



Hello ACEs community and guests, we hope you are enjoying the beautiful Spring weather.

Updates from our AZ ACES Consortium

- We opened with a presentation on the Suicide Prevention work being done in Arizona by Joshua Stegemeyer of ADHS Please email Joshua for additional information.
Joshua.stegemeyer@azdhs.gov
- Interfaith Committee, Sanghoon Yoo, 480-703-6993 thefaithfulcity@gmail.com,
www.thefaithfulcity.org and Robin Blumenthal,
rjblumenthal@pantano.church.com
 - Presenting the 3rd Weave and Cleave Conference on Wednesday, April 23rd, from 8-4 pm @ the Desert Willow Conference Center, location is 4340 E Cotton Center Blvd, Phoenix, AZ 85040. For free registration click [here](#).
- Mental Health & Well Being CoP by The Training Committee is on April 30th, from 10-12 pm.
 - Click [here](#) to attend.
- Dr. Ina Hilgers is hosting a 2-day **Heartmath training** in April. This clinical intervention links the body/mind- a key to healing through a trauma-informed approach.
 - Click [here](#) to view the flyer. Space is limited to 20 seats available.
- San Carlos Unified School District #20 will host the **Annual Journey to Shil Gozhoo Conference** held at the Apache Gold Convention Center on April 23-24, 2025. It is open to the public. For additional information email c.haozous@sancarlos.k12.az.us
- **Next AZ ACES Quarterly Meeting:** May 15th @ 9am.
 - Click [here](#) to join.



Awareness Observation Days

April

- National Stress Awareness Month
- National Child Abuse and Neglect Prevention Month

May

- Mental Health Awareness Month

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

Brain Health 365 – The Podcast

Let There Be Light – The Effect of Light on Brain Health

[Apple Podcast Link](#)

[Spotify Link](#)



Presentation Highlight

Resilient Schools National CoP Initiative Spotlights

All Spotlight presentations are free, virtual and typically last for 30 minutes

Are you looking to present a Spotlight, locally or Nationally, if you would like to present something or if there's someone out there that you think is doing some great work, reach out to

Leslie Anway @

Leslie.Anway@pima.gov

Next Spotlight Presentation is on
Monday, 4/14, 1:30-2

Presenter: Jim Bock, Assistant
Principal, District SEL
Coordinator, Florence

Topic: Increasing Social
Emotional Capacity for Adults

Click [here](#) to join

Agency Spotlight

Origins Training & Consulting

Want to learn about an exciting opportunity?!

The Resilience Champion Leadership Series kicks off on April 30th and will run till June 4, 2025. It will occur every Wednesday from 11:00am – 12:30pm Pacific Time. Click [HERE](#) to learn more.

Use this special code as an ACES member to receive \$200 off list price *code AZRC

Andi Fetzner is a co-founder of Origins Training & Consulting. Her training mantra is, "you don't have to be a therapist to be therapeutic." Drawing from her personal and professional background, Andi uses real life examples to explain how this approach can be applied across sectors. Outside of her work, Andi lives as a digital nomad and enjoys doing yoga, eating good food, and mountaineering.

Check out this excellent blog with inspirational stories on how this training can transform your own leadership: [Resilience Champions Take Action](#).

Andi - andi.fetzner@originstraining.org and Lori-
lori.chelius@originstraining.org

Research, completed by Sheffler (2019) and presented in an article "Adverse childhood experiences and coping strategies: identifying pathways to resiliency in adulthood" on pmc.ncbi.nlm.nih.gov has shown a strong link between ACEs and the likelihood of experiencing various forms of child abuse and neglect. Children who endure ACEs may suffer from long-term physical, emotional, and psychological effects, making them more vulnerable to further harm. Early exposure to abuse and neglect significantly increases the risk of developing ACEs, which can perpetuate a cycle of trauma. Data from the National Child Abuse and Neglect Data System (NCANDS) reports that over 700,000 children in the U.S. were victims of abuse or neglect in one recent year, with a significant percentage of these cases contributing to ACEs. April, recognized as Child Abuse Prevention Month, highlights the importance of raising awareness and promoting actions to prevent child abuse and neglect, ultimately helping to break the cycle of ACEs and foster healthier futures for children.

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