



## Understanding ACEs Training Agenda

March 15, 2022 @ 1pm - 3pm

[Google Meet](#) or Join by Phone (US) +1 319-435-9090 PIN: 766 732 376#

1. Welcome!
2. Neuroscience
  - a. Nervous System
  - b. Adaptation and Expectations
  - c. Developmental Sensitive Periods
3. ACE Study
  - a. Connection to Chronic Health Problems
  - b. Study Findings
    - i. How Are You Feeling Activity
4. Epigenetics
  - a. Domestic Violence
  - b. Chronic Disease
  - c. Smoking & Lung Disease
  - d. Alcoholism & Marrying an Alcoholic
  - e. Depression
    - i. ACE Attributable Problems Activity
      1. **Physical:** Related to the body and not the mind

2. **Cognitive:** relating to, being, or involving conscious intellectual activity  
(such as thinking, rationalizing, and remembering)
3. **Mental Health:** the general condition of one's mental and emotional  
state
4. **Relational:** interactions with peers, family members, and intimate  
partners
5. **Social Problems:** relating to society or its organization

## 5. Break

## 6. Resilience

- a. We Have the Power
- b. What Helped us Activity
  - i. Skills and Knowledge, Family, Community, Culture, and Spirituality
- c. Core Protective Systems
  - i. Individual Capabilities
  - ii. Attachment & Belonging
  - iii. Community, Faith, and Cultural Processes
  - iv. Community Capacity Development
    1. Leadership Expansion, Coming Together, Shared Learning, Decision  
Making