

# The Prouty Voice

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## What can we do to address Adverse Childhood Experiences?

By Chloe Learey, Executive Director

Years of research have demonstrated that ACEs – Adverse Childhood Experiences – have an impact on child development and ultimately adult health outcomes. Much of this information can be found at ACESTooHigh, a news site that reports on research about adverse childhood experiences, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress. Prolonged exposure to trauma creates an environment of toxic stress which can change the architecture of the brain due to the physiological response stress produces. Fortunately, the human brain is elastic, particularly in the early years, and there are things we can do in our work with young children and their families to decrease exposure to ACEs or decrease the negative impact they may have.

One of the tools we can use to address the impact of ACEs is a “trauma-informed approach.” Understanding that parents may have experienced ACEs helps us implement a trauma-informed approach throughout our programs. This approach is based on a set of principles versus prescribed practices or procedures and includes: safety, trustworthiness and transparency, peer support, mutuality and collaboration, empowerment, voice and choice, and cultural, historical and gender issues<sup>1</sup>. These broad principles can be applied in specific ways depending on the work being done, including helping us support children who may be experiencing trauma. This gives us a tool for joining families to help them build their capacity and resiliency.



Building capacity and resiliency are key components of another framework we use in our work to combat ACEs and their negative effect. The Strengthening Families Approach from the Center for the Study of Social Policy identifies five protective factors that contribute to families having what they need to successfully support their child's development, and ultimately reduce the child abuse and neglect. These factors include: parents who are resilient and have the skills they need to deal with stress; families who are connected to a larger community, families with access to concrete supports, like financial assistance, when needed; parents who have an understanding of child development and have effective parenting skills; and children whose social emotional skills are developed. What does this look like in our day to day work? It means families having access to prenatal and postpartum support, like a nurse from Children's Integrated Services being able to visit them at home to help with breastfeeding. It means bringing parents of 3 to 5-year old children together in a “Positive Parenting Solutions” training, offering learning and connection with other parents. It means teachers trained and coached in implementing The Pyramid Model in the classroom to support social-emotional development. It means Family Support Workers who can help families access resources to meet their basic needs.

In 2014, Vermont was the first in the nation to address adverse childhood experiences so specifically in health care at a legislative level. This year, the Vermont Legislature approved Act 43, “An Act Relating to Building Resilience for Individuals Experiencing Adverse Childhood Experiences.” According to the bill's summary, it “establishes the interim Adverse Childhood Experiences Working Group that shall meet to analyze existing resources related to building resilience in early childhood and propose appropriate structures for the most evidence-based or evidence-informed and cost-effective approaches to serve children experiencing trauma.” Investing more in early childhood, including community based services like family support, early intervention, and nursing, is an important piece of the equation to decrease ACEs, build resilience and ameliorate the harmful impact of childhood trauma and toxic stress.

<sup>1</sup> <https://www.samhsa.gov/nctic/trauma-interventions>

**ACES  
Too  
High!**

You can learn  
more about ACEs at  
[www.acestoohigh.com](http://www.acestoohigh.com)



The Winston Prouty Center for Child and Family Development provides inclusive education and family support to promote the success of children and families.

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## UPCOMING EVENTS:

### Renters 101

**Tuesdays: October 10, 17, 24, 31 ~ 1:00-3:00 pm**  
**Windham Windsor Housing Trust, 68 Birge St.**

Renters 101 course is for individuals who are looking to improve their rental history, learn what their rights are as tenants and learn what it means to be a good tenant.

More info: Emily Clever: (802) 257-7852

### Hike for the Homeless

**Saturday, October 14 ~ 10:00 am**

**Wantastiquet Mountain, Hinsdale, NH**

7th Annual Hike for the Homeless supports Groundworks efforts to house our neighbors experiencing homelessness. Hikes to the summit or walk the River Trail at the base of the mountain. Start times: 10am and 12:30pm start times.

More info: [www.groundworksvt.org](http://www.groundworksvt.org)

### Positive Solutions for Families

**Mondays: October 16, 23, 30, November 6, 13, 20 ~ 5:00-7:00 pm**  
**Winston Prouty Center**

Free series provides information for families on how to promote children's social and emotional skills, and use positive approaches to help children learn appropriate behavior. Dinner and child care provided. More info: Brandy (802) 257-7852

### ELC Open House

**Thursday, October 19 ~ 5:30 pm**

Potluck dinner and time to explore your child's classroom and enjoy the company of their friends and teachers.

