



Resilience: The Path to Hope and Meaning

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Agenda

- Brief ACE/Trauma Overview
- Trauma-Informed – The Shift
- Building Resilience



Adverse Childhood Experiences:

- are common
- are intergenerationally passed
- have a cumulative effect—the higher the score, the higher the likelihood of health risk behaviors and poor health outcomes
- are NOT destiny!



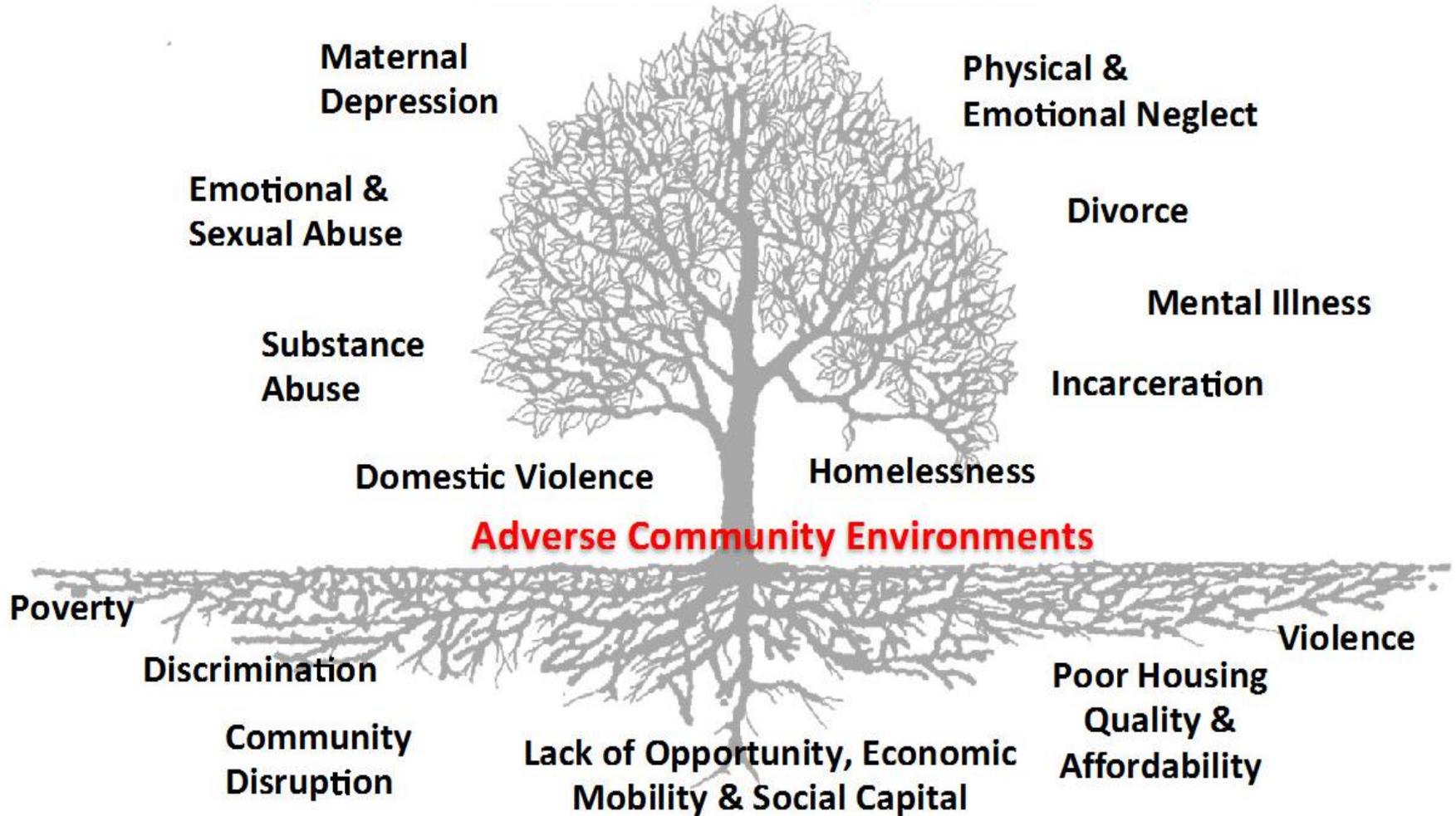
Trauma Overview

Trauma-Informed

Building Resilience

More than the study...

