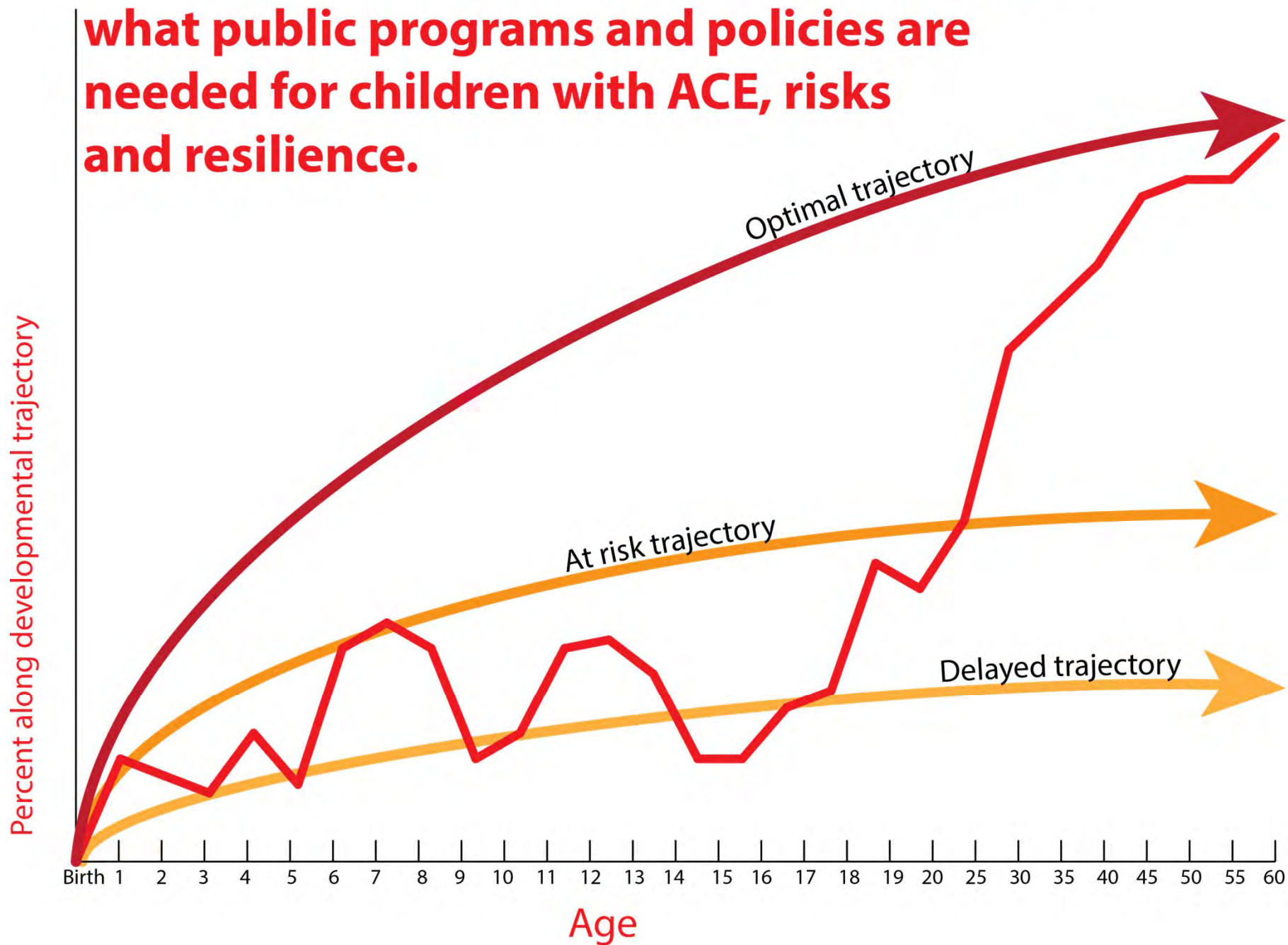


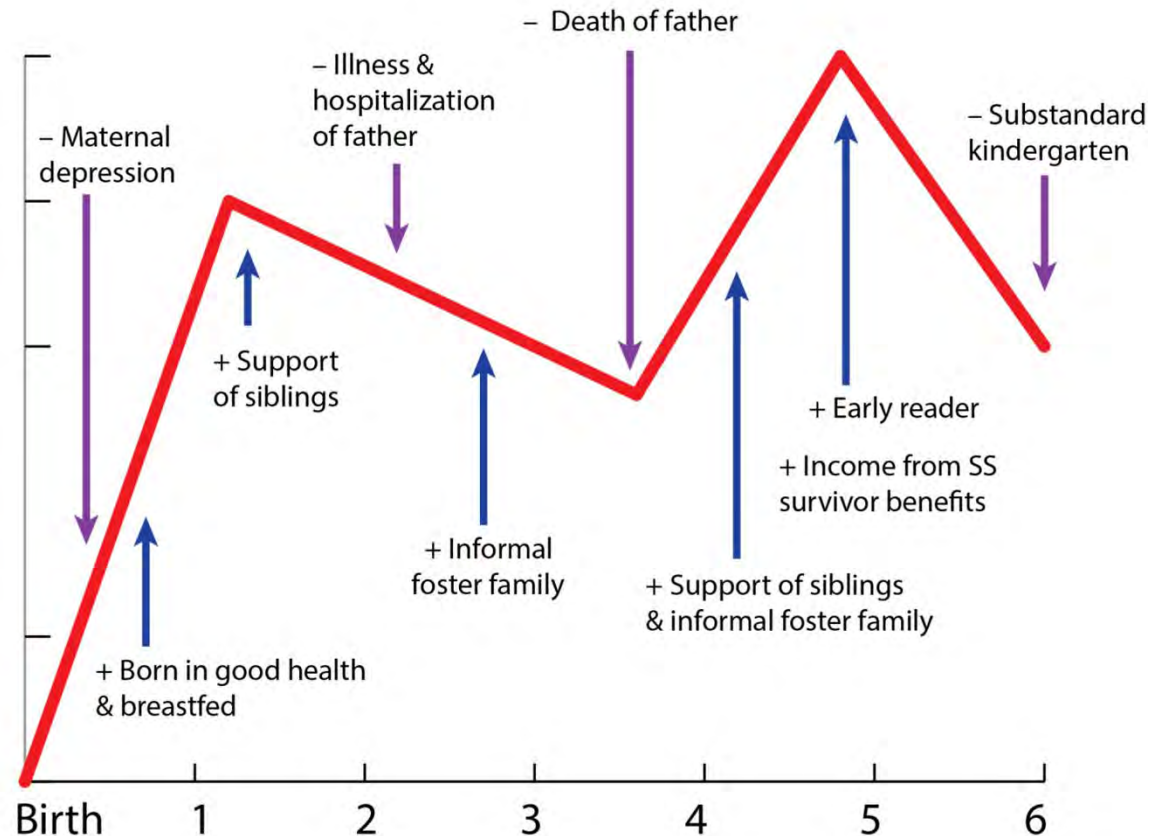
# Reflections on my lifecourse trajectory and what public programs and policies are needed for children with ACE, risks and resilience.