### Community Forum: Seasonal Overflow Shelter

**Wednesday, October 25 ~ 6:00 pm**

**Winston Prouty Center - Vermont Hall**

Groundworks Collaborative will share their plans and protocols for operating the seasonal overflow shelter on campus, which is set to begin next month (weather depending).

### Family Circle

**Thursday, October 26 ~ 4:30-6:30 pm**

**Winston Prouty Center**

Monthly gathering of families in the Acorn room to connect, share a meal, learn and grow together. Light dinner is provided.

## COMMUNITY BASED SERVICES

### CHILDREN'S INTEGRATED SERVICES (CIS)

**Alison Wheeler, CIS Coordinator**

Ext. 314 alison@winstonprouty.org

**Willie Gussin, CIS Intake Coordinator**

Ext. 303 willie@winstonprouty.org

### CIS FAMILY SUPPORT

**Kerri Beebe, Family Support Worker**

Ext. 204 kerri@winstonprouty.org

**Kellyn McCullough, Family Support Worker**

Ext. 305 kellyn@winstonprouty.org

### CIS NURSING

**Jean Vulté, CIS Nurse & Lactation Counselor**

Ext. 211 jean@winstonprouty.org

**Sally Pennington, CIS Nurse & Lactation Consultant**

Ext. 206 csnurse1@gmail.com

### CIS EARLY CHILDHOOD FAMILY MENTAL HEALTH

**Jennifer Emerson, ECFMH Clinician**

Ext. 202 jemerson@hcrs.org

**Brandy Levesque, Consultation & Behavior Support Specialist**

Ext. 228 brandy@winstonprouty.org

**Shawn Lund, Consultation & Behavior Support Specialist**

Ext. 216 shawn@winstonprouty.org

**Maura Shader, ECFMH Clinician**

Ext. 202 mshader@hcrs.org

### CIS EARLY INTERVENTION

**Lisa Adams, Developmental Educator**

Ext. 224 ladams@winstonprouty.org

**Mary Coogan, Early Interventionist**

Ext. 315 mary@winstonprouty.org

**Kathy Hallock, Developmental Educator**

Ext. 219 kathy@winstonprouty.org

**Ellen Ostrander, Early Interventionist**

Ext. 227 ellen@winstonprouty.org

**Joanne Shaw, Community Resource Parent**

Ext. 208 joanne@winstonprouty.org

### CHILD CARE SUPPORT SERVICES

**Tonya Kangas, CIS Child Care Coordinator**

Ext. 312 tonya@winstonprouty.org

**Jeanna Genest, FAP Eligibility Specialist**

Ext. 311 jeanna@winstonprouty.org

**Kristy Rose, Food Program Specialist**

Ext. 317 kristy@winstonprouty.org

### FAMILY SUPPORTIVE HOUSING

**Emily Clever, Housing Resource Coordinator**

Ext. 203 emily@winstonprouty.org

**Crystal Blamy, Family Supportive Housing Coordinator**

Ext. 201 crystal@winstonprouty.org

## KIDS IN COATS FUND



If your family needs assistance with winter outerwear for children, you may be eligible for United Way of Windham County's Kids in Coats Fund. Here is a summary of the eligibility guidelines for KIC:

- Children ages 0-grade 6 are eligible for assistance
- Children must reside in Windham County
- Families must be at or below 130% of federal poverty level
- Families will receive vouchers (valid November 6, 2017 – January 7, 2018) for use at participating stores (inc. resale and retail) to purchase winter outerwear
- All eligible families may not receive assistance, due to limited resources; there will be a lottery system for all eligible families. ONLY eligible families will be included.

All applications must come through a referral source such as social service agencies, schools or early childhood providers: no self-referrals are accepted. The Winston Prouty Center can accept applications for the Kids in Coats Fund. For an application, contact us at (802) 257-7852, email [sdinicola@winstonprouty.org](mailto:sdinicola@winstonprouty.org), or pick up an application at our front desk at 209 Austine Drive in Brattleboro, VT 05301. **Applications are due October 13, 2017.**

For more information about the program, visit [unitedwaywindham.org](http://unitedwaywindham.org) or call United Way of Windham County at (802) 257-4011 x111.



## EARLY LEARNING CENTER

Kimberley Paquette, ELC Program Coordinator  
Ext. 306 kim@winstonprouty.org

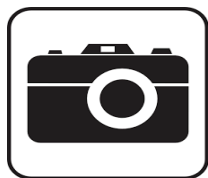
Angela Hoag, ELC Administrative Coordinator  
Ext. 210 angela@winstonprouty.org

Sueño LeBlond, Outreach Specialist  
Ext. 229 sueno@winstonprouty.org

Sara Fradkin, Brianna Root, Kathy Wright  
Floating Teachers

Bob Peebles, Susan Mandell  
Volunteers

Paul Rossi, Liz Martin  
Kitchen & Lunch Support



### CLASS PHOTO DAY

On Thursday, October 19, we will be taking class photos. Each child will receive one 5x7 photo at no cost. If your child does not regularly attend on Thursdays, you are welcome to stop by for the picture. We will post the scheduled times in advance.

