

ACEs and Restorative Practices

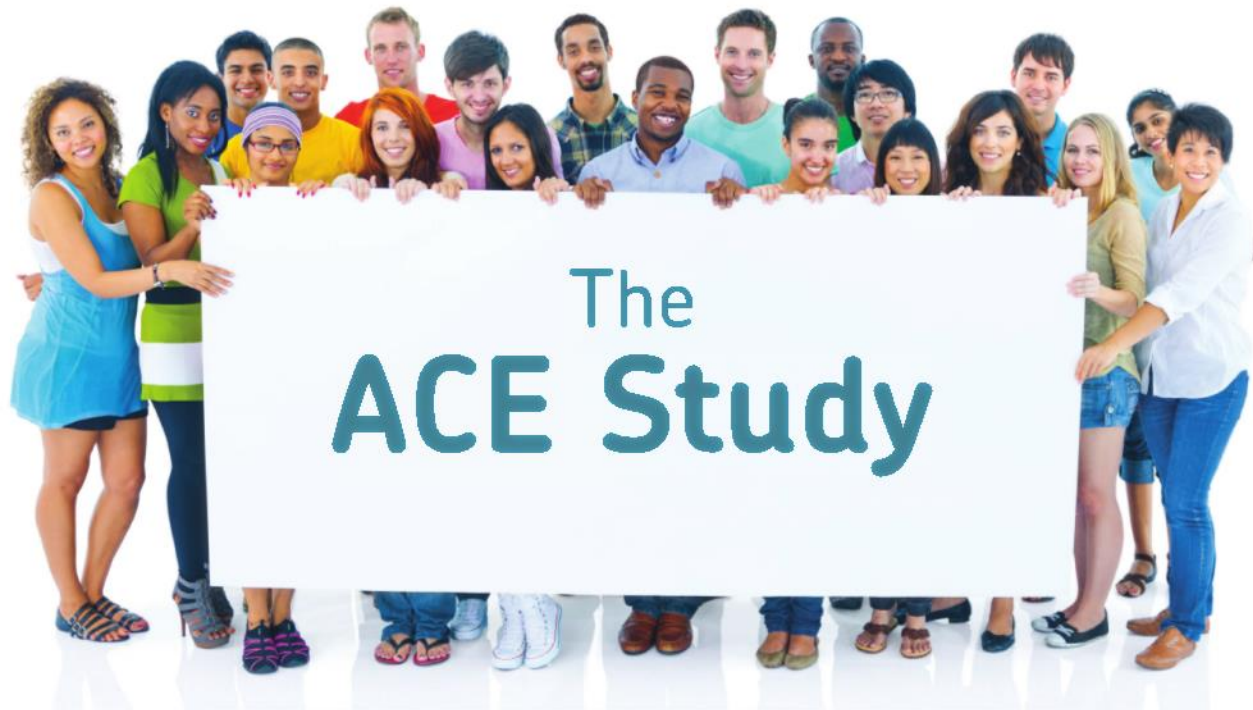
What are They and What Do They Have in Common???

Partner Time



Partner Time








FINDING MORE CONNECTIONS

how multiple forms of
childhood adversity
can affect many important
PUBLIC HEALTH PROBLEMS



What is trauma?

Adverse Childhood Experiences **ARE COMMON**

Household Dysfunction

| | |
|----------------------|-----|
| Substance Abuse | 27% |
| Parental Sep/Divorce | 23% |
| Mental Illness | 17% |
| Battered Mothers | 13% |
| Criminal Behavior | 6% |

Neglect

| | |
|-----------|-----|
| Emotional | 15% |
| Physical | 10% |

Abuse

| | |
|-----------|-----|
| Emotional | 11% |
| Physical | 28% |
| Sexual | 21% |

