

Each Mind Matters Webinar Series

Building Resiliency: In Communities



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.



Introductions



Aubrey Lara
Sacramento, CA



Emily Bender
Sacramento, CA



Lisa Smusz
Alameda, CA

Each Mind Matters

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



Pain Isn't Always Obvious



Suicide Is Preventable

El Sufrimiento No Siempre Se Nota



El Suicidio Es Prevenible

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



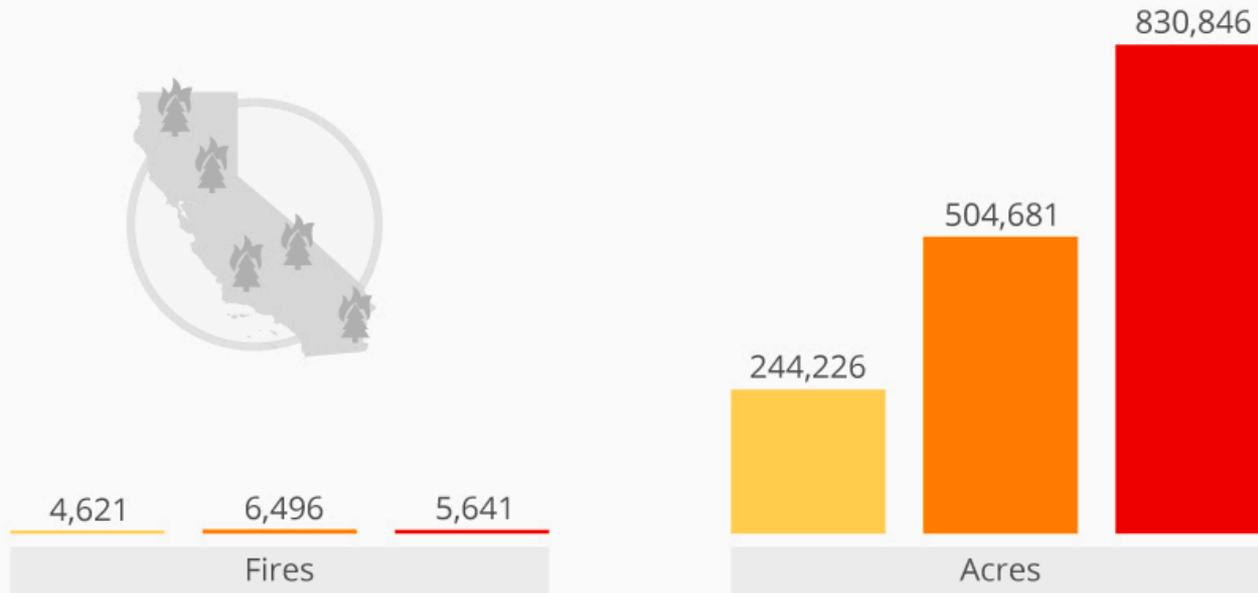
Credit: <https://www.ncbi.nlm.nih.gov/books/NBK207195/>

Traumatic/Crisis Events

Wildfires Continue to Be More Devasting in 2018

Number of fires and acres burned by wildfires in California

 January 1, 2016 – November 5, 2016  January 1, 2017 – November 5, 2017
 January 1, 2018 – November 12, 2018



