

**MOBILIZING ACTION FOR
RESILIENT COMMUNITIES GRANT**

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OVERVIEW

- Trauma
- ACEs
- Resiliency
- MARC
- MARC in the Columbia River Gorge
- Questions?

WHAT IS “TRAUMA”

- American Academy of Pediatrics
 - Healthy Stress
 - Tolerable Stress
 - Toxic Stress
- People experience trauma in situations of toxic stress
 - Especially harmful to children because of brain development

ADVERSE CHILDHOOD EXPERIENCES STUDY

- Southern California 1995 – 1997
- 17,300 people
- Asked 10 questions
- Score 0 – 10

ACEs = ADVERSE CHILDHOOD EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Incarcerated Relative



Substance Abuse



Divorce

ACES STUDY OUTCOMES

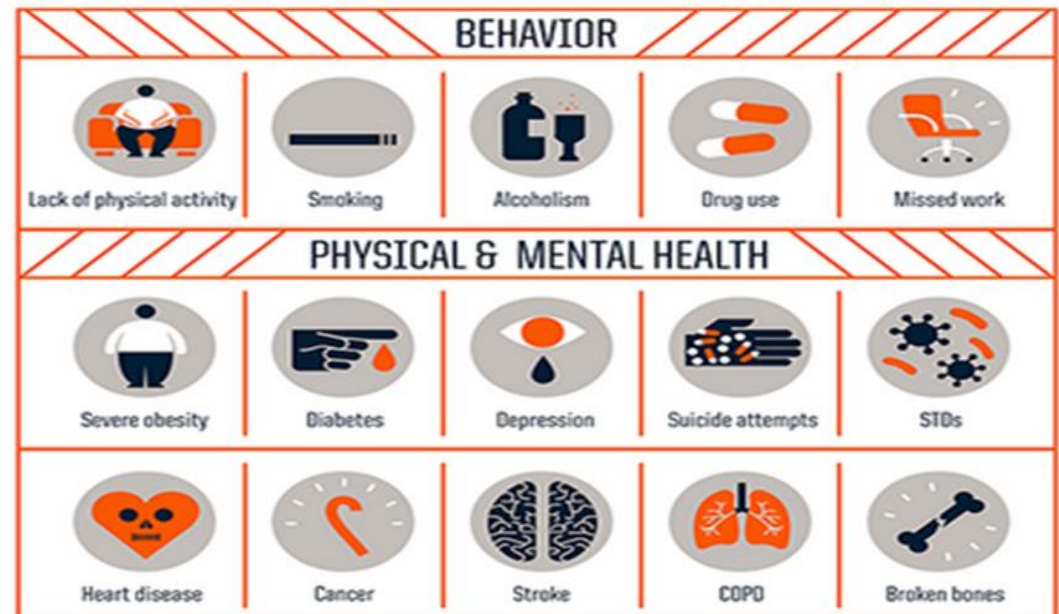
- ACEs are common
- Graded dose response
- Influence the risk of over 40 negative health outcomes

WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

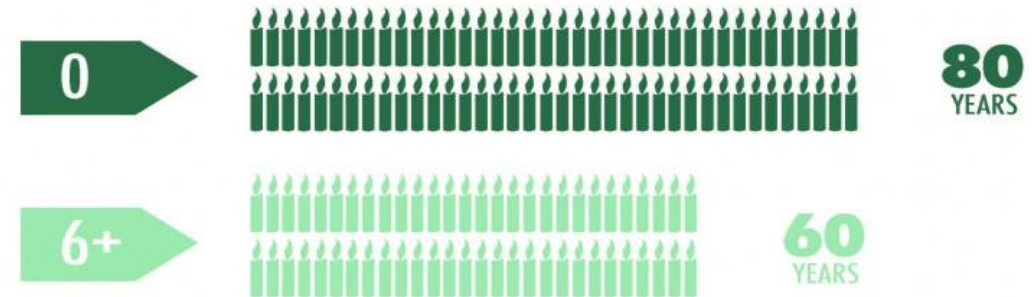


ACES & SOCIETY

HOW *do* ACES AFFECT OUR SOCIETY?

