



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

***Dr. Vickie V. Person, M.A., Ed.D.***

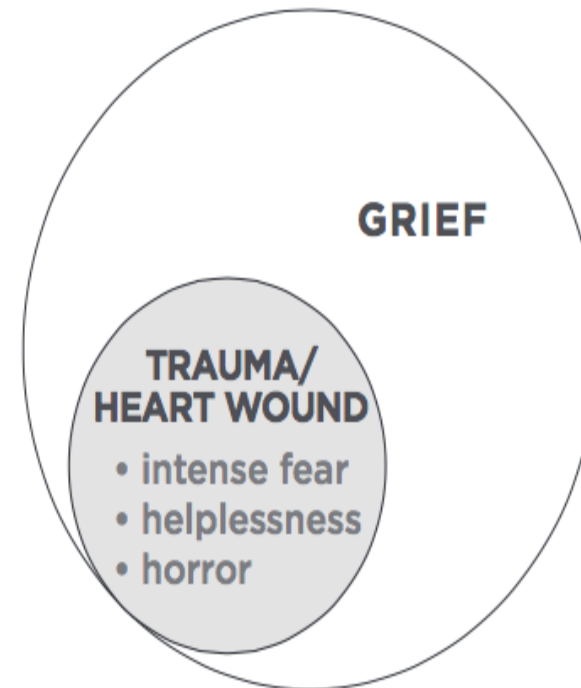
- ▶ *K-12 Principal License*
- ▶ *Director of Education, Akron Urban League*
- ▶ *Summit County Trauma Informed Care Coalition, Member*
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- ▶ *Former: Jr. High School Principal, Elementary School Principal, University Professor – Chicago, IL*

# 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.

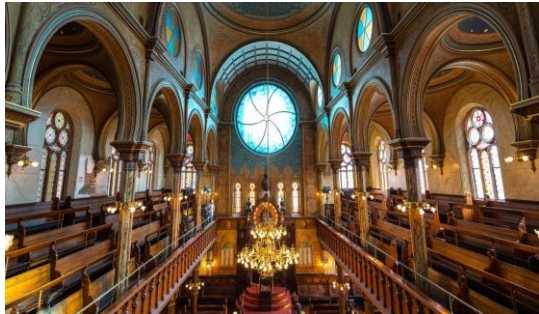
# MYTHS about ACEs & Trauma

- ▶ **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!

# Study Results.....

- 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

# ADVERSE CHILDHOOD EXPERIENCES STUDY

- **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>

# STATISTICS ON ACES

- **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

16

- 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 18<sup>th</sup> birthday with an increase to 54% for those who are African American



