

# ACEs, Trauma, and Resilience Resources

The Illinois  
ACEs Response  
Collaborative

Health & Medicine  
POLICY RESEARCH GROUP

## Background on ACEs, trauma, and resilience:

- [Centers for Disease Control and Prevention: ACE Study Infographic](#): Visual, interactive representation of data from the 1995-1997 CDC-Kaiser Permanente study on ACEs prevalence and relationship to health outcomes.
- [KPJR Films: ACEs Primer \(2018\)](#): Director James Redford and KPJR Films, the team behind the documentary *Resilience: The Biology of Stress and the Science of Hope*, define ACEs and their effects on health outcomes throughout the life course, and highlight the role of resilience in preventing and mitigating these effects.
- [TED Talk: The Science of Adversity and the Case for Systemic Empathy \(2017\)](#): Double-board certified physician in pediatrics and internal medicine, Dr. Stan Sonu advocates changing our health care system to deliver the highest-quality care to underserved and disadvantaged communities. Passionate about urban primary care, he strongly believes that to achieve system empathy, we need to recognize the health impact of adverse childhood stress and trauma.
- [Center on the Developing Child, Harvard University](#): Resource library from the Center on the Developing Child, a leader in research and development around childhood development. Can be arranged by media type and topic.
- [Building Community Resilience Collaborative at George Washington University: Fostering Equity: Creating Shared Understanding for Building Community Resilience \(2020\)](#): Resilience and thriving communities cannot be realized without true equity. In this toolkit, the Building Community Resilience Collaborative lays out the argument for why racial equity is pivotal in developing a trauma-informed framework and how resilience and equity go hand-in-hand.
- [TED Talk: How Racism Makes Us Sick \(2017\)](#): Trauma does not just happen on an individual level. Communities, whether they be neighborhoods or an entire race or ethnicity, can also experience collective trauma, and it can have the same detrimental impact on health. Dr. David R. Williams developed a scale to measure the impact of discrimination on well-being, going beyond traditional measures like income and education to reveal how factors like implicit bias, residential segregation and negative stereotypes create and sustain inequality. In this eye-opening talk, Williams presents evidence for how racism is producing a rigged system -- and offers hopeful examples of programs across the US that are working to dismantle discrimination.
- [AJ+ Opinion: Post Traumatic Slave Syndrome and How it's Different from PTSD \(2019\)](#): As Dr. Williams highlights in the previous video, trauma can be experienced and passed down through generations in an entire community. In this short overview, Dr. Joy DeGruy provides a background on what separates Post Traumatic Slave Syndrome and other historical traumas from general PTSD, and how clinical and systemic interventions must work together to prevent and mitigate the effects of this community trauma.

## COVID-19 and Trauma Resources

These pieces provide guidance and resources on addressing trauma in the face of the COVID-19 pandemic.

- [Center on the Developing Child: A Guide to COVID-19 and Early Childhood Development](#): Resource library from the Center on the Developing Child focusing on how to ensure child development and resilience building can thrive despite the pandemic
- [New York University: COVID-19 Mental Health Resources for Families](#): This collection of resources provides practical guidance for parents and families to address the potential mental health effects of the COVID-19 pandemic. Also includes specific resource guides for special populations of children and youth, including guides for autism, ADHD, and depression.

## Trauma-Informed Care

### What is Trauma-Informed Care?

The following resources provide a background on the principles of trauma-informed care and organizational transformation and provide examples of successful implementation.

- [Health Management Associates: Trauma Informed Care: The Benefits of Clinical Integration and Organizational Buy-In \(2016\)](#): In this webinar, the audience will learn the benefits of integrating trauma-informed care into clinical and organizational practices. Objectives include:
  - Understand the organizational imperative to explore trauma-informed approaches to care delivery.
  - Explore how trauma-informed care dovetails with broader culturally responsive care management efforts.
  - Appreciate the ROI for embracing trauma-informed approaches regarding patient attrition and staff productivity, absenteeism, and job satisfaction.
  - Learn how to provide training and support for trauma-informed care initiatives, helping health care teams to better identify trauma symptoms and open up a dialog with patients.
- [Special Topic: Burnout in Providers: Prevention and Solutions](#): This special series of webinars from the Illinois ACEs Response Collaborative highlighted experts from across the country to discuss the rising issue of burnout in the healthcare industry. The three presentations provide a background on the cost of burnout-both to organizations and individual providers, as well as tested solutions to prevent burnout and work towards becoming a trauma-informed organization.
- [Trauma-Informed Care Implementation Resource Center](#): Developed by the Center for Health Care Strategies, this site offers a one-stop information hub for health care providers and other stakeholders interested in implementing trauma-informed care. It houses resources developed by experts including:
  - Foundational knowledge regarding the [impact of trauma on health](#) and [trauma-informed care](#)
  - [Testimonials from providers](#) who have adopted trauma-informed principles
  - [In-the-field examples](#) illustrating how to integrate trauma-informed care into health care settings
  - [Practical strategies and tools](#) for implementing trauma-informed approaches, including [10 Key Ingredients for Trauma-Informed Care](#).

## **Resources from the Illinois ACEs Response Collaborative:**

[The Illinois ACEs Response Collaborative](#) represents a broad range of organizations, thought and practice leaders, and agencies—from academic institutions and community foundations to private and public partners—committed to expanding the understanding of the impact of childhood trauma and adverse childhood experiences (ACEs) on the health and well-being of Illinois children and their communities. Learn more [here](#).

## **Policy Resources from the Illinois ACEs Response Collaborative.**

The Collaborative educates and advocates on key policy issues affecting intergenerational and systemic trauma, community wellbeing, and resilience. Check out our relevant policy resources, including:

- The [Trauma-Informed Policymaking Tool](#) outlines a policy approach to preventing and healing from trauma. Learn more about it in our webinar [Trauma-Informed Policymaking: Leading Change in Illinois](#), which highlights the work of local experts Maria Delgado from VOYCE and Colette Payne from Cabrini Green Legal Aid.
- Three [policy briefs](#) detail the impact of ACEs in the health, justice, and education systems including promising practices and recommended actions for change.
- We partnered with the Campaign for Trauma-Informed Policy and Practice to discuss their role in national trauma-informed policy and advocacy with Congress in our webinar [Policy Approaches to Creating Trauma-Informed Change](#)

## **Other Resources from the Collaborative**

- [Trauma-Informed Care – Best Practices Toolkit for Providers](#): The resources shared in this toolkit are informed by our work with the Hospital Collaborative and are designed to help providers both increase their understanding of what it means to be truly trauma-informed and begin the complex and multi-step process of implementing those practices.
- [Webinar Archive](#): Explore titles like [Shifting the Focus: Prioritizing the Developmental Needs of Infants and Toddlers through Early Childhood Court Teams](#) and [Segregation Stress Syndrome: From Emmett Till to Trayvon Martin](#) with local experts like Dr. Kim Mann of the Illinois Department of Children and Family Services, as well as national ones like Dr. Ruth Thompson-Miller of the Ohio State University and Vassar College.
- Check out our [Resource Library](#) for our latest papers including [Widening the Lens on ACEs: The Role of Community in Trauma, Resilience, and Thriving, Trauma-Informed Support for Families with Opioid Misuse](#), and [The Five How-Tos of Trauma-Informed Practice](#).