



PACeS Connection

Creating a *much* better normal.

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Connection



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Adolescents, Attachment & ACEs Science

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PACEs Science

Epidemiology ACEs study and expanded ACE surveys.

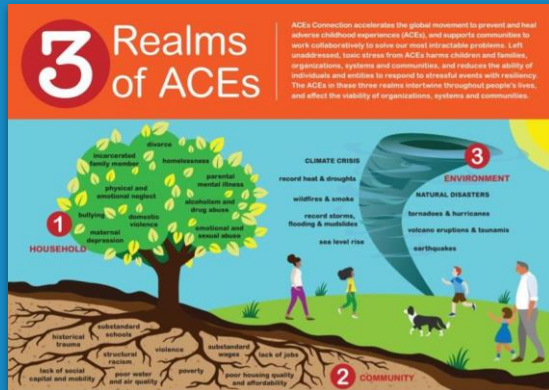
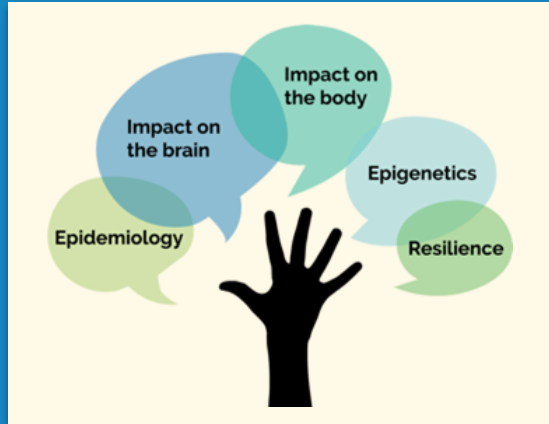
Impact on the brain toxic stress caused by ACEs changes structure and function of brain.

Impact on the body health consequences of toxic stress (short & long term)

Epigenetics how toxic stress from ACEs is passed from generation to generation, aka historical trauma.

Resilience brain and body can heal with healthy relationships, healthy organizations, healthy systems, and healthy communities.

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**Supporting communities
to accelerate the use of
ACEs science...to solve our
most intractable problems.**

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A background image showing a close-up of several pairs of hands, likely belonging to children, gently holding small green seedlings with dark soil. The hands are positioned in the foreground, and the seedlings are held up, symbolizing growth and care. The background is slightly blurred, focusing attention on the hands and plants.

WHAT WE DO

Connect with support.

We support community ACEs initiatives to create solution-oriented systems.

430+
CITIES, COUNTRIES & STATES

**...use free community site, tools,
guidelines on ACEs Connection**

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Connection**

A close-up portrait of a young Black woman with long, dark braids, smiling warmly at the camera. She is wearing a dark green top. The background is blurred, showing other people in a crowd.

WHO WE ARE

**The social network
for the PACEs movement.**

55,000+
MEMBERS (AND GROWING)

**...who share best practices
based on PACEs science.**

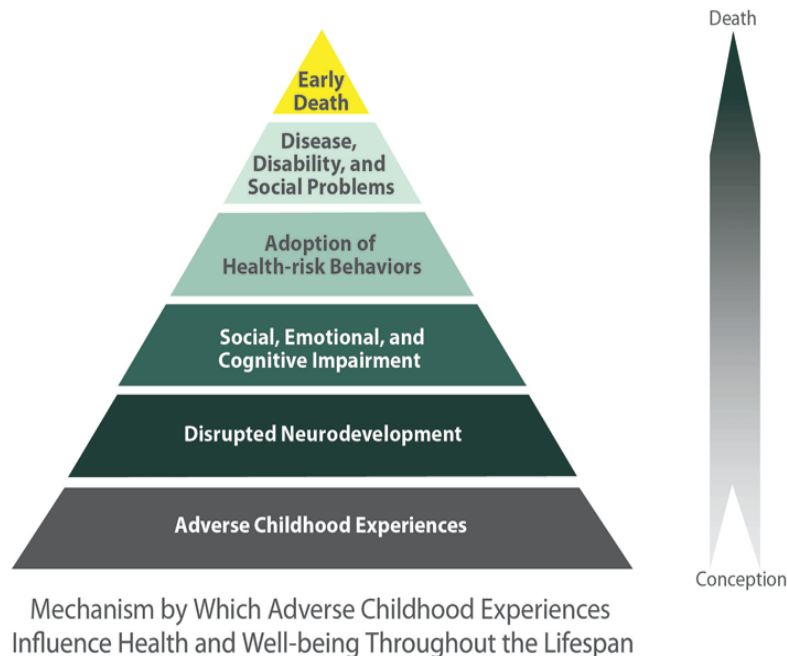
**PACEs
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ADVERSE CHILDHOOD EXPERIENCES

ADVERSE CHILDHOOD EXPERIENCES

According to the CDC, Adverse Childhood Experiences, or ACEs, are experiences that occur during childhood and account for a wide range of health and social consequences.