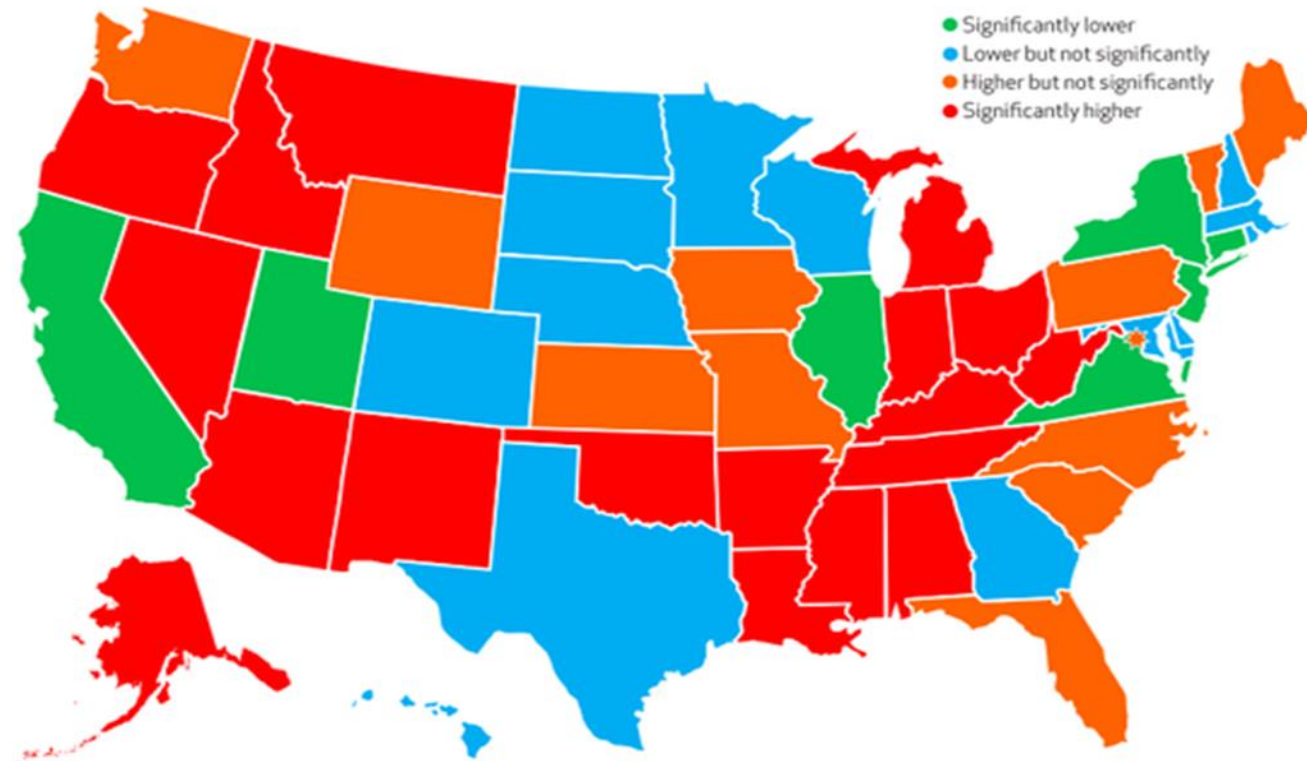
# HOW DOES TRAUMA THE LIFETIME

# IMPACT

<https://www.youtube.com/watch?v=XHgLYI9KZ-A>

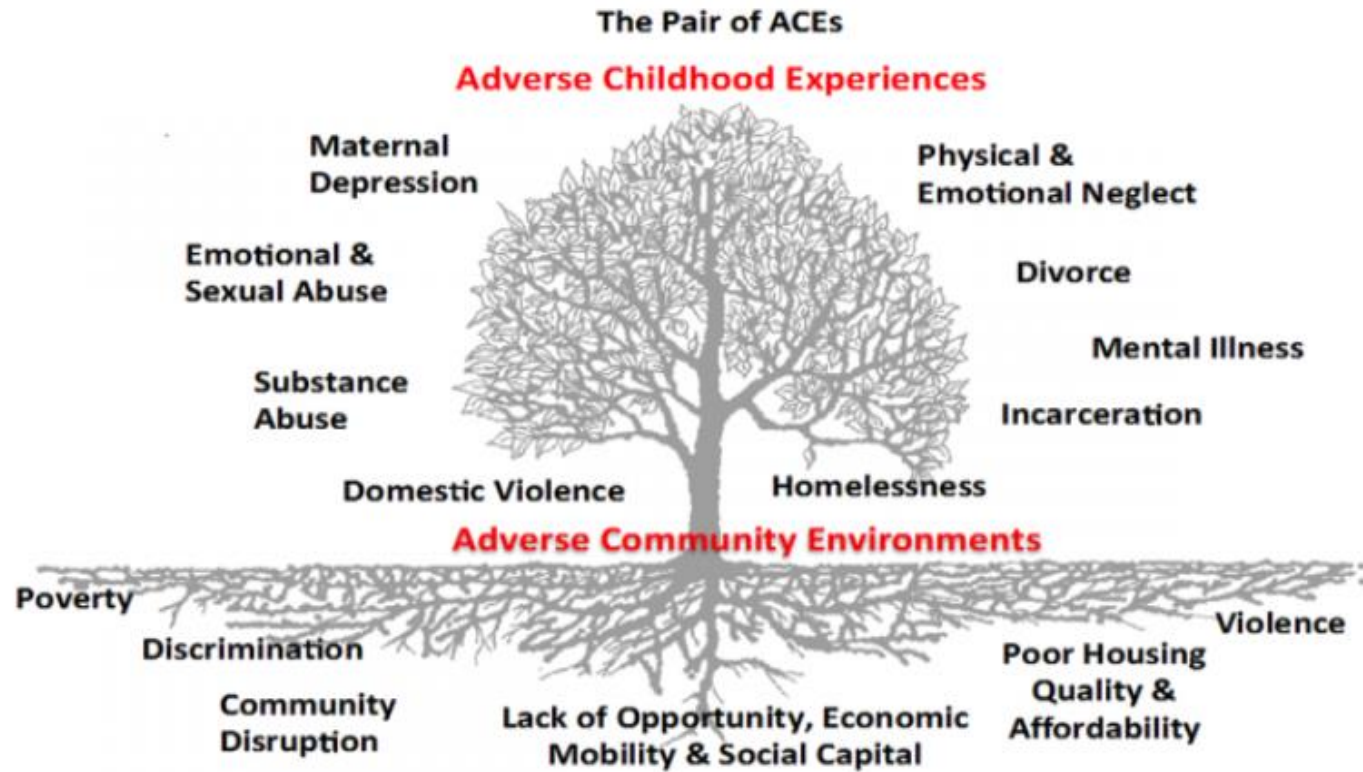
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# Percentage of Children Who Have Experienced at Least Two (2) Traumas Compared to the National Average



