

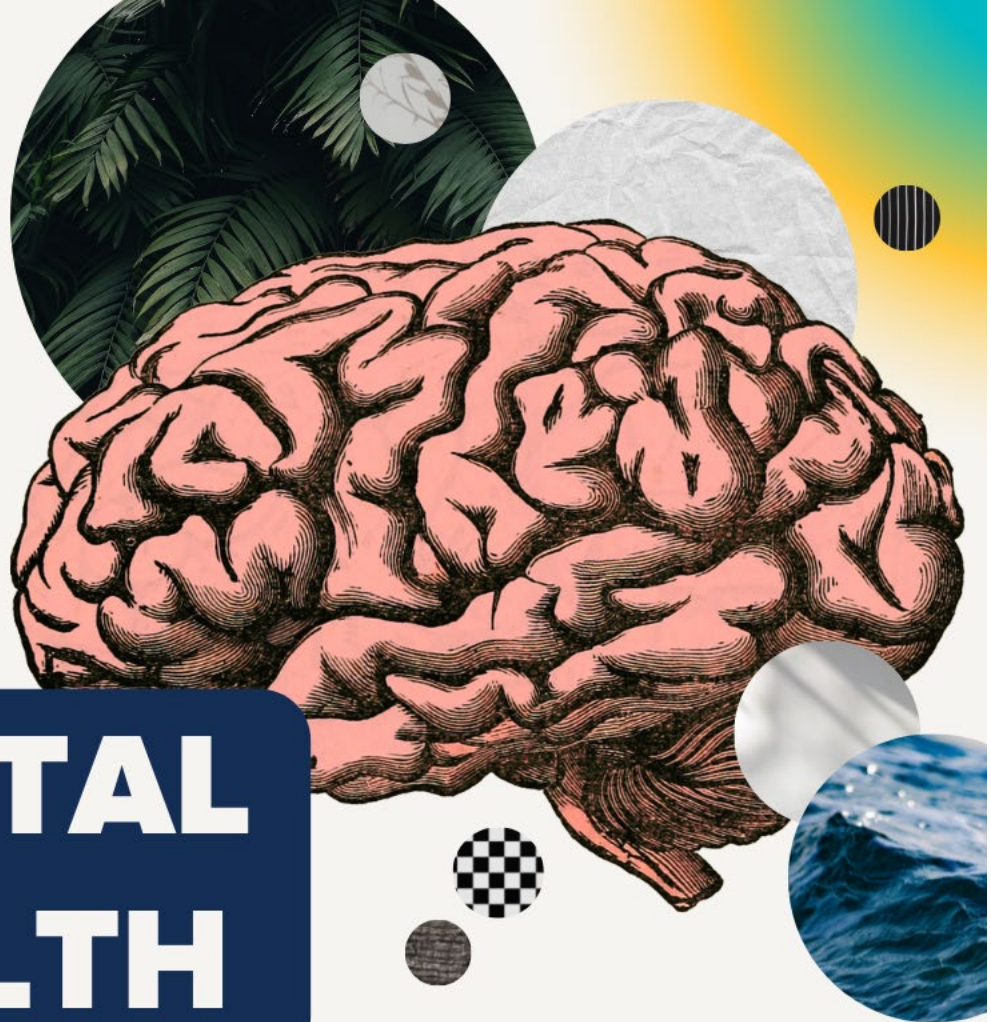
# CALIFORNIA'S APPROACH TO ADDRESSING ACEs:



## An Update from the Office of the California Surgeon General

Diana E. Ramos, MD, MPH, MBA  
California Surgeon General

California Conference of Local Health Officers  
Spring 2023 Business Meeting  
May 3, 2023



