

# Find Hope & Healing

The San Joaquin County Family Justice Center is pleased to offer free mental health services to qualifying community members in need, thanks to a grant from the Kaiser East Bay Foundation. These services include support for individuals who have experienced trauma, such as domestic violence, sexual assault, or other forms of abuse.

Our partnered mental health professionals from Child Abuse Prevention Council and El Concilio are trained to help individuals cope with the emotional and psychological effects of trauma, including anxiety, depression, and post-traumatic stress disorder (PTSD). We offer a range of services, including individual therapy, group therapy, and family counseling.

All services are confidential and available at no cost to participants. We serve individuals of all ages, including children, adolescents, and adults.

If you or someone you know is in need of mental health support, please don't hesitate to reach out to us. We are here to help. To learn more about our services or to schedule an appointment, please contact us at 209.468.2600.



**CHILD ABUSE  
PREVENTION  
COUNCIL**  
OF SAN JOAQUIN COUNTY



**ELCONCILIO**



## Contact Us



**Monday - Friday  
8:00 am - 5:00 pm**



**222 East Weber Ave.  
Stockton, CA 95202**



**(209) 468-2600**



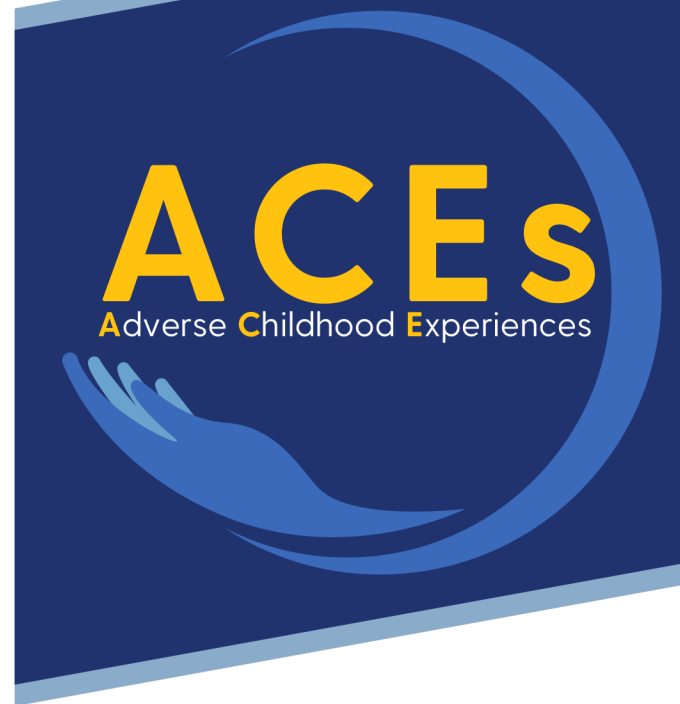
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ACEs Education is made possible through grant funding provided by East Bay Community Foundation



The lasting impact of Adverse Childhood Experiences and your pathway to resilience



**RON FREITAS**

District Attorney, San Joaquin County

# What are ACEs?

Adverse Childhood Experiences (ACEs) are traumatic events that can have a lasting impact on an individual's physical and emotional health.



Research has shown that individuals who have experienced ACEs are at an increased risk for a wide range of physical and mental health problems, including obesity, heart disease, diabetes, cancer, substance abuse, and depression. ACEs can also have long-term effects on brain development, leading to difficulties with learning, memory, and decision-making.

The CDC's Adverse Childhood Experiences Study (ACE Study) uncovered a stunning link between childhood trauma and the chronic diseases people develop as adults, as well as social and emotional problems. This includes heart disease, lung cancer, diabetes and many autoimmune diseases, as well as depression, violence, being a victim of violence, and suicide.

When children are overloaded with stress hormones, they're in flight, fight or freeze mode. They often have difficulty trusting adults or developing healthy relationships with peers. To relieve their anxiety, depression, guilt, shame, and/or inability to focus, they turn to easily available biochemical solutions such as nicotine, alcohol, marijuana, methamphetamine or activities in which they can escape their problems; high-risk sports, increased sex partners and increased workload. Using drugs, overeating or engaging in risky behavior leads to consequences as a direct result of this behavior.

In addition, toxic stress can be passed down from generation to generation. The field of epigenetics shows that we are born with a set of genes that can be turned on and off, depending on what's happening in our environment. If a child grows up with an overload of toxic stress, their stress-response genes are likely to be activated so that they are easily triggered by stressful situations that don't affect those who don't grow up with toxic stress. They can pass that response onto their children.

As your ACE score increases, so does the risk of disease, social, and emotional problems. With an ACE score of 4 or more, things start getting serious. There is an increased risk for:

- Hepatitis (240%)
- Chronic lung disease (390%)
- Depression (460%)
- Attempted suicide (1,220%)



# Resilience

It is important to note that these effects are not necessarily inevitable, and individuals who have experienced ACEs can and do go on to live healthy and fulfilling lives.

However, it is important for individuals who have experienced ACEs to seek support and treatment to address the impact of these experiences on their physical and emotional health.



# Tips & Tricks

- Take the ACEs Questionnaire- knowledge is power!
- Write to Heal
- Mindfulness Meditation
- Community Support
- Therapy

*You are not alone*

The San Joaquin County Family Justice Center can help.

