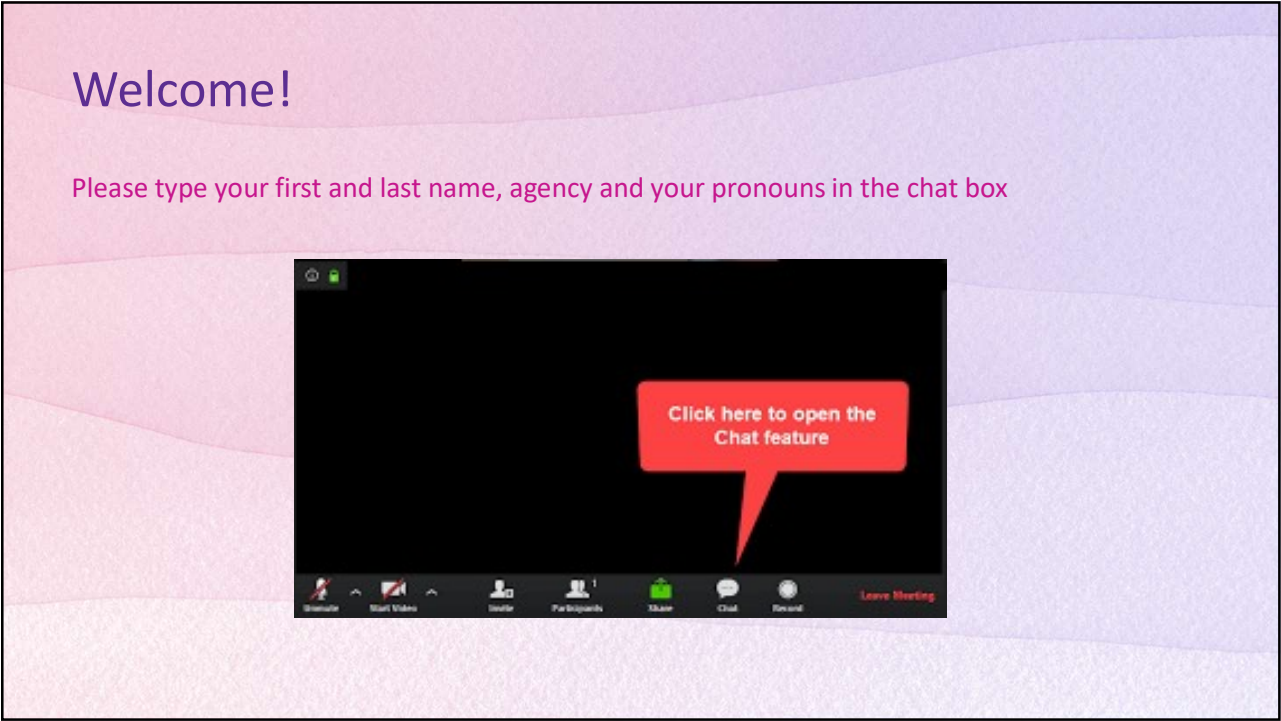


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Today's Facilitators

Christie Yorty



Brandi Paniagua



3

Land Acknowledgement

Before we begin, we acknowledge the original inhabitants of this area, the Kumeyaay Nation. The Kumeyaay (translates to “those who face water from a cliff”), also known as Tipai-Ipai, are a tribe of Indigenous peoples who live at the northern border of what is now called Baja California in México and the southern border of California in the United States. We want to recognize and respect the Kumeyaay as traditional and current stewards of this area, who continue to serve as land protectors by showing up to prevent construction in sacred sites, and by resisting policies that threaten human rights and freedoms. In addition to formally recognizing Indigenous Peoples as the original inhabitants of this land, we believe in Land Back, putting unceded Indigenous land back under Indigenous control, respecting Indigenous rights, preserving languages and traditions, and ensuring food sovereignty, housing, and clean air and water.