@StatistaCharts Sources: Cal Fire, Statista Estimates

Traumatic/Crisis Events

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



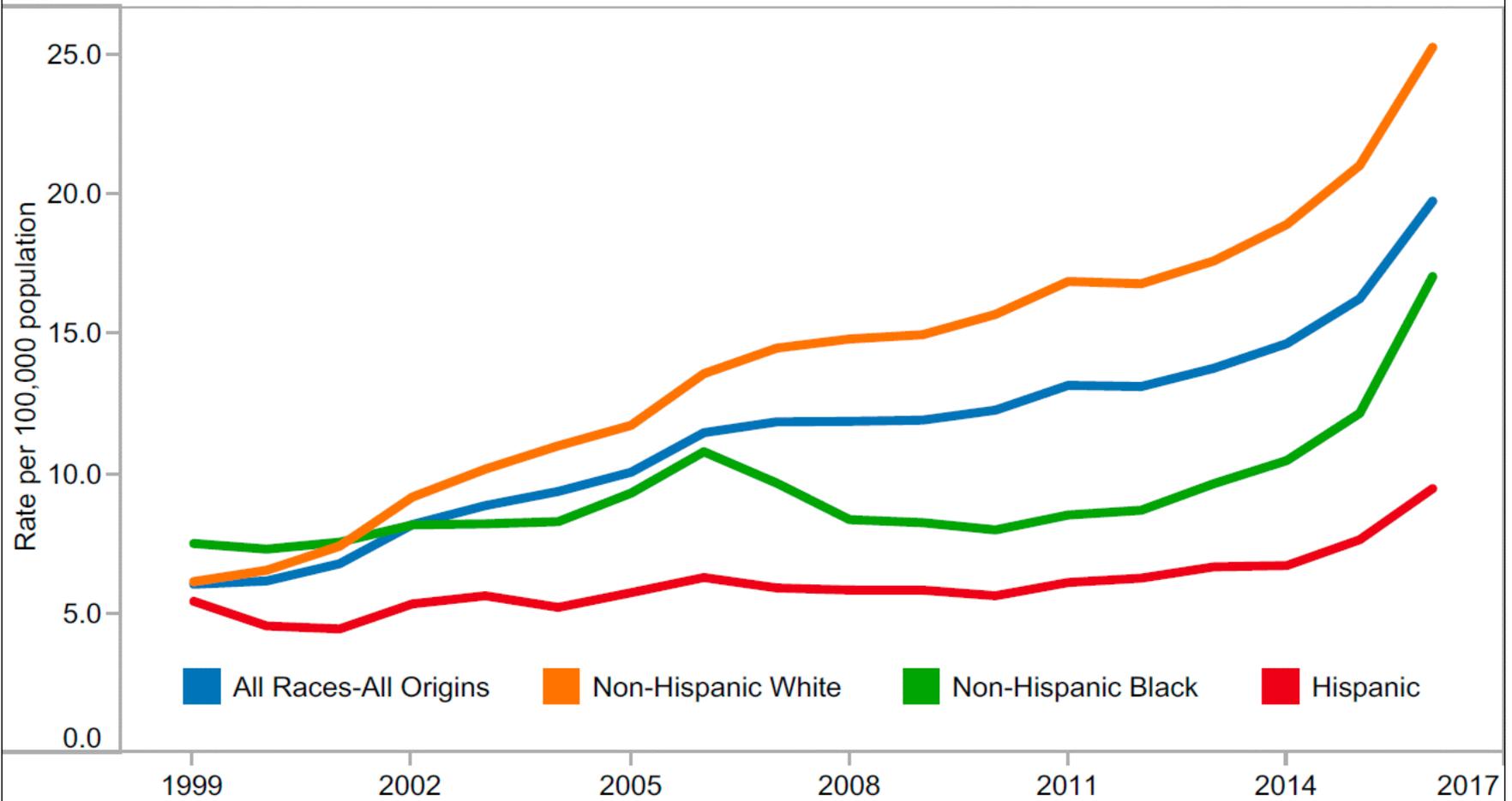
In 2017, more than
47,000 PEOPLE
DIED BY
SUICIDE



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

Trauma Impact on Health

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



Toxic Stress

POSITIVE STRESS

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

TOLERABLE STRESS

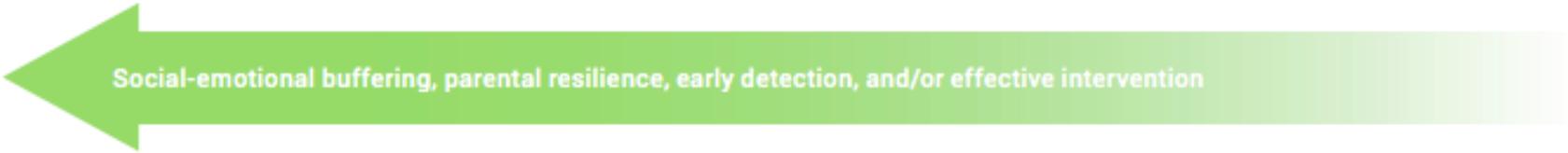
More severe stress response but limited in duration which allows for recovery

TOXIC STRESS

Extreme, frequent, or extended activation of the body's stress response without the buffering presence of a supportive adult



