NW Children's Fund 2013 Town Hall Forum:
Adverse Childhood Experiences & Building Resilience

From a scientific perspective, the research around Adverse Childhood Experiences (ACEs) is fascinating. It illustrates an undeniable link between abuse, neglect and other traumas in childhood, and a multitude of health and development issues in adulthood. Equally fascinating is the potential for ACEs research to inspire new strategies for helping at-risk children and families build resilience and create healthier futures for the next generation. It is this potential—this collective hope for a brighter tomorrow—that united over 180 guests at NW Children's Fund's 2013 Town Hall Forum earlier this month.

An Unprecedented Opportunity
NWCF invited Laura Porter, Director of ACE Partnerships at Washington State Department of Social and Health Services, to keynote and moderate the Forum. Porter described the brain science behind ACEs, and shared an informative overview of the landmark Kaiser ACE Study as well as more recent ACE-related data specific to Washington State. Many of the ACE findings pointed to a dramatic, dose-response relationship between adverse childhood experiences and the likelihood of risky behavior, psychological issues, and serious illness—even cancer and heart disease—later in life.

Porter emphasized that the ACEs framework provides us with “an unprecedented opportunity” to employ our understanding of ACEs to build resilience in children who have high ACE scores or are at risk of accumulating multiple ACEs.

ACEs in action.
To illustrate ACEs at work, representatives from three NWCF-funded organizations took the stage to share the distinct ways in which the research informs their work:

NW Children's Fund 2013 Gala & Auction
Dinner • Auction • Entertainment

April 27, 2013, 5:30 pm
Fremont Studios

For tickets & info: 206.682.8447 • spingul@nwcf.org
http://nwcf.maestroweb.com

2013 Gala & Auction
Still need tickets? RSVP early & save.
Using ACEs to improve parent education and support: Rita Pinchot, a facilitator in the Families in Recovery Group at Parent Trust for Washington Children, shared positive news about Parent Trust’s recent pilot of an ACEs awareness element in its parent support programs. Pinchot described how understanding ACEs helped parents with high ACE scores recognize how their childhood experiences impact their parenting. Lacey, a Group participant, recalled feeling “heartbroken” when she realized that her daughter had even more ACEs than she did. However, the realization strengthened her resolve to mend key relationships in her life, and become more emotionally available for her daughter’s sake.

“I can’t change the past, but I can do everything in my power to make life better for my daughter.” — Lacey, parent participant in Families in Recovery Group

The role of ACEs in organizational culture and planning: Byron Manering, Executive Director of Bridgid Collins Family Support Center, explained how ACEs has shifted his organization’s workforce development paradigm, so that ACEs and other core principles are the foundation for their delivery of services. By eliminating the feelings of judgment, counselors and families are able to communicate more honestly, and develop the trust necessary to facilitate lasting positive change.

Want to learn more? View the entire forum discussion online at: nwcf.org/events

Healing Abused Children

Families Like Ours: Foster and Adoptive Family Education Program / Education and support for non-traditional families, both pre- and post-foster care and adoption.
Family Law CASA / Representation and advocacy for children in custody cases involving allegations of abuse and neglect.
Kindering Center: Children Encouraged by Relationships to Secure Homes (CERTHS) / Program to address the social, emotional, and other developmental issues of the most at-risk children in foster and kinship care.
Lutheran Community Services Northwest: Permanency Planning Foster Care Program / Permanency planning and case management for children and their families.
Northwest Adoption Exchange: In Their Own Voice Video Project / Program to help find permanent families for foster children who face significant barriers to adoption.
Northwest Immigrant Rights Project: immigrant Child Advocacy Project / Legal services and advocacy for abused, abandoned, and undocumented immigrant children.
Secret Harbor: Foster Care Resources Program / Transition resources for youth in residential programming, training, and support for foster families, case management for high-need youth.
Sound Mental Health: Children’s Domestic Response Team / Specialized counseling services to help children and their supportive parents recover from domestic violence.
World Association for Children and Parents: “A Family for Me” Program / Multimedia to help place special-needs foster children in Puget Sound with permanent families.

