





The Sonoma County ACEs Movement began over a decade ago in Sonoma County:

1. In 2006, I watched a grainy VCR movie with my fellow Health Department Staff of Vincent Felitti describing how his obesity clinic led him to discover ACEs.
2. Not long after, we brought Felitti to town. There were mostly providers in the room, and after taking the ACE Survey, we learned that many of us had very high ACE scores.
3. In 2010, Dr. Nadine Burke Harris spoke at our annual Latino Health Forum bringing the message that medical providers needed to screen patients for ACEs as a root driver of health problems. She also helped us see that people of color experience a disproportionate amount of toxic stress
4. In 2012, Kathleen Kendall Tackett put on another 3 events for a range of family providers, showing the video of the “still faced mother” and the need to address 2 generations to reduce ACEs
5. In 2014, Brian Farragher of the Sanctuary Institute moved to Sonoma County to bring the idea of “Trauma Informed Agencies” to the West Coast. Brian brought along many of his colleagues including Dr. Macy who began helping local nonprofits transform into trauma responsive organizations.
5. In 2015, Jamie Redford gave us two movies about ACEs: Paper Tigers & Resilience. Our screenings ignited community interest.

6. Also in 2015, Jane Stevens brought ACEs Connection to our community, giving us a framework to mobilize our now alert community and helping us to gain funding support from the Mobilizing Action for Resilient Communities national grant.

7. In 2016 we brought Dr. Anda and Laura Porter to train a Fellowship of Community Educators on what he now calls NEAR Science (Neurobiology, Epigenetic, Adversity and Resilience Science) to help us further spread awareness about toxic stress's specific impact on the body as well as its transmission and there began a new phase of our journey.

# Mobilizing Action for Resilient Communities Grant



- We achieved a phenomenal point of momentum in our community before the fires:
  - Last month we held the Right Start Town Hall focusing on reducing toxic stress for Children
  - Two weeks ago AB 340 became law saying all Medical covered children will be screened for ACEs and trauma
  - Every major conference held in our community last year focused on resiliency or ACEs, or being trauma-informed, and more are planned for the coming year. Examples include:
    - Santa Rosa City Violence Prevention Summit
    - Early Childhood Mental Health Summit
    - SCOE's Challenges of Youth Conference scheduled for 4/12/18

# Mobilizing Action for Resilient Communities Grant



- ACEs Connection is now an established coalition, and our awareness campaign is supported by the following (all of which is on our website Sonoma County ACEs Connection):
  - KRCB's video about ACE's, featuring our members/local experts
  - Kate's print brochure
  - Active Speaker's Bureau with both a presentation request form on our website as well as data tracker showing where all of our presentations were offered. We are up to more than 90 presentations logged!
  - We're getting asked to present at conferences and share lessons learned (which I then post about online)
  - Coalition guidelines are posted on the website
  - Up to this point, meeting dates and meeting minutes were posted regularly for the past 22 months
  - ACEs Connection is poised to help us continue to update and refine our website – new logo? Name? You dream it up and it can happen.



## ACEs and Resiliency Fellowship



Our partners were concerned that so many adults in our community report ACEs as children – in fact 1 in 5 adults in our community report 4 or more ACEs. This is significant as the more ACEs a person has, the higher risk they are for negative health outcomes.

We also recognized our community experiences are pressuring many families. In fact, when we did a study that broke down communities by zipcode, we found that those who lived in zipcodes without green spaces, access to healthy foods, and good schools, ultimately led to those community members living a shorter life – by 10 years!

We decided that we needed to launch a large scale awareness campaign to get schools, health care providers, law enforcement, nonprofits, the media and other partners to understand how toxic stress works. Imagine if we could all work together to help strengthen our families and community to prevent toxic stress?

Part of how we got the word out about ACEs was to develop a “Speakers Bureau” or a bunch of trained speakers who were willing to do presentations around the community. We trained 60 people representing many sectors, and conducted more than 100 presentations over the past year. Our evaluations show the community members now understand the link between body and brain development and adversity...

We were starting to get comments like:

“Now I understand why that kid in my classroom is so explosive.”

“Wow. I really understand my co-worker’s anxiety better.”

