

Hello ACEs community and guests,

We hope you are back into the swing of things by now and enjoying the cooler weather.

Our Quarterly meetings for 2025 will begin on February 20, 2025 at 9am. Click [here](#) for the registration link.

Mark your calendar for the remaining 2025 meeting dates:

- May 15, 2025
- August 21, 2025
- November 20, 2025

National Eating Disorders Awareness Week

Eating disorders and Adverse Childhood Experiences (ACEs) are linked, as trauma from childhood events such as abuse, or neglect can increase the risk of developing disordered eating. Individuals may turn to unhealthy eating behaviors as a way to cope with emotional distress or regain control. According to the National Eating Disorders Association, nearly 30 million Americans will experience an eating disorder in their lifetime.

People with ACEs are more vulnerable to eating disorders, as unresolved trauma can affect self-esteem and body image. Research shows that those with a history of trauma are at a significantly higher risk of developing disordered eating behaviors.

Addressing this connection is vital for providing effective, trauma-informed care to those struggling with both. Click the link below to complete the National Eating Disorders Screening tool.

<https://www.nationaleatingdisorders.org/screening-tool/>



Awareness Observation Days

February

- Random Acts of Kindness Week, February 14-20, 2025
- National Eating Disorders Awareness Week, February 24-March 2, 2025 (Click [here](#) for more information).

March

- Self-Injury Awareness Day, March 1, 2025
- World Teen Mental Wellness Day, March 2, 2025
- Dissociative Identity Disorder Awareness Day, March 5, 2025
- World Sleep Day, March 14, 2025
- Sleep Awareness Week, March 9-15, 2025
- Self-Harm Awareness Month

AZ ACES Subcommittee Highlight: Communication Committee

What goals or objectives around ACEs has your committee set out to achieve?

We have provided awareness with our bi-monthly emails. We also post on the social media sites with self-care tips, prevention, and ACEs facts. Don't forget to follow and subscribe.

How has the committee successfully overcome challenges or obstacles in its work, and what strategies or innovative approaches has the committee employed to address these issues?

We communicate through email and find the best day and time to meet. We were successful in having our first in-person meeting last month in January. We plan to have two other in-person meetings this year. Keep an eye out and if interested come sit in on a meeting or two.

Can you highlight any noteworthy partnerships, collaborations, or projects that the committee has been involved in, showcasing the positive outcomes and the broader impact on the community?

Monthly, we highlight the Subcommittee and Agencies doing the wonderful work of ACE awareness. Through the connections and partnerships, we've established we interview agencies. If you are interested in having your agency highlighted, please reach out!

A Highlight Continuation the Trauma Sensitive Schools (TSS) Work Group

Can you highlight any noteworthy partnerships, collaborations, or projects that the work group has been involved in, showcasing the positive outcomes and the broader impact on the community?

The TSS committee includes participation from various community partners across the state of AZ. Institutions and agencies such as Arizona State University, the Arizona Department of Education, the Department of Developmental Disabilities, AHCCCS and affiliated Medicaid partners and an array of schools and behavioral health providers continue to be involved in the work that is being done through TSS.

Are there any ongoing or upcoming projects or initiatives that the committee/agency is particularly excited about?

The TSS work group is excited about continuing to gain interest from community partners that would like to offer their training or support to school communities, statewide. We are continuing to seek out presenters/trainings for 2025 that are unique and valuable to educators, school staff, and our community agencies. If anyone is interested in learning more or has a topic that they might like to discuss sharing they can contact, Jennifer Blau, TSS Chair, at Jennifer.Blau@bannerhealth.com.

Additional ACEs Opportunities to get involved:

- Mental Health Conference Saturday, 2/01/25, all day, Bethel Church in Chandler
- Restore 2025 Conference Fri-Sat, February 7&8, Pre-conference (2/06/25) <https://julieroys.com/restore/>
- Communities of Belonging Interfaith Breakfast Thursday, 2/13/25, 8 am
- First Christian Church of Phoenix -Communities of Belonging Workshops Saturday, 2/15/25, 9-2 pm
- Ascend Church in Tempe Sanghoon Yoo, thefaitfulcity@gmail.com

Helpful links regarding ACEs:

- [ACEs Too High](#)
- [Adverse Childhood Experiences \(ACEs\)](#)
- [1 Trauma Resources](#)
- [ACEs Aware](#)

Check us out on Social Media:



[@acesofarizona](#)



[AZ ACE Consortium](#)



[AZ-Aces-Consortium](#)

www.azaces.org



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