



# 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%**

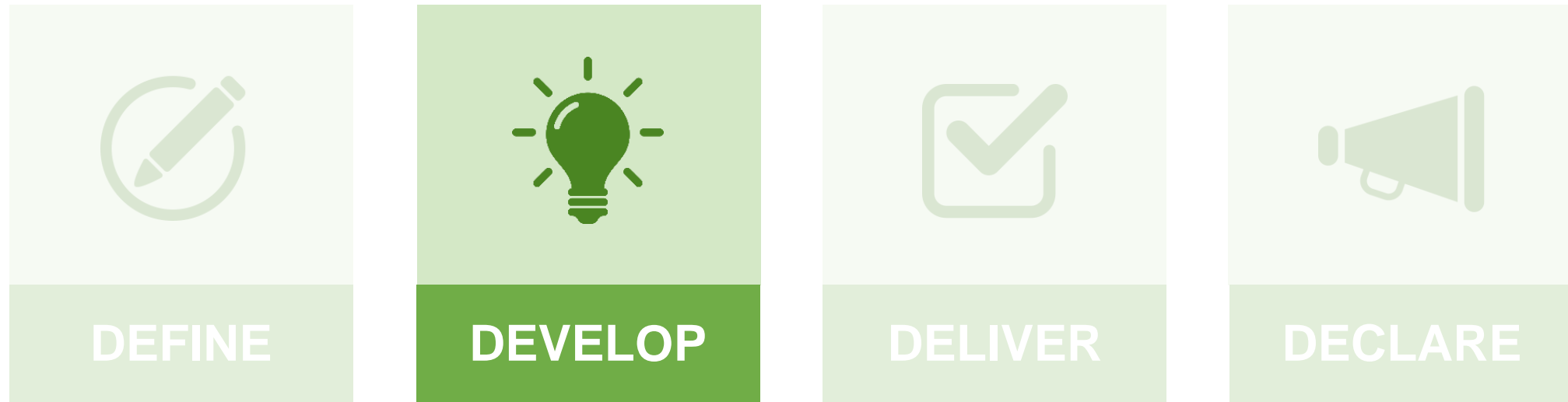
15% of children in Contra Costa have experienced two or more ACEs



***“Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today.”***

– Dr. Robert Block, FAAP

# Building Resiliency in Early Childhood



# Building Resiliency in Early Childhood

Changing Organizations Through the  
Integration of Trauma-Informed Practices

# Building Resiliency in Early Childhood



# 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

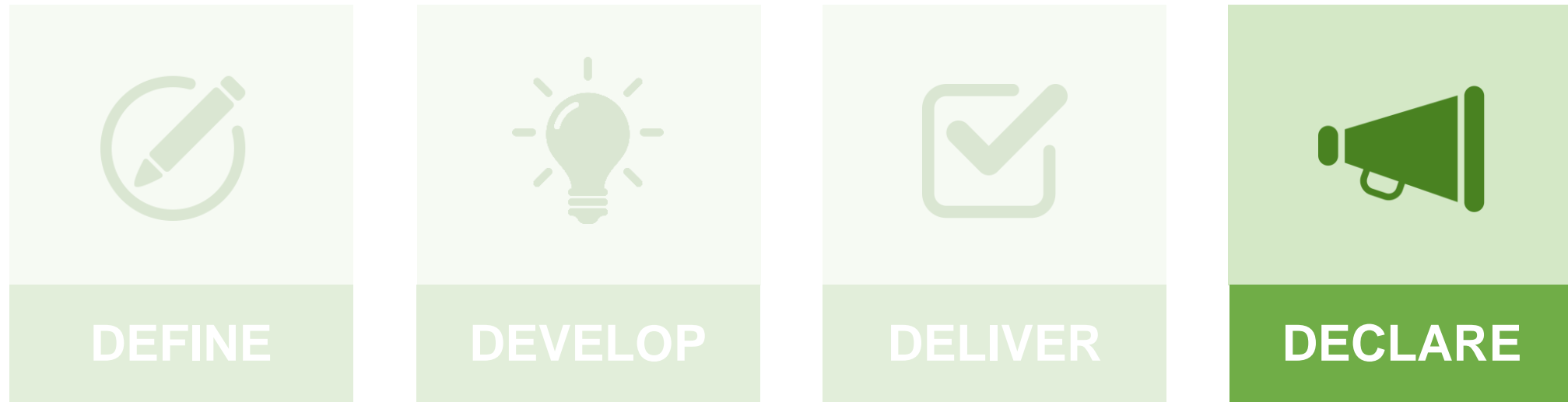
## 102 & 103 Attendees

- 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



**10**

organizations  
committed

**14**

fellows from  
diverse ethnic  
and languages

**100%**

completion rate

**93%**

rated the training  
positively

**99%**

say both modules  
met or exceed their  
expectations

**100%**

of Fellows found  
training process to  
be impactful

**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