Intense, prolonged, repeated and unaddressed



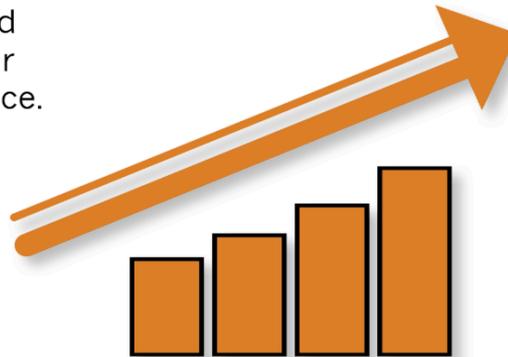
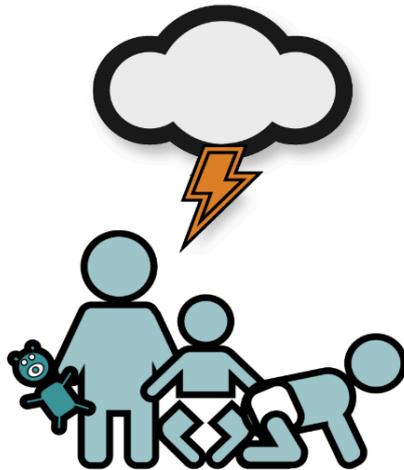
Social-emotional buffering, parental resilience, early detection, and/or effective intervention

Adverse Childhood Experiences (ACEs)

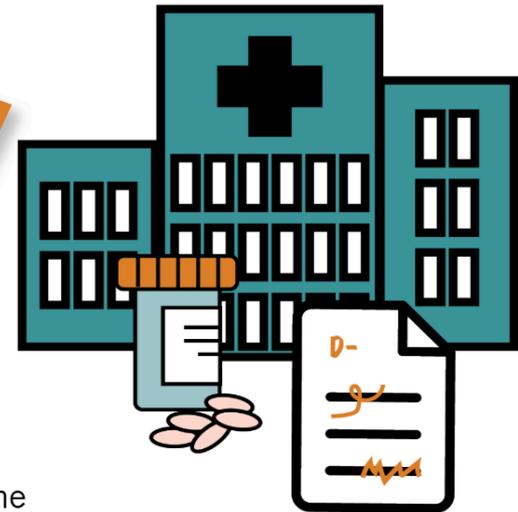
WHAT ARE ACEs?

AND HOW DO THEY RELATE TO TOXIC STRESS?

