Fires and Looting outside of LA, California

A child held in Immigration, her tears were “blood red”

Louisiana flooding
Trauma and ACES
How Do I know?
What do I do?
Cris Stanek, LCSW
Be mindful of our own experiences, our reactions to them, and how our work might be impacted.
Mindful Reflection

- Think about a time that was difficult, scary or very sad for you.

- Who or What helped you during this time?

- Take a few minutes to write key words about that help.
Potentially Traumatizing Events

- Life-threatening natural disasters
- Death or loss of a loved one
- Life-threatening illness (child or caregivers)
- Abuse or Neglect
- Sexual Abuse

- Bullying
- Car crash
- War / Terrorism
- Near Drowning
- ___________________
- ___________________
- ___________________
90% of brain development occurs within first 5 years of life.

Intervening early in a child’s life can make a BIG difference!
### Adverse Childhood Experiences

**ARE COMMON**

<table>
<thead>
<tr>
<th>Household Dysfunction</th>
<th>Neglect</th>
<th>Abuse</th>
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<tbody>
<tr>
<td>Substance Abuse</td>
<td>Emotional</td>
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<td>Physical</td>
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<td>Parental Sep/Divorce</td>
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<td>Mental Illness</td>
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<td>Battered Mothers</td>
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**TOTAL 10 ACEs**

- **5 Household Dysfunction**
- **2 Neglect**
- **3 Abuse**
ACE Score = Number of ACE Categories

ACE Scores Reliably Predict Challenges During the Life Course
ACE Study

- Early Death
- Disease, Disability & Social Problems
- Health Risk & Behaviors
- Social, Emotional & Cognitive Functioning
- Adverse Childhood Experience
- Historical Trauma / Intergenerational Adversity
How can you tell if a child’s been traumatized or exposed to violence?

They Change!

Shy children may become aggressive. They may sleep all the time or not at all. Separations become more anxiety provoking. They are really clingy/whiny/needy. Play is beyond the “typical” knowledge area (sexual, violence, etc)
How can you tell in a classroom, with no other information?

Hypervigilance
How can I respond to Fight/Flight?
What this looks like
“Risk factors are not predictive factors due to protective factors”

Carl Bell M.D.
Core Protective Systems

“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

Ann Masten, 2009
HOPE

- Children can and do recover from trauma.
- Not ALL children need therapy, but referrals/programs are available.
- Children need someone to LOVE them unconditionally and be willing to be kind while setting firm boundaries.
Co Regulate!

Must be outside before inside
Please don't...

▪ ...tell them how to feel (or not feel)
▪ ...assure them falsely
▪ ...rush them
▪ ...halt them

Give them permission to be where they are (and to move on with grace).
What about you?
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