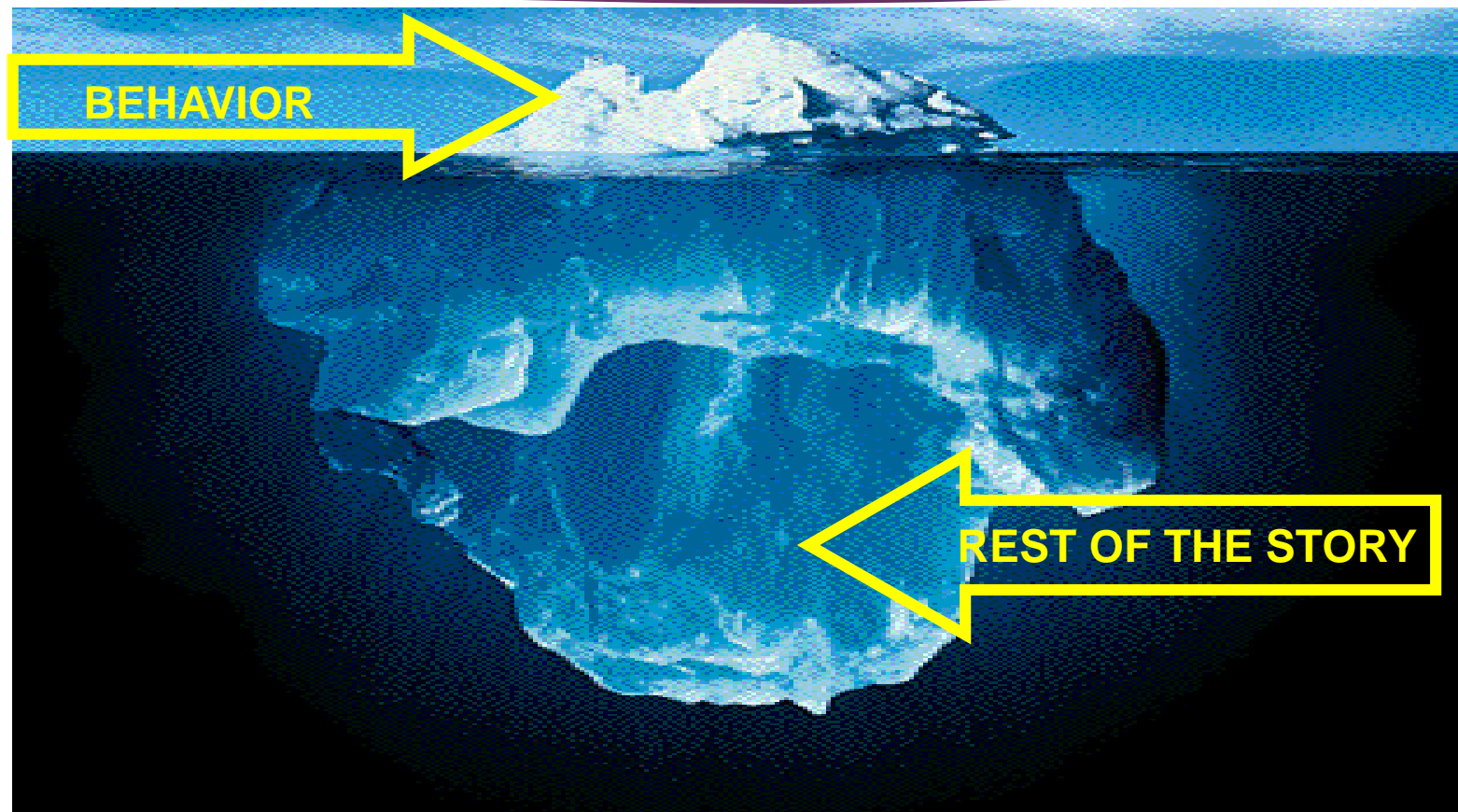
Prevalence of kids who experienced at least two traumas, compared to the U.S. average (*Health Affairs*)

