

Adverse Childhood Experiences (ACEs): Definitions, Impact, Mitigation and Prevention



Lindsey Breslin, LCSW

Sunday, January 12, 2020

10:50-Noon

Atonement Lutheran Church

685 Inca Parkway

Boulder, CO

Atonement's Mental Health Ministries Team will offer education about Adverse Childhood Experiences (ACEs) during our Adult Faith Formation program. We learned that Dr. Perry's research demonstrates that "what traumatized children most need is a healthy community to buffer the pain, distress and loss caused by their earlier trauma and that what works to heal kids (and adults) is anything that increases the number and quality of a child's (or adult's) healthy relationships."

We want to underscore the positive influence that our church's community can be hopeful, helpful, and healing. Our presentation about ACE will be offered by Lindsey Breslin. Lindsey will define Adverse Childhood Experiences, share some of the research and mental health and physical outcomes for people who have experienced adverse childhood experiences. She will offer some tips church members can use to help prevent or mitigate adverse childhood experiences in the community.

Lindsey is a Licensed Clinical Social Worker and the Hotline Supervisor at Moving to End Sexual Assault (MESA). She has over 20 years of experience in the social work field, providing direct service in the areas of gender-based violence, HIV/AIDS prevention, anti-human trafficking, suicide prevention and crisis work.