

# ACEs (Adverse Childhood Experiences)



Adverse Childhood Experience, or ACEs, are events that occur in childhood - such as experiencing violence, abuse, neglect and family separation due to divorce, death or a parent being incarcerated.

The Kandiyohti-Renville ACEs Coalition produced this calendar to create awareness and make preventing ACEs a priority in our community.

Use this calendar to educate and challenge yourself. Have conversations with your family so that all children can have safe, stable, nurturing relationships and environments in which to thrive and achieve lifelong health and success!

# JANUARY

## ACES: Why Talk About Them?

- CDC (Center for Disease Control) has named ACEs as the “most serious health problem....”
- Linked to chronic health problems, mental illness, substance abuse
- Negative impact on education
- Preventable
- Community efforts help children reach their full potential and a world in which they can thrive.



**VALUABLE RESOURCE:**

[www.pacesconnection.com](http://www.pacesconnection.com)

**Heal Trauma and Build Resiliency**

**I am a child  
I need your love.  
I need your support.  
I need your time.  
Truth is, I need all of you  
to build our  
House of HOPE.**

**Understand that ACE's are not destiny, they are an opportunity to learn, grow and change for your welfare and the welfare of your children!**

Sunday

Monday

Tuesday

Wednesday

Thursday

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Saturday

						1  New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17  Martin Luther King Jr. Day	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**PREVENTING  
ACES WITH  
THE HOUSE  
OF HOPE**



**The evidence tells us that ACEs can be prevented by:**

- Strengthening economic supports for families
- Promoting social norms that protect against violence and adversity
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- Teaching skills to help parents & youth handle stress, manage emotions & tackle everyday challenges
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- Intervening to lessen immediate and long-term harms
- H.O.P.E- Healthy Outcome from Positive Experiences

# FEBRUARY

## Understanding Historical Trauma

Dr. Maria Yellow Horse Brave Heart defines historical trauma as *"The cumulative emotional and psychological wounding over one's lifetime and from generation to generation following loss of lives, land and vital aspects of culture."*



### **FAMILY DISCUSSION QUESTIONS:**

How was grandma and grandpa's life different from ours? How is it the same?

What was hard for them? What is hard for us?

What is a happy memory from growing up?

**Mom, Dad...help me understand the choices you made.**

**What happened to you?**

**What happened to grandma and grandpa?**

**Your stories can help me heal and grow, knowing the past can help me reshape my future.**

## Where to find help...

Generational Trauma:  
Breaking the Cycle of Adverse...  
IU Health

How Trauma Gets Passed Down Through Generations  
([nativehope.org](http://nativehope.org))

Inter-generational Trauma: 6 Ways It Affects Families  
Office for Institutional Equity ([duke.edu](http://duke.edu))

10 Ways to Build Resilience ([miami.edu](http://miami.edu))

Sunday

Monday

Tuesday

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Saturday

		1	2	3	4	5
6	7	8	9	10	11	12 <small>Lincoln's Birthday</small>
13	14 <small>Valentines Day</small>	15	16	17	18	19
20	21 <small>President's Day</small>	22 <small>Washington's Birthday</small>	23	24	25	26
27	28					

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# MARCH

## Family Separation

Tips for Caregivers:

1. Encourage children to ask for and accept help.
2. Make sure to let kids know that you are there to help them through the changes.
3. Children may appear to be adjusting well, but could be hiding their true feelings.
4. Most importantly, reminding them they are not alone.



### **FAMILY DISCUSSION QUESTIONS:**

You are not alone. What other adults can you trust for advice?

Are you interested in starting a diary to reflect on your thoughts and feelings?

When I woke up you were gone,  
Did I do something wrong?  
Why did you go to jail?  
Why can't you come home?  
I don't understand what is happening,  
I don't know who I can talk to.  
Tell me the truth.  
I need you here.

With the highest incarceration rate in the world, the U.S. has approximately 3 million children with at least one parent doing time.