# New ACEs – Adverse **COMMUNITY** Experiences/Environments



Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. *Academic Pediatrics*. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

# 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

## Factors Inhibiting Resilience

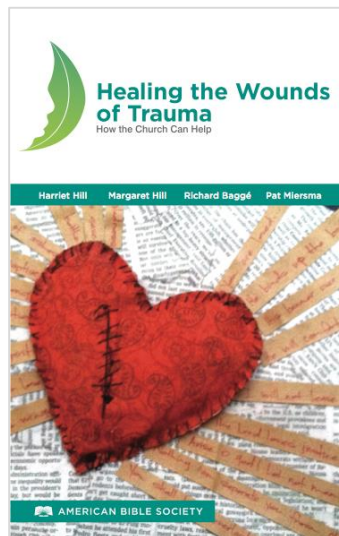
- ▶ Poor social skills
- ▶ Poor problem solving
- ▶ Lack of empathy
- ▶ Family violence
- ▶ Abuse or neglect
- ▶ Divorce or breakup
- ▶ Death or loss
- ▶ Lack of social support

## Factors Enhancing Resilience

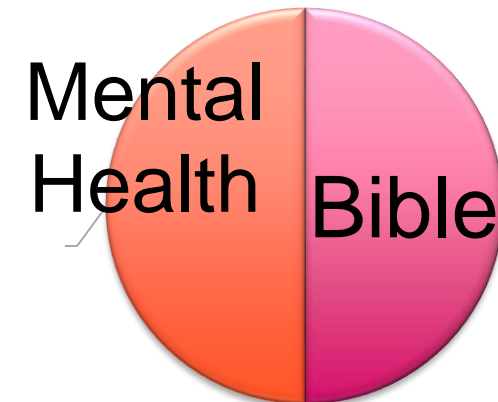
- ▶ Social competence
- ▶ Problem-solving skills
- ▶ Good coping skills
- ▶ Empathy
- ▶ Secure or stable family
- ▶ Supportive relationships
- ▶ Intellectual abilities
- ▶ Self-efficacy
- ▶ Communication skills

# 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

# 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)**

## SUFFERING IN SILENCE

"AFTER YOU HAVE SUFFERED A LITTLE WHILE, THE GOD OF ALL GRACE, WHO HAS CALLED YOU TO HIS ETERNAL GLORY IN CHRIST, WILL HIMSELF RESTORE, CONFIRM, STRENGTHEN, AND ESTABLISH YOU."

1 PETER 5:10

# The ROLE of the FAITH COMMUNITY

- ▶ FAITH – Walk by Faith
- ▶ HOPE - for the HELPLESS
- ▶ LOVE – THE G.O.A.T.  
(Time)

(Greatest of All



# RESILIENCE MOTIVATION

- ▶ <https://www.youtube.com/watch?v=UNQhuFL6CWg>

2:29

Just the Beginning.....



START  
the  
CONVERsATION

A hand-drawn graphic featuring the text "START the CONVERsATION". The word "START" is written in black, uppercase letters inside a green speech bubble with a black outline. Below it, the word "the" is written in a black, lowercase, cursive font. At the bottom, the word "CONVERsATION" is written in black, uppercase letters, with each letter contained within a separate colored speech bubble: "CON" in orange, "VER" in teal, and "sATION" in pink. All speech bubbles have black outlines and a small tail pointing upwards.



## 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](http://www.admboard.org/trauma)
- ▶ Email us at [trauma@admboard.org](mailto:trauma@admboard.org)
- ▶ **Email Vickie:** [Vperson@akronurbanleague.org](mailto:Vperson@akronurbanleague.org)

