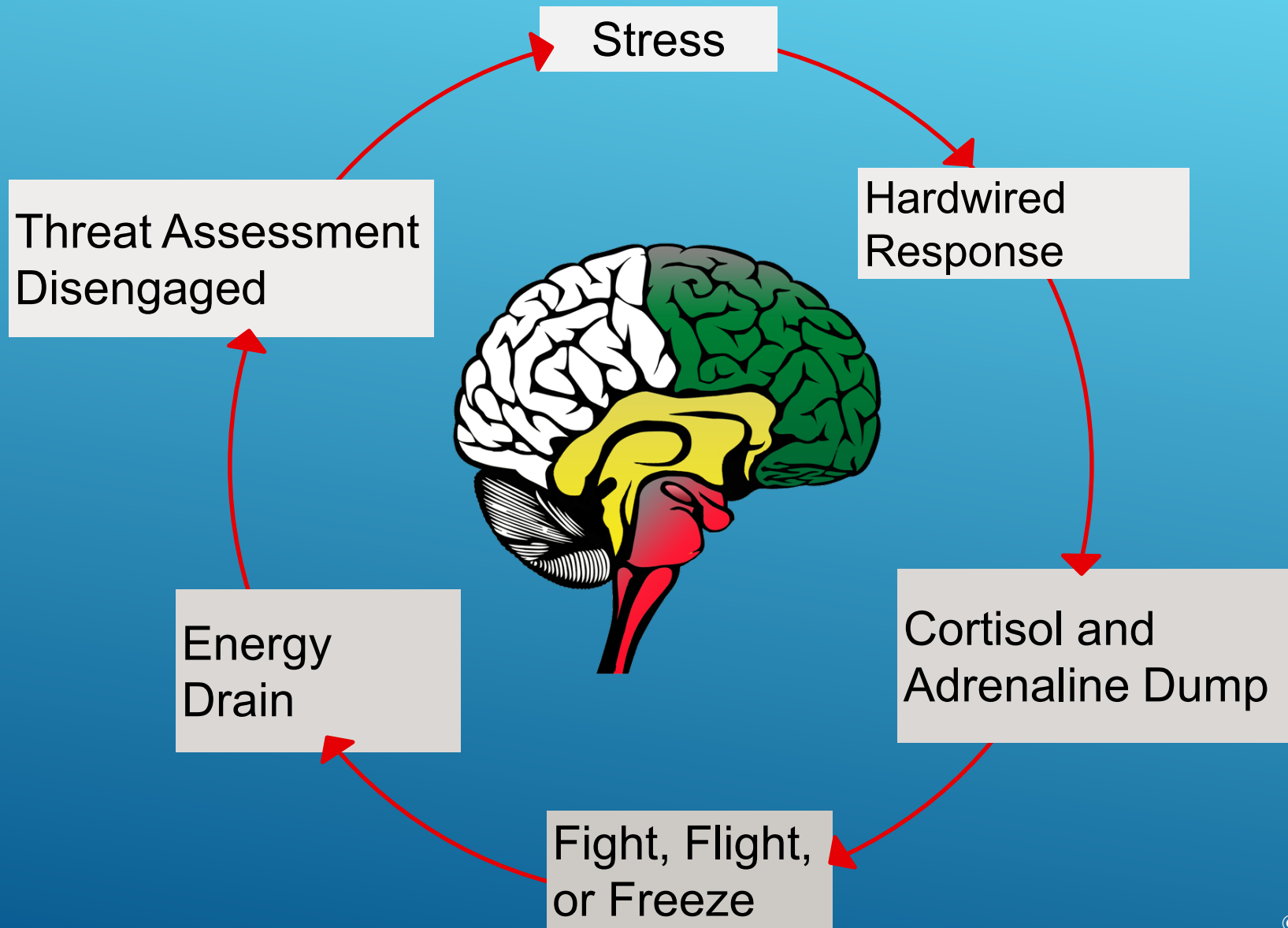
Brainstem

- Hardwired
- Adaptive
- Unseen threats-
exhausting, real
- Hyper-alert
- Energy cycle
- Predictable patterns
- “Paper Tigers”



