

ACEs in Alaska (ACE- Adverse Childhood Experience) By Jan Adasiak

Part 6: Developing your resilience. You can learn from other communities that have already discovered the ACEs phenomenon and are implementing ways for people to understand it and bounce back.

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Visit “[ACEs Too High](#)” website and “[The ACEs Connection](#)” regularly. At these two websites, you can read about how communities across the country are changing themselves, their institutions (such as schools) and the destiny of their children.

Great, free online help is available through the [American Psychological Association](#). If you Google the phrase “The Road to Resilience” this will take you to an excellent website that I think of as a therapist who does not charge a fee. The link is www.apa.org/helpcenter/road-resilience.aspx
As with most types of help, practicing new thoughts and actions will help you in proportion to your effort.

Share your knowledge:

Who in your community beside parents and teachers need to learn about ACEs? Social workers, police officers, and medical providers to start with.

Who in your family needs to learn what you have learned? Uncles, aunties, grandparents and other relatives who are sympathetic may be interested in what you have learned. Be someone who shares.

How can you find someone in your community or region who might already know about ACEs? More and more Community Mental Health Centers have learned about ACEs. It’s best to ask up front when you are seeking professional help.

I highly recommend a film made by James Redford, son of Robert Redford the actor. The title is “**Paper Tigers**”. It is about [a high school](#) in Walla Walla, Washington that took students who had been low-performing students with many with learning problems or behavior problems stemming from their ACEs. In this high school, the staff were already trauma informed, and knew how to help students become good learners. Together with the students, they turned things around to the point where many graduated and went on to college.

The Alaska Synod Office in Anchorage has a DVD of “Paper Tigers”. This film can be requested for loan by your pastor. It is highly recommended that the pastor and some other adults be available to help viewers of this film talk about the contents and their feelings.

This concludes my six-part series of lessons on ACEs in Alaska in which we looked at ACEs and ways in which you and your church can implement ACEs-related programs in your life, your home and community for the greater well-being of everyone involved.

As always, whenever you have questions, please e-mail me, Jan Adasiak, at adasiakjan@gmail.com and I will answer them as best I can. Thank you for reading. May you have many positive experiences with your newly gained ACEs perspective on yourself and others.