

Marcia Mata

Poverty/ACEs Reflection

During the first video I realized that homelessness is a real and big issue. There may be times when you come across someone who may be homeless and not realize it. People tend to hide what is going on and carry on as if everything may be normal. Most times people find themselves in financial hardships and have no other options. Not only does this affect the adults but it also affects children. Kids tend to worry about their safety and don't get the rest they need. Families will depend on community resources for food and shelter. However, despite the circumstances these people tend to be grateful for what little they do have. They know education is important in their life and appreciate opportunities.

The Brain Hero video details how actions taken by parents, teachers, and policy makers can affect the life of children. Some of the most important development for children comes from interactions they have with their parents and others. Children raised in healthy environments have a less stress life and reduces chances of having health issues and have better education. Which leads to the opposite side of adverse childhood experiences. As stated previously, it is important for children to have safe and stable environments. This is important for the early development of children. However, when abuse, neglect, violence, substance abuse is present in a young child's life this can lead to lifelong issues. These issues could be emotional distress and/or mental problems. Adverse childhood experiences create a stress response, fight or flight, repeatedly which causes the stress response to stay active longer than it should. This can be toxic to the brain and cause development issues, affect immune response, and the way the DNA is read and transcribed. Studies have been done and testing has been created to acquire a score regarding a person's ACE. The higher the ACE score the worse the health outcome is for the person. These people are at greater risk for mental illness, addictions, cardiac issues,

and more. In my opinion this is something that should be discussed more because it seems to affect a large group of people.

Watching these videos has helped me realize throughout my Nursing career, I will come across all types of individuals. Everyone will have their own story and experiences that they have dealt with or are dealing with at that moment. It's important to understand that I am helping someone with their health issues but that might not be the only thing they are dealing with. It's taught me to meet people where they are at and be observant. I don't want to be that nurse who is in such a hurry that I miss an opportunity to help someone with resources they may need at that moment. And to always be kind!