Survival
Protection at all costs
HPA alarm system

Threat Response



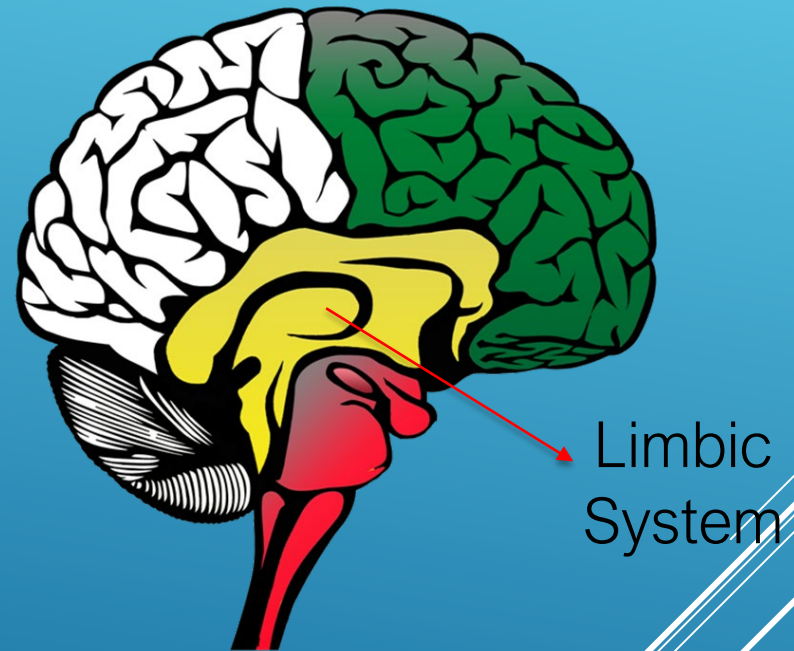
What's Our Limbic Got To Do With It?

