



Using ACEs to Build  
Hope and Resilience

# Lemonade FOR Life

Oklahoma Pre-Seminar  
April 14, 2015

**Empowering Families to Use Adverse Childhood Experiences  
Research to Build Resilience**

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Developed Through a Collaborative Kansas – Iowa Partnership  
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# Objectives

- Understanding of ACEs and how they are transmitted from generation to generation
- Understanding of Lemonade for Life as a practical tool to use ACEs with families
- Awareness of the importance of resiliency and hope in overcoming childhood trauma





# Our Approach--NEAR

- Neurobiology—Brain architecture develops during first 18 months
- Epigenetics—Chronic stress changes our DNA
- ACEs—negative early childhood experiences have life-long effects
- Resilience—Building skills to enhance the life course



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# Temperature Check

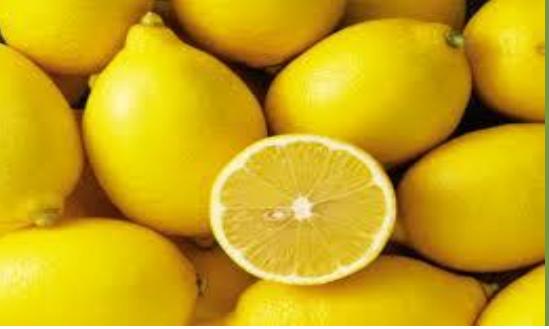
- How familiar are you with ACEs research?
- Do you know your own ACE score?



# Our stories



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# What is Lemonade for Life?

- Practical application of Adverse Childhood Experiences Questionnaire
  - Message of hope and resilience
  - Change is possible
  - You cannot re-write your history but you can write your future and your child's future



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# What isn't Lemonade for Life?

- One-shot delivery of ACEs questionnaire
- Insensitive re-traumatization
  - Extensive training given on when/if ACEs is appropriate for families
- Information shared with Child Welfare
- Screening instrument



# Prerequisites

- The participant is expected to:
  - have general knowledge of Adverse Childhood Experiences for a contextual reference
  - Have general knowledge of early brain development
  - Have general knowledge of toxic stress on early brain development





# Temperature Check

- How often have you used ACEs research with families?
- How uncomfortable do you think parents would feel being asked about their early childhood experiences?
- How comfortable would you feel talking with parents about their ACE score?



# Why Develop Lemonade for Life?

What do you do when life hands you lemons?

---**You make lemonade!**

*How did you learn to make lemonade from the lemons in your life?*

*Did you learn from people or experiences or both?*



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# Why Develop Lemonade for Life?

- What happens if your caregivers weren't very good at making lemonade?
- Tony's story





# Development Process

- Gap identified
- Kansas and Iowa collaboration
- Developed curriculum
- Field testing in Iowa and Kansas
- Evaluation and modifications
- Ready for implementation



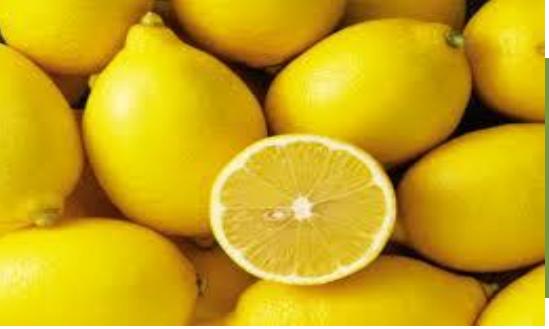
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# Guiding Principles

- Embed continuous quality improvement practices
- Evaluation is constant
- Incorporate emerging research
- Financial stability is a cornerstone to sustainability
- Maintain the fidelity of the training model
- Maintain the integrity of the curriculum





# Pilot Timeline

- June – September 2014
  - Pre-requisites
  - Training
  - Coaching Call
  - Implementation
  - Pre-Post survey
  - Focus group



