

Central District ACEs-Resilience Trainings and Resources:



Public Health
Prevent. Promote. Protect.
Central District
Coordinating Council

Relationships as Protective Factors

Maine Youth Action Network-The Opportunity Alliance

When: March 10, 2020 9:30am-4:30pm

Where: Holocaust and Human Rights Center, 46 University Drive, Augusta

Event Overview: Develop skills to grow and sustain lasting and supportive relationships with young people. In this workshop, dive into how protective factors like positive adult relationships can build resiliency in young people and improve outcomes. This is a free training. Lunch will be provided.

For more information: <https://www.eventbrite.com/e/relationships-as-protective-factors-tickets-81751971347?aff=eac2>

Using Neuroscience to Reach Developing Brains

Maine Youth Action Network-The Opportunity Alliance

When: April 14, 2020 9:30am-4:30pm

Where: Holocaust & Human Rights Center, 46 University Drive, Augusta

Event Overview: Learn the neuroscience behind developing brains, and why scare tactics often miss the mark. Using this information, we will develop communication strategies that are researched based, and practice those strategies within a prevention-focused framework. This is a free training. Lunch will be provided.

For more information: <https://www.eventbrite.com/e/using-neuroscience-to-reach-developing-brains-tickets-81749774777?aff=eac2>

Mental Health First Aid

Northern Light Seabasticook Valley Hospital

When: April 16, 2020 8:30am-4:30pm

Where: Northern Light Seabasticook Valley Hospital 167 Leighton Street, Pittsfield

Event Overview: Mental Health First Aid teaches how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care. Mental Health First Aid is a national best-practice, evidenced-based certification course that leads to a 3 year certification issued by the National Council on Behavioral Health.

For more information: www.namimaine.org/event/Seabasticook

Youth Mentoring Strategies

Maine Youth Action Network-The Opportunity Alliance

When: April 17, 2020 9:30am-4:30pm

Where: Holocaust & Human Rights Center, 46 University Drive, Augusta

Event Overview: Identify the best practices for advising and supporting youth. Use these practices to build skills and provide techniques for coaching other mentors in your communities. This is a free training. Lunch will be provided.

For more information: <https://www.eventbrite.com/e/youth-mentoring-strategies-tickets-81753766717?aff=eac2>

Maine Resilience Building Network (MRBN) Trainings

If you are interested in scheduling any of these trainings, please contact MRBN's Training Coordinator mrbntraining@gmail.com or Denise Delorie at Denise.Delorie@MaineGeneral.org.

The Role of Life Experiences in Raising Healthy & Thriving Children & Communities (30 minutes)

An introduction to the Adverse Childhood Experiences (ACE) Study; what adverse childhood experiences look like in Maine; and introduce the important role that resilience-building plays in healthy and thriving children and communities

The Role of Life Experiences in Raising Healthy & Thriving Children & Communities (60- 90 minutes)

An introduction to the Adverse Childhood Experiences (ACE) Study; what adverse childhood experiences look like in Maine; the impact of toxic stress on healthy brain development; and the important role that resilience-building plays in healthy and thriving children and communities.

The Role of Life Experiences in Raising Healthy & Thriving Children & Communities (2- 2.5 hours)

An Introduction to the Adverse Childhood Experiences (ACE) Study; what adverse childhood experiences look like in Maine; the impact of toxic stress on healthy brain development; looking at Adverse Community Environments and their impact on adverse childhood experiences; what ACEs look like, sound like, and feel like for those impacted; how to build resilience for healthy and thriving children and communities.

For more information: <http://maineaces.org/wp/training-and-education-events/>
Or visit MRBN's website for more resources: <http://maineaces.org/index.html>

Strengthening Maine Families ***Kennebec Valley Community Action Program (KVCAP)***

Strengthening Maine Families

This training is a research-based framework to increase family strengths, enhance child development and reduce child abuse and neglect by increasing connection. The training allows a deeper understanding and conversation around five protective factors which include:

1. Parental resilience: Being a parent can be a very rewarding and joyful experience. But being a parent can also have its share of stress.
2. Social connections: People need people.
3. Concrete supports in times of need: All parents need help sometimes.
4. Knowledge of parenting and child development: No parent knows everything about children or is a “perfect parent.”
5. Social and emotional competence of children: Early childhood is a period of both great opportunity and vulnerability.

When equipped with this knowledge, programs that work with families and children from the earliest point are able to implement an early warning system to effectively address situations where families need extra support and resources. And, as a result, create a healthier community.

