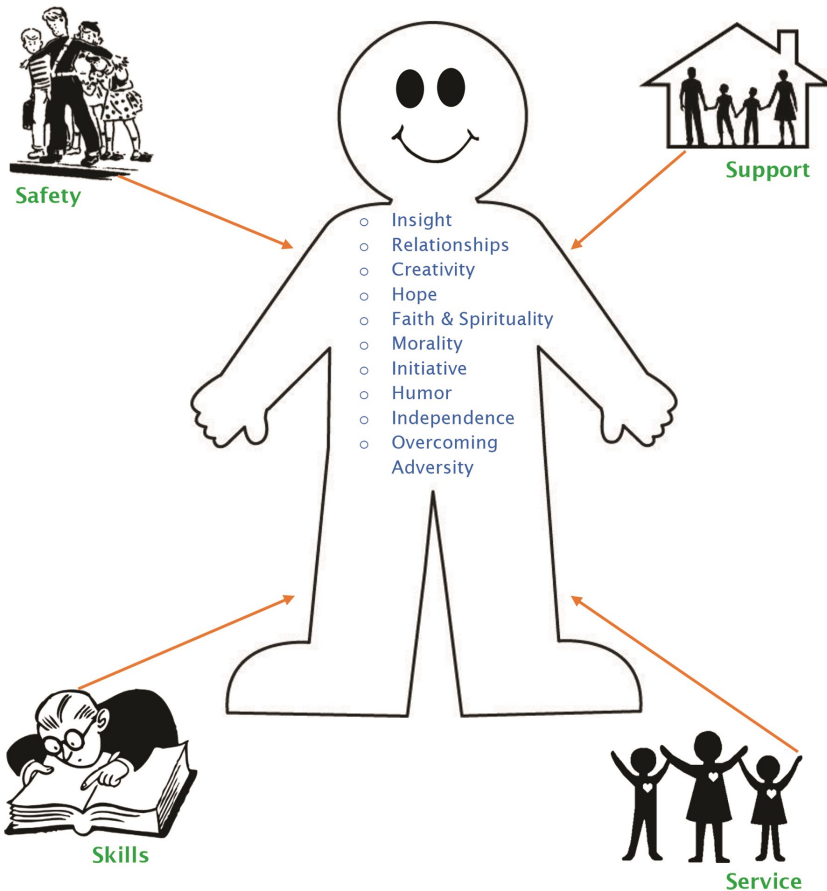


## RESILIENCY IS THE CURE...

- Resiliency helps individuals, families and communities build and use natural strengths to overcome challenges.
- We are all born with resilience. It can be nurtured and renewed.

### EXTERNAL FACTORS AND INTERNAL STRENGTHS THAT BUILD RESILIENCY



To learn more about the Trauma and Resiliency Initiative, contact:

Janice Houchins, Family Council Executive Director  
330.492.8136 ext. 1481 or [janice.houchins@email.sparcc.org](mailto:janice.houchins@email.sparcc.org)



## Stark County Trauma & Resiliency Initiative



### WHAT IF:

- ◆ Your child was more successful in school?
- ◆ You could help improve your children's health and increase their life expectancy?
- ◆ You could improve your own health?
- ◆ Your stress was reduced?
- ◆ You could better cope with everyday struggles?

### WHAT IF:

- ◆ All Stark County youth felt **SAFE** and **SUPPORTED** as they develop life **SKILLS** and are given opportunities to give back through **SERVICE**.



### WHAT IF:

- ◆ A community worked together to make these WHAT IFs become a **REALITY**?

