



Early Experiences Shape Our Futures

Cristal Biela, MA

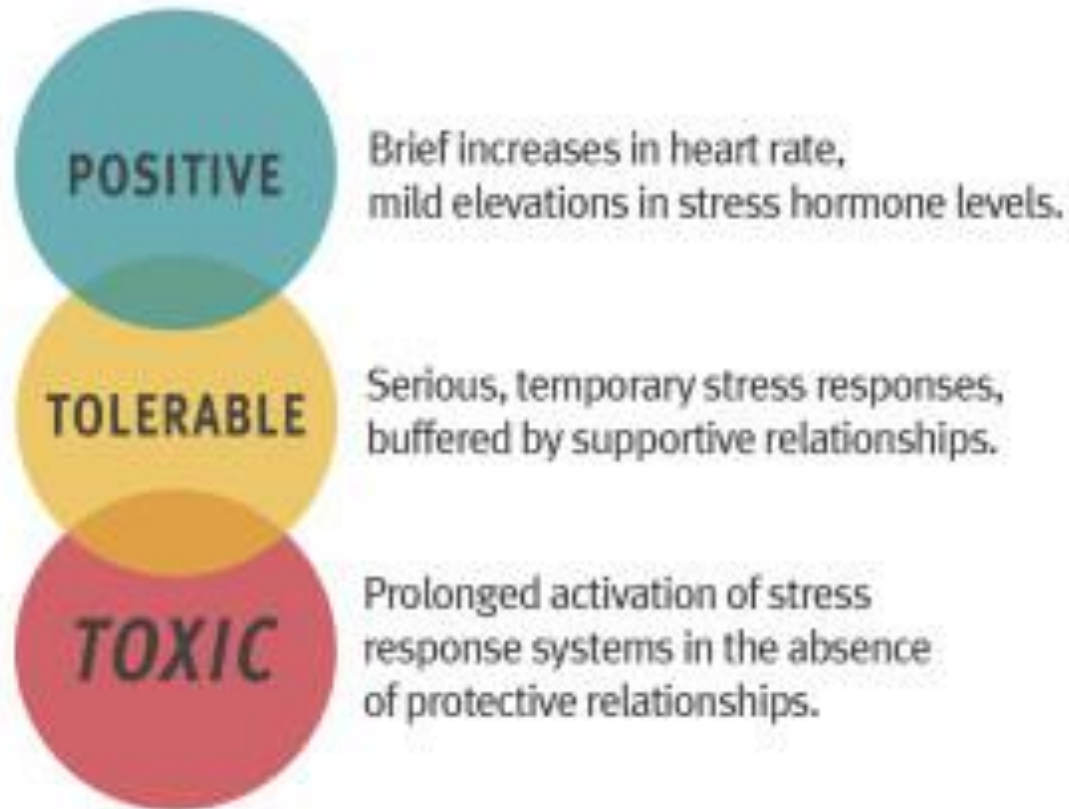
5th May 2017

Conversation on
Chilliwack's Children, CSS

Grounding



Stress



ACE study

- ACEs Primer

Three Types of ACEs

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

Other Adverse Childhood Experiences

- 11. Bullying (by another child or adult)
- 12. Witnessing violence outside of the home
- 13. Witnessing a brother or sister being abused
- 14. Racism, sexism, or any other form of discrimination
- 15. Being homeless
- 16. Natural disasters and war
- 17. Foster care



Veronica



Veronica



Six Primary (Trauma) Risk Factors

- Difficult pregnancy
- Difficult birth
- Early hospitalization
- Abuse
- Neglect
- Trauma



