

# WYA MENTOR NEWSLETTER

## Welcome to Week 4!!

Your cadets are working hard and hopefully are communicating that to you. If they aren't reaching out, let us know so we can send out reminders. Just realize that their days are long, and their teen-aged brains are being filled with a lot right now. They are working on building new routines like attending formation and class by 0815 every day. They have been learning how to be diligent regarding homework and have been scheduling visits with their cadre and case managers. And, all this is on top of their normal daily lives and distractions. Most of our cadets have a lot of distractions...perhaps more than you may be aware, both positive and negative in their eyes. As a mentor, you are there for them to be that trustworthy friend open for discussions. Even if it's hard to reach them right now, just being there and being available for when they do respond to your texts/calls/posts/etc., is something. Thank you for all you are doing for these cadets!



A few of the cadet's cadre visited last week. Recognize anyone?

## What distractions can teenagers have and what the heck is ACEs?

If you are working in education, more than likely you already know what ACEs are. But for those that aren't, you are probably, right this minute, trying to figure out what that acronym stands for. Is it Atomic Clock Ensemble in Space?? Yes! But not for this discussion.

ACEs or Adverse Childhood Experiences is a term found in a 1998 study by the Centers for Disease Control and Prevention and Kaiser Permanente. It refers to a range of events such as various types of child abuse, loss of a parent and mental illness, that a child may experience in their formative years which can often lead to stress, trauma and chronic stress responses. This historical information is used to help educators have a better understanding of their students, and why they may act or react in certain ways in class. It helps educators design more relatable curriculum and helps them understand why some students are at risk of dropping out. It also provides clarity with the hope of help and support to these students. Furthermore, the research shows that ACEs are not destiny. With proper support and care ACEs can be overcome and the negative health outcomes can be minimized.

## Today's TIDBITS

To learn more about ACEs and how important positive role models are for today's youth, check out the following links:

### Brain Builders: How Brains are Built

*A quick video that is an easy watch and talks about the importance of positive role models*

<https://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-of-brain-development>

### Center for Youth Wellness

*Shows how childhood adversity increases risk for long-term health and behavioral issues*

<https://centerforyouthwellness.org/health-impacts/>