## Infant and Early Childhood Program and Policy Needs

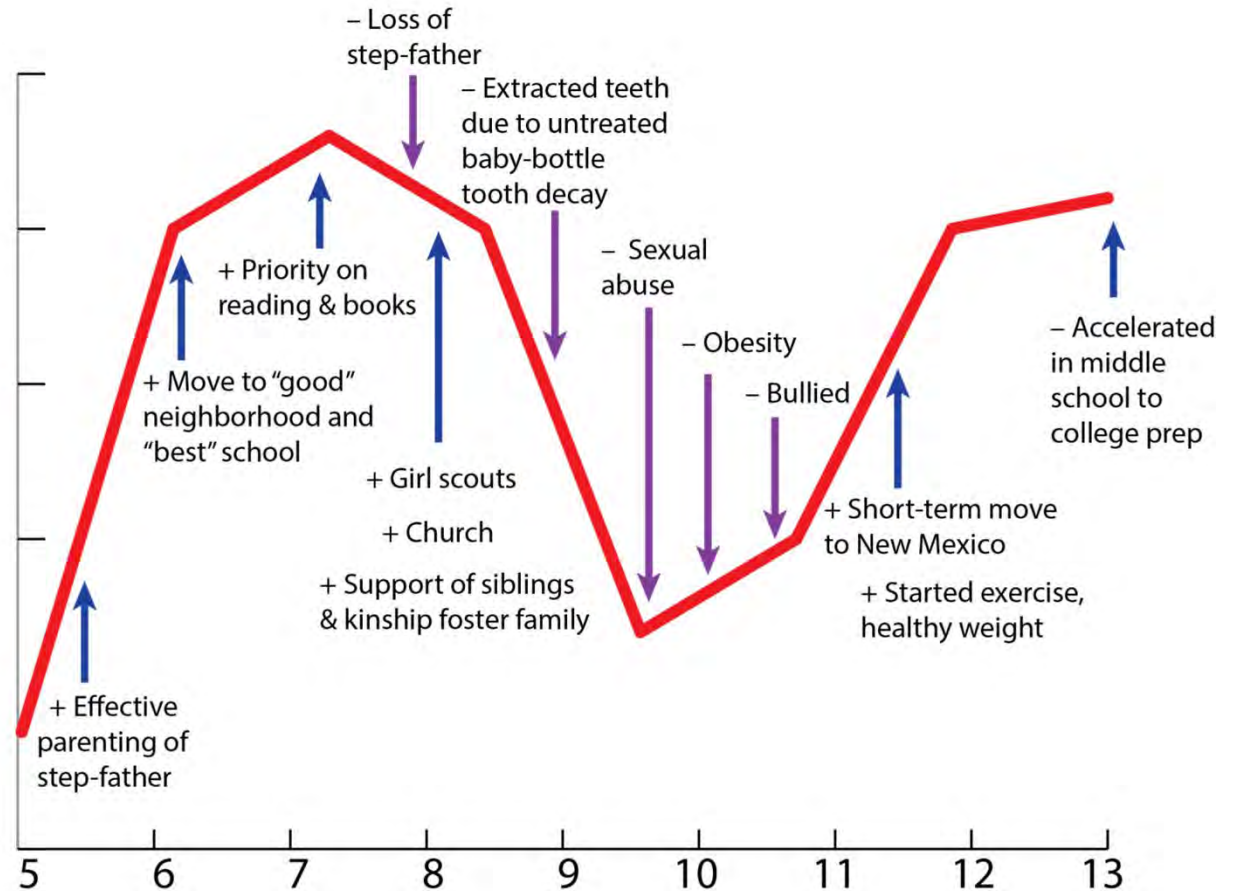
- Maternal depression and trauma interventions
- Routine pediatric care
- Early start in oral health
- Quality child care
- Health insurance
- Income support
- Increased minimum wage
- Home visiting
- Quality PreK & K
- Better library/book access
- Early childhood mental health





