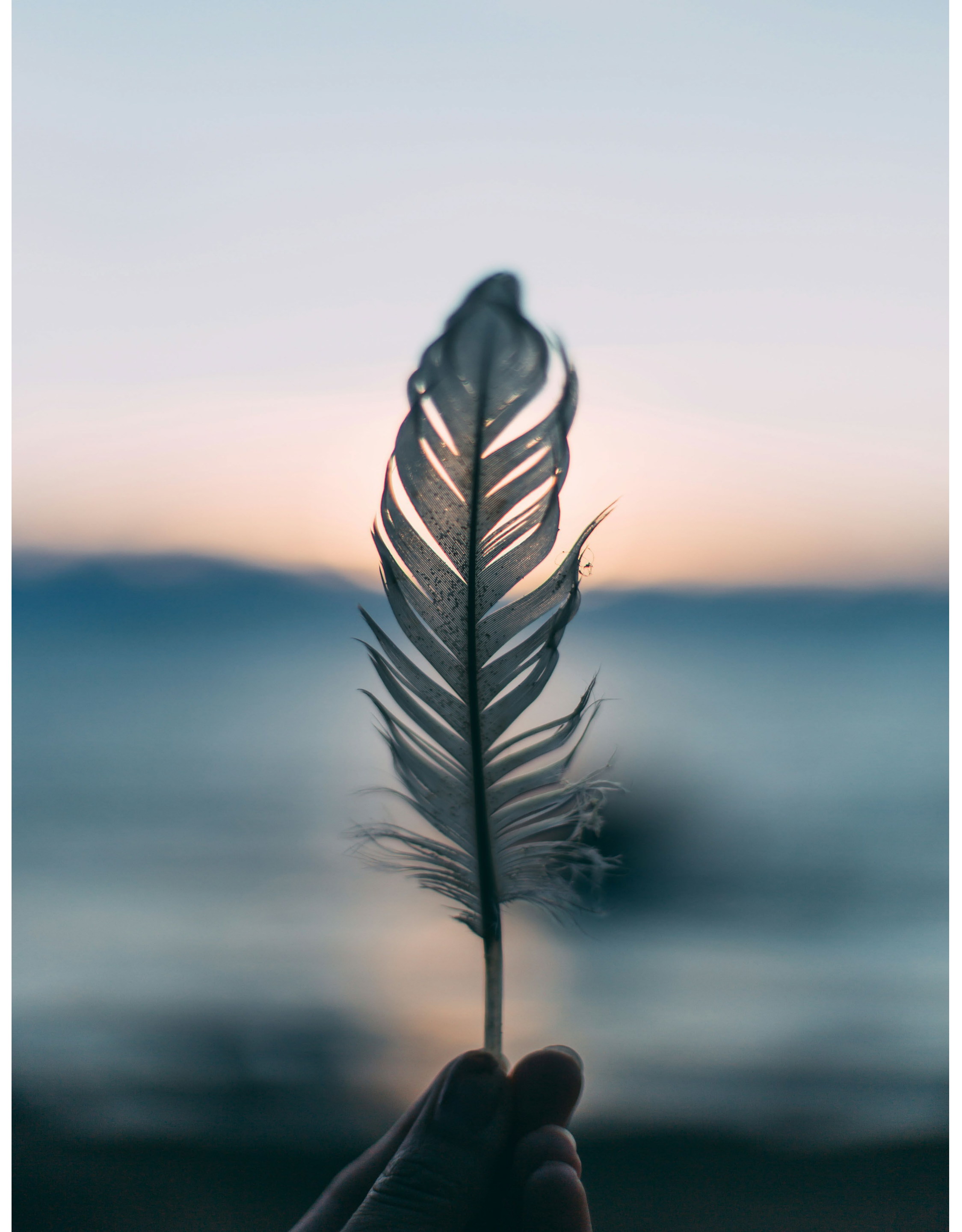


FROM ACES TO THE C-SUITE- AND ALL OF THE
BEAUTIFUL PLACES INBETWEEN

DISCLOSURE:

THIS IS A HEAVY TOPIC.

It will include information around Adverse Childhood Experiences which includes conversations and information about Abuse, Neglect and Household Dysfunction.





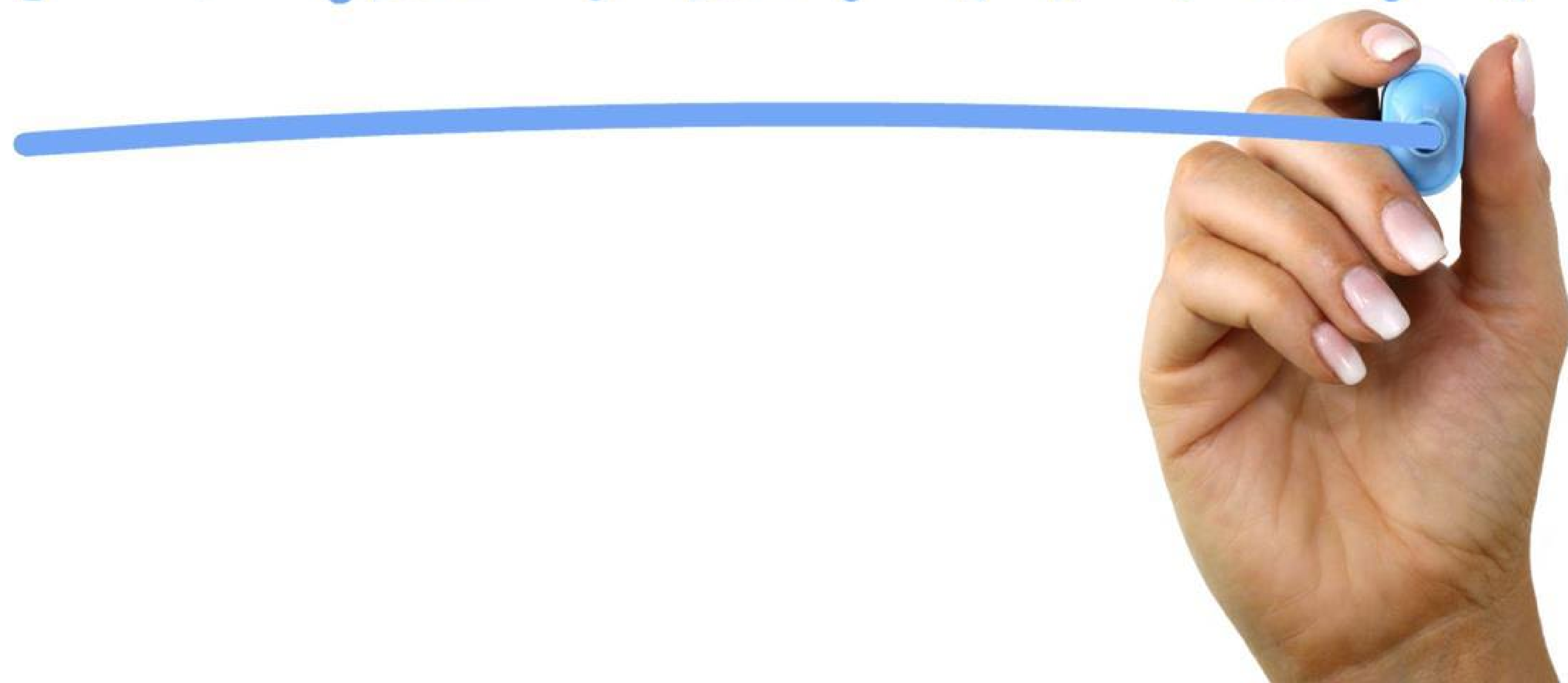
What to expect:

ON A DOLLAR
STORE BUDGET



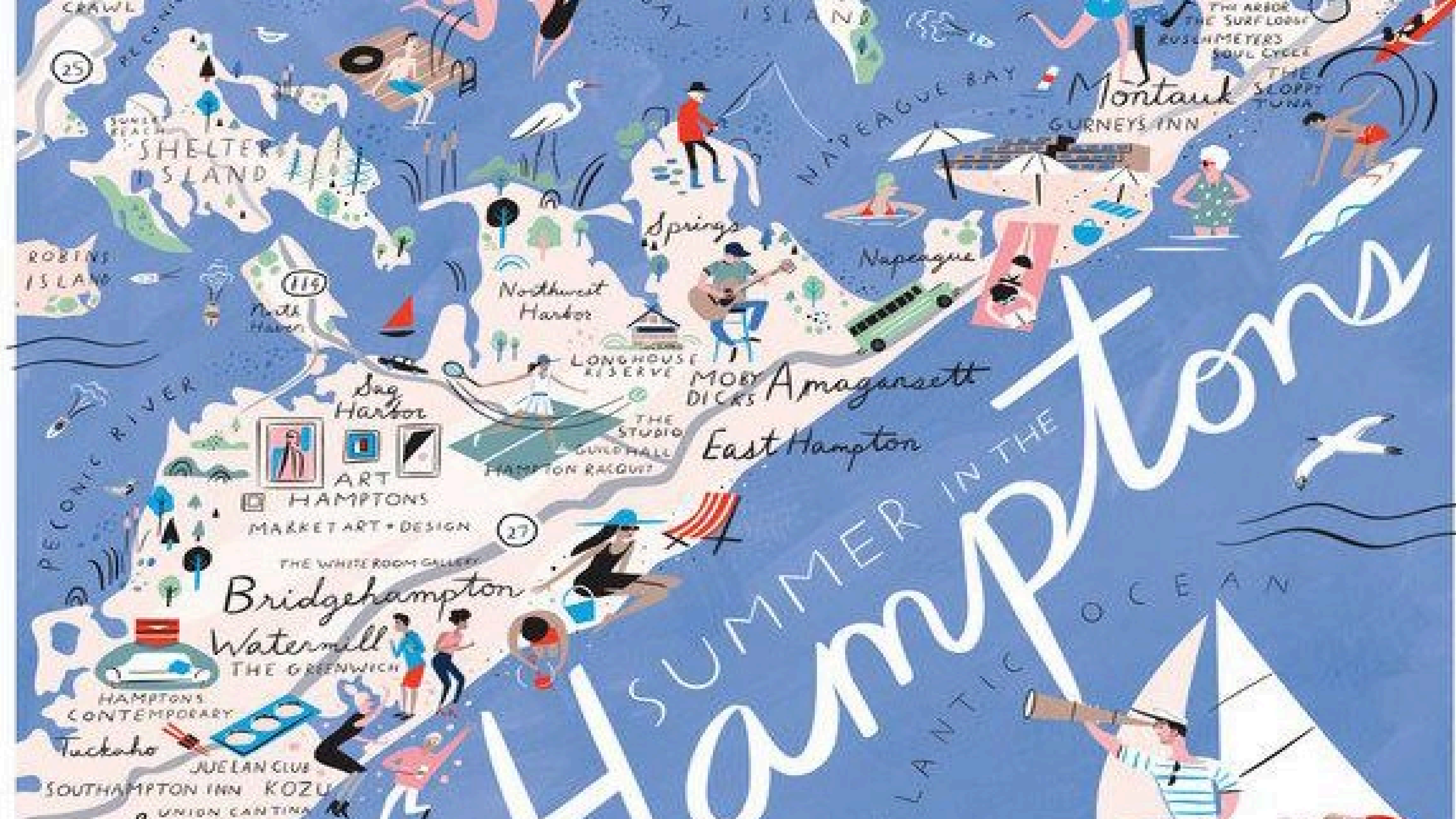


PREVENTION



RECOVERY





25

119

27

SHELTER ISLAND

Montauk

Springs

Northport Harbor

Napeague

Moby Dick's Amagansett

East Hampton

Bridgehampton

Watermill

THE GREENWICH

ART

HAMPTONS

MARKET ART + DESIGN

THE WHITE ROOM GALLERY

Tuckahoe

JUELAN CLUE

SOUTHAMPTON INN KOZU

UNION CANTINA

SUMMER IN THE HAMPTONS

ATLANTIC OCEAN





PASTEURIZED PROCESS CHEDDAR CHEESE

• Keep Under Refrigeration •

NET WEIGHT - 8 POUNDS & CONTAINS TWO LB. CUPS

MAR. APR. MAY. JUNE 1932

PASTEURIZED PROCESS CHEDDAR CHEESE

PURCHASED AND DISTRIBUTED BY THE

• United States Department of Agriculture •

Washington, D. C.

FOR DISTRIBUTION TO SCHOOL LUNCH PROGRAMS AND OTHER FEEDING ENTERPRISES
NOT TO BE SOLD OR EXCHANGED

100%

DIAGNOSIS:
I WAS A BASE KID

**ROAD
CLOSED**



COMPANY OR
EMPLOYER NAME: _____

Employment Application

YOUR NAME: _____

Last

ADDRESS: _____

Are you able to perform the essential functions
of this position with or without accommodations?
☐ Yes ☐ No

IF YOU ARE CURRENTLY WORKING, ARE YOU OVER (Please mark one)
☐ YES ☐ NO

DAYS AFTER BEING NOTIFIED THAT
14 _____

POSITION APPLIED FOR: _____
APPLICANT ID: _____
SOCIAL SECURITY NUMBER: _____

ARE YOU LEGALLY ELIGIBLE FOR EMPLOYMENT?
☐ Yes ☐ No (If yes, provide details)
I AM SEEKING A PERMANENT POSITION
IF NECESSARY FOR THE JOB
Work (which shifts)? _____
Work overtime? _____
Provide a valid email address: _____



FOUND
COMMUNITY

FOUND
HOME

FOUND
HOPE

Thank you Mrs. Block- THANK YOU community champions

HUGS!



Opioid
Response
Network



**PAVED
BY
PREVENTION**

**ROAD TO
RECOVERY**

THE ADVERSE CHILDHOOD EXPERIENCES (ACES) STUDY

The ACE Study was a research study conducted by Kaiser Permanente & the CDC

One of the largest investigations of childhood abuse and neglect and household challenges & later-life health and well-being

Between 1995 and 1997, over 17,337 people completed surveys asking questions about abuse, neglect or other family dysfunction they may have experienced as children and current health behaviors

DEFINITION OF ACES

“Adverse childhood experiences (ACEs) are potentially traumatic events that can have negative, lasting effects on health and well-being. These experiences range from physical, emotional, or sexual abuse to parental divorce or the incarceration of a parent or guardian.”

Felitti VJ, Anda RF, Nordenberg D, et al. Relationship of childhood abuse and household dysfunction to the many leading causes of death in adults: The Adverse Childhood Experiences. *Am J Prev Med*. 1998;14(4):245-258.

Three Types of ACEs

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

THE ACE PYRAMID

The pyramid represents the conceptual framework for the ACE Study

ACEs occur at the beginning of a child's life and set the groundwork for life-long health risks and poor behaviors



THE ACES STUDY CONTINUED

10 significant health risk factors:

- Morbid obesity - Physical inactivity - Depressed mood – Suicide attempts
- Smoking - Alcoholism – Any drug abuse – Parenteral (IV) drug abuse
- High lifetime number of sexual partners (>50) – History of a sexually transmitted infection (STI)

8 specific conditions in the respondents:

- Ischemic heart disease (myocardial infarction or nitroglycerin use)
- Any cancer
- Stroke
- Chronic bronchitis
- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Hepatitis/Jaundice
- Skeletal fractures

Felitti VJ, Anda RF, Nordenberg D, et al. *Am J Prev Med.* 1998;14(4):245-258.

