

<https://www.youtube.com/watch?v=S4sfbcICr24>

ACEs: Empowering Educators To Help Students Build Resiliency and Thrive



Kim Johancen, MA, LPC
Clearviewcounselingdenver.com
Kim johancen@yahoo.com

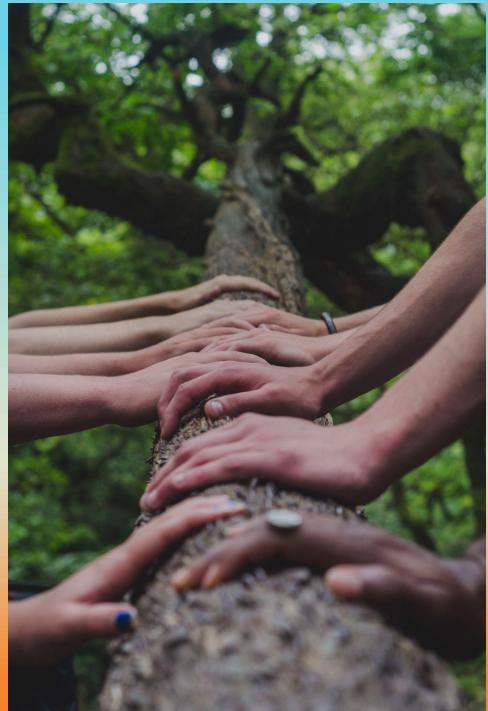
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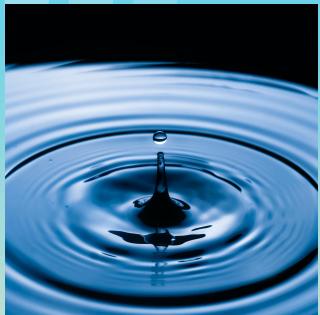


Success is a journey, not a destination. The doing is often more important than the outcome.

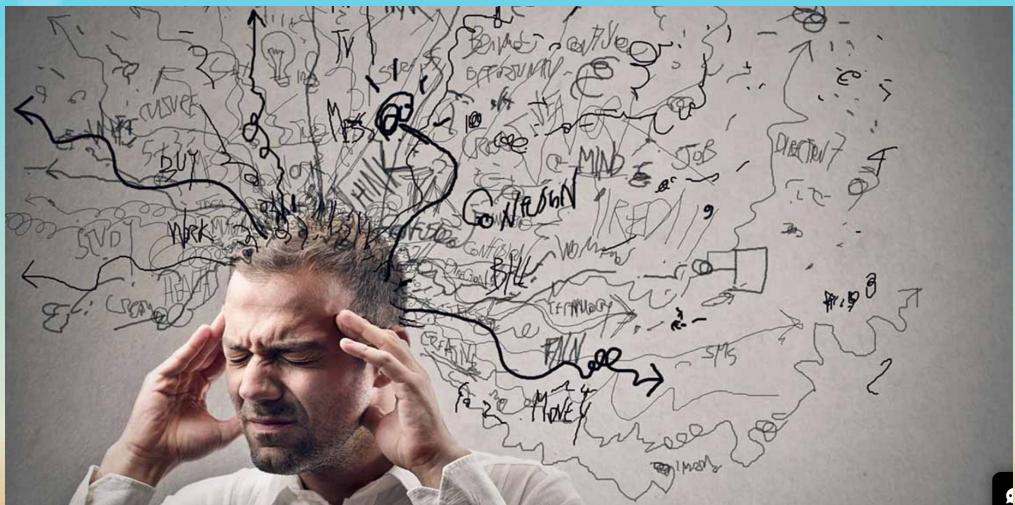
-Arthur Ashe

Trauma Lands Through Inaction





ASKING FOR HELP WHEN WE NEED IT IS
A SIGN OF RECOVERY & RESILIENCE



What is happening? Am I a good person? Have I ever done good things?