Adverse Childhood Experiences

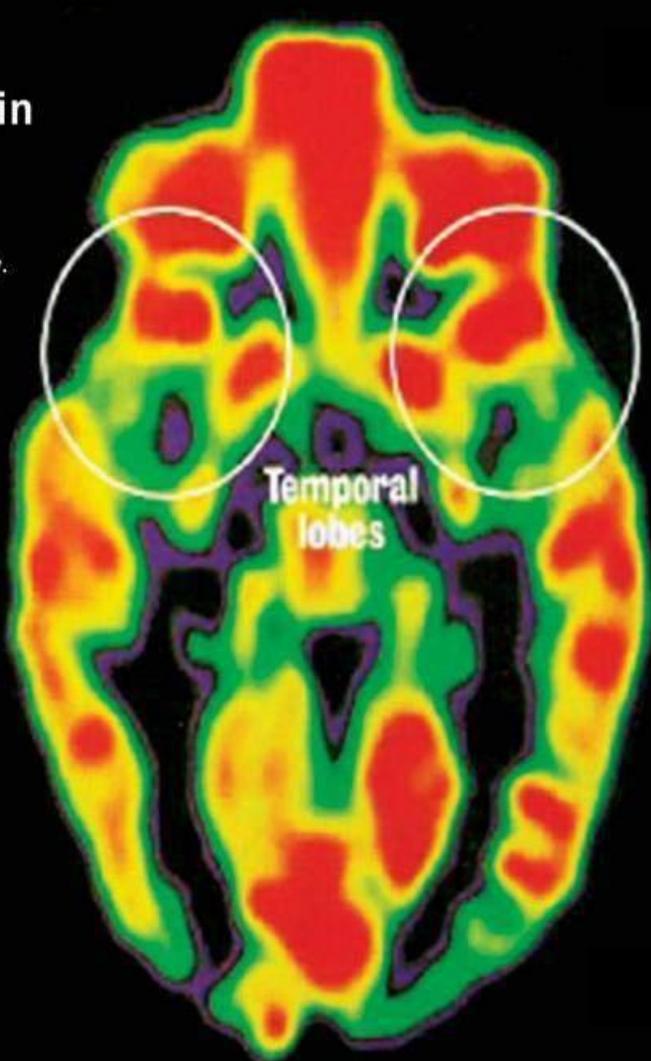


Ellis W. & Dietz W. BCR Framework. *Academic Peds* (2017).

