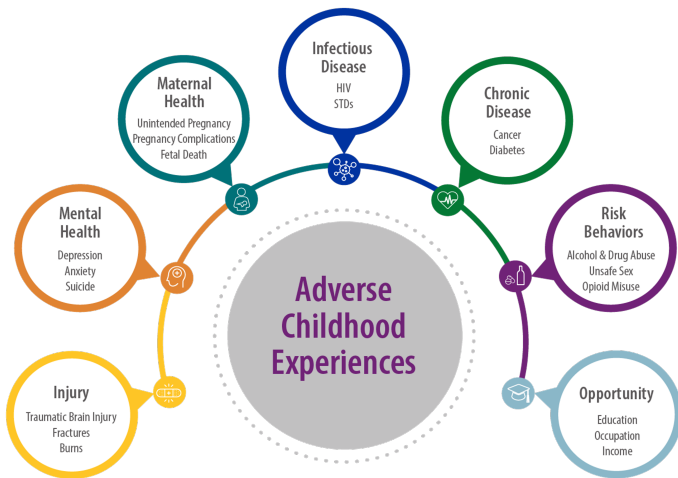


Unpacking Trauma and Adverse Childhood Experiences (ACEs)

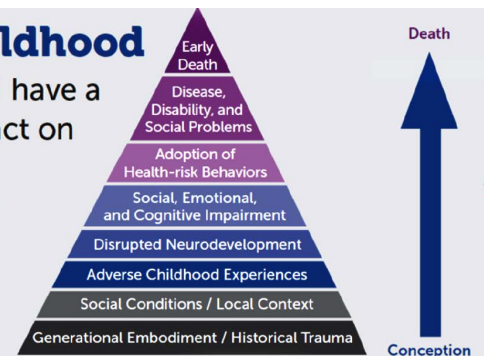
THANK YOU for participating in the January 2024 restorative workshop, a part of the *Replenish Series* designed by Dr. Rajni Shankar-Brown and brought to PA in partnership with the [Center for Schools and Communities](#) as a part of the ARP–HCY initiative. This handout highlights some of the key concepts discussed at our session and provides extended resources for further exploration, learning, and growth.



Sources: TN Department of Health; Centers for Disease Control and Prevention

Adverse Childhood Experiences

have a tremendous impact on future violence victimization and perpetration and lifelong health and opportunity.



Prevent ACEs: Strengthen economic supports to families; change social norms to support diverse parents/guardians and families; Provide quality early care and education; Teach skills to promote healthy development; Intervene to lessen harms and prevent future risk.

Adverse Childhood Experiences (ACEs) are potentially traumatic experiences during childhood that may disrupt the formation of brain architecture, affecting lifelong health. Experiences during childhood such as abuse, neglect, or family dysfunction can disrupt the safe, stable, and nurturing environments that form healthy brains and help children thrive. Community factors that undermine a child’s sense of safety or stability – such as poverty, homelessness, racism, and lack of public health access, and community violence are also considered ACEs.

Positive Childhood Experiences (PCEs) are experiences during childhood that promote safe, stable, and nurturing relationships and healthy environments. These experiences may include close and trusted relationships with a safe, stable adult; feeling safe at home, at school, and in the community; having chances to learn and belong in a community; and having access to the arts. PCEs can help children and youth develop a sense of belonging, connectedness, and build resilience – and help to promote healing. Prioritizing PCEs and healing-centered engagement is important in the prevention of ACEs and in mitigating adverse impacts of ACE’s and trauma.

Keep growing! Here are a few extended learning resources:

BOOK: *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* by Nadine Burke Harris, MD

TED Talk: [How childhood Trauma Affects Health Across a Lifetime](#) by Dr. N. B. Harris

ARTICLE: Webster, E. M. (2022). [The Impact of Adverse Childhood Experiences on Health and Development in Young Children](#). Global Pediatric Health. National Library of Medicine.

VIDEO CLIP: [CDC - We Can Prevent ACEs](#)

WEBSITES:

[American Academy of Pediatrics](#)
[American Psychological Association](#)
[National Child Traumatic Stress Network](#)
[CDC Positive Childhood Experiences](#)
[ACEs Connection](#)