"No one gets tired of being compassionate. Compassion is part of our nature, and we don't get tired of being ourselves....The problem is not with compassion directed toward (others) but with a lack of compassion for ourselves." -Mate

What extra weight are you carrying?:

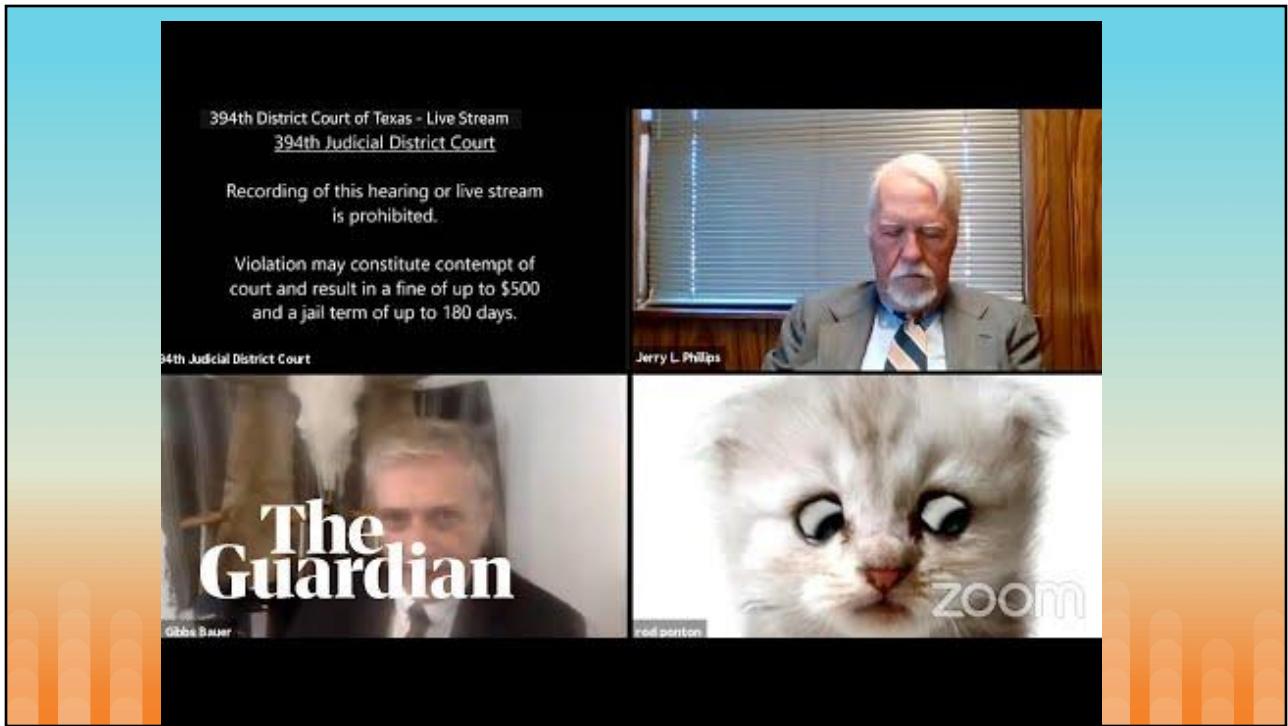
-Do you tell yourself you are not enough?-Are your expectations of yourself realistic?

-Are you trying to fix the unfixable?

Emotional Burnout

- Tired or Fatigued
- Loss of Motivation
- Withdrawal
- Loss of Enjoyment
- Apathy
- Substance Abuse
- Bottled up emotions
- Loss of sense of purpose

You can't really love someone else unless you really love yourself first.
-Mr. Rogers



Complete the stress cycle
Connection is key
Care for self (sleep)
Create mindfulness techniques
that work for you!



https://www.ted.com/talks/emily_nagoski_and_amelia_nagoski_the_cure_for_burnout_hint_it_isn_t_self_care?language=en

The Cure For Burnout (hint: it isn't self-care)

Positive & Adverse Childhood Experiences (PACEs)

"These three principles-reducing stress, building responsive relationships, and strengthening life skills are the best way to prevent the long-term effects of the ACEs."