BUT NOT ALL WAS CAPTURED:

Explicit and implicit bias/racism

Witnessing violence outside the home

Bullying

Losing a parent to deportation

Living in an unsafe neighborhood

Involvement with the foster care system

Experiencing homelessness

Living in a war zone

Moving many times

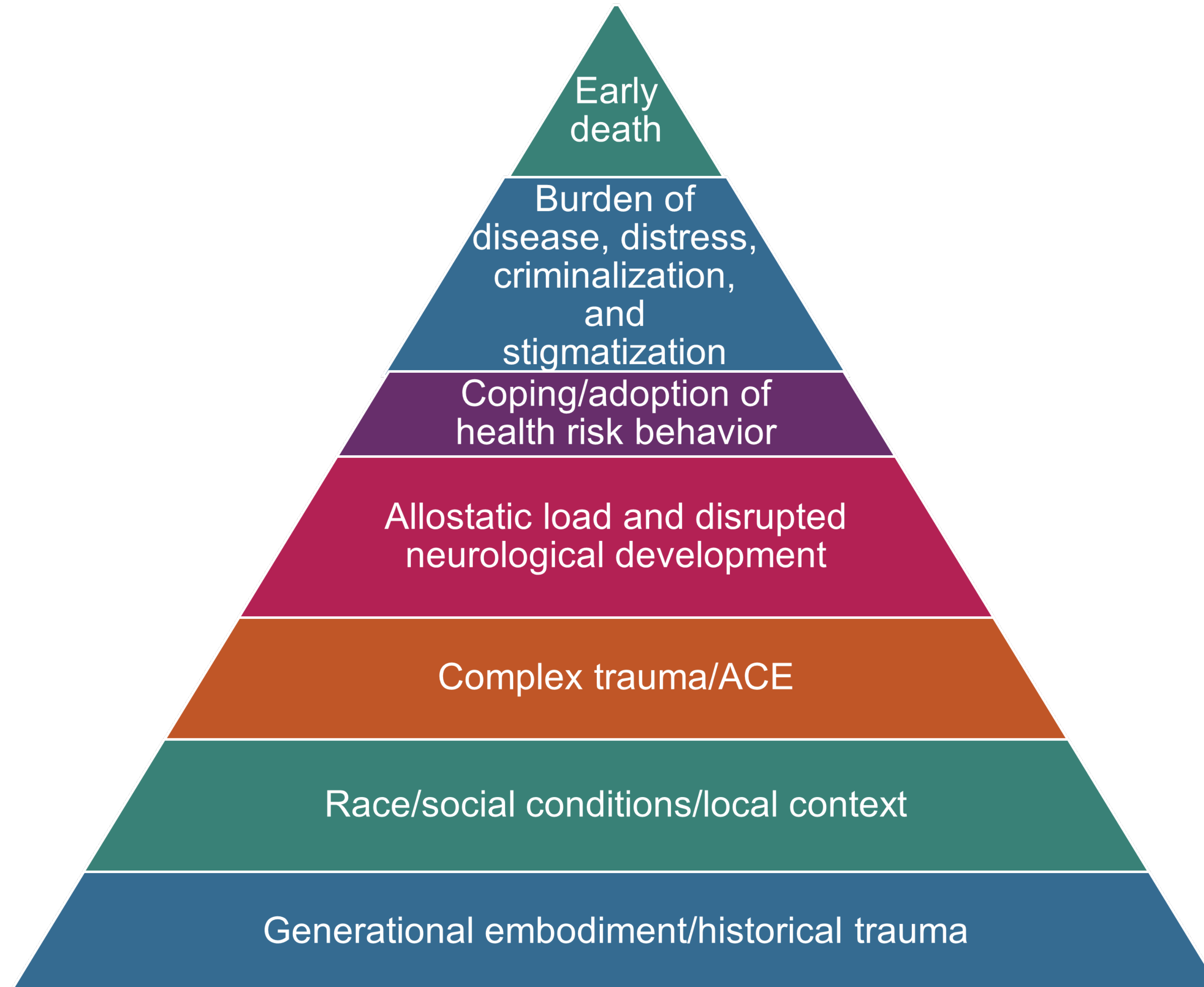
Witnessing a sibling being abused

Witnessing a father/caregiver/extended family member being abused

Involvement with the criminal justice system

Attending a school that enforces a zero-tolerance discipline policy...

Follow up studies included above



ADULT OUTCOMES AFFECTED BY ACES

Adults with an ACE score of 4 or more are

- 1220% more likely to attempt suicide
- 1003% more likely to use injected drugs
- 460% more likely to have recent depression
- 390% more likely to have lung disease.

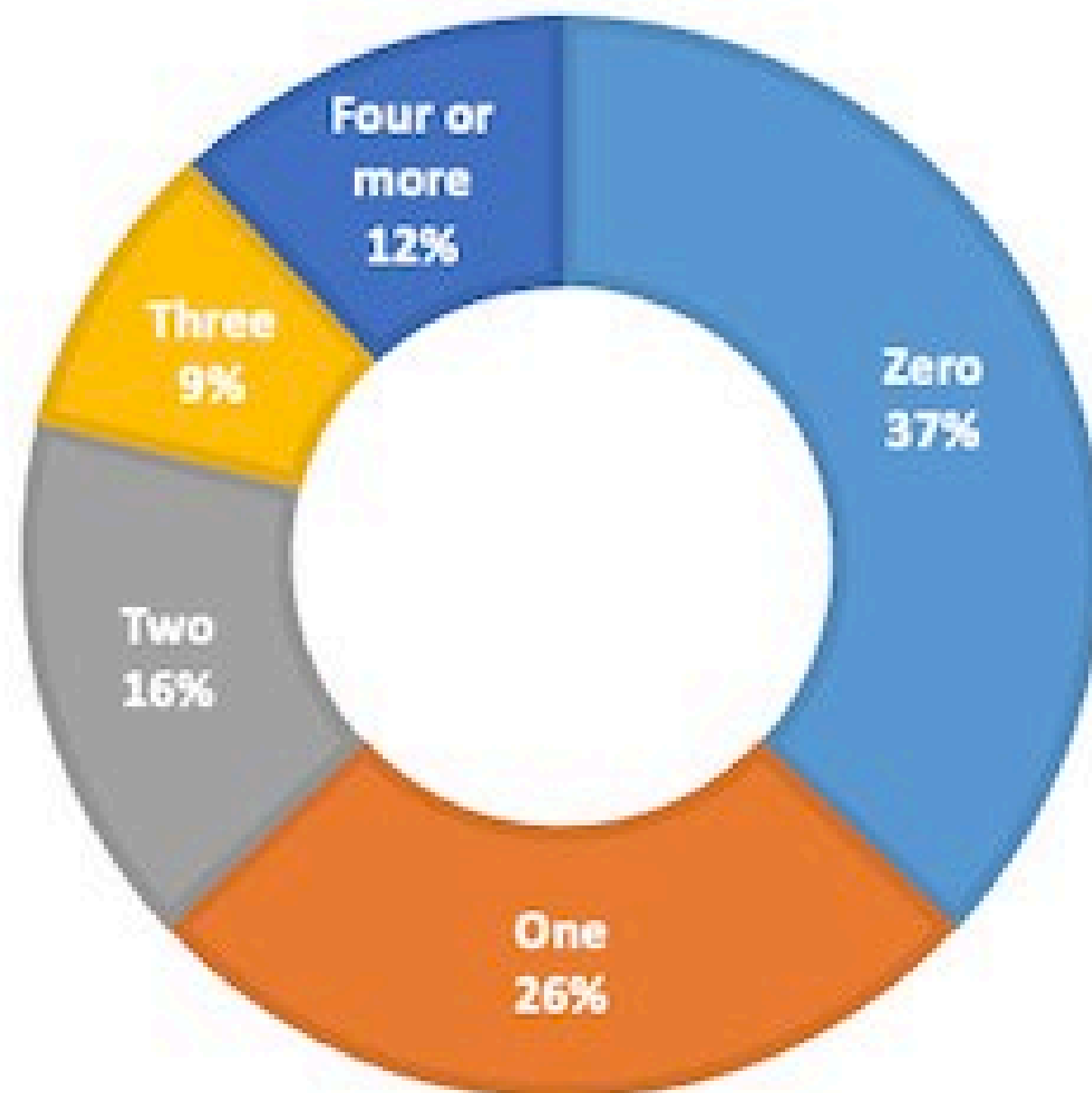
Adults with an ACE score of 2 or more are

400% more likely to consider themselves an 'alcoholic.'

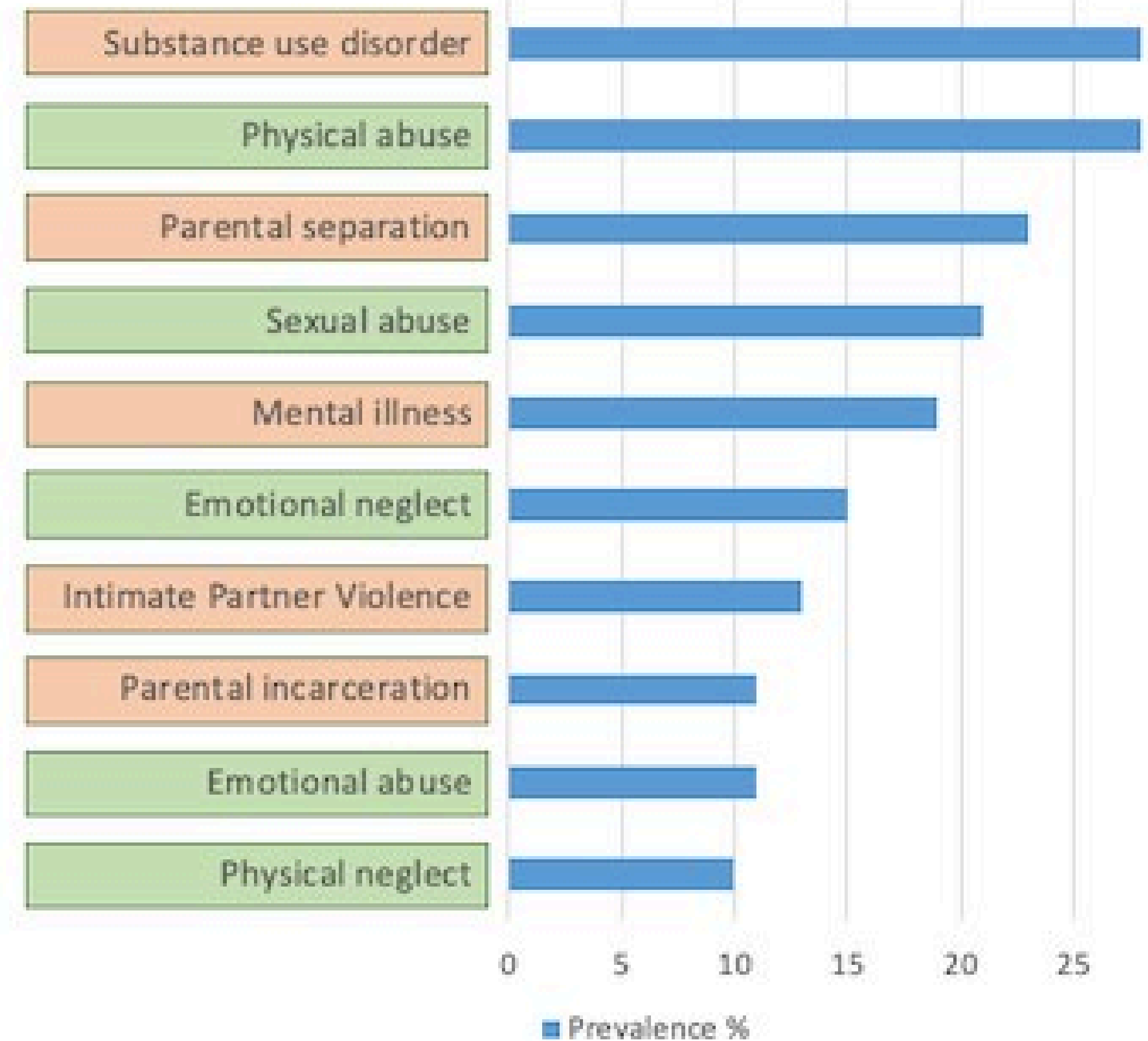
At least 5 of the top 10 leading causes of death are associated with ACES.

How common are ACEs?