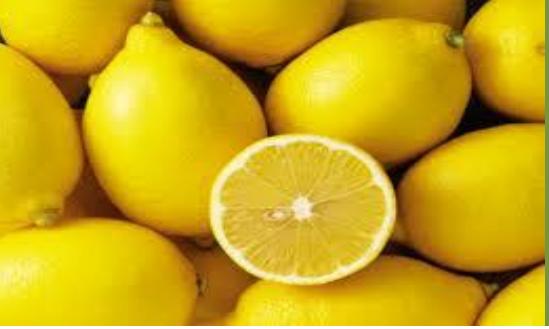
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# Pilot Results

- All participants were female, and a majority (82%) were between the ages of 26-45
  - 88% held a bachelor's degree; none reported having a lower education
- 94% strongly agreed and understood how early experiences influence the course of a person's life
  - All participants disagreed that a child's high ACE score could stop them from promoting a positive life course change.
  - All participants knew where to refer someone who is struggling with ACEs.
- All participants knew and reflected on their own ACEs score.
  - 70% strongly agreed that they held the power to make the future better
  - 70% agreed that they make others feel excited about the future
  - 88% said their experience with ACEs impact how they interact with clients
- **All participants said that using ACEs with families had the potential to increase family engagement.**





# What do we know about how it is working?

- *ACEs were more of an abstract concept before. I understood them and their effect on a person, but it helped in how to apply it directly to the families and my work with them.*
- *It helps me convey how important the parent's role is in the child's brain development; sometimes parents need a concrete picture of how that happens. I think this training helped me explain it better to my clients.*
- *It gives more things in my toolkit that can be used as appropriate with parents with high ACES scores, and with all parents as a method of addressing their past trauma and current choices.*





## Results: FSP Observations

- Lemonade for Life **improved client relationships with professionals**, leading to a more engaging and relatable experience.
  - Participants noted clients becoming more motivated to improve their parenting patterns with their own family.

“Even after rapport is there with a client, they really open up more to you. It can open a window that they didn’t know could be helped.”





## Results: FSP Observations

- It helped piece together a client's personal history and past fluidly, so that they were able to understand how their own early experiences had an impact on them.
  - It made many parents proactive about their own change.
- The use of tangible materials, visual media, and the Strengthening Resiliency Plan were praised by professionals.





## Results: Qualitative

- Results of the initial evaluation indicate that Lemonade for Life is a useful tool for assisting practitioners in working with families.
  - Clients offered more disclosure
  - Gained better understanding of how their past continues to impact them
  - Fostered proactive attitudes and mindsets in clients to improve for their children's future



# Evaluation Take-Aways

- Lemonade for Life
  - Increased engagement
  - Connected the dots
  - Gave valuable resources and materials from a fresh and motivating perspective
- For clients, Lemonade for Life presented a tangible opportunity to shape the past into a tool for a better future.



# Who Should Receive Lemonade for Life Training?

Any professional or trained volunteer that has an on-going developmental relationship with families with young children.

The relationship should be defined by mutual trust and respect for maximum effectiveness.

A goal of the relationship must be on life improvement and building resiliency for the children.





