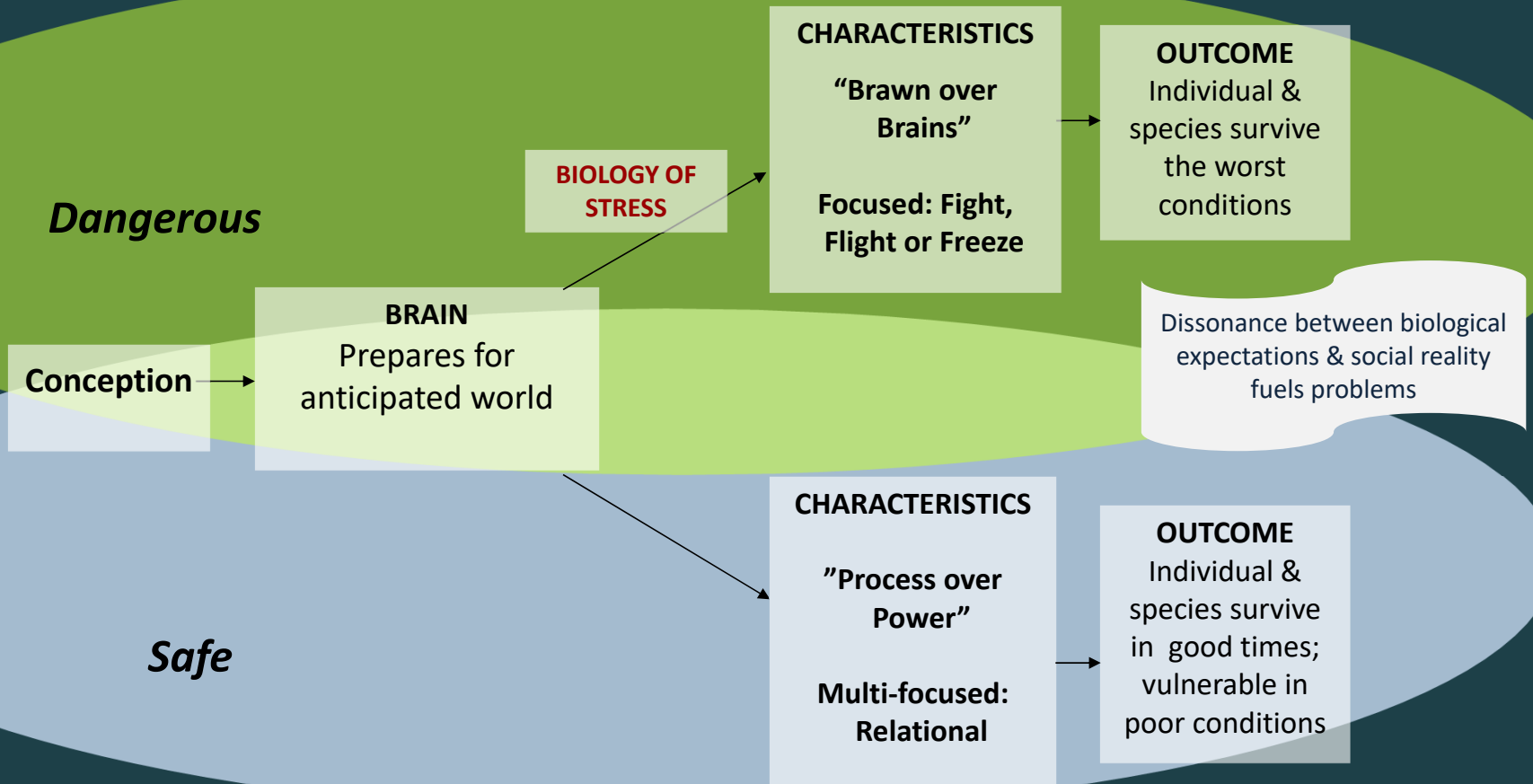




Memory of our experiences
IS STORED IN OUR BODY

Preparing for Anticipated World



Adapted from the research of Martin Teicher, MD, Ph.D

STRESS

Interpretations Can Differ

set points in place by
EARLY ADULTHOOD



At Birth



SYNAPTIC DENSITY

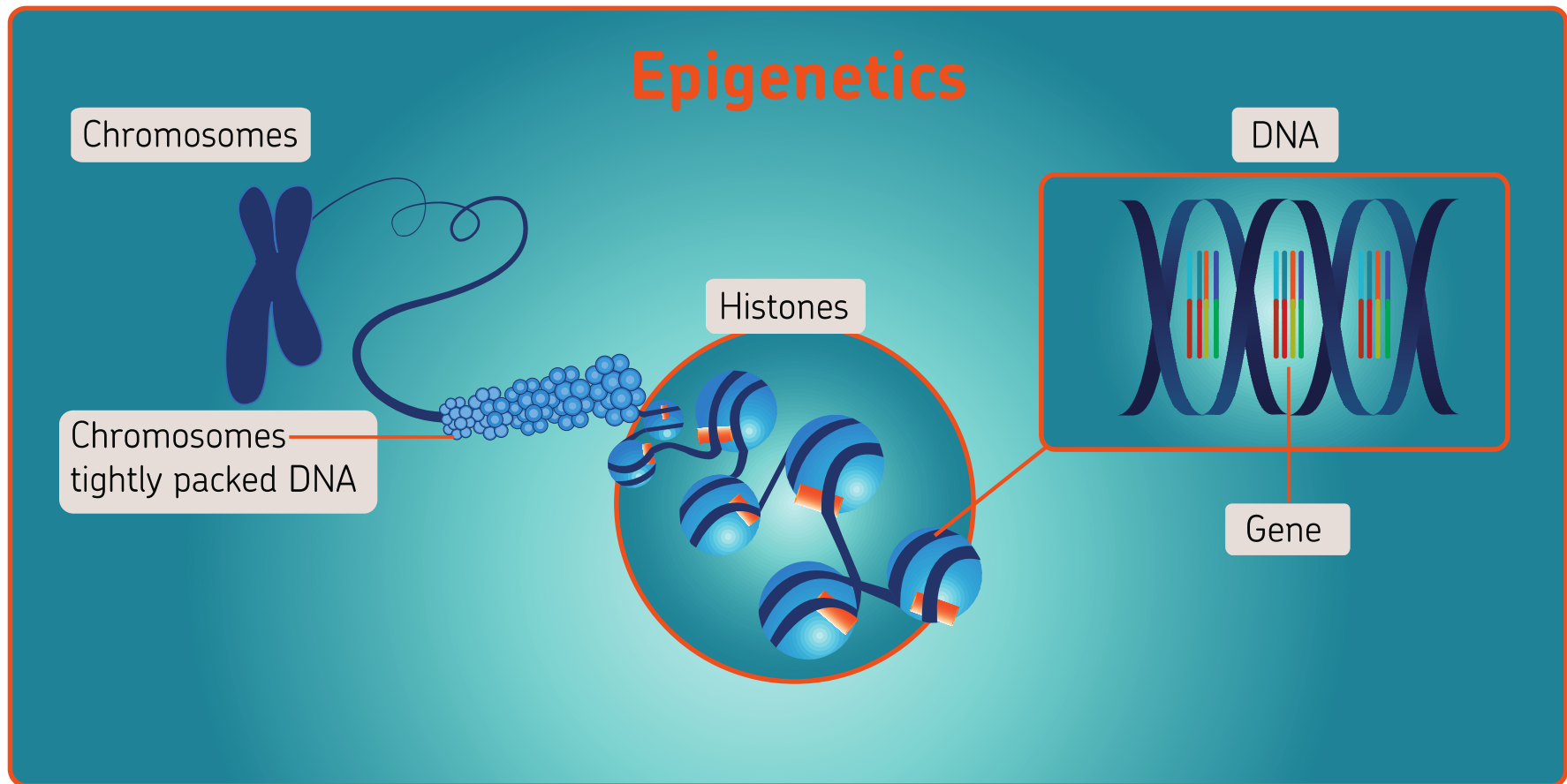
Elementary Age



Epigenetics

“The experiences of a parent, before even conceiving offspring, markedly influence both structure and function in the nervous system of subsequent generations.”

