



Understanding ACEs Training Agenda

November 16, 2022 @ 4pm - 6pm

[Google Meet](#) or Join by Phone (US) +1 484-551-8754 PIN: 803 388 934#

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. Something You've Learned 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