



Introduction: What is Resilience?

Resilience is the ability to thrive, adapt and cope despite tough and stressful times. Resilience is a natural ability that all children have, but they are to deal with negative situations in a healthy way that won't have prolonged and unfavorable outcomes. Resilience is not an innate characteristic, but rather is a skill that can be taught, learned and practiced. Everybody has the ability to become resilient when surrounded by the right environments and people.

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We all have a role to play in promoting the great childhoods that we want for all children. Our job is to help ensure that viewers leave knowing how they can promote resilience in their families and communities.

Using this Guide

Many professional ideologies intersect around the concept of promoting well being for children. Prevent Child Abuse America chapters and our local partners are in an ideal position to promote the core message of resilience. We want professionals to feel comfortable discussing the critical messages of Resilience with colleagues or peers, in their own language. Our intent is to engage the participants and motivate them to take action on behalf of children, their families and the communities in which they live. In order to accomplish this goal, we will need to appeal to the "heart" and "head" of the audience by leading a discussion that:

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Our goal is to elevate the dialogue to that of how an interconnected population or system, not just any particular teacher, child or family can make a change. If everyone takes a step, like the professionals behind the collaborative in New Haven, then we all move together to create a thriving community.

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“Resilience does not mean that children ‘get over it.’ It does mean that the caring adults in their lives have a lot of power to buffer, rather than cement, the effects of toxic stress.”
*-Amanda J Moreno, Ph.D.
Erikson Institute*

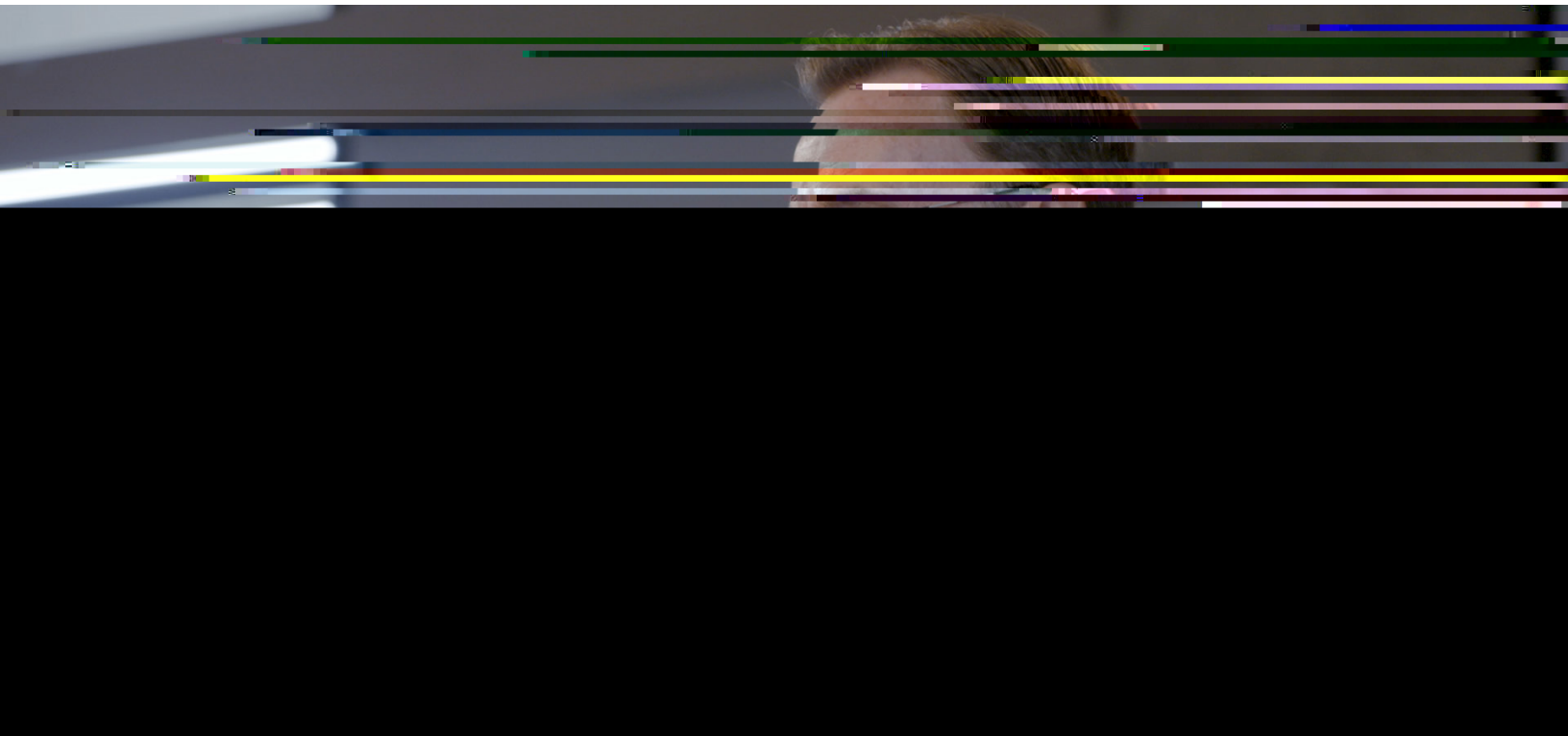
Prepare to Inspire: Create a Call-to-Action

