



If a child does not feel warmth in his village he will burn it down to feel the warmth. ~ African proverb

The rougher your childhood is, the more challenges you'll face later in life. This is the premise behind the Adverse Childhood Experiences (ACE) study. Initiated 20 years ago by the Centers for Disease Control and Prevention and Kaiser Permanente's Health Appraisal Clinic, this study proved to be one of the largest investigations to ever assess the link between childhood maltreatment and adult health and well-being.

Here's what the study measured (10 ACEs total):

- Physical, sexual and verbal abuse
- Physical and emotional neglect
- A family member who is:
 - Depressed or diagnosed with another mental illness
 - Addicted to alcohol or another substance
 - In prison
- Witnessing a mother being abused
- Losing a parent to separation, divorce or another reason

This list is only the most common forms of abuse and is not exhaustive

Here's what the study found:

- ACEs are very common, and 64% of adults have at least one.
- They often don't occur in isolation – people who have one ACE have an 87% chance of having two or more.
- A higher number of ACEs (without intervention) is correlated with a greater risk for chronic disease, mental illness, violence and being a victim of violence. ACEs are responsible for workplace absenteeism and contribute to chronic health, mental health, economic health and social health issues.

So, what does this tell us?

We know that toxic stress is harmful in young people, but the ACE study sheds light on the long-term implications of this early environment. We no longer just intuitively know that it's harmful for kids; we have data to support it.

If someone has experienced one (or five, or ten) ACEs as a child, are they doomed?

No. Someone with a high ACE score is certainly not guaranteed to have a lifetime of medical and/or mental health problems. There is great news in the world of neuroscience, and it's that our brains are plastic. With work, the brain can repair and rebuild areas that have been damaged by toxic stress. Think of those toy train sets that children play with. The brain may have a trauma track that is well worn through repeated use. But as we work through therapy and build up resilience and healing, the brain can form new tracks, and just like the toy train sets, can switch a lever that essentially jumps over the trauma tracks. The brain can rewire itself too slowly undo many of the symptoms of toxic stress.

Many of us have experienced such Adverse Childhood Experiences in our lives. We believe that there is always hope. As professionals who work with these children, we have to expect momentous outcomes from all children, and we have to hold on to hope for the families we work with.

To take the test and to learn more about the impact and the current research and implementation of the ACE study, we recommend the website www.acestoohigh.com.

**To see the hard data on results of ACEs then look to SAMHSA
Substance Abuse and Mental Health Administration**

The 2015 National Survey on Drug Use and Health (NSDUH) collects information on the reasons people misuse prescription psychotherapeutic drugs. NSDUH is an annual survey of the U.S. civilian, noninstitutionalized population aged 12 years or older and is the primary source for statistical information on illicit drug use, alcohol use, substance use disorders, and mental health issues for this population. One of NSDUH's strengths is its large sample size, which allows for examinations of prescription drug misuse and the reason for that misuse.

https://www.samhsa.gov/data/sites/default/files/report_3210/ShortReport-3210.html

- PRESCRIPTION PAIN RELIEVERS 91.8 million
- PRESCRIPTION TRANQUILIZERS 38.2 million
- PRESCRIPTION STIMULANTS 4.8 million
- PRESCRIPTION SEDATIVES 18 million
- SELF DESCRIBED BINGE DRINKERS 65 million
- COMBINED TOTAL ALCOHOL AND PRESCRIPTION DRUG USE 209.8 million

Note: This does not take into account the 553,000 + homeless Americans or the 39.7 million living below the poverty level.

Hurt people hurt people

From the ACE studies some conclusions were made from the large surveys.

- ACEs are the #1 factor for prison inmates.
- ACEs are the #1 factor for obesity and eating disorders.
- ACEs are the #1 factor for all mental health issues.
- ACEs are the #1 factor for homelessness.
- ACEs are the #1 factor for all drug and alcohol addiction.
- ACEs are the #1 factor for domestic violence.
- ACEs are the #1 factor in failed marriages ending in divorce.
- ACEs are the #1 factor for poverty and failure at life.
- ACEs are the #1 factor for drop out rates in school.
- ACEs are the #1 factor for suicide.
- ACEs are the #1 factor for childhood and adult PTSD
- ACEs are the #1 factor for nearly every major disease. (see list below)

