

Overview of Phase 1: *Understanding ACEs* Presentations

The Adverse Childhood Experiences (ACE) Study findings represent a paradigm shift in understanding the origins of physical, social, mental, and societal health and well-being. Research now shows that leading causes of disease, disability, learning and productivity issues, and early death have their roots in the cumulative neurodevelopmental impacts of Adverse Childhood Experiences (ACEs).

In Phase 1, FamilyWise Services will offer ACE Interface *Understanding ACEs: Building Self-Healing Communities* Presentations to Collaboratives participating in More Resilient Minnesota. The presentations highlight key learnings from the fields of NEAR Science (which refers to neurobiology, epigenetics, ACEs, and resilience research). Typically 2 - 3 hours long, presentations consist of three sections:

1. **Neurobiology and Epigenetics** focuses on how our brains adapt to our environment during childhood and introduces some basic concepts related to how toxic stress can impact healthy development of current and future generations
2. **Adverse Childhood Experiences (ACE) Study** highlights key findings from the [ACE Study](#)
3. **Resilience and Core Protective Systems** provides a framework for thinking about resilience by focusing on attachment and belonging, supporting individual capabilities, and the importance of culture, community, family, and spirituality

What is the purpose of the *Understanding ACEs* Presentation?

These presentations have served as a catalyst to broaden awareness and understanding about NEAR Science widely across communities, which is a critical initial step before moving into community resiliency planning efforts. Another benefit of offering these presentations is to provide opportunities for local champions to hear this information and consider becoming trained presenters. Local presenters are key to growing and spreading awareness of the information in communities --- the primary focus of Phase 2 of More Resilient Minnesota.

Who should attend these *Understanding ACEs* Presentations?

Collaboratives and/or their community partners will coordinate and host these presentations for diverse sectors and community groups. Caregivers, providers, and community members will all benefit from hearing this information.

How many presentations can my Collaborative offer through More Resilient Minnesota?

Collaboratives can offer 3 - 5 presentations, in partnership with FamilyWise Services, at no cost through this initiative. Collaboratives will have the opportunity to offer more than 5 presentations for a fee.

Who will help plan these presentations for Collaboratives?

Collaboratives can [contact](#) their Regional FamilyWise Services staff person to begin planning.

Collaboratives that are not yet active in More Resilient Minnesota are invited to participate in Phase 1 by submitting a [More Resilient Minnesota Application](#) to Ann Boerth at DHS (ann.boerth@state.mn.us).