The job as a facilitator is to inspire your audience to follow through and invent these actions. Washington State showed that through a comprehensive approach to educating communities and empowering local leaders generation.

Here are some questions and activities to help inspire a call-to-action:

- What are you going to do now that you know this information?
- How will you share this information with others?
- How will you ensure that you have the resources to do this?
- How will you ensure that you have the support of others?
- How might we inspire community members to stand up and be an ally for children with high ACE scores?

There are more steps you can take in your community after facilitating discussions of



Strategies to Build Resilience

When we address the trauma and give families the tools they need to raise healthy children from the start, we develop systems that enable people to thrive, adapt and cope despite trauma.

“It’s not something you’re born with. It’s something that gets built over time.”
-Dr. Jack Shonkoff (22:30)

Each section includes a brief overview of the strategy, relevant questions that can be used with your audience to dive deeper into these ideas.

STRATEGY: Defining resilience

How does a child build resilience? The presence of a caring, stable adult and being raised in a safe, stable and nurturing environment are two critical factors to build resilience.

“We need to do more than give parents information and advice: we need to build their capabilities”
- Dr. Jack Shonkoff, Harvard University - 24:00

Related Quotes

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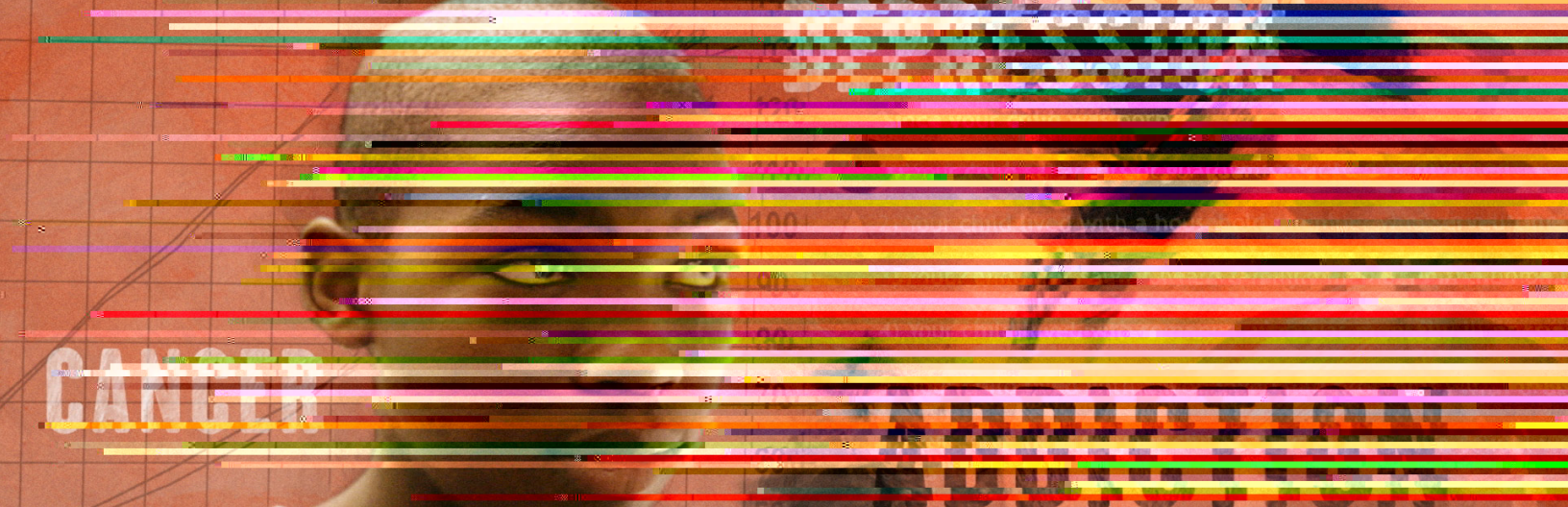
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Suggested Discussion Questions

