

# Michigan CASA Education Series

## Notes and resources

### Considering ACEs and How to Build Resilience for Youth in Foster Care

Wednesday, May 19, 2021 from 10:00AM to 11:30AM

The ACEs study is one of the greatest public health discoveries of our time and can help us understand “It’s not what’s wrong with us, but what happened to us.” Using the ACEs framework for compassion and to build resiliency skills in children and youth can help to mitigate trauma and build healthier adults. Join us to learn what you can do in supporting children by addressing ACEs and toxic stress and building resilience.

**Leigh Moerdyke, LMSW, CPS-M**

**Prevention & Advocacy Director, Arbor Circle**

Leigh received her Master of Social Work and her Interdisciplinary Certificate in International Health and Social Development from the University of Michigan in 2005. She has worked with youth, parents, and community stakeholders in a variety of prevention programs, with 10 years of experience working with youth and parent programming and building community coalitions. She has been working with the Strengthening Families Protective Factor Framework since 2010, helping to implement the framework in Ottawa County. She was certified in Youth Thrive: Protective and Promotive Factors Framework in October 2015 and the Strengthening Families Protective Factor Framework in 2017.

**Jodi Spicer**

**Adverse Childhood Experiences (ACEs) Consultant**

**Michigan Department of Health and Human Services**

**Division of Chronic Disease and Injury Control.**

Jodi works with state and community partners to understand the linkages between ACEs and chronic disease, and provides support for programming that addresses ACEs and promotes resiliency. Prior to working at MDHHS, Jodi coordinated the Ingham Healthy Families Program at the Ingham Intermediate School District and the Building Strong Families Program at MSU Extension. Jodi brings over 25 years of experience in working with young children and families in Michigan. She earned her Bachelor’s of Science degree in Psychology and Master’s Degree in Child Development from Michigan State University.

Jodi's presentation: (see powerpoint presentation)

Slide 2: WORD CLOUD: When I think of ACEs, the word(s) that come to mind is...  
Drop link to word cloud in chat: <https://www.menti.com/98dyimckvc>

Slide 5: HANDOUT: What are ACEs and How Do They Relate to Toxic Stress?  
<https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/>

Slide 9: VIDEO: [How Childhood Trauma Can Make You a Sick Adult](#) (0:49 – 3:01)

Slide 10: RESEARCH ARTICLE: The Adverse Childhood Experiences Study (1998)  
<http://www.ajpm-online.net/article/PIIS0749379798000178/abstract>

Slide 16: RESEARCH ARTICLE: ACEs and Mental Health Outcomes  
<https://pubmed.ncbi.nlm.nih.gov/23893545/>

Slide 18: Adverse Childhood Experiences in Michigan  
<https://www.michigan.gov/acesdata>

Slide 23: VIDEO: Are you the carrot, the egg or the coffee bean?  
<https://www.youtube.com/watch?v=iObc293g8wo>

Slide 28: VIDEO: [Epigenetics: Why Inheritance Is Weirder Than We Thought](#)

Slide 31: BOOK: What Happened to You?  
<https://www.amazon.com/What-Happened-You-Understanding-Resilience/dp/1250223180>

1. Breathing <https://www.pbs.org/parents/thrive/breathing-exercises-to-help-calm-young-children>
2. Here is an excellent handout about mindfulness for children: <https://www.acesaware.org/wp-content/uploads/2019/12/9-Using-Mindfulness-English.pdf>
3. Here is an excellent website from the Charlevoix, Emmet, Northern Antrim Counties Great Start Collaborative (that includes handouts about the protective factors):  
<http://www.whatmakesyourfamilystrong.org/>

Leigh's presentation:

Citation for PCE research: <https://www.acesconnection.com/blog/got-your-ace-resilience-scores>

HOPE research one pager: <https://positiveexperience.org/wp-content/uploads/2020/01/HOPE-Tufts-one-pager.pdf>

Research recap of HOPE Science: <https://positiveexperience.org/hope-videos/>