



CAPITAL REGION
CLIMATE READINESS
COLLABORATIVE

Quarterly Adaptation Exchange

Adverse Childhood Experiences (ACEs)

Monday, March 12th | 1:00 – 4:00 PM

Sacramento County Primary Care Center Room PCC2020 | Sacramento, CA

Welcome & Collaborative Updates

Kathleen Ave | Chair, Capital Region Climate Readiness Collaborative
| Climate Program Manager, SMUD



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New Member Presentation



BREATHE
CALIFORNIA
Sacramento Region

David Modisette | Chief Executive Officer,
Breathe California Sacramento Region



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New Member Presentation



Vanessa Toro Barragan | Sacramento Area Program Coordinator,
Environmental Justice Coalition for Water (EJCW)



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The Environmental Justice Coalition for Water

The Human Right to Water and Climate Change:
An Introduction

Vanessa Toro Barragan
March 12, 2018



The Environmental Justice Coalition for Water

Water Justice for All

MISSION & VISION

Mission

- To educate, empower, and nurture a community-based coalition that serves as a public voice and an effective advocate for environmental justice issues in California water policy.

Vision

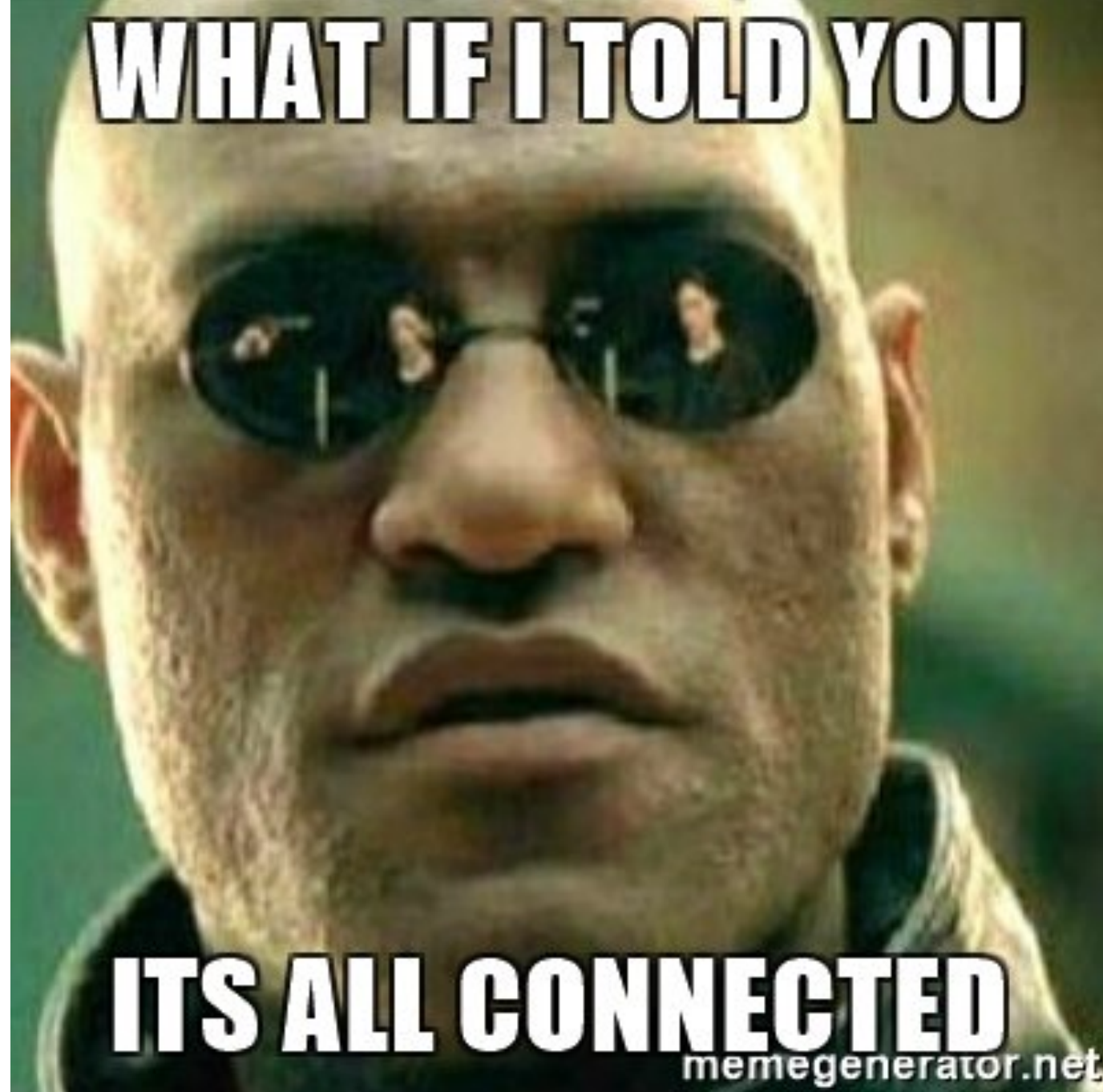
- All communities throughout California have access to safe and affordable water, clean rivers, streams, and bays for personal, cultural, ceremonial, subsistence, and recreational uses.



ACTIVITIES

- Community organizing
- Coalition-building
- Capacity-building
 - Skill-based and substantive training
 - Leadership development
 - Advocacy
 - Legislative
 - Administrative
 - Litigation
 - Technical Assistance
 - Regional Planning
 - Project Development
 - Research; Community-based participatory research

water



California's Human Right to Water Law

California Water Code section 106.3. (a) It is hereby declared to be the established policy of the state that every human being has the right to safe, clean, affordable, and accessible water adequate for human consumption, cooking, and sanitary purposes.

(b) All relevant state agencies, including the department, the state board, and the State Department of Public Health, shall consider this state policy when revising, adopting, or establishing policies, regulations, and grant criteria when those policies, regulations, and criteria are pertinent to the uses of water described in this section.

STATE WATER RESOURCES CONTROL BOARD

RESOLUTION NO. 2016-0010

ADOPTING THE HUMAN RIGHT TO WATER AS A CORE VALUE AND DIRECTING ITS IMPLEMENTATION IN WATER BOARD PROGRAMS AND ACTIVITIES

The State Water Board:

...

2. Will continue to **consider**, and encourages the Regional Water Boards to continue considering, the **human right to water** in **all activities** that could affect existing or potential sources of drinking water (MUN), including, but not limited to, revising or establishing water quality control plans, policies, and grant criteria, permitting, site remediation, monitoring, and **water right administration**. However, this resolution does not expand the legal scope of the human right to water as described in Water Code section 106.3, alter the Water Boards' authority and obligations under applicable law, or impose new requirements on the **regulated community**.

SERIOUS DROUGHT
HELP SAVE WATER



Source: <http://waterwellservice.com/At%20a%20well%20trailer%20with%20pipe%20on.JPG>

