



Summer Newsletter

**Sierra Community Medical Foundation needs your help!
Please complete this ACEs Regional Assessment
Questionnaire to help us understand the
implementation of ACEs screenings in
Colusa, Nevada, Placer, Sutter, and Yuba counties.**

[Click here for the
Survey](#)



ACEs Aware Progress and Impact Detailed in New Report

On May 10, the California Department of Health Care Services (DHCS), Office of the California Surgeon General, and UCLA-UCSF ACEs Aware Family Resilience Network (UCAAN) released "**ACEs Aware Progress Report: 2019-2023**" to provide an overview of the progress and impact of the initiative's first four years. In addition to highlighting the progress made in training health care teams and scaling initiatives to screen for Adverse Childhood Experiences (ACEs), the report includes forewords from California Surgeon General Dr. Diana Ramos and former Surgeon General Dr. Nadine Burke Harris.

Highlights from the report:

- Since the ACEs Aware initiative began in 2019, more than 2.3 million ACE screens have been conducted of more than 1.5 million Medi-Cal members.
- More than 35,000 individuals have completed the *Becoming ACEs Aware in California* training, and nearly half of them are providers who are now certified to receive a \$29 reimbursement from Medi-Cal for each eligible ACE screen they conduct.
- \$65 million has been invested in clinics and communities across the state to support local and regional approaches to preventing, identifying, and responding to ACEs and toxic stress.
- Evaluations by RAND indicate that ACE screening has a positive impact on providers, their clinics, and their patients.
- Early findings in Los Angeles County suggest that ACE screening and response initiatives are advancing DHCS' statewide goals to improve quality of care and reduce health disparities for the most vulnerable Californians. (Read the ACEs Aware Case Study -- **[Improving Health Care Access and Quality in LA County: The ACEs-LA Network of Care Case Study](#)**)

[Click Here to Learn More](#)



[Becoming ACEs Aware in California](#) is a free, two-hour online training for clinics to become trauma informed and launch an Adverse Childhood Experience (ACE) screening initiative. Completion of the training is required for eligible Medi-Cal providers to be reimbursed for conducting ACE screenings.

Ready to help improve health for all and promote health equity through screening for and responding to ACEs and toxic stress? Visit the **[ACEs Aware Learning Center](#)** to take the training today.

This activity is approved for AMA PRA Category 1 Credit™ and other continuing education credit.

Enhanced referrals for WORLD-CLASS CARE, closer to home

Connect to nationally ranked specialties >

UCDAVIS HEALTH

Misty D. Humphries,
M.D., M.A.S.
Vascular Surgery



May 11 is Officially ACEs Awareness Day

SACRAMENTO – Governor Gavin Newsom today issued a proclamation declaring Saturday, May 11, 2024, as “ACEs Awareness Day.”

The text of the proclamation can be found below:

On ACEs Awareness Day we uplift the need to increase understanding of Adverse Childhood Experiences (ACEs) and their potential long-term negative health impacts and spread the word on evidence-based healing strategies for all Californians.

Without buffering care, ACEs can lead to something called the toxic stress response—a prolonged activation of the stress response systems that can disrupt the development of brain architecture and other organ systems. Toxic stress is a root cause of many chronic health and societal challenges — from heart disease to homelessness.

*ACEs affect millions of Californians. A recent **survey conducted by RAND** found that 60% of surveyed individuals have experienced at least one ACE, and 23% of youth and 30% of parents and caregivers have experienced four or more ACEs. **Data** from the Centers for Disease Control and Prevention suggests the economic burden of ACEs is highest in California at \$1.5 trillion annually.*

*California has taken significant steps to prevent and address the negative health impacts of ACEs. The **ACEs Aware Initiative**, led by the Department of Health Care Services in partnership with the California Surgeon General, provided the funding to move the needle on ACE screening and treatment of toxic stress. To date, **more than 35,300 individuals have been trained** to screen for ACEs and more than 2.3 million screenings of more than 1.5 million Medi-Cal members have taken place.*

*As part of the Children and Youth Behavioral Health Initiative (CYBHI), the California Surgeon General is launching an **ACEs and Toxic Stress Healing-Centered Awareness Campaign**. The campaign aims to drive an increase in public awareness of ACEs and toxic stress and connect individuals with healing strategies.*

NOW THEREFORE I, GAVIN NEWSOM, Governor of the State of California, do hereby proclaim May 11, 2024, as “ACEs Awareness Day.”

