

## February ACEs Community Event

On February 8<sup>th</sup>, CCSI partnered with [The Wilson Foundation](#), [Rochester Area Community Foundation](#), and Monroe County Office of Mental Health to host a sold out event bringing together more than 200 educators, physicians, providers and other community partners to discuss how trauma and ACEs impact the health and well-being of youth in Monroe County — and importantly, what we can do as a community to mediate the impact and help youth become more resilient.

Attendees watched the film [Resilience: the Biology of Stress and the Science of Hope](#), which set the stage for a review of data results from the most recent Monroe County YRBS/ACEs analysis presented by CCSI's [Elizabeth Meeker](#), Director of Training and Practice Transformation and Amy Scheel-Jones, Chief, Planning, Monroe County OMH. Through the analysis completed by Deb Hodgeman, Chief, Information Management and Analytics, Monroe County OMH and her team, these data results illustrate the prevalence of trauma in our community – and how the accumulation of ACEs increases the risk for lower academic performance, issues related to mental health, substance use, violence, and suicidal thoughts or actions. Event attendees worked in small groups to explore the relevance of the youth survey data to their own work, and talked about what direct actions they could take to help youth become more resilient.

The event also included a panel discussion, where panelists offered local examples of positive work already begun in Monroe County. Panelists included: Jennifer Perry of Hillside Family of Agencies; Dr. Laura J. Shipley of Panorama Pediatric Group; and Lynn Carragher and Dr. Lesli Meyers of Brockport Central School District. They shared their successes and challenges, as well as practical steps to be more responsive to all young people, while specifically helping those who have experienced or witnessed traumatic events.

Watch videos and read more about this event at the [Democrat & Chronicle](#) and [WXXI News](#).

**More Information:** To learn more, please contact Dr. Elizabeth Meeker at [emeeker@ccsi.org](mailto:emeeker@ccsi.org)

