

Advanced Therapy PLLC
10B Madison Ave. Ext.
Albany NY 12203



Dear Parent/Guardian(s),

We are thrilled that your child will be joining our class!

As this may be a new experience for both them and you, we have included the following information for you to use as resource tools.

Please review at your convenience and most importantly, do not hesitate to let us know if you have any questions!

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Sincerely,

Advanced Therapy, Pre-K Department

Adverse Childhood Experiences (ACEs)

<https://ocfs.ny.gov/programs/cwcs/aces.php>

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What are adverse childhood experiences?

Adverse childhood experiences (also known as ACEs) are stressful or traumatic events, such as neglect and/or violence. ACEs are strongly related to brain development and a wide range of health problems throughout a person's lifetime.

ACEs may include but are not limited to physical or sexual abuse, domestic violence, living in poverty, parental mental illness, discrimination, substance use disorder or incarceration.

- [Pub. 5222 - Understanding Adverse Childhood Experiences \(ACEs\)](#)

Why is it important to consider ACEs and their impact?

Research has shown that:

- When families experience historical and systemic racism or living in poverty for generations, the effects of ACEs can add up over time.
- ACEs are very common in every population group.
- ACEs can have a significant impact on a child's ability to succeed in school, causing a negative impact on their mental health and general well-being.
- Adults who have experienced ACEs may have higher rates of negative health outcomes, including depression, obesity, substance abuse, anxiety, smoking and early death.

Resilience and Protective Factors

What is resilience?

Resilience is the ability to bounce back from challenges and hardship.

Parental and child resilience have been shown to reduce the negative impacts of ACEs.

Protective Factors

Protective factors that may boost child or parent resilience may include:

- supportive and caring relationships and social connections
- programs that understand a person's background and culture
- a healthy lifestyle, which may include regular exercise, mindfulness, getting sufficient sleep and eating a healthy and nutritious diet
- economic support/stability for families
- quality childcare and education early in life.

An individual who has experienced ACEs may benefit from a wide array of community-based services. More information on ACEs and resources on what services may be available in individual communities are below.

More Information on ACEs

Center for Disease Control (CDC)

- [Violence Prevention: Adverse Childhood Experiences \(ACEs\)](#)
- [Vital Signs Nov. 2019: Adverse Childhood Experiences \(ACEs\)](#)

New York State Department of Health, Office of Alcoholism and Substance Abuse Services and Office of Mental Health

- ["Understanding and Responding to Adverse Childhood Experiences in New York State"](#)

New York State Council on Children and Families

- [Research Brief on Child Well-Being: "Adverse Childhood Experiences Among New York's Adults"](#)

National Institutes of Health

- ["Adverse Childhood Experiences, Resilience and Mindfulness-Based Approaches: Common Denominator Issues for Children with Emotional, Mental, or Behavioral Problems"](#)

Early Care and Learning Council

- [Understanding Adverse Childhood Experiences](#)

National Conference of State Legislatures

- [Adverse Childhood Experiences \(ncsl.org\)](#)

The Annie E. Casey Foundation Kids Count Data Center

- [KIDS COUNT® Data Center: New York State Child Wellbeing Indicators & Data](#)

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The data and resource information contained in NYS KIDS COUNT Multimedia Data Book 2020 are a snapshot of the social and emotional development of children and adults in each of our counties. We included data that was unique and not commonly collected because of the age group or program eligibility. We wanted to highlight early childhood resources as well as resources for older youth.

