



# PACEs Connection

Creating a *much* better normal.

PACEs  
Connection



# PACeS Connection

Adolescents, Attachment & ACEs Science

PACeS  
Connection



# PACEs Science

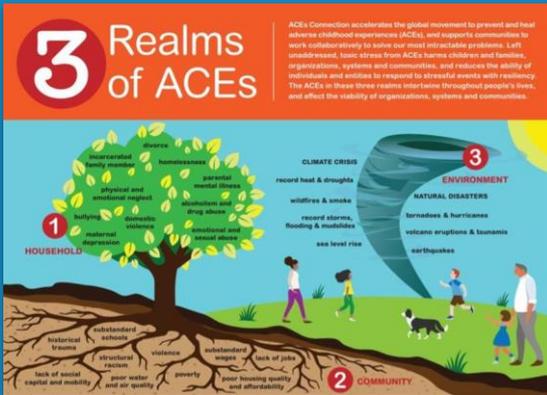
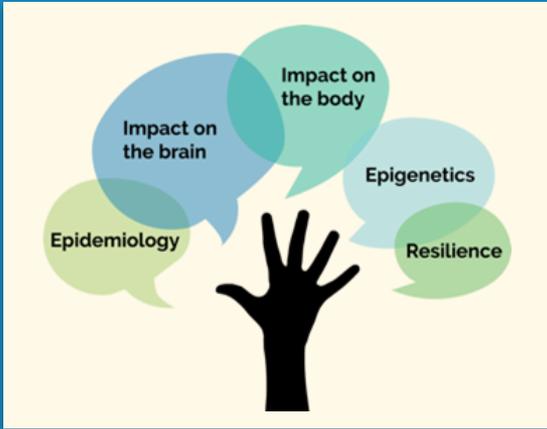
**Epidemiology** ACEs study and expanded ACE surveys.

**Impact on the brain** toxic stress caused by ACEs changes structure and function of brain.

**Impact on the body** health consequences of toxic stress (short & long term)

**Epigenetics** how toxic stress from ACEs is passed from generation to generation, aka historical trauma.

**Resilience** brain and body can heal with healthy relationships, healthy organizations, healthy systems, and healthy communities.





## PACEs Connection

**Supporting communities  
to accelerate the use of  
ACEs science...to solve our  
most intractable problems.**

A close-up photograph of a person's hands holding a small green seedling with soil. The person is wearing a grey t-shirt. The background is dark and out of focus.

## WHAT WE DO

# Connect with support.

We support community ACEs initiatives to create solution-oriented systems.

# 430+

## CITIES, COUNTRIES & STATES

...use free community site, tools,  
guidelines on ACEs Connection

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**WHO WE ARE**

The social network  
for the PACEs movement.

**55,000+**  
**MEMBERS (AND GROWING)**

...who share best practices  
based on PACEs science.

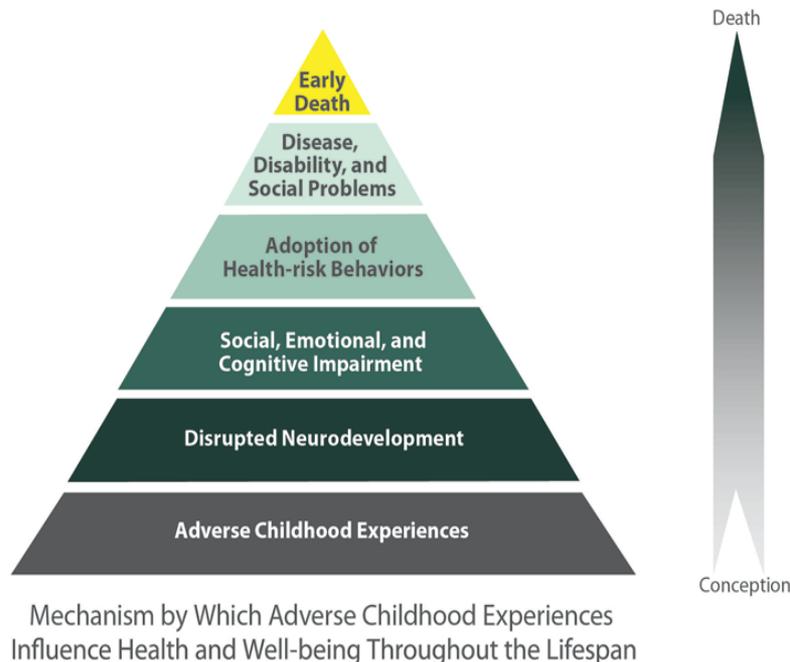
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# **ADVERSE CHILDHOOD EXPERIENCES**

## ADVERSE CHILDHOOD EXPERIENCES

According to the CDC, Adverse Childhood Experiences, or ACEs, are experiences that occur during childhood and account for a wide range of health and social consequences.

