

Cultivating Roses in a Garden of Adversity

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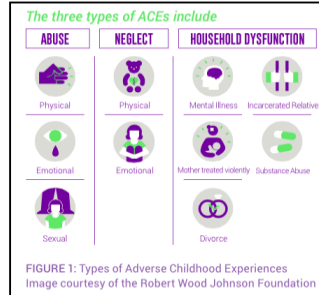
- What is an ACE?
- How does it impact the school day (internal and external expressions)?
- What are some strategies we can use to help students cope with these experiences?

The Adverse Childhood Experiences (ACE) Study

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 behaviors.

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/acestudy/about.html>



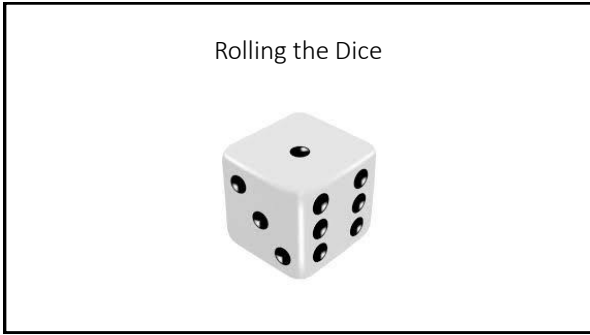
Relationship between early childhood trauma and health and well-being problems later in life.



Source: World Health Organization

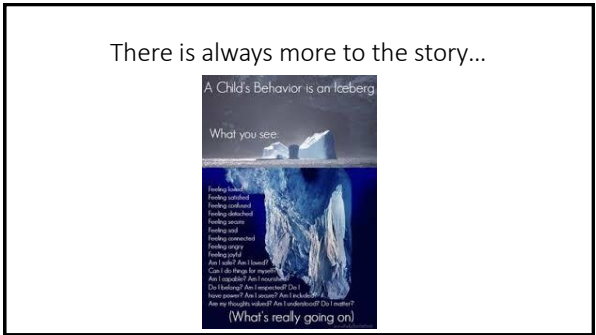
ACEs and the Brain





- 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

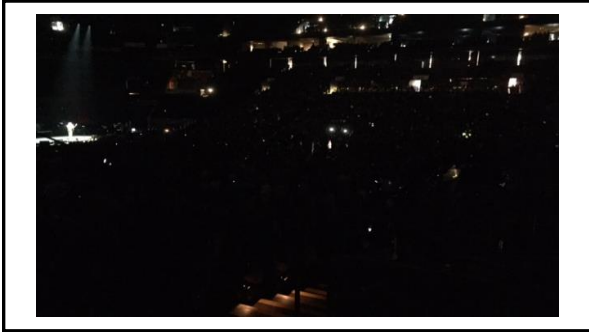


Questionnaire

What about you and me?

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





Strategies to help Students Cope with ACEs.

RESILIENCE

- What builds resilience?
 - Connectivity
 - Safe and supportive environment
 - Coping Skills
 - Provision of basic needs
 - Educational Relevance
 - Parental Engagement
 - Meaningful Relationships

self-actualization
creativity, curiosity, spontaneity, achievement, experience, purpose, meaning and inner potential

self-esteem
confidence, achievement, respect of others, the need to be unique/individual

love and belonging
friendship, family, intimacy, sense of connection

safety and security
health, employment, adequate family and social stability

physiological needs
breathing, food, water, shelter, clothing, sleep

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The pyramid diagram consists of four levels from top to bottom:

- self-actualization**: mastery, creative, autonomy, acceptance, experience purpose, meaning and inner potential
- self-esteem**: confidence, achievement, respect of others, the need to be a unique individual
- love and belonging**: friendship, family, intimacy, sense of connection
- safety and security**: health, empowerment, prosperity, family and social stability
- physiological needs**: breathing, food, water, shelter, clothing, sleep

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ACEs Often Last a Lifetime . . . But They Don't Have To

- Healing can occur
- The cycle can be broken
- Safe, stable, nurturing relationships heal parent and child.

Regional Child Abuse Prevention Councils 2011
 www.compassion.com/ace-kill

“I’ve come to a frightening conclusion that I am the decisive element in the classroom. It’s my personal approach that creates the climate. It’s my daily mood that makes the weather. As a teacher, I possess a tremendous power to make child’s life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or heal. In all situations, it is my response that decides whether a crisis will be escalated or de-escalated and a child humanized or dehumanized.”

-Haim G. Ginott, Educator

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