-Center on the Developing Child, Harvard University



- 1-Reduce Stress
- 2-Build Relationships
- 3-Teach Coping/Life Skills

Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score v1.0r 03/16

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter
2. Did a parent or other adult in the household often ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter
3. Did an adult or person at least 5 years older than you ever ...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter
4. Did you often feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter
5. Did you often feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter
6. Were your parents ever separated or divorced?
Yes No If yes enter
7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter
10. Did a household member go to prison?
Yes No If yes enter

Now add up your "Yes" answers: _____ This is your ACE Score

The more ACEs a child experiences,
the more likely he or she is to suffer
from things like heart disease and
diabetes, poor academic
achievement, and substance abuse
later in life. -PACES Connection

Adverse Childhood Experiences (ACE)

- ACEs are serious childhood traumas that can result in toxic stress.
- Prolonged exposure to ACEs can impact the developing brain and body of children.
- Toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority.

-<http://developingchild.harvard.edu>

Adverse Childhood Experiences (ACE)

The higher a person's ACE score, the greater the risk to his or her health

A person with 4 or more ACES twice as likely to develop heart disease and cancer

Cortisol impacts functioning



Adverse Childhood Experiences (ACE)

Emotional abuse (recurrent)

Physical abuse (recurrent)

Sexual abuse (recurrent)

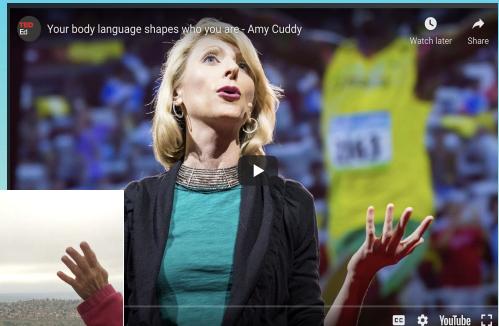
Physical neglect

Emotional neglect

Adverse Childhood Experiences (ACEs)

-Community and systemic causes-such as violence in the child's community and experiences with racism and chronic poverty (Trauma Informed Care)

- "...the body's stress response does not distinguish between overt threats from inside or outside the home environment, it just recognizes where there is a threat, and goes on high alert. " - <http://developingchild.harvard.edu>



"Our Bodies Change Our Minds." - Cuddy

Put Balance
Back
Into Balance!!!!!!



Safety at Home
+
Safety at School
=
BALANCE





PREVENTION IS....



Trauma Informed Care

Public Transportation

Diverting Mental Health Crisis

Care Teams

Public Transportation

Affordable Healthcare & Housing

Investment in Social Programs & Equity

Livable Wages & Food Security

Expanding Prevention & Early Intervention -MHA



WE HAVE THE RESOURCES



“...So, some of the discomfort that the client is experiencing is not about her ‘not being enough’ but an appropriate and natural reaction to systems which have defined her as ‘not enough,’ and the client has internalized harmful narratives like this.”

-B
a
nd

Black Americans are 20% more likely to report serious psychological distress than are White Americans, yet they are less likely to use mental health services.



Institutional and systemic racism is the foundation of a lot of our medical treatments, including mental health counseling. - Phillips



Local governments...have recently declared racism a public health crisis.

Now advocates wait to see what solutions they will implement.

“...even during sleep, the brain may still process acts of racism and that blood pressure, which for many people goes down during rest, may not among Blacks....There is something wrong with a society that causes people to carry this even when they sleep...” -Harrell

The Center for Youth Wellness



Adverse Childhood Experiences

Understanding ACEs

ACEs (Adverse Childhood Experiences) are serious childhood traumas that can result in toxic stress. Prolonged exposure to ACEs can create toxic stress, which can damage the developing brain and body of children and affect overall health. Toxic stress may prevent a child from learning or playing in a healthy way with other children, and can cause long-term health problems.



