

# COMMUNITY STORIES

SAN DIEGO TRAUMA-INFORMED GUIDE TEAM



## SAN DIEGO TRAUMA-INFORMED GUIDE TEAM

- Provides opportunities for community members to network and learn from each other.
- Educates people in the San Diego region about adverse childhood experiences (ACEs) and the effects of toxic stress across different sectors including health, mental health, faith-based communities, juvenile justice, businesses, reentry and schools.
- Actively supports the implementation of trauma-informed practices that increase resilience and wellness for all residents across the life span through authentic community engagement.
- Recognizes the mental and emotional impact on those who provide services to communities that experience high ACE scores. Seeks to create a supportive environment that promotes self-care and resilience building for our members, communities, organizations and systems.

**EARLY RESULTS:** The San Diego Trauma-Informed Guide Team incorporates trauma-informed, resilience building practices into its strategic plan and is recruiting cross-sectors engagement with our regional outreach. Supported the Commission on Gang Prevention & Intervention with the unanimous passing of Resolution Number R-309894: A Resolution of the Council of the City of San Diego supporting a Trauma-Informed Approach to Address and Prevent Gang Violence. Supported Health, Human Services Agency with their universal awareness that individuals and organizations impact from trauma and toxic stress.

**MEMBERS:** We are a grassroots collaboration of community members representing early childhood, family services, education, higher education, foster care, health care, public health nurses, mental health, juvenile justice, government, business, reentry, food services, and youth-serving organizations. We strive to create a more resilient San Diego region by educating individuals, communities and organizations about ACEs, trauma and resilience; and, by providing training and resources for making policy and practice changes that are needed to create healing in our communities, organizations and systems.

**ACEs FACTS FOR SAN DIEGO ADULTS:** 44.5% of adults in San Diego County experienced from one to three ACEs in childhood.\*

**ACEs FACTS FOR SAN DIEGO CHILDREN:** Nearly one in five children in San Diego County and City experienced at least two ACEs, a higher percentage compared to the state.\*

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

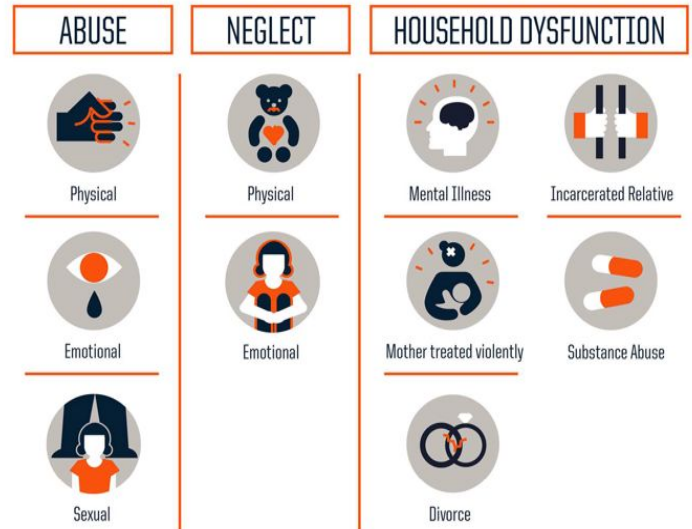


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**WHY ACEs MATTER:** Adverse childhood experiences, or ACEs, are potentially traumatic experiences that occur in childhood, such as abuse, neglect, substance abuse or mental abuse in the household, domestic violence, or having a parent in prison. In 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 SAN DIEGO TRAUMA-INFORMED GUIDE TEAM IS DOING ABOUT ACEs:

- Providing an opportunity for community members to network, support and learn from each other.
- Educating people in San Diego regionally about ACEs and the effects of toxic stress.
- Actively supporting the implementation of trauma-informed practices that increase resilience and wellness for all residents across the lifespan.

**San Diego Trauma-Informed Guide Team** is dedicated to preventing and reducing the number of adverse childhood experiences (ACEs) in the San Diego region, creating opportunities to heal from past trauma and building a Resilient San Diego community. **JOIN US** on the 1st Friday of every other (odd) month, 12:30 pm - 2:00 pm for our San Diego Trauma-Informed Guide Team meeting at San Diego Center for Children.

Find out more about ACEs, San Diego Trauma-Informed Guide Team and ACEs Connection Network at <http://www.acesconnection.com/g/san-diego-county-aces-connection-group>

ACEsConnection.com and ACEsTooHigh.com. Learn more about the California Campaign to Counter Childhood Adversity at 4CAKids.org.