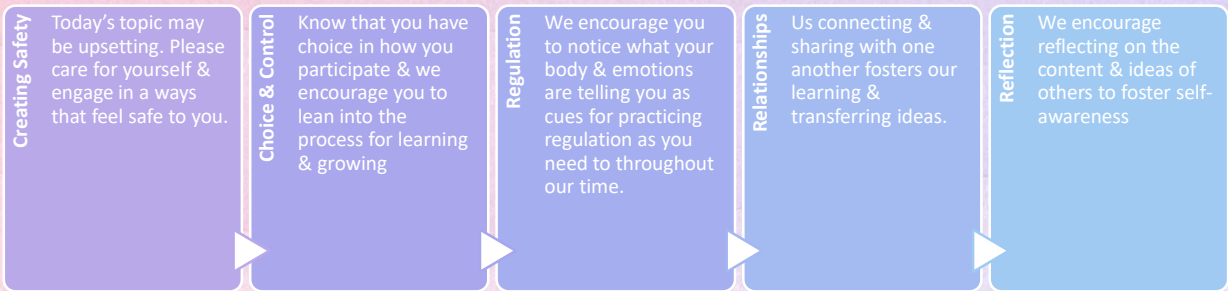
Lands of The Kumeyaay Nation Turn of the 21st Century



www.kumeyaay.info • www.kumeyaay.org • www.kumeyaay.com

4

Shared Learning Agreements



5

Learning Outcomes

- Participants will:
- Explore the different types of stress and understand the impact on the 'learning brain'
 - Know the importance of Responsive Relationships, Protective Factors and Positive Childhood Experiences
 - Understand the Core Values of Trauma Informed Care & Trauma Sensitive Organizations

6

Checking Your Temp

First:

- Use “Annotate” to identify your feelings towards learning about ACEs & Resiliency today.(using the pictures)

Next:

- Use “Annotate” to mark how familiar you are with these topics.
- Blue = This is totally new to me
- Green/Yellow = I know a bit
- Red = I’m on fire; I could lead this training

7

Types of Stress

Positive Stress

- The body's normal & healthy Stress response to a tense situation/event

Example:
1st day of school or work

Tolerable Stress

- Activation of the body's stress response to a long-lasting or severe situation/event

Example:
Loss of a family member but with supportive buffers in place

Toxic Stress

- Prolonged activation of the body's stress response to frequent, intense situation/events

Example:
Witnessing domestic violence in home, chronic neglect

8

Intersection of Experiences

Roles & Identities

- Personal – Family, Friends, Community
- Professional – Coworkers, Discipline, Role

Spanning the Lifespan

- Upbringing
- Family Culture, Beliefs & Practices
- Messages Across Time

Layered Experiences




- Personal Experiences of Trauma
- Historical Experiences
- Systemic Racism & Oppression
- COVID - 19





