



Lisette Estrella-Henderson, Superintendent of Schools

5100 Business Center Drive, Fairfield, CA 94534-1658

707.399.4400 ★ www.solanocoe.net

NEWS – FOR IMMEDIATE RELEASE

Date: May 3, 2019
Organization: Solano Kids Thrive
Contact: Kwiana Algere, Health Education Specialist
Phone: 707-784-1332
Email: KJAlgere@solanocounty.com

County Superintendent of Schools Announces Launch of the Resilient Solano Summit

FAIRFIELD – Solano Kids Thrive-- a collaborative of agencies and organizations across Solano County, including the Solano County Office of Education, First 5 Solano, Solano County Public Health, and various nonprofit organizations—will host a community-wide summit focusing on Adverse Childhood Experiences (ACEs) and resilience. The Resilient Solano Summit is part of a strategic plan to increase awareness and take action to achieve community resilience within Solano County. This event will be held at Fairfield High School located at 205 E Atlantic Ave., Fairfield, on Saturday, May 18, 2019, 8:30 a.m. - 3:00 p.m. Parents, educators, youth leaders, community members, and anyone looking to make an impact in the community are encouraged to attend this free event.

ACEs are traumatic events that effect children while growing up—such as abuse, neglect parental separation, parental mental illness, and various other household challenges. Unfortunately, ACEs are common in some children and have been linked to increased alcohol and drug use, diabetes, heart disease, and many other chronic health conditions in adults.

“ACEs are now becoming recognized as a significant public health issue,” says Dr. Bela Matyas, Solano County Public Health Officer. “Strategies for ACEs prevention and treatment should be as widespread as vaccines to prevent disease.”

At the summit, keynote speaker Liz Huntley will share her experiences in overcoming ACEs through support from adults around her. A panel of local individuals who have faced adversity will also share who and what contributed to their resiliency.

“Building resilience can happen at any age, but the earlier intervention occurs after children have experienced stress or trauma, the better,” said Superintendent of Solano County Schools Lisette Estrella-Henderson. “Educators are well positioned to offer intervention, and so are parents, caregivers, or any caring adult who comes in contact with children, such as coaches or healthcare providers.”

The summit will feature workshops that appeal to a wide variety of attendees. Parents may choose to attend a workshop on Raising Resilient Children, while educators may be interested in workshops on Strategies to Support Students Dealing with Anxiety, Depression, and Trauma. Other workshops will cover the background of ACEs, Transgenerational Trauma, and screening of the documentary *Resilience: The Biology of Stress and Science of Hope*.

To register, please visit [Eventbrite.com](https://www.eventbrite.com) and search for “Resilient Solano Summit.” Free registration, childcare, and Spanish translation are available.

For more information contact Kwiana Algere, Health Education Specialist with First 5 Solano at (707) 784-1332 or KJAlgere@solanocounty.com.

###