



# Discovering Strength

Application of Resiliency to Mitigate the Impact of  
Adverse Childhood Experience in Adolescents

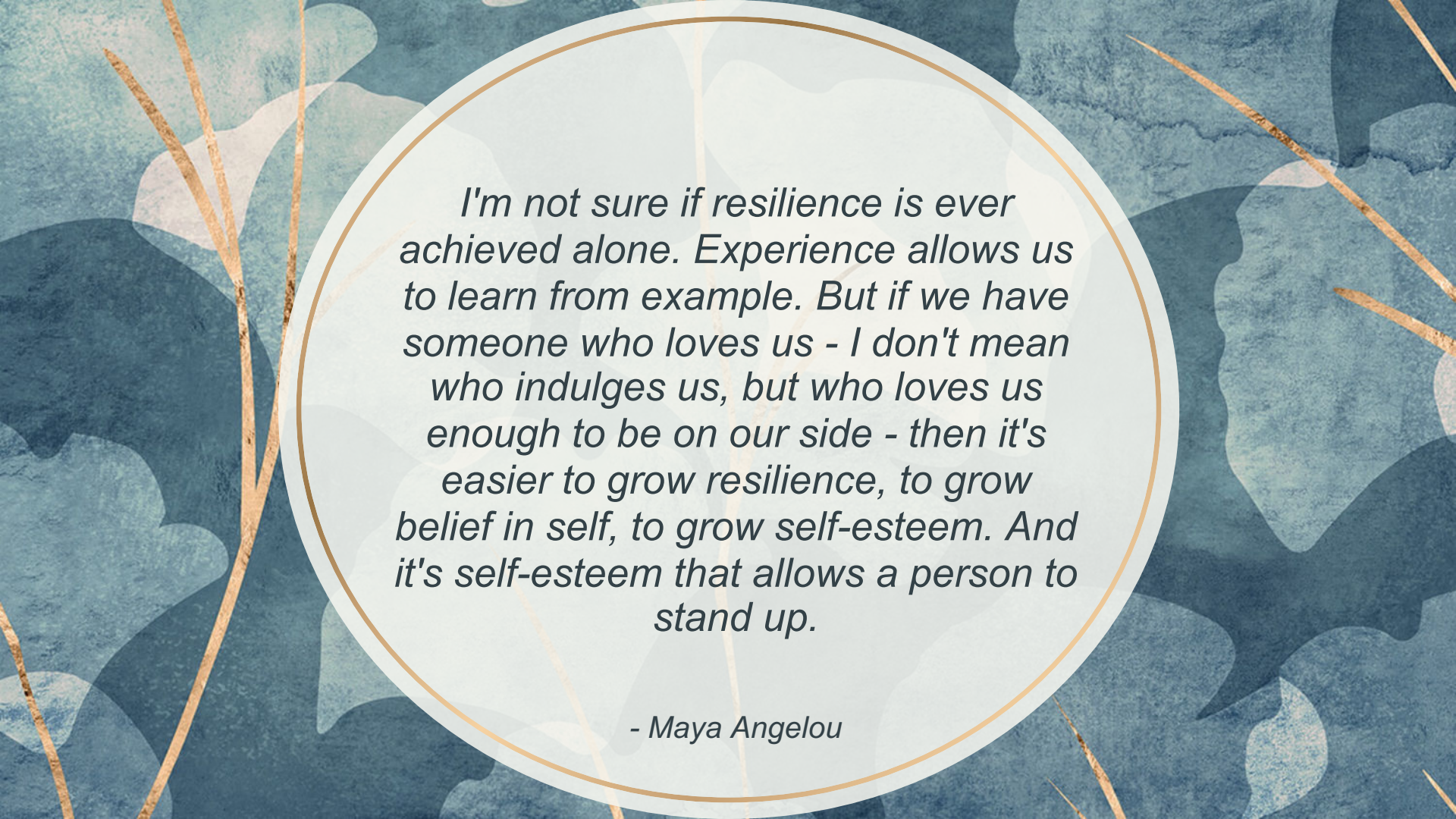


# Introduction

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No disclosures

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No disclosures



The image features a quote by Maya Angelou centered within a white circle. The background is a textured, abstract composition of various shades of blue and teal, accented with thin, golden-brown lines that resemble plant stems or brushstrokes. The text is in a black, serif font and is enclosed in a double-lined white circle.