**Complex
Development
Issues**



Source: Dr. Karyn Purvis, Developmental Psychologist

Lily

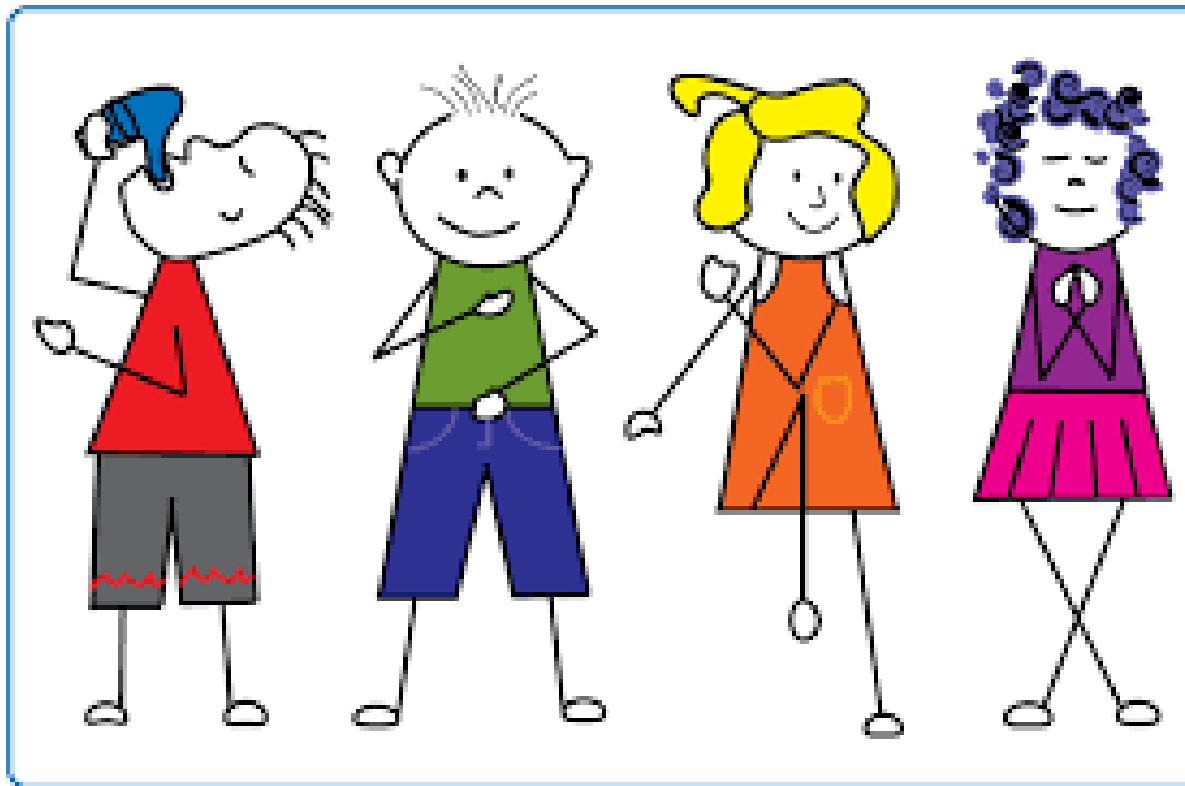


Intergenerational transmission role play



- What does this tell you about how things get transmitted (passed down) in families?
- What kinds of historical events can contribute to ways of being and patterns that families have in the present?

