

## **The Community Champions Program: A Community-Based Intervention to Mitigate and Prevent Adverse Childhood Experiences (ACEs) and Improve Well-being in Harmon County**

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Adverse Childhood Experiences (ACEs) include experiencing abuse, violence, or substance use in the home, or having a parent incarcerated. ACEs are associated with long-term changes, which result in poor mental health, substance use disorders, and reduced educational and occupational achievement. More importantly, the prevention of ACEs can have a positive impact on education and employment levels. Thus, providing intervention resources is pivotal to reducing negative life outcomes in Harmon County, OK. Our community intervention-based research will have TWO main goals: 1) Understanding the particular risk and resilience factors of community members and 2) Providing community education that focuses on understanding the impact of ACEs. We will partner with existing community resources, such as Shortgrass Community Healthcare Center, to assist them in implementing the Neuroscience, Epigenetics, ACEs, and Resilience Science (NEAR) curriculum. This will further equip them to increase positive coping resources and strategies in their community, which will have a long-term effect in improving the community's health and well-being