ACEs have been categorized into 10 types with each type reflecting either child abuse, child neglect or household challenges that negatively impact brain development, social-emotional growth and overall health and wellbeing.



## ABUSE



Physical



Emotional



Sexual

## NEGLECT



Physical



Emotional

## HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



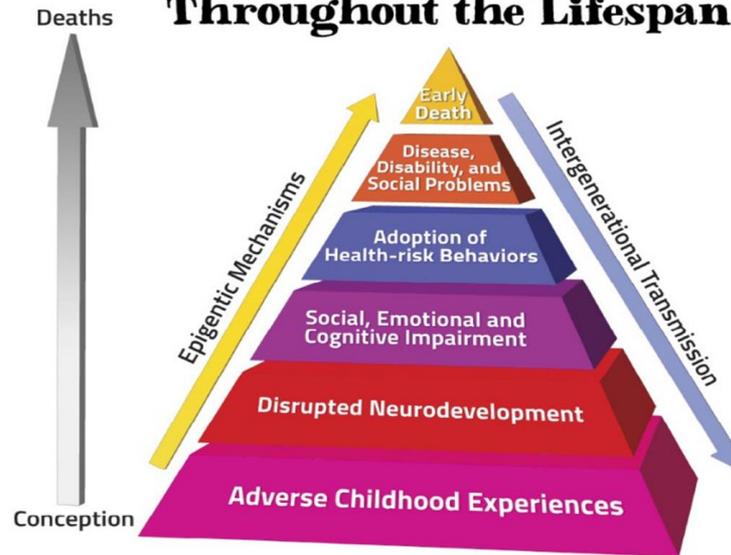
Divorce

# ADVERSE CHILDHOOD EXPERIENCES

**ATTACHMENT**

**DR. ROBERT ANDA  
ACES PYRAMID**

**Mechanisms by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan**

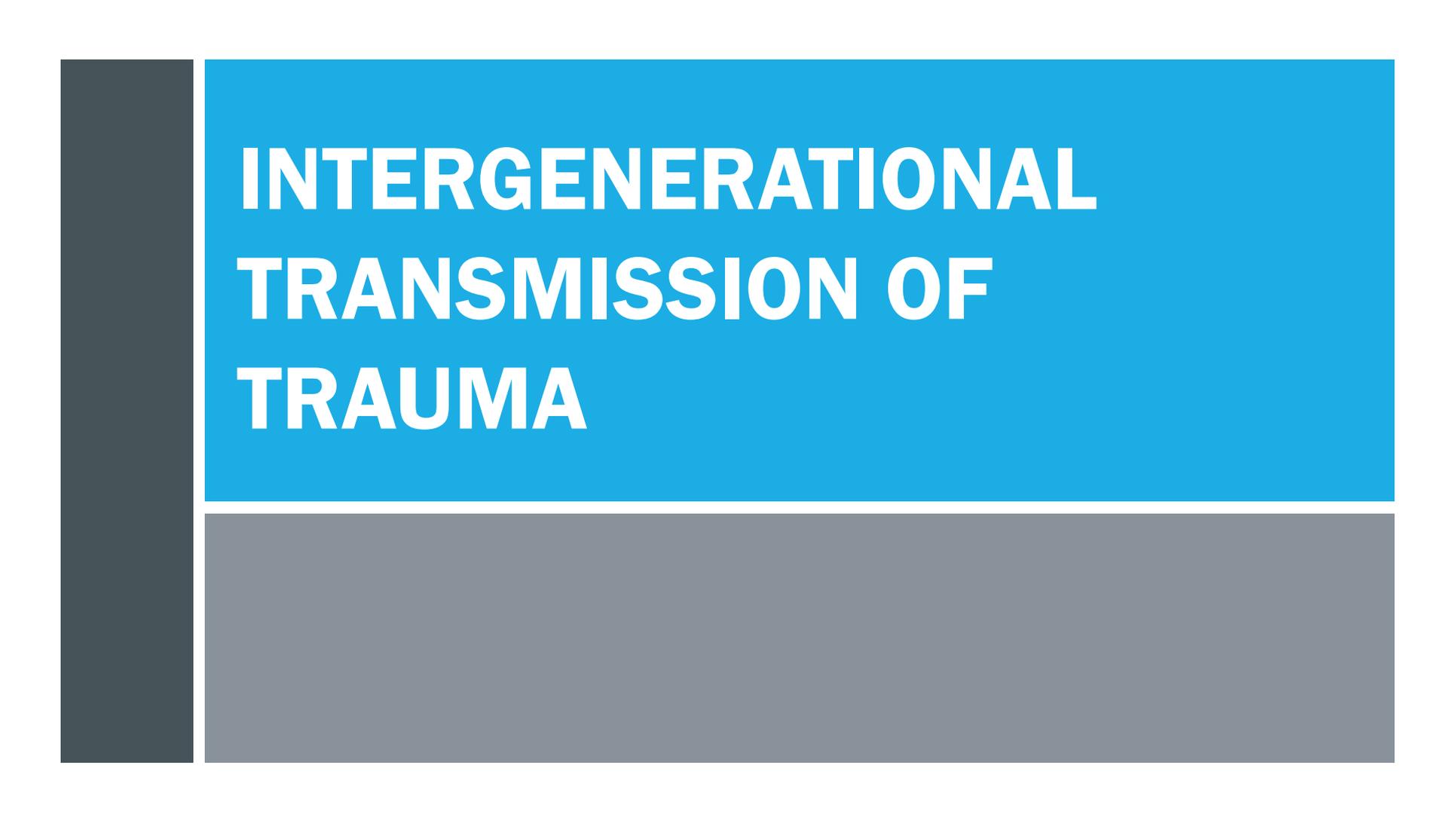


Slide Courtesy of Rob Anda, MD, MS

# BOWLBY & AINSWORTH

## ATTACHMENT STYLES

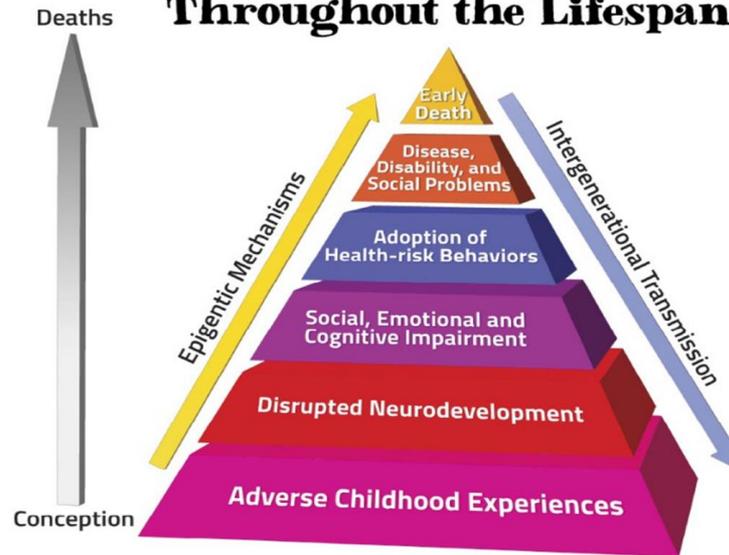




# **INTERGENERATIONAL TRANSMISSION OF TRAUMA**

**DR. ROBERT ANDA  
ACES PYRAMID**

**Mechanisms by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan**



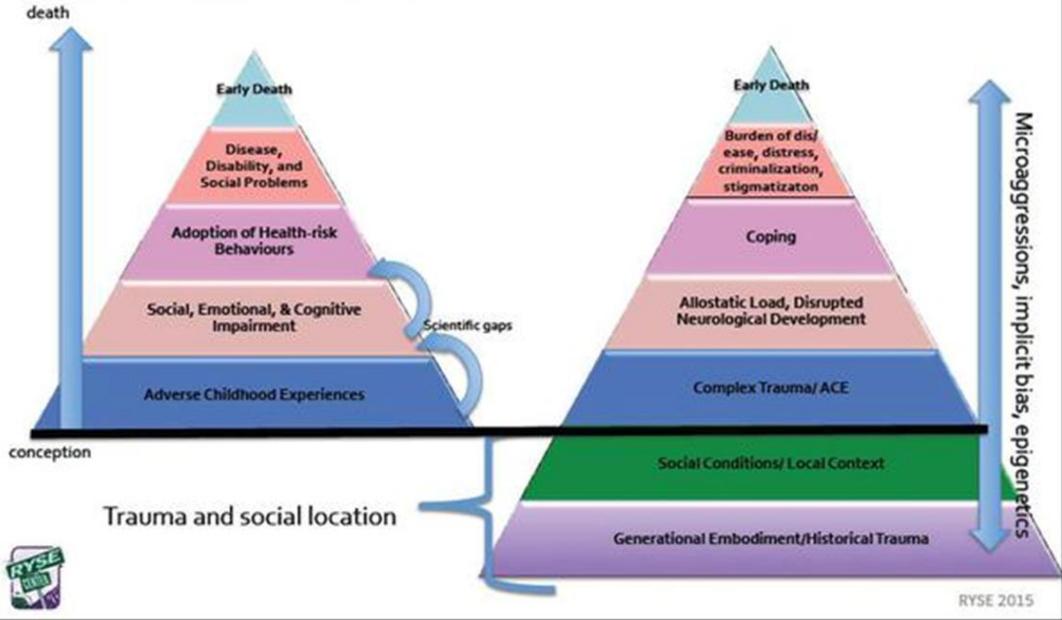
Slide Courtesy of Rob Anda, MD, MS

# RYSE CENTER EXTENDED ACES PYRAMID

## Trauma and Social Location

Adverse Childhood Experiences

Historical Trauma/Embodiment



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# INTERGENERATIONAL TRANSMISSION OF TRAUMA VIA PARENTING



Maladaptive  
Coping Strategies



Survival-based  
Parenting  
Practices



Social Learning  