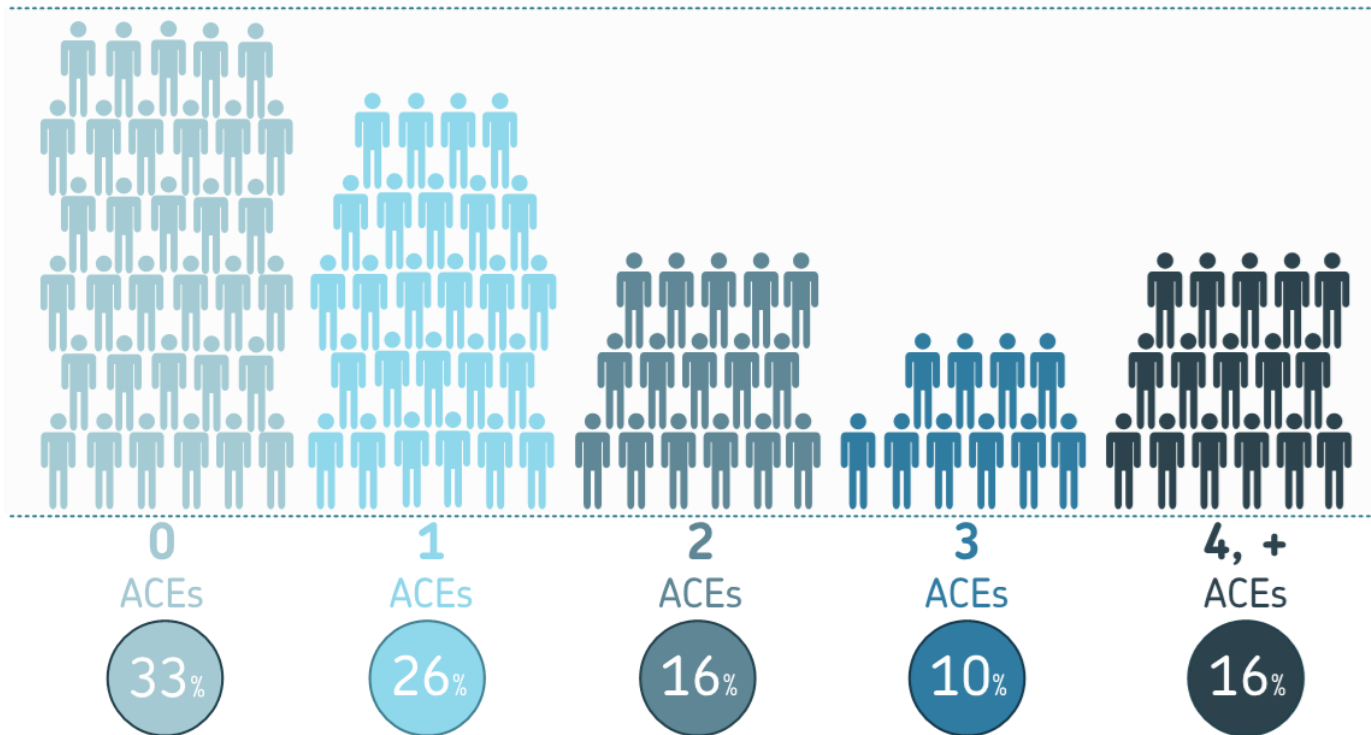
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TOTAL 10 ACEs