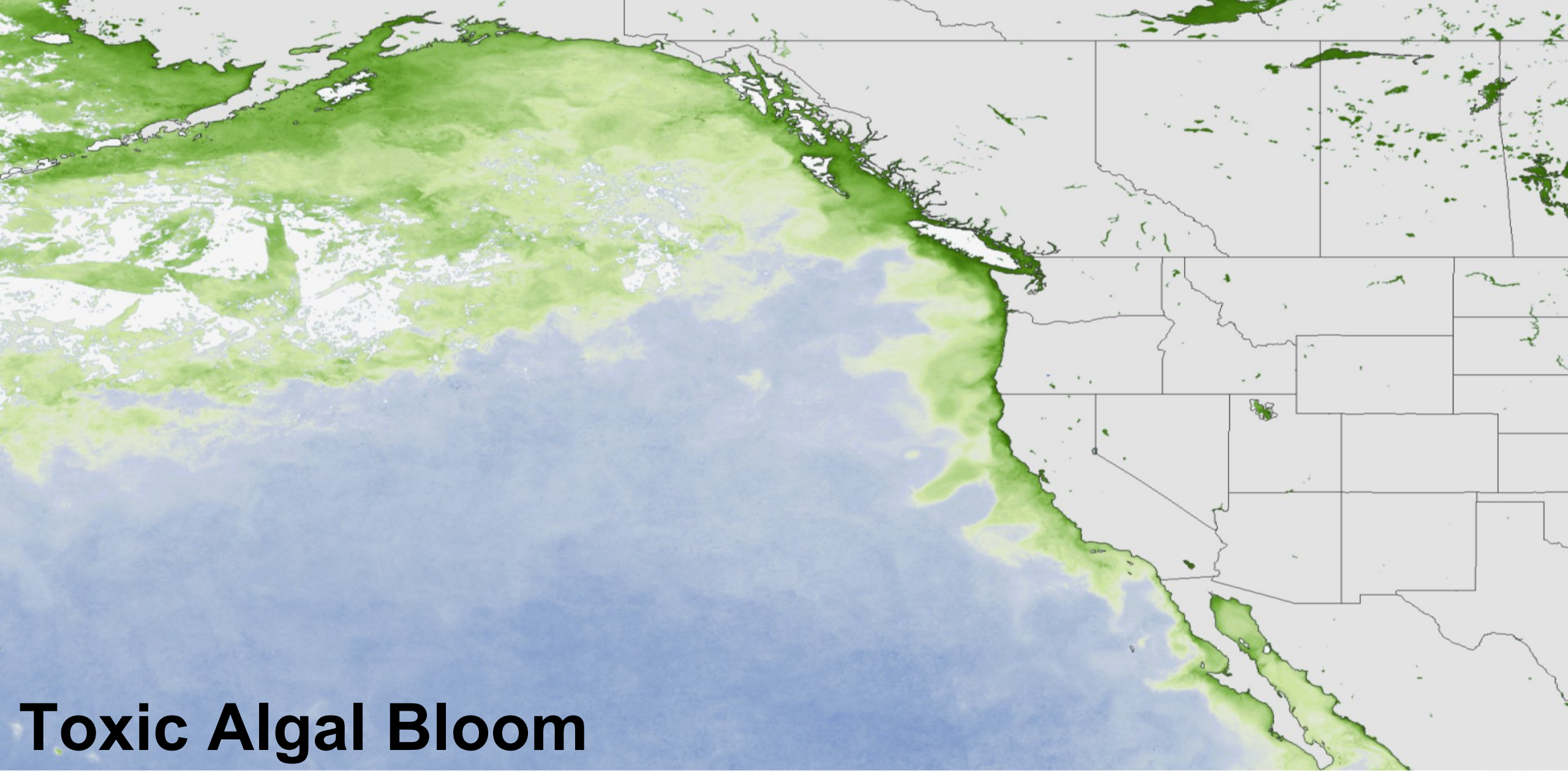




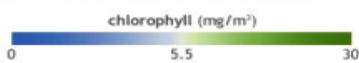
Source: <http://strangesounds.org/wp-content/uploads/2015/05/fracking-drinking-water-contamination.jpg>



Source: <http://earthfirstjournal.org/newswire/wp-content/uploads/sites/3/2014/12/o-FISH-FOLSOM-facebook.jpg>



July 2015



NOAA Climate.gov
Data: Suomi NPP
NOAA View

Source: http://static1.techinsider.io/image/55c4e9152acae711008be367-1920-1150/noaaview_chloro_july2015_lrg.jpg



Source: https://i.ytimg.com/vi/_qe8SOpXd-k/hqdefault.jpg



Source: <https://assets.rbl.ms/6446638/980x.jpg>



Source: <http://ww1.hdnux.com/photos/45/72/10/9937432/5/920x920.jpg>



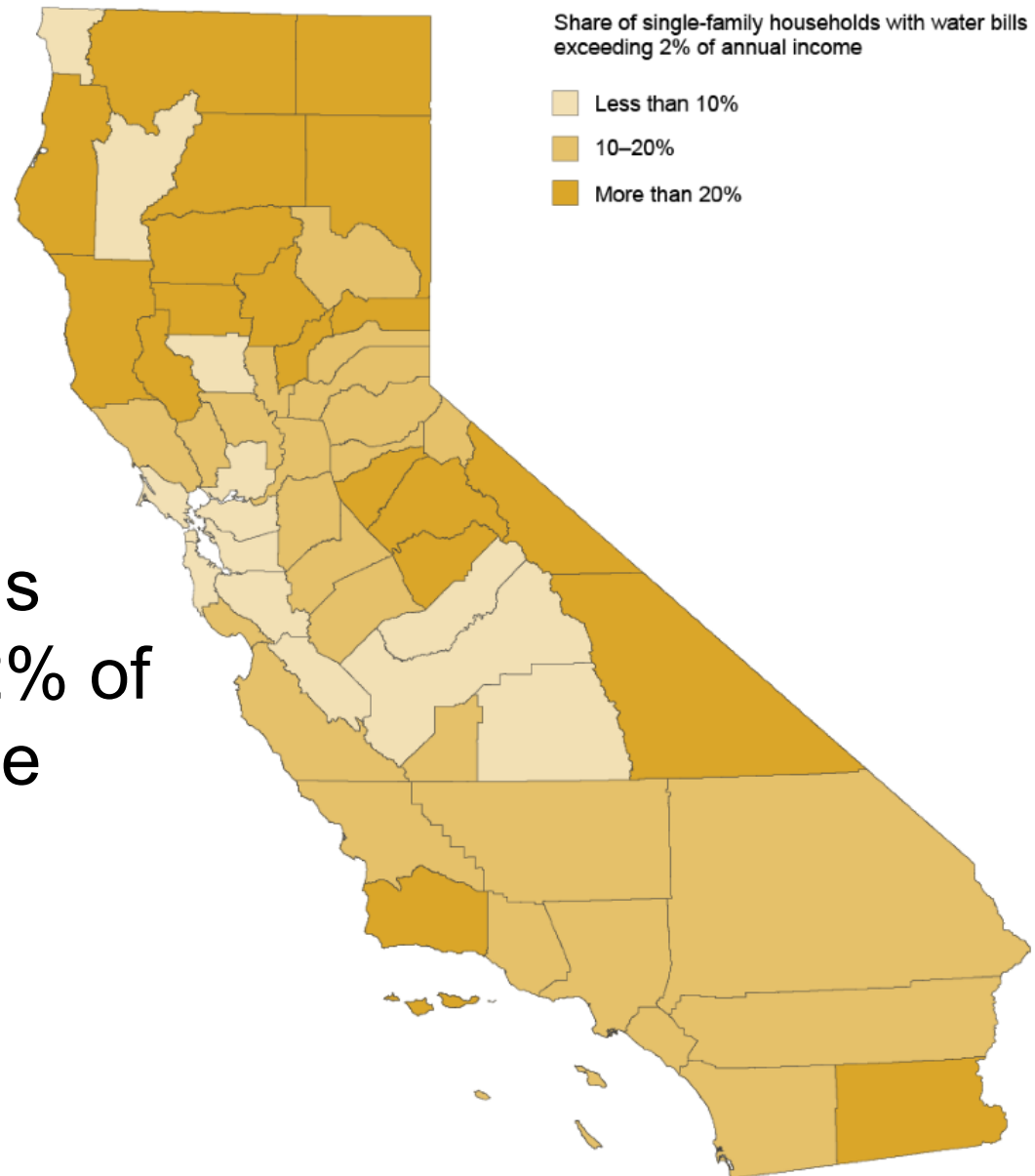


Source: https://theprairieecologist.files.wordpress.com/2013/10/eenpo130703_d006.jpg

