

Resilient Humboldt

We are dedicated to preventing and reducing the number of adverse childhood experiences (ACEs) in the Humboldt county region, creating opportunities to heal from past trauma and building resilient Humboldt county communities.

Resilient Humboldt is a coalition of community members representing early childhood, family services, education, health care, mental health, juvenile justice, government, business, libraries, and other community-serving organizations. We strive to create a more resilient Humboldt county by educating individuals, communities and organizations about ACEs, trauma and resilience; and, by providing training and resources for making policy and practice changes that are needed to create healing in our citizenry, organizations and systems.

What We Do

- Humboldt County's ACEs Stakeholders group and Humboldt ACEs/Resilience Regional Action Teams have been working hard to create change on individual, community, and systems level, tracking progress by utilizing an independent team of evaluators.
- The ACEs Stakeholders group represents agencies including First 5 Humboldt, DHHS, the Humboldt County Office of Education, Sheriff's Office, Probation, St. Joseph Health, United Indian Health Services, 0-8 Mental Health Collaborative, Changing Tides Family Services and many more. This group is motivated to de-silo efforts to prevent and mitigate the risks of ACEs in our county by collaborating across systems, developing shared benchmarks to track progress, promoting community awareness about ACEs and resilience, and to developing a shared vision and action plan to build a more trauma and resiliency-informed Humboldt for all of our children and families.

Early Results

- Humboldt County invested \$400,000 in a partnership between the Department of Health and Human Services and First 5 Humboldt to prevent ACEs and promote resilience.
- Humboldt ACEs/Resilience Regional Action Teams are working with pregnant women and children 0-5 and their families within early education, medical and behavioral health, family resource settings and more. In 2017, First 5 Humboldt collaborated with the Humboldt Network of Family Resource Centers to work directly with individual communities and their partners to enhance their ACEs prevention and intervention efforts.
- Six regional action teams engaged in Fortuna/Eel River Valley, Arcata, McKinleyville, Hoopa, Eureka, and Southern Humboldt conducted a community needs assessment and developed an action plan.

Legislative Districts

Assembly: 2
Senate: 2

For More Information

First 5 Humboldt
first5humboldt.org

Learn More

[ACEs Connection](#)
[ACEsTooHigh.com](#)
[4CAKids.org](#)
California Campaign to Counter Childhood Adversity.

2016 Estimated Percentages Reported by Parents	USA	CA	Humboldt County
Children ages 0-17 who have experienced 2+ adverse experiences	21.7%	16.4%	16.6%
Children ages 6-17 who are calm and in control when facing a challenge	49.7%	52.4 %	52.4%

Data Source: As cited on kidsdata.org, Population Reference Bureau, analysis of data from the National Survey of Children's Health and the American Community Survey (Mar. 2018).