



Fires and Looting outside of LA, California



Louisiana flooding




A child held in Immigration,
her tears were "blood red"



Trauma and ACES
How Do I know?
What do I do?

Cris Stanek, LCSW

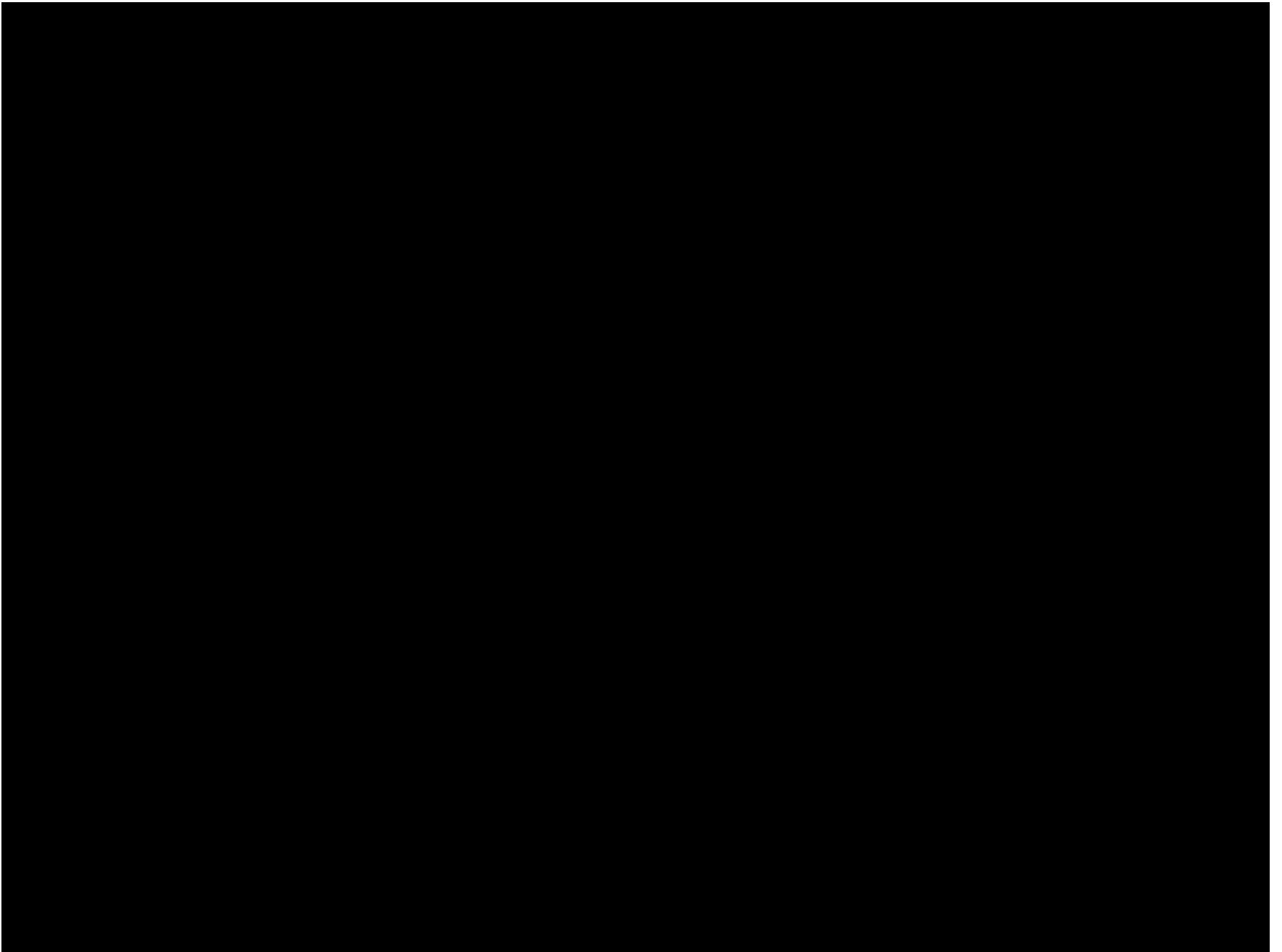


**Be mindful of our own experiences,
our reactions to them, and how our
work might be impacted.**

Mindful Reflection



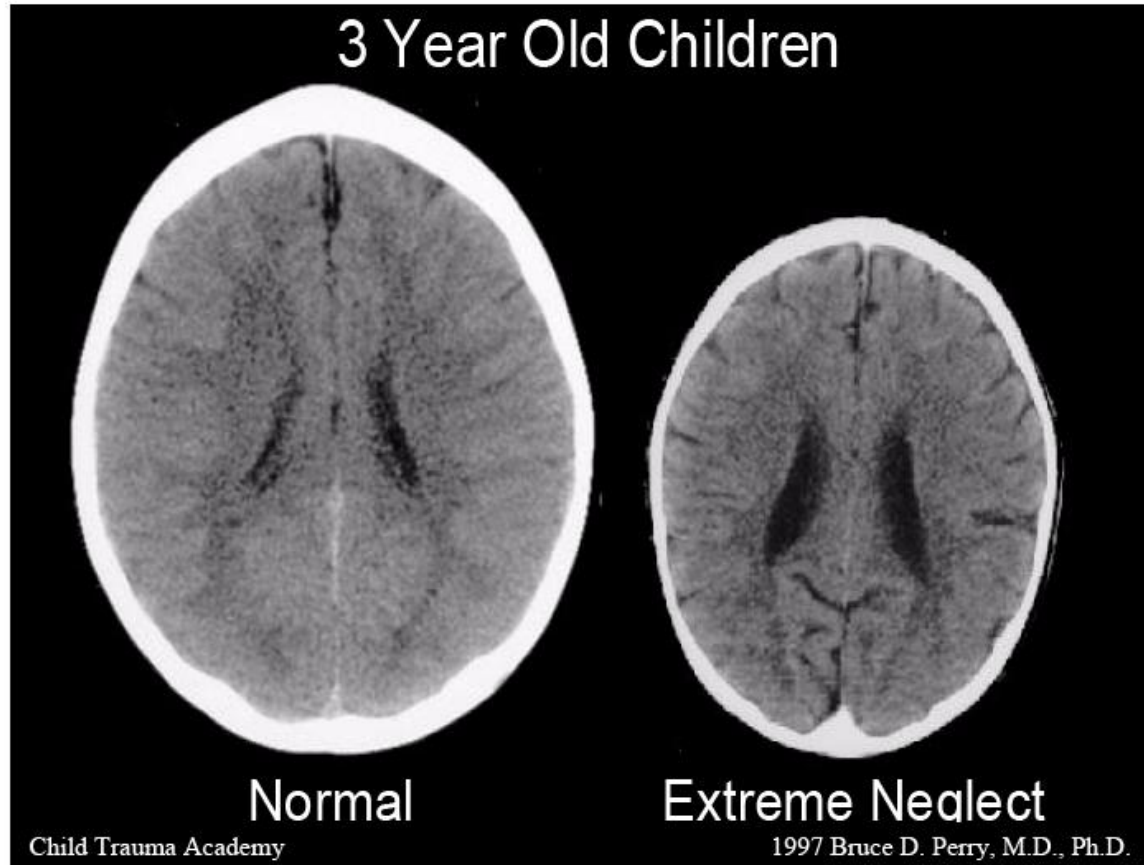
- Think about a time that was difficult, scary or very sad for you.
- Who or What helped you during this time?
