



ACEs and Resilience in Santa Barbara County – October 2018

A 2014 retrospective study of adults in Santa Barbara County showed that 57.7% had at least one ACE and 13.3% had four or more ACEs. These statistics are based on the original ten ACEs and do not take into consideration some of the adversities that are significant for many children in Santa Barbara County. Additional stressors for Santa Barbara children include housing instability and food insecurity, issues of bullying and discrimination, immigration trauma and trauma from natural disasters.

For more information, check out the 2017 Children’s Scorecard

<http://www.countyofsb.org/kidsnet/documents/Scorecards/Final%20Draft%20SCORECARD%205.22.18.pdf>

The following is a synopsis of efforts that are underway in Santa Barbara County:

I. Santa Barbara County ACEs Connection

- Santa Barbara County established a Community Group on the ACEs Connection website in October 2017. The group is open to all and currently has 109 members. Sign-up through the main website www.ACEsConnection.com and join the Santa Barbara Community Group.
- Information about local events and activities can be posted to this site.
- A steering committee was formed in June 2018 to begin working on a multi-year, cross-sector plan for organizing ACEs implementation efforts across the county.
- KIDS Network serves as a hub for gathering community input and reporting progress.

II. “RESILIENCE” screenings have reached over 1700 people

- Four community screenings took place during the 2017 Child Abuse Prevention Campaign.
- Multiple organizations are now sharing the documentary film to spread awareness and inspire action around ACEs and resilience.
- The film has been shared with early care providers, educators and administrators at multiple school districts, medical providers, social service providers, law enforcement, the faith community, parents and community members.

III. Trauma –Informed Systems of Care

- Three symposia were co-hosted in 2015 by the Department of Behavioral Wellness, Child Welfare Services and the Santa Barbara Resource Family Association.
- Additional trainings have been offered through various organizations.
- The Children’s System of Care and their community partners promote trauma-informed systems through their annual ***Bridges to Resilience Conference***. The goal of the conference is to increase knowledge and facilitate strong connections in order to build a trauma-informed and resiliency-focused community.
- With support from the Department of Social Services, the KIDS Network and the Child Abuse Prevention Council have focused on bringing trauma-informed approaches to *prevention*.
- School districts are implementing restorative approaches and trauma-informed strategies for strengthening resilience through classroom activities and school-based interventions. Several districts have used the film ***Resilience*** to spark discussions and innovation.
- The Santa Barbara County Probation Department is exploring racial and ethnic disparity within county systems and is offering trauma-informed interventions for victims of child sex trafficking. They have incorporated formal restorative justice services for some juvenile offenders, expanding family engagement with youth and families on probation. In addition, they have incorporated Child and Family Teams (CFTs) for youth in placement. The department is working with community partners to enhance services and improve evidence-based practices.

IV. Partnership for Strengthening Families

- The Strengthening Families framework serves as a platform for cross-sector collaboration to reduce the incidence of child abuse and neglect and promote optimal child development.
- Three multi-agency councils embed the Five Protective Factors in their work with families to mitigate the impacts of childhood adversity and prevent toxic stress.
- In addition to their individual mandates, each council has a role in strengthening families:
 - **Child Abuse Prevention Council** supports parental resilience through targeted interventions, parent leadership development and the use of the Parent Café.
 - **Child Care Planning Council** promotes quality child care and preschool to ensure that social emotional competence is a central part of early learning, and that parents know how to help their children thrive.
 - **Network of Family Resource Centers** helps reduce the dose of adversity and build the capacity of adults who are caring for children by offering basic needs support and programs to promote personal growth and family well-being, as well as opportunities for civic engagement and community development.