*I'm not sure if resilience is ever achieved alone. Experience allows us to learn from example. But if we have someone who loves us - I don't mean who indulges us, but who loves us enough to be on our side - then it's easier to grow resilience, to grow belief in self, to grow self-esteem. And it's self-esteem that allows a person to stand up.*

*- Maya Angelou*

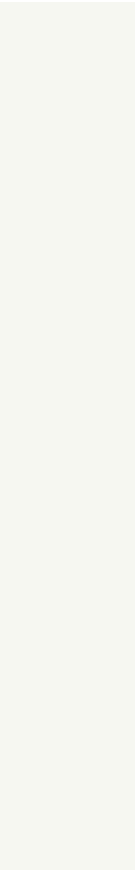
# Adolescence







- Social Cognition
- Acceptance
- Curiosity
- Belonging
- Attachment



# Resilience





- Abuse
  - Physical, Emotional, Sexually
- Neglect
  - Physical, Emotional
- Household Dysfunction
  - Untreated mental illness
  - Mother treated violently
  - Divorce
  - Incarceration
  - Untreated substance abuse

(Robles et al. 2019)



- Multiple definitions
- Missing pieces
  - Racism
  - Bullying
  - Discrimination
  - Forms of discipline

(Robles et al. 2019)





(Ellis & Dietz, 2017)

