

Prime Time Palm Beach County

Afterschool Symposium 2023



SHIFT TO NOW

Embracing the present to offer youth meaningful out-of-school time experiences



The Impact of ACEs and Positive Childhood Experiences In the After School Setting

Anne-Marie T. Brown, LCSW, MCAP, ICADC
Center for Child Counseling [#AfterschoolSYM2023](https://twitter.com/AfterschoolSYM2023)



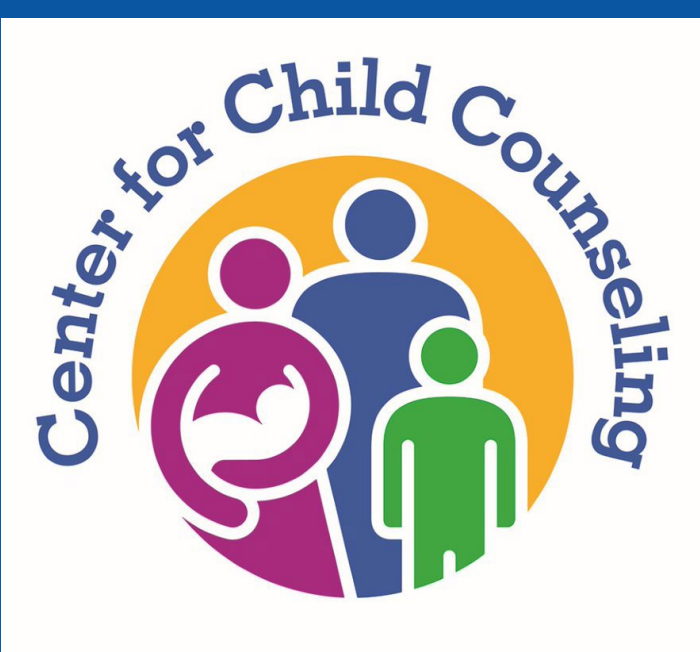
Dedicated to Quality Out-of-School Time

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What is Trauma?

Definition of Trauma

Unpredictable, overwhelms the capacity to cope, threatens the life or physical integrity, subjective.

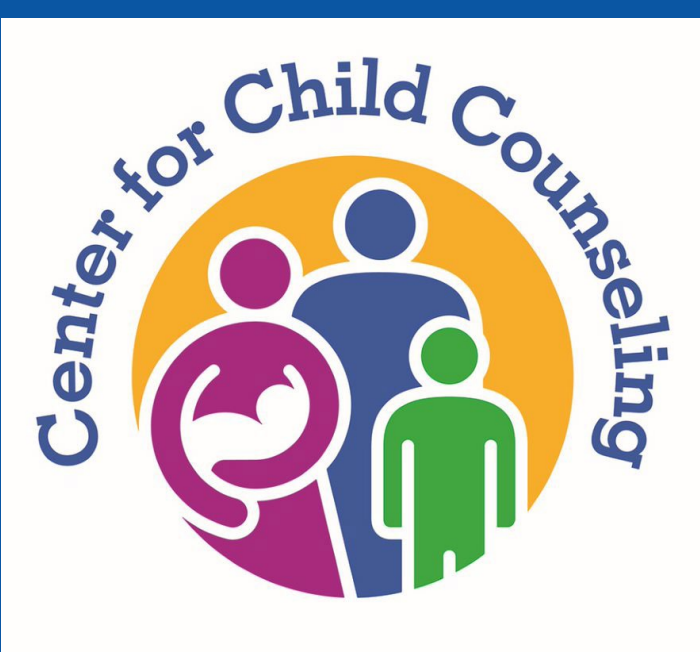
The Impact of Trauma on the Young Child

Lack cognitive abilities to communicate and process experience, look to caregiver for cues, developing brain leads to longer lasting effects.

The Impact of Trauma on Adolescents and Teens

Ability to communicate and process experience but brain still developing.

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Trauma Symptoms

Young Children

Hypervigilance, Separation Anxiety or Clinginess, Emotional distress when reminded of initial trauma, Fear or avoidance of places that remind them of event, Trouble sleeping, Nightmares, Repetitive play.