9

Three Types of ACES






Abuse

-  Physical
-  Emotional
-  Sexual

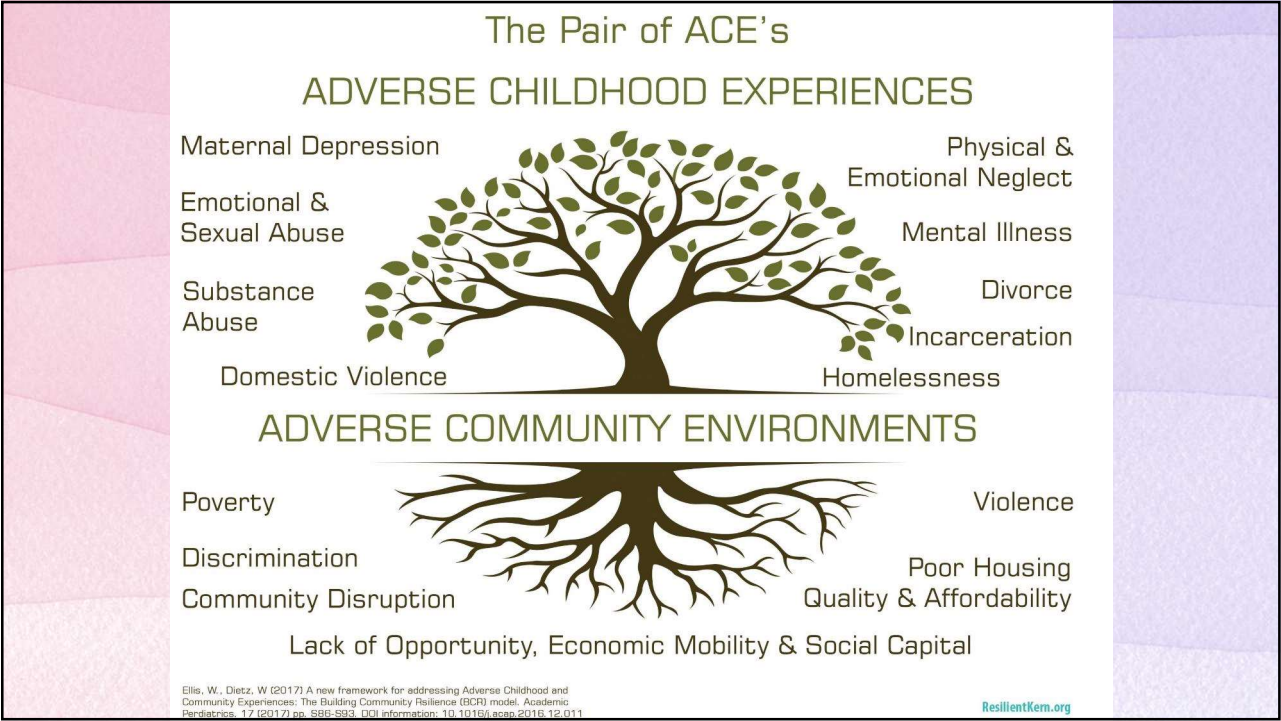
Neglect

-  Physical
-  Emotional

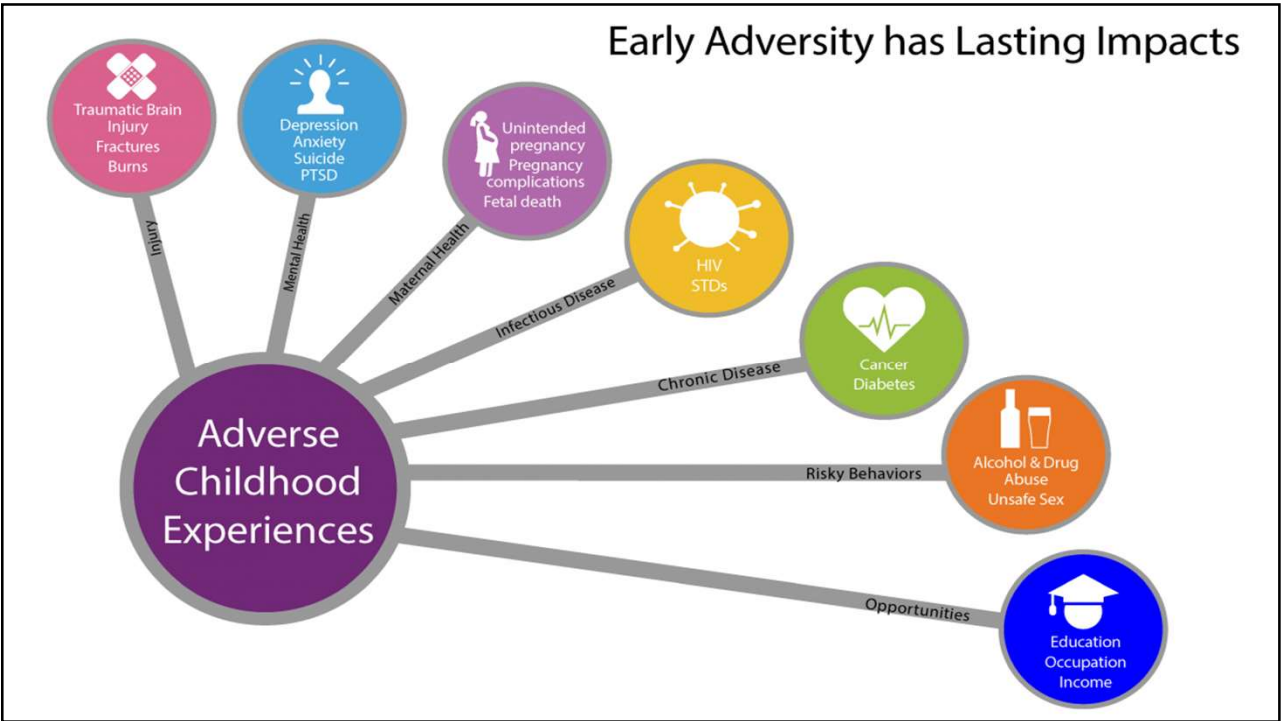
Household Dysfunction

-  Mental Illness
-  Mother Treated Violently
-  Divorce
-  Incarcerated Relative
-  Substance Abuse

10



11



12

Discussion & Reflection

1. What thoughts, emotions & reactions are coming up for you as you think about ACEs?

1. For yourself

2. For families & providers

3. For those you work with (coworkers)

2. What do you see as your role in supporting the system?

3. How do you support the experiences of the child/ren, families and providers as you offer support in your role?

Community Supports

Child Care Providers

Family

Child

13

SUPPORTING FAMILIES THROUGH THE CRISIS, AND BEYOND

A worldwide virus is a stressful time for everyone. But the stress gets worse for those who were already dealing with things like poverty, racism, or violence. There are still resources that can help in these challenging times: crisis hotlines, food banks, and relief funds. There is no shame in seeking help if you need it.

Food & Housing Security

Quality, Affordable Healthcare

Responsive, Dependable Childcare

