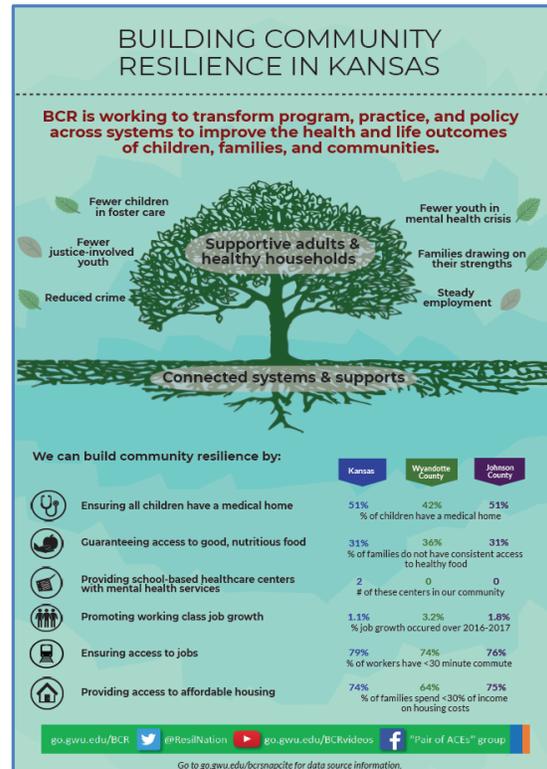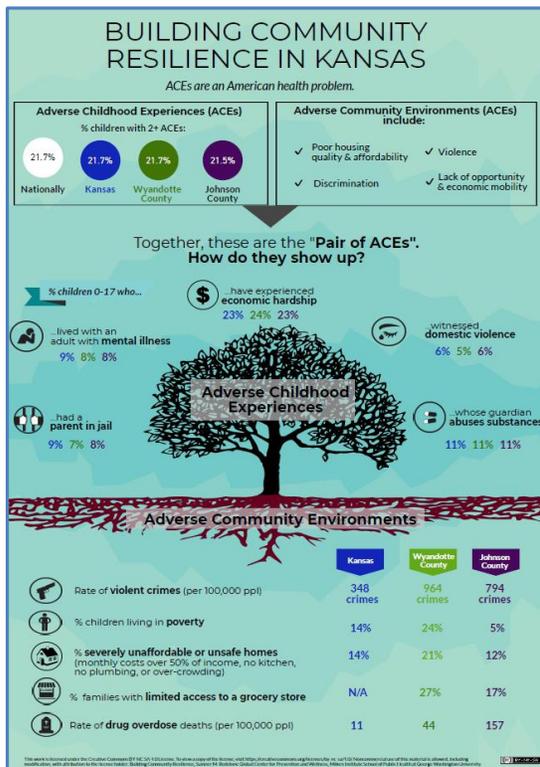Building Community Resilience

Milken Institute School of Public Health | Sumner M. Redstone Global Center for Prevention & Wellness
THE GEORGE WASHINGTON UNIVERSITY

Using the BCR Pair of ACEs Infographics: A Guide

BUILDING COMMUNITY RESILIENCE IN KANSAS

ACEs are an American health problem.

Adverse Childhood Experiences (ACEs)
% children with 2+ ACEs:

Nationally	Kansas	Wyandotte County	Johnson County
21.7%	21.7%	21.7%	21.5%

Adverse Community Environments (ACEs) include:
- ✓ Poor housing quality & affordability
- ✓ Discrimination
- ✓ Violence
- ✓ Lack of opportunity & economic mobility

Together, these are the **"Pair of ACEs".**
How do they show up?

% children 0-17 who...

...have experienced **economic hardship** 23% 24% 23%

...lived with an adult with **mental illness** 9% 8% 8%

...witnessed **domestic violence** 6% 5% 6%

...had a **parent in jail** 9% 7% 8%

...whose guardian **abuses substances** 11% 11% 11%

Adverse Childhood Experiences

Adverse Community Environments

	Kansas	Wyandotte County	Johnson County
Rate of **violent crimes** (per 100,000 ppl)	348 crimes	964 crimes	794 crimes
% children living in **poverty**	14%	24%	5%
% severely unaffordable or unsafe homes (monthly costs over 50% of income, no kitchen, no plumbing, or over-crowding)	14%	21%	12%
% families with **limited access to a grocery store**	N/A	27%	17%
Rate of **drug overdose deaths** (per 100,000 ppl)	11	44	157

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BUILDING COMMUNITY RESILIENCE IN KANSAS

BCR is working to transform program, practice, and policy across systems to improve the health and life outcomes of children, families, and communities.

