



Crisis Contacts

AWARE.....907-586-6623
www.awareak.org | P.O. Box 20809, 99802

24 hour crisis hotline.....907-586-1090 or 1-800-478-1090
AWARE provides safe shelter and supportive services for victims and survivors of domestic violence, sexual assault and child abuse. AWARE offers a 24 hour crisis line and crisis intervention, transportation to safety, safety planning, legal and medical advocacy, education and support groups, and other advocacy and support services. All services are free and confidential. AWARE also offers comprehensive prevention and men's programming.

Juneau Suicide Prevention Coalition.....907-463-4251
www.juneausuicideprevention.org

The Juneau Suicide Prevention Coalition (JSPC) provides education, trainings, and publications about suicide and suicide prevention. If a suicide occurs in Juneau, the JSPC meets to offer resources to those most impacted by the loss. If you have any questions or are interested in scheduling a training for your work, friends, or family, please sign up through the website.

Suicide Prevention Hotline.....1-877-266-4357

National Suicide and Crisis Lifeline.....988

Crisis counselors are ready for your call if you are in suicidal crisis, emotional crisis, or family crisis. Here are some ways to be helpful to someone who is threatening suicide: (from www.juneamentalhealth.org.)

- Take action. Remove means, such as guns or stockpiled pills.
- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Get involved. Become available. Show interest and seek support.
- Don't dare him or her to do it. Don't be sworn to secrecy.
- Don't act shocked or judgmental. This will put distance between you.
- Offer hope that alternatives are available but do not offer glib reassurance.
- Get help by calling 911, Bartlett Hospital Emergency Room at 796-8427 or the Careline at 1-877-266-4357.

Juneau Police Department.....907-586-0600
Emergencies - 911

Alaska State Troopers.....907-465-4000 (non-emergencies)

Crime Line Online.....www.JuneauCrimeLine.com
Provide information anonymously to the police department. Monetary awards often available for information leading to an arrest.

Poison Control.....1-800-222-1222

Office Of Children's Services.....907-465-1650
Child Abuse Report Line:.....1-800-478-4444
The mission of the Office of Children's Services is to support the well being of children. They will work with families to find solutions, and link families to other community services.

Red Cross.....907-646-5467
Southeast Alaska Service Center: 3225 Hospital Drive, Suite 201

Connecting Resilience & Adverse Childhood Experiences

Resilience Questionnaire

Why is resiliency important?

Resilience is the ability to overcome serious hardships when faced with adversity. Our childhood experiences can affect how resilient we are as adults.

True	Unsure	Not True	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. I believe that my parent(s) loved me when I was little.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. When I was little, other people helped my mother and father take care of me and they seemed to love me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. I've heard that when I was an infant, someone in my family enjoyed playing with me and I enjoyed it too.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. When I was a child, there were relatives in my family who made me feel better if I was sad or worried.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. When I was a child, neighbors or my friends' parents seemed to like me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. When I was a child, teachers, coaches, or caring adults were there to help me.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Someone in my family cared about how I was doing in school.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. My family, neighbors and friends talked often about how to make our lives better.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. We had rules in our house and were expected to keep them.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. When I felt really bad, I could almost always find someone I trusted to talk to.

How many of these protective factors did you have as a child and youth? (How many do you consider to be "true?") How many do you think are in place for your child? The more resilience you build in your child's life, the more they will be able to recover from and cope with stress.

What are ACEs?

Adversity is normal and necessary in a child's development, but an over exposure to stressful or traumatic events or relationships can impair a child's physical and emotional development. These events are called **Adverse Childhood Experiences, or ACEs**. ACEs can have long term affects to a person's health and well-being making them more likely to adopt high risk behaviors and suffer from chronic diseases or mental illness.

By practicing and teaching resilience, we buffer the effects of ACEs and reduce that chances of passing them on to the next generation.

What is Resilience?

We all experience stressful situations in our lifetimes. Resilience is the ability to withstand or recover from those situations that cause significant stress. Resilience can be learned and practiced through self-care, supportive relationships and mindfulness. These techniques are easier learned as children due to the rapid brain development that occurs in the first five years of life, but adults can and should practice resilience as well.

Have you experienced ACEs?

From 1995 to 1997, a study of 17,000 people was conducted to evaluate the correlation between the participants' ACEs and their current physical and behavioral health. Two thirds of participants had experienced one or more ACEs. By evaluating the trends displayed throughout the study, a 10 question evaluation was created that determines an "ACE score." Typically, the higher the ACE score, the more likely a person is to be at risk of health consequences. You can find this questionnaire and other resources online at acestoohigh.com.

Over 64% of Alaskan have had one or more Adverse Childhood Experiences. That is 2 out of every 3 people in the state.

How can you practice resilience?

Self Care

Taking care of oneself is the very base of building resilience. We must take care of our physical selves in order to take care of our emotional selves.

- Develop a regular sleep routine with adequate amounts of rest.
- Eat healthy food that fuels your body and gives you energy.
- Stay active and spend time in nature.
- Keep a reflective journal.
- Make time for your favorite hobbies and activities.

Supportive Relationships

When a person is cared for and supported by healthy relationships, they are likely to have a better sense of well being.

- Prioritize close relationships with partners, family etc.
- Talk to the people that care about you when you are struggling.
- Develop friendships that are empathetic and encouraging.

Mindfulness

Being mindful means having a sense of perspective beyond the day-to-day of life. Practicing mindfulness can help you react calmly and rationally in stressful situations by conditioning your mind to see things in the present moment.

- Engage in reflective practices like meditation.
- When you feel yourself stressing about the past or the present, redirect your attention to the present moment.
- Practice yoga or deep breathing to strengthen your focus.

How can you help support others and reduce ACEs in Alaska?

Breaking the cycle of Adverse Childhood Experiences in Alaska is no small task, but there are steps we can all take toward making a difference.

- Learn more about ACEs and resilience. You can read about the ACEs study and more online at acestoohigh.com, acestudy.org and alaskachildrenstrust.org.
- Support programs that encourage healthy relationships and parenting practices such as family support groups and home visiting programs.
- Teach others about ACEs and trauma-informed practices.
- Evaluate and overcome your own ACEs by practicing resilience.

Together, we can reduce ACEs in Alaska and create a healthy, supportive and safe community for future generations to come.

The Family Pages is a guide to the many resources available in Juneau that support families with young children. It is a project of the Juneau Partnerships for Families and Children, a coalition of local and state agencies who work collaboratively to promote shared broad-based communication and support for young children and their families. Our vision is that all families with young children will have access to community resources that support their health, growth and development.

Partner Agencies: SEAAEYC, Alaska Association of School Boards, Bartlett Beginnings, Hello BABY, JAMHI Family, Juneau Family Birth Center, Juneau Public Health, Juneau Public Libraries, Juneau School District, Office of Children's Services, REACH, Inc., SAIL, Sealaska Heritage Institute Baby Raven Reads, Tlingit & Haida Head Start, United Way of Southeast Alaska

This guide was produced and updated by SEAAEYC, 3200 Hospital Drive, Suite 204, Juneau, AK 99801 | 907-789-1235. Please contact the Partnerships Coordinator with any corrections or additions, southeastfamilies@gmail.com. A copy of this information along with other helpful family resources are available at www.aeyc-sea.org. V.0723

