

COMMUNITY RESILIENCE COOKBOOK
www.communityresiliencecookbook.org

REFLECTION QUESTIONS

1. In your community, which groups, agencies or individuals have already been exposed to the ACE study, toxic stress and resiliency concepts?
2. Who has yet to learn about this information?
3. What are some of the ways you can educate others about ACEs, toxic stress & resilience? Who can help this effort?
4. What kinds of data and research would help you understand the impact of ACEs in your community? Does any such data already exist? If not, how could you gather it?
5. In addition to the original ACE study, are there other sources of adversity particular to your community such as neighbor violence or racial/ethnic discrimination or trauma?
6. Who can be your partners in the work of preventing childhood adversity and building resilience among individuals and families? Think about obvious partners and unlikely allies.
7. What would you or your organization do to prevent ACEs and boost resiliency if you had absolutely no budget? What would you do if funds were unlimited?
8. What are the skills, assets and resources in your community that might be tapped in the work of preventing ACEs and building resiliency? Which do you need?
9. What kinds of education, training, supervision or mentorship could help your community become more trauma-informed?
10. When you envision a resilient community, what do you see? How is it different from what currently exists? How will you get from here to there?