

# Free Training

## October 2009 thru June 28, 2010

**Free community wide trainings to raise awareness about Adverse Childhood Experiences as a serious public health issue.\***

### *What Are Adverse Childhood Experiences?*

- ❖ Three types of abuse (sexual, physical and emotional).
- ❖ Two types of neglect (physical and emotional).
- ❖ Five types of family dysfunction (having a mother who was treated violently, a household member who's a substance abuser, who's been imprisoned, or diagnosed with mental illness, or parents who are separated or divorced).

### *Adverse Childhood Experiences are a serious because:*

- ❖ Toxic stress can impair the connection of brain circuits and with repeated maltreatment result in the development of a smaller brain, impacting children's ability to learn.
- ❖ Poverty, maltreatment and discrimination in childhood can have a harmful effect on later health, learning and behavior.
- ❖ Research shows an association between child maltreatment and a broad range of health problems including substance abuse, intimate partner violence, teenage pregnancy, anxiety, depression, diabetes, ischemic heart disease, sexually transmitted diseases, smoking and obesity.

### *Who can benefit from the training?*

- ❖ Counseling professionals, paraprofessional and support staff working with child or adult trauma survivors
- ❖ Health professionals working with adults who have chronic diseases, addictions, mental health issues
- ❖ Teachers and all school support staff
- ❖ Foster care providers, day care providers.

### *Focus of Training:*

- ❖ Impacts of chronic stress on brain development and learning,
- ❖ The relationship of ACE to adult addictions and high risk health behaviors,
- ❖ Best practice interventions
- ❖ Risk of secondary traumatic stress for direct service providers.

**To schedule a training for your organization, group, or school contact:**

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