ACEs (Adverse Childhood Experiences) can include:

- Abuse: Emotional/physical/sexual
- Bullying/violence of/by another child, sibling, or adult
- Homlessness
- Household Substance abuse/mental illness/domestic violence/incarceration/parental abandonment/divorce, loss
- Involvement in child welfare system
- Medical trauma
- Natural disasters and war
- Neglect: Emotional/physical
- Racism, sexism, or any other form of discrimination
- Violence in community

! SURVIVAL MODE RESPONSE

Toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked off-line. Self-protection is their priority.

Parents and caregivers can help. Turn over to learn about resilience.

PACeS
Connection

WITH SUPPORT FROM
Family Hui
Project of the Community & Family Services Division

This resource was reviewed by the California Collaborative ACEs Learning and Quality Improvement Collaborative (CALQIC) Patient Community Advisory Board.

Help children identify, express and manage emotions.

Create safe physical and emotional environments. (home, school, community, systems).

Understand, prevent and respond to ACEs.

"...One of the biggest myths that we have to bust is that if you have experienced childhood adversity, there's nothing we can do about it."

— Nadine Burke Harris, MD, MPH, FAAP, Surgeon General of California

What is resilience?
Research shows that if caregivers provide a safe environment for children and teach them how to be resilient, that helps reduce the effects of ACEs.

What does resilience look like?
Having resilient parents and caregivers who know how to solve problems, have healthy relationships with other adults, and build healthy relationships with children.

Building attachment and nurturing relationships:
Adults who listen and respond patiently to a child in a supportive way, and pay attention to a child's physical and emotional needs.

Building social connections.
Having family, friends, neighbors, community members who support, help and listen to children.

Meeting basic needs:
Provide children with safe housing, nutritious food, appropriate clothing, and access to health care and good education, when possible. Make sure children get enough sleep, rest, and play.

Learning about parenting, caregiving and how children grow:
Understand how caregivers can help children grow in a healthy way, and what to expect from children as they grow.

Building social and emotional skills:
Help children interact in a healthy way with others, manage emotions, communicate their feelings and needs, and rebound after loss and pain.

Resources:

National Parent Helpline
1-855-44 PARENT
(1-855-442-7376)

Number Story

ACEs Too High

PACeS Connection

Resource Center

Parenting with PACeS

Special thanks to the Community & Family Services Division at the Spokane (WA) Regional Health District for developing and sharing the original parent hand-out.
©2013 PACeS Connection. English 1/10/13

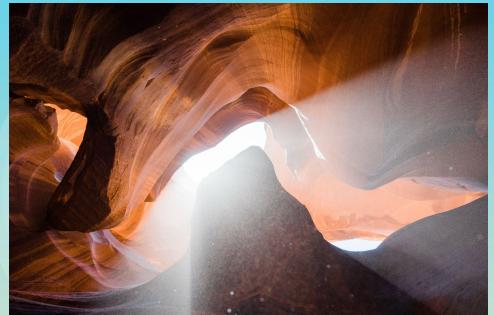
PACeS
Connection

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Positive & Adverse Childhood Experiences (PACEs)

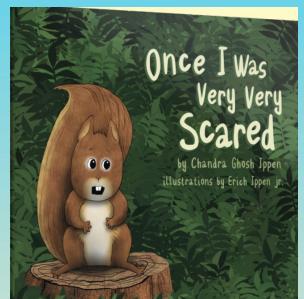
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-Center on the Developing Child, Harvard University



- 1-Reduce Stress
- 2-Build Relationships
- 3-Teach Coping/Life Skills

1. Limit what stories are being told.
(Acknowledge what stories are not being told).
2. Ask questions.
3. Offer facts and reassurance.
4. Encourage kids to tell their own stories.
5. Remind kids it is not all bad.
6. Focus on the helpers.
7. Be the helper!!