Center for Disease Control / CDC the list of ACEs Increase Risk for Chronic Illness and Poor Physical Health

Asthma	Irritable Bowel Syndrome.	Rheumatoid Arthritis
Cancer	Inflammatory Bowel Disease.	Sjogren's Syndrome
Celiac disease	Liver Disease	Sleep Disorders
Chronic Fatigue	Long Disease (COPD)	Stroke
Coronary Heart Disease.	Lupus	Thyroid, Grave's
Diabetes, type 1 & 2	Multiple Sclerosis.	Thyroid, Hashimoto's
Fibromyalgia	Myasthenia Gravis	Poor self-related health
Hypertension	Obesity	

Years Loss Of Life (YLOL)

To put this data in a way that my mind can grasp it the CDC states that people will 10 years of life if they have an ACEs score of 4+ and 20 years loss of life if their ACEs score is 5+. So let's look at Years Loss Of Life. This is not easy to see as it happens at the end of life say from an expected life of 80 to be reduced to 70 years old at death.

To compare from 1950 the U.S. Military Has Killed 20-30 Million People since World War II in 37 victim nations. Years Loss of Life (YLOL) is 25 million x 42years (median age) =1,050,000,000. 1 billion 50 million years loss of life from all the US involvement in wars from 1950 till now.

In this same amount of time because of ACEs we in America have YLOL at -10 years each of 2/3 of 157 million Americans = 1,053,400,000 (1 billion 53 million YLOL) Based on ACEs science this current generation is 209.8 million Americans "The 2015 National Survey on Drug Use and Health (NSDUH)" have potential Years Loss of Life at 10 years each = 2,098,000,000 (2 billion 98 million YLOL)

The word holocaust fits the facts. We are in a slow but deadly holocaust. An invisible holocaust. I am almost 70 now and can say the golden years are the best years of life. We are losing our elders in their golden years from not seeing the impact that unresolved Adverse Childhood Experiences have on a persons life. This cuts across all economic and education backgrounds.

We can go from actual expected YLOL to LOQL Loss Of Quality Life

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The good news is all of the YLOL and the ACEs factors are preventable and it all starts with being Trauma-Informed. Enter the ACEs Quiz.

Take the ACE Quiz

Print your name _____ Your email or address _____

Your phone number _____

An ACE score is a tally of different types of abuse, neglect, and other hallmarks of a rough childhood. According to the Adverse Childhood Experiences study, the rougher your childhood, the higher your score. You can take the test below:

1) Before your 18th birthday, did a parent or other adult in the household often or very often swear at you, insult you, put you down, or humiliate you? *OR* act in a way that made you afraid that you might be physically hurt? YES / NO

2) Before your 18th birthday, did a parent or other adult in the household often or very often...push, grab, slap, or throw something at you? *OR* ever hit you so hard that you had marks or were injured? YES / NO

3) Before your 18th birthday, did an adult or person at least five years older than you ever...touch or fondle you or have you touch their body in a sexual way? *OR* attempt or actually have oral, anal, or vaginal intercourse with you? YES / NO

4) Before your eighteenth birthday, did you often or very often feel that...no one in your family loved you or thought you were important or special? *OR* your family didn't look out for each other, feel close to each other, or support each other? YES / NO

5) Before your 18th birthday, did you often or very often feel that...you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? *OR* your parents were too drunk or high to take care of you or take you to the doctor if you needed it? YES / NO

6) Before your 18th birthday, was a biological parent ever lost to you through divorce, abandonment, or other reason? YES / NO

7) Before your 18th birthday, was your mother or stepmother: often or very often pushed, grabbed, slapped, or had something thrown at her? *OR* sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? *OR* ever repeatedly hit over at least a few minutes or threatened with a gun or knife? YES / NO

8) Before your 18th birthday, did you live with anyone who was a problem drinker or alcoholic, or who used street drugs? YES / NO

9) Before your 18th birthday, was a household member depressed or mentally ill, or did a household member attempt suicide? YES / NO

10) Before your 18th birthday, did a household member go to prison? YES / NO

Now add up your "Yes" answers: _____ This is your ACE Score

Who should be giving the ACEs Quiz first? Starting with pediatricians then on to every doctor in the county including hospitals and ambulance drivers. An ACEs quiz or a deeper emotional profile needs to be given as part of every patient's history. They do not teach doctors that every major disease we now have has Adverse Childhood Experiences as the **#1 factor**. This results in misdiagnose and over use of pain meds for what is emotional stress unhealed. It needs to be made mandatory for the pediatricians to give the ACEs quiz to the parents and to the children before they are admitted to school from day 1. And these results need to be available to teachers the police and the courts. Data shows that just giving the ACEs quiz reduce ER trips 35%

Next every member of the school board and the administration and the principals along with the teachers, bus drivers and cooks need to both take the quiz and know the rank and ACEs score for every child in school. This sounds dramatic but is easy and cheap.

