Resilience From Our Roots
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Speaker:
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In this webinar, Beverly Cook (Mohawk Nation), St. Regis Mohawk Tribal Council Chief and family nurse practitioner, discusses the Adverse Childhood Experiences (ACE) scale and the impact of high ACES scores on adult health and wellbeing, advocating for a trauma-informed approach to care that involves administering ACE and resilience scales in clinics. She also describes important, culturally-based healing programs that are being implemented on the Akwesasne Reserve, including rites of passage and Centering Pregnancy.

Learning Objectives
After watching this webcast participants will be able to:

- Understand how Adverse Childhood Experiences affect our health through the lifespan
- Understand the concept of transgenerational trauma and its impacts on Native people
- Identify ways in which some tribal communities are addressing these issues

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