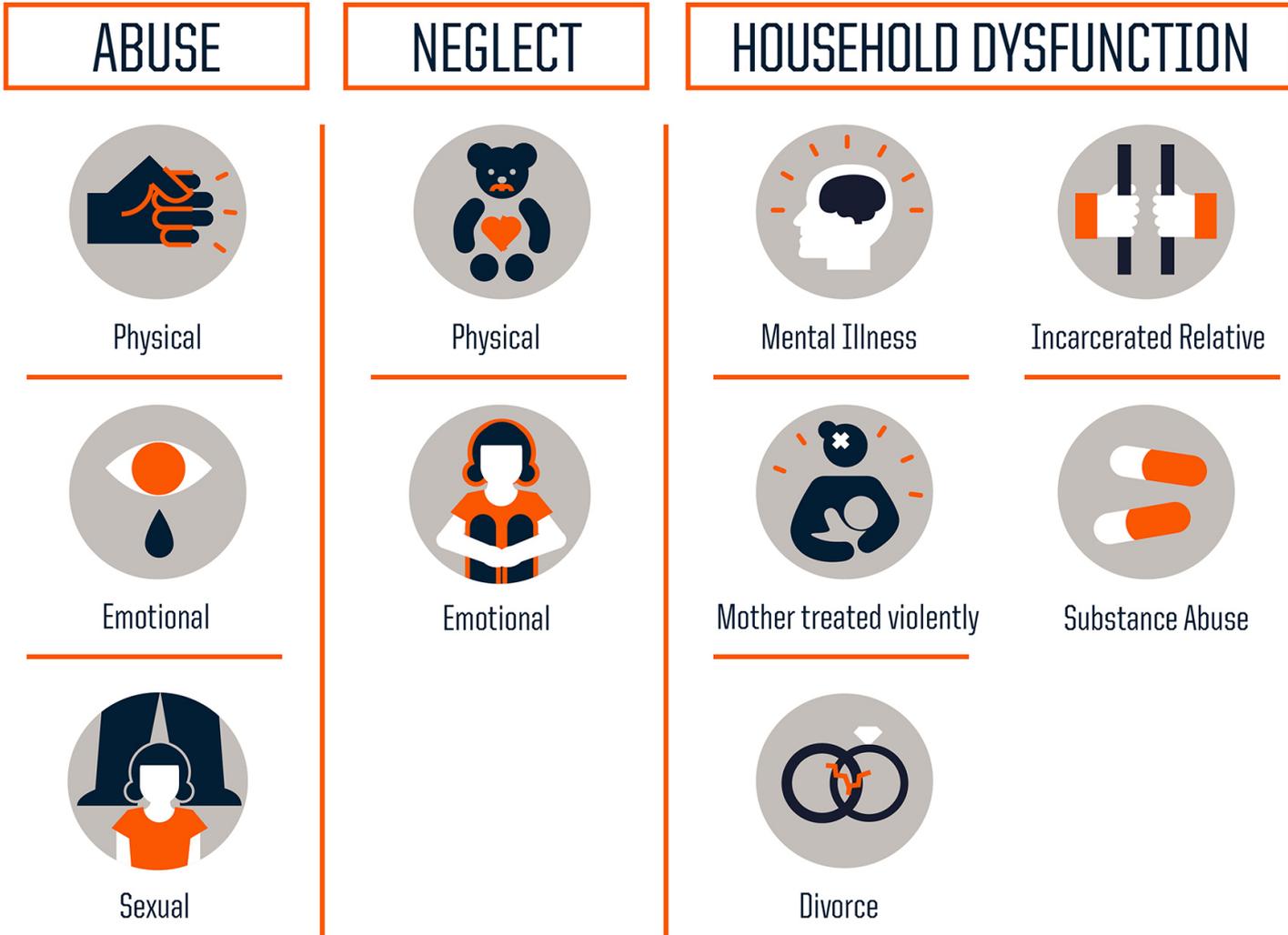
“ACEs” stands for “Adverse Childhood Experiences.” These experiences can include things like physical and emotional abuse, neglect, caregiver mental illness, and household violence.



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.

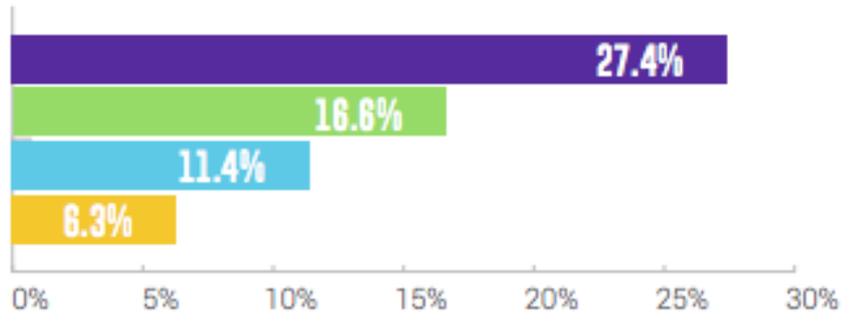
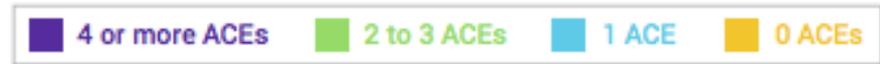


Adverse Childhood Experiences (ACEs)

