

Adverse Childhood Experiences

(ACEs)



What are they and what do they mean to me?

Adverse Childhood Experiences—also known as ACEs—can affect your and your family's health. ACEs affect all communities. In fact, two-thirds of us have had at least one ACE.

ACEs are events that occur during childhood that can cause high levels of stress in your body and your brain. That stress is considered “toxic,” and can have life-long health effects if not recognized and treated.

There are 10 ACEs that we talk about. You may be asked to review this list and let our health care team know how many of these you or your child have experienced. This is known as the ACE “score”—it will help us do a better job of meeting your health care needs.

The 10 ACEs

- Physical abuse
- Emotional abuse
- Sexual abuse
- Physical neglect
- Emotional neglect
- Having caregivers with mental health concerns
- Having caregivers with problematic substance use
- Having caregivers that are separated or divorced
- Having a caregiver that has been incarcerated
- Domestic violence at home



More than a Number.

Having ACEs does not determine our futures—our stories are more than a number. The important thing is to identify and understand our ACEs and toxic stress, and then work to find ways to heal.

Research shows there are several things we can do to reduce the stress that we feel and prevent further health conditions from developing:

- Having healthy and supportive relationships with a parent, family member, or mentor
- Getting regular sleep
- Eating healthy food
- Spending time outside and in nature
- Getting regular exercise
- “Mindfulness” practices like yoga, meditation, and deep breathing
- Talking to a mental health professional

Let your health care team know if you have questions.

Go to [NumberStory.org](https://www.numberstory.org) to learn more about ACEs and toxic stress, and what you can do to improve your health.



WCHC and other Local Behavioral Health Resources



West County Health Center's Therapy and Support Groups

Please ask your care team or provider for more information!

- WCHC Individual and Family Therapy
- Parent/Caregiver Support Group
- Chronic Pain Group
- M.O.R.E. Group
- Qigong
- Resiliency Group
- Meditation Group
- Mindful Eating Group
- All Ages Gender Group
- Dialectical Behavior Therapy (DBT) Group
- Better Mood Group
- Better Sleep Group
- MAT Groups



Local Mental Health Hotlines and Emergency Numbers

North Bay Suicide Prevention Hotline	(855) 587 - 6373
Sonoma County Suspected Child Abuse Hotline	(707) 565 - 4304
Sonoma County Emergency Mental Health Hotline	(800) 746 - 8181
Verity Sexual Assault Hotline	(707) 545 - 7273
YWCA Domestic Violence Services	(707) 546 - 1234
Crisis Stabilization Unit of Sonoma County	(707) 576 - 8181
ANAD Eating Disorders Helpline	(888) 375 - 7767
Social Advocates for Youth Crisis Hotline	(888) 729 - 0012



Local Mental Health Agencies

Child Parent Institute

707-585-6108 | calparents.org

No-cost counseling services for children from birth to 18 years including trauma treatment, mental health treatment, and family therapy.

Jewish Community Free Clinic

707-585-7780 | www.jewishfreeclinic.org

Offers short-term solution focused therapy at no cost to all members of the community.

Bucklew Programs

707-571-8452 | www.bucklew.org

The Family Service Coordination team provides a Resource Clinic every Tuesday from 3-4:30 pm and has several support groups for the loved ones of those who suffer with mental, behavioral, or situational challenges.

SAY (Social Advocates for Youth)

707-544-3299 | www.saysc.org

Counseling services for children, adolescents or families who have Medi-Cal.

Petaluma People Services

707-765-8488 | petalumapeople.org

Counseling services are offered for children, adolescents, and families for a low sliding scale fee.

Life Works

707-568-2300 x106 | www.lifeworkssc.org

Counseling services are offered for children, adolescents, adults, couples, and families for a sliding scale fee. They also offer services for families dealing with substance abuse, and behavioral or emotional challenges.

Sonoma County Indian Health Project
707-521-4550 | www.scihp.org/behavioral-health-services/
Counseling services offered to Sonoma County American Indians, as well as non-Indians with Medi-Cal on a limited basis.

Sonoma Family Therapy
707-483-9061 | www.sonomafamilyinc.com/
Sliding scale offered for pre-licensed staff therapists, "superbill" option to submit to insurance companies for all other therapists.

NAMI Sonoma County
866-960-6264 | namisonomacounty.org/
Support groups for those living with mental illness and their families/caregivers.
Information and resources for mental health.

PsychStrategies
707-303-3243 | <https://psychstrategies.com/>
Therapists accept most major health insurance plans, but do not take Medi-Cal.

 iSocorro!

Spanish-Speaking Agencies

Humanidad - Therapy and Education Services
707-525-1515 | srosahtes.org
Non-profit multicultural community mental health agency offering low-fee mental health services in Sonoma County.

Latino Service Providers
707-837-9577 | latinoserviceproviders.org
Counseling resources, youth learning programs, mutual aid assistance for Latinx; youth and adult communities, immigrants, and agricultural workers.

Social Advocates for Youth (SAY)
707-544-3299 | www.saysc.org
Individual and Family Therapy, Functional Family Therapy, and SAY Grief Services.
Accepts Medi-Cal in addition to free services and workshops.

Centro La Luz
707-938-5131 | www.laluzcenter.org
Group and Individual Counseling Services, financial aid, rent assistance, food, and other resources.

Petaluma People Services Center
707-765-8488 | www.petalumapeople.org
Counseling services are offered for children, adolescents, elderly, and families in Sonoma County. Low sliding scale fee.

Verity
707-545-7270 | www.ourverity.org
Rape crisis intervention, trauma counseling, individual and family therapy, and support groups. Services based on sliding scale and are available in both English and Spanish.



Substance Use Disorder (SUD) Services

Sonoma County Alcoholics-Anonymous/Ala-teen	707-544-1300
Alcohol Treatment Referral Hotline	800-252-6465
Families Anonymous	800-736-9805
Poison Control	800-222-1222
Substance Abuse and Mental Health Services Administration Helpline	800-662-4357
Cocaine Anonymous	800-347-8998