



ACEs and Mental Health in Schools



As [schools re-open in Palm Beach County](#) and across the country, many parents feel relieved that they no longer have to juggle the duties of remote worker and home-school teacher, but they're also concerned about their children's return to crowded buildings amid a pandemic. Are schools prepared to meet the mental health needs of children, particularly those who already bring ACEs (Adverse Childhood Experiences) to the mix from their homes, communities, and environments? Our [new blog](#) offers some answers.

Even before the COVID-19 outbreak, children's mental health was a pandemic of its own with far too many tweens and teens experiencing severe issues, including escalating rates of anxiety and depression. [Suicide rates](#) for those aged 10 to 14 years old tripled between 2007 and 2017. Researchers expect the [post-pandemic mental health crisis](#) to cause these numbers to rise even more. We need effective services in schools to help address these concerns and support for teachers and staff who are on the front lines of managing them.

Learn what services are in place locally and how we can continue to support not only our children but also our teachers and other school staff with scientifically-proven programs provided by caring professionals.

[Read the Blog Now.](#)

3 Realms of ACEs

Adverse childhood and community experiences (ACEs) can occur in the household, the community, or in the environment and cause toxic stress. Left unaddressed, toxic stress from ACEs harms children and families, organizations, systems and communities, and reduces the ability of individuals and entities to respond to stressful events with resiliency. Research has shown that there are many ways to reduce and heal from toxic stress and build healthy, caring communities.



Thanks to Building Community Resilience Collaborative and Networks and the International Transformational Resilience Coalition for inspiration and guidance. Please visit [ACESConnection.com](https://www.acesconnection.com) to learn more about the science of ACEs and join the movement to prevent ACEs, heal trauma and build resilience.



Image courtesy of [ACESConnection.com](https://www.acesconnection.com)

An Essential Opportunity for Law Practitioners

Family Law Mental Health Summit



Part of Center for Child Counseling's commitment to promoting infant and early childhood mental health is to help build a deeper, more trauma-informed understanding among sectors who work with children. The legal and judicial systems are certainly part of this effort. Join our board member, [Eddie Stephens](#) of [Ward Damon Attorneys at Law](#), on November 1st for our [2nd Annual Family Law Mental Health Summit](#) -- it's all online and interested attendance can [earn 4.5 CLE credits](#) from this Florida Bar-accredited program.

Learn essential information on the following topics :

- "How to Help Clients with Substance Abuse and Mental Health Disorders"
- "Structured Family Recovery: Helping Families in Crisis"
- "Florida Lawyer Assistance: Mental Health & Substance in the Legal Community"
- "30 Ethics Questions in 30 Minutes"
- "Mental Health and Wellness for Family Lawyers"

[Register Today.](#)

Recognizing Excellence in Advocacy



Dori Foster-Morales



Laura Davis Smith

Ahead of the [2nd Annual Family Law Mental Health Summit](#), we are proud to announce the following awards to those in the legal profession who passionately advocate on behalf of children,

This year's recipient of Center for Child Counseling's "Judge Ron Alvarez Resiliency Award" is [Dori Foster-Morales](#). The award recognizes those in the legal profession who promote a fuller understanding of the science of adversity as it pertains to the law. Ms. Foster-Morales is the current [President of the Florida Bar](#) and she has made it her mission to bring mental health and wellness awareness to the forefront of the 107,000 members of the Florida Bar.

[Laura Davis Smith](#) has been selected as Center for Child Counseling's 2020 Recipient of the "[Jane Robinson](#) Child Advocacy Award" named after Center for Child Counseling's founder who dedicated her professional career to promoting infant and childhood mental health. Ms. Davis Smith is a board-certified family attorney and past chair of the Family Law Section of the Florida Bar. She is a tireless advocate for children and we proudly acknowledge her efforts on their behalf in the courtroom and in our community.

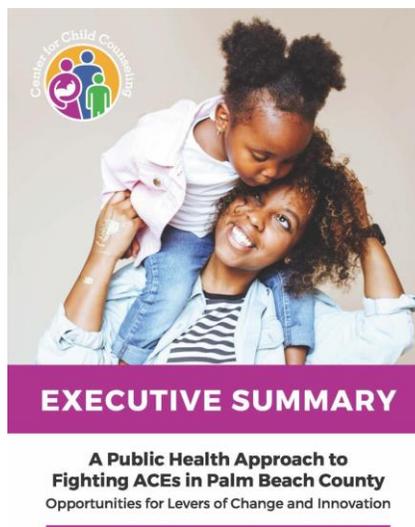
Executive Summary of ACEs in Palm Beach County

In 2018, we received a grant from the region's largest private health funder, [Quantum Foundation](#), to determine the local ACEs (Adverse Childhood Experiences) landscape. It was the start of an extensive year-long period of research, interviews, and stakeholder meetings which resulting in a white paper entitled: "*A Public Health Approach to Fighting ACEs in Palm Beach County: Opportunities for Levers of Change and Innovation.*"

To distill the highlights of that white paper, we have prepared an Executive Summary -- an 8-page encapsulation of the cornerstone findings of the full report.

While we believe every page of the [white paper](#) is full of key information that will inform and move stakeholders, we understand that a more digestible overview will be of interest, too.

[Download Your Copy Now.](#)



Free Resources for Parents and Teachers



We're working hard to provide free resources for caregivers and families that provide practical advice and coping techniques. The current situation is stressful, daunting, and may be causing fear and anxiety in our children.

Equip yourself with proven skills so you can feel more empowered in your new role as a stay-at-home worker and teacher. You can register for one of our free online workshops like:

- [Resiliency Building - A Guide for Educators](#)
- [Achieving Success with Teenagers - A Guide to Effectively Parenting Teens](#)
- [How to Use Positive Parenting and Discipline Strategies with Your Child](#)
- [How to Manage Sibling Rivalry](#)
- [Fostering Social-Emotional Learning in Elementary-Aged Children](#)
- [How to Change Your Stress to Strength](#)
- [Supporting Children During COVID-19](#)
- [How to Help My Child Listen](#)

For those who want to learn even more, we offer [training for professionals](#), too.

[Institute for Clinical Training](#)

Want to get involved?

Learn more about [Fighting ACEs](#) in Palm Beach County.

Use [#FightingACEs](#) to join the conversation.

[Contact us](#) to learn more about workshops.

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