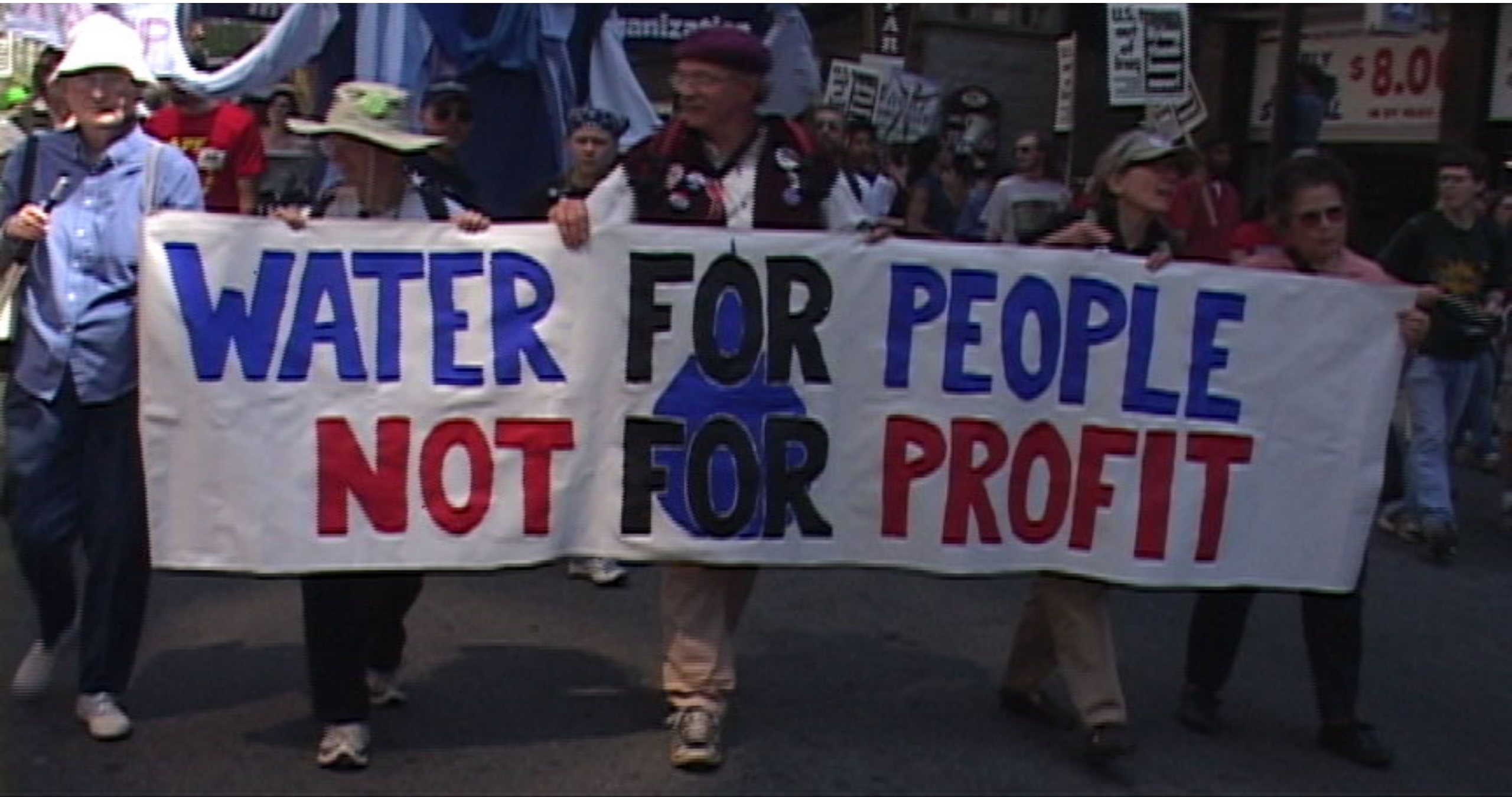


Source: <https://griid.files.wordpress.com/2011/02/no-water-privatization.jpg>

Share of single-family households with water bills that exceed 2% of annual income



PPIC, PAYING FOR
WATER IN
CALIFORNIA, page 34
fig.5 (2014).



WE WANT WHITE
TENANTS IN OUR
WHITE COMMUNITY

JAPS KEEP MOVING
THIS - IS A WHITE MAN'S NEIGHBORHOOD.

WE SERVE
WHITE'S *only*
NO
SPANISH *or* MEXICANS



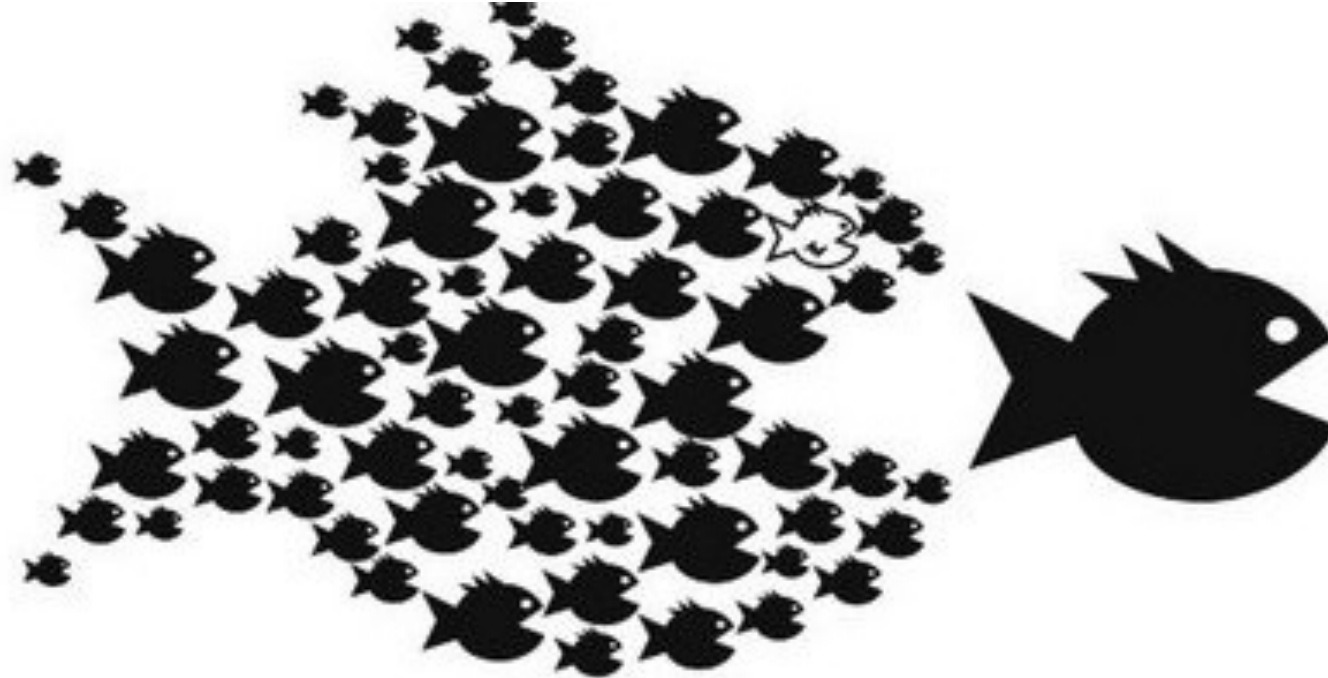
PEOPLE EXPERIENCING HOMELESSNESS: ACCESS TO WATER AND SANITATION



Two activists, including Safe Ground Sacramento president John Krintz (right), protest lack of access to clean water and sanitation for the Sacramento region's homeless individuals at Sacramento City Hall (Feb. 9, 2012)



What to do?



ORGANIZE!



Source: EJCW (on file)

LOOK TO THE MARGINS

- Homeless
- Private well users
- Unincorporated communities
- Renters
- Mobilehome park residents
- California Indian Tribes
- Instructive circumstances
 - E.g., Lucerne, San Jerardo, etc.

DISADVANTAGED PRIVATE WELL USERS & UNINCORPORATED COMMUNITIES



CALIFORNIA INDIAN TRIBES AND INDIGENOUS COMMUNITIES & INDIVIDUALS



Support Winnemem Cultural Survival!
Tell Rep. Doug LaMalfa "No!" to the Shasta Dam Raise.

Call his office:
(530) 223-5898

E-mail him:
<http://tinyurl.com/noshastaraise>

Thank you!

The Environmental Justice Coalition for Water

www.ejcw.org

(916) 432-EJCW(3529)

@EJCW

info@ejcw.org



EJCW

Water Justice for All

Introduction to ACEs

A Mindful Moment

Gail Kennedy | Director of Programs, ACEs Connection



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Presentation

Introduction to Adverse Childhood Experiences (ACEs)

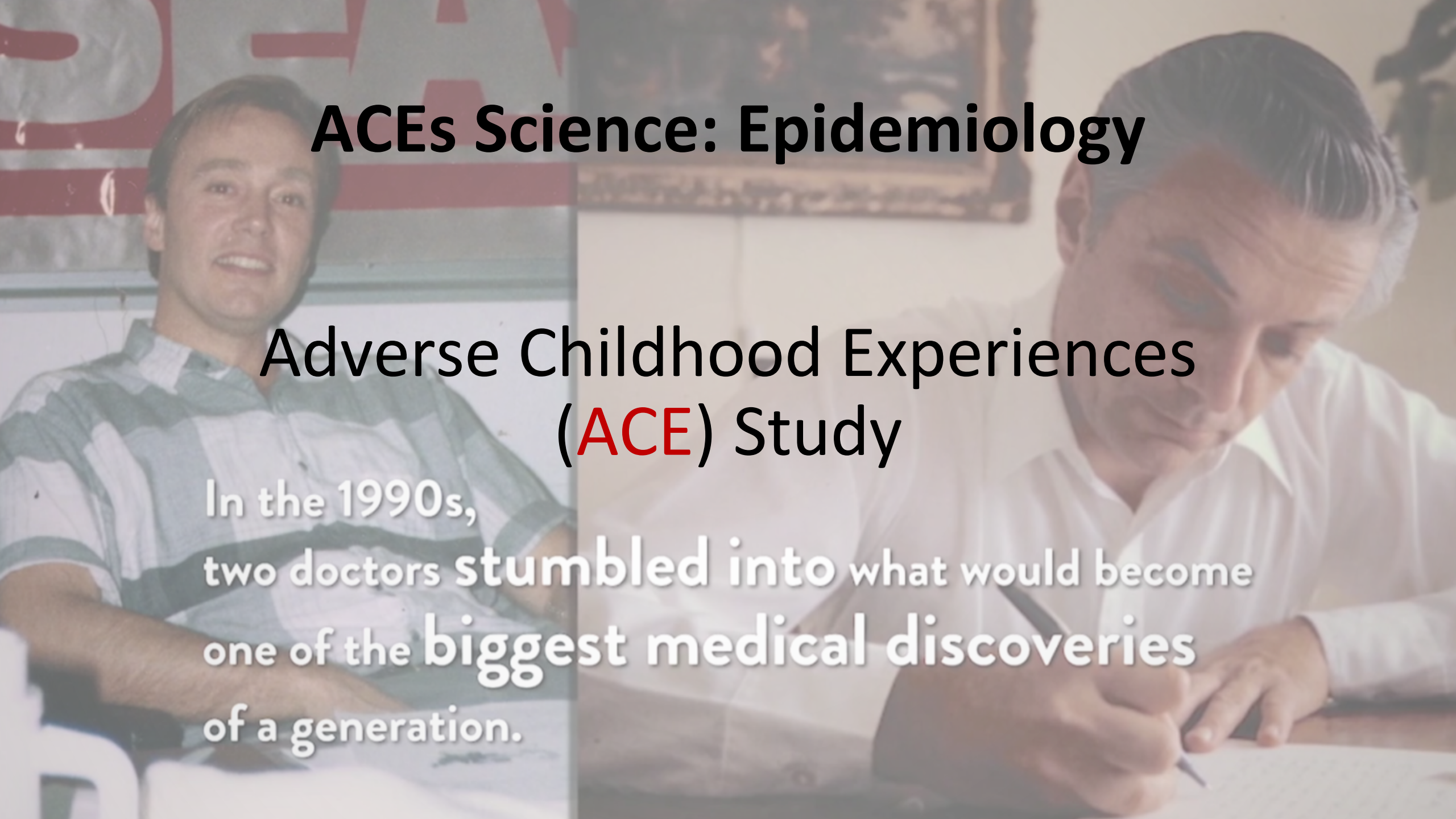
Donielle Prince | Bay Area Regional Community Facilitator, ACEs Connection



