

List of Resources for Churches interested in learning more about ACEs (Adverse Childhood Experiences) and how they can help hurting children and families:

1. Background on the ACEs study, video, https://www.youtube.com/watch?v=v3A_HexLxDY
2. Read about the ACE Quiz at NPR.org and take the Quiz yourself! <http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>
3. The link between childhood trauma and mental health issues: <https://www.youtube.com/watch?v=svX3fEdVTLO>
4. Three Core Concepts in Early Development (from the Harvard Center on the Developing Child), videos with brief annotations: <http://developingchild.harvard.edu/resources/three-core-concepts-in-early-development/>
5. Series of Chaplain Chris' blog posts on Childhood Trauma and ministry connections:
 - a. <http://fullhousewithaces.com/2014/07/16/trauma-the-brain-and-healing-relationships-part-1/>
 - b. <http://fullhousewithaces.com/2014/08/30/trauma-the-brain-and-healing-relationships-part-2/>
 - c. <http://fullhousewithaces.com/2014/10/30/trauma-the-brain-and-healing-relationships-part-3/>
6. Other practical ministry helps/advocacy pieces: <http://fullhousewithaces.com/2015/08/05/a-full-house-with-aces-more-on-the-meaning-behind-the-blog-name/>; <http://fullhousewithaces.com/2015/09/07/breathing-glitter-jars-and-casting-all-your-anxieties-on-god/>; <http://fullhousewithaces.com/2015/08/18/our-seven-senses-in-worship-what-helps-and-what-hinders/>

What does it take to turn the tide? What builds resilience in these kids? Here are some ideas:

1. Resiliency at work in Walla Walla, WA at Lincoln High School (topic of documentary Paper Tigers): <https://www.youtube.com/watch?v=K6xRtNGjN3I>
2. Resiliency Quizzes: <https://www.resiliency.com/free-articles-resources/the-resiliency-quiz/> ; www.courageproject.com/documents/ResiliencyQuiz.pdf

Best first steps for your church:

1. Learn the basics about ACEs, take the ACEs quiz as a congregation, normalize being "not okay."
 - a. Preach and teach about adverse childhood experiences, contextualize trauma within a biblical/faith-based theology of inclusion, acceptance, and healing
 - b. Reach out to those working with youth in your community... teachers, health care workers, coaches, martial arts and YMCA leaders, etc. Have a coffee and a conversation about what they see and what the need is.
2. Take the resiliency quiz, learn about resiliency factors... these factors are things the church can do well: being people who have genuine concern and exercise nonjudgmental listening, giving people the message "You can succeed"; providing positive after-school/after-work hobbies and activities.
3. Empower "healed healer/hearers" in your midst... those that will connect and build trust with these kiddos will be those that listen well and can empathize without judgment.
4. Host a screening of "Paper Tigers" a GREAT movie about the difference made in a school and community when they became trauma informed. <http://www.papertigersmovie.com/host-a-screening/>

This is just the start of a suggestion as to where you and your congregation might go if interested in learning more about adverse childhood experiences and their mental, physical, and spiritual effects on people. Thank you for your willingness to address the deep needs of children in your community, as well as the survivors of ACEs in your midst!



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