

Did You Know Tidbits

- There are three types of ACEs: **abuse** - physical, emotional, sexual; **neglect** - physical emotional; and **household dysfunction** - divorce, substance abuse, incarceration of a relative, mother treated violently, mental illness, bullying.
- The **Access to Baby and Child Dentistry (ABCD)** Program connects Apple Health-Insured children from birth through 5 years to dentists who are trained to treat young children – resulting in fewer preschoolers having untreated tooth decay.
- According to the 2018 *Point in Time Homeless Count*, on any given day more than 450 people are estimated to be living on the streets, in vehicles, or in shelters in Kitsap Co.
- Getting more students to graduate from high school and preparing them to be successful in a career requires a collective effort by parents, educators, policy makers, and business leaders – **Graduate Strong**
- ACEs can lead to lifelong negative effects for the child who experiences them, but they are also a drain on our economy, impacting businesses and the economy.
- Nearly 1 in 6 third graders suffers from decay in 7 or more teeth, causing pain and infection, difficulty speaking, eating and learning, and self-esteem issues.
- The mission of **Graduate Strong** is to strengthen our community by reducing gaps in educational opportunity and increasing post-secondary enrollment and completion.
- **ACEs** are common – nearly two-thirds of adults have had at least one.
- To build **Resilience** to overcome ACEs, we need to work toward creating safe physical and emotional environments at home, in school, and in our neighborhoods.
- Parents, teachers and caregivers can help build **Resilience** by helping children identify feelings and manage emotions.
- **Healthy Eating Active Living (H.E.A.L.)** promotes optimal brain/body functioning. High toxic stress/ACEs influence how our brains function and many of the choices we make.
- **Regular exercise** improves our immune system and reduces stress, leading to a more resilient body – combatting cravings, infections and disease.
- **Resilience** can build when an adult listens and responds patiently and consistently in a supportive way.
- **ACEs** are not destiny – their impact is often dependent on how well WE, the community, provide a pathway and opportunities for self-healing.
- **Resiliency research** shows that all “successful” people who experienced ACEs, had at least one adult in their life, who helped them feel safe, good at something and worthy of love – someone who gave them **Hope**.
- To prepare young people for their futures, we need to encourage students to earn high school and college credits simultaneously, integrate career and technical education with rigorous academics, and offer internship opportunities, real-world learning, and work-based experience – **Graduate Strong**
- **Asset Limited, Income Constrained, Employed (A.L.I.C.E.)** sometimes simply called the “working poor,” plus those below the poverty level in Kitsap County, comprise 31% of our households. These households are struggling with basic living costs.
- Your investment in United Way supports **Kitsap Strong, Graduate Strong, Homes for All, the ABCD Program, 2-1-1 referrals, Kids & Cops, Day of Caring, and Volunteer Kitsap**, all programs that make a **Collective Impact** toward a healthier Kitsap County.