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Adverse Childhood Experiences ACEs Connection





ACEs Science: Epidemiology

Adverse Childhood Experiences (ACE) Study

In the 1990s,
two doctors **stumbled into** what would become
one of the **biggest medical discoveries**
of a generation.

Adverse Childhood Experiences (ACE) Study

**Centers for Disease Control and Kaiser Permanente in
San Diego,
17,300 Adults**

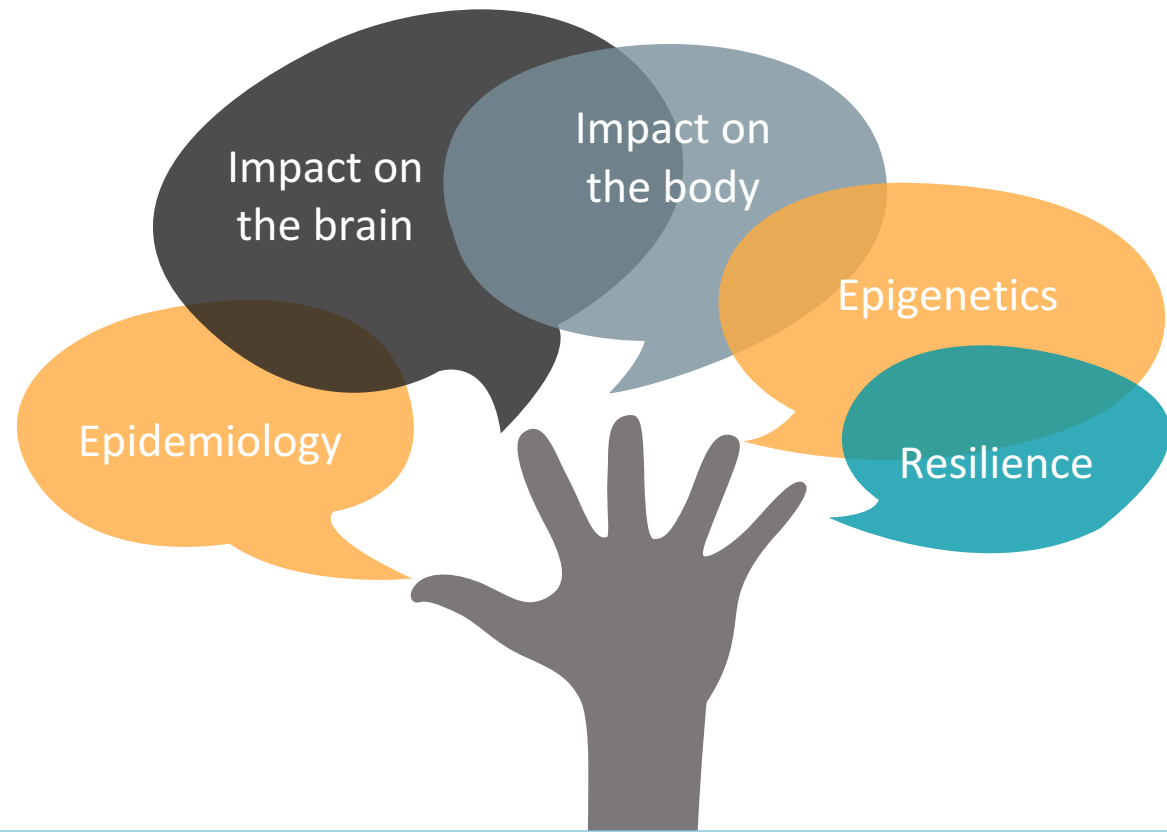
Tracked health outcomes based on childhood ACEs

75% Caucasian, 39% college graduates, 36% some
college,
living wage jobs with insurance; median age 57 yr. old

What are the **A**dverse **C**hildhood **E**xperiences?

1. Child physical abuse
2. Child sexual abuse
3. Child emotional abuse
4. Physical Neglect
5. Emotional Neglect
6. Mentally ill, depressed or suicidal person in the home
7. Drug addicted or alcoholic family member
8. Witnessing domestic violence against the mother
9. Loss of a parent to death or abandonment, including abandonment by divorce
10. Incarceration of any family member