**PACE = Positive, Active, Clear,
Energetic**



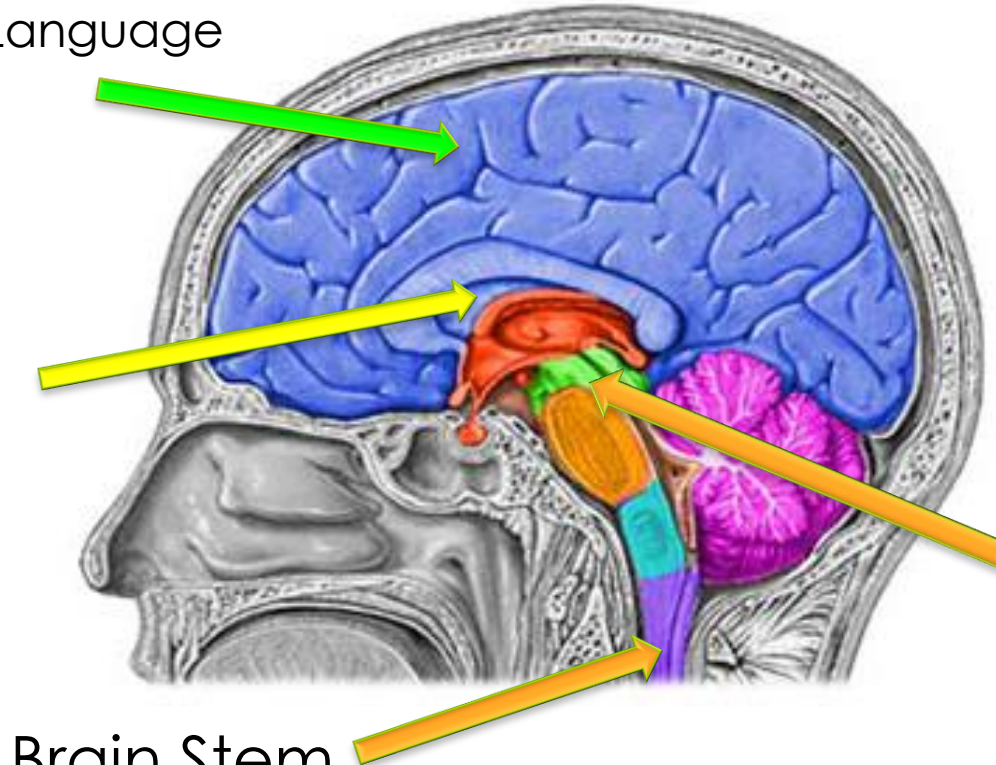
How Brains are Built

- Brain building

Cortex

Thinking & Language

