

# ACES & TBRI

Shelby Baird

Crossroads NOLA

ACES

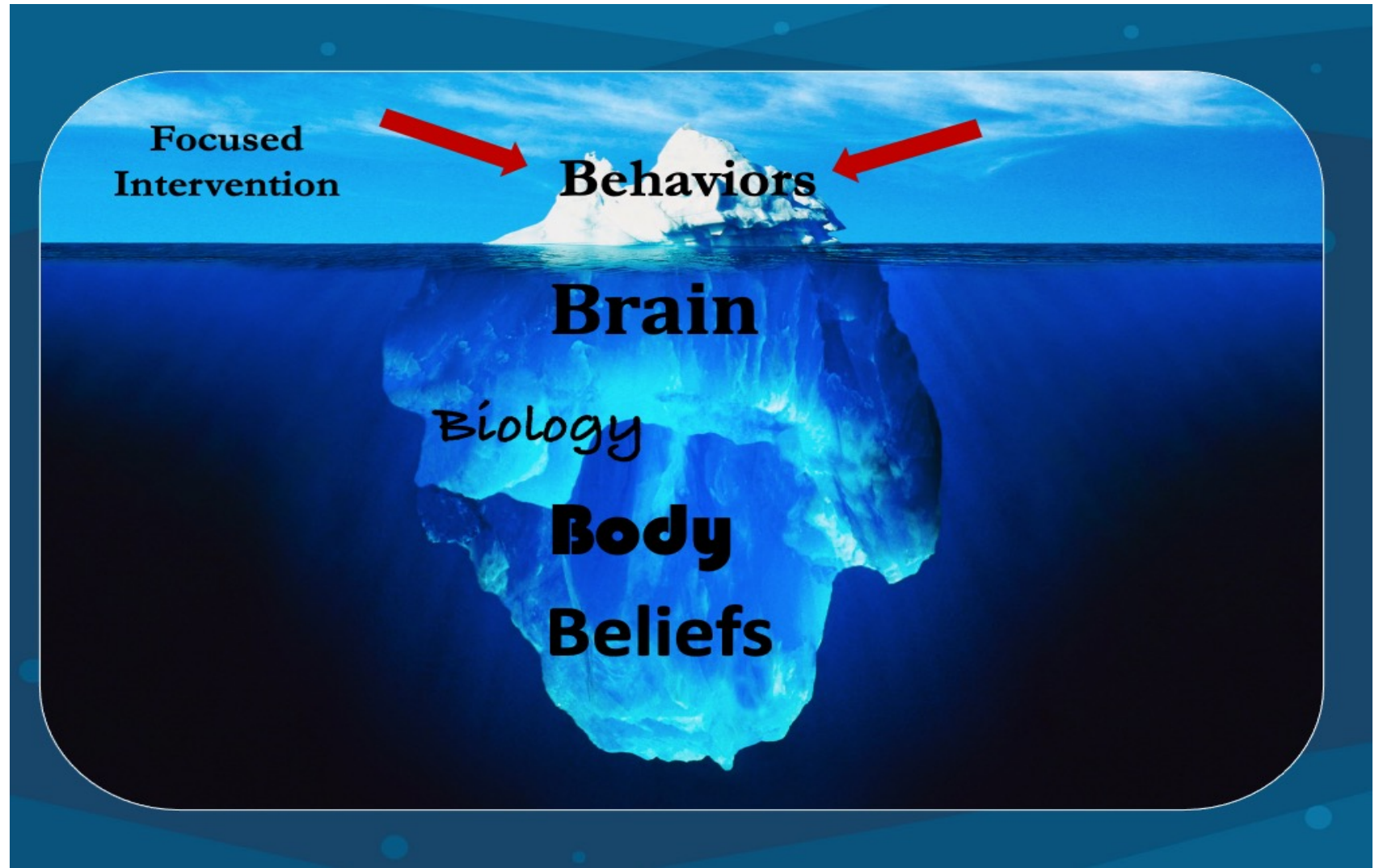
## Adverse Childhood Experiences

How experiences impact lifelong health

# TBRI

- A holistic intervention that has been developed over the past decade
- An evidence-based practice that meets the needs of the “whole child”
- An approach to caregiving that is developmentally respectful, responsive to trauma, and attachment-based
- TBRI is effective because it is founded in research, theory, and experience

# The 5 B's



## Understanding Risks

- Difficult pregnancy
- Difficult birth
- Early Hospitalization
- Abuse
- Neglect
- Trauma
- System Affects

# Hand model of the brain

## Hand Model of the Brain

Prefrontal Cortex



P. F. C.  
"The Wise Leader"

The AMYGDALA

"Watchdog of the Brain"

Expression of Big Emotions

Anger, Fear & Anxiety =

**FIGHT, FLIGHT or FREEZE**

"The Thinking Brain"

Your brain working in harmony.

All parts are connected and

talking. The upperpart of the

brain can be accessed for logic,

socializing and reasoning. Our

upper brain is hugging our mid-

brain, making it feel safe!



"Emotional Brain"

Expression/regulation of feeling

memories, Relationship/attachment

**MINDFUL MOVEMENT**

Why are we doing  
this?

My **PREFRONTAL CORTEX**

Is the **WISE LEADER**

But when I **FLIP MY LID**

**My AMYGDALA** Does the talking

And then I **CAN'T**

"Flipped Your Lid"

Upper and lower parts of

the brain are no longer

connected and talking,

logic no longer influence

emotions you've "flipped

your lid!"



HAND MODEL OF THE BRAIN

Adapted by Dr. Dan Siegel

Illustration, Volunteers for Youth Justice © 2020

Traditional  
caregiving  
model

**CORRECTING**

EMPOWERING

CONNECTING

Trust Based  
Relational  
Intervention

CORRECTING

EMPOWERING

**CONNECTING**





STAY CALM

No matter what

SEE THE NEED

Behind the behavior

MEET THE NEED

Find a way

DON'T QUIT

If not you then who?