**Adverse Childhood Experiences (ACEs) 🡪 Flourishing Resource List**

**Trauma Informed Approaches and Autism Spectrum**

**and Other Developmental Disabilities**

Resources for individuals, organizations, and communities moving along trauma and hope-informed pathways in order to:

* Prevent and mitigate adverse childhood experiences (ACEs).
* Promote resilience and safe, stable, nurturing relationships and environments.
* Promote equity and racial justice.
* Prevent substance abuse and promote mental health.

… so that all children, youth, families and communities have equal opportunity for educational success, economic stability, health, and well-being.

**Introduction to ACEs**

Adverse Childhood Experiences (ACE) Study - Centers for Disease Control and Prevention (CDC) - An overview of the ACE Study and findings, including related links. -- [www.cdc.gov/ace/index.htm](http://www.cdc.gov/ace/index.htm)

ACEs Primer, KPJF Films -- <https://vimeo.com/139998006> (5 minutes)

Personal and Parental Reflections on Adverse Childhood Experiences

This is an 8 minute video that was developed as an introductory tool for parents. <http://www.youtube.com/watch?v=jUJHvbPrL0I>

Adverse Childhood Experiences: Connecting a Developmental Lens to the Health of Society – Robert Anda, MD, 2011 (55 minutes), Alberta Family Wellness Initiative

<http://www.albertafamilywellness.org/resources/video/adverse-childhood-experiences-connecting-developmental-lens-health-our-society>

Robert Wood Johnson Foundation – Adverse Childhood Experiences

<http://www.rwjf.org/en/library/collections/aces.html> - Includes link to infographic.

ACEs Connection – [www.acesconnection.com](http://www.acesconnection.com)

Washington State ACEs Action - <http://www.acesconnection.com/g/washington-state-ace-s-group>

**Self-Care**

Self-Care Starter Kit, School of Social Work, University of Buffalo

<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>

Relaxation Tool Kit, Navy and Marine Corps Public Health Center  
<http://www.med.navy.mil/sites/nmcphc/health-promotion/psychological-emotional-wellbeing/relax-relax/pages/index.html>

**Resilience**

The Road to Resilience - American Psychological Association

<https://www.apa.org/helpcenter/road-resilience>

**Trauma-Informed Approach**

*SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach*. July 2014

<https://store.samhsa.gov/system/files/sma14-4884.pdf>

**ACEs and Autism**

*Adverse Childhood Experiences are Associated with Unmet Healthcare Needs among Children with Autism Spectrum Disorder*. Kristen L Berg, et al, The Journal of Pediatrics, September 14, 2018

<https://www.jpeds.com/article/S0022-3476(18)30914-4/fulltext>

**Trauma, Autism Spectrum and Developmental Disabilities**

*Trauma and Autism Spectrum Disorder: A Reference Guide*. Rachel K Earl, et al. Bernier Lab, University of Washington, June 2017

<https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/1%20Therapist%20Resources/Bernier-Lab-UW-Trauma-and-ASD-Reference-Guide-2017.pdf>

Trauma and Developmental Disabilities. Traumatic Stress Institute

<https://traumaticstressinstitute.org/trauma-and-developmental-disabilities/>

**Trauma Informed Approaches and Developmental Disabilities**

ACEs and Developmental Disabilities – ACE Response, a partnership between Prevent Child Abuse America and University of New York at Albany School of Social Welfare

<http://www.aceresponse.org/give_your_support/IDD_39_68_sb.htm>

Includes several resources, including:

* ACEs and Developmental Disabilities - PowerPoint slides
* Facts on Traumatic Stress and Children with Developmental Disabilities – Fact sheets
* The Road to Recovery – A training toolkit
* Disability Justice – Additional information
* *A Trauma-Informed Toolkit for Providers in the Field of Intellectual & Developmental Disabilities*

Trauma-Informed Care for Individuals with Intellectual and Developmental Disabilities

Hogg Foundation for Mental Health - <http://hogg.utexas.edu/?s=Developmental+disabilities>

Responding to Trauma: An Interview with Dr. Karyn Harvey, August 2014

Hogg Foundation for Mental Health

<http://hogg.utexas.edu/responding-to-trauma-an-interview-with-dr-karyn-harvey>