

# Responding to Adverse Childhood Experiences (ACE) Across the Lifespan Online Course

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**12 Self-Study Continuing Education Hours for NYS Social Workers**

The accumulation of **childhood adversity** is often interconnected with issues of trauma, mental illness, substance abuse, homelessness and other social problems, calling for a **comprehensive approach** to assisting people experiencing multiple problems. A high ACE Score is powerfully associated with later life health risks and social problems.

## Learning Objectives

Participants will:

- Learn how research informs social work programs and practice that respond to the adversity and trauma characteristics/backgrounds of those served
- Describe how “Restorative Integral Support” (RIS) applies research to assist clients in achieving wellness after trauma and the potential for resilience and recovery
- Be able to identify and apply key elements of RIS to assessment and post-trauma wellness practice and program planning
- Learn about emerging practices for supporting post-trauma wellness: the emotional freedom technique (EFT), integrative restoration (iRest), somatic experiencing (SE), and/or mindfulness meditation (MM)
- Learn how to identify and increase opportunities for interagency collaboration, including provision of mutual support among agency leaders with coordinated advocacy efforts and strengthening knowledge of program and community services.
- Identify and describe how your own self-care, relationship-building and role modeling skills contribute to a culture of recovery and wellness in your agency or community as well as specific ways that prevention of vicarious traumatization supports your ability to live up to NASW ethical principles.

Online registration is required for this course- please see page 4 for instructions.

Cost: Free. \$180 if requesting continuing education hours (\$90 for UAlbany SSW field instructors).  
This course is approved for 12 self-study CE hours for NYS social workers.

Accumulated adversity and trauma in childhood is strongly associated with mental health, substance abuse, other health risk behaviors, and serious health problems, as well as social problems such as homelessness. These interconnected concerns call for a comprehensive approach to helping people experiencing multiple problems. The **Restorative Integral Support (RIS)** model guides the selection of interventions and services that can be combined within a flexible framework for a comprehensive ACE Response.

There are many roles for helping within the RIS framework – Ideally, the whole community will be engaged in **ACE Response**. While this course was designed primarily for social workers and other social service providers and program directors, we hope to make it widely available so that it can be of use to others as well. The training includes an overview of ACE research and key elements of the RIS model for ACE Response. In addition to **intervention selection**, this includes attention to leadership, policies, and organizational culture. Provider self-care is emphasized as an important aspect of practice and program development.



This **online training course** has been designed to provide learners with an integrated, user-friendly online learning environment that can be accessed at their leisure without having to leave the comfort of the home or office. Information has been gathered and integrated from various online sources in order to enhance understanding of ACEs and RIS for ACE Response, as well as to orient lifelong learners to available online resources that can be utilized to inform ACE Response outside the online classroom.

There are a total of **13 course modules** containing various resources and activities on ACE- and RIS-related topics. Course activities involve watching informational videos, viewing webinars, reading articles, and other activities. In addition, quizzes must be completed at the end of each course module in order to advance to subsequent modules and accumulate credits to earn continuing education hours. The total length of the course is 12 hours and may be stopped and returned to at any time (your progress will be saved). If you are applying for CEUs, you will receive 12 CE credits when you have successfully completed all course module content and quizzes and have paid the associated fee.

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## Online Course Modules

### **Module 1: ACE Overview**

Explores the ACE Study, different ACE categories, the prevalence of ACEs, their impact on society, and efforts to reduce and prevent them.

### **Module 2: ACEs, Toxic Stress, and Consequences**

Further explores ACEs, the neurobiology of early life toxic stress, and some of the long-term consequences of high ACE Scores.

### **Module 3: ACEs and Service Implications**

Begin to understand how and why service delivery systems are being transformed to address ACEs; know the characteristics of an ACE-informed program.

### **Module 4: Resilience and Recovery**

Covers resilience, protective factors, post-traumatic growth, and ways to support resilience and recovery.

### **Module 5: Self-care and Vicarious Trauma**

Stop, breathe, reflect, and apply information from previous modules to yourself. Emphasizes how self-care is key to living well and effectively and ethically helping others.

### **Module 6: RIS Overview**

Builds on resilience, ACE, and self-care content knowledge, highlighting how implementation of RIS includes a culture of recovery helping to break ACE trajectory.

### **Module 7: RISing Program Leaders**

Find out what supports a RISing leader and how RIS guides program development.

### **Module 8: Evidence-Supported Interventions (ESI)**

Overviews and offers examples of ESIs and examines how RIS guides their use.

### **Module 9: Emerging Practices**

Overviews and offers examples of emerging practices through an RIS lens.

### **Module 10: Community Examples of Holistic ACE Response**

Explores community movements that promote holistic ACE Response, stressing how you can contribute to, and/or start, community efforts to reduce and prevent ACEs.

### **Module 11: ACEs and Homelessness**

Learn about the relationship between ACEs and homelessness and review ACE-informed homelessness programs that use the RIS model.

### **Module 12: ACEs and Healthcare**

Know how and why healthcare providers would respond to ACEs and have an understanding of some of the challenges faced by healthcare providers engaging in ACE Response efforts.

### **Module 13: Course Review and Applications**

Identify RIS elements in real world program examples.

## Online Registration Instructions

To take the course, you will first need to create an account by going here: <http://www.ualbanymoodle.net/login/index.php> (additional instructions are on this webpage). Please make note of your username and password so that you may return to the course. Once you have created an account, a registration email will be sent to you. Click on the confirmation link in the email--this will automatically log you into the University at Albany Moodle site. When you have successfully logged into the site, scroll down the page to the section titled "Course Categories" and click on the folder with the label "School of Social Welfare." Then, please click on the title of the course (Restorative Integral Support for Post-Trauma Wellness: Responding to Adverse Childhood Experiences Across the Lifespan).

After you click on the course link title, you will be directed to another page. On this page, look for the section titled "Administration," under which you will see the option "Enroll me in the course." Click on this option, and then scroll down the page until you find "Enroll me" (a blue rectangular button). Click "Enroll me" to self-enroll in the course and begin!

Please note that user accounts will be deleted after 180 days of inactivity.

If you would like NYS Continuing Education Credits for this course, when you reach the end of the course, you will find a link to pay for the your credits. Please send an email to [SSWCEU@albany.edu](mailto:SSWCEU@albany.edu) when you have completed payment and a certificate will be emailed to you.

**For more information on ACE initiatives, please go to the ACE Response website: <http://www.aceresponse.org/>**



If you have any questions about this online course, please email the University at Albany Continuing Education Program: [sswceu@albany.edu](mailto:sswceu@albany.edu)

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