

Hello ACEs community and guests,

We hope you are staying cool this summer. We have continued to make progress within the Arizona Adverse Childhood Experiences Consortium. Please see below for subcommittee updates:

*Creating Trauma Sensitive Schools Committee* will reconvene on the first Wednesday in August. You can check out meeting notes on ACEs website from previous meetings (Jennifer Blau)

*Rural & Indigenous Community Committee:* goals are the purpose of developing relationships. Trauma Informed questions and peer support will be gathered and sent to Rural communities (Renee RedDay)

*ACEs Training Workgroup* meetings are now every other month. If interested in becoming a facilitator of Train Trainer, reach out to Sandi for this upcoming year (Sandi Cimino @sandi@azaces.org).

*Interfaith Workgroup:* Recent Event: had Interfaith breakfast with over 100 attendees. Second Annual Weave and Cleve conference where Katie Hobb presented her Official Proclamation, creating May to become an official Trauma Awareness month. 300 in attendance.

*Southern Arizona Trauma Informed Network* continues to have monthly trainings. Next is on "What is behind Behaviors". In August, they will restart community meetings and launch official website with links to social media and get connected.

Presentation: *Building a Trauma Informed Resilient Community* Becky Hass Spoke at Faith Trauma Conference Movement in North Tennessee and North Carolina reflecting on 2012 Report of the Attorney General's National Task Force on Children Exposed to Violence Defending Childhood | Task Force on Children Exposed to Violence (justice.gov)

Presentation: *Discussing Trauma in the Community* SAMHSA, the Centers for Disease Control and the Hazelden Betty Ford Foundation all indicate trauma/Adverse Childhood Experiences are a significant risk factor leading to addiction.

For more information, please visit:  
<http://www.ptsdalliance.org/>



## Mental Health Awareness Observation Days

### August

- International day of the World's Indigenous Peoples, August 9
- Grief Awareness Day, August 30
- International Overdose Awareness Day, August 31

### September

- Positive Thinking Day, September 13
- Suicide Prevention Week, September 8-14, 2024
- Suicide Prevention Month

## Additional Resources

[United Nations Declaration on the Rights of Indigenous Peoples](#)

[American Foundation for Suicide Prevention](#)

[Spreading Awareness and Encouraging Empathy on Grief Awareness Day](#)

Support the 988 Suicide & Crisis Lifeline

## AGENCY SPOTLIGHT:

### Resilient Schools Program

The Resilient Schools Program is housed within the Pima County School Superintendent's Office and has a variety of goals related to educating about trauma. The first is to clarify and distinct differences between the small subset of ACEs within the broader category of childhood adversity that includes systemic and intergenerational adversities, trauma (outcomes of exposure), and toxic stress. This program also seeks to provide education around being a critical consumer of ACE's data and research, understanding that quantification of ACE's can be problematic. Finally, the RS Program seeks to assist educators, administrators, and school mental health professionals with the integration of trauma-responsive strategies and practices not only into other proactive initiatives (social emotional skill development, restorative and culturally responsive practices, foundations of the Neurosequential Model) but also into climate, culture, and daily practices.

## COMMITTEE SPOTLIGHT:

### Communication Committee

The Communication Committee is always working to find ways to share Awareness tips/research and educational topics on ACEs facts and topics surrounding ACEs.

Our newsletter is impactful each month offering highlights of agencies that work closely in the key prevention of ACEs.

For your convenience, we provide direct links to today's prevalent research.

We always love adding new committee members, come check us out!

**Meetings:** held every other 3<sup>rd</sup> Wednesday of the month from 11:30-12:00 pm

**Lead:** Sabrina Walton

**Contact:** [swalton@cc-az.org](mailto:swalton@cc-az.org)

### Informational Texts:

[4 Ways Healing from Trauma Can Enrich your Life](#)

[How the U.S. Can Become Trauma-Informed](#)

### Back to School Season:

With *Back to School* Season right around the corner, its important to remember that teachers face significant stress and trauma too. However, oftentimes their own needs are overlooked in the push to create trauma-informed classrooms. Many educators experience chronic stress or adverse experiences themselves, which can impact their ability to teach effectively. "Empty Cup Syndrome" describes teachers feeling emotionally drained but still expected to give more.

Addressing secondary trauma, providing systemic support, and acknowledging teachers' own ACEs can help. Strategies such as longer breaks, counseling, and support groups are essential for creating a truly trauma-informed environment for both students and teachers.

For more details, here: [Teachers Need Trauma-Informed Care, Too](#)

### Check us out on Social Media:



[@acesofarizona](#)



[AZ ACE Consortium](#)



[AZ-Aces-Consortium](#)

[www.azaces.org](http://www.azaces.org)



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