We all want to build up the long-term wellbeing of children and families in our communities. That's why we as a society need to support responsive caregiving everywhere. This includes caregiving in homes, schools, and childcare centers. Together, this will allow us to weather whatever storms we come up against, now or in the future.

Center on the Developing Child HARVARD UNIVERSITY

For more information: <https://developingchild.harvard.edu/covid19>

14

Christie Yorty and Brandi Paniagua
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7



15

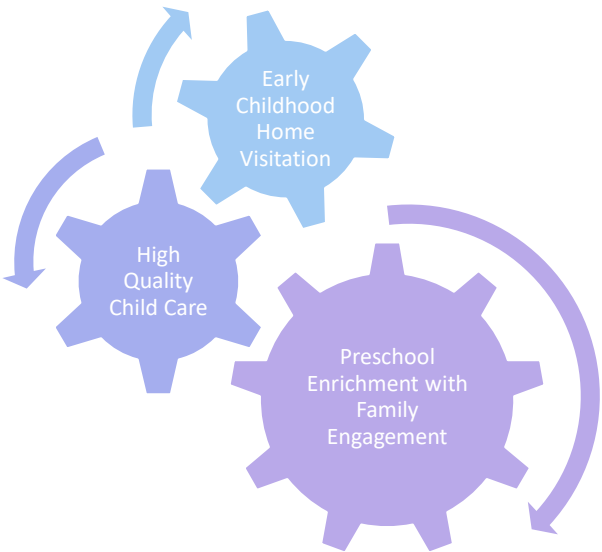
Core Of Resilience

“The **positive connections** we have had with others in or outside of our families serve as a core of resilience that may have helped us to weather the storm of difficult times in the past. Fortunately, **even those of us** who had quite difficult childhoods often have had some positive relationships during those years that can offer a **seed of strength** to help us overcome early adversity.”

Dan J. Siegel MD

16

Ensuring A Strong Start For Children



17

Making a Difference



Responsive Relationships



Protective Factors & Positive Childhood Experiences (PCE)



Trauma Sensitive & Trauma Informed

18


Use “Annotate” to type what makes a relationships responsive.

If you prefer to use the chat, you can type your answer into the chat box.