## Middle Childhood Program and Policy Needs

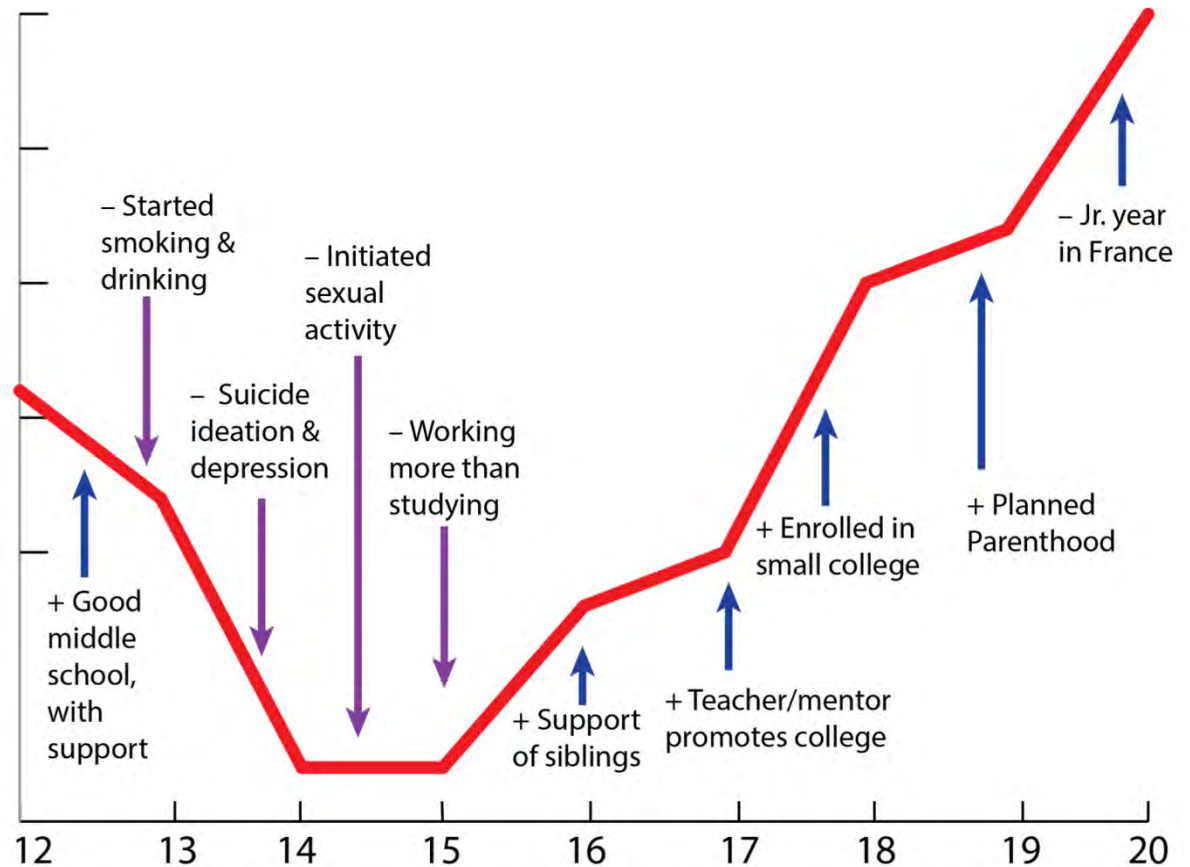
- Health insurance
- Routine pediatric care
- Dental care
- Eyeglasses
- After-school care
- Increased minimum wage
- School efforts focused on anti-bullying
- Nutrition assistance (e.g., school lunch)
- Exercise & phys ed
- Mental health care





