



Bellewood & Brooklawn



The Council for Health &
Human Service Ministries
United Church of Christ

Using a Trauma Informed Lens to Create Hope

Rev. Samantha Jewell

Chaplain Bellewood & Brooklawn

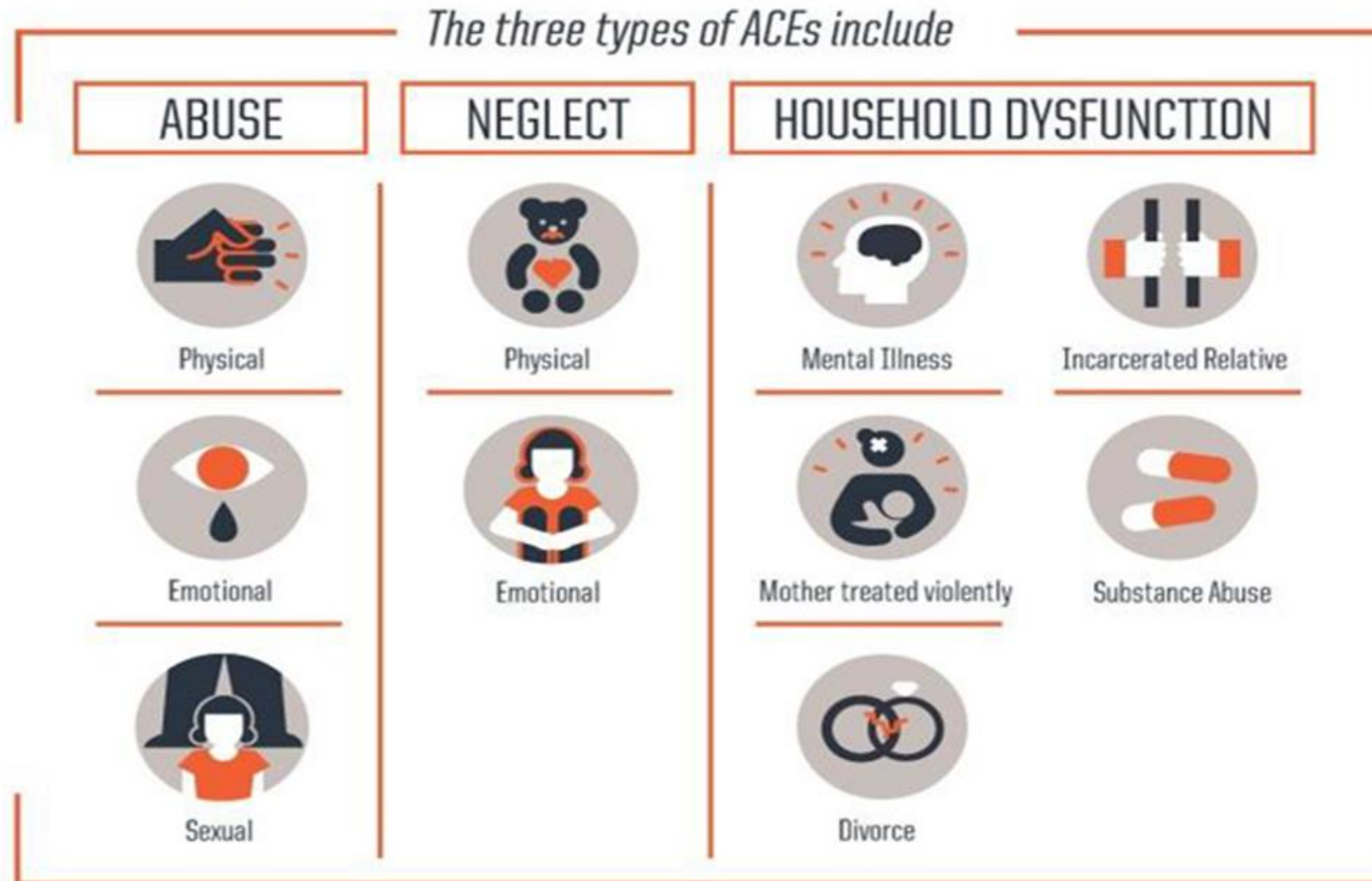
What is Trauma?