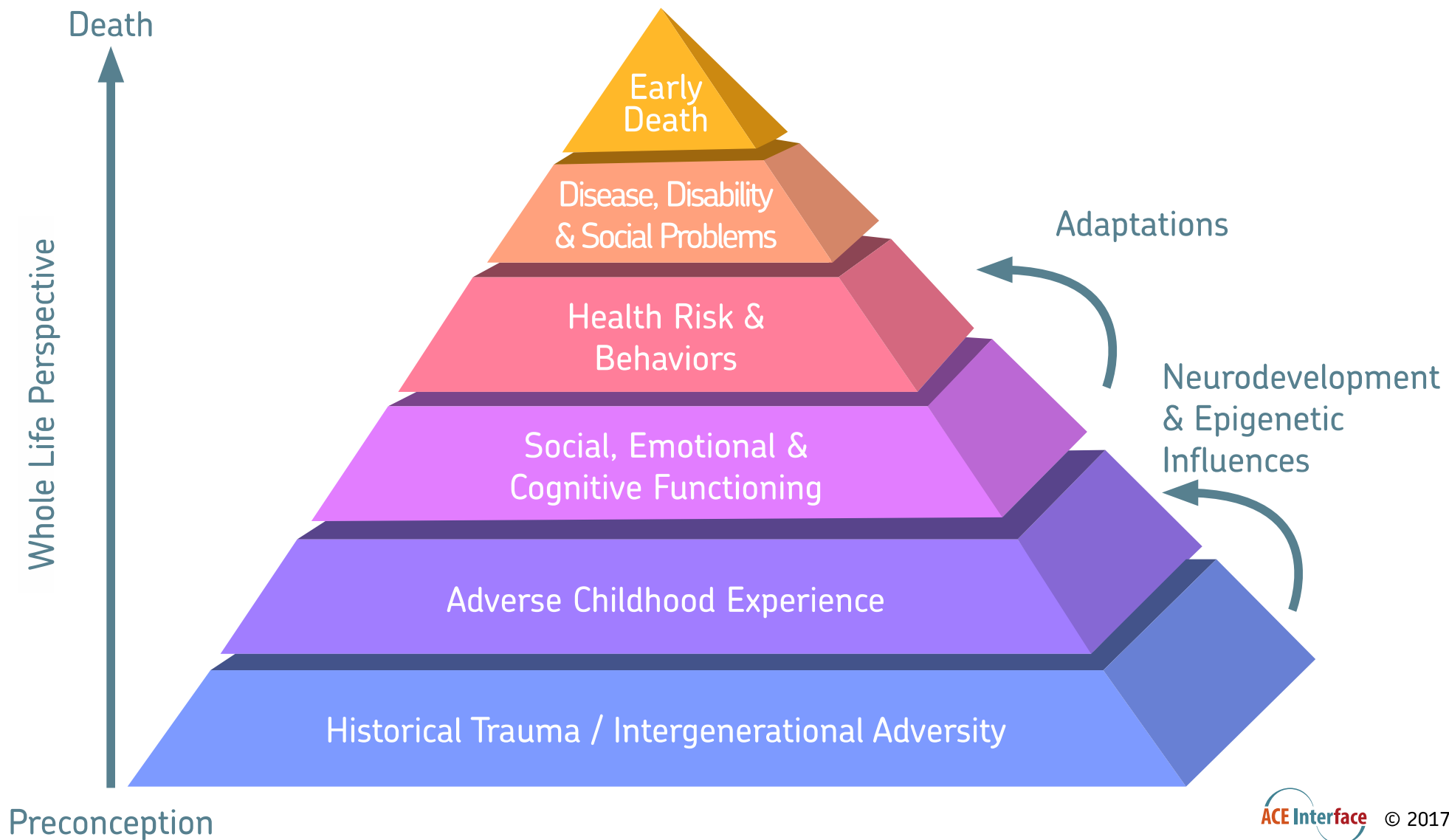
ACEs Influence Gene Expression



Epigenetics



“Parents with their own genetic vulnerabilities can pass on protection to the next generation provided that they are given the right support.”



Adverse Childhood Experiences **ARE COMMON**

Household Dysfunction

Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect

Emotional	15%
Physical	10%

Abuse

Emotional	11%
Physical	28%
Sexual	21%

5

2

3

TOTAL 10 ACEs

ACEs are Highly Interrelated

Indicators of Family Dysfunction

1. Mentally ill, depressed or suicidal person in home
2. Family member with drug or alcohol addiction
3. Parental discord – indicated by divorce, separation
4. Exposed to family violence
5. Incarceration of any family member

Abuse

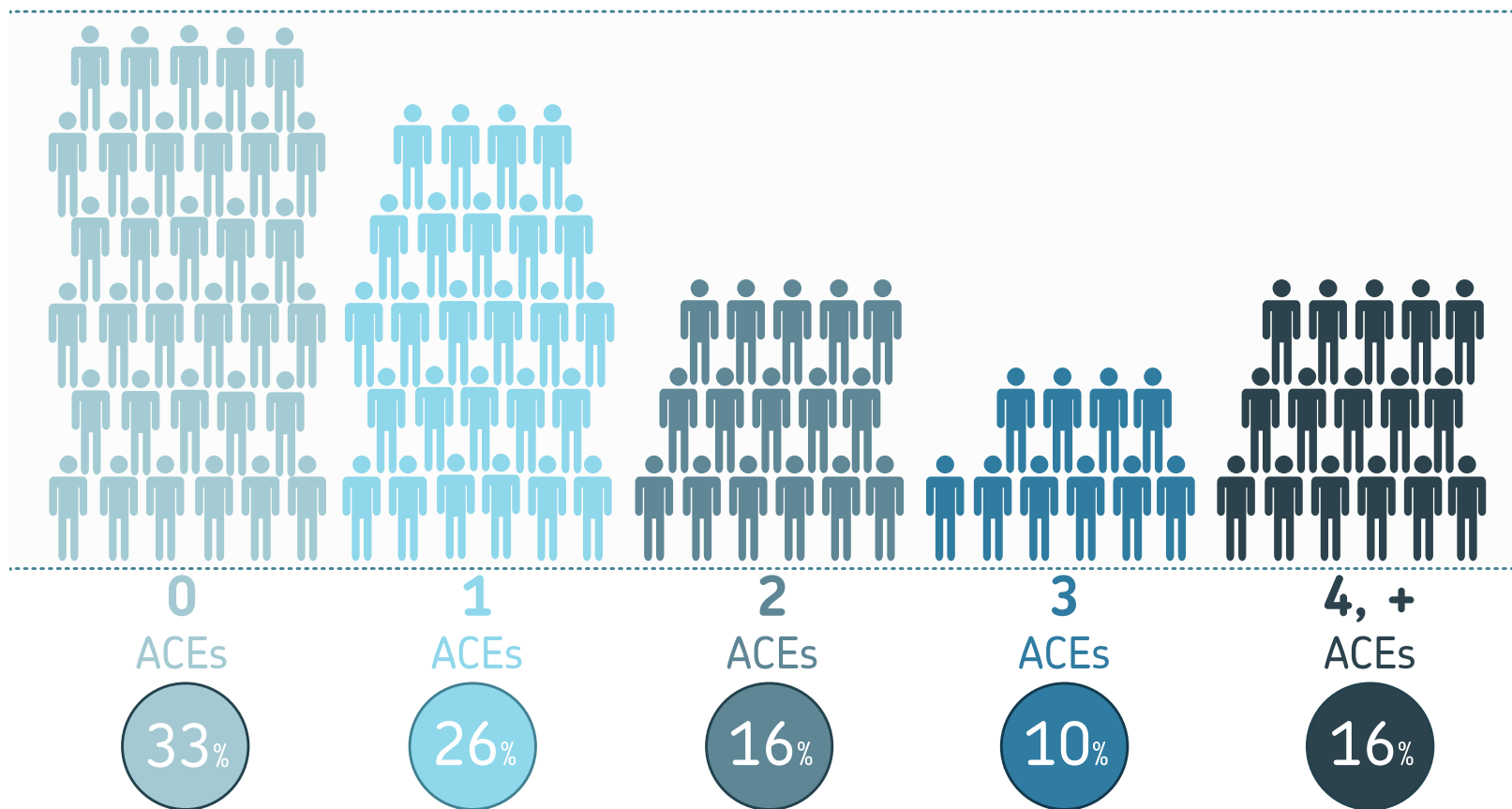
6. Child physical abuse
7. Child sexual abuse
8. Child emotional abuse