Next the police need to be trauma-informed as well as fire rescue and ambulance personnel. Turns out 25% of all calls are for emotional issues like panic attacks and mental break downs.

The next wing that needs to be Trauma-Informed is the Juvenal Court Judges and staff. This is already in place to a degree. Now in schools and in the courts we take young people who are abused and abuse them more or harder. This is clearly not effective as Georgia has 44% of the population with felony records and the life of a felon forever after. School intervention and to become trauma informed is the key to reduce crime and improve the emotional and then physical health of the community. This is not a joke and it is doable. It is already being used by the corporation who build prisons. They look at the number of third graders who are acting out and are trouble makers and project how many prison beds they will need to fill. We can use this information to end the cycle of early childhood adversity. The USA ranking in schools is 25. We have room for improvement

The bulk of the work to turn this holocaust of trauma around will fall on teachers and the school board. The good news is there are models that already are in place and getting results all across America. Teachers can have access to workshops and talks to train them on how to address problem children who are struggling with body regulation and behavior. **As it is now teachers get secondary PTSD just from dealing with the emotional stress of having children near crisis daily.** The stress on a teacher to try to control a student who is in rage or terror and who can in no way self regulate is too much. Untrained teachers with no skills and handling or even recognizing this emotional event have no tools or process other than detention punishment or expulsion. The law and order approach clearly is not affective. Making abused or neglected kids into criminals of order is a one way ticket to prison or drugs.

My proposal will be dirt cheap. The teacher training can be done and the workshops are available. The court and simple laws can be changed as we already have laws for parents to go to anger management. The **ACEs Immunity** process can be free in schools and in other places around town like churches and community centers. Reduce

crime and improve health and making better adults will pay for its self. The whole infrastructure is already in place.

ACEs IMMUNITY Processes "pass down wisdom, not wounds".

Love love this comment made by Emily Read Daniels.

"WE DESPERATELY NEED TO MOVE BEYOND COGNITIVE/BEHAVIORAL APPROACHES to treating trauma. As someone that has YEARS of experience working with children and teens and working with that kind of approach to treating depression, anxiety, suicidality, substance misuse, cutting, ODD - you name it, I have worked with it - it's an epic fail. EPIC! The emerging modalities of treatment (e.g. somatic experiencing, trauma-informed yoga, trauma drama, rhythmic movement and music, etc.) make way for regulating the body's stress response! "

~ Emily Read Daniels

I totally agree. I do not have the academic background perhaps but I had to do my own healing work on myself. So am focused on what works and why. I do teach what works for me on Facebook and Youtube (for free) New to ACEs I felt what would be some of my processes that would be good for parents and children to heal past trauma . ACEs IMMUNITY is what I came up with. Think gym class for your emotional body. (Not therapy) Just like going to a gym is therapeutic but not physical therapy.

Trauma and adverse experiences happen éxo apó to sóma ~Out Side the Body
exogenous = something that comes from **outside** the **body**.

We will teach you how to reverse the trauma and discord by Resonance Bonding and Informational Coupling. That is to say we teach how to be inner guided and directed. This is the opposite of how we get wounded.

I would like to offer you 4 tools/exercises to test out and see if they help. (ACEs IMMUNITY) Is it taboo to talk about healing ACEs and trauma? It seems like a basic goal to me even if it is a placebo, knowing healing can happen is a good thing. Lots have been done with the polyvagal theory of unfinished fight or flight reaction to stress and abuse. Building solid resilience is key to a stable productive life.

School is a learning environment . It can and needs to be a healing environment .

