

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE



The Saratoga County Citizens Committee for Mental Health
presents a free viewing of the film:

RESILIENCE: THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Wednesday, April 18, 2018
7:00 pm to 9:00 pm

Davis Auditorium in Bolton Hall at Skidmore College
Free Admission

"Resilience" chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease. "Resilience" explores how treating those suffering from stress caused by Adverse Childhood Experiences (ACEs) can improve children's lives, especially in poorer communities.

The film, through featuring interviews with several leaders in the ACEs movement, focuses on the heroic, charismatic individuals working to find practical ways of treating what some research physicians call "toxic stress." "Resilience" reveals that toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, while at the same time, chronicles the dawn of the ACEs movement that is determined to fight back.

**After the film, Dawn Daum, co-editor of
"Parenting with PTSD: the impact of childhood abuse on parenting,"
will speak on parenting with ACEs
and the importance of breaking the cycle of abuse.**



Dawn Daum is co-editor of "Parenting with PTSD," a groundbreaking book offering insight into the lives of childhood abuse survivors who are now raising families of their own. Dawn is a survivor of childhood abuse with an ACE score of 9. Through writing and public speaking, she is working to raise awareness that parenthood has the potential to derail a person's recovery, no matter how "through it" she may feel. Dawn is passionate about bringing trauma-informed care to the forefront of mental health and medical care. She is currently spearheading a trauma-informed initiative at Transitional Services Association in Saratoga Springs, where she works as a health home care manager. When Dawn isn't working or capturing life on paper, she's taking advantage of life's simple pleasures with her husband and two children.

**For more information and directions to Bolton Hall
visit www.SCCCMH-Saratoga.org or call Melodie Masterson at (518) 584-1205 ext. 2**