Neglect

9. Physical Neglect
10. Emotional Neglect

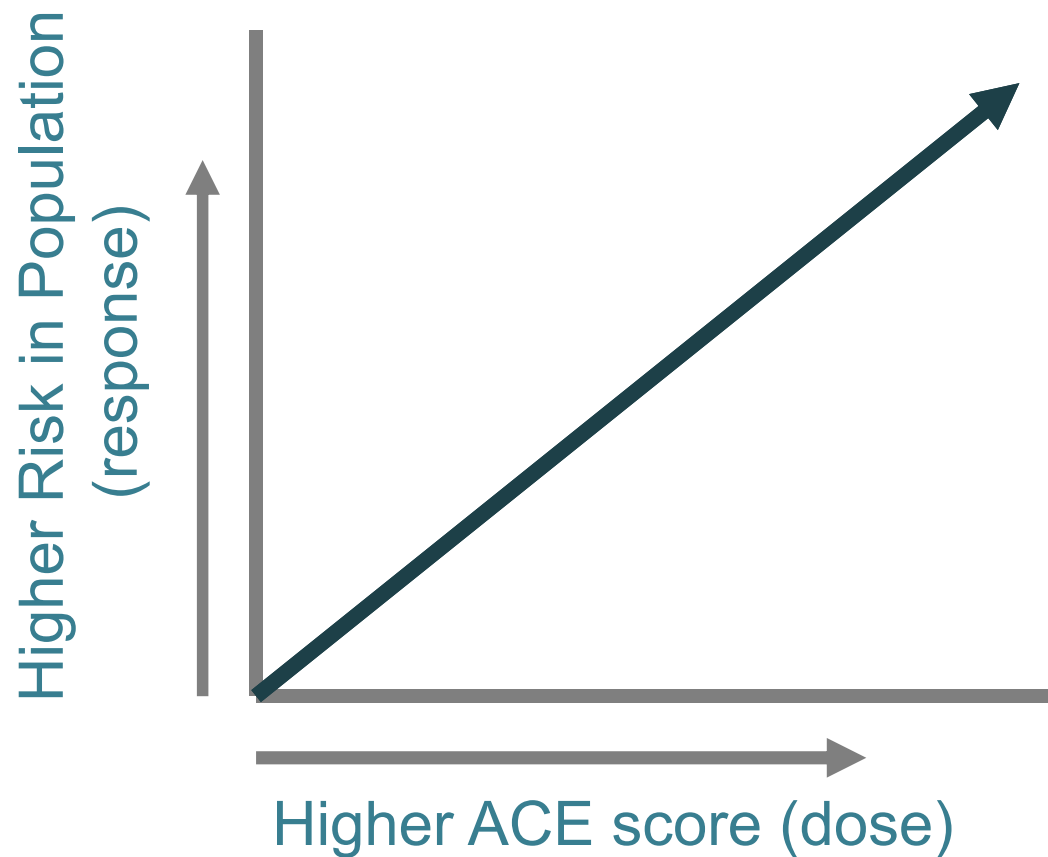


ACE Score = Number of ACE Categories



ACE Scores Reliably Predict Challenges During the Life Course

ACEs Have a Cumulative Effect



Dose-response is a direct measure of cause and effect.

ACEs and Chronic Disease

Cardio Vascular

Cancer

Diabetes

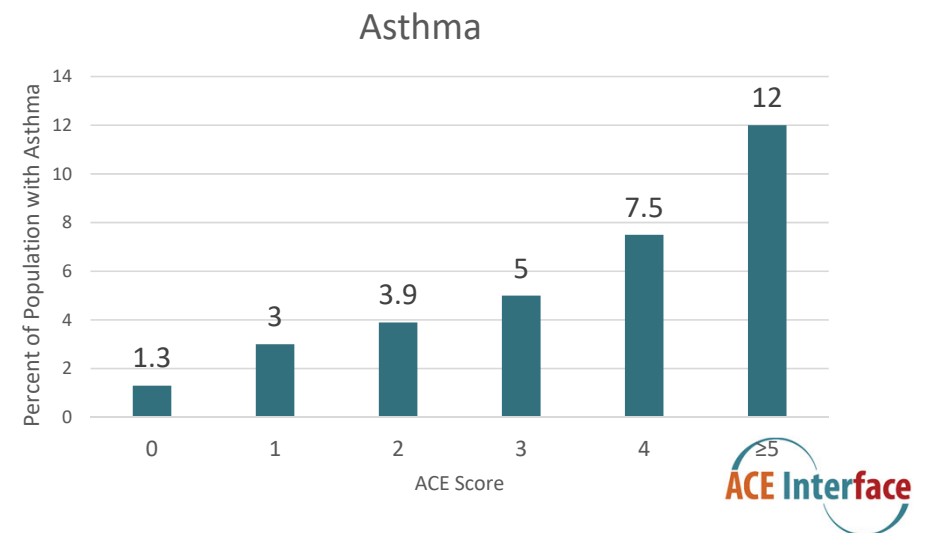
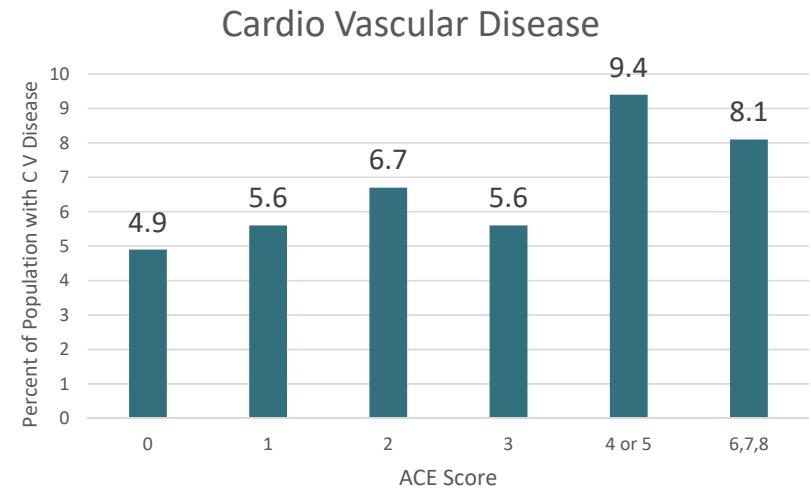
Asthma

