Responding to Adverse Childhood Experiences (ACE)

Restorative Integral Support (RIS)

Exercise: Guidance for carrying out "Restorative Integral Support" (RISing)

The following exercise is designed to help develop your ACE Response by identifying inner and outer resources for support. We will explore your thoughts, feelings, and actions as well as community and structural supports in RISing.

• Feelings • Strengths • Passions	• Behaviors • Physical supports • Job activities
• Community values • Social networks	• Work system • Other systemic supports

These dimensions can be mutually supportive and aligned with your purpose.

<u>What you think and feel</u>

What is your awareness and understanding of ACE and related research?

What is your purpose in regard to ACE Response?

How do you feel about engaging in ACE Response?

What capacities and gifts do you bring to ACE Response?

<u>Your actions</u>

How do you lead? How can you set a compassionate example?

What actions can you take to raise awareness of ACE consequences and the potential for recovery?

What can you do to engage others in ACE Response?

What physical supports do you need to carry out these activities?

<u>Community</u>

Who is engaged in ACE Response with you? What social networks support the development of a culture of recovery?

What are some ways to expand your ACE Response community? What resources would support you and others contributing to healthy social networks?

How can you involve staff or community coalition members in clarifying values and principles behind your ACE Response initiative? What is your shared vision?

Who sets a leadership example for you? What is it about this person that you admire? How does this leadership support ACE Response?

<u>Systemic/structural supports</u>

Does your agency support RISing? What other systems support ACE Response? What are some ways to remove obstacles?

How might the media facilitate sharing of ACE Response knowledge?

How can systems be brought together for comprehensive ACE Response? What existing best practices in the local community can be brought together on-site?

What societal, community, and/or agency policies help develop a recovery-oriented system and culture? Are there policies that could be changed?