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www.friendsoutsidesonoma.org

June 30, 2017

Greetings!

As you know, many people who are in jail had traumatic childhoods, and the trauma they experienced as children may well have informed their criminal behaviors, substance abuse, and mental health issues.

Our office is located in the Sonoma County Main Adult Detention Facility and provides services and programs for inmates and their loved ones. I believe that my agency's team is in the perfect position to take compassionate action on the behalf of inmates and their families in ways that we can.

As such, we have joined resources with Santa Rosa City and Sonoma County to educate and inform individuals, families and the community about adverse childhood experiences (ACEs) and to provide resources to stop and heal trauma and build resiliency. In the spirit of working together toward similar goals, our agency was awarded two grants to produce a pamphlet about ACEs and resiliency. The pamphlet title is "What Happened To You?" and represents the first pamphlet about ACEs written specifically for the average reader in Sonoma County.

The pamphlet is something like a Reader's Digest version of a book about ACEs and resiliency. We are attaching ¹⁰ five copies of the pamphlet for your staff review. We hope that you will read this pamphlet and print more to distribute to your clientele. You may want to have the pamphlets in your lobby for clients to pick up at random, or you may prefer to give them to your clients individually.

We expect to have a Spanish version of the pamphlet shortly. In the meantime we welcome your feedback about the information in this pamphlet.

Thank you for your time.

Kate Jenkins, M.A.
Executive Director

Please let me
know # copies you need