Auto-Immune Disease

Chronic Obstructive Pulmonary
Disease

Liver Disease

Ischemic Heart Disease



ACEs and Mental Illness

Depression

Serious & persistent
mental illness

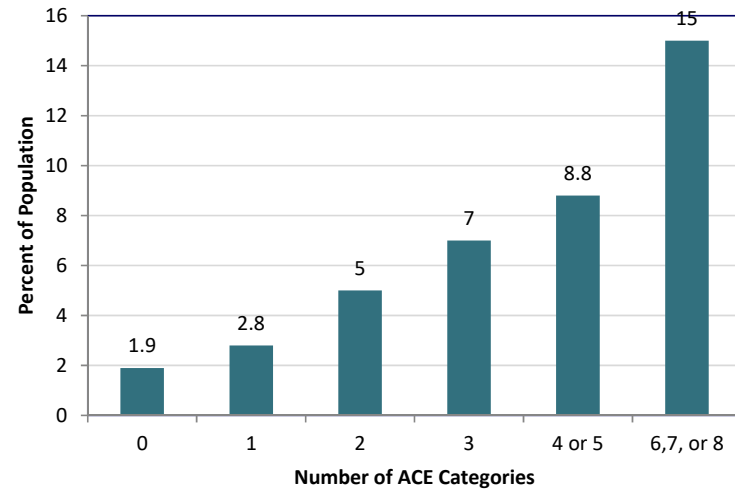
Frequent mental distress

Nervousness

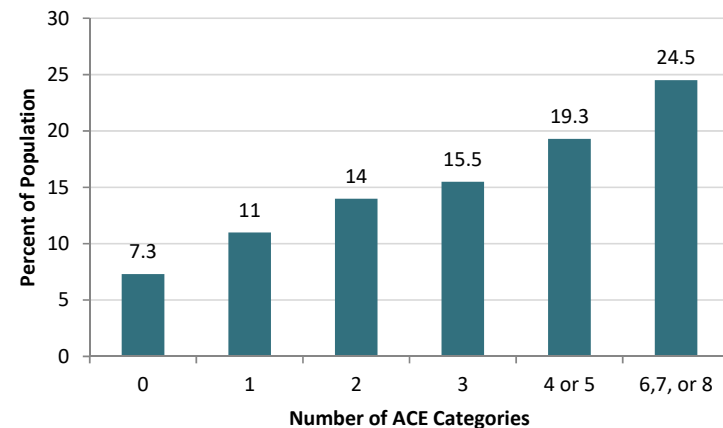
Suicide attempts

Emotional problems
restrict activities

Anxiety



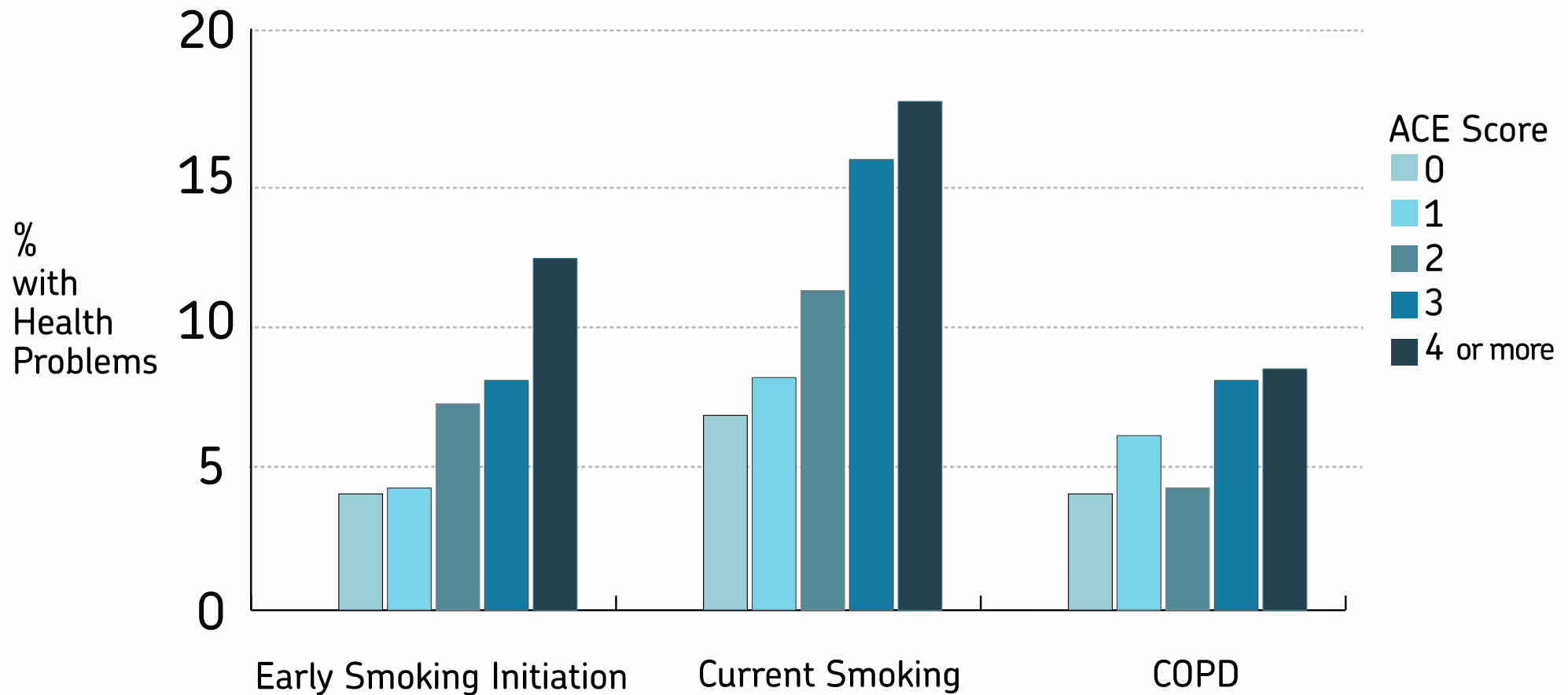
Treatment for Mental Health Condition



ACEs & Substance Use Problems

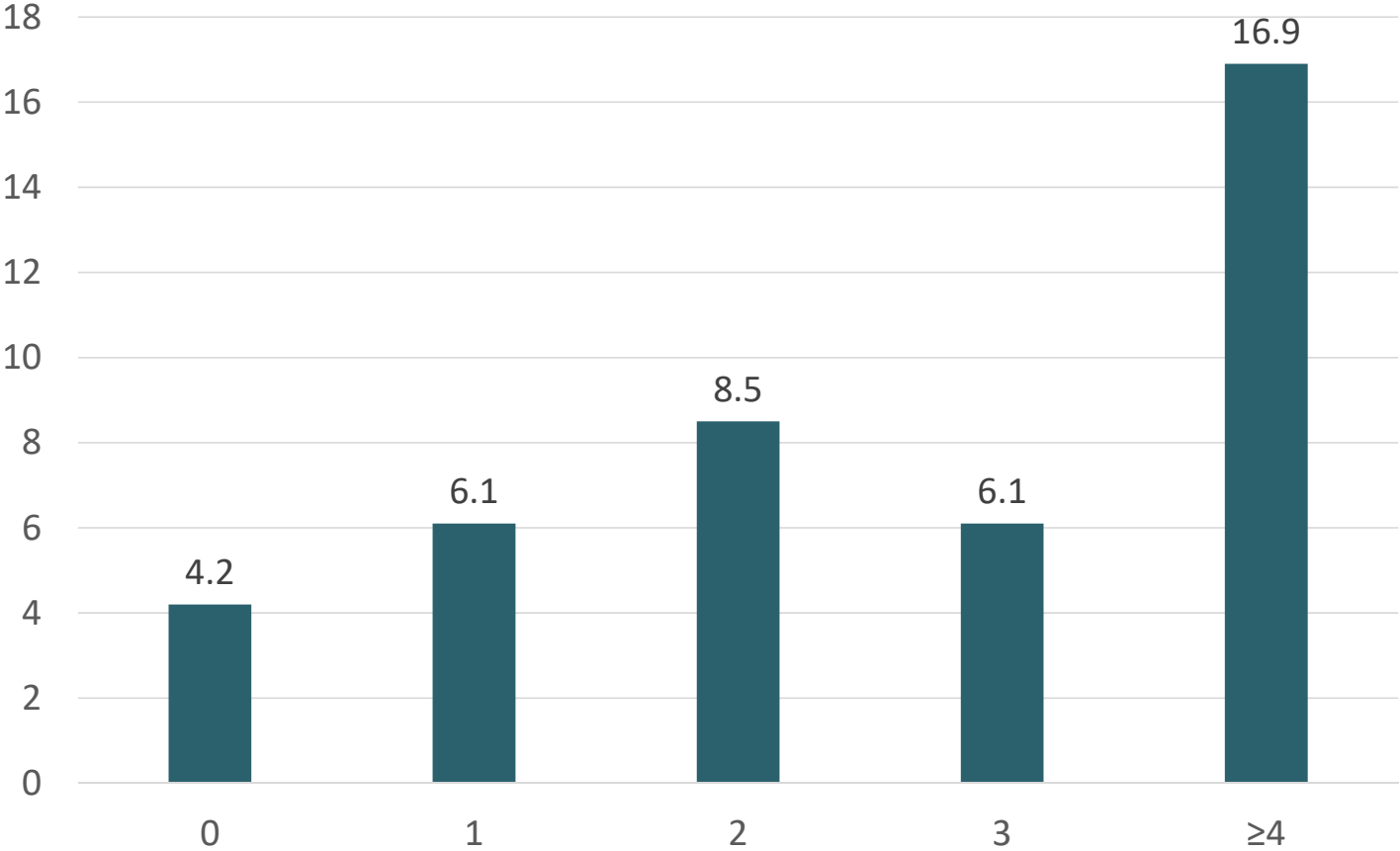
“Self regulation depends on having a friendly relationship with your body. Without it you have to rely on external regulation – from medication, drugs like alcohol, constant reassurance, or compulsive compliance with the wishes of others.”

