



## **Riverside County Suicide Prevention Coalition** **Quarterly Meeting <https://youtu.be/3AySzet8MQc>**

7/27/2022

9:00AM – 11:00AM

### **I. Welcome**

- Welcome by Diana Gutierrez
- Introduction by Myeshia Bobo
- Myeshia Bobo introduced guest speaker, Dr. Andrés Felipe Sciolla

### **II. “Adverse Childhood experiences and Resilience (ACE/R) Within Marginalized Community” Presentation by Dr. Sciolla**

- Dr. Sciolla shared the learning objectives for today's training:
  - Describe the concept of toxic stress as it relates to the imbalance between stressors and resources in Marginalized Communities.
  - Define the 4 interacting domains of the model of resilience at the individual, family, and community levels.
  - Provide an overview of best practices and tools that are Trauma-Informed, Resilience-enhancing, and culturally responsive.
  - Explore wellness activities that can be practiced daily and easily taught to diverse clients.
- He explained the presentation outline as:
  - Four blocks of content and videos addressing each of the learning objectives
  - A case presentation with a discussion between each block of content.
  - A breakout room exercise with discussion questions regarding the fourth case and report of breakout group discussion to the larger group.
  - Q&A
- He defined “toxic stress” as the result of prolonged activation of the stress response, with a failure of the body to recover fully. It differs from a normal stress response in that there is a lack of caregiver support, reassurance, or emotional attachments, and the insufficient caretaker support prevents the buffering of the stress response or the return of the body to Baseline function.
- Dr. Sciolla showed a video clip of the “Still Face Experiment” which looks at the possible effects of ignoring a young child.
- Dr. Sciolla explained that not all stress is toxic. Some stress can be positive & tolerable.
- Dr. Sciolla discussed the effects of toxic stress on the developing brain. He explained that the “Survival Brain” overdevelops and discussed the resulting behaviors.
- Dr. Sciolla provided several case presentations and asked attendees about the types of support, material, and legal resources that these patients should receive.
- The Definitions of Resilience:
  - The ability to cope with crisis or to return to pre-crisis status quickly.

- The process of adapting well in the face of adversity, trauma, tragedy, Threats, or significant sources of stress.
- The capacity of a dynamic system to adapt successfully to disturbances that threaten the viability, function, or development of that system.
- Dr.Sciolla defined and described the 4 interacting domains in building resilience which include: individual/household, extended family/neighborhood, community, and society/structural.
- Dr. Sciolla encouraged attendees to read about Building Community Resilience on the Center for Community Resilience website: <https://ccr.publichealth.gwu.edu/>. Their goal is to enable providers and community partners to align and coordinate services and resources to address the needs of children and their families
- Dr. Sciolla used a case presentation to explain the connection between exposure to childhood maltreatment and Fibromyalgia, especially in the case of including a traumatic sexual assessment.
- Dr. Sciolla described the following principles for a Trauma-informed approach to resilience:
  - ❖ Safety
  - ❖ Trustworthiness& Transparency
  - ❖ Peer support
  - ❖ Collaboration & Mutuality
  - ❖ Empowerment & Choice
  - ❖ Cultural, Historical & Gender Issue
  - ❖ The realization that trauma is prevalent and it can affect people and groups
  - ❖ Recognizing the signs of trauma
  - ❖ Having a system that can respond to trauma
  - ❖ Resisting re-traumatization
- Dr. Sciolla discussed the ACE (Adverse Childhood Experiences) study and its effects on health and social outcomes.
- Dr. Sciolla encouraged attendees to learn more about Trauma Recovery Centers funded by the California Victim Compensation Board (CalVCB) on their website: <https://victims.ca.gov/board/trauma-recovery-centers/>
- Dr. Sciolla discussed wellness activities that can be practiced daily and easily taught to diverse clients using the wheel of Stress Busters and the Box breathing technique.
- Dr. Sciolla provided a final patient example and asked attendees to participate in breakout rooms to discuss questions related to the patient’s symptoms, sources of strength, and resilience resources.

### III. Q&A with Dr. Sciolla

### IV. 988 Transition (Rebecca Antillon)

- Rebecca announced the transition to the 988 webinar presentation which will be held on August 9<sup>th</sup>, 2022 from 3:30 Pm to 5:00 Pm.

### V. Next meeting

- **Save the date for October 2022, which will be the Suicide Prevention Coalition Summit in Riverside Convention Center.**