

## **TRACES**

Trauma, Resilience, and Adverse Childhood Experiences

Vision: A region where every individual has the strength, connections, and support needed to thrive.

Adverse  
Childhood  
Experiences lead  
to unhealthy  
outcomes.

But not for  
everyone.

Why?

Resilience.

Resilience is innate and can be  
nurtured.

Partners are digging in.

## TRACEs Vision

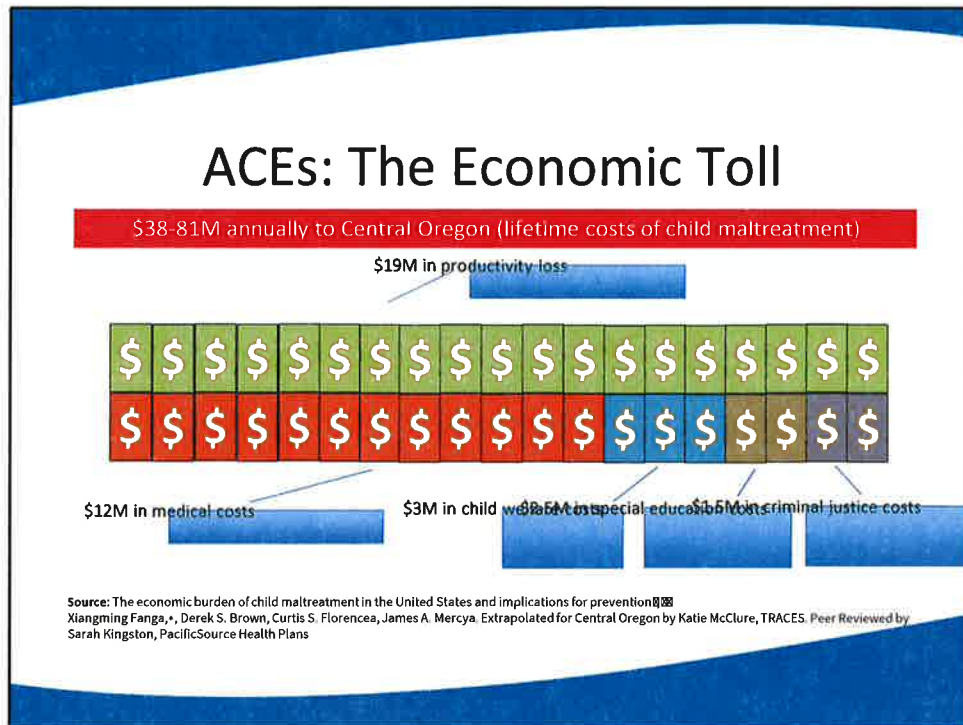
A region where every individual has the strength, connections, and support they need to thrive\*

\**thrive* is defined by each individual

## Why Adverse Childhood Experiences?



[Minutes 4-9](#)



## Local Impact

*No common understanding*

Pockets of knowledge

- Low income
- Homelessness
- High School

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**TRACES APPROACH AND WHY WE  
THINK IT WILL WORK**



TRAUMA IS NOT DESTINY

## Our Approach

1. Focus on resilience
2. Build a movement

## We are learning from...



### THE SPECTRUM OF PREVENTION



Our approach...

## RESILIENCE

## Resilience Matters: Generationally



[Link](#)

## Resilience =

*“Achieving positive outcomes in the face of adversity”*  
(Partnership w/ OSU)



**INDIVIDUAL**  
Individual Skills & Perspectives



**SOCIAL**  
Social Supports & Relationships



**COMMUNITY**  
External Supports & Resources

INDIVIDUAL	FAMILY	COMMUNITY
<p><b>Temperament</b> Individual dispositions or qualities of a person</p> <p><b>Understanding</b> Ability to make sense of their experiences</p> <p><b>Mastery</b> Opportunities to experience mastery</p> <p><b>Conflict Resolution</b> Development of effective resolution &amp; resolution techniques</p> <p><b>Relationships</b> Ability to form relationships with others</p> <p><b>Expression</b> Opportunities to express feelings through words, music, etc.</p> <p><b>Culture</b> Strong cultural identity</p>	<p><b>Role Models</b> Adults who form healthy relationships</p> <p><b>Supportive Relationships</b> Positive child/adult relationships</p> <p><b>Health</b> Healthy behaviors</p> <p><b>Networks</b> Relationships with extended family members and others</p> <p><b>Stability</b> Stable living environment</p>	<p><b>Access to Services</b> Basic needs, advocacy, health</p> <p><b>School</b> Positive school climate and supports</p> <p><b>Mentors</b> Role models &amp; mentors (e.g. coach, faith leader)</p> <p><b>Neighborhood Cohesion</b> Safe &amp; connected communities</p>



[Chad Video](#)

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Our approach...

## **BUILD A MOVEMENT**

## Shared Agenda

(to nurture resilience to achieve community impacts)

### **THE SPECTRUM OF PREVENTION**





1994: Community creates SOS Center

2001: Community creates Mountstar

2009: Project LAUNCH

Family Preservation and Support Initiative

Community Presentations to understand interest and alignment

2015: Central Oregon Health Council, Early Learning Hub, Better Together, and United Way all adopt priority and create TRACES

2016 TRACES Planning

2017 TRACES Begin Implementation

2018+ TRACES Impact

May 23, 2017 Kick-off Event!

**Website!**

“The science on this is clear. Building resilience to overcome trauma is one of the very best ways to ensure overall wellbeing for all people in the communities we serve. From training our own staff, to providing funding for community trainings, to building this into our strategic plan, we’re putting our leadership and our financial support behind this work in a big way”

- Dan Stevens, EVP Product Line Management, PacificSource

**Common Message in Circulaed Learning Community launched**

“The tools you shared could save young people significant struggle and frustration”

“It was my favorite presentation yet! Make this more available to the general public”

**25 formal partners**

- Arrowsmith Early Childhood Center
- Berg, and Sons & Daughter
- Proton Community Services
- Central Oregon Health Council
- Central Oregon Community Services
- Central Oregon Family Services
- Central Oregon Health Council
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**Traces Central Oregon**  
@tracescentraloregon

“the training was helpful in reinforcing how far I’ve come personally which is something I don’t consciously think about very often. It also made me aware that our society suffers from a lack of exposure to these concepts from an early age.”

“I can see my sister with more compassion now”

**1 page backlog of requests**



For more information

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