An experience that threatens an individual's life and/or sense of safety.

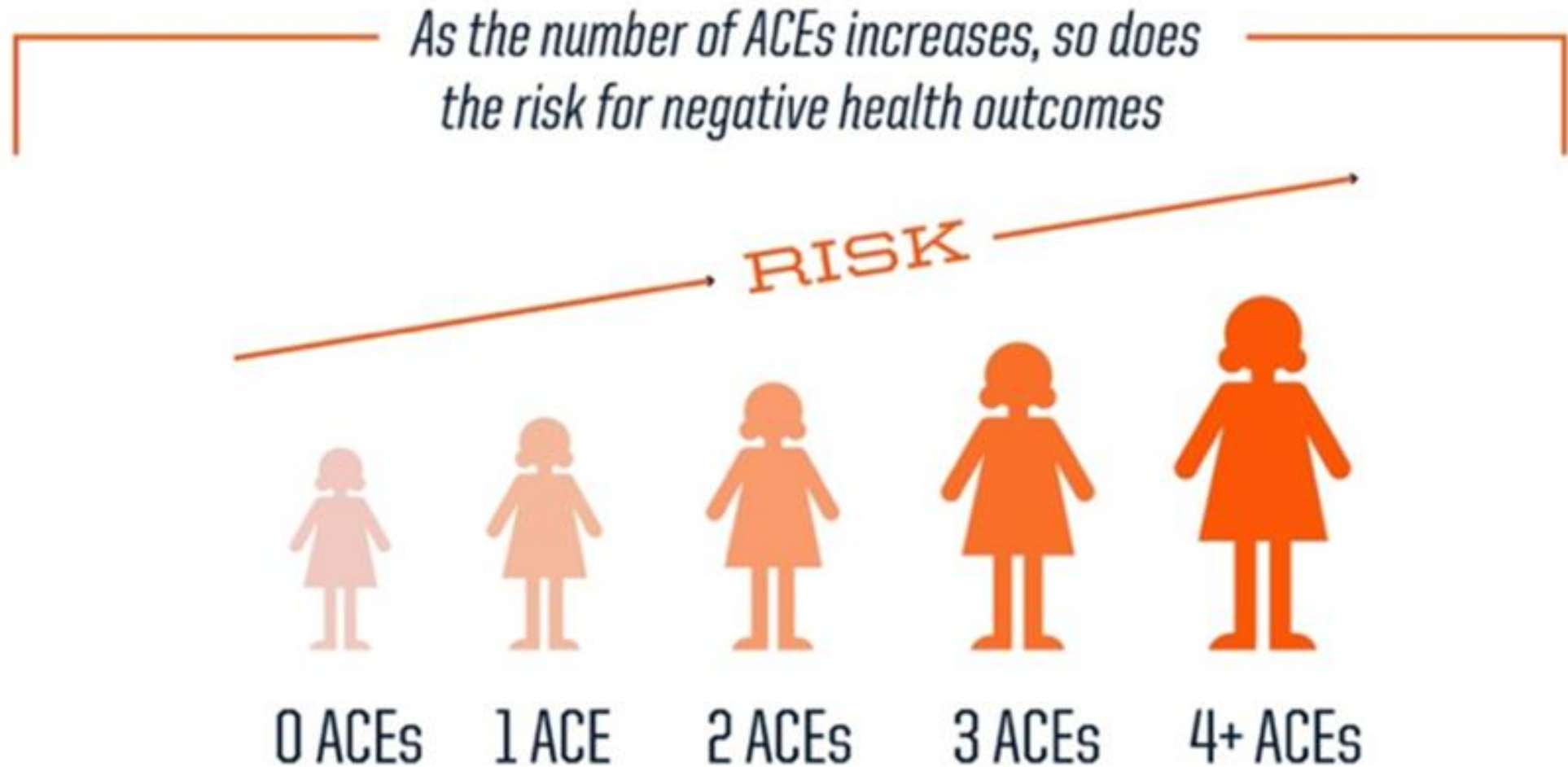
Source: Substance Abuse and Mental Health Services (SAMHSA)