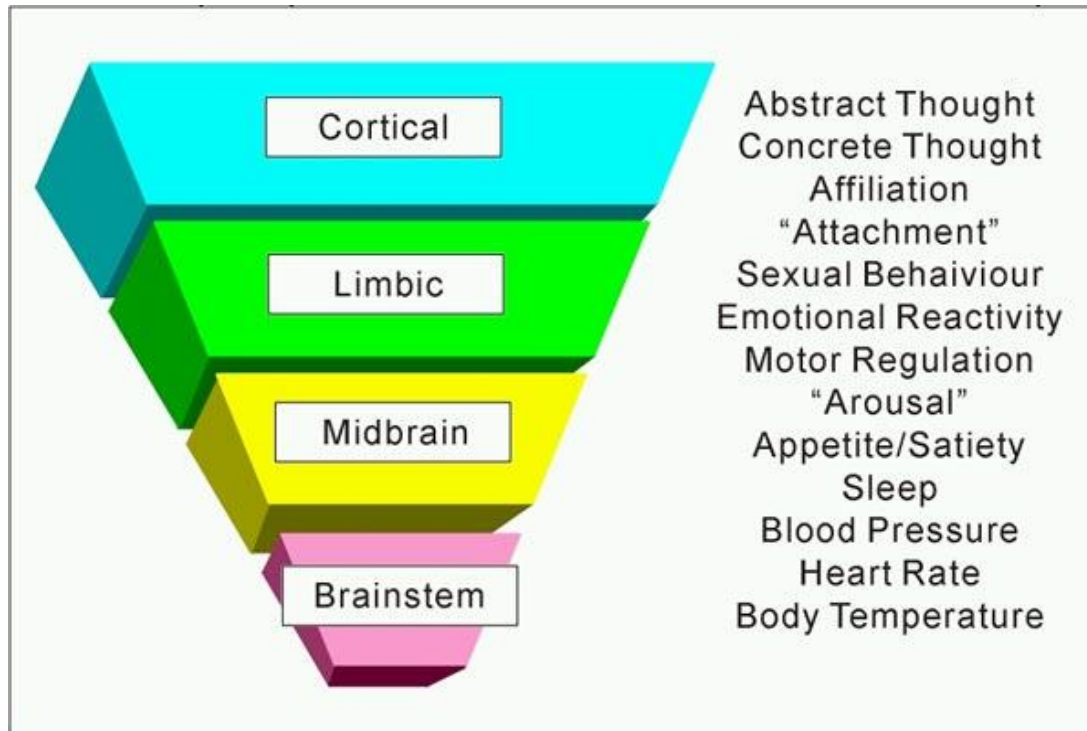
Limbic
Emotion



Mid Brain
Regulation

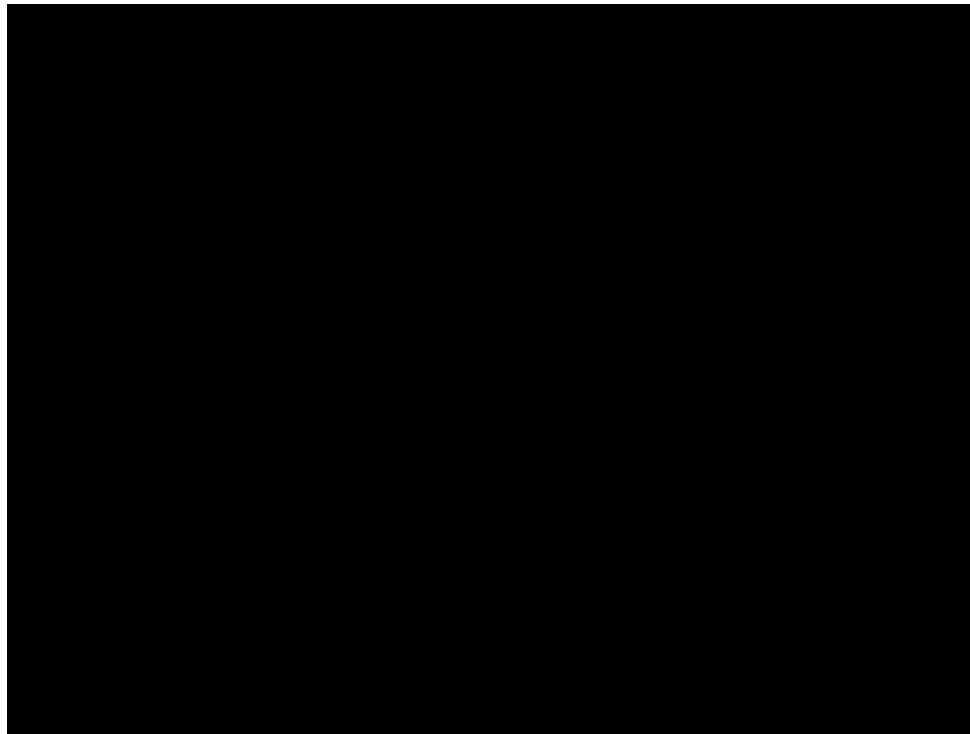
Brain Stem
Heart Rate and
body
temperature