ACEs Science is the Foundation



EPIDEMIOLOGY

the ACE Study and expanded ACE surveys

IMPACT ON THE BRAIN

the neurobiology of toxic stress caused by ACEs on children's developing brains

IMPACT ON THE BODY

the short- and long-term health consequences of toxic stress

EPIGENETICS

how the effects of ACEs are passed on from generation to generation

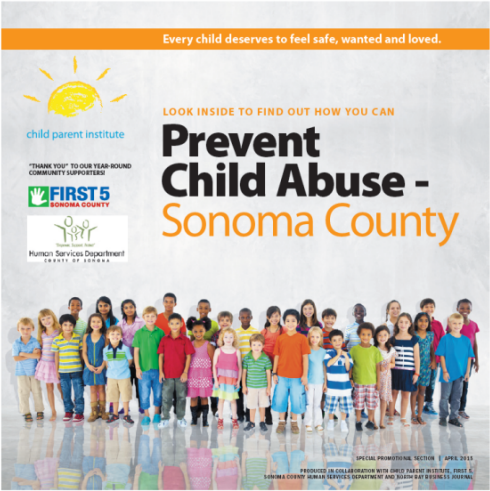
RESILIENCE

the brain is plastic and the body wants to heal

Original Data vs Local Helping Professionals

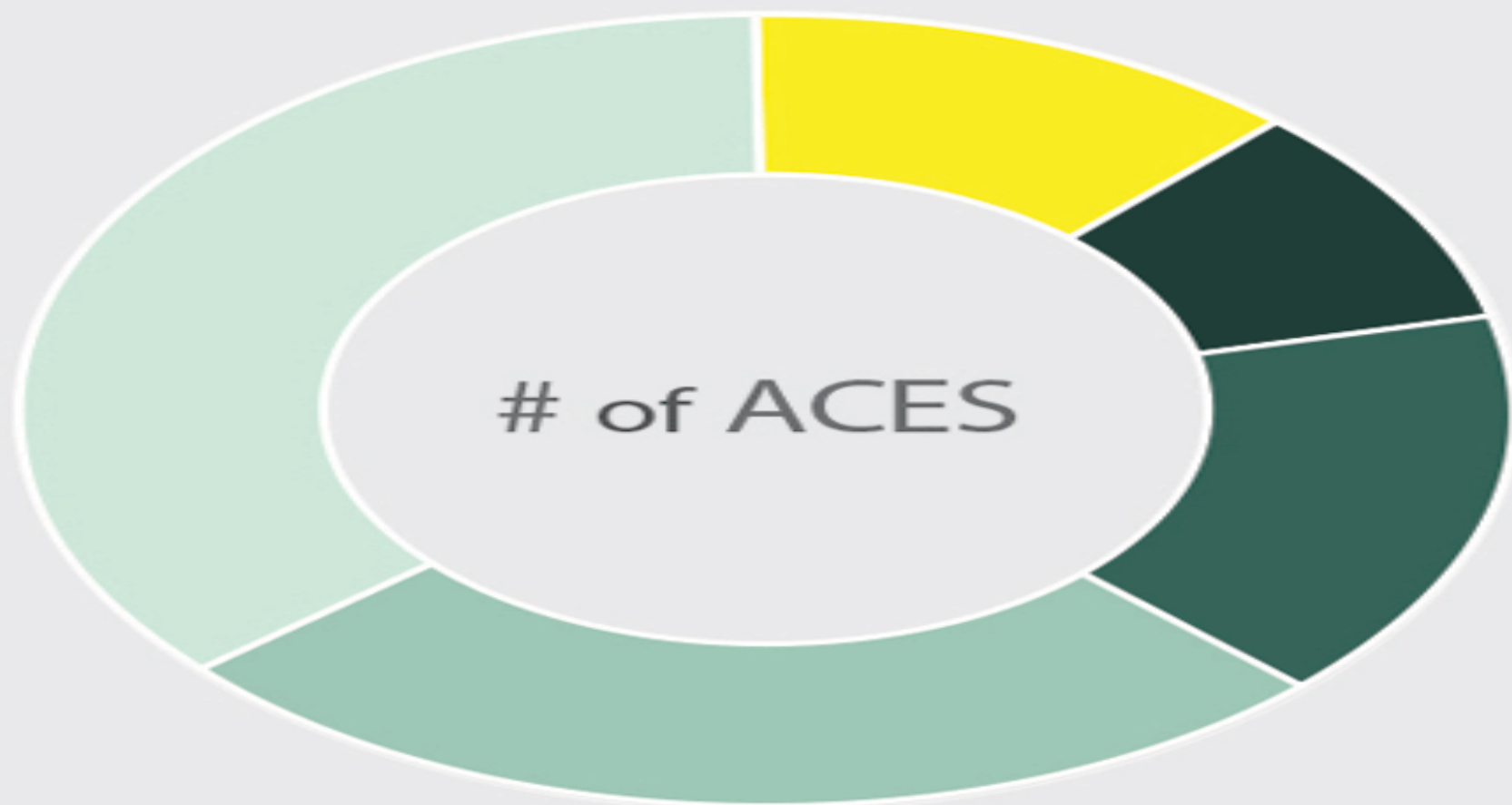
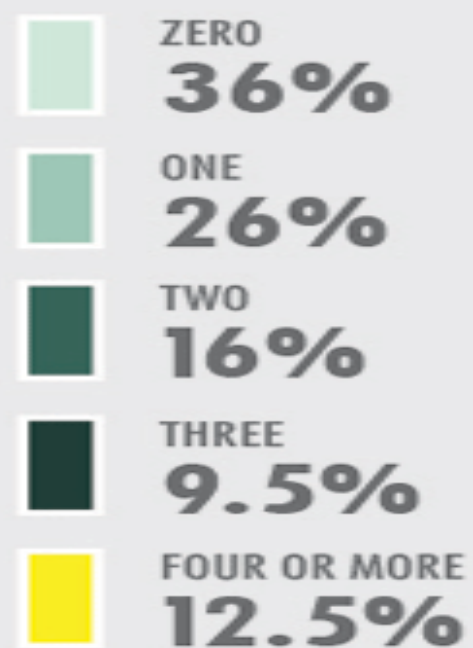
(BLUE RIBBON EVENT May 2015)

Abuse				
•	Psychological	11%	28%	53%
•	Physical			
	23%			
•	Sexual		21%	
	28%			
Neglect				
•	Emotional	15%	10%	25%
•	Physical			
	12%			
Household Dysfunction				
•	Substance Abuse	27%	51%	9%
•	Parent Absent	23%	46%	
•	Mental Illness	17%	47%	
•	Domestic Violence	13%	16%	
•	Criminal Behavior	6%		



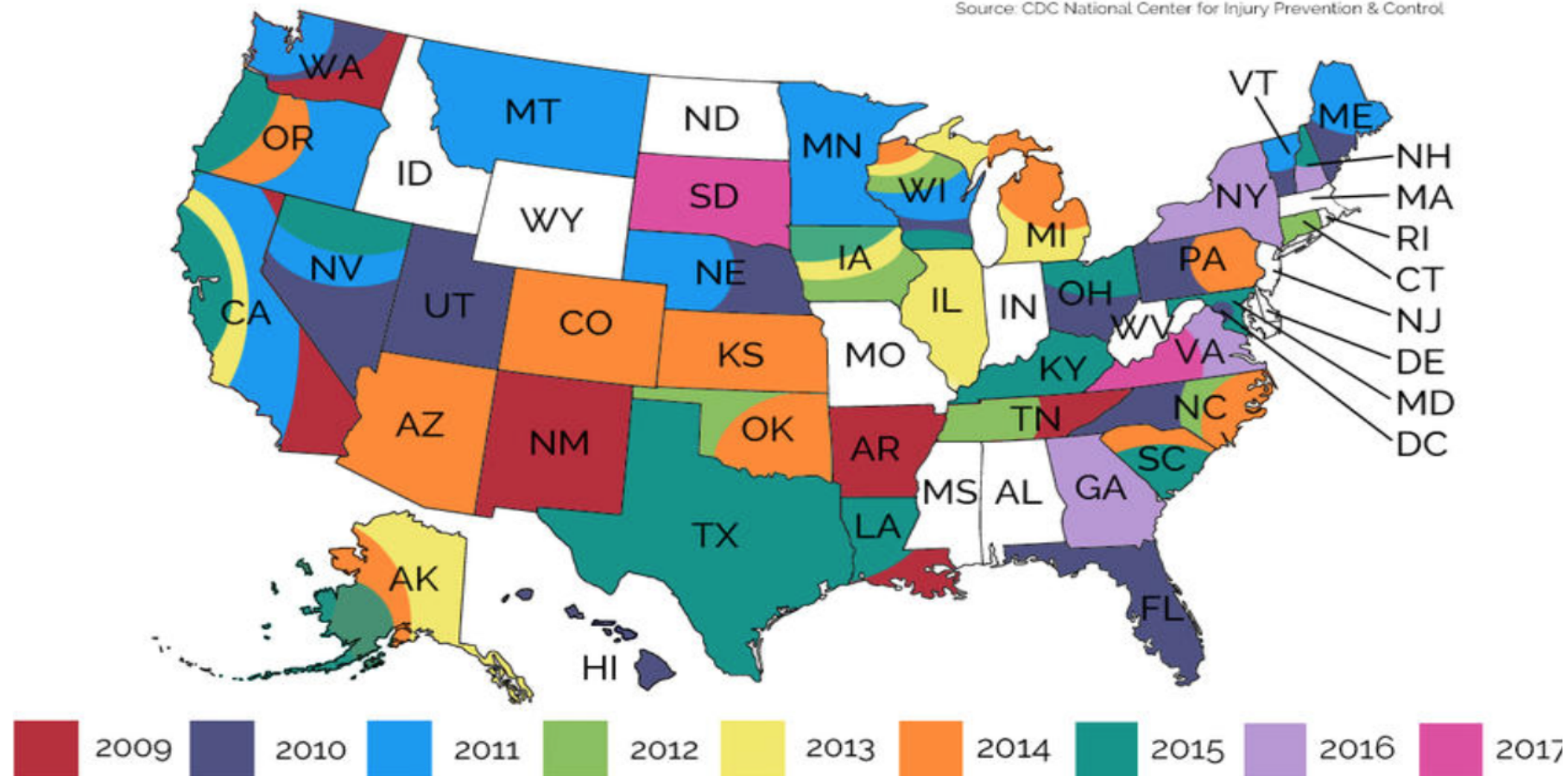
How Common are ACES?

ACE Study



States Collecting ACEs Data 2009 - 2017

Source: CDC National Center for Injury Prevention & Control



Updated States Collecting ACEs Data

ELIZABETH PREWITT · 1/5/18 @ 2:00 PM

SAMHSA Definition of Trauma

“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

Harvard Center for the Developing Child

- Major adversity can weaken developing [brain architecture](#) and permanently set the body's [stress response system](#) on high alert.
- Science also shows that providing stable, responsive environments for children in the earliest years of life can prevent or reverse these conditions, with lifelong consequences for learning, behavior, and health.

What's Toxic Stress?

The biological response to severe and/or repeated adversity absent the buffering support from a caring and trusted adult.

