

## Child & Youth Mental Health & Substance Use (CYMHSU) Community of Practice (CoP) Webinar Series

### ACEs 101: Part 1

#### An Introduction to Adverse Childhood Experiences (ACEs) in Primary Care

Presented by Dr Linda Uyeda

Facilitated by Dr Rob Lehman & Dr Shirley Sze

## Tools & Resources

<b>Collaborative Toolbox</b>	<a href="http://www.collaborativetoolbox.ca/">http://www.collaborativetoolbox.ca/</a>
Alberta Family Wellness Initiative (AFWI)	<a href="https://www.albertafamilywellness.org/">https://www.albertafamilywellness.org/</a>
BC Guidelines – ACEs and TIP	<a href="https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines/external-review">https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines/external-review</a>
Brain Story Certification	<a href="https://www.albertafamilywellness.org/training">https://www.albertafamilywellness.org/training</a>
Essentials for Reaching Past the Cycle of Trauma – Part 1 of Healing Trauma – Workshop by Dr Erika Cheng	Please contact Eileen Janel ( <a href="mailto:ejanel@doctorsofbc.ca">ejanel@doctorsofbc.ca</a> ) if you are interested in participating in the workshop. (Note: there is a minimal fee to cover the costs of delivering the course.)
Kelly Adler Counselling	<a href="http://www.kellyadler.com">www.kellyadler.com</a> – Lifespan integration theory. Registered clinical counselor with a MA degree in Counselling Psychology from Adler University. Passionate about empowering people of all ages to reclaim their lives through learning new methods and tools to cope, better manage their emotions, improve their relationships, and creating more meaning, purpose and confidence in their everyday lives.
Palix & Human Early Learning Partnership	<a href="https://www.palixfoundation.org/">https://www.palixfoundation.org/</a>
Physician Health Program	<a href="https://www.physicianhealth.com/">https://www.physicianhealth.com/</a>
Practice Support Program	<a href="http://www.gpsc.bc.ca/what-we-do/practice-support/psp">http://www.gpsc.bc.ca/what-we-do/practice-support/psp</a>
Rahul Gupta	Family Physician, coach, PHP consultant, and MBSR Facilitator - <a href="https://voice2vision.net">https://voice2vision.net</a>
The Health Gap – by Michael Marmot	<a href="#"><u>The health gap: the challenge of an unequal world</u></a>

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Therapist Uncensored Podcast	<p>An easy and informative way to dive deeper into trauma and attachment. Guests include leading researchers and clinicians with expertise in trauma, attachment and healing: <a href="https://www.therapistuncensored.com/episodes/">https://www.therapistuncensored.com/episodes/</a></p> <p>a) <a href="#">Episode 5: How Attachment Impacts Adult Relationships Part 1</a> b) <a href="#">Episode 6: How Attachment Impacts Adults Relationships (Continued) Part 2</a> c) <a href="#">Episode 110: Story Follows State – Investigating Polyvagal Theory with Guest Deb Dana</a></p>
This Changed My Practice	<p><a href="#">Trauma Informed Practice (TIP) makes perfect (or at least it is a good start)</a> by Dr Carol-Ann Saari</p> <p><a href="#">ACEs (Adverse Childhood Experiences): One Family Physician’s Experience</a> by Dr Tahmeena Ali</p>
Touchpoints Training	<p>Touchpoints is a program built specifically for care providers who work with children. It was developed by pediatrician, Dr T. Berry Brazelton, in Boston, MA. “Brazelton Touchpoints is an evidence-based approach for building strong family-child relationships from before birth through the earliest years, laying the vital foundation for children’s early learning and healthy development. Touchpoints Individual Level Trainings provide a practical, preventive approach that supports professionals in forming strength-based partnerships with families.”</p> <p><a href="https://www.brazeltontouchpoints.org/offerings/professional-development/individual-level-training/">https://www.brazeltontouchpoints.org/offerings/professional-development/individual-level-training/</a></p>