

A decorative floral border in a light pinkish-red color frames the central text area. The border features delicate line drawings of various flowers, including what appear to be daisies and roses, along with leaves and stems. The background of the slide is a solid light pink color.

When Love Hurts

Examining the Impact of Growing Up in a Violent Home
and Building a Path To Resilience

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District 10, Zonta International

Session Agenda

Introductions

Sharing My Family's Story

Impact of Exposure to Domestic Violence at an Early Age

Mindful Reset Activity

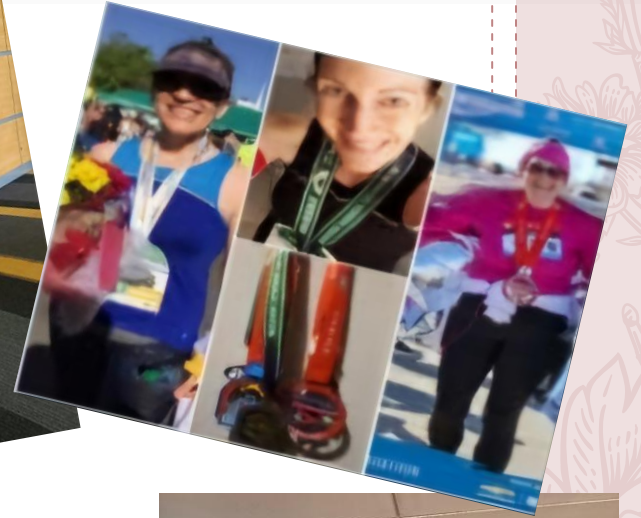
Healing and Creating Resilience

How is Zonta Making an Impact?

Q & A



Introducing Me ...



Introducing Me

- Middle Child – older sister and younger brother
- Born and raised in Texas; now reside in Oklahoma
- Earned 2 degrees in Social Work: BA and MSW; hold a clinical license
- First Career: Social Work – Acute Care, Hospice, Mental Health, Geriatric Specialty
- Second Career: Pharmaceutical Sales – Neuropsychiatry Specialty
- Joined Zonta Club of Central Oklahoma June 2016
- Favorites:
 - Color: Purple
 - Disney Princess: Ariel
 - Superhero: Wonder Woman
 - Song: I Still Haven't Found What I'm Looking For – U2

Trigger Warning!

The content of this session includes a detailed recounting of one family's struggle with domestic violence.

The nature of this subject matter is graphic and can be triggering for individuals who have experienced similar circumstances.

Please engage in self-care as needed throughout this presentation.
This may include the need to leave the session at any time.

My Family's Story



Adverse Childhood Experiences (ACEs)

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Gonzales, Andrea, McMaster University. (2009, January 1). Adverse Childhood Experiences (ACEs) Impact on Brain, Body and Behavior. [Video]. YouTube. <https://youtu.be/W-8jTTIs7Q>

Adverse Childhood Experiences (ACEs)

- Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?
- Did you lose a parent through divorce, abandonment, death, or other reason?
- Did you live with anyone who was depressed, mentally ill, or attempted suicide?
- Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?
- Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?

Adverse Childhood Experiences (ACEs)

- Did you live with anyone who went to jail or prison?
- Did a parent or adult in your home ever swear at you, insult you, or put you down?
- Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?
- Did you feel that no one in your family loved you or thought you were special?
- Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?

Adverse Childhood Experiences (ACEs)

