



Community Foundation
for Kingston & Area

Community Insights, Number 1, Fall 2019

ACEs: The Public Health Crisis of our Time?

References & Additional Resources

Numbered references from within the report:

1. Dr. Meredith MacKenzie and Travis Mitchell, Biggest Risk Factor to our Health, April 2019. Department of Family Medicine, Queen's University:
<https://familymedicine.queensu.ca/source/Family%20Medicine/Global%20Health/Horizons%20Spring%202019%20F.pdf>

The report provides references to the following videos:

Alberta Family Wellness Initiative: How Brains are Built: The Core Story of Brain Development

<https://www.youtube.com/watch?v=LmVWOe1ky8s>

Center on the Developing Child at Harvard University: InBrief: The Science of Resilience

<https://www.youtube.com/channel/UChBjCaJyswxsEqz26TZrWRw>

2. Canadian Centre on Substance Use and Addiction, Canadian substance use costs and harms (2007–2014), 2018:
www.ccsa.ca/canadian-substance-use-costs-and-harms-2007-2014-report
3. The University of British Columbia, Small Steps for Big Changes, Diabetes Facts:
www.ok-smallsteps.sites.olt.ubc.ca/health-care-providers/diabetes-facts/
4. PROOF Centre of Excellence: The High Cost of COPD in Canada:
www.proofcentre.ca/quick-facts-about-copd/
5. Centre for Addiction and Mental Health: Mental Illness and Addiction: Facts and Statistics:
www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics
6. Center for the Study of Social Policy, Strengthening Families 101, 2018:
www.cssp.org/resource/strengtheningfamilies101/
7. Fortson, B. L., et al. (2016). Preventing child abuse and neglect: A technical package for policy, norm, and programmatic activities. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention:
www.cdc.gov/violenceprevention/pdf/Can-Prevention-Technical-package.pdf

Additional report references

Robert Wood Johnson Foundation

<https://www.rwjf.org/en/library/collections/aces.html>

Dr. Nadine Burke Harris:

TED talk on ACEs:

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_a_cross_a_lifetime

Book: *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*, Dr. Nadine Burke Harris, 2018

Video: <https://www.youtube.com/watch?v=NqIhQIzntmq>

ACE and Resilience scores:

<https://www.acesconnection.com/blog/got-your-ace-resilience-scores>

The Chief Public Health Officer's Report on the State of Public Health in Canada 2016: Focus on Family Violence:

<http://www.healthycanadians.gc.ca/publications/departement-ministere/state-public-health-family-violence-2016-etat-sante-publique-violence-familiale/alt/pdf-eng.pdf>

The Canadian Council on the Social Determinants of Health:

www.ccsdh.ca

Early Childhood Development Instrument (EDI)

<https://edi.offordcentre.com/>

Heckman home page:

<https://heckmanequation.org/>

Heckman's Top 20 Resources:

[HTTPS://HECKMANEQUATION.ORG/TOP-20-RESOURCES](https://heckmanequation.org/top-20-resources)

Selected Canadian sources for further information

Burden of Chronic Diseases in Ontario, Public Health Ontario, July 2019

<https://www.publichealthontario.ca/en/data-and-analysis/chronic-disease/cdburden>

Child abuse and physical health in adulthood, Statistics Canada, Health Reports, March 2016:

<https://www150.statcan.gc.ca/n1/en/pub/82-003-x/2016003/article/14339-eng.pdf?st=6z3UoHvS>

Alberta Family Wellness: Adverse Childhood Experiences (ACEs)

<https://www.albertafamilywellness.org/what-we-know/aces>

Early Child Development: A Powerful Equalizer. Final Report for the World Health Organization's Commission on Social Determinants of Health, June 2007.

http://earlylearning.ubc.ca/media/publications/who_ecd_final_report.pdf

International sources for further information

Centers for Disease Control and Prevention:

Home page for ACEs:

<https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/index.html>

Graphics: <https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/ace-graphics.html>

Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults - The Adverse Childhood Experiences (ACE) Study, Vincent J Felitti MD et al.

Abstract: [https://www.ajpmonline.org/article/S0749-3797\(98\)00017-8/abstract](https://www.ajpmonline.org/article/S0749-3797(98)00017-8/abstract)

Full report: [https://www.ajpmonline.org/article/S0749-3797\(98\)00017-8/pdf](https://www.ajpmonline.org/article/S0749-3797(98)00017-8/pdf)

Note: this is considered to be the “foundational” study behind ACEs.

The Lancet

Adverse childhood experiences or adverse childhood socioeconomic conditions? May 15, 2018

Full text: [https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(18\)30094-X/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(18)30094-X/fulltext)

.PDF: <https://www.thelancet.com/action/showPdf?pii=S2468-2667%2818%2930094-X>

A series of scholarly articles on ACEs are identified at:

https://scholar.google.ca/scholar?q=the+Lancet+Adverse+Childhood+Experiences&hl=en&as_sdt=0&as_vis=1&oi=scholar

ACEs Connection: “Join the movement to prevent ACEs, heal trauma & build resilience.”

