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

Brookings, SD – Between two Adverse Childhood Experiences held at Brookings Area United Way on March 23<sup>rd</sup> and April 13<sup>th</sup>, 35 individuals were trained. Snacks and lunch were provided by START-SD during these trainings.

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.

“By offering ACEs training, it allows the public and our funded partners an opportunity to learn more about the impact ACEs have on the youth and adults in our community. It also helps those in attendance better understand how to prevent ACEs and build resiliency through protective factors and prevention strategies,” said Heidi Gullickson, Executive Director of Brookings Area United Way.

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.

The trainers for this event were: Curstie Konold, MPH, CSW, QMHP and Ali Teesdale, Executive Director of Brookings County Youth Mentoring Program

Please visit our website for other upcoming trainings: <https://brookingsunitedway.org/trainings/>

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United Way Worldwide is the leadership and support organization for the network of nearly 1,800 community-based United Ways. It advances the common good, creating opportunities for a better life for all, by focusing on education, income and health. For more information about United Way, please visit: [www.brookingsunitedway.org](http://www.brookingsunitedway.org) or contact Heidi Gullickson. Email to uw@brookingsunitedway.org or call 605-692-4979.