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“An ACE score of 4 or more makes children **32 times as likely to have problems in school.”**



STRATEGY: Recognize toxic stress as the largest public health issue of our generation.

ACEs have a profound impact on the health and well being of individuals and entire populations.

Related Quotes

“When you look at ACEs they’re actually a stronger predictor of heart disease than any of the traditional risk factors...and yet I was never trained on this in one day in Medical School.”
- Dr. Nadine Burke Harris, Center on Youth Wellness - 11:00

ACEs are a leading cause of stress. Unfor-

Suggested Discussion Questions

STRATEGY: Build critical collaborations

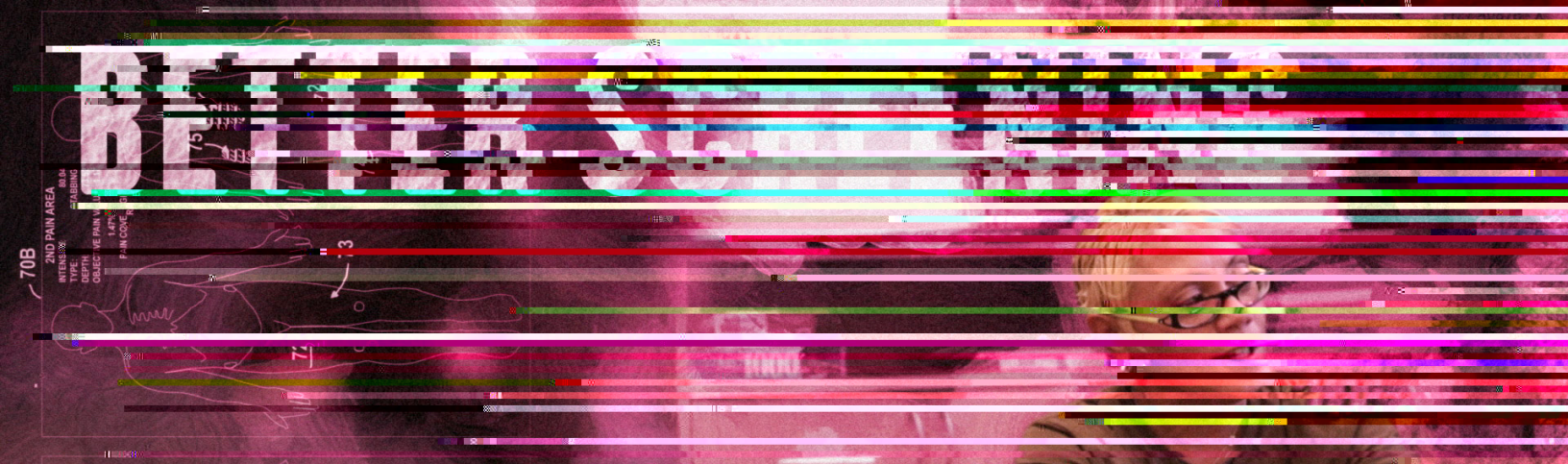
We know that the consequences of ACEs cut across professional disciplines, personal relationships and all disciplines were collaborating.