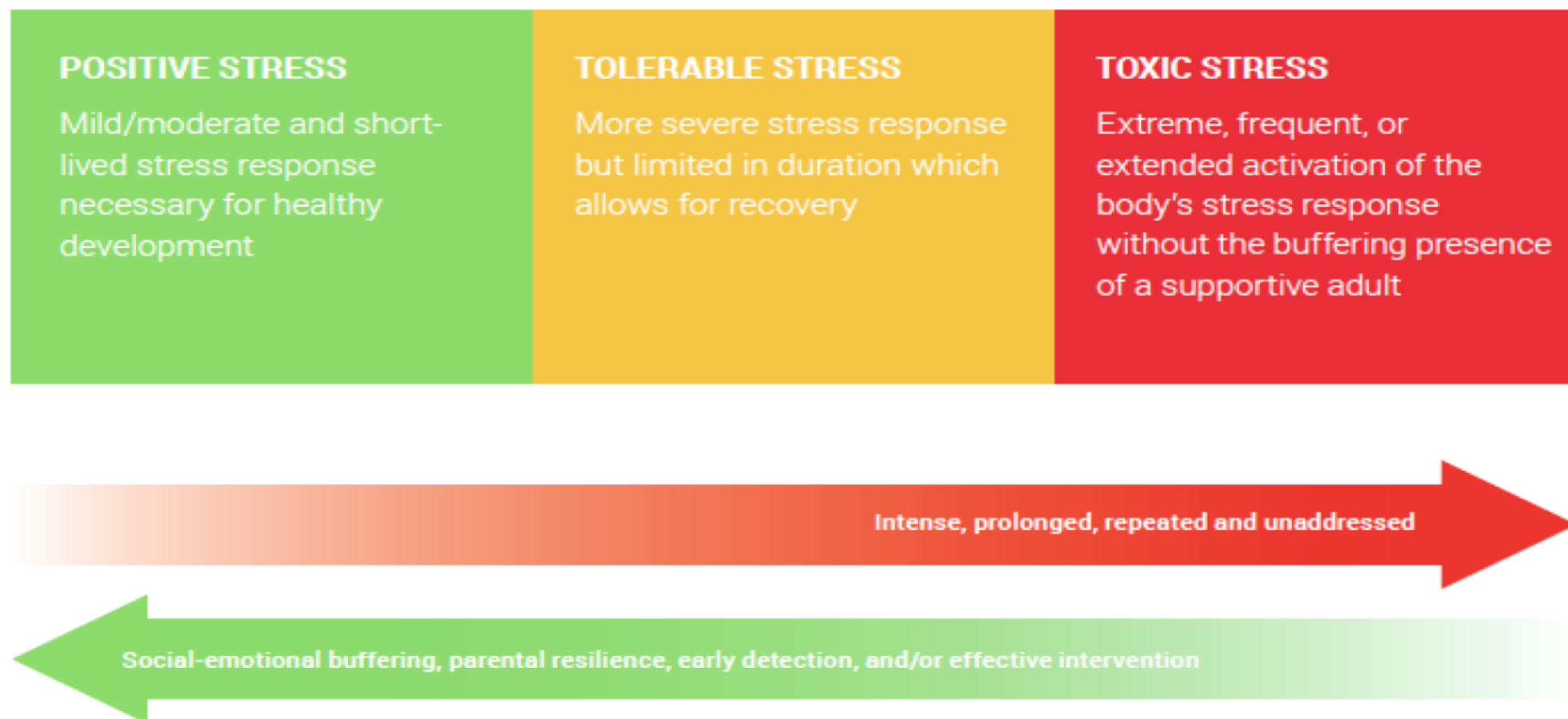


Figure 2: Spectrum of stress

Impact of Toxic Stress on the Brain and Body

CRUCIAL PARTS OF THE BRAIN AFFECTED BY TOXIC STRESS

HYPOTHALAMUS

links the nervous system and the endocrine system

PREFRONTAL CORTEX

The part of the brain that processes information to make informed decisions; higher-level executive functioning, planning, decision-making center

AMYGDALA

The part of the brain that processes emotions

HIPPOCAMPUS

The part of the brain that stores memories

Adverse Childhood Experiences

- Abuse and Neglect (e.g., psychological, physical, sexual)
- Household Dysfunction (e.g., domestic violence, substance abuse, mental illness)



Impact on Child Development

- Neurobiologic Effects (e.g., brain abnormalities, stress hormone dysregulation)
- Psychosocial Effects (e.g., poor attachment, poor socialization, poor self-efficacy)
- Health Risk Behaviors (e.g., smoking, obesity, substance abuse, promiscuity)



Long-Term Consequences

Disease and Disability

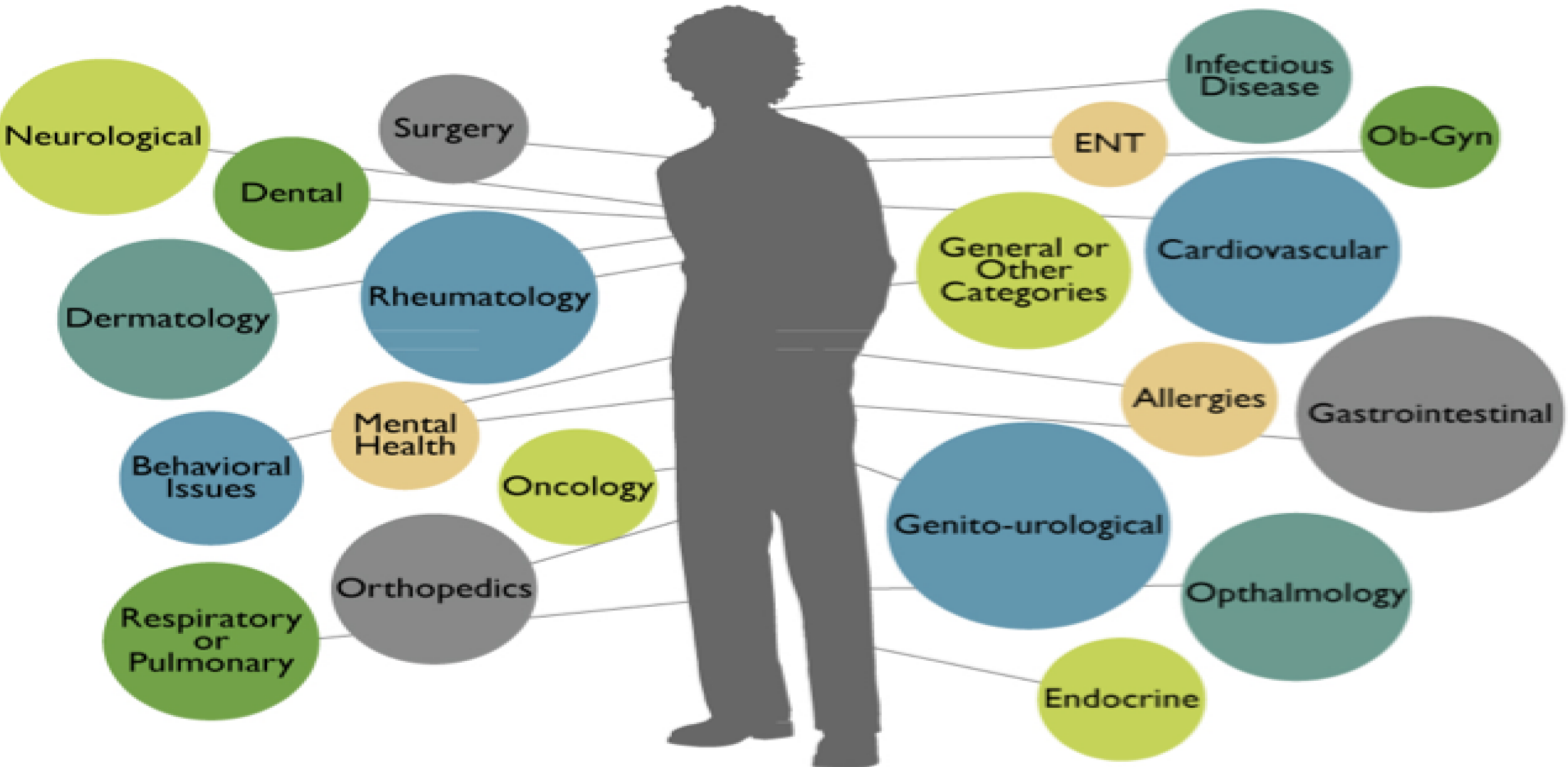
- Major Depression, Suicide, PTSD
- Drug and Alcohol Abuse
- Heart Disease
- Cancer
- Chronic Lung Disease
- Sexually Transmitted Diseases
- Intergenerational transmission of abuse

Social Problems

- Homelessness
- Prostitution
- Criminal Behavior
- Unemployment
- Parenting problems
- High utilization of health and social services
- Shortened Lifespan

