Overview of
TRAUMA, RESILIENCY & ACEs

TRAUMA: What is it?
The Role of the
Faith Community

Presented by: Dr. Vickie V. Person
September 20, 2019
Change Direction ^ Summit County
On Behalf of the Summit County Trauma Informed Care Coalition

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- Summit County Trauma Informed Care Coalition, Member
- Greater Bethel Baptist Church, First Lady/Christian Education Director

- Former: Jr. High School Principal, Elementary School Principal, University Professor – Chicago, IL
Objectives for today’s talk

- Overview of Trauma
- History of ACEs
- Determine your ACE score
- Resiliency
- The NEW ACEs
- How the Faith Community can begin to address the needs of their congregants/constituents
- 3 short videos (2 minutes or 5 minutes)
What is TRAUMA?

- **Trauma** is the Greek word for “wound.”

- When we are overwhelmed with intense fear, helplessness, or horror in the face of death, serious injury, or any forced sexual activity.
Trauma Informed Care

- Should be grounded in and directed by thorough understanding of the neurological, biological, psychological, sociological and SPIRITUAL affects of trauma.

- Should recognize that people have been affected by trauma and need the loving understanding support of others around them.
The Trauma Informed Faith Community

- Must be equipped to recognize, understand and assist those wounded by trauma by providing a supportive environment which fosters forgiveness, hope, healing, restoration and empowerment.
Types of TRAUMA?

- **Acute Trauma**: A single traumatic event limited in time.

- **Chronic Trauma**: A series or pattern of traumatic events occurring with no protection, no support, no opportunity to heal. The effects are cumulative.

- **Complex Trauma**: Usually refers to trauma, often consistent and ongoing, experienced at the hands of an adult responsible for the well-being of child.
MYTHS about ACEs & Trauma

- Not just people of color
- Not just people of poverty
- Not just young people
Trauma shows up in EVERY Walk of Faith
ACES = ADVERSE CHILDHOOD EXPERIENCES STUDY

• Collaboration between Kaiser Permanente and CDC (Felitti & Anda)

• 17,000 patients undergoing physical exam provided detailed information about childhood experiences of abuse, neglect and family dysfunction (1995-1997)

• 10 question survey asking about “Adverse Childhood Experiences”
What are ACEs?

**ABUSE**
- physical
- sexual
- emotional

**NEGLECT**
- emotional
- physical

**HOUSEHOLD DYSFUNCTION**
- domestic violence
- substance abuse
- mental illness
- household member incarcerated
- marital separation/divorce of parents
What's your ACEs score?

Take the quiz!
Only a third had an ACE score of ZERO
Increase likelihood of multiple ACEs when at least one was present
One in six have a score of 4 or more
One in nine have a score of 5 or more
Profound, proportionate relationship between ACEs and health outcomes
The ACE study indicates:
Adverse childhood experiences are the most basic and long-lasting cause of health risk behaviors, mental illness, social malfunction, disease, disability, death, and healthcare costs.

http://www.recognizetrauma.org/statistics.php
• **ACES are common**…nearly two-thirds of adults have at least one
• **Children of different races and ethnicities** do not experience ACEs equally
• **1 in 10 children nationally have experienced 3 or more ACES**, placing them in a category of especially high risk. In five states – including Ohio – as many as 1 in 7 children have 3 or more ACES
• **ACEs does not occur alone**. If you have one, there is an 87% chance of having two or more.
Prevalence of Trauma

- 4 million child maltreatment referral reports were received in 2015
- Nearly 700,000 children are abused in the U.S. annually
- In 2016, an estimated 1,750 children died from abuse and neglect in the U.S.
- 37% of American children are reported to CPS by their 18th birthday with an increase to 54% for those who are African American
HOW DOES TRAUMA IMPACT THE LIFETIME

https://www.youtube.com/watch?v=XHgL9KZ-A

5:43
Prevalence of kids who experienced at least two traumas, compared to the U.S. average (Health Affairs)
New ACEs – Adverse **COMMUNITY** Experiences/Environments

What’s really going on?
What is RESILIENCY?

