



Center for Youth Wellness Health Begins with Hope



Health & Wellness at the CYW

The Center for Youth Wellness (CYW) is a health and wellness organization that provides multidisciplinary care wrapped around our medical home, the CPMC Bayview Child Health Center. The care we offer is focused on screening for ACEs and treating toxic stress with comprehensive case management, health and wellness services, and trauma-focused mental health interventions. We are currently developing a full suite of clinical interventions to address the impact of ACEs and toxic stress. Here are examples of what we're offering to keep our kids and families healthy.

- Home visits: We engage families at home and school--in the communities they live in--as an acknowledgement that for many families, lack of access to childcare and transportation can be a real barrier to receiving services.
- Assessment: We screen children for exposure to adversity in the pediatric setting and use an ecobiodevelopmental approach to screening for symptoms of toxic stress for kids at risk.

- Education on toxic stress, self-regulation, and nutrition: We offer targeted education that helps families better understand the causes and symptoms of chronic stress and provide ways to mitigate the kind of stress that can negatively affect kids' health and well-being down the road.
- Mental health: We offer a variety of trauma-informed mental health treatments that target trauma symptoms and stress.
- Mindfulness / coping skills: Research has shown that mindfulness techniques such as breathing retraining, progressive relaxation, and mindfulness-based awareness can increase self-regulation, reduce stress level and improve health. Our Wellness Coordinators receive training to help patients and families build emotional resilience and manage future stressful events.

We are also working to spread the word about how exposure to stress affects the developing brains and bodies of children. **Recent highlight of our advocacy work:**

The Center for Youth Wellness recently co-hosted a day-long convening on trauma and healing with The California Endowment. Held on October 8 in Sacramento, "Health Happens with Healing: A Conversation on Transcending Trauma" brought together Endowment grantees engaged in trauma-related and healing work across the state. The CYW was joined by many of its partners including Futures Without Violence and Californians for Safety and Justice.

A day full of conversation and relationship-building, Health Happens with Healing provided a unique opportunity for trauma and healing advocates to share ideas, visions and goals for addressing the trauma crisis in California. We hope that this convening is just the first of many gatherings bringing together advocates around trauma and healing. The CYW looks forward to future opportunities to ensure the wellness of children in the Bayview, San Francisco and throughout the state.

[follow on Twitter](#) | [follow on Facebook](#) | [forward to a friend](#)

*Copyright © 2013 Center for Youth Wellness
All rights reserved.*

[unsubscribe from this list](#) | [update subscription preferences](#)