

Resilience: Hope Lives Here

Child abuse, neglect and growing up in a seriously dysfunctional household are all Adverse Childhood Experiences, or **ACEs** for short. Left unresolved or untreated, these experiences can create childhood trauma and toxic stress that can last a lifetime. Research shows that at least five of the ten leading causes of death, such as heart disease, diabetes and high blood pressure, can be rooted in **ACEs**.

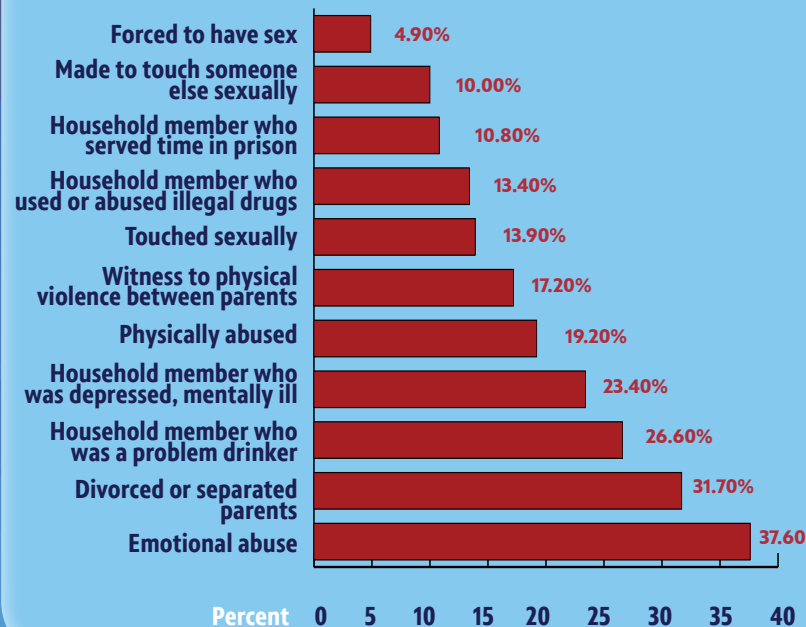
They can even shorten a person's lifespan by up to 20 years.

“ If you have six or more **ACEs**, your lifespan is likely to be 20 years shorter.
ROGER SHERMAN
*Idaho Children's Trust Fund,
 Prevent Child Abuse Idaho* ”

Resilience: Hope Lives Here looks into the **Adversive Childhood Experiences** research and how **ACEs** affect

people throughout their lives. Most importantly, the film explores resilience, which could be considered an antidote to **ACEs**. Community health experts uncover what makes people resilient and share powerful stories of how people have overcome trauma and tragedies. Data clearly show that **ACEs** don't have to be predictive, and resilience can help people bounce forward after experiencing trauma.

Most Prevalent ACEs Among American Adults



Visit idahoptv.org/resilience for more information

ADDITIONAL RESOURCES:

- 211 careline
- 911 emergency
- Idaho Resilience Project idahoresilienceproject.org
- Idaho Suicide Prevention Hotline - Call or Text (208) 398-4357
- Idaho Children's Trust Fund idahofamilysupport.org
- HelpNow Line (986) 867-1073
- IdahoPTV Resilient Idaho idahoptv.org/resilientidaho
- PBS LearningMedia Collection for Teachers

“ **ACEs** can be a significant contributor to why some people suffer from chronic diseases at a higher rate than others.
JEAN MUTCHIE
*Community Health Manager
 St. Luke's Health System* ”

PRODUCTION FUNDING BY:

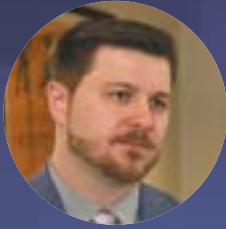


PARTICIPANTS IN THE FILM



Tracey Karst

Tracey Karst is a teacher and adoptive parent of four special needs children. She sees the effects of **ACEs** on a daily basis, both in her classroom and in her home. Meet her family and hear their encouraging story of overcoming trauma.



Sean Blackwell

Sean Blackwell is a criminology professor, but he can't remember much of his childhood — a telling sign of trauma. Hear what helped him become resilient and how he is getting involved in the community to promote healing and change.



Keith Orchard

Keith Orchard is the Mental Health Specialist for the Coeur d'Alene School District in Idaho.

For the past several years, he has presented trauma-informed training in the district with the goal to shift how adults see and respond to children who are struggling by understanding root causes and working to meet the need behind the behavior.

Orchard's training equips teachers and administrators with understanding and tools to support, respond and teach self-regulation skills to children who are acting out. This has completely transformed their approach.



Luis Granados

Luis Granados grew up in the gang culture and found himself in jail as a young person. He was able to turn the negative experiences he faced growing up into skills to help him reach young people in a unique and meaningful way. He is the Executive Director of Breaking Chains Academy of Development. The nonprofit in Canyon County, Idaho, works with gang-involved youth and helps them attain their education and develop life skills.



Shannon McGuire

Shannon McGuire is a community-minded entrepreneur and leader in Idaho. Her life today is a stark contrast to where she grew up — South Central Los Angeles.

McGuire lost her brother in a traumatic and tragic accident at the age of nine. Even worse, people blamed her for his death. Learn how she is able to choose joy and positivity even after such a rough start to life.



Bryan Taylor, PhD, JD

Dr. Bryan Taylor is the Prosecuting Attorney for Canyon County, Idaho. His office is very familiar with the **ACEs** study and takes a proactive approach in looking for ways to identify trauma and better support victims. His team works hard to reduce crime while pursuing justice. Taylor is very involved in the community and believes that civic engagement is key to building a safer and healthier community.



Becky Johnson

Becky Johnson is a therapist and former youth pastor with two master's degrees. Growing up, she experienced massive trauma and has a 10 out of 10 **ACE** score.

Abuse and neglect could have determined her life, but instead she overcame unthinkable tragedy and now lives a successful and meaningful life where she helps others heal.



Holly Whitworth

Holly Whitworth is the Program Manager of the Parents as Teachers Program through Eastern Idaho Public Health. This free service helps to support families by building their child's intellectual, language, social and physical development from birth to age three. Holly has personally seen the power of this mentorship program break the cycle of trauma in families.

Idaho Public Television is proud to have been able to produce this documentary to help raise awareness of **ACEs**.

JEFF TUCKER
Executive Producer

CONSULTING PARTNER



Nationally, 1 in 6 adults experienced four or more types of ACEs, five of the top 10 leading causes of death are associated with ACEs, and preventing ACEs could reduce the number of adults with depression by as much as 44%.