

## *RESILIENCE POSTCARDS*

*SYV 70 attendees, 11 cards; SM 125 attendees, 21 cards; CDC 53 attendees, 4 cards*

*SB 300 attendees, 2 cards; Lompoc 85 attendees, 6 cards*

### **NOW**

#### **SYV**

- Speak to people and let them know there is help
- Find out who sponsored the ACEs study
- Help spread the word about ACEs - Learn and become more aware
- Continue to teach life skills training to our 7<sup>th</sup> graders
- Continue as a CASA Volunteer
- Find out if we have ACEs in the valley and find out what I can do/can be done with 15 year old neighbor
- Help kids – be a CASA advocate. Be there for kids and their families and offer help, advice, adult role model
- Change my attitude toward people who act out – with the people I meet and talk to
- We need in Spanish – invite other groups in the valley – churches and organizations
- Volunteer at Santa Ynez High School PTSA
- Gather info to move on with my life

#### **SM**

- Go to website
- Show film to staff within our agency (Casa Pacifica)
- Investigate use of ACEs measure in our mental health programs (CAC)
- Do the ACEs study myself
- Continue to advocate for children/youth in Santa Maria and continue working with families
- Educate, look at my ACE score and practice at my home visits
- Share this information within my work by sharing with teachers and parents (CAC)
- Pass this along to my supervisors at Transitions Mental Health Association
- Find out about Miss Kendra's List and Drama therapy
- Have a conversation about it with family members and friends
- Think of how to start the conversation of ACEs with clients and take the ACEs test for myself
- Think of ways to better support the families I work with
- Build trust with the parents and children in our program
- Take the ACEs test and meditate on my ACEs score
- Talk to management team about how we can advocate in clinics for Toxic stress/ACEs
- Ask my partner to watch this re: our family
- Provide psycho-education to my clients' guardians about toxic stress and the importance of naming the scary things that have happened to them
- Share with my team and look into more training (SMJUHSD)
- Promote the ACE test / Find my own ACE score / Review ACEs study
- Share this information with parents in our program (SMBSD)

## **NOW, Continued...**

### **CDC**

- Get educated and help kids
- Educate myself for the children
- Speak
- Get going with my program and start marketing the program (Vines of Life)

### **SB**

- Talk to my supervisor within Social Services Eligibility Workers to implement ACE evaluations with Medi-Cal applications

### **LOMPOC**

- Be an advocate ... please educate our teachers about ACEs
- Tell the principle at my school about ACEs
- It would be great to have a prevention and early intervention at schools from Pre-K and up to help with recognizing feelings, emotional regulation, social skills, problem-solving, etc. (Incredible Years)
- For a team member for mental health to be at the parent conference/orientation to let families know what services are available in the community
- Show my whole family this website and hope to do our ACE questions
- Share with the children I work with – ask Are you OK?
- Share info with team

## **THIS MONTH**

### **SYV**

- Take the ACEs test
- Tell people about Marilyn Van de Bur Miss America 1958 – look her up on youtube
- Incorporate ACEs info into “Protecting God’s Children” my husband and I present in our Parish
- Continue being a CASA, maybe take another case
- Use what I’ve learned in dealing with the students I tutor and their families
- Contact the right group in dealing with old childhood issues

### **SM**

- Talk with agency staff
- Integrate into parent training at our agency (Casa Pacifica)
- Possibly start incorporating ACEs measure in our MH programs (CAC)
- Have more patience with families
- Continue going to One Community Action Coalition to help local efforts to reduce youth violence/gang involvement
- Let clients know it’s NOT normal
- Present at next staff meeting (CAC)

### **THIS MONTH, Continued...**

- Connect with Transitions Mental Health Association and their resources
- Share with administration, other staff and teachers (SMBSD)
- Share information with staff and the families we serve (SMBSD)
- Continue to create awareness
- Check in with children – how they are doing. Try out the letters from Miss Kendra
- Talk to coworkers and others about what we can do to share this information with the families in our program (SMBSD)
- Talk to my child's pediatrician about ACEs and checks at well child visits. Ask him to see this and help advocate. Talk to my child's school.
- Research mindfulness and meditation for my clients
- Schedule a meeting for more implementation
- Review current child abuse policies and get involved with community organizations
- Promote Resilience movie
- Finding out more resources
- Print out info and give to parents

### **CDC**

- Getting child care license
- Motivate and give love and support to children
- Share
- Get to ten organizations

### **SB**

- Make contact with FSA and Administrators in my school district – Interested in designing programs/protocols for developing self-regulation skills in the classroom

### **LOMPOC**

- Be a voice
- Provide parenting groups and free childcare while they attend
- Discuss with my family and friends
- Share with the Children's Ministry at my church
- Consult with supervisors

### **WITHIN A YEAR**

#### **SYV**

- Write a letter to President Trump and tell him about this documentary
- Increase awareness of Aces within our parish and family
- Spread life skills program to other schools and grades
- Continue as a CASA – it takes a community to raise kids and their families
- I hope to interact with others who want to impact our community with what we've learned
- Be in treatment (for old childhood issues) or have dealt with it

## **SM**

- Look at policies
- Review collected data on ACEs for our clients
- Continue to work on my own issues so that I can better help families I work with
- Continue helping families, advocating for youth and being a voice. #Iwillnotbesilent
- Increase referrals to assist families in the community
- Have a marriage and family therapist intern attend and provide support if shown to parents/families
- Play Resilience for After School Institutes; perhaps implement
- Plan and coordinate a Parent Café and provide the opportunity for parents to share their experiences
- Bring this film, more education to my community – church and schools
- Advocate more in our community and center
- Hopefully do a training for our families to talk about resilience
- Support getting science into hands of general public
- Implement/ utilize Miss Kendra's curriculum in sessions some way
- Hopefully set up training for school staff (SMJUHSD)
- Reach out to sectors serving the needs of adults impacted by ACEs – perhaps suggesting support groups
- Education talk/promote adversity leads to disease in my work
- Better assessment, connect family to resources
- Get trained and educated on topic

## **CDC**

- Provide quality care and education for kids
- Strong education with values
- Communicate
- 100 organizations

## **LOMPOC**

- Be a change agent
- Teachers can make a stronger bond with parents and discuss ACE with the parents to help spread awareness
- Do a group survey on the needs of the school and topics
- Hope to be able to reach my sister with this and help her
- See if we can implement at LHCC