

## **What Participants Learned:**

*"During today's training, I learned that fight or flight activates the immune system which causes chronic inflammation. I also learned that 16% of Californians have four or more adverse childhood experiences. I didn't realize how early childhood adversity can lead to cancers in the body until now...we must continue to educate ourselves and speak to others."*

*"I learned how to thoughtfully create infrastructure which provides the high-quality resources the community needs to thrive, regarding addressing trauma. In doing so, we need to be inclusive of the community in identifying the needs and trauma informed responses and identify and address barriers to such responses."*

*"I learned that adrenaline is beneficial, and lifesaving, but can be maladaptive when we are overdosed and chronically in a state of flight, fawn, fight, freeze. Maladaptive behaviors are often symptoms of ACE. Our natural instincts and responses that are necessary to survive can work against us in life if misused. There are populations and communities that are receiving a differential dose of trauma."*

*"I appreciate how it was explained that children are in the 'FFFF' mode more frequently than they should be and how unhealthy that experience is for them... furthermore, connecting ACEs to physical and mental health issues (scientific measurable outcomes) to declare this as a public health crisis is revolutionary. Wrapping the mental health services into a standard doctor's appointment to combat the negative stigma is so culturally responsive."*

*"The most impactful and shocking thing I learned was about the disparity in learning and behavioral problems in the study conducted. It was indicated that youth who scored an ACE score of 0, only 3% had a learning or behavioral problems; whereas those who scored four or higher, 51.8% had a learning or behavioral problems. In addition, the sample of their study, the average age was only eight years old and many of their scores could still increase as they age and have more childhood experiences."*

*"I learned about the subject of childhood traumas and its long lasting effects on children and their families, and about how the trauma can move from generation to generation."*

*"I learned that addressing ACEs as a public health matter is our best way to get the most people informed and elicit support to address it. Those with an ACE score of 4 and above are at most risk for health problems and shortened lifespans."*

*"I learned that the more times we activate the fight or flight response, chronic inflammation develops. Chronic inflammation then leads to various illnesses. High doses of adversity change the stress receptors and 4 or higher ACE scores causes 51% learning and behavioral issues in the classroom."*

*"I learned that adverse experiences can affect your physical/psychological health both currently and in the future."*

## **What Participants Learned:**

*“During this training I learned that children's brains are experience dependent and epigenetic regulation determines which DNA programs will be activated. The science in this field is still emerging and national widespread awareness is always the starting point. I appreciated the intentionality behind ensuring an infrastructure of care that all persons have access to is being created to address the impacts of ACEs. this includes addressing cultural resistance by placing these caregivers inside traditional medical care centers and increasing access.”*

*“I learned about the strategies for impacting public policy starting with widespread awareness. It was explained how epigenetic changes as a response to toxic stress. It was also highlighted that the effects on education/learning and behavioral issues and described as manifested symptoms of toxic stress.”*

*“One of the takeaways from today's training is that when your fight or flight is activated on a constant basis, it can cause inflammation...early childhood experiences affect the health, body, and academics.”*

*“I learned how children are being exposed to high levels of adversity, toxic stress and how it affects children in the classroom and also lifelong health issues that children may develop when they have a high ACE score.”*

*“I learned that health impacts behavioral and educational outcomes for everyone. I learned that this public health crisis requires local and national awareness and involves scientific, interactive, and policy measures to make a change and promote best practices. I would like to learn more about epigenetic resolution and mindfulness connection. Steps to improve toxic stress require a reduction in exposure and a collective and unified effort. We just need to recognize this as a crisis and do the work.”*

*“I learned that for children, whose brains are still rapidly developing, frequent exposure to highly stressful experiences can result in long lasting, negative impacts. Children are not inherently broken; they are manifesting from a system of toxic exposure to adversity. It is important to understand the mechanisms and create solutions. Parents and other caregivers who are supportive have a lot of power. It is important to build the skills and capabilities of caregivers.”*

*“I learned that ACE and toxic stress are based on science. Doctor Burke's research concludes that a score of 4 or more greatly affects health, behavior, and education. The higher the dose of adversity, the more it changes receptors in the brain such as the stress hormone, cortisol, as well as inflammation. This leads to chronic illnesses, heart problems, obesity, etc. Awareness is key. Being able to spread the word, educate ourselves, and influence the communities we live and work in are huge steps in addressing this health crisis. In order to understand the mechanisms and create policy and solutions, we must continue the movement for future advancements.”*

*“It is a known fact that childhood trauma has an effect on a child growing up and into adulthood, but to see the percentages of how the childhood trauma affects the child's learning and behavior is surprising; I have seen how some toxic stress has affected some children on my caseload when in Juvenile. I also noticed childhood trauma that caused problems in many of my client's adult lives. Doctor Burke is on point with a lot of her information. It was interesting to see what the ACE scores are now for the children who are eight years old.”*