

# COMMUNITY STORIES

## RESILIENT YOLO



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- Provides opportunities for community members to network and learn from each other.
- Educates people in Yolo County about adverse childhood experiences (ACEs) and the effects of toxic stress by creating materials and hosting ACEs 101 sessions across different sectors including health, mental health, faith-based communities, juvenile justice, businesses and schools.
- Actively supports the implementation of trauma-informed practices that increase resilience and wellness for all residents, 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. Seeks to create a supportive environment that promotes self-care and resilience building for our members.

**EARLY RESULTS:** First 5 Yolo Commission incorporates trauma-informed practice into its strategic plan. Davis Joint Unified School District commits to providing district-wide training in ACEs science and trauma-informed practice in schools. Yolo County Health and Human Services appoints staff for implementing trauma-informed practices in Yolo County.

**MEMBERS:** We are 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 Yolo 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.

**ACEs FACTS FOR YOLO CHILDREN:** Nearly one in five children in Yolo County experienced at least two ACEs, which is on par with the state and the U.S. as a whole.\*

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

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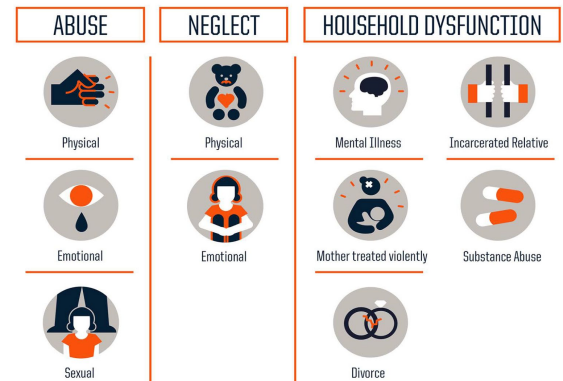
## RESILIENT YOLO

**YOLO RESILIENCE NETWORK:** We're educating people in Yolo County, CA, about ACEs. Our intent is that everyone in Yolo County integrate trauma-informed and resilience-building practices into their work, family, community and individual lives.

### WHAT ARE ADVERSE CHILDHOOD EXPERIENCES?

Adverse Childhood Experiences (ACEs) is the term given to describe all types of abuse, neglect, and other traumatic experiences that occur to individuals under the age of 18. The ACEs Study was done in the mid-1990s and published in 1998 in American Journal of Preventative Medicine. Subsequent studies have confirmed its findings.

[http://www.ajpmonline.org/article/S0749-3797\(98\)00017-8/abstract](http://www.ajpmonline.org/article/S0749-3797(98)00017-8/abstract)



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

### WHY ARE ACEs IMPORTANT?

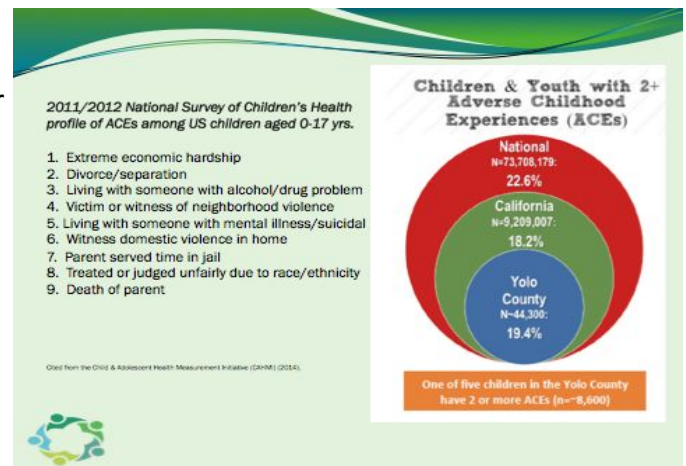
Exposure to traumatic experiences results in toxic stress in the brain and body. Toxic stress has negative impacts on the physical, social/emotional and cognitive development of children, adults, and families. These effects may result in major consequences to our society in our schools, criminal justice system, drug and alcohol problems, obesity, and our economy. Trauma prevention and intervention is critical.

### HOW ARE ACEs AFFECTING YOLO COUNTY?

The *National Survey of Children's Health* asked parents about their child's exposure to adverse experiences, questions similar to the ACEs study and found that Yolo County is very representative of the state and nation.

### RESILIENCE TRUMPS ACEs

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe environment for their children and teach them how to be resilient, that helps reduce the effects of ACEs.



**THE SOLUTION:** What can we do about ACEs in our community? At Yolo Resilience Network we:

- Provide an opportunity for community members to network
- Bringing public service media to the community such as *Paper Tigers* documentary
- Educate people in Yolo County about ACEs and the effects of toxic stress
- Actively support the implementation of trauma-informed practices that increase resilience and wellness for all residents.

**FIND OUT MORE:** <http://www.acesconnection.com/g/yolo-county-ca-aces>.