

OVERVIEW

Resilience is the ability to thrive, adapt, and cope despite tough and stressful times. Resilience is a natural counter-weight to Adverse Childhood Experiences (ACEs). The more resilient children are, the more likely they are to deal with negative situations in a healthy way that won't have prolonged and unfavorable outcomes. Resilience is not an innate characteristic, but rather is a skill that can be taught, learned, and practiced. Everybody has the ability to become resilient when surrounded by the right environments and people. And we all have a role to play in promoting the great childhoods that children deserve.

In January, February, and March of 2017, six screenings of the new documentary "Resilience" were aired in Louisville to an audience of more than 800 people. Members of a multi-sector steering committee planned each convening to reach different audiences including health professionals, school teachers and staff, parents, the non-profit community, the faith community, and other community members. Each screening was followed by a brief question and answer session moderated by community leaders with panels of experts.

Louisville's BOUNCE Coalition will serve as the lead agency to take the next steps to continue the community dialogue, convene stakeholders, and provide training so that Louisville is more effective in preventing, identifying, and responding to ACEs.

The Film: **RESILIENCE: THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE**

The film chronicles the birth of a new movement among pediatricians, therapists, educators, and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction, and disease. RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the ways communities can treat and prevent Toxic Stress. For more info about the film: <http://kpjrfilms.co/resilience/>

Screening Locations

- The Kentucky Science Center
- Norton Ortho Hand Center
- Central High School
- Clifton Center
- Durrett Auditorium
- Spirit Filled New Life Ministry

C. E. and S. Foundation, Inc.

These events
were made
possible by:





Viewers identified ways to stand up for kids who have experienced trauma:

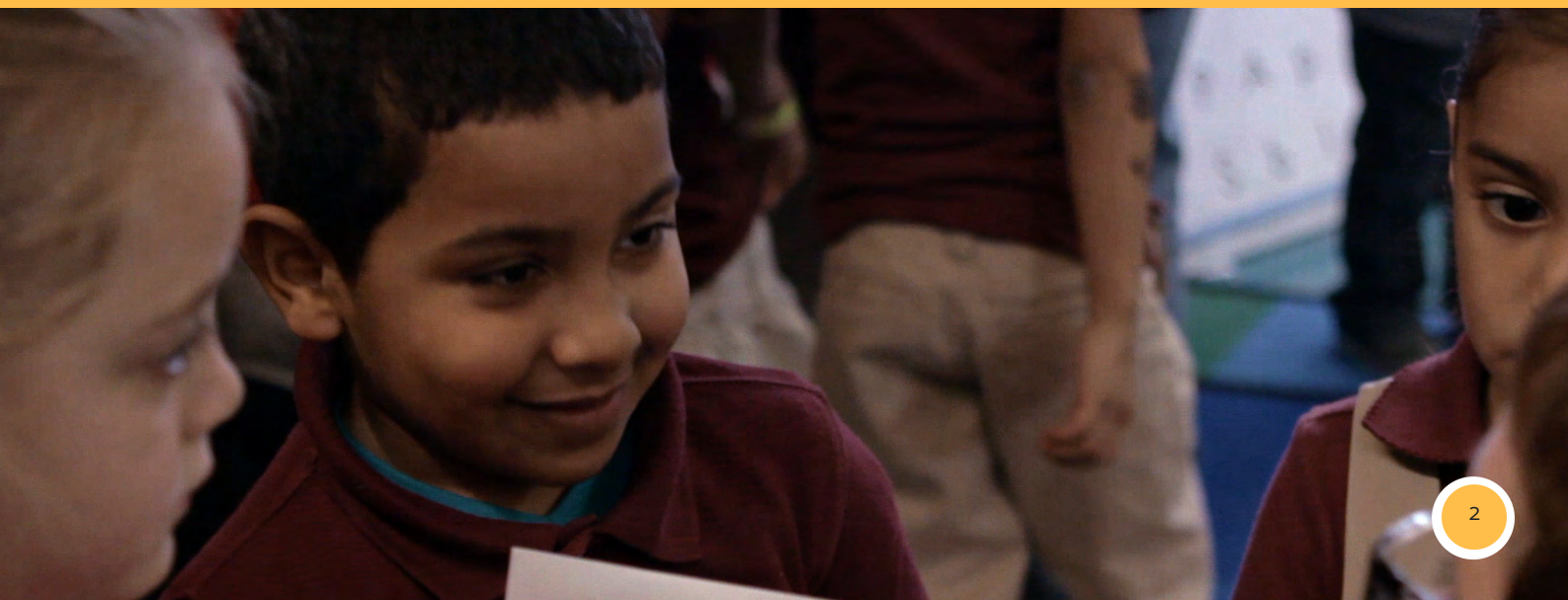
- Be advocates for parents, children, and healthy family dynamics
- Raise awareness about the risk factors for ACEs and the often life-long effects
- Host additional documentary screenings to raise awareness more broadly
- Continue efforts to update discipline policies and systems in schools to be trauma-informed
- Highlight successful efforts to prevent and mitigate the effects of ACEs
- Offer ways for community members to connect with organizations that serve children with high ACEs scores or refer them for support
- Have a clear, focused community call to action

Issues raised by viewers:

Audience members acknowledged that ACEs are everywhere. ACEs happen in all neighborhoods, for all races, and in all socioeconomic backgrounds. Watching the documentary is a great start, but your action can't stop there. The challenge to our entire community is to start the conversation about ACEs that will prompt understanding and action to support our children in being resilient and successful in life. We must put a trauma-informed lens on children's behavior to change the question from "what's wrong with you" to "what happened to you?"