# MENTAL HEALTH

# AWARENESS MONTH

**1 in 5**

U.S. adults experience mental illness each year

**1 in 25**

U.S. adults experience serious mental illness each year

**1 in 6**

U.S. youth aged 6-17 experience a mental health disorder each year

**50%**

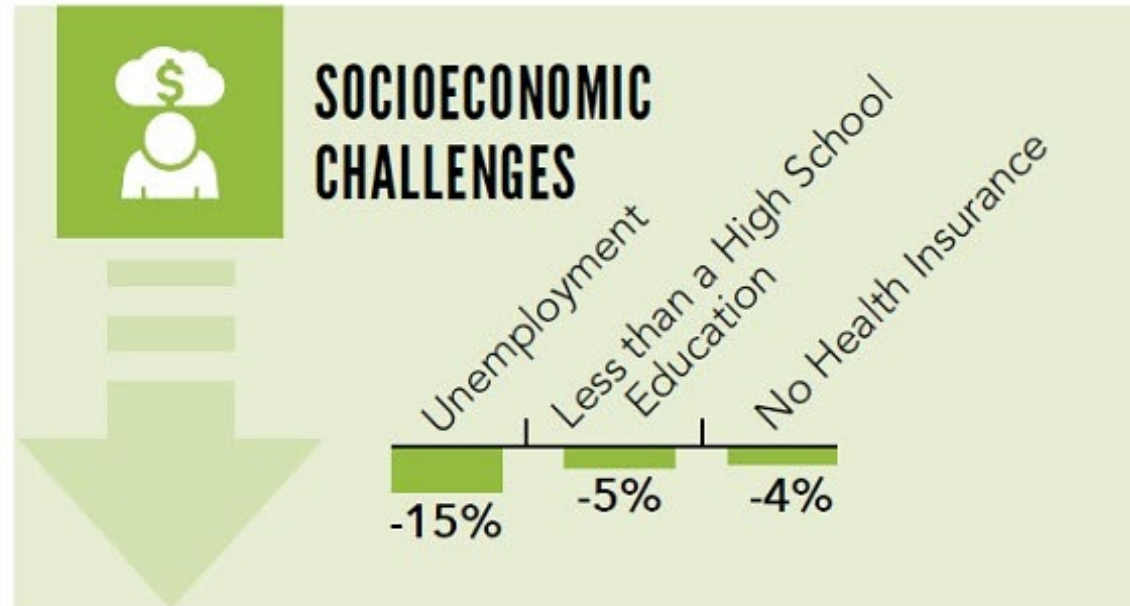
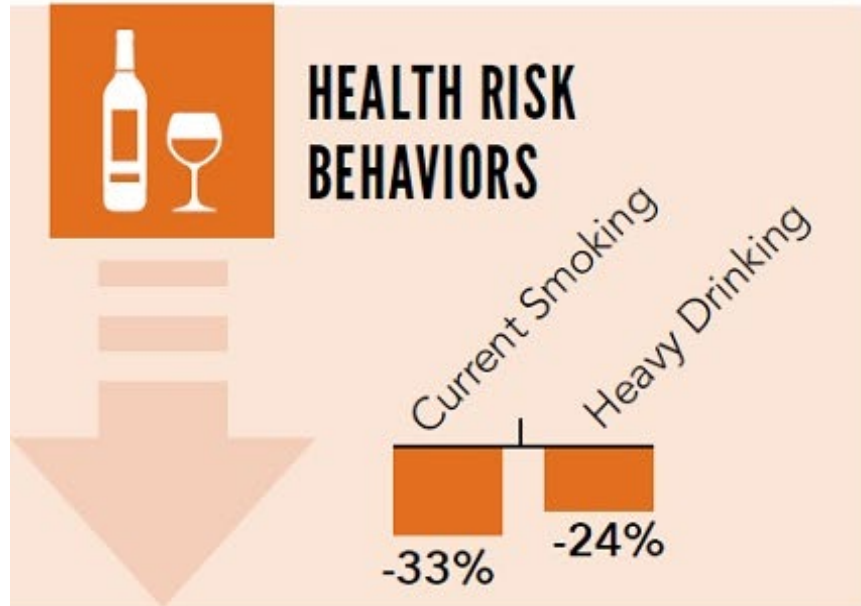
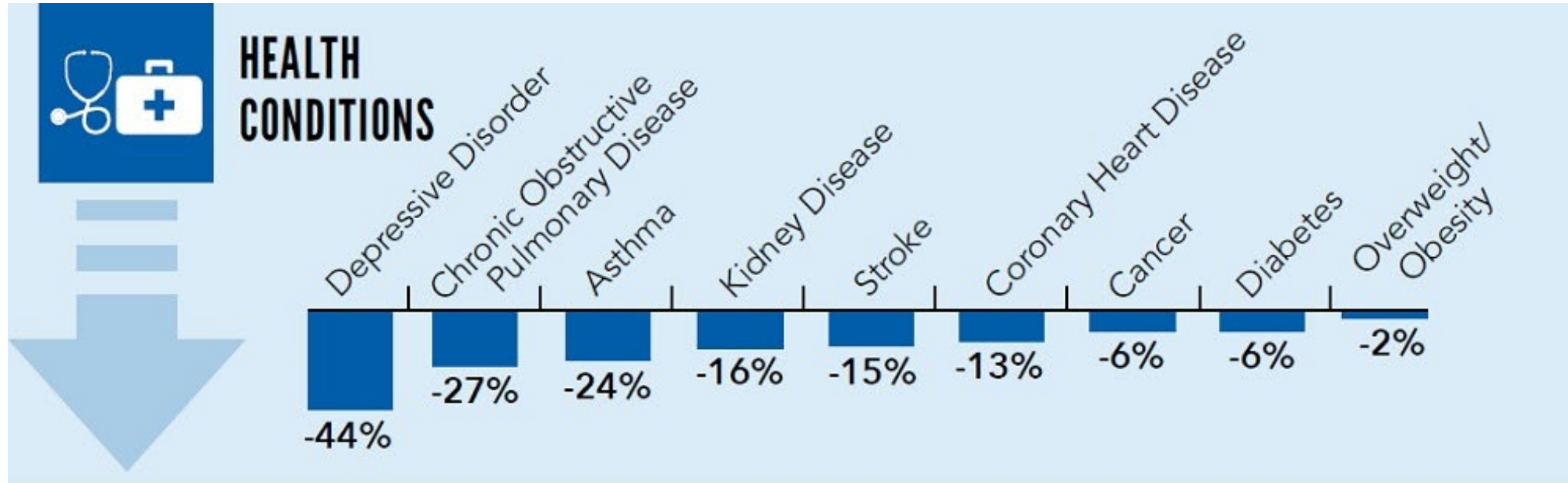
of all lifetime mental illness begins by age 14, and 75% by age 24

# ACEs



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACEsConnection.com](https://ACEsConnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.

