



# TIC and Care for Individuals with Chronic Diseases: Open Office Hours

A Collaboration Between:



# Presenters



Aimee Rachel, LMSW  
TIC Clinical Coordinator  
Texas Association of Community Health Centers



Aniela Brown, MSW  
TIC Clinical Coordinator  
Texas Association of Community Health Centers

# Objectives



- 1. Describe the key findings of the Adverse Childhood Experiences (ACEs) Study.**
- 2. Explain the relationship between ACEs and the development of chronic diseases.**
- 3. Integrate TIC strategies for Chronic Disease management**

# Self-Care

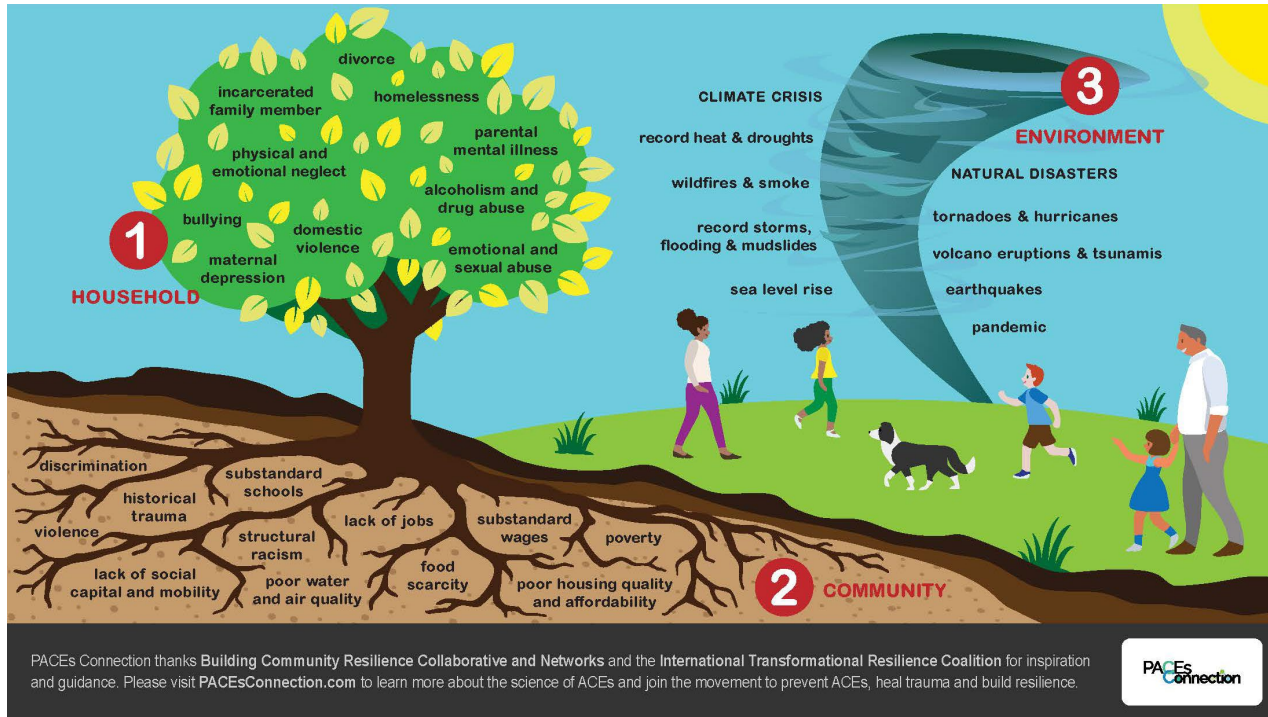


At times, the materials presented in this session can be difficult to **view** or **hear**.

Please take a **break** at any time and seek decompression support if needed  
*(breathing exercise, turning camera off, taking a pause, etc.).*

# Let's Review

# 3 Realms of ACEs



# Protection against the Elements



# ACEs & The Development of Chronic Diseases





# Impacts

Psycho

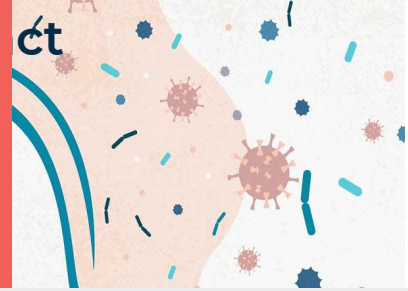
Neurocognitive Imp



Cardiovascular Impac



## Gastrointestinal Impact



## Reproductive System Impact





Adapted from Raja (2014)

# TicTalk

# Questions

# Next Up:



## TIC Didactic Session:

- Session 5: TIC and Care for Individuals with Substance Use Disorders
- Tuesday, November 14, from 12:00-1:00pm CST

## TIC Open Office Hours:

- Session 5: Putting it all Together
- Tuesday, November 28, from 12:00-1:00pm CST

# Thank you!



Aimee Rachel, LMSW  
TIC Clinical Coordinator  
[arachel@tachc.org](mailto:arachel@tachc.org)

Aniela Brown, MSW  
TIC Clinical Coordinator  
[abrown@tachc.org](mailto:abrown@tachc.org)