% of study respondents reporting # of ACEs

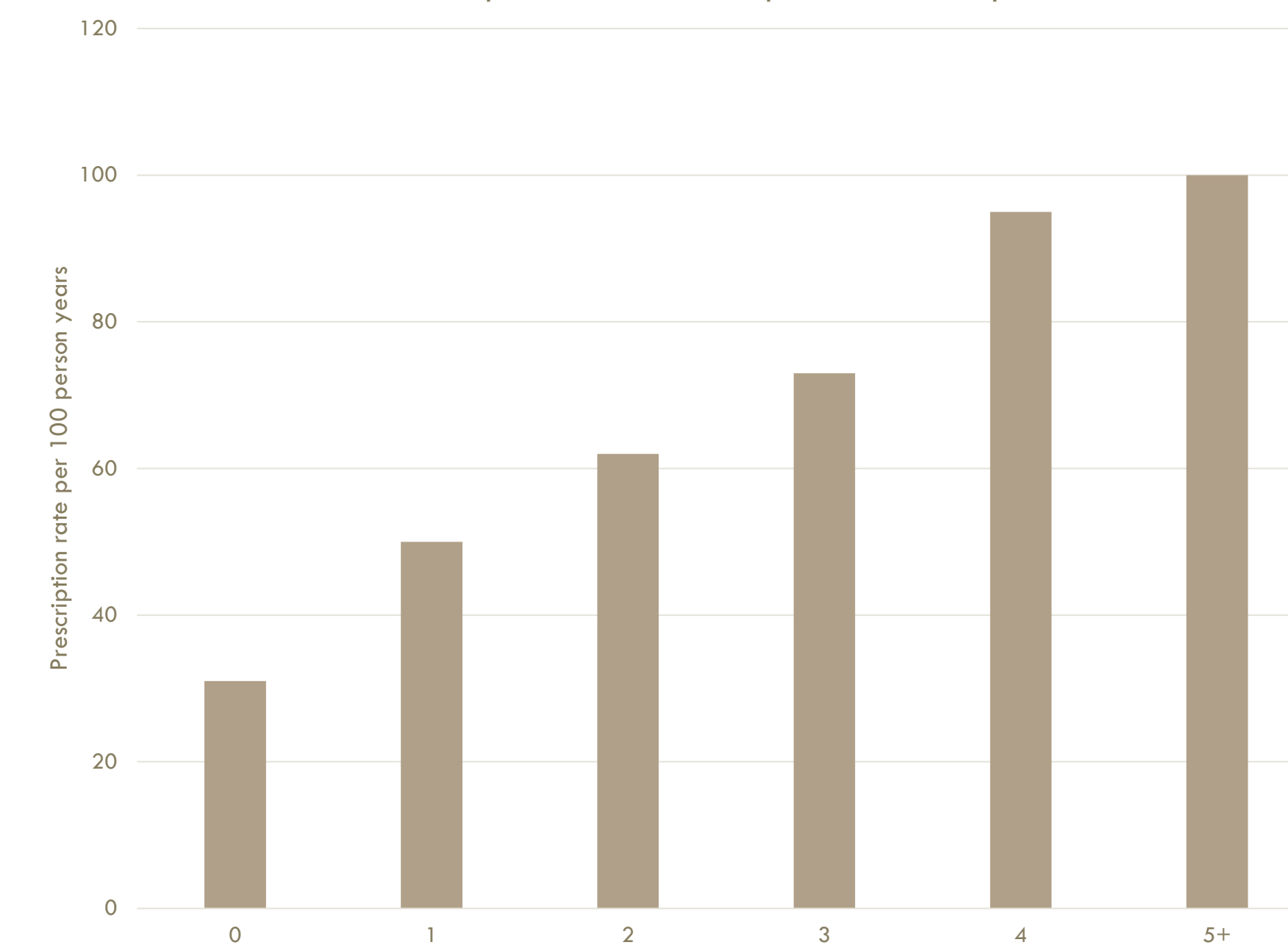
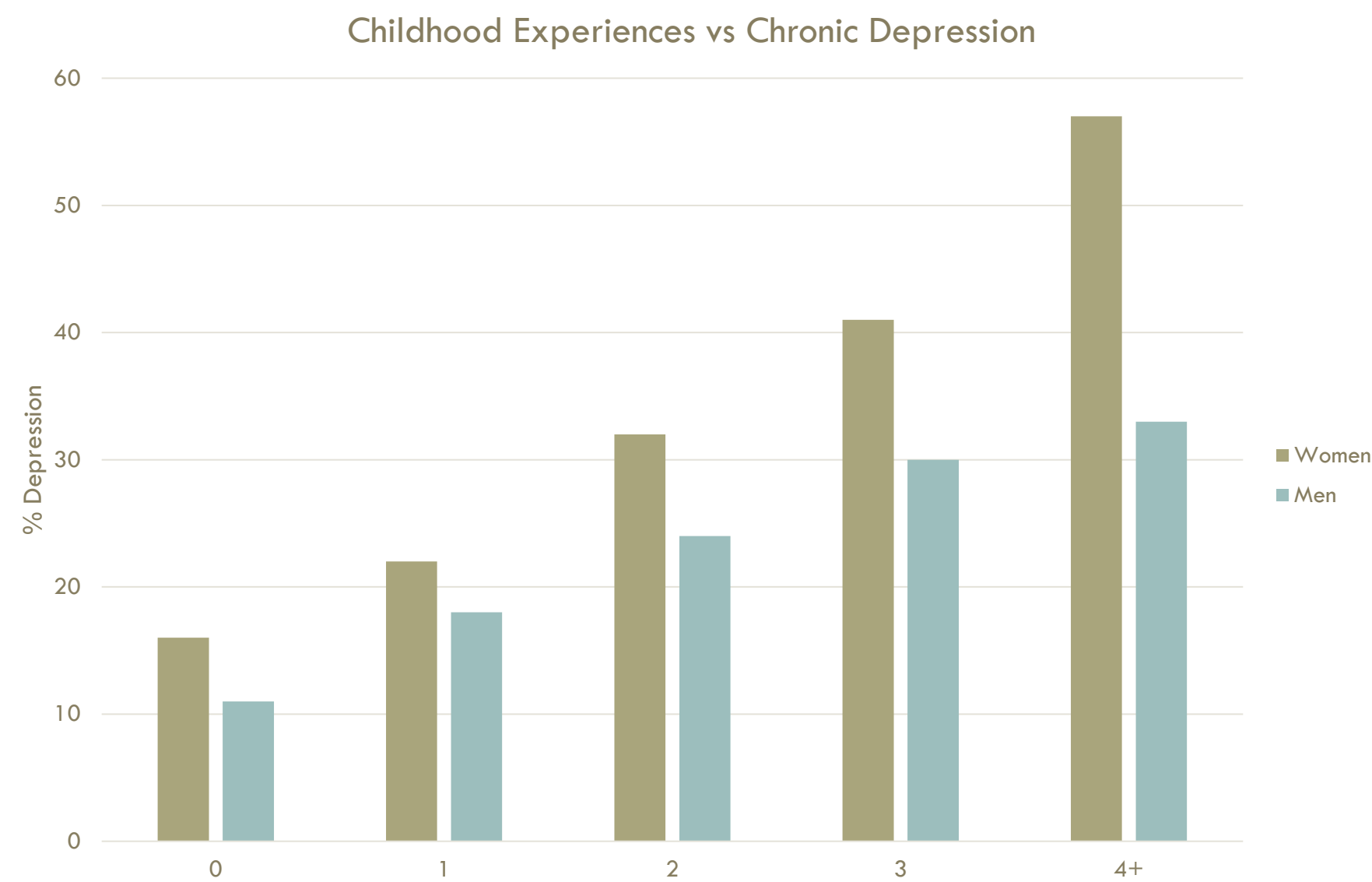
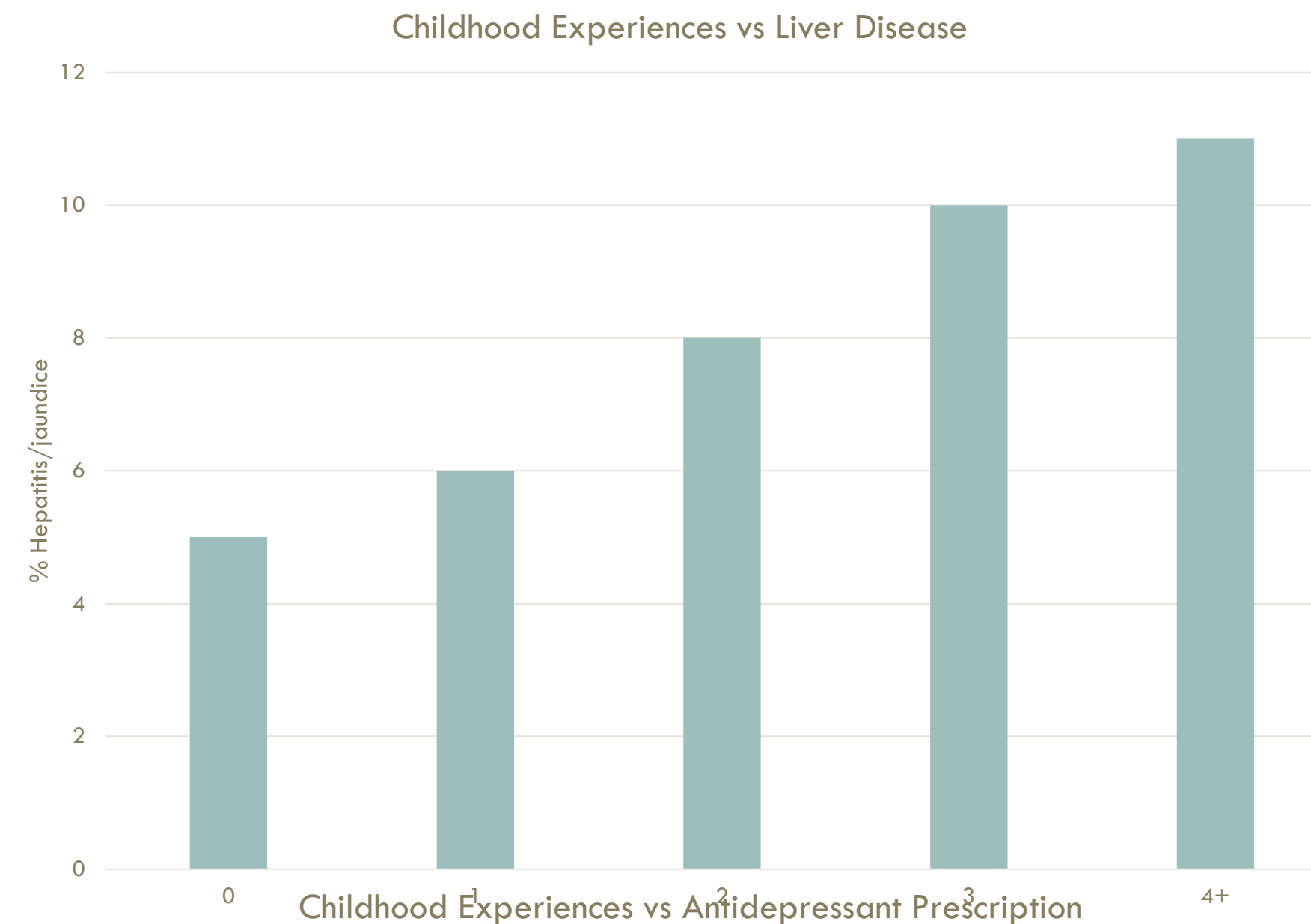
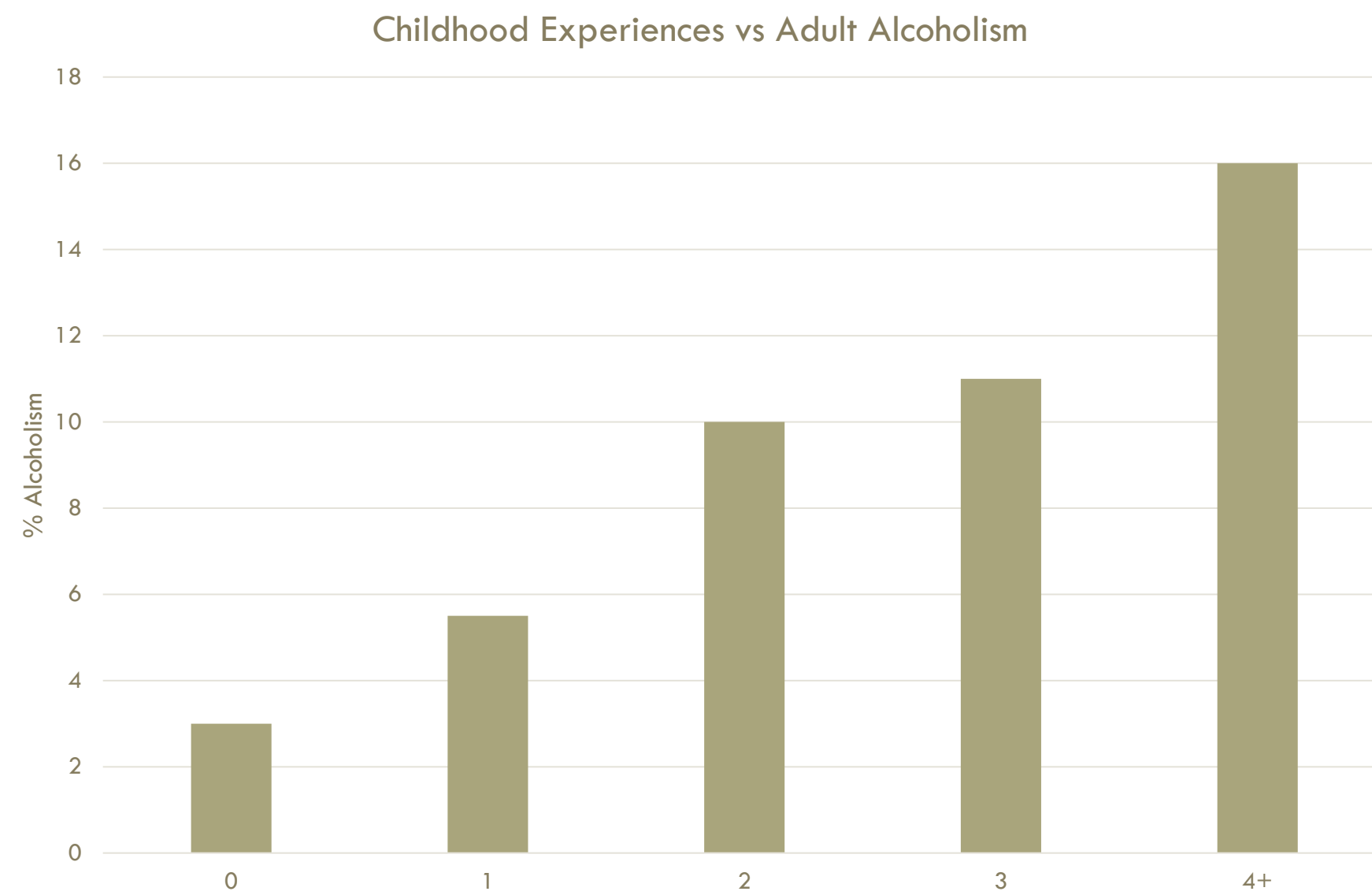


