

## ACEs Tools and Resources for Patients/ Parents

### Educational Resources for Patients and Parents

1. Academy of Violence and Abuse Videos
  - <https://vimeo.com/41156294>
  - <https://vimeo.com/avahealth>
2. Dr. Nadine Burke Harris's Ted Talk
  - [https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)
3. Sesame Street in Communities
  - Robert Wood Johnson Foundation partnered with Sesame Street and had providers create educational material, videos, and tools for both providers and parents regarding a wide variety of topics that affect children including Dealing with Divorce, and Traumatic Experiences.
  - <https://sesamestreetincommunities.org/>
4. Triple P Positive Parenting Programs
  - evidence-based parenting programs in the world that gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing
  - <http://www.triplep-parenting.com/us-en/triple-p/?cdsid=697822dd4115f1063524d9590c4195c3>
5. The Parent Trauma Resource Center
  - Provides information on grief and trauma, self-help for parents and children, including relaxation techniques, breathing exercises, and meditation, and age specific parenting strategies to help calm children.
6. Institute for Safe Families
  - Educational parent resources that describes the impact of ACES on parents, children, and parenting. It includes self- assessment for ACES and resiliency and describes parenting strategies to build resiliency.
7. Adult Survivors of Child Abuse
  - Adult Survivors of Child Abuse (ASCA<sup>SM</sup>) is an international self-help support group program designed specifically for adult survivors of neglect, physical, sexual, and/or emotional abuse.
  - <http://www.ascasupport.org/>
8. Scared Sick: The Role of Childhood Trauma in Adult Disease by Robin Karr-Morse
  - Book that delves into the psychology, neurobiology, endocrinology, immunology and genetics of how chronic fear at a young age is at the root cause of common diseases in adulthood using case studies and scientific findings.

### News and Networking

1. ACEsConnection.com -- Social network for people implementing ACE concepts. Provides wide-reaching resource section, and daily summaries with links to news, reports and research related to ACEs and trauma-informed practices.
  - This is a website you can join: <http://www.acesconnection.com/join>
2. ACEsTooHigh.com -- A news site for the general public covering how communities, states, agencies, nonprofits, social services and other organizations and individuals are implementing practices based on ACE and trauma-informed concepts, and research about

ACEs, neurobiology of toxic stress, epigenetics and biomedical effects of ACEs.

### **Topic Specific Support Groups**

1. Adults Molested as Children
  - Links to resources and online e-groups, including co-ed groups, and groups for men, women and women who were molested by a female.
2. Survivors of Incest Anonymous
  - Links to local groups and meetings, upcoming events, an online store, translations of SIA-approved literature into several languages.
3. Co-Dependents Anonymous
  - Links to meetings and literature, an online store, readings, articles and information about the annual conference.
4. Adult Children of Alcoholics
  - Links to resources and groups for women and men who grew up in an alcoholic or otherwise dysfunctional homes.
5. Adults Survivors of Child Abuse
  - An international self-help support group program designed specifically for adult survivors of neglect, physical, sexual, and/or emotional abuse. The program offers community-based, provider-based, and web-based self-help support groups.
6. Alcoholics Anonymous
  - A resource for people who want information about dealing with alcoholism or to find a group.
7. Al-Anon Family Groups
  - Links to resources and group meet gins for friends and families of problem drinkers.
8. Divorce Care for Kids
  - A site that helps children heal from the pain of divorce, with links to faith-based local groups.
9. Fosterclub.com
  - A national network for young people in foster care.
10. Faces and Voices of Recovery
  - A national campaign of individuals and organizations who advocate for public action to deliver the power, possibility and proof of recovery. Great resources for people who want to change perception of addiction from criminal or moral issue to a health issue.
11. Futures Without Violence
  - National organization that works to prevent and end violence against women and children around the world. Provides links to the National Domestic Violence Hotline, the National Sexual Assault Hotline and the National Teen Dating Hotline.
12. Narcotics Anonymous
  - A resource for all drug addicts, regardless of the particular drug or combination of drugs, including alcohol.
13. National Alliance on Mental Illness
  - Provides links to support and programs, including a help line, peer support, discussion groups, and social networks, such as NAMI Faithnet.
14. Prevent Child Abuse America
  - This national organization builds awareness, provides education and inspires hope

to everyone involved in the effort to prevent the abuse and neglect of our nation's children.

15. Rape, Abuse & Incest National Network

- The nation's largest anti-sexual violence organization. It has a national sexual assault online hotline, a section for male survivors, and background information for all types of sexual assault.

16. Resilience Trumps ACEs

- Resources for parents, providers and the community on how to build resilience into families and communities.

17. San Francisco Children of Incarcerated Parents

- Great resource for children and families of people who are imprisoned.

18. Self Helpline

- Live one-on-one help for U.S. Department of Defense employees. Verbal Abuse Site -- dedicated to the recognition and prevention of verbal abuse in homes, schools and workplaces Background information