



Hello ACEs community and guests,

Happy Springtime. Our work here within the Arizona Adverse Childhood Experiences Consortium continues to move forward. We hope you enjoy these quick facts, references, and upcoming opportunities.

Upcoming Opportunity

Join Free Arts for the 2024 Inspiring Creativity in Mentoring Symposium

This symposium supports the mission of Free Arts by building skills and deepening relationships among staff, volunteers, and community members interested in the transformative power of the arts to help children heal from traumatic experiences.

WHAT: Save the date for a full day of engaging, trauma-informed learning opportunities for mentors, hosted by Free Arts for Abused Children of Arizona in partnership with Big Brothers Big Sisters of Central Arizona, Gabriel's Angels, and New Pathways for Youth.

WHO: This is a great educational event for mentors, youth workers, artists, partnering agencies, and educators in the greater Phoenix area who want to better understand their role in supporting resilience-building work for children, teens, and young adults

WHEN: Saturday, April 20, 2024, beginning at 8:30 a.m.

WHERE: Desert Willow Conference Center, 4340 E. Cotton Center Blvd., Phoenix

WHY: Join Free Arts for the inaugural Inspiring Creativity in Mentoring Symposium, an annual training opportunity for volunteers, artists, staff, and partner agencies to collaborate, celebrate, and learn from one another.

Featured speakers for the Symposium include:

- Frank Thompson and Folade, Free Arts Professional Teaching Artists, conducting an experimental art session "Community Music Making with Found Sounds"
- Terra Schaad, Founder and Executive Director of Hunkapi Farm, speaking on "How your past affects your present: A guided experience on how trauma affects our ability to create safety and connection"
- Darryl Tonemah, Ph.D., Psychologist and Musician, speaking on "The Pursuit of Wellness and



Mental Health Awareness Observation Days

- April – National Stress Awareness Month
- April – National Child Abuse and Neglect Prevention Month
- May – Mental Health Awareness Month

Additional ACEs Information

Q1 Meeting / updates.

Quarter 1 was jam packed with all our committees wrapped into one, from The Interfaith Committee that has its own podcast, to the Trauma Informed Schools, offering free trainings on event bright, to The Rural Indigenous Sub Committee shared last month they were joined by ILaunch on Navajo Nation with a brief presentation, while the Communication Committee is urging everyone to check out our social media, follow, subscribe, and share, <https://azaces.org/social-media/>

Quarter 1 also included an overview involving a recent study completed through Morrison Institute with Erica Quintana on ACEs factors here in Arizona compared to other states in the United States, it was enlightening, keep any eye open for more soon. As we explore ACEs and trauma informed practice a link for SAMHSA Practical Guide for TIC approach was also shared, <https://store.samhsa.gov/sites/default/files/pep23-06-05-005.pdf>. Quarter 2 is right around the corner, to sign up head to [ACEs Consortium | Arizona Adverse Childhood Experiences Consortium \(azaces.org\)](https://azaces.org)

AGENCY SPOTLIGHT:

Free Arts for Abused Children of Arizona

Founded in 1993, Free Arts for Abused Children of Arizona is a non-profit organization which transforms children's trauma to resilience through the arts. Free Arts programs include creative elements that promote safety, self-expression and a sense of belonging. Free Arts programs are delivered by 900 volunteer mentors and artists who serve more than 8,000 children annually through partnerships with 43 social service child welfare agencies at 100+ sites across Maricopa County.

For more information on Free Arts, visit:
www.freeartsaz.org

Maricopa Public Health

A peer-led teaching approach that empowers students with the knowledge and skills needed to make informed decisions about e-cigarettes and resist social pressures to vape.

More information, visit: [CATCH My Breath - Vape Education - Tobacco Youth Prevention](#)

Call or Text - The Mental Health Life Line at 988
Free, immediate, and confidential support for you or someone you care about. 24 hours a day, 7 days a week, 365 days a year.

[April is Stress Awareness Month](#)

[April is National Child Abuse Prevention Month](#)

[7 Tips to Manage Stress and Build Resilience](#)

[May is Mental Health Awareness Month](#)

COMMITTEE SPOTLIGHT:

Interfaith Committee with Sanghoon Yoo
Usually Meets 1st Friday of the month @ 8 am
via zoom

Upcoming events to join

Weave and Cleave - Community of
Belonging" Conference
May, 2, 2024 (Desert Willow Conference
Center)

Want to know more, visit: [Who is Weave and Cleave? — the faithful city](#)

Check out the podcast.

Trauma-Informed Approach to Belonging with
Michelle Stiffler and Sanghoon Yoo as
Speakers

<https://www.spreaker.com/show/weave-cleave> or Apple Podcast

@

<https://podcasts.apple.com/us/podcast/weave-cleave/id1677699316>

More ACEs information:

[Clinician's Trauma Update Online \(CTU-Online\) - PTSD: National Center for PTSD](#)

[Child Abuse and Neglect Prevention Board: Family Strengthening Resources](#)

[Psychology Today. Can I really be happy after a crummy childhood?](#)

Check us out on Social Media:



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www.azaces.org