

By Linda Chamberlain, PhD, MPH
For the Connections Matter community
initiative www.connectionsmatter.org

WHAT IS CONNECTIONS MATTER?

We are a community-based initiative that educates the public on trauma, brain development, and resilience in adults and children. Through workshops and trainings developed by scientist Dr. Linda Chamberlain, we demonstrate how trauma adversely affects the brain and how relationships can help prevent negative health outcomes.



community

brain

relationships

BENEFITS OF THE FAITH COMMUNITY CURRICULUM

After attending the training, you'll be able to:

- ✓ Understand childhood trauma and its impact
- ✓ Create environments that build healthy brains
- ✓ Support people who have had Adverse Childhood Experiences (ACEs) and trauma
- ✓ Help parents respond to their children with attention and empathy
- ✓ Learn techniques, activities and behaviors prevent and respond to trauma
- ✓ Identify resources and partners in your community that can help in times of need
- ✓ Cultivate resilience in yourself and your community
- ✓ Care for your own mental health

CHILDHOOD TRAUMA

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur between the ages of 0 and 17. Science shows that ACEs affect brain development, as well as physical and mental health, well into adulthood.

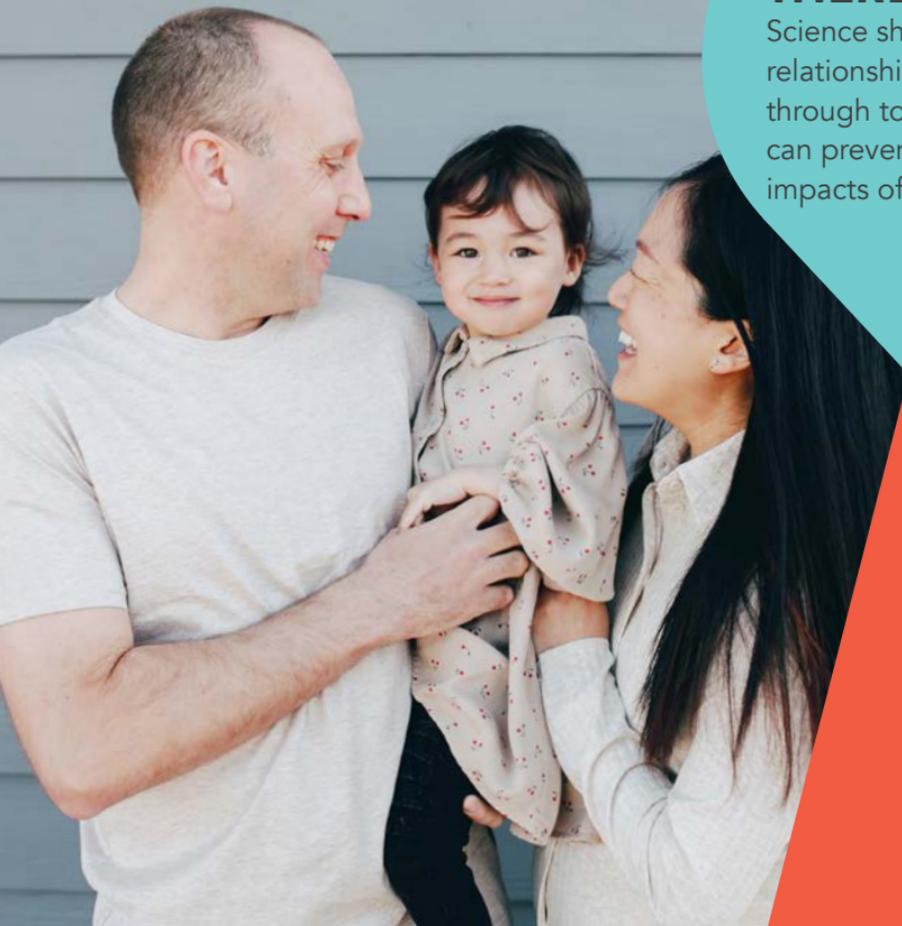
Trauma can be any experience that is overwhelming or feels threatening. Trauma is personal, and the experience and aftereffects are different for everyone. Trauma can happen at any time throughout life.



3 OUT OF 5 people had at least one adverse childhood experience.



1 IN 6 experience significant childhood trauma.



THERE IS HOPE!

Science shows that healthy relationships help us get through tough times and can prevent negative impacts of trauma.