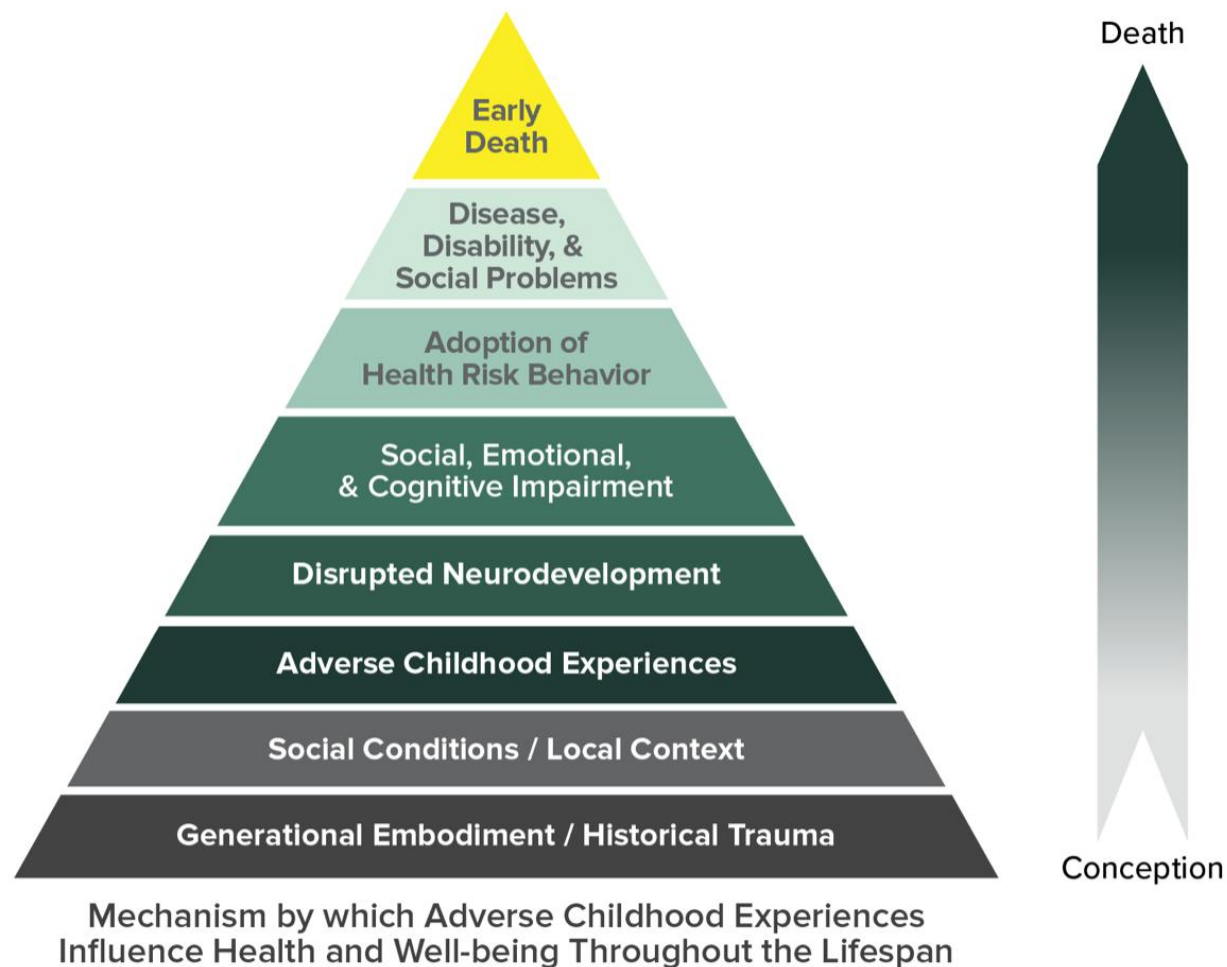
- Extremely Common – 64% of adults in the United States reported experiencing at least 1 ACE before the age of 18, and 17.3% of adults have experienced 4 or more ACEs.
- Experiencing 4 or more ACEs doubles a person's risk for Heart Disease, and significantly increases the likelihood of Stroke, Cancer, Liver Disease, Diabetes, Obesity, Asthma, and Auto Immune Diseases.
- Co-occurring adversities, such as Poverty, Racism, Discrimination, and Natural Disasters can worsen the potential negative outcomes of ACEs.

Adverse Childhood Experiences (ACEs)

- Toxic Stress occurs when there is excessive or prolonged activation of stress response systems in the brain and body.
- High doses of adversity in childhood triggers a Toxic Stress Response, which changes the way a child's brain, hormonal system, and immune system develop, and how the child's DNA is read and transcribed.
- Generational Impact – ACEs tend to repeat if the family system is not equipped to understand and address maladaptive behavior patterns.

