

Resilient Yolo



Resilience Yolo educates institutions and individuals in Yolo County about ACEs science and resilience practices. Our intent is to encourage county and community systems and individuals in Yolo County to integrate trauma-informed and resilience-building practices into their work, community, and personal lives.

Resilient Yolo is a coalition of community members representing early childhood, family services, education, health care, mental health, juvenile, adult and civil justice, government, business, libraries, and other community-serving organizations. We strive to create a more resilient Yolo 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 citizenry, organizations and systems.

What We Do

- Provide opportunities for community members to network and learn from each other.
- Educate people in Yolo County about ACEs and the effects of toxic stress by creating materials and hosting ACEs science trainings sessions across different sectors including health, mental health, faith-based communities, juvenile, adult and civil justice, businesses, family serving organizations and schools.
- Actively support the implementation of trauma-informed practices that increase resilience and wellness for all residents, through presentations on trauma-informed practice and other community events engaging more than 1,000 participants across many settings.
- Recognize the mental and emotional impact on those who provide services to communities that experience high ACE scores.
- Seek to create a supportive environment that promotes self-care and resilience building for our members.

Early Results

- MLK Jr. High School in Davis, has become a trauma informed school. They have incorporated mindfulness and self-care in their daily practices and opened a Wellness Center that provides free health services. Parents, staff, and students are educated on ACEs and the importance of self-care as it relates to building resiliency. The positive results can be seen in improved attendance, fewer suspensions, and specific positive feedback in healthy kids and Youth Truth surveys.
- Family Hui has embedded information about ACEs and resilience into parenting curriculum and provides materials to families in both English, Spanish and Farsi in Yolo County and throughout the State of California.
- Foster and Kinship Care and Education Program provides detailed training in trauma-informed parenting to all foster, kinship and adoptive parents.
- Currently partnering with the Yolo County Office of Education (YCOE) on Project Resilience and co-hosted "Building a Resilient Yolo" Summits in 2016 & 2017 with YCOE.

Legislative Districts

State: 4, 7

Senate: 3, 6

Events Calendar

Please join us the first Friday of every month from 2:30–4:00pm

Yolo County CASA
 Yolo County Conflict Resolution Ctr.
 722B Main Street
 Woodland, CA 95695

Learn More

- [Resilient Yolo](#)
- [ACEs Connection](#)
- [ACEsTooHigh.com](#)
- [California Campaign to Counter Childhood Adversity](#)

2016 Estimated Percentages Reported by Parents	USA	CA	Yolo County
Children ages 0-17 who have experienced 2+ adverse experiences	21.7%	16.4%	15.2%
Children ages 6-17 who are calm and in control when facing a challenge	49.7%	52.4 %	51.8%

Data Source: As cited on kidsdata.org, Population Reference Bureau, analysis of data from the National Survey of Children's Health and the American Community Survey (Mar. 2018).