V. Early Childhood and Family Wellness Coalition

This cross-sector collaborative promotes trauma-informed strategies for children ages 0-5:

- CSEFEL trainings and parent workshops that focus on social emotional competency and tiered interventions for children with behavioral health needs
- Home visitation models that incorporate education on ACEs and protective factors
- Screening and intervention for postpartum depression and perinatal mood disorders
- Inclusive child care for children with special needs

VI. Community Resiliency Model

- Elaine Miller Karas, founder of the Trauma Resource Institute (TRI), developed this biology-based trauma intervention for strengthening resilience and introduced it to Santa Barbara County practitioners in August of 2015.
- Fighting Back Santa Maria Valley has partnered with TRI to share this resource and to develop certified trainers who can spread the Community Resiliency Model and Trauma Resiliency Model throughout Santa Barbara County.
- They have offered trainings for schools, community partners, the faith community and the general public. 30 local service providers attended a Train-the-Trainer in September 2017.

VII. Santa Barbara Resiliency Project

- Santa Barbara Resiliency Project is at the center of a local movement to promote universal screening for ACEs at pediatric well-child visits.
- Data from the project will be used to test prevention and early intervention options to identify the most effective way to promote resilience and minimize the negative health consequences of ACEs.
- Partners include the Santa Barbara Neighborhood Clinics, Child Abuse Listening Mediation (CALM), the University of California Santa Barbara (UCSB), a collaborative of local funders, and an Advisory Group of committed stakeholders.
- Currently the Santa Barbara Neighborhood Clinics screen children ages 0-3 for ACEs and provide services that link families to community resources through Wellness Navigators.
- Families can participate in a research study where they may be offered a behavioral wellness and parent education program and home visits.
- Phase II of this project includes plans to promote screening and integration of mental health supports at other medical practices throughout the county.

VIII. Santa Barbara County Public Health Department

- A pilot project in Carpinteria is in the planning phases to screen children at pediatric well-child visits and link families to resources through the Carpinteria Children's Project.
- The Field Nursing program is using the NEAR@Home model to educate families about ACEs.

IX. Child Abuse Listening Mediation

- CALM offers evidence-based interventions for children who have experienced trauma.
- They provide home visitation to new and at-risk parents to strengthen protective factors.
- They provide trauma-informed mental health services and mental health consultation at Santa Barbara Unified School District sites from preschool through grade six.
- CALM partners with other agencies, including family resource centers and pediatric clinics, to build resilience and enhance understanding of ACEs and secondary trauma.

X. Family Service Agency

- School-based clinicians and outreach consultants serve elementary-aged children in North County and junior high/high school students in South County.
- Trauma-informed services are provided countywide for children, youth and families.
- Specific programs support resilience: Family Resource Centers, healthy relationship and parenting classes, home visiting, and youth mentoring through Big Brothers Big Sisters.

XI. First 5 Santa Barbara County

- Information about brain science and toxic stress is incorporated into newsletters.
- Capacity Building Grants support for ACEs and Resilience projects.

XII. Cottage Health

- First Annual Child Abuse Prevention Symposium included an ACEs overview.
- Behavioral Health Initiative is funding some of the ACEs work in South County.

SANTA BARBARA COUNTY COLLABORATIVES (actively promoting ACEs and Resilience work)

- Child Abuse Prevention Council
- Child Care Planning Council
- Children's System of Care Action Team
- Child Welfare Services Stakeholder Group
- Early Childhood & Family Wellness Coalition
- Foster Care Association
- KIDS Network
- Leading From Within
- Network of Family Resource Centers
- Partnership for Strengthening Families
- Perinatal Wellness Coalition
- QRIS Consortium (Quality Rating and Improvement System)
- Restorative Community Network
- Santa Barbara County ACEs Connection
- Santa Barbara Resiliency Project
- South Coast Task Force on Youth Safety

This is a living document that will be updated periodically as our resilient community grows! Please join our community group on ACEs Connection <https://www.acesconnection.com/q/santa-barbara-county-aces-connection> and let us know what you are doing to promote resilience, connection, and healthy relationships in Santa Barbara County. For more information, contact Gloria Munoz g.munoz@sbcsocialserv.org (805) 681-4452