# ADDRESSING ACES IN CHILDHOOD CAN POTENTIALLY DECREASE:



# ADVERSE CHILDHOOD EXPERIENCES AND TOXIC STRESS



## State Dashboard

California

**65.5%**

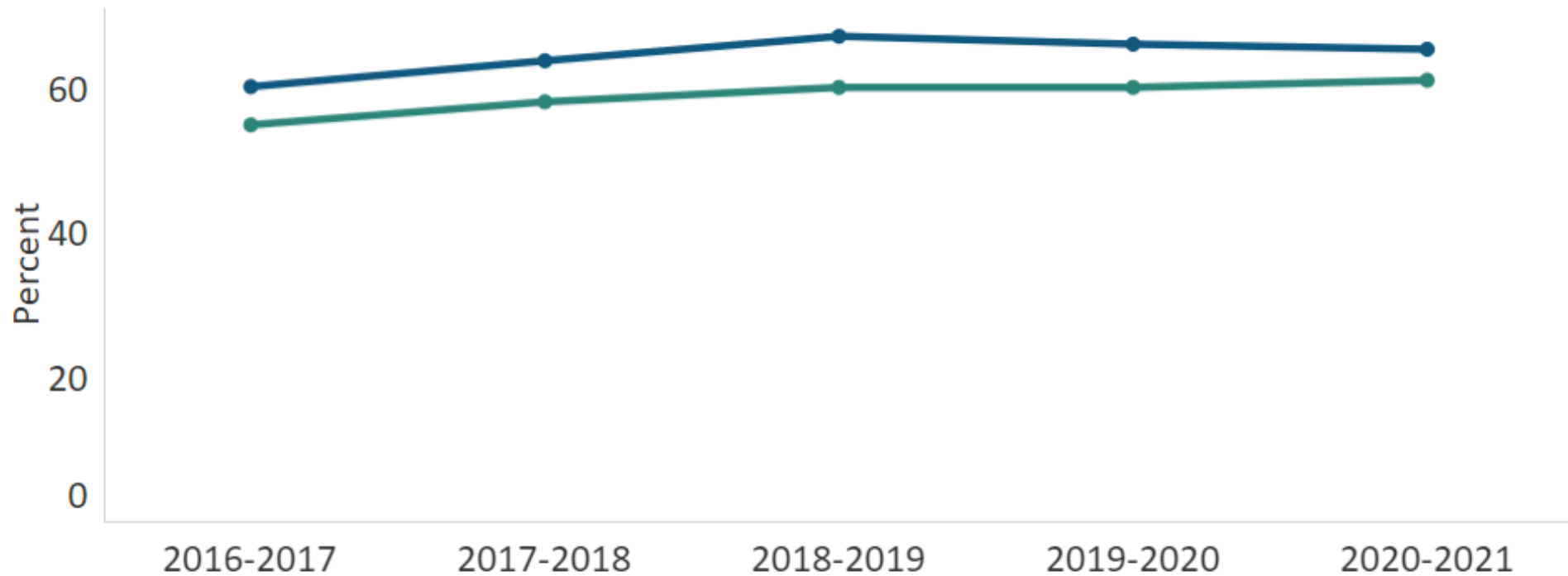
Children Who Experienced No ACEs 2020-2021

United States

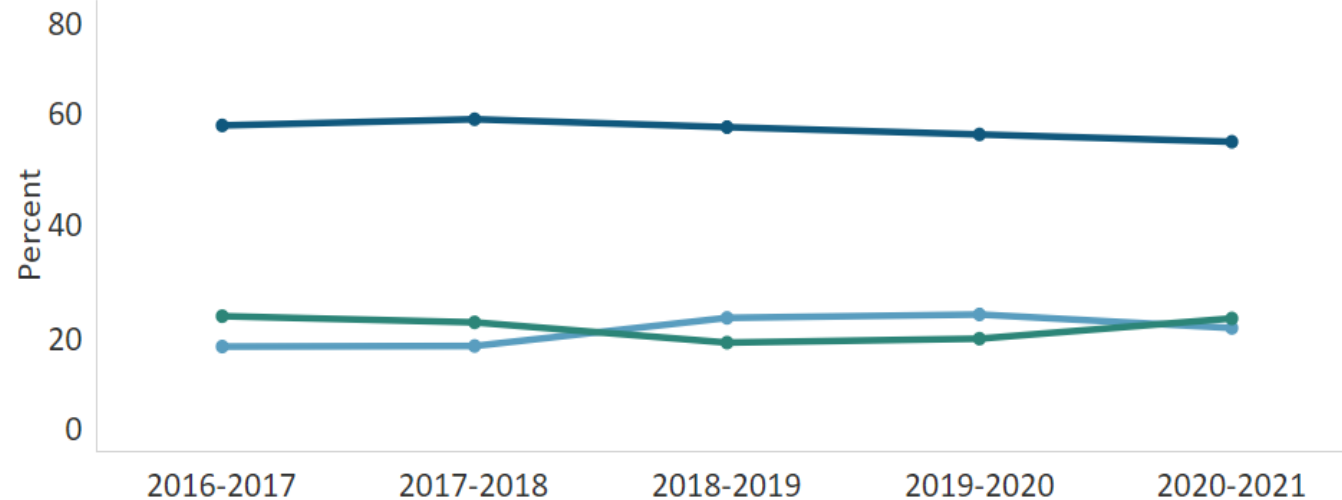
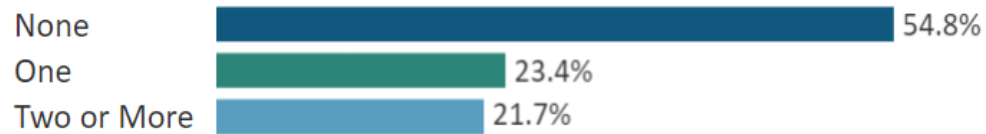
**61.2%**