- Fewer children in foster care
- Fewer justice-involved youth
- Reduced crime
- Fewer youth in mental health crisis
- Families drawing on their strengths
- Steady employment

Supportive adults & healthy households

Connected systems & supports

We can build community resilience by:

	Kansas	Wyandotte County	Johnson County	
Ensuring all children have a medical home	51%	42%	51%	% of children have a medical home
Guaranteeing access to good, nutritious food	31%	36%	31%	% of families do not have consistent access to healthy food
Providing school-based healthcare centers with mental health services	2	0	0	# of these centers in our community
Promoting working class job growth	1.1%	3.2%	1.8%	% job growth occured over 2016-2017
Ensuring access to jobs	79%	74%	76%	% of workers have <30 minute commute
Providing access to affordable housing	74%	64%	75%	% of families spend <30% of income on housing costs

go.gwu.edu/BCR @ResilNation go.gwu.edu/BCRvideos "Pair of ACEs" group

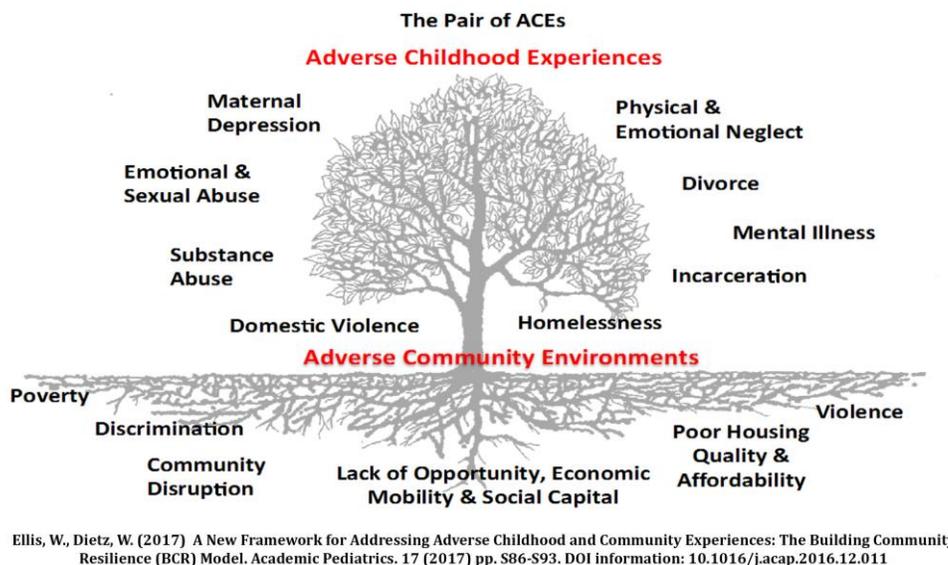*Go to go.gwu.edu/bcrsnapcite for data source information.*

BCR Background

Building Community Resilience (BCR) is a national network and learning collaborative that seeks to improve the health and life outcomes of children, families, and communities. Teams in five regions across the country are using the BCR process and tools to help their communities not only 'bounce back' in the face of adversity, but bounce forward and thrive. Over the past three years, BCR teams have helped build and strengthen the buffers that can prevent negative outcomes associated with adverse childhood experiences (ACEs), particularly in the context of adverse community environments (ACEs)—the Pair of ACEs.

Using the BCR process and tools, teams work to align large systems with one another— such as health care, city government, and education—and also with community-based partners, including parenting support services and grassroots health advocacy. Teams also develop strategies – from implementing trauma-informed practices to data sharing and advocating for policy change – that bolster strengths, fill gaps, and ultimately build child, family, and community resilience. Read more about the BCR sites, process, and find additional tools at go.gwu.edu/BCR.

The Pair of ACEs

The original BCR Pair of ACEs tree image grew out of the need to illustrate – in simple terms – the relationship between adversity within a family and adversity within a community (see below), which BCR had coined the Pair of ACEs: adverse childhood experiences in the context of adverse community environments. Since its creation in 2016, the visual depiction of the tree has been widely adopted as a tool to help communities educate, advocate, and build coalitions to not only bounce back in the face of adversity, but bounce forward.