Neurodevelopment



Bottom up

Bruce Perry, 2011



Hand model of the Brain

The ACEs Pyramid

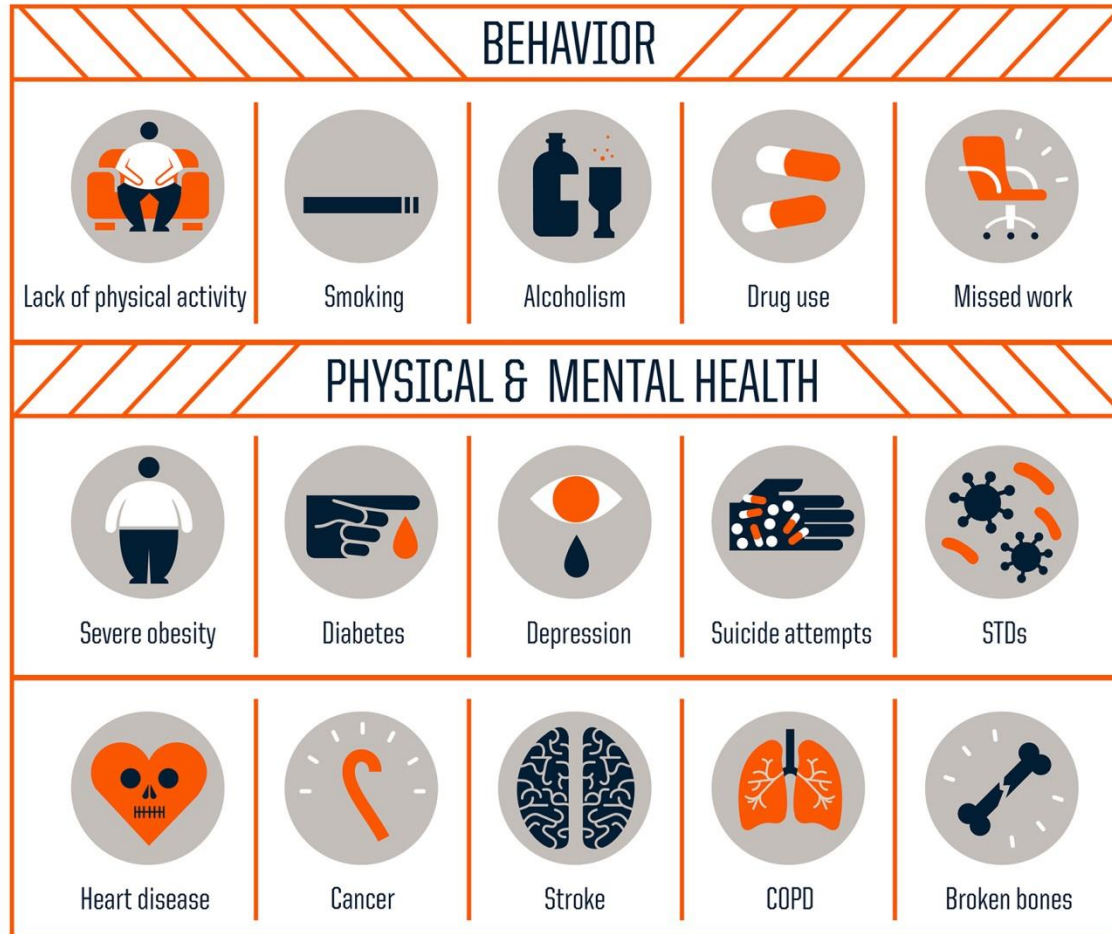


How do ACEs affect health?

- ◉ Damage the developing brain
- ◉ Create problems at school
- ◉ Lower tolerance for stress
- ◉ Increase difficulty in making friends
- ◉ Increase problems with learning and memory
- ◉ Increase stress hormones
- ◉ May cause lasting health problems

Survival mode response

ACEs Increase Health Risks



ACEs Survey

Resilience trumps ACEs!

- The good news is resilience can bring back health and hope!

Resilience



What is Resilience?

- Resilience is the ability to return to being healthy and hopeful after bad things happen.
- Caregivers can help children by:
 - Gaining an understanding of ACEs
 - Helping children identify feelings and emotions
 - Create safe physical & emotional environments

What does Resilience look like?

