

## The Resilience Ministry

Examples of what you can do to promote Positive Childhood Experiences (PCEs):

- Provide unconditional love and support to youth.
- Be a positive role model, coach, mentor, or friend.
- Be knowledgeable about the resources available for children, youth, and families who are in unsafe conditions.
- Know when, how, and where to go when you suspect a child is in trouble.

Please consider joining the St. Paul's Resilience Ministry! Much has been done, but MUCH more remains to be done.



St. Paul's Episcopal Church, Cary, NC

## The Resilience Ministry

Mission:

- Increase awareness of the impact of adverse childhood experiences.
- Provide resources to empower individuals to recognize, understand, prevent and respond to childhood trauma.
- Promote hopefulness that each of us can make a difference by providing positive childhood experiences.

To learn more or to join this ministry, please contact Howard Loughlin at [hloughlin@earthlink.net](mailto:hloughlin@earthlink.net) or [resilience@stpaulscary.org](mailto:resilience@stpaulscary.org).



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Recognizing the impact of adverse childhood experiences

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Empowering individuals with the information and tools to make a difference

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## ACEs

Adverse Childhood Experiences (ACEs) include a child being abused or neglected, or a child living in a home with mental illness, substance abuse, or domestic violence.

ACEs are common — 61% of adults have had at least 1 ACE, and nearly 1 in 6 adults report they have had 4 or more ACEs.

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

- CDC, *Vital Signs*, Nov. 2019

The risks of over 40 medical, mental health, and behavioral conditions have been shown to increase with a higher ACE score.

- *NC Medical Journal*, Mar. 2018

## The Bad News

Severe and prolonged Adverse Childhood Experiences (ACEs) have been recognized for over 20 years as being associated with many behavioral, physical, and mental health problems in adults.

Dr. Nadine Burke Harris, Surgeon General of California, has labeled childhood trauma as “one of the most serious, expensive, and widespread crises of our time.” (October 2019)

For more information, please see Dr. Burke Harris’ TED Talk:

[https://www.ted.com/speakers/nadine\\_burke\\_harris\\_1](https://www.ted.com/speakers/nadine_burke_harris_1)

## The Good News

Positive Childhood Experiences (PCEs) can diminish or potentially prevent the impact of ACEs, help children get through tough times, and bring HOPE.

PCEs include relationships when one reaches out to support a child or family in distress.



St. Paul’s Resilience Ministry, formed in 2017, is committed to raising AWARENESS of ACEs, providing RESOURCES to recognize and respond to childhood trauma, and instilling HOPE by promoting PCEs both at St. Paul’s and in neighboring faith communities.