Children Who Experienced No ACEs 2020-2021

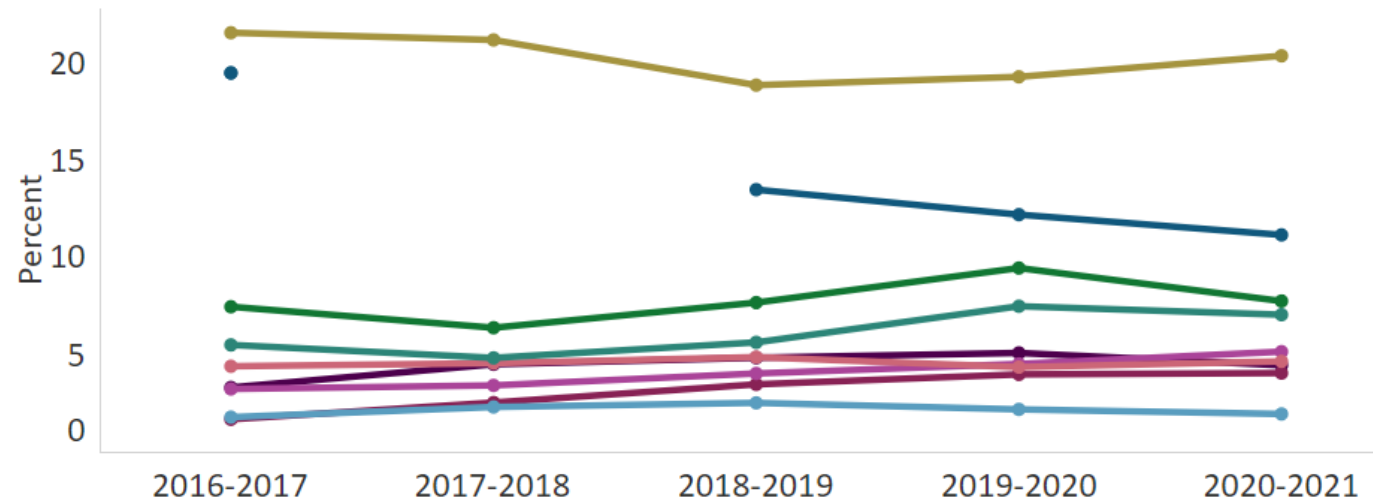
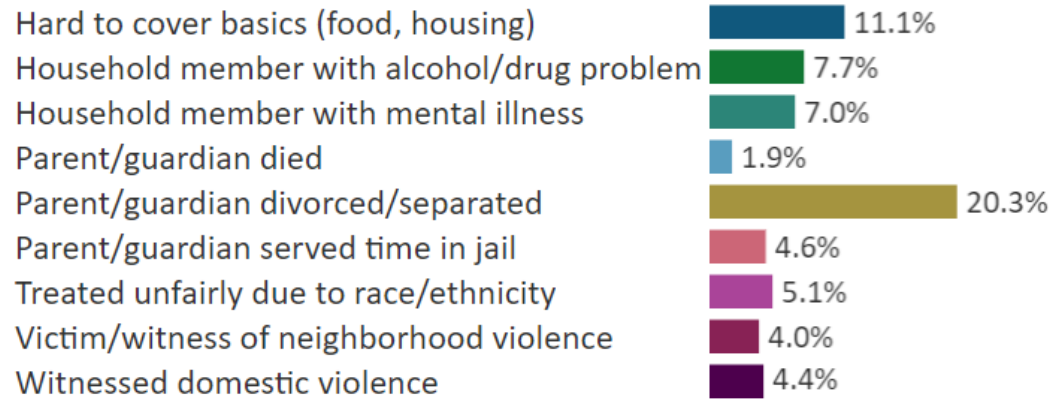
### California and United States



# ACE's Ever Experienced by Children Ages 12-17 California, 2020-2021



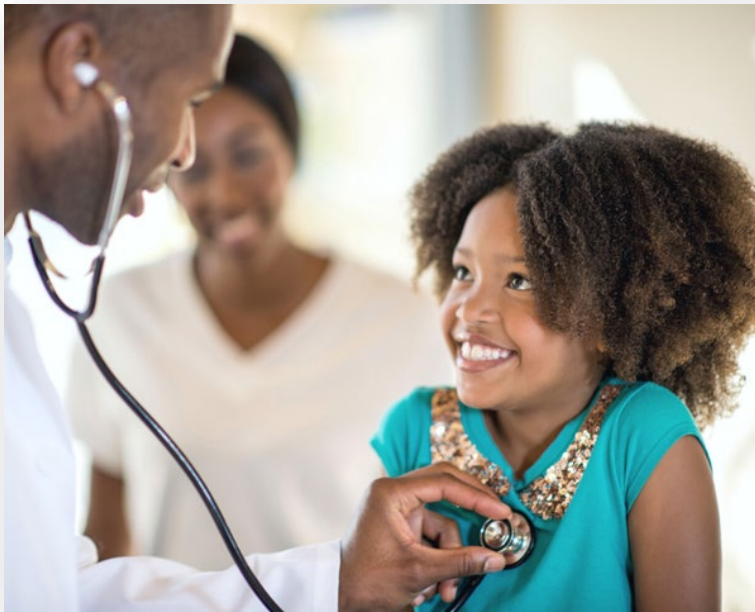
# ACEs by Type California 2020-2021





# CHILDREN AND YOUTH BEHAVIORAL HEALTH INITIATIVE

2021-2026 | Ages 0-25



Advance Equity



Designed for Youth  
by Youth



Start Early,  
Start Smart



Center around  
Children and Youth



Empower Families  
and Communities



Right Time,  
Right Place



Free of Stigma



# CALIFORNIA IS ADDRESSING ACEs AND TOXIC STRESS



# ACEs AWARE: GOALS & OBJECTIVES



## Raising Awareness

Train and expand awareness among Medi-Cal providers on ACE screening and response