Responsive Relationships

19


Family Strengthening Framework: 5 Protective Factors




Parental Resilience




Social Connections



Knowledge of Child Development



Social and Emotional Competence



Concrete support in times of need

20

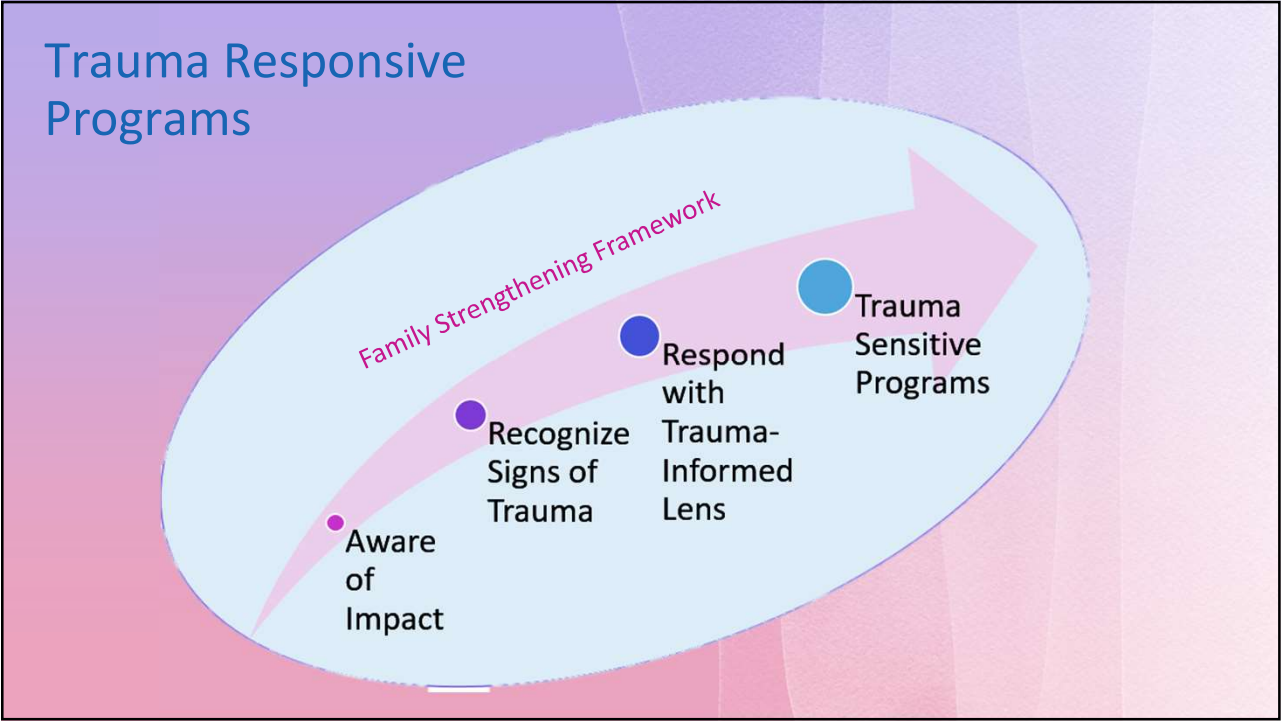


21

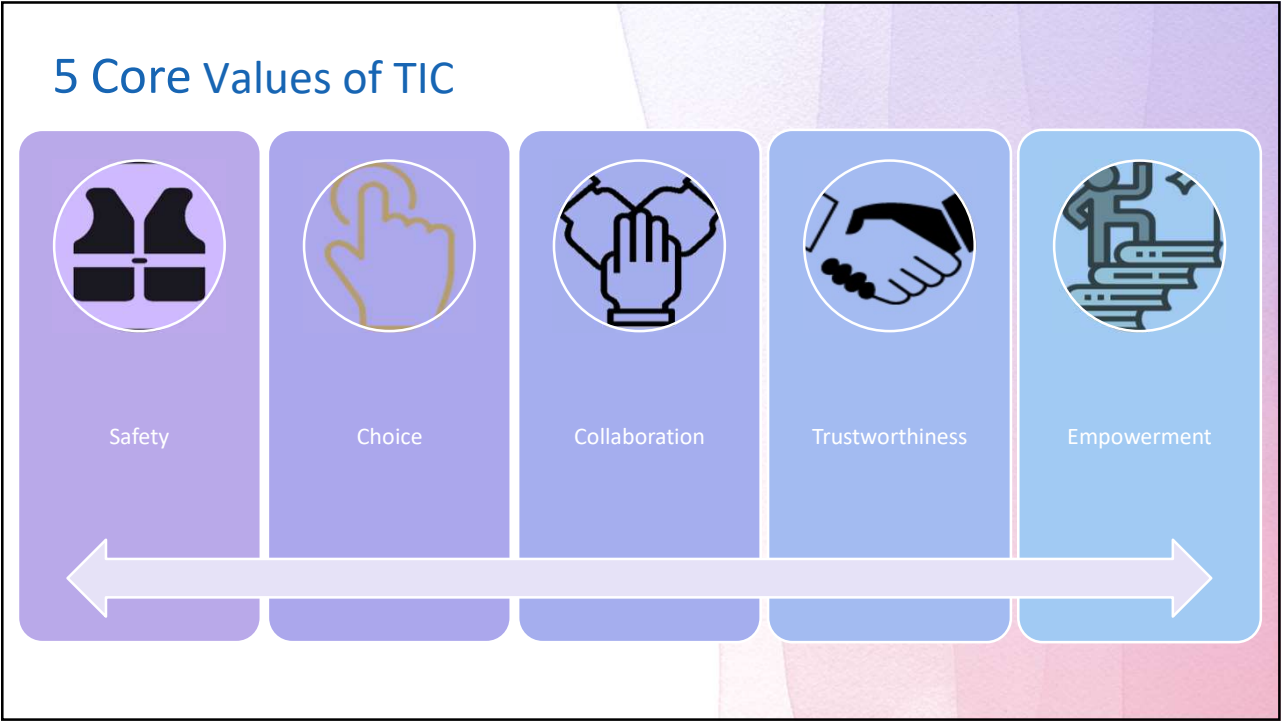
Discussion & Reflection

- How have you noticed the impact of Protective Factors (PF) OR Positive Childhood Experiences (PCE) in your work?
- Where do you notice opportunities to promote protective factors (PF) OR Positive Childhood experiences (PCE) in your work?

22



23



24

*“How you are is as important as what you do.”
- Jeree Pawl*

- 1. Caring for Ourselves First
- 2. Speaking the Unspeakable
- 3. Grounding & Regulation
- 4. Finding Meaning

25



*“Give yourself the same care & attention that you give to others & watch yourself bloom.”
The Sprouting Sunflower*

Additional Supportive YMCA Resources:

YFS Counseling Center:
counselingservices@ymcasd.org

Call for Connection – Warmline:
crsbehaviorsupport@ymcasd.org

26

Additional Mental Health Supports

If you or someone you know are experiencing a mental health emergency, there are supports available.

2-1-1 Community Resources: For basic needs & connection to services

Psychiatric Emergency Response Team (PERT): For mental health concerns & crisis needs

- 911 & ask for PERT