- Take a few minutes to write key words about that help.



Potentially Traumatizing Events

- Life-threatening natural disasters
- Death or loss of a loved one
- Life-threatening illness (child or caregivers)
- Abuse or Neglect
- Sexual Abuse
- Bullying
- Car crash
- War / Terrorism
- Near Drowning
- _____
- _____
- _____

90% of brain development occurs within first 5 years of life.



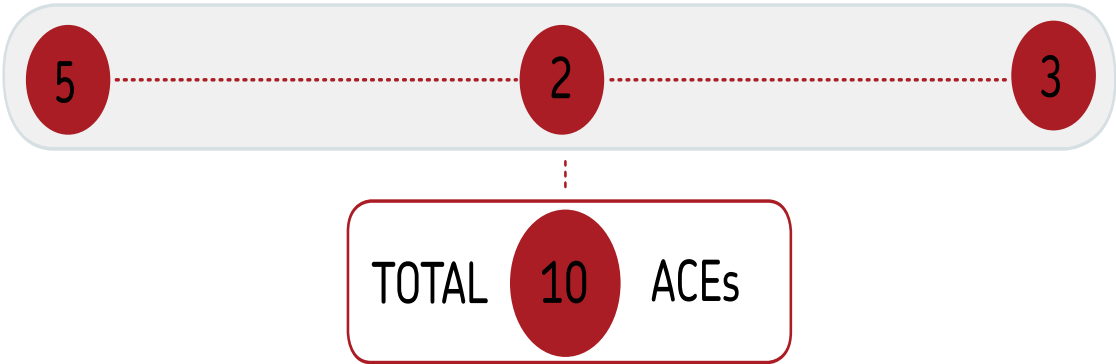
Intervening early in a child's life can make a BIG difference!

