

NEAR (Neuroscience, Epigenetics, ACEs and Resilience) Science

Turtle Mountain Community College
Wednesday, September 30, 2015

Wednesday , September 30, 2015		Auditorium	
8:45	Sign in		
9:00- 9:15	Welcome and Prayer		
9:15-12:00	NEAR Science <i>Presenter:</i> <i>Laura Porter</i>	NEAR Science is a cluster of fields of study that include Neuroscience, Epigenetics, ACEs and Resilience. Learn how NEAR Science can help strengthen each family.	<u><i>Audience:</i></u> <i>Direct Service Providers, Administrators and Policy Makers</i>
1:00-4:00	Policy Discussion <i>Facilitator:</i> <i>Laura Porter</i>	Work in consultation with one another to generate and develop program/system improvement ideas that are informed by NEAR and hold promise for improving outcomes.	<u><i>Audience:</i></u> <i>Policy Makers and Administrators</i>
5:00-7:00	Community Dinner & NEAR Discussion <i>Facilitator:</i> <i>Laura Porter</i>	We will begin a community conversation about the health of our tribal and community members and how to use NEAR Science to promote the resilience of all generations.	<u><i>Audience:</i></u> <i>Spirit Lake Elders and Community Stakeholders</i>

NEAR Science

NEAR Science: Stressful events that happen in our early years of development affect us in ways that last our entire lives. Science tells us that from our birth, our brains are growing and adjusting to our environment. Whether traumatic, friendly, threatening or soothing, our experiences get wired into our biology. There are two primary acronyms to know.

- **ACEs:** Adverse Childhood Experiences harm children's developing brains. Each person can take a 10-question survey to determine his or her ACE score. ACEs are risk factors, not determinants.
- **NEAR Science:** It's a cluster of fields of study that include Neuroscience, Epigenetics, ACEs and Resilience. Putting all of these fields together is an important part of strengthening each family you work with.

In the field many prefer the term NEAR Science because it gives a better, holistic picture of a person's experiences over his or her lifetime; it also incorporates resilience, which is an important factor in the outcomes of a person's life.

Presenter Biography

Laura Porter is from the Adverse Childhood Experiences (ACEs) Learning Institute for Foundation for Healthy Generations. She oversees analysis of ACEs and resiliency data from youth to adults in Washington. Laura works with local and state leaders to embed developmental neuroscience and resiliency findings into policy, practice and community norms. Laura has worked with leaders in several American Indian communities throughout Washington state in their work to reduce ACEs and build family resiliency.