The Pair of ACEs
Adverse Childhood Experiences

Maternal Depression

Physical & Emotional Neglect

Emotional & Sexual Abuse

Divorce

Mental Illness

Substance Abuse

Incarceration

Domestic Violence

Homelessness

Adverse Community Environments

Poverty

Violence

Discrimination

Poor Housing Quality & Affordability

Community Disruption

Lack of Opportunity, Economic Mobility & Social Capital

Ellis, W., Dietz, W. (2017) A New Framework for Addressing Adverse Childhood and Community Experiences: The Building Community Resilience (BCR) Model. Academic Pediatrics. 17 (2017) pp. S86-S93. DOI information: 10.1016/j.acap.2016.12.011

Building Community Resilience's Pair of ACEs

The leaves on the tree represent **adverse childhood experiences (ACEs)** that are recognized in clinical, educational, and social service settings, such as a well child visit or a pre-school classroom. These ACEs include experiences such neglect, abuse, or having a parent with a mental illness. Adverse childhood experiences can increase a person's risk for compounded stress that becomes toxic, resulting in adverse coping mechanisms, including substance abuse, and greater likelihood of lifelong chronic illness such as depression, heart disease, obesity and substance abuse.

The bottom half of the image shows the tree planted in the poor soil of **adverse community environments (ACEs)** – which include a lack of affordable and safe housing, community violence, discrimination, and limited access to social and economic mobility. Often steeped in systemic inequities, roots planted in such soil result in stunted growth and withering leaves on the tree.

Using the Infographics: Telling Your Community Story of Adversity & Resilience

BCR teams have found that the Pair of ACEs tree became **even more powerful when paired with their own community data**. In response, BCR developed the Pair of ACEs infographics, which enable individual communities to input local data to tell their story of **adversity (side one),** but also strengths and potential for **resilience (side two).**

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An Unhealthy Tree: An Adversity Story

On page one of the infographic, readers are introduced to the concept of the Pair of ACEs – adverse childhood experiences which occur in the context of adverse community environments.

The prevalence of **adverse childhood experiences** within the state and two counties (% children experiencing economic hardship, domestic violence, parental mental illness, etc.) hover around the leaves of the tree. Beneath the tree, comparative data between the state and counties show of **how "nutrient rich" or "nutrient poor" the soil is for supporting the tree's growth.** The infographic features several fundamental community stressors – violence, housing, food access, etc. –highlighting the unique adversities within each community:

- o The rate of violent crimes
- o The % of children in poverty
- o The % of severely unaffordable or unsafe homes
- o The % of families with limited access to a grocery store
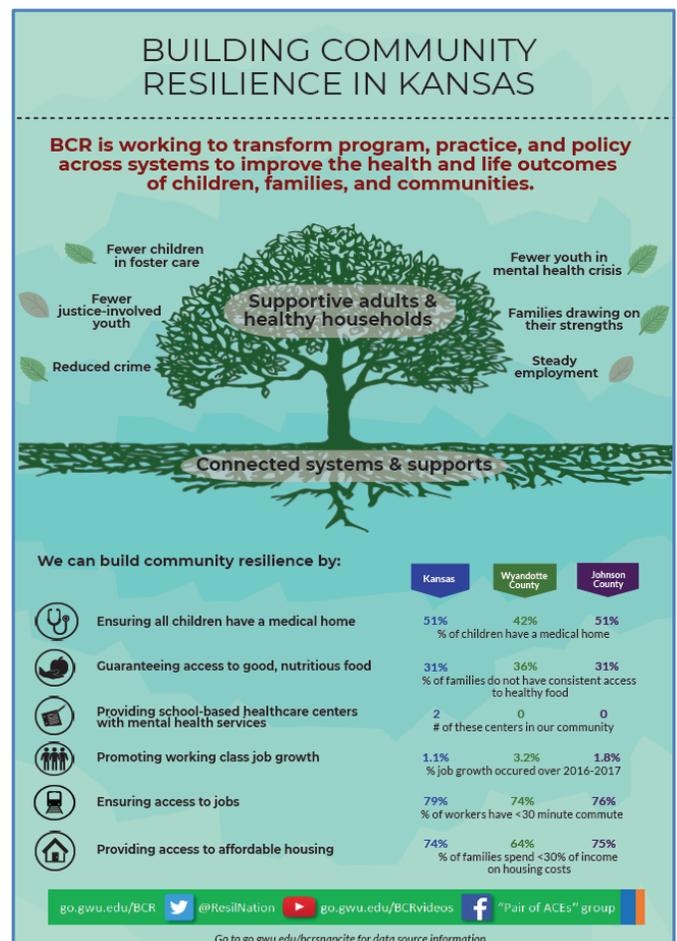- o Rate of drug overdoses

A Healthy Tree: A Resiliency Story

On page two of the infographic, readers are introduced to various **"nutrients" which can enrich the soil**. In many communities, several of these may already be in place:

- o % of children with a medical home
- o % families with consistent access to good, nutritious food
- o # of school-based healthcare centers with mental health services
- o Steady job growth
- o % workers with <30 minute commute
- o % families spending <30% of income on housing

The infographic seeks to **highlight current community strengths,** while encouraging ways to **enrich the soil and the community environment** – creating a network of thriving, connected systems and supports for families.

