



OFFICE OF THE
**CALIFORNIA
SURGEON GENERAL**

SURGEON GENERAL UPDATE

OCTOBER 2023

UNDERSTANDING ACEs

HOW TO MANAGE STRESS

WATCH NOW

OFFICE OF THE
CALIFORNIA
SURGEON GENERAL

NEW ACES VIDEO: REDUCING STRESS

[Adverse Childhood Experiences \(ACEs\)](#) and toxic stress can have long-lasting effects on our bodies and brains. The second installment of our [Understanding ACEs](#) animated video series shares strategies we can use daily to reduce stress and feel better. The video is currently available in English and we will release the Spanish version next month.

Watch the video and help us amplify this resource using our communications toolkit complete with video files, social media graphics and copy.

[WATCH THE VIDEO](#)

[GET THE TOOLKIT](#)

SUPERINTENDENTS ASKED TO PRIORITIZE SAFE SPACES IN SCHOOLS



California Surgeon General Dr. Diana Ramos partnered with the Association of California School Administrators to urge all California Superintendents to prioritize Safe Spaces—a new trauma-informed training for early care providers, educators and other classified staff.

[READ THE LETTER](#)

ACES AND TOXIC STRESS CAMPAIGN LANDING PAGE IS LIVE!

You've been hearing about our [ACEs and Toxic Stress public awareness campaign](#) for months and we're thrilled to unveil our newest landing page showcasing our expert advisors and work to date.

The goal of the campaign is to give youth and young adults across California the resources and strategies they need to manage stress, heal from adversity, and end cycles of trauma.

[EXPLORE THE WEBPAGE](#)



CALIFORNIA SURGEON GENERAL ON THE ROAD



In September, the California Surgeon General traveled throughout the state to discuss ACEs and the importance of prioritizing mental health, as well as celebrate [Hispanic Heritage Month](#). Among the stops was a visit with Calm staff, where she discussed how companies like [Calm](#) can support California's commitment to transforming the state's mental health system with CEO David Ko.

She also sat down for a fireside chat with UCLA child, adolescent and forensic psychiatrist Dr. Eraka Bath at the Children's Institute Trauma-Informed Care Conference and spoke at The Permanente Medical Group's joint conference convening their [Child Abuse Services and Prevention Program](#) and [Family Violence Prevention Program](#). Dr. Ramos also spoke about ACEs and toxic stress with legislative staff participating in [Capitol Impact's](#) Health Policy Education Institute.

On October 1, Dr. Ramos was thrilled to join [AltaMed's](#) celebration of Hispanic Heritage Month and [National Latino Physician Day](#) to highlight the need for better representation of Latinos in medicine.

Follow us on social media to stay up-to-date on events and other happenings.

DR. RAMOS FEATURED IN ACOG'S WOMEN IN MEDICINE PROFILE

Last month, the [American College of Obstetricians and Gynecologists \(ACOG\)](#) celebrated **Women in Medicine Month 2023**. As part of this celebration, ACOG profiled members who go above and beyond to effect change in the obstetrics and gynecology specialty, their communities and the world.

Dr. Ramos was honored for her commitment to advancing public health by uplifting the value of patient empowerment and patient-physician relationships.




[READ THE PROFILE](#)

WEBINARS, REPORTS AND OPPORTUNITIES

WEBINAR: ACEs and Trauma-Informed Care in Reproductive Health: Building Trauma-Informed Networks of Care
Monday, October 16 | 12:00 PM - 1:00 PM

This webinar will explore the concept of a trauma-informed network of care to support reproductive and sexual care teams' response to ACE screening. Participants will consider potential collaborators and resources to address immediate stressors and support healing and thriving, including in situations where resources are limited and how support for the people doing the work is an essential element of a trauma-informed network of care.


Led by **Sara Johnson, MD, FACOG**, an **OB/GYN** and adviser to the ACEs Aware initiative, and **Nkem Ndefo, MSN, CNM, RN**, the founder of Lumos Transforms and creator of The Resilience Toolkit.



ACES and Trauma-Informed Care in Reproductive Health

BUILDING TRAUMA-INFORMED NETWORKS OF CARE

Mon | ^{Oct} 16 | ^{PST} 12-1PM



[**REGISTER TODAY**](#)

OPPORTUNITY: Thriving Into Adulthood Virtual Convening
Wednesday, October 18, 2023 | 9:00 AM - 12:00 PM
Virtual



thriving into
ADULTHOOD
A Conrad N. Hilton Foundation Project

Our final convening of 2023!
Wednesday October 18th
from 9am-12pm on Zoom

Inviting providers, TAY and stakeholders to provide valuable input on our recommended policy and contractual changes, hear from TAY panel on how art and music therapy are changing their lives, and access resources from peer navigators on how to create a renters' portfolio and increase credit scores.

Scan the QR code for more details and to register!



[The California Alliance of Child and Family Services](#) and [The Catalyst Center](#) invite all who are impacted by or are serving youth who have exited foster care or the juvenile justice system to collaborate on effective solutions to help transition aged youth with housing and supports to thrive into adulthood.

