



MODULE 1

Overview of Family Wellness

JOINING  FORCES
— FOR CHILDREN —

THE Consortium  FOR
RESILIENT • YOUNG • CHILDREN

Training Objectives



ADVERSE CHILDHOOD EXPERIENCES

Recognize the impacts of Adverse Childhood Experiences (ACEs).

Part 1: Family Wellness



FAMILY WELLNESS

Explain how strengths and resources can buffer risks to help families succeed.



PART 1

What are ACEs?

What are ACEs?

ADVERSE
CHILDHOOD
EXPERIENCES

ABUSE



Physical



Emotional

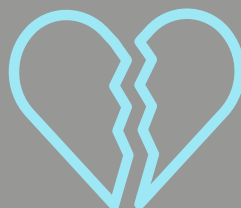


Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother Treated
Violently



Divorce



Incarcerated
Relative



Substance
Abuse

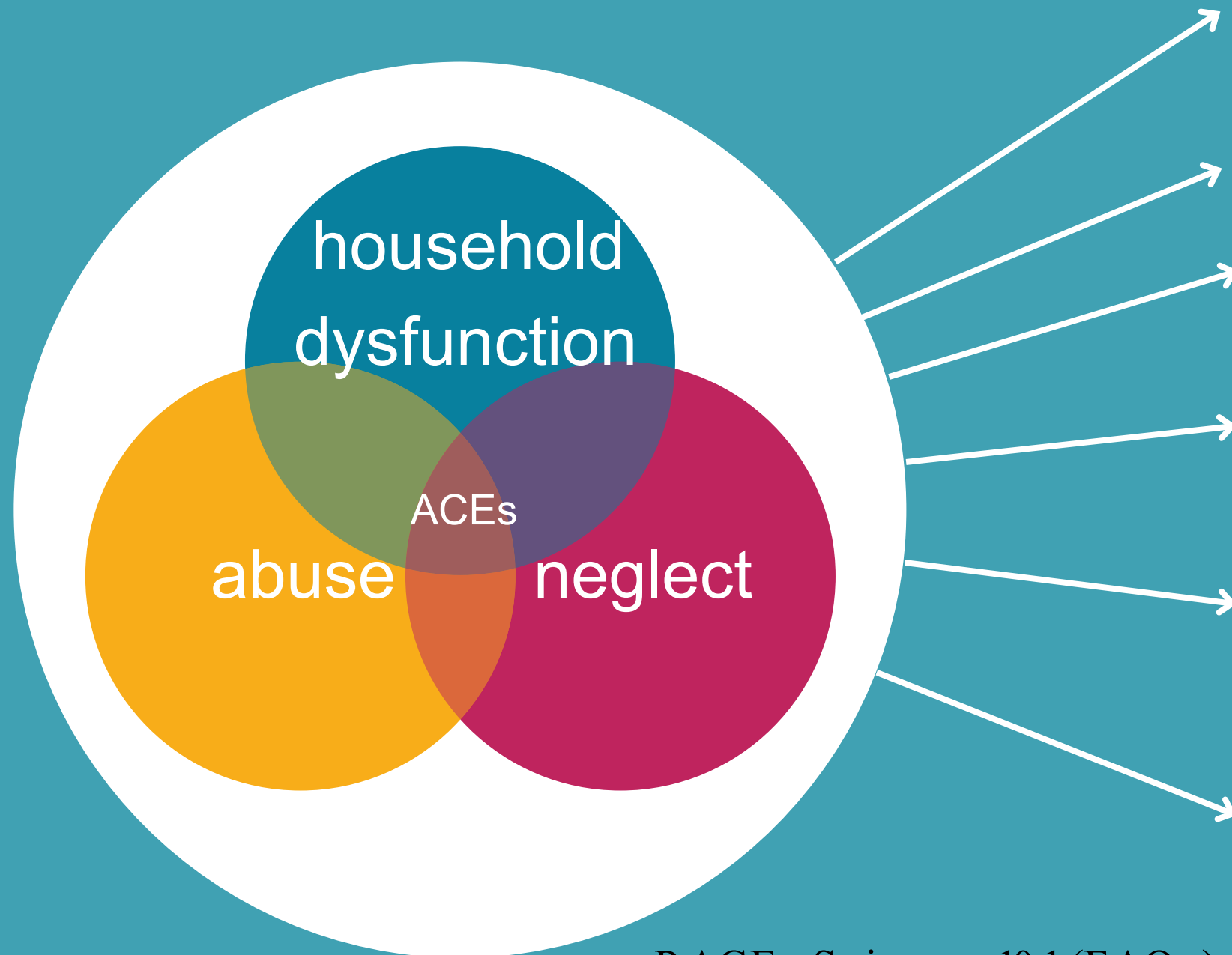
The ACEs Study is evidence that...

