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!
More than the study...
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 institutionized 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

- Substance abuse: 26%
- Parent separation/divorce: 23%
- Violence between adults: 16%
- Mental illness: 16%
- Incarceration: 7%

Findings from the 2011-2016 Behavioral Risk Factor Survey
Cycle of Adversity

Substance abuse in the home

Adverse childhood experiences

Have kids

Harmful use of drugs and alcohol as a coping mechanism

Toxic stress
Being Trauma-Informed
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

Trauma Overview

Trauma Informed

Building Resilience
Daily Happiness

Ways to capitalize on our happiness daily

**For ourselves and people we care for**

Source: The Happiness Advantage
Daily Happiness

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

DON’T FORGET TO BE AWESOME
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

Trauma Overview  Trauma-Informed  Building Resilience
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

Trauma Overview

Building Resilience
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

“OK, I’m sensing a lot of negativity.”
Curtis "I love my job" Wilson
What can you do today? Next week? Next month? Next year?
Questions?
THANK YOU!
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