Adverse Childhood Experiences ARE COMMON

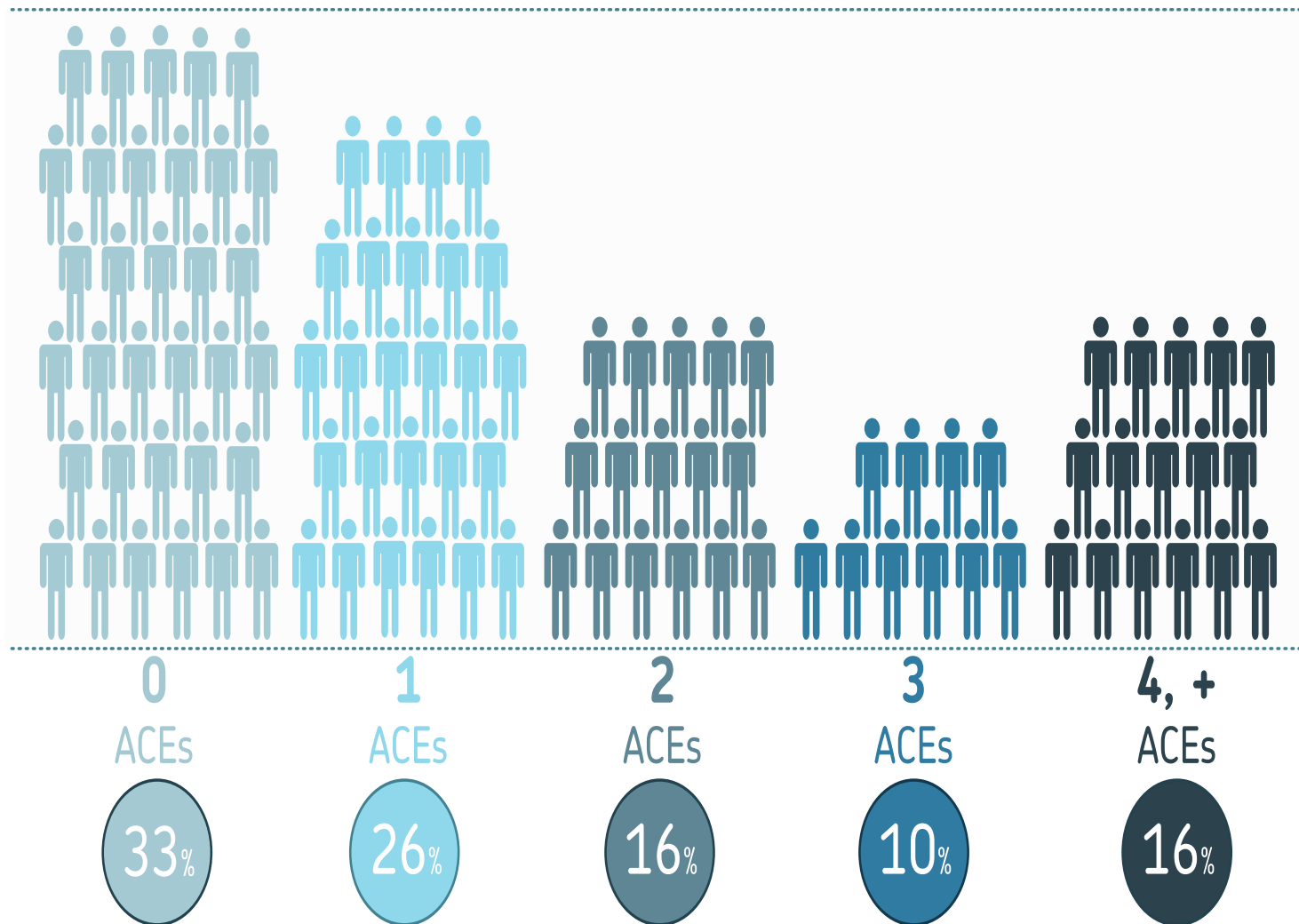
Household Dysfunction	
Substance Abuse	27%
Parental Sep/Divorce	23%
Mental Illness	17%
Battered Mothers	13%
Criminal Behavior	6%

