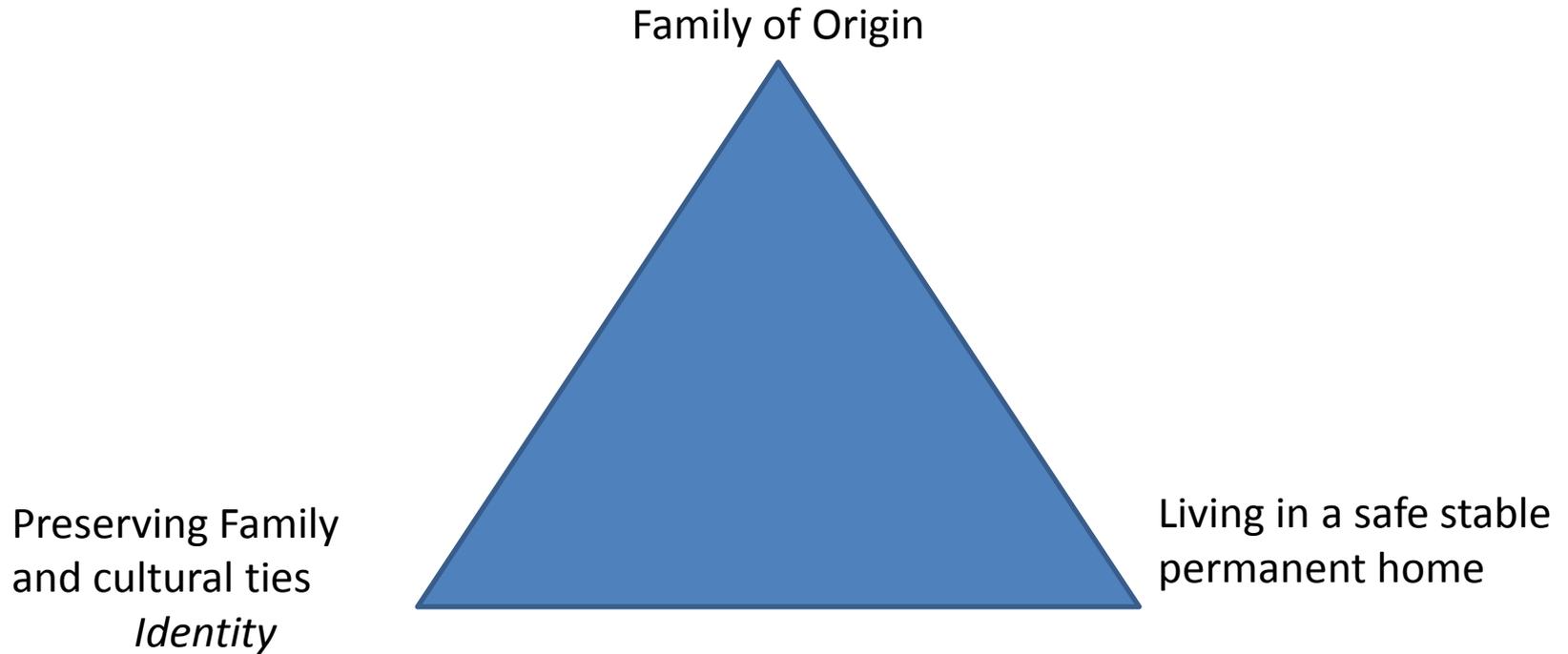




Roger Sherman, Executive Director
Idaho Children's Trust Fund/Prevent
Child Abuse Idaho

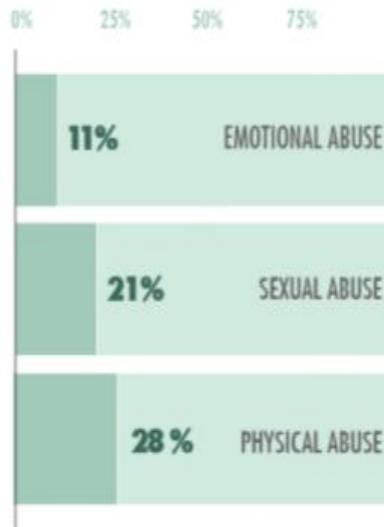
It's a Balancing Act



ACES are Common

The ACE study looked at three categories of adverse experience: **childhood abuse**, which included emotional, physical, and sexual abuse; **neglect**, including both physical and emotional neglect; and **family dysfunction**, which included growing up in a household where there was substance abuse, mental illness, violent treatment of a mother or stepmother, parental separation/divorce or had a member of the household go to prison. Respondents were given an **ACE score** between 0 and 10 based on how many of these 10 types of adverse experience to which they reported being exposed.

