

ACE
OVERCOMERS

Don Caballero

Understanding and Overcoming the Effects of Adverse Childhood Experiences

*Be sober, be vigilant; because your
adversary the devil walks about like
a roaring lion, seeking whom he
may devour. 1 Pe. 5:8.*

Why Dwell On The Past

Dr. Heather Davediuk Gingrich

Nehemiah 2:11-18

- Many years after the Jewish exile in Babylon, Nehemiah is permitted to go back and rebuild the walls of Jerusalem.
- Before beginning the project, Nehemiah goes from gate to gate to view that which was broken and destroyed.
- Afterwards he gathers the men together and shares his vision and plan for rebuilding.

Why Dwell On The Past

Dr. Heather Davediuk Gingrich

Take away from the passage:

One must know the extent of the damage before knowing how best to make repairs!

Who's squeezing your grape?



The ACE Study

Kaiser Permanente and the U.S. Centers for Disease Control examined the health and social effects of adverse childhood experiences throughout the life span of over 17,000 participants

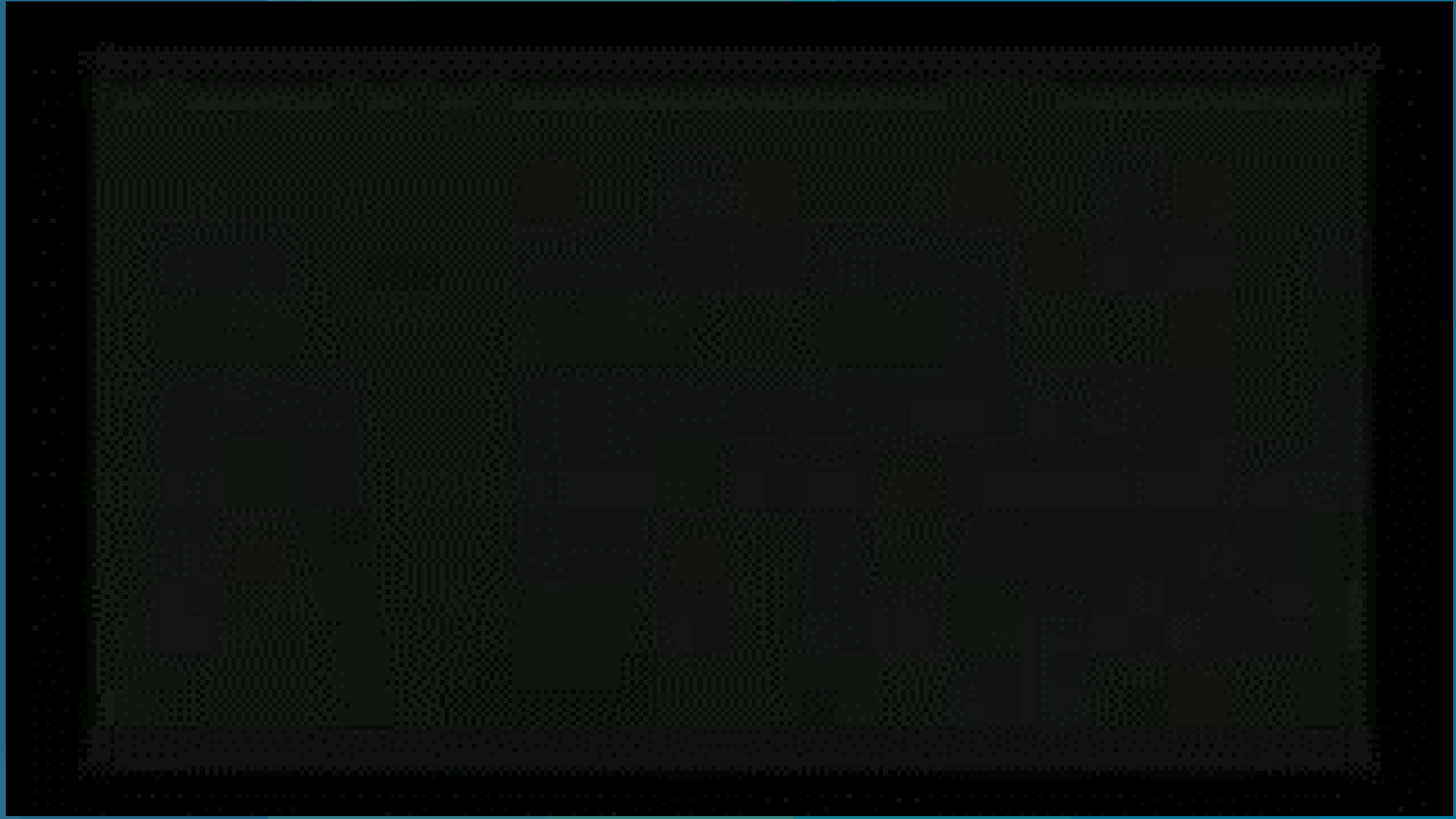
The ACE Study Revealed

“A powerful relationship between our emotional experiences as children and our physical and mental health as adults”...

Felitti, VJ. The Relationship of Adverse Childhood Experiences to Adult Health: Turning Gold into Lead

“...adverse childhood experiences are the most important determinant of the health and well-being of our nation.”

Vincent J. Felitti (Kaiser Permanente)



The ACE study revealed

One does not "just get over"
some things, not even fifty
years later.

