The "History & Hope" training introduces the audience to the adverse childhood experiences study, and addresses the question "Why are adverse childhood experiences so adverse, and what can we do about it?" Bringing together Alaska Native ancestral knowledge of trauma and resilience; the sciences of neurobiology, physiology, and epigenetics; data on social and economic stressors affecting Alaskan families; simple brain-body healing exercises; and promising practices in education and health care settings, this presentation provides an introduction to how trauma-informed, culturally-responsive approaches in healthcare and education can help shift our most pressing health and social problems. You can view a preview here: https://youtu.be/eoiWt13kxsA

Tailored, in-person trainings available from a cohort of experienced trainers, & can include social work contact hours. Request via www.akresilience.org or dgeraghty@alaskachildrenstrust.org