If you are interested in scheduling this training, please contact Kristen Plummer at kristenp@kvcap.org or 207-859-2520

US CDC ACEs Training

Preventing Adverse Childhood Experiences

This training begins with two modules designed to increase awareness and understanding of ACEs and ways to prevent them. These modules are appropriate for anyone interested in learning about ACEs regardless of education level or profession:

Module 1: ACEs Overview

Module 2: The Public Health Approach to Preventing ACEs

Upon completion of Module 2, trainees will be eligible to receive the following continuing education for physicians, nurses, health education specialists, general health professionals:

To access the modules, please visit: <https://vetoviolence.cdc.gov/apps/aces-training/#/#top>

Reading, Audio, Video:

[Find Maine Public Libraries](#) by town, or [Books by Mail](#) for those without local libraries or those who are homebound

Available from Somerset Public Health: contact Danielle Denis at DDenis@rfgh.net or 858-8463

Sporleder, J. & Forbes, H. (2016). *The trauma-informed school : a step-by-step implementation guide for administrators and school personnel*. Boulder, Colorado: Beyond Consequences Institute, LLC.

Cox, G., Arnold, K., Kummer, T., McCullough, D. & Settle, A. (2017). *Hand in hand : a manual for creating trauma-informed leadership committees*. Boulder, Colorado: Beyond Consequences Institute, LLC.

Souers, Kristin, and Peter A. Hall. *Fostering resilient learners : strategies for creating a trauma-sensitive classroom*. Alexandria, Virginia: ASCD, 2016. Print.

Souers, Kristin, and Peter A. Hall. *Relationship, responsibility, and regulation : trauma-invested practices for fostering resilient learners*. Alexandria, Va: ASCD, 2019. Print.

Forbes, Heather T., and B B. Post. *Beyond consequences, logic, and control : a love-based approach to helping attachment-challenged children with severe behaviors*. Orlando, FL: Beyond Consequences Institute, 2006. Print.

Smith, Dominique, Douglas Fisher, and Nancy Frey. *Better than carrots or sticks : restorative practices for positive classroom management*. Alexandria, VA: ASCD, 2015. Print.

Jennings, Patricia A., and Daniel J. Siegel. *The trauma-sensitive classroom : building resilience with compassionate teaching*. New York: W.W. Norton & Company, 2019. Print.

Recommended by Emily Read Daniels, with her source notes: <http://herethisnow.org/about-emily/>

BOOKS

Curran, L. A. (2013). *101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward*. US: PESI Publishing & Media.

Delahooke, M. (2019). *Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges*. US: PESI Publishing & Media.

Mona Delahooke's book is an excellent resource on the application of The PolyVagal Theory, and a helpful resource for teachers.

Forbes, H. T. (2012). *Help for Billy: A Beyond Consequences Approaching to Helping Challenging Children in the Classroom*. US: Beyond Consequences Institute, LLC.

Keller, L. & LaPierre, A. (2012). *Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship*. Berkeley, CA: North Atlantic Books.

Levine, P. A. & Frederick, A. (1997). *Waking the Tiger: Healing Trauma*. Berkeley, CA North Atlantic Books.

Levine, P. A. (2010). *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. Berkeley, CA: North Atlantic Books.

Levine, P. A. (2008). *Trauma Proofing Your Kids: A Parent's Guide for Instilling Confidence, Joy, and Resilience*. Berkeley, CA: North Atlantic Books.

Peter Levine created Somatic Experiencing,TM and founded the Somatic Experiencing Trauma Institute.

Nakazawa, D. K. (2016). *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*. New York, NY: Simon and Schuster.

Perry, B. D. & Szalavitz, M. (2006). *The boy who was raised as a dog and other stories from a child psychiatrist's notebook: What traumatized children can teach us about loss, love, and healing*. New York, NY: Basic Books.

Bruce Perry created the Child Trauma Academy in Houston, TX.

Porges, S. W. (2017). *Norton series on interpersonal neurobiology. The pocket guide to the polyvagal theory: The transformative power of feeling safe*. New York, NY: W W Norton & Co.

Stephen Porges is a Distinguished Scientist at the Kinsey Institute; he publishes extensively on his theory of human behavior: The PolyVagal Theory. His theory provides the scientific basis for many somatic-informed approaches to healing trauma – including sensorimotor therapy and Somatic Experiencing. His most “accessible” material includes the publication mentioned here.

van der Kolk, B. A. (2014). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. New York, NY: Viking.