Adverse Childhood Experiences (ACEs)

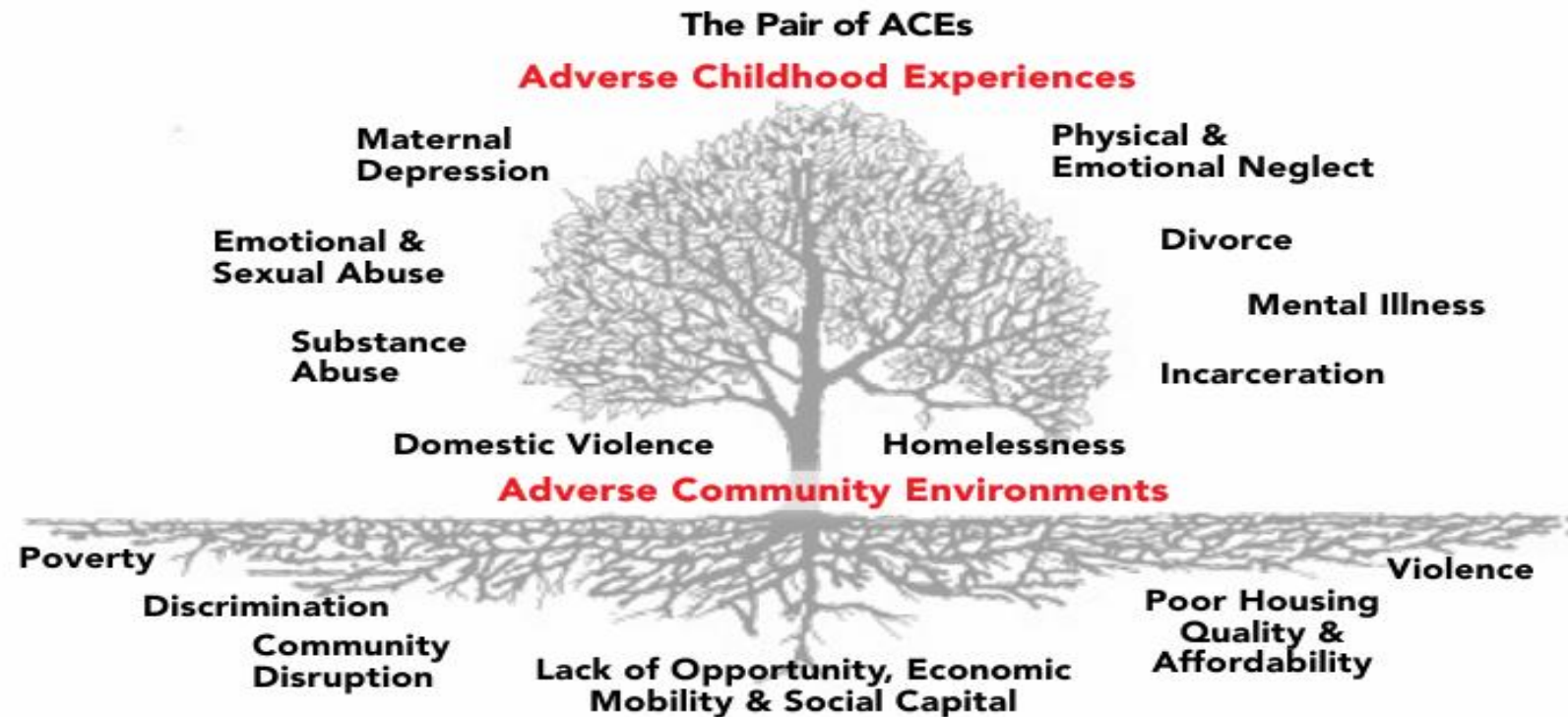
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Centers for Disease Control and Prevention. Kaiser Permanente. (2016). *The ACE Study Survey Data* [Unpublished Data].

[About the CDC-Kaiser ACE Study](#) | [Violence Prevention](#) | [Injury Center](#) | [CDC](#)

The Pair of ACEs



Ellis, W., Dietz, W.H., Chen, K.D. (2022). Community Resilience: A Dynamic Model for Public Health 3.0. *Journal of Public Health Management and Practice*, (28)1, S18-S26. doi: 10.1097/PHH.0000000000001413

ACEs Outcomes In My Family

- Anger Management Issues
- Anxiety
- Body Dysmorphia
- Complex Post Traumatic Stress Disorder (PTSD)
- Depression
- Disordered Eating
- Divorce
- Dysfunction in Interpersonal Relationships
- Low Self-Esteem
- Self-Medicating with Excessive Substances
- Sexual Assault
- Suicidal Thoughts

Mindful Reset – Partner Exercise



Coffee?

Or



Tea?





