



SEMINAL RESEARCH:

- ***Adverse Childhood Experiences (ACE) Study***

Centers for Disease Control and Kaiser Permanente

LINK - <https://www.cdc.gov/violenceprevention/acestudy/about.html>

- ***Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample Associations Across Adverse Childhood Experiences Levels***

Christina Bethell, PhD, MBA, MPH; Jennifer Jones, MSW; Narangerel Gombojav, MD, PhD; et al.
JAMA Pediatr. 2019

LNK - <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2749336>

VIDEO RESOURCES:

- ***How Childhood Trauma Affects Health Across a Lifetime***

Dr. Nadine Burke Harris (TEDMED)

Childhood trauma isn't something you just get over as you grow up. Pediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain. This unfolds across a lifetime, to the point where those who've experienced high levels of trauma are at triple the risk for heart disease and lung cancer. An impassioned plea for pediatric medicine to confront the prevention and treatment of trauma, head-on.

LINK - <https://www.youtube.com/watch?v=95ovlJ3dsNk>

- ***Adverse Childhood Experiences (ACEs)***

Public Health Network Cymru (Wales)

Adverse Childhood Experiences (ACEs) are traumatic events that affect children while growing up, such as suffering child maltreatment or living in a household affected by domestic violence, substance misuse or mental illness. This short animated film has been developed to raise awareness of ACEs, their potential to damage health across the life course and the roles that different agencies can play in preventing ACEs and supporting those affected by them.

LINK - https://www.youtube.com/watch?v=YiMjTzCnbNQ_



- ***We Can Prevent ACEs***

Centers for Disease Control and Prevention (CDC)

Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. As such, adverse childhood experiences (ACEs) are an important public health issue. Learn how everyone can help prevent ACEs by using strategies to create safe, stable, nurturing relationships and environments for all children.

LINK - <https://www.youtube.com/watch?v=8gm-INpzU4g>.

- ***Building Adult Capabilities to Improve Child Outcomes: A Theory of Change***

Center on the Developing Child at Harvard University

This 5-minute video depicts a theory of change from the Frontiers of Innovation community for achieving breakthrough outcomes for vulnerable children and families. It describes the need to focus on building the capabilities of caregivers and strengthening the communities that together form the environment of relationships essential to children's lifelong learning, health, and behavior.

LINK - https://www.youtube.com/watch?v=urU-a_Fs5Y

How Children and Adults Can Build Core Capabilities for Life

Center on the Developing Child at Harvard University

Every day we take on the ordinary, sometimes challenging, tasks of work, school, parenting, relationships, and just managing our busy lives. How do we navigate these tasks successfully? And what can send us off course? Science offers an explanation. This 5-minute video explores the development and use of core capabilities — known as executive function and self-regulation skills — from early childhood into adolescence and adulthood.

LINK - <https://www.youtube.com/watch?v=6NehuwDA45Q>.

- ***Brains: Journey to Resilience***

Palix Foundation

In a world where human brains inch across snowy landscapes, where perils lurk in every shadow, one community will rally behind a struggling brain—and just might change the world in the process. Learn about the resilience scale in this scientifically rigorous (and cinematically epic) video created by the AFWI in consultation with the FrameWorks Institute and the Harvard Center on the Developing Child.

LINK - <http://www.albertafamilywellness.org/resources/video/brains-journey-to-resilience>



TRAINING RESOURCES:

- ***Preventing Adverse Childhood Experiences***

Centers for Disease Control and Prevention –

LINK - <https://vetoviolenecdc.gov/apps/aces-training/#/>

- ***Brain Story Certification (disponible en français)***

Alberta Family Wellness Initiative

A free, in-depth course for anyone who wants to learn more about the science of brain development.

- Videos of more than 30 leading experts in neurobiology and mental health
- Certification in Brain Story science
- 9 modules self-paced

LINK – <https://albertafamilywellness.org/training>

- ***ACEs & Resilience Training Modules***

ACEs Coalition of Guelph & Wellington

An online, self-directed learning tool for human service professionals interested in learning more about Adverse Childhood Experiences (ACEs), their impacts on brain development and long-term health, and the importance of resilience in preventing and reducing the effects of ACEs. Participants that complete the training will receive a certificate of recognition and will be invited to join the ACEs & Resilience Community of Practice upon completion of the course.

The free, online course includes the following five modules, and can be completed in about 5-7 hours:

Module 1: An Introduction to Adverse Childhood Experiences

Module 2: The Impacts of Adverse Childhood Experiences

Module 3: Resilience

Module 4: Taking Action to Prevent and Reduce the Effects of ACEs and Build Resilience

Module 5: ACEs and Resilience Practice Case

LINK - <https://acescoalition.ca/get-trained/>

- ***ACEs & Resilience Champion Toolkit***

Developed to support human service providers to take meaningful action to address ACEs and build resilience in their communities. The toolkit provides an opportunity to reflect on goals, offers guidance on how to have a conversation about ACEs and resilience, presents ideas for action, and links to useful resources.