## Adolescent Program and Policy Needs

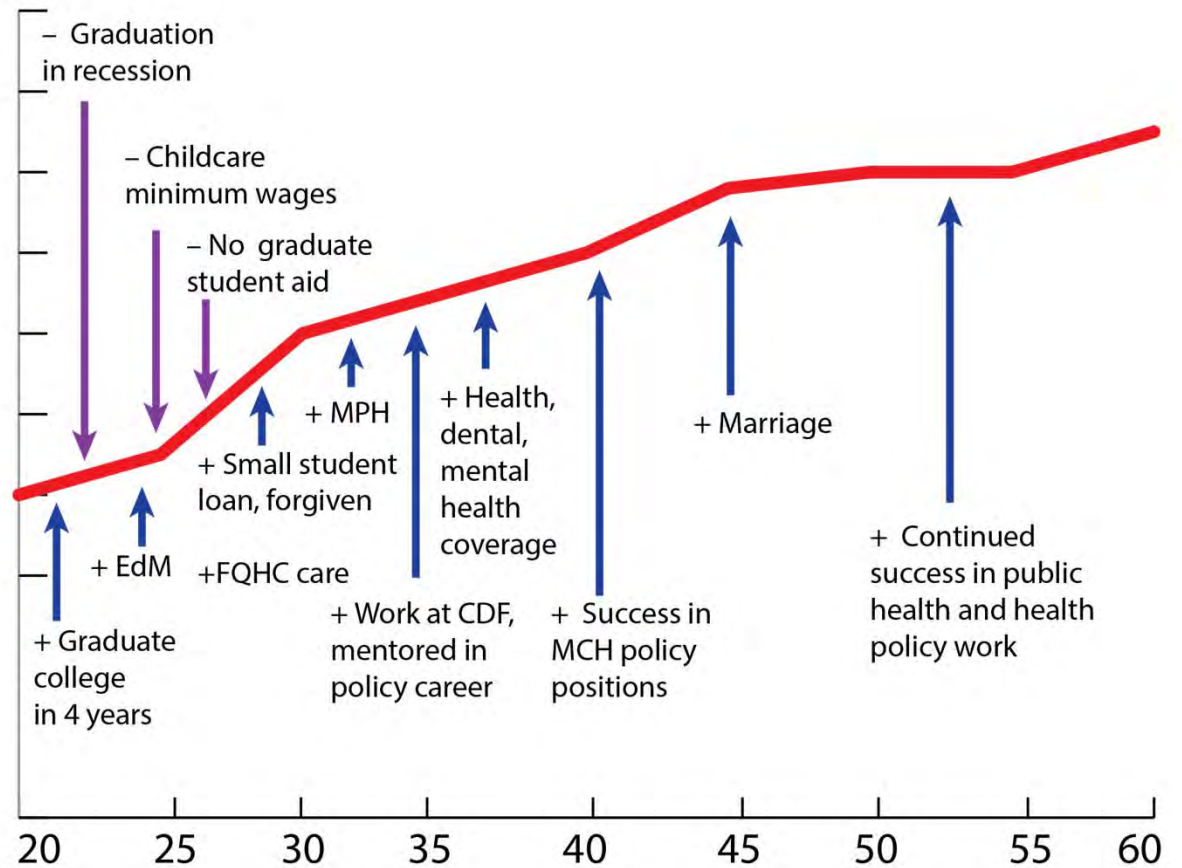
- Health insurance
- Routine health care
- Mental health care
- Mentor programs
- Quality high school
- Increased minimum wage
- Family planning clinics
- Tobacco policy
- College prep advisors for low-income youth, first-in-family college attendees





## Young Adult Program and Policy Needs

- Health & dental insurance
- Primary health care
- Family planning
- Mental health care
- Youth jobs in a recession
- Increased minimum wage
- Worklife mentors
- Affordable college and student loan options
- Graduate school support for low-income youth, first-in-family college attendees



# Resilience and Well-being

## 3 sets of factors differentiate resilient children who overcame the odds.

1. Protective factors within individuals.
2. Protective factors in the family
3. Protective factors in the community.

## Some experience “staged recovery” in adult life.

- Positive shift in trajectory as adults.
- Opportunities in 3rd & 4th decades of life led to enduring positive changes (e.g., education, work, marriage).
- Recovery in mental health crucial, and the importance of social-emotional development cannot be overstated.

## MCH leaders have the opportunity to promote protective factors and resilience.

1. Integrate concept of resilience into our work and frameworks.
2. Weaving this knowledge into work on social determinants of health and equity.
3. Advocate for programs, policies, and integrated systems of support.
4. Mentor.

## Developing an agenda to promote early and lifelong health.

- Project supported by CAHMI and AcademyHealth.
- Roadmap from ACEs to resilience and well-being.
- A research and policy agenda informed by science, expert opinion, and family experiences.