



August 6, 2019

## **HEALTHY CHARLOTTE TO SCREEN DOCUMENTARY ON CHILDHOOD TRAUMA AND RESILIENCE**

**Contact:**

Jennifer S. Sexton  
Jennifer.Sexton@flhealth.gov  
941-624-7200 extension 7279

**Port Charlotte, Fla. –** The child may not remember, but the body remembers.

Healthy Charlotte is sponsoring a screening of the documentary "Resilience: The Biology of Stress and the Science of Hope" Sept. 14 at 2:30 p.m. The screening will be at the Mid-County Regional Library, 2050 Forrest Nelson Blvd, Port Charlotte. 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, "Communities are having the conversations about the effects of stressful events like divorce, abuse, and neglect and coming together to fight back and help break the cycle of adversity and disease."

As the documentary "Resilience" reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. 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.

Adverse Childhood Experiences (ACES) have been linked to:

- risky health behaviors,
- chronic health conditions,
- low life potential, and
- early death.

*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.*



As the number of ACEs increases, so does the risk for these outcomes. The wide-ranging health and social consequences of ACEs highlight the importance of preventing them before they happen.

The results of the original ACE study painted a staggering portrait of the price our children are paying for growing up in unsafe environments, all the while adding fuel to the fire of some of society's greatest challenges. However, this very same study contains the seed of hope: all the above-mentioned risk factors can be offset by the presence of one dependable and caring adult.

"It doesn't need to be the mother or the father. It doesn't even need to be a relative," said Hansen. "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.

The event is free and open to the public. To register contact Jennifer Sexton at the Florida Department of Health in Charlotte County at 941-624-7200 extension 7279 or email [jennifer.sexton@flhealth.gov](mailto:jennifer.sexton@flhealth.gov). This program is presented with financial assistance from Charlotte Behavioral Health Care.

Learn more about the film at [kjrfilms.co/resilience](http://kjrfilms.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](http://www.HealthyCharlotteCounty.org).

*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.*