### **Resources for families that have been separated:**

#### **Sesame Street**

Incarceration App for Parents & Caregivers  
(available on iPhone and Android)

Little Children, Big Challenges Toolkit

#### **Parenting with Purpose**

Supporting families impacted by incarceration  
763-503-2892

Sunday

Monday

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Saturday

		1	2 <small>Ash Wednesday</small>	3	4	5
6	7 <small>Eastern Orthodox Lent Begins</small>	8	9	10	11	12
13 <small>Daylight Savings Time Begins</small>	14	15	16	17 <small>St. Patrick's Day</small>	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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# APRIL

## Physical Safety

Children need families who create safe, stable, and nurturing relationships where they have a consistent family life, feel taken care of and supported.

### FAMILY DISCUSSION QUESTIONS:

Check surroundings, what is a safe place and time to talk about this? Quiet your inner thoughts and really listen to what the child is saying. Reassure them they are safe with you.

Name 3-5 adults you can call to ask for help. Do you have/know their phone numbers?

Do you have a way to call me or anyone else you trust if they start to get angry with you?

Who should you call if I am not home and you're worried it's going to happen again?

**Burns heal,  
Bruises heal,  
But the fear remains.  
Physical abuse never  
stops at the surface.  
You can be mad but  
you CANNOT be mean.**

## Resources for Help:

### Child Help National Child Abuse Hotline

1-800-4-A-Child or 1-800-422-4453  
[www.childhelp.org](http://www.childhelp.org)

### Webpage:

[How to Talk to Your Child About Abuse](http://HowtoTalktoYourChildAboutAbuse.com)  
[ThePlayTherapist.com](http://ThePlayTherapist.com)





Sunday

Monday

Tuesday

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Thursday

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Saturday

					1	2
3	4	5	6	7	8	9
10  Palm Sunday	11	12	13	14	15  Good Friday	16
17  Easter Sunday	18	19	20	21	22  Earth Day	23
24  Eastern Orthodox Easter	25	26	27	28	29	30
31						

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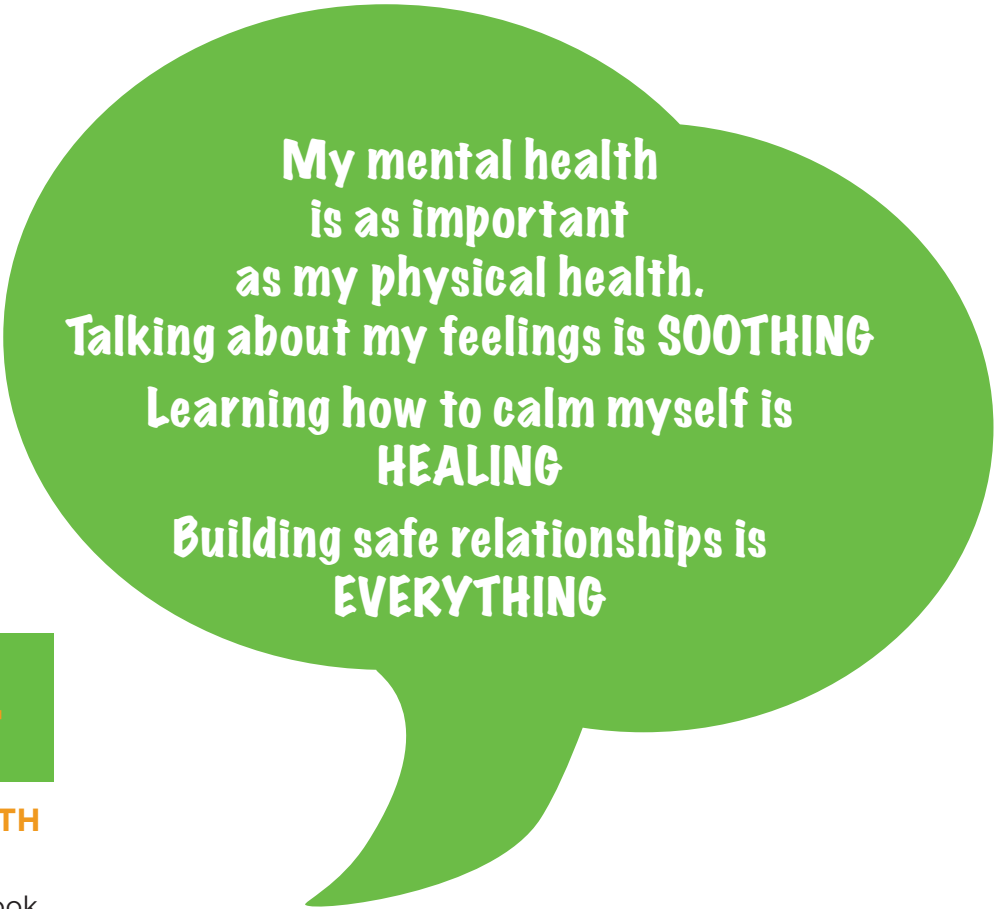


