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FILMS

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

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Produced by KAREN PRITZKER & JAMES REDFORD Directed by JAMES REDFORD
Executive Producer KAREN PRITZKER Executive Producer REGINA K. SCULLY
Co-Producer DANA SCHWARTZ



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LOGLINE

RESILIENCE: THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE chronicles the birth of a new movement among pediatricians, therapists, educators and communities, who are using cutting-edge brain science to disrupt cycles of violence, addiction and disease.

SYNOPSIS

"The child may not remember, but the body remembers."

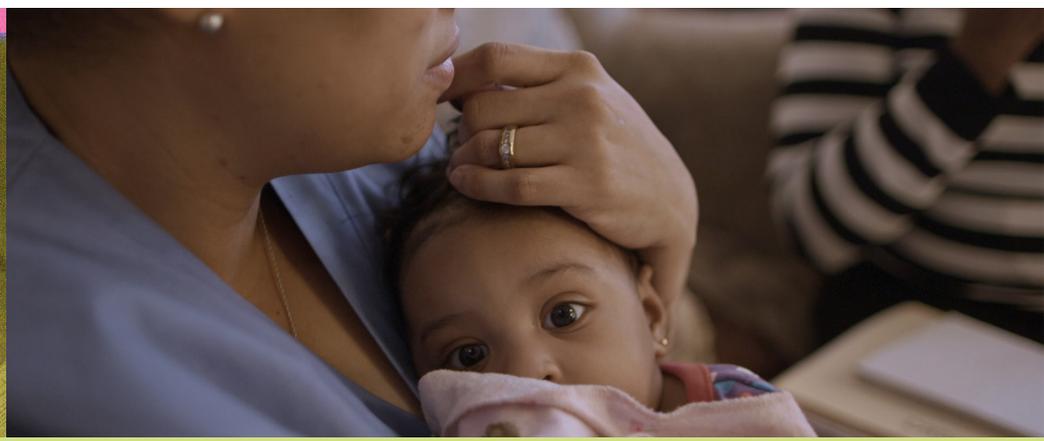
The original research was controversial, but the findings revealed the most important public health findings of a generation. *RESILIENCE* is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior.

However, as experts and practitioners profiled in *RESILIENCE* are proving, what's predictable is preventable. These physicians, educators, social workers and communities are daring to talk about the effects of divorce, abuse and neglect. And they're using cutting edge science to help the next generation break the cycles of adversity and disease.

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About the Film



"This is the biggest public health discovery we've ever seen."

– Laura Porter, Co-Founder, ACE Interface

When it was controversial to even think of asking patients about taboo subjects, the ACE Study dared to ask questions like, *Were you sexually abused as a child? Did you have a parent who was an alcoholic?* The answers produced a public health revelation. For the first time, the loss of a parent through death, divorce or incarceration and other traumatic childhood experiences such as living with an alcoholic parent or being sexually abused was conclusively linked to both physical and mental health problems later in life. ACE, or Acute Childhood Experiences score, are now understood to lead to early onset heart disease diabetes, addiction and depression. Understanding that a broken-hearted child is more likely to suffer from mental and physical illnesses as an adult has professionals of all kinds asking, *How can we help children before their physical and mental health problems emerge as adults?*

RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE uses beautiful animation and compelling characters to explore the science and the solutions. The film follows pioneering individuals who looked at the ACEs research and the emerging science of Toxic Stress and asked, *Why are we waiting?* Each took this new information and used it in new ways.

Dr. Nadine Burke Harris, a pediatrician in San Francisco, intervenes early with her young patients who are greater risk for diabetes and asthma as well as learning and behavior problems now. In New Haven, Connecticut, we meet Alice Forrester and Laura Lawrence of The Clifford Beers Clinic, which provides mental health services for children by including the entire family in their programs. In an elementary school across town, kindergarteners recite "Miss Kendra's List"—a bill of rights for children—and learn ways of expressing and coping with their stress. In the great Northwest, communities across the state of Washington brought together teachers, police officers, social service workers and government officials to learn about the brain science of adversity. Since implementing "trauma-informed" policies and practices, these communities have seen drastic reductions in rates of everything from dropping out of high school to teen pregnancy, and youth suicide domestic violence.

RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE chronicles the promising beginnings of a national movement to prevent childhood trauma, treat Toxic Stress, and greatly improve the health of future generations.

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Characters



Nadine Burke Harris, MD
Pediatrician
CEO, Center for Youth Wellness
San Francisco, CA



Robert Anda, MD
Epidemiologist, Centers for Disease Control
Co-Founder, ACE Study



Vincent Felitti, MD
Chief of Preventive Medicine,
Kaiser Permanente San Diego
Co-Founder, ACE Study



Jack Shonkoff, MD
Pediatrician
Director, Center on the Developing Child,
Harvard University



Laura Lawrence
Family Advocate, Clifford Beers Clinic
New Haven, CT



David Johnson, PhD
Clinical Psychologist
Co-Director, Post Traumatic Stress Center
New Haven, CT



Laura Porter
Co-Founder, ACE Interface Washington State



Victor Carrion, MD
Director of Research Programs,
Early Life Stress & Pediatric Anxiety Program
Stanford University



Alice Forrester
President/CEO, Clifford Beers Clinic
New Haven, CT

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