[**REGISTER TODAY**](#)

WEBINAR: Department of Health Care Access and Information Wellness Coaches

Wednesday, October 18, 2023 | 2:00 PM - 4:30 PM

Join the [California Health & Human Services Agency](#), in partnership with its departments, to learn about the new Wellness Coach role and the why, what, when, how, and for who you can consider adding Wellness Coaches to supplement your behavioral health teams and increase access to supports for students.

[**REGISTER TODAY**](#)

OPPORTUNITY: CYBHI Grant Funding Application Period Extended **Applications Due: November 1**

[The Department of Health Care Services](#) (DHCS) has extended the [Round Three: Early Childhood Wraparound Services Request for Application \(RFA\)](#) on behalf of [The Children and Youth Behavioral Health Initiative](#) (CYBHI) Evidence-Based Practices (EBP) and Community-Defined Evidence Practices (CDEP) grants program. The deadline was extended to **November 1 at 5 p.m.** The RFA seeks proposals from individuals, organizations, and agencies for the third round of grant funding to scale early childhood wraparound services, totaling \$60 million. More information is available on the DHCS [EBP/CDEP Grants webpage](#).

[**APPLY TODAY**](#)

OPPORTUNITY: CYBHI Youth Fellow **Applications Due: November 3**

CYBHI is seeking to hire a college intern to work with the Office of Policy and Strategic Planning. The position is fully remote with a few opportunities to attend in-person events. Candidates must be a college student attending classes during the regular term at an [affiliated college or university](#).

[**LEARN MORE**](#)

OPPORTUNITY: Medi-Cal Doula Enrollment Training 101

Tuesday, November 7 | 4:00 PM - 7:00 PM

Los Angeles

[Frontline Doulas](#) is hosting a series of upcoming trainings and events to learn about the requirements to become a doula and support community doula's through the process of becoming approved Medi-Cal providers.

[LEARN MORE](#)

WEBINAR: ACEs Aware Science and Innovation Speaker Series: *Pregnant Women's Perspectives on Screening for ACEs and Resilience During Prenatal Care*

Thursday, November 9 | 12:30 PM - 1:30 PM



aces aware
SCREEN. TREAT. HEAL.

Science and Innovation Speaker Series
**PREGNANT WOMEN'S
PERSPECTIVES ON
SCREENING FOR ACEs AND
RESILIENCE DURING
PRENATAL CARE**

Kelly Young-Wolff, PhD, MPH &
Carey Watson, MD, FACOG

Thurs | Nov 9 | 12:30-1:30PM PST

This presentation will describe a series of pilot studies that incorporated screening for ACEs and resilience as part of routine prenatal care. These pilots built a foundation for Kaiser Permanente Northern California (KPNC) to expand ACE and resilience screening to all pregnant patients as part of standard care in 2021.

The presenters will share data on the acceptability and feasibility of ACE screening in standard prenatal care, give an overview of how ACEs are associated with perinatal health, and describe how resilience potentially moderates these associations.

Finally, they will discuss lessons learned from the implementation of ACE and resilience screening for all pregnant patients in KPNC and review the next steps for research and clinical practice.

[REGISTER TODAY](#)

REPORT: Centering Black Mothers in California

[The California Department of Public Health's \(CDPH\)](#) Maternal, Child, and Adolescent Health (MCAH) Division is pleased to share the new ***Centering Black Mothers in California*** report, which provides an expansive view of the health of Black mothers and infants in California.

The report was informed by Black women leaders and community members in California. Their unique insights helped develop the findings and recommendations to improve the health outcomes of Black mothers and babies.



[READ THE REPORT](#)

FROM OUR PARTNERS

NEW: Health4All Medi-Cal Expansion Campaign

#Health4All

Medi-Cal es gratis o de bajo costo

- Indocumentado
- Vive en California

En 2024 podría calificar

Dra. Diana Ramos
Cirujana General de Salud
Pública de California

Infórmese e inscribese
Obtenga Medi-Cal. dhcs.ca.gov

On October 15, [The California Endowment](#) will launch a digital media campaign featuring California Surgeon General Dr. Diana Ramos to inform Californians of the expansion in Medi-Cal benefits rolling out in 2024.

Watch the videos and help amplify this important message.

[WATCH THE VIDEO](#)

RESOURCE: COVID-19 and Flu Vaccines

CDPH is reminding all Californians that everyone 6 months and older is eligible for the updated flu and COVID-19 vaccines. You can schedule your free vaccines for the same appointment on MyTurn.ca.gov, vaccines.gov or with your health care provider or local pharmacy.

[LEARN MORE](#)

[SCHEDULE A
VACCINE APPOINTMENT](#)



RESOURCE: Free At-Home COVID-19 Tests

COVIDtests.gov

**Residential households
in the U.S. can order their
FREE At-Home
COVID-19 Tests**

* Limit 4 tests per household

covid19.ca.gov



Every U.S. household can once again place an order to get 4 more free COVID-19 tests, delivered right to your door.

Please note the expiration dates for many tests have been extended and are valid for many months after the dates printed on the boxes.

[**ORDER FREE TESTS**](#)

NEED TO GET IN TOUCH?

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