## Acorn Room

Nancy McMahon, Michelle Goodwin, Mandi Martin / Ext. 218 / Email: nancy@winstonprouty.org

Our new Acorns have been together for a month now and are getting settled into their own flow and schedules. It's been an adjustment for all of us to be with younger babies and start the year anew. The room has been scaled down to younger size and age, but my they are growing so fast already! We have enjoyed getting to know these new friends and become familiar with who they are and who we are to them. So the relationship begins!



*Four friends snoozing together on a sunny fall day*

We have enjoyed some late summer walks, which they all seem to love. We found out which trees provide the best apples on the campus and picked them to make apple sauce for a later winter snack.

Introducing music circle with babies is always so magical and this group seems to like it as much as last year's group! We are singing songs that include our names, apples, leaves, squirrels and nuts. We also sing the familiar songs that they may know from home, like Twinkle Twinkle, You are My Sunshine, Itsy Bitsy Spider and Old Mac Donald.

It's been a very busy and exhausting month, but so worth the work as we form relationships and bonds with child and family. Thank you for trusting us with your babies! We grow fonder of them every day.

Please sign up for a parent conference on October 6th and 9th. We will come to you for a home visit, check in on how its going, talk about the great growth we are seeing and set goals!

## Elm Room

*Susan Heimer, Allie Barrett / Ext. 207 / Email: [susan@winstonprouty.org](mailto:susan@winstonprouty.org)*

"Getting to Know Us" was the theme in the younger toddler classroom for September. For the first time in Prouty history, most of the group already knew each other (as the entering Infant Room class last year!). New children got used to the classroom, too, as we implemented a very predictable schedule and featured favorite toys during this "easing in" period. Our activities encouraged both large and small group participation as with the bubble session, chalk art activity, and clothespin counting game pictured here. Soon we look forward to getting to know the families better, too, during our upcoming October parent conferences.



Socializing is as much fun as using the blocks!



Cooking with house corner props



Clothespin counting game

## Maple Room

*Amy Fulton, Mindy Brennan / Ext. 205 / Email: [amy@winstonprouty.org](mailto:amy@winstonprouty.org)*

Each fall we look forward to apple picking at Green Mountain Orchards. This year apple picking went beautifully and what a perfect way to spend time with our Maples and their parents. Thank you to everyone!

We began with a special treat of apple cider and apple cider donuts (and one nut bar). Once all the sugar was wiped off our hands we were ready for a wagon ride! The wagon ride was so much fun. Did you know Cora's Grammy Andrea, owns the apple orchard? Usually we have a hay wagon pulled by a tractor but today Cora's family treated us to the horse wagon.



This year the apples were so red and some were very big! We picked a lot of Gala apples and some Cortland apples. The children needed a little help picking them but they learned fast!



## Birch Room

Jamie Champney, Kim Jacques, Alfred Hughes, Jr.

Ext. 220 / Email: [jamie@winstonprouty.org](mailto:jamie@winstonprouty.org)

September was a month full of learning "All About Me! We made an "All About Me" class book, made self- portraits, and started our "Birch Family Tree!" We spent the month getting to know each other; our names, ages, eye color, hair color, whether we are boys or girls, and what we like to do for fun. We have also been learning our class rules and routines, our class schedule, and building positive peer relationships!

Every day at lunch Alfred asks the group a "Question of the day" related to the current theme or children's interests. As part of helping the children begin to understand what it means to have a quiet tone, Alfred asked the children "What do you do when someone yells?"

Here are some of the responses from the children:

*Sienna - Ignore them.*

*Boden - I put my hands to my ears.*

*Jeffrey - I just walk away.*

*Shawndra - I walk away.*

*Layla - I plug my ears and walk away.*

*Desiree - I go sit in my cubby.*

*Kali - Walk away.*

*Orin - It hurts my ears so I walk away.*

*Parker - I say "Stop screaming and I put my hands to my ears."*

*Charlotte - It hurts my ears, so I walk away.*

*Adrian - I try to get away.*

October will be a month full of learning about autumn and the change in seasons. We will learn all about apples and pumpkins, as well as what the animals are doing to get ready for the winter. We are looking forward to our field trip to the Green Mountain Orchard in Putney on October 5th and to our open house on October 19th! Thank you to Sienna's Gram for donating two large pumpkins from her pumpkin patch for us to carve at the open house! We have had a great first month of the school year and are excited to see what October will bring in the Birch Room!

