

QUESTIONS

What can we do to help lessen the effects of ACEs (Adverse Childhood Experiences)?

People who have experienced significant adversity (or many ACEs) are not irreparably damaged. There is a spectrum of potential responses to ACEs and their possible chain of developmental harm that can help a person recover from trauma caused by toxic stress.

At the most intensive end of the spectrum are therapeutic interventions, ranging from in-patient treatment to regular sessions with a our Family Therapist, which are designed specifically to deal with serious trauma.

The ideal approach to ACEs is one that prevents the need for all levels of services: by reducing the sources of stress in people's lives, whether basic needs like food, housing, and diapers, or more entrenched sources of stress, like substance abuse, mental illness, violent relationships, community crime, discrimination, or poverty. Supporting responsive relationships with a parent or caregiver can also help to buffer a child from the effects of stress, and helping children and adults build their core life skills—such as planning, focus, and self-control—can strengthen the building blocks of resilience. These three principles—reducing stress, building responsive relationships, and strengthening life skills—are the best way to prevent the long-term effects of ACEs.

Center on the Developing Child  HARVARD UNIVERSITY



MEMPHIS CHRIST COMMUNITY HEALTH CENTERS

BROAD AVENUE

2861 Broad Avenue, 38112
901-842-3161
(On-site Pharmacy)

HICKORY HILL

5366 Winchester Road, 38115
901-842-3163
(On-site Pharmacy)

ORANGE MOUND

2569 Douglass Avenue, 38114
901-842-3164
(On-site Pharmacy)

THIRD STREET

3362 S. Third Street, 38109
901-842-3166
(On-site Pharmacy)

FRAYSER

969 Frayser Boulevard, 38127
901-842-3162
(On-site Pharmacy)

BAPTIST OPERATION OUTREACH

1325 Jefferson Ave, 38104
901-842-3167

RALEIGH

3481 Austin Peay, 38128
901-842-3165

WOMEN'S CENTER

2861 Broad Avenue, 38112
901-842-3168
(On-site Pharmacy)

For more information or after hours needs, call (901) 842-3160 or visit www.christcommunityhealth.org

JACKSON CHRIST COMMUNITY HEALTH CENTER

JACKSON

655 Lexington Ave., 38301
731-540-0330
(On-site Pharmacy)

For more information or after hours needs, call (731) 540-0330 or visit christcommunityhealth.org

MEMPHIS DENTAL CENTERS

BROAD AVENUE

2953 Broad Avenue, 38112
901-842-3171

HICKORY HILL

5366 Winchester Road, 38115
901-842-3173

THIRD STREET

3362 S. Third Street, 38109
901-842-3175

FRAYSER

969 Frayser Boulevard, 38127
901-842-3172

RALEIGH

3481 Austin Peay, 38128
901-842-3174

ADMINISTRATION

2595 Central Ave, 38104 | 901-842-3160

OPEN TO ALL SHELBY COUNTY SCHOOL STUDENTS

East High School-Based Health Center
3206 Poplar Ave., 38111
(901) 842-2379

Sheffield CTC School-Based Health Center
4350 Chuck Ave., 38118
(901) 842-2379

Westwood School-Based Health Center
4480 Westmont Rd, 38109
(901) 842-2379



2.2022



FAMILY SOLUTIONS



Welcome



Family Solutions is a family-based model of care and a division of the Behavioral Health department of Christ Community Health Services.

Located at 3481 Austin Peay Hwy, at Christ Community Health Services' Raleigh Health Center is available to all Christ Community Health Center and School-based health center patients. Family Solutions is staffed with Licensed Therapists and Psychologists, that offer families a judgment-free zone to navigate the many challenges they may be face with their children and within the family.

Parents and children will have access to individual counseling, family counseling, and support groups to assist in managing everything from developmental challenges, and trauma to Mental health conditions. In addition, Family Solutions offers a variety of specialty alternative therapies such as Mindfulness Meditations, Yoga, Physical stress-relieving activities and informational workshops designed to equip families with the solutions needed to create a healthy and supportive environment for the children.

For more information, contact **Brittany Hart**, Family Care Facilitator, at 901-701-2871 or Brittany.hart@christchs.org.

WE HELP YOU NAVIGATE ADVERSE CHILDHOOD experiences...



"ACEs" stands for "Adverse Childhood Experiences." These experiences can include things like physical and emotional abuse, neglect, caregiver mental illness, and household violence.

The more ACEs a child experiences, the more likely he or she is to suffer from things like heart disease and diabetes, poor academic achievement, and substance abuse later in life.

Toxic Stress Explains How ACEs "Get Under the Skin." Experiencing many ACEs, as well as things like racism and community violence, without supportive adults, can cause what's known as toxic stress. This excessive activation of the stress response system can lead to long-lasting wear-and-tear on the body and brain.

The effect would be similar to revving a car engine for days or weeks at a time.

We Can Reduce the Effects of ACEs and Toxic Stress. For those who have experienced ACEs, there are a range of possible responses that can help, including therapeutic sessions with Family Therapist, meditation, physical exercise, spending time in nature, and many others.

The ideal approach, however, is to prevent the need for these responses by reducing the sources of stress in people's lives. This can happen by helping to meet their basic needs or providing other services.

Likewise, fostering strong, responsive relationships between children and their caregivers, and helping children and adults build core life skills, can help to buffer a child from the effects of toxic stress.

ACEs affect people at all income and social levels, and can have serious, costly impact across the lifespan. No one who's experienced significant adversity (or many ACEs) is irreparably damaged, though we need to acknowledge trauma's effects on their lives. By reducing families' sources of stress, providing children and adults with responsive relationships, and strengthening the core life skills we all need to adapt and thrive, we can prevent and counteract lasting harm.

Center on the Developing Child HARVARD UNIVERSITY

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

WE CAN REDUCE THE EFFECTS OF ACES AND TOXIC stress.

rwjf.org/aces



Robert Wood Johnson Foundation

*Source: <http://www.cdc.gov/ace/prevalence.htm>