ACEs, Smoking and Lung Disease

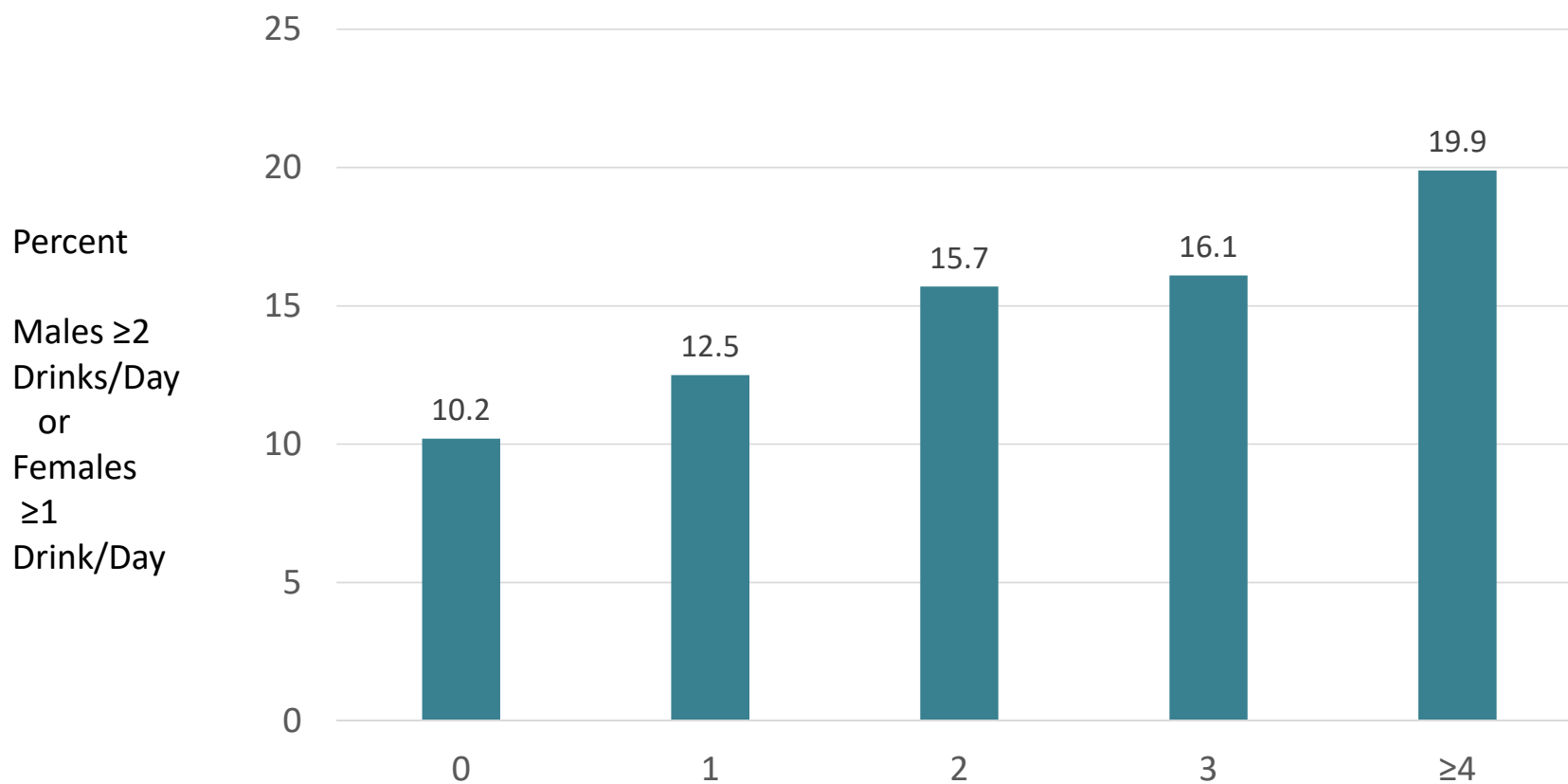


Early Initiation of Drinking Alcohol

Percent Who Started Drinking Prior to Age 15



ACEs and Heavy Drinking



ACEs & Alcoholism & Marrying an Alcoholic

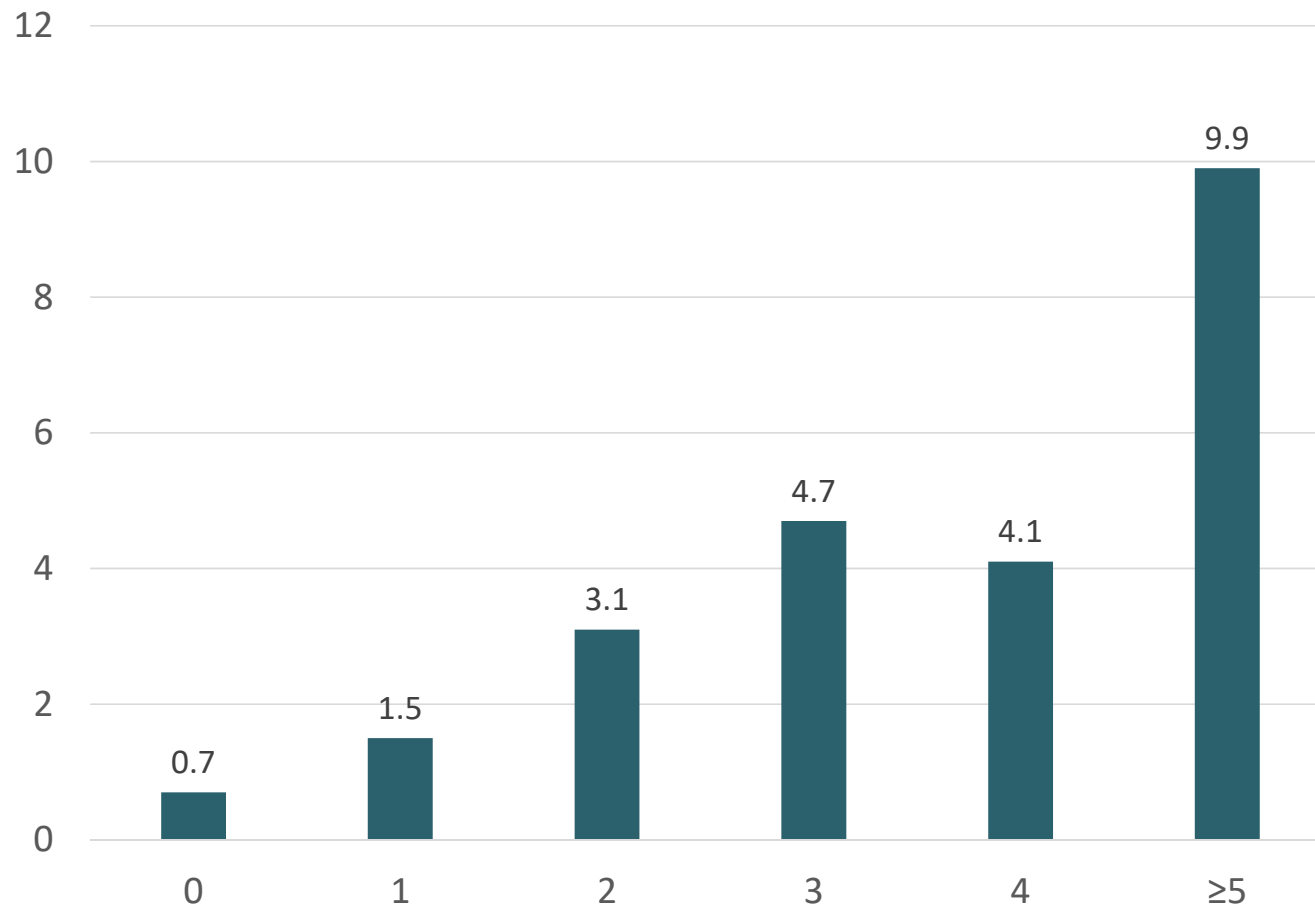


“ACEs have a strong graded relationship to opioid use. We completed this analysis as a part of the ACE Study.”

