



August 17, 2017
**The Buffer Zone: What Adverse Childhood Experiences (ACE)
Study Teaches about Maximizing Health and Wellbeing
Additional Resources:**

Department of Defense Policy Documents:

National Center for Telehealth & Technology (n.d.) Family Resilience Kit. *Department of Defense*. Retrieved from: <http://t2health.dcoe.mil/family-resilience-kit>

Additional Documents:

CDC Violence Prevention. *VetoViolence*. Retrieved from:

https://vetoviolence.cdc.gov/apps/phl/images/ACE_Accessible.pdf

Link, P. (2012). FOCUS Family Resilience Training. *UCLA Semel Institute*. Seminar PDF
Retrieved from:

https://www.hsrd.research.va.gov/for_researchers/cyber_seminars/archives/sowh-091712.pdf

Transcript of Presentation: <https://goo.gl/ZNM9e9>

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<https://www.mfri.purdue.edu/resources/public/reports/Understanding%20and%20Promoting%20Resilience.pdf>



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Articles:

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Rice, K.F., & Groves, B.A. (2005). *Hope and Healing: A Caregiver's Guide to Helping Young Children Affected by Trauma*. Washington, DC: Zero to Three.

Sherman, M., & Sherman, D. (2005). *Finding My Way: A Teen's Guide to Living with a Parent who has Experienced Trauma*. Minneapolis, MN: Seed of Hope Books.



Tainsh, D. (2006). *Heart of a Hawk: One Family's Sacrifice and Journey Towards Healing*. St. Paul, MN: Elva Resa Publishing LLC.

Ulman, E., & Hilweg, W. (1999). *Childhood and Trauma: Separation, Abuse, War*. Ashgate, Aldershot: Ashgate Publishing Limited.

Links:

Academy Health

<http://www.academyhealth.org/about/programs/adverse-childhood-experiences-aces>

ACEs Connection

<http://www.acesconnection.com/>

ACEs Study

<http://www.cestudy.org/index.html>

ACEs Too High

<https://acestoohigh.com/>

APA's Military Psychology Journal

<http://www.apa.org/pubs/journals/mil/index.aspx>

APA's Military Psychology

<http://www.apa.org/topics/military/index.aspx>

Center for the Study of Traumatic Stress

<https://www.cstsonline.org/>



Escape Family Resource Center

<http://www.learntoparent.org/index.php?page=adverse-childhood-experiences>

Military Family Research Institute at Purdue University

<https://www.mfri.purdue.edu/>

Military Kids Connect

<http://www.militarykidsconnect.dcoe.mil/>

Military OneSource

<http://www.militaryonesource.mil/>

National Child Traumatic Stress Network

<http://www.nctsnet.org/>

National Military Family Association

<http://www.militaryfamily.org/>

NPR ACEs Quiz

<http://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>

Robert Wood Johnson Foundation

<http://www.rwjf.org/en/library/collections/aces.html>

SAMHSA ACEs

<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>



Blogs:

Stevens, J.E. (2012). The Adverse Childhood Experiences Study- the Largest Public Health Study You Never Heard of, Part 1-3. *Huffington Post*. Retrieved From: http://www.huffingtonpost.com/jane-ellen-stevens/the-adverse-childhood-exp_1_b_1943647.html

Podcasts/Online Media:

AceStudy (2012). *Adverse Childhood Experiences (ACE) Study*. Podcast Retrieved from: <https://itunes.apple.com/us/itunes-u/adverse-childhood-experiences-ace-study/id518635725?mt=10>

AfterDeployment (n.d.) Resilience Library. *DCOE*. Retrieved from: http://afterdeployment.dcoe.mil/sites/default/files/pdfs/library/eLibrary_resilience.pdf

American Academy of Pediatrics (2014). *Adverse Childhood Experiences and the Lifelong Consequences of Trauma*. Retrieved from: https://www.aap.org/en-us/Documents/ttb_aces_consequences.pdf

Spokane Regional Health District. Retrieved from: <http://srhd.org/documents/123Care/ACES%20Original.pdf>