Such environments can grow **supportive, healthy children adults and communities**, which we know can yield fewer children in foster care, fewer justice-involved youth, reduced crime, fewer youth in mental health crisis, and families drawing on their strengths.

BUILDING COMMUNITY RESILIENCE IN KANSAS

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go.gwu.edu/BCR   @ResilNation   go.gwu.edu/BCRvideos   "Pair of ACEs" group

Go to go.gwu.edu/bcrsnapcite for data source information.

How are the BCR sites using the Pair of ACEs infographics?

❖ **For Education:** BCR partners are using the infographics to introduce the concept of the "Pair of ACEs" to a wide variety of partners, including community members, local organizations, schools, providers, funders, payers, and more.

❖ **For Coalition-Building:** BCR sites are using the infographics to connect with other groups who are working on interrelated challenges – local organizations and officials working on poverty, homelessness, or substance abuse, for example – but have not considered the Pair of ACEs and potential for collaboration. The infographics can help individuals "see themselves" in this work.

❖ **For Advocacy & Policy:** Other BCR sites are using the infographics to connect with county commissioners, city council members, and federal representatives. Using the infographics enables them to introduce the concept of the Pair of ACEs clearly while also outlining concrete policy asks. **(See the policy template at the link below, which provides room on page two to insert succinct policy asks.)**

How Do I Customize the Infographic to my Own Community?

Customizable "Pair of ACEs" infographics are available for free on the Building Community Resilience website: go.gwu.edu/bcr, under "Tools and Resources". BCR has created two fill-able infographic templates – one for displaying local data and another version that includes space to list specific policy "asks" or areas for change.

o **Pair of ACEs Data Infographic Template**: go.gwu.edu/bcrinfographicdata
o **Pair of ACEs Policy Infographic Template**: go.gwu.edu/bcrinfographicpolicy

Guidance for finding and pulling data relevant to your own community is provided below:

INFOGRAPHIC TOPIC	DATA SOURCE
Adverse Childhood Experiences (page one)	
% children with 2+ Adverse Childhood Experiences *% children who have experienced economic hardship* *% children who have had a guardian who abused substances* *% children who have witnessed domestic violence* *% children who have lived with an adult with mental illness* *% children who have had a parent in jail*	All state and national ACEs statistics are from the 2016 National Survey of Children's Health (NSCH), obtained on the Data Resource Center for Child and Adolescent Health's interactive data query. ACE statistics can be found under the "Family Health and Activities" subtopic. County-level data can be estimated synthetically using a calculated methodology recommended by the Data Resource Center for Child & Adolescent Health. This methodology recommends combining the state ACE prevalence with county demographic data – this can provide an estimate of county-level ACE prevalence. Please note that this methodology is only considered reliable for counties in which the population is >30,000 individuals. One of the simplest ways to obtain county demographic data is via the American Community Survey.

INFOGRAPHIC TOPIC	DATA SOURCE
Adverse Community Environments (page one)	
Rate of violent crimes	County Health Rankings
% of children living in poverty	County Health Rankings
% of severely unaffordable or unsafe homes	County Health Rankings
% of families with limited access to a grocery store	Food Environment Atlas
Rate of drug overdose deaths	County Health Rankings
Community Resilience Factors (page two)	
% of children have a medical home	Same as ACE statistics, the national and state level figures are obtained directly from the 2016 NSCH, and the county figures are synthetic estimates using the NSCH and the ACS.
% of families consistently access good food	Same as ACE statistics, the national and state level figures are obtained directly from the 2016 NSCH, and the county figures are synthetic estimates using the NSCH and the ACS.
# of school-based healthcare centers with mental health services	School-based Health Alliance's Mapping Tool
% job growth	U.S. Bureau of Labor Statistics
% workers with <30 minute commute	Community Commons
% of families spending <30% of income on housing costs	Community Commons

Additional, supporting data can be found here:

TOPIC	DATA SOURCE
Population count	Census Quick Facts
Race/ethnicity	Census Quick Facts
Median household income	Census Quick Facts
% youth graduating high school	County Health Rankings
% disconnected youth	County Health Rankings
% youth interacting with the juvenile justice system	Kids Count

For any questions regarding use of the BCR infographic, contact resilientcommunities@gwu.edu.