What surprised the audience about ACEs

- The lack of education around ACEs
- The correlation between childhood trauma and adult illness
- How long it has taken to begin the community dialogue to support an initiative to address ACEs
- The availability of a screening tool to identify ACEs



THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

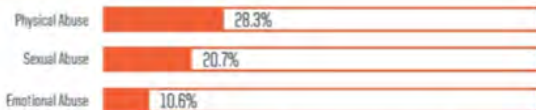
The three types of ACEs include

ABUSE	NEGLECT	HOUSEHOLD DYSFUNCTION	
Physical	Physical	Mental Illness	Incarcerated Relative
Emotional	Emotional	Mother treated violently	Substance Abuse
Sexual		Divorce	

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

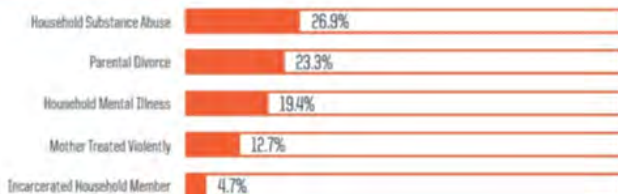
ABUSE



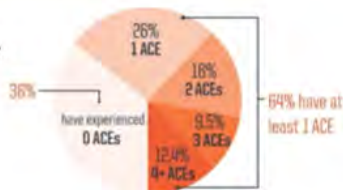
NEGLECT



HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



WHAT IMPACT DO ACEs HAVE?

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



Possible Risk Outcomes:

BEHAVIOR				
Lack of physical activity	Smoking	Alcoholism	Drug use	Missed work
PHYSICAL & MENTAL HEALTH				
Severe obesity	Diabetes	Depression	Suicide attempts	STDs
Heart disease	Cancer	Stroke	COPD	Broken bones



CONVERSATIONS

Healthcare

When the audience was asked about who had prior knowledge of ACEs, approximately half of the audience raised their hands. Someone then asked, "If nearly half of the audience is familiar with ACEs, why is nothing being done?" It was proposed that trauma-informed training practices be included in the curriculum for future medical professionals, especially those who are going to work with children and families. A concern was raised that investing in children and families with high ACE scores was difficult because of reimbursement policies. There is no payment model for integrated services, which would bring physical and behavioral health together in order to provide comprehensive services. This prompted the idea to conduct research to demonstrate the financial impact of integrated services.

Community Leaders

The screening to community leaders was opened by Mayor Greg Fischer who noted that the crowd was made up of "doers" who can step up on behalf of the public sector and get involved to prevent and treat the causes of ACEs. Panelists felt that there was a need for the medical community, social workers, teachers, law enforcement, and others to work together more collaboratively.

Educators

Many of the audience members asked what Jefferson County Public Schools is doing to address the impacts of ACEs among the student population. They expressed that teachers need to be made aware of the trauma-informed approach to better serve students in becoming successful academically and emotionally.

The panelists were asked to share their thoughts on the film and they said that they understood the psychological impacts that ACEs have on children but never realized the physical health impact that trauma has on children all the way into adulthood.

Citizens/Parents

Most people who spoke who were present in a "citizen" role wanted to know what they could do to help solve the problem of ACEs. One panelist suggested looking at your circle of influence to find an organization or institution that serves families in need and get involved.

Questions and discussion also revolved around what Louisville has done or implemented regarding ACEs and what policies, practices, or programs are needed.

Faith Community

Many felt that the responsibility for preventing or treating ACEs has been placed on the school system rather than the home. Parents were cited as the key to prevention and treatment - they have to be the first line of defense for their kids. The information shared in the movie was thought to be worthy of a large-scale awareness campaign for parents.

Emphasis was also placed on the role of the church community to step up to fill the gaps for children who do not have a caring adult in their life. It was proposed that the participants continue to discuss what they learned about ACEs with people they know in order to spread awareness of the issue.

Community Organizations

Racial inequities were discussed as they relate to the prevention of and intervention in ACEs. Panelists discussed the need to focus interventions with the populations that are known to be affected on a greater scale by ACEs, specifically African American males.

Audience members shared information about trauma-informed services that their agencies provide. There was also interest in the types of interventions and activities that the city of Louisville provides to address ACEs locally.

WHAT CAN WE DO?

RAISE AWARENESS

Talk to your friends, family, colleagues, neighbors, and others that you network with about the film and the issue of ACEs.

BECOME A TRAINER

Attend a community trauma-informed care "train the trainer" session to be held in 2017. Go to www.bouncelouisville.org to see the schedule.

HOST A TRAINING SESSION

Invite the BOUNCE Coalition to your place of business, community organization, church, or other location to conduct a community training session on trauma-informed approaches and ACEs.

HOST A FILM SCREENING

Contact the BOUNCE Coalition to learn how to host a screening of the film "Resilience" with members of your community.

GET INVOLVED

Join the BOUNCE Coalition to stay in the loop on opportunities, events, and materials on ACEs.

DONATE & SHARE

Please share this document and consider donating to the BOUNCE Coalition to continue the work of prevention of ACEs.

To stay involved contact the BOUNCE Coalition at bouncelouisville.org or bounce.louisville@aol.com



Report Produced by the McNary Group

