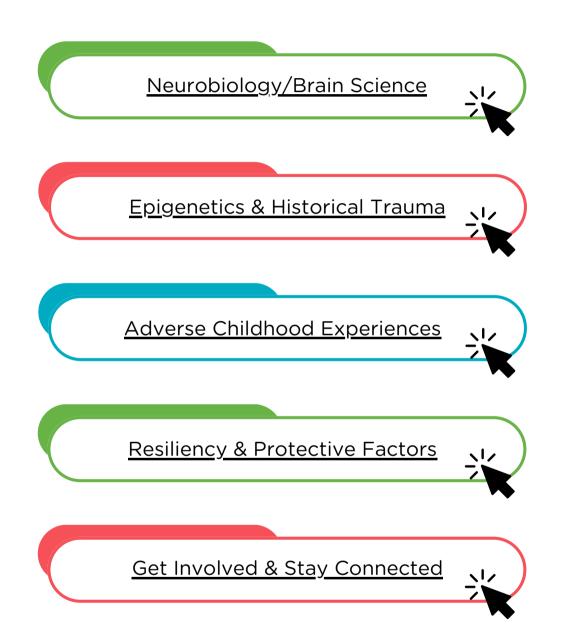
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Neurobiology/Brain Science

- Video: Alberta Family Wellness Initiative video "How Brains are Built" <u>http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development</u>
- Scholar: Dr. Dan Siegel
 - Author of The Whole Brain Child (co-author Tina Payne Bryson) and the accompanying workbook for parents. Video/Concept: <u>Handy Model of the</u> <u>Brain</u>
- Scholar: Dr. Bruce Perry
 - Infographic the Three Rs Learning Brain
 - Video The Neurosequential Model | Stress, Trauma and the Brain

Epigenetics & Historical Trauma Resources

- Scholar: Dr. Maria Yellow Horse Brave Heart
 - A Native American scholar, social worker/mental health practitioner, and associate professor who developed a framework for understanding historical trauma of Lakota people, which has since been expanded and applied to understanding other communities that have experienced collective group trauma. Linked are an <u>interview</u>, and a <u>webpage</u> focused on Healing Collective Trauma.
- Scholar: Dr. Brian Dias
 - Co-principal investigator of the <u>Cherry Blossom Study</u>.
 - He has an August 2020 TEDx: Halting Legacies of Trauma
- Podcast: <u>Remembering Resilience_https://rememberingresilience.home.blog/</u>
- Podcast: Inheritance Radio Lab -<u>https://www.wnycstudios.org/podcasts/radiolab/episodes/251876-</u> <u>inheritance</u>

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Adverse Childhood Experiences (ACEs) Resources

- Scholar: <u>Dr. Robert Anda</u>, the co-principal investigator of the 1st ACE Study who reviewed & approved the ACE
- Scholar: Dr. Nadine Burke Harris, author of The Deepest Well: Healing the Long-Term Effects of Childhood Adversity, Ted Talk <u>How Childhood Trauma</u> <u>Affects Health Across a Lifetime</u>
- Infographic: We Can Prevent Childhood Adversity<u>Infographic</u> from the Centers for Disease Control and Prevention on ACEs
- Video: Personal and Parental Reflections on Adverse Childhood Experiences

Resilience & Protective Factors Resources

- Scholar: Dr. Amit Sood, MD, a provider at the Mayo Clinic in Rochester, MN provides access to the FREE daily healing audio messages at this link: <u>https://www.resilientoption.com/</u>
- Video: Why Attachment is Everything Garbor Mate
- Video: Practicing Resilience Playlist
- Video: <u>ACE Primer</u>
- Video: <u>Activities for Self-Regulation</u> with Dr. Bruce Perry
- Make It Okay
 - This link provides ideas about phrases or responses you could use when people share about challenges they are experiencing.
 Note that you do not have to be a trained therapist to use these scripts! <u>https://makeitok.org/what-to-say/</u>
 - This link provides an overview of what mental illness is (and isn't). It provides an overview of symptoms, causes, conditions, and people's personal experiences with the mental illness. <u>https://makeitok.org/what-is-a-mental-illness/</u>

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Get Involved & Stay Connected

Connect

- Learn about ACEs and Resiliency efforts in Minnesota by joining the Minnesota ACEs Action network <u>https://www.pacesconnection.com/g/minnesota-acesaction</u>
- Learn how individuals and organizations are building trauma-responsive systems across the nation by joining the PACES Connection <u>https://www.pacesconnection.com/</u>

Get Involved

 Are you interested in being trained as an ACE Interface presenter, and joining our learning community/network in Minnesota? If so, fill out your name on this "Interested in Being a Presenter form" and we will contact you when spots are available in the future. <u>https://familywiseservices.org/ace-interface-presenterinterest-form/</u>