



DISCOVERY

WELLNESS BULLETIN

OCTOBER 2017

Understanding ACEs: Building Self-Healing Communities

Adverse Childhood Experiences (ACE) Study

Upcoming Training!

Central MN Mental Health is offering a training to all of its staff and to the community regarding the Adverse Childhood Experiences (ACE) Study. The ACE study findings represent a paradigm shift in human understanding of the origins of physical, social, mental, and societal health and well-being. We now know that leading causes of disease and disability, learning and productivity problems, and early death have their roots in the cumulative neurodevelopmental impacts of Adverse Childhood Experiences (ACEs). This presentation provides information about the ACE study, along with the neurobiology that explains why the ACEs impact people's lives, and what we can all do to dramatically improve health and resilience for this and future generations. The training is on **October 9th** at the **Monticello Community Center, Mississippi Room**. The training has two time options including **9am-11am** or **1pm-3pm**.

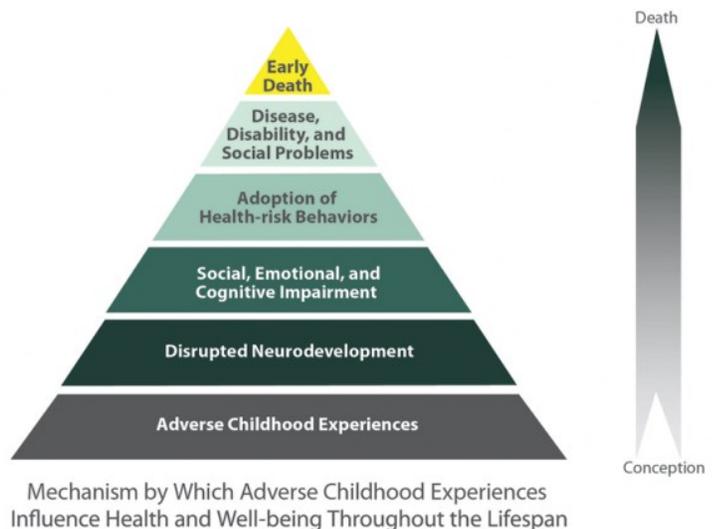
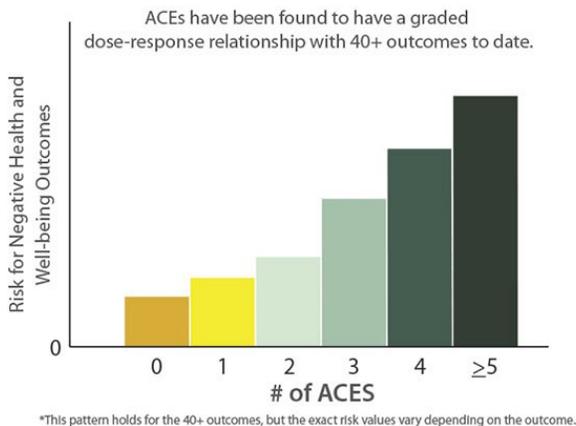
The CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study is one of the largest investigations of childhood abuse and neglect and later-life health and well-being. The original ACE Study was conducted at Kaiser Permanente from 1995 to 1997 with two waves of data collection. Over 17,000 Health Maintenance Organization members from Southern California receiving physical exams completed confidential surveys regarding their childhood experiences and current health status and behaviors. The CDC continues ongoing surveillance of ACEs by assessing the medical status of the study participants via periodic updates of morbidity and mortality data and other studies have been started to continue the work.

Want to prevent ACEs in your family and your community? Please check out the following link to a PDF file full of specific prevention information: https://www.cdc.gov/violenceprevention/pdf/essentials_for_childhood_framework.pdf

Attached is an abridged version of the prevention goals. (attach this document: https://www.cdc.gov/violenceprevention/pdf/EfC_onepager-a.pdf)

Source: <https://www.cdc.gov/violenceprevention/acestudy/index.html>

Association between ACEs and Negative Outcomes



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Upcoming Employee Wellness Challenge

Adopting new, healthier habits may protect you from serious health problems like obesity and diabetes. New habits, like healthy eating and regular physical activity, may also help you manage your weight and have more energy. After a while, if you stick with these changes, they may become part of your daily routine. (source: <https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>)

As we enter Fall, the Employee Wellness committee has a new Employee Wellness Challenge! It starts on October 9th! Are you wondering what the weekly challenges will be? What about bonus challenges? Are there Amazing and Fabulous prizes? To answer those questions, keep reading on how you could win one of our Amazing and Fabulous prizes.....

Weekly Challenges:

Week 1: Walk for 30 minutes a day

Week 2: Drink 64 ounces of water a day

Week 3: Pack a lunch or eat at least one meal at home a day

Week 4: 20 minutes of Rest, Relaxation and Rejuvenation a day

Week 5: Brush your teeth twice a day and floss at least once a day

Week 6: Portion Control and Counting Calories

*Weeks run Monday—Sunday. Information about the week's challenge will be sent out the week before it begins. There will also be tips and tricks to help you meet each challenge.

Bonus Challenges:

Week 1: Bring a Buddy on your walk

Week 2: Recycle your water bottle or bring your own reusable bottle

Week 3: Plan a week's worth of meals and follow

Week 4: Make a WRAP Plan *Not sure what a WRAP Plan is? Look for more information in Week 4's tips and tricks.

Week 5: Make a dental appointment

Week 6: Keep a Food Diary

Other Bonus Challenges:

- Check your blood pressure one time during the challenge
- Schedule a vision annual physical and medical annual physical during the challenge or has gone in the last year
- Perform one random act of kindness during the challenge
- Volunteered during the challenge

Team Challenge:

Programs/Departments will have an opportunity to work together to receive team points. For a team to receive a point per week, your team must have 50% or more participation for that week. Stay tuned for how the teams will be structured. Teams with the most points at the end of the challenge will receive a healthy meal. If there is a tie between multiple teams, the tie breaker will be percentage of overall participation.

Other Information:

- Tracking information will be sent out with the first week's information. We have streamlined the process, so hopefully it is more user friendly!
- Watch for employee wellness tips and tricks throughout the challenge. They will be sent via email and through the monthly wellness bulletins.



October Spooktacular Days!

- October 5th: National Do Something Nice Day
- October 16th: Boss's Day
- October 28th: National Make a Difference Day
- October 31st: Halloween



CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.

Brought to you by your

Central Minnesota Mental Health Center Wellness Committee

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|-----------------|-----------------|
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