Theory



Genetics



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## HISTORICAL TRAUMA

- Another term for Intergenerational Transmission of Trauma is Historical Trauma.
- Historical trauma is defined as multigenerational trauma experienced by a specific cultural group.

Ross, n.d.

# HISTORICAL TRAUMA

- The term was first coined in the 1980's by Dr. Maria Yellow Horse Braveheart, a Native American social worker.
- Dr. Braveheart defined Historical Trauma as “a cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma.”
- Dr. Braveheart also stated that historical Trauma was also accompanied by Historical Unresolved Grief.





# HISTORICALLY TRAUMATIC EVENTS

- Genocide
- Chattel Slavery
- Mass Incarceration
- Forced Relocation/Displacement
- 9/11 & Other Terrorist Events
- Jim Crow
- Poverty
- Natural Disasters/Pandemics
- Racism & Its Resulting Microaggressions
- Large Scale Economic Downturns
- Police Brutality
- Stripping of Cultural Identity & Practices
- Community Violence
- War



# GROUPS MOST IMPACTED BY HISTORICAL TRAUMA

- Indigenous/Native Americans
- African Americans
- Individuals living in Poverty
- LGBTQI
- Refugees
- Survivors of Natural Disasters & Other Widespread Traumatic Events
- Children & Adolescents
- War Veterans
- Latinx & Muslim Americans\*\*