Adverse Childhood Experiences are the most basic and long-lasting cause of health risk behaviors, mental illness, social malfunction, disease, disability, death and healthcare costs.



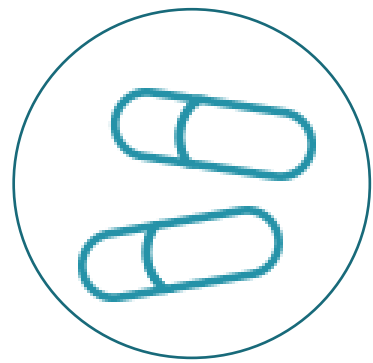
Adverse Childhood Experiences

Why are ACEs significant?



- Aces are common...nearly two-thirds (64%) of adults have at least one ace
- They cause adult onset of chronic disease
- If you have one ACE, there's an 87% chance that you have two or more
- The more ACEs you have > risk for chronic disease, mental illness, violence and being a victim of violence
- ACEs are responsible for a big chunk of work place absenteeism, costs in health care, emergency response, mental health and criminal justice.
- The brain cannot distinguish one -type of toxic stress from another, it's all toxic stress; with the same impact.

Behavioral Health



Substance abuse



Alcohol abuse



Lack of physical activity



Smoking



Missed Work

Physical & Mental Health



Severe obesity



Depression



Heart Disease



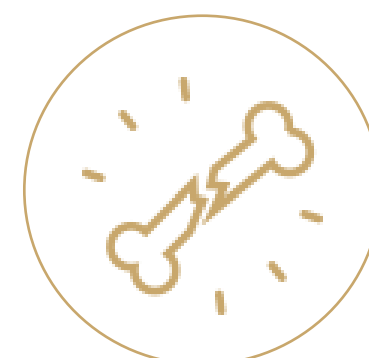
Cancer



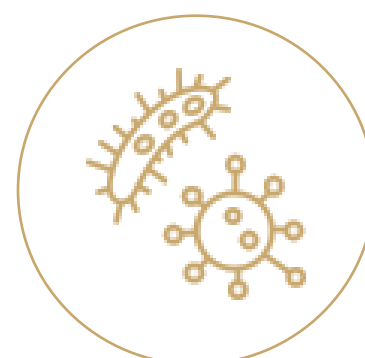
Diabetes



Suicide attempts



Broken bones



STDs



Chronic lung disease



Stroke

4+ ACEs

TWO OR MORE ACEs

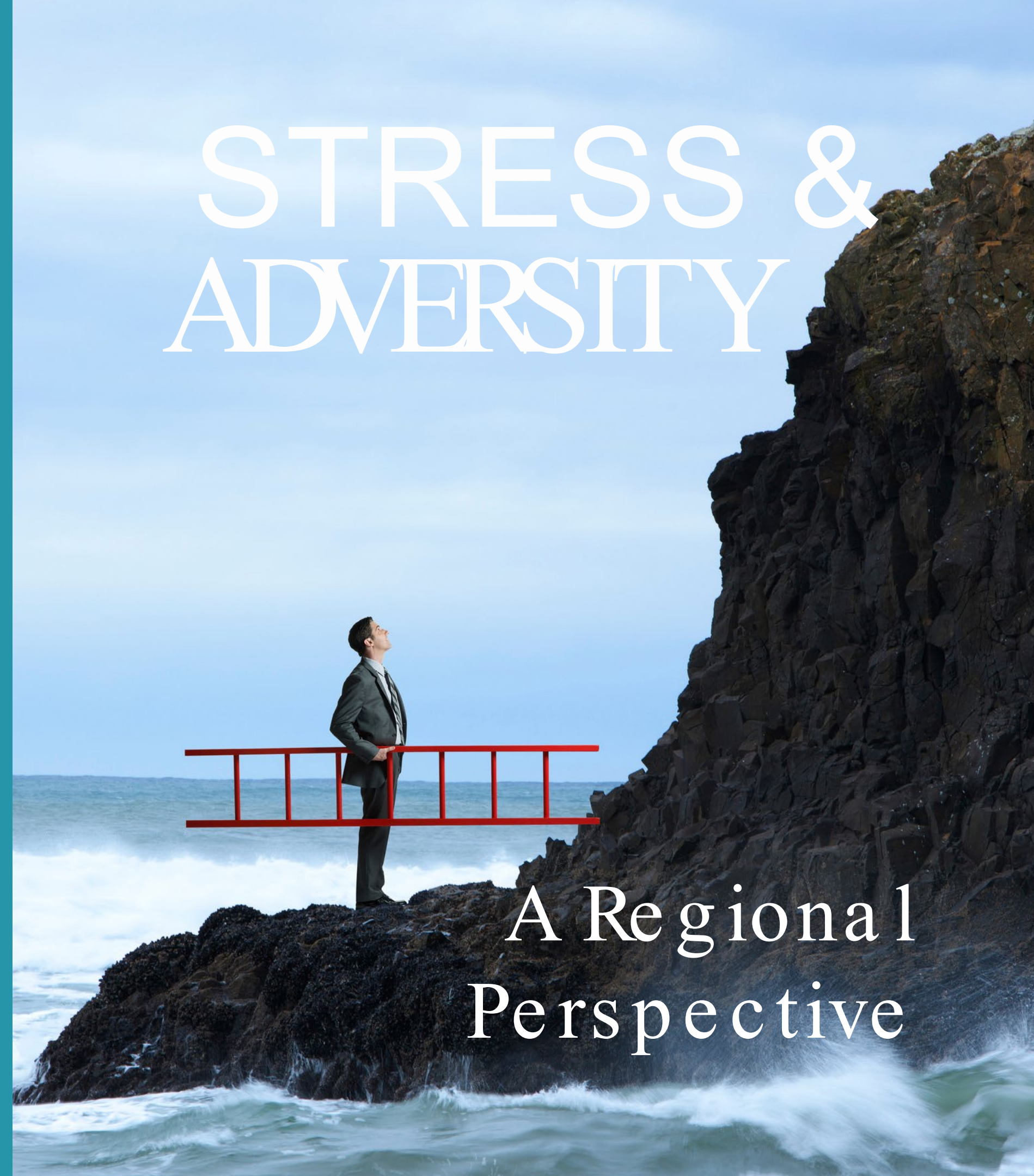
- National 18.1%
- Ohio 20.4%
- Kentucky 19.9%

PREVALENCE OF ACEs

	NATIONAL	OH	KY
Lives with someone with drug or alcohol problem	8.6%	9.6%	10.4%
Lives with someone with mental illness or suicide	8.5%	10.2%	9.2%
Parent or guardian got divorced or separated	23.2%	24.7%	26.5%
Parent or guardian served time in jail	7.0%	10.3%	10.3%
Death of a parent or guardian	2.9%	3.0%	3.7%

