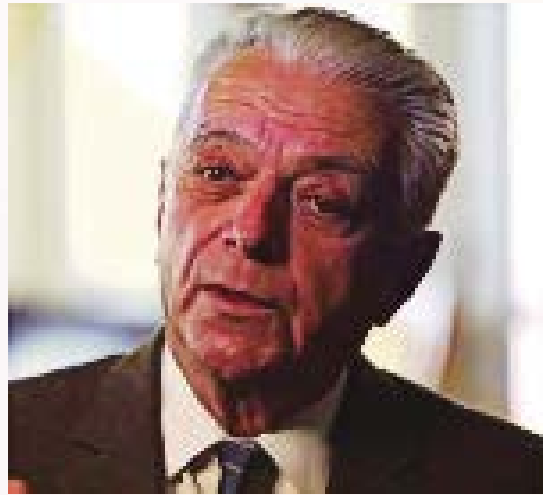


Supporting Hope & Resilience for Families

01/12/14

NEWS

Early Adversity Increases Physical, Mental, Behavioral Problems, Scientists Report



Dr. Robert Anda & Dr. Vincent Felitti
Investigators

Centers for Disease Control & Prevention,
Kaiser Permanente Study

Over 17,000 study participants

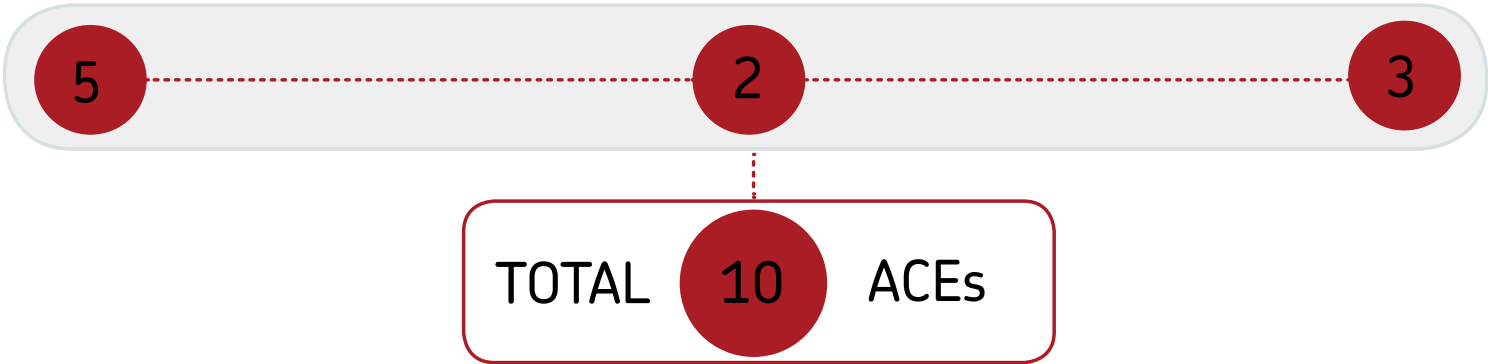
The ACE Study confirms, with scientific evidence, that adversity early in life increases physical, mental and behavioral problems later in life.