Types of ACEs reported

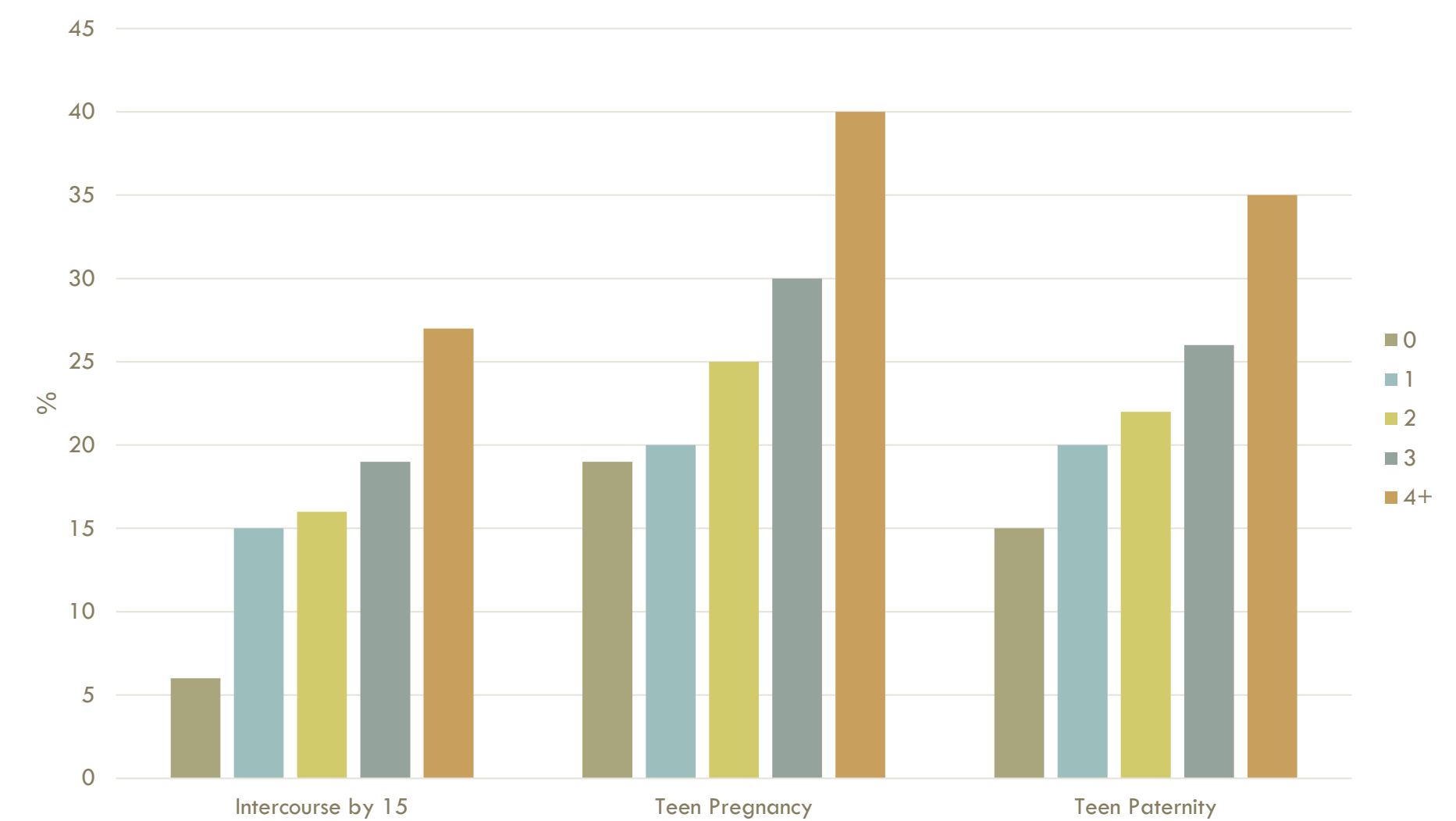
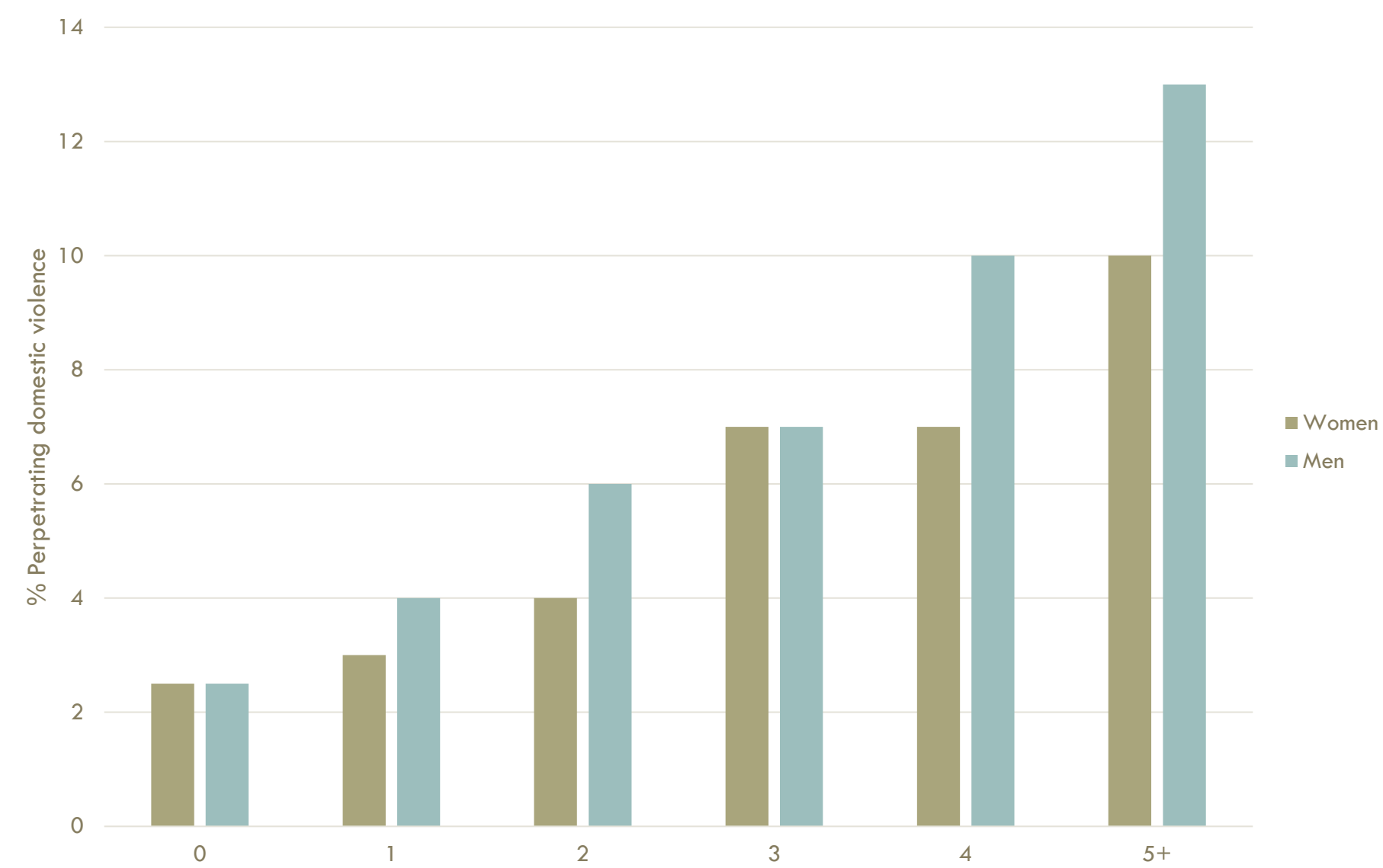
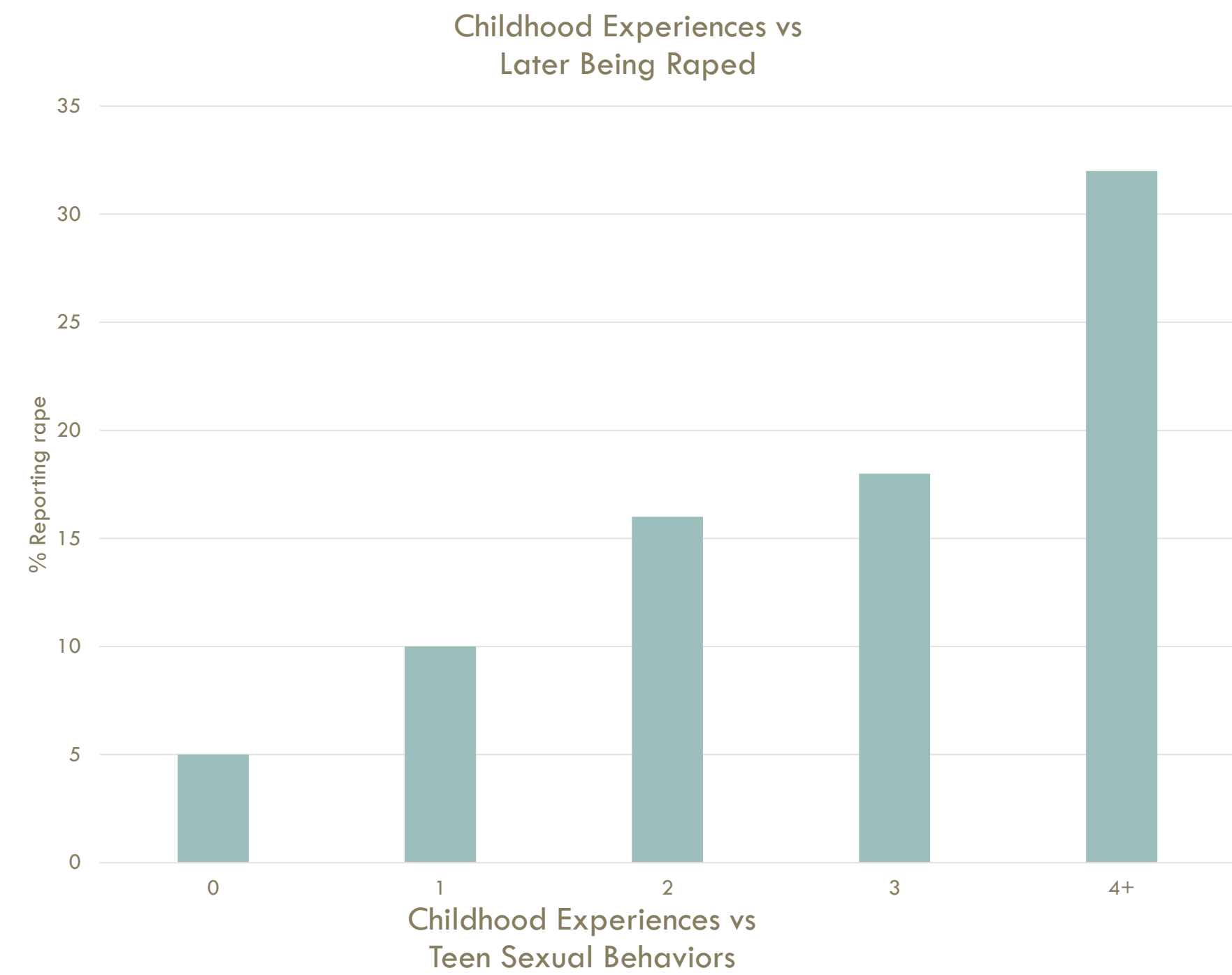
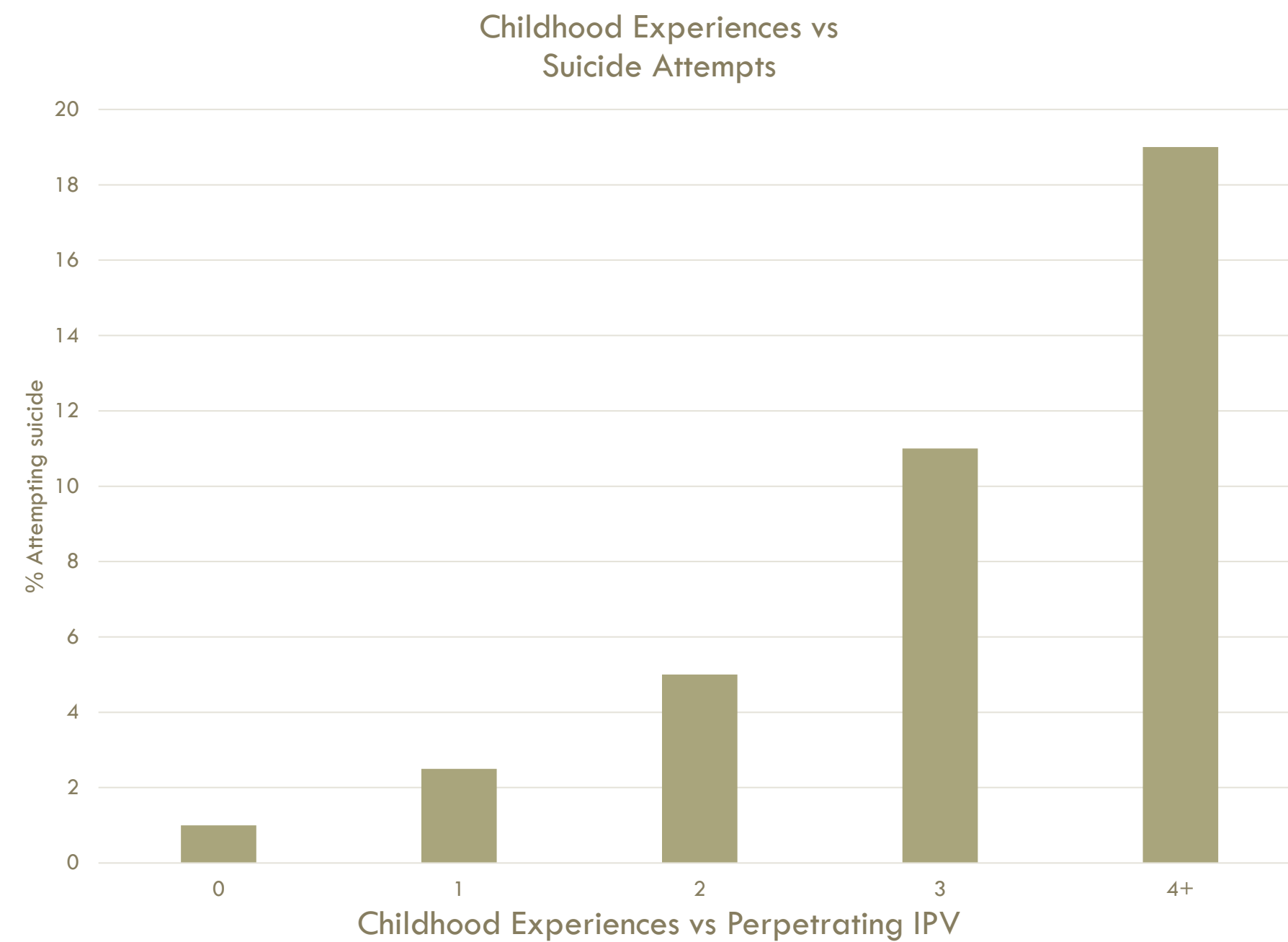


