

Who's Squeezing Your Grape?

The Response to Trauma from the Faith Community

Dave Lockridge, Presenter



Who's Squeezing Your Grape?



ACE Overcomers

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in collaboration with



The Response to Trauma from the Faith Community

We begin this presentation with understanding the Adverse Childhood Experience Study (The ACE Study). The ACE Study has been called, "The most important study you have never heard of". It is essential that you understand how trauma affects society, your church, and you.

You will learn how being "trauma-informed" will improve your counseling and communication skills, reduce frustration, and increase your confidence. Clients will feel respected, be calmer, and demonstrate improved compliance. Churches will reduce internal friction and increase their outreach to the community.

Group Exercise:

Gather into groups of twos or threes and make a list of **Ten unusual ways to squish a grape**. (Sure, you could place a grape between your thumb and forefinger and squeeze, but that's too predictable)

Use your imagination. Think outside the box.

I can squish a grape these ten unusual ways:

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

The ACE Study Reveals
"A powerful relationship
between our emotional
experiences as children
and our physical and
mental health as adults"
Vincent Felitti, M.D.

What did we learn?

There are many ways to squish a grape.

Squishing grapes is messy.

It's normal for grapes to squirt under pressure.

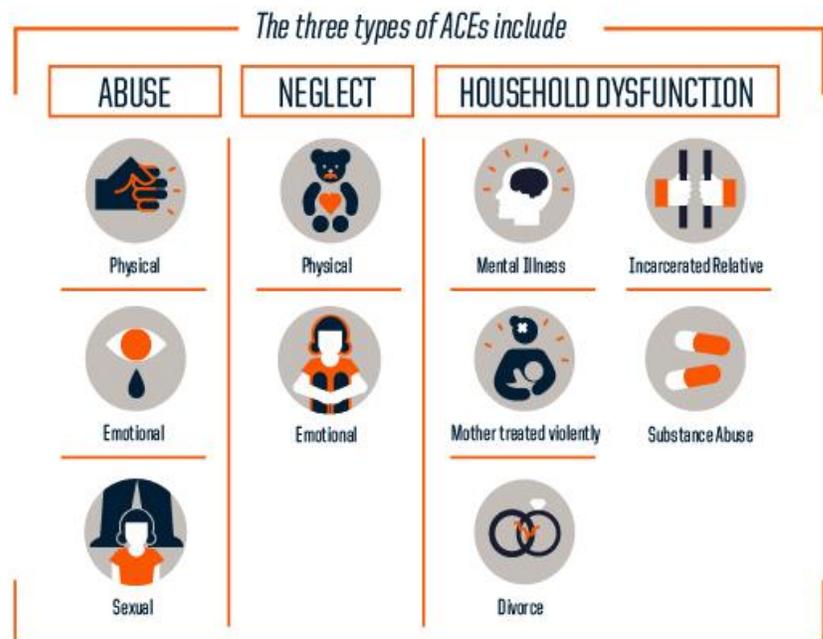
The ACE* Study

*ACE= Adverse Childhood Experiences

The Centers for Disease Control and Kaiser Permanente studied the effects of ten categories of abuse, neglect, and household dysfunction on over 17,000 participants. They discovered that traumatic or persistently stressful experiences can significantly affect a person physically, mentally, emotionally, and socially.

ACEs include:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Intimate partner violence
- Mother treated violently
- Substance misuse within household
- Household mental illness
- Parental separation or divorce or Incarcerated household member



Graphic Credit: Robert Wood Johnson Foundation

Find Your ACE Score, * Take the Mini-ACE Survey

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 or No?

If yes, check a box at the bottom of the page.

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 or No?

If yes, check a box at the bottom of the page.

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 or No?

If yes, check a box at the bottom of the page.

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 or No?

If yes, check a box at the bottom of the page.

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 or No?

If yes, check a box at the bottom of the page.

6. Were your parents ever separated or divorced?

Yes or No?

If yes, check a box at the bottom of the page.

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 or No?

If yes, check a box at the bottom of the page.

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?

Yes or No?

If yes, check a box at the bottom of the page.

9. Was a household member depressed or mentally ill, or did a household member attempt suicide?

Yes or No?

If yes, check a box at the bottom of the page.

10. Did a household member go to prison?

Yes or No?

If yes, check a box at the bottom of the page.

How many boxes did you check? _____ This is your ACE Score.

*Adapted from http://www.acestudy.org/files/ACE_Score_Calculator.pdf

The ACE Study reveals the impact of childhood stress.

