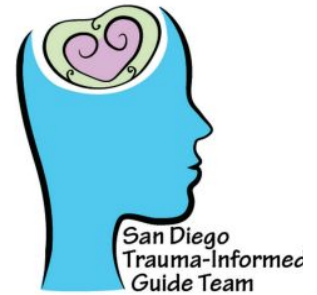


San Diego Trauma-Informed Guide Team

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

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



What We Do

- Shared learning: provides opportunities for community members to network and collaborate.
- Educates people in San Diego region about ACEs and the effects of toxic stress by sharing resources and a menu of training/trainers across different sectors including health, mental health, faith-based communities, juvenile, adult and civil justice, businesses, family serving organizations and schools.
- Actively supports the implementation of ACEs Science, trauma-informed practices that increase resilience and wellness for all residents across the lifespan through presentations on trauma-informed practice and other community events engaging more than 1,000 participants across many settings.
- Recognizes the mental and emotional impact on those who provide services to communities that experience high ACE scores and adverse community environments.
- Seeks to create an empathetic environment which promotes self-care and resilience building for our members.

Early Results

- San Diego Trauma-Informed Guide Team updated their Strategic Plan 2018 and hosted Resilient SD! event at Balboa Park in December, 2017.
- Learn4Life implements train-the-trainer in ACEs science 101 with individualized learning model schools statewide.
- Live Well San Diego hosts Resilience screenings regionally with numerous community partners.
- Strong Families, Thriving Communities coalition with San Diego Foundation, County of San Diego, and Clinton Health Matters Initiative have partnered to improve the health and wellness of children and families who interact with San Diego's child welfare and child justice systems.

Legislative Districts

Assembly: 71, 75, 76, 77, 78, 79, 80
 Senate: 36, 38, 39, 40

Events Calendar

Please join us the first Friday bi-monthly from 12:00–2:00pm

San Diego Center for Children
 3002 Armstrong Street
 San Diego, CA 92111

Learn More

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

| 2016 Estimated Percentages Reported by Parents | USA | CA | San Diego County |
|--|-------|--------|------------------|
| Children ages 0-17 who have experienced 2+ adverse experiences | 21.7% | 16.4% | 15.5% |
| Children ages 6-17 who are calm and in control when facing a challenge | 49.7% | 52.4 % | 52.1% |

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).