Adverse Childhood Experiences **ARE COMMON**

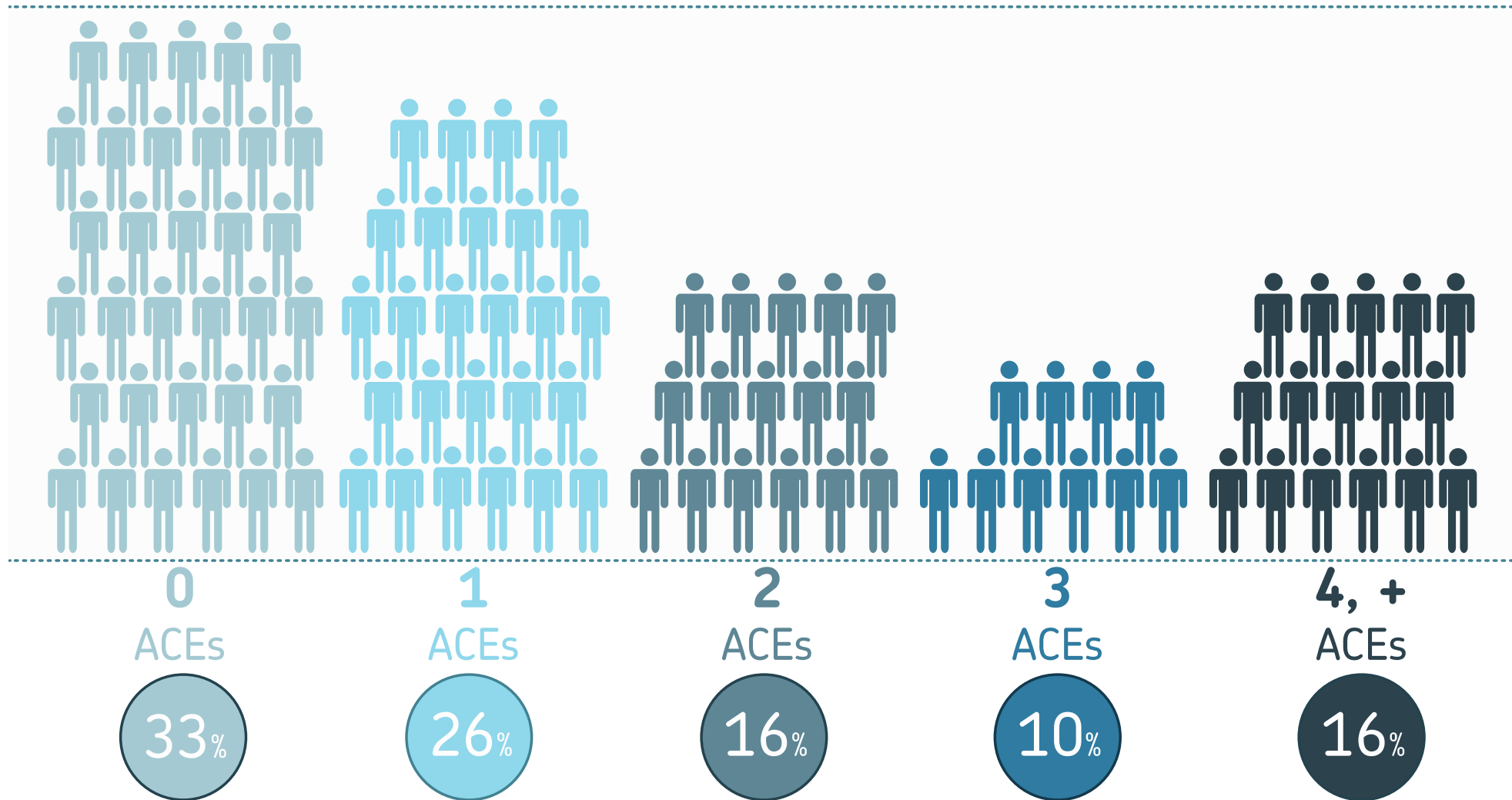
Household Dysfunction	
Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect	
Emotional	15%
Physical	10%