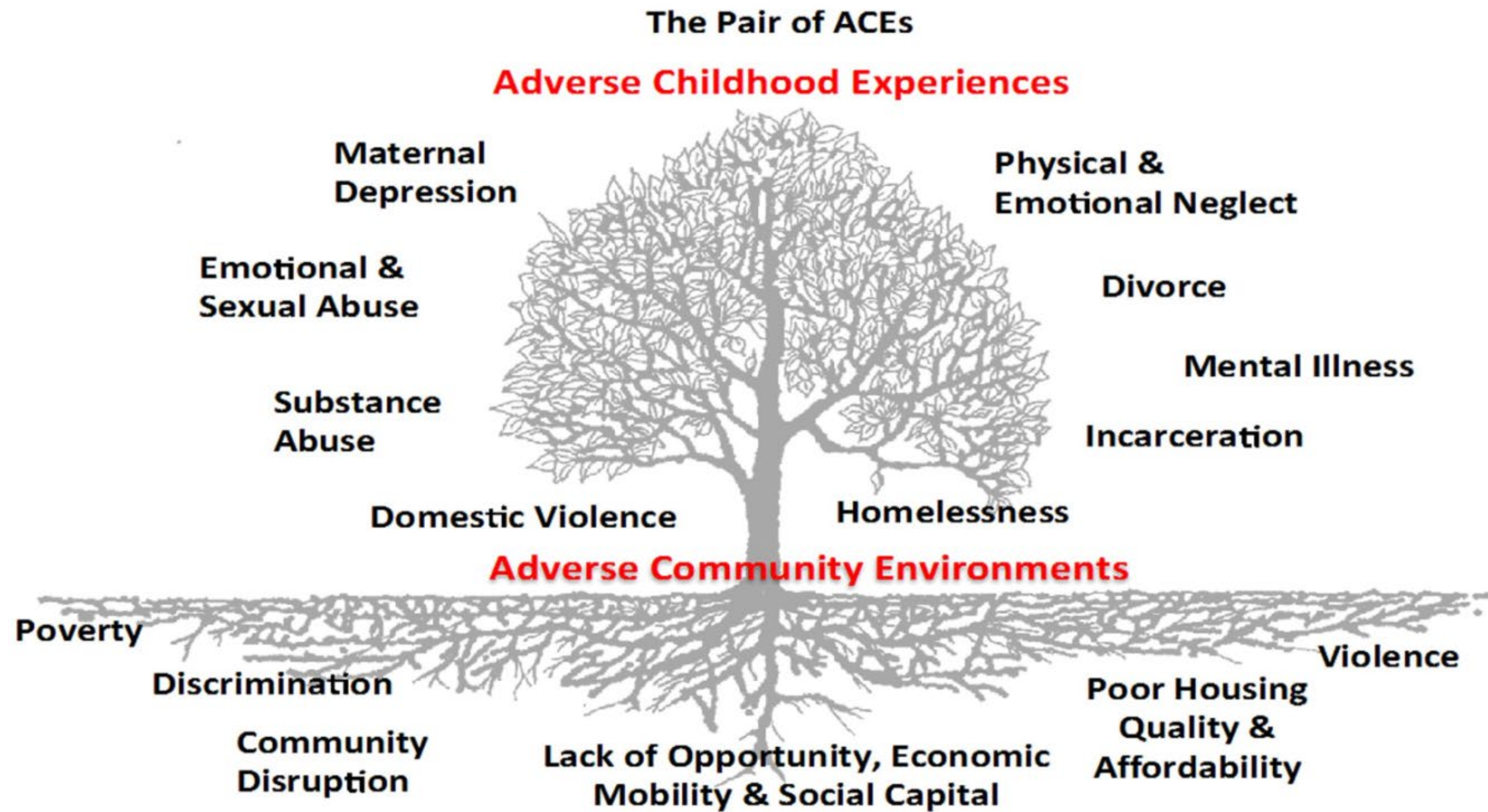
from childhealthdata.org for 2019-2020

STRESS & ADVERSITY



A Regional
Perspective

A Pair of ACEs



Ellis, W., Dietz, W.H., Chen, K.D. (2022). Community Resilience: A Dynamic Model for Public Health 3.0. Journal of Public Health Management and Practice, (28)1, S18-S26. doi: 10.1097/PHH.0000000000001413



PART 2

Stress and the Impact

3 Types of Stress



POSITIVE STRESS S

comes from positive events and interactions in life.