Resources and Available Services

New York State Council on Children and Families

- [Socio-Emotional and Behavioral Health Services Map](#)
- [My Kids Count Data Book 2020: County Profiles for Services That May be Available](#)

NYS Office of Addiction Services and Supports (OASAS)

- [OASAS Treatment Availability](#)

Council on Children and Families

- [NYS Child Care, After School, and Home Visiting Programs Locator](#)

211 Operated by the United Way

- [211.org](#)

Office of Children and Family Services - Division of Child Welfare and Community Services

- [Child Safety Resources](#)
- [Prevention Services](#)
- [Children & Family Services Trust Fund](#)
- [Children & Family Services Trust Fund, Family Resource and Support](#)

New York State agencies with additional helpful information:

- NYS Office of Children and Family Services: [ocfs.ny.gov](#)
- NYS Office of Mental Health: [omh.ny.gov](#)
- NYS Department of Health: [health.ny.gov](#)
- NYS Office of Temporary Disability Assistance: [otda.ny.gov](#)
- NYS Office of Addiction Services and Supports: [oases.ny.gov](#)

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Helpful phone numbers:

Statewide Central Register

Toll Free Telephone Number

1-800-342-3720

If you are deaf or hard of hearing, call TDD/TTY

1-800-638-5163 or

Video Relay System provider call

1-800-342-3720

NYS Project Hope

Emotional Support Helpline to talk to a crisis counselor:

1-844-863-9314

Protective Factors: Strategies to Strengthen Families



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Positive words of affirmation change the people who hear them and the people who say them. Share positive words today.</p> <p>Listening to and validation of what a parent is feeling or going through is a huge stress reliever. Be a good listener today.</p> <p>Use words that help, not hurt. You are a mirror for your children. They believe what you say about them.</p> <p>Start a garden with your children. Plant some flowers or vegetables together. Water and watch them grow.</p>	<p>Model resilience for your child. When faced with a challenge, remind yourself and your child, it is temporary.</p> <p>Teach children how to name their feelings. Help them talk about what it feels like in their body.</p> <p>Seek the help or advice of a grandparent or someone in your community who has "been there and done that."</p> <p>Celebrate those in your community or in your life who help lighten the load and share in the care of your children.</p>	<p>Play a game when in the car or traveling - a game or travel bingo/make the ride fun!</p> <p>Give another caregiver time by offering to take care of their child.</p> <p>Read to your child every single day.</p> <p>Tune out those who you feel are judging you and focus on what your child needs from you to cope and feel supported.</p>	<p>Offer assistance or even a smile to a parent who has his/her hands full.</p> <p>Make something with your child. Arts and crafts are fun for adults, too.</p> <p>Tell a parent something positive and specific about their child.</p> <p>Take a walk and talk with your child(ren), your partner, a friend, or another parent.</p>	<p>Recognize your own triggers, those that make you lose your patience or make you angry. Take time to breathe or be in the moment.</p> <p>Be active in your children's events... put your phone away!</p> <p>Join a club, project or team with your child.</p> <p>Take a few deep, cleansing breaths, and sit quietly - noticing how you feel.</p>	<p>Being a parent/caregiver is hard. Be brave, get help. Find resources at 1-800-CHILDREN (244-5373).</p> <p>Help your child by teaching them to help others.</p> <p>Be there for someone today.</p> <p>Take time for yourself today, even if it's just a long, hot shower.</p> <p>Pick a daytime to have dinner as a family at least once a week. Family dinners build resilience in children.</p>	<p>Children thrive on routine and love to be part of family traditions. Honor a tradition or start one of your own.</p> <p>Dial 2-1-1 (3-1-1 in NYC) to find out about organizations that support families in your area.</p> <p>Children learn new skills all the time. Learn what to expect at https://www.cdc.gov/nchs/data/actearly/index.html</p> <p>Remember, your child is not giving you a hard time, they are having a hard time. Be their helper today.</p> <p>Play catch or have a dance party with your child. Important conversations can happen in these shared moments.</p>



Building protective factors is a good way to develop your strong family:

- Nurturing and attachment
- Knowledge of parenting and child development
- Parents' resilience
- Supports for parents when needed
- Healthy social and emotional development
- Social connections



Office of Children and Family Services

Calendar adapted from the Children's Bureau, an office of the U.S. Department of Health and Human Services' Administration for Children and Families.