

What you can do!

It's up to the community to fight against these things- to promote care, safety, and resilience. Every child deserves the best, and with your help we can make a difference. Here are the things we all can do:

- **Be the best parent you can be.** Set an example as a loving, nurturing, compassionate parent.
- **Help a parent you know, or help yourself.** It's not an easy job, and no parent is perfect. Be a good listener and advocate getting support for yourself or a parent who needs it.
- **Speak out.** Speak up when you see children being mistreated in public. Offer assistance and praise parents when you see them interacting positively with their children.
- **Volunteer.** Opportunities abound: parent support programs, drug abuse prevention programs, domestic violence shelters, and child crisis centers are all places that could use your help. More at www.serve.gov.
- **Raise awareness.** Bring your Community together to prevent Adverse Childhood Experiences.

Report suspected abuse and neglect. Child abuse rarely stops without intervention and help. To report suspected abuse or neglect, call 1-888-SOS-CHILD (1-888-422-4453).

Who We Are

About Us

The Adverse Childhood Experiences (ACEs) Task Force of Beaverhead County is a multidisciplinary team committed to strengthening the wellbeing of families in our community through awareness and action based on ACEs and trauma-informed approaches. We are dedicated to building resilience in our children and families and strengthening our community. Strong families, strong community.

Contact Us

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**Strong Families
Build Strong Communities**



BEAVERHEAD COUNTY ACE TASK FORCE
FIGHTING ADVERSE CHILDHOOD EXPERIENCES (ACES) IN SOUTHWEST MONTANA

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**BEAVERHEAD
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BEAVERHEAD COUNTY ACE TASK FORCE
FIGHTING ADVERSE CHILDHOOD EXPERIENCES (ACEs) IN SOUTHWEST MONTANA

Adverse Childhood Experiences can seriously impact a child's chance for success in life. ACEs include:

- Emotional abuse or neglect
- Physical abuse or neglect
- Sexual abuse
- Drug addicted or alcoholic family member
- Incarcerated family member
- Loss of parent due to death or abandonment
- Mentally ill, depressed, or suicidal family member
- Witnessing domestic violence against mother

The following protective factors build resilience and strengthen families.

- **Parental resilience.** There are ways that you can build your resilience as a parent in order to better handle the stresses that are a natural part of parenting.
- **Social connections.** As parents, we ALL need one another. We naturally seek close attachment and connections with others. One of the greatest risks in parenting is isolation from others. When things get tough, who can you call? Learn more about building social connections.
- **Knowledge of parenting and child development.** Anyone can become a parent without licensing, special training or certification and no owner's manual. Seek information that will prepare you for your most important job and give you important knowledge that will help you as you parent.

- **Concrete support in times of need.** Everyone deserves to have their basic needs met in order to grow. Basic needs like food, shelter, and personal safety are vital for a child's development so they can feel safe, secure, and cared for. We all need help finding ways to meet our needs, and we all need to ask for help sometimes—especially when we are parents.
- **Children's social and emotional development.** One of the most important roles of a parent is teaching our children how to communicate with others and to identify and name their feelings so they can regulate and express feeling appropriately. This gives our children a sense of competence and confidence that they can manage what life brings their way.

