

The Mobilizing Action for Resilient Communities (MARC) Grant brings together 14 communities from across the U.S. in a movement for a just, healthy, and resilient world.

The overall goal of the MARC Grant is to make changes across a broad spectrum – from early childhood education to aging services, from healthcare to the justice system – and to be a model for other communities. Hood River, Sherman, & Wasco Counties in the Columbia River Gorge were awarded the MARC Grant in October 2015, which funds the effort through the end of September 2017.

## Adverse Childhood Experiences

The term Adverse Childhood Experiences (ACEs) comes from a study that showed, for the first time, a direct relationship between traumatic events in childhood and an increased risk for developing over 40 negative health conditions throughout life.

ACEs are broken down into 3 categories:

- Neglect
- Abuse
- Household Challenges

An individual can score between 0 – 10 on an ACEs screening questionnaire which asks about life experiences before the age of 18. In Oregon, 64% of the population reports having experienced one or more ACEs and 18% reports having experienced 4 or more ACEs.

One of the key factors of the original ACEs study, is that it was done on a middle-socioeconomic population. The study showed that it's not "somebody else's" problem, it's everybody's problem. ACEs affect the entire population; from the high socioeconomic to the low socioeconomic, from the educated to the uneducated, from one cultural group to another, ACEs exist. The ACEs Study has been replicated over and over again with the same outcome; it's an "everybody's" problem.

## Trauma Theory

Trauma Theory explains what is happening in the brain and body when an individual experiences an event that is traumatizing.

The American Academy of Pediatrics defines 3 types of stress:

- Healthy Stress
- Tolerable Stress
- Toxic Stress

Adverse Childhood Experiences (ACEs) cause Toxic Stress, which hugely influences brain development in children & adolescents.

## Resiliency

Resiliency is the ability of someone to bounce back; the "pull yourself up by your bootstraps" capacity. Everybody has a different capacity for resiliency, which is influenced by many things including genetics and life experiences.

The good news is that any person can increase their ability to be resilient.

Community resources and support play a big role in an individual's ability to be resilient. The more resilient each community member, the more resilient the community.