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# MAY

## Mental Well Being



My mental health is as important as my physical health.  
Talking about my feelings is SOOTHING  
Learning how to calm myself is HEALING  
Building safe relationships is EVERYTHING

### MENTAL HEALTH AWARENESS MONTH

## MENTAL HEALTH CHECKLIST

#### EVERY DAY I WILL:

- Move my body
- Take a screen-time break
- State 3 things I am grateful for (write down or say aloud)
- Eat fruits and vegetables
- Sleep for 7-9 hours a night

#### ONCE EACH WEEK I WILL:

- Connect virtually with a friend or family member
- Plan an outdoor activity like a picnic, hike or bicycle ride
- Set a new goal, like finishing a work, school or home project
- Claim a win for the week: It can be big or small. Celebrate with a reward or an act of kindness towards yourself!

#### ONCE THIS MONTH I WILL:

- Finish reading a book
- Take a 1-day break from all social media and news
- Try a creative activity
- Help someone or complete a community service project

Choose 2 or more activities that are personal and meaningful to your mental health:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### REFLECTIONS:

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#### FAMILY DISCUSSION QUESTIONS:

What have you noticed that worries you?

I am here to talk to if you have any questions or are worried. If you feel you can't come to me, you can talk to.....

#### Resources for Help with Mental Health:

**Woodland Centers**

24/7 Crisis Line: 800-432-8781

[www.pactforfamilies.org/county-resource-lists](http://www.pactforfamilies.org/county-resource-lists)

Text MHA 741741

Sunday

Monday

Tuesday

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Thursday

Friday

Saturday

1	2	3	4	5	6	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21 Armed Forces Day
22	23	24	25	26	27	28
29	30 Memorial Day	31				

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# JUNE

## Emotional Comfort

### FACTORS AFFECTING EMOTIONAL COMFORT

- Engage adults outside of the family who are role models.
- Kids with emotional neglect will blame themselves in order to PRESERVE the PARENT
- Work through conflicts and problems peacefully

### FAMILY DISCUSSION QUESTIONS:

What is something that makes you feel sad? Happy? Scared?

What are some things we like to do together?

What ideas do **YOU** have that we can do for fun?

### WHERE TO FIND HELP:

Every county has support systems. Check with other Mental Health providers in your area.

Renville County Human Services (Community Support Program) 320-523-2202

Woodland Centers: Willmar office 320-235-4613  
Olivia office: 320-523-5526

PACT for Families Collaborative:

[www.pactforfamilies.org/resources](http://www.pactforfamilies.org/resources)

[www.pactforfamilies.org/county-resource-lists](http://www.pactforfamilies.org/county-resource-lists)

**My feelings are important,  
They can't wait.  
Even when you are overwhelmed,  
Listen, talk and play with me  
EVERY day.  
I need your love and support.**



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12	13	14 Flag Day	15	16	17	18
19 Father's Day	20	21	22	23	24	25
26	27	28	29	30		

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# JULY

## Sexual Safety

Research indicates that as many as 1 out of 4 girls and 1 out of 6 boys will experience some form of sexual abuse before the age of 18.