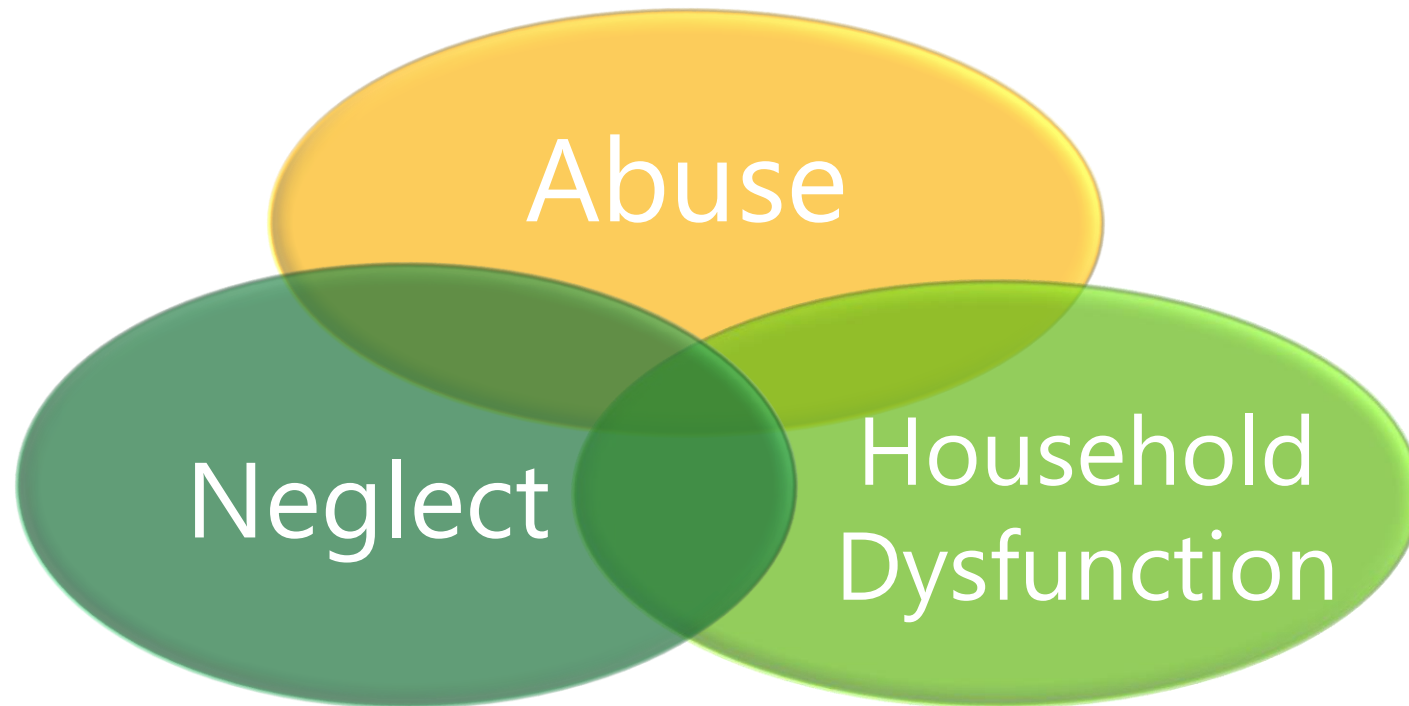
Vincent J. Felitti





The ACE Study

Explored three major areas of Adverse Childhood Experiences:



ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical

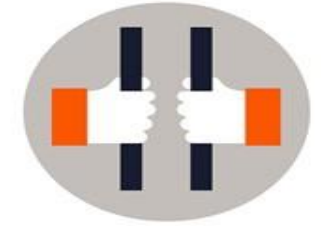


Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

The ACE Study

Ten Possible Points Scale:

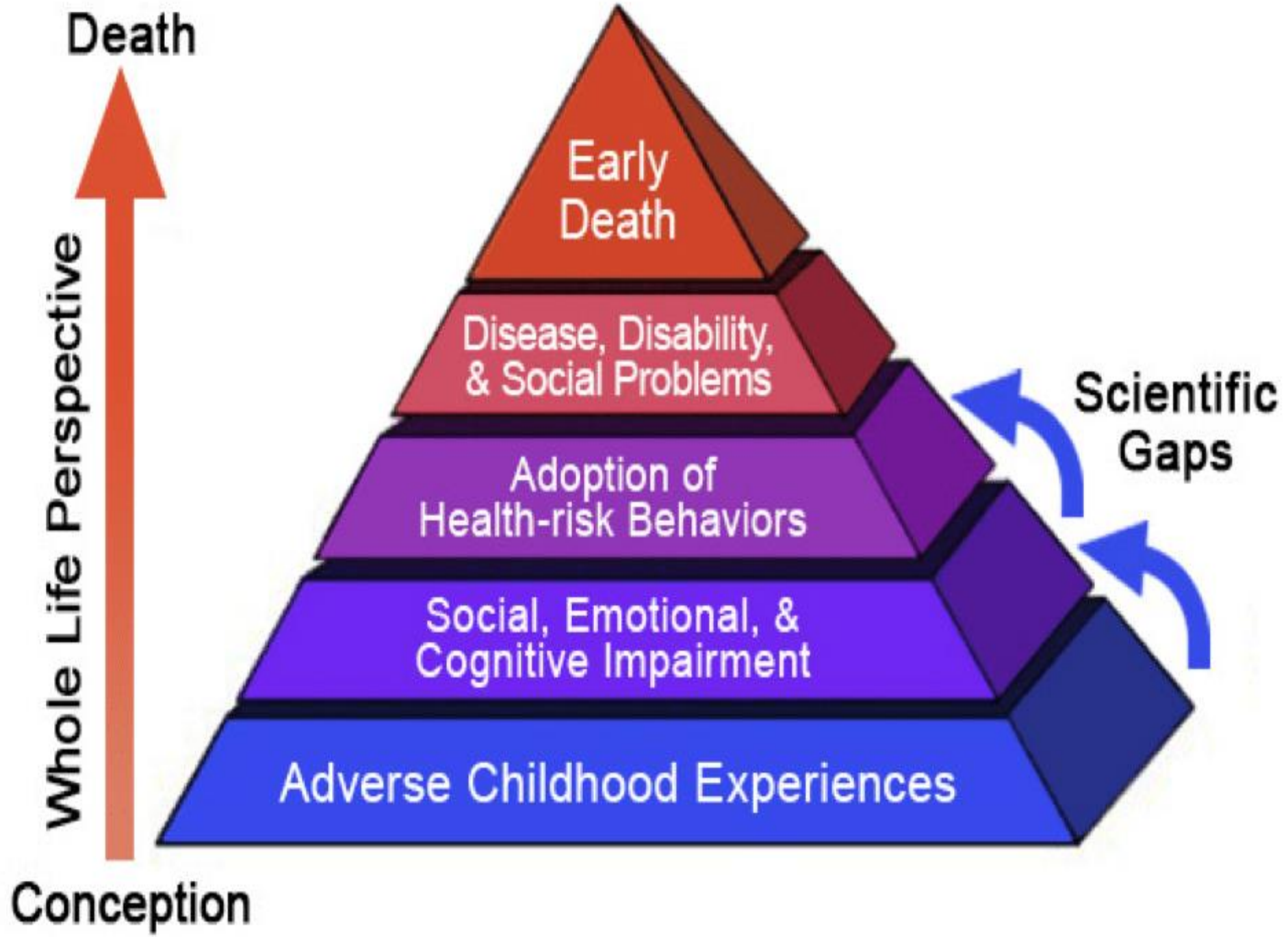
- Physical abuse _____
- Sexual abuse _____
- Emotional abuse _____
- Emotional neglect _____
- Physical neglect _____
- Substance abuse _____
- Separation/divorce _____
- Mental Illness _____
- Witnessing violence in the home _____
- Criminal behaviour/family incarceration _____