LINK- <https://acescoalition.ca/champions-toolkit/>



PODCASTS

- **The Power of Positive Experience**

Dr. Christina Bethell PhD. 2020. Bloomberg School of Public Health- Johns Hopkins University

LINK - <https://pinetreeinstitute.org/dr-christina-bethell-the-power-of-positive-experience/>

- **The Healing Place Podcast**

A space filled with inspiration, motivation, and stories of hope and healing Be part of the conversation.

LINK - <http://thehealingplacepodcast.blubrry.net/>

WEBSITE RESOURCES:

- **Adverse Childhood Experiences**

Centers for Disease Control and Prevention

LINK - <https://www.cdc.gov/violenceprevention/acestudy/resources.html>

- **POSITIVE CHILDHOOD EXPERIENCES**

Child and Adolescent Behavioral Health

LINK - <https://www.childandadolescent.org/positive-childhood-experiences/>

- **Alberta Family Wellness Initiative**

LINK - <http://www.albertafamilywellness.org/>

- **ACEs Too High & PACes Connection & Canadian ACEs and Trauma Informed Network**

LINK - <https://acestoohigh.com/>

LINK - <https://www.acesconnection.com/>

LINK - <https://www.acesconnection.com/g/Canadian-ACEs-and-TI-Network>

- **Center for Youth Wellness**

LINK - <https://centerforyouthwellness.org/>

- **Center on the Developing Child at Harvard University**

LINK - <https://developingchild.harvard.edu/>

- **Maine Resilience Building Network**

LINK - <http://maineaces.org/wp/>

- **Ideas: All in the Family- Understanding and healing childhood trauma (3-part series)**

CBC Radio

LINK - <https://www.cbc.ca/radio/ideas/all-in-the-family-part-1-1.3523111>



- ***Adverse Childhood Experiences: A Public Health Issue***

PBS 6-part Series: Building Strong Brains Tennessee. 2018

LINK - <https://www.pbs.org/video/aces-episode-1-u7sgje/>

BOOKS:

- ***The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma***

Bessel van der Kolk MD. 2015

- ***The Deepest Well- Healing the Long-Term Effects of Childhood Adversity***

Nadine Burke-Harris. 2018

- ***Childhood Disrupted: How Your Biography Becomes Your Biology and How You Can Heal***

Donna Jackson Nakazawa. 2016

- ***The Boy Who Was Raised as a Dog and Other Stories from a Child Psychiatrist's Notebook: What Traumatized Children Can Teach Us About Loss, Love and Healing***

Bruce D. Perry, Maia Szalavitz. 2007

- ***In the Realm of Hungry Ghosts: Close Encounters with Addiction***

Gabor Maté MD, Peter A. Levine Ph.D. 2010

- ***When the Body Says No: Understanding the Stress-Disease Connection***

Gabor Maté MD. 2011

- ***Love, Fear, and Health: How Our Attachments to Others Shape Health and Health Care***

Robert Maurer MD, Jonathan Hunter MD. 2015

- ***Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy and Resilience***

Peter Levine PhD. 2008

- ***Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body***

Peter Levine PhD. 2008

- ***Trauma and Recovery: The Aftermath of Violence--From Domestic Abuse to Political Terror***

Judith Lewis Herman. 2015

- ***The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity***

Norman Doidge MD. 2016



- ***Journey Through Trauma: A Trail Guide to the 5-Phase Cycle of Healing Repeated Trauma***
Gretchen L. Schmelzer PhD. 2018

- ***Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing***
David A. Treleaven, Willoughby Britton. 2018

- ***Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma: Creative Activities and Tools***
Dr Karen Treisman. 2017

- ***Working with Relational and Developmental Trauma in Children and Adolescents***
Dr Karen Treisman. 2016

Books for Children and Youth by Dr Karen Treisman

- Gilly the Giraffe Self Esteem Activity Book: A Therapeutic Story with Creative Activities for Children Aged 5-10
- Cleo the Crocodile: An Activity Book for Children Who Are Afraid to Get Close: A Therapeutic Story with Creative Activities about Trust, Anger, and Relationships for Children Aged 5-10
- Presley the Pug Relaxation Activity Book: A Therapeutic Story with Creative Activities to Help Children Regulate their Emotions and to Find Calm
- Baboon: Anxiety and Stress Activity book- A Therapeutic Story with Creative and CBT Activities to help Children Aged 5-8 Who Worry
- Neon the Ninja: Activity Book for Children who Struggle with Sleep and Nightmares: A Therapeutic Story with Creative Activities Aged 5-10

- ***My Guide Inside***

Christa Campsall, Jane Tucker 2019

LINK - <https://www.myguideinside.com/>

- My Guide Inside: Teacher's Manuals

Story-based lessons carefully crafted to teach learners about their natural inner wisdom, or their “guide inside.” Based on Three Principles that are foundational to all human experience—Mind, Consciousness, and Thought— this resource offers a hopeful, simple way for children, youth, and adults to gain new understanding about how they operate from the inside out.

For learners:

- My Guide Inside (Book I) Learner Book: Primary
- My Guide Inside: Book II, Learner Book, Intermediate
- My Guide Inside (Book III): Learner Book, Secondary