

**PROCLAIMING MAY 2021
AS ADVERSE CHILDHOOD EXPERIENCES AND RESILIENCE
AWARENESS MONTH**

WHEREAS, the original, 1998, epidemiological CDC-Kaiser ACE Study revealed a direct link between adverse childhood experiences (ACEs) and a person's lifetime risk for chronic disease and mental health disorders. Adverse Childhood Experiences measured in the Study were extremely stressful or traumatic experiences that occurred before age 18 and included: physical, emotional and sexual abuse; physical and emotional neglect; and/or living in a dysfunctional household with untreated mental illness, incarcerated relative, mother treated violently, substance abuse and/or parental divorce. 67% of those surveyed in the CDC-Kaiser ACE Study had at least one ACE and more than 20% had three or more ACEs; and

WHEREAS, subsequent ACE surveys have measured other traumatic experiences, such as: racism, poverty, homelessness, historical trauma, intergenerational trauma, community trauma, losing a sibling or witnessing a sibling being abused, witnessing violence outside the home, bullying, involvement in the foster care system, involvement in the juvenile justice system, and living in unsafe neighborhoods; and

WHEREAS, research shows that ACEs can create toxic stress in a child, which in turn can change a child's brain wiring, coping skills, and physical and emotional health, extending the physical and emotional health and quality of life consequences of toxic stress well into adulthood and onto the next generation. This significantly increases a person's risk for chronic disease (inflammatory diseases, cancer, diabetes, heart disease, as examples), obesity, premature death, mental illness, substance abuse, incarceration, and becoming a victim of violence. As importantly it can cause a child to develop fight, flight, or freeze reactionary coping skills as a result of the brain and body's hardwired stress response system, which in turn can override and/or prevent the healthy development of a child's brain's executive functioning thereby diminishing the concentration, memory, and organizational and language capabilities a child needs to succeed in school and interpersonal relationships; and

WHEREAS, 21.1% of children in Sacramento County have experienced two or more ACEs (parent reported 2016-19); and

WHEREAS, the presence of protective factors can build resilience in a child and resilience can help a child mitigate the negative impacts of their ACEs and toxic stress; and

WHEREAS: there are multiple pathways to resilience because there are a number of protective factors that work, including: close relationships with a caregiver or other caring adults; a parent’s resilience; community and social systems that support health and development for parents, families, neighborhoods, and communities; integrated physical and behavioral healthcare; early screening and interventions; a two-generation approach to support children and their parents/caregivers; and safe and supportive (trauma-informed) education, health, child welfare, juvenile justice, foster care systems; and

WHEREAS: Resilient Sacramento is a coalition of leaders from diverse sectors, including: state and local government; non-profit organizations; infant/child development and behavioral health agencies; parent and youth advocates; juvenile/adult and civil justice; foster care; education; mental health; business; family services; health care; and substance misuse and suicide prevention working to raise awareness about unaddressed exposure to ACEs; organize partnerships across diverse sectors to address systematic barriers to the prevention and treatment of toxic stress; and support and expand efforts to foster safe and supportive (trauma-informed) practices and resilience in families, neighborhoods, and communities and across health care, education, child welfare, and juvenile justice systems; and

WHEREAS: Resilient Sacramento, First 5 Sacramento, and a diverse group of partners, inclusive of all six sectors identified in the CA Roadmap for Resilience (health care, education, early learning, social services, public health, and justice), have committed to partner and collaborate with the Sacramento County Office of Education (SCOE), through the \$3 million Adverse Childhood Experiences (ACEs) Aware Network of Care Implementation Grant. The commitment is to build an effective response to, and support of, the Office of the California Surgeon General’s statewide effort to cut ACEs and toxic stress in half, in one generation, through the county-wide Network of Care and connections to community-based health, education, and social supports. These supports are designed to meet the needs of children, adults, and families, and builds upon existing initiatives, including Help Me Grow Sacramento, funded by First 5 Sacramento and led by SCOE.

NOW, THEREFORE, BE IT RESOLVED, that the Board of Supervisors, County of Sacramento County, State of California, does hereby **PROCLAIM THE MONTH OF MAY AS ADVERSE CHILDHOOD EXPERIENCES AND RESILIENCE AWARENESS MONTH**, and wishes to thank Resilient Sacramento for bringing awareness to this important issue and support their efforts.