# **HISTORICAL TRAUMA SYMPTOMS**

- Vulnerability to PTSD & Other Stress Disorders
- Higher Rates of Violence, to include Domestic Violence & Physical Child Abuse
- Vulnerability to Depression & Suicide
- Increased Use of Alcohol & Substances
- Poverty
- Lack of Educational Attainment
- Higher Crime & Incarceration Rates



# HISTORICAL TRAUMA SYMPTOMS CONT.

- Higher Rates of Unemployment
- Higher Mortality & Early Death Rates
- Lower IQ
- Higher Likelihood of Developmental Delays & Behavioral Problems in Childhood
- Higher Risk of Child Sexual Abuse
- Relationship Difficulties

# ADOLESCENCE



**Deutsches Arzteblatt,  
International**

**“Brain Development  
During Adolescence”**

**NIH National Library of  
Medicine**

[https://www.ncbi.nlm.nih.gov/pmc/  
articles/PMC3705203](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705203)

## **Key Messages:**

- ❖ “In adolescence, a fundamental reorganization of the brain takes place that continues into the beginning of the third decade of life.”
- ❖ “Adolescent brain development is characterized by an imbalance between the limbic and reward systems, which mature earlier, and the not yet fully mature prefrontal control system. This imbalance may be the neural substrate for the typical emotional reactive style of adolescence, and it may promote risky behavior.”