Bessel van der Kolk first coined the term PTSD (Post Traumatic Stress Disorder), established the Justice Resource Institute in Brookline, MA, and authored the seminal work on trauma mentioned here, along with several other publications.

VIDEOS

Burke Harris, N. (2014, September). *How Childhood Trauma Affects Health Across a Lifetime* [Video file]. Retrieved from

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime

Felitti, V. (2015, October 9). *How Childhood Trauma Can Make You a Sick Adult* [Video file]. Retrieved from <http://bigthink.com/videos/vincent-felitti-on-childhood-trauma>

TED. (2014, June 1). *When Time Doesn't Heal All Wounds* [Video file]. Retrieved from

https://www.youtube.com/watch?v=dsCNuB_KBUw

TED. (2016, April 15). *Drowning in Empathy: The Cost of Vicarious Trauma* [Video file]. Retrieved from

<https://www.youtube.com/watch?v=ZsaorjIo1Yc>

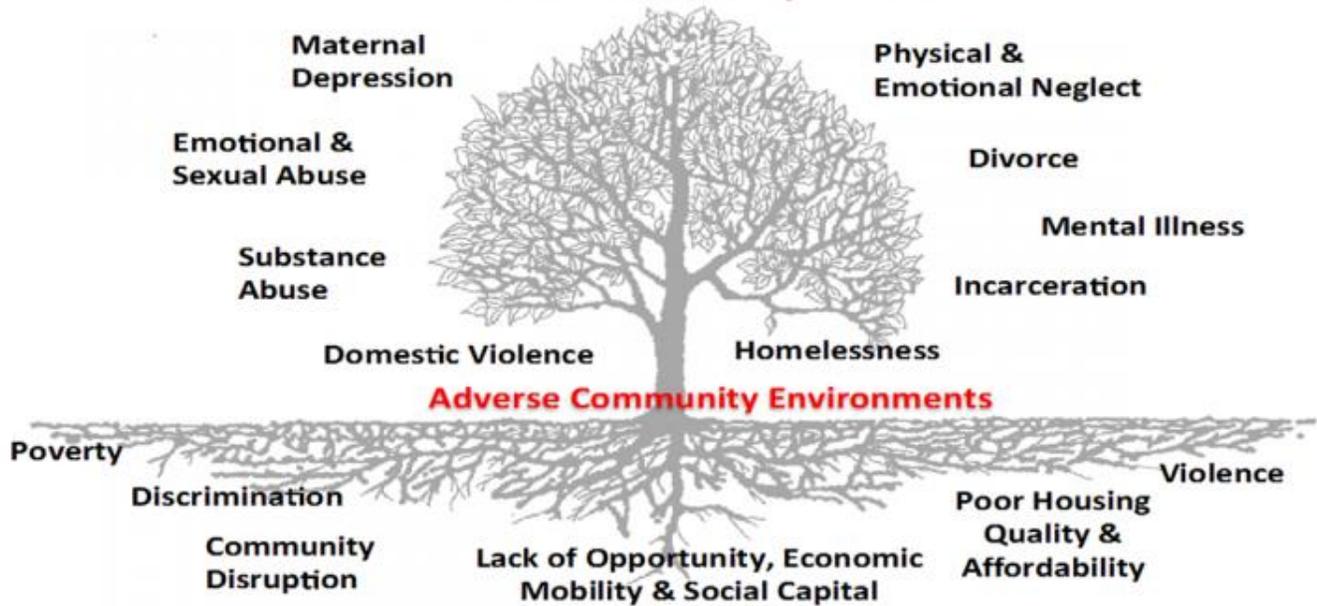
AUDIO FILES/PODCASTS

van der Kolk, B. A. (2013, July11). *How Trauma Lodges in the Body* [Audio podcast]. Retrieved from

<https://onbeing.org/programs/bessel-van-der-kolk-how-trauma-lodges-in-the-body-mar2017/>

The Pair of ACEs

Adverse Childhood Experiences



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011



This work is licensed under the CC-BY-NC-SA 4.0 License. To view a copy of the license, visit <https://creativecommons.org/licenses/by-nc-sa/4.0/>. Noncommercial use of this material is allowed, including modification, with attribution to the license holder: Building Community Resilience, Redstone Global Center for Prevention and Wellness, Milken Institute School of Public Health, George Washington University. Visit gwu.edu/BCR for the original work.