ACE Score = Number of ACE Categories



ACE Scores Reliably Predict Challenges During the Life Course

ACEs are Common, Interrelated, Powerful



High ACE Scores
in Population

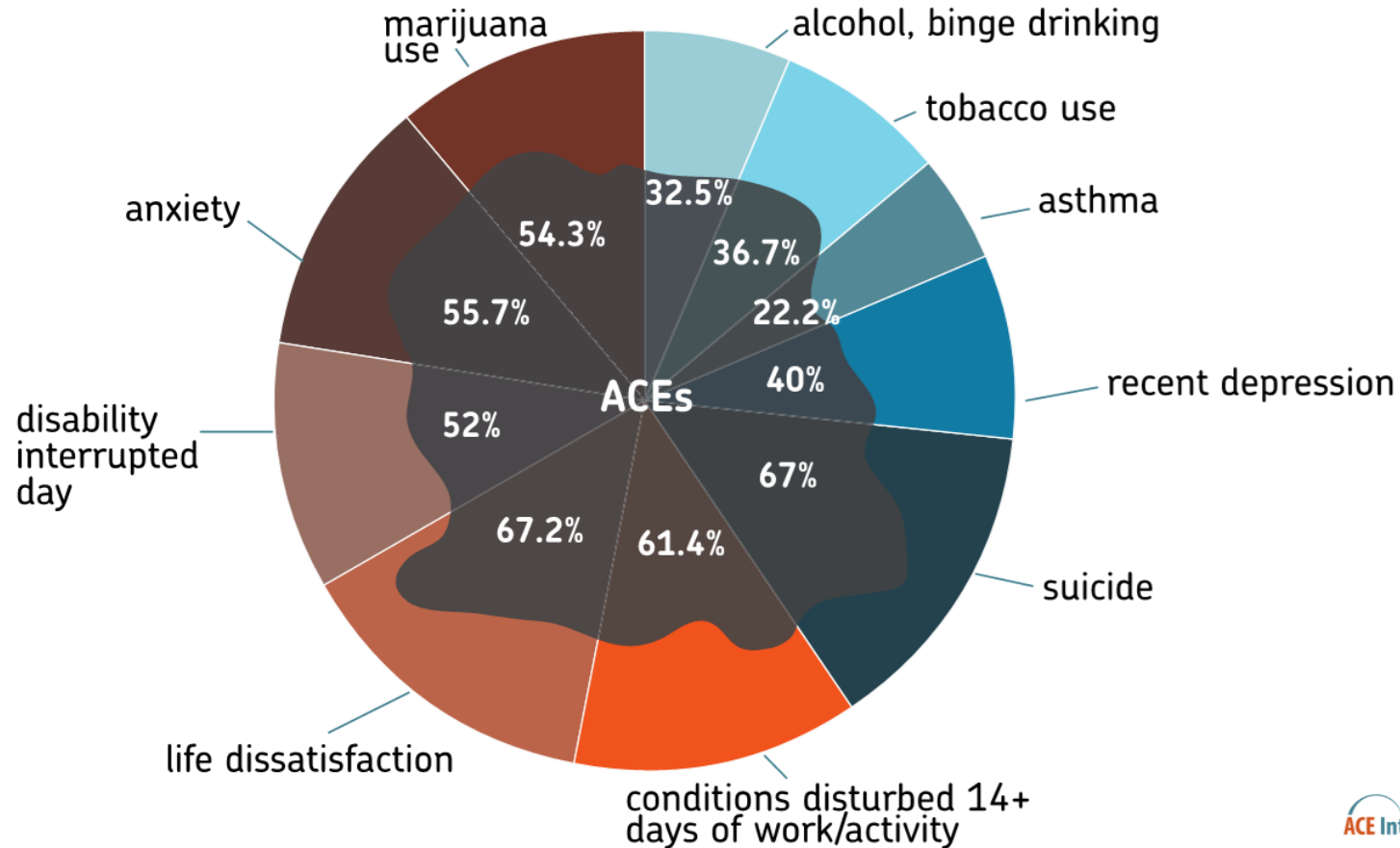


Increased Risk of Multiple
Health and Social Problems



Intergenerational
Transmission of ACEs

Population Attributable Risk



CONCEPTION



Childhood Experience

Adaptation

Adult Functioning



Core Protective Systems

Capabilities

Attachment
&
Belonging

Community
Culture
Spirituality

“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

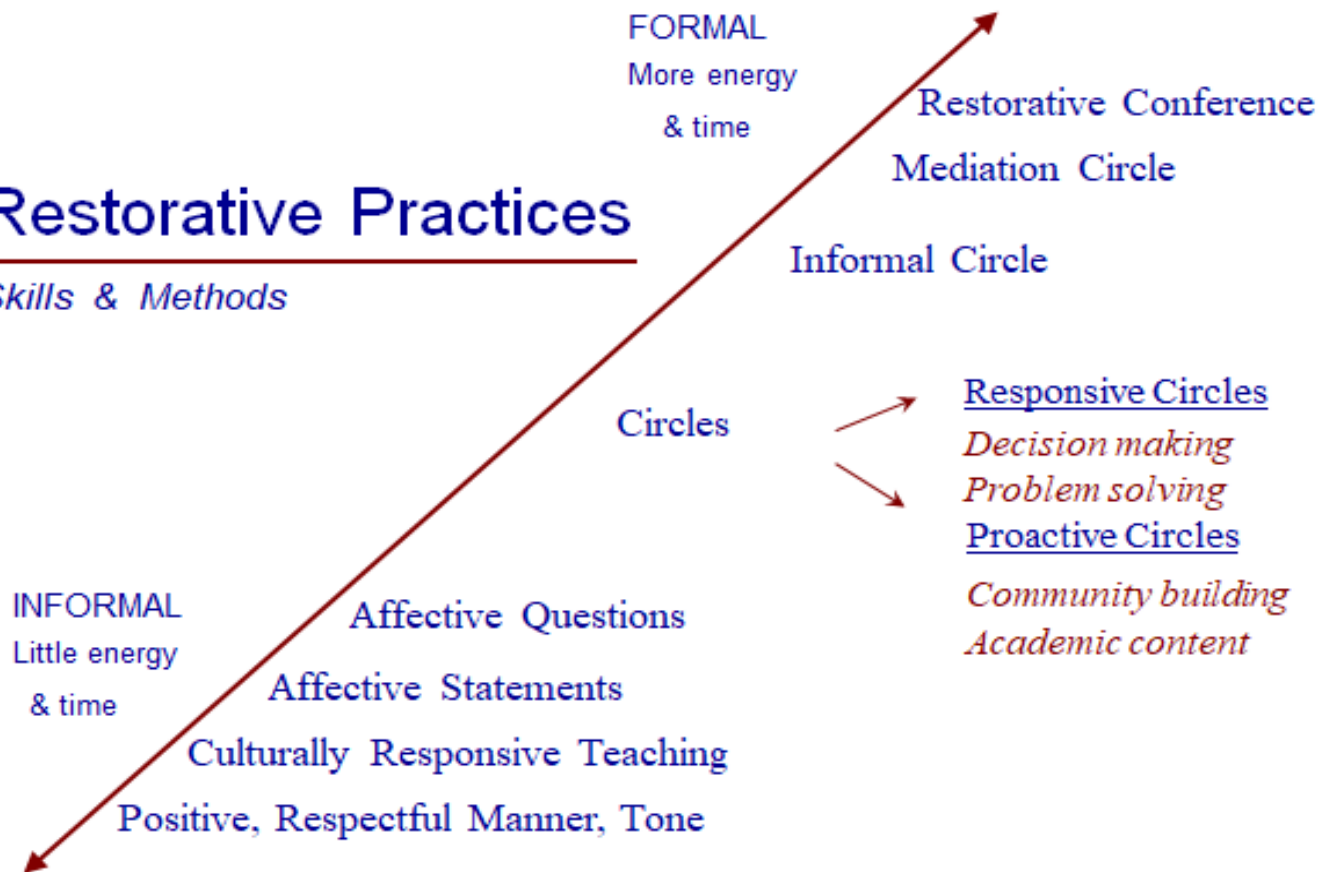
Ann Masten, 2009

Restorative Practices

What are they and how are they related to ACEs?

Restorative Practices

Skills & Methods



Behavior is communication

What we see: Behavior

What we don't see:
What's under the surface

SOCIAL SKILLS

BASIC NEEDS

PHYSICAL SAFETY

NEED TO BELONG

SECURITY

EXECUTIVE FUNCTIONING

THOUGHTS

HUNGER

ATTACHMENT

ENVIRONMENTAL
STRESSORS

SLEEP

ATTENTION

NEED FOR CONNECTION

POWER

SENSORY NEEDS

EMOTIONS

SELF-ESTEEM

DEVELOPMENTAL LEVEL

SADNESS

ANGER

NEED FOR ATTENTION

FEAR

| | | | |
|-----------|------------|------------|----------|
| SERENE | FULFILLED | CALM | BALANCED |
| EASYGOING | CHILL | THOUGHTFUL | CONTENT |
| SATISFIED | GRATEFUL | TRANQUIL | RELAXED |
| COMFY | COMPLACENT | PEACEFUL | MELLOW |

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| | | | |
|--------------|-----------|----------|----------|
| LIVELY | UPBEAT | EXCITED | ECSTATIC |