- Having resilient parents
- Building attachment and nurturing relationships
- Building social connections
- Meeting basic needs
- Learning about parenting and how children grow
- Building social and emotional skills

My Story of ACEs to Resilience



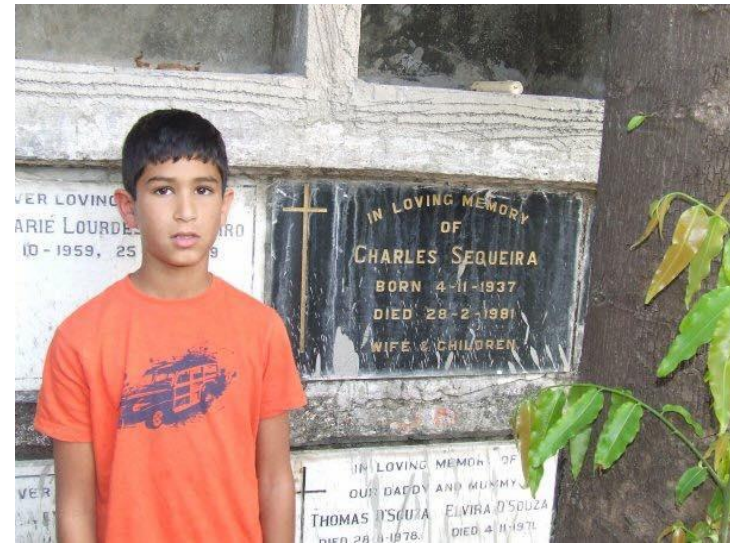
Early Childhood



Preschool years



Elementary years



Adolescent years



Globe trotting



The Healthy Mind Platter

The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

Copyright © 2011 David Rock and Daniel J. Siegel, M.D. All rights reserved.

Sleep Time

- When we give the brain the rest it needs to consolidate learning and recover from the experiences of the day.



Sleep Hygiene

- Maintain a regular sleep routine.
- Avoid naps if possible.
- Don't stay in bed awake for more than 5-10 minutes.
- Don't watch TV or read in bed.
- Drink caffeinated drinks with caution.
- Avoid inappropriate substances that interfere with sleep.
- Exercise regularly.
- Have a quiet, comfortable bedroom.
- If you are a 'clock watcher' at night, hide the clock.
- Have a comfortable pre-bedtime routine

Connecting Time

- When we connect with other people, ideally in person, or take time to appreciate our connection to the natural world around us, richly activating the brain's relational circuitry.
- **3G2P = gratitude, generosity & giving back to people & the planet**

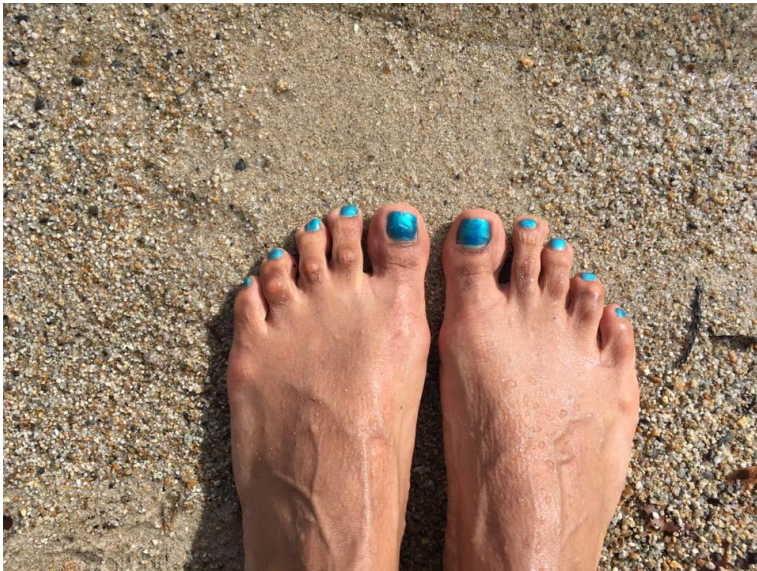




Time In

- When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, helping to better integrate the brain.
- **SIFT**