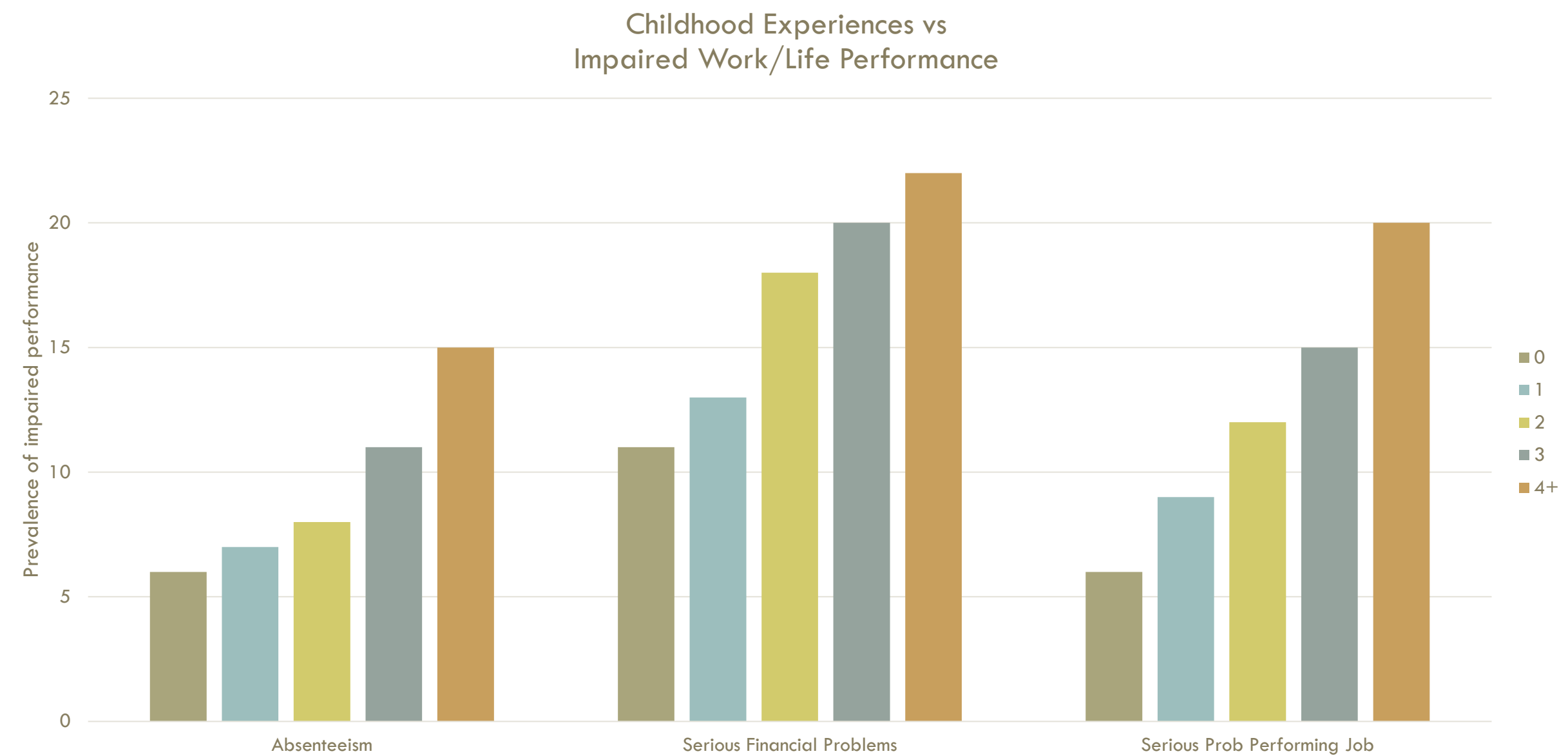
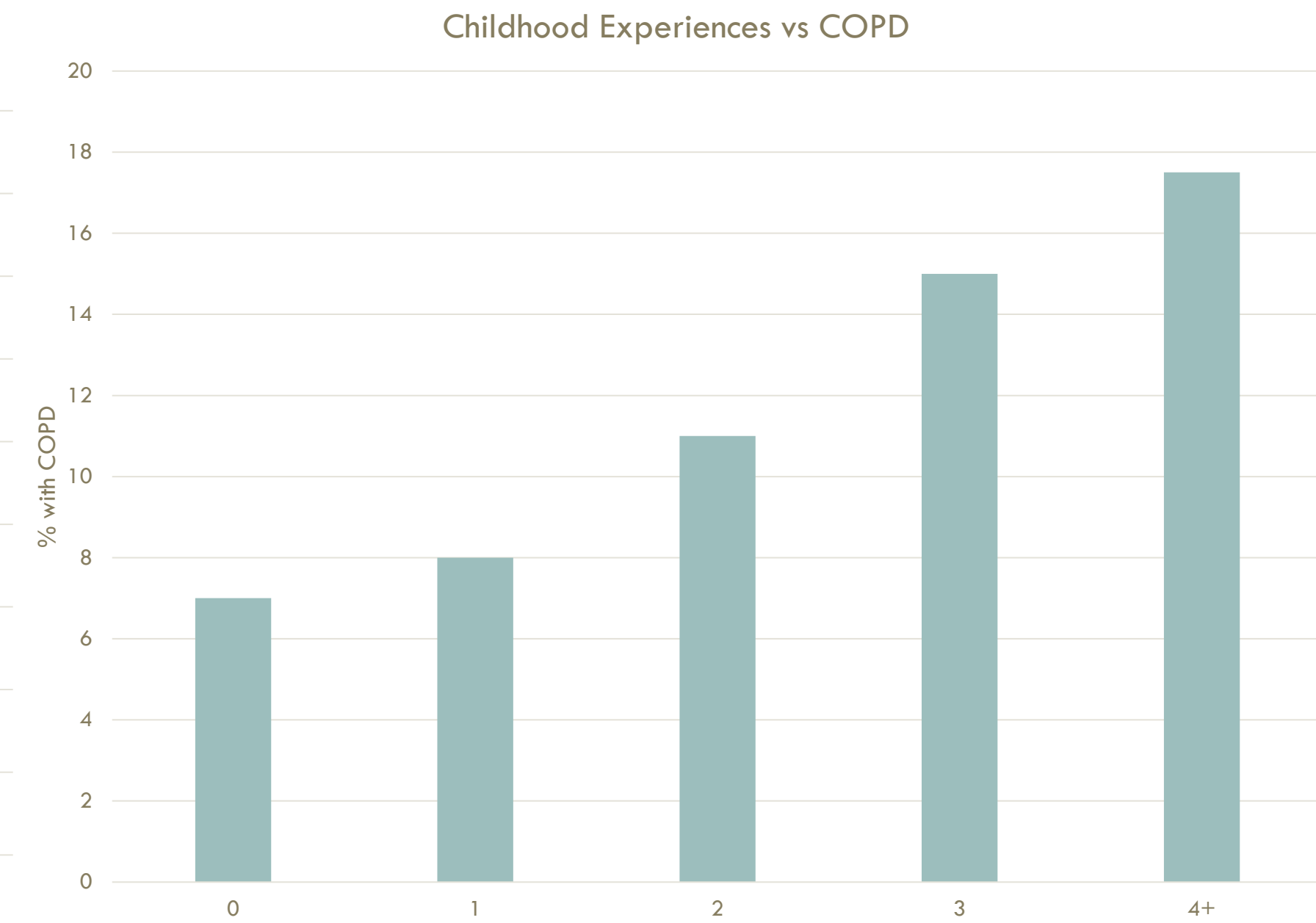
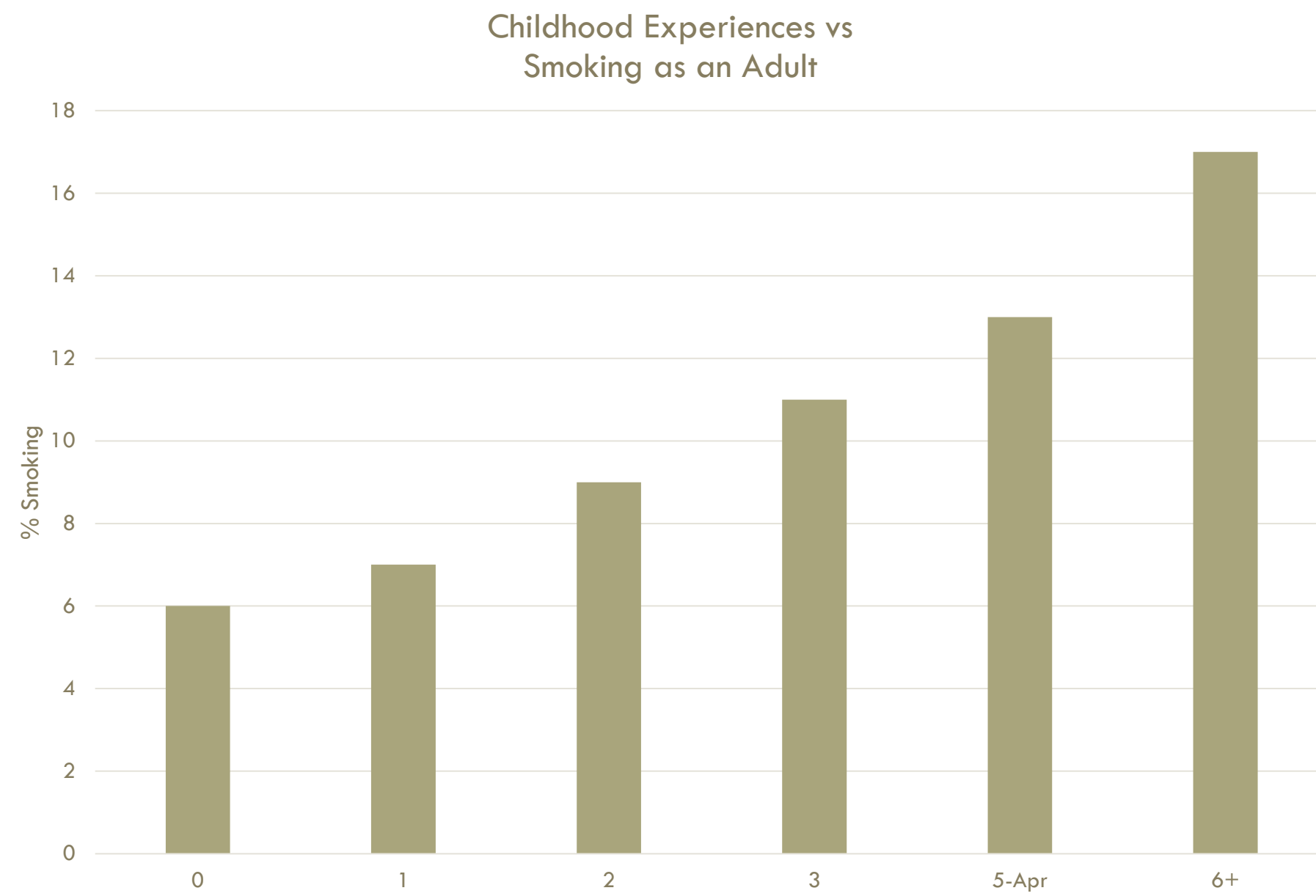
Based on the Behavioral Risk Factor Surveillance System

https://www.cdc.gov/violenceprevention/acestudy/ACE_graphics.html



Felitti V and Anda R. The Impact of Early Life Trauma on Health and Disease. The Hidden Epidemic, edited by Lanius RA, Vermetten E, Pain C. Cambridge University Press, 2010





Felitti V and Anda R. The Impact of Early Life Trauma on Health and Disease. The Hidden Epidemic, edited by Lanius RA, Vermetten E, Pain C. Cambridge University Press, 2010

BRAIN ARCHITECTURE
SUPPORTS LIFELONG LEARNING,
BEHAVIOR AND HEALTH

**A strong foundation
in the early years
improves the odds
for positive outcomes
and a weak
foundation increases
the odds of later
difficulties.**



ACES AND BRAIN DEVELOPMENT

A review of studies looking at brain development in children experiencing family maltreatment and others enduring psychologic deprivation in institutional settings

- Global volumetric changes in the brain can be seen in children experiencing maltreatment
- Emotional neglect and physical abuse may be associated with **smaller amygdala volumes**; PTSD, depression and emotional neglect may be associated with **smaller hippocampal volumes**
- Volumetric changes in the **prefrontal cortex** and **cerebellum** have been associated with maltreatment-related PTSD

Positive Stress



Short, stressful events like meeting new people or starting the first day of school are healthy for brain development. They prepare the brain and body for stressful situations later in life.

Tolerable Stress



Tragic, unavoidable events like a natural disaster or losing a loved one aren't good for us. But if supportive caregivers are around to buffer the stress response, these events won't do lasting damage to the brain and body.

Toxic Stress



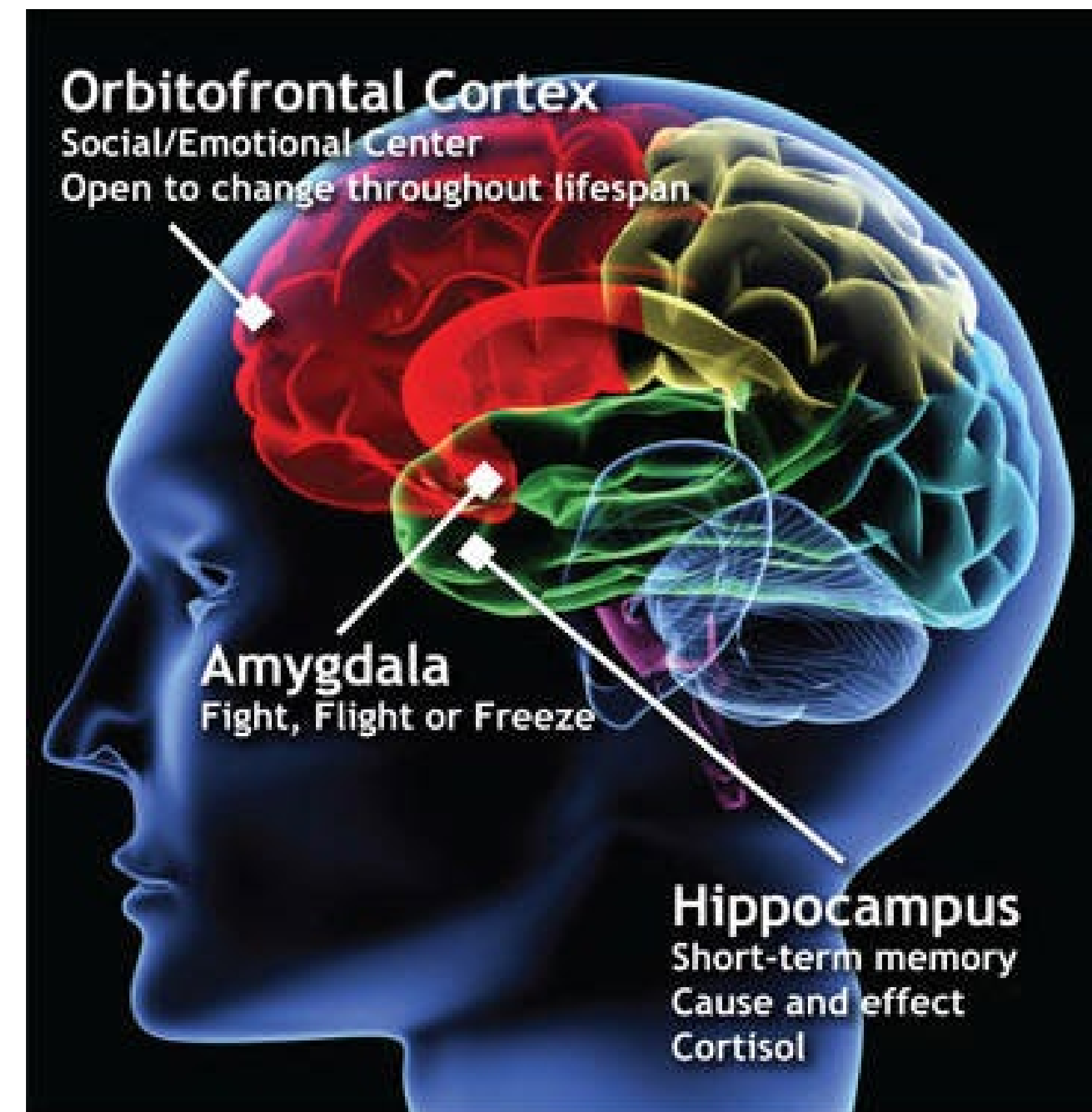
Ongoing, repeated exposure to abuse or neglect is bad for brain development. If no supportive adults are present to help buffer the stress response, stress hormones will damage developing structures in the child's brain. The result is an increased vulnerability to lifelong physical and mental health problems, including addiction.