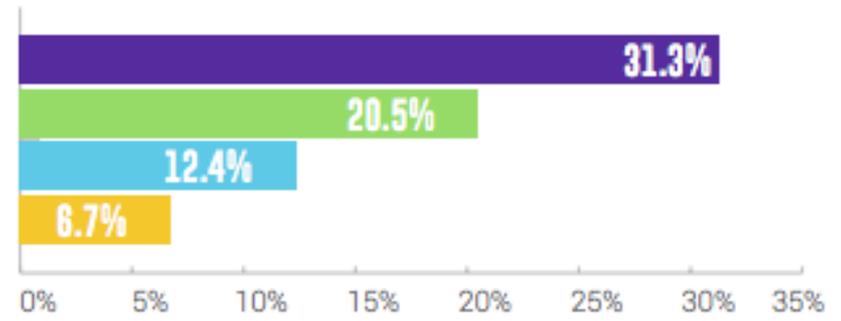


Credit: Robert Wood Johnson Foundation; Source: CDC

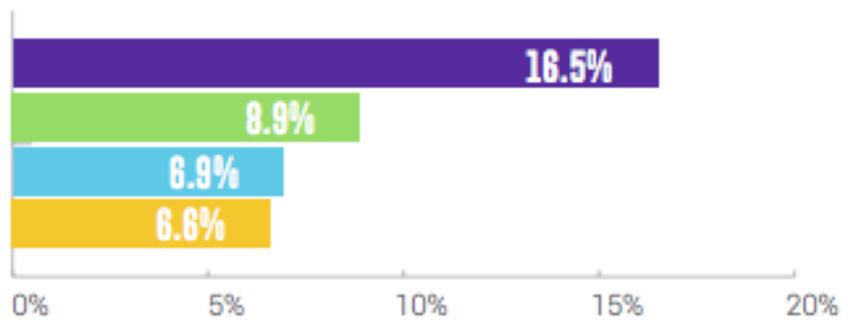
🎗️ ACEs Impact on Health



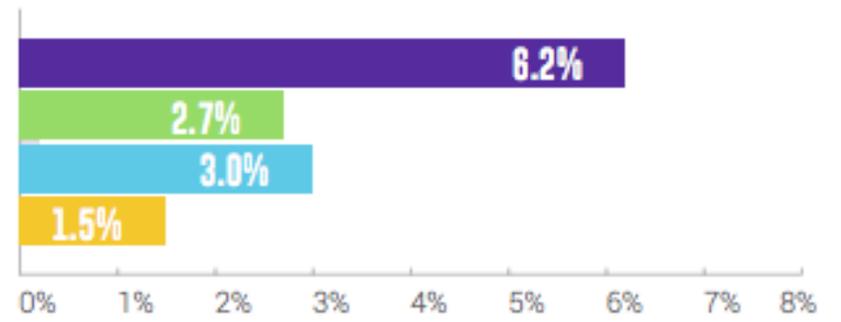
Diagnosed with depression



Has ever received help from a mental health professional



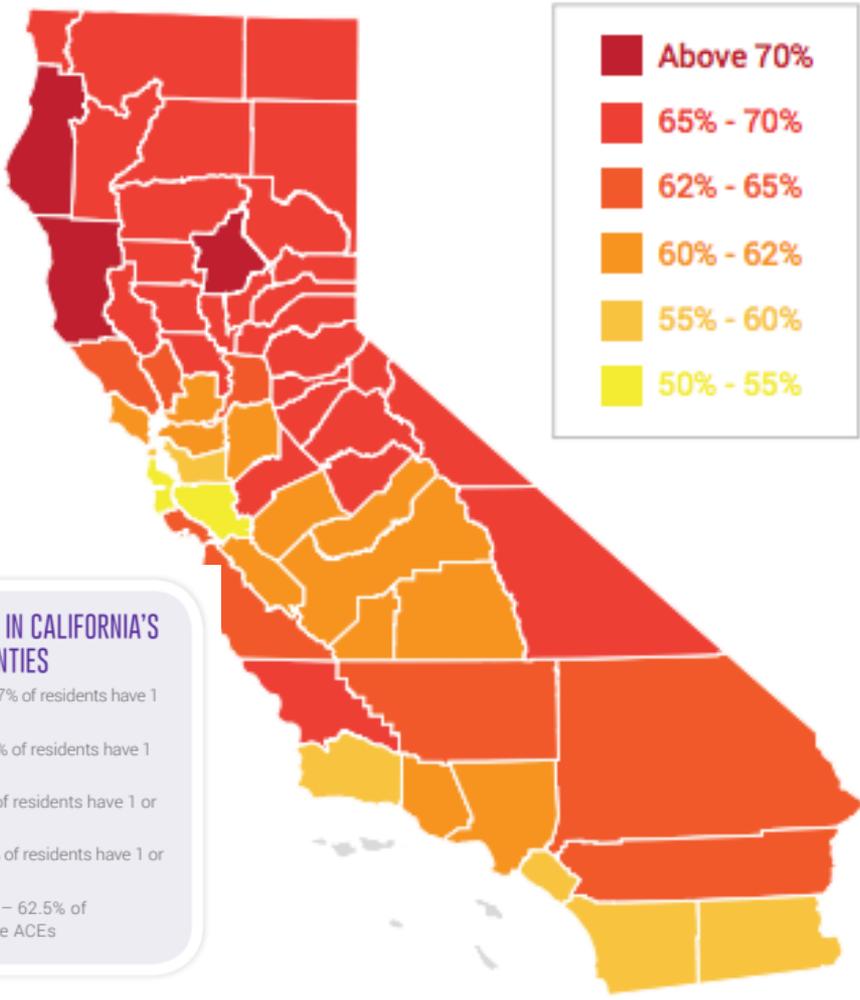
Mental, physical, or emotional conditions has caused difficulty in concentrating, remembering, or making decisions



