

# Join us for the Understanding ACEs: Building Self-Healing Communities Presentation!

**Date & Time:** Thursday, September 9, 2021 5:00 PM- 7:30 PM

**Meeting Type:** Virtual Zoom Meeting

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**Register Today:** [https://us06web.zoom.us/meeting/register/tZ0tc-CvrijwvEtTVkG83fS7B4QbfuN2ik\\_zM](https://us06web.zoom.us/meeting/register/tZ0tc-CvrijwvEtTVkG83fS7B4QbfuN2ik_zM)

**Additional Information:** After registering, you will receive a confirmation email containing information about joining the meeting. CEU's offered.

The Adverse Childhood Experiences (ACE) Study findings represent a paradigm shift in human understanding of the origins of physical, social, mental, and societal health and well-being. We now know that leading causes of disease and disability, learning and productivity problems, and early death have their roots in the cumulative neurodevelopmental impacts of Adverse Childhood Experiences (ACEs).

The *Understanding ACEs: Building Self-Healing Communities* presentation is presented in three sections:

- 1) Neurobiology & Epigenetics focuses on how our brains adapt to our environment during childhood & some basic concepts about related to how toxic stress can impact healthy development
- 2) Key Findings from the Adverse Childhood Experiences (ACE) study highlights some of the data from the original ACE study
- 3) Resilience provides a framework for thinking about resilience, & focuses primarily on attachment & belonging, supporting individual capabilities, & culture, community, and spirituality as key protective systems

Addressing intergenerational and historical trauma is going to take a lot of creative solutions and approaches – so although a short presentation does not provide all the answers, the key goal of the presentation is to build a common language and understanding about ACEs and the related research as a starting point. The ACE Interface presentation shares ideas that have resulted in transformative change in other places, not necessarily solutions that will work everywhere. After hearing the presentation, attendees are encouraged to think creatively about how this information can be applied within their own “sphere of influence” (family, workplace, school, community, etc.).