## Practice Change

Support implementation of ACE screening and response for Medi-Cal providers



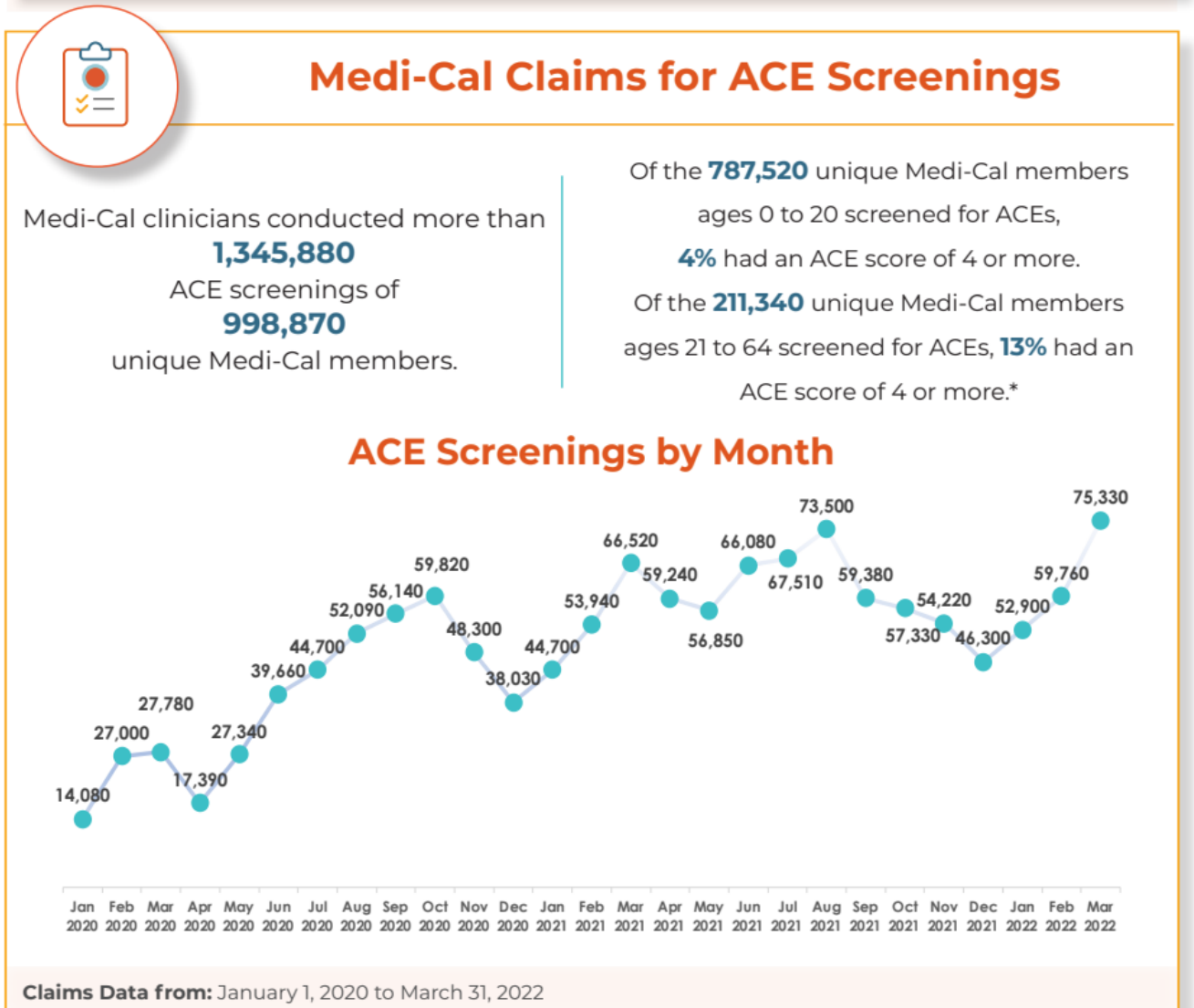
## Networks of Care

Support development of a functional network of care

**Reduce ACEs and toxic stress by half in one generation**

# ACEs AWARE: DATA UPDATE

- **>28,000** completed training
- **>12,400** Medi-Cal clinicians ACEs Aware certified