Total _____

As your ACE score increases the risk for the following health problems increases:

- Alcoholism and drug abuse
- Partner violence
- Depression
- Sexually transmitted infections
- Liver disease
- Fetal death
- Illicit drug use
- Suicide attempts
- Unintended pregnancy
- Smoking
- Obesity
- Heart disease
- COPD
- Fibromyalgia

**Notice the progression of
Adverse Childhood
Experiences into
behaviour related and
health related problems.**



Positive Stress

The body's normal and healthy stress response to a tense situation/event.

Example:

First day of school or work.

Tolerable Stress

Activation of the body's stress response to a long-lasting or severe situation/event.

Example:

Loss of family member, but with supportive buffers in place.

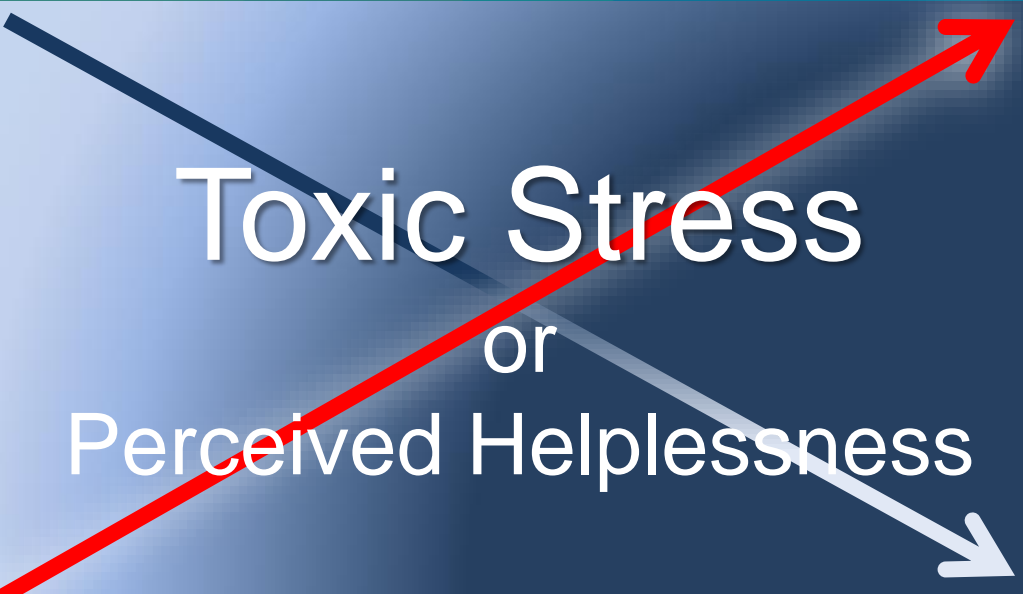
Toxic Stress

Prolonged activation of the body's stress response to frequent, intense situations/events.

Example:

Witnessing domestic violence in the home, chronic neglect.²

Cognitive
Function



Stress



**Physical and emotional health
are directly related to
Adverse Childhood
Experiences
in a strong and graded
fashion**

(more ACEs = more problems)

Impact of ACEs

Compared to someone
With an ACE score of 0,
Those with an ACE score of 4+ were:

4x more likely to
Suffer from depression

Impact of ACEs

Compared to someone
With an ACE score of 0,
Those with an ACE score of 4+ were:

11x more likely to
Become an alcoholic

Impact of ACEs

Compared to someone
With an ACE score of 0,
Those with an ACE score of 4+ were:

16x more likely to
Inject street drugs

Impact of ACEs

Compared to someone
With an ACE score of 0,
Those with an ACE score of 4+ were:

19x more likely to
Attempt suicide

ACEs and Suicide

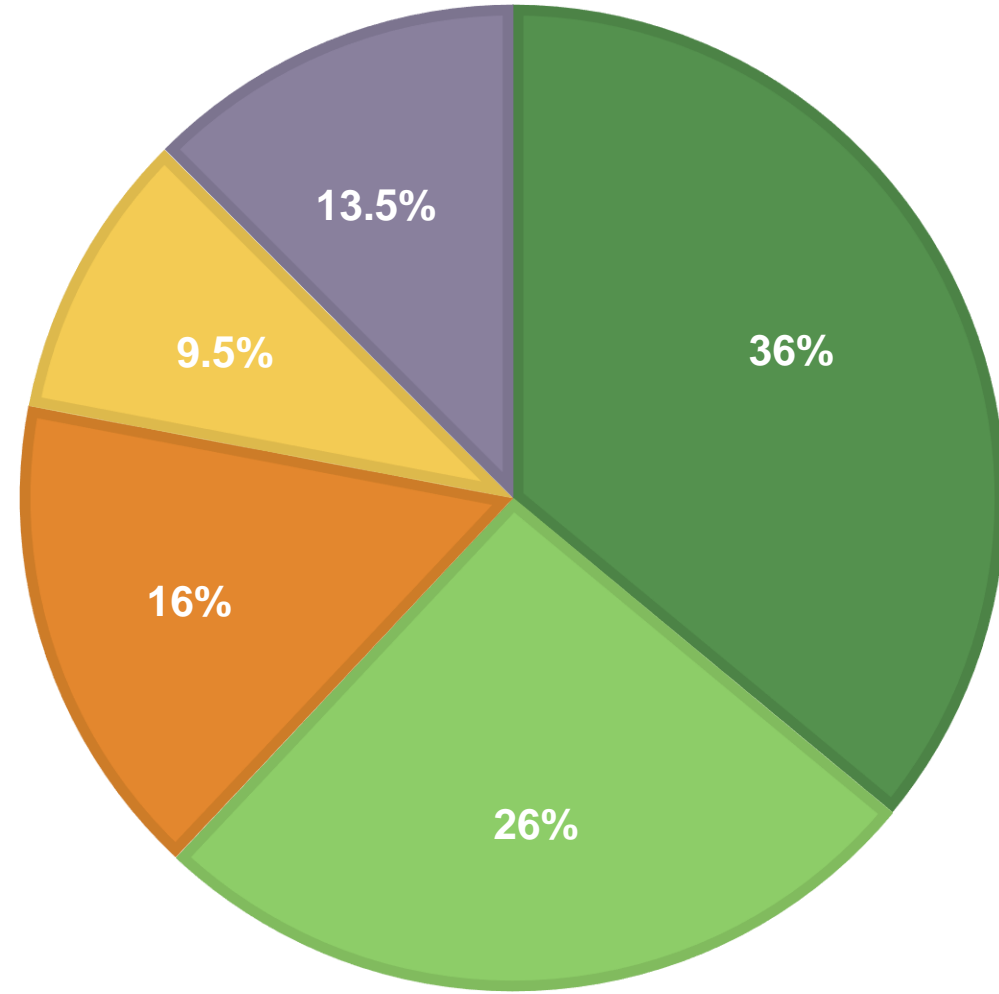
A teen with
An ACE score of ZERO
Has a 1 in 500 chance
Of attempting suicide
Before their 18th birthday

ACEs and Suicide

A teen with
An ACE score of SEVEN
Has a 1 in SEVEN chance
Of attempting suicide
Before their 18th birthday

64% of the U.S. population has at least one ACE.

■ 0 ACEs ■ 1 ACE ■ 2 ACEs ■ 3 ACEs ■ 4 ACEs

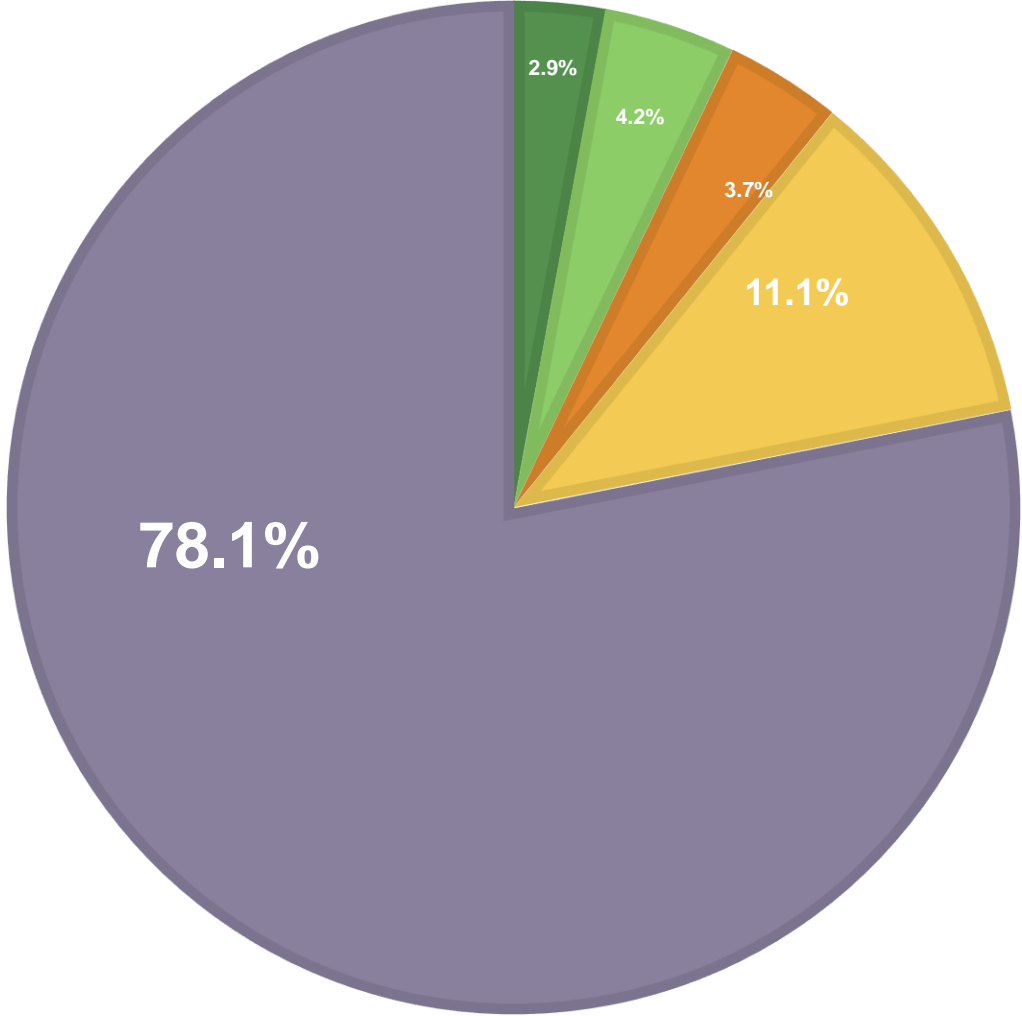


cdc.gov



98% of the U.S. prison population has at least one ACE.