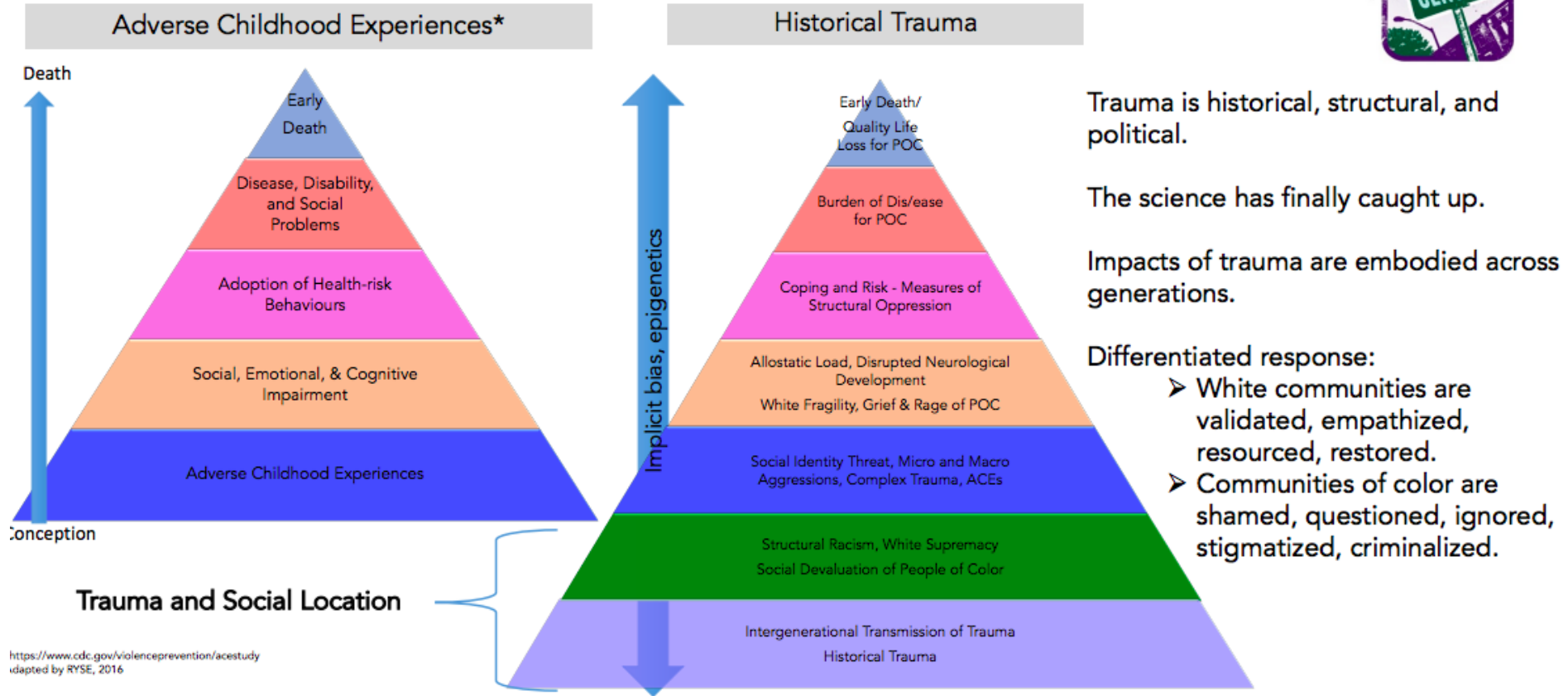


Consequences of Lifetime Exposure to Violence and Abuse



Racing ACEs

if it's not racially just, it's not trauma informed



Trauma is historical, structural, and political.

The science has finally caught up.

Impacts of trauma are embodied across generations.

Differentiated response:

- White communities are validated, empathized, resourced, restored.
- Communities of color are shamed, questioned, ignored, stigmatized, criminalized.

RYSE works to ensure primacy of the priorities, needs, and interests of young people of color across all practices, policies, approaches, investments, and relationships.

- ♥ We lead with love and sacred rage
- ♥ We prioritize people over programs
- ♥ We acknowledge injustice and harm
- ♥ We take risks
- ♥ We stop to acknowledge loss and grief
- ♥ We encourage self-care
- ♥ We practice collective healing
- ♥ We honor resilience and resistance
- ♥ We celebrate and have fun

"Racism is (whites') massive experience of cognitive dissonance." -Dr. Joy deGruy



Interacting Layers of Trauma and Healing



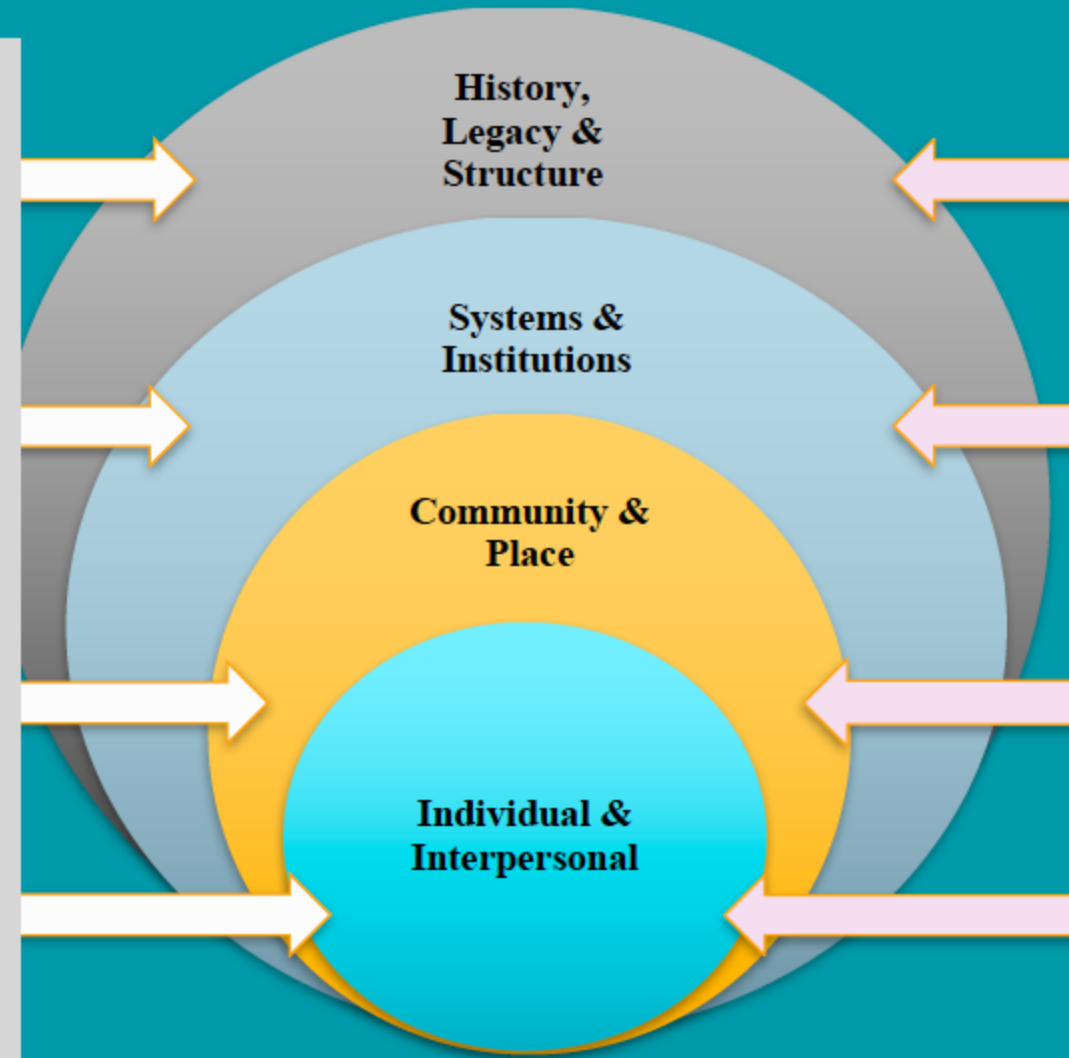
Dehumanization and Distress

Nation Building by Enslavement, Genocide, Colonization & Imperialism, Economic Exploitation, Displacement, Cultural Hegemony, White Supremacy

Systemic Subjugation of POC by Interacting Policies & Systems: War on Drugs, Mass Incarceration, Segregation (de jure and de facto), Anti-Immigrant Policies, Climate Violence, Media Assaults, Displacement & Redlining

Atmospheric Distress that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation, Lack of Safe Passage & Safe Spaces, Underinvestment, Oversurveillance

Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission



Liberation and Healing

Collective Liberation by Truth & Reconciliation, Reparations, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, (Re)imagined Social Compact

Lead with Love and Justice by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Adaptive, Responsive, and Proximate, Power-sharing (Nothing about us without us)

Build Beloved Community by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Arts & Expression, Base & Power-Building

Honor Resilience and Fortitude by Listening & Validating, Processing/Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections & Structure

KEY SLIDE!

Building Resilience

The most common factor for children who develop resilience is at least one stable & committed relationship with an adult. Even in adulthood, relationships heal.

- This can be a teacher, coach or other school personnel
- Nurturing and positive relationship with an adult who sees their strengths
- A relationship as brief as one school year can make a dramatic lasting impact

Sandra Bloom, author, “Creating Sanctuary: Toward An Evolution Of Sane Societies” (1997), p.191. “Our program director (Joe Foderaro) said it best when he observed that we (the Sanctuary program) had stopped asking the fundamental question:

“What’s wrong with you”
and changed it to
“What has happened to you?”
(Foderaro, 1989)

Trauma Informed Practice & Resilience Building

To be trauma informed is to make an effort to know the past and current traumas impacting those you work with: whether a client, patient, student, or program participant.

You may not have the option to know an individual's particular trauma history, but you can learn to view behavior through a trauma-informed lens.

From: Harris & Fallot, 2001 Using Trauma Theory to Design Service Systems

Trauma Informed Practice & Resilience Building

To be trauma informed is to understand the role that violence and victimization play in our society, and to use that understanding to design service systems and everyday practices that accommodate the vulnerabilities of trauma survivors.

This means, reducing their sense of threat, and increasing their sense of support and emotional safety.