Our work to build resiliency can't be concentrated on an "at-risk" population, but we instead need to consider the entire population at-risk. To implement such a universal approach, we need to form connections between entities like the Department of Public Health, local uni-

“Faith and hope are fundamental aspects of resilience, for as you think you are, so you are!”

*-Rev. Dr. Darrell Armstrong
Pastor, Shiloh Baptist Church*

Related Quotes



STRATEGY: Promote safe, stable, nurturing relationships & environments

The presence of caring adults and stable environments are a necessary component for a child's healthy development and for building resilience. Safe, stable, nurturing relationships between children and their caregivers are critical. Research is now showing that the presence of supportive relationships is more critical than the absence of ACEs in promoting well-being.

Stable, nurturing relationships that a child needs. We can also invest in supports and promote policies that strengthen families and set them up for future success.

Related Quotes

"The skills of resilience."

- Dr. Jack Shonkoff, Harvard University - 23:26

"Seems so much more important."

- Charles Warner, Support Staff, Strong Elementary - 34:10

Suggested Discussion Questions

- What other supports or resources can we provide to build resilience in children and strengthen families?

**“We need a two genera-
tion approach recognizing**

*-Angelo P. Giardino, M.D., Ph.D.
Texas Children’s Hospital*

“It’s therapeutic to be reminded that a high ACE score is nothing



Appendices

Appendix A - National ACEs Resources

Appendix B - State by State Resources

Appendix C - Core Story of Early Child Development

Appendix D - Dealing with Difficult Audiences

Appendix E - Asking Powerful Questions

Appendix A - National ACEs Resources

ACEs Connection

all communities and institutions - including schools, prisons, hospitals and churches - to help heal and build

- [The ACEs Connection Home](#)

The Centers for Disease Control and Prevention (CDC)

The CDC is one of the leading agencies in the country working to address child abuse and neglect, determining the underlying causes and identifying pathways toward a violence-free future.

- [The Essentials for Childhood](#)
- [Veto Violence](#)
- [The ACE Study](#)

The Center for the Study of Social Policy (CSSP)

The CSSP has developed Strengthening Families™ as a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. It is based on

- [Strengthening Families](#)
- [The Protective Factors Framework](#)

Connections Matter

Connections Matter promotes caring connections as the foundation for developing healthy brains, supportive relationships and strong communities.

- [Website and Awareness toolkit with curriculum by Dr. Linda Chamberlain](#)

Appendix B - State by State Resources

Alabama

- [_____](#)

Alaska

- [_____](#)
- [_____](#)

Arizona

- [_____](#)
- [_____](#)

Arkansas

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California

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Colorado

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Connecticut

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Delaware

- [_____](#)

Florida

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Georgia

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Hawaii

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Iowa

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- www.iowaaces360.org

Idaho

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Illinois

- _____

Indiana

- _____

Kentucky

- _____

Louisiana

- _____
- 1800251baby.org/provider/bureau-of-fami

Massachusetts

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Maine

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- _____

Maryland

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Michigan

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Missouri

- www.missourikidsfirst.org

Mississippi

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North Dakota

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Nebraska

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New Hampshire

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New Jersey

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Nevada

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Ohio

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Oklahoma

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Oregon

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Pennsylvania

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(4) Frameworks Concept: Serve and Return

the “serve and return” relationships with their parents and other caregivers in the community. Like the process of serve and return in games like tennis, young children naturally reach out for interaction

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Appendix E - Asking Powerful Questions

Questions for Focusing Attention

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Prevent Child Abuse