

# COMMUNITY STORIES

## RESILIENT SACRAMENTO



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- Provides opportunities for community members to network and learn from each other.
- Educates people in Sacramento County about adverse childhood experiences (ACEs) and the effects of toxic stress by creating materials and hosting ACEs 101 sessions across different sectors including health, mental health, faith-based communities, juvenile justice, businesses and schools.
- Actively supports 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.
- 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.

**EARLY RESULTS:** First 5 Sacramento Commission incorporates trauma-informed practice into its strategic plan. San Juan Unified School District commits to providing district-wide training in ACEs science and trauma-informed practice in schools. Sacramento County Health and Human Services appoints staff for implementing trauma-informed practices in Sacramento County.

**MEMBERS:** We are a coalition of community members representing early childhood, family services, education, health care, mental health, juvenile justice, government, business, libraries, and other community-serving organizations. We strive to create a more resilient Sacramento 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.

**ACEs FACTS FOR SACRAMENTO ADULTS:** 62 percent of Sacramento residents have experienced childhood adversity. Nearly 20 percent reported at least four ACEs, and one in four adults surveyed said they had experienced two or three ACEs.\*

**ACEs FACTS FOR SACRAMENTO CHILDREN:** Nearly one in four children in Sacramento County and City experienced at least two ACEs, a higher percentage compared to the state and the U.S. as a whole.\*\*

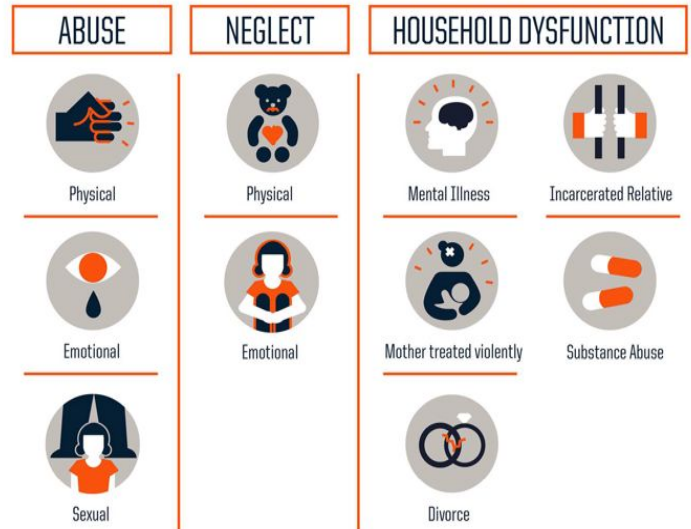
Data Source: [As cited on kidsdata.org](https://kidsdata.org) Rodriguez, D., et al. (2016)



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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 RESILIENT SACRAMENTO IS DOING ABOUT ACEs:

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

**Resilient Sacramento** is dedicated to preventing and reducing the number of adverse childhood experiences (ACEs) in the greater Sacramento area, creating opportunities to heal from past trauma and building a Resilient Sacramento community. **JOIN US** on the 2nd Tuesday of every month, 4:00-5:30pm, Kiwanis Family House, 2875 50th Street, Sacramento, CA 95817.

Find out more about ACEs, Resilient Sacramento and ACEs Connection Network at <http://www.acesconnection.com/g/sacramento-county-ca-aces-connection>, ACEsConnection.com and ACEsTooHigh.com. Learn more about the California Campaign to Counter Childhood Adversity at 4CAKids.org.