Helping At-Risk Youth

Big Brothers Big Sisters of Island County / Mentoring for low-income, high-risk, and pre-teen girls in Island County.
Cocoon House / Outreach, prevention, residential services and advocacy for homeless and highly disconnected youth.
Communities in Schools of Orting / School-based mentoring, enrichment, and outreach program for youth at high risk of school failure in Orting.
New Futures: AfterSchool and Youth Development Programs / Provides year-round services for at-risk youth, including homework assistance, tutoring, literacy and computer training, in the Northshore School District.
Northwest Youth Services: Positive Adolescent Development Program / Emergency housing and case management for homeless youth ages 13-17.
Peace For the Streets by Kids from the Streets: Risk Learning Center Program / Year-round alternative education environment designed to empower youth.
SafeFutures Youth Center / Comprehensive services for youth development and violence prevention.
Seattle Education Access / Support services and programming that helps marginalized youth make strong transitions to local community colleges.
University District Youth Center – CCB / Continuum of critical services for homeless, at-risk, runaway, and/or street-involved youth ages 13-22.

2013 NW Children’s Fund Golf Classic

Presented by FS Networks
Friday, September 13, 2013
The Golf Club at Redmond Ridge

MARK YOUR CALENDAR!
Presented by F5 Networks
Friday, September 13, 2013
The Golf Club at Redmond Ridge

MARK YOUR CALENDAR!

$395,000 AWARDED

Using ACEs to improve parent education and support: Rita Pinchart, a facilitator in the Families in Recovery Group at Parent Trust for Washington Children, shared positive news about Parent Trust’s recent pilot of an ACEs awareness element in its parent support programs. Pinchart described how understanding ACEs helped parents with high ACE scores recognize how their childhood experiences impact their parenting. Lacey, a Group participant, recalled feeling “heartbroken” when she realized that her daughter had even more ACEs than she did. However, the realization strengthened her resolve to mend key relationships in her life, and become more emotionally available for her daughter’s sake.

“I can’t change the past, but I can do everything in my power to make life better for my daughter.” — Lacey, parent participant in Families in Recovery Group.

“ACEs helps shape our programs and the way we administer them. This fosters more compassionate relationships between our workforce and those we serve.” — Byron Manering

The role of ACEs in organizational culture and planning: Byron Manering, Executive Director of Bridig Collins Family Support Center, explained how ACEs has shifted his organization’s workforce development paradigm, so that ACEs and other core principles are the foundation for their delivery of services. By eliminating the feelings of judgment, counselors and families are able to communicate more honestly, and develop the trust necessary to facilitate lasting positive change.

Want to learn more? View the entire Forum discussion online at: nwcf.org/events

### Healing Abused Children

<table>
<thead>
<tr>
<th>Agency / Program Description</th>
<th>Grant ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Families Like Ours: Foster and Adoptive Family Education Program</td>
<td>$15,000</td>
</tr>
<tr>
<td>Family Law CASA</td>
<td>$15,000</td>
</tr>
<tr>
<td>Lutheran Community Services Northwest: Permanent Planning Foster Care Program</td>
<td>$14,550</td>
</tr>
<tr>
<td>Northwest Adoption Exchange: In Their Own Voice Video Project</td>
<td>$8,000</td>
</tr>
<tr>
<td>Psychological Services Project</td>
<td>$15,000</td>
</tr>
<tr>
<td>Parent Trust for Washington Children: Family Education and Support Services</td>
<td>$15,000</td>
</tr>
<tr>
<td>Secret Harbor: Foster Care Resources Program</td>
<td>$20,000</td>
</tr>
<tr>
<td>Secret Harbor: Foster Care Resources Program</td>
<td>$3,550</td>
</tr>
</tbody>
</table>

### Supporting Fragile Families

<table>
<thead>
<tr>
<th>Agency / Program Description</th>
<th>Grant ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nordic Children’s Trust: Systems Change Grant</td>
<td>$13,000</td>
</tr>
<tr>
<td>Domestic Violence Services of Snohomish County: Shelter</td>
<td>$6,250</td>
</tr>
<tr>
<td>Family Education &amp; Support Services</td>
<td>$10,000</td>
</tr>
<tr>
<td>Interfaith Association of Northwest Washington: Transitional housing, support, and case management services in homeless families in crisis</td>
<td>$15,100</td>
</tr>
<tr>
<td>Sound Mental Health: Adult Education Services</td>
<td>$9,200</td>
</tr>
</tbody>
</table>