## Our Class Rules



Looking Eyes



Listening Ears



Quiet Mouth



Helping Hands



Walking Feet

### One of the pages from our All About Me book!



**My name is Layla.**

**I am 4 years old.**

**My favorite food is mac and cheese.**

**My favorite drink is orange juice.**

**My favorite animal is a zebra.**

## Oak Room *Sarah Bemis, Alyssa Kelly / Ext. 217 / Email: sarah@winstonprouty.org*

September has been a busy and exciting month. We have welcomed our new friends into our classroom and have worked at building connections within our classroom community. The theme for this month was All About Me. We enjoyed learning more about one another through a variety of different activities. Some of these activities included question of the day at circle time, art and writing tables, blocks, sensory table and dramatic play. We also enjoyed learning more about our bodies. We worked to measure our hands and feet with unifix cubes, created life size self-portraits of our bodies and faces, and experimented with our sense of touch, smell, and sound. We have also discovered our friends are a very musical group and enjoy daily dance parties at transitional times throughout our day.

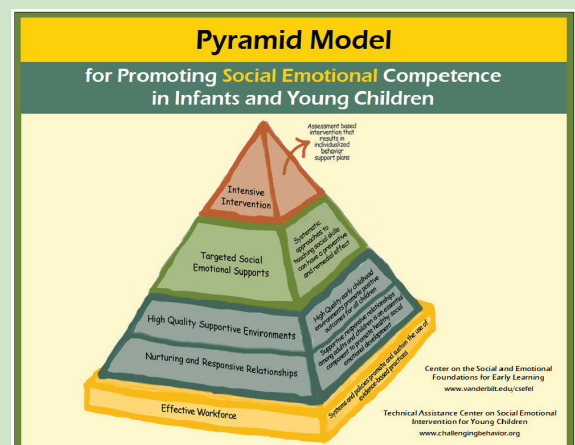
We are looking forward to October and all the wonderful activities we have planned. Our theme for October will be Fall and Nutrition with a special focus on a local favorite, apples! We look forward to going apple picking with our friends and their families. October also includes home visits and our ELC open house. We can't wait to connect with families and get to know them a bit better through these events.



## What is the Pyramid Model?

The Oak Room is a pilot site for this approach to supporting young children's social emotional development

The Pyramid Model is an evidence-based framework for structuring environments and interactions with young children to promote their social emotional development, one of the most important things that can happen in the earliest years. It identifies supports at 3 different levels in a pyramid structure: the bottom of the pyramid is universal best practices for all children, including nurturing and responsive relationships. These are elements we hope to see in place in all environments. The middle level identifies the need for supports for children who may need a bit more individual instruction to prevent challenges, and the smallest level for children who need more intensive intervention due to persistent challenges. We expect few children will require intervention if the universal and prevention parts of the pyramid are in place, thus we view this as "the top of the pyramid." Often a crisis of behavior in a classroom is responded to with intervention. However, it is not necessarily a long-term solution if other elements of the pyramid are not practiced.



## October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Happy Birthday Kim! Izailia is 1!	<b>2</b>	<b>3</b> Melissa is 2! ELM Room Field Trip	<b>4</b> Happy Birthday Jeanna!	<b>5</b> Maddie is 1! BIRCH Room Field Trip	<b>6</b> ELC closed for Parent Teacher Conferences	<b>7</b>
<b>8</b> Charlotte is 1!	<b>9</b> ELC closed for Parent Teacher Conferences	<b>10</b> Kali is 5! Kent is 3!	<b>11</b> Ava is 5!	<b>12</b> Cora is 2! Fire Department Visit	<b>13</b> Happy Birthday Willie!	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b> Happy Birthday Allie!	<b>18</b>	<b>19</b> Class Photo Day! Open house & Potluck 5:30pm	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b> Kylee is 1!	<b>24</b>	<b>25</b>	<b>26</b> ACORN Room Family Circle 4:30-6:30pm	<b>27</b> Happy Birthday Sarah B!	<b>28</b>
<b>29</b>	<b>30</b> Henry is 2!	<b>31</b>				

UPCOMING  
EVENTS:

**Wednesday, November 1** - ELC Closed for ELC Staff Meeting

**Friday, November 10** - Center closed for All Staff In-Service

**Thursday & Friday, November 23 & 24** - Center closed for Thanksgiving Holiday