



# New Professional Education (PE) Podcast Series

## Responding to ACEs: Resources for Resilience

### New From CMU - Podcast Professional Ed.

- Responding to high demand for information, strategies and resources for health professionals
- Delivering updates and urgently needed tools for addressing community health priorities

### Introducing - a six part series with free CME credit opportunity

- Learn about the science underlying adverse childhood experiences, trauma, and resilience
- Gain insights from experts who are putting science into practice
- Access "GoToLinks" for resources

### What Are ACEs?

Adverse Childhood Experiences or ACE's are "all types of abuse, neglect, and other potentially traumatic experiences that occur to people under the age of 18" (Center for Disease Control).

ACE's are strongly associated with health risk behaviors and poor health outcomes.

## Tune in Today!

For CME Credit, Sign up at:  
**CME Online - ACEs Podcasts**

Click on:

- Available eLearningMtls
- ACE's Podcasts

**Tune-in for CME**

To Listen and Learn in General, tune in at:  
**[cmumedical.podbean.com](http://cmumedical.podbean.com)**





# Responding to ACEs: Resources for Resilience

## Description

CMU's new podcast series responds to a critical need for mitigating the prevalence and impacts of ACEs and provides information, strategies, and resources for medical professionals.

Episodes discuss the expanding evidence across fields of neuroscience, genetics and epidemiology and spotlight the dramatic links between adverse childhood experiences, stunted physiological development, risky behavior, psychological issues, serious illnesses and the leading causes of death. Information on how trauma impacts the developing brain, how children can be impacted and protected, factors influencing the variable response to adversity and the challenges of preventing and recognizing the effect of trauma on children are explored.

**Topic 1** Defining Adverse Childhood Experiences (ACEs) and Their Detrimental Effect on the Health of Children and Adults

**Topic 2** The Physiological Effects of Trauma and Toxic Stress on the Brain

**Topic 3** Assessing for ACEs

**Topic 4** Parent-Child Interaction Therapy: An Evidence-Based Intervention to Reduce the Impact of Adverse Experiences in Early Childhood

**Topic 5** Trauma-Focused Cognitive Behavioral Therapy: an Evidence-Based Intervention

**Topic 6** Adults Dealing with ACEs

## Target Audience

For CME; Physicians, Nurses,  
For non-CME; Advanced Clinical Practitioners,  
Social Workers, all Healthcare workers, K-12 Educators

## Disclosure

Speakers and planners have no relevant financial relationships with commercial interests.

## Did you know? ACEs are:

### Prevalent across society

- 2/3 of Michigan adults reported having one or more ACE's in 2016

### Predictors for Risks of Poor Health Across Population such as:

- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Poor Mental Health
- Poor Physical Health
- Heart Disease and other illnesses

### Preventable!

- Clinical approaches and social supports can help buffer negative effects of ACE's
- Learn more on **ACE's in Michigan**

---

## Responding to ACE's: Resources for Resilience

is a collaborative production of Central Michigan University's College of the Arts & Media, the College of Medicine, and the Interdisciplinary Center for Community Health & Wellness.

## Accreditation

Central Michigan University College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CMU College of Medicine designates this enduring material for a maximum of 0.25 **AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

A total of 1.5 **AMA PRA Category 1 Credits™** can be earned by listening to all six sessions.

The Central Michigan University Social Work Program, an accredited social work education program, is authorized by the Michigan Licensure Law Administrative Rule 338.2965 to award Michigan social work continuing education contact hours. For this program, 0.25 CE's will be awarded for each podcast and 1.50 for the series.

