

# **Resilience Ministry**

Supporting Families and Individuals at Saint Paul's and Beyond

## **Adverse Childhood Experiences (ACEs) - "The Original ACEs"**

- Physical Abuse
- Sexual Abuse
- Psychological Abuse
- Physical Neglect
- Psychological Neglect
- Witnessing Domestic Abuse
- Having a Close Family Member
  - Who Misused Drugs or Alcohol
  - With Mental Health Problems
  - Who Served Time in Prison
- Parental Separation or Divorce due to Relationship Breakdown

## Examples of Additional Causes of Childhood Trauma

- Poverty (food and housing insecurity)
- Discrimination - Racism, Bullying, Ostracism (Social Media)
- Violence - Mass shootings, Peer suicide, War
- Natural Disasters - Hurricanes, Floods, Fires

Summary: Experiencing lots of childhood trauma increases RISK of lifelong health and wellness problems but it is NOT DESTINY. It is NOT a PREDICTOR of DISASTER.

## **Positive Childhood Experiences (PCEs)**

### Examples from the research

- The ability to talk with an adult about feelings.
- The sense that a caring adult is supportive during difficult times.
- The enjoyment of participation in community traditions.
- Feeling a sense of belonging in school.
- Feeling supported and listened to by friends.
- Having at least two non-parent adults who genuinely cared about you
- Feeling safe and protected by an adult in the home.
- Routines in a safe, structured environment.
- Praise, including for standing up for someone who needs support or protection.
- Scheduling special times together.

Summary: When children feel SAFE, HEARD and LOVED, the effects of childhood adversity are decreased - or can even be prevented.

**Resilience Ministry Web Page:** <https://www.stpaulscary.org/resilience/>

## Why Be Concerned About Resilience at St. Paul's?

From HOPE (Healthy Outcomes from Positive Experiences) in Faith Communities, pg.4:

“Faith communities are in a unique position to promote Positive Childhood Experiences (PCEs) for children, youth and families. Lifelong engagement, access to the whole family, programming, consistent contact and outreach during traumatic times and their aftermath”

“Focusing on the good in people, not passing judgement on others, importance of family and community through fellowship and (belief) that a person’s past does not define who they are as a human being.”

From the Book of Common Prayer, Holy Baptism, The Baptismal Covenant, pg. 305:

Celebrant: Will you seek and serve Christ in all persons, loving your neighbor as yourself?  
People: I will with God’s help.

Celebrant: Will you strive for justice and peace among all people, and respect the dignity of every human being?  
People: I will with God’s help.