0 ACEs 1 ACE 2 ACEs 3 ACEs 4 ACEs



Compared with prisoners with no ACEs, those with 4 or more ACEs were:

2x more likely to have ever been convicted of drug offenses

3x more likely to have ever been convicted of criminal damage.

3x more likely to have ever been convicted of violence against the person.

3x more likely to have ever been convicted of theft.

Compared with prisoners with no ACEs, those with 4 or more ACEs were:

14x more likely to have been a victim of violence.

15x more likely to commit violence against another person.

20x more likely to have been incarcerated at some point in their lifetime.

**“Clearly we have shown that
Adverse Childhood Experiences
are common, destructive, and
have an effect that often lasts a
lifetime”**

Vincent J. Felitti, MD
Kaiser Permanente

Resilience Trumps ACEs

Resilience is the capacity to withstand or recover quickly; toughness

Resilience is not an innate quality



like being tall, having curly hair, or brown eyes.



Resilience is not an innate quality



like being tall, having curly hair, or brown eyes.



Resilience is the product of **Self-Efficacy**.

Self-efficacy:

The belief that I can change myself and my surroundings to bring about an intended result.

Deep down within, you believe, “I have power”.

**Resilience is our response to
positive and adverse experiences
passing through three filters;**

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positive and adverse experiences
passing through three filters;**

Vision,



Vision:

Social Modeling- I Saw Someone Do It.

Mastery Experiences- I Saw Me Do It.

**Social Persuasion- Someone Told Me I
Could Do It.**

Vision:

Give stories and examples of overcomers.

**Resilience is our response to
positive and adverse experiences
passing through three filters;**

Vision, Resources,



Resources:

Strength- Physical and/or Emotional

New Information- Previously unknown resources or opportunities.

Financial or Social Assets

Resources:

“Do I have the resources to succeed?”

Can you be counted on?

Resilience is our response to positive and adverse experiences passing through three filters;

Vision, Resources, and Effort.



Effort:

Grit- Courage and Resolve; Strength of Character. Perseverance and Passion for Achieving Goals. Overcoming Failures, Adversities, and Plateaus in Progress.

Dedication- Expending the Physical, Mental, and Emotional Energy Necessary to Do the Job.