This work has gone on for a long time in many places. And I believe it has stopped, perhaps, dozens of attacks like this, maybe even hundreds of them.-Follman

School Counselors
Administrators
Educators
Human Services Agencies
Law Enforcement
Juvenile Justice
Mental Health Agencies
(PCPs & Clergy)

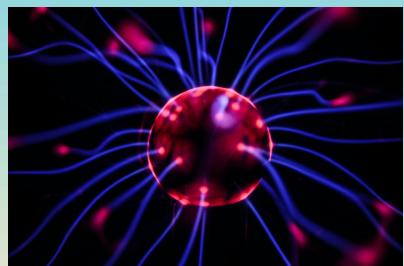


"I know a guy."

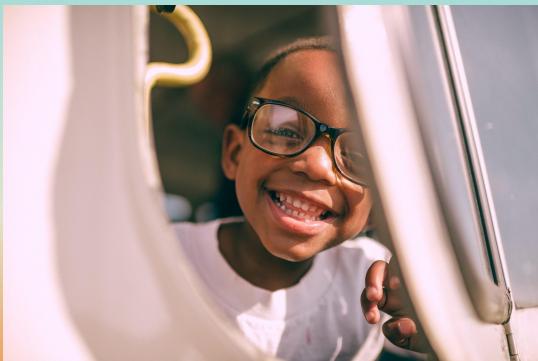
-Melissa Schemmenti

Trauma Knocks Us Out Of Balance

- * Hyperarousal
- * Re-experiencing
- * Hypoarousal (constriction or numbing)

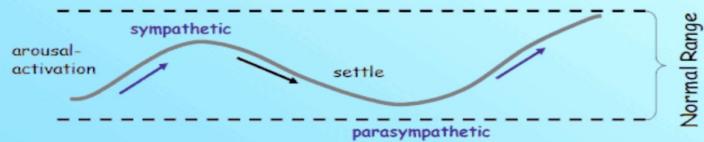


Window Of Tolerance



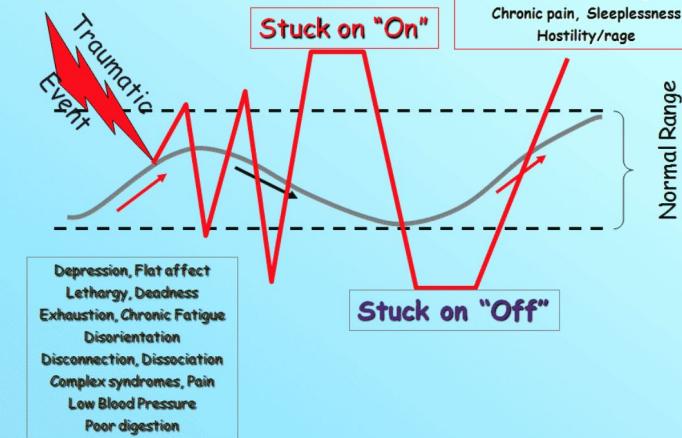
 nicabm National Institute for the Clinical Application of Behavioral Medicine

A Healthy Nervous System



-Levine, Ogden, Siegel

Symptoms of Un-Discharged Traumatic Stress



-Levine, Ogden, Siegel

Strategies to DECREASE Arousal

- Deep and slow tummy breathing
- Drinking from a straw/blowing bubbles
- Throwing therapy/yoga ball at a blank wall or outside wall
- Jumping on a trampoline or mini trampoline
- Weighted blanket
- Warm water



Strategies to DECREASE Arousal

- Shaking or stomping out excess energy
- Therapy/yoga ball (rolling along back when child is lying face down on mat - gentle but firm pressure)
- Heavy work (lifting, pulling, pushups, wheelbarrow races, crab walk, leapfrog, etc.)
- Music (soothing and calming music and sounds)
- Comforting food (hot chocolate or something chewy but smooth such as a tootsie roll)

-Gill



Elevated arousal makes it more likely that an individual will be more reactive, startle more readily, have difficulty concentrating and focusing, feel unsafe in open or crowded spaces, and constantly be scanning for threat even when no threat is present.