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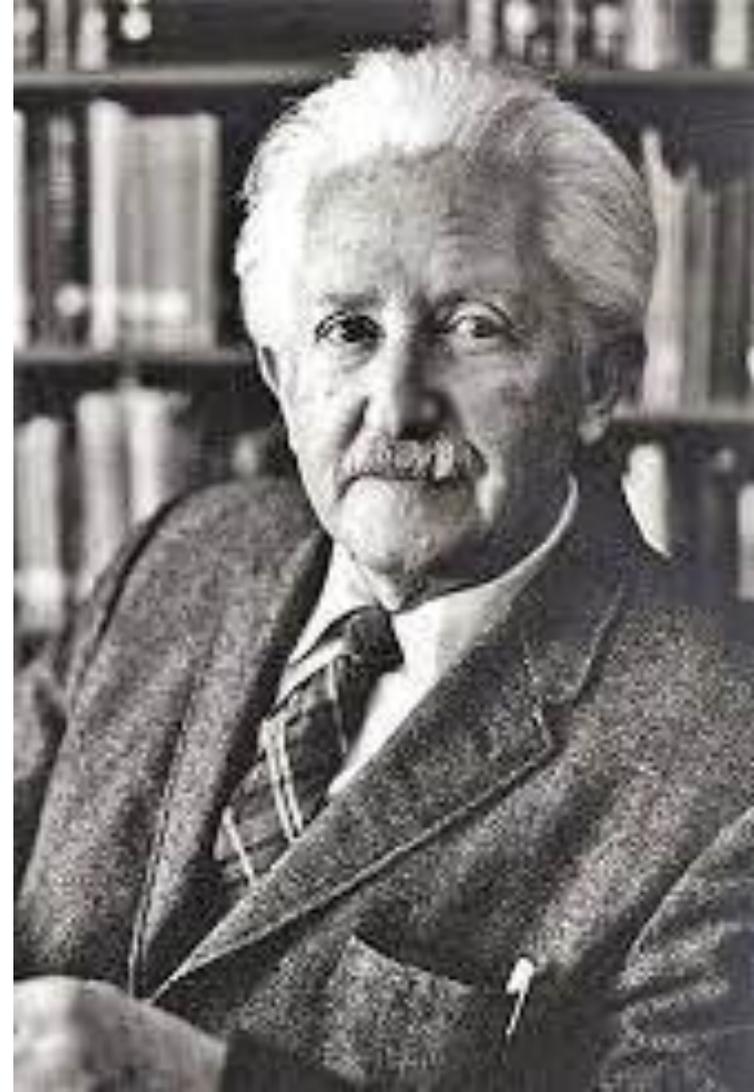
## **Key Messages Cont.:**