ACEs have been categorized into 10 types with each type reflecting either child abuse, child neglect or household challenges that negatively impact brain development, social-emotional growth and overall health and wellbeing.



ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



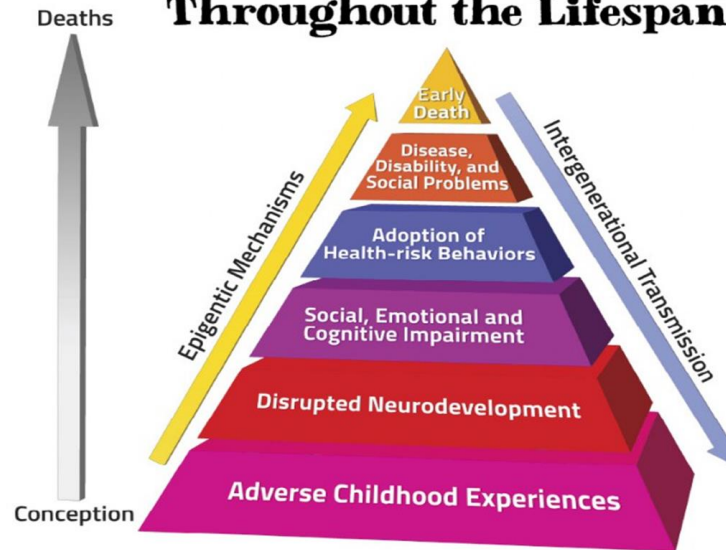
Divorce

ADVERSE CHILDHOOD EXPERIENCES

ATTACHMENT

DR. ROBERT ANDA ACES PYRAMID

Mechanisms by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



Slide Courtesy of Rob Anda, MD, MS

**BOWLBY &
AINSWORTH**

ATTACHMENT STYLES

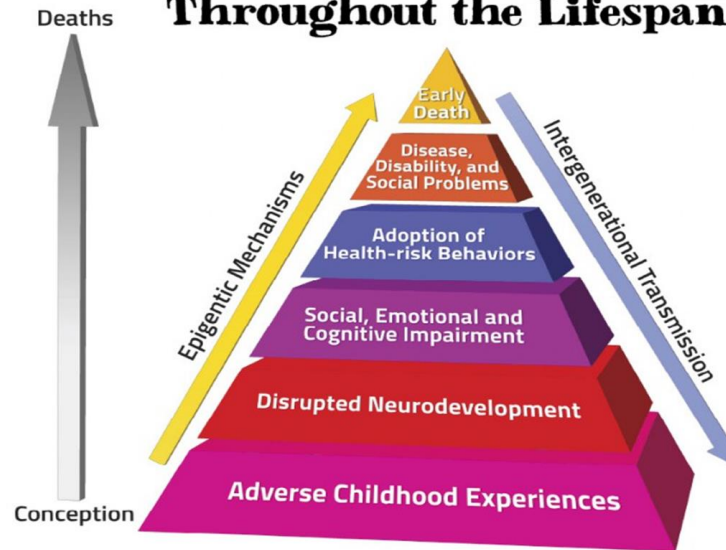




INTERGENERATIONAL TRANSMISSION OF TRAUMA

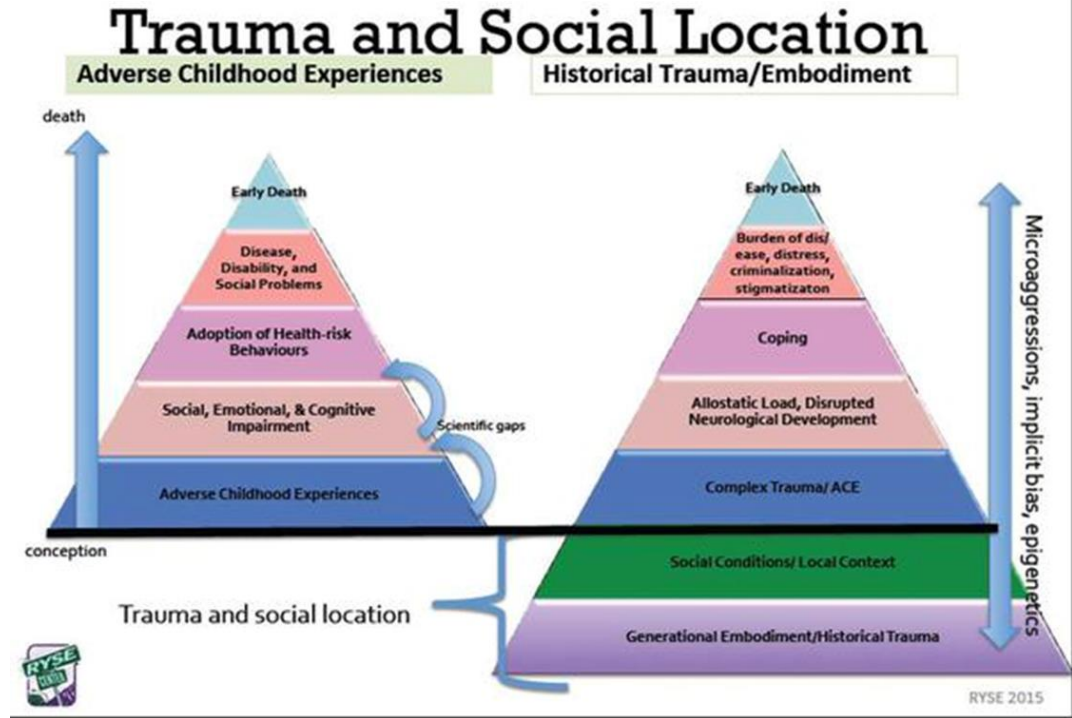
DR. ROBERT ANDA ACES PYRAMID

Mechanisms by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



Slide Courtesy of Rob Anda, MD, MS

RYSE CENTER EXTENDED ACES PYRAMID



INTERGENERATIONAL TRANSMISSION OF TRAUMA VIA PARENTING



Maladaptive
Coping Strategies



Survival-based
Parenting
Practices



Social Learning
Theory



Genetics



HISTORICAL TRAUMA

- Another term for Intergenerational Transmission of Trauma is Historical Trauma.
- Historical trauma is defined as multigenerational trauma experienced by a specific cultural group.

Ross, n.d.

HISTORICAL TRAUMA

- The term was first coined in the 1980's by Dr. Maria Yellow Horse Braveheart, a Native American social worker.
- Dr. Braveheart defined Historical Trauma as “a cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma.”
- Dr. Braveheart also stated that historical Trauma was also accompanied by Historical Unresolved Grief.




HISTORICALLY TRAUMATIC EVENTS

- Genocide
- Chattel Slavery