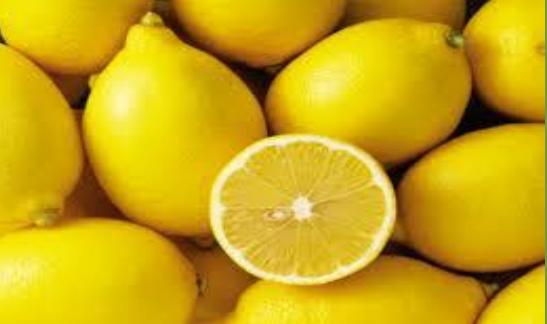
# Lemonade for Life Materials

## *Package*

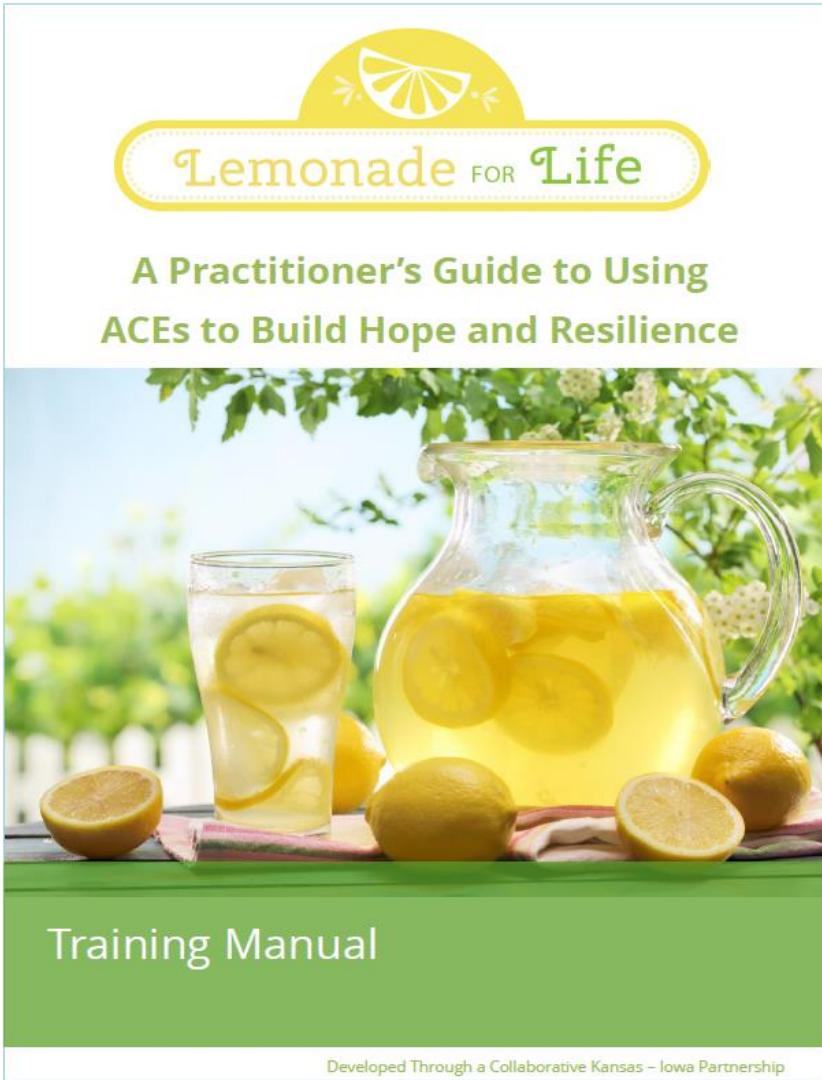
- Access to pre-requisite materials
- Participant workbook
- Parent handouts
- Trainer Guide
- Video demonstration of a home visitor putting into action Lemonade for Life with a participant



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# Lemonade for Life Materials



**Lemonade FOR Life**

**A Practitioner's Guide to Using ACEs to Build Hope and Resilience**

**Training Manual**

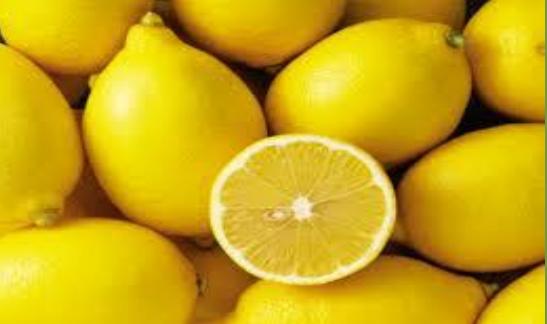
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## LESSON PLAN 3

### Introducing ACEs to Parents

<b>Objective</b>	Participants will increase their comfort level in discussing ACEs exposure with parents they serve in a family support program.
<b>Supplies needed</b>	Computer, screen, and projector
<b>Slides</b>	Why Are We Doing This? – Slide 9 Role of Family Support - Slide 10 Discussing ACEs – Slide 11
<b>Folder handouts</b>	
<b>Time needed</b>	15 minutes





# Lemonade for Life Training Participant Materials and Support

- Lemonade for Life Participant Workbook
  - *Parent Handouts*
  - *Implementation Protocol*
  - *When the right time is checklist*
  - *Conversation and How to Guide*
  - *Secondary Trauma*
  - *Lemonade for Life Elements of an Effective Referral Practice*
- One group coaching call approximately 45 days after completing the training