Vision + Resources + Effort = Self-Efficacy



Vision + Resources + Effort = Self-Efficacy
Self-Efficacy Produces Resilience



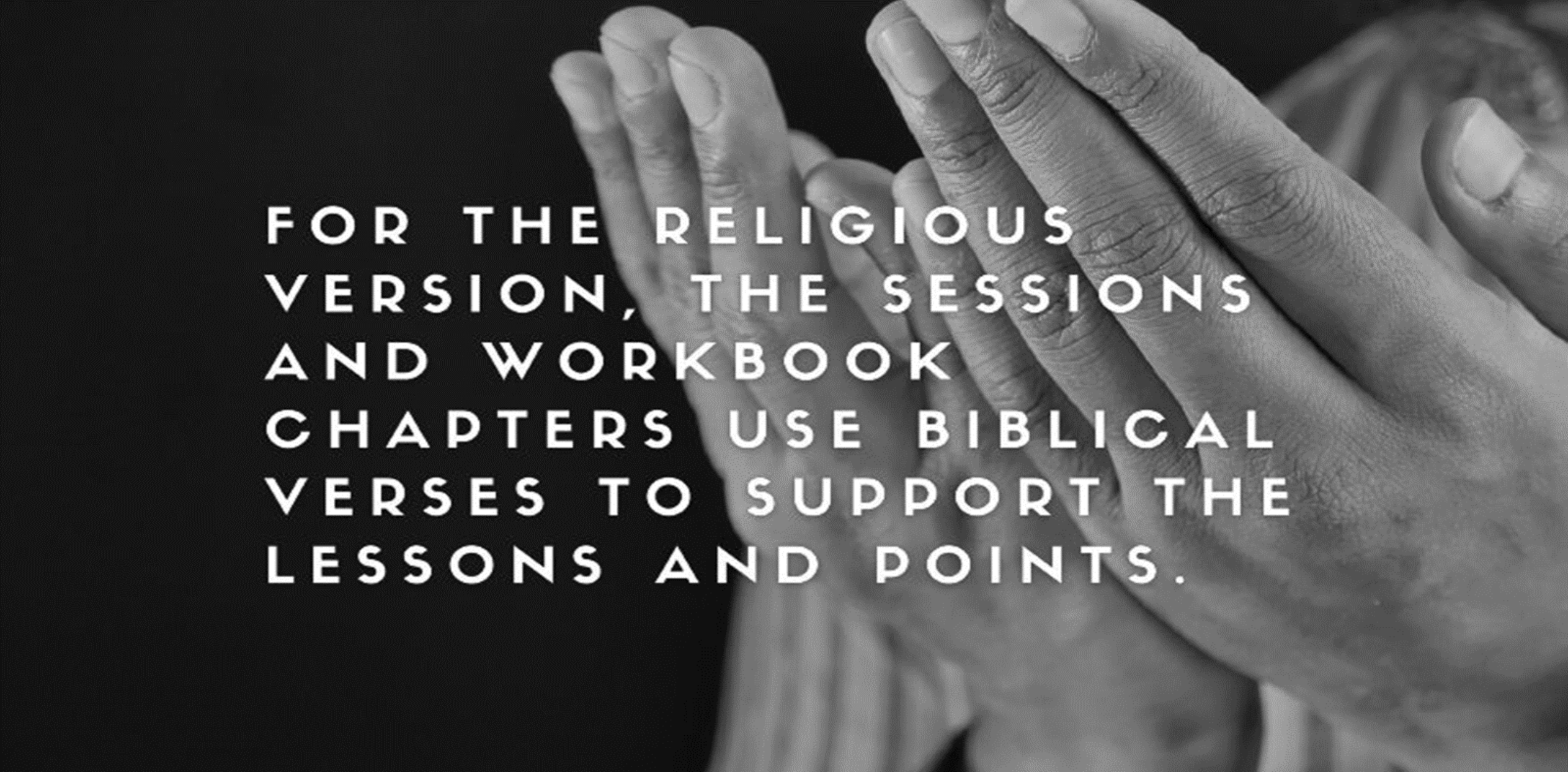


It's Official -

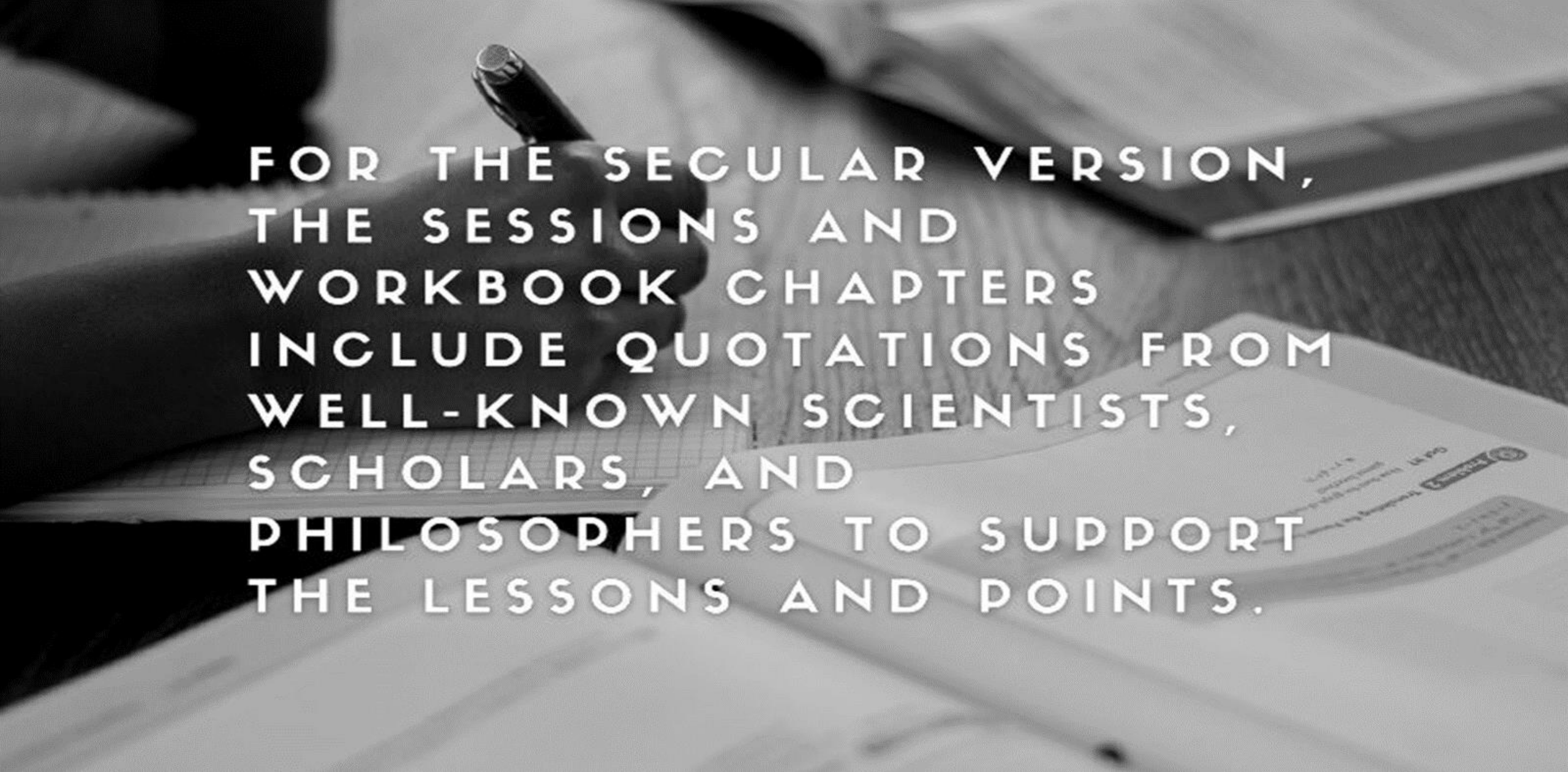
**ACE OVERCOMERS
DEMONSTRATES
EVIDENCE-BASED
EFFECTIVENESS.**

HERE ARE
EXCERPTS FROM
THE UNIVERSITY
OF CALIFORNIA MERCED STUDY:

