

COMMUNITY STORIES

ACEs TASK FORCE OF SAN BERNARDINO COUNTY



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- Provides opportunities for community members to network and learn from each other.
- Educates people in San Bernardino region about adverse childhood experiences (ACEs) and the effects of toxic stress across different sectors including health, mental health, faith-based communities, juvenile justice, businesses, reentry and schools.
- Actively supports the implementation of trauma-informed practices that increase resilience and wellness for all residents across the life span through authentic community engagement
- Recognizes the mental and emotional impact on those who provide services to communities that experience high ACE scores. Seeks to create a supportive environment that promotes self-care and resilience building for our members, communities, organizations and systems.

EARLY RESULTS: The ACEs Task Force of San Bernardino formed a steering committee which developed a strategic plan to increase awareness about ACEs and the use of resiliency-building skills through community engagement, education, collaboration, and community-based participatory research. Dr. Ariane Marie-Mitchell developed a Whole Child Assessment tool to assist pediatric providers in screening for ACEs, and this same tool has been approved by the State of CA for use with Medi-Cal patients. Part of the work of the Task Force has been to support screening for ACEs by developing and creating awareness about trauma-informed, resiliency-building resources in the area.

MEMBERS: We are a grassroots collaboration of community members representing early childhood, family services, education, higher education, foster care, health care, mental health, juvenile justice, government, business, reentry, and youth-serving organizations. We strive to create a more resilient San Bernardino region 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 communities, organizations and systems.

ACEs FACTS FOR SAN BERNARDINO ADULTS: 43.1% of adults in San Bernardino County experienced one to three ACEs in their childhood.*

ACEs FACTS FOR SAN BERNARDINO CHILDREN: Over one in five children in San Bernardino County and City experienced at least two ACEs, a higher percentage compared to the state and the nation.*

Data Source: [As cited on kidsdata.org](https://kidsdata.org), Rodriguez, D., et al. (2016)

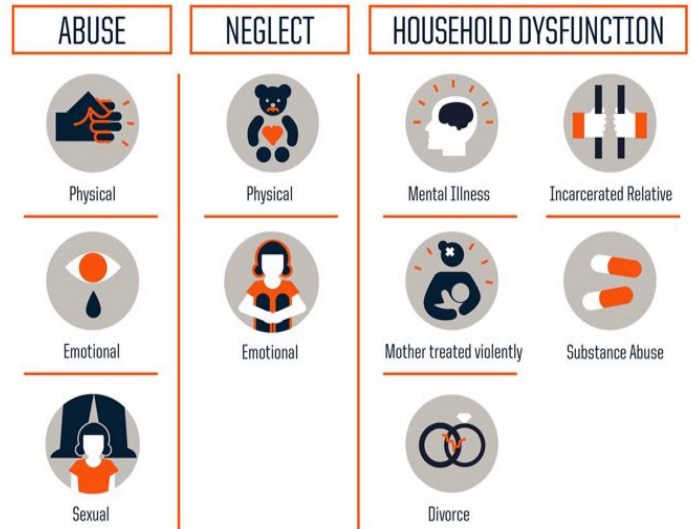


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WHY ACEs MATTER: Adverse childhood experiences, or ACEs, are potentially traumatic experiences that occur in childhood, such as abuse, neglect, substance abuse or mental abuse in the household, domestic violence, or having a parent in prison. In the absence of a nurturing caregiver or other protective factors, these early adverse experiences can negatively impact growing brains and bodies.

The more types of trauma people experience, the more severe the consequences. Compared to someone who did not experience any childhood adversity, for example, a person who has experienced four ACEs is 12 times more likely to attempt suicide, seven times more likely to become an alcoholic, and twice as likely to have heart disease or cancer. People with high ACE scores are more likely to struggle with depression and autoimmune diseases. ACEs can also affect a child's health and wellbeing during their childhood. More broadly, ACEs have a negative impact on our schools, criminal justice system, economic vitality, and public health.



Source: Centers for Disease Control and Prevention
Credit: Robert Wood Johnson Foundation

WHAT THE ACEs TASK FORCE OF SAN BERNARDINO COUNTY IS DOING ABOUT ACEs:

- Providing an opportunity for community members to network, support and learn from each other.
- Educating people in San Bernardino regionally about ACEs and the effects of toxic stress.
- Actively supporting the cross-sectoral implementation of trauma-informed practices by organizations;
- Creating a list of trauma-informed and resiliency-building resources in our region;
- Measuring and testing interventions to health outcomes for high risk children.

ACEs Task Force of San Bernardino County is dedicated to preventing and reducing the number of adverse childhood experiences (ACEs) in the San Bernardino region, creating opportunities to heal from past trauma and building a resilient San Bernardino community. **JOIN US** on the 1st Tuesday of every other month, 9:00 am - 11:00 am for our ACEs Task Force of San Bernardino County meeting, or join one of our subcommittees.

Find out more about ACEs, ACEs Task Force of San Bernardino County and ACEs Connection Network at <http://www.acesconnection.com/g/san-bernardino-aces-connection>

ACEsConnection.com and ACEsTooHigh.com. Learn more about the California Campaign to Counter Childhood Adversity at 4CAKids.org.