Adolescents and Teenagers

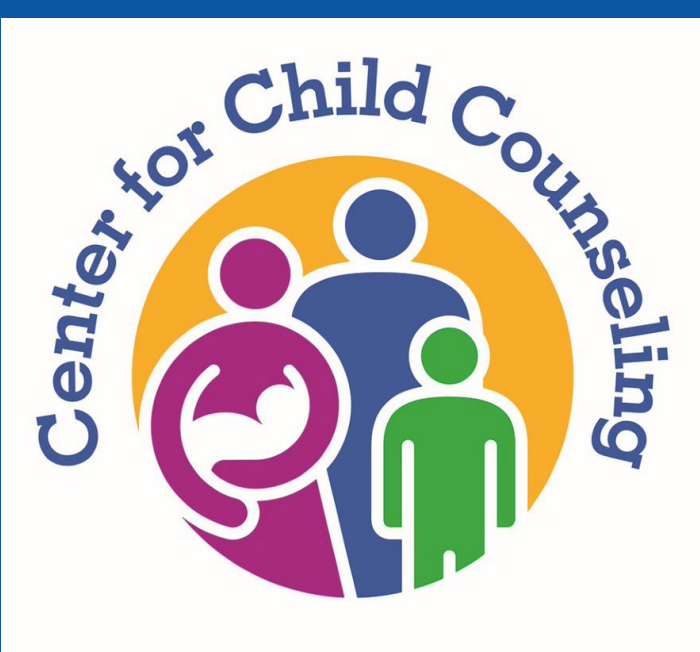
Maladaptive behaviors, DJJ involvement, Lack of emotional regulation skills, may look like other disorders.

Adults

Shock, denial, or disbelief, Confusion, difficulty concentrating, Anger, irritability, mood swings, Anxiety and fear, Guilt, shame, self-blame. Withdrawing from others, Feeling sad or hopeless, Feeling disconnected or numb.

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The Impact of Toxic Stress

Degrees of Stress

Positive, Tolerable, Toxic

Impact on Executive Functioning

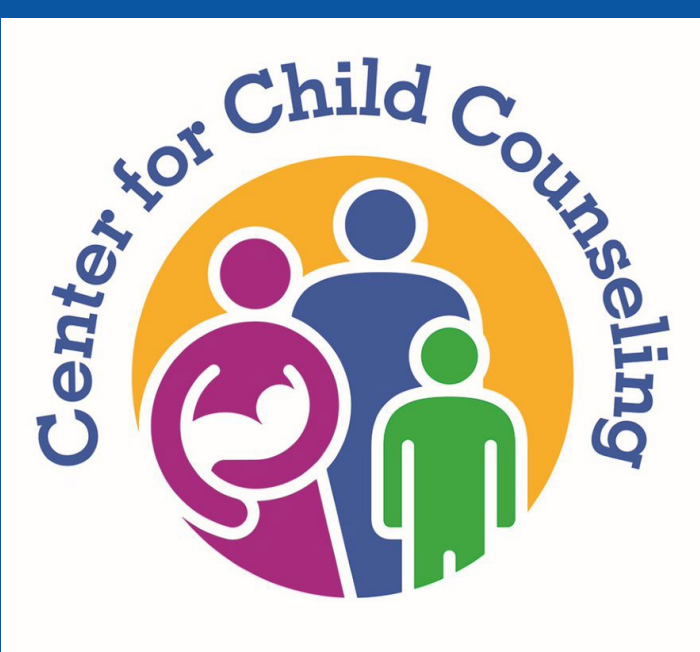
Social flexibility, working memory, self-regulation, attention, organization, impulse control, sequencing and planning.

Disrupted Neurodevelopment

Sequence of Brain Development.