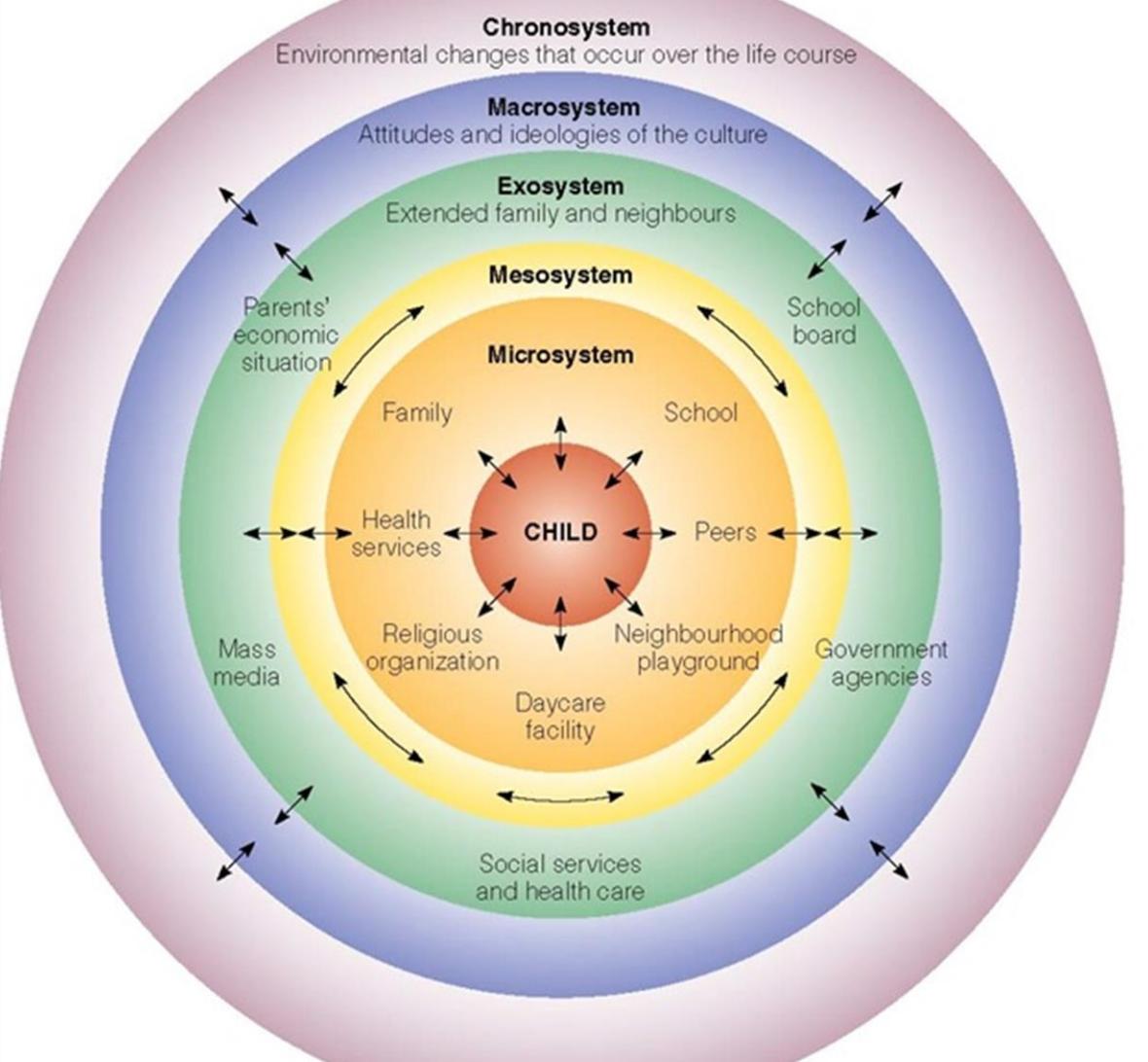
- ❖ “Typical adolescent behavior is the basis for the development of autonomy in adolescents and promotes their emancipation from the primary family.”
- ❖ “The hormones of puberty affect the further sex-specific restructuring of the adolescent brain.”
- ❖ “The reorganization of the adolescent brain renders it particularly susceptible to environmental influences, both positive and negative.”

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## STAGES OF PSYCHOSOCIAL DEVELOPMENT

- ❖ Trust vs. Mistrust
- ❖ Autonomy vs. Shame & Doubt
- ❖ Initiative vs. Guilt
- ❖ Industry vs. Inferiority
- ❖ **Identity vs. Identity Confusion**
- ❖ Intimacy vs. Isolation
- ❖ Generativity vs. Stagnation
- ❖ Integrity vs. Despair





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# SOCIAL ECOLOGICAL MODEL OF DEVELOPMENT

-URI  
BROFENBRENNER



## BRONFENBRENNER'S THEORY

- Bioecological Model-theory that physical, cognitive and social factors impact development through a network of systems.
- The innermost system, microsystem, includes the home, school.
- The next closest system, mesosystem, refers to the interactions between the different settings within the microsystem.
- The next closest system, exosystem, refers to factors that affect the individual indirectly, parent's workplace, friends and friends' parents, political influences, and government.
- The outermost system, macrosystem, refers to beliefs, values, society and cultural influences.
- Bronfenbrenner believed that the reciprocal interactions between the individual and these systems fueled development.

# THE SOLUTION



**Bethell et al., 2019**

**JAMA Pediatrics**

[www.jamanetwork.com/journals/jamapediatrics](http://www.jamanetwork.com/journals/jamapediatrics)

## Positive Childhood Experiences:

1. Able to talk with my family about my feelings.
2. Felt that my family stood by me during difficult times.
3. Enjoyed participating in community traditions.
4. Felt a sense of belonging in high school.
5. Felt supported by friends.
6. Had at least two non-parent adults who took a genuine interest in me.
7. Felt safe and protected by an adult in my home.

