

Nature as a Pathway for Healing from Adverse Childhood Experiences (ACEs)

ACEs ENCOUNTERED by children and families, include:

- Poverty
- Neglect
- Violence
- Abuse
- Mental health issues
- Substance use

Children who experience ACEs MAY STRUGGLE WITH:

- Chronic health problems
- Mental health issues
- Substance use
- Poor nutrition and health
- Academic difficulty and truancy
- Disconnection from the natural world

RESEARCH INDICATES that nature-based interventions can play a vital role in improving:

- Children's physical health, mental health and well-being
- Social emotional skills
- Family bonds and communication
- Sense of belonging
- Connection to the natural world

INCORPORATE NATURE into therapeutic, family and educational settings:

- Nature therapy
- Forest bathing
- Outdoor Meditation
- Nature play
- Environmental education
- Gardening
- Care of animals
- Outdoor leisure activities
- Cultural use of plants
- Nature-focused arts and crafts

HEALTHY OUTCOMES for children and families:

- Permanency & stability
- Safety in the outdoors
- Healing for families and youth
- Self-regulation
- Family connection
- Cultural connection
- Community health
- Connection to nature

TIME IN NATURE HELPS CHILDREN AND FAMILIES COPE WITH ADVERSITY AND ACHIEVE RESILIENCE, RECOVERY AND REGULATION