# ACEs AWARE: DATA UPDATE

Percentage of Patients **Ages 0 to 20** with ACE Score of 4 or More\*

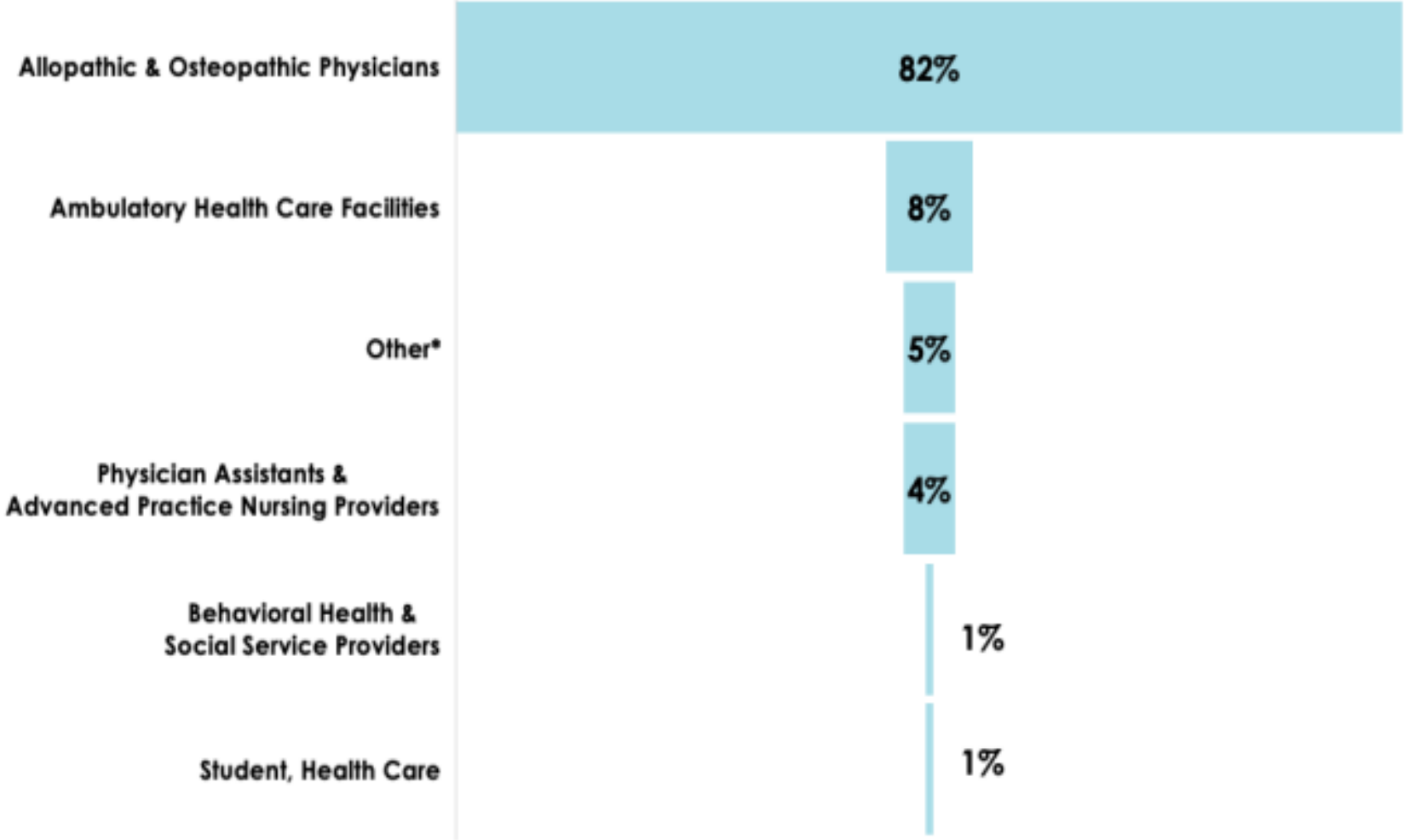


Percentage of Patients **Ages 21 to 64** with ACE Score of 4 or More \*



\*Based on Medi Cal Claims Data, by County

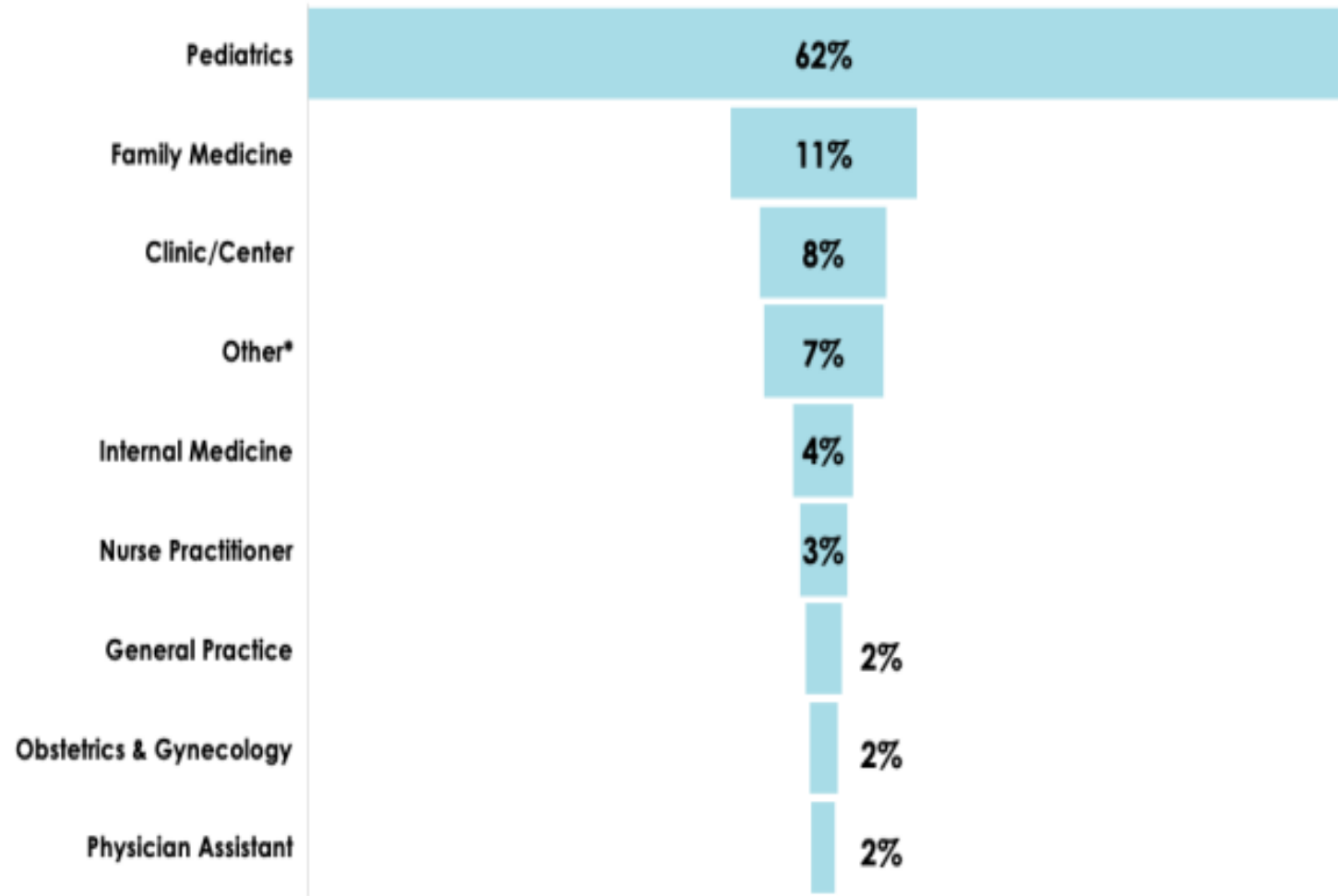
# ACE Screenings by Provider Type



(n = 1,345,890)

ACEs Aware February 2023 Data Update  
\*Other categories include: Managed care organizations, hospitals, nursing service providers, emergency medical service providers, chiropractic providers, and other provider types.  
Data Source: MIS/DSS data warehouse; Data Extraction Date: 10/3/2022  
Percentages are rounded to the nearest whole number and may not total 100 percent.

# ACE Screenings by Physician Specialty



ACEs Aware February 2023 Data Update

(n = 1,345,890)

\*Other categories include: emergency medicine, social workers, marriage and family therapists, registered nurses, psychiatry and neurology, students in training programs, and other specialties.

Data Source: MIS/DSS data warehouse; Data Extraction Date: 10/3/2022

Percentages are rounded to the nearest whole number and may not total 100 percent.

POSTER SESSION IV FRIDAY, FEBRUARY 10, 2023 • 3:30 PM - 5:00 PM |

VOLUME 228, ISSUE 1, SUPPLEMENT , S663, JANUARY 2023



PDF [575 KB]

## The impact of maternal ACEs on obstetric outcomes and psychosocial wellbeing during pregnancy

Jesica Britt • Moonseong Heo • Lauren S. Keenan-Devlin • Ann Borders • Liwei Chen • Amy Crockett

DOI: <https://doi.org/10.1016/j.ajog.2022.11.1113> •

Higher ACE scores were associated with maternal morbidity, NICU admission ,and psychosocial stress during pregnancy.