Crisis & Access Line: used for mental health referrals & suicide hotline 1-888-724-7240



27

Additional Mental Health Supports

The Medi-Cal Managed Care Plans cover outpatient mental health services for members who have a mild to moderate degree of impairment/dysfunction due to mental health issues. Each Medi-Cal Managed Care Plan has their own network of contracted behavioral health providers. Additional information can be obtained by contacting the Plan’s Behavioral Health Services department. The Medi-Cal Managed Care Plans in San Diego are:

Aetna Better Health	Behavioral Health Line: (855) 772-9076
Blue Shield CA Promise Health Plan	Behavioral Health Line: (855) 321-2211
Community Health Group	Behavioral Health Line: (800) 404-3332
Health Net	Behavioral Health Line: (888) 426-0030
Kaiser Permanente	Behavioral Health Line: (877) 496-0450
Molina Healthcare	Behavioral Health Line: (888) 665-4621
United Healthcare	Behavioral Health Line: (866) 270-5785

28

References

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- Center on the Developing Child at Harvard University. (2017, December 04). Retrieved June 22, 2020, from <https://developingchild.harvard.edu/>
- “How we make sense of our lives: Adult attachment.” *Parenting from the inside out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive*, by Daniel J. Siegel and Mary Hartzell, Scribe Publications, 2018, pp.133-171.

29



30