

## **Project Background and Summary:**

This remarkable program is unique to Sonoma County California, and provides community members with the opportunity to engage in a 9-month training program through classes sponsored by a Coordinating Committee including the County of Sonoma Human and Health Services Departments, Child Parent Institute, Hanna Boys Center, First 5 Sonoma County, Upstream Investments Sonoma County, and the Sonoma County ACEs Connection. In its first year, 2016-2017, the program aims to engage 25 individuals representing a range of sectors who will become certified ACE Interface Master Trainers. Some of these certified trainers may go on to train a second cohort in 2017-2018.

The Adverse Childhood Experiences (ACEs) & Resiliency Fellowship is a 9-month intensive interdisciplinary program designed for community members who will serve as community educators on the topics of toxic stress, trauma, Adverse Childhood Experiences, or Adverse Community Experiences. The group will meet in Santa Rosa, CA for one training session per month. The initial ACE Interface training will span two days, and then will be followed by Community of Practice meetings which will further exploring related topics. Community of Practice sessions will typically be 2-3 hours long and offered weekdays during business hours.

## **Fellowship Goals and Objectives:**

1. Train one cohort of 25 Master Trainers using a train-the-trainer model in the science and biology behind Adverse Childhood Experiences and Resiliency. A team of Master Trainers will then train a second cohort of 25 Presenters.
2. Create a Speakers' Bureau linking Master Trainers with county staff and community partners to increase the awareness of ACEs and Resiliency models.
3. Increase community awareness about the prevalence of ACEs and the public health impacts.
4. Increase community awareness about resources and evidenced-based approaches for building resiliency.
5. Conduct between 50—100 community trainings in 18 months engaging 1,000 participants.

## **Coordinating Committee:**

Representatives from the County of Sonoma Human and Health Services Departments, Child Parent Institute, Hanna Boys Center, First 5 Sonoma County, Upstream Investments Sonoma County, and the Sonoma County ACEs Connection will oversee the fellowship program. These representatives will coordinate the trainings, attend trainings to monitor participation, facilitate Community of Practice activities, serve as assessors of participant ability, and certify participants as various levels of Master Trainers.

## **ACE Interface Program:**

The ACE Interface Train the Master Trainer Program is designed to support rapid dissemination of accurate information that promotes understanding of how developmental adversity affects health and wellbeing throughout the life course. The materials include education about the ACE Study findings, the biology of adversity including neuroscience and epigenetics that tell us why ACEs are so powerful. The ACE Interface

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## **ACE Interface Program Continued:**

Train the Master Trainer Program puts accurate science together with an elegant script and fabulous visuals. The Program then addresses strategies for promoting resilience, recovery, and Self-Healing Communities. Program design is informed by adult education and social movement theory, scientific discovery, and audience feedback.

The purpose of the two-day education event with Dr. Robert Anda and Laura Porter is to:

- Increase knowledge and improve the skills of participants related to the biological, health, and social impacts of Adverse Childhood Experience as well as the promise of prevention and collective action to enhance accommodation and resilience.
- Prepare participants to deliver presentations that inspire, engage, and motivate powerful action by diverse audiences, and train other people to do the same.
- Lay the groundwork for a Community of Practice among ACE Interface Master Trainer/Coaches that helps all Trainer/Coaches to continuously improve education and to realize important core values in the work, including the values of transformational improvement and respect for the wisdom of every human being.

## **Community of Practice Meetings:**

Community of Practice meetings will be scheduled once monthly (with a break in December) for several months following the ACE Interface training. These meetings will allow cohort members to practice skills, such as leading adult learning activities for other cohort members. In addition, meetings will engage local experts with in-depth content knowledge of the topics presented in the ACE Interface training. Local experts will help cohort members deepen understanding of the specific biological, health, and social impacts of Adverse Childhood Experience as well as specific strategies showing promise to help prevent or heal ACEs while building resiliency. Sample presenters may include Brian Farragher on the topic of Trauma-Informed Agencies or Jane Stevens on emerging Resiliency strategies across the nation.

## **ACE Interface Master Trainer Certification:**

Twenty five (25) people are initially trained and certified as Master Trainer. The process toward certification includes the following steps:

- Completion of the two-day ACE Interface Training with Dr. Anda and Laura Porter.
- Debrief and recommitment.
- Participation in the monthly Community of Practice sessions.
- Commitment and fulfillment of one speaking engagement\* in the first two months post-training.
- Commitment to speaking engagements\* (some with facilitated dialogue and coaching) with evaluation and feedback over a 18 month period.

*\* Speaking engagements will be conducted in pairs or groups of Cohort or Coordinating Committee members.*

*Sonoma County ACEs Connection received a grant from the Health Federation of Philadelphia to establish the Master Trainer program.*

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## ACE Interface Master Trainer Certification (Continued):

Master Trainers may volunteer to help facilitate the training of a second cohort of certified ACE Interface trainers. **Engaging a second cohort depends on securing the commitment of at least two (2) Master Trainers from the first cohort to facilitate a two-day training.**

Certification will be granted in none or up to all four categories below:

<b>Presenters</b>	<b>Master Trainers</b>	<b>Community Resilience Coaches</b>	<b>Technical Experts</b>
These individuals limit their work to: inform their own work as well as present to audiences using only a short version of the ACE Interface presentation.	These individuals have shown that they have the ability to not only present this information at any level, but have the skills and abilities to train others and monitor their success.	These individuals are certified Presenters and Master Trainers, and have shown that they have the skills and abilities to facilitate safe, nurturing and supportive dialogue with the community about taking action on this information.	These individuals may or may not be certified in some or all of the previous categories; however they serve as technical experts in specific areas: For example: Historical Trauma, Cultural Respect, Public Education, Art of Hosting, Substance Use Disorders, Children’s Mental Health, Domestic Violence, Fetal Alcohol Spectrum Disorder, Early Childhood Development, Community Organizing, Strategic Planning, etc.