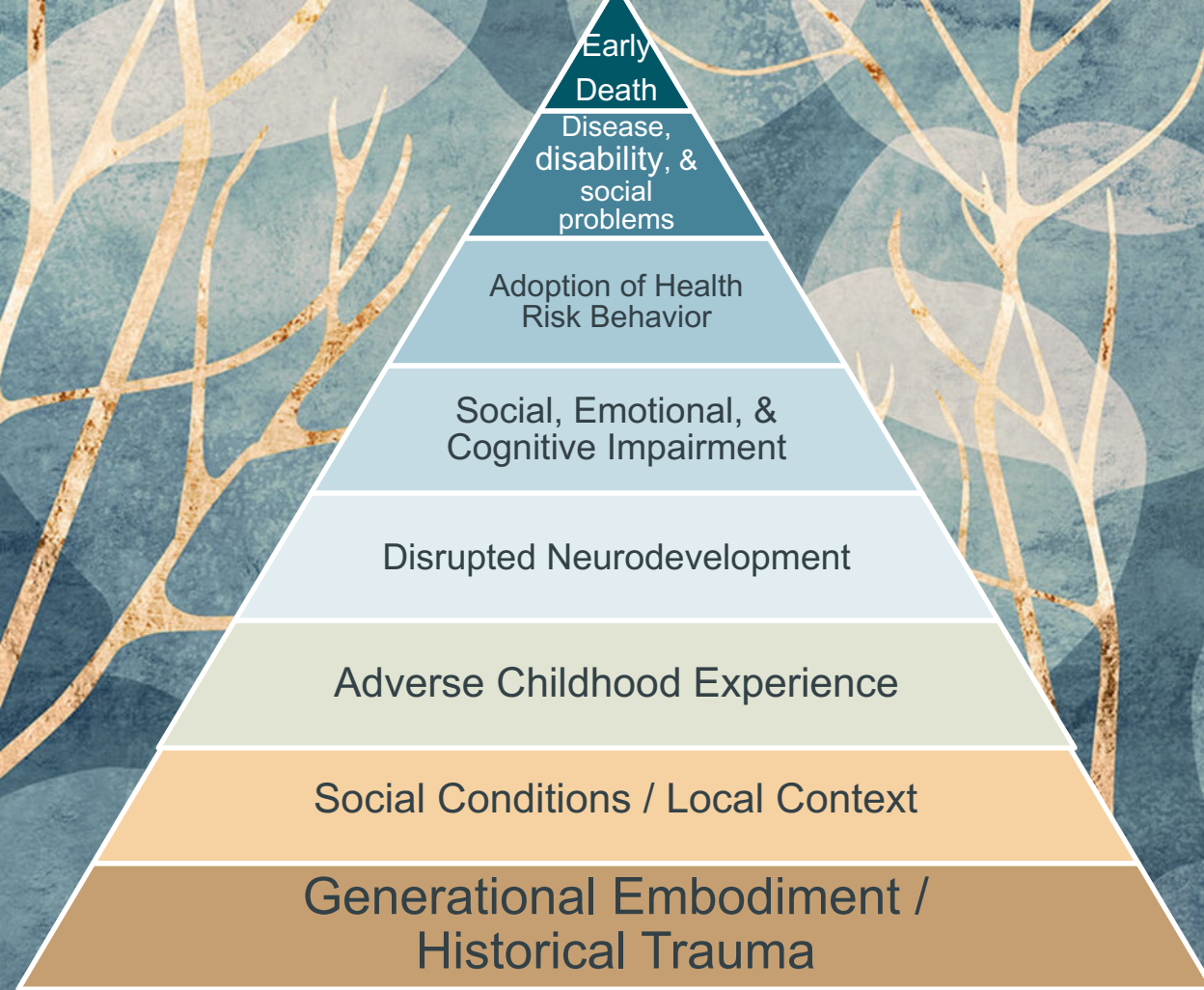
# Impact of ACEs



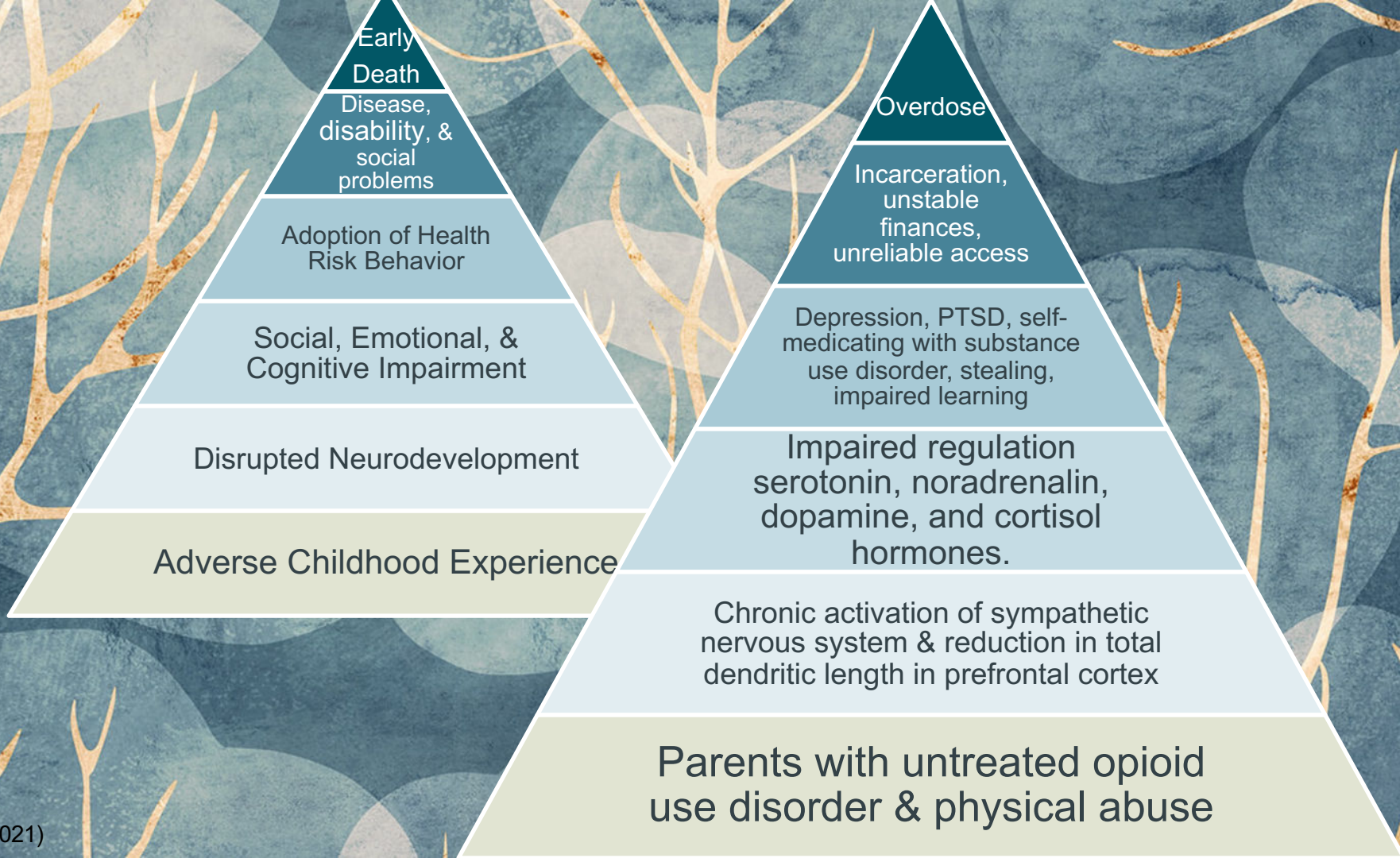
(Russell, 2020)