Hippocampus- new & past memories

Amygdala- emotional arousal of memories

Hypothalamus- emotional reactivity

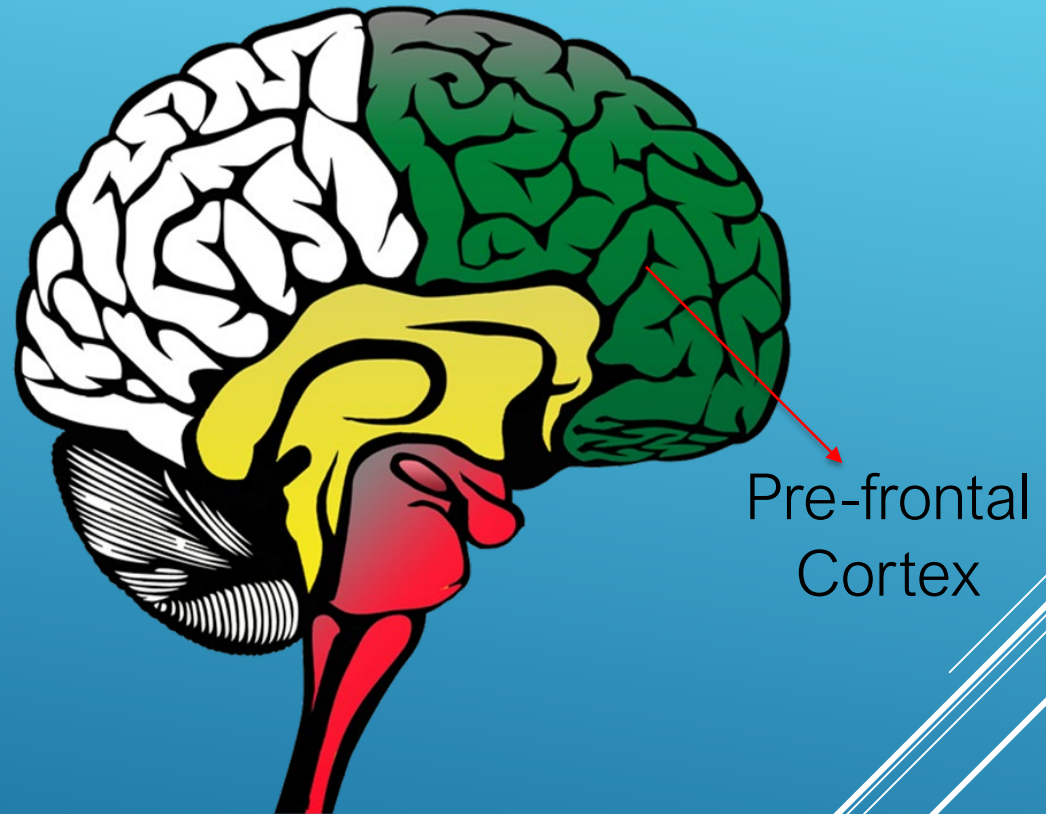
Gyrus- connects smells & sights

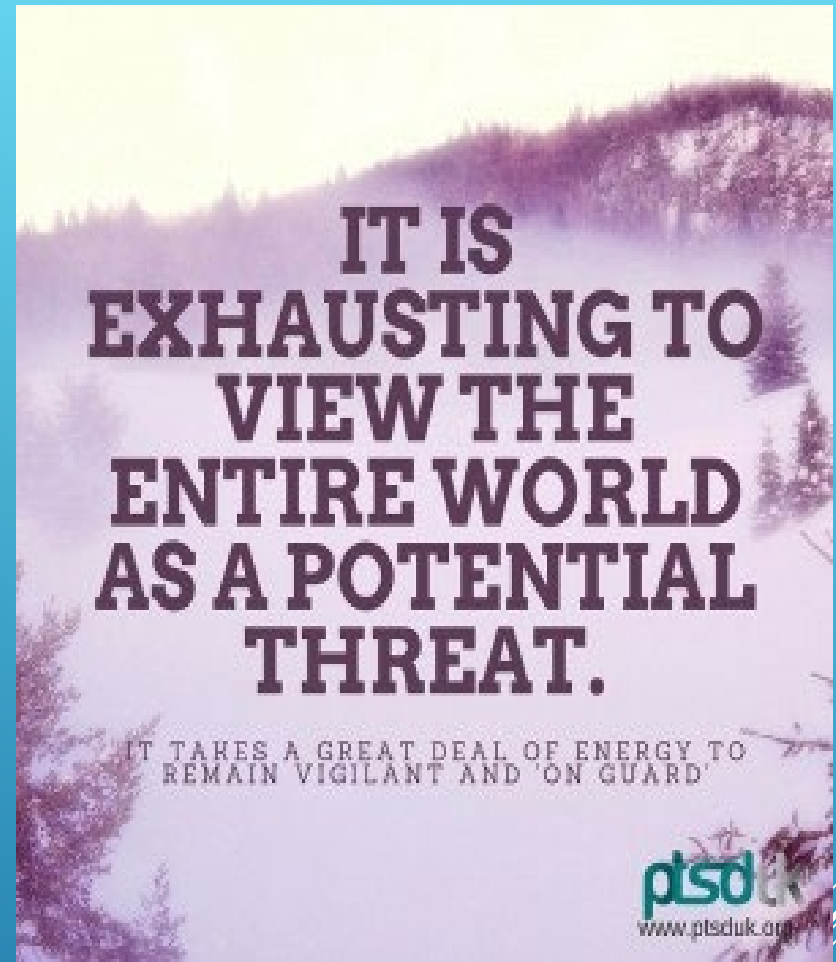


Pre-frontal Cortex

Executive function:

- Attention
- Organization
- Planning
- Initiate/focus tasks
- Regulate emotion
- Self-monitor





UNSEEN THREATS THAT ARE REAL

Be a stress detective!

What is wrong with this person?

90% behavior seen,
10% of issue

Behaviors

10% of behavior
unseen,
90% of issue is
Unseen or root
causes (ACE's)