ABUSE



FAMILY DYSFUNCTION



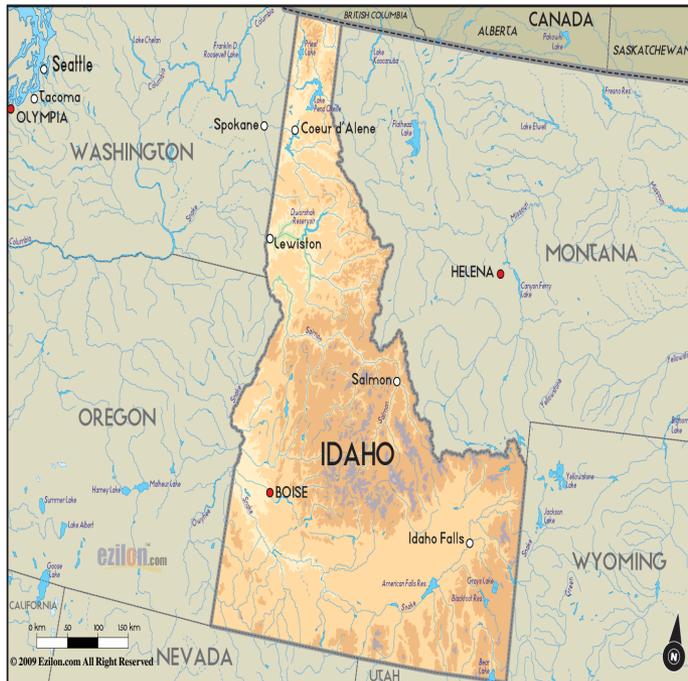
NEGLECT



Aces in Idaho



Research Brief July 2014

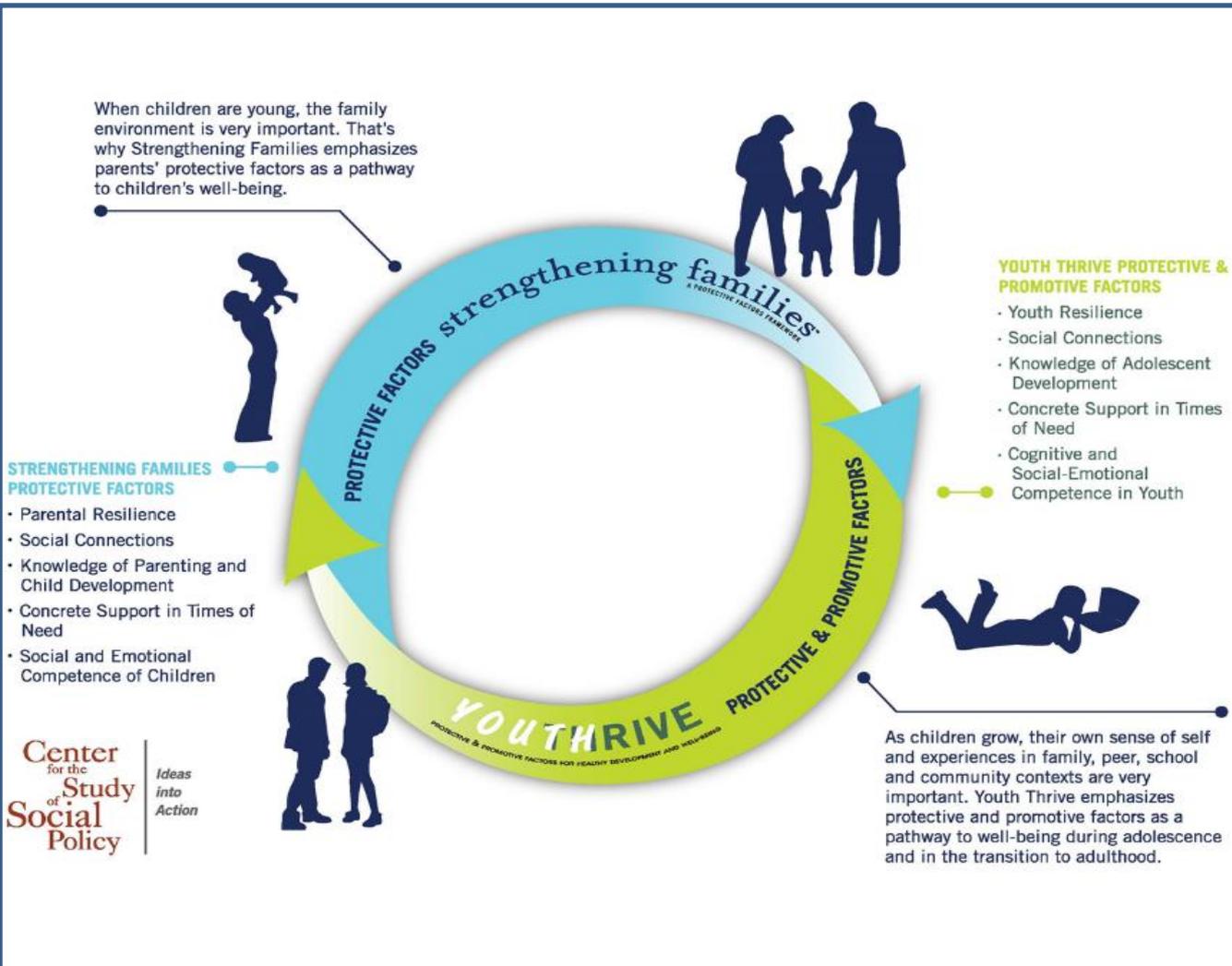


Top 25% of states in the percentage of ACES reported in the following:

- One or no biological parents
- Alcohol & drug use
- Mental illness
- Economic Hardship

The National Survey of Children's Health (NSCH), U.S. Department of Health & Human Services. 95,677 interviews in 2011/12

Fortunately, ACEs are not destiny



Protective Factors can mitigate the effects of Adverse Childhood Experiences.

Practitioners can capitalize on their unique relationships with parents to promote the Protective Factors in Families.

We can change the trajectory

How to remember the 5 PROTECTIVE FACTORS that make your family strong.



Use your Thumb to remember
**Social & Emotional
Competence of
Children**

because a "thumbs up"
is one of the first ways
we learn to communicate
our emotions.



Your Pinky Finger signifies
**Concrete Support
in Times of Need**

because it is the smallest
finger and reminds us that we
all need help sometimes.



Your Index Finger represents
**Knowledge of Parenting
and Child Development**
because you are your child's
1st teacher!

Your Ring Finger stands for
Parental Resilience

because your first commitment
must be to yourself in order
to be strong for others.



Your Middle Finger can
help you remember
Social Connections
because it should never
stand alone! We all need a
positive social network.



Charlevoix, Emmet
Northern-Antrim Counties

strengthening families

Moving Upstream: The Parable of the River



In a small town, a group of fishermen gathered down at the river. Not long after they got there, a child came floating down the rapids calling for help. One of the group on the shore quickly dived in and pulled the child out.



Minutes later another child came, then another, and then many more children were coming down the river. Soon everyone was diving in and dragging children to the shore, then jumping back in to save as many as they could.