### Helping At-Risk Youth

<table>
<thead>
<tr>
<th>Agency / Program Description</th>
<th>Grant ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Brothers Big Sisters of Island County: Mentoring for low-income, high-risk, pre-teen girls in Island County</td>
<td>$7,500</td>
</tr>
<tr>
<td>Cocoon House: Outreach, prevention, residential services and advocacy for homeless and highly disconnected youth</td>
<td>$20,000</td>
</tr>
<tr>
<td>Communities in Schools of Orting: School-based mentoring, enrichment, and outreach program for youth at high risk of school failure in Orting</td>
<td>$10,000</td>
</tr>
<tr>
<td>New Futures: Afterschool and Youth Development Program: Services year-round services for at-risk youth, including homework assistance, tutoring, literacy and computer training, in the Rainier School District</td>
<td>$14,325</td>
</tr>
<tr>
<td>Youth Service Center: Positive Adolescent Development Program: Emergency housing and case management for homeless youth ages 13-17</td>
<td>$14,500</td>
</tr>
<tr>
<td>Peace For the Streets by Kids from the Streets: Risk Learning Center Program</td>
<td>$5,000</td>
</tr>
<tr>
<td>SafeFutures Youth Center: Comprehensive services for youth development and violence prevention</td>
<td>$30,000</td>
</tr>
<tr>
<td>Seattle Education Access: Support services and programming that helps marginalized youth make strong transitions to local community colleges</td>
<td>$10,000</td>
</tr>
<tr>
<td>University District Youth Center - CCS</td>
<td>$11,000</td>
</tr>
</tbody>
</table>

### 2013 NW Children’s Fund Golf Classic

Presented by F5 Networks
Friday, September 13, 2013
The Golf Club at Redmond Ridge

Join us for a terrific afternoon of golf benefitting our community’s most vulnerable children. To participate or become a corporate sponsor, contact Jeff Christiansen at 206-272-6462 or the NW Children’s Fund office.

Keys to building resilience

“Resilience: The natural human capacity to navigate life well.” — Laura Porter, planting HeartRunner & Marshall

### 2013 Winter Grant Recipients

<table>
<thead>
<tr>
<th>Agency / Program Description</th>
<th>Grant ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kitsap Community Resources: The Parenting Place Program</td>
<td>$8,600</td>
</tr>
<tr>
<td>Parent Trust for Washington Children: Support and education services for at-risk families through every stage of a child’s life</td>
<td>$12,000</td>
</tr>
<tr>
<td>Rochester Organization of Families: Resources and services for children, youth, and families to achieve a healthy, positive, and drug-free community in the Rochester area</td>
<td>$15,100</td>
</tr>
<tr>
<td>Velleen Family Services: Homeless Infant Mental Health Program</td>
<td>$11,000</td>
</tr>
<tr>
<td>University District Youth Center - CCS</td>
<td>$7,500</td>
</tr>
</tbody>
</table>

### Winter 2013 Grant Recipients

<table>
<thead>
<tr>
<th>Agency / Program Description</th>
<th>Grant ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocacy Project: Legal services and advocacy for abused, abandoned, and undocumented immigrant children</td>
<td>$11,000</td>
</tr>
<tr>
<td>Secret Harbor: Foster Care Resources Program</td>
<td>$14,000</td>
</tr>
<tr>
<td>Parent Trust for Washington Children: Family Education and Support Services</td>
<td>$12,500</td>
</tr>
<tr>
<td>Domestic Violence Services of Snohomish County: Shelter</td>
<td>$6,250</td>
</tr>
<tr>
<td>Family Education &amp; Support Services</td>
<td>$10,000</td>
</tr>
<tr>
<td>Interfaith Association of Northwest Washington: Transitional housing, support, and case management services to homeless families in crisis</td>
<td>$15,100</td>
</tr>
<tr>
<td>Sound Mental Health: Adult Education Services</td>
<td>$9,200</td>
</tr>
<tr>
<td>Kitsap Community Resources: The Parenting Place Program</td>
<td>$8,600</td>
</tr>
<tr>
<td>Parent Trust for Washington Children: Support and education services for at-risk families through every stage of a child’s life</td>
<td>$12,000</td>
</tr>
<tr>
<td>Rochester Organization of Families: Resources and services for children, youth, and families to achieve a healthy, positive, and drug-free community in the Rochester area</td>
<td>$15,100</td>
</tr>
<tr>
<td>Velleen Family Services: Homeless Infant Mental Health Program</td>
<td>$11,000</td>
</tr>
<tr>
<td>University District Youth Center - CCS</td>
<td>$7,500</td>
</tr>
</tbody>
</table>

### Healing Abused Children

- Families Like Ours: Foster and Adoptive Family Education Program
- Family Law CASA
- Lutheran Community Services Northwest: Permanent Planning Foster Care Program
- Northwest Adoption Exchange: In Their Own Voice Video Project
- Psychological Services Project

