

## **Broken Path: From Adverse Childhood Experiences to Resiliency E-Learning Course**

### **Overview**

The impact of early childhood experiences, positive or negative, on individuals throughout the course of their lifetime is significant. These events also directly correlate to the risk and resiliency factors of those who experience them. Unfortunately, many of those we serve have experienced a disproportionate number of adverse childhood experiences. Some of these experiences may involve a general lack of support or a nurturing environment; others, however, may cross over into the realm of trauma. This session will emphasize not only our mandate to “do no harm” in working with those who have previously been wounded but also will focus on ways to help reestablish a sense of empowerment to those who may have come to feel disempowered and who are at increased risk for negative life experiences.

### **Successful Completion**

This course offers up to 1.5 contact hours for participants. To receive contact hours, participants must submit a completed evaluation and request for credit form and complete the course with a satisfactory grade of 80% or higher on the quiz. NAADAC Certificates, as well as Non-CE Certificates of Completion, are available immediately for electronic download upon satisfactory completion of the course.

### **Objectives**

*By the end of the course, participants will be able to:*

- Utilize and interpret the results of the Adverse Childhood Experiences Questionnaire.
- Articulate at least three adverse experiences covered in the Adverse Childhood Experiences Questionnaire.
- Identify at least three negative outcomes correlated with experiencing adverse childhood experiences.
- List at least three experiences that are correlated with greater resiliency in individuals.
- Verbalize two practical steps they can take to help mitigate adverse childhood experiences and foster greater resiliency in those they serve.

### **Disclaimer**

Opinions expressed herein are the views of the contributors and do not reflect the official position of the University of Missouri-Kansas City School of Nursing and Health Studies (UMKC-SoNHS). No official support or endorsement by UMKC-SoNHS is intended or should be inferred.

**Commercial Support** – There is no commercial support for this program.

### **NAADAC Accreditation Statement:**

This course has been approved by the University of Missouri-Kansas City School of Nursing and Health Studies (UMKC SoNHS) as a NAADAC Approved Education Provider, for 1.5 CE(s). NAADAC Provider #64973, UMKC School of Nursing and Health Studies, is responsible for all aspects of its programming.

**Enduring Materials** – Contact hours will be awarded for this program through October 15, 2026.

Contact Angela Bolen at [bolena@umkc.edu](mailto:bolena@umkc.edu) or 816-235-6611 if you have questions regarding continuing education credit.