My first exercise is for finishing this fight or flight or "play dead" reaction that become stuck in our autonomic nervous system. I call it **Finding Your Lion Heart**. It is presented as an acting exercise to keep it one step away from your actual

memories. (so to be clear this is not therapy) All CHM / Trauma is outer-directed and we are the victim. This is inner-directed and we are always the victor. As our wounding is a form of state-bound learning and imprinting we must get close to that **original state** to reverse and finish the F / F or Freeze event with a different outcome. (all imaginary like a video game) But our body reacts as if it was real plus we are in control. This is the reverse of being out of control. The side effects of **Finding your Lion Heart** is the end of fear, the end of anger and the end of pain and the end of being a victim. (they have a limit and are not infinite) Also when you let loose of your control of these primal emotions in private then you gain control in public. Then it is with the end of pain that self-compassion is born and then available to others. **Note:** This is not therapy. This is more like a live action video game and can be fun to do. The changes come from forming new habits of thinking and feeling empowered and being inner directed.

My main influence for this process was Alec Rubin - Theatre Within (3 years) <http://theatrewithin.org/about-us/founder/> The other references are more obvious Stephen Porges' Polyvagal Theory and Bessel A. van der Kolk and his work with theater training for people with high ACEs scores.

The second exercise **Heart Light Meditation**, is a high quality powerful connected breathing meditation and body regulation method. How to walk your head and mind down to your heart and be in your heart. At the end when your heart is open you put what you love in your heart. In the first process at the end you destroy worlds. The world of pain and the world of abuse and the world of neglect and so on. These worlds give you a world view and move your life to be always ready for F or F. So stay stuck in the original adverse set of experiences. So with Heart Light Meditation you put pictures in your heart. Start with Mother Earth from space then have a good image of the whole solar system and third have a whole image of a galaxy . Then what you love and like. kittens, kids, loved ones. Several images of your self healthy and happy at different ages. Flowers trees images of mountains. Over time you will have these images imprinted in your subconscious. (the opposite of having stress images floating around causing you to be defeated) For reference to the benefit of doing meditation daily are well worth and easy looking up.

What this meditation does that is different than connected breathing or embodied breathing is the images you have rotating in your heart. For that it is worth researching **William F. Bengston ~ Rats and cancer** . What he did is run scientific trial on healing. Some how he learned to have a slide show of images in his head and in his subconscious that he liked and wanted in his head. That is all he did as he held a tray of rats with terminal infected rats that had breast cancer. He has healed thousands of his test rats and also his control rats even if the control rats were in another building or town. He also heals humans of heart disease, cancer, arthritis and so on. See the list diseases that ACEs is the main factor of.

The third process is **Polarity Flip Flops**. This goes directly to your body and trains your mind to feel the effects of each polarity. Our trauma is held in our body subconsciously in the same place as how we walk. Over time this exercise trains your body to

recognize polarity and be able to move to the opposite with ease. Fear is a poll with an opposite. Stress is the same and on it goes with all subconscious unwanted behavior is really a single habit or reaching for only one poll. You only have to do this exercise 1-200 times (over weeks or months) until you feel the four choices whenever you are stuck in one poll. You are giving your subconscious choices that your habits have kept hidden. The saying that you always have a choice is not true. We only have the choices we can have installed and what we can search for. The Polarity Flip Flops helps to learn how to find new choices as a program and habit.

And the last process is **Talking to the Parts of Self**. This is also key and core to all our relationship outside our skin. Parents, kids, lovers, and business are all modeled on our inner relationships with the parts of self. Think with this process you can increase your self-love 400% and intelligent decisions by 400% plus do all kinds of trust-building and conflict resolutions. We become the therapist/mentors to the parts of ourself and this can be relationship therapy, family therapy, trust building, healing past wounds, (momma your trauma) and on it goes until you are good with all your parts of self. You do this process as needed until you come to see your Spirit, Heart, Will, and Body are your core and primary relationship.

The first 4 videos are the ACEs IMMUNITY process. The others are some few videos on why this works.

<https://www.youtube.com/playlist?list=PLmHZR-DICRWMAgIhMEKCry7UgVofa0J-P>

To be effective with Finding your Lion Heart then this video is good also.
Forgive You and only YOU. <https://youtu.be/2cj3yuF8NYk>

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Language Lessons of the Heart support group. <https://www.facebook.com/groups/JoinLanguageLessonsoftheHeart/>