-Scarer, Van Der Kolk, Steele & Kuban



Strategies to INCREASE Arousal

- Anything that stimulates the senses
- Smelling essential oils (energizing)
- Chew crunchy food
- Use of sensory shaker (ball pit) for tactile input
- Movement
- Jumping on a trampoline or mini trampoline
- Gently sitting and bouncing on therapy ball (simulating rocking motion)





Gratitude and Resilience: What is a problem you are having?

What is the opportunity?

<https://www.instagram.com/reel/CkqAfjADNaz/?igshid=MDJmNzVkJY=>

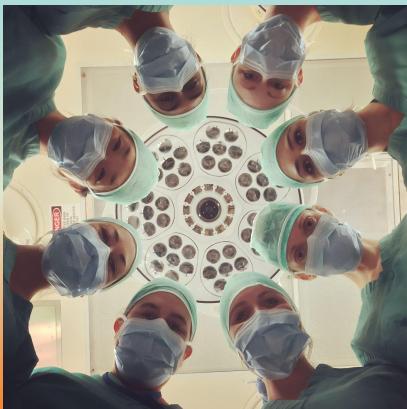
Resource Brainspotting
Essential oils
Bi-lateral music
Brainstem pressure
Hand massage
Bi-lateral movement
Curiosity as a technique
Grounding and movement
Touch
Touch Points



“Where You Look Affects How You Feel” - Grand

**"The time to work with trauma
is when it is happening."**

-Gordon



Have Good Nutrition



Educate children and adolescents about the importance of nutrition

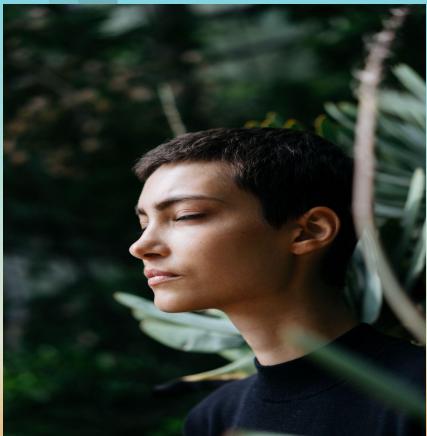
Talk about the impact of trauma on body organs and overall function

Cultivate good eating habits and reduce consumption of processed foods

Stay hydrated

Lead by example

Breathe Through It



- Breathe to the count of 6
- Alligator breathe
- Four square breathing
- Breathe in what you want!
- Hot chocolate breathing

-Reset your nervous system

-Feel the shift!

-Pause to get back into the higher functioning brain

Sleep



Limit screen time.

Limit caffeine.

Listen to bi-lateral music or a sleep app.

Like your bedtime routine.

Listen to your doctor.

Lose the chatter.

Like your environment.

Move It



Movement allows us to discharge trauma

Movement allows us to get out excess cortisol

Movement is the way mammals shake off traumatic experience

Movement can include a variety of things including dance, exercise, and shaking



Young children can enjoy and benefit from age-appropriate adaptations to yoga. There are books and videos that show yoga postures in terms of animals, which are appealing to young children. Studies have found that when large muscle groups repeatedly contract and relax, as in yoga-type activities, the brain is signaled to release specific neurotransmitters that prompt feelings of relaxation and mental acuity.”

-Smart guide to relieving stress.



Write On!



