

COMMUNITY STORIES

YOUTH EMPOWERMENT

Transformation of a Lifestyle



YOUTH EMPOWERMENT

- Reentry
- Building Leaders
- Youth Leadership
- Community Engagement
- Trauma Informed - Restorative Practices
- Trauma Informed Parent Leadership
- Community Mentor Collaboration
- Trauma Informed Cognitive Behavioral Program

Mission

Promoting well-being for healthy communities for youth and families, individual restoration and empowerment for individuals who may be at risk, are, or have been involved with institutional systems by providing intervention/prevention and reentry services.

Vision

Services that empower individuals and families throughout the San Diego Community.



FACTS: City Heights is the most diverse community in San Diego. It's also where three out of four parents are worried about gangs in their neighborhood and at school, and where nearly half of residents say they feel unsafe in their community. Only 63 percent of the adults in Mid City have a high school diploma, and 33 percent are not fluent in English.*

ACEs FACTS FOR SAN DIEGO ADULTS: 44.5% of adults in San Diego County experienced from one to three ACEs in childhood.*

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

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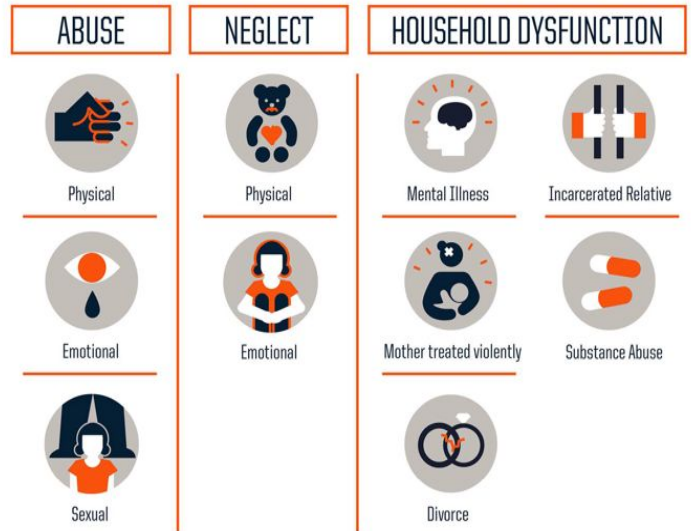
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WHY ACEs MATTER: Adverse childhood experiences, or ACEs, are potentially traumatic experiences that occur in childhood, such as abuse, neglect, substance abuse or mental abuse in the household, domestic violence, or having a parent in prison. In the 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 YOUTH EMPOWERMENT IS DOING ABOUT ACEs:

- Youth Empowerment Award (Collaboration of Community Mentors, Probation, Public Safety County) Phase II Community Mentor Planning Institute for justice-involved youth: 2017
- Advocacy & Policy Change
- Resilience Building & Trauma Informed
- Self-Healing Community Building



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