Cultivating Roses in a Garden of Adversity

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The CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study is one of the largest investigations of childhood abuse and neglect and later life health and well-being. The original ACE Study was conducted at Kaiser Permanente from 1995 to 1997 with two waves of data collection. Over 17,000 Health Maintenance Organization members from Southern California receiving physical exams completed confidential surveys regarding their childhood experiences and current health status and behavior. More detailed information about the study can be found in the links below or in "Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults," published in the American Journal of Preventive Medicine, in 1998, Volume 14, pages 245-258.

Resource: http://www.cdc.gov/violenceprevention/acesstudy/about.html

The three types of ACEs include:

- Physical
- Sexual
- Substance abuse

FIGURE 1: Types of Adverse Childhood Experiences

Image courtesy of the Robert Wood Johnson Foundation

ACEs and the Brain

The Brain Architecture Game
Rolling the Dice

- 1 = Triangle Base with ONLY pipe cleaners
- 2 = Triangle Base with pipe cleaners and 1 Support (Straw)
- 3 = Triangle Base with pipe cleaners and 3 Supports (Straws)
- 4 = Square Base with 1 Support (Straw)
- 5 = Square Base with 2 Supports (Straws)
- 6 = Square Base with 4 Supports (Straws)

The Brain Architecture Game...
- Work as a team to build a “brain”
- MUST use all supplies given to you
- MUST close each pipe cleaner at the end by connecting it to another pipe cleaner
- Your team needs to be ready for life’s unexpected blessings and unexpected setbacks
- At the end, you will need to have built a “brain” strong enough to withhold a weight (will be provided) at the highest point

There is always more to the story...

http://www.cdc.gov/violenceprevention/acesstudy/index.html

What about you and me?

http://www.cdc.gov/violenceprevention/acesstudy/index.html

Jeff Andrade Duncan
Strategies to help Students Cope with ACEs.

- What builds resilience?
- Connectivity
- Safe and supportive environment
- Coping Skills
- Provision of basic needs
- Educational Relevance
- Parental Engagement
- Meaningful Relationships
Strategies to help Students Cope with ACEs.

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“...”

Knowing what we know, what current practices do we have that exacerbates negative behaviors that stem from significant ACE scores?
What about you? In light of what you’ve heard today, what are you thinking about?

“It is easier to build stronger children than it is to repair broken men.”

-Frederick Douglass