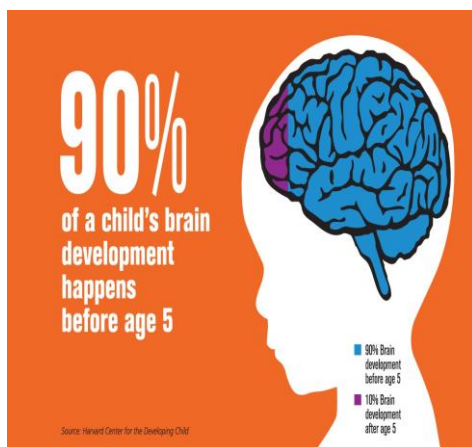


RAISING RESILIENCE

REVILLA ISLAND RESILIENCE INITIATIVE

Volume 1/Issue 2

Raising Resilience will feature facts about healthy brain development, information on preventing childhood trauma, and tips on how to build healthy relationships between kids and caring adults. Resilient families and communities mean better outcomes for everyone!



Even when a child does not consciously remember a traumatic experience, the brain development can be negatively impacted.

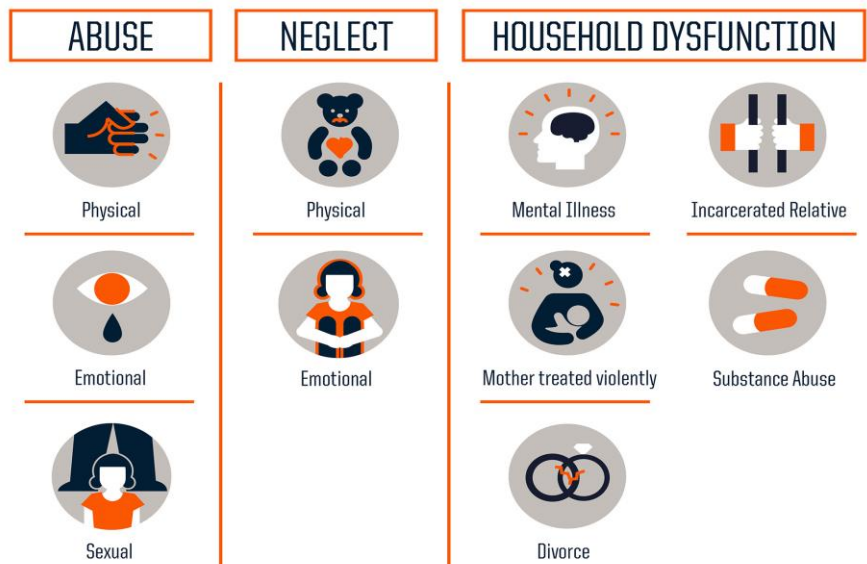
[Click on hyperlinks for more resources!](#)

TRAUMA AND RESILIENCE

Last week the newsletter introduced **resilience, which is defined as: the capacity to recover quickly from difficulties; toughness.**

Resilience is important for both parents and kids throughout life, especially to face and heal from trauma. This week we'll focus on specific kinds of trauma, called ACEs.

Adverse Childhood Experiences, or ACEs, refers to 10 traumatic events that happen to a child or in their life before the age of 18 that are scientifically proven to have significant negative impacts on health and wellbeing both in childhood and over the entire lifetime.



Each adversity experienced during childhood gives a score of one. As the score increases, so does the risk of lifelong health consequences. This could range from behavioral problems in childhood to early death. Research shows that individuals with an ACE score of 6 or higher are at risk of dying up to 20 years earlier than those with zero ACEs. Though the initial study only focused on these 10 experiences, anything that causes a child significant stress can contribute to childhood trauma- such as being subject to persistent racism, being from a community that experiences intergenerational trauma, or experiencing a natural disaster.

ACES can have lasting effects on....



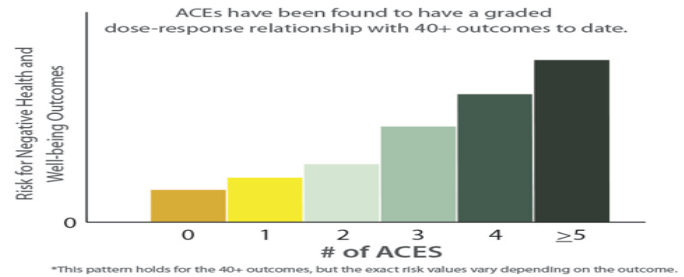
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



PREVENTING ACES AND HEALING TRAUMA THROUGH PROTECTIVE FACTORS

In a comparison to the CDC's 5 state ACEs rate study, Alaskans generally have higher rates of ACEs. **We also know we have a lot of strength, hope, and resilience in our communities, which is what we need to overcome this epidemic.** Through focusing on building the following protective factors, we can support a decrease in rates of childhood abuse, neglect, and trauma. [The Strengthening Families framework aims to:](#)

- ✚ Increase **parental resilience**- giving parents skills to pass on resilience to their children
- ✚ Increase **social connections** among community members
- ✚ Promote the **knowledge of parenting skills and childhood development**
- ✚ Build systems that give **concrete support in times of need**
- ✚ Prioritize the **healthy social and emotional development** of children

We look forward to each week giving facts about healthy brain development, promoting strategies to prevent trauma, and highlighting programs in the community that support resilience and healing for parents, caregivers, children, and adult victims of trauma.

LOCAL RESOURCE

Are you interested in learning more about ACEs and trauma-informed movements both locally and nationally? Check out these resources below. **For more information on the landmark ACEs study Google 'Kaiser-Permanente ACEs'**

Want to join the local movement to promote ACEs education and trauma prevention? Consider joining the [Revilla Island Resilience Initiative](#) as a steering committee or workgroup member. We are working to prevent trauma and promote resilience in Ketchikan through education and collaborative action. See the information below to contact a member. You can find our Facebook by searching Revilla Island Resilience Initiative.



www.acesconnection.com ACEs connection is an online community that shares information. Sign up for an account and get updates to topics of interest to you personally. Be sure to check out ACEs in Alaska

Revilla Island Resilience Initiative
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