<https://www.acesconnection.com/>

Building Adult Capabilities to Improve Child Outcomes: A Theory of Change. Harvard University, Centre on the Developing Child

<https://developingchild.harvard.edu/resources/building-adult-capabilities-to-improve-child-outcomes-a-theory-of-change/>

Films/Videos

Resilience

<https://kpfirfilms.co/resilience/>

Paper Tigers

<https://kpfirfilms.co/paper-tigers/>

Alberta Family Wellness Initiative:

<https://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-of-brain-development>

<https://www.albertafamilywellness.org/resources/video/brains-journey-to-resilience>

<https://www.albertafamilywellness.org/resources/video/toxic-stress>

HARVARD Centre for the Developing Child:

Toxic Stress Derails Healthy Development:

https://www.youtube.com/watch?v=rVwFkcOZHJw&list=PLuKMerO1zya_3krFpcOKgaeB2_2zQgYua&index=16

The Impact of Early Adversity on Child Development:

<https://developingchild.harvard.edu/resources/inbrief-the-impact-of-early-adversity-on-childrens-development-video/>

The Science of Early Childhood Development:

https://www.youtube.com/watch?v=WO-CB2nsgTA&list=PLuKMerO1zya_3krFpcOKgaeB2_2zQgYua&index=17

The Science of Neglect:

<https://www.youtube.com/watch?v=bF3j5UVCSCA&list=PLCCB05A22FA9C24EC>

The Science of Resilience:

https://www.youtube.com/watch?v=1r8hj72bfGo&list=PLuKMerO1zya_3krFpcOKgaeB2_2zQgYua&index=2

https://www.youtube.com/watch?v=cqO7YoMscU&list=PLuKMerO1zya_3krFpcOKgaeB2_2zQgYua&index=7

Helpful Resources

Alberta Family Wellness Initiative: A wealth of multi-media resources on brain development
<https://www.albertafamilywellness.org/>

ACEs resource packet: Good resource for clinicians
http://childhealthdata.org/docs/default-source/cahmi/aces-resource-packet_all-pages_12_06-16112336f3c0266255aab2ff00001023b1.pdf?sfvrsn=2

ACEs Science:
<https://acestoohigh.com/>

ACEs Community of Practice:
<https://www.acesconnection.com/groups?allGroups=true&order=NAME>

<https://planetyouth.org/>

- Information on how Iceland approached youth substance use

Resources for Trauma Sensitive Schools

<http://research.ofifc.org/sites/default/files/Trauma-Informed%20Schools%20Report.pdf>

- 2016 Report from Ontario Federation of Indigenous Friendship Centres: “Ask me about trauma and I will show you how we are trauma-informed”: A Study on the Shift Toward Trauma-Informed Practices in Schools.

<https://traumasensitiveschools.org/tlpi-publications/>

- Free resources available for download to support creation of trauma sensitive schools

<https://www.traumasensitiveschoolkit.com/>

- A toolkit for trauma sensitive schools in BC; includes engagement tools and information on Positive Behavioural Intervention and Supports (PBIS)

<https://dpi.wi.gov/sspw/mental-health/trauma/modules>

- Trauma Sensitive Schools Online Professional Development Modules

<https://creatingtraumasensitiveschools.org/resources/>

- Includes examples of trauma sensitive classroom strategies

<http://research.ofifc.org/sites/default/files/Trauma-Informed%20Schools%20Report.pdf>

Resiliency

<https://developingchild.harvard.edu/science/key-concepts/resilience/>

<https://dpi.wi.gov/sspw/mental-health/resiliency>

- Multiple links to resources on resiliency

<https://www.friendsresilience.org/>

- Apps and evidence based resilience programs for school settings (endorsed by WHO)
<http://www.crnckingston.ca/community-listing/canadian-mental-health-association-kingston-branch>
- Friends for life (ages 8-11) available through CMHA in Kingston
<http://www.connectionsmatter.org/>
- Building relationships with each other keeps us and our communities healthy

Books

“Building Resilience in Students Impacted by Adverse Childhood Experiences; A Whole Staff Approach.” June 2018. ISBN 10: 154431941X

“Fostering Resilient Learners: Strategies for Creating a Trauma Sensitive Classroom.” January 2016. ISBN 10: 9781416621072

“The Deepest Well: Healing the Long-Term Effects of Childhood Adversity.” Nadine Burke-Harris, MD

Resources for Building Healthy Communities

A Review of Community Efforts to Mitigate and Prevent Adverse Childhood Experiences and Trauma:
<http://oregon-pip.org/focus/A%20Review%20of%20Community%20Efforts%20to%20Mitigate%20and%20Prevent%20ACEs%20Blodgett%20Final.pdf>

Buncombe ACEs Learning Collaborative (volunteer driven local community addressing ACEs):
<http://buncombeaces.org/home/>

Example of Family Focused Services for High Risk Peoples:
<http://www.acesconnection.com/blog/addressing-adverse-childhood-experiences-aces-through-family-focused-services-for-families-dealing-with-substance-use-disorders-by-rosemary-tisch-ma-and-rivka-greenburg-ph-d>

A new framework for addressing adverse childhood and community experiences: building community resilience: [http://www.academicpedsjnl.net/article/S1876-2859\(16\)30552-6/pdf](http://www.academicpedsjnl.net/article/S1876-2859(16)30552-6/pdf)

Building Community Resilience, Milliken Institute of Public Health:
http://b.3cdn.net/ascend/f44fc46b355f201c12_ctm6b4epw.pdf