Diagnosed with Alzheimer's or dementia

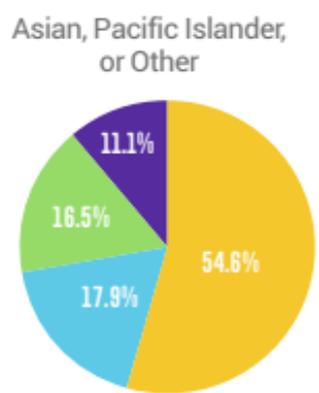
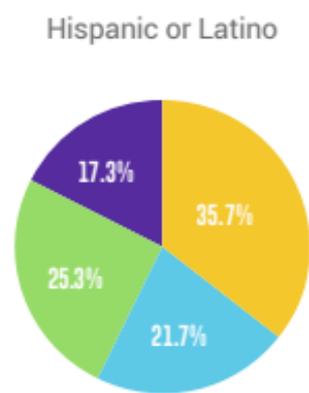
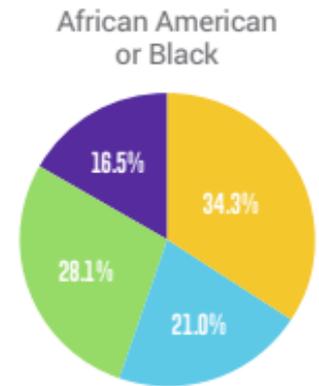
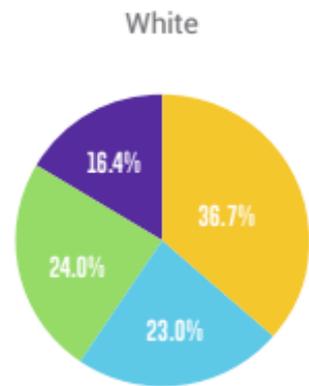
Figure 10: Relationship between ACEs and mental health

