

# RESILIENCE

## THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

**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. We all have a role to play in promoting the great childhoods that children deserve. Now that you've seen "Resilience," think about how you can promote resilience in your family, community, and circle of influence. Questions to ponder:

**What are you going to do now that you know this information?**

**How can you influence others?**

**List five people who need to see this film and learn this information.**

1.	4.
2.	5.
3.	

**List three things that you will do now that you've seen this film...**

One short term (NOW)

One medium term (this month)

One longer term (within the year)

**How can we inspire other community members to stand up and be an ally for children with high ACE scores?**



This screening made possible by:



Building Resilient Children and Families

www.bouncelouisville.org



Please visit <http://kpjrfilms.co/resilience/> to sign up for the newsletter, and/or follow the Facebook page for updates. As an additional resource, KPJR has launched the following initiative <http://onecaringadult.co/>. Here you will find *The Facilitator's Guide to Resilience*, *Faith Leaders Guide* and their *Paper Tigers Impact Report*.

## ACEs Resources

**ACEs Connection** is a social network that accelerates the global movement toward recognizing the impact of adverse childhood experiences in shaping adult behavior and health. A major goal is reforming all communities and institutions - including schools, prisons, hospitals and churches - to help heal and build resilience rather than to continue to traumatize already traumatized people.

- [acesconnection.org](http://acesconnection.org)

**The Centers for Disease Control and Prevention** is one of the leading agencies in the country working to address child abuse and neglect, determining the underlying causes and identifying pathways toward a violence-free future. □

The Essentials for Childhood: [cdc.gov/violenceprevention/childmaltreatment/essentials](http://cdc.gov/violenceprevention/childmaltreatment/essentials)

- Veto Violence: [vetoviolence.cdc.gov](http://vetoviolence.cdc.gov)
- The ACE Study: [cdc.gov/violenceprevention/cestudy](http://cdc.gov/violenceprevention/cestudy)

**The Center for the Study of Social Policy** has developed Strengthening Families™ as a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs and communities in building five protective factors.

- Strengthening Families: [cssp.org/reform/strengtheningfamilies](http://cssp.org/reform/strengtheningfamilies)
- The Protective Factors Framework: [cssp.org/reform/strengtheningfamilies/about/protective-factors-framework](http://cssp.org/reform/strengtheningfamilies/about/protective-factors-framework)

**Connections Matter** promotes caring connections as the foundation for developing healthy brains, supportive relationships and strong communities.

- Website and Awareness toolkit with curriculum by Dr. Linda Chamberlain: [connectionsmatter.org](http://connectionsmatter.org)

**Kentucky Governor's Office of Early Childhood** offers an array of resources designed to strengthen families.

□ [Kentucky-Strengthening-Families.aspx](#)

**Bounce Coalition** is a group of more than 17+ organizations infusing trauma awareness, knowledge, and skills into the cultures, practices, and policies of Jefferson County Public Schools and out-of-school-time (OST) provider agencies to foster the resiliency of vulnerable children and families. Bounce trains all staff in pilot schools and OST providers to recognize and respond to symptoms of trauma; provides programs that educate parents about ACEs and techniques to build resilience in their families; and conducts small group, in-classroom sessions that increase support for students, reduce risk-taking behaviors, and decrease incidence of new trauma or re-traumatization. Bounce will offer a “train the trainer” program this Spring to spread its promising curriculum widely in our community. Watch our website for details on dates and times, or become involved in one of more than a dozen cross-sector groups taking action to build a more resilient community.

- [www.Bouncelouisville.org](http://www.Bouncelouisville.org) or email us at [admin@bouncelouisville.org](mailto:admin@bouncelouisville.org)

**Mayor's Office of Safe and Healthy Neighborhoods** is working to create neighborhoods that support every citizen with a special focus on youth (ages 0-11), juveniles (12-17) and young adults (ages 18-30) and those most impacted by homicides, suicides and overdoses. OSHN's **One Louisville Ambassador Program** is offering opportunities to get involved: 1) become a community leader/spokesperson/ inspiration; 2) organize community events, mediate conflict and encourage others; or get trained in community organizing, conflict resolution, suicide prevention, mental health first aid and the public health approach to violence prevention. Sign up today at:

- <https://louisvilleky.gov/government/safe-neighborhoods>



**Community Shield** is a secondary violence prevention initiative addressing children's exposure to violence. It is comprised of 40+ Louisville organizations striving to create a comprehensive, multi-system plan to effectively interrupt the cycle of violence by addressing the needs of children who have been exposed—leveraging the expertise and resources of a collective collaboration of partners for impact. Find us on Facebook.

# Community Resources

The Louisville/Jefferson County Metro area is rich in providers of services and coalitions that meet health-related social needs. They align services working from a public health lens that recognizes basic social needs as the foundation to good health, eliminating health disparities and providing an opportunity for optimal health for all.