3/4's of the time, child sexual abuse is committed by someone the child has a relationship with.

**Educate Yourself:** Know that child pornography and human trafficking exist and are major issues in the United States.



**ACES and Positive Experiences Website:**  
[www.pacesconnection.com](http://www.pacesconnection.com)

**Private parts are  
private parts.  
If you respect me,  
you will respect them.  
Always keep me safe,  
no matter what.**

### **FAMILY DISCUSSION QUESTIONS:**

What is the difference between good touch and bad touch?

What are good secrets versus bad secrets?

Is it okay to refuse hugs or from giving hugs if you do not want to?

Who are some safe adults you can talk to about anything?

### **RESOURCES FOR HELP:**

Look for a Family Counselor at various mental health providers:

- ★ Woodland Centers
- ★ Lutheran Social Services
- ★ Greater Minnesota Family Services
- ★ Western Mental Health
- ★ Other private providers.



Sunday

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3	4  Independence Day	5	6	7	8	9
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31						

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# AUGUST

## Physical Security

Physical Security will affect Academics, Cognition, Language, Weight, Social Life, Emotional Resilience, Incidences of Stealing, Lying and Hoarding.



I am YOUR child.  
Pick me up when I cry.  
Hold me when I am scared.  
Feed me when I am hungry.  
I depend on YOU.

### FAMILY DISCUSSION QUESTIONS:

- What makes you feel secure when you feel scared and alone?
- When you are sad, what makes things better?
- What is your favorite family meal? Would you like to make that together?

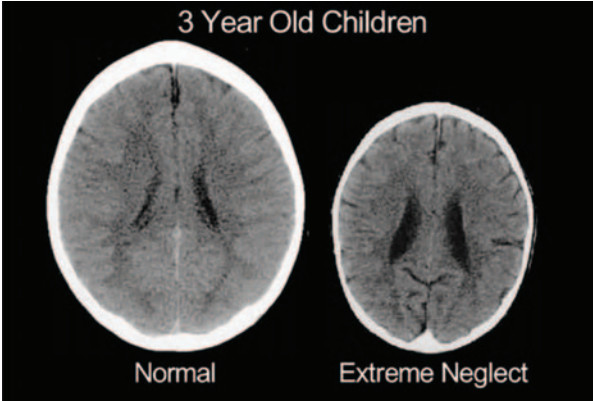
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- ❖ Greater Minnesota Family Services
- ❖ Western Mental Health
- ❖ Local County Human Services

Childhelp National Child Abuse Hotline: 1-800-422-4453

Prevent Child Abuse America: [preventchildabuse.org](http://preventchildabuse.org)



### 3-year-old "Normal" Brain vs "Extreme Neglect"

Explanation: "When adult responses to children are unreliable, inappropriate, or simply absent, developing brain circuits can be disrupted, affecting how children learn, solve problems, and relate to others"

([developingchild.harvard.edu](http://developingchild.harvard.edu))

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21	22	23	24	25	26	27
28	29	30	31			

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# SEPTEMBER

## Freedom from Addiction

### FAMILY DISCUSSION QUESTIONS:

What would you do if a friend was smoking or drinking?

Do you know signs of addiction?

What are some coping mechanisms you use when life gets hard?

If you noticed someone who is drinking more than usual how can you help them?

Who would you go to if you were concerned about a friend or family members chemical use?