# California Office of Surgeon General: ACEs and Toxic Stress Children and Youth Behavioral Health Initiative



## ACEs and Toxic Stress Public Awareness Campaign



**Goal 1:** Provide greater awareness of the impact of stress and trauma on health, development and learning.

**Goal 2:** Provide key mindsets and strategies to respond with trauma-informed principles and help create the conditions for safe and supportive learning environments for everyone.

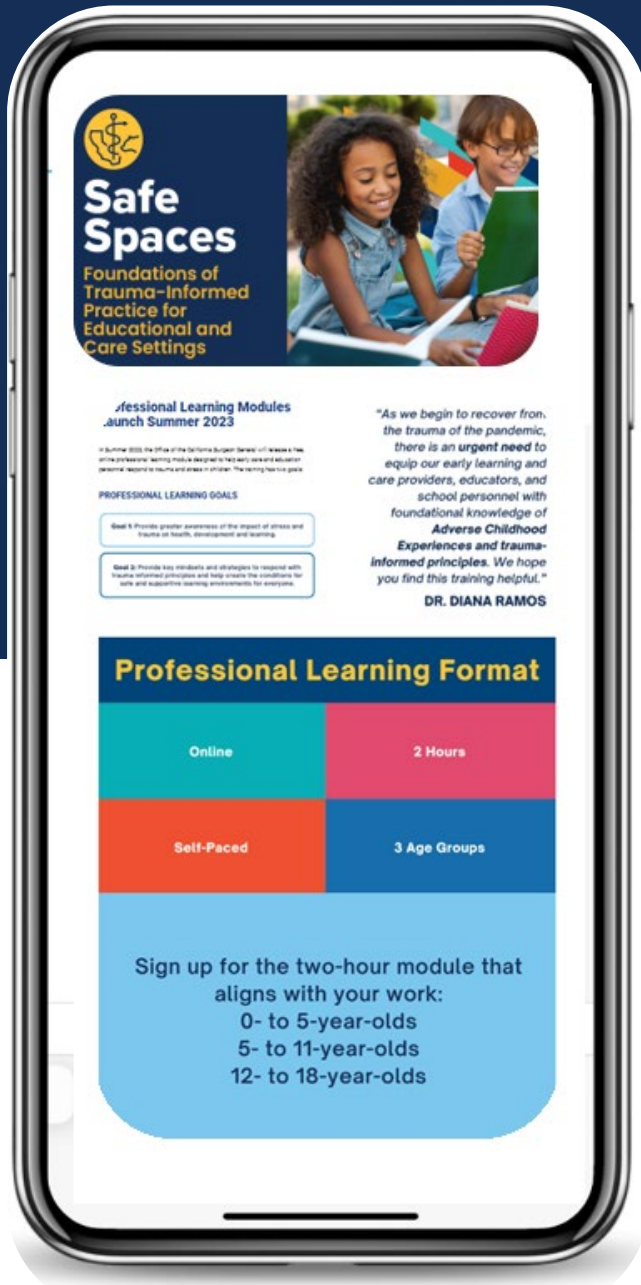
# SAFE SPACES:

FOUNDATIONS OF  
TRAUMA-INFORMED PRACTICE  
FOR EDUCATIONAL AND CARE  
SETTINGS

# SAFE SPACES

Launching June 2023!

Training helps adults recognize and respond to signs of trauma and stress.



1

Online

2

2 Hours

3

3 Age Groups

4

Self-Paced

# SAFE SPACES CURRICULUM

## Sample Lesson Topics

- Identifying Activated Stress Responses
- Responding to Students Who Are Stressed
- Regulate, Relate and Reason
- Self-Regulation for Adults:  
Pause, Notice, Name



The training is designed to engage the learner with examples, strategies and practices that vary according to developmental stage served.

# BETA TESTING COMPLETE

- 1 Field Partners
- 2 User Testers
- 3 Soft Launchers
- 4 Expert Review Panel
- 5 Dr. Nadine Burke Harris

More than 200 testers



# TESTER FEEDBACK

**97%** training improved their knowledge base

**99%** useful information for their work

**94%** will reference/apply the material regularly for their work

**96%** recommend the training to a fellow colleague or educational/care personnel



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# TESTIMONIALS

## SAFE SPACES

*“I just finished it and am blown away. I had many take aways, along with affirmations for our school model. I would love to continue to collaborate on this project.”*

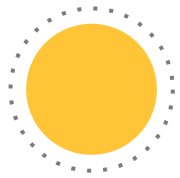
*“I found this course to be insightful in more ways than I anticipated. I believe in my heart this is part of a dire movement to support humanity in the shift from surviving to thriving authentically and in a healthy visceral manner!”*

*“I have enjoyed the training and think it will be valuable in the field.”*

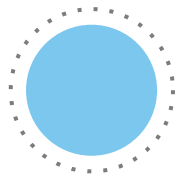


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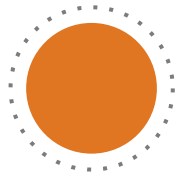
# SUMMER LAUNCH & BEYOND



