

# ADVERSE CHILDHOOD EXPERIENCES (ACEs)

## LIST OF RESOURCES

Click on the [orange text](#) to view the ACEs resources.

### BASIC INFORMATION ABOUT ACES

#### [Original ACEs Study](#)

What are adverse childhood experiences and why do they matter? Groundbreaking research links child adversity to long-term mental and physical health problems.

#### [Iowa ACEs Data](#)

How prevalent are adverse childhood experiences in Iowa? A statewide survey tells us that the majority of Iowans has experienced childhood adversity.

#### [The Neurobiology of Stress](#)

This research brief provides a summary of the connection between early experiences of stress and the potential impact of those experiences on the body and developing brain.

#### [Iowa ACEs online learning modules](#)

Prevent Child Abuse Iowa worked with the Iowa Department of Public Health and Quality Assist to develop the following online learning modules: 1) The ACE Study: Its Impact and Our Opportunity and 2) A Child Abuse Prevention Response to ACEs.

### BUILDING A RESILIENT COMMUNITY

#### [Resiliency: Resiliency is learned. What is resiliency and how do people become more resilient?](#)

The American Psychological Association (APA) walks through basic information about resiliency and the behaviors, thoughts, and actions that are learned and internalized to increase resiliency.

#### [Protective Factors](#)

What helps people to develop resiliency? Protective factors including healthy attachment, strong parenting skills, parent resilience, social connections, professional supports, and child social and emotional competence help minimize the potential impact of adversity.

#### [Resiliency Trumps ACEs](#)

Tools, tips, and information for parents and providers working to increase resiliency in children, families, and communities.

#### [Promoting Resiliency](#)

This brief provides an introduction to resilience, one of many protective factors that child abuse and neglect prevention professionals are examining.

## FOR EDUCATORS AND SCHOOL SYSTEMS

Trauma can have a profound impact on students as people and their ability to be successful in school. Students spend a significant amount of time at school. Safe and compassionate schools foster student resiliency and maximize student success.

### [Trauma Informed Care Project](#)

Why do schools need to be trauma informed? What can schools do?

### [Office of Juvenile Justice and Delinquency Prevention](#)

Trainings and resources for developing trauma informed disciplinary systems at schools. Revising how students are disciplined has the potential to decrease suspensions and expulsions as well as increase student success.

### [Compassionate Schools: The Heart of Learning and Teaching](#)

How can everyone in the school system work towards a more compassionate learning environment for students?

### [Child Trauma Toolkit for Educators](#)

The National Child Traumatic Stress Network's collection of information for educators to use, broken down by student age and including helpful information for educators when talking to parents

## FOR PARENTS AND CAREGIVERS

### [Sesame Street "Little Children, Big Challenges" for kids and parents](#)

Kid and family friendly activities, videos, and tips for helping kids through tough times.

### [Echo Parenting and Education](#)

List of basic resources and reading for trauma informed parenting and care.

### [Healthy Children](#)

Strategies and tips for increasing your child's emotional wellness

### [Safe Start Center for Children Exposed to Violence](#)

Works toward community action to prevent and reduce the impact of violence on children.

## FOR FAITH COMMUNITIES

### [Information for Faith-Based and Community Leaders](#)

### [Faith and Recovery: The Healing Role of Faith-Based Organizations](#)

### [Safe Start Center: Faith Based Agencies and Trauma Informed Care](#)

### [Partnering with Religious Communities for Children](#)

## FOR SOCIAL SERVICE AND MENTAL HEALTH PROVIDERS

### [Resiliency Trumps Aces](#)

Information and resources for increasing family protective factors.

### [SAMHSA National Center on Trauma Informed Care](#)

### [Child Welfare Information Gateway: Treatment and Trauma Informed Care](#)

### [Crisis Prevention Institute](#)

### [Child Trauma Academy](#)

### [Everyone Can Play a Role in the Conversation about Mental Health](#)

## FOR HEALTHCARE PROVIDERS

### [Pediatric Medical Traumatic Stress Toolkit for Health Care Providers](#)

### [Trauma-Informed Communication](#)

### [Healthy Foster Care America Guide](#)

### [Patient- and Family-Centered Care of Children in the ER](#)

### [Toxic Stress, and the Role of the Pediatrician](#)

## FOR COURT, LEGAL, AND LAW ENFORCEMENT PROFESSIONALS

### [National Child Traumatic Stress Network and the Juvenile Justice System](#)

“Children who come to the attention of the juvenile justice system are a challenging and underserved population. These to help juvenile justice professionals understand and provide trauma-focused services to these youth.”

– National Child Traumatic Stress Network

### [Ten Things Every Juvenile Court Judge Should Know About Trauma and Delinquency](#)

### [Justice Policy Institute: Healing Invisible Wounds: Why Investing in Trauma-Informed Care for Children Makes Sense](#)

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