Dr. Robert Anda

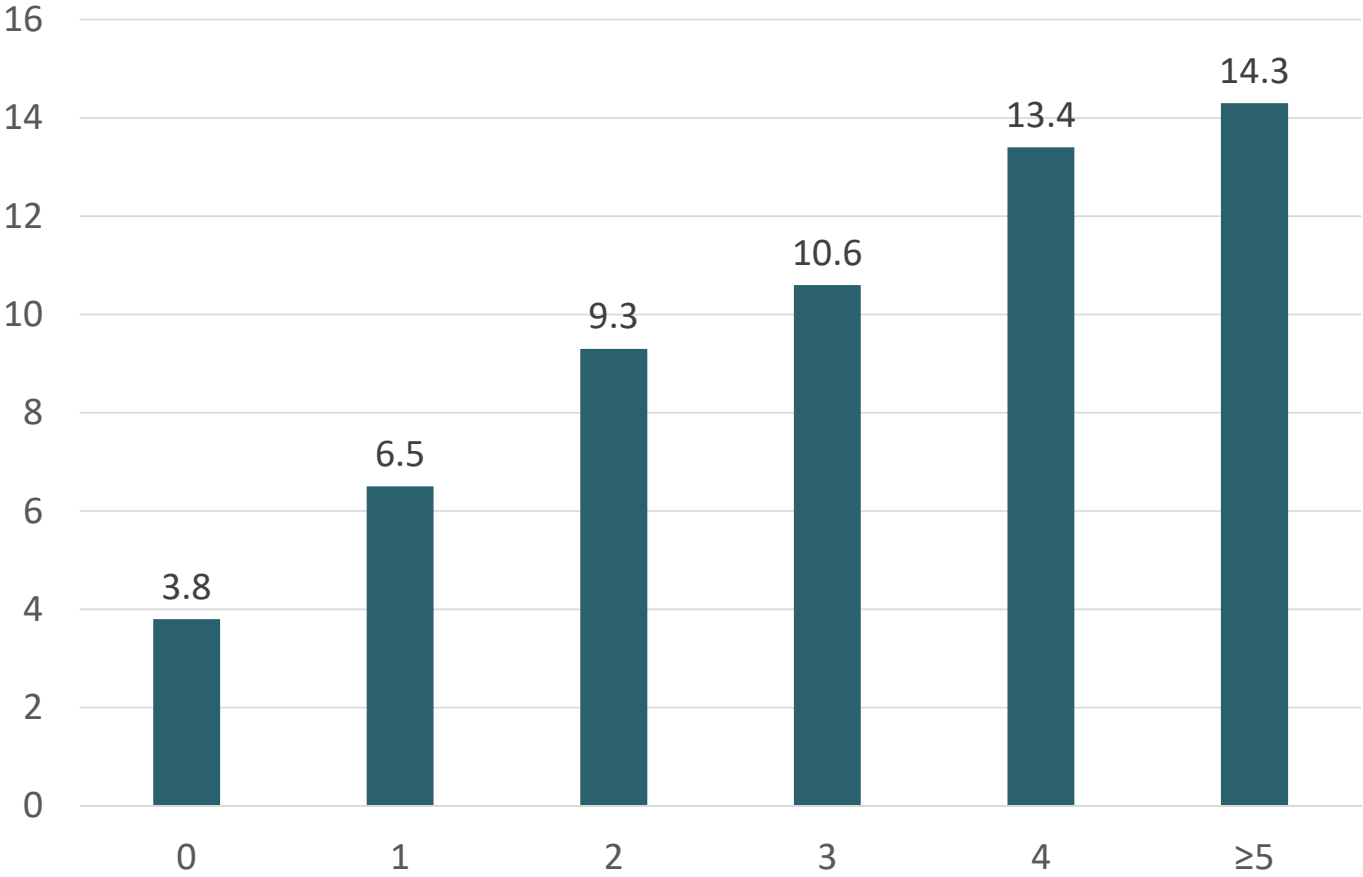
Illicit Drug Use Before Age 15

Percent with History of Using Illicit Drug(s) Before Age 15



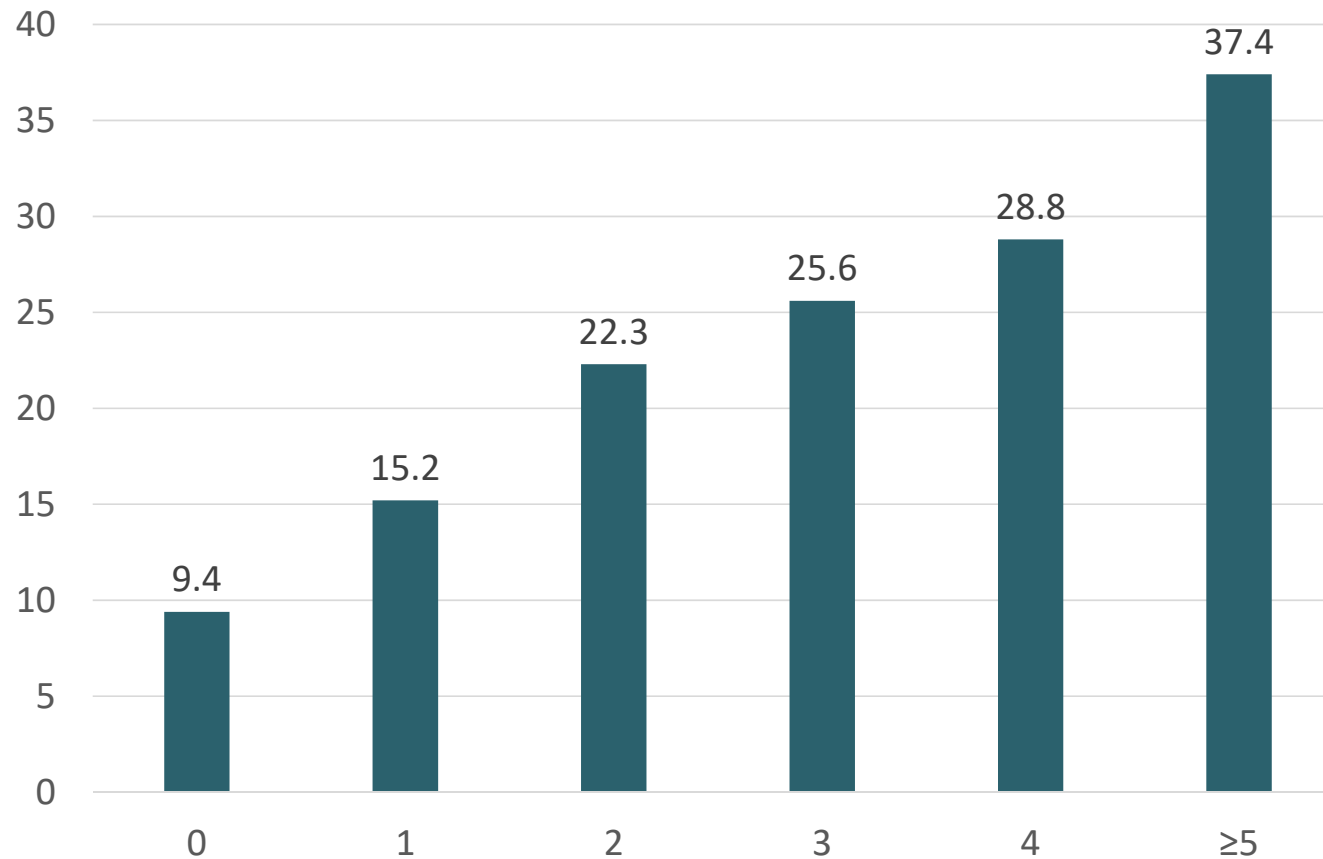
Illicit Drug Use Started Between Ages 15 & 18

Percent with History of Using Illicit Drug(s) Beginning Between Ages 15 & 18

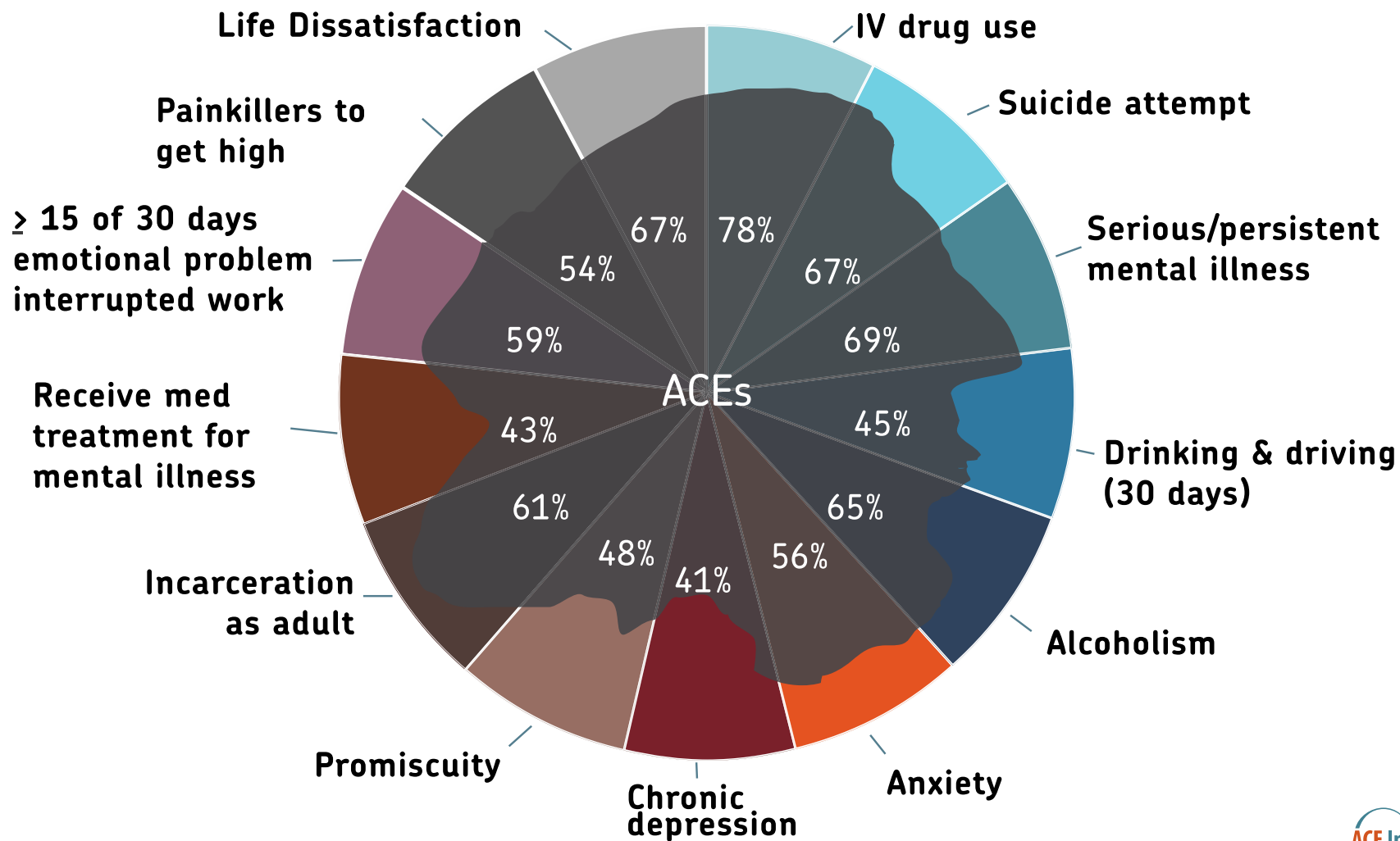


Illicit Drug Use as an Adult

Percent with History of Using Illicit Drug(s) as an Adult



Population Attributable Risk



Controls: gender, age, income, education, race-ethnicity

Age of Experience Matters

(examples, not a comprehensive list)

In utero, bio of stress

Low birth weight, cardio vascular, diabetes

First few months

Anticipate pleasure, attach & belong

First 5 years

Emotional regulation, fear, panic, memory, integration of creative/analytic, whole & parts