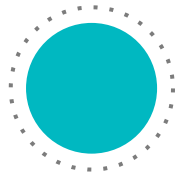
**School Tour with  
Dr. Ramos**



**Media & Stakeholder  
Outreach**



**Joint Event with  
Partners**



**Fall/Winter 2023  
Progress Report**

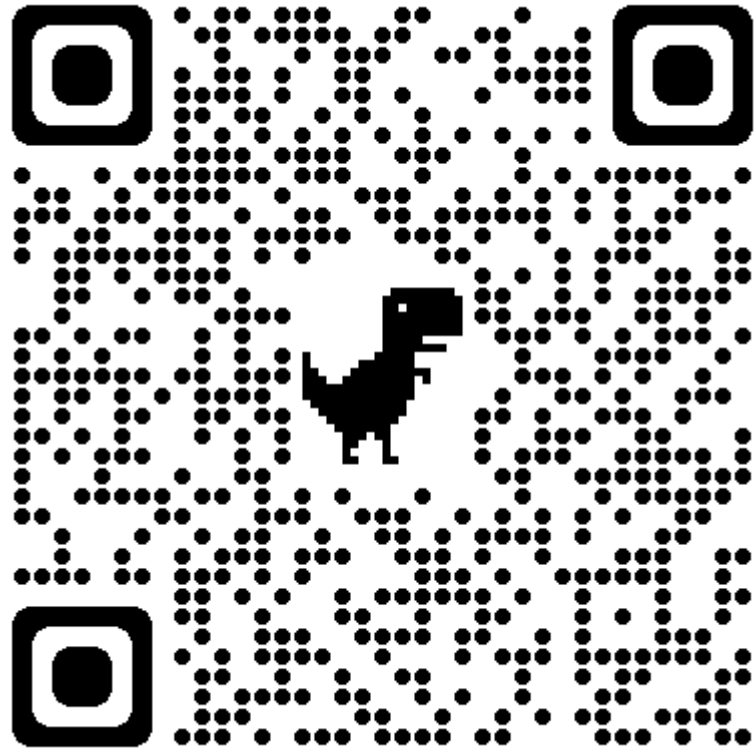


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GENERAL**

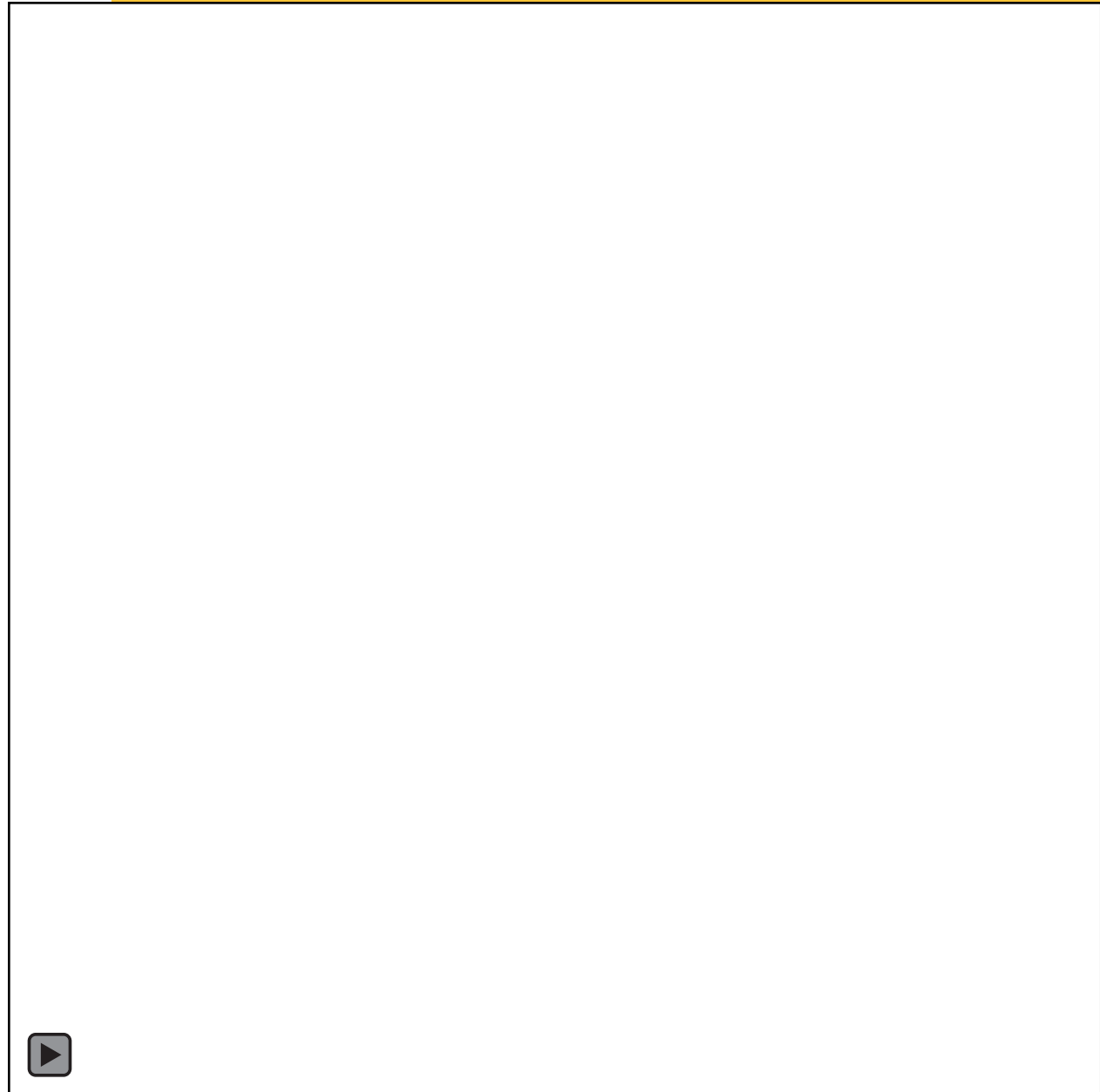




# PROMOTING SAFE SPACES



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**CALIFORNIA  
SURGEON  
GENERAL**





## NEWS RELEASE

### ACEs and Toxic Stress Campaign Update



## CAMPAIGN GOALS

- understanding of ACEs, toxic stress, and their impacts
- inspire healing and hope
- support parents
- enhance self care and reduce stress

**Civilian**-San Diego based social change and marketing agency

# ACES AND TOXIC STRESS CAMPAIGN

## FOCUS ON COMMUNITIES MOST IMPACTED BY ACES:

- Economically disadvantaged communities
- LGBTQ+ communities
- Communities of color, immigrants, and refugees
- Rural communities
- Justice and system-involved youth



# *THANK YOU!*

 @CASurgeonGeneral

 @CA\_OSG