Abuse	
Emotional	11%
Physical	28%
Sexual	21%

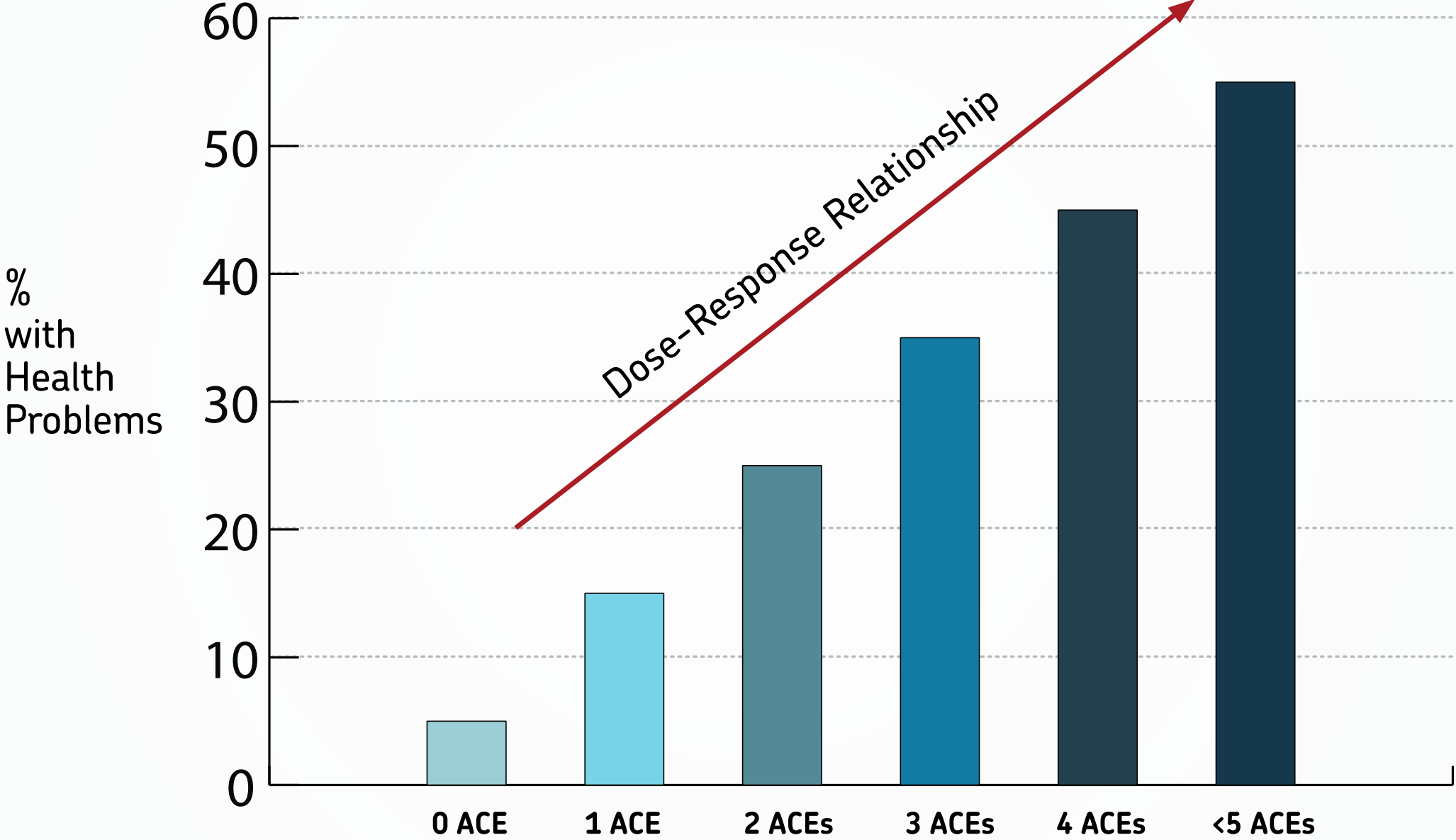


ACE Score = Number of ACE Categories

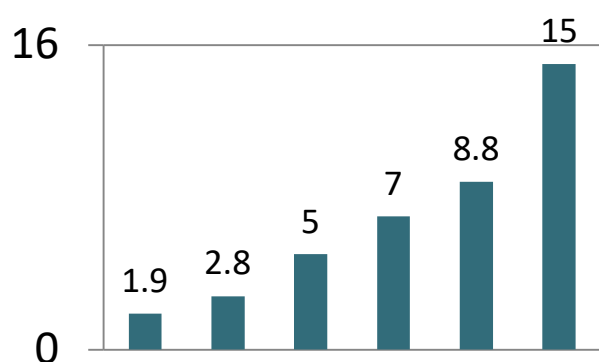


ACE Scores Reliably Predict Challenges During the Life Course

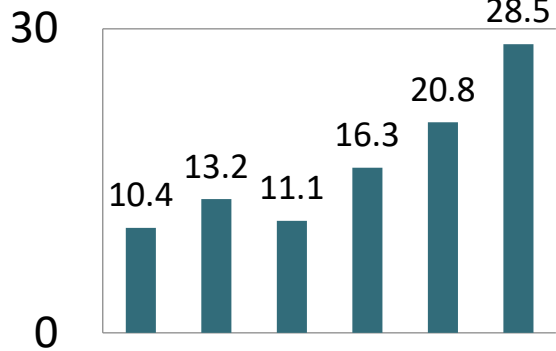
ACE Score and Health Problems



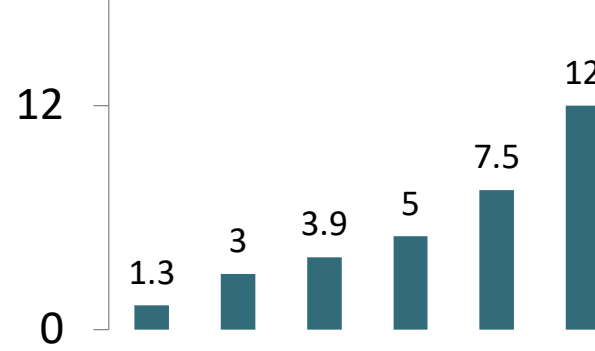
Anxiety



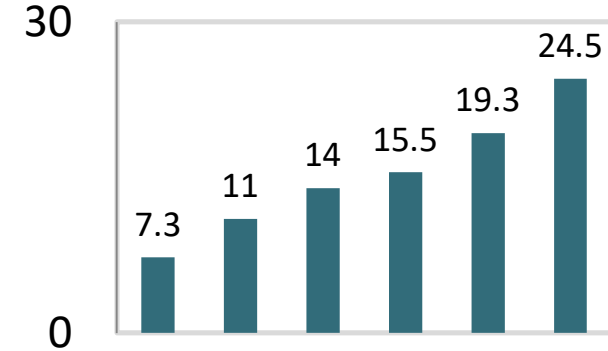
Smoking



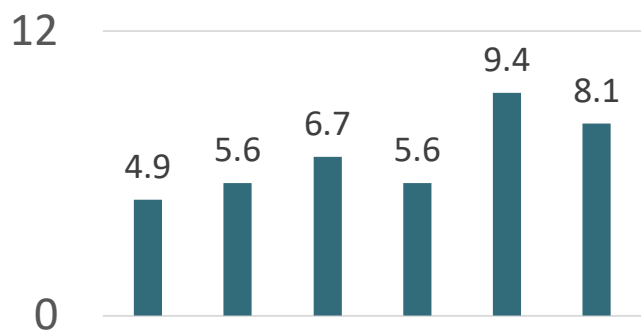