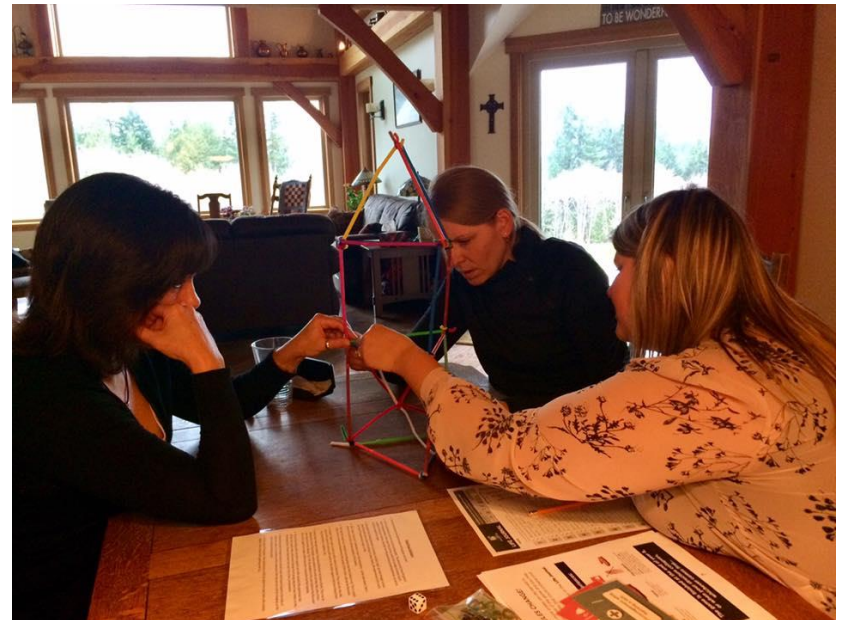




Play Time

- When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, which helps make new connections in the brain.





Physical Time

- When we move our bodies, aerobically if possible, which strengthens the brain in many ways.



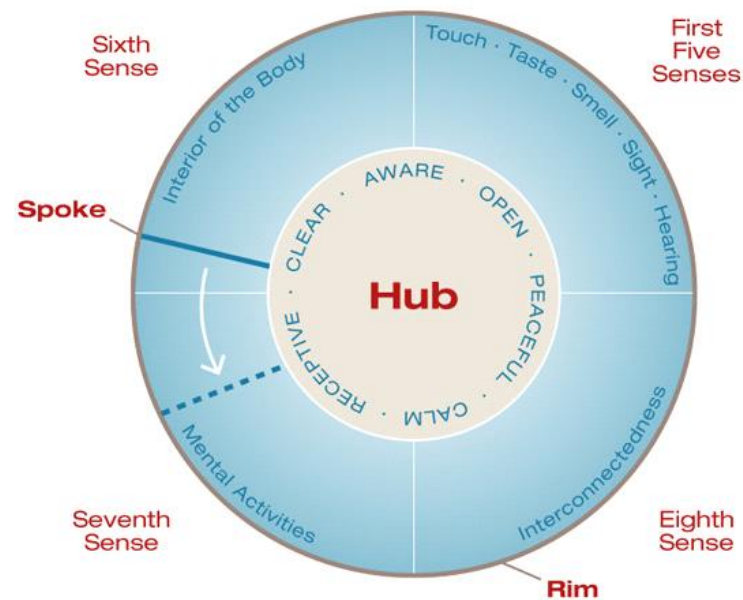


Focus Time

- When we closely focus on tasks in a goal-oriented way, taking on challenges that make deep connections in the brain.