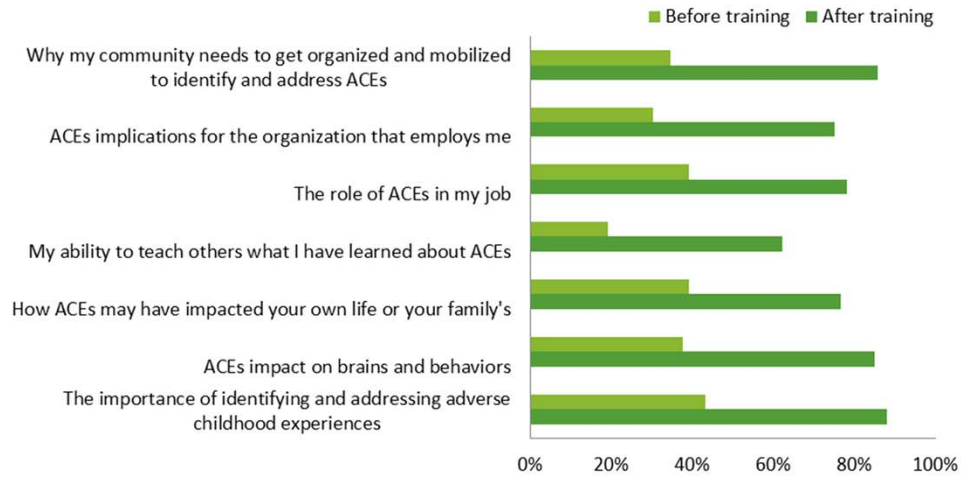
“Shoot. That explains a lot about me and my health.”

●The ACEs Fellowship continues to increase community knowledge and action around ACEs and Resiliency:

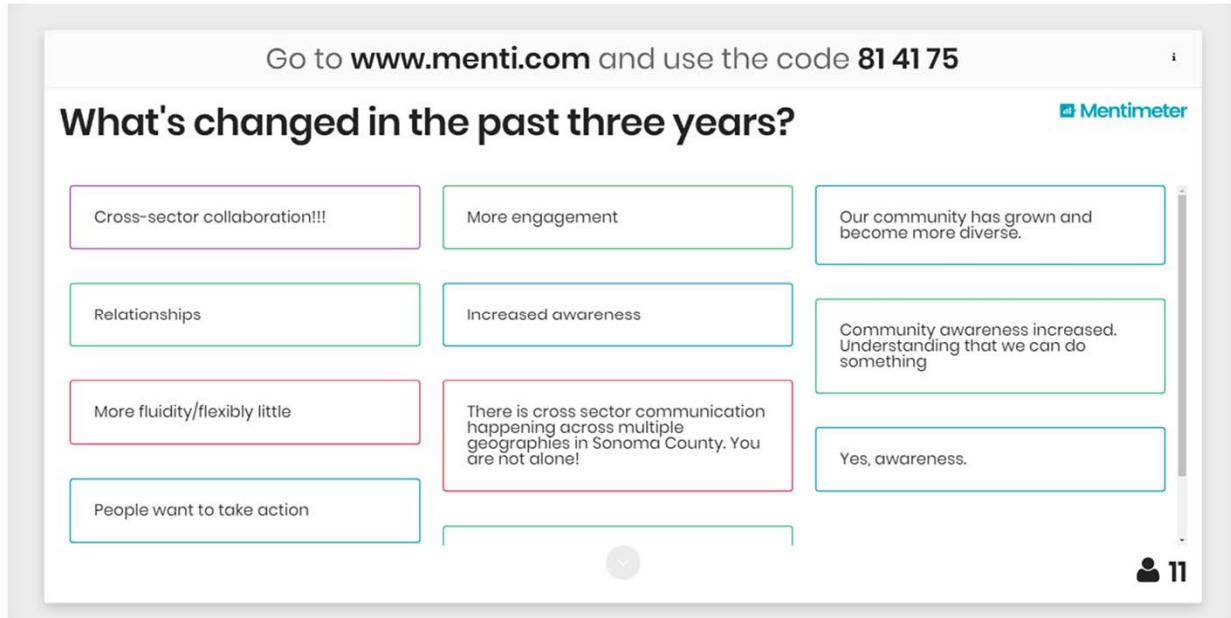
- Supported by HSD, CPI, SCOE, First 5, BHS with funds
- A coordinating committee of all sponsors and a member of ACEs Connection last met on 9/11 and conferred on the topic areas and tentative presenter list
  - This group of funders is not a committee of ACEs Connection, although ACEs Connection Steering Committee members raised the idea of inducting it
- SCOE is taking the lead this year in implementing the offerings with 2 tracks: Trauma Informed Agency Champions and the Restorative Culture Collaborative
- The first event offered in October with Chandra Gosh Ippen called the Ripple Effect engaged more than 150 people
- RCC engages 26 teams -150 people
- TIC about 40 each session, 20 agencies