### Supporting Fragile Families

- Nordic Children’s Trust: Systems Change Grant
- Domestic Violence Services of Snohomish County: Shelter
- Family Education & Support Services
- Interfaith Association of Northwest Washington: Transitional housing, support, and case management services to homeless families in crisis
- Sound Mental Health: Adult Education Services

### Helping At-Risk Youth

- Big Brothers Big Sisters of Island County: Mentoring for low-income, high-risk, pre-teen girls in Island County
- Cocoon House: Outreach, prevention, residential services and advocacy for homeless and highly disconnected youth
- Communities in Schools of Orting: School-based mentoring, enrichment, and outreach program for youth at high risk of school failure in Orting
- New Futures: Afterschool and Youth Development Program: Services year-round services for at-risk youth, including homework assistance, tutoring, literacy and computer training, in the Rainier School District
- Youth Service Center: Positive Adolescent Development Program: Emergency housing and case management for homeless youth ages 13-17
- Peace For the Streets by Kids from the Streets: Risk Learning Center Program
- SafeFutures Youth Center: Comprehensive services for youth development and violence prevention
- Seattle Education Access: Support services and programming that helps marginalized youth make strong transitions to local community colleges
- University District Youth Center - CCS
From a scientific perspective, the research around Adverse Childhood Experiences (ACEs) is fascinating. It illustrates an undeniable link between abuse, neglect and other traumas in childhood, and a multitude of health and development issues in adulthood. Equally fascinating is the potential for ACEs research to inspire new strategies for helping at-risk children and families build resilience and create healthier futures for the next generation. It is this potential—this collective hope for a brighter tomorrow—that united over 180 guests at NW Children’s Fund’s 2013 Town Hall Forum earlier this month.

NW Children’s Fund 2013 Town Hall Forum: Adverse Childhood Experiences & Building Resilience

An Unprecedented Opportunity
NWCF invited Laura Porter, Director of ACE Partnerships at Washington State Department of Social and Health Services, to keynote and moderate the Forum. Porter described the brain science behind ACEs, and shared an informative overview of the landmark Kaiser ACE Study as well as more recent ACE-related data specific to Washington State. Many of the ACE findings pointed to a dramatic, dose-response relationship between adverse childhood experiences and the likelihood of risky behavior, psychological issues, and serious illness—even cancer and heart disease—later in life.

Porter emphasized that the ACEs framework provides us with “an unprecedented opportunity” to employ our understanding of ACEs to build resilience in children who have high ACE scores or are at risk of accumulating multiple ACEs.

ACES in action.
To illustrate ACEs at work, representatives from three NWCF-funded organizations took the stage to share the distinct ways in which the research informs their work:

ACES in the therapeutic setting: Addressing ACEs has long been at the heart of Jumping Mouse Children’s Center’s work — helping traumatized children heal through expressive mental health therapy. Dott Kelley, Clinical Director, shared a compelling story of how a mother watched her son develop resiliency through therapy, gathered the courage to unlock suppressed memories of her own ACEs, and began to heal and become a stronger parent to her child.

“Children are a powerful catalyst for change. As they develop resilience, parents are inspired to change as well.”
— Dott Kelley

NW Children’s Fund 2013 Gala & Auction
Dinner • Auction • Entertainment

Dinner presented by John Howie
Auction by John Curley & Danny Westneat

April 27, 2013, 5:30 pm
Fremont Studios

For tickets & info: 206.682.8447 • spingul@nwcf.org
http://nwcf.maestroweb.com

RSVP EARLY & SAVE: Purchase tickets by April 3, 2013 for just $175 per person.
After April 3, tickets are available for $225 per person.

Door Prizes:
Wine by John Howie
Chocolates by Full Cycle Chocolates
Wine by Northwest Cellars
Stemware by Schillings
Wine by Mark Niebur
Stemware by Northwest Cellars
Wine by Willamette Valley Vineyards
Stemware by Schillings
Wine by Sanford Family Vineyards
Stemware by Full Cycle Chocolates
Wine by Chateau Ste. Michelle
Stemware by Northwest Cellars
Wine by The Beringer Brothers
Stemware by Full Cycle Chocolates
Wine by Audra’s Cellars
Stemware by Northwest Cellars
Wine by Red Mountain Cellars
Stemware by Northwest Cellars

NW Children’s Fund 2013 Gala & Auction
Still need tickets? RSVP early & save.

2013 Gala & Auction

Still need tickets? RSVP early & save.