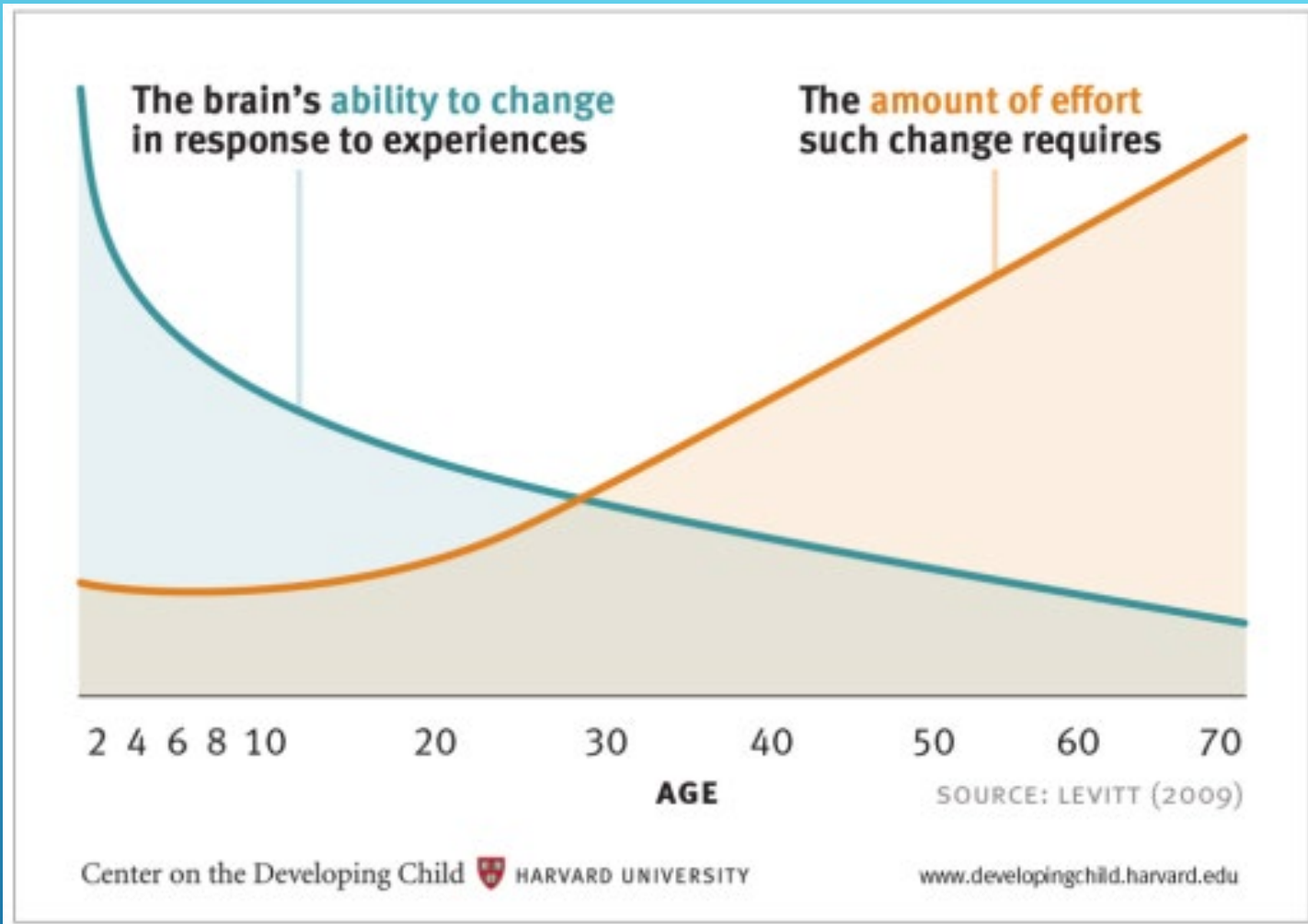
Rules

What has this person been through?

