

# NW CHILDREN'S FUND

Making hope work.

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.

*"Understanding ACEs isn't to know one's life path... It is to open doors for the future you would like for yourself and for future generations."*

— Laura Porter, quoting epidemiologist Ronald Voorhees, MD

### 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

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SPRING 2013



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**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

*"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 **Brigid 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: [nwc.org/events](http://nwc.org/events)

## Keys to building resilience



CAPABILITY

COMMUNITY,  
CULTURE,  
SPIRITUALITY

ATTACHMENT/  
BELONGING

"Resilience: The natural human capacity to navigate life well."

– Laura Porter, quoting HeavyRunner & Marshall

## 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 benefiting our community's most vulnerable children. To participate or become a corporate sponsor, contact Jeff Christianson at 206-272-6462 or the NW Children's Fund office.

MARK YOUR CALENDAR!

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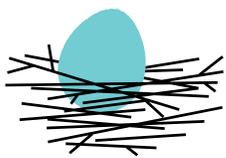
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# NW CHILDREN'S FUND

Winter 2013 Grant Recipients

Agency / Program Description	Grant (\$)	Agency / Program Description	Grant (\$)
<b>Healing Abused Children</b>			
<b>Families Like Ours: Foster and Adoptive Family Education Programs</b> / Education and support for non-traditional families, both pre- and post-foster care and adoption.	15,000	<b>Youth Tutoring Program - CCS</b> / After-school tutoring and enrichment program for kids living in five Seattle low-income public housing communities.	14,325
<b>Family Law CASA</b> / Representation and advocacy for children in custody cases involving allegations of abuse and neglect.	15,000	<b>YouthCare: Adolescent Emergency Shelter</b> / Shelter, case management, referrals for services, crisis resolution and family reconciliation as appropriate for homeless adolescents.	12,500
<b>Kindering Center: Children Encouraged by Relationships In Secure Homes (CHERISH)</b> / Program to address the social, emotional, and other developmental issues of the most at-risk children in foster and kinship care.	14,550	<b>Supporting Fragile Families</b>	
<b>Lutheran Community Services Northwest: Permanency Planning Foster Care Program</b> / Permanency planning and case management for foster children and their families.	13,000	<b>Brigid Collins Family Support Center</b> / Evidence-based services including therapy, case management and parenting education for at-risk families with children birth to 12 yrs old.	14,000
<b>Northwest Adoption Exchange: In Their Own Voice Video Project</b> / Program to help find permanent families for foster children who face significant barriers to adoption.	8,000	<b>Domestic Violence Services of Snohomish County</b> / Shelter, case management and integrated support for victims of domestic abuse and their children in Snohomish County.	6,250
<b>Northwest Immigrant Rights Project: Immigrant Child Advocacy Project</b> / Legal services and advocacy for abused, abandoned, and undocumented immigrant children.	15,000	<b>Family Education &amp; Support Services</b> / Provides parenting education, kinship support services, and children's programs for at-risk families in Thurston, Mason and Lewis Counties.	10,000
<b>Secret Harbor: Foster Care Resources Program</b> / Transition resources for youth in residential programming, training, and support for foster families, case management for high-needs youth.	15,000	<b>Housing Hope: Child Development Program</b> / Therapeutic programming to help homeless and at-risk families overcome barriers to age-appropriate development for their children.	12,000
<b>Sound Mental Health: Children's Domestic Response Team</b> / Specialized counseling services to help children and their supportive parents recover from domestic violence.	20,000	<b>Interfaith Association of Northwest Washington</b> / Transitional housing, support and case management services to homeless families in crisis.	15,100
<b>World Association for Children and Parents: "A Family for Me" Program</b> / Multimedia to help place special-needs foster children in Puget Sound with permanent families.	3,550	<b>Kirkland Interfaith Transitions in Housing</b> / Transitional housing, support, and case management for homeless families in crisis.	9,200
<b>Helping At-Risk Youth</b>			
<b>Big Brothers Big Sisters of Island County</b> / Mentoring for low-income, high-risk, and pre-teen girls in Island County.	7,500	<b>Kitsap Community Resources: The Parenting Place Program</b> / Evidence-based, affordable parenting classes to parents who are separated from their children or at-risk of separation due to child abuse and neglect.	8,600
<b>Cocoon House</b> / Outreach, prevention, residential services and advocacy for homeless and highly disconnected youth.	20,000	<b>Parent Trust for Washington Children</b> / Support and education services for at-risk families through every stage of a child's life.	12,000
<b>Communities in Schools of Orting</b> / School-based mentoring, enrichment, and outreach program for youth at high risk of school failure in Orting.	10,000	<b>Rochester Organization of Families</b> / Resources and services for children, youth, and families to achieve a healthy, positive, and drug-free community in the Rochester area.	15,100
<b>New Futures: Afterschool and Youth Development Programs</b> / Provides year-round services for at-risk youth, including homework assistance, tutoring, literacy and computer training, in the Highline School District.	14,325	<b>Vine Maple Place</b> / Transitional housing, case management, and advocacy for homeless single parents and their children.	6,000
<b>Northwest Youth Services: Positive Adolescent Development Program</b> / Emergency housing and case management for homeless youth ages 13-17.	14,500	<b>Vision House</b> / Transitional housing and integrated support services for homeless mothers and their children.	11,000
<b>Peace For the Streets by Kids from the Streets: Risk Learning Center Program</b> / Year-round alternative education environment designed to empower youth.	5,000	<b>Wellspring Family Services: Homeless Infant Mental Health Program</b> / Programs to help homeless infants/toddlers and their parents create strong emotional bonds and communication skills.	7,500
<b>SafeFutures Youth Center</b> / Comprehensive services for youth development and violence prevention.	30,000		
<b>Seattle Education Access</b> / Support services and programming that helps marginalized youth make strong transitions to local community colleges.	10,000		
<b>University District Youth Center - CCS</b> / Continuum of critical services for homeless, at-risk, runaway, and/or street-involved youth ages 13-22.	11,000		

**\$395,000**  
AWARDED



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## 2013 Gala & Auction

**Still need tickets?  
RSVP early & save.**

# a *Splash* of hope

**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

**RSVP EARLY & SAVE:**  
Purchase tickets by April 3, 2013  
for just \$175 per person.

For tickets & info:  
206.682.8447 • [spingul@nwcf.org](mailto:spingul@nwcf.org)  
<http://nwcf.maestroweb.com>

After April 3, tickets are available  
for \$225 per person.



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