Middle childhood

Suicide risk, executive dysfunction, social cues, spoken language

Pre-puberty

Navigate physical space, affect, attention, mental illness

Adolescence

Risk behaviors, long term memory

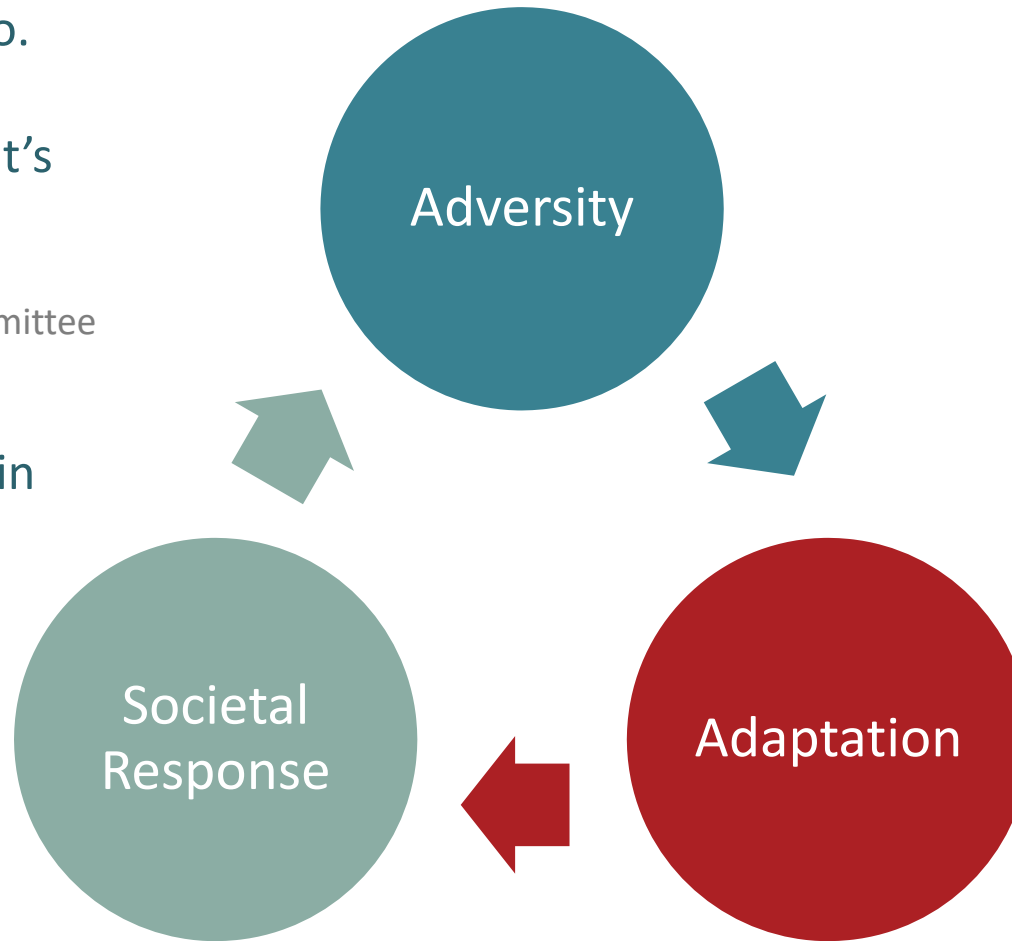
Perfectly “designed” to produce the status quo.

Every community has it’s patterns.

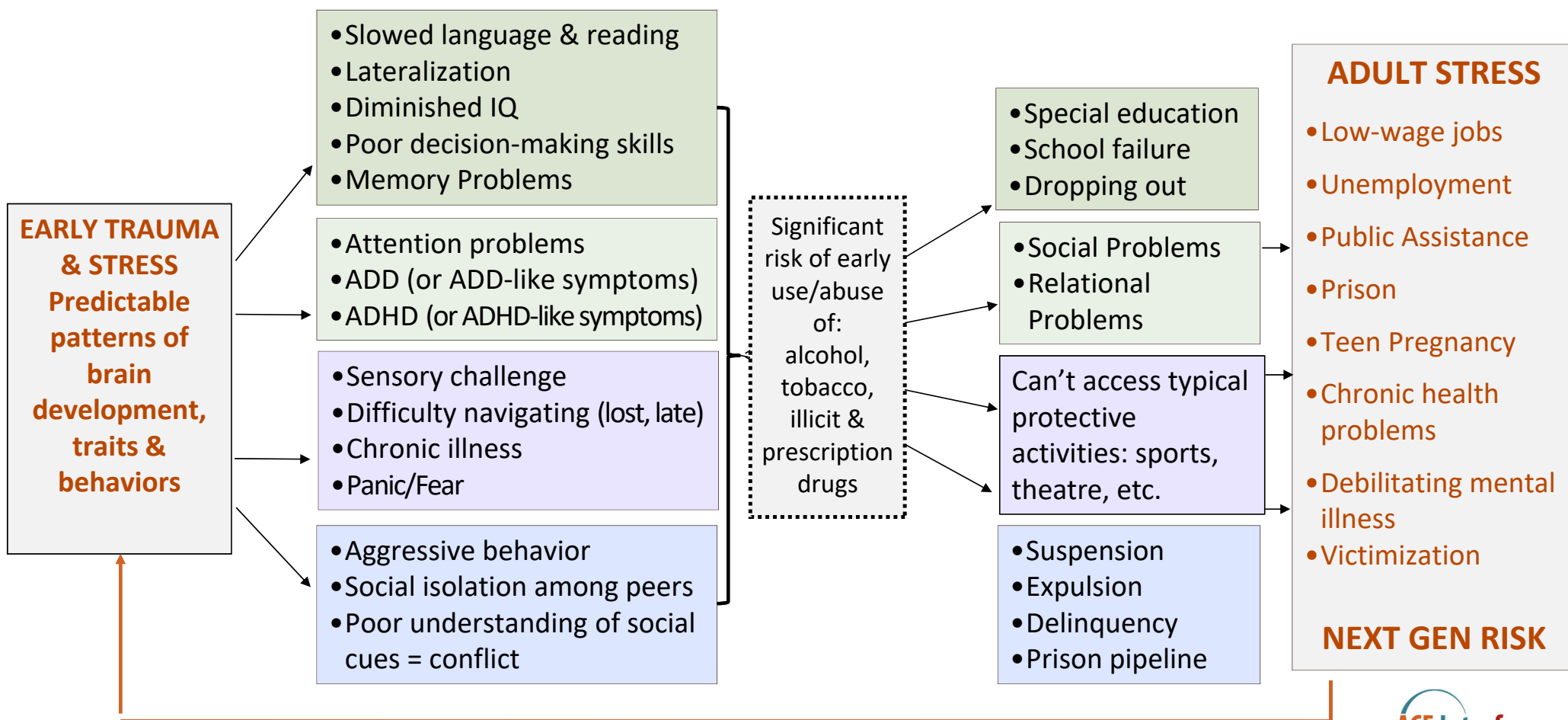
- Win, fail expectations, lose
- Committee, sub, sub, committee
- Survey, ignore, survey

Everyone participates in patterns

- Values & principles
- Mental models
- Structure



Progressive Nature of Adversity



Risk of Generational Transmission

What Helps Individuals Self-regulate?

Activate Social Engagement:

1. Healing Power of Community Expressed in Music, Rhythm, Theatre
2. Exercise & Play
3. Practicing Connection

Calm Physical Tensions in Body:

1. Massage, Movement, Breathing
2. Mindfulness, Reflection, Yoga
3. Tapping Acupressure Points
4. Biofeedback, Neurofeedback
5. Eye Movement Desensitization & Reprocessing



Core Protective Systems

Capabilities

Attachment
&
Belonging

Community
Culture
Spirituality

“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

1. What strategies have we been using that we might need to rethink?

Perspectives to Consider

2. Where are you seeing systemic challenges during the stay-at-home order?

Perspectives to Consider

3. What surprising resources or partnerships are emerging that we might want to try to retain after this time is over?

Process for Self-Healing in Living Systems



Emergence:
Culture of Health



Upcoming months -- RESULTS: Like the season of winter for a gardener, this will be a time to reflect on the strategies and systems we put into place before the pandemic, how they have helped us during this time. We need enough information to take a whole community/results-focused view so we can make plans for the seeds we will plant to continue to strengthen communities

Pre-COVID – FOCUS: understanding ACEs as a driver of many challenges; improving community capacity/and cultural context as a powerful strategic intervention

Appreciative Action:
Finds Strengths
Acts Upon Them

January to May & beyond -- LEARNING: COVID 19 requires iterative learning cycles, noticing, radical listening, etc. as we try new strategies to keep everyone safe, preserve sense of belonging, and honor culture, spiritual diversity

Learning

This is a time for illumination

We will intentionally notice and name important patterns

- Who naturally steps in to help whom?
- What uncommon partners are joining forces?
- How what we have built actually operates through a crisis?

We will see more clearly the vulnerabilities that in other times are hidden

- For some, danger has always been a constant; the pandemic just brings it into view
- For others, change throws us over a tipping point, where dysregulation leads to problem behaviors
- Virtual service methods leave some population groups behind

Learning

a time for prototyping new ways

- Health systems, schools, emergency response... systems are engaged with rapid cycle innovation – can we optimize trans-discipline learning from this work?
- Families and individuals are engaged in new ways of living with one another – can we make this more fun with contests, parallel play, practice for an event where we'll share new skills?
- Common language and meaning is changing – is this a time when we could test usefulness of new phrases, i.e.: Stop, Notice, Breathe (like Stop, Drop, Roll), or Comfort, Customs, & Calming, or Reassurance, Routines, Regulation?