- Mass Incarceration
- Forced Relocation/Displacement
- 9/11 & Other Terrorist Events
- Jim Crow
- Poverty
- Natural Disasters/Pandemics
- Racism & Its Resulting Microaggressions
- Large Scale Economic Downturns
- Police Brutality
- Stripping of Cultural Identity & Practices
- Community Violence
- War




GROUPS MOST IMPACTED BY HISTORICAL TRAUMA

- Indigenous/Native Americans
- African Americans
- Individuals living in Poverty
- LGBTQI
- Refugees
- Survivors of Natural Disasters & Other Widespread Traumatic Events
- Children & Adolescents
- War Veterans
- Latinx & Muslim Americans**



HISTORICAL TRAUMA SYMPTOMS

- Vulnerability to PTSD & Other Stress Disorders
- Higher Rates of Violence, to include Domestic Violence & Physical Child Abuse
- Vulnerability to Depression & Suicide
- Increased Use of Alcohol & Substances
- Poverty
- Lack of Educational Attainment
- Higher Crime & Incarceration Rates



HISTORICAL TRAUMA SYMPTOMS CONT.

- Higher Rates of Unemployment
- Higher Mortality & Early Death Rates
- Lower IQ
- Higher Likelihood of Developmental Delays & Behavioral Problems in Childhood
- Higher Risk of Child Sexual Abuse
- Relationship Difficulties

ADOLESCENCE



Key Messages:

- ❖ “In adolescence, a fundamental reorganization of the brain takes place that continues into the beginning of the third decade of life.”
- ❖ “Adolescent brain development is characterized by an imbalance between the limbic and reward systems, which mature earlier, and the not yet fully mature prefrontal control system. This imbalance may be the neural substrate for the typical emotional reactive style of adolescence, and it may promote risky behavior.”