ACEs Impact on Health



PREVALENCE OF ACEs IN CALIFORNIA'S MOST POPULOUS COUNTIES

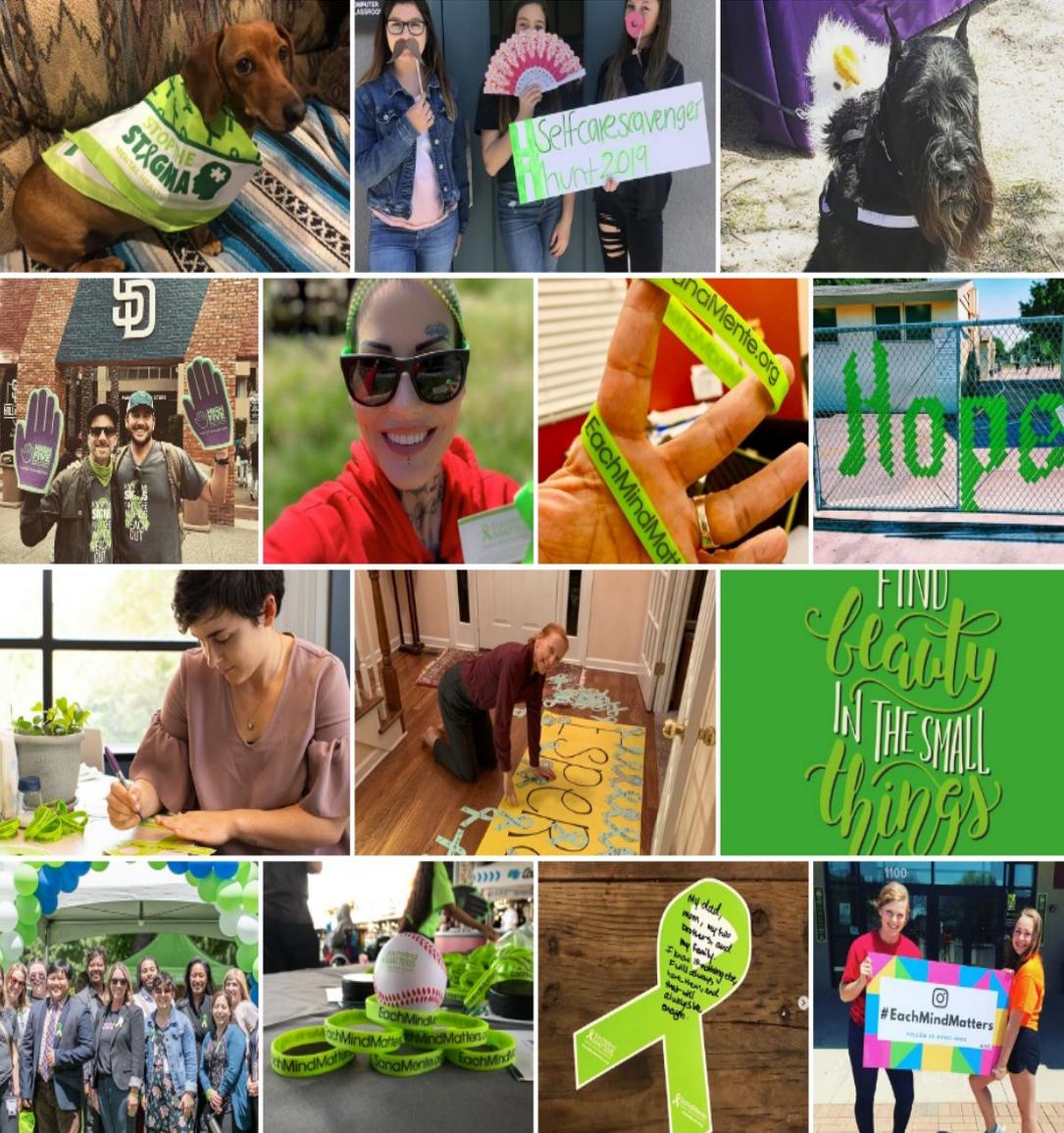
- Los Angeles County – 60.7% of residents have 1 or more ACEs
- San Diego County – 59.0% of residents have 1 or more ACEs
- Orange County – 59.3% of residents have 1 or more ACEs
- Riverside County – 64.5% of residents have 1 or more ACEs
- San Bernardino County – 62.5% of residents have 1 or more ACEs





Q&A





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).



Building Resiliency



Credit: Sidewalk Talk



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.



Resources



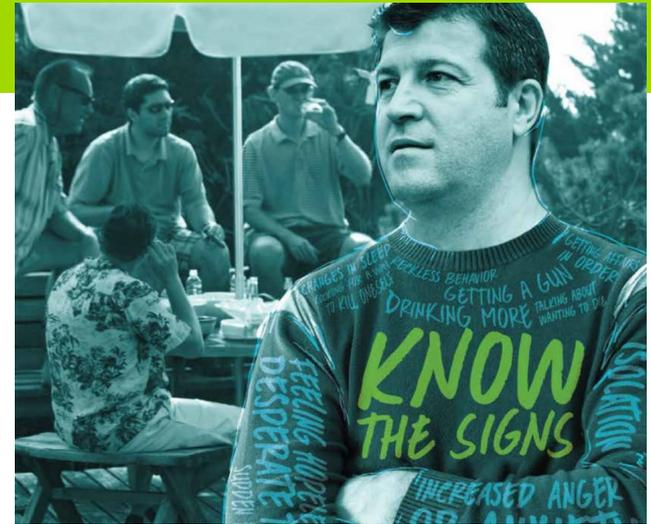
Each Mind Matters' Mental Health Support Guides provide an introduction to mental health and wellness, and tips to help reduce stigma and find support for a mental health challenge.

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.