TOLERABLE STRESS S

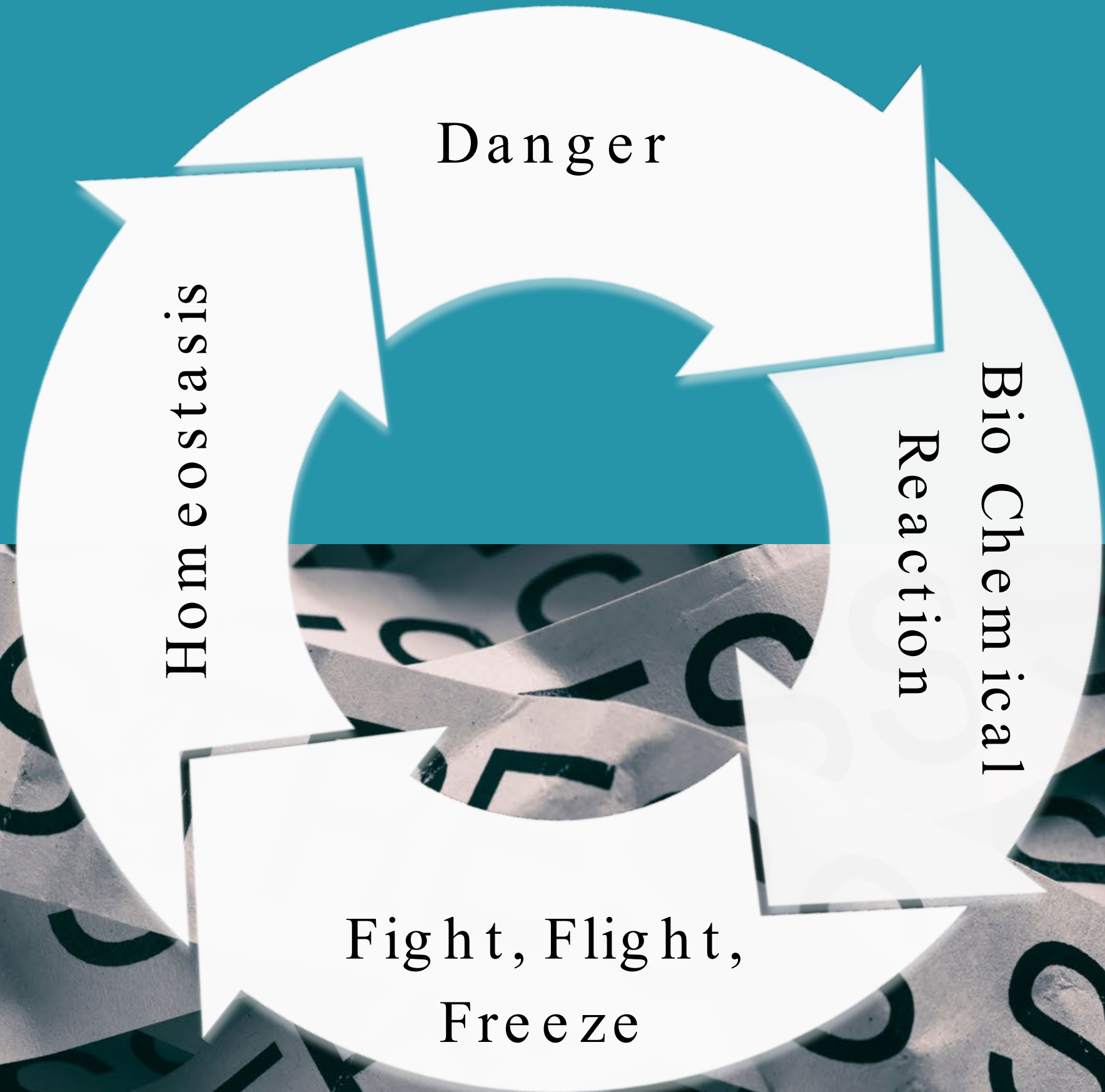
is everyday stress that needs managed.