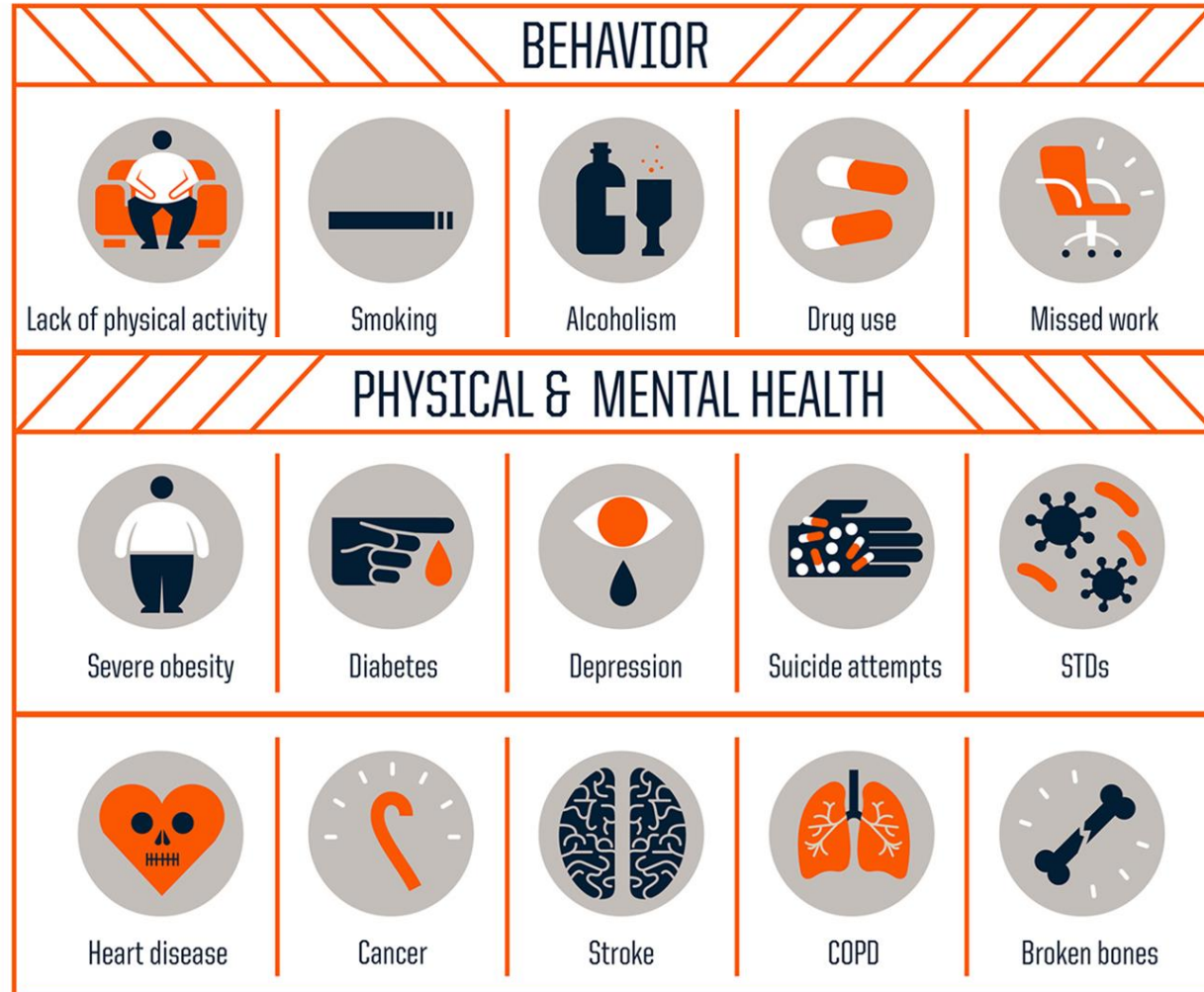
The Truth About ACEs



What impact do ACEs have?