Neglect	
Emotional	15%
Physical	10%

Abuse	
Emotional	11%
Physical	28%
Sexual	21%

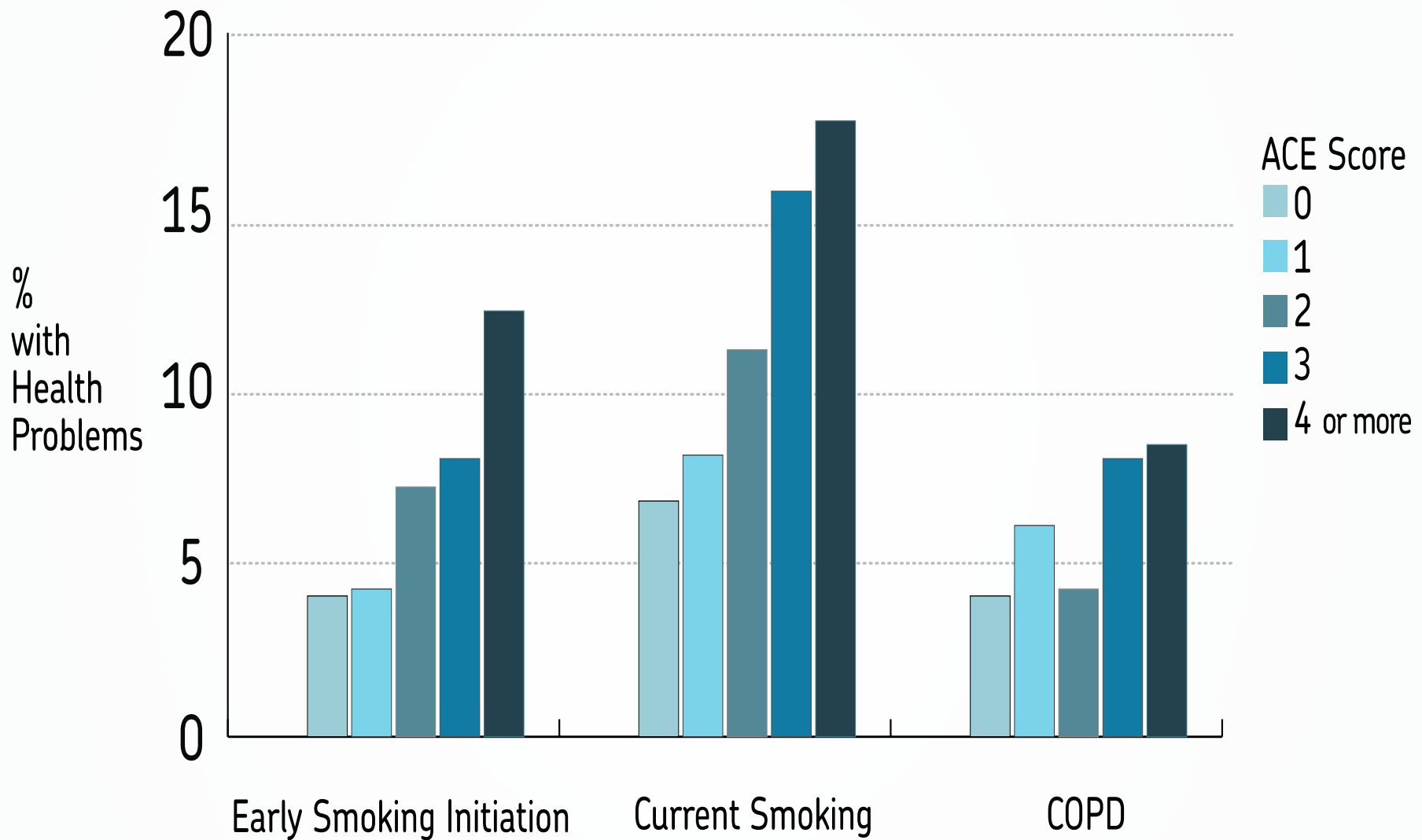


ACE Score = Number of ACE Categories



ACE Scores Reliably Predict Challenges During the Life Course

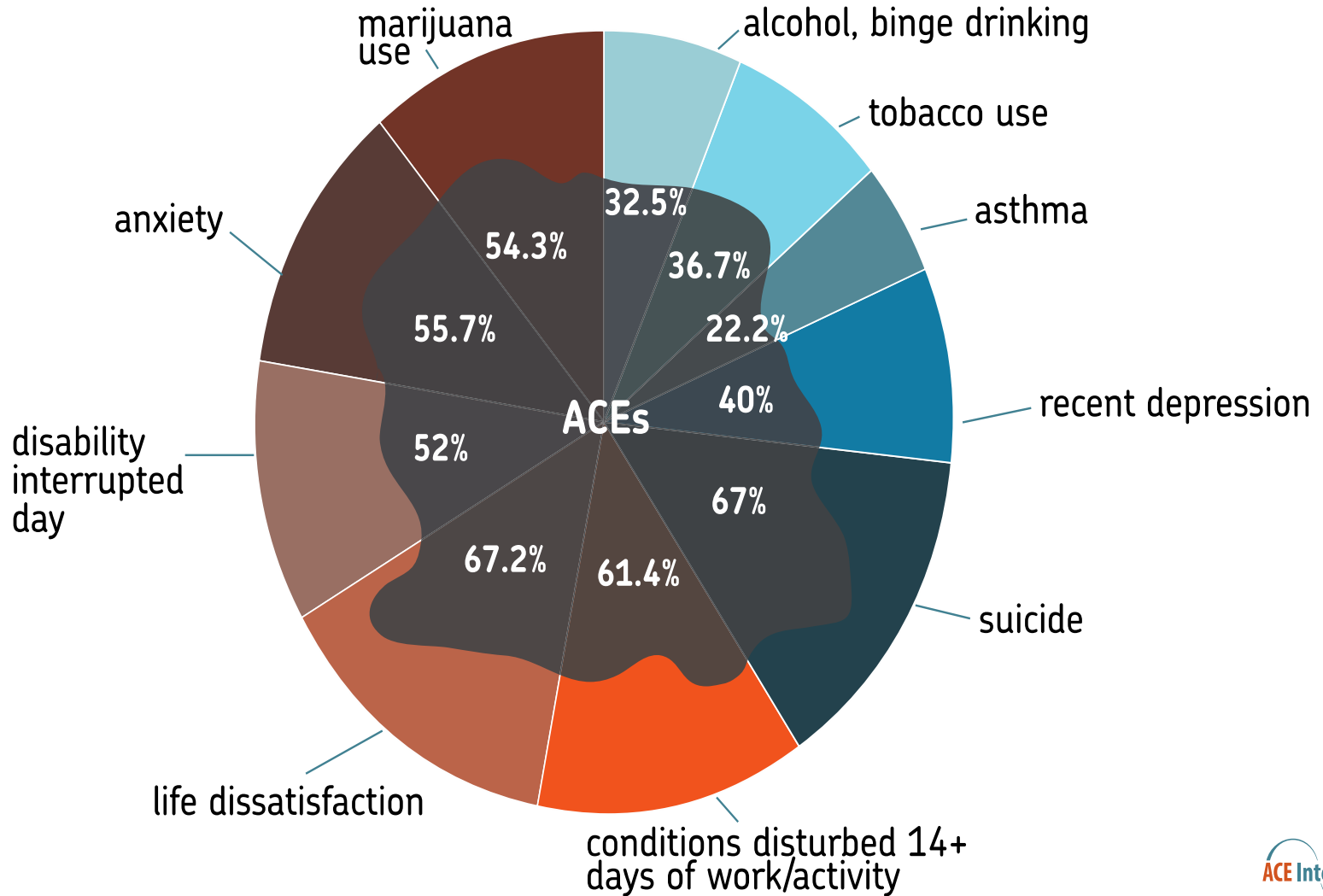
ACEs, Smoking and Lung Disease



ACE Study



Population Attributable Risk



How can you tell if a child's been traumatized or exposed to violence?



They Change!

Shy children may become aggressive.

They may sleep all the time or not at all.