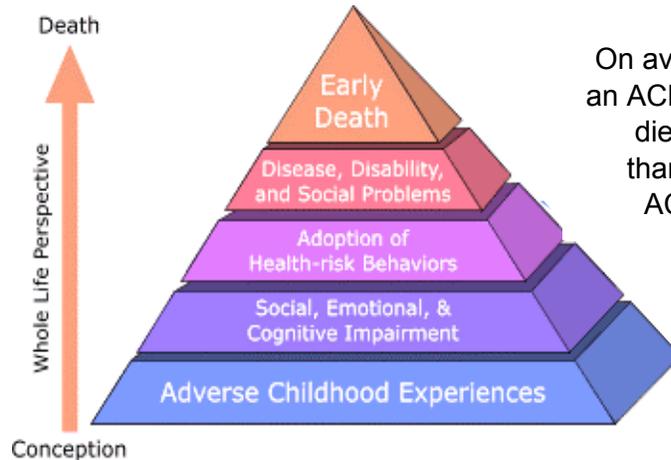
Compared to someone with an ACE score of 0, adults with an ACE score of 4 or more are:

- 4 times more likely to suffer depression
- 11 times more likely to become an alcoholic
- 16 times more likely to inject street drugs
- 19 times more likely to attempt suicide

As your ACE score increases, the risk for health and social problems increases in a strong and graded fashion. The higher the ACE score, the more likely a person will have physical, social, and emotional difficulties.

The *ACE Pyramid* illustrates the progression of adverse childhood experiences.

Children exposed to trauma or persistent stress are prone to experience social, emotional, or cognitive impairment. They often respond by choosing risky behaviors (drugs, smoking, alcohol, promiscuity) resulting in disease, disability, or social problems, which can lead to early death.



On average, a person with an ACE score of 6 or higher dies 20 years earlier than a person with an ACE score of zero.

<http://www.cdc.gov/ace/pyramid.htm>

But what about people with a zero ACE Score?

List 10 other childhood stressors not listed in the ACE Study:

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It's not, "What's wrong with this person?" it's "What's happened to this person."

Topic: Understanding and Overcoming Adverse Childhood Experiences- Educating and Empowering the Faith Community

How can churches effectively remediate the emotional, physical, and spiritual damage of a traumatic childhood? How does trauma affect your congregation? Are churches retraumatizing those hurt by abuse and neglect?

Discover how a trauma-informed congregation is perfectly positioned to help dysfunctional families.

Learn the keys to effectively communicate with those wounded by a traumatic childhood.

The Effects of a High ACE Score

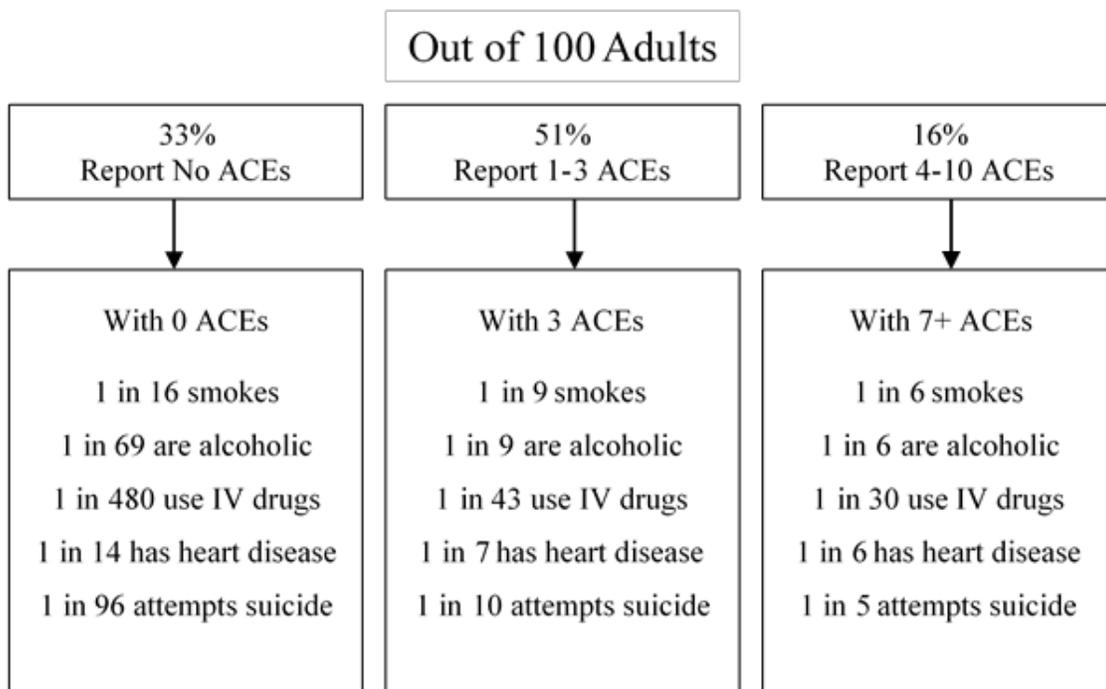
The ACE score is determined by counting 1 point for **each category of adverse childhood experience under the age of 18.**

The scale is from 0 to 10.

