



Understanding Adverse Childhood Experiences (ACE's)

The purpose of training is to increase the community's collective ability to support individuals who have experienced traumatic events through the provision of supportive trauma-informed strategies and services.

Experiences in childhood matter. Numerous research studies have shown how childhood stress and trauma can impact adult health. The Ace Study is the largest study investigating the health and social effects of negative childhood experiences. Now that we have the research, what can we do about it? The cycle of violence, generational poverty and abuse, homelessness, substance abuse, incarceration, perpetration, and victimization of violence are all related to ACE's. Strategies such as identification and assessment, reducing risk and exposure and nurturing resiliency and skill building are effective interventions. Changing the negative course that many children are on is our best way to prevent abuse in future generations. This presentation will increase your knowledge of trauma and provide ways to work with children, families, and communities to reduce the impact of trauma.

Training Objectives:

1. Identify types of child maltreatment treatment and adversity and the link to health in adulthood.
2. Recognize how stress response system activates fight, flight or fear and becomes conditioned over time especially in high stress situations.
3. Learn ways to build resiliency in the community.
4. Understand the concept of trauma informed care and how it creates safety for those impacted by violence and trauma.

Target Audience:

Parents, social service providers, legal providers, school personnel/teachers, churches, those who work with or volunteer with children, law enforcement

Duration:

1-3 hours. This training is customizable to meet the specific needs of the audience.

Location:

This training is available virtually or by request at your facility.