

COMMUNITY STORIES

Sonoma County ACEs Connections



Sonoma County ACEs Connection

Mission Statement: “We bring the community together to prevent, heal, and treat ACEs while promoting resiliency.”

We are a grassroots coalition and a learning community that aims for cultural humility, consensus decision making and inclusive, strengths-based leadership.

EARLY RESULTS: The Sonoma County Department of Health Services is developing its five year strategic plan and has committed to reducing incidence of toxic stress and ACEs and supporting a trauma-informed and recovery-oriented culture within the department and community.

The Sonoma County Office of Education developed a bulletin on “Trauma Informed Teaching Knowing our Students’ Stories and Fostering Resilience”

Roseland Pediatrics, a community health center received a federal grant to train staff about ACEs and screen pediatric patients and their parent. The center has developed a “trauma informed office” by training all staff to understand the toxic effects of trauma/violence and principles of trauma informed care and introducing evidence based trauma screenings.

The Santa Rosa Violence Prevention Partnership chose “Tipping the Scale: Transforming Trauma” as the focus of its 8th annual Gang Prevention Seminar, which several members of the Sonoma County ACEs Connections helped plan.

MEMBERS: We are a coalition of community members and public agencies representing public health, criminal justice, substance abuse treatment, education, early childhood, community based organizations, medical clinics, mental health agencies and others.

ACEs FACTS FOR SONOMA COUNTY ADULTS: 40.9% of adults, retrospectively, experienced from one to three ACEs in childhood.*

Data Source: [As cited on kidsdata.org](https://kidsdata.org), Rodriguez, D., et al. (2016)

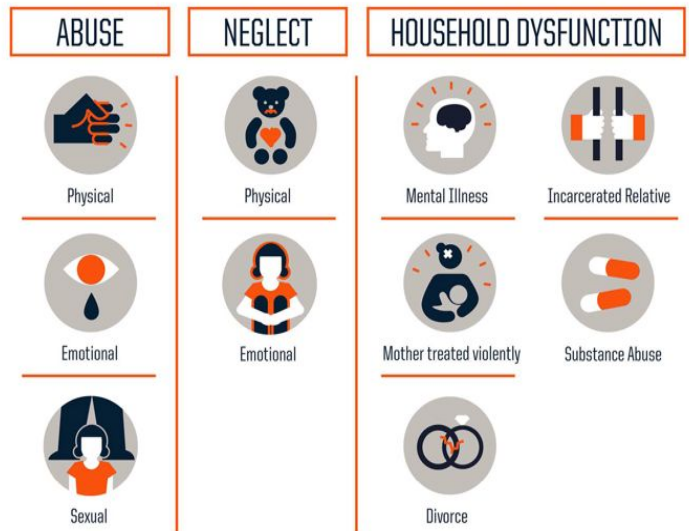


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WHY ACEs MATTER: Adverse childhood experiences, or ACEs, are potentially traumatic experiences that occur in childhood, such as abuse, neglect, substance abuse or mental abuse in the household, domestic violence, or having a parent in prison. In the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

- Providing opportunities for community members to learn about ACEs and trauma informed care through trainings, presentations, workshops and film screenings.
- Helping community groups, commissions, nonprofits, and County agencies create action plans for addressing ACEs.

Sonoma County ACES Connections is dedicated to preventing and reducing the number of adverse childhood experiences (ACEs) in Sonoma County creating opportunities to heal from past trauma and building. **JOIN US** on the 4th Wednesday of every month from 12:30 – 2:00 at 625 5th Street in Santa Rosa, CA.

Find out more about ACEs and the Sonoma County ACEs Connection grassroots coalition at <http://www.acesconnection.com/g/sonoma-county-aces-connection>, ACEsConnection.com and ACEsTooHigh.com. Learn more about the California Campaign to Counter Childhood Adversity at 4CAKids.org.