Welcome!

If you have a question, technical problem or comment, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel.
Each Mind Matters is California’s Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health.
Our Initiatives

Learn more at www.EachMindMatters.org
Today’s Learning Objectives

- Differentiate Between Two Types of Trauma
  - Traumatic/Crisis Events
  - ACEs
- Understand How Trauma Impacts Health
- Strategies For Building Resiliency
- Resources For Resiliency and Trauma Response
Trauma/Crisis Events, Adverse Childhood Experiences (ACEs), and Mental Health
Trauma In Communities

Credit: https://www.ncbi.nlm.nih.gov/books/NBK207195/
Wildfires Continue to Be More Devasting in 2018
Number of fires and acres burned by wildfires in California

- January 1, 2016 – November 5, 2016: 4,621 fires, 6,496 acres
- January 1, 2017 – November 5, 2017: 5,641 fires, 504,681 acres
- January 1, 2018 – November 12, 2018: 830,846 acres

Sources: Cal Fire, Statista Estimates
Violence is a major PUBLIC HEALTH PROBLEM.

In the US, SEVEN PEOPLE PER HOUR die a violent death.

In 2017, more than 19,500 PEOPLE DIED BY HOMICIDE.

In 2017, more than 47,000 PEOPLE DIED BY SUICIDE.

These deaths cost the economy nearly $90 BILLION IN MEDICAL CARE AND LOST WORK ALONE.

Credit: cdc.gov
Trauma Impact on Health

Age-adjusted Death Rate‡ for Drug Poisoning by Race and Hispanic Origin, All Ages, Both Sexes: United States, 1999–2016

- All Races-All Origins
- Non-Hispanic White
- Non-Hispanic Black
- Hispanic
Toxic Stress

**POSITIVE STRESS**
Mild/moderate and short-lived stress response necessary for healthy development

**TOLERABLE STRESS**
More severe stress response but limited in duration which allows for recovery

**TOXIC STRESS**
Extreme, frequent, or extended activation of the body’s stress response without the buffering presence of a supportive adult

Credit: www.centerforyouthwellness.org
Adverse Childhood Experiences (ACEs)

WHAT ARE ACES?
AND HOW DO THEY RELATE TO TOXIC STRESS?

“ACEs” stands for “Adverse Childhood Experiences.” These experiences can include things like physical and emotional abuse, neglect, caregiver mental illness, and household violence.

The more ACEs a child experiences, the more likely he or she is to suffer from things like heart disease and diabetes, poor academic achievement, and substance abuse later in life.

Credit: https://developingchild.harvard.edu/
Adverse Childhood Experiences (ACEs)

**ABUSE**
- Physical
- Emotional
- Sexual

**NEGLECT**
- Physical
- Emotional

**HOUSEHOLD DYSFUNCTION**
- Mental Illness
- Mother treated violently
- Divorce
- Incarcerated Relative
- Substance Abuse

Credit: Robert Wood Johnson Foundation; Source: CDC
ACEs Impact on Health

Credit: www.centerforyouthwellness.org
ACEs Impact on Health

PREVALENCE OF ACES IN CALIFORNIA'S MOST POPULOUS COUNTIES
- Los Angeles County – 60.7% of residents have 1 or more ACEs
- San Diego County – 59.0% of residents have 1 or more ACEs
- Orange County – 59.3% of residents have 1 or more ACEs
- Riverside County – 64.5% of residents have 1 or more ACEs
- San Bernardino County – 62.5% of residents have 1 or more ACEs

Credit: www.centerforyouthwellness.org
Strategies for Building Resiliency
The world breaks everyone, and afterward, some are strong at the broken places.

ERNEST HEMINGWAY
Building Resiliency

Research indicates that the most critical factor in developing resiliency is having strong, supportive relationships, but nearly half of Americans report feeling alone.

- **Nearly half** of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent).
- **One in four** Americans (27 percent) rarely or never feel as though there are people who really understand them.
- **Two in five** Americans sometimes or always feel that their relationships are not meaningful (43 percent) and that they are isolated from others (43 percent).
- **One in five** people report they rarely or never feel close to people (20 percent) or feel like there are people they can talk to (18 percent).
Q&A
Resources for Resiliency and Trauma Response
Resources

Lime green has emerged as the national color of mental health awareness, and EACH MIND MATTERS has adopted this vibrant color – symbolic of vigorous life and flourishing health – to represent our efforts to overcome the stereotypes, stigma, and discrimination associated with mental illness. Wear the lime green ribbon to take the movement everywhere you go.
Each Mind Matters’ Mental Health Support Guides provide an introduction to mental health and wellness, and tips to help reduce stigma and find support for a mental health challenge.

