


Aloha! Welcome!

- Please find a seat and an index card
- Write your name, title, agency and the reason for choosing this workshop on the index card
- Place it in the middle of the table

Bloom



- The title of our curriculum
- It is the main curriculum/program of Family Hui (hoo-ee)
- Family Hui is a program of Lead4Tomorrow, an international nonprofit organization based in Davis, California.
- Lead4Tomorrow works to reduce violence by educating, equipping, and empowering families and communities.

We focus on the blossoming of the parent so the child will grow and flourish, too.



Our Goals ...

- Ending violence
- Building a foundation for peace family by family
- Enhancing the well-being of children

By helping parents understand ...

- The impact of ACEs on their own lives, the lives of their children, and their communities.
- Building resilience can transform individual lives, family life, and communities.

Bloom is ...

- Mindful/positive parenting program
- Trauma informed/resilience focused
- Peer led - resulting in greater responsiveness
- Foundation for a community of support

Making a Difference

Evaluations demonstrate:

- Improved responses to their children's stages of development
- Increased use of positive discipline
- Greater commitment to school preparedness
- Greater resilience



Step 1

Understanding ACEs



ACEs stands for...

- Adverse
- Childhood
- Experiences

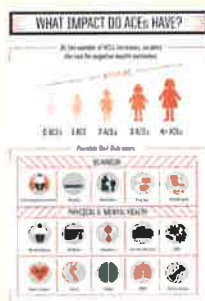


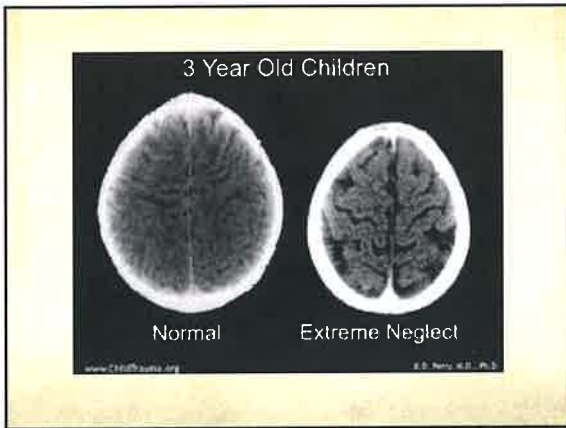
The Research ...



Adverse Childhood Experiences

1. Parents divorced or separated
2. Physical abuse
3. Physical neglect
4. Emotional abuse
5. Emotional neglect
6. Sexual abuse
7. Witnessed domestic violence
8. Substance abuse in the household
9. Mental illness in the household
10. Family member in prison





**Today's adults are
yesterday's children -
yesterday's traumatized
children.**

Parents and Trauma

- Parents whose children have experienced trauma often experience secondary traumatic reactions.
- Many parents may have their own histories of trauma.
- Past and recent traumas can impact parents' ability to keep their children safe, work effectively with system partners, respond to system requirements.

Sources: Strategies 2.0 Valley Learning Community 2017

SAMHSA's definition of individual trauma:

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

SAMHSA National Center for Trauma Informed Care
<http://www.samhsa.gov/nctic/trauma-interventions>

Three E's of Trauma

EVENT: exposure to a traumatic or stressful event

EXPERIENCE: How the event is experienced by the individual

EFFECT: long-lasting adverse effects of the event

<http://www.samhsa.gov/nctic/trauma-interventions>


Traumatic events do not occur in a vacuum.

Individual trauma occurs in a context of community, whether the community is defined geographically as in neighborhoods; virtually as in a shared identity, ethnicity, or experience; or organizationally, as in a place of work, learning, or worship

<http://www.samhsa.gov/nctic/trauma-interventions>


Step 2

Understanding the Impact of ACEs



Step 3


Becoming Trauma/Healing Informed



“Everyone pays the price when a community produces multi-generations of people with untreated trauma by an increase in crime, loss of wages, and threat to the stability of the family.” www.traumainformedcareproject.org

Conversely, communities benefit when trauma is addressed and reduced. Communities can grow stronger, healthier, and more resilient.