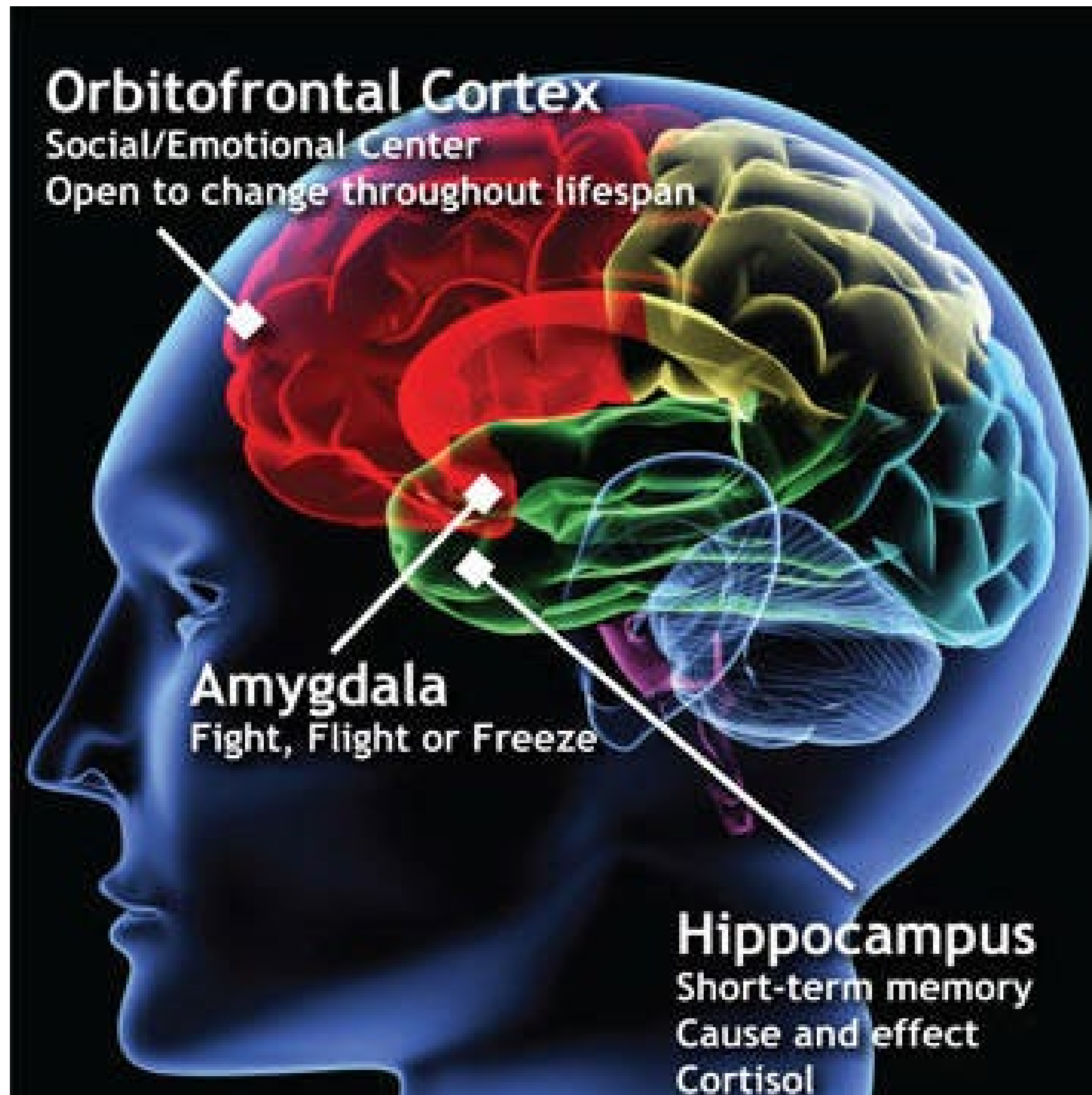
Trauma and the brain

The most important job of the brain is to ensure our survival, even under the most miserable conditions.

*Bessel van der Kolk,
The Body Keeps the Score*



Trauma and the brain



- “Neurons that fire together wire together...if you feel safe and loved your brain becomes ‘wired’ for play and exploration; if you are frightened, unwanted, you become ‘wired’ to manage feelings of fear and abandonment.”
- Bessel van der Kolk, *The Body Keeps the Score*

Impact of Trauma: Ability to function

Self-regulation of behaviors and emotions

High levels of distress, anxiety, sometimes panic

Confusion, disorientation, loss of control

Dissociation

Intrusive thoughts, hyper-arousal, avoidance

Re-experiencing traumatic events (triggers)

IMPACT OF TRAUMA: PHYSICAL HEALTH

- Chronic health conditions (diabetes, high BP, asthma)
- Headaches
- Chronic pain
- Gynecological difficulties
- Gastrointestinal (GI) problems
- Cancer
- Musculoskeletal difficulties
- Autoimmune disorders



IMPACT OF TRAUMA: MENTAL HEALTH

Depression

Anxiety

Suicide

Somatization

Eating disorders

Borderline personality disorder

Post-traumatic stress disorder



IMPACT OF TRAUMA: SOCIAL

Difficulty trusting others, lack of empathy

Social isolation and/or overattachment

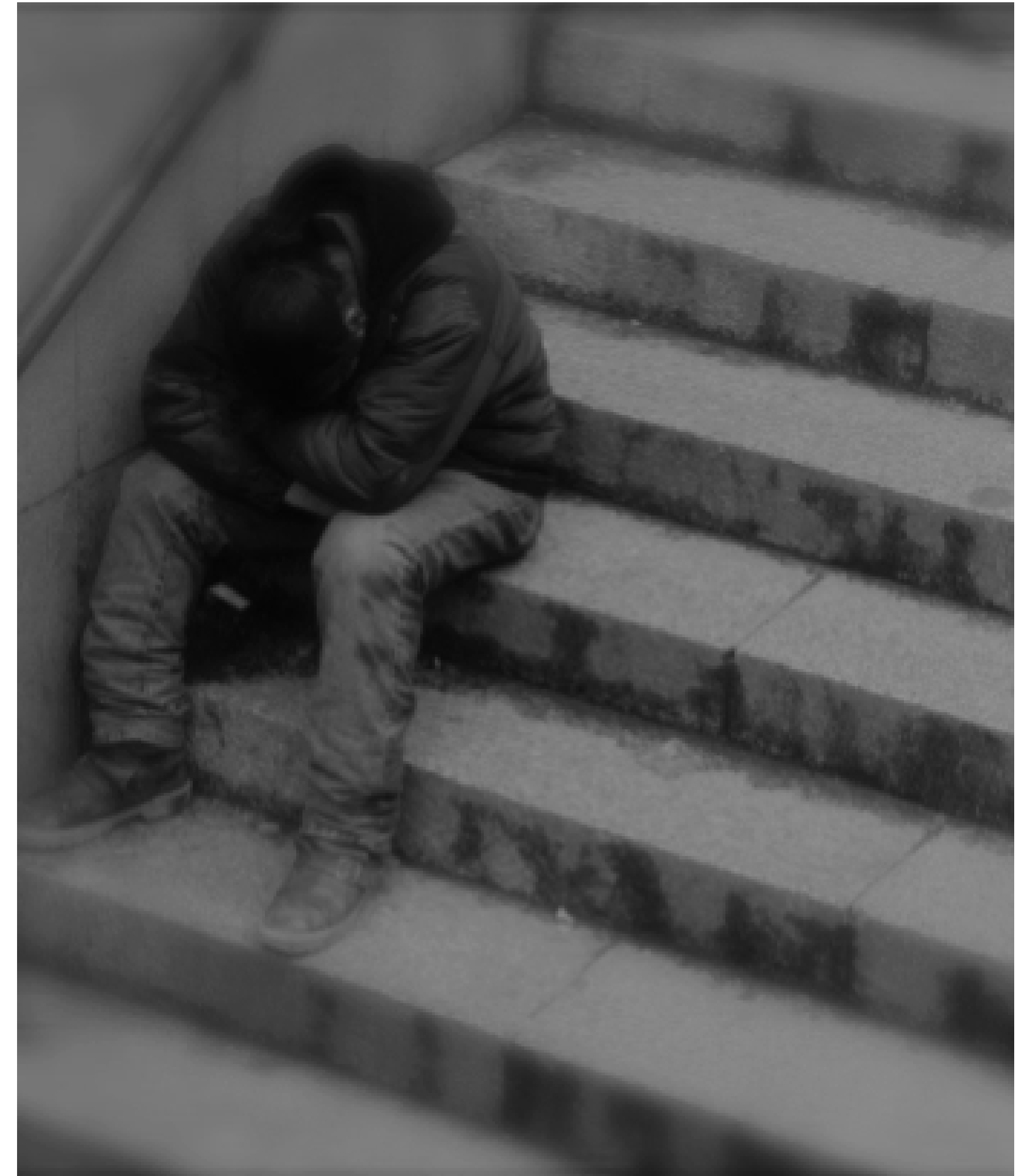
Boundary issues

Unable to comfortably rest in the arms of another

Unstable relationships

IMPACT OF TRAUMA: SHATTERED SPIRIT AND BELIEF SYSTEMS

- The world is unsafe
- Other people are unsafe and cannot be trusted
- God has abandoned me
- My own thoughts and feelings are unsafe
- I'm unworthy
- I'm not capable



TODAY'S YOUTH AND ACES

NEW DATA: CHILD REPORTED ACES

Data on ACEs among adolescents has formerly been reported by parents.

Did not included important violence-related ACEs, including physical, sexual, and emotional abuse

Until now....WHEN WE ASKED

Youth Risk Behavior Survey 2023

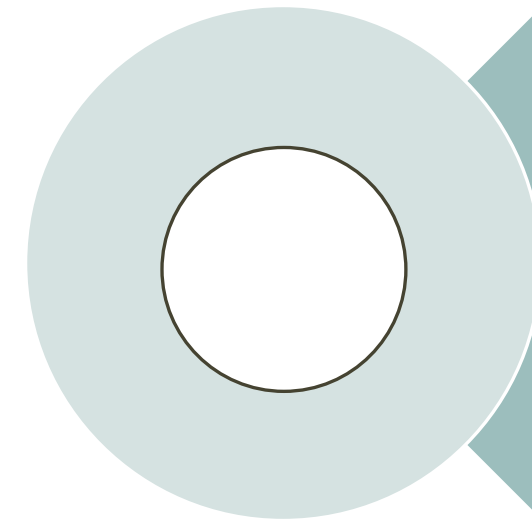
- Started 1990 by the CDC
- Measures health-related behaviors and experiences that can lead to death and disability among youth and adults.
- The YRBS has collected data from approximately 5 million high school students since its inception.
- The 2023 YRBS included questions about ACEs including transgender identity, racism in school, unfair discipline, and social media use.

Youth Risk Behavior Survey 2023

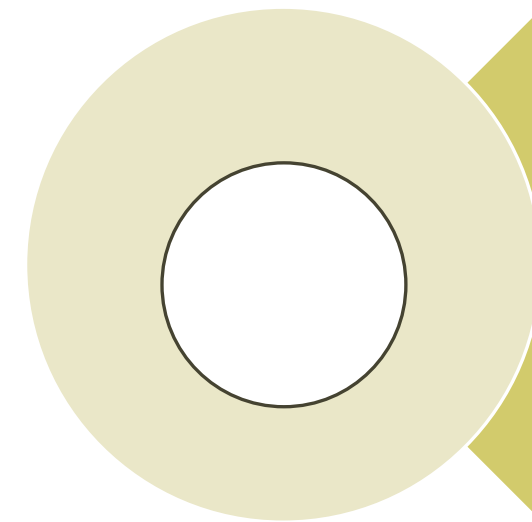
Assessed YRBS responses to code ACEs (one, two, three, four, or more) and there **correlation** with:

- Violence risk factors
- Substance use
- Sexual behaviors
- Weight and weight perceptions
- Mental health
- Suicidal thoughts and behaviors

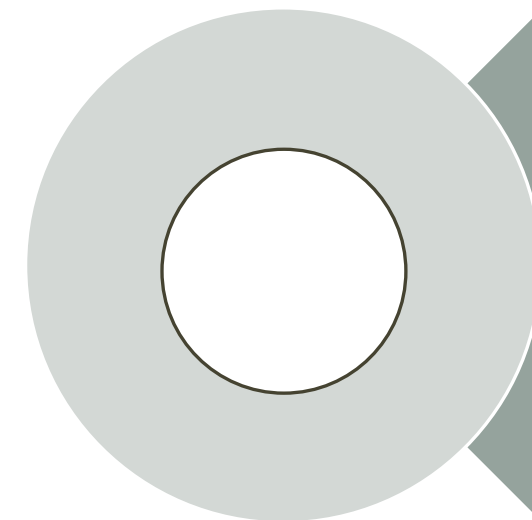
Certain
demographics
had more
ACEs
than others.



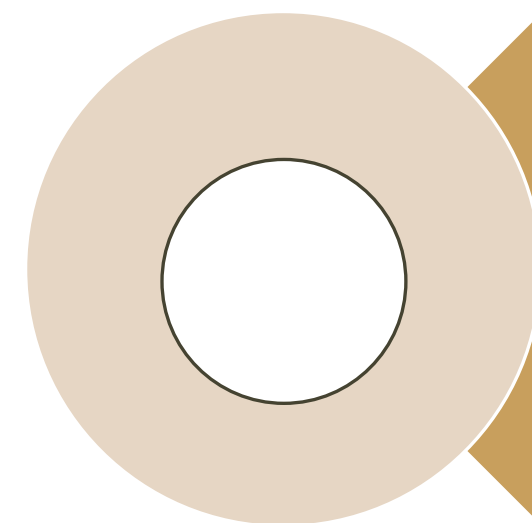
Female



American Indian or
Alaska Native



Multi-Racial



Gay/Lesbian/Bi-
Sexual or Questioning

These fractions
showed high
prevalence of
the following
health conditions
and risk
behaviors:

Suicide Attempts (89.4%)

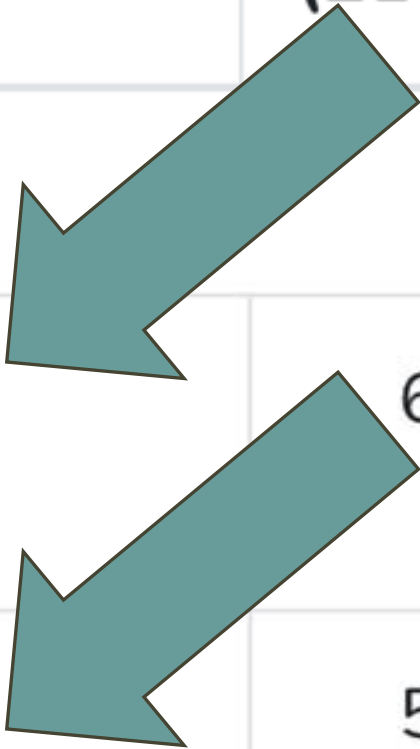
Seriously Considering
Attempting Suicide
(85.4%)

Prescription Opioid
Misuse (84.3%)

TABLE 5. Population-attributable fractions for health conditions or risk behaviors among high school students aged <18 years, by cumulative adverse childhood experiences — Youth Risk Behavior Survey, United States, 2023



Health condition or risk behavior	Cumulative adverse childhood experiences*			
	1 ACE Population-attributable fraction, [†] %	2 or 3 ACEs Population-attributable fraction, [†] %	≥4 ACEs Population-attributable fraction, [†] %	Any ACE (≥1 ACE)
Weapon carrying and violence				
Carried a weapon at school	3.3	8.8	53.1	65.2
Was in a physical fight	2.2	13.9	37.3	53.4

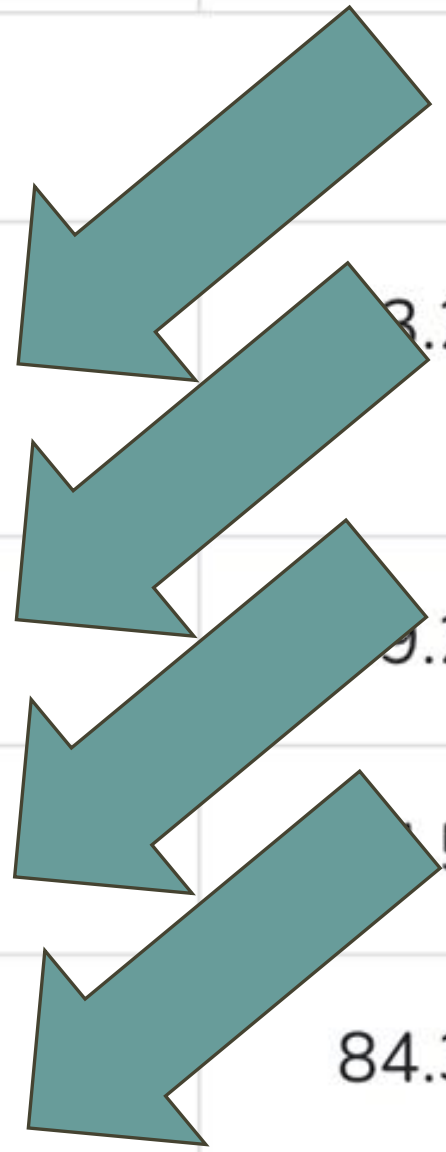


Dose-response relation: As the number of reported ACEs goes up, so does the presence of health conditions and high risk behaviors.