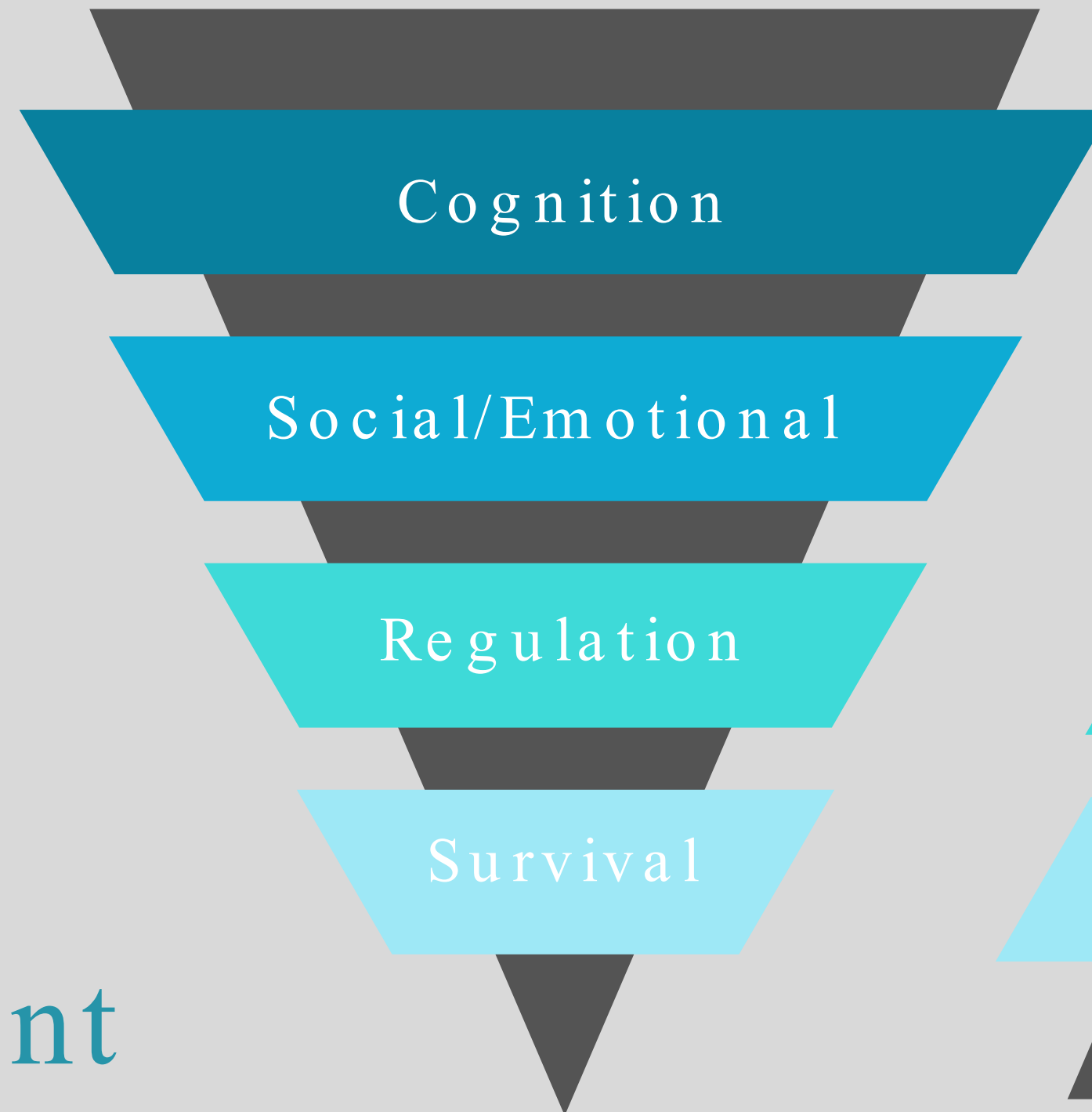
TRAUMATIC STRESS S

creates prolonged activation of the stress response system.