# Generational Impact



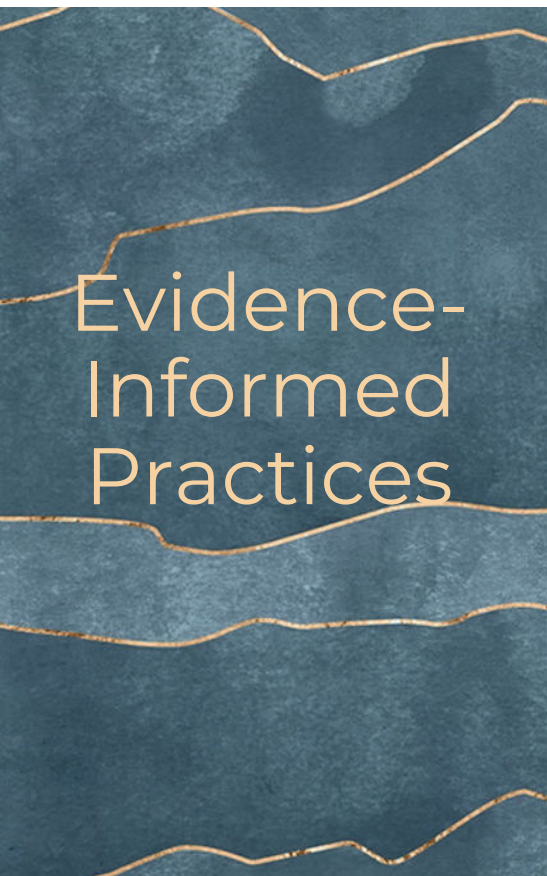
(Haomiao & Lubekin, 2020; Fekadu et al., 2019)



# New Mexico Juvenile Justice System



(Graf et al, 2021; Cannon et al, 2019)



## Evidence-Informed Practices

- Developing resilience
- School / community engagement
- Primary medical care and mental health for families
- Community navigators
- Telehealth services
- Harm reduction approach



