

SF Tenderloin Afterschool Collaborative: ACEs Aware Community Engagement Project (Adverse Childhood Experiences)



HEALS F



**Our Children
Our Families**
Council San Francisco

Overview

HEAL SF & the Tenderloin Community:

The single biggest protective factor in the lives of young people who experience trauma and toxic stress is a caring adult. Like the children, youth, and families that we serve, our family-serving systems are susceptible to trauma in ways that contribute to fragmentation, numbing, reactivity, and depersonalization. When our workforce and systems are impacted by trauma, it prevents us from responding effectively to each other and the people we serve. Organizational stressors thwart our most effective instructional and support practices, and the communities most impacted by trauma do not benefit from our services. COVID-19 represents an existential moment with a call to action. The impact of the COVID recession will be most acutely felt by those on the margins, including poor and black and brown communities. Heal SF is an effort designed to support San Francisco's recovery from mass trauma and the impact of COVID19 on our mental health system, particularly for our most vulnerable members of our family-serving workforce. While economic recovery is central, HEAL SF elevates the fact that the mental well-being of our family-serving workforce and public systems is an important and critical component of our recovery plan.

In partnership with the Center for Youth Wellness, the Tenderloin Community Benefit District and the Tenderloin Afterschool Program Collaborative, we forged our efforts to build the capacity of the Tenderloin family-serving workforce around the science of ACEs, its impact both on the workforce and the community it serves, and suggested activities to help address the effects of ACEs. Though ACEs Aware, a statewide initiative to increase screening for ACEs, provided funding, this work focused more on creating a network of care around families in the Tenderloin. The Tenderloin is a historic, extremely vibrant, and diverse neighborhood in San Francisco. However, there are many social factors in the Tenderloin related to poverty, systemic racism, substance dependency, and lack of shelter, leading to challenging street conditions. These issues have been exacerbated by the onset of COVID-19 and have a particularly negative impact on the 3,000+ children who live in the 40-block neighborhood and the workforce that serves them.

Project Champions

Luis Aroche, Project Manager, Our Children Our Families & HealSF	Michael Vuong Clubhouse Director, Boys & Girls Club of SF/Tenderloin	Dr. Kara Wright Family Advocate, Tenderloin Community School & Pediatrician
Esan Looper Director, Youth Voice	Veronica Chew Senior Analyst, Our Children Our Families Council	

Trainers Center for Youth Wellness

Karissa Luckett Senior Clinical & Quality Operations Director	Molly Peterson Senior Program Manager	
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Participant Organizations

Boys & Girls Clubs of SF, Tenderloin	Cross Cultural Family Resource Center	Shih Yu- Lang Central YMCA	Tenderloin Community Benefit District	Safe Passage
La Voz Latina	Salvation Army Kroc Center	Indochinese Housing Developme nt Corp	Glide Family, Youth and Childcare Programs	Tenderloin Community School
Weekend Adventures	826 Valencia	Threads for Therapy	SF Recreation & Park	Up on Top

Curriculum

Basics of ACEs Science & Toxic Stress; Building Resilience with the 7 Domains of Wellness

Month 1 & 2:

- Review of ACEs science and toxic stress
- Discuss how ACEs manifest in the physical body
- Discuss stress responses of COVID-19 and neighborhood trauma on community members
- Consider specific strategies to increase resilience through the domains of wellness

Compassion Fatigue, Self-Care and Burnout; Trauma-Informed Care

Month 3 & 4:

- Differentiate between burnout, compassion fatigue, and secondary trauma & review signs/symptoms of each
- Review self-care and resilience building strategies
- Identify Principles of Trauma Informed Organizations and Practices
- Apply an Equity and Anti-Racist framework to ACEs Community response

What's Next?; Trauma-Informed Reopening Discussion and Close-out

Month 5 & 6:

- Discussion of options for participants to use the knowledge they've gained during the training series
- Apply a grief framework to community members experiences with Covid
- Review the key strategies to leading during a pandemic

Recommended Next Steps

- 1 — ACEs “Elevator Pitch”**

CYW will provide a 1-hour training to anyone interested in an ACEs “elevator pitch” – a 30 second to 1 minute explanation of ACEs, and practical applications of mitigation techniques meant for youth-serving professionals, parents and caregivers.
- 2 — Trauma-Informed Toolkit for Youth-Serving Professionals**

A toolkit designed with youth-serving professionals to provide information about working with children & teens affected by trauma.
- 3 — “Train the Trainers” workshop series**

For those that would like to be ACEs ambassadors, CYW will provide a 6-week series of workshops to prepare them to train other service providers on ACEs, trauma-informed care and trauma mitigation.
- 4 — Thought Partnership & Support**

CYW will attend coalition meetings and provide information, guidance and recommendations as requested

OCOF, HealsF and the Child-Friendly Cities Initiative (CFCI)

OCOF sees this current and future trauma-reduction work as integral to two programs it is currently overseeing: the Child-Friendly City Initiative (CFCI) and HealsF.

CFCI is a UNICEF-led initiative that supports municipal governments in realizing the rights of children at the local level using the UN Convention on the Rights of the Child (CRC) as its foundation. The Initiative utilizes a Framework for Action which is designed to inform cities and communities on how to work towards a child-friendly city. This Framework relies on an internal assessment of child well-being in the city, including the collection of government data, a youth-focused community assessment, the development of a local action plan, and the implementation of the local action plan. The discussions of experiences of trauma by children in the Tenderloin during this training series has been integral to the assessment portion of the CFCI framework, and future trauma-informed work will be aligned with and integrated into the CFCI action plan.

The mission of HealsF is to support San Francisco’s recovery from the impact of mass trauma, particularly for our most vulnerable populations, utilizing a trauma informed lens, such that the message is unified and the efforts are complimentary. HealsF is coordinated by Our Children Our Families (OCOF) Council, in partnership with a variety of entities including the San Francisco Department of Public Health, Trauma Transformed, and UCSF.