



Lemonade FOR Life

A guide to using ACEs to build resilience & hope

Turning Lemons into Lemonade

Researchers and practitioners know that early-life experiences can shape health across an entire lifetime and potentially across generations.

Landmark studies of early childhood tell us that the first years of life should be acknowledged as a point of intervention that can tip the scales and mitigate risk factors that lead to negative societal impacts. Our future health and well-being as individuals and as a society are undeniably linked to how successfully we support and facilitate the well-being of today's children.

The 1998 Adverse Childhood Experiences (ACEs) study provided a foundational understanding of the link between what happens during a child's early years and the health risk that child faces as an adult. Felitti and fellow researchers concluded that when young children experience or are exposed to adverse situations such as abuse, substance abuse, and mental illness, they are at higher risk for a litany of health problems, including chronic disease, mental illness and substance abuse (Felitti et al., 1998). The ACEs study underlines the importance of early intervention and parent support to help families *turn lemons into... Lemonade for Life*®.

All the population, everybody of every age, were all at one time children. And they bring to their maturity and old age the strength and scars of an entire lifetime.

– Pauline Stitt, Maternal and Child Health Bureau, 1960

The *Lemonade for Life* program seeks to translate ACEs research into practice. While the ACEs research is well-known among practitioners, tools to support discussion of ACEs with families are lacking. To address this gap, the *Lemonade for Life* program trains professionals working with parents and caregivers on use of the ACEs Questionnaire to help prevent future exposure to ACEs and promote hope and resilience.



Anticipated Program Outcomes

- Professionals are empowered to talk about ACEs as a tool in their work with families.
- Parents have tools to understand why things in their life might be so hard.
- Parents feel hopeful they can make a difference in their children's lives because they now better understand their own experiences with adversity.
- Parents feel empowered to prevent the recurrence of adverse childhood experiences through the development of safe, stable, and nurturing relationships and environments.
- Parent and family engagement in services increases, attrition decreases, and program completion rates increase.

Training Modules

1. Welcome
2. Acknowledging ACEs
3. Lemonade for Life Recipe
4. Putting ACEs in Perspective
5. Having Conversations About Difficult Topics
6. Watching & Doing
7. Hope & Resilience
8. Developing a Resiliency Plan
9. My Lemonade Stand
10. Making Effective Referrals
11. Promoting Professionals' Resilience
12. Wrap Up & Closing

Opportunities for Impact

Early Learning

Early Learning professionals have unique relationships with families as partners in the care and education of young children. With Lemonade for Life, they can learn to recognize and understand ACEs and will receive guidance on how to provide appropriate supports.

Faith-Based Organizations

Faith-based organizations provide both concrete and intangible supports for families. By learning about the impact of ACEs on multiple generations, leaders and volunteers in faith-based organizations will be better equipped to help and refer.

Medical Community

Doctors, nurses, and medical specialists have a vested interest in ACEs as they care for the long-term health of patients. Lemonade for Life offers the Medical Community an opportunity to introduce ACEs screening, learn to identify risks, and support protective factors including resilience.

K-12 Education

In order to achieve positive academic outcomes, schools must consider and address the experiences that students and families bring to the classroom. Using a trauma-informed approach, teachers and staff learn to recognize the effects of ACEs and incorporate strategies to maximize resiliency in the school setting.

Community-Based

Cross-sector training offers the opportunity to bring together a diverse group of partners to build common knowledge and provide high-quality, ACEs-informed services and supports.

Contact

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