| ENTHUSIASTIC | ENERGISED | INSPIRED | HYPER |
| MOTIVATED | SURPRISED | FOCUSED | PLEASANT |
| JOYFUL | BLISSFUL | HOPEFUL | HAPPY |

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| | | | |
|-------------|-----------|-----------|-----------|
| SAD | LONELY | TIRED | BORED |
| GLUM | DRAINED | APATHETIC | DOWN |
| PESSIMISTIC | CONCERNED | EXHAUSTED | MISERABLE |
| DISCOURAGED | DRAINED | SPENT | ALIENATED |

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| | | | |
|------------|----------|------------|----------|
| TENSE | NERVOUS | RESTLESS | TROUBLED |
| PEEVED | WORRIED | FRIGHTENED | UNEASY |
| FRUSTRATED | STRESSED | IRRITATED | PANICKED |
| STUNNED | ANNOYED | ANGRY | FURIOUS |



Partner time

HARM TO ME, HARM THROUGH ME

Experience of Being Harmed

What happened?

How did you feel at the time?

What did you need?

Partner time

HARM TO ME, HARM THROUGH ME

Experience of Causing Harm

What happened?

How did you feel at the time?

What did you need?

Restorative Questioning

Finding Out the Story:

- What happened?
- What were you thinking of at the time?
- What have you thought about since?
- Who has been affected by what you have done?
- In what way have they been affected?
- What do you think you need to do to make things right?

When Someone Has Been Harmed:

- What did you think when you realized what had happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

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YOU! WHAT CAN YOU DO TO CHANGE
OUR WORLD?