



**Lisette Estrella-Henderson, Superintendent of Schools**  
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**FOR IMMEDIATE RELEASE**

Date: September 22, 2017  
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**Resilience: The Biology of Stress & The Science of Hope**

FAIRFIELD – Solano County Office of Education together with First 5 Solano, Solano Kids Thrive, Child Start Inc., and Solano Public Health host a screening and panel discussion of the film, *Resilience: The Biology of Stress & The Science of Hope*. This free event will be held at the Kroc Center, 586 East Wigeon Way, Suisun City, on Thursday, September 28, 2017, 3:00 p.m.-5:00 p.m.

*Resilience* chronicles trailblazers in pediatrics, education, and social welfare who are using cutting-edge science and field-tested therapies to protect children from the insidious effects of toxic stress. The film explains that resilience, defined as the ability to thrive, adapt, and cope despite tough and stressful circumstances, is not an innate characteristic, but rather a skill that can be taught, learned, and practiced.

Solano Kids Thrive, a collaborative of agencies and organizations across Solano County, work together to ensure all Solano children thrive in safe, stable, healthy, and nurturing families and communities. “As part of Solano Kids Thrive, we are calling on educators, community members, leaders, and elected officials to attend this important event and help spread the message of hope,” said Lisette Estrella-Henderson, Superintendent of Schools.

Adverse Childhood Experiences (ACEs) have been linked to risky health behaviors and chronic health conditions in adults, per studies by the Centers for Disease Control and Kaiser Permanente. ACEs are widely recognized as one of the largest public health issues of the current generation. “The panel discussion following the screen will broaden participants’ awareness of the impact ACEs has on our children and communities, as well as offer important strategies to build resilience in children to increase their success in school and over a lifetime,” commented Estrella-Henderson.

“Building resilience can happen at any age, but is especially crucial when young children have experienced stress or trauma,” said Michele Harris, Executive Director, First 5 Solano. “Our hope is that attendees will be inspired to take action to mitigate the effects of Adverse Childhood Experiences.”

Erin Hannigan, Solano County Board of Supervisors, will moderate a panel discussion to address key issues with guest speakers Lisette Estrella-Henderson, Solano County Superintendent of Schools, and Dr. Shandi Fuller, Solano County Family Health Services.

To register visit [EventBrite.com](http://EventBrite.com) and search for “Resilience: The Biology of Stress & The Science of Hope.”

For more information, contact Lisa Eckhoff, Director, Early Learning at [LEckhoff@solanocoe.net](mailto:LEckhoff@solanocoe.net) or (707) 399-4407.

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