Brain Development

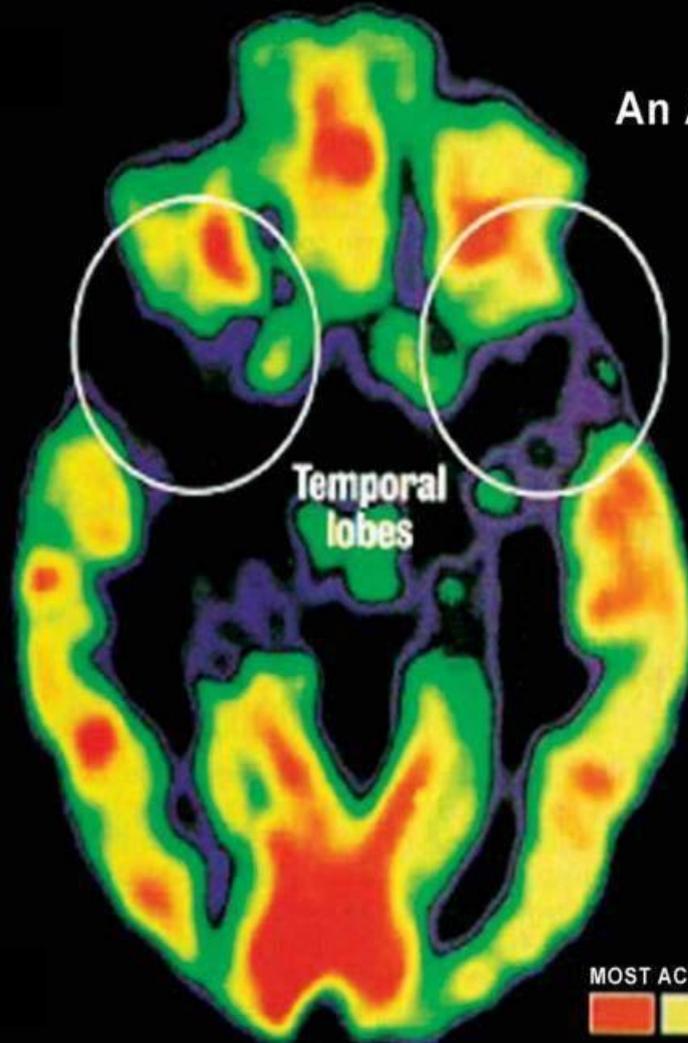
Healthy Brain

This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.