If your ACE score is 0 - you had a "Leave It To Beaver" childhood.

If your ACE score is **3 or higher**, it could affect you physically, emotionally, and/or socially unless dealt with.

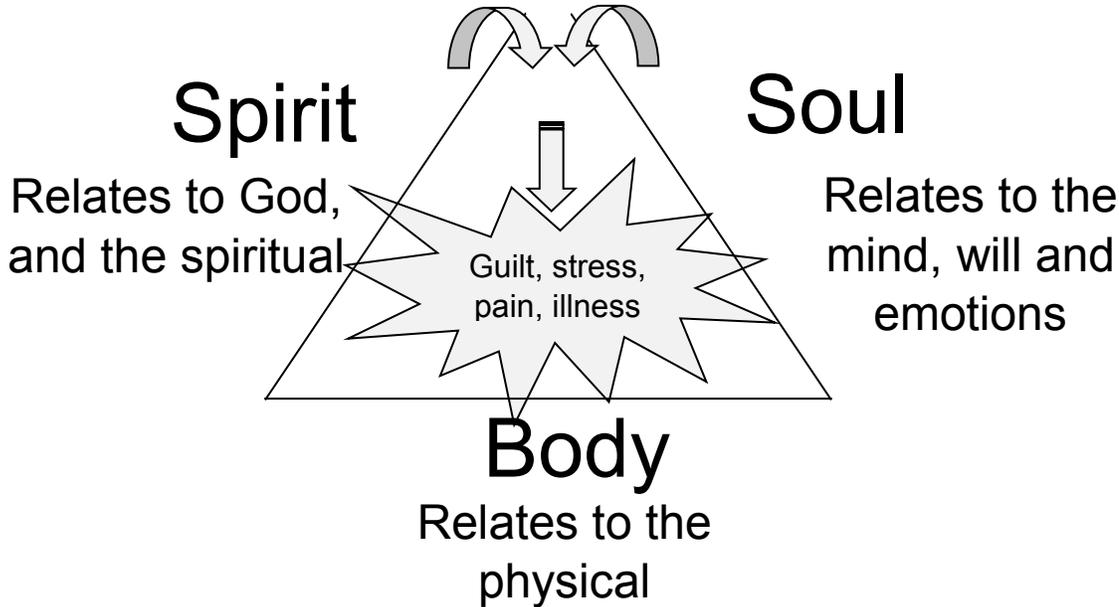
The ACE Study Revealed:



What lessons can you learn from the ACE Study?

1. Adverse childhood experiences are common.
2. The main reason people abuse drugs and alcohol is to find relief from the stress caused by adverse childhood experiences years earlier.
3. The stress and anxiety you experience is because:
 - a. you believe a lie someone told you ("You're no good, you're _____.")
 - b. you believe a lie you tell yourself ("I'm no good, I can't help myself.")
4. To overcome, you must quit blaming others and take responsibility for your actions and reactions to life.

When your spirit and soul are not connected to God,
 guilt and stress can pour into the body
 often resulting in physical and emotional illnesses.



How Can Adverse Childhood Experiences Affect Me?

Physically-

Emotionally-

Spiritually-

Take your soulish, emotional problems of stress, anxiety, fear, and habits and deal with them in your spirit.

By giving every care to Jesus you will develop a walk of faith.

1Pe 5:7 Casting all your care upon him; for he careth for you.

Isa 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Php 4:6-7 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Gal 3:11 The just shall live by faith.

Rom 14:23 for whatsoever is not of faith is sin.

What worries are troubling you right now? Pray this prayer-

Lord Jesus, I confess that I have not trusted you like I should. I give (name your concern) to you. I cast it upon you, for you bore my griefs and carried my sorrows. I will diligently perform my responsibilities and trust you to do what I cannot. When I worry, I will stop and give my cares to you.

Thank you for caring for me and for working in my life.

Lord, teach me to trust. Amen

7 Essential Questions of Every Relationship

These are unasked questions in every conversation.

1. Do you _____? Everything begins with caring. If this question is not answered, then the relationship stalls there.
2. Do you “_____” me? Speaks to my value as a person, and your commitment to me. I value your opinion.
Do you value me?
3. Do you “_____” me? Speaks to the power of empathy. Do you understand me? Is your X the same size as my X ?
4. Do you “_____” me? Speaks to the power of sympathy.
Are we on the same wavelength?
5. Am I “_____”? Am I correctly interpreting what has happened to me, and am I responding appropriately?

If what happened to me, happened to you, would you feel the same way I do?
Bonsai tree & 30 ft. tall Chinese elm same genetics, different environment.
6. Who am _____? Speaks to the importance of identity.
7. How will I then _____?
Behavior flows from identity.