

Notes: “The Science of HOPE- Health Opportunities for People Everywhere” conference in Seattle, WA - April 26-27, 2017 by Susan Atkins

Information on ACES, Resilience and Hope.

1. Sarai Gilman- “Transforming Your Boundaries”- online courses and Naming and Taming Overwhelm

Listen to her TED Talk on “Naming and Taming Overwhelm”- great stuff about learning to know how to separate yourself from all the overwhelming things going on at home and at work. And how to handle living and working in the same field. Need sanctuaries.

2. “Hope in Social Change”

3. “How Building Resilience in the Face of Trauma Helps both Schools and Kids Succeed.”

Dr. Christopher Blodgett, working with WSU and schools across the state. Lots of great information. Google him.

Working with teachers to train them on how to deal with behavior challenges.

1-10 kids have ACES scores with 3+

These kids face academic failure, attendance problems, severe school behavior, frequent poor health.

Kids need to be taught “Hope, Belief in themselves and Resilience”.

Because “sometimes who you love is not who you can count on”. High score ACES parents raise High score ACES children and the cycle continues.