“... the pervasive and harmful impact of traumatic events on individuals, families and communities and the unintended but similarly widespread re-traumatizing of individuals within our public institutions and service systems, makes it necessary to rethink doing “business as usual.”



<https://www.samhsa.gov/dhs/comm/93CA14-4866/93CA14-4866.pdf>

Rethinking business as usual means becoming trauma informed

Six Key Principles of a Trauma Informed Approach

- Safety
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice and Choice
- Cultural, Historical, and Gender Issues

○ Source: <http://store.samhsa.gov/ohim/content/SMA14-4884/SMA14-4884.pdf>


Wise Words from Rebekah Couch ...

"Professionals who have not healed from personal adversity will be ineffective working with traumatized clients. Anyone working directly with high risk or traumatized persons should complete a 12 step process, attend several sex traffic victim group meetings, spend a couple days using only public transportation, present yourself professionally or publicly without bathing for 2-3 days, have an eight year old fill out a mock Cal Works application and get a feel for how difficult it is to do paperwork (or navigate online) with an elementary school education, sit through a four hour class or presentation with flu-like symptoms, visit a VA hospital and understand how PTSD presents, go through an entire month using only \$339 for expenses and \$196 for food."

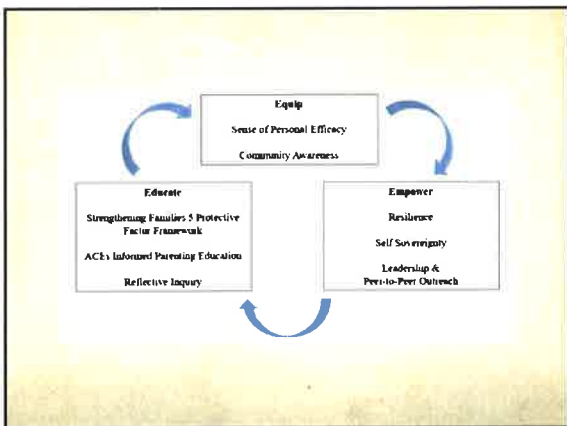
<http://www.acesconnection.com/blog/simple-solutions-to-real-barriers>

Step 4

Becoming Healing Informed: A Focus on Resilience



Being Trauma/Healing Informed is not a Destination. It is a journey.



Key Practices of Being Healing Informed

- Reflect
- Collaborate
- Encourage a culture of Learning
- Make meaning out of the past
- Focus on growth and prevention
- Practice relational leadership

By Dr. Ken Epstein



Step 5 Putting these ideas into practice.



Baobab Tree




Resources

- Harvard Center on the Developing Child
- <https://developingchild.harvard.edu>
- National Child Traumatic Stress Network
- www.nctsn.org
- National Center for PTSD
- www.ptsd.va.gov/professional/materials/list-handouts.asp
- Postpartum Support International
- <http://www.postpartum.net>
- Zero to Three
- www.zerotothree.org

More Resources ...



ACEs Connection Network 
With the environment to protect ACEs, heal trauma, build resilience

- ACEsTooHigh.com
- A solutions-oriented news site for the general public that covers stories on ACEs, trauma, and resilience.
- ACEsConnection.com
- An action-based social network for people who are implementing ACEs-, trauma-informed, and resilience-building practices and policies.

How can YOU be part of the solution?

Join ACEs Connection!

JOIN NOW!
(IT TAKES JUST 60 SECONDS)

...the most active, influential ACEs community in the world. Connect with people using trauma-informed/resilience-building practices. Stay current with news, research, events.

www.acesconnection.com

Questions?

Mahalo!

Lucy Morse Roberts

Director

Family Hui

lroberts@lead4tomorrow.org

www.familyhui.org

