

# CHILDHOOD TRAUMA AND PARENTAL SUBSTANCE USE

An introduction to Adverse Childhood Experiences, Brain Development, and Perspectives on Addiction

BROUGHT TO YOU BY  
DARTMOUTH TRAUMA INTERVENTIONS RESEARCH CENTER

We have put together our favorite TED Talks and videos to provide a way to build a shared vision and common language around early childhood trauma and parental substance use disorders. These videos are intended to lay a groundwork for us all to build from- within our own agencies and across our communities.\*

\*These videos are not specific to COVID-19 response. They focus on general concepts of childhood trauma, brain development, and perspectives on addiction.

## Building a Shared Vision and Language

The videos are all available on YouTube and professionally made. In total, they will take about 40-45 minutes to watch. Our hope is that these videos will help us have a shared vision and language about early childhood trauma, addiction and recovery, and relationships and resiliency.

## More Resources

If you are in search of more resources, have any questions, or want to know more about the Dartmouth Trauma Interventions Research Center, please reach out to our team at: [DartmouthTrauma@gmail.com](mailto:DartmouthTrauma@gmail.com)

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## **TED Talk with Dr. Nadine Burke Harris: Adverse Childhood Experiences**

The first video we'd like you to watch is a 16 minute TED Talk by Dr. Nadine Burke Harris, pediatrician and Surgeon General for California, on Adverse Childhood Experiences. Her ACEs work is at the helm of both research and practice around toxic stress and children's health.

[Watch Dr. Nadine Burke Harris](#)



## **Brain Science with the Center on the Developing Child at Harvard**

These three videos (each 3-4 minutes long) help viewers better understand how a child's brain is built and wired, how the brain is affected by stress and trauma, and how attachment and relationships are key to healthy development in early childhood.

Video 1: [Experiences Build Brain Architecture](#)

Video 2: [Serve & Return Shapes Brain Circuitry](#)

Video 3: [Toxic Stress Derails Healthy Development](#)



HARVARD UNIVERSITY

Center on the Developing Child

## **TED Talk with Johann Hari\*: Changing the Perceptions of Addiction**

We have all seen how parental substance use disorders have affected our children and our communities. We want to bring compassion and support to our parents and others struggling with addiction. We know that many of them had tons of adversity during their own childhoods, and this plays a big part in their current substance use and challenges with parenting. This 14 minute video takes a different perspective on addiction and emphasizes love and compassion.

[Watch Johann Hari\\*](#)



\*A note about the Johanna Hari video: The speaker in this video uses some stigmatizing language (e.g., "addict" rather than "person with substance use disorder").

We are sorry about this but feel that the main themes of his talk are so good that we are choosing to still share the video. We also want to emphasize the importance and helpfulness of professional treatment including medication-assisted treatment (suboxone, methadone) in addition to a response of compassion.