



Initiative Overview

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 impact of Adverse Childhood Experiences (ACEs).

The Minnesota Department of Human Services (DHS) has contracted with FamilyWise Services to provide presentations to communities connected with their Children's Mental Health and Family Services Collaboratives about the ACE Study, neurobiology, and resilience strategies using the *Understanding ACEs: Building Self-Healing Communities* curriculum. Participating communities will learn how ACEs affect people's lives and what we can all do to dramatically improve health and resilience for current and future generations.

Phase 1: Collaboratives will offer ACE Interface *Understanding ACEs: Building Self-Healing Communities* presentations. Details about the presentations are provided below:

Overview of the *Understanding ACEs: Building Self-Healing Communities* ACE Interface Presentation

The *Understanding ACEs: Building Self-Healing Communities* presentation is presented in three sections:

- **Neurobiology & Epigenetics** focuses on how our brains adapt to our environment during childhood & introduces some basic concepts related to how toxic stress can impact healthy development
- **The Adverse Childhood Experiences (ACE) Study** highlights key findings from the ACE Study
- **Resilience & Core Protective Systems** provides a framework for thinking about resilience & focuses on attachment & belonging, & supporting individual capabilities, culture, community, family, & spirituality

FamilyWise will partner with Collaboratives to deliver **3 - 5** ACE Interface *Understanding ACEs: Building Self-Healing Communities* presentations in a Collaborative's community.

- **Short presentations** feature a 1.5 - 3 hour core presentation
- **Day-long presentations** feature a 1.5 - 3 hour core presentation & 2 - 3 hours of café conversations
 - These presentations should reach Collaborative partners, community members, parents, & local providers connected with their local Children's Mental Health & Family Services Collaboratives
 - The assigned FamilyWise regional staff & Collaborative Coordinator will coordinate preparations for presentations & related project activities; if a Collaborative Coordinator doesn't have capacity to plan the presentations, they can identify a community lead to set up the presentations
 - In-person participant numbers are limited only by the size of the space; virtual presentations are limited to 100 participants
 - Collaboratives will recruit diverse & inclusive community participation across sectors to expand local leadership
 - Collaboratives may choose to partner with neighboring Collaboratives and/or tribes
 - Collaboratives will consider what is needed to make the event accessible (e.g., child care)
 - While some limited funding can cover meeting expenses, Collaboratives are asked to assist with in-kind resources, such as meeting space & other accommodations that ensure community members & parents can access the presentations

Phase 2: FamilyWise will offer Regional ACE Interface Presenter Trainings that will train presenters to deliver the *Understanding ACEs: Building Self-Healing Communities* curriculum in Collaboratives' communities.

FamilyWise will follow up with Collaborative Coordinators after their initial presentations to explore their readiness to move to Phase 2, which entails recruiting **at least 3** local Collaborative partners, community members, and/or caregivers to attend a regional ACE Interface Presenter Training so they can be trained to present the *Understanding ACEs: Building Self-Healing Communities* curriculum. This is a key way to build community capacity, reach diverse community sectors, and expand community leadership.

- These two-day or four half-day Regional ACE Interface Presenter Trainings will train approximately 30 people to deliver the *Understanding ACEs* presentation
- Presenters will help expedite the spread of ACEs awareness & resilience research widely throughout Collaboratives' communities by offering *Understanding ACEs* presentations to parents & diverse sectors
- Presenters can support the Collaborative's ongoing community-based planning, shared learning, Community Resilience Conversations, & the development of Community Resilience Plans
- Please see the document *Between Phase 1 & Phase 2* to help assess whether your Collaborative is ready to send representatives to a Regional ACE Interface Presenter Training

Phase 3: FamilyWise will partner with Collaboratives to offer Community Resilience Conversations and/or technical assistance for *100 Cups of Coffee* interviews that will help Collaboratives' communities in "creating conditions for all families to flourish."

FamilyWise will partner with Collaboratives to support up to 2 Community Resilience Conversations and/or technical assistance for *100 Cups of Coffee* interviews that will help Collaboratives' communities move from understanding neuroscience, epigenetics, ACEs, and resilience research to action planning for possible community responses.

The conversations will allow time for community members, parents, and practitioners to discuss ways to develop resilience, guided by community wisdom and local data. FamilyWise will work with the Collaborative Coordinator and local Community Resilience Planning Team (at least 3 members) to advise and assist with these conversations and interviews. Examples of assistance include planning, facilitating, and/or coaching.

Conversations can develop capacity for members of the community "to contribute their core gifts, experience belonging, and intentionally shape the future they would like for next generations." The Collaborative must hear from at least **50** unique community members during this phase through conversations and/or interviews.

Our hope is that these Conversations and interviews will lead to the development of a Community Resilience Plan that will be guided by local data and community wisdom.

Phase 4: Collaboratives will develop Community Resilience Plans and pilot Community Resilience Initiatives.

After a Collaborative has hosted **at least 3** *Understanding ACEs: Building Self-Healing Communities* presentations (Phase 1), sent **at least 3** Collaborative representatives to a Regional Training of Presenters workshop (Phase 2), and gathered wisdom from community members and providers at Community Resilience Conversations and one-on-one interviews using the *100 Cups of Coffee Interview Tool* (Phase 3), the Collaborative Coordinator and local Community Resilience Planning Team can complete the Community Resilience Plan. This plan should reflect priorities of Collaborative representatives, partners, and community members, including those who provided input at Community Resilience Conversations and/or one-on-one interviews using the *100 Cups of Coffee Interview Tool*.

For guidance about completing the plans and to download the plan template, [visit this link](#). The Community Resilience Plans can be used to generate pilot projects or potential programs to propose as Community Resilience Initiatives. Collaboratives can seek to support these initiatives with Collaborative and/or other community resources. DHS will offer several opportunities for eligible Collaboratives to apply for seed or startup funds for these Community Resilience Initiatives.

Here's what we know so far:

- The state legislative funding will have the capacity to support presentations to most (if not all) interested Collaborative communities
- Collaboratives are invited to participate in **Phase 1** of this project by submitting a **More Resilient Minnesota Application** to Ann Boerth at DHS (ann.boerth@state.mn.us).

Communications

Because there are many people participating in this project, including Collaborative Coordinators, FamilyWise staff, DHS staff, and a large network of presenters, we developed a website for Collaboratives.

For more information about this initiative, or to find the contact information for your FamilyWise Services regional staff person, please visit the More Resilient Minnesota [webpage](#).