TABLE 5. Population-attributable fractions for health conditions or risk behaviors among high school students aged <18 years, by cumulative adverse childhood experiences — Youth Risk Behavior Survey, United States, 2023



Health condition or risk behavior	Cumulative adverse childhood experiences*			
	1 ACE Population-attributable fraction, [†] %	2 or 3 ACEs Population-attributable fraction, [†] %	≥4 ACEs Population-attributable fraction, [†] %	Any ACE (≥1 ACE)
Substance use				
Current electronic vapor product use	3.1	13.5	56.6	73.2
Current alcohol use	2.9	12.4	33.8	49.2
Current binge drinking	3.6	11.9	48.9	64.5
Current prescription opioid misuse	2.7	10.6	71.0	84.3



Those with more ACEs were more likely to use substances

TABLE 5. Population-attributable fractions for health conditions or risk behaviors among high school students aged <18 years, by cumulative adverse childhood experiences — Youth Risk Behavior Survey, United States, 2023



Health condition or risk behavior	Cumulative adverse childhood experiences*			
	1 ACE Population-attributable fraction, [†] %	2 or 3 ACEs Population-attributable fraction, [†] %	≥4 ACEs Population-attributable fraction, [†] %	Any ACE (≥1 ACE)
Sexual behavior				
Alcohol or drug use before last sexual intercourse	2.6	5.6	72.0	80.2
Currently sexually active with multiple persons	1.3	3.9	56.1	61.3
Did not use a condom during last sexual intercourse	1.6	8.9	53.5	64.0

High risk sexual behavior - especially using substances in conjunction was significant.

TABLE 5. Population-attributable fractions for health conditions or risk behaviors among high school students aged <18 years, by cumulative adverse childhood experiences — Youth Risk Behavior Survey, United States, 2023



Health condition or risk behavior	Cumulative adverse childhood experiences*			
	1 ACE Population-attributable fraction, [†] %	2 or 3 ACEs Population-attributable fraction, [†] %	≥4 ACEs Population-attributable fraction, [†] %	Any ACE (≥1 ACE)
Mental health and suicide-related behavior				
Persistent feelings of sadness or hopelessness	6.1	17.7	41.8	65.6
Seriously considered attempting suicide	4.2	16.1	65.1	85.4
Attempted suicide	1.1	10.6	77.8	89.4

As mentioned earlier, mental health and suicide were identified as the most notable health conditions associated with higher numbers of ACEs

UNDERSTANDING ACES MOVES US
FROM WHAT'S WRONG WITH
YOU
TO WHAT HAPPENED TO YOU?

BREAKS STIGMA
ACTIVATS COMPASSION
IMPROVES HEALTH OUTCOMES

WE ALL WIN!

6 PRINCIPLES OF TRAUMA-INFORMED CARE

Safety

Trustworthiness
and transparency

Peer support

Collaboration and
mutuality

Empowerment,
voice, and choice

Cultural, historical,
and gender issues



A silhouette of a person in a dynamic, almost dancing pose, with arms outstretched and one leg bent. The person is positioned on the left side of the frame, facing right. The background is a vibrant sunset or sunrise over a body of water, with the sun low on the horizon and its reflection visible. The sky is filled with soft, golden clouds. The overall mood is contemplative and transformative.

WHEN WE CHANGE
THE WAY WE LOOK AT
THINGS THE THINGS
WE LOOK
AT
CHANGE

Positive Childhood Experiences

felt able to talk to
their family about
feelings

felt their family
stood by them
during difficult
times

enjoyed
participating in
community
traditions

felt a sense of
belonging in high
school

felt supported by
friends

had at least 2
nonparent adults
who took genuine
interest in them

felt safe and
protected by an
adult in their home.

THE VALUE OF A POSITIVE RELATIONSHIP WITH AN ADULT

“
Every kid is one
caring adult
away from being
a success story.
”

Josh Shipp
Motivational Speaker



FIRST AND FOREMOST,
YOU ARE A
COMMUNITY MEMBER

Italian
Security
Camera's





"YOU CAN'T READ
THE LABEL FROM
INSIDE THE JAR."
YOU NEED HELP FROM THE
OUTSIDE.





WALK IN
ANSWERED PRAYER

GOING TO TAKE SOME GRIT
TO GET US THROUGH!

G GRATITUDE
R RESILIENCE
I INTEREST
T TRUTH



3 GRATITUDE'S A DAY FOR 21 DAYS



GRATITUDE IS A CHOICE!

TRY IT! Tag Me:
Kymmiel
hugsinc

WHO/WHAT ARE YOU
GRATEFUL FOR?

GRATITUDE IS
CONTAGIOUS!

KYM@HUGSINC.ORG

ATTITUDE OF GRATITUDE

Research shows that cultivating gratitude has a plethora of benefits, including:

- Reducing stress and anxiety
- Boosting mood
- Strengthening your immune system
- Improving sleep



Gratitude is Social. It Pays Itself Forward.

YOU GIVE THANKS.
AND FEEL GRATITUDE.



THEY RECEIVE IT.
AND GIVE IT, TOO.



IT SPREADS.
AND SO DOES GRATITUDE.





AUTISM

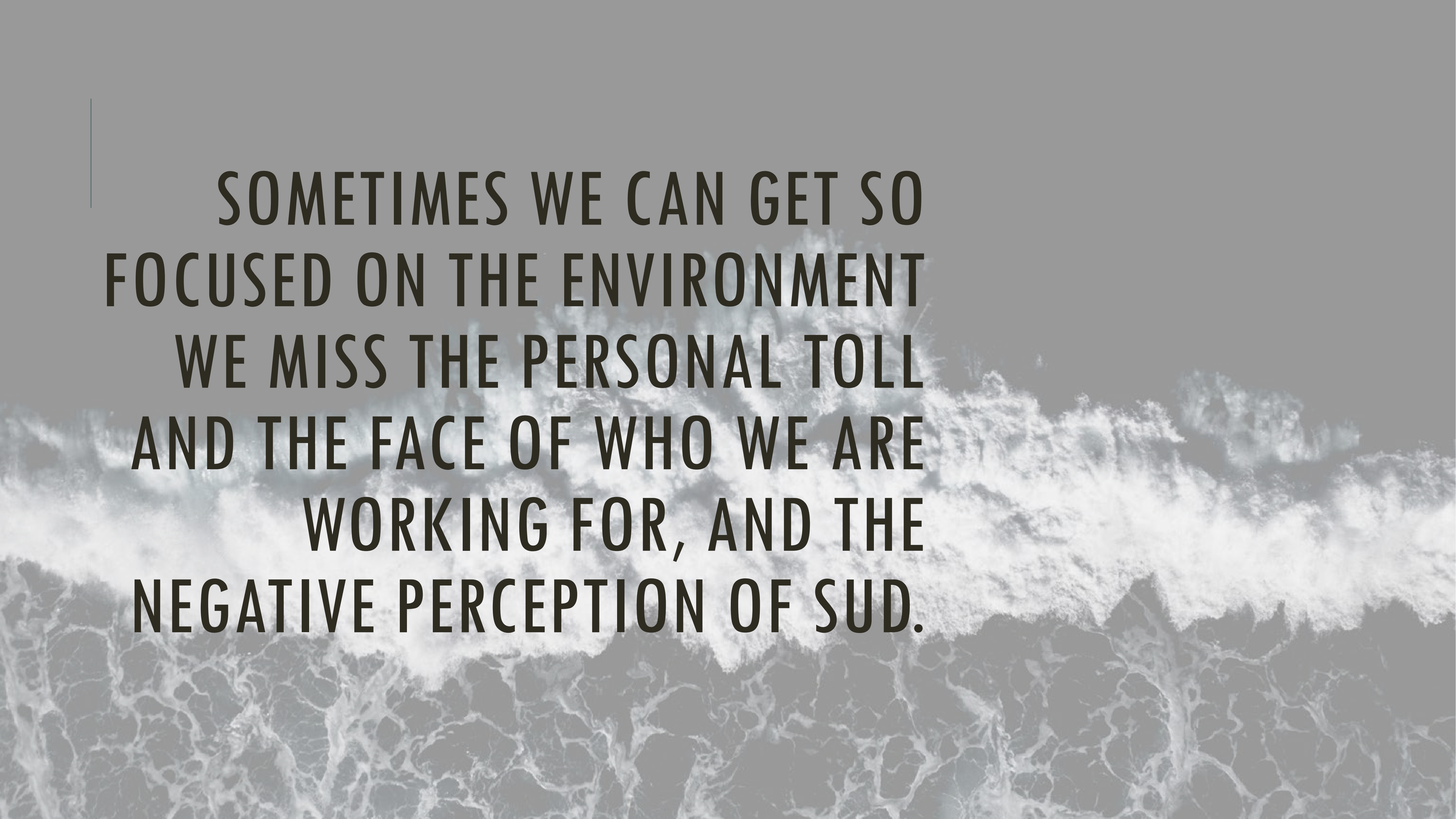


JORDAN NEVER FELT
BAD...

