

# **Moving Beyond the ACE Score: Treating Adversity in Diverse Populations**

## **Program Description**

We all know the importance of assessing childhood adversity, due to its impact on short and long-term outcomes. In this workshop, clinicians will examine the importance of moving beyond the ACE score to account more fully for the adverse experiences of diverse populations.

Research shows that there are factors beyond exposure to specific traumatic events that can impact client's mental health and daily functioning. These factors are particularly important to consider with diverse and marginalized populations, given their disproportional exposure to trauma and race-related stress.

This workshop will help clinicians to have a fuller understanding of the impact of historical and intergenerational trauma. You will be introduced to tools for assessing adversity in diverse populations and will learn how cultural factors can promote resilience and mediate the impact of adversity. We will share examples of how cultural healing approaches can be weaved into treatment, and data on how doing so improves outcomes.

## **Learning Objectives**

Upon completion of this workshop, participants should be able to:

- Describe at least two ways that historical or intergenerational traumas can impact mental health or client functioning.
- Identify at least two strategies for assessing broader areas of adversity with clients.
- Describe at least two ways that cultural factors can promote resilience.
- Examine their own use of cultural approaches to healing in treatment and identify at least one action step to using cultural approaches consistently.

## **Target Audience**

Mental health clinicians and any other interested person.

## **Contact Hours**

3.0 contact hours

## **Program Agenda**

9:00 AM – 9:20 AM	Making the Case for Moving Beyond ACEs
9:20 AM – 9:50 AM	Overview of Historical and Intergenerational Trauma
9:50 AM – 10:10 AM	Impact on Client Functioning
10:10 AM – 10:30 AM	Viewing Culture/Diversity through a Resiliency Lens
10:30 AM – 10:45 AM	Break
10:45 AM – 11:15 AM	Tools for Assessing Adversity
11:15 AM – 11:45 AM	Cultural Approaches to Healing
11:45 AM – 12:15 PM	Reflections and Putting it Into Practice
12:15 PM	Adjourn

## **Faculty**

### **Tonia Deese, MSW, LCSW**

A dedicated clinician, social worker, and advocate, Tonia Deese works with communities and organizations to create positive outcomes for families and children. Tonia is currently a Clinical Assistant Professor at UNC-Chapel Hill School of Social Work.

Tonia worked in direct practice in a variety of settings including residential treatment, disability services, child welfare, and mental health. In each setting, her focus was the same - working with families to identify their strengths and developing tailored plans to meet their needs. She provided clinical services that pushed families to achieve their goals while challenging patterns getting in the way of their progress.

Tonia joined UNC School of Social Work in 2013, where she became a lead trainer, curriculum developer and writer for the Family & Children's Resource Program (FCRP). She trains a variety of topics including trauma, attachment, child development, mental health, sexual abuse, engaging families, and many others. She focuses on translating research into tangible skills staff can quickly apply to their daily practice. Her special interests are the Indian Child Welfare Act, family systems theory, primary and secondary trauma, and the impact of culture on family outcomes.

Tonia obtained her Bachelor of Arts in Psychology, Master of Social Work, and certificate in Non-profit Management from the University of North Carolina at Chapel Hill. During her MSW studies, she was a Child Welfare Education Collaborative Scholar with a blended focus on direct and community practice.