Drug Problem



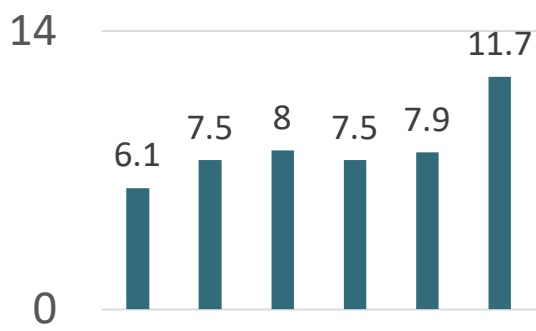
MH Treatment



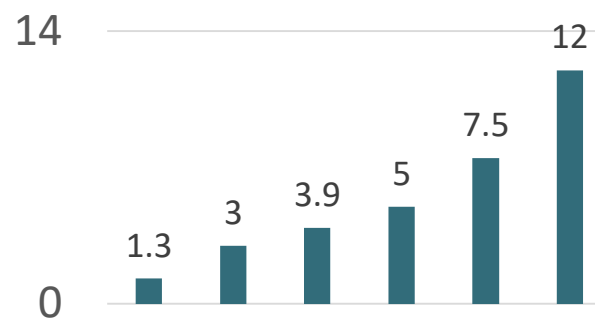
Cardio Vascular Disease



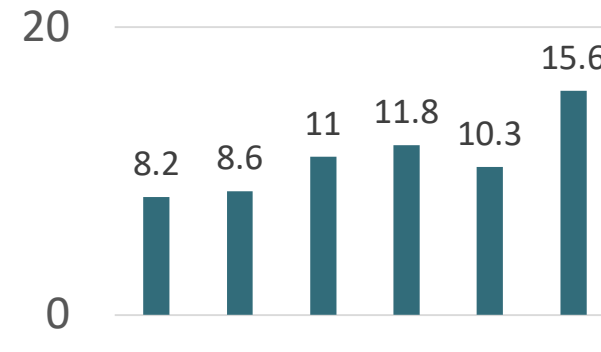
Diabetes



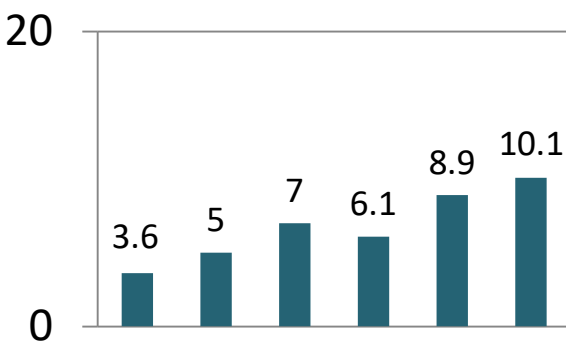
Asthma



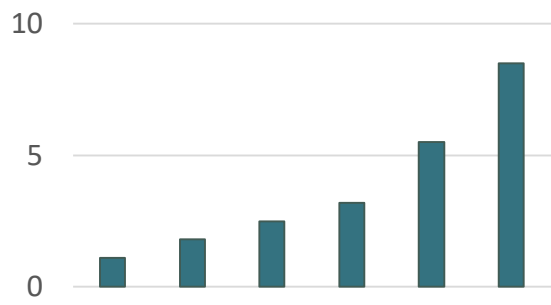
Cancer



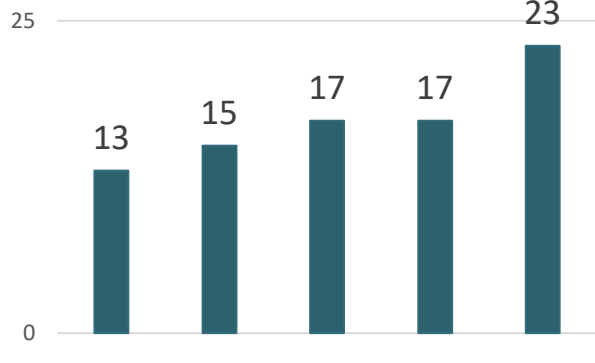
Work Injury/Illness



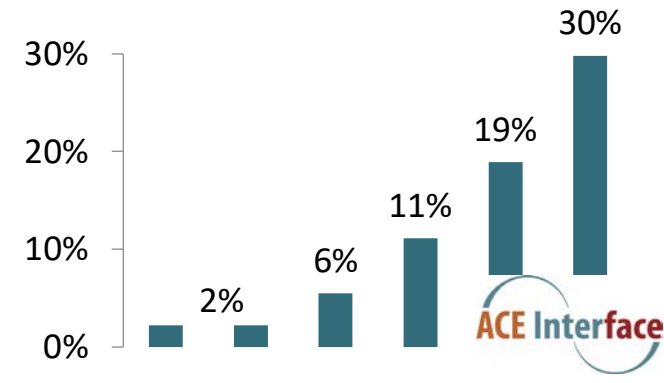
Missed 15 of 30 Work Days (MH)



