

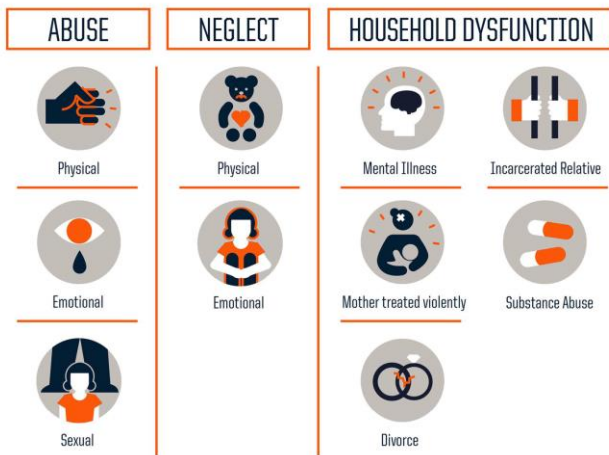


# Resilient Sac

Resilient Sacramento is dedicated to preventing and reducing the number of adverse childhood experiences (ACEs) in the greater Sacramento area and creating opportunities to heal from past trauma. We are a coalition of community members representing early childhood, education, health care, mental health, juvenile justice, government, business and family services. We are striving to create a more resilient Sacramento.

## WHAT ARE ADVERSE CHILDHOOD EXPERIENCES (ACEs)?

ACEs are traumatic experiences that affect brain development in youth under the age of 18. The first ACEs to be studied were:



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

## WHY ARE ACEs IMPORTANT?

The more types of trauma we experience, the more severe the consequences. For example, compared to someone who has an ACE score of zero, a person with an ACE score of 4 is 12 times more likely to attempt suicide, 7 times more likely to become an alcoholic, and 2 times as likely to have heart disease or cancer. People with high ACE scores are more likely to be violent, to have more marriages, more drug prescriptions, more depression, more autoimmune diseases, and more work absences. These effects have resulted in major consequences in our schools, criminal justice system, our economic vitality, and have contributed to drug and alcohol problems, obesity and other chronic health conditions.

## HOW ARE ACEs AFFECTING THE SACRAMENTO COMMUNITY?

**ACEs IN ADULTS:** Of 1,044 Sacramento residents surveyed in *A Hidden Crisis*\*, 188 had four or more ACEs, nearly 20%! Another 20% (214) had at least one ACE, and nearly 23% (248) had two or three ACEs.

**ACEs IN CHILDREN:** The *Child & Adolescent Measurement Initiative*\*\* found that nearly **one in four children in Sacramento County and City experienced two or more ACEs.**

*The number of children that experienced two or more ACEs*



\* *A Hidden Crisis*, a research report by the Center for Youth Wellness.

\*\* *Child & Adolescent Measurement Initiative (2014). Adverse Childhood Experiences Among Sacramento and California's Children*

**THE SOLUTION:** What can we do about ACEs in our community? At 'Resilient Sacramento' we:

- Provide an opportunity for community members to network and learn from each other
- Educate people in Sacramento 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

**JOIN US:** To find out more about ACEs, Resilient Sacramento and ACEs Connection Network please contact:

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<http://www.acesconnection.com/g/sacramento-county-ca-aces-connection> OR <http://bit.ly/29AiJ3x>