# Interacting Layers of Trauma and Healing



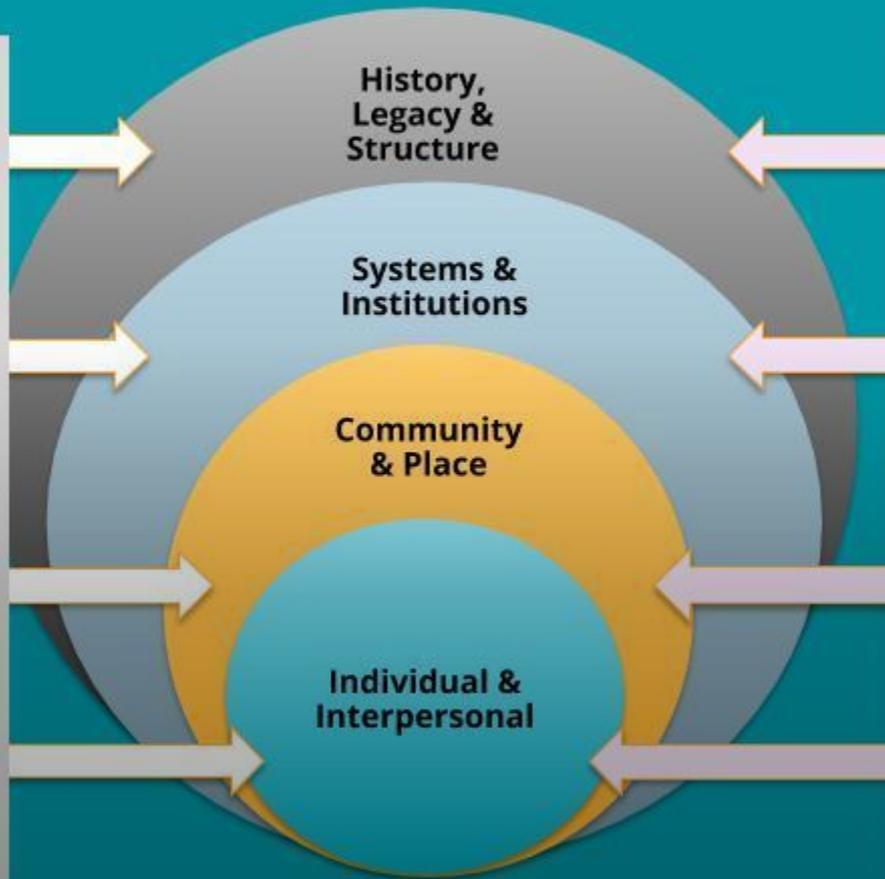
## Dehumanization and Distress

**Nation Building** by Enslavement, Genocide, Colonization, Economic Exploitation, Displacement, Cultural Hegemony, White Supremacy

**Systemic Subjugation of POC** by Interacting Policies & Systems: War on Drugs, Mass Incarceration, Segregation (de jure and de facto), Anti-Immigrant Policies, Climate Violence, Media Assaults, Displacement & Redlining

**Atmospheric Distress** that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation, Lack of Safe Passage & Safe Spaces, Underinvestment, Oversurveillance

**Embodiment and Expression of Distress** through Personal Traumatic Experiences; Bullying, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission



## Liberation and Healing

**Collective Liberation** by Truth & Reconciliation, Reparations, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, (Re)imagined Social Compact

**Lead with Love and Justice** by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Adaptive, Responsive, and Proximate, Power-sharing (Nothing about us without us)

**Build Beloved Community** by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Arts & Expression, Base & Power-Building

**Honor Resilience and Fortitude** by Listening & Validating, Processing/Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections & Structure



## PACEs Connection Call-to-Action

# Become a Member:

- ✓ **Connection**-Members can **CONNECT** with like-minded individuals around the world.
- ✓ **Resources**-PACEs Connection has one of the most extensive and comprehensive online collections of trauma-informed & healing-centered **RESOURCES**, tools, etc.

# Start a Movement:

- ✓ **Community**-Healing happens within **COMMUNITY**. Connect with an existing PACEs community or start your own.
- ✓ **Consulting**-PACEs Connection provides **CONSULTING** services to help create, grow and sustain PACEs communities. Are you ready to take your PACEs Initiative to the next level?

# Thank you!

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