

Resilient Sacramento

We are dedicated to preventing and reducing the number of Adverse Childhood Experiences (ACEs) in the greater Sacramento area, creating opportunities to heal from past trauma and building a Resilient Sacramento community.

Resilient Sacramento is a coalition of community members representing early childhood, family services, education, health care, mental health, juvenile, adult and civil justice, government, business, libraries, and other community-serving organizations. We strive to create a more resilient Sacramento 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.



What We Do

- Provide opportunities for community members to network and learn from each other.
- Educate people in Sacramento County about 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, adult and civil justice, businesses, family serving organizations and schools.
- Actively support 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.
- Recognize the mental and emotional impact on those who provide services to communities that experience high ACE scores.
- Seek to create a supportive environment that promotes self-care and resilience building for our members.

Early Results

- First 5 Sacramento Commission incorporated language on the importance of trauma-informed approaches into its 2018 Strategic Plan and included a contract requirement that all funded partners participate in trauma informed training throughout the year.
- San Juan Unified School District commits to providing district-wide training in ACEs science and trauma-informed practice in schools.
- Sacramento County Health and Human Services appoints staff for implementing trauma-informed practices in Sacramento County.

Legislative Districts

Assembly: 6, 7, 8, 9, 11, 12
Senate: 1, 3, 4, 6, 8

Events Calendar

Please join us the first Tuesday of every month from 4:00–5:30pm
Kiwanis Family House
2875 50th Street
Sacramento, CA 95817

Learn More

[Resilient Sacramento](#)
[ACEs Connection](#)
[ACEsTooHigh.com](#)
[4CAKids.org](#)
California Campaign to
Counter Childhood Adversity

2016 Estimated Percentages Reported by Parents	USA	CA	Sacramento County
Children ages 0-17 who have experienced 2+ adverse experiences	21.7%	16.4%	16.5%
Children ages 6-17 who are calm and in control when facing a challenge	49.7%	52.4 %	52.3%

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).