Building Resiliency in Early Childhood

Wanda Davis
Early Intervention Program Officer
First 5 Contra Costa
“Those who are traumatized in the fragile period during infancy carry the burden of trauma’s imprint as a lifelong struggle.” – Peter Levine
Investing in the early years—when children’s brains are rapidly developing and taking permanent shape—are the best investments we can make.
Building Resiliency in Early Childhood

DEFINE
DEVELOP
DELIVER
DECLARE
Trauma Facts

50%
Across the US, 50% of child’s ACES are acquired by age 5

1 in 5
1 in 5 Contra Costa Adults in households with children have experienced 4 or more ACES

33%
33% of children age 0-5 in California have at least 1 ACE

15%
15% of children in Contra Costa have experienced two or more ACES
“Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today.”
– Dr. Robert Block, FAAP
Building Resiliency in Early Childhood

DEFINE
DEVELOP
DELIVER
DECLARE
Building Resiliency in Early Childhood

Changing Organizations Through the Integration of Trauma-Informed Practices
Building Resiliency in Early Childhood

- Define
- Develop
- Deliver
- Declare
Change Organizations Through the Integration of Trauma-Informed Practices

Module 102

• Understanding the neurobiology of trauma and toxic stress
• Identifying trauma related needs of children
• Examining the intersect of race/culture/social justice
• Supporting children’s social and emotional health

Module 103

• Identifying trauma-related strategies for enhancing resiliency
• Tools for building attuned and supported relationships
• Creating safety for children
• Best practices for creating healing-centered care
## Curriculum Attendees vs. the Fellowship Program

### 102 & 103 Attendees
- Increased awareness on the impact of toxic stress and trauma
- Learn trauma-sensitive practices and strategies
- Promote healing-centered care

### Fellowship Program
- Ten-month training program
- Requires organizational support
- Community of practice meetings
- Train-the-trainer sessions
- Supplemental readings
- Post-graduate support
- Total: 150 hours
Building Resiliency in Early Childhood

DEFINE
DEVELOP
DELIVER
DECLARE
10 organizations committed

14 fellows from diverse ethnic and languages

100% completion rate

99% say both modules met or exceed their expectations

100% of Fellows found training process to be impactful

93% rated the training positively

100% of the agencies approved post-graduate participation
“When you know better, you must do better.”
– Maya Angelou
Thank you

Wanda Davis
*Early Intervention Program Officer*

First 5 Contra Costa