From: Harris & Fallot, 2001 Using Trauma Theory to Design Service Systems

Below, you'll find practical tips on how you can incorporate these building blocks into your kid's day. We can help kids bounce back, together.

<https://www.stress-health.org/>



**HEALTHY
RELATIONSHIPS**



SLEEP



NUTRITION



EXERCISE



MENTAL HEALTH



MINDFULNESS

Creating Resilient Systems, Institutions, and Structures

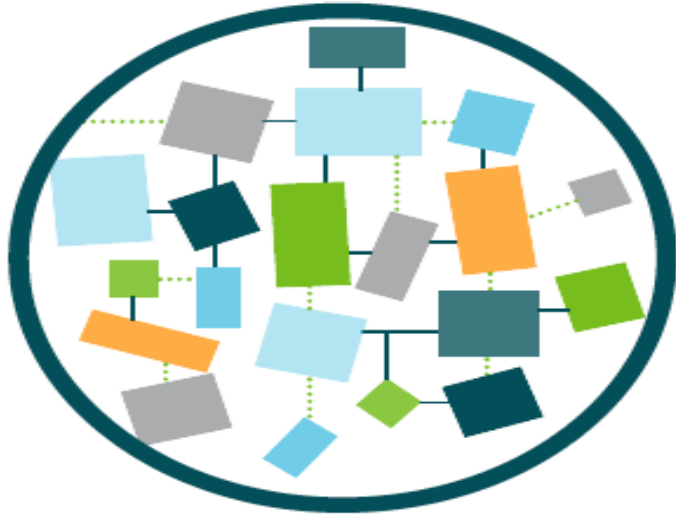
“Trying to implement trauma-specific clinical practices without first implementing trauma-informed organizational culture change is like throwing seeds on dry land”.

-Sandra Bloom, MD, Creator of the Sanctuary Model

Trauma Transformed Model (Bay Area)

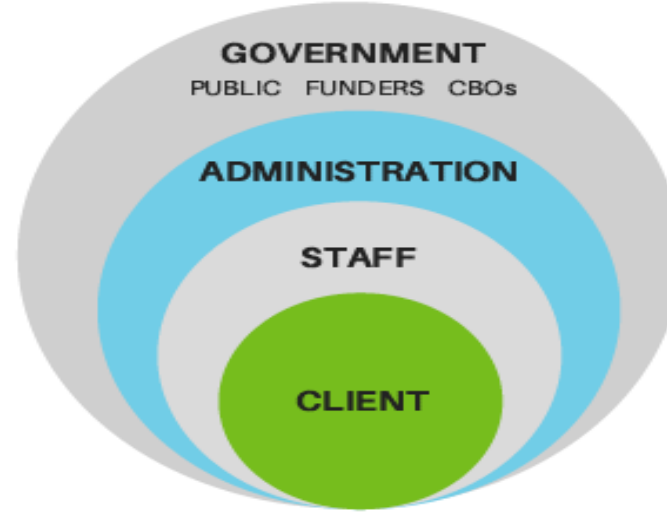
Trauma-Informed Systems (TIS): We believe that this transformation—from systems that induce trauma to systems that can sustain healing practices and wellness—occurs along a continuum from Trauma Organized (systems so impacted by organizational stress and trauma that they present symptoms similar to those of individuals impacted by trauma) to Healing Organizations and Systems of Care. This is an organizational change model aimed to create contexts that nurture and sustain trauma-informed practices and to create organizations, agencies and schools that reduce trauma.

See Issue Brief: *Key Ingredients for Successful Trauma Informed Care Implementation*



TRAUMA-ORGANIZED

- Reactive
- Reliving/Retelling
- Avoiding/Numbing
- Fragmented
- Us Vs. Them
- Inequity
- Authoritarian Leadership



TRAUMA-INFORMED

- Understanding of the Nature and Impact of Trauma and Recovery
- Shared Language
- Recognizing Socio-Cultural Trauma and Structural Oppression



HEALING ORGANIZATION

- Reflective
- Making Meaning Out of the Past
- Growth and Prevention-Oriented
- Collaborative
- Equity and Accountability
- Relational Leadership

TRAUMA INDUCING

TO

TRAUMA REDUCING

Who's using ACEs science?

Many people, organizations, agencies, systems and communities are beginning to implement trauma-informed, resilience-building practices based on ACEs science.

- Physicians
- Schools
- Courts
- Community based programs
- City and state initiatives

ACEs Connection

Join the movement to
prevent ACEs, heal
trauma & build resilience.



What is ACEs Connection?



Join ACES Connection!



....the most active, influential ACEs community in the world. Connect with people using trauma-informed/resilience-building practices. Stay current with news, research, events.

ACN RESOURCES CENTER



[Check out our new Resources Center!](#)
ACEs presentations, surveys, videos, webinars, training....and more.





<http://www.acesconnection.com/g/sonoma-county-aces-connection/blog/mental-health-collaborative-tackles-fire-related-trauma-in-sonoma-county-pressdemocrat-com>



Sonoma County ACEs Connection

ACESCONNECTION / COMMUNITIES / SONOMA COUNTY ACES CONNECTION / BLOG
/ MENTAL HEALTH COLLABORATIVE TACKLES FIRE-RELATED TRAUMA IN SONOMA COUNTY [PRESSDEMOCRAT.COM]

Mental health collaborative tackles fire-related trauma in Sonoma County [pressdemocrat.com]

Post

Add Comment

Manage Blog Post

MANAGE WIDGETS ON BLOG PAGES

Comments



ALICIA DOKTOR 3/6/18 @ 12:59 PM

Get it! And cross posted!! Thank you



International Transformational Resilience Coalition (ITRC)

<http://www.acesconnection.com/g/international-transformational-resilience-coalition-itrc>

We build human resilience in the face of the encroaching individual, family and community stresses of climate change.

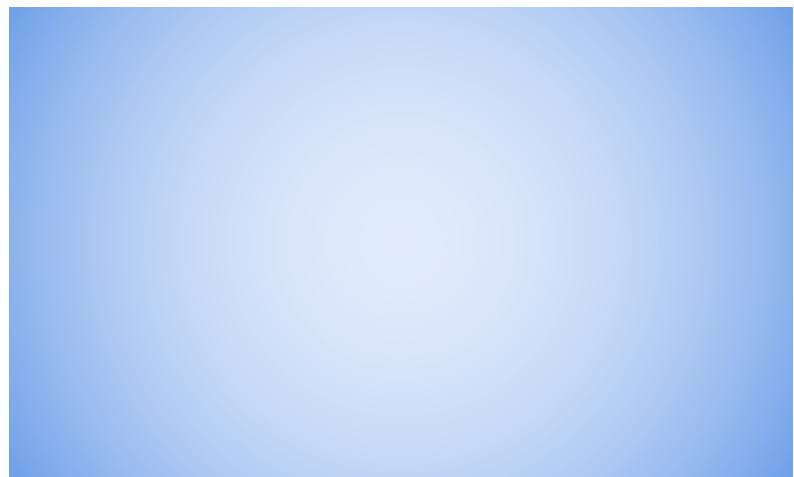
Join This Community

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Blog Posts

How Two Local Communities Are Fighting Back Against the Trauma of Global Climate Change

BOB DOPPELT · 2/26/18 @ 1:51 PM





Placer County [CA] ACES CONNECTION

Building ACEs Awareness ~ Building Community ~ Building Resilience



Sacramento County [CA] ACEs Connection

Resilient Sac



YOLO COUNTY [CA] ACES CONNECTION

YOLO RESILIENCE NETWORK

Building ACEs Awareness. Building Community.

Resilient Yolo. Building ACEs Awareness, Building Community

<http://www.acesconnection.com/>

Join ACEs Connection



Click on the link in your email.

Your Profile takes about 60 seconds to complete.

Choose your Notifications.

Your information is never shared.



Panel Discussion

Trauma-Informed Decision-Making to Build Social Resilience

Judy Robinson | County of Sacramento (moderator)

Vanessa Toro Barragan | Environmental Justice Coalition for Water

Victoria Flores | Sacramento City Unified School District

Gail Kennedy | ACEs Connection

Donielle Prince | ACEs Connection, San Francisco Bay Area



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3:00 – 3:10

Networking Break



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Participant Table Discussions

From Self Care to Social Cohesion



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Self Care

Consider a traumatic experience that you encountered as a child or as an adult.

1. How did you feel?
2. How did you change your behavior or decision-making?
3. How did you recover or grow from that trauma?



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Self Care

Make a commitment!

What can you do to better support your own personal networks?



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Social Cohesion

Consider the privileges that you have that provided greater access to resources?

1. Who in your community lacks access to these resources?
2. What are the most critical resources or services that your community members need in order to recover and grow from traumatic experiences?



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Social Cohesion

Make a commitment!

What can you do to better support social cohesion and access to resources in your community?



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Thank You!

Interested in joining the collaborative?



- Contact Julia at jkim@lgc.org
- Learn more at ClimateReadiness.info



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