Unemployed



Homeless



CONCEPTION



Childhood Experience



Adaptation

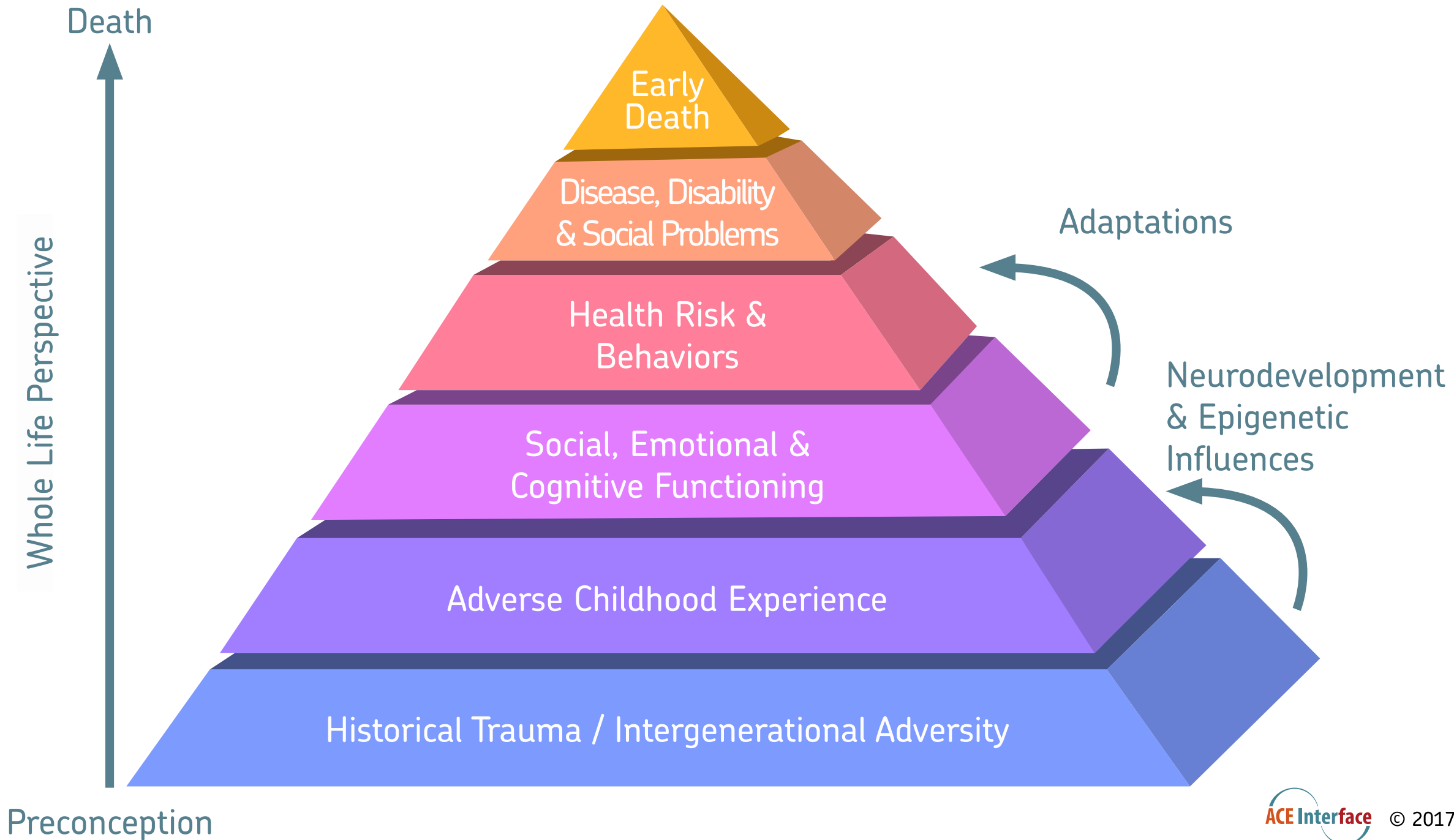


Adult Functioning





e
edgy, hypervigilant,
emotionally detached,
or quick to act?