Beliefs

Values

Our view of what "should" be

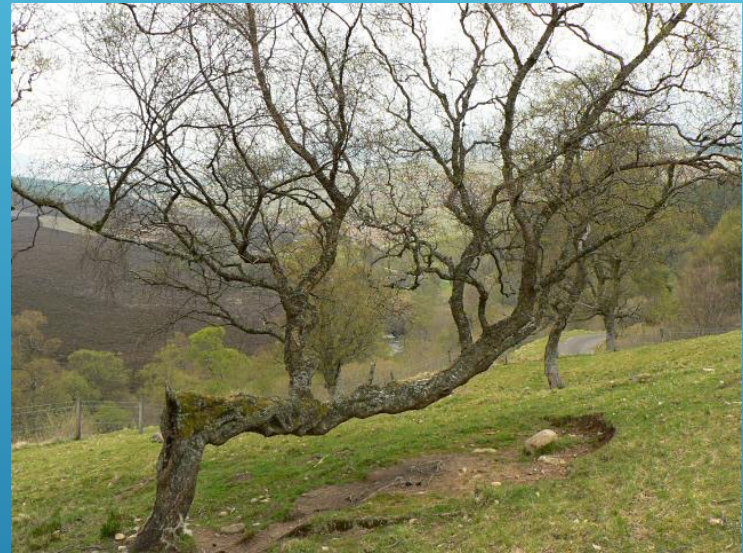


WINDOW OF OPPORTUNITY THROUGH LIFE!

From: 8 Things to Remember about Child Development, Harvard

WHAT IS RESILIENCE?

- ▶ The ability to adapt positively to an adverse event and emerge:
 - strengthened
 - more confident
 - more hopeful



Not through the **evasion** of adverse events but through successful **use** of **protective factors** to cope and become stronger with help, hope, healing.

Problem Solving



Problem Solving



Self-regulation



Optimism



Mindfulness/Belonging



Relationship

Madsen and Abell 2010

DIMENSIONS OF RESILIENCE

Use a “Trauma Lens” to better understand behavior

**A shift in perspective
from:**

“What is wrong with this person?”

to

“What has this person been through?”



The shift begins in changing our mindset and the environment

R.O.L.E.S

R- Recognize (Recognize our own emotions, triggers, and patterns of behaviors)

O- Observe (Being a stress detective of someone's brain state.)

L- Label (Identify the need being expressed through behavior.)

E- Elect (Elect positive intent for yourself and others.)

S- Solve (Win- Win for situations to respond, not react.)



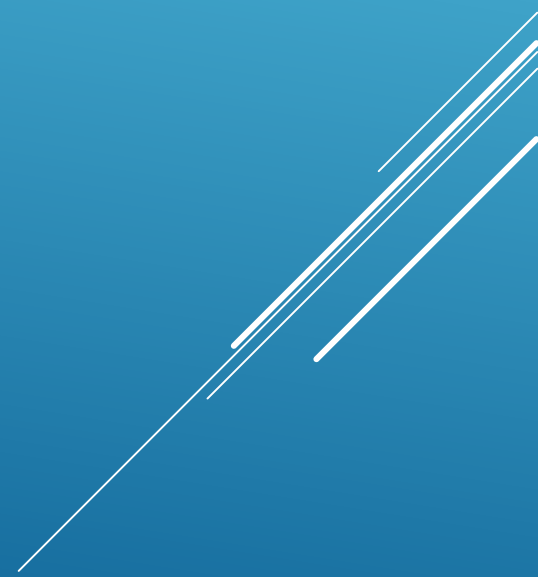
Q TIP

Quit

Taking

It

Personal

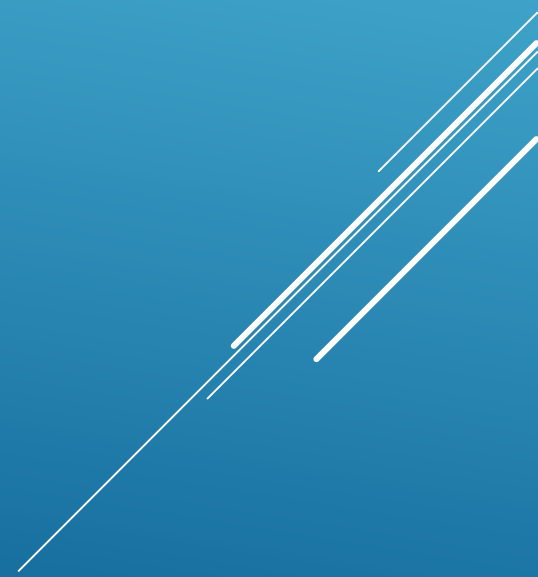


#1 PROTECTIVE FACTOR?

**BUILDING
HEALTHY
RELATIONSHIPS**

Caring connections to others

Bruce Perry, MD PhD



How will you put this
information into your daily
practice?

CRI Website

www.resiliencetrumpsaces.org

