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#### UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES: BUILDING SELF-HEALING COMMUNITIES

Brookings, SD – Brookings Area United Way has two upcoming opportunities to attend an Adverse Childhood Experiences (ACEs) training. The first is March 23<sup>rd</sup> from 1pm-2pm with snacks provided. The second opportunity is April 13<sup>th</sup> from noon-1pm with lunch provided. Both trainings will be hosted at the new United Way building - 908 Hope Drive, Brookings, SD 57006.

Adverse Childhood Experiences (ACEs) are the most powerful determinant of the public's health. Research shows ACEs have a direct impact on an individual's nervous system and brain development, which creates long-term mental and physical health issues as well as an increase in at-risk behavior.

The good news is maltreatment is preventable. ACEs are common – in fact, they are widespread, but they do not have to define an individual's future or potential. Through ACEs training, the public can better understand ACEs, their impact, and how to build hope and resiliency by establishing a trauma-informed and self-healing community.

The trainers are Curstie Konold, MPH, CSW, QMHP from Avera Medical Group Behavioral Health Brookings Clinic and Ali Teesdale, Executive Director of Brookings County Youth Mentoring Program.

Please visit <https://brookingsunitedway.org/acestraining/> to register.

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