IN WITNESS WHEREOF I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 1st day of May 2024.



Upcoming Events



The poster for the Healthy Families Fitness Festival 2024 features a group of children running on a path. Text on the poster includes: "HEALTHY FAMILIES FITNESS FESTIVAL 2024", "Free school supplies", "Sports Clinics", "Health Screenings", "Fun Family Activities", "Food Trucks", and "And More!". Below the main image, there is a yellow section with a red circle containing the text "Free Day of Fun and Wellness" and a description of the festival's purpose. To the right, there is "EVENT INFORMATION" for Saturday, August 3, 2024, from 10:00 am to 2:00 pm, with contact information for Quinn at pncms.org and the SCMF Foundation website. Logos for Placer County and Sierra Community Medical Foundation are also present. At the bottom, there is a red banner with the location "@The Grounds, 700 Event Center Dr, Roseville, CA", the date "Saturday, August 3, 2024", and logos for Sutter Health and Magir Permandet.

HEALTHY FAMILIES FITNESS FESTIVAL 2024

Free school supplies
Sports Clinics
Health Screenings
Fun Family Activities
Food Trucks
And More!

Free Day of Fun and Wellness

This free family festival will promote healthy families and introduce the public to our Adverse Childhood Experiences (ACEs) Program. SCMF strives to improve the lives of families and communities through physical and mental health by addressing the impact of ACEs and toxic stress.

EVENT INFORMATION

Saturday, August 3, 2024
10:00 am – 2:00 pm
quinn@pncms.org
www.scmfFoundation.org

Sponsored by:
Sutter Health | MAGIR PERMANDET

@The Grounds, 700 Event Center Dr, Roseville, CA | Saturday, August 3, 2024

Join us for a FUN AND FREE day filled with activities for the whole family!

- **Free School Supplies:** Get ready for the new school year with complimentary school supplies.
- **Sports Clinics:** Lace up your sneakers and join us for sports clinics led by skilled coaches.
- **Health Screenings:** Take charge of your health with free health screenings conducted by qualified professionals.
- **Fun Family Activities:** From arts and crafts to interactive games, there's endless fun to be had!
- **Food Trucks:** Indulge your taste buds with delicious treats from a variety of food trucks.
- **And much more!**

Bring your friends, family, and neighbors for a day of food, fun, family fitness!

RSVP HERE

If you are interested in having an Exhibitor Booth or would like to be a sponsor for our Healthy Families Fitness Festival, please click [here](#) and email your application to tina@pncms.org.

2024 HONORARY NEGRO LEAGUE GAME & HEALTH FAIR



JOHN SMITH FIELD
SACRAMENTO STATE
7445-7457 COLLEGE TOWN DR.
SACRAMENTO, CA 95819

SUN. SEPT 22

1:00 - 5:00 PM

\$10 DONATION AT THE DOOR



FEATURING:
SACRAMENTO/BAY AREA HIGH SCHOOL
BASEBALL PLAYER SHOWCASE



QUESTIONS: CONTACT QUINN GREGORY
916.200.9554 | QUINN@PNCMS.ORG

ALL PROCEEDS BENEFIT THE
NEGRO LEAGUES BASEBALL
MUSEUM AND NEGRO LEAGUE
BASEBALL PLAYERS FOUNDATION

SPECIAL GUESTS:

BOB KENDRICK, NEGRO LEAGUES BASEBALL MUSEUM,
DENNIS BIDDLE, YESTERDAY'S NEGRO LEAGUES
BASEBALL FOUNDATION, FORMER MLB PITCHER
DAVE STEWART & MANY MORE

PRESENTED BY:



If you are interested in having an Exhibitor Booth or would like to be a sponsor for our Honorary Negro League Games , please click [here](#) and email your application to quinn@pncms.org.



