

Resilience: The Biology of Stress & the Science of Hope

Film Screening & Facilitated Q&A Discussion

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RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

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Learn how Adverse Childhood Experiences (ACEs) and toxic stress impact brain development.

Sullivan 180 team members will screen this one-hour film and facilitate a discussion of reactions, feedback and how to treat and prevent toxic stress in children, greatly improving the health of future generations.

Participants will leave with a deeper understanding of ACEs, toxic stress and the connections between heart disease, cancer, substance abuse and depression.

To schedule a FREE film screening, contact Arina L. Soler, Maternal/Child Health Outreach Coordinator at 845.295.2684 or Arina@Sullivan180.org.

Trainings are available both in person and via Zoom.



Building a healthy community, one degree at a time



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THE TRUTH ABOUT ACEs

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative

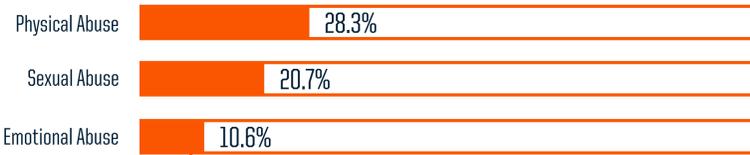


Substance Abuse

HOW PREVALENT ARE ACEs?

The ACE study* revealed the following estimates:

ABUSE

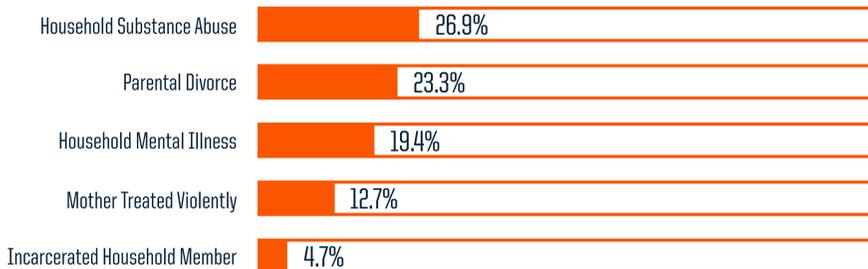


percentage of study participants that experienced a specific ACE

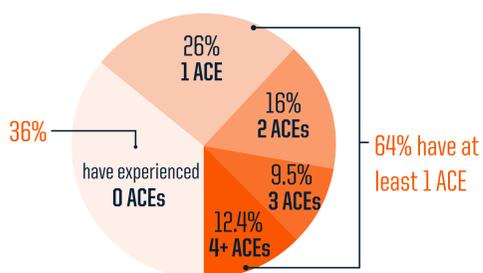
NEGLECT



HOUSEHOLD DYSFUNCTION

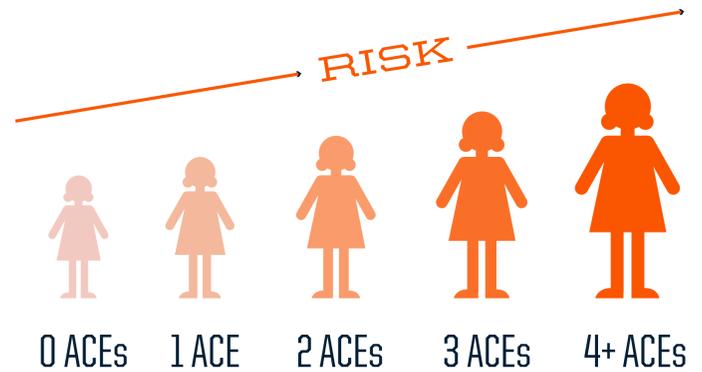


Of 17,000 ACE study participants:



WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

BEHAVIOR



PHYSICAL & MENTAL HEALTH