The guide has been trans-adapted into Spanish, Chinese, Russian, and for African American communities and Native American families to provide additional information on issues and challenges that uniquely impact these communities and in languages beyond English.
Know The Signs campaign engages Californians to learn how to recognize warning signs, to talk to someone at risk, and to find local resources.

Available in 9 languages and a variety of materials and formats – print, broadcast, posters, pharmacy bags, and more.
Additional Resources for Offering Support In Times of Crisis
Additional Resources

Emergency Mental Health and Traumatic Stress Services Kit

Access the Disaster Kit on your mobile phone by downloading the SAMHSA Disaster App.
Additional Resources

SAMHSA Disaster App for First Responders
Additional Resources

Helping Children and Adolescents Cope with Disasters and Other Traumatic Events

Additional Resources

The Substance Abuse and Mental Health Services Administration’s **Disaster Distress Helpline** provides crisis counseling (24 hours a day, 365 days a year) for those experiencing emotional distress due to natural or human-made disasters. This service is provided in more than 100 languages and is confidential.

To contact the helpline:
- Call 800-985-5990.
  - Spanish speakers can call 800-985-5990 and press 2.
  - The deaf and hard of hearing can contact the Helpline via TTY at 800-846-8517.
- Text “TalkWithUs” to 66746.
  - Spanish speakers in the continental United States can text “Hablanos” to 66746.
  - Spanish speakers in Puerto Rico can text “Hablanos” to 787-339-2663.
- Visit https://disasterdistress.samhsa.gov
Additional Resources

https://acestoohigh.com/

https://centerforyouthwellness.org

https://www.acesconnection.com/

http://traumastewardship.com/

Additional Reading:
• “The Body Keeps the Score” by Bessel Van der Kolk, MD
• “The Deepest Well” by Nadine Burke Harris, MD
• Treatment Improvement Protocol (TIP) Series, No. 57. Center for Substance Abuse Treatment (US). Rockville (MD): Substance Abuse and Mental Health Services Administration (US); 2014.
Q&A
Join the Movement!

Mental Health Matters Month

www.eachmindmatters.org/get-involved/spread-the-word/
EMM Resource Center

emmresourcecenter.org/

Each Mind Matters is California’s Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. Browse our initiatives, collections and resources to find tools you can use to improve mental health and equality in your community, prevent suicide and promote student mental health.

Search Our Resources

Search Resources

Featured

Mental Health Awareness Week Toolkit
A toolkit with resources for Mental Health Awareness Week.

Explore

Explore Our Initiatives

Each Mind Matters
California’s Mental Health Movement.
EXPLORE

Know the Signs
Pain isn’t always obvious. Suicide is preventable.
EXPLORE

SanaMente
Movimiento de Salud Mental de California
EXPLORE
Each Mind Matters Newsletter

The Each Mind Matters Newsletter is a monthly newsletter created for anyone interested in supporting the mental health movement in California. Each edition includes a recap of the top headlines in mental health and a wealth of resources to help spread the word about mental health.

Subscribe here: http://www.eachmindmatters.org/get-involved/subscribe/

Insider Newsletter

The Each Mind Matters Insider Newsletter is a monthly newsletter created specifically for service providers. It includes information about relevant resources, upcoming events, and opportunities for providers to get involved in California's Mental Health Movement.

Subscribe here: http://emmresourcecenter.org/subscribe-newsletter
Stay Connected on Social Media

**Each Mind Matters Social Media Channels**

Campaign Hashtags:  #EachMindMatters  
                      #SanaMente  

Instagram:  Instagram.com/EachMindMatters  
Facebook:  Facebook.com/EachMindMatters  
Twitter:  @EachMindMatters
Q&A
Thank you!

EachMind MATTERS
California’s Mental Health Movement

Contact Aubrey@TheSocialChangery.com,
Lisa@TheSocialChangery.com,
or Emily@TheSocialChangery.com
for further questions or comments