**Deutsches Arzteblatt,
International**

**“Brain Development
During Adolescence”**

**NIH National Library of
Medicine**

[https://www.ncbi.nlm.nih.gov/pmc/
articles/PMC3705203](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705203)



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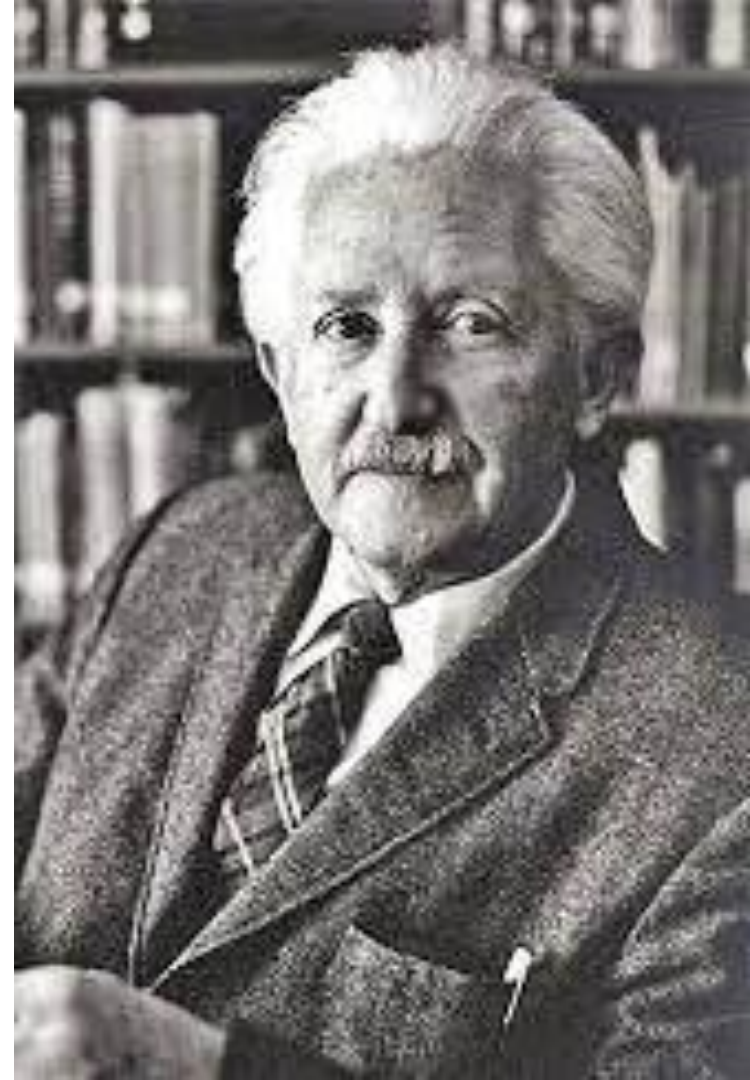
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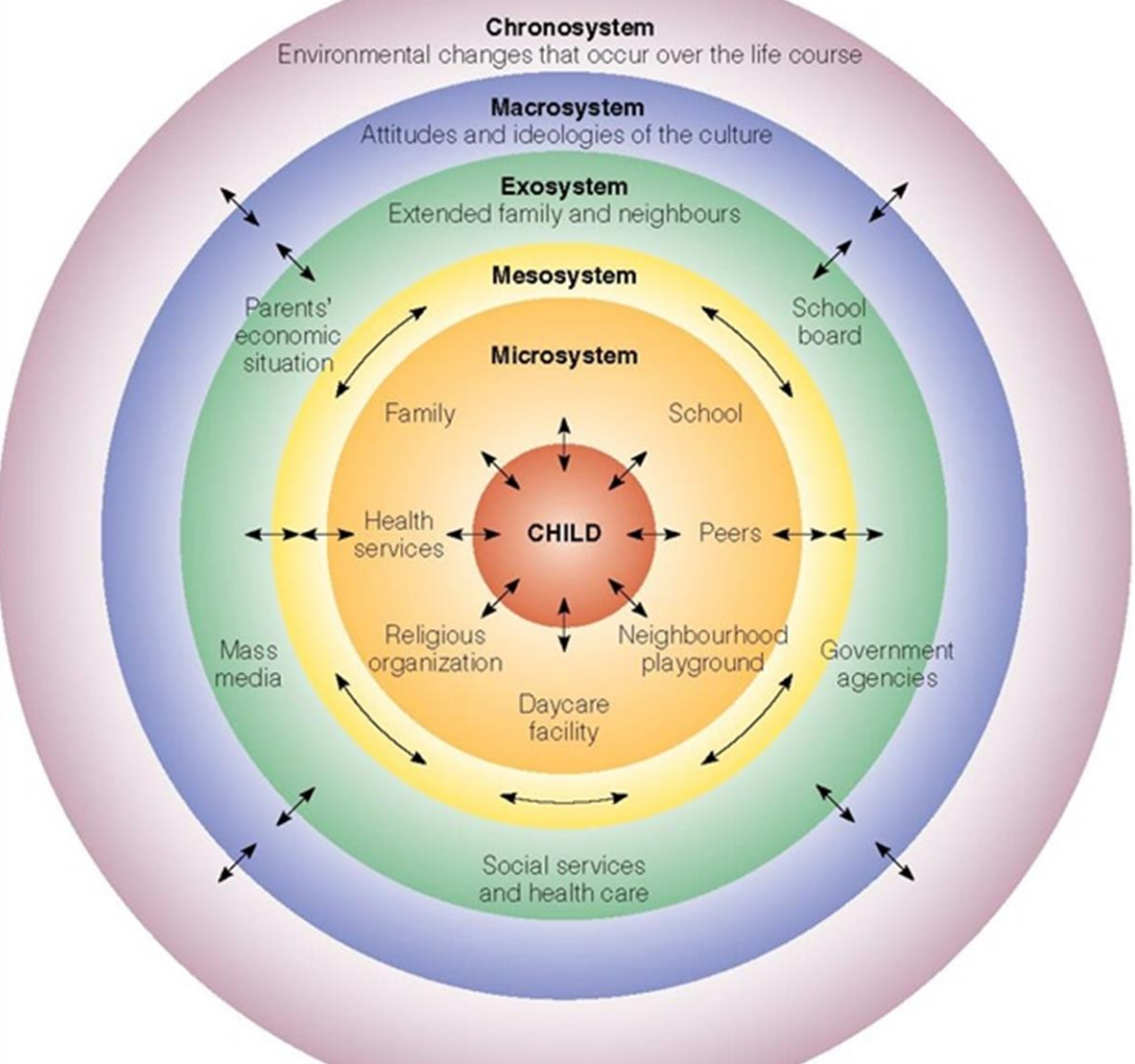
Key Messages Cont.:

- ❖ “Typical adolescent behavior is the basis for the development of autonomy in adolescents and promotes their emancipation from the primary family.”
- ❖ “The hormones of puberty affect the further sex-specific restructuring of the adolescent brain.”
- ❖ “The reorganization of the adolescent brain renders it particularly susceptible to environmental influences, both positive and negative.”

STAGES OF PSYCHOSOCIAL DEVELOPMENT

- ❖ Trust vs. Mistrust
- ❖ Autonomy vs. Shame & Doubt
- ❖ Initiative vs. Guilt
- ❖ Industry vs. Inferiority
- ❖ **Identity vs. Identity Confusion**
- ❖ Intimacy vs. Isolation
- ❖ Generativity vs. Stagnation
- ❖ Integrity vs. Despair





SOCIAL ECOLOGICAL MODEL OF DEVELOPMENT

-URI
BROFENBRENNER

BRONFENBRENNER'S THEORY

- Bioecological Model-theory that physical, cognitive and social factors impact development through a network of systems.
- The innermost system, microsystem, includes the home, school.
- The next closest system, mesosystem, refers to the interactions between the different settings within the microsystem.
- The next closest system, exosystem, refers to factors that affect the individual indirectly, parent's workplace, friends and friends' parents, political influences, and government.
- The outermost system, macrosystem, refers to beliefs, values, society and cultural influences.
- Bronfenbrenner believed that the reciprocal interactions between the individual and these systems fueled development.

THE SOLUTION



Bethell et al., 2019

JAMA Pediatrics

www.jamanetwork.com/journals/jamapediatrics

Positive Childhood Experiences:

1. Able to talk with my family about my feelings.
2. Felt that my family stood by me during difficult times.
3. Enjoyed participating in community traditions.
4. Felt a sense of belonging in high school.
5. Felt supported by friends.
6. Had at least two non-parent adults who took a genuine interest in me.
7. Felt safe and protected by an adult in my home.