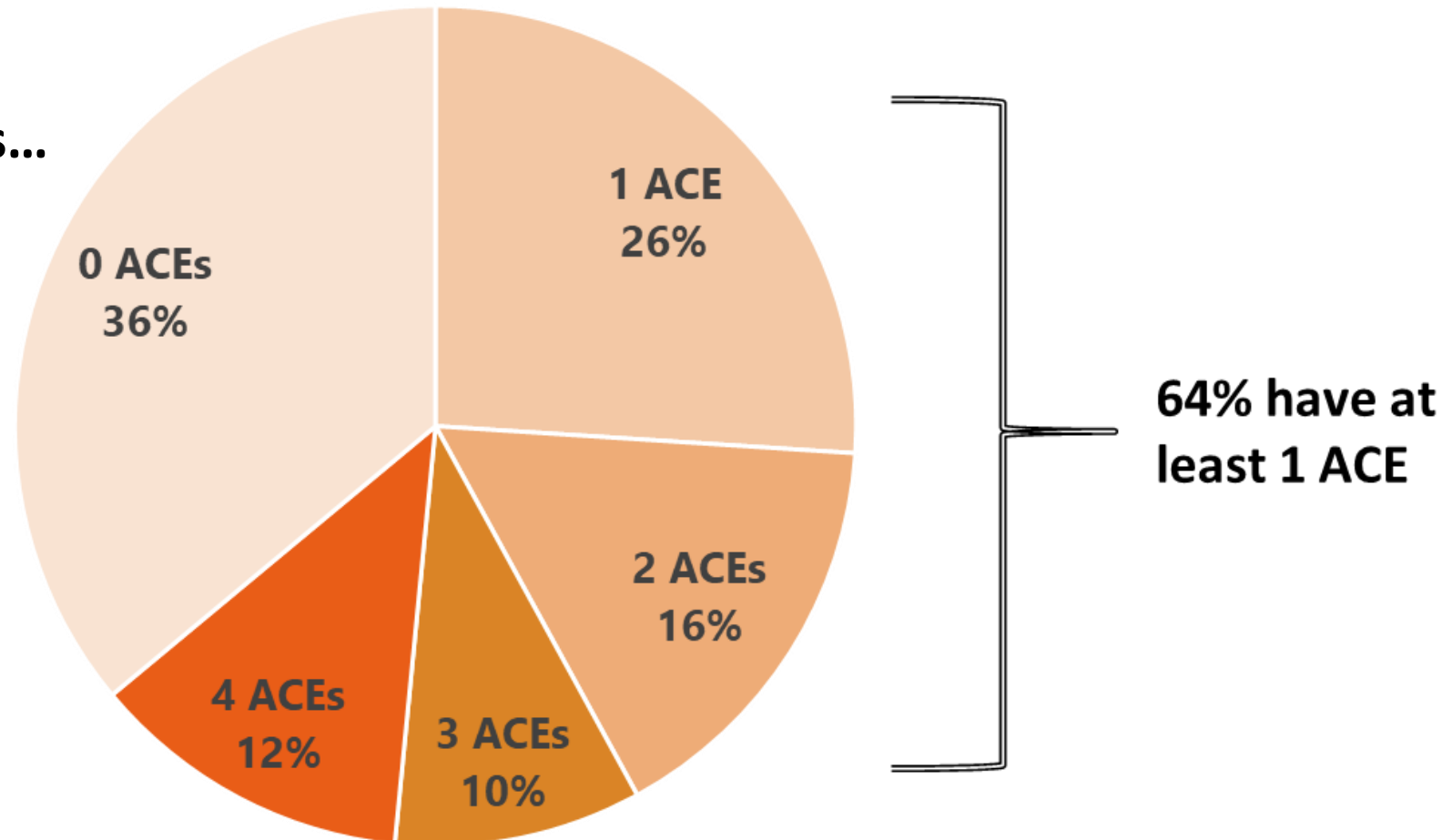


What impact do ACEs have?



How prevalent are ACEs?

,000 ACE study participants...



Source: Robert Wood Johnson Foundation The Truth About ACEs (rwjf.org/aces)

The Pair of ACES

ADVERSE CHILDHOOD EXPERIENCES



Antidote to ACEs and Toxic Stress

resilience:

“an ability to recover from or adjust easily to misfortune or change.”

—Merriam-Webster Dictionary

The Four Rs of Trauma-Informed Care



This figure is adapted from: Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and Guidance for a trauma-informed approach. HHS publication no. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration.



Relationships:

#1 Factor for children who develop resilience is at least one stable and committed relationship with a support parent, caregiver, or other adult.