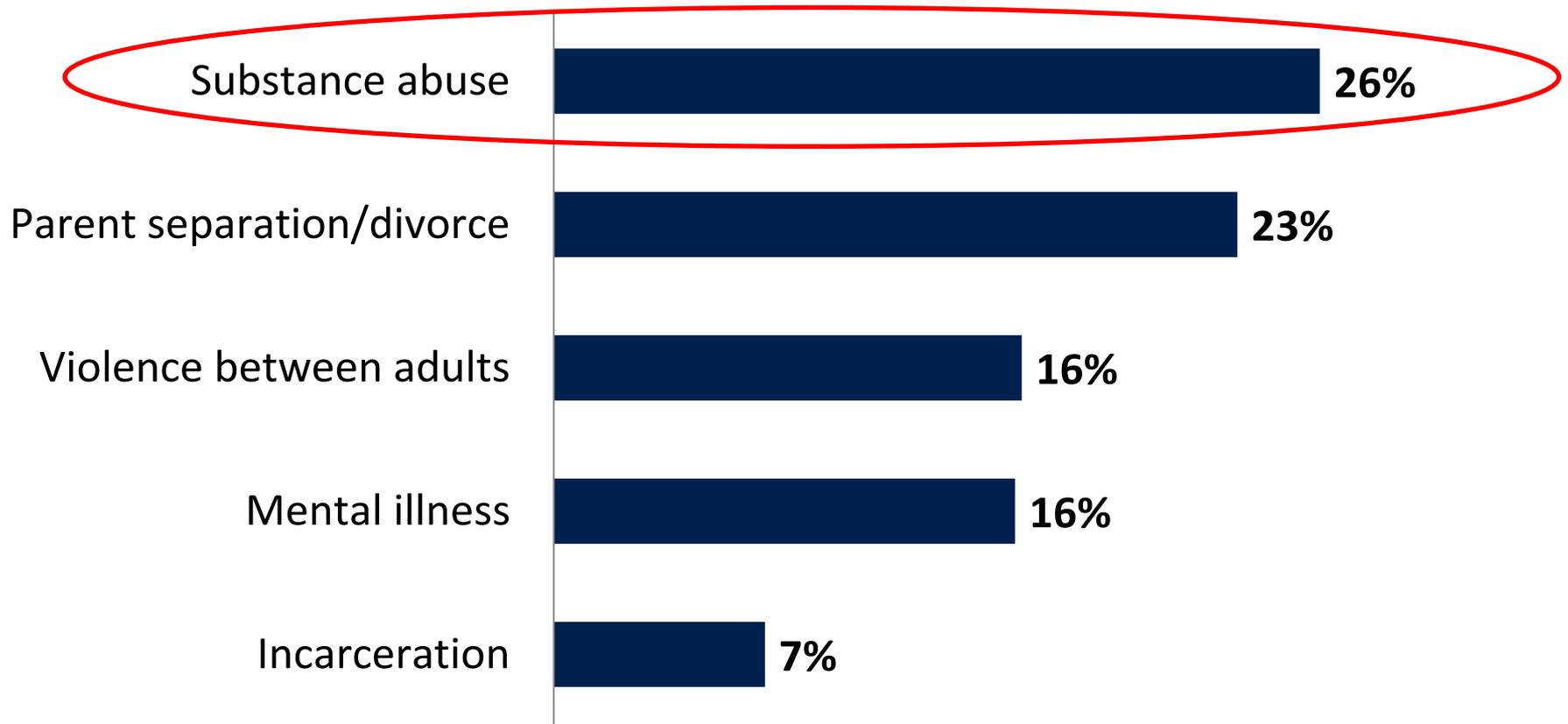
57%

**of Wisconsin
residents have
at least 1 ACE**

Findings from the 2011-2016 Behavioral Risk Factor Survey

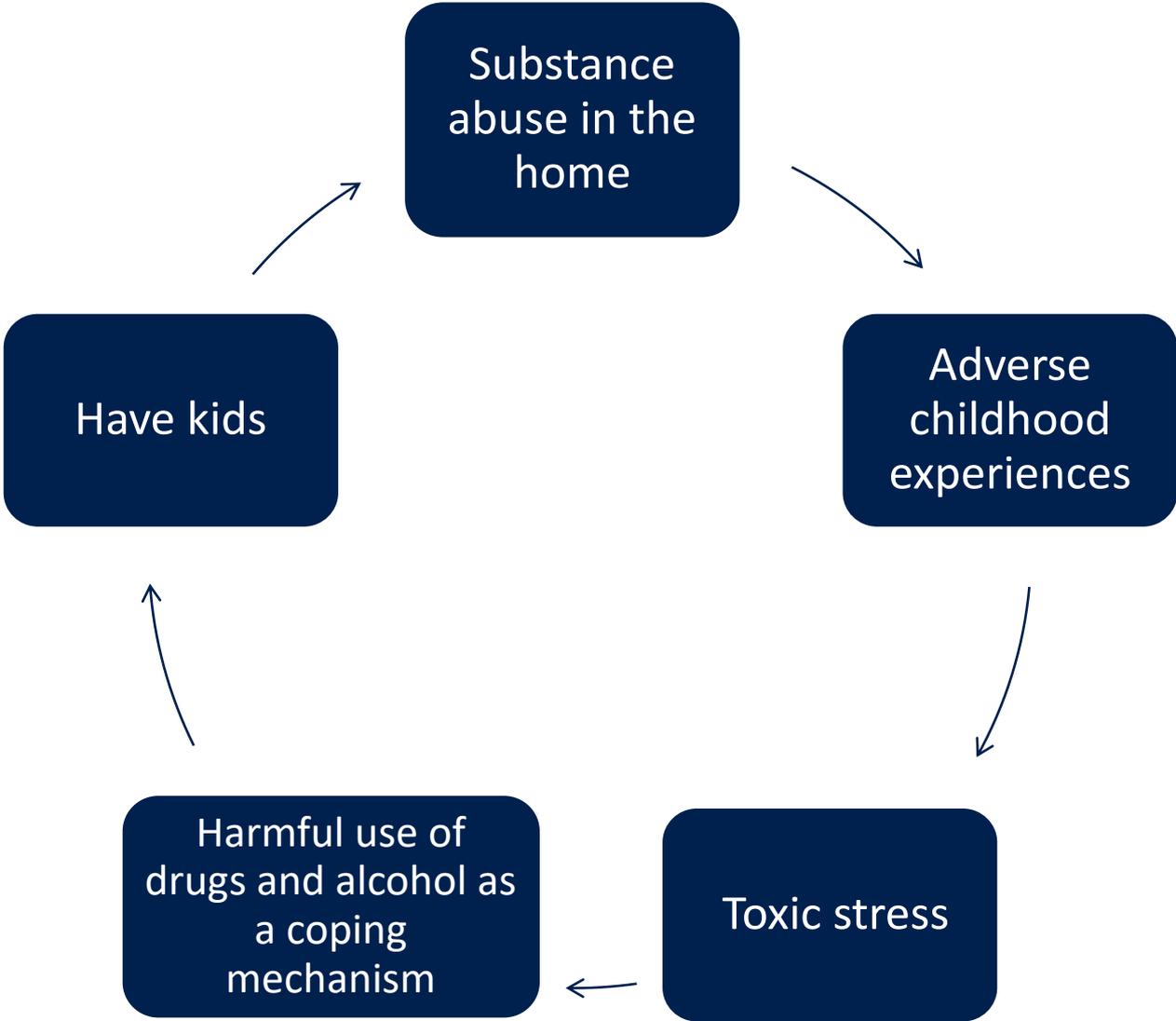
Household Dysfunction

Specific ACEs



Findings from the 2011-2016 Behavioral Risk Factor Survey

Cycle of Adversity



Being Trauma-Informed



Trauma Overview

Trauma-Informed

Building Resilience

Trauma-Informed – The Shift



“What’s wrong with you?”

“What happened to you?”

“What’s right with you?”

Building Resilience



Trauma Overview

Trauma-Informed

Building Resilience

Resilience

Resilience is the ability to overcome challenges of all kinds and to bounce back stronger, wiser, and more personally powerful.

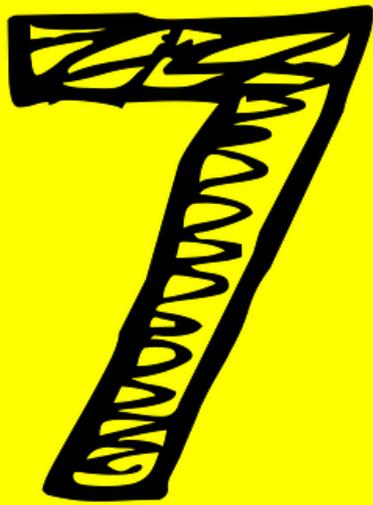
And...a protip...it's contagious.



Some Suggestions



Daily Happiness



Ways to capitalize on
our happiness daily

****For ourselves and
people we care for****

Source: The Happiness Advantage

Daily Happiness

A silhouette of a person sitting in a meditative lotus position on the left side of the frame. The background is a vibrant sunset over a body of water, with the sun low on the horizon, creating a warm orange and yellow glow. The person's hands are in a mudra (gesture) with fingers interlaced.

Meditate

“Research shows that regular meditation can permanently rewire the brain to raise levels of happiness, lower stress, and even improve immune function.”

Daily Happiness

Find something to look forward to...

Anticipating future rewards can actually light up the pleasure centers in your brain much like the actual reward will.

Daily Happiness

Create conscious
acts of kindness



Daily Happiness



Infuse positivity into
your surroundings

Daily Happiness

Exercise



Daily Happiness

Spend money...
but not on stuff



Daily Happiness



Exercise a signature strength

21-Day Challenge



Journal



Exercise



Meditate

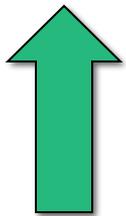


Gratitude

21-Day Challenge Example



“No act of kindness,
no matter how small,
is ever wasted.”
-Aesop



Scotty

21-Day Challenge Example



“I like it. It’s nice to be given something even if it is a paper hat. And it’s nice to have a thought that follows you the rest of the day and simply brightens it.”

Adjust Your Mindset

“Studies have shown that our beliefs can affect our abilities...more important still than believing in your own abilities is believing that you can improve these abilities.”