# Achieved: Increased Awareness

Proportion of attendees who responded high or very high to knowledge about the following ACEs topics. (Total participants)(n=257)







- <https://www.mentimeter.com/s/cc73e6831323b306539913df78c0a38b/78428b838160>
- Regular calls to offer technical assistance to other counties – even in other states
- Frequent requests to speak at conferences
- Used as model for other ACEs Connection sites in other communities



Where is the movement  
headed now?

- Not a road with an end or destination! This is a continuous process...

# Climate Change Spurs Trauma and Resiliency



photos: pressdemocrat.com

Just three short months ago, our community got very familiar with these definitions and terms. This was not an intellectual exercise, but instead a lived experience that surprised many of us as we found ourselves actively experiencing trauma. When climate-related wildfires ravaged our communities, our bodies and brains reacted.

Stress Reactions to Common Events include:

Physical – jumpy, reactive to smells, tired, achy, hives and rashes

Cognitive – difficulty concentrating, overwhelmed by regular tasks

Emotional – guilt, sadness, anger, overwhelm, “hero mode”

Behavioral – sleep issues, irritability, outbursts (crying/anger)

Our community members asked themselves about their reactions during the fire:

“Why couldn’t I think clearly about what to pack when I was told to evacuate? How could I have forgotten my purse? My wedding ring? My mother’s ashes?”

“How can I sleep when I am not sure if the fire is coming to take my house next?”

“Why can’t my husband and I agree about whether or not we should evacuate? We end up yelling, in tears, and anguished, neither wanting to abandon the other, but not agreeing on what to do either.”

“How can I go to work when I don’t know if the roads will allow me to get to my kids or my house – the fires are still burning.”

“How can I leave when my cat won’t get in the car and I’m not sure I can drive through all the darkness and smoke?”

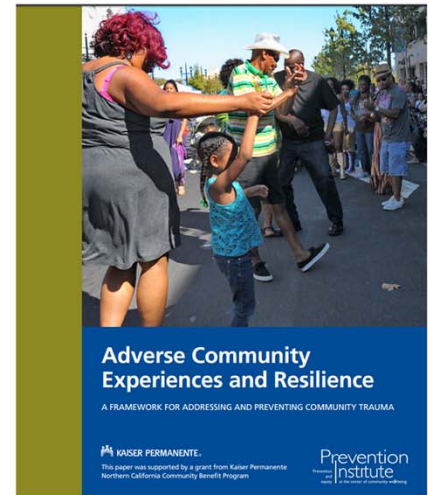
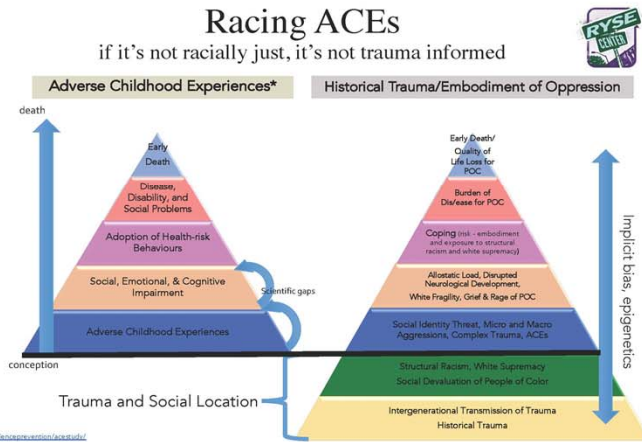
Later they asked questions like:

“Why did the chimney smoke from my neighbor’s yard immediately set me into panic mode?”

“Why did I jump when I saw the sun out of the corner of my eye and mistook it for flames coming over the hill again?”

“My house is still standing. Why do I feel so sad and overwhelmed? Others have it so much worse than I do.”

# ACEs, Resiliency, and Intersectionality



## National Perspective on ACEs & Resiliency