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The ACE Study

Adverse Childhood Experiences

Abuse, Neglect, Household Dysfunction

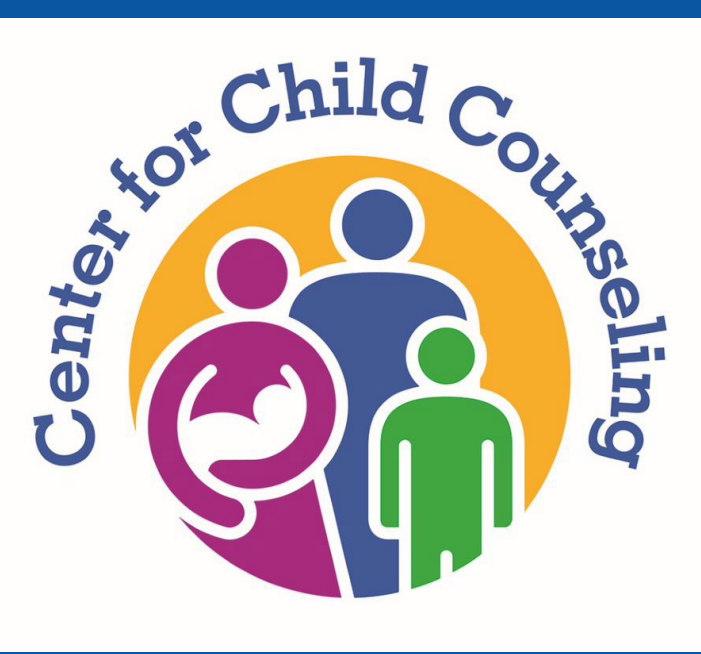
Study Outcomes

67% of participants reported at least 1 ACE, 87% chance of multiple ACEs, the higher the ACEs, the greater the negative impact.

Adoption of Health Risk Behaviors

The Impact of 4 or more ACEs.

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Positive Childhood Experience

The Child and Youth Resilience Measure
Caregiving, Education, Culture, Peer Support.

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PCEs

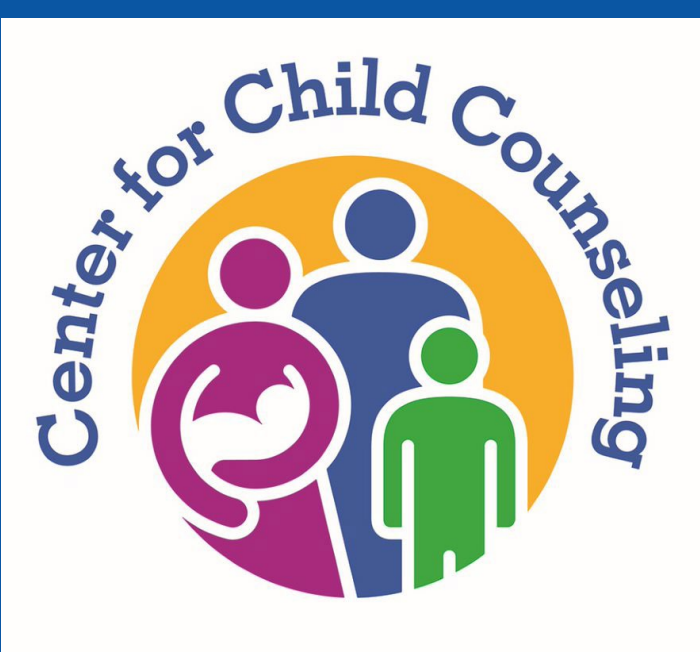
Dose Response Relationship: The more PCEs, the less depression. The more ACEs, the more depression.

Resilience Scale Fulcrum

Individuals can learn to balance them on a fulcrum and The fulcrum can be moved so as a person heals, their tolerance for adversity increases

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What Can We Do

Be the Buffer

Shift our thinking from “What is wrong with you” to
“What happened to you”

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Ways to Promote Resilience

Protective Factors: Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Support in Times of Need, Social and Emotional Competence of Children, Nurturing and Attachment.

Skills to Address Trauma

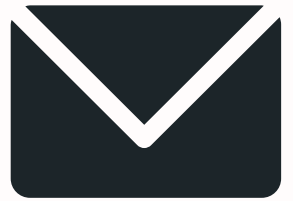
Caring, Acceptance, Person Focused, Listening, Reflecting.



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