LIFE EXPECTANCY

People with six or more ACEs died nearly **20 years earlier on average** than those without ACEs.



ECONOMIC TOLL

The CDC estimates that the lifetime costs associated with child maltreatment at **\$124 billion**.

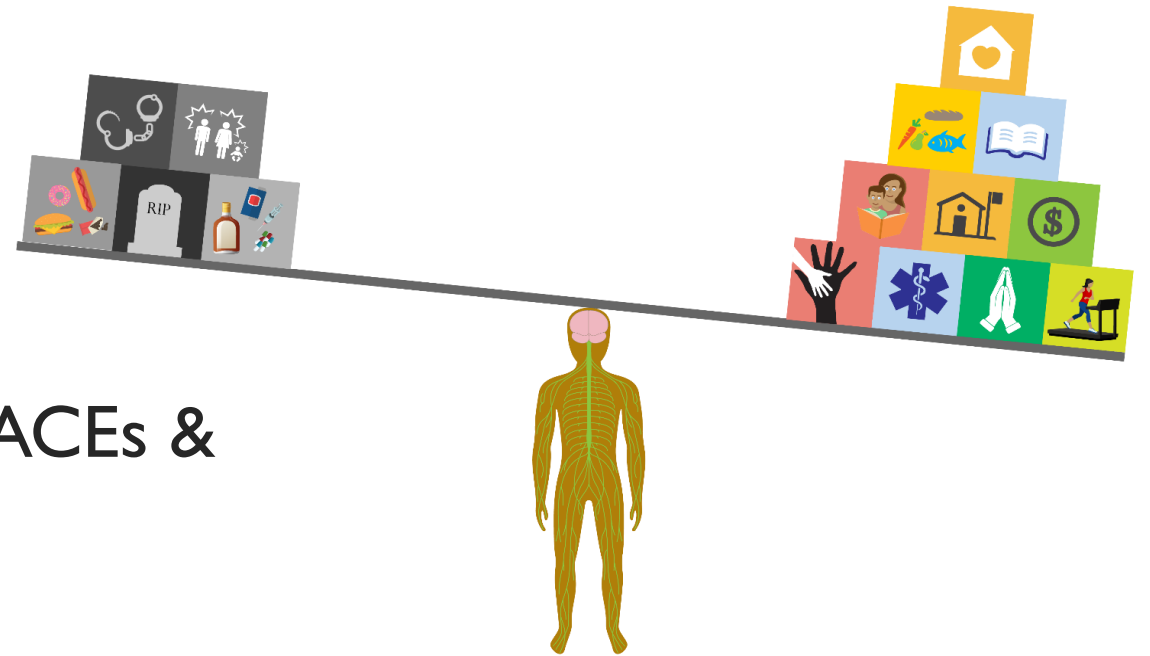


- Decreased life expectancy
- Economic toll

http://vetoviolence.cdc.gov/apps/phl/resource_center_infographic.html

RESILIENCY

- The ability to “bounce back”
 - “Pull yourself up by your bootstraps”
- Influenced by:
 - Genetic
 - Biological
 - Environmental factors
- This is how we combat the effects of ACEs & trauma.
- Anyone can increase their resiliency.
- Communities play a huge role in resiliency.



MOBILIZING ACTION FOR RESILIENT COMMUNITIES GRANT

- Movement for just, healthy, & resilient communities.
- Spreading knowledge on:
 - Adverse Childhood Experiences (ACEs)
 - Trauma Theory
 - Resiliency
- Teaching Trauma Informed ways of interacting.

MARC IN THE COLUMBIA RIVER GORGE

- The Consortium to Create Sanctuary in the Columbia River Gorge
- Trauma & Resiliency Summit
 - October 20th & 21st, 2016
- Trainings in the Sanctuary Model
- Workshops in Trauma Informed interaction models

The sad news is that ACEs, adversity, and trauma are common.

The good news is we can do something about it!

QUESTIONS?

