

# Growing Resilient Communities

## Resources & Tools

### Minnesota Resources

- **Minnesota Department of Human Services – Collaboratives:** <https://mn.gov/dhs/partners-and-providers/policies-procedures/childrens-mental-health/collaboratives/>
- **ACE Collaborative Partnership Initiative:** <http://www.pcamn.org/ace-awareness-efforts-with-collaboratives/>
- **Minnesota Communities Caring for Children:** <https://www.pcamn.org/>
  - **Webinars:** <https://www.pcamn.org/educational-webinars/>; Trauma-Informed Approaches in Minnesota Schools/Engaging Parent Leaders/Reducing ACEs & Building Resilience in Washington State/Using Minnesota Student Survey Data to Inform Community Action/ World View/Increasing Your Child's Success by Modeling Emotional Intelligence, and much more!
- **Horizon Public Health:** <http://horizonpublichealth.org/>
- **Whole People videos (TPT/Twin Cities PBS):** <https://www.tpt.org/whole-people/>
  - Whole People is a five-part series spotlighting the impact of Adverse Childhood Experiences (ACES) through personal and community stories. It explores the long-term costs to personal well-being and our society. While much work needs to be done, there are many innovative developments to prevent and treat ACES. We all play a role in becoming a whole people.

### National Resources

- **George Washington University - Building Resilient Communities:** <https://publichealth.gwu.edu/departments/redstone-center/resilient-communities>
  - Has tools that we will work through during the Gathering and more information on the Pair of ACEs (Adverse Childhood Experiences and Adverse Community Experiences)
- **ACEs Connection:** <https://www.acesconnection.com/>
  - Join the *Minnesota ACEs Action* - a group in the “communities” tab on the ACEs Connection site <https://www.acesconnection.com/g/minnesota-aces-action>
  - Includes many resources, such as Growing Resilient Communities 2.0, Mapping the Movement, & webinars
- **The National Family Support Network:** <https://www.nationalfamilysupportnetwork.org/>
- **Menominee Fostering Future/Trauma-Informed Care:** <https://www.menominee-nsn.gov/CommunityPages/FosteringFutures/FosteringFuturesMain.aspx>
- **Center on the Developing Child – Harvard University:** <https://developingchild.harvard.edu/>
  - Has many great videos, including information about how Toxic Stress Derails Healthy Development, resources on Resilience Building in Communities, and a user-friendly infographic on Epigenetics, and much more!

- **Community Resilience Initiative:** <https://criresilient.org/>
  - Check-out their online store and resources for ideas
- **Mobilizing Action for Resilient Communities through Policy and Advocacy - A Toolkit for Trauma-Informed, Cross-Sector Networks:** <http://marc.healthfederation.org/MARC-policy-and-advocacy-toolkit>
- **Institute for Safe Families: Philadelphia ACE Study:** <http://www.philadelphiaaces.org/philadelphia-ace-survey>
- **The Truth About ACEs:** <https://www.rwjf.org/en/library/infographics/the-truth-about-aces.html>
  - This infographic, developed by the Robert Wood Johnson Foundation, provides an excellent overview of the results from the original ACE Study.
- **The Original ACE Study:** [https://www.ajpmonline.org/article/S0749-3797\(98\)00017-8/abstract](https://www.ajpmonline.org/article/S0749-3797(98)00017-8/abstract)
  - In 1998, Dr. Robert Anda and Dr. Vincent Felitti published the landmark Adverse Childhood Experiences study. Using data from over 17,000 individuals in San Diego, CA, this study has changed the way many individuals view the health and human service sector.
- **ACEs Too High:** <https://acestoohigh.com/>
  - A news site that reports on research about adverse childhood experiences, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress. In addition, the site covers how people, organizations, agencies and communities are implementing practices based on the research.
- **Centers for Disease Control & Prevention:** <https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>
  - The CDC is a government agency focused on improving health and safety in the US and abroad. They have a myriad of resources related to ACE and trauma research.
- **Ted Talk about ACEs by Nadine Burke Harris, MD, MPH: How Childhood Trauma Affects Health Across a Lifetime – Video:** [https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime/up-next?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime/up-next?language=en)
  - Dr. Nadine Burke Harris, founder of the Center for Youth Wellness in San Francisco, CA, gives a compelling talk about the need to address ACEs and trauma through a public health approach.
- **Healing Collective Trauma with Contributions from Dr. Maria Yellow Horse Brave Heart, an Indigenous scholar who developed the term Historical Trauma:** <http://www.healingcollectivetrauma.com/>
- **Self-Healing Communities Model (SHCM) Webinar, recorded February 28, 2019:** <https://www.youtube.com/watch?v=edP2C92Z4Ak&feature=youtu.be>