# Spanking



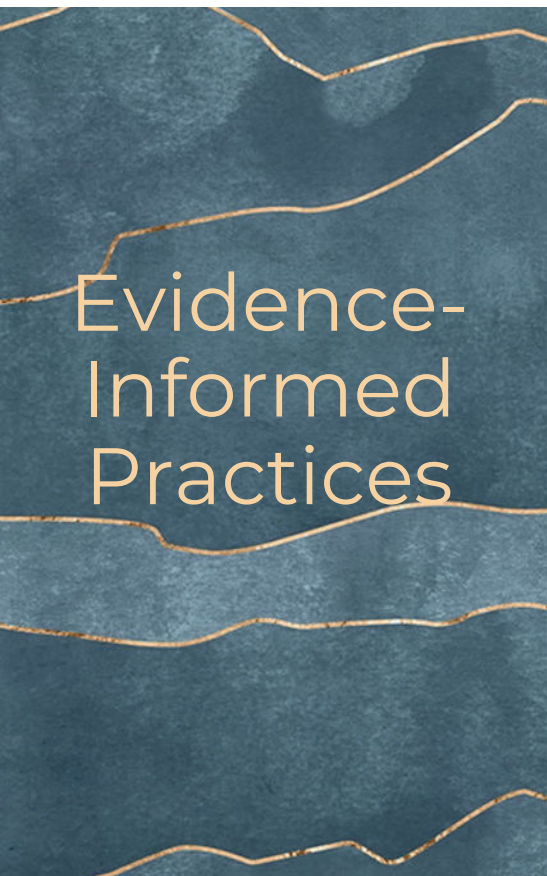




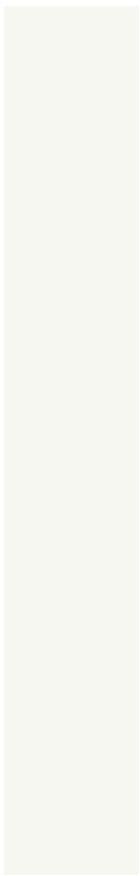
# Attachment

- Parental attachment
- Belonging
- Community
- Acceptance





# Evidence- Informed Practices

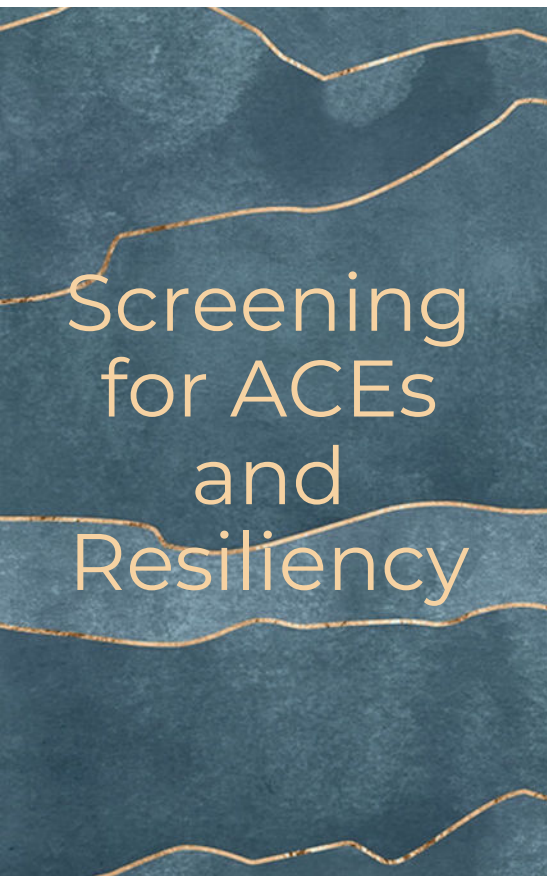
- Developing resilience
  - School / community engagement
  - Whole - family approach
  - Community navigators
  - Telehealth services
  - Harm reduction approach
- 





- Reproductive health
- Inclusive LGBTQ health
- Mental health
- Substance use disorders





## Screening for ACEs and Resiliency

- Evaluating how practices use ACE screening tools
  - Controversies
  - When is it appropriate?
- Integrated screening instruments
  - Development
  - Child behavior
  - Social determinants

A graphic with a dark blue, textured background and wavy, golden-brown lines. The text "UNM ADOBE Portal" is centered in a light orange, sans-serif font.

# UNM ADOBE Portal

- Home/ Community Based Navigators
- Educational Navigators
- Primary Medical Care
- Psychiatric /Mental Health Care
- Legal referrals to the UNM Law Clinic
- Behavioral health services



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