# Lemonade for Life Parent Handouts

- ACEs Questionnaire
- Brain Builders Video
- The Amazing Brain Series *by Linda Chamberlin*
- Strengthening Resiliency Plan
- Lessons learned from My Life's Lemons





# Enhancement to Your Services

- Lemonade for Life:
  - Is evidence-informed
  - Is complimentary to many national home visiting models
  - Fills a void
  - Provides a pathway between adverse childhood experiences and a brighter future for children



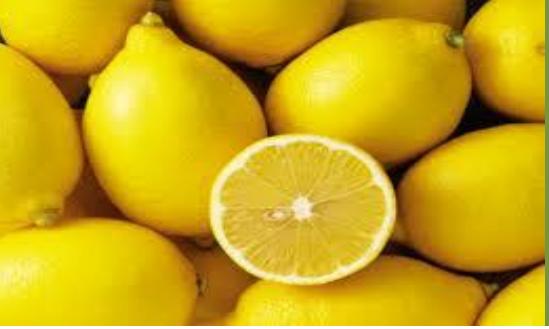


# Implementation Process

- Early stage of implementation
- Using a train the trainer model as the primary method for dissemination
- Starting in Kansas and Iowa
- Expand to other states and countries by creating training teams



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*So, you want  
your own  
Lemonodium?*



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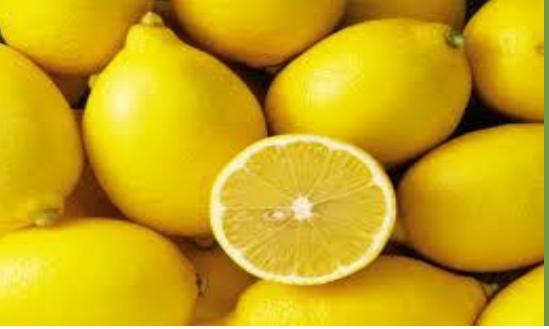
# Where do I sign up?





# Helpful Resources

- ACES 360: <http://www.iowaaces360.org>
- ACES learning modules:  
<https://courses.extension.iastate.edu/login/index.php>
- How Brains are Built: The Core Story of Brain Development October 10, 2013 Norlien Foundation  
<http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development>



# Helpful Resources

- Adverse Childhood Experiences National Study: <http://acestudy.org/>
- ACEs Study - Center for Disease Control  
<http://www.cdc.gov/violenceprevention/acestudy/>





# Discussion

## Finding Your ACE Score

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household often or very often...Swear at you, insult you, put you down, or humiliate you? Or Act in a way that made you afraid that you might be physically hurt? Yes No If yes enter 1 \_\_\_\_\_
2. Did a parent or other adult in the household often or very often...Push, grab, slap, or throw something at you? Or Ever hit you so hard that you had marks or were injured? Yes No If yes enter 1 \_\_\_\_\_
3. Did an adult or person at least 5 years older than you ever...Touch or fondle you or have you touch their body in a sexual way? Or Attempt or actually have oral, anal, or vaginal intercourse with you? Yes No If yes enter 1 \_\_\_\_\_
4. Did you often or very often feel that ...No one in your family loved you or thought you were important or special? Or Your family didn't look out for each other, feel close to each other, or support each other? Yes No If yes enter 1 \_\_\_\_\_
5. Did you often or very often feel that ...You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it? Yes No If yes enter 1 \_\_\_\_\_
6. Were your parents ever separated or divorced? Yes No If yes enter 1 \_\_\_\_\_
7. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or Ever repeatedly hit at least a few minutes or threatened with a gun or knife? Yes No If yes enter 1 \_\_\_\_\_
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs? Yes No If yes enter 1 \_\_\_\_\_
9. Was a household member depressed or mentally ill, or did a household member attempt suicide? Yes No If yes enter 1 \_\_\_\_\_
10. Did a household member go to prison? Yes No If yes enter 1 \_\_\_\_\_

Now add up your "Yes" answers: \_\_\_\_\_ This is your ACE Score.





# Contact Information

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