The Wheel of Awareness



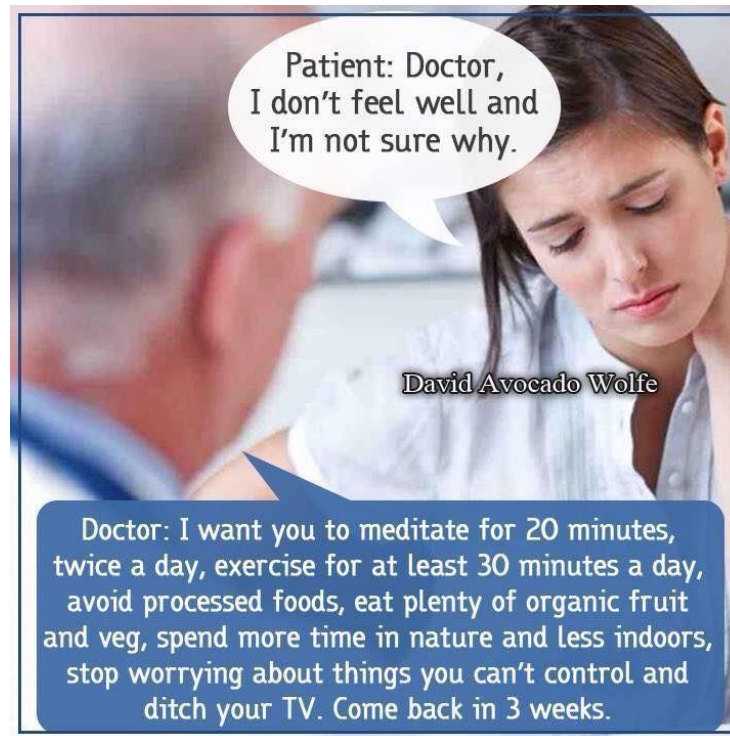
Down Time

- When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge.





Rx for Health



Resiliency in Chilliwack

- **Ministry for Children & Family Development**
 - Complex Care Intervention Program
 - Respite
 - Family Finders
 - Family Development Response
 - Family Group Conferencing
 - Foster Parent Lead Homes
 - Youth Agreements
 - Residential Redesign

Resiliency in Chilliwack

- **Fraser Valley Child Development Centre**
- **Chilliwack Community Services**
 - Better Beginnings
 - Family Support Program
 - Sexual Abuse Intervention Program
 - Youth Services
 - Refugee/Immigrant support

Resiliency in Chilliwack

- ◉ **Child & Youth Mental Health**

- ◉ Walk In Intake Clinic @ Neighbourhood Learning Centre
- ◉ Parenting Groups – CONNECT & Parenting Anxious Kids
- ◉ Child & Youth Groups – Cognitive Behavioural therapy, Dialectical Behaviour Therapy, Transforming Trauma, Wellness groups, Sexual Health In Family Therapy

Resiliency in Chilliwack

- **Crossroads Community Church**

- Divorce Care

- **Ann Davis Services**

- Children who witness violence group
- Caught In the Middle group
- Play therapy
- Individual therapy

Resiliency in Chilliwack

- Trauma Sensitive Schools – **School District #33**
 - Strong Start Sites
 - Self Regulation 3 Programs
 - CALM Program
 - Zones of Regulation
 - Mind up Curriculum
 - FRIENDS program
 - Mindfulness
 - Roots of Empathy
 - Anti Bullying Initiatives
 - Youth As Gatekeepers
 - Anxiety BC
 - Brain based Learning
 - BC Curriculum Emotional Literacy
 - Human Services Career Enrichment Program
 - Partnerships with community partners based in schools

Resiliency in Chilliwack

- **Aboriginal Child & Youth Mental Health**
- **Sto:lo Health**
- **Youth Health Clinic @ Sto:lo & NLC**
- **Elizabeth Fry Society**
- **Adult Mental Health**
- **Pacific Community Resource Society – PCRS**
- **Chilliwack Hospice Society**

Resources

- Chilliwack Community of Practice – Trauma Informed Meetings : 3rd Thursday of the month from 9am to 11am, CCS Wellington Boardroom.
- ACEs Connection
- **Cristal.Biela@gov.bc.ca**

Closing

- Story
- Grounding
- Questions



**Thank you &
Namaste**

A parahiker's guide to the
universe