<b>Metro United Way 2-1-1</b>	A comprehensive on-line resource guide for residents in 9 KY counties and 3 IN counties covering basic needs, consumer services, criminal justice and legal services, education, environmental quality, health care, income support and employment, individual and family life, local partnerships, mental healthcare and counseling, organizational/ community/international services, support groups, and target population services such as for homelessness. <b>Call 2-1-1 or visit <a href="http://metrounitedway.org">metrounitedway.org</a></b>
<b>Coalition for the Homeless Continuum of Care</b>	Under the Coalition for the Homeless, the continuum of care is a collaboration of 80 partners that has produced <i>Louisville Street Tips</i> , a reference guide for those in need of shelter. <b><a href="http://louhomeless.org/wp-content/uploads/2015/02/Street_Tips-2015.pdf">http://louhomeless.org/wp-content/uploads/2015/02/Street_Tips-2015.pdf</a></b>
<b>Elder Care Resources Louisville</b>	An on-line resource directory for senior services. This comprehensive directory reflects and augments the core and supplemental directories covering healthcare, housing, and transportation as well as specific geriatric needs. <b><a href="http://www.eldercareresourceslouisville.com/">http://www.eldercareresourceslouisville.com/</a></b>
<b>Louisville Metro Department of Community Services</b>	Provider and referral source for all core and supplemental health-related social needs. Oversees Neighborhood Place – strategically located one-stop-shops of community providers. <b><a href="https://louisvilleky.gov/government/community-services">https://louisvilleky.gov/government/community-services</a></b>
<b>Aunt Bertha</b>	A Public Benefit Corporation that makes human services information accessible in categories of food, housing, transit, health, education, work, clothing, financial entitlement. Aunt Bertha strives to be the most comprehensive on-line listing and is searchable by zip code. <b><a href="https://www.auntbertha.com/">https://www.auntbertha.com/</a></b>
<b>The Center for Women and Families</b>	Response to domestic violence providing emergency shelter, advocacy, counseling information and referrals, economic success services, transportation assistance. On-line informational brochures available. <b><a href="https://www.thecenteronline.org/">https://www.thecenteronline.org/</a></b>
<b>Louisville Linked</b>	A guide to link families of Jefferson County Public Schools (over 100,000 children enrolled) to community services through 96 family resource/youth service centers in 131 public schools. <b><a href="https://www.jefferson.kyschools.us/about/support/louisville-linked">https://www.jefferson.kyschools.us/about/support/louisville-linked</a></b>
<b>Louisville Metro Department of Public Health &amp; Wellness</b>	On-line directory providing information on core and health behavior services such as tobacco prevention and cessation, diabetes education, and substance use (methadone clinic). <b><a href="https://louisvilleky.gov/government/health-wellness">https://louisvilleky.gov/government/health-wellness</a></b>
<b>Jefferson Community &amp; Technical College Single Parent Student Organization</b>	This support group has created a comprehensive resource guide covering emergency assistance programs, housing, food, mental health, family services, healthcare, prescription assistance and other support services. <b><a href="http://www.jefferson.kctcs.edu/Student_Life/Activities_and_Organizations/Single-Parent.aspx">http://www.jefferson.kctcs.edu/Student_Life/Activities_and_Organizations/Single-Parent.aspx</a></b>
<b>Volunteers of America</b>	The Resource Guide for Women & Children provides sources for housing, medical, vision, dental, mental, transportation, food & clothing, community ministries, resources for women and for children. T. <b><a href="https://www.voamid.org/">https://www.voamid.org/</a></b>

# 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:

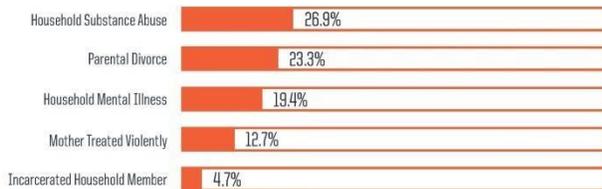
### ABUSE



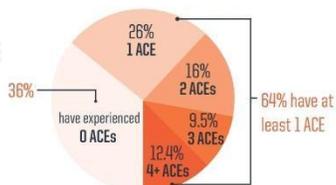
### NEGLECT



### HOUSEHOLD DYSFUNCTION

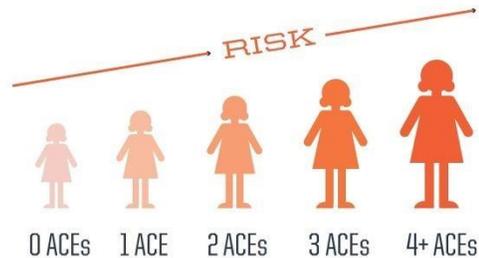


Of 17,000 ACE study participants:



## 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