**The Poison of Complex Trauma to Children, and Its Antidote**

Decades of research has now accumulated to demonstrate a clear connection between a cluster of significantly traumatic experiences in childhood and negative life-long outcomes. Without intervention, the effect of these experiences on children continues to accumulate and leads them toward a number of clear risk factors for failure, poor health, poverty, and premature death.

**What Are ACEs?**

**Experiences prior to the age of 18 of:**

* Recurrent physical/emotional abuse
* Recurrent neglect
* Sexual abuse
* Mother treated violently
* Family member chronically mentally ill, or suicidal
* Family member abusing drugs or alcohol
* Absent, separated, or divorced parents
* Incarcerated household member

**What Harm Do ACEs Cause?**

**Higher Risk for:**

* Academic Failure
* Truancy
* Dropping Out
* Smoking/Substance Abuse/Addiction
* Chronic Disease
* Divorce
* Unemployment
* Poverty
* Promiscuity/Unplanned Pregnancy/STDs
* Depression/Mental Illness/Suicide

The impacts of these childhood experiences are felt first in our schools and classrooms. In every classroom, we can predict there are a portion of students who already have had these Adverse Childhood Experiences and are struggling with their impacts.

Perhaps most importantly, in this training, you will learn about…

**The ANTIDOTE to childhood trauma:**

* Positive Relationships
* Stress Reduction
* Emotional Regulation
* Compassionate Schools
* Skill Development