Resources

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



DISASTER KIT

SAMHSA'S EMERGENCY MENTAL
HEALTH AND TRAUMATIC
STRESS SERVICES



Emergency Mental Health and Traumatic Stress Services Kit

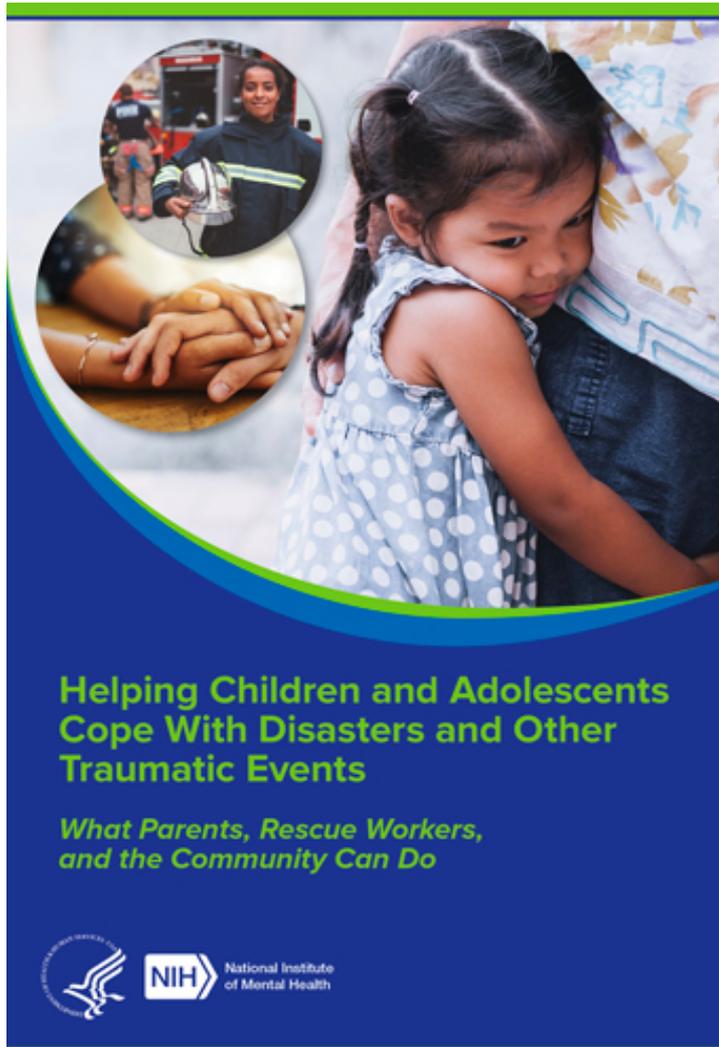
Access the Disaster Kit on
your mobile phone by
downloading the SAMHSA
Disaster App.

Additional Resources

SAMHSA Disaster App for First Responders



Additional Resources



Helping Children and Adolescents Cope with Disasters and Other Traumatic Events

<https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events/index.shtml>

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!



[About Us](#) | [Shop](#) | [Media](#) | [Contact](#) | [SanaMente](#) 

[Mental Health](#) | [Stories](#) | [Get Involved](#) | [Events](#) | [Resources](#) | [Blog](#)



Get Involved

We all have mental health, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.



Speak Up

Share how you're part of the movement by taking a pledge to advance mental health in your own way.

[Take a pledge](#)



Spread the Word

Learn more about the movement and get tools to help inform others.

[More](#)



Share Your Story

We all have mental health, and we're inspired by each other's stories. Tell us why mental health matters to you by sharing your "lime green story".

[Share](#)

Stories

California's Mental Health Movement is made of up millions of people who believe that everyone experiencing a mental health challenge deserves the opportunity to live a healthy, happy and meaningful life. See what people are saying and sharing – and add your voice to the movement with your own commitment to advancing mental health.



Mental Health Matters Month

www.eachmindmatters.org/get-involved/spread-the-word/

EMM Resource Center

emmresourcecenter.org/



[Initiatives](#)

[Collections](#)

[About Us](#)

[Contact Us](#)

[SEARCH RESOURCES](#)

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

[Advanced Search](#)

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 »](#)

Sign Up for Our Newsletters!

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](https://www.instagram.com/EachMindMatters)

 Facebook: [Facebook.com/EachMindMatters](https://www.facebook.com/EachMindMatters)

 Twitter: [@EachMindMatters](https://twitter.com/EachMindMatters)





Q&A



 Thank you!



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