



Resilience 2019 Conference to examine addiction causes May 3

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ELIOT - Pinetree Institute, a workshop and learning center focused on sustainable life-satisfaction for individuals and communities, is hosting its 2019 Resilience Conference on May 3. The conference will discuss the effect of adverse childhood experiences (ACEs) on physical, emotional, and societal well-being and the role that trauma-informed care plays in treating individuals who have experienced ACEs.

The conference will feature two of the most prominent figures in the ACEs movement, Robert Anda, MD, and Laura Porter. They will lead the event and discuss how ACEs manifest in communities large and small, as high incidences of addiction, incarceration, and poor health outcomes, and how those communities can work to heal themselves through tested strategies.

This conference is for community leaders in any field who have an interest in addiction, crime and illness prevention, including: business, social work, health care, education, law enforcement and mental health professionals. Clinical professionals attending may receive 6.25 credit hours of continuing education. The conference will take place at Harbor Events Center, 100 Deer St., Portsmouth. Visit pinetreeinstitute.org to learn more and register.

“This beautiful area is one of the most devastated by opioid addiction in the entire country, requiring an urgent response,” said Larry McCullough, Ed.D, Pinetree’s founder and executive director. “Communities that have collaborated on ways to acknowledge the root cause of this crisis and approach it with compassion - changing the question from ‘what’s wrong with you?’ to ‘what’s happened to you?’ - have seen dramatically reduced suicide, overdose, dropouts, crime and other common results of trauma. They’ve also saved their communities billions of dollars in the process. We are bringing Rob Anda and Laura Porter to Portsmouth to set us on the path to similar results.”

Adverse childhood experiences (ACEs) include neglect; physical, mental or sexual abuse; or household dysfunction, such as exposure to domestic violence, divorce, or losing a parent. Research has found that such experiences can alter a children's brain development and immune systems, leading to an increased risk of health and social problems in adults that range from obesity to alcoholism, heart and lung disease, cancer, diabetes, chronic depression, addiction, and suicide. ACEs are also tied to societal problems such as dropout rates, teen pregnancy, and incarceration.

Dr. Anda is co-founder of ACE Interface, LLC. In the early 1990s, he collaborated with Vincent Felitti, MD, at Kaiser Permanente in San Diego to investigate child abuse as an underlying cause of medical, social, and public health problems. The effort led to a large-scale study of 17,000 patients funded by the CDC to track the effects of childhood trauma on health throughout the lifespan. Called the Adverse Childhood Experiences Study (ACE Study), Dr. Anda played a principal role in the design of the study and was its co-principal investigator and co-founder. The findings indicated ACEs are one of the biggest public health threats facing our nation and resulted in more than 70 publications in major medical and public health journals. ACEs are common, with 64 percent of the population reporting at least one ACE, and 22 percent citing three or more. Twenty-eight percent of study participants report physical abuse, 21 percent report sexual abuse, and many reporting that they experienced a divorce, parental separation, or having a parent with a mental and/or substance use disorder.

Porter is co-founder of ACE Interface, LLC. With Dr. Anda, Ms. Porter develops and disseminates educational products and empowerment strategies that help leaders dramatically improve population health nationwide. She and her colleagues have developed a unique model for improving the capacity of communities to deliver stunning results for a small investment.

Based in Eliot, Maine, the mission of Pinetree Institute is to promote a sustainable sense of health, prosperity, happiness and life-satisfaction in individuals, families and communities. The Institute offers educational workshops and retreats at its learning center and through strategic facilitation of community-based collaboration throughout the Seacoast New Hampshire and Southern Maine region. The worsening opioid and substance misuse epidemic

has become a particular area of focus for Pinetree. We are responding to this crisis through addiction resilience and trauma-informed care programs that address root causes and have proven results. Learn more at <https://pinetreeinstitute.org/>.