Responding to Adverse Childhood Experiences (ACE)

Restorative Integral Support (RIS)

Exercises

The following Restorative Integral Support (RIS) exercises are designed to help you clarify your purpose, consider your influence and supports through your current job, provide RIS guidance for ACE Response and help you evaluate RIS impacts.

• Feelings • Strengths • Passions	• Behaviors • Physical supports • Job activities
• Community values • Social networks	• Work system • Other systemic supports

Exercise 1: Exploring your life's purpose

This first exercise is designed to explore and identify your life's purpose, with the expectation that carrying out your life's purpose contributes to a satisfying life and fulfillment of your goals.

pur·pose (Dictionary.com)
noun
1. the reason for which something exists or is done, made, used, etc.
2. an intended or desired result; end; aim; goal
3. determination; resoluteness
4. the subject in hand; the point at issue
5. practical result, effect, or advantage: to act to good purpose.
verb
6. to set as an aim, intention, or goal for oneself
7. to intend; design
8. to resolve (to do something)

What you think and feel

What has made you feel happy in the past? What brings you joy?

As you look at what is going on in the world, what breaks your heart?

As you look at what is going on in the world, what makes you feel good?

What are you passionate about?

What is your life's purpose?

Your actions

What skills help you carry out your purpose?

What new behaviors might you develop to carry out your purpose?

What physical supports do you need to carry out your purpose?

Community

Does carrying out your purpose involve social networks? How?

What relationships support you in carrying out your purpose? How might you develop or enhance networks with others who share your values and support your purpose?

Who do you admire? What leaders set an example for carrying out your purpose?

Systemic/structural supports

How do you interact with others when carrying out your purpose?

What systems or structures facilitate your ability to carry out your life's purpose? Are there systemic obstacles to overcome?

How do systems influence and reflect your community?

Exercise 2: Expressing through your job

This second exercise is designed to explore how your purpose can be expressed through your job, as well as how your job role and work community supports you to carry out your purpose. Answering these questions may help you discover the alignment of your job with your purpose.

What you think and feel

How do you express your passion and purpose in your job?

What unique strengths, talents, perspective, and skills do you bring with you to carry out your job?

Your actions

What is your job description?

What activities are involved in carrying out your job?

What physical supports help you to do your job?

Community

What resources within your work community, or the larger community, support you in carrying out your job?

What social networks strengthen your ability to do your job well?

Who do you admire in your job? What do you admire about them?

How do you contribute to or strengthen social networks within your workplace and community?

Systemic/structural supports

How does your job fit within your agency structure?

How does your agency support your work? Are there any obstacles to overcome?

Do you interact with other service structures? Which systems? What activities are involved?

Are there other community agencies or service systems that support your work?

How is your job influenced by societal, community, or agency policies? What helps you do your job and how do you remove obstacles?

Exercise 3: Guidance for carrying out "Restorative Integral Support" (RISing)

This exercise is designed to help you in RISing to the challenge of ACE Response by identifying inner and outer resources for support.

<u>What you think and feel</u>

What is your awareness and understanding of ACE and related research?

What is your purpose in regard to ACE Response?

How do you feel about engaging in ACE Response?

What capacities and gifts do you bring to ACE Response?

Your actions

How do you lead? How can you set a compassionate example?

What actions can you take to raise awareness of ACE consequences and the potential for recovery?

What can you do to engage others in ACE Response?

What physical supports do you need to carry out these activities?

Community

Who is engaged in ACE Response with you? What social networks support the development of a culture of recovery?

What are some ways to expand your ACE Response community? What resources would support you and others contributing to healthy social networks?

How can you involve staff or community coalition members in clarifying values and principles behind your ACE Response initiative? What is your shared vision?

Who sets a leadership example for you? What is it about this person that you admire? How does this leadership support ACE Response?

Systemic/structural supports

Does your agency support RISing? What other systems support ACE Response? What are some ways to remove obstacles?

How might the media facilitate sharing of ACE Response knowledge?

How can systems be brought together for comprehensive ACE Response? What existing best practices in the local community can be brought together on-site?

What societal, community, and/or agency policies help develop a recovery-oriented system and culture? Are there policies that could be changed?

Exercise 4: Determining RIS Impacts

The following exercise explores ways to reveal different types of data regarding RIS impact.

What you think and feel

How passionate and engaged are you? What have you learned?

Has your own level of awareness changed in any way? How?

Are you fulfilling your purpose? If anything is missing, what is it?

What are signs of change in yourself and others?

Your actions

What short and long-term results did you expect from your actions?

For each activity you have engaged in, can you list apparent outcomes?

Have others provided feedback about your activities? What do they say?

Community

Please describe the community capacity that has developed for ACE Response? What social networks mobilize resilience and recovery?

Has a shared vision emerged among community groups? What processes were involved to clarify a vision and identify shared values and principles for ACE Response?

What are others saying about their participation in ACE Response? What resources have been important? How has the application of those resources led to a culture of recovery?

What other group processes have been involved in RISing?

Systemic/structural

What kinds of inter-agency relationships have developed through ACE response? Is there evidence that services have been brought together around ACE Response?

In your agency and others, are there any changes in agency structures, agency interactions, or how services are delivered? Are policy changes evident?

What community outcomes are directly related to ACE Response activities?

Do you have a structure for evaluation or how can you create one? How might your ACE Response group develop research partnerships?