**RECOVERY IS FOR EVERYONE:**  
Every **Person**, Every **Family**, Every **Community**.

**Addiction is a disease,  
Living with you can be confusing.  
Sometimes I think it is my fault.**

**Please GET HELP!**

**Treatment and recovery  
is hard, YOU are worth it;  
I am worth it!**

### CHEMICAL DEPENDENCY ASSISTED SERVICES:

- ❖ Carris Health, Willmar • 320-231-4543
- ❖ Carris Health Redwood Falls  
507-637-2985 Clinic  
507-637-4500 Hospital
- ❖ Granite Falls - 800-304-2219
- ❖ Willmar - 320-214-7744  
[www.addicted.org](http://www.addicted.org)
- ❖ Project Turnabout Willmar or Granite Falls - 800-862-1453  
[projectturnabout.org](http://projectturnabout.org)
- ❖ Local County Human Services  
SAMHSA (Substance Abuse & Mental Health Services  
Administration [www.samhsa.gov](http://www.samhsa.gov))

Sunday

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Saturday

				1	2	3
4	5  Labor Day	6	7	8	9	10
11  Patriot Day	12	13	14	15	16  POWMIA Recognition Day	17
18	19	20	21	22	23	24
25	26  Rosh Hashanah	27	28	29	30	

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# OCTOBER

## Respectful Communication

### FAMILY DISCUSSION QUESTIONS:

How do you feel about the relationships in your life?

Do you feel threatened or controlled by anyone?

When someone hurts you with words, how do you respond?

What does respectful communication look like to you?



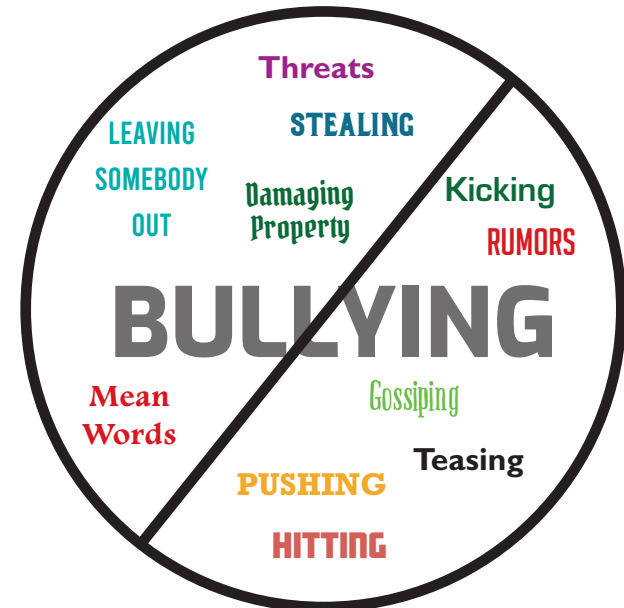
**Bullies lack self-respect  
and confidence!**

When you yell **AT** me,  
it scares me.

Next time...**Stop!**

Go away for ten seconds, come  
back, acknowledge my feelings.

Tell me you **LOVE** me,  
Let's try again together.





Sunday

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2	3	4	5 Yom Kippur	6	7	8
9	10 Indigenous Peoples Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 Halloween					

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# NOVEMBER

## Family Safety

1 in 4 of all children are exposed to family and domestic violence during childhood.

Children who were exposed to violence in the home are **15X more likely** to be physically and or sexually assaulted than the national average.  
([domesticshelters.org](http://domesticshelters.org))



### FAMILY DISCUSSION QUESTIONS:

When do you feel safest?

What are some things that help you to feel safe?

What do you think it means to be safe?

What do you do when you feel unsafe or threatened?

**My mom is my mom!  
My dad is my dad!  
Seeing you yell or hit scares me.  
When you hurt each other,  
you hurt me.  
Use your power to keep us safe.**

### WHERE TO FIND HELP:

- ❖ Renville County Human Services: 320-523-2202
- ❖ Safe Avenues - Willmar: 320-235-0475
- ❖ Women's Rural Advocacy Program -  
Granite Falls Office: 320-564-2524  
Lincoln, Lyon, Redwood,  
& Yellow Medicine Counties Office: 507-637-3040
- ❖ PACT for Families Collaborative:  
[www.pactforfamilies.org/resources](http://www.pactforfamilies.org/resources)  
[www.pactforfamilies.org/county-resource-lists](http://www.pactforfamilies.org/county-resource-lists)

Sunday

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		1	2	3	4	5
6  Daylight Savings Ends	7	8  Election Day	9	10	11  Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	24  Thanksgiving Day	25	26
27	28	29	30			

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# DECEMBER

## Thriving in a Single Parent Home

The US has the world's highest rate (23%) of children living in single-parent households. Whether it's divorce or the death of a parent the process is difficult for a young child.

