REDUCING ACES & BUILDING RESILIENCE IN WASHINGTON STATE

A Minnesota Communities Caring for Children webinar
Presented by Lowell Johnson & Emily Clary
Agenda

Approximately 1 hour & 15 minute presentation with 15 minutes Q&A

1. Adverse Childhood Experiences (ACE) Study overview
2. Resilience Building Framework: Self-Healing Communities
3. History of the Washington State ACE Response
4. Three communities that adopted the Self-Healing Communities model
   - Walla Walla
   - Bellingham
   - Longview
5. Lessons Learned from Washington State champions
6. Q&A
The Adverse Childhood Experiences (ACE) Study

Overview

Dr. Robert Anda

Dr. Vincent Felitti

Photo Source: Dr. Robert Anda http://www.aceinterface.com/Robert_Anda.html; Dr. Vincent Felitti http://www.mentalhealthexcellence.org/dr-vincent-felitti-origins-addiction/
The Adverse Childhood Experiences (ACE) Study

ACE Pyramid

Source: CDC [https://www.cdc.gov/violenceprevention/acesstudy/images/ace_pyramid_lrg.png](https://www.cdc.gov/violenceprevention/acesstudy/images/ace_pyramid_lrg.png)
Resiliency Building

**Self-Healing Communities Model**

- Individual Capabilities
- Attachment & Belonging
- Community, Faith & Culture
History of the Washington State ACE Response

1994 | **Violence Prevention Act (VPA)**
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| • High school dropout
| • Youth violence
| • Family violence
| • Child abuse & neglect (related out of home placements)
| • Substance abuse
| • Suicide rates
| • Teen pregnancy

2002 | Networks began prioritizing the reduction of ACEs; a statewide cohort of 40 presenters was trained to spread the word about ACEs.

2010 | Behavioral Risk Factor & Surveillance System (BRFSS) survey findings revealed that the majority of respondents in WA State had 1+ACE.

2011 | House Bill 1965 was passed.

2012 | The ACE Public-Private Partnership (APPI) was formed in the place of the Family Policy Council.

2013 | State funded evaluation began of 5 communities who were working to address ACEs.

2016 | Findings from the evaluation of the 5 communities revealed that:

> Local community networks in Washington State have succeeded in reducing the effects of adverse childhood experiences (ACEs) such as child abuse and neglect, domestic violence, household substance use, and parent mental illness.
Self-Healing Community Approach  
_Walla Walla, Washington_  

- Organizational adoption of trauma-informed practices  
- Improved neighborhood infrastructure  
- Local sales tax of 0.1% to support prevention efforts  
- Educational campaign about NEAR science  
- Mayor’s Proclamation that October be recognized as Children’s Resilience Month

Self-Healing Community Approach

*Bellingham, Washington*

- School district survey of parents & children
- Evaluation of mental models & revision of school mission statement

Self-Healing Community Approach

*Longview, Washington*

- *Take Back the Light*
- *Community organizing*
Lessons Learned from Washington State

1. An ACEs Response Requires a Paradigm Shift in Thinking
2. Facilitate Trust & Community Building
3. Expand & Share Leadership
4. Communicate Strategically about ACEs & Resilience
5. Evaluate & Reflect on Progress
6. Celebrate Success
Lessons Learned from Washington State
1. An ACEs Response Requires a Paradigm Shift in Thinking
Lessons Learned from Washington State

2. Facilitate Trust and Community Building
Lessons Learned from Washington State

3. Expand & Share Leadership
Lessons Learned from Washington State

4. **Communicate strategically about ACEs & resilience**
Lessons Learned from Washington State

5. Evaluate & Reflect on Progress
Lessons Learned from Washington State

6. Celebrate Success
Questions?

Feel free to contact the presenters at:

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Recommended Resources

• Advancing the measurement of collective community capacity to address adverse childhood experiences and resilience.

• Adverse Childhood Experiences & Population Health in Washington: The face of a chronic public health disaster.

• New Study Shows Communities Can Reduce the Effects of Adverse Childhood Experiences (Summary for Policymakers)

• Preventing and Mitigating the Effects of ACEs by Building Community Capacity and Resilience: APPI Cross-Site Evaluation Findings (Final Report)

• Projected cost savings due to caseloads avoided: Technical notes.
  https://www.digitalarchives.wa.gov/do/DFDCC0A9E76F9B876E95F928303C9A59.pdf

• Reducing adverse childhood experiences (ACE) by building community capacity: A summary of Washington Family Policy Council research findings.
  https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3483862/pdf/wpic40_325.pdf

• Self-Healing Communities: A Transformational Process Model for Improving Intergenerational Health.

• Walla Walla, Washington’s Community Response to Adverse Childhood Experiences: A Case Study & Lessons for Minnesota
Recommended Resources

Blogs, Infographics, & Articles


• New Study Shows Communities Can Reduce the Effects of Adverse Childhood Experiences, Mathematica Policy Research https://www.mathematica-mpr.com/news/appi


• To Heal a Community, Build Capacity, Robert Wood Johnson Foundation https://www.rwjf.org/en/culture-of-health/2016/07/to_heal_a_community.html


Documentaries


• Resilience documentary - http://kpjrfilms.co/resilience/about-the-film/
Recommended Resources

Websites

• Minnesota Communities Caring for Children website https://www.pcamn.org/

• ACES Connection Network  http://www.acesconnection.com/

• Minnesota ACEs Action (a sub-group of ACEs Connection) http://www.acesconnection.com/g/minnesota-aces-action

• ACE Response http://www.aceresponse.org/

• ACEs Too High https://acestoohigh.com/


• Mobilizing Action for Resilience Communities (MARC) http://marc.healthfederation.org/shared-learnings/from-problems-to-issues-making-trauma-informed-policy-change

• Resilience Trumps ACEs website https://www.resiliencetrumpsaces.org/