

Note to Learner: The Institute for the Advancement of Family Support Professionals (IAFSP) encourages you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

Ongoing: View the Professional Development Program and each training module as an investment in skills and knowledge to help improve home visitor effectiveness.

Before the training:

- Learner and supervisor review course objectives and competencies
- Learner rates knowledge of learning objectives

During the training, the learner:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Prints Reflective Responses to share with supervisor
- Completes post-training evaluation

After the training:

- Learner:
 - Rates knowledge of learning objectives
 - Completes post-training activities, as required
 - Develops an action plan for applying skills and knowledge in daily practice
 - Meets with supervisor to:
 - Review pre- and post-training activities
 - Discuss reflections, questions, and concerns
 - Review action plan for applying skills and knowledge in daily practice
 - Assess personal learning goals, transfer of learning, and action plan over time

This 180-minute online module, *ACEs 101: Impact and Our Opportunity*, introduces the groundbreaking 1998 ACEs Study. This study found a link between Adverse Childhood Experiences (ACEs) and adult health outcomes. This module will look at brain development research that explains why ACEs have a lifelong effect on health and behavior. In scenario-based learning sequences you will learn how toxic stress can cause protective features of brain development and functioning to become maladaptive through the processes of epigenetic and triggering. This module also includes a survey of projects and programs that have used the knowledge from the ACEs study and brain research to begin to build better communities and stop the spread of ACEs to future generations.

NATIONAL FAMILY SUPPORT PROFESSIONAL COMPETENCIES

Domain 2: Child Health, Safety and Nutrition

Dimension 6: Infant mental health

Component a: Brain development

Component b: Toxic stress

Component c: Mental health concerns

Domain 3: Parent-Child Interactions

Dimension 11: Influences on parenting

Component a: Parent's childhood experiences

Domain 4: Dynamics of Family Relationships

Dimension 15: Influences on family well-being

Component d: Risks and stressors

Domain 5: Family Health, Safety and Nutrition

Dimension 18: Mental health

Component b: Toxic stress and trauma

BEFORE THE TRAINING

Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)

Learning Objective	Before the Training	After the Training
Understand the ACEs research well enough to talk about it to someone else.		
Understand the data and its implications for yourself and others.		
Understand how brain development can be affected by toxic stress.		
Describe how the damage of toxic stress can be passed from one generation to the next through the process of epigenetics.		
Describe some of the prevention and response strategies.		

My personal learning goals for this training are:

1. _____
2. _____
3. _____

AFTER THE TRAINING

Reflections on what I learned:

Questions and concerns I identified:

Action Plan: (Each learner’s plan will be unique. To get you started, some ideas are listed below.) As a result of this training, I will...

- Practice talking about the ACEs research and its implications with my supervisor or colleagues.
- Take the ACEs Questionnaire. Talk with my supervisor if I think I need professional help to process my score.
- Talk with my supervisor about my agency’s protocols regarding ACE scores – Do we offer ACEs questionnaires to clients? If yes, how do we follow up if a parent requests additional assistance to process their ACEs score?
- Identify ways my agency or program supports families to support and strengthen their protective factors (social connections, parenting education, development of resilient strategies and economic assistance when needed).
- Learn more about NEAR@Home and how it can be used to address ACEs with clients.

My Action Plan

ACTION	TARGET DATE	DATE COMPLETED