### WHAT CAN PARENTS DO TO PROTECT THEIR CHILDREN?

- Co-Parent peacefully
- Avoid putting kids in the middle
- Maintain healthy relationships
- Teach your child that although dealing with divorce is difficult, they have the mental strength to handle it.



### FAMILY DISCUSSION QUESTIONS:

No matter what happens, who are the people you can always count on?

What is the hardest thing about not having a parent around?

How does it feel to lose someone you love?

Losing people in my life is hard,  
I wonder if it's my fault.  
Sometimes I think I have to be  
the grown up,  
My feelings are all mixed up.  
Who is going to  
take care of me now?  
I need someone to talk  
with me, hold me, protect me.

### RESOURCES FOR HELP:

- ❖ Woodland Centers
- ❖ Lutheran Social Services
- ❖ Greater Minnesota Family Services
- ❖ Western Mental Health
- ❖ Other private providers

ACES and Positive Experiences Website:

[www.pacesconnection.com](http://www.pacesconnection.com)

Sunday

Monday

Tuesday

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Thursday

Friday

Saturday

				1	2	3
4	5	6	7	8	9	10
11	12 Virgin of Guadalupe (MEX)	13	14	15	16	17
18 Hanukkah Begins	19 Hanukkah	20	21	22	23	24
25 Christmas Day	26 Kwanzaa Begins	27	28	29	30	31

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# 3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACEsConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.



# THE TRUTH ABOUT ACEs

## WHAT ARE THEY?

ACEs are  
ADVERSE  
CHILDHOOD  
EXPERIENCES

## HOW PREVALENT ARE ACEs?

The three types of ACEs include

### ABUSE



Physical



Emotional



Sexual

### NEGLECT



Physical



Emotional

### HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

## HOW PREVALENT ARE ACEs?

The ACE study\* revealed the following estimates:

### ABUSE

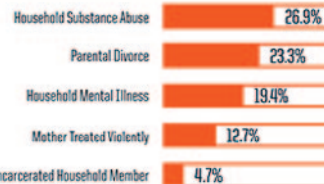


percentage of study participants that experienced a specific ACE

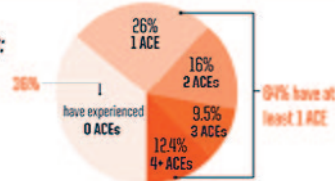
### NEGLECT



### HOUSEHOLD DYSFUNCTION



Of 17,000 ACE study participants:



## WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



Possible Risk Outcomes:

### BEHAVIOR



### PHYSICAL & MENTAL HEALTH



# Who can make a difference in the lives of children and youth?



Preventing ACES (Adverse Childhood Experiences) is a priority in our community.

Thank you to the following for their help with this awareness project

## ACES COALITION MEMBERS

Kandiyohi County Public Health  
[www.kcmn.us](http://www.kcmn.us)

Renville County Public Health  
[www.renvillecountymn.com/departments/public\\_health](http://www.renvillecountymn.com/departments/public_health)

PACT for Families Collaborative  
[www.pactforfamilies.org](http://www.pactforfamilies.org)

Greater MN Family Services  
[www.greaterminnesota.org](http://www.greaterminnesota.org)

Renville County Restorative Justice  
[www.renvillecountymn.com/departments/restorative\\_justice](http://www.renvillecountymn.com/departments/restorative_justice)

Kandiyohi County Drug Free Coalition

Renville Alliance for the Prevention of Alcohol & Drugs

Renville County Jail

Area Clergy