



## ACEs Enthusiasts Community Meeting

April 24, from 3:30 to 5:00

Location: Child Parent Institute

[Sonoma County ACEs Connection](#)

**About this community:** We bring the community together to prevent, heal, and treat ACEs while promoting resiliency. Sonoma County ACEs Connection has a fresh focus in 2019 with an emphasis on community, while seeking opportunities to leverage and coordinate with others. Please join us!

### Agenda Items

- **Welcome** - Grounding
- **Very brief overview of local committee history** and invitations for participation and leadership.
- **Introductions to share current implementation of ACEs efforts**, plus questions/requests/solutions to develop awareness of peers' similar efforts and potential connections, support.
- **Presentation by David Magallon:** as professional development re: the work of Bruce Perry: Neurobiology, brain development and trauma. [Video](#) 20 min
- **Presentation by Bryan Clement:** Report back of workshop: Vilma Reyes, PsyD Trauma -Informed Care: "Providing relationship-focused, culturally-informed interventions for trauma-exposed young children and their families." [PPT](#)
- **Presentation by Emilio Licea III, Psy. D. Behavioral Health Specialist, WCHC:** Pilot project regarding becoming a trauma-informed organization and integrating the the PEARLS screening tool into workflow for patients up to 18 yo. [CYW](#)
- Discussion/reactions/action/next steps?
- Additions to Agenda / Items for next agenda / Parking lot items
- Announcements, invitations, events, opportunities to table.
- Closing
- [Policymaker Education Day May 1, 2019](#) (any report out or next steps?)

## Resource Sharing

[Parent Handouts: Understanding ACEs, Parenting to Prevent & Heal ACEs \(now available in English, Dari & Spanish\)](#)

## Upcoming Conferences

**Soul Work: A conference devoted to healing Racial Trauma**  
6-7 to 6-9-2019 7:30am to 5:00pm EDT Learn more: [HERE](#)

**Complex Trauma Symposium: Canadian Perspectives and Initiatives** 6/17/19 9:00 AM 6/18/19 5:00 PM EDT Montreal Quebec. Learn more: [HERE](#)

**The 2019 Montana Summer Institute | Reasons for HOPE: Building Positive, Healthy, Resilient Communities** 6/25/19 8:00 AM 6/28/19 11:00 AM PDT Big Sky, Montana. Learn more: [HERE](#)



**REASONS FOR HOPE**  
Building Positive, Healthy, Resilient Communities

June 25-28, 2019 in beautiful Big Sky, Montana  
register online: [MontanaInstitute.com/MSI](http://MontanaInstitute.com/MSI)

Choose between THREE pre-institute workshops:

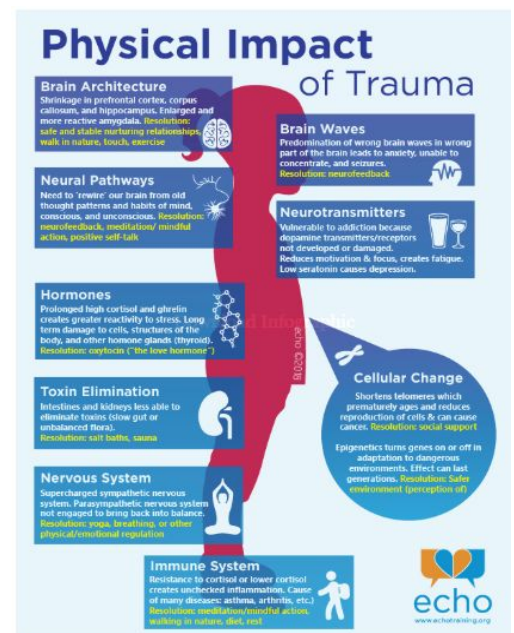
- 1 The Positive Community Norms Intensive Seminar
- 2 Health Outcomes from Positive Experience (HOPE) Seminar
- 3 SBIRT for Alcohol, Marijuana, Sexual Assault & Suicide Risk

**Beyond Paper Tigers Trauma-Informed Care Conference on June 26 & 27, 2019 "Building Resilience Across the Life Span,"** plus pre-conference trainings, social networking event, and film screenings beginning on Tuesday June 25, 2019. Red Lion Hotel Pasco, WA Learn more: [HERE](#)

**3-Day Intensive - Perinatal and Infant Mental Health: Using a Relationship-Based Approach to Perinatal Mood Disturbance** 6/27/19 11:00 AM 6/29/19 6:30 PM PDT Sydney Australia. Learn more: [HERE](#)

## FREE Webinars

**What are Family Justice Centers, how they work, guiding principles, core partners and services, how to get started, and how they holistically addressing the needs of survivors and their children.** June 11th 10-11:30 PST Learn more: [HERE](#)

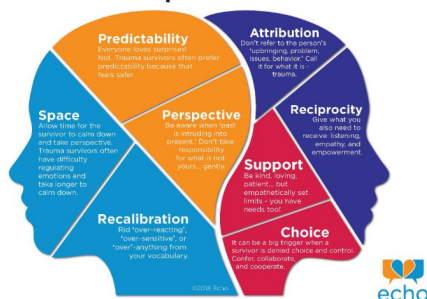


**Physical Impact of Trauma**

- Brain Architecture**  
Shrinkage in prefrontal cortex, corpus callosum, and hippocampus. Enlarged and more reactive amygdala. Resolution: safe and stable nurturing relationships, walk in nature, touch, exercise
- Brain Waves**  
Prolongation of wrong brain waves in wrong part of the brain leads to anxiety, unable to concentrate, and seizures. Resolution: neurofeedback
- Neural Pathways**  
Need to "rewire" our brain from old thought patterns and habits of mind, confusion, and incoherence. Resolution: neurofeedback, meditation/ mindful action, positive self-talk
- Neurotransmitters**  
Vulnerable to addiction because dopamine transmitters/receptors not developed or damaged. Reduces motivation & focus, creates fatigue. Low serotonin causes depression.
- Hormones**  
Prolonged high cortisol and ghrelin creates greater reactivity to stress. Long term damage to cells, structures of the body, and other hormone glands (thyroid). Resolution: cortisol ("the fear hormone")
- Toxin Elimination**  
Intestines and kidneys less able to eliminate toxins (slow gut or unbalanced flora). Resolution: salt baths, sauna
- Nervous System**  
Supercharged sympathetic nervous system. Parasympathetic nervous system not engaged to bring back into balance. Resolution: yoga, breathing, or other physical/relational regulation
- Immune System**  
Resistance to cortisol or lower cortisol creates unchecked inflammation. Cause of many diseases: asthma, arthritis, etc. Resolution: meditation/mindful action, walking in nature, sleep rest
- Cellular Change**  
Shortens telomeres which prematurely ages and reduces reproduction of cells & can cause cancer. Resolution: social support. Epigenetics turns genes on or off in adaptation to dangerous environments. Effect can last generations. Resolution: Safe environment (perception of)

echo [www.holisticliving.org](http://www.holisticliving.org)

## How to Support Someone Who Has Experienced Trauma



## FEE Based (ECHO) [Summer Academy 2019: Train the Trainer "Trauma & Resilience"](#)

\*see related materials copied below