In the midst of all this frenzy, one of the group was seen walking away. Her colleagues were irate. How could she leave when there were so many children to save? After long hours, to everyone's relief, the flow of children stopped, and the group could finally catch their breath.

At that moment, their colleague came back. They turned on her and angrily shouted:

"HOW COULD YOU WALK OFF WHEN WE NEEDED EVERYONE HERE TO SAVE THE CHILDREN?"



She replied, *It occurred to me that someone ought to go upstream and find out why so many kids were falling into the river. What I found is that the old wooden bridge had several planks missing, and when some children tried to jump over the gap, they couldn't make it and fell through into the river. So I got someone to fix the bridge.*



Things Idaho is Doing

- **Home visiting**
- **Parenting Programs**
- **Child Sexual Abuse Prevention education**
- **Prevention of Shaken Baby Syndrome through use of the Crying Plan statewide**
- **Helping organizations develop practice that incorporates helping families build protective factors.**
- **Creating opportunities for peer support for parents**
- Idaho's streamlined benefits process is also a step in the right direction for helping families cope with the stress of losing a job or having a low wage job.

CDC Policies to support Safe, Stable Nurturing Relationships and Environments

Support strategies to:

- Increase income and other supports like quality childcare and affordable health insurance
- Prevent child sexual abuse
- Increase the availability of parenting programs
- Reduce unintended and teen pregnancies
- Increase access to treatment for mental illness and substance abuse
- Improve high school completion rates in order to increase incomes

*“In order to develop normally, a child requires progressively more complex joint activity with one or more adults who have an irrational emotional relationship with the child. **Somebody’s got to be crazy about that kid.** That’s number one. First, last and always.”*

--Urie Bronfenbrenner