Parents in Dependency Court



6 ACEs on average



SHAME


BUILDING RESILIENCE

Hope

Relationships

Community and
cultural connection

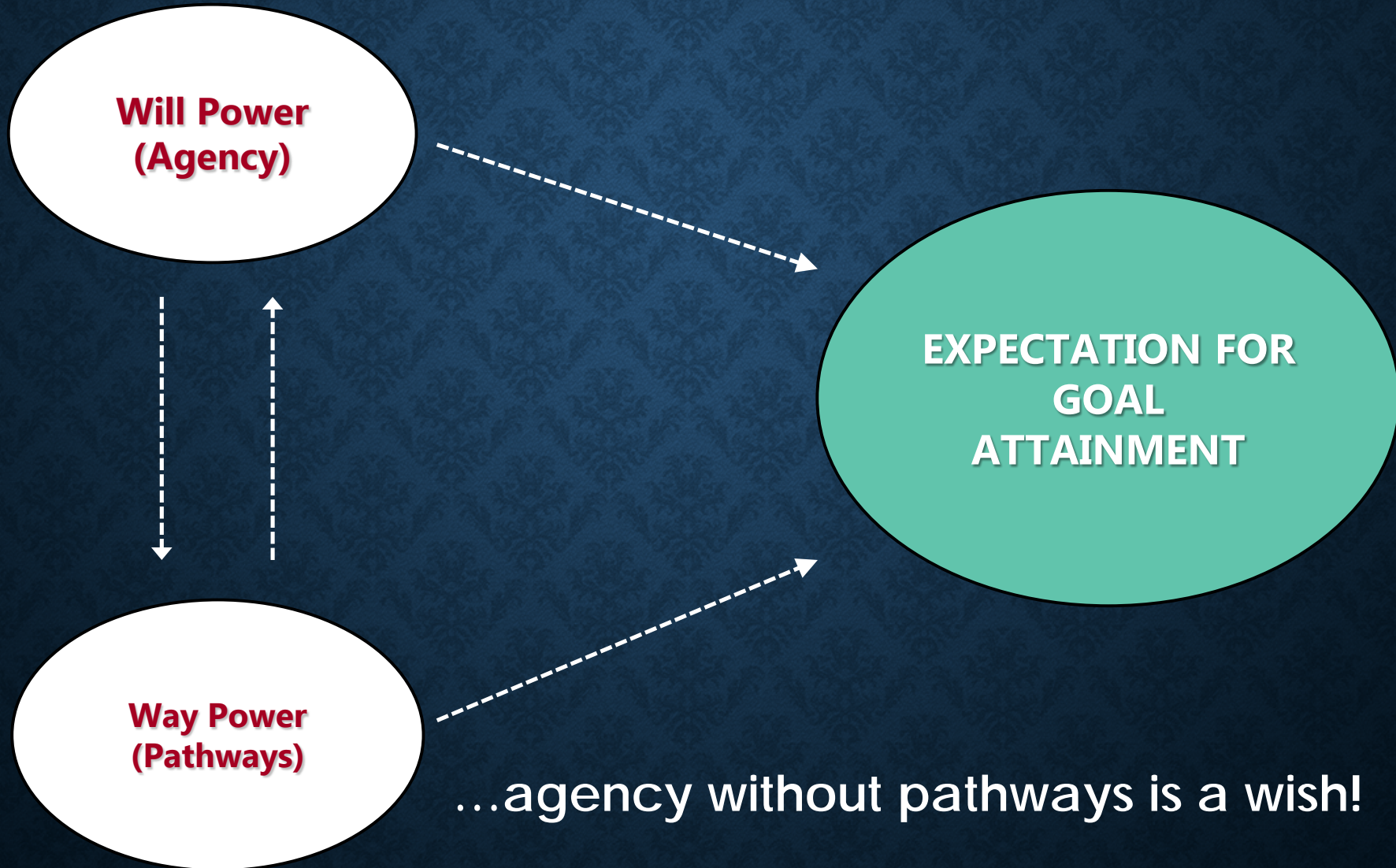


A wooden signpost is mounted on a vertical wooden post. The signpost is a horizontal wooden plank with a pointed right end. On the signpost, the word "HOPE" is written in white, uppercase letters. To the right of the word, there is a yellow arrow pointing to the right. The background is a clear blue sky with some light, wispy clouds. The lighting suggests it's daytime.

HOPE

You can get there from here!

HOPE THEORY



Measure Your Hope

www.hopescore.com





Positive view

Help people see their strengths

Self-efficacy – belief in your own ability to accomplish something

Self-regulation – controlling one's behavior, emotions, and thoughts in the pursuit of long-term goals

Any effort to address
past trauma that does not
include empowerment is
doomed to fail.

Herman, Judith. (1992) Trauma and Recovery. Basic Books.