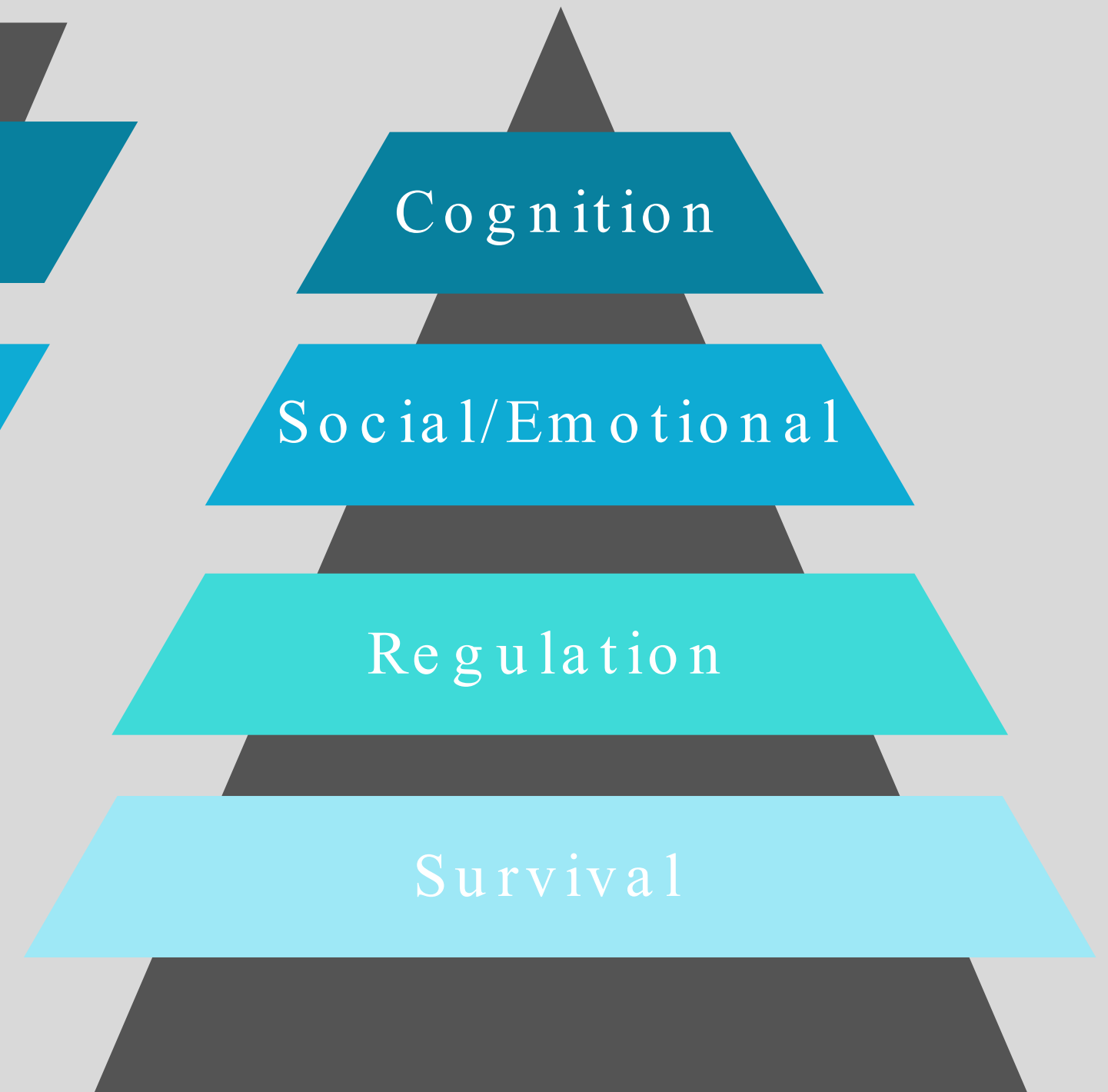
Stress Response System



Typical
Development



Developmental
Trauma



Impact on
Development



Trauma is a loss of control (over one's own safety or well-being) in the face of overwhelming circumstances.

