

Riverside Resilience

5 Steps to Community Change

Goal

The Riverside Resilience Initiative will launch a cross-sectoral collaboration to reduce ACEs/ACER and improve health and educational outcomes for children living in Riverside County over the next 10 years.



What are ACEs/ACER?

ACEs are childhood experiences that may result in toxic stress which harms a child's brain and body. This includes 1.) Abuse (emotional, physical, sexual) 2.) Neglect (emotional, physical) 3.) Household dysfunction (household substance abuse, household mental illness, domestic violence, parental separation/divorce, incarcerated household member). ACERs are adverse community experiences, such as lack of affordable and safe housing, community violence, systemic discrimination, and limited access to social and economic mobility. ACERs influence ACEs as they can increase risk factors for ACEs and reduce protective factors.



Educate

Establish and promote a common language for ACEs, ACER and resiliency:

- **Recruit and train speakers committee**
 - Identify sector-specific champions
 - Train champions utilizing established programs
- **Provide presentations for staff and clients**
 - ACEs & Resiliency Science 101
 - Trauma-informed, Resiliency-building Organizations
- **Develop handouts, podcasts, videos**



Engage

Engage multi-disciplinary partners:

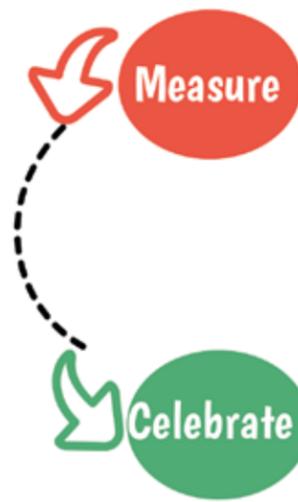
- **Reach out to additional sectors that contribute to or could help address root causes of ACEs**
 - e.g. Public safety/Law enforcement
 - e.g. Community based organizations
- **Expand collaboration and commitment among countywide partners**
 - Resolution for Board of Supervisors' approval
 - Riverside ACEs Connection community



Activate

Activate practice and policy changes that:

- **Support responsive relationships for children and adults**
- **Strengthen core life skills**
- **Reduce sources of stress in the lives of children and families**
 - Improve community conditions



- **Convene learning collaboratives to support trauma-informed, resilience-building organizations and build capacity for community resilience**

Demonstrate progress by:

- **Defining process measures**
 - e.g. Presentations; membership; resolution; organizational shift to trauma-informed, resilience-building practices and policies
- **Defining outcome measures**
 - e.g. Health outcomes; educational outcomes; social welfare outcomes; community conditions
- **Conducting evaluation studies**

Communicate progress:

- **Convene community meetings to share progress and gather buy-in**
- **Share results at scientific and community conferences**
- **Utilize innovative platforms to facilitate communication and engagement**

How do ACEs affect health?

Frequent or prolonged exposure to ACEs may create toxic stress, which damages the developing brain and the body's ability to maintain health. ACEs can also result in unhealthy habits, like poor diet and lack of exercise, which in turn increase risk of health problems. The good news is resilience can bring back health and hope!