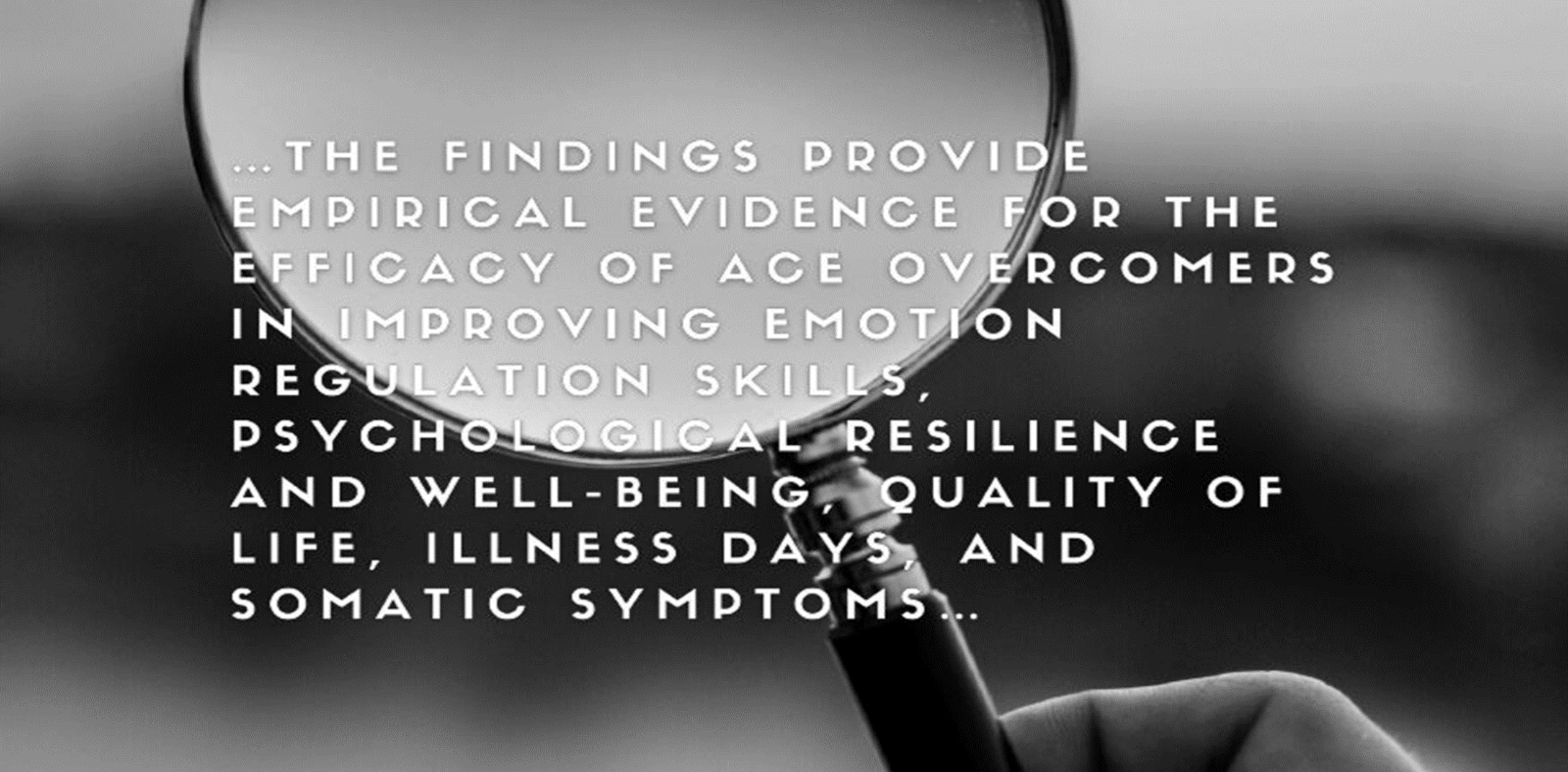




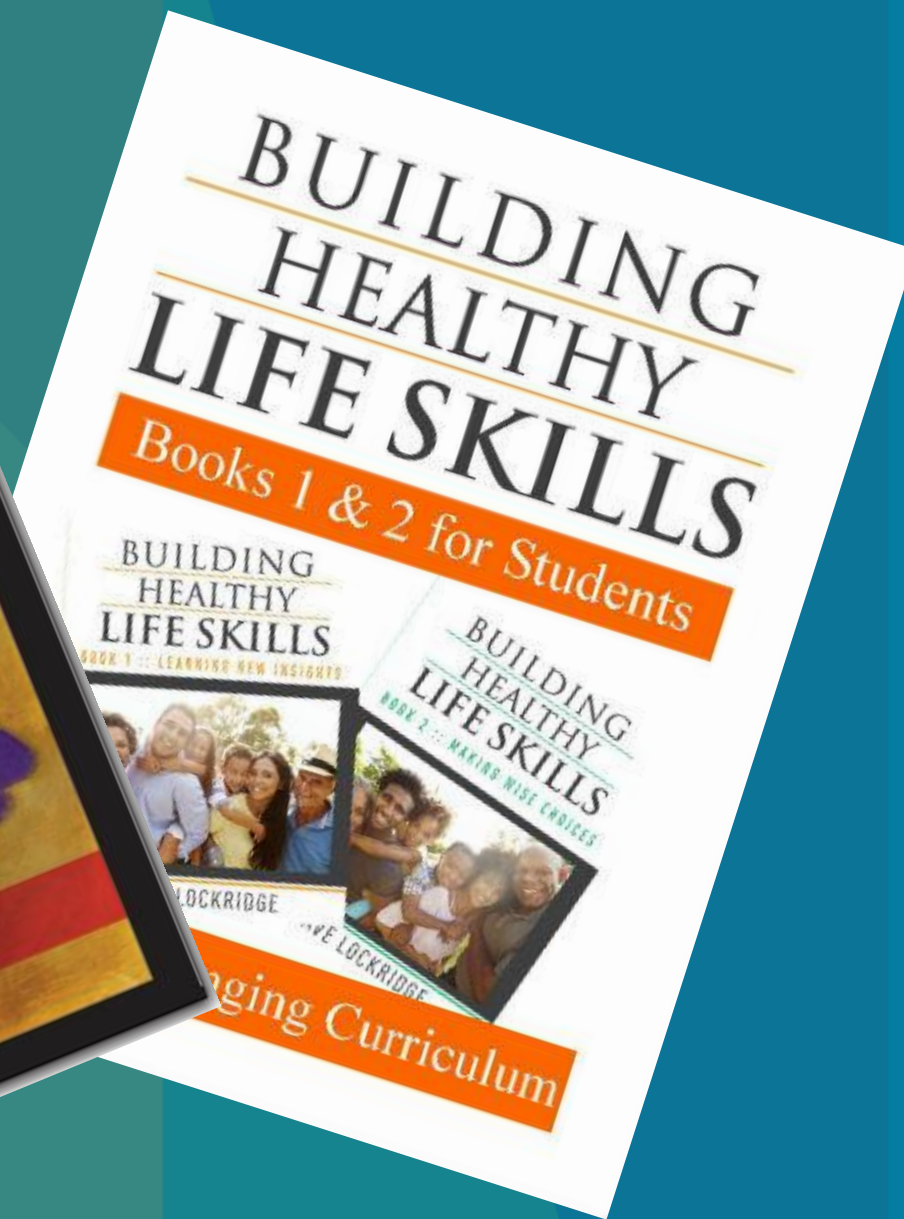
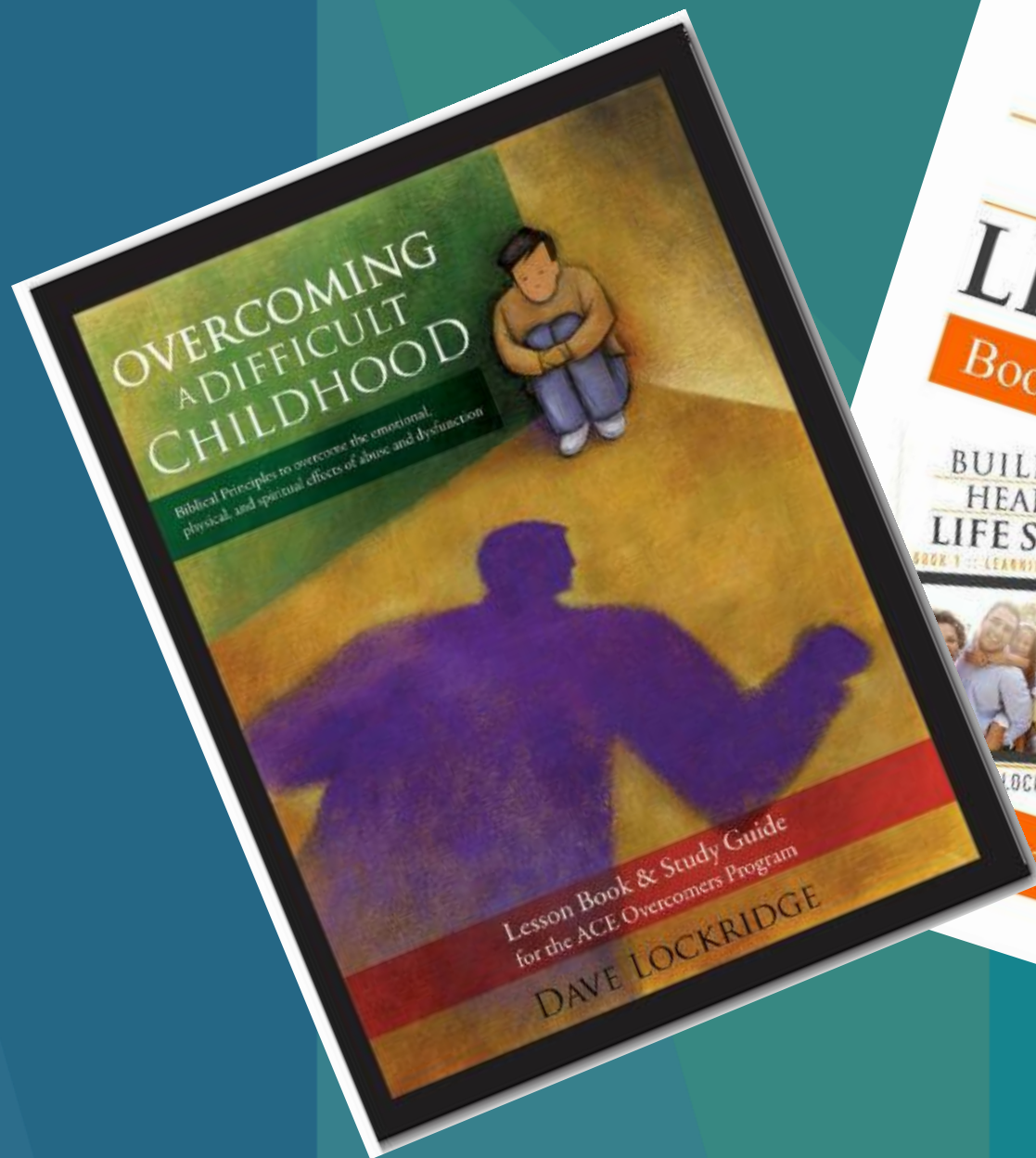
FOR THE RELIGIOUS
VERSION, THE SESSIONS
AND WORKBOOK
CHAPTERS USE BIBLICAL
VERSES TO SUPPORT THE
LESSONS AND POINTS.

A grayscale photograph of a hand holding a pen over an open notebook. The text is overlaid in white, bold, uppercase letters. The background shows the texture of the notebook pages and the hand's grip on the pen.

FOR THE SECULAR VERSION,
THE SESSIONS AND
WORKBOOK CHAPTERS
INCLUDE QUOTATIONS FROM
WELL-KNOWN SCIENTISTS,
SCHOLARS, AND
PHILOSOPHERS TO SUPPORT
THE LESSONS AND POINTS.

A hand holding a magnifying glass over text. The magnifying glass is held over the text, making it appear larger and more prominent. The background is a blurred, dark image of a person's face.

...THE FINDINGS PROVIDE
EMPIRICAL EVIDENCE FOR THE
EFFICACY OF ACE OVERCOMERS
IN IMPROVING EMOTION
REGULATION SKILLS,
PSYCHOLOGICAL RESILIENCE
AND WELL-BEING, QUALITY OF
LIFE, ILLNESS DAYS, AND
SOMATIC SYMPTOMS...



Q & A

Thank You!