Writing for 20 minutes a day can reduce traumatic symptoms within a few weeks

Writing allows us to go deeper into our experience

Writing allows us to acknowledge our feelings and emotions as a corrective experience

Writing externalizes toxic stress

Journaling Allows Us To Drop Into A Deeper Version Of Ourselves

Be Mindful

Walking in Nature and/or Engage the Senses

Mindful Eating

Name Five Things in the Room

Name Five Things Outside of the Room

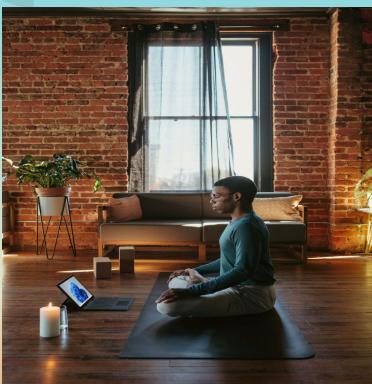
Get Curious About Your Surroundings

Find the Color Blue, Pink, Orange, and Yellow





Meditate



Lower levels of stress

Reduce physical pain

Treat insomnia

Stop episodic anger

Deal with irrational thinking and anxiety

Increase coping skills and general sense of well being

Laughter Is The Best Medicine



<https://www.youtube.com/watch?v=EAiK4jrycWk>

Laughter allows our brain to open back up by changing direction

Laughter can change our emotions

Laughter reminds us that it is not all bad

Laughter reminds us not to take ourselves so seriously

Laughter is contagious!!!!

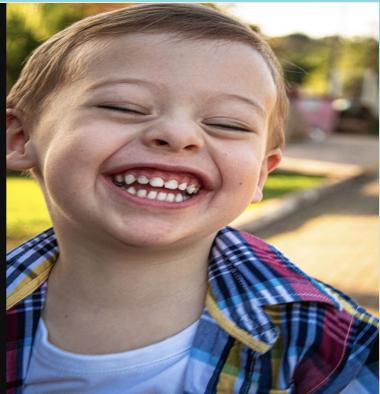
Play A Game



Play is the gateway to vitality. By its nature it is uniquely and intrinsically rewarding. It generates optimism, seeks out novelty, makes perseverance fun, leads to mastery, gives the immune system a bounce, fosters empathy and promotes a sense of belonging and community.

-The National Institute of Play

Gratitude is an Action



Gratitude has tremendous health benefits
Gratitude happens in the present...and extends it
Gratitude leads to joy
Gratitude connects us (and can help reconnect us)



Gratitude and Resilience:
**What is a problem you
are having?**

What is the opportunity?

2 Minute Skills and Strategies

- **Laughter is the Best Medicine**
- **Power Pose**
- **Gratitude and Gifts**
- **Stretching**
- **Drink Water**
- **Mindfulness and Meditation**
- **Healthy Distract**
- **Talk To Someone**
- **Don't Forget to Breathe**
- **Cute Animal or Kid Breaks**
- CONSISTENCY!!!!**



Laughter Is The Best Medicine



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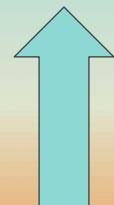
ONGOING SUPPORT

EMOTION REGULATION

DISTRACTION SKILLS

MINDFULNESS

CONNECTION



What is an emotion you are struggling with right now?

Have a dialogue between yourself and the emotion?

What does it want?

What does it need to know?

What does it need to do to help you?

What does it need to stop doing?



CHILD CENTERED PLAY THERAPY

Feelings Response: In-Class Practice Worksheet

Directions: 1) Look into child's eyes for clue to feeling. 2) After you've decided what child is feeling, put the feeling word into a short response, generally beginning with you. "You seem sad," or "you're really mad at me right now." 3) Your facial expression & tone of voice should match your child's (empathy is conveyed more through nonverbal than verbal responses).



Child: Adam is telling you all the things he's going to show Mom and Dad when they pick him up.

Child felt: excited, happy

Your response: Adam, You're excited to show mom and dad! (you don't need to add extra language - just reflect feeling)



Child: Sally tells you how her dog died, and how she was in charge of feeding him and how he liked to sleep with her.