Attachment & Belonging

RELATIONSHIPS

with caring and competent

people are

—VITAL—

contributors to
resilience & recovery



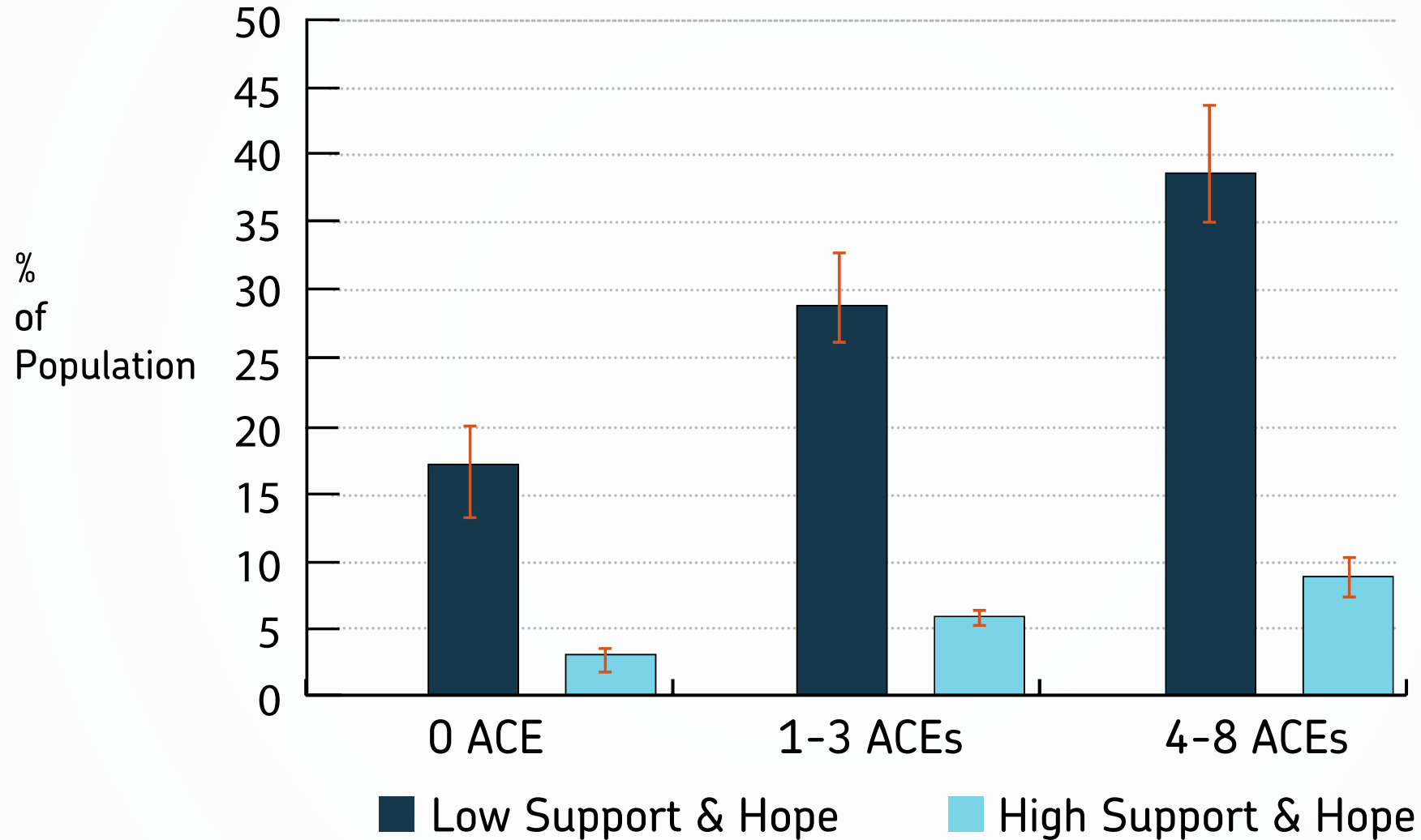
Support



FEELING
socially & emotionally
SUPPORTED
&
HOPEFUL

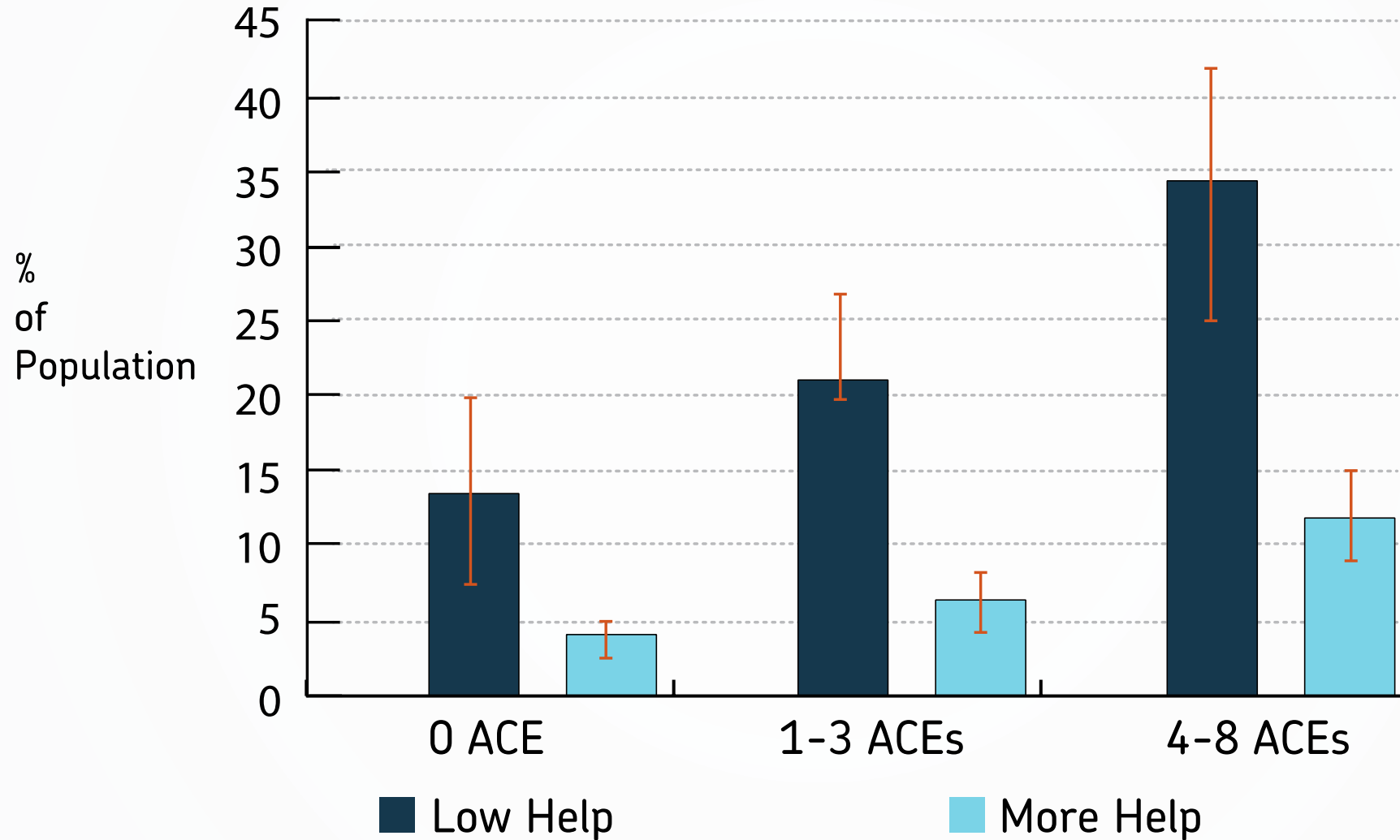
... Always or Usually
(vs Rarely or Never)

