



Lemonade FOR Life



The Adverse Childhood Experiences study examined the relationship between adverse childhood experiences (ACEs) and long-term negative health outcomes. The connection between trauma in childhood and lifetime health was so compelling, the researchers, in conjunction with the CDC, developed the ACEs questionnaire as a way to predict health problems.



Lemonade for Life was developed as a companion tool for caring professionals using the ACEs questionnaire. The Lemonade for Life program gives caring professionals practical tools to initiate and process ACEs with clients sensitively. We believe that the intentional application of the ACEs tool can be used to identify points of resilience and build hope for families healing from past trauma. In the training, parenting resources are introduced that guide families to work toward safe, secure and nurturing relationships. The end goal of the program is to prevent exposure to ACEs in the next generation, ending the cycle of abuse and trauma that is all too common.



Lemonade for Life includes

-  In depth discussion of current Brain Development Research
-  Review of parenting tools designed to build safe, secure and nurturing families
-  Discussion of Growth Mindset in work with families in chaos
-  Reflection on how of the ACEs questionnaire can be used to reframe life experiences
-  Guidance through how to discuss ACEs intentionally with families
-  An in depth look at the power of Hope to heal and move toward a brighter future
-  Reflection of self-care techniques and practices
-  Practical tools to initiate change for families
-  Explores signs and effects of secondary trauma

Lemonade for Life is a program that is designed to meet the needs of home health care workers, educators, early childhood care givers, those in the medical community, faith based organizations and anyone involved with community programing.

Life often hands us lemons, come learn how to make Lemonade!





Lemonade for Life includes an ongoing evaluation that examines the impact of the training on participants and their work with families. Results to date indicate that **Lemonade for Life** is effective at improving engagement and retention in home visiting services. Promising outcomes include:

- 🍋 Participants leave the training with increased knowledge of their ACEs score, and increased confidence in talking with families about ACEs.
- 🍋 There is a three-fold increase in participants who talk with families about ACEs following **Lemonade for Life** training.
- 🍋 **Lemonade for Life** participants reported statistically significant decreases in fixed mindset thinking, suggesting an increased awareness that growth and change are possible.
- 🍋 Participants with high Hope Contagion (spreading hope to others) are more likely to talk with families about ACEs as part of their work. Participants report increased Hope Contagion after completing **Lemonade for Life**.
- 🍋 Participants who used **Lemonade for Life** resources in home visits have reported increased family engagement, measured by an increase in the number of completed visits.



Training Includes

- 🍋 Participant manuals with resources and hands-on activities
- 🍋 Access to two online ACEs learning modules
- 🍋 Access to the ACEs questionnaire
- 🍋 Group coaching call with trainers approximately 45-60 days after training
- 🍋 Access to resources housed on a password-protected page of the **Lemonade for Life** website
- 🍋 Participation in an evaluation of the **Lemonade for Life** curriculum training
- 🍋 Certificates of completion and continuing education credits

