

Resources to Learn More about ACEs and Trauma



Books:

[The Deepest Well](#) by Dr. Nadine Burke Harris

[What Happened to You?](#) by Dr. Bruce Perry and Oprah Winfrey

[The Body Keeps the Score](#) by Bessel Van Der Kolk

Websites:

<https://numberstory.org> **Number Story** is a comprehensive, user-friendly website with information about ACEs science and tips for healing and prevention, along with stories, resources and more

<https://www.pacesconnection.com> **PACEs Connection** is a digital catalyst for people, organizations, systems, and communities to exchange information and resources to accelerate the use of PACEs science to solve our most intractable problems. Be sure to visit Resilient Santa Barbara County, under the COMMUNITIES tab- United States Communities.

<https://positiveexperience.org> **Healthy Outcomes from Positive Experiences** – a framework for supporting children’s positive experiences to promote healthy growth and development

<https://www.acesaware.org/resources/> **ACEs Aware** is California’s first-in-the-nation initiative to promote universal screening at well child visits. Training for healthcare providers, resources and information in multiple languages, information about grantee projects throughout the state. Check out the many resources for Patient / Family Education!

<https://www.pedsresiliency.org> The **Pediatric Resiliency Collaborative** is a local collaborative, supported by Cottage Health that offers training, consultation, and navigation resources to pediatricians and other healthcare providers who are screening for ACEs. Includes a training portal with Santa Barbara’s Certified Core training and supplemental trainings, as well as information about the Network of Care.

<https://www.sbckids.net/rsbc> **Resilient Santa Barbara County (RSBC)** is a countywide, cross sector network dedicated to preventing and reducing the impacts of Adverse Childhood Experiences (ACEs) in Santa Barbara County. RSBC We educate, exchange ideas, share opportunities and work collectively to transform lives through practical and community-centered solutions.