Poor Mental Health More Than Half Last Month With High Support & Hope



Hunger & Help

Hunger: Not Enough Money With Help





Culture, Community and Faith

Parents for Parents

Envision another way of living

Empower parents with
information Dependency 101

Peer support and mentoring



Recognize
strengths and
competence



“What’s right with you?”

Empower and
encourage



Articulate
pathways to
reunification
and dismissal



Ensure meaningful Family Time

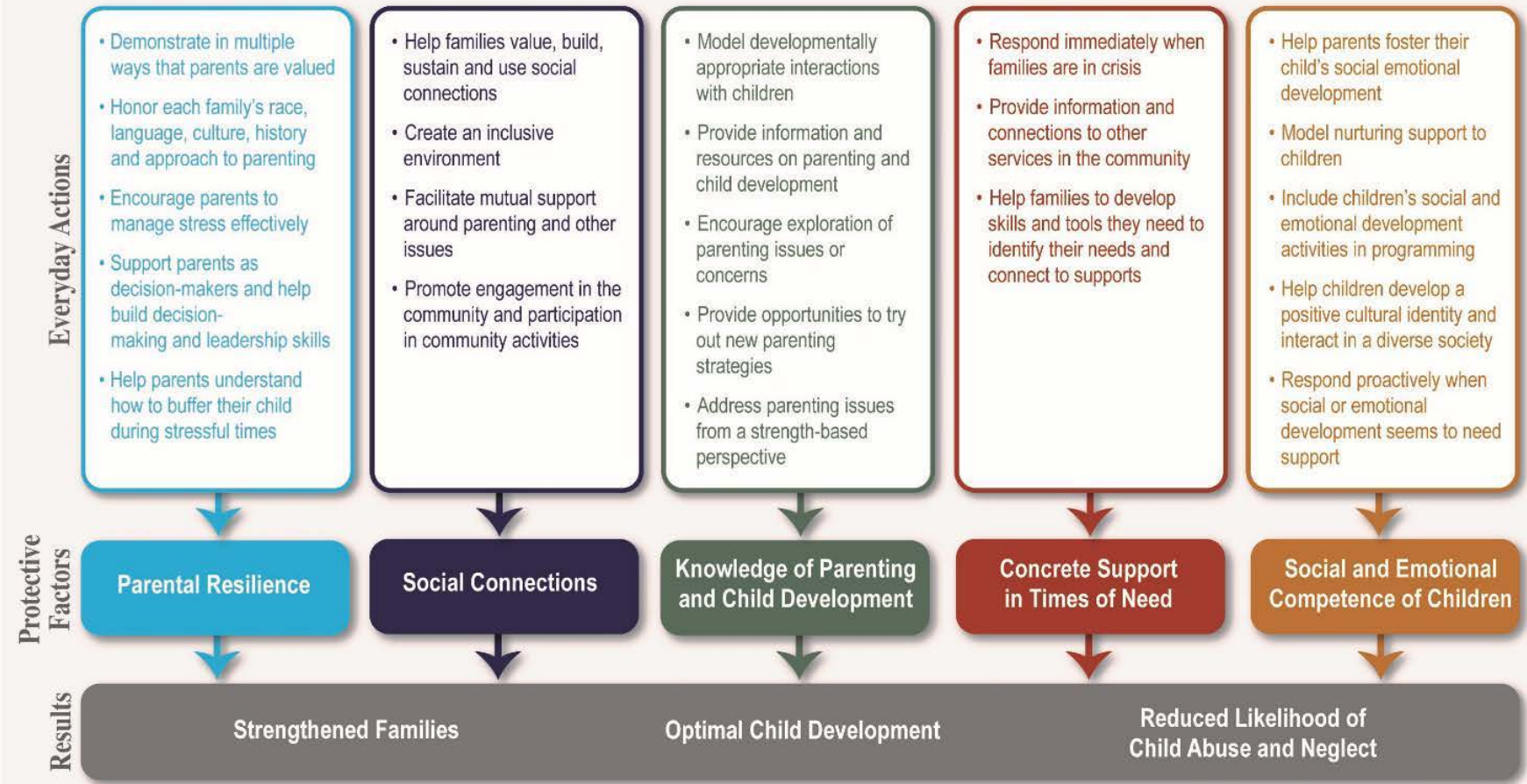


Liberal and robust family time strengthens parent child relationships, promotes child and family well-being, and expedites reunification.

Case plans:
support
resilience

build
protective
factors

Everyday Actions That Help Build Protective Factors



Graphics by Norma McReynolds for the NATIONAL ALLIANCE

Fairness



Court culture:
ceremony and
celebration