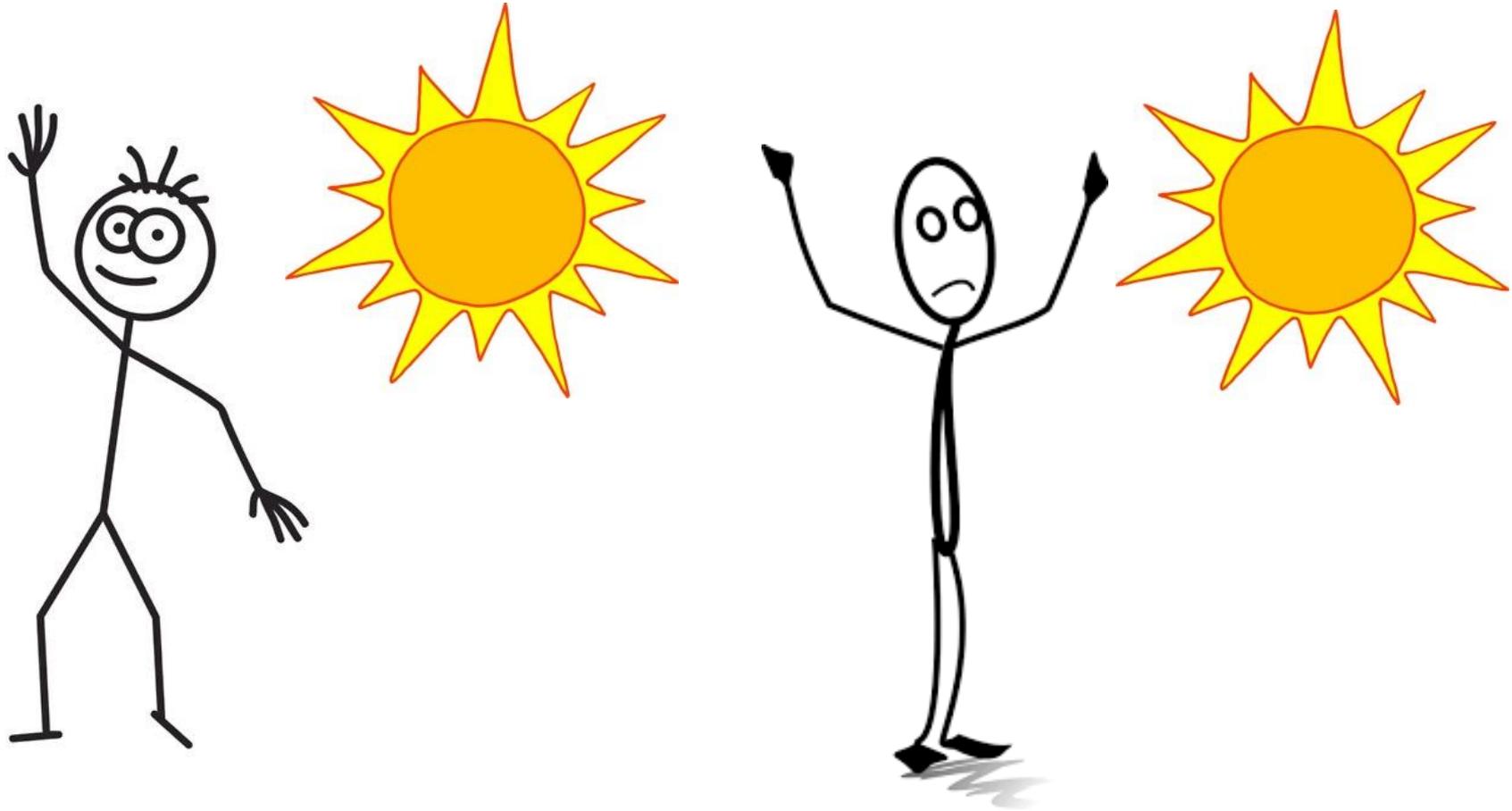
Source: The Happiness Advantage

Pygmalion Effect

When our belief in another person's potential brings that potential to life



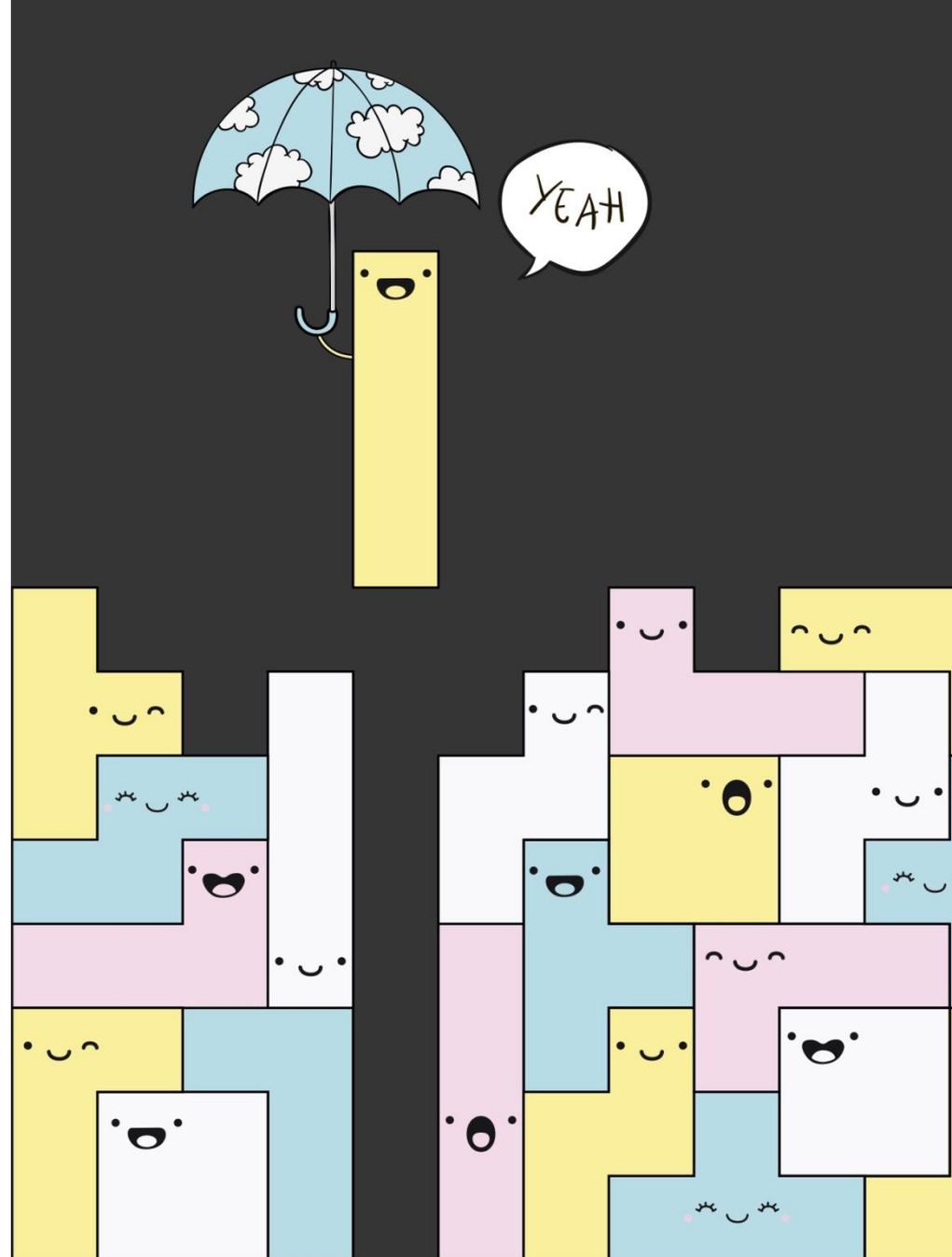
Reframing your experience



The Tetris Effect

“The Tetris Effect is a metaphor for being stuck in a pattern of thought or behavior. When we are looking for something, we see it everywhere.”

Source: The Happiness Advantage



The Tetris Effect



The Tetris Effect

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"OK, I'm sensing a lot of negativity."



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Trauma-Informed

Building Resilience

Curtis "I love my job" Wilson



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What can you do today? Next week? Next month? Next year?





Questions?



THANK YOU!

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