Child felt: _____

Your response: _____



Child: Harry grabbed Andy's fire truck and wouldn't give it back. Andy comes to you crying and tells you what happened and that it's all Harry's fault.

Child felt: _____

Your response: _____



Child: Sarah was playing in the block area when a tower falls and hits the floor behind her. She jumps up and runs over to you.

Child felt: _____

Your response: _____



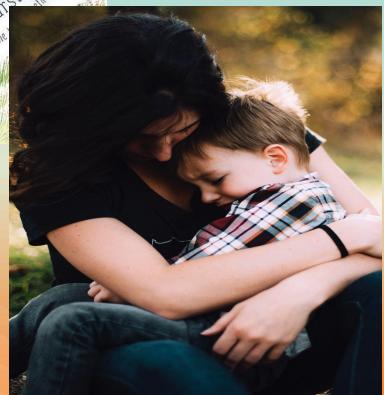
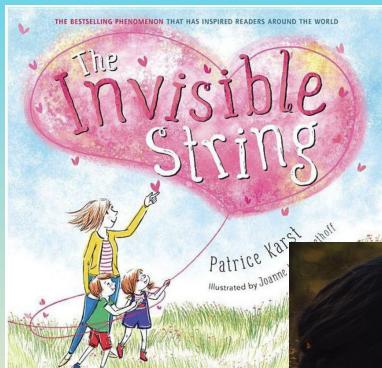
Memory Box

Show and Tell

Balloon Release

Grief Rituals

Dose With Play



Sadness moves us from the individual us
To the collective us. -Brown

Disrupted Development

- Inappropriate or Abusive Caregiving
- Lack of Nurturing
- Chaotic and Cognitively or Relationally Impoverished Environments,
- Unpredictable Stress
- Persisting Fear
- Peristing Physical Threat



Understood

https://www.understood.org/en/learning-thinking-differences/signs-symptoms/age-by-age-learning-skills/social-and-emotional-skills-what-to-expect-at-different-ages?utm_source=pinterest&utm_medium=social&utm_campaign=understoodorg



Success is a journey, not a destination. The doing is often more important than the outcome.

-Arthur Ashe

The Power of Early Intervention



“Young people are very knowledgeable and energized about mental health.”

Eisenberg



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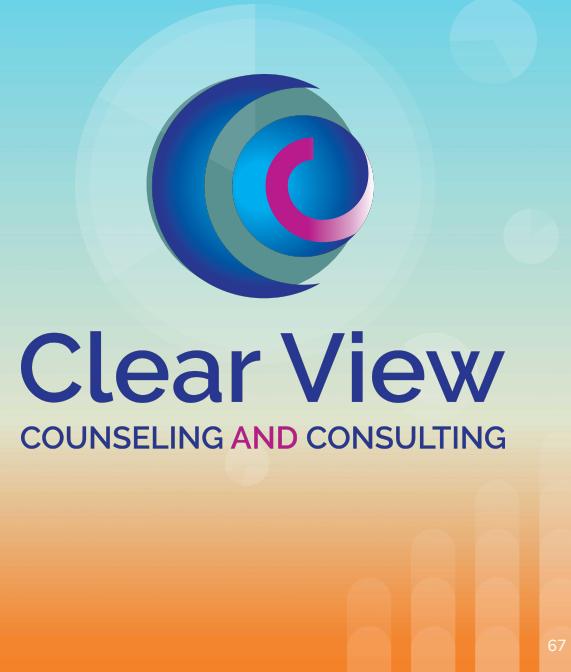
- 1-Reduce Stress - by providing people with resources**
- 2-Build Relationships - with caring others & build hope**
- 3-Teach Coping Skills - through early intervention**

Be Kind to Each Other...Be Kind to Ourselves...Keep Going

Life Vest Project



ACEs: Empowering Educators To Help Students Build Resiliency and Thrive



Kim Johancen, MA, LPC
Clearviewcounselingdenver.com
Kim johancen@yahoo.com