JUST WANTED IT RENAMED

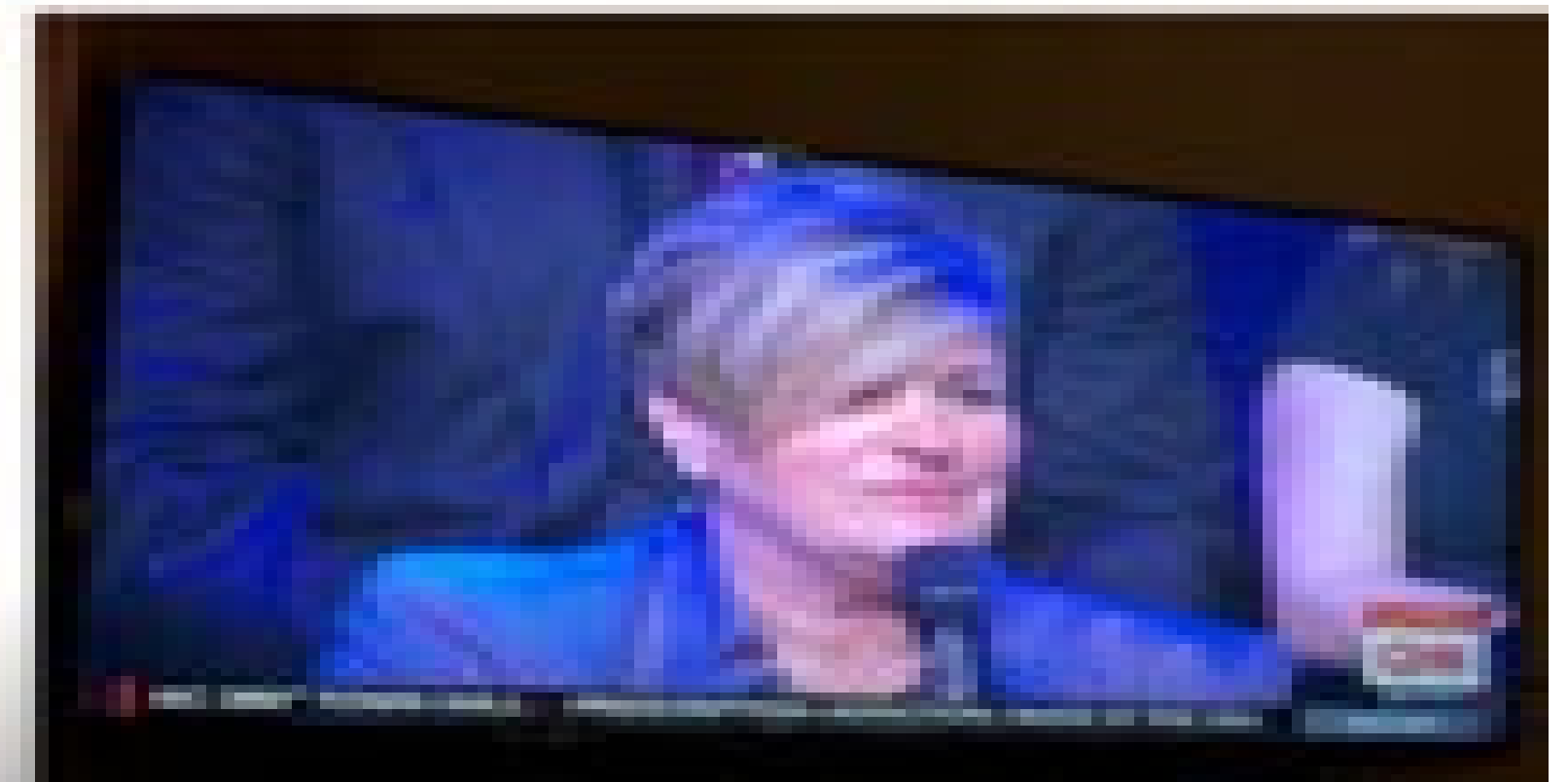
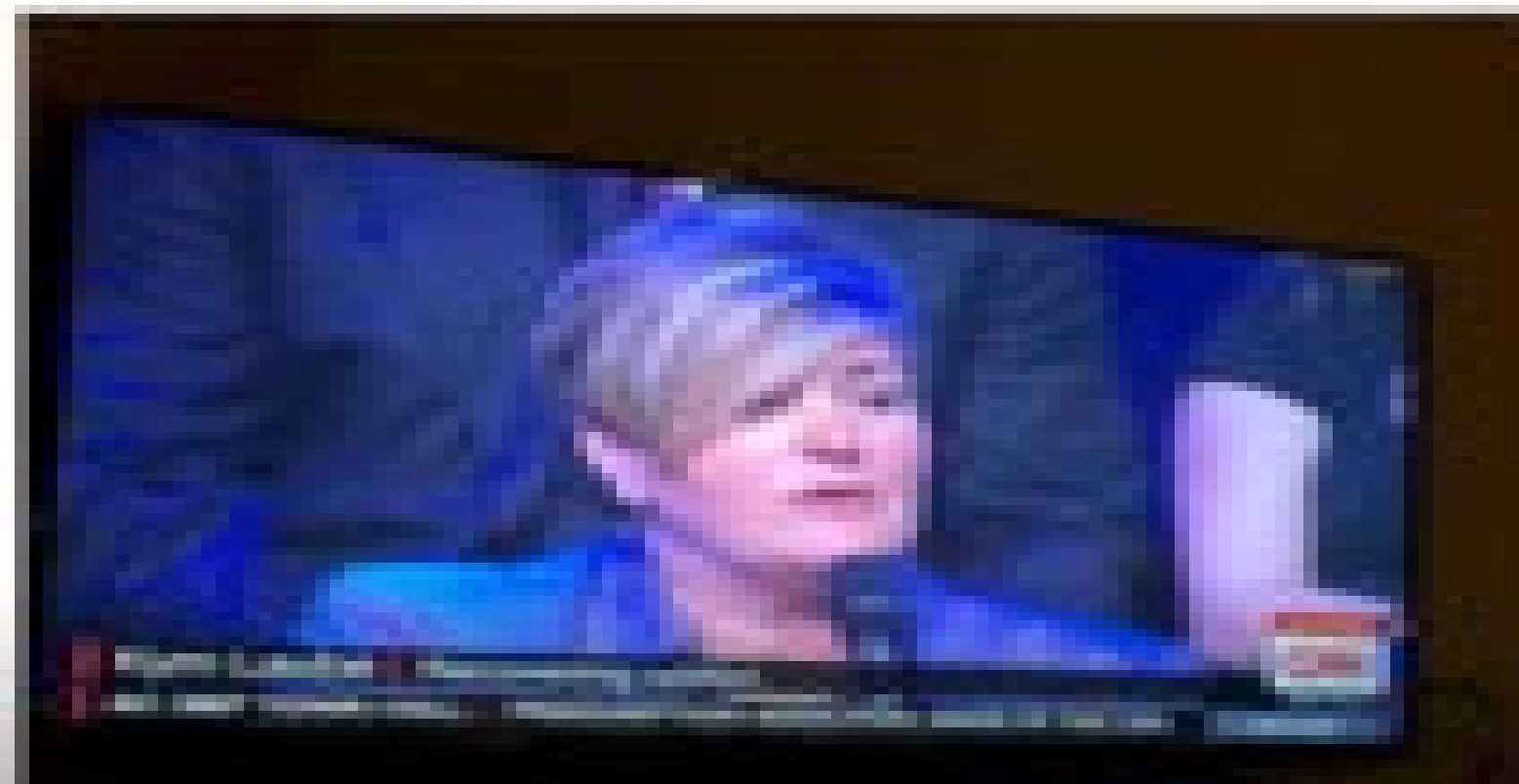
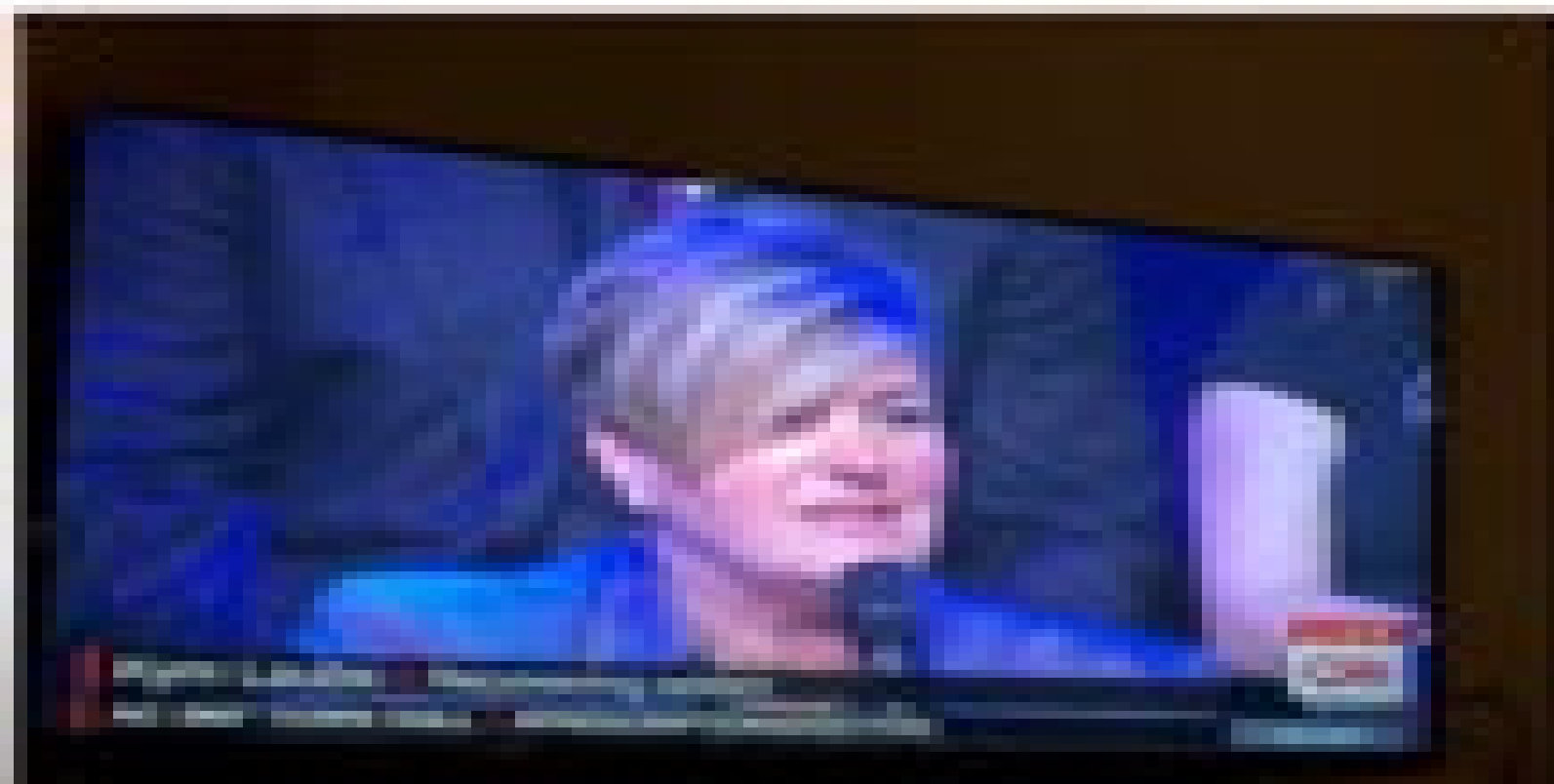
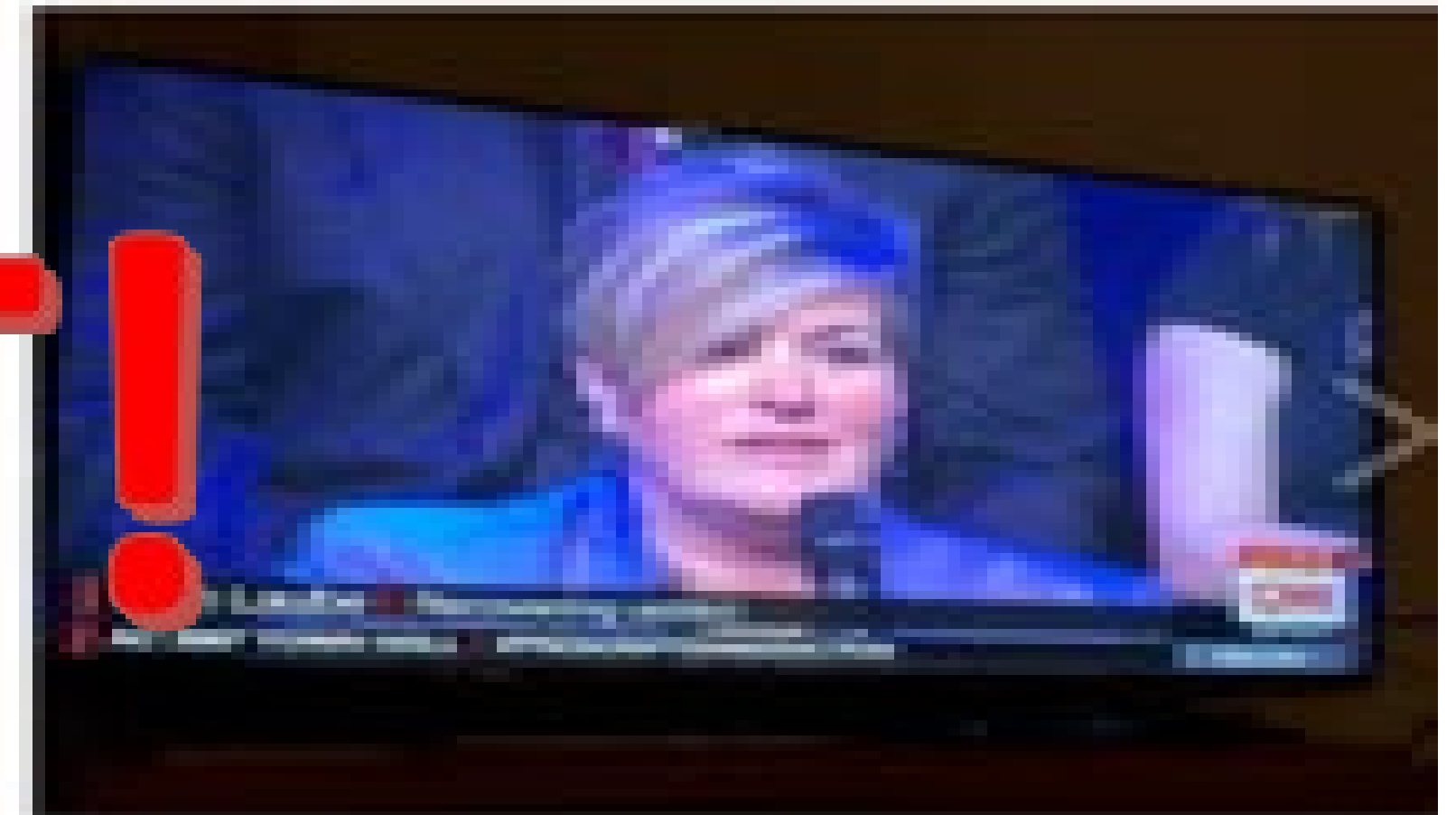
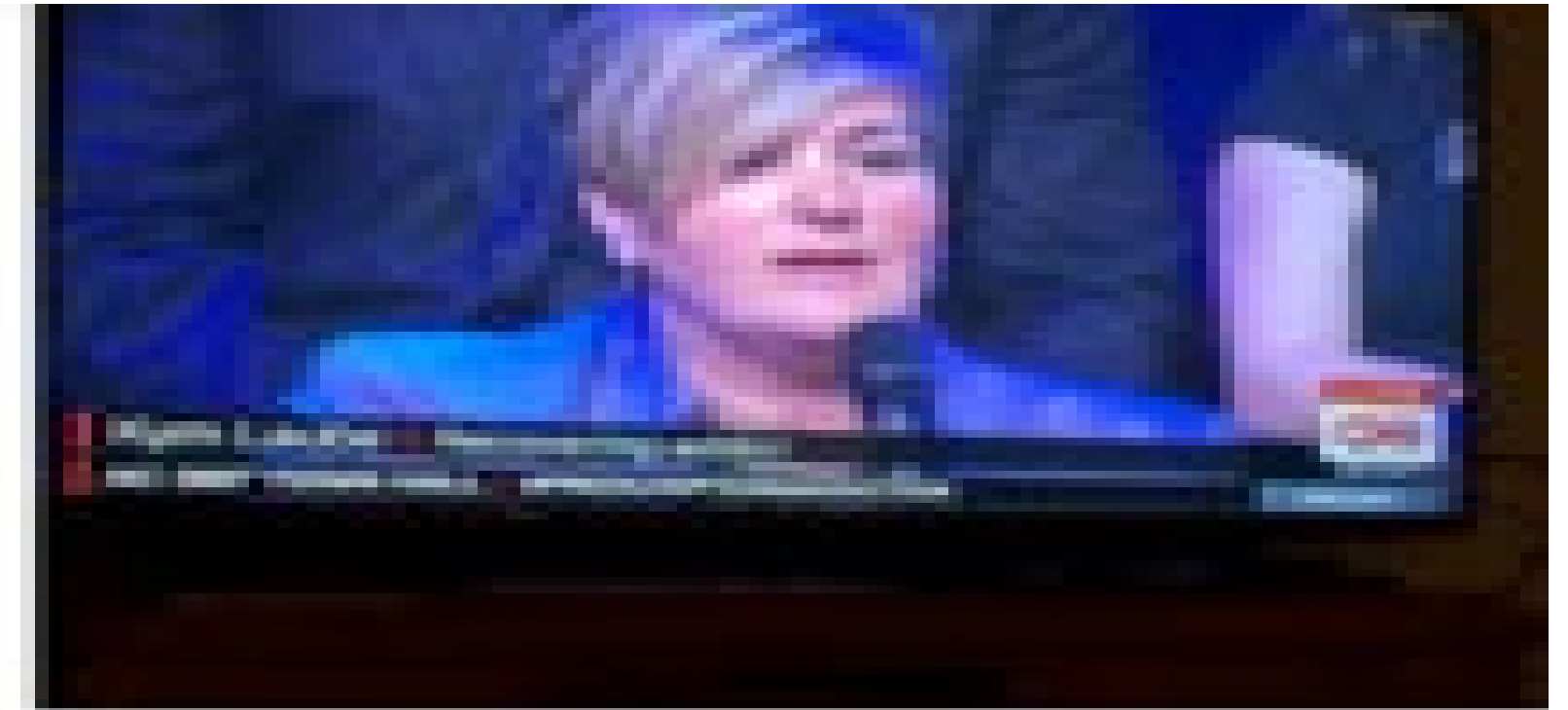






**SOMETIMES WE CAN GET SO
FOCUSED ON THE ENVIRONMENT
WE MISS THE PERSONAL TOLL
AND THE FACE OF WHO WE ARE
WORKING FOR, AND THE
NEGATIVE PERCEPTION OF SUD.**

ME, ANDERSON, AND THE FOOTBALL TEAM







BUCKET LIST





THANK YOU, SAN DIEGO
COAST GUARD

WHO ARE THE 5 ON
YOUR BOAT?

COULD YOU CALL THEM
WHEN YOU ARE
HURTING?

WILL YOU?



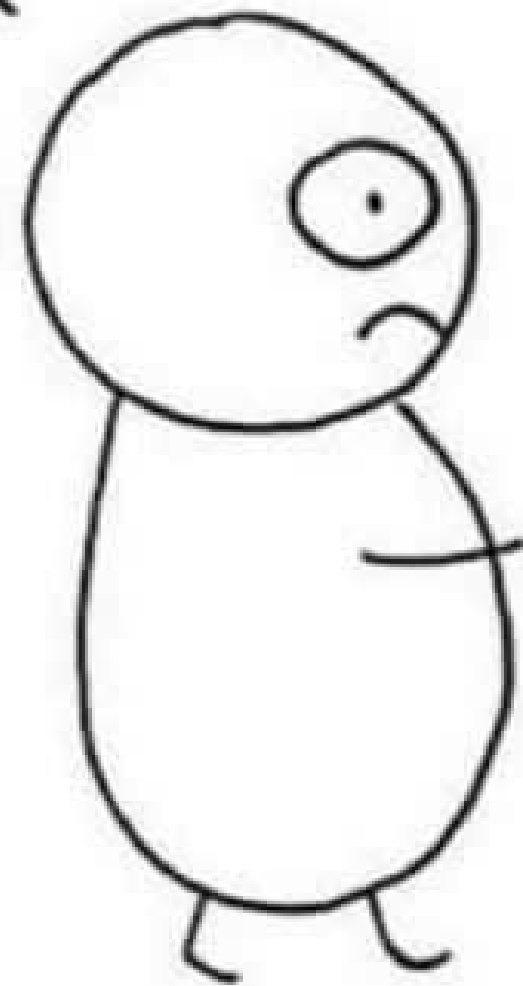
WHO SHOULD BE IN YOUR BOAT?

1. COVENANT: Ride or Die **PLAYS**
2. SPIRITUAL: They will pray for you- you can go to for advice **PRAYS**
3. CONFIDANTE: Shares your wins without jealousy **PRAISE**
4. HOSPITABLE: Cares about your wellbeing and emotional health **PUSHES**
5. DAY 1: Has your back- Will back you up in a room when you are not there **PROTECTS**





Where did you
find that? I've been
searching for it everywhere.



I created it
myself.





CONNECTION

LET'S CONNECT!

HUGS! 

KYM LAUBE

631 793-2854

kym@hugsinc.org

Facebook

X

Instagram