IMPACT OF TRAUMA ON CHILDREN



- Developmental delays
- Language difficulties
- Behavior issues
- Avoiding contact with others



IMPACT OF TRAUMA LATER IN LIFE

- Anxiety, depression, or PTSD
- Substance abuse
- Cancer, heart disease, or diabetes
- Suicide





RESILIENCE AND RELATIONSHIPS

Resilience is the ability to adapt, cope and thrive despite tough times. Relationships build resilience. Even one brief interaction at a place of worship, school, work, and in our neighborhood can make a difference.

TO DO LIST:



Start a young parents social group within your faith community providing an opportunity for parents to connect and kids to play.



Mentoring is beneficial to the mentor as well as the person being mentored—that's how relationships work! Find out how you can mentor a child, youth or parent in your faith community.



Everyone needs caring adults in their life. When parents can't be there, teachers, coaches, neighbors and mentors can make a **BIG DIFFERENCE.**



For more information about why relationships are important go to www.cdc.gov/violenceprevention/pub/healthy_infants.html

IT'S A PACKAGE DEAL: HELPING PARENTS HELPS KIDS

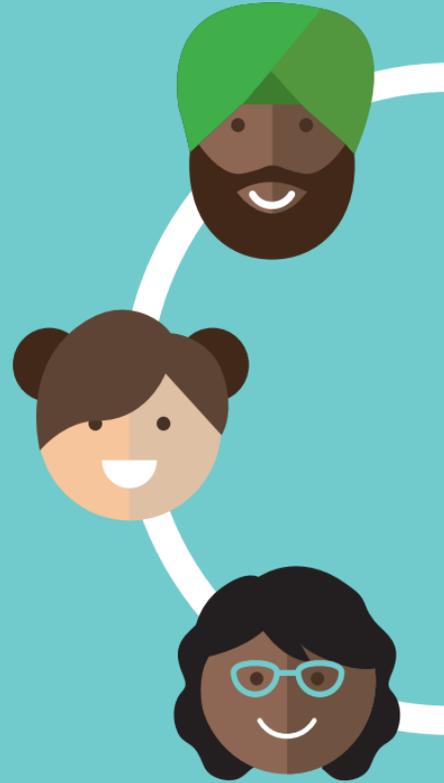
To help children, we need to reach out to the whole family and meet them where they are. When we connect with a parent or other caregiver, we are helping children too! For example, helping a parent pursue their education not only helps them increase the family income, it also increases their children's future income. The simple truth is that when we don't support caregivers and children together, someone gets left behind.



Bring food to a new parent in your faith community

FAITH COMMUNITIES FOSTER RELATIONSHIPS AND BUILD RESILIENCE!

Faith communities are in tune with the needs, culture, practices and languages of the communities they serve. They are generally concerned about the well-being of people and the good of society. Faith Communities are crucial parts of the larger communities they are a part of and situated in.





Faith communities provide many protective factors and valuable supports to people and families who are facing emotional and physical challenges.



PRAYER, PEACE, GRATITUDE AND COMPASSION ARE KEY PARTS OF MOST FAITH COMMUNITIES AND HAVE BEEN FOUND TO CONTRIBUTE TO PERSONAL RESILIENCE.

Faith Communities have rites, rituals, events that grow relationships in and out of their membership. These relationships can help people thrive in different stages of life.

STRONG RELATIONSHIPS

Developing longer, more consistent relationships promotes health development and well-being for children and adults. Research contributes as much as 85% of the correlation between life satisfaction and faith community involvement to the relationships that are created in those communities.

People who have no strong relationships within their faith community report lower life satisfaction than people who are not affiliated with a faith community at all.

INDIVIDUAL IMPACT OF FAITH COMMUNITIES:



**BUILD
RESILIENCE**



**INCREASED LIFE
SATISFACTION**



**MAKE HEALTHIER
CHOICES**



**INCREASED
HOPE**



**IMPROVED MENTAL
HEALTH**



**ENHANCED
COPING SKILLS**

COMMUNITY IMPACT OF FAITH COMMUNITIES



Annually contributes
\$300 BILLION
in volunteer and supports to
the United States economy



Provide crucial crisis
response in the first
24-96 HOURS



Essential
CONNECTORS
between individuals
and services

Photo by Monstera @bolovtsova on Pexels.com

HOST CONNECTIONS MATTER IN YOUR FAITH COMMUNITY

Schedule a workshop or get
more information by emailing

WHATSYOURCONNECTION@GMAIL.COM

Connections Matter promotes caring connections
as the foundation for developing healthy brains,
supportive relationships, and strong communities.

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in faith communities
CONNECTIONS MATTER™
developing brain • relationships • community