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HEALTHY CHARLOTTE TO SCREEN DOCUMENTARY ON CHILDHOOD TRAUMA AND RESILIENCE

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Port Charlotte, Fla. – Healthy Charlotte is sponsoring a screening of the documentary "Resilience: The Biology of Stress and the Science of Hope" Oct. 26 at 2:30 p.m. The screening will be at Ann & Chuck Dever Regional Park 6791 San Casa Dr Englewood, FL. Directed by James Redford, son of Robert, this hour-long documentary looks at the science of Adverse Childhood Experiences (ACEs) and prevention and treatment of toxic stress, now understood to be one of the largest public health issues facing our generation and a leading cause of everything from heart disease and cancer to substance abuse and depression. The documentary is designed to spread a message of awareness but, more importantly, hope.

"The film accounts the original ACE study, and the subsequent birth of a movement among communities all across the globe who are using evidence-based strategies to stop cycles of violence, addiction, and chronic disease," said Rebecca Hansen, Quality Manager for Charlotte Behavioral Health Care. Hansen, who holds a master's degree in mental health counseling, added, "Charlotte County has started having conversations about the effects of stressful events like divorce, abuse, and neglect and we are working towards making our community more resilient in the process."

As the documentary "Resilience" suggests, toxic stress can have detrimental effects on our health. While the impacts of poverty worsen the risk, no segment of society is immune. "Resilience," however, also chronicles the trailblazers in pediatrics, education, and social welfare that are using cutting-edge science and field-tested therapies to protect children from the effects of toxic stress.

Researchers are attempting to link risky health behaviors, chronic health conditions, low life potential, and premature death to Adverse Childhood Experiences (ACES).

Hansen also stated, "We want our community to know that although the consequences of childhood adversity are predictable, what's predictable is preventable. Each child in our community is just one caring adult away from being a success story."

The event will start with the film and end with a discussion on how participants can apply strategies from the film in their own lives and throughout Charlotte County. Registration is required.

Our vision for a healthy Charlotte County is a safe, equitable and vibrant community in which people feel empowered to seek and obtain opportunities and services to achieve and maintain a high quality of life.



The event is free and open to the public. To register contact Rebecca Francois at the Florida Department of Health in Charlotte County at 941-624-7200 extension 7326 or email rebecca.francois@flhealth.gov. This program is presented with financial assistance from Charlotte Behavioral Health Care.

Learn more about the film at kpjrfilms.co/resilience.

About Healthy Charlotte

Our vision for a healthy Charlotte County is a safe, equitable and vibrant community in which people feel empowered to seek and obtain opportunities and services to achieve and maintain a high quality of life.

Follow us on [Facebook](#). For more information about Healthy Charlotte or Adverse Childhood Experiences please visit www.HealthyCharlotteCounty.org.

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