So - what IS trauma informed anyway? | PACEsConnection



PART 3

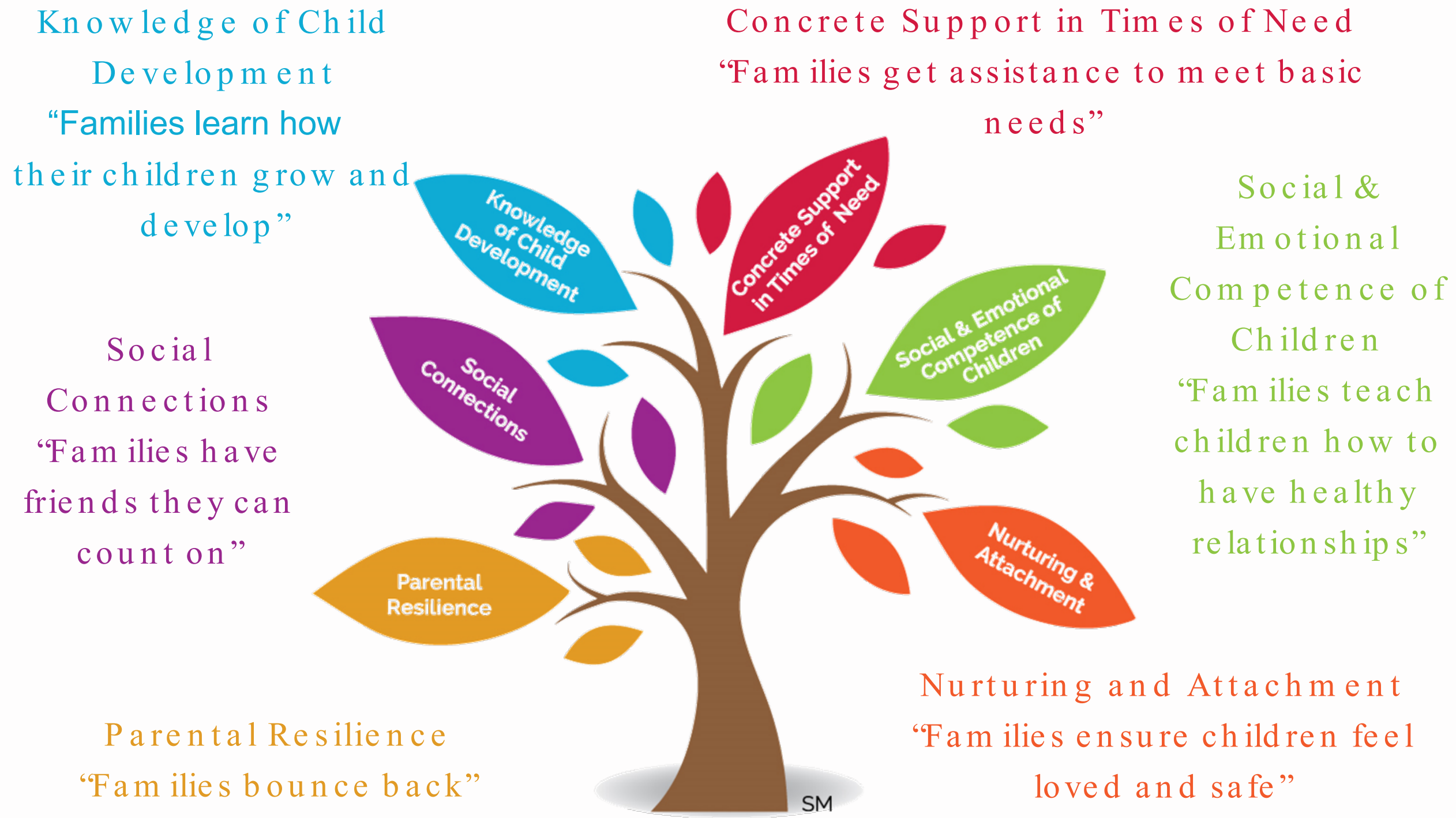
Increasing Resilience

Increasing Resilience through Protective Factors

A Two-Generation Approach to
Lessen the Impact of Stress



The Six Protective Factors





PART 4

Family Wellness

A conceptual image of a balance scale made of smooth, light-colored stones. A large, flat stone serves as the fulcrum. On the left side, a large, rounded stone is balanced. On the right side, a stack of seven smaller, flat stones is balanced. The background is a clear blue sky.

Protective Factors

Risks

stressful
conditions,
events or
circumstances

strengths that buffer risk
to help families succeed

A Balance of
Risk and
Protective
Factors

equals HOPE



JOINING FORCES FOR CHILDREN

We are a collective of educators, health care professionals, community members and more who work to prevent and reverse the effects of child traumas such as adverse childhood experiences (ACEs). Our goal is to brighten the future for children, their families, and our communities.

THE CONSORTIUM FOR RESILIENT YOUNG CHILDREN

The Consortium for Resilient Young Children (CRYC) brings together the best of Early Childhood, Mental Health and Two-Gen practices. Through a strength-based collaborative approach, CRYC promotes best practices designed to promote the social and emotional development of young children and the resiliency of the adults that care for them.

Family Wellness

GOAL

To alleviate family stress
by building protective
factors and helping
families access
networks of support.



UP NEXT

MODULE 2 - Family Wellness Survey