Healing From ACEs

Building a Path to Resilience



Healing and Creating Resilience

- Learn to Recognize the Triggers to the Stress Response
- Understand that what will help regulate the stress response will decrease harm of those past traumas.
 - Mindfulness
 - Meditation
 - Spending Time in Nature
 - Mental Health Interventions
 - Regular Exercise
 - Nutritional Strategies
 - Building Healthy Relationships

Mental Health Interventions

- Trauma-Informed Care (TIC)
 - Recognizes the impact of trauma on individuals and aims to create a supportive environment for healing.
 - Seeks to understand a person's life situation, both past and present.
 - Holistic Perspective:
 - Asks, “What Happened to You?” not, “What is Wrong with You?”
 - Seeks to ensure that services are welcoming and engaging for service recipients and staff.

Mental Health Interventions

- Eye Movement Desensitization and Reprocessing (EMDR)
- Trauma-Focused Cognitive Behavioral Therapy
- Cognitive Processing Therapy
- Prolonged Exposure Therapy
- Somatic Therapy
- Narrative Therapy
- Internal Family Systems Therapy
- Art and Music Therapy
- Trauma Systems Therapy

Mitigating and Preventing ACEs

- Strengthen Economic Supports for Families
 - Strengthening household financial security
 - Family-friendly work policies
- Promote Social Norms that Protect Against Violence and Adversity
 - Public education campaigns
 - Legislative approaches to reduce corporal punishment
 - Bystander approaches
 - Empower men and boys as allies in prevention

Mitigating and Preventing ACEs

- Ensure a Strong Start for Children
 - Early childhood home visitation
 - Affordable high-quality childcare
 - Pre-school enrichment with family engagement
- Teach Skills
 - Social-emotional learning
 - Safe dating and healthy relationship skill programs
 - Parenting skills and family relationship practices

Mitigating and Preventing ACEs

- Connecting Youth to Caring Adults and Activities
 - Mentoring and After-school programs
- Intervene to Lessen Immediate and Long-Term Harms
 - Enhanced primary care
 - Victim-centered services
 - Treatment to lessen harm of ACEs
 - Treatment to prevent problem behavior and future involvement in violence
 - Family-centered treatment for substance use disorders

Zonta's Impact



Zonta International envisions a world in which women's rights are recognized as human rights and every woman is able to achieve her full potential.

In such a world, women have access to all resources and are represented in decision-making positions on an equal basis with men.

In such a world, no woman lives in fear of violence.

Zonta's Impact – A Call to Action

Now is not the time to wait for things to get better. Zonta International was born from the passion of our founders who did not sit back and say inequality is bearable. Since that first day, we have stood up for ourselves and for others and we will continue to do so until equity is reality and the world we envision without violence is the one we live in.

Countless women and girls face various forms of violence within their own homes, often unable to access the vital services and protections they desperately need to survive. We must not let this continue to happen. We must raise our voices and SPEAK UP.

Salla Tuominen, President
Zonta International

Zonta's Impact

All Zonta clubs and districts are encouraged to take advocacy actions throughout the year:

- To promote the human rights of women
- To promote Sustainable Development Goal No. 5 “Achieve gender equality and empower all women and girls”
- To end violence against women and girls



Zonta's Global Impact

- Zonta Says NO to Violence Against Women
 - 16 Days of Activism
- International Service Projects
 - **Ending Child Marriage:** protecting the rights of millions of vulnerable girls and putting an end to this global violation of human rights in 12 countries in Africa and Asia.
 - **Climate Empower:** preventing climate-induced gender-based violence and other harmful practices in Madagascar, Mozambique, and South Sudan.
 - **Laaha:** providing a virtual safe space for girls and women with information about women's health, rights, and gender-based violence services.
- International Committees and Working Groups

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Overcoming Trauma and Living a Resilient Life



“You may not control all the events that happen to you,
but you can decide not to be reduced by them.
My mission in life is not merely to survive, but to thrive.”

Maya Angelou

Thank You!

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[Neighborhood Services Organization | Transforming lives](#)

[OKC Habitat Homes - Habitat For Humanity](#)



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[Home – Palomar](#)

[Pivot | Oklahoma City - a turning point for youth](#)

[Providing care and hope to victims of domestic violence, sexual assault and stalking in central Oklahoma. | YWCA Oklahoma City – Eliminating Racism Empowering Women](#)

For More Information on Evidence-Based Treatments for Trauma

[American Psychological Association \(APA\)](#)

[National Alliance on Mental Illness \(NAMI\) | Mental Health Support, Education & Advocacy](#)

[Psychology Today: Health, Help, Happiness + Find a Therapist](#)

