

ACEs, Trauma, and Resilience Resources

The Illinois
ACEs Response
Collaborative

Health & Medicine
POLICY RESEARCH GROUP

Background on ACEs, trauma, and resilience:

- [Centers for Disease Control and Prevention: ACE Study Infographic](#) - Visual, interactive representation of data from the 1995-1997 CDC-Kaiser Permanente study on ACEs prevalence and relationship to health outcomes.
- [KPJR Films: ACEs Primer \(2018\)](#) - Director James Redford and KPJR Films, the team behind the documentary *Resilience: The Biology of Stress and the Science of Hope*, define ACEs and their effects on health outcomes throughout the life course, and highlight the role of resilience in preventing and mitigating these effects.
- [TED Talk: The Science of Adversity and the Case for Systemic Empathy \(2017\)](#) - Double-board certified physician in pediatrics and internal medicine, Dr. Stan Sonu advocates changing our health care system to deliver the highest-quality care to underserved and disadvantaged communities. Passionate about urban primary care, he strongly believes that in order to achieve system empathy, we need to recognize the health impact of adverse childhood stress and trauma.
- [KPJR Films: Resilience: The Biology of Stress and the Science of Hope \(2018\)](#) - Director James Redford highlights the long-term health and social effects of ACEs. The film also features stories about the work that is being done not only to address these outcomes, but also to implement resiliency in children and communities to prevent them from happening in the first place. Features interviews with authors of the original ACE Study, Rob Anda and Vincent Felitti, as well as national experts such as Nadine Burke Harris, Laura Porter, and Jack Shonkoff. A facilitator's guide can be found [here](#) (60 minutes).
- [TED Talk: How Childhood Trauma Affects Health across a Lifetime \(2015\)](#) - Childhood trauma is not 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 have 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.
- [TED Talk: How Racism Makes Us Sick \(2017\)](#) - Trauma does not just happen on an individual level. Communities, whether they be neighborhoods or an entire race or ethnicity can also experience collective trauma, and it can have the same detrimental impact on health. Dr. David R. Williams developed a scale to measure the impact of discrimination on well-being, going beyond traditional measures like income and education to reveal how factors like implicit bias, residential segregation and negative stereotypes create and sustain inequality. In this eye-opening talk, Williams presents evidence for how racism is producing a rigged system -- and offers hopeful examples of programs across the US that are working to dismantle discrimination.
- [Center on the Developing Child, Harvard University](#) - Resource library from the Center on the Developing Child, a leader in research and development around childhood development. Can be arranged by media type and topic.

Trauma-Informed Care

What is Trauma-Informed Care?

The following resources provide a background on the principles of trauma-informed care and organizational transformation, and provide examples of successful implementation.

- [**Health Management Associates: Trauma Informed Care: The Benefits of Clinical Integration and Organizational Buy-In \(2016\)**](#) - In this webinar, the audience will learn the benefits of integrating trauma-informed care into clinical and organizational practices. Objectives include:
 - Understand the organizational imperative to explore trauma-informed approaches to care delivery.
 - Explore how trauma-informed care dovetails with broader culturally responsive care management efforts.
 - Appreciate the ROI for embracing trauma-informed approaches regarding patient attrition and staff productivity, absenteeism, and job satisfaction.
 - Learn how to provide training and support for trauma-informed care initiatives, helping health care teams to better identify trauma symptoms and open up a dialog with patients.
- [**IL ACEs Response Collaborative: Trauma-Informed Systems Initiative with the San Francisco Dept. of Public Health \(2018\)**](#) - In this webinar, Dr. Kenneth Epstein of the San Francisco Department of Public Health outlines the Trauma-Informed Systems Initiative (TISI), which is working to make SFDPH a more trauma-informed, safe, and supportive work environment and system of care. The TISI includes mandatory, foundational training for all 9,000 DPH employees that is designed to create shared language and understanding about how trauma affects health, behavior, relationships, and systems, and provides practical tools for addressing trauma's effects within the workforce. Additionally, TISI is grounded in implementation science to ensure that knowledge transfer is associated with structures that support change and sustained implementation, and includes an embedded Champions Learning Community; a Train the Trainer component; alignment and collaboration across other public sector systems; leadership participation; and continuous evaluation.
- [**Center for Health Care Strategies: Key Ingredients for Successful Trauma-Informed Care Implementation \(2016\)**](#) - This brief draws on interviews with national experts on trauma-informed care to create a framework for organizational and clinical changes that can be practically implemented across the health care sector to address trauma. It also highlights payment, policy, and educational opportunities to acknowledge trauma's impact. Also available in [**flyer format.**](#)
- [**Trauma-Informed Care Implementation Resource Center**](#) - Developed by the Center for Health Care Strategies, this site offers a one-stop information hub for health care providers and other stakeholders interested in implementing trauma-informed care. It houses resources developed by experts including:
 - Foundational knowledge regarding the [**impact of trauma on health**](#) and [**trauma-informed care**](#)
 - [**Testimonials from providers**](#) who have adopted trauma-informed principles
 - [**In-the-field examples**](#) illustrating how to integrate trauma-informed care into health care settings
 - [**Practical strategies and tools**](#) for implementing trauma-informed approaches

Resources from the Illinois ACEs Response Collaborative:

The Illinois ACEs Response Collaborative represents a broad range of organizations, thought and practice leaders, and agencies—from academic institutions and community foundations to private and public partners—committed to expanding the understanding of the impact of childhood trauma and adverse childhood experiences (ACEs) on the health and well-being of Illinois children and their communities. Learn more [here](#).

- [Environmental Scans](#) - See how organizations in Illinois and beyond are integrating trauma-informed practices.
- [Policy Briefs & Reports](#) - Our reports and policy briefs explore the impact of ACEs in the health, justice, and education systems including promising practices and recommended actions for change.
- [Trauma-Informed Care – Best Practices Toolkit for Providers](#) - The resources shared in this toolkit are informed by our work with the Hospital Collaborative and are designed to help providers both increase their understanding of what it means to be truly trauma-informed and begin the complex and multi-step process of implementing those practices.
- [Webinar Archive](#) - Explore topics like [Trauma-Informed Advocacy: Practical Tools for Working with Vulnerable Populations](#) and [The Buffering Role of Community Resilience against Adverse Childhood Experiences](#) with national experts like Dr. Kenneth Epstein of the San Francisco Department of Public Health and Gwendolyn Packard of the National Indigenous Women’s Resource Center.
- Check out our [Resource Library](#) for our latest papers including [Widening the Lens on ACEs: The Role of Community in Trauma, Resilience, and Thriving](#).