Initiative:

Have a sense of self efficacy and control.

Self Regulation:

Opportunities to strengthen adaptive skills and self regulation.

Cultural and Faith Affirmation:

Mobilize sources of faith, hope and cultural traditions.

Source: Center on the Developing Child Harvard University

How do we do this?



Self Care-A Moral Imperative!

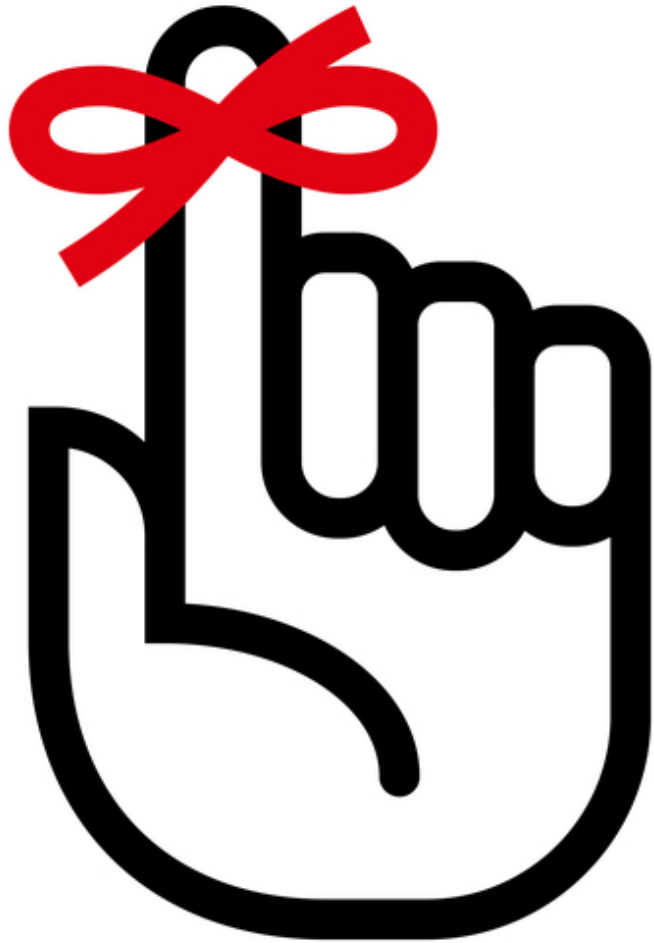


Things to try!



- **Build Relationships**
- **Empower People**
- **Teach Mindfulness**
- **Give opportunities for faith and culture**

Takeaways



- ACEs affect everyone
- We can build resiliency
- Take care of your staff and yourself!



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