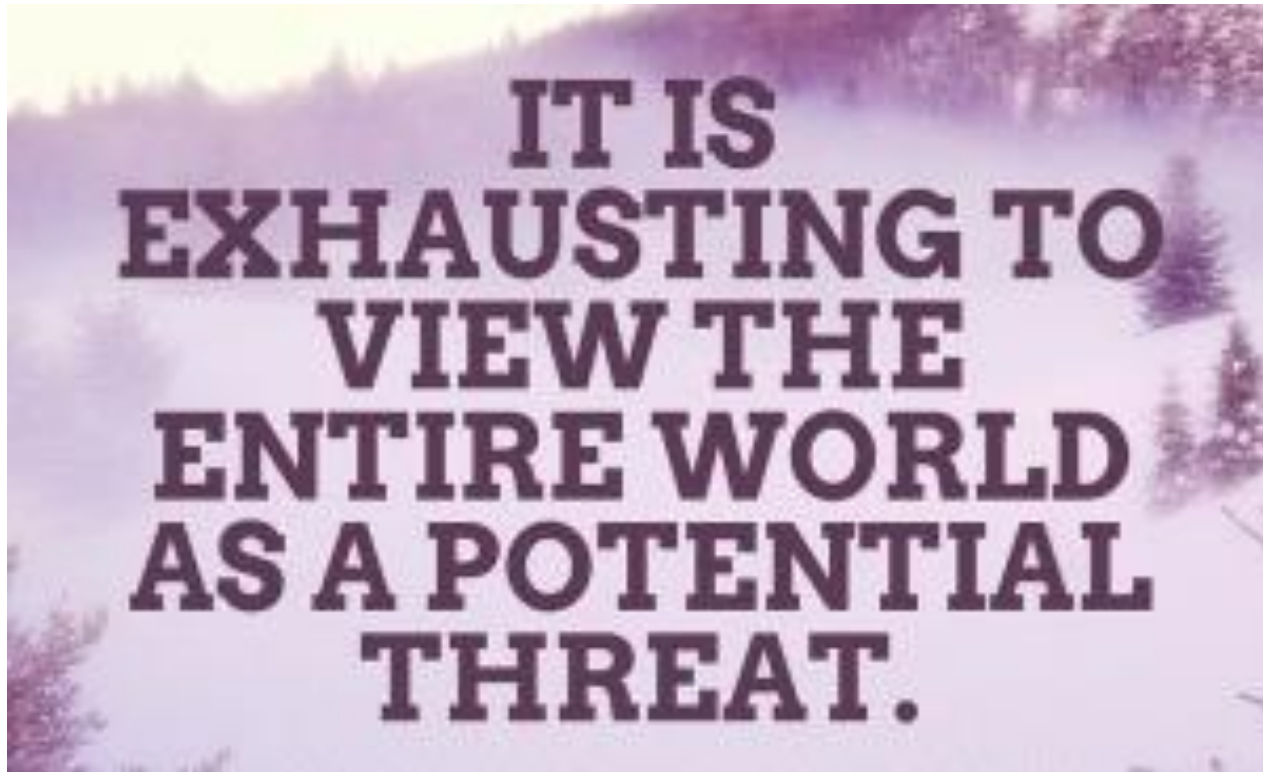
Separations become more anxiety provoking.

They are really clingy/whiny/needy.

Play is beyond the “typical” knowledge area (sexual, violence, etc)

How can you tell in a classroom, with no other information?

Hypervigilance



How can I respond to Fight/Flight?



What this looks like





**“Risk factors are not
predictive factors
due to protective factors”**

Carl Bell M.D.

Core Protective Systems

Capabilities

Attachment
&
Belonging

Community
Culture
Spirituality

“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

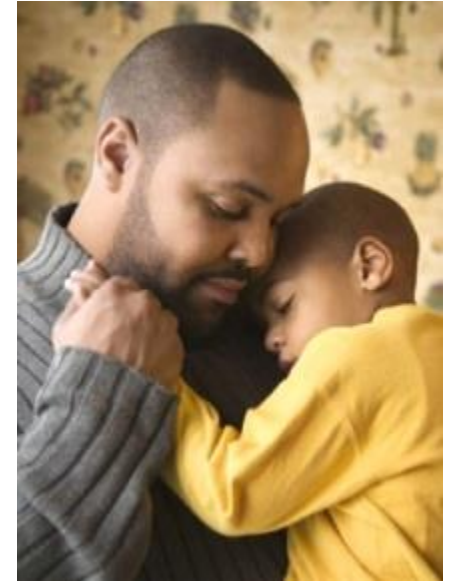
Ann Masten, 2009

HOPE

A hand holding a dandelion seed head against a bright, golden background. The background is a warm, glowing light with bokeh effects, suggesting a sunset or sunrise. The hand is positioned at the bottom center, holding the stem of the dandelion. The overall mood is hopeful and optimistic.

- Children can and do recover from trauma.
- Not ALL children need therapy, but referrals/programs are available.
- Children need someone to LOVE them unconditionally and be willing to be kind while setting firm boundaries.

Co Regulate!



Must be outside
before inside



Please don't...

- ...tell them how to feel (or not feel)
- ...assure them falsely
- ...rush them
- ...halt them

Give them permission to be where they are
(and to move on with grace).





What about you?



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