Interacting Layers of Trauma and Healing



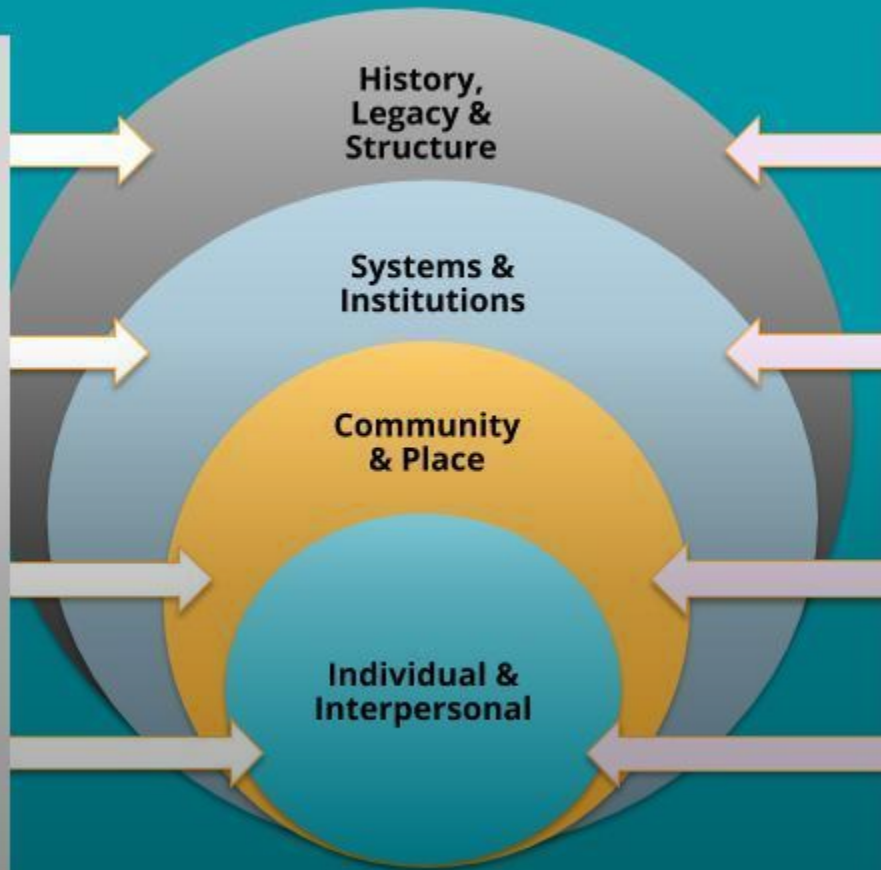
Dehumanization and Distress

Nation Building by Enslavement, Genocide, Colonization, Economic Exploitation, Displacement, Cultural Hegemony, White Supremacy

Systemic Subjugation of POC by Interacting Policies & Systems: War on Drugs, Mass Incarceration, Segregation (de jure and de facto), Anti-Immigrant Policies, Climate Violence, Media Assaults, Displacement & Redlining

Atmospheric Distress that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation, Lack of Safe Passage & Safe Spaces, Underinvestment, Oversurveillance

Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission



Liberation and Healing

Collective Liberation by Truth & Reconciliation, Reparations, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, (Re)imagined Social Compact

Lead with Love and Justice by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Adaptive, Responsive, and Proximate, Power-sharing (Nothing about us without us)

Build Beloved Community by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Arts & Expression, Base & Power-Building

Honor Resilience and Fortitude by Listening & Validating, Processing/Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections & Structure



PACEs Connection Call-to-Action



Become a Member:

- ✓ **Connection**-Members can **CONNECT** with like-minded individuals around the world.
- ✓ **Resources**-PACEs Connection has one of the most extensive and comprehensive online collections of trauma-informed & healing-centered **RESOURCES**, tools, etc.

Start a Movement:

- ✓ **Community**-Healing happens within **COMMUNITY**. Connect with an existing PACEs community or start your own.
- ✓ **Consulting**-PACEs Connection provides **CONSULTING** services to help create, grow and sustain PACEs communities. Are you ready to take your PACEs Initiative to the next level?

✓ **Questions?** communitysupport@pacesconnection.com

Thank you!

Ingrid L. Cockhren, CEO of PACEs Connection:

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