“Resiliency is the capacity to rebound from hardship. While hardship can cause enduring pain, often it is a breeding ground for uncommon strength and courage. The development of resiliency is a person-to-person process forged in caring human relationships.”

(from The Resilient Self: How Survivors of Trouble Families Rise Above Adversity by Steven Wolin M.D. and Sybil Wolin, Ph.D. and The Struggle to be Strong: True Stories by Teens about Overcoming Tough Times edited by Al Desetta and Sybil Wolin)
THE SEVEN RESILIENCIES

The ability for an individual to cope with adversity and change

1. INSIGHT
2. INDEPENDENCE
3. INITIATIVE
4. RELATIONSHIPS
5. CREATIVITY
6. HUMOR
7. MORALITY

The Science of Resilience

http://youtu.be/1r8hj72bfGo
### Inhibitors - v - Enhancers

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<thead>
<tr>
<th>Factors Inhibiting Resilience</th>
<th>Factors Enhancing Resilience</th>
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<tbody>
<tr>
<td>Poor social skills</td>
<td>Social competence</td>
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<tr>
<td>Poor problem solving</td>
<td>Problem-solving skills</td>
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<td>Lack of empathy</td>
<td>Good coping skills</td>
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<td>Family violence</td>
<td>Empathy</td>
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<td>Abuse or neglect</td>
<td>Secure or stable family</td>
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<td>Divorce or breakup</td>
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<td>Death or loss</td>
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<td>Lack of social support</td>
<td>Self-efficacy</td>
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<td>Communication skills</td>
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How can we begin this work as a FAITH Community?

- Pastoral Care v Pastoral Counseling – know the difference
- Identify someone in your local congregation who is either already certified/licensed or who is willing to become trained

(322 Bible passages)
ASK THE RIGHT QUESTION

- **STOP** – What’s **WRONG** with you?
- **START** – What **HAPPENED** to you?
Assessing the need for Trauma Informed Care

- Determine if there is a need for trauma support group or trauma informed care
- What types of trauma affects your congregants? (violence, sexual abuse, suicide, grief, drug abuse, etc.)
- Who is most affected? (men, women, children, seniors)
- Seek other ministries that already have programs in place
Don’t forget to take care of YOU!!

- 70% of pastors say they have a lower self-esteem now than when they entered ministry
- 70% constantly fight depression
- 50% feel so discouraged that they would leave their ministry if they could, but can’t find another job
- 80% believe their pastoral ministry has negatively affected their families and 33% said it was an outright hazard
- 80% of ministry spouses feel left out and unappreciated in their church
- 77% feel they do not have a good marriage
- 38% are divorced or divorcing
- 65% feel their family is in a glass house

www.soulshepherding.org
Suffering in Silence

- **Why Pastors Are Committing Suicide**
- Another young pastor advocating for mental health dies by suicide – Los Angeles Times (Sept 2019)
- **BreakPoint: A Pastor’s Suicide** – California (August 2018)
- Suicide Risk Among Society’s Emotional First Responders - Psychology Today (August 2018)
- **In Isolated World of Pastors, Churches Mum on Troubling Clergy Suicides** – Christian Post Reporter (Mar 2018)
The ROLE of the FAITH COMMUNITY

- FAITH – Walk by Faith
- HOPE - for the HELPLESS
- LOVE – THE G.O.A.T. (Greatest of All Time)
RESILIENCE MOTIVATION

https://www.youtube.com/watch?v=UNQhuFL6CWg

2:29
Just the Beginning......

START

the

CONVERSATION
Want to learn more about the Summit County Trauma Coalition or get involved?

- Feel free to contact us for further information
- Summit County Trauma Informed Coalition
- www.admboard.org/trauma
- Email us at trauma@admboard.org
- Email Vickie: Vperson@akronurbanleague.org