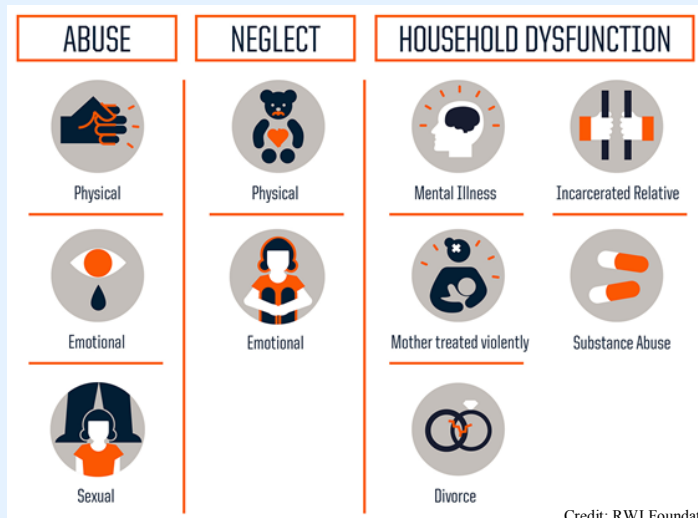
**BUILD HOPE, BUILD RESILIENCY**

[www.starkfamilycouncil.org](http://www.starkfamilycouncil.org)

# TRAUMA IS THE NUMBER ONE PUBLIC HEALTH CRISIS IN THE NATION

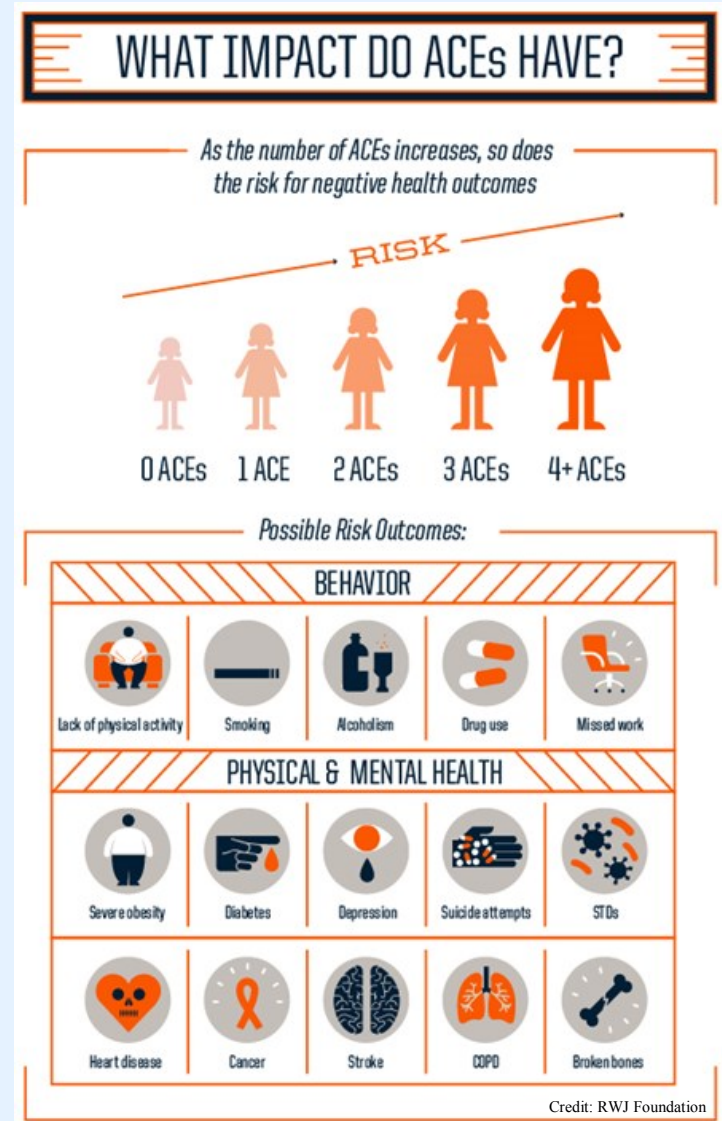
(Source: Centers for Disease Control)

Research shows Adverse Childhood Experiences (ACEs) have both short-term and long-term health and social impact. Examples of Adverse Childhood Experiences include:



- ACEs are the single greatest unaddressed public health threat facing our nation today.
- Exposure to ACEs dramatically increases the risk of having 7 out of the 10 leading causes of death in the United States.
- In high doses, trauma affects brain development, the immune system, the hormonal system, etc.
- Folks who are exposed in very high doses have triple the lifetime risk of heart disease and lung cancer and a 20-year difference in life expectancy.

Source: Nadine Burke-Harris, M.D.



## THERE IS GOOD NEWS...

- Trauma is not destiny.
- Resiliency is hope.
- We are all part of the solution; there are effective ways to get help and effective ways to help others.