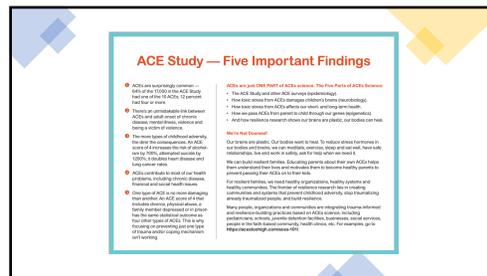




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STRESS & EARLY BRAIN GROWTH
Understanding Adverse Childhood Experiences (ACEs)

This slide discusses how stress affects brain growth and the impact of ACEs on health outcomes. It includes a diagram of a child's brain with labels for various regions and their functions.

What are ACEs?
 ACEs are stressful events in childhood that can have long-term effects on health. They include: 1. Abuse (physical, sexual, emotional), 2. Neglect (physical, emotional), 3. Household dysfunction (substance abuse, mental illness, divorce, incarceration, death of a family member).

How do ACEs affect the brain?
 ACEs affect the brain's ability to regulate stress and emotions. They can lead to chronic stress, which can damage the brain's ability to learn and remember. ACEs can also lead to mental health problems like depression and anxiety.

How do ACEs affect health?
 ACEs are linked to a wide range of health problems, including heart disease, cancer, diabetes, and mental health issues. The more ACEs a person has, the higher the risk of these health problems.

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The good news is resilience can bring back health and hope!

What is Resilience?
 Resilience is the ability to bounce back from adversity. It is a skill that can be learned and strengthened over time.

Resilience Starts with ACEs
 People who have experienced ACEs are more likely to have lower levels of resilience. However, resilience can be built through various strategies.

What does resilience look like?
 Resilient people are able to cope with stress and adversity. They are able to maintain a positive outlook and seek out support when needed.

Building Resilience and Healthy Relationships
 1. Building social connections: Supportive relationships are a key component of resilience. 2. Seeking professional help: Therapy and counseling can help individuals develop coping strategies. 3. Practicing self-care: Regular exercise, healthy eating, and adequate sleep are essential for resilience. 4. Building a strong sense of purpose: Having a goal or purpose can provide a sense of direction and meaning.

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Childhood Trauma
 AKA Trauma of Childhood

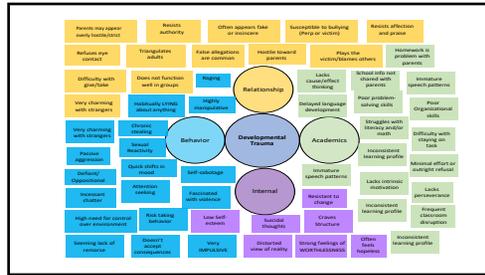
In Every Single Classroom... Every Day...
 (At least 1 in 4 students)

What is Trauma?
 Trauma is a response to a stressful event. It can be caused by a single incident or a series of events. Trauma can affect the brain and body, leading to physical and mental health problems.

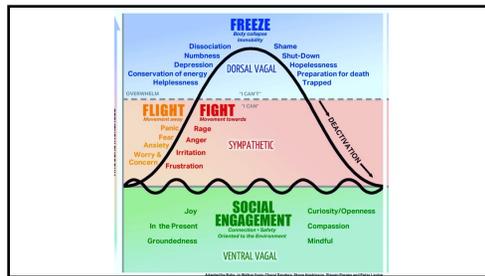
What Trauma Does to...
 Trauma affects the brain's ability to regulate stress and emotions. It can lead to chronic stress, which can damage the brain's ability to learn and remember. Trauma can also lead to mental health problems like depression and anxiety.

What Trauma-Sensitive Schools Do...
 Trauma-sensitive schools create a safe and supportive environment for all students. They provide social-emotional learning opportunities and offer support for students who have experienced trauma.

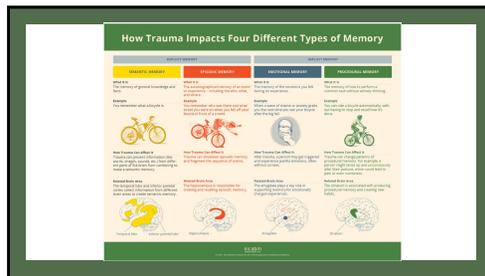
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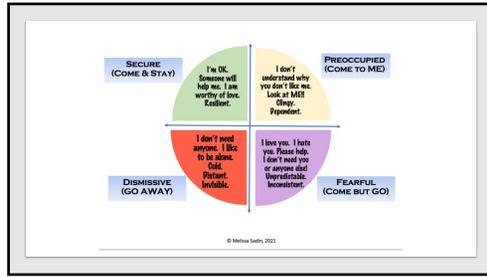
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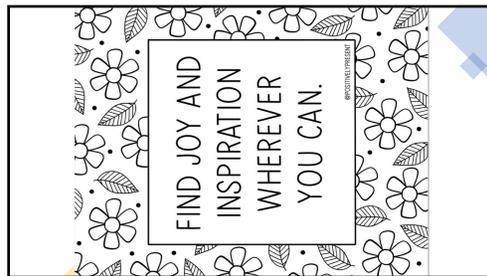
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