Prepare Now for Next Phase: Results Focused Decisions

Notice systematically in order to share what we learn.

Distinct social networks – what works for whom in what context?

Beyond needs -- natural supports, uncommon partners, what works well?

Shared Identity – how are our beliefs about community helping, hurting?

4. How or where would we turn to document what we are observing now, or to learn what others are noticing?

Results



Like winter season for gardeners: this will be a time to notice what's worked & prepare

- Articulate past strategy
- Recycle stuff from past season that is no longer useful or needed
- Choosing seeds (strategies) to be planted in the future
- Look at property as a whole – where the water is flowing, where the light is cast, whether plants are in a context that optimizes health...
- What partnerships or engagements, if we had them, might make a difference now?



SAFETY FIRST

- **Physical Safety:** Being safe in your body and safe in the world
- **Psychological Safety:** Being safe with yourself
- **Social Safety:** Being safe with other people
- **Moral Safety:** Being safe with a guiding value system

Unique Experience of the World



Protective Policies for Family Safety

- Austria provides guaranteed places in women's refuges or the removal of violent family members from quarantined households
- United Nations Secretary-General Antonio Guterres says “I urge all governments to make the prevention and redress of violence against women a key part of their national response plans for Covid-19”
- Taiwan officials provided a webinar: Coronavirus and Women’s Shelters: Policy Perspectives on protection of Victims of Domestic Violence During the Outbreak. (recorded April 1, 2020)
- The sale of alcohol has been banned in the Greenland capital, Nuuk, as a strategy to reduce violence against children during the period of coronavirus confinement.
- Switzerland, A Survival Kit for Men Under Pressure is alerting everyone to the danger, and providing men with tips and support



Corona Crisis: Survival Kit for Men under pressure

It is our job to support and accompany men. We know from experience that crisis situations increase the risk of losing control and becoming violent. With this survival kit we want to help you stay calm during the Corona crisis.



What you should know

Not being able to move around freely. Being restricted. Feeling caged. All these things are a challenge.

It's completely ok and normal

- to feel powerless, insecure and as if you're not in control
- to be afraid of the virus
- to feel crowded at home – or to feel isolated and have a hard time without social contacts and intimate relationships
- to worry about your health, family or financial and professional future

All this is stressful and limits your ability to take care of yourself and empathise with others. Being stressed out restricts ones' views and feelings. It is tempting to look to others for blame.

But these emotions are no reason or excuse for taking your frustrations out on others. You remain responsible for your reaction to feeling overwhelmed, insecure or angry. Violence is never a solution. Say no to violence.



What you can do against stress

Here are some suggestions for dealing with stress. Start with the recommendation that you like the best.

1

Accept what you can't change. Rebelling against Corona doesn't make any sense and will only cost you energy. Instead, try to fill your time with meaning: This is a new experience – an adventure.

2

Give yourself what you need. Treat yourself and give yourself something to look forward to every day.

- Listen to music, read a book, make notes of what is bothering you.
- Remember the good times you had in your life. Make photo albums.
- Go outside and spend time in nature while you still can.
- Do sports. Work off your energy. This is something you can even do in very small spaces.
- Talk to friends and colleagues. Let them know how you are doing.
- Relax – You can do meditation, breathing exercises, rituals, prayers – whatever works for you. You can find ideas to try out online, for example on YouTube.
- Limit your access to news and media consciously.

3

Clean up. Daily and weekly plans help focus. Challenge yourself to different tasks. Support yourself and others.

4

Share your thoughts and feelings. Have the courage to share your feelings and needs with your partner (e.g. closeness and tenderness, space for yourself).

5

Be aware of your boundaries. Say so when you feel pressured, cornered or annoyed. You are allowed to set boundaries.

6

Acknowledge what is happening inside of you. To take control of your issues, you must be aware of them.

7

Do emergency planning. Find out how you can calm yourself down when everything feels like too much. Here are some ideas:

- Go outside – to the park, onto your balcony or at least to another room
- Breathe evenly – 5 seconds in, 5 seconds out. Repeat until you feel calmer
- Move – If you can't go outside, do push-ups, jump, run in your stairwell
- Get yourself a glass of water or eat something
- Lie down and close your eyes

8

Be aware of your warning signs and use your emergency planning in time. Warning signs may be cursing, shaking, sweating, screaming, etc. Take them seriously. You need to act now. Important: When you notice warning signs, inform your partner that you need to have a moment to yourself.

9

Allow yourself to ask for help. Below are some contacts to which you can reach out. Take a first step.

10

Take your injuries and hurts seriously. Get the support you need if you are experiencing psychological or physical violence. Last but not least: Drugs and alcohol are a risk. If you use them, limit yourself. If you don't, you will only harm yourself and increase your chances of losing control.

6

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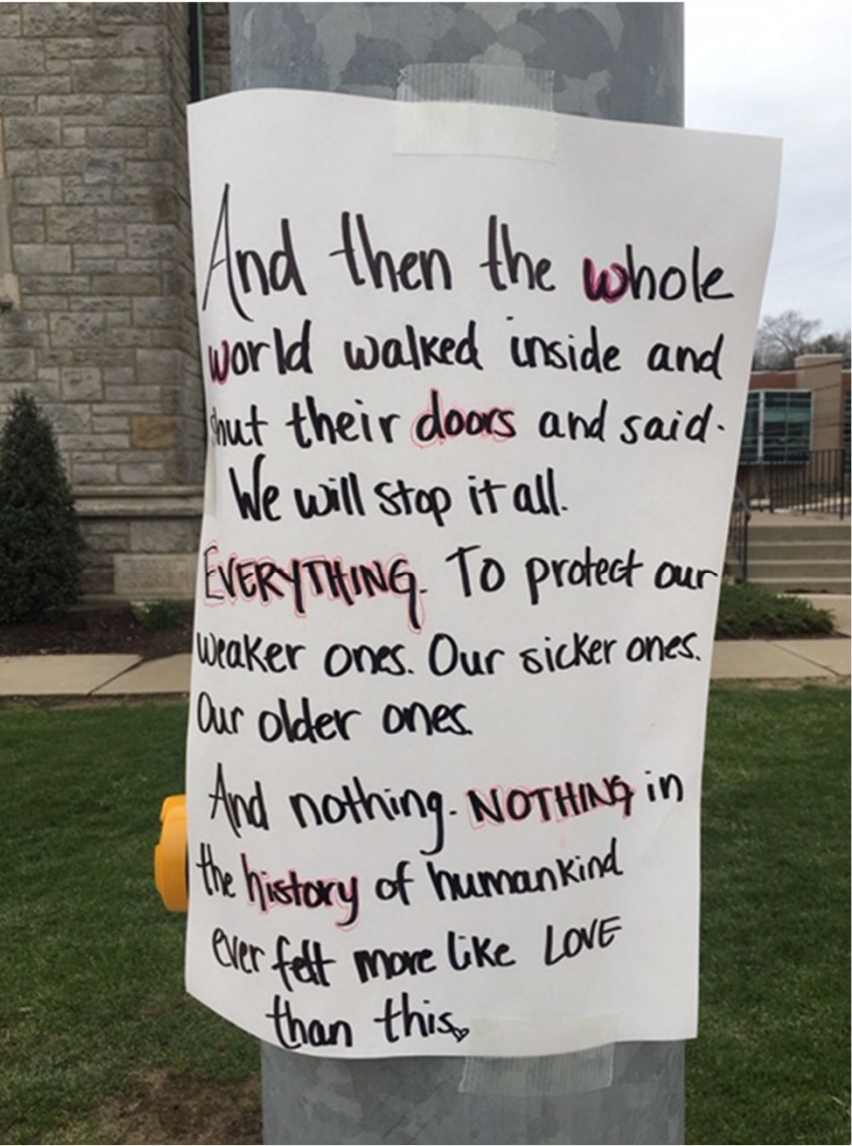
9

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Coordinated Community Response

As children come back into school, camp, faith gatherings, etc., we can anticipate adversity disclosures.

- Normalize talking about family adversity
- Normalize “emergency planning” – when emotional activation may jeopardize safety
- Focus on reducing shame/blame; increasing social, emotional, practical supports and reciprocity
- Like we are protecting ER-hospital systems, how are we preserving child welfare employees, responding in ways that safeguard children AND the systems that serve them?



And then the **whole**
world walked inside and
shut their **doors** and said:
We will stop it all.

EVERYTHING. To protect our
weaker ones. Our sicker ones.
Our older ones.

And nothing. **NOTHING** in
the history of humankind
ever felt more like **LOVE**
than this.

What ways of living
through stressful
times are children
learning now?

Unconditional Positive Regard

*When I saw you
I fell in love, and
you smiled
because you
knew.*

*William
Shakespeare*