Placer County Public Health Internal Report - THC Use

Contributed by Christina Ivazes

"Placer County Public Health has published an internal report, for health care and other community providers, on the most recent findings on the risks of marijuana use

for multiple populations, specifically THC use. Please review this report to be updated on this research. The intention of this report is to ensure the risks are on everyone's radar, so they can support clients, patients, and the public in making healthy coping choices. **[Click Here to Review the Report](#)**.

To prevent further stigma, fear, and willingness access to health care, we want to acknowledge to parents we now have this information to help them make the best choices possible for their families, while concurrently connecting them to resources if they are using products with THC, the psychoactive compound in marijuana.

For a collection of downloadable/shareable educational materials appropriate for public dissemination in English and Spanish, go to: **<https://www.raisingplacer.org/marijuana/>**.

Furthermore, treatment and mental health resources are persistently not at the level we need today, especially for our adolescents. The following links contain numerous options of online Marijuana Anonymous and Narcotics Anonymous groups for anyone struggling with Cannabis Use Disorder (CUD), to connect with a supportive community at a time that works for them, including affinity groups.

Marijuana Anonymous: **<https://marijuana-anonymous.org/find-a-meeting/>**

Narcotics Anonymous: **<https://virtual-na.org/>**

Placer and Nevada Counties - Granite Wellness Centers: **<https://www.granitewellness.org/>**

Sacramento- SANE: **<https://www.staysafer.org/about>**

If you are interested in joining our Rx Drug Safety Coalition, please contact Tina Morteboy, Community Coordinator at tina@pncms.org or (530) 334-3490.

Sierra Community Medical Foundation Staff



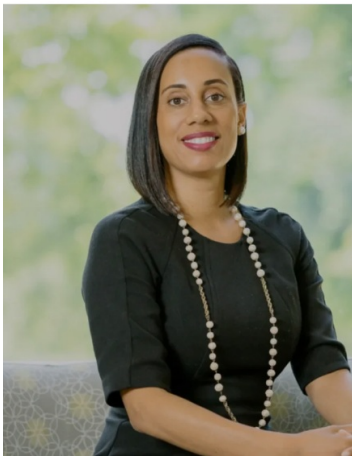
Quinn Gregory
Executive Director
medexec@pncms.org



Tina Morteboy
Community Coordinator
tina@pncms.org



Anthony Hill
Program Director
tony@scmfoundation.org



Danielle Smith
Marketing &
Communications
dsmith@moxystategies.com



Jinelle Sabir
Outreach Coordinator
jinellesabir@gmail.com



Stacey Sewell Rowe
Outreach Coordinator
sewellstacy50@gmail.com





ACEs FAQ

What Are ACEs?

Adverse Childhood Experiences (ACEs) are traumatic events that occur before the age of 18. These experiences can include physical, emotional, or sexual abuse; neglect; household dysfunction such as substance abuse, mental illness, domestic violence; parent in jail, and other forms of trauma.

Why would I want to know my “score”?

ACEs have been linked to a range of negative outcomes in adulthood, including physical and mental health issues, substance abuse, and interpersonal difficulties.

Health Effects Associated with ACEs are linked to an increased risk of:

- Heart Disease
- Obesity
- Diabetes
- Chronic Pain
- Depression, Anxiety, PTSD
- Substance Abuse Disorders
- Risky Behaviors (smoking, substance abuse, unprotected sex)
- Difficulty in forming and maintaining healthy relationships
- Cognitive Impairment/Academic Struggles
- Higher Risk for Premature Death

Are you sure I REALLY want to know? How would it truly benefit me?

- It could be a personal journey toward understanding and healing from the past.
- It helps you to recognize potential impacts on your life and well-being.
- It may guide you in seeking appropriate support and resources for coping and recovery.
- It could prevent you from repeating unhealthy family cycles with your own children.
- It could contribute to intervention strategies to address the effects of childhood trauma.

Your ACE score DOES NOT define you. Early intervention and support can mitigate the effects and promote resilience!

If you would like to speak with someone regarding ACEs, please send an email to scmfaces@gmail.com

For additional information, scan the QR Code now!



Thank You Sponsors



[About](#)

[Rx Drug Safety Coalition](#)
[ACEs Coalition](#)

[Donate](#)



[Get In Touch](#)



Sierra Community Medical Foundation | 4220 Rocklin Rd. Suite 5 | Rocklin, CA 95677 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!