Certification is determined through evaluating competency and exploring mutual interest in next steps. Certification is conducted through a careful assessment process and respectful consideration of the best fit for each individual.

## Potential Continuing Education Units

The 2016-2017 Fellowship year marks the start of the program. Sonoma County Departments of Health and Human Services plan to apply for continuing education units through the UC Davis Office of Extended Education, the Board of Registered Nurses, and Board of Behavioral Sciences, and will provide further details about any potential credits once approved by respective agencies.

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## **Admission Criteria:**

Admission is open to professionals and other community members representing a range of community sectors. We are seeking representatives of networks and sector or community representation including, but not limited to: business community; media; early education/schools; youth-serving organizations; law enforcement agencies; religious or fraternal organizations; civic and volunteer groups; healthcare professionals (including mental health and substance abuse treatment professionals); state, local, or tribal governmental agencies; adults and seniors/aging representatives; youth (including transitional aged youth); parents/ foster parents; and under-represented community members (e.g LGBTQ).

## **Program Tuition:**

The 2016-2017 tuition is \$500. If space allows, out-of-county participants may also join the cohort, although preference will be given to Sonoma County residents. Out of county participants will pay \$1120 for the 16-17 program. Scholarships will be offered, and no one will be turned away for lack of funds.

## **Application Criteria:**

Community members with a demonstrated ability to train or teach (exceptions may be made for this experience requirement for those in under-represented sectors) are encouraged to apply. All participants will need to affirm:

- Commitment to completing all training, reading and practice requirements for certification;
- Commitment to actively pursuing certification as a Master Trainer in the first nine (9) months after training by making at least:
  - one speaking engagement\* in the first four months post-training.
  - commitment to 4 speaking engagements\* (some with facilitated dialogue and coaching) with evaluation and feedback over a 18 month period.
- Willingness to be evaluated by the ACEs Fellowship Coordinating Committee members and to accept feedback on the quality of presenter delivery;
- Willingness to provide feedback to ACE Interface about content improvement;
- Demonstrated ability to effectively reach a community or audience of strategic importance to Sonoma County ACEs Connection;
- Commitment to helping to track presentation data including dissemination of evaluation surveys for all presentations delivered before June 30, 2018.

*\* Speaking engagements will be conducted in pairs or groups of Cohort or Coordinating Committee members.*

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## **Application Criteria (Continued):**

The following personal qualities will be considered when accepting applicants:

- commitment to trauma informed approaches,
- demonstrated ability to teach adults and youth,
- experience working across multiple disciplines,
- commitment to communities of color,
- geography – grassroots connection to various Sonoma County communities.

## **Application:**

Your résumé or curriculum vitae (CV) as well as a one-page letter addressed to the Coordinating Committee will provide you the opportunity to show how you meet the application criteria. ***A \$25, non-refundable application fee is requested.*** If you can not afford this fee, please fill out the Application Fee Waiver Form.

Please submit a check (made out to Sonoma County ACEs Connection) or Application Fee Waiver Form, as well as your one page letter, résumé , and the Application Form on the following page to:

**Sonoma County ACEs Connection  
c/o Upstream Investments,  
490 Mendocino Ave., Ste. 101,  
Santa Rosa, CA 95401**

**Applications are due on September 12, 2016.** The Coordinating Committee will review applications and determine scholarship awards. Applicants will be notified of their acceptance on or before September 27, 2016.

Questions about the application or application process can be directed to: [hwhitewolfe@schsd.org](mailto:hwhitewolfe@schsd.org) or 707.565.5266.

# ACEs & Resiliency Fellowship

## **Application Form:**

**Please attach your letter, résumé or curriculum vitae (CV) and your \$25 check or waiver with this form.**

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization \_\_\_\_\_

Sector \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**No one will be turned away for lack of funds, but please share your payment plan:**

- I will pay the full \$500 in-county fee
- I will need a scholarship
- I will pay the \$1120 out-of-county fee

**I agree to make the following commitments: (Please check all boxes and sign below.)**

- completing all training, reading, monthly Community of Practice sessions, and other requirements for certification;
- actively pursuing certification as a Master Trainer in the first nine (9) months after training by making at least:
  - ◆ one paired speaking engagement within the first four months post-training
  - ◆ four paired speaking engagements (some with facilitated dialogue and coaching) with evaluation and feedback over a 18 month period;
- being evaluated by the ACEs Fellowship Coordinating Committee members and accepting feedback on the quality of presenter delivery;
- providing feedback to ACE Interface about content improvement; and
- helping to track presentation data including dissemination of evaluation surveys for all presentations delivered before June 30, 2018.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# ACEs & Resiliency Fellowship

## Application Fee Waiver Form:

**No one will be turned away for lack of funds.**

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization \_\_\_\_\_

Sector \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I request a waiver for the \$25 application fee as it presents a hardship for me.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_